

Osher Lifelong Learning Institute

— AT THE UNIVERSITY OF KENTUCKY —

SUMMER 2024 COURSE CATALOG

OFFERING LEARNING OPPORTUNITIES
FOR ADULTS 50+



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



Office of
Lifelong Learning
Osher Lifelong Learning Institute



Table of Contents

Summer 2024 Registration Schedule.....	2
History of OLLI at UK.....	3
2023-2024 Lexington Advisory Board	4
Welcome & OLLI at UK Staff	5
Campus CE & Registration Resources.....	6
OLLI at UK Scholarship	7
Summer 2024 Course Offerings.....	8-12
UK Wellness Opportunities.....	13
Online Course Offerings	14-15
Course Locations.....	16
Support OLLI at UK	17
OLLI Instructors & Facilitators	18-19
Volunteer for OLLI at UK	20
Zoom Resources & Training	20
Summer Registration Form	21
Risk & Release Form/Photo Release Form	22
Frequently Asked Questions.....	23

SUMMER 2024 INFORMATION

\$15 Summer Memberships and Viewing/Registration for all Summer 2024 courses will open on May 1, 2024 (Viewing at 6 a.m. and registration at 1 p.m.)

OLLI 2024-2025 MEMBERSHIP

Memberships for the 2024-2025 year will open on Thursday, August 1, 2024.

Fall 2024 Registration Dates
Registration for Fall 2024 courses will open Wednesday, August 7 and Thursday, August 8.

SAVE THE DATE
FALL 2024 LEXINGTON OPEN HOUSE
THURSDAY, AUGUST 1, 2024, 1 - 3 PM

Location and more details
to be announced soon!



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

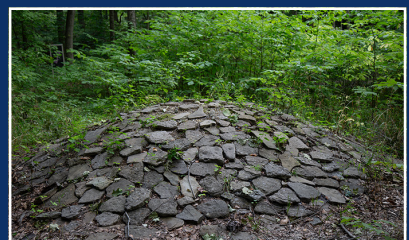
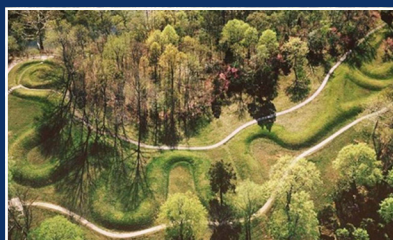
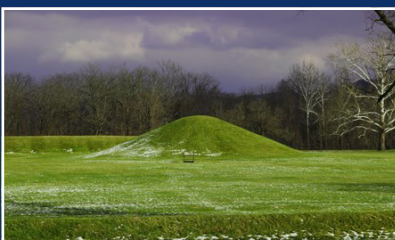
Colette Crown
Gary Hansen
Janinne Johnson

Scott Johnson
Princess Nelson
Eddie Salone

Rita Smart
Norma Wirt

SAVE THE DATE FALL 2024 OHIO MOUNDS TRIP WEDNESDAY & THURSDAY, SEPTEMBER 25 - 26, 2024

Join us for a trip to historic mounds in Southern Ohio, such as Hopewell Mounds and Serpent Mound. We will also visit Fort Ancient Earthworks & Nature Preserve and the Underground Railroad Freedom Center. Registration and more details to be announced soon!





Office of Lifelong Learning

Osher Lifelong Learning Institute

Welcome To OLLI at UK

This summer, we hope you are ready to embark on an enriching journey filled with a diverse array of courses designed to ignite your passion for learning. Whether you're interested in enhancing your fitness, exploring the world of art, delving into the realms of technology, or uncovering the captivating narratives of history, our program offers something for everyone.

Our wonderful instructors are dedicated to providing you with an engaging and informative experience, allowing you to expand your knowledge and skills in a supportive and welcoming environment. Embrace the opportunity to connect with like-minded individuals in a summer of learning and personal growth. We are excited to be a part of your educational adventure and look forward to empowering you to thrive in these dynamic and compelling courses.

Whether it's a new class, social, or travel opportunity, we hope to see you this Summer. 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



Joey Conrad

Executive Director
859-257-2658
joseph.conrad@uky.edu



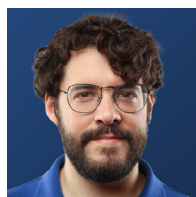
Teresa Hager

Registrar
859-257-2656
teresa.hager@uky.edu



Trey Adkins

Student Affairs Officer
& Donovan Scholar Registrar
859-257-2657
trey.adkins@uky.edu



Nick Farr

IS Technical Support Specialist
859-218-6840
nick.farr@uky.edu

SUMMER 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 21, 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

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** 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!

Summer 2024

COURSE OFFERINGS

COMPUTERS & TECHNOLOGY



Computer Basics for Windows PC

Instructor: Myra Engle

*Dates and Times: Thursdays, June 6 – July 18 (no class July 4)
10 – 12 Noon*

Course 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.

FastStone Digital Imaging Program (Windows PC)

Instructors: Joe Dietz and Brooke Thomas

*Date and Time: Tuesday, June 18, 2024
1 – 4 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | 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.

Introduction to Windows 11 Workshop

Instructor: Mike Seiler

Date and Time: Tuesday, June 4, 2024

9 a.m. – 12 Noon

Course 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

Instructors: Joe Dietz

Date and Time: Wednesday, June 12, 2024

1 – 4 p.m.

Course 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 organize the pictures from the front to the last page of the book. Finally, we will go through the steps to ordering the book and applying coupons to reduce the price. We will be using a program called Shutterfly.

Organizing and Fixing Up Your Photos on the iPad

Instructors: Brooke Thomas and Joe Dietz

Date and Time: Wednesday, July 10, 2024

1 – 4 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$34

Learn how to navigate the photo app, make albums of your pictures, find your photos using facial recognition and location, edit your photos, lift a subject from the background, make stickers, and share your photos.



Using Apple iCloud for Your iPhone and iPad Workshop

Instructors: Joe Dietz and Brooke Thomas

Date and Time: Wednesday, July 3, 2024

1 – 3 p.m.

Course 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, contacts, 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 the Control Center on Your iPad

Instructors: Brooke Thomas and Joe Dietz

Date and Time: Wednesday, June 26, 2024

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$34

Learn how to find the hidden Control Center on your iPad and how to customize it to make it useful to you. Most of the workshop will be spent on explaining how to use the 26+ controls like Airplane Mode, Airdrop, Focus, Music, and Screen Mirroring. There are many features that you are not aware of and that you will find extremely useful.

CULTURE



Dada: The Key to Modern Art

Instructor: Michael Worley

Dates and Times: Mondays, June 3 – 24

1 – 3 p.m.

Course Location: Hunter Presbyterian Church, Fellowship Hall

Maximum Enrollment: 22 | Course Fee: \$30

This is a lecture class with slide shows and student participation. To understand how Dada came about, we will start with a review of the situation in Europe during the chaos of World War I, which was the major cause of disillusionment. In Dada, the shocking reality of a brutal and unnecessary war in which an estimated ten million perished, called for an art that presented the violent barbarism of war and the ironies and absurdities of modern life. Conventional European culture with its High Art and 'Art for Art's Sake' was unable to do anything to prevent the rapid escalation of what seemed like a predestined eradication of civilization. We will look at the art produced by Dada's major players in Zurich, Berlin, Cologne, Paris, and New York from 1916 to 1924 when Surrealism took the reins of the avant-garde.



Learn the Secrets of Cooking! Chef Frank's Way!

Instructor: Frank Hazzard

Dates and Times: Wednesdays, June 26 – July 24

11 a.m. – 1 p.m.

Course Location: Fayette County Extension Office

Maximum Enrollment: 15 | Course Fee: \$70

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. (Course fee includes food).

EXPERIENTIAL LEARNING



Exploring the World of Wine

Instructor: Michele Pesula Kuegler

Dates and Times: Mondays, June 3 – 24

2 – 4 p.m.

Course Location: CenterWell, Regency Center (Activity Center)

Maximum Enrollment: 10 | Course Fee: \$30

Do you enjoy wine and want to learn more about it? Join this class for a laid-back 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.



HEALTH & WELLNESS



Deep Water Aerobics

Instructors: Nell Horman

*Dates and Times: Tuesdays and Thursdays, June 4 – July 18
(no class July 4)*

5:15 – 6 p.m.

Course Location: Lancaster Aquatic Center

Maximum Enrollment: 15 | Course Fee: \$35

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.
(Course Fee includes \$5 card fee)

Healthy Scrumptious Smoothies

Instructor: Patricia Wheatley

*Dates and Times: Tuesdays, June 4, June 18, July 2, July 9 & July 16
11 a.m. – 12:15 p.m.*

Course Location: CenterWell Regency Center, Activity Room

Maximum Enrollment: 12 | Course Fee: \$35

Smoothies have great health benefits and incredible flavor. Learn the vast variety of ingredients that make scrumptious smoothies and why they're a healthy alternative. Through demonstration, you will sample some varieties and learn to create your own at home. **(Course Fee includes \$5 food fee)**

Line Dancing SIG

Instructor: Shirley Bryan

*Dates and Times: Tuesdays, June 4 – July 16
10 – 11:30 a.m.*

Location: Central Baptist Church, Gymnasium

Maximum Enrollment: 40 | No Course Fee

Join the fun to learn and practice line dances. Exercise your mind and body! The class will be cover all levels progressing from Beginner to Intermediate.

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton

*Dates and Times: Mondays, Wednesdays and Fridays
June 10 – July 19 (no class June 19)*

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.

Posture Camp, Exercises for Better Posture

Instructor: Laura Coombs

Dates and Times: Wednesdays, June 5 – July 24

(no class June 19 or July 10)

1 – 2 p.m.

Location: Central Baptist Church, Gymnasium

Maximum Enrollment: 30 | Course Fee: \$30

It's not just about standing up straight! Good posture means moving well and enjoying your active lifestyle with less stiffness and joint pain. Posture Camp will teach you a series of exercises that can easily be done at home with minimal equipment. Improving your posture will make you more flexible, balanced, and resilient...all while keeping typical aches and pains away. All exercises will be done on the floor. Participants must be able to get up and down from the floor safely and without assistance. A yoga mat is required for this class.

ALL NEW EXERCISES FOR SUMMER 2024!

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays and Thursdays

June 11 – July 18 (no class July 4)

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.

HISTORY & GOVERNMENT



Contemporary Economic Policy Issues

Instructor: Jon Haveman

Dates and Times: Mondays, June 3 – July 8

1 – 2:30 p.m.

Location: Online Zoom Course

Maximum Enrollment: 300 | Course Fee: \$30

Economics is central to the functioning of every aspect of society. This course addresses a set of prominent policy issues where economics is at their core. We explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Each lecture will be taught by a different subject matter expert.

Imprisoned Without Trial: Japanese Incarceration in WWII

Instructor: Dennis Kato

Dates and Times: Fridays, June 7 – 28

10 – 11:30 a.m.

Location: Online Zoom Course

Maximum Enrollment: 75 | Course Fee: \$30

Anti-Asian violence: A modern day occurrence? Fear and hatred and racism against the Japanese began in late 1800's and culminated with the incarceration of over 125,000 Japanese in WWII. From the perspective of a third generation Japanese American (Sansei), learn about this dark chapter in American history.





Painting Course | Fall 2023

LITERATURE



Classic American Short Stories

Instructor: Stacy Schultz

*Dates and Times: Thursdays, June 13 – July 18 (no class July 4)
1 – 3 p.m.*

Course Location: CenterWell Regency Center, Activity Room

Maximum Enrollment: 12 | Course Fee: \$30

Summer fun reading: American short stories, quite old and somewhat new. Authors include Charlotte Perkins Gilman, Nathaniel Hawthorne, Flannery O'Connor, Ernest Hemingway, Anne Beattie, James Baldwin, Kate Chopin, and others. During each two-hour session, we will try to discuss two stories, all of which can be found in their entirety online or at your favorite library/bookstore.

OUT OF THE BOX



Do it Yourself Home Maintenance

Instructor: Anthony Pantaliono

*Dates and Times: Mondays, June 3 – July 15
10 – 11:30 a.m.*

Location: Crestwood Christian Church, Room MC-6

Maximum Enrollment: 15 | 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.

VISUAL ARTS



Introduction to Mixed-Media Art Techniques and Projects

Instructor: Jackie Lauderdale

*Dates and Times: Thursdays, June 6 – 27
1 – 3 p.m.*

Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 15 | Course Fee: \$30

Experience an introduction to mixed-media techniques to create three artistic items. Materials for the class are (include but not limited to) fabrics, papers, watercolors, embroidery needle and small child's books. One week we will write poems that do not rhyme. Build on the class instructions for future enjoyment and brain stimulation.



Paducah Trip | Fall 2023

SUMMER 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)

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

Monday - Friday: 11 a.m. - 1 p.m.

Monday - Thursday: 5:30 - 8 p.m.

Friday: 5:30 - 7 p.m.

(There will not be any weekend hours during the Summer)

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



CULTURE



Cleveland Museum of Art - 3 Summer Courses

*Dates and Times: Fridays, June 7 - 21
10 - 11 a.m.*

Location: Online Zoom Course

Maximum Enrollment: 200 | Course Fee: \$30

This summer, register to take a series of 3 Cleveland Art Museum online courses! The 3 courses will include "Ancient American Art: The Aztec & their Ancestors" (June 7), "Gods and Heroes of Greece and Rome" (June 14) and "Monet in Focus" (June 28). When you register for this series, you are registering to attend all 3 sessions in the series. See descriptions below:

- **Ancient American Art: The Aztec & their Ancestors**
Friday, June 7, 2024, 10 - 11 a.m.

This lesson introduces the art of selected cultures in ancient Mesoamerica (today, Mexico, Guatemala and adjacent countries). Objects of ceramic, gold and stone (including jade) shed light on religion and rulership among the Aztec, Maya, and others in the centuries before European contact. An effort is made to provoke students to think critically as they help the instructor analyze art works and their meanings.

- **Gods and Heroes of Greece and Rome**
Friday, June 14, 2024, 10 - 11 a.m.

Learn why Herakles, Athena, and Dionysus populate the CMA galleries in sculpture, coins, vases and a sarcophagus.

- **Monet in Focus**
Friday, June 28, 2024, 10 - 11 a.m.

This exhibition of five stellar paintings by French Impressionist Claude Monet features three special loans from the Musée Marmottan Monet in Paris placed in intriguing conversation with two favorites from the Cleveland Museum of Art's collection. Created during the latter half of the artist's life, these works reveal how fully Monet immersed himself in capturing the momentary effects of light and atmosphere on subjects, at various times of day and under different weather conditions. Daring in their conception and execution, they also affirm Monet's status as one of the leading cutting-edge painters of his era. Monet in Focus is co-organized by the Cleveland Museum of Art and the Musée Marmottan Monet.

HEALTH & WELLNESS



OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton

*Dates and Times: Mondays, Wednesdays and Fridays
June 10 - July 19 (no class June 19)*

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.



Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays and Thursdays

June 11 – July 18 (no class July 4)

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.

HISTORY & GOVERNMENT



Contemporary Economic Policy Issues

Instructor: Jon Haveman

Dates and Times: Mondays, June 3 – July 8

1 – 2:30 p.m.

Location: Online Zoom Course

Maximum Enrollment: 300 | Course Fee: \$30

Economics is central to the functioning of every aspect of society. This course addresses a set of prominent policy issues where economics is at their core. We explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Each lecture will be taught by a different subject matter expert.

Imprisoned Without Trial: Japanese Incarceration in WWII

Instructor: Dennis Kato

Dates and Times: Fridays, June 7 – 28

10 – 11:30 a.m.

Location: Online Zoom Course

Maximum Enrollment: 75 | Course Fee: \$30

Anti-Asian violence: A modern day occurrence? Fear and hatred and racism against the Japanese began in late 1800's and culminated with the incarceration of over 125,000 Japanese in WWII. From the perspective of a third generation Japanese American (Sansei), learn about this dark chapter in American history.



Spring 2024 Open House
(pictured in both photos)

SUMMER 2024 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church

1070 Lane Allen Road, Lexington, KY, 40504

CenterWell Regency Centre

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

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

Hunter Presbyterian Church

109 Rosemont Garden, Lexington, KY 40503

Lancaster Aquatic Center

416 Complex Drive, Lexington, KY 40502



SAVE THE DATE

60 Years of Lifelong Learning
CELEBRATION GALA

FRIDAY, NOVEMBER 15, 2024



The Apiary

218 Jefferson St,
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 Summer 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

SUMMER 2024 OLLI INSTRUCTORS

Shirley Bryan

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

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.

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.

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.

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.

Jon Haveman

Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He has a reputation for providing audiences with edible economic information that is readily useful in their work and private lives. Jon was previously a Senior Economist with the President's Council of Economic Advisers, held a faculty position at Purdue University and holds a Ph.D. in Economics from the University of Michigan.

Frank Hazzard

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

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.

Dennis Kato

Dennis Kato is a third generation Japanese American, born and raised in Cincinnati, OH. Graduated from the University of Cincinnati with a BA in political science. He was a 1st LT in the US Army with military intelligence. Kato has been researching this topic for ten years and has visited all ten internment camp locations.

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. My goal in teaching wine classes is to make wine more approachable for all.





**INTERESTED IN TEACHING
FOR OLLI?**

Use this QR Code
to learn more and
submit a course
proposal.



OR use this link:
<https://olliatuk.uky.edu/about/teach-olli-uk>

**Holiday Luncheon
December 2023**

Jackie Lauderdale

Jacqueline Dryden Lauderdale is a retired nurse with enthusiastic interests in music and art. First teaching herself starting in 2007, she attended painting workshops in Scottsdale, AZ, Ireland, Cincinnati, Berea, and Lexington. Her art has been seen in group, duo and solo exhibitions.

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.

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 is a 7-year Lexington resident who has taught literature classes for OLLI or JILL in MD, VA, and KY for the past 20+ years. She attended UGA, Emory, and GSU and holds her B.A. and M.A. in English Literature.

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 and Facebook classes. She assists with the iPhone, Shutterfly and FastStone Workshops. 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.

Patricia Wheatley

Patricia Wheatley is a Lexington, KY resident. Her professional career included Human Resources and Marketing Specialists. She fulfilled her goal to retire early in order to spend more time with family, broadening her travel and volunteering within the local community. She acquired an interest in a healthier eating lifestyle after reading about a class entitled, Sick & Tired of Being Sick & Tired. After she enrolled in that class, she then proceeded to work with the nutritionist to gain more energy and decrease inflammation. She soon learned that her previous food selections were not as healthy as she first thought. Now, she enjoys sharing with others the benefits of cleaner eating.

Michael Worley

Michael Worley (PhD., Univ. of Chicago; Diss.: 'Pierre Julien and French Neoclassical Sculpture') started teaching art history with OLLI in 2017, and has offered a wide range of styles and periods: ancient Greek and Roman, Italian Renaissance and Baroque, Neoclassicism, Romanticism, Impressionism and Symbolism.



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 SUMMER 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 Summer Membership	\$15
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



 Office of
Lifelong Learning
Osher Lifelong Learning Institute



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