



Winter 2025 Course Descriptions

21st Century Biotechnologies and Human Values

James Bradley, Instructor

Mondays | January 13, 27, February 3, 10 | 11:00 am - 12:30 pm | Sunny Slope Annex

Examine the ethical and scientific issues emerging from modern biotechnologies. Topics include genomics, privacy, justice, genetic therapy, brain science, and how these intersect with human values. The course will cover complex issues such as personhood, in vitro fertilization, and genetic diagnosis. Active discussion is encouraged, allowing participants to engage with these contemporary debates.

Suggested Course Materials: *Re-Creating Nature: Science, Technology, and Human Values in the Twenty-First Century* by James T. Bradley (University of Alabama Press, 2019).

James Bradley earned a B.S. degree in biochemistry from the University of Wisconsin, Madison, and a Ph.D. in cell and developmental biology from the University of Washington, Seattle. He has taught cell biology and bioethics at Auburn University and has published two books on modern biotechnologies and human values.

Arts & Letters Workshop Series

Fridays | 9:00 am - 11:00 am | Sunny Slope Annex | OLLI Membership required

Must register for individual workshops

Join us for the Arts & Letters Workshop Series, where each session offers an immersive, hands-on exploration of various artistic and literary topics. Each workshop requires individual registration and provides a unique, focused learning experience designed to deepen participants' engagement with creative practices.

Date	Presenter	Title
January 17	Jeanie Thompson	Writing Memory and Prose Poetry
January 24	Todd Boss	Exploring Film as a Storytelling Medium
January 31	Yvonne Wells & Gail Andrews	Creating a Story Quilt
February 7	Ryan Blocker	Pine Burr Quilt Block Workshop
February 14	Marian Carcache	Stories and Craft: A Journey Through Fiction and Art
February 21	Cindy Juyoung Ok	A Writing Workshop with Cindy Juyoung Ok
February 28	Zdenko Krtić	<i>Encaustic Image Transfer</i>

Adventures in Psychology: Normalcy, Stress, Anxiety, and Depression

Bill Confer, Instructor

Monday & Wednesday, March 17 - 26 | 8:30 to 10:00 am | Zoom Only - OLLI Shares UAH

Even "normal" people sometimes behave in ways that seem abnormal. While some stress can be beneficial, too much can lead to problems. This course explores where ordinary feelings of anxiety and sadness cross the line into anxiety or depressive disorders. Join us as we discuss how clinical psychology addresses these challenges and offers strategies to help individuals manage stress, anxiety, and depression.

William (Bill) Confer, PhD, retired from clinical psychology after 38 years. He is a diplomate of The American Board of Professional Psychology and The American Board of Sleep Medicine. He has taught many OLLI

courses intending to make psychology principles accessible and applicable to the daily lives of attendees.

Against The Grain: How Farmers Around the Globe Are Transforming Agriculture to Nourish the World and Heal the Planet

Roger Thurow, Instructor

Mondays | 9:00 am - 10:30 am | Pebble Hill

In this course, participants will explore how smallholder, Indigenous, and family farmers worldwide are reshaping agriculture to tackle the dual challenges of feeding a growing population and restoring our planet's health. Focusing on regions such as Africa's Great Rift Valley, India's Indo-Gangetic Plain, the Pan-American Highlands, and the U.S. Great Plains, we'll examine innovative practices—agroforestry, agroecology, and regenerative agriculture—that these farmers are using to revive their lands and ecosystems. The course follows the narrative of Roger Thurow's book *Against the Grain* and incorporates impactful stories from his previous works on hunger and malnutrition, enriched with vivid photos and videos from his travels.

Required Materials: *Against The Grain* by Roger Thurow (available from the instructor for \$10).

Roger Thurow, a former reporter for *The Wall Street Journal*, spent 30 years with the publication, 20 of them as a foreign correspondent. He is the author of four books focused on the persistence of hunger and malnutrition in the world today.

Alabama Rivers

Bill Deutsch, Instructor

Wednesdays | 9:00 am - 10:30 am | Pebble Hill

Discover the importance of Alabama's rivers, from the historic river map on the Alabama Great Seal to the complexities of river geography, geology, hydrology, and aquatic biodiversity. This course also covers the societal and economic roles of rivers, relevant policies, and ways to develop a personal connection with these essential waterways. Through an interactive format, participants are invited to share their own river stories, enhancing appreciation for Alabama's rivers.

Bill Deutsch, a Research Fellow and emeritus in the Auburn University School of Fisheries, Aquaculture, and Aquatic Sciences, holds a PhD.

Brain: The Aging Brain

Jason Chang, Instructor

Tuesdays | February 11, 18, 25 | 11:00 am - 12:30 pm | Sunny Slope Main Annex

Gain a deeper understanding of the aging brain, including its structure, function, and common cognitive changes associated with aging. This course offers insights into memory, age-related cognitive shifts, and practical strategies to support brain health throughout the aging process.

Jason Chang, retired faculty from the University of Arkansas for Medical Sciences, served as Course Director for Brain and Behavior (for 1st-year medical students) and Cell Biology (for graduate students).

Campaigns that Won the Civil War: Chattanooga and Grant's Ascension to Command

John Mason, Instructor

Tuesdays, January 28 - March 25 | 10:30 am - 12:00 pm | Zoom Only - OLLI Shares UAH

The Battle of Vicksburg, alongside key events in Pennsylvania, marked a pivotal moment in the Civil War. While the conflict in the East stalled, the war in the West continued to evolve. This course will examine the siege of Chattanooga, the victories at Lookout Mountain and Missionary Ridge, and the eventual collapse of Braxton Bragg's army. We will also discuss how these events led to Ulysses S. Grant's rise to command, setting the stage for Union victory.

John Mason, a former contracting specialist with the U.S. Government and current OLLI president, lectures on a variety of historical topics.

Chinese Brush Painting

Dong Shang, Instructor

Thursdays | 9:00 am - 10:30 am | Sunny Slope Kitchen

Experience a hands-on introduction to Chinese brush painting and calligraphy, focusing on capturing nature's essence through suggestion and simplicity. Traditional subjects like flowers, animals, and landscapes will be explored, reflecting the harmony of Chinese culture. Participants will learn fundamental brush strokes, composition, and spontaneous painting techniques.

Materials Fee: \$120, payable at registration - unless you have previously purchased class supplies

Materials: Course materials will be provided by the instructor at the first class meeting upon proof of purchase during registration.

Dong Shang, a native of China with a degree in Art, is an art designer. She immigrated to the United States and has since built a successful career as a freelance artist and art teacher.

The Civil War Era Through the Eyes of Black Americans

Matthew Roberts, Instructor

Tuesdays | 2:00 pm - 3:30 pm | Sunny Slope Main Annex

Examine the Civil War Era from the perspective of Black Americans, with a focus on the Antebellum period, the Civil War, and Reconstruction. While major events set the stage, this course emphasizes the everyday experiences of Black Americans and their role in shaping politics, wartime policies, and the lasting legacy of the war. Stories of both well-known and lesser-known figures, including soldiers and those in contraband camps, will bring this history to life. Through a blend of recent scholarship and primary sources, participants will gain a deeper understanding of the struggles and achievements of Black Americans during this pivotal period.

Matthew Roberts is a fourth-year PhD candidate with a focus on US History, Public History, Civil War History, and African American History. He has prior secondary education experience.

Claudia Rankine's Prizewinning Book, Citizen: An American Lyric

Ken Autrey & Caroline Gebhard, Instructors

Tuesdays | January 14, 21 | 9:00 am - 10:30 am | Pebble Hill

This two-session course will explore the provocative themes of racism in America as addressed in Claudia Rankine's acclaimed book *Citizen: An American Lyric*. The book, a blend of lyrical essays, poems, and historical musings, delves into the complexities of what it means to be a citizen in the U.S. today. Participants will examine these themes and discuss Rankine's powerful reflections on race and identity. Rankine will be speaking at Pebble Hill on February 5, following her visit to Auburn University.

Course Materials: *Citizen: An American Lyric* by Claudia Rankine (recommended but not required).

Ken Autrey holds a Ph.D. in English from the University of South Carolina and has extensive experience teaching poetry and composition.

Caroline Gebhard, Professor Emerita of Tuskegee University, earned her Ph.D. in English from the University of Virginia and specializes in African American studies and American women's literature.

Culinary Series: Taste of OLLI Overview

This series offers participants the opportunity to explore diverse culinary traditions through hands-on instruction, cooking tips, and a tasting experience. Whether you are a seasoned cook or a beginner, this series will enhance your skills and introduce you to global cuisines. Each session includes materials and a meal, and participants can register for individual courses.

Upcoming Options:

- Option 1: January 24 | German | Anne Delvillano | \$15
- Option 2: February 21 | German | Anne Delvillano | \$15

Participants will prepare an authentic German meal that includes four courses of made-from-scratch dishes, featuring homemade spaetzle and other traditional German delights. The event takes place in our home, starting at 3:00 p.m. for meal preparation, followed by a cocktail hour with appetizers. Dinner will be served at around 6:00 p.m. Non-alcoholic beverages will be provided, and participants are welcome to bring their beverage of choice.

Dementia Capable Care

Leisa Askew, Instructor

Wednesdays | 9:00 am - 10:30 am | Sunny Slope Annex

Gain an essential understanding of dementia care, including an overview of the seven main types of dementia, the four types of memory, attention span variations, and the seven stages of dementia retrogenesis. This course will also cover common communication challenges and behavior issues, providing participants with the knowledge to offer compassionate and effective care to individuals living with dementia.

Leisa Askew is a licensed social worker with 27 years of experience working with the aging population. She is also a certified Dementia Care Specialist and Aging Resource Specialist.

Eat Plants: Prevent and Reverse Chronic Disease with a Whole Food Plant-Based Lifestyle

Denise Rose

Tuesdays | 2:30 pm - 4:30 pm | Zoom Only

Discover the powerful health benefits of a Whole Food Plant-Based (WFPB) lifestyle, a dietary approach endorsed by major medical organizations as a way to optimize health, manage weight, and significantly reduce the risk of chronic diseases such as Alzheimer's, heart disease, cancer, and type 2 diabetes. This course will delve into the science behind plant-based nutrition and offer guidance on how to design a well-balanced, plant-based diet, including recipes and cooking tips for practical application.

Denise Rose, PhD a passionate educator in WFPB nutrition, brings her years of experience to this course, accompanied by her husband, Georgie Campas, who will share cooking tips. Together, they run *Happy Vegan Couple*, a social media platform on YouTube and Facebook, where they share plant-based cooking videos and more.

Einstein's Special and General Relativities

Jim Beaupre, Instructor

Tuesday & Thursday, March 18 - 27 | 8:30 am - 10:00 am | Zoom Only - OLLI Shares UAH

Relativity examines how different observers perceive the same events, and while it may seem like a simple idea, it has unlocked profound insights into our universe. This course will trace the historical development of relativity, from Galileo and Newton to the groundbreaking confirmations of Einstein's theories.

Jim Beaupre is an experienced instructor with extensive knowledge of theoretical physics and a passion for teaching complex scientific concepts.

English History in the High Middle Ages

Joseph Kicklighter, Instructor

Tuesdays | 2:30 pm - 4:00 pm | Pebble Hill and Zoom

Explore English history from the Anglo-Norman period through the 13th century, focusing on the influential role the English crown played in medieval Europe. Emphasis will be placed on England's interactions with France and the Papacy, examining the political, cultural, and religious developments that defined this era.

Joseph Kicklighter, a retired professor of Medieval History from Auburn University, has been teaching at the university since 1975 and still teaches there part-time. He completed his undergraduate studies at the University of the South and obtained his Ph.D. from Emory University. Since 2015, he has also been teaching for OLLI.

Exploring Emotional Expression Through Visual Arts

Margee Bright-Raglan, Instructor

Tuesdays & Wednesdays, January 14, 15, 21, 22 | 4:00 pm - 6:00 pm | Sunny Slope Annex

Participants will explore how to express emotions through a variety of visual media, including pencil, paint, and collage. Each session will focus on a different medium, allowing students to experiment with techniques to capture and convey feelings such as joy, anger, tranquility, and curiosity. By combining color, texture, and form, you'll develop a deeper understanding of how visual elements evoke emotional responses. This workshop is designed for artists of all levels who want to explore the powerful connection between art and emotion.

Margee Bright-Raglan is an artist and educator with a B.F.A. from Auburn University (1970) and an MA in Visual Arts from Georgia State University (1974). As a professor at Georgia Perimeter College, she taught art appreciation, drawing, and watercolor. Her art has been exhibited in the United States, Europe, and Latin America, including her piece *Birds in Landscape* in Georgia's State Art Collection.

Exploring Germany: A Journey Through Culture, Tradition, and Language

Julia Knappenberger, Instructor

Thursdays | 9:00 - 10:30 a.m. | Sunny Slope Main Classroom

Required Materials Fee: \$10.00 to be paid at time of registration

Embark on an immersive journey through the rich and diverse cultural heritage of Germany. This course offers engaging lectures and multimedia presentations that explore German art, music, literature, cuisine, history, and traditions. From medieval castles and scenic landscapes to the modern life of bustling cities, you'll gain insights into the customs, values, and holidays that shape German society. In addition to cultural exploration, participants will also learn basic German language skills to communicate effectively in everyday situations. Whether you're a traveler, language enthusiast, or simply curious about the world, this course provides a captivating look into German culture.

Julia Knappenberger has taught German beginner classes at Auburn University since August 2018. She is also a master's student at a German university, where she is completing her studies and gaining internship experience.

From Wagner to the Third Reich: The Origins of Fascism in Germany

Jay West, Instructor

Tuesdays | 9:00 am - 10:30 am | Zoom Only

Examine the evolution of historical thought from its traditional narrative form to contemporary challenges. This course traces the shift from 19th-century German historiography to modern philosophical movements such as Marxism, Structuralism, and Post-Structuralism. We'll analyze the impact of key philosophers like Kant, Hegel, Marx, Saussure, Nietzsche, Foucault, and Derrida, and discuss how their ideas contribute to our current "Post-Truth" reality. As Faulkner noted, "The Past is never dead. It's not even past."

James (Jay) West is a retired professor with a Ph.D. in Russian History from Princeton University. He taught for 39 years at Trinity College and Middlebury College before continuing to teach at OLLI NWU Chicago and European University. He is now a frequent instructor for OLLI at Auburn and the University of Vermont. He resides in Middlebury, Vermont.

Hinges and Twinges: Active Adult Exercises

Deborah Manasco, Instructor

Wednesdays | 2:30 pm - 4:00 pm | Auburn Unitarian Universalist Fellowship

Enhance your flexibility, strength, and balance through standing and chair exercises aimed at promoting functional fitness. Focus on building muscle memory, improving mobility, and preventing falls with movements inspired by everyday activities. A light cardio component is included to encourage safe motion and boost confidence. Participants can work at their own pace in a comfortable and supportive setting.

Deborah Manasco is a retired law practitioner with the State of Alabama. She holds undergraduate studies in Health, PE, and recreation and is a certified therapeutic horsemanship instructor through PATH, Intl. Deborah has taught Active Older Adult exercise classes at various institutions and is an avid equestrian.

An In-Depth Appreciation for Films & Television: Lecture Series

Tim Arnold, Instructor

Mondays | 11:00 am - 12:30 pm | Sunny Slope Main Classroom

This weekly lecture series is open to anyone interested in learning about the craft of filmmaking. Participants will engage in discussions covering a wide range of topics, such as the history of cinema, screenwriting, cinematography, and the differences between television and film. The course is designed to explore the key elements of filmmaking through shorter clips and in-depth analysis of featured movies. No prior experience is necessary, and everyone is welcome to join as part of the audience. *Consider signing up for the Tuesday screenings that will accompany the weekly lectures.*

Tim Arnold graduated with an engineering degree from Auburn University in 1994 and later shifted to a 15-year career in Hollywood. He worked mainly as a video editor but also gained writing, directing, and producing skills. Tim has been involved in the creation of many short films and independent features during his career.

An In-Depth Appreciation for Films & Television: Film Screenings (SIG)

Tim Arnold, Instructor

Tuesdays | 11:00 am - 12:30 pm | Sunny Slope Main Classroom

This optional screening series complements the Monday lectures and allows participants to view full-length movies in their entirety. Participants can join the Monday discussion (or watch independently) for deeper insights into the themes, techniques, and storytelling explored in the films. This is a great opportunity for film enthusiasts to enjoy a shared viewing experience in a relaxed environment.

Tim Arnold graduated with an engineering degree from Auburn University in 1994 and later shifted to a 15-year career in Hollywood. He worked mainly as a video editor but also gained writing, directing, and producing skills. Tim has been involved in the creation of many short films and independent features during his career.

The History of Freedom

Herb Shivers & Jim Barber, Instructors

Mondays | 9:00 am - 10:30 am | Sunny Slope Annex & Zoom

This course delves into the profound concept of freedom—a driving force of Western civilization and possibly the most influential idea in human history. But what exactly is freedom? Historian and classical scholar J. Rufus Fears will guide us through its dramatic story, from ancient Greece to the present day. We will explore what freedom meant to figures like Abraham Lincoln, Robert E. Lee, Franklin Roosevelt, Winston Churchill, and Martin Luther King, and reflect on what it means to us today. Join us as we embark on this thought-provoking journey into the meaning of human freedom to us today?

We are proud and honored to continue this series on behalf of and in memory of "The Colonel - Tom McCormick." While we won't attempt to fill Tom's boots or emulate his unique teaching style, charm, and wit, his spirit will be with us throughout.

Charles H. "Herb" Shivers, PhD has been an AU OLLI member since 2012. He is a retired UAB Professor who worked with NASA and the Senior Executive Service. In addition, he has worked with the Tennessee Valley Authority, the US Army, and the National Guard. Herb is a retired Licensed Professional Engineer in Alabama and holds degrees from Auburn University, Texas A&M University, and The University of Alabama in Huntsville.

Jim Barber holds a BCE degree from Auburn University with additional studies at Villanova University, University of Houston, and Sacramento State. He has 54 years of experience in construction, engineering design, project

management, and international shipping/transportation and trade. Science and history are at both ends of his happiness rainbow.

History of Western Art

Anne Leader, Instructor

Tuesdays | 11:00 am - 12:30 pm | Pebble Hill

Explore the historical and intellectual content of Western art through this engaging course. We'll examine all media, including architecture, with a focus on history, style, meaning, and social context. The pace of the course is shaped by class discussions and questions, with each term building on where the last left off. No prior experience or prerequisites are required, and all are welcome to join this ongoing exploration of Western art. Note that the schedule may adjust based on previous coverage and Dr. Leader's research travel.

Anne Leader, PhD has taught Introduction to Art History at the University of New Hampshire, Kean University, The City College of New York, SCAD-Atlanta, and OLLI.

Introduction to Iceland

Ken Autrey, Roger Launius, Mark Steltenpohl, Janne Debes, Stephen Gresham, Scott Bishop, Instructors

Tuesdays | January 28; February 4, 11, 18, 25 | 9:00 am - 10:30 am | Pebble Hill

This 5-week course provides an overview of Iceland's history, culture, and geology. It is ideal for OLLI members planning to join the upcoming OLLI trip to Iceland, though all are welcome. Each week covers a different topic, with speakers qualified in their respective areas.

Schedule:

- January 28: *Traveling the Ring Road* - Ken Autrey / *Flora and Fauna in Iceland* - Janne Debes
- February 4: *History of Iceland* - Roger Launius
- February 11: *Geology of Iceland* - Mark and Laura Steltenpohl
- February 18: *Icelandic Arts* - Scott Bishop
- February 25: *Icelandic Lore, Legends, and Literature* - Stephen Gresham

Ken Autrey took a two-week trip to Iceland in 2019.

Janne Debes is a retired nurse midwife who has studied Iceland's flora and fauna.

Roger Launius, Ph.D., has extensive experience with NASA and the Smithsonian and has traveled to Iceland.

Mark Steltenpohl is a retired Auburn University Geosciences professor who has conducted geological research in Iceland.

Scott Bishop has 15 years of experience as a museum educator and has taught art history at Auburn University.

Stephen Gresham is a retired Professor of English who has published 26 novels and studied Icelandic lore and literature.

Introduction to the Psychological Theories of Carl Jung

Steve Harrison, Instructor

Mondays | 2:30 pm - 4:00 pm | Pebble Hill

This course introduces the foundational concepts of Carl Jung's psychological theories, including introversion, extraversion, archetypes, the shadow, and the persona. Each session begins with a lecture and is followed by open discussion and questions, encouraging participants to engage deeply with Jung's ideas. Together, we'll examine how Jung's theories continue to shape contemporary thought and psychology.

Steve Harrison holds degrees in mathematics and literature and has taught numerous OLLI courses, including those on poets and Jung's psychological theories.

The Instruments of Folk and Roots Music

Mike Reinke, Instructor

Tuesdays | 2:30 pm - 4:00 pm | Zoom Only - OLLI Shares AU

Discover the origins and evolution of American folk and roots music, with a focus on African-American folk traditions and its commercial separation from Anglo-American folk music. This class also highlights the folk music of Alabama, the structure and composition of traditional folk, roots, and blues music, and the impact of various musicians on contemporary culture. For more information, please email mikereinke68@gmail.com.

Mike Reinke is a retired Auburn University faculty member who taught in the School of Pharmacy for 22 years and received several teaching awards. He has been teaching in the OLLI at AU program since 2016.

Intermediate Hikes at Chewacla State Park

Harold Bruner, Instructor

Tuesdays | 2:00 pm - 4:00 pm | Meet at Chewacla State Park

Participants will need to pay the entrance fee of \$4.00 in person (People 62 and older are \$2.00)

Embark on a course tailored for those seeking longer distances and a faster pace than the shorter Monday hikes at Chewacla. Most hikes will span approximately 3-4 miles, offering an invigorating outdoor experience. A small day pack and water are suggested.

Required: At least one hiking pole is mandatory; two poles are preferred.

Harold Bruner has hiked extensively in the U.S. and Canada and, more recently, in northern England. He has led hikes for OLLI for the last six years. As a forestry graduate of Purdue, he worked in the forests of the Midwest for many years. Since moving to Auburn in 2014, he has enjoyed the biodiversity and many hiking opportunities in Alabama.

iPhone Skills 2024: Best Practices and Tips

Mike Akins, Instructor

Tuesdays, January 14, 21, 28; February 4 | 11:00 am - 12:30 pm | Sunny Slope Annex

Enhance your iPhone skills with practical tips and best practices designed to save time and boost productivity. This course offers quick demonstrations and live, interactive practice sessions to help participants master essential iPhone features. With plenty of opportunities for questions and hands-on learning, you'll leave each session with confidence and new skills to streamline your daily use.

Mike Akins, an online learning producer, videographer, and personal tech trainer, holds a Ph.D. in International Relations and an M.S. in Educational Technology. He and his wife Betsy are active OLLI members in Opelika, AL.

King Cotton and the History of Alabama Agriculture

Charles Mitchell, Instructor

Tuesdays | 2:30 pm - 4:00 pm | Sunny Slope Main Classroom

Alabama became a state during the Industrial Revolution, just as the demand for cotton surged. This course will explore how Alabama, with its fertile land but limited labor, became a major player in the cotton industry, relying on a uniquely American form of slavery. The resulting cotton empire shaped Alabama's history and continues to influence its politics and social policies. From the origins of cotton to its development in Alabama, participants will trace the profound impact of this simple fiber on the state and its people. Weather permitting, the course may include a field trip to Auburn University's historic "Old Rotation" and "Cullars Rotation" sites.

Charles Mitchell, a retired Extension Agronomist and soils specialist at Auburn University, has a deep interest in Alabama history and agriculture. He was instrumental in getting Auburn's "Old Rotation" and "Cullars Rotation" sites added to the National Register of Historical Places. This is the sixth time he has offered this course.

Knitting for Beginners

Lori Moore, Instructor

Wednesdays | 9:00 am - 10:30 am | Sunny Slope Kitchen

Whether you're new to knitting, need a refresher, or have tried before without success, this class is designed for all skill levels and ages—from 8 to 108. Participants will learn how to read patterns, choose and substitute yarn, and start their own knitting projects.

Required Materials: Knitting needles and yarn, to be provided by the student.

Lori Moore brings her passion for knitting to this hands-on course for beginners.

Line Dancing: Beginners

Betsy Keown and Wanda Knight, Instructors

Tuesdays | 9:00 am - 9:45 am | Boykin Community Center Gym

400 Boykin St., Auburn

Get ready to have fun while learning the basics of line dancing in this 45-minute class. You'll master easy-to-follow steps set to an eclectic mix of music, including tunes from Glenn Miller, Willie Nelson, Charlie Daniels, Little Big Town, and more. Line dancing is not only enjoyable but also a great workout for both body and mind. Please wear comfortable shoes without taps and bring a water bottle to stay hydrated.

Betsy Keown has been line dancing twice weekly for sixteen years and teaching for the past ten. She loves the exercise and the joy of performing at nursing homes and other venues.

Wanda Knight has been line dancing for over nine years and has assisted Betsy Keown in several classes.

Line Dancing: Intermediate

Betsy Keown and Wanda Knight, Instructors

Tuesdays | 10:00 am - 10:45 am | Boykin Community Center Gym

This intermediate class is perfect for those with some line dancing experience looking to build on their skills. Dance to a variety of music, including Glenn Miller, Willie Nelson, Charlie Daniels, Little Big Town, and more. Line dancing is not only enjoyable but also provides an excellent workout for both body and mind. Please wear comfortable shoes without taps and bring a water bottle.

Betsy Keown has been line dancing twice weekly for sixteen years and teaching for the past ten. She loves the exercise and the joy of performing at nursing homes and other venues.

Wanda Knight has been line dancing for over nine years and has assisted Betsy Keown in several classes.

Local Naturalists

Gary Wagoner, Coordinator

Mondays | 2:00 - 3:30 pm | Annex & Zoom | OLLI Shares

A team of seven local naturalists will guide this multi-disciplinary course, exploring topics such as botany, ichthyology, ornithology, geology, and ecology. Each instructor will share their unique expertise and personal observations, offering insights into the remarkable natural diversity of our region. This course provides a deep dive into the natural world through the eyes of those who have spent years studying and appreciating the environment around us.

The Lyrics I Love

Sam Hurt, Instructor

Mondays | 2:30 pm - 4:00 pm | Sunny Slope Main Classroom

If you enjoy meaningful lyrics and lively discussions, this course is for you! Each session will focus on three to four songs, with lyrics provided for group discussion. Participants are encouraged to bring their own favorite songs for future sessions. We'll begin with selections from Jimmy Buffett, John Prine, and Randy Newman, and adapt the playlist based on the group's interests. Future sessions may feature patriotic, inspirational, and faith-oriented songs. Come share in engaging conversations through music!

Sam Hurt, a lifelong learner and OLLI student is a retired Army Colonel, high school science teacher, and former US Army Aviation doctrine team leader.

Mindful Movement for Health and Wellness: Taiji and Qigong

Kitty Frey, Instructor

Wednesdays | 10:30 am - 11:30 am | Auburn Unitarian Universalist Fellowship

Learn the essential elements of mindful movement practices such as Tai Chi, Qigong, and Yoga, and discover how they can be applied to daily life for improved health and well-being. Participants will engage in gentle, guided movements, providing a great opportunity to learn while staying active. Wear comfortable clothing and flat shoes (no heels), and come with an open mind, ready to embrace the benefits of slowing down and being present.

Kitty Frey is an occupational therapist, certified instructor, and Master Trainer for the Tai Chi for Health Institute. With over 20 years of teaching experience in the community, she is dedicated to promoting health and wellness through mindful movement practices like Tai Chi and Qigong.

The New Deal and Its Legacy

Larry Gerber, Instructor

Wednesdays | 2:00 pm - 3:30 pm | Sunny Slope Annex

Examine the major domestic programs enacted during the 1930s as part of the New Deal and explore how each of these programs has evolved over time. From social safety nets to public works projects, the course will highlight the lasting impact of the New Deal on American society and politics.

Larry Gerber is a retired Auburn University History professor with extensive knowledge of American history.

Opelika Community Theatre presents Creative Aging Senior Theatre

Marty Moore, Instructor

Tuesdays | 1:00 pm - 2:30 pm | Auburn Unitarian Universalist Fellowship

Discover the many benefits of Senior Theatre, including improved memory, cognitive skills, and social connections. Through character study, storytelling, and performance, participants will engage in self-discovery and enjoy the camaraderie of working together. This course highlights how involvement in theatre can enhance daily living activities (ADLs), promote a positive outlook, and improve overall quality of life. Evidence from similar programs nationwide demonstrates the positive impact Senior Theatre can have on the health and well-being of older adults.

Marty Moore, the owner of Opelika Theatre Company, has a passion for sharing the art of theater with others.

Opera Buffa

Elizabeth Aversa, Instructor

Mondays, January 27; Feb. 3, 10, 17, 24; March 3 | 9:00 am - 10:15 am | ZOOM Only - OLLI Shares UA

In this course, participants will explore and enjoy the most beautiful operas in the *Bel canto* repertoire. Known for its graceful vocal lines and expressive melodies, *Bel canto* emphasizes the artistry and technical

brilliance of the human voice. Attendees will deepen their appreciation for this celebrated operatic style by listening to works from composers such as Bellini, Donizetti, and Rossini.

Pandemics that Changed the World

Bert DeVillano, Instructor

Thursdays | 9:00 am - 10:30 am | Sunny Slope Annex

Infectious disease pandemics have shaped and will continue to shape the course of world history. This course focuses on the impact pandemics have had on society, examining the diseases, their transmission, control efforts, outcomes, and societal responses. Major pandemics like the Black Plague, the 1918-20 Influenza, and COVID-19 will be explored in detail, highlighting how these events have altered the direction of human culture.

Bert DeVillano, Ph.D. in Microbiology (Virology) from the University of Pennsylvania, brings extensive expertise to the subject.

Short History of Public Transportation, 1886 - Present

Glen Bottoms, Instructor

Thursdays | 2:30 pm - 4:00 pm | Sunny Slope Main Classroom

Explore the history of public transportation in the United States, covering the emergence of street railways, the 'Golden Era,' the challenges of the Great Depression and World War II, the rise of the automobile, and modernization efforts from the 1970s to the present. This seven-session course will delve into the evolution of public transit and its ongoing struggles and revival, including the impact of the pandemic.

Glen Bottoms has over 30 years of experience in public transportation, including work with the Federal Transit Administration and as Executive Director of the American Conservative Center for Public Transportation. He holds degrees from Auburn University and George Washington University.

Shorter Hikes at Chewacla State Park

Harold Bruner & Maureen Donnan, Instructors

Mondays | 8:30 am - 10:30 am | Meet at Chewacla State Park

Participants will need to pay the entrance fee of \$4.00 in person (People 62 and older are \$2.00)

Enjoy a thorough introduction to nearby Chewacla State Park with shorter weekly hikes of 2-3 miles. We will visit Town Creek, Moore's Mill Creek, Chewacla Creek, and Hidden Falls and cover most of the trails in the park. A small day pack is suggested.

Required: At least one hiking pole is mandatory; two poles are preferred. A small day pack is suggested.

Harold Bruner is a retired forester who now hikes for fitness and pleasure. He has hiked extensively in many U.S. and several Canadian provinces. Having spent more than 60 years in Indiana and Florida, he now enjoys the biodiverse landscape of Alabama.

Significance of Lesser-Known Presidents

Richard Rhone, Instructor

Tuesdays, January 21, 28; February 4 | 1:30 - 2:45 p.m. | Zoom Only - OLLI Shares UA

Forty-five men have served as our president, but many Americans recognize the significance of only a few. Yet some lesser-known presidents made important decisions or set precedents paralleling contemporary issues. Hopefully, we can highlight the complexities and responsibilities of the presidency beyond just the most famous occupants and give recognition to some forgotten presidents.

Richard Rhone, PhD is an esteemed historian and educator with extensive knowledge of American history. He has taught numerous courses on historical figures and events, aiming to provide a deeper understanding of their personal lives and broader impact on history.

Silver Sneakers

David Tillman, Instructor

Mondays and Fridays | 11:30 am - 12:30 pm | Max Fitness Center (189 E. University Dr. Auburn)

All registration for this class is managed through Max Fitness.

Max will be offering Silver Sneakers classes to OLLI members twice a week. This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are provided and recommended. You must either sign in as a gym or Silver Sneakers member to take advantage of those classes.

OLLI members will be offered a Max Fitness membership at a special discounted price. Check your insurance to determine if Silver Sneakers is covered at no cost. If not, you can join Max for \$25 monthly, provided you sign a 6-month contract. This OLLI-exclusive package gives full access to the gym, waives the \$49 enrollment fee, reduces the 18-month commitment to 6 months, and reduces the monthly fee by 17%.

David Tillman is a certified Silver Sneakers instructor.

Sleep Science: Sleep, Sleepiness, and Sleeplessness

Kenneth Lichstein, Instructor

Thursdays, January 23, 30; Feb. 6, 13, 20, 27 | 12:00 pm - 1:15 p.m. | Zoom Only - OLLI Shares UA

Gain a deeper understanding of both healthy and disordered sleep in this comprehensive exploration of sleep science. Topics include the nature of normal sleep, how it is measured, and how it changes across the lifespan. Participants will also discuss the health risks of inadequate sleep, the causes of sleepiness, and some of the 80 recognized sleep disorders, such as insomnia, sleep apnea, and restless legs syndrome.

Spanish for Beginners

David Yohn, Instructor

Tuesdays | 9:00 am - 10:30 am | Sunny Slope Main Classroom

This beginner-level Spanish course offers a structured introduction to the fundamentals of the language, modeled after a first-semester college Spanish course. Utilizing the Great Courses DVD and Professor Worden's approach tailored for adult learners, participants will focus on language acquisition and communication skills. The course emphasizes systematic learning and provides practical strategies to enhance engagement and retention, fostering proficiency in a supportive and encouraging environment.

Required Book: The *Learning Spanish Workbook* is available during the first session for \$20 via credit card or check.

Start Speaking German: A Relaxed and Fun Beginner Class

Julia Knappenberger, Instructor

Thursdays | 11:00 am - 12:30 pm | Sunny Slope Main Classroom

Ready to learn German at an easy, relaxed pace? This beginner's course introduces the basics (A1.1 level) through interactive lessons focused on speaking, listening, reading, and writing. Whether you're a complete beginner or looking for a refresher, this class offers plenty of practice to build confidence in a supportive environment. Participants will use the *Momente A1.1* textbook and workbook to cover practical language skills, with the option to continue next semester for full completion of the A1.1 curriculum. Perfect for travel or connecting with German-speaking friends!

Required workbook: *Momente A1.1*, Publisher: Hueber

Kursbuch: [Link to Textbook HERE](#)

Arbeitsbuch: [Link to Workbook HERE](#)

Julia Knappenberger has taught German beginner classes at Auburn University since August 2018. She is also a master's student at a German university, where she is completing her studies and gaining internship experience.

Staying Active - Day Hiking

Harold Bruner, Instructor

Thursdays | 8:30 am - 4:00 pm | Meet at Sunny Slope by 8:45 am unless otherwise directed.

This class is designed for more advanced hikers and may involve challenging terrain. To join, you should have a moderate fitness level and prior hiking experience at these distances. Hike locations will alternate between Chewacla State Park and the other sites we typically visit. The Chewacla hikes will begin at 8:30. For the out-of-town hikes, we will carpool and leave Sunny Slope at 8:30. The Chewacla hikes will be up to 10 miles with options to exit after 3-4 miles. The out-of-town hikes are often in the 5-10-mile range. Participants typically carpool from Sunny Slope to our out-of-town destinations. At the end of the term, you will be assessed \$5 for each time you ride with the carpool. The money will be distributed among the drivers to offset their expenses.

Required: Demonstration of your hiking proficiency before the first class.

Two hiking poles. A small day pack is suggested.

Harold Bruner has hiked extensively in the U.S. and Canada and, more recently, in northern England. He has led hikes for OLLI for the last six years. As a forestry graduate of Purdue, he worked in the forests of the Midwest for many years. Since moving to Auburn in 2014, he has enjoyed the biodiversity and many hiking opportunities in Alabama.

Walk This Way

Bob Banks, Instructor

Thursdays | 8:30 am - 9:30 am | Meet at Auburn Public Library

Join this engaging weekly program designed to help participants develop a consistent walking exercise routine. Each Thursday, attendees will meet at the Auburn Public Library to learn about the numerous benefits of walking and enjoy local walks together. This course welcomes both novice and veteran walkers, providing a supportive and informative environment for all.

Bob Banks is an avid runner. He is a retired ALFA insurance professional.

Winter Mysteries

Harold Bruner, Coordinator

Tuesdays | 11:00 am - 12:30 pm | Auburn Unitarian Universalist Fellowship

Throughout this course, participants will explore several mystery novels and engage in group discussions. Each discussion will be led by a different member of the class, providing diverse perspectives and insights into the mysteries being studied.

World War II: The Pacific Theater

John Parr, Instructor

Tuesdays | 9:00 am - 10:30 am | Sunny Slope Annex

This in-person course offers an exploration of the Pacific Theater during World War II, beginning with the Japanese attack on Pearl Harbor on December 7, 1941, and concluding with Japan's surrender in Tokyo Bay on September 2, 1945. The course will primarily focus on the intense naval battles and strategies between the United States and Japan. Utilizing a video lecture series from *The Great Courses* by Professor Craig L. Symonds, Distinguished Professor of Maritime History, this course provides a thorough understanding of the key events that shaped the Pacific conflict.

John Michael Parr served in the US Navy for 22 years, enlisting as a Seaman Recruit in 1960 and retiring as a Lieutenant Commander in 1982. He was a Professor of Electrical Engineering at the University of Evansville (Indiana) from 1988 to 2010. His educational background includes a BS in Electrical Engineering from Auburn University (1969), an MS in Electrical Engineering from the Naval Postgraduate School (1974), and a PhD in Electrical Engineering from Auburn University (1988). John has been a resident of Auburn and an OLLI member since 2013.

Wheel-Thrown Pottery

Gary Wagoner, Instructor

Mondays | 9:00 am - 11:00 am | Jan Dempsey Arts Center

Course fee: \$110 payable to OLLI (covers the costs of clay, glazes, firing, use of tools, and venue rental)

Open to beginners and experienced potters, this class will cover the basics of throwing on the potter's wheel. Students will learn essential skills such as centering, opening, pulling walls, and forming. As the course progresses, participants will create various shapes, including cups, bowls, vases, and pitchers. Additionally, there will be opportunities to work with glazes and other forms of surface decoration. Class participants can elect to use the studio on another day for practice—more details will be provided.

Gary Wagoner holds an MFA in Ceramic Art from SUNY College of Ceramics at Alfred University. He developed the Ceramics curriculum at Auburn University and taught all levels of pottery and clay sculpture there for 35 years.

Writing Our Lives

Terry Ley, Instructor

Mondays | 11:00 am - 12:30 pm | Pebble Hill

Our lives are like patchwork quilts, writes Richard L. Morgan in *Saving Our Stories: A Legacy We Leave*, and as we age, we detect the patterns we have woven and seek to understand them. Explore your life's patterns and the stories they prompt. Revisit memories, reflect on them, write about them, and share your stories with an empathetic audience of peers.

Required textbook: *On Writing: A Memoir of the Craft* by Stephen King (Scribner, 2000).

Terry Ley taught high school English in Iowa before coming to Auburn University, where he was a professor of English education. He has taught Writing Our Lives for OLLI for seventeen years.

Special Interest Groups (SIG)

Any OLLI member, general or academic, may register for a SIG.

Exploring Artistic Expressions with John Willer (SIG)

John Willer, Facilitator

Thursdays | 11:00 a.m. - 1:00 p.m. | Sunny Slope Annex

Discover and experiment with different artistic mediums, including acrylic paint, oil paint, pencils, and pastels. Engage in hands-on activities and guided discussions to gain insights into various techniques. Whether you're a beginner or a seasoned artist, you'll have the chance to find your unique artistic style while being part of a supportive community. Participants are welcome to use any medium they prefer but must bring their own supplies. John Willer will be available to provide assistance and guidance as needed.

An In-Depth Appreciation for Films & Television: Film Screenings (SIG)

Tim Arnold, Instructor

Tuesdays | 11:00 am - 12:30 pm | Sunny Slope Main Classroom

This optional screening series complements the Monday lectures and allows participants to view full-length movies in their entirety. Participants can join the Monday discussion (or watch independently) for deeper insights into the themes, techniques, and storytelling explored in the films. This is a great opportunity for film enthusiasts to enjoy a shared viewing experience in a relaxed environment.

Looking At Photography with a Critical Eye (SIG)

Curtis Shannon, Facilitator

Thursdays | 11:00 am - 12:30 pm | Sunny Slope Conference Room

If you have ever wondered why contemporary photography is interesting and how to engage with it, this Special Interest Group (SIG) is for you. Join us as we explore the power of observation, the nature of photographs, developing a critical eye, mapping photographs, and picturing the South.

Mahjongg for Beginners (SIG)

Ann Beale & Mary Ann Hanson, Facilitators

Mondays | 12:00 pm - 1:30 pm | Sunny Slope Kitchen

Learn the basics of Mahjongg in this special interest group (SIG) designed for beginners. Participants will be introduced to the rules, strategies, and tile combinations of the game. Whether you're completely new to Mahjongg or looking to refresh your skills, this SIG provides a fun and engaging environment to learn and practice.

Making a Difference: The Value of Seniors as Mentors in the Community (SIG)

Robert Holmes, Facilitator

Mondays | January 22, February 19 | 1:00 pm - 2:30 pm | Conference Room

Older adults have a unique opportunity to share life lessons through mentoring, which not only imparts wisdom but also fosters self-esteem, purpose, and meaning for both mentors and mentees. By becoming mentors, seniors can build strong intergenerational connections, benefiting everyone involved. Join this interactive seminar to explore the "why, what, and how" of mentoring for seniors who want to make a difference in their community.

Meditation (SIG)

Leslie Beard, Facilitator

Mondays | 5:00 pm - 6:15 pm | Sunny Slope Annex

The OLLI Meditation SIG meets weekly to meditate and build a supportive community for meditators of all levels and disciplines.

(Play) Mahjongg (SIG)

Kim Scarborough, Facilitator

Wednesdays | 1:15 pm - 3:15 pm | Sunny Slope Kitchen

You must have had some previous experience playing. **Please note that there won't be any formal instructors available, as this is not a course for learning the game.** It's an opportunity to meet and play with other game enthusiasts. OLLI provides 12 cards and one set, but please bring your own cards and game sets if you have them.

Secular Buddhist Study Group (SIG)

Leslie Beard & Gary Wagoner, Facilitators

Mondays | 3:45 - 4:45 pm | Sunny Slope Conference Room

This study group provides an opportunity, through shared readings and discussion, to explore Buddhist teachings and practices in a secular and contemporary context. It will focus on the precepts of Buddhism as a practical and ethical philosophy.

OLLI Presents

*OLLI Presents programs are free and open to the public.
No OLLI membership is required to attend.*

Brown Bag Series

Bring your own lunch (BYOL) and join us for these engaging learning sessions.

Wednesdays | 11:30 am - 1:00 pm | Pebble Hill

Date	Presenter	Title
January 15	Frank Broz	<i>D-Day: June 6, 1944 - A Battle That Shaped Our World</i>
January 22	Meghan Buchanan	<i>Searching for Camp Watts</i>
January 29	Anne Leader	<i>How Will They Remember Me? Tomb Reuse in Renaissance Florence</i>
February 5	Rosalyn Thomas	<i>Dramatic Monologue: Henrietta Lacks</i>
February 12	Douglas Coutts	<i>Girls' Education: The Magic Bullet to Solving World Hunger, Poverty, and Population Growth</i>
February 19	John Dijulio & Bruce Kuerten	<i>"Crackerman" filmmakers</i>
February 26	Courtney Natseway	<i>Growing Community: The Muscogee Nation Community Garden Project</i>

Arts & Letters Lecture Series *Registration NOT required*

Varied Instructors

Thursdays | 2:30 pm - 4:00 pm | Sunny Slope Annex | Free & Open to the Public

The lecture series offers general presentations on various artistic and literary topics. These sessions are designed to be informational and engaging for a broad audience, without the need for prior registration or active participation. Ideal for those interested in learning from experts in a relaxed, public setting.

Date	Presenter	Title
January 16	Jeanie Thompson	The Poetry of Memory: A Reading and Discussion
January 23	Todd Boss	Film as Poetic Expression: A Talk with Todd Boss
January 30	Yvonne Wells & Gail Andrews	Stitching Stories: A Dialogue with Yvonne Wells and Gail Andrews
February 6	Ryan Blocker	Home Sewn: Alabama's Quilting Traditions
February 13	Marian Carcache	Southern Fiction and Storytelling: A Conversation with Marian Carcache
February 20	Cindy Juyoung Ok	The Power of Voice: A Conversation with Cindy Juyoung Ok
February 27	Zdenko Krtić	The Daily Practice of Drawing

Register for OLLI at Auburn University Courses

Welcome to OLLI at Auburn University! We are excited to offer diverse and enriching courses for the new membership year. Whether you're looking to pursue a new interest or enhance your existing skills, OLLI has something for everyone.

Important Information for New Members:

- **Weekly Courses:** Most courses meet **once per week** unless otherwise noted. Be sure to check the course descriptions for specific meeting days and any additional details.
- **Weekly OLLI Digest:** Stay informed with the **OLLI Weekly Digest**, delivered to your inbox every Sunday. It includes updates, event reminders, and important announcements.
- **Name Tags:** All members will receive an OLLI name tag, which can be used for entry into OLLI events and for riding **Tiger Transit**. Please wear your name tag when attending classes and events. Name tags for new members can be obtained in the front office.
- **Registration Period:** Registration for the upcoming term begins on **December 2, 2024**. Sign up early to secure your spot in your preferred courses!
- **Waitlist Information:** Don't be discouraged if a course is full and you're placed on a waitlist. We **actively monitor waitlists** and work diligently to move members into open spots as they become available. You'll be notified if a spot opens up, so stay tuned!

Membership Term and Benefits:

- **Membership Term:** Your OLLI membership is valid from **August 1, 2024, to July 31, 2025**.
- **AU Community ID Card:** For \$25, enjoy access to Auburn University resources such as parking permits, library privileges, and Tiger Transit.
- **Discounts and Perks:** OLLI members receive exclusive discounts at the Auburn University Bookstore, Auburn Oil Co. Booksellers, Village Friends, Jule Collins Smith Museum Store, and on GPAC-presented performances at the Gogue Performing Arts Center.
- **Fitness and Wellness:** Enjoy discounted rates at Max Fitness of Auburn and the opportunity to join **Special Interest Groups (SIGs)**.

Membership & Academic Fees Category	Amount
Annual Membership	\$50
Academic Fee per term (Unlimited Courses)	\$85 (Fall, Winter, Spring)
New Academic Fee per term (Single Course)	\$40
Summer Academic Fee (Unlimited Courses)	\$40
All-Inclusive (Membership and Fall, Winter, and Spring Academic Courses)	\$290
All-Inclusive Plus (Membership and Fall, Winter, Spring, and Summer Academic Courses)	\$330

- **Membership Requirement:** OLLI membership is required to enroll in courses each term.
- **Special Interest Groups (SIGs):** Membership-only events; no additional academic fee required.
- **Course Specifics:** Please review course descriptions for any special requirements, such as additional materials or supply fees.

Need Assistance?

For registration help or any questions, feel free to contact the OLLI office at **334-844-3146** or olli@auburn.edu.

Registering is Easy!



Scan the QR code to access the registration page directly. We look forward to having you join us for a fun and rewarding learning experience!

Stay connected, and engaged, and enjoy the wide variety of opportunities at OLLI at Auburn!