Fall 2018 Registration Begins on Monday, August 13th

Register online or by phone

We appreciate your interest in OLLI for the Fall 2018 term!

If you have any questions, please call us at 205-348-6482
Greetings!

As the 2018-2019 academic year begins, I welcome returning OLLI members as well as new members who are reading the “catalog message” for the first time. It is my pleasure to begin my term as your president and to provide a brief look at what we have for you this fall.

We have an exciting term planned, with 105 courses, a selection of varying length travel options, and a series of interesting and informative bonus programs. A robust array of learning opportunities, an award winning all-volunteer faculty, and the most service-oriented administrative staff on the planet await you. I assure you, whether you are in Tuscaloosa, Birmingham, Gadsden, Gordo or Greensboro, OLLI will not disappoint!

On October 25th our 10th anniversary celebration dinner, commemorating our first decade as an Osher Lifelong Learning program, will be held at the Bryant Conference Center. You’ll be hearing more about this, but for now, mark your calendar. In addition to our celebration, I hope to see you at the upcoming open house, information sessions, supper clubs, and ad hoc lunches between classes.

Finally, we’re taking OLLI opportunities to members all over the community. We want to send the message that OLLI is for EVERYONE and OLLI is EVERYWHERE!

We welcome your suggestions and we welcome your friends and neighbors, too. We’ll see you in the fall!

Elizabeth Aversa
OLLI at UA, Advisory Board President

Advisory Board Members 2018-2019

President
Past President
VP, Long-Range
VP, Curriculum
Secretary
Treasurer
Parliamentarian
Historian
Tuscaloosa Member-at-Large
Tuscaloosa Member-at-Large
Gadsden Member-at-Large
Greater Birmingham
Member-at-Large
BCC Designee
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All About OLLI

The Osher Lifelong Learning Institute at The University of Alabama is a member-directed organization that provides adults social, educational, travel, and leadership opportunities. An inclusive, welcoming, and volunteer-led program, OLLI focuses on lifelong learning and socialization.

Annual Membership fee $50 includes

• **Bonus Programs** weekly presentations – no registration required
• **Library of pre-recorded lectures** – view on your own computer
• **Supper Club/Lunch Bunch** – organized with other members and Dutch-treat
• **Access to Courses at all Chapters** - academic and leisure courses on a variety of topics.
• **Access to field trips at all Chapters** – organized by members. Some trips are local and at no cost while others require a fee to cover transportation and activity related charges.
• **Access to International trips** – Trips are coordinated by a member and sometimes partnered with a tour group company. Additional fee is required.
• **Special Programs** - courses outside of the Semester Course Package. Some at no charge and some may have a materials fee.

**Semester Course Package** – There is a required $50 fee each semester. One semester fee allows members to register for multiple courses during that term at any of the chapters.

**Member Benefits include:**

- A community of people dedicated to lifelong learning
- Socializing with other mature adults and cultivating friendships
- Opportunities for leadership
- Platform for service – teach, facilitate, serve on a committee
- Bama Perks and UA library admission with Action Card
- Community Programs and Events

Due to the financial support from the Bernard Osher Foundation, The University of Alabama’s College of Continuing Studies, program partners, and generous contributions, membership in OLLI is able to remain affordable. There are scholarships available to provide additional financial assistance. For scholarship assistance, complete the scholarship form on our website, olli.ua.edu or pick up a form at the OLLI Office.

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Cheers to 10 Years of Lifelong Learning!

The Osher Lifelong Learning Institute at The University of Alabama (OLLI at UA) is celebrating 10 years of lifelong learning for mature adults. Since 2008, OLLI has been helping its members learn about a variety of topics, make new friends, and travel the world. Our outstanding curriculum, volunteer instructors and diverse travel program brings about new members and allows OLLI to grow. Current locations include Tuscaloosa, Gadsden, Greater Birmingham, Pickens County, and Greensboro.

Mark your calendars and join us for our 10-Year Anniversary Celebration on October 25, 2018 at the Bryant Conference Center. Cocktails, fine dining, and special program by Teddy Roosevelt will be the perfect beginning to a year of celebration. More details to follow.

Give to Support OLLI

Thanks to the generous contributions of OLLI members and others in the community, many need-based individuals receive the opportunity to participate in lifelong learning activities. Contributions are accepted year-round online at olligiving.ua.edu, on the registration form, and at the OLLI office.

Cancellation/Refund

OLLI reserves the right to cancel courses, programs, or trips as necessary due to insufficient enrollment, inclement weather, etc. There are no refunds for materials fee after the course has begun. Each field trip has its cancellation deadline stated in the catalog.
Share your ideas and get involved with OLLI in Tuscaloosa!

Membership – Kit Moss, mckittrick01@yahoo.com
Curriculum – David Maxwell, dhmaxwell11@gmail.com
Travel – Peggy Hamner, sswims2001@gmail.com
Social – Mary Ann McKissick, savanica66@gmail.com
Marketing – Amelia Yessick, ameliaahealth@hotmail.com
Adapted Athletics – Camilla Canty, c.canty@mindspring.com

Class Locations:
Look for a class in your community!
We have courses held at various locations across the community. Unless otherwise noted the course will be held at the Bryant Conference Center.

Bryant Conference Center, 240 Paul W Bryant Dr, Tuscaloosa
Capstone Village, 601 5th Ave E, Tuscaloosa
Clarke Bldg, Kentuck Art Center, 503 Main Ave, Northport
Clay Co-Op, Kentuck Art Center, 503 Main Ave, Northport
Crimson Village, 1410 18th Ave E, Tuscaloosa
First United Methodist Church, 800 Greensboro Ave, Tuscaloosa
McAbee Activity Center, 3801 Loop Rd, Tuscaloosa
Moody Music Bldg, 810 2nd Ave, Tuscaloosa
Morning Pointe of Tuscaloosa, 1801 Rice Mine Rd N, Tuscaloosa
Pine Valley Retirement Community, 800 Rice Mine Rd N, Tusc.
Restoring Piece, 2207 5th St, Northport
Stillman College, 3601 Stillman Blvd, Tuscaloosa
Stran-Hardin Arena, 401 5th Ave E, Tuscaloosa
West AL Heritage Center, 911 Main Ave, Northport

Parking Information
Members taking courses on the UA Campus must have a parking permit. Please follow this simple 3-step process:
1. Purchase a UA Parking Permit through OLLI registration, $20 valid through Aug 2019.
2. Complete the Parking Permit Request Form and turn it into the OLLI Office
3. Pick up a temporary parking permit from the OLLI Office to use until your UA hangtag arrives in the mail.
For more information, contact the OLLI Office at 348-6482.

MONDAY COURSES

A101 Latin for Beginners
Sept. 10, 17; Oct. 1, 8, 15, 22, 29 (7 wks)
9:00 – 10:15 a.m.
Instructor: Dick Slattery
A very elementary introduction to the Latin language.
We’ll discuss the structure of the language and learn how to translate Latin sentences into English and English into Latin. You will see the influence of Latin on the English language and we’ll look at the various state and institutional mottoes in current use. You will learn the abbreviations’ full words and their meanings, “e.g.: exempli gratia” = for example; “etc.: et cetera.” English is composed of nearly 60% Latin originals and we’ll explore these derivations. Enroll in this OLLI course and learn that the reports of Latin’s death are really quite premature. When you’ve completed this course, you will be able to say:”Veni, vidi, paene vici!”

A102 Warfare in British North America (1754-1815)
Sept. 10, 17, 24; Oct. 1
9:00 – 10:15 a.m.
Instructor: Ron Houts, Ph.D.
In the first lecture we will examine the changing relationship between the American Colonials and their British overlords leading up to the Declaration of Independence enacted in 1776. The second and third lectures will trace the progress of the war in both the Northern and Southern colonies, respectively. The fourth lecture will examine the events leading up to the second war (War of 1812) with emphasis on Indian issues and the war at sea. Lastly, we will explore the radical change in the form of government from the Articles of Confederation to the U.S. Constitution.

A103 Stripped Down: A History of Tuscaloosa’s Most Colorful Quarter Mile
Oct. 8, 15, 22, 29
9:00 – 10:15 a.m.
Instructor: Taylor Watson
State highway 215 is a 12-mile strip of road that passes through The University of Alabama campus and heads into downtown Tuscaloosa. Almost directly in the middle is a quarter of a mile piece of land, where for 80 years, Alabama students and Tuscaloosa folks have mingled. The places and the people change, but the memories created, remain for a lifetime.
**Cooking with Nutrition in Mind**

Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29

9:00 – 10:15 a.m.

Instructor: Ralph Lane

We will review the methods of food preparation (roasting, frying, sautéing, simmering, microwaving, etc.) and learn about major nutrients within the foods we consume (protein, fat, carbohydrates, vitamins and minerals). Nutrients displayed in the various food classes (meats, fruits/vegetables, dairy, etc.) will be considered and how these nutrients are affected by method of preparation (i.e., nutrient retention). Virtual laboratories may be used to demonstrate various cooking techniques with nutrient preservation and calorie minimization in mind.

**Knitting for the Beginner**

Sept. 10, 17, 24; Oct. 1, 8, 22, 29 (7 wks)

10:00 – 11:15 a.m.

Instructor: Judye Camp

Location: Clarke Building at Kentuck Art Center

In this class, you will learn basic knitting stitches and make one knitted item by the end of the session. You will need a size 8 wooden or plastic knitting needle (no more than 10 inches long) and a skein of soft 4-ply acrylic yarn. Class limit: 6.

**Alabama Writers Hall of Fame**

Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29

10:30 – 11:45 a.m.

Instructor: Amelia Yessick

Recognizing Alabama’s strong literary tradition, the Alabama Writers’ Forum has selected these outstanding writers as Alabama Hall of Fame inductees for 2018: Charles Gaines; William Bradford Huie; Joseph Glover Baldwin; Gay Talese; Shirley Ann Grau; Wayne Greenhaw; James Haskins and Winston Groom. Leading off our distinguished presenters in week one will be William Gantt of The UA Dept. of Theater and Dance to present a history of the Writers Hall of Fame and an overview of this years’ honorees. In following weeks presenters will include Jennifer Horne, Dr. Don Noble and Dr. Bert Hitchcock. Other excellent presenters (and perhaps a surprise or two) will fill out the semester. Come prepared to be educated, impressed and entertained by Alabama writers!

**Gilded Age**

Sept. 10, 17, 24; Oct. 1

10:30 – 11:45 a.m.

Instructor: James Day

We will study the Gilded Age in United States history, from the 1870s to about 1920. The term for this period came into use in the 1920s and 1930s and was derived from writer Mark Twain’s 1873 novel, The Gilded Age: A Tale of Today, which satirized an era of serious problems masked by a thin gold gilding. Its beginning overlaps the Reconstruction Era (which ended in 1877), and it is generally thought to be followed by the Progressive Era in the 1890s. It was an era of rapid economic growth, and railroads were the major growth industry. The dominant issues were cultural (especially prohibition, education, and ethnic or racial groups) and economic (tariffs and money supply). With the rapid growth of cities, political machines increasingly took control of urban politics. Dr. Day will guide us through this period and any comparisons to events today.

**Four Levels of Senior Living**

Oct. 15, 22, 29 (3 wks)

10:30 – 11:45 a.m.

Instructor: Sarah Pederson and Tori Payne

OLLI members who are experiencing the aging process with their parents, friends, or even for themselves, will have an opportunity to learn about and discuss each of the four levels of Senior Care. Topics will include, “Independent Living and Home Health Care,” “Assisted Living,” “Specialty Care Assisted Living,” and “Long-Term Nursing Care and Hospice”.

**The U.S. Constitution**

Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29

10:30 – 11:45 a.m.

Instructor: Bruce Burrows

This course will review the drafting of the constitution after the degree of satisfaction, including the men who made the greatest impact on its drafting. We will look at the first ten amendments, known as the Bill of Rights and the methodology of creating additional amendments as they became necessary. The course will look in-depth at the question of whether the constitution is a living document to be interpreted for modern life, or whether it serves as the original and final word on the laws in the United States.

**Basic Family Law**

Sept. 10, 17, 24; Oct. 1

12:00 – 1:15 p.m.

Instructor: Penny Davis

This mini course is designed to provide a basic overview of family law. It will cover a broad spectrum of issues dealing with divorce, alimony and child custody. It will also focus on the role of grandparents as guardians and grandparent visitation rights.

Share your class experience and upload photos to facebook.com/olli.ua.edu
A111  Talking About Books: UA Press  
Oct. 8, 15, 22, 29  
12:00 – 1:15 p.m.  
Coordinator: Pat Beatty  
The University of Alabama Press coordinates visits by four UA Press authors who will talk about their books and answer your questions. Books by the authors will be available for purchase.  
Oct. 8  Alabama Founders – Herbert James Lewis  
Oct. 15  The Road South – B.J. Hollars  
Oct. 22  To Raise Up the Man Farthest Down – Dana Chandler and Edith Powell  
Oct. 29  Deep in the Piney Woods – Tommy Craig Brown  

A112  Women of War  
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29  
12:00 – 1:15 p.m.  
Instructor: Jill Stokley  
In this class, we will look at various women warriors from different cultures starting with the Amazons. Were they real or legend? We will move forward to the Viking women and then medieval women. We will take a closer look at American women warriors in our various wars. There will be vignettes of different women to display their qualities of soldiering. Come, explore and discuss our women warriors.  

A113  Downsizing  
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29  
12:00 – 1:15 p.m.  
Instructor: Donna Lake  
Downsizing doesn’t make sense in every situation, but it’s worth taking a look, if saving money and simplifying life appeals to you! This class will discuss the process from start to finish through a combination of lecture and Q & A with past clients that will discuss all the pitfalls and bonuses! We will discuss the benefits of downsizing along with some of the questions that you may need to ask yourself before taking that first step. Don’t miss this informative class!  

A114  Writing Your Family Stories  
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29  
12:00 – 1:15 p.m.  
Instructor: Judye Camp  
Location: West Alabama Heritage Learning Center  
If not you, then who? Who will record your family’s memories and happenings for future generations if you don’t pick up a pen and get started? In this class, we will organize and write our family stories. Each week we’ll bring a new story and share it with the class for critiques and suggestions. For the final class, we will bind a booklet of our stories, autograph the booklet, and each class member will receive a copy. Class limit: 15.  

A115  Intermediate Watercolor Painting  
Sept. 10, 17, 24; Oct. 1, 8, 22, 29 (7 wks)  
1:00 – 3:00 p.m.  
Instructor: Beth Page  
Location: Clarke Building at Kentuck Art Center  
This course is for those with some watercolor painting experience. There are no drawing skills necessary. Learn more than just the basics to further your understanding of watercolor and practice what you already know. Supply list will be provided. For Beginning Watercolor Painting Class see page 16. Class limit: 10  

A116  Teddy Roosevelt: Cowboy, Soldier, President, Adventurer  
Sept. 10, 17, 24; Oct. 1  
1:45 – 3:00 p.m.  
Instructor: Richard Rhone  
In preparation of the exciting appearance of Teddy Roosevelt (the award-winning Joe Wiegand) at the October 25th OLLI 10-Year Anniversary Celebration, these four classes will discuss Teddy Roosevelt: The Cowboy, The Soldier, The President and The Adventurer.  

A117  The War of 1812 and the Creek Indian War  
Oct. 8, 22, 29 (3 wks)  
1:45 – 3:00 p.m.  
Instructor: Richard Rhone  
As Alabama continues to celebrate her Bicentennial, these three sessions will discuss the War of 1812 which truly won America’s independence and established her on the world scene. For particular interest to Alabamians, we will discuss the events and characters of the Creek Indian War.  

A118  Life Strategies  
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29  
1:45 – 3:00 p.m.  
Instructor: Doris Vaughan  
Life Strategies is an interactive class that teaches attendees how to live an intentionally joyful lifestyle while addressing lifespan challenges. This class is led by a skilled facilitator using the support group structure to lead lively discussions that have substantial personal meaning and that tap into the joys of community. This class is undergirded by research that contributes to the importance of social relationships for one’s health and well-being. Be prepared to have an increase in sense of self-worth and an infusion of added joy into your life!
History of Radio – TV without the Pictures
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29
1:45 – 3:00 p.m.
Instructor: Don Hartley

More than 100 years ago radio came into being. It developed from a hobby to a business. Radio became the soundtrack of American and European society. We will study the roots of radio, learn about its impact on society, and listen to the familiar formats of drama and soap operas. We will also hear how major leaders like FDR, Winston Churchill, and Adolph Hitler used radio to appeal to the masses. We will study where radio is today and the direction it is expected to go in the future. It will be a fun and informative eight weeks.

Mad About These Movies
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29
3:15 – end of program
Coordinator: Amelia Yessick

Sept. 10 The Greatest Showman – 2017 biography featuring Hugh Jackman, Zac Efron, and Michelle Williams. Received The Golden Globe for Best Song. 1 hr. and 45 mins. Presenter - Peg O’Rear.


Oct. 1 Inherit the Wind – 1960 bio-history featuring Fredrick March, Spencer Tracy, and Gene Kelly. 4 Oscar nominations. 2 hr. and 8 mins. Presenter - Mary Ellen Paldary.


Oct. 15 I Am Teacher – 2017 Russian made war drama. 1 hr. and 28 mins. Presenter - Roberta Weisberg.


Oct. 29 Nobody’s Fool – 1994 comedy-drama featuring Paul Newman. 1 hr. and 50 mins. Presenter - David McKissick

The Mass Media and Me
Sept. 10, 17, 24; Oct. 1, 8, 15, 22 (7 wks)
3:15 – 4:30 p.m.
Instructor: George Daniels

When you think about the term “the media,” do images of news reporters and TV cameras come to mind? Actually, the news media are only part of a much larger field known as mass communication. This course is focused on how YOU as an individual are impacted by some non-news and non-political aspects of mass media. We’ll focus on six areas where mass media plays a key role in our lives: weather, sports, health, children, food and religion.

Personal Computer Tutoring
Sept. 10, 17, 24; Oct 1
3:15 - 4:30 p.m.
Coordinator: Lisa McKinney

Are you new to using a computer or want to expand on what you already know? Then this Personal Computer Tutoring course is perfect for you. In our first session, we will discuss some basic instructions on how to make better use of the UA Culverhouse LIFT student’s skills to provide individualized tutoring to guide you. In this course, a UA Culverhouse LIFT student (trained tutor) will work with you and answer all of your computer questions. Tutoring is available in Computer for Beginners, Beginning Word, Beginning Excel, or PowerPoint. Class limit: 25

iPhone and iPad Tutoring
Oct 8, 15, 22, 29
3:15 - 4:30 p.m.
Coordinator: Lisa McKinney

Are you ready to learn more about your iPhone or iPad with your own tutor? The first class will be basic instructions on how to make better use of UA Culverhouse LIFT student’s skills to provide individualized tutoring to guide you. The last three sessions will be a more hands-on environment where we will answer any questions you may have. You will need to bring your own iPhone/iPad and charger. Please make sure you download the latest software on your device before the first class. Class limit: 25.
Monday courses continued

A124  The Art of Scrapbooking
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29
5:30 – 7:00 p.m.
Instructor: Willie Wells and Katie Terrell
Location: Stillman College, Wynn Center, Room 132
Stop hiding your favorite photos in boxes and envelopes! Proudly display “your buried treasures” on your coffee table, bound in non-traditional scrapbooks and watch the conversations take a turn; then sit back and take a bow for your creations. Bring your imagination and be as creative as you want to be. This class will provide an opportunity for you to scrapbook pictures of your favorite people, animals, plants, adventures, etc. Using household items such as old jewelry, buttons, pins, post cards, greeting cards, wrapping paper, dried flowers, etc., will enhance your scrapbook theme. What a wonderful way to surprise a loved one with new and long-forgotten memories. Students will be required to provide their own scrapbook. Class limit: 12.

TUESDAY COURSES

A125  Beginning Sun Style Tai Chi I
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
8:30 – 9:30 a.m.
Instructor: Gail Hasson
Location: Capstone Village
Recommended by the Centers for Disease Control and Prevention and supported by Arthritis Foundations around the world, this tai chi form is characterized by gentle, slow flowing movements, and deep breathing. These movements are presented through a series of simple forms that promote balance, coordination, and flexibility. Wear comfortable, loose-fitting clothes and flat-soled shoes.
Class limit: 12.

A126  Cyber Security: Identity Theft
Sept. 11, 18, 25; Oct. 2
9:00 – 10:15 a.m.
Instructor: Ashley Ewing
Security breaches have been in the news. Find out how they relate to you. In this four-week course, learn some of the common malicious tactics used to trick people into providing access to their computers and other personal information. We’ll talk about how to recognize common phishing emails, how to secure your information, and how to destroy that information before disposal or donation of old devices. We’ll present options on what to do in the event you fall victim to one of these schemes.

A127  Elder Law Problems and Solutions
Oct. 9, 16, 23, 30
9:00 – 10:15 a.m.
Instructor: Steve Wiggins
The class will examine common legal issues encountered by senior citizens and discuss available options and solutions. Topics will include: powers of attorney, living wills, guardianships, conservatorships, civil commitments, elder abuse (physical and financial), wills and trusts, probate administration, paying for nursing home care, asset protection strategies, and preserving family harmony.

A128  Women’s Work
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
9:00 – 10:15 a.m.
Instructor: David Chumney
Building on literary insights derived from Rachel Adelman’s study The Female Ruse, this class will examine biblical stories in which women subvert the best-laid plans of men, resorting to trickery not simply to achieve their own immediate purposes but ultimately to fulfill the divine plan. Throughout Israel’s patriarchal history, women remain deceptively influential, suggesting that God works in devious ways.

A129  Your Money, Your Life!
Sept. 18, 25; Oct. 2, 9, 16 (5 wks)
9:00 – 10:15 a.m.
Instructor: Lyle Aitken
Your time is your wealth. Join us, as we share ideas and knowledge on how to apply your financial assets to best serve you and your family. Learn income tax-efficient approaches to investing, income tax-saving strategies, proper asset allocation, how to manage your CDs, and how to leave a legacy for your loved ones, through proper estate planning. Specialists in accounting, estate planning, and investments will be guest speakers for the course.

A130  History of the Christian Church, Since the Reformation
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
10:30 – 11:45 a.m.
Instructor: Larry Clayton
We will explore how Christianity evolved in history since Martin Luther’s celebrated kick off of the Reformation in the sixteenth century. Some topics to be presented will be the spiritual conquest of the New World, the Counter-Reformation, the Puritan experience, the First Great Awakening in colonial America, religion in the American Revolution, and on into the nineteenth and twentieth centuries.
**Beginning Line Dancing**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
10:30 – 11:45 a.m.
Instructor: Jeri Acton
Location: Pine Valley Retirement Community
Have you ever wanted to take steps to learn how to Line Dance? Now is the time. This class offers the basic fundamentals of line dancing at a pace suited for the first time dancer. It is a popular means of socializing, sharpening your memory, and keeping you fit. Come and join this fun group. Class limit: 35.

**Snapshot!: Photography Masters of Mid-century America**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
10:30 – 11:45 a.m.
Instructor: Kitty Johnson
This course will review the careers of three photographers who changed art history. We’ll see clips of films, fictive and documentary, about Diane Arbus, Robert Frank, and “Weegee” Felling, as well as look at an extensive array of their photographs. We will also examine the single basic mystery of photography: what makes a photograph a work of art?

**Introduction to Birding**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
10:30 – 11:45 a.m.
Instructor: Dwight Lammon
For this repeat of the introduction course, join us for a classroom overview of the hobby of bird watching. You’ll learn all about the identification of birds by sight or sound, some crucial do’s and don’ts, the best places for birding, considerations when feeding birds, the history of birding, and the entertainment of personal stories. Bring your binoculars and a bird guide if you have them, but they are not necessary. We will be including lots of audio-visuals.

**Geology Basics**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
12:00 – 1:15 p.m.
Instructor: Ken Gaddy
Have you ever wanted to know more about earthquakes, volcanoes, sinkholes, or tsunamis? If so, you’ll be fascinated when you join us for this class explaining the basics of Geology. Come with us as we take a look at the many types of geologic events and what causes them to happen. A special emphasis will be placed on what you and every other citizen needs to know concerning how geology affects our communities, our nation, and our planet.

**Advanced Knitting and Crocheting**
Sept. 11, 18, 25; Oct. 2, 9, 23, 30
12:30 – 2:00 p.m.
Instructors: Mary Ann McKissick and Marty Massengale
Location: Kentuck Art Center
Building on what we’ve learned in previous semesters, we will continue to expand our knowledge of more difficult skills in both crafts. Class limit: 18.

**Making a Joyful Noise: The Story of Hymns**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
1:45 – 3:00 p.m.
Instructor: Sharol Jacobson
This course will trace the history of congregational singing, hymns, and hymn writers over the centuries of Christian worship. We’ll see how hymns are products of their composers’ lives and times, how they change as society changes, and how hymns are evaluated by both professionals and the laity. We’ll listen to a variety of hymns performed by grand choirs and ordinary people. And, if you’re so inclined, singing along is welcome!

**Alabama Politics**
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
1:45 – 3:00 p.m.
Instructor: Bill Stewart
This class will focus on ongoing election campaigns at all levels of state and local government in Alabama. Assessments will be made of the roles played especially by political parties and interest groups. Modern campaign methods will be contrasted with those of years past, e.g., social networking as opposed to political rallies and stump speeches. Statistical data will be presented related to changes in voter turnout. The most significant new group of voters is that of African-Americans who were only guaranteed their constitutional right to vote in the mid-1960s. Young voters have begun, but not yet maximized, the influence that their numbers should warrant.
Birding in Costa Rica
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
1:45 – 3:00 p.m.
Instructor: Dwight Lammon
This course is intended to prepare OLLI students who are traveling to Costa Rica in November, but anyone is invited to attend the class. In this course you will see and hear beautiful birds on screen in each class. Costa Rica is famous world-wide as having both tropical and North American birds, as well as having the world’s happiest people. There will be listings and presentations of the most common birds found in Costa Rica using photos and films.

Trees
Sept. 11, 18, 25; Oct. 2
3:15 – 4:30 p.m.
Instructor: Frank Roth
Activity Level: Several class periods will involve extensive walking across campus.
In this course, we will learn to identify 25-30 of the more common tree species found in and around Tuscaloosa. No prior training is needed. We will learn how plants are classified, how trees are identified, and key characteristics used to separate one tree species from another. We will spend several class periods walking the campus, looking for trees, and we will make a trip to The University of Alabama Arboretum. Class limit 35.

History of the Eighth Air Force
Oct. 9, 16, 23, 30
3:15 – 4:30 p.m.
Instructor: Jim Ezell
The course will consist of three lectures and the fourth session will be a showing of Twelve O’Clock High.
The Eighth Air Force of the U.S. Army Air Corps was one of 16 American Air Forces organized during the Second World War. This course will explore the early raids when the Eighth had to “shoot their way in and shoot their way out” of Germany, since they had no fighter escort. The letters of a Tuscaloosa native who was an officer with the 306th Heavy Bombardment Group will be used to partially illustrate training and the early days of fighting over Europe. The 306th became one of the most famous units of the war. Correspondents Walter Cronkite and Andy Rooney flew with them and chronicled their missions. After the war, their exploits became the basis of the novel, movie, and television series Twelve O’Clock High.

OLLI Book Club
Sept. 25 & Oct. 30
3:15 – 4:30 p.m.
Discussion Leaders: Jan Mercier and Carol Prickett
Join us as we discuss two books – one fiction and one non-fiction. Book club members select the books for the next term.
- Sept. 25 The Sweetness at the Bottom of the Pie, by Alan Bradley
- Oct. 30 The Destiny of the Republic: A Tale of Madness, Medicine, and the Death of a President, by Candice Millard

Beginning Genealogy
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
3:15 – 4:30 p.m.
Instructor: Leigh Bearden
This class is an introduction into researching your family history. This class will be used as a guide to census records, courthouse findings, and internet searches. Together we will learn how to find the truth and the proof.

Paul Newman Films
Sept. 11, 18, 25; Oct. 2, 9, 16, 23 (7 wks)
3:15 – end of program
Coordinator: David McKissick
Paul Newman was far more than a superb actor with blue eyes. He was a charitable man who supported numerous causes in which he believed in, one of which resulted from his greatest tragedy. Some of his best known films will be presented along with lesser known works, which in some cases hold his best performances. Interviews and videos will be shown. By the time the class is completed attendees will understand Paul Newman as much more than one of the best known actors of our generation.
**Tuesday courses continued**

**A147 History and Foundation of Christian Prayer**  
Sept 11, 18, 25: Oct 2, 9, 16, 23, 30  
6:30 – 7:45 p.m.  
Instructor: Janice Blackmon  
Location: Stillman College, Jackson Annex, Room 105  
This course was created for those who would like to know more about the history of prayer. It will cover different types of prayers recorded in the Christian Bible. We will also discuss what the Christian Bible says concerning praying God’s word.

**WEDNESDAY COURSES**

**A145 BBC’s Time Team: The Archaeology of War and More**  
Sept 12, 19, 26; Oct. 3, 10, 17, 24, 31  
9:00 – 10:15 a.m.  
Instructor: Dick Diehl  
For most people, archaeologists deal with the ancient and the exotic, the rise and fall of civilizations. In reality they do much more than that. They study remains of both the near and distant past; including those as recent as yesterday’s garbage, the detritus of ordinary people, and every facet of human behavior. They even study recent wars!  
From 1994 until 2014, BBC Channel 4 hosted Time Team, a television program in which archaeologists and their colleagues combined traditional archaeological techniques with the most recent innovations in technology to solve an archaeological mystery. In this course we will look at 8 one-hour Time Team programs dealing with the archaeology of World Wars I and II. The topics covered will include the Blitz of London, invasion of Normandy, remains of a downed British Spitfire fighter plane in France, and a World War I trench, and many others. In each case, archaeology sheds new light on a topic about which you might think everything was already known.

**A146 Science for Non-Scientists**  
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31  
9:00 – 10:15 a.m.  
Instructor: Gene Byrd & Chet Alexander  
A variety of current topics in different fields of science will be presented for discussion by outside speakers and OLLI members. All lectures should be understandable by scientists and nonscientists alike.

**A147 Spanish 1**  
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31  
9:00 – 10:15 a.m.  
Instructor: Kay Chesnut  
Spanish 1 is for students who have had no prior Spanish. It is also a good refresher class for those who have had some Spanish, but who have forgotten it. Either way, we will have fun learning how to ask questions and carry on simple conversations. Class limit: 25

**A148 Advanced Spanish**  
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31  
10:30 – 11:45 a.m.  
Instructor: Kay Chesnut  
Ready to step into Spanish immersion? This course, which is a continuation of Spanish II, is taught mostly in Spanish and is not for beginners. Students will listen, speak, read and write in Spanish. Students will be required to purchase the workbook, Realidad y Fantasia by Susan Noguez and Emily Boyd, and is available from Amazon. Class limit: 10.

**A149 Arthritis Exercises and Awareness**  
Sept. 12, 19, 26; Oct. 3  
10:30 – 11:45 a.m.  
Instructor: Carolyn Rhodes  
This 4-week course will introduce arthritis sufferers to a safe exercise plan. Increase your knowledge and awareness of how you can improve your daily activities safely as you work at your own pace, reduce stiffness, and improve range of motion, mood and coordination.  
**Requirements:** Bring a flat resistance band (or box of 3) to the first class. Weights will be added by the 2nd class. Class limit: 13

**A150 Retro Reports**  
Oct. 10, 17, 24, 31  
10:30 – 11:45 a.m.  
Instructor: Allen Bearden  
How often does a great story dominate the headlines, only to be dropped from the news cycle? How often do journalists tell us of a looming danger or important discovery – only to move quickly to the next new thing? What really happened? How did these events change us? What are the lingering consequences that may affect our society to this day? Combining documentary techniques with shoe-leather reporting, Retro Report peels back the layers of some of the most perplexing news stories of our past, with the goal of encouraging you to think more critically about current events and the media. Join us, as we review and discuss these stories and gain new insight into the events that shaped our lives.
Energy and Its Effects on Your Environment and Wallet!
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31
10:30 – 11:45 a.m.
Instructor: Steve Kavanaugh
Follow the journey of the energy that powers your home and your life as it is produced, converted, delivered, and used by you! Learn energy terminology and gain tools to make smarter decisions for both your wallet and the environment. Topics covered include energy production, generation, and distribution; the efficient house structure; air-conditioners, furnaces, heat pumps and other appliances; and alternative energy and the future.

Introduction to Pickleball
Sept. 12, 19, 26; Oct. 3
1:00 – 2:00 p.m.; Free play 2:00 p.m. – 3:00 p.m.
Instructor: Jacob McAllister
Location: McAbee Activity Center
This class is an introduction to one of the fastest growing sports in the country! Pickleball is a paddle sport for all ages and all athletic ability levels. It has very simple rules and is easy to learn and play. It combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a ball similar to a wiffle ball over a net. Equipment will be provided, so come and join the fun!

Yoga for Healthy Aging
Sept. 19, 26; Oct. 3, 24, 31 (5 wks)
1:30 – 2:30 p.m.
Instructor: Linda Dunn
Location: First United Methodist Church Tuscaloosa in the Church Activity Center
Come and learn the many benefits of practicing yoga like improving your balance, flexibility, and concentration. Yoga is a beneficial form of movement and breath work that you can practice for life. Please bring your own yoga mat, wear comfortable clothes, and have a mind and body ready to learn. Class limit: 25.

Strength and Conditioning and You!
Sept. 12, 19, 26, Oct 3 (4 weeks)
1:45 – 3:00 p.m.
Instructor: Will Wright
Location: UA Adapted Athletics Facility, Stran-Hardin Arena
What is strength and conditioning and how does it apply to you? Will Wright, UA Adapted Athletics Strength and Conditioning Coach will lead a 4-week session of educational and hands-on training. He will cover the different types of strength and conditioning and important safety tips. Limit: 8.
Opioid Crisis: The Real Deal About Drugs
Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1
10:30 – 11:45 a.m.
Instructor: Sandy Hopkins
Location: Stillman College, Jackson Annex, Room 105
This class will share information on: Statistics, Risk Factors, why people use drugs and alcohol, Red Flags, Strategies for Helping, Enabling Behavior and more. We will also have guest speakers to come and share.

Beginning Guitar
Sept. 13, 20, 27; Oct. 4, 11, 25; Nov. 1 (7 weeks)
10:30 – 11:45 a.m.
Instructor: Dan Vogt
Location: Clarke Building at Kentuck Art Center
This course is designed for the beginning level student. We will focus primarily on song accompaniment and rhythm guitar, strumming patterns and basic music theory. Student will need to bring a guitar, a guitar tuner, a guitar pick and a notebook. Class limit: 15 students.

String Music Appreciation
Sept. 20, 27; Oct. 4, 11, 18, 25
12:00 – 1:15 p.m.
Instructor: Anne Witt
Location: Moody Music Bldg
Music composed for bowed string instruments – violin, viola, cello and string bass – speaks to our hearts in a unique and powerful way. Going beyond the usual idea of “appreciation,” the goal of this course is to significantly enrich your life by introducing you to some new musical “friends.” These selected compositions are often performed – a “top 40” of classical string music, if you will. They are easy to get to know and pleasant to hear.

Each class will focus on one composition in-depth. The Instructor will present a short lecture about the composer and the historical circumstances of the music. Guided listening and class discussion will follow. This class is co-sponsored by the School of Music.

A Matter of Balance
Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1
12:00 – 1:15 p.m.
Instructor: Kayla Clark and Dana Rester
Location: Stillman College, Jackson Annex, Room 103
This is an eight-week class that trains participants of all stages of health on the risks of falling and how to reduce those potential risks. Emphasizing practical coping strategies to reduce fear of falling and teach fall prevention strategies. The class will consist of group discussion, problem-solving, skill building, assertiveness, sharing practical solutions, and exercise training.

Beginning Crochet
Sept. 13, 20, 27; Oct. 4, 11, 25; Nov. 1 (7 wks)
12:15 – 1:45 p.m.
Instructors: Irene Crawford and Dolores Crawford
Location: Clarke Building at Kentuck Art Center
Goals of the class are to learn basic crochet steps, how to read a pattern, and how to choose a simple crochet pattern. For this class, you will need to bring scissors, a crochet hook (size H, I, or J) and a skein of any good 4-ply yarn. You may need to purchase more yarn later for a crochet project. Class limit: 8.

Get to Know Your Area Agency on Aging
Sept. 13, 20, 27; Oct. 4
1:45 – 3:00 p.m.
Instructors: Pam McDaniel, Debbie Gregory, Kelli Kimbrell, and Ashley Adcox
Location: Stillman College, Jackson Annex, Room 103
In this four-week course, get to know your local Area Agency on Aging, specializing in benefits and services for aging Americans. Learn the history, mission, and what is available for you as a retiree, caregiver, and advocate. Some topics to be discussed: History of the Older Americans Act programs, mission of the agency, nutrition programs, volunteer opportunities; Aging and Disability Resource Center for information and referral of local resources, and prescription drug assistance programs.

Chronic Kidney Disease
Oct. 11, 18, 25; Nov. 1
1:45 – 3:00 p.m.
Instructor: Clarence Rowe
Location: Stillman College, Jackson Annex, Room 105
Every day in this country someone is diagnosed with chronic kidney disease. This is a life altering condition that currently affects over 100,000 people nationwide. This four-week course will give you an up close view of kidney disease and how this disease affects a person from an emotional, physical and spiritual perspective. In the four weeks you will hear from people who have been given another chance at life via kidney donation. Their awe inspiring stories will show you how people have made a difference in their lives. Please come and get ready to be inspired so that you will have the insight into making a difference in someone else’s life.
Are you a Facebook user? Our guest lecturers will help us explore the history of Facebook, its current impact in society and provide practical tips for using social media. According to the Pew Research Center(http://www.pewinternet.org/2017/05/17/technology-use-among-seniors/) a rapidly growing demographic group for social media use is people of age 65 and older. Some estimate that by 2020, as many as 50 million seniors will adopt a social media platform, and there are no signs of slowing down.

You thought that only today’s politicians were corrupt, shortsighted, and incompetent rascals. This class will prove that assumption is incorrect, and that rascality has been an enduring character trait of Alabama’s politics for over two centuries.

This course will cover our role in the emergency medical services, which includes: before giving care, checking an injured or ill person, sudden illness, problems and recommendations, caring for those you love under practice/protocol and recommendations of experts.

Non-profit Southeastern Guide Dogs is 1 of 10 accredited schools in the U.S. training and supplying Guide Dogs for the blind. This presentation will focus on the first 14 months in the life of a future Guide: selection and breeding of the puppies; birth and neo-natal care; early exposure to humans and socialization; early “fun” training; the role of volunteer Puppy Raisers in the first year; after K-12 training, graduation to Guide Dog University. A Guide-Dog-Puppy-In-Training will be present, but unfortunately will not be able to answer questions in English.

Falls are the leading cause of injuries and death from injuries in older Americans. According to the CDC, almost one-third of adults 65 and older reported falling at least once in the preceding year. In this presentation we will discuss specific steps everyone should take to lessen the risks of falls as well as how to perform a self-administered balance test. Poor balance can lead to falls. The great news is that the human balance system can be rehabilitated and strengthened…..at any age. There will be time at the end for discussion and questions.
Special Programs continued

A403 Hearing and Healthy Brain Aging
Tuesday, Oct. 30
9:00 – 10:15 a.m.
Instructor: James E (Ed) Shotts
Location: Bryant Conference Center
Hearing loss is viewed by many to be merely a communication disorder. However, hearing loss is associated with wide ranging consequences. With progression over time, those with hearing loss may suffer cognitive, physical, and psychosocial impacts. Research at Johns Hopkins has shown that hearing loss is linked to accelerated brain tissue loss; and also hearing loss is linked to a three-fold risk of falling. In this presentation we will discuss diagnosis and treatment of hearing loss with time at the end for discussion and questions.

A404 Playing with Clay
Tuesday, Sept. 11, 18, 25; Oct. 2, 9, 16 (6 wks)
9:30 – 12:30 p.m.
Instructors: Rick Mitchell, Nancy Mayo, Bob Weir, Linda Lochman
Location: Clay Co-Op at Kentuck Art Center
Ready to get your hands dirty? Join us in this fun course and learn how to manipulate and work with clay. You will learn basic wheel-throwing and slab building techniques. You will also have the opportunity to learn how to decorate and glaze your newly made work. This class is open only to students who have never taken this course before – New Students Only. Class limit: 6. Materials fee: $25.

A405 Mosaic Stepping Stone Class: Alabama “A”
Tuesday, Sept. 18 & 25
10:00 a.m. – 12:00 p.m.
Instructor: Linda Munoz
Location: Clarke Building at Kentuck Art Center
In this two-session class, participants will make a stepping stone depicting the iconic “A” using Roll Tide colors. In the first class, students will learn to cut glass and glue the glass to a precast stepping stone. In addition to these techniques, we will emphasize safety procedures when handling the glass and the tools. The next session will consist of the grouting of the stones. These will make wonderful gifts for your Christmas giving! Class limit: 8. Materials fee: $45.

A406 Introduction to Oil Painting
Tuesday, Oct. 23 & 30
10:00 a.m. – 12:00 p.m.
Instructor: Gary Creek
Location: Clarke Building at Kentuck Art Center
This two-session class will expose students to the basics of oil painting. No artistic experience or talent is required - just a desire to learn the fundamentals of the medium. Students will complete at least one painting in the course. Students will need to bring at least three inexpensive 8x10 canvases or canvas panels. Class limit: 12. Materials fee: $35.

A407 Abstract Painting with Acrylic Pour
CHOOSE ONE DATE:
Tuesday, Oct. 2 OR Thursday, Oct. 11
3:00 – 5:00 p.m.
Instructor: Diane Marie Norris
Location: Clarke Building at Kentuck Art Center
Acrylic pours are a modern way of expression using vivid colors and a flowing movement. With the help of paint, catalyst, and a few simple tools you will create a beautiful and quite striking painting right before your eyes. No experience necessary. Diane is a professional artist, who creates commission work and also teaches other art classes. You can view her art work on Facebook at Diane’s Painting & Drawing Studio. Class limit: 8. Materials Fee $35.

A408 Cure It with Color: Annie Sloan Chalk Paint
Wednesday, Sept. 12, 19, 26; Oct. 3, 10, 17
1:00 – 2:30 p.m.
Instructor: Jeni Bowen
Location: Restoring Piece
During Cure It with Color, participants will learn our five favorite ways to transform furniture and other decorative pieces by using Annie Sloan Chalk Paint®. In this 6-week course, you will learn how to layer color through distressing, a smooth modern finish, a rustic finish, using the paint as a stain, and how to create special effects with gilding wax. This is a beginner workshop that does not require any prior training. Class limit: 13. Materials fee: $50.

A409 Watercolor Painting Basics
Wednesday, Sept. 12, 19, 26; Oct. 3, 10, 24, 31 (7wks)
1:00 – 3:00 p.m.
Instructor: Beth Page
Location: Clarke Building at Kentuck Art Center
No experience necessary. Learn how to prepare, paint, and finish paintings. In this course, you will learn about the materials it takes and the techniques needed to achieve a painting you will be proud to hang in your home. Registered students will be provided a supply list of general items which are in addition to the fee. Class limit: 10. Materials fee: $45.
Dementia and Alzheimer’s: New Hope
Thursday, Nov. 1
1:00 – 2:15 p.m.
Instructor: James E (Ed) Shotts
Location: McAbee Activity Center

It is hard to imagine a disease worse than Alzheimer’s. A 2012 public opinion poll of more than 1200 people conducted by the Marist Institute revealed that 44 percent of respondents said that Alzheimer’s was their greatest health concern versus 33 percent for cancer. In this presentation we cover exciting and ongoing research that holds a strong note of hope for finding a drug cure for Alzheimer’s. Until these drugs come on line, there are specific steps we should take that will reduce the risk of this dreaded malady as we get older. We will outline and discuss each of these recommendations in detail while leaving time for discussion and questions.

Splendor in the Glass: Fused Glass Jewelry
Thursday, Sept. 20
9:30 – 12:30 p.m.
Instructor: Linda Munoz
Location: 502 Old Livingston Road, Cuba, AL

Join Linda at her Cuba, Alabama, studio for an exciting, hands-on exploration of the shimmering, glimmering, and colorful art of fused glass jewelry. In this class, you will learn techniques needed to design and create four pieces of fused glass jewelry. Participants will learn glass cutting, jewelry design, and working with a glass kiln. After the class, you may want to visit the Mennonite Bakery in Livingston for a Dutch-treat lunch. Register as soon as you can, so you and other participants can work out carpooling plans. Class limit: 6. Materials Fee: $30

Eye-Catchers: Polymer Clay for Beginners
Friday, Oct. 26
9 a.m. – 4 p.m. (lunch break from 11:45 - 1:00)
Instructor: Lee Anne Jones
Location: Clarke Building at Kentuck Art Center

Polymer clay is a medium used to create beautiful and amazing beads, vessels, and more. You will learn what polymer clay is, how it can be manipulated, and the tools used to work with this synthetic clay. You will learn how to make Skinner beads, which are created by mixing two or more colors of clay together to create an evenly blended gradient hue. This is a basic skill upon which everything else is built. Students will take home a finished product and instructions for curing your piece at home in an oven. You will also take home a blade, brayer, and work surface. Class limit: 8. Materials fee: $30.

Dutch-Treat Supper Club
6:30 p.m., Tuesdays

Let’s eat! Register then meet up with OLLI members at local restaurants. The registration deadline is the Friday prior to the supper club date. For more information, contact Janie Bostick jrsb1012@bellsouth.net.

Hokkaido Japanese Steak and Sushi Bar – Sept 25
607 15th Street E, Tuscaloosa

Chuy’s Tex-Mex – Oct 30
1320 McFarland Blvd E, Tuscaloosa

Surin of Thailand – Nov 27
1402 University Blvd, Tuscaloosa

See Field Trips section beginning on page 30.
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.
BONUS PROGRAMS

Wednesdays, Noon – 1:15 p.m.
Bryant Conference Center

Bonus Programs are planned for members and their guests in the community. Registration is not needed. Coordinator: Mary Jon Sneckenberger

Sept 12 Ralph Voss – Nell Harper Lee
Harper Lee wrote only two books and yet her work is as relevant today as when she published them. Dr. Voss presents a comprehensive review of *To Kill A Mockingbird* and *Go Set A Watchman*.

Sept 19 Milton Denny – History of Land Surveying in the Mississippi Territory and Alabama 1803-1861
*Part One* tells the story of how the land was divided and sold to the immigrants to populate the Mississippi Territory.

Sept 26 Milton Denny – History of Land Surveying in the Mississippi Territory and Alabama 1803-1861
*Part Two* covers how the Mississippi Territory became the path to statehood for Alabama and Mississippi. Part of the process included fraud, greed and misuse of money during the land sale.

Oct 3 Craig Edelbrock – *Emil Milan, A Mid-Century Master*
Dean Edelbrock’s novel presents an interesting look at the forgotten woodworker and designer Milan. This American tale covers the industrial revolution, WWII, the Cold War, Hippies, Modernism and the Studio Craft Movement.

Oct 10 Matt Gage – Cahawba, Alabama’s Famous Ghost Town
As Director of the Office of Archaeological Research and Principal Investigator for the Old Cahawba Project, Gage presents a look at the efforts of mapping structures within Alabama’s first capital.

Oct 17 James Hooper – Your Neighbor with a Gun
With so much focus on mass shootings this past year, James delves into mental illness, violence and circumstances that could affect anyone. His topic will cover what the law allows, what might occur and the alternatives that can be explored.

Oct 23 Dwight Lammon – Bicycling Across the Country
Dwight will tell about his lone bike trip from Canada to Tuscaloosa in 2014, while his wife Carol drove the truck. Come hear funny stories from the heartland, and see beautiful photos from the heartland.

Oct 31 Kay Chestnut – Days of the Dead: A Mexican Celebration
This class is an introduction to a colorful holiday during which the Mexican people celebrate death. As we learn how the living commune with the dead, we will see colorful displays, love of family and humor as they celebrate the lives of family members that are no longer living.
COMMUNITY OUTREACH

OLLI is proud to sponsor these community programs. These are open to the public and registration is not needed. Space will be limited, so come early!

Mini-Medical School
Tuesday, Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
12:00 – 1:15 p.m.
Coordinator: Gloria Oglesby
Location: Bryant Conference Center

UA’s College of Community Health Sciences is hosting a lecture series to explore medicine and health trends. Faculty will lecture on issues and advances in medicine and research, incorporating science, research, and clinical applications. You’ll learn ways the body works, hear about advances changing how we see disease and health, and find out which way cutting-edge research is headed.

Sept. 11  Catherine Ikard, MD
Peripheral Neuropathy
Sept. 18  Raheem Paxton, PhD
Sedentary Behavior & Implications for Diabetes & Cardiovascular Disease
Sept. 25  Jane Weida, MD
Lung Disease
Oct.  2   Brian Gannon, MD
Immunizations & Referral Issues
Oct.  9   Ed Geno, MD
Crohn’s Disease
Oct. 16  Tom Weida, MD
Men’s Health
Oct. 23  Anne Halli-Tierney, MD
Dementia & Delirium
Oct. 30  Suzanne Henson, RD
Diet/Nutrition

People’s Law School
Tuesday, Sept. 18, 25; Oct. 2, 9, 18, 23
5:30 – 6:30 p.m.
Coordinator: Dena Prince
Location: Bryant Conference Center

The attorneys from Prince Glover & Hayes are hosting People’s Law School, a series of lectures which will explore legal topics of interest to the general public including Alabama’s “rules of the road”; insurance issues involved in car and truck wreck cases; state and local opioid litigation; zoning laws and how they can affect your property rights; 18-wheeler truck litigation and premises liability (slip and fall injuries).

Sept. 18
Alabama’s Rules of the Road: What you may not know could hurt you!
Presenter: Coe Baxter

Sept. 25
Opioid Litigation Update: Opioid addiction is pervasive and it’s costing the State and local governments millions. How is this problem being addressed in the court system?
Presenter: Josh Hayes

Oct.  2
The City of Tuscaloosa Zoning Ordinance: What property rights it regulates and protects.
Presenter: Dena Prince

Oct.  9
Insurance Issues: How powerful companies can deny you justice.
Presenter: Bob Prince

Oct. 16
18-Wheeler Wrecks: Why are there so many and what you need to know if you or a loved one is injured or killed by an 18-wheeler.
Presenter: Matt Glover

Oct. 23
Premises Liability: If I slip and fall in an establishment, what do I have to prove to receive money damages?
Presenter: Blake Williams

Share your class experience and upload photos to facebook.com/olli.ua.edu
GADSDEN

Share your ideas and get involved with OLLI in Gadsden!

Member-at-Large
Shirley du Pont, slild01@aol.com

Social Chair
Jan Mackey, calkid4747@yahoo.com

CLASS LOCATIONS
All courses are held at the UA Gadsden Center, unless otherwise noted in the catalog.

UA Gadsden Center
121 North 1st Street

Gadsden Public Library
254 College Street

Downtown Civic Center
(Senior Activity Building)
629 Broad St.

MONDAY COURSES

G101 Monday Morning Sports Club
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29
10:00 – 11:30 a.m.
Instructor: Craig Scott
Location: Gadsden Public Library, Lena Martin Room
Need our sports “fix” for the week? Then join OLLI Sports Club at the Gadsden Public Library for a lively discussion about football, baseball, basketball, or just about every other sport known to man! We will have special guests drop in and out, topics will be ever-changing, but always centered on the sports world…including local, state, and professional. Alabama fan? Auburn fan? Another college fan? Does not matter. Join us for the banter and fun. The coffee will be fresh and hot when you arrive. If you love sports, you are invited regardless of gender. Be there!

G102 Teddy Roosevelt: Cowboy, Soldier, President, Adventurer
Sept. 10, 17, 24; Oct. 1
1:45 – 3:00 p.m.
Instructor: Richard Rhone*
In preparation of the exciting appearance of Teddy Roosevelt (the award-winning Joe Wiegand) at the OLLI 10-year celebration event on October 25th, these four classes will discuss Teddy Roosevelt The Cowboy, The Soldier, The President and The Adventurer. * This course will be video conferenced from his course in Tuscaloosa.

G103 The War of 1812 and the Creek Indian War
Oct. 8, 22, 29 (3 wks)
1:45 – 3:00 p.m.
Instructor: Richard Rhone*
As Alabama continues to celebrate her Bicentennial, these three sessions will discuss the War of 1812 which truly won America’s independence and established her on the world scene. Of particular interest to Alabamians, we will discuss the events and characters of the Creek Indian War. *This course will be video conferenced from his course in Tuscaloosa.

G104 Reformation and Religion
Sept. 10, 17, 24; Oct. 1, 8, 15, 22, 29
3:00 – 4:30 p.m.
Instructor: Carl Saxton
Have you ever wondered where all the different Christian denominations come from? In this class we will look at the Protestant Reformation and the English Reformation, why they are not the same thing, and their beginnings and legacies. The history of the Reformation is filled with interesting characters and sometimes unbelievable twists and turns. Often, those twists and turns led to the formation of a new “church,” what we think of as separate Christian denominations. Come examine the 16th century’s lasting effect on our modern day.
TUESDAY COURSES

G108  Civil War
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
10:00 – 11:30 a.m.
Instructor: Norman Dasinger, Jr.
This session we will touch on a little of everything: naval, human interest, northern topics, southern topics, local hero, famous personalities, modern movie history and other little known information.

Sept. 11  The Confederate ironclad ship the CSS Atlanta and the Defense of Savannah, Georgia

Sept. 18  Harrison the Scout - as portrayed in the movie Gettysburg

Sept. 25  The battle of Palmetto Ranch, TX - Where the last Union Civil War soldier was killed

Oct. 2  CSA General James Lane and the Fateful Volley that killed Stonewall Jackson

Oct. 9  The Gallant John Pelham of Alexandria, Alabama

Oct. 16  No Man Kills Me and Lives - The Forrest - Gould Affair

Oct. 23  The New York Draft Riots

Oct. 30  Defending the Susquehanna - Confederate Attack on Harrisburg, PA

G106  Mah Jong
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
1:00 – 2:30 p.m.
Instructor: Charlotte Cohn
Learn about this ancient Chinese tile game that is part luck, part skill, and all fun. Charlotte will begin with the basics for absolute “newbies” as well as provide strategies and pointers for those wanting to improve their playing skills.

G107  Bridge for Beginners
Sept. 11, 18, 25; Oct. 2, 9, 16, 23, 30
1:00 – 2:30 p.m.
Instructor: Miki Cook
Location: Downtown Civic Center
Learn to play this intellectually challenging card game that requires skill, memory, and strategy. Miki will cover basics including opening bids, responses, competitive auctions, and play of the hand for ‘newbies’, and share her considerable knowledge and passion for the game with more experienced players.

G114  Holy Wars: The History of the Crusades
Sept 11, 18, 25; Oct 2, 9, 16, 23, 30
1:00 - 2:30 p.m.
Instructor: Linda York
Dr. York will be returning to tackle another European history subject. This time it is, by popular demand, the Crusades. The Crusades were regarded as a summary penance, a forgiveness of all sins, appealed to many kings and thousands of knights who wanted to fight for God or fight for riches or fight for forgiveness. Learn about the Crusades from 1095 – 1201.

WEDNESDAY COURSES

G108  History Over Easy
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31
10:00 – 11:30 a.m.
Moderators: John McFarland and Randy Holland
This novel approach to history introduces a “topic du Jour” and allows class participants to chart the course of the discussions. With Internet sources available, the moderators’ wide range on knowledge, and members’ input, you can expect a kaleidoscope of ideas. Politics and religion are never off limits as long as discussion remains civil. Previous topics have included the origin of our food sources, Civil Rights in Gadsden, cemeteries, humor, and medical ethics.

G109  The Power of Myth
Sept. 12, 19, 26; Oct. 3, 10, 17, 24, 31
1:45 – 3:00 p.m.
Instructor: Skip Campbell
This session will be based on the interviews of Joseph Campbell and Bill Moyers. Every other week we will discuss key topics from the book of the same name prior to the next week’s video. There are 6 videos of the interview sessions.

G110  A Travel Log of Ireland
Sept. 12, 19, 26; Oct. 3, 10 (5 weeks)
3:00 – 4:30 p.m.
Instructor: Dave Murdock
This year I had the opportunity of a lifetime. I accompanied students from Gadsden State and Jefferson State on a trip to the Emerald Isle. I extended my trip and traveled on my own to a number of places. Join me on my journey.

Sept. 12  Introduction

Sept. 19  The seaside town of Bundoran in the county of Donegal and surrounding areas.

Sept. 26  Belfast, the largest city in Northern Ireland and the second largest on the Island.

Oct. 3  Killyleagh, known for the oldest inhabited castle in Ireland.

Oct. 10  Dublin, the capital of the Republic of Ireland and the largest city on the land.
GADSDEN

Wednesday courses continued

G113 Gadsden Through Photography
Oct. 17, 24, 31
3:00 – 4:30 p.m.
Instructor: Mike Goodson
Mike takes a look at the people, places, and events that had an impact on the city of Gadsden. We will peek into the early years when Gadsden was just a stop on the stagecoach route. This will be a fascinating look at history through rarely seen and never before published photographs.

THURSDAY COURSES

G112 Genealogy Club
Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov 1
9:30 – 11:30 a.m.
Instructor: Craig Scott
Location: Gadsden Public Library
The search for your roots is an ongoing process. Regardless of where you are in that search, Craig will provide you with sources and links to the past. Using the latest software and Internet sites allows you to shed light on our famous and infamous ancestors. This is not a class for the beginning genealogist unfamiliar with online research. Previous computer experience is a MUST!

G113 Winds of War
Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov 1
3:00 – 5:00 p.m.
Instructor: Shirley du Pont
Set against the backdrop of world events that led to the Japanese attack on Pearl Harbor in 1941, The Winds of War stars Robert Mitchum as Victor “Pug” Henry, a career naval officer who along with his family, learns to navigate the waters of his dangerous times in the late 1930s. The Henry clan finds itself drawn into the center of the conflict as they deal with the drama, romance, tragedy and heroism that lead to America’s involvement in World War II.

BONUS PROGRAMS

Thursdays, 1:00 – 2:30 p.m.
UA Gadsden Center

Bonus Programs are planned for members and their guests in the community. Registration is not needed.

Sept 13 MAXWELL AIR FORCE BASE
Presenter: Robert Kane
Centennial of Maxwell AFB: Maxwell AFB turned 100 on April 4, 2018. The air service on April 4, 1918 established Aircraft and Engine Depot # 3 at the same location as the Wright Brothers’ civilian flight school, the first in the United States, eight years before. Over its 100 years Maxwell grew from 202 acres of land to two locations, totaling over 4,000 acres of land and from several hundred military and civilian personnel to over 5,000. Its mission began as depot maintenance for Air Service aircraft assigned to 6 flight training airfields in the Southeast and transformed into a major flight training base in World War II and into vast array of Air Force education and training programs after the war ended.

Sept 20 LOOKOUT MOUNTAIN BEES
Presenter: David Kelton
Mr. Keaton began his beekeeping at the age of 13. He taught the Beekeeping Meritt Badge from 1964-1967 at the Comer Boy Scout Camp in Mentone, AL. Altogether he has been keeping or teaching honey bees for about 37 years. He also organized the Alabama Masters Beekeepers Program in 2010. Come with us to Lookout Mountain and learn how to raise your own bees using chemical free procedures. Every beekeeper has to learn what WORKS BEST in his own apiary; this might be in the first year of beekeeping over several years. Remember our planet surroundings are changing every day.

Sept 27 COLLECTING FASHION JEWELRY
Presenter: Evelyn Brannon
Discover your fashion personality as expressed in jewelry. Explore design eras, designers and manufacturers, materials and techniques.

Oct 4 WALK THROUGH TIME
Presenter: Puddin McArthur
“Walk Through Time” is held in October each year at Forrest Cemetery. This year the event is celebrating its 10th anniversary. City trolleys transport patrons back in time to the cemetery where they stroll at their leisure. Modern citizens dressed in period clothing portray some of Gadsden’s most interesting citizens from various eras of years gone by. A portion of the characters can be seen throughout the afternoon in the chapel. No admission is charged for the event but donations are greatly appreciated as all proceeds go for the preservation of the cemetery.

Share your class experience and upload photos to facebook.com/olli.ua.edu
Oct 11  AIR SERVICE IN ALABAMA DURING WWI  
Presenter: Robert Kane  
On April 3, 1917, the United States declared war on Germany and was woefully unprepared for a major modern war. Furthermore, manned powered flight was only 14 years old after the Wright Brothers’ historic flight at Kitty Hawk, NC, in December of 1903. To train pilots for combat in France, the newly established Air Service established 32 airfields, including one in Montgomery. To repair damaged aircraft at those fields, the Air Service established the aircraft/ engine maintenance depots including one at Montgomery, AL, on site of the earlier, short-lived Wright Brothers’ civilian flight school. Over time, that depot transformed into Maxwell AFB.

Oct 18  Why Were They Here?  
Presenter: John McFarland  
“They” came for various reasons probably more than 13,000 years ago. They probably came for land, minerals, women, and money but maybe not—maybe just coincidence. The Spanish found climates that were cooler and drier, the flora more like Michigan than Alabama. Elk, buffalo, deer, and otter were plentiful here. They also brought with them diseases, new human DNA, livestock, religion, and war. We were home to a number of Indian tribes and traders. We will talk about the Indian slave trade, the Breed Camp—think the area around GSCC. The first ferry around the area of the WAAK radio tower was called “the lower ferry”. But there is so much more to the story. What about US 411 and Cahaba Valley Road and the Coosa and, and, and. “They” came on foot, horseback, by boat, train, etc.—and they came here, Why? Come find out.

Oct 25  HALLOWEEN PARTY  
Coordinator: Shirley du Pont  
Join us for a Happy pre-Halloween party. Come dressed as your favorite character or someone of your own design. Just come! There will be witches’ brew, eye of newt, and all those other things. Join us for some fun!

Nov 1  DAWN OF THE EIGHTEENTH DYNASTY  
Presenter: Catherine Hawkins  
The Eighteenth Dynasty was the Golden Age of Egypt, when Ancient Egypt was at its pinnacle, when the Egyptian Empire extended from Northwest Syria to the Fourth Cataract of the Nile in Nubia. How did this age begin? The story has to do with three kings and a queen who drove out the foreign usurpers, reunited Egypt, and restored Ma’at to the Two Lands.

See Field Trips section beginning on page 30.  
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.
GREATER BIRMINGHAM

Share your ideas and get involved with OLLI of Greater Birmingham!

Advisory Chair - Bob Kolar, rvkpe@yahoo.com
Curriculum Chair - Nancy Ekberg, nanekberg@aol.com
Board Member-at-Large - Connie Arnwine, cbarnw@gmail.com
Marketing Chair - Glenn Morgan, dglennmorgan@charter.net
Membership Chair - Cathy Storch, cacdv@aol.com
Social Co-Chair - Joanne Bruer, joannebruer@att.net
Social Co-Chair - Diane Burrell, ddBurrell@charter.net
Field Trip Chair - Beth White, wytehaus1@msn.com
Catalog - Martha Weber
Vestavia Hills Liaison - Julie Harper, jharper@vhal.org

Greater Birmingham Locations

The Vestavia Hills Civic Center and Library in the Forest serve as our core facilities, and we partner with other area locations. See below for GPS-ready addresses and phone numbers.

Vestavia Hills Civic Center
1975 Merryvale Rd, Vestavia, AL 35216, 205-978-0166

Vestavia Hills Library in the Forest
1221 Montgomery Hwy, Vestavia, AL 35216, 205-978-4678

Vestavia Hills Senior Lodge
1973 Merryvale Rd, Vestavia, AL 35216, 205-978-0166

Levite Jewish Community Center
3960 Montclair Rd, Birmingham, AL 35213, 205-879-0411

Homewood Public Library
1721 Oxmoor Rd, Homewood, AL 35209, 205-332-6600

Hoover Senior Center
400 Municipal Dr, Hoover, AL 35216, 205-739-6700

Bessemer Public Library
400 19th St North, Bessemer, AL 35020, 205-428-7882

MONDAY COURSES

B101 The U.S. Constitution and Its Meaning Today
October 22, 29
10:30 a.m. – 12 p.m.
Vestavia Hills Civic Center
Instructor: James Day, Professor of History, University of Montevallo

The first three words of the Constitution are “We the People,” clarifying that the people govern this nation, and was written in 1787 to replace the Articles of Confederation of 1777. Its articles describe the separation of powers, defining equal but separate branches; the concept of federalism, laying out the rights and responsibilities of state governments; and the necessary steps to ratify and amend the Constitution. It has been amended 27 times. The first ten amendments are the Bill of Rights. The majority of the other amendments address civil rights and federal authority. Professor Day will walk us through this document.

Oct 22: Historical perspective on “The Road to Philadelphia”
Oct 29: Current applications as a prelude to November’s general election

B102 Holiday Decorating
November 5, 6 (Monday and Tuesday)
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
Instructor: Beth White, professional florist

Professional how-tos for seasonal decorating. This course will explore creating one design for two seasons, decreasing holiday decorating anxiety, enjoying a Christmas tree in a downsized environment, and lighting lessons. You will learn tricks to create dazzling holiday décor.

Nov 5: Focus on Thanksgiving
Nov 6: Focus on Christmas and winter themes
TUESDAY COURSES

B103 Archaeology of WWI and WWII
September 4, 11, 18, 25
10:30 a.m. – 3:00 p.m. (with break for lunch)
Vestavia Hills Civic Center
Instructor: Richard Diehl, Professor Emeritus of Anthropology, UA
From 1994 until 2014, BBC Channel 4 hosted TIME TEAM, a program in which archaeologists and their colleagues combined traditional techniques with the most recent innovations in technology to solve archaeological mysteries. In this course, we will watch eight one-hour programs on the archaeology of WWI and WWII. The topics will include the Blitz of London, the Normandy invasion, the remains of a downed British Spitfire and an American B-17, the German occupation of the Isle of Jersey, a WWI trench, and a WWI British machine gun school. In each case, archaeology sheds new light.

B104 Popular Literature of the 17th, 18th, and 19th Centuries
October 9, 16, 23, 30
10:30 a.m. – 12 p.m.
Vestavia Hills Civic Center
Instructor: Barry Ivker, retired professor of comparative literature
Oct 9: Daniel Defoe’s Robinson Crusoe, Journal of the Plague Year, and Moll Flanders
Oct 16: Fanny Hill, the erotic novel
Oct 23: Frankenstein, the literature of horror
Oct 30: Tarzan, the literature of adventure and the exotic; and Jules Verne’s Cyrano de Bergerac, early science fiction

WEDNESDAY COURSES

B105 Health: What You Wanted to Know but Didn’t Know Whom to Ask
Sept 5, 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7
1:30 – 3:00 p.m.
Vestavia Hills Civic Center
A different health-related topic will be presented each week – come to any or all.
Sept 5: Tom Weida, MD, Associate Dean of Clinical Affairs and Chief Medical Officer, UA
Healthcare Reform – Payment for healthcare has evolved over time. The current evolution is a transition from volume-to value-based payment. Learn what factors are affecting healthcare payment transformation and the implications for future payment programs.
Sept 12, 19: Fred Ernst, MD, retired anesthesiologist
Sept 26: Adam Gordon, OD, Optometrist and Clinical Associate Professor, UAB
Eye Care
Oct 3, 10, 17: Andrew Duxbury, MD, Professor of Geriatric Medicine, UAB
Gerontology
Oct 24: Daniel Doleys, PhD, Clinical Psychologist, The Doleys Clinic
Pain Management Issues and Options
Oct 31: John Burkhardt, PsyD, Clinical Psychologist and Assistant Professor of Psychiatry and Behavioral Medicine, UA
Depression in Seniors
Nov 7: John Tingley, MD, retired urologist
Changing Appreciation of Our Microbiome
Eight key elements common to the structure of so many short stories will form the basis of our class discussions. These elements include setting, characterization, plot, conflict, climax, resolution, point of view, and theme. Each story allows us as readers a fascinating insight into the psychological makeup of the protagonists. The short stories to be read are wonderful. They include Katherine Mansfield’s Miss Brill, O. Henry’s The Last Leaf and Witches’ Loaves, Hans Christian Andersen’s The Little Match Girl, and D. H. Lawrence’s The Rocking-Horse Winner. Stories will often be supplemented with videos that recreate the plots very closely as well as narrative poems that are the creations of the instructor.

Classical Mythology
Nov 8, 15
2:00 – 3:30 p.m.
Vestavia Hills Civic Center
Instructor: Shannon Flynt, Assistant Professor of Classics, Samford University
Myths are sacred narratives, legends, or folktales that express a society’s religious values and norms that a society uses to explain life, ideals, and beliefs. Who are Athena, Diana, Neptune, Hermes, Hades, Venus, Apollo, and Ares? Professor Flynt will bring these mythical characters from the Greeks and Romans to life for us.

American Classic Films
Sept 7; Oct 5; Nov 2; Dec 14
1:00 – 4:00 p.m.
Homewood Public Library – Large Auditorium
Coordinator: Nancy Ekberg
In an auditorium setting, view classic films and enhance your understanding with a follow-up discussion with area theater and literary professionals. The films are:
**Sept 7:** Casablanca (Bogart, Bergman). The story of a nightclub owner in Casablanca who discovers his old flame is in town with her husband. It is WWII and her husband is being sought by the Germans. The club owner must decide whether to help them escape or to try to keep his lost love.
**Oct 5:** It Happened One Night (Colbert, Gable). A spoiled heiress marries a scheming man that causes her father to spirit her away on his yacht. She jumps ship and falls in with a newspaper reporter who offers to help her reunite with her husband in exchange for a story about it. The reporter, however, ends up falling in love with the heiress.
**Nov 2:** Destination Tokyo (Grant). An American captain is in charge of a submarine on a secret mission. He does not know its destination until he opens a letter en route. He is to pick up a meteorologist and go to the coast of Japan to gather information for a military raid on Tokyo. Along the way, they fight to elude Japanese ships and eventually face off against a Japanese aircraft carrier.
**Dec 14:** Remember the Night (MacMurray, Stanwyck). It is Christmas and a New York DA lets a pretty shoplifter off on bail and offers her a ride home to Indiana. They end up falling in love, but his mother fears the lover will damage her son’s reputation and convinces her to leave him.

After the films, the following theater critics will participate one or more times in discussions:
- **Ward Haarbauer**, Professor Emeritus of Theatre and Retired Associate Dean of School of Art and Humanities, UAB
- **Jesse Bates**, retired Director of Theatre, Alabama School of Fine Arts
- **Ralph Voss**, Professor Emeritus of English, UA
- **William Gantt**, Founder, Southern Literary Trail & Music Rights Manager, UA Theatre Department
BONUS PROGRAMS

Bonus Programs are planned for members and their guests in the community. Registration is not needed.

**Alabama’s Goat Hill and Its Stories**
- Sept 14, Friday
- 1:00 – 2:30 p.m.
- Homewood Public Library
- Presenter: Steve Flowers, former State Representative, current blogger, and author

Steve will describe Alabama politics, past and present, with amusing stories along the way.

**Experiencing Space Travel**
- Oct 2, Tuesday
- 1:30 – 3:00 p.m.
- Vestavia Hills Civic Center
- Presenter: Larry DeLucas, former astronaut

Dr. Larry DeLucas is a biochemist at UAB who flew in 1992 as a payload specialist on Space Shuttle Columbia for STS-50, the U.S. Microgravity Laboratory-1 (USML-1) Spacelab mission. Over two weeks, the crew conducted a wide variety of experiments relating to materials processing and fluid physics. Afterwards, he served as the NASA Chief Scientist for the International Space Station. He will talk about his experiments, how they turned out, and his experience as an astronaut. Don’t miss this unique experience to learn firsthand about space travel.

Note: A field trip to Alabama’s only planetarium, the Boyd E. Christenberry Planetarium at Samford University, featuring the feasibility of visiting Mars, will be held October 11 – see field trip details on page 33.

**Birmingham Noir: Virtual Tour of Notorious Downtown Historic Sites**
- Oct 4, Thursday
- 1:30 – 3:00 p.m.
- Vestavia Hills Library in the Forest
- Presenter: Jim Baggett, Director, Department of Archives, Birmingham Public Library

Murders. Fallen women. Join Birmingham Public Library Archivist Jim Baggett for a virtual visit to some of Birmingham’s most infamous historic places. Learn about the Magic City’s most famous brothel, spectacular 19th Century murders, political intrigues and scandal, and the MYSTERIOUS UNDERGROUND RIVER.

**Focus on Asian Cultures: Featuring Indonesia**
- Oct 18, Thursday
- 10:30 a.m. – 12 p.m.
- Hoover Senior Center
- Presenter: Bob Davis, Co-Chairman of the Board, Alabama Asian Cultures Foundation

Learn about the history and culture of Indonesia, meet Indonesians here in Alabama, and view special artifacts from the nation.

**From Miracles to Mockingbirds: Spirituality in Sculptured Marble Art**
- Oct 26, Friday
- 1:00 – 2:30 p.m.
- Homewood Public Library
- Presenter: Craigger Browne, Artist in Residence, Sylacauga Marble Center

World-renowned sculptor Browne’s work is seen on five continents. After years of living and studying abroad, he is back to his roots in Alabama where some of his recent masterpieces can be seen. They are in Sylacauga, Ivy Green (statue of Helen Keller), and Monroeville (the courthouse from To Kill a Mockingbird). While studying at the Guggenheim, he used the opportunity to research artists and their motivation to create. He will discuss art and the public works, personal works, and role of artists in communicating with society.

**Lazarus: Bring Your Old PC Back to Life**
- Nov 13, Tuesday
- 1:30 – 3:00 p.m.
- Vestavia Hills Civic Center
- Presenter: Joe Myers, PE, computer expert

Extend the useful life of an old PC by running GNU/Linux instead of the outdated Windows Operating System currently installed. This session will explain what GNU/Linux is, why you would want to use it, why it may be safer than Windows, different ways of running it, different GNU/Linux distributions, where to find information, and how to easily try GNU/Linux. Feel free to bring your laptop or desktop for hands-on help trying GNU/Linux. You may be able to run GNU/Linux even if the PC will not boot into Windows. No PCs will be harmed in the process!

**Gunfight at the O.K. Corral**
- Nov 27, Tuesday
- 10:30 a.m. – 12:00 p.m.
- Bessemer Public Library
- Presenter: Richard Rhone, retired history instructor

No Wild West gunfight is more famous than the one that took place at the O.K. Corral in Tombstone, Arizona Territory on October 26, 1881. What really happened is usually overlooked by Hollywood. Let’s talk about why this happened and who were really the bad guys.
Iran Nuclear Deal
Dec 7, Friday
1:30 – 2:45 p.m.
Vestavia Hills Library in the Forest
Presenter: Brian Motii, Professor of Economics, University of Montevallo and native of Iran
The nuclear deal between Iran and the U.S. and other world powers has been in existence since 2015, but President Trump withdrew the U.S. this year. Profession Motii grew up in Iran and is acutely aware of the ramifications of the agreement and our withdrawal from it. He will discuss what the nuclear deal was, why it was important to have a deal, why the U.S. withdrew, and the possible ramifications.

The Sixties
Dec 20, Thursday
1:30 – 3:00 p.m.
Vestavia Hills Library in the Forest
Presenter: Colin Davis, retired history professor, UAB; currently at Indian Springs School
The Vietnam War, JFK and RFK, Lyndon Johnson, Martin Luther King Jr., demonstrations, Bob Dylan, civil rights legislation, the Great Society, desegregation, the stand in the schoolhouse door, and so much more. Stories, characters, movies, sayings, music, and everything we remember about the 1960s. Professor Davis will bring history, stories, and memorabilia to share.

Spring Registration & Social
Thursday, December 13, 1:00 - 3:30 p.m.
Vestavia Hills Senior Lodge
Shuttle available from ball field parking
1:00 - 2:00 Catalog viewing and OLLI program
2:00 - 2:30 Entertainment by the Birmingham Harmony Belles
2:30 - 3:30 Refreshments and OLLI registration

Learn about OLLI’s spring semester
Meet friends – Enjoy music and refreshments

Tuesday Lunch Bunch
Enjoy fellowship and explore ethnic food and fine dining with OLLI friends. Register online at olli.ua.edu or call Registration Services at 205-348-3000. The registration deadline is the Tuesday before the lunch bunch date. Meet at the restaurant at 11:00 a.m. For more information, contact Beth White, wytehaus1@msn.com.

- Sept 18 – The Pita Stop
  3908 Crosshaven Drive, Birmingham, AL 35243
- Oct 16 – Café Dupont
  113 20th St N, Birmingham, AL 35203
- Nov 20 – Bistro V
  521 Montgomery Highway, Vestavia Hills, AL 35216

See Field Trips section beginning on page 30.
If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.
**Share your ideas and get involved with OLLI in Pickens County!**

Membership Chair  
Vickie House, v.house.2012@gmail.com  
Curriculum Chair  
Craig Patterson, chief@starboardrailbooks.com

Bonus Programs are planned for members and their guests in the community. Registration is not needed.

**BONUS PROGRAMS**

**Open House and Community Outreach Program**  
Tuesday, September 25  
5:30 – 6:30 p.m.  
Gordo City Hall, 25226 Hwy. 82  
Learn about the exciting courses, bonus programs, and field trips available to OLLI members. Enjoy light refreshments and a chance to win door prizes. Connect with Pickens County friends and join the fun of learning. Current members are encouraged to bring friends.

**Another Tuscaloosa Hidden Gem**  
Tuesday, October 23  
5:30 – 6:45 p.m.  
Gordo Municipal Complex, 25226 Hwy 82, Gordo  
Presenter: Betty Slowe  
The founder of the Tuscaloosa Area Virtual Museum discusses the formation of a new museum, in which you, too, can be a part.

**Beginning Polymer Clay Sculpting**  
Tuesday, November 13  
5:30 – 7:00 p.m.  
Gordo Municipal Complex, 25226 Hwy 82, Gordo  
Presenters: Crossroads Arts Alliance Members  
Learn the basics of sculpting with polymer clay, an easy-to-use and versatile artists’ medium. Students will be provided materials to make unique pieces, such as Christmas ornaments and pendants.

**See Field Trips beginning on page 30.**

If you like a bonus program, course or field trip at another OLLI at UA chapter, simply register and participate.

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**Share your ideas and get involved with OLLI in Greensboro!**

Board Member  
Edward “Buck” Whatley, woodbuckone@gmail.com  
Curriculum Chair  
Ian Crawford, chasian@gmail.com

Bonus Programs are planned for members and their guests in the community. Registration is not needed.

**BONUS PROGRAMS**

**Stories from Greensboro’s History**  
Tuesday, Sept. 11  
5:30 - 6:30 p.m.  
The Greensboro Hotel, 1202 Main St, Greensboro  
Instructor: Guy Hubbs  
A look at the people, places and incidents that make Greensboro’s history so fascinating.

**An Introduction to the Black Belt Slave Housing Survey**  
Tuesday, Oct. 9  
5:30 - 6:30 p.m.  
The Greensboro Hotel, 1202 Main St, Greensboro  
Instructor: Ashely Dumas  
Dr. Ashley Dumas, Associate Professor of Anthropology and Director of the Fort Tombeche archeological site will speak on her initiative to document slave dwellings in the black belt region of Alabama.

**Artifacts in Your Backyard**  
Tuesday, Nov. 13  
5:30 - 6:30 p.m.  
The Greensboro Hotel, 1202 Main St, Greensboro  
Instructor: Marty Hamner  
Tuscaloosa native, Marty Hamner, will share about his lifetime of amateur archeological findings from looking around his own property. Learn how you can get started finding treasures in your own backyard.

**Share your class experience and upload photos to facebook.com/gbaolli**
DEPART FROM TUSCALOOSA

Tuscaloosa trips will depart from the Bryant Conference Center (BCC), 240 Paul W. Bryant Drive, Tuscaloosa. Transportation for the local trips will be by charter bus or vans. The type of transportation provided is at the sole discretion of the OLLI Program Director. For more trip details, email the trip leader or call the OLLI office, (205) 348-6482.

A201 The Shrine of the Most Blessed Sacrament (Hanceville) and Vulcan, Mythical Roman God of Fire and Forge
Thursday, September 13
Trip Leaders: Jennifer Woods (jwoods9388@gmail.com) and Becky Embrey (emb619@aol.com)
Cancellation deadline: Wednesday, August 29
Depart BCC: 8:00 a.m.; return 6:30 p.m.
Fee: $46 (includes admission, transportation)
Activity Level: moderate (walking, extended standing, stairs)
The Shrine of the Most Blessed Sacrament of Our Lady of the Angels Monastery, on 300 acres near Hanceville, was the dream of world-famous TV nun Mother Angelica. The immense temple features 35 hand-crafted stained-glass windows, marble floors, rock walls, etc. Five generous families funded the entire project and it took three years to complete. Our Dutch-treat lunch will be an upscale buffet at Stone Bridge Farms. Click on “Restaurant” on www.stonebridgewedding.com to view this interesting property. After lunch we will return to Birmingham to visit Vulcan Park and Museum, where the 65-foot tall, 50+ ton statue of Vulcan, Birmingham’s unofficial city symbol, stands atop Red Mountain. We will tour the museum, then ride an elevator to the observation deck near the top of the statue before boarding our bus for BCC.

A202 Antiquing in Hartselle & Smith Farms, Cullman
Thursday, September 20
Trip Leaders: Sheree Miller (evergreens3@yahoo.com) and Dan Miller
Cancellation deadline: Wednesday, September 5
Depart BCC: 7:30 a.m.; return 5:30 p.m.
Fee: $40 (includes transportation)
Activity level: moderate (walking and standing indoors and on pavement)
This trip is for antique lovers and “pickers” who love to shop at their own pace. The downtown Hartselle area has many interesting antique stores and even a few thrift stores. We will have time in the morning for roaming and buying things to fill up the storage area of the bus! We will eat lunch and compare “finds” (Dutch-treat) together at the famous Freight House Restaurant. Then, there will be more time to shop before we board the bus and head to Smith Farms in Cullman, where you can purchase Amish cheeses and other delights before returning to the BCC.

A203 Geologic Field Trip of Tuscaloosa County
Friday, October 5
Trip Leader: Philip Malone (philipgmalone@gmail.com)
Cancellation deadline: Thursday, September 20
Depart BCC: 8:00 a.m.; return 5:00 p.m.
Fee: $21 (includes transportation)
Activity Level: Easy/moderate (most of time traveling in van)
Same description as the October 5 field trip

A204 Geologic Field Trip of Tuscaloosa County
Friday, October 19
Trip Leader: Philip Malone (philipgmalone@gmail.com)
Cancellation deadline: Thursday, October 4
Depart BCC: 8:00 a.m.; return 5:00 p.m.
Fee: $21 (includes transportation)
Activity level: Easy/moderate (most of time traveling in van)
Same description as the October 5 field trip

Members may participate in field trips at any of the chapters. Simply register and have fun!
A205  NOAA National Water Center & UA’s AIME (Alabama Innovation and Mentoring of Entrepreneurs Center)
Friday, October 26
Trip Leaders: Peggy Hamner (sswims2001@gmail.com) and Joanne Hawthorne
Cancellation deadline: Thursday, October 11
Depart BCC: 9:45 a.m.; return 3:00 p.m.
Fee: $10 (includes transportation)
Activity level: moderate (walking and standing indoors and on paved surfaces outdoors)

Our visit to two fascinating, cutting edge centers will begin at the NOAA National Water Center, the first federal national water resources facility in the country. This LEEDS-certified facility is the hub for research and operational forecasting of all water-related matters in the United States, including analysis and prediction of droughts and floods. Then we will ride to the Ferguson Student Center for a Dutch-treat lunch in the Food Court. After lunch we’ll walk down to the Alabama Innovation and Mentoring of Entrepreneurs Center (AIME) to learn how it helps UA faculty, staff and students make their ideas, inventions and innovations commercially successful.

A206  Old Cahawba Archaeological Park and Orrville Farmers Market
Friday, November 2
Trip Leaders: Peggy Hamner (sswims2001@gmail.com) and Pam Tran (pam@ua.edu)
Cancellation deadline: Thursday, October 18
Depart BCC: 8:00 a.m.; return 4:00 p.m.
Fee: $48 (includes transportation)
Activity level: Easy

Learn about Alabama’s early statehood on our visit to Old Cahawba, Alabama’s first state capital (1820–1826) and a thriving antebellum river town. Today Old Cahawba is an important archaeological site and a place of picturesque ruins. We will take a guided wagon ride through the park and visit the cemetery, then stop at the visitor center and gift shop. Afterwards, we’ll go to the Orrville Farmers Market for a Dutch-treat, farm-fresh lunch and take time to shop their great selection of gift items and local artesian foods. Carry home some of their locally grown fresh produce!

A207  Montgomery Museums
Wednesday, November 14
Trip Leader: Peggy Hamner (sswims2001@gmail.com)
Cancellation deadline: Monday, October 1
Depart BCC: 8:00 a.m.; return 6:30 p.m.
Fee: $48 (includes admission, transportation)
Activity level: Moderate/difficult (walking and standing outdoors and on pavement)

On this trip we will visit two new and historically significant places in Montgomery. The National Memorial for Peace and Justice is a 6-acre site where people can gather to reflect on America’s history of racial inequality. Along a path lined with narrative panels and art pieces, we will enter a memorial structure containing over 800 columns, commemorating racial terror lynchings. The journey will continue through the civil rights era to contemporary issues of police violence and racially biased criminal justice. After recuperating with a Dutch-treat lunch we will continue to the Legacy Museum: “From Enslavement to Mass Incarceration”, which features many interactive components that permit visitors to delve deeply into America’s history of racial injustice and to understand how generations of Americans have been impacted by racial inequality.

A208  American Village Christmas Lunch & Tour plus Alabama National Cemetery
Monday, December 3
Trip Leaders: Peggy Hamner (sswims2001@gmail.com) and Jennifer Woods (jwoods9388@gmail.com)
Cancellation deadline: Thursday, November 1
Depart BCC: 8:15 a.m.; return 4:00 p.m.
Fee: $71 (includes tour, lunch, transportation)
Activity level: Moderate (walking and standing outdoors and on pavement)

Celebrate an early holiday season in Montevallo at the American Village, an innovative American History and civics educational center. In the morning we will travel back to the 18th century to rediscover America’s journey to independence, liberty and self-government. We’ll visit replicas of Mount Vernon and Liberty Hall, and perhaps meet George Washington or Thomas Jefferson. We’ll enjoy a delicious colonial Christmas luncheon in the East Room of the White House with hostess Martha Washington. After lunch, our visit to Montevallo will wind up with a guided tour of the nearby Alabama National Cemetery, consecrated in 2009.
**UA Printing Services & 3-D Printing Lab (College of Engineering)**  
Thursday, December 6  
Trip leaders: Sheree Miller (evergreens3@yahoo.com) and Joanne Hawthorne (nanajo946@gmail.com)  
Cancellation deadline: Thursday, Nov 22  
Depart BCC 9:00 a.m.; return 3:00 p.m.  
Fee: No Charge, shuttle provided  
Activity level: moderate (walking and standing indoors and on pavement)

We will begin our tour at the University Printing Services. This diverse facility provides printing, copying, binding, and bulk mail service for the entire university. After a delicious Dutch-treat lunch, we will head to the UA 3-D Prototyping Lab. The lab is open to anyone on campus to test the bounds of additive manufacturing, or 3-D printing, through printing models designed for classes, groups, research, and personal use.

**Hello, Dolly! Play at Virginia Samford Theatre**  
Sunday, September 16  
Trip Leader: Shirley du Pont (slild01@aol.com)  
Cancellation Deadline: Friday, September 7  
Depart: 12:30 p.m.  
Fee: $60 (includes admission, transportation)  
Activity Level: Easy

*HELLO, DOLLY!*! The blockbuster Broadway hit, bursts with humor, high-energy dancing, and some of the greatest songs in the musical theatre history. The romantic and comic exploits of Dolly Gallagher-Levi, turn-of-the-century matchmaker and “woman who arranges things” are certain to thrill and entertain audiences again and again. The show’s memorable songs include *Put on your Sunday Clothes*, *Ribbons Down My Back*, *Before the Parade Passes By*, *Hello, Dolly!, Elegance*, and *It Only Takes a Moment*. After the show, we will enjoy a Dutch-treat dinner.

**Jonesboro, GA Official Home of Gone With the Wind**  
Friday, October 5  
Trip Leader: Shirley du Pont (slild01@aol.com)  
Cancellation Deadline: Friday, September 21  
Depart: 8:00 a.m.  
Fee: $60 (includes admission, transportation)  
Activity Level: Moderate

Travel back in time to Tara, a 2½-hour ride to historic Jonesboro, Georgia. The Stately Oaks plantation was the inspiration for Tara in the Gone with the Wind movie. Costumed docents will lead the tour of the house, ending at the one-room schoolhouse. A hot lunch is prepared on site and served in the schoolhouse. There will be time after lunch to explore the grounds before leaving for the short ride to the Tara Museum, which houses the largest collection of memorabilia from the movie.

**Share your trip experience and upload photos to facebook.com/olli.ua.edu**
Savannah, GA

Friday - Sunday, October 26 – 28
Trip Leader: Shirley du Pont (slild01@aol.com)
Cancellation Deadline: Friday, October 12
Depart: 8:00 a.m.
Fee: $400 double, $700 single
(includes admission, transportation)
Activity Level: Moderate

Savannah is the oldest city in the state of Georgia. Established in 1733 on the Savannah River, the city of Savannah became the British colonial capital of the Province of Georgia and later the first state capital of Georgia. A strategic port city in the American Revolution and during the American Civil War, Savannah is today an industrial center and an important Atlantic seaport. Each year, Savannah attracts millions of visitors to its cobblestone streets, parks, and notable historic buildings; the birthplace of Juliette Gordon Low, the Georgia Historical Society, the First African Baptist Church, Temple Mickve Israel (the third oldest synagogue in America), and the Central of Georgia Railway roundhouse complex (the oldest standing ante-bellum rail facility in America). The trip will include an all-day pass on the Old Time Trolley, the Savannah Theater, a visit to Leopold’s Ice Cream, free time on the water front and much more. Join us for a fun filled weekend in one of the South’s oldest cities.

The Martian Frontier

Boyd E. Christenberry Planetarium, Samford University
Thursday, October 11
Trip Leader: Nancy Ekberg (nanekberg@aol.com)
Cancellation Deadline: Thursday, October 4
Fee: $20 (includes program and bus transportation, which is required)
Depart from Vestavia Hills Civic Center 12:15 p.m.; return by 3:30 p.m.
Activity Level: Easy

Join us as we explore the feasibility of human spaceflight to Mars and colonization. Can current technology get humans to Mars? What scientific impact can humans make by traveling to Mars? David Weigel will present a one-hour program, The Martian Frontier, a live and interactive show, followed by a Q&A. Do not miss this rare opportunity to visit the “red planet” and discover the challenges these bold astronauts will face.

Jonesboro, GA

Friday, November 9
Trip Leader: Mary Frances Stayton (lovingcats@windstream.net)
Cancellation Deadline: Friday, November 2
Fee: $75 (includes transportation on tour bus and hot lunch on site)
Depart Vestavia Hills Civic Center 7:30 a.m.; return by 6:00 p.m.
Activity Level: Moderate

Travel back in time to Tara, a 2½-hour ride to historic Jonesboro, Georgia. The Stately Oaks plantation was the inspiration for Tara in the Gone With the Wind movie. Costumed docents will lead the tour of the house, ending at the one-room schoolhouse. A hot lunch is prepared on site and served in the schoolhouse. There will be time after lunch to explore the grounds before leaving for the short ride to the Tara Museum, which houses the largest collection of memorabilia from the movie.

Members may participate in field trips at any of the chapters. Simply register and have fun!
For complete trip details and how to register, pick up a brochure in the OLLI office or visit the website. Let’s go places!

**Fall Foliage Tour: Vermont to Massachusetts**
October 15 – October 22, 2018
(optional excursion 2 extra nights in Boston).
Trip Leader: Marilyn Nevin, marilyn.nevin07@gmail.com
$2749/double occupancy (includes flight)
$450 optional excursion (extra two nights Boston) $549
Travel to Vermont, New Hampshire, Maine and Boston. Travel tour includes scenic bus tours and scenic Train Ride.

**Birding in Costa Rica**
November 24 – December 2, 2018
Trip Leader: Becky Embrey, emb619@aol.com;
Tour guide: Dwight Lammon
$1488 Double occupancy
$1922 Single occupancy
(includes lodging, tour guides, breakfast and some meals)
(air fare, trip insurance, Birmingham transportation is not included)
Join our group for 9 days in paradise! 3 different birding venues including an opportunity to see the famous Quetzel. Costa Rica offers over 850 bird species, plus we will tour a coffee plantation, waterfall gardens and, possibly, a volcano! 3 nights at the famous Rancho Naturalista and 2 nights at the beautiful Trogon Lodge.

**Journey to Oaxaca & Puebla Ancient Civilizations and Modern Cuisine**
March 13 – 23, 2019
Trip Leader: Peggy Hamner, sswims2001@gmail.com
$2339 Double-occupancy (excludes flight)
$2869 Single-occupancy (excludes flight)
(Includes 10 nights of accommodations, 23 meals, 4 expert-led lectures, 11 field trips, 4 Hands-on-experiences, and more)
On this 11- day Adventure of Mexico’s southern states of Oaxaca and Puebla, experience a magical blend of the ancient and the modern. Amid the mountains and valleys of the central highlands, learn about the two most fascinating aspects of the region – its history and its food.

**Highlights of Scotland and Ireland**
July 13 – 22, 2019
Trip Leader: Marilyn Nevin, marilyn.nevin07@gmail.com
$2799 Double occupancy (excludes flights)
$3194 Single occupancy (excludes flights)
On this 10-day trip see the sights and sounds from Edinburgh, Scotland, to Dublin, Ireland.

**Viking River Cruise**
November 5 – 13, 2019
Trip Leader: Jennifer Anderson, janderson@ccs.ua.edu
$2999 up to $3699. Rates vary based on Cabin selection
(Includes: Round-trip airfare, 8-day cruise visiting 3 countries and 10 ports, cabin, all onboard meals, 6 shore excursions with local guide). Explore one of Germany's’s best preserved medieval castles. Discover the various culinary traditions of Alsace. Explore the Black Forest and visit a local workshop to see a cuckoo clock-making demonstration. Turreted fortresses, grand cathedrals, historic cities and beautiful scenery of the Middle Rhine River.

**Registration Guidelines**
- Members must register in order to attend a course.
- Members may register to be added to a course even after the course has begun, if space is available.
- If your plans change and you need to drop out of a course, please go online to cancel or contact Registration Services to drop the course. This will allow other members to enroll in the course.
- If you are enrolled in a course that has a limited capacity stated in the catalog, please be sure you can commit to all sessions.
- Please provide your email and phone number at registration so that in the event of a change you receive the notification.
- Bonus Programs are open to members and their guest; no registration is needed.

**Pre-recorded Lectures**
Members may search the library for selected lectures from the past. The current library includes 13 complete courses. Simply register then receive the link to access the courses directly from your home computer. See the complete listing on our website.

Share your trip experience and upload photos to facebook.com/olli.ua.edu
OLLI at UA Fall 2018 Registration Form

For multiple registrations, please duplicate this form. Please submit this entire page for your registration.

[ ] Dr.  [ ] Mr.  [ ] Ms.  [ ] Mrs.  Name (First) ______________________________________ (Last) ______________________________________

Address ______________________________________  City __________________________ State ____________ Zip ____________

E-mail Address __________________________________________________________  Day Phone (______) __________________

Please circle your “Home Base”
Tuscaloosa  Gadsden  Greater Birmingham
Greensboro  Pickens County

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Contribute to OLLI online at olligiving.ua.edu

Method of Payment
[ ] Check  [ ] Charge $___________ to my credit card:

Exp. Date__________ Security/Verification Code ____________

Authorizing Signature ____________________________________

Note: The University of Alabama is committed to complying with the Americans with Disabilities Act. Requests for accommodation of physical and/or dietary needs should be made at least 30 calendar days in advance of the program date. Please email your request to janderson@ccs.ua.edu. OLLI is not responsible for any damage or personal injury sustained while a member or guest is participating in an OLLI sponsored activity either on or off the UA campus. A portion of the invoice amount for this program will go to the Capstone Lifelong Learning Foundation to support The University of Alabama College of Continuing Studies.

REGISTRATION IS FIRST COME, FIRST SERVED

Online Registration available via the internet at:

Phone-in registration to:
(205) 348-3000 or 1-866-432-2015

Mail form and fee to:
Registration Services College of Continuing Studies
The University of Alabama
Box 870398, Tuscaloosa, AL 35487-0398

OLLI Field Trips, Online Lectures and Supper Clubs  (Members from all locations are invited to sign up)

Field Trips

Departs from Tuscaloosa
[ ] A201 The Shrine of the Most Blessed Sacrament and Vulcan, 9/13, $46
[ ] A202 Antiquing in Hartselle & Smith Farms, Cullman, 9/20, $40
[ ] A203 Geologic Field Trip of Tuscaloosa County, 10/5, $21
[ ] A204 Geologic Field Trip of Tuscaloosa County, 10/19, $21
[ ] A205 NOAA National Water Center & UA’s AIME, 10/26, $10
[ ] A206 Old Cahawba Archaeological Park and Orville Farmers Market, 11/2, $48
[ ] A207 Montgomery Museums, 11/14, $48
[ ] A208 American Village Christmas and Alabama National Cemetery, 12/3, $71
[ ] A209 UA Printing Services & 3-D Printing, 12/6

Departs from Gadsden
[ ] G201 Hello, Dolly! Play at Virginia Samford Theater, 9/16, $60
[ ] G202 Jonesboro, GA, Official Home of Gone With the Wind, 10/5, $60
[ ] G203 Savannah, GA, 10/26-28, $400 double, $700 single

Departs from Birmingham
[ ] B201 The Martian Frontier, Samford University, 10/11, $20
[ ] B202 Jonesboro, GA: Official Home of Gone With the Wind, 11/9, $75

Pre-recorded Course Lectures
[ ] A501 Pre-Recorded Course Lectures, online

Supper Clubs

Tuscaloosa - Meets at Restaurant
[ ] A301 Hokkaido Japanese Steak and Sushi Bar, Sept. 25
[ ] A302 Chuy’s Tex Mex, Oct. 30
[ ] A303 Surin of Thailand, Nov. 27

Gadsden – Meets at UA Gadsden Center to Carpool
[ ] G301 Chez Fonfon, Sept. 18
[ ] G302 Giovanni’s, Oct. 16

Birmingham - Meets at Restaurant
[ ] B301 The Pita Stop, Sept. 18
[ ] B302 Café Dupont, Oct. 16
[ ] B303 Bistro V, Nov. 20
### TUSCALOOSA COURSES

- A101 Latin for Beginners
- A102 Warfare in British North America
- A103 Stripped Down: Tuscaloosa’s Quarter Mile
- A104 Cooking with Nutrition in Mind
- A105 Knitting for the Beginner
- A106 Alabama Writers Hall of Fame
- A107 Gilded Age
- A108 Four Levels of Senior Care
- A109 The U.S. Constitution
- A110 Basic Family Law
- A111 Talking About Books: UA Press
- A112 Women of War
- A113 Downsizing
- A114 Writing Your Family Stories
- A115 Intermediate Watercolor Painting
- A116 Teddy Roosevelt
- A117 The War of 1812/Creek Indian War
- A118 Life Strategies
- A119 History of Radio
- A120 Mad About These Movies
- A121 The Mass Media and Me
- A122 Personal Computer Tutoring
- A123 iPhone and iPad Tutoring
- A124 The Art of Scrapbooking
- A125 Beginning Sun Style Tai Chi I
- A126 Cyber Security: Identity Theft
- A127 Elder Law Problems and Solutions
- A128 Women’s Work
- A129 Your Money, Your Life!
- A130 History of the Christian Church
- A131 Beginning Line Dancing
- A132 Snapshot!: Photography Masters
- A133 Introduction to Birding
- A134 German Conversation 2
- A135 Geology Basics
- A136 Making a Joyful Noise
- A137 Alabama Politics
- A138 Birding in Costa Rica
- A139 Trees
- A140 History of the Eighth Air Force
- A141 OLLI Book Club
- A142 Beginning Genealogy
- A143 Paul Newman Films
- A144 History and Foundation of Christian Prayer
- A145 BBC’s Time Team: The Archaeology of War
- A146 Science for Non-Scientists
- A147 Spanish I
- A148 Advanced Spanish
- A149 Arthritis Exercises and Awareness
- A150 Retro Reports
- A151 Energy and Its Effects
- A152 Introduction to Pickleball
- A153 Yoga for Healthy Aging
- A154 Sun Style Tai Chi II
- A155 Line Dancing for the Experienced Dancer
- A156 Schools of Hope
- A157 Opioid Crisis: The Real Deal About Drugs
- A158 Beginning Guitar
- A159 String Music Appreciation
- A160 A Historical Look at the Life of Ruth
- A161 A Matter of Balance
- A162 Beginning Crochet
- A163 Get to Know Your Area Agency on Aging
- A164 Chronic Kidney Disease
- A165 Facebook
- A166 Strength and Conditioning and You!
- A167 Rascals in Alabama History
- A168 CPR: Caring When Pressure Arises
- A169 Creative Line Dancing to the Music
- A170 Advanced Knitting and Crocheting

### TUSCALOOSA SPECIAL PROGRAMS

- A401 How to Raise a Guide Dog Puppy
- A402 Balance and Fall Prevention
- A403 Hearing and Healthy Brain Aging
- A404 Playing with Clay, $25
- A405 Mosaic Stepping Stone Class, $45
- A406 Introduction to Oil Painting, $35
- A407 Abstract Painting w/ Acrylic Pour, Oct 2, $35
- A408 Abstract Painting w/ Acrylic Pour, Oct 11, $35
- A409 Cure It with Color: Annie Sloan Chalk Paint, $50
- A410 Watercolor Painting Basics, $45
- A411 Dementia and Alzheimer’s: New Hope
- A412 Calligraphy: the Art of Beautiful Writing, $20
- A413 Splendor in the Glass: Fused Glass Jewelry, $30
- A414 Eye-Catchers: Polymer Clay for Beginners, $30

### GADSDEN COURSES

- G101 Monday Morning Sports Club
- G102 Teddy Roosevelt
- G103 The War of 1812/Creek Indian War
- G104 Reformation and Religion
- G105 Civil War
- G106 Mah Jong
- G107 Bridge for Beginners
- G108 History Over Easy
- G109 The Power of Myth
- G110 A Travel Log of Ireland
- G111 Gadsden: Through Photography
- G112 Genealogy Club
- G113 Winds of War
- G114 Holy Wars: The History of the Crusades

### GADSDEN SPECIAL PROGRAM

- G401 Baubles, Beads, and Beautiful Things, $15

### GREATER BIRMINGHAM COURSES

- B101 The U.S. Constitution and its Meaning Today
- B102 Holiday Decorating
- B103 Archaeology of WWI and WWII
- B104 Popular Literature of the 17th-19th Centuries
- B105 Health: What You Wanted to Know
- B106 19th and 20th Century Short Stories
- B107 Classical Mythology
- B108 American Classic Films

### GREENSBORO BONUS PROGRAMS – See page 29

### PICKENS COUNTY BONUS PROGRAMS – See page 29

All Bonus Programs are open to members and their guests. No registration is needed. All chapters have Bonus Programs.

**TUSCALOOSA**
- August 13, 2 - 4 p.m. Fall Kickoff & Awards Ceremony
- August 30, 5 - 6 p.m. Information Session
  
  Bryant Conference Center
  240 Paul W. Bryant Drive, Tuscaloosa, AL 35401

**GADSDEN**
- August 23, 4 - 6 p.m. Open House
  
  UA Gadsden Center
  121 North 1st Street
  Gadsden, AL 35901

**GREATER BIRMINGHAM**
- August 17, 1 - 3:30 p.m. Open House and Ice Cream Social
  
  Vestavia Hills Senior Lodge
  1973 Merryvale Road
  Vestavia, AL 35216

Challenge yourself and have fun with Lifelong Learning.