Fall 2022 Course Schedule
LoneStar.edu/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.

“We are so fortunate to have the ALL program available to us with its wide variety of topics to learn about, getting to exchange ideas, going to various places, and meeting new people.”
- Lenora R.

Lone Star College offers high-quality, low-cost academic transfer and career training education to 80,000+ students each semester. LSC is training tomorrow’s workforce today and redefining the community college experience to support student success. Stephen C. Head, Ph.D., serves as chancellor of LSC, the largest institution of higher education in the Houston area and has been named a 2021 Great Colleges to Work For® institution by the Chronicle of Higher Education and ranked 35th in Texas in the Forbes ‘America’s Best Employers By State’ list. LSC consists of eight colleges, seven centers, eight Workforce Centers of Excellence and Lone Star Corporate College. To learn more, visit LoneStar.edu.
ALL Membership

Enjoy the membership benefits at 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.

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.

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

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

RECRUITING INSTRUCTORS NOW

Wanted: subject matter experts who want to teach part-time!

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 a degree or prior teaching experience, we want to talk to you!

LoneStar.edu/Continuing-Education | LoneStar.edu/Corporate-College
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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, page 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. Planned downtimes of systems to maintain performance and efficiency are normally scheduled after-hours to minimize disruption to students, faculty, and staff. Weekly maintenance is performed every Tuesday and Thursday night and every weekend. Various technology services may be impacted during these maintenance windows. Impact to major services (i.e., myLoneStar, iStar, internet/ network connections, email and phones) will be communicated ahead of time through Lone Star College email. Everyone is encouraged to note these communications and plan accordingly.

Technology Assistance
Please feel free to call us, submit a ticket, or open a live chat any time. Call 832.813.6600 (toll-free 866.614.5014) to speak with an OTS Service Desk agent. To submit a ticket or open a live chat, go to LoneStar.edu/ServiceCenter and log in with your LSC log-in credentials. Select the “Report an IT Problem” button at the bottom of the page to submit a ticket, or select the “Click for Live Chat” button at the bottom of the page to chat with one of our OTS Service Desk agents.

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

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

Title IX Notice of Rights to Complainants
Alicia Guevara
Director
ADA Coordinator
Accessibility Services and Resources
281.401.5366

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.

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

LoneStar.edu/ALL
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.

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

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

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, page 61 at LoneStar.edu/Students and LoneStar.edu/13127.

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.

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
Packing 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.

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 are prohibited from entering or using computer labs, science labs, physical fitness facilities, storage rooms, equipment rooms, outdoor water features, or outdoor athletic facilities unless they are given express written permission from the appropriate college president or designee. For complete information, please reference College Board Policy Manual Section II.D.2. at LoneStar.edu/Policy.

LSC campuses with a Harris County Public Library (HCPL) operating on the college campus will comply with HCPL regulations regarding children in the library. Students participating in a LSC approved program must abide by the requirements specified in the agreement. If the agreement does not specify supervision requirements, then the College’s policy and procedures of supervision apply.

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

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.

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 disclaims any liability incurred in connection with the use of information obtained from a course.

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

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

Important Dates
For ALL Fall 2022 Open House dates and information, go to: LoneStar.edu/ALL

Lone Star College campuses will be closed on:
Labor Day Holiday Break.................... September 3-5
Thanksgiving Holiday Break............ November 23-27
Winter Holiday Break........... December 22-January 4

ALL Contact Phone Numbers
LSC-CyFair........................................... 832.482.1067
LSC-Houston North ..................... 281.810.5604
LSC-Kingwood............................. 281.312.1750
LSC-Montgomery......................... 936.273.7259
LSC-North Harris......................... 281.312.1750
LSC-Tomball...................... 281.401.1868
LSC-University Park....................... 346.395.3215

Contact the OTS Service Desk 24/7/365
Call 832.813.6600, or Select “OTS Service Desk” on the myLoneStar login page to be directed to the LSC Service Center.
Academy for Lifelong Learning

**Login Information**

New students will create a temporary username/password. Have pen and paper ready to copy your Security Questions. Wait for Lone Star College to send you an email with your student portal login information. **If you have attended classes with the college your Student ID remains the same, you are a Returning Student.** Students use their *my.LoneStar.edu* email as their login username.

1. Go to [Services.LoneStar.edu/cteregistration](http://Services.LoneStar.edu/cteregistration)

   **Continuing Education**

   - **New Students**
     - This username/password is temporary for application submission only. Once the application gets submitted, this account gets deleted. Please wait for Lone Star College to send you an email with your student portal login information.
     - Temporary Username [*] Mixed case, No spaces, 16 character limit
     - Password [*] Mixed case, Number, No spaces, 16 character limit
     - Confirm Password [*]
     - Email Address [*]
     - Confirm Email Address [*]

   - **Returning Students**
     - If you are a current Lone Star College student or you have been to Lone Star College before, you can use the link below to login at my.lonestar.edu using your myLonestar account.
     - You will be able to reset your password and locate username using the service at my.lonestar.edu.

2. Enter your *my.LoneStar.edu* email and Password at *myLoneStar*.

   - Locked Out? Phone OTS Service Desk
   - *New College Email is your Username*
   - Get Email Address or Reset Password
1. Log into **myLoneStar** using your Lone Star College email and password. Select the **Student Tile**.

3. From **Select a Value** click current enrollment **Term**.

4. From the **Student Homepage**, click on the **Manage Classes** tile.

Note: If the current enrollment term (Spring, Summer, Fall) does not appear **STOP** here, contact a campus CE office to **activate** the term.

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

Note: If the right **arrow** is not active see Step 4 and contact a campus CE office to **activate** the current term.

6. In the **Class Search Results** window you may view your selected class. Select and click the right **arrow** or **class** to view details in **Course Information**.
7. In the **Course Information** window you can view your **Class Selection** and click the right **arrow** to register.

8. **Step 1 of 3 Review Class Selection**

   ![Course Information Window](image)

   Click **Next** top right.

9. **Step 2 of 3 Enroll or Add to Cart**

   ![Step 2 of 3 Enroll or Add to Cart](image)

   Option to click **Previous** or **Next**

10. **Step 3 of 3: Review and Submit**

    ![Step 3 of 3: Review and Submit](image)

    Review and click **Submit**.

11. **CONFIRMATION**

    ![Confirmation](image)

    You are now registered into a class and you may return to the **Student Homepage** to register for more classes. The ALL Membership Fee of $25.00 is annual. So, if you joined in the fall term you will not owe in the spring term. If you are a new ALL member you may click the **Financial Account** icon in your **Student Homepage** and follow the next **Step #3 Online Payment**. Just a reminder that your new ALL membership will only populate your account after registering for your very first class.

**Tips:** Why do I see an error?

- Class Cancellation - check your weekly email for the latest schedule changes.
- Class time conflicts - contact a campus CE Advisor to override and enroll you into the class.
- Students cannot register after class start date - contact the campus coordinator for registration approval.
Academy for Lifelong Learning
Online Payment Instructions

Navigation
Log into your myLoneStar account at my.LoneStar.edu.

Procedure
1. Click the Student Tile.

2. Click the Financial Account Tile.

3. Side-Navigation Menu
Click the Make Payments button.

4. Student Account section
Click the Make Payment.

5. Account Payment Amount page
   - Click in the Payment Date field.
   - Enter your desired effective date (MM/DD/YY).
   - Click to select the checkbox for the term you need to pay.
   - Click in the Memo field and enter any desired information.
   - Click in the Payment Amount field. The default for this field is to display the full amount due. To make a partial payment, enter the amount you need to pay in this field.
   - Click the Continue.
6. **Account Payment Method** page
- Click on the **Method** drop-down field.
- Click on your chosen method of payment.
- Click the **Continue**.

7. **Account Payment Confirmation** page
- Review the details of your payment and ensure that all of the information displayed is accurate.
- Click the **Back** button to change any payment details.
- Click the **Submit Payment**.

8. **Account Payment Receipt** page
- Click the **Print** button to print the payment information.
Step ONE

Open your email invite, and click Join meeting.

Catherine Sinu invites you to join this Webex meeting.

Monday, November 30, 2020
10:30 am | (UTC-08:00) Pacific Time (US & Canada) | 30 mins

Step FIVE

Enter the meeting password that's in your email invitation and then click Continue.

Join meeting

More ways to join:

Join from the meeting link
https://example.webex.com/example/eg.php?MTID=m475eadb9eb9ebc481f669

Join by meeting number
Meeting number (access code): 555 345 231
Meeting password: aQ34jKc (55512345 from phones and video systems)

Tap to join from a mobile device (attendees only)

Step SIX

In the preview window, you can make sure your audio and video sound and look good before you join the meeting. First, choose how you want to hear.

Step THREE

Enter your name as you want it to appear in the meeting, check Remember me, and then click Sign in so you can access the full list of meeting features.

Step FOUR

Enter your email address, check Remember me, and then click Next.
# LSC Academy for Lifelong Learning

## Campus Class List by Date

NOTE: Scheduled information is subject to change. Please be sure to check your weekly emails for all late changes in class schedules.

### LSC-CyFair (CF)

<table>
<thead>
<tr>
<th>Reg. #</th>
<th>Facility</th>
<th>Start</th>
<th>End</th>
<th>Days</th>
<th>Times</th>
<th>Name of Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>15539</td>
<td>TBA</td>
<td>8/30</td>
<td>12/13</td>
<td>Tu</td>
<td>8-10 a.m.</td>
<td>Stepping Out</td>
</tr>
<tr>
<td>15343</td>
<td>Offsite</td>
<td>9/1</td>
<td>12/15</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Texas 42 Dominos</td>
</tr>
<tr>
<td>15135</td>
<td>HSC1 106</td>
<td>9/6</td>
<td>9/6</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Medicare 101 Basics</td>
</tr>
<tr>
<td>15733</td>
<td>Online</td>
<td>9/6</td>
<td>9/6</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Medicare 101 Basics</td>
</tr>
<tr>
<td>15344</td>
<td>HSC1 106</td>
<td>9/6</td>
<td>11/29</td>
<td>Tu</td>
<td>2-4 p.m.</td>
<td>Trivial Pursuit</td>
</tr>
<tr>
<td>15556</td>
<td>HSC1 106</td>
<td>9/8</td>
<td>9/8</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Medicare Advantage vs Medicare</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Supplement Plans</td>
</tr>
<tr>
<td>15734</td>
<td>Online</td>
<td>9/8</td>
<td>9/8</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Medicare Advantage vs Medicare</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Supplement Plan</td>
</tr>
<tr>
<td>15137</td>
<td>HSC1 106</td>
<td>9/13</td>
<td>9/13</td>
<td>Tu</td>
<td>1:30-3 p.m.</td>
<td>America's Eugenics Experiment</td>
</tr>
<tr>
<td>15540</td>
<td>Online</td>
<td>9/21</td>
<td>9/21</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Everyday Wellness</td>
</tr>
<tr>
<td>15138</td>
<td>HSC1 106</td>
<td>9/22</td>
<td>9/22</td>
<td>Th</td>
<td>1:30-3 p.m.</td>
<td>Geology Of Birthstones</td>
</tr>
<tr>
<td>15723</td>
<td>Online</td>
<td>9/22</td>
<td>9/22</td>
<td>Th</td>
<td>1:30-3 p.m.</td>
<td>Geology Of Birthstones</td>
</tr>
<tr>
<td>15550</td>
<td>Online</td>
<td>9/27</td>
<td>9/27</td>
<td>Tu</td>
<td>1:30-3 p.m.</td>
<td>Beginner Conversational Spanish</td>
</tr>
<tr>
<td>15542</td>
<td>Online</td>
<td>9/28</td>
<td>9/28</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Green Cleaning</td>
</tr>
<tr>
<td>15143</td>
<td>HSC1 106</td>
<td>10/4</td>
<td>10/4</td>
<td>Tu</td>
<td>1:30-3 p.m.</td>
<td>Investment Management</td>
</tr>
<tr>
<td>15348</td>
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# LONE STAR COLLEGE ACADEMY FOR LIFELONG LEARNING

## LSC-Montgomery (MC)

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<td>9/8</td>
<td>11/10</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Scrapbooking Photos</td>
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<tr>
<td>15237</td>
<td>UC 311</td>
<td>9/8</td>
<td>11/10</td>
<td>Th</td>
<td>4-5:30 p.m.</td>
<td>Conversational English</td>
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<td>9/9</td>
<td>12/16</td>
<td>M</td>
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<td>Current Events: Friday</td>
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<td>9/12</td>
<td>12/19</td>
<td>M</td>
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<td>Gentile Yoga</td>
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<td>15243</td>
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<td>9/12</td>
<td>12/19</td>
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<td>12/19</td>
<td>M</td>
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<td>Current Events: Monday</td>
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## Reg. #  Facility   Start    End    Days    Times    Name of Class
<p>| 15416  | Gym      | 10/4   | 11/22| TTh   | 12-1 p.m. | Strength &amp; Fitness Training        |
| 15467  | Online   | 10/5   | 10/5 | W     | 12-1:30 p.m. | Easy Landscaping For Seniors       |
| 15400  | TBA      | 10/6   | 10/6 | Th    | 12-1 p.m.  | Gifts Of A Diabetic                |
| 15419  | TBA      | 10/6   | 10/6 | Th    | 10:30 a.m.-12 p.m. | How Your Brain Affects Life        |
| 15427  | Online   | 10/7   | 10/7 | F     | 2-3 p.m.   | LSC-Online Class Intro             |
| 15368  | Online   | 10/10  | 10/10| M     | 11 a.m.-1 p.m. | Arbor Terrace Tour                  |
| 15784  | Offsite  | 10/11  | 10/11| Tu    | 1-2:30 p.m. | Highlights Ancient Greece          |
| 15433  | TBA      | 10/11  | 10/11| Tu    | 1-2:30 p.m. | Highlights Ancient Greece          |
| 15436  | Online   | 10/11  | 10/11| Tu    | 12-1 p.m.  | Seated Yoga Flow                   |
| 15420  | Online   | 10/11  | 10/11| Th    | 2-3:30 p.m. | Hearing Loss                       |
| 15472  | TBA      | 10/13  | 10/13| Th    | 1-3 p.m.   | The Giver Of Stars                 |
| 15463  | TBA      | 10/18  | 10/18| Tu    | 12-1 p.m.  | Beading Necklaces                  |
| 15396  | TBA      | 10/18  | 10/27| TTh   | 1-2:30 p.m. | Cultural History Of Rome: Etru     |
| 15452  | TBA      | 10/19  | 11/16| W     | 1-2:30 p.m. | Cultural History Of Rome: Etru     |
| 15453  | Online   | 10/19  | 11/16| W     | 1-2:30 p.m. | Jewish Life/Culture Part 1         |
| 15454  | Offsite  | 10/21  | 10/21| F     | 12-3 p.m.  | Jewish Life/Culture Part 2         |
| 15455  | Online   | 10/28  | 10/28| F     | 1-3 p.m.   | Beading Bracelets                  |
| 15398  | TBA      | 11/1   | 11/10| Th    | 12-1 p.m.  | The Addams Family Musical          |
| 15369  | TBA      | 11/2   | 11/2 | W     | 2-3:30 p.m. | Foot &amp; Ankle Care                  |
| 15374  | Online   | 11/2   | 11/2 | W     | 2-3:30 p.m. | Broken Open                        |
| 15777  | APA 110  | 11/6   | 11/6 | Su    | 2-4 p.m.   | Fountainview At Lake Houston       |
| 15426  | Online   | 11/7   | 11/7 | M     | 4-5 p.m.   | iPhones, iPads &amp; Updates           |
| 15464  | Online   | 11/7   | 11/7 | M     | 1-2:30 p.m. | iPhones, iPads &amp; Updates           |
| 15785  | Offsite  | 11/8   | 11/8 | M     | 10:30 a.m.-12:30 p.m. | Getting Most From Your Mac         |
| 15377  | TBA      | 11/9   | 11/9 | W     | 2-3:30 p.m. | Getting Most From Your Mac         |
| 15379  | Online   | 11/9   | 11/9 | W     | 2-3:30 p.m. | Ethan Frame                        |
| 15465  | TBA      | 11/15  | 11/15| Th    | 1-3 p.m.   | Beading Rings                      |
| 15399  | TBA      | 11/15  | 11/22| Th    | 12-1 p.m.  | Beading Rings                      |</p>
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<th>Days</th>
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<td>9/22</td>
<td>TTh</td>
<td>1-3 p.m.</td>
<td>Bridge for Beginners</td>
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<td>15154</td>
<td>UC 310</td>
<td>9/13</td>
<td>9/27</td>
<td>Tu</td>
<td>6-7:30 p.m.</td>
<td>Cryptocurrencies &amp; NFTs</td>
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<td>10 a.m.-12 p.m.</td>
<td>Read Bible Effectively</td>
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<td>9/13</td>
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<td>12:30-2:30 p.m.</td>
<td>Trivial Pursuit: LSC-Montgomery</td>
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<td>11/22</td>
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<td>11/29</td>
<td>Tu</td>
<td>9-10 p.m.</td>
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<td>10/19</td>
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<td>10/6</td>
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<td>How To Protect Your Stuff</td>
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<td>15164</td>
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<td>10 a.m.-12 p.m.</td>
<td>All Things Senior Living</td>
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<td>Th</td>
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<td>ALL Benefits</td>
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<td>10/6</td>
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<td>Th</td>
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<td>Empowering Women</td>
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<td>Th</td>
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<td>All About Computers</td>
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<td>All About Computers</td>
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<td>10 a.m.-12 p.m.</td>
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<td>Chronic Joint Pain Relief</td>
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<td>Th</td>
<td>1-3 p.m.</td>
<td>Blues In Lone Star State</td>
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<td>12/1</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>Writing That Novel</td>
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<td>10 a.m.-12 p.m.</td>
<td>Classic Hooks, Lines</td>
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<td>Live To Be 100</td>
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<td>Theatrics For Seniors</td>
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<td>Tree Care For The Fall</td>
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<td>Platform Building</td>
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<td>10/18</td>
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<td>From Shore To Your Door</td>
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<td>Jewish Guide To Getting Old</td>
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<td>Jewish Guide To Getting Old</td>
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<td>1-2 p.m.</td>
<td>Choose Right Medicare Plan</td>
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<td>10 a.m.-12 p.m.</td>
<td>How To Spot Skin Cancer</td>
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### LONE STAR COLLEGE ACADEMY FOR LIFELONG LEARNING

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<td>Getting More Informed About Medicare</td>
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<td>8:30-10:30 a.m.</td>
<td>Bird Walk</td>
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<td>Senior Legal Issues</td>
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### LSC-North Harris (NH)

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<td>Tu</td>
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<td>Just Dance</td>
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<td>9/7</td>
<td>9/28</td>
<td>W</td>
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<td>(OWLS) Older Women's Legacy Stories</td>
<td>TBA</td>
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# LSC-Tomball (TC)

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# LSC-University Park (UP)

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<td>How Your Brain Affects Life</td>
</tr>
<tr>
<td>15368</td>
<td>Online</td>
<td>10/10</td>
<td>10/10</td>
<td>M</td>
<td>2-3 p.m.</td>
<td>LSC Online Class Intro</td>
</tr>
<tr>
<td>15640</td>
<td>Online</td>
<td>10/11</td>
<td>10/11</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Colorectal Cancer</td>
</tr>
<tr>
<td>15436</td>
<td>Online</td>
<td>11/1</td>
<td>11/1</td>
<td>Tu</td>
<td>1-2:30 p.m.</td>
<td>Highlights Ancient Greece</td>
</tr>
<tr>
<td>15420</td>
<td>Online</td>
<td>11/15</td>
<td>12/15</td>
<td>Tu</td>
<td>12-1 p.m.</td>
<td>Seated Yoga Flow</td>
</tr>
<tr>
<td>15145</td>
<td>Online</td>
<td>10/12</td>
<td>10/12</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Estate Planning, Probate</td>
</tr>
<tr>
<td>15704</td>
<td>Online</td>
<td>10/12</td>
<td>10/12</td>
<td>W</td>
<td>2-3 p.m.</td>
<td>Brain Games</td>
</tr>
<tr>
<td>15523</td>
<td>Online</td>
<td>10/13</td>
<td>10/27</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Live To Be 100</td>
</tr>
<tr>
<td>15719</td>
<td>Online</td>
<td>10/13</td>
<td>10/13</td>
<td>Th</td>
<td>1:30-3 p.m.</td>
<td>Women’s Cancer Symptoms</td>
</tr>
<tr>
<td>15171</td>
<td>Online</td>
<td>10/13</td>
<td>10/13</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Estate Marital interests</td>
</tr>
<tr>
<td>15273</td>
<td>Online</td>
<td>10/13</td>
<td>10/13</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Estate Liquidation</td>
</tr>
<tr>
<td>15582</td>
<td>Online</td>
<td>10/17</td>
<td>10/17</td>
<td>M</td>
<td>1-3 p.m.</td>
<td>Downsizing</td>
</tr>
<tr>
<td>15721</td>
<td>Online</td>
<td>10/18</td>
<td>10/18</td>
<td>Th</td>
<td>1:30-3 p.m.</td>
<td>American Battles: Monmouth, 1778</td>
</tr>
<tr>
<td>15726</td>
<td>Online</td>
<td>10/19</td>
<td>10/19</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Plastic Pollution</td>
</tr>
<tr>
<td>15595</td>
<td>Online</td>
<td>10/19</td>
<td>11/9</td>
<td>Th</td>
<td>1-4 p.m.</td>
<td>Emotional Freedom Techn</td>
</tr>
<tr>
<td>15588</td>
<td>Online</td>
<td>10/19</td>
<td>10/19</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>The Beginning of the Bahai Faith</td>
</tr>
<tr>
<td>15453</td>
<td>Online</td>
<td>11/16</td>
<td>11/16</td>
<td>W</td>
<td>1-2:30 p.m.</td>
<td>Cultural History of Rome: Etrus</td>
</tr>
<tr>
<td>15502</td>
<td>Online</td>
<td>10/20</td>
<td>10/20</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Probate 101</td>
</tr>
<tr>
<td>15587</td>
<td>Online</td>
<td>10/20</td>
<td>10/20</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Uniqueness of Nepal</td>
</tr>
<tr>
<td>15804</td>
<td>Online</td>
<td>10/25</td>
<td>10/25</td>
<td>Tu</td>
<td>1-2 p.m.</td>
<td>Organ &amp; Tissue Donation</td>
</tr>
<tr>
<td>15544</td>
<td>Online</td>
<td>10/26</td>
<td>10/26</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Get Good Rest</td>
</tr>
<tr>
<td>15632</td>
<td>Online</td>
<td>10/26</td>
<td>10/26</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Breast Cancer</td>
</tr>
<tr>
<td>15278</td>
<td>Online</td>
<td>12/14</td>
<td>12/14</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Choose Right Medicare Plan</td>
</tr>
<tr>
<td>15614</td>
<td>Online</td>
<td>10/27</td>
<td>10/27</td>
<td>Th</td>
<td>5-6 p.m.</td>
<td>Lecture/Medical Professional</td>
</tr>
<tr>
<td>15603</td>
<td>Online</td>
<td>10/27</td>
<td>11/17</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Wisdom/Power/Control</td>
</tr>
<tr>
<td>15546</td>
<td>Online</td>
<td>11/2</td>
<td>11/2</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Improving Digestion</td>
</tr>
<tr>
<td>15374</td>
<td>Online</td>
<td>11/2</td>
<td>11/2</td>
<td>W</td>
<td>2-3:30 p.m.</td>
<td>Getting Most From Your Mac</td>
</tr>
<tr>
<td>15512</td>
<td>Online</td>
<td>11/2</td>
<td>11/2</td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>Organizing Your Digital Life</td>
</tr>
<tr>
<td>15838</td>
<td>Online</td>
<td>11/3</td>
<td>11/3</td>
<td>Th</td>
<td>12-1 p.m.</td>
<td>Community Leadership</td>
</tr>
<tr>
<td>15426</td>
<td>Online</td>
<td>11/7</td>
<td>11/7</td>
<td>M</td>
<td>4-5 p.m.</td>
<td>Foot and Ankle Care</td>
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<tr>
<td>15464</td>
<td>Online</td>
<td>11/7</td>
<td>11/7</td>
<td>M</td>
<td>1-2:30 p.m.</td>
<td>Broken Open</td>
</tr>
<tr>
<td>15727</td>
<td>Online</td>
<td>11/8</td>
<td>11/8</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Energy for You</td>
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<tr>
<td>15607</td>
<td>Online</td>
<td>11/8</td>
<td>11/8</td>
<td>Tu</td>
<td>10-11 a.m.</td>
<td>Medication Management</td>
</tr>
<tr>
<td>15548</td>
<td>Online</td>
<td>11/9</td>
<td>11/9</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Boosting Emotions Naturally</td>
</tr>
<tr>
<td>15379</td>
<td>Online</td>
<td>11/9</td>
<td>11/9</td>
<td>W</td>
<td>2-3:30 p.m.</td>
<td>iPhones, iPads and Updates</td>
</tr>
<tr>
<td>15275</td>
<td>Online</td>
<td>11/9</td>
<td>11/9</td>
<td>W</td>
<td>10-11 a.m.</td>
<td>Informed about Medicare</td>
</tr>
<tr>
<td>15561</td>
<td>Online</td>
<td>11/9</td>
<td>11/9</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Who Won the US Civil War?</td>
</tr>
<tr>
<td>15178</td>
<td>Online</td>
<td>11/10</td>
<td>11/10</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>To Probate or not?</td>
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<tr>
<td>15732</td>
<td>Online</td>
<td>11/11</td>
<td>11/11</td>
<td>F</td>
<td>1-30-3 p.m.</td>
<td>Hawaii: A Science Story</td>
</tr>
<tr>
<td>15735</td>
<td>Online</td>
<td>11/15</td>
<td>11/15</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Successful Retirement</td>
</tr>
<tr>
<td>15623</td>
<td>Online</td>
<td>11/15</td>
<td>11/15</td>
<td>Tu</td>
<td>10-11:30 a.m.</td>
<td>Nine Ways Reduce Cancer Risks</td>
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<tr>
<td>15549</td>
<td>Online</td>
<td>11/16</td>
<td>11/16</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Managing Pain Naturally</td>
</tr>
<tr>
<td>15705</td>
<td>Online</td>
<td>11/16</td>
<td>11/16</td>
<td>W</td>
<td>2-3 p.m.</td>
<td>Brain Games</td>
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<tr>
<td>15509</td>
<td>Online</td>
<td>11/16</td>
<td>11/16</td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>Password Management</td>
</tr>
<tr>
<td>15286</td>
<td>Online</td>
<td>11/17</td>
<td>11/17</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Aging Brain</td>
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<tr>
<td>15504</td>
<td>Online</td>
<td>11/17</td>
<td>11/17</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>What Docs?</td>
</tr>
<tr>
<td>15615</td>
<td>Online</td>
<td>11/17</td>
<td>11/17</td>
<td>Th</td>
<td>5-6 p.m.</td>
<td>Lecture/Medical Professional</td>
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<tr>
<td>15805</td>
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<td>11/29</td>
<td>11/29</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>Organ &amp; Tissue Donation</td>
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<tr>
<td>15288</td>
<td>Online</td>
<td>12/8</td>
<td>12/8</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Senior Legal Issues</td>
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</tbody>
</table>
**LSC Academy for Lifelong Learning**

**Class Descriptions & Schedule**

### ARTS & CRAFTS

**Crochet**
Connie Grubbs will teach beginners how to crochet, do the chain stitch, and much more. If you are interested and know the basics, you are welcome to join. Bring a size H hook and some cotton yarn to the first class. (MC)

15146 9/6-12/20 T 10 a.m.-12 p.m. UC 306 Grubbs

**Quilting**
Learn the basics of making table runners with Connie Grubbs. You will need to bring your sewing machine to class. A supply list will be emailed before class starts. (MC)

15148 9/6-12/20 T 1-3 p.m. UC 301A Grubbs

**Hand Quilting Bee**
A quilting bee is a get-together for people who sew and quilt to work on their individual or group projects. Join Joan Glover and Ana Olivares to learn old fashion hand quilting. Quilting bees are great social events for learning new skills and techniques, discussing related events, and chatting with peers about anything. (KC)

15786 9/7-11/16 W 11:30 a.m.-1 p.m. Rm TBA Glover/Olivares

**Scrapbooking Your Photos**
Jackie Hatcher will teach you how to document your photos into lifelong memories through scrapbooking. (MC)

15149 9/8-11/10 Th 10 a.m.-12 p.m. UC 301A Hatcher

**Introduction: Peyote Stitch Using Seed Beads**
Stephen Andrews will show novice beaders how to do the peyote stitch, both even and odd count. Everyone should expect to complete at least one bracelet. (MC)

15150 9/28-11/2 W 1-3 p.m. UC 307 Andrews

**Painting A Portrait In Cross-Stitch**
In this class, you will see a selection of truly unique cross-stitch portraits and learn how to stitch these beautiful one-of-a-kind treasures. Sarah Jenkins will spend the first hour explaining the process, and the second hour with hands-on advice and suggestions to get you started. We’ll also review online resources to give you tips on creating your own patterns. This is not a class to learn to cross-stitch; while only basic stitches are used to create the portraits, you need cross-stitch experience to get started. (MC)

15151 10/5 W 10-11:50 a.m. UC 311 Jenkins

**Knitting and Crocheting Basics**
Join Linda Carroll and learn the basic stitches of knitting and/or crocheting. (TC)

15491 10/11 T 10 a.m.-12 p.m. E 177 Carroll

### COMPUTER & TECHNOLOGY

**Demonstration of The Manufacturing Cell At The EMI Building**
The manufacturing cell is an example of fourth generation manufacturing. All processes are controlled by an operator sitting at the control panel. The operator can choose the color and quantity of the product they want to create. The system produces the parts and places them in storage shelf until a customer order is placed. Once the customer order is placed by the operator the robot picks the required part and quantity, and places them on a palette to go to the shipping area. The software keeps track of the number of parts made, weather they are good or bad parts, and the number and color that are shipped to the customers. Meet Professor Samuel Argento at the Manufacturing Cell Laboratory in the EMI building for a demonstrate the equipment. (UP)

16013 9/8 Th 1-2 p.m. EMI Lobby Argento

**Computer Apps for Beginners**
Technology updates and apps are constantly changing. Join Estavieze Shephard’s class for the basics on Windows, Outlook, emails and more. Learn how to navigate the computer & apps like a pro to effectively communicate with others online. (HN)

15717 9/8-9/28 W 11 a.m.-12 p.m. VC Rm TBA Shephard

15718 10/5-10/26 W 11 a.m.-12 p.m. VC Rm TBA Shephard

### LONE STAR COLLEGE ONLINE CLASS INTRODUCTION

This class is an introduction to Webex and Zoom video conferencing platforms used by the Lone Star College System to provide online classes for students. This online Academy for Lifelong Learning class for beginners will help you feel comfortable attending virtual classes. Pat Chandler, CE Director for LSC-Kingwood, will be your instructor, with Kathy Bakat assisting. (KC)

15367 9/12 M 2-3 p.m. Online Chandler/Bakat

15368 10/10 M 2-3 p.m. Online Chandler/Bakat
Cryptos, NFTs, and The Metaverse 101
Raj Rapaka will talk about coins & tokens, bitcoin & altcoins, digital wallets, mining and mining pools, stablecoins, CBDCs, and a whole bunch of stuff that is taking the world by storm. (MC)
15154 9/13-9/27 T 6-7:30 p.m. UC 310 Rapaka

All About Computers with Angie
Angie Carns will help provide technical support for this class. Ten sessions will cover computer basics to troubleshooting. Get your student ID and password. Learn the basics of the windows operating system. Email and cloud sitting for ALL members, along with file management, word processing, spreadsheets and databases, and social media. You are welcome to bring your laptop, if coming to campus. (MC)
15153 9/20-12/1 Th 2-4 p.m. UC 307 Carns
15152 9/20-12/1 Th 2-4 p.m. Online Carns

Platform Building and Social Media: Your 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)
15527 10/17 M 10 a.m.-12 p.m. Online Fisher

Organizing Your Digital Life
Learn about the tools, methods, and applications to manage all kinds of information in our lives. This is an overview of the kinds of digital things people collect and the various ways to manage them. This includes documents, music, pictures, websites, passwords, email and more. How do you collect these things, organize, catalog them, and search them? The class will cover specific examples of strategies, applications, references, and personal advice in a full, fast-paced class. Jerry Matson will email you his presentation after the class! (UP)
15381 9/8 Th 12-1 p.m. Bldg 11, Rm 146 Matson
15382 9/8 Th 12-1 p.m. Online Matson

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. Join Ed Tarver, formerly with Global Security for the Americas at Apple. (KC)
15369 11/2 W 10 a.m.-12 p.m. Bldg 11, Rm 146 Tarver
15374 11/2 W 10 a.m.-12 p.m. Online Tarver

Phones, iPads, and Apps
Learn how to get the most from your Apple devices such as the iPhone and iPad. We will look at the newest operating system as well as useful tips and information that will benefit you. Join Ed Tarver, formerly with Global Security for the Americas at Apple. (KC)
15377 11/9 W 2-3:30 p.m. Rm TBA Tarver
15379 11/9 W 2-3:30 p.m. Online Tarver

Password Management
More and more we manage our lives online: email, banking, social media, hobbies, shopping, and many more. You have to create accounts everywhere and that means you have a myriad of usernames and passwords. Do you write your passwords down? Are they easy to remember? That means they are easy for someone to guess! Come learn from Jerry Matson how to create better, stronger passwords that are unique and manage them all with applications that are designed for just that purpose. (UP)
15511 11/16 W 10 a.m.-12 p.m. Bldg 11, Rm 146 Matson
15509 11/16 W 10 a.m.-12 p.m. Online Matson

CULINARY ARTS, FOOD & COOKING

Fast Food with Slow Cookers & Pressure Cookers
Let’s take a good look at the differences, benefits, and features of slow cookers and electric pressure cookers while learning to use them to make healthier meals. Michele Scaife, Extension Agent with the Better Living for Texans program, Texas A&M AgriLife, maintains a Holistic Nutritionist Certification through the American Fitness Professionals Association. (KC)
15381 9/8 Th 12-1 p.m. Rm TBA Scaife
15382 9/8 Th 12-1 p.m. Online Scaife

Preserving the Harvest
Michele Scaife, Texas A&M Extension agent, will talk about home food preservation. We will explore safe methods for jams, jellies, pickling and fermenting, as well as dehydrating. This class is full of information on the water bath and pressure canning, as well as recipes for seasonal items. (MC)
15155 9/8, 9/29 Th 3-4 p.m. UC 310 Scaife
15157 9/8, 9/29 Th 3-4 p.m. Online Scaife

Healthy Eating on a Budget
Explore and discuss the benefits of nutrition, healthy cooking tips, share healthy recipes and sample healthy snacks with a budget mindset. Scholarships for ALL membership will be available for the first 25 students who enroll. This class will be led by a registered nutritionist and will be held weekly for Acres Homes residents. You will not want to miss this class. (HN)
15731 9/8-12/01 Th 11 a.m.-1 p.m. Rm TBA White

Home Food Preservation
With a growing interest in our community for food security, we will take a comprehensive look at various methods of home food preservation, their benefits, requirements, and shelf life. Presented by Michele Scaife. Mike maintains a Holistic Nutritionist Certification through the American Fitness Professionals Association. (KC)
15387 9/22 Th 12-1 p.m. Rm TBA Scaife
15388 9/22 Th 12-1 p.m. Online Scaife
**FINANCIAL & LEGAL**

**Basics of Financial and Estate Planning**
Crystal Prachyl, Certified Financial Planner, along with a local estate planning attorney, will cover key terms & definitions common to estate planning and risks to think about as you are going through the process. We walk you through step-by-step of the actual process of legacy planning and the tax impact your estate can have on loved ones. We review key areas of estate planning considerations and offer time for an interactive Q&A. (MC)

- **15173** 9/15-10/6 Th 10 a.m.-12 p.m. UC 310 Prachyl
- **15174** 9/15-10/6 Th 10 a.m.-12 p.m. Online Prachyl

**How to Protect Your Stuff In Three Easy Steps**
To create an estate plan that will provide you with financial protection and mental peace of mind, you need to know the rules, your predators, and your options. Blanche Smith, a local attorney, will discuss in detail what documents you need, how to put your “voice” in them, how they work, how to make them effective and how to use them to protect you and your “stuff” from predators and creditors such as the government, long-term care costs, etc. (MC)

- **15162** 9/15-10/6 Th 10-11:50 a.m. UC 310 Smith
- **15164** 9/15-10/6 Th 10-11:50 a.m. Online Smith

**Investment Management**
Are you concerned about bank interest rates, but worried about investing in the stock market? In this class, Mike Sofia, licensed investment advisor, will discuss the stock market and various types of investment management to reduce risk, capture growth and take advantage of market volatility. (MC, CF)

- **15166** 9/21 W 10-11:50 a.m. UC 311 Sofia
- **15143** 10/4 T 1:30-3 p.m. HSC1 106 Sofia

**Investing In Retirement**
Is your nest egg secure? Are you worried about future taxes and inflation? In this class, Mike Sofia will discuss various types of investments (IRAs, 401Ks, Annuities, etc.) to meet your objectives and to carry you through retirement. (NH)

- **15689** 9/27 T 2:30-3:30 p.m. CMED 207 Sofia

**Financial Success at Retirement**
Be informed on tools that help you manage and grow wealth in a safe way during retirement with advice from Joe Ketaner, retirement specialist for two decades. Gather the financial information you need, plan for your money to last and for you to have peace of mind. (MC)

- **15167** 9/28-10/19 W 1-3 p.m. UC 310 Ketaner
- **15169** 9/28-10/19 W 1-3 p.m. Online Ketaner

**The Four Pillars of Retirement**
Attendees will gain knowledge about the four essential pillars (health, family, purpose, and finances) that can impact the quality of life in retirement. Join Robb Brotemarkle for this presentation. (CF)

- **15144** 10/6 Th 10:30 a.m.-12 p.m. HSC1 112 Brotemarkle

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**Estate Planning, Probate, and Asset Protection**
What happens if you become incompetent or die with or without a will? What happens if you have a trust and what are the different types of trusts? How do you protect your assets from creditors, lawsuits, disability, Medicaid, divorces, remarriages, etc.? Attorney Holly Geerdes will teach us what is needed to protect our assets. (CF)

- **15144** 10/12 W 10-11:30 a.m. Online Geerdes

**His, Hers, & Theirs: Pitfalls and Problems Of Marital Interests in Estate Planning**
We all want peace of mind that when we go, our plan goes as planned and that we have taken care of our loved ones. Unfortunately, unless you understand what you really own (and you may be surprised to learn what you really do not own) and how to properly transfer it, you may unknowingly have pitfalls and problems in your plan that may cause it to fail. Blanche Smith, a local attorney, will discuss in detail what you need to know about your stuff, including marital interests and real property issues that affect your plan. (MC)

- **15170** 10/13 Th 1-3 p.m. UC 310 Smith
- **15171** 10/13 Th 1-3 p.m. Online Smith

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On-site course information and registration

**Open House**
Monday, August 15
11 a.m.-1 p.m.
LSC-Houston North Victory
4141 Victory Drive
Houston, TX 77088

For more information, call 281.810.5604
Making Your Money Last in Retirement
Are you counting on cost-of-living increases with social security? Are you concerned about potential healthcare costs? Mike Sofia, licensed investment advisor, will present various strategies to help you preserve your savings and investments, develop a spending plan, and not outlive your money for you and your loved ones. (MC)
15172 10/14 F 1-3 p.m. UC 311 Sofia

Time To Invest In The Stock Market
We all know the saying “buy low and sell high.” But without a crystal ball, how do we know when the market is about to go higher or lower? Mike Sofia, licensed investment advisor, will discuss various types of risk factors and different types of investment strategies to help you navigate through both good times and bad times. (NH, CF)
15688 10/2 Th 10 a.m.-12 p.m. (NH) CMED 207 Sofia
15147 11/2 W 1:30-3:30 p.m. (CF) HSC1 106 Sofia

Probate 101
Susan Bulgawicz, a local attorney and a member of the National Association of Elder Law Attorneys, will provide an introduction to the Texas probate process, role of the executor, role of the probate attorney, and how to avoid pitfalls. (TC)
15501 10/20 Th 1-3 p.m. E 163 Bulgawicz
15502 11/10 Th 1-3 p.m. Online Bulgawicz

Probate or Not To Probate? An Estate Planning Answer That May Surprise You
In this class, you will learn what comprises an estate, why you need to know the answer and how it applies to you. Attorney Blanche Smith will show you how to implement a plan that avoids pitfalls and problems so that at your passing, your stuff will go how you want via your rules and not the government’s rules. Additionally, you will leave the class with an understanding of what happens when you pass with or without a will, what probate is, the different types of probate, how each type works, what affects the cost of probate, and if and how probate can be avoided. (MC)
15176 11/10 Th 1-3 p.m. UC 310 Smith
15178 11/10 Th 1-3 p.m. Online Smith

What Docs Now?
Susan Bulgawicz will provide information on 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)
15503 11/17 Th 1-3 p.m. E 163 Bulgawicz
15504 11/17 Th 1-3 p.m. Online Bulgawicz

Information for LSC-Montgomery ALL Members
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 spring. For more information on volunteering, please email: Steven.Gorman@LoneStar.edu

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:
Steve Gorman 936.273.7259

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15504 11/17 Th 1-3 p.m. Online Bulgawicz

Fun, Hobbies & Recreation
Game Day at LSC-UP
Join Beth Newman for some casual game playing. Phase 10, Bananagrams, Farkle, Scattergories, Yahtzee, Pictionary, Sequence, Tenzi, Boggle and more. Let’s get together, play some old favorites and learn some new games too. What is your favorite? Class will meet on 8/30, 9/13, 10/11, 10/25, 11/08, and 11/22. (UP)
15517 8/30-11/22 T 1-3 p.m. Bldg 11, Rm 146 Newman

Texas 42 Dominoes
Join host Jimmie Prichard in Texas 42, a trick-taking game played with a standard set of double six dominoes. In 2011, it was designated the official State Domino Game of Texas. Whether you are a regular player, haven’t played for years, or have never played, come enjoy and learn in this relaxed atmosphere at the Weekley Community Center at 8440 Greenhouse Rd, Cypress, TX, 77433. Please join our fun group; a good time is guaranteed. (CF)
15343 9/1-12/15 Th 2-4 p.m. Offsite Prichard

Beginning Bridge
Learn the fundamentals of the exciting card game of Bridge with Richard Shepherd, Jim Galbraith, and Dick Napientek. You will learn the methods and reasoning of bidding, as well as good card play. After each weekly lesson we will play the game with individual instructions as needed. Whether you are a beginner, or just want to refresh your game, come join us for a great time. (KC)
15389 9/1-11/17 Th 2-4 p.m. Rm TBA Shepherd
Euchre
Euchre is an excellent social card game, simple in concept but with a high degree of subtlety in the play. Randy Hall leads this group and welcomes both new and experienced players. (UP)
15516  9/06-11/15 T  11 a.m.-12:30 p.m.  Bldg 11, Rm 146  Hall

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, 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. Also included in the course will be discussions such as experiences that relate to astrology, legal and ethical issues, including safeguarding. (MC)
15562  9/6-12/20 T  1-3 p.m.  Online  Le Fevre

Trivial Pursuit at LSC-CyFair
Join host Doug Southon in Trivial Pursuit played in team format, designed to be fast paced. If you think you can answer general knowledge and popular culture questions, bring your thinking caps and enjoy the fun of this variation of the famous and addictive game. (CF)
15344  9/6-11/29 T  2-4 p.m.  HSC1 106  Southon

Bridge Club
Play bridge with other players. This is an informal non-competitive group coordinated by Steven Gorman. Sign up and then show up when you are available. (MC)
15180  9/7-12/14  W  1-3 p.m.  UC 301A  Gorman

Trivial Pursuit at LSC-Tomball
Trivial Pursuit is a classic American board game in which progress is determined by a player’s (in our rules, a team’s) ability to answer general knowledge and popular culture questions. Categories include People & Places, History, Science & Nature, Arts & Entertainment, Sports & Leisure & a Wild Card category. Bring your thinking caps and enjoy the fun of this famous and addictive game with your master of ceremonies, Rick Taylor. (TC)
15870  9/12-11/14  M  10 a.m.-12 p.m.  E 177  Taylor

Trivial Pursuit at LSC-Montgomery
Answer general knowledge and popular culture questions as a team. Bring your lunch and have some fun with our moderator, Jackie Stulting and the other game players. Class will meet on Sep 13, Oct 18, and Nov 15. (MC)
15181  9/13-11/15  T  12:30-2:30 p.m.  UC 301A  Stulting

Bridge for Beginners
Bridge is a popular card game for seniors; fun to play, but it can be intimidating to learn. Stephen Newell, bridge instructor, will start with the very basics. The class will include time to play bridge as you progress. If you have heard others talking bridge, or have seen the ALL bridge group at play, and have been hesitant to join, this is the course for you. (MC)
15182  9/13-9/22  T, Th  1-3 p.m.  UC 311  Newell

Brain Games
Join Lenora Rastatter on Zoom, for more fun and challenging brain games, such as word puzzles, riddles, memory, trivia, and more! Bring your pen, paper, and get ready to test your knowledge and to exercise those brain cells! (NH)
15703  9/14  W  2-3 p.m.  Online  Rastatter
15704  10/12  W  2-3 p.m.  Online  Rastatter
15705  11/16  W  2-3 p.m.  Online  Rastatter

Relationship Communication
Learn how relationships develop and grow over time. Also this two-session discussion will give you a chance to learn how your love style influences your communication and how to better respond to people in your life. Join LSC-Kingwood Professor Abigail Heller for this informative lecture. (KC)
15391  9/21-9/28  W  12-1 p.m.  Rm TBA  Heller
Beading Earrings
Join Vicki Almstedt for beading classes. Make simple, but elegant, jewelry that will be a treasure to give or to keep. You do not need to have prior beading experience. Tools are available for use, but students should plan to bring their own materials for projects. Earrings supplies requested: ear wires, headpins, eye pins, 12 beads, 0.15mm Beadalon wire, crimp beads, 24-gauge wire. (KC)
15393 10/4-10/13 T, Th 12-1 p.m. Rm TBA Almstedt

The Art of Fencing
This one-time class will go over the history and evolution of the art of fencing. We will cover the philosophy and traditional sportsmanship of the fencing and the various styles of fencing such as Sabre, Foil and Epee. Kristina Ruiz-Healy has been a competitive fencer for over 10 years, winning various regional, sectional and national medals. (HN)
15725 10/6 Th 12-1 p.m. Online Ruiz-Healy

Beading Necklaces
Join Vicki Almstedt for beading classes. Make simple, but elegant, jewelry that will be a treasure to give or to keep. You do not need to have prior beading experience. Tools are available for use, but students should plan to bring their own materials for projects. Necklaces supplies requested: 15” strand of beads, 0.15mm Beadalon wire, lobster or toggle clasps, 6 mm split rings, crimp beads, seed beads. (KC)
15396 10/18-10/27 T, Th 12-1 p.m. Rm TBA Almstedt

Beading Rings
Join Vicki Almstedt for beading classes. Make simple, but elegant, jewelry that will be a treasure to give or to keep. You do not need to have prior beading experience. Tools are available for use, but students should plan to bring their own materials for projects. Rings supplies requested: 6-foot spool of 20–22-gauge wire, three 10 mm beads, nine 6-8 mm beads, seed beads. (KC)
15399 11/15-11/22 T, Th 12-1 p.m. Rm TBA Almstedt

GARDENING

Garden to Harvest and Beyond
We will explore how to grow fresh fruits, vegetables, and herbs at home both in and outside. Topics include starting a garden in any space, maximizing yield, organic/conventional practices and growing sprouts and microgreens. Learn methods of food preservation along with some wonderful garden to table recipes from Michele Scaife. (MC)
15183 9/7-10/12 W 12-12:50 p.m. UC 310 Scaife
15185 9/7-10/12 W 12-12:50 p.m. Online Scaife

Tree Care for the Fall
Ed Dolphin, ISA Certified Arborist, will lead a great open discussion about the stresses of summer and the things that should be done in the fall to prepare for the winter. (UP, MC)
15521 10/6 Th 10 a.m.-12 p.m. (UP) Bldg 11, Rm 146 Dolphin
15187 10/14 F 1-3 p.m. (MC) UC 310 Dolphin

Easy Landscaping for Seniors
Discover another approach to landscaping. Learn how to reduce effort while actually creating landscapes that help improve the environment. Shady, sunny, wet or dry, there are many appropriate plants fit for our region’s varied conditions. Join Thomas Taylor, consultant for landscape design, to learn how to access your landscaping more easily. (KC)
15400 10/6 Th 1:30-3:30 p.m. Rm TBA Taylor

"My husband and I were enjoying retirement but found one big piece lacking... Academy for Lifelong Learning was just the piece of the puzzle we needed to round out our lives. How we love the ALL classes and our outstanding instructors!"
- Sharyl D.
GENEALOGY

Research 101: Beyond the Basics
Have you already learned the basics of the familysearch.org website and are now ready to dive in a little deeper? In this class, you will go beyond the basics to learn how to set and reach research goals as well as evaluate sources to prove connections to your ancestors. This class will have a longer period of instruction by Sue Griffiths and others with time afterward to help you tackle your own research. (MC)
15190  9/7-10/5  W  10 a.m.-12 p.m.  Online  Griffiths

Where Did I Come From? Putting Together Your Family History
After completing the course coordinated by Julie Curtis, students will be able to use FamilySearch.org to discover their own ancestors. Create an online family tree to preserve their own family's history, understand unique historical record types, and search records for their own ancestors; transcribe digital images to help others find their families; and learn to help others do the same. After a 30-minute instruction at the beginning of class, you will be paired with a helper to get one-on-one help create and work on your own family tree. (MC)
15188  9/8-10/6  Th  10 a.m.-12 p.m.  Online  Curtis

HEALTH, FITNESS & NUTRITION

Stepping Out
Join Bonnie Johnson and ALL members as we walk around the campus and nearby neighborhoods. Fresh air, exercise, and good friends, it doesn’t get any better than this! There are two starting times, 8 a.m. and 9 a.m. The 8 a.m. group will walk longer and maybe faster, while the 9 a.m. group does a more casual stroll. You are welcome to attend either class. Classes will meet outside the Conference Center. Keep an eye on your email or the blog for any changes for meeting place or time. (CF)
15539  8/30-12/13  T  8-10 a.m.  Conf Center  Johnson

Mindless Eating
Most of us don’t overeat because we’re hungry. We overeat because of family and friends, packages and plates, names and numbers, labels and lights, distractions and distances, cupboards and containers. Research has shown that the average person makes around 250 decisions about food every day; breakfast or no breakfast? Pop-Tart or bagel? Part of it or all of it? Kitchen or car? How many of these food decisions can we really explain? Registered Dietitian, Certified Diabetes Educator, Michelle Ott shows what these decisions are and how to make them work for you rather than against you. (UP)
15547  9/1  Th  10 a.m.-12 p.m.  Bldg 11, Rm 146  Ott

“DASH”ing to a Healthier You
Michele Scaife, Texas A&M Extension Service agent, 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. (MC)
15192  9/6-10/4  T  12-1 p.m.  UC 310  Scaife
15193  9/6-10/4  T  12-1 p.m.  Online  Scaife

Just Dance: Dancercise
Join Yvonne Savala as she choreographs and leads you through a diverse array of dances that are good for the soul and the body! Have fun and get healthy with ALL and friends. Must present your LSC student ID card and wear workout shoes/clothes fit for a dance studio. (NH)
15645  9/6-11/15  T  2-3 p.m.  HPE 110  Savala

The Art and Practice of Mindfulness To Reduce Stress and Improve Mental Health
John Tindall, Texas A&M Extension Service agent, leads us in this series that introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention, on purpose, in the present moment, and non-judgmentally. Research has shown that mindfulness-based stress reduction courses are effective in reducing a myriad of related symptoms. (MC)
15194  9/7-10/5  W  1-3 p.m.  UC 311  Tindall

Rhythmic Walking
Be sure to bring your LSC student ID card and wear gym appropriate shoes and clothing. Class will be led by ALL members. (NH)
15647  9/7-11/21  M, W  2:15-3:15 p.m.  HPE Rm TBA  Staff

To Your Health Literacy Series
Are you finding it difficult to stay on top of all your health education, questions, and options? Join us for a five-week series dedicated to boosting your health literacy with discussions on lifestyle choices and your health, The ABCD’s of medicare, communicating effectively with your doctor, managing your medicines, and how to find reliable information on the internet. Join John Tindall, Family and Community Health, for this presentation. (KC)
15788  9/7-10/5  W  3-4 p.m.  Online  Tindall

Healthy Eating on a Budget
Explore and discuss the benefits of nutrition, healthy cooking tips, share healthy recipes and sample healthy snacks with a budget mindset. Scholarships for ALL membership will be available for the first 25 students who enroll. This class will be led by a registered nutritionist and will be held weekly for Acres Homes residents. You will not want to miss this class. (HN)
15731  9/8-12/01  Th  11 a.m.-1 p.m.  Rm TBA  White

“Encourage a friend, a family member, or someone you know to do a presentation or class. We learn so much from each other.”
- Florence T.
Building Healthy Bones
Participants are required to complete Participant Release and Indemnification Agreement Forms before the first class to participate. Participants will use assorted light hand and ankle weights to increase muscle strength and build healthier bones. Carol Deeb’s first class will provide information on how participants can purchase the proper-sized weights. Members interested in signing up should check with their healthcare providers to determine whether the class is suitable for them. Please have water and a large towel for rolling up or a yoga brick available. Students should wear comfortable clothing and closed-toe shoes. (KC)
15401  9/8-11/17  Th  1:30-2:30 p.m.  Online  Deeb

Yoga
Join Carol Deeb to improve your well-being through yoga! Yoga focuses on stretching, breathing, balancing, and meditating (concentration). 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 Participant Release and Indemnification Agreement Forms before the first class to participate. Please have a floor mat and wear comfortable clothing. (KC)
15402  9/8-11/17  Th  2:45-3:45 p.m.  Online  Deeb

Master Memory
Are you forgetful? Do you wonder if it’s normal forgetfulness, or something more serious? Join John Tindall for a series of classes to help adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory. (KC)
15792  9/8-10/13  Th  3-4 p.m.  Online  Tindall

Chair Volleyball
Join Helen Segovia and your ALL friends at LSC-North Harris and play chair volleyball! You can’t imagine how much fun you will have and how much exercise you will get. Play for fun and/or play to compete with other community Teams. Bring your LSC student ID card and dress in athletic shoes, clothing fit for gymnasium. (NH)
15637  9/9-11/18  F  12-2 p.m.  Gym  Segovia

Full body, Gentle Yoga
Join Sherron Smith and your fellow yoga enthusiasts in a fun workout that is designed for every body type and age. We will focus on form, posture and breathing as well as variations to meet everyone’s level. This is like Hatha Yoga, which is stretching and holding positions rather than quick sequences of various poses. Please bring a yoga mat and water. Also, it’s helpful to bring a tie, sash or scarf and a blanket. Body, mind and spirit. Namaste. (MC)
15216  9/12-12/19  M  1-3 p.m.  UC 301A  Smith

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.

Fall Prevention
Thirty-three percent of adults 65 and over fall each year and falling is the leading cause of injury-related deaths for adults. Learn to minimize internal and external risk to reduce falls in and around the home. The importance of exercise to reduce falls will be addressed with some demonstrations. This class is taught by Sonja Davis, Harris County Family & Community Health Agent, Texas A&M AgriLife Extension Service. (TC)
15608  9/13  T  9-10 a.m.  Online  Davis

Do Well, Be Well
Do Well, Be Well is a four-class series covering the basics of nutrition and self-management topics to reduce hypertension. The program helps people learn skills needed to prevent or manage high blood pressure. The program’s primary goal is to improve blood pressure management through the Dietary Approaches to Stop Hypertension (DASH) eating plan. The curriculum focuses on skills, hands-on activities, and participant goal setting to reinforce best practices in dietary and self-care management. The class is taught by Sonja Davis. (TC)
15604  9/14-10/5  W  11:15 a.m.-12:15 p.m.  Online  Davis

Nine Ways to Reduce Your Cancer Risk
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. Join Kendra Windisch from M.D. Anderson Cancer Center. (KC, TC, NH)
15403  9/15  Th  10-11:30 a.m.  (KC)  Online  Windisch
15495  9/15  Th  10-11:30 a.m.  (TC)  E 163  Windisch
15496  9/15  Th  10-11:30 a.m.  (TC)  Online  Windisch
15626  11/15  T  10-11:30 a.m.  (NH)  CMED 207  Windisch
15623  11/15  T  10-11:30 a.m.  (NH)  Online  Windisch

Heart Healthy Me
Heart health is more than just our diet. We will take a look at all the habits needed to have a healthy heart, nutrition, fitness, and stress management. Michele Scaife, Extension Agent with the Better Living for Texans program, maintains a Holistic Nutritionist and Adaptive Personal Trainer Certification through the American Fitness Professionals Association. (KC)
15405  9/15  Th  12-1 p.m.  Rm TBA  Scaife
15407  9/15  Th  12-1 p.m.  Online  Scaife

Master of Memory
Master of Memory is a four to six-week lesson series designed to help older adults understand how memory works, identify ways to improve memory and pinpoint things in everyday life that may affect memory. Weekly Session Descriptions are: Am I Losing My Mind, Memory Strategies, Nutrition & Memory Function, Medications & Memory Function, Medical Conditions and Memory Function, and Exercise for the Body and Mind. The class will be taught by Amanda Krippel, Harris County Family & Community Health Agent, Texas A&M AgriLife Extension Service. (TC)
15611  9/15-10/13  Th  11:30 a.m.-12:30 p.m.  Online  Krippel
**Matter of Balance**
Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. This class is taught by Sonja Davis. (TC)

15541  9/15  Th  2-4 p.m.  Bldg 11, Rm 146  Johnson
15558  9/16-11/18  F  1:30-2:30 p.m.  Offsite  Rech

**Color Your Way to Better Health: An Intro**
Taking care of your health doesn’t have to be difficult, and certainly we don’t have to turn over all of that responsibility to doctors. The AcuColors simple color-by-number treatments are designed to release negative energy and to heal the body-soul-spirit so that it can function-feel-communicate as one whole entity. What better way is there to heal yourself than to use colored light, since we are all beings of light energy! These same principles may be used on our pet to reduce vet bills. The class instructor is Karen Johnson. (UP)

15541  9/15  Th  2-4 p.m.  Bldg 11, Rm 146  Johnson
15558  9/15  Th  2-4 p.m.  Online  Johnson

**Doc Talk Series: Memorial Hermann**
Various health topics presented by affiliated staff physicians and allied health professionals coordinated by Amanda Rech. Formal presentation followed by Q&A time. Location offsite at Memorial Hermann Woodlands in Canopy Survivorship Center; Medical Plaza 1, 1120 Medical Plaza Drive. Meets on 9/16, 10/21, and 11/18. (MC)

15541  9/15  Th  2-4 p.m.  Bldg 11, Rm 146  Johnson
15558  9/16-11/18  F  1:30-2:30 p.m.  Offsite  Rech

**Lifestyle Choices**
When we think about wellness, we don’t always think about all the things that go into it, it’s just “one thing.” But the reality is our health is made up of a variety of factors that we can lump into some broad categories. During this session, we’re going to talk about what goes into making us healthy and what choices we can make to choose a healthier lifestyle. Topics discussed will be a healthy home, fall risk reduction, and recording your family health history. This class is taught by Sonja Davis, Harris County Family & Community Health Agent, Texas A&M Agrilife Extension Service. (TC)

15609  9/20  T  10-11 a.m.  Online  Davis

**Stress Less with Mindfulness**
Stress Less with Mindfulness is a four-class series that introduces participants to the experience and practice of mindfulness to reduce stress. 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. This class is taught by Amanda Krippel. (TC)

15612  9/20-10/11  T  1-2 p.m.  Online  Krippel

**Everyday Wellness**
Join Tiffany Sosa 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)

15540  9/27  W  10-11:30 a.m.  Online  Sosa

**Stronger Relationships and Better Communication in Life and Dating**
Join Gayle Fisher to discuss stronger relationships and better communication in life for seniors. (MC)

15552  9/26  M  10 a.m.-12 p.m.  Online  Fisher

**Chinese Medicine: Acupuncture and Pain Management**
Join Hung Van Doan who will introduce you to the therapy of acupuncture. It has been used for thousands of years for many ailments, including the management of acute and chronic pain. (TC)

15918  9/27  T  9:30-11:30 a.m.  E 177  Van Doan

**Organ and Tissue Donation**
Did you know that each 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 and offers a snapshot of the innovation occurring in transplant medicine, research, and technology. Students will also hear personal and inspirational stories from organ recipients and donor family members. Join Paul Cobb, with LifeGift, to learn how organ donation provides hope and a second chance at life to thousands of people each year. (HN)

15803  9/27  T  1-2 p.m.  Online  Cobb
15804  10/25  T  1-2 p.m.  Online  Cobb
15805  11/29  T  1-2 p.m.  Online  Cobb

**Green Cleaning**
Harsh chemical cleaners can be toxic to you, your family, and your pets. Join Tiffany Sosa as she shares how to have a germ-free, sparkling clean home without sacrificing your safety! (CF)

15542  9/28  W  10-11:30 a.m.  Online  Sosa

**Gifts of a Diabetic**
Come to a class to learn more about diabetes, have open dialogue, be inspired by LaTwonna Wilson who’s been a diabetic now for over 30yrs, she has a gift of knowledge and experience with this disease that she feels is a gift to her, Be ready to try different snacks, share and be encouraged. See you then! (NH, KC)

15643  9/28  W  12-1 p.m.  (NH) CMED 207  Wilson
15419  10/6  Th  12-1 p.m.  (KC) Rm TBA  Wilson

For more information, contact a Continuing Education Advisor:
Phone: 832.519.2900
(8 a.m.-6 p.m. M-F)
Secrets to Joint Pain Relief
Chronic joint pain can be annoying, frustrating, and even stop you from doing the things you love. Come learn how to prevent, reduce, and in many cases eliminate your pain. Kala Eulitt, DC, will share non-surgical solutions that get to the root cause of pain and get you lasting relief so you can enjoy the things you love again. (MC)
15219 9/29 Th 10 a.m.-12 p.m. UC 311 Eulitt

Let’s Adapt
Fitness is important at every age and stage of life. Let’s explore adaptive movement for every need. Michele Scaife maintains an Adaptive Personal Trainer Certification through the American Fitness Professionals Association. (KC)
15412 9/29 Th 12-1 p.m. Rm TBA Scaife
15413 9/29 Th 12-1 p.m. Online Scaife

Lectures by Medical Professionals
Topics will be presented by a professional in the medical community. They will all be focusing on issues of interest to senior adults. (TC)
15613 9/29 Th 5-6 p.m. Online TBA
15614 10/27 Th 5-6 p.m. Online TBA
15615 11/17 Th 5-6 p.m. Online TBA

Building Resilience and Independence in Our Youth: Open Forum Q&A
Gayla Fisher will 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)
15528 10/3 M 10 a.m.-12 p.m. Online Fisher

Homemade Spas for You!
Explore healthy and homemade spa products to make you glow and keep your skin smooth and soft. Join Cosmetology Director, Taffi Hill, as she shares healthy spa recipes that you can use over and over again and share with family and friends. (HN)
15729 10/3 M 1-2 p.m. Online Hill

The Diabetic Foot
Join Dr. Alex Garza for a lecture on proper care for diabetic feet. Topics discussed will include medical and surgical treatment of the feet. (KC)
15422 10/3 M 4-5 p.m. Online Garza

Strength and Fitness Training
This course is designed to improve muscular strength and fitness by exercising specific muscles or muscle groups using Cybex weight machines. Instructors will guide you in establishing and achieving specific goals to improve your overall fitness. Join instructors Rich Almstedt and Julian Garcia. (KC)
15416 10/4-11/22 T,Th 12-1 p.m. Gym Almstedt/Garcia

Autism in Adults
Join Regina Cochran as she discusses autism. What is it and what happens when the child with autism becomes an adult with autism? Examine the signs and nuances of autism in adults. (HN)
15728 10/5-10/26 W 10-11 a.m. Online Cochran

J.O.Y. Fully Healthy
Just Older Youth (J.O.Y.) meets weekly with Michele Scaife. Let’s look at exercise and fitness in a new way that fits every ability and experience level. Class topics include mobility through chair assisted yoga, seated fundamental exercise, and how to safely use resistance equipment. Weekly nutrition tips focus on overcoming healthy eating challenges. (MC)
15520 10/6-12/1 Th 12-12:50 p.m. UC 310 Scaife
15525 10/6-12/1 Th 12-12:50 p.m. Online Scaife

The Happiness Advantage
Based on Shawn Achor’s bestseller, The Happiness Advantage, the class will review the seven principles of happiness and success; the concept of Positive Psychology and learn to capitalize on it. Join Marc Fontaine, Manager for Lone Star College Learning & Development. (NH)
15652 10/6 Th 1-2:30 p.m. Online Fontaine

LoneStar.edu/ALL

Open House
On-site course information and registration
Wednesday, August 17
1-3 p.m.
LSC-Montgomery
Building B-Atrium
3200 College Park Drive
Conroe, TX 77384

For more information, call 936.273.7446

LSC-MONTGOMERY
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. Learn how to live a happier and fuller life with Dr. Elizabeth Saxon. (KC)

15427 10/7  F 10:30 a.m.-12 p.m. Online Saxon

Colorectal Cancer
Colorectal cancer is more common than you think. Join Kendra Windisch, Senior Community Relations Specialist and Community Education Professional for MD Anderson Cancer Center. (NH)

15640 10/11  T 10-11:30 a.m. Online Windisch

Seated Yoga Flow
Grab a sturdy seat as we meet together for a completely seated yoga session. All skill levels welcome; adaptations offered for any need. Michele Scaife maintains an Adaptive Personal Trainer Certification through the American Fitness Professionals Association. (KC)

15420 10/11-11/15  T 12-1 p.m. Online Scaife

“After being a member of ALL for several years I finally have taken advantage of the online offerings and have thoroughly enjoyed them all!”
- Sarah C.
Physiocognitive Coordination
Using the modality of the Filipino martial style of “Kali,” we will learn a footwork pattern as well as an arm/hand pattern that will challenge the body-brain connection. Diane Simmons, will bring her eight years of Kali experience as well as three years of experience teaching this art to youth on the autism spectrum. It also is a proven activity to help stroke survivors and people with Parkinson’s disease. Students will need to bring two of something relatively long (about 12” due to space limitations if in-person) like two wooden spoons or sticks, really anything lengthy and narrow will work. (UP)
15545 10/26  W 10-11 a.m. Bldg 11, Rm 146 Simmons

Breast Cancer: How to Reduce Your Risk
Join Kendra Windisch, Community Education Professional for MD Anderson Cancer Center, and learn what puts you at risk, how to reduce your risk and what screening exams you need to detect breast cancer early, when it’s most treatable. (NH)
15634 10/26  W 10-11:30 a.m. CMED 207 Windisch
15632 10/26  W 10-11:30 a.m. Online Windisch

Get Good Rest and Manage Stress
Exhausted? Stressed out? Tiffany Sosa will teach us some holistic tips and tools for managing stress and getting better sleep naturally. (CF)
15544 10/26  W 10-11:30 a.m. Online Sosa

Wisdom, Power, Control
This class was developed to address the need for an evidence-based, culturally relevant type 2 diabetes self-management education (DSME) program. The program is designed for individuals with limited knowledge of how to control their diabetes, is experiential, employs activities that build both knowledge and diabetes self-care skills. The lessons are: what is diabetes, blood glucose levels, counting carbohydrates, diabetes, healthy plate, nutrition, physical activity, medicines and preventing complications. The class is taught by Sonja Davis. (TC)
15603 10/27-11/17 T 10 a.m.-12 p.m. Online Davis

Improving Digestion
Join Tiffany Sosa as she talks about gut health and simple ways that you can reduce reflux and other tummy troubles, improve immunity, and support nutrient absorption. (CF)
15546 11/2  W 10-11:30 a.m. Online Sosa

Medication Management
The more you know about your medicines and the more you talk to your health providers and pharmacists, the better your chances are for avoiding possible problems with medicines. During this session we will discuss how to prepare for a doctor’s visit, medication management, medication logs (prescribed and over-the counter), and organizing and storing your medication to keep it safe. The class is taught by Sonja Davis. (TC)
15607 11/8  T 10-11 a.m. Online Davis

Boosting Emotions Naturally
Life can get us down sometimes, but there are things we can do to lift our spirits and feel better. Tiffany Sosa will teach us how making small lifestyle changes can make a big difference over time. (CF)
15548 11/9  W 10-11:30 a.m. Online Sosa

How To Spot Skin Cancer
Kendra Windisch will teach us how to spot skin cancer. Skin cancer is the most common cancer in the United States. Being aware of how your skin looks and knowing how to spot changes is a great defense against skin cancer and melanoma. Our expert will provide the information you need to spot skin cancer and take action. (MC)
15231 11/9  W 10 a.m.-12 p.m. UC 311 Windisch

Foot and Ankle Care
This presentation will provide information regarding routine ankle and foot care. You will learn what podiatric care can offer you and your family. Join Dr. Laura Richards for this lecture. (KC)
15426 11/7  M 4-5 p.m. Online Richards

Managing Pain Naturally
Aches, pains, and inflammation can really slow us down. Join Tiffany Sosa as we learn how you can experience relief naturally without fear of side effects or addictions. (CF)
15549 11/16  W 10-11:30 a.m. Online Sosa

For more info, contact: Kathy Ivchenko 346.395.3215

Information for LSC-University Park ALL Members

New Location For Academy for Lifelong Learning
In-person and hybrid classes will be held in the new classroom (Nebula Center, Building 11, room 146). Not only is it a great new classroom space, but also provides opportunities to connect with new and continuing ALL members.

Appreciation to Volunteers!
Thank you to ALL volunteers, past, present, and future! Volunteers are the key to success of the ALL program. Please consider volunteering for the Lone Star College ALL program in the following ways:
• Recruiting volunteer instructors
• Encouraging new members to join the ALL program
• Assisting new members at our open house and/or during the semester
• Organizing field trips or “Meet You There” events
• Offering to assist ALL members and/or instructors with technology

If you would like to join the ALL program, become an instructor or volunteer, please email: Kathleen.Ivchenko@LoneStar.edu

For more info, contact: Kathy Ivchenko 346.395.3215

LONE STAR COLLEGE ACADEMY FOR LIFELONG LEARNING

COURSE OFFERINGS
Virtual Walking Tour: Preserving History
Jim Parsons, Program Director for Preservation Houston will take you on a virtual historical tour of Houston. This interactive program will enable participants to see, hear and ask questions just as they would be able to do on a live tour. (KC)

Geological History of Texas Parks
Join LSC-Tomball Geology Professor, Kristie Bradford, in a journey through time. Learn about 1.2 billion years of Texas history as told by rocks and sediment in parks all around Texas. Every rock and sedimentary deposit has a story to tell. Come learn what they say to geologists. (TC)

Film and War in the 20th Century
This course examines the role of films in their depiction of war as tools of propaganda, anti-war sentiments, and modes to process trauma. The course will explore the ways in which filmmakers have depicted modern warfare and how such depictions have shaped these wars in modern memory. Join Kristina Coen, Adjunct History Instructor at LSC-Tomball. (TC)

Highlights of Ancient Greece
We will revisit some of my most popular topics about ancient Greece. 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. Join Mike Adams, a former Adjunct Professor of History and Humanities at LSC-Kingwood. (KC)

The Cold War: A Global Perspective
The Cold War dominated world politics from the end of World War II (1945) until the collapse of the Soviet Union (1991). The Cold War involved, on one level, the geopolitical rivalry between the United States and the Soviet Union. The US and USSR never went to war, restrained by the nuclear threat, and the fear of mutually assured destruction. Join Clifton Fox, Professor of History, LSC-Tomball, in this analysis of the Cold War and its impact on the world. (TC)

American Battles: Monmouth 1778
Join LSC Professor Keith Altavilla’s presentation on American Battles: Monmouth, 1778. After capturing Philadelphia the previous year, British forces under new leadership began withdrawing to New York. Seeing an opportunity for a great victory, and a chance to test his army after the trial of Valley Forge, George Washington prepared a daring attack that would end with his leadership position even more secure. (CF)
Cultural History of Rome: Etruscans To Aurelius
Join Mike Adams in the discussion about the predecessors of the Romans, the Etruscans, move through Republican Rome and then look at the first 16 emperors of the Roman Empire. Etruscans: Structure and Society, Etruscans: Religion and Mythology, Roman Republic, Julio-Claudians (Augustus to Nero), Five Good Emperors (Nerva to Aurelius). (KC)

15560 11/1  T 3:30-6:30 p.m. UC 200 Cooper
independence will follow. (MC)
and a discussion and analysis of their part in obtaining contributions of these women will be the focus of the play This class will present The American Revolution as told 1776-1781: Our World Turned Upside Down

15346 10/28  F 12-3 p.m. Online Harris
Scientists, Scholars, and Soldiers: Germany At The Turn Of The 20th Century
In Part One of a two-part presentation, we will examine Jewish life in Germany at the turn of the 20th Century highlighting the many contributions of German Jewry. Tragically, with the rise of Adolf Hitler and the Nazi Party in 1932, over two-thousand years of Jewish life and culture in the German speaking lands came to an end. Our presenter, Paul Harris, is Chair and Professor in the department of Political Science at Auburn University. The class will be held at the LSC-Montgomery campus. (KC)

15454 10/21 F 12-3 p.m. Rm TBA Adams
The Politics of Reparation and Return: Jewish Immigration to Germany: 1990 to Present
Join our presenter, Paul Harris, in part two of a two-part presentation and examine the immigration of Russian speaking Jews from the former Soviet Union to Germany after the fall of the Berlin Wall and the collapse of communism in Europe. The immigration of Russian-speaking Jews from the former Soviet Union marked a major turning point in the post 1945 history of Jewish life in Germany and since their arrival they have altered and enriched Jewish communities in Germany, which saw major growth as a result but also faced significant challenges. (KC)

15455 10/28 F 1-3 p.m. Online Harris
Hidden Away: Leprosy Uncovered
Join Dr. Warner Bair, LSC-CyFair Division IV Dean & Biologist, and Dr. Sandra Harvey, LSC-CyFair History professor, as they explore this most feared disease through the eyes of those who resided in the Louisiana Lepers Home. Founded in 1894, on the banks of the Mississippi River, here is where the historical story begins, leprosy. A debilitating disease that struck fear in the hearts of those who heard the word. Today, we know leprosy, Hansen’s Disease, is not highly contagious as originally believed. (CF)

15346 11/1 T 1:30-3 p.m. HSC1 106 Bair/Harvey

1776-1781: Our World Turned Upside Down
This class will present The American Revolution as told through the viewpoints of several Founding Mothers in this historical play coordinated by Dixie Cooper. The contributions of these women will be the focus of the play and a discussion and analysis of their part in obtaining independence will follow. (MC)

15560 11/1 T 3:30-6:30 p.m. UC 200 Cooper
Who Won the U.S. Civil War?
Everyone knows who won on the battlefield, but it is less clear who won, or is still winning, the long-term political and moral war. Bryan Henry will provide a presentation of the arguments made in “How the South Won the Civil War” by historian Heather Cox Richardson. Q&A will follow to discuss the ongoing relevance of the Civil War to today’s politics. (UP)

15559 11/09 W 10-11:30 a.m. Bldg 11, Rm 146 Henry
15561 11/09 W 10-11:30 a.m. Online Henry

Operation Black Buck: The Falklands War
Forty years ago, during the “Falklands War” between Britain and Argentina, the Royal Air Force was instructed to mount a bombing raid on Port Stanley Airport’s runway to stop the Argentinians using it for their fighters. At a distance of almost 8000 miles, this was to be the longest-range bombing sortie ever attempted. What transpired was like something from Hollywood: a tale of ingenuity, skill and valor. Despite the USA being reluctant to be seen to be taking sides in the war, Margaret Thatcher used her relationship with Ronald Reagan to gain tacit support and with that the RAF went to work. Andrew Child will present the challenges faced by the men and women of the RAF and the results of their efforts. (MC)

15234 11/10 Th 10 a.m.-12 p.m. UC 310 Child

Spanish
This is a basic Spanish class. Stella Priest will help us talk to our Spanish speaking neighbors, order food, and ask directions in order to learn to feel comfortable speaking Spanish. Class meets second and fourth Thursdays. (NH)

15699 9/8-11/10 Th 1-2:30 p.m. CMED 207 Priest

Conversational English (ESL)
Come join this fun class with Alexandrina Barretto. Make new friends and improve your conversational skills. Learn how to greet others and introduce yourself. Learn how to ask questions, answer the phone and take messages, order delicious meals at a restaurant, and make appointments. Learn to speak English clearly, correctly and confidently. (MC)

15237 9/8-11/10 Th 4:5-6:30 p.m. UC 311 Barretto

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. Barbara will also delve deeper into the deaf culture. (MC)

15236 9/13-11/29 T 9-10 a.m. Online Gadsby

Speaking Spanish
Rules and suggestions for reading and speaking Spanish will be covered by the instructor, Jesus Murillo. This class is geared towards learning the rules and practicing speaking spanish. (TC)

15492 9/8 Th 10 a.m.-12 p.m. E 163 Murillo
Intermediate Conversational Spanish
Designed for members with basic skills. In each weekly class Donna Thacker will discuss a topic relevant to daily life with students. (MC)
15238  9/14-10/19  W  10 a.m.-12 p.m.  UC 310  Thacker
16100  9/14-10/19  W  10 a.m.-12 p.m.  Online  Thacker

Beginner Conversational Spanish
Let’s join LSC-CyFair Spanish Professor, Stephanie Krueger in this introduction to conversational Spanish. This class is ideal for those who are truly beginners and wish to start their language learning journey. (CF)
15550  9/27  T  1:30-3 p.m.  Online  Krueger

Communication Skills
Doug Hissong’s presentation on improving our interactions with others and having a positive impact on them. Includes self-esteem awareness, the power of expectations, how we make others feel and vice versa, criticism and confrontation, attitude and motivation, and being considerate and kind. (CF)
15140  10/11  T  10-11:30 a.m.  HSC1 106  Hissong

Interpersonal Skills
Doug Hissong 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 and interviews. (CF)
15347  10/18  T  10-11:30 a.m.  HSC1 106  Hissong

Blues in the Lone Star State
The Blues is an important part of our American Music history. This is certainly true when it comes to Texas Blues. Discover, with Sandra Scott from the Houston Blues Museum, the roots of Texas Blues and discuss its impact throughout Texas and beyond. Students will have an opportunity to discover, listen and experience why Texas and the Blues are a dynamic duo. (MC)
15240  9/29  Th  1-3 p.m.  UC 310  Scott

Theatrics for Seniors
Are you interested in learning about acting and theatre? Talking to others about Senior Life? The theater class provides an outlet for senior creativity! This class puts seniors in the “limelight” and helps them talk about senior life in a totally theatrical way. Join Terry Woods to experience readers theatre and script work, public speaking, monologues, working cooperatively in groups, sharing senior stories and ideas, and performance. (MC)
15241  10/11-11/17  Th  3:30-5:30 p.m.  UC 310  Woods

MOVIES, MUSIC, & THEATER
Meet you There: Playhouse 1960
Meet your ALL friends at Playhouse 1960 for excellent performances right in the neighborhood. Playhouse 1960 is located at 6814 Gant Rd, #116, Houston, 77066 (off Cutten Road, south of FM 1960). We will meet there by 7:30 for the 8 p.m. Opening Night show performance, and then attend an after-show reception. Instructions on purchasing tickets online, including discount code, will be sent to all registered students. More information can be found at www.ph1960.com. We will attend the following performances: Opening Night, 09/02; 10/21; 12/02. For questions and additional information contact Cash Shipman at Cash.T.Shipman@LoneStar.edu. Due to unforeseen circumstances, schedules may vary. (UP)
15565  9/02-12/02  F  8-10 p.m.  Offsite  Shipman

Dulcimer Beginner/Dulcimer Intermediate
Six weeks of beginning dulcimer lessons, followed by four weeks of intermediate dulcimer lessons. Learn to play tunes, strum, add chords, techniques, and light music theory in a friendly environment of players, helpers, and teachers from the Lone Star Strummers, including Doris Coleman. (MC)
15239  9/13-11/22  T  10 a.m.-12 p.m.  UC 311  Coleman

"Prior to COVID, getting together with others in face to face classes was a bonus, and even with online classes during COVID, the content of the classes has continued to be enjoyable!"
- Jim C.
U.S. History through Film: Westerns
In this course, instructor Matt Keyworth will explore the past century of U.S. history through the lens of a uniquely American film genre, the western. We will take a close look at older classics such as The Searchers, more recent classics like Unforgiven, and contemporary remakes of past gems, including True Grit. This examination of westerns will provide insight into Americans’ evolving understanding of who they are and their place in the world. (UP)

Called to Lead
What is your leadership trait? Have you ever felt the desire to lead a team or group? Join Regina Cochran in this four-week class to help you define what type of leader you are. You will also explore leadership theories and examine leadership assessment resources such as Clifton Strengths, Myers-Briggs Type Indicator (MBTI) and more. (HN)

The Wonderful World of Conspiracy Theories
What makes something a conspiracy theory? We all actually do believe in conspiracies, but what makes a “reasonable” conspiracy differ from those of the Alex Jones variety? Come find out! Vanessa Voss will lead this class. (UP)

Philosophy for Halloween
What makes a monster a monster? Why do some of us want to be scared by a movie? Vanessa Voss shares an overview of some basic questions and answers given within the field of philosophy of horror. (UP)

Fuss & Discuss
Join us in our ninth semester for a casual, civil conversation around topics from the past week, something in the news, politics, or whatever you may want to discuss. Open mindedness required for a fun, lively conversation. A diversity of opinions are welcomed and encouraged. Facilitated by ALL member Victor Ward. Class is held in person and online: 08/26, 09/02, 09/16, 09/30, 10/21, 11/04, 11/18, 12/02, 12/16. (UP)

Volunteering & Community Service
Muhammad Ali once said, “Service to others is the rent you pay for your room here on earth.” Community-based volunteering is a powerful way to express values and stimulate relationships. Join Kristina Ruiz-Healy to learn more about how to select a volunteer organization and how to get the most out of your volunteers. (HN)

**Current Events: Friday**
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)

**Current Events: Monday**
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)

Women’s Coffee Klatch
Join Wendy Harris, Cari Herbert, and ALL friends at the Women’s Coffee Klatch to discuss current events of the day, week, month, and year! *Location: TBA each month. (NH)

Flooding in Harris County
Harris County floods repeatedly. Discover the reasons for the repeated flooding and what you can do to defend yourself, your home, and your community. Join Paul Eschenfelder as he discusses the cause and cures for flooding (NH)

**Information for LSC-Tomball ALL Members**
LSC-Tomball Thanks You For Your Contribution To The Academy for Lifelong Learning Program
The adventure continues for instructors and members alike as we move forward into the new semester! 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.

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.

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

For more info, contact:
Randy Hall
281.401.1868
Men’s Coffee Chat
Bring your coffee and join Charles Jones for the interesting discussions on past and current events. Local, national, and global issues are on the table. (NH)
15710 9/28 W 10:45-11:45 a.m. CMED Jones
15711 10/26 W 10:45-11:45 a.m. CMED Jones
15712 11/16 W 10:45-11:45 a.m. CMED Jones

A Safe Place To Talk About Race
Going deeper with current issues and opportunities, you may be surprised to leave with renewed confidence in this most vital and challenging issue. Bring a friend to learn and grow together in this three-part series that breaks the Don’t Talk Rule and learn how to remain friends. There will be a short refresher on the basics of racism/culturalism. Explore a path and steps that reduce racism/culturalism, and prospects for ending racism. Each class includes time for open dialogue. The format is always interactive and goes in back of and beyond today’s headlines with research-based sources. This class will be facilitated by Sharon Davis and Rebecca Samie. (UP)
15571 10/13-10/27 Th 1-2:30 p.m. Bldg 11, Rm 146 Castro
15576 9/06-11/01 T 1:30-2:45 p.m. Online Castro

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. Our goal is to read books of different genres and share our views. Book selections are: The Reading List by Sara Nisha Adams, 9/6; Cloud Cuckoo Land, by Anthony Doerr, 10/4; The Maid, by Nita Prose, 11/1. (UP)
15576 9/06-11/01 T 1:30-2:45 p.m. Bldg 11, Rm 146 Castro
15575 9/06-11/01 T 1:30-2:45 p.m. Online Castro

OWLS Older Women’s Legacy Stories: Writing Circle
OWLS is a women’s writing class designated to help women recall and write stories from their lives. Writing prompts will be given to the women each week and while sharing is encouraged, it is not required. Join Gayla Cloud as she presents topics including everything from favorite family stories to the choices we made that shape our lives. (NH)
15713 9/7-9/28 W 10:30 a.m.-12 p.m. Rm TBA Cloud

Proposal Writing Basics 101
Join Gayla Rawlinson Maynard for this four-week session that will cover assessing an organization’s readiness to pursue grant funding; researching and analyzing funders; preparing the parts of a grant proposal; gathering required documents; and submitting the grant proposal. (KC)
15456 9/8-9/29 Th 1:30-3 p.m. Rm TBA Maynard

Community Leadership
Join Kristina Ruiz-Healy as she explores the skills and attitudes needed when contributing to the community and work towards solving complex social challenges. Learn how to develop a volunteer program by recruiting, training and retaining passionate participation. Explore the importance of networking, selecting, and nurturing community partners. (HN)
15388 11/3 Th 12-1 p.m. Online Ruiz-Healy

LSC-Atascocita Book Club
Join Mattie Sharp, facilitator, and enjoy reading and discussing online the following books: September, When Life Gives You Lululemons by Lauren Weisberger; October, Broken Open by Elizabeth Lesser. Enjoy great socialization and discussions. (KC)
15462 9/19 M 1:23 p.m. Online Sharp
15464 11/7 M 1:23 p.m. Online Sharp

LSC-Kingwood Book Club
The LSC-Kingwood Book Club meets on the third Tuesday of each month to discuss books of common interest. The following books will be discussed: September, The Rose Code by Kate Quinn; October, The Giver of Stars by Jojo Moyes; November, Ethan Frome by Edith Warton. John Ginstie is the group facilitator. (KC)
15459 9/20 T 1-3 p.m. Rm TBA Ginstie
15463 10/18 T 1-3 p.m. Rm TBA Ginstie
15465 11/15 T 1-3 p.m. Rm TBA Ginstie

LSC-North Harris Book Club
If you are a reader and you do not have anyone with whom to discuss your most recent book selection, you will not want to miss this class. Join ALL members in selecting, reading, and discussing books from many different genres. We meet monthly to discuss our most current read. September’s novel will be The Magnolia Palace by Friona Davis. The October and November books will be selected in the September meeting. Paula Mohr is the group facilitator. (NH)
15716 9/27 T 10:11-30 a.m. CMED 207 Mohr
15714 10/25 T 10:11-30 a.m. CMED 207 Mohr
15715 11/22 T 10:11-30 a.m. CMED 207 Mohr

Classic Hooks, Lines, and Sinkers
Every story has a beginning, middle, and end, but really great stories have memorable “hooks” that capture the reader’s imagination; plot “lines” that keep the reader turning the pages, and endings that “sink” the reader to the depths of human emotions. Join Chris Susany to explore the art and craft of writing classic hooks, lines, & sinkers. (MC)
15247 10/13 Th 10 a.m.-12 p.m. UC 311 Susany
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. The class instructor, Mike Kowis, wrote 14 Steps to Self-Publishing a Book. (UP)
15574 10/14  F 10 a.m.-12 p.m. Bldg 11, Rm 146 Kowis

Writing That Novel
Learn how to write a novel! Students will learn the tools necessary to write their own novel in the eight-week session. Instructed by a published author and professional ghostwriter, Sharon Holzscherer. (MC)
15246 10/20-12/15 Th 1-2 p.m. UC 306 Holzscherer

Author Talk: How to Sell Your Book
Writing a book is a big challenge, but selling it is much harder. Local author Mike Kowis will teach current and future authors practical ways to sell their book online and in person. Mike shares the tactics he used to sell his first 4,000 books. Mike wrote Smart Marketing for Indie Authors. (UP)
15573 11/11  F 10 a.m.-12 p.m. Bldg 11, Rm 146 Kowis

SAFETY

Self-Defense
Master R.C. 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: 9/2, 10/7, 11/4, and 12/2. (MC)
15250 9/2-12/2 F 2-4 p.m. UC 301A Jones

The Emergency Game
Join Gayle Fisher 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)
15526 9/19 M 10 a.m.-12 p.m. Online Fisher

Don’t Be Scammed
Join Monty Patch, AARP Trainer, and learn about senior fraud. Learn how to avoid various scams and robocalls, how to use prevention strategies, and cyber security protection tips. Get details on spotting malicious software. Learn to identify online theft and ways to protect yourself. (NH)
15702 9/27  T 12:30-2 p.m. CMED Patch
15701 9/27  T 12:30-2 p.m. Online Patch

“Having our Academy for Lifelong Learning book club group continuing to meet online has allowed us to stay connected during these unusual times. It has been great!”
- Linda F.

Being Prepared Isn’t Just for Boy Scouts
Come 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)
15487 10/25 T 9-11 a.m. E 163 Kelley

SCIENCE & NATURE

Water: Simply Indispensable
In Texas, access to water has always determined where people lived and if they survived. Today, massive engineering projects are underway to provide water for future generations. Mr. Al Rendl discusses these efforts and the impact they will have on the rising cost of water. (UP)
15578 9/15 Th 10 a.m.-12 p.m. Bldg. 11, Rm 146 Rendl

Geology of Birthstones
Join LSC-CyFair Professor Nathalie Brandes’ presentation on the history of the twelve birthstones and the geological processes that created them. (CF)
15138 9/22 Th 1:30-3 p.m. HSC 106 Brandes
15723 9/22 Th 1:30-3 p.m. Online Brandes

From the Shore to Your Door
More than any other single innovation, the shipping container, epitomizes the enormity, sophistication, and importance of the modern transportation system. The container’s efficiency has proven to be an irresistible economic force. Last year, the world’s container ports moved 560 million twenty-foot containers; nearly 1.5 billion tons of cargo altogether. Join Captain Mike Jacobs and discover how a simple steel box has completely revolutionized the global shipping industry. (CF, MC)
15348 10/4-10/6 T, Th 10-11:30 a.m. HSC 106 Jacobs
15252 10/18-10/20 T, Th 10 a.m.-12 p.m. MC UC 307 Jacobs

Seal Rescue Ireland: Saving Seals in Irish Waters
Join Rennie Dover in Saving Seals in Irish Waters. Day 1: Introduction to the seals in the waters around Ireland. We will discuss the different varieties of seals, seal physiology, seal habitats and feeding preferences. We will talk about the ecological impact and threats on seals. Day 2: Rennie will host a live Zoom presentation from Ireland with the Seal Rescue Ireland (SRI). We will go on a virtual tour of the SRI facility to meet the seals and understand the rehabilitation process. Learn about seal ecology and the threats facing seals in the marine environment. (CF)
15351 10/5-10/12 W 10-11:30 a.m. HSC 106 Dover
15724 10/5-10/12 W 10-11:30 a.m. Online Dover
The Ship Channel & Port of Houston
The Port of Houston is a 55 mile long complex of diversified public and private facilities. Learn how cozy the channel can feel and how pilots navigate it. Each year, the Houston Ship Channel transports over 200 million tons of product. Michael Morris is a 1975 graduate of the United States Merchant Marine Academy who sailed with Exxon for over 20 years. He will be presenting fascinating facts, interesting stories, and show amazing videos during this class. (UP)
15577 10/05  W 10 a.m.-12 p.m. Bldg 11, Rm 146 Morris

Plastic Pollution
Rennie Dover presents plastic pollution. We will discuss plastic pollution and its effects on land and in the marine environment. (CF)
15352 10/19  W 10-11:30 a.m. HSC1 106 Dover
15726 10/19  W 10-11:30 a.m. Online Dover

Energy for You
Doug Hissong presents everything you want to know about recent and future developments in this essential industry and how it affects you. Includes the various sources of energy, such as oil, gas, coal, nuclear, solar, wind, and hydroelectric, plus possible future sources, such as biomass and oil shale. Includes the various uses for energy, such as transportation, residential, and commercial, and how changing the form of energy affects the overall efficiency. (CF)
15353 11/8  T 10-11:30 a.m. HSC1 106 Hissong
15727 11/8  T 10-11:30 a.m. Online Hissong

The Hawaiian Islands: A Science Story
Join Dr. Matthew Dempsey LSC-CyFair Biology Adjunct to tour the islands and sample some of the science of Hawaii. The Hawaiian Islands are known for their majestic waterfalls, pristine beaches, and picturesque sunsets. What you may not be aware of is Hawaii is one of the most engaging places on the planet to study science. So many people visit the islands yearly and are never aware of the struggle for life and the rare lifeforms that can be found among its vast diversity of habitats. Some even consider Hawaii to be one of the extinction epicenters of the planet. We will sample some of the science behind three Hawaiian Islands and touch briefly upon the topics of adaptation, extinction, evolutionary agents, conservation, and endemism. Alohal (CF)
15354 11/11  F 1:30-3 p.m. HSC1 106 Dempsey
15732 11/11  F 1:30-3 p.m. Online Dempsey

Intro to Birding
A classroom presentation introducing you to the wonderful world of bird watching. Krien VerBerkmoes, avid birder, will discuss equipment, bird identification, birds to see, how to attract them and local birding spots. (MC)
15253 11/16  W 10 a.m.-12 p.m. UC 310 VerBerkmoes

Advanced Birding
A presentation on advanced birding identification skills, specific birds and species, migrations and the use of technology to enhance your birding experience by Krien VerBerkmoes. (MC)
15257 11/30  W 10 a.m.-12 p.m. UC 310 VerBerkmoes

Bird Walk
Krien VerBerkmoes, avid birder, will lead us on a field trip to a birding location in the North Harris County or South Montgomery County area to use the skills that were discussed in the classroom. (MC)
15258 12/2  F 8:30-10:30 a.m. Offsite VerBerkmoes

Medicare 101 Basics
Original Medicare can be a bit confusing if you don’t understand how it works. Join Astou Star Mbacke, Medical Advisor, with important information for those new to Medicare who would like clarity to have a better understanding of Medicare Parts A, B, C, and D. Learn the enrollment dates, penalties and fees associated with original Medicare. (CF)
15135 9/6  T 10-11:30 a.m. HSC1 106 Mbacke
15733 9/6  T 10-11:30 a.m. Online Mbacke

Alzheimer’s and Risk Reduction
Learn about Alzheimer’s, how to have honest and caring conversations about common concerns such as driving, and how to make lifestyle choices that may help you keep your brain and body healthy as you age. This class will be led by Susan Reed. (UP)
15586 09/07-09/21 W 10-11 a.m. Bldg. 11/Room 146 Reed
15583 09/07-09/21 W 10-11 a.m. Online Reed

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, lsccyfairall.blogspot.com.

FOR MORE INFO, CONTACT:
CYNDI SEEBERGER
281.290.3957

LoneStar.edu/ALL
Medicare Advantage vs Medicare Supplement Plan
Astou Star Mbacke, Medical Advisor, will present information about the differences between these policies. Unfortunately, many don’t understand how Medicare Part C/Medigap works. Did you know that some (not all) Medicare Advantage programs also include Part D (prescription plans) and there are no Medicare Supplement plans that include Part D prescription plans? During this class, you’ll learn the difference between Medicare Advantage and Medicare Supplement and which plan is most beneficial to you. (CF)

15556 9/8  Th 10-11:30 a.m. HSC1 106 Mbacke
15734 9/8  Th 10-11:30 a.m. Online Mbacke

All Things Senior Living
Have you ever had a question about senior living issues and didn’t know who to ask? Well, now is your opportunity. Join us for a high-minded and spirited conversation about various aspects of life after retirement. Attorney Diane Flicker will have a variety of experts on hand from a wide array of disciplines and look forward to your questions during this interactive event. (MC)

15267 9/8  Th 10 a.m.-12 p.m. Online Flicker

How To Protect Your Medicare Dollars
Today, in Texas, hundreds of elderly Texans are receiving harassing phone calls and 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)

15497 9/13  T 10 a.m.-12 p.m. E 163 Call

Prevent Medicare Fraud and Abuse
Often, senior citizens are persuaded to give up their personal information with an offer of something they might need, like transportation to a kidney dialysis appointment or to receive a scooter. The fraud is perpetrated in several ways. Crooks steal people’s Medicare numbers and submit bogus charges, or unscrupulous doctors provide that information to scammers or bill fraudulently themselves. Some Medicare recipients even sell their numbers for a few extra bucks to criminals, who then pose as legitimate providers of services or equipment. Learn how to help prevent this healthcare fraud and abuse from Amanda Krippel, Harris County Family & Community Health Agent, Texas A&M AgriLife Extension Service. (TC)

15616 9/13  T 2:15-4:15 p.m. Online Krippel

Powerful Tools For Caregivers (PTC)
This class is designed to provide family caregivers with the skills they need to take care of themselves. Six class sessions held once a week are led by a certified, experienced class leader. Originally developed to reach caregivers of adults with chronic conditions, PTC has expanded the program to include classes for parents of children with special needs. The class will be taught by Sonja Davis, Harris County Family & Community Health Agent, Texas A&M AgriLife Extension Service. (TC)

15606 9/15-10/20 Th 9-10 a.m. Online Davis

Hidden Benefits of ALL Membership
Kick off your semester with the benefits of the Academy for Lifelong Learning membership: free Microsoft Office 365 software and cloud space, discounts, and freebies you can get with your LSC student card and/or student email which is yours as an ALL member. Plus, access to various campus gyms, wonderful plays, concerts, exhibitions and more to entertain and educate. Angie Carns shares her knowledge of all things ALL. (MC)

15268 9/15  Th 1-3 p.m. UC 307 Carns
15270 9/15  Th 1-3 p.m. Online Carns

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.
<table>
<thead>
<tr>
<th>Course Title</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor/Class</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Medicare Workshop: Basics</strong></td>
<td>9/22</td>
<td>3-5 p.m.</td>
<td>UC 310</td>
<td>Wheeler</td>
<td>(MC) UC 310 Wheeler</td>
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<tr>
<td><strong>AARP Benefits For Seniors</strong></td>
<td>9/20</td>
<td>10-11:30 a.m.</td>
<td>CMED</td>
<td>Patch</td>
<td>(NH)</td>
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<tr>
<td><strong>Empowering Women In Retirement: Successful Strategies</strong></td>
<td>9/26</td>
<td>1:30-3 p.m.</td>
<td>E 164 Nader</td>
<td>Ward</td>
<td>(UP)</td>
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<tr>
<td><strong>Medicare Workshop: Prescription Drug Plan (PDP)</strong></td>
<td>9/27</td>
<td>11 a.m.-12:30 p.m.</td>
<td>E 164 Nader</td>
<td>Ward</td>
<td>(UP)</td>
</tr>
<tr>
<td><strong>Road Scholars Program</strong></td>
<td>9/26</td>
<td>1:30-3 p.m.</td>
<td>Online</td>
<td>Monroe</td>
<td>(MC) UC 310 Wheeler</td>
</tr>
<tr>
<td><strong>Getting More Informed About Medicare</strong></td>
<td>9/22</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Online</td>
<td>Flicker</td>
<td>(MC) UC 310 Wheeler</td>
</tr>
<tr>
<td><strong>Hearing Loss and You</strong></td>
<td>10/04</td>
<td>10 a.m.-12 p.m.</td>
<td>Online</td>
<td>Werner</td>
<td>(MC) UC 310 Wheeler</td>
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<tr>
<td><strong>Medicare Workshop: Supplemental Coverage</strong></td>
<td>9/29</td>
<td>10-11:30 a.m.</td>
<td>E 164 Nader</td>
<td>Ward</td>
<td>(UP)</td>
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<tr>
<td><strong>Simplify Your Life</strong></td>
<td>10/04-10/13</td>
<td>10:15-11:15 a.m.</td>
<td>E 163 Johnston</td>
<td>(TC)</td>
<td>(TC)</td>
</tr>
<tr>
<td><strong>Understanding Social Security</strong></td>
<td>10/05</td>
<td>10-11:30 a.m.</td>
<td>HSC1 112 Villalobos</td>
<td>(CF)</td>
<td>(CF)</td>
</tr>
<tr>
<td><strong>Estate Liquidation</strong></td>
<td>10/13</td>
<td>10-11:30 a.m.</td>
<td>Online</td>
<td>Flicker</td>
<td>(MC) UC 310 Wheeler</td>
</tr>
</tbody>
</table>
Hearing Loss and You: Deciphering The Audiogram
In this course, Jessica Nader will teach students how to read and interpret the audiogram. It covers severity, scope and nature of hearing loss and when hearing aids would and would not be indicated. We will discuss the different types of hearing instruments and the pros and cons of each along with facts to help students identify their needs against marketing strategies that often target seniors specifically. (KC)
15472 10/13 Th 2-3:30 p.m. Rm TBA Nader

Downsizing
If you are moving to smaller quarters, are tired of cleaning an empty house or just have too much stuff, you need to consider downsizing. It takes at least one year to manage the event. Locating new homes for your treasures and trash your junk requires daily attention. Maria Ward will discuss all the areas in a home and garage and ways to keep only what you want and need. Once you start eliminating excess, you will feel more free. (UP)
15582 10/17 M 1-3 p.m. Online Ward

Choosing the Right Medicare Plan for You!
There are so many Medicare Advantage plans, how can we determine which to choose? Get some insight from Jesse Lorilla, Medicare agent. (MC)
15276 10/26-12/14 W 1-2 p.m. UC 310 Lorilla
15278 10/26-12/14 W 1-2 p.m. Online Lorilla

Aging Brain
As we talk with people about their fears and concerns, one issue that seems to be top of mind relates to our brain as we get older. People often express fearfulness about getting dementia, specifically Alzheimer’s. Learn from attorney Diane Flicker about the positive steps that have been shown to improve brain health and lessen the likelihood of cognitive impairment that accompanies aging. (MC)
15286 11/17 Th 10 a.m.-12 p.m. Online Flicker

TRAVEL & CULTURE

The Basics of Aircraft
Join Jim Gummelt to learn how an aircraft functions and insights to airline culture. Learn what those bumps and squeaks heard during air travel really are. Students will learn the general mechanics of aircraft, theory of flight, and other fascinating facts about aviation. (UP, KC)
15580 9/7, 9/21 W 1-2 p.m. (UP) Bldg 11, Rm 146 Gummelt
15466 9/14 W 2-3:30 p.m. (KC) Rm TBA Gummelt

St. Martha Catholic Church Tour
Join Betty Newton for a tour of the St Martha Catholic Church. Members will meet at the church on 4301 Woodridge Parkway, Porter, Texas, 77365. Those who register will receive a phone call from the coordinator for further details. (KC)
15783 9/13 T 10-11 a.m. Offsite Newton

Cuba: Donde Esta Manana
Join Paul Eschenfelder and learn what’s going on in Cuba today, why is it such a desirable holiday destination, and what will you experience when you visit there. (NH)
15695 9/28 W 2-3:30 p.m. Online Eschenfelder

On-site course information and registration
Thursday, August 18
11 a.m.-1 p.m.
LSC-CyFair
Conference Center, CENT 151-153
9191 Barker Cypress Road
Cypress, TX 77433

For more information, call
281.290.3460
LoneStar.edu/ALL
**Meet You There: Pearl Fincher Museum of Fine Arts**

Meet your ALL friends at the Pearl Fincher Museum of Fine Arts for an art and cultural experience! The Pearl Fincher Museum of Fine Arts is located at 6815 Cypresswood Dr. in Spring, 77379 (right behind the Barbara Bush Branch Library). We will meet for Coffee and Art Talk, where you can enjoy fresh pastries and morning refreshments before taking a docent guided tour of the Fall 2022 Exhibition series. Tours usually run for approximately one hour. More information about the upcoming art exhibitions can be found at PearlMFA.org. Due to unforeseen circumstances, schedule may vary. (UP)

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Time</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>16078</td>
<td>10/20</td>
<td>Th 9:30-10:30 a.m.</td>
<td>Offsite Armstrong</td>
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<tr>
<td>16079</td>
<td>11/10</td>
<td>Th 2-3 p.m.</td>
<td>Offsite Armstrong</td>
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</tbody>
</table>

**Let’s Take a Vacation**

Travel advisors Roy and Linda Lazenby will discuss land and cruise travel. They will be focusing on different cruise lines sailing out of Galveston during the late fall and early winter. Come and hear the latest! (TC)

<table>
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<th>Location</th>
<th>Instructor</th>
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<tr>
<td>15500</td>
<td>11/4</td>
<td>F 10 a.m.-12 p.m.</td>
<td>E 100 Lazenby</td>
<td></td>
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**Iceland: Home of Fire, Ice, Free Men and Empowered Women**

Iceland is vikings and volcanoes, geysers and glaciers, free men & empowered women. Join Paul Eschenfelder for a discussion of how this all came about. (KC)

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<tr>
<th>Course Code</th>
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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>15467</td>
<td>10/5</td>
<td>W</td>
<td>12:1-30 p.m.</td>
<td>Online</td>
<td>Eschenfelder</td>
</tr>
</tbody>
</table>

**Arbor Terrace at Kingwood Town Center Tour**

Arbor Terrace is an independent living community. Join Betty Newton for a tour of the facility. The tour will take no more than an hour and afterwards the facility has invited everyone for a complimentary luncheon. Members will meet at the facility on 2807 Kings Crossing Drive, Kingwood, TX 77345. Those who register will receive a phone call from the coordinator for further details. (KC)

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<tr>
<th>Course Code</th>
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<th>Instructor</th>
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<tr>
<td>15784</td>
<td>10/11</td>
<td>T</td>
<td>11 a.m.-1 p.m.</td>
<td>Offsite</td>
<td>Newton</td>
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</table>

**Natural Beauty and Uniqueness Of Nepal**

Nepal is adorned with pristine scenic natural beauty and is home to eight of the ten highest mountain peaks of the world, including Mount Everest. This unique land of ethnic diversity is the birthplace of Lord Buddha and is known for its intricate indigenous arts, architecture, and sculptures. The Himalaya, the highest mountain range on earth, created due to the collision of the Indian plate and the Eurasian plate, is still rising, making it prone to powerful earthquakes. The class instructor is Rajendra Shrestha, Ph.D. (UP)

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<tr>
<th>Course Code</th>
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<th>Location</th>
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<tbody>
<tr>
<td>15587</td>
<td>10/20</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Online</td>
<td>Shrestha</td>
</tr>
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**Lone Star College-North Harris Appreciates Our ALL Volunteers!**

On behalf of the ALL Team, please accept our sincere appreciation and a big “Thank You” to ALL of the volunteers for the Academy of Lifelong Learning! The Academy for Lifelong Learning (ALL) at LSC-North Harris is very grateful for the wonderful instructors and volunteers that support our ALL 50+ Community!

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

If you are interested in sharing your time, talent, hobby or profession with the ALL membership, please consider volunteering to serve on a committee or to teach a class. Volunteering with ALL not only enriches the lives of seniors, but also provides personal growth and development for our volunteers!

**Ways to Volunteer for ALL**

- Serving as a committee chair or on a committee
- Recruiting volunteer instructors
- Recruiting new ALL members
- Submitting new ideas for future classes

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**Information for LSC-North Harris ALL Members**

For more info, contact:

**Kathy Bakat**
281.312.1750

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**For more information, call**
281.312.1660
If you have any questions or comments, please call your campus ALL Program Coordinator:
Phone: 832.519.2900
(8 a.m.-6 p.m. M-F)

WORLD RELIGION & SPIRITUALITY

Learn to Read the Bible Effectively
If you find reading the Bible difficult at times. This course is for you! Join Sandra Scott in this exciting course specifically designed for anyone wishing to improve their Bible reading skills and comprehension, and in developing a sound understanding of its central theme. (MC)
15259 9/13-11/1 T 10 a.m.-12 p.m. UC 307 Scott

Individual Wellbeing: a Buddhist Perspective
Early Buddhist scriptures offer a profound and complete discussion about individual wellbeing and guide a person towards achieving that objective. This course will focus on what early Buddhism means by individual wellbeing and elaborates on its recommended guidelines. Join Basnagoda Rahula, Professor of English at Lone Star College-Montgomery. (TC)
15488 9/21-9/28 W 1-3 p.m. Online Rahula

World Religions: An Overview
David Dewhurst, ordained minister, 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 times. We will also look at some of the lesser-known religions of the world. (MC)
15261 10/5-11/2 W 3-5 p.m. UC 310 Dewhurst
15262 10/5-11/2 W 3-5 p.m. Online Dewhurst

The Beginning of the Bahai Faith: The Three Central Figures
How did the World Religion Begin? Who was the Prophet/Founder? What revelations did Bahá’u’lláh bring to unify the world? Who was appointed to lead the Bahá’ís into the 20th Century? Who is Abdu’l-Bahá, the Mystery of God? Rebecca Samie and Sharon Davis are leading this class. (UP)
15590 10/19 W 1-3 p.m. Bldg 11, Rm 146 Samie/Davis
15588 10/19 W 1-3 p.m. Online Samie/Davis

A Jewish Guide to Getting Older
Learn from Rabbi Goldberg new tools from ancient wisdom for making the second part of your life all you would like it to be. Find out about getting organized, letting go, giving back, and loving life. (MC)
15264 10/25-11/22 T 10-11 a.m. UC 310 Goldberg
15265 10/25-11/22 T 10-11 a.m. Online Goldberg

Fountainview at Lake Houston Tour
Fountainview at Lake Houston is an independent living, assisted living, and memory care community. The tour will take no more than an hour and afterwards the facility has invited everyone for a complimentary luncheon. Members will meet with Betty Newton at the facility on 17990 W. Lake Houston Parkway, Atascocita, Texas 77346. Those who register will receive a phone call from the coordinator for further details. (KC)
15785 11/8 T 10:30 a.m.-12:30 p.m. Offsite Newton

“Both my wife and I have been members of the LSC-CyFair ALL program for a long time. The program has provided us with the opportunity to hear interesting presentations on many different topics, and to go on bus trips to nearby interesting sites. A benefit of ALL is the new people that you meet over time and develop friendships with!”
- Lou & Sue M.
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
Administration & Performing Arts Building (APA), Suite 111
CE: 281.312.1660
CE Hours: 8 a.m.-6 p.m. (M-Th)
8 a.m.-5 p.m. (F)

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  77073-3405
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)

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)

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
Administration & Performing Arts Building (APA), Suite 111
CE: 281.312.1660
CE Hours: 8 a.m.-6 p.m. (M-Th)
8 a.m.-5 p.m. (F)

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  77073-3405
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
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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)

IMPORTANT CONTACT NUMBERS
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 832.813.6500
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 at 832.519.2900.

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>
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<tbody>
<tr>
<td>LSC-CF</td>
<td>Cyndi Seeberger</td>
<td>832.482.1067</td>
<td><a href="mailto:Cynthia.Seeberger@LoneStar.edu">Cynthia.Seeberger@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.810.5604</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>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-TC</td>
<td>Randy Hall</td>
<td>281.401.1868</td>
<td><a href="mailto:Randy.L.Hall@LoneStar.edu">Randy.L.Hall@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-UP</td>
<td>Kathy Ivchenko</td>
<td>346.395.3215</td>
<td><a href="mailto:Kathleen.Ivchenko@LoneStar.edu">Kathleen.Ivchenko@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, Please print) ____________________________ *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.

Payment is due at the time of registration.

1. Pay online via my.LoneStar.edu

2. Pay on-campus. Visit your nearest Continuing Education office or go to the business office window with payment. Credit/Debit Card payments will not be accepted by telephone.

3. Pay by mail. 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

For more information, contact Kathy Bakat at 281.312.1756 or Kathleen.Bakat@LoneStar.edu

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 ________________
# Academy for Lifelong Learning (ALL)
## Class Registration Form

*** PLEASE PRINT CLEARLY ***

Date: ____________  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)

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

Registered by: __________________________

Date: __________________________
ALL FALL 2022 OPEN HOUSES

**Monday, August 15, 11 a.m.-1 p.m.**
LSC-Houston North
4141 Victory Drive, Houston, TX 77088
For more information, call 281.810.5604

**Tuesday, August 16, 11 a.m.-1 p.m.**
LSC-University Park
Nebula Center, Building 11, Room 146
11521 Compaq Center West Drive, Houston, TX 77070
For more information, call 346.395.3215

**Wednesday, August 17, 1-3 p.m.**
LSC-Montgomery
Building B-Atrium
323 College Park Drive, The Woodlands, TX 77384
For more information, call 936.273.7446

**Thursday, August 18, 11 a.m.-1 p.m.**
LSC-CyFair
Conference Center, CENT 151-153
9191 Barker Cypress Road, Cypress, TX 77433
For more information, call 281.290.3460

**Thursday, August 18, 11 a.m.-1 p.m.**
LSC-Tomball
Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375
For more information, call 281.357.3676

**Friday, August 19, 1-3 p.m.**
LSC-Kingwood
Administration & Performing Arts (APA) Center Atrium
20000 Kingwood Drive
Kingwood, TX 77339
For more information, call 281.312.1660

**Tuesday, August 23, 11 a.m.-1 p.m.**
LSC-North Harris
Community Education Building (CMED 101)
2700 W.W. Thorne Drive, Houston, TX 77073
For more information, call 281.618.5602

For more information, contact the Lone Star College nearest you.

LoneStar.edu/ALL