

## **LIFETIME LEARNING INSTITUTE**

### **Registration is Open**

Lifetime Learning Institute, a low-cost extended learning class provider for folks 50 and over, is returning for the fall semester to Shephills. Registration begins August 14, 2024. Brochures are on the ledge by the stairs or use this [online link](#) to see the class list and register. Click here for classes offered at ShepHills.

- Tuesdays, beginning September 10, upstairs Room 205 from 1pm to 3pm - #27  
History of the European Renaissance, 1350-1550;
- Thursdays, beginning September 12, upstairs Room 203 from 10am to Noon - # 51  
Meditation (from the instructor's book "The Divine Art of Meditation");
- Thursdays, beginning September 12, upstairs Room 205 from 10am to Noon - #52  
Spanish Beginning Level 1A
- Thursdays, beginning September 12, upstairs Room 205 from 1pm to 3pm, - #60  
Spanish for Beginners 2A
- Thursdays, beginning September 19, Gym from 1:30pm to 3pm, - # 62 T'ai Chi (Taij) and QiGong;
- Thursdays, beginning September 19, Gym from 3pm to 4pm, - #63 Yoga -  
Functionally Fit
- Fridays, beginning September 12, upstairs Room 205 from 10am to Noon, # 67  
Adventures in Botany