

Osher Lifelong Learning Institute

AT THE UNIVERSITY OF KENTUCKY

Spring 2025 Course Catalog
FOR LEXINGTON & MOREHEAD

OFFERING LEARNING OPPORTUNITIES
FOR ADULTS 50+



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



UK Office of
Lifelong Learning
Osher Lifelong Learning Institute



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Spring 2025 Lexington Online Registration Schedule

WEDNESDAY & THURSDAY, JANUARY 8 - 9 AT 10 A.M.

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

WEDNESDAY, JANUARY 8

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 9

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 2025 Morehead Online Registration Schedule

FRIDAY, JANUARY 17 AT 10 A.M.

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

Spring 2025 Open Houses & Registration

Lexington Open House (no on-site course registration)

Monday, January 6, 2025

1 - 2:30 p.m.

Central Baptist Church
110 Wilson Downing Rd
Lexington, KY 40517

Morehead Open House & Registration

Wednesday, January 15, 2025

1 - 2:30 p.m.

Morehead United Methodist Church
227 W Main Street,
Morehead, KY 40351

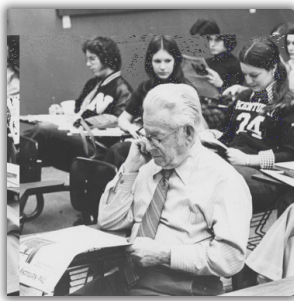


HERMAN DONOVAN

HISTORY OF OLLI AT UK

Beginning of Lifelong Learning: Academic Donovan Fellowship

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



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

Educational and Enrichment Courses: For the Joy of Learning!

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

Osher Lifelong Learning Institute (OLLI) at UK

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



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

2024-2025 LEXINGTON ADVISORY BOARD

Chair
Kempa Turner

Vice-Chair
Colette Crown

Immediate Past Chair
Lee Edgerton

Committee Chair Persons

Connections
Jane Friedman

Donovan Forum
Laura Cole

Social
Sue Scheff
& Carol Swiderski

Curriculum
Don Gash

Promotion & Membership
Diana Rast

Travel
Nicky Burkett

Development
Sue Oatey

Rules & Procedures
Virginia Gregg

At-Large Board Members

Chris Conley
Gary Hansen
Kenneth Gollither
Janinne Johnson

Scott Johnson
Jaya Pampati
Eddie Salone

Martha Shouldis
Rita Smart
Norma Wirt
Diane Woods

2024-2025 MOREHEAD ADVISORY BOARD

Chair
Drew Henderson

Vice-Chair
TBD

Committee Chair Persons

Connections
Martha Perkins

Promotion & Membership
Jay Barrett

Social
Carolyn Franzini

Curriculum
Carolyn Franzini
& Debbie Williams

Secretary
Fran Helphinstine

Volunteer
Martha Perkins

At-Large Board Members

Jackie Bailey
Jay Barrett
Sue Barrett
Russ Brengelman

Carolyn Franzini
Fran Helphinstine
Bob Lindahl
Martha Perkins

Judith Stafford
Debbie Williams



Office of Lifelong Learning

Osher Lifelong Learning Institute

Welcome To OLLI at UK

The University of Kentucky's Osher Lifelong Learning Institute (OLLI) presents an exciting array of educational and enrichment courses this semester. Our offerings for this Spring include diverse topics such as photography, making movies on iPad, multiple courses on art history & cinema, music composition with computers (beginner and advanced), Nordic walking, Lexington's 250th birthday, painting techniques, engaging book reading groups in Lexington and Morehead, and many more exciting opportunities.

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

Whether it's a new class, social, or travel opportunity, we hope to see you this Spring. Thank you for being part of our OLLI community. We are so glad you are here!

Warm Regards,
The OLLI at UK Staff

OLLI AT UK STAFF



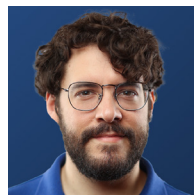
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SPRING 2025 REGISTRATION



OLLI Registration Website

In order to register for Courses, SIGs, Donovan Lectures, Socials, Trips, and other OLLI activities, all OLLI Members must have an account at the following website: <https://olli.uky.edu/uky>

How to Sign Up (For New Members)

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

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

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

HOW DO I REGISTER FOR CLASSES?

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

OLLI at UK Office

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

CONTACT THE OFFICE

Joey Conrad: 859-257-2658
Teresa Hager: 859-257-2656
Trey Adkins: 859-257-2657
Nick Farr: 859-218-6840



OLLI Scholarships: Financial Assistance Available for OLLI Membership & Courses

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

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

ALL APPLICATIONS ARE KEPT CONFIDENTIAL

OLLI at UK Inclement Weather Policy

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

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

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

Please Note:

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



Like **OLLI at UK** on Facebook!

**SCAN HERE FOR OUR
FACEBOOK PAGE!**

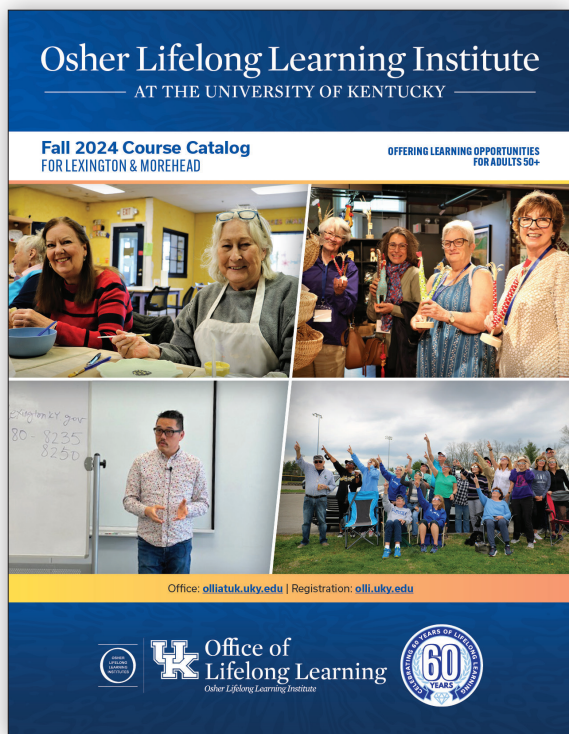


Follow OLLI at UK on Facebook!

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

OLLI AT UK MEMBERSHIP BENEFITS

Interested in Becoming a Member?



← HERE'S WHAT OUR MEMBERSHIP INCLUDES

- **Ability to register for 70+ Classes, Day Trips, and Socials.** Subjects include: Computers & Technology, Culture, Health & Wellness, History, Spanish, French, Literature, Performing Arts, Science, Visual Arts, and more!
- **Courses In-Person, Online, and Hybrid in Lexington and Morehead** 14 weeks of courses: Spring: February 3 - May 9, Summer: June - July
- **Learning & Social Opportunities** No tests or grades to be found here! Join a vibrant community of 1,000 learners who bring life experience to our classrooms. You can even make new social connections along the way!
- **Healthy Aging at Its Best** Stay active mentally & engaged socially by learning for fun.
- **Access to UK Wellness Facilities**
(additional fee required for some facilities)

Register at:
www.oli.uky.edu



← Or scan the following QR Code



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

SPRING 2025 DONOVAN FORUM SERIES

Thursdays, February 6 - May 1, 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 6

Celebrating 250 Years of Lexington!

*Mary Quinn Ramer, President
VisitLEX*

February 13

**Strengthening Our Ties that Bind
While Minimizing the Rope Burn**

*Nathan D. Wood, Ph.D.,
Licensed Marriage and Family Therapist
Associate Professor of Family Sciences
University of Kentucky*

February 20

**Innovative Responses to Food
Insecurity in Central and
Eastern Kentucky**

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

February 27

**What Does Fido Know? Inside the
Mind of Your Dog**

*Dr. Ellen Furlong, Associate Professor of
Psychology & Neuroscience
Transylvania University*

March 6

**Lexington Public Library:
Books and more!**

*Paige Halpin Smith,
Director of Philanthropy
Lexington Public Library*

March 13

**Bicentennial of General
LaFayette's Visit to Lexington in
May 1825 - May 2025**

*Mr. Dale W. Henley, Past President,
Lafayette Chapter
Sons of the American Revolution
and member, Society American Friends
of LaFayette*

March 20

**Seeing Through the Eyes of the
Digital Access Project**

*Mr. Shea Brown, Supervising Director of
Digital Access Project
Special Projects Fayette Deputy
in Land Records,
Fayette County Clerk's Office*

March 27

**James B. Beam Institute
for KY Spirits**

*Glenna Joyce-Welsko, Head Distiller
University of Kentucky*

April 3

**CivicLex and Local Civic
Participation**

*Megan Gulla, Director of Partnerships &
Public Engagement
CivicLex*

April 10

**Keeneland Library: Collections,
Services & Impacts**

*Roda Ferraro, Keeneland
Library Director
Keeneland Library*

April 17

**Gateway: Kentucky's
Uncommon Man**

*Matthew Strandmark - Education
Archivist and Appalachian
Studies Librarian
Special Collections Research Center,
University of Kentucky Libraries*

April 24

**How to Read and Understand
Lexington's Most Common Historic
Houses**

*Dr. Karen E Hudson, Architectural
Historian & Landscape Artist
Karen E Hudson Art*

May 1

**The Civil War and the End of
Slavery in Kentucky**

*Dr. Amy Murrell Taylor, Professor of
History
University of Kentucky*

SPRING 2025 LEXINGTON

ALL COURSE OFFERINGS

COMPUTERS & TECHNOLOGY

Adventures in Photography - Introduction to Landscape Photography

Instructors: Boone Baldwin, Rebecca Brothers, Rita Egan, Karen Higdon, Arleigh Kerr, and Larry Neuzel
Dates and Times: Mondays, April 14 – May 12
1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$54

In this landscape photography course, we will discuss detailed ways to help you creatively photograph a variety of landscapes from fields to coastal scenes whether you are at home or on vacation. We will cover multiple topics including lens selection, depth of field, composition, lighting, shooting panoramas, shooting for focus, and stacking and stitching. What you learn also will be applicable to your photography in general. The course will include fieldtrip{s} where you will have a chance to practice what you learn, then share your photos in the next class. Students should have a basic knowledge of their camera.

Apple Watch Workshop: Beyond Telling Time

Instructor: Brooke Thomas
Date and Time: Thursday, May 1, 2025
Course Location: Central Kentucky Computer Society
1 – 4 p.m.
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.



Composition - Learning to See Creativity in Photography

Instructors: Boone Baldwin, Rebecca Brothers, Rita Egan, Karen Higdon, Arleigh Kerr, and Larry Neuzel
Dates and Times: Mondays, February 3 - March 3
1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 6 | 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.

Computer Basics for Windows PC

Instructor: Myra Engle
Dates and Times: Thursdays, February 20 – March 27
10 – 12 Noon
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$58

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

Creating Personal Greeting and Note Cards with Microsoft Word

Instructor: Myra Engle
Dates and Times: Thursdays, April 3 – 24
10 – 12 Noon
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$50

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

FastStone Digital Imaging Program for Windows PC

Instructor: Joe Dietz
Date and Time: Wednesday, April 16, 2025
 1 – 4 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 6 | Course Fee: \$34

Are your photos in need of a makeover? Want to enhance, crop, and create stunning slideshows without breaking the bank? Look no further! Join our FastStone Digital Imaging Workshop and unlock the power of this free, versatile program.

Get Much More Out of Your Mac

Instructor: Kurt Jefferson
Dates and Times: Fridays, February 21 – March 28
 10:30 – 12:30 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 6 | Course Fee: \$58

Students will benefit by learning how to go beyond the basics they have been using on their Mac. This class is designed for students who want to learn more than the basics – we will show you how to use different options built into macOS in addition to techniques which will make you more productive. We'll discuss a variety of topics including Mac security, printing, desktop publishing and configuring your computer so it works better for you. Students will learn about Mac specifics such as Stacks, Launchpad, open apps vs. apps that are active, customizing the Dock and learning how it works, and keyboard shortcuts to streamline your activity.

Getting the Most Out of Your iPhone

Instructor: Joe Dietz
Dates and Times: Tuesdays, February 4 – March 11
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$58

In the latest iPhone IOS18 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.

iMovie for iPad: Creating Movies Made Easy

Instructor: Brooke Thomas
Dates and Times: Wednesdays, April 23 – May 7
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$42

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



Introduction to Black & White Photography

Instructors: Boone Baldwin, Rebecca Brothers, Rita Egan, Karen Higdon, Arleigh Kerr, and Larry Neuzel
Dates and Times: Mondays, March 17 & 24
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$42

In this class you will learn how to change a color image to black and white using the six color channels. This allows you to alter the tone of each individual color channel resulting in a more controlled final result with greater depth and contrast.

Introduction to Photoshop Elements

Instructor: Anne Campbell
Dates and Times: Mondays, February 3 – March 10
 11 – 1 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 3 | Course Fee: \$58

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

Introduction to Windows 11 Workshop

Instructor: Mike Seiler
Date and Time: Tuesday, March 4, 2025
 9 – 12 Noon
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 7 | Course Fee: \$34

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



iPad Mastery: Unveiling Hidden Features

Instructor: Brooke Thomas
Dates and Times: Thursdays, February 6 – March 13
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 10 | Course Fee: \$58

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

Making a Photo Book Using Shutterfly

Instructor: Joe Dietz
Date and Time: Wednesday, March 19, 2025
 1 – 4 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 6 | Course Fee: \$34

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

Making Brochures with MS Publisher

Instructor: Joe Hallock
Dates and Times: Tuesdays, March 18 & 25
 1 – 3 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 4 | Course Fee: \$42

In this class, students will learn to create professional-looking brochures using MS Publisher. While prior knowledge of Microsoft Word and other Office products can be helpful, it is not required. The skills acquired in this course will enable students to design an effective brochure for their class, church group, club, or their special interest activity with ease. This is just a small sample of the powerful features available in Microsoft Publisher. MS Publisher is part of your Microsoft 365 subscription.

Organizing Your Computer Files

Instructor: Mike Seiler
Dates and Times: Tuesdays, February 11 – 25
 10 – 12 Noon
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 5 | Course Fee: \$46

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

Using Apple iCloud for Your iPhone and iPad

Instructor: Joe Dietz
Date and Time: Wednesday, April 9, 2025
 1 – 4 p.m.
Course Location: Central Kentucky Computer Society
Maximum Enrollment: 6 | Course Fee: \$34

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

CULTURE



Bad Conspiracies; Good Films SIG

Instructor: Ken Kurtz
Dates and Times: Mondays, March 3 – April 21
 1 – 4 p.m.
Course Location: The Lafayette, Activity Room
Maximum Enrollment: 40 | No Course Fee

There have been conspiracies against our government practically since the start of the republic, but all failed. Our course will cover the most recent ones, and ones that made headlines, but had no real chance...or did they???

Impressionism and Expressionism: A Study of Contrasting Artistic Movements

Instructor: Marcia Freyman
Dates and Times: Mondays, March 17 – April 21
 2:30 – 4 p.m.
Course Location: Crestwood Christian Church, Chalice Hall
Maximum Enrollment: 30 | Course Fee: \$30

This course will explore the differences and similarities between the art movements Impressionism and Expressionism at the end of the 19th and beginning of the 20th centuries. We will look at the works of Claude Monet, Auguste Renoir, Wassily Kandinsky and Edvard Munch and others in relation to their styles and techniques. Varying approaches to these artists' subject matter will also be discussed, as well as their legacies.

Japan - The History, Religions, Culture and Arts

Instructor: Tom Krill

*Dates and Times: Wednesdays, February 5 – March 12
2 – 4 p.m.*

Course Location: Lexington Theological Seminary, 3rd Floor

Maximum Enrollment: 20 | Course Fee: \$30

Join us for a tour of Japanese culture beginning with its geography, turning points in history, written language, turbulent unrest and final unification. We will also look at the religions of Japan and the impact of Christianity. The fun begins with the beginnings of its rich cultural and artistic heritage as we attempt to unravel those untranslatable words and concepts. We will take a close look at the tea ceremony, garden art, ceramics, woodblock prints and other art forms.

Mannerism: Creativity and Fun in 16th Century Italian Art

Instructor: Michael Worley

*Dates and Times: Tuesdays, March 4 – April 8
1 – 3 p.m.*

Course Location: Hunter Presbyterian Church, Fellowship Hall

Maximum Enrollment: 24 | Course Fee: \$30

In this class, students will review the curious period of art known as Mannerism, which falls between Renaissance and Baroque. First, by looking at High Renaissance masterpieces, the powerful and inescapable influence of Michelangelo will become evident. Pontormo and Rosso Fiorentino, inspired by Michelangelo's unique contribution, initiated Mannerism. The second generation, including Bronzino, Parmigianino, and Vasari, represents Mannerism's flowering. But the excesses of the movement would not be tolerated by Counter Reformation leaders who established rules of decorum, while early Baroque artists would reject the artificiality and virtuosity of Mannerist artists. For centuries, Mannerism was regarded as a decline and its artists were called neurotic or insane. Students will likely question the traditional interpretations of the movement's origins: was it simply zeitgeist or was it a response to political and social forces?

More World Class Japanese Cinema (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, February 7 – April 25
(no class April 18)
1 – 4 p.m.*

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

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

Japan developed a sophisticated movie industry early in the 20th century, but Japanese cinema did not receive international attention and acclaim until after WWII. In this course we will watch a diverse collection of noteworthy Japanese movies. We may not speak Japanese or have an in-depth knowledge of Japan's unique history and culture, but we can still appreciate the brilliance of these films. This is because moviemaking, whether in Hollywood or Tokyo, relies on common technical, organizational, and narrative components. Focusing on these common components will help us appreciate the achievements of Japanese cinema. This course is a follow-up to the previous OLLI course, "Appreciating World Class Japanese Cinema". (Note: All films are in Japanese with English subtitles.)

Native Peoples of the Southwest, Part 2, the Navajo

Instructor: Kelli Carmean

*Dates and Times: Thursdays, February 6 – March 13
1 – 2:30 p.m.*

Course Location: Crestwood Christian Church, Chalice Hall

Maximum Enrollment: 26 | Course Fee: \$30

Ever gazed upon the amazing Native American ruins of the Desert Southwest? Ever attended an Indian Market and wondered about the beautiful crafts such as painted pottery and turquoise jewelry? If so, this class is for you. Join in the fun as we learn about the Navajo and the Hopi and so many more Southwestern cultures not only from their archaeological past, but also their vibrant, contemporary lives. This course is envisioned as two parts but can also be taken as stand-alone courses. Our optional parallel read for Part 2, Navajo, is Spider Woman Walks This Land, written by the instructor (books available for purchase in class).

Philosophy SIG (Zoom)

Facilitators: Mary Miller and Maryann Wellman

*Dates and Times: Fridays, February 7 – May 9
10 – 12 Noon*

Course Location: Online Zoom Course

Maximum Enrollment: 25 | No Course Fee

Members participate in discussion of a philosophical question chosen weekly by SIG members. We strive to view philosophy as it applies to our lives, and all viewpoints are welcome.

EXPERIENTIAL LEARNING



Music Composition with Computers

Instructor: Addison Bird

*Dates and Times: Mondays, March 3 – May 5
1 – 3 p.m.*

Course Location: BCTC Leestown, M-144

Maximum Enrollment: 20 | Course Fee: \$30

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



Southern Regional Conference for Learning in Retirement
Summer 2024

Music Composition with Computers Part 2 – Advanced

Instructor: Addison Bird

*Dates and Times: Tuesdays, March 4 - May 6
1 – 3 p.m.*

Course Location: BCTC Leestown, M-144

Maximum Enrollment: 20 | Course Fee: \$30

This course is for students who have experience in making music or have an interest in making music using a computer or iPad. Student music making can be in any program or style of their choosing. Music making could be composition/songwriting, mixing/producing, arrangements/transcription, recording, or any other music making activity that involves a computer. This course will provide the opportunity for participants to develop digital literacy skills through making music with modern music technology. Class sessions will include a combination of lecture, discussion, interactive activities, and music-making activities, along with opportunities to share work and reflect with peers. This sequel course will be focused on the students' own Digital Audio Workstation, Engraving Program, or Other tool for making music with a computer. If Students do not own or use their own program, free programs will be recommended and demonstrated.

The Human Domino Effect: Mentoring Elementary Students SIG

Instructor: Stephanie Fairchild Fister

*Dates and Times: Tuesdays, February 4 – May 6
11 – 12:30 p.m.*

Course Location: Julius Marks Elementary & 2 classes at Lexington Public Library, Eastside Branch, Large Meeting Room

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: What's Important (Hybrid)

Instructor: Don Gash

*Dates and Times: Fridays, February 7 – March 14
10 – 11:30 a.m.*

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

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

This course will examine the top life skills and practices that help many live longer, healthier lives. Activities that promote brain and heart health while decreasing risk for diseases of aging. The lecture and discussion format covers evidence-based studies on what's importance for positive and healthier aging. How they work and practical ways to incorporate them into your daily life.

Line Dancing Level 1 - First Timers!

Instructor: Shirley Bryan

*Dates and Times: Thursdays, March 27 – May 22
12:15 – 1 p.m.*

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 20 | Course Fee: \$30

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

Line Dancing Level 1.5

Instructor: Shirley Bryan

*Dates and Times: Thursdays, March 27 – May 22
11:15 – 12 Noon*

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 25 | Course Fee: \$30

For those not quite ready for Level 2 but have completed Level 1. You'll continue to build your knowledge and skills so you're ready for prime time before you know it!!

Line Dancing Level 2 - OLLI Dance Cats

Instructor: Shirley Bryan

*Dates and Times: Tuesdays & Thursdays, March 25 – May 22
10 – 11a.m.*

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 30 | Course Fee: \$30

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

Line Dancing Level 3 - Masters in Motion

Instructor: Shirley Bryan

Dates and Times: Tuesdays, March 25 – May 20

11:15 – 12:15 p.m.

Course Location: Bluegrass Youth Ballet

Maximum Enrollment: 15 | Course Fee: \$30

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

Move to the World's Music

Instructor: Meg Crellin

Dates and Times: Mondays, February 3 – March 24

1 – 2:30 p.m.

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 25 | Course Fee: \$30

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

Nordic Walking and Trekking SIG

Facilitator: Don Gash

Dates and Times: Mondays, March 24 – April 14

10:30 – 11:30 a.m.

Course Location: Crestwood Christian Church, Room MC-3 (1st Meeting), then UK Arboretum for all other meetings

Maximum Enrollment: 20 | No Course Fee

Nordic Walking is a highly recommended, safe exercise for seniors to enjoy walking outdoors, strengthening the upper body and improving balance and gait. The other health benefits include improving cardiovascular fitness and toning up abdominal and back muscles. Walking sites include the Arboretum.

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



OLLI Fitness (Hybrid)

Instructor: Josette Garstka

Dates and Times: Mondays, Wednesdays, & Fridays, February 3 – May 9 (no class April 18)

11:30 – 12:30 p.m.

Course Location: Crestwood Christian Church Gymnasium & Zoom

Maximum Enrollment: 75 Each | Course Fee: \$40

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with easy-to-follow cardio for 25 to 30 minutes. Cardio is followed by weight training exercises with dumbbells. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down.

REQUIRED MATERIALS: Water bottle, weights and yoga mat.

Senior Ballet Class for Beginners/Intermediate Levels

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

- *Session 1: Wednesdays, February 5 – May 7*

- *Session 2: Thursdays, February 6 – May 8*

3:30 – 4:30 p.m. (both sessions)

Course Location: Lexington Ballet Company, 3rd Floor (paid parking lots on both sides of building & limited street parking on Church & Second Street)

Maximum Enrollment: 10 each session | Course Fee: \$30

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

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

HISTORY & GOVERNMENT



Commemoration of General LaFayette's 200th Anniversary Visit to Lexington

Instructor: Dale Henley
Date and Time: Friday, March 14, 2025
 10 – 12 Noon
Course Location: Crestwood Christian Church, Bradford Room
Maximum Enrollment: 75 | Course Fee: \$20

In May 1825, General LaFayette, the last surviving Major General of the Revolutionary War and confidant of General Washington visited Lexington as part of his "Farewell Tour" of America. His visit to America was sponsored by President James Monroe with whom he served during the war for America's independence. A celebration of this Bicentennial visit to Lexington will include various activities scheduled for May 15 & 16, 2025. This course will discuss those activities and how to participate.

Great Decisions 2025: American Foreign Policy at a Crossroads

Instructor: Jeff Freyman
Dates and Times: Mondays, March 17 – April 21
 2:30 – 4 p.m.
Course Location: Crestwood Christian Church, Bradford Room
Maximum Enrollment: 25 | Course Fee: \$30

What choices are confronting the makers of American foreign policy? What are the major issues in the current debates about its future direction? How do these debates reflect the changing contours of America's domestic and international politics? 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 since its founding in 1918 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, listening to presentations about a set of issues chosen by the class, and discussing the issues in a small group with other Central Kentucky residents. The book and presentations provide background information on policy options, while avoiding partisan politics. Possible topics this year include: the U.S. in the world economy, U.S.-China relations, international cooperation on climate change, the future of NATO, AI and American national security, India and the Global South, American policy in the Middle East.



Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka
Dates and Times: Tuesdays & Thursdays, February 4 – May 8
 11:30 – 12:30 p.m.
Course Location: Crestwood Christian Church Gymnasium & Zoom
Maximum Enrollment: 75 Each | Course Fee: \$30

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

REQUIRED MATERIALS: Yoga mat, strap and yoga block.

Tai Chi for Health

Instructor: Donna King
Dates and Times: Wednesdays, February 5 – May 7
 3 – 4:30 p.m.
Course Location: Liberty Road Faith Fellowship, Event Room
Maximum Enrollment: 25 | 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 Importance of Play

Instructor: Sue Oatey
Date and Time: Wednesday, April 16, 2025
 10 – 12 Noon
Course Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 40 | Course Fee: \$20

Play is as important to adults as it is to children. This class will explore the importance of play for everyone and its connections to creativity and innovation. Students in the class will participate in a group exercise in playful creativity. No sports or games-related skills are necessary.



Happy 250th Birthday to Lexington (Hybrid)

Instructor: Phil Maxson
Dates and Times: Wednesdays, March 5 – 26
 1 – 2:30 p.m.
Course Location: Lexington Theological Seminary, 5th Floor & Zoom
Maximum Enrollment: 75 | Course Fee: \$30

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

Icons and Outlaws: Notorious Trials in History

Instructor: Marianna Clay
Dates and Times: Tuesdays, February 11 – March 25
 3 – 4 p.m.
Course Location: Crestwood Christian Church, Room MC-3
Maximum Enrollment: 15 | Course Fee: \$30

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

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 19 – April 16
 10 – 12 Noon
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 from the Great Depression (Zoom)

Instructor: Ed Linz
Date and Time: Tuesday, April 1, 2025
 1 – 3 p.m.
Course Location: Online Zoom Course
Maximum Enrollment: 100 | Course Fee: \$20

The course will cover events in the 1920's leading up to the start of The Great Depression, including ominous parallels between the 1920's and the 2020's. We will discuss political and economic conditions during the 1930's and the early years of WW II with detailed examination of the lives of a diverse group of Americans who provided first-hand accounts of their lives during this tumultuous period of American life. There will be a discussion of lessons learned with questions and comments solicited.

Lessons from the Vietnam War (Zoom)

Instructor: Ed Linz
Date and Time: Tuesday, February 11, 2025
 1 – 3 p.m.
Course Location: Online Zoom Course
Maximum Enrollment: 100 | Course Fee: \$20

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

Reading Genesis: A Study of Marilynne Robinson's Groundbreaking Book-Length Essay

Instructor: Doug Hahn
Dates and Times: Tuesdays, April 1 – May 6
 1 – 3 p.m.
Course Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 12 | Course Fee: \$30

The stories contained in the book of *Genesis* have shaped the imagination of our culture. In this class we will do a deep dive into their literary and historical influence. We will be guided by Marilyn Robinson's book, *Reading Genesis*. In this highly praised book Robinson, Pulitzer Prize winning novelist (*Home*, *Gideon*), presents an extended study of *Genesis*. Though *Genesis* has a religious viewpoint, the class will not promote a religious agenda. The class will involve lots of conversation, so participants will be expected to read the book of *Genesis* and Robinson's *Reading Genesis* (combined 350 pages total) over the course.





Western Dreams and Ideals Underlying American Civilization (Zoom)

Instructor: Larry Hood

*Dates and Times: Wednesdays, February 5 – March 5
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.

Steamboats on Kentucky's Ohio River (Hybrid)

Instructor: Kenneth Gollither

*Dates and Times: Mondays, March 3 – 24
1 – 2:30 p.m.*

Course Location: BCTC Leestown, Room M-122

Maximum Enrollment: 30 | Course Fee: \$30

Kentucky's northern boundary, the Ohio River, was the Commonwealth's first thoroughfare, facilitating both settlement and commerce. In 1811, the first Ohio river steamboat, the NEW ORLEANS, proved that these modern inventions 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 downstream, sometimes 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 will discuss the first 50 years of steamboat history on the Kentucky side of La Belle Riviere and some of its greatest personalities and events.

U.S. Army - History, Tactics and Doctrine

Instructor: Trey Adkins

*Dates and Times: Tuesdays, February 4, March 4, April 1 & May 6
1 – 3 p.m.*

Course Location: Liberty Road Faith Fellowship, Event Room

Maximum Enrollment: 30 | Course Fee: \$30

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

LANGUAGES



Basic French for Travelers

Instructor: Dale Henley

*Dates and Times: Tuesdays, February 4 – March 25
10 – 11 a.m.*

Course Location: Crestwood Christian Church, Room MC-5

Maximum Enrollment: 20 | Course Fee: \$30

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

LITERATURE



Banned Books SIG (Zoom)

Facilitator: Frances Goodfriend

*Dates and Times: Every third Thursday, February 20, March 20,
April 17 & May 15
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 20: Fahrenheit 451, by Ray Bradbury. 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.

Great Fantasy Novels SIG

Facilitator: Frances Goodfriend
 Dates and Times: 1st Wednesdays once a month, February 5, March 5, April 2 & May 7
 5 – 6:45 p.m.
 Course Location: Lexington Public Library, Beaumont Branch
Maximum Enrollment: 30 | No Course Fee

Dragons! Wizards and Elves! Werewolves and Vampires! Martians! Time-Travelers! The amazing, entertaining world of fantasy novels is limited only by a writer’s imagination. These bestsellers are adored by millions, and made into movies and television series and video games, overlapping science fiction and gothic horror. We will meet in person 5:00 to 6:45 pm at the Beaumont Branch of the Lexington Public Library. Our first book for February 5 will be *Dune* by Frank Herbert. Adventure! 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 SIG (Zoom)

Facilitator: Frances Goodfriend
 Dates and Times: Every third Thursday, February 20, March 20, April 17 & May 15
 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 Count of Monte Cristo* by Dumas. 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.

So You Want to be a Writer? (Zoom)

Instructor: Ed Linz
 Date and Time: Wednesday, March 12, 2025
 1 – 2:30 p.m.
 Course Location: Online Zoom Course
Maximum Enrollment: 75 | Course Fee: \$20

Many say that they want to be a writer, but few actually start the process. In this interactive course, we will provide a blueprint for potential writers to begin and progress from an initial idea for a book to a published product. This will not be a pitch for a “Vanity Press” operation, but a step-by-step process to lead you through the writing process, whether it be fiction, non-fiction, poetry, textbook, poetry...whatever. Let’s start writing!!!



Superb Sleuths SIG (Zoom)

Facilitator: Frances Goodfriend
 Dates and Times: 1st Wednesdays once a month, February 5, March 5, April 2 & May 7
 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 the first in a series for a beloved detective, with many, many sequels. The SIG will start on Feb. 5: *A Is for Alibi* by Sue Grafton. The participants will select the books for March, April and May. Handouts will be emailed to participants before each session.

“Understanding ‘Appetite’: Madame Bovary, Gustave Flaubert’s Ravenous Heroine.”

Instructor: Stacy Schultz
 Dates and Times: Thursdays, February 13 – March 13
 1 – 3 p.m.
 Course Location: CenterWell Richmond Road, Activity Room
Maximum Enrollment: 12 | Course Fee: \$30

Well, who wouldn’t commit adultery if married to the bland and uninspired Charles? *I don’t know; would you?* Let’s do a close-reading and see why Flaubert’s sumptuous *Madame Bovary* remains a gustatory staple in the diet of the Western Canon.

OUT OF THE BOX



A Course is Born

Instructor: Penny Lamb
 Dates and Times: Fridays, March 7 – April 25
 1:30 – 3:30 p.m.
 Course Location: Crestwood Christian Church, Room MC-5
Maximum Enrollment: 10 | No Course Fee

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

Beginning Bridge Defense SIG

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

As a bridge player you will spend 50% of your time on defense. This SIG will concentrate on techniques you can use to successfully defend against your opponent’s contract. Including opening leads, defensive signals, and the importance of making a defensive plan.

Bridge: Advanced Bidding SIG

Facilitator: Darryl Bennett

Dates and Times: Tuesdays & Thursdays, March 11 – April 10
4 – 6 p.m.

Course Location: Lexington Bridge Club

Maximum Enrollment: 32 | No Course Fee

This course builds on methods and skills learned in a basic bidding course. It introduces students to several conventions to improve bidding skills. Players who practice the conventions taught here are more likely to reach the correct level and strain than when using SA.

Introduction to Journalism

Instructor: Darlene Ricker

Dates and Times: Thursdays, April 3 – 24
1 – 2 p.m.

Course Location: Central Baptist Church, Meeting Room 3

Maximum Enrollment: 20 | Course Fee: \$30

Have you ever wanted to become a journalist? Whether your goal is to be a foreign correspondent, investigative reporter, feature writer, news reporter, or local contributor, all articles require the same structure and elements. Published articles will be analyzed in class. Students who want a workshop experience may draft or outline an article for critique in class.

Weighing Your Options

Instructor: Joe Hallock

Dates and Times: Mondays, February 3 – March 10
1:30 – 3:30 p.m.

Course Location: CenterWell Richmond Road, Activity Center

Maximum Enrollment: 20 | Course Fee: \$30

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



Donovan Forum - Jennifer Mattox
Fall 2024



Southern Regional Conference for Learning in Retirement
Summer 2024

PERFORMING ARTS



Introduction to the Great Highlands Bagpipe: Learning the Practice Chanter

Instructor: Kevin Hale

Dates and Times: Tuesdays, February 4 – May 6
6 – 7 p.m.

Course Location: BCTC Leestown, Room M-134

Maximum Enrollment: 25 | Course Fee: \$30

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

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

Mountain Dulcimer 101

Instructor: Mary Elizabeth Henton

Dates and Times: Mondays, February 24 – April 28
10 – 11:30 a.m.

Course Location: Central Baptist Church, Choir Room

Maximum Enrollment: 15 | Course Fee: \$30

Even for those new to the dulcimer, playing a tune within the first five minutes is achievable. The session covers essential basics, including establishing a comfortable playing position, tuning the instrument, playing fundamental chords, reading dulcimer tablature, and employing simple strumming techniques. The process is designed to be straightforward, ensuring a smooth start and facilitating quick progress. With DAD tuning, beginners can expect to produce beautiful music efficiently.

OLLI Chorus

Instructor: John Stegner

Accompanist: Bobbie Bevins

Dates and Times: Wednesdays, February 5 – April 23
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.



SCIENCE & ENVIRONMENT



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

Instructors: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Thursdays, March 6 – May 15 (no class May 8)
1 – 2:30 p.m.
Course Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 30 | Course Fee: \$30

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

Forget Me Not: Understanding Cognitive Aging and Dementia

Instructor: Diane Vance
Dates and Times: Thursdays, March 6 – 27
1 – 3 p.m.
Course Location: CenterWell Regency Centre, Activity Room
Maximum Enrollment: 35 | Course Fee: \$30

This course will give participants information related to the most common diseases that cause dementia (Alzheimer’s, Lewy Body/Parkinson’s Disease, vascular dementia, frontotemporal dementia, and LATE). We will describe brain changes that occur in normal aging and contrast these with disease changes. We’ll discuss some early symptoms of each disease that other people might observe and describe the diagnostic process and current treatment options. We will discuss the importance of maintaining social connections for people with dementia and provide tips on communication and dealing with behavior issues. Information about resources for caregivers will be included.

Geology Rockhounds: Collisions, Coal and Coral Reefs. KY and its Geological Place on the Globe 500 - 300 Million Years Ago SIG

Facilitators: Diana Rast, Dan Phelps, and Anna Watson
Dates and Times: Mondays, March 3 – 24
1 – 2:30 p.m.
Course Location: Lexington Public Library, Branch TBD
Maximum Enrollment: 15 | No Course Fee

This SIG is intended for those who would like to go “Rockhounding” on a trip into the distant past to discover the Paleozoic environments that led to the place Kentucky has in the geology of E. North America and beyond. An excursion is planned TBA.

Gettin’ Old Sux! (or does it??)

Instructor: Diane Vance
Dates and Times: Fridays, February 7 – 28
1 – 3 p.m.
Course Location: CenterWell Regency Centre, Activity Room
Maximum Enrollment: 35 | Course Fee: \$30

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

Landscaping with the Environment in Mind

Instructor: Katrina Kelly
Dates and Times: Tuesdays, February 4 - March 4
10 – 11 a.m.
Course Location: Lexington Theological Seminary, 5th Floor
Maximum Enrollment: 50 | Course Fee: \$30

In this class we will learn how to landscape our properties with the environment in mind. We will learn skills for creating an ecological garden, learn the difference between native and invasive plants, learn about pollinators, birds and wildlife and how to attract them to our gardens, and how we can get involved with the community. At the end of class, we will design a garden using the knowledge we have learned in class.





Ohio Mounds Trip - Hopewell Mounds
Fall 2024

The Near-Death Experience: Examining What is Known

Instructor: David Roysse
Dates and Times: Mondays, February 3 – 24
10:30 – 12 Noon
Course Location: CenterWell Regency Centre, Activity Room
Maximum Enrollment: 25 | Course Fee: \$30

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

VISUAL ARTS

Fundamental Painting Techniques

Instructor: Joe Schum
Dates and Times: Tuesdays, February 4 – April 22
(no class March 18 & April 1)
10 – 12 Noon
Course Location: Beaumont Presbyterian Church, Fellowship Hall
Maximum Enrollment: 24 | Course Fee: \$50

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

Introduction to Painting

Instructor: Joe Schum
Dates and Times: Tuesdays, February 4 – April 22
(no class March 18 & April 1)
1 – 3 p.m.
Course Location: Beaumont Presbyterian Church, Fellowship Hall
Maximum Enrollment: 24 | Course Fee: \$50

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

The Art Museum Guide: How to Get The Most Out of a Visit to Many of the "Big" Art Museums in Europe

Instructor: Lisa Smith
Dates and Times: Wednesdays, April 2 – 23
3 – 4:30 p.m.
Course Location: Beaumont Presbyterian Church, Fellowship Hall
Maximum Enrollment: 40 | Course Fee: \$30

Visiting an art museum offers a unique opportunity to immerse yourself in the beauty and richness of the visual arts. For many, however, stepping into a large museum can feel overwhelming, especially when faced with vast collections of masterpieces. It's easy to feel intimidated, unsure of where to start, or even out of place in such grand environments. This course is designed for anyone who wants to enhance their museum experience, whether you're a first-time visitor or someone looking to deepen your engagement with art. In this class, we will guide you through strategies for making the most of your time in some of the world's most iconic art museums. We will focus on helping you prioritize key works, develop a personalized viewing plan, and navigate the sometimes labyrinthine layouts of these cultural landmarks. With so much to see, the goal is not to "see everything" but to ensure you experience the highlights that will give you the richest and most rewarding visit.

We will explore several renowned museums across Europe, including: The Louvre in Paris, France; Picasso Museum in Paris, France; Musee d'Orsay in Paris, France; The Prado Museum in Madrid, Spain; Reina Sofia Art Museum in Madrid, Spain; Thyssen- Bornemisza National Museum in Madrid, Spain; Guggenheim Museum in Bilbao, Spain; The Uffizi Gallery in Florence, Italy; and the Galleria Borghese in Rome, Italy.

Throughout the course, we will explore key works from each of these institutions, offering insight into their historical and artistic significance. You'll learn how to plan your visit to avoid feeling rushed or overwhelmed, and how to approach the art in a way that fosters curiosity and appreciation. By the end of the course, you'll have a toolkit of strategies to engage with art in a thoughtful, confident, and enjoyable way, transforming your museum visits into enriching and memorable experiences.

SPRING 2025 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 Monday, February 3.

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 Monday, February 3.

Hours of Operation (subject to change):

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

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

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

HOW TO PARTICIPATE

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

HOW TO REGISTER:

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

Complete the **2024 - 2025 OLLI Risk Release** on the back of the registration form (pg 37 & 38) and return it to OLLI at UK prior to participation. Contact UK Transportation at 859-257-5757 for information on parking locations and fees.

Pay additional fee directly to Johnson Center/Alumni Gym.

Lancaster Aquatic Center

(no additional fee required)

Corner of Complex Drive and University Drive

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

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

Access begins February 3, 2025

Lap swim hours (Dates and times subject to change, and hours may vary due to campus events; check the website link above before visiting):

Monday: 10 a.m. - 2 p.m. and 6:15 p.m. - 8:15 p.m.

Tuesday: 12 p.m. - 2 p.m. and 5:15 p.m. - 8:15 p.m.

Wednesday: 10 a.m. - 2 p.m. and 6:15 p.m. - 8:15 p.m.

Thursday: 12 p.m. - 2 p.m. and 5:15 p.m. - 8:15 p.m.

Friday: 10:00 a.m. - 2 p.m. and 5:15 p.m. - 7:15 p.m.

Saturday and Sunday: 1:30 p.m. - 3:30 p.m.

HOW TO PARTICIPATE

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

CONTACT THE FACILITIES

Johnson Recreational Center

Johnson Center Control Desk:

859 257-9383

Alumni Gym

Alumni Gym Control Desk:

859 257-6680

Lancaster Aquatic Center

Lancaster Aquatic Center Control Desk:

859 257-7940

SPRING 2025 MOREHEAD ALL COURSE OFFERINGS

CULTURE



Osher Classic Movie Series SIG

Facilitators: Vicente Cano and Dennis Karwatka

Dates and Times: Mondays, February 24 – March 24

12:30 – 3:30 p.m.

Course Location: Rowan County Library, Community Room

Maximum Enrollment: 30 | No Course Fee

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

U.S. and International Travel

Instructors: Jay and Sue Barrett

Dates and Times: Wednesdays, March 5 – April 2

10 – 12 Noon

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 30 | Course Fee: \$25

International travel is back, and so is our OLLI travel class! Travel vicariously through presenters who share their pictures, experiences, and perceptions of the cultures they have visited. Join a climber on the Seven Summits of the world; an African Safari; cruise the Danube River from Budapest to the Black Sea and make a side trip to see Transylvania's castles; experience the natural beauty of Ireland by car.

EXPERIENTIAL LEARNING



Foraging for Beginners

Instructor: Carolyn Moore

Dates and Times: Mondays, March 24 – April 14

11 – 1 p.m.

Course Location: Private Home

Maximum Enrollment: 12 | Course Fee: \$25

Learn to identify and prepare wild greens for delicious and nutritious eating. The class will include outdoor exploring, and some walking will be required.

Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl

Dates and Times: Thursdays, February 6 & 20, March 6 & 20,

April 3 & 17, May 1 & 15

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall & Zoom

Maximum Enrollment: 20 | No Course Fee

The Great Decisions SIG provides information and a format for the members to discuss critical global issues facing America today.

Topics from 2025 Great Decisions handbook:

- Lesson 1: American Foreign Policy at a Crossroads
- Lesson 2: U.S. Changing Leadership of the World Economy
- Lesson 3: U.S.-China Relations
- Lesson 4: Between China, the West, and the Global South



HISTORY & GOVERNMENT



Long Time Passing: The Vietnam War in History, Memory and Art

Instructor: Yvonne Baldwin

*Dates and Times: Mondays, March 24 – April 14
10 – 12 Noon*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 12 | Course Fee: \$25

Using a variety of print and film/video/documentary materials provided or linked by the instructor, students will examine this controversial conflict from a variety of perspectives, including lived experience. How did the draft influence the conduct and outcome of the war? What role did television news and in-country reporting have on public opinion? How do the divisions of that time compare to the present? What “truths” and “myths” endure in iconography, film, and literature? Are there still lessons to be learned from this era in US history?

LITERATURE



Non-Fiction Book Discussion Group SIG

Facilitator: Judith Stafford

*Dates and Times: 2nd Monday of each month, February 10, March 10, & April 14
2 – 3 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 picked were; D-Day Girls by Sarah Rose, Tales of A Wonderful Life by Harvey Pennington and Ginseng Diggers by Luke Manget. A lively discussion leads to new knowledge and learning different points of views.

OUT OF THE BOX



TED Talks SIG

Facilitators: Jackie Bailey & Johnda Estep

*Dates and Times: Tuesdays, April 8 - 29
10 – 11:30 a.m.*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | No Course Fee

TED (Technology, Entertainment, and Design) Talks is a series of videos (originally from TED conferences) featuring speakers with “ideas worth sharing.” This SIG will take advantage of the wide variety of topics in the program by watching one or two short TED videos followed by discussion. Previous topics have touched on science, health and art.

UFOs, Extraterrestrial Beings, and You

Instructor: Royal Berglee, PhD

*Date and Time: Tuesday, March 4, 2025
10 – 3 p.m.*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 20 | Course Fee: \$20

We will not plan on having coffee with an ET or be taken aboard a UFO spacecraft, but we will discuss reports of UFOs and extraterrestrial beings visiting earth. Learn about UFO activity around the world and covert US government programs. UFO activity in Kentucky and local encounters will be examined. The course will conclude with a short field trip to the location of the documented 2003 UFO incident in Morehead.

What is a Hero: A Deep Dive into the Consequences of Heroization

Instructor: Ann Colbert

*Dates and Times: Monday and Wednesday, February 10 & 12
10 – 12 Noon*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 12 | Course Fee: \$20

Are blood donors heroes? Are firefighters who run into burning buildings heroes? This course will examine the concept that labeling certain groups as “heroes” and overuse of the term could have negative consequences in the health, service and military arenas. We will also discuss the connection between volunteerism and heroism. Finally, we will discuss the good and bad of international “voluntourism”.

SCIENCE & ENVIRONMENT



Citizen Science Series

Instructor: Deborah Howes

*Dates and Times: Saturdays, February 15, March 15, & April 12
12 – 2 p.m.*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 15 | Course Fee: \$25

Learn how you can participate in Citizen Science! You can collect and contribute meaningful data which can have significant impact on current scientific research. This class will be offered in three sessions, each with a focus on a different Citizen Science Project.

VISUAL ARTS



Drawing From Observation

Instructor: Bob Franzini

*Dates and Times: Mondays, March 31 – April 21
12:30 – 2:30 p.m.*

Course Location: First Baptist Church, Fellowship Hall

Maximum Enrollment: 12 | Course Fee: \$25

Introduction to perceptual drawing. Students will draw from still life and develop the visual language of line, shape and value. Drawing media and techniques will be demonstrated and discussed. Supplies needed: Sketchbook, graphite and compressed charcoal pencils and erasers.



SPRING 2025 LEXINGTON & MOREHEAD ONLINE COURSE OFFERINGS

CULTURE



More World Class Japanese Cinema (Hybrid)

Instructor: Ed Reeves

*Dates and Times: Fridays, February 7 – April 25
(no class April 18)*

1 – 4 p.m.

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

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

Japan developed a sophisticated movie industry early in the 20th century, but Japanese cinema did not receive international attention and acclaim until after WWII. In this course we will watch a diverse collection of noteworthy Japanese movies. We may not speak Japanese or have an in-depth knowledge of Japan's unique history and culture, but we can still appreciate the brilliance of these films. This is because moviemaking, whether in Hollywood or Tokyo, relies on common technical, organizational, and narrative components. Focusing on these common components will help us appreciate the achievements of Japanese cinema. This course is a follow-up to the previous OLLI course, "Appreciating World Class Japanese Cinema". (Note: All films are in Japanese with English subtitles.)

Philosophy SIG (Zoom)

Facilitators: Mary Miller and Maryann Wellman

*Dates and Times: Fridays, February 7 – May 9
10 – 12 Noon*

Course Location: Online Zoom Course

Maximum Enrollment: 25 | No Course Fee

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



EXPERIENTIAL LEARNING



Great Decisions SIG (Hybrid)

Facilitator: Bob Lindahl

*Dates and Times: Thursdays, February 6 & 20, March 6 & 20,
April 3 & 17, May 1 & 15*

10 – 11:30 a.m.

Course Location: First Baptist Church, Fellowship Hall & Zoom

Maximum Enrollment: 20 | No Course Fee

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

HEALTH & WELLNESS



Aging Well: What's Important (Hybrid)

Instructor: Don Gash

*Dates and Times: Fridays, February 7 – March 14
10 – 11:30 a.m.*

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

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

This course will examine the top life skills and practices that help many live longer, healthier lives. Activities that promote brain and heart health while decreasing risk for diseases of aging. The lecture and discussion format covers evidence-based studies on what's importance for positive and healthier aging. How they work and practical ways to incorporate them into your daily life.



HISTORY & GOVERNMENT



Happy 250th Birthday to Lexington (Hybrid)

Instructor: Phil Maxson

Dates and Times: Wednesdays, March 5 – 26

1 – 2:30 p.m.

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

Maximum Enrollment: 75 | Course Fee: \$30

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

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 19 – April 16

10 – 12 Noon

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.



**Donovan Forum - Yvonne Giles
Fall 2024**

OLLI Fitness (Hybrid)

Instructor: Josette Garstka

*Dates and Times: Mondays, Wednesdays, & Fridays,
February 3 – May 9 (no class April 18)*

11:30 – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& Zoom*

Maximum Enrollment: 75 Each | Course Fee: \$40

This course features aerobic and strength training to improve physical fitness, strength, flexibility and cardiovascular endurance. A typical class begins with easy-to-follow cardio for 25 to 30 minutes. Cardio is followed by weight training exercises with dumbbells. Class will always incorporate exercises for abdominals and core strength, ending with flexibility training and cool down.

REQUIRED MATERIALS: Water bottle, weights and yoga mat.

Slow Flow Yoga (Hybrid)

Instructor: Josette Garstka

Dates and Times: Tuesdays & Thursdays, February 4 – May 8

11:30 – 12:30 p.m.

*Course Location: Crestwood Christian Church Gymnasium
& Zoom*

Maximum Enrollment: 75 Each | Course Fee: \$30

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

REQUIRED MATERIALS: Yoga mat, strap and yoga block.



**Ohio Mounds Trip - Fort Ancient
Fall 2024**



Steamboats on Kentucky's Ohio River (Hybrid)

Instructor: Kenneth Gollither

Dates and Times: Mondays, March 3 – 24

1 – 2:30 p.m.

Course Location: BCTC Leestown, Room M-122

Maximum Enrollment: 30 | Course Fee: \$30

Kentucky's northern boundary, the Ohio River, was the Commonwealth's first thoroughfare, facilitating both settlement and commerce. In 1811, the first Ohio river steamboat, the NEW ORLEANS, proved that these modern inventions 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 downstream, sometimes 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 will discuss the first 50 years of steamboat history on the Kentucky side of La Belle Riviere and some of its greatest personalities and events.

Western Dreams and Ideals Underlying American Civilization (Zoom)

Instructor: Larry Hood

Dates and Times: Wednesdays, February 5 – March 5

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.

Lessons from the Great Depression (Zoom)

Instructor: Ed Linz

Date and Time: Tuesday, April 1, 2025

1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

The course will cover events in the 1920's leading up to the start of The Great Depression, including ominous parallels between the 1920's and the 2020's. We will discuss political and economic conditions during the 1930's and the early years of WW II with detailed examination of the lives of a diverse group of Americans who provided first-hand accounts of their lives during this tumultuous period of American life. There will be a discussion of lessons learned with questions and comments solicited.

Lessons from the Vietnam War (Zoom)

Instructor: Ed Linz

Date and Time: Tuesday, February 11, 2025

1 – 3 p.m.

Course Location: Online Zoom Course

Maximum Enrollment: 100 | Course Fee: \$20

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





LITERATURE

Banned Books SIG (Zoom)

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, February 20, March 20, April 17 & May 15
 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 20: Fahrenheit 451, by Ray Bradbury. 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 SIG (Zoom)

Facilitator: Frances Goodfriend
Dates and Times: Every third Thursday, February 20, March 20, April 17 & May 15
 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 Count of Monte Cristo by Dumas. 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.



So You Want to be a Writer? (Zoom)

Instructor: Ed Linz
Date and Time: Wednesday, March 12, 2025
 1 – 2:30 p.m.
Course Location: Online Zoom Course
Maximum Enrollment: 100 | Course Fee: \$20

Many say that they want to be a writer, but few actually start the process. In this interactive course, we will provide a blueprint for potential writers to begin and progress from an initial idea for a book to a published product. This will not be a pitch for a "Vanity Press" operation, but a step-by-step process to lead you through the writing process, whether it be fiction, non-fiction, poetry, textbook, poetry...whatever. Let's start writing!!!

Superb Sleuths SIG (Zoom)

Facilitator: Frances Goodfriend
Dates and Times: 1st Wednesdays once a month, February 5, March 5, April 2 & May 7
 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 the first in a series for a beloved detective, with many, many sequels. The SIG will start on Feb. 5: A Is for Alibi by Sue Grafton. The participants will select the books for March, April and May. Handouts will be emailed to participants before each session.

SPRING 2025 COURSE LOCATIONS



LEXINGTON

Beaumont Presbyterian Church

1070 Lane Allen Road, Lexington, KY, 40504

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

164 Opportunity Way, Lexington, KY, 40511

Bluegrass Youth Ballet

442 Southland Drive, Lexington, KY, 40503

CenterWell Regency Centre

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

CenterWell Richmond Road

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

Central Baptist Church

110 Wilson Downing Road, Lexington, KY, 40517

Central Kentucky Computer Society

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

Crestwood Christian Church

1882 Bellefonte Drive, Lexington, KY, 40503

Hunter Presbyterian Church

109 Rosemont Garden, Lexington, KY, 40503

Julius Marks Elementary

3277 Pepperhill Rd, Lexington, KY 40502

LEXINGTON (continued)

Lexington Ballet Company (Paid Parking)

161 North Mill Street, Lexington, KY 40507

Lexington Bridge Club

3517 Lansdowne Drive, Lexington, KY, 40517

Lexington Public Library, Beaumont Branch

3080 Fieldstone Way, Lexington, KY 40513

Lexington Public Library, Eastside Branch

3000 Blake James Drive, Lexington, KY 40509

Lexington Public Library, Tates Creek Branch

3628 Walden Dr, Lexington, KY 40517

Lexington Senior Center

195 Life Lane, Lexington, KY, 40502

Lexington Theological Seminary

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

Liberty Road Faith Fellowship

2734 Liberty Road, Lexington, KY 40509

Southern Hills United Methodist Church

2356 Harrodsburg Road, Lexington, KY, 40503

The Lafayette

690 Mason Headley Road, Lexington, KY 40504

MOREHEAD

CoffeeTree Books & The Fuzzy Duck

159 E Main Street, Morehead, KY, 40351

First Baptist Church

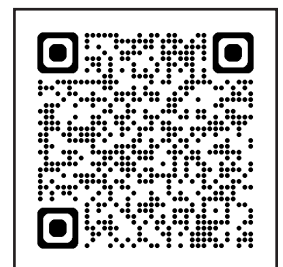
123 E Main Street, Morehead, KY, 40351

Rowan County Public Library

175 Beacon Hill Rd Drive, Morehead, KY 40351

Course Location Maps & Directions

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



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



SPRING 2025 OLLI INSTRUCTORS

Trey Adkins

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

Jackie Bailey

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

Boone Baldwin

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

Yvonne Baldwin

Yvonne Baldwin is Professor Emerita from Morehead State University. There she taught US political and diplomatic history, a team-taught interactive course on the Vietnam War and a variety of other courses some of which focused on periods of war and the impact wars have on politics, culture, and society in general. She served as chair of the Department of Geography, Government, History, and Paralegal Studies for 10 years, and as an associate vice president for academic affairs for 2 years prior to her retirement in 2011. Her PhD is from the University of Kentucky where she was fortunate enough to have been mentored and guided by the legendary Prof. George Herring whose books on Vietnam and LBJ remain required reading in many college classrooms.

Jay & Sue Prater Barrett

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

Darryl Bennett

Darryl Bennett is a retired engineer and has made Lexington his home since 1981. He graduated from the Missouri University of Science & Technology and the University of Kentucky. He has been playing bridge for more than 50 years and still has a lot to learn.

Royal Berglee, PhD

Dr. Royal Berglee is a professor emeritus of International Studies at Morehead State University. He is originally from Montana. He has taught university courses on geopolitics, religions, geography, global culture, the Middle East, China, and other topics. Dr. Berglee has traveled to over twenty countries or territories teaching courses or conducting research. He is the author of the textbook World Regional Geography – People, Places, and Globalization. He has been looking into the UFO phenomenon for over three decades.

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.

Addison Bird

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

Rebecca Brothers

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

Shirley Bryan

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

Anne Campbell

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

Vicente Cano

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

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.

Marianna Clay

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

Ann Colbert

Ann Colbert MD is a retired family and palliative care physician who practiced in Morehead for over 3 decades until she quit to become a full-time medical volunteer in Belize. She has had experience with both local free health clinics and international health clinics. In the fall of 2021, Dr. Colbert was the Global Practitioner-in-Residence at Drake University in Des Moines, Iowa and taught an undergraduate course entitled "Topics in Global Relief Work".

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.

Joe Dietz

Joe has been a member/instructor at Central Kentucky Computer Society since 1996. He serves as vice-president on the board of directors and is an instructor for the Beginning and Advanced/Independent Digital Imaging classes using Corel's PaintShop Pro. He also teaches FastStone digital imaging. His other classes and workshops include iPhone and Internet Tips. He also assists in other classes such as Windows 11 and the iPad. He also heads up the CKCS Digital Photography Special Interest Group and orchestrates the monthly and annual photo contest. Joe's classes are usually very active and entertaining with lots of interaction with the students.

Rita Egan

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

Myra Engle

On a professional level Myra has 31 years of teaching experience in public schools. She has an MEd in special education and Rank 1 in administration. Myra has assisted in teaching classes and has taught classes at CKCS since 2004. She has taught computer basics for nearly 20 years, sometimes three times a year. Myra thoroughly enjoys teaching computer classes because she gets to teach. At heart - and always - Myra is a teacher.

Johnda Estep

Johnda Estep is a resident of Morehead, KY. She graduated from Morehead State University with a double major in Fine Arts and Art Education and a Masters in Fine Arts. She worked as an Academic Department Specialist in the College of Science and Technology at MSU and later as an analyst in the Office of Institutional Research and Analysis.

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.

Bob Franzini

Robert Franzini, Emeritus Professor of Art, taught drawing and printmaking at Morehead State University.

Jeff Freyman

Jeff has a doctorate in political science from The George Washington University. He taught courses on politics for over 40 years, including at Transylvania University from 1980 until his retirement in 2014. Jeff has been teaching with OLLI since 2019. This is his fourth stab at teaching a Great Decisions course. He sincerely hopes that he has gotten better at it during that time.

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.

Josette Garstka

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

Don Gash

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

Kenneth Gollither

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

Frances Goodfriend

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

Doug Hahn

Douglas Hahn is a retired Episcopal bishop. He has taught OLLI classes on race relations, poetry, and the Bible as literature. In addition to teaching OLLI, he is a member of Lexington singers, and volunteers with special needs adults recreation programs.

Kevin Hale

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

Joe Hallock

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

Dale Henley

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

Mary Elizabeth Henton

Mary Elizabeth Henton (maryelizabeth@lexphil.org) is the Learning & Partnership Program Manager with The Lexington Philharmonic. Mary Elizabeth previously was an orchestra director for grades four through twelve for twelve years in both the public and private schools. She is a PhD candidate in music education at the University of Kentucky and is the assistant conductor of the Bravo Orchestra for the Central Kentucky Youth Orchestras (Kentucky). Her research topics include the perceived benefits and challenges in peer mentoring in string education and students' awareness with musical performance anxiety and self-efficacy.

Karen Higdon

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

Larry Hood

Dr. J. Larry Hood is a resident of Jessamine County Kentucky. He holds the following degrees: Assoc degree in Computer Science from KSU; 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.

Deborah Howes

Debbie Howes is a Morehead, KY resident. She graduated from Morehead State University with a teaching degree in Secondary Biology and Earth Science. Although she is now retired from the Rowan County system, she remains active in Science Education for all ages.

Kurt Jefferson

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

Dennis Karwatka

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

Katrina Kelly

Katrina Kelly is a graduate of the University of Kentucky in Landscape Architecture. She owns EARTHem Landscape Design in Lexington, Kentucky which is an ecologically focused landscape design company. She has worked with many local organizations in the community to advocate native plant landscaping, pollinator and wildlife gardens, and the urban tree canopy. In her spare time, she enjoys traveling, decorating, and anything arts and crafts.

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.

Tom Krill

Tom holds an undergraduate degree in political science at Arizona State University and a graduate degree from Thunderbird Graduate School of International Management. He was posted to Hong Kong by the Clark Corporation where he resided for 14 years and traveled the Far east extensively. At the same time, he worked with Clark's licensee in Japan making several business trips there. He met his Japanese wife, Akemi, in Hong Kong and were married there in 1976. They have made many family trips to Japan and traveled the country together. They have a shared interest in Japanese arts and Tom has a collection of reference works about the country.

Ken Kurtz

Has studied political science in both undergraduate and graduate school and has attended 14 national party conventions. He is a great friend of Tom Paine.

Penny Lamb

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

Bob Lindahl

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

Ed Linz

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

Phil Maxson

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

Mary Miller

Co-facilitator Mary Miller is a retired university librarian. She served in public services at both UK and UNC Greensboro. Mary has been involved in OLLI for about 7 years, and has led classes, served as a Zoom host, and completed a term on the OLLI Advisory Board. Her interests include gardening, writing, lifelong learning and her four grandsons. Her collection of cats who frequently guest star in Zoom appearances and her volunteer work at the Lexington Humane Society have qualified her to claim the title Crazy Cat Lady (but she loves dogs too.)

Carolyn Moore

Carolyn Moore is an amateur herbologist who has been studying plants for the last forty years. She enjoys sharing her knowledge with others as well as learning from them.

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.

Sue Oatey

Sue Oatey's career began in university recreational sports and for the last 20 years of it she was a vice president for student affairs. Her Ph.D. is from the University of Minnesota in Education with a major emphasis in recreation and leisure studies. She believes that play is essential to well-being.

Dan Phelps

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

Diana Rast

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

Ed Reeves

Ed has a BA in literature and a PhD in anthropology. He first developed an interest in Japanese culture, cinema, and martial arts while a teenager. After retiring from a career of university teaching and research, Ed began teaching movie classes for OLLI at UK in 2012. Ed has chaired the OLLI advisory board and curriculum committee.

Darlene Ricker

Darlene Ricker is a Lexington, KY resident. A career journalist, she was a staff reporter, columnist, and editor at the Boston Globe and the Los Angeles Times. Her magazine articles have appeared in national and international magazines.

David Roysce

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

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 in chemistry. His professional training is in the printing industry where he gained a knowledge of color theory, pigments and binders for inks and toners. He has enjoyed applying these skills to visual arts.

Mike Seiler

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

Lisa Smith

Lisa Smith is a resident of Lexington, KY and has a bachelor's degree in art history from Miami University, a master's degree in art education and a master's degree in art history, both from The Ohio State University, and began course work for her Ph.D. in art history at the Graduate School and University Center, CUNY in New York City. Her areas of specialization are contemporary art, critical theory, feminism, and film. Ms. Smith has over 20 years of experience teaching a variety of art history courses. She loves sharing her enthusiasm for art with others.

Judith Stafford

Judith Stafford, resident Morehead KY. PhD in Social Work from The Ohio State University and taught for 26 years at MSU. Facilitate Church book Club. Love to read.

Tom Stanwix-Hay

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

John Stegner

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

Brooke Thomas

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

Diane Vance

Diane Vance was a high school teacher before earning a PhD in radioanalytical chemistry at University of Kentucky, where she did research related to Alzheimer's disease. She then worked as a training director and scientist in the U.S. nuclear weapons complex before taking a faculty position at Eastern Kentucky University, where she taught chemistry and forensic science courses. She has been an OLLI instructor for 8 years, teaching a variety of science-based courses. She is also a volunteer community educator for the Alzheimer's Association and is on the board of the Bluegrass Parkinson's Alliance in Lexington.

Anna Watson

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

Maryann Wellman

Co-facilitator Maryann Wellman moved to Kentucky from New York in 1994 retiring from a diverse career in industrial engineering and finance. Since moving to Lexington, she has earned an MA in Theology, participates in several discussion groups including science, theology and Holy Scripture, and served(s) as Board member and volunteer for several local nonprofits. She has been an OLLI member for about 10 years and served on the OLLI Advisory Board.

Michael Worley

Michael Worley began instructing art history classes at OLLI in the summer of 2017. He has covered almost everything Western European and American from ancient Greek to early modern and has found the experience extremely rewarding. He was named OLLI Instructor of the Year, 2022-2023.

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

"I am always amazed at the variety offered by OLLI classes and activities; there is truly something for everyone at OLLI!"

Laura Cole, OLLI Member

"The Osher Lifelong Learning program at the University of Kentucky has the best combination of social activities and learning opportunities for learners 50+ in the central Kentucky area."

Ed Reeves, OLLI Instructor



VOLUNTEER FOR OLLI AT UK!

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

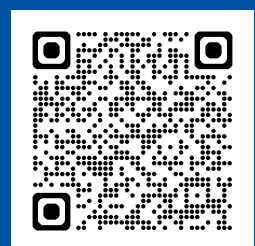
Here are some of the roles and services an OLLI at UK volunteer can provide:

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

WE NEED YOU! CALL 859-257-2656 TO GET STARTED!

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

**SCAN HERE TO SUBSCRIBE TO
OUR NEWSLETTER**



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

Subscribe using the link or QR code to the right:

<https://lp.constantcontactpages.com/su/0405W2B/olliatuk>

2025 SPRING REGISTRATION FORM

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

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

STEP 1: Member Contact Info (please print)

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

VOLUNTEER OPPORTUNITIES: Would you like to serve as a volunteer for OLLI at UK? There are lots of ways to get involved! Please mark your preferences below.

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

***REQUIRED INFORMATION:**

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

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

STEP 3: Fill in the course request form below.

Title of Courses, SIGs, Experiential Learning, Travel, etc. (Be sure to specify exact course requesting.)	Fees
New 2025 Spring Membership <i>(check box if you are applying for a membership)</i>	\$50 <input type="checkbox"/>
I am a current 2024 - 2025 OLLI Member <i>(check box if you are a current member)</i>	\$0 <input type="checkbox"/>
	\$
	\$
	\$
TOTAL	\$
I would like to offer the following donation to support the OLLI at UK. A letter of receipt will be mailed	\$
TOTAL AMOUNT ENCLOSED	\$

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

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

FOR INTERNAL USE ONLY:

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

OLLI AT UK ASSUMPTION OF RISK, WAIVER AND RELEASE FORM - AUGUST 1, 2024 - JULY 2025

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

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

PHYSICIAN APPROVAL

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

ASSUMPTION OF RISK AND GENERAL WAIVER OF ALL CLAIMS

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

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

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

Print name, sign, and date:

Name (printed) _____

Signature of Participant _____ Date _____

OLLI AT UK PHOTO RELEASE FORM (ONE TIME SIGNATURE)

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

Authorization of Use

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

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

X__ University Educational Publications/Videos

X__ University Promotion/Advertising

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

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

Signature: _____ Date: _____



FREQUENTLY ASKED QUESTIONS (FAQs)

Who is eligible to join OLLI at UK?

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

How do I become a member?

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

How long does my membership last?

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

How do I register for a course online?

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

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

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

How will I know if I successfully registered?

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

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

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

What if I need to drop a course?

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

Where do courses meet?

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

Who teaches OLLI courses?

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

What is a Shared Interest Group?

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

REFUND POLICY

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

RECEIVING ZOOM LINKS FOR ONLINE CLASSES

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



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Lexington KY 40506-0442
Phone: (859) 257-2656
RETURN SERVICE REQUESTED



Osher Lifelong Learning Institute

— AT THE UNIVERSITY OF KENTUCKY —

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

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