



Osher
Lifelong
Learning
Institute

2018 *Spring* **Course Catalog**

Tuscaloosa • Greater Birmingham
Gadsden • Greensboro • Pickens County

Register at olli.ua.edu or call 205-348-3000

Message of Gratitude from the President of OLLI



Richard Rhone
President, OLLI at UA

I am writing this letter as we begin the 2017 holiday season. Thanksgiving, that most American of all our holidays, is upon us, and I find myself giving thanks for the numerous blessings of life I have received. I only want to share one, and that is the great gratitude I have for OLLI at UA.

We all need to be grateful for having the opportunity to be a part of this enriching and fulfilling program. We should be grateful for the wonderful instructors who volunteer untold hours in preparation for classes our members want. How grateful we should be for the volunteers who serve on committees that plan and provide rewarding social activities, outstanding special events, travel experiences and cooperative experiences with other groups.

We are all so grateful for our wonderful office staff who treat OLLI as more than just employment, but work so closely with the members to create a friendly and productive environment that truly meets the needs of the OLLI community. And I sincerely appreciate the ongoing support of the College of Continuing Studies and The University of Alabama, even though I have not always agreed with them, as they seek to serve and educate a vital part of the community.

I've been fortunate to have been involved with the OLLI program for about a decade as a member, student, teacher and Board member. I appreciate any recognition I may have received in my life, but, I can say in total sincerity, that serving as your president for the last four years may be the greatest honor I have ever received. Most of all, I am grateful that OLLI exists for us and provides a vibrant, diverse community of scholarship and friendship for our aging membership, where we continue to cherish old friends and make many new friends. The social aspect of OLLI at UA must never be sacrificed.

In the Spring of 1945, as the Allied Forces were about to cross the Rhine River into Nazi Germany, an anxious Gen. Dwight Eisenhower was pacing on river's edge in the evening of the night before the crossing. There in the foggy darkness he encountered a very young GI doing the same. When the Supreme Commander asked him if everything was okay, the soldier replied, "I guess I'm a little scared about tomorrow". Eisenhower replied, "Well, me too, son. Let's you and I walk together by the river and perhaps we can draw strength from each other."

So, with the strength that comes from unity, may all of us in OLLI continue to walk together and face whatever may come. And, give a special thanks for OLLI this year.

A handwritten signature in black ink that reads "Richard Rhone". The signature is fluid and cursive.

Richard Rhone
President, OLLI at UA



Dr. Judy Bonner presenting the Excellence in OLLI Teaching Award to Richard Rhone on August 24, 2017.

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Membership Renewal

Membership renewal is fundamental to sustaining quality programming and lifelong learning experiences for people in our community. Your membership renews 12 months from when you joined OLLI.

Scholarships

For scholarship assistance, complete the scholarship form on our website, olli.ua.edu/grants or pick up a form at the OLLI Office.

Give to Support OLLI

Due 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.

“Leading the Way in Lifelong Learning”

Osher Lifelong Learning Institute at The University of Alabama (OLLI) is leading the way in lifelong learning for mature adults in Central Alabama. OLLI provides its members the opportunity to learn new things, make friends, travel and embrace life. We are a membership program, led by volunteer members. Members may participate in programs at any of our locations: **Tuscaloosa, Gadsden, Greater Birmingham, Greensboro, and Pickens County.**

SOCIAL – One key to the success of OLLI is our members, who are adults with a shared interest and joy of learning.

ENGAGE – Take on an active role. Volunteer on a committee or teach about a passionate topic.

LEARN – Take a course, learn a new skill, or travel with friends.

OLLI Annual Membership is \$25. Because of the financial support from the Bernard Osher Foundation, The University of Alabama’s College of Continuing Studies, partners, and contributors, we are able to keep OLLI fees amazingly low.

OLLI provides opportunities for a learning atmosphere and rich collaboration with other adults.

OLLI Member Benefits include:

- Safe and fun environment to make new friends
- Opportunity to increase knowledge, learn a new skill and explore new interests
- Bonus Programs are weekly presentations – no registration required
- Educational and fun travel experiences
- Engagement in Leadership and Volunteerism
- Bama Perks and library admission with Action Card
- Access to pre-recorded video lectures online

Each semester, you may elect to register for courses; **simply pay a semester fee of \$50 (which covers one or more courses).** Most trips will suggest payment for transportation and related charges.

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 material fees after the course has begun.

Looking to get Involved?

- **Enjoy teaching?**
- **Passionate about a particular subject and have fun sharing with other people?**
- **Like to assist instructors before class begins?**

If you answered yes to any of these questions, you should join the curriculum committee.

The **curriculum committee** is always looking for new ideas and help with recruiting volunteer instructors, listening to the wants and needs of members and coordinating courses offered each semester.

- **Like talking to people?**
- **Do you love OLLI?**
- **Do your friends and family tell you they can't take you anywhere without seeing someone you know?**

If you answered yes to any of these questions, you should join the membership or social committee.

The **membership committee** is responsible for sustaining and increasing OLLI membership each year. This committee speaks to various community groups, retirement residents, and organizations in order to recruit new members and enlist support from individuals across the state.

The **social committee** plans OLLI's yearly events at the various locations. If you enjoy decorating, planning, cooking and coming up with themed events for OLLI members to get to know each other or celebrate accomplishments, the social committee is the place for you.

- **Like writing stories?**
- **Enjoy posting on social media?**
- **Willing to be interviewed by the media?**

If you answered yes to any of these questions, you should join the marketing committee.

The **marketing committee** encourages members to keep OLLI visible in the community, through various marketing avenues such as print, TV, radio, social media, interviews, photos, videos and more.

We look forward to hearing from you!
205-348-6482



OLLI Board Members 2017-2018

Front Row L-R: Amelia Yessick, Linda Olivet, Hattie Kaufman, Connie Arnwine, Francine Marasco, Marty Massengale, Kit Moss, Lois Strachan, Dot Martin. Back Row L-R: Jennifer Anderson, Leroy Hurt, Philip Malone, Richard Rhone, Elizabeth Aversa, Edward 'Buck' Whatley, Kathy Chastine. Not pictured: Mary Ann McKissick, Kathy Russell, George Tilbury, Patty Trethaway

OLLI Board Members 2017-2018

President	Richard Rhone, Ed.D.
Past President	Francine Marasco, Ph.D.
VP, Long-Range	Elizabeth Aversa, Ph.D.
VP, Curriculum	Philip Malone
VP, Gadsden	George Tilbury, Ed.D.
Secretary	Marty Massengale
Treasurer	Dot Martin
Parliamentarian	Edward "Buck" Whatley
Historian	Hattie Kaufman
Tuscaloosa	Patti Trethaway
Tuscaloosa	Linda Olivet
Gadsden	Kathy Russell
Greater Birmingham	Connie Arnwine
BCC Designee	Leroy Hurt, Associate Dean
OLLI Director	Jennifer Anderson
Marketing	Amelia Yessick
Membership	Kit Moss
Social	Mary Ann McKissick

New ~ OLLI Calendar Online

We have put all our current events – courses, trips, special programs, bonus and other helpful dates on our online calendar, ccs.ua.edu/calendar.



Spring Open House

January 11, 2018 | 3-5 p.m.

Bryant Conference Center

Enjoy refreshments and connect with friends!

Share your ideas and get involved with OLLI in Tuscaloosa!

Kit Moss, Membership Chair	mckittrick01@yahoo.com
Philip Malone, Curriculum Chair	philipgmalone@gmail.com
Peggy Hamner, Travel Chair	sswims2001@gmail.com
Mary Ann McKissick, Social Chair	savanica66@gmail.com
Amelia Yessick, Marketing Chair	ameliaheath@hotmail.com
Camilla Canty, Adapted Athletics	c.canty@mindspring.com

Class Locations

All courses are held at the Bryant Conference Center unless otherwise noted in the catalog.

Bryant Conference Center (BCC) 240 Paul W Bryant Dr, Tuscaloosa

Capstone Village 601 5th Ave E, Tuscaloosa

Clay Co-Op, Kentuck Art Center 503 Main Ave, Northport

Clarke Building, Kentuck Art Center 503 Main Ave, Northport

Crimson Village 1410 18th Ave E, Tuscaloosa

Ernest & Hadley Booksellers 1928 7th St, Tuscaloosa

First United Methodist Church 800 Greensboro Ave, Tuscaloosa

Gather 2207 5th St, Northport

Morning Pointe 1801 Rice Mine Rd N, Tuscaloosa

Pine Valley Retirement Community 800 Rice Valley Rd N, Tuscaloosa

Stillman College 3601 Stillman Blvd, Tuscaloosa

Tuscaloosa Museum of Art 1400 Jack Warner Pkwy NE, Tuscaloosa

Parking Information

UA Campus Annual Parking Permit \$10

Members taking courses on the UA Campus must purchase an annual parking permit and complete the parking permit request form. Contact the OLLI office for further details.

MONDAY COURSES

A101 Latin for Thrill Seekers

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

9:00 – 10:15 a.m.

Instructor: Dick Slattery

This will be an introduction to the Latin language for “thrill seekers”, those who want to improve their success at crosswords, and to be able to bandy about \$1.00 words when a nickel word will do. It is impossible to teach Latin in only eight sessions, but we will endeavor to impart as much Latin knowledge as possible in such a constricted time frame. It is hoped that when it is done, the student (discipulus) will be able to explain the Alabama motto: “Audemus iura nostra defendere” – “We dare to defend our rights!” and other state mottos and Latin on buildings. Latin will aid in clear thinking and help the student eschew obfuscation in conversation, Deo adiuvante!

A102 Travel the World Through My Lens

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

9:00 – 10:15 a.m.

Instructor: Philip Malone

Both travel and photography are a passion of mine. Through my photography, I will take you on seven trips to different parts of the world. We will visit Burma, Cambodia and Laos, Machu Picchu and Peru, The Galapagos and Ecuador, Patagonia and Argentina, Iceland, and Ireland. Each place is unique with its own beauty, charm, and mystique. Each trip will be narrated as the show is running, with two breaks for questions and discussion.

A103 Art of Losing

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

9:00 – 10:15 a.m.

Instructor: Brian Hamilton

The 2015 38-0 Kentucky Wildcats; The 2007 18-0 Patriots; The 32-0 1992 UNLV Running Rebels. Everyone has a list of the “Best Teams That Never Won a Title”. What is the psychology of going undefeated? Is it worth it? This course will study some of the (could’ve been) best teams of all time and we will discuss several factors that prevented these teams from reaching their destiny. This class will discuss the art of losing a game (NFL resting players) and the art of collapsing, when you are 38-0 and in the Final Four.

Spring Registration Begins December 4

Go online olli.ua.edu

or call 205-348-3000 or 1-866-432-2015

*Monday courses continued***A104 Introduction to Genealogy**

Feb 5, 12, 19, 26; Mar 5 (5 weeks)

9:00 – 10:30 a.m.

Instructor: Samuel R. Robinson

Location: Stillman College, Jackson Annex, Room 105

Diving into your family history can be an amazing adventure – whether you’re just looking to learn a little bit more about your family and ancestors, the meaning of your last name, or wanting to explore new horizons. This course will help you learn how to organize and make sense of the data that you collect. Also, you will begin to discover and build your family tree and construct your family history. Class limit: 12.

A105 Knitting for the Beginner

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

10:00 – 11:15 a.m.

Instructor: Judy 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: 8.

A106 Media Matters

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

10:30 – 11:45 a.m.

Instructor: Mary Tillotson

In this course, we will continue to look at public policy issues and how they are covered by the mass media. We’ll also look at the issues which are frequently, and perhaps tellingly, ignored by the media, and why that might be happening. You’ll have the chance to share and discuss your opinions on the topics of the day. Everyone attending these sessions will be encouraged to participate in an open dialogue on these intriguing subjects.

A107 The Business of Government

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

10:30 – 11:45 a.m.

Instructor: Linda M. Parsons

“Fool me once, shame on you. Fool me twice, shame on me.” Are you left feeling confused by the debates about budgets? Taxes? The debt ceiling? Credit ratings? Don’t be fooled by dueling political messages. Join us for a nonpartisan discussion of the financial aspect of government. In this class, you’ll learn to unravel the jargon used by politicians, bureaucrats, and the media to sell or disparage political positions. Be an informed voter!

A108 Let Us Now Praise Famous Men: the Book, its Authors, and its Aftermath

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

10:30 – 11:45 a.m.

Instructor: Winnie Cobb

In 1936, at the height of the Great Depression, Fortune magazine sent writer, James Agee, and photographer, Walker Evans, to Alabama to document the plight of sharecroppers. The outcome was eventually *Let Us Now Praise Famous Men*, a revolutionary new type of documentary whose influence, though slow in coming, has been immense. A continuing stream of journalists, writers, and photographers have made their pilgrimages to Hale County, Alabama, following in the footsteps of Agee and Evans and recording their own impressions. As part of the bicentennial celebration, Alabama has even commissioned the composition of an original opera based on the book. This course will examine the book itself, its authors, its history, and the works and artists it has inspired.

A109 Sharing and Exploring American Art Treasures

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

10:30 – 11:45 a.m.

Instructor: Will Hawkins

Location: Tuscaloosa Museum of Art

Come with us for an exploration of American Art! We’ll meet together for this class inside the beautiful Tuscaloosa Museum of Art, which is located at the Westervelt Company headquarters. We will discuss the various themes, styles, historical time periods, and, of course, the artists themselves. The course is designed to give you a solid overview of the collection, and will be enjoyable to both novice and expert appreciators of art.

A110 Mini-Medical School

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

Noon – 1:15 p.m.

Coordinator: Gloria Oglesby

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.

Jan 22	Dr. Bob McKinney	Anxiety/PTSD
Jan 29	Dr. Caroline Boxmeyer	Getting Your Grandchild off Electronics and Outside Nutrition
Feb 5	Dr. Suzanne Hensen	Health Care Reform
Feb 12	Dr. Tom Weida	Staying Active
Feb 19	Dr. Jimmy Robinson	Geriatric Depression
Feb 26	Dr. John Burkhardt	Crohn’s Disease
Mar 5	Dr. Ed Geno	

Monday courses continued

A111 Talking about Books: UA Press

Jan 22, 29; Feb 5*, 12, 19, 26, Mar 5*

Noon – 1:15 p.m.

Coordinator: Pat Beatty

University of Alabama Press coordinates visits by five UA Press authors who will talk about their books and answer your questions. Books by the authors will be available for purchase.

Jan 22 Steven Trout

Points of Honor: Short Stories of the Great War by a US Combat Marine

Jan 29 Ed Bridges

Alabama: The Making of an American State

Feb 12 Phil Beidler

Beautiful War: Studies in a Dreadful Fascination

Feb 19 Chip Cooper & Julio Larramendi

Campeños: Inside the Soul of Cuba

Feb 26 John House

Wolfhounds and Polar Bears: The American Expeditionary Force in Siberia, 1918–1920

For the OLLI Book Club, Jan Mercier and Carol Prickett will lead discussions on the following books:

***Feb. 5** *The Alice Network*, by Kate Quinn

***Mar. 5** *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, by David Grann

A112 Advanced Knitting and Crocheting

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

Noon – 1:15 p.m.

Instructors: Mary Ann McKissick, Judy Camp, Marty Massengale

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.

A113 Facts or Fables of the Wild West

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

1:45 – 3:00 p.m.

Instructor: Richard Rhone

Gary Roberts wrote, "Ironically, the facts and legend cannot be separated successfully without destroying the truth, and those who seek to 'set the record straight' run the risk of distorting reality as surely as those who uncritically accept the legend at face value." Certainly, this statement is accurate when we study the Wild West. Continuing last semester's study, we will talk about the legends, lies and truths of some of the major characters and events that truly define America's Wild West.

Personal Computer Tutoring

A114 Jan 22, 29; Feb 5, 12

1:45 – 3:00 p.m.

A115 Feb 19, 26; Mar 5

1:45 – 3:00 p.m.

Coordinator: Lisa McKinney

Are you new to using a computer or want to expand on what you already know? 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 each session: 25.

A116 Writing Your Family Stories

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

1:45 – 3:00 p.m.

Instructor: Judy Camp

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.

A117 Building for the Future: Common Elements of an Ideal Community

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

3:15 – 4:30 p.m.

Instructor: Stan Holland

This workshop will outline the elements of an ideal community, as well as foster a dialogue to generate recommendations for improvement and growth within the community. What is your vision of an ideal community? A culture of materialism and excess, misplaced values, abuses to children, women and the environment, glaring social and economic inequalities, society's failure to take care of the elderly, women and children, have all created irrevocable consequences for future generations. We must act now-- building from our current reality to where we wish to be in the future.

A118 Mad About These Movies

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5

3:15 – 5:00 p.m. (or end of program)

Coordinator: Amelia Yessick

Relax and enjoy a special movie selected just for you and presented by a fellow OLLI member. Perhaps you will see an old favorite, but, more likely, it will be something new and heretofore unappreciated. See you at the movies!

Jan 22 *Inside Out*, 2015, Adventure/Animation, 1hr, 34 mins
Presenter: Peg O'Rear

Jan 29 *I Am Teacher*, 2016, Russian War Drama, (sub-titles), 1hr, 28 mins
Presenter: Roberta Weisberg

Feb 5 *Westworld*, 1973, Comedy/Sci-fi, 1hr, 28 mins
Presenter: Adrienne Spruill

Monday courses continued

- Feb 12** *Happiness Never Comes Alone*, 2012, French Romantic Comedy, (sub-titles), 1hr, 50 mins Presenter: David McKissick
- Feb 19** *Bringing Up Baby*, 1938, Comedy/Family, 1hr, 42 mins Presenter: Jean Channell
- Feb 26** *A Boy and His Dog*, 1975, Sci-fi, 1hr, 30 mins Presenter: John Ryba
- Mar 5** *What Lies Beneath*, Drama/Suspense, 2000, 2hrs, 10 mins Presenter: Sue Etheridge

A119 **The Art of Scrapbooking**

Jan 22, 29; Feb 5, 12, 19, 26; Mar 5
5:30 – 7:00 p.m.

Instructors: Willie Wells, 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. You will be free to create and use items such as old jewelry, buttons, pins, post cards, greeting cards, wrapping paper, dried flowers, etc., to capture the essence of 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**A120** **Beginning Sun Style Tai Chi I**

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
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, slowly flowing movements, and deep breathing. The basic principles and 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.

A121 **Science for Non-Scientists**

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
9:00 – 10:15 a.m.

Instructors: Gene Byrd and Chet Alexander

There will be a non-technical presentation for each class on interesting topics in science and also on topics in the news. A number of outside speakers will be scheduled, as well as contributions by the instructors and class members.

A122 **Pioneers on America’s Frontier of Freedom and Equality**

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
9:00 – 10:15 a.m.

Instructor: David Chumney

Some Americans who made history remain largely unknown. In this class, we will look at the life and work of eight such individuals: Ernestine Rose, Charles Hamilton Houston, Vashti Cromwell McCollum, Constance Baker Motley, Fannie Lou Hamer, Will D. Campbell, Daniel Ellsberg, and Marc Solomon. Join us, as we discuss what these men and women did to advance equality and freedom for all Americans.

A123 **Your Money, Your Life!**

Jan 16, 23, 30; Feb 6, 13 (5 weeks)
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 through proper estate planning. Specialists in accounting, estate planning, and investments will be guest speakers for the course.

A124 **Nordic Walking**

Feb 20, 27; Mar 6 (3 weeks)
9:00 – 10:15 a.m.

Instructor: Leroy Hurt

Nordic walking, invented by Finnish cross-country skiers, is a full-body activity using poles to involve the upper body in walking. Evidence-based research has shown that Nordic walking improves weight loss, glucose management, muscular strength, lung capacity, heart capability, and cholesterol levels, among other benefits. Nordic walking is especially suitable for seniors, because it is a low-impact activity that allows those with joint issues and chronic conditions to participate. The three-sessions will introduce attendees to the sport, provide hands-on training on basic Nordic walking technique, and involve participants in other exercises and stretching involving Nordic walking poles. Poles will be provided.

A125 **There’s a Book in You**

Jan 16, 23, 30; Feb 6
9:00 – 10:00 am

Instructor: Easty Lambert-Brown

Location: Ernest & Hadley Booksellers

Have a story or two that needs to be told? Has your family been after you to finally write down your family history? This publisher/bookstore owner has 40 years of designing/publishing experience and can help you with your story, no matter the size. This course will focus on the development of your story, the elements of a good publication, and the actual process you would go through to get it published and on the shelves of a bookstore. Some knowledge of MS Word would be helpful. Class limit: 6.

Tuesday courses continued

A127 Beginning Crochet

Jan 16, 23; Feb 6, 13, 20, 27; Mar 6 (7 weeks)
9:15 – 10:15 a.m.

Instructor: 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.

A128 Playing with Clay

Jan 16, 23, 30; Feb 6, 13, 20 (6 weeks)
9:30 a.m. – 12:30 p.m.

Instructors: Rick Mitchell, Nancy Mayo, Bob Weir,
Linda Lochman
Location: Kentuck Clay Co-Op

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.

A129 Splendor in the Glass: Fused Glass Jewelry

Feb. 27
9:30 a.m. – 12:30 p.m.

Location: 502 Old Livingston Rd., Cuba, AL
Instructor: Linda Munoz

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 at least five 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.

A130 Design Secrets for Flower Arranging

January 30 and 31 (Tuesday and Wednesday)
10:00 a.m. – 12:00 p.m.
Instructor: Beth White

Location: Clarke Building at Kentuck Art Center

Learn techniques for creating flower arrangements that are beyond the “poke it in the pot” look. On Day 1, you will learn how to assess containers and base them up to properly achieve the desired result, how to select materials to insure success, simple tricks to make designing easier, and so much more. Please bring containers for your arrangements. On Day 2, bring a problem container that you have always wanted to use, but couldn’t figure out how. Flowers are included, but bring your own greenery (fresh or faux), scissors, and a cutting tool for stems. You will make at least one take-home arrangement both days. Class Limit: 10. Materials Fee: \$35.

A131 Art, Religion, and Politics!

Jan 16, 23, 30; Feb 5, 13, 20 (6 weeks)
10:30 – 11:45 a.m.

Instructor: Kitty Johnson

Yes, two of these are things we’re not supposed to discuss in polite company. Yet, art is always a suitable topic of conversation. Perhaps, this is because art is a non-judgmental way of seeing how religion and politics affect us. Each class will cover a significant era in the development of western culture, i.e., the Dark Ages, the Renaissance, the Counter Reformation, the Industrial Revolution, on up to the 21st century, and see what art can teach us about these milestones of history.

A132 Advanced Working with the Mac - Getting More from your Computer

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
10:30 – 11:45 a.m.

Instructor: Ken Kuntz

Let’s take the Mac Computer further. Customize the machine and how to get the most out of basic productivity programs. Explore the inter-connectivity between the Mac and the iPhone/iPad. Sessions will be devoted to Media on the Mac: music, movies and pictures with iTunes and Photos. Strategies for safeguarding your data with back-up drives and Cloud storage will be covered. What’s new in the latest MacOS and do we care?

Please Note: Loaner equipment will not be available. If you already have a laptop, please bring it and follow along. Class limit: 20.

*Tuesday courses continued***A133 History of Modern China**

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
10:30 – 11:45 a.m.

Instructor: Bruce Burrows

History of Modern China - a look at China from the Boxer rebellion until today, with emphasis on China's growth from a third world country to a world power. The course will focus extensively on Mao Zedong, the rise in Communism, the Sino Japanese War, the acquisition of Hong Kong, relationships with the USSR and Russia, and the co-existence of Capitalism and Communism.

A134 Beginning Line Dancing

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
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. The 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.

A135 The Path to Empathy: A Conversational Experiment

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6
12:00 – 1:15 p.m.

Instructor: Carolyn Zeanah

Empathy: What is it? Why is it important? Can I learn how to do it better? These are questions we will explore over the semester, by examining six habits of highly empathetic people. As we follow a prescribed outline, you will be invited to share your insights and experiences as part of the conversation. However, you may decide to just sit quietly and listen and that is okay, too. Class limit: 12.

A136 Retro Reports

Jan 16, 23, 30; Feb 6
12:00 – 1:15 p.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.

A137 Nutrients in Our Food: What are They and Why are They Needed?

Jan 16, 23, 30; Feb 6
12:00 – 1:15 p.m.

Instructor: Ralph Lane

In this four-week class, we'll discuss nutrients (water, protein, carbohydrate, fat, vitamins and minerals) that make up the foods we eat and how they're digested and used to produce energy and build tissues. We'll identify food sources that supply these nutrients and talk about quantities needed in order to maintain our health. We'll also take a look at selected popular diets, particularly the low-carbohydrate (Atkins, South Beach, Sugar Busters, etc.) diets in relation to their benefits and deficiencies, with emphasis on energy balance: energy consumed (fats, carbohydrates and proteins) versus energy expended.

A138 Nutrition

Feb 13, 20, 27; Mar 6
12:00 – 1:15 p.m.

Instructors: Nick Taylor and Jeff Quinn

This four-week course will cover the basics of calories, carbohydrates, proteins and fats. You can eat out and still eat healthy. Learn to make smart choices at your favorite types of restaurants.

Learn how all the colors of fruits and vegetables benefit you — and why they're important to your health. Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds, and digestion change.

A139 Managing Life after a Stroke, Part II

Jan 23, 30; Feb 6, 13, 20, 27; Mar 6
12:00 – 1:15 p.m.

Instructor: Cynthia Washington

Location: Stillman College, Jackson Annex, Room 105

We will build on what we learned in the fall course to examine practical applications of managing life after a stroke. The foundation will be based on a biblical structured lifestyle with a positive mental attitude.

A140 Jewelry Making for Fun

Jan 16, 23, 30; Feb 6, 13, 20
1:00 – 3:00 p.m.

Instructor: Ann Curry

Class Location: Clarke Building at Kentuck Art Center

You'll learn the secrets of successful jewelry creation that include technique, style, and function. Come learn how to create necklaces, earrings, and bracelets using a selection of pendants, Czech glass, crystals, and sterling silver clasps. Create beautiful items to wear or give. Also, learn how to repair some of your old jewelry. No experience necessary. This class is open only to students who have never taken this course before. Class limit: 10. Materials fee: \$60.

Tuesday courses continued

A141 Discovering Alabama

Jan 16, 23, 30; Feb 6

1:45 – 3:00 p.m.

Instructor: Doug Phillips

An overview of Alabama's diverse geology, rivers, forests, and wildlife will be covered in this four-week course. Each class will include presentations of Discovering Alabama documentary television shows, together with other materials, hands-on learning activities, and group discussion.

A142 The Space Race: A Retrospective Look at the Golden Days of NASA

Feb 13, 20, 27; Mar 6

1:45 – 3:00 p.m.

Instructor: Maury Musgrove

The generation of kids born from the early fifties to the mid-sixties witnessed what was arguably the greatest era of exploration in human history. The far-reaching effects of the U.S. racing the USSR to the Moon are still an integral part of our daily lives. This four-week class will share discussion, memories, and personal experiences through interactive participation accompanied by documentary, broadcast, and movie clips designed to entertain and inform. We'll touch on the backstory behind the flights and crews, hopefully stimulate your recall, and enjoy trivia regarding Project Mercury through the shuttle program and beyond. Bring your memorabilia to share!

A143 Alabama Politics

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6

1:45 – 3:00 p.m.

Instructor: Bill Stewart

This year of 2018 is Alabama's primary state election year. The governor and all other executive officers will be chosen, as will the 140 legislators (35 senators and 105 representatives). All of Alabama's seven U.S. representatives will be up for re-election for another two-year term. In addition, there will be several constitutional amendments to be voted on during the year. It is quite possible that Alabama will reach the questionable plateau of 1,000 amendments during the year. This Alabama Politics course will focus primarily on changing campaign techniques, particularly with the advent of social networking, but students should feel free to raise questions for discussion on any aspect of state politics in which they are interested.

A144 Social Guidance Films

Jan 16, 23, 30; Feb 6

1:45 – 3:00 p.m.

Instructor: Larry Fagen

Constitute a genre of educational films attempting to guide children and adults to behave in certain ways. Originally produced by the U.S. government as "attitude-building films" during World War II, the genre grew to be a common source of instruction in elementary and high school classrooms in the United States from the late 1940s to the early 1970s. The films covered topics including courtesy, grammar, social etiquette and dating, personal hygiene and grooming, health and fitness, civic and moral responsibility, sexuality, child safety, national loyalty, racial and social prejudice, juvenile delinquency, drug use, and driver safety; the genre also includes films for adults, covering topics such as marriage, business etiquette, general safety, home economics, career counseling and how to balance budgets.

A145 Four Levels of Senior Living

Feb 13, 20, 27; Mar 6

1:45 – 3:00 p.m.

Instructor: Sarah Pederson

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 during this four-week course. Topics will include, "Independent Living and Home Health Care," "Assisted Living," "Specialty Care Assisted Living," and "Long-Term Nursing Care and Hospice".

A146 Getting to Know your Heart

Jan 16, 23, 30; Feb 6

3:15 – 4:30 p.m.

Instructor: Nada Memon

The goal of this lecture series is to inform and educate the public about the electrical system of the heart, medical issues related to this system and various treatment options. The seven classes will answer these questions: What is atrial fibrillation and how is it treated? Is my passing out related to my heart? How do pacemakers and defibrillators work? Why is my heart racing? Why do I need to be on a blood thinner? Why do I need all these heart tests and what do they mean?

Share your class experience
and upload photos to
[facebook.com/olli.ua.edu](https://www.facebook.com/olli.ua.edu)



*Tuesday courses continued***A147 Card Tricks to Amaze Your Friends**

Feb 13, 20, 27

3:15 – 4:30 p.m.

Instructor: Tommy Ellison

Want to entertain your friends or vex your grandchildren? Over three sessions, a master magician will teach you the only 10 card tricks you'll ever need! Relying on ingenuity rather than sleight of hand, you'll learn to present them as mysteries, not just tricks -- one of the first rules in magic. With an emphasis on presentation, you'll be able to perform for five or up to 20 minutes, and, with a bit of practice, you'll be able to perform the same miracles magicians have been doing for over a century. All students need to bring a new, unopened deck of playing cards. Class limit: 15.

A148 Enlightenment Thought

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6

3:15 – 4:30 p.m.

Instructor: Max Hocutt

This new series of lectures will be about efforts of leading 18TH century intellectuals to come to terms with the sectarian conflict and scientific discoveries of the 17th century. Put to a choice between faith and reason, these intellectuals chose the latter, but did not find it easy. I shall analyze and evaluate their efforts.

A149 Mostly French Romantic Comedies

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6

3:15 – 5:00 p.m. (or end of program)

Instructor: David McKissick

French romantic comedies sometimes come with premises that are every bit as ridiculous as their American counterparts, yet, there's something that makes them seem fresher, more entertaining and even unpredictable. And who can resist films set in France (Paris)? Fun movies perfect for the blah winter months!

A150 The Impact of African-American Music

Jan 23, 30; Feb 6, 13, 20, 27; Mar 6

5:30 – 7:00 p.m.

Instructor: Elder Shan Blackmon

Location: Stillman College, Wynn Center, Room 152

During this course, you will learn how African-Americans have impacted our culture, dating from slavery to modern day, including blues, jazz, rhythm and blues, spiritual, hip hop, rock and roll, soul music, ragtime, funk, work song, doo-wop, American folk music, traditional black gospel, classic female blues, boogie-woogie, cakewalk, black music, and coon song.

A151 Talladega College Rising, Part II

Jan 30; Feb 6, 13, 20 (4 weeks)

5:30 pm – 7:00 p.m.

Instructor: Dionne H. Edison

Location: Stillman College, Jackson Annex, Room 105

A continuation of the Fall 2017 course, this continues the awareness about Alabama's oldest private historically black college. Dr. Edison will share in-depth knowledge of the college and its historical significance. She will also lead a tour near Talladega College of the Art Bacon Art Show. For details, see page 30 in the field trip section.

A152 Beginning Guitar

Jan 16, 23, 30; Feb 6, 13, 20, 27; Mar 6

6:00 – 7:15 p.m.

Instructor: Dan Vogt

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. Students will need to bring a guitar, a guitar tuner, a guitar pick, and a notebook. Class limit: 15.

A153 Become an MVP (Most Valued Person)

Jan 23, 30; Feb 6, 13, 20, 27; Mar 6 (7 weeks)

6:15 – 7:15 p.m.

Instructor: Don Walker

Location: Stillman College, Jackson Annex, Room 105

A good leader is not born, he is "crafted". This course will craft you to become a good leader, the MVP (Most Valued Person), on your job, in your organization, or on your sports team. The core components will be broken down into: THE BELIEF - Crafting a motivated person begins with the art of effective speaking and listening. THE BLESSED - Those individuals who have moved from the art form of listening, to being inspired or motivated. THE BENEFIT- Effective communication that produces the Most Valued Person (MVP).

WEDNESDAY COURSES

A154 Spanish II

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

9:00 – 10:15 a.m.

Instructor: Kay Chesnut

Progressing onward from our Spanish I for True Beginners class, we will begin with a review and then move on to cover everyday conversational topics such as the family, ordering in a restaurant, checking into a hotel, bargaining in a market, and basic transportation. You will learn basic grammar rules and verb conjugations pertinent to these topics. In this class, there will be more time for you to enjoy speaking and writing Spanish.

Wednesday courses continued

A155 Advanced Birding

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
9:00 – 10:15 a.m.

Instructor: Dwight Lammon

Designed for the birder who wants to learn more than just the basics. We will go over the details of identifying sparrows, warblers, shorebirds, flycatchers, hawks, and other challenging birds of Alabama. Discussions will also include migration, citizen science in ornithology, and bird sounds. No prerequisite, but come ready to “get one with nature”.

A156 Energy and Its Effects on You, Your Environment and Your Wallet!

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
9:00 – 10:15 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.

A157 Introduction to Oil Painting

Jan 17 and 24
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 artist 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: 10. Materials fee: \$35.

A158 Beginning Weaving

Feb 7
10 – 2 p.m.

Instructor: Andrea Moen

Location: Clarke Building at Kentuck Art Center

Learn how to weave using the amazing Kromski rigid heddle loom. You will leave the class with a beautiful piece of handwoven fabric that you created and the confidence to go create more!

All supplies included. Looms will be available to purchase (purchasing a loom is not required for class). Absolutely no previous experience necessary! Bring your own lunch. Class limit: 6. Materials fee: (Special OLLI rate) \$50

A159 Common Sense Approach to Estate Planning

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
10:30 – 11:45 a.m.

Instructor: Betty H. Fields

Breaking news! We are all going to die. Handling the details after someone dies can be agonizing and expensive. Join us, and learn to streamline this process for your executor and family. We will merge common sense with legalese to provide a firm foundation for your discussions with an estate planning attorney. We’ll cover topics that can potentially save your estate thousands of dollars, and will help solidify your legacy with your family.

A160 The Four Gospels and More: Inquiries into Early Christianity

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7
10:30 – 11:45 a.m.

Instructor: Patrick Green

Our initial focus: The four New Testament Gospels: Mark, Matthew, Luke and John. Four different views on what it once meant to be a “follower of the way,” an early Christian. Four different communities, the early “gatherings” that would eventually be the Church. And, of course, similar but distinct sources—our only sources—for what we know of the man, Jesus of Nazareth. We will also briefly examine the “gnostic” gospels, especially the Gospel of Thomas. How did the Gospel of John not come to us as gnostic? (It is very similar to Thomas.) And why did the early church eventually reject Gnosticism as a proper vehicle for its message?

A161 U.S. Army Infantry

Jan 17, 24, 31; Feb 7 (4 weeks)
10:30 – 11:45 a.m.

Instructor: Ron Houts

This four-week course will survey the development of the U.S. Army Infantry from the Revolutionary War to the beginning of the Vietnam era. The individual topics include an overview survey which is structured by investigating the advances in rifle weapons; and surveys of the Revolutionary War, Indian Wars of the 19th Century, and the Spanish-American War at the close of the century. Several books have been read in preparing for this course and the authors’ insights will be presented.

A162 Bling & Things: Crafting Jewelry

Jan 24, 31; Feb 7, 14, 21, 28; Mar 7 (7 weeks)
10:30 a.m. – 12:00 p.m.

Instructor: CeCe Washington

Class location: Stillman College, Jackson Annex,
Room 105

Imagine designing and creating jewelry that you have always wanted. Here’s your opportunity to do just that! When you are complimented on your beautiful piece of jewelry, you can proudly say “Thank you, I made it in my OLLI class.”
Limit: 15. Materials fee: \$45.

Wednesday courses continued

A163 Cure It with Color: Annie Sloan Chalk Paint

Jan 17, 24, 31; Feb 7, 14, 21

1:00 – 2:30 p.m.

Instructor: Jeni Bowen

Location: Gather

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.

A164 Watercolor Painting Basics

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

1:00 – 3:00 p.m.

Instructor: Beth Page

Location: Stillman College, Jackson Annex, Room 105

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: \$40.

A165 Yoga for Healthy Aging

Jan 17, 24, 31; Feb 14 (4 weeks)

1:30 – 2:30 p.m.

Instructor: Linda Dunn

Location: First United Methodist Church

This yoga class is designed to build strength and balance, reduce anxiety, and protect joints. Yoga gives you the tools to prevent falling, if you continue to practice the yoga breathing and yoga postures for life. Modifications will be offered for each yoga pose and you will be encouraged to do what is available to you in each class. Wear comfortable, loose-fitting clothes, and please bring a yoga mat to class.

A166 Birds of Belize

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

1:45 – 3:00 p.m.

Instructor: Dwight Lammon

We discover the multitude of bird species you may encounter in Belize, with lots of audio/visual and lots of fun. Course is designed for people headed to Belize on the OLLI trip, but anyone is welcome to attend.

A167 Successful Gardening: Let's Get Growing

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

1:45 – 3:00 p.m.

Instructors: Nancy Humphreys, Sharon Pate

Seedlings, sunshine, snapdragons, and shears. If these things make you smile, we think you've got a love for gardening. You will want to sign up for our can't-miss OLLI gardening class. For an engaging series of talks, we've invited a variety of speakers who will come talk to us about all things gardening.

A168 Tell Your Story

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

1:45 – 3:00 p.m.

Instructor: Donald Brown

Class members will be encouraged to be somewhat introspective and to realize that everyone has a story to tell, and to know that this class will help them gain the self-confidence to write it, because the written word is permanent — aspects of their life, such as happy, sad, funny, odd, memorable and forgettable.

A169 India: A View of an Enchanting Land

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

3:15 – 4:30 p.m.

Instructor: Usha Midkiff

Are you ready to see how the past and present meet in India? 3000 years of history is still alive in India. Let's make an armchair trip to India and discover its many wonders. We will discuss the history of India by discussing the many historic places to visit. No trip is complete without experiencing new dishes. We will learn to prepare some tasty Indian recipes. Yum!

iPhone/iPad Tutoring**A170** Jan 17, 24, 31; Feb 7**A184** Feb 14, 21, 28; Mar 7

3:15 - 4:30 p.m.

Coordinator: Lisa McKinney

Are you ready to learn more about your iPhone or iPad with your own tutor? UA Culverhouse LIFT students are trained to provide individualized tutoring to guide you in a hands-on environment and answer all of your questions. 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.

A171 Back in the Saddle

Jan 17, 24, 31; Feb 7, 14, 21, 28; Mar 7

3:15 – 5:00 (or end of program)

Instructor: Gary Kerr

The classic westerns of James (Jimmy) Stewart, including *Destry Rides Again*, *Broken Arrow*, and *Winchester 73*.

THURSDAY COURSES

A172 Sun Style Tai Chi II

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
8:30 – 9:30 a.m.

Instructor: Gail Hasson

Location: Capstone Village

A continuation of Beginning Sun Style Tai Chi I (for those who have completed the OLLI Tai Chi class one or more times in the past three semesters). Such students may register for Beginning Sun Style Tai Chi I (on Tuesdays) OR this class, but not both.

Wear comfortable, loose-fitting clothes and flat-soled shoes.

Class limit: 12.

A173 Computer Tutoring at Stillman

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
9:00 – 10:15 a.m.

Coordinator: Lisa McKinney

Location: Stillman College, Jackson Annex, Room 105

Are you new to using a computer or want to expand on what you already know? 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: 10.

A174 Line Dancing For the Experienced Dancer

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
9:30 – 10:45 a.m.

Instructors: Betty Fagen and Linda Selby

Location: Morning Pointe, 1801 Rice Mine Rd N,
Tuscaloosa

If you have already taken the Beginning Line Dancing class, then you are ready for the next step. This class is to enhance your line dancing skills. Come continue to learn and enjoy line dancing with other OLLI members. Class limit: 20.

A175 Future Shock: Understanding Change in the 21st Century

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
10:30 – 11:45 a.m.

Instructor: Scott Bridges

Location: Stillman College, Jackson Annex, Room 103

Take this exciting study of what happens to people when they are overwhelmed by change. It would enhance your class experience to purchase the book, Future Shock by Alvin Toffler (1970), published by Bantam Books. “We can tell the future because we are living the future of the past.” Sir Geoff Palmer.

A176 Advanced Genealogy

Feb 8, 15, 22; Mar 1, 8 (5 weeks.)
10:30 a.m. – 12:00 p.m.

Location: Stillman College, Jackson Annex, Room 105

Instructor: Samuel R. Robinson

Genealogy Study and research is a lifetime adventure. This advanced class is a continuation of building on the fundamentals presented in the Introduction to Genealogy Course. At some point, every family historian encounters a barrier in their genealogy research “a brick wall”, and they can often appear impossible to work around. When you have exhausted all the obvious possibilities, consider the less obvious. This course is all about the less obvious. It is a compilation of some of the best genealogy brick wall “busting” solutions that I have accumulated over the years. I hope that some of these solutions will give you that “Aha!” moment that will enable you to dig deeper into your family’s past. Class limit: 12.

A177 History of Radio – TV Without the Pictures

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8
Noon – 1:15 p.m.

Instructor: Don Hartley

Location: Stillman College, Jackson Annex, Room 103

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, listen to the familiar formats of variety, drama and soap operas and hear how FDR, Winston Churchill and Adolph Hitler used radio to appeal to the masses. We will study where radio is today and where it is expected to go in the future. It will be a fun and informative eight weeks.

A178 Generational Differences in Changing Times

Jan 25; Feb 1, 8, 15, 22; Mar 1, 8 (7 wks.)
1:00 – 2:00 p.m.

Instructor: Sandra Hopkins

Location: Stillman College, Jackson Annex, Room 105

In America, there are six living generations. This workshop will examine each generation, their belief system, fads, music and more. It will also show us how each generation affected the next generation: GI generation, traditionalist/mature, baby boomers, generation X, generation Y, and generation Z.

A179 Course By Course Cooking

Jan 18, 25; Feb 1, 8
1:45 – 3:00 p.m.

Instructor: Sarah Pederson

Location: Morning Pointe

During this four-week session, we will demonstrate a different course of a meal each week. Whether you would like to learn how to create a mouth-watering appetizer for a small gathering, a savory side dish that could outshine an entrée, a hearty main course to leave your guests satisfied, or a decadent dessert your friends can’t resist, no matter how full they are – we will teach you the techniques to pull it off! We’ll also offer suggestions for presenting the spread for your get-together.

Thursday courses continued

A180 Ancient American Civilizations

Jan 18, 25; Feb 1, 8, 15, 22; Mar 1, 8

3:15 – 4:30 p.m.

Instructor: Richard Diehl

Location: Stillman College, Jackson Annex, Room 103

Long before Columbus “sailed the ocean blue”, the Americas were home to civilizations that rivaled those of Rome, Egypt and Mesopotamia. This course explores some of these, specifically the Olmecs, Maya, Teotihuacanos, and the Aztecs; four of the best-known cultures in what is now central and southern Mexico. Classes will include films, lectures, group discussion, and personal anecdotes (mostly true), by someone who has done archaeology in Mexico since 1961.

A181 CPR: Caring When Pressure Arises

Mar 22, 29; Apr 5, 12

5:00 – 6:00 p.m.

Instructor: LaKisha Sewell

Location: Stillman College, Jackson Annex, Room 105

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.

A182 Creative Line Dancing

Jan 25; Feb 1, 8, 15, 22; Mar 1, 8 (7 weeks.)

6:00 – 7:00 p.m.

Instructors: Annie Mary Gray, John Teasely, and Daphne Hood

Location: Stillman College, Wynn Center, Room 152

Why are you sitting on the sideline when others are out on the dance floor stepping to the music? Come join us by putting on your dancing shoes and step to the latest, the oldies, and even create your own line dance. You can even “name your own dance” and you can learn it, too!

FRIDAY COURSES

A183 Eye-Catchers: Polymer Clay for Beginners

February 16

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.

BONUS PROGRAMS

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

Bonuses are included with your membership, so registration is not needed. Bring a friend to get a “sampling” of OLLI programs.

Jan 17 Nelle Harper Lee Part I

Presenter: Dr. Ralph Voss

Harper Lee wrote only two books and yet her work is as relevant today with as when she published them. Dr. Voss presents a comprehensive review of *To Kill a Mockingbird* and its earlier version, *Go Set a Watchman*.

Jan 24 Pioneer 61 Mission Rescue

Presenter: Kevin Beck

Mozambique and Zimbabwe are known as one of the largest sex trafficking areas in the world. The mission of Kevin Beck and his organization, is the rescue of children from a life of prostitution and sex trafficking.

Jan 31 The Eight Week Odyssey

Presenter: Francine Marasco

Let your imagination soar as OLLI member, Francine Marasco, takes you along on her journey of Fiji, Caledonia, New Zealand and Australia.

Feb 7 The Gig Economy

Presenter: Dr. Robert Prescott

No, this is not a typo. The Gig economy is a new (and different) work force for the young starting out and for retirees looking to supplement their income.

Feb 14 Amazon River: Experiences & Facts

Presenter: Peggy Hamner

The Hamners’ adventures on an Amazon River cruise in Peru, and the fascinating facts they learned about the Amazon ecosystem, bring South America to OLLI.

Feb 21 Unmanned Aircraft Systems (Drones)

Presenter: Richard Johnson

An overview of how significant changes in technology have enhanced the use of Drones. Learn the application, value and some of the myths of Drones operating in the U.S. and overseas.

Feb 28 The T.C.H.P.S.

Presenter: Cal Wilson

The Tuscaloosa County Historical Preservation Society is one of the premier “jewels” of the area. Find out how this organization got started and is continuing its success in education and fun.

Bonus programs continued

March 7 Nelle Harper Lee Part II

Presenter: Dr. Ralph Voss

This will be a review of the three books written about Harper Lee. Discussion on Charles Shields' *Mockingbird: A Portrait Of Harper Lee*, Marja Mills' *Mockingbird Next Door: Life With Harper Lee* and Wayne Flynt's *Mockingbird Songs: My Friendship With Harper Lee*.

SPECIAL PROGRAMS

A401 Healthy Relationships

Saturday, Feb 10

10:00 a.m. – 2:00 p.m.

Instructor: DeAndrae Sewell

Location: Stillman College, Jackson Annex, Room 105

Come join us to learn how to develop and maintain positive relationships. Learn ten effective ways to allow healthy and positive relationships in your personal or professional life to evolve, while lessening the trauma and drama in the lives of all involved. Class limit: 20. Lunch Dutch-treat.

A402 Fish Tales

Thursday, Feb 22

5:30 – 6:30 p.m.

Instructor: Jimmy Edison

Class Location: Stillman College, Jackson Annex, Room 105

Listen and laugh at fish tales, past and present. Jimmy is a former bass fisherman with the West Side Bass Club of Tuscaloosa and SABBA, and he will share about bass fishing on the Alabama waterways.

A403 Boating Safely

Monday and Wednesday

April 2 and 4 (must attend both sessions)

9:00 – 12:30 p.m.

Instructor: Richard Byrne

Location: Tuscaloosa County Courthouse Annex, 2513 7th St, Tuscaloosa

If you are interested in an exciting, in-depth boating safely course, join us for this two-day beginner boating class. We will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete About Boating Safely. Passing the course exam provides the certificate needed for an Alabama boating license. Handbook included. Class limit: 20.

Materials fee: \$25 paid onsite to U.S. Coast Guard.

A404 History/Walking Tour of Stillman College

Saturday, Apr 14

9:00 a.m. – 12:00 p.m.

Instructor: Robert Heath

Location: Stillman College, Stinson Auditorium, Room 100

Join us as we hear about the history and beauty of Stillman College which was founded in 1875. Whether you are taking OLLI classes on the Stillman campus this semester, or have always wanted to just learn more about this important piece of Tuscaloosa's history, this orientation and walking tour of the campus, led by the Stillman College Historian, is the perfect opportunity to see and hear more of Stillman! Class will be held regardless of weather. Please wear comfortable shoes for the short outdoor walking tour.

Dutch-Treat Supper Club

6:30 p.m., Tuesdays

We laugh, we share stories, we love to eat!

Register online olli.ua.edu or call Registration Services at 205-348-3000. The registration deadline is the Friday prior to the supper club date. Members meet at 6:30 p.m. at the restaurant. For more information, contact Janie Bostick jrsb1012@bellsouth.net.

A301 R. Davidson's Chop House – Jan 23

2330 4th St., Tuscaloosa

A302 Iguana Grill – Feb 27

Midtown Village, Tuscaloosa

A303 301 Bistro – Mar 27

301 Greensboro Ave., Tuscaloosa

A304 Pottery Grill – Apr 24

3420 Hwy 69 N, Northport

A305 Southern Ale House – May 22

1530 McFarland Blvd., Tuscaloosa

See Field Trip 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.

Spring Open House

Thursday, Dec 14, 2017
4 – 6 p.m.

UA Gadsden Center
121 North 1st Street, Gadsden

Enjoy holiday treats and bring a friend!

Share your ideas and get involved with OLLI in Gadsden!

VP Gadsden Chapter

George Tilbury, tilsgeorge@aol.com

Curriculum Chair

Shirley du Pont, slidd01@aol.com

Social Chair

Jan Mackey, calkid4747@yahoo.com

Member-at-Large

Kathy Russell, kathydrussell@gmail.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.

Fall Registration Begins December 4

Go online olli.ua.edu
or call 205-348-3000
1-866-432-2015

MONDAY COURSES

G101 Monday Morning Quarterback

Jan 8, 22, 29; Feb 5, 12, 19 26

10:00 – 11:30 a.m.

Instructor: Craig Scott

Location: Gadsden Public Library, Lena Martin Room

How did your game predictions go? We may be seeing the last of football, but there are many sports games left to play and so much to discuss. Join the OLLI Sports Club at the Gadsden Public Library for a lively discussion about football, baseball, basketball or just about any other sport known to man! Join us for banter and fun. The coffee will be hot. If you love sports, you are invited, regardless of gender. See you there!

G102 “Behind the Curtains”

Jan 8, 22, 29; Feb 5

1:00 – 3:30 p.m.

Instructor: Craig Scott

Location: Gadsden Public Library, Lena Martin Room

Come tour with Craig to see what goes on “behind the curtains” at four different locations around town. We will meet at the library and begin our journey from there. Our adventure will take us to...

Week 1: Northeast Alabama Genealogy Society

Week 2: Max Packaging

Week 3: United Way

Week 4: Job Corp

G103 Monday at the Movies

Jan 8, 22, 29; Feb 5, 12, 19, 26

1:00 – 2:30 p.m.

Facilitator: Shirley du Pont

Room 110

We will view movies of the late Robert Mitchum. Robert Mitchum was an underrated American leading man of enormous ability, who sublimated his talents beneath an air of disinterest.

January 8 *The Big Sleep*

January 22 *Night of the Hunter*

January 29 *The Enemy Below*

February 5 *Crossfire*

February 12 *Thunder Road*

February 19 *Farewell, My Lovely*

February 26 *Cape Fear*

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



Monday courses continued

G104 World Religions

Jan 8, 22, 29; Feb 5, 12, 19, 26
3:00 – 4:30 p.m.
Instructor: Rev. Carl Sexton II
Room 110

We live in an increasingly global community. Understanding the cultures of our global neighbors, in which religion plays a major part, enables us to be better neighbors. This course will provide an introduction to world religions. The purpose of this course is not to arbitrate the “rightness” or “wrongness” of a particular religion, but to better understand the viewpoints of our global neighbors. The purpose will be to learn the basic history, cultural impact, and living rituals of each religion. Though the focus will be on the world’s “major” religions, we will make occasional forays into lesser known religions.

TUESDAY COURSES

G105 The Civil War

Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
10:00 – 11:30 a.m.
Instructor: Norman Dashingier, Jr.
Room 110

The American Civil War was fought in the United States from 1861 to 1865. The nationalists of the Union proclaimed loyalty to the U.S. Constitution. They faced secessionists of the Confederate States of America, who advocated for states’ rights to expand slavery. The Civil War was to prove one of the most ferocious wars ever fought. Without geographic objectives, the only target for each side was the enemy’s soldier. Norman will discuss how Georgia and Alabama were involved in the war. During the war, Georgia sent nearly 100,000 men to battle for the Confederacy, mostly to the Virginian armies. Despite secession, many southerners in North Georgia remained loyal to the Union. The American Civil War remains the most significant event in Alabama’s history. The occupation of north Alabama remained an important Union objective throughout the war. Many, Lincoln in particular, believed that they could undermine the Confederacy from within, by courting the isolated Unionists in north Alabama and east Tennessee.

G106 Mah Jong

Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
1:00 – 2:30 p.m.
Instructor: Charlotte Cohn
Room 101

Learn about this ancient Chinese tile game that is part luck, part skill, and all fun. We will begin with the basics for absolute “newbies”, and provide strategies and pointers for players wanting to improve their playing skills. This game is fast becoming the rage around town. Do not miss this chance to have fun, while learning to play or honing your skills.

G107 Can You Come For Dinner?

Jan 9, 16, 23, 30; Feb 6
1:00 – 2:30 p.m.
Instructor: Susie Haller
Room 110

In this class we will enjoy a five-course meal. Susie Haller will prepare and share the meal and her recipes with us. Join us for the fun and the fabulous food!

Class limit: 24. Materials fee: \$25.

Week 1: Appetizers

Week 2: Soup and light sandwich

Week 3: Salads

Week 4: Main course

Week 5: Desserts

G108 Bridge for Beginners

Jan 9, 16, 23, 30; Feb 6, 13, 20, 27
1:00 – 2:30 p.m.
Instructor: Miki Cook

Location: The Senior Activity Center, Bridge Room, elevator available

This course is designed for those who have some experience playing bridge, but may have forgotten many of the common bridge practices, rules, and regulations. You will review how to evaluate your hand, bid, respond, make your contract, and play bridge. You will play bridge every week and practice, practice, practice. Do not miss this opportunity to keep your mind active. Class limit: 24.

G109 String Along With Amelia

Jan 9, 16, 23, 30; Feb 6, 13
3:00 – 4:30 p.m.
Instructor: Amelia Day
Room 110

Make a fashion statement with a creation all your own. In this class, we will learn how to work with cord and leather. This is a chance to practice the techniques of jewelry making with a skilled instructor and go home with pieces uniquely your own. If you have taken a jewelry class before, join us for more advanced techniques with leather and cord. Materials Fee: \$15.

WEDNESDAY COURSES

G110 History Over Easy

Jan 10, 17, 24, 31; Feb 7, 14, 21, 28
10:00 – 11:30 a.m.
Instructors: Randy Holland and John McFarland
Room 110

“Topic du jour” sets the stage for this class. Class participants chart the course of class discussions. You can expect a kaleidoscope of ideas to be presented. Internet sources, the broad knowledge of the instructors, and input from the members make this a lively and interesting class.

*Wednesday courses continued***G111 The Vietnam War**

Jan 10, 17, 24, 31; Feb 7, 14, 21, 28

1:45 – 3:00 p.m.

Instructor: Skip Campbell

Room 110

NOTE: This is a special time.

The Vietnam War (1959 – April 30, 1975) was the prolonged struggle between nationalist forces attempting to unify the country of Vietnam under communist government and the United States (with the aid of the South Vietnamese) attempting to prevent the spread of communism. Since the end of the war, the Vietnam War has become a benchmark for what not to do in all future U.S. foreign conflicts. Join us as we explore this epic story of one of the most consequential, divisive and controversial events in American history. The session will feature Ken Burns and Lynn Novick's documentary series.

G112 Pulp Fiction

Jan 10, 17, 24, 31; Feb 7, 14

3:00 – 4:30 p.m.

Instructor: Dave Murdock

Room 110

Pulp magazines were a lucrative (and underrated) market for short fiction in the first half of the twentieth century. Many talented writers got their start in the "pulp" and learned their trade churning out sometimes lurid fiction for the popular market. Some of those writers went on to distinguished careers. Please join us for a breakneck spree through early twentieth-century pulp fiction and the influence it has on modern fiction and film.

Session 1: Introduction – What is Pulp Fiction?**Session 2:** Adventure/Aviation Pulp**Session 3:** Science Fiction Pulp**Session 4:** Detective/Mystery Pulp**Session 5:** Western Pulp**Session 6:** The Continuing Influence of Pulp Fiction**THURSDAY COURSES****G113 Exercise for Your Health**

Jan 11, 18, 25; Feb 1, 8, 15, 22

9:00 – 9:45 a.m.

Instructor: Belinda Brock

Location: Downtown Civic Center (Senior Activity Building)

Regular physical activity can help control your weight, lower your risk of heart disease, lower your risk of type 2 diabetes and metabolic syndrome, lower your risk of some cancers, strengthen your bones and muscles, and the list goes on. Fitting exercise into your daily routine may seem difficult at first, but even 10 minutes a day is fine. Join us for exercise, fun, and all those benefits to your health.

G114 Genealogy Club

Jan 11, 18, 25; Feb 1, 8, 15, 22

9:30 – 11:30 a.m.

Instructor: Craig Scott

Location: Gadsden Public Library, Second Floor
Computer Classroom (elevator available)

Where did you come from? Who were your ancestors? Craig will provide you with the resources to find your famous and infamous ancestors. The internet and the latest software are at your disposal to help in your hunt. This is not a class for the beginning genealogist. Previous computer experience is a MUST!

G115 Armchair Travel

Jan 11, 18, 25; Feb 1, 8, 15, 22

1:00 – 2:30 p.m.

Facilitator: Shirley du Pont

Room 110

And... we are off! Join us for trips to destinations, both historical and entertaining. Remember: no money, no bags, no passport or shots. This is the way to see the world.

January 11 - Niagara Falls

Presenters: Susan Davidson and Cindy Echols

Niagara Falls is the collective name for three waterfalls that straddle the international border between Canada and the United States; more specifically, between the province of Ontario and New York state. They form the southern end of the Niagara Gorge. Niagara Falls is famed both for its beauty and as a valuable source of hydroelectric power. Balancing recreational, commercial, and industrial uses has been a challenge for the stewards of the falls since the 19th century. During the 19th century, tourism became popular, and by mid-century, it was the area's main industry. Theodosia Burr Alston, daughter of Vice-President Aaron Burr, and her husband Joseph Alston were the first recorded couple to honeymoon there in 1801. Napoleon Bonaparte's brother, Jérôme, visited with his bride in the early 19th century.

January 18 - Fiji and Australia

Presenter: Francine Marasco

Fiji, officially the Republic of Fiji, is an island country in Melanesia in the South Pacific Ocean. Fiji is an archipelago of islands, some of which are permanently inhabited. Fiji has one of the most developed economies in the Pacific. Australia, officially the Commonwealth of Australia, is a country comprising the mainland of the Australian continent, the island of Tasmania, and numerous smaller islands. Australia is considered the world's largest island.

continued on page 22

Thursday courses continued

January 25 - Salzburg

Presenter: Frances Douglas

Salzburg is the fourth largest city in Austria and the capital of the federal state of Salzburg. Salzburg's "Old Town" is internationally renowned for its baroque architecture and is one of the best-preserved city centers north of the Alps. It was listed as a UNESCO World Heritage Site in 1997. Tourists also visit Salzburg to tour the historic center and the scenic Alpine surroundings. Salzburg was the birthplace of 18th-century composer Wolfgang Amadeus Mozart. Maria Von Trapp (later Maria Trapp) and her family lived in Salzburg until they fled to the United States, following the Nazi takeover. In the mid 20th century, the city was the setting for the musical play and film *The Sound of Music*.

February 1 - Egypt

Presenter: Connie Williams

Egypt, a country linking northeast Africa with the Middle East, dates back to the time of the Pharaohs. In many ways, the history of Egypt is the history of civilization as we know it. With more than 50 centuries of sophisticated culture, Egypt is filled with millennia-old monuments that sit along the fertile Nile River Valley. The Pyramids of Egypt, including the Great Pyramid, rank among the Seven Wonders of the ancient world. Market, food and interaction with the Egyptian people make this a wonderful country to visit.

February 8 - Cuba and Nicaragua

Presenter: Gail Ragland

Cuba is a country of indefinable magic. Meticulously preserved, Cuba's colonial cities haven't changed much since musket-toting pirates stalked the Caribbean. The atmosphere and architecture is particularly stirring - where grandiose squares and cobbled streets tell erstwhile tales of opulence and intrigue. Elsewhere, many buildings lie ruined and tattered. Nicaragua is the largest country in the region. This means you get tons of different places of interest and activities in one country. When it comes to cuisine and culture, Nicaragua's got personality to spare.

February 15 - London

Presenter: Shirley du Pont

Standing on the River Thames in the south east of the island of Great Britain, London has been a major settlement for two millennia. London is a leading global city in the arts, commerce, education, entertainment, fashion, finance, healthcare, media, professional services, research and development, tourism, and transportation. It is crowned as the world's largest financial center. London is a world cultural capital. It is the world's most visited city, as measured by international arrivals and has the world's largest city airport system measured by passenger traffic. London's universities

form the largest concentration of higher education institutes in Europe. In 2012, London became the first city to have hosted the modern Summer Olympic Games three times.

February 22 - Travel Celebration

Presenter: Shirley du Pont

It is time for our taste buds to travel where our minds and hearts have been these last few weeks. Join us for a sampling of delicacies from around the globe.

BONUS PROGRAMS

Thursdays, 3 – 4:30 p.m. at the UA Gadsden Center.

Bonus programs are a member benefit and registration is not needed. Feel free to bring a guest!

Jan 11 – From Seed to Plant

Presenter: Eric Shavey

Growing plants from seed is a great way to start gardening earlier in the season. With the right light and some simple equipment, it's easy to grow from seed to harvest. Each plant has unique seed-starting requirements. All seedlings require a considerable amount of light, so make sure you have a sunny, south-facing window. The goal with seed-starting is to have your seedlings ready to go outside when the weather is favorable. Eric will show us all the steps to successfully move from seed to harvest.

January 18 - John Singer Sargent

Presenter: Evelyn Brannon

The English village of Broadway, a typical English village with green and golden stone houses is tied to art history. John Singer Sargent painted one of his most famous paintings there (*Carnation, Lily, Lily, Rose*) when he was part of an art colony, which included some of the best painters and writers of the time (around 1885). One of his hosts, Frank Millet, was lost on the *Titanic*. The village is virtually unchanged. The people, place and time are full of fascinating stories.

January 25 - Liver-Eating Jeremiah Johnson: The Man and the Myth

Presenter: Richard Rhone

It is often difficult to separate legend from reality, and that's certainly true today as we look at one of the most infamous and most enigmatic characters that existed in the American Wild West. If not for a movie, most of us would be ignorant of him, even though in the 19th century his fame was of epic proportions. Today, we aren't sure of much of his life, but two things we know as absolute fact: his name was not Jeremiah Johnson and he certainly didn't look like Robert Redford. Let's try to separate the fact from the fiction.

*Bonus programs continued***February 1 - Medicine in Ancient Egypt**

Presenter: Catherine Hawkins

Classical scholars have always considered the ancient Greeks, particularly Hippocrates, as being the fathers of medicine, but findings suggest that the ancient Egyptians developed a credible form of pharmacy and medicine much earlier. Although ancient Egyptian physicians practiced a combination of what one today would consider practical medicine and magic, they made substantial contributions to Western medicine thousands of years before Hippocrates.

February 8 – African-Americans in the U.S. Military

Presenter: Robert Kane

This presentation covers African-Americans in the U.S. Military from the American Revolution to integration. It shows how African-Americans served in the U.S. Armed Forces since the American Revolution, despite the existence of slavery until 1865. We will look at segregation, and continuing prejudice and discrimination. Many received significant U.S. military decorations, including the Medal of Honor, for valor and courage in America's wars. The significant participation of African-Americans in all U.S. Armed Forces led to the postwar integration of the Armed Forces in 1948. The presentation ends with how each military service integrated in the late 1940s and in the 1950s.

February 15 - Gemstones of the Bible

Presenter: Benny McNair

Throughout history, in every civilization, gemstones have been highly sought after and prized. The Bible makes numerous references to jewels and precious stones. We will learn about the gemstones mentioned in the Bible with their history and meaning.

February 22 - Gemstones of the Bible (cont'd)

Presenter: Benny McNair

We learned about the gemstones in the Bible. This week we take a close and personal look at some of those stones. What a wonderful way to learn about the stones and then be able to see and touch some of the examples. Join us for these two sessions of history and meaning from the Bible.

Dutch-Treat Supper Club

Registration deadline for the supper club is the Friday prior to the supper club date. Members meet at 5 p.m. at the Gadsden Center then carpool to the restaurant. Be prepared to drive your vehicle, if needed for transportation.

G301 **BLU Chop House – Tues, Jan. 23**
538 Broad St, Gadsden, AL

G302 **Classic on Noble – Tues, Feb. 13**
1024 Noble St, Anniston, AL

G303 **Bright Star – Tues, Feb. 27**
304 19th St N, Bessemer, AL

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.

Summer Open House

Thursday, May 10
4 – 6 p.m.

UA Gadsden Center

Enjoy refreshments and connect with friends

Spring Open House

Wednesday, Dec 6, 2017

1 – 3 p.m.

Vestavia Hills Senior Lodge

1973 Merryvale Road, Vestavia Hills

Enjoy light refreshments and blues and jazz entertainment.

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
Membership Chair - Julie Harper, jharper@vhal.org
Marketing Chair - Glenn Morgan, dglennmorgan@charter.net
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 & Jane Smith, janesmith1@icloud.com

Greater Birmingham Locations

Greater Birmingham Area OLLI meets the needs of members by offering programs at a variety of locations. Most of the sessions will be held at Vestavia Hills Civic Center, with several also at the Vestavia Hills Library in the Forest, Homewood Public Library, Levite Jewish Community Center, and Bessemer Public Library. 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

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

Bessemer Public Library

400 19th St North, Bessemer, AL 35020, 205-3428-7882

MONDAY COURSES

B101 Founding of America - Part II: The Rest of the Story or What They Didn't Tell You in School

Jan 22, 29; Feb 5, 12, 19, 26

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

Instructor: Fred Moss, physician by vocation, history student by avocation

What America went through to become a nation: the struggles, wars, and eventual conciliation – a continuation of the Birth of the American Nation course taught during the summer of 2017.

Jan 22: Review from 1295 through founding of first colonies. Die is cast for division and revolution.

Jan 29: Founding of last two colonies. Growth of regional differences. American Revolution and slavery.

Feb 5: Articles of Confederation: Development, strengths, weaknesses. "House" cracks worsen.

Feb 12: Articles through the Constitution. Compromises to bridge the growing gap plus judicial review.

Feb 19: Tariffs, Nullification, State's Rights, a new theory of origin of country. Marxist overflow.

Feb 26: An unnecessary war, regional impoverishment and the new "equality." Legacy of political Puritans.

B102 19th and 20th Century Short Stories

Feb 26; March 5, 12, 19, 26

10:00 a.m. – 12 p.m.

Levite Jewish Community Center

Instructor: Bob Lipman, retired poetry and short story instructor

Examine seven key elements that are common to the structure of all short stories: character, setting, conflict, climax, resolution, point of view, and theme. We will study *The Doll's House* by Katherine Mansfield, *The Tell-Tale Heart* by Edgar Allan Poe, *The Gift of the Magi* and *The Last Leaf* by O. Henry, *The Lottery* by Shirley Jackson, *The Necklace* by Guy de Maupassant, *The Last Lesson* by Alphonse Daudet, *The Steadfast Tin Soldier* by Hans Christian Anderson, and *EPICAC* by Kurt Vonnegut. The stories will be enhanced with meaningful videos pertinent to the plots.

Spring Registration Begins December 4

Go online olli.ua.edu or call 205-348-3000
1-866-432-2015

*Monday courses continued***B103 The Gilded Age**

April 9, 16, 23, 30

10:30 a.m. – 12 p.m.

Vestavia Hills Civic Center

Instructor: James Day, Professor of History, University of Montevallo

We will study the Gilded Age in United States history, from the 1870s to about 1900. 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 the period and any comparisons to events today.

TUESDAY COURSES

B104 Greek and Roman Classics

Feb 6, 13, 20, 27

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

Instructor: Shannon Flynt, Assistant Professor of Classics, Samford University

The Classics provide a new world offering the wisdom of ages past. With a key that unlocks the universe of the Ancient Greeks and Romans, they open a door leading to adventures in history, literature, philosophy, archaeology, theater, and poetry – the breadth of human experience as lived by Homer, Socrates, Plato, and Paul as well as by Cicero, Julius Caesar, Augustus, and Augustine.

B105 Ancient American Civilizations

March 6, 13, 20, 27

10:30 a.m. – 3:00 p.m. (with break for lunch)

Vestavia Hills Civic Center

Instructor: Richard Diehl, Professor Emeritus of Anthropology, UA

Long before Columbus “sailed the ocean blue” the Americas were home to civilizations that rivaled those of Rome, Egypt, and Mesopotamia. This course explores some of these, specifically the Olmecs, Maya, Teotihuacanos, and Aztecs; four of the best-known cultures in what is now central and southern Mexico. Sessions will include films, lectures, group discussion, and personal anecdotes (mostly true) by someone who has done archaeology in Mexico since 1961.

B106 Healthy Practices That Enhance Life

April 3, 10, 17

10:30 a.m. – 12 p.m.

Vestavia Hills Civic Center

April 3: Chiropractic and Acupuncture

Instructor: Dr. Beth Sherer, Chiropractor, Back On Track Chiropractic & Wellness Center

Beth will explain Chiropractic and Acupuncture, including some history and the philosophy, science, and art behind the two techniques. She will also explain various techniques for stress management.

April 10: Go Natural: The Gut/Brain Connection

Instructor: Rhonda Dial, Master Herbalist, Go Natural Herbs & Fitness

This session on the gut/brain connection will focus on healing conditions for such things as exhaustion, anxiety and depression, chronic insomnia, brain fog, trouble losing weight, and more. Rhonda will help us see what we can do to improve our health from a nutritional perspective and to enjoy life.

April 17: Essential Oils

Instructor: Julie Tidwell, retired physical therapist

Julie will discuss the therapeutic benefits of essential oils, which are a powerful natural option to address health and wellness. She will share the different ways of using essential oils in our day-to-day routine and the story of her journey into a holistic health approach to life.

WEDNESDAY COURSES

B107 Russia: History and Controversial Leaders – Part II

Feb 7, 14, 21, 28

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

Instructor: Jackie Nuby, retired Professor of History, University of Montevallo

Feb 7: Review early Russian history covered in Part I during the fall of 2017: founding of Russia; early rulers; beginning of laws and Christianity; the Mongol invasion; Ivan III and IV; Time of Troubles; the Romanov dynasty; Peter the Great; Catherine the Great; and Alexander I, II, and III.

Feb 14: Brewing of the Revolution, Bloody Sunday, Nicholas and Alexandra, and Rasputin.

Feb 21: The Bolshevik Revolution: Trotsky, Lenin, Stalin, Khrushchev, and the Cold War.

Feb 28: From Khrushchev to Putin. An assessment of Russia in the present.

GREATER BIRMINGHAM

Wednesday courses continued

B108 Research in Brain, Stem Cells, and DNA

March 7, 14, 21

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

March 7: Our DNA: Jump into the Gene Pool

Instructor: Mary Anne Ellis, Southern History Department, Birmingham Public Library

Discover how genetic research can help you explore your family history. Find out what a gene sample can tell you about the parts of the world your ancestors came from and more.

March 14: Stem Cell Research

Instructor: Kejin Hu, Assistant Professor, Stem Cell Institute, UAB

Our bodies can repair, regenerate, and/or refresh tissues by supplying new cells to replace those that are damaged or old. This is achieved by a special group of cells: stem cells. Stem cells have the potential to become functional cell types as well as the ability to self-renew. This lecture will provide a brief introduction to stem cells and their potential as a therapeutic tool.

March 21: Digging into the Brain

Instructor: David Geldmacher, Director, Division of Memory Disorders and Behavioral Neurology, UAB

This session will cover recent break-through research in neurology.

B109 Explorations

April 4, 11, 18

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

Instructor: James Lowery, retired administrator, UAB; serves on nine environmental boards

April 4: Historic Birmingham Mineral Railroad

The railroad that ran through six counties for a century will be described, with maps and photographs from its steam engine era and where it can be seen today.

April 11: Ice Age Tar Pit Excavations (La Brea)

Learn about the La Brea Tar Pits in Los Angeles, including active excavations plus 3.5 million fossils.

April 18: Antarctica – Continental Ice

This session will explore the science of the region and show its wildlife – sea birds, penguins, whales, seals – as well as icebergs, glaciers, and research stations.

B110 All Things Political

May 9, 16, 23, 30

10:30 a.m. – 12:00 p.m.

Vestavia Hills Civic Center

Instructor: Natalie Davis, retired Professor of Political Science, Birmingham-Southern College

This audience-participation conversation will cover the 2018 primaries, elections, polls, and predictions. In other words, all things political!

THURSDAY COURSES

B111 Fresh Eyes/New Vision: An Introduction to Ikebana Floral Design

March 8, 15

10:30 a.m. - 12:00 p.m.

Vestavia Hills Civic Center

Instructor: Beth White, professional florist

Class Size Limit: 20. Materials fee: \$20 (includes pin holder, foam moss, stones, container, and flowers).

Learn the basic techniques of oriental floral design, including how to use simple materials with breathtaking results. Bring your own cutting tools.

B112 Franklin Delano Roosevelt

March 22, 29

10:30 a.m. - 12:00 p.m.

Vestavia Hills Civic Center

Instructor: James Farris, lifelong student of history

This course will feature the life and presidency of Franklin Roosevelt in pictures and narrative. The conversational presentation will focus on the New Deal, World War II, and FDR mementos; and will invite commentary from the audience.

B113 WWII German Prisoners of War Camps in the US, Emphasizing Those in Alabama

April 12, 19

1:30 – 3:00 p.m.

Vestavia Hills Civic Center

Instructor: Joanne Bruer, retired history instructor, Jacksonville State University

Some 435,000 POWs came to the U.S. to be interned during World War II. The presentation will give an in-depth look into the daily lives of the POWs, the American guards, and the local people. The prisoners ranged from staunch Nazis and battle-hardened veterans to draftees conscripted from the ranks of school-aged boys and civilians. Some were not even Germans, but men from countries allied with or annexed to Germany. They were individuals with varied hopes, dreams, and beliefs.

Share your class experience
and upload photos to
facebook.com/gbaolli



BONUS PROGRAMS

Bonus programs are one-time presentations on a wide range of topics at various locations in the area. Registration is not needed. Members may bring a guest to bonus programs.

Learn to Play Pickleball, a New Sensation

Jan 11 and Jan 25, Thurs (come one or both days)

10:30 a.m. - 12:00 p.m.

Levite Jewish Community Center

Instructor: Trained instructors from the Levite Jewish

Community Center; Mindy Cohen, Coordinator

Come learn pickleball, a low-impact racquet sport that combines elements of badminton, tennis, and table tennis. Using solid paddles, 2-4 players hit a perforated plastic ball, similar to a wiffle ball, over a net. Invented in the mid-1960s as a children's backyard pastime, pickleball has become popular among older adults as well. The courts are indoors – wear comfortable clothes and shoes that allow side-to-side motion. Note: This activity is for healthy adults. A disclaimer must be signed for the Levite Jewish Community Center.

Climate Change

Jan 12, Fri

1:00 – 2:30 p.m.

Homewood Public Library

Instructor: Michael Hansen, Executive Director, GASP (Greater Birmingham Alliance to Stop Pollution)

Climate change is hotly debated. Some believe it is the greatest threat to our civilization and some believe it is a hoax. Michael will help us understand the science behind anthropogenic climate change, the threat it poses to Alabama, and what we can do about it.

Early Buddhist Art in India

Jan 18, Thurs

1:30 – 3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Angie May, Assistant Curator of Education, Birmingham Museum of Art

The earliest phase of Buddhist art in India is referred to as aniconic; meaning there are little to no figural representations of the Buddha until around the 1st century CE. This so-called aniconic phase left a multitude of art rich in Buddhist symbolism, but lacking in a recognizable icon. This presentation will trace the transition from non-representational Buddhist art to the creation of the now universally recognizable figure of the Buddha. Note: This program is part of a History of Art series offered by the Birmingham Museum of Art. A companion field trip to the museum will be held January 4 – see Field Trips at the end of the catalog.

Southern Gothic Writing

Feb 1, Thurs

1:30 – 3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Ralph Voss, Professor Emeritus of English, UA

Gothic literature has existed for centuries, but American Southern Gothic literature originated chiefly with Edgar Allan Poe in the 19th century. This program will describe what Gothic literature is, and will detail the characteristics that make for Southern Gothic literature, with examples from some of the South's greatest practitioners of the genre. If attendees wish to establish a framework for the program, they may want to read some or all of the following works, which contain many of the examples to be discussed:

Edgar Allan Poe's *The Fall of the House of Usher* and *The Telltale Heart* (short stories)

William Faulkner's *Rose for Emily*

Flannery O'Connor's *Good Country People* (short story)

Truman Capote's *Children on their Birthdays* (short story)

Harper Lee's *To Kill a Mockingbird* (novel)

Carson McCullers' *The Heart is a Lonely Hunter* (novel)

Liver-Eating Jeremiah Johnson: The Man and the Myth

Feb 15, Thurs

10:30 a.m. - 12 p.m.

Bessemer Public Library

Presenter: Richard Rhone, retired history instructor

It is often difficult to separate legend from reality, and that's certainly true today as we look at one of the most infamous and most enigmatic characters that existed in the American Wild West. If not for a movie, most of us would be ignorant of him, even though in the 19th century his fame was of epic proportions. Today we aren't sure of much of his life, but two things we know as absolute facts: his name was not Jeremiah Johnson and he certainly didn't look like Robert Redford. Let's try to separate the fact from the fiction.

Tour Eastern Europe

Feb 15, Thurs

1:30 – 3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Andrea Traina, native of Italy who conducts tours of his homeland and Eastern Europe

Join Andrea as he shows us the beautiful and historic cities of Eastern Europe. We will visit Budapest, Hungary; Krakow, Poland; and Prague in the Czech Republic. We will see world famous museums, learn the history and the arts, as well as see the beautiful blue Danube.

Bonus Programs continued

Celebrating Black History Month With a Birmingham Music Legend

Feb 23, Fri

1:00 – 2:30 p.m.

Homewood Public Library

Instructor: Sam Frazier Jr., professional musician

From his mother's shotgun house in the mining town of Edgewater, Sam Frazier Jr. became a part of Birmingham's musical history. He was the first black entertainer who appeared on the "Country Boy Eddie" show and did so for 14 years. He is in the Birmingham Records Hall of Fame and Alabama Blues Hall of Fame. Sam recounts his life in music and history in Blues, and shares his latest recordings with us.

The Great Depression

March 1, Thurs

1:30 – 3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Colin Davis, Distinguished Professor and Chair, Department of History, UAB

The Great Depression lasted from 1929 to 1939 and was the worst economic downturn in the history of the industrialized world. It began after the stock market crash of October 1929, which sent Wall Street into a panic and wiped out millions of investors. Over the next several years, consumer spending and investment dropped, causing steep declines in industrial output and employment as failing companies laid off workers. By 1933, when the Great Depression reached its lowest point, some 15 million Americans were unemployed and nearly half the country's banks had failed.

Betsy Ross: Did She Create the American Flag?

March 2, Fri

1:00 – 2:30 p.m.

Homewood Public Library

Instructor: Richard Rhone, retired history instructor

Since March is Women's History Month, we consider the reality or myth that Betsy Ross actually created the first American flag. Hear Richard describe the details of her life. Elizabeth "Betsy" Ross (1752-1836) was a flag maker for the Pennsylvania navy and is credited with making the first American flag. According to family tradition, upon a visit from General George Washington in 1776, Ross convinced him to change the shape of the stars he had sketched from 6- to 5-pointed by demonstrating that it was easier and speedier to cut the latter. This program is part of a series, "Revoluting Women," that Richard is teaching for us.

Ice Age Animals of Alabama

April 5, Thurs

1:30 – 3 p.m.

Vestavia Hills Library in the Forest

Instructor: Jun Ebersole, Director of Collections, McWane Science Center

Mammoths, saber-toothed cats, giant ground sloths and more! These are just a few of the extinct creatures that once roamed Alabama during the Ice Age. Join us on a journey back to Alabama's prehistoric past to learn about these fascinating creatures and the Ice Age research currently taking place in the state. Note: A field trip to McWane will be held April 24 – see Field Trip details on page 30.

SPECIAL PROGRAM

Registration fee must be paid with registration.

Zentangle

March 9, Fri (attend one or both sessions)

B401 10:30 a.m. – 12 p.m.

B402 1:30 – 3:00 p.m.

Levite Jewish Community Center

Instructor: Darla Williamson, Certified Zentangle Teacher
Materials Fee: \$13 each session. Darla will teach us this calming, restful but intricate art form. This semester's class will include the special art of inserting gemstones into our masterpieces.

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.

SPECIAL EVENT

Summer Open House

Friday, May 11

1:00 – 3:30 p.m.

Homewood Public Library

Entertainment by Birmingham dance troupe,
Natyandanda: Dance of India
Enjoy refreshments and connect with friends

Spring Open House**Tuesday, January 30****5:30 – 7:00 p.m.****Gordo City Hall** 25226 Hwy 82

Learn about the exciting courses, bonus programs, and field trips being offered.

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**1865 Alabama: From Civil War to Uncivil Peace**

Tuesday, January 30 5:30 – 7:00 p.m.

Presenter: Chris McIlwain

Location: Gordo City Hall, 25226 Hwy 82

Chris McIlwain, a Tuscaloosa attorney, will introduce his new book, *1865 ALABAMA: FROM CIVIL WAR TO UNCIVIL PEACE*, in which he examines the end of the Civil War and the early days of reconstruction in Alabama.

Antiques Appraisals

Monday, February 26 5:30 – 7 p.m.

Presenter: Jeri Junkin

Location: Gordo City Hall, 25226 Hwy. 82

Who needs Antiques Roadshow when we have Jeri Junkin, owner of Gordo's Red Barn Antiques, here to appraise your family heirlooms? Bring an antique for a complimentary appraisal. (No fine jewelry or war relics, please.)

Gordo 4H House

Tuesday, March 27 5:30 p.m. – 7 p.m.

Presenter: Amanda Crowley

Location: Gordo 4H House, 251 N. Main Street

Gordo is proud to have one of the only two 4H clubhouses in the State of Alabama. All Pickens County children, ages 9 through 18, are invited to register for after-school clubs, including Art, Forestry, Sewing, Archery, and Leadership, just to name a few. Mrs. Crowley will tell us about Alabama's 4H program and guide us through the 4H House.

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.

Spring Registration Begins - Dec 4Go online olli.ua.edu or call 205-348-3000 or 1-866-432-2015**Spring Open House****Tuesday, January 9****5:30 – 6:30 p.m.****The Greensboro Hotel** 1202 Main St

Learn what's new in OLLI and join in the fun of learning.

Share your ideas and get involved with OLLI in Greensboro!

Curriculum Chair

Caroline Cutler, csistergirl@aol.com

Board Member

Edward "Buck" Whatley, woodbuckone@gmail.com

BONUS PROGRAMS

The Greensboro Hotel, 1202 Main Street, Greensboro

Taking a Second Look: The Photography of William Christenberry

Tuesday, January 9 5:30 – 6:30 p.m.

Presenters: Carolyn Walthall and Winnie Cobbs

In March the Greensboro Opera House and Newbern Library will jointly host "Taking a Second Look", an exhibit and workshop featuring works of internationally renowned artist, William Christenberry. He lived in Washington D.C., but returned each summer to Hale County to record the passage of time in photographic images. In preparation for the upcoming exhibit, this program will provide a look at this Hale County native and his legacy.

What Lies Beneath: Metal Detecting in Greensboro

Tuesday, March 13 5:30 – 6:30 p.m.

Presenter: Glen Johnson

Glen Johnson has lived in Greensboro for 15 years and has been metal detecting for two of those years. He has found treasures and interesting historical artifacts in his own yard, the Johnson-Waller house, and is willing to show us how to use a metal detector.

The Wetlands

Tuesday, April 10 5:30 – 6:30 p.m.

Presenter: Dr. Julia Cherry, Assistant Professor, New College and Biological Sciences

Julia Cherry's research focus has been wetland ecology. Let's understand more about the various mechanisms influencing the wetland ecosystem in our Gulf Coast and other locations.

Fitness & Food = Fun

Tuesday, May 8 5:30 – 6:30 p.m.

Presenter: Leah Drury

Leah Drury will share her expertise as an athlete and trainer to make Greensboro a better place. She will tell you about her journey, which has taken her to The Stable featuring good, healthy food, along with her A-1 Fitness Center.

FIELD TRIPS FOR ALL MEMBERS

OLLI at UA Field Trips – All Chapters

Register online at olli.ua.edu or call Registration Services at 205-348-3000 or 1-866-432-2015. Registration is on a first come, first served basis. Fees must be paid with registration. Cancellations may only be made by contacting UA Registration Services. Refunds will not be issued for cancellations after the trip cancellation deadline. Substitutions are not allowed. If you have further questions, please contact the trip leader or the OLLI office.

OLLI field trips are educational and fun! Members are encouraged to participate in field trips at any of the chapters.

DEPART FROM TUSCALOOSA

A201 The UA Equestrian Program

Fri, Jan 26

Trip Leader: Dan and Sheree Miller
(evergreens3@yahoo.com)

Cancellation deadline: Thurs, Jan 11

Depart BCC: 8:15 a.m.; Return 3:00 p.m.

Fee: \$35 (includes transportation)

Activity level: Easy/moderate (extensive standing and walking on uneven ground)

Did you know that the University of Alabama has a robust and growing Equestrian Program that “provides UA students and special populations access to the opportunities and benefits of equestrian activities”? We will visit the farm in Fosters where the horses are stabled and where the Equestrian Team trains to participant in various types of events. We will watch UA students put their horses through their paces in an hour-long session, then tour the facilities while we receive more information about the program and its long-term plans. On our way back to the Conference Center, we will stop to socialize over a Dutch-treat lunch.

A202 Walking Tour of Historic Bryce Main

Fri, Feb 9

Trip leaders: Amelia Heath (ameliaheath@hotmail.com)
and Peggy Hamner (sswims2001@gmail.com)

Tour Guide: William Teague, Professor, UA Dept. Theatre and Dance

Cancellation deadline: Thurs, Jan 25

Depart BCC: 12:45 p.m, return 5:00 p.m.

Fee: \$27 (includes transportation and dessert/beverage)

Activity Level: Moderate (walking, stairs)

Here's your opportunity to learn about the University's plans for the historic Bryce Main building on the Peter Bryce campus! Dr. William Teague, Department Chair of UA Theatre and Dance, will take us through the building in its “before” condition and tell us about the exciting ways that renovation and new construction will transform this historic structure into space for the performing arts, a welcome center, UA museums, academic spaces, and more. Emphasis will be on the new Performing Arts Academic Center,

which will connect to the restored Bryce Main and include four performing arts theaters, as well as rehearsal space for theater and dance. After our tour, we'll adjourn to the University Club to enjoy its famous almond ball dessert and coffee. You'll be proud of how the expanded campus is becoming incorporated into The University of Alabama!

A203 Highlights of Talladega - Talladega College, Art Bacon Art Gallery and Alabama Institute for the Deaf and Blind

Fri, Feb 16

Trip Leader: Peggy Hamner (sswims2001@gmail.com);

Tour guide: Dionne Edison, Dept. of Education, Talladega College

Cancellation Deadline: Thurs, Feb 1

Depart BCC: 8:00 a.m.; Return: 5:00 p.m.

Fee: \$39 (includes transportation)

Activity level: Moderate/strenuous (extensive walking, stairs in all buildings)

Join Dr. Dionne Edison for a trip to Talladega. We'll stop at the Art Bacon Art Gallery to view works created by Dr. Arthur Bacon, Professor Emeritus (Talladega College), scientist, civil rights activist and artist, who is particularly noted for his drawings and paintings of “older and neglected people whose experiences show in their faces”. Then, we'll tour historic landmarks throughout the beautiful campus of Talladega College, Alabama's oldest private historically black college - Swayne Hall, built in 1852 as the original school house, the DeForest Chapel with stained-glass windows by David C. Driskell, and Savery Library with its Amistad murals. After a Dutch-treat lunch, we will visit the Alabama Institute for Deaf and Blind (AIDB) to learn about its comprehensive education, rehabilitation and service program for individuals of all ages who are deaf, blind, deaf-blind and multi-disabled.

A204 UA Opera Rehearsal of “SEMELE”

Thurs, Feb 22

Trip Leader: Peggy Hamner (sswims2001@gmail.com)

Cancellation deadline: Mon, Feb 12

Meet at Bryant-Jordan Hall, Bryce campus: 6:45 p.m.;
estimated rehearsal end 9:30 p.m.

Fee: none

Activity Level: Easy (several hours of sitting)

Watch talented UA Opera students and faculty rehearse in the Bryant-Jordan Hall! Accompanied by piano, the cast will conduct a complete run-through of SEMELE by George Frederic Handel. This seductively funny, sensuous, and sparkling opera explores the clashing of gods and mortals, the foibles of vanity, and the tragic consequences of forbidden love. You may want to return on your own to see the public, fully costumed, production accompanied by the Huxford Symphony Orchestra.

FIELD TRIPS FOR ALL MEMBERS

Depart from Tuscaloosa Continued

A205 UA Student Recreation Center and Stran-Hardin Arena

Fri, March 2

Trip Leader: Peggy Hamner (sswims2001@gmail.com)

Cancellation deadline: Thurs, Feb 15

Meet at Recreation Center: 1:30 p.m.; end: 4:30 p.m.

Fee: None

Activity level: Easy

As an OLLI member, you are eligible to use the facilities offered by the Student Recreation Center. Take advantage of this opportunity to find out what is available there for you! We'll take a guided tour of the building with a staff member, who will explain all of the possibilities, both for group activities in classes and individual use of exercise equipment, the swimming pool, and more. After this tour, we will walk next door to tour the brand new Stran-Hardin Arena, a state-of-the-art facility for the Adapted Athletics Program that includes an NCAA regulation game venue for wheelchair basketball, locker rooms, workout/training room, strength and conditioning room, team meeting rooms and study halls.

A206 "Taking a Second Look" Christenberry Photographic Exhibit, Greensboro/Newbern

Fri, March 9

Trip Leaders: Jennifer Woods (jwoods9388@gmail.com),

Beth Seale (sealeb51@gmail.com)

Tour Guide: Winne Cobbs

Depart BCC: 8:30 a.m.

Cancellation date: Thurs, Jan 25

Fee: \$60 (includes transportation, exhibits, lunch)

Activity level: Moderate (some non-strenuous walking)

"Taking a Second Look," sponsored by the Greensboro Opera House and the Newbern Library, is a photographic exhibit and workshop featuring works of artist William Christenberry and other noted regional photographers. Internationally acclaimed artist Christenberry was a Tuscaloosa native with family roots in Hale County, where he recorded the passage of time through photographs taken year after year of the same sites. We will view the exhibit and listen to a discussion of the works at the Greensboro Opera House. In Newbern, we will take a nostalgic step into the past, with lunch (included in fee) at the Newbern Mercantile. We will visit the Newbern Library, a work of the famed Auburn Rural Studio, for a workshop, then photograph some Christenberry sites, winding up in Greensboro for shopping. Participants are encouraged to take photographs!

A207 A Scenic Tour through Northwest Alabama

Thurs, March 22 - Fri, March 23

Trip Leader: Philip Malone (philipgmalone@gmail.com)

Cancellation deadline: Wed, March 7

Depart BCC: 8:00 a.m., Thurs - Return 5:00 p.m. Fri

Fee: \$154 (includes transportation, admissions, and lodging)

Activity Level: Moderate/strenuous due to terrain/stairs

Our first stop will be the Ave Maria Grotto in Cullman. We'll have lunch in Cullman before going on to tour the Jesse Owens Museum. From there, we'll drive to the rustic and scenic Rattlesnake Saloon for a Dutch-treat dinner, before staying overnight at the Microtel Inn and Suites in Muscle Shoals. On Friday morning, we will travel to Dismals Canyon, a designated National Natural Landmark, for a morning walk on the beautiful canyon-floor trail. After lunch in Hamilton, we will visit Natural Bridge, the longest natural bridge east of the Rocky Mountains, before returning home. All meals will be Dutch-treat.

A208 Spring Pilgrimage, Columbus, Mississippi

Sat, April 7

Trip leader: Mavis Hughes (barneybhughes@gmail.com)

Cancellation deadline: Thurs, March 22

Depart BCC: 7:00 a.m. Return: 5:30 p.m.

Fee: \$68 (includes transportation and bus tour with guide)

Activity level: Easy (walking)

This award-winning event has been widely recognized as one of the best historic home tours in the South. We will visit Tennessee Williams' birthplace and three of the historic homes and gardens. In Columbus, we will tour on a double-decker bus, accompanied by a step-on guide. We will enjoy a Dutch-treat lunch from one of the vendors offering catfish, gumbo, chicken, burgers, etc. Eat your lunch seated under a large tent or at an outside table while listening to live music. An optional treat will be carriage rides at \$5 per person.

A209 Birds, Beach and Bellingrath

Thurs, April 12 - Sat, April 14

Trip Leader: Becky Embrey (emb619@aol.com)

Tour Leader: Dwight Lammon (Dwight.lammon@gmail.com)

Cancellation deadline: Tues, March 13

Depart BCC: 8 a.m. April 12; Return 6:30 p.m. April 14

Fee: \$450 Dbl (includes transportation, lodging, admission fees, lunch at Bellingrath and box lunch on Fri)

Activity level: Strenuous

Don't miss our third annual trip to Dauphin Island and Bellingrath Gardens! Experience three days of fun and visit several new birding locations, led by our birding expert, Dwight Lammon. Thursday and Friday will include bird watching excursions on Dauphin Island, just in time for the spring bird migration. On Friday, we will visit the renowned Dauphin Island Estuarium to glimpse the wonders of the Mobile Bay estuary system and study its flora and fauna. We will tour and visit historic Fort Gaines and experience birding at the Shell Mound, as well as in the Audubon Bird Sanctuary. On Saturday, we'll head to beautiful Bellingrath Gardens. We will tour the house and gardens and enjoy lunch and birding on the grounds before departing for home. We will enjoy Dutch-treat meals at several seafood restaurants during our trip.

Share your trip experience
and upload photos to
[facebook.com/olli.ua.edu](https://www.facebook.com/olli.ua.edu)



FIELD TRIPS FOR ALL MEMBERS

Depart from Tuscaloosa Continued

A210 Bibb County Glades Preserve and Brierfield Ironworks Historical State Park

Thurs, April 19

Trip Leader: Amelia Yessick (ameliaheath@hotmail.com)

Tour Guides: Dwight Lammon and Linda Sherk

Cancellation Deadline: Wed, April 4

Depart BCC: 8:00 a.m.; Return: 4:00 p.m.

Fee: \$34 (includes transportation, park fees and box lunch)

Activity level: Moderate/strenuous (2-hour hike)

A “Botanical Wonder,” and Nature Conservancy preserve, the Bibb Co. Glades Preserve is currently the most biologically diverse piece of land known in the state of Alabama. As we hike on well-maintained trails over gently rolling land, Linda Sherk, President of the Blanche Dean Chapter, AL Wildflower Society, will join us to identify flowering plants and our own Dwight Lammon will help identify birds. After the hike, we will enjoy a box lunch at nearby Brierfield Ironworks Historical State Park and take a look at the historic ruins of the Bibb Naval Furnaces, erected in 1862. Bring camera/binoculars and a walking stick!

A211 Much Ado about Nothing (The Octagon Stage), Alabama Shakespeare Festival

Sat, April 28

Trip Leaders: Isabel Oldshue (ioldshue@gmail.com) and

Donna Boles (donna-boles@comcast.net)

Cancellation deadline: Fri, March 30

Depart BCC: 9:00 a.m. - Return approximately 7:00 p.m.*

Fee: \$82 (includes transportation and ticket)

Activity Level: Easy (walking, flat; stairs)

Join your OLLI friends on a trip to Montgomery to see the matinee of Shakespeare’s *Much Ado About Nothing* at the beautiful Shakespeare Festival. “Sigh no more, ladies, sigh no more, men were deceivers ever...” The delightfully antagonistic relationship of Beatrice and Benedick is at the heart of this Shakespearean comedy. They skewer each other with witty repartee until they must join forces to save innocent young lovers threatened by a common enemy. We will stop for a Dutch-treat lunch before attending the play.

Members may participate in field trips at any of the chapters. Simply register and have fun!

A212 Cahaba Lily Festival

Sat, May 19

Trip Leader: Gloria Oglesby (bamaglo@comcast.net) and Mavis Hughes (Barneybhughes@gmail.com)

Cancellation Deadline: Fri, May 4

Depart BCC: 8:00 a.m.; Return: by 4 p.m.

Fee: \$50 (includes transportation and admission)

Activity Level: Moderate (walking outdoors)

Enjoy the annual Cahaba Lily Festival in West Blocton – presentations, music and close-up views of the flora and fauna along the Cahaba River. During the morning, conservation and wildflower specialists will present programs focusing on the beautiful Cahaba Lily and its river environment at the Cahaba Lily Center. We will enjoy a Dutch-treat lunch prepared by West Blocton residents. In the afternoon, we will travel by vans to view the lilies in their natural habitat along the river. If time permits, we will tour the historic Beehive Coke Ovens before returning to Tuscaloosa.

DEPART FROM BIRMINGHAM

All Greater Birmingham field trips depart from the Vestavia Hills Civic Center. Trip fee must be paid with registration. Cancellations must be made by contacting Registration Services, 205-348-3000 or 1-866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed.

B201 A Conversation about Art History (Birmingham Museum of Art)

Thurs, Jan 4

Trip Leader: Beth White (wytehaus1@msn.com) & Nancy Ekberg (nanekberg@aol.com)

Cancellation Deadline: Tues, December 19, 2017

Depart: 9:30 a.m. – Return: 2:00 p.m.

Fee: \$10 (includes admission); Dutch-treat lunch;

Transportation provided by Vestavia Hills. You will receive more information from the trip leader.

Activity Level: Easy

Attend the Art & Conversation lecture covering an aspect of art history, followed by lunch at Oscar’s at the Museum or individual touring.

B202 Sylacauga Marble Festival

Fri, April 6

Trip Leader: Beth White (wytehaus1@msn.com)

Cancellation Deadline: Fri, March 23

Depart: 9 a.m. – Return: 6 p.m.

Fee: \$25 (charter bus transportation); Dutch-treat lunch & ice cream

Activity Level: Moderate, extensive walking

The mission of the Sylacauga Marble Festival is to recreate the magic of marble through its artistic, commercial, and industrial applications. Do not miss this once-a-year opportunity to tour a marble mine, watch 20 sculptors from around the world create award winning sculpture, and interact with artists as they describe their work. This day-long trip includes a great Dutch-treat lunch and finishes with a stop at the Blue Bell Creamery.

FIELD TRIPS FOR ALL MEMBERS

Depart from Birmingham Continued

B203 **McWane Science Center Tour**

Tues, April 24

Trip Leader: Beth White (wytehaus1@msn.com) & Martha Weber

Cancellation Deadline: Tues, April 10

Depart: 12:45 p.m. – Return: 5:45 p.m.

Fee: \$6 (admission, unless you are already a McWane member). Transportation provided by Vestavia Hills. You will receive more information from the trip leader.

Activity Level: Moderate; some standing

In connection with the April 5 Bonus program on Ice Age mammals of Alabama, we will visit the McWane Science Center. Jun Ebersole, Director of Collections, will give us a “back of the house” tour of his collections lab and we will visit the Natural History area. You will also have time to view other areas of special interest at the center.

DEPART FROM GADSDEN

These trips depart from UA Gadsden Center. Registration fee must be paid with registration. Cancellations must be made by contacting Registration Services, 205-348-3000 or 1-866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed.

G201 **Unclaimed Baggage and Russell Cave (Scottsboro and Bridgeport, AL)**

Fri, Jan. 19

Trip leader: Shirley du Pont (slild01@aol.com)

Cancellation deadline: Thu, Jan 11

Depart from Gadsden: 8:00 a.m.

Fee: \$30 (includes transportation and admission), Dutch-treat lunch

Activity Level: Moderate (shopping, walking)

Unclaimed Baggage Center is now one of Alabama’s top tourist attractions, hosting over a million visitors a year, from every state and over 40 foreign countries. At 7.5 miles, Russell Cave is the 3rd longest cave in Alabama, although it is the history of the people that lived here that has made this site nationally significant. Access to Russell Cave is limited, due to the geologically unusual cave entrance. This flat, protected space is where artifacts have been found dating back to some of the earliest human occurrences in North America.

G202 **Chicago**

Virginia Samford Theatre (Birmingham, AL)

Sun, Jan 28

Trip leader: Shirley du Pont (slild01@aol.com)

Cancellation deadline: Mon, Jan 22

Depart from Gadsden: 12:30 p.m.

Fee: \$60 (includes transportation and admission)

Activity level: Easy

The longest running American musical in Broadway history comes to the VST stage with its satire on corruption, in the administration of criminal justice and the era of the “celebrity criminal”.

G203 **The Hermitage and Upper Room Nashville, TN**

Sat, Feb 10

Trip leader: Shirley du Pont (slild01@aol.com)

Cancellation deadline: Thu, Feb 1

Depart from Gadsden: 8:00 a.m.

Fee: \$60 (includes transportation and admission), Dutch-treat lunch

Activity level: Moderate (walking)

Join us this year for “The Duel – Art of the Southern Gentleman” only at Andrew Jackson’s Hermitage. We will hear about the story of Jackson and his famous duel with Charles Dickinson. What was the process of a duel? Why did people choose to duel in the first place? All of these questions will be answered along with an “actual” dueling demonstration by our historic re-enactors.

Amidst the recording studios and corporate offices on Music Row stands a simple chapel-turned-museum. Inside, you’ll find manuscripts and letters from religious leaders throughout history, as well as Bibles over four centuries old, antiques of all descriptions and a replica of DaVinci’s “Last Supper” that stands 17 feet tall.

G204 **Oak Hill and the Martha Berry Museum Berry College, Mount Berry, GA**

Fri, Feb 23

Trip Leader: Shirley du Pont (slild01@aol.com)

Cancellation deadline: Thu, Feb 15

Depart from Gadsden: 8:00 a.m.

Fee: \$50 (includes transportation and admission), Dutch-treat lunch

Activity level: Moderate (lots of walking)

The story of Martha Berry and Berry College is told through exhibitions, events and educational programming. Our tour begins at the Martha Berry Museum, where we can tour the permanent exhibition that traces the evolution of the Berry Schools into Berry College. Oak Hill is the Greek revival home of Martha Berry, founder of Berry College. We will receive a guided tour of the dwelling led by Berry College students. We will also tour the home’s three outbuildings, as well as Oak Hill’s gardens. A guided campus tour will follow lunch. We will eat in the college lunchroom.

FIELD TRIPS FOR ALL MEMBERS

Domestic and International Trips

Belize's Rainforest, Reefs and Ruins

Sun, Apr 8 – Sun, Apr 15, 2018

Trip Leaders:

Ninette Cannon (ninette.cannon@gmail.com)
and Peggy Hamner (sswims2001@gmail.com)

Cost: \$4,198 Dbl

Henry Ford Museum and Greenfield Village, Michigan

May 3-5, 2018

Trip Leaders: Bill Yessick and Amelia Yessick
(ameliaheath@hotmail.com)

Fee: \$789 Dbl; \$899 Sgl (includes transportation,
lodging and breakfast)

A Trip to the Wild West Denver, The Majestic Rockies & Colorado Springs

Aug 12 – 17, 2018

Trip Leaders: Bill Yessick and Amelia Yessick
(ameliaheath@hotmail.com)

Fee: \$1,999 Dbl; \$2,499 Sgl (includes airfare, motor
coach, lodging, breakfast, evening reception, 3 lunches,
3 dinners, and much more)

**For more information, contact the trip leader
or the OLLI office.**

Pre-recorded Lectures Right from Your Computer

We have made it easy to continue lifelong learning from your own home computer, just as if you were sitting in the classroom. Simply register for the Pre-recorded Lectures and the entire library of videos will be available to you. This is a membership benefit.

A Potpourri of 20th Century Women Jill Stokley

Cuba Dana Harper

George Washington Richard Rhone

Military Leaders Various Instructors

Mini-Medical School College of Community Health Sciences

Revolting Women Richard Rhone

Origins and Conduct of World War I Bruce Burrows

The Nation Makers Richard Rhone

U.S. Presidents R. L. Guffin

World War II, Europe Bruce Burrows

A Quick, Quirky Review of Tuscaloosa Jim Ezell

**Personality, Philosophy, and Power: A History of
America's Political Party System** Richard Rhone

Development of the Electoral College Bruce Burrows

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.

New ~ OLLI Calendar Online

We have put all our current events – courses, trips, special programs, bonus and other helpful dates on our online calendar, ccs.ua.edu/calendar.



OLLI at UA Spring 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

Annual Membership \$25 \$ _____

Semester Fee (courses) \$50 \$ _____

Materials Fee (if applicable) \$ _____

Field Trip Fee \$ _____

UA Campus Parking \$10 (if applicable) \$ _____

Contribution to OLLI Gift Fund \$ _____

Contribution to OLLI Scholarship Fund \$ _____

TOTAL \$ _____

Contribute to OLLI online at olliving.ua.edu

Method of Payment

[] Check [] Charge \$ _____ to my credit card:

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:
oli.ua.edu



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 UA Equestrian Program, Jan 26, \$35
- [] A202 Walking Tour of Historic Bryce Main, Feb 9, \$27
- [] A203 Highlights of Talladega, Feb 16, \$39
- [] A204 UA Opera Rehearsal of "SEMELE", Feb 22
- [] A205 UA Student Rec Ctr/Stran-Hardin Arena, Mar 2
- [] A206 "Taking a Second Look" Christenberry, Mar 9, \$60
- [] A207 A Scenic Tour through NW Alabama, Mar 22-23, \$154 Dbl
- [] A208 Spring Pilgrimage, Columbus, MS, Apr 7, \$68
- [] A209 Birds, Beach and Bellingrath, Apr 12-14, \$450 Dbl
- [] A210 Bibb Co Glades Preserve/Brierfield Ironworks, Apr 19, \$34
- [] A211 Much Ado about Nothing, Apr 28, \$82
- [] A212 Cahaba Lily Festival, May 19, \$50

Departs from Gadsden

- [] G201 Unclaimed Baggage/Russell Cave, Jan 19, \$30
- [] G202 Chicago, Jan 28, \$60
- [] G203 The Hermitage and Upper Room, Feb 10, \$60
- [] G204 Oak Hill and the Martha Berry Museum, Feb 23, \$50

Departs from Birmingham

- [] B201 A Conversation about Art History, Jan 4, \$10
- [] B202 Sylacauga Marble Festival, Apr 6, \$25
- [] B203 McWane Science Center Tour, Apr 24, \$6

Special Programs

Tuscaloosa

- [] A401 Healthy Relationships
- [] A402 Fish Tales
- [] A403 Boating Safely
- [] A404 History/Walking Tour of Stillman College

Greater Birmingham

- [] B401 Zentangle – 10:30 a.m., Mar 9, \$13
- [] B402 Zentangle – 1:30 p.m., Mar 9, \$13

Pre-recorded Course Lectures

- [] A501 Pre-Recorded Course Lectures, online

Supper Clubs

Tuscaloosa - Meets at Restaurant

- [] A301 R. Davidson's Chop House, Jan 23
- [] A302 Iguana Grill, Feb 27
- [] A303 301 Bistro, Mar 27
- [] A304 Pottery Grill, Apr 24
- [] A305 Southern Ale House, May 22

Gadsden – Meets at UA Gadsden Center to carpool

- [] G301 BLU Chop House, Jan 23
- [] G302 Classic on Noble, Feb 13
- [] G303 The Bright Star, Feb 27

TUSCALOOSA COURSES

- [] A101 Latin for Thrill Seekers
- [] A102 Travel the World Through My Lens
- [] A103 Art of Losing
- [] A104 Introduction to Genealogy
- [] A105 Knitting For The Beginner
- [] A106 Media Matters
- [] A107 The Business of Government
- [] A108 Let Us Now Praise Famous Men
- [] A109 Sharing and Exploring American Art Treasures
- [] A110 Mini Medical School
- [] A111 Talking About Books: UA Press
- [] A112 Advanced Knitting and Crocheting
- [] A113 Facts or Fables of the Wild West
- [] A114 Personal Computer Tutoring, Jan 22 – Feb 12
- [] A115 Personal Computer Tutoring, Feb 19 – Mar 5
- [] A116 Writing Your Family Stories
- [] A117 Building for the Future
- [] A118 Mad About These Movies
- [] A119 The Art of Scrapbooking
- [] A120 Beginning Sun Style Tai Chi I
- [] A121 Science for Non-Scientists
- [] A122 Pioneers on America’s Frontier of Freedom and Equality
- [] A123 Your Money Your Life
- [] A124 Nordic Walking
- [] A125 There’s a Book in You
- [] A127 Beginning Crochet
- [] A128 Playing with Clay, \$25
- [] A129 Splendor in the Glass: Fused Glass Jewelry, \$30
- [] A130 Design Secrets for Flower Arranging, \$35
- [] A131 Art, Religion, and Politics
- [] A132 Advanced Working with the Mac
- [] A133 History of Modern China
- [] A134 Beginning Line Dancing
- [] A135 The Path to Empathy: A Conversational Experiment
- [] A136 Retro Reports
- [] A137 Nutrients in our Food
- [] A138 Nutrition
- [] A139 Managing Life After a Stroke, Part II
- [] A140 Jewelry Making for Fun, \$60
- [] A141 Discovering Alabama
- [] A142 The Space Race
- [] A143 Alabama Politics
- [] A144 Social Guidance Films
- [] A145 Four Levels of Senior Living
- [] A146 Getting to Know your Heart
- [] A147 Card Tricks
- [] A148 Enlightenment Thought
- [] A149 Mostly French Romantic Comedies
- [] A150 The Impact of African-American Music
- [] A151 Talladega College Rising, Part II
- [] A152 Beginning Guitar
- [] A153 Become an MVP (Most Valued Person)
- [] A154 Spanish II
- [] A155 Advanced Birding
- [] A156 Energy and Its Effects on You
- [] A157 Introduction to Oil Painting, \$35
- [] A158 Beginning Weaving, \$50
- [] A159 Common Sense Approach to Estate Planning
- [] A160 The Four Gospels and More
- [] A161 U.S. Army Infantry
- [] A162 Bling & Things: Crafting Jewelry, \$45
- [] A163 Cure It with Color: Annie Sloan Chalk Paint, \$50
- [] A164 Watercolor Painting Basics, \$40
- [] A165 Yoga for Healthy Aging

- [] A166 Birds of Belize
- [] A167 Successful Gardening: Let’s Get Growing
- [] A168 Tell Your Story
- [] A169 India – A View of an Enchanting Land
- [] A170 iPhone/iPad Tutoring, Jan 17 – Feb 7
- [] A171 Back in the Saddle
- [] A172 Sun Style Tai Chi II
- [] A173 Computer Tutoring at Stillman
- [] A174 Line Dancing For the Experienced Dancer
- [] A175 Future Shock: Understanding Change in the 21st Century
- [] A176 Advanced Genealogy
- [] A177 History of Radio
- [] A178 Generational Differences in Changing Times
- [] A179 Course By Course Cooking
- [] A180 Ancient American Civilizations
- [] A181 CPR: Caring When Pressure Arises
- [] A182 Creative Line Dancing
- [] A183 Eye-Catchers: Polymer Clay for Beginners, \$30
- [] A184 iPhone/iPad Tutoring, Feb 14 – Mar 7

Bonus Programs – See pages 17-18

GADSDEN COURSES

- [] G101 Monday Morning Quarterback
- [] G102 “Behind the Curtains”
- [] G103 Monday at the Movies
- [] G104 World Religions
- [] G105 The Civil War
- [] G106 Mah Jong
- [] G107 Can You Come For Dinner?, \$25
- [] G108 Bridge for Beginners
- [] G109 String Along With Amelia, \$15
- [] G110 History Over Easy
- [] G111 The Vietnam War
- [] G112 Pulp Fiction
- [] G113 Exercise for Your Health
- [] G114 Genealogy Club
- [] G115 Armchair Travel

Bonus Programs – See pages 22-23

GREATER BIRMINGHAM COURSES

- [] B101 Founding of America - Part II
- [] B102 19th and 20th Century Short Stories
- [] B103 The Gilded Age
- [] B104 Greek and Roman Classics
- [] B105 Ancient American Civilizations
- [] B106 Healthy Practices That Enhance Life
- [] B107 Russia: History and Controversial Leaders – Part II
- [] B108 Research in Brain, Stem Cells, and DNA
- [] B109 Explorations
- [] B110 All Things Political
- [] B111 Fresh Eyes/New Vision: Ikebana Floral Design
- [] B112 Franklin Delano Roosevelt
- [] B113 WWII German Prisoners of War Camps

Bonus Programs – See page 27-28

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.

Box 870388
Tuscaloosa, Alabama 35487-0388

Spring into *Lifelong Learning*

TUSCALOOSA

DEC. 5, 4-5 p.m.

INFORMATION SESSION

JAN. 11, 3-5 p.m.

OPEN HOUSE

Bryant Conference Center
240 Paul W. Bryant Dr.
Tuscaloosa, AL

GREATER BIRMINGHAM

DEC. 6, 1-3 p.m.

OPEN HOUSE

Vestavia Hills Senior Lodge
1973 Merryvale Road
Vestavia Hills, AL

GADSDEN

DEC. 14, 4-6 p.m.

OPEN HOUSE

UA Gadsden Center
121 North First Street
Gadsden, AL