

Osher Lifelong Learning Institute

— AT THE UNIVERSITY OF KENTUCKY —

Spring 2024 Course Catalog FOR LEXINGTON & MOREHEAD

OFFERING LEARNING OPPORTUNITIES
FOR ADULTS 50+



Office of
Lifelong Learning
Osher Lifelong Learning Institute

Office: olliatuk.uky.edu Registration: olli.uky.edu

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Spring 2024 Lexington Online Registration Schedule

WEDNESDAY & THURSDAY, JANUARY 10-11 AT 10 A.M.

To distribute registration traffic more evenly, registration will open online in 4 phases for Lexington. Please note the scheduled opening for each category. Once the category is open for registration, courses in that category will remain open until filled.

WEDNESDAY, JANUARY 10

10 a.m. - Phase One

Computers and Technology
Donovan Forum Lectures
Out of the Box
Visual Arts

1 p.m. - Phase Two

History and Government
Languages
Literature

THURSDAY, JANUARY 11

10 a.m. - Phase Three

Culture
Experiential Learning
Performing Arts

1 p.m. - Phase Four

Health and Wellness
Science and Environment
UK Wellness Opportunities

Spring 2024 Morehead Online Registration Schedule

FRIDAY, JANUARY 19 AT 10 A.M.

Morehead courses will all open at once. Once courses open, they will remain open until filled.

Spring 2024 Open Houses & Registration

Lexington Open House

(no on-site registration)

Monday, January 8, 2024

1 - 3 p.m.

Oleika Shriners Temple

326 Southland Drive,

Lexington, KY 40503

Morehead Open House & Registration

Wednesday, January 17

1 - 2:30 p.m.

Morehead United Methodist Church

227 W Main Street,

Morehead, KY 40351

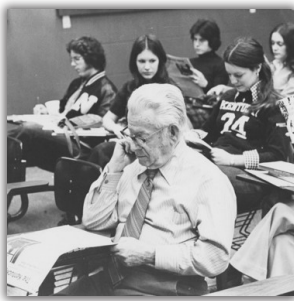


HERMAN DONOVAN

HISTORY OF OLLI AT UK

Beginning of Lifelong Learning: Academic Donovan Fellowship

In the late 1950's, Dr. Herman Donovan, President of the University of Kentucky (UK), dreamt of enriching the lives of older persons. He proposed that colleges and universities open their doors to persons aged 65 and older, allowing them to register for courses free of cost so that they could continue to pursue their interests. He reasoned that colleges and universities owed their greatness to the work, support, gifts, taxes and votes of our older generations.



Twenty-six Donovan Scholars, ranging in age from 65 to 84, were admitted to UK in the fall of 1964, joining 18-year old counterparts for the first time. One of the first programs of its kind in the country, it was not long before the Donovan Program gained national attention. In 1966, TIME magazine dubbed the program "Educare", an obvious reference to Medicare which was in the news at the time. Whereas most of the early Donovan Scholars were from the Lexington area, the national publicity resulted in inquiries from every state and many foreign countries. *(pictured to the left: Donovan Scholar in classroom during 1960s)*

Educational and Enrichment Courses: For the Joy of Learning!

Courses offered in the community were added in 1966 for adults 60+. The Donovan Forum which began in 1970 offers a series of lectures, workshops and entertainment on a wide variety of topics presented by University professors, public and private organizational representatives, OLLI Members, etc.

Osher Lifelong Learning Institute (OLLI) at UK

In January 2007, UK received financial support from the Bernard Osher Foundation to increase learning opportunities in Lexington, allowing our offerings to widen in number and scope, and our membership by lowering the age to 50 and extending lifelong learning to other sites in Kentucky. The Osher Foundation continued their support financially to the University of Kentucky through additional grants, gifts and finally 2 endowments. A National Resource Center, created and funded by the Osher Foundation, supports a national network of 125 OLLIs located from Maine to Hawaii.



OLLI at UK offers courses, forums, seminars, day trips, shared interest groups and events throughout the year in a variety of topics, formats and locations.

2023-2024 LEXINGTON ADVISORY BOARD

Chair
Lee Edgerton

Vice-Chair
Kempa Turner

Immediate Past Chair
Anna Watson

Committee Chair Persons

Connections
Jane Friedman

Diversity & Inclusion
Diane Woods & Jane Friedman

Social
Marianna Jackson Clay

Curriculum
Don Gash

Donovan Forum
Laura Cole

Travel
Janis Strassner

Development
Janice Birdwhistell

Promotion & Membership
Diana Rast

Volunteer
Barb Welsch

Rules & Procedures
Sandy Emerson

At-Large Board Members

Nikki Burkett
Chris Conley
Colette Crown

Gary Hansen
Janinne Johnson
Scott Johnson
Princess Nelson

Eddie Salone
Rita Smart
Norma Wirt

2023-2024 MOREHEAD ADVISORY BOARD

Chair
Drew Henderson

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TBD

Committee Chair Persons

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Carolyn Franzini

Curriculum
Drew Henderson

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Fran Helphinstine

Volunteer
Martha Perkins

At-Large Board Members

Jackie Bailey
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Sue Barrett
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Carolyn Franzini
Fran Helphinstine
Bob Lindahl
Martha Perkins

Karen Roberts
Judith Stafford
Debbie Williams



Office of Lifelong Learning

Osher Lifelong Learning Institute

Welcome To OLLI at UK

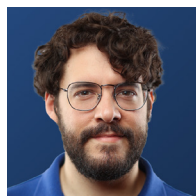
With the new semester quickly approaching, it is with great excitement that we share with you the latest OLLI at UK learning opportunities that will soon be in full bloom! OLLI instructors and volunteers have been hard at work planning the latest programs for you. We hope you discover something that you can dive into that will engage your mind, fill you with inspiration, and connect you with friends both longtime and new. Whether it's a new class, social, or travel opportunity, we hope to see you this spring. Thank you for being part of our OLLI community. We are so glad you are here!

Warm Regards,
The OLLI at UK Staff

OLLI AT UK STAFF



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SPRING 2024 REGISTRATION



OLLI Registration Website

In order to register for Courses, SIGs, Donovan Lectures, Socials, Trips, and other OLLI activities, all OLLI Members must have an account at the following website: <https://olli.uky.edu/uky> If you have already created an account in or after July 2023, you do not need to create a new account.

How to Sign Up (For New Members)

1. Visit <https://olli.uky.edu/uky> and click "SIGN IN" at the top right. Then fill out the box for "Create New Account".
2. When creating your username: Choose something unique to you. It must be a minimum of six characters. You may use any combination of letters and numbers. Username is not case-sensitive.
3. When creating your password: Choose something unique to you. It must be a minimum of eight characters. You may use any combination of upper & lower case letters, numbers, and special characters (!@#\$%^&*-=|<>?/\). Password is case-sensitive and must be entered exactly the same way each time.
4. Be sure to save your username and password on a physical/digital notepad or password manager application.
5. Be sure to use an email address you regularly use, in case you need to find your username or reset your password.
6. Click "CREATE ACCOUNT". You will then be prompted to provide contact information such as address, phone number, and more.

Once you have created your account, you can then register for a Membership, Courses, and more online. There are 5 categories to choose from:

- Membership: Register for an OLLI Membership.
- Lexington Courses: Register for courses from Lexington instructors, as well as Donovan Forum Lectures.
- Morehead Courses: Register for courses from Morehead instructors.
- Special Events & Socials: Register for Socials and Community events.
- Travel: Register for Day Trips and more.

HOW DO I REGISTER FOR CLASSES?

1. Online at <https://olli.uky.edu/uky>, or
2. Use Registration Form on page 37, and mail to:

OLLI at UK Office

658 S. Limestone, UK Ligon House
Lexington, KY 40506-0442

CONTACT THE OFFICE

Joey Conrad: 859-257-2658

Teresa Hager: 859-257-2656

Trey Adkins: 859-257-2657

Nick Farr: 859-218-6840

Julie Brock: 859-257-2667



OLLI AT UK SCHOLARSHIPS

Financial Assistance Available for OLLI Membership & Courses

The OLLI at UK is pleased to offer scholarships for OLLI members. Scholarships are available to cover the cost of OLLI course fees or educational offerings such as one day intensives, trips and workshops. Individual scholarships of up to \$50 are available each semester. First-time applicants will be given priority.

Current and prospective members are encouraged to apply. Contact our Registrar, Teresa Hager, at [859-257-2656](tel:859-257-2656) to apply.

ALL APPLICATIONS ARE KEPT CONFIDENTIAL



Like **OLLI at UK** on
Facebook!

**SCAN HERE FOR OUR
FACEBOOK PAGE!**



Follow OLLI at UK on Facebook!

Want to be a part of the OLLI at UK community on social media? Interact with fellow OLLI members online? Learn about upcoming social events and additional OLLI programming? Be sure to Like the OLLI at UK page on Facebook! You can search for "OLLI at UK" on Facebook, or scan the QR code to the right. Then click the "Like" button. We hope to see you there!



DONOVAN SCHOLARSHIP FOR ADULTS 65 & OLDER

Tuition Waiver for Academic Studies

The Donovan Scholarship is a tuition waiver program for adults aged 65 and older to take academic courses at the University of Kentucky. Donovan Scholars can enroll in courses listed in the UK General Catalog and in limited UK online courses. Acceptance is based upon available space, may require the consent of the instructor and/or have prerequisites. Donovan Scholars may take classes for credit without working toward a degree or take classes for credit as a degree-seeking candidate. For Donovan Scholars auditing classes, some work may be required, depending on the class and/or the instructor's discretion.

There is no previous educational requirement for Donovan Scholars not seeking a degree, whether auditing a course or taking it for credit. When working toward a degree, UK admissions criteria must be met. There is no limit on the number of semesters a person may enroll.

Please note: Donovan Scholars are responsible for the cost of any required textbooks, materials, parking permits, applicable income taxes, late registration fees, and student ID.

FOR MORE INFORMATION:

Visit <https://olliatuk.uky.edu/donovan-scholarship-adults-65>.

To apply, contact Trey.Adkins@uky.edu for an application.

Donovan Scholarship Office | 658 S. Limestone, UK Ligon House, Lexington, KY 40506 - 0442 | 859-257-2657



SPRING 2024 DONOVAN FORUM SERIES

Thursdays, February 1 - April 25, 2 - 3 PM
Lexington Senior Center & Zoom



Donovan Forums are held at the Lexington Senior Center, **The limit is 80 attendees in-person.** Please be sure to register in advance to reserve an in-person spot. You can also register to attend remotely via Zoom. You will receive a link prior to each Forum. For more information, please visit this page:

<https://olliatuk.uky.edu/course-catalogs/donovan-forum-series>

February 1

What's with the Hype about Artificial Intelligence (AI)?

Dr. Judy Goldsmith, Professor and Associate Chair of Computer Science University of Kentucky

February 8

Small Changes, Big Impact - How You Can Help Improve our Local Environment

Amy Sohner, Executive Director Bluegrass Greensource

February 15

Supporting Brain Connections Through Everyday Engagement

Dr. Elizabeth Rhodus, Assistant Professor University of Kentucky Sanders-Brown Center on Aging

February 22

Addiction 101 and Older Adults

Alexander Elswick, Assistant Professor University of Kentucky

February 29

Lexington's Underground Railroad

Dr. Yvonne Giles, Historian Lexington's Freedom Train

March 7

Arts and Culture Sector in Lexington

Ame Sweetall, President and CEO LexArts

March 14

Slow Down, Work Together and Listen Up: My First Year as Vice Mayor

Vice Mayor Dan Wu Lexington-Fayette Urban County Government

March 21

Horticultural Therapy, The Impact on Mental Health

Madelyn Cline RN,BSN University of Kentucky College of Nursing

March 28

Old Friends: Horse Racing's Living History Museum

Michael Blowen, Founder and President Old Friends Thoroughbred Retirement

April 4

Health Benefits of Laughter Yoga

Jaime Brown, Research Program Manager, Laughter Yoga Leader Center for Health Equity Transformation & Laughter Yoga with Jaime Brown

April 11

Kentuckians Before Boone

Dr. A. Gwynn Henderson, Education Director Kentucky Archaeological Survey

April 18

Historic Preservation and the Blue Grass Trust

Dr. Jonathan Coleman, Executive Director Blue Grass Trust for Historic Preservation

April 25

The Impact of Sports Gambling and Problem Gambling

Michael R. Stone, Executive Director Kentucky Council on Problem Gambling, Inc. (KYCPGX)

SPRING 2024 LEXINGTON COURSE OFFERINGS

COMPUTERS & TECHNOLOGY



Adventures in Photography - Close-up and Macro Photography

Instructors: Boone Baldwin, Rita Egan, Arleigh Kerr, and Larry Neuzel

*Dates and Times: Mondays, April 15 – May 13
1 – 3 p.m.*

Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$54

Taking photographs of objects close-up or extremely close-up (macro photography) requires special skills. This class will teach you the difference between the two and the techniques to photograph objects close-up using your camera and lens. The instructors will demonstrate and explain how to use extension tubes with your lens and will discuss how to determine which of the three kinds of macro lenses is best for you. Students need to bring an object to use as your subject for the class, your camera with a fully charged battery, your camera manual, a note pad and a tripod, if you have one.

Apple Watch Tips Workshop

Instructor: Brooke Thomas

Date and Time: Tuesday, April 23, 2024

1 – 4 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 7 | Course Fee: \$34

This workshop will cover 20+ tips on how to do more than tell the time with your Apple Watch. Some of the tips include the following: learn how to get help in an emergency, remove apps from your watch, share a photo from your watch, make the text size larger, adjust brightness and wake duration, change the layout of your watch, mute your watch notifications, use your watch as an alarm clock, use auto pause for workouts, use your watch as a running or walking light at night, unlock your iPhone with your watch, use wrist motion to activate Siri, and find your iPhone with your watch. An Apple Watch 6 will be used for demonstration. Many of the features are similar on the different series of Apple Watches that are using the current Watch operating system.

Computer Basics for Windows PC

Instructor: Myra Engle

*Dates and Times: Thursdays, February 15 – March 21
10 – 12 Noon*

Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

Learn the fundamentals of using a Windows computer. Learn to use various aspects of the Microsoft Word Processing program, including manipulating text and inserting graphics into a document. Basic filing and basic file management are introduced. The final class of this course deals with the basics of email and use of the Internet.

Creating Personal Greeting and Note Cards with Word

Instructor: Myra Engle

*Dates and Times: Thursdays, April 11 – 25
10 – 12 Noon*

Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$46

Never buy another greeting or note card! Learn how to create note/greeting card templates, how to insert graphics/photos and text boxes, and how to add special effects to these elements. Making three-dimensional cards and novelty cards will also be introduced to open the world of possibilities in creating personalized cards. The only limitation will be your imagination. This is a fun and useful class!



Fixing up Your Photos (and Other Things) Using FastStone Digital Imaging Program on a Windows PC Workshop

Instructor: Joe Dietz and Brooke Thomas

Date and Time: Monday, February 12, 2024

1 – 4 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 6 | Course Fee: \$34

Do you want to fix up and work on your pictures without paying a lot of \$\$\$\$ on a digital imaging program? Well, take a look at FastStone. FastStone is a fairly extensive digital imaging program that is free and does a wide variety of things. In this workshop you will learn how to dress up your pictures, crop, brighten or darken, create contact sheets, create a slide show that can include music and lots more. We will show you how to download the program along with a great syllabus.

Foundations of Photography, Part 1

Instructors: Boone Baldwin, Rebecca Brothers,

Rita Egan, and Larry Neuzel

Dates and Times: Mondays, February 5 – March 4

1 – 3 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$54

The topics to be covered are: Exposure, Camera Anatomy, Shutter, Aperture and ISO, Light Metering, Exposure Compensation and Auto-focus.

Get Much More Out of Your Mac

Instructor: Kurt Jefferson

Dates and Times (students only need to register for 1 session):

- *Session 1: Fridays, March 1 – April 5*

- *Session 2: Fridays, April 12 – May 17*

10:30 – 12:30 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

Students will benefit by learning how to go beyond the basics they have been using on their Mac. This class is designed for students who want to learn more than the basics – we will show you how to use different options built into macOS in addition to techniques which will make you more productive. We'll discuss a variety of topics including Mac security, printing, desktop publishing and configuring your computer so it works better for you. Students will learn about Mac specifics such as Stacks, Launchpad, open apps vs. apps that are active, customizing the Dock and learning how it works, and keyboard shortcuts to streamline your activity. This class is offered twice – if you can't make session one, register for the second session.

Getting the Most Out of Your iPhone

Instructor: Joe Dietz

Dates and Times: Wednesdays, February 7 – March 13

1 – 3 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$58

Learn important (and hidden) functions of your iPhone. Learn how to download apps, move them, nest them, and delete them. Learn how to get better photos with your phone, organize your pictures, and send them in text and emails. Texting messages and using Siri will also be covered. Participants should bring their (fully charged) iPhone and know (or bring) their passcode, Apple ID and password.

Introduction to Photoshop Elements Using a Windows PC

Instructor: Anne Campbell

Dates and Times: Mondays, February 26 – April 1

11 – 1 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 3 | Course Fee: \$58

In this introductory course to Adobe's Photoshop Elements program, we will learn to use the tools of this program to do basic photo enhancements including adjusting lighting and color, cropping, cloning and spot healing, red eye removal, and other techniques. We will also discuss photo considerations prior to printing or sharing, introduction to layers, converting images to black and white, enhancing and restoring old photos, adding text, using brushes, graphics, adjustment layers, templates, guided edits, filters and special effects, and a demonstration of how this program can create cards, calendars, slide shows, collages and photo books.



Introduction to Windows 11 Workshop

Instructor: Mike Seiler

Date and Time: Tuesday, March 19, 2024

10 – 12 Noon

Location: Central Kentucky Computer Society

Maximum Enrollment: 7 | Course Fee: 34

This workshop will look at what is new in Windows 11, what has changed, and how to set it up to make it more user-friendly. If you are considering installing it on your computer, this workshop might help you decide whether to install it. On the other hand, if you have already installed it, this workshop might help you set up Windows 11. Students are encouraged to bring their laptop computers if they have Windows 11 already installed. However, ensure your laptop is fully charged before you bring it to class.

Making a Photo Book Using Shutterfly Workshop

Instructor: Joe Dietz

Date and Time: Friday, April 12, 2024

1 – 4 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$34

In this workshop the attendees will learn how to prepare pictures for a photo book, how to transfer pictures to the Shutterfly workspace, and then to organize the pictures from the front to the last page of the book. Finally, we will go through the steps to order the book and apply coupons to reduce the price. We will be using a program called Shutterfly.

Photo Stacking

Instructors: Boone Baldwin, Rebecca Brothers, Rita Egan, Arleigh Kerr, and Larry Neuzel

Dates and Times: Mondays, March 18 – April 1

1 – 3 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$46

Focus stacking refers to an image made up of multiple shots with different focal points. Each one has the same exposure and aperture. All that you are doing is moving the focus point a little at a time. The goal is to take as many in-focus slivers as you can and then merge them together for a far more in-focus composite image that is sharper, has a deeper depth of field and crisper lines than you would ever capture in the camera with just a single image.

Secrets of Your iPad

Instructor: Brooke Thomas

Dates and Times: Wednesdays, March 27 – May 1

1 – 3 p.m.

Location: Central Kentucky Computer Society

Maximum Enrollment: 7 | Course Fee: \$58

Learn how to use the built-in Apple apps on your iPad. Personalize and organize your apps, fix up your photos and organize them. Acquire information about settings, learn the secrets of the keyboard, emailing, and texting with animation. Get tips on using the Calendar, Notes, Reminders, Facetime, and the Libby app. Participants should bring their fully charged iPad updated with the latest operating system and know (or bring) their Apple ID and password.





OLLI Lexington Open House
Fall 2023

CULTURE



Alfred Hitchcock's San Francisco

Instructor: Jay Sherwin
Date and Time: Monday, March 4, 2024
 3 – 4:30 p.m.
Location: Online Zoom Course
Maximum Enrollment: 100 | Course Fee: \$20

Alfred Hitchcock loved San Francisco and used its elegance, beauty and mystery to great effect in many of his films. In this virtual tour, you'll see brief scenes from Vertigo, The Birds and other Hitchcock classics filmed on location in the San Francisco Bay Area. You'll hear great stories about how Hitchcock chose those locations and how he filmed them. It's a treat for Hitchcock fans and lovers of the City by the Bay.

Culinary Scavenger Hunt

Instructor: Chef John Foster
Dates and Times: Tuesdays, February 6 – March 5
 1:30 – 3:30 p.m.
Location: Sullivan University Lexington Campus, Culinary Lab
Maximum Enrollment: 24 | Course Fee: \$70 (includes \$40 food cost)

Have you ever tried to create a dish from a single inspiration? Perhaps it's a Farmer's Market ingredient or a mysterious spice. This class will show you how to challenge your cooking and your cuisine knowledge to create from scratch.

From Venice to Milan: Art History in Northern Italy

Instructor: Marcia Freyman
Dates and Times: Thursdays, March 7 – April 11
 2:30 – 4 p.m.
Location: Second Presbyterian Church, Forum Room
Maximum Enrollment: 30 | Course Fee: \$30

We will begin our art historical journey in the famous Veneto region, visiting Venice to view works of art such as St. Mark's Basilica and the Accademia Art Gallery. Then on to Padua to see works by Giotto in the Scrovegni Chapel. The area of Emilia-Romagna includes Ravenna, famous for its mosaics in the eight UNESCO World Heritage Sites; Ferrara, where the d'Este family, well known for its patronage of the arts, welcomed a great number of artists, especially painters. Finally, visiting the Lombardy region including Mantua, home to the 11th century church of San Lorenzo, based on the Holy Sepulcher in Jerusalem and Milan with its famous La Scala opera house.

Using Apple iCloud for Your iPhone and iPad Workshop

Instructor: Joe Dietz
Date and Time (students only need to register for 1 session):

- Session 1: Monday, February 19, 2024
- Session 2: Monday, March 25, 2024

2 – 4 p.m.
Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$34

In this session students will learn how to take advantage of the iCloud account. When you purchase an iPhone or iPad you have an account set up in the cloud. Here, you store copies of your photos, contact, messages, email and more. Students will learn how to set up this account to their best benefit. We will talk about downloading and uploading your files (to and from your iPhone or iPad). We will also discuss how to share documents and photos from the iCloud. Acquiring more storage space will also be discussed.

Using Your iPhone Camera to the MAX

Instructor: Joe Dietz, Janet Cartmell, and Brooke Thomas
Date and Time: Tuesday, April 9, 2024
 1 – 4 p.m.
Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$34

Using apps already on the iPhone students will learn techniques to take better pictures, fix them up by cropping, lightening or darkening, or adding filters. They will learn how to take videos, time lapse and panoramas. They will also learn how to create albums and several ways to share their photos with others.

Hollywood Films Hollywood: A Romp Through Movies about People Who Make Movies (Hybrid)

Instructor: Ed Reeves

Dates and Times: Fridays, February 9 – April 12

1 – 3:30 p.m.

Location: Lexington Theological Seminary, 3rd Floor and Zoom

Maximum Enrollment: 25 In-Person, 25 Zoom
Course Fee: \$30

In this class we will watch ten movies about people in the Hollywood movie industry practicing their craft. Some of these movies are dramas, like *A Star is Born* (1937), *The Bad and the Beautiful* (1952), and *Gods and Monsters* (1998). Others are satires, like *The Cameraman* (1928), *Ed Wood* (1994), and *Get Shorty* (1995). All are immensely entertaining and instructive. We will discuss how each film portrays Hollywood going about its business during the celluloid era. We will also delve into the backstories of how these movies were made, how they reflected the times in which they were made, and how they were received by critics and audiences.

Humanism and the Arts in Renaissance Italy

Instructor: Michael Worley

Dates and Times: Tuesdays, March 12 – April 9

1 – 3 p.m.

Location: Second Presbyterian Church, Forum Room

Maximum Enrollment: 22 | Course Fee: \$30

In this slide lecture class, we will study the impact of Humanism on the visual arts in Italy, 1400-1600. In that intellectual movement scholars established what we still call the humanities—the literature, history and moral philosophy of classical Greek and Latin authors—i.e., the system of education that prevailed in Europe for centuries. In large part, the writings of the “virtuous pagans” were regarded as compatible to Christian religious teaching. Parallel to the revival of classical manuscripts was the excavation of Greek and Roman architecture and sculpture. We will see how Renaissance artists (Mantegna, Botticelli, Michelangelo, and others) were inspired by these monuments of antiquity, which would form the foundation of Renaissance ideal beauty.

Learn the Secrets of Cooking! Chef Franks’s Way!

Instructor: Frank Hazzard

Dates and Times: Wednesdays, February 7 – March 6

11 – 1 p.m.

Location: Fayette County Extension Office, Kitchen

Maximum Enrollment: 15 | Course Fee: \$70
(includes \$40 food cost)

This class will be conducted in a huge Kitchen where students will have a hands-on opportunity to prepare the actual meals. The students will also enjoy samples of the food prepared. Everyone will receive copies of all recipes.

Lifelong Philosophy (Hybrid SIG)

Facilitator: Jim Carigan

Dates and Times: Fridays, February 2 – May 24

10 – 12 Noon

Location: TBD and Zoom

Maximum Enrollment: 25 | No Course Fee

To discuss: Philosophical ideas, schools of thought, and personal application in life.

The Comedy Films of Preston Sturges

Instructor: Ken Kurtz

Dates and Times: Mondays, February 5 – March 25

1 – 4 p.m.

Location: The Lafayette, Activity Room

Maximum Enrollment: 25 | Course Fee: \$30

Preston Sturges sold his first film script for \$10; it made the studio millions. After that it was easy sailing for this master of comedy and fun films, yet always with a purpose. If you do not enjoy these, please call 911. All films are satires on well known American institutions: the draft, classical music, the death penalty, etc.

The Post-Impressionists

Instructor: David Shattuck

Dates and Times: Tuesdays, February 6 – March 12

1 – 2:30 p.m.

Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 42 | Course Fee: \$30

The term “post-Impressionism” is a misnomer, in that, unlike the impressionists, the Post-Impressionists were not a cohesive group. For example, these artists did not exhibit together, and, with a few exceptions, did not have substantial interaction with one another. These giants produced many of the greatest or iconic paintings in the history of Western art. We will consider them in the following order: Cezanne, Van Gogh, Gauguin, Seurat and Toulouse-Lautrec.

EXPERIENTIAL LEARNING



Exploring the World of Wine

Instructor: Michele Pesula Kuegler

Dates and Times: Tuesdays, April 2 – 23

2 – 4 p.m.

Location: CenterWell, Richmond Road (Activity Center)

Maximum Enrollment: 10 | Course Fee: \$30

Do you enjoy wine and want to learn more about it? Join this class for a laidback discussion of wine production. Each class will include the introduction of different wine regions, discussion of winemaking processes and options, and a wine tasting. During the tasting, flavor and aroma qualities will be discussed. The goals of these classes are to identify and name qualities that you like in wine and to remove the sometimes snobby designation wine can convey.

Music Composition with Computers

Instructor: Alex Chadwell and Addison Bird
Dates and Times: Fridays, February 23 – April 26
 1 – 3 p.m.
Location: BCTC Leestown, Room M-143
Maximum Enrollment: 20 | Course Fee: \$30

This course will provide the opportunity for participants to develop digital literacy skills through making music with modern music technology. Class sessions will include a combination of lecture, discussion, interactive activities, and music-making activities, along with opportunities to share work and reflect with peers. Participants can expect to learn general music fundamentals, traditional composition, and modern music creation methods featuring synthesizers, beat-making, and sampling. This course is open to people of all musical abilities - there is NO requirement to play an instrument or read music. All musical styles and interests are welcomed! This course is offered by the Lexington Philharmonic's Creative Aging Programs.

HEALTH & WELLNESS



"Blue Zones" Solutions; Creating a Lifestyle for Longevity (Hybrid)

Instructor: Laura Coombs
Dates and Times: Wednesdays, February 7 – 28
 3 – 4 p.m.
Location: Central Baptist Church, Meeting Room 3 & Zoom
Maximum Enrollment: 20 | Course Fee: \$30

Do you want to live better, longer? The "Blue Zones" are the 5 geographic regions around the globe where people are living healthy, vivacious lives into their 100's. National Geographic explorer Dan Buettner spent 20+ years studying the lifestyles of these centenarians and discovered that they had nine things in common, which he calls "The Power 9." This four-part course will teach you what those nine things are (Surprise! It's not just more exercise!) and help you to incorporate them into your environment for better health and longevity.

Brain, Mind and Memory: Healthy Aging (Hybrid)

Instructor: Don Gash
Dates and Times: Tuesdays, February 13 – April 2
 10 – 11:30 a.m.
Location: BCTC Leestown, Room M-134 & Zoom
Maximum Enrollment: 25 In-Person, 25 Zoom
Course Fee: \$30

We will study one of the most powerful forces in nature, the human brain – our brain and mind. The emphasis will be on healthy brain aging and memory. The format is interactive with discussions about recent advances in promoting wellbeing in aging. Decline in memory function is one of the major concerns many have. We will go over exercises and practices that help maintain and improve brain functions including learning and memory as we get older.

BOOK REQUIRED: *Memory: What it is, How it Works, and Ways You Can Improve it.* (2020) National Geographic (available in bookstores and online)



Nordic Walking Course
Fall 2023

Deep Water Aerobics

Instructor: Carrie Davidson and Nell Horman
Dates and Times: Tuesdays and Thursdays, March 19 – May 7
 6:15 – 7 p.m.
Location: Lancaster Aquatic Center
Maximum Enrollment: 15 | Course Fee: \$30

Instructor-led workout that allows you to move at your own pace. Total body resistance training included with water weights. We have float belts, noodles, and kickboards for you! Work all the major muscle groups and keep the heart pumping. Participants should be able to swim; this class takes place in deep water. All fitness levels welcome. Chair lift into pool available. Lifeguards on duty. Parking: Pay \$2/hour at UK Parking Structure #7 (721 Sports Center Drive) or pre-purchase daily scratch-off UK parking passes from UK parking office. Upon arrival at Lancaster, request a swipe card in the pool lobby.

Flourishing Skills Group

Instructor: Jennifer Yenke
Dates and Times (students only need to register for 1 session):
 • *Session 1: Tuesdays, February 6 – April 9*
 • *Session 2: Thursdays, February 1 – April 11*
 2 – 4 p.m.
Location: CenterWell Regency Centre, Activity Center
Maximum Enrollment: 10 | Course Fee: \$30

The Flourishing Skills Group is an intimate and heart-centered journey in uncovering and practicing the science of positive psychology. It is an 8- to 10-week group experience with a small community (6-10 people) of like-minded and like-hearted people, covering key positive psychology skills for creating greater happiness and wellbeing. Participants gather with their facilitator, a certified positive psychology practitioner, to learn about and practice positive psychology tools and strategies that they can use to help themselves be happier, healthier, and more resilient. The group meets for one 2-hour session per week and focuses on building mindfulness, learning new skills, and having the time and space to practice the skills.



Move to the World's Music

Instructor: Meg Crellin

*Dates and Times: Mondays, February 26 – April 15
1 – 2:30 p.m.*

Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 25 | Course Fee: \$30

The music comes from another time and place – the haunting violin of a Romani tune, the vitality of a Cossack dance, the kind of rhythmic melody that made Zorba so Greek. World Quilt Dancing promotes world community through dance. Get a gentle workout while enjoying the favorite music and social dance of the Balkans, Europe, the Americas, Israel and beyond. Participants will learn some of the easier and simpler ethnic dances. They may range from slower rhythms to more aerobic and dynamic steps. Dances are done in lines, circles and individually. No prior dance experience is necessary – just a pair of comfortable shoes.

Nordic Walking (SIG)

Facilitator: Don Gash

*Dates and Times: Tuesdays, April 9 – May 14
10 – 11:30 a.m.*

Location: Crestwood Christian Church, Room MC-5 (First 2 Meetings)

Maximum Enrollment: 25 | No Course Fee

Nordic walking is a highly recommended, safe aerobic exercise for seniors to enjoy walking outdoors strengthening the upper body as well as the legs. The health benefits include improving balance and gait, cardiovascular fitness, and toning up back and abdominal muscles. Walking sites for skill development and enjoyment include the arboretum.

REQUIRED MATERIALS: Purchase Nordic Walking Poles. Available locally and online for \$25-\$40.

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton

*Dates and Times: Mondays, Wednesdays and Fridays,
January 29 – May 10
11:30 – 12:30 p.m.*

Location: Crestwood Christian Church Gymnasium, and Zoom

**Maximum Enrollment: 75 In-Person, No Limit Zoom
Course Fee: \$40**

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with easy-to-follow cardio for 25 to 30 minutes. Cardio is followed by weight training exercises with dumbbells. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down. Depending on the class, this may be done on a mat on the floor or a chair. This class is suitable for beginners as well as seasoned exercisers. Friday classes will use chairs instead of mats for weight training exercises, core exercises and stretching.

REQUIRED MATERIALS: Water bottle, weights and yoga mat. Zoom students will need a chair for Friday weight training exercises.

Latin Dance for Beginners

Instructor: Reena Reyes

*Dates and Times: Mondays, March 18 – May 6
2 – 3 p.m.*

Location: The Salsa Center Latin Dance Studio

Maximum Enrollment: 24 | Course Fee: \$30

For Brand New Dancers! Learn how to dance with The Salsa Center Latin Dance studio which has been around since 2011! Learn basic Salsa and Latin dance steps and how to use them in partner dancing. Each week, we will focus on hand signals & techniques needed to lead or follow your dance partner. No partner is needed to enroll in the class.

Line Dancing Level 1 – First Timers!

Instructor: Shirley Bryan

*Dates and Times: Thursdays, April 4 – May 16
11:15 – 12:15 p.m.*

Location: Bluegrass Youth Ballet

Maximum Enrollment: 20 | Course Fee: \$30

Introduction to line dance. Engage your mind and body all together while improving your fitness. Move to the beat of the music. If you can count to eight as you walk, you'll be successful in this class!

Line Dancing Level 2 – OLLI Dance Cats

Instructor: Shirley Bryan

*Dates and Times: Tuesdays and Thursdays, March 26 – May 16
10 – 11 a.m.*

Location: Bluegrass Youth Ballet

Maximum Enrollment: 30 | Course Fee: \$30

Those who enjoy line dancing and have learned step names. Will learn Beginner through Improver level dances. Must have completed Level 1 or with instructor permission. This group also performs as the OLLI Cats Line dancing group!

Line Dancing Level 3 – Masters in Motion

Instructor: Shirley Bryan

*Dates and Times: Tuesdays, March 26 – May 14
11:15 – 12:15 p.m.*

Location: Bluegrass Youth Ballet

Maximum Enrollment: 15 | Course Fee: \$30

For those who love achievable challenges. Will learn Improver through Advanced level dances. Must have completed Level 2 or with instructor permission. This group also performs as the OLLI Cats Line dancing group!

Posture Camp, Exercises for Better Posture

Instructor: Laura Coombs
Dates and Times: Wednesdays, February 7 – March 13
1 – 2 p.m.
Location: Central Baptist Church, Gymnasium
Maximum Enrollment: 15 | Course Fee: \$30

In this six-part workshop, participants will learn exercises that improve posture, reduce common aches and pains, and restore optimal function of the musculoskeletal system from head to toe. Classes will be a blend of instruction, discussion, and exercise. Participants will gain an understanding of posture's effect on balance, pain, fitness, aging, and performance, as well as practice the exercises and learn how/when to incorporate them into their current exercise routine. The exercises and theories presented are based on the Egoscue® Method. Video and PDF instructions of the exercises will be provided.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka
Dates and Times: Tuesdays and Thursdays, January 30 – May 9
11:30 – 12:30 p.m.
Location: Crestwood Christian Church Gymnasium, and Zoom
Maximum Enrollment: 75 In-Person, No Limit Zoom
Course Fee: \$30

This class will be a Vinyasa style yoga class connecting breath to movement. Each class will begin with short breathing and meditation exercises, moving into Sun Salutations. Each class will include a practice of basic yoga postures and how to link these with our breath to create a balance between the mind and body. Many options will be offered for the postures so all levels can participate. Each class will incorporate core exercises for strength, stretching to increase flexibility, balance work and relaxation postures for stress release. Students should be able to get up and down from the floor.

REQUIRED MATERIALS: Yoga mat, strap and yoga block.



Tai Chi for Mindful Movement

Instructor: Diane Napolitano
Dates and Times: Tuesdays, February 6 – April 9
11:30 – 1 p.m.
Location: Central Baptist Church, Gymnasium
Maximum Enrollment: 25 | Course Fee: \$30

Students will learn the principals of Tai Chi and gradually learn a sequence of flowing postures. With the instructor's patient guidance and the student's determination an awareness of balance and movement can develop. Also deep and paced breathing brings about a sense of calm, and all successful learning within the art is personally rewarding.

"Why Isn't She Crying?" How Grief Can Look

Instructor: Chris Conley
Dates and Times: Thursdays, February 15 & 22
1 – 3 p.m.
Location: Crestwood Christian Church, Room MC-5
Maximum Enrollment: 15 | Course Fee: \$20

Everyone deals with loss differently. Yet, the core responses to each loss are much the same. The class will provide a chance to discuss personal experiences and reactions to loss.

HISTORY & GOVERNMENT



Doing Time: What Incarceration Means for Us All

Instructor: Gaye Holman
Dates and Times: Wednesdays, April 10 – May 8
10:30 – 12 Noon
Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 40 | Course Fee: \$30

This course explores the issues of prison incarceration as we build an understanding of the complexities of crime and punishment. This discussion-based class takes a multi-faceted approach to corrections as we host several guest speakers such as a warden, parole board member, and an ex-offender. Some of the course direction will be determined by the participants' emerging interests.

Great Decisions 2024: Toward a New Cold War?

Instructor: Jeff Freyman
Dates and Times: Thursdays, March 7 – April 11
2:30 – 4 p.m.
Location: Second Presbyterian Church, Room 202
Maximum Enrollment: 20 | Course Fee: \$30

Is the United States entering a new period of Cold War with Russia and China? The course will examine a number of specific current world problems in light of this question. It is based on Great Decisions, a curriculum created by the Foreign Policy Association, whose mission is to serve as a catalyst for developing informed opinion on U.S. foreign policy and global issues. The course involves reading the Great Decisions briefing book, watching a DVD about the topic, and discussing the issues in a small group with other Central Kentucky residents. The book and videos provide the necessary background information on policy options, while avoiding partisan politics. Possible topics this year include: the Middle East, pandemic preparations, NATO, climate technology and competition, Indonesia, US-China investment strategies, and science across borders.

Kentucky, America's Restless Heart: a Study of the Commonwealth's Contributions to and Reflections of American Culture and Character

Instructor: Larry Hood

*Dates and Times: Wednesdays, March 20 – April 17
10 – 12 Noon*

Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will follow the state of Kentucky as it and its citizens moved through five distinctive historical periods confronting the great issues of each era. We will consider how Kentuckians have understood and/or contributed to such things as the meaning of land ownership, the definition of family and work, individual liberty and community parameters, religious doctrine and practice, education, American arts, race relations, and party politics. Class members will be encouraged to contribute their own thoughts and participate in.

Killers of the Flower Moon

Instructor: Kelli Carmean

*Dates and Times: Thursdays, February 22 – March 28
10 – 11:30 a.m.*

Location: CenterWell Richmond Rd, Activity Center

Maximum Enrollment: 20 | Course Fee: \$30

Being Native in 1920s America could get you killed. Such was the Osage experience on their oil rich Oklahoma reservation. The film *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, is based on journalist David Grann's book of the same name. Join us as we read and discuss this book, and your instructor unpacks some important themes of Native America broadly, and the Osage case specifically. Hopefully we will be able to have a visit from an Osage person living here in Lexington. Native author Linda Hogan's *Mean Spirit* also tells this tragic Osage tale, so we'll touch on that excellent novel as well.

Lexington, Kentucky: Segregated by Design (SIG)

Facilitators: Rona Roberts and Barbara Sutherland

*Date and Time: Tuesday, February 13, 2024
10 – 11:15 a.m.*

Location: Online Zoom Course

Maximum Enrollment: 50 | No Course Fee

In "Lexington, Kentucky: Segregated by Design," we document and share examples of national and local policies and practices that perpetuated residential segregation in Lexington, including racially restrictive deed covenants, redlining, steering by realtors, planning, and zoning practices, and destruction of neighborhoods through "urban renewal." We also show the ongoing impact those past policies have on our community today.

The Civil War in Kentucky (Hybrid)

Instructor: Phil Maxson

*Dates and Times: Tuesdays, February 6 – April 9
2 – 4 p.m.*

Location: BCTC Leestown, Room M-122 and Zoom

Maximum Enrollment: 75 In-Person, 40 Zoom | Course Fee: \$30

The class is a fascinating look at Kentucky and the Civil War. It looks at the very important position Kentucky had geographically and politically before and during the war. It also deals with the important native Kentuckians as well as those Kentuckians who were at the heart of both sides of the war. I will also discuss the fact that Lexington was at the epicenter of the upcoming storm during the 1830s and 40s over the issue of slavery. The pre-Civil War period of slavery in Lexington and in Kentucky will be examined. It will also describe the splitting of families in Kentucky during the war with particular attention to four prominent Kentucky families. Learning what happened before, during and after the war helps us to understand how we became what we are today.

The First Americans, Part II: Enduring Legacies

Instructor: Penny Lamb

*Dates and Times: Mondays, March 11 – May 20 (no class April 8)
1:30 – 3:30 p.m.*

Location: Central Baptist Church, Meeting Room 3

Maximum Enrollment: 25 | Course Fee: \$30

In 1491 there were millions of people in North America. They were spread throughout the continent, living in a large variety of ecosystems, and speaking hundreds of different languages, with many varied lifestyles. The arrival of Europeans brought unimaginable changes- millions died, land was lost, and languages disappeared with their people. In this course we will look at the impact that Europeans had on indigenous Americans and their cultures. We will survey the presence of Native Americans today and will discuss some of the many tragic clashes between Native and European cultures, such as the Trail of Tears and Wounded Knee. Although much was lost, much has also endured. We will explore that legacy, examining the lives of notable Native leaders, including Chief Joseph and Sequoyah. We will discuss current issues affecting Native Americans and also celebrate the creativity of Native artists and artisans.





Spanish Conversation

Instructor: Patricia Finch
Dates and Times: Wednesdays, February 21 – April 17
 10:30 – 11:30 a.m.
Location: Lexington Theological Seminary, 3rd Floor
Maximum Enrollment: 15 | Course Fee: \$30

Enrich your travel and everyday encounters with Spanish-speaking people! Learn everyday phrases and practice your Spanish communication skills with like-minded language enthusiasts.

LITERATURE



Banned Books (SIG)

Facilitator: Frances Goodfriend
Dates and Times: 3rd Thursday of each month
 February 15, March 21, April 18 & May 16
 10:30 – 12 Noon
Location: Online Zoom SIG
Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have the right to restrict what you can read? Is it ever appropriate? What justification? This SIG will meet the third Thursday of each month at 10:30 am via Zoom, to discuss great novels that have been banned for some reason. February 15: *To Kill a Mockingbird*, by Harper Lee. The books for March, April and May will be selected by the group from a master list. Handouts will be emailed a few days before each session.

Favorite Classic Novels IX (SIG)

Facilitator: Frances Goodfriend
Dates and Times: 3rd Thursday of each month
 February 15, March 21, April 18 & May 16
 1:30 – 3 p.m.
Location: Online Zoom SIG
Maximum Enrollment: 50 | No Course Fee

This SIG will meet on the third Thursday of each month to enjoy masterpieces of literature. Our discussions will include how we perceived these novels when we were younger and how we see them from our 21st century perspective. The SIG will start with *Rebecca* by Daphne du Maurier. Subsequent novels will be chosen by the group. Handouts will be emailed to participants before each session.

Western Dreams and Ideals Underlying American Civilization

Instructor: Larry Hood
Dates and Times: Wednesdays, February 7 – March 6
 10 – 12 Noon
Location: Online Zoom Course
Maximum Enrollment: 20 | Course Fee: \$30

American theologian Paul Tillich has written that culture is how people interact based on their common understanding of Truth, that is their value system, their religion. American sociologist Peter Berger has asserted that people crave meaning, that religion provides this and social solidarity with all united in a common understanding of reality. The Judeo-Christian religion, intertwined with Greek rationalism and idealism, underlies the western world's ethos and its expressions in daily patterns of living. This course examines the creation of the Western Tradition, its values and world-view, and how American culture is one distillation of that tradition. It will consider the meaning and ramifications of Americans' understanding of community, the individual's proper relationship to community and the purpose and rightful authority of government. Since all history involves determining facts and framing (interpreting) facts, in true liberal arts tradition all participants will be encouraged to contribute their own understandings of the truths of history and discuss same.

LANGUAGES



Basic French for Travelers

Instructor: Dale Henley
Dates and Times: Tuesdays, February 13 – April 2
 10 – 11 a.m.
Location: Crestwood Christian Church, Room MC-5
Maximum Enrollment: 20 | Course Fee: \$30

Traveling in France is a wonderful adventure. No other country offers as much in terms of history, culture, and cuisine. In fact, France is the #1 tourist destination in the world. This course is designed to give the student the basics of how to have a simple and polite conversation with the hotel doorman, with the retail clerk while shopping for that special something, the taxi driver, asking for directions, reading the dinner menu.





Old Friends Equine Farm
Fall 2023

OUT OF THE BOX



A Course is Born

Instructor: Penny Lamb
Dates and Times: Fridays, March 29 – May 17
1:30 – 3:30 p.m.
Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 10 | No Course Fee

Have you taken OLLI courses and thought maybe it would be fun to try your hand at teaching a class? Or maybe you have already plunged into teaching, but you would like some extra help in preparation and organization. Over the course of eight weeks, we will take you through all the steps, beginning with selecting a topic and ending with teaching a sample class. We will talk about possible formats, bolster your research skills, and provide you with lots of information about effectively working with OLLI scholars. By the end of this hands-on class, you will be well on your way to becoming a dedicated OLLI instructor.

Beginning Bridge: Play of the Hand (SIG)

Facilitator: Tom Stanwix-Hay
Dates and Times: Tuesdays and Thursdays, February 6 – March 5
4 – 6 p.m.
Location: Lexington Bridge Club
Maximum Enrollment: 24 | No Course Fee

This SIG will expose students to various scenarios while playing bridge hands. This will include developing tricks, eliminating losers, and using entries. This SIG is a continuation of the beginning bridge bidding SIG.

Bridge: Advanced Bidding (SIG)

Facilitator: Darryl Bennett
Dates and Times: Tuesdays and Thursdays, March 12 – April 9
4 – 6 p.m.
Location: Lexington Bridge Club
Maximum Enrollment: 32 | No Course Fee

This course is for bridge players who are familiar with basic bidding and play of the hand. Students will learn the basics of Two Over One Bidding, Jacoby and Bergen Raises, One Notrump Responses, Constructive Raises, & Weak Raises. They will also be introduced to helpful conventions, such as Puppet Stayman and Drury Raises. Each class will include lecture and play.

Do it Yourself Home Maintenance

Instructor: Anthony Pantaliono
Dates and Times: Tuesdays, February 6 – April 9
10 – 11 a.m.
Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 10 | Course Fee: \$30

Take care of your house with this introduction to home repair. How to troubleshoot problems, use the proper tools and think safety are the course objectives.

Superb Sleuths – Marvelous Mysteries (SIG)

Facilitator: Frances Goodfriend
Dates and Times: 1st Wednesday of each month
February 7, March 6, April 3 & May 1
10:30 – 12 Noon
Location: Online Zoom SIG
Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! This SIG will meet the first Wednesday of each month February through May, to consider and discuss some of the internationally best-selling mystery novels. Each was first in a series for a beloved detective, with many, many sequels. The SIG will start with February 7: The Face of a Stranger (Detective William Monk) by Anne Perry. The participants will select the books for March, April, and May. Handouts will be emailed to participants before each session.

"To read Hamlet, or not to read Hamlet, that is the question." Answer: Read it!

Instructor: Stacy Schultz
Dates and Times: Thursdays, February 15 – March 28
1 – 3 p.m.
Location: CenterWell Richmond Road, Activity Center
Maximum Enrollment: 10 | Course Fee: \$30

Join me in Shakespeare's "rotten state" of moral ambiguity, murder, lust, and immobilizing introspection. Is his Hamlet a noble son or mad prince? Does he dither mindlessly or contemplate rationally? In order to decide, you must "get thee to" my class. See you there.

PERFORMING ARTS



Mountain Dulcimer - Tunes and Skills

Instructor: Jane Williams
Dates and Times: Fridays, February 2 – March 29
 10 – 11:30 a.m.
Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 20 | Course Fee: \$30

Dulcimer players in this class will expand their skill in playing well, play tunes in different keys, learn to play by ear, and gain confidence. We will learn through early songs known in Appalachia, old time fiddle tunes and music played by area dulcimer clubs which use chorded tablature.

OLLI Chorus

Instructor: John Stegner
Accompanist: Bobbie Bevins
Dates and Times: Wednesdays, February 7 – April 24
 1 – 2:30 p.m.
Location: Southern Hills United Methodist Church, Sanctuary
(PLEASE NOTE: NEW COURSE LOCATION FOR SPRING)
Maximum Enrollment: 120 | Course Fee: \$50
(includes \$10 sheet music fee)

OLLI Chorus is designed so that participants are provided an opportunity for growth and development while learning and singing quality choral music. A multitude of genres and musical styles, while dealing with proper vocal and choral techniques, will be emphasized in the preparation and rehearsal of the music. Students will be encouraged to sing with sense of blend and balance, striving for a professional choral sound. Join the chorus for an enjoyable, yet challenging experience.

Pull Out All the Stops on the King of Instruments

Instructor: Clif Cason
Date and Time: Tuesday, April 16, 2024
 10 – 11:30 a.m.
Location: Maxwell Street Presbyterian Church
Maximum Enrollment: 20 | Course Fee: \$20

Some people wonder what all those buttons and knobs do on a pipe organ. Then there are the pedals. How does anyone play with their feet? And what about those other pedals that look like they belong in a car and not on a musical instrument? Mozart was the person who titled the organ "The King of Instruments." Amidst all those pipes, let's find out if you can hear a Queen as well.

Storytelling SIG (Hybrid SIG)

Facilitator: Lee Edgerton
Dates and Times: Mondays, February 5 – March 25
 11 – 12 Noon
Location: TBD & Zoom
Maximum Enrollment: 12 In-Person, 8 Zoom | No Course Fee

Participants will practice the art of storytelling by sharing stories of their choice. They will also provide positive evaluations to help each other improve their stories and techniques for telling.

SCIENCE & ENVIRONMENT



Conscious Creatures Everywhere? Reading An Immense World (SIG)

Facilitator: Jack Furlong
Dates and Times: Wednesdays, February 7 – March 27
 3:30 – 5 p.m.
Location: Transylvania University, Carpenter Hall, Room 102
Maximum Enrollment: 12 | No Course Fee

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us, was one of the New York Times ten best books of 2022. From elephants to eels, owls to octopuses, dogs to dolphins, science journalist and Pulitzer Prize winner, Ed Yong, delightfully discloses what it might be like for fellow creatures to sense environments totally alien from ours, despite inhabiting the same air, water, turf as we do. This book begs to be read in a group: entirely too many jaw-dropping revelations occur about how animals perceive, perhaps feel, how even the most rudimentary critters turn out to seem savvy – too many revelations for one person to grasp and to appreciate upon one reading. Talking together, we will give ourselves time to deepen and connect our initial impressions of the variety of sensory experiences enjoyed by animal species living all around us. ... And for your more philosophically inclined moments, we will reflect on the always-present questions: what does all this mean for who we are and for how we ought to regard our fellow beings? (*Ed Yong will be giving a free lecture on An Immense World at Transylvania University on February 15th, 7 pm, Haggin Auditorium.*)

Everything You Wanted to Know About Dinosaurs but Were Afraid to Ask

Instructors: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Mondays, February 5 – April 15 (no class April 1, 2024)
 1 – 2:30 p.m.
Location: Lexington Theological Seminary, 3rd Floor
Maximum Enrollment: 30 | Course Fee: \$30

Examines dinosaurs' interactions with their environment, their indirect influence on mammals, and implications for humankind. Traces the history of dinosaurs to their final extinction, and surveys the evolutionary, paleogeographic, environmental, and possible extraterrestrial causes for their rise to dominance and sudden fall.

Geology Rockhounds SIG: Exploring the Nature of Beautiful Things: Minerals and Gemstones

Facilitators: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Thursdays, March 7 – 28
 10:30 – 12 Noon
Location: Lexington Public Library, Eastside Branch
Maximum Enrollment: 20 | No Course Fee

Since ancient times Kings, Queens and Commoners have appreciated and coveted the beauty and usefulness of minerals and gemstones. Here is an opportunity to learn more about these unique geologic materials. Their origins, occurrence, properties structures and exploitation for the benefit of us all will be discussed and illustrated with practical examples. A visit to mineralogical collections is planned.

I'm Radioactive! (You are too!)

Instructor: Diane Vance

Dates and Times: Fridays, February 2 – 23

10 – 12 Noon

Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

Some of you may have seen the movie Oppenheimer that was released in summer 2023. It was popular far beyond expectations and brought renewed attention to nuclear-related topics. This course will explain what radioactivity is, where it occurs, how it can be detected, and how it affects living things. The uses of radioactive materials will be discussed, beginning with the atomic bomb development shown in Oppenheimer. Other applications will include the use of radioactive materials for medical diagnosis and therapy, power production, industrial use, and academic work. No science background is required.

Kentucky Spirits

Instructor: Diane Vance

Dates and Times: Fridays, February 2 – March 8

1 – 3 p.m.

Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

No, this is not a course about ghosts. Alcoholic “spirits,” especially bourbon, are an important part of Kentucky heritage and economy. After a brief historical introduction, we will discuss the science behind the production of beer, wine, and distilled spirits. Emphasis will be on products made in Kentucky, especially bourbon. There will be an optional tour of a local distillery. We will also discuss how to estimate blood alcohol content and the effects of different alcohol levels. No science background is necessary.

The Near-Death Experience: Examining What is Known

Instructor: David Roysce

Dates and Times: Mondays, February 5 – 26

1 – 2:30 p.m.

Location: CenterWell Regency Center, Activity Center

Maximum Enrollment: 25 | Course Fee: \$30

Since the book, Life After Life (1976), was published, many other books and hundreds of professional journal articles have appeared in print on near-death experiences. Scientists, physicians, and others have explained the phenomenon in terms of anoxia, the influence of medications, or a maneuver of dying brains to protect us from a rapid approaching reality of death. On the other hand, scientists, physicians (including neurologists and cardiologists), clergy, and many common, rational people have made extraordinary claims about their own experiences. This course will explore the phenomenon in terms of examining personal accounts and current research. PowerPoint presentations, lectures, and discussion.

VISUAL ARTS



How to Paint Anything!

Instructor: Joe Schum

Dates and Times: Tuesdays, February 6 – April 16 (no class March 12, 2024)

10 – 12 Noon

Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 24 | Course Fee: \$50

Students will be taught how to paint: snow/ice, rain/fog, sky/clouds, trees/grass, mountains/rocks, still and moving water, the human figure, and the human face, glass, and flowers.

Introduction to Painting

Instructor: Joe Schum

Dates and Times: Tuesdays, February 6 – April 16 (no class March 12, 2024)

1 – 3 p.m.

Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 24 | Course Fee: \$50

Students will complete one painting in each 2-hour class session, for a total of ten paintings for the semester. The instructor will provide step by step instruction to complete each painting. The compositions will be all new. Students may choose oil or acrylic paints.



Brush to Rice Paper Art Course
Fall 2023

SPRING 2024 UK WELLNESS OPPORTUNITIES

Johnson Recreational Center *(additional fee required)*

430 Complex Dr, Lexington, KY 40506

<https://studentsuccess.uky.edu/campus-recreation/johnson-center>

Hours of Operation (subject to change):

Monday - Friday: 6 a.m. - 8 p.m.

Saturday & Sunday: 12 p.m. - 4 p.m.

Alumni Gym *(additional fee required)*

Gatton Student Center, 160 Avenue of Champions,
Lexington KY 40508

<https://studentsuccess.uky.edu/campus-recreation/alumni-gym>

*** (students can check dates and times by using the link above) ***

Additional fee payable to JC/Alumni Gym; this fee allows members access to both facilities. Please visit JC/Alumni Gym website for current membership rates.

Hours of Operation (subject to change):

Monday - Friday: 6 a.m. - 8 p.m.

Saturday & Sunday: 12 p.m. - 4 p.m.

HOW TO PARTICIPATE

OLLI members are welcome to take advantage of the wellness opportunities on UK's campus. Members are subject to all facility rules and regulations. An additional fee is required paid and can be paid directly to the Johnson Center/Alumni Gym.

HOW TO REGISTER:

Register by listing as a course on your registration form. A list of OLLI members registering for the following will be sent to the facilities.

Complete the **2023 - 2024 OLLI Risk Release** on the back of the registration form (pg 37 & 38) and return it to OLLI at UK prior to participation. Contact UK Transportation at 859-257-5757 for information on parking locations and fees.

Pay additional fee directly to Johnson Center/Alumni Gym.

Lancaster Aquatic Center

(no additional fee required)

Corner of Complex Drive and University Drive

<https://studentsuccess.uky.edu/campus-recreation/lancaster-aquatic-center>

(students can check dates and times by using the link above)

Access begins January 2, 2024

Lap swim hours (hours vary due to campus events; check the website link above before visiting):

Monday - Friday: 10 a.m. - 2 p.m.

Monday - Thursday: 6:15 - 8:15 p.m.

Friday: 6:15 - 7:15 p.m.

Saturday: 2:30 - 4:30 p.m.

HOW TO PARTICIPATE

1. Register with OLLI
2. Upon arrival, request a swipe card in the pool lobby.

CONTACT THE FACILITIES

Johnson Recreational Center

Johnson Center Control Desk:

859 257-9383

Alumni Gym

Alumni Gym Control Desk:

859 257-6680

Lancaster Aquatic Center

Lancaster Aquatic Center Control Desk:

859 257-7940



SPRING 2024 MOREHEAD COURSE OFFERINGS

CULTURE



Osher Classic Movies Series (SIG)

Facilitators: Vicente Cano and Dennis Karwatka
Dates and Times: Thursdays, February 29 – March 28
12:30 – 2:30 p.m.
Location: Rowan County Public Library, Community Room
Maximum Enrollment: 30 | No Course Fee

Students will watch five motion pictures that exhibit certain cultural characteristics. Class discussions will center around those characteristics as well as aspects associated with the film's production.

Travel Around the World (Hybrid)

Instructors: Jay and Sue Prater Barrett
Dates and Times: Wednesdays, March 13 – April 10
10 – 12 Noon
Location: First Baptist Church, Fellowship Hall & Zoom
Maximum Enrollment: 30 In-Person, 15 Zoom | Course Fee: \$25

As international travel continues, we continue our OLLI travel series. Our virtual adventures this spring include the culture and religions of Jerusalem; a taste of Scotland and Ireland; following Paul's footsteps in ancient Türkiye, Greece and Rome; a trip to Vietnam and Cambodia; and a cruise down France's Rhone river valley with visits to Paris and Nice. Join us!

HISTORY & GOVERNMENT



Greater Understanding of U.S. Relations vs. Other Countries Encountered (Hybrid SIG)

Facilitator: Bob Lindahl
Dates and Times: Thursdays, February 22 & 29, March 14 & 28, April 11 & 25, May 9 & 23
10 – 11:30 a.m.
Location: First Baptist Church, Fellowship Hall & Zoom
Maximum Enrollment: 25 In-Person, No Limit Zoom
No Course Fee

The program provides information and a format for groups to discuss "...most critical global issues facing America today." Members learn together as they exercise critical thinking skills and share their personal understandings of issues that are sometimes complex and controversial. We will rely on the 2024 Great Decisions briefing book as our primary source of information, together with a DVD presentation on each topic. This briefing book can be purchased by going to fpa.org.

LITERATURE



Appalachia Calling: Demon Copperhead Responds to David Copperfield

Instructors: Dr. Layne Neeper and Dr. Glen Colburn
Dates and Times: Tuesdays, February 6 – March 5
10 a.m. – 12: 15 p.m.
Location: First Baptist Church, Fellowship Hall
Maximum Enrollment: 30 | Course Fee: \$25

This four-week, team-taught course will ask participants to read two novels, one, David Copperfield (1850), by Charles Dickens, is a well-known and beloved work set in industrial-age England; the other, Demon Copperhead (2022) written by Kentuckian Barbara Kingsolver, is a stunning portrayal of contemporary Appalachia. The class will explore how both novels echo one another in their treatment of major themes that span the generations separating both books, including each author's treatment of social ills such as poverty, class barriers, and substance abuse. Significantly, we will also discover the resiliency and strength of individual characters to grow, change, and even prosper.



Morehead Lunch at Don Señor Summer 2023



Non-fiction Books Group SIG

Facilitator: Karen Roberts
 Dates and Times: 2nd Monday of each month, February 12, March 11, April 8, & May 13
 2 – 4 p.m.
 Location: CoffeeTree Books
 Maximum Enrollment: 8 | No Course Fee

The participants will pick out a new nonfiction book to read and discuss the following month. The books are from a variety of subjects.

OUT OF THE BOX

Rush Bottom Chair Weaving and Replacement

Instructor: David Dummer
 Dates and Times: Tuesdays, March 12 – April 2
 1 – 3 p.m.
 Location: First Baptist Church, Fellowship Hall
 Maximum Enrollment: 8 | \$25
 (\$20 material fee paid to instructor)

Rush bottom chair weaving. Learn the skills and techniques to turn a worn-out chair into a new one. At the conclusion of the class, you will have completed the installation of a new long lasting rush bottom chair, and will have the skills to complete other chairs without assistance.

TED Talks SIG (Hybrid)

Facilitator: Drew Henderson
 Dates and Times: Mondays, April 8 – 29
 10 – 11:30 a.m.
 Location: First Baptist Church, Fellowship Hall
 Maximum Enrollment: 15 In-Person, 10 Zoom
 No Course Fee

TED (Technology, Entertainment, and Design) Talks is a series of videos (originally from TED conferences) featuring speakers with “Ideas worth sharing.” This SIG will take advantage of the wide variety of topics in the program by watching one or two of the videos (with a maximum time of 30 minutes), followed by discussion. Previous topics have included artificial intelligence (AI), space, mental health issues, and art.

VISUAL ARTS

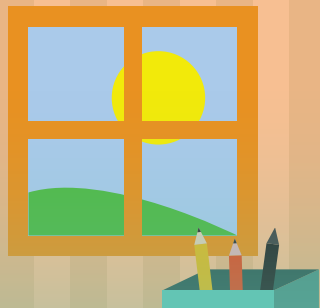


An Introduction to Nantucket Style Weaving

Instructor: Debbie Howes
 Dates and Times: Tuesdays, April 9 & 16
 10:00 a.m. – 1:00 p.m.
 Location: First Baptist Church, Fellowship Hall
 Maximum Enrollment: 10 | Course Fee: \$25
 (\$15 material fee paid to instructor)

Participants will weave over a small glass mold in the Nantucket style, to produce a container. They will prepare and attach the base, cut and trim the staves, insert the staves into the base, weave over the mold with cord and cane, and finally, prepare and attach the rim. Weaving materials include: wooden base, reed or cane staves, waxed cord weaver, Hamburg cane/regular cane, and reed rim. Bamboo lids are included.





SPRING 2024 LEXINGTON & MOREHEAD ONLINE COURSE OFFERINGS

CULTURE



Alfred Hitchcock's San Francisco

Instructor: Jay Sherwin
Date and Time: Monday, March 4, 2024
3 – 4:30 p.m.
Location: Online Zoom Course
Maximum Enrollment: 100 | Course Fee: \$20

Alfred Hitchcock loved San Francisco and used its elegance, beauty and mystery to great effect in many of his films. In this virtual tour, you'll see brief scenes from Vertigo, The Birds and other Hitchcock classics filmed on location in the San Francisco Bay Area. You'll hear great stories about how Hitchcock chose those locations and how he filmed them. It's a treat for Hitchcock fans and lovers of the City by the Bay.

Hollywood Films Hollywood: A Romp Through Movies about People Who Make Movies (Hybrid)

Instructor: Ed Reeves
Dates and Times: Fridays, February 9 – April 12
1 – 3:30 p.m.
Location: Online Zoom Course
Maximum Enrollment: 25 Zoom | Course Fee: \$30

In this class we will watch ten movies about people in the Hollywood movie industry practicing their craft. Some of these movies are dramas, like A Star is Born (1937), The Bad and the Beautiful (1952), and Gods and Monsters (1998). Others are satires, like The Cameraman (1928), Ed Wood (1994), and Get Shorty (1995). All are immensely entertaining and instructive. We will discuss how each film portrays Hollywood going about its business during the celluloid era. We will also delve into the backstories of how these movies were made, how they reflected the times in which they were made, and how they were received by critics and audiences.

Lifelong Philosophy (Hybrid SIG)

Facilitator: Jim Carigan
Dates and Times: Fridays, February 2 – May 24
10 – 12 Noon
Location: Online Zoom SIG
Maximum Enrollment: 25 | No Course Fee

To discuss: Philosophical ideas, schools of thought, and personal application in life.

Travel Around the World (Hybrid)

Instructors: Jay and Sue Prater Barrett
Dates and Times: Wednesdays, March 13 – April 10
10 – 12 Noon
Location: First Baptist Church, Fellowship Hall & Zoom
Maximum Enrollment: 30 In-Person, 15 Zoom | Course Fee: \$25

As international travel continues, we continue our OLLI travel series. Our virtual adventures this spring include the culture and religions of Jerusalem; a taste of Scotland and Ireland; following Paul's footsteps in ancient Türkiye, Greece and Rome; a trip to Vietnam and Cambodia; and a cruise down France's Rhone river valley with visits to Paris and Nice. Join us!



HEALTH & WELLNESS



"Blue Zones" Solutions; Creating a Lifestyle for Longevity (Hybrid)

Instructor: Laura Coombs

*Dates and Times: Wednesdays, February 7 – 28
3 – 4 p.m.*

Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

Do you want to live better, longer? The "Blue Zones" are the 5 geographic regions around the globe where people are living healthy, vivacious lives into their 100's. National Geographic explorer Dan Buettner spent 20+ years studying the lifestyles of these centenarians and discovered that they had nine things in common, which he calls "The Power 9." This four-part course will teach you what those nine things are (Surprise! It's not just more exercise!) and help you to incorporate them into your environment for better health and longevity.

Brain, Mind and Memory: Healthy Aging (Hybrid)

Instructor: Don Gash

*Dates and Times: Tuesdays, February 13 – April 2
10 – 11:30 a.m.*

Location: BCTC Leestown, Room M-134 & Zoom

**Maximum Enrollment: 25 In-Person, 25 Zoom
Course Fee: \$30**

We will study one of the most powerful forces in nature, the human brain – our brain and mind. The emphasis will be on healthy brain aging and memory. The format is interactive with discussions about recent advances in promoting wellbeing in aging. Decline in memory function is one of the major concerns many have. We will go over exercises and practices that help maintain and improve brain functions including learning and memory as we get older.

BOOK REQUIRED: *Memory: What it is, How it Works, and Ways You Can Improve it.* (2020) National Geographic (available in bookstores and online)

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton

*Dates and Times: Mondays, Wednesdays and Fridays,
January 29 – May 10*

11:30 – 12:30 p.m.

Location: Online Zoom Course

Maximum Enrollment: No Limit | Course Fee: \$40

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with easy-to-follow cardio for 25 to 30 minutes. Cardio is followed by weight training exercises with dumbbells. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down. Depending on the class, this may be done on a mat on the floor or a chair. This class is suitable for beginners as well as seasoned exercisers. Friday classes will use chairs instead of mats for weight training exercises, core exercises and stretching.

REQUIRED MATERIALS: Water bottle, weights and yoga mat. Zoom students will need a chair for Friday weight training exercises.



Coleman Crest Farm
Summer 2023

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

*Dates and Times: Tuesdays and Thursdays, January 30 – May 9
11:30 – 12:30 p.m.*

Location: Online Zoom Course

Maximum Enrollment: No Limit | Course Fee: \$30

This class will be a Vinyasa style yoga class connecting breath to movement. Each class will begin with short breathing and meditation exercises, moving into Sun Salutations. Each class will include a practice of basic yoga postures and how to link these with our breath to create a balance between the mind and body. Many options will be offered for the postures so all levels can participate. Each class will incorporate core exercises for strength, stretching to increase flexibility, balance work and relaxation postures for stress release. Students should be able to get up and down from the floor.

REQUIRED MATERIALS: Yoga mat, strap and yoga block.

HISTORY & GOVERNMENT



Greater Understanding of U.S. Relations vs. Other Countries Encountered (Hybrid SIG)

Facilitator: Bob Lindahl

*Dates and Times: Thursdays, February 22 & 29, March 14 & 28,
April 11 & 25, May 9 & 23
10 – 11:30 a.m.*

Location: Online Zoom SIG

Maximum Enrollment: No Limit | No Course Fee

The program provides information and a format for groups to discuss "...most critical global issues facing America today." Members learn together as they exercise critical thinking skills and share their personal understandings of issues that are sometimes complex and controversial. We will rely on the 2024 Great Decisions briefing book as our primary source of information, together with a DVD presentation on each topic. This briefing book can be purchased by going to fpa.org.

Kentucky, America's Restless Heart: a Study of the Commonwealth's Contributions to and Reflections of American Culture and Character

Instructor: Larry Hood

*Dates and Times: Wednesdays, March 20 – April 17
10 – 12 Noon*

Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will follow the state of Kentucky as it and its citizens moved through five distinctive historical periods confronting the great issues of each era. We will consider how Kentuckians have understood and/or contributed to such things as the meaning of land ownership, the definition of family and work, individual liberty and community parameters, religious doctrine and practice, education, American arts, race relations, and party politics. Class members will be encouraged to contribute their own thoughts and participate in.

Lexington, Kentucky: Segregated by Design (SIG)

Facilitator: Rona Roberts and Barbara Sutherland

*Date and Time: Tuesday, February 13, 2024
10 – 11:15 a.m.*

Location: Online Zoom SIG

Maximum Enrollment: 50 | No Course Fee

In "Lexington, Kentucky: Segregated by Design," we document and share examples of national and local policies and practices that perpetuated residential segregation in Lexington, including racially restrictive deed covenants, redlining, steering by realtors, planning, and zoning practices, and destruction of neighborhoods through "urban renewal." We also show the ongoing impact those past policies have on our community today.



The Civil War in Kentucky (Hybrid)

Instructor: Phil Maxson

*Dates and Times: Tuesdays, February 6 – April 9
2 – 4 p.m.*

Location: Online Zoom Course

Maximum Enrollment: 40 | Course Fee: \$30

The class is a fascinating look at Kentucky and the Civil War. It looks at the very important position Kentucky had geographically and politically before and during the war. It also deals with the important native Kentuckians as well as those Kentuckians who were at the heart of both sides of the war. I will also discuss the fact that Lexington was at the epicenter of the upcoming storm during the 1830s and 40s over the issue of slavery. The pre-Civil War period of slavery in Lexington and in Kentucky will be examined. It will also describe the splitting of families in Kentucky during the war with particular attention to four prominent Kentucky families. Learning what happened before, during and after the war helps us to understand how we became what we are today.

Western Dreams and Ideals Underlying American Civilization

Instructor: Larry Hood

*Dates and Times: Wednesdays, February 7 – March 6
10 – 12 Noon*

Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

American theologian Paul Tillich has written that culture is how people interact based on their common understanding of Truth, that is their value system, their religion. American sociologist Peter Berger has asserted that people crave meaning, that religion provides this and social solidarity with all united in a common understanding of reality. The Judeo-Christian religion, intertwined with Greek rationalism and idealism, underlies the western world's ethos and its expressions in daily patterns of living. This course examines the creation of the Western Tradition, its values and world-view, and how American culture is one distillation of that tradition. It will consider the meaning and ramifications of Americans' understanding of community, the individual's proper relationship to community and the purpose and rightful authority of government. Since all history involves determining facts and framing (interpreting) facts, in true liberal arts tradition all participants will be encouraged to contribute their own understandings of the truths of history and discuss same.



LITERATURE



Banned Books (SIG)

Facilitator: Frances Goodfriend

Dates and Times: 3rd Thursday of each month

February 15, March 21, April 18 & May 16

10:30 – 12 Noon

Location: Online Zoom SIG

Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have the right to restrict what you can read? Is it ever appropriate? What justification? This SIG will meet the third Thursday of each month at 10:30 am via Zoom, to discuss great novels that have been banned for some reason. February 15: *To Kill a Mockingbird*, by Harper Lee. The books for March, April and May will be selected by the group from a master list. Handouts will be emailed a few days before each session.

Favorite Classic Novels IX (SIG)

Facilitator: Frances Goodfriend

Dates and Times: 3rd Thursday of each month

February 15, March 21, April 18 & May 16

1:30 – 3 p.m.

Location: Online Zoom SIG

Maximum Enrollment: 50 | No Course Fee

This SIG will meet on the third Thursday of each month to enjoy masterpieces of literature. Our discussions will include how we perceived these novels when we were younger and how we see them from our 21st century perspective. The SIG will start with *Rebecca* by Daphne du Maurier. Subsequent novels will be chosen by the group. Handouts will be emailed to participants before each session

Superb Sleuths – Marvelous Mysteries (SIG)

Facilitator: Frances Goodfriend

Dates and Times: 1st Wednesday of each month

February 7, March 6, April 3 & May 1

10:30 – 12 Noon

Location: Online Zoom SIG

Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! This SIG will meet the first Wednesday of each month February through May, to consider and discuss some of the internationally best-selling mystery novels. Each was first in a series for a beloved detective, with many, many sequels. The SIG will start with February 7: *The Face of a Stranger* (Detective William Monk) by Anne Perry. The participants will select the books for March, April, and May. Handouts will be emailed to participants before each session.

OUT OF THE BOX



TED Talks SIG (Hybrid)

Instructor: Drew Henderson

Dates and Times: Mondays, April 8 – 29

10 – 11:30 a.m.

Location: Online Zoom SIG

Maximum Enrollment: 10 | No Course Fee

TED (Technology, Entertainment, and Design) Talks is a series of videos (originally from TED conferences) featuring speakers with “Ideas worth sharing.” This SIG will take advantage of the wide variety of topics in the program by watching one or two of the videos (with a maximum time of 30 minutes), followed by discussion. Previous topics have included artificial intelligence (AI), space, mental health issues, and art.

PERFORMING ARTS



Storytelling SIG (Hybrid SIG)

Facilitator: Lee Edgerton

Dates and Times: Mondays, February 5 – March 25

11 – 12 Noon

Location: Online Zoom SIG

Maximum Enrollment: 8 | No Course Fee

Participants will practice the art of storytelling by sharing stories of their choice. They will also provide positive evaluations to help each other improve their stories and techniques for telling.



OLLI Lexington Open House
Fall 2023

SPRING 2024 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church

1070 Lane Allen Road, Lexington, KY, 40504

Bluegrass Community & Technical College (BCTC) Leestown Campus

164 Opportunity Way, Lexington, KY, 40511

Bluegrass Youth Ballet

442 Southland Drive, Lexington, KY, 40503

CenterWell Regency Centre

171 W Lowry Lane, Suite 180, Lexington, KY 40503

CenterWell Richmond Road

3101 Richmond Road, Suite 190, Lexington, KY, 40509

Central Baptist Church

110 Wilson Downing Road, Lexington, KY, 40517

Central Kentucky Computer Society

160 Moore Drive, #107, Lexington, KY, 40503

Crestwood Christian Church

1882 Bellefonte Drive, Lexington, KY, 40503

Fayette County Extension Office

1140 Harry Sykes Way, Lexington, KY 40504

MOREHEAD

CoffeeTree Books

159 E Main Street, Morehead, KY, 40351

First Baptist Church

123 E Main Street, Morehead, KY, 40351

Rowan County Public Library

175 Beacon Hill Rd Drive, Morehead, KY 40351

LEXINGTON (continued)

Lancaster Aquatic Center

416 Complex Drive, Lexington, KY 40502

Lexington Bridge Club

3517 Lansdowne Drive, Lexington, KY, 40517

Lexington Public Library, Eastside Branch

3000 Blake James Dr, Lexington, KY 40509

Lexington Senior Center

195 Life Lane, Lexington, KY, 40502

Lexington Theological Seminary

230 Lexington Green Circle, #300 and #510
Lexington, KY, 40503

Liberty Road Faith Fellowship

2734 Liberty Road, Lexington, KY 40509

Maxwell Street Presbyterian Church

180 E Maxwell Street, Lexington, KY 40508

Second Presbyterian Church

460 East Main Street, Lexington, KY, 40507

Southern Hills United Methodist Church

2356 Harrodsburg Road, Lexington, KY, 40503

Sullivan University Lexington Campus

2355 Harrodsburg Road, Lexington, KY 40504

The Lafayette

690 Mason Headley Road, Lexington, KY 40504

The Salsa Center Latin Dance Studio

817 Lane Allen Road, Lexington, KY 40504

Transylvania University

300 N Broadway, Lexington, KY 40508

SUPPORT OLLI AT UK



Support OLLI at UK

Your donation will provide immediate and long-term support for the Osher Lifelong Learning Institute at the University of Kentucky, including the creation of new, innovative programming and dedicated classroom space. Together we will ensure the rich tradition of lifelong learning as UK continues to grow and thrive. All gifts will be used to support OLLI's mission.

There are several creative ways to give to the OLLI at UK. Opportunities range from cash gifts which cover yearly operating expenses to endowments.

Donate Online

Use the following link to donate:

<https://bit.ly/givetoolliatuk>



← Or use the following QR code.

Donate By Mail

Mail check to:

OLLI at UK c/o
University of Kentucky Philanthropy
210 Malabu Drive Suite 200
Lexington, KY 40502
(Or include with Spring registration)

Make a Gift Tax-Free with an Individual Retirement Account (IRA)

You can give any amount (up to a maximum of \$100,000) per year from your IRA directly to a qualified charity such as the OLLI at UK without having to pay income taxes on the money. Gifts of any value \$100,000 or less are eligible for this benefit. This gift option is commonly called the IRA charitable rollover, but you may also see it referred to as a qualified charitable distribution, or QCD for short.

Leave a Legacy Through Planned Giving

Planned Gifts can be made through many vehicles, including your will, revocable or irrevocable trusts, charitable gift annuities, donor advised funds and other arrangements that offer benefits for both you and lifelong learning. Many Planned Gifts offer tax advantages for you and/or your heirs.

To setup planned giving, contact UK Gift and Estate Planning:

- **EMAIL:** giftandestate@uky.edu
- **PHONE NUMBER:** 859-257-7886
- **WEBSITE:** plannedgiving.uky.edu

SPRING 2024 OLLI INSTRUCTORS

Boone Baldwin

Boone Baldwin has been retired from Baldwin Distributing since 2013. He has been interested in photography for over 40 years. He owned Boone Photo Graphics, an event photography business, for 23 years. After joining the Central Kentucky Computer Society in 2010, he has been an instructor in every photography class since that time. He is currently a board member of the Central Kentucky Computer Society and a member of the Thursday morning Amateur Photographers Club. Boone has been a lifelong railroad enthusiast. He was a founder, a charter member, and the first president of the Bluegrass Railroad Museum.

Bobbie Bevins

Bobbie Bevins has a master's degree in piano performance from Morehead State University and has served as an accompanist since her high school days, most recently for the select choral ensemble "Les Jongleurs". Also, through the years, she has taught general and choral music in public schools in Eastern Kentucky, Virginia, and West Virginia as well as Lees College in Jackson, Kentucky. She has also served as minister of music in several churches. Bobbie currently lives in Winchester with her husband and daughter and feels privileged to accompany the OLLI choir.

Jay & Sue Prater Barrett

Jay and Sue Prater Barrett are retired attorneys living in Morehead who have enjoyed both their own extensive travels and the places and cultures they have visited through the presentations others have shared in previous OLLI travel classes.

Darryl Bennett

Darryl Bennett has been accredited to teach by the American Contract Bridge League. He has been learning to play bridge for more than fifty years.

Addison Bird

Addison Bird is a composer, performer, and music educator whose primary focus is in electronic music. Addison holds two music degrees from the University of Akron and is finishing her master's thesis in electro-acoustic composition at the University of Kentucky. Addison has been teaching guitar playing, music theory, and composition since 2017. She taught multiple classes at the University of Kentucky and is now a member of the Lexington Philharmonic teaching artist program.

Rebecca Brothers

Rebecca is what you might consider an eclectic photographer. She has been a photographer for many years. She came to the Central Kentucky Computer Society and the teachers and classes inspired her even more. She likes to use photography as a learning vehicle. She likes to learn about photography (there is always much to learn). She also likes to learn about the subjects she photographs. Since Lexington is such a rich photographic place, she is looking forward to passing on information she has learned and learning from the people in the class.

Shirley Bryan

Shirley Bryan dances when she walks! She enjoys sharing her love of contemporary/country line dance with others. While enjoying the spirit of dance each student brings to class, Shirley watches her students grow and improve by coaching proper step technique, instilling step vocabulary and encouraging style. She holds a Level 5 National Teachers Association Instructor Certification.

Anne Campbell

Anne retired from a career in Healthcare (Radiation Oncology) and has enjoyed having more time to spend with her grandchild as well as her hobbies that include flower gardening, photography and travel. She especially enjoys learning and trying out new and different photography and photo-editing techniques. She enjoys teaching and sharing her knowledge of Adobe's Photoshop Elements software to help others improve their photographs and learn new creative techniques to showcase their work.

Vicente Cano

Vicente Cano is a retired professor from Morehead State University where he taught Spanish for over 27 years. During his tenure at the university, one of his classes was titled Hispanic Film Analysis. In retirement, he enjoys watching all kinds of motion pictures, especially classic and foreign films.

Jim Carigan

Jim Carigan is a graduate of UK, KY State and Webster. Before retirement, he taught computer science. He and Lin live on a farm in Anderson County, KY. They have 2 daughters, 8 grandchildren, and 4 great-grandchildren.

Kelli Carmean

Kelli Carmean recently retired from Eastern Kentucky University where she taught archaeology and anthropology for 30 years. She wrote her PhD dissertation using archaeological data from a Maya site in Mexico's Yucatan Peninsula. While at EKU, Kelli led many study abroad programs, taking students overseas with her to visit sites and museums showcasing past peoples such as the Maya, the Inca, the Vikings, the Romans, and Celtic Ireland.

Clif Cason

Clif Cason has been a church musician for forty-five years. He has held positions in various denominations including Disciples of Christ, Episcopal, Presbyterian, and UCC churches. He is currently Choir Director and Organist at St. Raphael's Episcopal Church in Lexington, KY and oversees the Bach Marathon.

Alex Chadwell

Alex Chadwell is a musician/teaching artist/student/administrator/writer originally from Harrisburg, Pennsylvania and currently based in Lexington, Kentucky. He has designed and facilitated programs, residencies, and workshops with Bethel Woods Center for the Arts, Brooklyn Arts Council, Center for Arts Education, Central Kentucky Youth Orchestras, Fayette County Public Schools, Highbridge Voices, Lexington Philharmonic, the New School's College of Performing Arts, the New York Philharmonic's Very Young Composers program, St. Nick's Alliance, and the Southeastern Theatre Conference. He is the Learning and Partnership Programs Manager at the Lexington Philharmonic.

Glen Colburn

Dr. Glen Colburn is Professor Emeritus of English at Morehead State University where he taught for 33 years and specialized in 18th century English literature.

Chris Conley

Chris Conley is a graduate of Berea College and Syracuse University. She served as director of a hospice program in eastern Kentucky for over seven years. She has taught many discussion classes on bereavement and loss.

Laura Coombs

Laura P. Coombs is a posture therapist and author of the book, "Of Course Your Knees Hurt." She studied Athletic Training and Psychology at Stony Brook University, and earned her M.S. in Exercise Physiology from Queens College. She currently works in Lexington, KY as a posture therapist and health coach who specializes in clients with "OVER 50" bodies and "UNDER 40" attitudes.

Meg Crellin

Meg Crellin has practiced, studied, and taught International Folk Dance since 1971. She is a founding member of the International Folk Dancers of Lexington.

Carrie Davidson

Dr. Davidson is the Fitness Manager for University of Kentucky Health and Wellness.

Joe Dietz

Joe has been a member/instructor at Central Kentucky Computer Society since 1996. He serves as vice-president on the board of directors and is an instructor for the Beginning and Advanced/Independent Digital Imaging classes using Corel's PaintShop Pro. He also teaches FastStone digital imaging. His other classes and workshops include iPhone and Internet Tips. He also assists in other classes such as Windows 10 and the iPad as needed. He also heads up CKCS Digital Photography Special Interest Group and orchestrates the monthly and annual photo contest. Joe's classes are usually very active and entertaining with lots of interaction with the students.

David Dummer

David Dummer is a retired Professional Land Surveyor and a 17 year (and counting) resident of Morehead, KY. He is a Master Gardener, has built several wooden boats, and enjoyed inland and coastal sailing. He enjoys woodworking, hiking, fishing and the game of Bridge. He is married, the father of two adults and the grandfather of five boys. He enjoys reading and learning new skills.

Lee Edgerton

Lee Edgerton is retired from the Department of Animal & Food Sciences at the University of Kentucky, where he received both College and University teaching awards. He is a member of Lexington Storytellers and has participated in workshops on storytelling at the Kentucky Storytellers Association annual conference and at the National Storytelling Festival in Jonesborough, Tennessee. Members of OLLI contain a treasure trove of stories developed over their lifetimes, and Lee wants to unlock and share the treasure.

Rita Egan

After retiring as a Rheumatologist in 2019, Rita was able to pursue a long interest in Photography. She feels lucky to have found the Central Kentucky Computer Society through the OLLI Program. She has taken many of their photography classes and participates in the weekly Amateur Photography Club. After being asked to help with an upcoming Fall course, she finds it a privilege to participate.

Myra Engle

On a professional level, Myra has 31 years of teaching experience in public schools. She has an MEd in special education and Rank I in administration. Myra has assisted in teaching classes and has taught classes at CKCS since 2004. She has taught computer basics for nearly 20 years, sometimes three times a year. Myra thoroughly enjoys teaching computer classes because she gets to teach. At heart – and always – Myra is a teacher.

Patricia Finch

Patricia Finch was born in Mexico. She received her PhD from Catholic University in Washington DC. She has taught mainly at Berea College, Centre College and part time at UK, UFL, and Georgetown College. She has travelled and studied mostly in Spain. She loves to cook and eat.

Chef John Foster

John Foster is the Administrative Dean for Sullivan University's College of Hospitality Studies on the Lexington Campus. He is also co-owner of The Sage Rabbit, a local Lexington restaurant.

Jeff Freyman

Jeff has a doctorate in political science from The George Washington University. He taught courses on politics for almost 40 years, including at Transylvania University from 1980 until his retirement in 2014. Like nearly everyone else on the planet, he has recently taken up playing pickleball.

Marcia Freyman

Marcia has a master's degree in art history from George Washington University. She has taught Survey of Art History and Introduction to Art at UK, ECU and BCTC. She has taken students to Florence, Italy to teach Renaissance art history.

Jack Furlong

Jack Furlong received a PhD in philosophy in 1982. He spent his career teaching philosophy and interdisciplinary, team-taught courses, focusing on ontological and bioethical issues. With OLLI, he has taught several courses: "Ape to Octopus: How Should We Care about Animals with Minds?" and "Savvy Spruce and Mindful Mimosas: The Case for Plant "Thinking". With Penny Lamb, he co-teaches "The Axial Age: How New Answers to Old Questions Transformed the World."

Josette Garstka

Josette has worked in the fitness industry for more than 40 years. She is certified through the American Fitness Association of America and holds certifications to teach Silver Sneaker Aerobics, Circuits, Water Fitness and Yoga. She is trained and certified to teach mat Pilates and Pilates Reformer and is a member of Yoga International and Yoga Alliance.

Don Gash

Don Gash is an Emeritus Professor in Neuroscience at the University of Kentucky. His research expertise is in Healthy Aging and Diseases of Aging. He has published over 220 research papers, reviews, and letters. In addition, he has edited 3 books and has patents on drug development in the United States, European Union, and Australia. Teaching at the college and professional level and to the public has been important passion throughout his career. He strongly advocates actions we can all take for better aging and wellbeing.

Frances Goodfriend

Frances has taught literature and history at the secondary and college level and has led various small group discussions for young people and adults. She is the facilitator for the Favorite Classic Novels SIG.

Frank Hazzard

Chef Frank Hazzard is the Owner of HomeMadeCook. He is a private/Personal Chef located in Lexington, Kentucky. Frank has spent his life in the restaurant business, and loves the business and cooking!

Drew Henderson

Drew is retired from the Department of Information Technology at MSU after 27+ years of service. He has served on the OLLI at UK, Morehead board for several years, and is the 2022-2023 chair. He has taught several technology courses, as well as courses on the history of codebreaking and encryption, and a course on notable women in science.

Dale Henley

Dale Henley graduated from the University of Louisville and has a special interest in the French General Marquis de Lafayette. While in the US Navy, Mr. Henley served as the assistant Naval Attaché at the American Embassy in Rabat, Morocco. After retiring as General Counsel for East Kentucky Power, Mr. Henley was an adjunct faculty member at the University of Kentucky College of Law where he taught legal writing and Appellate Advocacy. He is currently a member of the Kentucky Bar Association Ethics Committee and serves as an "Ethics Hotline Attorney" providing guidance to Kentucky lawyers on compliance with their Code of Professional Conduct.

Gaye Holman

Sociology Professor (retired) Gaye D. Holman taught for years in four Louisville-area state prisons where she also coordinated the Jefferson Community and Technical College program. Her book "Decades Behind Bars: A Twenty-year Conversation with Men in America's Prisons" (McFarland) is the result of a longitudinal ethnographic study of fifty inmates incarcerated in Kentucky. Her prison writings have also been featured in LEO Weekly and several national anthologies.

Nell Horman

Mrs. Horman has taught water aerobics for over 30 years. She teaches Deep Water water aerobics to University of Kentucky employees, and is now opening the class up for OLLI members.

Larry Hood

Dr. J. Larry Hood is a resident of Jessamine county, Kentucky. He holds the following degrees: Assoc degree in Comp Sc Ky St U; BA in history and government Centre College; MBA in business management Xavier U; MA in American history UK; Ph.D. In American history UK; Certified Public Manager. He retired from state government after 30 years of service. For thirty-five years he has taught western civilization, world civilization, American history, American military history, Kentucky history, business marketing, and organizational behavior. He has edited books, published review essays, articles and books on Kentucky and American history and western civilization. He sees OLLI as providing an opportunity to share with the community what it has inherited from the ages which, in turn, helps people understand the world around them and who they are

Debbie Howes

Debbie Howes is a long time resident of Morehead, Kentucky. She earned her degrees from Morehead State University, and taught Biology and other science classes at Rowan County Senior High School for 25 years before becoming an administrator. As an administrator she had the opportunity to work with students at all levels for an additional eleven years. After retirement, she was able to spend more time on her hobbies, which include bird watching, gardening, weaving baskets, loom weaving, quilting, watercolors, and other arts and crafts activities. Teaching is her passion and family is her focus.

Kurt Jefferson

Kurt has been teaching classes at CKCS for more than 20 years. He has taught Mac and iPad classes at CKCS, including operating systems, word processing and spreadsheets. He has taught different versions of the Mac operating system along with iOS and iPad OS. His goal is to empower students to get much more out of their computers and tablets. He volunteers the first Saturday of the month at the CKCS iHelp sessions to troubleshoot Mac and iPad issues.

Dennis Karwatka

Dennis Karwatka is a retired Professor of Engineering and Technical Management at Morehead State University with academic degrees in Mechanical Engineering and Physics. He authored 11 books including five technical history books published by Prakken Publications of Ann Arbor MI. He also wrote a monthly column on the history of technology for 39 years, which appeared in "Tech Directions," a publication aimed at high school and university students.

Arleigh Kerr

Arleigh's lifelong interest in photography and computers led him to join Central Kentucky Computer Society in 2016. He got his first camera at 9. He has taught classes for CKCS/OLLI on infrared photography, the NIK Collection, the post processing of black and white photos along with informal Photoshop classes at CKCS's weekly Camera Coffee meetings. Prior to moving to Lexington, Arleigh was a computer programmer for thirty years, working for Boeing and AT&T.

Michele Pesula Kuegler

Michele Pesula Kuegler has been a fan of wine for years but decided to embark on her wine education journey in 2017 after a trip to Napa. She holds Certificates for Levels 2 & 3, both earned with distinction, from Wine & Spirits Education Trust. In addition to her wine work, she is the founder and Executive Director of The Horse Fund, as well as Director of Aftercare and Community for Wasabi Ventures Stables. Her goal in teaching wine classes is to make wine more approachable for all.

Ken Kurtz

Ken has helped make films for commercial use, for TV use, but mainly he has watched films from many lands and great directors for many years. Come, reap the benefits!

Penny Lamb

Penny is a retired Asbury University faculty member where, among other responsibilities, she taught German for 33 years. She has graduate degrees in German and Comparative Literature from Indiana University - Bloomington. She began taking OLLI courses as soon as she retired, and in 2015, realizing how much she would enjoy it, Penny began teaching OLLI courses. Penny relishes the challenge of preparing a new course, but the greatest pleasure comes from helping OLLI scholars increase their understanding of the world.

Bob Lindahl

Bob is a retired professor of mathematics at Morehead State University. He received his Ph.D. at the University of Oregon. Bob specialized in the teaching of discrete and applied mathematics. He is a member of the American Mathematical Association (AMS) and has given many presentations at AMS meetings.

Phil Maxson

Phil has taught numerous history classes for OLLI and has taught the Civil War course several times (though not for a couple of years). Some of the other courses he has taught include: Kentucky's Lincoln, The Invasion of Kentucky, Camp Nelson, The Mexican-American War, Bluegrass Divided. He has also led downtown and cemetery historic walking tours, and tours of the Perryville battle site.

Diane Napolitano

Diane Napolitano, a native of Boston Massachusetts, resides in Scott County with her husband and 21-year-old cat, "Gibbs". She studied the Yang Family style of Tai Chi Chuan for ten years and was awarded a Rank 3 by that association. Diane has had the privilege of teaching Tai Chi to share its beauty and benefits, and has been delighted to have heard students tell of their progress and experiences.

Layne Neeper

Dr. Layne Neeper is Professor Emeritus of English at Morehead State University where he taught for 30 years and specialized in 19th and 20th century American literature.

Larry Neuzel

Larry Neuzel has been a member of CKCS for many years and has assisted in teaching photography classes at CKCS since 2011. His interest in photography started in the early 1970's, having his own black and white darkroom and photographing many arts organizations. Larry is a volunteer for Military Missions, a non-profit organization that sends care packages to the deployed troops year-round. He enjoys photographing people, theatre, dance, auto racing and grandchildren.

Anthony Pantaliono

Anthony Pantaliono has been and instructor for Central Kentucky Area Vocational School located at BCTC Leestown in Lexington KY. He has also taught at a private tech school in Lexington KY.

Dan Phelps

A native of Lexington, Daniel Phelps is a retired environmental geologist. He has also taught part-time in Kentucky's Community College system. In 2021 the Paleontological Society – the world's leading scientific organization devoted to studying invertebrate and vertebrate paleontology, micropaleontology, and paleobotany – awarded Phelps the prestigious Strimple Award, which recognizes outstanding achievement in paleontology by someone who does not make a full-time living from paleontology. Phelps is founder and president of the Kentucky Paleontological Society.

Diana Rast

Diana was born and raised in London, England, where she earned a bachelor's degree in geology and zoology at London University. Her working career has included the oil industry, academia and administration. In 2012 she retired from the University of Kentucky and immediately joined OLLI. Diana enjoys worldwide travel for research and pleasure. She has hiked in the Andes of Peru, kayaked in the frigid seas of Alaska and studied volcanoes in Mexico.

Ed Reeves

Ed has a BA in literature and a PhD in anthropology. He has been a movie enthusiast ever since he would go to Saturday matinees as a kid. After retiring from a university career of teaching and research, Ed began to teach movie classes for OLLI at UK in 2012. He has served as chairperson of the OLLI Advisory Board and chairperson of the Curriculum Committee.

Reena Reyes

Reena Reyes, Co-Owner and director of The Salsa Center, is a Lexington, KY resident and graduated from The University of Kentucky. Having a father from Cali, Colombia, a country recognized today as "The World Capital of Salsa", it was destined for Reena to own a Latin dance studio. Her study as a Latin Ballroom Instructor ultimately paved the way for her own unique style of teaching. After meeting her Cuban husband, Abel Reyes, they opened The Salsa Center Dance Studio in 2011; A Latin Dance Studio specializing in Latin Dances, many of which are Cuban and the original Latin dances.

Karen Roberts

Karen is a retired Special Education teacher with a Master's Degree in Special Education. Karen is the facilitator of the Nonfiction Book SIG and has served on the OLLI advisory board in a variety of roles, including past chair of the Promotions committee and a member of the Curriculum committee. She loves to read and has been with OLLI for over 7 years and on the advisory board for 5 years.

Rona Roberts

Rona Roberts is a writer and organization development adviser based in Lexington, Kentucky. In 1983, with Steve Kay, she founded Roberts & Kay, Inc., a research and facilitation firm. She is the author of three books and publishes two online newsletters. Rona received B.A., M.A., and Ph.D degrees from the University of Kentucky and is a Kentucky native.

David Royse

David Royse, PhD, retired from the College of Social Work in 2021 after 35 years at UK. He taught primarily research methods and is an active researcher with over 90 publications, three of which are on the topic of near-death experiences.

Mike Seiler

Mike Seiler was a high school teacher for thirty-five years and taught Mathematics and Computer Programming. He started volunteering and teaching classes at the Central Kentucky Computer Society in 2006. Mike has served as President and Vice President of CKCS and is currently a board member. He is an ambassador for the Lexington Sister Cities program. Also, Mike is a member of the Central Kentucky Mended Hearts chapter and is active in their visitation program. He has been visiting open-heart surgery patients at Baptist Health Hospital since 2007. He was named volunteer of the year at McConnell Springs for 2019.

Stacy Schultz

Stacy Schultz holds a B.A. and M.A. in English and has taught British and American literature at both the high school and college levels. She has taught OLLI and JILL courses in MD, VA, and KY. Her non-fiction essays have appeared in the Downside Review and Crisis Magazine.

Joe Schum

Joe is Centre College and University of Kentucky graduate. He is retired from Lexmark International where he learned color theory and ink and pigment properties. He is a self taught artist who has taught painting for OLLI for 10 years.

David Shattuck

David is a retired attorney, art lover, and wannabe artist and poet. He discovered and joined OLLI after retiring in 2016, and has taught OLLI art history classes since 2017, including Picasso, Van Gogh, Post-Impressionists, and German Expressionism.

Jay Sherwin

Jay Sherwin is a writer and consultant who has been watching, studying and enjoying Hitchcock films for decades. As a resident of the San Francisco Bay Area, he created and led a walking tour of Alfred Hitchcock's San Francisco that continues to attract Hitchcock fans from around the world. He created this virtual tour to share his favorite stories and photos with anyone who loves Hitchcock films or loves San Francisco, no matter where they live.

Tom Stanwix-Hay

Tom Stanwix-Hay has lived in Lexington since 1974. After he retired, he started attending OLLI classes. He has been a facilitator for OLLI bridge for seven years.

John Stegner

John has been a music educator for over 35 years. He has served as a guest conductor/clinician in Virginia, Ohio, Indiana, Kentucky, and at the International Choral Festival in Tian Jin and Shenyang, China. John received his Bachelor and Master of Arts degrees in music education from Eastern Kentucky University. He has served as the Director of the OLLI Chorus since 2010.

Barbara Sutherland

Barbara Sutherland has lived in Lexington for more than 50 years. She received undergraduate and law degrees for the University of Kentucky and an MLIS Degree from the University of Texas. She has worked as a research analyst for the Lexington-Fayette Urban County Council, an administrative aide to Mayor Pam Miller, and as a public reference librarian.

Diane Sutton

Diane Sutton has taught fitness classes at several churches and community centers for many years. She has had administrative roles at the YMCA, the YWCA, Woodford County Parks department and Baptist HealthwoRx. Diane holds numerous certifications from accredited institutions for personal training and group fitness instruction. Her main philosophy in class is #1 - be safe and #2 -have fun! She loves the energy the smiles and the music in group fitness.

Brooke Thomas

Brooke Thomas is the president of the Central Kentucky Computer Society and teaches the iPad, Apple Watch, iPhone Apps and Facebook classes. She assists with the iPhone Class. In addition to volunteering at CKCS, she is a volunteer ESL teacher of adults for Operation Read and is a volunteer with Altrusa International of Lexington. She enjoys helping people understand technology and encouraging students to have fun while learning. She is an active member of the YMCA and the Evening Edition Book Club.

Diane Vance

Diane Vance was a high school teacher before earning a PhD in radioanalytical chemistry at University of Kentucky, where she did research related to Alzheimer's disease. She then worked as a training director and scientist in the U.S. nuclear weapons complex before taking a faculty position at Eastern Kentucky University. At ECU Diane taught a variety of chemistry and forensic science courses and was the director of the forensic science program. Since retirement she has been an OLLI instructor and participant, and a volunteer for the Alzheimer's Association and Bluegrass Parkinson's Alliance in Lexington.

Anna Watson

Anna Watson was born and raised in Ontario, Canada and moved to Kentucky in 1966. After raising four children she went back to school and received her Bachelor of Science in Geology, plus two years post graduate work, from the University of Kentucky. She worked for the Kentucky Geological Survey for twenty-one years, mostly as a subsurface energy geologist. She is also a founding member of the Kentucky Paleontology Society. She retired from KGS in 2011. In 2015 she joined OLLI and has (is) enjoyed several classes including poetry, writing, and the OLLI Chorus.

Jane Williams

Jane Williams learned to play mountain dulcimer in OLLI at UK classes after she moved to Lexington from Vermont in 2003. She is a graduate of Hollins University, Penn State, and Institut Richelieu, Switzerland, and completed courses in Appalachian Studies at UK. Until Covid she and her husband divided their time between Lexington and Nova Scotia, and she played with dulcimer groups in both countries.

Michael Worley

Michael Worley (Ph.D., Univ. of Chicago) started teaching with UK/OLLI in 2017, from courses in ancient Greek art to late 19th century Symbolism. One summer we did an armchair tour through Southern France where he taught English. He spent two additional years in France and Germany, teaching, doing research, and visiting the major art museums. Michael enjoys signing up for OLLI classes to discover new areas.

Jennifer Yenke

Dr. Jennifer Yenke, DNP, CAPP, APPC is a family nurse practitioner, positive psychology practitioner, and positive psychology life coach. She earned her doctorate from the University of Kentucky in 2021. In addition to earning a bachelor's degree in psychology from Pomona College in 1997, she completed a nine-month certification in Applied Positive Psychology in 2022 and a five-month certification in Applied Positive Psychology Coaching in 2023. She lives outside of Lexington with her husband and two cats.





VOLUNTEER FOR OLLI AT UK!

Volunteers are the Heart of OLLI: Get Involved & Volunteer!

Here are some of the roles and services an OLLI at UK volunteer can provide:

- Greet and answer questions for members
- Teach a course
- Lead a Shared Interest Group (SIG)
- Serve as a technical assistant for audio/visual technology, Zoom, and more.
- Serve on committees and task forces.

WE NEED YOU! CALL [859-257-2656](tel:859-257-2656) TO GET STARTED!



NEED HELP WITH ZOOM? ZOOM RESOURCES & TRAINING

Book a Zoom Training Session

OLLI members can request training sessions or troubleshooting assistance by contacting Nick Farr, Technical Support Specialist. Learn the basics of using Zoom, such as how to mute/unmute your microphone, how to enable/disable your camera, adjust settings/audio, how to change your name on Zoom, how to use the Chat panel, and more. You can also receive assistance on any technical difficulties or questions you have regarding Zoom software. To request an appointment, email nick.farr@uky.edu

Zoom Resources

You can also visit <https://olliatuk.uky.edu/using-zoom-students> for helpful documents and videos on how to use Zoom.

2024 SPRING REGISTRATION FORM

* Return this entire page (front and back completed) with payment *
**** ALL Members** are Required to Complete the Risk Release on Back of this Form

STEP 1: Member Contact Info (please print)

Name _____ Birth date _____
 Address _____ City _____ ZIP _____
 Phone _____ Email _____
 Emergency contact _____ Relationship _____ Phone _____

VOLUNTEER OPPORTUNITIES: Would you like to serve as a volunteer for OLLI at UK? There are lots of ways to get involved! Please mark your preferences below and our Volunteer Chair will be in touch.

Committee Short Term As Needed
 Specific Event Long Term

***REQUIRED INFORMATION:**

Ethnicity _____ How long have you been a part of OLLI? _____
 Are you UK Alumni? _____ Are you a member of the UK Alumni Association? _____

STEP 2: Complete the Annual Risk Release on the back of this form.

STEP 3: Fill in the course request form below.

Title of Courses, SIGs, Experiential Learning, Travel, etc. (Be sure to specify exact course requesting.)	Fees
New 2024 Spring Membership	\$50
I am a current 2023 - 2024 OLLI Member	\$0
	\$
	\$
	\$
TOTAL	\$
I would like to offer the following donation to support the OLLI at UK. A letter of receipt will be mailed	\$
TOTAL AMOUNT ENCLOSED	\$

STEP 4: Please make check payable to OLLI at UK & mail with completed form to:

OLLI at UK, UK Ligon House, 658 S. Limestone, Lexington, KY 40506-0442

FOR INTERNAL USE ONLY:

Date recv'd _____ Fee paid \$ _____ of \$ _____ Check # _____ G/C# _____ Cash \$ _____ Int 1: _____

OLLI AT UK ASSUMPTION OF RISK, WAIVER AND RELEASE FORM - AUGUST 1, 2023 - JULY 2024

(All Members and Guests are required to sign prior to participation)

PRIOR TO PARTICIPATION in any of the OLLI at UK Activities (Courses, Programs, Shared Interest Groups, Experiential Education/ Learning, Travel, Field Trips and Day Trips, Events, Projects, Volunteer and Community Engagement Activities, UK Lancaster Aquatic Center Swim and/or use of UK Johnson Recreation Center). All OLLI at UK Members and Guests are required to complete and sign this risk release form for each OLLI year (August 1 – July 31).

PHYSICIAN APPROVAL

I hereby understand that I am advised to consult my physician and obtain his/her approval before beginning any OLLI Activities. I have no known physical contraindications that would restrict me from participating in these activities. I acknowledge and agree that I am responsible for my own health and I assume all responsibility for avoiding any activity that I and/or my physician do not feel comfortable I can or should perform.

ASSUMPTION OF RISK AND GENERAL WAIVER OF ALL CLAIMS

I am aware of the hazards inherent in my involvement in the OLLI activities I have voluntarily selected, and the need for me to ensure my health status and ability to participate in the variety of opportunities made available to OLLI at UK Members and Guests. I acknowledge that OLLI does not own or control many of the facilities where activities occur, and that I am responsible for assuring the activity and the facility is appropriate for me. OLLI staff and instructors are available to discuss and provide additional details on any activity.

In consideration of the opportunity to participate in the OLLI at UK, I, for myself, my heirs, successors or assigns, hereby assume any and all risks and hazards attendant to my involvement in OLLI at UK activities and waive and release any claim of any type or nature in any way relating to or arising from such activities, including but not limited to any claim for personal injury, accidents or illnesses (including death), property loss, in any way arising from my participation in any activity. In further consideration of being afforded the opportunity to participate in the OLLI at UK activities, I for myself, my heirs, successors or assigns agree to hold harmless and indemnify the University of Kentucky and its affiliated entities, its and their Boards of Trustees, agents, servants, and employees, expressly including but not limited to instructors, assistants, facilitators, students, and volunteers, from any and all claims, demands, causes of action or damages which may accrue from the aforesaid activities. If any portion of this release is held invalid, it is agreed that the balance shall remain in full legal force and effect.

READ CAREFULLY - THIS IS A RELEASE OF ANY AND ALL CLAIMS

Print name, sign, and date:

Name (printed) _____

Signature of Participant _____ Date _____

OLLI AT UK PHOTO RELEASE FORM (ONE TIME SIGNATURE)

We like to use photos of actual OLLI members to present & promote our program. Please review and complete, or change, the info. below, making any specifications and preferences clear. All selections will be made with a careful and thoughtful eye. If you have any questions, please call the OLLI Office at (859) 257-2656.

Authorization of Use

___ General Use X Specific Project: Osher Lifelong Learning Institute (OLLI) at UK

I, (print full name) _____ (*) hereby grant permission to the University of Kentucky and its affiliates and subsidiaries, including but not limited to the UK Alumni Association, UK Athletics Association and UK Research Foundation, to interview, photograph and/or videotape me and/or to supervise any others who may do the interview, photography and/or videotaping and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities for the following without

X__ University Educational Publications/Videos

X__ University Promotion/Advertising

X__ University Electronics Publishing (e.g. World Wide Web)

X__ Local/regional/national news media (w/permission of the University of Kentucky)

Signature: _____ Date: _____



FREQUENTLY ASKED QUESTIONS (FAQs)

Who is eligible to join OLLI at UK?

Any adult 50 years of age and older is eligible to register for OLLI membership, courses, events, SIGs, trips, etc

How do I become a member?

Membership can be purchased online or mailed-in with your semester registration. When registering online, membership must be completed first before courses can be selected.

How long does my membership last?

All annual memberships are effective from August 1 - July 31.

How do I register for a course online?

When a class is open for registration, it will have an “Add to Cart” button at the bottom of the description. Be sure that you are also signed in. If it is already full, it will have “WAIT LIST...” labeled in red. Always add yourself to the wait list. Additional spaces may be added and there is no fee to be on the list.

How much time do I have to register once I log in?

It is helpful to decide which courses you would like in advance. Class space is not held until the payment process is completed.

How will I know if I successfully registered?

Email required to register online. Once registered, you will receive a confirmation and transaction receipt via email once your registration payment is confirmed. If you do not have an email, you need to register by mail.

Can I register for a course at OLLI's other site?

Yes, if you are an annual member in Lexington or Morehead, you are a member of both sites.

What if I need to drop a course?

Please call or email the OLLI Office as soon as possible. We often have multiple people on the waiting list. (Please note our refund policy.) The online system cannot be used to cancel a class.

Where do courses meet?

Classes will be in-person at their designated locations, on Zoom, or be a combination of in-person and Zoom (Hybrid).

Who teaches OLLI courses?

Instructors are qualified members of OLLI, the University, or the community who have a passion for their topic and enjoy sharing their love of learning. All Instructors submit a proposal to teach that is reviewed by the Curriculum Committee.

What is a Shared Interest Group?

A SIG is a group of current OLLI members who share a specific interest. Members provide all resources needed and cover any costs incurred. SIGs may last one, two or three semesters in any annual year.

REFUND POLICY

Refunds will be given only if courses are already filled or OLLI at UK cancels the course. If the course you requested is full, you may request another. If you are on the wait list and do not get into your requested course, we will refund your course fee if you paid by check. You are not charged to be added to the wait list if you registered by credit card online. Refunds of course fees are not available for students who have enrolled but were unable to attend. Membership fees are non-refundable.

RECEIVING ZOOM LINKS FOR ONLINE CLASSES

Once you have registered, you will at a later date receive an e-mail message that gives you the individual Zoom link(s) needed to enter the class or classes you registered for. Messages may also include Meeting IDs, passcodes, and phone numbers for those that need an alternate method to join the meeting. If you have not received a link for class, please be sure to check your spam and/or trash folder. If it is not there, contact the office, and we will send you the link



University of Kentucky
Osher Lifelong Learning Institute at UK
Office of Lifelong Learning
658 S. Limestone - Ligon House
Lexington KY 40506-0442
Phone: (859) 257-2656
RETURN SERVICE REQUESTED



Osher Lifelong Learning Institute

— AT THE UNIVERSITY OF KENTUCKY —

OLLI at UK offers educational and enrichment courses, programs and events created for dynamic lifelong learners aged 50+ who are continually searching for exciting topics and exploring new opportunities in learning!

For more information, contact the OLLI Office:
(859) 257-2656 or Toll Free (866) 602-5862
or visit olliatuk.uky.edu