

... Re-connect on campus with other ALIRians
... Join us online, using ZOOM technology
... Either way, learn something new!



Academy of Learning in Retirement

A continuing education community program

Campus & Online Course Offerings Summer 2022

2022-23 ALIR Council

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

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North East I.S.D. Community Education
8750 Tesoro Drive, San Antonio, Texas 78217

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 Summer 2022

| | |
|--------------------------|---|
| Monday, May 9 | Summer catalog released, and online fee payment opens |
| Monday, May 16 | Online Registration opens for summer classes |
| Tuesday, May 31 | Instructors' Meeting |
| Wednesday, June 1 | Orientation for new students |
| Monday, June 6 | First day of summer classes |
| Monday, June 27 | 3-week classes (B) begin; 6-week classes (B&C) begin |
| July 4 – July 8 | NO CLASSES, Fourth of July break |
| Monday, July 25 | 3 rd 3-week classes (C) begin |
| Friday, August 12 | End of summer term |

New this Summer – For greater flexibility, our summer term will consist of three 3-week sessions; there are no classes on Fridays as NEISD (and Rhonda) are closed.

| | |
|---|---|
| 3-wk A classes meet from 6/6 - 6/24 | 6-wk A&B classes meet from 6/6 - 7/22 |
| 3-wk B classes meet from 6/27 - 7/22 | 6-wk B&C classes meet from 6/27 - 8/12 |
| 3-wk C classes meet from 7/25 - 8/12 | 9-week classes meet from 6/6 - 8/12 |

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 (5/9) of this catalog's release:**
 - There are currently no social distancing or mask restrictions for classes in the NEISD building, but that 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.

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.



Zoom Online Training

| | |
|---------------------------------------|---|
| Wednesday, May 25 2:00-3:15 | Zoom Basic Training for participants and Update for instructors Covering key features in Zoom, an overview of Zoom commands and tips on scheduling/managing Zoom meetings |
| Wednesday, June 1 2:00-3:15 | Zoom Refresher and Update for experienced instructors Review of the full range of Zoom tools, including screen sharing, breakout rooms, polling and more. |
| Wednesday, June 8 2:00-3:15 | Zoom Help Desk for instructors and participants A class open to answering individual questions and issues. |

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

Payment for Summer Term

- Tuition for the Summer 2022 term (June-August) is a **single fee of \$45.00**, with all but \$10 going to NEISD. This fee allows you to attend as many classes during the term as you want.
- **Payment opens on SignUpGenius on Monday, May 9.** 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, May 16.** (If you didn't receive an emailed link, [click here](#) to go to the payment page to start process.)
- **Payments made after May 9 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**, summer registration will open **at 9:00am on Monday, May 16.**
- Registration is open and on-going throughout the summer. But to register, you must first complete your payment; you'll then receive an email with the registration link.

How to register

- Go to **SignUpGenius** using the link emailed to you after payment. (If you didn't get an email link, start the process by [first paying your fees here.](#)) 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.

On-Campus Course Listings

Summer 2022

Monday

Lewis & Clark: Corps of Discovery

Bill Lewis/Michele Phelan

Monday 9:30-10:45 **6 weeks: A&B** (6/6 - 7/22)

Sent by President Thomas Jefferson to find the fabled Northwest Passage, Meriwether Lewis and William Clark led what many consider to be the most important expedition in American history. We'll view the gripping Ken Burns' film that tells the remarkable story of the *Journey of the Corps of Discovery* – learning not just about the two famous leaders, but also about the expedition's French-Canadian boatmen, Clark's African American slave, the Shoshone woman Sacagawea, and the breath-taking landscape through which they all traveled.

Memory: Where Are My Keys?

Cathy Brillson Leonard

Monday 9:30-10:45 **3 weeks: C** (7/25 - 8/12)

This short Great Courses® series looks at the basic science behind our brain's ability to remember and describes two popular systems for improving one's memory. It won't be a panacea to every memory problem you face, but that isn't the point – instead you'll learn that memory can often be improved with time and effort, no matter what your age is. Let's try to remember that.



The Addictive Brain

Arlene Fisher/Matt Fisher

Monday 11:00-12:15 **3 weeks: B** (6/27 - 7/22)

This Great Courses® series is a calm but scientific and analytical introduction to addictions – such as caffeine, nicotine, alcohol, marijuana, cocaine, opioids, gambling, pornography, and junk food. The class and video won't give any medical advice for treatment; rather, it addresses the psychology and the neurology (brain receptors, synapses, etc.) of addiction.

East Asian Arts Three Ways

Chancey Blackburn

Monday 11:00-12:15 **3 weeks: C** (7/25 - 8/12)

East Asia is one of the earliest cradles of civilization. Floating above its long history of political tensions, however, is an ancient history of glorious art forms. We'll look at three: *Bonsai* – tiny trees in small pots and the complex artistry behind this art; *Sumi-e* – Japanese ink painting, creating images with a few deft strokes of the brush; and *Ikebana* – the complex art of Japanese flower arranging.

Improv for Laughs

Dee Kite/Rachelle Neuman

Monday 11:00-12:15 **9 weeks**

Throw away your filters and get ready to let the words flow! In this class we'll play together – do improvs, join in games and much more. This is a participation class that builds confidence and is fun for all. LOL is our SOP – join us! (Max 15)

Defining and Divining Dreams

Joanna McKinnis, PhD

Monday 1:00-2:15 **6 weeks: A&B** (6/6 - 7/22)

Become a 'beautiful dreamer'! The instructor has been keeping a dream journal since the 1970s, and she, along with videos such as NOVA's *What are Dreams*, will guide you into great dream experiences. We'll explore dream history, symbol analysis, the conquest of nightmares, and move into discussions of precognition, creativity and even 'lucid' dreaming. You might even be able to dream 'travel' in a multi-sensory way by the end of this class! (Max 15)



Tuesday



Zen Painting of Bees, Butterflies & Flowers (Continuing)

Mary Bowman/Margarita Benvides

Tuesday 9:30-10:45 **3 weeks: C** (7/25 - 8/12)

Continuing Zen painting students will focus this term on the summer-y subject of bees and butterflies on flowers to create handsome cards. (Max 20)

The Black Death (Continued)

Pamela Ferguson

Tuesday 9:30-10:45 **3 weeks: A** (6/6 - 6/24)

As current times continue to deal with a pandemic, we will learn about the most devastating plague to strike the world via a Great Courses® series. Bubonic plague ravaged 14th century civilization, sweeping in changes that included the creation of a middle class as well as social, familial, and religious structural shifts. *NOTE:* This is the final 3 weeks of a 12-week course, continued from the Spring term, but new students are welcome.

Line Dancing

Sandra Y. Goodrum/Jackie Ackley

Tuesday 9:30-10:45 **9 weeks**

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



Come Fly with Me

Joan Lyon

Tuesday 9:30-1:00 **3 weeks: A** (6/6 - 6/24)

This popular class returns for summer, viewing three Hollywood-produced movies set in different parts of the world. To enhance our imaginary travels, we will enjoy a snack from the week's featured country during the break. *NOTE:* class time extends over lunch. (Max 22)



Spanish Movies for Fun

Estella Royal

Tuesday 9:30-12:15 **6 weeks: B&C** (6/27 - 8/12)

For anyone interested in Mexico, its cinema is one of the best sources for revealing national character. Movies will be shown in Spanish with English subtitles. Join us just for fun, enjoying a different cinematic topic each week. (Max 20)

Hitler's Empire

Tom Colbourn

Tuesday 9:30-10: 45 **6 weeks: A&B** (6/6 – 7/22)

Employing a Great Courses® video series, we'll review the elements in German history that contributed to the rise of Adolph Hitler and the Nationalist Socialist Party. We'll trace how the establishment of this totalitarian regime ultimately led to a world war costing countless lives.

Mountain Dance

Linda Carolan

Tuesday 11:00-12:15 **9 weeks**

We'll use simple walking or clogging (1,2,3) steps, with fun old-time figures. Learn the *Virginia Reel*, *Nine Pins*, *Ball of Yarn*, and Appalachian Mountain figures such as *Step Right Up and Take a Little Peek*. No partner is needed – we'll give you one. Come tap your toes and clap your hands! (Max 30)

Beads and Essential Oils

Sue Varner/Helen Baker

Tuesday 11:00-12:15 **6 weeks: A&B** (6/6 - 7/22)



Join in the adventure! We'll cover the basics of essential oils and discuss their many uses. Then we'll create several bead projects, including a bracelet and earrings, that will act as carriers for your desired oil product. There will be a \$5 fee for supplies and oils. (Max 15)

Saints, Sinners and Those In-between

Patti Young

Tuesday 1:00-2:15 **6 weeks: A&B** (6/6 - 7/22)

Humans, as we all know, come in many degrees of good and bad and this fun course will look at a bit of each. Featuring one saint or sinner each week, we will take a look at Catherine the Great, Mao Zedong, Florence Nightingale, Vladimir Putin, Tamarlane, and Harriet Tubman. We'll include not only what conventional history wants us to know, but also take a look at the detractors, the secret quirks, and the quiet history to suss out the real human behind the story. Each week will feature a 30-50 minute video of the accepted history and then a review of web-accessible facts, staying as close to the provable truth as possible. Each week is preceded by an emailed summary and references on the subject so let us know if you don't use email.



Wednesday

A Walk Down Noir Alley

William (Bill) Boon/Tony Rezendes/Paul Cavazos

Wednesday 9:30-12:15 **9 weeks**

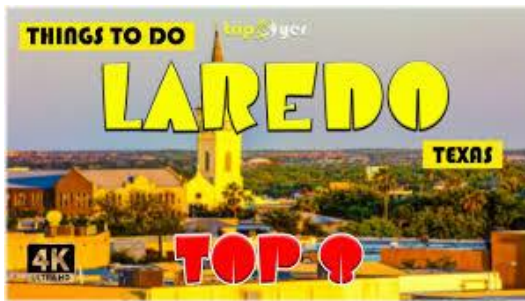
Avoid classic cinema's main streets and take an unforgettable curated journey down its dark alleys into the Noir movie genre. This term the line-up includes: *The Big Lebowski* (1998), *Criss Cross* (1949), *Easter Promises* (2007), *Le Samourai* (1967), *Angel Heart* (1987), *The Girl with the Dragon Tattoo* (2009), *The Killers* (1946), *Crossfire* (1947) and *Pickpocket* (1959). (Max 25)

The Streets of Laredo

Yvonne Soliz Valdez, PhD

Wednesday 11:00-12:15 **3 weeks: C** (7/25 - 8/12)

Join us to learn ten new things about Laredo, Texas. Did you know that Laredo is the only city in Texas to have been under seven flags? You'll learn the history



behind the month-long community celebration known as the George Washington Birthday Celebration. During the final class, you'll learn of Laredo's educational institutions and the economic impact flowing from Laredo's role as the country's largest inland port. (Max 20)

23 Make a Quilt Top in a Day

Debbie Jackson

Wednesday 1:00-2:15 **3 weeks: A** (6/6 - 6/24)

A quilt top is the face of the quilt, what you see when the quilt is right side up. We'll make the experience of quilting easy. Each class will cover a technique for making a quilt top in a single day, employing various fun and creative designs. If you have done some quilting you are invited to bring your own work to class, but beginners are welcome.

I really enjoy connecting with fellow ALIR students. The course in Spring was very well organized ... The questions, conversations and exchanges have added a lot to broadening my understanding and it's nice to be among others who are engaged in *thinking*...

Thursday

Beginning Bridge

Debbie Jackson

Thursday 11:00-2:15

9 weeks



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. *NOTE:* This class extends over the ALIR lunch break; bring a lunch with you! (Max 24)

Advanced Spanish Conversation

Suzette H. Pelayo

Thursday 11:00 - 12:15

6 weeks: B&C (6/27 - 8/12)

This class is designed for advanced students who are able to carry on a conversation in Spanish and who would like a review of basic grammar they may have missed. Our goal is to improve conversational skills and concentrate on correct verb forms in all verb tenses. Vocabulary building and use of idiomatic expressions will also be emphasized. We'll be using *Spanish Conversation, Premium 2nd Edition*, by Jean Yates (ISBN# 978-259-58636-1).

Brain Games

Steve Rutledge

Thursday 11:00 - 12:15

3 weeks: A (6/6 - 6/24)

It's summer and you don't want your brain to get lazy and out-of-shape, so join this class for some mental games and activities to test your mettle. On the menu you'll find wuzzles, commonyms, rhyme times, twosomes -- and that's just in the first half hour! So come enhance your strengths and build up your weaknesses. All you need is pencil, paper and the memory of how to find the ALIR building. We'll take wordplay to a whole new level -- well, at least to the second floor. (Max 16)

The Age of Benjamin Franklin (Part 2)

Geoff Leech

Thurs 1:00-2:15

3 weeks: A (6/6 - 6/24)

This is the conclusion of the Great Courses® series, *The Age of Benjamin Franklin*, lectures 19-24. It covers Franklin's role in the American Revolution, his work on behalf of the American colonies while in France, his participation in drafting the Constitution, and summarizes his legacy.

Holding Space for Artists

Jean Unser

Thursday 1:00-2:15

9 weeks

If you're an artist or a creative maker, you're invited to bring your artistic project to work on during this class – which will operate more as a creative gathering space than a formal class. Critiques and advice can be shared on request. The facilitator, an art major who taught for 13 years, offers this space for collective wisdom, peer reinforcement and a structured time to work; she will be available in the final 3-week period for input. If you've been 'blocked' or lacking motivation, here's the perfect opportunity to get back to work within a dedicated, creative time and space. (Max 15)

Summer at a Glance

| ↓ double period class | Monday | Tuesday | Wednesday | Thursday |
|-----------------------|---|---|--|---|
| Campus 9:30 | Lewis & Clark 6 A&B Memory 3 C | Line Dancing 9 ↓Fly with Me 3 A Black Death 3 A Hitler Empire 6 A&B ↓Spanish Film 6 B&C Zen Painting 3 C | ↓ Noir Movies 9 | |
| Campus 11:00 | Improv 9 Addictive Brain 3 B E Asian Arts 3 C | Mountain Dance 9 Beads/Oils 6 A&B | Laredo 3 C | ↓Beg. Bridge 9 Brain Games 3 A Adv. Spanish 6 B&C |
| Campus 1:00 | Art Holding Space 9 Dreams 6 A&B | Saints/Sinners 6 A&B | Quilt Tops 3 A | Ben Franklin 3 A |
| | | | | |
| Online 10:30 | Book of Job 9 Memoir Writing 9 | <i>Sapiens</i> Discuss. 9 Make Impression 3 A Make Impression 3 B 3 Historic Events 3 C | Computer Prod. 9 Bucket List? 6 A&B Modern Art 3 C | |
| Online 12 noon | 21 st C Poetry 6 B&C Big Tech 3 C | Harari's Graphic 3 C | Global Economy 9 | |
| Online 1:00/1:30 | | | Yin Yoga 9 ** ** start time is 1:30 | Capital Letters 3C ** **start time is 1:00 |
| Online 3:00 | | Socrates Café 9 | Current Events 9 | Mindful Living 9 |

3 wks: A
6/6 - 6/24

3 wks: B
6/27 - 7/22

3 wks: C
7/25 - 8/12

6 wks: A&B
6/6 - 7/22

6 wks: B&C
6/27 - 8/12

9 wks:
6/6 - 8/12

Online Zoom Course Listings Summer 2022

Monday

Memoir Writing

Mike Burns

Monday 10:30-11:30 **9 weeks**

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 23-year-long tradition of offering a fun and supportive setting for telling your stories. (Max 30)

Suffering in the Hands of God: *The Book of Job*

Julie Ouellette

Monday 10:30-12:00 **9 weeks**

If God is love, good, and omniscient, then why is there universal human suffering? In this class, we will be studying the Old Testament's *Book of Job*, considered the oldest literature in the Bible. It is poetic and contains God's longest soliloquy to man found in scripture. Come to class with your bible open! Each week the instructor will email notes which will also be shared onscreen during class. We will read together and discuss each chapter. *NOTE:* Class time will be an hour and a half.

What is "Big Tech" (And Is It a Monopoly)?

Bill Mitchell

Monday 12:00-1:00 **3 weeks: C (7/25 - 8/12)**

The term "Big Tech" describes a handful of iconic firms built on business models or platforms utilizing big data, digital technologies, cloud applications,



innovation, intense capital investment and dominant market shares. Firms typically included in this group are Apple, Amazon, Microsoft, Alphabet (Google

and YouTube), and others of similar size, scope and dominance. These "Big Tech" firms are facing questions as to whether and to what extent they are stifling competition, crushing innovation and harming consumers – in other words, violating anti-trust laws. Join the discussion on whether government should regulate this group of businesses – why or why not?

Poetry for the 21st Century

Jean Jackson

Monday 12:00-1:00 **6 weeks: B&C** (6/27 - 8/12)



Poetry for the 21st century is an ongoing class focusing (mostly) on modern poetry. This summer we will continue to pay attention to line and white space, rhythm, motion, sound, image and emotion. We invite sharing of poems as well as discussion. We'll attempt to answer the question, *what makes a poem memorable?*

Tuesday

Three Events that Changed Western History

Hella Hennessee

Tuesday 10:30-11:30 **3 weeks: C** (7/25 - 8/12)

This popular instructor will present three separate topics (one each week) which have shaped Western history. They are:

- *The Conversion of Emperor Constantine*. Historians disagree whether he really became a Christian, but by making Christianity the state religion Constantine set the course of history for the next 2000 years.

- *November 9 - A Date of Triumph and Tragedy in German History*.
11/9/1919: German Revolution – Germany becomes a Republic and exiles its emperor. 11/9/1939: Crystal Night – when Hooligans burn synagogues and vandalize stores in the first public display of Nazi anti-Jewish violence. And 11/9/1989: The Berlin Wall falls.

- *Adolf*. Anything you wanted to ask a German (an Emerita historian, and one who lived through it) about Hitler's rise and fall.

Making an Impression II

Sue Telle

Tuesday 10:30-11:30 **3 weeks: A** (6/6 - 6/24)

3 weeks: B (6/27 - 7/22)

This is a hands-on class. Students will have “homework” – creating an artwork or writing inspired by the post-Impressionist artist highlighted in that week's class. Each weekly class will center on one artist: first Paul Gauguin, next Georges Seurat and, for the third week, Henri de Toulouse-Lautrec. *NOTE:* The identical class will be offered twice – once in session A and once in B. Please choose one. (Max 20)

Sapiens: A Brief History of Humankind

Judy Branch, EdD

Tuesday 10:30-11:30 **9 weeks**

This is an online book discussion class, so to join us please first obtain the acclaimed 2014 book *Sapiens: A Short History of Humankind* by Yuval Noah Harari either from the San Antonio Public Library or purchased new or used. It is available in all formats (audio, large print, etc.). Harari has a PhD in history from the University of Oxford and now lectures at the Hebrew University of Oxford. In 443 pages, Harari's narrative spans two and half million years of human evolution, weaving together insights from science and the humanities to answer what it means to be human. Students will be sent an overview of the weekly themes to discuss in class, along with the number of pages to read. Discussion of "take away" revelations, facilitated with polling questions and video clips, will organize each class.

**Socrates Café**

Mark Stokes/Mike Burns

Tuesday 3:00-4:00 **9 weeks**

This class, which has been a favorite of ALIRians for 15 years, 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 class discussion may come from ANY subject area: religion ... politics ... metaphysics ... society ... government ... science ... history and more. Students are encouraged to share their ideas and perspectives. (Max 25)

Wednesday

The Story of Modern Art

Geoff Leech

Wednesday 10:30-11:30 **3 weeks: C (7/25 - 8/12)**

This course will take a close look at the history of modern art, from its beginnings in the mid-19th century through its revolutionary reimagining of art through both impressionism and post-impressionism. The instructor is a docent at the San Antonio Museum of Art who invites you to share what he has learned about modern art in recent years.

What's on Your Bucket List?

Linda Comeaux

Wednesday 10:30-11:30

6 weeks: A&B (6/6 - 7/22)



Let's explore our "bucket list" wish lists! What have you done? What do you still want to do? Travel? Personal goals? New skills? What is realistic? How can sharing stories, experiences and YouTube videos help us feel more satisfied with life? Let's have fun learning more about ourselves and our possibilities!

Computer Productivity: Practical Fun Stuff

Tom Lake

Wednesday 10:30-11:30

9 weeks

Topics this summer will constellate around popular computer applications including Word, Excel, PowerPoint, and Publisher. We'll design creative projects using graphics including pictures, clip art, icons, shapes, 3D images, animated images, graphs, etc. And we'll share tips/techniques on how to stay safe when online, covering computer security practices and safe-guarding your information.

Harari's Graphic Histories

Judy Branch EdD

Wednesday 12:00-1:00

3 weeks: C (7/25 - 8/12)

Yuval Noah Harari's graphic novels which are the focus of this short class -- *A Graphic History. Volume One, The Birth of Humankind* and *A Graphic History. Volume Two, The Pillars of Civilization* - can be borrowed from the San Antonio Public Library or purchased new or used. Our conversations about these works will include viewing video clips of Harari explaining his use of graphics to tell the history of humankind to children. Discussion will be encouraged through polling questions. An overview of assignments for every class will be sent weekly.



Yin Yoga

Jean Unser

Wednesday 1:30-2:30

9 weeks

Yin Yoga is primarily about breath focus and body sensations. A yoga mat and props such as yoga blocks, pillows, rolled towels and/or bolsters are used. You'll be rooted on your mat, with poses changing every five minutes to allow time and gravity to do all the work. Range of motion, posture and equanimity benefits will result from this slow but valuable practice.

Mindful Living/Meditation

Mark Stokes

Thursday 3:00 - 4:00 9 weeks

We will discuss and practice a variety of ways -- including meditation -- to help improve mental, emotional, physical and spiritual health. We will learn to let go of fears, worries, regrets and to live in a mindful state. Topics include self-mastery, stress management, and living in harmony with the way things are. The instructor, who has studied, practiced and taught meditation for 30 years, often cites Eckhart Tolle's books. (Max 25)

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