



Lifelong Learning with Friends

Lifelong Learning With Friends – Previous Courses

Check out our program's previous courses.
These courses are no longer available for enrollment.

2021 Summer Courses

Vikings Invade! Adventures through Sweden

Are you ready to wield Thor's hammer? Have you ever wondered about Norse myths and legends? This course will explore the truths, and falsehoods, behind modern interpretations of Vikings and Swedish culture. We will look closely at the variety of Norse stories, gods, history, continuing traditions of Swedish peoples, and current culture of Sweden. We will also investigate the transformation of how these stories have fueled tv shows, movies, and comics. Guest speakers include a Scandinavian studies expert and a Viking art historian. Students will also share what they learned about Sweden from their homework with UT student volunteers each week.

The Art of Advertising

Are you curious about how advertising works? Fun With Advertising will look at different ways companies advertise and market their products and services. This class will have students create a fun advertising campaign for a product or service. Students will learn how to create logos, magazine ads, a radio script and storyboard for a television commercial for a mock product. The class will also learn different ways to market their products. Students will need basic art supplies for this class, such as colored pencils, construction paper, scissors, old magazines.

Dancing Around the World

Dance is more than just movement - it's a way of expressing yourself, sharing stories, and creating through art! Join us as we learn about all the things that make dance wonderful around the world. We will be exploring the historical and cultural contexts of different dance styles across South America, Europe, Asia, and the United States. Students will have the opportunity to engage in discussions about dance history at a global level; discover the diverse roles of music, costuming, and choreography; and hopefully learn a few new steps in the process!

Digital Photography for All

This beginner digital photography course is meant to help you master your digital camera, iPad, or even just your cell phone camera! Learn the basic functions of your camera so you can begin capturing higher-quality images of the people and places around you. Throughout the course, you'll complete a series of photo projects that will help you practice the skills you are learning. Your teacher will work with you, reviewing your photos and helping you improve as you complete the program. By the time you finish, you will have the skills and know-how to take photographs like a pro.

From Howdy to Hi, How Are You: Texas Music

So you think you know Texas music? You may be a Willie Nelson super fan but this course will introduce you to lesser known but equally iconic songwriters and musicians from the Lone Star State. This class will explore the evolution of music in Texas and the American Southwest, emphasizing how music reflects the richly diverse ethnic and cultural heritage of the region. We will discuss the importance of ethnic identity and other social, political, and economic factors in shaping Southwest heritage, its people, and its music. Bring your ears, your thinking caps (otherwise known as cowboy hats) and your opinions to this class!

Environmentalism and You: Mother Earth Needs our Help!

The late environmental advocate John Muir said “When one tugs at a single thing in nature, he finds it attached to the rest of the world.” Scientific researchers are showing us that human activities are at the root of earth’s environmental decline. The good news is intentional actions we take in our home and workplaces can help reduce our depletion of the earth’s resources. Recycling is great, but there’s so much more we can do to help Mother Earth! Using “The 5 R’s” of a zero waste lifestyle from Bea Johnson’s accessible book *Zero Waste Home*, we’ll take a look at how we can make small and large changes to waste less and enjoy what we have more.

Yoga for Everyone: Namaste!

Whether you practice yoga daily or have no clue what yoga is, this class is for all. Yoga is one way to bring people together and in this class it is accessible to everyone. Each week students will connect socially before engaging in a 20-30 minute yoga practice. There will also be some time each week to dive into yoga topics, such as the history and health benefits of yoga, and reflect on the effects of the practice. Scared to try yoga? No worries. In this class there will be plenty of modifications offered (you can even do yoga in your chair!).

Captivating Conversation: How to Strike Up a Conversation

Communication is more than just talking. It's about listening, responding and remembering. This class will help students practice meeting new people and making meaningful connections, while learning what information is private and unsafe to share with people we're just getting to know. We will play games and use role play to build up our conversational muscle. Have you got something to say? Come share it with us and make some new friends in the process!

Chocolate Fanatics Unite! All About Chocolate

Prepare your palate for a sweet adventure! Come explore the rich history, science, and economics of every sweet tooth's favorite: chocolate! Students will learn about chocolate in different global cultures, chocolate's health benefits and addictive qualities, and the amazing process of transforming humble cacao beans into what we know and love. What food class would be complete without tasting it? **There will be an additional course fee of \$20** to ensure a wide variety of chocolate tastings accompanied with every class. The instructor will contact each student and their family to coordinate delivery of our yummy class materials according to their place of residence.

Poetry in Motion: Love, Humor, and Into the Beyond

Simply sublime – get ready for rhyme time! Transform into an amazing poet before you know it. Discover poetry styles that go for miles. Compare and contrast free verse when you put it in reverse. Determine that a sonnet may or may not have a bonnet on it. Compose an ode to joy, an ode to a girl, or an ode to a boy. Rap about a veggie wrap covered in holiday gift wrap. Analyze a haiku to determine whether it's for me, you, or for a shoe. Shall we be brave and conquer a villanelle? Oh, do tell! This course will include interactive discussions with your classmates and volunteers, engaging activities, and meaningful homework assignments. Our last class will have each student sharing their favorite poets, their favorite poems, and performing their own original poetry.

2021 Spring Courses

History of Rock and Roll

So you love rock & roll? This class will put your expertise to the test. Through listening, discussion, music and film, students will explore the history of rock & roll. The course begins with an overview of ancestors and influences: blues, boogie-woogie, jazz, swing, country and western, gospel and popular music. Students will then dissect the crossover success of rhythm and blues acts that marked the true birth of rock & roll. Everyone is sure to learn something new and HAVE FUN!

A Healthy Relationship is a Happy Relationship

A relationship can mean many things: it can be how we get along with our family, how we communicate with the people at work, how we build new friendships and keep in touch with longtime pals, or it can be how we navigate romantic partnerships. This course will look at all of these types of relationships and help participants foster healthy communication and boundaries. The class will dissect film clips, play games, role play and beyond to strengthen their ability to cultivate and maintain happy, safe relationships!

Fun with Art in Music

Art and music go together like peanut butter and jelly. In our class we will examine how music inspires artists and their art. Students will explore various music genres, album art, and music videos. After each class, students will create their own artwork inspired by the music of the class period. Family and friends will meet our last class to see the gallery of student made music inspired art. So dust off your favorite albums and join us for music and art filled experiences! Please note: The instructor will request that you prepare art materials before each class to complete your projects.

Fun with Science: Crime Scene Investigations

Are you a true crime junkie? Have you ever wondered how professionals are able to track down criminals just from a few items and details from a crime scene? Come explore the basics of crime scene investigation by learning about different evidence collection techniques and looking inside the minds of famous movie super villains and real criminals. Students will engage in fun and hands-on activities, such as learning how to finger-print lift, identify blood splatter patterns, and other exciting techniques used by real forensic experts.

Escapade Through Asia

Do you love watching travel shows about exotic foreign countries? Are you a foodie that loves learning and trying Asian food like pho, dumplings, and curry? Want to learn more about the cultural practices of your neighbors and friends? Come learn about the rich history, unique holidays, and delicious traditional dishes of famous Southeast Asian countries, like Vietnam, Thailand, the Philippines, and more! Students will learn about perhaps unfamiliar cultural norms surrounding traditional medicine, music, religion, and family practices. Guest speakers will share their unique experiences and upbringings so we can all compare and appreciate our cultural similarities and differences. Students will also be encouraged to actively seek out or try authentic Southeast Asian stores and restaurants in their surrounding community, as well as share traditional, beginner-friendly recipes each week to try at home with family and friends.

Music Appreciation: Broadway Musicals Raving Review

Do you just love the sights and sound of a great Broadway musical? Do you want to learn to be a Broadway musical critic? We will review several famous Broadway musicals that include elements such as fairytale, love, tragedy, humor, historical fiction, and more. In this course, you will get to give a Thumbs Up Review or a Thumbs Down Review for each musical we review. This course will include interactive discussions with your classmates and UT student volunteers, engaging activities, and meaningful homework assignments. Our last class will have each student present five of their own original reviews.

Fun with Animals: Dogs!

Did you know that there are over 350 recognized breeds of dogs in the world? Have you ever wondered why dachshunds have short legs and bulldogs have flat, wrinkled faces? From hunting to herding to therapy, dogs have been our partners and companions for thousands of years. This class will dive into our relationship with our furry canine friends. We'll explore the roles dogs have played in human lives since ancient times and discover all the amazing jobs that working dogs do both past and present. We'll watch canine competitors perform impressive feats in a variety of doggy sports and peek behind the scenes at a fancy dog show. Throughout the course, you'll have a chance to share and discuss your own favorite pooch-related topics with fellow dog lovers.

All About Sports: The FUNdamentals of Football

Have you wondered "what's the big deal about football"? People get together to watch it, and have favorite teams, but what's so great about it? Or maybe you enjoy watching games with friends, but would like to know more about the game. Come and learn about the history, rules, and big events so that social gatherings around football games are much more fun! We will touch on important people, interesting facts, and note-worthy games to up your football trivia knowledge as well.

Fun with Science: The Wonders of Space

Are you curious about what is beyond Earth's atmosphere? Have you ever wondered what exists in the universe? Come on a journey with me through the sky and learn about galaxies near and far. Become an astronomer that studies the cosmos and learns about planets, stars, black holes, and everything that creates solar systems. Through engaging hands-on activities and virtual lessons, students will learn all about outer space.

History and Hollywood: Separating Fact from Fiction

Do you enjoy history and movies? Then join us at the Fun with History: Hollywood and History: Facts vs Fiction course where we will study popular movies such as the Alamo, Titanic, and Nicholas & Alexandra and how accurately those films represented actual historical incidents. For each class we will watch sections of one of those movies and afterwards we will discuss what really happened. We will also enjoy photos of relics that are known to be from the events shown in the films. The class will be informative and fun. Students are encouraged to enjoy popcorn, or another snack of their choosing, during the movie watching.