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

CLASSES AVAILABLE IN-PERSON & ONLINE

Spring 2022 Course Schedule
LoneStar.edu/ALL

LSC-CyFair • LSC-Houston North • LSC-Kingwood • LSC-Montgomery • LSC-North Harris • LSC-Tomball • LSC-University Park
Academy for Lifelong Learning
A learning community for adults 50+

Lone Star College
Lone Star College offers high-quality, low-cost academic transfer and career training education to 93,000+ 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 with an annual economic impact of nearly $3 billion. Lone Star College consists of seven colleges, seven centers, eight Workforce Centers of Excellence, Lone Star Corporate College and LSC-Online. To learn more, visit LoneStar.edu.

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

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

As a member, you can help decide what is offered, volunteer to teach a course, or help arrange online events.

ALL Member Benefits (benefits may vary by campus):
- Free or low-cost lectures, workshops and seminars
- Advance notice of art shows with artist receptions
- Discount pricing on plays, concerts and musicals
- Volunteer instructor opportunities
- Access to college libraries
- Campus photo ID cards

Activities are designed with the busy schedules of seniors in mind. Most classes are one to two hours in length. Some may have multiple class sessions over several weeks. Day trips, if held, will vary based on the most recent COVID-19 procedures. Instructors are knowledgeable and approachable.
ALL Membership

Enjoy the membership benefits at all Lone Star College campuses and onsite 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, pg. 65 at LoneStar.edu/Student and LoneStar.edu/Email.

Computer System Availability
Lone Star College recognizes the value technology adds to teaching and learning and has built a robust and stable infrastructure to support it. 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 Gregerson
Sr. Associate Vice Chancellor
Office of Governance, Accountability, and Compliance
Division of Legal and Regulatory Affairs
832.813.6835

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

Karen Miner
Executive Director, Title IX Coordinator
Compliance Education and Training
832.813.6614
Title IX Notice of Rights to Complainants

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

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

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

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

Facsimile transmissions of the forms are not accepted.

Policy & Procedures: LoneStar.edu/Policy
Disability Services: LoneStar.edu/Disability-Services
Campus Carry
The Texas Legislature enacted campus carry by passing Senate Bill 11, effective at LSC on August 1, 2017. Senate Bill 11, known as the Campus Carry law, amends the Texas Government Code and Texas Penal Code to allow license holders to carry concealed handguns on college campuses. To carry a concealed handgun on LSC campuses, an individual must have a valid License to Carry issued by the Texas Department of Public Safety. 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, pg. 61 at LoneStar.edu/Students and LoneStar.edu/13127.

Check Out Our Website!
LoneStar.edu/All

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

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 students enrolled in an applicable class or participating in a special College program. For complete information, please reference College Board Policy 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 Spring 2022 Open House dates and information, go to: LoneStar.edu/ALL

Lone Star College campuses will be closed on:
MLK Holiday ........................................ January 17
Spring Break ....................................... March 14-20
Spring Holiday ..................................... April 15
Memorial Day Holiday ................................ May 28-30
Independence Day Holiday .................... July 2-4

ALL Contact Phone Numbers
LSC-CyFair........................................... 281.290.3460
LSC-Houston North ............................ 281.618.5602
LSC-Kingwood .................................... 281.312.1750
LSC-Montgomery .............................. 936.273.7259
LSC-North Harris ............................... 281.618.5602
LSC-Tomball ...................................... 281.357.3676
LSC-University Park ........................... 281.290.2601
# 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](http://my.LoneStar.edu) email as their login username.

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

2. Enter your [my.LoneStar.edu](http://my.LoneStar.edu) email and Password at [myLoneStar](http://myLoneStar).

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### Registration Help

- [Enable Screen Reader Mode]
- [Get Email Address or Reset Password]
- To report login issues, contact the OTS Service Desk or call 832.813.6600

**Locked Out? Phone OTS Service Desk**

**Get Email Address or Reset Password**

**New College Email is your Username**
Academy for Lifelong Learning
Registration Information

1. Log into myLoneStar using your Lone Star College email and password. Select the Student Tile.

2. From the Student Homepage, click on the Manage Classes tile.

3. From Select a Value click current enrollment Term.

4. From the left pane select Class Search and Enroll.

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

9. Step 2 of 3 Enroll or Add to Cart
   Option to click Previous or Next

10. Step 3 of 3: Review and Submit

11. CONFIRMATION

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 - see Weekly Update Flyer posted on the ALL website.
- 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

Join meeting

More ways to join:

Join from the meeting link
https://example.webex.com/example/eg.php?MTID=m475eadb9eb9ebc48f669

Join by meeting number
Meeting number (access code): 555 345 231
Meeting password: aQ34jkC (55512345 from phones and video systems)

Step TWO

Click Open Webex if you're prompted to do so, otherwise click Launch Meeting.

Click Open Webex on the prompt. mpt doesn't appear, click Launch Meeting

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.

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=m475eadb9eb9ebc48f669

Join by meeting number
Meeting number (access code): 555 345 231
Meeting password: aQ34jkC (55512345 from phones and video systems)

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 SEVEN

Click Unmute if you want to say hi to everyone when you join.

Step EIGHT

Click Start video if you want to be seen when you join. To connect to a compatible video device, click Use video system.

Step NINE

Click Join Meeting.
## LSC Academy for Lifelong Learning

### Class List by Date

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

<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>14944</td>
<td>LSC-CF TBA</td>
<td>1/6-5/26</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Texas 42 Dominos</td>
<td></td>
</tr>
<tr>
<td>14988</td>
<td>LSC-MC ONLINE</td>
<td>1/10-8/29</td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Current Events</td>
<td></td>
</tr>
<tr>
<td>15009</td>
<td>LSC-TC E 177</td>
<td>1/10-5/16</td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Trivial Pursuit</td>
<td></td>
</tr>
<tr>
<td>15440</td>
<td>LSC-MC ONLINE</td>
<td>1/11-5/30</td>
<td>T</td>
<td>9-10 a.m.</td>
<td>Sign Language</td>
<td></td>
</tr>
<tr>
<td>15380</td>
<td>LSC-HN ONLINE</td>
<td>1/12</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Beginner Astrology</td>
<td></td>
</tr>
<tr>
<td>14844</td>
<td>LSC-MC UC 310</td>
<td>1/12</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Civil War Red River Campaign</td>
<td></td>
</tr>
<tr>
<td>14902</td>
<td>LSC-CF HSC1 106</td>
<td>1/12</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Good Time to Invest</td>
<td></td>
</tr>
<tr>
<td>14827</td>
<td>LSC-MC UC 310</td>
<td>1/12</td>
<td>W</td>
<td>3-5 p.m.</td>
<td>Heart Health</td>
<td></td>
</tr>
<tr>
<td>15437</td>
<td>LSC-MC ONLINE</td>
<td>1/12</td>
<td>W</td>
<td>3-5 p.m.</td>
<td>Heart Health</td>
<td></td>
</tr>
<tr>
<td>14813</td>
<td>LSC-MC UC 301A</td>
<td>1/12-8/31</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Bridge Club</td>
<td></td>
</tr>
<tr>
<td>14738</td>
<td>LSC-MC UC 311</td>
<td>1/13-8/18</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Intermediate Knitting</td>
<td></td>
</tr>
<tr>
<td>14737</td>
<td>LSC-MC UC 311</td>
<td>1/13-8/25</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Beginning Knitting</td>
<td></td>
</tr>
<tr>
<td>15386</td>
<td>LSC-MC UC 307</td>
<td>1/13</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Computer Orientation</td>
<td></td>
</tr>
<tr>
<td>15337</td>
<td>LSC-MC ONLINE</td>
<td>1/13</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Computer Orientation</td>
<td></td>
</tr>
<tr>
<td>14845</td>
<td>LSC-UP ONLINE</td>
<td>1/19</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Hidden Benefits of ALL Members</td>
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<td>15390</td>
<td>LSC-MC ONLINE</td>
<td>1/19</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>ALL Benefits</td>
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<td>15083</td>
<td>LSC-HN ONLINE</td>
<td>1/19</td>
<td>W</td>
<td>10-11:30 a.m.</td>
<td>Home Health and In-Home Care</td>
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<tr>
<td>15441</td>
<td>LSC-MC UC 310</td>
<td>1/19-3/2</td>
<td>W</td>
<td>3:45-5:45 p.m.</td>
<td>Second Act</td>
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<tr>
<td>15097</td>
<td>LSC-KC TBA</td>
<td>1/19-2/9</td>
<td>W</td>
<td>2-30-4 p.m.</td>
<td>DASH-ing to a Healthier You</td>
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<tr>
<td>15695</td>
<td>LSC-KC ONLINE</td>
<td>1/19-2/9</td>
<td>W</td>
<td>2-30-4 p.m.</td>
<td>TBA. DASH-ing to a Healthier You</td>
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<td>15100</td>
<td>LSC-KC TBA</td>
<td>1/20-2/3</td>
<td>Th</td>
<td>1-2:30 p.m.</td>
<td>Coping to Control</td>
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<td>15697</td>
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<td>1/20-2/3</td>
<td>Th</td>
<td>1-2:30 p.m.</td>
<td>Coping to Control</td>
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<td>14721</td>
<td>LSC-UP UP11 146</td>
<td>1/20</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Teaching ESL to New Immigrants</td>
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<tr>
<td>15177</td>
<td>LSC-KC ONLINE</td>
<td>1/21-3/25</td>
<td>F</td>
<td>1-3 p.m.</td>
<td>Five Favorite Animated Films</td>
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<td>15123</td>
<td>LSC-KC ONLINE</td>
<td>1/21-1/28</td>
<td>F</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Ancient Egypt</td>
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<td>15401</td>
<td>LSC-UP UP11 146</td>
<td>1/21-5/13</td>
<td>F</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Fuss and Discuss</td>
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<td>15102</td>
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<td>1/21-2/11</td>
<td>F</td>
<td>2-30-4 p.m.</td>
<td>J.O.Y. Fully Healthy</td>
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<td>13665</td>
<td>LSC-NH TBA</td>
<td>1/24</td>
<td>M</td>
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<td>Body Brain</td>
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<td>1/24-5/2</td>
<td>M</td>
<td>10-11:30 a.m.</td>
<td>Mah Jongg</td>
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<td>LSC-NH TBA</td>
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<td>M</td>
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<td>Road Scholars</td>
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<td>1/24-5/9</td>
<td>M</td>
<td>2-3 p.m.</td>
<td>Rhythmic Walking</td>
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<td>15043</td>
<td>LSC-TC E 177</td>
<td>1/25</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Hypertension</td>
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<td>14987</td>
<td>LSC-MC ONLINE</td>
<td>1/25-2/22</td>
<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>Where did I come from?</td>
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<td>15005</td>
<td>LSC-TC E 177</td>
<td>1/25-1/27</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>From Shore to Your Door</td>
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<td>13713</td>
<td>LSC-NH CMED 207</td>
<td>1/25</td>
<td>T</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Book Club</td>
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<td>LSC-TC TBA</td>
<td>1/25-4/26</td>
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<td>11 a.m.-1 p.m.</td>
<td>Get to Know Your Library</td>
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<td>1/25-5/10</td>
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<td>2-3 p.m.</td>
<td>Just Dance</td>
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<td>2:30-3:30 p.m.</td>
<td>Webex 101 Training</td>
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<td>1/26</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Grandparent Scam</td>
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<td>LSC-TC E 100</td>
<td>1/26-2/23</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Ranching in Texas</td>
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<td>End</td>
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<td>Cy-Hope: Making Life Better</td>
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<td>Race for Artic Domination</td>
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<td>Game Day</td>
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<td>1/27</td>
<td>Th</td>
<td>11 a.m.-1 p.m.</td>
<td>Basics of Using Ancestry®</td>
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<td>15142</td>
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<td>12-1 p.m.</td>
<td>Major League Sports Texas</td>
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<td>1/27</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Protect You and Your Stuff</td>
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<td>14994</td>
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<td>1/27-3/3</td>
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<td>1-3 p.m.</td>
<td>The French Revolution</td>
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<td>Th</td>
<td>1-3 p.m.</td>
<td>How to Protect Your Stuff</td>
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<td>1/28</td>
<td>F</td>
<td>10 a.m.-12 p.m.</td>
<td>Author Talk: How to Self-Publis</td>
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<td>1/28-5/6</td>
<td>F</td>
<td>12-2 p.m.</td>
<td>Chair Volleyball for Fun</td>
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<td>1-2:30 p.m.</td>
<td>Good Time/Invest/Stock Market</td>
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<td>1-3 p.m.</td>
<td>Google Apps Work in the Cloud</td>
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<td>Google Apps Work in the Cloud</td>
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<td>2/1</td>
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<td>1-3 p.m.</td>
<td>Right Medicare Plan for You</td>
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<td>1:30-2:45 p.m.</td>
<td>The French Revolution</td>
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<td>Trivial Pursuit</td>
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<td>W</td>
<td>1-2:30 p.m.</td>
<td>9 Ways to Reduce Your Cancer</td>
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<td>1-3 p.m.</td>
<td>Jewish Soul Food</td>
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<td>2/2</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Movie Day</td>
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<td>10-11 a.m.</td>
<td>Flooding in Harris County</td>
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<td>2/2</td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>Estate Planning, Probate, and Assets</td>
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<td>15082</td>
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<td>W</td>
<td>10:30-11:30 a.m.</td>
<td>Arthritis and Anti-Aging</td>
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<td>2/2-2/23</td>
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<td>Landscaping with Native Plants</td>
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<td>LSC-NH OFFSITE-ID</td>
<td>2/2</td>
<td>W</td>
<td>8:30-9:30 a.m.</td>
<td>Called to Lead</td>
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<td>2/3-4/28</td>
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<td>1:30-2:30 p.m.</td>
<td>Tai Chi</td>
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<td>2/3</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Building Healthy Bones</td>
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<td>2/3-4/28</td>
<td>W</td>
<td>2-4 p.m.</td>
<td>Mental Health Resources</td>
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<td>2/3-4/28</td>
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<td>2:45-3:45 p.m.</td>
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<td>F</td>
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<td>2-4 p.m.</td>
<td>Medicare: Basics</td>
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<td>2/8</td>
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<td>Philosophy Undefined?</td>
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<td>Book Club/February/Sharp</td>
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<td>Password Management</td>
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<td>Emotional Well-Being</td>
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<td>2/8</td>
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<td>1:30-3 p.m.</td>
<td>Blues &amp; Great Migration</td>
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<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>Human Trafficking 101</td>
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<td>Cancer Symptoms Women Shouldn't...</td>
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<td>Finding My Birth Family</td>
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<td>Advanced Beginner Dulcimer</td>
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<td>AARP Benefits for Seniors</td>
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<td>9 Ways to Reduce Cancer Risk</td>
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<td>Mountain Dulcimer</td>
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<td>Organ &amp; Tissue Donation</td>
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<td>2/9</td>
<td>W</td>
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<td>What Does Now?</td>
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<tr>
<td>15053</td>
<td>LSC-TC E 163</td>
<td>2/9</td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>Grand Deportation</td>
</tr>
<tr>
<td>14900</td>
<td>LSC-CF TECH 213</td>
<td>2/9-2/23</td>
<td>W</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Microsoft Office</td>
</tr>
<tr>
<td>14857</td>
<td>LSC-MC ONLINE</td>
<td>2/9</td>
<td>W</td>
<td>12-2 p.m.</td>
<td>The Art of Fencing</td>
</tr>
<tr>
<td>13654</td>
<td>LSC-MC ONLINE</td>
<td>2/9</td>
<td>W</td>
<td>2-4 p.m.</td>
<td>Brain Games</td>
</tr>
<tr>
<td>13705</td>
<td>LSC-NH OFFSITE-ID</td>
<td>2/10</td>
<td>Th</td>
<td>8:30-10:30 a.m.</td>
<td>Women's Coffee Klatch</td>
</tr>
<tr>
<td>15416</td>
<td>LSC-TC ONLINE</td>
<td>2/10-3/3</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Modern Plains Indians</td>
</tr>
<tr>
<td>14816</td>
<td>LSC-MC UC 310</td>
<td>2/10</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Plant HealthCare for Homeowner</td>
</tr>
<tr>
<td>14991</td>
<td>LSC-TC ONLINE</td>
<td>2/10</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Climate Change for You</td>
</tr>
<tr>
<td>15143</td>
<td>LSC-KC ONLINE</td>
<td>2/10</td>
<td>Th</td>
<td>12-1 p.m.</td>
<td>Comparative TX Disasters</td>
</tr>
<tr>
<td>15183</td>
<td>LSC-KC TBA</td>
<td>2/10-4/7</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Writing is Exciting</td>
</tr>
<tr>
<td>15782</td>
<td>LSC-KC ONLINE</td>
<td>2/10-4/7</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Writing is Exciting</td>
</tr>
<tr>
<td>15094</td>
<td>LSC-KC CLA 112</td>
<td>2/11</td>
<td>F</td>
<td>1-11 a.m.</td>
<td>Declutter</td>
</tr>
<tr>
<td>15184</td>
<td>LSC-KC TBA</td>
<td>2/15</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Book Club/February/Ginste</td>
</tr>
<tr>
<td>13671</td>
<td>LSC-NH CMED 207</td>
<td>2/15</td>
<td>T</td>
<td>1-2:30 p.m.</td>
<td>How Full is Your Bucket?</td>
</tr>
<tr>
<td>14703</td>
<td>LSC-UP UP11 146</td>
<td>2/15</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Organizing Your Digital Life</td>
</tr>
<tr>
<td>14704</td>
<td>LSC-UP ONLINE</td>
<td>2/15</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Organizing Your Digital Life</td>
</tr>
<tr>
<td>14903</td>
<td>LSC-CF HSC1 106</td>
<td>2/15</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>50+ Ways to Earn Extra Money</td>
</tr>
<tr>
<td>15084</td>
<td>LSC-HN ONLINE</td>
<td>2/15</td>
<td>T</td>
<td>10-11:30 a.m.</td>
<td>Reverse Mortgages</td>
</tr>
<tr>
<td>13656</td>
<td>LSC-NH OFFSITE-ID</td>
<td>2/15</td>
<td>T</td>
<td>11 a.m.-1 p.m.</td>
<td>Lunch &amp; Learn</td>
</tr>
<tr>
<td>15423</td>
<td>LSC-KC TBA</td>
<td>2/15</td>
<td>T</td>
<td>11 a.m.-12 p.m.</td>
<td>Art Math: Tessellations</td>
</tr>
<tr>
<td>13760</td>
<td>LSC-NH CMED 204</td>
<td>2/15</td>
<td>T</td>
<td>2-3:30 p.m.</td>
<td>Philosophy Undefined?</td>
</tr>
<tr>
<td>15068</td>
<td>LSC-KC ONLINE</td>
<td>2/15</td>
<td>T</td>
<td>2-3:30-3:30 p.m.</td>
<td>Webex 101 Training</td>
</tr>
<tr>
<td>14728</td>
<td>LSC-UP UP11 146</td>
<td>2/15-2/17</td>
<td>Th</td>
<td>9-11 a.m.</td>
<td>From the Shore to Your Door</td>
</tr>
<tr>
<td>14893</td>
<td>LSC-HN TBA</td>
<td>2/15-5/10</td>
<td>T</td>
<td>11 a.m.-1 p.m.</td>
<td>Healthy Eating/Cooking-Budget</td>
</tr>
<tr>
<td>14733</td>
<td>LSC-UP ONLINE</td>
<td>2/16</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Managing Your Time</td>
</tr>
<tr>
<td>15054</td>
<td>LSC-TC E 177</td>
<td>2/16-2/23</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Decreasing Health Risks</td>
</tr>
<tr>
<td>15381</td>
<td>LSC-MC ONLINE</td>
<td>2/16</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Laugh for the Health of It</td>
</tr>
<tr>
<td>15434</td>
<td>LSC-MC UC 310</td>
<td>2/16</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Laugh for the Health of It</td>
</tr>
<tr>
<td>15071</td>
<td>LSC-CF ONLINE</td>
<td>2/16</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Your Wild Neighbors</td>
</tr>
<tr>
<td>14734</td>
<td>LSC-UP UP11 146</td>
<td>2/16</td>
<td>W</td>
<td>10-11 a.m.</td>
<td>Nepal: Beauty and Uniqueness</td>
</tr>
<tr>
<td>15085</td>
<td>LSC-KC TBA</td>
<td>2/16-3/30</td>
<td>W</td>
<td>2:30-4 p.m.</td>
<td>Container Gardening for Spring</td>
</tr>
<tr>
<td>15697</td>
<td>LSC-KC ONLINE</td>
<td>2/16-3/30</td>
<td>W</td>
<td>2:30-4 p.m.</td>
<td>Container Gardening for Spring</td>
</tr>
<tr>
<td>14830</td>
<td>LSC-MC UC 310</td>
<td>2/16</td>
<td>W</td>
<td>3-5 p.m.</td>
<td>Brain Fitness</td>
</tr>
<tr>
<td>15438</td>
<td>LSC-MC ONLINE</td>
<td>2/16</td>
<td>W</td>
<td>3-5 p.m.</td>
<td>Brain Fitness</td>
</tr>
<tr>
<td>15117</td>
<td>LSC-KC TBA</td>
<td>2/17</td>
<td>Th</td>
<td>1-2:30 p.m.</td>
<td>Medication Management</td>
</tr>
<tr>
<td>15698</td>
<td>LSC-KC ONLINE</td>
<td>2/17</td>
<td>Th</td>
<td>1-2:30 p.m.</td>
<td>Medication Management</td>
</tr>
<tr>
<td>14809</td>
<td>LSC-MC UC 310</td>
<td>2/17</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>His, Hers, and Theirs; Estate Planning</td>
</tr>
<tr>
<td>15432</td>
<td>LSC-MC ONLINE</td>
<td>2/17</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Marital Estate Planning</td>
</tr>
<tr>
<td>14905</td>
<td>LSC-CF ONLINE</td>
<td>2/17</td>
<td>Th</td>
<td>10-11:30 a.m.</td>
<td>Executor Playcalling 101</td>
</tr>
<tr>
<td>14804</td>
<td>LSC-MC UC 311</td>
<td>2/17</td>
<td>Th</td>
<td>10 a.m.-12 p.m.</td>
<td>Now a Good Time to Invest</td>
</tr>
<tr>
<td>16029</td>
<td>LSC-HN TBA</td>
<td>2/17-5/12</td>
<td>Th</td>
<td>11 a.m.-1 p.m.</td>
<td>Healthy Eating/Cooking-Budget</td>
</tr>
<tr>
<td>15126</td>
<td>LSC-KC ONLINE</td>
<td>2/18-2/25</td>
<td>F</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Dante's Divine Inferno</td>
</tr>
<tr>
<td>13648</td>
<td>LSC-NH CMED 207</td>
<td>2/21</td>
<td>M</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Investment Management</td>
</tr>
<tr>
<td>13761</td>
<td>LSC-NH CMED 202</td>
<td>2/22</td>
<td>T</td>
<td>1-2:30 p.m.</td>
<td>Philosophy Undefined</td>
</tr>
<tr>
<td>Reg. #</td>
<td>Facility</td>
<td>Start</td>
<td>End</td>
<td>Days</td>
<td>Times</td>
</tr>
<tr>
<td>---------</td>
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</tr>
<tr>
<td>14705</td>
<td>LSC-UP UP11 146</td>
<td>2/22</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>How to Write a Blog</td>
</tr>
<tr>
<td>14706</td>
<td>LSC-UP ONLINE</td>
<td>2/22</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>How to Write a Blog</td>
</tr>
<tr>
<td>15044</td>
<td>LSC-CF HSC1 106</td>
<td>2/22</td>
<td>T</td>
<td>1:30-3 p.m.</td>
<td>The End of the World: Apocalypse</td>
</tr>
<tr>
<td>15045</td>
<td>LSC-CF ONLINE</td>
<td>2/22</td>
<td>T</td>
<td>1:30-3 p.m.</td>
<td>The End of the World: Apocalypse</td>
</tr>
<tr>
<td>15017</td>
<td>LSC-TC E 177</td>
<td>2/22</td>
<td>T</td>
<td>10 a.m.-12 p.m.</td>
<td>Chinese Medicine</td>
</tr>
<tr>
<td>13716</td>
<td>LSC-NH CMED 207</td>
<td>2/22</td>
<td>T</td>
<td>10:30 a.m.-12 p.m.</td>
<td>Book Club</td>
</tr>
<tr>
<td>14865</td>
<td>LSC-MC UC 310</td>
<td>2/22</td>
<td>T</td>
<td>3:30-6 p.m.</td>
<td>History Study Through Drama...</td>
</tr>
<tr>
<td>15191</td>
<td>LSC-KC ONLINE</td>
<td>2/23</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Romance Scam</td>
</tr>
<tr>
<td>13692</td>
<td>LSC-NH CMED 203</td>
<td>2/23</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Movie Day</td>
</tr>
<tr>
<td>14941</td>
<td>LSC-UP UP11 146</td>
<td>2/23</td>
<td>W</td>
<td>10:30-11:45 a.m.</td>
<td>Microsoft Outlook for Beginners</td>
</tr>
<tr>
<td>14722</td>
<td>LSC-UP UP11 146</td>
<td>2/23</td>
<td>W</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Men's Coffee Chat</td>
</tr>
<tr>
<td>13652</td>
<td>LSC-NH CMED 208</td>
<td>2/23</td>
<td>W</td>
<td>12:1-15 p.m.</td>
<td>Flood in Harris County</td>
</tr>
<tr>
<td>15119</td>
<td>LSC-KC TBA</td>
<td>2/24-3/31</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Game Day</td>
</tr>
<tr>
<td>15042</td>
<td>LSC-TC E 177</td>
<td>2/24</td>
<td>Th</td>
<td>1:2-30 p.m.</td>
<td>Stress Less with Mindfulness</td>
</tr>
<tr>
<td>14727</td>
<td>LSC-UP UP11 146</td>
<td>2/25</td>
<td>F</td>
<td>90 a.m.-12 p.m.</td>
<td>Joy of Trees</td>
</tr>
<tr>
<td>14815</td>
<td>LSC-MC UC 310</td>
<td>2/25</td>
<td>F</td>
<td>10 a.m.-12 p.m.</td>
<td>Author Talk: Publishing</td>
</tr>
<tr>
<td>14729</td>
<td>LSC-UP ONLINE</td>
<td>3/1-3/29</td>
<td>T</td>
<td>10-11 a.m.</td>
<td>Joys of Trees</td>
</tr>
<tr>
<td>15424</td>
<td>LSC-KC TBA</td>
<td>3/1</td>
<td>T</td>
<td>11 a.m.-12 p.m.</td>
<td>Dementia: What We Know</td>
</tr>
<tr>
<td>14880</td>
<td>LSC-MC UC 310</td>
<td>3/1</td>
<td>T</td>
<td>3-5 p.m.</td>
<td>Art Math: Coding with Art</td>
</tr>
<tr>
<td>15055</td>
<td>LSC-TC ONLINE</td>
<td>3/2-4/20</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Global Warming: Where We Are</td>
</tr>
<tr>
<td>14831</td>
<td>LSC-MC UC 310</td>
<td>3/2-3/9</td>
<td>W</td>
<td>10 a.m.-12 p.m.</td>
<td>The Art of Volunteering</td>
</tr>
<tr>
<td>14942</td>
<td>LSC-UP UP11 146</td>
<td>3/2</td>
<td>W</td>
<td>10:30-11:45 a.m.</td>
<td>Getting Old Hurts</td>
</tr>
<tr>
<td>14869</td>
<td>LSC-MC ONLINE</td>
<td>3/3-3/31</td>
<td>Th</td>
<td>1:30-2 p.m.</td>
<td>Microsoft Outlook Beyond Basic</td>
</tr>
<tr>
<td>15553</td>
<td>LSC-MC UC 310</td>
<td>3/3-3/31</td>
<td>Th</td>
<td>1:2-30 p.m.</td>
<td>Cultural Journeys with Mike</td>
</tr>
<tr>
<td>14748</td>
<td>LSC-UP UP11 146</td>
<td>3/4</td>
<td>F</td>
<td>10 a.m.-12 p.m.</td>
<td>Cultural Journeys with Mike</td>
</tr>
<tr>
<td>15206</td>
<td>LSC-KC ONLINE</td>
<td>3/4</td>
<td>F</td>
<td>11 a.m.-12:30 p.m.</td>
<td>Author Talk: Selling a Book</td>
</tr>
<tr>
<td>15120</td>
<td>LSC-KC ONLINE</td>
<td>3/4</td>
<td>F</td>
<td>3-4 p.m.</td>
<td>Medicare: PDP</td>
</tr>
<tr>
<td>14892</td>
<td>LSC-HN ONLINE</td>
<td>3/7</td>
<td>M</td>
<td>1-2 p.m.</td>
<td>How Your Brain Affects Life</td>
</tr>
<tr>
<td>14832</td>
<td>LSC-MC UC 311</td>
<td>3/7</td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Resilience &amp; Independence Youth</td>
</tr>
<tr>
<td>13672</td>
<td>LSC-NH ONLINE</td>
<td>3/8</td>
<td>T</td>
<td>1-2-30 p.m.</td>
<td>Managing Diabetes for Yourself</td>
</tr>
<tr>
<td>15050</td>
<td>LSC-CF HSC1 106</td>
<td>3/8</td>
<td>T</td>
<td>1:30-3 p.m.</td>
<td>American Battles: Sicily, 1943</td>
</tr>
<tr>
<td>15051</td>
<td>LSC-CF ONLINE</td>
<td>3/8</td>
<td>T</td>
<td>1:30-3 p.m.</td>
<td>American Battles: Sicily, 1943</td>
</tr>
<tr>
<td>15388</td>
<td>LSC-MC UC 307</td>
<td>3/8-3/10</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Basics of Word Processing</td>
</tr>
<tr>
<td>15389</td>
<td>LSC-MC ONLINE</td>
<td>3/8-3/10</td>
<td>Th</td>
<td>2-4 p.m.</td>
<td>Basics of Word Processing</td>
</tr>
<tr>
<td>15070</td>
<td>LSC-KC ONLINE</td>
<td>3/8</td>
<td>T</td>
<td>2:30-3:30 p.m.</td>
<td>Webex 101 Training</td>
</tr>
<tr>
<td>14735</td>
<td>LSC-UP UP11 146</td>
<td>3/9</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Bahai’s Faith</td>
</tr>
<tr>
<td>15173</td>
<td>LSC-HN ONLINE</td>
<td>3/9</td>
<td>W</td>
<td>1-2 p.m.</td>
<td>Organ &amp; Tissue Donation</td>
</tr>
<tr>
<td>14740</td>
<td>LSC-MC UC 311</td>
<td>3/9</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Crochet dolls and animals</td>
</tr>
<tr>
<td>15019</td>
<td>LSC-TC E 177</td>
<td>3/9</td>
<td>W</td>
<td>1-3 p.m.</td>
<td>Methods for Financing Long Term Care</td>
</tr>
<tr>
<td>15427</td>
<td>LSC-TC BAA</td>
<td>3/9</td>
<td>W</td>
<td>11 a.m.-1 p.m.</td>
<td>Tablets and Mobile Devices</td>
</tr>
<tr>
<td>15073</td>
<td>LSC-KC TBA</td>
<td>3/9</td>
<td>W</td>
<td>2-3 p.m.</td>
<td>Flipster</td>
</tr>
<tr>
<td>13655</td>
<td>LSC-NH CMED 208</td>
<td>3/9</td>
<td>W</td>
<td>2-4 p.m.</td>
<td>Brain Games</td>
</tr>
<tr>
<td>13707</td>
<td>LSC-NH OFFSITE-ID</td>
<td>3/10</td>
<td>Th</td>
<td>8:30-10:30 a.m.</td>
<td>Women’s Coffee Klatch</td>
</tr>
<tr>
<td>14731</td>
<td>LSC-UP ONLINE</td>
<td>3/10</td>
<td>Th</td>
<td>1-2 p.m.</td>
<td>Managing Trash</td>
</tr>
<tr>
<td>15014</td>
<td>LSC-TC ONLINE</td>
<td>3/10</td>
<td>Th</td>
<td>1-3 p.m.</td>
<td>Forensic Anthropology</td>
</tr>
<tr>
<td>15072</td>
<td>LSC-CF ONLINE</td>
<td>3/10</td>
<td>Th</td>
<td>1:30-3 p.m.</td>
<td>From Gold to Lead</td>
</tr>
<tr>
<td>15122</td>
<td>LSC-KC ONLINE</td>
<td>3/11</td>
<td>F</td>
<td>10-11 a.m.</td>
<td>Getting Better Sleep</td>
</tr>
<tr>
<td>14742</td>
<td>LSC-MC UC 310</td>
<td>3/21</td>
<td>M</td>
<td>10 a.m.-12 p.m.</td>
<td>Building Your Platform</td>
</tr>
<tr>
<td>15145</td>
<td>LSC-KC ONLINE</td>
<td>3/21-3/28</td>
<td>M</td>
<td>1:30-3 p.m.</td>
<td>History Western Gulf Coast</td>
</tr>
<tr>
<td>13645</td>
<td>LSC-NH DTEC 103</td>
<td>3/22</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>Newbie’s Guide to Computing</td>
</tr>
<tr>
<td>14992</td>
<td>LSC-MC UC 310</td>
<td>3/22</td>
<td>T</td>
<td>1-3 p.m.</td>
<td>What Standard Bridge Bids Mean</td>
</tr>
<tr>
<td>Reg. #</td>
<td>Facility</td>
<td>Start</td>
<td>End</td>
<td>Days</td>
<td>Times</td>
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Need more information regarding a class? Call one of the below campus Program Coordinators:

**LSC CAMPUS**
- **LSC-CF**
  - Donna Daughdrill
  - Phone: 281.290.3957
  - Email: Donna.S.Daughdrill@LoneStar.edu
- **LSC-HN**
  - Gail Smith
  - Phone: 281.290.2919
  - Email: Gail.L.Smith@LoneStar.edu
- **LSC-KC**
  - Kathy Bakat
  - Phone: 281.312.1756
  - Email: Kathleen.Bakat@LoneStar.edu
- **LSC-MC**
  - Steve Gorman
  - Phone: 936.273.7259
  - Email: Steven.Gorman@LoneStar.edu
- **LSC-NH**
  - Steve Gardner
  - Phone: 281.618.5602
  - Email: Pamela.J.Gardner@LoneStar.edu
- **LSC-TC**
  - Karen Meckel
  - Phone: 281.401.1868
  - Email: Karen.Meckel@LoneStar.edu
- **LSC-UP**
  - Kathy Bakat
  - Phone: 281.312.1756
  - Email: Kathleen.Bakat@LoneStar.edu
LSC Academy for Lifelong Learning
Class Descriptions & Schedule

ARTS & CRAFTS

Join Connie Grubbs from LSC-Montgomery for the following three classes:

Beginning Knitting
Learn to cast-on, Garter Stitch, Stockinette Stitch, and Bind-off with Knit and Pearl stitches. (MC)
14737 Th 1/13-8/25 10 a.m.-12 p.m. UC 311 Grubbs

Intermediate Knitting
Students will knit a sweater made in one piece. Class meets at LSC-Montgomery alternate weeks. (MC)
14738 Th 1/13-8/18 1-3 p.m. UC 311 Grubbs

Beginning Quilting
Learn the basics of making table runners. You need to bring a sewing machine to class. Please know how to work it. A supply list will be emailed before class starts. (MC)
14739 Th 1/13-8/25 3-5 p.m. UC 301A Grubbs

Crochet Dolls and Animals
Learn to crochet a stuffed animal or doll. Basic knowledge of crochet stitches is required. This can become a very versatile skill. You will need a 3.25 hook and light to medium weight gray or off-white yarn. (MC)
14740 W 3/9 1-3 p.m. UC 311 Cooper

The Art of Pysanky
Come learn the history and legends of pysanky Ukrainian Easter eggs with artist Marilyn Henderson. Watch a demonstration of the technique. Pysanky are decorated eggs made using a wax-resist dye technique. The word Pysanky comes from the Ukrainian word pysaty, which means “to write,” and we say we are writing eggs, not drawing them. (TC)
15056 T 3/22 10 a.m.-12 p.m. E177 Henderson

COMPUTER & TECHNOLOGY

Webex 101 Training
This class is an introduction to Webex, the video conferencing platform used by Lone Star College to provide online classes for students. It is very similar to Zoom. This basic class for beginners will help you feel comfortable using Webex. You will be able to participate and enjoy the online Academy for Lifelong Learning classes that are being held via Webex and not Zoom. Pat Chandler, LSC-Kingwood CE Director, will be your instructor, with Kathy Bakat assisting. (KC)
15064 T 1/25 2:30-3:30 p.m. Online Chandler/Bakat
15068 T 2/15 2:30-3:30 p.m. Online Chandler/Bakat
15070 T 3/8 2:30-3:30 p.m. Online Chandler/Bakat

Open House
On-site course information and registration
Friday, January 7
1-3 p.m.
LSC-Montgomery
LSC-System Office, The Woodlands
STAR Ballroom
5000 Research Forest Drive
The Woodlands, TX 77381

For more information, call 936.273.7446

Lonestar.edu/ALL
### Google Apps: How to Work “In the Cloud”
Learn about cloud computing and how to use Google applications. If you have a Google Gmail account (you can get one for free), you already have access to 15 GB of online storage with Google My Drive and the web applications such as Google Docs, Google Sheets, and Google Slides. There are no applications to download and you never have to back up your files. Another learning objective is to define just what “the cloud” is! Jerry Matson will show you how to access My Drive, and create, edit, and share documents using only your browser. He will discuss how it is different from your local computer and the advantages and disadvantages of keeping your stuff in the cloud. This class is offered in person and online. (UP)

14698 T 2/1 1-3 p.m. Bldg 11/Rm 146 Matson
14699 T 2/1 1-3 p.m. Online Matson

### Personal Internet Security: Password Management
More and more you manage your life online: email, banking, social media, hobbies, shopping, and many others. You either have too many passwords to remember or use the same ones in too many places. Does this sound like you? Do you write your passwords down? Are they easy to remember? That means they are easy for someone else to guess! Come learn from Jerry regarding how to create better, stronger passwords and manage them with applications designed for just that purpose. (UP)

14700 T 2/8 1-3 p.m. Bldg 11/Rm 146 Matson
14702 T 2/8 1-3 p.m. Online Matson

### Organizing Your Digital Life
Learn about the tools, methods, and applications to manage all the 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 will email you his presentation after the class! (UP)

14703 T 2/15 1-3 p.m. Bldg 11/Rm 146 Matson
14704 T 2/15 1-3 p.m. Online Matson

### How to Write a Blog
Have you ever thought about sharing your travel experiences or hobbies with others? Lots of people do and you have probably read many blogs without really thinking about how they do that. Usually they are public, but they can be limited, for example, to family and friends. This class will define what a blog is, how they are different, give examples, talk about how to structure and write posts, and finally demonstrate how to create a blog and make your first post. (UP)

14705 T 2/22 1-3 p.m. Bldg 11/Rm 146 Matson
14706 T 2/22 1-3 p.m. Online Matson

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**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

**Microsoft Office**
Join Eric Bain for short online lessons on Microsoft Office for students with minimal experience. Learn the basics of Microsoft Word and Excel in this short introductory lesson. We will learn how to type, format, save, print resumes and spreadsheets using these digital office tools. The class meets twice on 2/9 and 2/23. (CF)

14900 W 2/9, 2/23 10:30 a.m.-12 p.m. TECH 213 Bain

**Tablets and Mobile Devices**
In these sessions with Lloyd Huhn, we will go over the basics of using mobile devices and understanding the User Interface with some hands-on instruction. In session two, we will cover utilizing the libraries online resources with your device to get you access to free books, movies, and magazines. (TC)

15427 W 2/16-2/23 11 a.m.-1 p.m. L216 Huhn

**Microsoft Outlook for Beginners**
Designed especially for beginner users of Microsoft Outlook, this class will teach the basic skills in Mail, Calendar and Tasks. Topics include but are not limited to the Outlook interface, sending and receiving email, creating calendar entries and an introduction to tasks. There will also be a section on email etiquette and email best practices. The instructor will demonstrate the features using the desktop version of Outlook. (UP)

14941 W 2/23 10:30-11:45 a.m. Bldg 11/Rm 146 Uverity

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Join Holly Uvery for the following two classes:
Microsoft Outlook: Beyond the Basics
Designed to teach Outlook skills beyond the basics, this class teaches intermediate users features they can use to increase their productivity. Topics include but are not limited to advanced mail tool, changing email folder views, accessing hidden calendar features and utilizing drag and drop. There will also be a section on email etiquette and email best practices. The instructor will demonstrate the features using the desktop version of Outlook. (UP)
14942 W 3/2 10:30-11:45 a.m. Bldg 11/Rm 146 Uverity

Flipster
Need something to read in the doctor’s office while you wait to be called in? Or maybe you’re traveling and would like to have something to read while sitting in the car or airplane. Flipster is a database that houses magazine subscriptions and allows you to read them electronically on your computer or your personal device. Bring your smartphone, Kindle, or iPad. Staff at LSC-Kingwood, Learning Commons (Library) will show you how to use Flipster on both the computer and your personal device. (KC)
15073 W 3/9 2-3 p.m. LIB 118 Huffy

Building Your Platform/Website and Message to the World
Learn the steps to build a platform: creating content, using content, and building a cause, mission and/or business you love. Gayle Fisher will talk about tools you can use for yourself and your families. (MC)
14742 M 3/21 10 a.m.-12 p.m. UC 310 Fisher

Join Angie Carns for the following four classes:

Computer Orientation for ALL Members
Angie Carns will show you how to get your computer username and password, necessary for most computer classes and to register online. Then we will cover the HOW-TO of online registration, using your student email and getting your Student ID card. Become a savvy Lone Star computer user! (MC)
15386 Th 1/13 2-4 p.m. UC 307 Carns
15387 Th 1/13 2-4 p.m. Online Carns

Basic Word Processing (MS Word)
Use Microsoft Word to learn the basics of creating a simple document. Learn how to use the tools in Word to set up and personalize your document. You will create a simple flyer and as a bonus, you will learn about websites with excellent free instruction to carry you forward when class is over. Must have LSC username and password to take this course. (MC)
15388 T, Th 3/8-3/10 2-4 p.m. UC 307 Carns
15389 T, Th 3/8-3/10 2-4 p.m. Online Carns

Newbie’s Guide to Computing
Learn computer basics or refresh your skills as we cover those funky keys on your keyboard, good computer ergonomics, weird icons and other mystifying computer tasks. You’ll get basic lessons in class and websites for improving your skills at home. You’ll need a Lone Star College student username and password for the computer network, which you may obtain in class. Be sure to bring your LSC student ID number or a Lone Star College receipt. (NH)
13645 T 3/22 1-3 p.m. DTEC 103 Carns

Internet Safety
Join Angie Carns in a discussion on internet safety. The internet is a wealth of knowledge as well as an engrossing place to entertain yourself. Come learn tools to improve your search capabilities and to keep yourself safe while surfing the Internet. Prerequisite: You must have your LSC username and password for the computer network. (NH)
13649 T 4/5 1-3 p.m. DTEC 103 Carns

Wednesday, January 12
11 a.m.-1 p.m.
LSC-Houston North Victory
4141 Victory Drive
Houston, TX 77088

For more information, call 281.810.5604

LoneStar.edu/ALL
Using Excel to Keep Records
Ed Tarver is a law enforcement veteran with over 40 years of experience in the Louisiana State Police and as a Special Agent with Homeland Security. Additionally, he spent five years in Global Security for the Americas at Apple. Ed will be presenting the following two classes:

**Getting the Most from your Mac**
Explore the latest updates and changes for the Mac operating system. If you have a Mac or would like one, find out the latest updates, changes, and useful tips to get the most from your Mac. (KC)

- 15075 W 4/6 2-3:30 p.m. TBA Tarver
- 15072 W 4/6 2-3:30 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. (KC)

- 15079 W 4/13 2-3:30 p.m. TBA Tarver
- 15073 W 4/13 2-3:30 p.m. Online Tarver

**Databases**
So much information is available on the internet, but how do you find the best resources to fit your needs? The library can serve as a one-stop-shop for the resources you seek. Whether it’s this year’s tax forms, updating medical information, the latest news or a new hobby, the library offers free access to numerous databases to fulfill your unique needs. Even if you do not consider yourself to be tech-savvy, join us with an open mind, and you will be surprised at what you can find! Join Jessica Kim, with the LSC-Kingwood Library. (KC)

- 15077 M 4/11 2-3:30 p.m. LIB 118 Kim

**CULINARY ARTS, FOOD & COOKING**

**Jewish Soul Food 3.0**
Some say “biscotti” and some say “mandel bread” or “mandelbrot.” Learn to make different kinds of delicious Ashkenazi treats! We will make at least two varieties. Join Donna Gibbon for this virtual cooking class. (UP)

- 14771 T 2/1 1-3 p.m. Online Gibbon

**FINANCIAL & LEGAL**

**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)

- 15172 W 2/2 10-11:30 a.m. Online Geerdes

**50+ Ways to Earn Extra Money**
Most of us that are fifty and better years young can find a use for some more income. However, the world has gotten more complex than we anticipated. Everywhere we turn there is too much information (TMI) and we don’t know what information to trust. Ty Gulick, M.A., will show you the steps he took to earn money after an accident altered the course of his life. The class will focus on how to discover ways to make a difference and earn a check in ways you may not have considered. Multi-level marketing options (MLM’s) will not be suggested or promoted in this class. (CF)

- 14903 T 2/15 1-3 p.m. HSC 106 Gulick

**INFORMATION FOR LSC-HOUSTON NORTH ALL MEMBERS**

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

The Academy for Lifelong Learning (ALL) team appreciates your help!
The Academy for Lifelong Learning looks forward to your participation online this spring. If you would like to take this opportunity to join as an instructor or member, information will be sent out this semester.

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

For more information on volunteering for the ALL program or becoming a member, please email:
Gail.L.Smith@LoneStar.edu

For more info, Contact:
Gail Smith     281.810.5604
Join Mike Sofia for the following two classes:

Why is Now a Good 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 will discuss various types of risk factors and different types of investment strategies to help you navigate through both good times and bad times. (CF) (MC) (NH)
14902 W 1/12 10-11:30 a.m. (CF) HSC 106 Sofia
13646 T 2/1 1:20 p.m. (NH) CMED 207 Sofia
14804 Th 2/17 10 a.m.-12 p.m. (MC) UC 310 Sofia

Investment Management
Are you worried about volatility in the stock market? Are you concerned that current interest rates will not get you the growth you need to carry you through retirement? In this class, we will discuss various types of investment strategies to reduce risk and the importance of having a structured plan in place. We will also look at market volatility and how to take advantage. (CF) (NH)
13648 M 2/21 10:30 a.m.-12 p.m. (NH) CMED 207 Sofia
14907 T 4/5 1:30-3 p.m. (CF) HSC 106 Sofia

Susan Bulgawicz has over 40 years of extensive legal and business experience, including seven years as a solo practitioner and senior counsel. She is a Doctor of Jurisprudence and a member of the National Association of Elder Law Attorneys (NAELA). Join Susan for the following two classes:

What Docs Now?
Susan will include a discussion of various advanced directives and testamentary documents, including the will and financial/medical powers of attorney, their uses, which are time sensitive, and the repercussions of not having the documents in place. (TC)
15003 W 2/9 1-3 p.m. E 177 Bulgawicz
15431 Th 1/27 1-3 p.m. Online Smith

Methods of Financing Long Term Care
Costs for long term care are high and escalating. Susan will discusses housing options and the various strategies for payment. (TC)
15019 W 3/9 1-3 p.m. E 177 Bulgawicz

Join Blanche Smith, estate lawyer, for the following three classes:

How to Protect You and Your Stuff
In order 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. This class 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)
14798 Th 1/27 1-3 p.m. UC 310 Smith
15431 Th 1/27 1-3 p.m. Online Smith

Executor Play Calling 101
Join Stephen Gilley from Lincoln Financial Advisors as he teaches us that death is a part of life, but is your family prepared for life after you pass away? This presentation will focus on strategies and best practices for preparing your “I Love You” book so that after you pass away your family can more effectively and efficiently manage your estate. Other topics covered will include last will and testament do’s & don’ts, social security planning strategies, long-term care planning and veteran’s burial benefits. (CF)
14905 Th 2/17 10-11:30 a.m. Online Gilley

Women and Investing
Learn the basics of financial planning and investing as a female investor from Crystal Prachyl, a certified financial planner. Course will provide resources to educate members on key investment principles, asset allocation, understanding behavioral finance, and the differences between financial investments such as mutual funds. We will also review key areas of risk specific to the female investor and how to navigate major milestones. (MC)
14811 T 3/22 10 a.m.-12 p.m. UC 310 Prachyl

Open House
On-site course information and registration

Friday, January 14
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
Lonestar.edu/ALL

Susan Bulgawicz has over 40 years of extensive legal and business experience, including seven years as a solo practitioner and senior counsel. She is a Doctor of Jurisprudence and a member of the National Association of Elder Law Attorneys (NAELA). Join Susan for the following two classes:
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. This class will discuss in detail what you need to know about your “stuff,” including marital interests, real property issues, etc. that affect your plan and how to make sure what you intended really happens. (MC)
14809 Th 2/17 1-3 p.m. UC 310 Smith
15432 Th 2/17 1-3 p.m. Online Smith

To 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. You will learn 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)
14812 Th 3/24 1-3 p.m. UC 311 Smith
15433 Th 3/24 1-3 p.m. Online Smith

Texas 42 Dominoes
Texas 42 is 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. We play each Thursday at the Weekley Community Center at 8440 Greenhouse Rd. Please join our fun group; a good time is guaranteed. (CF)
14944 Th 1/6-5/26 1-3 p.m. Weekley CC Prichard

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 game host, Rick Taylor. (TC)
15009 M 1/10-5/16 10 a.m.-12 p.m. E177 Taylor

Fun, Hobbies & Recreation

Information for LSC-Kingwood ALL Members
LSC-Kingwood ALL Online & Campus Classes
The Academy for Lifelong Learning program is now on the LSC-Kingwood main campus. Any face-to-face classes will be held at this facility. This transition will provide members with a larger community and greater opportunities for learning and networking with peers.

Virtual classes will also be provided for any members that cannot attend face-to-face. As a community, we will continue our tradition of expanding knowledge and developing social connections.

Please review our website for area maps, and call staff if you need assistance finding the new location.

Thank You, ALL Volunteer Instructors!
Thank you for continuing to share your knowledge and personal time to enrich the lives of our ALL members!
If you would like to volunteer as administrative support or an instructor, please email:
Kathleen.Bakat@LoneStar.edu or Pat.Chandler@LoneStar.edu

Bridge Club
Play bridge with other players. This is an informal club. Sign up and then show up when you are available. Group is supportive and will help you if you are a novice. (MC)
14813 W 1/12-8/31 1-3 p.m. UC 301A Gorman

Astrology for Beginners
Rose Mary Le Fevre will explain astrology basics, the signs, houses, planets, moon phases and their properties. The class will learn how to begin reading a chart. We will also enjoy fun activities to help understand our learning. This may include pop quizzes, gentle movement, art and visualization. The class will look at known charts and analyze them. We will touch on subjects such as personality, appearance and calculating time. The course explains a little about different types of astrology. Also included in the course will be discussions such as experiences that relate to astrology, legal and ethical issues, including safeguarding. (MC)
15380 T 1/11-5/10 1-3 p.m. Online Le Fevre

Trivial Pursuit at LSC-Montgomery
Answer general knowledge and popular culture questions as a team. Bring your lunch and have some fun. Class will meet on February 2, March 2, April 5, and May 3. (MC)
14995 T 2/1-5/3 12:30-2:30 p.m. UC 301A Stulting

For more info, contact:
Kathy Bakat 281.312.1756
Let's Learn Mah Jongg
This online class is for beginners. You must have a 2021 National Mah Jongg League card before the class begins. You can order the card directly from NationalMahJonggLeague.org. Allow at least two weeks for delivery of your card. You can be the Master or Mistress of Mah Jongg in one week! Classes will focus on the history of the game, learning the tiles, understanding the card, making hands, and learning the American rules, strategies, and sequence of play. Please commit to every Monday’s class so you have consistency, continuity, and “cement” in your learning. Learn the fundamentals of Mah Jongg online with Donna Gibbon and Alicia Eissler. (UP)
14715 M-F 2/7-2/11 10-11:30 a.m. Online Gibbon/Eissler

Bridge, Beginning
Learn the fundamentals of the exciting card game of bridge with Richard Shepherd. You will learn the methods and reasoning of bidding, as well as card play. Whether you are a beginner or just want to refresh your play, come join us for a great time. (KC)
15080 W 2/3-4/28 2-4 p.m. APA 200 Shepherd

Lunch & Learn with Friends
One Tuesday each month, join and meet with your ALL friends while getting to know one another and to hear an interesting speaker. Each person buys lunch individually (BYOL). Registered ALL members will be notified of the meeting place prior to the scheduled lunch date. (NH)
13656 T 2/15 11 a.m.-12:30 p.m. Offsite Staff
13658 T 3/22 11 a.m.-12:30 p.m. Offsite Staff
13659 T 4/19 11 a.m.-12:30 p.m. Offsite Staff

Laugh for the Health of It!
We’ve all heard, “laughter is the best medicine” and science agrees. Laughter has been scientifically proven to reduce stress levels, reduce high blood pressure, increase endorphins (happy hormones that make you feel upbeat and reduce depression), boost your immune system, improve lung capacity, and give you an overall feeling of well-being. Join us for laughter and deep breathing. No experience necessary, just your willingness to allow your inner child to laugh and have fun with us. (MC)
15381 W 2/16 1-3 p.m. Online Carns
15434 W 2/16 1-3 p.m. UC 310 Carns

Game Day
Join Lenora Rastatter and ALL friends for a game day at LSC-North Harris. Beginners are always welcome! Games will vary and instructions will be provided. (NH)
13651 W 1/26 2-4 p.m. CMED 208 Rastatter
13652 W 2/23 2-4 p.m. CMED 208 Rastatter
13653 W 3/23 2-4 p.m. CMED 208 Rastatter

Brain Games
Join Lenora Rastatter and ALL friends for various fun and challenging “brain games” like, word puzzles, vocabulary, trivia and lots more. You’ll get to test your knowledge and the teasers really make you think! (NH)
13654 W 2/9 2-4 p.m. Online Rastatter
13655 W 3/9 2-4 p.m. Online Rastatter

Fly Fishing / Casting
Experience the fun of learning the sport of fly fishing from Dave Ferris. You’ll learn to cast a fly and other light objects. Various casting techniques such as the overhead, side , roll and bow and arrow casts will be demonstrated. Lots of great information on fly rods, reels, flies and lines will also be presented. (TC)
15559 W 3/23 1:30-3 p.m. Beckendorf Ferris

What do Standard Bridge Bids Mean?
Many bridge bids have consistent meanings in the standard American system. It’s important to know the meanings so your partners will be on the same wavelength. Forcing bids are just that. Of course there is room for partnership agreements. (MC)
14992 T 3/22 1-3 p.m. UC 310 Kroll

Common Bridge Mistakes
Learn about common mistakes that are made in bridge. Learn which bids and plays lots of people get wrong because no one ever explained why they are wrong. (MC)
14993 T 3/29 1-3 p.m. UC 310 Kroll

Landscaping with Native Plants
Using plants in your landscape that are native to our region can have a dramatic impact on your enjoyment of wildlife such as birds, butterflies and bees. Properly selected, native plants can require less ongoing management than traditional landscape approaches. The course will focus on the benefits of native plants in residential landscapes and how to research and select appropriate species. This class will be presented by Thomas Taylor, a certified in Native Landscape Maintenance by the Native Plant Society of Texas and is a member of the Texas Nursery and Landscape Association. (KC)
15082 W 2/2 10:30-11:30 a.m. TBA Taylor

Plant Health Care for the Homeowner
We will have a very interactive discussion regarding the current issues with your trees, plants and lawn. (MC)
14816 Th 2/10 10 a.m.-12 p.m. UC 310 Dolphin

Container Gardening for Spring
Can a garden fit in any space? It can! We will explore how to grow fresh fruits and vegetables for spring in containers- indoors or out. Topics include starting a container garden in any space, setting up supplemental lighting, learning techniques for composting, pest management and maximizing space. Learn how to cook with produce grown from your garden through recipe demonstrations. Join Michele Scaife, an active volunteer with the Montgomery County Master Gardener Association. Class meets for six sessions. (KC)
15085 W 2/16-3/30 2:30-4 p.m. TBA Scaife
15697 W 2/16-3/30 2:30-4 p.m. Online Scaife
LONE STAR COLLEGE ACADEMY FOR LIFELONG LEARNING

COURSE OFFERINGS
SPRING 2022 COURSE SCHEDULE

Joys of Trees
An open discussion about the effects of the freeze of 2020-21, the resulting damage and recovery. We will also discuss any questions that the participants have about the largest and most valuable plants in the landscape. (TC) (MC)
15042 Th 2/24 10 a.m.-12 p.m. (TC) E 177 Dolphin
14815 F 2/25 10 a.m.-12 p.m. (MC) UC 310 Dolphin

GENEALOGY

Where Did I Come From? Putting Together Your Family History
With the assistance of Chelsea Pratt and others, students will learn to use FamilySearch.org to preserve family photos, stories, and documents for future generations; create an online family tree to preserve and share their own family's history and understand unique historical record types and search records for their own ancestors. This class will be divided into three sections: beginner, intermediate, and advanced. This will allow students to develop basic skills if they are new to the class or to further develop their skills if they have taken the class before. (MC)
14987 T 1/25-2/22 10 a.m.-12 p.m. Online Pratt

HEALTH, FITNESS & NUTRITION

Basics of Using Ancestry®
Join Kyla Bayang for an overview of features, records, user tools and DNA test results, and how to use them for genealogy on Ancestry.com® (TC)
15426 TH 1/27 11 a.m.-1 p.m. E 163 Bayang

Finding My Birth Family
Join us as Dr. David Lewis, an adoptee, describes how a genetic test and a little bit of information led him to find his birth parents and discover his genetic roots. (HN)
14891 T 2/8 10 a.m.-12 p.m. Online Lewis

Healthy Eating and Delicious Cooking on a Budget: Be Well Acres Homes
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 50 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)
14893 T 2/15-5/10 11 a.m.-1 p.m. VC102 TBD
16029 Th 2/17-5/12 11 a.m.-1 p.m. VC102 TBD

Heart Health
Join a discussion on anatomy and physiology of the heart followed by clinical manifestations and treatment of coronary artery disease, angina, myocardial infarction and sudden death. This will be followed by discussion of prevention. Two other topics to be discussed include atrial fibrillation and aortic valve disease. (MC)
14827 W 1/12 3:30 p.m. UC 310 H. Adams
15437 W 1/12 3:30 p.m. Online H. Adams

Hypertension: Its Significance, Management and Prevention
Dr. Adams will discuss the importance of hypertension along with its management, both medical and non-medical, and its prevention. (TC)
15043 T 1/25 1-3 p.m. E 177 H. Adams

Brain Fitness
How is the brain organized and how does it work? What are the signs/symptoms of cognitive decline? What are the general measures one can take to slow or prevent cognitive decline? What are some specific “brain training” measures? This is an update to the fall 2020 presentation. (MC)
14830 W 2/16 3-5 p.m. UC 310 H. Adams
15438 W 2/16 3-5 p.m. Online H. Adams

Join Dr. Harry Adams for the following four classes:

Health, Fitness & Nutrition:

Open House
On-site course information and registration
Tuesday, January 18
11 a.m.-noon
LSC-North Harris
Community Education Building
(CMED 101)
2700 W.W. Thorne Drive
Houston, TX 77073

For more information, call 281.618.5602
LoneStar.edu/ALL

Tuesday, January 18
11 a.m.-noon
LSC-North Harris
Community Education Building
(CMED 101)
2700 W.W. Thorne Drive
Houston, TX 77073

For more information, call 281.618.5602
LoneStar.edu/ALL

Basics of Using Ancestry®
Join Kyla Bayang for an overview of features, records, user tools and DNA test results, and how to use them for genealogy on Ancestry.com® (TC)
15426 TH 1/27 11 a.m.-1 p.m. E 163 Bayang

Finding My Birth Family
Join us as Dr. David Lewis, an adoptee, describes how a genetic test and a little bit of information led him to find his birth parents and discover his genetic roots. (HN)
14891 T 2/8 10 a.m.-12 p.m. Online Lewis
Medical Advances Relevant to Seniors
Registered students will submit their medical or health topics they would like to discuss with Dr. Adams. (MC)
14819 W 3/23-3/30 3-5 p.m. UC 310 H. Adams
15439 W 3/23-3/30 3-5 p.m. Online H. Adams

Wheels Up! My Job in a War
“I’m here now, not there then.” Learn what Clif Taylor means by that statement and how it sustained him during and after his experiences as a contractor working for the US Military during Operation Iraqi Freedom in 2004 and 2005. Stationed at Camps Anaconda, Al Asad, TQ Taqaddum and back to Al Asad, Clif experienced the danger, pressure, “mishaps,” and challenges of living, working, and surviving in a war zone while also witnessing countless inspirational acts of bravery, dedication, and back to Al Asad during Operation Iraqi Freedom in 2004 and 2005. (CF)
14945 T 1/18 10-11:30 a.m. Online Taylor

Dashboard to a Healthier You
Michele will show us how the DASH (Dietary Approaches to Stop Hypertension) eating pattern may help in limiting sodium, sugar as well as trans- and saturated fat for the prevention of chronic disease, such as high blood pressure. Class meets four sessions. (KC)
15097 W 1/19-2/9 2:30-4 p.m. TBA Scaife
15695 W 1/19-2/9 2:30-4 p.m. Online Scaife

Just Older Youth (J.O.Y.) Fully Healthy
Just Older Youth (J.O.Y.) meet weekly for adaptive exercise sessions aimed to increase our confidence exercising at home without additional equipment or gym memberships. 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. Class meets four sessions. (KC)
15102 F 1/21-2/11 2:30-4 p.m. Online Scaife

Medication Management
Prescription and non-prescription medications have made our lives better in many ways. While these medications may be very important for good health, they may also have unintended side-effects that might cause problems in the body. Additionally, the more medications a person takes, the greater risk for medications to negatively interact. On average, older adults are prescribed more medications than any other age group. Safely managing medications involves a basic understanding of those drugs, and quality communications with doctors, pharmacists and health providers who prescribe medications. (KC)
15117 Th 2/17 1-2:30 p.m. TBA McBride
15698 Th 2/17 1-2:30 p.m. Online McBride

Stress Less with Mindfulness
Join Michael for a Stress Less with Mindfulness (SLWM) five-week program developed by West Virginia University Extension Service. It is a five-class series that introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention purposely in a specific 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. The program can be taught in-person or virtually. (KC)
15119 Th 2/24-3/31 1-2:30 p.m. TBA McBride
15701 Th 2/24-3/31 1-2:30 p.m. Online McBride

Body Brain
Join Maureen Godfrey and experience an enlightening and motivating journey for a healthy body. (NH)
13665 M 1/24 1-2:30 p.m. TBD Godfrey

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)
13664 M,W 1/24-5/11 2-3 p.m. Gym Staff

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)
13666 T 1/25-5/10 2-3 p.m. HPE 110 Savala

Chair Volleyball
Come and join 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)
13668 F 1/28-5/6 12-2 p.m. Gym Segovia

Michele Scaife, Extension Agent with the Better Living for Texans program, Texas A&M AgriLife, maintains a holistic nutritionist and adaptive personal trainer certification through the American Fitness Professionals Association. Join Michele for the following two classes:

DASH-ing to a Healthier You
Michele will show us how the DASH (Dietary Approaches to Stop Hypertension) eating pattern may help in limiting sodium, sugar as well as trans- and saturated fat for the prevention of chronic disease, such as high blood pressure. Class meets four sessions. (KC)
15097 W 1/19-2/9 2:30-4 p.m. TBA Scaife
15695 W 1/19-2/9 2:30-4 p.m. Online Scaife

J.O.Y. Fully Healthy
Just Older Youth (J.O.Y.) meet weekly for adaptive exercise sessions aimed to increase our confidence exercising at home without additional equipment or gym memberships. 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. Class meets four sessions. (KC)
15102 F 1/21-2/11 2:30-4 p.m. Online Scaife

Michael McBride was a Mental Health Therapist by education with 20 years of experience. He used certain techniques in his practice dealing with stress, depression, and anxiety, as well as in pain management. No longer an active therapist, he can no longer offer counseling or diagnostics. Join Michael for the following three classes:

Coping to Control
This class is a three-week course geared toward empowering and equipping individuals with type-2 diabetes to effectively deal with stress and negative emotions. Successful coping with negative emotions is a recommended strategy to enhance diabetes self-management and quality of life. (KC)
15100 Th 1/20-2/3 1-2:30 p.m. TBA McBride
15696 Th 1/20-2/3 1-2:30 p.m. Online McBride
### Emotional Well Being As You Age
Explore both the perils and possibilities aging presents for emotional well-being. Each class will explore various issues with practical suggestions for living your senior years as positively as you can. (MC) (TC)

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### 9 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) (NH)

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### Cancer Symptoms Women Shouldn’t Ignore
Kendra Windisch comes from MD Anderson Hospital in hopes of teaching us the signs of cancer that can be vague and similar to symptoms of other illnesses. Learn what to watch out for, tests to find cancer early when it’s most treatable, and lifestyle changes that can lower your risk. (CF)

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### How to Spot Skin Cancer
Kendra Windisch comes from MD Anderson Hospital in hopes of teaching 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. (KC) (CF) (NH)

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<td>13673</td>
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<td>4/27</td>
<td>12-1:30 p.m.</td>
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### Tai Chi for Health of Your Mind and Body: Beginners
Beginners learn Tai Chi Yang 8-Step, a form of mind and body exercise that helps students benefit in balance, stress relief and mental focus. Beginners must commit to four consecutive sessions of the 11-session curriculum. Students must first register with ALL to be placed on the LSC-North Harris class roster. An ALL coordinator will send location and other information to enroll members prior to the start date of the class. (NH)

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<td>1:30-2:30 p.m.</td>
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### Mental Health Resources
Resources for mental health support will be provided by Acinta Monteverde including what to look for when you are trying to find the right therapist/counselor for yourself and your loved ones. (TC)

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<td>10 a.m.-12 p.m.</td>
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### Building Healthy Bones
Participants will use assorted light hand and ankle weights to increase muscle strength and build healthier bones. Carol’s first class will provide information on how participants can purchase the proper-sized weights. Please have water and a large towel for rolling up or a yoga brick available. Students should wear comfortable clothing and closed-toe shoes. Members interested in signing up should check with their healthcare providers to determine whether the class is suitable for them. **Participants are required to complete Participant Release and Indemnification Agreement Forms before the first class to participate.** (KC)

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

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### Information for LSC-North Harris ALL Members

**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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**FOR MORE INFO, CONTACT:**
**Pam Gardner**
Phone: 281.618.5602

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Yoga
Improve your well-being through yoga! Yoga focuses on stretching, breathing, balancing, and meditating (concentration). Please have a floor mat and wear comfortable clothing. Members interested in signing up should check with their health care providers to determine whether the class is suitable for them. Participants are required to complete Participant Release and Indemnification Agreement Forms before the first class to participate in the class. (KC)
15109 Th 2/3-4/28 2:45-3:45 p.m. Online Deeb

How Full is Your Bucket?
Learn the power of positivity and the destructive power of negativity. Identify the bucket fillers and bucket dippers in your daily routine. Walk away with tools to deliver candid feedback to others. (NH)
13671 T 2/15 1-2:30 p.m. CMED 207 Sandles

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. (NH)
13680 T 3/29 1-2:30 p.m. CMED 207 Sandles

Preventative Strategies to Decrease Health Risks
Mary Jones MSN/RN will discuss healthy lifestyle habits in an effort to mitigate common health problems due to aging. We will explore key lifestyle-related factors that are modifiable that can have an overall effect on our well-being in an effort to improve quality of life and prevent or delay the onset of common illnesses in the aging population. By looking at the various aspects of lifestyle behaviors and the impact they have on our health as we grow older, we will discuss positive actions to promote healthy habits for ourselves and others that we care about. (TC)
15054 W 2/16,2/23 1-3 p.m. E177 Jones

Traditional Chinese Medicine: Meridians & Diagnostics
In this lecture of Traditional Chinese Medicine (TCM), you will learn about the Meridians of the body and how understanding them will provide the answers to approach all forms of illnesses. You will also learn about how accurate diagnoses were made upon examining the body by various ancient methods. Attendance of previous classes is not required as it is made to be fun and easy to understand. (TC)
15017 T 3/29 1-2:30 p.m. CMED 207 Sandles

Getting Old Hurts
This course is about how to effectively identify and handle musculoskeletal conditions that arise as we age, along with the practical things we can do in our day to day life to prevent them. (MC)
14831 W 3/2, 3/9 10 a.m.-12 p.m. UC 310 Ruzicka

How Your Brain Affects Life
Success and happiness are what most of us seek as part of our work/life balance changes during our life span. Learn about neuropsychology and understand how to achieve our maximum potential. How has COVID-19 impacted the world and our work/life balance? Learn techniques to maximize interpersonal relationships at home and/or at work. Lao Tzu said, “Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits. They become your character. Watch your character, it becomes your destiny. Learn how to live a happier and fuller life.” Join Dr. Elizabeth Saxon. (KC)
15120 F 3/4 3-4 p.m. CLA 112 Saxon

Homemade Spa Products for a Glowing 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)
14892 M 3/7 1-2 p.m. Online Hill
Join Gayle Fisher for the following classes:

**Building Resilience and Independence in Our Youth: Open Forum Q&A**
We can discuss how to teach our kids/grandkids to think independently, grow into their decision-making, learn consequences, increase phonetic awareness, and hold boundaries. We can also discuss backward chaining interventions, learned helplessness and appropriate risk-taking. Other topics can include building a positive ARD experience, intrinsically motivating children of all learning styles, behaviors and childhood learning. Bring any questions you have. (MC)

14832  M  3/7 (MC) 10 a.m.-12 p.m.  UC 311  Fisher

**The Emergency Game**
Join Gayle as she talks about training neurodiversity to be aware of the unexpected, avoid danger and practice escape from entrapment. These concepts would also work with a neurotypical young person. (MC)

14834  M  3/28 (MC) 10 a.m.-12 p.m.  UC 311  Fisher

**Building Positive Relationships in Life and Dating In Neurodiversity and Neurotypically**
Gayle will discuss personal boundaries, healing, facing fears, awareness of codependency and self-victimization, brain research, and navigating the systems and wise counsel. (MC)

14837  M  4/4 (MC) 10 a.m.-12 p.m.  UC 311  Fisher

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

13674  T  5/3 (NH) 1:2-3:30 p.m.  TBD  Fisher

**Healing and Nutrition**
Join Gayle Fisher for an interesting discussion on healing, nutrition and the science of family wellness. (NH)

13731  T  5/10 (NH) 1:2-3:30 p.m.  TBD  Fisher

**Managing Diabetes for Yourself and Your Loved Ones!**
Join LaTwonna Wilson as she shares her experience, expertise, resources and tools to live a healthier and better life as you manage your diabetes or care for a loved one with diabetes. There will be an abundance of information in the area of nutritional and functional living and thriving with diabetes. (NH)

13672  T  3/8 1:2-3:30 p.m.  Online  Wilson

**Favorite Food Makers: Fun for Healthy Weight Loss**
This class will be a class on counting net carbs, losing weight (or maintaining) using a moderate approach by remaking some of your favorite foods. We’ll have recipes! Feel free to share some of your recipes. (NH)

13660  W  3/23 11 a.m.-12:30 p.m.  CMED  Cloud

Join Dr. Alexander Garza, DPM and Dr. Laura Richards for the following two classes:

**Diabetic and Foot Care**
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)

15417  M  4/4 4-5 p.m.  Online  Garza

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

15418  M  4/25 4-5 p.m.  Online  Garza/Richards

**Body Groove for Young at Heart**
A fun and interactive group dance experience created to suit the needs of older adults. Focused on building body awareness, mobility and strength while nurturing interpersonal skills and creativity through a mostly seated experience. We will explore different music and dance genres. From slow meditative moves to heart thumping cardio beats, it’s the perfect recipe to nurture your body, mind and soul. Class meets for four weeks. (MC)

14822  T  4/5-4/26 10-11 a.m.  UC 301A  Cancienne

**Open House**
On-site course information and registration

**Wednesday, January 19**
11 a.m.-1 p.m.

**LSC-Tomball**
Beckendorf Conference Center
30555 Tomball Parkway
Tomball, TX 77375

For more information, call 281.357.3676
Tiffany Sosa is a former educator and is passionate about natural ways to improve our health. She will present a series of essential oils in the following six classes:

### Everyday Wellness
Join Tiffany as she explains that there’s no need to rush to the drugstore for every little thing. Learn some tips and tools for maintaining good health in a natural, proactive way! (CF)
- 14949 W 4/6 10-11:30 a.m. Online Sosa

### Green Cleaning
Harsh chemical cleaners can be toxic to you, your family, and pets. Join Tiffany as she shares how to have a germ-free, sparkling clean home without sacrificing safety! (CF)
- 14951 W 4/13 10-11:30 a.m. Online Sosa

### Get Good Rest and Manage Stress
Exhausted? Stressed out? Tiffany will teach us some holistic tips and tools for managing stress and getting better sleep naturally. (CF)
- 14953 W 4/20 10-11:30 a.m. Online Sosa

### Improving Digestion
Join Tiffany as she talks about gut health and some simple ways that you can reduce reflux and other tummy troubles, improve immunity, and support nutrient absorption. (CF)
- 14955 W 4/27 10-11:30 a.m. Online Sosa

### Boosting Emotions Naturally
Life can get us down sometimes, but there are things we can do to lift our spirits and feel better. Tiffany will teach us how making small lifestyle changes can make a big difference over time. (CF)
- 14957 W 5/4 10-11:30 a.m. Online Sosa

### Managing Pain Naturally
Aches, pains and inflammation can really get you down. Let’s join Tiffany as we learn how you can experience relief naturally without fear of side effects or addictions! (CF)
- 14958 W 5/11 10-11:30 a.m. Online Sosa

### Ten Simple Laws for Decluttering
Are you spending too much time looking for things in your house? Being disorganized can distract from your priorities and even affect your health. When you have a lot of stuff around your house, it creates stress and anxiety. Come and learn simple steps to declutter your pantry, closet, and bedroom, and go beyond the walls of your home. (KC)
- 15093 F 2/11 1-2:30 p.m. TBD Ott

### A Non-Medical Approach to Better Sleep
New research shows that after diet and exercise, sleep is the third component of a healthy and long life. Deep, restful sleep affects your immunity, your appetite, your energy levels, and your memory. Come and learn a wide range of helpful hints to refresh body and mind through a blissful sleep. (KC)
- 15122 F 3/11 10-11 a.m. CLA 112 Ridley-Wise

### 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. Join certified Diabetes Educator, Michelle Ott who shows us what these decisions are and how to make them work for you rather than against you. (NH)
- 13676 M 5/9 1-2:30 p.m. TBD Ott

### The Civil War Red River Campaign: The Assault on Texas
Attendees will gain a thorough explanation of the major aspects of the 1864 Red River campaign from beginning to end. Plus I’ll sing and pick some banjo and guitar tunes from the era. (MC)
- 14844 W 1/12 1-3 p.m. UC 310 Locklear

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**Information for LSC-University Park ALL Members**

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

The Academy for Lifelong Learning (ALL) at LSC-University Park would like to show gratitude to the volunteers and instructors who sacrifice their time and intelligence to make the program a success. You all have taken common courtesy to an uncommon level. We’re so grateful for your help.

**Ways to Volunteer for ALL**

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

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

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

**For More Info, Contact:**
Kathy Bakat 281.315.1756

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**Boosting Emotions Naturally**

**Managing Pain Naturally**

**Ten Simple Laws for Decluttering**

**A Non-Medical Approach to Better Sleep**

**Mindless Eating**

**The Civil War Red River Campaign: The Assault on Texas**
Join LSC-Kingwood History Professor, Steve Davis for the following two classes:

**Ranching in Texas**
Big Tex has welcomed visitors to the Texas State Fair for many years. He represents an aspect of Texas culture that is recognized around the world. We will explore Texas ranching through some of its most colorful characters. (TC)
- 15419 W 1/26-2/23 1-3 p.m. E100 Prewitt
- 15649 W 1/26-2/23 1-3 p.m. Online Prewitt

**The Coming of Major League Sports to Texas**
This presentation will tell the story of Houston’s emergence as a metropolis in the 1960s with the arrival of the expansion Houston Colt .45s of the National Baseball League and the participation of the Houston Oilers as an original member of the American Football League. Houston’s rival for prominence in the state, Dallas, will play a role in this story as well. (KC)
- 15142 Th 1/27 12-1 p.m. Online Davis

**Comparative Texas Disasters: Galveston and Texas City**
The Texas Gulf Coast can claim two of the more dubious distinctions as the site of the worst natural and industrial disasters in American history in terms of the death toll. This presentation will tell the story of the Galveston Storm of 1900 as well as that of the Texas City Explosion of 1947, tragedies which incredibly occurred a few miles apart. (KC)
- 15143 Th 2/10 12-1 p.m. Online Davis

**The French Revolution**
The French Revolution exploded in 1789, the Bastille fell on July 14. But when did the French Revolution end? Interpretations differ. If the goal was democracy, then the French Revolution did not end until the establishment of a democratic regime, the Third Republic, founded in the 1870s. The permanence of the Third Republic could not be taken for granted. A good place to halt our story is the Paris Exhibition of 1889, a self-conscious celebration of the French Revolution around the Eiffel Tower. In this course, encounter events and personalities from the Bastille to the Eiffel Tower. Bienvenue et rejoignez notre voyage. Welcome and join Professor Clifton Fox on our trip! (TC)
- 14994 Th 1/27-3/3 1-3 p.m. E 100 Fox
- 15650 Th 1/27-3/3 1-3 p.m. Online Fox

**The Grand Deportation**
The story of the expulsion of the French Acadiens from Nova Scotia by the English. (TC) (MC)
- 15053 W 2/9 10 a.m.-12 p.m. (TC) E 163 Richard
- 14871 W 3/30 12-2 p.m. (MC) UC 310 Richard

**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 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, sectionals and national medals. (MC)
- 14857 W 2/9 12-2 p.m. Online Ruiz-Healy
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 Kristina Ruiz-Healy, with LifeGift, to learn how organ donation provides hope and a second chance at life to thousands of people each year. (HN)

15169 W 1/12 1-2 p.m. Online Ruiz-Healy
15171 W 2/9 1-2 p.m. Online Ruiz-Healy
15173 W 3/9 1-2 p.m. Online Ruiz-Healy
15174 W 4/13 1-2 p.m. Online Ruiz-Healy
15175 W 5/4 1-2 p.m. Online Ruiz-Healy

History of Modern Plains Indians
Class meets once a week over the course of four weeks. This class will cover the history of Plains Indian tribes from the beginning of the Plains Indians Wars in 1609 to the present. The focus will be on modern Plains Indians in society through their historical context. (TC)

15416 Th 2/10-3/3 1-3 p.m. Online Yates

Daily Life in Ancient Rome: Part II
We continue our exploration of daily life in the Roman Empire with four virtual talks covering Roman economy and labor, the Roman soldier, the Roman slave, and Roman law and crime. (MC)

15552 T 2/1-2/22 1-2:30 p.m. UC 310 M. Adams
14854 T 2/1-2/22 1-2:30 p.m. Online M. Adams

Cultural Journeys with Mike
Join Mike Adams on a virtual journey based on his personal trips and follow-up research. Class will be four sessions covering the Emerald Isle (Ireland), the Iberian Peninsula (Spain and Portugal), Petra the Rose City, and Greece and the Greek Isles. (MC)

15553 Th 3/3-3/31 1-2:30 p.m. Online M. Adams
14869 Th 3/3-3/31 1-2:30 p.m. Online M. Adams

The End of the World: Apocalyptic Religion in the Nineteenth Century
Angela Bell, LSC-CyFair History Professor, will give us a historical and religious overview of Apocalyptic Religion. During the nineteenth century, a number of religious groups emerged who placed great emphasis on the end of the world, among them the Millerites and the Oneida community. This course will examine religious beliefs of nineteenth century apocalyptic cults in America and how they were shaped by and helped shape the nation. (CF)

15044 T 2/22 1:30-3 p.m. HSC 106 Bell
15045 T 2/22 1:30-3 p.m. Online Bell
American Battles: Sicily, 1943
Let’s join LSC-CyFair History Professor, Keith Altavilla, as he teaches a lecture on American battles. Having liberated North Africa from the Nazis, Allied forces turned their attention to cracking open the “soft underbelly” of Europe. Their target was the island of Sicily, where Axis forces prepared to use the mountainous terrain for its defense. American and British forces took the island as the war in Europe entered its next phase. (CF)

History of the Gulf Coast Region of the U.S.
Join Mary LeBlanc for a lecture on the history of the western gulf coast area from the end of the last ice age, until about the time of the European settlement. (KC)

The End Game, March 1864 to April 1865
Join Stephen Vaughn as we track the last year of the Civil War both in the East and the West. We will discuss Grant’s strategy to end the war and track the execution of that strategy from the wilderness to Appomattox in the East and in the West, from Sherman’s taking of Atlanta through the subsequent march to the sea. (TC)

U.S. Army’s Occupation of Germany after World War II
This is an amazing story of recovery and reconciliation of former enemies. Thanks to the U.S. resolve and leadership, Germany was able to rejoin the community of nations. Our presenter, Paul Harris, returns this semester! He is Chair and Professor in the department of Political Science at Auburn University, with a research specialization in post World War II Germany. He has made a special trip to Houston to present this program for members of the Academy for Lifelong Learning. Please Note: The class will be held at the Lone Star College-System Office, 5000 Research Forest Drive, The Woodlands, in the Community Building Star Ballroom. (KC)

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

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

Teaching ESL to New Immigrants
Join Jennifer Trice as she talks about offering tips, resources, and guidance for those who would like to volunteer to teach basic/survival English to new immigrants and those who have not had the opportunity to learn English. This is a two-hour course. This course is best suited for beginner level experience teaching. (UP)

Conversational Spanish
Let’s join LSC-CyFair Spanish Professor, Stephanie Krueger, who will teach this class as an introduction to conversational Spanish! Perfect for those who have always wanted to learn Spanish and haven’t had the chance to learn the language. This class is ideal for those who already know a bit of American Sign Language and wish to begin their language learning journey. (CF)

Interpersonal Skills
Doug will provide us practical information on improving our interactions with others, including understanding 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)
Communication Skills
Doug will provide us practical information on communicating effectively with others. The class will include communication challenges, selecting the best communication mode (in person, phone, text, email), listening, asking questions, nonverbal communication, effects of gender on communications, assertive communication, handling requests, anger, compliments, and meetings and interviews. (CF)
15065  T  4/19  10-11:30 a.m.  HSC 106  Hisong

MOVIES, MUSIC, & THEATER

Second Act Senior Theatre
Second Act Senior Theatre provides an outlet for senior creativity! It is for seniors interested in learning about acting and theatre. This class puts seniors in the limelight and helps them talk about senior life in a totally theatrical way. The goals of the class include public speaking, monologues, improv and readers theatre. The focus of the class will be to work toward a final performance. Active attendance is the key. (MC)
15441  W  1/19-3/2  3:45-5:45 p.m.  UC 310  Woods

Five Favorite Animated Films Everyone Should See
In this course, participants will be requested to watch five movies that present concepts, ideas, perceptions or performances that make them ‘must see’ films. Students will be given the opportunity to respond with their thoughts or feelings about the movies. A list of movies (first movie title Akira, 1988, Director Katsuhiro Ôtomo) will be provided and questionnaire to complete in advance of each class. Join LSC-Kingwood Mathematic Professor, Lyle O’Neal, an avid movie watcher. Class meets every other Friday; 1/21, 2/4, 2/18, 3/4, 3/25 (Holiday 3/18). (KC)
15177  F  1/21-3/25  1-3 p.m.  Online  O’Neal

Movie Day for ALL!
Join your ALL friends to watch an entertaining movie and also meet new friends and get acquainted. You are welcome to suggest a movie topic for screening the month prior to the upcoming scheduled movie dates. (NH)
13690  W  2/2  1-3 p.m.  CMED 203  Carns
13692  W  2/23  1-3 p.m.  CMED 203  Carns
13695  W  3/23  1-3 p.m.  CMED 203  Carns

Blues and the Great Migration
The Great Migration urbanized the southern African American population and expanded blues music from the southern states to the rest of America. Through the migration, blues music evolved and created many different styles of this music, including many of our modern genres of blues today. We will discuss Delta Blues, Texas Blues, Chicago Blues, New Orleans Blues, West Coast Blues and other genres of blues music. This class will explore how blues music to a large extent was influenced by the great U.S. Migration, creating new regional styles of blues. (MC)
15481  T  2/8-3/1  1-3 p.m.  UC 310  Scott
Called to Lead
What is leadership? What is your leadership trait? Have you ever felt the desire to lead a team or group? This four-week class will 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)
14894 W 2/2-2/23 1-2:30 p.m. VC 102 Cochran

POLITICS & COMMUNITY

Current Events
Serious and civil discussions focus on local, state, national and international topical issues, sorting through often conflicting opinions and facts in an attempt to establish some common ground. Moderated by Guy Schroeder, the atmosphere is collegial. Many topics are proposed ahead of class and voted on at the beginning of class. (MC)
14988 M 1/10-8/29 10 a.m.-12 p.m. Online Schroeder

Fuss & Discuss
“It’s always something.” Join us in our eighth semester for a casual, civil conversation around topics for that week, something in the news, or whatever you may want to discuss. Open mindedness required for a fun, lively conversation. Facilitated by ALL member Victor Ward. Class meets every other Friday; 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15, 4/29, and 5/13. (UP)
14501 F 1/21-5/13 10:30 a.m.-12 p.m. Bldg 11/Rm 146 Ward

Cy-Hope: Making Life Better for Kids in CyFair
Want to learn more about a service organization working to improve life right here in our own community? Let’s join Kendal Beasley from Cy-Hope. They are a non-profit organization that provides services and opportunities to vulnerable children to help them succeed. Learn about what they do and see how you can get involved to help them with their mission. (CF)
15066 W 1/26 10-11:30 a.m. HSC 106 Beasley

Men’s Coffee Chat
Bring your coffee and get together to join the interesting discussions on past and current events. Local, national and global issues are on the table. (NH)
13696 W 1/26 11 a.m.-12 p.m. CMED 201 Jones
13699 W 2/23 11 a.m.-12 p.m. CMED 201 Jones
13701 W 3/30 11 a.m.-12 p.m. CMED 201 Jones
13703 W 4/27 11 a.m.-12 p.m. CMED 201 Jones

Human Trafficking 101
Join Sara Breuer from United Against Human Trafficking as she educates us on the seriousness of human trafficking. This training covers all the basics about human trafficking and what it is, where it happens, and how you, as a community member, can help. (CF)
15067 T 2/8 1:30-3 p.m. HSC 106 Breuer

No Holds Barred
What do you think about controversies of our times: democracy, immigration, fake news, diversity, international trade, presidential competency, 21st-Century military defense, and middle-class development? Join Steve Little for passionate debates and discuss opinions, arguments, and observations. Speak and be heard! (KC)
15180 T 2/8-4/5 2-4 p.m. TBA Little
15181 T 2/8-4/5 2-4 p.m. Online Little

Women’s Coffee Klatch
Join Cari Herbert, Wendy Harris and ALL friends at the Women’s Coffee Klatch to discuss current events of the day, week, month, and year! *Location: TBD each month. (NH)
13705 W 2/9 8:30-10 a.m. Offsite Herbert/Harris
13707 W 3/9 8:30-10 a.m. Offsite Herbert/Harris
13710 W 4/13 8:30-10 a.m. Offsite Herbert/Harris

Flooding in Harris County: Causes & Cures
Harris County floods! Using Cypress Creek as a case study, join Paul Eschenfelder as he discovers the causes and cures for flooding here and what you can do to keep yourself, your family, and your business safe from flooding. (TC) (UP)
15048 W 2/2 1-3 p.m. (TC) E177 Eschenfelder
14722 W 2/23 12:15-1 p.m. (UP) Bldg 11/Rm 146 Eschenfelder

Information for LSC-CyFair ALL Members

Thank You ALL Volunteers!
LSC-CyFair extends a thank you to all volunteers who help make the ALL program and the college such a success. Without the volunteers, the ALL program would not exist. They share their knowledge and enthusiasm about their areas of interest which helps us offer more classes with a greater variety.

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

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

For more info, contact: Donna Daughdrill 281.290.3957
The Art of Volunteering and 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. Through the honorable pursuit of volunteerism and service to our community volunteers can discover passions, develop personal and professional skills, network and reconnect with society. In person and virtual volunteerism are wonderful ways to engage in new interests, step out of your comfort zone and spend time on supporting a cause you believe in. Join Kristina Ruiz-Healy to learn more about how to select a volunteer organization and how to get the most out of your volunteer experience. Kristina has been a volunteer leader for over five years and has trained, developed and inspired passionate virtual and in-person volunteers. (TC)

15055 W 3/2, 4/20 1-3 p.m. Online Ruiz-Healy

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. Please contact the instructor at millingaround@gmail.com to get log-on information. (UP)

Book selections are:
The Henna Artist by Alka Joshi, 2/1;
The Henna Artist by Alka Joshi, 3/1;
The Midnight Library by Matt Haig, 4/5;
The Midnight Library by Matt Haig, 5/3
14724 T 2/1-5/3 1:30-2:45 p.m. Bld 11/Rm 146 Castro

Atascocita Book Club: Mattie Sharp
Join Mattie Sharp for an enjoyable book review, great socialization and discussions. The titled book for February is The Hopeful Heart by Amy Clipston and the April featured book title is The Mothers by Brit Bennett. (KC)
15182 T 2/8 1-2:30 p.m. Online Sharp
15186 M 4/11 1-2:30 p.m. Online Sharp

Author Talk: How to Sell Your 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, ISBN: 978-0997994650 (recommended, but not required). (MC) (UP)
14877 F 1/28 10 a.m.-12 p.m. (MC) UC 311 Kowis
14727 F 2/25 10 a.m.-12 p.m. (UP) Bldg 11/Rm 146 Kowis

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, ISBN: 978-0997994698 (recommended, but not required). (MC) (UP)
14878 F 2/4 10 a.m.-12 p.m. (MC) UC 311 Kowis
14748 F 3/4 10 a.m.-12 p.m. (UP) Bld 11/Rm 146 Kowis

READING & WRITING

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. (NH)

13713 T 1/25 10 a.m.-11:30 p.m. CMED 207 Mohr
13716 T 2/22 10 a.m.-11:30 a.m. CMED 207 Mohr
13718 T 3/22 10 a.m.-11:30 a.m. CMED 207 Mohr
13720 T 4/26 10 a.m.-11:30 a.m. CMED 207 Mohr

Get to Know Your Library
Join Jay Smith and get acquainted with the LSC-Tomball Community Library! If you’ve never visited the library or want a refresher, our library team will take you through all of the resources and services on offer. We’ll cover our physical collection, digital resources, the Innovation Lab, and you can even sign up for a library card while you’re here! This tour will meet on the 1st floor of the library, near the main circulation desk. We’ll see you there! (TC)
15413 T 1/25-4/26 11 a.m.-1 p.m. Library Smith

Mike wrote The Midnight Library by Matt Haig, 4/5; The Midnight Library by Matt Haig, 5/3; The Henna Artist by Alka Joshi, 2/1; The Henna Artist by Alka Joshi, 3/1; The Hopeful Heart by Amy Clipston and the April featured book title is The Mothers by Brit Bennett. (KC)

Join Mike Kowis, LSC Adjunct Professor for the following two classes:

Author Talk: How to Self-Publish Your First Book

Join Steve Little for an interactive writing workshop. Achieve clarity in all forms of writing from correspondence and essays, to fiction and autobiography. This class assists in the development of the writers’ unique voice and style in an environment of support. Assignments are read aloud and positively critiqued with classmates. Members are encouraged to enter local and national competitions. At semester end, each writer’s best efforts are presented in a digitized booklet. Bring your skills, talents, and aspirations to this class! (KC)
15183 Th 2/10-4/7 2-4 p.m. TBA Little
15782 Th 2/10-4/7 2-4 p.m. Online Little

Join Mattie Sharp for an enjoyable book review, great socialization and discussions. The titled book for February is The Hopeful Heart by Amy Clipston and the April featured book title is The Mothers by Brit Bennett. (KC)

Join Mattie Sharp for an enjoyable book review, great socialization and discussions. The titled book for February is The Hopeful Heart by Amy Clipston and the April featured book title is The Mothers by Brit Bennett. (KC)
LSC-Kingwood Book Club
Join the LSC-Kingwood Book Club that meets on the third Tuesday of each month to discuss books of common interest covering topics such as fiction, history, biography, travel, politics, science, etc. Diane Moore is the group facilitator. (KC)
15184 T 2/28 1-3 p.m. TBA Ginste
15185 T 3/22 1-3 p.m. TBA Ginste
15187 T 4/19 1-3 p.m. TBA Ginste

Non-Fiction Narratives
In this introductory class, participants will learn the ABC’s of writing biographical narratives, including personal memoirs, in prose, poetry, and fiction by examining the works of published authors and experimenting with the various genres. (MC)
14879 W 4/13 10 a.m.-12 p.m. UC 311 Susany

SCIENCE & NATURE
From The Shore To Your Door
More than any other single innovation, the shipping container (there are millions out there) 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 handled 600 million 20-foot containers, nearly 1.5 billion tons of cargo, worth trillions of dollars. Join Captain Mike Jacobs and discover how a simple steel box has completely revolutionized the global shipping industry. (TC) (UP)
15005 T, Th 1/25-1/27 10 a.m.-12 p.m. (TC) E 177 Jacobs
14728 TTh 2/15, 2/17 9 a.m-11 a.m. (UP) Bldg 11/Rm 146 Jacobs

The Race for Arctic Domination
Climate change is causing the Arctic polar ice cap to recede, creating new shipping lanes and allowing access to immense oil and natural gas reserves as well as many other mineral resources. A number of nations are currently positioning themselves to be dominant players in this scenario, and raising grave concerns from environmental groups who fear an ecological catastrophe will ensue as a result. Join longtime ALL member and instructor Rick Taylor as we examine this timely and controversial topic. (TC)
15046 W 1/26 10 a.m.-12 p.m. E 177 Taylor

Climate Change for You
This class is engineering for non-engineers. Is climate change real? What are the effects? What are the causes? What can be done about it? What will it cost us to do it? Georg Christensen is a retired chemical engineer. He has studied this important subject and would like to share his findings. He is independent of any special interest groups. (TC)
14991 Th 2/10 10 a.m.-12 p.m. E 177 Taylor

Your Wild Neighbors
Most of us know what to do if we have a sick cat or dog. But what do you do with that baby squirrel, bird, or raccoon that finds itself in your yard and in need of help? Kathy Coudert, Friends of Texas Wildlife rehabilitates wildlife and will guide you through what to do until you can get the wild baby into the hands of a permitted rehabber. (CF)
15071 W 2/16 1:30-3 p.m. Online Coudert
Global Warming: Where We Are
Are we on track to meet the Paris Climate Agreement? An overview of the science, human impact, economics, and politics of global warming will be present from a range of point views. Career geologist David Swinehart will question some of the commonly held notions about global warming. (MC)
14880 T 3/1 3-5 p.m. UC 310 Swinehart

From Gold to Lead: The Mineral Riches of Leadhills-Wanlockhead, Scotland
Let's join LSC-Montgomery Geology Professor Nathalie Brandes as she gives this lecture that will visit the highest village in Scotland where mining has occurred since at least the Middle Ages. We will cover the geologic events that created rich mineral deposits and look at how the area's mining industry changed from medieval to modern times. (CF)
15072 Th 3/10 1:30-3 p.m. Online Brandes

The Volcanic Landscape and Thermal Features of Yellowstone
Let's join LSC-Montgomery Geology Professor Nathalie Brandes as she gives this lecture that will look at the volcanic history that shaped Yellowstone, the thermal features (geysers, hot springs, and boiling mud pots) seen today, and what the volcano's current activity could mean in the future. (CF)
15074 T 3/29 1:30-3 p.m. Online Brandes

Forensic Anthropology
Forensic anthropologists are often tasked with helping law enforcement identify the remains of unknown decedents. Forensic Anthropologist and Bio-archaeologist, Dr. Lauren Meckel, will discuss how anthropology professionals use skeletal methods to identify unknown people, distinguish trauma from animal scavenging, and the unique decomposition facilities they employ to determine time-since-death. PLEASE NOTE: Presentation contains respectful images of human skeletal remains. (TC)
15014 Th 3/10 1-3 p.m. Online Meckel

Basic Aerodynamics of Helicopters
This course will go over basic aerodynamics with an emphasis on helicopter flight. Join LSC-Kingwood Mathematics Professor Charity Combs. (KC)
15195 T 3/29 11 a.m.-12 p.m. Online Combs

Mercer Botanic Gardens
Visit Mercer Botanic Gardens in the spring and you will enjoy an array of beautiful specimens from “Mother Nature’s Gardens.” Jennifer Garrison will lead the ALL group on an inspirational tour of the gardens. (NH)
13722 Th 4/7 10 a.m.-12 p.m. Offsite Garrison

Updates On the Biology of Aging
Aging is a natural and highly individual process that is a normal part of human development. In simple terms, this presentation investigates the science of human aging and senescence. Environmental, microbiome, and genetic factors that determine the rate of aging and degeneration are discussed. Also mentioned are the truths, falsehoods, and myths about anti-aging remedies and treatments. The presenter is a professor of environmental science and has a research background in environmental physiology related to senescence. Join Dr. Brian R. Shmaefsky, Professor of Biology & Environmental Science at LSC-Kingwood. (KC)
15196 F 4/22 11 a.m.-1 p.m. CLA 112 Shmaefsky

Energy for You
ALL Member, Doug Hissong, retired from the Energy industry, will provide us with everything we want to know about this essential industry and how it affects us. This class will introduce us to 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)
15076 T 5/3 10-11:30 a.m. HSC 106 Hissong

A Review of New Spacecrafts
Join Frank Hughes for a review of new spacecrafts currently being developed. Frank Hughes is a retired Chief of Spaceflight Training NASA Engineer and retired Chief Executive of Tietronix Inc., now working as a special project engineer and consultant. (KC)
15197 F 5/6 2-4 p.m. CLA 112 Hughes

Hidden Benefits of ALL Membership
Kick off your ALL semester by learning about the benefits of the Academy for Lifelong Learning membership, including free Microsoft Office 365 software and cloud space, use of campus facilities, discounts and freebies you can get with your LSC student card and/or student email that is yours as an ALL member. Plus access to the campus gym, wonderful plays, concerts, exhibitions and more to entertain and educate. Angie Carns shares her knowledge of all things ALL. (MC)
15390 W 1/19 1-3 p.m. UC 310 Carns
14881 W 1/19 1-3 p.m. Online Carns

For more information, contact a Continuing Education Advisor:
Phone: 832.519.2900
(8 a.m.-6 p.m. M-F)
Join Maria Ward for the following three classes:

Organizing Skills For Seniors: Staying Organized to Extreme Organizing
Organize for efficiency, memory retention and fun. Everyone can learn simple techniques to being more organized or, if you are already organized, enjoy extreme organizing practices. Everything in your life can be organized, daily task lists, mail, documents, pills, women's purses, trash cans, closets, grocery shopping, refrigerators, etc. I have selected various topics and will show you how to stay organized and, if you are so inclined, become an extreme organizer. (UP)
14732 W 1/19 1-2 p.m. Online Ward

Managing Your Time, Paper & Spending
Some days it seems like you did not accomplish a thing. Time just moves so fast and you can't remember what you did. Time management techniques can help you plan your day and accomplish the most important tasks, even if you don't get anything else done. Just because you are not working, doesn't mean you can't set goals. If paper is overflowing your drawers, or you just can't decide what to trash and what to save, you may need some guidelines in controlling your mail, records & reading material. Do you show proper respect to money? You should be living on a budget, recording your spending and taking advantage of all the senior related discount offers. Improving on managing your time, paper & spending will give seniors a sense of control & harmony. (UP)
14733 W 2/16 1-2 p.m. Online Ward

Managing Trash: Reduce, Reuse, Recycle
Most Seniors don’t pay attention to their trash. We accumulate until our home is overrun by stuff. Get control of the unwanted, disposable & messy trash. Think, sort & organize before you dispose. Examine each item to see if it qualifies to be reduced, reused or recycled. Where do you take items that should not be placed in the trash? Join the mindful population wanting to pass on a clean earth. Learn to rethink the disposal of trash. (UP)
14731 Th 3/10 1-2 p.m. Online Ward

Road Scholars Program
A course for individuals that like to travel in groups. Road Scholar is a non-profit organization that plans thousands of trips each year. Trips are designed for those of us over the age of 50. (NH)
13650 M 1/24 11 a.m.-12:30 p.m. CMED Monroe

Choosing the Right Medicare Plan for You!
There are so many Medicare advantage plans, join Peggy Mims on how can we determine which to choose? (TC)
15652 T 2/1 1-3 p.m. E177 Mims

Join Jay Werner, Trusted Benefits Group, the first Friday each month for a discussion on Medicare:

Medicare Workshop: Basics
Basics is an overview that provides an understanding of all parts of Medicare including Parts A, B, C, D and supplemental coverage. Included will be key dates and new periods to change coverage. Join Jay, and learn how to apply, and how to be prepared for Medicare. (KC)
15198 F 2/4, 2/11 11 a.m.-12:30 p.m. Online Werner

Medicare Workshop: Prescription Drug Plan (PDP)
Prescription Drug Plan (PDP) will cover the basics on how drug coverage works, getting extra help, coverage choices, how to choose a drug plan and tips for using your coverage. (KC)
15206 F 3/4 11 a.m.-12:30 p.m. Online Werner

Medicare Workshop: Supplemental Coverage
Learn the basics of Supplement Coverage, what plans are available, what a supplement will do for you, what is not covered, and other benefits. (KC)
15212 F 4/1 11 a.m.-12:30 p.m. Online Werner

Join Diane Flicker for the following four classes:

Reverse Mortgages
Learn the facts about reverse mortgages from expert panelists who will discuss how these loans work. The myths and rumors associated with them, and ways they can be used to buy a new home or refinance your current one, payment free. (HN)
15084 T 2/15 10-11:30 a.m. Online Flicker

Buying a Home for Seniors
Learn the facts about 55+ neighborhoods available in The Woodlands. Buying a home in a 55+ deed restricted neighborhood or maintenance free community is appealing to many retirees. Educate yourself about your options so you can make smart decisions for your retirement lifestyle. (HN)
15086 W 3/23 10-11:30 a.m. Online Flicker

Downsizing
If you are considering making a move, now or in your future, you owe it to yourself to be prepared. Join us for this seminar and learn how others just like you have improved their lives by following these simple downsizing strategies. Panelists will share insights, tips and secrets to effectively downsize your household. (HN)
15092 T 4/13 10-11:30 a.m. Online Flicker

Avoid Homeowner Scams
Scammers utilize public property information to take advantage of responsible property owners. Learn to detect and avoid homeowner related scams at this class. (HN)
15098 T 5/11 10-11:30 a.m. Online Flicker
AARP Benefits for Seniors
Join Monty Patch, AARP Specialists in a discussion of benefits and services available for Seniors 50+. Lecture includes an intro to AARP; history, services conducted for local/state/national, communications and volunteer activities and benefits. (NH)
13724 T 2/8 11a.m.-12 p.m. Online Patch

Understanding Alzheimer’s and Dementia
Join Sabrina Strawn to learn about the impact of Alzheimer’s, and Dementia stages and risk factors, current research and symptomatic treatments, and Alzheimer’s Association resources. Classes meets for four sessions. (UP)
14729 T 3/1-3/29 10-11 a.m Online Strawn

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)
15015 T 4/12 10 a.m.-12 p.m. Online Call

TRAVEL & CULTURE

Biscuit Goes West-ish!
Join experienced traveler Alicia Eissler as she and her furry friend Biscuit travel to west Texas and beyond. She’ll share their adventures in Big Bend, Carlsbad Caverns, Roswell, Amarillo, Oklahoma City, and Will Rodgers’ Country. She will also share tips for trailer travelers and want-to-be as well as for traveling with pets. (TC)
15001 T 2/1 10 a.m.-12 p.m. Online Eissler

Scenic Natural Beauty and Uniqueness of Nepal
Nepal is adorned with pristine scenic natural beauty and is home to eight of the ten highest Himalayan mountain peaks, 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 by the collision of the Indian plate and the Eurasian plate, is still rising, making it prone to powerful earthquakes. Join Dr. Rajendra Shrestha. (UP)
14734 W 2/16 10-11 a.m. Bldg 11/Rm 146 Shrestha

WORLD RELIGION & SPIRITUALITY

Baha’i Faith: Hope for Humankind and A Path to Achieve It
Is humankind failing or learning? What kind of world can we leave for our children and grandchildren? How? Why do Baha’i’s believe in hope for humankind? Join us in this thought-provoking discussion that helps us sort through the apparent chaos and confusing times. Join Rebecca Samie with Sharon Davis for this presentation. (UP)
14735 W 3/9 1-2 p.m. Bldg 11/Rm 146 Samie/Davis

World Religions: An Overview
David Dewhurst will give an overview of some of the world’s religions of the world-past and present. We will begin with indigenous and Paleolithic and work up to modern time. Time permitting, we will also look at some of the lesser known religions of the world. (MC)
14990 W 3/23-4/13 1-3 p.m. UC 310 Dewhurst
15436 W 3/23-4/13 1-3 p.m. Online Dewhurst

Jewish Wisdom and Modern Dilemmas
Can a robot be Jewish? Do Judaism and science conflict? Should Jews sing Christmas carols? So many questions. We will explore contemporary issues and ancient wisdom. (MC)
14989 T 4/5-5/3 10-11 a.m. UC 310 Goldberg
15435 T 4/5-5/3 10-11 a.m. Online Goldberg
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:

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<thead>
<tr>
<th>LSC CAMPUS</th>
<th>NAME</th>
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<tr>
<td>LSC-CF</td>
<td>Donna Daughdrill</td>
<td>281.290.3957</td>
<td><a href="mailto:Donna.S.Daughdrill@LoneStar.edu">Donna.S.Daughdrill@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-HN</td>
<td>Gail Smith</td>
<td>281.290.2919</td>
<td><a href="mailto:Gail.L.Smith@LoneStar.edu">Gail.L.Smith@LoneStar.edu</a></td>
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<tr>
<td>LSC-KC</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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<tr>
<td>LSC-MC</td>
<td>Steve Gorman</td>
<td>936.273.7259</td>
<td><a href="mailto:Steven.Gorman@LoneStar.edu">Steven.Gorman@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-NH</td>
<td>Pam Gardner</td>
<td>281.618.5602</td>
<td><a href="mailto:Pamela.J.Gardner@LoneStar.edu">Pamela.J.Gardner@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-TC</td>
<td>Karen Meckel</td>
<td>281.401.1868</td>
<td><a href="mailto:Karen.Meckel@LoneStar.edu">Karen.Meckel@LoneStar.edu</a></td>
</tr>
<tr>
<td>LSC-UP</td>
<td>Kathy Bakat</td>
<td>281.312.1750</td>
<td><a href="mailto:Kathleen.Bakat@LoneStar.edu">Kathleen.Bakat@LoneStar.edu</a></td>
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LONE STAR COLLEGE CAMPUS INFORMATION

IMPORTANT CONTACT NUMBERS
Police Emergencies: 281.290.5911
Non-Emergency Number: 832.813.6800
Technology Services: 832.813.6600
Main Switchboard: 832.813.6500
Continuing Education Phone Tree: 832.519.2900
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) __________________________________________

Console 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


Full Name: _____________________________________________  LSC Student ID# ___________________________________

Home phone________________________  Cell phone________________________  Work phone________________________

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

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<th>End Date</th>
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Office Use Only

Registered by: _____________________________________________

Date: _____________________________________________
SPRING 2022 OPEN HOUSES

Friday, January 7, 1-3 p.m.
LSC-Montgomery
LSC-System Office STAR Ballroom
5000 Research Forest Drive, The Woodlands, TX 77381
For more information, call 936.273.7446

Wednesday, January 12, 11 a.m.-1 p.m.
LSC-Houston North Victory
4141 Victory Drive, Houston, TX 77088
For more information, call 281.810.5604

Friday, January 14, 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, January 18, 11 a.m.-noon
LSC-North Harris
Community Education Building (CMED 101)
2700 W.W. Thorne Drive, Houston, TX 77073
For more information, call 281.618.5602

Wednesday, January 19, 11 a.m.-1 p.m.
LSC-Tomball
Beckendorf Conference Center
30555 Tomball Parkway, Tomball, TX 77375
For more information, call 281.357.3676

Wednesday, January 19, 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 281.290.3744

Thursday, January 20, 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

New! Virtual Open House!
Tuesday, January 25, 1-2 p.m.
Details available on LoneStar.edu/ALL