



Osher Lifelong
Learning Institute at
the University of Kentucky

Spring 2026 COURSE CATALOG

*Offering Learning Opportunities
for Adults 50 and Older!*

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

Spring 2026 COURSE CATALOG

Table of Contents

Spring 2026 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
Spring 2026 Donovan Forum Series	9
Spring 2026 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
Spring Registration Form	41
Risk & Release Form/Photo Release Form	42
Frequently Asked Questions	43

Lexington Spring Open House
Tuesday, January 6, 1 - 2:30 PM
(Free! No RSVP Required)

Central Baptist Church
110 Wilson Downing Rd, Lexington, KY

Spring 2026 Lexington Online Registration Schedule

WEDNESDAY & THURSDAY, JANUARY 7 & 8

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

WEDNESDAY, JANUARY 7

10 a.m. - Phase One

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

1 p.m. - Phase Two

- History and Government
- Languages
- Literature

THURSDAY, JANUARY 8

10 a.m. - Phase Three

- Culture
- Experiential Learning
- Performing Arts

1 p.m. - Phase Four

- Health and Wellness
- Science and Environment
- UK Wellness Opportunities

Spring 2026 Morehead Online Registration Schedule

FRIDAY, JANUARY 16 AT 10 A.M.

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

Morehead Spring Open House
Wednesday, January, 14, 1 - 2:30 PM
(Free! No RSVP)

Morehead United Methodist Church
227 W Main St, Morehead, KY

OFFICE OF LIFELONG LEARNING AT UK

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
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
Drew Henderson

Committee Chair Persons

Connections
Martha Perkins

Promotion & Membership
Drew Henderson
& Judith Stafford

Secretary
Fran Helphinstine

Curriculum
Carolyn Franzini
& Debbie Williams

Volunteer
Martha Perkins

At-Large Board Members

Jackie Bailey
Jay Barrett
Sue Barrett
Carolyn Franzini

Fran Helphinstine
Drew Henderson
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 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 Spring. Thank you for being part of our OLLI community. We are so glad you are here!

Warm Regards,
The OLLI at UK Staff

OLLI at UK Staff



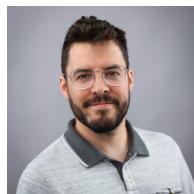
Joey Conrad
Executive Director
859-257-2658
joseph.conrad@uky.edu



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



Trey Adkins
Program Coordinator II
859-257-2657
trey.adkins@uky.edu



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

Spring 2026 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 membership or one course. Individual scholarships of up to \$50 are available each semester.

Current and prospective members are encouraged to apply. Contact our Registrar, Teresa Hager, at **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 the University of Kentucky closings. In the event of program cancellations, watch for announcements from OLLI Staff sent via email. If possible, Zoom and Hybrid classes may be moved completely online and continue as normal.

Please note, the OLLI at UK Office reserves the right to cancel classes for inclement weather even if UK remains open.

Due to inclement weather, when 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.



Follow 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 Follow 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 "Follow" button. We hope to see you there!

OLLI AT UK MEMBERSHIP BENEFITS

Interested in Becoming a Member?



Osher Lifelong Learning Institute at the University of Kentucky

Spring 2026
COURSE CATALOG

Offering Learning Opportunities for Adults 50 and Older!

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

Office of Lifelong Learning
Osher Lifelong Learning Institute

← 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: Spring 2026: February - May, 2026
- **Learning & Social Opportunities** No tests or grades to be found here! Join a vibrant community of over 1,100 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.olli.uky.edu



←Or scan
the following
QR Code



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

Spring 2026 DONOVAN FORUM SERIES

Thursdays, February 5 - April 30, 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.

February 5

The Impact of Alzheimer's & Dementia in our Community
Diane Vance, Community Educator and Meredith Plant, Program Manager
Alzheimer's Association

February 12

The Kentucky Writers Hall of Fame
Tom Eblen, Literary Liaison
Carnegie Center for Literacy and Learning

February 19

Current Kentucky Politics and the Legacies of Mitch McConnell
Al Cross, Professor Emeritus of Journalism
University of Kentucky

February 26

Beer, Wine and Spirits Tourism in Kentucky and Around the World.
R. Scott Meuret, Lecturer Hospitality Management and Tourism
University of Kentucky

March 5

A Sense of Place
Kathy Plomin, Former 12th District Councilmember
A "Sense of Place" Steering Committee

March 12

What it Takes to Become a Jockey
Remi Bellocq, Workforce Liaison / BCTC Equine Studies Program
Bluegrass Community & Technical College

March 19

Closing Pandora's Box: Understanding and Safeguarding Artificial Intelligence
Brent Harrison, Associate Professor
University of Kentucky

March 26

A Whole Human Approach to Workforce Development in Eastern Kentucky
Colby Hall, Executive Director
Shaping Our Appalachian Region

April 2

Tuition-Free, Impact-Rich: Berea's Model for Educational Equity
Lisa Turner, PhD, RN, PHCNS-BC, Associate Professor in Nursing
Berea College

April 9

Who Needs the Humanities and Why?
Bill Goodman, Executive Director
Kentucky Humanities

April 16

The Story of the Jack Jouett House Historic Site
Linda DeRosett, Executive Director
The Jack Jouett House Historic Site

April 23

Kentucky's LGBTQ History
Josh Porter, Assistant Executive Director
Faulkner Morgan Archive

April 30

Planning
Boyd O. Sewe, Principle Planner
LFUCG - Division of Planning

Donovan Forum Recordings

We will record all of the Donovan Forum Series presentations this semester.

Recordings will be sent to all registrants the day after the presentation for the week.

Spring 2026 LEXINGTON

All Course Offerings

COMPUTERS & TECHNOLOGY



Adventures in Photography - Composition - Learning to see Creatively in Photography

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

Dates and Times: Mondays, April 13 – May 11

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | **Course Fee:** \$54

Learn the ingredients for a good photo. We will study the elements of design, perspective, composition, lighting, and color of light. Why are some pictures more appealing than others? They follow some simple rules: A. Simplicity. B. Drawing Attention to the Subject. C. Positioning the Subject. D. Knowledge of Graphic Design for Interest and Harmony. Understanding and using these guidelines will show you how to implement this knowledge and become a better photographer. Instruction will consist of lecture, class discussion & video presentations.

Apple Watch: Beyond Telling Time Workshop

Instructor: Brooke Thomas

Date and Time: Wednesday, April 1, 2026

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.

Computer Basics for Microsoft Word

Instructor: Myra Engle

Dates and Times: Thursdays, February 19 – March 26

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, April 14 – May 5

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, March 16 – April 20

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 version 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, February 4 – March 11

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 Adobe Photoshop Elements

Instructors: Anne Campbell

Dates and Times: Mondays, February 2 – March 9

11 – 1 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 3 | Course Fee: \$58

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

Introduction to Photography

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

Dates and Times: Mondays, February 2 – March 2

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$54

Students will learn to set up camera controls; choose presets and a subject; compose photographs; take photographs; review photographs; move photographs to their computer; and then view their photographs. Also, students will review their photographs and learn to make corrections. Additional camera controls, presets, and rules of composition will be reviewed along with a discussion of which memory cards and lenses are recommended for their camera.

Introduction to Windows 11 Workshop

Instructor: Mike Seiler

Date and Time: Tuesday, March 3, 2026

9 a.m. – 12 Noon

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 7 | Course Fee: \$34

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



iPad Mastery: Unveiling Hidden Features

Instructor: Brooke Thomas

Dates and Times: Thursdays, February 5 – March 12

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.

Organizing Your Computer Files on a Windows PC

Instructor: Mike Seiler

Dates and Times: Tuesdays, February 10 – 24

10 a.m. – 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.

Photography: Seeing the Light

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

Dates and Times: Mondays, March 16 & 23

1 – 3 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$46

Lighting can make a difference in taking a good photograph versus a great one. You will learn how the camera sees light and ways to manipulate light to enhance the photograph. Topics that will be covered include electromagnetic spectrum, setting monitor color space, white balance, color temperatures and histograms, filters, hard and soft light, and backlighting.

The Science of Digital Photography

Instructor: Joe Hallock

Dates and Times: Tuesdays, February 10 – March 24
(no class March 3)

10 – 12 Noon

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 10 | Course Fee: \$58

This course will describe how digital files are created and formatted, making them so easy to manipulate any way you like. Whether using commercially available editors or advanced routines to improve photos and videos, the changes are becoming undetectable. How is this so easy now? It will be explained. Audio can be modified in a similar fashion. And scam techniques like deepfake videos and audio fakes will be described and discussed. Learn how to tell the difference now.

Using Apple iCloud for Your iPhone and iPad Workshop

Instructor: Joe Dietz

Date and Time: Tuesday, February 10, 2026

1 – 4 p.m.

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 5 | Course Fee: \$34

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

Wrangling Calendars the Apple Way Workshop

Instructor: Phil O'Neill

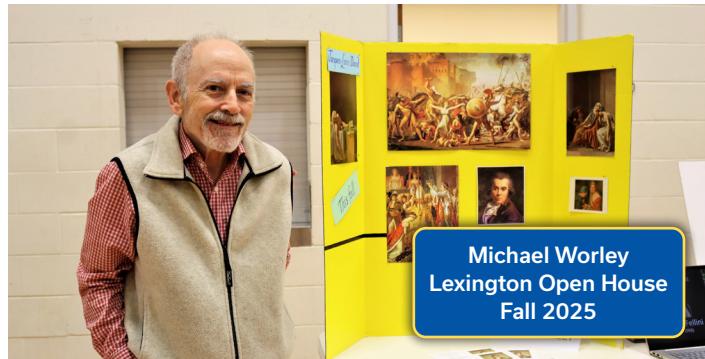
Date and Time: Wednesday, February 4, 2026

10 - 12 Noon

Course Location: Central Kentucky Computer Society

Maximum Enrollment: 6 | Course Fee: \$34

We will create and view Calendar events on Apple devices. Events can be one-time or repeating, often repeating in unusual ways. We will learn how to publish Calendars for others to see (Read only) and subscribe to others' Calendars across the OS divide between Apple and Googles cloud platforms. Lastly, we will integrate our events with the iPhones GPS system to ensure sufficient time is allowed to get to our appointments on time!



CULTURE



Ancient Maya Civilization

Instructor: Kelli Carmean

Dates and Times: Tuesdays, February 3 – March 24

1 – 2:30 p.m.

Course Location: Twin Pines Christian Church,

Adult Study Room

Maximum Enrollment: 25 | Course Fee: \$30

Have you ever wondered about a radically different way of *being in the world*? This course leads us into the extraordinary realm of the ancient Maya of Mexico and Central America. Through PowerPoint lectures and hands-on activities, we'll learn and think about Maya culture, religion, art, calendrics, government, and warfare, using knowledge and perspectives from archaeology, anthropology, and hieroglyphic decipherment. Our optional parallel read is "House of the Waterlily, A Novel of the Ancient Maya World," written by the instructor.

Building the Meal - A Focus on the Foundations of Cooking

Instructor: John Foster

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

- Session 1: Tuesdays, February 17 – March 17
- Session 2: Tuesdays, April 7 – May 5

2 – 4:30 p.m.

Course Location: Sullivan University, Lab 3

Maximum Enrollment: 20 | Course Fee: \$60 (includes food)

Welcome back to OLLI! We will be learning how to put together a complete meal during our five weeks, complete with stops from around the world. You'll get to see and taste some new dishes and old favorites and even join in there work if you want!

Fashions of the Past: What We Wore, Who We Are

Instructor: Cathy Taylor

Dates and Times: Mondays, February 2 – March 23

1:30 – 3 p.m.

Course Location: Twin Pines Christian Church,
Adult Study Room

Maximum Enrollment: 20 | Course Fee: \$30

Do you love historical costuming in movies and BBC-TV series? Does your family treasure an old christening or wedding dress? This course explores the story of fashion change during America's 250 years, and the economic, artistic and social forces that drive Western fashion in all periods. You can learn to find, identify, understand and care for apparel that survives from our past.

Four Paramount French Romantic and Realist Painters: Géricault-Delacroix-Courbet-Manet

Instructor: Michael Worley

Dates and Times: Tuesdays, April 14 – May 19

1 – 2:45 p.m.

Course Location: Second Presbyterian Church, Forum Room

Maximum Enrollment: 22 | Course Fee: \$30

We focus on these four renowned rebel painters (active 1815-70) who paved the way to Impressionism and Modernism. The Anglophile and equestrian, Géricault, captured the spirit of wild horses in action, did unprecedented portraits of mental patients, and left a powerful masterpiece, "The Raft of the Medusa." Delacroix, the quintessential Romantic, revived the colorful and grandiose style of Rubens and discovered a special kind of light during his visit to North Africa; Courbet, leader of the Realist movement, monumentalized everyday scenes, which he rendered in a bold, dark technique. Manet shocked viewers with a new type of realism, inspired by Japanese prints with novel spatial arrangements. Moreover, he reduced objects and figures to highly simplified forms, making him the Father of Modern art.

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

Instructor: Dan Crabtree

Dates and Times: Tuesdays, February 17 – March 24

1 – 3 p.m.

Course Location: Central Baptist Church, Open Door 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.

Keep Watching the Skies! 1950's Science Fiction Movies (Hybrid)

Instructor: Ed Reeves

Dates and Times: Fridays, February 6 – April 17

1 – 3:45 p.m.

Course Location: Beaumont Presbyterian Church,

Fellowship Hall & Zoom

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

Film historians and fans alike look back on the 1950s as the golden age of science fiction B-movies. In this course, you'll have the chance to rediscover these cinematic treasures—and perhaps experience some for the very first time. Together, we will watch and analyze eleven iconic science fiction films, delving into the stories behind their creation, examining their cinematic techniques, and discussing the impact each had on the evolution of the science fiction genre. We'll also assess the plausibility of the science and technology presented in these films, and explore how their themes mirror Cold War anxieties and the shifting social and cultural landscape of 1950s America. Above all, this course is designed to rekindle the sense of wonder that these movies inspired when we first encountered them.

Lifelong Philosophy SIG (Zoom)

Facilitator: Maryann Wellman

Dates and Times: Fridays, February 6 – May 8

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.

Masters Teaching Masters - Shaping the Future of Art

Instructor: Marcia Freyman

Dates and Times: Mondays, February 23 – March 30

2:30 – 4 p.m.

Course Location: Crestwood Christian Church, Chalice Hall

Maximum Enrollment: 30 | Course Fee: \$30

Ever wonder who taught and gave inspiration to artists like Leonardo, Titian, Michelangelo and Matisse? In this course we will explore the connections between several artists and their teachers. We will look at Leonardo's early work when in the studio of Verrocchio, who in turn was trained by Donatello. While at the Ecole des Beau-Arts, Gustave Moreau had Matisse and Georges Rouault as students in his studio. In Venice, the Bellini brothers trained both Titian and Giorgione.

O'Keeffe and Others

Instructor: David Shattuck

Dates and Times: Tuesdays, February 10 – March 17

1 – 2:30 p.m.

Course Location: Easter Seals, Auditorium

Maximum Enrollment: 40 | Course Fee: \$30

We will look closely at the life and art of Georgia O'Keeffe, but only for the first two classes. In the remaining classes we will view art from about 3 dozen women artists, spanning several centuries, the vast majority of whom remain largely unknown. Because of this, I am more excited about preparing this Course than any other I've presented.

Reading Plato: An Introduction to Philosophy

Instructor: Steven Froehlich

Dates and Times: Tuesdays and Thursdays, February 3 – 26

10:30 – 11:45 a.m.

Course Location: The Living Arts & Science Center, Glow Room

Maximum Enrollment: 18 | Course Fee: \$30

In this course we will read carefully some of the fundamental writings in the history of philosophy: the dialogues of Plato, and we will try to think philosophically about the ideas presented in this writing.

Renaissance Art and Architecture in Italy: The High Renaissance, Explore the Grandeur of Italy's Artistic Pinnacle

Instructor: Lisa Smith

Dates and Times: Wednesdays, April 1 – 29

3 – 4:30 p.m.

Course Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 45 | Course Fee: \$30

Continue your Renaissance journey—or begin anew—with an exploration of the High Renaissance, a period of extraordinary creative achievement that radiated far beyond Florence to the courts of Mantua and the great cities of Rome and Venice. This richly illustrated and immersive course reveals how art, architecture, and cultural ambition converged to shape some of the most iconic works in Western history. Together, we'll examine the vibrant interplay between artists, patrons, religious institutions, and political powers that fueled this golden age. From awe-inspiring church commissions to the refined splendor of courtly art, we'll uncover how creativity became a powerful force for expression, devotion, and prestige. Guided by themes such as the revival of classical antiquity, humanist ideals, and artistic innovation, we'll encounter the genius of Leonardo, Michelangelo, Raphael, Giorgione, Titian, and more. Whether continuing from Part I or joining fresh, this course offers a compelling window into the grandeur and legacy of Italy's High Renaissance.

EXPERIENTIAL LEARNING

The Human Domino Effect: Mentoring Elementary Students SIG

Facilitator: Stephanie Fairchild Fister

Dates and Times: Tuesdays, February 3 – April 28

11 – 12:30 p.m.

Course Location: Julius Marks Elementary
& Lexington Public Library, Tates Creek Branch

Maximum Enrollment: 50 | No Course Fee

The Human Domino Effect is an inspiring program that unites generations to support elementary students' character development and reading skills. By volunteering at Julius Marks Elementary School in Lexington, Kentucky, OLLI members will engage with young learners through "Character Equations," a fun and impactful approach to teaching life principles. Volunteers will also listen to students as they read aloud to build reading fluency, encouraging confidence and literacy. The program begins with a two-week orientation, followed by weekly mentorship sessions where you'll guide students in exploring and applying traits like responsibility, resilience, and empathy. By joining this program, you're actively shaping our community's future - creating a stronger, healthier, and happier generation of students!

PLEASE NOTE: Participation in volunteer opportunities will require a background check. Instructor will assist with completing those requirements.

HEALTH & WELLNESS

Aging Well: Brain, Body and Mindfulness (Hybrid)

Instructor: Don Gash

Dates and Times: Thursdays, February 5 – March 12

10 – 11:30 a.m.

Course Location: Easter Seals, Auditorium & Zoom

Maximum Enrollment: 50 Each | Course Fee: \$30

Mindfulness is not rocket science but common sensical ways of thinking that millions have found to be transformative. It promotes the body and brain working together in harmony, with many finding improved health and wellbeing. Where the science comes in is in showing that regular mindfulness practices can lower stress and anxiety, strengthen the immune system, decrease depression, and increase focus and attention with cognitive benefits.

Aging with Insight and Intention

Instructor: Rachel Laudan

Dates and Times: Wednesdays, February 4 – April 22

2 – 4 p.m.

Course Location: Twin Pines Christian Church,
Adult Study Room

Maximum Enrollment: 20 | Course Fee: \$30

Between 1900 and 1999, U.S. life expectancy soared from 47 to 79 years--an unprecedented leap in human history. This class will delve into the profound impact of these added years, drawing on medical and sociological research as well as our own personal stories. Together we will explore both the promise and the complexity of longer lives. We'll also survey the resources 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 later chapters with insight and intention.

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

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

Dates and Times: Tuesdays, March 3 – 24

10 – 11 a.m.

Course Location: Bluegrass Care Navigators,
Training Room A & Zoom

**Maximum Enrollment: 46 In-Person, No Limit Zoom
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.

- March 3, 2026: What is the Difference Between Palliative Care and Hospice Care?
- March 10, 2026: Moving Beyond the "Five Stages of Grief" (Grief Care Services)
- March 17, 2026: Do you have a heart for helping others? (Volunteer Services)
- March 24, 2026: Aging Well with Support: Exploring PACE for Seniors, Caregivers, and the Sandwich Generation



Fall Prevention & Home Safety Strategies (Hybrid)

Instructor: Stephanie Tewes

Date and Time: Thursday, March 19, 2026

10 – 11:30 a.m.

Course Location: Central Baptist Church,

Meeting Room 3 & Zoom

Maximum Enrollment: 30 In-Person, 40 Zoom | 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.

How to Sometimes Be Your Own “Doctor”

Instructor: Barbara Kemp

Dates and Times: Thursdays, March 26 – April 23

12 – 1:30 p.m.

Course Location: Crestwood Christian Church, Room MC-3

Maximum Enrollment: 25 | Course Fee: \$30

Sometimes you don't feel well, but don't feel as if your ailment is severe enough to go to a doctor. What can you do? This course will help you identify common ailments, such as colds, allergies, tension headaches, bug bites, poison ivy, and teach you about safe and effective ways of treating them. The course will also emphasize when NOT to self treat. We will look at drugs and non-drug therapies that you can use at home.

Line Dancing – OLLI Cats!

Instructor: Shirley Bryan

Dates and Times: Wednesdays, March 25 – May 27

(no class April 22, 29 & May 6)

10 – 12 Noon

Course Location: Central Baptist Church, Gymnasium

Maximum Enrollment: 50 | Course Fee: \$30

Join us for a fun-filled two-hour line dance class that's perfect for all levels! We'll start with beginner-friendly dances to get everyone warmed up and feeling confident, then gradually step it up with some improver routines before diving into exciting intermediate-level moves. Whether you're brand new or looking to sharpen your skills, you'll get plenty of chances to practice, have fun, and dance to great music. Come ready to move, laugh, meet new friends, and maybe even learn a new favorite dance!

Move to the World's Music

Instructor: Meg Crellin

Dates and Times: Mondays, February 9 – March 30

1 – 2:30 p.m.

Course Location: Beaumont Presbyterian Church, Fellowship Hall

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.



Nordic Walking and Trekking SIG

Facilitator: Don Gash

Dates and Times: Thursdays, March 19 – April 23

11 – 12 Noon

Course Location: Crestwood Christian Church, Room MC-3 & UK Arboretum, and other local parks in Lexington

Maximum Enrollment: 20 | No Course Fee

Introduction to Nordic Walking to strengthen the upper body, improve balance and gait while walking and reduce risks for falling. The first meeting will be at Crestwood Christian Church. Subsequent meetings will be at the Arboretum and other local parks in Lexington.

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Karie Boneau

Dates and Times: Mondays, Wednesdays, & Fridays,

January 26 – May 8 (No Class April 3, 2026)

11:30 a.m. – 12:30 p.m.

Course Location: Crestwood Christian Church Gymnasium & Zoom

Maximum Enrollment: 75 In-Person, No Limit Zoom

Course Fee: \$40

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with cardiovascular work for 30 minutes. Class will also include rhythmic limbering and endurance work, strength work using light weights, muscle toning and stretching. Yoga blocks required. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down.

REQUIRED MATERIALS: Water bottle, weights, and mat.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays & Thursdays, January 27 – May 7
11:30 a.m. – 12:30 p.m.

Course Location: Crestwood Christian Church Gymnasium & Zoom
Maximum Enrollment: 75 In-Person, No Limit Zoom
Course Fee: \$30

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

REQUIRED MATERIALS: Yoga mat, strap, water bottle, and yoga blocks.

Tai Chi for Health

Instructor: Donna King

Dates and Times: Wednesdays, February 11 – May 13
3 – 4:30 p.m.

Course Location: Central Baptist Church, Gymnasium
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: Eric Levitan and Dr. Katie Starr

Date and Time: Monday, February 9, 2026
10 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 125 | 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.

Thrive at Home: Successful Aging in Place (Hybrid)

Instructors: Wendy Fettner & Stephanie Tewes

Date and Time: Wednesday, April 15, 2026
1 – 2:30 p.m.

Course Location: Central Baptist Church, Meeting Room 3 & Zoom
Maximum Enrollment: 30 Each | Course Fee: \$20

Learn practical strategies to stay healthy, independent, and safe in your own home as you age. This course explores the key elements of aging in place, including home safety, healthcare planning, community resources, and lifestyle habits that support physical and emotional well-being. Whether you're planning for yourself or helping a loved one, this class offers valuable tools for thriving at home—on your terms.



HISTORY & GOVERNMENT



A Dry Subject: The History of Prohibition

Instructors: Bill Payne & Diane Vance

Dates and Times: Thursdays, February 19 – March 12
1 – 3 p.m.

Course Location: Crestwood Christian Church, Bradford Room
Maximum Enrollment: 35 | Course Fee: \$30

This course begins by noting the importance of alcohol throughout human history and in America. We'll talk about the social and political forces that led to the 18th Amendment, including consumption levels, the women's movement, the anti-saloon league and the establishment of a federal income tax. Then we'll discuss the era of Prohibition itself and the unexpected consequences, including an increase in both crime and drinking, widespread corruption of officials, and increased disrespect for the law. (Medicinal whiskey anyone??) Finally we'll look at the factors that led to the repeal of Prohibition, including the Great Depression and changing attitudes.

Amazing Insights into the Apostle Paul from his Seven Letters (Zoom)

Instructor: George H. Martin

Dates and Times: Tuesdays, March 31 – April 28
10 – 11:30 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 40 | Course Fee: \$30

Going Deeper into the Letters Paul Actually Wrote: There are seven New Testament letters Paul actually wrote in the middle of the first century. Years after he died others wrote in his name. They are pseudopigrapha. After years of intensive research Pastor George Martin (author of Paul Found in His Letters) has unearthed some of realities allowing us to see the real Paul in intriguing ways. This course addresses these questions: 1. Can we find a date for Paul in the first century? 2. Discovering Paul's amazing relationships with women? 3. Did Paul silently approve of those who kept slaves? 4. Why did Paul want to take the gospel to Spain? 5. What leads us to think that Paul was less of a theologian and more of a mystic? Pastor Martin (retired Episcopal Priest) became a Pauline scholar in his retirement. His book looks at Paul from a first-century historical and cultural perspective. Highlights from his research shape this course.

Boonesborough - Kentucky Bastion (Hybrid)*Instructor: Phil Maxson**Dates and Times: Wednesdays, March 11 – April 1**1 – 2:30 p.m.**Course Location: Beaumont Presbyterian Church,
Sunday School Room & Zoom***Maximum Enrollment: 25 In-Person, 30 Zoom | Course Fee: \$30**

We will discuss the critical events that occurred at Boonesborough that helped defend Kentucky from British and Indian attacks. The events that happened at Boonesborough from its founding in 1775 through the critical years of 1776-1779 helped defend Kentucky and also was essential for the American victory in the west during the Revolutionary War.

Golden Age of Piracy*Instructor: Janinne Johnson**Dates and Times: Wednesdays, March 4 – April 15**10 – 12 Noon**Course Location: Crestwood Christian Church, Room MC-5***Maximum Enrollment: 25 | Course Fee: \$30**

If you picture the Caribbean during the early 1700's, don't just think of palm trees and calm seas. Instead think chaos, cannons, and rum. The Golden Age of Piracy was a wild, 25 year stretch when thousands of sailors abandoned ordinary life and became pirates. Grab your scabbard and your grog and join in the adventures of individual pirates such as Black Sam Bellamy, Benjamin Hornigold, and Blackbeard. We will be explore the role of pirates in creating a unique democracy while causing serious economic and political disruptions for Spain and other world powers. And we will also see how their bold behavior and actions influenced Colonial America and why their legacy still sails strong today.

Great Decisions 2026: Toward a Fifth Age of American Foreign Policy?*Instructor: Jeff Freyman**Dates and Times: Mondays, February 23 – March 30**2:30 – 4 p.m.**Course Location: Crestwood Christian Church, Bradford Room***Maximum Enrollment: 25 | Course Fee: \$30**

In his 2022 book "The Four Ages of American Foreign Policy", Michael Mandelbaum traces U.S. global relations through four historical periods: as a weak power (1765-1865), as a great power (1865-1945), as a superpower (1945-1990), and as a hyperpower (1990-2015). Have we entered a fifth age of U.S. foreign policy? If so, what are its chief features? The course will examine a number of specific current world problems in light of these questions. It is based on "Great Decisions", a curriculum created by the Foreign Policy Association, whose mission is to serve as a catalyst for developing informed opinion on U.S. foreign policy and global issues. The course involves reading the Great Decisions briefing book about a set of issues, listening to presentations about them, and then discussing them as a group. The book and presentations provide background information on policy options, while avoiding partisan politics. Topics from which to choose this year include: tariffs and the world economy, U.S.-China relations, the risk of nuclear proliferation, Ukraine and European security, international organizations, U.S. engagement with Africa, and human rights and international law.

Kentucky, America's Restless Heart: A Study of the Commonwealth's Contributions to and Reflections of American Culture and Character (Zoom)*Instructor: Larry Hood**Dates and Times: Wednesdays, March 18 – April 15**10 – 12 p.m.**Course Location: Online Zoom Course***Maximum Enrollment: 20 | Course Fee: \$30**

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

Lessons NOT Learned from the Vietnam War (Zoom)*Instructor: Ed Linz**Dates and Times: Tuesdays, March 10 & 17**1 – 2:30 p.m.**Course Location: Online Zoom Course***Maximum Enrollment: 120 | Course Fee: \$25**

Participants will learn and discuss the numerous opportunities the United States had to avoid participating in the Vietnam War. We will also discuss Vietnam history and the flawed conduct of the war up to U.S. withdrawal in 1973.

Only Hope: My Mother and the Holocaust Brought to Light (Zoom)*Instructor: Irv Lubliner**Date and Time: Friday, April 10, 2026**1 – 3 p.m.**Course Location: Online Zoom Course***Maximum Enrollment: 200 | Course Fee: \$20**

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland, powerful stories shedding light on her experiences and indomitable spirit, telling a story that Rabbi Dennis J. Eisner described as "deeper than a number—6,000,000—giving us a human touch in the midst of inhumanity." Her son, Irv, will share excerpts from her book, "Only Hope: A Survivor's Stories of the Holocaust." You will learn about the Holocaust through his mother's eyes, as well as how he, the child of two survivors of Auschwitz, was impacted by his parents' experiences.





Sea Power (Hybrid)

Instructor: Rick Elliott

Dates and Times: Tuesdays, February 10 – March 17

10 – 12 Noon

Course Location: Crestwood Christian Church, Bradford Room & Zoom

Maximum Enrollment: 15 In-Person, 5 Zoom | Course Fee: \$30

This course will educate and inform participants about what sea power has meant historically and will examine what it means today and might mean looking forward. The “freedom of the seas” is a centuries-old precept, but many do not realize that the primary driving force behind that precept is commerce. Economics comes first, with naval strength being a necessary corollary to economies that rely on seaborne trade. A nation must have both a strong economy and a powerful Navy to become a “Great Sea Power”. The United States has exercised a hegemony for many decades that included its recognized position as an unrivaled naval power with the world’s largest economy. That hegemony appears to be disappearing rapidly. This SIG will consider who – in anyone – will guarantee freedom of the seas If the United States can no longer “go it alone”.

Steamboats on Kentucky's Ohio River (Hybrid)

Instructor: Ken Gollifer

Dates and Times: Mondays, February 2 – March 2

1:30 – 3 p.m.

Course Location: Central Baptist Church, Open Door Room & Zoom

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

Kentucky's northern boundary, the Ohio River, was the Commonwealth's first thoroughfare, facilitating early settlement and downstream commerce. In 1811, the first Ohio river steamboat, the NEW ORLEANS, proved that this modern invention could go up the river as well. For decades following, the cry “Steamboat a comin!” would bring locals to the riverbank hoping to catch a glimpse of an elegant craft pouring smoke and cinders out of its tall stacks as it rumbled and belched its way up or down the river, in the latter case at the incredible speed of 12 miles an hour! Boats connected to the Evansville, Louisville, Cincinnati and Maysville trades would stop at the small Kentucky towns along the river, providing an outlet for commerce and an opportunity for travel. This course discusses the first 50 years of steamboat history on the Kentucky side of La Belle Riviere, its triumphs and its tragedies.

The Axial Age: How New Answers to Old Questions Transformed the World

Instructors: Jack Furlong and Penny Lamb

Dates and Times: Mondays, March 2 – May 4

1:30 - 3:30 p.m.

Course Location: Central Baptist Church, Meeting Room 3

Maximum Enrollment: 25 | Course Fee: \$30

Some twenty-five hundred years ago across the globe a new generation of thinkers and do-ers arose who were dismayed and discouraged by the chaos and violence that was sometimes all too dominant in their societies. This new generation of philosophers was able to imagine a world that could be different, and they began to influence others and to teach about a new way of being. Between about 800 and 300 BCE profound changes in schools of thought and societies gave rise to new ideas that have changed and continue to change the world. In Persia, there was Zoroaster. In India Vedantic Hinduism, Jainism and Buddhism began transforming people's lives. Confucius and Lao-Tse in China began to teach about new ways of living. The concept of monotheism transformed Judaism in the Ancient Middle East, and in Greece new ideas of polity gave rise to the idea of democracy. Although rooted in a distant past, these ideas reshaped our world profoundly and continue to resonate in the lives of people today. In this course we will study these radical movements, considering what came before them, how they arose, and the many ways in which they are still reshaping our world today.

U.S. Bill of Rights - Amendment 1

Instructor: David Emerson

Assistant: Liz Hansen

Dates and Times: Tuesdays, March 24 – April 28

10 – 12 Noon

Course Location: Twin Pines Christian Church, Adult Study Room

Maximum Enrollment: 25 | Course Fee: \$30

The US Supreme Court has decided many challenges to government actions to our “rights” under Amendment I of the Bill of Rights. Those decisions have evolved over time, largely related to “current events” at the time. To understand our current First Amendment Rights, we need to understand the evolution of the Court’s pronouncements over time.



Western Dreams and Ideals Underlying American Civilization (Zoom)

Instructor: Larry Hood

Dates and Times: Wednesdays, February 4 – March 4

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

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

LANGUAGES



American Sign Language for Beginners

Instructor: Charis Hutchinson

Dates and Times: Thursdays, February 12 – April 2

2 – 3:30 p.m.

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 30 | Course Fee: \$30

This course will cover beginning sign language vocabulary, and participants will actively engage in exercises to practice conversational ASL. Aspects of deaf culture will be shared to enhance the learning experience and provide insight to the deaf community.



Arboretum Scarecrow Building
at Fayette County Extension
Fall 2025



Icons and Outlaws:
Notorious Trials in History
Fall 2025

Basic French for Travelers

Instructor: Dale Henley

Dates and Times: Tuesdays, February 3 – March 10

10 – 11 a.m.

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 20 | Course Fee: \$30

This French class will be an enhanced version of the Basic French for Travelers that is intended for individuals who have completed the Basic French course or who has familiarity with French such as high school, college or self-taught courses.

LITERATURE



Banned Books (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 3rd Thursday of each month, February 19, March 19, April 16 & May 21

10:30 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have the right to restrict what you can read? Is it ever appropriate? What justification? It's happening! This SIG will meet the third Thursday of each month at 10:30 am via Zoom, to discuss great novels that have been banned for some reason. February 19: As I Lay Dying, by William Faulkner. The books for March, April and May will be selected by the group from a master list. Handouts will be emailed a few days before each session.

International Classics (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 3rd Thursday of each month, February 19, March 19, April 16 & May 21

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 Girl with the Dragon Tattoo by Stieg Larsson on February 19. Subsequent novels will be chosen from a master list 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

Date and Time: Tuesday, February 3, 2026

1 – 2:30 p.m.

Course Location: Beaumont Presbyterian Church,
Sunday School Room**Maximum Enrollment: 35 | Course Fee: \$20**

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,
February 4, March 4, April 1 & May 6
10:30 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! Mayhem! Murder! This SIG will meet on the first Wednesday of each month February through May, to consider and discuss some of the internationally best-selling mystery novels. Each was first in a series for a beloved detective, with many, many sequels. The SIG will start with Feb. 4: *Knots and Crosses* by Ian Rankin, featuring Detective John Rebus. The participants will select the books for March, April and May. Handouts will be emailed to participants before each session.

Virginia Woolf's MRS. DALLOWAY: A Very Close Reading

Instructor: Stacy Schultz

Dates and Times: Thursdays, February 5 – March 12

1 – 3 p.m.

Course Location: Twin Pines Christian Church,
Adult Study Room**Maximum Enrollment: 12 | Course Fee: \$30**

In this course I plan to adopt a different approach to reading and understanding this remarkable novel. The class will focus on a close reading and analysis of the text itself. We will look at MRS. DALLOWAY as a self-contained and self-referential entity, discovering the novel's meaning through careful examination of its language, structure, and imagery. We will deliberately ignore the use of information that is outside the text as a means to understanding the text; therefore, the author's biography or historical context will not matter when we are interpreting MRS. DALLOWAY. Read any edition, but ignore prefaces, introductions, and additional notes. In the final class, we can address Virginia Woolf's fascinating life and historical milieu.

OUT OF THE BOX**A Course is Born**

Instructor: Penny Lamb

Dates and Times: Fridays, March 13 – May 1

1:30 – 3:30 p.m.

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 12 | No Course Fee

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

BE READY Before, During and After the Disaster

Instructor: Patricia Dugger

Dates and Times: Tuesdays, March 10 – April 14

1:30 – 3:30 p.m.

Course Location: Central Baptist Church, Meeting Room 3

Maximum Enrollment: 25 | Course Fee: \$30

Are you ready for the next disaster? Lexington is at risk for tornadoes, heavy snow/ice storms, hazardous materials releases, power outages, droughts and other emergencies. Learn ways to be prepared and how to recover. Includes local/FEMA and other assistance.

Beginning Bridge, Bidding (SIG)

Facilitator: Tom Stanwix-Hay

Dates and Times: Saturday, March 7, 10 – 2:30 (orientation day, with lunch break)

Tuesdays and Thursdays, March 10 – April 7

4 – 6 p.m.

Course Location: Lexington Bridge Club

Maximum Enrollment: 24 | No Course Fee

This is a beginning course. Open to anyone who is interested in learning how to play or becoming reacquainted with the game of bridge. Topics include modern bidding, play of the hand, beginning defense and scoring. This course is the first in a series of three bridge classes: bidding, play of the hand and defense.



Learning to Play Bridge: Play of the Hand (SIG)

Facilitator: Darryl Bennett

Dates and Times: Tuesdays and Thursdays, February 3 – March 3

4 – 6 p.m.

Course Location: Lexington Bridge Club

Maximum Enrollment: 32 | **Course Fee:** \$0

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

The Organized Way to Make Decisions

Instructor: Joe Hallock

Dates and Times: Thursdays, February 5 – March 5

10 – 12 Noon

Course Location: Twin Pines Christian Church,
Adult Study Room

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

Have you ever struggled with making decisions on expensive purchases? This course offers a method of separating Needs and Wants in order to be able to evaluate which solution meets your criteria the best. Instead of keeping all of the information in your head, this teaches you how to write it down and grade the choices.

Understanding the Electrical and Plumbing Systems in Your Home

Instructor: Joe Hallock

Dates and Times: Thursdays, March 12 – April 16

10 – 12 Noon

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 30 | **Course Fee:** \$30

I will explain how electricity is provided to and throughout your house. Topics will include a full description of terms as well as some basic information about the electrical code used. Alternative power systems will be discussed as well as scams on the market. Plumbing systems will also be described for knowledge and evaluation of proposals you might face at some time.

Writing a “Legacy Letter” (Zoom)

Instructor: Jay Sherwin

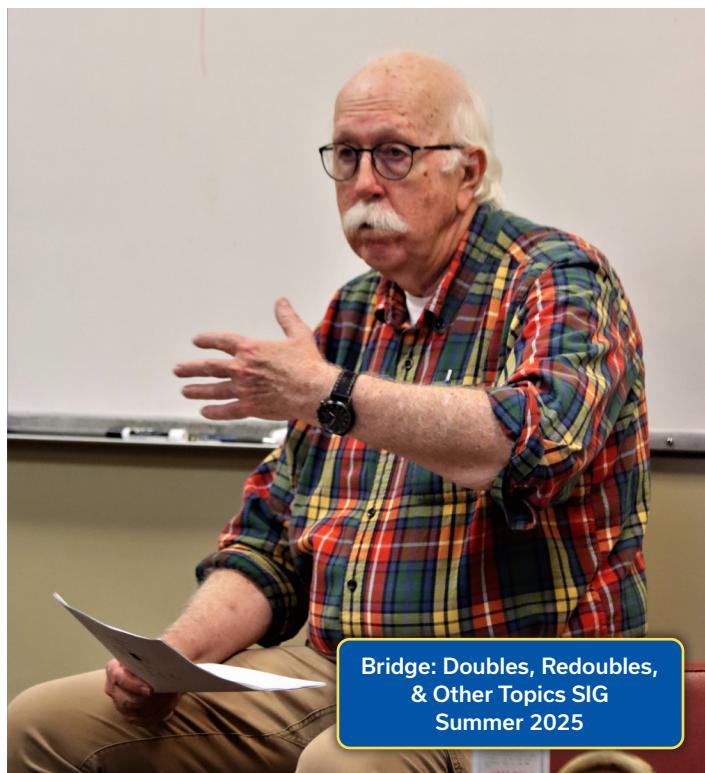
Dates and Times: Wednesdays, March 4 – 25

9:30 – 11 a.m.

Course Location: Online Zoom Course

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

A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and loved ones. This course includes discussion and brief writing exercises to help you examine your life history, explore your values and complete your own legacy letter.



Bridge: Doubles, Redoubles, & Other Topics SIG
Summer 2025

PERFORMING ARTS



Acting/Scene Study with The Lexington Theatre Company

Instructor: Catherine Gaffney

Dates and Times: Thursdays, February 5 – March 12

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.

Beyond the Basics: Advanced Ukulele for Lifelong Learners

Instructor: Mary Elizabeth Henton

Dates and Times: Thursdays, February 5 – April 9

10 – 11:30 a.m.

Course Location: Central Baptist Church, Choir Room

Maximum Enrollment: 20 | **Course Fee:** \$30

In this engaging and supportive class, participants will explore advanced strumming and fingerpicking patterns, complex chord progressions, and creative approaches to arranging and performing familiar songs. You’ll strengthen your ability to read lead sheets and tablature, develop greater rhythmic precision and musicality, and gain confidence in ensemble playing and improvisation. Each session balances skill development with musical enjoyment—celebrating creativity, connection, and lifelong learning through music. Bring your ukulele, your curiosity, and your sense of adventure as we strum beyond the basics together!

Bluegrass Music Education and Sharing SIG

Facilitator: Rick Elliott and Karen Elliott

Dates and Times: Tuesdays, February 10 – May 19 (every other week)
7 – 8:30 p.m.

Course Location: Crestwood Christian Church, Room MC-2

Maximum Enrollment: 15 | No Course Fee

Participants will learn about bluegrass music in an open-circle jam environment. A bluegrass open circle jam is an informal and communal musical gathering where musicians sit or stand in a circle to play and sing traditional acoustic bluegrass tunes. It is not a performance, but a collaborative event for sharing music and improvising together. The jam consists of (1) A song leader: One person in the circle chooses a song, calls out its name and key, and then starts it off with a "kickoff" lick to set the tempo and rhythm, and (2) The "round robin": The turn to choose a song is passed sequentially around the circle, usually to the left. Participants can pass their turn if they don't have a song to lead.

Group Voice with The Lexington Theatre Company

Instructor: Chris Arroyo

Dates and Times: Tuesdays, February 3 – March 10
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.

“How Musicals are Made” with The Lexington Theatre Company

Instructor: Lyndy Franklin Smith

Date and Time: Wednesday, February 11, 2026
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!”



Musical Theatre History with The Lexington Theatre Company

Instructors: Brance Cornelius

Date and Time: Wednesday, February 18, 2026
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

Instructor: John Stegner

Accompanist: Bobbie Bevins

Dates and Times: Wednesdays, February 4 – April 22
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. **Spring Chorus Concert - Saturday, April 25 at 2 p.m.**

Senior Ballet

Instructor: Emmaline Weedman

Dates and Times: Tuesdays & Thursdays, February 3 – 26
3:15 – 4:15 p.m.

Course Location: Lexington Ballet Company, Proud Studio

Maximum Enrollment: 12 | Course Fee: \$35

Senior Ballet classes and programs adapted for older adults, focusing on enhancing strength, balance, flexibility, and posture through low-impact, joint-friendly exercises and modified movements. These classes prioritize safety, offer modifications for physical limitations, and aim to provide a joyful and social dance experience, often barres for support.



Spring Mountain Dulcimer Gathering (SIG)

Facilitator: Jane Williams

Dates and Times: Fridays, February 6 – May 1
10:30 a.m. – 12 Noon

Course Location: Crestwood Christian Church, Room MC-4
Maximum Enrollment: 30 | No Course Fee

Dulcimer players of all levels welcome- we will work on skills and learn tunes commonly played on Kentucky's state instrument. In addition to the usual key of D major we will learn to play in some other keys and modes.

SCIENCE & ENVIRONMENT



Astronomy SIG

Facilitator: Karen Elliott

Dates and Times: Thursdays, February 19 – April 9
1 – 3 p.m.

Course Location: Central Baptist Church, Meeting Room 3
Maximum Enrollment: 15 | No Course Fee

Members of the OLLI Astronomy SIG will work together to plan and arrange meeting topics, workshops, speakers, field trips, observation sessions, meeting and special events calendar. Participants should bring their cell phone to each meeting, and their 35mm camera, binoculars, and telescopes at designated meetings as appropriate for in-class training in how to use, set-up and troubleshoot equipment for night sky observing sessions. Training will include the use of night sky maps, astronomy apps, photo editing, and on-line resources. More advanced astronomy members are encouraged to help tutor less experienced participants.

Bringing Nature Home: Using Native Plants to Create Your Own Backyard Paradise

Instructor: Vicki Reed

Dates and Times: Mondays, February 2 & 9
10 – 12 Noon

Course Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 35 | Course Fee: \$25

Picture that morning cup of coffee on your patio. Would you prefer to stare at a green square of grass or be surrounded by flowers with birds and butterflies flitting about? This workshop will discuss the ways, big and small, you can make your yard (or even balcony) into your own little paradise. Whether you want to grow just a few plants to attract hummingbirds or desire a full-scale yard make-over, this class is for you! Topics covered will include: the importance of native plants, how to select which ones work best for you, where to find them in this area, eliminating invasive plants, and how to install and maintain your beautiful new plantings. This class will deepen your understanding of pollinators and how we can help them "one yard at a time". Even if you don't have the space or ability to garden, you will enjoy this class if you love nature and want to learn more about ongoing conservation efforts.

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

Instructor: Diane Vance

Dates and Times: Fridays, February 6 – 27
1 – 3 p.m.

Course Location: Crestwood Christian Church, Bradford Room
Maximum Enrollment: 30 | 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 . . .) Are you old enough to participate?

Science Matters (Zoom)

Instructors: Various Professors

Coordinator: Seetha Subramanian

Dates and Times: Fridays, March 6 – April 24
1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 45 | 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 Near-Death Experience: Examining What is Known

Instructor: David Royse

Dates and Times: Mondays, March 2 – 30

1:30 – 3 p.m.

Course Location: Joseph-Beth Booksellers, Writers 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.

VISUAL ARTS



Barn Quilt Creations

Instructor: Cathy Sparks

Dates and Times: Thursdays, February 26 – March 26

10 – 12 Noon

Course Location: Crestwood Christian Church, MC-6 Art Room

Maximum Enrollment: 15 | Course Fee: \$65

During this 5 week course, students will design and finish a 20" x 20" barn quilt that can be placed outside onto home or patio wall. Teacher will assist with painting and hanging of the barn quilt. Students will be given a choice of colors and three quilt square patterns for their barn quilt creation. **Materials included in course fee.**

Brush to Rice Paper: Korean Ink Painting (Zoom)

Instructor: Joon Bae

Dates and Times: Thursdays, March 5 & 12

9:30 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 12 | Course Fee: \$25

Come learn to paint the basic four subjects of orchid, bamboo. Students will cultivate creativity, new mysterious ink painting ideas with rice paper, and radical constraint, but the brushwork remains in the heart as a story and symbol of things. With so many creative brushstrokes, Korean ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for each other's Life. **Students need brush, ink, and paper (links below).** Please use all materials suitable for Korean ink painting, or for Japanese sumi-e or Chinese calligraphy.

Recommended links for materials (found on Amazon):

- Brush: <https://bit.ly/chinesecalligraphybrush>
- Paper: <https://bit.ly/yasutomohoshopaperpad>
- Ink: <https://bit.ly/sumiinkforchinesecalligraphy>

In addition, please prepare water, palette (a regular dish is fine), 2–3 sheets of paper towel, and a piece of felt cloth (any color, size is bigger than your paper) or an old blanket to place under your painting paper (this prevents ink from staining the desk and provides a nice cushion when you paint)

The Joy of Painting

Instructor: Joe Schum

Dates and Times: Tuesdays, February 3 – April 21 (No class

March 10 & April 7)

1 – 3 p.m.

Course Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 30 | Course Fee: \$50

Students will be given step by step instructions to complete a painting in a single class period. Each painting will be at introductory level. A supplies list will be provided for students to purchase their own supplies.

The Three "C's of Painting; Color, Composition and Contrast

Instructor: Joe Schum

Dates and Times: Tuesdays, February 3 – April 21 (No class

March 10 & April 7)

10 a.m. – 12 Noon

Course Location: Beaumont Presbyterian Church, Fellowship Hall

Maximum Enrollment: 30 | Course Fee: \$50

Three key aspects of painting will be discussed and demonstrated: color, composition, and contrast. Each class will begin with a lecture/discussion of one of these points, followed by a live demonstration. Students may actively paint along with the demonstration, take notes, or simply observe, as they choose.





SPRING 2026 UK WELLNESS OPPORTUNITIES

Johnson Recreational Center (additional fee required)

430 Complex Dr, Lexington, KY 40506

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

Spring schedule begins February 2, 2026

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.

Spring schedule begins February 2, 2026

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 February 2, 2026

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

Spring 2026 MOREHEAD

All Course Offerings

CULTURE

Shrines of the World

Instructor: Royal Berglee PhD
Date and Time: Tuesday, April 28, 2026
10 – 3 p.m. (including field trip)
Course Location: First Baptist Church, Library
Maximum Enrollment: 16 | **Course Fee:** \$20

Shrines exist in nearly all cultures, ancient and modern, from local cemetery headstones to international sacred pilgrimage sites. This course will focus on the purpose of shrines and why people create them. The class will examine both sacred and secular shrines from around the world. After the formal session an optional field trip will be available for participants to visit a local private park with shrine features.

U.S. and International Travel

Instructor: Jay & Sue Barrett
Dates and Times: Wednesdays, February 25 – March 25
10 – 11:30 a.m.
Course Location: First Baptist Church, Fellowship Hall
Maximum Enrollment: 25 | **Course Fee:** \$25

Travel vicariously through presenters who share their pictures and experiences and perceptions of the cultures they have visited. Walk the coastal Camino de Santiago, cruise to Havana, explore Rome, join a safari in Botswana and Zimbabwe, and visit select U.S. National parks, learning tricks and trips to accessing and enjoying them.

HEALTH & WELLNESS

A Matter of Balance: Managing Concerns About Falls

Instructor: Kelly Waite
Dates and Times: Tuesdays and Thursdays, February 3 – 26
9:30 – 11:30 a.m.
Course Location: Morehead State University, ADUC 322
Maximum Enrollment: 12 | **Course Fee:** \$25

A Matter of Balance: Managing Concerns About Falls is an evidence-based program designed to help older adults address their fears or concerns about falling and increase their activity level. The lessons are based on cognitive restructuring, gaining knowledge, and learning skills and exercises to decrease the risk of falling and improve confidence and ability in staying physically active as you age. This course is provided by the Retired and Senior Volunteer Program.



OLLI Amblers SIG

Instructor: Debbie Williams
Dates and Times: Fridays, February 6 - April 24
10 – 12 Noon
Course Location: Various Parks
Maximum Enrollment: 25 | **No Course Fee**

This program will encourage movement in the form of walking. Emphasis is placed on slowing down and enjoying one's surroundings. This is not hiking, it's strolling. We will meet at different locations. Example Rodburn Park and other local walking areas.

Yoga Foundations

Instructor: Carolyn Moore
Dates and Times: Wednesdays, April 1 – May 6
10 – 11:30 a.m.
Course Location: First Baptist Church, Fellowship Hall
Maximum Enrollment: 12 | **Course Fee:** \$25

This will be a class exploring the basic concepts of yoga with emphasis on being able to develop a personal yoga practice. Each class will include discussion and actual practice. The class will be tailored both to the student new to yoga and those farther along their yoga journey. Students will learn modifications to poses in order to allow everyone to participate.



HISTORY & GOVERNMENT



Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl
Dates and Times: Tuesdays, February 24, March 10, 24, 31, April 7, 21, 28 & May 12
10 – 11:30 a.m.
Course Location: First Baptist Church, Fellowship Hall & Zoom
Maximum Enrollment: 20 Each | **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 2024 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 at Amazon.



OUT OF THE BOX



TED Talks SIG

Facilitators: Jackie Bailey & Johnda Estep

Dates and Times: Thursdays, March 5 – 26

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.

PERFORMING ARTS



Drama 101

Instructor: Ann Andaloro

Dates and Times: Mondays, February 9 – 23

10 – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 10 | Course Fee: \$25

This course will focus on improvisational acting as a means to develop interpersonal relationships.



LANGUAGES



Spanish For Beginners

Instructor: Carolyn O'Brien

Dates and Times: Wednesdays, February 25 – March 25

1 – 2:30 p.m.

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 25 | Course Fee: \$25

Join us to learn and practice basic Spanish phrases to give and ask for information about people, places, foods and numbers in a relaxed and stress-free environment. Classes will include direct instruction, active practice activities, music, short listening segments, and suggestions to continue learning and practice. The course is designed for true beginners as well as for those who may have forgotten the Spanish they learned in high school.

LITERATURE



Beyond Gatsby

Instructor: Toni Jackson and Mary Marta Tomes

Dates and Times: Mondays, March 2 – April 6

10 – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 15 | Course Fee: \$25

Fitzgerald drew on people and events from his day to create his iconic representation of the Roaring Twenties and the Gilded Age. At 100 years old, its influence and relevance is still felt today. In The Double Bind, Chris Bohjalian borrowed characters from The Great Gatsby and current news to "create a world in which fictional people are treated as real and real people are used fictitiously."

Non-Fiction Book Discussion Group (SIG)

Facilitator: Judith Stafford

Dates and Times: 2nd Monday of each month, February 9,

March 9, April 13

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; Moving Forward by Karine Jean-Pierre and The Creative Act: A Way of Being by Rick Rubin. A lively discussion leads to new knowledge and exploration of different points of views.



Spring 2026 LEXINGTON & MOREHEAD Online Course Offerings

CULTURE



Keep Watching the Skies!

1950's Science Fiction Movies (Hybrid)

Instructor: Ed Reeves

Dates and Times: Fridays, February 6 – April 17

1 – 3:45 p.m.

Course Location: Beaumont Presbyterian Church,
Fellowship Hall & Zoom

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

Film historians and fans alike look back on the 1950s as the golden age of science fiction B-movies. In this course, you'll have the chance to rediscover these cinematic treasures—and perhaps experience some for the very first time. Together, we will watch and analyze eleven iconic science fiction films, delving into the stories behind their creation, examining their cinematic techniques, and discussing the impact each had on the evolution of the science fiction genre. We'll also assess the plausibility of the science and technology presented in these films, and explore how their themes mirror Cold War anxieties and the shifting social and cultural landscape of 1950s America. Above all, this course is designed to rekindle the sense of wonder that these movies inspired when we first encountered them.

Lifelong Philosophy SIG (Zoom)

Facilitator: Maryann Wellman

Dates and Times: Fridays, February 6 – May 8

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.

HEALTH & WELLNESS



Aging Well: Brain, Body and Mindfulness (Hybrid)

Instructor: Don Gash

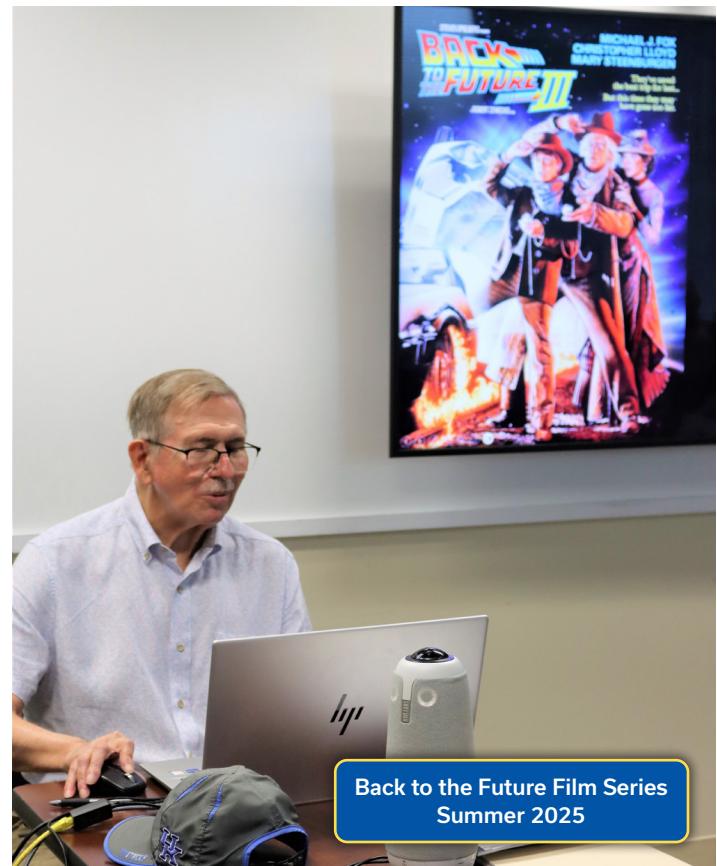
Dates and Times: Thursdays, February 5 – March 12

10 – 11:30 a.m.

Course Location: Easter Seals, Auditorium & Zoom

Maximum Enrollment: 50 Each | Course Fee: \$30

Mindfulness is not rocket science but common sensical ways of thinking that millions have found to be transformative. It promotes the body and brain working together in harmony, with many finding improved health and wellbeing. Where the science comes in is in showing that regular mindfulness practices can lower stress and anxiety, strengthen the immune system, decrease depression, and increase focus and attention with cognitive benefits.





Todd Piccirilli
Kentucky Educational Television
Donovan Forum - Fall 2025

Fall Prevention & Home Safety Strategies (Hybrid)

Instructor: Stephanie Tewes

Date and Time: Thursday, March 19, 2026

10 – 11:30 a.m.

Course Location: Central Baptist Church, Meeting Room 3 & Zoom

Maximum Enrollment: 30 In-Person, 40 Zoom | **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.

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

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

Dates and Times: Tuesdays, March 3 – 24

10 – 11 a.m.

Course Location: Bluegrass Care Navigators,

Training Room A & Zoom

Maximum Enrollment: 46 In-Person | **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.

- March 3, 2026: What is the Difference Between Palliative Care and Hospice Care?
- March 10, 2026: Moving Beyond the “Five Stages of Grief” (Grief Care Services)
- March 17, 2026: Do you have a heart for helping others? (Volunteer Services)
- March 24, 2026: Aging Well with Support: Exploring PACE for Seniors, Caregivers, and the Sandwich Generation

OLLI Fitness (Hybrid)

Instructors: Josette Garstka and Karie Boneau

Dates and Times: Mondays, Wednesdays, & Fridays,

January 26 – May 8 (No Class April 3, 2026)

11:30 a.m. – 12:30 p.m.

Course Location: Crestwood Christian Church Gymnasium & Zoom

Maximum Enrollment: 75 In-Person, No Limit Zoom

Course Fee: \$40

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with cardiovascular work for 30 minutes. Class will also include rhythmic limbering and endurance work, strength work using light weights, muscle toning and stretching. Yoga blocks required. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down.

REQUIRED MATERIALS: Water bottle, weights, and mat.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays & Thursdays, January 27 – May 7

11:30 a.m. – 12:30 p.m.

Course Location: Crestwood Christian Church Gymnasium & Zoom

Maximum Enrollment: 75 In-Person, No Limit Zoom

Course Fee: \$30

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

REQUIRED MATERIALS: Yoga mat, strap, water bottle, and yoga blocks.

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

Instructors: Eric Levitan and Dr. Katie Starr

Date and Time: Monday, February 9, 2026

10 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 125 | **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.



Bluegrass Care Navigators Fall 2025

Thrive at Home: Successful Aging in Place (Hybrid)

Instructors: Wendy Fettner & Stephanie Tewes

Date and Time: Wednesday, April 15, 2026

1 – 2:30 p.m.

Course Location: Central Baptist Church, Meeting Room 3 & Zoom

Maximum Enrollment: 30 Each | Course Fee: \$20

Learn practical strategies to stay healthy, independent, and safe in your own home as you age. This course explores the key elements of aging in place, including home safety, healthcare planning, community resources, and lifestyle habits that support physical and emotional well-being. Whether you're planning for yourself or helping a loved one, this class offers valuable tools for thriving at home—on your terms.

HISTORY & GOVERNMENT



Amazing Insights into the Apostle Paul from his Seven Letters (Zoom)

Instructor: George H. Martin

Dates and Times: Tuesdays, March 31 – April 28

10 – 11:30 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 40 | Course Fee: \$30

Going Deeper into the Letters Paul Actually Wrote: There are seven New Testament letters Paul actually wrote in the middle of the first century. Years after he died others wrote in his name. They are pseudopigrapha. After years of intensive research Pastor George Martin (author of Paul Found in His Letters) has unearthed some of realities allowing us to see the real Paul in intriguing ways. This course addresses these questions: 1. Can we find a date for Paul in the first century? 2. Discovering Paul's amazing relationships with women? 3. Did Paul silently approve of those who kept slaves? 4. Why did Paul want to take the gospel to Spain? 5. What leads us to think that Paul was less of a theologian and more of a mystic? Pastor Martin (retired Episcopal Priest) became a Pauline scholar in his retirement. His book looks at Paul from a first-century historical and cultural perspective. Highlights from his research shape this course.

Boonesborough - Kentucky Bastion (Hybrid)

Instructor: Phil Maxson

Dates and Times: Wednesdays, March 11 – April 1

1 – 2:30 p.m.

Course Location: Beaumont Presbyterian Church,
Sunday School Room & Zoom

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

We will discuss the critical events that occurred at Boonesborough that helped defend Kentucky from British and Indian attacks. The events that happened at Boonesborough from its founding in 1775 through the critical years of 1776-1779 helped defend Kentucky and also was essential for the American victory in the west during the Revolutionary War.

Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl

Dates and Times: Tuesdays, February 24, March 10, 24, 31,

April 7, 21, 28 & May 12

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall & Zoom

Maximum Enrollment: 20 Each | 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 2024 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 at Amazon.

Kentucky, America's Restless Heart: A Study of the Commonwealth's Contributions to and Reflections of American Culture and Character (Zoom)

Instructor: Larry Hood

Dates and Times: Wednesdays, March 18 – April 15

10 – 12 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 20 | Course Fee: \$30

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

Lessons NOT Learned from the Vietnam War (Zoom)

Instructor: Ed Linz

Dates and Times: Tuesdays, March 10 & 17

1 – 2:30 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 120 | **Course Fee:** \$25

Participants will learn and discuss the numerous opportunities the United States had to avoid participating in the Vietnam War. We will also discuss Vietnam history and the flawed conduct of the war up to U.S. withdrawal in 1973.

Only Hope: My Mother and the Holocaust Brought to Light (Zoom)

Instructor: Irv Lubliner

Date and Time: Friday, April 10, 2026

1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 200 | **Course Fee:** \$20

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland, powerful stories shedding light on her experiences and indomitable spirit, telling a story that Rabbi Dennis J. Eisner described as “deeper than a number—6,000,000—giving us a human touch in the midst of inhumanity.” Her son, Irv, will share excerpts from her book, “Only Hope: A Survivor’s Stories of the Holocaust.” You will learn about the Holocaust through his mother’s eyes, as well as how he, the child of two survivors of Auschwitz, was impacted by his parents’ experiences.

Sea Power (Hybrid)

Instructor: Rick Elliott

Dates and Times: Tuesdays, February 10 – March 17

10 – 12 Noon

Course Location: Crestwood Christian Church, Bradford Room & Zoom

Maximum Enrollment: 15 In-Person, 5 Zoom | **Course Fee:** \$30

This course will educate and inform participants about what sea power has meant historically and will examine what it means today and might mean looking forward. The “freedom of the seas” is a centuries-old precept, but many do not realize that the primary driving force behind that precept is commerce. Economics comes first, with naval strength being a necessary corollary to economies that rely on seaborne trade. A nation must have both a strong economy and a powerful Navy to become a “Great Sea Power”. The United States has exercised a hegemony for many decades that included its recognized position as an unrivaled naval power with the world’s largest economy. That hegemony appears to be disappearing rapidly. This SIG will consider who – in anyone – will guarantee freedom of the seas If the United States can no longer “go it alone”.



Steamboats on Kentucky's Ohio River (Hybrid)

Instructor: Ken Goller

Dates and Times: Mondays, February 2 – March 2

1:30 – 3 p.m.

Course Location: Central Baptist Church, Open Door Room & Zoom

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

Kentucky’s northern boundary, the Ohio River, was the Commonwealth’s first thoroughfare, facilitating early settlement and downstream commerce. In 1811, the first Ohio river steamboat, the NEW ORLEANS, proved that this modern invention could go up the river as well. For decades following, the cry “Steamboat a comin!” would bring locals to the riverbank hoping to catch a glimpse of an elegant craft pouring smoke and cinders out of its tall stacks as it rumbled and belched its way up or down the river, in the latter case at the incredible speed of 12 miles an hour! Boats connected to the Evansville, Louisville, Cincinnati and Maysville trades would stop at the small Kentucky towns along the river, providing an outlet for commerce and an opportunity for travel. This course discusses the first 50 years of steamboat history on the Kentucky side of La Belle Riviere, its triumphs and its tragedies.

Western Dreams and Ideals Underlying American Civilization (Zoom)

Instructor: Larry Hood

Dates and Times: Wednesdays, February 4 – March 4

10 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 20 | **Course Fee:** \$30

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





LITERATURE



Banned Books (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 3rd Thursday of each month, February 19, March 19, April 16 & May 21
10:30 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 50 | No Course Fee

How do you feel about censorship? Should someone have the right to restrict what you can read? Is it ever appropriate? What justification? It's happening! This SIG will meet the third Thursday of each month at 10:30 am via Zoom, to discuss great novels that have been banned for some reason. February 19: As I Lay Dying, by William Faulkner. The books for March, April and May will be selected by the group from a master list. Handouts will be emailed a few days before each session.

International Classics (Zoom SIG)

Facilitator: Frances Goodfriend

Dates and Times: Every 3rd Thursday of each month, February 19, March 19, April 16 & May 21
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 Girl with the Dragon Tattoo by Stieg Larsson on February 19. Subsequent novels will be chosen from a master list 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, February 4, March 4, April 1 & May 6
10:30 – 12 Noon

Course Location: Online Zoom Course

Maximum Enrollment: 50 | No Course Fee

Danger! Intrigue! Mayhem! Murder! This SIG will meet on the first Wednesday of each month February through May, to consider and discuss some of the internationally best-selling mystery novels. Each was first in a series for a beloved detective, with many, many sequels. The SIG will start with Feb. 4: Knots and Crosses by Ian Rankin, featuring Detective John Rebus. The participants will select the books for March, April and May. Handouts will be emailed to participants before each session.

Writing a "Legacy Letter" (Zoom)

Instructor: Jay Sherwin

Dates and Times: Wednesdays, March 4 – 25
9:30 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 25 | Course Fee: \$30

A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and loved ones. This course includes discussion and brief writing exercises to help you examine your life history, explore your values and complete your own legacy letter.

SCIENCE & ENVIRONMENT



Science Matters (Zoom)

Instructors: Various Professors

Coordinator: Seetha Subramanian

Dates and Times: Fridays, March 6 – April 24
1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 45 | 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.

VISUAL ARTS



Brush to Rice Paper: Korean Ink Painting (Zoom)

Instructor: Joon Bae

Dates and Times: Thursdays, March 5 & 12
9:30 – 11 a.m.

Course Location: Online Zoom Course

Maximum Enrollment: 12 | Course Fee: \$25

Come learn to paint the basic four subjects of orchid, bamboo. Students will cultivate creativity, new mysterious ink painting ideas with rice paper, and radical constraint, but the brushwork remains in the heart as a story and symbol of things. With so many creative brushstrokes, Korean ink paintings enable students to know and appreciate beautiful East Asian art. The methods help develop a better cultural exchange, understanding of culture, and respect for each other's Life. **Students need brush, ink, and paper (links below)**. Please use all materials suitable for Korean ink painting, or for Japanese sumi-e or Chinese calligraphy.

Recommended links for materials (found on Amazon):

- Brush: <https://bit.ly/chinesecalligraphybrush>
- Paper: <https://bit.ly/yasutomohoshopaperpad>
- Ink: <https://bit.ly/sumiinkforchinesecalligraphy>

In addition, please prepare water, palette (a regular dish is fine), 2–3 sheets of paper towel, and a piece of felt cloth (any color, size is bigger than your paper) or an old blanket to place under your painting paper (this prevents ink from staining the desk and provides a nice cushion when you paint)

SPRING 2026 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church
1070 Lane Allen Rd, Lexington, KY, 40504

Bluegrass Care Navigators
1733 Harrodsburg Rd, Lexington, KY, 40504

Central Baptist Church
110 Wilson Downing Road, Lexington, KY, 40517

Central Kentucky Computer Society
160 Moore Dr, #107, Lexington, KY, 40503

Crestwood Christian Church
1882 Bellefonte Dr, Lexington, KY, 40503

Easter Seals Kentucky
1900 Richmond Rd, Lexington, KY 40502

Joseph-Beth Booksellers
161 Lexington Green Cir #B, Lexington, KY 40503

Julius Marks Elementary
3277 Pepperhill Rd, Lexington, KY 40502

Lexington Ballet Company
165 Midland Ave, Proud Studio, Lexington, KY, 40508

LEXINGTON (continued)

Lexington Bridge Club
3517 Lansdowne Drive, Lexington, KY, 40517

Lexington Public Library, Tates Creek Branch
3628 Walden Dr, Lexington, KY 40517

Lexington Senior Center
195 Life Lane, Lexington, KY, 40502

The Living Arts & Science Center
362 N Martin Luther King Blvd, Lexington, KY 40508

Second Presbyterian Church
460 E Main St, Lexington, KY 40507

Southern Hills United Methodist Church
2356 Harrodsburg Road, Lexington, KY, 40503

Sullivan University
2355 Harrodsburg Rd #3307, Lexington, KY 40504

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 East Main Street, Morehead, KY, 40351

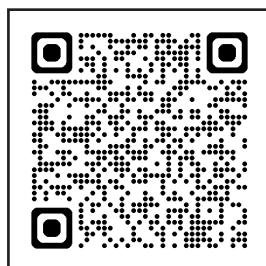
First Baptist Church
123 East Main Street, Morehead, KY, 40351

Morehead State University
150 University Blvd, 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 Spring registration)

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

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

Leave a Legacy Through Planned Giving

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

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

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

SPRING 2026 OLLI INSTRUCTORS

Ann Andaloro

Dr. Ann Andaloro has taught Communication at Morehead State for 20 years.

Joon Bae

Joon Bae received her BFA from the University of Utah. She began learning traditional Korean ink painting methods since childhood. Her work has been collected internationally and exhibited in Utah. She has given countless demonstrations. Joon is currently teaching through the OSHER program at the University of Utah.

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.

Jay & Sue Barrett

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

Darryl Bennett

Darryl Bennett is a retired engineer and has been living in Lexington since 1981. He is accredited to teach bridge by the American Contract Bridge League. He has been learning to play bridge for more than fifty years.

Royal Berglee

Royal Berglee PhD 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 a number of countries. He is the author of the 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

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. Having been an OLLI participant herself in both yoga and fitness since 2019, she is honored to now be an instructor 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 encourages everyone to bring their energy to the dance floor! She enjoys sharing her love of contemporary/country line dance with all of her students. While enjoying the spirit of dance each student brings to class, she watches her students grow and improve by coaching proper step technique, instilling step vocabulary and encouraging style. She participates in National & International Dance workshops. She holds a Level 5 National Teachers Association Instructor Certification.

Anne Campbell

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

Kelli Carmean

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

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.

Patricia Dugger

Patricia Dugger is a resident of Lexington and was the local Emergency Management Director for 36 years. She is originally from PA. Her BS was from Eastern Kentucky University and her MPA was from UK. She has one son, 3 dogs and two cats.

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 Spring course, she finds it a privilege to participate.

Karen Elliott

Karen previously taught OLLI's Fall 2025 "Night Sky Photography with Your Smartphone". Karen and her husband Rick moved to Lexington in 2023. They are both veterans and former U.S. Naval Officers. Karen's graduate studies at George Mason University (GMU) included satellite image analysis and remote sensing. She was a graduate student for a joint satellite relay project with GMU, Orbital Sciences, and Virginia Center for Innovative Technology. They developed a CubeSat to relay remotely sensed water quality data to the OSCAR satellite and back down to a data center. The satellite was launched and released into low earth orbit. It worked during its first orbit around the Earth, then was turned off to save on the battery, but it would not turn back on. Karen was to be the project coordinator. Alas, she ended up teaching high school astronomy, geology, meteorology, oceanography and physics in Virginia. Karen also taught a middle school, after-school electronics program and helped students build an interactive "Mission to Mars" display for a Mini-Maker Fair. As a docent at the Smithsonian Institution's Udvar-Hazy Air and Space Museum, Karen taught space-science lab classes and gave school tours. Karen has five telescopes but prefers her Samsung S24 Ultra Smartphone for night sky photography and uses such apps as "Heavens-Above" for finding and tracking satellites and spacecraft!

Rick Elliott

Rick Elliott is a 1973 graduate of the United States Naval Academy. Following graduation, he served on active duty in the Navy Civil Engineer Corps for 8 years, including deployments to Diego Garcia and Guam with a Naval Mobile Construction Battalion. In the late 1980's, he worked on consulting contracts providing facilities support for the Navy's Seawolf submarine program and several classes of surface vessels. His wife is a former naval officer, and one of his sons is a naval officer on active duty. U.S. His father was a Navy radio operator who served in the Pacific theatre during WWII.

Dave Emerson

Dave Emerson is a fully retired Lexington attorney where he practiced law for 50 years. He has University of Kentucky degrees in Psychology (BS 1965) and Law (JD, 1968). He also has an LLM (Criminal Justice) from New York University.

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 recent 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.

Wendy Fettters

Wendy Fettters is a trusted resource for older adults planning to age in place safely and confidently. As a Membership Advisor with Kendal at Home since 2021, she works with individuals and families to create personalized plans for aging well at home. Wendy collaborates closely with professionals in finance, elder law, and healthcare to deliver meaningful education and guidance. She regularly hosts programs on key topics such as falls prevention, solo aging, and long-term care planning—helping people take charge of their future with clarity and confidence.

Stephanie Fairchild Fister

Stephanie Fairchild Fister has 20 years of experience with students in elementary, middle, and high school. She is the founder of The Human Domino Effect program. She is passionate about building healthy learning climates for students, families, and educators.

John Foster

John Foster is a Chef Instructor at Sullivan University's COHS on the Lexington Campus and the co-owner and chef of The Sage Rabbit, a farm to table restaurant in the Chevy Chase neighborhood. He has been a chef for over thirty years and has spent over forty years in the service industry working in a variety of positions.

Jeff Freyman

Jeff has a doctorate in political science and taught college courses on politics for almost 40 years, including at Transylvania University from 1980 until his retirement in 2014. He has been teaching with OLLI since 2019. This is his fifth go at teaching a Great Decisions course. He has great hopes for the Baltimore Orioles for the 2026 baseball season.

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, EKU and BCTC. She has taken students to Florence, Italy to teach Renaissance art history.

Steven Froehlich

Having studied philosophy at Swarthmore College and Penn State University, Steven Froehlich moved to Central Kentucky in 1990 to teach philosophy and the history of Western Civilization at Centre College. He moved to Lexington in 2002 and has enjoyed the more vibrant lifestyle that this city has to offer.

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*.

Don Gash

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

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 Gollher

Ken Gollher was a professional trainer in the banking industry. Since retirement in 2018, he has become a full-time history enthusiast and both a docent and board member at Historic Locust Grove. Ken is a graduate of Ball State University and the University of Louisville School of Law.

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.

Joe Hallock

Joe Hallock is a retired electrical engineer with experience in AI technology and Vision Systems used in industry. He is a graduate of the University of Kentucky with patents and trade secret awards in a variety of industries. Joe has learned more programming languages than you have fingers, yet can explain how systems work so that anyone can understand. Joe has taught classes from Microprocessors at McDonnel Douglas Astronautics to OLLI.

Liz Hansen

Liz Hansen taught journalism for more than 30 years, the last 27 at Eastern Kentucky University from which she retired in 2014. The First Amendment was a major topic in many of the courses she taught, including media law. Early in her career she worked for newspapers in Arkansas and Louisiana and as a freelance writer/photographer. She holds a bachelor's degree in journalism from the University of Arkansas, a master's degree in journalism and mass communication from Iowa State University, and a Ph.D. in communication with emphases in media law and ethics from the University of Kentucky. She is a member of the Kentucky Journalism Hall of Fame. Since retiring, she has participated in numerous OLLI classes and SIGs, and continues to take on writing, editing, and photography projects.

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 Attaché at the American Embassy in Rabat, Morocco. After retiring as General Counsel for East Kentucky Power, Mr. Henley was an adjunct faculty member at the University of Kentucky College of Law where he taught legal writing and Appellate Advocacy. He is currently a member of the Kentucky Bar association Ethics Committee and serves as an "Ethics Hotline Attorney" providing guidance to Kentucky lawyers on compliance with their Code of Professional Conduct.

Mary Elizabeth Henton

Dr. Mary Elizabeth Henton is an experienced music educator, conductor, and researcher dedicated to advancing youth orchestra education in Central Kentucky and beyond. She currently serves as the co-conductor of the Bravo Strings Orchestra with the Central Kentucky Youth Orchestras (CKYO) and as the Learning & Partnership Program Manager with the Lexington Philharmonic, where she leads educational outreach and community engagement initiatives. Prior to her current roles, Dr. Henton spent 12 years teaching in K-12 public schools as a 4th-12th grade orchestra director. She has collaborated with the Kentucky Department of Education to develop Visual and Performing Arts standards and is an active presenter at both state and national conferences.

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.

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.

Charis Hutchinson

Charis Hutchinson is a CODA (child of deaf adults), and American Sign Language is her native language. She has been a certified interpreter of the deaf for 25 years, and has a passion for sharing her knowledge and experience of living and working within the deaf community.

Toni Jackson

Toni Jackson is a retired English teacher and graduate of Morehead State University. She is from Morehead, KY.

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 activities, and a joy in learning.

Barbara Kemp

Barbara Kemp, Pharm.D. is a retired pharmacist, with experience in hospital, retail and long term care pharmacy. She became a pharmacist because she loved talking to people about their medical problems and their medications. She spent many years telling people what medicines (if any) to buy to treat their ailments and how to use the ones they bought. Teaching for OLLI allows her to continue to teach people how to use medications wisely.

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.

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 wishes she had a class like this when she retired after a first career as history professor in several U.S. universities, followed by second as writer and speaker. It would have helped her navigate caring for her husband with dementia, widowhood, and two life-threatening diseases. She also brings experience in Texas and Lexington with the neighbor-helping-neighbor Village Movement, one of the most promising initiatives for coping with aging.

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.

Irv Lubliner

Irv Lubliner is a professor emeritus at Southern Oregon University (SOU), where his specialty was mathematics education. During his 40-year career in education, he taught mathematics at all levels, kindergarten through graduate school, led seminars for teachers in 39 states, and delivered over 350 conference presentations, including several keynote addresses. Since his retirement in 2014, he has taught math, literature, and blues harmonica classes for the Osher Lifelong Learning Institute (OLLI) program at SOU, where he also served on the Council of Directors. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust. He has dedicated himself to sharing her powerful stories through hundreds of presentations for teen and adult audiences nationwide (including 86 OLLI campuses).

George H. Martin

The Rev. Dr. George Martin is a retired Episcopal priest who lives in Minnesota. In his retirement he became a Pauline scholar, which led to his book on Paul that represented the work of a great many scholars and which also used Greco-Roman sources. He is a member of the Society of Biblical Literature and the Westar Institute.

Phil Maxson

Phil Maxson has been teaching history classes for OLLI and leading history walking tours for about 15 years. Courses taught: 1. Kentucky and the Civil War (6 times); 2. Kentucky's Lincoln (3); 3. Bluegrass Divided (2); 4. Camp Nelson - Portal to Freedom (2); 5. The Invasion of Kentucky; 6. The Mexican American War; 7. George Rogers Clark; 8. Daniel Boone; 9. The Beaver Wars; 10. 1778 - Boone, Clark and the defense of Kentucky and winning the Northwest Territory; 11. The Scots-Irish and their influence on our country, state and city; 12. Happy 250th Birthday Lexington - The Founding of Lexington.

Carolyn Moore

Carolyn Moore has practiced yoga for 44 years. She is currently taking a yoga teacher training class and so will be certified in the spring.

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.

Carolyn O'Brien

Carolyn O'Brien graduated from Ohio University with a BA in Spanish and from The Johns Hopkins University with an MS in Education. She taught high school Spanish for 36 years and often taught as an adjunct Spanish instructor at Morehead State University. She lives in Morehead, Kentucky.

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.

Bill Payne

Bill Payne has been a member of OLLI for several years. His loves are his (extended) family, Bourbon, and Theatre. Bill has been active in central Kentucky community theatre (from Mt. Sterling to PeeWee Valley) for more than 20 years. Before his retirement as Materials Manager at OSRAM Sylvania he taught several in-house classes. But none of these were more interesting than learning about what was going on in the US before, during, and after Prohibition. Bill is looking forward to sharing his knowledge of Prohibition with other OLLI members, including specific attention to the effects it had on Kentucky and its bourbon industry.

Vicki Reed

Vicki Reed is an award-winning, Amazon best-seller, author who began writing only after her retirement. She obtained her bachelor and master's degrees from Eastern Kentucky University. Her career was spent in child welfare and juvenile justice. A sought-after speaker for 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 always had a fondness for classic 1950s science fiction films, recalling the excitement and suspense they brought to him growing up. He looks forward to sharing that sense of wonder with others. Since 2012, Ed has taught movie courses for OLLI at UK, drawing on a full career in university teaching and research that spanned the social sciences and humanities—an ideal background for exploring the history of filmmaking.

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.

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 tracing 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.

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.

Cathy Sparks

Cathy Sparks has completed several barn quilt design classes. She is also a quilter, so has had many hours of using rulers, scissors, fabrics and paints for creating quilt squares. Placements of barn quilts can be spotted on both front and back of her home. She has taught a summer OLLI barn quilt class and several of her students plan to take her spring class.

Judith Stafford

Dr. Judith Stafford earned PhD at The Ohio State University and taught Social Work at Morehead State University for 20 years.

Tom Stanwix-Hay

Upon retirement Tom began taking OLLI classes. For the last 8 years he has facilitated various bridge courses.

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 EKU • 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.

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.

Cathy Taylor

Cathy Taylor grew up in St. Paul, Minnesota, and earned degrees from the College of St. Catherine and the University of Minnesota. Cathy has studied and given presentations on costume and fashion history, working with museums that maintain historic costume collections. She collected and sold antique clothing, while editing the newsletter of the Costume Society of America, for 14 years.

Stephanie Tewes

Stephanie Tewes is a Certified Occupational Therapy Assistant with over a decade of experience supporting older adults. As a Kendal at Home Care Coordinator, she helps individuals plan for safe, independent living at home. A certified Falls Prevention Specialist and "Stepping On" trainer, Stephanie brings practical tools and a deep commitment to helping people thrive as they age.

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.

Mary Marta Tomes

Marta Tomes is a former English instructor who graduated from Morehead State University. She resides in Mt. Sterling, KY.

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 created and taught 17 different science-based courses for OLLI. 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 is a Morehead, KY resident, originally from Michigan. She graduated from Brigham Young University-Idaho with a bachelor's degree in Public Health, with an emphasis in Health Promotion and Health Education. She has seven years of experience teaching group fitness classes for seniors and also enjoys ballroom dancing. She currently works full-time for Morehead State University as the Program Coordinator for the Senior Medicare Patrol (SMP) and Retired and Senior Volunteer Program (RSVP) and is working on her master's in Adult and Higher Education. She also does health consulting and private ballroom instruction on the side.

Emmaline Weedman

Emmaline, originally from Nashville, Tennessee, began her training at Rejoice School of Ballet. In high school, Emmaline received a full merit tuition scholarship to train at Nashville Ballet in the academy division before being accepted to the pre-professional Day Program. She trained there under Paul Vasterling, Nick Mullikin, Anais Chalendard, Kate Linsley, and Nicole Koenig. Throughout high school, she attended summer programs such as Orlando Ballet, Nashville Ballet, Butler Ballet, and Ballet Academy East. Emmaline continued her academic and dance career at Butler University on scholarship from the Jordan College of the Arts and received the Dixie Durr Endowment in Dance Award. She graduated in May 2025 with a Bachelor of Science in Dance Arts Administration. While at Butler, Emmaline performed both soloist and corps de ballet roles in ballets such as Giselle, Swan Lake, Cinderella, and Le Corsaire. She also premiered original works by choreographers David Ingram, Ramon Flowers, Cynthia Pratt, and others. In her senior year, Emmaline was selected to travel with her peers to Panama City, Panama, where they performed with the National Ballet of Panama.

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 Greyline Station.

Michael Worley

Michael Worley (Ph.D., University of Chicago) has taught art history for UK/OLLI, from ancient Greek to Dada. He loves the OLLI experience, which benefits students and instructors by offering a welcoming, no-stress atmosphere of sophisticated intellectual dialogue through colorful, carefully crafted PowerPoint slide shows.

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!

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>

2026 SPRING REGISTRATION FORM

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

STEP 1: Member Contact Info (please print)

Name _____ Birth date _____

Address _____ City _____ ZIP _____

Phone _____ Email _____

Emergency contact _____ Relationship _____ Phone _____

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

Committee Short Term As Needed
 Specific Event Long Term

***REQUIRED INFORMATION:**

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 2026 Spring 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 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

University Educational Publications/Videos

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

University Promotion/Advertising

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.

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