

ACADEMY FOR LIFELONG LEARNING

A learning organization for active adults 50+



SPRING 2012 COURSE SCHEDULE

LONESTAR.EDU/ALL-TOMBALL



REGISTER NOW

FOR *FREE CLASSES

*With yearly membership fee
(Details inside)

ACADEMY FOR LIFELONG LEARNING

A learning organization for active adults 50+

Step up and join the Academy for Lifelong Learning at LSC-Tomball!

The Academy for Lifelong Learning (ALL) program offers non-credit courses, lectures and social activities for continued intellectual and personal growth. Your annual \$20 membership entitles you to register for courses in the ALL program at LSC-Tomball at no cost or for a nominal fee. There are NO educational requirements. Some courses may require a separate supply, workbook or entry fee. Information on additional fees will be listed in the course schedule. As a member, you can help decide what is offered, volunteer to teach a course, or help arrange field trips. New ideas are always welcome. You can also enjoy the many LSC-Tomball services, such as the Library, internet access, and theatre activities.

How to Register:

- **VISIT our Continuing Education Offices:**
LSC-Tomball
30555 Tomball Parkway, Room E166
Tomball, TX 77375
or
LSC-University Park
20515 SH 249 (SH 249 & Louetta)
Building 13, 3rd Floor
Houston, TX 77070
- **ATTEND our Spring Open House:**
Saturday, January 21
10am-12pm
LSC-Tomball Beckendorf Conference Center
- **FAX your registration form to: 281.357.3726**

ALL Refund Policy:

No refunds are given for yearly Academy for Lifelong Learning membership fees. Regarding classes, members must officially withdraw before class begins to receive a refund for the course fee. Otherwise, no refund will be given.

Please remember that we can no longer accept credit card payments by phone.

Table of Contents

Membership	3
Arts & Crafts.....	3
Computers & Technology.....	3
Financial & Legal	4
Fun & Recreation.....	5
Health, Fitness & Safety	5
History.....	6
Medical	7
Nature & Environment	8
Political & Community Affairs.....	8
Travel, Tours & Entertainment	8
Index.....	9
Registration Form.....	10
Campus Map	11

IMPORTANT DATES

LSC-Tomball & LSC-University Park are closed:

January 16 - Martin Luther King Day

March 12-18 - Spring Break

April 6-8 - Spring Holiday

Please join us for our ALL Spring Open House

Register for classes! Bring your friends! Meet the instructors and Advisory Committee Members!

Saturday, January 21

10am-12pm
Beckendorf Conference Center
(located on the LSC-Tomball Campus)
30555 Tomball Parkway
Tomball, TX 77375

Academy for Lifelong Learning

Course Descriptions

Spring 2012

Academy for Lifelong Learning Membership (September 2011 - August 2012) LSC-Tomball \$20.00

ARTS & CRAFTS

Book Stand 101

Do you ever get weary of holding that heavy book? Then it's time to make a bookstand to hold it for you! Gene Chism will do the hard part of cutting and preparing the wooden pieces so you can spend all your time decorating. Will you decide to paint or decoupage your book stand? This class will be limited to 15 participants. Classes will be two hours each. Participants must bring a sheet of #220 and #100 sand paper and an old newspaper. Supply fee of \$10 must be paid in advance at time of registration. Register by Friday, 4/6.

ALL membership required. No Fee.

Instructor: Gene Chism

15961 F 4/27-5/11 1-3pm E178

Historic Art of Paper Quilling

In its most simple form, quilling produces lacy-looking decorations by gluing many folded shapes together side by side in a planned design. Each shape, called a quill, is made by rolling or curling strips of 1/8" wide quilling paper. Now you too can learn several techniques suitable for framing, greeting cards, or wherever your imagination takes you. A \$20 supply fee will be paid to the instructor at the first class. Class will meet on 1/27, 2/24, 3/23, 4/27, 5/18.

ALL membership required. No Fee.

Instructor: Patricia Hummel

16080 F 1-4pm TBA

Introduction to Fine Arts Materials & Media

This class is intended to introduce the future budding artist and intermediate level artist to a better understanding of a variety of art materials and their mediums. The class will meet four times going over Acrylics, Oils, Watercolors and Pastel/Charcoals. Art materials will be provided for a \$5 fee per class.

ALL membership required. No Fee.

Instructor: George Rodriguez

15960 W 3/21-4/11 10am-12pm TBA

Basic Skills and Tools for Silk Flower Arrangements

This is a beginner's class to provide instructions to the participants in learning the proper handling of tools to use in creating a silk floral arrangement. Design principle of balance, focal point, accent, repetition, harmony, unity and shapes will be a part of the discussion. The choices of various silk flowers that will enhance your décor and other useful knowledge will be discussed along with skills, techniques, textures, and color. Demonstrations, questions and answers will be a part of this class. Hand outs will be provided by the instructor. Class size limited to 15.

ALL membership required. No Fee.

Instructor: Lillian Walker

16079 Sa 2/11-2/18 10am-12pm E178

The Perfect Vase

Use your skills from the Basic Skills and Tools for Silk Flower Arrangements class to group flowers of relative size, color, and texture appropriate for the shape of your chosen vase. Continue by making silk flowers look natural by combining the beauty of colorful flowers with the skill of basic design, resulting in a beautiful arrangement that demonstrates your new skills. These two classes will emphasize groupings, texture, size and color based on your choice of vase. Participants will need to bring their choice of silk flowers and a vase. Floral tools will be furnished by the instructor.

ALL membership required. No Fee.

Instructor: Lillian Walker

16230 Sa 3/24-3/31 10am-12pm E178

Silk Flowers for Special Occasions

Observe the creation of silk flower arrangements for special occasions with emphasis on Easter, Mother's Day and other events. Then, use applied skills to create designs of your choice. You will be shown how to use silk flowers to make corsages and table centerpieces successfully with ease. Then, extend your skills to include additional designs for wedding events and other wedding decor. A silk bridal bouquet and boutonniere demonstration will be included. See how silk flowers can be a beautiful and less expensive choice for special occasions. Participants will bring their flowers of choice. Tools will be provided by the instructor.

ALL membership required. No Fee.

Instructor: Lillian Walker

16231 Sa 4/21-4/28 10am-12pm E178

You Too, Can Learn to Like Opera!

Do you think opera is just for the high brows and rich? Not so. Come to this class and learn that opera is for everyone and where to see it in Houston. We may even go to see an opera. Learn more about opera and opera in Houston.

ALL membership required. No Fee.

Instructor: Cathey Cox

15959 WTh 2/8-2/9 10am-12pm TBA

COMPUTERS & TECHNOLOGY

Advanced Google

Students should take Google & Beyond before taking this class—We review Google's advanced searching techniques and learn how to use Google's Boolean search strategies; how to let domain and time limits on the results; etc.

ALL membership required. No Fee

Instructor: Bill Crowley

15723 F 3/9 10am-12pm E182

Computer Boot Camp

Basic terminology – keyboard, mouse, cpu, modem, router, ISP, etc. Mouse 101 – exercise/practice using the mouse. Internet 101 – getting on the web. Differences between search engines. How to look up things. Web Resources – fun websites and activities online. Documents 101 – using basic functions in Word, Google Docs, etc. Students to bring lunch and a flash/jump drive to save work. Class format: 9am-12pm, break from 12-1pm, finish class 1-4pm. Limited enrollment.

ALL membership required. No Fee

Instructor: Mike Scholz

15979 W 3/28 9am-4pm TBA

Google & Beyond

Impress your friends and amaze your children with what you learn here! Teach your grandkids some neat Internet tricks. This fun course will take us beyond normal Internet searching. We will play in the "deep Web" that the search engines cannot see. We will learn how to construct an Internet search so that we will get only a few hits. We will learn how to use the advanced features of Google. We will explore some really unique and interesting websites. We will learn how to verify those wild claims we get in our email and discover how to identify those internet hoaxes.

ALL membership required. No Fee

Instructor: Bill Crowley

15722 MTWTh 3/5-3/8 10am-12pm E182

MS Excel 1

This class will cover menu structure, use of a prototype spreadsheet, demonstration and exercise of many useful menu options. Perform simple arithmetic in Excel, add and delete lines in a spreadsheet and create simple spreadsheets. Students to bring lunch and a flash/jump drive to save work. Class Format: 9am-12pm, break 12-1pm, conclusion 1-4pm. Limited enrollment (20).

ALL membership required. No Fee

Instructor: Mike Scholz

15981 M 4/9 9am-4pm E182

MS Excel 2

Learn how to use formulas and functions, shortcuts, cell references and how to handle circular references and error-checks. Create more complex spreadsheets using formulas and functions, as well as linking worksheets and workbooks. Students to bring lunch and a flash/jump drive to save work. Class Format: 9am-12pm, break 12-1pm, conclusion 1-4pm. Limited enrollment (20).

ALL membership required. No Fee.

Instructor: Mike Scholz

15982 W 4/11 9am-4pm E182

MS Word 1

Menu structure. Using a prototype document, demonstrate and exercise many useful menu options. Work with letters, documents, and templates. Fun projects using Word features. Students to bring a flash/jump drive to save work. Limited enrollment (20).

ALL membership required. No Fee.

Instructor: Mike Scholz

15980 W 4/4 9am-12pm E182

Social Networking Online

Do you wonder what your kids are doing while on the computer for hours? This is the course for you. Get introduced to popular social networking websites such as Facebook, Twitter, YouTube, and Flickr. After a general overview of several sites, you will get hands-on experience with the website of your choice.

ALL membership required. No Fee.

Instructors: Lalonde, Scholz

16246 W 4/12 10am-12pm E182

Tracing Your Ancestors

This is a basic course in tracing your family genealogy. The course will cover how to get started, documenting your finds, organizing materials and how to research family history using various websites on the internet for research. Limited enrollment (20).

ALL membership required. No Fee.

Instructor: Joann Miazga

15720 Th 2/2-2/9 1:30-3:30pm E182

FINANCE & LEGAL

Avoiding the Funeral Trap

Learn about shopping for a funeral and the sales tactics employed by the industry. You will learn about different funeral and merchandise options. Different cemetery properties will be discussed as well as the use of Houston Cemetery Cooperative. Keep your options open and avoid regrettable mistakes.

ALL membership required. No Fee.

Instructor: Ken Lambert

15957 Tu 2/7 1-3pm TBA

Focus on Fixed Income

Learn basics of Bonds and the advantages of laddering. Discover how fixed income should be a part of your investment strategy.

ALL membership required. No Fee.

Instructor: Anita Bowman-McCormick, AAMS

15703 Th 2/16 10-11:30am TBA

Managing Fixed Income Assets in 2012

An educational seminar on understanding interest rate and credit risks for your taxable and tax-exempt bond portfolios, and how to take appropriate actions.

ALL membership required. No Fee.

Instructor: Ray Rhoades

15706 Tu 3/27 1-2:30pm TBA

Smart Choices in Retirement

When you retire, you probably want to maintain your current standard of living, or maybe even improve it. At this seminar, you'll learn 10 principles to help you work toward achieving a stable, steady income to help your money last throughout retirement.

ALL membership required. No Fee.

Instructor: Anita Bowman-McCormick, AAMS

15705 Th 4/5 10-11:30am TBA

Social Security-Strategies to Maximize your Benefits

Most people believe they should begin collecting social security retirement benefits as soon as possible, which is age 62. While that strategy may seem effective, Baby Boomers are living longer than any previous generation. Deciding when to begin collecting your social security will have a significant impact on your retirement plans.

ALL membership required. No Fee.

Instructor: Anita Bowman-McCormick, AAMS

15704 Th 3/22 10-11:30am TBA

Starting a New Business

Is your business legal? Is your business licensed? Are you exposing yourself to personal liability needlessly? We will discuss when and how to form a business entity under Texas law. You will learn what considerations affect the type of business you run and how to protect yourself from personal liability. A properly developed business can be a legacy passed down to the next generation, or a profitable asset to be sold to better enjoy the later years. Everyone from cake decorators to software developers should attend this informative session.

ALL membership required. No Fee.

Instructor: Kevin M. Jones

15956 W 3/21 9-11am TBA

FUN & RECREATION

Beginner's Bridge

Hand-held lesson on the fundamentals of bridge playing in a comfortable and stress free atmosphere. Booklet costs \$6 and can be purchased from the instructor. Class size: 12 participants.

ALL membership required. No Fee.

Instructor: Darlene Nassau

15964 TuTh 1/24-3/8 1-3:30pm TBA

Fly Casting/Fly Fishing

Experience the fun of learning the sport of fly fishing. The first step is to learn how to cast a fly or other very light weight object. The overhead, side, roll and bow and arrow casts will be demonstrated. Also available will be information on fly rods, reels and lines.

ALL membership required. No Fee.

Instructors: Rip Rogers & Dave Ferris

16207 Tu 3/6 1:30-3:30pm Beckendorf Conf. Ctr

Friday Movie Matinee

Join us one Friday each month to revisit some old and not-so-old favorites. Bring a snack, or get one at the snack bar, which will be open until show time.

ALL membership required. No Fee.

Instructor: Mike Schloz

Indiana Jones and the Raiders of the Lost Ark

Archeologist and adventurer Indiana Jones is hired by the US government to find the Ark of the Covenant before the Nazis do. The first and best of the Indy movies. Stars Harrison Ford, Karen Allen, and Paul Freeman.

15965 F 2/17 1-3pm E-100

The African Queen

In Africa during WW1, a gin-swilling riverboat owner/captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship. Stars Humphrey Bogart, Katharine Hepburn, and Robert Morley.

15966 F 3/23 1-3pm E-100

When Harry Met Sally

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin their friendship. Stars Meg Ryan, Billy Crystal and Carrie Fisher.

ALL membership required. No Fee.

15967 F 4/20 1-3pm E-100

Square Dancing Fun Nights

Whether you know how to square dance or would like to learn, come join us to see what it is all about, either one evening or both evenings. Location of event: Tomball Community Center, 401 Market Street, Tomball, TX 77375.

ALL membership required. No Fee.

Instructor: Linda McLaughlin

16083 Th 1/19-1/26 7-9pm

Tennis Anyone?

Come join us for some fun and exercise at the LSC-Tomball campus tennis courts. This is not for lessons – just for those that already have played tennis. Bring tennis equipment and water.

ALL membership required. No Fee.

Instructor: Linda McLaughlin

16082 Sa 1/28-5/12 10-11:30am LSC-Tomball tennis courts

HEALTH, FITNESS & SAFETY

Clutter Busters

How to organize and structure those "difficult" areas to find space, time and joy.

ALL membership required. No Fee.

Instructor: Judy A. Rose

15707 Sa 2/4 9-11am TBA

15708 Tu 2/7 9-11am TBA

Herbal Nutrition

Herbs -we cook with them, we pull them as weeds, we drink them in teas. Ancient cultures had traditional uses for all kinds of plants and herbs. This class is designed to explore a few of these, from garlic to dandelion. Some of the properties and benefits may surprise you!

ALL membership required. No Fee.

Instructor: Donna Fry

15709 W 3/21 6-9pm TBA

Natural Nutrition

Learn how natural whole foods, medicines and herbs can put you on track to prevent some of the ailments common to the aging process. By responding to your body's natural nutritional needs with better lifestyle choices and habits, including diet, exercise and rest, you will be promoting better health for your life for many years to come. \$5 to the instructor for handouts.

ALL membership required. No Fee.

Instructors: Susan Salce, N.D., C.N.C., Catherine Masden, N.D., C.N.C.

15710 Th 2/2 10:30-12pm TBA

15711 Th 4/19 1:30-3pm TBA

Practical Uses of Essential Oils & Blending

Explore the practical use of aromatherapy. Learn which essential oils are relaxing, stimulating or balancing. See how these oils can be utilized in everyday living. Students will make a blend to take home.

ALL membership required. No Fee.

Instructor: Donna Fry

15713 W 4/18 6-9pm TBA

Understand Your Metabolism

Learn how to get your metabolism fire burning! By implementing three simple steps into your daily routine you can increase your body's metabolic process, have more energy and increase longevity of wellness. Come learn how to make better choices to improve your metabolism. Taught by one of our own Fitness for Life and Weight Training instructors.

ALL membership required. No Fee.

Instructor: Kendra Murrell, M.Ed.

15963 Tu 3/27 10:30am-12pm TBA

16081 Tu 4/24 10:30am-12pm TBA

AARP Free Tax Preparation Help:

February 1 – April 16

Tomball Community Library, Room L129

Mondays, 12-4

Wednesdays, 10-2

Saturdays, 11-3

Walking for Exercise

During these sessions, information concerning medical clearance for exercise, proper shoes, walking techniques, tips for beginning and experienced exercisers and methods to increase exercise intensity will be presented and experienced. Recommended walking shoes: tennis, walking, cross-training or running shoes.

ALL membership required. No Fee.

Instructor: Bruce Zarosky

15717 F 1/27-2/3 9:30-10:30am Wellness Center

Yoga for Body & Brain

Want to feel like a kid again? Still feel like a kid on the inside but not on the outside? Challenge yourself to be more flexible, to rediscover peace of mind and to have fun exercising! Exercises and relaxation techniques are intended to stretch both body and brain for improvement of physical, emotional and mental health and well-being. Taught by a Certified Brain Management Consultant. Please bring a yoga mat and small towel and/or small pillow if needed. Please be sure to wear comfortable clothing, and rubber soled socks.

ALL membership required. No Fee.

Instructor: Evangelina Vela

15718 MTh 2/13-4/12 11am-12pm E177

Your Genetic Blueprint: Eating Right for your Blood Type

Have you ever wondered why two people can eat the same thing and one will lose weight while the other will not? Or why some people thrive on a vegan diet while others fade without red meat? These and other questions will be answered in a new class using principles from Peter d'Adamo's book, "Eat Right for your Blood Type." There are fascinating things to learn about how each blood type is affected by certain foods, and why some foods help to lose weight and others put on weight. Do you know your blood type? Don't worry. After hearing this presentation, it should become very obvious to you which type you are and how you can feel better by eating right for your type. \$2 materials fee paid to instructor.

ALL membership required. No Fee.

Instructor: Donna Fry, Naturopath

15716 W 2/22 6-9pm TBA

Lone Star College-Tomball Theatre Department Performing Arts Center Schedule Spring 2012

"All My Sons" by Arthur Miller
February 23-25, 7:30pm

"Fiddler on the Roof" by Joseph Stein
July 12-14, 7:30pm

Guest Artist Concert (Music Performance)
March 2, 7pm

"Sweeney Todd" Spring Musical Performance
By Stephen Sondheim
April 27-28, 7:30pm
April 29, 2:30pm

HISTORY

Battleships

Discover the "magic" of battleships as you explore the worldwide history of the first "super-weapon." You'll have a better understanding of these powerful ships and their rise to and fall from infamy.

ALL membership required. No Fee.

Instructor: Jim Swank

16757 Th 3/8 2-3:30pm TBA

Chancellorsville

After a crippling defeat along the Rappahannock, Union forces (now commanded by "Fighting Joe" Hooker) face Lee's Army once again in Virginia. Rebel forces take their worst loss in a victory, the death of Stonewall Jackson. Join us for a wonderful discussion.

ALL membership required. No Fee.

Instructors: Frank Parker & Ray Rhoades

15950 Tu 3/27 3-4:30pm TBA

Mad & Merry Monarchs

Learn the humorous, bizarre and outrageous behavior of a bygone era celebrated in this treasure of stories from a time of lusty and insane kings and treacherous queens; of murderous tsars and unholy popes, once the supreme monarchs in Europe. They all contribute to the scandals, insanity and weird happenings that once flourished across England and Europe. A very entertaining presentation!

ALL membership required. No Fee.

Instructor: Rhea Workman

15701 Th 2/2-2/23 9am-12pm TBA

Modern Money: The Global Financial System since 1944

A series of lectures on the development of the global financial system since the Bretton Woods Conference of 1944, including the influence of international institutions, the policies of the United States, the European Union, Japan, China and other countries, the activities of banks, the movements of the world markets in oil and other commodities, and the impact of technology on faster movements of capital. Presented by one of LSC-Tomball's own History professors.

ALL membership required. No Fee.

Instructor: Clifton Fox

15702 W 2/22-3/7 3-5pm TBA

More Stories from World War II

You'll hear from military veterans who served in World War II. Come hear what it was really like from people who were there. This class will be conducted in a lecture/discussion format. Class members will be encouraged to participate in the discussion portion. Come hear the fascinating memories these special servants have to share!

ALL membership required. No Fee.

Coordinator: Dave Ferris

15724 Tu 2/21 1:30-3:30pm E100

Leisure Learning

Leisure learning classes (not for college credit or certification) are open to all ages. Senior discounts may apply up to age 60+. Lab and infrastructure fees apply to these classes and some classes require textbooks. ALL membership is not required for these classes.

Visit our Leisure Learning site at LoneStar.edu/Leisure-Learning.

Pearl Harbor

You'll gain a better understanding of this momentous entry into war for the United States. Learn mistakes made by the Japanese and Americans, medals of honor received, and little known facts of this painful memory in American History.

ALL membership required. No Fee.

Instructor: Jim Swank

16758 Th 2/9 1-3pm TBA

Texas History Lectures

Our first presentation will be "The Cherokee War of 1839", which is the culmination of friction between the Cherokee, Kickapoo and Shawnee Indians and the white settlers in northwest Texas. The presentation provides an overview of the social and political forces leading to the expulsion of the Cherokee Indians from Texas by the Republic of Texas Army. Students will be taken on several field trips, via PowerPoint, to some of the key East Texas locations that led to the two-day Battle of the Neches and the tragic death of Chief Bowles. Our second presentation, called The Alamo - Past & Present, will review the history and ownership of San Antonio de Valero mission and the "Alamo." You'll come away with a better understanding of the actual size and provenance of the Alamo complex and pending plans for restoration of the original buildings.

ALL membership required. No Fee.

Instructor: David Hanover & David Martin

15951 W 2/8 1-4pm E100

Texas History Lectures

Our first presentation will be a Texas History Mystery Lecture. This will be a bit of a surprise presentation for anyone interested in Texas history. Our second presentation, by Charlie Fogarty, is called "the Life of Dick Dowling and the Battle of Sabine Pass, which will cover Houston's forgotten entrepreneur and civil war hero, Dick Dowling.

Instructors: Charlie Fogarty & Jack Edmondson

15952 W 2/15 1-4pm E100

Texas History Lectures

Dr. Caroline Crimm will present "A Comparison of Two Women in Early Texas," which will compare Hispanic and Anglo laws in regard to women during the early years of Texas History by studying the histories of Petra Vela, later wife of Texas Rancher Mifflin Kennedy, and Patricia de la Garza de Leon, wife of the founder of Victoria, Texas.

Instructor: Dr. Caroline Crimm

15953 W 2/22 1-2:30pm E100

The History & Mystery of King Tut

Another in the great series titled "Discover, Learn & Travel Through Film." Discover the truth behind the curse and craze, the fame and the fortune that surrounds the discovery of the tomb of Tutankhamun, Egypt's most notorious Phaorah.

ALL membership required. No Fee.

Instructors: Carma & Basil Tate

15954 M 2/27 10am-12pm TBA

MEDICAL

First Aid/CPR

Heart Saver First Aid is a video-based instructor led course that teaches critical skills to respond to and manage an emergency until EMS arrives. You will learn skills such as managing bleeding, sprains, broken bones, shock, choking, bites, falls, poisoning. Adult CPR and choking, AED, Making The Emergency Call. You will see compression only techniques for administering CPR as recommended by AHA, as well as the AED. This class has limited enrollment (15). \$10 fee for workbook paid to instructor.

ALL membership required.

Instructor: Cpt. Daniel Hancock, Paramedic, NWEMS

16084 M 5/7 1-5pm TBA

Helping Your Pet Age Gracefully

Topics to be covered: 1) Special Needs of older pets; 2) Medical conditions and diseases in the geriatric pet; 3) Routine medical exam; 4) Short crash course on emergency responses; 5) Bring your questions. Meet at the LSC-Tomball Vet Tech building by 12:45pm. Park in the lot between the tennis courts and the Vet Tech building; walk across the circle drive. A brief tour of new Vet Tech facility will follow this class.

ALL membership required. No Fee

Instructor: Dr. Melanie Younger

15970 M 4/23 1-3pm Vet Tech Facility

Hospice 101

Hospice is a type and philosophy of care that focuses on the palliation of a terminally ill patient's symptoms. These symptoms can be physical, emotional, spiritual and/or social in nature. The modern concept of hospice includes comfort care of the incurably ill given in hospitals or nursing homes, but also given to those who would rather die at home. How do you access hospice? Do you need a doctor's order? Is the family responsible for the hospice bill? Come hear the answers to these and other questions. You may be surprised! This is an under-used resource!

ALL membership required. No Fee.

Instructor: Dr. Marsha Irwin, Ph. D, R.N.

16233 M 3/26 1-3pm TBA

Knowing Your Medicines

What you should know about over the counter and prescription medications and what precautions to take. Learn healthy-living options and how medicine can affect your daily life.

ALL membership required. No Fee

Instructor: Dr. Stephen Tabor, Family & Sports Medicine

16270 M 4/30 1-3pm TBA

Music that Heals the Soul

Through the years music has played an important role in the history of America. What role has music played in your life? In this presentation, we will discuss the time table of American music and share our own timetable of music in our lives and what it means to you.

ALL membership required. No Fee

Instructor: Theresa Johnston, Autumn Grove Cottage

15969 M 2/20 1-3pm TBA

PAD: Peripheral Artery Disease

PAD is a life-threatening condition that can be managed or even reversed with proper care. Are you at risk for decreased blood circulation to your limbs and organs? Why does PAD occur and what are the symptoms?

ALL membership required. No Fee

Instructor: Dr. Kedar Vaidya, Cardiologist

15968 M 2/13 1-3pm TBA

NATURE & ENVIRONMENT

How Big is The Universe?

This class will use Salman Khan's educational series, beginning with the study of the size of our galaxy and beyond. You won't believe what you see. An introduction to the Khan Academy online.

ALL membership required. No Fee

Instructor: Chuck Warford

15972 Th 3/1 10am-12pm TBA

ISEC Home Pest Management

Educational program designed to teach common-sense methods of preventing and controlling common pests that occur in the home.

ALL membership required. No Fee

Instructor: Dr. Paul Nester, Texas AgriLife Extension Service

16087 Tu 4/3 9am-12pm TBA

Journey across America the Beautiful

Another great selection from our series, "Discover, Learn & Travel Through Film." Visit all 55 American National Parks and see why each is treasured as an irreplaceable part of our national legacy. Each of them is a living symbol of the untamed American spirit.

ALL membership required. No Fee

Instructors: Carma & Basil Tate

15971 M 4/16 10am-12pm TBA

Small Engine Repair

This course will provide you with a step-by-step guide to maintaining your small engines on lawn mowers and other 4-cycle engines. Cost of workbook and additional materials will be \$20 paid to the instructor at the first class.

ALL membership required. No Fee.

Instructor: Stephen Smith

16235 Sa 2/18-2/25 8am-12pm TBA

FAQ's:

- **When can I register?**
Any time during the academic year
- **Where are classes usually held?**
In the East Building, near the Continuing Education office and Beckendorf Conference Center.
- **Is there wheelchair access?**
Yes, the campus is ADA compliant.
- **Is online registration available?**
No, not at this time.
- **Where can I get more information?**
Call 281.357.3676 or 281.290.2601 or go to LoneStar.edu/ALL-Tomball
- **The ALL membership fee is good for what dates?**
From September 1 – August 31 of each year.

POLITICAL & COMMUNITY AFFAIRS

Identity Theft

Identity theft awareness and protection. Six areas of identity theft exposure.

ALL membership required. No Fee

Instructors: Dale Alvarez & Scott Ferguson

15973 Th 1/26 1-4pm TBA

15974 Th 3/29 1-4pm TBA

15975 Th 4/26 1-4pm TBA

Lunch & Learn

Let's meet for lunch and a lecture and learn as we dine. Locations to be announced at the Open House in January. Dates: 2/24, 3/30, 4/27.

No Fee

Instructors: Various

15976 F 11am-12:30pm TBA

TRAVEL, TOURS & ENTERTAINMENT

AARP Driver Safety

This course is intended for individuals age 50 and over who are interested in improving their driving skills. The class is not eligible for use in dismissing a moving violation ticket, but may be used in applying for a discount in automobile insurance. Participants will review the "rules of the road" and defensive driving practices. The course will also cover normal changes in vision, hearing and reaction time that accompany aging. The cost is \$12 for AARP members, \$14 for non-AARP members, to be paid at the door for a study guide that each participant keeps.

No Fee.

Instructor: Bob Loveless

15977 Sa 3/10 9am-1pm TBA

15978 W 4/25 9am-1pm TBA

The International Traveler

As a frequent business traveler since 1979, this course will share his experiences from traveling to over 76 countries. Information on the challenges of traveling throughout the World thru pictures and narration will be given. From restaurants, airports, dealing with airlines, hotels, going thru different countries customs, the challenges of dealing with U.S. Dollars vs. local currencies, and other topics will be shared.

ALL membership required. No Fee.

Instructor: D. Marshall Brown

15735 Th 3/8 9am-12pm TBA

Bus Trip Information:

Bus # 1 – Wednesday 2/1 – Location TBA

Bus # 2 – Tuesday 3/20 - Museum of Fine Arts, Downtown Houston – King Tut Exhibit

Trips are limited to 39 passengers per bus.
ALL membership required.

Contact Bob Loveless at ROLoveless@my.LoneStar.edu for more information.

INDEX OF CLASSES

AARP Driver Safety Course.....	8
Advanced Google.....	3
Avoiding the Funeral Trap.....	4
Battleships.....	6
Beginner's Bridge.....	5
Book Stand 101.....	3
Chancellorsville.....	6
Clutter Busters.....	5
First Aid/CPR.....	7
Fly Casting/Fly Fishing.....	5
Focus on Fixed Income.....	4
Friday Movie Matinee.....	5
Google & Beyond.....	4
Helping your Pet Age Gracefully.....	7
Herbal Nutrition.....	5
Historic Art of Paper Quilling.....	3
History & Mystery of King Tut.....	7
Hospice 101.....	7
How big is the Universe?.....	8
Identity Theft.....	8
Introduction to Fine Art Materials & Media.....	3
ISEC Home Pest Management.....	8
Journey across America the Beautiful.....	8
Knowing Your Medications.....	7
Lunch & Learn.....	8
Mad & Merry Monarchs.....	6
Managing Fixed Income Assets in 2012.....	4
Microsoft Excel I & II.....	4
Microsoft Word I.....	4
Modern Money.....	6
Music that heals the Soul.....	7
Natural Nutrition.....	5
Pearl Harbor.....	6
Peripheral Artery Disease.....	7
Practical uses for Essential Oils.....	5
Silk Flower Arrangements.....	3
Small Engine Repair.....	8
Smart Choices in Retirement.....	4
Social Networking Online.....	4
Social Security – Maximizing your Benefits.....	4
Square Dancing Fun Nights.....	5
Starting a New Business.....	4
Stories from World War II.....	6
Tennis Anyone?.....	5
Texas History Lecture Seminar.....	7
The International Traveler.....	8
Tracing your Ancestors.....	4
Understanding your Metabolism.....	5
Yoga for Body & Brain.....	6
You, Too Can Learn to Like Opera!.....	3
Your Genetic Blueprint: Eating Right for your Blood Type.....	6
Walking for Exercise.....	6

Thank You, Volunteers!

LSC-Tomball would like to extend an ALL thank you to ALL of our volunteers! Simply put, we just can't do it without you! We appreciate our many talented volunteer instructors, who share their knowledge and enthusiasm about everything from history to aromatherapy to technology classes. And we'd like to thank our community volunteers who make up our Advisory Committee and our Curriculum Subcommittee. These groups meet monthly to exchange new ideas for the enrichment and promotion of this special program, while striving to bring our members the very best in leisure education and activities. The Tomball community has benefited from the enthusiastic efforts of these generous individuals for more than five years. Again, we ALL thank you!

Ways to Volunteer:

- Join the Advisory Committee
- Give time to our open house events
- Submit ideas for new classes
- Become an instructor

Please contact:

Roy Lazenby, Ed.D.
281.401.1868 or Roy.L.Lazenby@LoneStar.edu

ALL Website / Email / Phone / Fax

Tomball ALL website: LoneStar.edu/ALL-Tomball

Tomball ALL email address: TCALL@LoneStar.edu

Phone: 281.357.3676 (LSC-Tomball) or

281.290.2601 (LSC-University Park)

Fax: 281.357.3726

LSC-Tomball offers FREE activities in our Library, such as:

Book Clubs:

After Austen Book Club
Afternoon Book Discussion Group
Inspirational/Christian Book Club
Mother-Daughter Book Club
Nonfiction Book Discussion Group
Paranormal Book Club

Sit & Stitch – Thursdays @ 10am-12pm

Postcard Collecting Group - every third Saturday @ 3pm

Computer Classes - Computer Basics, Internet, MS Office Suite (Word, Excel, PowerPoint, Access), & Digital Photos

English as a Second Language - Discussion times are Wednesdays @ 10:30am-12pm

Call the LSC-Tomball Library at 832.559.4200 for more information or go to www.HCPL.net and check the Events Calendar.



Academy for Lifelong Learning (ALL)

REGISTRATION FORM

Academy for Lifelong Learning

Fax, mail, or deliver this form in person.

PLEASE PRINT

Date _____ Campus: LSC-CyFair LSC-North Harris LSC-Kingwood LSC-Tomball LSC-Montgomery LSC-UP

Year 20 _____ Term: Fall Spring Summer I am: Currently an ALL member ID# _____ New

Last name _____ First _____ Middle _____

Previous last name _____ E-mail address _____

Home phone _____ Cell phone _____ Work phone _____

Current address: Address change? Yes No

Street _____ Apt # _____

City _____ State _____ Zip _____ County _____

Mailing address (if different):

Street _____ Apt. # _____

City _____ State _____ Zip _____ County _____

Social Security* _____ - _____ - _____ Date of Birth ____ / ____ / ____ Gender: Male Female

*Social Security Number (SSN) is required if you are applying for financial aid but is not required for admission. Providing an SSN will, however, speed up the processing of your application since we will not need to manually match your application with other materials such as transcripts and test scores. Supplying an SSN also ensures that you will be able to claim the Hope Tax Credit if you are eligible on your federal tax return. Lone Star College uses the SSN for compliance with federal and state reporting requirements and has a strong commitment to ensuring the privacy and confidentiality of student records and will not disclose your SSN without your consent for any purpose except as allowed by law.

Registration #	Course Title	Class Location	Start Date	Course Fee

Emergency Contact Information:

Name _____ Relationship _____

Home Phone _____ Alternate Phone _____

- Other: I am interested in volunteering for ALL.
 I am interested in teaching a class for ALL.
 I agree to have ALL volunteers and staff contact me on my personal email or telephone.

Member Signature _____ Date _____

Tuition & Fees: _____
 Method of Payment: _____
 Entered by: _____
 Date: _____
 Code: _____

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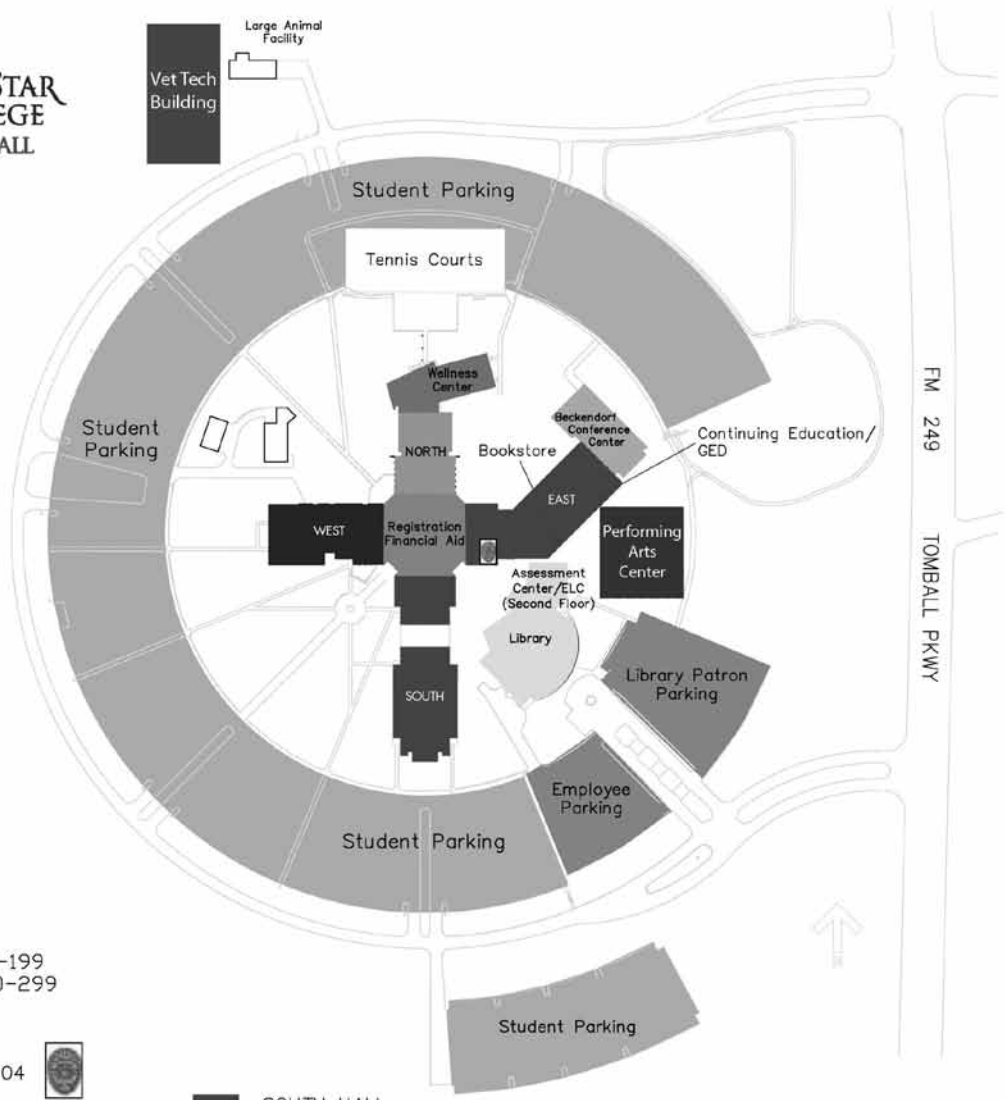
Payment is due at the time of registration. Make checks payable to Lone Star College System.

Charge to my: AMEX Discover Master Card VISA Card Expiration Date _____ Transaction Date _____













Card # _____ Security Code _____ Name on Card _____

Billing address (including ZIP) _____

Signature _____



1st Floor Rooms 100-199
2nd Floor Rooms 200-299

- | | | |
|--|--|--|
|  Campus Police E104  |  SOUTH HALL
Rms. S102-S279
• Student Success/Counselors |  Library
Assessment Center (2nd Floor)
Extended Learning Center-ELC (2nd Floor) |
|  Admissions/Registration
Bursars Office
Financial Aid
Commons Cafe |  WEST HALL
Rms. W104-W228 |  Wellness Center |
|  NORTH HALL
Rms. N103-N220 |  Large Animal Facility |  Beckendorf Conference Center
Black Box Theater |
|  EAST HALL
Rms. E100-E270
• Bookstore
• CE Office E-166
• Campus Police |  Student Parking | |



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ENROLL TODAY!

LoneStar.edu/ALL

FOR MORE INFORMATION
CONTACT THE LONE STAR
COLLEGE NEAREST YOU.



LONE STAR
COLLEGE
SYSTEM

LSC-CYFAIR

LSC-KINGWOOD

LSC-MONTGOMERY

LSC-NORTH HARRIS

LSC-TOMBALL

LSC-UNIVERSITY PARK

OPEN HOUSE SCHEDULE

Saturday, January 21

LSC-CyFair, 10 a.m. – noon, Conference Center
9191 Barker Cypress Road, Cypress, TX 77433

LSC-Montgomery, 11 a.m. – 1 p.m., Building A (The Commons)
3200 College Park Drive, Conroe, TX 77384

LSC-North Harris, 9:30 – 11:30 a.m., Community Education Building
2700 W.W. Thorne Drive, Houston, TX 77073

LSC-Tomball, 10 a.m. – noon, Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375

LSC-University Park, 10 a.m. – noon, Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375

Saturday, January 28

LSC-Victory Center, 9:30 a.m. – 11 a.m.
4141 Victory, Houston, TX 77088

Monday, February 6

LSC-Kingwood, 2 – 4 p.m., EMCID off-site center
21575 Highway 59N, New Caney, TX 77357

For more information, visit: LoneStar.edu/ALL

