

Osher Lifelong Learning Institute

AT THE UNIVERSITY OF KENTUCKY

Fall 2024 Course Catalog
FOR LEXINGTON & MOREHEAD

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

Fall 2024 Registration Schedule	2
History of OLLI at UK.....	3
2024-2025 Lexington & Morehead Advisory Boards.....	4
Welcome & OLLI at UK Staff	5
Campus CE & Registration Resources.....	6
OLLI at UK Scholarship	7
60th Anniversary Celebration Gala.....	8
Fall 2024 Donovan Forum Series.....	9
Fall 2024 Course Offerings	10-29
Lexington Course Offerings	10-22
UK Wellness Opportunities	23
Morehead Course Offerings.....	24-25
Online Offerings	26-29
Course Locations.....	30
Support OLLI at UK	31
OLLI Instructors & Facilitators	32-35
Volunteer for OLLI at UK	36
Zoom Resources & Training	36
Fall Registration Form	37
Risk & Release Form/Photo Release Form	38
Frequently Asked Questions.....	39

Fall 2024 Lexington Online Registration Schedule

WEDNESDAY & THURSDAY, AUGUST 7-8 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, AUGUST 7

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, AUGUST 8

10 a.m. - Phase Three

Culture
Experiential Learning
Performing Arts

1 p.m. - Phase Four

Health and Wellness
Science and Environment
UK Wellness Opportunities

Fall 2024 Morehead Online Registration Schedule

FRIDAY, AUGUST 16 AT 10 A.M.

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

Fall 2024 Open Houses & Registration

Lexington Open House

(no on-site course registration)

Thursday, August 1, 2024

1 - 3 p.m.

Central Bank Field Club at Kroger Field

1540 University Dr,
Lexington, KY 40506

Morehead Open House & Registration

Wednesday, August 14

1 - 2:30 p.m.

Morehead United Methodist Church

227 W Main Street,
Morehead, KY 40351

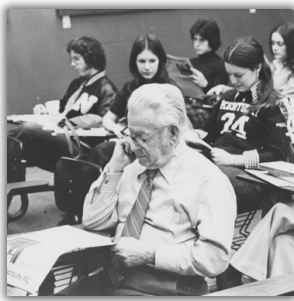


HERMAN DONOVAN

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.

2024-2025 LEXINGTON ADVISORY BOARD

Chair
Kempa Turner

Vice-Chair
Colette Crown

Immediate Past Chair
Lee Edgerton

Committee Chair Persons

Connections
Jane Friedman

Diversity & Inclusion
Diane Woods
& Jane Friedman

Rules & Procedures
Virginia Gregg

Curriculum
Don Gash

Donovan Forum
Laura Cole

Social
Sue Scheff
& Carol Swiderski

Development
TBD

Promotion & Membership
Diana Rast

Travel
Nikki Burkett

At-Large Board Members

Chris Conley
Gary Hansen
Janinne Johnson

Scott Johnson
Sue Oatey
Jaya Pampati
Eddie Salone

Martha Shouldis
Rita Smart
Norma Wirt

2024-2025 MOREHEAD ADVISORY BOARD

Chair
Drew Henderson

Vice-Chair
TBD

Committee Chair Persons

Connections
Martha Perkins

Promotion & Membership
Jay Barrett

Social
Carolyn Franzini

Curriculum
Carolyn Franzini
& Debbie Williams

Secretary
Fran Helphinstine

Volunteer
Martha Perkins

At-Large Board Members

Jackie Bailey
Jay Barrett
Sue Barrett
Russ Brengelman

Carolyn Franzini
Fran Helphinstine
Bob Lindahl
Martha Perkins

Judith Stafford
Debbie Williams



Office of Lifelong Learning

Osher Lifelong Learning Institute

Welcome To OLLI at UK

The University of Kentucky's Osher Lifelong Learning Institute (OLLI) presents an exciting array of educational and enrichment courses this semester. Our offerings for this Fall include diverse topics such as equine photography, iPhone tips, a hands-on course on how to make craft beer, music composition with computers (beginner and advanced), Nordic walking, American history, how to paint fur and feathers, engaging book reading groups in Lexington and Morehead, and many more exciting opportunities.

Our membership program, with an annual fee of \$50, offers access to a wide range of activities including courses, special interest groups (SIGs), socials, trips, and events. Members can also get access to UK Wellness Opportunities (see page 23). Our volunteer-led approach fosters a vibrant community where members can participate in concerts, open houses, and volunteer leadership roles. OLLI at UK provides an inclusive and welcoming environment for individuals to continue their lifelong learning journey and connect with like-minded peers, combining both an educational and social aspect for OLLI members to be engaged and active in.

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



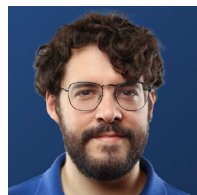
Teresa Hager

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

FALL 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>

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



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!



SAVE THE DATE

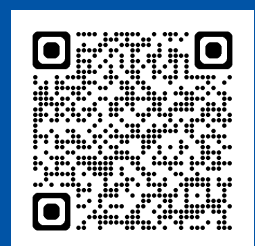
LIFELONG LEARNING AT THE UNIVERSITY OF KENTUCKY **60 YEAR ANNIVERSARY CELEBRATION GALA**

FRIDAY, NOVEMBER 15, 2024 | THE APIARY | 218 JEFFERSON ST, LEXINGTON, KY

Join us in celebrating our very own diamond anniversary at The Apiary in Lexington, KY, on November 15, 2024, a momentous occasion that marks six decades of engaging the minds, elevating the spirit, and enriching the lives of adults aged 50+ through educational, social, and community activities. It's a milestone event that promises to be a memorable evening of reflection, gratitude, and looking ahead to the future of lifelong learning. More details will be announced in the coming months. Join us in commemorating this remarkable milestone for lifelong learning in Kentucky and beyond!

Subscribe to the **OLLI at UK Newsletter!**

SCAN HERE TO SUBSCRIBE TO
OUR NEWSLETTER



Get the inside scoop on upcoming OLLI, University of Kentucky, and Community events, as well as monthly features such as inspirational quotes, featured instructors and members, plus much more!

Subscribe using the link or QR code to the right:
<https://lp.constantcontactpages.com/su/0405W2B/olliatuk>

FALL 2024 DONOVAN FORUM SERIES

Thursdays, September 12 - December 5, 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>

Please note: Some Forum presenters may provide print materials only available to in-person attendees (such as magazines, brochures, business cards, etc.) The OLLI office is not responsible for distribution of these materials to online attendees. If the Forum presenter has digital materials to share however, we will share these materials with registered in-person and online attendees over email following the presentation.

September 12

Living the American Dream

*Dr. John Huang, Author,
Sports Reporter and Columnist
Nolan Group Media*

September 19

Lifelong Learning at the Carnegie Center & Reading Kentucky Writers

*Jennifer Hester Mattox, Executive Director
Carnegie Center for Literacy & Learning*

September 26

Lexington Freedom Train

*Yvonne Giles, Local Historian
Lexington Freedom Train: The Lewis
and Harriet Hayden Story*

October 3

Forgetfulness: Normal Aging, or Something Else?

*Dr. Erin Abner, Professor of
Epidemiology and Environmental Health
University of Kentucky*

October 10

Pretend the Ball is Named Jim Crow: The Story of Josh Gibson

*Dorian Hairston, English Teacher
Fayette County Public Schools*

October 17

**Serving The 76th
KY House District for 34 Years**

*Representative Ruth Ann Palumbo
Legislator*

October 24

Protect Yourself Against Scams with the Better Business Bureau

*Heather Clary, Community & Media
Relations Coordinator
Better Business Bureau, serving
Greater KY and South Central IN*

October 31

**There's Nothin' Scary About It!
Getting & Staying Healthy
with Pickleball**

*Dan Stone, PhD, Treasurer & Board
Member, Larry Roberts, Pickleball
Player, and Shana Harris, Director of
Pickleball Operations at YMCA
Kentucky Pickleball Association
& YMCA of Central Kentucky*

November 7

Wine Production in Kentucky

*Jeffrey Wheeler, Enology Extension Specialist
University of Kentucky*

November 14

Women Veterans and Their Needs

*Ms. Phyllis Abbott, Executive Director
Lady Veterans Connect*

November 21

**The Importance of Sleep for
Health and Longevity**

*Dr. Lauren Whitehurst,
Assistant Professor
University of Kentucky*

November 28

**Thanksgiving Day
No Forum Presentation**

December 5

Holiday Concert

*George Ely, President
Young at Heart Big Band*

FALL 2024 LEXINGTON ALL COURSE OFFERINGS

COMPUTERS & TECHNOLOGY



Adventures in Photography

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

*Dates and Times: Mondays, October 7 – November 4
1 – 3 p.m.*

Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$46

This class will include instruction in white balance, depth of field, aperture, and shutter speeds to blur motion and to stop motion. The instructors will show how to photograph close up with the lens students already have. They will demonstrate close up and micro photography techniques with other lenses. Students will learn how to use common filters correctly. The instructors will introduce infrared photography with the student's camera using filters provided by the instructors. This five-week course will spend alternating weeks in class and in the field shooting photos. Students should have a basic knowledge of their camera. Students need to have their camera with a full battery, an empty memory card, the camera manual and a note pad.

Computer Basics for Windows PC

Instructor: Myra Engle

*Dates and Times: Thursdays, September 12 – October 17
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.

Creating Personal Greeting and Note Cards with Word

Instructor: Myra Engle

*Dates and Times: Thursdays, October 24 – November 14
10 – 12 Noon*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$50

Never buy another greeting or note card! Learn how to create note/greeting card templates, how to insert graphics/photos and text boxes, how to add special effects to these elements, and how to make your own Christmas Cards. 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!

Digital Imaging Using Corel PaintShop Pro for Windows PC Only

Instructor: Joe Dietz

*Dates and Times: Tuesdays, October 29 – December 10
(No class November 5)*

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

In this class the students will learn how to enhance their pictures using a digital imaging program. They will learn the steps of how to crop, brighten, lighten, and generally clean up their pictures for a better presentation. The program used is Corel's PaintShop Pro. Students will also learn how to properly scan their old photographs so they can be enhanced. In this class students will learn more about using text with their images, working with layers, straightening pictures, and using scripts to create a variety of different presentations such as color sketch or charcoal sketch of their pictures. We will also work on restoring old pictures and learn how to take someone out of a picture and put them on another picture. We will continue learning techniques to restore old photographs and learn how to create a collage with several of your pictures.

Equine Photography

Instructors: Kathy Davis, Boone Baldwin, Larry Neuzel, Rita Egan, Rebecca Brothers, Karen Higdon, Arleigh Kerr

Dates and Times: Mondays, September 9 – 23

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$46

Kathy Davis will be diving into how to improve our photos by using different composition techniques. The first session will be on what to look for in the viewfinder when framing up your shot. We will also go into the "rules" of a good image. The second session will be at Keeneland at the prestigious Yearling Sale, where you can practice these techniques on live year-old colts and fillies. The third session will be show and tell in class.



**Morehead Trip - Space Science Center
Spring 2024**



Introduction to Flash Photography

Instructors: Boone Baldwin, Karen Higdon, Larry Neuzel, Rita Egan, Rebecca Brothers, Arleigh Kerr
Dates and Times: Mondays: November 18 & 25
1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$42

Are you interested in improving your photographs by learning some simple techniques using your camera's built-in flash or using an external flash? In this class you will learn when to use your flash and how to use it to enhance your photography. You will learn to use a flash to take natural looking pictures of people and to use fill flash for more natural looking everyday photography. We will demonstrate how to use your flash in portraits, group photography and everyday photos. You will have a chance to practice these techniques. Students need to have their camera with a full battery, an empty memory card, the camera manual and a note pad. If you own an external flash, bring it to class.

Get Much More Out of Your Mac

Instructors: Kurt Jefferson
Dates and Times: Fridays, September 20 – October 25
10:30 – 12:30 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 4 | 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.

Getting the Most Out of Your iPhone

Instructor: Joe Dietz
Dates and Times: Wednesdays, September 11 – October 16
1 – 3 p.m.
Course 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.

iMovie for iPad: Creating Movies Made Easy

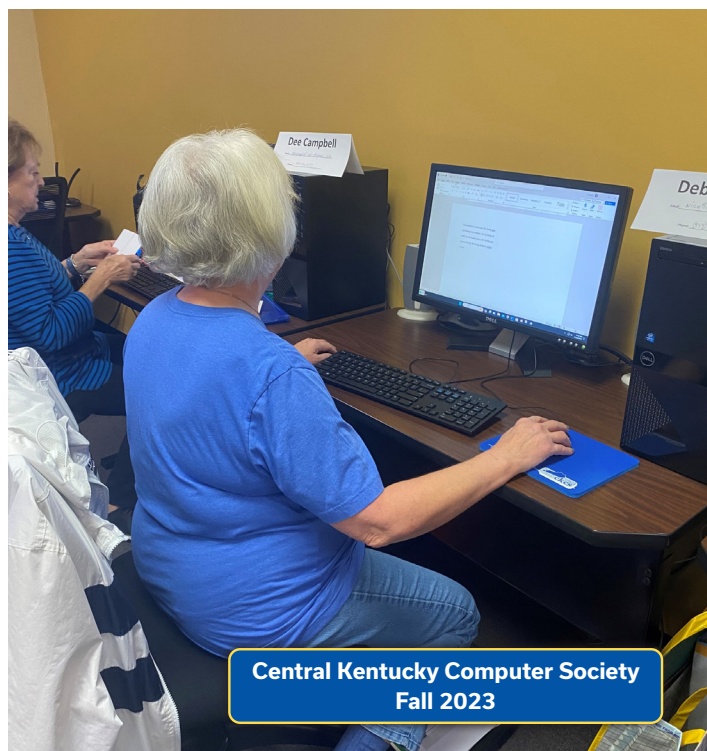
Instructor: Brooke Thomas
Dates and Times: Thursdays, October 3 – 17
1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$46

Unlock the power of storytelling with your iPad in this engaging class. Discover how to use the free iMovie app to craft compelling movies using photos and music. Add a personal touch with custom text and smooth transitions. By the end of the session, you'll be ready to share your cinematic creation with friends, family, and on social media. Whether you're a beginner or looking to enhance your video editing skills, this class is your ticket to producing memorable movies with ease.

Introduction to Photoshop Elements

Instructor: Anne Campbell
Dates and Times: Mondays, October 28 – December 2
11 – 1 p.m.
Course 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 editing including adjusting lighting and color, cropping, cloning and spot healing, red eye removal, and many 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.



Central Kentucky Computer Society
 Fall 2023



Introduction to Windows 11 Workshop

Instructor: Mike Seiler
Date and Time: Tuesday, October 22, 2024
 9 – 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.

iPad Mastery: Unveiling Hidden Features

Instructor: Brooke Thomas
Dates and Times: Wednesdays, October 30 – December 4
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 7 | Course Fee: \$58

Dive into the depths of your iPad and emerge a master of its capabilities. This class offers a comprehensive guide to utilizing the built-in Apple apps to their fullest potential. Tailor your iPad experience by personalizing and organizing your apps, enhancing your photos, and managing your albums with ease. Gain insights into the iPad's settings, uncover keyboard shortcuts, and add flair to your emails and texts with animations. Plus, receive practical tips on optimizing the use of Calendar, Notes, Reminders, Facetime, and the Libby app. Transform your iPad into a powerhouse of productivity and personal expression.

Organizing Your Computer Files

Instructor: Mike Seiler
Dates and Times: Tuesdays, October 29 – November 19
 (No Class November 5)
 10 – 12 Noon
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$46

Have you ever created a file and saved it, only to find you cannot locate it later? We will look at several strategies for organizing your files to make them easier to find. We will also learn techniques for moving files and folders on your computer and external storage devices.

Personalizing “Memories” in Photos on the iPad Workshop

Instructor: Brooke Thomas
Date and Time: Thursday, September 19, 2024
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$34

This workshop will guide you through the process of transforming automatically created ‘Memories’ videos into treasures that truly reflect your style. Learn to select music, edit titles, adjust video duration, and curate photos to perfect your narrative. Quick, easy, and fun, these enhanced Memories are ideal for sharing life’s special moments with loved ones. Join us and make your memories uniquely yours!

What’s New in iOS 18 for iPhone Workshop

Instructor: Joe Dietz
Date and Time: Thursday, November 7, 2024
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$34

In this class the students will learn many of the new features of the latest iPhone operating system.

CULTURE



3 Rebel Directors

Instructor: Ken Kurtz
Dates and Times: Mondays, September 9 – November 11
 1 – 4 p.m.
Course Location: The Lafayette, Activities Room
Maximum Enrollment: 30 | Course Fee: \$30

3 Rebel Directors (Wes Anderson, Luis Bunel, Jules Dassin) will offer films not often seen anymore, why they made their mark on world cinema and why they were rebels. If you haven’t seen these films, prepare to have your eyes opened.



Danger, Suspense and Deception: The Best of Alfred Hitchcock

Instructor: Jay Sherwin

*Dates and Times: Tuesdays, September 24 – October 15
9:30 – 11 a.m.*

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$30

In his legendary career as a director, Alfred Hitchcock created suspenseful films filled with flawed heroes, charming villains and moral ambiguity. In this four-week online course, we'll consider some of Hitchcock's very best films, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key elements. Join us to explore the mind of a brilliant, complicated man and the surprising, confounding, entertaining world he created on film.

How Movies Tell Stories: Narrative Structure, Visualizing the Storyline & More! (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, September 6 – November 22
(No class October 4 & November 15)*

1 – 3:45 p.m.

Course Location: Lexington Theological Seminary, 3rd Floor and Zoom

Maximum Enrollment: 25 each | Course Fee: \$30

We will watch 10 outstanding movies, noting how each movie's story was designed and visualized for the screen. We will delve into such topics as the 3-act structure of movie plots, linear and nonlinear narratives, shot sequencing, point of view, character development, dialogue, the placement of plot points, thematic intent, mood, and the contributions of cinematography, production design, film editing, and the musical soundtrack to storytelling. The movies are an international collection. They include: a silent German expressionist masterpiece, a visually stunning tale of World War I heroism, a medieval Swedish legend retold with a modern existentialist slant, the greatest "space opera" ever filmed, a French anthology film about the vagaries of love, a sly Hitchcock thriller, and more! Take this course and gain insights into how movies tell stories.

Native Peoples of the Southwest, Part 1, the Puebloans

Instructor: Kelli Carmean

*Dates and Times: Thursdays, October 10 – November 21
10 – 11:30 a.m.*

Course Location: CenterWell Richmond Road, Activity Center

Maximum Enrollment: 20 | Course Fee: \$30

Ever gazed upon the amazing Native American ruins of the Desert Southwest? Ever attended an Indian Market and wondered about the beautiful crafts such as painted pottery and turquoise jewelry? If so, this class is for you. Join in the fun as we learn about the Navajo and the Hopi and so many more Southwestern cultures not only from their archaeological past, but also their vibrant, contemporary lives today. This course is envisioned as two parts but can also be taken as stand-alone courses. Fall 2024's Part 1 will focus mostly on the Puebloans, and Spring 2025's Part 2 will focus mostly on the Navajos. Our optional parallel read for Part 1 is Ceremony by Leslie Marmon Silko.



Philosophy SIG

Facilitator: Jim Carigan

*Dates and Times: Fridays, September 6 – December 6
(No class November 29)*

10 – 12 Noon

Course Location: Online Zoom SIG

Maximum Enrollment: 35 | No Course Fee

Participate in discussion of a philosophical question chosen weekly by SIG members.

The Drama and Passion of Spanish Art

Instructor: Marcia Freyman

*Dates and Times: Mondays, October 14 – November 11
2:30 – 4 p.m.*

Course Location: Crestwood Christian Church, Chalice Hall

Maximum Enrollment: 30 | Course Fee: \$30

This course will explore the history of Spanish art and some of its most important figures. Artists discussed will include Goya, Zurbaran, Velazquez, El Greco, Gaudi and others who worked during Spain's Golden Age, the Counter Reformation and the Civil War. Influences on these artists from other countries and styles will add insight into the importance of their place in art history.

The Vienna Secession

Instructor: David Shattuck

*Dates and Times: Tuesdays, November 12 – 26
1 – 2:30 p.m.*

Course Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 40 | Course Fee: \$30

The Vienna Secession began in 1897 when Gustave Klimt and others chose to break away from the academic tradition. The Secession happened simultaneously with radical advances in music, architecture, and psychiatry. The movement included design and decorative arts in addition to painting and sculpture. Artists involved in the Secession include Oskar Koskoshka, Koloman Moser, Josef Hoffman, and Egon Schiele.

EXPERIENTIAL LEARNING



How to Make Craft Beer at Home

Instructors: Stephen Scheff and Don Keach

Dates and Times: Wednesdays, October 9 – 30

3 – 5 p.m.

Course Location: Beaumont Presbyterian Church, Fellowship Hall and Kitchen

Maximum Enrollment: 12 | Course Fee: \$30

Home brewing is becoming a great new hobby but many individuals think it's difficult and expensive to do. In this course, students will discover how easy and fun it is to make beer at home in their kitchen. We will talk about the history and types of beer and introduce the students to the basic ingredients of beer. There will be a discussion of basic equipment for home brewing, and the difference between all grain and extract brewing. In the second meeting, we will use a basic commercially available extract beer kit to brew beer in class. Students will actively participate in this process. In the third meeting, there will be a discussion about different types of malts and hops and the necessity for basic sanitation of brewing equipment. There will also be a discussion on the importance of record keeping. At the fourth and final class, we will demonstrate how to prepare the fermented beer for bottling and assist the students in the bottling and capping the beer. Each student will be able to take home a couple of bottles of the beer that was made in class.

Music Composition with Computers

Instructor: Addison Bird

Dates and Times: Wednesdays, September 4 – November 6

1 – 3 p.m.

Course Location: BCTC Leestown, 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.



World of Wine Course
Summer 2024

Music Composition with Computers Part 2 - Advanced

Instructor: Addison Bird

Dates and Times: Fridays, September 6 – November 8

1 – 3 p.m.

Course Location: BCTC Leestown, M-143

Maximum Enrollment: 20 | Course Fee: \$30

This course is a sequel to the Making Music with Computers Course. It follows the same general format except everything is bigger and more in depth. 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. Similar to Part 1, students can expect to learn about and create music in a variety of genres and compositional methods. The overall complexity of the class is generally higher and students should have either participated in Part 1, or have moderate experience in DAWs or Notation Engraving Software. Reading traditional music notation is not required but is highly recommended. The class will feature some of it but students can focus on the method of composition they find most comfortable.

Shared Interest Group for Writers SIG

Facilitators: Sandy Emerson and Gerard Howell

Dates and Times: Mondays, September 9 – December 9

1:30 – 3:30 p.m.

Course Location: Central Baptist Church, Meeting Room 1

Maximum Enrollment: 18 | No Course Fee

Are you a writer, or a writer wanna be? Do you want to share your writings and your love of writing with others? This group is for writers of fiction, poetry, life stories, and anything your writer's heart can imagine. We meet weekly to share our free or structured writings and to support each other in our writing efforts. Experience not required. Enthusiasm expected. See you there.



World of Wine Course
Summer 2024

HEALTH & WELLNESS



Aging Well: Brain, Body, and Mindfulness (Hybrid)

Instructor: Don Gash
Dates and Times: Fridays, October 18 – November 22
10 – 11:30 a.m.
Course Location: Lexington Theological Seminary, 5th Floor and Zoom
Maximum Enrollment: 25 Each | Course Fee: \$30

Mindfulness is not rocket science but common sensical ways of thinking that millions of ordinary people have found to be transformative. It gets the body and brain working together, promoting health and well-being. Where science comes in is in studies showing that regular mindfulness practices are brain and body healthy: lowering stress and anxiety, strengthening the immune system, decreasing depression, and improving focus and attention with cognitive benefits.

Introduction to Nordic Walking SIG

Facilitator: Don Gash
Dates and Times: Thursdays, September 5 – 26
10 – 11:30 a.m.
Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 20 | No Course Fee

Nordic walking is a highly recommended, safe 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 include the Arboretum.

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

Nordic Walking and Trekking SIG

Facilitator: Don Gash
Dates and Times: Tuesdays, October 1 – 22
10 – 11:30 a.m.
Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 20 | No Course Fee

This class includes higher impact aerobic exercising for building skills and fitness while enjoying walking and trekking outdoors with Nordic Ski Poles. The benefits include strengthening and toning up muscles in both the upper and lower body, improving balance and gait, cardiovascular fitness and promoting brain health.

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



Nordic Walking SIG
Fall 2023

Line Dancing Level 1 – First Timers!

Instructor: Shirley Bryan
Dates and Times: Thursdays, September 12 – November 21
(No class October 3)
11:15 – 12:15 p.m.
Location: Bluegrass Youth Ballet
Maximum Enrollment: 20 | Course Fee: \$30

An 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, September 17 – November 21
(No class October 3 & November 5)
10 – 11 a.m.
Location: Bluegrass Youth Ballet
Maximum Enrollment: 35 | 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, September 17 – November 19
(No class November 5)
11:15 – 12:15 p.m.
Location: Bluegrass Youth Ballet
Maximum Enrollment: 20 | 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!

Move to the World's Music

Instructor: Meg Crellin
Dates and Times: Mondays, September 16 – November 4
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 gypsy 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.



OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton
Dates and Times: Mondays, Wednesdays and Fridays, September 4 – December 6 (No class November 27 & 29)
11:30 – 12:30 p.m.
Location: Crestwood Christian Church Gymnasium, and Zoom
Maximum Enrollment: 75 Each | 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.

Senior Ballet Class for Beginners/Intermediate Levels

Instructor: Ashley Reed
Dates & Times: Wednesdays September 4 – December 4 (No class November 27)
3:30 – 4:30 p.m.
Course Location: Lexington Ballet Company, 3rd Floor (paid parking lots on both sides of building & limited street parking on Church & Second Street)
Maximum Enrollment: 18 | Course Fee: \$30

Come and join a ballet based dance class taught by a Lexington Ballet company member. In this class you will learn the fundamentals of ballet and enjoy the opportunity to move like a ballet dancer. You will learn to enhance your balance and develop poise in your posture. You will also learn how to lengthen and soften movements executed with your body. There will also be available ballet movements in coordination with sitting and/or wheelchair based students. All are welcome for this movement based experience.

REQUIRED MATERIALS: Those enrolled will need comfortable tight clothing like leotard, tights, a ballet skirt if they wish or leggings if they wish. This is so the instructor can see their body and make appropriate corrections and ensure those enrolled will not endanger themselves. They will also need ballet slippers.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka
Dates and Times: Tuesdays and Thursdays, September 5 – December 5 (No class November 5 & November 28)
11:30 – 12:30 p.m.
Location: Crestwood Christian Church Gymnasium, and Zoom
Maximum Enrollment: 75 | 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.

Why Isn't She Crying...A Discussion About Coping With Loss

Instructor: Chris Conley
Dates and Times: Thursdays, October 3 & 10
1 – 3 p.m.
Course Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 15 | Course Fee: \$20

“Have you thought you might be grieving “wrong”? Do you wonder how you can help a friend who is grieving? In this class, we will talk about the many ways we cope with losses of all kinds.”

HISTORY & GOVERNMENT



Agonizing Choices, Disastrous Turns: German People and Their Lives, 1920-1950

Instructor: Penny Lamb
Dates and Times: Fridays, September 6 – October 25
1:30 – 3:30 p.m.
Course Location: Crestwood Christian Church, Room MC-5
Maximum Enrollment: 25 | Course Fee: \$30

How did a supposedly rational people like the Germans, with their long history of significant contributions to science, philosophy, theology, and the arts, end up under the spell of a man like Hitler? How could Nazi thinking permeate the society so completely that the actions of Germans during this period have become one of the ways we define evil? What was it like to be an ordinary German during the twenties, thirties and forties? What effects did the war have on families, culture and religion? In this exploration of World War II we will consider these questions and try to discover some causes and effects.





John and Ann Rogers Clark, the First Family of the First Frontier (Hybrid)

Instructor: Kenneth Gollither

Dates and Times: Mondays, October 7 – 28

1 – 2:30 p.m.

Course Location: BCTC Leestown, Room M-122 and Zoom

Maximum Enrollment: 30 | Course Fee: \$30

In 1749 a 23-year-old John Clark married Ann Paulette Rogers, his 21-year-old second cousin, in Albemarle County, VA. Over the next 24 years, Ann Rogers Clark gave birth to 10 children. Most remarkably, they all lived to adulthood. In 1784, the Clark family moved its seat to Kentucky County, Virginia (now Jefferson County, Kentucky). The four daughters lived to be matriarchs of prominent Kentucky families. Of the sons, five served as officers in the American Revolution. Three became Generals. One of those Generals, George Rogers Clark, is credited with conquering the Northwest Territory. The son who was too young to go to war was William Clark, one of the headliners of the Lewis and Clark expedition of 1803-1806. This course will discuss each of the twelve members of the Clark family and their individual contributions to Kentucky and American history.

Kentucky's Lincoln (Hybrid)

Instructor: Phil Maxson

Dates and Times: Wednesdays, October 2 – 30

1 – 2:30 p.m.

Course Location: BCTC Leestown, Room M-122 and Zoom

Maximum Enrollment: 75 | Course Fee: \$30

We will discuss multiple Kentuckians who were important to the evolution of Lincoln's ideas towards politics and slavery. We will follow those ideas into his political life before the Civil War and during his Presidency. During that time, we will look to see where many of his ideas came from and that Kentuckians were instrumental in his evolution from the beginning.

Lessons from the Vietnam War

Instructor: Ed Linz

Dates and Times: Thursdays, October 10 & 17

1 – 2:30 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

The session will focus on events leading to U.S. involvement in Vietnam culminating in an avoidable war with casualties over two million, including 58,000 Americans. There will be a discussion of the French colonial era, the rise of Ho Chi Minh and the Viet Minh, South Vietnamese politics, and U.S. policy decisions. There will also be a detailed examination of the conduct of the war, with an emphasis on the tactical decisions leading to heavy casualties among Americans and their communist opponents. This will be an interactive course soliciting questions and comments.

Elder Law 101

Instructor: Dave Emerson

Dates and Times: Tuesdays, October 1 – November 12

(No class November 5)

1 – 3 p.m.

Course Location: CenterWell Regency Centre, Activity Center

Maximum Enrollment: 35 | Course Fee: \$30

As we age and begin to think about getting our family's personal and financial affairs in order, we need to be aware of the many legal issues related to those affairs. This class will address Wills, trusts, powers of attorney, disability/incompetency proceedings, long term care options, insurance, and the process of Probate to guide you more confidently through the process.

Golden Age of Piracy

Instructor: Janinne Johnson

Dates and Times: Mondays, October 7 – November 18

10 – 12 Noon

Course Location: Crestwood Christian Church, Bradford Room

Maximum Enrollment: 28 | Course Fee: \$30

Ahoy, Matey! Grab your scabbard and grog and join in the adventures of the Golden Age of Piracy (1700-1725) in the Caribbean and Colonial America. In addition to studying individual pirates such as Black Sam Bellamy, Benjamin Hornigold, and Blackbeard, we will explore the role of piracy in creating a unique democracy. We will also examine how the pirates caused serious economic and political disruption for Spain and other world powers as well as how piratical behavior influenced Colonial America.

It Can Happen Here

Instructor: Jeff Freyman

Dates and Times: Mondays, October 14 – November 11

2:30 – 4 p.m.

Course Location: Crestwood Christian Church, MC-3

Maximum Enrollment: 20 | Course Fee: \$30

America is looked upon as a democratic beacon to the world. But how threatened by its opponents is our form of government? Based on lectures and class discussion, this course tours the world of American authoritarianism. We survey the nature of authoritarianism and how it has changed since the end of World War II. We look at historical conspiracies against democratic government in America and authoritarian strands of the nation's mass political culture, including support for governing models offered by foreign dictatorships. Finally, the course examines how democracies die and the prospects of its happening in our country. The central issue of the course is: How to preserve freedom and the government that protects it from those citizens who are attracted to its opposite.



Vice Mayor Dan Wu
Donovan Forum - Spring 2024

Pundits, Polls & Politics! The '24 Election!

Instructor: Doug Stowell

Date and Time: Tuesday, September 24, 2024

10 – 11:30 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

The '24 Election is here! Let's 1) Review POTUS "Approval" history 1945-2020, 2) Explore how better voter polls are done, 3) Discuss "Pundits", 4) Define "Generations" and 5) We will review current polls and focus on the "issues" by doing some actual in-class polls! Next, we'll try a Corporate Assessment Model, "CAM", a business "tool" by which we can rank the issues AND the candidates! Finally, we will do a class electoral vote prediction! Do just 6% of eligible voters actually decide an election? How can we voters be part of that 6%! A cell-phone and some familiarity with Q/R codes is helpful, but not required. This is a non-partisan discussion!

The Gospels - A Literary and Historical Exploration of the First 4 Books of the New Testament

Instructor: Doug Hahn

Dates and Times: Tuesdays, September 3 – October 8

(No class September 24)

1 – 3 p.m.

Course Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 15 | Course Fee: \$30

This class is a literary/historical examination of the four gospels of the New Testament: Matthew, Mark, Luke, and John. We will look at who wrote them, to whom, when and why. What were their sources? We will look at similarities and differences. We will explore how they compare with similar documents of that time. I will acknowledge in the class that these books were written from specific faith perspectives, and have been preserved and handed down by the Christian church. However, I am not teaching them as devotional or sectarian books, and will not presume a religious perspective or push a religious agenda.

The Religious and Cultural Origins of the United States Constitution and Its Evolution

Instructor: Larry Hood

Dates and Times: Wednesdays, September 4 – October 2

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will consider the Constitution through the Judeo-Christian understanding of reality and Greco-Roman ideals concerning the cultivation of the mind and the structure of government filtered through 2000 years of history. We'll review: the Ancient, Medieval and Modern worlds' Political and Religious Antecedents; English and Colonial History; the Creation of the Constitution including the Great Compromise; Federalism and Slavery; Interpretations and Revisions; and end with Modern Cultural and Constitutional Flashpoints. All course attendees will be encouraged to contribute their own thoughts and historical interpretations and participate in discussions.

The Warp and Woof of American Politics in Kentucky

Instructor: Larry Hood

Dates and Times: Wednesdays, October 16 – November 13

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will look back in history, beginning in 1774, to explore Kentuckians' understanding of and experiences in: 1) political ideology, 2) the structures of governmental power, 3) class conflict and politics, 4) race and gender issues in politics, 5) the partisan pursuit of power, and 6) post-modern multiculturalism and politics. All course attendees will be encouraged to contribute their own thoughts and participate in discussions.

LANGUAGES



Basic French for Travelers

Instructor: Dale Henley

Dates and Times: Tuesdays, September 3 – October 22

10 – 11 a.m.

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 24 | 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 and reading the dinner menu.



Laughter Yoga, Jaime Brown
Donovan Forum - Spring 2024



Morehead Trip - Folk Art Museum
Spring 2024

LITERATURE



Banned Books SIG

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, September 19, October 17, November 21 & December 19
 10:30 – 12 Noon
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have to 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. September 19: "Go Tell It on the Mountain", by James Baldwin. The books for October, November and December will be selected by the group from a master list. Handouts will be emailed a few days before each session.

Controversial Children's Literature SIG

Facilitator: Frances Goodfriend
Dates and Time: 1st Wednesdays of each month, September 4, October 2, November 6, and December 4
 5 – 6:45 p.m.
Course Location: Lexington Public Library, Beaumont Branch
Maximum Enrollment: 30 | No Course Fee

How do you feel about censorship? Should someone have the right to target books that are popular with teens and restrict what they can read? Is it ever appropriate? What justification? This SIG will meet the first Wednesday of each month from 5:00 to 6:45 pm, to discuss great bestsellers directed at kids, that have been restricted or banned for some reason. September 4: "The Perks of Being a Wallflower", by Stephen Chbosky. The book for October 2 will be "Are You There, God? It's Me, Margaret" by Judy Blume. The books for November and December will be selected by the group from a master list. Handouts will be emailed a few days before each session.

International Classics SIG

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, September 19, October 17, November 21 & December 19
 1:30 – 3 p.m.
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

This SIG will meet the third Thursday of each month to enjoy international masterpieces of literature, by authors neither British nor American. There are many wonderful bestsellers from around the world that most Americans have never read or even know exist, and some great classics. The sessions will start with "The Brothers Karamazov" by Fyodor Dostoyevsky. Subsequent novels will be chosen by the group, perhaps something marvelous from Japan, South America, India or Africa! Handouts will be emailed to participants before each session.

Superb Sleuths - Marvelous Mysteries SIG

Facilitator: Frances Goodfriend
Dates and Times: 1st Wednesdays of each month, September 4, October 2, November 6 & December 4
 10:30 – 12 Noon
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! This SIG will meet the first Wednesday of each month September through December, to consider and discuss some of the internationally best-selling mystery and thriller novels. Each was first in a series for a beloved detective, with many, many sequels. The sessions will start with September 4: "The Black Echo (Detective Harry Bosch)" by Michael Connelly, a gripping story in gritty Los Angeles. Class participants will select the books for October, November and December. Handouts will be emailed to participants before each session.

Why I Still Read Hemingway - and Why You Should Too

Instructor: Stacy Schultz
Dates and Times: Thursdays, October 17 – November 21
 1 – 3 p.m.
Course Location: CenterWell Richmond Rd, Activity Center
Maximum Enrollment: 12 | Course Fee: \$30

During the 1980s, Hemingway lost favor with a college generation focused on the rights and treatment of women. Posthumously charged with misogyny, he was found guilty in the court of righteous indignation and quietly dismissed from the classroom. I go to Hemingway for his clean, straightforward writing, great story-telling skills, and his candid--not unsympathetic--take on women. Let's resurrect his good name together. **Texts to be read:** "The Sun Also Rises" and "A Farewell to Arms".



Morehead Trip - Folk Art Museum
Spring 2024

OUT OF THE BOX



Beginning Bridge SIG

Facilitator: Tom Stanwix-Hay
Dates and Times: Tuesdays and Thursdays,
September 24 – October 22
4 – 6 p.m.
Location: Lexington Bridge Club
Maximum Enrollment: 28 | No Course Fee

Discover the enjoyment and recreational benefit of duplicate bridge. Open to anyone interested in learning how to play or becoming reacquainted with the game. Topics include modern bidding, play of the hand, beginning defense and scoring.

Decision Making

Instructor: Joe Hallock
Dates and Times: Mondays, September 9 – October 14
1:30 – 3:30 p.m.
Course Location: CenterWell Richmond Road, Activity Center
Maximum Enrollment: 20 | Course Fee: \$30

Making good decisions is a lifelong skill that gets better with experience. Making hard decisions comes with practice and skills that others have developed by brute force. Using these tools will yield more satisfying choices and improve one's attitude for having to have make important decisions. Discussions about other techniques will be encouraged. A brief discussion about interpreting "studies" and a little about statistics and their effect on decision making will be included. The class will terminate with a Teams Oriented Problem Solving (via Ford Motor Company) worksheet.

Learning to Play Bridge: Play of the Hand SIG

Facilitator: Darryl Bennett
Dates and Times: Tuesdays and Thursdays,
October 24 – December 5 (No Class November 5 & 28)
4 – 6 p.m.
Location: Lexington Bridge Club
Maximum Enrollment: 32 | No Course Fee

This SIG will introduce students to scenarios they will encounter when playing bridge hands. They will learn to develop tricks, eliminate losers, and use entries to their hand and the dummy. This SIG is a continuation of the beginning bridge SIG. Participants will use progressive techniques to learn and improve their play. Topics include making a plan of play, developing tricks, and making the contract.



PERFORMING ARTS



OLLI Chorus

Instructor: John Stegner
Accompanist: Bobbie Bevins
Dates and Times: Wednesdays, September 4 – December 4
(No class November 27)
1 – 2:30 p.m.
Location: Southern Hills United Methodist Church
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 a sense of blend and balance, striving for a professional choral sound. Join the chorus for an enjoyable, yet challenging experience.

SCIENCE & ENVIRONMENT



Geology Rockhounds: Investigating Distant Worlds SIG

Facilitators: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Thursdays, October 3 – 31
10 – 12 Noon
Course Location: Lexington Public Library, Eastside Branch
Maximum Enrollment: 20 | No Course Fee

This SIG is intended for those who would like to go "Rockhounding" to discover what we know about the distant environments of Exoplanets, Moons, Planets and Asteroids. The role of Meteorites. Space Telescopes and Light will also be discussed. An (Earthly) excursion is planned TBA.

Medical Marijuana 101

Instructor: Diane Vance

Dates and Times: Mondays, November 11 & 18

10 – 12 Noon

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$20

Medical marijuana will become legal in Kentucky on Jan. 1, 2025. This course will provide information that should help participants make more informed decisions about its use. We will define terms associated with medical marijuana, discuss its general effects and the ways it can be taken, and summarize research-based evidence related to its use. Participants will learn how to interpret labels and consider dosages. We'll summarize the Kentucky laws that will govern the medical marijuana program, including the conditions for which it is approved. The course does not advocate for or against medical marijuana or provide medical or legal advice.

Poisons and Toxins and Venoms - Oh My! (Part 2)

Instructor: Diane Vance

Dates and Times: Mondays, October 21 – November 4

10 – 12 Noon

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

“If you bite it and you die, it’s a poison; if it bites you and you die, it’s a venom.” Part 1 of this course talked about naturally occurring plant poisons. In Part 2 we will discuss animal venoms. We’ll talk about 6 groups of animals that are venomous. We’ll look at how they inject venom and what the venom does to the body. We’ll also mention the venoms that have become the basis for medical treatments. You don’t need to have taken Part 1 to take Part 2. No science background is required.

Psychoactive Drugs

Instructor: Meg Upchurch

Dates and Times: Tuesdays, September 3 – October 8

3 – 5 p.m.

Course Location: Transylvania University,

Carpenter Academic Center (CAC), Room 203

Maximum Enrollment: 20 | Course Fee: \$30

Humans have a long history of using psychoactive drugs to alter their moods and perceptual experiences, inhibit pain, and treat psychological and neurological disorders. This course covers basic principles of pharmacology that apply to medicines and drugs in general. Students will then learn about the characteristics of specific psychoactive drugs, such as alcohol and opioids. The lectures and discussions will cover not only how the drugs work in the brain, but also some information about their historic roles and their current social impacts. Principles of prescribing drugs to older adults will also be discussed.

Savvy Spruce and Mindful Mimosa: The Case for Plant “Thinking”

Instructor: Jack Furlong

Dates and Times: Fridays, October 25 – December 13

(No class November 15 & 29)

3:30 – 5 p.m.

Course Location: Crestwood Christian Church, Room MC-3

Maximum Enrollment: 20 | Course Fee: \$30

For many of us, thinking plants belong in fairy tales and Disney films, hardly in adult literature. Yet, over the last decade, serious authors have published books with titles like “Planta Sapiens”; “What A Plant Knows”; “The Language of Plants”; “The Hidden Life of Trees”; “Finding the Mother Tree”; A popular biography (“Braiding Sweetgrass”), a philosophical hit (“Plant Thinking: A Philosophy of Vegetal Life”), and a Pulitzer Prize winning novel (“The Overstory”) feature the sophistication of plant life. Why such interest from functional humans? The Cognitive Revolution of the last century left some scientists and philosophers skeptical that plants are merely blind chemical machines. Curiosity led to flourishing research in plant complexity. In this course, we explore some of this work for evidence of plant cognition (“thinking”) – without attempting to persuade but rather to spark discussion, critique, and deeper inquiry. We end by considering whether, if plants are indeed cognitive, we owe them a kind of ethical duty.

Street Drugs

Instructor: Diane Vance

Dates and Times: Fridays, October 25 – November 22

1 – 3 p.m.

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

This course will discuss the “street drugs” that are most prevalent now nationally and in central Kentucky. This will include fentanyl, methamphetamine, xylazine (“tranq”), cocaine, nitazines, and other new psychoactive substances. We’ll discuss the brain changes that take place in addiction (“substance use disorder”) that make it so difficult for users to stop taking the drugs. We will also have information about harm reduction programs with emphasis on those in central Kentucky. An outside speaker is planned. No science background is required.





Mad Potter Social
Spring 2024

The History of Earth and Life

Instructors: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Thursdays, September 5 – November 14
(No class September 26)
1 – 2:30 p.m.
Course Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 40 | Course Fee: \$30

This course will examine the history of Earth and life from the Precambrian (beginning 4.55 billion years ago) to the present. This class will look at everything from meteorites and the early solar system, to trilobites to dinosaurs and will end with human evolution and climate change. The class will cover historical geology with an emphasis on life of the past as understood by paleontologists and earth scientists.

The Near-Death Experience: Examining What is Known

Instructor: David Royce
Dates and Times: Wednesdays, September 4 – October 2
1 – 2:30 p.m.
Course Location: CenterWell Regency Centre, 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. Course will include PowerPoint presentations, lectures, and discussion.

VISUAL ARTS



How to Paint Fur and Feathers

Instructor: Joe Schum
Dates and Times: Tuesdays, September 3 – November 19
(No class October 15 & November 5)
10 – 12 Noon
Course Location: Beaumont Presbyterian Church, Fellowship Hall
Maximum Enrollment: 24 | Course Fee: \$50

Each session will begin with a lecture/discussion. Next, the instructor will do a live demonstration of the topics discussed. Students may choose to actively follow along, or observe during the demonstration.

Introduction to Painting

Instructor: Joe Schum
Dates and Times: Tuesdays, September 3 – November 19
(No class October 15 & November 5)
1 – 3 p.m.
Course Location: Beaumont Presbyterian Church, Fellowship Hall
Maximum Enrollment: 24 | Course Fee: \$50

Students will be directed to complete one painting in each 2-hour class period. The instructor will show the step-by-step progress, as students follow along. Each painting will be a new composition, for a total of 10 different paintings for the semester.

FALL 2024

UK WELLNESS OPPORTUNITIES

Johnson Recreational Center *(additional fee required)*

430 Complex Dr, Lexington, KY 40506

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

Fall schedule begins Wednesday, August 21st.

Hours of Operation (subject to change):

Sunday: 11 a.m. - 12 a.m.

Monday - Friday: 6 a.m. - 12 a.m.

Saturday & Sunday: 9 a.m. - 9 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.

Fall schedule begins Wednesday, August 21st.

Hours of Operation (subject to change):

Sunday: 11 a.m. - 12 a.m.

Monday - Friday: 6 a.m. - 12 a.m.

Saturday & Sunday: 9 a.m. - 9 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 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 **2024 - 2025 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 September 3, 2024

Lap swim hours (Dates and times subject to change, and hours may 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 - 4 p.m.

Sunday: 12 - 2 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

FALL 2024 MOREHEAD ALL COURSE OFFERINGS

CULTURE



Beginner's Bridge SIG

Instructor: Bob Lindahl

*Dates and Times: Fridays, September 6, 20, October 4, 18, November 1, 15, December 6 & 13 (No Class November 29)
10 – 11:30 a.m.*

Course Location: The Fuzzy Duck

Maximum Enrollment: 12 | No Course Fee

Since the class will focus primarily on bridge beginners, each of the topics described below will be explained while the members are seated at the bridge table to play hands based on the principles given. The eight sessions will cover the basics of bridge fundamentals: bidding, scoring, trump & no-trump contracts, play-of-the-hand, and defensive play.

Behind the Scenes

Instructor: Dennis Karwatka

*Dates and Times: Wednesdays, September 11 – October 2
10 – 11:30 a.m.*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 30 | Course Fee: \$25

Utilizing a Power Point presentation and short video clips, this class will look at the lives of four individuals who contributed to the advancement of the motion picture industry. Yakima Canutt was the only stunt performer to win an Academy Award and was John Wayne's stunt double during the 1930s and 1940s. Walt Disney holds the record for the most personal Academy Awards, 32 by some measures. Academy Award winning Herbert Kalmus was a movie producer who also invented the first reliable color film process in 1922, Technicolor. Alfred Hitchcock was a director who minimized dialogue and actor emotion, to allow his unique cinematic techniques to better tell a motion picture story but he never won an Academy Award.

Osher Classic Movie Series SIG

Facilitators: Vicente Cano and Dennis Karwatka

*Dates and Times: Mondays, September 9 – October 7
12:30 – 3:30 p.m.*

Course Location: Rowan County Library, Community Room

Maximum Enrollment: 30 | No Course Fee

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

DAY TRIP



Kentucky Department of Fish and Wildlife Resources Center for Mollusk Conservation (Frankfort, Kentucky)

Trip Coordinator: Steve Bonney

Date and Time: Wednesday, October 9, 2024

10 – 12 Noon

Course Location: KDFWR Center for Mollusk Conservation

Maximum Enrollment: 10 | No Course Fee

Visit the Kentucky Department of Fish and Wildlife Resources Center for Mollusk Conservation and learn about its efforts to restore and recover rare and imperiled freshwater mollusks. These efforts include mussel releases, advances in mussel culture and propagation, applied research, and field surveys. The Center has also recently begun propagating and rearing the imperiled eastern hellbender. **Transportation for this trip is on your own.**

EXPERIENTIAL LEARNING



Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl

Dates and Times: Thursdays, September 12, 26, October 10, 24, November 14, 21, December 5 & 12

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall and Zoom

Maximum Enrollment: 20 | No Course Fee

The Great Decisions SIG provides information and a format for the members to discuss critical global issues facing America today. Topics from Great Decisions handbook: 5. NATO's Future; 6. Understanding Indonesia; 7. High Seas Treaty; 8. Pandemic Preparedness.

HEALTH & WELLNESS



Cooking is FUN!

Instructors: Jim Masterson, Xiaomin Oney, Larry Dixon, & Capp Yess

*Dates and Times: Tuesdays, October 15 – November 12
(No class November 5)*

11 – 12:30 p.m.

Course Location: First Baptist Church, Basement Kitchen

Maximum Enrollment: 12 | Course Fee: \$25

Well-known members of the Morehead community will demonstrate cooking 1-2 dishes during each class. They will share their love of cooking, special techniques and recipes. Class members will get a sample of the dishes prepared.

Weeds and Wise Ways

Instructor: Carolyn Moore

Dates and Times: Fridays, September 6 – 20

10 a.m. – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | Course Fee: \$25

People have used common herbs for millenniums. Students will learn to identify these local plants and how they have been used throughout the centuries.

LITERATURE



Banned Books SIG

Facilitator: Carol Neeper

Dates and Times: Tuesdays, September 10 – October 1

10 – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | No Course Fee

In 2023 Boyle County Schools quietly banned 100 books for 3 elementary, 1 middle and 1 high school library citing Senate Bill 150 (the Don't Say Gay Act). In 2022 the ALA (American Library Association) stated that there was a 20 percent increase in attempts to ban books and other materials from Public Libraries with most of the requests centering around topics dealing with people of color and the LGBTQ+ communities. During the 4 meetings we will: (1.) Learn about the challenges that school districts are facing when it comes to book banning and how they are responding to the challenge. (2.) Read several books that have been banned from all 3 levels of school. (3.) Discuss the ideas in the books that we read.

Books we will read include: **Picture Books:** *Fred Gets Dressed* by Peter Brown, *When You Trap a Tiger* by Tae Keller, *The List of Things That Will Not Change* by Rebecca Stead, *Aaron Slater, Illustrator* by Andrea Beaty, and **Young Adult Books:** *Too Bright to See* by Kyle Lukoff, *I'll Give You the Sun* by Jandy Nelson, *All the Things We Do in the Dark* by Saundra Mitchell.

All books can be borrowed from public libraries in Kentucky either virtually via the Libby app or you can borrow the actual book from your local library. You are also welcome to purchase the books. I have requested that Coffee Tree Books order one copy of each title. All titles are also available on Amazon. A syllabus will be forthcoming with actual dates that each book will be discussed. Please read each book prior to the class meeting.



Race and Language:

Reading *Huckleberry Finn* and *James*

Facilitator: Layne Neeper and Glen Colburn

Dates and Times: Mondays, September 9 – 30

10 – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 10 | Course Fee: \$25

This four-week, team-taught course will ask participants to read two novels: Mark Twain's *Huckleberry Finn* (1884) and Percival Everett's *James* (2024). The class will explore how the two 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 above all racial prejudice.

READING SCHEDULE: **September 11:** Please read before our first class the first half of *Huckleberry Finn*. **September 18:** Read the second half of *Huckleberry Finn*. **September 25:** Read the first half of *James*. **October 2:** Read the second half of *James*.

Non-Fiction Books SIG

Facilitator: Judith Stafford

Dates and Times: 2nd Mondays of each month, September 9,

October 14, November 11 & December 9

2 – 4 p.m.

Course Location: Coffee Tree Books

Maximum Enrollment: 8 | No Course Fee

Members will pick non-fiction books to read and discuss. Lively discussion of topics help facilitate new learning.

OUT OF THE BOX



Bigfoot in Modern Culture

Instructor: Royal Berglee

Date and Time: Friday, October 18, 2024

10 a.m. – 3 p.m.

Course Location: First Baptist Church, Fellowship Hall and Private Park

Maximum Enrollment: 20 | Course Fee: \$20

The cultural context of Bigfoot will be examined in a historical context from an international perspective. The question will be explored as to why the icon of Bigfoot has become so popular in American advertising, films, TV programs, and in social media in spite of the denial of its existence. Reports of actual encounters in Kentucky and the local area will be shared. The course will conclude with a field experience to a forest location where a Bigfoot encounter was reported.

TED Talks SIG (Hybrid)

Facilitator: Drew Henderson

Dates and Times: Mondays, October 21, 28, November 4 & 11

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall and Zoom

Maximum Enrollment: 15 | 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.



FALL 2024 LEXINGTON & MOREHEAD ONLINE COURSE OFFERINGS

CULTURE



Danger, Suspense and Deception: The Best of Alfred Hitchcock

Instructor: Jay Sherwin

*Dates and Times: Tuesdays, September 24 – October 15
9:30 – 11 a.m.*

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$30

In his legendary career as a director, Alfred Hitchcock created suspenseful films filled with flawed heroes, charming villains and moral ambiguity. In this four-week online course, we'll consider some of Hitchcock's very best films, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key elements. Join us to explore the mind of a brilliant, complicated man and the surprising, confounding, entertaining world he created on film.

How Movies Tell Stories: Narrative Structure, Visualizing the Storyline & More! (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, September 6 – November 22
(No class October 4 & November 15)*

1 – 3:45 p.m.

Course Location: Lexington Theological Seminary, 3rd Floor and Zoom

Maximum Enrollment: 25 each | Course Fee: \$30

We will watch 10 outstanding movies, noting how each movie's story was designed and visualized for the screen. We will delve into such topics as the 3-act structure of movie plots, linear and nonlinear narratives, shot sequencing, point of view, character development, dialogue, the placement of plot points, thematic intent, mood, and the contributions of cinematography, production design, film editing, and the musical soundtrack to storytelling. The movies are an international collection. They include: a silent German expressionist masterpiece, a visually stunning tale of World War I heroism, a medieval Swedish legend retold with a modern existentialist slant, the greatest "space opera" ever filmed, a French anthology film about the vagaries of love, a sly Hitchcock thriller, and more! Take this course and gain insights into how movies tell stories.



Laughter Yoga, Jaime Brown
Donovan Forum - Spring 2024

HEALTH & WELLNESS



Aging Well: Brain, Body, and Mindfulness (Hybrid)

Instructor: Don Gash
Dates and Times: Fridays, October 18 – November 22
10 – 11:30 a.m.
Course Location: Lexington Theological Seminary, 5th Floor and Zoom
Maximum Enrollment: 25 Each | Course Fee: \$30

Mindfulness is not rocket science but common sensical ways of thinking that millions of ordinary people have found to be transformative. It gets the body and brain working together, promoting health and wellbeing. Where science comes in is in studies showing that regular mindfulness practices are brain and body healthy: lowering stress and anxiety, strengthening the immune system, decreasing depression, and improving focus and attention with cognitive benefits.

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Diane Sutton
Dates and Times: Mondays, Wednesdays and Fridays,
September 4 – December 6 (no class November 27 & 29)
11:30 – 12:30 p.m.
Location: Crestwood Christian Church Gymnasium, and Zoom
Maximum Enrollment: 75 Each | 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, September 5 –
December 5 (No class November 5 & November 28)
11:30 – 12:30 p.m.
Location: Crestwood Christian Church Gymnasium, and Zoom
Maximum Enrollment: 75 | 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.



**Young at Heart Big Band
 Donovan Forum - Fall 2023**

Philosophy SIG

Facilitator: Jim Carigan
Dates and Times: Fridays, September 6 – December 6
(No class November 29)
10 – 12 Noon
Course Location: Online Zoom Course
Maximum Enrollment: 35 | No Course Fee

Participate in discussion of a philosophical question chosen weekly by SIG members.

EXPERIENTIAL LEARNING



Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl
Dates and Times: Thursdays, September 12, 26, October 10, 24,
November 14, 21, December 5 & 12
10 – 11:30 a.m.
Course Location: First Baptist Church, Fellowship Hall and Zoom
Maximum Enrollment: 20 | No Course Fee

The Great Decisions SIG provides information and a format for the members to discuss critical global issues facing America today. Topics from Great Decisions handbook: 5. NATO's Future; 6. Understanding Indonesia; 7. High Seas Treaty; 8. Pandemic Preparedness.

HISTORY & GOVERNMENT



John and Ann Rogers Clark, the First Family of the First Frontier (Hybrid)

Instructor: Kenneth Gollither

Dates and Times: Mondays, October 7 – 28

1 – 2:30 p.m.

Course Location: BCTC Leestown, Room M-122 and Zoom

Maximum Enrollment: 30 | Course Fee: \$30

In 1749 a 23-year-old John Clark married Ann Paulette Rogers, his 21-year-old second cousin, in Albemarle County, VA. Over the next 24 years, Ann Rogers Clark gave birth to 10 children. Most remarkably, they all lived to adulthood.) In 1784, the Clark family moved its seat to Kentucky County, Virginia (now Jefferson County, Kentucky). The four daughters lived to be matriarchs of prominent Kentucky families. Of the sons, five served as officers in the American Revolution. Three became Generals. One of those Generals, George Rogers Clark, is credited with conquering the Northwest Territory. The son who was too young to go to war was William Clark, one of the headliners of the Lewis and Clark expedition of 1803-1806. This course will discuss each of the twelve members of the Clark family and their individual contributions to Kentucky and American history.

Kentucky's Lincoln (Hybrid)

Instructor: Phil Maxson

Dates and Times: Wednesdays, October 2 – 30

1 – 2:30 p.m.

Course Location: BCTC Leestown, Room M-122 and Zoom

Maximum Enrollment: 75 | Course Fee: \$30

We will discuss multiple Kentuckians who were important to the evolution of Lincoln's ideas towards politics and slavery. We will follow those ideas into his political life before the Civil War and during his Presidency. During that time, we will look to see where many of his ideas came from and that Kentuckians were instrumental in his evolution from the beginning.

Lessons from the Vietnam War

Instructor: Ed Linz

Dates and Times: Thursdays, October 10 & 17

1 – 2:30 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

The session will focus on events leading to U.S. involvement in Vietnam culminating in an avoidable war with casualties over two million, including 58,000 Americans. There will be a discussion of the French colonial era, the rise of Ho Chi Minh and the Viet Minh, South Vietnamese politics, and U.S. policy decisions. There will also be a detailed examination of the conduct of the war, with an emphasis on the tactical decisions leading to heavy casualties among Americans and their communist opponents. This will be an interactive course soliciting questions and comments.

Pundits, Polls & Politics! The '24 Election!

Instructor: Doug Stowell

Date and Time: Tuesday, September 24, 2024

10 – 11:30 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

The '24 Election is here! Let's 1) Review POTUS "Approval" history 1945-2020), 2) Explore how better voter polls are done, 3) Discuss "Pundits", 4) Define "Generations" and 5) We will review current polls and focus on the "issues" by doing some actual in-class polls! Next, we'll try a Corporate Assessment Model, "CAM", a business "tool" by which we can rank the issues AND the candidates! Finally, we will do a class electoral vote prediction! Do just 6% of eligible voters actually decide an election? How can we voters be part of that 6%! A cell-phone and some familiarity with Q/R codes is helpful, but not required. This is a non-partisan discussion!

The Religious and Cultural Origins of the United States Constitution and Its Evolution

Instructor: Larry Hood

Dates and Times: Wednesdays, September 4 – October 2

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will consider the Constitution through the Judeo-Christian understanding of reality and Greco-Roman ideals concerning the cultivation of the mind and the structure of government filtered through 2000 years of history. We'll review: the Ancient, Medieval and Modern worlds' Political and Religious Antecedents; English and Colonial History; the Creation of the Constitution including the Great Compromise; Federalism and Slavery; Interpretations and Revisions; and end with Modern Cultural and Constitutional Flashpoints. All course attendees will be encouraged to contribute their own thoughts and historical interpretations and participate in discussions.

The Warp and Woof of American Politics in Kentucky

Instructor: Larry Hood

Dates and Times: Wednesdays, October 16 – November 13

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

This course will look back in history, beginning in 1774, to explore Kentuckians' understanding of and experiences in: 1) political ideology, 2) the structures of governmental power, 3) class conflict and politics, 4) race and gender issues in politics, 5) the partisan pursuit of power, and 6) post-modern multiculturalism and politics. All course attendees will be encouraged to contribute their own thoughts and participate in discussions.



LITERATURE

Banned Books SIG

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, September 19, October 17, November 21 & December 19
 10:30 – 12 Noon
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have to 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. September 19: Go Tell It on the Mountain, by James Baldwin. The books for October, November and December will be selected by the group from a master list. Handouts will be emailed a few days before each session.

International Classics SIG

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, September 19, October 17, November 21 & December 19
 1:30 – 3 p.m.
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

This SIG will meet the third Thursday of each month to enjoy international masterpieces of literature, by authors neither British nor American. There are many wonderful bestsellers from around the world that most Americans have never read or even know exist, and some great classics. The sessions will start with The Brothers Karamazov by Fyodor Dostoyevsky. Subsequent novels will be chosen by the group, perhaps something marvelous from Japan, South America, India or Africa! Handouts will be emailed to participants before each session.



Superb Sleuths - Marvelous Mysteries SIG

Facilitator: Frances Goodfriend
Dates and Times: 1st Wednesdays of each month, September 4, October 2, November 6 & December 4
 10:30 – 12 Noon
Course Location: Online Zoom Course
Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! This SIG will meet the first Wednesday of each month September through December, to consider and discuss some of the internationally best-selling mystery and thriller novels. Each was first in a series for a beloved detective, with many, many sequels. The sessions will start with September 4: "The Black Echo (Detective Harry Bosch)" by Michael Connelly, a gripping story in gritty Los Angeles. Class participants will select the books for October, November and December. Handouts will be emailed to participants before each session.

OUT OF THE BOX

TED Talks SIG (Hybrid)

Facilitator: Drew Henderson
Dates and Times: Mondays, October 21, 28, November 4 & 11
 10 – 11:30 a.m.
Course Location: First Baptist Church, Fellowship Hall and Zoom
Maximum Enrollment: 15 | 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.



FALL 2024 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church

1070 Lane Allen Road, Lexington, KY, 40504

Bluegrass Community & Technical College (BCTC) Leestown Campus - Building M

164 Opportunity Way, Lexington, KY, 40511

Bluegrass Youth Ballet

442 Southland Drive, Lexington, KY, 40503

CenterWell Regency Centre

171 West 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

LEXINGTON (continued)

Lexington Ballet Company (Paid Parking)

161 North Mill Street, Lexington, KY 40507

Lexington Bridge Club

3517 Lansdowne Drive, Lexington, KY, 40517

Lexington Public Library, Beaumont Branch

3080 Fieldstone Way, Lexington, KY 40513

Lexington Public Library, Eastside Branch

3080 Fieldstone Way, Lexington, KY 40513

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

Southern Hills United Methodist Church

2356 Harrodsburg Road, Lexington, KY, 40503

The Lafayette

690 Mason Headley Road, Lexington, KY 40504

Transylvania University, Carpenter Academic Center

300 North Broadway, Lexington, KY 40508

MOREHEAD

CoffeeTree Books & The Fuzzy Duck

159 E Main Street, Morehead, KY, 40351

First Baptist Church

123 E Main Street, Morehead, KY, 40351

Kentucky Department of Fish and Wildlife Resources Center for Mollusk Conservation

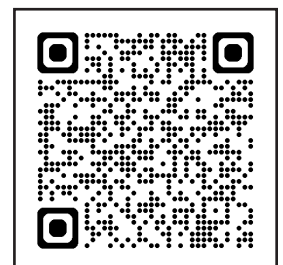
3761 Georgetown Rd, Frankfort, KY 40601

Rowan County Public Library

175 Beacon Hill Rd Drive, Morehead, KY 40351

Course Location Maps & Directions

For helpful, visual maps and directions to OLLI Course Locations, please scan the QR code to the right, or visit the following link below:



<https://olliatuk.uky.edu/2024-course-locations>

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 Fall 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

FALL 2024 OLLI INSTRUCTORS

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.

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.

Darryl Bennett

The instructor will be Darryl Bennett, who has been accredited to teach by the American Contract Bridge League. He has been learning to play bridge for more than fifty years.

Royal Berglee

Dr. Royal Berglee is an emeritus faculty at Morehead State University. He taught courses in international studies and world geography. He is originally from Montana where he worked in ranching and later in the oil industry of North Dakota before his academic career. He has enjoyed teaching courses in world religions, world geography, global culture, and the Middle East. Dr. Berglee has taught courses through study abroad or conducted research in over twenty foreign countries or territories. He is the author of the textbook World Regional Geography – People, Places, and Globalization.

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.

Steve Bonney

The trip will be coordinated by Steve Bonney, retired Kentucky Department of Fish and Wildlife Resources Wildlife Biologist and Regional Wildlife Program Coordinator. At the Center Dr. Monte McGregor, Coordinator of the Center, will take the lead. Dr. McGregor has worked for the Kentucky Department of Fish and Wildlife Resources 2002 when he created the Center for Mollusk Conservation. Dr. McGregor is or has been an adjunct professor at KSU, EKU, and U of L. He is a nationally recognized leader in imperiled mollusk propagation and conservation.

Rebecca Brothers

Rebecca Brothers 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 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.

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 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, KSU, and Webster. He lives in Waddy KY.

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.

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 has explored the concepts surrounding grief and loss since 1975 when she was introduced to Elizabeth Kubler-Ross's thoughts on the issue. She directed a hospice in eastern Kentucky for seven years. She has spoken to many different groups on the subject of the importance of grieving.

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.

Kathy Davis

Kathy Davis graduated from Syracuse University with an Art Degree in interior design. She became a successful designer in Pittsburgh for thirty years. She and her husband moved to central Kentucky in 2001 to pursue their love of horses. It was then she picked up a camera and started photographing her favorite subject, horses. Her work has been sold at Artique in Lexington and a Midway gallery.

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 11 and the iPad. He also heads up the 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.

Larry Dixon

Larry's meals focus on flavor vs super size servings. Simple country style comfort foods that please the taste buds.

Rita Egan

After retiring as a Rheumatologist in 2019, Rita Egan 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.

David Emerson

Dave Emerson is a resident of Lexington, KY. He has his JD degree from the University of Kentucky College of Law and an LLM from New York University. He actively practiced law in Lexington from January 1973 until February 2024.

Sandy Emerson

Sandy Emerson has been writing since the first crayon scribbles on her parents' freshly painted walls. She started the Shared Interest Group for Writers in January 2014 to bring together other writers for inspiration and support. Since that time, poems, essays, tankas, haikus, biographies, life snapshots, and blogs have been created, read and supported. She has a master's degree from the University of KY, and is an active participant in all things OLLI.

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 1 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.

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. He is a rabid Baltimore Orioles fan.

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

I am not a plant biologist nor a gardening expert. What credentials I have for offering this course emerge from a decades-long interest in and teaching about the phenomena of cognition and consciousness: who/what has them, why, and how? What might our consequent ethical duties be to cognitive nonhumans? Though I've tried mightily to ignore it, the increasingly appreciable research on plant cognition has forced me to take the complex behavior of plants seriously. In this course, I hope to open up that garden gate to other curious OLLI participants and to share that landscape with people who are interested in becoming more savvy and mindful regarding the surprising lives of plants.

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 of Neuroscience at UK. His expertise is on the prevention and delay of onset of Diseases of Aging. He is especially interested in promoting lifestyles and habits that increase health and wellbeing in aging.

Ken Gollhofer

Ken Gollhofer was a professional trainer (never a college professor) for the last 34 years of his career. Since retirement in 2018, he has become a full-time history enthusiast and works as a docent at Historic Locust Grove in Louisville (George Rogers Clark's final residence) and as a volunteer researcher at the Filson Historical Society, also in Louisville. He has recently published several articles in "The Reflector," the official magazine of the Sons and Daughters of Pioneer Rivermen. Ken is a graduate of Ball State University in Indiana and the University of Louisville School of Law in Kentucky.

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.

Doug Hahn

Doug Hahn is a retired clergy (Episcopal). He has taught OLLI classes on Poetry and on Race relations. He lives in Lexington.

Joe Hallock

Joe Hallock is a retired electrical engineer who specialized in automation. He obtained his BSEE from the College of Engineering at the University of Kentucky in 1979. Mr. Hallock was involved in several business practices involving decision making.

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

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 Attache 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

Karen Higdon

Karen Higdon is a native Lexingtonian and a retired Math teacher and Librarian from Fayette County Public Schools. She's been interested in photography for over 40 years, and bird photography for at least the last 10 years. She enjoys spending time outdoors and taking photographs of nature and wildlife to share with others.

Larry Hood

Dr. J. Larry Hood is a resident of Jessamine County Kentucky. He holds the following degrees: Assoc degree in comp Sc from Ky State U; BA in history and government from Centre College; MBA from Xavier; MA and PhD in American history from UK; certified governmental manager. He retired from state government after 30 years of service. He has taught for 35 years courses such as western civilization, world civilizations, American history, American military history, Kentucky history, business marketing, and organizational behavior. He has edited books, published review essays, published articles and written 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.

Gerard Howell

Gerard Howell has been a member of the Shared Interest Group for writers since its inception. He is a retired minister and a writer of all things both funny and serious. He is an active, supportive member of OLLI.

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.

Janinne Johnson

Janinne Johnson is a lifelong Lexingtonian with degrees from Transylvania and UK. After a career in medical administration, her retirement interests include traveling, grandchildren, outdoor activities, and a joy in learning.

Dennis Karwatka

Dennis Karwatka is a retired Professor of Engineering and Technical Management at Morehead State University. His interest in motion picture films is rooted in his youth, where he had access to four movie theaters while growing up. During an era that preceded computer graphics, he developed an interest in how certain scenes were filmed and an appreciation for the skills that continue to provide us with such dynamic entertainment.

Don Keach

Don Keach has been a home brewer for the past 13 years and is a member of BOCK (Brewers Of Central Kentucky). He has accrued extensive knowledge about making home brew including the use of both commercially available extract kits and all grain brewing. Don is a retired faculty/staff member from the University of Kentucky. He was associate director of the Intellectual Properties division of the university.

Arleigh Kerr

Arleigh Kerr'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, and 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.

Ken Kurtz

Ken is not a film historian or "expert." He is a fan, but he has made TV documentaries, helped make the first student 35mm film for commercial showing, acted in an Army instructional film and just had fun in the cinema business.

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.

Ed Linz

Ed Linz is a native of northern Kentucky. He is a retired nuclear submarine commander and the author of five books, most recently on The Great Depression and The Vietnam War. He is a 1965 graduate of the U.S. Naval Academy and holds graduate degrees from Christ Church College, Oxford University (Economics and Politics) and George Mason University (Secondary Education). He was the recipient of a heart transplant in 1994.

Jim Masterson

James R. Masterson is a professor of political science at Morehead State University. He serves as the department chair for History, Philosophy, Politics, Global and Legal Studies and as the Director of the MPA program. Having studied in Japan and leading education abroad programs in China and Vietnam for over a decade, his passion for cooking Asian cuisine blossomed. He has taken cooking classes on making Indian and Thai cuisine, as well as Chinese dumplings, and is passionate about sharing these recipes.

Phil Maxson

I have taught numerous history classes for OLLI over the last twelve years. I have taught this particular class a couple of times previously. My most recent class (Spring 2024) was on Kentucky and the Civil War. I have also led several history walking tours for OLLI.

Carolyn Moore

Carolyn Moore has been involved in learning about herbs and their historical uses since 1985. She is interested in sharing her knowledge with others who are curious about plants and their attributes.

Carol Neeper

Carol Neeper taught elementary school for 37 years. Her specialization was reading and language arts although her real passion was teaching science! She lives in Morehead, KY with her husband of 41 years. They have 2 grown children. Even though she has been retired since 2020 she loves keeping her hand in teaching through church Sunday School and OLLI classes. Her other passions are traveling and putting in her garden.

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.

Xiaomin Oney

Xiaomin Mai Oney taught English for fourteen years at Guangxi Normal University in China before she became a visiting scholar at Morehead State University in 2010. She then pursued a Master degree in Higher and Adult Education at MSU. After that she taught Chinese at MSU for five years. She is married to Phillip Oney, an American businessman and has lived in Salt Lick since 2012.

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.

Ashley Reed

Ashley Reed, began her dance training at age six. Training: Opus II (Hellie Schussler, founder/ Sara Ciders, Artistic Director), Ohio Conservatory of Ballet (Inna Strabrova, Eifman Ballet/ Dimitriy Tuboltsev, Bolshio Ballet), Traineeship with Ballet 5:8 2021-2022 seasons. Continued training: Teaching Vaganova method, YAGP coaching, and variation rehearsals. Last year for the 2023-2024 season Ashley joined Lexington Ballet as a company member and is excited to dance with Lexington Ballet for another season. Ashley is passionate about sharing her love of ballet and it's history with all ages and is looking forward to continuing to teach this art form in 2024 season.

Ed Reeves

Ed Reeves first became a fan of movies when he used to go to Saturday matinees as a kid. Ed's educational background includes a PhD in anthropology with a minor in economics. His work experience involved tenured university-level teaching along with research in areas such as educational reform and improvement, rural development, and regional analysis and policy. He is a professor emeritus of sociology and anthropology and at the time of his retirement was the director of policy research on rural schools at Morehead State University. Ed has been an OLLI member and has been teaching movie classes for OLLI since 2012. He has served as a member and chair of the OLLI Advisory Board and has been a member and chair of the OLLI Curriculum Committee.

David Roysse

David Roysse, PhD, retired from UK's College of Social Work in 2021 after 35 years at the university. He taught primarily research methods and is an active researcher with over 90 publications, three of which are related to the topic of the near-death experience.

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.

Stephen Scheff

Stephen Scheff has been a home brewer for the past 13 years and is a member of BOCK (Brewers Of Central Kentucky). He has accrued extensive knowledge about making home brew including the use of both commercially available extract kits and all grain brewing. Steve is a retired faculty/staff member from the University of Kentucky. He taught in the college of medicine for 36 years and was the associate director of the Sanders-Brown Center on Aging.

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.

OLLI at UK Testimonials

"The UK/OLLI Program has been a wonderful thing in my life and a meaningful focus in my "golden years." The students really want to come to class to enjoy a profitable and stress-free learning experience with no papers, no grades, and no exams. I love that it's my choice to focus on a subject I wasn't able to teach previously." - **Michael Worley, OLLI Art History Instructor**

"The friendships that I have made, the cultural experiences through trips, the opportunity to serve on committees that interest me and benefit all seniors in our community are just a few ways OLLI has given me a renewed purpose at this age and stage in my life." - **Diane Woods, OLLI Advisory Board Member and Diversity & Inclusion Committee Co-Chair**

"Offering OLLI classes on Zoom has been wonderful for me because I live in Louisville. Driving to Lexington twice a week was costly and time consuming." - **Toni Reeves, OLLI Member**

"I am always amazed at the variety offered by OLLI classes and activities; there is truly something for everyone at OLLI!" - **Laura Cole, OLLI Member**

"The Osher Lifelong Learning program at the University of Kentucky has the best combination of social activities and learning opportunities for learners 50+ in the central Kentucky area." - **Ed Reeves, OLLI Instructor**

Joe Schum

Joe Schum is a graduate of the University of Kentucky and a retiree of IBM/Lexmark. His academic training is in chemistry. His professional training is in the printing industry where he gained a knowledge of color theory, pigments and binders for inks and toners. He has enjoyed applying these skills to visual arts.

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. He created a walking tour of Alfred Hitchcock's San Francisco that attracts Hitchcock fans from around the world, and he loves to share his Hitchcock obsession with fellow film lovers everywhere.

Tom Stanwix-Hay

Tom Stanwix-Hay has lived in Lexington since 1974. After he retired he started attending OLLI classes. He has facilitated OLLI bridge SIG's for seven years.

Judith Stafford

Judith Stafford is retired professor from Morehead State University. Directed the Social Work Program at MSU. Also facilitates her Church Book Club.

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.

Doug Stowell

Doug Stowell is a consumer and political polling veteran in both U.S. and EU Markets. His career includes Market Research Director for the Xerox Corp., U.S. Clients Director for the U.K. polling firm NOP, Ltd in London and Senior Polling Executive for Wirthlin Worldwide in Washington, D.C.. He launched Market Resource Associates, in 2008 and conducts opinion polls on U.S. and global issues. He is a member of the Furman University OLLI in Greenville, SC and conducts ZOOM programs for more than 80 groups nationally. This is his fourth quadrennial election program.

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 she 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 PowerPoint classes. She assists with the iPhone Classes. 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.

Meg Upchurch

Meg Upchurch retired from Transylvania University, where she taught in the Psychology and Neuroscience programs for 32 years. She has a Ph.D. in Biopsychology from the University of Texas at Austin, with a specialty in behavioral pharmacology. Her teaching experience includes Behavioral Pharmacology, Biopsychology, Sensation and Perception, Experimental Psychology of Learning, and Evolutionary Psychology. She co-taught a course on Neuroethics and one on Cognitive Science with Jack Furlong.

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, where she taught chemistry and forensic science courses. She has been an OLLI instructor for 8 years, teaching a variety of science-based courses. She is also a volunteer community educator for the Alzheimer's Association and is on the board of the 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.

Capp Yess

Capp was born 67 years ago in Waseca, MN. Before coming to Morehead, they lived in Alaska, Wyoming, Fiji, Montana, New York, US Virgin Islands, Kansas, and Liberia. Capp ate their way through all these places and hopes to share a little food experience with everyone.

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 FALL REGISTRATION FORM

(Please note: Online registration is the quickest method. Courses will fill up quickly.
To best ensure you get registered for a course in time, visit olli.uky.edu and register there.)

* 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.

____ 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 Fall Membership	\$50
	\$
	\$
	\$
	\$
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, 2024 - JULY 2025

(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