HISTORY & GOVERNMENT

MOVIES MUSIC & THEATRE

CLASSES, LECTURES & EVENTS AVAILABLE ONLINE

FUN HOBBIES & MORE

ARTS & CRAFTS

Fall 2020 Course Schedule

LSC-CyFair • LSC-Houston North • LSC-Kingwood • LSC-Montgomery • LSC-North Harris • LSC-Tomball • LSC-University Park
Lone Star College

With 89,000 students in credit classes, and a total enrollment of more than 99,000 students, Lone Star College is one of the fastest-growing and largest community college systems in the nation. Recognized for its commitment to student success and credential completion, LSC is a national leader in conferring degrees. Students rely on Lone Star College for associate degrees, certifications for work in high-demand industries, and credits that enable them to transfer anywhere. LSC offers affordable, high-quality education close to home at its seven colleges including LSC-CyFair, LSC-Houston North, LSC-Kingwood, LSC-Montgomery, LSC-North Harris, LSC-Tomball, and LSC-University Park.

Academy for Lifelong Learning (ALL)

The Academy for Lifelong Learning (ALL) is a membership community that enriches the lives of senior adults by providing stimulating classes and seminars, social activities, skills development, and opportunities for personal growth. One of the fastest-growing trends in America is for seniors to move near colleges and universities to take advantage of low-cost artistic and cultural activities.

ALL memberships at each LSC campus are available for an affordable annual fee. No prior education is required. No grades are given. No tests or textbooks required. This is learning for the enjoyment of learning.

As a member, you can help decide what is offered, volunteer to teach a course, or help arrange day trips. You will also receive advance notice of our many fine arts events and have access to our libraries and computer labs.

ALL member benefits include:
• Free or low-cost lectures, workshops and seminars;
• Day trips to local nature and historical sites;
• Access to select college fitness centers;
• Advance notice of art shows with artist receptions;
• Discount pricing on plays, concerts and musicals;
• 20 percent discount (if age 60 or older) on some community education courses;
• Access to college libraries and computer labs; and
• Campus photo ID cards.

Activities are designed with the busy schedules of seniors in mind. Most classes are one to two hours in length. Some may have multiple class sessions over several weeks. Day trips are local, one-day outings. All information is easy to understand and enjoyable. Instructors are knowledgeable and approachable.
I hope this finds you and your family in good health.

Our Academy for Lifelong Learning (ALL) Advisory Council, who represent over 3,500 members annually, unanimously agreed to offer a 100% online ALL fall schedule so that you can continue to take courses this year. My cabinet and I are working with our Board of Trustees to keep our students and employees as we continue to offer college degree and fast-track workforce programs at our seven campuses. I am very involved with our local, state, and national representatives and education taskforces to implement our next steps and on-campus protocols, including PPE for all students and employees on campus. Approximately 50% of our credit courses for the fall will be offered online, 25% in a hybrid format and 25% (mostly hands on workforce courses) face-to-face.

Take care and we look forward to “seeing” you this fall!

Dr. Steve Head, LSC Chancellor

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ALL Membership

Enjoy the membership benefits of all Lone Star College campuses and offsite center locations. Your non-refundable $25 membership fee effective September 1-August 31 entitles you to take virtual courses and to use the services of LSC-CyFair, LSC-Kingwood (including the LSC-Atascocita Center and LSC-EMCID Center), LSC-Montgomery, LSC-North Harris, LSC-Tomball and LSC-University Park.

Educational Seminars
- Aging issues
- Finance
- History
- Health and fitness lectures

Personal Growth
- Book clubs
- Political discussions
- Art appreciation, art, drawing and painting
- Hobbies and crafts

Skills Development
- Basic computer
- Writing

Lone Star College Academy for Lifelong Learning (ALL) is a membership community that enriches the lives of senior adults by providing stimulating classes, activities, skills development and opportunities for personal growth. Online classes available now!

Registration is required to attend activities and classes.

Participate

In addition to attending classes and activities, you can make new friends and enrich your life by learning new things. You are encouraged to participate as a committee member or volunteer as an instructor to share your ideas.

Volunteer instructor. What better way to share your enthusiasm and expertise in subjects important to you than becoming an ALL volunteer instructor? You have a lifetime of knowledge to share—whether it’s discussing an historical event or sharing your love of arts and crafts. Becoming a volunteer instructor allows you to teach others about what is near and dear to your heart, all in a safe and fun environment. An ALL staff member can give you more details about becoming a volunteer instructor.

Committee member. The ALL program staff members need input from knowledgeable members to help make decisions about course selection, scheduling and marketing. As a volunteer committee member, you’ll be able to do that and more. Your life experience is important and can help ensure the success of the ALL program and promote ALL within the community. Contact your local campus ALL staff member about committee opportunities.
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Policies & Procedures

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No description for this section.

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EQUAL OPPORTUNITY STATEMENT

Lone Star College is committed to the principle of equal opportunity in education and employment. Lone Star College does not discriminate on the basis of race, color, gender identity, gender expression, religion, disability, age, veteran status, sexual orientation, nationality or ethnicity genetic information or any other protected status in its programs and activities. For complete information, please reference College Board Policy Manual Section IV at LoneStar.edu/Policy.

The LSC Associate Vice Chancellor, Human Resources is designated as the LSC Equal Opportunity Officer and Title IX Coordinator for employees. The LSC Associate Vice Chancellor, Student Success, is designated as the Title IX Coordinator for students.

All employee inquiries concerning LSC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

Karen Miner
Executive Director, Compliance Education/Training
Title IX Coordinator
5000 Research Forest Drive
The Woodlands, TX 77381
832.813.6614
LSC-TitleIX@LoneStar.edu

All student inquiries concerning LSC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

Karen Miner
Executive Director, Compliance Education/Training
Title IX Coordinator
5000 Research Forest Drive
The Woodlands, TX 77381
832.813.6614
LSC-TitleIX@LoneStar.edu

Inquiries about the laws and compliance may also be directed to the Office for Civil Rights, U.S. Department of Education. For further information, visit ed.gov for the address and phone number of the office that serves your area or call 1.800.421.3481.

STATE LICENSURE ELIGIBILITY

Lone Star College offers some workforce associate degree or certificate programs in which a state license is required to obtain employment in healthcare, emergency services or business services fields. For students in these programs who may have a criminal background, please be advised that the background check results could keep you from being licensed by the State of Texas or other licensing agencies required to obtain employment. If a student has a question about his or her background and licensure, please speak with the appropriate department chair, program director, or person listed on the program website. Students also have the right to request a criminal history evaluation letter from the applicable licensing agency. LoneStar.edu/ConsequencesCriminalConviction.

Lone Star College HELPDESK is available 24/7
832.813.6600
Emergency Closing/Inclement Weather
In the event of inclement weather or emergency closing, the location executive officer or designee may cancel all or some of the college classes. Generally, such decisions will be made between 5:30 and 6 a.m. for day classes and by 3 p.m. for evening classes. When off-campus facilities are closed for any reason, the college classes at those sites will also be canceled. The closing announcement will be made on local radio/television stations or go to our website at LoneStar.edu. If a student or employee believes that weather conditions will put them in danger or at risk, they should follow all safety precautions. For complete information, please reference Student Services student handbook, pg. 61 at LoneStar.edu/Students and LoneStar.edu/13127.

Minors on College Premises
Lone Star College is a community college system that embraces our communities and welcomes residents of all ages. All minors on campus are subject to all LSC policies and procedures. In order to provide for the safety of all children, an Authorized Responsible Adult (parents, legal guardians, or an adult authorized by a parent or legal guardian) must supervise Minors (persons aged 15 and under) on College premises, unless the Minor is participating in a College class, program, or event. This means that Authorized Responsible Adults do not have to accompany Minors while they are participating in the College class, program, or event, but must be present to monitor the Minors’ activities outside of a College class, program, or event. Minors participating in a College class, program, or event must have written permission from their parent or legal guardian. The Authorized Responsible Adult must be immediately available in an emergency situation. The College does not staff its campuses with nurses, infirmaries, or other medical care facilities. The Authorized Responsible Adult must bring and dispense medications, provide minor medical care, or respond to a call indicating the Minor is ill. Board Policy Section II.D.2.01. states that the Board must approve a variance to this policy. Minors not participating in a College class, program, or event are prohibited from entering or using computer labs, science labs, physical fitness facilities, storage rooms, equipment rooms, outdoor water features, or outdoor athletic facilities unless they are given express written permission from the appropriate college president or designee. For complete information, please reference College Board Policy Manual Section II.D.2. at LoneStar.edu/Policy. LSC campuses with a Harris County Public Library (HCPL) operating on the college campus will comply with HCPL regulations regarding children in the library. Dual-credit and other similar programs are governed by the applicable agreement between LSC and the independent school district or other secondary education institution. Students participating in a LSC approved program must abide by the requirements specified in the agreement. If the agreement does not specify supervision requirements, then the College’s policy and procedures of supervision apply.

Students’ Children on College Premises
College students’ children may not enter the classroom, even for brief visits, without the instructor’s prior express written permission. Instructors may deny permission or revoke written permission. Children cannot enter an activity or lab area where dangerous substances or equipment are stored or in use, unless the children are students enrolled in an applicable class or participating in a special College program. For complete information, please reference College Board Policy Manual Section II.D.2.06 at LoneStar.edu/Policy. Additional information concerning children on campus may be found at LoneStar.edu/Student-Community-Facilities.

Students with Disability Rights
LSC recognizes and supports the principles set forth in federal and state laws designed to prevent and eliminate discrimination against individuals with disabilities. LSC believes in equal access to educational opportunities for all individuals and is committed to making reasonable accommodations, including furnishing auxiliary aids and services, for individuals with disabilities as required by law. Please review LSC’s Board Policy and Chancellor’s Procedures on Students with Disability Rights (Section VI.D.11) to find more information, including how to request accommodation.

Policy & Procedures: LoneStar.edu/Policy
Disability Services: LoneStar.edu/Disability-Services

Campus Carry
The Texas Legislature enacted campus carry by passing Senate Bill 11, effective at LSC on August 1, 2017. Senate Bill 11, known as the Campus Carry law, amends the Texas Government Code and Texas Penal Code to allow license holders to carry concealed handguns on college campuses. To carry a concealed handgun on LSC campuses, an individual must have a valid License to Carry issued by the Texas Department of Public Safety. LSC has established rules and regulations regarding enforcement of Campus Carry, which are found at LoneStar.edu/WeaponsProcedures. Lone Star College prohibits concealed carry in some areas of LSC campuses. For more information about Campus Carry, visit the LSC Campus Carry website at LoneStar.edu/CampusCarry.

Clery Act
LSC complies with the Jeanne Clery Campus Security Policy and Crime Statistics Act, Violence Against Women Act of 2013, and the Jacob Wetterling Crimes against Children and Sexually Violent Offender Registration Act. Relevant information can be found in the Lone Star College Annual Security Report available online at LoneStar.edu/Police. Please review LSC’s Board Policy and Chancellor’s Procedures on Sexual Harassment, Assault, Violence, and Discrimination Process to find more information including how to report a violation to the Title IX Coordinator. Policy & Procedures are found at LoneStar.edu/Policy.

College Police
The police officers of Lone Star College are commissioned peace officers with the State of Texas and have the same law enforcement authority within the College’s jurisdiction as other police or sheriff’s department. The officers are obligated to enforce all federal, state and local laws, in addition to College policies. The police department works with state and local police agencies as needed to ensure a safe environment for college students, staff, faculty and visitors. More detailed information is available at LoneStar.edu/Police regarding campus safety and security. Contact the LSC police at 281.290.5911 (dial 5911 from any campus telephone).

Parking
Parking permits are not required for LSC-Academy for Lifelong Learning students. Additional parking and traffic regulations may be found online at LoneStar.edu/Parking.

ALL Refund Policy
No refunds are given for annual ALL membership fees. Regarding classes with a fee, members must officially withdraw before class begins to receive a refund for the course fee. Otherwise, no refund will be given. For complete information, please reference LoneStar.edu/Refunds.
Sex Offender Policy
The Texas Code of Criminal Procedure Article 62.153 mandates each person required to register as a sex offender, and who intends to be employed, work with a contractor, or attend classes at Lone Star College, to register with the College’s Police Department at least seven (7) days before reporting to any LSC campus. As part of this registration, the individual must submit information pertinent to his or her offenses, which will be forwarded to the College’s Review Committee for a determination of eligibility for employment, vendor services, or enrollment. A person seeking to be enrolled as a student must first be approved before completing the registration process. Failure to register and receive necessary approval under this section may result in immediate suspension, dismissal, or termination of employment. To begin the review process, an individual must call the LSC Police Department at 281.290.5911.

Information concerning registered sex offenders on any Lone Star campus can be accessed from the Lone Star College Police website at LoneStar.edu/Sex-Offenders.

Consequences of Criminal Conviction
Notice of Potential Ineligibility for License
If you are applying for admission to a College program or enrolling in a College program that may prepare you for an initial occupational license issued by a Licensing authority and/or if you later decide to change to a program that prepares you for an occupational license, please be advised of the following:

1. An individual who has been convicted of an offense may be ineligible for issuance of an occupational license upon completion of the educational program.
2. Licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines stating the reasons a particular crime is considered to relate to a particular occupational license and any other criterion that affects the decisions of the licensing authority.
3. A state licensing authority that issues guidelines files those guidelines with the secretary of state for publication in the Texas Register.
4. Local or county licensing authorities that issue an occupational license to an individual who completes the educational program issue guidelines related to criminal history and post the guidelines at the courthouse of the county in which the licensing authority is located or publish them in a newspaper having countrywide circulation in that county.
5. Applicants should contact their respective local or county licensing authority for more details.
6. An individual may request a criminal history evaluation letter regarding the personal eligibility for a license issued by a licensing authority as required by Texas Occupation Code § 53.102.

Tax Deductible Donations to the Lone Star College-Academy for Lifelong Learning
With the help of numerous individuals, businesses and community organizations, the Lone Star College (LSC) Foundation provides financial resources to the students, faculty, staff, and academic programs in the college. Tax-deductible donations, or grants based on volunteer participation, can be made to the Foundation and designated for each Academy for Lifelong Learning within the system. For additional information, contact your local Academy for Lifelong Learning representative or the LSC Foundation at 832.813.6636 or LoneStar.edu/Giving/Index.

Disclosure
ALL seeks to provide courses that are academically interesting and create opportunities for members to broaden their scope and interests. The material presented in the courses is for informational purposes only. None of the courses earn college credit. Participation in ALL does not constitute enrollment at the Lone Star College (LSC). LSC disclaims any liability incurred in connection with the use of information obtained from a course.

The views and opinions expressed in ALL courses are strictly those of the instructors. Because the advice or information given by your instructor may not coincide exactly with your own particular situation, we urge you to: 1) consult your broker or financial advisor before acting upon implied or actual recommendations concerning investments; and 2) consult your doctor before following any suggestions pertaining to use of medical related products or other medical advice.

LSC does not endorse the opinions, services or products offered by the instructors.

Important Dates
Lone Star College campuses will be closed on:

Labor Day Holiday..................................September 5-7
Thanksgiving Holiday.............................November 25-29
Winter Holidays .................................December 21-January 1

ALL Contact Phone Numbers
LSC-CyFair...........................................281.290.3460
LSC-Houston North............................281.618.5602
LSC-Kingwood...................................281.312.1750
LSC-Montgomery.................................936.273.7446
LSC-North Harris.................................281.618.5602
LSC-Tomball.....................................281.357.3676
LSC-University Park............................281.290.1899
Academy for Lifelong Learning
Fall 2020
Membership & Online Registration Process
You will become an Academy for Lifelong Learning member by completing the following steps.

1. Go to LoneStar.edu and click on myLoneStar (upper right corner of screen) to Log In.

2. Enter your Username and Password.

3. On the myLoneStar homepage, click the Student box.

4. Click on the Manage Classes box.

5. The View My Classes screen opens to display classes in which you are currently enrolled (if any).

6. To search for and enroll in new classes, click Class Search and Enroll on left side of screen, then choose a semester.

7. In the Search For Classes dialog box, do one of the following:
   a. To search by class number, enter the number (or)
   b. To view ALL classes at all campuses, type CALLC, then hit the Enter key.
8. The **Course Information** screen lists classes based on your filters and offers two options:

- Click the blue Class # to view details about the class
- Click the > arrow to enroll in the class

9. **Class Search and Enroll - Step 1:** Review Class Selection

   - Click the blue Class # to review class details
   - Click the Next button to enroll in the class

10. **Class Search and Enroll - Step 2:** Enroll or add to shopping cart

   - **Enroll:** immediately enroll in one class;
   - **Add to Shopping Cart:** save this class then continue to search for other classes.

11. **Class Search and Enroll - Step 3:** **ENROLL**

    - Click Submit to enroll in class.

A Confirmation screen will appear. From the Confirmation screen, you may select **View My Classes**.
12. **Class Search and Enroll - Step 3: ADD TO SHOPPING CART**

   ![Class Search and Enroll screen](image)
   - **Click Submit to add to shopping**

13. **Confirmation** screen shows that class was added to the shopping cart.

   ![Confirmation screen](image)
   - **Click one of these options to continue selecting classes.**

14. **Click Shopping Cart** on the Class Search and Enroll Page.

   ![Shopping Cart on the Class Search and Enroll Page](image)
   - **Click Shopping Cart on the Class Search and Enroll Page**

15. **Shopping Cart:** Select to Enroll or Delete classes

   ![Shopping Cart](image)
   - **Click box to select classes**
   - **Enroll or Delete selected classes**

A Confirmation screen will appear. From the Confirmation screen, you may select **View My Classes** to see a listing of classes. To print your class listings:

- From the myLoneStar Homepage, select Financial Account.
- Next screen select Tuition & Fee Statement.
- Next screen select a semester then click Continue.
- Next screen is a listing of your classes. At the top right, click View Printer Friendly Link.
- A PDF file will appear. Print this file using your browser’s print feature.
LSC-ALL Membership Fee: Payment Instructions

After your first online registration session, you will be billed for the $25 ALL Membership Fee. To pay the fee, proceed as follows:

1. Return to Student Homepage by clicking the button at upper left corner of View Classes screen.
2. On Student Homepage, the Financial Account button indicates a payment is due. Click the button to continue to the Account Balance screen.
3. Click the Make Payments option in the menu bar at left:
4. The payment screen opens. Click the green Make Payment button to pay your fee.

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<th>Symbol</th>
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<td>TC</td>
<td>LSC-Tomball</td>
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<td>UP</td>
<td>LSC-University Park</td>
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Each class in this schedule is being sponsored by different campuses. The campus is noted at the end of the description.

If you would like more information regarding a class, please contact your campus representative.
STUDENT DEALS!

Did you know you get access to all of these services just by having a Lone Star College email address?

That’s right! Just use your LSC email address to sign up!

The typical stuff...
The following services are used by students to get classwork done. But did you know that you can use it for personal projects, too?

Office 365 - Install the latest version of Office on up to five devices including a desktop, laptop, tablet, or other mobile devices to use programs such as Microsoft Word and Excel for FREE! The services also includes a OneDrive account which provides you with 1 TB of storage in the cloud. Save your documents and photos to OneDrive so you can access them anytime, anywhere. Go to Portal.Office.com and sign up using your LSC email address.

OneDrive - Save up to 1 TB of files in your LSC OneDrive cloud storage account. To access your OneDrive account, log in to your LSC student email and click the App menu icon in the top left corner of Office 365. Then click the OneDrive icon to open the application.

But wait, there’s more!
Multiple services and discounts are given to students. Just use your Lone Star College email address to sign up.

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<tr>
<td>Various Cell Phone Providers</td>
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When shopping or signing up for services, always check to see if they provide a student discount. Use your LSC email address to verify your eligibility.
FALL 2020 VIRTUAL OPEN HOUSE

Wednesday, August 12, 2020
11 a.m.-noon

For more information contact:
Pat Chandler
Patricia.L.Chandler@LoneStar.edu
281.312.1749

To join the Virtual Open House, click on the event link at LoneStar.edu/ALL

Thank You, ALL Volunteers!
LSC-CyFair extends a thank you to all volunteers who help make the ALL program and the college such a success. Without the many volunteers helping with committees, instructing classes, and organizing activities, the ALL program would not exist. We appreciate our many community members who help decide class selection and find our speakers. They share their knowledge and enthusiasm about their areas of interest which helps us offer more classes with a greater variety. We want to also acknowledge the great benefits ALL brings to the campus; from helping with student registration and the Student Success program, to working the annual CyFest, and being a visible presence to the student on campus proving that learning never goes out of style.

Ways to Volunteer for ALL
• Join a committee
• Help with Open House events
• Submit/recruit new ideas for classes
• Become an ALL instructor

Be Courteous
We ask that you sign into your class early to prevent disruptions for your fellow classmates and our guest speakers. We strongly encourage you to mute your volume, to eliminate any background noise, during the instruction periods. You may submit questions via the chat box, while allowing the Instructor a chance to finish the lesson before verbally asking questions. Let’s show our appreciation to our guest speakers and our respect to our ALL members by observing these simple suggestions.

ALL Blog
For the latest information on our upcoming classes, schedule changes, room changes, cancellations, or additions, please visit our ALL blog, lsccyfair.all.blogspot.com. Please bookmark this web page in your favorite browser and check the blog before any trip to campus for the latest class updates. Additionally, sign up with Remind101 to get text reminders from CyFair ALL for any changes to classes. To subscribe, text @ lsccyfa to 81010. When requested, enter your full name and “S” for student. We will text important messages to LSC-CyFair ALL members such as class cancellations, classroom changes, bus trip signups, etc.

For more information on volunteering, please email:
KMoore-Crenshaw@LoneStar.edu

For more info, Contact: Kimberly Moore-Crenshaw 832.482.1067
Lone Star College-Houston North ALL Coming Soon!
The Academy for Lifelong Learning (ALL) is coming soon to LSC-Houston North! If you would like to take this opportunity to join as an instructor or member information will be sent out this Fall. We are looking forward to starting this program at LSC-Houston North and having another successful ALL program at this campus. Information is provided below to become a volunteer for this beginning program.

As a member, you can help decide what is offered, volunteer to teach a course, or help arrange field trips! You can also enjoy the many LSC-Houston North services, such as the library, internet access, and theater activities.

Ways to Volunteer for ALL
• Learning to be an online instructor
• Serving as a committee chair or on a committee
• Recruiting volunteer instructors
• Recruiting new ALL members
• Submitting new ideas for future classes

The Academy for Lifelong Learning (ALL) team appreciates your help!
The Academy for Lifelong Learning looks forward to your participation online this fall. For more information on volunteering, please email:
Pamela.J.Gardner@LoneStar.edu

Information for LSC-Kingwood ALL Members
Virtual Academy for Lifelong Learning Online
Lone Star College-Kingwood is pleased to announce the LSC-Academy for Lifelong Learning program classes resume ONLINE this Fall! As a community, we will provide support and assistance in transitioning to virtual environments, as we are all experiencing this change together. Our online classes will feature both new and returning instructors, and students will be able to reconnect with one another through varied methods. Additionally, online ALL classes may be enjoyed from any location, and students are not limited to campus or regional restrictions of enrollment. We look forward to growing as a community and meeting new challenges ALL together!

Thank You, ALL Volunteers!
ALL Volunteer Instructors: The dedication of our wonderful volunteer instructors is the core of the ALL program. This will be a new year that will provide a brighter future with flexibility. ALL Volunteer Staff and Curriculum Committee Members: Our volunteers have seamlessly transitioned to working remotely and provided their knowledge and guidance for course selection, scheduling and marketing.

Lone Star College-Kingwood ALL Spelling Bee Team
The Lone Star College-Kingwood ALL Spelling Bee Team, the “ALL Word Wizards,” won the Rotary Club of East Montgomery County Community Spelling Bee for the 6th time. Held in February, they competed against 30 other teams and won by spelling the word “ratiocination” correctly. This was the Rotary Club’s 11th Community Spelling Bee and 100% of the money collected benefitted area East Montgomery County high school seniors with educational scholarships.

If you would like to volunteer, please email:
Kathleen.Bakat@LoneStar.edu or
Patricia.L.Chandler@LoneStar.edu

For more info, Contact: Kathy Bakat 281.312.1750
Lone Star College-Montgomery Appreciates Our ALL Volunteers!
The Academy for Lifelong Learning (ALL) at LSC-Montgomery would like to take this opportunity to thank the volunteers and instructors that have devoted their time and expertise to make the ALL program successful.

Ways to Volunteer for ALL
• Learning to be an online instructor
• Serving as a committee chair or on a committee
• Recruiting volunteer instructors
• Recruiting new ALL members
• Submitting new ideas for future classes

The Academy for Lifelong Learning (ALL) team appreciates your help!
The Academy for Lifelong Learning looks forward to your participation online this fall. For more information on volunteering, please email: Steven.Gorman@LoneStar.edu

For more info, Contact: Steve Gorman 936.273.7259

Lone Star College-North Harris Appreciates Our ALL Volunteers!
The Academy for Lifelong Learning (ALL) at LSC-North Harris would like to take this opportunity to thank the volunteers and instructors that have devoted their time and expertise to make the ALL program successful.

Ways to Volunteer for ALL
• Learning to be an online instructor
• Serving as a committee chair or on a committee
• Recruiting volunteer instructors
• Recruiting new ALL members
• Submitting new ideas for future classes

Remember, we are ALL in this together, and we are a strong community! Let’s support one another in making this unique Fall 2020 semester a positive experience for ALL!

The Academy for Lifelong Learning (ALL) team appreciates your help!
The Academy for Lifelong Learning looks forward to your participation online this fall. For more information on volunteering, please email: Pamela.J.Gardner@LoneStar.edu

For more info, Contact: Pam Gardner 281.618.5602
LSC-Tomball Thanks You for Your Contribution To The LSC-Academy for Lifelong Learning (ALL) Program

A new adventure awaits instructors and members alike as we move forward into the fall semester of online classes. ALL is a community of folks like you who appreciate the efforts our volunteers put forth and we encourage you to consider joining us. Many opportunities are available and if you have a talent you would like to share, please reach out. Online classes are new to ALL and now is the time to consider giving it a try. “Nothing ventured nothing gained”.

It is time for us to open our minds, have some “FUN” and learn something new.

If you are curious, interested, or ready to jump in please email: Karen.Meckel@LoneStar.edu for more information.

LSC-University Park Expresses Sincere Appreciation to the ALL Program

The Academy for Lifelong Learning (ALL) at LSC-University Park would like to show gratitude to the volunteers and instructors that sacrifice their time and intelligence to make the program a success. You have no idea how much your help has meant to not only the LSC-UP campus, but the community overall. You all have taken common courtesy to an uncommon level. We’re so grateful for your help.

The Academy for Lifelong Learning (ALL) is an organization for active adults (50+) offering classes and social activities for continued intellectual and personal growth. With the addition of online classes, we will step into unchartered territory this fall semester.

“Volunteers do not necessarily have the time; they just have the heart.”
~ELIZABETH ANDREW

We stand approachable and broad-minded to any ideas that may aide in the advancement of the ALL program. If you are eager and readying to be a pioneer please email: Lauralee.Maraj@LoneStar.edu for more information.
**LSC Academy for Lifelong Learning**  
**Online Class Schedule**  

### ARTS & CRAFTS

#### Beginner Crochet I
This course is for beginners or those who crocheted a long time ago and need a refresher. You will learn the four basic core stitches, how to read a pattern, how to choose yarn, etc. You will make and finish a project. (MC)

- **Class Code**: 15068  
- **Meeting Dates**: 9/8-10/13  
- **Meeting Time**: 9-11:45 a.m.  
- **Location**: Online  
- **Instructor**: Howerton

#### Flower Power Club: Morning
Come join us each month in a relaxed and fun atmosphere creating beautiful flowers and seasonal projects using fabrics like cotton, felt and more. Challenge yourself with new ideas and make new friends. Supplies will be provided but you are welcome to bring your own. Meets: 9/8, 10/6, 11/3, 12/1. (MC)

- **Class Code**: 15080  
- **Meeting Dates**: 9/8-12/1  
- **Meeting Time**: 9-11:45 a.m.  
- **Location**: Online  
- **Instructor**: Pfeiffer

#### Ultimate Birthday Card
Join Linda Carroll in making a birthday card you will be proud to give. You will need six different cards and envelopes, and we will create a unique card for someone special. Perhaps you have cards you would like to repurpose. You will need your favorite paper cutting scissors and adhesive. If you want, you can have on hand, decorative papers, stickers, Washi tape, ribbons, lace, buttons, charms, or other embellishments you think the recipient would enjoy. (UP)

- **Class Code**: 16198  
- **Meeting Date**: 9/10  
- **Meeting Time**: 9-11:45 a.m.  
- **Location**: Online  
- **Instructor**: Carroll

#### Crochet Tips: Helpful Hints
Want to improve your crochet projects? Join us for helpful hints. Bring your questions and Linda will try to find answers. (KC)

- **Class Code**: 16178  
- **Meeting Dates**: 10/1-10/8  
- **Meeting Time**: 2-4 p.m.  
- **Location**: Online  
- **Instructor**: Darby

#### Halloween Cards
You will need six different Halloween cards and envelopes to create a unique card for your special goblin. You will need your favorite paper cutting scissors and adhesive. If you want, you can have on hand, decorative papers, stickers, Washi tape, ribbons, lace, buttons, charms, or other embellishments you think the recipient would enjoy. There are lots of fun things available to make this your individual card. This class is taught by Linda Carroll. (UP)

- **Class Code**: 16201  
- **Meeting Date**: 10/8  
- **Meeting Time**: 9-11:45 a.m.  
- **Location**: Online  
- **Instructor**: Carroll

### BASKETS & BINS
Come crochet baskets and bins. We will be using various techniques, to enable you to make a unique and useful project. You can use any fiber as long as you bring the appropriate crochet hook. Class meets three days 10/22, 11/5, 11/12. (KC)

- **Class Code**: 16177  
- **Meeting Dates**: 10/22-11/12  
- **Meeting Time**: 2-4 p.m.  
- **Location**: Online  
- **Instructor**: Darby

#### Crochet Patterns
This class is for advanced beginners (members should have taken Beginner Crochet II and know how to read a pattern). You will learn six new crochet stitches. (MC)

- **Class Code**: 15106  
- **Meeting Dates**: 10/27-12/8  
- **Meeting Time**: 10 a.m.-12 p.m.  
- **Location**: Online  
- **Instructor**: Howerton

#### Thanksgiving Cards/Journals
Linda Carroll shares card-making tips for the holiday. You will need six different Thanksgiving cards and envelopes to create a distinct card for a special day. You will need your favorite paper cutting scissors and adhesive. If you want, you can have on hand, decorative papers, stickers, Washi or decorative tape, ribbons or lace, buttons or charms, or other embellishments you think the recipient would enjoy. You will learn about gratitude journaling and how you might want to use the idea in these cards. (UP)

- **Class Code**: 16209  
- **Meeting Date**: 11/5  
- **Meeting Time**: 9-11:45 a.m.  
- **Location**: Online  
- **Instructor**: Carroll

### COMPUTER & TECHNOLOGY

#### WebEx for Beginners
Introduction to Lone Star College WebEx software. In this class you will learn how simple it is to use WebEx. This basic class for beginners will help you feel comfortable and enjoy Academy for Lifelong Learning classes. (KC)

- **Class Code**: 16305  
- **Meeting Date**: 9/1  
- **Meeting Time**: 11 a.m.-12 p.m.  
- **Location**: Online  
- **Instructor**: TBA

#### Identity Theft
Join Gayla Cloud in an important discussion on identity theft. Keep your online records safe from online fraudulent activity and misleading phishing schemes. (NH)

- **Class Code**: 14821  
- **Meeting Date**: 9/16  
- **Meeting Time**: 10:30 a.m.-12 p.m.  
- **Location**: Online  
- **Instructor**: Cloud

#### Cut the Cable
Cut the cord! Leave cable behind and discover how to bring more entertainment into your life using the internet. Join us as we look into Roku, YouTube, Netflix, and similar sites to give you a glimpse into streaming movies, TV shows, and music. Richard Gillespie, ALL member, will share how he analyzed whether cutting the cable was right for him so you can do your own analysis. (CF)

- **Class Code**: 17404  
- **Meeting Date**: 9/21  
- **Meeting Time**: 10-11:30 a.m.  
- **Location**: Online  
- **Instructor**: Gillespie
You and Your Android
Review the functions and settings of your Android device. Learn how to download and organize apps and icons, as well as how to use the commonly built-in apps like Bluetooth, Wi-Fi, Hot Spot, and airplane mode. (MC)
17027 W 9/30 1-3 p.m. Online Carns

Internet Safety
Join Angie Carns, ALL instructor for North Harris and Montgomery, and learn that the Internet is a wealth of knowledge as well as an engrossing place to entertain yourself. Come learn tools to improve your search capabilities and to keep yourself safe while surfing the Internet. Prerequisite: Must have your LSC username and password for the computer network. (MC)
14963 F 10/16 2-4 p.m. Online Carns

Using Social Media to Build Your Own Platform
Creating content, using content, building a business you love. We will talk about tools you can use for yourself and your families. (MC)
15729 M 10/19 10 a.m.-12 p.m. Online Fisher

Microsoft Word for Beginners
Use Microsoft Word to learn the basics of creating a simple document. You will learn to use the more common tools of Word to set up and personalize your document. (KC)
16212 W 10/28-11/4 1:45-3:45 p.m. Online Carns

Consult-a-Tech
Come practice your computer skills or work on a problem under the supervision of Angie Carns. Get your Frequently Asked Questions (FAQ) answered. May obtain LSC Username and password at this time. (MC)
14965 F 11/6 2-4 p.m. Online Carns

iPhone, iPad, and Apps
Join Ed Tarver as we explore how to get the most from your Apple devices such as iPhone and iPad. We will look at the newest OS as well as useful tips and information that will benefit you. (KC)
16289 T 11/10 1-2:30 p.m. Online Tarver

Flipster
Join Allison Huffy and Mikha Mitchell at the Lone Star College Kingwood Library and learn how to use Flipster! Flipster is the e-version for viewing magazines that allows you to take a magazine with you anywhere. Allison and Mikha will assist you in viewing magazines on the computer and your personal device such as your smart phone, Kindle or iPad. (KC)
16214 Th 11/12 2-3 p.m. Online Huffy/Mitchell

Check Out Our Website!
LoneStar.edu/All

Computer Skills Refresher
Has retirement contributed to rusty computer skills or you’ve simply learned a bit here and there but don’t feel confident when you sit down at a computer? Come learn some tech savvy tips and tricks to bring you up to date and get some great resources for increasing your skills at home. Join Angie Carns, ALL instructor for North Harris and Montgomery, for answers to your computer questions. (MC)
14960 F 11/20 2-4 p.m. Online Carns

Fun & Education Online
From comedy to documentaries, the Internet has amazing resources for us to improve our education and entertain our minds. Come see some of the many places you can investigate to cure that insatiable curiosity. Join Angie Carns, ALL instructor for North Harris and Montgomery to enhance your knowledge of computers. (MC)
14961 F 12/4 2-4 p.m. Online Carns

CULINARY ARTS, FOOD & COOKING

The Instapot
Taught by Michael McBride, Texas A&M AgriLife Extension Service, this class is a demonstration of the modern electric pressure cooker. We will discuss safety, tips and techniques. A recipe will be demonstrated for students to taste. (KC)
16921 T 9/8 2:30-4:30 p.m. Online McBride

Cooking with Essential Oils
Come learn how to cook with essential oils. We will make a few meals, desserts and something to drink too with essential oils in them. You will learn what essential oils you can cook with and how to use them on a daily basis when you cook. Hands-on class. (MC)
17298 W 9/9-9/16 1-3 p.m. Online Goldsmith/Bales

Cooking for Keto
Hands on! Come learn how to cook for keto. We will make chaffles, desserts and bread. (MC)
17296 Th 9/10-10/29 12-1 p.m. Online Goldsmith/Bales

Herb Enthusiasm
Join Michael McBride, Texas A&M AgriLife Extension Service, to learn about types and uses of herbs in your food and bring some enthusiasm to your meals. Let’s talk about herbs and flavor combinations, how herbs influence cultural characteristics, and how you can use them in your food for healthier meals. (KC)
16920 T 9/29 2:30-4:30 p.m. Online McBride

Cooking with Chef Laurent Vals of Chefs For Seniors
Professional healthy and nutritious meals for home cooks. Meets Thursdays. (MC)
17294 Th 10/1-12/3 3-5 p.m. Online Vals
Holiday Décor
To make your family and friends feel special, a presentation of food and decorations on your table will make your party or holiday fun. A delicious dessert will also be presented. Your instructor, Bette Chaykowsky, has taken cooking classes since her teens. She has studied cake decorating, flower arranging, and other culinary topics, from famous chefs including Darren McGrady, Royal Chef to Queen Elizabeth and the late Princess Diana. (KC)
16316  M  10/5  1-3 p.m.  Online  Chaykowsky

Jewish Soul Food
Join Donna Gibbon as she introduces a famous Jewish dish called Kugel. Kugel is a pudding or casserole most commonly made from potatoes or egg noodles. It is a traditional Jewish food that is eaten as a side dish, dessert or snack. Your instructor will demonstrate how to make two different noodle kugels. Recipes will be shared during the class. By the end of the class you will be the Kugel Queen or the Kugel King. (UP)
17664  T  10/6  1-2:30 p.m.  Online  Gibbon

No-Bake Treats: Just Melting
Join Donna Gibbon as she stirs up some fun in making six no-bake sweet treats. Keep your kitchen cool and prepare for entertaining. Delicious treats will be demonstrated, using simple kitchen tools and a microwave. Recipes for cookies, truffles, and appetizers will be shared during the class. Prepare for the holidays! Your family and friends will devour these easy no bake treats. (UP)
16245  T  11/10  1 1-2:30 p.m.  Online  Gibbon

FINANCIAL & LEGAL

Five Myths of Medicaid
An overview of Texas Medicaid for long term care. Presentation includes comprehensive analysis of the most common myths the public has about Medicaid eligibility. (TC)
16787  T  9/1  1-3 p.m.  Online  Bulgawicz

Women & Investing
Learn the basics of financial planning and investing as a female investor. Course will provide resources to educate members on key investment principles, asset allocation, understanding behavioral finance, and the differences among financial investments such as mutual funds. We will also review key areas of risk specific to the female investor and how to navigate major milestones. (MC)
15531  W  9/9  3-5 p.m.  Online  Prachyl

Probate 101
Introduction to the Texas probate process, role of the executor, role of the probate attorney, and how to avoid pitfalls. (TC)
16786  Th  9/10  10 a.m.-12 p.m.  Online  Bulgawicz

Probating a Will in Texas
Workshop covers the basics of the probate process in Texas and will discuss some common reasons why out-of-state wills may complicate the process. Explore various alternative probate proceedings available in Texas and some practical ideas on how to simplify and reduce the need to probate a will. (MC)
15542  Th  9/17  10 a.m.-12 p.m.  Online  Bulgawicz

Guarding Your Savings and Investments
In this class, you will learn various strategies to save and preserve your capital, things that can take your money and how to guard against them, the pitfalls of life insurance, and much more. (MC)
15544  W  9/23  3-5 p.m.  Online  Sofia

Executor Play Calling 101
Death is a part of life, but is your family prepared for life after you? This presentation will focus on strategies and best practices for preparing your I Love You book so that after you pass away your family can more effectively and efficiently manage your estate. Other topics covered will include Last Will & Testament do’s & don’ts, Social Security planning strategies, long-term care planning and veteran’s burial benefits. (CF)
16387  F  9/25  10-11:30 a.m.  Online  Gilley

Navigating the Medicare Maze
Come hear our representative from the Area Agency for Aging discuss the different parts of Medicare: what they cost and what they pay for, Medicare Advantage/Part C and how Part C compares to Part D prescription drug plans, Medigap, and review different penalties for late enrollment in various parts of Medicare and when they apply to an individual. (MC)
15550  Th  10/8  10 a.m.-12 p.m.  Online  Mubariz

When Is a Good Time to Invest?
We all know the saying, “Buy low and sell high.” But without a crystal ball, how do we know when the market is about to go higher or lower? This class will discuss various types of risk factors that will help determine if we are headed toward a recession and different types of investment strategies that will help navigate through both good times and bad times. (MC)
15552  Th  10/15  10 a.m.-12 p.m.  Online  Sofia

Victims of Crime
The public is quite familiar with defendants’ rights; however, victims are not too familiar with all their rights. Hear a specialist from the Sheriff’s Office discuss criminal justice support, advocacy, and resources available to victims, survivors, families, and the community experiencing crime/trauma, regardless of the severity of the situation. (MC)
15556  W  11/4  3-5 p.m.  Online  Young
Opportunities & Stocks: Nuts & Bolts
Workshop discusses actions you may need to take to prepare for the always-changing markets due to the economy, inflation, interest rates, and international influences. Then learn the differences between common/preferred stocks, the importance of dividends, and ways to craft your stock strategy. (MC)
15557 Th 11/5 10 a.m.-12 p.m. Online Dosier

FUN, HOBBIES & RECREATION

Mah Jongg
You can learn the fundamentals of Mah Jongg online with Donna Gibbon and Alicia Eissler. Classes will focus on the history of the game, learning the tiles, understanding the card*, making hands, and learning the rules, sequence of play and strategies of play. Please, commit to all four informational classes, so there is consistency and “cement” in your learning. This allows you to take away from the class a love for the game. (* You must have a 2020 National Mah Jongg League card BEFORE the class begins. Order yours from wherethewindsblow.com or nationalmahjonggleague.org.) (UP)
16256 M-Th 9/14-9/17 10-11:30 a.m. Online Gibbon/Eissler

Improve your Bridge Game: Declaring
If you already know how to play bridge and want to improve your game, here’s a chance to learn from a Diamond Life Master in the American Contract Bridge League. Jeff Kroll will teach you the steps to declaring your hand to the best effect. (MC)
15666 T 12/1 1-3 p.m. Online Kroll

Improve your Bridge Game: Defending
If you already know how to play bridge and want to improve your game, here’s a chance to learn from a Diamond Life Master in the American Contract Bridge League. Jeff Kroll will teach you to defend your hand using proven techniques and strategy for taking the most possible tricks. (MC)
15668 T 12/8 1-3 p.m. Online Kroll

GARDENING

Garden to Harvest
In this course, participants will learn how to grow fruits and vegetables. Topics include starting a home vegetable garden in any space year-round, how to select a garden location, learning techniques on how to compost, plant and water, and how to control insects. Learn how to cook with produce grown from your own garden. Join Michele Scaife, Extension Agent with the Better Living for Texans program of the Texas A&M AgriLife Extension Service. Michele earned her B.A. degree while serving in the U.S. Army and actively volunteers with the Montgomery County Master Gardener program. Class meets six times. (KC)
16918 Th 9/3-10/8 3:45 p.m. Online Scaife

GENEALOGY

Where Did I Come From? Family History
After completing the course, students will be able to use FamilySearch.org to preserve and share their own family’s history, understand unique historical record types and search records for their own ancestors, transcribe digital images to help others find their families, discover their own ancestors, and help others do the same. (MC)
15672 W 9/9-10/14 10 a.m.-12 p.m. Online Zufelt

Fall Vegetable
Part I (09/8): There’s nothing like growing your own vegetables. Teresa See will discuss choosing the right location for your garden beds and containers. Then we’ll cover preparing your garden beds and containers for a successful Fall Garden. Part II (09/10): We’ll discuss many of the perfect vegetables for your Fall Vegetable Garden. (UP)
16262 Th 10/8-10/10 10:30 a.m.-12 p.m. Online See

Residential Rainwater Harvesting
There’s no water better for your plants than rainwater. Discover the world of rainwater harvesting. Teresa See will discuss the benefits of collecting and using rainwater at your home. You’ll see how easy it can be. You’ll also see how you can build your own barrel. (UP)
16265 T/Th 9/15-9/17 10:30 a.m.-12 p.m. Online See

Tree Care for the Homeowner
Tree care changes from month to month and season to season. Come and let’s have an open discussion about the issues that are affecting your trees. (TC)
16790 Th 10/1 10 a.m.-12 p.m. Online Dolphin

Master Gardening Class
Come join Texas Master Gardener, Dr. Renae Davis. She loves to garden and will teach us the benefits of pollinator gardens for the environment and help you create your own mini sustainable pollinator garden. Let’s enjoy the benefits of life in a healthy way. (CF)
16502 Th 11/5 10-11:30 a.m. Online Davis

Know How Gardening Class
Come join Texas Master Gardener, Dr. Renae Davis. She has a personal garden and a Certified Wildlife Habitat. She will teach us the Know How’s of maintaining a healthy garden. (CF)
16563 W 11/11 10-11:30 a.m. Online Davis

Intermediate Genealogy
Bill Williams works with us to learn about our ancestors. He will help us search for items on the computer and show us how to trace our ancestors. Must know computer basics. Having your personal email address will also be useful during this session. Prior knowledge of genealogy required. (NH)
14814 W 9/23 1-3 p.m. Online Williams
**Memoirs for Media**
You have lived an interesting life; now is the time to tell your story and pass on the lessons you’ve learned. This class will offer an opportunity to listen to examples of short memoirs and meet class time crafting your own. We will create memoir outlines from your life memories and then record Audio Memoirs and/or Video Memoirs. You may share these memoirs with family and friends. If you'd like, you may include your memoir in the college’s Adult Lifelong Learning Human Library or even upload them to the Library of Congress. (MC)

**15673**  
T-Th 10/2-10/27 9-11:45 a.m.  
Online  
Miller

**Genealogy & Family History**
Class members will be instructed by Reed Farrar in genealogical principles plus where and how to find information. The first two sessions will be instructional and setting up personal accounts. The third session will be finding and entering data with the assistance of experienced genealogy workers. This three-session class meets 10/20, 10/22 & 10/27. (UP)

**16266**  
T,Th 10/20-10/27 9-11:45 a.m.  
Online  
Farrar

**HEALTH, FITNESS & NUTRITION**

**Building Healthy Bones**
Participants will use assorted light weights to increase muscle strength and build healthier bones. The first class will provide information on how participants can purchase the properly sized weights. Please have a bottled water and a large towel to cover your chair. Students should also wear comfortable clothing and closed-toe shoes. This class is taught by Carol Deeb. Members interested in signing up should check with their health care providers to determine if the class is suitable for them. (KC)

**16354**  
Th 9/3-11/19 1:30-2:30 p.m.  
Online  
Deeb

**Yoga**
Improve your well-being through yoga. Yoga focuses on stretching, balance, breathing, and meditation (concentration). Please have a floor mat and wear comfortable clothing. This class is taught by Carol Deeb. Members interested in signing up should check with their health care providers to determine if the class is suitable for them. (KC)

**16355**  
Th 9/3-11/19 2:45-3:45 p.m.  
Online  
Deeb

**Diets: Illusions of Truth**
It has been proven in many ways, time and time again, that nutrition plays a critical role in weight loss, health conditions and levels of fitness. Michelle Ott discusses the secret to achieving your personal health goals and beginning with designing a plan just for you. An individualized plan starts with a truthful understanding of basic nutrition and metabolism combined and adjusted for the basic psychology of you. Invest in yourself. Respect yourself. (UP)

**16269**  
T 9/8 9-10:15 a.m.  
Online  
Ott

**Tai Chi for Beginners**
Diane Simmons, a student of Sifu Ramon Diaz, has been practicing Tai Chi for over seven years. She is a NASM-Certified Personal Trainer with specializations in senior fitness and balance & fall prevention. In this series of classes, Diane will be teaching about the history of Tai Chi and Qigong and their practical applications. Other topics covered will include posture, proper breathing, balance, standing meditation, tapping, and pieces of the Eight Brocades and Shibashi. This class meets for four sessions.

**16268**  
T,Th 9/8-9/17 10:30-11:45 a.m.  
Online  
Simmons

**Brain Fitness**
How is the brain organized and how does it work? What are the signs/symptoms of cognitive decline? What are the general measures one can take to slow or prevent cognitive decline? What are some specific “brain training” measures? This will update the presentation of Spring 2019. (MC)

**15677**  
T 9/8 3-5 p.m.  
Online  
H. Adams

**Chronic Cardiovascular Problems**
High blood pressure, the most common chronic cardiovascular problem, is typically associated with plaque buildup in the vascular system and/or reduced elasticity of the blood vessels. This class will address the systemic causes and how they can be addressed with proper nutrition. (MC)

**15686**  
W 9/9 10 a.m.-12 p.m.  
Online  
Kemper

**Diets Discussion**
Join Gayla Cloud in comparing the major weight loss/maintenance diets. We will discuss some of the most popular diets: A) LOW CARB such as Keto, Atkins, South Beach, Medifast; B) LIFESTYLE diets such Net Carb counting, intermittent fasting, Mediterranean, and Noom; C) PRE-PACKAGED PROGRAMS such as Nutrisystem, Jenny Craig, Diet to Go; and D) Several diet pills-supplements. (NH)

**16237**  
W 9/9 10:30 a.m.-12 p.m.  
Online  
Cloud

**Do We Really Need to Drink Milk?**
You may be healthier without dairy in your diet. During this class, taught by Marie Ekpema, a pharmacist at Summerwood Pharmacy, you will have the opportunity to learn about how the body reacts to dairy after infancy and re-think some long held beliefs most of us have surrounding dairy products. (KC)

**16464**  
W 9/9 1-2:30 p.m.  
Online  
Ekpema

**Holistic Wellness**
Holistic Wellness Course: Where information will be shared regarding overall wellness and overall health. (MC)

**15685**  
W 9/9-9/11/18 10 a.m.-12 p.m.  
Online  
Taylor

**Diabetes Self-Management Workshop**
Developed at Stanford University, this workshop teaches adults strategies to empower and improve overall well-being. Self-management workshops complement clinical care and are evaluated and approved by the CDC. (MC)

**17292**  
M 9/14-10/19 10 a.m.-12:30 p.m.  
Online  
Comer
Chronic Joint Problems
Chronic joint problems are commonly caused by an autoimmune disorder. This class will focus on how the immune system can cause joint problems and how these problems may be corrected with proper nutrition. (MC)
15694 W 9/16  1-3 p.m.  Online Kemper

Green Cleaning
Harsh chemical cleaners can be toxic to you, your family and pets. Join Tiffany as she shares how to have a germ-free, sparkling clean home without sacrificing safety! (CF)
16521 T 9/22 10-11:30 a.m.  Online Momberger

Logotherapy
Logotherapy is a form of mental health approach to help individuals discover meaning and purpose in life, no matter the circumstances or stage of life. Based on the work of Viktor Frankl, M.D., Ph.D., and utilizing Socratic dialog, paradoxical intention, and dereflection, logotherapy emphasizes the defiant power of the human spirit. The class will include self-exploration and application to modern healthcare challenges. (MC)
15751 W 9/23 1-3 p.m.  Online Starck

Anxiety and Depression
Stop suffering from anxiety and depression. There is HELP for anxiety and depression. Learn to recognize the signs and symptoms of anxiety and depression. This class will be presented by Donna Alpers, Account Executive for Angels Care Home Health, whose passion is community education for senior adults and being a healthcare resource for the community. (KC)
17336 W 9/23 2-3:30 p.m.  Online Alpers

Chinese Medicine: Ancient Wisdom for Modern Health
Licensed acupuncturist Hung Van Doan introduces us to Traditional Chinese Medicine, which includes acupuncture, herbal medicine, and food therapy as the main modalities for most everyday and chronic health issues. A special demo of body balance diagnostic readings will be included. (TC)
16792 M 9/28 1-3 p.m.  Online Doan

Everyday Wellness
No need to rush to the drugstore for every little thing; learn some tips and tools for maintaining good health in a natural, proactive way! (CF)
16523 T 9/29 10-11:30 a.m.  Online Momberger

Essential Oils 101
Learn how essential oils can help with migraines, mood, anxiety, immune boosting, muscles and joints, insomnia, sprains, swelling. Essential oils are a healthy alternative for you, your family and your pets. (MC)
15753 W 9/30 10 a.m.-12 p.m.  Online Goldsmith

The Intestinal Microbiome in Health & Disease
What is the human intestinal microbiome? How does it function in health and disease? What can you do to maintain a healthy microbiome? How might manipulation of the microbiome be used for healthful living and treatment of some specific conditions? (MC)
15771 M 10/5 3-5 p.m.  Online Adams

Pros and Cons of Online Dating: Is it for You?
Build stronger relationships & better communication. Explore setting personal boundaries, healing, codependency, self-awareness, honesty, the mechanics of dating sites and brain research in this area. (MC)
15755 M 10/5 10 a.m.-12 p.m.  Online Fisher

Get Good Rest and Manage Stress
Exhausted? Stressed out? Tiffany will teach us some holistic tips and tools for managing stress and getting better sleep naturally. (CF)
16375 T 10/6 10-11:30 a.m.  Online Momberger

Tai Chi: Advanced (Form 24)
Join Diane as she will review posture and breath. More complex moves will be introduced from sections of a Yang-style form. This class meets for four sessions.
16276 T, Th 10/6-10/15 10:30-11:45 a.m.  Simmons

Stress Less Mindfulness
Michael McBride, Texas A&M AgriLife Extension Service, teaches this class in five sessions: 1) Begin with Breath; 2) Mindful Eating; 3) Mindful Walking/Thought Surfing; 4) Be Kind to Your Mind; 5) Laughter Is Good Medicine. Each session contains a lecture, a demonstration, and handouts. (KC)
16466 T 10/6-11/3 2:30-4:30 p.m.  Online McBride

Recommended Immunizations for Seniors
Kevin Vu, CyFair HEB Pharmacist, will discuss immunizations in reference to health concerns. Kevin will go over the updated recommendations for immunizations including Tetanus, Shingles, Pneumonia, Flu and any others relevant to the senior population. (CF)
16530 M 10/12 1-2:30 p.m.  Online Vu

Improving Digestion
Join Tiffany as she talks about gut health and some simple ways that you can reduce reflux and other tummy troubles, improve immunity, and support nutrient absorption. (CF)
16534 T 10/13 10-11:30 a.m.  Online Momberger

Effectively Speaking to Your Physician or Pharmacist
Many people struggle with prescription medications and wonder whether a supplement or herb could serve the same purpose but have fewer side effects. In this class, you will learn when and how to effectively communicate your needs with your medical team and get positive results. You will also learn how to be a part of the decisions being made in your healthcare and give valuable input. Your instructor is Marie Ekpema, a pharmacist at Summerwood Pharmacy. (KC)
16465 W 10/14 1-2:30 p.m.  Online Ekpema

For more information, contact: Patricia.L.Chandler@LoneStar.edu
Healthful Living
What you can do to improve your quality of life and maybe even your life expectancy. What is the importance of diet and exercise, brain fitness, weight control, not smoking, sleep, and socialization? What are the important numbers you should know: blood pressure, cholesterol, and blood glucose? (MC)
17371 M 10/19 1-3 p.m. Online H. Adams

Boosting Emotions Naturally
Life can get us down sometimes, but there are things we can do to lift our spirits and feel better. Come and learn how making small lifestyle changes can make a big difference over time. (CF)
16536 T 10/20 10-11:30 a.m. Online Momberger

Medical Advances Relevant to Seniors
Registered students will submit the medical or health topics they would like the instructor to discuss. The topics will then be discussed in two separate sessions. (MC)
15760 M 10/26-11/2 3-5 p.m. Online H.Adams

Keto and Weight Loss
What is Keto? How does Keto work? This class will discuss how a keto lifestyle, diet, and supplements can work together to help with weight loss. (MC)
15761 T 10/27 12-1 p.m. Online Goldsmith
15693 T 9/15 12-1 p.m. Online Goldsmith

EFT Emotional Freedom Technique
EFT is an energy system similar to acupuncture except that it does not require a needle. It has been shown to help people with emotional and physical issues. The course will explain the history of EFT and how to use it. (MC)
15762 T 10/27 3-5 p.m. Online Dewhurst

The Immune System
Many medical problems are the result of a malfunctioning immune system. This class will focus on the immune system, its roles, the signs of a malfunctioning system, and how it can be corrected with proper nutrition. (MC)
15764 W 10/28 10 a.m.-12 p.m. Online Kemper

Understanding Your Brain Health and How It Affects Your Life
Success and happiness are what we seek to improve our quality of life as we balance work and family relationships. Learn about neuropsychology and how to achieve maximum potential. Learn techniques to improve personal and interpersonal skills. Know how the brain works and how neuroplasticity can affect you through your stages in life. “The journey of a thousand miles begins with a single step,” Lao Tsu. Dr. Elizabeth Saxon holds a master’s in Clinical Psychology and PsyD in Organizational Psychology. (KC)
16810 W 10/28 1-3 p.m. Online Saxon
16815 W 11/18 1-3 p.m. Online Saxon

Are You a Parent or Grandparent of a Child with Learning Differences?
We can discuss building a positive ARD (Admittance, Review and Dismissal) experience and intrinsically motivating children of all learning abilities and styles and behaviors. Bring any questions you have. Open Forum Q&A. (MC)
15766 M 11/2 10 a.m.-12 p.m. Online Fisher

One Nerve Left and You’re On It
When relational conflict occurs, we tend to immediately try to blame or change the other person. Neither option is helpful. The best solution is to focus on what needs to change in us. In this class you will learn strategies to develop a strong sense of self in all relationships, tips to do what is best for you, and why doing so is critical as we age. (MC)
15769 W 11/4 1-3 p.m. Online Hollas

Essential Oils for Inflammation & Pain
You will learn what essential oils are, where they come from, and what oils are specifically used for inflammation and pain. You will learn how to blend oils and make a sample to use immediately. (MC)
15773 M 11/9-11/16 10 a.m.-12 p.m. Online Goldsmith

Laugh for the Health of It!
We’ve all heard, “Laughter is the best medicine” and now science is proving it. Laughter has been scientifically proven to reduce stress levels (cortisol levels), reduce high blood pressure, increase endorphins (those happy hormones that make you feel upbeat and reduce depression), boost your immune system, improve lung capacity, and give you an overall feeling of well-being. Join us for an hour of laughter and deep breathing. No jokes, no experience necessary, just your willingness to allow your inner child to laugh and have fun with us. (MC)
15774 W 11/11 10 a.m.-12 p.m. Online Goldsmith

Are Essential Oils Safe for Pets?
Which essential oils are safe for pets and why? Make a sample for your pets. (MC)
15777 Th 11/12 12-1 p.m. Online Goldsmith
Poisoning and the Aristocracy
In this class a historian (Mike Adams) and a physician (Harry Adams) will discuss different types and methods of poisoning in royalty and aristocracy between the 13th and 19th centuries using some key examples. They will discuss the art of poisoning as well as the differentiation of natural disease from deliberate poisoning. (MC)

15780 T 11/17 3-5 p.m. Online Adams & Adams

HISTORY

General Ulysses S. Grant
Survey the history of a great military leader, US President and historian. He was born in 1822, the son of the eighth generation of Grants. He received a good education for the times and graduated from West Point in 1843. He served in the Mexican War and rose to command the US Army in our Civil War and became President in tumultuous times. (TC)

15796 W 9/2 1-4 p.m. Online Parker

India And South Asia: Land Of Buddha and Gandhi
Home to a quarter of humanity, South Asia – the Republic of India and its neighbors – is the Allstate claim product of long history and diverse traditions. To modern Western ears, the names of Buddha and Gandhi have a special resonance, but there is much more: the avatars Rama and Krishna; the spiritual teachers Mahavira, Mar Thoma, Shankara, Nagarjunam, Guru Nanak; the Buddhist monarchs Asoka, Vattagamani, Kanishka; Hindu monarchs Vikramaditya, Harsha, Rajaraja, Harihara, Shivaji; Muslim monarchs Al-Ghazni, Al-Ghori, Babur, Akbar; European invaders Vasco da Gama, Robert Clive, Louis Mountbatten; and, great nationalists Tilak, Jinnah, Bose, Nehru. And, these names only scratch the surface: from the ancient ruins of Harappa to the latest Bollywood extravaganza, there are endless tales to tell. Join us!! (TC)

16804 Th 9/3-10/8 2-4 p.m. Online Fox

Custer’s Last Stand
Custer’s Last Stand is a mythic event in American history, covered in a shelf of books and dozens of Hollywood films. What really happened between the Sioux and the U.S. Cavalry on that fateful day in 1876 and how did the event illuminate the larger trends in American history in the period after the Civil War? This presentation, by LSC-Kingwood History Professor Steve Davis, will incorporate some of the latest scholarships in an effort to provide answers. (KC) (CF)

17421 W 9/9 9-10:30 a.m. Online Davis
17672 F 11/20 10-11:30 a.m. Online Davis

D-Day & the European Theater’s Second Front
Let’s join Professor Altavilla, as we take a look at the strategic decision-making that led to the development of Operation Overlord and the Allied landings at Normandy on June 6, 1944. (CF)

16569 W 9/9 1:30-3 p.m. Online Altavilla

Annexation of Texas
The annexation of Texas was a controversial, partisan, and some would say “sectional” event that transformed American history. Bryan Henry will delve into the political details of how annexation was accomplished in D.C. and what the long-term ramifications of annexation were for national politics. (UP)

16395 Th 9/10 9-10:15 a.m. Online Henry

Kennedy Assassination
The assassination of President John F. Kennedy on November 22, 1963 can rightly be described as the crime of the last century. Nearly sixty years later, the event is still believed by many Americans to be the result of a monstrous conspiracy. This presentation, by LSC-Kingwood History Professor Steve Davis, will argue that case is now closed, putting forward the answer to who or what killed President Kennedy and the reason why. (KC)

17422 M 9/14 9-10:30 a.m. Online Davis

Founding Fathers and Brothers
Trace the history of the American Revolution, the writing of the US Constitution, and the creation of the USA. Follow the stories of Washington, Jefferson, Adams, Hamilton, Franklin, and other patriots as they sought to guide our newly formed country. History Channel videos, lectures, and books help tell the story of the birth of the USA. (MC)

15799 Th 9/15-10/1 1-3 p.m. Online C. Adams

Daily Life in the Ancient World
Rather than focusing on the major cultural events and trends, this semester we will begin an investigation into those aspects of life that affect the average person living during ancient times, the 99% behind the major leaders of cultural movements. The class will be in four sessions addressing the following topics relevant to Ancient Egypt and Greece: The Other Side of History, Family Life, Religious Practice and the Role of Women. (MC)

15800 T 9/15-10/6 12-2 p.m. Online M. Adams

E.J. Davis: Texas Tyrant or Progressive Patriot?
E.J. Davis, elected during Reconstruction as the first Republican governor of Texas, was a controversial figure. Early historians criticized him as a tyrant who abused power, but later historians revised his legacy to reflect his devotion to American ideals like freedom and equality. Come learn more with instructor Bryan Henry about this fascinating Texan who put America first. (UP)

16404 Th 9/24 9-10:15 a.m. Online Henry

1933-1945: Growing Up in Nazi Germany
Discussion of curriculum, discipline, failing students, etc., elementary school through high school; what we knew and what we didn’t know; belief systems and effects of exposure to propaganda; living through bombing raids; the German mandatory one-day-per week attendance at trade schools; and strict qualifications for emigration in 1953. (MC)

15804 F 9/25 3-5 p.m. Online Bloch
1791: Next to the Last Battle of the Revolutionary War
The Battle of Wabash 1791 occurred on Nov. 4 in what is now western Ohio. The Indians, using brilliant tactics and supported secretly by the British, defeated the first American Army with the death of 900 Americans, nearly four times the deaths of Custer’s last battle. This stunning defeat would be the equivalent of 100,000 troops being killed today and threatened the very existence of our fragile Constitutional Republic. Joe Beatty is a 7th generation descendant with original documents of combatants in this obscure but fascinating story of young America. (UP)
16406 T 9/29 10:30-11:45 a.m. Online Beatty

San Antonio & Aransas Pass Railway
The San Antonio & Aransas Pass Railway, sometimes called the “Sap”, linked San Antonio, Corpus Christi, Houston and Waco by 1891. Uriah Lott led the way and young Benjamin F. Yoakum became a powerful railroad figure in his wake. We’ll discuss the ups and downs of railroad ing in the late 19th century as we explore the history of this colorful company. (CF)
16576 Th 10/1 1:30-3 p.m. Online Willits

1794: The Last Battle of the Revolutionary War
The Battle of Fallen Timbers 1794 occurred on August 20 in what is now northwestern Ohio. On Nov. 4, 1791, the Indians, supported secretly by the British, defeated the first American Army with the death of 900 Americans. Despite this tragic loss and political threat to our fragile Constitutional Republic, the administration held to the Constitution & Northwest Ordinance. Gen. Anthony Wayne was appointed to negotiate treaties with the Indians and to drive the British from American soil. Original family documents from the 1790’s are used to tell the story; Joe Beatty is 7th generation descendant of the 1790’s combatants. (UP)
16407 T 10/6 10:30-11:45 a.m. Online Beatty

The Museum of Fine Arts, Houston: A Place for All People
This presentation by Mike Adams, longtime ALL instructor and Senior Docent at the Museum, covers a general history of the Museum of Fine Arts and its collections by looking at early organizers and donors, the architectural development of the main campus, and the two house museums (Bayou Bend and the Rienzi). It includes a virtual tour through some of the works of art, a discussion of the art school programs and upcoming exhibitions.
17376 F 10/7 10-11:30 a.m. Online M. Adams

Trinity and Brazos Valley Railway
The Trinity and Brazos Valley Railway started small in 1902 but expanded by linking Ft. Worth, Dallas, Houston and Galveston under the driving force of Benjamin Yoakum. The B-RI brought streamlining to Worth, Dallas, Houston and Galveston under the driving
17266 Th 10/8 10-11:30 a.m. Online Willits

American Jewish History
We will study the history of the Jewish community in America from before the Revolutionary War until the dawn of the 21st century. (MC)
15810 F 10/16-11/20 10-11 a.m. Online Goldberg

African-American Contributions to the United States from 1528 to the Present
This seminar will cover: From 1528 to 1865: Non-enslaved Black Settlers, Free Negroes that Fought for Texas Independence; John Horse and the Black Seminole Scouts; From 1865 to 1920: Negro Political Leaders, the Freedmen’s Bureau, the 9th and 10th Calvary, Negro Higher Education in Texas, First Black U. S. Marshall, Sports Figures and Cowboys, From 1920 to 1965: Negro Political Leaders, Businessmen, Ranchers, Aviators (Tuskegee Airmen; Bessie Coleman), Entertainers and Sports Figures; and From 1965 to Present: Political Leaders, Legislators, Military Leaders, Educators, Scientists, Sports Figures; Actors and Musicians, and Rodeo Stars.
15811 T 10/20 10 a.m.-12 p.m. Online Thompson

The Jewish Refugee Crisis and the World’s Response
Participants will examine Jewish life under the Nazi regime in the 1930s along with the obstacles and challenges of emigration. Participants will explore the international community’s response to the growing Jewish refugee crisis in Europe with a special focus on the United States’ response to the refugee crisis between 1933 and 1945. (MC)
15812 W 10/21 10 a.m.-12 p.m. Online Garcia

The Etruscan: Structure & Society
Much of what we consider Roman owes its origin to a little-known people of the Italian peninsula known as the Etruscans. Join Mike Adams, former adjunct professor of history and humanities at LSC-Kingwood, as we investigate the structure and society of these mysterious people. (MC)
17375 F 10/30 10-11:30 a.m. Online M. Adams

Apollo 13: What I Did to Help Bring Home the Crew
Apollo 13 was 50 years ago. Find out what went on in the simulators to support the flight crew and the mission controller activities. Frank Hughes will tell stories about the events that filled those four harrowing days that brought the crew home safely. Frank Hughes, President of Tietronix Software, Inc. and a retired Chief of Spaceflight Training and engineer at NASA, will share what he did during the Apollo 13 flight. (KC)
17423 M 11/2 2-4:30 p.m. Online Hughes

The Etruscan: Religion & Mythology
Much of what we consider Roman owes its origin to a little-known people of the Italian peninsula known as the Etruscans. Join Mike Adams, former adjunct professor of history and humanities at LSC-Kingwood, as we investigate the religion and mythology of these mysterious people. (MC)
17373 F 11/6 10-11:30 a.m. Online M. Adams
Searching for Grandpa Sparks
This is my search for Grandpa Sparks. He lived from 1854-1930. My mother told me he was a Texas Ranger who fought Quanah Parker and was at the Battle of Adobe Walls. Ride with us to find Grandpa Sparks. (MC)
15814 M 11/9 1-3 p.m. Online Clepp

Native American Art of MFAH: 1800-Present
Native Americans expressed and still do so in a variety of artforms for religious & cultural purposes. In two sessions we will explore the works of artists, both known & unknown, of great skills & imaginations. All objects will be from the Museum of Fine Arts, Houston. (MC)
17728 M 11/9-11/16 1-3 p.m. Online Christoffel

Empire by Default
Late in the 19th century America slid, kicking and screaming, into war with Spain. This “splendid little war” changed the world map and the world’s opinion of America and Teddy Roosevelt led the way. (UP)
16418 Th 11/12 10:30-11:45 a.m. Online Eschenfelder

Transylvania and Dracula
A presentation on the history of Transylvania and the historical Dracula (Vlad the Impaler) and the Legendary Vampire Dracula of Transylvania. Two sessions: 1) Presentation with slides from Transylvania 2) Vlad Tepes (Dracula) Movie with English subtitles and short presentation before movie. (MC)
15815 Th 11/12-11/19 1-3 p.m. Online Edmond

Apollo Missions
Join Frank Hughes, President of Tietronix Software, Inc. and a retired Chief of Spaceflight Training and engineer at NASA, for a continued discussion of other Apollo landings. Frank will provide first-hand knowledge of events and stories from his years as a NASA engineer. (KC)
17424 M 11/16 1-3 p.m. Online Hughes

Spanish 101
Spanish for beginners. (MC)
15962 M 9/14-12/7 2-4 p.m. Online Ibarreche-Egana

Interpersonal Skills
Doug Hissong will give us practical information on improving our interactions with others, including understanding others and having a positive impact on them, listening, asking questions, selecting the best communication mode, and being effective in meetings. We will learn tips for preparing and giving talks, including good visual aids, and writing clear, concise documents. (CF)
16595 T 10/27 10-11:30 a.m. Online Hissong

Communication Skills
Doug Hissong will give us practical information on communicating effectively with others. Includes communication challenges, selecting the best communication mode (in person, phone, text, email), listening, asking questions, nonverbal communication, effects of gender on communications, assertive communication, handling requests, anger & compliments, meetings & interviews. (CF)
16594 F 11/13 10-11:30 a.m. Online Hissong

MOVIES, MUSIC, & THEATER

Basics of Singing
This class will cover the basic tenets of healthy singing and its application in folk songs, hymns, and traditional songs. This class is open to everyone from experienced singers to novices. Please join us to explore your own unique sound! (MC)
15976 Th 9/17 3-5 p.m. Online Walsh

The Blues: Stories of Love, Life and Living
Blues music is original, American and universal. This class will explore the blues music journey, its influences on other genres of music and the ability of this music to give the listener a vivid picture of life, love and living. We will look at the progression of blues music through the lens of different periods of time in US history. (MC)
15981 Th 10/8-10/29 3-5 p.m. Online Scott

Second Act Senior Theatre
Second Act Senior Theatre will give students the opportunity to act, create a monologue, and perform a simple play. This kind of class is in place to promote self-confidence, learn to speak up for oneself and give opportunities to learn about the local theatre scene. Come and join this happy group of Senior Thespians. (MC)
15987 W 10/8-11/19 3:30-5:30 p.m. Online Woods

LANGUAGES

Beginning Spanish
Introductory Spanish to help the traveler going to Spanish-speaking countries, taught by our Instructor of the Year 2018. Learn how to order meals and reserve hotel rooms in Spanish. Class is for those new to Spanish as well as those who took previous courses with Gloria Toro. Meets every Thursday. (MC)
17720 Th 9/10-12/17 10 a.m.-12 p.m. Online Walsh

Conversational English
Basic conversational English including greetings, introduction, use of nouns, pronouns, sentences, questions. (MC)
13959 M 9/14-11/2 12-1 p.m. Online Barretto
PHILOSOPHY

Metaphysics
Join Roy King as he starts off with a common sense relook at proven modern-day physics and how it applies to observed phenomena throughout history and today. Starting from the beginning to current prophecies, Mr. King will discuss the facts, failures and successes of prophecies from many sources to determine the reliability and context of near future predictions. Roy will also provide insights about how prophecies are currently being played out. This online class meets for 12 sessions. (UP)
17704 Th 9/10-12/3 12:45-3:30 p.m. Online King

Personal Growth: “Wake Up and Expand”
This class bridges the gap between psychology, metaphysics, spirituality and personal development. It is designed to help you wake up, become aware and remove inner barriers that are keeping you stuck. You will learn to let go of major energetic blocks that may be preventing you from becoming your True self and from sharing your unique creative blueprint with the world. (MC)
15997 Th 9/10-10/29 10 a.m.-12 p.m. Online Peirano

The next four classes are taught by Lenore Bechtel who has been ALL’s ambassador for Edgar Cayce since September 2012. This semester she is offering a new documentary course and an expanded introductory course. For the first time, the Association of Research and Enlightenment is gifting all enrollees in her classes with a limited free online subscription to Venture Inward and a limited free online membership for accessing all of Cayce’s 14,306 readings at EdgarCayce.org.

Beautiful Dreamer: Edgar Cayce Documentary
The Beautiful Dreamer documents the life of Edgar Cayce, well known as the sleeping prophet and recognized as the father of holistic medicine. Reenactments show actual sites in his hometowns of Hopkinsville, KY, and Virginia Beach, VA, where he opened the first holistic hospital and formed the Association of Research and Enlightenment. His sons, friends, and one biographer give intimate recollections of this gifted psychic. This video contains the only existing live footage of Edgar himself. (MC)
15749 Th 9/17 1-3 p.m. Online Bechtel

Introduction to Edgar Cayce
Edgar Cayce is the most documented psychic of the 20th century, giving psychic readings to diagnose illnesses with remarkable success. While unconscious, he contacted the universal consciousness and gained insight into reincarnation. Learn about his life as a devout Christian, truth seeker, and the father of holistic medicine. (MC)
15752 Th 9/24 1-3 p.m. Online Bechtel

PHOTOGRAPHY

Photo SIG
This is a group of amateur picture takers (not professional photographers) who gather informally to exchange ideas on photography, techniques we have used, share our photographs, share experiences about the different photography software, talk cameras and maybe take field trips to take pictures. This SIG is not limited to any one type of camera or equipment, DSLR’s, point and shoot, film cameras (if you have such an antique), cell phone cameras are all welcome. (CF)
17067 F 9/18 10-11:30 a.m. Online Gillespie

POLITICAL & COMMUNITY AFFAIRS

Flooding in Harris County: Causes & Cures
Using Cypress Creek as a case study, discover the reasons for flooding in Harris County and the probable remedies we may employ to mitigate these recurring disasters. (UP)
16434 T 9/8 12-1:30 p.m. Online Eschenfelder

No Holds Barred
What do you think about the controversial issues of our times: the state of our democracy; immigration policies; fake news; strengths and weaknesses of diversity; international trade and tariffs; the competency of the president; can the military defend America in the 21st Century; and what’s happening to the middle class. Join Steve Little to discuss your opinions, arguments, observations, and passions with others like yourself in an atmosphere of vigorous and respectful debate. Your opinions are more important than ever. Speak and be heard! Class meets every other Tuesday for six sessions 9/8, 9/22, 10/6, 10/20, 11/3, 11/17. (KC)
17005 T 9/8-11/17 2-4 p.m. Online Little
**Fuss & Discuss**
“It’s always something.” Join Instructor Victor Ward for a casual, civil conversation about a class held that week, something in the news, or whatever you may want to discuss. Open mindedness required for a fun, lively conversation. This class meets eight times: every other Friday 9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, and 12/18. (UP, TC)
16427 F 9/11-12/18 10:30-11:45 a.m. Online V. Ward
16819 F 9/11-12/18 1:30-3:45 p.m. Online V. Ward

**Current Events**
Serious and civil discussions focus on local, state, national and international topical issues, sorting through often conflicting opinions and “facts” in an attempt to establish some common ground. The atmosphere is collegial. (MC)
16010 M 9/14-12/14 10 a.m.-12 p.m. Online Schroeder

**“Getting Your Facts Straight”: Deciphering Fake News, Recognizing Fallacies, & Staying Credibly Informed**
In this online session, Professor Turner and Professor Taggett will discuss the various ways information and facts can become distorted, misrepresented, and misconstrued. We’ll provide tools to engage our audience in analyzing media sources for credibility and bias, and ways to recognize when our own biases can limit our willingness to be open to differing viewpoints. (CF)
17403 T 9/15 1:30-3 p.m. Online Turner/Taggett

**Cy-Hope: Making Life Better for Kids in CyFair**
Want to learn more about a service organization working to improve life right here in our own community? Cy-Fair ISD is the third largest school district in Texas and the largest non-urban school district in the country. Almost half of the over 116,000 students in our district are labeled as at-risk, with many falling below the poverty line. Cy-Hope has a wide range of programs to tackle issues like hunger, mental health, the need for mentors and community centers, accessibility to sports and music, and more! Our vision at Cy-Hope is to rally our entire community: businesses, education, churches, civic organizations, hospitals, and individual volunteers to advance the goal of making life better for kids in our community. Come learn about the many ways to #BeTheDifference in the Cy-Fair community! (CF)
16756 M 9/21 10-11:30 a.m. Online Allain

**En-ROADS Climate Simulation**
En-ROADS is a transparent, freely available policy simulation model that provides policymakers, educators, businesses, the media, and the public with the ability to explore, for themselves, the likely consequences of energy, economic growth, land use, and other policies and uncertainties, with the goal of improving their understanding. The simulation, developed by Climate Interactive, Ventana Systems, and MIT Sloan, runs on an ordinary laptop in a fraction of a second, is available online, offers an intuitive interface, has been carefully grounded in the best available science, and has been calibrated against a wide range of existing integrated assessment, climate and energy models. (MC)
16012 Th 9/24 1-3 p.m. Online Kremer

**Human Trafficking: An Introduction**
Since one of the greatest barriers to combating human trafficking is that victims are remaining unidentified, an aware and informed community is a first line of defense. Sarah Koransky, Education Specialist at United Against Human Trafficking, will provide the scope of human trafficking not just around the world, but in Houston as well. This presentation will include red flags and indicators community members should be aware of as well as direct information on how to report suspected human trafficking situations. (CF)
16755 W 10/14 1:30-3 p.m. Online Breuer

**A Safe Place to Talk about Race (Registered Trademark)**
Come learn, enjoy, and grow together through valuable insights and information in this three-part series taught by Instructor Sharon Davis. Topics include bi-racial grandparenting, genetic origins and implications, African-American culture, Cuba’s racial & religious history, and more. Time allows for you to bring up questions that deserve answers but are hard to find or seem hard to ask. We ALL have them! This interactive format goes beyond today’s news headlines with research-based sources. More information can be found at: VoiceAmerica.com/show/2101/a-safe-place-to-talk-about-race. This course meets 3 times. (UP)
16442 W 10/14-10/28: 1:30-2:45 p.m. Online Davis

**Growing up Tomball**
Back by popular demand, Greater Tomball Chamber of Commerce President Bruce Hillegeist presents new information and updates regarding development in Tomball and the region. (TC)
16822 Th 10/29 10 a.m.-12 p.m. Online Hillegeist

**University Park Book Club**
Please join us for our Book Club with Kathleen Castro. We read titles chosen by our participants and discuss them on the class date. Join us for one month or every month! Our goal is to read books of different genres and share our views. Book selections are: Things You Save in a Fire, by Katherine Center, Sept. 8; The Secrets We Kept, by Lara Prescott, Oct. 6; The Dutch House, by Ann Patchett, Nov. 3. (UP)
16451 T 9/8 1:30-2:45 p.m. Online Castro
16455 T 10/6 1:30-2:45 p.m. Online Castro
16457 T 11/3 1:30-2:45 p.m. Online Castro

**Book Group**
We will read and discuss books we have selected. Book selections include fiction, non-fiction and award winners. This is a continuation of the group that met in Spring 2020. Meets: 9/9, 10/7, 11/4 and 12/2. (MC)
16016 W 9/9-12/2 1-3 p.m. Online Fogg
Writing is Exciting
This is an interactive writing workshop lead by Steve Little. We welcome those who want to achieve clarity in all forms of their writing, from correspondence, essays, fiction, nonfiction, and autobiographical projects. More than teaching a specific style of writing, this class encourages and nurtures each person to find his or her own voice and unique style. All assignments are read out loud in class to elicit positive critique from other class members in an environment of support and encouragement. At the end of the semester, the best of each writer's efforts will be bound into a booklet, something to keep and remember about the experience. Writers are encouraged to enter their work in some of the many writing competitions held annually, locally, and around the country. Writing is a cornerstone of our daily lives; we can and should continue to improve written communication. Come join us and add your skills, talents, and aspirations to this fine effort. Class meets for eight sessions. No class 10/29. (KC)

EMCID Book Club
Join the EMCID Book Club that meets on the third Tuesday of every month to discuss books of common interest covering topics such as fiction, history, biography, travel, politics, science, etc. The following books will be discussed: *The Great Alone*, by Kristin Hannah, Sept. 15; *The Dressmaker's Gift*, by Fiona Valpy, Oct. 20; *Where the Crawdads Sing*, by Delia Owens, Nov. 17. Diane Moore is the group facilitator. (KC)

Atascocita Book Club
Join Mattie Sharp for great socialization and discuss the following books: *Where the Crawdads Sing*, by Delia Owens, Sept. 29; *Starting Now*, by Debbie Macomber, Nov. 4. (KC)

Author Talk: How to Self-Publish Your First Book
Are you an aspiring author? If so, this class will teach you the steps to self-publish your fiction or nonfiction book in eBook, paperback, and hardcover formats and make them available on popular websites like Amazon. You will also learn how much it costs to self-publish and common mistakes to avoid. The class instructor, Mike Kowis, wrote "14 Steps to Self-Publishing a Book" (recommended, but not required). (UP)

Author Talk: How to Sell Your Book
Writing a book is a big challenge, but selling it is much harder. Local author Mike Kowis will teach current and future authors practical ways to sell their book online and in person. Mike shares the tactics he used to sell his first 3,000 books. Mike wrote "Smart Marketing for Indie Authors" (recommended, but not required). (UP)

SAFETY
Don't Be A Victim to Medicare Fraud, Error, and Abuse
Learn the latest news on Medicare scams and how to avoid medical errors and abuse. The presentation will provide the knowledge needed to fight Medicare fraud through billings, services or equipment. Join Jennifer Salazar, Program Director of the Texas Senior Medicare Patrol, The Better Business Bureau Education Foundation. (KC)

Top 10 Scams 2020
Join Jennifer Salazar to learn how to avoid being a victim of illegal schemes with knowledge. The latest top 10 scams will be revealed in this presentation and the resources to help you recognize fraud. (KC)

CPR
Learn cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED). Virtual training will be provided by William Hill, a registered nurse and Navy veteran. William Hill launched Uncharted Territory Solutions an Emergency/Safety Training company in 2019. (KC)

COVID-19
The COVID-19 pandemic is affecting people, communities and businesses. Learn how to remain vigilant to avoid scams related to COVID-19. Jennifer will provide information from reliable sources to stay informed about what to do as the virus spreads. (KC)

Being Prepared Isn't Just for Boy Scouts
What do these things have in common: Family documents, sleeping bag, fire extinguisher, books, games, bleach, plastic bags, tape? All of these items are part of an emergency supply kit that will save your family heartache and see them safely through an upcoming disaster. Are you prepared? Join MaryAnn Kelley, Northern Harris County Project Coordinator for RSVP of Southeast Texas to learn how to safeguard your family during a man-made or a natural disaster. (TC)

Auto Theft Crimes: Trends and Prevention
Why is Auto Theft such a big business and why is it growing? What are the current auto theft trends? What are the most popular stolen vehicles? Sgt. Hicks will present what you can do to make you and your vehicle a less desirable target by using Anti-Theft Devices, alarms, trackers. He will talk about Burglary of a Motor Vehicle (BMV's or car break-ins), favorite targets for car break-in thieves, items and popular places for break-ins, Juggers (being followed from the bank or mall), Sliders (stealing purses while you are pumping gas or at the grocery store), Craigslist, Offer Up, Let Go, scams and ID theft used in Auto Theft. This is a two-part course. (UP)
SCIENCE & NATURE

Climate Change: Engineering for Non-Engineers
Is it real? What are the effects? What are the causes and what can be done? Georg Christensen (MSc) is a retired chemical engineer. He has studied climate change and made some simple calculations to see how things hang together. He would like to share his findings on this important subject. (TC)
16829 W 9/9 10 a.m.-12 p.m. Online Christensen

Asbestos: Miracle Fiber to Mesothelioma Legal Advertisements
Longtime ALL instructor Frank Parker explores the history of the asbestos family of minerals from antiquity to modern times including Charlemagne’s tablecloth, Franklin’s purse and its role in the industrial revolution. Also, explore the history of its cause of a variety of occupational diseases including mesothelioma and the litigation it has spawned. (TC)
16835 W 9/9 1-3 p.m. Online Parker

Mountains & Mountaineering
All Instructor Rick Taylor takes you on a tour of the great mountain peaks of the world and a look at the men & women who climb them, including a virtual trip up to the very summit of Mt. Everest. Learn how you too can be a mountain climber! Come enjoy this in-depth and very visual exploration of the world’s tallest, most beautiful and most dangerous mountains. (TC)
17367 F 9/11 10 a.m.-12 p.m. Online Taylor

The Kilauea Eruption
The famous Hawaiian volcano, Kilauea, began erupting in 1983. For the next 35 years, lava continually erupted, destroying neighborhoods and creating new landscapes. Nathalie Brandes, Montgomery Geology professor will explain the background of this eruption, what happened during those 35 years, and its culmination in 2018. (CF)
16757 F 9/11 1:30-3 p.m. Online Brandes

Securing Water for Today and Tomorrow
WATER. It’s simply indispensable! Learn what the North Harris County Regional Water Authority is doing to secure a long-term supply for our community and how you can help. Join Alan Rendl (Board President) for an in-depth discussion of how the Authority is securing a long-term supply of reliable, quality drinking water for our community. Rendl, an informed and compelling presenter, has been actively engaged in regional water issues for more than two decades. He will address the difficult question, “Why will the cost of water continue to go up?” (TC)
16834 M 9/14 10 a.m.-12 p.m. Online Rendl

What’s Up With SpaceX?
Come learn more about Elon Musk’s plans for his Starship/Super Heavy rocket which is being built and tested in south Texas. Find out what the SpaceX Falcon 9 rocket, the Falcon Heavy rocket, the Crew Dragon capsule, and the Starlink satellites are doing, and what SpaceX may be planning for the future. (TC)
16830 F 9/16 10 a.m.-12 p.m. Online Culley

CO₂ (Carbon Dioxide): A Greenhouse Gas
The term ‘CO₂’ is often used in the media, politicians’ speeches and governmental policy over the past 25 years. CO₂ is a naturally occurring molecule present everywhere in the environment and biosphere including animals, plants and humans. Joseph Beatty refreshes the basic K-12 understanding of CO₂ and other greenhouse gases. With this refreshed understanding of CO₂ we, as citizens, can better understand and evaluate the political and environmental discussions. All information is from NOAA, NASA, NCAR, EPA, and IPCC (UN’s Intergovernmental Panel on Climate Change). (UP)
16500 T 10/13 3-4:15 p.m. Online Beatty

Dragonfly on Titan
NASA has scheduled the launch of the Dragonfly spacecraft for April 2026. Eight years later, Dragonfly will fly like a drone through the dense atmosphere of Titan, the largest moon of Saturn. “Dragonfly will visit a world filled with a variety of organic compounds which are the building blocks for life,” said Thomas Zurbuchen, NASA’s Associate Administrator for the Science Mission Directorate. There’s no other place like Titan in our Solar System, with its liquid methane lakes and water-ice dunes dusted with organic material. Come learn how Dragonfly will explore this strange and distant world. (TC)
14890 T 10/13 10 a.m.-12 p.m. Online Culley

Solar System: The Terrestrial Planets
This class is an introduction to the terrestrial planets of the solar system. Mercury, Venus, Earth, and Mars will be compared. This class meets twice on consecutive days. (TC)
16836 W, Th 10/14-15 10 a.m.-12 p.m. Online Rogers

Global Warming: The Science and Technology
We will explore the basic arguments in favor of CO₂-caused Global Warming, i.e. Anthropogenic Global Warming (AWG) and the basic arguments against. We will also discuss the effectiveness of reducing human emission of CO₂ and various geoengineering proposals. There will be an opportunity for class discussion. (MC)
16148 T 10/17 10 a.m.-12 p.m. Online Swinehart

Going Native: The Benefits of Landscaping with Native Plants
Using native plants for landscaping provides a host of benefits, not only for homeowners, but also for native wildlife. Learn about some common native plants for landscaping and the benefits of using native plants. Matthew Abernathy is the Assistant Director of Jesse H. Jones Park & Nature Center. His passion is for restoring and conserving native habitats and he oversees conservation projects at Jones Park. (KC)
16806 F 11/6 1-3 p.m. Online Abernathy

Weird Volcanoes
Travel the world to discover unique and interesting volcanoes. Nathalie Brandes, Montgomery Geology professor, will guide us on this trip to learn some fascinating tales of weird volcanoes that have come and gone over the millennia. (CF)
16758 M 11/6 1:30-3 p.m. Online Brandes
Mars Geology
The class will look at the geology of the planet Mars using spacecraft images and data. The class will meet twice on consecutive days. (TC) 16837 T,W 11/10-11/11 10 a.m.-12 p.m. Online Rogers

Solar System: Gas Giants & Icy Bodies
This class is an introduction to the Solar System. The large Gas Giants (Jupiter and Saturn) plus the Icy Bodies (Uranus, Neptune, and Pluto) will be compared. This class meets twice on consecutive days. (TC) 16838 T,W 11/17-11/18 10 a.m.-12 p.m. Online Rogers

Energy for You
Doug Hissong, recently retired from a major energy company, will give us information about the very important energy industry. Where does energy come from and how is it used? What are the trends from the past through the year 2040 in sources and uses? What are the benefits of improved technology in increasing energy production and decreasing environmental impacts? We will discuss the energy supply chain, including effects of ethanol in gasoline and the hybrid vehicle, and the key relationship between energy consumption and living standard. (CF) 16596 M 11/30 10-11:30 a.m. Online Hissong

SENIOR ISSUES

Medicare Basics
Join Jay Werner, Trusted Benefits Group, as he presents an overview that provides an understanding of all parts of Medicare including Parts A, B, C, D and supplemental coverage. Included in the seminar will be key dates and new period to change coverage. You will also learn how to apply, and how to be prepared for Medicare. (KC) 17338 W 9/9-9/16 11 a.m.-12:30 p.m. Online Werner

Women’s Issues As We Age
We will read books that cover women’s issues as we age and focused on how to live a more vibrant, healthy life in our senior years. This is a continuation of the group that met in the Spring 2020. Meets 9/8, 10/2, 11/6. (MC) 16149 Th 9/9-12/2 1-3 p.m. Online Fogg

Hidden Benefits of ALL Membership at North Harris Campus
Kick off your ALL semester by learning about the benefits of the Academy for Lifelong Learning membership: free Microsoft Office 365 software and cloud space, use of campus facilities, discounts and freebies you can get with your student card and/or student email that is yours as an ALL Member. All this plus access to wonderful plays, concerts, exhibitions and more to entertain and educate. Angie Carns shares her knowledge of all things ALL and campus specifics for North Harris. (NH) 16058 T 9/15 1-3 p.m. Online Carns

Aging in Place and Staying Put
Trying to decide whether to stay in your current home after retirement or make a move? Let our panel of experts help! In this 90-minute program, experts will share the most important facts you need to know about staying put. Learn about easy and smart home modifications, transportation options, ways to stay involved and more! (MC) 16150 T 9/15 10 a.m.-12 p.m. Online Flicker

Senior Living Options
Join Donna Composto, Certified Dementia Practitioner, founder of Mom’s Care Plan and co-founder of the Kingwood Memory Cafe, as she provides a descriptive and detailed analysis of the different types of senior living communities, levels of care, support services and related costs. Discussions to include the best time to move, the physical and emotional preparation, as well as resources available. (MC) 16151 Th 9/17 1-3 p.m. Online Composto

Managing Trash: Reduce, Reuse, Recycle
Most Seniors don’t pay attention to their trash. We accumulate until our home is overrun by stuff. Get control of the unwanted, disposable & messy trash. Think, sort & organize before you dispose. Examine each item to see if it qualifies to be reduced, reused or recycled. Where do you take items that should not be placed in the trash? Join Maria Ward and the mindful population wanting to pass on a clean earth. Learn to rethink the disposal of trash. (UP) 16508 T 9/22 1:30-2:45 p.m. Online M. Ward

Health Care And Your Retirement Seminar
Review the potential impact of rising health care costs on retirement savings. Introduction to Medicare coverage and costs, long-term care costs, and available options for supplemental health care and long-term care insurance. (TC) 16840 Th 9/24 10 a.m.-12 p.m. Online Bowman-McCormick

AARP Benefits for Seniors
The AARP Foundation has many benefits that members can use. Join Monty Patch as he discusses the benefits of AARP membership. (NH) 16246 M 10/5 10:30-11:30 a.m. Online Patch

Writing a Legacy Letter or Ethical Will
Legacy letters or ethical wills are “a way of passing values, beliefs, blessings and moral philosophies from one generation to the next”. This class will be held in two sessions, how to write a legacy letter (sometimes called an ethical will) to those who want to share a summary of their values and beliefs as a legacy to their family and friends. (NH) 16231 W 10/7-10/28 10:30 a.m.-12 p.m. Online Cloud

A Look At Senior Care Options
This class will explore the various local resources available for care, when to consider additional care, costs associated with care and the importance of planning prior to a healthcare crisis. (MC) 16152 W 10/14 10 a.m.-12 p.m. Online Britton
Medicare PDP
Jay Werner, Trusted Benefits Group, will cover the basics, how drug coverage works, getting extra help, coverage choices, how to choose a drug plan and tips for using your coverage. (KC)
17340 W 10/14-10/21 11 a.m.-12:30 p.m. Online Werner

Medicare Essentials
Medicare is uncharted territory for most people who become eligible. Being aware of the potentially costly pitfalls and traps within the Medicare program will help you understand what steps to take to avoid them. Knowledge and guidance are essential to having financial and health security. Join Kathy Chomout, a licensed agent, as she shares her knowledge of Medicare and answers your questions. (CF)
16762 Th 10/15 1:30-3 p.m. Online Chomout

Finance for 50+ Seniors
Join Monty Patch with the AARP Foundation to discuss financing strategies for Seniors. (NH)
16248 M 10/19 10:30 a.m.-12 p.m. Online Patch

Decluttering Your Home
Get practical strategies for decluttering and creating a more organized and satisfying space. (MC)
16153 T 10/20 10 a.m.-12 p.m. Online Flicker

How to Protect Your Medicare Dollars
Today, in Texas, hundreds of elderly Texans are receiving harassing phone calls and personal visits from scam artists seeking to make a fraudulent dollar off Medicare. Predators offer seniors “free” durable medical equipment (DME) such as knee braces, and more - items they neither want nor need - and taxpayers end up footing the bill. Experts say the price tag is staggering up to $250 billion per year. Come and learn from Thomas Call how to detect and prevent Medicare and Health care fraud. (TC)
16843 W 10/21 1-3 p.m. Online Call

What Happens when the Paycheck Stops?
Examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as LTC and health care costs. For investors close to retirement or recently retired. (TC)
16842 T 10/27 10 a.m.-12 p.m. Online Bowman-McCormick

Liquidating the Extra Stuff
Selling that excess “stuff” isn’t what it used to be. Finding out what things will sell and for how much Medicare requires research and experience and that’s only the beginning. This class will answer your estate liquidation questions. (MC)
16154 T 11/10 10 a.m.-12 p.m. Online Flicker

Medicare Made Simple
Information on the four parts of Medicare and how a supplement fits in. We’ll review what is covered by AB, what you need to know about D, and what is C. (MC)
16155 T 11/10 1-3 p.m. Online Wishoun-Day

Medicare Supplements
Jay Werner, Trusted Benefits Group, will cover the basics, what plans are available, coverage, what a supplement will do for you, what’s not covered, and other benefits. (KC)
17341 W 11/11-11/18 11 a.m.-12:30 p.m. Online Werner

Retiring Happy, Wild and Free
Learn to live with purpose and fill your time effectively during retirement. With your working years behind you, now is the time to discover what excites you, and this class will help you with those discoveries! (MC)
16156 F 11/13 10 a.m.-12 p.m. Online Reed

Medicare Advantage 101
Learn the ins and outs of Medicare Advantage plans, how they work with the Medicare system, what the restrictions are and what the benefits are. (MC)
16157 T 11/17 1-3 p.m. Online Wishoun-Day

Delaying Aging
Aging is caused by a decline in the body’s ability to heal, repair, and maintain itself. Numerous factors contribute to that decline. This course will identify them, explain their impact, and address how to delay them. (MC)
16159 W 12/2 1-3 p.m. Online Kemper

Living, Dying and Leaving a Legacy
Most people say that given the option, they prefer to die at home among family and close friends. Despite this wish, however, few take the time to plan or organize this major life event. (MC)
16160 T 12/8 10 a.m.-12 p.m. Online Reed

TRAVEL & CULTURE

Flying the North Atlantic
Peek behind the cockpit door and see how we fly the world’s busiest and longest routes across the Atlantic and the Pacific. Powerful new technologies power these highways in the sky. (UP)
16527 Th 9/17 12-1:15 p.m. Online Eschenfelder

Scenic Natural Beauty and Earthquake Hazards in Nepal
Join Dr. Rajendra Shrestha in learning about Nepal. Nepal is known for her pristine scenic natural beauty and is home to the highest mountain peaks in the world including Mount Everest. This nation of diversity is also famous for being the birthplace of Lord Buddha and land of brave Nepali Gurkhas plus enormous arts, architecture, sculpture and culture. Due to the collision of the Indian plate against the Eurasian plate, the Himalayan mountain chain is still rising, making it one of the most highly earthquake-prone regions on earth. (UP)
16529 Th 9/24 10:30-11:45 a.m. Online Shrestha
Kip’s Trek 4 Vets 3100: A Bicycle Ride Across America
What’s in Your Retirement? For Kip Othold it was a journey of a lifetime - a bicycle (yes, bicycle) ride across the USA... San Diego, CA to St. Augustine, FL. One week to the day after formally retiring, 67-year-old Kip climbs atop his bike and starts pedaling 3100 miles from coast to coast. But that’s only half the story; for 6 months prior, he’s training and baking cakes to generate over $65,000 to save Houston homeless dogs and military veterans suffering with PTSD. Enjoy Kip’s humor and storytelling as he shares his tale of seeking a Cause, baking Cakes, and experiencing the Beauty and subtle Heartbeat of America for 48 days. This is a two-part class. (UP)
16532 M, Th 11/9-11/12 12-1:15 p.m. Online Othold

A Tour of the Emerald Isle
Join ALL members, Sharon and Marty Samson, as they take us on a tour of the Emerald Isle. The beautiful country of Ireland is a delight visually as well as through the hospitality of the people who live there. From Dublin to Dingle to Galway and many other points in between, come learn more about this country. (CF)
16765 Th 11/12 1:30 - 3 p.m. Online Samson

A week in Snowdonia, North Wales
Join ALL members, Andy and Kathy Morley, as they take us on a tour of Wales in the United Kingdom. Follow their week of adventures in Snowdonia, North Wales. See castles, slate mines, wild ponies, fog swept mountains, a prisoner’s village, and a Welsh Highland Railway. (CF)
17405 M 11/16 10-11:30 a.m. Online Morley

HOW TO JOIN ALL AND PARTICIPATE IN AN ALL VIRTUAL ONLINE CLASS
1. Decide what classes you are interested in taking.
2. Follow the Online Registration Process.
3. Enroll for at least one class in order to complete the registration process.

The week before your scheduled class, you will receive an email explaining how to participate online with a link to the class and someone to notify if you have questions. Lone Star College uses Cisco WebEx as our web conferencing tool. If this is your first time using WebEx, you will be required to download and install the .exe file to your computer/device upon clicking a WebEx link. To practice connecting to WebEx, go to Webex.com/Test-Meeting. The day before the class you will receive an email from your instructor or a campus representative to confirm your participation in the class. Be sure to log in to the class at least five minutes in advance!
LSC does not endorse the opinions, services or products offered by the volunteer instructors. If you have any questions or comments, please call your campus ALL Program Coordinator or Pat Chandler at 281.615.8763.

Your campus ALL Program Coordinator will continue to communicate with you throughout the upcoming weeks. We know how much this program means to so many of you and want to keep you informed. We encourage students to visit: LoneStar.edu/Care to access a list of resources and services that are available on campus and in the local community.
Wanted: subject matter experts who want to teach online!
Have you ever wanted to use your job skill or hobby to teach others? If you are interested in teaching, even if you do not have prior teaching experience, we want to talk to you! For more information contact the Lone Star College nearest you.

LoneStar.edu/Employment

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