



Osher Lifelong
Learning Institute at
the University of Kentucky

Fall 2025 COURSE CATALOG

*Offering Learning Opportunities
for Adults 50 and Older!*

FOR LEXINGTON & MOREHEAD | Office: olliatuk.uky.edu | Registration: olli.uky.edu



Fall 2025 COURSE CATALOG

Table of Contents

Fall 2025 Registration Schedule	2
History of OLLI at UK.....	3
2025-2026 Lexington & Morehead Advisory Boards.....	4
Welcome & OLLI at UK Staff	5
Campus CE & Registration Resources	6
OLLI at UK Scholarship & Inclement Weather.....	7
Membership Benefits	8
Fall 2025 Donovan Forum Series.....	9
Fall 2025 Course Offerings	10-32
• Lexington Course Offerings	10-24
• UK Wellness Opportunities	25
• Morehead Course Offerings.....	26-27
• Online Offerings.....	28-32
Course Locations.....	33
Support OLLI at UK	34
OLLI Instructors & Facilitators	35-39
Volunteer for OLLI at UK & Newsletter	40
Fall Registration Form	41
Risk & Release Form/Photo Release Form	42
Frequently Asked Questions.....	43

Fall 2025 Lexington Online Registration Schedule

WEDNESDAY & THURSDAY, AUGUST 6 - 7

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 6

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 7

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 2025 Morehead Online Registration Schedule

FRIDAY, AUGUST 15 AT 10 A.M.

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

Lexington Fall Open House

Friday, August 1, 1 - 2:30 PM
(Free! No RSVP Required)

Central Baptist Church

110 Wilson Downing Rd, Lexington, KY

Morehead Fall Open House

Wednesday, August 13, 1 - 2:30 PM
(Free! No RSVP)

Morehead United Methodist Church

227 W Main St, Morehead, KY

OUR HISTORY



HERMAN DONOVAN

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.

2025-2026 LEXINGTON ADVISORY BOARD

Chair
Colette Crown

Vice-Chair
Chris Conley

Immediate Past Chair
Kempa Turner

Committee Chair Persons

Connections
Jane Friedman

Donovan Forum
Laura Cole

Social
Sue Scheff
& Carol Swiderski

Curriculum
Sandy Emerson

Promotion & Membership
Eddie Salone

Travel
Nicky Burkett

Development
Sue Oatey

Rules & Procedures
Virginia Gregg

At-Large Board Members

Marianna Clay
Don Gash
Kenneth Golliher
Gary Hansen

Sienna Hooper
Janinne Johnson
Scott Johnson
Debbie Lewis

Jaya Pampati
Martha Shouldis
Rita Smart
Norma Wirt

2025-2026 MOREHEAD ADVISORY BOARD

Board Co-Chairs
Jackie Bailey and Jay Barrett

Vice-Chair
TBD

Committee Chair Persons

Connections
Martha Perkins

Promotion & Membership
TBD

Social
TBD

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 many topics such as high-sky photography, art history, film courses from Lexington and Morehead, a multitude of history and wellness courses, performing arts courses from Lexington Theatre Company and Lexington Philharmonic, 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 25). 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
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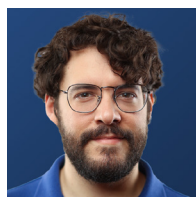
Teresa Hager

OLLI Registrar / Admin Assistant
859-257-2656
teresa.hager@uky.edu



Trey Adkins

Student Affairs Officer
& Donovan Scholar Registrar
859-257-2657
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Nick Farr

IS Technical Support Specialist
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Fall 2025 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 41, 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 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

OLLI at UK Inclement Weather Policy

The safety of our members is our top priority. During times of inclement weather, OLLI at UK follows Fayette County Public Schools (FCPS) and the University of Kentucky closings.

Due to inclement weather, when either Fayette Co. Public Schools or UK:

- **Is Closed:** All programs are canceled (Courses, SIGs, Events, Forums, Meetings, etc.)
- **Let out early:** All programs scheduled from that point on are canceled.
- **Have a delayed opening:** OLLI programs continue as scheduled.

Please Note:

- Watch local media for announcements regarding FCPS and UK.
- Watch for cancellation emails from OLLI Staff.
- If possible, Zoom and Hybrid classes may be moved completely online and continue as normal.
- The OLLI at UK Office reserves the right to cancel classes for inclement weather even if FCPS and UK remain open.



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!

OLLI AT UK MEMBERSHIP BENEFITS

Interested in Becoming a Member?



← HERE'S WHAT OUR MEMBERSHIP INCLUDES

- **Ability to register for 80+ Classes, Day Trips, and Socials.** Subjects include: Computers & Technology, Culture, Health & Wellness, History, French, Literature, Performing Arts, Science, Visual Arts, and more!
- **Courses In-Person, Online, and Hybrid in Lexington and Morehead** 14 weeks of courses: Fall 2025: September - December, 2025
- **Learning & Social Opportunities** No tests or grades to be found here! Join a vibrant community of over 1,200 learners who bring life experience to our classrooms. You can even make new social connections along the way!
- **Healthy Aging at Its Best** Stay active mentally & engaged socially by learning for fun.
- **Access to UK Wellness Facilities**
(additional fee required for some facilities)

Register at:
www.oli.uky.edu



← Or scan
the following
QR Code



Class & Enrollment Information www.oli.uky.edu | 859-257-2656

Fall 2025 DONOVAN FORUM SERIES

Thursdays, September 11 - December 4, 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 11

Innovative Responses to Food Insecurity in Central and Eastern Kentucky

*Michael Halligan, CEO
God's Pantry Food Bank*

September 18

Blue Zones: Lessons for Life

*Amy Kostelic, PhD Associate Professor;
Nichole Huff, PhD, Assistant Professor;
Emily DeWitt, MS, RDN, LD
University of Kentucky*

September 25

Discussing Tom Hammond's Memoir "Races, Games and Olympic Dreams"

*Mark Story, Sports Columnist
Lexington Herald-Leader*

October 2*

KET's History and Its Importance to Kentucky

*Todd Piccirilli,
Senior Director of Marketing
KET*

October 9

Building Trust: The Work of a Museum Curator

*Rachel Hooper, Ph.D. / Curator
University of Kentucky Art Museum*

October 16

Revolutionary Girl Dreaming and Bethel

*Judy Owens, Regent
NSDAR, Lexington Chapter*

October 23

Healthy Brain Aging & Reducing Dementia Risk

*Dr. Frederick Schmitt Professor
Sanders-Brown Center on Aging,
UK Neurology*

October 30*

Transylvania: "First in the West": Intellectual Expansion in the Bluegrass

*Susan Brown, Library Director
& Archivist, and
Natalie Warren, Archivist
Transylvania University*

November 6*

The Historic Lexington Opera House - The Jewel in the Crown of Lexington

*Edd MacKey, National &
Local Arts Manager
Lexington Opera House,
Oak View Group*

November 13

Coal and Mining in Kentucky - Past, Present & Future

*Steve Gardner, Senior Consultant,
Pitman Green, LLC*

November 20

Smiley Pete, The Magnificent Moocher

Margaret C. Price, Author & Attorney

November 27

*Thanksgiving Day
No Forum Presentation*

December 4

Holiday Concert

*George Ely, President
Young at Heart Big Band
(In-Person Only)*

Donovan Forum Recordings

We will record Donovan Forum Series presentations that have approval from the presenter. Recordings will be sent to all registrants the day after the presentation for the week.

For all dates marked with an asterisk *, please note that these Forums will not be recorded.

Fall 2025 LEXINGTON

All Course Offerings

COMPUTERS & TECHNOLOGY



Adventures in Photography – Close-up and Macro Photography

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

*Dates and Times: Mondays, September 29 – October 27
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$54

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

Apple Watch: Beyond Telling Time Workshop

Instructor: Brooke Thomas

Date and Time: Thursday, November 20, 2025

1 – 4 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$34

Join us for an engaging and informative workshop where you'll discover over 20 tips and tricks to maximize the potential of your Apple Watch! Whether you're a new user or a seasoned pro, this session will help you unlock many of the capabilities of your device. Some of the tips include the following: learn how to get help in an emergency, remove apps from your watch, make the text size larger, adjust brightness and wake duration, change the layout of your watch, mute your watch notifications, use your watch as an alarm clock, use auto pause for workouts, use your watch as a flash light and running or walking light at night, unlock your iPhone with your watch, and find your iPhone with your watch. An Apple Watch 6 will be used for demonstration. Many of the features are similar on the different series of Apple Watches that are using the current Watch operating system.

Basic Beginning Photography

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

*Dates and Times: Mondays, November 10 – December 8
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$54

In this class you will learn the basic functions of your camera in order to improve your photography skills. You will learn advanced techniques for the ISO, shutter speed and aperture settings, how they affect your photographs and how to control your camera's settings. The instructors will use video and lecture to demonstrate how to operate the camera. There will be specific photography assignments to practice using these settings and an opportunity to get feedback and ask questions to improve your skills. Students need to bring their camera with a fully charged battery, the camera manual, and a note pad to class.

Computer Basics for Microsoft Word

Instructor: Myra Engle

*Dates and Times: Thursdays, September 4 – October 9
10 – 12 Noon*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

Your children say, "You just do this, this and this," and you have no idea what they said. This class is geared toward simple and patient explanation of the basics of word processing and filing of documents and pictures. You will find it nonthreatening, comfortable and fun.

Cyber Survival: How to Protect Yourself Online

Instructor: Phil O'Neill

*Dates and Times: Tuesdays, September 9 – 30
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 6 | Course Fee: \$50

In this four-session course, you will learn essential strategies to safeguard your digital life: Strong Passwords – Create and manage secure passwords across devices; Multi-Factor Authentication (MFA) – Enhance protection with text codes, authenticator apps, and biometrics; Authenticator Apps – Set up tools like Google Authenticator and Apple's built-in security features; Passkeys – Explore password-free login technology for added security. Exercises will focus on Apple devices, but the concepts apply to Windows and Android as well. Students should bring their computer devices (laptops, smartphones and tablets) fully charged.

Get Much More Out of Your Mac

Instructor: Kurt Jefferson

*Dates and Times: Mondays, September 22 – October 27
10:30 a.m. – 12:30 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

In a hands-on classroom setting, Mac users will learn how to become much more efficient on their computers. This is for both long-term Mac users and Windows users switching to the Mac. This is the live edition of the Mac user manual, designed to help you master all the essential information you need.

Getting the Most Out of Your iPhone

Instructor: Joe Dietz

*Dates and Times: Wednesdays, October 1 – November 5
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$58

In the latest iPhone iOS 26 update, many things have changed. In this class you will learn important (and hidden) functions of your iPhone. Learn how to download apps, move them, nest them, and delete them. Learn how to get better photos with your phone, organize your pictures, and send them in text and emails. Texting messages and using Siri will also be covered. Participants should bring their (fully charged) iPhone and know (or bring) their passcode, Apple ID and password.

Introduction to Astrophotography

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

*Dates and Times: Mondays, September 8 & 15,
and one evening in Fall 2025
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$46

It takes special know-how and equipment to get good photographs of the sky at night. This class will teach you the tricks and tips. The course will begin with a lecture session discussing the equipment needed to bring to the night session. The next class will be an evening of photographing with the instructors at McConnell Springs. The final class will be a review and discussion of how to post process your photographs.

Introduction to Windows 11 Workshop

Instructor: Mike Seiler

*Date and Time: Tuesday, October 14, 2025
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: Thursdays, October 9 – November 13
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | 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.

iPad Photos App: Tips, Tricks & Hidden Gems Workshop

Instructor: Brooke Thomas

*Date and Time: Wednesday, December 3, 2025
1 – 3 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$34

Ready to take your photo game to the next level? In this hands-on workshop, you'll uncover the hidden features of the iPad Photos App and learn the best ways to organize, edit, and share your favorite snapshots. Master the art of navigating your photo library like a pro—use the sidebar, create albums and folders, and label your images with captions. Plus, dive into editing tools, markup tricks, and ways to duplicate and share photos effortlessly, including using AirDrop for quick transfers between devices. Whether you're managing memories or crafting creative projects, this session will give you the skills to make your photo collection work for you!





Organizing Your Computer Files on a Windows PC

Instructor: Mike Seiler

*Dates and Times: Tuesdays, October 28 – November 11
10 – 12 Noon*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 4 | 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.

Using Apple iCloud for Your iPhone and iPad Workshop

Instructor: Joe Dietz

Date and Time: Tuesday, December 2, 2025

1 – 4 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 6 | Course Fee: \$34

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

Making a Photo Book Using Shutterfly

Instructor: Joe Dietz

Dates and Times: Wednesdays, September 17 & 24

1 – 4 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$42

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

Night Sky Photography with Your Smart Phone

Instructor: Karen Elliott

*Dates and Times: Wednesdays, September 10 – October 22
(no class October 8)*

1:30 – 3:30 p.m.

Course Location: Central Baptist Church, Meeting Room 1

Maximum Enrollment: 15 | Course Fee: \$30

Learn tips and tricks for using your smart phone to take photos of the moon, planets, eclipses, satellites, stars, comets, auroras, and other night sky objects and events. Cloudy skies can provide interesting photos, as well as sunrises, sunsets, lightning, and daytime events. Join us as we explore the fascinating night sky and study astronomy together. Your smart phone camera can reveal a sky of stars, galaxies, and a host of space oddities. You will learn techniques for steadying your phone, to zoom in on objects, take longer exposures, minimize light pollution, and utilize your smart phone's editing tools to reveal surprising images. We will use night sky apps and on-line resources to plan, find, and identify evening sky photo targets. As well as follow weekly, monthly, and yearly sky events. We will practice sketching, charting, starting a night sky journal, share ideas for creating artwork, displaying, and copyrighting your more unusual photos. Plus, a finding your own micrometeorites activity, learning about Kentucky's Space Programs, and exploring opportunities for participating in "Citizen Astronomy Science".

What's New in iOS 26 for iPhone Workshop

Instructor: Joe Dietz

Date and Time: Tuesday, October 14, 2025

1 – 4 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. There are many things being discussed for Apple's new iOS 26, such as new design, smarter Siri along with some new accessibility features and AI.

You Should Be Using Pages for Mac

Instructor: Kurt Jefferson

*Dates and Times: Fridays, September 19 – October 24
10:30 a.m. – 12:30 p.m.*

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$58

Apple Pages is one of the most powerful, yet easy-to-use apps made for Macs and Apple devices. You will become proficient in using this desktop publishing/word processing app.

CULTURE



American Private Art Museums and Their Collections

Instructor: Marcia Freyman

*Dates and Times: Mondays, September 22 – October 27
2:30 – 4 p.m.*

Course Location: Crestwood Christian Church, Chalice Hall

Maximum Enrollment: 30 | Course Fee: \$30

This course will focus on private art collections and their histories, including the Frick in New York City, the Barnes Foundation in Philadelphia, the Isabella Stewart Gardner Museum in Boston, the J. Paul Getty Museum and others. We will learn about the people who amassed these collections and how they were able to acquire these pieces of art at the time they did. We will also look at the buildings these art collections are housed in and the relationship of this distinctive architecture to the collectors.

From Doo-Wop to Woodstock: The Music of the 60s

Instructor: Dan Crabtree

*Dates and Times: Tuesdays, September 16 – October 21
1 – 3 p.m.*

Course Location: Twin Pines Christian Church, Adult Study Room

Maximum Enrollment: 20 | Course Fee: \$30

In this class we will dive into the music of the 60s and examine its impact on a generation. There will be a lot of listening as we explore the wide variety of the decade's music. But we'll not just listen. We will also discuss how the music helped shape the culture, with some of it focused locally on changes taking place in Lexington. The course will encompass many facets of the music industry. We anticipate lively interaction as we listen to and discuss the music of this exceptional decade.

It's Only Rock & Roll

Instructor: Jon Novak

*Dates and Times: Thursdays, October 16 – November 20
1:30 – 3 p.m.*

Course Location: BCTC Leestown, Room M-133

Maximum Enrollment: 25 | Course Fee: \$30

This course is tailored to the interests of people who lived through the 1960's with its social upheaval of civil rights, Vietnam war, social revolution. We will visit San Francisco, Los Angeles, and New York City bands. Learn about their members' successes and failures. Listen to their music. Just a fun time for all.

Jacques-Louis David: Leading European Painter of the French Revolution and First Empire

Instructor: Michael Worley

*Dates and Times: Tuesdays, September 9 – October 14
1 – 3 p.m.*

Course Location: Hunter Presbyterian Church, Fellowship Hall

Maximum Enrollment: 25 | Course Fee: \$30

Jacques-Louis David (1748-1825) died exactly 200 years ago, right when the Romantic era was flowering. But his new radical style was revolutionary in the 1780s and effectively replaced the Rococo, associated with the Ancien Régime. David's politics were equally radical--he was, in fact, allied with Robespierre and directed the various Revolutionary arts organizations. He designed Revolutionary pageants and glorified leaders like Jean-Paul Marat. After the Revolution, David the opportunist courted Napoleon, became his First Painter, and helped create the Empire style. We will follow David's training in the French Academy, which he eventually abolished, and his studies in Rome. In many ways, he became a sort of despot in the art world, and dominated the whole scene.

Japan - The History, Aesthetics, Religions, Culture and Arts

Instructor: Tom Krill

*Dates and Times: Wednesdays, September 3 – October 8
2 – 4 p.m.*

Course Location: Lexington Theological Seminary, 3rd Floor

Maximum Enrollment: 25 | Course Fee: \$30

Students should come away from this class with a general overview of the important events in Japanese history, the religions of Japan including the influence of Christianity, Japanese culture and a basic understanding of Japanese aesthetics. It will also provide an introduction to the popular arts of Japan. Time will be allotted at the end of each class for discussion, questions and answers. This course will also be helpful for anyone planning a trip to Japan.



Lifelong Philosophy SIG (Zoom)

Facilitator: Maryann Wellman

*Dates and Times: Fridays, September 5 – December 5
(No Class November 28)*

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 25 | No Course Fee

The Lifelong Philosophy SIG is a discussion group addressing contemporary issues which incorporate historical philosophical concepts. Members meet weekly and dialog informally about a social, ethical or humanist topic selected by the group within certain broad categories such as art, science, medical advances, technology, etc. Additionally, members periodically share their experiences with books, film and other media that convey a particular philosophical theme and/or stimulate deeper thinking. SIG members who so choose gather socially from time to time to strengthen the bonds of friendship among members and share ideas in a relaxed setting.

Lovers, Spies and Voyeurs: The Best of Hitchcock, Part 2 (Zoom)

Instructor: Jay Sherwin

*Dates and Times: Tuesdays, October 7 – 28
9:30 – 11 a.m.*

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$30

In the 1940s and 1950s, Alfred Hitchcock was at his artistic and professional peak as a filmmaker. In this four-week online course, we'll discuss eight Hitchcock films from that era, 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 motifs. Join us for another lively trip into the fascinating, unsettling world that Hitchcock created on film. (If you didn't attend Part 1, no worries! That's not required for this course.)

Modigliani and His Milieu

Instructor: David Shattuck

*Dates and Times: Wednesdays, November 5 – 19
1 – 2:30 p.m.*

*Course Location: Beaumont Presbyterian Church,
Fellowship Hall*

Maximum Enrollment: 32 | Course Fee: \$30

Amadeo Modigliani (1884-1919) was among the many artists who resided and made art in the Montparnasse district of Paris in the early 20th Century. We will look at Modigliani's life and art, as well as the art of many of his peers, including Constantin Brancusi, Chaim Soutine and Jacques Lipchitz.

The Bible and Handel's Messiah

Instructor: Doug Hahn

*Dates and Times: Tuesdays, October 28 – November 25
1 – 3 p.m.*

*Course Location: Lexington Theological Seminary,
3rd Floor*

Maximum Enrollment: 20 | Course Fee: \$30

Take a deep dive into the several passages of Hebrew and Christian scripture that Charles Jennens selected and ordered for George Frideric Handel, and explore how Handel breathed musical life into them, creating one of the great artistic works of Western Civilization.

Who the Devil Made It! Movie Directors Showcase (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, September 5 – November 21
(No Class September 26)*

1 – 4 p.m.

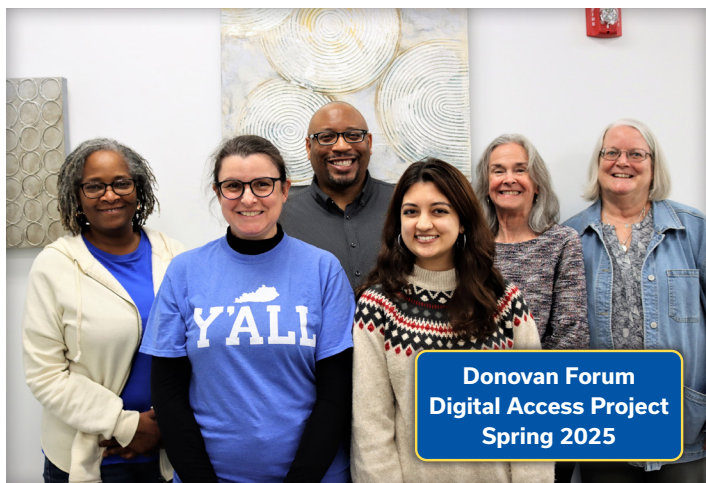
*Course Location: Lexington Theological Seminary,
3rd Floor & Zoom*

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

Enter the captivating world of cinema as we explore the distinctive artistry of renowned directors. Hollywood was known for its rigid studio system, but a select few filmmakers managed to break free, crafting films that reflected their unique artistic styles. Outside the United States, directors enjoyed greater artistic liberty. Throughout this course, we will delve into 11 exceptional films—6 by American directors and 5 by international masters. The lineup includes iconic works such as Charlie Chaplin's "City Lights," Susan Seidelman's "Desperately Seeking Susan," Akira Kurosawa's "Throne of Blood," and James Cameron's "The Terminator." Watching each film, we will analyze how it embodies the artistic vision and style of its director. Join us in this cinematic journey, where artistic genius and technical virtuosity converged to create unforgettable masterpieces. (Films shown with subtitles.)



Donovan Forum
Megan Gulla, CivicLex
Spring 2025



EXPERIENTIAL LEARNING

It's Easy to Make Craft Beer at Home

Instructors: Stephen Scheff & Don Keach

Dates and Times: Wednesdays, October 8 – 29

2 – 4:30 p.m.

Course Location: Beaumont Presbyterian Church, Kitchen

Maximum Enrollment: 12 | Course Fee: \$30

Home brewing is a great new hobby, but many individuals think it is 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 different types of malts, hops, and other basic ingredients in making beer. There will be a discussion of basic equipment used in home brewing, followed by a discussion of 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 be active participants in this process. In the third meeting, there will be a discussion about the necessity for basic sanitation of brewing equipment. There will also be a discussion on the importance of record keeping. Students will practice the art of filling bottles and learning how to correctly “cap” a beer bottle. At the fourth and final class, we will demonstrate how to prepare the fermented beer for bottling and assist the students as they fill and cap bottles of beer. Each student will be able to take home a couple of bottles of the beer that they made in class.

Shared Interest Groups for Writers (Hybrid SIG)

Facilitators: Gerard Howell and Sandy Emerson

Dates and Times: Mondays, September 8 – December 8

1:30 – 3:30 p.m.

Course Location: Central Baptist Church, Meeting Room 1 & Zoom

Maximum Enrollment: 15 In-Person, 3 Zoom | 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 is not required. Enthusiasm expected. See you there.

HEALTH & WELLNESS



Aging with Insight and Intention (SIG)

Facilitator: Rachel Laudan

*Dates and Times: Thursdays, September 4 – November 20
2 – 4 p.m.*

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 20 | No Course Fee

Between 1900 and 1999, U.S. life expectancy soared from 47 to 79—an unprecedented leap in human history. This SIG will delve into the profound impact of these added years, drawing on medical and sociological research as well as personal stories. Together, we'll explore both the promise and the complexity of longer lives. We'll also examine the resources available here in Lexington to support healthy, purposeful aging. By the end of our twelve weeks, participants will be better equipped to navigate and embrace life's later chapters with insight and intention.

Bluegrass Care Navigators: We Are Way More than Hospice (SIG)

Instructors: Blythe Hundley, Gerri Botts Stuart, Melanie Hagan, Jennifer Curtis, and Lisa King

*Date and Time: Thursdays, September 4 – 25
10 – 11 a.m.*

Course Location: Bluegrass Care Navigators, Training Room A

Maximum Enrollment: 46 | No Course Fee

You may be wondering “What is Bluegrass Care Navigators? What happened to Hospice of the Bluegrass?” In 2017, the organization changed its name from Hospice of the Bluegrass to Bluegrass Care Navigators to better encompass the growing continuum of care provided. Join us for four sessions to learn more about some of our lines of service.

- **September 4, 2025:** What is the Difference Between Palliative Care and Hospice Care?
- **September 11, 2025:** Aging Well with Support: Exploring PACE for Seniors, Caregivers, and the Sandwich Generation
- **September 18, 2025:** Do you have a heart for helping others? (Volunteer Services)
- **September 25, 2025:** Moving Beyond the “Five Stages of Grief” (Grief Care Services)

Dietary Supplements - Helpful or Harmful or Just a Waste of Money?

Instructor: Barbara Kemp

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

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 30 | Course Fee: \$30

The dietary supplements section of a pharmacy takes up many aisles, and there are even entire stores devoted to them. Are they useful or just modern day snake oil? This course will help you tease out fact from fiction in marketing of vitamins, minerals, and nutraceuticals, and know which, if any, supplements you should be taking, and which are supplied adequately by a healthy diet.

Fall Prevention & Home Safety Strategies (Hybrid)

Instructor: Stephanie Tewes

Date and Time: Friday, October 31, 2025

10 – 11:30 a.m.

*Course Location: Lexington Theological Seminary,
5th Floor & Zoom*

Maximum Enrollment: 40 Each | Course Fee: \$20

Join Stephanie Tewes, Fall Prevention Specialist & Care Coordinator at Kendal at Home, for an informative workshop on reducing falls and staying safe at home. Learn practical safety tips, balance exercises, and emergency preparedness strategies to create a safer living environment and maintain independence in your home.

Line Dancing Level 1.5 - OLLI Dance Cats

Instructor: Shirley Bryan

*Dates and Times: Tuesdays & Thursdays, September 9 – November 25
(no class September 23 & October 2)*

9 – 9:50 a.m.

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 30 | Course Fee: \$30

For those not quite ready for Level 2 but have completed Level 1 or for those that want the challenge of a fast paced Beginner class. You'll continue to build your knowledge and skills so you're ready for prime time before you know it!!

Line Dancing Level 2 – OLLI Dance Cats

Instructor: Shirley Bryan

*Dates and Times: Tuesdays & Thursdays, September 9 – November 25
(no class September 23 & October 2)*

10 – 11 a.m.

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 30 | Course Fee: \$30

Those who enjoy line dancing and have learned step names & technique. Will learn Beginner through High Improver level dances. Must have completed Level 1 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 8 – October 27

1 – 2:30 p.m.

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 25 | Course Fee: \$30

The music comes from another time and place – the haunting violin of a Romani tune, the vitality of a Cossack dance, the kind of rhythmic melody that made Zorba so Greek. Move to the World's Music 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 & Karie Boneau

*Dates and Times: Mondays, Wednesdays, & Fridays,
September 3 – December 5 (No Class November 26 & 28)*

11:30 a.m. – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& 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.

REQUIRED MATERIALS: Water bottle, weights and yoga mat.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

*Dates and Times: Tuesdays & Thursdays,
September 2 – December 4 (No Class November 27)*

11:30 a.m. – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& Zoom*

Maximum Enrollment: 75 Each | 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, water bottle and yoga block.



Tai Chi for Health

Instructor: Donna King

*Dates and Times: Wednesdays, September 3 – December 3
3 – 4:30 p.m.*

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 30 | Course Fee: \$30

Tai Chi for Health is an exercise that involves gentle movements. Through participation, we will experience basic principles that promote relaxation and harmony of mind and body.

The Benefits of Strength Training For Life's Journey (Zoom)

Instructors: Katie Starr & Eric Levitan

Date and Time: Monday, September 8, 2025

10 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

Join Dr. Katie Starr and Eric Levitan, experts in healthy aging, for a 1-hour webinar exploring the science of strength training as we age. Learn how staying strong boosts mood, sleep, and memory, and discover key strategies for success, including the role of protein and everyday ways to incorporate strength training into your routine.

HISTORY & GOVERNMENT



Americana--New Orleans Style

Instructor: Janinne Johnson

*Dates and Times: Wednesdays, October 15 – November 12
10 – 11:30 a.m.*

Course Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 35 | Course Fee: \$30

In the early 1800s, New Orleans was composed of a variety of cultures, beliefs and interesting characters. The Native Americans, French, Spanish, Haitians, and the new US Americans all brought distinct components to this vibrant community. World events heavily impacted New Orleans, and events that took place in New Orleans had a huge impact on the world. Find out how Voodoo, the American Manifest Destiny, the French and Haitian Revolutions, pirates, and the quest for world domination by England, France, and Spain created a profoundly unique community.

Elder Law 101

Instructor: Dave Emerson

*Dates and Times: Mondays, October 27 – December 1
1 – 3 p.m.*

Course Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 40 | 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.

Faith and Traditions: The Great Religions of the World

Instructor: Penny Lamb

*Dates and Times: Mondays, September 15 – November 17
1:30 – 3:30 p.m.*

Course Location: Central Baptist Church, Open Door Room

Maximum Enrollment: 25 | Course Fee: \$30

For as long as there have been human beings, there has been religion. In 2025 about 85% of the people in the world claim adherence to a religion, which makes learning about the worldwide religious landscape especially important and fascinating. In this course we will survey 11 major religions of the world. We will trace their earliest origins, investigate the growth of their beliefs and doctrines and examine their place in the world today. In spite of the growing number of “nones”, the reality is that religion continues to be a significant factor in understanding the beliefs and behaviors of people everywhere.

Happy 250th Birthday to Lexington (Hybrid)

Instructor: Phil Maxson

*Dates and Times: Wednesdays, October 8 – 29
1 – 2:30 p.m.*

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

Maximum Enrollment: 50 In-Person, 25 Zoom

Course Fee: \$30

The course will discuss the events that happened during the Revolutionary War period in and around Kentucky that led to the founding of Lexington. It will discuss numerous people who were important to our city's founding. They include: the McConnell brothers, Robert Patterson, the Todd brothers (Levi, John and Robert), Daniel Boone, George Rogers Clark, and more.

Icons and Outlaws: Notorious Trials in History

Instructor: Marianna Jackson Clay

*Dates and Times: Tuesdays, October 7 – November 11
2 – 3:30 p.m.*

Course Location: Crestwood Christian Church, Bradford Room

Maximum Enrollment: 30 | Course Fee: \$30

Explore some of the most captivating trials that have shaped history and captured public imagination. This course delves into pivotal courtroom battles, examining the legal, cultural, and social dynamics behind them. From the trial of Joan of Arc, whose conviction and execution made her a martyr, to the fall of Marie Antoinette during the French Revolution, we'll also explore the legal struggles of American outlaws like Jesse James and iconic defense attorney Clarence Darrow's defense in the Scopes Monkey Trial. Fast forward to the sensational cases of the 20th century: Charles Manson's notorious cult trial and O.J. Simpson's controversial acquittal. Through historical context, trial records, and media coverage, we'll uncover how these trials continue to influence law and society today. Join us to discuss the drama, intrigue, and lasting impact of these famous legal battles!

Lessons NOT Learned from the Vietnam War (Zoom)

Instructor: Ed Linz

Dates and Times: Fridays, October 10 & 17

1 – 2:30 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$25

These two sessions begin with the history of Vietnam and its colonial period under France. We will also discuss its involvement in World War II, the rise of Ho Chi Minh and the Viet Minh, and the French-Indochina War leading to the defeat of the French forces. Our next point of emphasis will be the division of Vietnam into North-South and U.S. involvement leading up to U.S. Marines landing in 1965. We will conclude with an extensive discussion of the Vietnam War, including strategy by U.S., South Vietnamese, Viet Cong, and North Vietnamese forces leading to the eventual collapse of South Vietnam in 1975. This will be an interactive session soliciting questions and comments.

Pathways to Kentucke: The Wilderness Road and the Ohio River (Hybrid)

Instructor: Ken Golliher

Dates and Times: Mondays, October 6 & 13

1 – 2:30 p.m.

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

Maximum Enrollment: 30 In-Person, 10 Zoom

Course Fee: \$25

To many eighteenth century immigrants, “Kentucke” and its “great meadow” (the bluegrass) is akin to the promised land. Two major avenues lead there, the Ohio River and the Wilderness Road. Both routes are difficult. Neither is safe. Still, they are routinely traveled by men, women and children bound for a new life. These are the travel stories for thousands of immigrants who raised the area’s non-native population from less than 300 to more than 73,000 between 1774 and 1792. We will discuss the routes settlers use, the conditions they encounter, and the risks they endure. Travelers’ journals from the period are heavily relied upon in this narrative, a perspective no history book offers.

Problems in Democracy (SIG)

Facilitator: David Shattuck

Dates and Times: Tuesdays, September 23 – December 9

(No class November 4)

3 – 4:30 p.m.

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 24 | No Course Fee

Beginning last spring, a group of about 10-12 of us have discussed our concerns about the various challenges that currently confront the U.S. political system. This Fall we will continue our discussion, with a focus on Supreme Court cases and other judicial proceedings concerning immigration and other issues. We invite you to join us if you would like to participate in the discussion or simply listen.

The People Who Created Our Language: Exploring Our Indo-European Heritage

Instructor: Penny Lamb

Dates and Times: Fridays, October 3 – November 14

1:30 – 3:30 p.m.

Course Location: Crestwood Christian Church, Bradford Room

Maximum Enrollment: 25 | Course Fee: \$30

About 6000 years ago a group of herders somewhere in eastern Europe/western Asia spoke a language we now call Proto-Indo-European. Wanderers at heart, small groups began to spread in almost every direction. As they traveled, the words they used changed, dialects formed and one language became dozens, then hundreds. Today their descendants are all over the globe. About 3 billion people speak languages that evolved from the original mother tongue, including our own English. In this course we will search for their original homeland, learning how they lived and what they believed. We will investigate the various branches of the Indo-European language family and sample several of the daughter languages. We will also explore the processes which give rise to many languages from one.

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

Instructor: Larry Hood

Dates and Times: Wednesdays, September 3 – October 1

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 (Zoom)

Instructor: Larry Hood

Dates and Times: Wednesdays, October 15 – November 12

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.

U.S. Military - History, Tactics and Doctrine, Part 2*Instructor: Trey Adkins**Dates and Times: Tuesdays, September 2 – 23**1 – 3 p.m.**Course Location: Liberty Road Faith Fellowship, Event Room***Maximum Enrollment: 30 | Course Fee: \$30**

This course provides a comprehensive survey of U.S. army history from the colonial period to the present day, emphasizing the strategic, operational, and tactical developments that have shaped the nation's armed forces. Students will explore the principles of war, analyze pivotal conflicts and key army events, and examine the evolution of army doctrine and warfare tactics. By studying the structure and functioning of army organizations, rank systems, and logistical operations, students will gain foundational knowledge critical to understanding army history and strategy. This course will also investigate the differing styles of warfare and the continuous adaptation of army practices in response to technological, political, and societal changes.

Where on Earth is the U.S. in 2025? Are We in the "Top 10"? (Zoom)*Instructor: Doug Stowell**Date and Time: Tuesday, November 11, 2025**10 – 11:30 a.m.**Course Location: Online Zoom Course***Maximum Enrollment: 300 | Course Fee: \$20**

We will examine some 24 topics including: GDP, Wages, Taxes, Trade balance, Tariffs, Environment, Energy, Education, Healthcare, Climate Change, Immigration, Safety, Prosperity, Happiness, "Best" Nations, et al.. We will use the "Top 10" format which provides a quick "snap-shot" of the U.S. rank relative to other nations. Our sources are international surveys by highly credible and impartial world-wide organizations. A complete pdf copy will be supplied in advance.

Why Nations Go To War*Instructor: Jeff Freyman**Dates and Times: Mondays, September 22 – October 27**2:30 – 4 p.m.**Course Location: Crestwood Christian Church, Bradford Room***Maximum Enrollment: 25 | Course Fee: \$30**

When asked to explain the origins of the First World War, German Chancellor Theobald von Bethmann Hollweg responded, "Ah, if we only knew." But in fact we do know why nations go to war. In this course, we'll examine the causes of armed conflict among countries, both in history and in the contemporary world. We'll also consider the effectiveness of attempts to prevent the outbreak of war -- such as spheres of influence, balance of power, international law and organizations like the U.N., and techniques of crisis diplomacy. What do these tell us about the chances for war between the United States and China, and how we can avoid it?

LANGUAGES**Basic French for Travelers***Instructor: Dale Henley**Dates and Times: Tuesdays, September 2 – October 21**10 – 11 a.m.**Course Location: Crestwood Christian Church, Room MC-5***Maximum Enrollment: 20 | Course Fee: \$30**

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

LITERATURE**Banned Books (Zoom SIG)***Facilitator: Frances Goodfriend**Dates and Times: Every 3rd Thursday of each month, September 18, October 16, November 20 & December 18**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 18: The Bluest Eye, by Toni Morrison. 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.

Great Fantasy Novels (SIG)*Facilitator: Frances Goodfriend**Dates and Times: Every 1st Wednesday of each month, September 3, October 1, November 5 & December 3**1:30 – 3 p.m.**Course Location: Lexington Public Library, Beaumont Branch***Maximum Enrollment: 30 | No Course Fee**

Dragons! Faeries! Wizards and Elves! Werewolves and Vampires! Martians! Time-Travelers! The amazing, entertaining world of fantasy novels is limited only by a writer's imagination. These bestsellers are adored by millions, and made into movies and television series and video games, overlapping science fiction and gothic horror. We will meet in person 1:30 to 3:00 pm at the Beaumont Branch of the Lexington Public Library. Our first book for September 3 will be Dune by Frank Herbert. Adventure! 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 (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 3rd Thursday of each month, September 18, October 16, November 20 & December 18

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 Thorn Birds* by Colleen McCullough, an Australian best-seller. 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.

Mission imPOSSIBLE: Becoming an Author!

Instructor: Vicki Reed

Dates and Times: Mondays, October 20 & 27

1 – 2:30 p.m.

Course Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 50 | Course Fee: \$25

Your mission, should you decide to accept it, is to write that fiction novel, memoir, or short story (or to finish the one that's been sitting in a drawer for 5 years)! Come meet with other aspiring authors for inspiration, motivation, and education. You'll learn about developing memorable characters, writing dialogue, and how to keep readers turning the page. Helpful information on resources to assist you will be provided as well as ways to get published and promote your work. A free copy of the instructor's novel *The Car Thief*, will be given to each participant. This will be engaging discussions to teach the tricks of the trade but without any writing assignments either in class or as homework. Come make your dreams come true!

Superb Sleuths (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 1st Wednesday of each month, September 3, October 1, November 5 & December 3

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 3: *The Cat Who Could Read Backwards* by Lilian Jackson Braun. Class participants will select the books for October, November and December. Handouts will be emailed to participants before each session.

The Modern Prometheus

Instructor: Stacy Schultz

*Dates and Times: Thursdays, October 2 – 30
1 – 3 p.m.*

Course Location: Twin Pines Christian Church, Adult Study Room

Maximum Enrollment: 12 | Course Fee: \$30

With over 200 wildly fanciful--and largely inaccurate--iterations of Shelley's gothic masterpiece, few people know the actual story behind the confounding creature conceived in a German laboratory. Please join me to learn the truth about Frankenstein, the man, the myth, the monster, and the woman responsible for them all.

OUT OF THE BOX



Beginning Bridge, Bidding (SIG)

Facilitator: Tom Stanwix-Hay

*Dates and Times: Tuesdays and Thursdays,
September 9 – October 7*

4 – 6 p.m.

Course Location: Lexington Bridge Club

Maximum Enrollment: 28 | No Course Fee

Learn the basic principles for bidding and playing the game of bridge. Topics will include modern bidding, play of the hand, beginning defense and scoring. The course is open to anyone interested in learning to ply or becoming reacquainted with the game. (This is the first in a series of three basic bridge courses.)

Bridge: Doubles, Redoubles, & Other Topics (SIG)

Facilitator: Darryl Bennett

*Dates and Times: Tuesdays and Thursdays,
October 9 – November 4*

4 – 6 p.m.

Course Location: Lexington Bridge Club

Maximum Enrollment: 32 | No Course Fee

Doubles and Redoubles are an important part of bidding in the game of Bridge. In these classes we will explore six different ways to use Doubles and Redoubles to improve our bidding effectiveness and partnership communication. We will also cover other bidding topics that will help us describe those odd hands we sometimes encounter.

The Time of My Life: Experience the Surprising Benefits of Personal Storytelling

Instructor: Jonathan Scott

*Dates and Times: Thursdays, September 11 – October 23
1 – 3:30 p.m.*

Course Location: CenterWell Regency Centre, Activity Room

Maximum Enrollment: 15 | Course Fee: \$30

Have you ever thought about sharing a part of your life with others in a supportive and open setting? If you've ever listened to the Moth Story Hour on radio, you already know the power of personal storytelling. If not, you can learn how transforming it can be to tell a true story on stage. In this 7-week workshop we will learn what constitutes a good personal story, how to choose the right one, how to craft it, and finally how tell it live on a stage—without notes. The process can be very beneficial—to you and those who hear it.

PERFORMING ARTS



Acting/Scene Study with The Lexington Theatre Company

Instructor: Catherine Gaffney

*Dates and Times: Thursdays, September 11 – October 16
2 – 3:30 p.m.*

Course Location: The Lexington Theatre Company

Maximum Enrollment: 15 | Course Fee: \$65

“All the world’s a stage” at The Lexington Theatre Company - Central Kentucky’s premiere professional theatre company. Explore this exciting course where you will learn basic acting and improv technique, as well as scene study and perhaps even a little Shakespeare! The study of acting has immense benefits for body, mind and spirit. Discover your inner storyteller and practice your creativity in a supportive group environment.

REQUIRED MATERIALS: Students will need to provide their own 3-ring binder/folder for lesson materials and should bring a pencil and lidded bottle of water to every class.

Beginner Violin for Lifelong Learners

Instructor: Mary Elizabeth Henton

*Dates and Times: Wednesdays, September 10 – November 12
10 – 11:30 a.m.*

Course Location: Central Baptist Church, Choir Room

Maximum Enrollment: 15 | Course Fee: \$30

Whether you’ve always dreamed of learning the violin or are returning to music after years away, this course offers a welcoming and inspiring environment to begin your journey. Designed specifically for adults aged 50 and up, Beginner Violin for Lifelong Learners introduces the fundamentals of violin technique, music reading, and ensemble playing in a supportive, low-pressure setting. No previous experience is required—just curiosity and a willingness to explore! With an emphasis on hands-on learning, personal progress, and the joy of music-making, participants will develop confidence in basic posture, bowing, note reading, and playing simple songs. Along the way, we’ll also touch on musical styles, listening skills, and practice strategies tailored for adult learners. Bring your own instrument or ask us about local rental options—we’ll help you get set up for success.

Group Voice with The Lexington Theatre Company

Instructor: Chris Arroyo

*Dates and Times: Tuesdays, September 9 – October 14
2 – 3 p.m.*

Course Location: The Lexington Theatre Company

Maximum Enrollment: 20 | Course Fee: \$35

Come sing with us at The Lexington Theatre Company - Central Kentucky’s premiere professional theatre company. Learn vocal technique and basic music theory in a fun and supportive group setting. Learn musical theatre repertoire and more, while discovering your voice and learning how to work as an ensemble.

REQUIRED MATERIALS: Students will need to provide their own 3-ring binder/folder for lesson materials and should bring a pencil and lidded bottle of water to every class.

“How Musicals are Made” with The Lexington Theatre Company

Instructor: Lyndy Franklin Smith

Date and Time: Wednesday, November 12

10 – 12 Noon

Course Location: The Lexington Theatre Company

Maximum Enrollment: 25 | Course Fee: \$30

Join us behind the scenes at The Lexington Theatre Company and learn how musicals are made. Come along with us on the journey from page to stage, as we show you how we create our Broadway-caliber, locally-crafted professional productions featuring the Broadway stars of today and tomorrow. Enjoy a behind-the-scenes guided tour of our new facility at 2323 Alexandria Drive and take a deep dive with Co-Founder/Artistic Director Lyndy Franklin Smith on producing theatre at The Lex where “Musicals Make Life Better!” (*November Session will include sneak peek of rehearsals for A Christmas Carol: The Musical; February Session may have a rehearsal sneak peek - but not guaranteed.)

Introduction to the Great Highlands Bagpipe: Learning the Practice Chanter

Instructor: Kevin Hale

Dates and Times: Tuesdays, September 9 – December 2

6 – 7 p.m.

Course Location: BCTC Leestown, Room M-143

Maximum Enrollment: 25 | Course Fee: \$30

Learning to play the Great Highland Bagpipes begins with the bagpipe practice chanter. In this course, students are introduced to the practice chanter and will begin to learn the scales, rhythms, and unique characteristics of this ancient instrument and Celtic music. Students will enjoy playing simple tunes by the end of the course.

REQUIRED MATERIALS: You will need to rent or purchase a chanter (estimated rental rate \$30). High quality chanter recommended.

Mountain Dulcimer Gathering (SIG)

Facilitator: Jane Williams

Dates and Times: Fridays, September 12 – November 21

10:30 – 12 Noon

Course Location: Crestwood Christian Church, Room MC-4

Maximum Enrollment: 15 | No Course Fee

Dulcimer players of all levels welcome - we will work on skills and tunes commonly played as well as some classical and holiday pieces. We will also learn to play in keys and modes other than D major.



Musical Theatre History with The Lexington Theatre Company

Instructor: Brance Cornelius

Date and Time: Tuesday, October 21, 2025

10 – 12 Noon

Course Location: The Lexington Theatre Company

Maximum Enrollment: 25 | Course Fee: \$30

“Musicals Make Life Better” and at The Lexington Theatre Company - Central Kentucky’s premiere professional theatre company, we believe it wholeheartedly. Compared to its older cousins, music and theatre, the history of Musical Theatre as an art form is relatively short. We’ll learn the history of operetta, vaudeville, burlesque and musical comedy and how Rodgers & Hammerstein (and Agnes De Mille) changed everything. We’ll trod the boards up and down 42nd Street, with a little song & dance to give our regards to Old Broadway!

OLLI Chorus

Artistic Director: John Stegner

Accompanist: Bobbie Bevins

*Dates and Times: Wednesdays, September 3 – December 3
(No Class November 26, Concert on Saturday, December 6)*

1 – 2:30 p.m.

Course Location: Southern Hills United Methodist Church, Sanctuary

Maximum Enrollment: 120 | Course Fee: \$50

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

Strum Into Joy: Beginner Ukulele for Lifelong Learners

Instructor: Mary Elizabeth Henton

*Dates and Times: Mondays, September 8 – November 10
10 – 11:30 a.m.*

Course Location: Central Baptist Church, Choir Room

Maximum Enrollment: 15 | Course Fee: \$30

It’s never too late to make music—and the ukulele is the perfect place to start! Strum Into Joy is a beginner-friendly course designed especially for adults aged 50 and up who want to explore the fun, expressive world of ukulele. Whether you’ve never played an instrument or are rekindling a love for music, this relaxed and welcoming class will guide you step-by-step through the basics. Participants will learn how to hold and tune the ukulele, play essential chords, read simple music and tablature, and strum along to well-known songs from a variety of genres. Each session builds skills at a gentle pace and emphasizes creativity, connection, and confidence. No prior experience required—just bring your uke and your curiosity!



SCIENCE & ENVIRONMENT



Diseases That Change History

Instructor: Kenneth Scher

*Dates and Times: Tuesdays, September 23 – November 25
1 – 3 p.m.*

Course Location: BCTC Leestown Rd, Room M-122

Maximum Enrollment: 40 | Course Fee: \$30

Present discussions of some infections that afflict mankind and have significantly altered the course of human history.

Energy in our Past, Present and Future – How it Affects our Lives and Environment (Hybrid)

Instructor: Rick Elliott

*Dates and Times: Tuesdays, September 9 – November 4
(no class October 7)*

10 – 12 Noon

*Course Location: Crestwood Christian Church,
Chalice Hall & Zoom*

Maximum Enrollment: 40 | Course Fee: \$30

The U.S.A. allows private parties to own mineral rights, allowing many of its citizens to benefit directly when oil and natural gas are produced from their lands. In addition, the energy supply chains that produce, process and deliver hydrocarbon fuels to end users employ more people on a permanent basis than comparable supply chains for certain types of renewable energy. Thus, how we elect to satisfy our energy needs affects both the number of people we employ and the nature of those jobs. On the other hand, the detrimental environmental effects of hydrocarbon fuels are well-documented and cannot be ignored. Our diverse energy needs can only be met using all currently available sources and technologies, as well as likely additional future ones. This class will provide an overview of the entire mix of energy sources and uses. It will address the economics of the energy industry and its environmental effects. There will be a discussion of how a network of civil laws and state and federal regulations promotes a balance between public interest and the rights of land and mineral rights owners. Finally, the wide reach of public and private sector energy research will be examined.

Gettin' Old Sux! (or does it???)

Instructor: Diane Vance

Dates and Times: Fridays, October 31 – November 21

10 – 12 Noon

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

We are all in the process of “getting older” (no matter how old we are). This course will begin by talking about our attitudes related to aging. Then we’ll discuss the biological basis of the normal changes that occur with age, ways we can adapt to these changes, and when to be concerned that they are outside the norm. We’ll definitely take time to talk (and laugh!) with each other about our experiences. (We even have a class song . . .) If other topics related to aging come up during the class there may be a “part 2” at a later time to discuss them. Are you old enough to participate?

History of Earth and Life

Instructors: Dan Phelps and Anna Watson

Dates and Times: Mondays, September 22 – November 24

1 – 2:30 p.m.

Course Location: Crestwood Christian Church, MC-3

Maximum Enrollment: 30 | Course Fee: \$30

Examines the history of earth and life from the Precambrian (beginning 4.55 billion years ago) to the start of the Anthropocene. 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. There will be an optional trip to the Cincinnati Museum Center during (or at the end of) the semester.

Medical Marijuana 101 update

Instructor: Diane Vance

Date and Time: Monday, November 17, 2025

10 – 12 Noon

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$20

Medical marijuana became legal in Kentucky on January 1, 2025. This class will begin with definitions of terms related to marijuana. We’ll briefly review current evidence for medical use of cannabis and recent reports about its side effects. Then we’ll go over current Kentucky regulations and procedures for use of medical marijuana, including eligible medical conditions and the process of getting an ID card. The class will conclude with a discussion of issues associated with “driving under the influence of cannabis (DUIC).”

Rockhounds - Ancient Kentucky Environments (SIG)

Facilitators: Dan Phelps and Anna Watson

Dates and Times: Tuesdays, October 7 – 28

1 – 2:30 p.m.

Course Location: TBD

Maximum Enrollment: 30 | No Course Fee

Kentucky has a fossil record going back 450 million years and a geologic record going back billions of years. This class will explore Kentucky’s geological history and show how earth scientists interpret ancient environments and paleoecology. There will be 4 lectures and fossil collecting trip that will include a trip to the Falls of the Ohio Museum and Visitor’s Center.

Science Matters (Zoom)

Coordinator: Seetha Subramanian

Instructors: Various Professors

Dates and Times: Fridays, September 19 – October 24

1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 35 | Course Fee: \$30

“Science Matters” will be taught by professors from departments of Astronomy, Biology, Chemistry, Immunology, at UK, Transylvania, and BCTC. Previous topics taught by others are: Burnt scrolls, Aging eyes, Viruses, Macular Degeneration, Planets and Stars, Black Holes etc. This semester, topics will be a surprise! but informative, interesting, and stimulating. Hope to snare an “AI” person to discuss how it is used.

The Atoms Family

Instructor: Diane Vance

Dates and Times: Fridays, October 31 – November 21

1 – 3 p.m.

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 35 | Course Fee: \$30

I know – chemistry?? – UGH! But chemicals play a crucial role in our world, both positive and negative. We’ll talk about some substances in recent news and explain the chemistry behind their importance as well as discuss current events related to the chemicals. Examples of topics could include rare earth elements (US deal with Ukraine); lithium (why it’s important); PFAS (“forever chemicals”); microplastics (they’re in your brain); and what the energy demands of AI have to do with a renewed interest in nuclear power. We may also discuss other chemicals the class is interested in.



The Near-Death Experience: Examining What is Known

Instructor: David Royse

Dates and Times: Wednesdays, September 3 – 24

1:30 – 3 p.m.

Course Location: CenterWell Regency Centre, Activity Room

Maximum Enrollment: 25 | Course Fee: \$30

Since Raymond Moody's book, *Life After Life* (1976), was published many other books and hundreds of professional journal articles have appeared in print on the topic of 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 distract us from a rapid approaching death. On the other hand, clergy, other professionals, and common people have related remarkable stories about their near-death episodes. This course will explore the phenomenon in terms of examining historic and current research with PowerPoint presentations, lectures, and discussion.

Who Cares? Reading Frans de Waal's "Mama's Last Hug" (SIG)

Facilitator: Jack Furlong

Dates and Times: Tuesdays, October 7 – November 11

1 – 3 p.m.

Course Location: CenterWell Regency Centre, Activity Room

Maximum Enrollment: 20 | No Course Fee

Have you wondered whether animals care about their lives? What implications would such feelings have for us humans? De Waal's book on the topic, *Mama's Last Hug*, begins with a farewell embrace between Mama, a dying female chimpanzee, and Jan van Hooff, the biologist who had worked with her for 40 years. With that scene, de Waal starts to make the case for animal caring. From apes to zebras, he discovers that animals can detest and delight, love and leave, laugh at each other, console and mourn for themselves and members of other animal species. If you are now feeling curious, then you might be interested in reading and discussing de Waal's book with other, equally thoughtful and mature members of our species.

VISUAL ARTS



How to Paint a Picture of Almost Anything

Instructor: Joe Schum

Dates and Times: Tuesdays, September 9 – November 25

(No class October 7 and November 4)

10 – 12 Noon

Course Location: Beaumont Presbyterian Church,

Fellowship Hall

Maximum Enrollment: 32 | Course Fee: \$50

Subjects to be painted will include animals, birds, landscape features such as sky, trees, water, and rocks. In addition, one human portrait will be completed. Each of these subjects have characteristic features that respond best to different painting techniques. These will include canvas preparation, color selection, paint application, and textural effects.

Introduction to Painting

Instructor: Joe Schum

Dates and Times: Tuesdays, September 9 – November 25

(No class October 7 and November 4)

1 – 3 p.m.

Course Location: Beaumont Presbyterian Church,

Fellowship Hall

Maximum Enrollment: 32 | Course Fee: \$50

Students will be directed to complete one painting in each 2 hour session. The instructor will demonstrate step by step process as the students follow along. Each painting will be a new composition, for a total of 10 different paintings for the semester. The instructor will use acrylic paints in most demonstrations, but students may also use oils, if preferred.

Renaissance Art and Architecture in Florence, Italy: Discover the Creative Genius of a Golden Age

Instructor: Lisa Smith

Dates and Times: Wednesdays, October 8 – November 12

3 – 4:30 p.m.

Course Location: Lexington Theological Seminary, 5th Floor

Maximum Enrollment: 40 | Course Fee: \$30

Step into the heart of Renaissance Florence and experience the extraordinary artistic revolution that shaped the course of Western culture. This engaging and richly illustrated course invites lifelong learners to explore the dynamic relationships between artists, patrons, religious institutions, and civic life during one of the most transformative periods in history. Together, we'll uncover the stories behind iconic masterpieces and delve into the cultural forces that gave rise to stunning works of art and groundbreaking architecture. From the vibrant guilds and powerful monastic orders to the influential courts of Urbino and Mantua, we'll examine how art became a tool for devotion, prestige, and innovation. With a focus on the themes of classical revival, spiritual expression, and artistic genius, we'll journey through the works of legendary figures like Giotto, Donatello, Botticelli, Leonardo, Raphael, Michelangelo, Alberti, and others. Whether you're a seasoned art lover or new to the Renaissance, this course offers a captivating window into a world where creativity and culture flourished like never before.



**Berea Day Trip - Local Art Studios
Spring 2025**



FALL 2025

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 Tuesday, September 2

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 Tuesday, September 2

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 **2025 - 2026 OLLI Risk Release** on the back of the registration form (pg 41 & 42) 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 2, 2025

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 2025 MOREHEAD

All Course Offerings

CULTURE



Osher Classic Movie Series (SIG)

Facilitators: Vicente Cano and Dennis Karwatka
Dates and Times: Mondays, September 8 – October 13
12:30 – 3:30 p.m.
Course Location: Rowan County Public Library,
Community Room
Maximum Enrollment: 30 | No Course Fee

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

EXPERIENTIAL LEARNING



Great Decisions (Hybrid SIG)

Facilitator: Bob Lindahl
Dates and Times: Tuesdays, September 9, 23, 30; October 14, 28;
November 11, 25 & December 9
10 – 11:30 a.m.
Course Location: First Baptist Church,
Fellowship Hall & Zoom
Maximum Enrollment: 20 In-Person, No Limit Zoom
No Course Fee

The Foreign Policy Association's Great Decisions SIG provides information and a format for the members to discuss critical global issues facing America today. Members learn together as they exercise critical thinking skills and share their personal understandings of issues that are sometimes complex and controversial. We will rely primarily on the 2025 Great Decisions briefing book in covering the remaining four topics: 5. International Cooperation on Climate Change; 6. The Future of NATO and European Security; 7. AI and American National Security; 8. American Policy in the Middle East. Each topic will generally be discussed over a period of two sessions, starting with a DVD presentation. This briefing book can be purchased by going to fpa.org. There is also a Kindle version available at this site or on Amazon.



HEALTH & WELLNESS



Cooking is Fun

Instructors: Jerry Hart, Dave Dummer, Mary Camille Dummer,
and Randy Newsome
Dates and Times: Fridays, October 10 – 31
11 – 12:30 p.m.
Course Location: First Baptist Church, Basement Kitchen
Maximum Enrollment: 12 | Course Fee: \$35

Members of the Morehead community will demonstrate cooking during each class. They will share their love of cooking, special techniques and recipes. Class members will get a sample of the dishes prepared. Demonstrating cooks: Jerry Hart, Dave Dummer, Mary Camille Dummer and Randy Newsome.

PLEASE NOTE: Course Fee includes cost of food.

Healthy Aging

Instructor: Debbie Williams
Dates and Times: Wednesdays, October 1 – 29
10 – 11:30 a.m.
Course Location: First Baptist Church,
Fellowship Hall
Maximum Enrollment: 10 | Course Fee: \$25

The class will explore healthier alternatives that will improve the aging process. We will have speakers on topics such as nutrition, heart health, meditation, chair yoga, and exercise. We will discuss the importance of movement and challenging the thought process.

Patch It Up Sweetly: How to Handle Simple Emergencies

Instructor: Ann Colbert
Date and Time: Monday, October 6, 2025
1 – 3 p.m.
Course Location: First Baptist Church,
Fellowship Hall
Maximum Enrollment: 15 | Course Fee: \$20

Learn how to use the first aid kit in your trunk. Learn the proper treatment for common minor maladies that can occur in life- bug bites, poison ivy, tick bites, minor sprains, nose bleeds, and cuts. Build your confidence with mishaps you or your family might encounter including how to respond to common emergencies like burns, asthma attacks, allergic reactions, and poisonings.



HISTORY & GOVERNMENT



Mysterious Stone Sites and Neolithic Monuments of the Ancient World

Instructor: Royal Berglee

Date and Time: Thursday, October 9, 2025

10 a.m. – 12:15 p.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | Course Fee: \$20

Historically significant neolithic monuments of the ancient world will be illustrated and investigated. The course will include lesser-known stone monuments that are older and even more intriguing than the Great Pyramid or Stonehenge, two of the most recognizable examples. The course will examine a selected number of neolithic sites for their historical, sacred, or mystical significance. An optional short field trip will be available for participants after the lecture sessions.

LITERATURE



Non-Fiction Book Discussion Group (SIG)

Facilitator: Judith Stafford

Dates and Times: 2nd Monday of each month, September 8, October 13, November 10, and December 8

2 – 4 p.m.

Course Location: Coffee Tree Books

Maximum Enrollment: 8 | No Course Fee

Members will select different Non-Fiction books for discussion. Last year some of the books selected were; *People The Planet Needs Now* by Dudley Edmondson, *Democracy Awakening* by Heather Cox Richardson and *Miracles and Wonder* by Elaine Pagels. A lively discussion leads to new knowledge and learning different points of views about different topics.

Write Your Story (SIG)

Facilitator: Carolyn Franzini

Dates and Times: Thursdays, October 9 – 30

2 – 3:30 p.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 10 | No Course Fee

Everyone has a story! You can preserve your stories by writing them down. Being with a group that is sharing their stories can be a motivation for you to write your story. At the last class each person will receive a cloth bound booklet containing the group's stories.

OUT OF THE BOX



Senior Medicare Patrol: Preventing, Detecting, and Reporting Fraud, Errors, and Abuse

Instructor: Kelly Waite

Date and Time: Thursday, October 16, 2025

9:30 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 50 | No Course Fee

Our society is rife with scam artists trying to take advantage of older adults. Learn how to protect yourself, your loved ones, and your wallets from Medicare fraud, romance scams, and various forms of elder abuse, and then Pass it On. Gain the knowledge to spot and report fraud and scams.

TED Talks (SIG)

Facilitators: Jackie Bailey & Johnnda Estep

Dates and Times: Mondays, October 6 – 27

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | No Course Fee

TED (Technology, Entertainment and Design) Talk 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 two or three short TED videos followed by discussion.

SCIENCE & ENVIRONMENT



Citizen Science Projects

Instructor: Drew Henderson

Dates and Times: Wednesdays, October 1 – 22

1 – 2:30 p.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | Course Fee: \$25

If you would like to learn about opportunities to be involved in online science/research projects, then this is the course for you! There are plenty of opportunities to be involved in collecting or analyzing data for such organizations as NASA, National Geographic, the National Park Service, and others. This course will take a look at a variety of projects in such areas as bird watching, plant observations, astronomy, and archives transcriptions. We will discuss the goals of these projects, what is required to participate (e.g. smart phone, laptop, etc.), how to register, and what participants would be doing. We will also take a look at some completed projects and what the outcomes were.

Kentucky Native Bees & Their Native Plants

Instructor: Debbie Howes

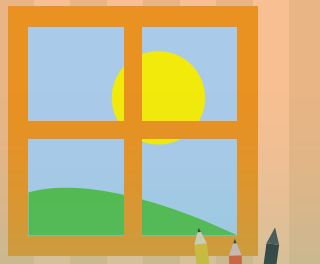
Date and Time: Wednesday, September 24, 2025

11 a.m. – 1 p.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 15 | Course Fee: \$20

Learn to love your native bees and the plants that determine their success. This class will explain the role of native bees, native plants, and the role of the European bees in KY. Participants will also construct "native bee boxes" to attract native bees to their homes and gardens.



Fall 2025 LEXINGTON & MOREHEAD Online Course Offerings

CULTURE



Lifelong Philosophy SIG (Zoom)

Facilitator: Maryann Wellman

*Dates and Times: Fridays, September 5 – December 5
(No Class November 28)*

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 25 | No Course Fee

The Lifelong Philosophy SIG is a discussion group addressing contemporary issues which incorporate historical philosophical concepts. Members meet weekly and dialog informally about a social, ethical or humanist topic selected by the group within certain broad categories such as art, science, medical advances, technology, etc. Additionally, members periodically share their experiences with books, film and other media that convey a particular philosophical theme and/or stimulate deeper thinking. SIG members who so choose gather socially from time to time to strengthen the bonds of friendship among members and share ideas in a relaxed setting.

Lovers, Spies and Voyeurs: The Best of Hitchcock, Part 2 (Zoom)

Instructor: Jay Sherwin

Dates and Times: Tuesdays, October 7 – 28

9:30 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$30

In the 1940s and 1950s, Alfred Hitchcock was at his artistic and professional peak as a filmmaker. In this four-week online course, we'll discuss eight Hitchcock films from that era, 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 motifs. Join us for another lively trip into the fascinating, unsettling world that Hitchcock created on film. (If you didn't attend Part 1, no worries! That's not required for this course.)

Who the Devil Made It! Movie Directors Showcase (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, September 5 – November 21
(No Class September 26)*

1 – 4 p.m.

*Course Location: Lexington Theological Seminary,
3rd Floor & Zoom*

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

Enter the captivating world of cinema as we explore the distinctive artistry of renowned directors. Hollywood was known for its rigid studio system, but a select few filmmakers managed to break free, crafting films that reflected their unique artistic styles. Outside the United States, directors enjoyed greater artistic liberty. Throughout this course, we will delve into 11 exceptional films—6 by American directors and 5 by international masters. The lineup includes iconic works such as Charlie Chaplin's "City Lights," Susan Seidelman's "Desperately Seeking Susan," Akira Kurosawa's "Throne of Blood," and James Cameron's "The Terminator." Watching each film, we will analyze how it embodies the artistic vision and style of its director. Join us in this cinematic journey, where artistic genius and technical virtuosity converged to create unforgettable masterpieces. (Films shown with subtitles.)





**Mind Matters Health Fair
Spring 2025**

EXPERIENTIAL LEARNING



Great Decisions (Hybrid SIG)

Facilitator: Bob Lindahl

Dates and Times: Tuesdays, September 9, 23, 30; October 14, 28; November 11, 25; December 9

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall & Zoom

**Maximum Enrollment: 20 In-Person, No Limit Zoom
No Course Fee**

The Foreign Policy Association's Great Decisions SIG provides information and a format for the members to discuss critical global issues facing America today. Members learn together as they exercise critical thinking skills and share their personal understandings of issues that are sometimes complex and controversial. We will rely primarily on the 2025 Great Decisions briefing book in covering the remaining four topics: 5. International Cooperation on Climate Change; 6. The Future of NATO and European Security; 7. AI and American National Security; 8. American Policy in the Middle East. Each topic will generally be discussed over a period of two sessions, starting with a DVD presentation. This briefing book can be purchased by going to fpa.org. There is also a Kindle version available at this site or on Amazon.

Shared Interest Groups for Writers (Hybrid SIG)

Facilitators: Gerard Howell and Sandy Emerson

Dates and Times: Mondays, September 8 – December 8

1:30 – 3:30 p.m.

*Course Location: Central Baptist Church,
Meeting Room 1 & Zoom*

Maximum Enrollment: 15 In-Person, 3 Zoom | 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 is not required. Enthusiasm expected. See you there.

HEALTH & WELLNESS



Fall Prevention & Home Safety Strategies (Hybrid)

Instructor: Stephanie Tewes

Date and Time: Friday, October 31, 2025

10 – 11:30 a.m.

*Course Location: Lexington Theological Seminary,
5th Floor & Zoom*

Maximum Enrollment: 40 Each | Course Fee: \$20

Join Stephanie Tewes, Fall Prevention Specialist & Care Coordinator at Kendal at Home, for an informative workshop on reducing falls and staying safe at home. Learn practical safety tips, balance exercises, and emergency preparedness strategies to create a safer living environment and maintain independence in your home.

OLLI Fitness (Hybrid)

Instructors: Josette Garstka & Karie Boneau

*Dates and Times: Mondays, Wednesdays, & Fridays,
September 3 – December 5 (No Class November 26 & 28)*

11:30 a.m. – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& 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.

REQUIRED MATERIALS: Water bottle, weights and yoga mat.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays & Thursdays,

September 2 – December 4 (No Class November 27)

11:30 a.m. – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& Zoom*

Maximum Enrollment: 75 Each | 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, water bottle and yoga block.

The Benefits of Strength Training For Life's Journey (Zoom)

Instructors: Katie Starr & Eric Levitan

Date and Time: Monday, September 8, 2025

10 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

Join Dr. Katie Starr and Eric Levitan, experts in healthy aging, for a 1-hour webinar exploring the science of strength training as we age. Learn how staying strong boosts mood, sleep, and memory, and discover key strategies for success, including the role of protein and everyday ways to incorporate strength training into your routine.



HISTORY & GOVERNMENT



Happy 250th Birthday to Lexington (Hybrid)

Instructor: Phil Maxson

Dates and Times: Wednesdays, October 8 – 29

1 – 2:30 p.m.

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

Maximum Enrollment: 50 In-Person, 25 Zoom

Course Fee: \$30

The course will discuss the events that happened during the Revolutionary War period in and around Kentucky that led to the founding of Lexington. It will discuss numerous people who were important to our city's founding. They include: the McConnell brothers, Robert Patterson, the Todd brothers (Levi, John and Robert), Daniel Boone, George Rogers Clark, and more.

Lessons NOT Learned from the Vietnam War (Zoom)

Instructor: Ed Linz

Dates and Times: Fridays, October 10 & 17

1 – 2:30 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$25

These two sessions begin with the history of Vietnam and its colonial period under France. We will also discuss its involvement in World War II, the rise of Ho Chi Minh and the Viet Minh, and the French-Indochina War leading to the defeat of the French forces. Our next point of emphasis will be the division of Vietnam into North-South and U.S. involvement leading up to U.S. Marines landing in 1965. We will conclude with an extensive discussion of the Vietnam War, including strategy by U.S., South Vietnamese, Viet Cong, and North Vietnamese forces leading to the eventual collapse of South Vietnam in 1975. This will be an interactive session soliciting questions and comments.

Pathways to Kentucke: The Wilderness Road and the Ohio River (Hybrid)

Instructor: Ken Golliher

Dates and Times: Mondays, October 6 & 13

1 – 2:30 p.m.

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

Maximum Enrollment: 30 In-Person, 10 Zoom

Course Fee: \$25

To many eighteenth century immigrants, "Kentucke" and its "great meadow" (the bluegrass) is akin to the promised land. Two major avenues lead there, the Ohio River and the Wilderness Road. Both routes are difficult. Neither is safe. Still, they are routinely traveled by men, women and children bound for a new life. These are the travel stories for thousands of immigrants who raised the area's non-native population from less than 300 to more than 73,000 between 1774 and 1792. We will discuss the routes settlers use, the conditions they encounter, and the risks they endure. Travelers' journals from the period are heavily relied upon in this narrative, a perspective no history book offers.



**OLLI Chorus Spring Concert
The Hot Cookies Ukulele Ensemble
Spring 2025**

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

Instructor: Larry Hood

*Dates and Times: Wednesdays, September 3 – October 1
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 (Zoom)

Instructor: Larry Hood

*Dates and Times: Wednesdays, October 15 – November 12
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.

Where on Earth is the U.S. in 2025? Are We in the "Top 10"? (Zoom)

Instructor: Doug Stowell

Date and Time: Tuesday, November 11, 2025

10 – 11:30 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 300 | Course Fee: \$20

We will examine some 24 topics including: GDP, Wages, Taxes, Trade balance, Tariffs, Environment, Energy, Education, Healthcare, Climate Change, Immigration, Safety, Prosperity, Happiness, "Best" Nations, et al.. We will use the "Top 10" format which provides a quick "snap-shot" of the U.S. rank relative to other nations. Our sources are international surveys by highly credible and impartial world-wide organizations. A complete pdf copy will be supplied in advance.

LITERATURE



Banned Books (Zoom SIG)

Facilitator: Frances Goodfriend

*Dates and Times: Every 3rd Thursday of each month, September 18, October 16, November 20 & December 18
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 18: The Bluest Eye, by Toni Morrison. 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 (Zoom SIG)

Facilitator: Frances Goodfriend

*Dates and Times: Every 3rd Thursday of each month, September 18, October 16, November 20 & December 18
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 Thorn Birds by Colleen McCullough, an Australian best-seller. 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 (Zoom SIG)

Facilitator: Frances Goodfriend

*Dates and Times: Every 1st Wednesday of each month,
September 3, October 1, November 5 & December 3
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 3: *The Cat Who Could Read Backwards* by Lilian Jackson Braun. Class participants will select the books for October, November and December. Handouts will be emailed to participants before each session.

SCIENCE & ENVIRONMENT



Energy in our Past, Present and Future – How it Affects our Lives and Environment (Hybrid)

Instructor: Rick Elliott

*Dates and Times: Tuesdays, September 9 – November 4
(no class October 7)*

10 – 12 Noon

*Course Location: Crestwood Christian Church,
Chalice Hall & Zoom*

Maximum Enrollment: 40 | Course Fee: \$30

The U.S.A. allows private parties to own mineral rights, allowing many of its citizens to benefit directly when oil and natural gas are produced from their lands. In addition, the energy supply chains that produce, process and deliver hydrocarbon fuels to end users employ more people on a permanent basis than comparable supply chains for certain types of renewable energy. Thus, how we elect to satisfy our energy needs affects both the number of people we employ and the nature of those jobs. On the other hand, the detrimental environmental effects of hydrocarbon fuels are well-documented and cannot be ignored. Our diverse energy needs can only be met using all currently available sources and technologies, as well as likely additional future ones. This class will provide an overview of the entire mix of energy sources and uses. It will address the economics of the energy industry and its environmental effects. There will be a discussion of how a network of civil laws and state and federal regulations promotes a balance between public interest and the rights of land and mineral rights owners. Finally, the wide reach of public and private sector energy research will be examined.



Science Matters (Zoom)

Coordinator: Seetha Subramanian

Instructors: Various Professors

*Dates and Times: Fridays, September 19 – October 24
1 – 3 p.m.*

Course Location: Online Zoom Course

Maximum Enrollment: 35 | Course Fee: \$30

"Science Matters" will be taught by professors from departments of Astronomy, Biology, Chemistry, Immunology, at UK, Transylvania, and BCTC. Previous topics taught by others are: Burnt scrolls, Aging eyes, Viruses, Macular Degeneration, Planets and Stars, Black Holes etc. This semester, topics will be a surprise! but informative, interesting, and stimulating. Hope to snare an "AI" person to discuss how it is used.



FALL 2025 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church

1070 Lane Allen Road, Lexington, KY, 40504

Bluegrass Care Navigators

1733 Harrodsburg Rd, 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

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

Hunter Presbyterian Church

109 Rosemont Garden, Lexington, KY, 40503

LEXINGTON (continued)

Lexington Bridge Club

3517 Lansdowne Drive, Lexington, KY, 40517

Lexington Public Library, Beaumont 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 Lexington Theatre Company

2323 Alexandria Drive, Lexington, KY, 40504

Twin Pines Christian Church

1139 Tanbark Rd, Lexington, KY, 40515

MOREHEAD

CoffeeTree Books & The Fuzzy Duck

159 E Main Street, Morehead, KY, 40351

First Baptist Church

123 E Main Street, Morehead, KY, 40351

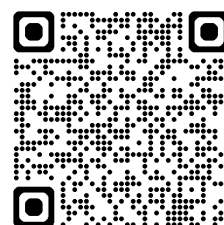
Rowan County Public Library

175 Beacon Hill Rd Drive, Morehead, KY 40351

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/2025-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://give.uky.edu/campaigns/47193/donations/new>



← 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 2025 OLLI INSTRUCTORS

Trey Adkins

Trey Adkins is a resident of Lexington, KY. He graduated from Eastern Kentucky University in Richmond, KY with B.S. (2018) in Homeland Security / Disaster Management and Intelligence Studies. He commissioned from Officer Candidate School in Fort Moore, GA, into the KY Army National Guard as a Finance Comptroller Officer in 2021. Trey has completed his professional military education at the Soldier Support Institute's Finance Comptroller School in Fort Jackson, SC. Trey also serves as a Student Affairs Officer for the UK Office of Lifelong Learning.

Jackie Bailey

Jackie Bailey is a resident of Morehead, KY. She graduated from Morehead State University with a degree in education. She spent 30 years working for the Kentucky Department of Health and Family Services, retired, and then worked as an Academic Department Specialist in the College of Science and Technology at MSU.

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

Darryl Bennett is a retired engineer and has been living in Lexington since 1981. He has been playing bridge for more than 50 years.

Royal Berglee

Dr. Royal Berglee is a professor emeritus of Global Studies at Morehead State University. He is originally from Montana. He has taught university courses in International Studies and Geography. Dr. Berglee taught in two different years in China and has conducted study abroad courses for students in various countries. He is the author of the university textbook "World Regional Geography – People, Places, and Globalization."

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.

Karie Boneau

Karie Boneau is a retired educator, lifelong exerciser, and OLLI enthusiast. After retiring from teaching 7th and 8th grade English for over 25 years, she became a Silver Sneakers instructor, merging her twin interests of exercise and teaching. She is now in her fourth year as a Silver Sneakers instructor for the YMCA, primarily at the High Street location. Having been an OLLI participant herself in both yoga and fitness since 2019, she is honored to be an instructor now in the OLLI program.

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.

Vicente Cano

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

Marianna Jackson Clay

Marianna Jackson Clay is a former Assistant U.S. Attorney with the Department of Justice in the Eastern District of Kentucky. In addition to her distinguished legal career, she served as a professor of law at the University of Kentucky, where she guided third-year law students in courtroom etiquette and civil litigation. Honored to be inducted into the University of Kentucky Law Hall of Fame, Marianna remains passionate about sharing her expertise in the justice system through teaching and public service.

Ann Colbert

Ann Colbert MD is a retired family physician. She graduated from Michigan State University, College of Human Medicine and practiced at St. Claire Hospital in Morehead from 1985 thru 2016. She is a Red Cross medical and disaster volunteer and is certified in Red Cross CPR and Basic First Aid.

Dan Crabtree

Dan Crabtree grew up on the north side of Lexington in the 60s. He has retired following a career that included teaching, coaching, college admissions, and high school counseling. He and his wife live in a 160-year-old house in Versailles.

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.

Jennifer Curtis

Jennifer Curtis is a Volunteer Coordinator for the Hospice Care Center (found at Good Samaritan Hospital) and PACE program. Two of the most popular volunteer activities she coordinates are Comfort Cart and Cookie Crew. These volunteers visit patients with a cart stocked with provided items to make the patient/families stay a bit easier. Cookie Crew volunteers bake pre-mixed cookies at our office to provide a taste of home at the hospital.

Joe Dietz

Joe Dietz 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, iCloud, and iPhone camera. He also assists in other classes as needed. He heads up CKCS Digital Photography Special Interest Group and orchestrates the monthly and annual photo contest. Joe's classes are usually very active and entertaining with lots of interaction with the students.

Dave and Mary Camille Dummer

Dave and Mary Camille Dummer are both well known cooks in the community.

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.



Karen Elliott

Karen Elliott is a resident of Lexington, Ky. She earned a B.S. from the University of Northern Colorado and an M.A. from the University of Maryland. Karen is a veteran and former U.S. Naval Officer. She taught high school astronomy, geology, meteorology, oceanography and physics for Fairfax County Public Schools in Virginia. As a middle school summer STEAM and after-school instructor, she taught electronics and helped students build and run a "Mission to Mars" interactive display for a regional Mini-Maker Fair. Her summer teacher courses included an amazing week learning how to develop and manage planetarium programs. Karen was also an adjunct geology instructor with Temple University. As a docent at the Smithsonian Institution's Udvar-Hazy Air and Space Museum, she taught space-science lab classes and gave school tours. Karen also researched the scientific background, developed props and put together a historic lobby display for a community play of "Silent Sky" which portrays the story of Henrietta Swan Leavitt and a group of women "computers" at Harvard College Observatory during the early 1900s. Karen has five telescopes but prefers her Samsung S24 Ultra Smart Phone for taking photos of the night sky!

Rick Elliott

Rick Elliott moved to Lexington in 2023. He graduated from the U.S. Naval Academy in 1973 with a B.S. in chemistry and holds two postgraduate degrees in civil engineering from the University of Southern California. Rick worked in the natural gas processing industry and was a research division director in the Fossil Energy Division of the U.S. Department of Energy. He also worked in private practice as an environmental and energy consulting engineer for almost a decade. While now fully retired, Rick's certifications while he was working included Licensed Professional Engineer (Virginia), Certified Energy Manager (AEE), Certified Facility Manager (IFMA), and Certified Cost Engineer (AACE International).

Dave Emerson

Dave Emerson is a Lexington, KY resident. He is a graduate of the University of Kentucky (B.S. - 1965, J.D. - 1968). He practiced law in Lexington from 1973 to 2014.

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

Myra is a retired elementary teacher with 31 years of classroom experience and advanced degrees in special education and administration/supervision. She discovered CKCS after her retirement and took many classes. Myra was eventually asked to assist in teaching basics and then, 21 years ago, she was asked to take over teaching the class. For the most part, it's been a joyous journey.

Johnda Estep

Johnda Estep is a resident of Morehead, KY. She graduated from Morehead State University with a double major in Fine Arts and Art Education and a Master's degree in Fine Arts. She worked at Morehead State University as an analyst in the Office of Institutional Research and Analysis.

Carolyn Franzini

Carolyn Franzini has been encouraging people to preserve their stories with classes through the Morehead OLLI program and the Flemingsburg Library for several years. She has found that folks are motivated to write stories if there is a group waiting to hear them. This OLLI class will provide the group who is eager to hear your story.

Jeff Freyman

Jeff has a doctorate in political science from The George Washington University. He taught courses on politics for over 40 years, including at Transylvania University from 1980 until his retirement in 2014. He has been teaching with OLLI since 2019. Jeff remains a long-suffering but ever-hopeful fan of the Baltimore Orioles. This experience should serve him well in teaching a course on the prospects of war.

Marcia Freyman

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

Jack Furlong

Jack Furlong holds a PhD in philosophy. At Transylvania, he taught courses relevant to animal issues, including Bioethics, Animal Minds/Human Values, and several courses in connection with the Louisville Zoo on animal cognition and ethical consequences with his daughter, a professor of cognitive psychology and neuroscience. With OLLI, he has taught animal-related courses, including Ape to Octopus: Why should we care about animal minds?, Conscious Creatures, and a SIG on Ed Yong's prize-winning book, An Immense World.

Josette Garstka

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

Ken Golliher

Ken Golliher was a professional trainer 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 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.

Melanie Hagan

Melanie Hagan is a Volunteer Coordinator for BCN (home and facility patients). In her 6+ year tenure, she has coordinated many volunteer projects both at patient bedside and administrative opportunities. The focus is to provide volunteer support at a time when patients and families need it most.

Doug Hahn

Doug Hahn is a retired Episcopal priest and bishop. He has taught multiple OLLI classes, is a member of the Lexington Singers. He enjoys exploring the literature of poetry and scripture to deepen our human experience.

Kevin Hale

Kevin Hale is a husband and father with 4 children and 4 grandchildren. He has been playing bagpipes since 1986. Kevin holds a Bachelor of Science in Mechanical engineering and a Master of Science in Engineering Management. He retired from the USAF in 2003 and serves as KUPD's vice president.

Jerry Hart

Jerry Hart is a former cooking instructor at a vocational school in Northern Kentucky.

Drew Henderson

Drew has served as the Board of Chair of the OLLI at UK, Morehead Advisory. Drew currently serves on the Advisory Board as the Vice Chair.

Dale Henley

Attended 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.

Mary Elizabeth Henton

Mary Elizabeth Henton is the Learning and Partnership Program Manager with the Lexington Philharmonic. Mary Elizabeth was an orchestra director for grades 4th-12th for twelve years in public and private schools. Mary Elizabeth has been published in the American String Teacher Journal. Her research topics include the perceived benefits and challenges of peer mentoring in string education and students' awareness of musical performance anxiety and self-efficacy.

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.

Deborah Howes

Debbie Howes is a retired Science educator from Rowan County, KY. She is an avid educator, home gardener, local birder, and promoter of a healthy relationship with the environment. She also teaches and promotes traditional Appalachian/Early American culture and heirloom crafts.

Blythe Hundley

Blythe Hundley is a Provider Liaison for Bluegrass Care Navigators. She has spent her career in healthcare and has worked in long-term care, inpatient hospital and outpatient clinic settings. She has her Master's Degree in Healthcare Administration from Ohio University and has a passion for hospice and palliative care; specifically making sure people utilize this benefit at the right time. Blythe would like to correct misconceptions about care for the chronically ill and those near the end of life.

Kurt Jefferson

Kurt began teaching Mac classes at CKCS in the late 1990s and the iPad about 15 years ago when Apple introduced it. He concentrates on the Mac operating system, Pages desktop publishing/word processing app, web browsers, and security tips. He is a former radio and TV news reporter and photographer and also worked at KentuckyConnect and kentucky.com (the online divisions of the Herald Leader newspaper.) He has a college degree in Mass Communications and Business. He continues to be amazed by the knowledge and talents of students attending classes at CKCS and OLLI.

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 adventures, and a continual joy in learning.

Dennis Karwatka

Dennis Karwatka is a retired professor from Morehead State University where he taught industrial technology for 34 years. He has enjoyed motion pictures since he was a youngster and is particularly interested in those made in the 1950s and 1960s.

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.

Barbara Kemp

Barbara Kemp is a long-time Lexington resident with degrees from UK in home economics education and pharmacy. She is currently a Donovan Scholar taking classes in Italian and plans to learn other foreign languages in the coming years. Last semester she took a course in dietary supplements to update her knowledge base, and is excited to teach this class for OLLI.

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.

Donna King

Donna King is a resident of Georgetown, KY. She is a Board-certified Instructor for the Tai Chi for Health Institute. The CDC, National Council on Aging, and Arthritis Foundation recommend and endorse this evidence-based program.

Lisa King

Lisa King is a licensed psychologist working as a Bereavement Counselor with Bluegrass Care Navigators. She specializes in community education and grief care for the community and for our Hospice patients and families. Dr. King has 30 years of experience working with various populations (rural and urban, youth and adults, community mental health, and private practice). She is hopeful that starting conversations about grief will lead to individuals becoming better equipped to support their family and friends in times of loss and become advocates for grief counseling in their communities.

Tom Krill

Tom Krill's undergraduate degree is in Political Science and History from Arizona State University with a graduate degree from Thunderbird Graduate School of International Management. He was posted by the Clark Equipment Corporation for a period of 14 years and traveled the Far East extensively. He worked with the Japanese licensee of the company and made several trips there. He met his wife, Akemi, in Hong Kong where they married in 1976. Since then, they have made many trips to Japan spending time with the family and traveling the country. They have always had a shared interest in Japanese arts and have a good collection of reference work about Japan and the arts.

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.

Rachel Laudan

Rachel Laudan helped organize Thriving in Place-Stonewall, Lexington's first attempt to emulate the national movement of virtual villages of neighbors helping neighbors. She is now on the Steering Committee of A Caring Place-Village that has expanded that initiative across Lexington with support of the Lexington City Council and BUILD. Rachel was inspired to take these initiatives thanks to caring for her husband with dementia, widowhood, and her own serious illness. A former history professor, Rachel would like to pay back the benefits she has received from OLLI at the University of Texas at Austin and her home of six years, Lexington.

Eric Levitan

Eric Levitan, is an accomplished technology entrepreneur. Inspired by his personal experience caring for his aging parents, Eric set out to address the issue of age-related muscle loss in older adults. Teaming up with experts in aging and exercise, and researchers from the Duke University School of Medicine, Eric founded Vivo and developed the highly effective fitness program that has been used by thousands of older adults to improve their fitness, health, and quality of life.

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 grew up on a farm in Kentucky prior to attending the U.S. Naval Academy. During his 20 years in the Navy, Ed served on nuclear submarines and was Commanding Officer, USS KAMEHAMEHA (SSBN-642). Following his retirement from the Navy, he taught high school Physics in public schools in Virginia and coached track and cross country. Ed, the author of six books, holds advanced degrees from Oxford University and George Mason University and lives in Maine and Virginia. He was the recipient of a heart transplant in 1994.

Phil Maxson

Phil is a life-long Lexington resident and Centre College graduate who has taught numerous history classes for OLLI. OLLI Classes taught: 1. Kentucky and the Civil War - multiple times 2. Kentucky's Lincoln - multiple times 3. Invasion of Kentucky 4. Camp Nelson: Portal to Freedom - multiple times 5. Mexican-American War 6. Celtic Spirituality 7. The Beaver Wars 8. Daniel Boone 9. George Rogers Clark 10. The Critical Year of 1778 in Kentucky 11. The Scots-Irish & their influence on our country OLLI History Tours led: 1. Downtown tours 2. Cemetery tours 3. Perryville battlefield tours 4. Boonesborough & Boone's Station tour.

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.

Randy Newsome

Randy Newsome is a well-known cook in the community. At one time he was a caterer in Morehead.

Jon Novak

Jon Novak is a long time OLLI student who has decided to teach a class about Modern American music. He's a retired wholesale lumber salesman who has a long history of attending concerts. He has a large collection of music from the era the class covers.

Phil O'Neill

Phil O'Neill is a retired electrical engineer from England. He moved to California in 1987; a job opportunity brought him to Lexington in 2000 and he has lived here ever since. His electronics experience includes troubleshooting, field service, preparing training materials and writing tech manuals. In the mechanical field he has been an application engineer and product manager working with both sales and manufacturing to introduce new products. Phil's interest in Internet Security stems from having a wife and two children who wanted to use the internet. Seeing the pitfalls of online life led him to learn how to secure the online presences of his family as best he can. Since retiring Phil has also learned many home renovation skills and volunteers with AARP Tax Aide. He is also Technology Coordinator for Tax Aide in Lexington.

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.

Vicki Reed

Vicki Reed is an award-winning, Amazon best-selling author who began writing only after retirement. She received undergraduate and graduate degrees from Eastern Ky University and spent her career in child welfare and juvenile justice. A sought-after speaker she has presented at numerous state and national conferences. Her workshops are known for their humor and engagement. A life-long resident of Lexington, she enjoys riding her horse, playing tennis, and working in her native plant garden.

Ed Reeves

Ed Reeves has loved movies since attending Saturday matinees as a kid. With 14 years of teaching movie classes for OLLI at UK and a career in university teaching and research, he uses an "ethnography at a distance" approach to understand filmmaking. This method, first developed by cultural anthropologists like Ruth Benedict and Margaret Mead, is enhanced by Ed's extensive background in the social sciences and humanities.

David Royse

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

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.

Kenneth S Scher

Graduate of Brown University and University of Pennsylvania. 40 year career as physician and surgeon. Military surgeon, medical school teacher and researcher.

Stacy Schultz

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

Joe Schum

Joe Schum is a graduate of the University of Kentucky and a retiree of IBM/Lexmark. His academic training is 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 enjoys applying these skills to visual arts.

Jonathan Scott

Jonathan Scott has led workshops in personal storytelling to groups of all ages since 2018. Since moving to Lexington in 2022, Scott has offered workshops through the Carnegie Center, the Lexington Senior Center, and the Ahava Center. He is the author of five novels and a collection of short stories.

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. Mike is also 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.

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 teaches courses on Hitchcock for adult learning programs nationwide.

Lisa Smith

Lisa holds a B.A. in Art History from Miami University and dual M.A. degrees in Art Education and Art History from The Ohio State University. She also pursued doctoral coursework in Art History at the Graduate Center, CUNY in New York City. With 25 years of teaching experience, Lisa specializes in contemporary art, critical theory, feminism, and film. She loves sharing her enthusiasm for art with others and making art history engaging and accessible to all.

Judith Stafford

Judith Stafford is a Morehead resident. She earned a PhD from The Ohio State University then taught at Morehead State University for 26 years, where she taught in the Social Work Program. Judith is now retired.

Tom Stanwix-Hay

Tom Stanwix-Hay has lived in Lexington since 1974. After he retired he began taking OLLI courses. He has been a facilitator for OLLI bridge for eight years.

Katie Starr

Dr. Katie Starr, PhD, RD, Associate Professor of Medicine at Duke University School of Medicine and Research Health Scientist at Durham VA Medical Center. Dr. Starr is also Co-Director of the Duke Center for Aging Clinical Nutrition Laboratory, and her research and professional experience focuses on understudied, older adult populations at high risk for chronic health conditions and functional disability. She is also the Chief Scientific Advisor for Vivo, an online fitness program for seniors. Eric Levitan, is an accomplished technology entrepreneur. Inspired by his personal experience caring for his aging parents, Eric set out to address the issue of age-related muscle loss in older adults. Teaming up with experts in aging and exercise, and researchers from the Duke University School of Medicine, Eric founded Vivo and developed the highly effective fitness program that has been used by thousands of older adults to improve their fitness, health, and quality of life.



John Stegner

JOHN M. STEGNER • Born in Dayton, Ohio • Attended Tecumseh High School, in New Carlisle, Ohio • Sang in the Choirs under the Direction of Mr. John Sipe • Attended Urbana College, Urbana, Ohio • Received the Associate in Arts Degree • Attended Eastern Kentucky University • Received the Bachelor of Music Education • Attended Wichita State University • Completed the Master of Arts Degree in Music Education at ECU • Began teaching career at Montgomery County High School, in Mt. Sterling, 1972 • Taught 17 years in the Montgomery County Schools • Began teaching at Rowan County Schools, 1990 • Began teaching at Lafayette Senior High School, 1994 • Retired in 2003 • Began teaching at the University of Kentucky, fall 2003 • Began teaching at Bluegrass Community and Technical College, fall 2005 • Has served as 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. firm NOP, Ltd. in London and Sr. Polling Executive - Wirthlin Worldwide in Washington, D.C.. He launched Market Resource Associates, in 2008 and conducts opinion research on global issues today. He is a member of the Furman University Osher Life-Long-Learning Group in Greenville, SC and conducts ZOOM programs for more than 80 organizations world-wide. All programs are FOCUS Group tested before use.

Gerri Botts Stuart

Gerri Botts Stuart is a PACE Outreach Coordinator with Bluegrass Care Navigators, where they specialize in community education and care coordination for older adults. With extensive experience supporting aging populations and their families, they are passionate about helping people understand and access resources that promote dignity, independence, and well-being.

Seetha Subramanian

Professor Emeritus of Physics Bluegrass Community & Technical College. Seetha started teaching for OLLI in the fall of 2013 and offered classes every semester. She volunteers for many organizations and is currently active on 3 boards. She enjoys cooking Indian dishes with western vegetables, reading, watching TV, singing Indian classical music around the house.

Stephanie Tewes

Stephanie Tewes, a resident of Union, Kentucky, is a Certified Fall Prevention Specialist (CFPS), Kendal at Home Care Coordinator, Certified Occupational Therapy Assistant (COTA), and was Director of Therapy Services in a Skilled Nursing Facility. She brings a wealth of knowledge, experience, and a passion for working with and advocating for older adults.

The Lexington Theatre Company featuring: Catherine Gaffney, Chris Arroyo, Lyndy Franklin Smith and Brance Cornelius

Courses will be taught by a Teaching Artist from The Lexington Theatre Company ("The Lex") a professional regional theatre company celebrating 10 years of creating professional theatre and training the next generation of theatre artists so that our community can enjoy a shared experience of masterful storytelling. Teaching Artists at The Lex are seasoned professionals who have enjoyed extensive performing and/or teaching careers. The Lexington Theatre Company believes wholeheartedly in lifelong learning and is known for its supportive environment for training artists of all ages and stages.

Brooke Thomas

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

Diane Vance

Diane Vance was a high school teacher before earning a PhD in radioanalytical chemistry at University of Kentucky, where she did research related to Alzheimer's disease. She then worked as a training director and scientist in the U.S. nuclear weapons complex before taking a faculty position at Eastern Kentucky University, where she taught chemistry and forensic science courses. She has been an OLLI instructor for 10 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.

Kelly Waite

Kelly Waite, and Michigan native, has resided in Morehead, Kentucky for three years. She's lived all over the country, graduating from Brigham Young University-Idaho's online degree program in Public Health, with an emphasis in Health Education and Health Promotion. She currently works for Morehead State University running the non-profit program, Senior Medicare Patrol, for fifteen counties in Northeastern Kentucky, traveling around educating senior citizens on Medicare fraud and other consumer scams targeted at older adults.

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.

Maryann Wellman

Maryann Wellman moved to Kentucky from New York in 1994 after a diverse career in industrial engineering and finance. She holds advance degrees in both science and theology. Maryann has been an OLLI member for over 10 years and has served as an Advisory Board member and volunteer for OLLI and several other Lexington non-profits.

Debbie Williams

Debbie Williams is a resident of Morehead Kentucky. Transplanted here after graduating from University of Connecticut. She is a retired teacher.

Jane Williams

Jane Williams learned to play mountain dulcimer in an OLLI class 20 years ago and has attended workshops and festivals in many states to continue learning. She has played with four area clubs and one in Nova Scotia and enjoys sharing what she has learned. She is a graduate of Hollins University, Penn State (M. ED.), and a former Donovan Scholar, and she enjoys playing with the Old Time Jam at Old North Bar in Greystone Station.

Michael Worley

Michael Worley, Ph.D. (Univ. of Chicago) has been an OLLI instructor since 2017 and was recently OLLI Instructor of the Year. His background is French and Italian art, 1600-1850. He has published in international scholarly journals and spent three years in Europe teaching and doing research for his dissertation on French Neoclassical sculpture.

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 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 Member

"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

"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



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 TO GET STARTED!

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

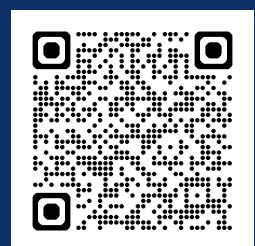
**SCAN HERE TO SUBSCRIBE TO
OUR NEWSLETTER**



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>



2025 FALL REGISTRATION FORM

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

STEP 1: Member Contact Info (please print)

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

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

____ Committee ____ Short Term ____ As Needed
____ Specific Event ____ Long Term

*REQUIRED INFORMATION:

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 2025 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, 2025 - JULY 31, 2026

(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 & RECORDINGS 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 and passcodes 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. For your convenience, you can also save Zoom links to your device.

We will record Zoom & Hybrid courses that have approval from the instructor. Recordings will be sent to students the next business day and upon request. For Fitness & Yoga courses, recordings will be sent out at the end of each month and upon request.



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

RETURN SERVICE REQUESTED



 **Office of
Lifelong Learning**
Osher Lifelong Learning Institute

Osher Lifelong Learning Institute

AT THE UNIVERSITY OF KENTUCKY

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

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