

Academy of Learning in Retirement

*A continuing education
community program*

Spring 2023 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
alir@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.

Heads up ALIRians!

New! this Spring

This Spring we're introducing a batch of new **three-week-long classes** (they're marked **Just3!**) for your consideration. The majority of ALIR classes are still 12- and 6-weeks long, but the shorter-length classes have been so popular as "Flex Friday" and summer offerings, that we decided to make them a permanent part of the ALIR curriculum.

In addition, ALIR is working towards outfitting a few classes or events to be held simultaneously on campus and online via Zoom. Our first of these **hybrid** classes, *Writing a Compelling Family Story* (pages 11 and 21), is open for enrollment this Spring; we invite you to be among the first to test this new use of technology.

As always, all people age 50+ are welcome at ALIR. You need to register to attend a class (whether it's on campus or online) and in order to register you **first need to pay** a single fee – you can then attend as many classes as you want during the term. (See page 2 for payment and registration details.)

Important Dates for Spring 2023

Monday Jan 9–13	Online payment opens for Spring; <i>payment required to register</i>
Tuesday, Jan 17	Registration for classes opens ; <i>ongoing throughout term</i>
Tuesday, Jan 31	Instructors' Meeting Orientation for new students
Monday, Feb 6	First day of classes
Tuesday, Feb 21	First Luncheon
March 13–17	Spring Break week, NEISD closed; no on-campus classes
Monday, March 27	First day of 2nd 6-weeks classes
Wed, March 29	Second Luncheon
Friday, April 7	No on-campus classes; NEISD closed
Wed, April 26	Third Luncheon
Friday, April 28	No on-campus classes; NEISD closed
Tuesday, May 2	Art Exhibition and Performing Arts Show
Friday, May 5	End of Spring term

about the Academy of Learning in Retirement

The Academy of Learning in Retirement (ALIR) began in 1989 as an extension of the University of Texas at San Antonio, with a founding vision of an **all-volunteer learning academy** offering a variety of intellectually stimulating classes to an over-50 crowd.

Growth and space considerations necessitated a move from ALIR's initial home at the Institute of Texan Cultures; happily, the **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 senior San Antonians when the COVID19 pandemic challenged it to begin offering courses online. Although now fully back to a curriculum of in-person classes, ALIR continues to offer Zoom-based, online classes to those who are limited in mobility as well as those who prefer online learning.

Registration and Payment

About ALIR registration

- Registration is open and on-going throughout the spring. But to register, you must first make your payment; after paying, you'll then receive an email with a link that enables you to register for all your classes.
- You don't need a **SignUpGenius** password to pay or to register; just do it!
- Registration or payment questions? Contact alir@NEISD.net.

Payment (do this before registering)

- Tuition for the Spring 2023 term (February-May) is a **single fee of \$85.00**. This fee allows you to attend as many classes during the term as you want.
- Access to pay opens at **SignUpGenius** on **Monday, January 9; before that date you'll receive an email with the payment link and instructions**. Payment can be made by debit or credit card and is secure and encrypted. (If you didn't receive an emailed link **to pay**, it's <https://www.signupgenius.com/go/9040E4BABA72CA3FB6-alir11>)
- Then, *once you've paid*, you will receive a *second, new* emailed link that allows you to register for classes; the link to access class registration will be activated **after 9:00am on Tuesday January 17**, and throughout the Spring term.
- 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.*

How to register for classes

- Go to **SignUpGenius using the registration link** emailed to you after payment; it's valid after **9am on January 17**, and throughout the remainder of the term.
- **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**.

ALIR Online

Many of us have happily learned to navigate online classes. Besides a willingness to try something new, in order to attend an ALIR class online, you will need:

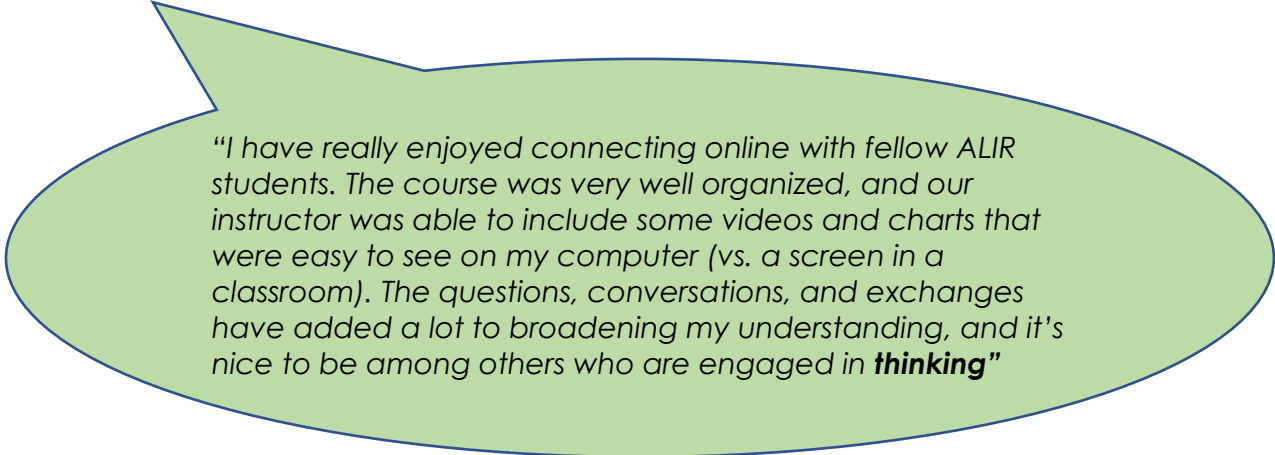
- **Computer** (PC Desktop or laptop/notebook) or (MAC/Apple or iPad) or a recent **Smartphone** (iPhone, etc.)
- **Webcam** either built-in to your computer, or a plugged-in camera
- **Microphone** (many computers have a built-in microphone, or one is often included with an earphone jack)
- Up-to-date **Internet** connection, and up-to-date **browser** software
- **Downloaded and installed Zoom software**, available for free at [ZOOM.us](https://zoom.us).

Online Training

Enroll in any of the following Zoom training sessions on **SignUpGenius**.

- | | |
|-------------------------------------|---|
| Wednesday, Jan. 25
2:00pm | Welcome Meeting for Online Instructors
We'll cover online policy issues; Spring classes news; key Zoom features and commands; tips on scheduling/managing Zoom meetings; and leaving plenty of time for Q&As. |
| Wednesday, Feb. 1
2:00pm | Zoom-ing at ALIR: Basics, Refreshers and Tips
Open to both students and instructors who may need an introduction to Zoom basics like setting up meeting links, muting, video options, and other tools, or anyone who wants a refresher of the Zoom application. |
| Wednesday, Feb. 8
2:00pm | Zoom Help Desk: Updates and answers for instructors and students. Ask us!
For Zoomers with questions or issues needing help to resolve. |

Additional training can be arranged as needed, and Zoom mentors are available to help as well. *Contact:* Bill Mitchell wgmitchell35@gmail.com **or** Linda Comeaux Lcomo@aol.com **or** Steve Rutledge steveru53@hotmail.com



*"I have really enjoyed connecting online with fellow ALIR students. The course was very well organized, and our instructor was able to include some videos and charts that were easy to see on my computer (vs. a screen in a classroom). 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**"*

On-Campus Courses Spring 2023

Monday

Inventions that Changed the World – Part II

Tom O'Brien

9:30-10:45 Monday **1st 6 weeks (2/6 - 3/24)**

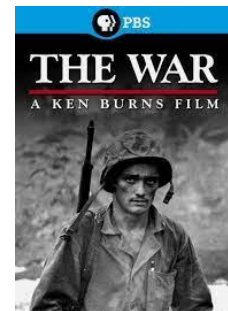
Although this class continues from the sessions offered last fall, those classes are not a prerequisite for this one; all are welcome. This spring we'll discuss impactful inventions from the 19th and 20th centuries, relying on two 30-minute video Great Courses® lectures and a short discussion period. You'll receive handouts with further readings and suggested internet sources for further exploration. (Max 35)

Ken Burns: *The War*

Bill Lewis/Michele Phelan

9:30-10:45 Monday **12 weeks**

Documentarian Ken Burns' exploration of America and Americans during World War II – titled simply, *The War* – earned three Emmys following its 2007 release. Burns brings the harrowing history of World War II to life through the personal accounts of participants from four American towns. We'll watch the series, leaving some time to share our own stories. (Max 35)



New!

Texas Biographies: Houston and Travis

Don Glessner

9:30-10:45 Monday **12 weeks**

The first nine weeks of this class will be devoted to an in-depth biographical examination of Sam Houston, with an emphasis on his tenure as commanding general during the Texas Revolution. Our final three weeks will focus on the life and achievements of William Barrett Travis, commander of the Alamo. (Max 35)

Intermediate Spanish: Speaking, Reading & Writing

Julie Nyren

9:30-10:45 Monday **12 weeks**

This intermediate class is geared towards students who want to improve and expand their conversational skills and grammar and who desire to move towards more complex sentence structures. To get the most from this class, you should be above a beginner's level. The book we will use is *Complete Spanish Step by Step* by Barbara Bregstein, Premium Second Edition, 2020. (ISBN 978-260-46313-2). (Max 25)

Basic Watercolor

Jeanette Lowell

Monday 9:30-10:45 OR Monday 11:00-12:15 **12 weeks**



The first class will cover the color wheel, values and washes. After that, we paint! Students of all levels are welcome to this long-running and productive class. 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)

Greatest Controversies of Early Christian History, Part II

Leslie E. Ellison

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

This spring, we will discuss controversies that Christians had during the first 4 centuries C.E., such as: Is Paul the founder of Christianity? Is the book of Revelation about our future? Is the Old Testament a Christian book? Do we have the original New Testament? 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. (Max 35)

The Addictive Brain

Matt Fisher

11:00-12:15 Monday **2nd 6 weeks (3/27 - 5/5)**

This class will use Great Courses® lectures as an introduction to, and background on, addiction and the brain processes that enable it. We'll learn about various addictions – alcohol, drugs including opioids, marijuana, and stimulants from cocaine to Ritalin – as well as other addictions, including gambling, junk food, porn, and video games. (Max 35)

I've taken several classes at ALIR and have enjoyed the learning and the excellent instructors. If one wants to keep the mind sharp and also learn new skills, this is the place to be!

Advanced Spanish Conversation and Grammar

Suzette Pelayo

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

This course, conducted mainly in Spanish, will have a conversational focus. Advanced conversation, idiomatic expressions, advanced grammar usage, and new vocabulary will be emphasized. We will continue with our new book: *Complete Spanish Step by Step* by Barbara Bregstein, Premium Second Edition, 2020 (ISBN 978-260-46313-2). Please bring a spiral notebook to class. *Pre-requisite:* You should be able to carry on a conversation in Spanish. (Max 15)

New!

Thanks, SAWS! Re-thinking Your Yard, Using SAWS' Money

Caron DeMars

11:00-12:15 Monday *Just3! (2/6, 2/13, 2/20)*



Create a pollinator oasis using SAWS financial incentives! If you're tired of a brown lawn, learn how to Xeriscape, hardscape, or turn part of your lawn into a lower-maintenance critter habitat through SAWS coupons. We'll discuss native plants, deer-resistant landscapes, drought-tolerant plants and trees, and come up with a plan for your yard. (Max 15)

New!

Computer 101

Tom Lake

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

Take your computer know-how to the next level with this course that digs down into Microsoft Word, PowerPoint and Publisher programs. Computer 101 will focus on computer safety, Windows 10 settings, preferences, and best practices for internet security. We'll also cover using built-in MS applications, organizing your start menu and the task bar, and organizing your files, including documents and pictures. We'll devote time to using MS applications to create interesting and dynamic graphic presentations – especially graphic arts projects using pictures, symbols, shapes, text art, text boxes, 3D graphics, animation and more. This class assumes basic computer proficiency. (Max 20)

New!

Plant-Based Eating for Health, Weight Loss, Animals and the Planet

Caron De Mars

1:00-2:15 Monday *Just3! (2/6, 2/13, 2/20)*

Plant-based curious? If you took the fall course, consider this a 2.0 with a different emphasis. Students will be emailed a questionnaire so the instructor can best understand the motives and questions of vegan-curious ALIRians. Free documentaries, plus links to websites of interest, will be assigned before each class for discussion.

Tuesday

New!

The Steppe Nomads

Bernard Rauch

9:30-10:45 Tuesday **12 weeks**



This course examines the interactions of the nomadic peoples of the Eurasian steppes with the sedentary populations of Europe, the Middle East, China and India. Our exploration will be based on Great Courses® lectures, supplemented with materials drawn from other historical sources. (Max 35)

Mountain Dance

Linda Carolan

9:30-10:45 Tuesday 12 weeks

Mountain dancing is the name given by combining two popular dance styles. We always use simple clogging or walking steps, forward and back, with some turns. You'll learn Irish ceili and quadrille, plus various well-loved mountain figures. The Celtic music and traditional reels we dance to will leave you clapping and smiling, and your body will appreciate all the healthy movement. As always – no partner is needed! (Max 30)

The Wisdom of History

Pam Ferguson

9:30-10:45 Tuesday 12 weeks

This class completes the remaining "Wisdom of History" Great Courses® lectures with Dr. J. Rufus Fears, whose storytelling prowess has made him an ALIRian favorite; consider attending even if you've missed earlier sessions. The class presents key historical moments and discusses whether mankind did or did not learn from them.

Zen Brush Painting

Mary Bowman/Margarita Benavides

9:30-10:45 Tuesday 12 weeks



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 Early Intermediate Spanish: Everyday Conversations

Lourdes Cervantes/Maria Zambrano

9:30-10:45 Tuesday 12 weeks

Beginning through early intermediate Spanish students are welcome at this class, where we will practice building your conversational vocabulary as well as using idioms and common expressions. The class will continue working on simple grammatical concepts to help shape our conversations. We will use the basic text *Easy Spanish Step-by-Step* by Barbara Bregstein (ISBN: 978-0-07-146338-6). (Max 25)

Beginning Bridge

Debbie Jackson

9:30-12:15 Tuesday 12 weeks

This double period class has been designed for those who have wanted to learn the fascinating 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. Don't pass on this opening bid for learning and companionable enjoyment. (Max 24)



New!

Glitz Paintings

Norma Robinson-Wilson

11:00-12:15 Tuesday *Just3! (weeks of 2/7, 2/14, 2/21)*

Create your own wall art using crushed glass! Glitz paintings use a mix of media – paint, crushed glass and glitter – on canvas to produce a beautiful and shimmering display for a wall space. The glitter, when combined with and reflecting the crushed glass, adds bling and energy to your artwork. The instructor will provide all the supplies needed for a fee of \$15. (Max 20)

New!

Tuning In: Classical Music Favorites

Chancey Blackburn

11:00-12:15 Tuesday *1st 6 weeks (2/6 – 3/24)*



Enjoy listening to classical favorites – from arias by sopranos and tenors, to piano or violin concertos and choice symphonic movements – shared by a long-time instructor and San Antonio Mastersinger. We’ll also learn about the composers, beloved soloists, prominent orchestras, historical performance venues and other illuminating insights. (Max 35)

Line Dancing

Sandra Y. Goodrum/Jackie Ackley

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

Even if you have no experience line dancing, have two left feet, or are performance-shy, this class is designed for you! We have so much fun you don’t realize you’re getting physical as well as mental exercise. (Max 30)

New!

U.S. History: From 1968 to 2021

John Fagin

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



This course will cover the 55-year period in U.S. history from the administration of Richard Nixon to that of Donald Trump. It will include topics such as: Watergate, the end of the Cold War, the Clinton impeachment, the 9/11 attack, and the stock market crash of 2008. We’ll focus our discussion on some of the prominent people and decision-makers in the administrations of the nine U.S. presidents during these years. (Max 35)

Introduction to Tai Chi Chuan

William Etheredge/Julie & Peter Nyren

1:00-2:15 Tuesday *12 weeks*

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, balance, flexibility and health. (Max 25)

The Evolution of English, Part II

Joanna McKinnis

1:00-2:15 Tuesday

1st 6 weeks (2/6 - 3/24)



Welcome back to Fall students who learned how the English language evolved over centuries into today's modern, global language, and welcome to new student linguists who want to learn more about the language we speak. We will follow the English language's more recent history via video, and watch a version of *The Miracle Worker* that will serve as a springboard for class

discussions. Questions and contributions about your own name's origins or language quirks are encouraged in this lively class. (Max 35)

Lecturas en Español

Mary Martinez/Estela Royal

1:00-2:15 Tuesday

12 weeks

This class will be taught in Spanish to stimulate and reinforce your conversation and comprehension of that language. Topics are related to Spanish culture; in the second six weeks, we will use the book *Historias de Puerto Rico* by Robert Muckley and Adela Martinez-Santiago (ISBN: 978-0-07-170175-4). (Max 20)

Wednesday

Acrylic Painting

Valentina Messer

9:30-12:15 Wednesday

12 weeks



In this perennially popular class, we will learn basic rules of linear perspective, aerial perspective, composition, still life painting and landscapes. And we will, of course, apply what we learn in new and continuing artworks. **NOTE:** Double period. (Max 20)

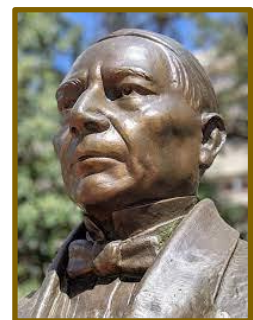
Colonial Latin American History

Jack Himmelblau

9:30-10:45 Wednesday

12 weeks

This advanced class, taught in Spanish, will comprise a reading of documents that deal with the events of colonial Spanish America, including writings about the conquest of Mexico. The class will read the 19th century writings of Benito Juárez. The instructor will provide texts of documents discussed in class. (Max 20)



New!

Goddesses: Mythologies, Personalities, and You

Cathy Brillson Leonard

9:30-10:45 Wednesday 2nd 6 weeks (3/27 - 5/5)



This class is a mash-up of classical mythology, archetypical psychology, anthropology, the sacred feminine movement, and more in a sprightly look at goddess archetypes across cultures.

For fun, we'll spend time with Dr. Jean Shinoda Bolen's *Goddesses in Every Woman/Goddesses in Older Woman* books as well. What goddesses are in you?

Elementary to Intermediate German

Fred Franz Prassel

9:30-10:45 Wednesday 12 weeks

While intermediate level students of German will enjoy and benefit from this class, 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)

Intro to the Ukulele

Rudy Salazar/Bob Carlson

9:30-10:45 Wednesday 12 weeks

This class has been designed for the beginner – anyone looking to increase their quotient of fun by learning to play some music. It will start with a brief history of the ukulele, its anatomy, and its tuning. We'll introduce four chords used worldwide to play hundreds of songs. Learn the "C" scale and amaze your family and friends by being able to play popular songs using two simple strums. (Max 12)



New!

Ukulele 2.0

Rudy Salazar/Bob Carlson

11:00-12:15 Wednesday 12 weeks

Is the key of C, with the DD or DuDu strum, getting old? Then let's hammer – we can "pull it off" and pick a melody the Calypso way! Ukulele 2.0 may include a bit of theory to boggle the brain and extend your skills, but soon you'll be smiling while strumming, even in the air. (Max 12)

Writers' Critique

Valory Pierce

11:00-2:15 Wednesday 12 weeks

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. Join us and bring lunch to eat together during this double period. (Max 20)

New!

Revolutionary Women of Texas and Mexico

Yvonne Soliz-Valdez PhD

11:00-12:15 Wednesday 12 weeks

Here’s an opportunity to encounter some fascinating life stories of powerful Texan and Mexican women. Through readings and class discussion, we’ll learn of strong women before, during and after the era of the Mexican Revolution of 1910. Just some of the women we will get to know are Adina de Zavala, Sor Juana Ines de la Cruz and Emma Tenayuca. The book we’ll read is *Revolutionary Women of Texas and Mexico: Portraits of Soldaderas, Saints and Subversives* (ISBN 978 1 59534 925 5). (Max 30)



New!

Goethe: Understanding a Genius

Hella Hennessee

11:00-12:15 Wednesday 1st 6 weeks (2/6 - 3/24)



Johann Wolfgang von Goethe (1749-1832) re-invented himself multiple times during his long lifetime. The rebellious rabble-rouser incited the younger generation to question the established order and then turned into a servant to princes. He created some of the most memorable novels and plays while supervising the duke’s mines and treasury. Abruptly, he left his comfortable life at court to immerse himself in the classics during a lengthy stay in Italy. For eight years, he studied physics and geology and became a respected member of the scientific community. We will discuss his fascinating life story and some of his most famous works, such as *The Sufferings of Young Werther*, *Iphigenia* and *Faust*. (Max 35)

New!

The Expansion of the Russian Empire (1709-1796)

Nancy Fix Anderson, PhD

11:00-12:15 Wednesday 2nd 6 weeks (3/27 - 5/5)

The Russian army under Tsar Peter the Great defeated the Swedes in 1709 to establish control over the Baltic lands, where Peter built his sparkling new city of St. Petersburg. His later successor Tsarina Catherine the Great defeated the Ottoman Turks to extend Russian control southward over the lands on the Black Sea, including Ukraine. She also annexed part of Poland. In this class we will discuss this expansion of the Russian Empire and its consequences for the world today. **NOTE:** This class is also offered online on Thursdays. (Max 35)



New!

History of the C.I.A.

Peter Nyren/Julie Nyren

11:00-12:15 Wednesday 1st 6 weeks (2/6 - 3/24)



This class will cover the early years of the Central Intelligence Agency, from its creation in 1947 to its efforts to contain, and even roll back, the Soviet Union’s post-WWII attempts to spread Communism to other parts of the world. After viewing a Great

Courses® video backgrounding the Agency’s history, the instructors will add their perspectives, drawn from their 30+ years at the C.I.A., for deeper insight. (Max 25)

New! **Hybrid!**

Writing a Compelling Family Story

Mike Burns

1:00-2:15 Wednesday Just3! (2/8, 2/15, 2/22)

Everyone has a hodge-podge of ingredients for their family story, from family trees to old photos, that help make a family story come alive. You will learn how to use a narrative style, historical research, detective work on the Internet, contemporary accounts and photos, public records, newspaper accounts, maps and more. The instructor will use his own family story as an example, and we will set aside time to workshop students’ own efforts. *This is a "Beta test" of a hybrid Zoom class, where students can choose to attend in person in the classroom, or participate in the class online via Zoom. Enroll to be part of this new ALIR offering!*

New!

Let’s Meet Some Fascinating People

Patricia (Patti) Young

1:00-2:15 Wednesday 12 weeks

Pulling from a wide variety of sources and engaging video lectures, this class presents biographies of interesting people from history and today. Just *some* of the designated people will be Nefertiti and Sophia Loren, physicist Richard Feynman, and the infamous Lizzy Borden. If those folk didn’t pique your curiosity, know that they are only a sample – we’ll look at men and women from politicians to peacemakers, criminals to actors, scientists to singers. As always, background information will be sent ahead of the class (tell us if you don’t use email). (Max 35)

The Streets of Laredo

Yvonne Soliz Valdez, PhD

1:00-2:15 Wednesday Just3! (3/29, 4/5, 4/12)

Back by popular demand – 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 about the city’s school districts and the economic impact flowing from Laredo’s role as the country’s largest inland port. (Max 20)



Thursday

Pastels

Barbara Gadsby

9:30-12:15 Thursday 12 weeks

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 double period class is for you. (Max 18)

New!

Keeping Fit: Aerobics, Strength, Stretching

Ingrid Hetrick

9:30-10:45 Thursday 1st 6 weeks (2/6 - 3/24)

Welcome this favorite instructor back to ALIR and follow her clear and gentle instructions for aerobic movement, strength training, and stretching. The cardio portion of class will include a variety of low impact/high intensity movements in a fun format designed around music. We'll draw from traditional gym instruction, Pilates and yoga for strength gains. Then, adding dynamic and isometric stretching will help keep our bodies supple; bring a yoga mat for the stretching segment. All fitness levels are welcome – just get ready to move, to get stronger and to be more flexible. (Max 30)

New!

New Testament Canon - The Backstory

Leslie Ellison

9:30-10:45 Thursday Just3! (2/9, 2/16, 2/23)



Why do we have only 27 books in the New Testament? How and when were they selected? Explore this fascinating history as told in Great Courses® video lectures, aided and enhanced by the lifelong knowledge of the instructor, a retired minister and long-time ALIRian and instructor. (Max 35)

Turning Points in American History, Part II

Tom Colbourn

9:30-10:45 Thursday 12 weeks

This spring, our concluding classes will cover 24 significant “turning points” that our country faced during the years 1873-2001. We'll view Great Courses® video lectures and discuss these events – some which were big, some small, but all impacted America’s social, economic and political character. (Max 35)



New!

Autobiography

John Munley

11:00-12:15 Thursday **1st 6 weeks (2/6 - 3/24)**

Each of us has common, ordinary experiences which we share with others. We affect the world, and it affects us in turn. We also each have unique histories that make us different – sometimes vastly different – from everyone else. This course will explore both the common and the unique histories that each of us has. We will read and watch short excerpts of both famous and not-so-famous autobiographies. At the end of our six weeks, we will take a stab at beginning the process of writing our own autobiography. (Max 35)

New!

What A Trip! Hieronymus Münzer's 1494 Journey

Judith B. Sobré

11:00-12:15 Thursday **1st 6 weeks (2/6 - 3/24)**

In 1494-95, Hieronymus Münzer, doctor, humanist and mapmaker, made a trip to Spain and Portugal – and kept a travel diary recording the sites and wonders he saw.

This was a pivotal time for both countries as they transitioned from the medieval to the modern world. In this course, we'll follow in his footsteps, seeing sites through his eyes – and compare how his reports align with what's there today. A copy of Münzer's diary will be accessible; students can find an English translation (and more) at Munzerama.blogspot.com. (Max 35)



New!

Basic Ballroom Dance

Eloy Ramirez/Jean Moore

11:00-12:15 Thursday **12 weeks**



This is a basic class – not flamboyant nor flashy, but *fundamentals* for *fun*! We will learn and practice a wide variety of classic ballroom styles, accompanied by music from all genres. You don't need a partner; you don't need prior experience. You just need to like to have fun and get great exercise along the way. (Max 30)

New!

Art Design and Composition

Gladys Koranek

11:00-12:15 Thursday **Just3! (2/9, 2/16, 2/23)**

How does an artist go about constructing a painting or drawing? The instructor will help you understand the process underlying composition. Part of our learning journey for the three weeks will include studying paintings and seeing what makes them memorable, even great. (Max 12)

New!

The Aztecs: Rise and Fall of the Empire

Estela Royal

11:00-12:15 Thursday *Just3!*(4/20, 4/27, 5/4)

Hear the tale of the great Aztec culture, from centuries of nomadic life to their arrival and settlement on the shores of Lake Texcoco (now Valley of Mexico). From there, they eventually came to rule over most of Mesoamerica until the fall of their Empire in 1519 with the arrival of the



Spanish Conquistadors. The instructor will add her considerable knowledge to videos from Great Courses®, the BBC, and The History Channel. (Max 25)

Ukulele Jam Band

Bob Carlson/Rudy Salazar/John Hollingsworth

11:00-12:15 Thursday **12 weeks**

Come rock out with the Ukulele Jam Band! We'll play songs by The Beatles, Elvis, Dylan, Simon & Garfunkel and other pop, folk and easy rock favorites you grew up with. We keep it simple – if you can play C, F, and G7 chords to start, you're in the band! Bring any size ukulele and a tuner; a tabletop music stand is optional. (Max 15)

New!

Eating for Improved Health

Suzette Pelayo

11:00-12:15 Thursday **2nd 6 weeks (3/27 - 5/5)**

This class will present information and encourage discussions of current nutritionally-sound eating plans, highlighting the Mediterranean Diet. Our goal will be to enhance well-being as well as to help with weight loss, if desired. You will receive recipes in each class, along with current articles related to healthy eating to read and discuss. (Max 35)



New!

The Science of Energy

Geoff Leech

1:00-2:15 Thursday **12 weeks**



What *is* energy, its many types and transformations? This deep dive into the science of energy is based on a Great Course® series taught by Dr. Michael E. Wysession, professor of Earth and Planetary Sciences at Washington University. The course will present a balanced view of humanity's energy resource options moving forward into the future. The instructor, a retired professional engineer, will supplement the lectures with additional engaging and thoughtful material. (Max 35)

American Sign Language

Barbara Gadsby

1:00-2:15 Thursday 12 weeks



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 May, you'll be able to carry on a fairly decent conversation. (Max 30)

World History, Part II

Beverly Baucum

1:00-2:15 Thursday 12 weeks

This experienced instructor began her journey through world history in the Fall term; you are invited to continue this exploration, beginning in 1750 and extending through 1914. We'll cover revolutions, nationalism and the evolution of the modern world. The class will focus on the development of individual rights, the rise of the nation-state, and how this past connects to the present world. (Max 30)

New!

Easy Flow Yoga

Jean Unser

1:00-2:15 Thursday 12 weeks

Beginners are welcome to join as we develop a repertoire of basic, classic yoga poses. Our attention will be on breath work, strength, balance and stretching. We will build poses step-by-step, taking our time. Please bring your yoga mat and blocks. (Max 20)

Friday

Come Fly with Me

Joan Lyons

9:30-12:15 Friday Just3! (2/10, 2/17, 3/3)

Come Fly with Joan to a different country each week via a Hollywood-produced movie, filmed in that country, and about a subject relevant to the country. We'll talk about the country, the actors and, during our break, we'll have a snack from the country we're visiting. You never know from week to week where we'll be, so join us in our adventure. **NOTE:** double period. (Max 24)

Med School for All

Aris Nikas

9:30-10:45 Friday Just3! (2/10, 2/17, 3/3)

This course is designed to offer insight into how doctors approach a common complaint and the thought process they go through to diagnose illness. It should help foster a better dialogue between you and your physician and increase your understanding of the complexities involved in taking a medical history and formulating a diagnosis. Taught by an MD who taught other doctors, this class will devote time to discussion and questions. (Max 30)



Rock Painting: Join in the Joy!

Michelle Humphreys Burk

9:30-10:45 Friday Just3! (3/3, 3/10, 3/24)



Have you noticed all the buzz around this fun way expressing yourself? This class, designed for novices, will cover the painting, sealing and distributing (hiding!) of rocks in your local community. Under the guidance of an artist who has helped make this joyful and quirky media so popular, we'll learn how best to paint rocks using acrylic paints/paint pens, then

how to seal them using lacquer or epoxy resin. You'll need to bring at least two cleaned rocks, 1" to 3" in diameter. A \$5 supply fee covers all supplies required to complete at least two rocks. (Max 20)

Brain Games II

Steve Rutledge

11:00-12:15 Friday Just3! (4/21, 5/5, 5/12)

Come join the fun as we play with words and phrases, testing our memories and exercising our brain cells with wurdles, commonyms, hink pinks and other delightfully puzzling ways to expand our minds. All you need is pencil and paper and your thinking cap! (Max 22)

New!

Scones, Biscotti and Gateaus

Jessica Latimer/Judy Callier

11:00-12:15 Friday Just3! (4/21, 5/5, 5/12)

Like to watch all those baking shows, and wish you could emulate their skills? Then you're invited to join this class to learn how to bake some simple (and simply delicious) classic baked goods. Not only will you take home some goodies from class, you will



also take home the knowledge of how to bake them yourself for your loved ones.

Note: the instructor requests an \$8 fee to cover supplies. (Max 12)

New!

Meditative Watercoloring

Barbara Valdez

1:00-2:15 Friday Just3! (2/10, 2/17, 3/3)

Painting has long been cherished as a way to reach that meditative 'zone' where the past and future fade, and the present -- your brush, your pen, the paper, inspired color choices -- become your whole world. This class will provide the setting for you to find that space. You will create watercolor backgrounds, then add line work with a black or white pen to create your artworks. A supply list will be emailed to you before class. (Max 15)

Campus Classes (Day offered)
Online Classes (Day offered)
Campus+Online Hybrid (Day offered)

Art/Art Appreciation

Basic Watercolor (**Mon**)
Zen Brush Painting (**Tues**)
Glitz Paintings (**Tues**)
Acrylic Painting (**Wed**)
Modern Art II (**Wed**)
Pastels (**Thurs**)
Design and Composition (**Thurs**)
Meditative Watercoloring (**Fri**)
Rock Painting for Joy (**Fri**)
Gothic Script Lettering (**Thurs**)
Meet Matisse (**Fri**)

Current Events/General Studies

Computer 101 (**Mon**)
Thanks SAWS! Landscaping (**Mon**)
Streets of Laredo (**Wed**)
Genealogy (**Tues**)
Socrates Café (**Tues**)
Let's Talk! (**Wed**)
Longpath: Great Ancestors (**Fri**)

Economics/Science

Inventions (**Mon**)
Science of Energy (**Thurs**)
Globalization Myth (**Mon**)
The Brexit Story (**Mon**)
Business/Econ Roundtable (**Thurs**)
Medical Insights (**Fri**)

History/Political Science

Houston/Travis (**Mon**)
Wisdom of History (**Tues**)
Steppe Nomads (**Tues**)
US History 1968-2021 (**Tues**)
Revolutionary Women (**Wed**)
Colonial Latin Am. History (**Wed**)
Goethe (**Wed**)
Russian Empire (**Wed**)(**Thurs**)
History of the CIA (**Wed**)
Fascinating People (**Wed**)
World History II (**Thurs**)
Münzer's 1494 Journey (**Thurs**)
Turning Points in Am History (**Thurs**)
Aztecs: Rise and Fall (**Thurs**)
History of Venice (**Fri**)
Escape to Mexico (**Fri**)

Health and Wellness

The Addictive Brain (**Mon**)
Plant-based Eating (**Mon**)
Eating for Health (**Thurs**)
Mindful Living/Meditation (**Thurs**)
Dealing with Pain (**Fri**)
Med School for All (**Fri**)

Language

Adv. Spanish Conversation (**Mon**)
Intermediate Spanish (**Mon**)
Beg/Intermediate Spanish (**Tues**)
Lecturas en Espanol (**Tues**)
Evolution of English (**Tues**)
Elem/Intermediate German (**Wed**)
Am. Sign Language (**Thurs**)

Literature/Creative Writing

Memoir Writing (**Mon**)
Poetry for the 21st Century (**Mon**)
Reading Together (**Tues**)
Writer's Critique (**Wed**)
Autobiography (**Thurs**)
Compelling Family Story (**Wed**)
ALIR Book Club (**Fri monthly**)

Music

Tuning in: Classical Music (**Tues**)
Introduction to Ukulele (**Wed**)
Ukulele 2.0 (**Wed**)
Ukulele Jam Band (**Thurs**)

Philosophy/Religion/World Cultures

Early Christian Controversies (**Mon**)
New Testament (**Thurs**)
Goddesses and You (**Wed**)
Books of Minor Prophets (**Wed**)

Recreation/Leisure/Film

Tai Chi (**Tues**)
Mountain Dance (**Tues**)
Beginning Bridge (**Tues**)
Line Dancing (**Tues**)
Easy Flow Yoga (**Thurs**)
Yin Yoga (**Wed**)
Keeping Fit (**Thurs**)
Ballroom Dance (**Thurs**)
Fly with Me: Films (**Fri**)
Scones, Biscotti, Gateaus (**Fri**)
Brain Games (**Thurs**)(**Fri**)

Online ZOOM Courses Spring 2022

Monday

Memoir Writing

Michael Burns

10:30-11:30 Monday **12 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 22-year-long tradition of offering a fun and supportive setting for telling your stories. (Max 30)



Poetry for the 21st Century

Jean Jackson

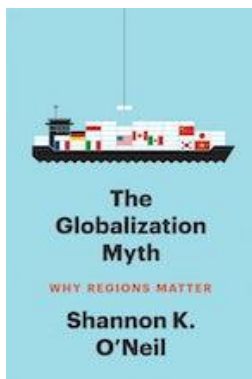
12:00-1:00 Monday **12 weeks**

This is an ongoing class for those who wish to know more about poetry that is being written now (as opposed to what was in your high school textbook). We will read and discuss what makes a poem work for us. There will also be an opportunity to share what we've written. (Max 18)

The Globalization Myth

Bill Mitchell

1:30-2:30 Monday **2nd 6 weeks (3/27 - 5/5)**



Our focus this spring will be *The Globalization Myth: Why Regions Matter*, a 2022 book by Shannon K. O'Neil which argues that the world has indeed become more globalized, but European and Asian business strategies have become more "regionalized," with trade flows and investments increasing within their regional "blocs." This approach seems different than the current strategy of U.S. businesses, which are less integrated with regional neighbors and more reliant on Asian production sources and supply chains. Join Bill Mitchell to discuss globalization in general and the emerging Asian and European business strategy of "nearshoring" to build economic growth closer to home; we'll consider whether this could make the U.S. stronger economically and would mitigate supply chain risk, perhaps as a first step to bringing offshoring back home.

New!

The Brexit Story

Bill Mitchell

1:30-2:30 Monday

Just3! (2/6, 2/13, 2/20)

Brexit was the withdrawal of the United Kingdom from the European Union following a June 2016 referendum in which 52% of those voting supported leaving the EU, ending nearly 50 years of affiliation between the UK and its European partners. Long-simmering dissatisfaction within the UK about "EU constraints" and an explosion of migrating refugees inflamed tensions and increased a desire for many in the UK to leave the EU. Join Bill Mitchell for a discussion on the issues driving this difficult separation and to examine the situation today, to see if the UK's economy is better off on its own.



Tuesday

Genealogy

Carole Bancroft

9:00-10:00 Tuesday

12 weeks

This ongoing class welcomes beginning students who are new to researching their family tree as well as those students who have started their genealogy research and have a family tree in progress. Together, we'll learn about new resources as well as share suggestions, techniques and hits to find your ancestors. (Max 30)

Brain Games

Pat Schmitz

10:30-11:30 Tuesday

1st 6 weeks (2/6 - 3/24)

Bring your brain, stamina and a pencil and paper as we work on exercises that will help keep your brain strong. This is a very interactive class. We will work on everything from long- and short-term memory, to solving problems, to working out novel solutions and paying attention to detail. All this beneficial brain work comes packaged in often hilarious and unforgettable ways; be prepared to chuckle (and even laugh in amazement!) at some point!



Socrates Café

Mark Stokes/Mike Burns

3:00-4:00 Tuesday

12 weeks

This class, popular with ALIRians for 16 years, was inspired by the book *Socrates Café* 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. You are encouraged to share your ideas and perspectives. (Max 25)

Reading Together: Short Fiction

Amanda Churchill-Bergman

10:30-11:30 Tuesday 12 weeks

Join this smart and enjoyable group of fellow ALIRian readers as we discuss short stories, usually two 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), although copies of older editions should work too. (Max 20)

Wednesday

The Story of Modern Art, Part II

Geoff Leech

10:30-11:30 Wednesday Just3! (3/29, 4/5, 4/12)

This class continues a previous class on the history of modern art. The first week will cover the period from the first years of the 20th Century through 1913 and the Armory Show. The second week will focus on the period between 1914 and World War II. The third will look at contemporary art from World War II to the present. The instructor is a docent at the San Antonio Museum of Art. He has selected 100 works of modern and contemporary art to illustrate the subject's scope.

**The Minor Prophets**

Julie Ouellette

12:00-1:00 Wednesday 12 Weeks

This is a continuing in-depth study (not an overview) of the Twelve Minor Biblical Prophets. Having examined the *Book of Hosea* this fall, we will be drawing out other scripture from both the New Testament and Tanakh. Please read ahead and have a bible with you during class. Extensive notes are emailed before each class; if you're new to this class, you may request the notes from fall. Classes generally run an hour and a half, and regular attendance is greatly appreciated. (Max 30)

Yin Yoga

Jean Unser

1:30-2:30 Wednesday 12 weeks

In this online class, you will learn to surrender to yourself by using breath, focus and optional yoga poses. Benefits include enhancing your range of motion and learning to modulate the busy fluctuations of the mind. The instructor recommends that you have yoga blocks.

New! **Hybrid!**

Writing a Compelling Family Story

Mike Burns

1:00-2:15 Wednesday **Just3! (2/8, 2/15, 2/22)**

Everyone has a hodge-podge of ingredients for their family story, from family trees, to old photos and letters, to family tales. This three-week class will introduce you to elements that will help you make that family story come alive. You will learn how to use a narrative style, historical research, detective work on the Internet, contemporary accounts and photos, public records, newspaper accounts, maps and more. The instructor will use his own family story as an example, and will set aside time to workshop students' own efforts. *NOTE: This will be a test of a new "hybrid" Zoom class, where students can choose to attend in person in the classroom, or participate in the class online. Come be part of this new ALIR offering!*

New!

Let's Talk!

Don Gadberry

3:00-4:00 Wednesday **2nd 6 weeks (3/27 - 5/5)**

For those who have attended this popular instructor's prior classes "Read All About It!" and "Current Events" – here's the chance to expand these lively discussions into other life concerns. Some suggestions are sharing memories, pet peeves, good/bad grammar, books, articles, bucket lists, etc. Participants are encouraged to bring topics to the table, along with pithy remarks and reflections.



Thursday

New!

The Expansion of the Russian Empire (1709-1796)

Nancy Fix Anderson, PhD

10:30-11:30 Thursday **2nd 6 weeks (3/27 - 5/5)**

The Russian army under Tsar Peter the Great defeated the Swedes in 1709 to establish control over the Baltic lands, where Peter built his sparkling new city of St. Petersburg. His later successor Tsarina Catherine the Great defeated the Ottoman Turks to extend Russian control southward over the lands on the Black Sea, including Ukraine. She also annexed part of Poland. In this course we will discuss this expansion of the Russian Empire and its consequences for the world today. **NOTE:** This class is also offered on Wednesday on campus.



Upgrade Your Lettering

Mary Bowman/Lee Brooks

1:30-2:30 Thursday **12 weeks**

Hand lettering can be 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; other supplies are available from the instructor. Don't be afraid to give this a try! (Max 20)

Business and Economics Roundtable

Bill Mitchell

12:00-1:00 Thursday **12 weeks**

Has Wall Street kidnapped the American economy and forced business leaders to abandon fair and equitable treatment of employees and communities? Will fossil fuels be a key energy resource far longer than we think, or prefer? Will we always make stuff in Southeast Asia and bring it back to the U.S, instead of making it at home or in the "neighborhood?" How did Milton Friedman's brand of capitalism take over the thinking of today's markets and business leaders? Will Artificial Intelligence and robotics hollow out the future workforce and leave too many people out of work? How have people become the "product" that social media firms sell to advertisers, and is this a violation of our privacy? Why are there so many monopolies in the global marketplace when there are laws forbidding it? Join Bill Mitchell to discuss these and other issues that matter in today's world of business and economics.



Mindful Living/Meditation

Mark Stokes

3:00-4:00 Thursday **12 weeks**

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

Meet Matisse

Sue Telle

10:30-11:30 Friday

**Just3! (3/3, 3/10, 3/24) AND
Just3! (4/21, 4/28, 5/5)**

In this hands-on course, we will learn about works by the celebrated French artist Henri Matisse by means of the instructor's presentations and class discussion. Thus informed and inspired, you will create artworks or writings (outside of class) that reflect Matisse's influence. How they take shape is wide open to your own imaginative response – portraits, a still life, "views through the window," and paper cuts are a few options. We will share the class's works online via a PowerPoint presentation. **Note:** The class content for each 3-week session is identical; please sign up for just one of the two sessions. (This class requires a minimum of 8 and has a maximum of 20.)

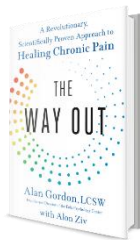


New!

Dealing With Pain

Judy Branch, EdD

10:30-11:30 Friday Just3! (2/10, 2/17, 2/24)



An epidemic of chronic pain is affecting over fifty million Americans in the form of headache, backaches, and other pain issues. A 2021 book by Alan Gordon and Alon Ziv, *The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain* describes treatments to help people struggling with pain in their daily lives. In this class, we'll discuss this book's new ideas about pain and its causes as well as helpful suggestions for coping with pain in our daily lives.

New!

Medical Insights

Dr. Pat Burr

12:00-1:00 Friday Just3! (2/10, 2/17, 3/3)

Three medical professionals – one at each class – will lead a conversation to describe what their professional life involves, what they do on a daily basis, and how they do it, including their professional challenges and rewards. The format is broad conversation that invites Q/A engagement. **NOTE:** the class's third meeting is on March 3.

New!

A History of Venice

Linda Comeaux

12:00-1:00 Friday

Just3! (3/3, 3/10, 3/24)



Whether you think of Venice as the Queen of the Adriatic, the City of Masks, or the City of Canals – it's a magical place that captures the imagination of both historians and romantics. Our wide-ranging discussions will be based on two books: *City of Fortune: How Venice Ruled the Seas* by Roger Crowley, and *Venice: A New History* by Thomas F. Madden (readings not required). (Max 40)

New!

Escape to the Promised Land: Mexico

Linda Comeaux

10:30-11:30 Friday

Just3! (3/31, 4/7, 4/14)

For more than 200 years, people oppressed by governmental regulation have crossed the border into Mexico in search of freedom. We will focus on enslaved peoples and on Mormon (LDS) migration.

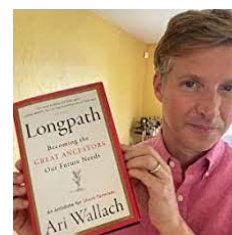
Longpath: Becoming Great Ancestors

Linda Comeaux

12:00-1:00 Friday

Just3! (4/21, 4/28, 5/5)

Based on Ari Wallach's book *Longpath: Becoming the Great Ancestors Our Future Needs*, we will discuss how and why our decisions and actions impact future generations. You may want to obtain the book before class. (Max 30)



The ALIR Book Club

First Friday of the month, 3pm

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!

Spring At A Glance #2

Classes are of various duration; check the full description to confirm whether a class is 12-, 6-, or 3-weeks in length, and to confirm no dates overlap.

↓ double period class	Monday	Tuesday	Wednesday	Thursday	Friday
Campus 9:30	Houston & Travis Inventions, Pt 2 Intermed. Spanish Watercolor	Beg. Bridge ↓ Steppe Nomads Mountain Dance Wisdom History Zen Painting Beg/Int. Spanish	Acrylic Painting ↓ Colonial Latin Am History Goddesses German Intro to Ukulele	Pastels ↓ Turning Points 2 New Testament Backstory Keeping Fit	Fly w Me! ↓ Med School for All Rock Painting
Campus 11:00	Watercolor Adv. Spanish Conversation Christian History Addictive Brain Landscape/SAWS Computer 101	Glitz Painting Classical Music US History: 1968-2021 Line Dancing	Writers Critique ↓ Revolutionary Tx/Mex Women Goethe Russian Empire History of C.I.A. Ukulele 2.0	Munzer 1494 Ballroom Dance Art Composition Aztec Empire Ukulele Jam Eat for Health Autobiography	Scones et al Brain Games II
Campus 1:00	Plant-based Eating	Tai Chi Chuan Evolution of English, Pt 2 Lecturas Español	Family Story Fascinating People Laredo	Energy: Science World History 2 Sign Language Easy Flow Yoga	Meditative Watercoloring
Online 9:00		Genealogy			
Online 10:30	Memoir Writing	Brain Games Short Fiction	Modern Art,2	Russian Empire	Meet Matisse Dealing w Pain Escape to Mexico
Online 12 noon	Poetry 21 st Cent.		OT Prophets	Bsns/Economics Roundtable	Medical Insights History of Venice <i>Longpath</i> : Great Ancestors
Online 1:00 or 1:30	Brexit Globalization Myth		Family Story Yin Yoga	Upgrade Your Lettering	
Online 3:00		Socrates Cafe	Let's Talk!	Mindful Living/ Meditation	ALIR Book Club (Monthly)

