

Academy of Learning in Retirement

*A continuing education
community program*

Fall 2022 On-Campus & Online Course Offerings

Classes are located online, and at
North East I.S.D. Community Education Building
8750 Tesoro Drive, San Antonio, Texas 78217

Have questions?
Rhonda McRae
ALIR Facilitator
(210)407-0167
rmcrae@neisd.net



Welcome to ALIR!
This catalog and
more information
are available at
www.ALIRsanantonio.org

ALIR 2022-23 Council

Chancey Blackburn
Michael Burns
Paul Cavazos
Tom Colbourn
Linda Comeaux
Bill Mitchell
Suzette Pelayo
Linda Rogde
Estela Royal
Steve Rutledge
Sue Varner

Mission Statement

Through volunteerism, the Academy of Learning in Retirement (ALIR), believing in lifelong learning, recognizes and calls upon its members' wealth of experience and abilities to deliver educational stimulation in the arts, history, literature, languages, and sciences.

about the **Academy of Learning in Retirement**

The Academy of Learning in Retirement (ALIR) began as an extension of the University of Texas at San Antonio, with Dr. John and Marci Lane as its catalysts. Their founding vision of an **all-volunteer learning academy**, offering a variety of classes to an over-50 crowd, was realized in 1989, when ALIR opened its doors to 61 members at the Institute of Texan Cultures under the aegis of UTSA.

In 2005, growth and space considerations necessitated a new campus home and happily, **North East Independent School District** (NEISD) welcomed ALIR to its Community Education Department in the spring of 2006. In 2020, as a **501(c)(3) corporation**, ALIR had a student body of more than 650 intellectually curious, over-50, San Antonians.

In 2020, **a new era for lifelong learners opened**, with ALIR offering a full slate of online courses during the COVID-19 pandemic. In the summer of 2021, thoughtful planning allowed the careful re-opening of in-person classes. ALIR will continue to offer Zoom-based online classes to those who are limited in mobility as well as for those who prefer online learning.

Important Dates for Fall 2022

Monday, 8/22	Online payment opens for Fall term; payment required to register
Monday, 8/29	Online Registration opens for fall classes; ongoing through term
Tuesday, 9/6	Instructors' Meeting – online instructors via Zoom; campus in person
Tuesday, 9/6	Orientation for new students – online via Zoom; campus in person
Monday, 9/12	First day of classes (12 week and 1st 6 weeks)
Monday, 9/26	First Luncheon
Monday, 10/10	NEISD closed; no on-campus classes
Monday, 10/24	First day of 2nd 6 weeks classes
Tuesday, 10/25	Second Luncheon
Week of 11/21-11/25	NO CLASSES – Thanksgiving break
Thursday, 12/1	Third Luncheon
Tuesday, 12/6	Art Exhibition and Performing Arts Show
Friday, 12/9	End of Fall term

Flexible Fridays (New classes begin every 3 weeks)

- Flex Fri **Session A:** Sept. 16, 23, 30
- Flex Fri **Session B:** Oct. 7, 14, 21
- Flex Fri **Session C:** Oct. 28, Nov. 4, 11
- Flex Fri **Session D:** Nov. 18, Dec. 2, 9



Active, knowledgeable instructors, compelling subjects, activities and friendship with others, and the sharing of new information – ALIR hits the mark for me.

General Information

- All people age 50+ are welcome at ALIR.
- Registration is required to attend a class, and payment is required before you can register. A single fee allows you to attend as many classes in a term as you want.
- Some instructors specify a maximum number of students in their class, which is noted at the end of the class description.
- **Important information** Keeping ourselves and others safe and healthy during these times is our top priority. **As of the date (8/22/22) of this catalog:**
 - There are currently no social distancing or mask restrictions for classes in the NEISD Community Ed building, but this is subject to change, depending on the state of the public health and risk situation.
 - While we can't require COVID vaccinations, we strongly encourage all ALIRians to take this important step.
 - Only bottled water is allowed in classrooms.

Payment for Fall Term

- Tuition for the Fall 2022 term (September-December) is a **single fee of \$85.00**. This fee allows you to attend as many classes during the term as you want.
- **Payment opens online at SignUpGenius on Monday, August 22.** Payment can be made by debit or credit card and is secure and encrypted.
- Once your payment is made, you will receive an emailed link to register for classes, with **registration opening on Monday, August 29.** (If you didn't receive an emailed link to pay, it is: www.signupgenius.com/go/9040E4BABA72CA3FB6-alir10)
- Payments made after August 29 will generate a link to registration within 24 hours.
- If you cannot pay online, you may submit a check made out to **Academy of Learning in Retirement** and either deliver it in person to **Rhonda McRae** at the NEISD building, 2nd floor, or mail it to **Tom Colbourn**, ALIR Treasurer, 26428 Enchanted Wind, San Antonio TX 78260. *Be aware that registration is not available until after payment, so using a check instead of paying online may delay your access to registration.*

Registration: When to register

- Using **SignUpGenius**, registration will open at **9:00am on Monday, August 29.**
- Registration is open and on-going throughout the fall. But to register, you must first complete your payment; you'll then receive an email with the registration link.

Registration: How to register

- Go to SignUpGenius using the link emailed to you after payment. Have your choices already made.
- **Select the classes you want** by going to the correct weekday, then to the time, and you will see the class listed. Once you've found it, click the check box.
- Select another class if you want, on a different day and/or time.
- **Click the "Submit" button at the bottom of the page** – and you're enrolled!
- **Fill in the required contact information** (name, email address and phone number) so instructors can contact you.
- Before the class starts, you should receive a confirming email from SignUpGenius.

Prerequisites for attending an online Zoom class

- **Computer** (PC Desktop or laptop/notebook) or (MAC/Apple or iPad) or a recent **Smartphone** (iPhone, etc.)
- **Webcam** either built-in to your computer, or a plugged-in camera
- **Microphone** (most webcams have a built-in microphone, or one is often included with an earphone jack)
- Up-to-date **Internet** connection, and **up-to-date browser** software
- **Downloaded and installed Zoom software**, available for free at [ZOOM.us](https://zoom.us).
- In addition to downloading the software, please familiarize yourself with Zoom, by online tutorials or by ALIR training sessions.



Online Zoom Training

Wednesday, Sept. 7	Zoom Basic Training: Refresher for instructors and basics for new ALIR students
2:00-3:15	Covering the key features in Zoom. An overview of Zoom commands; tips on scheduling/managing Zoom meetings.
Wednesday, Sept. 14	Zoom Help Desk: Updates and answers for experienced instructors; new students needing help are also welcome
2:00-3:15	Review of the full range of Zoom tools, including screen sharing, breakout rooms, polling and more. Ask us!

Additional training classes can be scheduled as needed and Zoom mentors are available to help as well. *Contact:* Bill Mitchell wgmitchell35@gmail.com or Linda Comeaux Lcomo@aol.com

On-Campus Courses

Fall 2022

Note: all classes are 12 weeks long unless otherwise noted

Monday

Texas: 1821-1846

Don Glessner

Monday 9:30-10:45 **2nd 6 weeks**

Between 1821 and 1846, Texas evolved from a Spanish colony to a Mexican state to an independent Republic to annexation by the United States. Each step was accompanied by a war. We will find heroes and villains, but mostly flesh-and-blood human beings trying to scrape by and rear their children. Hopefully, we will gain a better appreciation of the people, the period and the culture they left us.



Inventions that Changed Civilization

Tom O'Brien

Monday 9:30-10:45

History is made not only by kings, queens, presidents, and generals, but equally by inventors and the technological powers they unleash. This Great Courses® video series explores inventions that have changed the world. It presents those inventions within the social, economic, geographical and technological context in which they were made. (Max 25)

Greatest Controversies of Early Christian History

The Rev. Leslie Ellison

Monday 9:30-10:45

This class, taught by a long-time ALIRian and instructor, will look at some of the major controversies in Christianity from the time of Jesus' birth to the 4th Century. Some of the topics we will cover are: Was Jesus born in Bethlehem? Was Jesus' mother a virgin? Did Jesus expect to see the end of the world? Was Jesus married? These questions, and more, will be introduced by a half hour Great Courses® video lecture, with the rest of the class being devoted to discussion.

Windows 10 for Beginners

Helen Baker

Monday 9:30-10:45 **2nd 6 weeks**

This class has been designed with the absolute beginner in mind. It will take you through the basics of using Microsoft Windows 10, the most commonly used operating system in the world. You will be guided through the basics, such as using a browser, search engines and becoming familiar with simple email functions. By the end of this course, you should have the confidence to use the internet for these simple tasks. (Max 15)

Basic Watercolor

Jeanette Lowell

Monday 9:30-10:45, or
Monday 11:00-12:15



This popular ALIR class welcomes watercolor students of all levels. Instruction is focused on beginners and basic techniques. Bring any paints and brushes you already have to the first class, when we'll start with basics such as color wheel, values, etc. The instructor will provide a supply list. *The 11:00 class is a **repeat** of the 9:30 class; please register for just one.* (Max 20, each session)

Advanced Spanish Conversation and Grammar

Suzette Pelayo

Monday 11:00-12:15

This course, conducted mainly in Spanish, will have a conversational focus. Dialogs, idiomatic expressions, advanced grammar form and usage will be emphasized along with new vocabulary. A new book or workbook will be determined in our first class; please bring a spiral notebook to class for notes and assignments. *Pre-requisite:* you should be able to carry on a conversation in Spanish. (Max 15)

Foundations of Eastern Civilizations

Chancey Blackburn

Monday 11:00-12:15 **1st 6 weeks**

Such hubris to schedule the Foundations of Eastern Civilization in a 6-week course! With the help of selected Great Courses® lectures, we will explore – from a mile-high perspective – the core foundational elements of Eastern civilization across vast areas of geographical space and eons of historical times. We will touch on ideas of government, social and gender relationships, religion, philosophy, the arts, writing – even technology. And we will see how these core foundational ideas endured and influenced the development of society and civilization both within the Eastern cultural realm and around the world.



Computer Skills: Working with Microsoft 365

Tom Lake

Monday 11:00-12:15



This class covers the basics of Microsoft Windows (both versions 10 and 11). **Word processing** – Includes the basics of word processing using Microsoft Word, and continues with more advanced skills, such as formatting, inserting and editing graphics, saving, sharing, and printing options. **Spreadsheets** – Using Microsoft Excel, we'll cover how to design spreadsheets, enter data, work with charts/graphs/formulas calculations, use built-in templates and make your own custom templates, and organize your work. **PowerPoint presentations** – You'll learn to create informational or entertaining slide shows, including using pictures and videos, adding sounds and music, using animation and 3D motion, and setting up and sharing a presentation. Basic computer skills are necessary to receive the most value from this class.

The Evolution of English

Joanna McKinnis PhD/Tony Rezendes

Monday 1:00-2:15

1st 6 weeks



We'll follow part of the 1500-year history of the English language using an Athena video series as a springboard for lively class discussions. Questions from the episode, your contributions of word origins, or even the roots of your own last name will be welcome. A book, *The Adventure of English* by M. Bragg, is suggested as a helpful accompaniment to this class. The instructor says that after this class, you'll shine even more brightly when watching *Jeopardy!* (Max 16)

Tuesday

Great Religions of the World: Islam

Susanne O'Brien

Tuesday 9:30-10:45



This class is a general survey of the history and beliefs of Islam beginning with the life of Muhammad and continuing with the spread of Islam up to today. The class will cover topics including Qur'an-based beliefs and practices, Islamic sects, Islamic law, women in Islam, past reform and revitalization, Islam today and terrorism. To accomplish this overview, the class will include lectures from the Great Courses®, lessons from the Great World Religions: Islam DVD, and selections from PBS and History Channel DVDs, as well as other sources including books, papers, and perhaps a speaker.

Mountain Dance

Linda Carolan

Tuesday 9:30-10:45

The ALIR version of Mountain Dance combines the best of two popular dance styles. We use simple clogging/walking steps, forward and back, with some turns. We'll learn the *Virginia Reel* plus Appalachian Mt. figures such as *Dip for the Oyster* and a *Quadrille*. Celtic music will move your feet while your hands clap along. No partner is needed – and we welcome everyone, including those with the proverbial two left feet! (Max 30)

Classical Music Experience

Bill Lewis/Michele Phelan

Tuesday 9:30-10:45



This class, a communal listening experience rather than a lecture class, will enjoy works by such classical composers as Bach, Mozart, Beethoven, Wagner, Haydn, Brahms, Schubert, Chopin and others. Lots of listening, not so much talking!

The Wisdom of History, Part I

Pamela J. Ferguson

Tuesday 9:30-10:45 **2nd 6 weeks**

For his many ALIR devotees, we welcome Dr. Rufus Fear's Great Courses® video lectures back again. This fall he presents a survey class describing some of the many lessons we can all learn by studying world history. We'll focus on a grouping of major historical events and finish the lecture series in the Spring term.

Zen Brush Painting

Mary Bowman/Margarita Benavides

Tuesday 9:30-10:45

Learn to capture a subject's essence with a few strokes of an Asian brush, native style. We'll progress through a range of natural subjects for producing notecards to send to relatives and friends. There's a \$5 paper fee, payable by cash at the first class; other special Asian art materials are available from the instructor. (Max 20)



Beginning and Continuing Genealogy

Carole Bancroft/Laura Wyninegar

Tuesday 9:30-10:45 **1st 6 weeks**

This is a workshop-type class for all who are interested in discovering more about their genealogy. For beginners, the instructors will help you get started researching your family's ancestry. Those students who are continuing or who are advanced will receive ongoing input including research ideas and sources. *NOTE: This class will also meet [online](#) during the 2nd 6 weeks.*

Franklin Roosevelt and the New Deal

John E. Fagin, MA

Tuesday 11:00-12:15



This course will cover the political career of Franklin Roosevelt, with sharp focus on the details of Roosevelt’s New Deal program and how it affected the country. Moreover, we will dig into the debate over whether the New Deal helped to end the Great Depression or not. We’ll end with a discussion of Roosevelt’s place in US history. (Max 30)

The Faces of San Antonio Art

Judy Sobre/Gladys Koranek

Tuesday 11:00-12:15 **2nd 6 weeks**

What’s going on in the art scene in San Antonio now, post-pandemic? It turns out that art and artists are everywhere in our city – using all media, and created by many ethnicities. This class plans to present guest visual artists each week, discussing and showing their work. *Come meet them!*

Birding: The Fun. The Science. The BIRDS

Don Hall

Tuesday 11:00-12:15 **1st 6 weeks**

This class promises a rewarding and information-loaded peek into the lives of birds. Topics will include: Bird anatomy that makes flight possible ... Why every bird species needs a very specific environment ... Getting close to birds - in more ways than you imagined ... Texas - a target-rich environment for birding (some ideas on where to bird) ... Serious birding at your home ... and Informing yourself - field guides and the Internet. Two books by David Allen Sibley, *What it's Like To Be A Bird* and *The Sibley Guide To Birds 2d Ed.*, are recommend resources.



Introduction to Tai Chi Chuan

William Etheredge/Julie & Peter Nyren

Tuesday 11:00-12:15

You are invited to join these experienced instructors as they present an introduction to Yang style Tai Chi Chuan and Qi Gong, the regular practice of which has been shown, over millennia, to enhance health, balance and flexibility. (Max 25)

Attention readers! ALIR has begun a once-a-month Book Club, online, led by Amanda Churchill-Bergman along with each month’s volunteer discussion leader. *See page 22 for details.*

Early Civilizations, Part II

Patricia A. (Patti) Young

Tuesday 1:00-2:15

Civilizations developed in six areas of the world. Last spring, with the help of a Great Courses® lecture series, we looked at early cities around the Mediterranean Sea. This fall we will look at the development of civilization in South Asia (India/Pakistan), East Asia (China), and in North and South America. We'll learn about the ways of life and governing that developed, and follow, as much as possible, the empire building, invasions and natural disasters afflicting each area. We'll depart from the video lectures to include additional information from South America, especially new information on Amazon civilizations. If you do not use email, please contact the instructor or Rhonda McRae for needed information prior to each class.

Once Upon A Time: Fairy Tales and Us

Patricia Lonchar

Tuesday 1:00-2:15 **2nd 6 weeks**

Thanks to Perrault, the Grimm Brothers, and Hans Christian Anderson, most of us are familiar with fairy tales – or, technically speaking, "folktales." We remember them from our youth, and probably from Disney. But, why were these tales composed?

What do they reveal about their culture of origin? What makes them memorable? What do we learn about ourselves from these tales? This course will survey the world of folktales, looking at universal themes, common motifs, characteristic plots, and cultural variants. (Max 30)



Leyendas Latinoamericanas

Mary Martinez/Estela Royal

Tuesday 1:00-2:15

This is a Spanish conversation class for intermediate through advanced-level readers, which will strengthen reading skills, comprehension and improve vocabulary. We'll continue with the stories about Latin American folklore legends in the *Leyendas Latinoamericanas* book introduced in an earlier term. During the second part of the term, we'll use the book *Literature y Arte*, Second Edition. (ISBN 0-03-0576040). (Max 15)

Stretching for Flexibility

Suzette Pelayo

Tuesday 1:00-2:15

Do you feel a bit stiffer and less flexible than before? In this class we will loosen up and regain some lost flexibility while improving our overall mobility. The secret is to keep moving while not overdoing it! We'll warm up, do some gentle stretching exercises to relaxing music and maybe wrap up our time together with a fun and easy dance.

Wednesday

Acrylic Painting

Valentina Messer

Wednesday 9:30-12:15



You will learn a variety of useful painting techniques. We'll start by learning basic rules of linear and aerial perspective, as well as some basic rules of composition, including still life and landscape composition. (Max 20)

Spanish for Beginners

Lourdes Cervantes/Maria Zambrano

Wednesday 9:30-10:45

This introductory class will practice basic conversational vocabulary and expressions, such as greetings, food likes/dislikes, common phrases, etc. We will explore basic grammar to create sample conversations. No book is needed – this is a fun and easy-going introduction to the Spanish language.

Lessons for Healthy Aging: The Blue Zones

Aris Nikas

Wednesday 9:30 -10:45 **2nd 6 weeks**

Don Buettner set out to find the places that had the highest number of centenarians who also seemed to be free of chronic diseases like diabetes, cancer, heart disease and obesity. There were five regions that met the criteria and he looked at commonalities of diet, lifestyle and habits. The instructor, a respected physician and teacher, will help us examine these common traits and see how understanding them could help us today.



Colonial Latin American History

Jack Himmelblau

Wednesday 9:30-10:45

This scholarly course, *taught in Spanish*, is an introduction to Spanish-American colonial history, from the discovery of the Americas to 1700. If time permits, the class will analyze pre-revolutionary documents (provided by the instructor, written in Spanish) from the first 25 years of the 19th century as well.

The Ten Stages of Genocide

Yvonne Soliz-Valdez, PhD

Wednesday 9:30-10:45

The Ten Stages of Genocide model was created by Professor Gregory Stanton to help us understand the process of genocide and how it can be prevented. The stages he describes are classification, symbolization, discrimination, dehumanization, organization, polarization, preparation, persecution, extermination, and denial. We'll identify the stages as they appear within the history of the Holocaust. Finally, we'll consider these critical attributes to identify present-day stages of genocide globally. To aid discussion, we'll refer to the *10 Stages of Genocide - Complete Graphic Novel Collection* from the Dallas Holocaust and Human Rights Museum. (Max 30)

Sir Thomas More: Renaissance Scholar to Catholic Martyr

Nancy Fix Anderson, PhD

Wednesday 11:00-12:15 **2nd 6 weeks**



Sir Thomas More (1478-1535), the author of *Utopia*, a fantasy describing an ideal society based on pure reason instead of religion, was a leading figure in the English Renaissance. A lawyer and judge, he also faithfully served King Henry VIII as his Lord Chancellor. But when King Henry broke with the Roman Catholic Church and was declared the Supreme Head of the Church of England, More, a man of deep faith, refused to accept this change. Tried for treason, he was beheaded, earning him Catholic sainthood. In this class, we will examine the life and times of this fascinating person and his conflict with Henry VIII. (Max 35) *NOTE: This class is also offered **online** on Thursdays at 10:30.*

Introduction to the Ukulele

Bob Carlson

Wednesday 11:00-12:15

No musical experience is required to join this class, just a desire to have fun making music. We'll concentrate on the few basic chords needed to play pop, folk and soft rock tunes. Bring a ukulele and an electronic tuner. The instructor is glad to make suggestions if you don't have a ukulele yet. (Max 20)



Writers' Critique

Valory Pierce

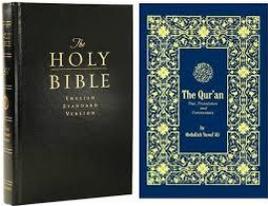
Wednesday 11:00-2:15

In this supportive class, students are encouraged to bring at least one piece of unpublished poetry or prose – be it fiction, nonfiction, memoir, or sci-fi – to be read and reviewed by others in the class. In addition, students are invited to share feedback and suggestions to the author about how the piece might be improved. Come join us and bring a sack lunch to eat together during this double period. (Max 20)

The Bible and The Qur'an

Jose Trabal

Wednesday 11:00 - 12:15



In this class you will receive a general introduction to the Qur'an, paying particular attention to its relationship to the Bible. You will gain an appreciation of these sacred texts' differences and similarities, including how they each portray Abraham, Moses, Mary and Jesus. You will be introduced to the life of Muhammad, the structure and themes of the Qur'an, and some history of how Christianity has interacted with the Qur'an through the years. We'll discuss how Muslims approach the Qur'an in our modern world. This course has been designed to help understand the historic relationship between Islam and Christianity and between Muslims and Christians in our age. (Max 30)

Beyond the Masterpiece

Barbara Maphet/Rodney Brown

Wednesday 1:00-2:15

This art history class will view and discuss the full and fascinating stories behind ten famous works of art. The curriculum will include how these works were created, how they influenced other artists and how they came to have a life of their own in the modern world.

Thursday

Pastel Painting

Barbara Gadsby

Thursday 9:30-12:15

This class is for anyone interested in painting with pastels. During this double period, we will explore techniques, surfaces, painting styles, and more. If you are new to pastels or if you are returning, this class is for you. (Max 18)

Turning Points in American History, Part I

Tom Colbourn

Thursday 9:30-10:45

American history has been shaped by many long-term trends and subtle forces; however, it has also taken dramatic turns as a result of key events. This term, we'll examine 24 events – some big, some small, but all impacting America's social, economic and political character – in the first part of the Great Courses® video series. While some events like the Boston Tea Party are well known, others like the eradication of hookworm in 1909 aren't usually seen as "major," so we'll consider what constitutes a "turning point."

Line Dancing

Sandra Goodrum/Jackie Ackley

Thursday 9:30 - 10:45

"Come Dance with Me" is just one of the many songs we will be dancing to. Don't worry about having two left feet, because many of our dances start off with your left foot! Steps will be taught and/or reviewed before each dance. Wear comfortable shoes with smooth soles as we will be dancing on carpet. No experience required, only a willingness to have fun and get moving! (Max 30)

Fun with Fabric

Helen Baker

Thursday 9:30-10:45 **1st 6 weeks**



Join us for this engaging, innovative class – and for a chance to transform some of those wonderful leftover fabric scraps you've stored away in a cabinet or drawer! We'll start with a brief history of fabric, and then learn about the construction of fabric blocks. Along the way, you'll discover how to turn your fabric scraps into cool, artistic blocks. Each week, you'll be given a new way to use your fabric and asked to complete an assignment with it. Sewing not required in class. (Max 15)

Elementary to Intermediate German

Fred Franz Prassel

Thursday 9:30-10:45

While intermediate level students of German will enjoy and benefit from this class, this term elementary German language learners are also welcome. We will focus on speaking/pronunciation, vocabulary and grammar. We will continue to use as our resource the book *German Made Simple* by Dr. Arnold Leitner, 2006 (ISBN 0-7679-1860-6), available from online booksellers. (Max 18)

Beginning Bridge

Debbie Jackson

Thursday 9:30-12:15



This class has been designed for those who have wanted to learn the intriguing game of bridge, those who have played in the past and would like to get back into it, or those who play some now but would like to improve their game.

Place your bid for learning and companionable enjoyment. (Max 24)

Conversations with a Psychologist

Susan Pelzer, Ph.D.

Thursday 11:00-12:15

In this long-running ALIR class, psychological ideas will be discussed to enrich our understanding, acceptance and mindfulness of the human condition. (Max 35)

The ALIR Ukulele Band

Bob Carlson

Thursday 11:00 - 12:15



If you can play Happy Birthday in the key of C (C-F-G7) on your ukulele, you're ready for this much-loved class. We'll learn some new chords and play favorites by the Beatles, John Denver, Elvis, etc. Be it pop, folk, or soft rock – we'll have fun jamming to the oldies. Bring your uke and an electronic tuner. (Max 20)

World History: Connections

Beverly Baucum

Thursday 1:00-2:15

This class will cover prehistory through 1750, as the first of a two-term class that will conclude in the spring. We'll learn about the foundations of world history, a shift to the Middle East, and how the world became increasingly connected. We will trace the development of individual rights, the emergence of the nation state, and we'll explore the connections of the past to the world of the present.

American Sign Language

Barbara Gadsby

Thursday 1:00-2:15

Learning Sign Language is fun and easy (even for arthritic hands). We'll learn everyday phrases and explore a bit of Deaf culture along the way. By the end of the semester, you'll be able to carry on a fairly decent conversation. Come join the fun! (Max 30)

Games People Play

Joanne McGowan

Thursday 1:00-2:15

Want to have some fun? Come play a different game each week with your fellow ALIRians. Activities like Bunco, Pictionary, Liar's Club, various board games, roulette, Wordzee, Charades, and maybe even karaoke will keep you entertained. A minimum of 16 people is needed for this class to work. Remember: we don't stop playing because we grow old, we grow old because we stop playing.



Did you know? Each year, ALIRians contribute to a college scholarship fund for outstanding graduates of NEISD high schools. If you've ever wanted to help a young scholar achieve their dreams, this is a good way. (And while we're mentioning contributions, ALIR gratefully accepts legacy donations.) *Thanks for being part of our community of learners.*

Friday

Fridays are reserved for short classes – just 3-weeks long – on a variety of subjects that change every three weeks. They're flexible!

Fall Flexible Friday dates

Flex Friday **A**: 9/16, 9/23, 9/30

Flex Friday **B**: 10/7, 10/14, 10/21

Flex Friday **C**: 10/28, 11/4, 11/11

Flex Friday **D**: 11/18, 12/2, 12/9

Come Fly With Me!

Joan Lyons

Friday 9:30-12:15 Flex Fri A

We'll watch three Hollywood-produced movies set in different, perhaps even exotic, parts of the world. To enhance our imaginary travels, we will enjoy a snack from the week's featured country during the break. (Max 20)

Reader's Theater: *Pygmalion*

Mary M. Potter

Friday 1:00-2:15 Flex Fri C

In Reader's Theatre, the actors read their parts to each other and/or an audience. Join us this fall to read this 1913 comic/satirical/philosophical play by George Bernard Shaw (also the basis of the musical *My Fair Lady*). Scripts can be picked up at ALIR three weeks before the first class; students should read the Act(s) to be covered in class ahead of time. All are welcome – no acting experience is needed. \$5 print fee required. (Max 20)

Plant-Based Eating for Health and Weight

Caron De Mars

Friday 9:30-10:45 Flex Fri D



Why eat plants instead of animals? How do I get there? Discover how a plant-based diet improves health, controls weight, and enhances physical performance. Learn about the perils of animal agriculture and the environmental benefits of veganism. Get tips on how to become a plant-based eater and access tasty recipes. Write a contract with yourself to outline dietary/health goals. You'll get lists of films, books, podcasts, and internet resources; a \$5 supply fee is requested for these resource packets. (Max 30)

Brain Games II

Steve Rutledge

Friday 11:00-12:15 Flex Fri D

All you need is paper, pencil and an open mind. You will discover that you know more than you remember as we play with various word games. Some of our mental calisthenics will be with wuzzles, oxymorons, similes, commonyms, rhyme times and many more brain stretchers. No yoga pants required for these exercises, but a thinking cap is highly recommended (plus this class is a perfect toast to your TGIF energy!). (Max 18)



Campus Classes (Day)

Online Classes (Day)

Art/Art Appreciation

Basic Watercolor (**Mon**)
 Art from the Heart (**Mon**)
 Zen Brush Painting (**Tues**)
 SA Artists (**Tues**)
 Acrylic Painting (**Wed**)
 Beyond Masterpieces (**Wed**)
 Pastels (**Thurs**)
 Gothic Lettering (**Thurs**)
 Making an Impression (**Fri B, D**)

Computers/Technology

Computer Skills: Windows 365 (**Mon**)
 Computer Windows Basics (**Mon**)

Current Events/General Studies

Censored? Banned? (**Mon**)
 Genealogy (**Tues**) (**Tues**)
 Socrates Café (**Tues**)
 Current Events (**Wed**)
 Personal Legacy Will (**Fri C**)

Economics/Science

Inventions (**Mon**)
 Economics of Everything (**Mon**)
 Jack Welch/Book (**Thurs**)

Health and Wellness

Blue Zones (**Wed**)
 Conversation w/ Psychologist (**Thurs**)
 Mindful Living/Meditation (**Thurs**)
 Plant-based Eating (**Fri D**)

History/Political Science

Texas 1821-1846 (**Mon**)
 Wisdom of History (**Tues**)
 Roosevelt & the New Deal (**Tues**)
 Early Civilizations (**Tues**)
 Genocide (**Wed**)
 Colonial Latin Am. History (**Wed**)
 Sir Thomas More (**Wed**)(**Thurs**)
 World History (**Thurs**)
 Turning Points in Am History (**Thurs**)

Language

Evolution of English (**Mon**)
 Adv. Spanish Conversation (**Mon**)
 Latin Am. *Leyendas* (**Tues**)
 Spanish for Beginners (**Wed**)
 Elem/Intermediate German (**Thurs**)
 Sign Language (**Thurs**)

Literature/Creative Writing

Memoir Writing (**Mon**)
 Poetry for the 21st Century (**Mon**)
 Fairy Tales (**Tues**)
 Reading Together (**Tues**)
 Writer's Critique (**Wed**)
 The Graphic Novel (**Fri B**)
 Reader's Theater: *Pygmalion* (**Fri C**)
 ALIR Book Club (**Fri monthly**)

Music

Listening: Classical Music (**Tues**)
 Introduction to Ukulele (**Wed**)
 Ukulele Band (**Thurs**)

Philosophy/Religion/World Cultures

Early Christian Controversies (**Mon**)
 Survey: Eastern Civilizations (**Mon**)
 Islam (**Tues**)
 The Bible & the Qur'an (**Wed**)
 Books of Minor Prophets (**Wed**)

Recreation/Leisure/Film

Tai Chi (**Tues**)
 Mountain Dance (**Tues**)
 Birding (**Tues**)
 Exercise for Flexibility (**Tues**)
 Yin Yoga (**Wed**)
 Line Dancing (**Thurs**)
 Fabrics (**Thurs**)
 Beginning Bridge (**Thurs**)
 Games People Play (**Thurs**)
 Fly with Me: Films (**Fri A**)
 Brain Games (**Thurs**)(**Fri D**)

Online ZOOM Courses Spring 2022

Note: all classes are 12 weeks long unless otherwise noted

Monday

Art from the Heart

Lisa Kerpoe

Monday 10:30-11:30

2nd 6 weeks



Ever feel the urge to draw or paint but your inner critic talked you out of it? Want to get in touch with your intuitive side? In this hands-on class, we will explore a variety of exercises to bring out your inner creativity. Intuitive art is about learning to listen to and trust your intuition. In a way, intuitive art is a kind of meditation – more about the process than the result – that can offer insights into one’s life journey. No art experience is necessary, and you will not have to show your work. You may use whatever art supplies you wish – paints, markers, crayons, pastels, etc. We’ll discuss supplies at the first class. (Max 20)

Memoir Writing

Michael Burns

Monday 10:30 - 11:30

Every person has stories to tell. Your memories can be a cherished odyssey, a meaningful legacy connecting generations, or a way to recall and celebrate a special memory. Come join this online workshop to learn from and share with others your unique stories. This class continues ALIR’s 22-year-long tradition of offering a fun and supportive setting for telling your stories. (Max 30)

The Economics of Almost Everything

Bill Mitchell

Monday 12:00-1:00

Join this erudite instructor as he analyzes and leads discussions on key economic issues that matter in our daily lives. Videos, reference materials and class discussion will focus on the economics of crypto and blockchain, higher education, social media, solar and wind renewables, EV’s, debt & deficits, robotics & AI, immigration, and other aspects of economic life. Videos and news stories will drive each class and hopefully spark lively conversations. (Max 30)



Poetry for the 21st Century

Jean Jackson

Monday 12:00-1:00

What makes a poem? How has poetry changed in the 21st century? Join us and find out what new poets are doing to line, image, white space, sound and rhythm. This is an ongoing class for those who want to write poetry and for those wanting to know more about it. (Max 18)

Censored? ALIRians Discuss A Favorite Banned Book

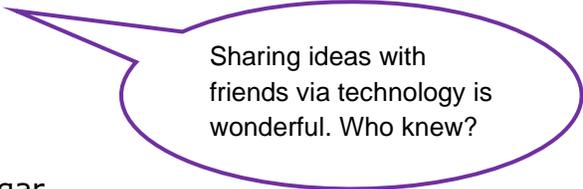
Linda Comeaux/Janet Alyn

Monday 1:30-2:30 2nd 6 weeks

What do Mark Twain, Alice Walker and Anne Frank have in common? At some point, someone decided to silence them, jeopardizing intellectual freedom. After a brief review of the history of censorship/book banning, each week one ALIR instructor will lead an online discussion of a different controversial book. While a final list of discussion leaders and books will be sent to registrants before the term starts, at this time the list includes Nancy Anderson, Melinda Charles, Pat Lonchar, Susanne O'Brien, Steve Rutledge, Janet Alyn, and Amanda Churchill-Bergman. Books will include *Beloved*, *Caste*, *The Handmaid's Tale*, *Brokeback Mountain*, *Out of Darkness* and more. Readings are optional, but familiarity with the selections is encouraged. (Max 60)



Tuesday



Genealogy – Beginning and Continuing



Carole Bancroft/Laura Wyninegar

Tuesday 9:00 - 10:00 2nd 6 weeks

This is a workshop-type class for all who are interested in discovering more about their genealogy. For beginners, the instructors will help you get started researching your family's ancestry. Those students who are continuing or who are advanced will received ongoing input including research ideas and sources. (NOTE: this class will also meet on campus for the 1st 6 weeks.)

Reading Together: Short Fiction

Amanda Churchill-Bergman

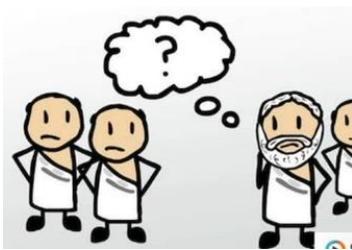
Tuesday 10:30-11:30

Come join the team! We usually read and discuss two short stories each week, although we might occasionally read a novella or a play. We choose our stories from *The Story and Its Writer: An Introduction to Short Fiction* ed. Ann Charter, Ninth Ed. 978-1-4576-6461-8. Amazon is currently offering used copies of it with these ISBNs which should work, too: 1319125182 and 978-1319125189. (Max 20)

My experience with ZOOM went from knowing pretty much nothing to realizing the great opportunities it offers for group discussion and sharing.

Socrates Café

Mark Stokes/Mike Burns

Tuesday 3:00 - 4:00

This class has been popular with ALIRians for 15 years. The focus was inspired by Christopher Phillips' book *Socrates Cafe* and the belief that "an unexamined life is not worth living." The thought-provoking question posed for each week's discussion may come from ANY subject area: religion ... politics ... society ... metaphysics ... government ... science ... history and more.

Participants are encouraged to share their ideas and perspectives within a supportive community. (Max 25)

Wednesday

Books of The Minor Prophets

Julie Ouellette

Wednesday 12:00-1:00

This is a study class about the Minor Prophets of the Old Testament (the Tanakh): Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah and Malachi. The literature was written between the 8th and the 4th centuries BCE and conveys historical/cultural background. This won't be a "one-a-week" overview but rather part of a continuing study. To prepare, it would be helpful to begin reading the Book of Hosea. Weekly notes will be emailed to students.



Yin Yoga

Jean Unser

Wednesday 1:30 - 2:30

As taught by this ALIRian instructor, Yin Yoga is primarily a mindful pranayama breath practice. Postures will be suggested to relax and soften into every five minutes for students to get better in touch with their body of today. Stretchy clothing, a yoga mat and various pillows/bolsters, blocks, rolled towels/ blankets can all be used as supportive props. Always listen to your doctor's advice before exercising!

Vox ALIR: Current Events

Don Gadberry

Wednesday 3:00-4:00

This is a free-range conversation about current events; if it's like the prior classes led by this moderator, it should be a stimulating and participant-driven adventure in sorting through the many events shaping our world today. While the instructor often presents current news topics or videos for discussion, participants are also asked to bring topics for class. Your time on the soapbox will be moderated, and civil behavior and respect is expected from all. (Max 40)

Thursday

Sir Thomas More: Renaissance Scholar to Catholic Martyr

Nancy Fix Anderson, PhD

Thursday 10:30- 11:30 **2nd 6 weeks**

Sir Thomas More (1478-1535), the author of *Utopia*, a fantasy describing an ideal society based on pure reason instead of religion, was a leading figure in the English Renaissance. A lawyer and judge, he also faithfully served King Henry VIII as his Lord Chancellor. But when King Henry broke with the Roman Catholic Church and was declared the Supreme Head of the Church of England, More, a man of deep faith, refused to accept this change. Tried for treason, he was beheaded, earning him Catholic sainthood. In this class, we will examine the life and times of this fascinating person and his conflict with Henry VIII. (Max 60) **Note:** *This class will also be offered on campus on Wednesdays; please check details in [campus](#) section.*



Brain Games Continued

Pat Schmitz

Thursday 10:30-11:30 **1st 6 weeks**

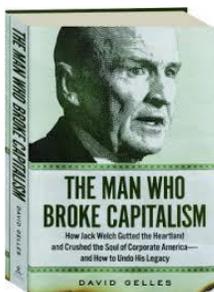
Thinking, learning and laughing all keep the brain healthy. We work on all critical brain functions (for healthy brain aging) as we work through different games and puzzles ("work" being the operative word...). (Max 25)

The Man Who Broke Capitalism: Book Discussion

Bill Mitchell

Thursday 12:00-1:00

2nd 6 weeks



This class will read and discuss together the recent book by David Gelles, ***The Man Who Broke Capitalism: How Jack Welch, the CEO of General Electric Gutted the Heart and Crushed the Soul of Corporate America.*** Gelles paints Jack Welch as the root of all that’s wrong with capitalism today and argues that Welch single-handedly ushered in a new, cutthroat era of business, chronicling Welch’s campaign to vaporize hundreds of thousands of jobs in a bid to boost profits, eviscerating the country’s manufacturing base and destabilizing the middle class. Welch, who was obsessed with downsizing, eliminated 10% of employees every year and inspired generations of imitators who have used his strategies at other companies around the globe. Join this knowledgeable instructor in discussing Welch’s focus on increasing shareholder value by any means necessary, including layoffs, outsourcing, offshoring, acquisitions, and buybacks, all of which became the norm in American business. The book will be required reading. (Max 30)

Lettering in Gothic Script

Mary Bowman/Lee Brooks

Thursday 1:30-2:30



Gothic lettering is beautiful and striking. It does take practice, not something new to calligraphers! Chisel pens of varying widths are needed and are available for \$6 from ALIR (visit the ALIR facilitator Rhonda McRae, she has a supply; other supplies are available from the instructor.) Don’t be afraid to give this a try – just in time for your holiday correspondence! (Max 20)

Mindful Living/Meditation

Mark Stokes

Thursday 3:00-4:00

The class includes discussions, reflections, and the practicing of a variety of ways – including meditation – to help improve mental, emotional, physical, and spiritual health. Within a supportive community, the sessions address how to let go of fears, worries, regrets, and how to live in a mindful state. Topics include self-mastery, stress management, and living in harmony with the way things are. The instructor has studied, practiced, and taught meditation for over 30 years. He often cites Eckhart Tolle’s books. (Max 25)



Friday

Fridays are reserved for short classes – just 3 weeks long – on a variety of subjects that change every three weeks. They’re flexible!

Fall Flexible Friday dates

- Flex Friday **A**: 9/16, 9/23, 9/30
- Flex Friday **B**: 10/7, 10/14, 10/21
- Flex Friday **C**: 10/28, 11/4, 11/11
- Flex Friday **D**: 11/18, 12/2, 12/9

Making An Impression, Part II

Sue Telle

Friday 10:30 - 11:30 Flex Fri B and D

This is a hands-on class. Each week, you’re asked to create a piece of writing or an artwork inspired by the Post-Impressionist artist highlighted in the session. The instructor’s presentation and class discussion will focus on one artist weekly: first Paul Gauguin, then Georges Seurat, and in the final class, Henri de Toulouse-Lautrec. **Note:** *The class content for **Flex Friday B** will be repeated during section **D**. (This class requires a minimum of 8 and a maximum of 20.)*

The Graphic Novel

Judy Branch, EdD

Friday 1:30-2:30 Flex Fri B

These three sessions will investigate the genre of the graphic novel. Each week, you’ll receive video/article links (in the public domain) to review in advance. Then, our online discussions will focus on the reviewed links, and will consider how graphic stories address contemporary concerns.

Creating a Legacy: A Personal Estate Plan

Linda Comeaux

Friday 10:30-11:30 Flex Fri C

Let’s explore some sample questions on how to leave our most cherished thoughts to our loved ones: an “ethical will.” Time to think on what is important to you – your history, your hopes, your values – and what you want future generations to know. Whether you share these thoughts or not in class, you will leave with a framework to develop your own memory legacy. (Max 30)

Announcing the ALIR Book Club

Amanda Churchill-Bergman welcomes ALIRians to the A.B.C. (the ALIR Book Club)! We meet **online at 3:00 on the first Friday of every month** and discuss one book each session. Any member may suggest a title and volunteer to lead a discussion; we are extremely democratic! We try to choose books that are interesting to discuss and schedule them well ahead so that the reading load is not burdensome. Join this group of readers who share their ideas enthusiastically and with consistent good grace!

Fall At A Glance #2

↓ double period class	Monday	Tuesday	Wednesday	Thursday	Flex Friday
Campus 9:30	Texas 1821-1846 Inventions Early Christian History Basic MSWindows Watercolor	Islam Mountain Dance Classical Music Wisdom History Zen Painting Genealogy	Acrylic Painting↓ Beg. Spanish Healthy Aging Colonial LatinAm Genocide	Pastels ↓ Beg. Bridge ↓ Turning Points I Line Dancing Fabric Fun German	Fly w Me! (A) ↓ Plant-based Eating (D)
Campus 11:00	Watercolor Adv. Spanish Conversation Survey: Eastern Civilizations Computer Skills	FDR & New Deal SA Art Faces Birding! Tai Chi Chuan	Writers Critique ↓ Thomas More Intro Ukulele Bible & Qur'an	Ukulele Band Conversation w Psychologist	Brain Games II (D)
Campus 1:00	Evolution of English	Early Civs. Part II Fairy Tales Leyendas/Legends Stretch & Flex	Art Masterpieces	World History Sign Language Games!	Readers Theater (C)
ZOOM 9:00		Genealogy			
ZOOM 10:30	Art from Heart Memoir Writing	Short Fiction		Thomas More Brain Games	Post- Impressionists (B,D) Personal Legacy (C)
ZOOM 12 noon	Poetry 21 st Cent. Economics		OT Prophets	Capitalism: Welch	
ZOOM 1:30	Censored/Banned		Yin Yoga	Gothic Lettering	Graphic Novel (B)
ZOOM 3:00		Socrates Cafe	Current Events	Mindful Living/ Meditation	ALIR Book Club (4 Fridays)

