

ALL Class Schedule – Summer 2010

Registration on Thursday May 13th & Friday May 14th.

Registration will be a simplified process for the Summer Session. People that want to sign up for the summer classes will simply need to drop off their registration form in the Mod I office suite. Just go through the double doors at the back of Mod I and turn right to go to the first cubicle. There will be an ALL person manning the desk. That person will collect the forms and issue you a registration number (so you will know where you fall in line). Enrollment will be done in the order that registration forms are received. New members who will be paying the \$10 for the first time will be processed by the LSC staff while they are in the office. Payment needs to be made by credit card or check payable to LSC CyFair.

Reg #	Time & Place	Class Info
June		
Wednesday – June 2		
41152	Morning 10:00-11:00 Library 131	Joint LIFE/ALL program – Judge Ed Emmett will discuss Harris County’s growing transportation needs.
Thursday – June 10		
41153	Afternoon 1:30-3:30 Student Center	Bridge for Experienced Players – Bridge Players will meet in the Student Center each Thursday afternoon.
41154	Afternoon 1:30-3:30 Student Center	Texas 42 Dominoes – If you enjoy Texas 42 Dominoes, join in the game each Thursday afternoon in the Student Center.
Tuesday – June 15		
41155	Morning 10:00-12:00 Mod 2, Room 101	The Importance of Strength Training for Seniors – Kenny Nabors, personal trainer and manager at Fitness 19, will discuss how exercise can help increase energy, strength, flexibility, stability and balance. Strength training leads to better posture, helps correct muscle imbalances, and helps prevent injuries. Come learn how to create a workout routine and maintain a healthy lifestyle and diet.
Thursday – June 17		
41159	Morning 10:00-11:30 Mod 2, Room 101	Personal Safety & Protection – No matter your age, self-protection is a necessity in our society. Criminals are in our neighborhoods and their goal is to separate you from your property, sometimes at the cost of your life. Awareness is key. Please join Jim Pruett as he explains how we can be better prepared to protect ourselves.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
Tuesday – June 22		
41160	Afternoon 1:00-3:00 Mod 2, Room 101	Ways to Respond to a Work of Art – Gloria Marubio says that all of us are art critics. In class we will learn to describe, analyze, interpret, and evaluate realistic, impressionistic, and abstract works of art.
Thursday – June 24		
41164	Morning 10:00-11:30 Mod 2, Room 101	What’s That Pain In My Neck – Join Tim Janak Jr., Licensed Massage Therapist, as he shows us how we can improve our posture and our pain. We will learn how to become aware of our own posture and learn a few simple stretches to help us. We will also learn the great benefits of massage therapy.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.

		Tuesday – June 29
41170	Afternoon 1:00-3:00 Mod 2, Room 101	Art Tour & Review – Gloria Marubio will lead us on a tour of the LSC Art Gallery if an exhibition is available. Or if the gallery is not showing anything, she will have some other ideas in mind for our class.....perhaps an online art tour.
July		
		Thursday – July 1
41171	Morning 10:00-11:30 Mod 2, Room 101	Pharmacy Info – Pharmacist Charles McClure, will discuss drug interactions with over-the-counter items, disposal of unused meds, and new developments in drug industry.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
		Tuesday – July 6
	Morning 10:00-11:30 Class will meet at the Heritage Lodge	Mah Jongg Beginners Class – This will be a “beginners” class to learn how to play Mah Jongg. Class will be held at Heritage Lodge and have a limited number of participants.....so you must be registered in order to attend this class. Four class sessions on July 6, 13, 20 & 27.
		Thursday – July 8
41175	Morning 10:00-11:30 Mod 2, Room 101	District Clerk – Loren Jackson, Harris County District Clerk, will talk about the responsibilities and innovations in the Harris County District Clerk’s office. Their online services serve as a national model for streamlining a District Clerk’s office.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
		Tuesday – July 13
41172	Morning 10:00-11:30 Heritage Lodge	Mah Jongg Beginners Class – meets at Heritage Lodge.
41176	Afternoon 1:30-3:30 Mod 2, Room 101	Classic Cars: The Glory Days! – Come relive your youth with Joe Incognito who will present the history of the Classic Car in the USA and highlight the major dates and factors that created the Glory Days of the Classic Cars. There will be a series of images that capture the lifestyles, culture, and cars of the 50’s and 60’s.
		Thursday – July 15
41178	Morning 10:00-12:00 Mod 2, Room 101	Olive Oil Guy – We have all heard about the benefits of olive oil and how it is great for both salads and cooking. Join us as David Laufenberg of KDS Gourmet Foods offers a taste of over a dozen flavored olive oils that can be used to spice up your life.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
		Tuesday – July 20
41172	Morning 10:00-11:30 Heritage Lodge	Mah Jongg Beginners Class – meets at Heritage Lodge.
		Thursday – July 22
41180	Morning 10:00-11:30 Mod 2, Room 101	Arthritis Alternative Therapies – It seems that as we age, every joint starts speaking to us. Tim Janak, Jr., Licensed Massage Therapist, and Faith Arch, Nutritionist from Georgia’s Farm to Market will tell us about alternative therapies including massage and nutrition to help stabilize and hopefully improve our joint functionality and overall health.
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.

		Tuesday – July 27
41172	Morning 10:00-11:30 Heritage Lodge	Mah Jongg Beginners Class – meets at Heritage Lodge.
41181	Afternoon 1:00-3:00 Mod 2, Room 101	Big Bend National Park – Cheryl LeJune and Sharon Samson will share their adventures through Big Bend National Park. Join us for this two hour vacation in the comfort of our Mod Room.
		Thursday – July 29
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
August		
		Tuesday – August 3
41182	Morning 10:00-12:00 Mod 2, Room 101	Quilting as a Craft, Hobby, Skill or Avocation – Heritage resident Peggy Wilcox will share her interest and love for Quilting. Learn the history and evolution of this craft. Learn about different patterns and quilting stitches.
		Thursday – August 5 & Thursday – August 12
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
		Tuesday – August 17
41184	Afternoon 1:30-3:00 Mod 2, Room 101	Cypress Cares – We owe a lot to the men and women who protect our American freedoms. So join us as we learn about the volunteer efforts of Cypress Cares as they provide support for our troops through care packages and letters of encouragement.
		Thursday – August 19
41153	Afternoon 1:30-3:30	Bridge for Experienced Players – Meets in the Student Center.
41154	Afternoon 1:30-3:30	Texas 42 Dominoes – Meets in the Student Center.
		SUMMER SESSION ENDS