

Registration is ongoing

You may register online or call
Registration Services
205-348-3000.

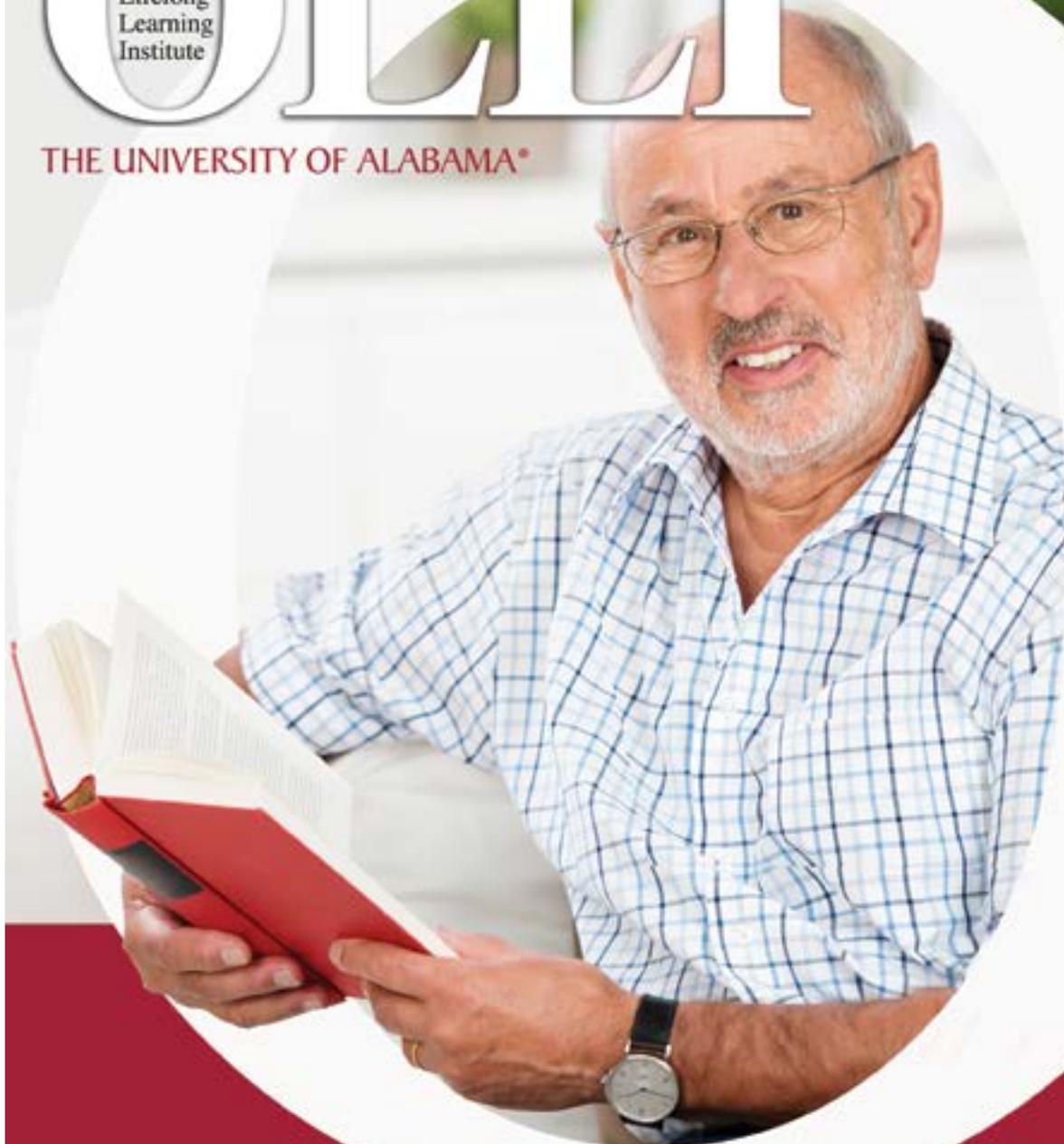
Online courses are now available.
Take classes from the comfort of your home.

The University of Alabama is committed to making its web resources accessible to all users, and welcomes comments or suggestions on access improvements. If you are unable to access the contents of this file, please contact 205-348-1911 or accessibility@ua.edu.

Next page begins OLLI Summer 2020 catalog



THE UNIVERSITY OF ALABAMA*



Online courses now available!
Register at olli.ua.edu
or call 205-348-3000

Summer 2020

Tuscaloosa • Greater Birmingham • Gadsden

OLLI Online Opportunities

Dear OLLI Friends,

This catalog brings greetings from your OLLI Staff, the OLLI Advisory Board, and the Special Task Force on OLLI Offerings during the Corona Virus Emergency. Since late March, these groups have been hard at work to develop both content and the technological wherewithal to deliver the highest quality programs and classes to our members, despite the restrictions posed by social distancing.

During May, we will offer 19 unique single-meeting programs using Zoom technology. Instead of gathering for face-to-face classes at the Bryant Conference Center or at venues in Birmingham, Gadsden, Greensboro, or Gordo, we will gather online for interactive classes. This means that you will see other members of your classes, as well as the instructors, and you will hear the presentations of your teachers in real time. What's more, you will be able to ask questions, make comments, and even express opinions using online icons or by simply speaking through the virtual microphone. You will have the opportunity to chat with classmates and exchange pleasantries, just as we do in face-to-face classrooms.

In June, the regular summer term will begin with no fewer than 14 classes, four to eight weeks in length, plus bonus programs. You can check out the details in the next few pages of this catalog, but do note that the June class sessions will be online. Then, in July, if we can safely reconvene in face-to-face groups, we will do so to complete the summer classes. If we are still under strict social distancing regulations, we will finish the summer classes online. In either event, you will have excellent instruction with the added bonus of learning a new technology.

Are you hesitant about online learning? Let me assure you that the technology replicates what happens in classrooms everywhere. OLLI will provide orientation sessions (online training) before classes begin. Your board and members of the Task Force have been meeting on Zoom for several weeks, and training sessions have already reached dozens of our members. We invite you to take the plunge! You can Zoom with your computer, laptop, tablet, or smart phone. If our grandchildren can complete their school year online, surely we can master Zoom.

OLLI's course content is as exciting as ever: from jellyfish to comic opera, from exotic travel to wellness, our May classes are sure to entertain, inspire, and pique our curiosity. Come June, lengthier offerings in myriad disciplines are listed in this catalog – arts, social sciences, and sciences to please any interests. Am I excited about what we are doing, despite the disruption of social distancing? Yes, indeed, and I know when you have looked at the courses listed here, you will be, too. However, there is other good news!

For May through July, OLLI membership fees are being waived altogether, so the only cost to register will be the \$50 semester course package fee. As I have often touted, this is the educational best deal in town!

Be sure to sign up soon, as the online classes are open to all OLLI members, not just those who attend at a particular location. So, here is another advantage of online classes – you'll get to know OLLI people from other chapters from Gadsden to Tuscaloosa and beyond.

We may have been handed lemons, but we are making lemonade! Continue learning, get reacquainted with old friends, make new friends and stretch the brain to learn a new way of learning... all while staying safe from COVID 19. We WILL meet again!

SEE you ONLINE at OLLI!

Elizabeth Aversa, President



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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.

Due to the COVID-19 pandemic, adjustments in the summer program were necessary. The Membership fee is waived for New Members from April 15 - July 31, 2020.

Annual Membership runs August 1 - July 31.

Annual Membership 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.

Advisory Board Members 2019-2020

President	Elizabeth Aversa eaversa@comcast.net
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VP, Long-Range	Philip Malone philipmalone@gmail.com
VP, Curriculum	David Maxwell dhmaxwell1@gmail.com
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Parliamentarian	Edward "Buck" Whatley woodbuckone@gmail.com
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Tuscaloosa Member-at-Large	Brendal ORourke b_lorourke@yahoo.com
Gadsden Member-at-Large	Shirley du Pont slild01@aol.com
Greater Birmingham	
Member-at-Large	Connie Arnwine cbarnw@gmail.com
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Marketing	Amelia Yessick ameliaheath@hotmail.com
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Travel	Peggy Hamner sswims2001@gmail.com

OLLI Staff

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Kathy Chastine, Program Assistant kchastine@ccs.ua.edu 348-6468
Ruth Mamola, Conference Support Assistant rmamola@ua.edu 348-6482

I want to mention that the training was fun, and it was nice to see some faces I have been missing. I was anxious and had NOT been looking forward to it, but it was enjoyable and thoroughly informative. Now I can hardly wait to do a family reunion!
Mary Lou Taylor

I learned more about ZOOM basics at the OLLI Training. This is a unique learning connection that allows participation from anywhere. What a convenience this virtual classroom provides! Thank you OLLI for ensuring lifelong learning!
Teresa Lewis

"I was so inspired after yesterday's tutorial I decided to learn more on zoom support. So I have opened Granmamai Home School for two of my grandkids. They told me what they wanted to learn about... nocturnal animals and rocks. Anyway I've had three classes so far and their parents are so grateful! I spent two hours with my 7-year old granddaughter on Zoom. She and I learned a lot about nocturnal animals. We did math and also reading comprehension. THANK YOU for inspiring me." *Mary Burke*

This was so helpful, not just for OLLI classes but also for other meetings that are now being held via Zoom. I really appreciate OLLI providing this training.
Survey response

What Our Members are Saying About





OLLI News



IMPORTANT! SAVE THE DATE!!!
OLLI DAY IS THURSDAY, AUGUST 20
Mark your calendar and plan now to attend!

3:00 P.M. OLLI Annual Meeting & Election
4:00 P.M. Faculty Appreciation Celebration
followed by an Information Session for Fall Term

Refreshments, Beverage Service & Social Hour

Events will take place concurrently at local venues for OLLI Chapters in
Gadsden • Greater Birmingham • Tuscaloosa

Now more than ever, YOU BELONG WITH OLLI!

Thank You to OLLI Members Who Helped Lead the Zoom Basic Training!

By now you may have taken a Zoom Basic Training led by OLLI members. We could not have made the transition to the online platform without these members who stepped up and took a crash course on Zoom and then spent hours training members, facilitators, and instructors. Trainers were Ray Brignac, Bob Coulson, Kay Kelley, Philip Malone, and David Maxwell. We knew that to facilitate the online classes would be involved so we asked members who would be interested and many of you answered the call. Our goal is to make the online classroom normalized as much as possible. We are excited to see where this new adventure takes us.



Zoom is OLLI Member-Friendly

As we move into spring, all have the opportunity to grow through lifelong learning. I realize that many of you, like myself, may not be as comfortable with learning new technology. Change can be



scary and I was apprehensive – BUT – I took a leap of faith because I wanted to be engaged with others. I wanted to continue to learn and to participate in my church Bible study and other groups to which I belong. So, much to my surprise – ZOOM was a lot easier to learn than I anticipated. The OLLI trainers, volunteers, and staff make you feel comfortable. Learning Zoom for me was FUN! I was able to see and engage with others.

I want to encourage you to become a ZOOMER. If you have not done so already, register for one of the OLLI PEER ZOOM Training classes. They are not only educational and fun, but they are also FREE. If I can learn Zoom – You Can Too!

Amelia Yessick

What is all of this about online classes through zoom ?

What is Zoom?

Zoom is a video conferencing platform that provides high definition, interactive collaboration tools, and telephone conferencing to use for communication and collaboration. Zoom is the conferencing software that The University of Alabama IT supports.

How do I join an online class using Zoom?

A Zoom account isn't required to attend a class session. Anyone can use Zoom via laptop or desktop (Windows or Mac), tablet, smartphone (iPhone or Android) or phone.

1. Once you register for the class, OLLI will send an email with a link for that class meeting. (Each meeting has its own meeting ID, do not share the link)
 - If you are using a laptop or desktop, the first time you click on a link it will download a free and secure program to your computer.
 - If you are using a tablet or smartphone, you'll want to download the free and secure Zoom application from your app store.
2. From your device, click on the link provided in the email or call in using the phone number provided in the email.
 - Once you are connected, you will be in a virtual waiting room while the co-host verifies you are registered for the class. Please be patient. Now is a good time to check your audio/video.
3. When you have been admitted to the class, you will see others and your audio will be muted.



What equipment do I need to get started?

At the most basic level, all you need to use Zoom is a telephone, such as a smartphone or landline. However, if you have access to a computer or mobile device you can use the full capabilities of Zoom.

The following equipment will enhance your experience but is not necessary:

1. **Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor.
2. **Headset with a microphone:** This will let you hear and be heard more clearly. This does not need to be fancy

- equipment, it can be the same as the headphones you might use with your phone.
3. **Charger:** Charging your device during class will ensure that you do not have an unexpected power outage interrupting your learning.

Classroom etiquette

- Begin to connect 10 minutes prior to the start of the class so you are ready when the class begins.
- Keep your audio on mute unless you are called on to speak.
- Use the communication tools: Chat, Thumbs Up, Applause, Yes/No, Answer Poll Question.
- Be patient with yourself and others. Have Fun! Remember, we are all learning together!

Explore and have fun with Zoom

It's like learning the dashboard of a new car.

Navigating the Tool Bar (on the Dashboard from L– R)

- Mute: Control your audio output.
- Start Video: Control your video output.
- Participants: Opens a pop-up window listing all participants.
- Share Screen: The Host/CoHost will share their PowerPoint/video clip.
- Chat: Communicate with all participants or to send messages to specific ones by clicking on their name in the participants list.
- Record: Record the session locally.
- Select the View - Speaker View or Gallery View

What will People see?

- Position the camera (or you may choose to stop video)
- Background (what is behind you that people will see or use virtual backgrounds)
- Lighting – have sufficient lighting so you are not in the shadows

Zoom Support Center <https://support.zoom.us>

OLLI Offers Free Zoom Basic Training to the Community

To help support lifelong learning in your community financially or in other ways, please contact Jennifer Anderson, janderson@ccs.ua.edu

OLLI

Osher
Lifelong
Learning
Institute

ONLINE ZOOM CLASSES - olli.ua.edu

FREE OLLI ZOOM CLASSES - These classes are open to all - mature adults - classes are for ages 50 plus.

OLLI staff and leadership will be offering another round of basic Zoom Training Classes until the end of May. Zoom is an online video-conferencing tool that will allow you to engage with your fellow OLLI members. It is as simple as clicking a link and following a few simple instructions. Check it out at olli.ua.edu.



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

**May 18,
10:00 a.m. - Peggy Hamner**

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



Through My Lens: Travel to Myanmar and the Galapagos Islands

May 18, 1:00 p.m. - Philip Malone
Two videos, about 26 minutes each, feature my photos taken at these exotic places on different sides of the world.



Alabama Players of WWII

May 19, 10:00 a.m. - Ken Gaddy
Over 300 Alabama football players served our country during World War II. Some were in their forties when the war began, some left school in their early twenties and many served before coming to the Capstone. We will highlight a few of the brave men featured in the Bryant Museum book, "When Winning Was Everything" by author Delbert Reed.



Our Shadow Wars of Tariffs and Sanctions - China

**May 19, 1:00 p.m.
Renato Corbetta, Associate Professor, Political Science, UAB**
Renato will describe the political ramifications of tariffs on China.



City of Tuscaloosa

May 20, 10:00 a.m. - Brendan Moore
Discover more about the City of Tuscaloosa's response to the Covid-19 current pandemic.



Viva Italia!

**May 20, 1:00 p.m.
Francine Marasco and Dot Martin**
In 2015, we rented a villa outside of Florence (Tuscany) for a month as our base. Using Rick Steve's Travel Guide, we did a side trip every day. Please join us for this nostalgic journey with family and friends. And remember - Forza Italia.

If you have questions about Zoom or our plans to temporarily move OLLI programming online, give us a call at 205-348-6482. And please log in and follow OLLI at UA on Facebook!

olli.ua.edu



Depression-Proofing Your Retirement, Aging and Legacy

May 21, 1:00 a.m.
Bob Coulson

How do I plan, prep and practice depression-proofing (economically and emotionally) for the new normal in my retirement, aging and legacy? As a result of pandemic pandemonium, we have been disrupted, disconnected and/or distanced in mind, body, spirit and energy. We were pushed from comfort zone to panic zone to twilight zone of transitions. Like post-9/11, we need to be prepared for post-pandemic change. Explore how to be prepared and depression-proof your Retirement 360.



Classic Comedy Film
"The Pink Panther"

May 21, 1:00 p.m.
Ward and Martha Haarbauer

French police inspector Clouseau attempts to foil high society thieves who have targeted a prized jewel called the Pink Panther. After the movie, theater experts Ward and Martha Haarbauer will discuss the film and theatrical effects.



Come to Your Census: How We Make Alabama Count

May 22, 1:00 p.m.
Jay Williams

The Census is important, easy and fast. Being counted impacts community resources for the next decade. Our program highlights the importance of the 2020 Census, why being counted is important, how community members can increase the count and how individuals can participate with minimal barriers.



Our Shadow Wars of Tariffs and Sanctions - Iran

May 26, 10:00 a.m.
Brian Motii, PhD, Associate Professor of Economics, University of Montevallo

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



What is the Process of Producing a Play?

May 22, 10:00 a.m.
Tina Turley

Tina Turley, Theatre Tuscaloosa's executive producer, explains the process for producing a play, from choosing the play through the final performance.



Talking History

May 22, 2:00 p.m.
Panelist: Katherine Edge (Director of the Mildred Westervelt Warner Transportation Museum, Brandon Thompson (Director of The Gorgas House Museum), Will Hawkins (Tuscaloosa County Preservation Society), and Rebecca Johnson (UA Museums Communications Specialist)

This live stream includes conversations with local historians about history, their backgrounds, and current projects. Comments and questions from the audience are encouraged!





Love Stories That Made History

May 26, 1:00 p.m.

Keith Robinson

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. Join us as we examine great love stories, from Adam and Eve, royals and prime ministers, to presidents and first ladies, and connect their stories to history – for better or for worse.



The Music Lives On

May 27, 10:00 a.m.

Jenny Mann

The mission of the Tuscaloosa Symphony Orchestra is to foster and encourage the appreciation of music through live concert performances and educational programs that are diverse, enriching and of the highest quality.

FREE OLLI ZOOM CLASSES

These classes are open to all - mature adults - classes are for ages 50 plus and are FREE!

OLLI staff and leadership will be offering another round of basic Zoom Training Classes through the end of May. It is as simple as clicking a link and following a few simple instructions! Register here: olli.ua.edu



Cybersecurity for 50+

May 27, 1:00 p.m.

Jacob Blackwood

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 give you tips and tricks when creating passwords, demonstrating how to make them strong and secure.



Classic Comedy Film "Abbott and Costello Meet Frankenstein"

May 28, 1:00 p.m.

Ward and Martha Haarbauer

Count Dracula needs a simple, pliable brain to reactivate Frankenstein. With the help of a beautiful woman, he tries to convince Costello to participate. Fortunately, Costello's friend, Bud Abbott, learns of the scheme just in time. After the movie, theater experts Ward and Martha Haarbauer will discuss the film and theatrical effects.



Alabama Fraternities and Sororities During the 1960s

May 28, 10:00 a.m.

Earl Tilford

We will take an institutional and cultural look at the Capstone from its chartering by the state legislature in 1820 through 1970, with focus on the three Universities of Alabama (in Tuscaloosa) and how they developed.



Laughter in the Opera House

May 29, 10:00 a.m.

Elizabeth Aversa

If you don't like opera because the stories are sad and someone always dies, this program is for you! This preview of an upcoming course in Comic Opera might change your mind, so join us to listen and laugh.

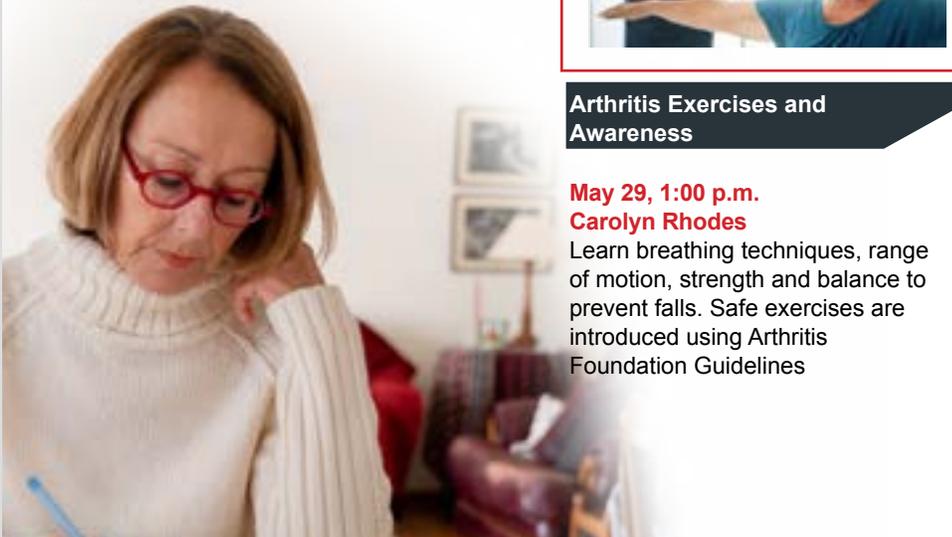


Arthritis Exercises and Awareness

May 29, 1:00 p.m.

Carolyn Rhodes

Learn breathing techniques, range of motion, strength and balance to prevent falls. Safe exercises are introduced using Arthritis Foundation Guidelines



**Osher Lifelong Learning Institute (OLLI) at The University of Alabama
Summer 2020 Online Programs**

	Monday	Tuesday	Wednesday	Thursday
9:00 AM	Grief, Loss and Bereavement (8 wks - begins June 1)	Art Heists and History (8 wks - begins June 2)		
9:00 AM	Brain Changes Over the Lifespan (4 wks - begins June 29)			
10:00 AM			Retirement 360: Mine, Yours, Ours, and Theirs (4 wks- begins June 3)	
10:00 AM			Aging 2020 – Living Wise, Well, and Whole in Longevity (4 wks begins July 1)	
10:00 AM			Cybersecurity (4 wks - begins July 1)	
10:30 AM	Archaeology (3 wks - begins June 1)	Dietary Patterns to Manage Diabetes (4 wks - begins June 2)		Syria: The Nation and its History (2 wks - begins June 4)
10:30 AM	Exploring New Discoveries in Science (5 wks - begins June 22)			
10:30 AM	The New Testament as History (Monday) (4 wks - begins June 29)	The New Testament as History (Tuesday) (4 wks - begins June 29)		
12:00 PM	Invitation to Read and Book Club (8 wks - begins June 1)	BONUS Programs (8 wks - begins June 2)		
12:00 PM	Documentaries 3.0 (4 wks - begins June 29)	Smithsonian American Art Museum (4 wks - begins June 2)		
1:00 PM	Love Stories that Made History (8 wks - begins June 1)		The American Revolution (8 wks - begins June 3)	
1:30 PM		The Air We Breathe and the Water We Drink (4 wks - begins July 7)		
1:45 PM	The Secret World of Bats (4 wks - begins June 1)	Architecture Analysis (7 wks - begins June 2) / How to Raise a Guide dog Puppy (1 wk-July 21)	Early Alabama (4 wks - begins July 1)	
1:45 PM	Thoughts on Aging: Things to Consider (4 wks - begins June 29)	Reading the 19th Century Gothic (4 wks - June 30)		
2:00 PM				Classic Crime and Mystery Films (4 wks - begins July 9)
3:00 PM		The Tudors: A Dynasty of Blood (8 wks -begins June 2)	Dave's Greatest Hits (8 wks - begins June 3)	
3:15 PM	Inspecting Culture Through the Lens of Ethnographic Filmmaking (4 wks - June 29)	Back in the Day Narratives (4 wks - June 30)		

[Click here to see the course descriptions and details](#)

Register online <https://olli.ua.edu/register/> or call 205-348-3000



To become a member or to register for classes:

<https://olli.ua.edu> or 205-348-3000 or 866-432-2015

*Special Deal! OLLI is waiving the membership fee for New Members through July 31.

All memberships renew on August 1.

Unlimited courses at all chapters for one fee, \$50.

SUMMER COURSES

MONDAY COURSES

Z101 Grief, Loss, and Bereavement

June 1, 8, 15, 22, 29; July 6, 13, 20

9:00 – 10:15 AM

Zainab Suntai

This course will explore different types of losses, including loss of a relationship, loss of a job, health-related losses, and death from several theoretical frameworks. We will discuss different ways of coping with loss, how people cope with loss across different cultures, how the brain processes loss, and several other special topics. These include ambiguous loss, continuing bonds, meaningful reconstruction, and the stages of grief. The goal of this course is to help you navigate loss in your own life and to gain tools to provide support for other people experiencing different types of losses.

A101 Brain Changes Over the Lifespan

June 29; July 6, 13, 20 (4 wks)

9:00 – 10:30 AM

Brian Rivera

Bryant Conference Center

The brain is an incredibly complex organ underlying our thoughts, memories, actions, and feelings. How does this complex organ change from childhood to adulthood to late life? This course will explore the way the brain develops and changes across the different facets of life. Through this journey, we will learn about brain anatomy, physiology, and the structures underlying perception and cognition. We will also discuss the different scientific methods that have been used to understand the brain, their merits and limitations. Course attendees will get an insight into the biological patterns that rule the life of the brain.

Z102 Archaeology

June 1, 8, 15 (3 wks)

10:30 – 11:45 AM

June 1 - Understanding Mississippian Moundville,

Alex Benitez

This lecture will present a brief history of Mississippian culture with a focus on understanding the technologies central to its expression in the city of Moundville. Hands-on activities will accompany the presentation.

June 8 - Alabama Indigenous Mound Trail, Matt Gage

Alabama is home to an incredible number of archaeological sites reflecting a long history of occupation and cultures. These cultures developed monumental architectural features still visible on our landscape today. The course is designed to share some of the significant mound sites and the cultures responsible for their construction.

June 15 - The Field of Cultural Resource Management, Matt Gage

Cultural resource management (CRM) in the U.S. stems from two centuries of archaeological and historical exploration. From debunking 19th-century mythologies to helping preserve the World Heritage sites, the course will discuss the origins of CRM, how it is applied in today's world, and how it affects our daily lives.

Z103 Exploring New Discoveries in Science

June 22, 29; July 6, 13, 20

10:30 – 11:45 AM

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 discoveries are happening in the world of science. Subjects will be presented on a basic level so that anyone interested in science can enjoy and learn.

A105 The New Testament as History

June 29, 30; July 6, 7, 13, 14, 20, 21

(this class will meet Monday/Tuesday)

10:30 – 11:45 AM

Dan Arsenault

There have been what scholars call “Three Quests for the Historical Jesus.” The latest and ongoing quest looks more at the historical times and cultures that surround the life of Jesus of Nazareth. This course will examine the varying approaches, and consider that the New Testament was written as a historical biography in the fashion of other writings of the period, making the “Historical Jesus” not so far out of reach for our current knowledge.

Z104 Invitation to Read

June 1, 8, 15, 22, 29; July 6, 13, 20

12:00 – 1:15 PM

Coordinator: Ann Prentice

New South Books coordinates visits by authors who will discuss their book and answer your questions.

The OLLI Book Club invites you to their discussions on June 15 and 22.

June 1 Kirk Curnutt – *The Foreword to All the Belles: The Montgomery Stories of F. Scott Fitzgerald*.

June 8 Derryn Moten – *The Foreword to Crusader Without Violence: A biography of Martin Luther King, Jr.*

June 15 Surprise Story led by Carol Prickett and Jan Mercier

June 22 OLLI Book Club – Jojo Moyes, *The Giver of Stars*.

June 29 Daniel Haulman -*Eleven Myths about the Tuskegee Airman*

July 6 Ruth Cook -*Magic in Stone*

July 13 Jennifer Horne -

July 20 OLLI Book Club – Cassandra King Conroy - *Tell Me a Story*

A106 Documentaries 3.0

June 29; July 6, 13, 20 (4 weeks)

12:00 – 1:15 PM

Larry Fagen

Watch the full version of selected documentaries with occasional stops for my comments and then, let's talk about it. Topics range from disasters at sea to presidential elections.

Documentary: a film, television or radio program that gives information about a subject and is based on facts: A documentary film is a nonfictional motion picture intended to document reality, primarily for the purposes of instruction, education, or maintaining a historical record. [1] “Documentary” has been described as a “filmmaking practice, a cinematic tradition, and mode of audience reception” that is continually evolving and is without clear boundaries. [2] Documentary films were originally called “actuality” films and were only a minute or less in length. Over time, documentaries have evolved to be longer in length and to include more categories, such as educational, observational, and even “docufiction”. Documentaries are also educational and often used in schools to teach various principles. Social media platforms such as YouTube, have allowed documentary films to improve the ways films are distributed and able to educate and broaden the reach of people who receive the information.

Z105 Love Stories that Made History (Cont'd)

June 1, 8, 15, 22, 29; July 6, 13, 20

1:00-2:00 PM

Keith Robinson

We will look at some of the love stories of our presidents. Their love stories affected the way they governed and the way the public perceived them. From fashion to politics, their love story played a part. We will discuss some of those who were well known and some that were not so well known, but all of whom had a love story to tell---for better or worse.

Z106 The Secret World of Bats

June 1, 8, 15, 22 (4 wks)

1:45 – 3:00 PM

Samantha Siomko

Bats are one of the most ecologically and economically important wildlife species on the planet; yet, they have such a bad reputation. This course aims to demystify bats and their unique role in people's lives. I will cover subjects such as echolocation, flight, the transmission of human disease, white-nose syndrome, and the economic importance of bats.

A109 Thoughts on Aging: Things to Consider

June 29; July 6, 13, 20 (4 wks)

1:45 – 3:00 PM

Coordinator: Brian Cox

June 29 - Home Is Where the Heart Is: Late-Life Relocation and Housing Decisions -Kyrsten Costlow

Many older adults prefer to “age in place,” living out their later years at home. However, physical or cognitive declines may motivate older adults to consider relocating to a new environment. Numerous factors go into the decision on whether to remain at home or move in late life. Relocation is a significant life stressor at all ages, but may allow older adults to find a new living environment that better meets their needs. In this OLLI class, we will take a closer look at these housing decisions and how to feel “at home” in late life.

July 6 - Financial Exploitation Among Older Adults - Elizabeth Bownes

This lecture would present psychoeducation on financial capacity and the most common forms of financial exploitation (within family, impersonators, etc.). Important considerations will be discussed regarding both protective and vulnerability factors that influence financial capacity cases. Vignettes will be presented to bolster understanding financial capacity levels of risk and recommendations will be provided for each level.

July 13 - Nutrition and Cognition -Raheem Paxton

The proposed course will discuss recent research on the importance of diet in maintaining cognitive health. In addition, we will discuss research related to supplements intake and cognition.

July 20 - The Impact of Stress on Cognitive and Brain Health - Ian McDonough

The proposed course will discuss recent research on the importance of diet in maintaining cognitive health. In addition, we will discuss research related to supplements intake and cognition.

A110 Inspecting Culture through the Lens of Ethnographic Filmmaking

June 29; July 6, 13, 20 (4 wks)

3:15 – 4:30 PM

Jiaqi Yu

As avid learners of human culture, anthropologists are devoted to interpreting the deep meanings behind the kaleidoscopic cultural practices in our human societies. Those ceaseless endeavors to explore knowledge and insights give birth to ethnographic filmmaking, a visual manifestation of anthropological inquiries. In this course, we will first walk with those monumental figures in ethnographic filmmaking to discover their intellectual journey with this “new media”. In the process, you will inspect and analyze their research and storytelling technique and you will learn to think beyond the “lens” to produce knowledge about human culture. Furthermore, you will be exposed to some of the nontraditional ethnographic films under the influence of modern cinema. Ultimately, you will learn to use the language of film to parse culture and redefine culture through your own lens.

TUESDAY COURSES

Z107 Art Heists and History

June 2, 9, 16, 23, 30; July 7, 14, 21

9:00 – 10:30 AM

Nadia Del Medio

Art Heists and History will provide an introduction to art history through a study of major art heists, including the looting of the Elgin Marbles, Nazi art plundering, and the multiple thefts of *The Scream*. Topics will cross periods and cultures to provide a diverse survey of art history. Additionally, we will be discussing the lasting impact of these art-related crimes, as well as contemporary issues of art repatriation.

Z109 Dietary Patterns to Manage Diabetes

June 2, 9, 16, 23 (4 wks)

10:30 – 11:45 AM

Christine Ferguson and Opeyemi Adewumi

Led by a registered dietitian and a Ph.D. student in Human Nutrition, this four-week course will cover topics related to managing diabetes through diet – understanding types of carbohydrates, constructing and timing balanced meals, nutrition to support physical activity, and supporting heart health.

A105 The New Testament as History

June 29, 30; July 6, 7, 13, 14, 20, 21

(this class will meet Monday/Tuesday)

10:30 – 11:45 AM

Dan Arsenault

There have been what scholars call “Three Quests for the Historical Jesus.” The latest and ongoing quest looks more at the historical times and cultures that surround the life of Jesus of Nazareth. This course will examine the varying approaches, and consider that the New Testament was written as a historical biography in the fashion of other writings of the period, making the “Historical Jesus” not so far out of reach for our current knowledge.

BONUS PROGRAMS – Open to the Public

June 2, 9, 16, 23, 30; July 7, 14, 21

12:00 – 1:15 PM

Z118 June 2 The Whig Party – Ron Houts

The Whig party was a major player on the national level in the two decades prior to the Civil War. Although the Whig Party captured the Presidency twice, few people today could name either of these men. Whig leaders were involved in the issues of slavery and prosecution of the controversial Mexican War. The eventual unpopularity of that war contributed to a third Whig general losing his Presidential bid. By the Election of 1856, the party was no longer a player on the national scene.

Z119 June 9 A Relative Surprise, How *23 and Me* and *ancestry.com* can Surprise the Heck out of You – Bruce Burrows

Driving home after Thanksgiving from our Virginia daughters, our wife was reading our email when she proclaimed Holy---. The email was from a woman named Verna Rezvi who proclaimed to be my sister. I am adopted and had an adopted sibling, but had no knowledge of, or interest in, knowing about a biological family. We contacted each other and saw the facts; Verna and I had the same biological father and mother. Verna sent me a copy of our mother’s obituary, and I discovered that she died in 2019, at the age of 100, and was well respected. I flew to San Antonio to meet with Verna and discovered that we had very similar features, were both left handed, had two knee replacements and back surgery. At lunch, we ordered the same entrée. To learn more, come to the OLLI Bonus program.

Z120 June 16 Bernardo de Galvez and the Spanish Conquest of British West Florida during the American Revolution – Daniel Haulman

Bernardo de Galvez was governor of Spanish Louisiana during the American Revolution, and his successful campaigns against British West Florida, including the victorious capture of Baton Rouge, Mobile, and Pensacola in succession, resulted in Florida being transferred from British to Spanish control in 1783. Galvez’s military moves tied up British forces that could have been used farther north, against the Americans fighting for independence, and

prevented the British from using Florida as a base, from which to attack the new United States from the southwest. Moreover, Galvez sent crucial military aid to the Americans, who were fighting the same enemy.

Z121 June 23 Come to Your Census: How We Make Alabama Count – Jay Williams

The “Come to Your Census” Alabama: How we make Alabama Count!” is an interactive presentation discussing the importance of the 2020 Census to Alabama and how individuals, organizations, and collaborative efforts can help prevent an undercount of Alabama residents. The presentation will provide insights on who specifically is considered hard to count, evidence based approaches for motivating census participation, and methods for mitigating the barriers communities face when participating in the 2020 Census this time.

Z122 June 30 Where Might We be Headed with Our Efforts in Space Exploration? – Maury Musgrove

The last 50 years have seen both great progress and turmoil along the way. We will examine and discuss the different directions that our space agency has taken, including triumphs and tragedies, and look toward NASA's plans for the next Giant Leap – to Mars.

Z123 July 7 Vehicle Maintenance - Milton Denny

Is it time to upgrade or spend money on my existing car? When do I replace batteries, tires, equipment belts, service the transmission and a host of other things? How do I know if services the dealer is trying to sell me are a good investment or a waste of money? How do I get the best deal on a new or used car? What routine maintenance will help my car keep its value? The answer to these and many other questions will be discussed in class.

A124 July 14 Alabama's Confederate Soldiers' Home – Calvin Chappelle

In 1964, Confederate Memorial Park was established in Chilton County on the site of the state-run Confederate Soldiers' Home, which operated from 1902 to 1939. It was the state's only care facility and residence for aging veterans of the Confederate Army, their wives, and widows. The park is home to the site of the original facility, historic structures, a museum, and two Soldiers' Home cemeteries. The park offers tours, educational programming, a nature trail, and artifacts relating to the Civil War. Join us, as site director, Calvin Chappelle, explores the history of the Alabama Confederate Soldiers' Home.

Z125 July 21 Safe Driving for Seniors – Milton Denny

Why am I not as good of a driver as I used to be? How do I know when I need to give up the keys? What are tips for older drivers to keep yourself and others safe? Get help for safe driving at night and having the right documents in your vehicle if stopped by the police. What is the right size car for older citizens? How do I keep myself safe, while getting gas or visiting a service station? We will address these issues and leave time for questions.

Z110 Smithsonian American Art Museum

June 2, 9, 16, 23 (4 wks)

12:00 – 1:15 PM

Beyond the Frame: American History through Artworks from the Smithsonian American Art Museum will connect, engage, and inspire adult learners at OLLI and lifelong learning sites across the country, by exploring America's stories through *highly interactive*, artwork-driven videoconferences. Leveraging the Museum's tremendous digitized collection, online assets, and strong scholarship, lifelong learning site participants and Smithsonian American Art Museum study group leaders will work together to uncover and discuss a variety of topics explored by artists throughout American history.

B102 The Air We Breathe and the Water We Drink

July 7, 14, 21, 28

1:30 – 3:00 PM

July 7: Air Quality: Haley Colson Lewis, attorney at GASP (Greater-Birmingham Alliance to Stop Pollution), will present the background on air quality in the Birmingham area.

July 14: Climate: John Northrop, Group Leader, Birmingham Chapter, Citizens' Climate Lobby, will explain both efforts to protect air quality and climate change causes and effects, including legislation to tax carbon emissions.

July 21: Drinkable Water: Charles Scribner, Executive Director Black Warrior Riverkeeper, will describe the historical efforts to keep our water drinkable.

July 28: Clean Water: Nelson Brooke, Riverkeeper, will show the Southern Exposure film, “Waters of the U.S.,” describe what he does as a riverkeeper, and answer questions about the film and our water quality.

Z111 Architecture Analysis

June 2, 9, 16, 23, 30; July 7, 14 (7wks)

1:45 – 3:00 PM

Sarah Riches

Starting with the Roman author Vitruvius, we will take up the classic trinity for evaluating architecture: structure, program, and delight. Beyond the ancient criteria, we will consider more recent demands on architecture (such as furthering an egalitarian society and curbing climate change), and discuss its value as a contributor to, and mirror of, our culture's priorities and identity.

A120 How to Raise a Guide Dog Puppy: Early Stages in the Development of a Southeastern Guide Dog

July 21 (1 session)

1:45 – 3:00 PM

Russell Timkovich

Nonprofit Southeastern Guide Dogs is one of ten 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

A117 Reading the 19th Century Gothic

June 30; July 7, 14, 21 (4 wks)

1:45 – 3:00 PM

Kate Matheny

The gothic emerged as a major literary trend in the late 1700s, but it was the Romantics and Victorians who took it to the next level. What was it about this period that inspired horror classics from ‘Frankenstein’ (1818) to ‘Dracula’ (1897)? We will take a bite-sized approach to the question by looking at short stories from American and British masters of the genre, like Dickens and Poe. You’ll read two to four suggested stories before each class meeting, then we’ll gather to have an in-depth conversation about them. Free versions of the texts will be linked on the class website.

Z112 The Tudors: A Dynasty of Blood

June 2, 9, 16, 23, 30; July 7, 14, 21

3:00-4:30 PM

Derrick Griffey

The Tudor era saw an unprecedented upheaval in England. While it was relatively short-lived, the Tudor Dynasty produced some of the most infamous monarchs in history, from Henry VIII to Bloody Mary to the Virgin Queen, Elizabeth I—not to mention the lesser-known Tudors, like Henry VII, the man who started it all (or did he?) and the short-lived Edward VI. And that’s not to mention the fascinating lives of the people who orbited around them, including Henry VIII’s doomed wives, like the infamous Anne Boleyn, or the scheming Seymour brothers, the courtiers who first tried to creep on Elizabeth before moving on to battle over the orphaned Edward VI. Whether or not you’re familiar with the Tudor Dynasty, the story behind their time on the throne is one heck of a wild ride.

A121 Back in the Day Narratives

June 30; July 7, 14, 21 (4 wks)

3:15 – 4:30 PM

Khadeidra Billingsley

This course will allow participants to reminisce on the ‘good times’ while learning to compose different creative texts such as memoirs, poems, and profiles.

WEDNESDAY COURSES

G104 Cybersecurity

July 1, 8, 15, 22 (4 wks)

10:00-11:30 AM

Instructor: Jacob Blackwood

Class #1 - LastPass Class - The basics for using LastPass, which is a password manager, will be a good follow-up to what Jacob taught in February with password security. Students will learn how to manage all their passwords using one simple and easy tool... LastPass will be the last password manager they will ever need!

Class #2 - Fix-It Yourself! - Basic and general ways to fix a personal computer (desktop or laptop). Many computer glitches can be easily fixed, if you know some basic utilities and rules. This won't fix all computer problems, but it can save you much in the way of time and money.

Class #3 - Free Resources for Computers - There are many good and many poor "free" software programs on the Internet. This class will cover some of the more useful and beneficial FREE resources you can use in a variety of ways.

Class #4 - Secure Web Browsing - Stay safe when browsing on the Internet! This class will cover safe browsing techniques and what to look for when shopping or banking online. Don't let your information be stolen. Rather, be as safe and observant as you can with help from this very important class!

Z113 Retirement 360 – Mine, Yours, Ours, and Theirs

June 3, 10, 17, 24 (4 wks)

10:00 – 11:15 AM

Guide on Your Side: Bob Coulson

How do I plan, prep, and practice my readiness for "The New Retirement?" If you are pre-retired, retired or an "I can't or will never retire" person, this course is for you! We will explore retirement 360 degrees to include: Work (ideal, benefits, options), Health (practices, vitality, attitude), Money (knowledge, planning, confidence), Relationships (flexibility, caregiving, grandparenting), Leisure (preferences, residence, travel, hobbies), and Personal Development (life meaning, education, and volunteering). You will complete a personalized Life Options Profile (LOP) self-assessment of your preparedness strengths and goals for thriving and an e-guidebook ("What Color is Your Retirement?" by Dr. Richard P. Johnson). Required: Online Self-assessment (\$50) paid directly to LOP.

Z114 Aging 2020 – Living Wise, Well, and Whole in Longevity

July 1, 8, 15, 22 (4 wks)

10:00 – 11:15 AM

Guide on Your Side: Bob Coulson

How do I plan, prep, and practice my readiness for "Aging in Longevity?" If you are thinking... I want to live a long life, but never grow old, this course is for you! We will explore aging in longevity with a 2020 focus on living wise, well, and whole, at every age and stage. We will discover the paradigms of aging, implications of longevity research, and care mapping for the instrumental and basic activities of daily living. Using a life review, repair, and reframe process, you will answer "How do I be 50+, 60+, 70+, 80+, 90+, 100+? and ageless?"

Z115 The American Revolution

June 3, 10, 17, 24; July 1, 8, 15, 22

1:00-2:30 PM

Robert Kane

The American Revolution was one of the most significant events in the history of the United States and the world. This course will cover the origins of the revolution, the major battles/campaigns, and the results of the revolution.

G105 Early Alabama (cont'd)

July 1, 8, 15, 22 (4 wks)

1:45-3:00 PM

Instructor: Skip Campbell

This course examines the origins of our state's history and concludes with Alabama achieving statehood in 1819. Topics will 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 for Alabama.

Z116 Dave's Greatest Hits

June 3, 10, 17, 24; July 1, 8, 15, 22

3:00-4:30 PM

Dave Murdock

Dave has chosen some of his favorite lectures. Stories from Poe, great American novels, always colored with the extras, the movie clips, posters, and Dave's turn of the story. Always entertaining and always interesting - join us for times revisited.

THURSDAY COURSES

Z117 Syria: The Nation and its History

June 4, 11 (2 wks)

10:30 AM – 12:00 PM

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

Syria, originally part of the Ottoman Empire, has become the focal point of Middle East warfare as its president, Bashar Al- Assad, kills his regime's protesters and their numerous backers. Should we be involved? Should Saudi Arabia and Iran be involved? Is this a war for Middle East dominance? Professor Turner will help us understand this bloody story.

B105 Women's Suffrage

July 9, 16, 23

10:30 a.m. – 12:00 PM

Instructor: Vulcan Park and Museum Representatives

In this three-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 cover specific challenges faced by suffragists in Birmingham, and explore the efforts of all men and women to achieve the right to vote. Shining a light on the suffrage movement reminds us of the ones who fought hard to establish the 19th amendment, and instills a sense of value in the right to vote.

B106 Classic Crime and Mystery Films

July 9, 16, 23, 30

2:00 – 5:00 PM

July 9: "Chinatown" Roman Polanski directs this film of murder, betrayal and water starring Jack Nicholson and Faye Dunaway. Look for great use of visuals.

July 16: "Rear Window" Alfred Hitchcock's use of a small situation to create suspense and intrigue. Stars James Stewart and Grace Kelly.

July 23: "Sorry, Wrong Number" Barbara Stanwyck and Burt Lancaster are drawn into murder, paranoia and suspense. Watch for clever use of light, shadow and contrast.

July 30: "Strangers on a Train" This thriller by Alfred Hitchcock stars Robert Walker who plans murders with a stranger he meets on a train. Suspense follows.

Throughout this series we will join after each film in an audience participation discussion with Ward Haarbauer, Founder of UAB's Department of Theatre and Arts; Martha Haarbauer, founder of Seasoned Performers; Jesse Bates, actor and former director of Alabama School of Fine Arts' Theatre productions; and Ralph Voss, Professor Emeritus in English, UA.

To register <https://olli.ua.edu/> or call 205-348-3000

For more information, call the OLLI Office, 205-348-6482