

Registration begins
Monday, December 9th.
You may register online
<https://register.ccs.ua.edu>
or call Registration Services
205-348-3000.

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OLLI

Osher
Lifelong
Learning
Institute

Spring 2020

THE UNIVERSITY OF ALABAMA®

Tuscaloosa • Greater Birmingham • Gadsden • Greensboro • Pickens County

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

New Year, New Decade, New Term at OLLI!

Happy 2020 to all OLLI members and friends! We're welcoming a new year, a new decade, and a new term at OLLI at UA. We are ready for all the possibilities these bring.

This OLLI catalog is your key to enjoying OLLI for the Spring Term 2020. In this valuable guide, you have listings for the courses at all our sites: Birmingham, Gadsden, Greensboro, Pickens County and Tuscaloosa. You'll also see all the offerings OLLI has beyond the 100+ classes presented: Field Trips, International Travel, Bonus Programs, and Social Events, such as supper clubs and lunch bunches. As an OLLI member, you can enjoy many opportunities to learn, develop a social network, see new places, enjoy the friends and acquaintances you've made here at OLLI, or meet up with others from your workplaces, churches, civic clubs and your neighborhood.

Speaking of OLLI membership, if you know folks who aren't OLLI members, bring them along to an OLLI Open House, Information Session or Bonus Program and they'll soon be on the class roll with you! As you know, OLLI is for everyone! OLLI involves over 400 volunteers each year. There are 250 teachers, 60 members of the advisory board and its committees, 60 facilitators and numerous greeters, field trip and travel leaders, and assistants in occasional projects and activities. Our professional staff is hardworking and very effective, but, without our volunteers, we could not have the robust programs we all enjoy. Thanks to our volunteers for supporting OLLI!

On the subject of support, over 15 percent of our members make financial contributions to OLLI. As the 2019 calendar and tax year comes to a close, please remember OLLI in your last minute charitable giving. Scholarships and the OLLI TROLLI are just two examples of what your gift can do.

During the spring term 2020, we'll be represented at the biennial Osher Lifelong Learning Institute National Conference in April in Tampa, Florida. Let us know if you have questions that you'd like us to pursue. We'll report more on the conference in our monthly president's message in May.

Finally, we'll be electing new officers in our election that is scheduled for May 2020. Think about how you might serve, by running for a leadership position, or by nominating an OLLI member who might provide strong leadership. Until we meet in spring term, enjoy a safe, healthy, and happy holiday season from your OLLI staff and leadership team.

Elizabeth Aversa, President

olli.ua.edu | 205-348-6482

Advisory Board Members 2019-2020

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Registration Guidelines

- Members must register in order to attend a course.
- Members may register to be added to a course after it has begun if space allows.
- If you need to drop a course, please do so online or contact Registration Services. This will allow other members to enroll in the course.
- If you enroll in a course with limited capacity as stated in the catalog, please commit to all sessions.
- Please provide your email and phone number at registration, so that you are notified in the event of a course change.
- Bonus Programs are open to members and their guests; no registration is needed.
- If a class or trip is full, call the OLLI office to be added to the waitlist.

Give to Support OLLI

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

Cancellation/Refund

OLLI reserves the right to cancel courses, programs or trips as necessary due to insufficient enrollment, inclement weather, etc. There are no refunds for material fees after the course has begun. Each field trip has its cancellation deadline stated in the catalog.

All About OLLI

The Osher Lifelong Learning Institute (OLLI) at The University of Alabama is a member-directed organization that provides adults with social, educational, travel, and leadership opportunities.

An inclusive, welcoming, and volunteer-led program, OLLI focuses on lifelong learning and socialization.

Annual Membership fee \$50 includes:

- **Bonus Programs** weekly presentations – no registration required.
- **Library of Pre-recorded Lectures** – view on your own computer.
- **Supper Club/Lunch Bunch** – organized with other members and Dutch-treat.
- **Access to Courses at all Chapters** - academic and leisure courses on a variety of topics. Semester course fee required.
- **Access to Field Trips at all Chapters** – organized by members. Some trips are local and at no cost while others require a fee to cover transportation and activity related charges.
- **Access to International trips** – Trips are coordinated by a member and sometimes partnered with a tour group company. Additional fee is required.

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

Member Benefits include:

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

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





The Judy Bonner Excellence in OLLI Teaching Award Winner Announced

OLLI classes are the heart of our program and we are blessed to have fabulous instructors! Each year the Judy Bonner Excellence in OLLI Teaching Award is awarded to a faculty member who the nominator feels demonstrates exemplary and engaging instruction.

On, August 14, 2019, we recognized seventeen nominees: Chris Bell, Kay Chesnut, David Chumney, Larry Clayton, Renato Corbetta, Ian Crawford, Constance Dawson, James Day, Jim Ezell, Betty Fagen, Christine Ferguson, Betty Fields, Dwight Lammon, Philip Malone, Diane Norris, Doug Phillips, and Ralph Voss. Dwight Lammon won the high honor. In receiving the award he said, “This is extremely meaningful and so nice to be appreciated in this way”.

Dwight has been teaching birding and leading birding trips for many years. “Teaching is one of the most fun things I do. I am passionate about the subject of birding and love the personal interaction with the students.”

When asked why someone should come to an OLLI class, Lammon remarked, “Learning is stimulating and enriching. The more you learn, the richer your life.” That is the essence of OLLI.



OLLI TROLLI

On May 9, we began a fundraising campaign for the transportation of members from the parking areas to the Bryant Conference Center. Francine Marasco and a committee of leaders spearheaded the campaign. With the help of generous members, the funds were raised and the purchase was made. The OLLI TROLLI is here!

The “Jolly” OLLI TROLLI will bring cheer on December 13, 2019, when OLLI participates in the Bicentennial Christmas Parade. When classes start on January 21, the OLLI TROLLI shuttle service will begin.

Murder Mystery Dinner Theater

OLLI Member, Sharon La Couture-Wade, had the idea for OLLI to host a play “for Members, by Members”. After much preparation, practice, and rehearsals, members performed the show on November 19. The play was a huge success! We laughed and watched in delight as the plot unfolded to reveal “whodunit” in the Murder Mystery Dinner Theater, Curse of the Cobra’s Kiss.

We want to express our appreciation to all these who shared their time and talents to make this event possible: Sharon La Couture-Wade, Amelia Yessick, Terry Olivet, Bob Collins, Halle Jenkins, William Aldridge, Dwight Lammon, Mary Chambers-Huff, Denise Perone, Melissa Grantham, Katie Byrd, James “Foote” Hooper, Casey Kauffman, Dale Givens, Bryan Zuege, Deborah West, Liz Christian, David McKissick, Patsy Howell, Mary Ann McKissick, McKittrick “Kit” Moss, Charlene Givens, Mary Lee and Leroy Hurt, Carole Byars, Chuck Wade, Aurora Paisley Kauffman, Hadley Gray Kauffman, Anna Adams, Pat Weber, Rick Roberts, Bama Farr, and Betty Wells.

Special thanks to our sponsors, University Medical Center, Jalapeños Mexican Grill, Theater Tuscaloosa, Self Express Productions, Tuscaloosa Eyecare, Townsend Honda, and Blue Bell.

To join OLLI or register for courses/trips/supper clubs:

Call Registration Services at 205-348-3000 or 866-432-2015 or register online

<https://olli.ua.edu/register.php>

See page 4 for the list of membership benefits. Annual Membership is \$50, required to participate in courses, trips, and supper clubs.

To take one or more courses at any chapter, simply add the Semester Course Package fee of \$50.

UA campus parking permit registration:

All vehicles parking on the UA campus require a valid parking permit.

1. Purchase a UA Parking Permit when you register for OLLI online or by contacting Registration Services, 205-348-3000. The permit request form will be emailed to you. Or you may pick up the form in the OLLI office located in Room 105 of the Bryant Conference Center (240 Paul W. Bryant Dr. Tuscaloosa, AL 35487).
2. After completing the form, turn it in at the OLLI Office and receive a temporary parking permit. UA retired faculty and staff should contact parking services to obtain the UA retired faculty/staff parking permit at no cost.

Locations

Unless otherwise noted the course will be held at the Bryant Conference Center.

All Fired Up, 16 McFarland Blvd, Tusc.

Bryant Conference Center, 240 Paul Bryant Dr, Tusc.

Canterbury Chapel Episcopal Church Student Center
812 5th Ave., Tusc.

Clarke Building, Kentuck Art Center, 503 Main Ave, Northport

First United Methodist Church Activity Center
800 Greensboro Ave, Tusc.

Morning Pointe of Tuscaloosa, 1801 Rice Mine Rd N, Tusc.

Pine Valley Retirement Community, 800 Rice Valley Rd N, Tusc.

Stillman College Campus, 3601 Stillman Blvd, Tusc.

YMCA, Downtown, 2300 13th St, Tusc.



MONDAY COURSES

No classes on Jan 20; UA is closed for the holiday. Unless otherwise noted, courses are held at the Bryant Conference Center.

A101 Travel North America Through My Lens

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
9:00-10:15 a.m.

Instructor: Philip Malone

Both travel and photography have been a passion of mine. Through my photography, we will take seven trips to different parts of North America. Each place is unique with its own beauty, charm and mystique. Narration runs throughout the show with two breaks for questions and discussion.

Jan. 27 - Northeast U.S. fall foliage (New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island, Pennsylvania)

Feb. 3 - Northwest U.S. Pacific Coast (California, Oregon, Washington)

Feb. 10 - Southwest U.S. desert (Southern Colorado and Utah, Northern Arizona and New Mexico)

Feb. 17 - Eastern U.S. coast (Georgia, South Carolina, North Carolina, Virginia)

Feb. 24 - Western Canada (Alberta, British Columbia)

Mar. 2 - Middle America and Great Smoky Mountains (Illinois, Wisconsin, Michigan, Ohio)

Mar. 9 - New York City and Washington D.C.

A102 Gallup Strengths-Based Development: It is a Journey of Infinite Possibilities

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
9:00-10:15 a.m.

Instructor: W. Stan Holland

During this course you will learn to discover, develop, and use your unique talents for greater engagement, performance, and productivity; to integrate the principles of strengths-based development into your personal and professional life. Let's explore how to use your strengths to transform relationships with others. Come to learn techniques using strengths-based development to address specific issues and challenges.

A103 Energy and Its Effects on You, Your Environment and Your Wallet

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
9:00-10:15 a.m.

Instructor: Steve Kavanaugh

Follow the journey of the energy powering your home and your life as it is produced, converted, delivered and used by you! Learn energy terminology and gain insights to make smarter decisions for both your wallet and the environment. Topics covered include energy production, generation and distribution; efficient house construction; air conditioners, furnaces, heat pumps and other appliances; and alternative energy and the future. Updates to previous course topics will include electric vehicles.

Monday Courses Continued



A104 Fused Glass Jewelry *Feb 3 OR
A105 Fused Glass Jewelry Thursday Feb 6

9:30 a.m. -12:30 p.m.

Instructor: Linda Munoz

Location: Little River Art Studio, 502 Old Livingston Road, Cuba, AL

Discover your creativity using the shimmering, glimmering and colorful art of fused glass jewelry. In this class, you will learn the techniques needed to design and create four pieces of fused glass jewelry. Participants will learn glass cutting, jewelry design and working with a glass kiln. Students will make at least four pendants each, and the items will be delivered in time for Valentine's Day! Register as soon as you can to work out carpooling plans. Choose only one class session. Class limit: 6. Materials Fee: \$40.

A106 Acrylic Pour (Option 1)

March 2*

9:30-11:00 a.m.

Instructor: Diane Norris

Location: Clarke Building, Kentuck Art Center

Acrylic pours are a modern expression using vivid colors and flowing movement. With the help of paint, catalyst and a few simple tools, you will create a beautiful painting right before your eyes. No experience is necessary.

Class limit: 8. Materials fee: \$35.

*This course is also offered on Tues. Jan. 21. See A146.

A107 Mixed Media Art Class

Jan. 27; Feb. 3, 10, 17 (4 weeks)

10:00 a.m.-1:00 p.m.

Instructor: Deborah Hill

Location: Clarke Building, Kentuck Art Center

A paper-based mixed media class using water-based mediums. Learn to accomplish rich multi-layering in your artwork. Explore nonconventional techniques and materials and incorporate a variety of elements to create personalized memorable pieces. Emphasis will be on loosening up and having fun while exploring composition and color through fresh eyes. There will be three main objectives to the projects: Attention, Escape, Movement. The tools of creative thinking are simply various combinations of practical ways to implement these skills — to focus attention, escape the current reality and continue the mental movement. Students will have the opportunity to complete at least two pieces during this four-class course. Students will be asked to supply a few household items. Class size: 10. Materials fee: \$30.

A108 Treating Writer's Cramp

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

10:30-11:45 a.m.

Instructor: Donald Brown

Gather 'round! Let's explore your writing issues, the story you'd like to write and your experience as a writer. Expect class participation and writing on a deadline.

A109 History of Modern China

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

10:30-11:45 a.m.

Instructor: Bruce Burrows

In this course we will cover the development of China beginning with the Boxer Rebellion, the end of dynasties, the decades-long leadership of Mao Ze Dung, the rise of capitalism under Communist control, and the expansion of power by China through the Middle East and Africa.

A110 Spanish 3

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

10:30-11:45 a.m.

Instructor: George W. Taylor

Expand your world. The emphasis is on spoken language with cultural aspects. Conversational themes relate to common life situations useful for travel and to native speakers in the States and abroad.

The instructor wishes to incorporate students' interests and suggestions to stimulate participation, as the goal is for all to feel comfortable in their efforts with Spanish. A review of Spanish basics is a part of each class while reading and writing are secondary.

A111 Talking About Books: UA Press*

Jan. 27; Feb. 3, 10, 17*, 24; Mar. 2, 9*

12:00-1:15 p.m.

Coordinator: Ann Prentice

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

Jan. 27 Thomas Reidy, *The Founding of Alabama*

Feb. 3 Burgin Mathews, *Doc*

Feb. 10 Emily Blejwas, *The Story of Alabama in 14 Foods*

Feb. 17* OLLI Book Club - fiction book; Chanel Cleeton, *Next Year in Havana*

Feb. 24 Judith Paterson, *Sweet Mystery*

March 2 Timothy R. Levine, *Duped*

March 9* OLLI Book Club - nonfiction book; Elaine Weiss, *The Woman's Hour: The Great Fight to Win the Vote*

*OLLI Book Club: Jan Mercier and Carol Prickett invite you to join in the book discussion.

Monday Courses Continued

A112 Overview of Television History

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
12:00-1:15 p.m.

Instructor: Don Hartley

Radio set the tone for home entertainment. Television added pictures to what before could only be heard. Those early pictures were small and fuzzy, but they started what has rapidly developed into total home entertainment, information and sound experience. The history of television reflects U.S. history from the late '40s forward. But did you know TV has been around since before WWII? Kids' shows became babysitters, live coverage of the JFK assassination led to expanded TV news departments, video coverage changed the nation's view on civil rights, live pictures from the moon expanded our horizons, cable TV led to multiple-channel options and the internet has led to more personal viewing options. The TV is the American family home video.

A113 Wayward Women of the Wild West

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
1:45-3:00 p.m.

Instructor: Richard Rhone

Tens of thousands of Americans were able to create a new life for themselves in the Wild West. While the overwhelming number were men, there were also numerous women that may be overlooked in the telling of the stories and history of those days. While most of these women were respectable citizens, there were a minority of determined women who chose to live lives their mothers probably did not approve. We'll spend our time discussing some of these fascinating women such as Calamity Jane, Big Nose Kate Elder, Belle Starr, Ella Watson, Madam Silks and other infamous women.

A114 Behind the Bible

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
1:45-3:00 p.m.

Instructor: David Chumney

For two thousand years, religious traditions have affirmed that what lies behind the Bible is divine revelation, but such claims remain a matter of faith. For two hundred years, experts across the fields of history and literature have maintained that what lies behind the Bible is a collection of earlier documents, and such claims rest on verifiable evidence. This class will examine biblical texts exemplifying that type of development. It will also consider the apparent aims of the authors who composed the original literature and the editors who fashioned that existing material into what became the Bible.

A115 Psychiatry, Violence and Mental Illness

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
1:45-3:00 p.m.

Instructor: James Hooper

In this course, you will gain a better understanding of mental illness and its treatment, learn a new way to decipher news articles about guns and violence, and add to your ability to articulate their positions on government policy and mental illness, the law and violence.

A116 Investment Titans

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
3:15-4:45 p.m.

Instructor: LeGrand Hutchison

We will examine the personal lives and the investment history, principles and strategies of some of America's investment giants during the last 100 years. People included in the discussion will be Jesse Livermore, Bernard Baruch, Demopolis born-and-bred Jimmy Rogers, Tennessee-native John Templeton, Memphis-raised Paul Tudor Jones, the Oracle of Omaha Warren Buffett and others. Each of these people has an interesting and unique personality as well as investment style. This course should be both fun and educational.

A117 Get the Most out of Your iPhone /iPad

Jan. 27; Feb. 3, 10 (3 weeks)
3:15-4:45 p.m.

Coordinator: Lisa McKinney

Are you ready to learn more about your iPhone or iPad? Register for a personal tutor assigned just for you from the UA Culverhouse LIFT program. In this hands-on learning environment, expect to have your questions answered and gain confidence in using your device. You will need to bring your own iPhone/iPad.

A118 Computer Basics

Feb. 17, 24; Mar. 2, 9 (4 weeks)
3:15-4:45 p.m.

Coordinator: Lisa McKinney

Would you like to be able to do more with your computer? Register for a personal tutor assigned just for you from the UA Culverhouse LIFT program. They can guide you in beginning Word, Excel or PowerPoint and answer your questions. Laptop computers are provided in class, or you may bring your own.



Monday Courses Continued

A119 Mad About These Movies

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
3:15 until the end of the movie
Coordinator: Amelia Yessick

Jan. 27 - *Maiden Heist* (2009)

Presenter: Dorothy Pieroni

A comedy/crime film starring Morgan Freeman, Christopher Walken and William H. Macy. 1 hr. and 30 mins.

Feb. 3 - *Heart of Dixie* (1989)

Presenter: Amelia Yessick

Based on the novel by Anne Rivers Siddons, the film features a pretty, white Alabama coed in 1957 on the eve of the great racial struggles of the '60s. 1 hr. and 35 mins.

Feb. 10 - *Lifeboat* (1944)

Presenter: Jean Channell

A drama, rated an amazing 92% on Rotten Tomatoes, this classic film starred Tullulah Bankhead and William Bendix, was directed by Alfred Hitchcock and based on a story by John Steinbeck. 1 hr. and 37 mins.

Feb. 17 - *Film Stars Don't Die in Liverpool* (2017)

Presenter: Peg O'Rear

A bio/romantic drama starring Annette Benning, Vanessa Redgrave and Julie Walters. Selected 2018 AARP "Best Film for Grown-ups". 1 hr. and 46 mins.

Feb. 24 - *Secondhand Lions* (2003)

Presenter: John Ryba

A comedy/drama with a touching story of generations connecting. The film stars Michael Caine, Robert Duvall and Haley Joel Ozment. It received a respectable 60% on Rotten Tomatoes. 1 hr. and 50 mins.

Mar. 2 - *The Big Lebowski* (1998)

Presenter: Stan Brodsky

This dark comedy has become a cult classic with an 83% Rotten Tomato rating. Directed by the Coen brothers and starring Jeff Bridges, the movie has an abundance of colorful language. 1 hr. and 57 mins.

Mar. 9 - *Gosford Park* (2001)

Presenter: Beth Motherwell

A mystery directed by Robert Altman with the screenplay by Julian Fellowes, the film received 86% on Rotten Tomatoes. It was nominated for seven Oscars and nine British Film Awards. 2 hrs. and 18 mins.

A120 The Art of Scrapbooking

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
3:30-4:45 p.m.

Instructors: Willie Wells, Katie Terrell

Location: Stillman College, Wynn Center, Room 132

Stop hiding your favorite photos in boxes and envelopes! Bring your imagination and be as creative as you want. This class will provide an opportunity for you to scrapbook pictures of your favorite people, animals, plants, adventures, etc. Use items such as old jewelry, buttons, pins, postcards, greeting cards, wrapping paper or dried flowers to capture the essence of your scrapbook theme. Students will be required to provide their own scrapbooks. Class limit: 12.

A121 Card Making for All Occasions

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9
5:00-6:15 p.m.

Instructors: Katie Terrell, Willie Wells

Location: Stillman College, Wynn Center, Room 132

Be creative and have fun! Create your own unique cards for all occasions using common items and your own style. Some materials will be provided, but you are encouraged to bring items to embellish your cards, such as ribbons, buttons, photos or previous greeting cards. Class limit: 12.

TUESDAY COURSES

A122 Understanding Medicare from Your Area Agency on Aging - an Unbiased and Reliable Local Source

Jan. 21, 28; Feb. 4, 11 (4 weeks)

9:00-10:15 a.m.

Instructor: Ashley Adcox

SHIP (State Health Insurance and Assistance Program) is funded by the Centers for Medicare and Medicaid Services (CMS), the federal agency that administers Medicare. This program is housed within the Area Agency on Aging in Alabama. They provide one-on-one counseling for Medicare benefits and options. West Alabama's SHIP program will provide this four-week intensive that details all you need to know about navigating Medicare, beginning with Medicare 101 and followed by intensives on Medicare Part D, Medigap/Supplemental coverage and Medicare Part C (Medicare Advantage). Come learn from an unbiased source about your Medicare coverage options.



Tuesday Courses Continued

A123 **Cyber Security: Identity Theft**

Feb. 18, 25; Mar. 3, 10 (4 weeks)

9:00-10:15 a.m.

Instructor: Ashley Ewing

Security data breaches at companies are constantly in the news. Find out how they relate to you. In this four-week course, learn some of the common malicious tactics used to trick people into providing access to their personal information on phones, tablets and computers. We'll talk about how to recognize common phishing emails, how to secure your information and how to properly destroy electronic files before disposal or donation of old devices. We'll present references to assist if you ever fall victim to one of these schemes. Most importantly, I want to answer all your questions about Identity Theft.

A124 **Your Money, Your Life**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3 (7 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 tax-efficient approaches to investing, tax-saving strategies, proper asset allocation, how to manage your CDs, and how to leave a legacy for your loved ones through proper estate planning. Specialists in accounting, estate planning and investments will be guest speakers for the course.

A125 **Philosophical Topics for Intelligent Beginners**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

9:00-10:15 a.m.

Instructor: Max Hocutt

This course will cover the following:

- Definition: What it is & what it is for
- Religion: Can it be defined?
- Beliefs & Truths: May they meet more often
- Bogus truths & real knowledge
- Logic: A short history of proof
- Theology: Can faith be proved?
- Science: Logically organized explanations
- Morality: God-made, man-made or natural?

A126 **Beginning Knitting**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

10:00-11:15 a.m.

Instructor: Judy Camp

Location: Clarke Building, Kentuck Art Center

This course is for those knitters who already know how to cast on and bind off, the knit stitch and purl stitch. We will learn increases and decreases and their slants; cables; seaming; reading patterns and charts, joining yarns, intarsia and duplicate stitch. Class Limit: 10.

A127 **The Struggle for Women's Suffrage: Celebrating the Centennial of the Ratification of the 19th Amendment**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

10:30-11:45 a.m.

Instructor: Scarlett Gaddy

Seventy-two years of political struggle were necessary for women to gain the right to vote. For African American women, it took much longer. In its centennial year, learn about the struggle to ratify the 19th Amendment, the icons, the anti-suffrage movement and its ties to civil rights. Join in celebrating the brave women and men who championed women's suffrage. Is the struggle over or just "in progress," and what's next?

A128 **A Guided Tour of the World of Metafiction in Olga Tokarczuk's Flights**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

10:30-11:45 a.m.

Instructor: Linda Dover

Are you a curious reader who wants to learn more about metafiction, become a better reader of fiction, and explore human connectedness? Here's your chance!

A Pole whose work has been translated into 29 languages, Tokarczuk writes with clarity, humor and grace. Flights won her the Man Booker International Prize 2018 for lifetime literary achievement and offers a compendium of ideas about how we see the world.

The course will consist of illustrated lectures, outside reading, and discussion. Readers may order the text online in several forms. The audible version is NOT recommended.

A129 **Introduction to Evolution**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

10:30-11:45 a.m.

Instructor: Ed Stephenson

An introduction to the fundamental principles of biological evolution, including biodiversity, the fossil record, adaptation and natural selection, sexual selection, population genetics, biogeography and other subjects. Assumes no prior background in biology.

A130 **Beginning Line Dancing**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

10:30-11:45 a.m.

Instructor: Jeri Acton

Location: Pine Valley Retirement Community

Have you ever wanted to learn how to line dance? Now is the time. This class offers the 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!

Tuesday Courses Continued

A131 *The Carol Burnett Show*

Jan. 21, 28; Feb. 4, 11 (4 weeks)

12:00-1:15 p.m.

Instructor: Carole Byars

Let's spend some time together – just to have a laugh or sing a song! We'll enjoy crack-ups, movie parodies, and more.

A132 **Arthritis Exercises and Awareness**

Feb. 18, 25; Mar. 3, 10 (4 weeks)

12:00-1:15 p.m.

Instructor: Carolyn Rhodes

This four-week course offers participants information on arthritis along with easy workouts to improve activities in daily living. Learn breathing techniques, range of motion, strength and balance to prevent falls and how inflammation plays a role in your discomfort. This class is for all seniors with or without arthritis. Safe exercises are introduced using arthritis foundation information along with tai chi, yoga and aerobics. We use weights and resistance bands. Each student should bring a box of three 4-foot to 5-foot flat bands. For the best outcome, attend all four classes. Class limit: 13.

A133 **Mini-Medical School**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

12:00-1:15 p.m.

Coordinator: Gloria Oglesby

UA's College of Community Health Sciences and University Medical Center are hosting a lecture series to explore medicine, health care, and health trends. Faculty physicians will lecture on issues and advances in medicine and research, incorporating science, research, and clinical applications. You will learn ways the body works, hear about advances that are changing how we see disease and health, and find out where cutting-edge research is headed.

Jan. 21 Raheem Paxton, PhD - Memory Loss

Jan. 28 Dr. Catherine Ikard - Seizures and Epilepsy in Adults

Feb. 4 Dr. Brett Bentley - Atrial Fibrillation

Feb. 11 Dr. Jared Ellis - Cholesterol

Feb. 18 Dr. Brittney Anderson - Sleep Problems/Improving Sleep

Feb. 25 Suzanne Henson, RD - The Push for Probiotics and Other Food and Nutrition Trends

Mar. 3 Dr. Tom Weida - Liver Disease

Mar. 10 Dr. Jane Weida - Immunizations

A134 **Committing Your Family to Paper**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

12:00-1:15 p.m.

Instructor: Judy Camp

Location: Clarke Building, Kentuck Art Center

Each generation links the past with the present. And if a link breaks? What then? This course is for those willing to accept the task of committing family history to paper. The writer will learn new skills and means of preserving history, giving following generations a foothold to add even more. Class will end with our stories bound into a booklet for each class member to keep. Class Limit: 15. Materials Fee: \$10.

A135 **Glass-on-Glass Mosaics**

March 3, 10

1:00-4:00 p.m.

Instructor: Linda Munoz

Location: Clarke Building, Kentuck Art Center

Enjoy the beauty of stained glass without the cost of equipment and the danger of chemicals. In the first session, you will learn to make stained glass mosaics on glass panels that rival the intricate designs of traditional stained glass. In the second session, you will grout your stained glass piece. Class Limit: 10. Materials Fee: \$45.

A136 **String Quartet Seminar**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

1:45-3:00 p.m.

Instructor: Trisha Berquist

Enjoy traversing through almost 300 years of string quartet music and the musicians who have performed it. We will explore important events and trends throughout the history of the string quartet repertoire. You will develop your insight as a listener through examples from the most significant composers. This course will be a fun, interactive learning experience combining lectures and listening through recording, as well as visiting performances from The University of Alabama's Capstone String Quartet. This course will enhance your concert-going experience and foster an appreciation for this art form. It offers discoveries and conversations for everyone, regardless of musical background.

A137 **TV Documentaries and Exposés (2.0)**

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

1:45-3:15 p.m.

Instructor: Larry Fagen

Offering a series of lesser-known TV documentaries and exposés, ranging from the mundane to the mysterious and from the serious to the sublime. These include productions from commercial TV stations, PBS, BBC, and independent filmmakers. Selections are made to interest, entertain, and hopefully, expand knowledge. None were shown in the previous TV documentaries class.

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



Tuesday Courses Continued

A138 Discovering Alabama

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

1:45-3:00 p.m.

Instructor: Doug Phillips

An overview of Alabama's diverse geology, rivers, forests and wildlife. Each class will include presentations of Discovering Alabama documentary television shows and other materials, hands-on learning activities and group discussion.

A139 An Introduction to Woodcarving

Jan. 28

2:00-4:00 p.m.

Instructor: Bing Blewitt

Location: Clarke Building, Kentuck Art Center

This one-session mini-course will introduce students to the basic techniques of woodcarving. The instructor will discuss his entry into the world of woodcarving and demonstrate the techniques used to safely create simple beginner projects. Each student should bring a sharp pocket knife. Wood will be provided. Class Limit: 6.

A140 Trees

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

3:15-4:30 p.m.

Instructor: Hank McKinley

Participants will learn the definition of basic tree branch configuration characteristics and how to utilize those characteristics to properly identify any trees with the use of a dichotomous key.

A141 German Cinema: Filming the Divide

Jan. 21, 28; Feb. 4, 11 (4 weeks)

3:15 until the end of the movie

Instructor: Raegan Lemmond

2019 marks the 30th anniversary of the fall of the Berlin Wall. This course will take a look at a divided Germany through film. We will discuss various aspects of East and West Germany through the cinematic lens. All films will have English subtitles.

A142 Smart Phone Scavenger Hunt (Geocaching)

Feb. 18, 25; Mar. 3, 10 (4 weeks)

3:15-4:30 p.m.

Instructor: Ken Lee

Are you always hunting for things (keys, glasses, TV remote) with no idea where to find them? How about trying a hi-tech scavenger hunt where you are given a location and a description of what to look for using your phone and a couple of apps! It is called geocaching, and it is something you can do as you travel, around your city, or even in your neighborhood. Millions of people have hidden objects, posted the coordinates online and provided a description of the cache (hidden object). Fun for the whole family.

A143 India: Unity in Diversity

Mar. 3, 10 (2 weeks)

3:15-5:15 p.m.

Instructor: Usha Midkiff

Are you ready to discover India? It is a land of many languages and many religions, and it is home to roughly one-sixth of the world's population. Its history dates back 3,000 years to the Indus Valley civilization and covers several centuries of Muslim rule before the British rule in later years. Since independence in 1947, India has a well-developed infrastructure and a diversified industrial base. Are you interested in knowing how India has adapted to the 21st century? In this class, you will experience the food, clothing and culture of this amazing country.

A144 Exploring Hinduism

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

3:15-4:30 p.m.

Instructor: Rama Pidikiti

Hinduism is one of the oldest religions in the world. Have you ever wondered what it's all about? Come to this class as we continue to find out what makes this religion unique. You will learn of Hinduism and its scriptures, including Bhagavad Gita. We'll cover its applications to daily life, as it impacts and shapes work and duty, service, and happiness. Challenges, food and daily activities, self-discipline and mental control will also be discussed.

A145 Beginning Sun-Style Tai Chi I

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10

3:15-4:15 p.m.

Instructors: Gail Hasson and Carl Clement

Location: Canterbury Episcopal Church Student Center

Tai chi is a traditional Chinese martial art form that is practiced worldwide primarily for health and recreation. There are different styles of Tai Chi. The sun style is characterized by gentle, slowly flowing movements with deep breathing and can be practiced and enjoyed at any age. In this eight-week course, you will learn basic Tai Chi principles and a short form that promotes balance, coordination and flexibility. Wear comfortable, loose-fitting clothes and flat-soled shoes. Class limit: 12.

A146 Acrylic Pour (Option 2)

Jan. 21*

3:45-5:15 p.m.

Instructor: Diane Norris

Location: Clarke Building, Kentuck Art Center

Acrylic pours are a modern way of expression using vivid colors and a flowing movement. With the help of paint, catalyst and a few simple tools, you will create a beautiful painting right before your eyes. No experience is necessary. Class limit: 8. Materials fee: \$35.

*This course is also offered on Mon. Mar. 2. See A106.

Tuesday Courses Continued

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

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

- A301 Jan. 28 - Olive Garden**
2100 McFarland Blvd. E, Tuscaloosa
- A302 Feb. 25 - Los Tarascos**
110 Skyland Blvd. E., Tuscaloosa
- A303 Mar. 31 - Kobe Japanese Steakhouse**
1800 McFarland Blvd. E, Tuscaloosa
- A304 Apr. 28 - Chuck's Fish**
508 Greensboro Ave., Tuscaloosa
- A305 May 26 - Jim and Nick's BBQ**
305 21st Ave., Tuscaloosa

WEDNESDAY COURSES

A147 The Nordic Walking Difference

Feb. 5, 12
8:30-9:30 a.m.
Instructor: Leroy Hurt
Location: YMCA, Downtown

Millions of people around the world do it to burn up to 46 percent more calories than regular walking and to get a full-body workout while reducing the impact on their joints. They do it to move their health numbers in the right direction. They do it as a social activity and just because it's fun. It's called Nordic walking and looks like cross-country skiing without the skis. It's especially suitable for active agers, because it is a low-impact activity. It also allows those with joint issues and chronic conditions to participate.

In these sessions, you'll learn Nordic walking history and technique. Supplemental exercises will include elements of balance, yoga, flow movement, strength, cardio and power. You'll also learn how to program your workouts and how Nordic walking enhances your well-being in all dimensions. Dress for the weather, and wear shoes designed for comfortable walking or trekking. Poles will be provided.



A148 The Civil Rights Trail

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
9:00-10:15 a.m.
Instructor: Scott Bridges

A chronological observation of the important civil rights events that shape the history of The University of Alabama from 1831 to the present. Guest lecturers will share expertise that illuminates the various sites on the Trail.

A149 Birding by Ear

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
9:00-10:15 a.m.
Instructor: Dwight Lammon

Have you ever heard a beautiful bird song and wished you knew who was singing? Here's a fun course where we will cover the 100 most common bird sounds in the Southeast, with lots of practice. In the end, you can walk out your door and say, "Good morning, Cardinal, and you, too, Hooded Warbler. There you are again, Mr. Wood Thrush. What a beautiful day!"

A150 Spanish II

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
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 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.

A151 Beginning Oil Painting

Mar. 4, 11 (2 weeks)
9:00-11:00 a.m.
Instructor: Gary Creek

Location: Clarke Building, Kentuck Art Center

This fun, lively, two-session class continues to be an OLLI favorite. Students are introduced to the basics of oil painting. No artistic experience or talent is required - just a desire to learn the fundamentals of the medium. Students should bring three inexpensive 8x10 canvases or canvas panels. Class limit: 12. Materials fee: \$35.

A152 Exploring New Discoveries in Science

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
10:30-11:45 a.m.
Instructor: Philip Malone

Come join us as we explore the latest news in science, based on three periodicals, The Science News, Scientific America and Discovery. Using articles from these three magazines, we will examine what new discoveries are happening in the world of science. Subjects will be presented on a basic level so that anyone with an interest in science can enjoy and learn.

Wednesday Courses Continued

A153 **Common Sense Approach to Estate Planning**

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
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.

A154 **Elder Law Problems and Solutions**

Jan. 22, 29; Feb. 5, 12 (4 weeks)
10:30-11:45 a.m.

Instructor: Steve Wiggins

The class will examine the common legal issues encountered by senior citizens and discuss the available options and solutions. Topics will include powers of attorney, living wills, guardianships, conservatorships, civil commitments, elder abuse (physical and financial), wills and trusts, probate administration, paying for nursing home care, asset protection strategies and preserving family harmony.

A155 **Mind/Body Medicine**

Feb. 19, 26; Mar. 4, 11 (4 weeks)
10:30-11:45 a.m.

Instructor: James E. (Ed) Shotts, M.D.

Overview - A discussion of the latest research that supports the effectiveness of mind-body approaches to improve (and in some cases prevent) many chronic illnesses.

Stress, Health and Well-Being - Learning the secrets of self-healing, we will cover the relationship of stress to health and well-being. An introduction to stress management and resiliency training (SMART) will be the main topic.

Putting It All Together - The linkage between the brain and the body is now a clearly established fact. We will discuss steps one may take to harness the power of self-care intervention and take your care to the next level by seeking to increase healthspan equal to lifespan.

Physical, Emotional and Mental - We will discuss balance and fall prevention as physical falls are the leading cause of both fatal and nonfatal injuries in older adults. Likewise, we will review today's research and findings to delay, and perhaps prevent, cognitive declines such as Alzheimer's and other dementias.

BONUS PROGRAMS

Open to the Public

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
12:00 - 1:15 p.m.

Bryant Conference Center

See Presenters and Topics on pages 17-18

A156 **Yoga for Healthy Aging**

Jan. 22, 29; Feb. 5, 12, 19 (5 weeks)
1:30-2:30 p.m.

Instructor: Linda Dunn

Location: First United Methodist Church Activity Center
800 Greensboro Ave., Tuscaloosa

Come and learn the many benefits of practicing yoga, like improving your balance, flexibility and concentration. Yoga is a beneficial form of movement and breathing that you can practice for life. Please bring your own yoga mat, wear comfortable clothes, and have a mind and body ready to learn. Class limit: 25.

A157 **Watercolor Painting Basics**

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
1:30-3:30 p.m.

Instructor: Beth Page

Location: Clarke Building, Kentuck Art Center

No experience is necessary. Learn how to prepare, paint and finish paintings. In this course, you will learn about the material it takes and the techniques needed to achieve a painting you will be proud to hang in your home. Class Limit: 10. Materials Fee: \$45.

A158 **Country Music and Dance**

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
1:45-3:00 p.m.

Instructor: Donna Boles

No, these aren't your Nashville favorites. I'm not talking about Dolly, Johnny or Waylon. This is a course about classical music and classical dance and how they are a product of their country of origin and the culture of their times. In this course, we will study the music and dance of many countries, mostly Western Europe but also the Americas. You'll learn about mazurkas, polkas, flamenco, tangos and gavottes along with many other styles. You don't have to dance, but I bet you will want to!

Wednesday Courses Continued

A159 The People Who Make Up America

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
1:45-3:00 p.m.

Instructors: Robert Kane and Alex Benitez

The American people are composed of a mosaic of peoples, natives of North America and immigrants from across the world. Each of these groups of people has significantly contributed to the economic, social, political and cultural heritage of the United States. This series of programs will present facets of how these various peoples have contributed to the United States.

- African Americans in the U.S. Military from the American Revolution to Integration (1960) (African Americans)
- The Women's Suffrage Movement and the Fight for the Right to Vote (Women)
- The Navajo Code Talkers (American Indians)
- The Holocaust from Prejudice to Extermination (Jews)
- Japanese Americans during World War II: Another story of prejudice and heroism (Asian)
- The European Discovery, Exploration, Settlement and Effects of the Western Hemisphere (Hispanics)
- Moundville Moments: Did you know? (Mississippian Culture)

A160 How to Raise a Guide Dog Puppy: Early Stages in the Development of a Southeastern Guide Dog

Mar. 11
1:45 - 3:00 p.m.

Instructor: Russell Timkovich

Nonprofit Southeastern Guide Dogs is 1 of 10 accredited schools in the U.S. training and supplying guide dogs for the blind. This presentation will focus on the first 14 months of a future guide: selection and breeding of the puppies; birth and neonatal care; early exposure to humans and socialization; early "fun" training; the role of volunteer puppy raisers in the first year; and after K-12 training, graduation to Guide Dog University. A guide dog puppy-in-training will be present, but unfortunately, will not be able to answer questions in English.

A161 Community News and Its Importance

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
3:15-4:30 p.m.

Instructor: Brian Hamilton

This course will examine the weekly newspaper and its role within small communities. The course will discuss the difference between larger newspapers and weekly community newspapers along with the roles of each in smaller towns and cities.

A162 Computer Basics

Jan. 22, 29; Feb. 5, 12 (4 weeks)
3:15-4:45 p.m.

Coordinator: Lisa McKinney

Would you like to be able to do more with your computer? Register for this course to have a personal tutor assigned just for you from the UA Culverhouse LIFT program. They can guide you in beginning Word, Excel or PowerPoint and answer your questions. Laptop computers are provided in class or you may bring your own.

A163 Get the Most out of Your iPhone /iPad

Feb. 18, 25; Mar. 4, 11 (4 weeks)
3:15-4:45 p.m.

Coordinator: Lisa McKinney

Are you ready to learn more about your iPhone or iPad? Register for this course to have a personal tutor assigned just for you from the UA Culverhouse LIFT program. In this hands-on learning environment, expect to have your questions answered and gain confidence in using your device. You will need to bring your own iPhone/iPad.

THURSDAY COURSES

A164 Line Dancing for the Experienced Dancer

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12
10:00 - 11:15 a.m.

Instructors: Betty Fagen and Dell Ann Nichols
Location: Morning Pointe Assisted Living

If you have already taken the Beginning Line Dancing class, then you are ready for the next step. This class will enhance your line dancing skills. Not only do you continue learning, but you also exercise, and have fun with other OLLI members.

A165 Pottery and Lace

Feb. 20
10:00 a.m.-12:00 p.m.

Instructor: Anna Beth Northington
Location: All Fired Up

Join us in this class to learn how to create a unique pottery piece step-by-step using the lace technique! Take advantage of this special offer with studio time, discounted pricing and fun with your OLLI friends to create a work of art. Register with OLLI but pay All Fired Up directly on the day of the class. Discounted class fee is \$6, and you'll pay for the pottery piece you select (range \$20 - \$50) for this project. Class limit: 30

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



Thursday Courses Continued

A166 Watercolor and Bumpy Paint Technique Class

Mar. 12

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

Instructor: Anna Beth Northington

Location: All Fired Up

Beth will teach how to paint this watercolor background with funky black 3D flowers step-by-step. She can assist you in whatever words you would like, or we paint it for you at no extra cost. This class is \$6 plus the price of pottery. Pottery ranges from \$20 to \$48, depending on the plate or platter you choose. Class limit: 30.

A167 19th and 20th Century Short Stories

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12

12:00-1:15 p.m.

Instructor: Bob Lipman

This course will examine the eight key elements common to the structure of so many short stories. The selection of authors and their stories to be presented will be drawn from a number of the following: Katherine Mansfield, *The Doll's House*; Alphonse Daudet, *The Last Lesson*; Guy de Maupassant, *The Necklace*; Shirley Jackson, *The Lottery*; James Thurber, *The Secret Life of Walter Mitty*; Kate Chopin, *The Story of an Hour*; Edgar Allan Poe, *The Tell-Tale Heart*; O. Henry, (any of the following: *The Gift of the Magi*, *The Last Leaf*, *The Cop & the Anthem*, *Witches' Loaves*); Kurt Vonnegut, *EPICAC*. Accompanying all stories will be biographies of each author and pertinent videos that closely adhere to the plot of each story.

A168 French Culture

Jan. 23, 30; Feb. 6, 13 (4 weeks)

12:00-1:15 p.m.

Instructor: Constance Dawson

This course will include a general look at the geography of France, a summary of France's history, famous landmarks, contributions of the French to world science and culture, French customs and traditions, and, of course, food!

A169 Alabama Aquaculture: Exploring an Emerging Agricultural Industry

Feb. 20, 27; Mar. 5, 12 (4 weeks)

12:00-1:15 p.m.

Instructor: Gregory Whitis

Listen to an entertaining and experienced professional aquaculturist as he shares his knowledge about the farm-raised catfish, shrimp, crawfish, tilapia and aquaponic sectors of Alabama's newest agricultural industry.

A170 Beginning Crochet

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12

12:15-1:45 p.m.

Instructors: Dolores and Irene Crawford

Location: Clarke Building, Kentuck Art Center

The 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 cotton yarn. You may need to purchase more yarn later for a crochet project. Class Limit: 10.

A171 Fall of the Third Reich: 1939-1945

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12

1:45-3:00 p.m.

Instructor: Earl Tilford

While this course is a continuation of autumn 2019 "Rise of the Third Reich: 1900-1939," it can be taken separately. From September 1, 1939, until May 9, 1945, Germany was embroiled in what became the Second World War when the United States joined Britain and the Soviet Union in a conflict that killed 60 to 90 million, mostly civilians. This course addresses how and why Germany entered a war it could not win and why the defeat issued from how the Nazis organized and ideologically focused the Third Reich.

A172 George Armstrong Custer: The Man and the Myth

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12

1:45-3:00 p.m.

Instructor: Lowell Smith

The course will begin with a discussion of perceptions of GAC that are held by members of the class and how they arrived at those perceptions. It will include a discussion of popular myths concerning Custer that continue to find their way into print, movies and television. Class sessions will provide an overview of Custer's life from his birth in Ohio until his death at the hands of Native Americans at the Battle of the Little Bighorn. There will be discussions of the friendships he made at West Point that endured, despite the fact that he and many of those friends served on opposite sides during the War Between the States.

A173 Getting to Know Your Heart

Jan. 23, 30; Feb. 6, 13 (4 weeks)

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 classes will answer these questions: What is atrial fibrillation and how is it treated? Is 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?

Thursday Courses Continued

A174 Hot Topics in Complementary and Alternative Medicine

Feb. 20, 27 (2 weeks)

3:15-4:30 p.m.

Instructor: Katelin M. Lisenby

The available evidence for prevalent complementary and alternative medicine practices will be presented and discussed by a clinical pharmacist. The clinical application will be explored for products with potential efficacy and those with known safety concerns. Examples include CBD oil, supplements and other common “natural” products.

A175 S.A.L.T. – Save-A-Life Training

Mar. 5, 12 (2 weeks)

3:15-4:30 p.m.

Instructors: Glen Davis and Travis Parker

The most tragic death is one that could have been prevented. Would you know what to do? Whether it’s a car crash, a tornado or the aftermath of an active shooter situation, the first person on the scene in the crucial moments after an event is almost always a passerby or fellow victim. Although no one plans to witness a tragedy, proper training can ensure you’re prepared to save a life in need when tragedy strikes. This training will cover high-quality CPR and AED along with how to stop the bleed. Certificates will be issued upon completion.

A176 Robin Williams (live-stream video)

Jan 23, 30; Feb 6, 13, 20, 27; Mar 5, 12

3:15-4:30 p.m.

Presenter: Martin J. Marshall, founded People Theater, founding member of SF’s Improvisation, Inc., written, produced and directed numerous comedic films

Join Martin Marshall in this live-stream video presentation from California. This course examines Robin Williams’ career from his upbringing to his 2013 TV series “The Crazy Ones”. In between there was his standup, his roles on the Richard Pryor Show, his films, and his appearances as Mork. It gives history and context of the improvisational theater that he did so well, and looks at clips from his film career, including “Popeye”, “Moscow On The Hudson”, “The Fisher King”, “Good Morning Vietnam”, “Patch Adams”, “Death To Smoochy”, “Dead Poets Society”, “Bicentennial Man”, Kenneth Branagh’s “Hamlet”, “Awakenings”, and “Good Will Hunting”. It also includes clips from his famous “Inside the Actors Studio” appearance.



FRIDAYS

A177 Introduction to Book Arts

Jan. 31; Feb. 7, 14, 21 (4 weeks)

1:30-4:30 p.m.

Instructor: Christina Lilly

Location: Clarke Building, Kentuck Art Center

In this four-week course, students will learn decorative paper techniques and basic bookbinding skills. Week one, students will learn to make paste paper covers for the books they will make in the class. In week two, students will make pamphlet-stitch books, and during week three, students will learn to make long-stitch books, both using the paste paper covers from the first class. In the last class, students will generate content in the books they have made with watercolors, paste painting and collage. Class limit: 8. Materials fee: \$30.

BONUS PROGRAMS

Open to the Public

Wednesdays, 12:00-1:15 p.m.

Bryant Conference Center

Coordinator: Mary Jon Sneckenberger

Jan. 22 Swim, Bike and Run - Triathlon for the Mature Athlete or Couch Potato

Elizabeth Aversa

With a mix of humor and seriousness, this session presents the ups and downs of doing your first triathlon even if you’re over 60! One who has done it will discuss necessary gear, where to get it, and which bank to rob to finance it; how to make a wetsuit or bike kit fashion statement; training tips; and how to complete the event. Handouts include a training program and a list of senior-friendly sprint events.

Jan. 29 Escape from Communism

Bela K. Berty

My father Jozsef Berty was a chemical engineer who carried out his vow to God to love his wife and to serve as a great provider for their family. Each trial and tribulation in Communist Hungary he met with a bold step forward and made us think that he had a good time doing it! Eventually, Dr. Berty chose to come to America, because he considered there was no way for socialism or communism to take hold in the USA.

Bonus Programs Continued

Feb. 5 From Lyons to Marseilles and Beyond

Bruce Burrows

As each of Bruce and Gay Burrows' children turns 50, the parents treat them to a cruise wherever they wish. This was the year for France and all the glorious sights of wine country. Each day presented a mixture of stunning landscapes, lovely vineyards and educational stops (taste-testing) on the Saone and Rhone Rivers. After visiting Avignon and Arles, it was onto Marseilles. Ensuring this was to be the best birthday bash ever, they continued onto Barcelona, Spain.

Feb. 12 Quilted Stories: Southern History Expressed through Needle and Thread

Gail C. Andrews

Quilts are visual documents of our country's history; they can be made to celebrate an important event or record a tragedy. Andrews, Director Emerita of the Birmingham Museum of Art will explore the ways quiltmakers have expressed their feelings about country, politics, political loyalties, war and various social movements.

Feb. 19 Alabama Senior Olympics: Fit @ 50 and Beyond!

Phil Holmes & Deanna Pack

Come join us and learn about the Alabama Senior Olympics. The Olympics are a great opportunity to participate in a social, recreational and athletic event for anyone 50 years of age and over. We offer 20 different sports from archery, basketball, bowling, golf, pickleball, shuffleboard, tennis, track & field and many more! In this class, you will hear from one of our athletes, learn about the sports in which you can participate and other opportunities to get involved.

Feb. 26 Honduras in the '60s

Kay Chesnut

This session will take you on a journey through Honduras as seen through the eyes of a Peace Corps volunteer. In the 60's, the Peace Corps was new and Kay's group was the first one of professional teachers sent to a country to work with rural elementary teachers. Some instructors were close by and others were miles away. Transportation was iffy over gravel roads, difficult when fording streams and rivers, and very hard on the body when traversing mountains by mule to reach the schools. So mount your mule and ride with Kay into the mountains of Honduras....a true step back in time.

March 4 Atomic Ladies: America's First Ladies During the Cold War

Ian Crawford

What was Jackie Kennedy's plan for the atomic bomb? What items in a newly refurbished White House were deemed worthy of saving if Washington D.C. was attacked? Through the lens of the first ladies of our land, revisit or discover the Cold War mentality and how it affected and permeated American culture. This presentation will go over culture, fashion, politics and behind the scene stories of life in the executive mansion while under the existential threat of nuclear war.

March 11 From Miracles to Mockingbirds: Spirituality in Sculptured Marble Art

Craigger Browne

A world-renowned sculptor, Browne's work is seen on five continents. After years of living and studying abroad, he is back to his roots in Alabama where some of his recent masterpieces can be seen. They are in Sylacauga, Ivy Green (statue of Helen Keller) and Monroeville (the courthouse from To Kill A Mockingbird). While studying at the Guggenheim, he used the opportunity to research artists and their motivation to create. This presentation will cover art and the public works, personal works and the role of the artist in communicating with society. This is the perfect way to prepare for the OLLI field trip to Sylacauga in April. Craigger Browne is offering OLLI members a preview of his current work on a piece commissioned by fellow member Mort Jordan and family, who are honoring their grandfather.

“My wife saw a bonus program in the newspaper on the subject of geology. She knew it was something I would be interested in. While there, I picked up the catalog and said, “What is this OLLI all about?” And I’ve been around ever since.”

– Philip Malone –

OLLI member since 2012, Tuscaloosa

To join OLLI or register for courses/trips/supper clubs:

Call Registration Services at 205-348-3000 or 866-432-2015 or go online <https://olli.ua.edu/register.php>

See page 4 for the list of membership benefits. Annual Membership is \$50, required to participate in courses, trips, and supper clubs. To take one or more courses at any chapter, simply add the Semester Course Package fee of \$50.



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.



Gadsden Leadership

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

Social Chair: Jan Mackey, calkid4747@yahoo.com

MONDAY COURSES

G101 Monday Morning Quarterback Club

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

10:00-11:30 a.m.

Instructor: Craig Scott

Location: Gadsden Public Library, Lena Martin Room

Need your sports fix for the week? Then, join the OLLI Sports Club at the Gadsden Public Library for a lively discussion about football, baseball, basketball or just about every other sport known to man! We will have special guests drop in, and our topics will be ever-changing but always centered on the sports world, including local, state and professional. Join us for the banter and fun. There will be a major discussion topic each week to start things off. If you love sports, you are invited regardless of gender. Be there!

G102 Love Stories that Made History

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

1:00-2:00 p.m.

Instructor: Keith Robinson

Location: UA Gadsden Center, Rm 110

St. Augustine said, "Better to have loved and lost than to have never loved at all." This class will look at some of the great love stories that have shaped history. We will discuss famous couples from various periods, focusing on how their love stories shaped their times and ours. We'll examine great love stories, from Adam & Eve, royals and prime ministers to presidents and first ladies, and connect their stories to history — for better or for worse. (Class may end in February.)

G103 Royale Siamese Mah Jongg

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

1:00-2:30 p.m.

Instructor: Susan Davidson

Location: UA Gadsden Center, Rm 113

If you enjoy playing mahjong, then you will love these challenging versions of the game that are spreading like wildfire. They are stimulating, and as the word "Siamese" suggests, twice the tiles, twice the hands, twice the points, and at least twice the fun! The game developed by Gladys Grad in 2015 is not for beginning mahjong players. Experienced players may even learn some new strategies to improve their regular game. Course requirement: 2019 National Mah Jongg League card. Class limit: min. of 4; max. of 8.

G104 The Medieval Church

Jan. 27; Feb. 3, 10, 17, 24; Mar. 2, 9

3:00-4:30 p.m.

Instructor: Carl Saxton

Location: UA Gadsden Center, Rm 110

The thousand-year span from 400 C.E. to 1500 C.E. saw the rise of the monarchical papacy and the gradual empowerment of the Catholic Church. This class will explore the changing dynamics of church and state, the split between Eastern Christianity and Western Christianity, the Inquisition, the Crusades, and much more. There were over 200 popes during this time period, and we will look closely at the character, life and ministry of a few of them.

TUESDAY COURSES

G105 What You Always Wanted to Know about History but Were Afraid to Ask

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10
10:00-11:30 a.m.

Instructor: Linda York

Location: UA Gadsden Center, Rm 110

Our focus will be on history outside of U.S. history. The class will be conducted as a roundtable discussion. Maybe you do not know all you think you do about places and events that occurred in history. Someone in class will have the answer. Questions you have never gotten answers for or new ideas about events will be the approach for each meeting. We will revisit historical events, characters and movements, while class members chip in their two cents' worth. Join us for an informative and fun approach to history.

G106 Mahjong

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10
1:00-2:30 p.m.

Instructor: Charlotte Cohn

Location: UA Gadsden Center, Rm 113

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, as well as provide strategies and pointers for those wanting to improve their playing skills. We must have six people for this class to make.

G107 The Use of Air Power in WWII

Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 3, 10
1:00-2:30 p.m.

Instructor: Robert Kane

Location: UA Gadsden Center, Rm 110

Dr. Robert Kane, former Air Force historian, will demonstrate the significant effects of air power during World War II in eight topics, with emphasis on air power contributions to the Allied victory between Dec. 1941 and Sept. 1945.

- 1) U.S. Entry into the War: Pearl Harbor to the Doolittle Raid
- 2) The Rise of Naval Aviation to the Coral Sea and Midway
- 3) The Strategic Bombing of Germany, Part 1: 1942 - Oct. 1943
- 4) Naval Aviation in the Pacific: Aug. 1942 – Oct. 1944
- 5) Tactical Air Power in the European and Mediterranean Theater
- 6) Strategic Bombing of Germany, Part 2: Oct. 1942 - May 1945
- 7) Strategic Bombing of Japan
- 8) The Use of the Atomic Bomb against Japan

G108 Bridge for Beginners

Jan. 21, 28, Feb. 4, 11, 18, 25; Mar. 3 and 10
1:00 - 2:30pm

Instructor: Miki Cook

Location: Senior Activity Building, Upstairs in game room, (Elevator available)

This course is designed for those who have always wanted to learn to play Bridge as well as for those who have some experience but may have forgotten many of the common practices, rules and regulations. You will learn/review how to evaluate your hand, bid, respond, and make your contract. You will PLAY BRIDGE every week and practice, practice, practice. This is a wonderful way to keep your mind active.

G109 Baubles, Bangles and Something Beautiful

Jan. 21, 28; Feb. 4, 11, 18, 25
3:00-4:30 p.m.

Instructor: Amelia Day, Kay Gray and Delores Thompson

Location: UA Gadsden Center, Rm 110

Learn jewelry-making techniques that will ensure your finished designs are eye-catching accessories to complement every outfit. Using the basics of simple yet lovely fashion necklaces, bracelets and earrings, we will create our own fabulous jewelry. You will learn how to mix and match stones, beads and glass. Come design some “bling-bling.” Class limit: 15. Materials fee: \$15.

SPECIAL PROGRAM

Cybersecurity for Seniors

Wednesday, Feb. 12, 10 – 11:30 a.m.

UA Gadsden Center

Presenter: Jacob Blackwood, IT Manager & Chief of Online Security, Gadsden Public Library

Practicing cyber safety can go a long way toward protecting your identity and sensitive personal information while online. Blackwood will review the importance of strong passwords when using online services.

This class will help give you tips and tricks when creating passwords and will demonstrate how to make them strong and secure.

“Cybersecurity is all about risk reduction. It’s difficult to achieve perfect security, but you can certainly work to make yourself a much more difficult target for online hackers”, says Mr. Blackwood.



WEDNESDAY COURSES

G110 History over Easy

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
10:00-11:30 a.m.

Instructors: John McFarland and Randy Holland
Location: UA Gadsden Center, Rm 111

Be a part of one of the most popular class offerings thus far. This “history-over-easy” approach revisits historical events, characters and movements, while class members chip in their two cents’ worth. Topics range from military campaigns to people, ideas and movements that influenced local, national and international events. Religious and political discussions are allowed only in historical context; no one need to fear offending anyone!

G111 Early Alabama

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
1:45-3:00 p.m.

Instructor: Skip Campbell
Location: UA Gadsden Center, Rm 111
Note: This is a special time.

This course examines the origins of our state’s history and concludes with Alabama achieving statehood in 1819. Topics include indigenous people who inhabited what is now Alabama and their cultural contributions and way of life. Europeans may have come to Alabama first and had an impact on its colonization. The course will discuss the forming of the Mississippi and Alabama Territories that led to statehood.

G112 *The Crown: Season 3*

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
1:00-2:30 p.m.

Instructor: Shirley du Pont
Location: UA Gadsden Center, Rm 110

Major moments will reportedly include the space race and the moon landing, the Queen’s 1972 state visit to France and an episode featuring Antony Blunt, the Queen’s art advisor who was later found out to be a Russian spy. Season Two took the royal family up to 1964; Season Three, covering 1963-1977, will pick up right where the story left off. The season will take place in “the Wilson era”, referring to Harold Wilson, the prime minister from 1964-1970 and 1974-1976. Spoiler alert: The drama in Elizabeth and Philip’s marriage has calmed down a bit, and her relationship with her sister is also less tempestuous. Join us as we view *The Queen* once again.

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



G113 Colonies and Culture: Discovering the Society and Folkways of British North America

Jan. 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11
3:00-4:30 p.m.

Instructor: Derrick Griffey
Location: UA Gadsden Center, Rm 110

In this course, we will take a journey back to our nation’s earliest beginnings and explore the ways of life for the British American colonists from 1607-1775. We will examine four waves of immigration from England to the New World, including Puritans from the east of England to Massachusetts; royalist elite and large numbers of indentured servants from the south of England to Virginia; a Society of Friends from North Midlands of England and Wales to the Delaware Valley; and the Scotch-Irish from the borders of North Britain and Northern Ireland to the Appalachian backcountry. Do the folkways of these pioneering people still exist in our modern society? You will have to take this course to find out.

THURSDAY COURSES

G114 Exercise for Your Health

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12
9:00-9:45 a.m.

Instructor: Belinda Brock
Location: Downtown Community 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.

G115 Genealogy Club

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 12
9:30-11:30 a.m.

Instructor: Craig Scott
Location: Gadsden Public Library, 2nd Floor Computer Room (elevator available)

The search for your roots is an ongoing process. Regardless of where you are in that search, Craig will provide you with sources and links to the past. Using the latest software and internet sites allows you to shed light on your famous and infamous ancestors. This is not a class for the beginning genealogist. Previous computer experience is a must! Join us for a look back into your history.



Thursday Courses Continued

G116 Armchair Travel

Jan. 23, 30; Feb. 6, 13, 20, 27; Mar. 5,
3:00 - 4:30 p.m.

Coordinator: Shirley du Pont

Location: UA Gadsden Center, Rm 110

Pack your bags as we take off once again. This travel group heads for destinations both historical and entertaining. Remember no money, no passport, and no shots required – just come enjoy cultures and countries different from ours, as well as, our own. Join us, for seven fun-filled weeks as we travel the globe. We return on week eight to enjoy tasty tidbits from each locale.

Africa January 23

Presenter: Francine Marasco

See Africa as Francine and company travel from Cape Town to the desert. This view is during the time of new life in the animal kingdom.

Nova Scotia January 30

Presenter: Frances Douglas

Travel with us to the maritime province of Canada including Halifax, Hopewell Rocks, Peggy's Cove and Cabot Trail. What happened in Halifax on December 6, 1917, that destroyed half of the city?

Romania, Albania, Serbia and Hungary February 6

Presenter: Valerie Reynolds

Romania is a country located at the crossroads of Central, Eastern and Southeastern Europe. It is bordered by the Black Sea to the southeast, Bulgaria to the south, Ukraine to the north, Hungary to the west, Serbia to the southwest and Moldova to the east. Travel with us as we explore the Danube Delta. Who knows who we may see in Transylvania or Dracula's Castle?

Mediterranean Region February 13

Presenter: Kathy Russell

Bordered by three diverse continents with countless cultural influences, the Mediterranean Sea holds great appeal. The Mediterranean offers a trip through time, starting with ancient wonders. Few destinations offer the amazing amount of antiquities available throughout this region. Be inspired by ancient Greek temples to the gods, take a gondola ride in Venice, swim off the coast of a volcanic island, roll the dice in Monte Carlo and sample some of the most delectable cuisines in the world.

Antarctica February 20

Presenter: Elizabeth Wheeler

Antarctica, on average, is the coldest, driest and windiest continent and has the highest average elevation of all the continents. Most of Antarctica is a polar desert. Antarctica is noted as the last region on Earth in recorded history to be discovered. Elizabeth will share with us her incredible visit to this icy continent.

Venice February 27

Presenter: Randy Holland

Venice has been known as "La Dominante", "La Serenissima", "Queen of the Adriatic", "City of Water", "City of Masks", "City of Bridges", "The Floating City", and "City of Canals". The lagoon and a part of the city are listed as a UNESCO World Heritage Site. Parts of Venice are renowned for the beauty of their settings, their architecture and artwork. Randy will take us through the city and all its amazing sites.

International Food Day March 5

It is time to taste the food treasures from the places we have visited this session. Join us for a sampling of the delicacies from around the globe.

BONUS PROGRAMS

Thursdays, 1:00-2:30 p.m.

UA Gadsden Center

Bonus programs are open to the public.

No registration needed.

Coordinator: Shirley du Pont, slild01@aol.com

Vietnam from an Advisory Perspective: What Was an Advisor in Vietnam?

January 23

Presenter: Cliff Lanham

A veteran of Vietnam, Cliff has recently returned to the country for an extended visit. He will share his story with us. It has been 50 years since he was there; things have changed, or have they? Come hear this story of Vietnam then and now.

The Impact of the Great Depression on Industry

January 30

Presenter: Ty Malugani

Alabama and Birmingham's industry enjoyed the most economically successful period in its history during World War I, while supplying iron for the war effort. Just over 10 years later though, many called Birmingham the hardest-hit city in the country during the Great Depression. With almost all of Birmingham's industry shutting down, it took government policies, another world war and sheer willpower to keep Birmingham and Alabama's industrial hopes alive.



Bonus Programs Continued

The Story of the Violin

February 6

Presenter: John McFarland

The first clear record of a violin-like instrument comes from paintings by Gaudenzio Ferrari. In his Madonna of the Orange Tree, painted in 1530, a cherub is seen playing a bowed instrument that clearly has the hallmarks of a violin - bulging front and back plates, strings which feed into peg-boxes with side pegs and f-holes. It is not clear exactly who made these first violins, but there is evidence they originated from northern Italy. Learn how the violin is made, its origins, its music and its place in history. John will have violins in various stages of development and share his experience with them.

Valentine Party

February 13

Presenter: Shirley du Pont

Come join us for your Valentine's Day fix. Our hearts will overflow with the goodies of the day. Be a part of the festivities.

Halifax Explosion

February 20

Presenter: Frances Douglas

During WWI, Halifax Harbor in Nova Scotia was extremely busy. On the morning of December 6, 1917, a maritime disaster destroyed half the city. Hear the details and how the city survived.



Shakespeare and His World

February 27

Presenter: Carmine Di Biase

This lecture will provide an introduction to Shakespeare's works, his life and times, and his stage. We will survey the comedies, the tragedies, the histories, the sonnets and the narrative poems, covering his major themes and some concrete ways of appreciating the texture of his verse. With regard to the plays, we will examine some of the challenges of performance. And we will try to understand the place his work occupies in his historical context.

Dutch-treat Supper Club

Tuesdays

We will depart from UA Gadsden Center at 5:00 p.m. and carpool to various locations. Please be prepared to donate \$3.00 to your driver to help with the cost. Be prepared to drive your vehicle if needed for transportation. Registration deadline for the supper club is the Friday before the supper club date. For more information contact Shirley du Pont, slild01@aol.com

G301 Feb. 4 Rick's Cross Roads Grille

48278 US-78, Lincoln, AL

G302 Feb. 18 The Brick

373 Gunter Ave., Guntersville, AL

G303 Mar. 3 Roots and Revelry

1623 2nd Av N, Birmingham, AL

We must have 6 registered for that supper club trip to make.



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See page 4 for the list of membership benefits. Annual Membership is \$50, required to participate in courses, trips, and supper clubs. To take one or more courses at any chapter, simply add the Semester Course Package fee of \$50.

Greater Birmingham Locations

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

Homewood Public Library

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

Levite Jewish Community Center

3960 Montclair Rd., Birmingham, AL 35213, 205-879-0411

Hoover Senior Center

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

North Shelby Library

5521 Cahaba Valley Rd, Birmingham, AL 35242, 205-439-5500

Emmett O'Neal Library

50 Oak Street, Mountain Brook, AL 35213, 205-879-0459

Shades Mountain Baptist Church (Field Trip departures)

2017 Columbiana Rd, Vestavia Hills, AL 35216, 205-822-1670

Greater Birmingham Advisory Board

Advisory Chair - Bob Kolar, rvkpe@yahoo.com

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Lunch Bunch Chair - Joyce West, westjoyce@bellsouth.net

Catalog - Martha Weber

Vestavia Hills Liaison - Julie Harper, jharper@vhal.org



MONDAY COURSES

B101 Israeli/Palestine Situation

Jan. 20, 27

10:00-11:30 a.m.

North Shelby Library

Instructor: Scott Turner, Ph.D., Professor, Political Science, University of Montevallo

Note: On January 20, enter the building at the rear. The library will be closed to regular patrons for the Martin Luther King holiday, but staff will be available for our OLLI session.

We will focus on the geography of the land now held by the Israelis and the Palestinians and a historic overview up to the current day. Religious divisions will not be discussed.

B102 The History of Big Band Jazz in Birmingham from 1883

Jan. 27

1:00-2:15 p.m.

North Shelby Library

Instructor: Mike Lingo, jazz musician and band director

The story of jazz music is a story of hope, a testament to the power of people to overcome adversity with grace. From the first piano blues solo ever recorded, Clarence "Pinetop" Smith, Sun Ra, and Erskine Hawkins, Alabama has produced some of the most notable jazz musicians and memorable jazz moments in the country. You'll be tapping your toe and clapping your hands, as Mike Lingo tells the story of Birmingham's history of Big Band Jazz from 1883 to the present.

B103 The Artist's Way Book 2: "Walking in This World (The Practical Art of Creativity)"

Feb. 3, 10, 17, 24; Mar. 2, 9

10:00-11:15 a.m.

North Shelby Library

Instructor: Katie Seifert, a writer with passion

"Walking in This World" focuses on coping with life in the artistic trenches and daily practice. Learn to focus on your art whether it is writing, painting, composing or sculpting. Very real steps in a very real process. (Please note: While it is helpful to have practiced the 12 weeks of "The Artist's Way," it is not required to benefit from and enjoy "Walking in This World.")

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



Monday Courses Continued

B104 Women's Suffrage

Feb. 3, 10, 17, 24
11:30 a.m.-12:45 p.m.
North Shelby Library

Instructor: Vulcan Park & Museum Representatives

In this four-part series, we celebrate the 100th anniversary of the ratification of the 19th Amendment to the U.S. Constitution and the Women's Suffrage Centennial Commemoration. The series will include presentations that examine the specific challenges faced by suffragists in Birmingham and analyze the racial issues that caused the suffrage movement to be a primarily white campaign. Also, it will explore the efforts of black men and women to achieve the right to vote. Shining a light on the suffrage movement will remind us of the ones who fought hard to establish the 19th amendment and will instill a sense that we should value and use the right to vote.

B105 Antebellum Alabama as Seen Through the Eyes of Remarkable Early Families

Feb. 3, 10, 17, 24
1:00-2:15 p.m.
North Shelby Library

Instructor: Jim Lewis, former Assistant U.S. Attorney, contributor to "Encyclopedia of Alabama" and author on Alabama history

This course will tell the story of pre-Civil War Alabama as seen and experienced by the early families who settled the state.

B106 Evolution of Birmingham's Iron Plantation

March 2
11:30 a.m.-12:45 p.m.
North Shelby Library

Instructor: Ty Malugani, Education Coordinator/Historian, Sloss Furnaces

Sloss Furnaces will provide a history of Sloss Quarters, 48 houses adjacent to City Furnaces, designed specifically for black workers. After the Civil War, Sloss Furnaces included black workers in its labor pool. Sloss Quarters attracted family men, lowering the rate of absenteeism, and it made available a ready supply of labor for the company. While not a company town in the strictest sense, there was a doctor's office, a commissary with 'clacker' and numerous neighborhood gatherings.

B107 Lebanese Culture

March 2
1:00-2:15 p.m.
North Shelby Library

Instructor: Judy Zaidan and friends

Judy Zaidan will guide us through a lesson in Lebanese culture. Combining history, culture, music, and food, Judy and friends will immerse us in their Lebanese heritage.

B108 The Encyclopedia of Alabama

March 9
11:30 a.m. – 12:45 p.m.
North Shelby Library

Instructor: Laura Hill, Communications Editor, Encyclopedia of Alabama

Discover places to visit. Uncover unique stories and remarkable history. Learn how the Encyclopedia of Alabama, an award-winning online resource, places the State's history, culture, and natural environment at your fingertips.

B109 Japanese Culture and Tradition

March 9
1:00-2:15 p.m.
North Shelby Library

Instructor: Yuriko Beck, local small business owner

Yokohama native Yuriko Beck will discuss Japanese culture, customs, and tradition from a perspective of living decades in Alabama with family still in Japan.

TUESDAY COURSES

B110 Mind over Health

Jan. 14, 21; Feb. 4
10:30 a.m.-12:00 p.m.
Vestavia Hills Civic Center

Instructor: Jay Jones, Director, Business and Development, Home Instead Senior Care; healthcare and physical rehabilitation specialist; Certified Readmission Prevention Professional

Jan. 14 Omega-3 Supplements: What works and what does not

Jan. 21 Preventive Healthcare: Services under Obamacare seniors are entitled to

Feb. 4 Medical Tourism: A look at the industry catering to those seeking healthcare in other countries

Also see **Tuesday, January 28 Bonus Program:** Jay Jones will present on a new medical trend, home visits by medical professionals.



Tuesday Courses Continued

B111 Photography

Jan. 7, 14, 21, 28
12:30-3:30 p.m.
On location

Instructor: George Ritchey, award-winning professional photographer and world traveler

We will learn "how to" techniques for successful image capturing on location at four Birmingham sites, using our own cameras and equipment. You will be notified of logistics information and/or location changes via email the day before each class. If the weather is rainy or snowy, the class will meet at the Vestavia Hills Civic Center. Class size: 12.

Jan. 7 Architectural photography at Samford University

Jan. 14 Animal photography at the Birmingham Zoo

Jan. 21 Industrial photography at Sloss Furnaces

Jan. 28 Floral photography at Birmingham Botanical Gardens

B112 Tolerance, Intolerance, Violence

Feb. 4, 11
1:30-3:00 p.m.
Vestavia Hills Civic Center

Feb. 4 Not a Question of If But When: Sgt. Lachlan Chronister, Tuscaloosa Police Department

We cannot escape the frequent news of a shooting involving a crowd of innocent bystanders. If an active shooter incident occurs, what have we done to prepare ourselves? We will look at the history of events in the U.S., what we can do and what to expect from agency response.

Feb. 11 Walk a Mile...: Cortney Hawkins and Charles Wood, Birmingham Civil Rights Institute Education Services Audience interaction will include questions raised by the presenters for a discussion on diversity and acceptance.

Also see Tuesday, February 18 Bonus Programs: The Seasoned Performers will perform a play about the civil rights movement.

B113 Warrior Women

Mar. 10, 17, 24
1:30-3:00 p.m.
Vestavia Hills Civic Center

Mar. 10 Jacqui Shipe, CEO of Global Ties Alabama and former Ethics Officer, World Bank Group, will talk about Sojourner Truth, Lilly Ledbetter, and Judge Sherrod.

Mar. 17 Shannon Flynt, Assistant Professor of Classics, Samford University, will teach about ancient warrior women, including Boudicca, a Celtic queen who led an uprising against occupying Roman forces in 60 A.D.

Mar. 24 Jordan Bauer, Visiting Assistant Professor of History, UAB, will describe women during World War II and the social changes that came from their roles during the war, including women code breakers.

B114 Assassinated and Attempted Assassinations of U.S. Presidents

April 7, 14, 21, 28
1:30-3:00 p.m.

Vestavia Hills Civic Center

Instructor: Richard Rhone, retired history teacher and high school principal

We will cover the four assassinated presidents as well as the unsuccessful attempts, including the assassins, the trials and punishments, and the history of presidential security.

B115 Our Shadow Wars of Tariffs and Sanctions

May 12, 19
1:30-3:00 p.m.

Vestavia Hills Civic Center

May 12 Iran: Brian Motii, Ph.D., Associate Professor, Economics, University of Montevallo

Brian will describe conditions in his native Iran and effects of sanctions.

May 19 China: Renato Corbetta, Associate Professor, Political Science, UAB

Renato will describe the political ramifications of tariffs on China.

TUESDAY LUNCH BUNCH

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

B301 Jan. 21 Seasons 52

245 Summit Blvd., Birmingham, AL 35243

B302 Feb. 18 J. Alexander's Redlands Grill

3320 Galleria Cir., Hoover, AL 35244

B303 Mar. 17 Red Pearl

243 W Valley Ave., Ste. 121, Homewood, AL 35209

B304 Apr. 21 Pappadeaux Seafood

3500 Grandview Pkwy., Birmingham, AL 35243

B305 May 19 Galley and Garden

2220 Highland Ave. S, Birmingham, AL 35205



WEDNESDAY COURSES

B116 Short Stories of Mary Ward Brown

Jan. 8, 15, 22

1:30-3:00 p.m.

Vestavia Hills Civic Center

Instructor: Norman McMillan, Ph.D., professor emeritus of English, University of Montevallo

We will explore two short story collections of Alabama author Mary Ward Brown, "Tongues of Flame" and "It Wasn't All Dancing." Her beautifully crafted stories depict the changing relationships between black and white southerners, the impact of the civil rights movement and the emergence of the New South. Attendees may decide to buy the collections, available on Amazon, or can purchase copies in class.

B117 George Washington: Up Close and Personal

Feb. 5, 12, 19, 26

1:30-3:00 p.m.

Vestavia Hills Civic Center

Instructor: Richard Rhone, retired history teacher and high school principal

This course will feature Washington's personal rather than political or military life, covering his personality, family life, marriage and farming.

B118 Leonardo da Vinci: His Life and Art

Mar. 6, 11, 18, 25 (Mar. 6 is a Fri.; the rest are on Wed.)

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

Levite Jewish Community Center

Instructor: Nick Boulter, Docent, Birmingham Museum of Art, and Beth White, OLLI member

Mar. 6 Leonardo's Biography (White)

Mar. 11 The Scientist's Notebooks (Boulter)

Mar. 18 The Biologist's Notebooks (Boulter)

Mar. 25 The Timeless Paintings (Boulter)

B119 Architecture: Ancient to Current Day

Mar. 11, 18, 25

1:30-3:00 p.m.

Vestavia Hills Civic Center

Mar. 11 Ancient Greek and Roman Architecture. Shannon Flynt, Assistant Professor of Classics, Samford University

Mar. 18 Architecture in the Years Between Ancient and Modern, Including Structures in Alabama. Camille Bowman, architectural historian

Mar. 25 Modern Architecture and Auburn Urban Center.

Alex Krumdieck, owner of Krumdieck Architects and Director of Auburn Urban Studio

B120 Rise of the Third Reich

April 1, 8, 15, 22

11:00 a.m.-12:30 p.m. and 1:30-3:00 p.m.

(1-hour lunch break)

Vestavia Hills Civic Center

Instructor: Earl Tilford, Ph.D., student of war history and Vietnam War veteran

This course will cover the Third Reich in context, its political background, and origins of the National Socialist German Workers' Party. We will look at its roots in German history, the rise of a concept based on ideology, the Peoples Movement, and anti-Semitism and why it flourished. We will learn about Adolf Hitler from 1889-1919, "Mein Kampf," and tactics of the Reich and its end.

North Shelby Library Location – Wednesdays –

B121 Magic in Stone: The Sylacauga Marble Story

Jan. 22

10:00 - 11:15 a.m.

North Shelby Library

Presenter: Ruth Cook, author

Sylacauga – Alabama's "Marble City" – is blessed with an abundant natural resource that nurtures both its economy and its cultural heritage. 35 miles long, 400 feet deep, and more than a mile wide, the Sylacauga Marble Belt yields crystalline white marble as treasured as Parian marble or Carrara marble chosen by Greek sculptors and Michelangelo. Ruth Cook tells the story of quarry pioneers, investors, artists, and artisans. And also the story of their families, who fondly remember their lives along the edge of "the hole" that provided for them. Since 2009, the Magic of Marble Festival has revitalized interest in the artistic value of Sylacauga marble, inspiring sculptors from across the United States and masters from Italy to apply their skills and creativity to cream-white blocks of this beautiful stone.

B122 The Healing Power of Music

Jan. 29

10:00 - 11:15 a.m.

North Shelby Library

Presenter: Susan Sallin, VP of Education - National Alliance on Mental Illness/Birmingham

Music has the power to alleviate depression, reduce perceived pain, help cope with various illnesses, reduce boredom, aid relaxation, help you focus on a physical task, help you bond with others, improve your mood, and fill your life with emotions from nostalgia to joy. Analyzing eight songs, this presentation will explore and explain the magnificent power of music.



Wednesday Courses Continued

B123 Jellyfish! More Than a Blob on the Beach or a Sting in the Water

Feb. 5
10:00-11:15 a.m.
North Shelby Library
Presenter: Peggy Hamner

Jellyfish live in all the oceans of the world and play an important role in marine communities. This presentation will introduce you to their many beautiful forms and surprise you with scientific research on their behavior, which is more complex than you would expect! We will discuss jellyfish from Canadian bays, from the tropical Pacific, and from coastal waters to the deep sea. You'll leave with a greater appreciation of the wondrous creatures that live in the ocean realm of our blue planet.

B124 Spotlight on Alabama

Jan. 22, 29; Feb. 5
11:30 a.m.-12:45 p.m.
North Shelby Library

Jan. 22 Discovering Alabama's Natural Diversity

Dr. Doug Philips, creator and host of the Alabama Public Television series, *Discovering Alabama*
An overview of Alabama's great natural heritage, its history, and its potential future.

Jan. 29 Alabama Senior Olympics: Fit @ 50 and Beyond!

Phil Holmes and Deanna Pack, Governor's Commission on Physical Fitness and Sports
Come join us and learn about the Alabama Senior Olympics. The Olympics are a great opportunity to participate in a social, recreational and athletic event for anyone 50 years of age and over. We offer 20 different sports from archery, basketball, bowling, golf, pickleball, shuffleboard, tennis, track & field and many more! In this class, you will hear from one of our athletes, learn about the sports in which you can participate and other opportunities to get involved.

Feb. 5 30 Years of Spirit

Mike Royer, Managing Editor, WVUA 23 News
Mike Royer has held a variety of positions during his now 44-year television career. However, his favorite part of his career has been producing a weekly segment called *The Spirit of Alabama*. This feature story was simply good stories about good people doing good things. Along with all of the news of the day, much of it bad news, this feature offered a reminder that in this troubled world, there are still many good people doing good for others. Mike will share some of his favorite stories that he says impacted him in a lasting and meaningful way.



B125 Basic Floral Design

Jan. 22, 29; Feb. 5
1:00-2:15 p.m.
North Shelby Library

Instructor: Beth White, retired professional florist

Learn the basics of floral design with professional techniques that will ensure success in creating floral arrangements. This hands-on class will teach design principles and techniques. Each week, you will take home creations in your own containers. All materials are included. Please bring a sharp knife, snips (for cutting stems) and ribbon scissors. Class limit: 15. Materials fee: \$50.

Special Program We Love OLLI Party

Feb. 12 11:00 a.m. – 12:30 p.m.
North Shelby Library

Valentine's is a great time to share the love. Bring a friend to this party to meet friends and learn about OLLI. If you are already an OLLI member hear how you can get involved. Light refreshments will be provided.

B126 Prediabetes: Are You at Risk?

Feb. 12
1:00-2:15 p.m.
North Shelby Library

Instructor: Katie Ghossein, MS, RD, LD, Wellness Dietitian at St. Vincent's One Nineteen Health and Wellness

One in four adults are estimated to have prediabetes. Nine in ten of these adults are unaware. Join wellness dietitian, Katie Ghossein, for an informational session on prediabetes and lifestyle change. Come prepared to learn about practical behavior modifications that may reduce your risk for developing diabetes by 58%.

B127 Civil War - Updated Perspective

Feb. 19, 26; Mar. 4, 12
10:00-11:15 a.m.
North Shelby Library

Instructor: Greg Gesell, Major, AR, USAR (Rtrd)

This course is designed for students with little or no background in American Civil War history. It will provide an introductory examination of present-day military tactics and theory as related to major Civil War engagements. The course will focus on the major battles fought during the Civil War with special emphasis placed on Gettysburg. Leadership roles of major combatants will be examined. Our goal is to understand the tactical and strategic implications of these major events, their contexts in present-day military theory, and their continuing relevance 150 years after the end of the Civil War.

Wednesday Courses Continued

B128 A History of the Birmingham Railroad District

Feb. 19, 26; March 4, 11

11:30 a.m.-12:45 p.m.

North Shelby Library

Instructors: Marvin Clemons, Author and Railroad Historian; James Lowery, Railroad Historian; and others

Birmingham was founded in 1871 at the crossing of two railroads, setting off a miracle of growth that earned Birmingham the nickname “Magic City.” Birmingham’s progress was tied directly to the railroads, and within a few short decades the Birmingham Railroad District grew to encompass all of the mines, mills, and commerce located in and around the city. This series of lectures and PowerPoint presentations will present a historical overview of Birmingham’s railroads and their role in the development of the South’s leading industrial center, with additional emphasis on the development of rail passenger service and Birmingham’s iconic Terminal Station.

B129 The History of the Dixie Art Colony as Seen Through the Eyes of an Artist

Feb. 26; Mar. 4, 11

1:00-2:15 p.m.

North Shelby Library

Instructor: Mark Harris, President and Director, Dixie Art Colony Foundation

We will discuss Alabama’s historic Dixie Art Colony and how the artists associated with the colony served as historians during the Great Depression. The course will also include information about Alabama’s WPA New Deal Art Project and how the DAC artists helped document everyday life in the South.

B131 Self-Management: Gaining Control of Your Life

Mar. 5, 12, 19, 26

1:30-3:00 p.m.

Vestavia Hills Civic Center

Instructor: Mikal Keenan, Ph.D., Behavioral Medicine instructor

This foundation course promotes a self-managed lifestyle based on techniques from classical methods of India, China and Western bio-behavioral science. Topics include time management, nutrition, respiration, exercise, rest, recreation, relaxation, sleep, sense and perception, communication, positive/negative human interaction and stress management.

B132 Classic Comedy Film Series

May 14, 21, 28

2:00-4:30 p.m.

Homewood Public Library

After each movie, theater experts Ward Haarbauer, Martha Haarbauer and Ralph Voss will discuss the film and theatrical effects.

May 14 “Adam’s Rib” Spencer Tracy and Katherine Hepburn battle over a murder case involving a wife who murdered her husband.

May 21 “The Pink Panther” French police inspector Clouseau attempts to foil high-society thieves who have targeted a prize jewel called the Pink Panther.

May 28 “Abbott and Costello Meet Frankenstein” Count Dracula needs a simple, pliable brain to reactivate Frankenstein, so with the help of a beautiful woman, tries to convince Costello to participate. Fortunately, Costello’s friend, Bud Abbott, learns of the scheme just in time.

THURSDAY COURSES

B130 When Angels Flew and the Mayor Went to Hell: Theater in the Streets of Medieval Europe

Feb. 6, 13

1:30-3:00 p.m.

Vestavia Hills Civic Center

Instructor: Ward Haarbauer, professor emeritus of theatre and former associate dean of arts and humanities, UAB

Feb. 6 Morality Rampant in the Streets. The Medieval church rediscovers theater. It embraces theater. It rejects theater. Theater wins the hearts and minds of the populace. Angels fly, miracles happen, sinners suffer and a wonderful time is had by all.

Feb. 13 The Complexity of Simple Plays. We will look at mostly little-known Medieval plays which offer spectacle, interesting characters and even comedy, while remaining consistent with Christian teachings.

OPEN HOUSE

INTRODUCING THE SUMMER SEMESTER

Thursday, May 7

2:30 – 4:30 p.m.

Homewood Public Library – Large Auditorium

ENJOY FRIENDS AND REFRESHMENTS
WHILE LEARNING MORE ABOUT OLLI
AND HOW YOU CAN PARTICIPATE



BONUS PROGRAMS

Bonus programs are open to the public.
No registration needed.

Birding in Costa Rica

Thurs., Jan. 16

1:30-3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Dwight Lammon, retired emergency and critical care nurse; world-traveling bird observer; birding teacher from OLLI in Tuscaloosa

We will learn about birds, specifically those in Costa Rica, through his stunning photography.

How Not to Die

Fri., Jan. 17

11:00 a.m.-1:00 p.m. (brown-bag lunch)

Homewood Public Library

Instructors: Cody Hamick, nutritionist, and Janelle Schirmer, RDN LD, registered dietitian nutritionist

Bring your own lunch to this documentary based on Dr. Michael Greger's book, "How Not to Die," which reveals the groundbreaking scientific evidence behind a plant-based diet that can help prevent and reverse many of the causes of disease-related death. There will be a discussion with experts afterward.

Medical Home Visits Are Back

Tues., Jan. 28

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

Homewood Public Library

Instructor: Jay Jones, business director of Home Instead Senior Care, a program designed to keep seniors in their homes

In the 1940s, 40% of medical interactions took place in the home. Now, under the Affordable Care Act, medical house calls are making a comeback.

Nordic Walking

Thurs., Jan. 30

1:30-3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Leroy Hurt, Certified Advanced Nordic Walking Instructor

Nordic walking evolved in Finland from cross-country skiing motion. It is a full-body activity using poles to involve the upper body. Research shows that it improves weight loss, glucose management, muscular strength, lung capacity, heart capability and cholesterol levels. It is a low-impact activity allowing those with strength, balance and joint issues to participate. This session will provide hands-on training, and poles will be available.

Because of Them, We Can

Tues., Feb. 18

1:00-3:00 p.m.

Homewood Public Library

Instructor: The Seasoned Performers

The Seasoned Performers will present a play about the civil rights movement.

Life-Changing Volunteer Experience: The Peace Corps in Our 50s

Thurs., Feb. 20

1:30-3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Bob Leventry, sustaining member, National Peace Corps Association

While in their 50s, Marjorie and Bob Leventry were Peace Corps volunteers in Ecuador for three years until 1997. Marjorie, (a Certified Dietician and Licensed Nutritionist) served in the Child Malnutrition Program. Bob, a retired COO of two companies, served in the Micro-Business Program. This experience changed them and made the rest of their lives the best of their lives.

How Civics Affects Our Lives

Wed., Mar. 4

12:30-2:00 p.m. (brown-bag lunch)

Emmett O'Neal Library, Mountain Brook

Instructor: Helen Pruet, retired history and civics teacher

What are the rights and responsibilities of citizens? How do bills become laws? What do our local governments do? Our state? How are our lives impacted and what can we do about it? The presentation will include the U.S. Constitution and the Bill of Rights.

Forms of Public and Private Transportation

Mon., Mar. 9

10:00-11:30 a.m.

Hoover Senior Center

Instructor: Marty Robinowich, environmentalist and sustainable transportation provider

Marty will describe public and private ride-sharing programs such as Uber, Lyft, Zypp, Clastran and a service for which he drives, Boomerang Transport, which transports workers' compensation participants.

Why Did Apollo 13 Fail?

Thurs., April 9

1:30-3:00 p.m.

Vestavia Hills Library in the Forest

Instructor: Jim McDade, space enthusiast and former UAB Technology Director

Two days before the 50th anniversary of this aborted moon landing attempt, this bonus will feature footage from NASA as well as a few scenes from the movie that featured Tom Hanks. Jim will describe why it failed and how that experience influences current attempts to reach the moon.



To join OLLI or register for courses/trips/supper clubs:

Call Registration Services at 205-348-3000 or 866-432-2015 or register online <https://olli.ua.edu/register.php>

See page 4 for the list of membership benefits. Annual Membership is \$50, required to participate in courses, trips, and supper clubs. To take one or more courses at any chapter, simply add the Semester Course Package fee of \$50.

Membership Chair

Teresa Plowman, 61plowman.teresa@gmail.com

Curriculum Chair

Craig Patterson, chief@starboardrailbooks.com

Curriculum Chair

Ian Crawford, chasian@gmail.com

Board Member

Edward “Buck” Whatley, woodbuckone@gmail.com

BONUS PROGRAMS

Bonus Programs are open to the public.
Registration is not needed.



Aliceville Museum

February 18

1:00 p.m.

Gordo City Hall, Gordo, AL

Presenter: John Gillum

From 1942-45, Aliceville, Alabama, had one of the largest German POW camps in the U.S. Aliceville Museum Director, John Gillum, will show how over 6,000 prisoners and 1,200 personnel made a difference in the small town of Aliceville.

Be Prepared!

March 24

1:00 p.m.

Gordo City Hall, Gordo, AL

Presenter: Sheriff Todd Hall

In the world we live in today, we must be prepared for a live shooter event. This happens too much to not be aware of what to do. Sheriff Hall will advise on how to handle these situations so you can always be prepared.

Spring Social

April 21

6:00 p.m.

Gordo City Hall, Gordo, AL

Presenter: Teresa Plowman

Come spend time with OLLI. Enjoy an evening to relax and spend time with old friends and maybe make new ones.

BONUS PROGRAMS

Bonus Programs are open to the public.
Registration is not needed.

Noel-Ramsey House, 909 Market St, Greensboro

A Famous Greensboro “Outlaw”

Tuesday, February 11 5:30 – 6:30 p.m.

Dr. Adelaide Cherry, provides colorful highlights—both fact and legend—surrounding the exploits of John Orrick aka George Washington Arrington. John Orrick was a native of Greensboro and a Confederate scout in Colonel Mosby’s command. After the war and during an altercation on Main Street, he shot and killed Alex Webb, a Freedman. He escaped by hiding in the cemetery and ultimately fled Alabama with a bounty on his head. He eventually changed his name, served as Captain in the Texas Rangers, Sheriff of Wheeler County, and retired as a prominent rancher. His tombstone reads, “A Fearless Officer to Whom the Frontier of Texas Owes a Debt of Gratitude.”

White House China, Part Two

Tuesday, March 10 5:30 – 6:30 p.m.

Ian Crawford will continue last year’s review of the tableware that has graced the president’s table. This lecture will cover President U.S. Grant’s china order through present day.

Hale County Library, Its History, Renovation and Community Engagement

Tuesday, April 14 5:30 – 6:30 p.m.

Ian Crawford will tell the history of the Hale County Library and the building that houses it. It has been the office of Governor Seay and the Speaker of the Alabama House of Representatives Alfred Tunstall. Recently, it has been used as the community library until its renovation in the fall of 2019. Come enjoy the journey.

FIELD TRIPS FOR ALL MEMBERS

To join OLLI or register for courses/trips/supper clubs:
Call Registration Services at 205-348-3000 or 866-432-2015 or register online <https://olli.ua.edu/register.php>

See page 4 for the list of membership benefits. Annual Membership is \$50, required to participate in courses, trips, and supper clubs. To take one or more courses at any chapter, simply add the Semester Course Package fee of \$50.

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

DEPARTS FROM TUSCALOOSA

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

A201 Bama Bed and Breakfast

Thursday, January 30

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

Cancellation Deadline: Thursday, January 23

Meet at Bama B&B (46 Sherwood Dr., Tusc.) 10:00 a.m.

Return to BCC: 1:00 p.m.

Fee: None

Activity level: Easy

Enjoy this opportunity to tour Bama Bed and Breakfast and talk with its owner Kim Roberts! Kim will tell us about the home's history (built in 1823), her experiences while operating it as a bed and breakfast, and the ins and outs of short-term private rentals in Tuscaloosa. From Bama B&B we will drive back to Hotel Capstone to socialize over a Dutch-treat lunch. Learn about the perks of the hotel's "buy 9-get 1 free" buffet card and the lunch discount you can receive as an OLLI member!

Members may participate in field trips at any of the chapters.

A202 Behind the Scenes - Alabama Museum of Natural History Collections

Friday, February 7

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

Cancellation Deadline: Wednesday, January 29

Depart BCC: 12:50 p.m.; Return: 4:00 p.m.

Fee: None

Activity Level: Moderate/Difficult (walking, much standing)

The Alabama Museum of Natural History maintains a broad array of collections in Mary Harmon Bryant Hall. Two experienced curators will share their expertise with us, providing information about both ancient fossils and more recent specimens collected from many sites in Alabama. This is a unique opportunity for you to find out much more about the Museum than you will learn in just a visit to its public spaces in Smith Hall!

A203 UA Opera Rehearsal – An Evening of American One-Act Operas

Thursday, February 20

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

Cancellation Deadline: Wednesday, February 12

Meet at Bryant-Jordan Hall, Bryce Campus 6:30 p.m.; end 10:00 p.m.

Fee: None

Activity Level: Easy

Watch and listen as UA faculty and students rehearse four short operas, one of them created especially for the UA Opera Theatre by Michael Ching, a noted American composer. You'll enjoy a second opera by Mr. Ching, about a man arguing with his cat, and a mythology-infused comedy by Tony Solitro, as well as another shorter American opera. At this rehearsal, the cast will be accompanied by piano as they run through complete performances of all four operas.

You may want to return on your own to see the fully costumed production at one of the public performances on February 27, 28 and March 1.

A204 Mississippi Bound, Historic Meridian, MS

Friday, February 28

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

Cancellation deadline: Friday, February 14

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

Fee: \$45 (includes transportation and admission)

Activity Level: Moderate - (urban) walking and standing

Join us as we tour the Mississippi Arts + Entertainment Experience, where Mississippi legends and artists of all genres come alive. Then, on to lunch at the historic Weidmann's Restaurant, circa 1870, for a truly southern dining experience (Dutch-treat). Next, we will visit the Crooked Letter, a Mississippi Marketplace where we can see (and purchase) quality goods Mississippi made. We will finish up at the Atrium Mini-Mall for some quality bargain shopping before heading home.

A205 68th Annual Arts and Crafts Festival, Fairhope, AL

Friday, March 20 – Sunday, March 22
Trip Leaders: Jennifer Woods (jwoods9388@gmail.com) and Mary Ann McKissick (savanica66@gmail.com)
Cancellation Deadline: Friday, March 6
Depart BCC: Friday March 20, 8:00 a.m.; Return Sunday, March 22, 7:00 p.m.
Fee: \$250 Double; \$400 Single (includes two nights in hotel, two breakfasts and transportation. Other meals are Dutch-treat)
Activity Level: Difficult (extended walking and standing OUTSIDE)

Experience the charm and timelessness of Fairhope, while you attend the 68th Annual Fairhope Arts and Crafts Festival. This festival was chosen as one of the top events in the southeast for March by the Alabama Bureau of Tourism and it is also in the top 20 events selected by the Southeast Tourism Society. The festival was also included in the top 100 in 2018 by *Sunshine Artist Magazine*. More than 200 exhibitors, including many from the Southeast, will bring their best works from all over the country to showcase at this prestigious show. You'll also enjoy live entertainment and festival cuisine from the food court during this wonderful three-day event, come rain or shine!

Costs of this trip are partially covered by the Dennis James Memorial Travel Fund, reducing the fee/participant.

A206 Tuscaloosa Civil Rights History Trail

Friday, March 27
Trip Leader: Peggy Hamner (sswims2001@gmail.com)
Cancellation Deadline: Thursday, March 12
Depart BCC: 9:00 a.m.; Return: 12:00 p.m.
Fee: None
Activity Level: Moderate (standing, walking several city blocks at a time)

In June 2019, the Tuscaloosa Civil Rights History Trail officially opened. The trail highlights locations where Civil Rights events occurred, such as the conflict of Bloody Tuesday, sit-ins and bus boycotts, as well as, sites of cultural achievement such as the Dinah Washington Cultural Arts Center. We will follow the Trail by bus and on foot, visiting locations that are significant in the Civil Rights Movement and that will help locate the Movement's roots in Tuscaloosa's history. Our knowledgeable guide, Dr Scott Bridges, President of the Tuscaloosa Civil Rights History Trail Task Force, will provide historical information as we follow the trail.



Share your class experience
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A207 Birds, Beach and Bayou, Ocean Springs, MS

Thursday, April 2 – Saturday, April 4
Trip Leader: Becky Embry (emb619@aol.com);
Instructor: Dwight Lammon
Cancellation Deadline: Friday, February 28
Depart BCC: 7:30 a.m., Thursday, April 2; Return: 6:30 p.m., Saturday, April 4
Fee: \$390 Double; \$563 Single (transportation, hotel, two tours and ferry tickets)
Activity Level: Moderate BUT possible 4 ½ - 5 hours of sporadic walking on uneven ground and sand on Ship Island day. Two (one to two-hour) boat excursions

Birder or non-birder; you will NOT want to miss this OLLI trip! Experience the charm of historic Ocean Springs, Mississippi, highlighted by a tour of the Walter Anderson Museum of Art on our very first day! The adventure continues all day Friday with an excursion by ferry to Ship Island. This unspoiled island is part of the National Seashore and offers birding, shelling and hiking opportunities. Our farewell adventure takes place on the Pascagoula River with a morning river, marsh, and nature tour with Captain Benny McCoy. Come Join Us!

A208 Sylacauga Marble Festival

Thursday, April 9
Trip Leader: Beth Seale (sealeb51@gmail.com)
Cancellation Deadline: Wednesday, March 25
Depart BCC: 7:45 a.m.; Return: 5:30 p.m.
Fee: \$42 (includes transportation, and Blue Bell tour)
Activity Level: Moderate/Difficult (lots of walking on streets and on rough ground; standing)

Marble, quarried near Sylacauga, is renowned for its pure white color and fine grain. Come with us to the Marble Festival to watch artists carve their imaginations into this beautiful stone and hear their stories. Our first stop will be at Imrys Quarry Observation Point to learn about the history of marble and mining. We'll then take a tour of the Blue Bell Creameries plant and sample its ice cream before visiting the B.B. Comer Library. There, we'll view a film about the festival and a PowerPoint presentation on marble sculpting techniques. Before leaving, we will visit its sculpture gallery and the sale room (always time for shopping!). We'll socialize over a Dutch-treat lunch and then spend time in the city park, watching the sculptors at work. You're encouraged to take photos and ask them questions!



A209 Arlington Antebellum Home and Gardens

Thursday, April 23

Trip Leader: Peggy Hamner (sswims2002@gmail.com)

Cancellation deadline: Monday, April 6

Depart BCC: 10:00 a.m.; Return: 3:45 p.m.

Fee: \$47 (includes transportation, tour and lunch)

Activity level: Moderate (walking and standing indoors and outside)

The Arlington Antebellum House, a former plantation house, stands on a six-acre garden near downtown Birmingham. We'll have time to take a stroll around the garden near the house before sitting down to a catered lunch. Lunch will be followed by a tour of the house, which features a beautiful collection of 19th century furniture, textiles, silver and paintings.

A210 Gees Bend Quilters and Camden

Thursday, May 7

Leader: Peggy Hamner (swims2001@gmail.com)

Cancellation date: Wednesday, April 22

Depart BCC: 7:45 a.m.; Return: 6:00 p.m.

Fee: \$60 (includes bus, ferry, tour and lunch)

Activity Level: Easy

You have probably heard of the famous quilters of Gee's Bend (officially the town of Boykin). Take this opportunity to meet some of the skilled quilters who live in this tiny town in a bend of the Alabama River, learn their stories, see their creations (and perhaps buy one!). From Gee's Bend, we will go to Camden, possibly by ferry, to have a catered lunch and a tour at Gaines Ridge, built in 1837, and one of the oldest buildings still standing in that area. Then, we will visit the Black Belt Treasures Cultural Arts Center, displaying and selling not only treasures from Gee's Bend, but also the work of other of Alabama's Black Belt region's most talented artists & craftsmen. Bring your cash, check, or credit card and bring home your own treasure (optional)!

A211 Gordo's Mule Day and Chicken Fest

Saturday, June 6

Trip Leader: Teresa Plowman

(61plowman.teresa@gmail.com)

Cancellation deadline: Friday, May 22

Depart BCC: 8:00 a.m.; Return: 2:00 p.m.

Activity Level: Difficult (lots of walking and standing on city streets, probably hot weather)

Fee: \$20 (transportation)

First weekend of June, plan a trip to Gordo's Mule Day/Chicken Fest. Start the morning off by visiting the indoor Flea Market - too many things to even try to list! Then, let's head to town, where you can visit Ma'Cille's Museum and Starboard Rail Books. For folks that like the arts, there will be many booths to check out, offering paintings, polymer clay, ceramics, pottery and more. Feel free to shop and visit with the various vendors and enjoy the large food court. Let's finish up the day with a parade showcasing mules, antique tractors and cars. Come spend the morning with us and you'll want to come back!



DEPARTS 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 866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed. If a field trip is full, call the OLLI office to be added to the wait list.

G201 Nashville, TN

Friday - Sunday, January 24 - 26

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

Cancellation Deadline: Monday, January 13

Depart: 8:00 a.m.

Fee: \$375 dbl; \$480 sgl (includes transportation, hotel, all tours & admissions)

Activity Level: Some walking

Get ready to see the sights and enjoy the sounds of Music City. We will visit the Upper Room on Friday and explore Broadway on Friday night. Saturday, we will have a tour of Belle Meade, a tour of the Ryman Auditorium and an evening at the Ryman. Before coming home on Sunday, we will visit the Johnny Cash and Patsy Cline Museums and Café. Join us for lots to see and do.

G202 Arlington Antebellum Home and Alabama Public Television

Friday, February 7

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

Cancellation deadline: Monday, January 27

Depart: 8:00 a.m.

Fee: \$40 (Includes transportation and admission)

Activity Level: Easy

Arlington is a fine example of Greek Revival architecture dating from the 1840s. Originally called "The Grove" the house was built by Judge William S. Mudd, one of the ten founders of Birmingham, and is the only remaining antebellum mansion in Birmingham. We will enjoy lunch while visiting the home. Alabama Public Television began broadcasting in 1955, and was the first educational television network in the U.S. We will see the control center and watch an example of local productions. This is the home of an award-winning documentary team, administration, marketing, and is one of the largest educational departments nationwide.

G203 **Inherit the Wind**

Saturday, February 22

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

Cancellation deadline: Monday, February 10

Depart: 8:00 a.m.

Fee: \$40 (includes transportation and admission);

Dutch-treat lunch

Activity Level: Easy

Creation or evolution? Faith or Science? These are the issues on trial in one of the greatest dramas of the 20th century. Based on the events of the famous Scopes Monkey Trials, *Inherit the Wind* pits two hot-shot lawyers against one another as the state prosecutes a teacher for discussing the theory of evolution in the classroom. We will travel to Tuscaloosa for the play and have a Dutch-treat dinner on the way back.

G204 **American Village and Karl C. Harrison Museum of George Washington**

Friday, March 6

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

Cancellation deadline: Monday, February 24

Depart: 8:00 a.m.

Fee: \$35 (includes transportation and admission); Dutch-treat lunch

Activity Level: Easy

Highlights of the campus include Washington Hall, inspired by George Washington's beloved Mount Vernon; the Colonial Courthouse; the Colonial Chapel, inspired by one of America's oldest churches, Bruton Parish Church of Williamsburg, Virginia; and a full-sized replica of the Oval Office, including an exact replica of the Resolute desk used by most Presidents since Rutherford Hayes. The Karl C. Harrison Museum of George Washington collection focuses on art and artifacts from the colonial period through 1865. The collection contains paintings, letters, furniture, porcelain, glassware, silver, jewelry, busts and more.



DEPARTS FROM BIRMINGHAM

Greater Birmingham field trips depart from Shades Mountain Baptist Church, unless otherwise stated. Fees must be paid with registration. Cancellations must be made by contacting Registration Services, 205-348-3000 or 866-432-2015. Refunds will not be issued after the cancellation deadline. Substitutions are not allowed. If a field trip is full, call the OLLI office to be added to the wait list.

B201 **A Day in Decatur, AL**

Thursday, February 20

Leader: Pam Moore (pamlmoore@hotmail.com);

Co-Leader: Beth White (wytehaus1@msn.com)

Cancellation Deadline: Thursday, February 13

Fee: \$70 (includes transportation, museum admission);

Dutch-treat lunch

Depart: Shades Mountain Baptist Church 8:30 a.m.;

Return by 5:00 p.m.

Activity Level: Moderate

David Breland of the City of Decatur will lead the group on a morning tour of the historic Old State Bank, a driving tour of the historic homes in the Bank Street District, and the two downtowns – one “rebel” Old Decatur and one “Yankee” Albany. A Dutch-treat lunch at The Railyard, a trendy foodie spot, will be followed by an afternoon at the Cook Museum of Natural History. Developed over 50 years, this museum is now a state-of-the-art, hands-on, immersive experience where visitors can explore, interact with, and learn about nature. Mr. Cook's inspiration and motivation came from his desire to generously serve and support his local community and region and to display God's creation creatively

B202 **Explore the Amazing Wonders of High Falls and More, Geraldine, AL**

Friday, March 20

Trip Leader: Joe Myers (kd4a@netzero.net)

Cancellation Deadline: Wednesday, March 11

Fee: \$20 (transportation); Dutch-treat lunch

Depart: Shades Mountain Baptist Church 8:00 a.m.;

Return by 5:00 p.m.

Activity Level: Strenuous

There is no better time to experience the beautiful waterfalls of rural north Alabama than in the spring, with an expert hiker and outdoor enthusiast. You will get up close and personal with waterfalls on public land and little visited waterfalls on private land.

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TRAVEL ADVENTURES

Leave the travel planning to the experts! For more details and how to register, call the OLLI Office 205-348-6482 or contact the OLLI trip leader.

NOVA SCOTIA – FALL FOLIAGE TOUR with OLLI and GoAhead Tours

SEE THE CANADIAN MARITIMES

AUGUST 7 – 15, 2020

Cost (including flight from Bham) Double \$3,359
single \$4,059

Optional: 3 night post-tour extension with flight to:
St. John's Newfoundland – double \$949; – single \$1,249
OLLI Trip leader: Marilyn Nevin
(marilyn.nevin07@gmail.com)

Enjoy the culture and seaside beauty of the Canadian Maritimes. Rural Scenery and rugged coastal landscapes as you journey off the beaten path to discover one of Canada's most storied regions. Uncover immigrant history, fascinating Acadian culture, and the tranquil life styles of quaint fishing villages as you get to know Nova Scotia, New Brunswick, and Prince Edward Island. Picturesque sea views, small-town charm, and a colorful past Collide on this breathtaking trip.



Members may participate in field trips at any of the chapters.

B203 Wetumpka Impact Crater, Wetumpka, AL

Friday, March 27

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

Cancellation Deadline: Friday, March 13

Fee: \$25 (includes transportation; catered lunch)

Depart: Shades Mountain Baptist Church 8:30 a.m.;

Return by 4:30 p.m.

Activity Level: Moderate (walking uneven ground for a distance)

Dr. James Lowery will lead the group on a tour of the Wetumpka Impact Crater. Begin the day at Trinity Episcopal Church with a PowerPoint presentation on the geology of the crater. While there, a catered lunch will be served, followed by touring the crater site in the afternoon.

B204 Bloomin' Festival, Cullman, AL

Saturday, April 18

Trip Leader: Betty Digges (bseph@aol.com)

Cancellation Deadline: Friday, April 3

Fee: \$55 (includes transportation and Grotto admission)

Depart: Shades Mountain Baptist Church 8:30 a.m.;

Return by 4:30 p.m.

Activity Level: Moderate

The Bloomin' Festival is a juried arts festival on the beautiful campus of the St. Bernard Abbey and Preparatory School, with more than 150 artists demonstrating and exhibiting their work. Admission to the Ave Maria Grotto is included, and will be our first stop. The rest of the day will be enjoying the food, arts, and flowers of the festival.

B205 Sloss Furnaces, Birmingham

Wednesday, April 29

Trip Leader: Betty Digges (bseph@aol.com)

Cancellation Deadline: Wednesday, April 15

Fee: \$17 (includes tour and iron pour) Optional Dutch-treat lunch

Meet at Sloss Furnaces (20 32nd St N, Birmingham, AL 35222) parking lot by 8:45 a.m.

Activity Level: Moderate

Sloss Furnaces operated as a pig iron producing blast furnace from 1882 to 1970. After closing, it became one of the first industrial sites in the U.S. to be preserved and restored for public use and was designated a National Historic Landmark in 1981. Tour the only industrial museum preserving a 20th century blast furnace. During the two-hour tour, you will etch your own design in a sand mold; view a film and tour the site; and in the metal arts foundry, see the molten hot iron flow into your mold. Your cast iron art is yours to take home. If interested in lunch after the tour, the Back 40 Brewery is across the street for an optional Dutch-treat lunch.



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TUSCALOOSA

Open House
Thursday
December 12
2 - 4 p.m.

Bryant Conference Center
240 Paul W. Bryant Drive

GREATER BIRMINGHAM

Open House
Thursday
December 12
2 - 4 p.m.

Homewood Public Library
1721 Oxmoor Road

GADSDEN

Open House
Thursday
January 9
4 - 6 p.m.

UA Gadsden Center
121 North 1st Street