

Academy for Lifelong Learning

Spring 2021

Updated: Tuesday, January 15, 2021

New Additions to Schedule

COMPUTER & TECHNOLOGY

Creating Community in Online Classes

Participants will be able to implement instructional strategies to create engaging online classroom communities. Online classes can be isolating for students. Teachers may need different instructional strategies to create an engaging classroom community. When students are engaged, they are more likely to be successful in the class. Building a community in the classroom also builds a support system for the students. (CF)

16811 T 3/9 1:30-3 p.m. Online Ogletree

FINANCIAL & LEGAL

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 between 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. We will also have a discussion on the basics of long-term care and what to be aware of if you think you need it. (MC)

17043 Th 4/1 1-3 p.m. Online Prachyl

HEALTH, FITNESS & NUTRITION

Human Suffering and Human Flourishing

A discussion of human suffering as a universal experience within a logico-philosophical framework. By contrast, human flourishing has become an international effort to promote a state where every aspect of a person's life is good. Pathways, domains, and measures of human flourishing are incorporated into the Gross National Happiness Index and the Better Life Index, with each nation being ranked on Life Satisfaction. Exercises and workbooks are available for individual growth. (MC)

16823 W 3/31 10 a.m.-12 p.m. Online Starck

The Role of Interoception in Meditative Arts

The Interoception is one's awareness of internal stability and homeostasis. It plays a huge role in meditative arts such as Taiji, Yoga, and meditation. This class will deliver deeper into the topic of body awareness and the role fascia plays in connecting the external and internal environments of the human body. Diane Simmons will also provide three ways to improve interoception and body awareness. (UP)

16276 W 5/12 10:30-11:45 a.m. Online Simmons

ARTS & CRAFT

ARTiculating: Talks & Tours

This art class will lead you through a discovery of "American Art and Artists: Important Contributions to The Art World." This class will cover America's different genres, important painters, and the development of art that is unique to the United States over its young history as a country. No previous art knowledge is necessary, and the class will be taught in a conversational way that makes it easy to understand. Meets Thursday afternoons at 1:30pm on 2/4, 3/11, 4/15, and 5/6. (CF) *(Description Updated)*

15349 TH 2/4-5/6 1:30-3 p.m. Online Adler

FINANCIAL & LEGAL

Estate Planning

How will you protect your home and life savings? Who will protect your assets? How can your family avoid probate? How do you avoid losing everything to nursing home costs? This class meets Tuesday morning at 10 a.m. on 2/2, 3/2 and 4/6. (CF) *(Description Updated)*

15350 T 2/2-4/6 10-11:30 a.m. Online Geerdes

FUN, HOBBIES & RECREATION

Mah Jongg

Learn the fundamentals of Mah Jongg online! Classes will focus on the history of the game, learning the tiles, understanding the card*, making hands, and learning the American rules, strategies, and sequence of play. Please commit to all five days of class, so you have consistency, continuity, and "cement" in your learning. This is an interactive, engaging class. Be prepared to use your video and audio every day. You will have a better experience if you use a computer, laptop, tablet, or iPad. ***You must have a 2020 National Mah Jongg League card before the class begins.** Your instructor will be contacting you after you have enrolled into the class. (UP) *(Description Updated)*

15455 M-F 2/1-2/5 10-11:30 a.m. Online Gibbon/Eissler

*INSTRUCTIONS FOR GETTING 2020 NATIONAL MAH JONGG LEAGUE CARD

VERY IMPORTANT INFORMATION:

***You must have a 2020 National Mah Jongg League card before the class begins.** We have no connection to any of these sellers, but we have had success in ordering from the following:

1. If you are an Amazon Prime member, you can order a 2020 large print card for \$8.97. Pay no shipping and receive it quickly.
2. Order online or in person from Where the Winds Blow. They charge \$10 for a 2020 large print card with free standard shipping in 6-12 days if you order online. The price is the same if you go to their location, 5608 Rampart Street, Houston 77081. Check on their website for their hours of operation.
3. Send a check to the National Mah Jongg League, Inc. for your card. A standard print card is \$8, and a large print card is \$9. There are no shipping fees. Mail your check to the National Mah Jongg League, 450 Seventh Avenue, Ste 405, New York, NY 10123. On the front of the envelope, write: **ATTENTION ADELA**. On the memo line, write: 2020 card and the size card you want. Because of COVID, shipping should take about 2 weeks. **PLEASE ORDER YOUR CARD AS SOON AS POSSIBLE!**

PHILOSOPHY

Metaphysics

Join Roy King as he starts off with a common sense relook at proven modern-day metaphysics and how it applies to observed phenomena throughout history and today. Starting from the beginning of the 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 into how prophecies are currently being played out. (UP) *Class meets each week on Tuesday.*

15430 **T** **1/12-8/31** *(Dates Updated)* **12-4:30 p.m.** *(Time Updated)* **Online King**

POLITICAL & COMMUNITY AFFAIRS

Flooding in Harris County: Causes & Cures

Harris County floods! Using Cypress Creek as a case study, join Paul Eschenfelder as he discovers the causes and cures for flooding here and what you can do to keep yourself, your family, your business safe from flooding. (UP)

15560 *(Class Updated)* **T** **3/9** **12-1:15 p.m.** **Online** **Eschenfelder**

SCIENCE & NATURE

Natural Resource Management JHJP

This course will discuss the historical vegetation, current vegetation, invasive plant species, and our current work restoring areas in the park to a more natural state. Join David Jamar, Forester at Jesse Jones Park. (KC)

15921 **F** **5/7** **1-3 p.m.** **Online** **Jamar** *(Instructor Updated)*

Additional Comments

Professor Steven Davis has two history classes and the class numbers were appearing in the system with the wrong titles. The corrections have been made in the system will be the same as catalog/schedule.

American Revolution: The Contributions of the Marquis de Lafayette and Bernardo de Galvez

15813 **M** **2/1** **12:30-2 p.m.** **Online** **Davis**

Comparative Maritime Disasters: The Titanic and The Wilhelm Gustloff

15814 **M** **2/8** **12:30-2 p.m.** **Online** **Davis**