

# ALL Class Schedule – Fall 2009

## SEPTEMBER

Reg. No.	Time	
<b>Wednesday, September 9<sup>th</sup></b>		
19704	Afternoon 3:00-5:00	<b>Senior Acting</b> – This class will offer experience in scene work and characterization in age appropriate roles. It will include improvisation and theater games. Line memorization is not required. Acting is taught by LSC-CyFair Professor of Drama, Ron Jones. Place – ART building. <b>Class repeats on Wednesday afternoons during the semester.</b>
<b>Thursday – September 10<sup>th</sup></b>		
19705 MOD2 101	Morning 10:00-11:30	<b>Thomas A. Edison, Father of Invention (DVD)</b> – From his Midwestern childhood to the achievement of international fame, this “Biography” DVD brings you the illuminating story of this revolutionary man.
<b>Friday – September 11<sup>th</sup></b>		
19708 MOD2 101	Morning 10:00-11:30	<b>Flood Control</b> – Heather Saucier will share some insights about Harris County watersheds and drainage systems that affect our need for flood insurance. She will also talk about myths and facts and some history about flooding. Come and learn about the purpose of the Flood Control District.
19710 CENT	Afternoon 1:30-3:30	<b>Mah Jongg Players</b> – This class is for those who already know how to play Mah Jongg. Meet with other people to play and hone your skills. The group will continue to meet in the College Center Student Commons on Friday afternoons. <b>Repeats Friday afternoons during semester.</b>
<b>Monday – September 14<sup>th</sup></b>		
19713 MOD2 101	Morning 10:00-11:30	<b>Rabbi’s Review</b> – Rabbi Marc Brownstein will lead thought provoking discussions on finding meaningful explanations to universal questions about the Bible. Join the discussions on Monday morning with the Rabbi and fellow class members. <b>Class repeats every Monday morning during the semester.</b>
19716 MOD2 101	Afternoon 2:00-3:30	<b>Introduction to Qigong</b> – This course introduces the concept and basic techniques of Qigong (pronounced chi kung). In combining two ideas, Qi (air or vital energy of the body) and Gong (skills of cultivating), Qigong consists of meditation, integration of mind and body, and breathing exercises. Regularly practice of Qigong has proven to enhance the flow of Qi in the body and maintain good health. Instructor: Diane Jepson. <b>Repeats Monday afternoons during the semester.</b>
<b>Tuesday – September 15<sup>th</sup></b>		
21240 MOD2 101	Morning 10:00-11:30	<b>Types of Energy</b> – Join Adjunct Professor Jeff Cline as he gives us a summary of the overall energy use, cost and availability by type, and alternatives.
19718 MOD2 101	Afternoon 1:30-3:00	<b>Scrimshaw</b> – Jack Stout will share his carving of family history, not on whale bone as in the past, but on Texas cow horns. He is well regarded for his carving skills as well as interpreting important family events in this unique way.
<b>Wednesday – September 16<sup>th</sup></b>		
19722 MOD2 101 <b>Cancelled</b>	Afternoon 1:30-3:00	<b>Folk Dance</b> - An introduction to the fun of dancing easy traditional dances from cultures in southeastern Europe, the Middle East and perhaps as far afield as Japan. No partner needed and no previous experience required. The instructor has lived in the cultures from which these dances come and has shared them with participants of all ages in the U.S., Israel and Japan. <b>Two sessions Wednesday Sept 16<sup>th</sup> &amp; Wednesday Sept 23</b>
<b>Thursday – September 17<sup>th</sup></b>		
19726 MOD2 101	Morning 10:00-11:30	<b>Personal Safety with Sheriff</b> - You will receive basic instruction on personal safety from the Sheriff’s department. Awareness, prevention, risk reduction and risk avoidance are key points discussed to keep you out of harm’s way.
19742 HSC 121	Afternoon 1:30-3:00	<b>Computer Series – Word</b> - Learn the Basics of Microsoft Word 2007 with librarian Rose Botkin. <b>First class in an eight-class Computer Series on Thursday afternoons - 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5.</b>

		<b>Friday – September 18<sup>th</sup></b>
<b>19746 MOD2 101</b>	Morning 10:00-11:30	<b>Herb Garden</b> – Ann Wheeler is a much sought after herb expert for our region. Come and join her as she shows us how to integrate growing herbs into our landscape and enjoy having fresh herbs for our own use.
		<b>Tuesday – September 22<sup>nd</sup></b>
<b>19749 MOD2 101</b>	Morning 10:00-11:30	<b>Organize Your Life</b> - Come discover how to de-clutter and organize your home so it looks and feels spacious. Professional Organizer, Dena Doerfler, owner of Organized Interiors, will also teach you how to manage the constant flow of paper and electronic communications that bombard you daily. This course will help you simplify your life and free up time to do what you enjoy!
<b>19752 MOD2 101</b>	Afternoon 1:30-3:30	<b>Economics</b> - Discussion of the new economic policies and how they may affect your future. Join the discussion with new LSC Professor Rick Pretzsch. Maybe we can figure out where the money went.
		<b>Thursday – September 24<sup>th</sup></b>
<b>19755 MOD2 101</b>	Morning 10:00-12:00	<b>Refurbishing Old Jewelry</b> – Do you have old jewelry that you would like to update to a new look? Join Linda Gabrielson as she shows us how to refurbish old jewelry....maybe turn “old” necklaces into “new” earrings.
<b>19757 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer Series – Skype</b> – Meet George Jetson! Access (totally free) long distance video telephone service via Skype with librarian Tracy Williams.
		<b>Friday – September 25<sup>th</sup></b>
<b>19846 HSC 105</b>	Morning 10:30-12:00	<b>Indian Cooking</b> - Come experience the tastes of India with its exotic aromas and complex flavors with Shaheen Ansari.
<b>19848 MOD2 101</b>	Afternoon 1:30-3:30	<b>Gemology</b> – Gemology is the science, art and profession of identifying and evaluating gemstones. It is considered a geoscience and a branch of mineralogy. Learn all about gems such as Diamonds, Rubies, Emeralds with Bruce Snyder, IGA certified gemologist.
		<b>Saturday – September 26<sup>th</sup></b>
<b>19850 MOD2 101</b>	Morning 9:30–11:30	<b>Focus on Government</b> – Various elected state legislators and national Congressmen will discuss current issues and concerns of individuals and the community. Morning (9:30 to 11:30) and afternoon sessions (1:00 to 3:30) with complimentary lunch at noon. Reservations required for lunch. <b>Watch ALL The News for more information.</b>
<b>19967 Cancelled</b>	Afternoon 1:00-3:30	
		<b>Tuesday – September 29<sup>th</sup></b>
<b>19971 MOD2 101</b>	Morning 10:00-11:30	<b>Storyteller</b> – Come and hear the White Hat Texas Cowboy weave some historical Texas Tall Tales. He is a state champion liar. Scott Hill Bumgardner travels all over the region sharing his stories.
<b>19973 MOD2 101</b>	Afternoon 1:30-3:00	<b>Depression in Older Adults</b> - Leslie Pafford, Family Nurse Practitioner, will discuss how to recognize and combat depression in older adults.
		<b>Wednesday – September 30<sup>th</sup></b>
<b>19976 Off site</b>	All Day	<b>Bus Trip to Wimberley</b> – Join us for a visit to <b>Bella Vista Ranch</b> where we will have a chance to experience a "Touch of Tuscany in Texas". Learn more about a traditional Italian family farm with an in-depth exploration of olive trees and their oils. After the tour and tasting we will go into Wimberley for lunch with time for shopping before heading home. If time permits we may stop at a Farmers' Market on the way back. <i>Please note that this trip requires some walking on uneven ground. Wear comfortable shoes. Bus will leave from in front of the library at 7:30am. Cost per person is \$11.00 to be collected on day of trip plus personal expenses for food and shopping.</i> <b>FULL – WAIT LIST AVAILABLE AT REGISTRATION</b>
<b>OCTOBER</b>		
		<b>Thursday – October 1<sup>st</sup></b>
<b>19980 MOD2 101</b>	Morning 10:00- 11:30	<b>The Aging Eye</b> – Dr. Elizabeth Yeu of Baylor College will present a program on the aging eye. We will learn about some of the newest advancements in treating eyes as we age and how to best protect them living in this environment.

<b>19982 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer Series – Excel</b> – Find out practical uses for spreadsheets such as budgeting with Library Director Mick Stafford.
<b>19984 MOD2 101</b>	Evening 6:30-8:00	<b>Mountain Dulcimer</b> – Have you ever wanted to play a string instrument and just couldn't figure it out? Do you already play dulcimer and think you have taught yourself everything there is to know about playing the instrument? Come to the class where we will learn to play the sweet sounds of the mountain dulcimer as easy as 1, 2, 3, 4! If you have your own dulcimer that's great, bring it with you. There will be 8 dulcimers available for use during the class so you can try it before you decide if you want to buy an instrument of your own. Tape recorders are allowed. <b>Continues for 6 weeks – Thursday evenings 10/1, 10/8, 10/15, 10/22, 10/29, 11/5.</b>
		<b>Friday – October 2<sup>nd</sup></b>
<b>19985 MOD2 101</b>	Morning 10:00-12:00	<b>Amazing Faiths – Interfaith Ministries for Greater Houston and The Boniuk Center for Religious Tolerance at Rice University</b> co-founded the Amazing Faiths Project in Houston in 2006. The Amazing Faiths Project brings people of all faiths and no faith together for fellowship and friendship. The hope is that communities of faith working together will create a more compassionate society with the goal of peaceful coexistence among people of different religions around the world.
<b>20010 MOD2 101</b>	Afternoon 1:00-4:00	<b>Flu Clinic</b> – From 1:00-1:30 Charles McClure, Walgreens' Pharmacist, will come to the campus and give us information about which flu strains are dominant this fall. Following his short lecture, and lasting until 4:00, you may receive your annual flu shot, if desired. If you are on Medicare, Walgreens will bill Medicare for the cost of the shot with no cost to you. Those not on Medicare will need to pay the \$29.99 fee at the time of service; however, you will receive a receipt that you can file with your insurance carrier.
		<b>Saturday – October 3<sup>rd</sup></b>
<b>20011 MOD2 101</b>	Morning 10:00-12:00	<b>Radio Controlled Airplanes</b> – Come and play with the “Boys and their Toys”. Stuart Rush will bring some of his radio control planes and share with you a hobby that is fun for everyone. He will include an invitation to join the group at their annual “fly-in” later in the month.
		<b>Tuesday – October 6<sup>th</sup></b>
<b>20012 MOD2 101</b>	Morning 10:00-11:30	<b>Duties of an Executor</b> – Learn how to avoid the <u>Nine Most Common Mistakes in Estate Planning</u> with the funniest lawyer you will ever meet....Al Vacek Jr. – Board Certified in Estate Planning and Probate Law.
<b>20013 Off site</b>	Morning 10:00-11:30	<b>Beginning Bridge</b> – A series of four lessons taught by bridge instructor Jean Sims. This program is being sponsored by The Heritage at Towne Lake. Classes will be held in their clubhouse. The instructor assumes the students have not played Bridge before. Enrollment is limited to 25 members. <b>Class Dates: Tuesdays - October 6, October 13, October 20, and October 27.</b>
<b>20015 MOD2 101</b>	Afternoon 1:00-2:00	<b>Non-Verbal Communication</b> – Learn how your eyes, hands, demeanor, and mood give non-verbal communication to others around you. LSC CyFair Associate Professor Paige Davis enlightens us on “how others view us before we even speak”.
		<b>Wednesday – October 7<sup>th</sup></b>
<b>20047 MOD2 101</b>	Afternoon 1:30-3:00	<b>Wills and Probate</b> - Learn About Wills and Probate with Nan Wagoner from the Houston Bar Association. These are things that we all need to know about....but do we know advantages and disadvantages of certain wording.
		<b>Thursday – October 8<sup>th</sup></b>
<b>20050 MOD2 101</b>	Morning 10:00-12:00	<b>Put Some Salsa in Your Life</b> - ESL students will demonstrate how to make several different kinds of salsas popular in various parts of the world. Then the students switch gears and demonstrate <u>salsa dancing</u> . Salsa Dancing is fun and a great exercise for all age groups. Class members will be invited to learn steps and participate. What could be better – <u>tasting the salsa</u> and then <u>dancing the salsa</u> ?
<b>20083 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer Series – Picasa, Flickr, and More</b> – Bring your digital pictures for a whirlwind tour of internet photo sharing sites with librarian Tracy Williams.

<b>Friday – October 9<sup>th</sup></b>		
<b>20460 MOD2 101</b>	Morning 10:00-12:00	<b>Senior Guidance Directory</b> – Executive Director Adele Gorody will lead us in “Solving the Care Giving Puzzle”. The mission of Senior Guidance Director is to provide vital information to seniors, their families and caregivers that will help resolve their health, lifestyle and safety needs. Come learn about many topics including: housing options, legal and financial issues, health care and disability services, senior activities, and government programs such as Medicare and Medicaid.
<b>20085 MOD2 101</b>	Afternoon 1:30-3:30	<b>Sherlock Holmes</b> – Our own Burt Greenfield will show videos and lead a discussion on history’s ultimate sleuth, Sherlock Holmes. Although he is a fictional character from the late nineteenth century, hopefully today’s investigators use similar skills of observation and deductive reasoning to solve crimes. <b>Three meetings – October 9, 16 &amp; 23.</b>
<b>Saturday – October 10<sup>th</sup></b>		
<b>20086 Off site</b>	All Day	<b>Bus Trip to Washington County</b> - Join our group as we visit the <b>Scarecrow Festival</b> in Chappell Hill, Texas. Founded in 1847 by Mary Hargrove Haller, Chappell Hill’s history is rich in culture, higher education, sandbars and stern-wheelers, cotton, the War-Between-the-States, and Polish immigration. The Festival boasts more than 250 juried exhibitors (home décor, gardening, artists, craftsmen, jewelry, clothing, etc.), delicious country-style food, live entertainment, and tours of the historic community. We will have lunch at a local restaurant and then visit <b>Washington-on-the-Brazos State Historic Park</b> . The 293-acre park is located on the original town site of Washington, which served as the capital of the Republic of Texas. Visit the Star of Texas Museum and stroll the park trails where Texas was born. This historic site showcases Independence Hall where the Texas Declaration of Independence was drafted and signed on March 2, 1836. <i>Please note that this trip requires walking on uneven ground. Wear comfortable shoes. Bus will leave from in front of the library at 9:00am. Cost per person is \$1.00 to be collected on day of trip plus personal expenses for food and shopping.</i> <b>WAIT LIST SIGNUP AVAILABLE AT REGISTRATION.</b>
<b>Tuesday – October 13<sup>th</sup></b>		
<b>20087 MOD2 101</b>	Morning 10:00-12:00	<b>Service Corporation International</b> – SCI is the largest single provider of funeral, cremation and cemetery services. SCI is dedicated to compassionately serving families at difficult times, celebrating the significance of lives that have been lived, and preserving memories that transcend generations, with dignity and honor. We hope to follow up this class with a visit to the <b>National Museum of Funeral History</b> on Tuesday, October 20 <sup>th</sup> by carpool.
<b>20088 Off site</b>	Afternoon 2:00-4:00	<b>Everything You Always Wanted to Know About Wine but Didn’t Know Who To Ask</b> – Come hear Vince Foligno, HEB wine steward, discuss how, when, and which wine to serve. He will also discuss a little history of wine and winemaking and we will be treated to a wine tasting as well. <b>Meet at the Café-On-The-Run just inside the produce door of the HEB at Barker Cypress &amp; 290.</b>
<b>Wednesday – October 14<sup>th</sup></b>		
<b>20089 MOD2 101</b>	Afternoon 1:30-3:30	<b>German Immigration to Texas</b> – Join Associate Professor Tom Kelly for a discussion of the impact of German immigration on the development and growth of Texas. We will look at the political, social and religious reasons that prompted German emigration, as well as the "pull" factors that brought so many people to the Lone Star State. One of the largest ethnic groups coming to Texas, Germans have influenced our language, our folk ways, our cuisine and our place names. The discussion will touch on all of these aspects of German Texas.
<b>Thursday – October 15<sup>th</sup></b>		
<b>20090 MOD2 101</b>	Morning 10:00-12:00	<b>Talking Gangs with the Sheriff</b> - The sheriff’s department will discuss the topic of gangs and their impact on a community. Gang activity causes many problems affecting us all including an economical impact, violence, vandalism, graffiti, and drugs, among others.
<b>20091 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer Series – PowerPoint</b> – Don’t ever be accused of Death by Power Point. Learn how to give a dynamic slide show presentation with librarian Dorrie Scott.

		<b>Friday – October 16<sup>th</sup></b>
<b>20092 MOD2 101</b>	Morning 10:00-11:30	<b>Olive Oil Guy</b> – We’ve all heard the virtues of olive oil....so come learn about locally grown and processed olive oil with David Laufenberg from KDS Gourmet Foods. He will provide samples of 100% Extra Virgin Olive Oil pressed naturally from fresh fruit.
		<b>Saturday – October 17<sup>th</sup></b>
<b>20093 Off site</b>	Morning 10:00-12:30	<b>It’s All About Heart</b> – An off-campus class will be held at North Cypress Medical Center where Dr. Sherwani and Dr. Baig, Board Certified Cardiologists, will talk to us about heart disease, conditions, tests and treatments. A tour of the Cardiac Rehabilitation Center will follow the lecture. <b>This is a Saturday class that will be held at NCMC Hospital at 21214 Northwest Freeway.</b>
		<b>Wednesday – October 21<sup>st</sup></b>
<b>20095 MOD2 101</b>	Afternoon 1:30-3:00	<b>Not For Ourselves Alone (DVD):</b> Kathryn Lynn will show the DVD and lead a discussion on the contributions of Elizabeth Cady Stanton and Susan B. Anthony. Over a span of more than fifty years, Stanton and Anthony struggled ceaselessly to organize a movement for basic rights for women that would not be won until after their deaths. <b>2 class sessions – October 21st and October 28<sup>th</sup>.</b>
		<b>Thursday – October 22<sup>nd</sup></b>
<b>20096 MOD2 101</b>	Morning 10:00-11:30	<b>Pictorial Tour of New Zealand</b> – George Crowl discusses the land, government and life "down under" as he illustrates with slides from his trip to New Zealand.
<b>20097 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer – Google Apps</b> – Unleash the power of Google and all sorts of fun and useful online applications such as document and calendar sharing with librarians Dorrie Scott and Tracy Williams.
		<b>Friday – October 23<sup>rd</sup></b>
<b>20098 Off site</b>	Morning 10:00-12:00	<b>HEB Demonstration &amp; Tasting</b> – Meet at HEB on Northwest Freeway at Barker Cypress where we will enjoy a cooking demonstration by the HEB chef and then a tour of the store....and hopefully we will get some coupons.
		<b>Tuesday – October 27<sup>th</sup></b>
<b>20099 MOD2 101</b>	Afternoon 1:30-3:00	<b>Funeral Negotiator</b> - When planning a funeral (whether your own or a loved one’s) it is good to have help from someone who has knowledge of the industry. Ken Lambert can help with decisions, suggest providers and negotiate lower costs.
		<b>Thursday – October 29<sup>th</sup></b>
<b>20118 MOD2 101</b>	Morning 10:00-12:00	<b>ID Theft</b> – The Sheriff’s department will explain about ID theft and teach you how to protect yourself from it. ID theft is the least prosecuted crime, but has a significant impact on your life as well as our whole economy.
<b>20120 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer – Facebook</b> - Join Facebook and other social networks to keep in touch with family and friends. Dorrie Scott and Tracy Williams lead the way.
		<b>Friday – October 30<sup>th</sup></b>
<b>20123 MOD2 101</b>	Morning 10:00-11:30	<b>CSI</b> – How real medical examiners operate (rather than the TV versions). A speaker from the Harris County Medical Examiner’s Office will share information on how forensic evaluations are used to determine the cause and manner of death, document and preserve evidence and provide unbiased expert witness testimony in court cases.
<b>NOVEMBER</b>		
		<b>Tuesday – November 3<sup>rd</sup></b>
<b>20126 MOD2 101</b>	Morning 10:00-12:00	<b>Book Bag</b> – We’ve all heard the phrase “you can’t make a silk purse out of a sow’s ear”. But how about making a purse out of a hardcover book. Sandra Silvie will take us through the steps of transforming a hardcover book into a fashion accessory. Will your purse reflect your personality.....Alice in Wonderland, Born Free, Catch-22, Heidi, Jane Eyre?
<b>20130 MOD2 101</b>	Afternoon 1:30-3:00	<b>Eat Better</b> – The Texas AgriLife Extension Service will present a three-part program on nutrition and diet designed to help people achieve and maintain optimal weight and reduce the risk of chronic disease. Learn how to make informed choices related to food safety, quality and composition. <b>Classes held November 3, 10 &amp; 17 at 1:30-3:30.</b>

		<b>Wednesday – November 4<sup>th</sup></b>
<b>20135 MOD2 101</b>	Afternoon 1:30-2:30	<b>Internet Fun</b> – Are you aware of the many internet websites that offer <i>FREE</i> information, prizes, samples and even software? Jan Orta will show us that computers are not just about work – they also offer <u>fun</u> and <u>freebies</u> .
		<b>Thursday – November 5<sup>th</sup></b>
<b>20137 MOD2 101</b>	Morning 10:00-11:00	<b>Genetics</b> - Dr. Shwete Dhar will share with us the scientific progress in the field of genetics and genomics over the past decade. This presentation will offer information about individualized medicine brought from the research lab to your doctors' office. The practical applications such as counseling for prevention of symptoms and pharmacogenetic testing will also be discussed. Dr. Dhar is the Director of Adult Genetic Services at Baylor Clinic.
<b>20139 HSC 121</b>	Afternoon 1:30-3:00	<b>Computer – Twitter</b> – Can you explain your activities in 140 characters or less? Learn the benefits of this social networking tool. Fleeting fad or iconic innovation? You decide. Come tweet with librarian Monica Norem.
		<b>Friday – November 6<sup>th</sup></b>
<b>20465 MOD2 101</b>	Morning 10:00-12:00	<b>Roses</b> – Kathy Hyatt, a Rose Rustler, will explain the proper roses to grow in Houston including tips on how to take care of them. She will give you information on Earth Kind Roses. Earth-Kind Roses are among the most thoroughly tested and environmentally responsible plants for the use in Texas landscapes.
		<b>Saturday – November 7<sup>th</sup></b>
<b>20463 MOD2 101</b>	Morning 10:00-12:00	<b>Hot Air Balloons</b> - Capt. Al will be bringing his hot air balloon to teach you about how it works, what tasks are done by the crew, and answer any questions you have on this interesting hobby.
<b>20141 Off site</b>	All Day	<b>Bus Trip to George Ranch Historical Park</b> - Journey to a place and time where cattle and cotton are king and Texas is a country all its own. The George Ranch is a 23,000-acre working ranch 30 miles southwest of Houston. Authentic locations, historic homes, costumed presenters and a remarkable story of determination and courage set the stage for trekking through over 100 years of Texas history. We will be escorted by a ranch guide as we travel by tram on our tour of the grounds. After our tour, we will have lunch at a local restaurant before returning to the college. <i>Please note that this trip may require some walking on uneven ground and climbing stairs in the homes. Bus will leave from in front of the library at 8:00am. Cost per person is \$13.00 to be collected on day of trip plus personal expenses for food and shopping. <b>WAIT LIST SIGNUP AVAILABLE AT REGISTRATION.</b></i>
		<b>Wednesday – November 11<sup>th</sup></b>
<b>20145 MOD2 101</b>	Morning 10:00-11:00	<b>Skin Doctor</b> - Dr. Wolfe, Department Chair at Baylor College of Medicine Dermatology Department, will present a seminar on the largest organ of our body. He will talk about the changing of the skin as we age and what we need to do in regard to caring for our skin living in the Texas climate.
<b>20146 MOD2 101</b>	Afternoon 1:30-3:00	<b>Camp Logan / Houston Riot</b> – The Camp Logan Riot of 1917 was a catastrophe of the Jim Crow era. African-American soldiers working in Houston attempted to take justice into their own hands against the city's white police force. The resulting riot left 15 citizens and 4 soldiers dead and led to the convictions of 110 soldiers. Learn more about the Camp Logan Riot and the racial climate of 1917 that created the conditions for this tragedy. Class will be lead by Associate Professor Tom Kelly.
		<b>Thursday – November 12<sup>th</sup></b>
<b>20150 MOD2 101</b>	Morning 10:00-11:30	<b>Don't Be a Target of Healthcare Fraud</b> – the BBB's Senior Medicare Patrol Project will show you ways to protect, detect and report healthcare fraud, waste and abuse. You will be empowered to take action against these scammers in our area and you may even want to volunteer!
<b>20165 MOD2 101</b>	Afternoon 1:00-3:00	<b>Making Holiday Cards</b> – Learn how to make personalized note cards with Bobbie Leas.....just in time for the Holidays. This is a fun craft project with paper, cards and stamps.

		<b>Friday – November 13<sup>th</sup></b>
<b>20168 MOD2 101</b>	Morning 10:00-11:30	<b>Reflexology</b> – Come learn about Reflexology with Susan Van Natta, R.N and Nationally Certified Reflexologist. Reflexology is a unique method using the thumb and fingers on the reflex areas of the feet, hand and ears. The goal of Reflexology is to encourage beneficial effects on other parts of the body to improve general health.
		<b>Saturday – November 14<sup>th</sup></b>
<b>20172 MOD2 101</b>	Afternoon 1:00-3:00	<b>Food Sampling</b> – We have lots of diversity in the ALL group. Let’s come together and share the foods that we consider “special”. What are your favorite holiday foods? What are your favorite comfort foods? Instead of a cooking demonstration, bring one dish to share with the group....we will each then get a “taste” of your favorite. Be sure to bring the recipe and we will compile them into our first LSC CyFair ALL cookbook.
		<b>Tuesday – November 17<sup>th</sup></b>
<b>20174 MOD2 101</b>	Morning 10:00-12:00	<b>Change Your Mind Change Your Life / Overcoming Adversity.</b> Based on studies in science, psychology and theology, you will delve into the scientific evidence that supports your ability to change your life. Presented from a humanistic point of view you will learn steps and techniques to facilitate permanent changes through your body’s response system, thus creating lasting changes in yourself. Presented by Denese & Dick Schmelzkopf, Denese is an ALL Board Member at Montgomery campus. <b>Four class sessions on Tuesday Nov 17th, Thursday Nov 19th, Tuesday Nov 24th, and Tuesday Dec 1<sup>st</sup></b>
		<b>Wednesday, November 18th</b>
<b>21242 MOD2 101</b>	Afternoon 1:30 – 3:00	<b>Energy Issues- Politics and Environment</b> – Jeff Cline, formally of Anadarko Petroleum, will discuss environmental issues and politics of energy in the U.S..
		<b>Friday – November 20<sup>th</sup></b>
<b>20467 MOD2 101</b>	Morning 10:00-12:00	<b>Food Safety</b> – Education is the best way to protect you and your family. The instructor, Elizabeth Revelise, will share her wealth of experience in food safety and sanitation. She will help you be more aware of the dangers of food handling at home and when eating out at restaurants.
<b>DECEMBER</b>		
		<b>Tuesday – December 1<sup>st</sup></b>
<b>20177 MOD2 101</b>	Afternoon 1:30-3:30	<b>Year-End Tax Strategies</b> – Bob Pepples, CPA Tax Accountant will offer helpful hints and ideas for your 2009 income tax planning. In this market, we need all the helpful ideas we can get.
		<b>Wednesday – December 2<sup>nd</sup></b>
<b>20183 MOD2 101</b>	Morning 10:00-11:30	<b>Texas Rangers</b> – The Texas Rangers are the oldest law enforcement organization on the North American continent with statewide jurisdiction. As part of the Texas Department of Public Safety, the Texas Ranger Division work with local law enforcement officials in making criminal and special investigations; apprehending wanted felons; suppressing major suppressing crime and violence. Come learn about how Texas Rangers operate today. <b>This is a Joint Program with LIFE and ALL. Class will be held in the Library, room 131.</b>
<b>20201 MOD2 101</b>	Afternoon 1:00-3:00	<b>Jewelry Making</b> – Jay Prescott will show us techniques for making our own jewelry including selecting beads and assembly. Create a piece of jewelry with the direction and assistance of the instructor. Each student will pay for materials used in his/her jewelry. <b>Two classes: Wednesday December 2<sup>nd</sup> at 1:00 and Thursday December 10<sup>th</sup> at 1:30.</b>
		<b>Thursday – December 3<sup>rd</sup></b>
<b>20205 MOD2 101</b>	Morning 10:00-12:00	<b>Make Gift Tags</b> – Learn how to personalize your gifts with handmade personalized Gift Tags. Linda Gabrielson will lead us in this creative craft.
<b>21245 MOD2 101</b>	Afternoon 1:30-3:00	<b>Potential Energy Sources</b> - Adjunct professor Jeff Cline will discuss developing and potential energy sources for transportation, home and industrial use.

		<b>Friday – December 4<sup>th</sup></b>
<b>20232 MOD2 101</b>	Morning 10:00-12:00	<b>Six-Word Memoirs</b> – Many of us long to pass on our memories and experiences to posterity, but we feel overwhelmed by the prospect of writing our memoirs, or we judge ourselves poor writers. With a simple technique Lane Devereux will teach us to write our memoirs and have fun doing it. Learn to compose a memoir in exactly six words...then learn how to expand the memoir into paragraphs, pages or even chapters.
		<b>Saturday – December 5<sup>th</sup></b>
<b>20242 Off site</b>	Afternoon 12:00-5:30	<b>AARP Driver Safety Program sponsored by LSC and Towne Lake</b> - As older adults, we may need a refresher course in Driver Safety. This course may be used in applying for a discount in automobile insurance...but it is NOT eligible for use in dismissing a moving violation ticket. The five hour class (and 30-minute break) will be held in the ballroom at The Heritage Lodge. Class is currently limited to 25 participants. Sign up on the wait list if the class fills up...then we can create another class. Course Fees are payable by check to AARP on the day of the course: \$12 for AARP Members (must present AARP Card to receive the discount) and \$14 for Non-members. Remember to bring your Driver’s License.
		<b>Tuesday – December 8<sup>th</sup></b>
<b>20247 MOD2 101</b>	Morning 10:00-11:00	<b>Flower Bulbs</b> - Chris Wiesinger is owner of Southern Bulbs and is a noted expert on heirloom bulbs. He brings lots of fun and historical information to all his presentations.
<b>20306 MOD2 101</b>	Afternoon 1:30-3:00	<b>FIRE !!!</b> Enjoy a class with Jason Moulenbelt as he tells us "everything you wanted to know about FIRE but were afraid to ask". Since the dawn of mankind, fire has been an important part of our lives. Jason will enthusiastically remind us of the benefits of fire – sometimes our survival even depends upon it.
		<b>Wednesday – December 9<sup>th</sup></b>
<b>20307 MOD2 101</b>	Afternoon 1:30-3:00	<b>Harris County Appraisal District</b> – Roland Altinger and Bonnie Hebert will guide us through the appraisal process and tell us why it is a necessary process in determining taxes. Come learn why this is a necessary evil.
		<b>Thursday – December 10<sup>th</sup></b>
<b>20308 MOD2 101</b>	Morning 10:30-12:00	<b>Balance</b> – Ever since man first stood on this planet, balance has played an important part of our everyday lives. However, aging and our sedentary lifestyles may lead to loss of strength, flexibility, balance and reaction time. Tim Sebesta, Professor of Kinesiology, will share information about body mechanics and a few simple exercises that might help us improve our balance and prevent falls.
		<b>Friday – December 11<sup>th</sup></b>
<b>20358 HSC 105</b>	Morning 10:00-12:00	<b>Tamale Making</b> – Come for a “hands on” experience in making Tamales. The teacher will show us each step of the process and you will be able to assemble your own tamales and take them home. There is a \$5.00 Fee to cover the cost of food ingredients, payable at Registration. Class is limited to 15 “hands-on” participants. If there is enough interest, a second class may be added.
		<b>Wednesday – December 16<sup>th</sup></b>
<b>20367 LRNC</b>	Morning 10:00-11:00	<b>LIFE</b> – Library & ALL Joint Program – Creating Citrus Peel Decorations with Linda Gabrielson. <b>Joint program with Library -Class will be held in the Library Room 131.</b>
		<b>Friday – December 18<sup>th</sup></b>
<b>20368 Off site</b>	All Day	<b>Bus Trip to San Antonio</b> - Come with us to experience the beauty of 122,000 twinkling holiday lights, the sounds of strolling musicians and the fun of choosing a riverside restaurant along the world famous San Antonio River Walk. The choices of things to do are endless; enjoy a narrated tour on luxurious mid-size buses, visit the Alamo, take a cruise along the romantic San Antonio River, visit the Buckhorn Saloon, shop at El Mercado, take a narrated trolley tour, and much more. Everyone will be on their own to enjoy the sights, sounds, and tastes of the city until time to rendezvous back with the bus and head home. <i>Please note that this trip requires walking; wear comfortable shoes. Dress appropriately for the weather; much of the time is spent outdoors. Bus will leave from the front of the library at <u>Noon</u>. Cost per person is \$1.00 to be collected on day of trip plus personal expenses for food, shopping, and sightseeing.</i> <b>WAIT LIST SIGNUP AVAILABLE AT REGISTRATION.</b>

