

**Forever Learning Institute**  
**Winter 2019 - Six Week Semester**  
**January 7 - February 15**  
**All classes \$45.00**

**Monday**

***Beginning Polish 9 – 10:00 am***

**Dorota Janik, native speaker**

**FLI Rm. 6**

Begin or continue a journey with Polish. We will build on your knowledge of Polish with the addition of new phrases, simplified grammar, and conversation, to help you be ready for a trip to Poland or Chicago's Polish restaurants and stores. This course includes beginners as well as continuing students. Text and other materials will be announced in the first class. Copy fee \$2.00, due at your first session.

Min 4 Max 10

***French - Advanced Beginners 2 – 3:00 pm***

**Monika Wayne**

**Jewish Federation**

The class is studying French grammar, listening, speaking, reading and writing skills through texts, videos and presentations. Min 4 Max 12

**Tuesday**

***Puzzle Time! 10 - 11:20 am***

**Cynthia Nikolai, PhD, M.S.**

**FLI Upper Room**

Do you like putting together jigsaw puzzles? Come join us for 6 weeks of puzzle time. Keep your brain sharp and have a good time too! Group puzzle(s) provided. \$3 puzzle fee. Min 5 Max 15

***iPad Photo Editing and Card Creation 10 - 11:45 am***

**Richard Sunshine, PhD and Jane Keller**

**FLI Rm. 5**

This workshop will use a \$5 app on the iPad to edit photos and create collages and greeting cards. The photo editing will include removing unwanted features, adding images, changing background, and adjusting the exposure and color in selected areas of student photos. Min 4 Max 7

***Man's (and Woman's) Search for Meaning 1:30- 2:20 pm***

**Marie Blunt**

**FLI Rm 5**

Dr. Frankl studied psychology before he was made prisoner at Auschwitz. He developed logotherapy, a theory about building your own future and restoring your own sense of purpose despite life's suffering. What can we learn about suffering's role from Frankl's experiences? How did love and beauty help fuel Frankl's survival? What can we learn about our own search for meaning and how suffering and love may shape and form that meaning? This highly participatory, discussion-based class focuses on self-exploration and students' personal journeys of discovery. Text: *Man's Search for Meaning* by Viktor E. Frankl, any edition. Available from Amazon, Best World Books, Barnes & Noble, Borders, and online as a .pdf file. Min 7 Max 15

***Intermediate German 2 - 3 pm***

**Monika Wayne**

**Jewish Federation**

Class is studying Grammar, reading, writing, listening skills through texts, presentations and videos.

Min 4 Max 12

## Wednesday

**Spanish for Beginners** 10 – 10:50 am

**Nancy Sechrest, MA Spanish**

**FLI Rm. 5**

This class is for those who have never studied Spanish or for those who need a refresher of the basics. The text, *Practice Makes Perfect: Basic Spanish, 2nd edition* by Dorothy Richmond, is available at Barnes and Noble or on Amazon. Min 5 Max 15

**Spanish - Continuing Basic** 11 – 11:50 am

**Robert Hamma, MA**

**FLI Rm 5**

This course will be a continuation of the same course offered in the Fall of 2018. We will build on the vocabulary and conversational skills learned in the Fall. We will again be using the book *Spanish in 10 Minutes a Day* by Kristine Kershul, starting with Lesson 14. Min 6 Max 20

**Early Buddhist Discourses** 10 – 10:50 am

**Michelle Wruck**

**FLI Rm. 6**

In this course, we will read six essential discourses from the Pāli Canon. These texts contain the earliest recorded teachings of Buddha's philosophy and meditative instruction. The course is an excellent introduction to Buddhism but also offers advanced students the chance to gain a nuanced historical understanding of central Buddhist concepts like dukkha (suffering), sukha (joy), and taṇhā (craving). Classes will be discussion based and discussion will rely on a close reading of the texts. The texts are short, straightforward, and written in clear language. The concepts within demand both personal reflection and logical reasoning. Students need to purchase the text *Early Buddhist Discourses* Ed. and Translated by John J. Holder Min 5 Max 10

**Matter of Balance** 1 – 1:50 pm

**Leah Kelly Schrock**

**FLI Upper Room**

Falls are becoming more prevalent, 1 in 5 resulting in serious injury. Because of this it is more and more important to learn how to avoid falling, manage concerns about falling, and improve activity levels. We will learn that falls are controllable, and to help reduce fall risks. We will: set goals for increasing physical activities; and understand how we can make changes to the environment, both inside and outside of our home. We will also do gentle stretching, range of motion, and flexibility exercises. No special clothing is needed. Min 5 Max 20

**Oscar Romero: His Via Dolorosa to Sainthood**

**1 - 2:30 pm**

**Chris Miller, MA**

**FLI Rm. 6**

In March of 1980, Archbishop Romero was assassinated by El Salvadoran para-military while he celebrated the Eucharist. Like Jesus before him, Romero died because his witness thwarted the state which was massacring its own people, the poor, the peasants, the workers, and the priests organizing to demand social justice. This class will examine the life, words, and deeds of this martyr of the Church who was recently canonized a saint by the Church of Rome. We will be reading: *Oscar Romero: Reflections on His Life and Writings* by Marie Dennis, Renny Golden and Scott Wright. Min 5 Max 20

**Old Time Ballroom Dancing**

**1 – 2:20 pm**

**Kate Shoupe and Richard Allen, assistant**

**FLI Gymnasium**

Do you enjoy social dancing? Why not try Old Time Ballroom dancing -- it's easy to learn, a sociable experience, an enjoyable exercise. All dancers perform the same sequence of moves based on ballroom dances like the waltz, foxtrot, tango, cha cha, two-step, swing, polka, schottische. Experts on aging agree that dancing is one of the best activities to help us stay fit in body, mind, and spirit. Come along and take a whirl on the dance floor! Min 8 Max 30



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**Register on site:** Registration forms are available in the office, and online.

**Register by mail:** Mail registration form with tuition check.

**Payment:** Registration payments may be made by cash, check or credit card. Registrations for classes will not be accepted without payment.

**Eligibility of students:** The Forever Learning Institute, Inc., admits students age fifty and over, of any race, color, religion, national and ethnic origin.

**Make-up Classes:** Classes meet once a week for 6 weeks. Make-up classes are held at the discretion of the teacher when necessary due to bad weather or teacher illness. We only have space for a six-week semester, so any make-up classes will need to be at a separate time.

**Waivers:** All students **must sign** the waiver statement on the registration form. Photographic permission is optional and can be refused by striking through that sentence.

**Attendance:** Please attend your classes. This courtesy recognizes the gift of time and talent given by our volunteer instructors.

**Cancellations:** Any class cancellation due to bad weather will be announced on WNDU-TV and WSBT-TV and their websites. **Forever Learning is closed when South Bend Community Schools are closed.**

**Tuition:** All Courses are **\$45 each.** Some classes may have additional fees, which are collected by the teacher the first class you attend.

**Material and instructor fees:** Texts, supplies, and/or copy fees may be required for the course. Textbooks are purchased by students. Instructor fees are given directly to the instructor, unless otherwise stated, and are not refundable. Teachers are unpaid volunteers. Please appreciate their service.

**Scholarships:** Scholarships are based on financial need and space availability. Applications can be found in this guide, online, or at the FLI office.

**Refunds:** There will be **no cash refunds** given to those students who drop classes. Anyone who wishes to drop a class must do so before the class has met twice. In lieu of a cash refund, you will be given a class credit form for a class of equal or less value which can be used this semester or in Spring 2019.

**Rev. Louis J. Putz, C.S.C.**  
**1909-1998**

**History of the Organization**

*Forever Learning Institute began in 1974, under the direction of Fr. Louis Putz, C.S.C., who believed in the importance of challenging educational classes for the older adult population. A retired professor from the University of Notre Dame, Fr. Putz was convinced that a school could succeed making use of volunteer instructors from higher educational institutions in the South Bend area. Today, Forever Learning is continuing to serve seniors and flourish as the most successful senior educational program in the area.*