Lifelong Learning With Friends:
Informal Classes Aimed at Adults with IDDs – Spring 2024

Course title	Course fee	Instructors	Day	Dates	Times
[Virtual] Entering the Twilight Zone: Creative Storytelling	$125	Kimber Hageman	Tuesdays	1/30/2024-3/5/2024	6:00-8:00pm CST
[Virtual] Fun in Nutrition: Creative Healthy Eating	$125	Kaelin Rubenzer	Tuesdays	1/30/2024-3/5/2024	6:00-8:00pm CST
[In Person] Disney Movies: Through the Eras	$125	Emily Ricketson	Wednesdays	1/31/2024-3/6/2024	6:00-8:00pm CST
[In Person] Convenience Cooking: Creative Healthy Eating	$125 *	Kaelin Rubenzer	Thursdays	2/1/2024-3/7/2024	6:00-8:00pm CST
[Virtual] Mystery Mayhem: True Crime and Detective Fun	$125	Priya Mahableshwarkar	Sundays	2/4/2024-3/10/2024	2:00-4:00pm CST
[Virtual] Bazaar in Bharat: Through the Gates of India	$125	Sriya Gullapalli	Sundays	2/4/2024-3/10/2024	2:00-4:00pm CST
[Virtual] Discovering the Power in Your Emotions	$125	Alicia Chen	Sundays	2/4/2024-3/10/2024	6:00-8:00pm CST
[In Person] Your Life, Written in the Stars	$125	Mandi Severson	Tuesdays	3/19/2024-4/23/2024	6:00-8:00pm CST
[Virtual] “Wanna go on a date?” All About Dating	$125	Emily Yisa	Tuesdays	3/19/2024-4/23/2024	6:00-8:00pm CST
[In Person] Exploration of Visual Art: Learning through Creation	$125 *	Lisa Sigafoos and Elizabeth Feuer	Wednesdays	3/20/2024-4/24/2024	6:00-8:00 pm CST
[In Person] Champions of Change: A Dive Into Disability History!	$125	Joe Tate	Thursdays	3/21/2024-4/25/2024	6:00-8:00pm CST
[Virtual] Harnessing Your Green Thumb: All About Gardening	$125	Courtney Williams	Sundays	3/24/2024-4/28/2024	1:00-3:00 pm CST
[Virtual] Bigfoot, Yetis, and More: Exploration of Folklore	$125	Kevin Gilbert	Sundays	3/24/2024-4/28/2024	2:00-4:00 pm CST

Course Meeting Location

In-person courses are held at the University of Texas at Austin campus. Students will meet at the Littlefield Patio Cafe (2503 Whitis Ave) and then attend the remainder of class at either the Neural and Molecular Science Building (2506 Speedway) or Molecular Biology Building (2500 Speedway), unless otherwise specified by the instructor.

Virtual courses are offered via the video-telephone platform Zoom. We recommend students interested in virtual courses to have an authorized Zoom account before joining.

Registration

We use the online platform Corsivio to register students for courses. To register for a particular course, please click the hyperlink in the course name in this document or go to our website lifelonglearningwithfriends.org

Each course can enroll a maximum of 13 students with IDDs, and registration is first-come first-serve. We cap the maximum enrollment at 13 to maintain our 1:1 peer support ratio and preserve quality of instruction.

For any questions regarding registration, please contact our Program Director Kaelin Rubenzer at 713-248-7393 or lifelonglearningwithfriends@gmail.com

Course Fees and Financial Aid

Each of our six-week long courses are $125, which is to be paid at the time of registration. For families that demonstrate significant financial need, we highly encourage you to apply for our **LLwF scholarship**. Due to the generous support of Aetna and the City of Austin, we are able to waive or subsidize course fees for up to two courses per semester for our students demonstrating significant financial need. Approval of your application is at the discretion of LLwF staffing. We will notify you of our decision within one week. Competitive applications should include thoughtful and complete responses. Registration is still first come first serve. Students who have received financial aid in previous semesters are highly encouraged to reapply.

Financial aid application for Spring 2024: https://forms.gle/NKS4SG6A1STuc9vB7

Course Descriptions and Sign-Up:

First Session of Spring classes begins the week of January 29th, 2024, and ends the week of March 4th, 2024. Occasional absences due to vacation or illness are accepted.

[Virtual] Entering the Twilight Zone: Creative Storytelling by Kimber Hageman, taught on Tuesday evenings from 6:00-8:00 pm CST from 1/30/2024 - 3/5/2024

There is a fifth dimension beyond that which is known to man. It is a dimension as vast as space and timeless as infinity. It is the middle ground between light and shadow, between science and superstition, and it lies between the pit of man's fears and the summit of his knowledge. This is the dimension of imagination. It is an area we call “Entering the Twilight Zone: Creative Storytelling”!

Each week, students will analyze one episode of the popular TV series The Twilight Zone and then engage in lively discussions on the moral and philosophical meaning of each episode, providing fertile ground for the cultivation of their own narrative ideas. Students will then be challenged to develop their own storytelling skills through writing their own short story building on that episode's main themes. Whether you’re a seasoned wordsmith or a budding storyteller, this course invites you to push the boundaries of your imagination and craft eerie and fantastical stories that linger in the minds of your audience. Get ready to embark on a storytelling journey that transcends the ordinary and explores the extraordinary.

[Virtual] Fun in Nutrition: Creative Healthy Eating by Kaelin Rubenzer, taught on Tuesday evenings from 6:00-8:00 pm CST from 1/30/2024 - 3/5/2024

Many of us are used to our families preparing all of our meals for us, but what happens when we live on our own and need to nourish our bodies ourselves? It can sometimes be difficult to choose or prepare meals that are tasty, affordable, and nutritious. In *Fun with Nutrition: Creative Healthy Eating*, we will embark on a delectable journey with a course designed to revolutionize your relationship with food. In each class, we will explore the profound impact that diet has on our well-being, delving into the why’s and how’s of caring for our bodies. As we progress, we'll unravel the secrets of a balanced diet, decode healthy eating patterns, and master the art of making mindful food choices. From transforming your grocery shopping habits to maintaining a food diary, we'll equip you with practical tips for sustained well-being. By the end of this course, you'll not only have a revamped approach to nutrition but also a collection of scrumptious recipes and habits that nourish both body and mind.

[In Person] Disney Movies: Through the Eras by Emily Ricketson, taught on Wednesday evenings from 6:00-8:00 pm CST from 1/31/2024 - 3/6/2024

Get ready for a cinematic adventure! “Disney Films: Through the Eras” will take you on a journey through the evolution of Disney films. We'll start with timeless classics from the Golden Era like "Snow White," "Fantasia" and "Pinocchio." From there, we'll groove through the Silver Age, enjoying favorites like "Cinderella," "Lady and the Tramp," and "The Jungle Book," all the way up to modern hits like "Tangled," "Frozen," and "Wreck-It Ralph”. Throughout the course, we'll uncover the themes that make Disney movies so special. From the struggle between good and evil, to the heartfelt emotions of loss, and the enduring bonds of love and friendship, we'll dive into the heart of these stories. We will also look into the deeper elements of Disney's stories, including their take on topics like racism, diversity and inclusion, and social justice and equality. Furthermore, we'll dissect the artistry behind Disney's animation, analyzing the evolution of animation techniques from the hand-drawn masterpieces of the

past to the cutting-edge CGI magic of today. Whether you're a lifelong fan or just discovering the magic, "Disney Films: Through the Eras" promises to be an engaging and enlightening experience!

[In Person] Convenience Cooking: Creative Healthy Eating by Kaelin Rubenzer, taught on Thursday evenings from 6:00-8:00 pm CST from 2/1/2024 - 3/7/2024

Join us for our newest edition of Convenience Cooking: Healthy Creative Eating. Students will learn to love healthy eating by making protein-rich and flavor-packed salads, dips, and other easy to make meals. Some of us may already be expert chefs, others may just now be starting their culinary careers, but all are welcome! Students will learn the basics about nutrition and how to set healthy eating patterns and routines. Convenience Cooking will encourage students to roll up their sleeves and try their hand at making inventive and creative recipes that will guarantee more fruits and vegetables in their weekly diet. Students will also practice all the basics of being in the kitchen, such as reading recipes, kitchen hygiene, serving others and more. Students will also work together to build a collaborative class cookbook to use and inspire long after the class ends. Are you gluten or dairy-free? No problem! Accommodating substitutions will be included. Students are required to bring an additional $30 to cover the cost of appliances and ingredients for the course. Come hungry!

[Virtual] Mystery Mayhem: True Crime and Detective Fun by Priya Mahableshwarkar, taught on Sunday afternoons from 2:00-4:00 pm CST from 2/4/2024 - 3/10/2024

If you've ever been captivated by mysterious cases, enigmatic clues, and the intriguing world of detectives, this course is your golden ticket to adventure. Dive into the fascinating realm of true crime stories, learn about legendary detectives like Sherlock and the Pink Panther, and uncover the secrets of solving complex mysteries. In this 6 week class, students will engage in interactive activities, watch exciting videos, role-play in dramatic skits, unleash their inner detective, and connect with fellow mystery enthusiasts. Join us for a whirlwind of fun, learning, and a dash of intrigue as we unravel mysteries and master the art of crime-solving together!

[Virtual] Bazaar in Bharat: Through the Gates of India by Sriya Gullapalli, taught on Sunday afternoons from 2:00-4:00 pm CST from 2/4/2024 - 3/10/2024

Attention all passengers! This is a pre-boarding announcement for LLwF Flight 15B flying one-way non-stop service to India. We are now inviting individuals of all ages to begin boarding at this time. Please have your boarding pass and identification ready as we begin to embark on a special bazaar to our beloved Bharat. Introducing our brand new exciting virtual course: *Bazaar in Bharat: Through the Gates of India*. We will explore and learn all about the various aspects of India. Each week, students will concentrate on a different aspect of India by exploring the rich food scenes (street food included!), elaborate attractions, sonorous music styles, vibrant shopping experiences, various festival seasons, and unique dance styles. Weekly lecture material will be coupled with numerous interactive hands-on activities and immersive virtual experiences. Over the course of the classes, students will gain a deeper understanding of the vast and robust country by learning more about the traditions and cultures cherished by the people of India today.

[Virtual] Discovering the Power in Your Emotions by Alicia Chen, taught on Sunday evenings from 6:00-8:00 pm CST from 2/4/2024 - 3/10/2024

Everyday we can feel so many different emotions: happy, angry, sad, nervous, excited, the list can go on and on. Do you know why we feel happy or sad? What do you do when you are feeling these emotions? Big emotions may sometimes make us feel overwhelmed or helpless, and may make us feel

disconnected from others. In this class, students will learn all about social-emotional learning, which helps improve self-awareness, self-management, and social-awareness with emotions in oneself and with others. In addition, students will explore and learn about healthy boundaries, creating meaningful relationships, and best decision making skills when faced with difficult emotions. This course will help students achieve their potential in emotional expression and mastery, while also having fun in roleplaying, group discussions, and other mental health exercises.

Second Session of Spring classes begins the week of March 18th, 2024, and ends the week of April 22nd, 2024. Occasional absences due to vacation or illness are accepted.

[In Person] Your Life, Written in the Stars by Mandi Severson, taught on Tuesday evenings from 6:00-8:00 pm CST from 3/19/2024-4/23/2024.

What's your sign? You've probably heard that question before and answered using the well-known Western zodiac. Answers might include things like Pisces, Virgo, or Capricorn. But did you know that several other cultures have zodiacs too? And most of those zodiacs existed long before the Western zodiac! Going all the way back to ancient times, the planets and stars have always been important parts of life and were thought to influence peoples' lives! In this class, we will discover why so many cultures believed that the planets and stars were important for our lives, including the Mayans, Egyptians, Native Americans, and Chinese. If you're curious about how several different cultures thought about planets and stars, or just want to figure out your sign in five different zodiacs, this is the class for you!

[Virtual] "Wanna Go On a Date?" - All About Dating by Emily Yisa, taught on Tuesday evenings from 6:00-8:00 pm CST from 3/19/2024-4/23/2024.

Have you ever wanted to plan a date with someone, but didn't know how? Has someone ever asked you out on a date and you did not want to go, but didn't know how to say no? Are you unsure what your boundaries are or how to let someone know your boundaries? In this exciting course, you will explore the foundations of building healthy relationships and learn essential skills to navigate the world of dating. Each class is filled with engaging activities and discussions to help you understand dating, start romantic relationships, and make safe/good choices.

[In Person] Exploration of Visual Art: Learning through Creation by Dr. Lisa Sigafoos and Elizabeth Feuer, taught on Wednesday evenings from 6:00-8:00 pm CST from 3/20/2024-4/24/2024.

This course aims to explore different art forms, such as painting, sculpting, collages, paper mache and more, through a variety of hands-on learning activities. Students will gain a historical context of each art form, such as the artistic movements and global representation, as well as receive beginner-friendly instruction in how to create different art forms and visually express themselves! Additionally, the course will highlight current artists with disabilities both locally and around the world. The course will culminate with students' very own gallery showcase that will display their visual creations. Friends and family are welcome and encouraged to come and admire students' work! Students are required to bring an additional $20 course fee to the first class, which will cover the classroom materials and supplies. This additional course fee can be paid by cash, check, or online payment service and should be addressed to the instructors. Please contact them for more details.

[In Person] Champions of Change: A Dive into Disability History! by Joe Tate, taught on Thursday evenings from 6:00-8:00 pm CST from 3/21/2024-4/25/2024.

They say, "Those who cannot remember the past are condemned to repeat it." How well do we know the history of individuals with disabilities? Together, we will delve into the often-overlooked pages of history with "Champions of Change: A Dive Into Disability History". From the struggles for equal rights to the establishment of pivotal laws, self-advocates have been at the heart of every key development for people with disabilities in the past century. In this course we will explore the complex history and individuals who directly shaped the laws that impact our lives today, uncovering the remarkable

stories of trailblazers, such as Ed Roberts, Justin Dart, and more. Together, let's remember those who, through their unwavering commitment, transformed challenges into catalysts for progress.

[Virtual] Harnessing Your Green Thumb: All About Gardening by Courtney Williams, taught on Sunday afternoons from 1:00-3:00 pm CST from 3/24/2024 - 4/28/2024.

Have you always wanted to try your hand at gardening, but weren't sure how to get started? Perhaps you were unsure what would survive in our Central Texas summers or how to get your houseplants to look their best? In this class, we'll explore a variety of ways to garden, we'll learn what plants grow in which seasons, and we'll dive into how to properly care for our plants so that they thrive. This class will have a special focus on plants that grow well in Central Texas and there will be an optional field trip to Zilker Botanical Garden at the end of the course.

[Virtual] Bigfoot, Yetis and More: Exploration of Folklore by Kevin Gilbert, taught on Sunday afternoons from 2:00-4:00 pm CST from 3/24/2024 - 4/28/2024.

Are you a believer? Many people around the world believe that there are mythological creatures lurking in the depths of waters, forests, and mountains around the world. From the Loch Ness Monster to the ever elusive BigFoot, many cultures and regions throughout history believe that there are unique beings and creatures that live or have lived among us in our world. In this course, we will examine legendary creatures throughout history that people claim to have seen or encountered. We will examine some of the most popular mythological creatures throughout history, and learn about the legends that have developed over time. We will look at the cultural significance of some of these creatures and how they played a role in different societies throughout history. We will examine evidence that people claim to have that proves the existence of these creatures and make our own determination on whether or not they really existed. Come ready with your detective hats on to prove or debunk whether you believe some of these mythical creatures really did exist!