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Class locations
are emailed 5 days prior
to event start date.

Please add
noreply@imperisoft.com
to your email contacts.

Lifelong Learning
P: (419) 824-3707
lifelong@sistersosf.org

WHAT IS LIFELONG LEARNING?

Lifelong Learning is an opportunity to take part in educational and engaging classes, trips, and lectures. Just what you always wanted – learning for fun, with no exams or grades!

We invite all adults who find joy in learning to participate in our programs, regardless of age, religion, or educational background.

THE BENEFITS OF MEMBERSHIP

- Join a community of friendly and inquisitive people.
- Receive discounts on classes, travel experiences, and events.

Membership is optional but pays for itself once you participate in just a few events. All 2026-27 memberships expire on August 15, 2027 regardless of when you join. See our membership page at www.lourdes.edu/lifelong-learning for more details.

CALL FOR INSTRUCTORS

Do you have a special hobby, skill, or interest to share with others? Consider teaching a class with Lifelong Learning. We are now scheduling courses for Spring & Summer 2027. Email lifelong@sistersosf.org for details.

FALL/WINTER HIGHLIGHTS & UPDATES

Keep our webpage handy: www.lourdes.edu/lifelong-learning.

- **NOTE: We've modified the starting dates of some of the September events.**
Thank you for your patience during this time of transition.
- Create an account, if you haven't already done so. You can find a step-by-step guide on the webpage.
- **Register on-line** to ensure your spot in our most popular classes & events.
- Check online for the latest news, waitlist updates, and new offerings.

ANNOUNCEMENTS

We bid farewell and wish all the best to **Heathyr Clift**, outgoing Director of Lifelong Learning. Thank you for sharing your creativity and energy with all our participants and instructors.

Please welcome our new staff members: **Sister Barbara Vano, OSF** (Director) and **Amy Bennett** (Assistant). We look forward to meeting each of you!

REGISTRATION

The best way to register is ONLINE at www.lourdes.edu/lifelong-learning. **Online registration opens Monday, August 24 at 9:00 AM.** You must have an account on our website before you can register.

To check on your existing student account or to create a new one, head to the website listed above and click on the **Registration** tab.

Setting up an account allows you to check your membership status, purchase a 2026-27 membership, and keep track of your registrations. **If you set up an account online over the summer, you're all set.**

NOTE: If you don't already have a membership, you'll need to purchase one **BEFORE** registering for classes to receive the discount.

If you would like help with setting up your account or learning how to register online, please contact us at lifelong@sistersosf.org or call 419.824.3707 during normal business hours.

TRAVEL & LOCAL EXCURSIONS

BUS TRIPS: *Start times indicate when the bus departs from LOT M on our campus. Be sure to arrive early. We'll take just over 2 hours to reach our destination. Lunch is included in the cost of the trip. More details are emailed to registrants a week prior to the trip. **Please Note:** If you have special dietary considerations or special needs, you must notify Lifelong Learning at the time of registration.*

A Rockin' Christmastime!

8:00 AM – 5:30 PM, Wednesday, December 9
Registration deadline: November 9

Join us for a rockin' good time at the Rock 'n' Roll Hall of Fame! First, we'll peruse the latest exhibits and inductees at our own leisure. Then attendees will participate in *Who would you choose to be in the Rock & Roll Hall of Fame?* This is an engaging, interactive program that simulates the Induction process from nomination to voting to induction. Choose the artists you feel deserve to be inducted and Voice Your Choice!

After rockin' out at the Hall of Fame, we'll enjoy lunch at TownHall, Cleveland's premiere destination for letting "food be thy medicine," with only the healthiest organic ingredients. Guests can choose either a delicious Nashville Chicken Sandwich, a Vegan Bowl, or a Chopped Salad, with a brownie for dessert and fountain beverage of your choice.

Finally, we'll head to the famed West Side Market, which transforms into a festive holiday hub every

December. It's the ultimate stop for picking up special holiday meats, cheeses, and baked goods. Bring your shopping bags & cooler to store your precious finds. We'll have some limited cooler space on the bus for everyone to share.

LOCAL OUTINGS: *We meet off-campus and transportation is NOT provided by Lifelong Learning. All participants are responsible for getting themselves to the meeting point. Further details on the meeting location and other information will be emailed to registrants a week prior to the outing.*

Heritage Sylvania Tour: The Historical Village

11:00 AM – 2:30 PM, Friday, October 2
Meets at: Heritage Sylvania
Registration deadline: September 24

Join one of Heritage Sylvania's knowledgeable staff members on this 90-minute tour of the Heritage Sylvania campus. Learn the history of their original and replica buildings in the Historical Village: when they were built, their purpose in the community, and when and how they came to the village. The tour will end with a walkthrough of the first and second floors of the Cooke/Kuhlman House, where we'll learn the history of the family that lived and grew up there. By the end of the tour, you will have a deeper and richer understanding of Sylvania's history, which spans multiple decades.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

FREE LECTURES

Lectures take place in the Franciscan Center. Help us prepare by registering in advance.

Caregiving Around the Clock

Arcelia Armstrong, LSW

10:00 – 11:00 AM, Friday, September 25

Arcelia Armstrong, LSW, will discuss how families, not social service agencies or nursing homes, are the main providers of long-term care for older adults. Without support, caregivers may feel “spread too thin” or overwhelmed. This presentation outlines services and support available for family caregivers of older adults to complement the care they provide to their loved one.

Arcelia Armstrong, LSW, is a licensed social worker with over 25 years of experience supporting individuals and families. She is the Director of the Caregiver Support and Kinship Navigator Programs at the Area Office on Aging of Northwestern Ohio, leading initiatives that strengthen support for family caregivers and kinship families. Under her leadership, programs have earned national grants and the USAging Innovations Award. Arcelia is recognized for her expertise in program development, community collaboration, and service innovation. She is dedicated to expanding access to resources, empowering families, and promoting policies that enhance caregiver and family well-being.

A Community Perspective: Highways Are Harmful – Expansions Make It Worse

Peggy Daly-Masternak

10:30 – 11:30 AM, Tuesday, October 13

For over six years, the I-475 Neighborhoods Coalition has been working to stop ODOT's planned widening project in West Toledo & Sylvania Township. Come hear the coalition's perspective on how this project impacts the surrounding communities. Peggy Daly-Masternak has been the coalition's coordinator from its beginning in 2020. She will discuss the costs of the expansion, the scientific evidence on the health impacts of highways, and the benefits of highway alternatives that are being employed by other cities.

Islamic Holidays

Najwa Badawi

10:00 – 11:00 AM, Friday, October 16

Join us for a primer on the holidays of Islam with Najwa Badawi. Najwa serves on the Board of Trustees at the Islamic Center of Greater Toledo and teaches English as a Second Language with Sylvania Schools. She

emigrated to the United States from Lebanon and teaches American Citizenship to immigrants and refugees from all over the world.

How Things Work at the Ohio Statehouse

Rachel Coyle

10:00 – 11:30* AM, Friday, November 20

** Note the additional 30-minute runtime!*

Learn how a bill becomes a law in Ohio and how YOU can impact state laws and policies. Rachel Coyle is the co-founder of *How Things Work at the Statehouse* and founder of State Action Initiative, LLC. Through her LLC, she contracts with prominent Ohio organizations such as Blue Ohio, Honesty for Ohio Education, Ohioans Against Extremism, and many others. She has previously served as communications director for a Governor's race and a state Senate race, worked as press secretary for the Ohio Democratic Party, and held both legislative and campaign roles with the Ohio Senate Democratic Caucus. She has extensive nonprofit experience as well. She managed grassroots mobilization at ACLU of Ohio and served as communications director for Innovation Ohio. Rachel holds a bachelor's degree in psychology and political science from The Ohio State University and a master's degree in political communication from American University.

Storied Histories of Forest & Calvary Cemeteries

Robyn Hage

10:00 – 11:00 AM, Friday, February 19

Robyn Hage recently retired as a music educator for 34 years with Toledo Public Schools and is the school district's historian. She is a local history author on various topics, such as Peter Navarre; Historic Westmoreland (where she and her husband reside); Toledo Public Schools; and Calvary Cemetery. Robyn facilitates the Forest Cemetery Facebook page and provides tours at Forest, Calvary, and Woodlawn Cemeteries throughout the year. She released a new book earlier this year in honor of America 250 titled *250 Toledoans Remembered*.

Her presentation will focus on Forest Cemetery, which dates to 1840 and is the oldest municipal cemetery in the city of Toledo, as well as the creation of Calvary Cemetery and its storied history.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

SPECIAL EVENTS

Eugene V. Debs, Still Speaking to & for Working People: A Special Performance by Keith Rasey

11:00 AM – 12:00 PM, Friday, September 11

No registration deadline. Walk-ins are welcome.

Eugene V. Debs remains a symbol of courage, solidarity, and the fight for economic justice. His ideas continue to influence labor movements, civil liberties debates, and progressive politics today. Debs evolved to the determined realization that labor had to demand more equality in the marketplace, in the judiciary and in the work environment to have enough.

Join us for a special performance as Keith Rasey brings Eugene V. Debs to life. Keith has 50 years of stage and screen experience mostly concentrating on justice and equity concerns such as *Anne Frank*, *Maafa*, *Statements after an Arrest Under the Immorality Act*, and *An Enemy of the People*, to name a few. He is a grad of Eastern Michigan, Yale and Kent State Universities.

Lunch & Learn: Hollywood in Ohio

Conrade C. Hinds

11:30 AM – 1:00 PM, Friday, September 25

Registration deadline: September 8

Bring a brown-bag lunch & we'll provide beverages.

Too few know of the screen legends from Ohio and the outsized impact the state had in establishing Hollywood as the filmmaking capital of the world.

Hollywood and Ohio are much closer than one might assume. Indeed, it could be argued that Hollywood is Ohio's offspring. The original settlement was founded as a Christian community by a young lady from Ohio. That community was pushed aside when the fledgling New York City movie industry relocated to California to find refuge from Ohio's own Thomas Edison and his monopoly on motion picture production. Native Ohioans such as Lillian Gish, Theda Bara, and Clark Gable also stepped into the early Hollywood spotlight. The movie industry truly became that – an industry – when the Warner brothers from Youngstown introduced sound to films, making movies a significant form of entertainment worldwide.

A storyteller with a special focus on forgotten history, author Conrade C. Hinds unspools the deep and little-known connection between Hollywood and the Buckeye State. In addition to being an author and storyteller, Hinds is a 55-year veteran and teacher of yodeling.

Conrade's lecture ends at 12:30 and will be followed by a book sale and signing. Attendees will have the option to purchase *Hollywood in Ohio* at a discount for \$20.

Please bring cash or a check if you would like to purchase Conrade's book.

Still Time – An Introduction

Sheila Otto

9:30 – 11:00 AM, Wednesday, November 4

Registration deadline: October 27

Yes, there is 'still time' in this busy world to reflect on the many dimensions of aging. This 90-minute introduction to the wisdom of spiritual author/poet Joyce Rupp will use as focus the familiar *Serenity Prayer* written by theologian Reinhold Niebuhr.

Sheila Otto, storyteller/storylistener, will offer some guidelines. There will be time for private reflection, journaling and conversation about the things that can, can't, maybe should be changed, and where we discover the wisdom to know the difference. Note: Joyce Rupp is a bestselling author and spiritual director. Her writing is Christian, but very accessible to all traditions. All are welcome!

Still Time – A Short Senior Retreat

Sheila Otto

10:00 AM – 2:30 PM, Wednesday, November 11

Registration deadline: November 3

Bring a brown-bag lunch & we'll provide beverages.

Yes, there is still time to grow! Many want some still time for quiet (just-for-me time) to reflect on aging. Using the poetry and wisdom of Joyce Rupp in her book *Vessels of Love*, this four-hour class will mix input, conversation and quiet to reflect on the gifts and challenges of aging. There will be personal time for walking the campus, sitting in sacred spaces, reflecting in nature, and discovering wisdom on your own.

Storyteller/Storylistener Sheila Otto (spiritual director, counselor) will create space for some short presentations, private reflection time, campus meditative walking, and small group conversation. We can explore some of our reflections and find support in our shared journey. Note: Joyce Rupp is a Christian writer, but *Still Time* is designed for anyone who is interested in still growing while aging.

Consider bringing a journal or tablet, a pen, and weather appropriate gear if you plan to walk around the campus.

Climate Change Update

Dr. Andy Jorgensen

1:00 – 2:30 PM, Wednesday, November 18

Registration deadline: November 10

The world moves fast and sadly, so does climate change. Join us for this special lecture offering an update on the topic from Dr. Andy Jorgensen, Professor Emeritus of Chemistry at the University of Toledo.

Holiday Murder Mystery Lunch:

The Most Wonderful Crime of the Year

11:15 AM – 2:00 PM, Friday, December 18

Registration deadline: November 15

Enjoy a delicious lunch while taking in an immersive, interactive performance! Costumed improv actors will guide us through a murder mystery story full of witty banter and dynamic interaction. Everyone will join in the fun and a few audience members will even get to play a character, complete with costume accessories. So bring your besties and come solve a mystery!

CLASSES

Get Lost in Nature Photography

Joan Pearce

10:00 AM – 12:00 N, Monday, September 21

Registration deadline: September 14

Award-winning artist and photographer, Joan Pearce, will share a PowerPoint of her nature photographs featuring inspirational and thought-provoking quotes, educational tidbits and more. Studies show that it is good for our overall wellness to be in nature. Studies have also shown that looking at nature photography can be calming, help to lower anxiety and blood pressure, and can lead to positive emotions such as awe and gratitude.

Don't miss this opportunity to see beautiful landscapes, sunsets, flowers, birds, animals and more as you get lost in nature through Joan's lens.

Following the nature presentation, there will be a short creative writing experience. Bring paper and a pen if you wish to participate. No previous experience is necessary.

Joan Pearce has degrees in Fine Art, Art Education, and a Masters in Public Administration. Being lost in the process of art is a vital part of her being. Getting Lost in Nature is one of her favorite ways to find peace, to connect to her spirituality and to use her creativity while sharing the beauty of nature.

Constitutional Law of the Early 1970s: The ABCs (Affirmative Action, Busing, Courthouse Cussing...) and Beyond

Dr. Shari O'Brien, JD, Ph.D.

1:00 – 4:10 PM, Tuesdays

September 22 – October 13 (4 weeks)

Registration deadline: September 15

When Nixon tapped Warren Burger in 1969 to replace retiring Earl Warren as Chief Justice, he expected him to lead a retrenchment from the Progressivism of the 50s and 60s. While a subtle chipping away at the expansiveness of the previous years occurred, a largely progressive trajectory was sustained through much of the 70s, as consistently conservative justices were still outnumbered. Ironically, Burger's court ruled unanimously to compel Nixon to release his tapes. The first half of the 1970s were a maelstrom as Vietnam, Watergate, and pushback on gender and racial equality convulsed society. From the Pentagon Papers to privacy rights to the death penalty to ethnic profiling at the border, the Court ruled on issues that both reflected and shaped the times.

As we survey cases, we'll meet some of the litigants and justices who peopled intriguing back stories, learning what the issues were, how the Court ruled, and why. Controversial topics will be approached objectively from a legal viewpoint, carefully balancing clashing opinions. At times, we'll examine the telling, or even foretelling, dissents. Along the way, fundamentals of constitutional law will be reinforced. You'll also vote on the best and worst cases of 1970-75! The final class will be a highlight in reviewing the Court's most recent term, as our own maelstrom currently whirls around us.

Dr. Shari O'Brien has doctorates in English and law; she worked in United States District Court and practiced law for thirty-five years. Publishing five law review articles as well as hundreds of essays and poems in national journals, she taught writing and poetry for twenty-seven years at UT and continues to write poetry today.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

Seeing History Through Renaissance Art

Carol Schwartz

10:00 AM – 12:30 PM, Tuesdays

September 22 – 29 (2 weeks)

Registration deadline: September 14

It is almost impossible to consider the European Renaissance without examining the art that defines this period – but it's more than the exceptional beauty that exemplifies this time in history. This class – offered over two sessions – opens a discussion into what the art reveals about the period beyond its stunning imagery. Many of the works presented are from the Toledo Museum of Art collection.

Carol Schwartz, Ph.D., loves to learn and finds it more fun to learn with others. She has taught students from junior high through graduate school, both online and face-to-face. After retiring from Lourdes University, Dr. Schwartz became a Docent at the Toledo Museum of Art, which allows her to combine her appreciation for art with a historical background to create a fuller perspective.

You Be the Judge

Justice Judith Ann Lanzinger

10:00 AM – 12:00 N, Wednesday, September 23

Registration deadline: September 15

Have you ever wondered what the hardest part of a judge's job is? If you want to find out and would like to imagine yourself being in a judicial position, register for *You Be the Judge* with retired Justice Judith Ann Lanzinger and get a taste of what judging can be like.

Justice Lanzinger is the only person who has been elected to all four levels of Ohio's court – municipal, common pleas, appellate and supreme. She served in the state judiciary for over 30 years until 2017, and as a lifelong teacher, she is eager to share her experiences.

All material needed for the session will be furnished to registrants who will be expected to actively participate in creating a dynamic class.

A Social Creed: How Should Religious Institutions Respond to Public Problems?

Hugh Grefe

10:30 AM – 2:00 PM, Thursdays

September 24 – October 8 (3 weeks)

Registration deadline: September 16

The year is 1908. The General Conference of the Methodist Episcopal Church – responsible for Ecclesiastical policymaking – is convening its 25th session in Baltimore, Maryland, on May 6. Its decisions become part of the official church doctrines

and discipline for the denomination's thousands of connected congregations. This year, delegates to the Conference are urged to act on a proposed "Social Creed" for the church which, if adopted in its entirety, will declare that the Methodist Episcopal Church stands firmly for a group of social reforms – among them, abolition of child labor, adoption of a six-day work week, and a living wage for workers in all industries – which will greatly unburden the lives of this nation's working classes.

This discussion-based class will use an issue guide produced by NIFI, the National Issues Forums Institute. NIFI is a nonprofit, nonpartisan organization that serves to promote public deliberation about difficult public issues. Its activities include publishing the issue guides and other materials used by local forum groups, encouraging collaboration among forum sponsors, and sharing information about current activities in the network.

Facilitator Hugh Grefe has served in a variety of executive, civic, and board roles in the greater Toledo community. Grefe earned a Master of Arts in History at the University of Toledo and in 2002 was awarded a Fannie Mae Foundation Fellowship to participate in the Program for Senior Executives in State and Local Government at the John F. Kennedy School of Government, Harvard University.

Ideologies, the "isms": Capitalism, Communism, Socialism, Democratic Socialism

Dale Lanigan

2:00 – 3:15 PM, Thursdays

September 24 – October 15 (4 weeks)

Registration deadline: September 16

Spurred by political rhetoric and lack of quality education, there is significant public confusion about the meaning and operation of political and economic ideologies such as Capitalism, Communism, Socialism, Democratic Socialism and Libertarianism. This class will seek to address the uncertainty that exists regarding the substance of those ideologies by examining the characteristics of each as well as the benefits, advantages, criticisms and disadvantages of each.

Dale Lanigan, retired Assistant Professor of Sociology & Justice Studies at Lourdes University, will lecture and facilitate discussion.

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Maintain Your Brain

Carol Budzenski, Ph.D.

10:00 AM – 12:00 N, Mondays

September 28 – October 12 (3 weeks)

Registration deadline: September 20

The brain is one of the most complex organs of the body and it is always developing and changing. What does the research show about the ability to optimize brain changes as we age? If you desire, use this information to develop a plan to optimize your own functioning to live as full a life as possible.

Carol Budzenski, Ph.D. is a board-certified neuropsychologist recently retired from the University of Toledo Medical Center.

Emotional Intelligence:

How to Work with Difficult People

Dawn Gramling

1:00 – 2:00 PM, Monday, September 28

Registration deadline: September 20

This session explores how our brains handle emotions and the basics of emotional intelligence. Participants will walk away with simple, practical ways to build emotional intelligence into everyday habits and gain helpful approaches for connecting with challenging people.

Dawn Gramling is a Licensed Independent Social Worker with over 20 years of experience as a medical social worker. Dawn is a Certified Hospice and Palliative Care Social Worker and has been working at Hospice of Northwest Ohio for 9 years. She currently works as a hospice educator in the clinical setting and the community.

Nature Interpretation

on the Sisters of St. Francis Campus

Kim High

6:00 – 7:30 PM, Wednesday, September 30

Registration deadline: September 22

The plants and animals of floodplain, upland woods, meadow and prairie communities will be featured in this outdoor class as we explore the Sisters of St. Francis campus and its relationship to the Oak Openings Region and our role in this vital, healthy community. Material covered will include identification, stewardship and ways of effectively sharing your knowledge and passion of this place we call home! Expect a leisurely walk of less than 2 miles.

This class is led by Kim High through her *Nature by High* project, which is guided by the vision of "enriching lives and spirits through nature and community."

Soulsnorkeling: Contemplative Photography

Sheila Otto

9:00 – 11:00 AM, Wednesdays

October 7 – 14 (2 weeks)

Registration deadline: September 29

The Sylvania Franciscan campus is the perfect setting in which to learn how to *make*, instead of just *take*, photos. Natural beauty, extraordinary architecture and an atmosphere of reverence combine to maximize the contemplative approach.

"Soulsnorkeling" Contemplative Photography is about looking more deeply into your experience. This class will focus on learning to see more attentively. We will combine classroom introduction to the concept and practice with time to view and discuss the photos we have made.

Your phone camera is perfect for this approach. We will focus on mindful seeing rather than using sophisticated camera equipment or advanced editing apps.

Chicago: A Guide to Past and Present

Dr. Andy Jorgensen & Dr. Guy Szuberla

10:00 – 11:30 AM, Wednesdays

October 7 – 21 (3 weeks)

Registration deadline: September 29

Two native sons of Chicago, University of Toledo Professors emeriti Andy Jorgensen and Guy Szuberla, offer to serve as guides to their city, its myths, rich history, and its present life and time. They will explore the city's past and its people, linking the story of its growth to its civic consciousness, to its fabled politics of clout, and to its reputation as both a "city of neighborhoods" and place of ethnic and racial divisions. Highlighting the city's principal sights, they will frame their discussions of the city's history with attention to its multiple literary traditions, to its landmark architectural buildings, and to its relentless efforts to change its geography and physical environment.

Chicago was a town with a population of fewer than 200 in 1833; it grew to be a city of more than two million in the early twentieth century and today boasts a metropolitan area of over nine million. Along the way to this growth, Chicago made itself into the hub of the nation's railways and a meat packing center, created giant factories and dominant industries, pioneered modern architecture and worked miraculous feats of civil engineering. City boosters once claimed for Chicago the title of the "World's Largest Inland Seaport" and, in O'Hare, the "World's Busiest Airport." As Mayor Daley liked to say this is "the city that works." With an eye to Chicago's cultural resources, entertainment venues, and sports scene, this class is designed to

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inform both first-time visitors and frequent travelers to America's "Second City."

Dr. Andy Jorgensen is a Professor Emeritus of Chemistry at the University of Toledo. Dr. Guy Szuberla is a Professor Emeritus of English at the University of Toledo.

The Right Meds at the Right Time: End of Life Care

Dawn Gramling, LISW & Kelly Chany, RN, MPH

1:00 – 2:00 PM, Thursday, October 8

Registration deadline: September 30

Medications play an important role in promoting comfort and quality of life during serious illness and at the end of life. In this informative and compassionate session, participants will learn about common medications used to manage symptoms such as pain, anxiety, and breathing changes. We will explore how these medications work and their effects on the mind, body, and spirit. Designed for older adults and their families, this presentation offers clear, practical information to help individuals feel more informed and confident when navigating end-of-life care. Questions and open discussion are encouraged.

Dawn Gramling, LISW, will be joined by Kelly Chany, RN, MSN, MPH who brings over 10 years of clinical experience across multiple hospital units and outpatient settings. Kelly's work in leadership, process improvement, and professional development led her to Hospice of Northwest Ohio, where she serves as a Hospice Educator. She is passionate about educating others and sharing her knowledge and experience to support compassionate end-of-life care.

Italy's Indigenous Reds: Alps to Sicily

Nicholas Kubiak

6:30 – 8:30 PM, Thursday, October 8

Registration deadline: September 16

Note: Class fills quickly!

Italy is home to more indigenous grape varieties than any other country on earth — over 500 documented, each one a living artifact of a specific place, culture, and cuisine. In this class, we travel north to south through the Italian peninsula, tasting six native red grapes that have shaped the identity of their home regions for centuries. We open in Piedmont with Nebbiolo — the great and brooding king of Italian wine — then move south through Barbera, Montepulciano, and Primitivo before arriving in Sicily with Nero d'Avola and the volcanic Nerello Mascalese, grown high on the smoking slopes of Mt. Etna. Along the way, students learn to navigate Italy's notoriously complex DOC/DOCG labeling system, understand the role of food and *terroir*

in Italian winemaking philosophy, and discover why Italian reds remain among the world's most compelling — and most misunderstood — wines.

Nicholas Kubiak is a Certified Specialist of Wine and Spirits and a veteran of our local wine industry.

Connected Lives Series

The Hidden Epidemic: When the Waters Stopped Flowing

Thasia Awad, MSW, LSW

10:00 – 11:00 AM, Friday, October 9

Registration deadline: October 1

Connected Lives is a series of lectures exploring how loneliness and isolation has emerged as one of the most significant public health challenges of our time. This engaging nine-part lecture series explores the science, psychology, and sociology of human connection. Students may sign up for any or all of the courses. Each session is a standalone course.

What happens when the relationships that sustain us begin to disappear? This opening lecture introduces the epidemic of loneliness and isolation as one of the defining challenges of modern life. Using the story of Oshun as a framework, participants will explore how disconnection affects physical health, mental well-being, and quality of life across generations. Drawing on research from the U.S. Surgeon General and leading social scientists, this session establishes why human connection is not simply a social luxury but a fundamental human need and community responsibility. Participants will learn to distinguish between loneliness, social isolation, and solitude; recognize the health consequences of chronic loneliness; understand how loneliness affects individuals and communities across generations; and reflect on the role connection plays in personal and community well-being.

With over 17 years of experience in the mental health field, Thasia Awad is a licensed Master's Level Clinical Social Worker who provides compassionate, individualized care to individuals and families navigating a wide range of emotional and relational challenges. Her clinical areas of expertise include trauma-informed care, complex trauma, PTSD, depression, anxiety, eating disorders, relationship conflict, self-esteem and identity, social-emotional learning, and life skills development.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

Women in Jazz

Fritz Byers

9:30 – 11:30 AM, Tuesdays

October 13 – November 17 (6 weeks)

Registration deadline: October 5

Women have been present in jazz from its origins, though music's culture long confined their most visible roles to singing, marginalizing women instrumentalists. This course corrects that, focusing on these women and tracing their history from the pioneering pianists of the early decades through the International Sweethearts of Rhythm and the long period when women worked at the margins of the mainstream. It will culminate with sustained attention on the last thirty years, as women have emerged as influential composers and soloists, reshaping the genre's present and future.

Each class will involve a brief discussion of relevant social and musical history; extensive listening to recordings; open-ended time for shared reactions; and a brief conclusion that will sum up the day's listening and point toward the next session. No out-of-class reading or listening will be required, but there will be plenty of suggestions for further listening. No musical knowledge is assumed or necessary.

Fritz Byers has been a devoted jazz fan since his high-school days in the early 1970s. He has hosted the suite of Jazz Spectrum shows (currently comprising Jazz Spectrum Friday, Jazz Spectrum Saturday, and Jazz Spectrum Overnight, on WGTE-FM 91, on its sister stations, and now online) continuously since he created the show in April 1989. He has written extensively about the music and currently writes and edits a blog on <http://www.wgte.org/jazz>.

The Book of Acts of the Apostles

Paul Mueller

1:00 – 3:30 PM, Tuesdays

October 13 – December 1 (8 weeks)

Registration deadline: October 5

In this course we will examine the Book of the Acts of the Apostles, which begins shortly before the Ascension of Jesus to heaven, going on to Pentecost, detailing the growth of ancient Christianity through the missionary journeys of Paul and the actions of Peter.

Paul Mueller is a former adjunct instructor of theology at Lourdes University. He received his Master of Arts degree in theology at Lourdes in 2011 and his doctorate in theology at Duquesne University in Pittsburgh in 2021. He is an active member of St. Joseph Parish in Sylvania.

History of Christianity I

Paul Mueller

1:00 – 3:30 PM, Wednesdays

October 14 – November 18 (6 weeks)

Registration deadline: October 6

As this course starts, we will examine the origins of Christianity, leaning heavily on the concurrent course on the Acts of the Apostles. This course will detail the growth of Christianity and the Christian Church up to the Reformation. This period built the groundwork for Christianity as it has developed in the more recent times. The next section of this course will take place in the Spring Semester.

Paul Mueller is a former adjunct instructor of theology at Lourdes University. He received his Master of Arts degree in theology at Lourdes in 2011 and his doctorate in theology at Duquesne University in Pittsburgh in 2021. He is an active member of St. Joseph Parish in Sylvania.

Edgar Allen Poe:

A Life of Mystery and Imagination

David Lockwood-Lass

1:00 – 2:30 PM, Thursdays

October 15 – 22 (2 weeks)

Registration deadline: October 7

Edgar Allen Poe was a literary genius. The creator of the detective mystery. An unparalleled master of the short story. A poet that places him in the same breath as Shakespeare and Keats. An essayist whose ideas are as fresh today as when he wrote them. But his personal life... that's another story altogether. We will look at both his breathtaking works and his brief life, which is as mysterious as one of his iconic stories.

David worked as a Librarian/Children's Specialist in the Toledo-Lucas County Public Library System for 30 years and holds degrees in communications, English, history, Shakespearean literature and library science.

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Holy Merry

Sheila Otto

10:00 AM – 12:00 N, Wednesdays

October 21 – 28 (2 weeks)

Registration deadline: October 13

“Stop laughing.” “Be quiet in church.” Did you hear such parental voices? The truth is that faith traditions around the world incorporate stories that align better with Teilhard de Chardin’s belief, “Joy is the most infallible sign of the presence of God,” and encourage laughter.

Join storyteller Sheila Otto to meet Islam’s Mulla Nasruddin, Judaism’s Baal Shem Tov, Hinduism’s Tenali Rama, the sacred clowns and wise fools of many cultures and discover the humor that Jesus used that is often missed because of the familiarity of his stories.

This is an interactive class in which we will survey the laugh landscape and try on the power of ancient stories to awaken us. As you hear representative stories, you will explore how they challenge you to wake up, change perspective and laugh at yourself. “Start laughing and get talking” is the style of this class.

Sheila has been telling fun wisdom stories for decades in schools, churches, libraries, Lifelong Learning, and even on the Hopi reservation. She is trained as an educator, counselor and spiritual director.

Elections

Dale Lanigan & Tom Estrella

2:30 – 3:45 PM, Mondays

October 26 – November 16 (4 weeks)

Registration deadline: October 18

Let’s Talk! Coming from different ends of the political spectrum, Dr. Dale Lanigan and Tom Estrella will do a pre-2026 midterm election forecast and a post-election analysis of the results. Key election issues and important Congressional and Gubernatorial races will be examined and the impact of the results will be discussed. Class members will be encouraged to ask questions and offer their perspectives.

Tom Estrella, retired Associate Professor of Psychology, and Dr. Dale Lanigan, Assistant Professor of Sociology & Justice Studies, are from opposite sides of the political spectrum yet remain good friends despite their ideological differences.

Looking at History Through Glass

Carol Schwartz

10:00 AM – 12:30 PM, Tuesday, October 27

Registration deadline: October 19

While Toledo is known as the “Glass City,” our role is just one aspect of the world of glass. Take the opportunity to consider glass from around the world, from ancient times to the present, and talk about Toledo’s special place in the art, science, and economics of glass. Many of the works presented are from the Toledo Museum of Art collection.

Carol Schwartz, Ph.D., loves to learn and finds it more fun to learn with others. She has taught students from junior high through graduate school, both online and face-to-face. After retiring from Lourdes University, Dr. Schwartz became a Docent at the Toledo Museum of Art, which allows her to combine her appreciation for art with a historical background to create a fuller perspective.

Elections: How Should We Encourage and Safeguard Voting?

Hugh Grefe

10:30 AM – 12:00 N, Thursdays

October 29 – November 12 (3 weeks)

Registration deadline: October 21

Many Americans are concerned about the U.S. election system, although we don’t always agree on the main problem or how best to fix it. Is it too hard to vote? Is the system too easy to manipulate? Do we have rules that make voting fair and accessible to all? Are we doing enough to ensure accuracy and credibility? This class will use a discussion guide produced by the National Issues Forums Institute (NIFI) to guide our deliberations about these difficult issues.

Facilitator Hugh Grefe has served in a variety of executive, civic, and board roles in the greater Toledo community. Grefe earned a Master of Arts in History at the University of Toledo and in 2002 was awarded a Fannie Mae Foundation Fellowship to participate in the Program for Senior Executives in State and Local Government at the John F. Kennedy School of Government, Harvard University.

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Zentangle 101: Mindful Creativity for Beginners

Victoria Webb

1:00 – 4:00 PM, Friday, October 30

Registration deadline: October 12

Unleash your inner artist and discover a world of calm with Zentangle 101! This beginner-friendly workshop is your passport to an enjoyable and relaxing drawing method that transforms simple, structured patterns – known as "tangles" – into breathtaking designs. Even if you've never held a pencil with artistic intent, Zentangle will surprise you! It's an ideal creative escape for adults, whether you're new to art or simply seeking a unique way to de-stress.

Join us for this introductory session where you'll dive into the fundamentals of Zentangle, guided step-by-step in a warm and encouraging atmosphere. You'll master basic patterns, ignite your creativity, and immerse yourself in the mindful, soothing benefits of this extraordinary art form.

No prior art experience? No problem! Just bring your curiosity, and we'll handle the rest. All materials are provided, and you'll even get to take them home to continue your Zentangle adventure!

Certified Zentangle Teacher, Victoria Webb, infuses every class with warmth, encouragement, and a genuine passion for sharing how this accessible drawing method can unlock calm, boost confidence, and bring joy to everyone.

Social Justice, Propaganda, and the Evolution of Comic Books

David Lockwood-Lass

1:00 – 2:30 PM, Thursdays

November 5 – 12 (2 weeks)

Registration deadline: October 28

Comic books first appeared in the late 1800s and have played an integral role in pop culture since the 1930s. They were used as patriotic propaganda during World War II then as platforms for the social and civil rights movements of the 60s and 70s. Their influence continues to this day! This class will explore the Gold, Silver, and Bronze Ages of comics covering 1937 to 1985, as well as looking at the gradation, valuation, preservation, and restoration of comic books that form the basis of collecting sequential art.

David has been collecting and studying comic books for 60 years, ever since his brother gave him his first comic in 1964. He worked as a Librarian/Children's Specialist in the Toledo-Lucas County Public Library System for 30 years and holds degrees in communications, English, history, Shakespearean literature and library science.

Interpreting Nature Through Woodcut Printmaking

Kurtis Lutz

9:30 AM – 12:30 PM, Tuesdays

November 10 – December 1 (4 weeks)

Registration deadline: October 22

In this class, students will explore the natural world through the reductive woodcut print process. They will create hand printed editions of their original artworks or follow one of the precomposed image guides supplied by the instructor.

Nature is full of infinite complexity, from the coarse texture of tree bark to the mirror-like finish of a beetle shell, there is no end to the observable detail. Woodcut printmaking, on the other hand, is an inherently graphic process. You will be challenged to see the world in shapes and colors and then guided on how to translate them into multiple image layers for your print. Colors will be limited and details excluded as we erode the superfluous to reveal the essential. Can you convey the impression of a tree with 2 or 3 colors? How many shapes does it take to show the form of a flower? Through the process of printing, carving, and printing again, your image will emerge as each new layer of ink both obscures and reveals parts of the preceding layer.

Student images will be composed of 2-4 color layers and the class will be instructed on how to plot out and execute a reductive matrix through wood carving. By the end of the course students will have a small run of reductive woodcut prints (10-12).

Kurtis Lutz is a visual artist based in the greater Toledo area. He holds a Bachelor of Fine Arts from Bowling Green State University and has studied at Santa Reparata International School of Art in Florence, Italy. Kurtis specializes in drawing, painting and printmaking with a focus on representational imagery.

Connected Lives Series

How We Got Here: Forgetting the River

Thasia Awad, MSW, LSW

10:00 – 11:00 AM, Tuesday, November 10

Registration deadline: November 2

Loneliness did not appear overnight. This session examines the cultural, technological, and social changes that have gradually weakened traditional sources of connection. Participants will explore how shifts in family structures, civic organizations, neighborhoods, and intergenerational relationships have contributed to increasing social isolation. Through the metaphor of a forgotten river, this lecture considers how societies lose connection and what can be learned from rebuilding it. Participants will learn to identify major

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social changes that have altered human relationships; understand the concept of social capital and community connectedness; evaluate how changing family and community structures influence belonging; and recognize opportunities to strengthen intergenerational relationships and civic engagement.

Beyond Chardonnay

Nicholas Kubiak

6:30 – 8:30 PM, Thursday, November 12

Registration deadline: October 14

Note: Class fills quickly!

Chardonnay is everywhere. But the world's most exciting white wines are often made from grapes that never appear on a grocery store shelf. In this class, students taste six whites from six countries—each one built on an indigenous variety with a completely different flavor profile, personality, and story. We begin in the high-altitude valleys of Argentina with the perfumed fireworks of Torrontés, move through the saline Atlantic coast of Galicia, the peppery vineyards of Austria, and the ancient cellars of Hungary before arriving in Greece, where volcanic soils produce some of the most mineral-driven whites in the world. The class closes with Spain's Godello—a variety so rich and textured it routinely stops white Burgundy drinkers in their tracks. Students leave with a new vocabulary, a wider palate, and the confidence to explore any wine list with curiosity rather than caution.

Nicholas Kubiak is a Certified Specialist of Wine and Spirits & a veteran of the wine industry.

In the Spirit of St. Francis: Getting to Know Local Owls!

Kim High

5:30 – 7:30 PM, Friday, November 13

Registration deadline: November 5

Associated with all sorts of folklore, these fascinating and beautiful creatures play an essential role in our local ecosystems. This on-campus, outdoor walk will feature our three, local resident owl species: Eastern Screech Owl, Barred Owl, and Great-horned Owl. Join Kim High of Nature By High for a deep dive of amazing facts about each of these as we walk the grounds from sunset to darkness to see if we can call any in!

The Canadian Rockies: By Train and Car

Jan Whitaker

10:00 AM – 12:00 N, Wednesday, November 18

Registration deadline: November 10

The Canadian Rockies – spanning Alberta and British Columbia – form a world-renowned UNESCO World Heritage site. Famous for jagged, ice-capped peaks (the highest at 12,972 feet) and vibrant turquoise lakes, this wilderness destination offers hiking, wildlife viewing, and scenic drives. The Canadian Rockies are overall more jagged than the American Rockies as they have been more heavily glaciated, resulting in sharply pointed mountains separated by wide, U-shaped valleys. They are home to five national parks: Waterton Lakes, Banff, Jasper, Yoho, and Kootenay. The major route through these mountains was selected in the 1880s for the transcontinental Canadian Pacific Railway and is now also used by the Trans-Canada Highway. The Icefields Parkway, frequently ranked as one of the most scenic drives in the world, is a 144-mile highway that connects Banff and Jasper. Join us as we traverse this region by car and for four days onboard the luxurious Rocky Mountaineer for a Canadian Rockies Circle Journey.

An inveterate traveler, willing to go anywhere anytime, Jan Whitaker is an Ohio native with a lifelong interest in the history of our area. Previously Jan spoke about the 1,200-mile Buckeye Trail and shared personal stories of her hike, as well as NPS sites in Michigan and Ohio. In her pursuit of visiting all of the US National Park Service sites, this program is concentrating on the Pacific Northwest in her continuing series.

Looking at René Lalique & Dale Chihuly, Two Innovators in Art Glass

Dr. David Guip

1:00 – 2:30 PM, Thursday, November 19

Registration deadline: November 11

This session explores the artwork of René Lalique (1860-1945) and Dale Chihuly (1941-present) located in the Toledo Museum of Art Glass Pavilion and other locations. Both artists employed unusual and innovative combinations of various glass working techniques that influenced glass artists in the 20th and 21st centuries.

Dr. David Guip is an Emeritus Professor of Art and Art History in the College of Arts and Letters at the University of Toledo and past Chairman of the Department of Art. He is a Master Docent at the Toledo Museum of Art conducting tours and Gallery Groups of adults focusing on advanced study of exhibitions and the permanent collections. In addition, he was the recipient of a National Endowment of the Humanities

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Fellow in African Art and an Outstanding Teaching Award from the University of Toledo where he has taught courses in the Ethnographic Arts.

Gratitude Moon Guided Forest Therapy

Kim High

3:00 – 5:30 PM, Sunday, November 22

Registration deadline: November 15

This Thanksgiving week reap the blessings of the woods and waterways of the lovely Sisters of St. Francis campus as we saunter beneath a setting sun and almost full moon. Expect a slow, meditative walk of less than one mile that includes the complete sequence of Forest Therapy invitations as taught by the Association of Nature and Forest Therapy. We will end with an outdoor tea ceremony featuring an herbal tea, light snacks from the land and a sharing time to answer questions and delve more deeply into the benefits of daily reflection time in nature.

This class is led by Kim High through her Nature By High project, which is guided by the vision of “enriching lives and spirits through nature and community.”

Nativity Narratives in the Gospels

Paul Mueller

6:00 – 8:00 PM, Tuesdays

December 1 – 15 (3 weeks)

Registration deadline: November 22

As Christmas approaches, it is only fitting that we look at the narratives from the Gospels of Luke and Matthew. The goal is to see how the birth of Jesus transpired and how it has been recorded.

Paul Mueller is a former adjunct instructor of theology at Lourdes University. He received his Master of Arts degree in theology at Lourdes in 2011 and his doctorate in theology at Duquesne University in Pittsburgh in 2021. He is an active member of St. Joseph Parish in Sylvania.

Zentangle 102: New Tangles, New Discoveries

Victoria Webb

1:00 – 4:00 PM, Friday, December 4

Registration deadline: November 15

Ready to take your Zentangle journey to the absolute next level? If you’ve completed Zentangle 101 and are craving more, this advanced workshop is exactly what you need to break new creative ground! Get ready to dive deep into a world of intricate new patterns (tangles) and master the art of combining them in breathtaking ways. Together, we’ll unlock advanced, game-changing techniques like dramatic shading, complex layering, and

dynamic string variations. This isn't just about learning new lines—it's about discovering your signature style and speaking with your own confident, artistic voice! All high-quality materials are included, featuring brand-new, premium supplies to take home and fuel your ongoing practice!

Certified Zentangle Teacher, Victoria Webb, will be your guide through a series of rich exercises designed to boost your mindfulness and creativity. You'll join a supportive community of fellow tangles in a space built for curiosity, exploration & artistic growth.

Defining the Common Good

Dr. Keith Burris

2:00 – 4:00 PM, Tuesdays & Thursdays

December 8 – 10 (2 days per week for 1 week)

Registration deadline: November 30

How does an open society define the social and common good? Is faith necessary to define that good? How important is respect for law and for natural law? Can a truly open society also be truly just? How important is information and an informed public? Can the state be just? Can war be just? These and other questions are explored via lectures and discussions.

Two books will be used in this class (but they are **not required and not included in the class price**): *Magnificent Humanity* by Pope Leo XIV (recommended to read before class) and *Man and the State* by Jacques Maritain. Students can read as much and as deeply as they want. Of course, the more you put into the course the more you will get out. But even a student who does not do all the reading is welcome to come to class, listen and participate.

Keith C. Burris, Ph.D. wrote for the Toledo Blade from 1986 to 1988 and again from 2013 to 2022, serving most recently as Editorial Director and Vice President of Block Newspapers. In addition to writing for several other newspapers, Keith has taught at Washington & Jefferson College, University of Hartford, Trinity College & W. Virginia University.

The Gracious Host: A Wine Lover's Guide to the Holiday Table

Nicholas Kubiak

6:30 – 8:30 PM, Thursday, December 10

Registration deadline: November 11

Note: Class fills quickly!

The holidays are the most wine-intensive weeks of the year—and the most stressful for anyone who wants to get it right. In this class, we take the anxiety out of entertaining and replace it with knowledge, confidence,

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and a little well-earned festivity. Students will taste a curated selection of six wines chosen specifically for holiday settings. Along the way, we cover everything a gracious host needs to know. We'll discuss serving temperatures, glassware –opening and decanting – and we'll spend time on the art of wine gifting.

Nicholas Kubiak is a Certified Specialist of Wine and Spirits and a veteran of our local wine industry.

Connected Lives Series

The Biology of Belonging: Why Humans Need Water

Thasia Awad, MSW, LSW

10:00 – 11:00 AM, Friday, December 11

Registration deadline: December 3

Why do relationships matter so much? This lecture explores the science behind human connection, including findings from neuroscience, psychology, and public health. Participants will discover how supportive relationships influence stress, immunity, cognitive functioning, and longevity. Particular attention will be given to the protective role that families, friendships, mentorships, and community involvement play in promoting health & resilience.

Participants will learn to explain how connection affects the brain and body; understand the relationship between loneliness and stress; recognize the health benefits of meaningful relationships across generations; and apply scientific insights to strengthen relationships and community engagement.

ONLINE CLASS: Connected Lives Series

Loneliness and Isolation Across the Lifespan: Different Seasons Along the River

Thasia Awad, MSW, LSW

10:00 – 11:00 AM, Friday, January 22

Registration deadline: January 14

The need for connection remains constant throughout life, but loneliness can take different forms at different ages. This lecture examines how relationships evolve from childhood through older adulthood and explores the unique challenges and opportunities for connection at each life stage. Participants will consider the important role that intergenerational relationships, mentorship, caregiving, and community involvement play in fostering belonging and purpose throughout life.

Participants will learn to: Identify common sources of loneliness and isolation across the lifespan; understand how developmental stages affect social needs; recognize the benefits of intergenerational relationships for both younger and older generations; and reflect on how connection contributes to purpose and well-being throughout life.

ONLINE CLASS: Leaving a Legacy

Dawn Gramling

1:00 – 2:00 PM, Monday, January 25

Registration deadline: January 17

This thoughtful session explores why leaving a legacy matters and how simple, meaningful projects can reflect who you are and what you value. Participants will learn about different types of legacy projects, the steps involved in creating one, and a variety of creative options – from writing and recording stories to sharing memories, messages, and traditions. This presentation offers practical inspiration for creating something lasting for loved ones and future generations.

Dawn Gramling is a Licensed Independent Social Worker with over 20 years of experience as a medical social worker. Dawn is a Certified Hospice and Palliative Care Social Worker and has been working at Hospice of Northwest Ohio for 9 years. She currently works as a hospice educator in the clinical setting and the community.

Growth Mindset: Unlocking Your Potential

Dr. Marvin Whitfield

10:00 – 11:00 AM, Friday, February 5

Registration deadline: January 28

Note: In the event of inclement weather, class will be held on Zoom.

Success is often determined not by talent alone but by how we respond to challenges and setbacks. This engaging session explores the concept of a Growth Mindset and how our beliefs about learning and ability influence achievement, resilience, and personal growth. Participants will discover practical strategies for embracing challenges, overcoming obstacles and developing habits that support lifelong learning and success.

Participants will learn how to: Differentiate between fixed and growth mindsets; turn setbacks into opportunities for learning; build resilience and adaptability; and apply growth mindset principles in everyday life.

Dr. Whitfield is a visionary leader, educator, and champion for social equity, currently serving as the CEO of Big Brothers Big Sisters of Northwestern Ohio. He is also the founder of the Blue Force Mobile Training Team, an innovative initiative committed to equipping organizations with cutting-edge training solutions that drive performance and purpose. A tireless advocate for youth resilience, trauma-informed care, and social justice, Dr. Whitfield actively engages in committees and initiatives dedicated to these causes.

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“He’s Got a Way about Him... And We Know What It Is”

Carol Schwartz

10:00 AM – 12:30 PM, Tuesday, February 9

Registration deadline: February 1

Note: In the event of inclement weather, class will be held on Zoom.

Many artists (though not always men, despite the title) have a distinctive style or use a unique set of specific techniques that make their work easily recognizable to an informed viewer. Here’s a chance to analyze works of art by well-known artists from many different eras, discuss how artists develop a consistent style and why they did that, and distinguish their works from those of their contemporaries.

Carol Schwartz, Ph.D., loves to learn and finds it more fun to learn with others. She has taught students from junior high through graduate school, both online & face-to-face. After retiring from Lourdes, Dr. Schwartz became a Docent at the Toledo Museum of Art, which allows her to combine her appreciation for art with a historical background to create a fuller perspective.

Connected Lives Series

Why Being Surrounded by People Isn’t Enough: Drinking Salt Water

Thasia Awad, MSW, LSW

10:00 – 11:00 AM, Friday, February 12

Registration deadline: February 4

Note: In the event of inclement weather, class will be held on Zoom.

Many people feel lonely despite having family, friends, coworkers, or active social lives. This session explores the difference between social contact and meaningful connection. Participants will examine why some relationships nourish well-being while others leave people feeling disconnected. Through research on emotional intimacy, authenticity, and belonging, attendees will discover how deeper connections are formed within families, friendships, and communities.

Participants will learn to distinguish between social interaction and meaningful connection; understand the role of vulnerability in relationships; identify qualities of emotionally nourishing relationships; and strengthen the depth and quality of connections within their personal and community networks.

From Idea to Finished Book

Margaret C. (Peg) Berkhausen

1:00 – 3:00 PM, Thursdays

February 18 – 25 (2 weeks)

Registration deadline: February 10

Lots of people have a great idea for a book. To transform an idea to a finished book takes perseverance, some talent and discipline. The writer needs a guide to follow, a structural roadmap to take him or her from the beginning to a satisfying end. Our first session will cover basic structure: turning points, POV, setting and characters. The author will read examples from her book, *Curse of the Komodo* (a copy of which is included in the course price) to enlarge on these points. In the second session, we’ll discuss the development of ideas using a storyboard, genres, writers’ groups, conferences, basic information about agents, publishers, and some realities about getting published.

Margaret C. (Peg) Berkhausen wrote her first poem in 6th grade and has been writing all her life, integrating writing with her nursing career. While in Staff Development at St. Joseph Mercy Hospital in Pontiac, Michigan, Peg wrote, produced and directed staff training videos that were published by J.B. Lippincott, New York, and won awards at the American Journal of Nursing Film Festival. She was scriptwriter and Associate Producer for “Lincoln...In His Own Words,” a project for Lincoln Life Insurance Company, narrated by actor Hal Holbrook. Finally signing with a publisher at the age of 75, Peg has now published 3 award-winning middle-grade novels.

Busting the Myths in Hospice and Palliative Care

Dawn Gramling

1:00 – 2:00 PM, Monday, February 22

Registration deadline: February 14

This engaging session clears up common misconceptions about hospice and palliative care and replaces them with clear, accurate information. Participants will learn what these services truly offer, who can benefit, and how they support both individuals and families. You’ll leave with a better understanding and greater confidence in navigating care options when they matter most.

Dawn Gramling is a Licensed Independent Social Worker with over 20 years of experience as a medical social worker. Dawn is a Certified Hospice and Palliative Care Social Worker and has been working at Hospice of Northwest Ohio for 9 years. She currently works as a hospice educator in the clinical setting and the community.

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Treating the Root Cause

Dr. Lindsay Samuelson, ND RSHom
1:00 – 3:00 PM, Tuesday, February 23
Registration deadline: February 15

Life provides us with many bumps along the road. We are often able to recover from these challenges and become stronger for having experienced them. However, they can also knock us off center hard enough (or often enough) that we lose the ability to recover fully. This tends to lead us away from our highest potential and into 'survival' mode. This can lead to symptoms that develop as a response to the stress or trauma. These can become chronic patterns of illness - sometimes physical, other times emotional, and oftentimes both. Addressing these symptoms without understanding their root causes can lead to suppression and further illness.

This course is an exploration on the importance of opening up a dialogue with our symptoms to identify and address the root causes of our physical and emotional symptoms rather than solely suppress them. We will explore the teachings of Dr. Edward Bach, MD, and how his system of Bach Flower Remedies can be used to assist us in finding our spiritual, physical, and emotional centers again. The body is always trying to heal itself if given the right conditions, and this gentle system of medicine helps to identify and remove the obstacles that can hinder this process.

Dr. Lindsay Samuelson is a board-certified Naturopathic Doctor and Homeopath. She runs a private practice in Sylvania.

The Ancient Mediterranean

Nicholas Kubiak
6:30 – 8:30 PM, February Date TBD
Registration deadline: TBD

Check back later at www.lourdes.edu/lifelonglearning for the exact date.

Wine was not invented in France. Long before Burgundy planted its first Pinot Noir, winemakers along the shores of the Mediterranean were cultivating varieties that still exist today – in Turkey, Greece, Croatia, and Spain – largely unchanged and largely unknown to the modern wine drinker. This class is a journey to the cradle of wine civilization. Students will taste six red wines from Mediterranean countries, each made from an indigenous grape with deep roots in antiquity. This class reminds students that the wine world is far older, far wider, and far more surprising than the back label of a grocery store bottle would suggest.

Connected Lives Series

The Cost of Disconnection: How Loneliness Shapes Communities, Democracy & Civic Life

Thasia Awad, MSW, LSW
10:00 – 11:00 AM, March Date TBD
Registration deadline: TBD

Check back later at www.lourdes.edu/lifelonglearning for the exact date.

What happens when loneliness extends beyond individuals and affects entire communities? This lecture examines the societal consequences of disconnection, including declining trust, civic disengagement, polarization, and reduced community resilience. Participants will explore how strong communities depend upon meaningful relationships, active citizenship, volunteerism, and intergenerational engagement.

Participants will learn to: Understand the relationship between connection and community health; identify signs of social fragmentation in society; recognize how loneliness affects civic life and community resilience; explore ways to strengthen community engagement and social trust.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

VOLUNTEER OPPORTUNITIES

Have fun and socialize while making a difference on our campus! **All of these opportunities are weather-permitting.** In the event that a date must be canceled or rescheduled due to weather, our Sustainability Coordinator, Sara Grunberg, will reach out to registered volunteers directly. **Please contact Sara with any questions: sgrunberg@sistersosf.org or (419) 824-3693.**

Spotted Lanternfly Stomping

3:30 PM – 5:00 PM, Tuesday, September 22

Registration deadline: September 15

Join us for a hands-on effort to protect the beautiful grounds of the Sisters of St. Francis! The Spotted Lanternfly is an invasive insect that threatens trees, gardens, and natural ecosystems across Ohio. By spending just a few hours searching for and removing these pests, you can make a meaningful difference for the health of our campus landscape. Whether you're passionate about conservation, curious about invasive species, or simply looking for a fun way to give back, this volunteer opportunity is a chance to learn, connect with others, and take direct action for creation care. Every lanternfly removed helps protect native plants, wildlife habitat, and the ecological future of our campus. Come ready to explore, stomp, and be part of a community working together to care for our common home.

Fern Frenzy

1:00 PM – 3:00 PM, Thursday October 8

Registration deadline: October 1

The Sylvania Franciscans campus is home to an abundance of ferns that have thrived in one area and are now ready to be shared with other parts of the property. Together, we will carefully transplant ferns from a densely populated area to locations with bare soil, where they can establish new roots, stabilize the ground, help prevent erosion, and create healthy habitat for wildlife. By relocating these plants rather than removing them, we are working with nature and making the most of the resources already present on campus.

Gloves and tools will be provided. Wear comfortable clothing and sturdy shoes and be prepared for light digging and bending. This is a wonderful opportunity to spend time outdoors, connect with others, and contribute to the ecological stewardship of our campus. If weather conditions are unfavorable, participants will be notified of an alternate date.

Honeysuckle Removal and Tree Planting

1:00 PM – 3:00 PM, Thursday October 22

Registration deadline: October 15

Join us in restoring the woodlands of the Sisters of St. Francis campus. Honeysuckle dominates the forest understory, which prevents other native species from thriving. In order to give space for natives to flourish, we will cut back the honeysuckle and replace it with native trees. This helps create healthier, more diverse forests that support birds, pollinators, and other wildlife while improving the long-term ecological health of the campus. Volunteers will assist with cutting and removing invasive honeysuckle, transporting brush, and planting native trees.

Tools and gloves will be provided. Together, we can help restore this landscape in a way that reflects our commitment to ecological stewardship.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

OTHER CAMPUS HAPPENINGS

S.A.V.E. LECTURES

The Sisters of St. Francis' Science Alliance for Valuing the Environment, (S.A.V.E.), Inc., has a mission to foster a personal awareness and respect for the interrelatedness of ecology, spirituality, and sustainability. S.A.V.E lectures, held in the **Franciscan Center Board Room**, are *free and open to all*. No registration is necessary. For more information call (419) 824-3691 or e-mail save@sistersosf.org.

The Spotted Lanternfly and Other Unwanted Invasive Species

Amy Stone

7:00 – 8:30 PM, Tuesday, September 8

Amy Stone is a retired Extension Educator who had an amazing career that spanned over 3 decades, retiring in early 2026. While her passion was always ornamental horticulture, the topic of invasive species seemed to be a recurring theme over her career: the gypsy moth, now known as the spongy moth; the emerald ash borer; the Asian longhorned beetle; the spotted lanternfly; and the box tree moth. And those are just the insects. Invasive pathogens and plants were also on her radar. She has always enjoyed a good diagnostic challenge.

Amy holds degrees from Owens Community College and the University of Toledo. In retirement she enjoys spending time with her family, including 3 grandkids.

Let's Talk Spirituality: Rediscover Ancient Roots in our Evolutionary Story of Love and Transformation

Esther Kennedy, OP, MSW

7:00 – 8:30 PM, Tuesday, November 10

Esther Kennedy, OP, MSW is an Adrian Dominican Sister who is deeply engaged in Mindfulness Meditation and contemplative living. A number of years ago, her spiritual search took her to India and Indonesia where she experienced the richness and interplay of Eastern and Western Spiritual Traditions. Currently she reads, studies, and explores with others, the integration of science and religion, the new cosmology and the shift in consciousness so necessary for this time. She believes we are called to live lives rooted in gratefulness, openheartedness, compassion and joy!

Esther offers a monthly Mindfulness Meditation Day of practice and conversation at Weber Retreat Center in Adrian, MI.

The Mindful Path to Spacious Self-Compassion: Releasing Empathic Burnout

Jan Stryz, Ph.D.

7:00 – 8:30 PM, Tuesday, January 26

Mindful Self-Compassion and the Path to Balanced Empathy will guide participants in how to cultivate the mindful self-compassion needed to avoid empathetic burnout. A conceptual framework will first be presented, after which attendees will participate in an interactive workshop designed to encourage support, stress-reduction and healing.

Jan Stryz, Ph.D., taught writing and health humanities courses at Michigan State University for several decades. A long-time meditation student and practitioner, she incorporated mindfulness practices for students into her classes based on the Koru Program (now the Mindfulness Institute for Emerging Adults). For several years, she also led a faculty learning community at MSU on "Mindful Teaching and Learning in Higher Education." Jan has researched and presented conference papers addressing the relations between empathy, compassion, neuroscience & storytelling.

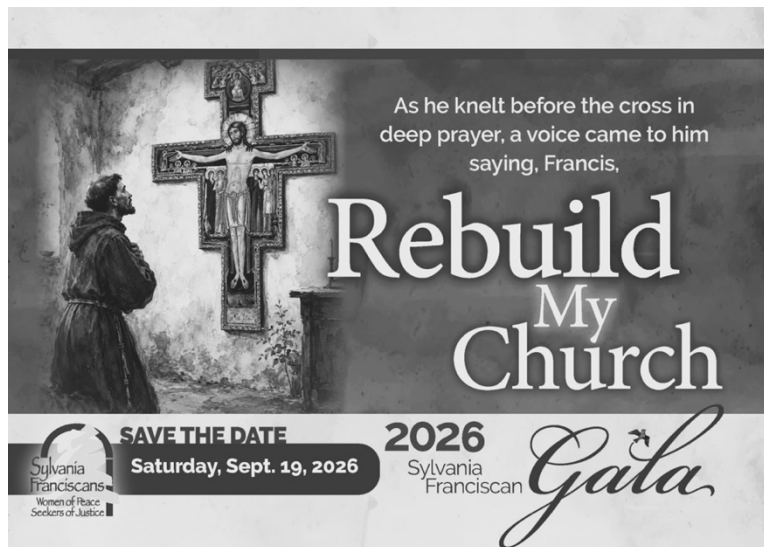
Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

APPOLD PLANETARIUM

The Appold Planetarium is available for private bookings. For more information contact planetarium@sistersosf.org.

SYLVANIA FRANCISCAN GALA

For more information contact the Sylvania Franciscan Foundation: 419.824.3624



SYLVANIA FRANCISCAN SUSTAINABILITY SUMMIT

For more information contact Sara Grunberg: sgrunberg@sistersosf.org or 419.824.3693



Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

FALL/WINTER 2026-27 REGISTRATION FORM

Registration confirmation & class/event details are *emailed*.
Please be sure to add noreply@imperisoft.com to your email contacts.

IMPORTANT: If you are registering guests, you must complete a separate form with all fields completed for each guest you are registering. If you register online, you can simply add guests to your account and easily add them to your registration. See our registration home page for a how-to guide.

Name: _____ Cell Phone: _____

☐ I would like to receive text messages for timely notifications.

Email (please print): _____

Street: _____

City: _____ State: _____ Zip Code: _____

Amount enclosed: _____

Registration opens at 9am on Wednesday, August 26. Registration is accepted by the methods listed below. In all cases, your registration form and payment must reach us by the deadline listed for each class.

- **Online at www.lourdes.edu/lifelong-learning**
 - This is the best way to ensure your **immediate enrollment** and proper payment.
 - You must start an online student account first, if you haven't already. See our registration home page for a complete how-to guide.
- **Leave the form & check payable to *SISTERS OF ST. FRANCIS* in our drop box:**
 - Come to Russell Ebeid Hall (#7 on the campus map - see p. 23)
 - The box is on the counter of the information desk.
- **Mail your form & check payable to *SISTERS OF ST. FRANCIS* to:**
 - Lifelong Learning, 6832 Convent Blvd., Sylvania, OH 43560
 - Lifelong Learning is not responsible if a student misses out on a class or other event due to unexpected mail delays.
- **NOTE: If a check is made out incorrectly, we will not enter your registration until a corrected check is received.**

Upon successful registration, you will receive a confirmation email. *If you do not receive this, you are NOT registered.* Please email lifelong@sistersosf.org if you encounter problems.

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

FALL/WINTER 2026-27 REGISTRATION FORM

Registration confirmation & class/event details are emailed
Please be sure to add noreply@imperisoft.com to your email contacts.

Membership (expires August 31, 2027)

- 2026-27 Membership..... \$75
- Lourdes Alumni Free
- Lifelong Learning Instructor Free

Travel/Outings *Member / Nonmember price*

- 12/9 A Rockin' Christmastime!... \$190 / \$205
- 10/2 Heritage Sylvania..... \$30 / \$45

Free Lectures

- 9/25 Caregiving Round the Clock
- 10/13 I-475 Coalition Perspective
- 10/16 Islamic Holidays
- 11/20 How Things Work at OH Statehouse
- 2/19 Storied Histories: Forest & Calvary

Special Events *Member / Nonmember price*

- 9/11 Performance: Eugene Debs... \$15 / \$20
- 9/25 L&L: Hollywd in OH..... \$30 / \$40
- 11/4 Still Time Introduction..... \$20 / \$30
- 11/11 Still Time Senior Retreat \$40 / \$55
- 11/18 Climate Change Update..... \$0 / \$5
- 12/18 Murder Mystery Lunch \$60 / \$75

Classes *Member / Nonmember price*

- 9/21 Get Lost in Nature Photo \$20 / \$35
- 9/22-10/13 Consitutional Law \$85 / \$100
- 9/24-10/15 Ideologies, the "isms" \$40 / \$55
- 9/22-9/29 See Hist thru Ren Art..... \$25 / \$40
- 9/23 You Be the Judge \$25 / \$35
- 9/24-10/8 NIFI, A Social Creed..... \$35 / \$45
- 9/28 Emotional Intelligence \$15 / \$25
- 9/28-10/12 Maintain Your Brain \$45 / \$60
- 9/30 Nature Interpretation \$20 / \$30
- 10/7-10/14 Soul Contemp Photo \$35 / \$50
- 10/7-10/21 Chicago Guide \$35 / \$50
- 10/8 Right Meds, Right Time..... \$30 / \$40

- 10/8 Wine Class: Italian Wines..... \$35 / \$45
- 10/9 CLS: Hidden Epidemic \$15 / \$25
- 10/13-11/17 Women in Jazz \$85 / \$100
- 10/13-12/1 Acts of Apostles \$115 / \$130
- 10/14-11/18 Hist of Christianity \$90 / \$105
- 10/15-10/22 Edgar Allen Poe \$30 / \$45
- 10/21-10/28 Holy Merry \$35 / \$50
- 10/26-11/16 Dale/Tom Elections..... \$40 / \$55
- 10/27 Looking at Hist thru Glass..... \$25 / \$40
- 10/29-11/12 NIFI, Elections \$30 / \$40
- 10/30 Zentangle 101 \$75 / \$90
- 11/5-11/12 Social Just... Comics..... \$30 / \$45
- 11/10-12/1 Woodcut Printmkg \$120 / \$135
- 11/10 CLS: How We Got Here \$15 / \$25
- 11/12 Wine Class: Beyond Char \$35 / \$45
- 11/13 In Spir of St. Francis: Owls..... \$20 / \$30
- 11/18 Canadian Rockies \$20 / \$30
- 11/19 Lalique & Chihuly \$20 / \$30
- 11/22 Grat Guided Forest Ther \$20 / \$35
- 12/1-15 Nativity Narr in Gospels \$45 / \$60
- 12/4 Zentangle 102 \$75 / \$90
- 12/8-10 Defining Common Good \$35 / \$45
- 12/10 Wine Class: Gracious Host \$35 / \$45
- 12/11 CLS: Bio of Belonging \$15 / \$25
- 1/22 ONL: CLS Loneliness..... \$15 / \$25
- 1/25 ONL: Leaving a Legacy \$15 / \$25
- 2/5 Growth Mindset \$15 / \$25
- 2/9 He's Got a Way About Him \$25 / \$35
- 2/12 CLS: Why...Isn't Enough..... \$15 / \$25
- 2/18 From Idea to Finished Book ... \$45 / \$60
- 2/22 Busting the Myths \$15 / \$25
- 2/23 Treating the Root Cause \$20 / \$30
- Feb Wine Class: Ancnt Medit \$35 / \$45
- Mar TBD CLS: Cost of Discon..... \$15 / \$25

Volunteer Opportunities

- 9/22 Spotted Lanternfly Stomping
- 10/8 Fern Frenzy
- 10/22 Honeysuckle Removal & Tree Planting

Please visit www.lourdes.edu/lifelong-learning for all the latest offerings!

POLICIES & PROCEDURES

*** Please keep this page for your records. ***

REGISTRATION (see Registration Form for all details)

- Fall 2026/Winter 2027 registration will open at **9am on Wednesday, August 26.**
- **The best way to register for classes is online at www.lourdes.edu/lifelong-learning.** This will *automatically enroll you* in the classes, events, and trips that you select.
 - You may pay with credit card online.
 - Upon successful registration, you will receive an email confirmation. *Please be sure to enter your email address correctly when you set up your account.*
- Registrations can be mailed to **Lifelong Learning, 6832 Convent Blvd., Sylvania, OH 43560** or left in the LLL drop box at the Russell Ebeid Hall Information Desk. **Checks must be made out to the Sisters of St. Francis.**
- Registrations are effective once they are submitted online *OR* when we receive them via U.S. mail or drop-offs. We cannot be responsible for mail delays.

Don't hesitate to contact us for assistance with the registration process:

Email: lifelong@sistersosf.org

Phone: 419.824.3707

REFUND POLICY

Refunds will be issued for the following reasons:

- 1) **Lifelong Learning Decisions:** If LLL cancels or changes dates/times of an event after payment is made, a full refund will be issued. We will contact you with information about refunds at that time.
- 2) **Personal or Family Emergency:** Students experiencing an emergency situation have 7 days from the class date (or date of the 1st class, for multi-week class) to **email us** and request a refund. **Any non-refundable fees or expenses we have incurred prior to your cancellation will be deducted from any refund we approve.**
- 3) **All other Situations:** If the event has a waitlist *and we are able to fill your spot*, we can provide a refund, minus any non-refundable expenses.

Additional Information:

- If you are unable to attend an event, you may sell your spot to someone else. Please email lifelong@sistersosf.org with the name of person attending.
- In all cases, refund requests must be made **via email**. Please specify if you wish the refund to be processed via check or credit card, or if you would like an e-gift credit added to your account. **Any non-refundable fees or expenses incurred prior to your cancellation will be deducted from the refund.**

Please note the registration deadlines. Some trips, classes, and events have earlier deadlines.

WAITLIST POLICY

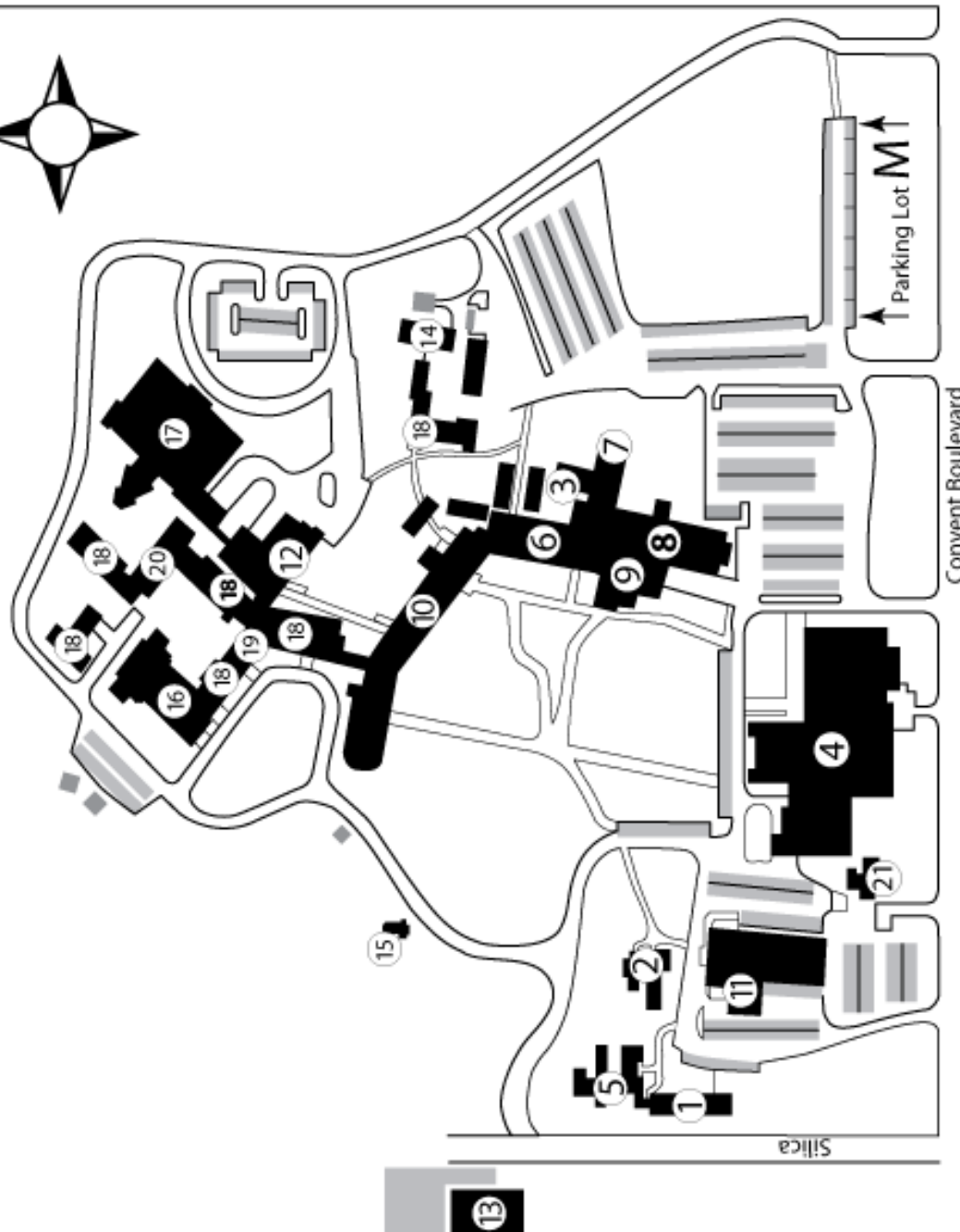
If you do not get into a class or event you will be automatically added to a waitlist. In that event, your refund will be processed *after* the event begins. Allow 10-14 business days for delivery. If you do not wish to be on a waitlist, please let us know via email.

Sylvania Franciscan Lifelong Learning

6832 Convent Boulevard • Sylvania, Ohio 43560

www.lourdes.edu/lifelong

419-824-3707 • lifelong@sistersosf.org



Buildings

- 1 Assisi Hall (ASI)
- 2 Carmel Hall (CAH)
- 3 Delp Hall (DEH)
- Ebeid Student Center
- Academic Success Center
- 4 Franciscan Center (FC)
and Board Room
- 5 St. Agnes Hall (SAH)
- 6 Lourdes Hall (LH)
- 7 Russell J. Ebeid Hall (REH)
Information Desk
- 8 Mother Adelaide Hall (MAH)
- Appold Planetarium
- 9 Dining Hall
- 10 Saint Clare Hall (SCH)
- Duns Scotus Library
- 11 Saint Francis Hall (SFH)
and Lounge
- 12 Saint Joseph Hall (SJH)
The Flaseck Nursing Center
- 13 Canticle Center
5335 Silica Dr.
- 14 Alverno Studio
- 15 Portiuncula Chapel
- 16 Queen of Peace Chapel
- 17 Rosary Care Center
- 18 Sisters of Saint Francis
- 19 All Good Things
- 20 Regina Hall
- 21 SoSF Ministries



Sisters of St. Francis
6832 Convent Blvd.
Sylvania OH 43560

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FALL / WINTER
2026-27

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<http://www.lourdes.edu/lifelong-learning>

