Academy for Lifelong Learning (ALL)
A Learning Community for Adults 50+

FALL 2021
LoneStar.edu/ALL
Lone Star College

With 87,000+ credit students each semester with a total of more than 93,000+ (credit and non-credit) students, Lone Star College is one of the fastest-growing and largest community college systems in the nation. Students rely on Lone Star College for bachelor degrees, associate degrees, certificates, licensures 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 online events.

ALL member benefits may vary due to COVID-19
- Free or low-cost lectures, workshops and seminars;
- Advance notice of art shows with artist receptions;
- Discount pricing on plays, concerts and musicals;
- Volunteer instructor opportunities
- Access to college libraries; 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, if held, will vary based on most recent COVID-19 procedures. All information is easy to understand and enjoyable. Instructors are knowledgeable and approachable.
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 and in-person courses, as well as using the services of LSC-CyFair, LSC-Houston North, LSC-Kingwood, LSC-Montgomery, LSC-North Harris, LSC-Tomball and LSC-University Park.

Participation

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.

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.

Registration is required to attend online activities and in-person classes.

Recruiting Instructors Now

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!

LoneStar.edu/Employment
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POLICIES & PROCEDURES

Student Rights and Responsibilities
Information on some student rights and responsibilities are included below. For additional information, please refer to the LSC Board Policy Manual. If there is any conflict between the LSC Board Policy and this course schedule, the LSC Board Policy will govern. The information set forth in this course schedule is intended to be informational and not contractual in nature. LSC reserves and retains the right to amend, alter, change, delete or modify any of the provisions of this course schedule at any time or in any manner that the administration or the LSC Board of Trustees deems to be in the best interest of LSC. The information stated herein is for the students benefit and assistance. The administration of LSC reserves the right to act as final interpreter of this course schedule. Additionally, LSC reserves the right to change, without prior notice, tuition, fees, requirements and regulations, as obligated by district or legislative action and as allowed by law. LSC cannot guarantee that courses listed in this course schedule will be offered in any given term or year at any college. Registration for a particular section or course will be permitted only until available classroom space or facilities have been filled. LSC reserves the right to cancel any course or section for which enrollment is insufficient. A student who wishes to review documents regarding the accreditation of Lone Star College may do so by making an appointment with the Chief Student Services Officer (CSSO). For complete information, please reference College Board Policy Manual Section VI.B, VI.D.1, and V.A at LoneStar.edu/Policy.

Communication
All official communication from Lone Star College to its students is delivered through its web portal system, myLoneStar, and the Lone Star College provided email accounts: StudentUsername@my.LoneStar.edu. For complete information, please reference Student Services student handbook, pg. 65 at LoneStar.edu/Student and LoneStar.edu/Email.

Computer System Availability
Lone Star College recognizes the value technology adds to teaching and learning, and has built a robust and stable infrastructure to support it. Because regular maintenance of computer systems is critical to their performance and efficiency, planned downtimes are normally performed after-hours to minimize disruption to faculty, students and staff. Advance notice of the scheduled maintenance is distributed in many ways and provides information on the services impacted with estimated start and end times. Users are encouraged to note these communications and plan accordingly. Contact the Service Desk at 832.813.6600 or OTS@LoneStar.edu for updates.

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

Equal Opportunity Statement
Lone Star is committed to the principles of equal opportunity in education and employment. Lone Star College does not discriminate on the basis of race, color, sex, age, sexual orientation, gender identity, genetic information, gender expression, religion, ethnic or national origin, disability, veteran status, or any other protected status in its programs and activities, as stated in the LSC Board Policy Manual.

Equal Opportunity Inquiries
All 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:

Sandra Gregerson
Associate Vice Chancellor
Equal Opportunity (EO) Officer
Office of Governance, Accountability, and Compliance
832.813.6835

Margaret Kerstens
Senior Associate Vice Chancellor
Equal Employment Opportunity (EEO) Officer
Office of Human Resources
832.813.6272

Karen Miner
Executive Director, Title IX Coordinator
Compliance Education and Training
832.813.6614

Title IX Notice of Rights to Complainants

Student Civil Rights Complaints
Campus Chief Student Services Officers
Campus Presidents
832.813.6500

Student Complaint Process & Contacts
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.

After exhausting the institution’s grievance/complaint process, current, former, and prospective students may initiate a complaint with THECB by sending the required forms either by electronic mail to StudentComplaints@thecb.state.tx.us or mail to:

Texas Higher Education Coordinating Board
Office of General Counsel
P.O. Box 12788
Austin, TX 78711-2788

Facsimile transmissions of the forms are not accepted.
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. License holders may carry a concealed handgun on or about their person on LSC’s premises except within exclusion zones. LSC students, employees, and visitors on LSC’s premises or at LSC-sponsored or affiliated events are prohibited from openly carrying a handgun-holstered or not-on LSC premises.

LSC has established rules and regulations regarding enforcement of Campus Carry, which are found at LoneStar.edu/WeaponsProcedures. For more information about Campus Carry, visit the LSC Campus Carry website at LoneStar.edu/CampusCarry. Anyone may report a visible handgun on LSC’s premises or LSC events by contacting the Lone Star College Police Department at: 281.290.5911 from any phone or 5911 from a Lone Star College phone.

Clergy 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).

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 and at 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.

LoneStarCollegeAlert
All current LSC students and employees are automatically opted-in to LoneStar.edu/LoneStarCollegeAlert, the LSC emergency alert system, with their LoneStar.edu email address as the primary communication source. Personal contact information must be updated in my.LoneStar.edu to receive emergency text messages or notifications to a personal email account. To receive emergency text messages to your cell phone, login to my.LoneStar.edu and update your official student or employee personal information record with your cell phone information. Go to the LoneStar.edu/ LoneStarCollegeAlert page for more information.

Parking
Parking in student lots at Lone Star College does not require a permit. Students, employee and visitors may park in the student lots freely as long as they park within stall lines and do not park in designated reserved or handicap areas without the proper permit. There is also designated employee parking. These areas are clearly marked and reserved for employees only. Parking in these areas requires that a permit be displayed. Parking regulations are enforced 24 hours a day. Violators are subject to citation. Citations can be resolved at LoneStar.edu/Parking. For questions related to parking on campus, please email: Parking@LoneStar.edu.

Qualified and Diverse Employees
Lone Star College values diversity in both its employees and students. LSC actively recruits and strives to retain highly qualified staff, faculty and administration members who will reflect the core values and cultural beliefs of Lone Star College and meet with needs of students and the community. For complete information, please reference College Board Policy Manual Section IV at LoneStar.edu/Policy.

Racial Profiling
The LSC Police Department prohibits racial profiling by its officers. The Police Department actively participates in the state’s required reporting of traffic stop and detention statistics in compliance with state statutes. For complete information, please reference College Board Policy Manual Section I.B.1.06 at LoneStar.edu/Policy.

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.
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 must be supervised and permitted to enter the College facilities. Minors’ activities outside of a College class, program, or event must be supervised and permitted to enter the College facilities. Minors may not be left unattended on the College’s premises for any reason.

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. 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. 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.

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.

Tax Deductible Donations to the Lone Star College-Academy for Lifelong Learning
With the help of numerous individuals, businesses and community organizations, 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 campus program 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 Lone Star College (LSC). LSC does not endorse the opinions, services or products offered by participating faculty and instructors.

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 .................. September 6
- Thanksgiving Holiday Break .......... November 24-26
- Winter Holiday Break .......... December 23-January 5

ALL Contact Phone Numbers

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<thead>
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<th>Campus</th>
<th>Phone Number</th>
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<td>281.290.3460</td>
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<tr>
<td>LSC-Houston North</td>
<td>281.618.5602</td>
</tr>
<tr>
<td>LSC-Kingwood</td>
<td>281.312.1750</td>
</tr>
<tr>
<td>LSC-Montgomery</td>
<td>936.273.7259</td>
</tr>
<tr>
<td>LSC-North Harris</td>
<td>281.618.5602</td>
</tr>
<tr>
<td>LSC-Tomball</td>
<td>281.357.3676</td>
</tr>
<tr>
<td>LSC-University Park</td>
<td>281.312.1750</td>
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</tbody>
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Check Out Our Website!
LoneStar.edu/All
Academy for Lifelong Learning
Membership & Online Registration Process

You will become an Academy for Lifelong Learning member by registering for a class by completing the following steps. Have pen and paper ready to transcribe your Username, Password and Security Questions. If you have attended classes with the college your Student ID remains the same. New Students will need to create an account with a Username and Password.

1. Go to Services.LoneStar.edu/CERegistration

2. Enter your Username and Password at myLoneStar.edu

3. On the myLoneStar.edu homepage, select Student. To register for classes, select Manage Classes.
4. Select **Term** and then click **Class Search and Enroll**.

![Image of Class Search and Enroll with Term Semester selected and Class Search and Enroll highlighted]

5. In the **Class Search and Enroll** window enter **Class** number and click the arrow to view.

![Image of Class Search and Enroll window with Enter Class Number and Click Arrow Button Here highlighted]

Hint: If the arrow is not visible, you will need to phone an Advisor to add the current semester term to your student profile.

6. In the **Class Search Results** window, you may view your class details and click then arrow to register.

![Image of Class Search Results window with Click to View Button Here highlighted]

Hint: See below No Courses Available – view the ALL Update Flyer for possible cancellations.

7. In the **Course Information** window, you can view your **Class Selection** and click the arrow.

![Image of Course Information window with Click Arrow Button Here highlighted]
8. **Review Class Selection** – Click Next.

9. **Enroll or Add to Cart** – Select Enroll or Add to Shopping Cart and click Next.

10. **Review and Submit** – Click Submit.

11. **The Confirmation window confirms your class has been added to the Shopping Cart.**

12. **The Shopping Cart:** Select to Enroll or Delete classes, then Validate.
**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** window.

3. Click the **Make Payments** option in the menu bar at left.

4. The payment window opens. Click the green **Make Payment** button to pay your fee.

**To Print Your Classes:**
- From the **myLoneStar.edu Homepage**, select **Financial Account**.
- Select **Tuition & Fee Statement**.
- Select a semester then click **Continue**.
- View your class list. At the top right, click **View Printer Friendly** link.
- A PDF file will appear. Print this file using your browser’s print feature.
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 volunteers, the ALL program would not exist. They share their knowledge and enthusiasm about their areas of interest which helps us offer more classes with a greater variety.

Ways to Volunteer for ALL
• Join a committee
• Recruit new ALL members
• Submit/recruit new ideas for classes
• Become an ALL instructor

ALL Blog
For the latest information on our upcoming classes, schedule changes, cancellations, or additions, please visit our ALL blog, lscyfairall.blogspot.com.

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

Be Courteous
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.
**Information for LSC-Houston North ALL Members**

**Lone Star College-Houston North**

The Academy for Lifelong Learning (ALL) at LSC-Houston North provides opportunities for active adults to enjoy continued intellectual and personal growth. We are excited about having this program at LSC-Houston North and you make it a success!

The Academy for Lifelong Learning (ALL) team appreciates your help!

The Academy for Lifelong Learning looks forward to your participation online this fall. If you would like to take this opportunity to join as an instructor or member, information will be sent out this semester. For more information on volunteering or becoming a member, please email: Gail.L.Smith@LoneStar.edu

**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

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 other activities.

For more info, contact: Gail Smith 281.810.5604

**Information for LSC-Kingwood ALL Members**

**LSC-Kingwood ALL Online & Campus Classes**

Lone Star College-Kingwood is pleased to announce that the LSC Academy for Lifelong Learning program classes will resume both face-to-face and online this fall. As a community, we have successfully met the challenges of transitioning to a virtual environment. We have grown in our technical skills and will benefit from the experiences of this past year.

**Thank You, ALL Volunteers!**

The dedication of our wonderful volunteer administrative support and instructors are the heart of the ALL program. This will be a new year that will provide a brighter future with flexibility. Our volunteers have seamlessly transitioned to working remotely. We thank you for providing knowledge and guidance throughout this past year.

We look forward to growing as a community and meeting new challenges ALL together!

If you would like to volunteer, as an instructor or technical support, 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 who have devoted their time and expertise to make the ALL program successful.

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 is committed to providing enriched learning experiences online. Our virtual course offerings are educational, informative, enlightening and FUN! Join the ALL 50+ community online this fall.
ALL would like to express our sincere appreciation to the instructors who volunteer to teach our virtual classes. A big “Thank You” to all of the volunteers for the Academy of Lifelong Learning! We are excited about your participation as an ALL member and we look forward to continuing to provide a variety of classes for your enjoyment.

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

Remember, we are ALL in this together, and we are a strong community! Let’s support one another in making this unique Fall 2021 semester a positive experience for ALL!

Ways to Volunteer for ALL
- Teaching an ALL class
- Serving as a committee chair or on a committee
- Recruiting volunteer instructors
- Recruiting new ALL members
- Submitting new ideas for future classes

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
The adventure continues for 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 still new to many ALL members 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.

Please take a minute to consider hopping on board
and volunteering as an instructor, assisting our advisory
board or recruiting new class instructors. We are open to
suggestions that bring our communities together to educate
and benefit ALL.

For more info, Contact: Karen Meckel
281.401.1868

LSC-University Park Expresses Sincere
Appreciation to Our ALL Volunteers!

The Academy for Lifelong Learning (ALL) at LSC-University
Park would like to show gratitude to the volunteers and
instructors who 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-University Park 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.

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

Please consider sharing your experience and expertise with the
Lone Star College ALL program in the following ways:

• Serving on a committee
• Enlisting volunteer instructors
• Recruiting new ALL members
• Submitting proposals for new classes

We approach new ideas with open-mindedness, and value the
role of volunteers in advancing the ALL program. If you would
like to join us as a volunteer, please email:
Kathleen.Bakat@LoneStar.edu for more information.

For more info, Contact: Kathy Bakat
281.315.1750
# LSC Academy for Lifelong Learning

## Class List by Date

NOTE: Scheduled information is subject to change. Please be sure to check the Course Updates online at LoneStar.edu/ALL for all late changes in class schedules.

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<th>Facility</th>
<th>Start</th>
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<th>Days</th>
<th>Times</th>
<th>Name of Class</th>
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<td>8/26-9/29</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Clear, Calm and Open</td>
<td></td>
</tr>
<tr>
<td>15506</td>
<td>LSC-CF Online</td>
<td>8/26-9/29</td>
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<td>15566</td>
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<td>Travel Anywhere Cheaper</td>
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<td>15410</td>
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<td>Abraham Lincoln: An Intro</td>
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<td>WebEx 101 Training</td>
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<td>14540</td>
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<td>14627</td>
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<td>15532</td>
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<td>Life through education</td>
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<td>15469</td>
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<td>Mah Jongg</td>
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<td>15491</td>
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<td>1-2:30 p.m.</td>
<td>Book Club: The Wedding Date</td>
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<tr>
<td>Reg. #</td>
<td>Facility</td>
<td>Start</td>
<td>End</td>
<td>Days</td>
<td>Times</td>
<td>Name of Class</td>
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<tr>
<td>15591</td>
<td>LSC-KC Online</td>
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<td>10:30-11:30 a.m.</td>
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<td>Art Appreciation: Art Around Our Town</td>
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<td>15536</td>
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<td>12-1 p.m.</td>
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<tr>
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<tr>
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<td>Start</td>
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<td>Times</td>
<td>Name of Class</td>
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<tr>
<td>15503</td>
<td>LSC-CF Online</td>
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<td></td>
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<td>10-11:30 a.m.</td>
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<td>15268</td>
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<td>15702</td>
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<td>Avoiding Senior Scams</td>
<td></td>
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<tr>
<td>15292</td>
<td>LSC-TC Online</td>
<td>9/29</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Forensic Anthropology</td>
<td></td>
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<tr>
<td>15457</td>
<td>LSC-UP EMI 212</td>
<td>9/29</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Northwest Ordinance of 1787</td>
<td></td>
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<tr>
<td>15529</td>
<td>LSC-CF Online</td>
<td>9/30-10/7</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Consumption and Consciousness</td>
<td></td>
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<tr>
<td>15270</td>
<td>LSC-TC Online</td>
<td>9/30</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Telling Your Story</td>
<td></td>
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<tr>
<td>15472</td>
<td>LSC-TUC TBA</td>
<td>9/30</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Intro to Edgar Cayce</td>
<td></td>
</tr>
<tr>
<td>15533</td>
<td>LSC-CF Online</td>
<td>10/1</td>
<td>F</td>
<td>1:30-3 p.m.</td>
<td>Life in Palaeozoic</td>
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</tr>
<tr>
<td>15435</td>
<td>LSC-KC Online</td>
<td>10/1</td>
<td>F</td>
<td>1-2 p.m.</td>
<td>Women in Early Texas</td>
<td></td>
</tr>
<tr>
<td>15496</td>
<td>LSC-KC Online</td>
<td>10/1</td>
<td>F</td>
<td>10:30-11:30 a.m.</td>
<td>The Top 10 Scams of 2021</td>
<td></td>
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<tr>
<td>15510</td>
<td>LSC-KC TIB 110</td>
<td>10/1-10/8</td>
<td>F</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Medicare: Basics</td>
<td></td>
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<tr>
<td>15412</td>
<td>LSC-MC Online</td>
<td>10/1</td>
<td>F</td>
<td>12-2 p.m.</td>
<td>Women &amp; Investing</td>
<td></td>
</tr>
<tr>
<td>15451</td>
<td>LSC-UP Online</td>
<td>10/1</td>
<td>F</td>
<td>10 a.m.-12 p.m.</td>
<td>Author Talk: Publishing</td>
<td></td>
</tr>
<tr>
<td>15474</td>
<td>LSC-KC Online</td>
<td>10/1</td>
<td>M</td>
<td>4-5 p.m.</td>
<td>The Diabetic Foot</td>
<td></td>
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<tr>
<td>14536</td>
<td>LSC-MC Online</td>
<td>10/4</td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Building Positive Relationship</td>
<td></td>
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<tr>
<td>15450</td>
<td>LSC-MC Online</td>
<td>10/4-11/1</td>
<td>M</td>
<td>10-11 a.m.</td>
<td>Turning Pts. Jewish History</td>
<td></td>
</tr>
<tr>
<td>15519</td>
<td>LSC-KC Online</td>
<td>10/5</td>
<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>South Bottom in Civil War</td>
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<tr>
<td>15331</td>
<td>LSC-CF Online</td>
<td>10/5</td>
<td>T</td>
<td>10-11:30 a.m.</td>
<td>Cy-Hope: Making a Better Life for Kids</td>
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<tr>
<td>15564</td>
<td>LSC-KC Online</td>
<td>10/5</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Painting Discussion</td>
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<td>15475</td>
<td>LSC-KC Online</td>
<td>10/5</td>
<td>T</td>
<td>10-11 a.m.</td>
<td>Getting Better Sleep</td>
<td></td>
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<tr>
<td>15406</td>
<td>LSC-KC Online</td>
<td>10/5-11/9</td>
<td>T</td>
<td>12-1 p.m.</td>
<td>Fall Gardens</td>
<td></td>
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<tr>
<td>15093</td>
<td>LSC-MC Online</td>
<td>10/5-10/26</td>
<td>T</td>
<td>1-2:30 p.m.</td>
<td>Daily Life Ancient World: Rome</td>
<td></td>
</tr>
<tr>
<td>15089</td>
<td>LSC-MC Online</td>
<td>10/5-10/19</td>
<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>Cannabis</td>
<td></td>
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<tr>
<td>15421</td>
<td>LSC-NH Online</td>
<td>10/5</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Making the Most of Internet</td>
<td></td>
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<tr>
<td>15266</td>
<td>LSC-TC Online</td>
<td>10/5</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Beginning Ukulele</td>
<td></td>
</tr>
<tr>
<td>15711</td>
<td>LSC-UP Online</td>
<td>10/5</td>
<td>T</td>
<td>1:30-2:45 p.m.</td>
<td>Book Club: The Four Winds</td>
<td></td>
</tr>
<tr>
<td>15274</td>
<td>LSC-TC Online</td>
<td>10/5</td>
<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>How to Protect Your Medicare</td>
<td></td>
</tr>
<tr>
<td>15398</td>
<td>LSC-UP EMI 212</td>
<td>10/5</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Google Apps Work in the Cloud</td>
<td></td>
</tr>
<tr>
<td>15438</td>
<td>LSC-UP Online</td>
<td>10/5-10/26</td>
<td>T</td>
<td>10:30-11:30 a.m.</td>
<td>Safe Place to Talk about Race</td>
<td></td>
</tr>
<tr>
<td>15524</td>
<td>LSC-CF Online</td>
<td>10/6</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>American Battles: Chattanooga, 1863</td>
<td></td>
</tr>
<tr>
<td>15512</td>
<td>LSC-CF Online</td>
<td>10/6</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Everyday Wellness</td>
<td></td>
</tr>
<tr>
<td>15489</td>
<td>LSC-HN TBA</td>
<td>10/6</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Empowered Aging</td>
<td></td>
</tr>
<tr>
<td>15416</td>
<td>LSC-KC Online</td>
<td>10/6</td>
<td>W</td>
<td>12:30-2:30 p.m.</td>
<td>Documentary: Sound of My Voice</td>
<td></td>
</tr>
<tr>
<td>15477</td>
<td>LSC-KC Online</td>
<td>10/6</td>
<td>W</td>
<td>3-4 p.m.</td>
<td>How Your Brain Affects Life</td>
<td></td>
</tr>
<tr>
<td>15442</td>
<td>LSC-NH Offsite</td>
<td>10/6-11/17</td>
<td>W</td>
<td>7-8 a.m.</td>
<td>Tai Chi</td>
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<td>15458</td>
<td>LSC-UP Online</td>
<td>10/6</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>CO₂: A Greenhouse Gas</td>
<td></td>
</tr>
<tr>
<td>15271</td>
<td>LSC-TC Online</td>
<td>10/7-10/14</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Chinese Medicine: Food Therapy</td>
<td></td>
</tr>
<tr>
<td>15525</td>
<td>LSC-CF Online</td>
<td>10/12</td>
<td>T</td>
<td>10-11:30 a.m.</td>
<td>Interpersonal Skills</td>
<td></td>
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<tr>
<td>15446</td>
<td>LSC-KC Online</td>
<td>10/12</td>
<td>T</td>
<td>2:30-3:30 p.m.</td>
<td>WebEx 101 Training</td>
<td></td>
</tr>
<tr>
<td>Reg. #</td>
<td>Facility</td>
<td>Start</td>
<td>End</td>
<td>Days</td>
<td>Times</td>
<td>Name of Class</td>
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<td>15404</td>
<td>LSC-UP EMI 212</td>
<td>10/12</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Password Management</td>
</tr>
<tr>
<td>15414</td>
<td>LSC-UP Online</td>
<td>10/13-10/14</td>
<td>W-Th</td>
<td></td>
<td>1-3 p.m.</td>
<td>Genealogy and Family History</td>
</tr>
<tr>
<td>15514</td>
<td>LSC-CF Online</td>
<td>10/13</td>
<td></td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Green Cleaning</td>
</tr>
<tr>
<td>14547</td>
<td>LSC-MC Online</td>
<td>10/13</td>
<td></td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>Probate for Property Owner</td>
</tr>
<tr>
<td>14641</td>
<td>LSC-MC Online</td>
<td>10/13</td>
<td></td>
<td>W</td>
<td>3-5 p.m.</td>
<td>Human Intestinal Microbiome</td>
</tr>
<tr>
<td>15464</td>
<td>LSC-UP Online</td>
<td>10/13</td>
<td></td>
<td>W</td>
<td>9-10 a.m.</td>
<td>Living in the Slow Lane</td>
</tr>
<tr>
<td>15488</td>
<td>LSC-HN TBA</td>
<td>10/14</td>
<td></td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>Empowerment in Tough Times</td>
</tr>
<tr>
<td>15480</td>
<td>LSC-KC TBA</td>
<td>10/14-10/28</td>
<td>Th</td>
<td></td>
<td>1-3 p.m.</td>
<td>Master of Memory</td>
</tr>
<tr>
<td>15478</td>
<td>LSC-KC Online</td>
<td>10/14-11/18</td>
<td>Th</td>
<td></td>
<td>3:30-4:30 p.m.</td>
<td>Live Well, Be Well</td>
</tr>
<tr>
<td>15091</td>
<td>LSC-MC Online</td>
<td>10/14</td>
<td></td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Civil War Railroads</td>
</tr>
<tr>
<td>15605</td>
<td>LSC-MC Online</td>
<td>10/14-10/21</td>
<td>Th</td>
<td></td>
<td>10-11 a.m.</td>
<td>Blues: Roads Lead to Houston</td>
</tr>
<tr>
<td>15431</td>
<td>LSC-MC Online</td>
<td>10/14</td>
<td></td>
<td>T</td>
<td>9-10 a.m.</td>
<td>Continuing Sign Language</td>
</tr>
<tr>
<td>15476</td>
<td>LSC-TUC TBA</td>
<td>10/14</td>
<td></td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Edgar Cayce- Reincarnation</td>
</tr>
<tr>
<td>15511</td>
<td>LSC-KC TIB 110</td>
<td>10/15</td>
<td></td>
<td>F</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Medicare: PDP</td>
</tr>
<tr>
<td>15454</td>
<td>LSC-UP Online</td>
<td>10/15</td>
<td></td>
<td>F</td>
<td>10 a.m.-12 p.m.</td>
<td>Author Talk: Selling a Book</td>
</tr>
<tr>
<td>15526</td>
<td>LSC-CF Online</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>10-11:30 a.m.</td>
<td>Communication Skills</td>
</tr>
<tr>
<td>15493</td>
<td>LSC-KC Online</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Book Club: The Storied Life of A. J. Fikry</td>
</tr>
<tr>
<td>15434</td>
<td>LSC-NH TBA</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Windows 10</td>
</tr>
<tr>
<td>15452</td>
<td>LSC-NH Online</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Navigating/Electronic Jungle</td>
</tr>
<tr>
<td>15440</td>
<td>LSC-UP Online</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>12-1:15 p.m.</td>
<td>Flooding in Harris County</td>
</tr>
<tr>
<td>15449</td>
<td>LSC-KC Online</td>
<td>10/19</td>
<td></td>
<td>T</td>
<td>2:30-3:30 p.m.</td>
<td>WebEx 101 Training</td>
</tr>
<tr>
<td>15516</td>
<td>LSC-CF Online</td>
<td>10/20</td>
<td></td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Good Rest and Manage Stress</td>
</tr>
<tr>
<td>15419</td>
<td>LSC-UP Online</td>
<td>10/20</td>
<td></td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Organ/Tissue Donation</td>
</tr>
<tr>
<td>15267</td>
<td>LSC-TC Online</td>
<td>10/21</td>
<td></td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Probate 101</td>
</tr>
<tr>
<td>15534</td>
<td>LSC-CF Online</td>
<td>10/22</td>
<td></td>
<td>F</td>
<td>1-30-3 p.m.</td>
<td>The White Hurricane</td>
</tr>
<tr>
<td>15513</td>
<td>LSC-KC TIB 110</td>
<td>10/22</td>
<td></td>
<td>F</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Medicare: Supplemental Coverage</td>
</tr>
<tr>
<td>15289</td>
<td>LSC-TC Online</td>
<td>10/25</td>
<td></td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Acupressure</td>
</tr>
<tr>
<td>15444</td>
<td>LSC-MC Online</td>
<td>10/26</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Texas Civil War</td>
</tr>
<tr>
<td>15432</td>
<td>LSC-NH CMED 202</td>
<td>10/26</td>
<td></td>
<td>T</td>
<td>1-2 p.m.</td>
<td>Intro to AARP Benefits</td>
</tr>
<tr>
<td>15427</td>
<td>LSC-UP Online</td>
<td>10/26</td>
<td></td>
<td>T</td>
<td>12-1:15 p.m.</td>
<td>Young Winston</td>
</tr>
<tr>
<td>15520</td>
<td>LSC-CF Online</td>
<td>10/27</td>
<td></td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Improving Digestion</td>
</tr>
<tr>
<td>15098</td>
<td>LSC-MC Online</td>
<td>10/27-11/17</td>
<td>W</td>
<td></td>
<td>1-3 p.m.</td>
<td>World Religions: An Overview</td>
</tr>
<tr>
<td>15092</td>
<td>LSC-MC Online</td>
<td>10/28-11/18</td>
<td>Th</td>
<td></td>
<td>1-2:30 p.m.</td>
<td>Highlights of Ancient Greece</td>
</tr>
<tr>
<td>15467</td>
<td>LSC-TUC TBA</td>
<td>10/28</td>
<td></td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Edgar Cayce: Creation</td>
</tr>
<tr>
<td>15515</td>
<td>LSC-KC TIB 110</td>
<td>10/29-11/5</td>
<td>F</td>
<td></td>
<td>11 a.m.-2:30 p.m.</td>
<td>Medicare: Basics</td>
</tr>
<tr>
<td>15497</td>
<td>LSC-KC Online</td>
<td>11/1</td>
<td></td>
<td>M</td>
<td>2-4 p.m.</td>
<td>On the Way to the Moon</td>
</tr>
<tr>
<td>15604</td>
<td>LSC-TC TBA</td>
<td>11/1-11/10</td>
<td>M,W</td>
<td></td>
<td>10 a.m.-12 p.m.</td>
<td>Rocks, Minerals &amp; U.S. History</td>
</tr>
<tr>
<td>15541</td>
<td>LSC-CF CENT 152</td>
<td>11/2-11/16</td>
<td>T</td>
<td></td>
<td>1-30-3 p.m.</td>
<td>Conversational Spanish</td>
</tr>
<tr>
<td>15535</td>
<td>LSC-CF Online</td>
<td>11/2</td>
<td></td>
<td>T</td>
<td>10-11:30 a.m.</td>
<td>Energy and You</td>
</tr>
<tr>
<td>15565</td>
<td>LSC-KC Online</td>
<td>11/2</td>
<td></td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Fine Art Discussion</td>
</tr>
<tr>
<td>15712</td>
<td>LSC-UP Online</td>
<td>11/2</td>
<td></td>
<td>T</td>
<td>1:30-2:45 p.m.</td>
<td>Book Club: The Vanishing Half</td>
</tr>
<tr>
<td>15521</td>
<td>LSC-CF Online</td>
<td>11/3</td>
<td></td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Boosting Emotions Naturally</td>
</tr>
<tr>
<td>Reg. #</td>
<td>Facility</td>
<td>Start</td>
<td>End</td>
<td>Days</td>
<td>Times</td>
<td>Name of Class</td>
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<tr>
<td>15420</td>
<td>LSC-KC Online</td>
<td>11/3</td>
<td>W</td>
<td></td>
<td>12:30-2:30 p.m.</td>
<td>Documentary: Marco Polo</td>
</tr>
<tr>
<td>15481</td>
<td>LSC-KC Online</td>
<td>11/3</td>
<td>W</td>
<td></td>
<td>3-4 p.m.</td>
<td>Brain Function as We Age</td>
</tr>
<tr>
<td>14628</td>
<td>LSC-MC Online</td>
<td>11/3</td>
<td>W</td>
<td></td>
<td>3-5 p.m.</td>
<td>Covid-19 Past/Present/Future</td>
</tr>
<tr>
<td>15405</td>
<td>LSC-NH Online</td>
<td>11/3</td>
<td>W</td>
<td></td>
<td>10:30 a.m.-12 p.m.</td>
<td>Diet Discussion</td>
</tr>
<tr>
<td>15594</td>
<td>LSC-UP Online</td>
<td>11/3</td>
<td>W</td>
<td></td>
<td>10-11:30 a.m.</td>
<td>Siren Song of Succession</td>
</tr>
<tr>
<td>15482</td>
<td>LSC-KC TBA</td>
<td>11/4</td>
<td>Th</td>
<td></td>
<td>1:30-2:30 p.m.</td>
<td>Do You Know What You're Eating</td>
</tr>
<tr>
<td>15456</td>
<td>LSC-KC Online</td>
<td>11/4</td>
<td>Th</td>
<td></td>
<td>1-2:30 p.m.</td>
<td>Getting the Most From Your Mac</td>
</tr>
<tr>
<td>15498</td>
<td>LSC-KC Online</td>
<td>11/5</td>
<td>F</td>
<td></td>
<td>1-2 p.m.</td>
<td>Snakes of Harris County</td>
</tr>
<tr>
<td>15484</td>
<td>LSC-KC Online</td>
<td>11/8</td>
<td>M</td>
<td></td>
<td>4-5 p.m.</td>
<td>General Foot and Ankle Care</td>
</tr>
<tr>
<td>15494</td>
<td>LSC-KC Online</td>
<td>11/9</td>
<td>T</td>
<td></td>
<td>1-2:30 p.m.</td>
<td>Book Club: The Return</td>
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<tr>
<td>15543</td>
<td>LSC-MC Online</td>
<td>11/9</td>
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<td></td>
<td>10 a.m.-12 p.m.</td>
<td>Chronic Disorders</td>
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<td>15272</td>
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<td>11/9</td>
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<td>10 a.m.-12 p.m.</td>
<td>Being Prepared</td>
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<tr>
<td>15522</td>
<td>LSC-CF Online</td>
<td>11/10</td>
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<td>10-11:30 a.m.</td>
<td>Managing Pain Naturally</td>
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<td>14548</td>
<td>LSC-MC Online</td>
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<td></td>
<td>10 a.m.-12 p.m.</td>
<td>Aging Brain</td>
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<td>15483</td>
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<td>Buddha on Health</td>
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<td>Identity Theft</td>
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<td>iPhones, iPads and Apps</td>
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<td>Medicare: PDP</td>
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<td>Book Club: Guernsey Literary &amp; Potato Peel Pie Society</td>
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<td>15424</td>
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<td>Healthy Movement</td>
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<td>14644</td>
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<td>Medical Advances for Seniors</td>
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<td>1-2 p.m.</td>
<td>Organ/Tissue Donation</td>
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<td>15518</td>
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<td>11 a.m.-12:30 p.m.</td>
<td>Medicare: Supplemental Coverage</td>
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<td>Intro to Birding</td>
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<td>15595</td>
<td>LSC-CF CENT 152</td>
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<td>1:30-3 p.m.</td>
<td>End of Life Planning: Hospice Care</td>
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<td>15486</td>
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<td>10 a.m.-12 p.m.</td>
<td>Advanced Birding</td>
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<tr>
<td>15399</td>
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<tr>
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<td></td>
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<td>Downsizing</td>
</tr>
</tbody>
</table>

Need more information regarding a class? Call one of the below campus Program Coordinators:

<table>
<thead>
<tr>
<th>LSC CAMPUS</th>
<th>NAME</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSC-CF</td>
<td>Kimberly Moore-Crenshaw</td>
<td>832.482.1067</td>
<td><a href="mailto:KMoore-Crenshaw@LoneStar.edu">KMoore-Crenshaw@LoneStar.edu</a></td>
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<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.290.2919</td>
<td><a href="mailto:Gail.L.Smith@LoneStar.edu">Gail.L.Smith@LoneStar.edu</a></td>
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<tr>
<td>LSC-KC</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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<tr>
<td>LSC-MC</td>
<td>Steve Gorman</td>
<td>936.273.7259</td>
<td><a href="mailto:Steven.Gorman@LoneStar.edu">Steven.Gorman@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-NH</td>
<td>Pam Gardner</td>
<td>281.618.5602</td>
<td><a href="mailto:Pamela.J.Gardner@LoneStar.edu">Pamela.J.Gardner@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-TC</td>
<td>Karen Meckel</td>
<td>281.401.1868</td>
<td><a href="mailto:Karen.Meckel@LoneStar.edu">Karen.Meckel@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-UP</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
</tr>
</tbody>
</table>
LSC Academy for Lifelong Learning
Class Descriptions & Schedule

**ARTS & CRAFTS**

**Art Appreciation: Art Around Our Town**
Join Wendy Adler and discover the art in our wonderful city. This is art appreciation in a completely different way! Each month we will take an in-depth look at a different Houston art museum or art site, some are well-known to all and some are hidden gems. Our explorations may include The Museum of Fine Arts, Houston Contemporary Craft Center, The Menil Collection, public art, galleries, or even artists’ studios. This class meets on 9/22, 10/13, 11/10, and 12/8. (CF)

**Painting Discussion**
Tommy has taught college painting courses for over seven years to students from almost every background. He has been an actively exhibiting artist at various art schools using a variety of mediums. Any painting question or topic goes during this class. (KC)

**Fine Art Discussion**
Tommy has taught college Art Appreciation over 30 times to over a thousand students from many backgrounds. He has been an actively exhibiting artist from most every type of art school using a variety of mediums. (KC)

**COMPUTER & TECHNOLOGY**

**WebEx 101 Training**
This class is an introduction to WebEx, the video conferencing platform used by the Lone Star College to provide online classes for students. It is very similar to Zoom. This basic class for beginners will help you feel comfortable using WebEx. You will be able to participate and enjoy the online Academy for Lifelong Learning classes. Pat Chandler, CE Director for LSC-Kingwood, will be your instructor, with Kathy Bakat assisting. (KC)

**Basic Microsoft Excel**
Join Eric Bain for these online lessons on Microsoft Excel for students with minimal experience. He will teach you the necessary tools to use Excel at a basic-to-intermediate level. Learn the basic and important features in Excel 2016, such as Excel interface, ribbon, tabs, backstage view, and quick access toolbar. Topics also include cell basics, cell format, formulas and functions. In this class, you will create and save the workbook. (CF)

**Build a Platform, Website, and Message to the World**
Learn the steps to build a platform: creating content, using content, and building a cause, mission and/or business you love. Gayle Fisher will talk about tools you can use for yourself and your families. (MC)

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**START CLOSE. GO FAR.**
Cut the Cable
All member Richard Gillespie will share how he analyzed whether cutting the cable was right for him so you can do your own analysis. Cut the cord! Leave cable behind and discover how to bring more entertainment into your life using the internet. Join us as we investigate Roku, YouTube, Netflix, and similar sites to give you a glimpse into streaming movies, TV shows, and music. (CF)
15503 T 9/28 10-11:30 a.m. Online Gillespie

Tablets and Mobile Devices
In this session Loyd Huhn will cover the basics of tablets and mobile computing devices. We will explore settings and options for both of the major operating systems, as well as talk about app usage and how to set up your needed apps. (TC)
15268 T 9/28 1-3 p.m. Online Huhn

Windows 10
Learn Windows 10 Basics from Angie Carns. You will pick up tips to make your computer time more enjoyable and productive from Angie who is a Microsoft Tech Previewer and worked with Windows 10 before it became available to the public. There are two class sessions on consecutive Tuesdays. Please feel free to bring your laptop for a more personal encounter with Windows. (NH)
15434 T 10/19-10/26 1-3 p.m. CMED 101 Carns

Identity Theft
Join Gayla Cloud for an important discussion on identity theft. Keep your online records safe from online fraudulent activity and misleading phishing schemes. (NH)
15437 W 11/10 10:30 a.m.-12 p.m. Online Cloud

Getting the Most from your Mac
Explore the latest updates and changes for the Mac operating system. If you have a Mac or would like one, find out the latest updates, changes, and useful tips to get the most from your Mac. (KC)
15456 Th 11/4 1-2:30 p.m. Online Tarver

Making the Most of the Internet
Participants will be exposed to the benefits of the internet and how to access these benefits. Fola will provide tips and techniques for emailing, searching, shopping, repairs and educational resources. (NH)
15421 T 10/5 1-3 p.m. Online Adeleye

Navigating the Electronic Jungle
Learn how to maximize use of iPhones and iPads. Join the discussion to understand apps, functions and how to update these devices. Learn new tips and techniques for getting maximum productivity from your electronic devices. (NH)
15452 T 10/19 1-3 p.m. Online Adeleye

Google Apps: How To Work “In the Cloud”
If you have a Google Gmail account, you already have free access to 15 GB of online storage with Google My Drive and the free web applications such as Google Docs, Google Sheets, and Google Slides. There are no applications to download and you never have to back up your files. Another learning objective is to define just what “the cloud” is! Jerry will discuss how it is different from your local computer and the advantages and disadvantages of keeping your stuff “in the cloud.” (UP)
15398 T 10/5 1-3 p.m. EMI 212 Matson

Internet Security: Password Management
More and more of you manage your life online: email, banking, social media, hobbies, shopping, and many others. In most places you must create an account and that means you have numerous usernames and passwords. You either have too many passwords to remember or use the same ones in too many places. Do you write your passwords down? Are they easy to remember? That means they are easy for someone else to guess! Come learn from Jerry regarding how to create better, stronger passwords and manage them with applications designed for just that purpose. (UP)
15404 T 10/12 1-3 p.m. EMI 212 Matson

Join Fola Adeleye for the following two classes:

Making the Most of the Internet
Participants will be exposed to the benefits of the internet and how to access these benefits. Fola will provide tips and techniques for emailing, searching, shopping, repairs and educational resources. (NH)
15421 T 10/5 1-3 p.m. Online Adeleye

Navigating the Electronic Jungle
Learn how to maximize use of iPhones and iPads. Join the discussion to understand apps, functions and how to update these devices. Learn new tips and techniques for getting maximum productivity from your electronic devices. (NH)
15452 T 10/19 1-3 p.m. Online Adeleye

Join Jerry Matson for the following two classes:

Google Apps: How To Work “In the Cloud”
If you have a Google Gmail account, you already have free access to 15 GB of online storage with Google My Drive and the free web applications such as Google Docs, Google Sheets, and Google Slides. There are no applications to download and you never have to back up your files. Another learning objective is to define just what “the cloud” is! Jerry will discuss how it is different from your local computer and the advantages and disadvantages of keeping your stuff “in the cloud.” (UP)
15398 T 10/5 1-3 p.m. EMI 212 Matson

Culinary Arts, Food & Cooking
Preserving the Harvest
Let’s gather in the kitchen and talk about home food preservation. We will explore jams and jellies, pickling and fermenting, as well as dehydrating. This class is full of information and recipes for many seasonal items. Michele Scaife is an Extension Agent with the Better Living for Texans Program, part of 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 Association. She maintains holistic nutritionist and adaptive personal trainer certifications through the American Fitness Professionals Association. (KC)
15401 Th 9/9-9/30 10-11:30 a.m. Online Scaife

Jewish Soul Food 3.0
Some say “biscotti” and some say “mandel bread” or “mandelbrot.” Learn to make this delicious Ashkenazi treat! We will make at least two varieties. Join Donna Gibbon for this virtual cooking class. (UP)
15407 T 9/21 10-11:30 a.m. Online Gibbon

Ed Tarver is a law enforcement veteran with over 40 years experience in the Louisiana State Police and as a Special Agent with Homeland Security. Additionally, he spent five years in Global Security for the Americas at Apple. Join Ed for the following two classes:

Getting the Most from your Mac
Explore the latest updates and changes for the Mac operating system. If you have a Mac or would like one, find out the latest updates, changes, and useful tips to get the most from your Mac. (KC)
15456 Th 11/4 1-2:30 p.m. Online Tarver

 iPhones, iPads, and Apps
Learn how to get the most from your Apple devices such as your iPhone and iPad. We will look at the newest OS as well as useful tips and information that will benefit you. (KC)
15460 Th 11/11 1-2:30 p.m. Online Tarver
FINANCIAL & LEGAL

Estate Planning Options
Attorney Holly Geerdes will teach us what is needed to protect our assets. Ask yourself: How can my family avoid probate? How do I avoid losing everything to nursing home costs? This class will be divided into three sections: 1) Probate and alternatives to probate; 2) Wills versus Trusts; and 3) The most common mistakes in estate planning. This class meets once a month; on 9/16, 10/14, and 11/18. (CF)
15504 Th 9/16-11/18 10-11:30 a.m. Online Geerdes

Executor Play Calling 101
Join Stephen Gilley from Lincoln Financial Advisors as he teaches us that 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)
15505 F 9/24 10-11:30 a.m. Online Gilley

Women and Investing
Learn the basics of financial planning and investing as a female investor from Crystal Prachyl, a certified financial planner. This 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. (MC)
15412 F 10/1 12-2 p.m. Online Prachyl

What Docs Now?
Susan will include a discussion of various Advanced Directives and Testamentary documents, including the Will and Financial/Medical Powers of Attorney, their uses, which are time sensitive, and the repercussions of not having the documents in place. (TC)
15263 W 9/22 1-3 p.m. Online Bulgawicz

Probate 101
Susan will introduce the Texas probate process, role of the executor, role of the probate attorney, and how to avoid pitfalls. (TC)
15267 Th 10/21 1-3 p.m. Online Bulgawicz

FUN, HOBBIES & RECREATION

Astrology for Beginners
Rose Mary Le Fevre will explain astrology basics, the signs, houses, planets, moon phases and their properties. The class will learn how to begin reading a chart. We will also enjoy fun activities to help understand our learning. This may include pop quizzes, gentle movement, art and visualization. The class will look at known charts and analyze them. We will touch on subjects such as personality, appearance and calculating time. The course explains a little about different types of astrology, as well as discussions on experiences that relate to astrology, legal and ethical issues, including safeguarding. (MC)
15453 T 9/7-12/7 1-3 p.m. Online Le Fevre

Let’s Learn Mah Jongg
You can be the Master or Mistress of Mah Jongg in one week! 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. For the first four days, this will be an interactive, engaging class. On Friday, students who are comfortable, join us face to face for a live game. You must have a 2021 National Mah Jongg League card before the class begins. You can order the card directly from NationalMahJonggLeague.org. Allow at least two weeks for delivery of your card. (UP)
Instructors: Donna Gibbon and Alicia Eissler
15411 M-F 9/13-9/17 10-11:30 a.m. Online Gibbon/Eissler

Due to circumstances beyond our control, some lectures might be canceled or rescheduled. Every attempt to contact students in advance is made. Be sure we have an accurate phone number on file and that you have officially registered for the class.
GARDENING

Creating Resilient Landscapes
By including appropriate native plants in our home landscapes, we can create resiliency, attract pollinators, and support birds and other wildlife—all while maintaining beautiful and useful outdoor spaces. Your instructor, Thomas Taylor, is certified in Native Landscape Maintenance by the Native Plant Society of Texas and is a member of the Texas Nursery and Landscape Association. (KC)
15591 T 9/14 10:30-11:30 a.m. Online Taylor

Michele Scaife is an Extension Agent with the Better Living for Texans program, part 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 Association. Join Michele for the following two classes:

Garden to Harvest and Beyond
Can a garden fit any space? Yes, it can! Michele will help us explore how to grow fresh fruits, vegetables, and herbs at home; indoors and out. Topics include starting a garden in any space, indoor garden options, maximizing yield, and organic/conventional practices. Learn methods of food preservation along with some wonderful garden-to-table recipes. (KC)
15590 F 9/10-10/15 12-2 p.m. Online Scaife

Extending the Harvest of Fall Gardens
We are blessed here in Texas to have a year-round garden season. In this course, we will explore extending the harvest in our fruit and vegetable gardens, identifying common garden issues and methods for addressing them, as well as recipes to preserve and prepare fresh produce. (KC)
15406 T 10/5-11/9 12-1 p.m. Online Scaife

GENEALOGY

Where Did I Come From? Putting Together Your Family History
Students will learn to use familysearch.org to preserve family photos, stories, and documents for future generations; create an online family tree to preserve and share their own family's history and understand unique historical record types and search records for their own ancestors. With the guidance of Chelsea Pratt and many assistants, this class will be divided into three sections: beginner, intermediate, and advanced. This will allow students to develop basic skills if they are new to the class or to further develop their skills if they have taken the class before. (MC)
15527 W 9/8-10/13 10 a.m.-12 p.m. Online Pratt

Genealogy Basics
Join Kyla Bayang for an introductory course in the basics of family history research. Learn how to build an online tree and tips and techniques for genealogical research. (TC)
15269 W 9/22-10/13 10 a.m.-12 p.m. Online Bayang

Genealogy and Family History
Class members will be instructed in genealogical principles as well as how/where to find information and enter it into a database. This is a three-session class of two hours each by Reed Farrar. The first two sessions will be instructional and includes setting up personal accounts. The third session will be finding and entering data with the assistance of experienced genealogy workers. (UP)
15414 W 10/13-10/27 1-3 p.m. Online Farrar

HEALTH, FITNESS & NUTRITION

Clear Calm and Open
Have you ever experienced a stream of consciousness when your thoughts or words just flowed freely without resistance? How about those moments when you’ve felt completely at peace? Join Clif Taylor to learn the Clear, Calm, and Open healing technique for stimulating your mind, energizing your body, and uplifting your spirit. In an easy-going manner, Clif shows how Clear, Calm, and Open applies to every aspect of daily life while complementing all types of mindfulness and wellness practices, including yoga, meditation, and prayer. (CF)
15506 Th 8/26 10-11:30 a.m. Online Taylor
15506 W 9/9 10-11:30 a.m. Online Taylor

Nine Ways to Reduce Your Cancer Risk
Kendra Windisch comes from MD Anderson Hospital in hopes of teaching us that up to 50% of cancer cases in the United States could be prevented by making healthy lifestyle choices. Learn more about how healthy choices and regular screening exams can protect you against cancer. (CF)
15507 T 9/21 1:30-3 p.m. Online Windisch

Cannabis: Acknowledging Benefits While Maintaining Safety
Cannabis regulations are changing. Learn the difference between CBD and THC, the health benefits, and safety concerns from the perspective of a pharmacist, Angelena Thomas. (MC)
15089 T 10/5-10/19 10 a.m.-12 p.m. Online Thomas

A Non-Medical Approach to Getting Better Sleep
If you are suffering from chronic insomnia, please see a medical professional. This class deals with the areas in your life where you have control over your body, your environment, and your lifestyle. The course discusses the difference between chronic and acute insomnia, ten different types of insomnia and how to identify them, and ten changes you can make to help with the problem. Your instructor, Linda Ridley-Wise, is a believer in both physical and mental exercise. (KC)
15475 T 10/5 10-11 a.m. Online Ridley-Wise
Tai Chi
Join Sesco Saegusa of The Woodlands Tai Chi Players as a beginner and learn the eight-step program. Tai Chi is often described as “meditation in motion,” but it might well be called “medication in motion.” This mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. Participants must commit to four consecutive sessions. The Woodlands location for the class will be sent to those students who register for the class. (NH)
15442  W  10/6-11/17  7-8 a.m.  Offsite  Saegusa

Chinese Medicine: Food Therapy
How is your diet working for you? In this series, Hung Van Doan will teach students how diet therapy is being used as one of the first line treatments in Chinese medicine for acute and chronic ailments, as well as the common mistakes in the modern diet. Attendance in previous courses is not required, since the class is intended to be fun and easy to understand. Prepare to be surprised! (TC)
15271  Th  10/7-10/14  1-3 p.m.  Online  Van-Doan

Acupressure
This is a workshop in which Marifer Manns will introduce a sequence of meridian points to increase a certain hormone in the body. Marifer learned this technique from Dr. C. Norman Shealy. It will be an interactive class with a Powerpoint presentation and exercises participants can do together. (TC)
15289  M  10/25  10 a.m.-12 p.m.  Online  Manns

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 as 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)
15405  W  11/3  10:30 a.m.-12 p.m.  Online  Cloud

Causes of Chronic Disorders
The human body is designed to heal, repair, and renew itself for its entire life. It is our responsibility to provide its needs and to properly maintain it. When we do not, chronic disorders develop. In this class, Earl Kemper will focus on nine conditions that can lead to chronic disorders. (MC)
15543  T  11/9  10 a.m.-12 p.m.  Online  Kemper

Healthy Movement: Standing & Sitting
Want to play with your grandkids on the floor but afraid you won’t be able to get up? Certified MovNat L1 Trainer Diane Simmons will show how to easily get down onto the floor and how to get back up using safe and proven techniques. (A certain degree of mobility will be required.) (UP)
15424  T  11/16  10 a.m.-12 p.m.  Online  Simmons

Join Carol Deeb as she presents the following two classes:

Building Healthy Bones
Participants will use assorted light hand and ankle weights to increase muscle strength and build healthier bones. Please have water and a large towel for rolling up or a yoga brick available. Students should wear comfortable clothing and closed-toe shoes. Members interested in signing up should check with their healthcare providers to determine whether the class is suitable for them. Participants are required to complete the Participant Release and Indemnification Agreement Form before the first class. Forms will be sent to all members who are registered. (KC)
15462  Th  9/2-11/18  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. Members interested in signing up should check with their health care providers to determine whether the class is suitable for them. Participants are required to complete the Participant Release and Indemnification Agreement Form before the first class. Forms will be sent to all members who are registered. (KC)
15465  Th  9/2-11/18  2:45-3:45 p.m.  Online  Deeb

Join Dr. Harry Adams for the following four classes:

Hypertension: Its Significance, Management, and Prevention
Dr. Adams will discuss the importance of hypertension along with its management, both medical and non-medical, and its prevention. (MC)
14627  W  9/8  3-5 p.m.  Online  Adams

Human Intestinal Microbiome
Dr. Adams will discuss what the human intestinal microbiome is and how vital it is in health and disease. (MC)
14641  W  10/13  3-5 p.m.  Online  Adams

COVID-19: Past, Present, and Future
Dr. Adams will discuss where COVID-19 came from, how it became a pandemic, what is its impact now, and what the future holds for us. (MC)
14628  W  11/3  3-5 p.m.  Online  H. Adams

Medical Advances Relevant to Seniors
Registered students will submit the medical or health topics they would like Dr. Adams to discuss. The topics will then be discussed in two separate sessions: 11/17 and 12/1. (MC)
14644  W  11/17-12/1  3-5 p.m.  Online  H. Adams

For more information, contact a Continuing Education Advisor:
Phone: 832.519.2900 (8 a.m.-6 p.m. M-F)
COURSE OFFERINGS

Michele Scaife maintains a holistic nutritionist and adaptive personal trainer certification through the American Fitness Professionals Association. Join Michele for the following two classes:

‘DASH’ing to a Healthier You
Michele will show us how the DASH (Dietary Approaches to Stop Hypertension) eating pattern may help in limiting sodium, sugar as well as trans and saturated fat for the prevention of chronic disease, such as high blood pressure. (KC)
15468 W 9/8-9/29 10 a.m.-12 p.m. Online Scaife

Live Well, Be Well
Most people know that eating well and living in a healthy environment are crucial for good health, yet many lack the knowledge they need to live healthy. In this course we will explore health and wellness habits that keep us active and independent. (KC)
15478 Th 10/14-11/18 3:30-4:30 p.m. Online Scaife

Michael McBride is a Mental Health Therapist by education with 20 years of experience. He used these techniques in his practice dealing with stress, depression, and anxiety, as well as in pain management. Michael is no longer active as a Mental Health Therapist and cannot offer counseling or diagnostics. Join Michael for the following classes:

Stress Less with Mindfulness
Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. Research has shown that mindfulness-based stress reduction courses are effective in reducing related symptoms such as worry, depression, and physical tension, and can be helpful in managing cardiac disease and diabetes. Program Goals: 1) increase participant flexibility in responding to stress; 2) provide an alternative way to relating to everyday life; and 3) teach and encourage adoption of mindfulness skills to enhance participants’ lives. (KC)
15469 Th 9/9-10/7 1:20 p.m. Room TBD McBride

Master of Memory
Master of Memory encourages participants to recognize that they can impact their memory function, evaluate their own memory function, identify factors that may enhance or detract from their memory function, and find ways that help address some of those factors. The series is six lessons taught in three class meetings. (KC)
15480 Th 10/14-10/28 1-3 p.m. Room TBD McBride

Do You Know What You Are Eating?
Let’s talk about factors that impact the foods that we purchase, and common terms found on food packages. Make sure you know what you are buying when shopping for food. (KC)
15482 Th 11/4 1:30-2:30 p.m. Room TBD McBride

LONE STAR COLLEGE ACADEMY FOR LIFELONG LEARNING

Join Gayle Fisher for the following three classes:

Building Resilience and Independence in Our Youth: Open Forum Q&A
We can discuss how to teach our kids/grandkids to think independently, grow into their decision-making, learn consequences, increase phonetic awareness, and hold boundaries. We can also discuss backward chaining interventions, learned helplessness and appropriate risk-taking. Other topics can include: Building a Positive ARD Experience, Intrinsically Motivating Children of all Learning Styles, Behaviors and Childhood Learning. Bring any questions you have. (MC)
14533 M 9/13 10 a.m.-12 p.m. Online Fisher

The Emergency Game
Join Gayle as she talks about training neurodiversity to be aware of the unexpected, avoid danger and practice escape from entrapment. These concepts would also work with a neurotypical young person. (MC)
14535 M 9/27 10 a.m.-12 p.m. Online Fisher

Building Positive Relationships in Life
Gayle will discuss dating in neurodiversity and neurotypically, personal boundaries, healing, facing fears, awareness of co-dependency and self-victimization, brain research, and navigating the systems and wise counsel. (MC)
14536 M 10/4 10 a.m.-12 p.m. Online Fisher

Organ and Tissue Donation Innovation: Future of Organ Donation
One person who registers to be a donor can donate eight life-saving organs, as well as tissue and corneas that can improve the lives of more than 75 people. This course guides students through the organ and tissue donation process from donor registration to transplantation and offers a snapshot of the innovation occurring in transplant medicine, research and technology presented by Kevin Myer, President and CEO of LifeGift. (UP)
15417 W 9/15 1-2 p.m. Online Myer

Organ and tissue transplantation heals and saves thousands of lives each year in the United States. Join Kristina Ruiz-Healy, Community Engagement Specialist of LifeGift for the following classes:

The Decision to Register to Become an Organ Donor: Transplant Recipients Perspective
The information provided in this class will empower students with an understanding of how the organ and tissue donation process works. Each individual can make an educated choice about donor registration. You also will hear the stories of people who have received a second chance at life through the generous gift of a life-saving organ. (UP)
15419 W 10/20 1-2 p.m. Online Ruiz-Healy
An Edgar Cayce ambassador, Lenore Bechtel has been a teacher, guidance counselor, public relations consultant, playwright, and novelist. Join her as she presents the following classes:

**Donor Family Perspective: The Decision to Register to Become an Organ Donor**
Learn what organs and tissue can be transplanted and who can be a donor. This class will explain how having meaningful conversations with family and friends about organ and tissue donation can help our community overcome fears, taboos and misconceptions so more lives can be saved. You will hear the amazing story of a donor family who made the educated decision to say yes to organ donation. (UP)

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**Edgar Cayce: The Beautiful Dreamer, The Man Who Cured People in His Sleep**
Edgar Cayce: The Beautiful Dreamer—The Man Who Cured People in His Sleep is a documentary video of the renowned prophet and father of holistic medicine. His sons, friends, and one biographer give intimate recollections of this gifted psychic, and this video contains the only existing live footage of Edgar himself. (MC)

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**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)

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**Edgar Cayce’s Insight into Reincarnation**
During a psychic reading for a man’s horoscope, Cayce received evidence of reincarnation. Later health-related readings pinpointed past-life occurrences as causes of illnesses in this life. This class deals with Cayce’s readings and supporting Biblical texts that give insight into how reincarnation and karma work, and how past lives can affect our present lives. (MC)

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**Edgar Cayce’s Wisdom about Creation**
In this class you will discover how creation happened as souls became spirits and then progressed as matter during the first through fifth root races, changing from spirit form to physical monstrosities, to androgynous beings, to humankind today. Learn how Lemuria, Atlantis and Egypt influenced our world and our evolution. (MC)

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**Join LaTwonna Wilson for the following two classes:**

**Types of Diabetes**
This class will discuss juvenile diabetes, Type 2 diabetes, and information for caregivers. There will be an open dialogue and conversation about being a diabetic. Come to the session to learn, be inspired, ask questions and learn diabetic-friendly foods. Come and share information with others on the same journey. LaTwonna is in her 38th year of being a diabetic and wants you to know that you are not alone. It is possible to live a great life with diabetes. (KC)

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**Diabetic Gifts**
Join LaTwonna for an experienced-based discussion on diabetes management and learning good coping skills. LaTwonna will share her experiences and lessons learned starting with juvenile diabetes. Join this session and share information with others on the same journey. (NH)

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**Join Drs. Laura Richards, DPM and Alexander Garza, DPM, as they present the following classes:**

**The Diabetic Foot**
The doctors will provide information regarding treating the diabetic foot, including medical/surgical management and maintenance. (KC)

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**Foot and Ankle Care**
The doctors will provide information regarding routine foot and ankle care and what podiatric care can offer you and your family. (KC)

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**Tiffany Momberger will present the following series of six essential oil classes. She is a former educator and is passionate about natural ways to improve our health:**

**Everyday Wellness**
Join Tiffany as she explains that there’s 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)

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**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)

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**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)

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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)
15520 W 10/27 10-11:30 a.m. Online Momberger

Boosting Emotions Naturally
Life can get us down sometimes, but there are things we can do to lift our spirits and feel better. Tiffany will teach us how making small lifestyle changes can make a big difference over time. (CF)
15521 W 11/3 10-11:30 a.m. Online Momberger

Managing Pain Naturally
Aches, pains and inflammation can really get you down. Let’s join Tiffany as we learn how you can experience relief naturally without fear of side effects or addictions! (CF)
15522 W 11/10 10-11:30 a.m. Online Momberger

Understanding How Your Brain Affects Your Life
Success and happiness are what most of us seek as part of our work/life balance changes during our life span. Learn about neuropsychology and understand how to achieve our maximum potential. How has COVID-19 impacted the world and our work/life balance? Learn techniques to maximize interpersonal relationships at home and/or at work. Lao Tzu said, “Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits. They become your character. Watch your character, it becomes your destiny.” Learn how to live a happier and fuller life. (KC)
15477 W 10/6 3-4 p.m. Online Saxon

Improving Brain Function as We Age
Learn how to understand your brain as you age. Would you like to create strategies to keep your brain activity and memory healthy? How has COVID-19 affected our neurological system and mental health? Know how your brain works and why neuroplasticity can improve the quality of your life in middle age and beyond. (KC)
15481 W 11/3 3-4 p.m. Room TBD Saxon

Abraham Lincoln: A Short Introduction
Join John Barr, LSC-Kingwood Professor of History, as he presents a class on the life, career, and legacy of Abraham Lincoln. Participants are encouraged, but not required, to purchase the book Lincoln Speeches, edited by Allen C. Guelzo ISBN: 0143121987. (KC)
15410 T 9/7-9/28 10-11:30 a.m. Online Momberger

South America: An Historical Introduction
Vast lands of natural beauty, bountiful resources and vibrant cultures, yet burdened by its complex legacies of violent racial hierarchy. All races mixed by both love and rape, and stark class divisions; the landowners and the laboring peasants, the urban middle class and the slum dwellers ground down by life. This is South America, twelve republics from colossal Brazil to tiny Suriname, all in search of the future. Meet the iconic figures of the past: Manco Capac, Francisco Pizarro and Simon Bolivar, Evita Peron, Che Guevara and Pope Francis I. Join Dr. Clifton Fox, LSC-TC Professor of History, in this tour of South America! (TC)
15273 F 9/10-10/15 10 a.m.-12 p.m. Room TBD Saxon

Ranching in Texas
Big Tex has welcomed visitors to the Texas State Fair for many years. He represents an aspect of Texas culture that is recognized around the world. Join Steve Prewitt, LSC-Tomball Professor of History and explore Texas ranching through some of its most colorful characters. (TC)
15638 F 9/17-10/22 1-3 p.m. Room TBD Prewitt

Virtual Tour: Walking The Banks of Buffalo Bayou
Join Preservation Houston Programs Director Jim Parsons for a virtual tour along Buffalo Bayou, Houston’s historic backbone to explore the banks of the bayou, as it flows past the original Houston townsite settled by Augustus and John Kirby Allen in 1836. Stops will include Allen’s Landing, traditionally considered the city’s birthplace; remnants of the Houston Ice and Brewing Company’s complex, a reminder of the industrial concerns that once flourished along the bayou; and Sesquicentennial Park, an early bayou beautification project. This interactive class will enable participants to see, hear and ask questions just as they would be able to do on a live tour. (KC)
15597 T 9/21 9-11 a.m. Online Parsons

Need more information regarding a class? Call one of the below campus Program Coordinators:

<table>
<thead>
<tr>
<th>LSC CAMPUS</th>
<th>NAME</th>
<th>PHONE</th>
<th>EMAIL</th>
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<tbody>
<tr>
<td>LSC-CF</td>
<td>Kimberly Moore-Crenshaw</td>
<td>832.482.1067</td>
<td><a href="mailto:KMoore-Crenshaw@LoneStar.edu">KMoore-Crenshaw@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.290.2919</td>
<td><a href="mailto:Gail.L.Smith@LoneStar.edu">Gail.L.Smith@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-KC</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-MC</td>
<td>Steve Gorman</td>
<td>936.273.7259</td>
<td><a href="mailto:Steven.Gorman@LoneStar.edu">Steven.Gorman@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-NH</td>
<td>Pam Gardner</td>
<td>281.618.5602</td>
<td><a href="mailto:Pamela.J.Gardner@LoneStar.edu">Pamela.J.Gardner@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-TC</td>
<td>Karen Meckel</td>
<td>281.401.1868</td>
<td><a href="mailto:Karen.Meckel@LoneStar.edu">Karen.Meckel@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-UP</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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Historical Jerusalem
Jerusalem is considered one of the oldest cities in the world and is significant to three major religions: Judaism, Christianity and Islam. Angela Bell, LSC-CyFair History Professor, will give us a historical and religious overview of this city that continues to be important in world events. Join us as we discover Jerusalem by taking a city tour. Let’s visit historical and religious sites through the eyes of her camera. (CF)

Northwest Ordinance of 1787: Have We Lived Up to its Promise?
The Ordinance is a study requirement in the Texas high school curriculum. Scholars say it is the third most important document after the Declaration of Independence and Constitution. Many think it was a land ordinance; however, it was also a civil rights statement and action plan for the new nation. By forbidding slavery, respecting Native Americans, and securing individual sovereignty, it set the statesmanship which led to American exceptionalism. Joe Beatty is a 7th generation descendant of the legislators who passed and implemented the Ordinances from 1783-87 with original documents. (UP)

Turning Points in Jewish History
Rabbi Edwin Goldberg will explore how Jewish communities historically experienced, understood, and processed the most important events of their eras and how their responses inform our own choices in responding to crises and opportunities of today. (MC)

South Bottom, Virginia During the Civil War
Jeff Groah, Mathematics Professor at LSC-MC, will discuss his upcoming book, South Bottom, Virginia During the Civil War. The book is about two ancestors of his, Jack and Sam Groah, who fought on both sides of the Civil War. Deserters from the Stonewall Brigade, they became involved in shootouts with members of the provost guard who attempted to arrest them. Having escaped the South, they joined the Union Army for which they fought for the duration of the war. (KC)

American Battles: Chattanooga, 1863
Let’s join LSC-CyFair History Professor Keith Altavilla as he teaches a lecture on American Battles. A large Union army was trapped in Southeastern Tennessee, its enemies celebrating after a significant victory. Ulysses S. Grant arrived in Chattanooga to reorganize Union forces and break their hold on the region. His victory helped to solidify Union gains in the West, opened the Deep South, and eventually propelled him to overall command. (CF)

Civil War Railroads and the Confederate Demise
All aboard for the train ride of your life! In this class we will explore how railroads were used during the American Civil War and how they became an integral part of the Confederate demise. Richard Blumberg also provides descriptions of Railroad Raiders and the tactical importance of railroads during the war. (MC)

Young Winston
Winston Churchill’s youthful years as an opportunist and self-promoter gave way to a young hero, accomplished author, and man of action. His childhood was terrible, but the result helped save civilization. Paul Eschenfelder presents information about this fascinating person. (UP)

Texas in the Civil War 1862-1865
Curt Locklear will present interesting aspects of the Civil War in Texas and he will perform on banjo and guitar some songs of the times. (MC)

The United States of Division: The Siren Song of Secession
The idea of unity has been part of the fabric of America since “e pluribus unum” was made the first unofficial national motto. Join this class for an alternative look at our nation’s history that focuses on the constant presence of division. Discussion will include the tension between unity and division in America today. Join Bryan Henry, LSC-University Park Associate Professor of Government, in this discussion. (UP)

Cabeza de Vaca and the Age of Exploration
This presentation will tell the story of Cabeza de Vaca, who became the first European of significance in Texas history when he shipwrecked near Galveston in 1528 and spent the next eight years living among and observing the Native Americans. It will also cover the neglected later part of Cabeza’s life in which he took the lessons he learned in the American Southwest and applied them as a Spanish governor in South America. (KC)

Great American Soldiers: Alvin York and Audie Murphy
This presentation will focus on the military contributions of Alvin York of Tennessee and Audie Murphy of Texas, the most decorated American soldiers in WWI and WWII respectively and use their service to illuminate the U.S. role in those conflicts. It will use the film Sgt. York (1941), which starred Gary Cooper, as a link connecting the lives and careers of these men whose memories must never be forgotten. (KC)
Join Mike Adams, a former Adjunct Professor of History and Humanities at LSC-Kingwood, for the following two classes:

**Daily Life in the Ancient World: Rome**
Mike will continue from a class he offered two semesters ago, this time with a consideration of the daily life of the Roman citizen during the Roman Empire, from Augustus through Marcus Aurelius (c.30 BC to 180 AD). We will look closely at what daily life was like during this period of peace and prosperity in the Empire, in four sessions: “Being Roman,” “Roman Family Life,” “Practice of Religion in Rome” and finally “The Role of Women in Rome.” (MC)

15093 T 10/5-10/26 1-2:30 p.m. Online M. Adams

**Highlights of Ancient Greece**
Revisit some of Adams’ most popular topics about ancient Greece. A new one will be added this semester. This class will be in four sessions: “The Original Olympic Games”, “The Oracle at Delphi”, “The Parthenon Enigma”, and “Xenophon and the March of the 10,000.” (MC)

15092 Th 10/28-11/18 1-2:30 p.m. Online M. Adams

**LANGUAGES**

**Spanish**
This is a basic Spanish class. Stella Priest will help us talk to our Spanish-speaking neighbors, order food, and ask directions to learn to feel comfortable speaking Spanish. The class will meet every other Wednesday. (NH)

15418 W 9/8-11/17 1-2:30 p.m. CNED 101 Priest

**Continuing American Sign Language**
This class is for those who already know a bit of American Sign Language. Barbara Gadsby will review the basics and then move forward. We’ll fine tune the skills we already have, increase our vocabulary and learn how to be more articulate. We’ll also delve deeper into Deaf culture. (MC)

15431 Th 10/14 9-10 a.m. Online Gadsby

**Conversational Spanish**
Let’s join LSC-CF Spanish Professor Stephanie Krueger who will teach this class as an introduction to conversational Spanish! Perfect for those who have always wanted to learn Spanish and haven’t had the chance to learn the language. This class is ideal for those who are truly beginners and wish to begin their language learning journey. (CF)

15541 T 11/2-11/16 1:30-3 p.m. CENT 153 Krueger

Join ALL member, Doug Hissong for the following two classes:

**Advanced Conversational Spanish**
This class is for students who have some grasp of Spanish and would like to practice on their conversational Spanish in different topics. This is not for the weak of heart. Students will be conversing on a more fluent level with Gloria and classmates. (MC)

15433 F 9/10-10/29 11 a.m.-12 p.m. Online Toro

**Communication Skills**
Doug will provide us practical information on communicating effectively with others. The class will include 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, and meetings & interviews. (CF)

15526 T 10/19 10-11:30 a.m. Online Hissong

**MOVIES, MUSIC, & THEATER**

**Movies Everyone Should See**
In this course, participants will be requested to watch a list of movies that present concepts, ideas, perceptions or performances that make them ‘must see’ films. They will be given the opportunity to respond with their thoughts or feelings about the movies that they thought made them worth watching or not. Participants will be given a listing of the 10 movies to watch in advance of the classes that will be discussed during the semester. They will also be given a questionnaire to complete in advance of the class regarding each movie. The class will be taught by avid movie watcher Lyle ONeal, Mathematics Professor at LSC-Kingwood. (KC)

15609 W 9/8-11/10 1-3 p.m. Online ONeal

**Second Act Senior Theatre**
The beauty of theater is that it is flexible, even when we’re not anymore. Participants bring a wide range of theater experience: folks who have never performed before, seasoned community theater veterans and those who come back many times. What they have in common is a love of the art form. This semester you can look forward to “Skits to Live By” and the power of the monologue. Terry Woods will show us that acting out through theatre is a whole new world. (MC)

15402 W 9/15-10/6 3:45-5:45 p.m. TUC 310 Woods

Join Gloria Toro for the following two classes:

**Basic Conversational Spanish**
This is an introductory Spanish class to help the traveler going to Spanish-speaking countries. 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. Students will learn the Spanish alphabet, count to 100, order a meal in Spanish, etc. Come join the fun of learning with Gloria. (MC)

15441 F 9/10-10/29 9-10 a.m. Online Toro
Beginner Dulcimer Lessons
Doris Coleman will get us started on our mountain dulcimers with group teaching and playing, simple music theory, tablature and various types of music. (MC)
15408  T  9/21-11/16  10 a.m.-12 p.m. TUC 310 Coleman

Basics of Singing
This class will cover the basic tenets of healthy singing. From correct posture and consistent airflow to balanced resonance and clear articulation, we will explore how to produce the most efficient, free, and beautiful tone you are able. Uncover the freedom of your voice by understanding how it functions. This class is open to everyone from experienced singers to novices. If you can speak, you can sing! Please join Michael Walsh to explore your own unique sound! (MC)
15542  Th  9/23  3-4:30 p.m. Online Walsh

Filmmaking with your Smartphone
This course will cover filmmaking basics including weekly filmmaking exercises. It will culminate in a 5-minute short film project. The class will be taught by Serina Dennis. (KC)
15415  M  9/27-10/18  12-1 p.m. Online Dennis

Blues: All Roads Lead to Houston
Houston and blues music history are connected. Please join this lively class as Sandra Scott discusses the history of blues and its Houston roots. Learn more about our local blues artists who have impacted the blues culture in Houston and beyond. (MC)
15605  Th  10/14-10/21  10-11 a.m. Online Scott

Advanced Jazz Ensemble
This class is for experienced students who want to read and perform jazz music. The class will meet for 14 weeks during the semester. (NH)
15445  M  8/30-11/29  2-4 p.m. Room TBD Eichler

Advanced Symphonic Band
This class is for experienced band musicians who would like to read and perform concert band music. The class will perform at least two performances this semester. The class will meet for 14 weeks during the semester. (NH)
15448  T  8/31-11/30  2-4 p.m. Room TBD Eichler

Acoustic Guitar Primer
Join Dorothy and learn the basics of playing acoustic guitar including tuning right hand position, strumming chords, names of strings and care of your instrument. A guitar is required. Class will be limited to eight participants. (TC)
15264  Th  9/23  10 a.m.-12 p.m. Online Hershey

Beginning Ukulele
Grab your ukulele and join Dorothy as she provides a simple and fun approach to learn how to play chords, strum and read lead sheets. Ukulele is required but previous experience is not necessary. Class will be limited to eight participants. (TC)
15266  T  10/5  1-3 p.m. Online Hershey

Join Dorothy Hershey for the following two classes:

This documentary celebrates an American music icon whose extraordinary vocal range and ambition created unforgettable songs across rock, pop, country, folk ballads, light opera, classic Mexican music, and soul. The film follows her through her early years of singing Mexican canciones with her family, her folk days with the Stone Poneys, and her reign as the “rock queen” of the ’70s and early ’80s. Sadly, her incredible voice was ultimately lost to Parkinson’s disease. The film includes moving performance footage and appearances by former collaborators, including Dolly Parton, Emmylou Harris, Bonnie Raitt and Jackson Brown. (KC)
15416  W  10/6  12:30-2:30 p.m. Online Lively

In the Footsteps of Marco Polo (2012)
Denis Belliveau and Francis O’Donnell took a wild idea, retrace Marco Polo’s entire 25,000-mile land-and-sea route from Venice to China and back, spending two incredible years of their lives making their dreams reality. Equal parts travelogue, adventure story, history trek, and buddy movie, this film weaves footage from the duo’s often perilous voyage with Marco Polo’s journals describing his experiences. (KC)
15420  W  11/3  12:30-2:30 p.m. Online Lively

Join Alice Lively in the discussions from these two documentary films. Alice is an avid fan of documentary films:

Human Suffering and Human Flourishing
In this class, Patricia Starck will promote a discussion of human suffering as a universal experience within a logos-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 by Life Satisfaction. Exercises and workbooks are available for individual growth. (MC)
15598  W  9/22  3-5 p.m. Online Starck

Consumption & Consciousness: The Land Ethic
LSC-CyFair Philosophy Professor, Mark Thorsby, wants us to be aware that a crisis is unfolding. The natural world is fast disappearing fast as it gets consumed to make all the products and materials of our world and the fabric of our social being. Over the course of two sessions this course will offer a philosophical discussion in which participants will walk away being versed in the conservationist work of Aldo Leopold and the new agrarian movement. (CF)
15529  Th  9/30-10/7  10-11:30 a.m. Online Thorsby

For more information, contact a Continuing Education Advisor:
Phone: 832.519.2900
(8 a.m.-6 p.m. M-F)
POLITICAL & COMMUNITY AFFAIRS

Current Events: Fridays
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. Moderated by Jef Frick, the atmosphere is collegial. Topics are proposed and voted on at the start of each class. (MC)

Frick

14647 F 9/10-12/17 1-3 p.m. Online

Fuss & Discuss
“It’s always something...” Join us in our seventh semester for a casual, civil conversation around topics for that week, something in the news, or whatever you may want to discuss. Open mindedness required for a fun, lively conversation. Facilitated by ALL member Victor Ward. Class meets seven times: 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, and 12/3. (UP)

15436 F 9/10-12/3 10:30 a.m.-12:30 p.m. Online

Current Events: Mondays
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. Moderated by Guy Schroeder, the atmosphere is collegial. Many topics are proposed ahead of class and voted on at the beginning of class. (MC)

14648 M 9/13-12/13 10 a.m.-12 p.m. Online

Human Trafficking 101
Join Sara Breuer from United Against Human Trafficking as she educates us on the seriousness of Human Trafficking. This training covers all the basics about human trafficking - what it is, where it happens, and how, you as a community member, can help. This class will meet twice on 9/15 at 10 a.m. and 11/17 at 1:30 p.m. (CF)

15530 W 9/15 10-11:30 a.m. Online

Pet Rescue: How do I get involved?
This informative course is for those interested in understanding more about animal advocacy in the Texas area. The class focuses on dog and cat rescues in and around the Houston area. Topics include: types of rescues, how rescues operate, the role rescues play in reducing pet overpopulation, and the many opportunities available for volunteers. Texas laws regarding pets will also be discussed. This is an introduction to rescue only, students will not be asked for money or to volunteer. Join Melissa Gatlin, LSC-University Park Adjunct Professor. (UP)

15473 Th 9/23 1-2 p.m. Online

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? Let’s join Kendal Beasley from Cy-Hope. They are a nonprofit organization that provides services and opportunities to vulnerable children to help them succeed. Learn about what they do and see how you can get involved to help them with their mission. (CF)

15531 T 10/5 10-11:30 a.m. Online

A Safe Place To Talk About Race
Come, learn, enjoy, and grow together through valuable insights and information in this four-part series. Topics include current issues and opportunities, race and religion, tips on how to recover when making a mistake, and how to help others who do make a mistake and still keep friends, and more. This interactive format goes beyond today’s news headlines with research-based sources. Break the “Don’t Talk” rule’ and bring your questions. Join Sharon Jones for this lecture. (UP)

15438 T 10/5-10/26 10:30-11:30 a.m. Online

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, and your business safe from flooding. (UP)

15440 T 10/19 12-1:15 p.m. Online

READING & WRITING

LSC-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. Please contact the instructor at MillingAround@gmail.com for more information. (UP)

Book selections are:
Caste, by Isabel Wilkerson, 9/7;
The Four Winds, by Kristin Hannah, 10/5;
The Vanishing Half, by Brit Bennett, 11/2.

15447 T 9/7 1:30-2:45 p.m. Online

15711 T 10/5 1:30-2:45 p.m. Online

15712 T 11/2 1:30-2:45 p.m. Online

Life through Education
Let’s join LSC-Houston North Fairbanks English Adjunct, Shaista Mansoor, in discovering life through education. Life through education requires people to get prepared for different roles, as employees, parents, citizens, and students. We will to apply our knowledge and skills effectively to rapidly changing situations. (CF)

15532 Th 9/9-10/28 1:30-3 p.m. Online
LSC-Atascocita Center Book Club
Join Mattie Sharp for great socialization and discussions. (KC)
Book selections are:
9/14 is *The Wedding Date* by Jasmine Guilory,
11/9 is *The Return* by Nicolas Sparks.
15491 T 9/14 1:30 p.m. Online Sharp
15494 T 11/9 1:30 p.m. Online Sharp

Writing is Exciting
Join Steve Little for an interactive writing workshop. Achieve clarity in all forms of writing from correspondence and essays, to fiction and autobiography. This class assists in the development of the writer’s unique voice and style in an environment of support. Assignments are read aloud and positively critiqued with classmates. Members are encouraged to enter local and national competitions. At semester end, each writer’s best efforts are presented in a digitized booklet. Bring your skills, talents, and aspirations to this class! (KC)
15429 Th 9/16-11/4 2-4 p.m. TIB 110 Little

Finding My Birth Family
Join us as Dr. David Lewis, an adoptee, describes how a genetic test and a little bit of information led him to find his birth parents, and discover his genetic roots. (HN)
15588 T 9/21 12-2 p.m. VC 110 Lewis

LSC-Kingwood Book Club
Join the Book Club that traditionally meets at the East Montgomery County Improvement District (LSC-EMCID Center). It meets on the 3rd Tuesday of every month to discuss books of common interest covering topics such as fiction, history, biography, travel, politics, science, etc. Diane Moore is the facilitator. (KC)
Book selections are:
9/21, *The Nightingale* by Kristin Hannah;
15492 T 9/21 12:2 p.m. VC 110 Moore

Family Stories
Dr. Jelinek Lewis shares the process she used to tie her family’s story to world events. From her family’s immigration story, she explores the eugenics movement, childbirth practices, the Holocaust and special education. She has traced both genealogy and history in an attempt to weave the two together. During the session she will share artifacts, photographs and resources. (HN)
15586 W 9/22 9-11 a.m. VC 110 Lewis

Telling Your Story: Introduction to Personal Narrative & Memoir Writing
Have you ever wanted to tell your own story? We all have a story to tell, and this one-off course taught by Elizabeth Burton will provide an introduction to the skills needed to write a strong personal narrative, personal essay, or memoir. Learn the tools that can help you write about your own life in a way that will connect with others and preserve your experiences for the future. Whether you have goals of publication or personal enjoyment, this course will help you get started. (TC)
15270 Th 9/30 1-3 p.m. Online Burton

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 how to make them available on popular websites like Amazon. You will also learn how much it costs to self-publish and common mistakes to avoid. Mike wrote *14 Steps to Self-Publishing a Book*, ISBN: 978-0997994650 (recommended, but not required). (UP)
15451 F 10/1 10 a.m.-12 p.m. Online Kowis

Author Talk: How to Sell Your Book
Writing a book is a big challenge, but selling it is much harder. Mike will teach current and future authors practical ways to sell their book online and in person. He shares the tactics he used to sell his first 4,000 books. Mike wrote *Smart Marketing for Indie Authors*, ISBN: 978-0997994698 (recommended, but not required). (UP)
15454 F 10/15 10 a.m.-12 p.m. Online Kowis

SAFETY

Self-defense
Master Jones will teach personal defense, including what to do when approached or attacked and how to react to a weapon or purse snatching. This course also covers how to use your hand, feet, elbows and knees as a weapon. Class meets the first Friday of each month: 9/3, 10/1, 11/5, and 12/3. (MC)
15459 F 9/3-12/3 2-4 p.m. A-118 Jones

The Top 10 Scams of 2021
Scam artists are skillful criminals, who successfully change their schemes on an ongoing basis to continue to steal money from their victims. The number of people caught in scams like foreign lotteries and the grandparent scam are increasing every day. Learn about the latest scams and how you can protect yourself from becoming a victim. Join Jennifer Salazar, Director of the Texas Senior Medicare Patrol. (KC)
15496 F 10/1 10:30-11:30 a.m. Online Salazar
COURSE OFFERINGS

**Being Prepared Isn’t Just for Boy Scouts**
Come grab your coffee or coke and join us for an overall discussion about the next chapter of disasters that “Mother Nature” will provide for us. Learn how to safeguard yourself and family during a man-made or a natural disaster. We all know how easily emergencies can occur and disrupt our daily lives, but the question that remains is...how well did you handle them and were you prepared? Join MaryAnn Kelley, the Harris County Volunteer Coordinator for RSVP of Southeast Texas, to share your thoughts, experiences, and learn more ways to be ready for the next community emergency. (TC)

15272 T 11/9 10 a.m.-12 p.m. Online Kelley

**SCIENCE & NATURE**

**Climate Change for You**
This class is engineering for non-engineers. Is the change real? What are the effects? What are the causes? What can be done about it? What will it cost to do it? Georg Christensen is a retired chemical engineer (MSC). He has studied this important subject and would like to share his findings. He is independent of any special interest groups. (TC)

15265 W 9/8 10 a.m-12 p.m. Online Christensen

**Forensic Anthropology**
Forensic anthropologists are often tasked with helping law enforcement identify the remains of unknown decedents. Forensic Anthropologist and Bio-archaeologist Dr. Lauren Meckel will discuss how anthropology professionals use skeletal methods to identify unknown people, distinguish trauma from animal scavenging, and the unique decomposition facilities they employ to determine time-since-death. Please note: Presentation contains respectful images of human skeletal remains. (TC)

15292 W 9/29 1-3 p.m. Online Meckel

**CO₂ (Carbon Dioxide): A Greenhouse Gas**
The term ‘Climate Change’ is often tied to CO₂ in the media, politicians’ speeches, and governmental policy over the past 30 years. CO₂ is a naturally occurring molecule present everywhere in the environment and biosphere including animals, plants, and humans. This class refreshes the basic 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). Join Joe Beatty for this presentation. (UP)

15458 W 10/6 1-2 p.m. Online Beatty

For more information, contact a Continuing Education Advisor:
Phone: 832.519.2900
(8 a.m.-6 p.m. M-F)

**Rocks, Minerals & US History**
Join Emma Hansen, LSC-Tomball Geology Instructor, to explore the basics of geology and the societal importance of rocks and minerals throughout history. We will explore the geographical distribution (and significance) of these natural resources. Questions answered in this course include: How did caves help to secure our freedom from Great Britain in the Revolutionary War and War of 1812, and then again play as a strategic variable in the Civil War? Why is an auto industry largely based in Detroit? What do the old iron mines of Missouri offer the next generation of energy production? (TC)

15604 MW 11/1-11/10 10 a.m.-12 p.m. Room TBD Hansen

**A Funny Thing Happened on the Way to The Moon**
Enjoy hearing funny stories that occurred in the Apollo program and other following programs on the Shuttle and International Space Station. Join Frank Hughes, retired Chief of Spaceflight Training NASA Engineer and retired Chief Executive of Tietronix Inc., now working as a special project engineer and consultant. (KC)

15497 M 11/1 2-4 p.m. Online Hughes

**Energy and You**
ALL member, Doug Hissong, retired from the Energy industry. He will give us important information regarding the energy industry. He will cover sources of energy, e.g., coal, oil, gas, nuclear, hydroelectric, solar, and wind; possible future sources, e.g., biomass, algae, and oil shale; uses for energy, e.g., electricity generation, transportation, residential, and commercial; trends and projections; electric cars. How changing the form of energy affects the overall efficiency? What is the relationship between energy and living standards? (CF)

15535 T 11/2 10-11:30 a.m. Online Hissong

Join LSC-MC Geology Professor Nathalie Brandes for the following two classes:

**Life in the Palaeozoic**
Let’s join Professor Brandes in this lecture on the life in the Palaeozoic. The Palaeozoic included numerous fascinating organisms, including the first plants to grow on land, fish-like organisms with feet, great coal forests inhabited by giant insects, and the ancestors of dinosaurs and mammals. This presentation will introduce some of this diverse life, including a look at Texas in the Palaeozoic. (CF)

15533 F 10/1 1:30-3 p.m. Online Brandes

**The White Hurricane**
The lecture is on the “White Hurricane”. In November 1913, a storm with hurricane-force winds, bitterly cold temperatures, and towering waves struck the Great Lakes, causing at least 40 shipwrecks and becoming the deadliest Great Lakes Storm on record. This presentation will discuss the meteorology of the storm that became known as the “White Hurricane”. (CF)

15534 F 10/22 1:30-3 p.m. Online Brandes
The following three online classes will be presented by the staff at Jesse H. Jones Park & Nature Center (JHJP), a 333-acre nature park located approximately 1.25 miles west of US 59 off FM 1960:

Women in Early Texas
This history presentation will focus on the women of early Texas, their roles, and the incredible stories surrounding them. Jane Long, Margaret Lea Houston, and Maria de Agreda are just a few of the women you will learn about. We will take a journey through early-1800s Texas by exploring Native American, African American, and various other women and their impact on history. The class will be taught by Katrina Yordy, Historical Program Coordinator. (KC) 15435 F 10/1 1-2 p.m. Online Yordy

Snakes of Harris County
Only a few of the local snake species pose any threat to humans. This program highlights the common native snakes that live in this area, how to identify them, and how they benefit us. This class is presented by John Carey. (KC) 15498 F 11/5 1-2 p.m. Online Carey

Vision Board
Visualization is one of the most powerful mind exercises you can do. Put your vision board together in preparation for the new year. Bring your magazines and your creativity to visualize and create the life you want. Join Brittny Cunningham. (KC) 15399 F 12/3 12-1 p.m. Online Cunningham

Join Krien VerBerkmoes for the following two classes:

Intro to Birding
Krien teaches this introduction to birding with discussions on equipment, birds to see, and how to attract them. Also included is basic bird identification skills followed by local locations to bird watch. (MC) 15485 T 11/30 10 a.m.-12 p.m. Online VerBerkmoes

Advanced Birding
In this class, Krien will introduce you to advanced birding skills, including a discussion of various bird families, habitats and bird migration. (MC) 15486 Th 12/2 10 a.m.-12 p.m. Online VerBerkmoes

SENIOR ISSUES

Hidden Benefits of ALL Membership
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 on various campuses with specifics for LSC-North Harris. (NH) 15701 T 9/14 1-2:30 p.m. Online Carns

Medicare Essentials
Join Kathy Chomout, a licensed agent, as she shares her knowledge of Medicare and answers your questions. 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. (CF) 15536 W 9/22 1:30-3 p.m. Online Chomout

How to Protect your Medicare Dollars
Today, in Texas, hundreds of elderly Texans are receiving harassing phone calls and visits from scam artists seeking to make a fraudulent dollar from Medicare. The predators offer seniors “free” durable medical equipment (DME) e.g. knee braces arthritis kits, and the list goes on. Come and learn from Thomas Call, a RSVP of Southeast Texas NSA SMP (Senior Medicare Patrol) Volunteer as he shows you how to Protect, Detect, and Prevent Medicare Fraud among our elderly. (TC) 15274 10/5 10 a.m.-12 p.m. Online Call

Empowered Aging
Join Dr. Jack Hernandez and examine factors and ways to cultivate an empowered mindset that allows us to fend off anxiety and instead bring out our best for others and ourselves. (HN) 15489 W 10/6 1-2 p.m. Online Hernandez

Empowering (Ourselves and Others) in The Tough Times
Actress, activist and poet Maya Angelou talks about being a “rainbow in someone’s cloud”. Yet how can we continually extend kindness and blessings to others when we ourselves are in the “dark clouds?” A few wise tips await you in this session, taught by Mignette Dorsey. (HN) 15488 Th 10/14 1-2 p.m. Online Dorsey

End of Life Planning: Hospice Care
Join LSC-CyFair Psychology Professor, Jason Fernandez, who is a proud member of the National Association of Social Workers. We will discuss various options for end-of-life, with a strong emphasis on hospice care. This class will examine end of life care in Texas. (CF) 15595 W 12/1 1:30-3 p.m. CENT 153 Fernandez

Medicare Workshop: Basics
Basics is an overview that provides an understanding of all parts of Medicare including Parts A, B, C, D and supplemental coverage. Included will be key dates and new periods to change coverage. You will also learn how to apply, and how to be prepared for Medicare. (KC) 15499 F 9/3-9/10 11 a.m.-12:30 p.m. TIB 110 Werner

15510 10/1-10/8 11 a.m.-12:30 p.m. TIB 110 Werner

15515 F 10/29-11/5 11 a.m.-12:30 p.m. TIB 110 Werner
Medicare Workshop: Prescription Drug Plan (PDP)
Prescription Drug Plan (PDP) will cover the basics on how drug coverage works, getting extra help, coverage choices, how to choose a drug plan and tips for using your coverage. (KC)
15508 F 9/17 11 a.m.-12:30 p.m. TIB 110 Werner
15511 F 10/15 11 a.m.-12:30 p.m. TIB 110 Werner
15517 F 11/12 11 a.m.-12:30 p.m. TIB 110 Werner

Medicare Workshop: Supplemental Coverage
Learn the basics of Supplement Coverage, what plans are available, what a supplement will do for you, what is not covered, and other benefits. (KC)
15509 F 9/24 11 a.m.-12:30 p.m. TIB 110 Werner
15513 F 10/22 11 a.m.-12:30 p.m. TIB 110 Werner
15518 F 11/19 11 a.m.-12:30 p.m. TIB 110 Werner

Join Sabrina Strawn, Community Engagement Manager, for the Houston and Southeast Texas Alzheimer’s Association for the following two classes:

Understanding Alzheimer’s and Dementia
Join Sabrina to learn about the impact of Alzheimer’s, stages and risk factors, current research and symptomatic treatments, and Alzheimer’s Association resources. (MC)
14540 T 9/7 3-5 p.m. Online Strawn

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
Be prepared! Learn to have honest and caring conversations about common concerns before someone begins to show signs of dementia or other debilitating conditions. (MC)
14539 T 9/14 3-5 p.m. Online Strawn

Lisa Wishoun-Day will guide you through the Medicare maze with these two related classes:

Easily Understand your Medicare Options
Lisa will help you to easily understand your options with Medicare. We will go through the ABC’s +D and briefly touch on supplemental options available to you and help you to understand how all the different parts work together. This class meets every other Tuesday. (MC)
14549 T 9/7-12/14 1-3 p.m. Online Wishoun-Day

Medicare Part D Easily Understood
Part D can be the hardest part to understand with Medicare. Lisa will draw graphs and try to make it easier to grasp how the programs work, what you can expect, and what new changes are coming for the next year. Learn what the donut hole is! This will be an open forum, with questions encouraged. Meets every other Thursday. (MC)
15585 Th 9/9-12/16 1-3 p.m. Online Wishoun-Day

Join Maria Ward for the following two classes:

Unclutter Your Living Space: Use It or Lose It
Most of us have more stuff than we will ever need. Streamline and simplify your living space. Make a plan. It is challenging to identify how and when to get rid of possessions. Less is really better. Find new places for your excess belongings, mementos, collectibles, and heirlooms. We will discuss practical and realistic ways to move your belongings around so that what you need is easily available and what you don’t need is elsewhere. (UP)
15461 T 9/14 1-2 p.m. Online Ward

Living In The Slow Lane
Some retirees have no problem adjusting to a slower lifestyle, while others are still full of energy and enthusiasm wanting to constantly be on the go. As we age, the body will require that some adjustments be made. This presentation will talk about multiple activities and suggest ways to adjust your pace. We will discuss driving, shopping, means, living quarters, services, entertainment/education, and travel. Enjoy retirement and smell the roses. (UP)
15464 W 10/13 9-10 a.m. Online Ward

Join Diane Flicker, Broker Associate, CSHP in the following four classes online:

Living, Dying, and Leaving a Legacy
As far as we know, no one secretly wishes they could spend their last breaths in a cold, noisy, impersonal hospital room. Most people say that given the option, they prefer to die at home amongst family and close friends. Despite this wish, however, few take time to plan or organize this major life course event. Make plans to attend this panel discussion featuring expert panelists who will share the most important things you need to know about living, dying, and leaving a legacy on your terms. This could quite possibly be one of the most important seminars of the year. (MC)
14554 W 9/22 10 a.m.-12 p.m. Online Flicker

Probate for Property Owners
The granting of probate is the first step in the legal process of administering the estate of someone who has passed. Many people don’t realize that probates are not all the same! It’s important for property owners to know what happens to their property after death and it is even MORE important for those who stand to inherit property to know what happens when an estate is probated. (MC)
14547 W 10/13 10 a.m.-12 p.m. Online Flicker

Aging Brain
As we talk with people about their fears and concerns, one issue that seems to be top of mind (pun intended) relates to our brain as we get older. People often express fearfulness about getting dementia, specifically Alzheimer’s. Unfortunately, however, few people are taking positive steps that have been shown to improve brain health and lessen the likelihood of cognitive impairment that accompanies aging. (MC)
14548 W 11/10 10 a.m.-12 p.m. Online Flicker
**Downsizing**
If you are considering making a move, now or in your future, you owe it to yourself to be prepared. Join us for this seminar and learn how others just like you have improved their lives by following these simple downsizing strategies. (MC)
14551 W 12/8 10 a.m.-12 p.m. Online Flicker

**Avoiding Senior Scams**
Join Monty as he discusses ways for seniors not to be vulnerable to crimes on the web. He also discusses scams, robocalls, prevention strategies, malicious software, phishing, and internet security. (NH)
15702 W 9/29 11 a.m.-12 p.m. Online Patch

**Intro to AARP Benefits**
Join Monty as he discusses benefits provided by the AARP (American Association of Retired Persons). This discussion will cover AARP’s purpose, vision, issues advocacy, benefits, discounts, and volunteer opportunities for members. (NH)
15432 T 10/26 1-2 p.m. CMED 101 Patch

**TRAVEL & CULTURE**

**Simple, Cheaper Ways to Travel Almost Anywhere**
Tommy Taylor, Assistant Professor of Art at LSC-Montgomery, has traveled by train, bus, plane, and car to places like Hanoi, Bucharest, Florence, Zion National Park, St. Petersburg, London, Stockholm, etc. Whether it is putting together one ‘go bag’ for two weeks on a budget, a camping expedition out of a car, or something more relaxed, just ask or discuss away. (KC)
15566 T 9/7 1-3 p.m. Online Taylor

**World Religions: An Overview**
David Dewhurst will give an overview of some of the world’s religions of the world - past and present. We will begin with indigenous and Paleolithic and work up to modern time. Time permitting, we will also look at some of the lesser known religions of the world. (MC)
15098 W 10/27-11/17 1-3 p.m. Online Dewhurst

**The Buddha’s Approach to Physical Health and Inner Well-being**
Physical health and inner well-being are two of the main topics the Buddha discussed in detail. Rahula Basnagoda will focus on the Buddha’s approach to the topic and his guidance of society towards achieving the two objectives. (MC)
15483 W 11/10 3-5 p.m. Online Basnagoda

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**Need more information regarding a class? Call one of the below campus Program Coordinators:**

<table>
<thead>
<tr>
<th>LSC CAMPUS</th>
<th>NAME</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSC-CF</td>
<td>Kimberly Moore-Crenshaw</td>
<td>832.482.1067</td>
<td><a href="mailto:KMoore-Crenshaw@LoneStar.edu">KMoore-Crenshaw@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.290.2919</td>
<td><a href="mailto:Gail.L.Smith@LoneStar.edu">Gail.L.Smith@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-KC</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
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<td>LSC-MC</td>
<td>Steve Gorman</td>
<td>936.273.7259</td>
<td><a href="mailto:Steven.Gorman@LoneStar.edu">Steven.Gorman@LoneStar.edu</a></td>
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<tr>
<td>LSC-NH</td>
<td>Pam Gardner</td>
<td>281.618.5602</td>
<td><a href="mailto:Pamela.J.Gardner@LoneStar.edu">Pamela.J.Gardner@LoneStar.edu</a></td>
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<td>Karen Meckel</td>
<td>281.401.1868</td>
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<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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</table>
CONTINUING EDUCATION PROGRAM INFORMATION SESSIONS

LOCATION INFORMATION MAY CHANGE
CONTACT A CAMPUS NEAR YOU

AUTOCAD & SOLIDWORKS
- DATE
  Tuesday, July 13
  Tuesday, August 3
  Tuesday, September 14
- TIME
  5:30-6:30 p.m.
- LOCATION
  LSC-Energy & Manufacturing Institute
  (Online by appointment)
- CONTACT
  Claudia Guerra
  281.290.2601
  Email:
  Claudia.I.Guerra@LoneStar.edu
  LSCUPCE@LoneStar.edu

AWS, CISCO, CISSP, GOOGLE IT & SAP
- DATE
  Monday, July 19
  Monday, August 2
  Monday, September 13
- TIME
  5:30-7:30 p.m.
- LOCATION
  LSC-Energy & Manufacturing Institute
  (Online by appointment)
- CONTACT
  Herb Garcia
  832.519.2844
  Email:
  Herbert.Garcia@LoneStar.edu

BUSINESS & WELDING
- DATE
  Thursday, August 12
  Thursday, September 9
  Thursday, October 14
- TIME
  Business 5:30-6:30 p.m.
  Welding 6:30-7:30 p.m.
- LOCATION
  LSC-Conroe Center
  (Online by appointment)
- CONTACT
  Emmanuel Campos
  936.273.7446
  Email:
  Emmanuel.Campos@LoneStar.edu

CONSTRUCTION TRADES
- DATE
  Tuesday, August 3
  Tuesday, September 7
  Tuesday, October 5
  Tuesday, November 2
  Tuesday, December 7
- TIME
  Noon-1:00 p.m. and 5:30-6:30 p.m.
- LOCATION
  LSC-North Harris
  (Online by appointment)
- CONTACT
  Christina Boutte
  281.618.5602
  Email:
  LSCNHCE@LoneStar.edu

ESOL
- DATE
  Wednesday, August 11
  Wednesday, September 15
  Wednesday, October 13
- TIME
  6-7 p.m.
- LOCATION
  LSC-Houston North Greenspoint
  (Online by appointment)
- CONTACT
  Alejandra Solis
  281.357.3716
  Email:
  LSC-CollegePreparation@LoneStar.edu

GED® FULL REVIEW – TEST PREP (ENGLISH AND SPANISH)
- DATE
  Wednesday, July 14
  Wednesday, August 25
  Wednesday, September 29
  Wednesday, October 20
- TIME
  6-7 p.m.
- LOCATION
  LSC-Houston North Greenspoint
  (Online by appointment)
- CONTACT
  Alejandra Solis
  281.357.3716
  Email:
  LSC-CollegePreparation@LoneStar.edu

LoneStar.edu/Information-Session
CONTINUING EDUCATION PROGRAM INFORMATION SESSIONS

LOCATION INFORMATION MAY CHANGE
CONTACT A CAMPUS NEAR YOU

HEALTHCARE

DATE
Tuesday, June 15
Tuesday, July 13
Tuesday, August 17
Tuesday, September 21

TIME
11:30 a.m.-2:30 p.m.

LOCATION
LSC-CyFair
(Online by appointment)

CONTACT
Renae Davis
281.290.3460
Email:
LSCCFCE@LoneStar.edu

HEALTHCARE

DATE
Wednesday, June 9
Wednesday, August 18
Wednesday, September 22

TIME
11:00 a.m.-Noon and 6-7 p.m.

LOCATION
LSC-Kingwood
(Online by appointment)

CONTACT
Beverly Bodenhamer
281.312.1660
Email:
Beverly.L.Bodenhamer@LoneStar.edu
(Additional workforce fast-track programs for LSC-Kingwood will be covered in these sessions)

HEALTHCARE

DATE
Tuesday, June 8
Tuesday, July 13
Tuesday, August 24
Tuesday, September 21

TIME
Noon-1 p.m.

LOCATION
LSC-Montgomery
(Online by appointment)

CONTACT
Elizabeth Maloney
936.273.7446
Email:
Elizabeth.F.Maloney@LoneStar.edu

MANUFACTURING

DATE
Tuesday, July 13
Tuesday, August 3
Tuesday, September 14

TIME
5:30-6:30 p.m.

LOCATION
LSC-Energy & Manufacturing Institute
(Online by appointment)

CONTACT
Claudia Guerra
281.290.2601
Email:
Claudia.I.Guerra@LoneStar.edu

TEACHER CERTIFICATION

DATE
Tuesday, June 1
Tuesday, July 6
Tuesday, August 31

TIME
5:30-6:30 p.m.

LOCATION
LSC-North Harris
(Online by appointment)

CONTACT
Jennifer Leadbetter
281.312.1716
Email:
ATCP@LoneStar.edu

TRUCK DRIVING

DATE
Tuesday, June 8
Thursday, July 8
Tuesday, August 8
Thursday, September 14
Tuesday, October 7

TIME
Tuesday sessions: 2:3 p.m.
Thursday sessions: 10-11 a.m.

LOCATION
LSC-Transportation & Global Logistics Technology Center
(Online by appointment)

CONTACT
Patty Banda
346.380.6250
Email:
Patty.A.Banda@LoneStar.edu

LoneStar.edu/Information-Session
LONE STAR COLLEGE CAMPUS INFORMATION

LSC-CYFAIR
9191 Barker Cypress Road
Cypress, TX 77433-1383
CASA Building, Room 116
CE: 281.290.3460
CE Hours: 8 a.m.-7 p.m. (M-Th)
8 a.m.-5 p.m. (F)

LSC-HOUSTON NORTH
250 N. Sam Houston Parkway E.
Houston, TX 77060-2009
281.260.3501
CE Hours: 8 a.m.-5 p.m. (M-F)
Contact LSC-NH 5-7 p.m. (M-Th)

LSC-KINGWOOD
20000 Kingwood Drive
Kingwood, TX 77339-3801
Technology Instruction Building (TIB)
CE: 281.312.1660
EMCID: 281.312.1750
CE Hours: 8 a.m.-5 p.m. (M-F)
9 a.m.-1 p.m. (Sat)

LSC-MONTGOMERY
3200 College Park Drive
Conroe, TX 77384-4500
Building E, Suite 205
CE: 936.273.7446
CE Hours: 8 a.m.-7 p.m. (M-Th)
8 a.m.-5 p.m. (F)

LSC-NORTH HARRIS
2700 W.W. Thorne Drive
Houston, TX 77073-3499
Continuing Ed Building (CMED)
CE: 281.618.5602
CE Hours: 8 a.m.-7 p.m. (M-Th)
8 a.m.-5 p.m. (F)

LSC-TOMBALL
30555 Tomball Parkway
Tomball, TX 77375-4096
Room E166
CE: 281.357.3676
CE Hours: 8 a.m.-7 p.m. (M-Th)
8 a.m.-5 p.m. (F)

LSC-UNIVERSITY PARK
20515 TX 249 (at Louetta)
Houston, TX 77070-2607
EMI Building: 281.290.5010
CE: 281.290.2601
CE Hours: 8 a.m.-7 p.m. (M-Th)
8 a.m.-5 p.m. (F)

LONE STAR COLLEGE CAMPUS INFORMATION

IMPORTANT CONTACT NUMBERS
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 281.290.3200
Continuing Education Phone Tree: 832.519.2900

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.

Need more information regarding a class? Call one of the below campus Program Coordinators:

<table>
<thead>
<tr>
<th>LSC CAMPUS</th>
<th>NAME</th>
<th>PHONE</th>
<th>EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSC-CF</td>
<td>Kimberly Moore-Crenshaw</td>
<td>832.482.1067</td>
<td><a href="mailto:KMoore-Crenshaw@LoneStar.edu">KMoore-Crenshaw@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.290.2919</td>
<td><a href="mailto:Gail.L.Smith@LoneStar.edu">Gail.L.Smith@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-KC</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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Academy for Lifelong Learning (ALL)
Membership Registration Form
*** PLEASE PRINT CLEARLY ***

Date: __________ Year: 20__ Term: ☐ Fall ☐ Spring

Membership status: ☐ New ALL Member ☐ Returning ALL Member
LSC Student ID# __________________________

*Last name___________________________    *First___________________________    Middle___________________________

Previous last name___________________________ *Date of Birth (Required) __/__/____

Home phone___________________________    Cell phone___________________________    Work phone _________________

*E-mail address (Required, Pleaseprint)__________________________________________ *Gender: ☐ Male ☐ Female

Current address: Address change? Yes ☐ No ☐

Street__________________________________________ APT # ____________
City___________________________ State_________ ZIP__________ County__________

Mailing address (if different): Street__________________________________________ APT # ____________
City___________________________ State_________ ZIP__________ County__________

EMERGENCY CONTACT INFORMATION:

Name___________________________ Relationship___________________________
Home Phone___________________________ Alternate Phone _________________

Other: ☐ I am interested in volunteering for ALL. ☐ I am interested in teaching a class for ALL.
☐ I agree to have an ALL volunteers/staff contact me on my personal e-mail or telephone.

MODEL RELEASE: I acknowledge and consent to the use of my image or voice by Lone Star College (LSC) as captured by
photography, videotape or digital format in any and all publications including but not limited to print, Internet, video or digital
publication, and waive any rights to compensation in any form. LSC is not required to obtain my permission to reuse or
republish my image in the future. My image will remain the property of LSC and be used exclusively to promote LSC.

Yes ☐ No ☐

NOTE: Please list your course selections on the reverse side of this form. If you are a new member, you
must register for at least one class for your Academy for Lifelong Learning membership to become active.

Member Signature: ____________________________________________ Date ____________

Payment is due at the time of registration.

Current students can pay on-line via myLoneStar. You can also pay at the Continuing Education office or the business office
window with cash, check, or debit card. Most colleges have drop boxes where you can leave a payment. Do not drop cash
at these locations. Credit/Debit Card payments will not be accepted by telephone.

Make checks payable to Lone Star College System.

Please mail a copy of this registration form along with your payment to: LSC-Kingwood Business Office, ATTN: CE Cashier,
20000 Kingwood Drive, Kingwood, TX 77339
**Academy for Lifelong Learning (ALL)**

**Class Registration Form**

***PLEASE PRINT CLEARLY***

Year: 20_______  Term:  ☐ Fall  ☐ Spring

Campus:  ☐ LSC–CyFair  ☐ LSC–Houston North  ☐ LSC–Kingwood  ☐ LSC–Montgomery  ☐ LSC–North Harris  ☐ LSC–Tomball  ☐ LSC-UP

Full Name: ___________________________________________  LSC Student ID# _____________________

Home phone____________________  Cell phone____________________  Work phone____________________

*E-mail address (Required, Please print) __________________________

<table>
<thead>
<tr>
<th>Registration #</th>
<th>Course Title</th>
<th>Host Campus</th>
<th>Start Date</th>
<th>End Date</th>
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Office Use Only

Registered by: ______________________________________

Date: __________________________
I hope this finds you and your family in good health. Academy for Lifelong Learning (ALL) members will enjoy attending a limited number of face-to-face ALL classes on our campuses in the fall, with a majority of the classes offered online. My cabinet and I are working with our Board of Trustees to ensure the safety of 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 task forces to implement our next steps. You can learn more about LSC COVID-19 protocols by visiting LoneStar.edu/Coronavirus. Take care and we look forward to “seeing” you this fall!

Dr. Steve Head, Lone Star College Chancellor
Board of Trustees

District 1: Michael Stoma, Vice Chair; District 2: Ernestine M. Pierce; District 3: Iesheia Ayers-Wilson, Secretary; District 4: Art Murillo; District 5: David A. Vogt; District 6: Myriam Saldívar, Chair; District 7: Linda S. Good, J.D.; District 8: Mike Sullivan, Assistant Secretary; District 9: Jim Cain, Ed.D. // Stephen C. Head, Ph.D., Chancellor