Join a vibrant learning community of adults 50+ interested in staying intellectually and socially active, while having lots of fun! OLLI at UAH is designed for your lifestyle and interests, with no grades or tests. Become a part of OLLI today!

Osher.uah.edu | 256.824.6183
About OLLI at UAH

OLLI is designed for lifelong learners age 50+ seeking intellectual stimulation, self-expression, and the opportunity to explore new ideas with peers. We offer a rich and evolving array of courses, lectures, and special activities to enhance lives and communities. Shape the world around you and make new friends in a relaxed environment on the UAH campus.

Join the 1000+ people who are already part of our OLLI community!

Fall term starts the week of Sept 16th

Questions?
Visit Osher.uah.edu, call 256.824.6183, or email OLLI.info@uah.edu

Courses listed in this guide are offered in the spirit of academic freedom. The Osher Lifelong Learning Institute and The University of Alabama in Huntsville do not endorse any creed, concept, service, or product that might be presented by the instructors.

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Closures

Inclement Weather:
If either Huntsville City Schools or UAH closes, OLLI at UAH classes will not meet. Check local broadcasts for closing announcements.

Class Cancellation:
If a class is canceled due to weather or instructor illness, all efforts will be made to reschedule the session for a later date.

UAH Campus is closed:
Sep 2, Nov 28-30, Dec 23-31, Jan 1

OLLI After Five

Select an old favorite or try something new this Fall
Details on pages 6, 8, & 11.
Join OLLI Today!

Learning never stops when you are an OLLI member. Join a community of lifelong learners with similar interests and pursue a range of intellectual, social, volunteer, and travel opportunities.

Find your place with OLLI at UAH and fuel your passion for learning!

Membership offers many exciting benefits:

- Opportunity to register for OLLI Term Courses
- Weekly Bonus presentations and Popcorn and a Movie
- Cultural and Social Events
- Travel Excursions, Day Trips, and Local Tours
- OLLI Member Interest Groups
- Extensive DVD Lending Library
- Electronic monthly Newsletters and weekly E-News
- UAH Salmon Library access
- University Fitness Center discounts
- UAH Performance and Sporting Event discounts
- Numerous Volunteer Opportunities
- And Much More!

12-Month Rolling Membership – Only $25

OLLI "rolling" memberships are valid for 12 months beginning the date your membership was first processed.

4 Easy Ways to Register

- **ONLINE** at Osher.uah.edu/OLLIRegistration
- **PHONE** 256.824.6010
- **IN PERSON** at CPCS Registration Office. See address below.
- **MAIL** registration form on page 2 to address below.

**UAH CPCS Registration Office**
Wilson Hall, Room 103, UAH Campus
Huntsville, AL 35899

**Office Hours:** Mon – Fri, 8:15 am – 5:00 pm

**Signing Up for Term Courses:**

- An active OLLI membership is required to register.
- $99 per term allows you to register for up to three (3) OLLI courses.
- $15 for each additional course.
  Plus any applicable lab or supply fees.

Register Early—Seating is Limited Courses Fill Up Quickly
THREE COURSES FOR $99
OLLI members may register for up to THREE (3) courses per term for $99, and any additional courses for $15 each.

Please fill out one form per person. Indicate course choices by check box. Confirmation will be sent via email. See inside back cover for parking permit details. Questions: 256.824.6183 or OLLI.info@uah.edu

Please fill out the appropriate sections below.

A. PERSONAL INFORMATION

Full Name: ____________________________________________________________
Street Address: _________________________________________________________
City/State/Zip: _________________________________________________________
Phone: Home__________________________ Cell___________________________
Email:_______________________________________________________________

☐ I do not have an email address

B. OLLI MEMBERSHIP

Select one: ☐ Active OLLI Member (Skip to section C) ☐ New Member ☐ Renewal
Gift Membership From: ________________________________________________
Message: ___________________________________________________________

Select one: ☐ 12-month membership = $25 ☐ 24-month membership = $50
Badge Name: _________________________________________________________

C. ALPHABETICAL COURSE LIST

Select up to 3 for $99 (+ $15 Per Course Over 3)
☐ C66F1923 Absolute Beginner’s Bridge
☐ C63F1913 Advanced Investment Strategies
☐ C61F1925 Alabama’s Artistic Heritage
☐ C61F1940 All the World’s a Stage
☐ C71F1910 America’s Heritage — Our National Parks
☐ C73F1915 Appreciating the Art of Craft Beer
☐ C68F1928 Archaeological Studies of Everyday Life
☐ C64F1924 Beginning French
☐ C64F1961 Beginning German
☐ C64F1931 Beginning Spanish
☐ C67F1952 Black & White: Conundrums on Race
☐ C61F1926 Bollywood, Encore!
☐ C70F1930 Breath-Centered Yoga – $15 Lab Fee – T
☐ C70F1962 Breath-Centered Yoga – $15 Lab Fee – Th
☐ C66F1955 Building More Bridge Skills
☐ C66F1946 Cards for All Occasions – $25 Lab Fee
☐ C73F1932 Cha Cha, Rumba & West Coast Swing – $20 Lab Fee
☐ C68F1942 Chaos Theory: Predicting the Unpredictable
☐ C64F1938 Creative Approach to Spanish II
☐ C66F1968 Diversity in Your Landscape
☐ C63F1945 Elder Law
☐ C65F1939 Everyday Ethics
☐ C68F1951 Explorations in Science and Technology
☐ C66F1947 Fall Garden Tour
☐ C61F1920 Fireside Chats with Authors
☐ C67F1941 The Franco-Prussian War
☐ C67F1948 Geopolitics of the World
☐ C64F1916 German Literature
☐ C73F1907 Grilling, Chilling, and Tailgating – $15 Lab Fee
☐ C67F1936 Happy 200th Birthday, Alabamal
☐ C63F1927 History and Future of Money
☐ C67F1918 A History of Cryptography
☐ C73F1970 Homebrewing Made Easy
☐ C68F1912 How Cells Work
☐ C64F1950 Intermediate German
☐ C65F1917 Intricacies of the Mind
☐ C73F1904 Introduction to Landscape Art
☐ C70F1929 Introduction to Tai Chi – $15 Lab Fee – T
☐ C70F1966 Introduction to Tai Chi – $15 Lab Fee – F
☐ C64F1934 Italian for Beginners
☐ C66F1964 Joyful 3-D Creations
☐ C73F1909 Joys of Drawing Pencil Portraits
☐ C66F1901 Knitting with Friends
☐ C67F1922 Law School for Everyone
☐ C67F1965 The Life and Times of Churchill
☐ C73F1933 Mastering Wine
☐ C61F1905 Musical Happenings in Huntsville
☐ C70F1943 Mysteries at the Supermarket
☐ C61F1944 Open Book: Open Mind
☐ C73F1919 Pencil Drawing for Beginners
☐ C70F1963 Pickleball Basics
☐ C61F1937 Poetry Writing Workshop for Fun
☐ C66F1967 Quilting by the Numbers
☐ C68F1958 Radio Astronomy
☐ C61F1957 Rhetoric and Great Speeches – 20th Century
☐ C67F1903 The Road to Pearl Harbor
☐ C70F1914 The Seven Roads To Fulfilling Your Destiny
☐ C65F1956 Sociology and Everyday Life
☐ C66F1908 Socrates Café
☐ C68F1906 Software Explorations in Number Theory
☐ C64F1954 Spanish Short Stories
☐ C67F1959 A Survey of Afghanistan
☐ C65F1902 TED Talks: A World of Ideas
☐ C70F1953 Topics for Lifelong Health
☐ C65F1921 Understanding Binge Eating Disorder
☐ C65F1935 Why You Are Who You Are
☐ C65F1960 World Religions: Developing Cultural Literacy
☐ C61F1911 Writing Your Life Story – M
☐ C61F1949 Writing Your Life Story – Th

D. PAYMENT INFORMATION

Enclosed Membership Fee: $ ________________________________
$99 Course Term Fee (up to 3 courses): $ ________________
Applicable Lab/Supply Fees: $ __________________________
$15 Per Course Over 3: $ ________________________________
Day Trip $125 Registration Fee: $ ________________________

TOTAL PAYMENT: $ ________________________________

☐ Check Enclosed, Payable to UAH CPCS
☐ VISA ☐ MasterCard ☐ Discover ☐ AMEX
Card # ________________________________ Exp. Date __________
CVV Cardholder’s Name _____________________________________________

Cardholder’s Signature _____________________________________________

• An OLLI Parking Permit is included with your term registration.
• OLLI at UAH is not responsible for any damage or personal injury sustained when a member is participating in any OLLI-sponsored activities on or off the UAH Campus.
• Membership implies permission to use your photo for OLLI publicity. If you do not want your photo used, please notify the instructor/photographer in advance.
• You will be notified at least 4 working days in advance if a course is cancelled due to low enrollment. Registration fees are non-refundable unless your selected course(s) are not available.

REGISTER ONLINE: Osher.uah.edu/OLLIRegistration

$125 • NOV 12 • DAY TRIP - BIRMINGHAM, AL
☐ C67F1971 In Their Footsteps: Experience the Movement
## SCHEDULE AT A GLANCE

### MONDAY

**Sep 16 – Nov 4**

- **8:45–10:15 am**
  - Road to Pearl Harbor
    - C67F1903
  - TED Talks: A World of Ideas
    - C65F1902
  - Knitting with Friends
    - C66F1901
  - Intro to Landscape Art
    - C73F1904

- **10:30 am–noon**
  - Grilling, Chilling, and Tailgating
    - C67F1905
  - Musical Happenings in Huntsville
    - C61F1908
  - Software Explorations in Number Theory
    - C68F1904

- **1:00–2:30 pm**
  - Joys of Drawing
    - C73F1909
  - America’s Heritage — Our National Parks
    - C71F1910
  - Socrates Café
    - C66F1908

- **2:45–4:15 pm**
  - Seven Roads To Fulfilling Your Destiny
    - C70F1914
  - How Cells Work
    - C68F1912
  - Writing Your Life Story
    - C61F1911
  - Advanced Investment Strategies
    - C63F1913

### TUESDAY

**Sep 17 – Nov 5**

- **8:45–10:15 am**
  - Intricacies of the Mind
    - C65F1917
  - German Literature
    - C64F1916
  - Pencil Drawing for Beginners
    - C73F1919
  - History of Cryptography
    - C67F1918

- **10:30 am–noon**
  - Law School for Everyone
    - C67F1922
  - Fireside Chats with Authors
    - C61F1920
  - Understanding Binge Eating Disorder
    - C65F1921

- **1:00–2:30 pm**
  - Alabama’s Artistic Heritage
    - C61F1925
  - Absolute Beginner’s Bridge
    - C66F1923
  - Beginning French
    - C64F1924

- **2:45–4:15 pm**
  - Archaeological Studies of Everyday Life in Ancient Worlds
    - C68F1928
  - Bollywood, Encore!
    - C61F1926
  - History and Future of Money
    - C63F1922
  - Intro to Tai Chi
    - C70F1929

### WEDNESDAY

**Sep 18 – Nov 6**

- **8:45–10:15 am**
  - Why You Are Who You Are
    - C65F1935
  - Poetry Writing Workshop for Fun
    - C61F1937
  - Italian for Beginners
    - C64F1934
  - Happy 200th Birthday, Alabama!
    - C67F1936

- **10:30 am–noon**
  - Everyday Ethics
    - C65F1939
  - Creative Approach to Spanish II
    - C64F1938
  - All the World’s a Stage
    - C61F1940

- **1:00–2:30 pm**
  - Chaos Theory: Predicting the Unpredictable
    - C68F1942
  - Mysteries at the Supermarket
    - C70F1943
  - The Franco-Prussian War
    - C67F1941

- **2:45–4:15 pm**
  - Elder Law
    - C63F1945
  - Open Book Open Mind
    - C66F1946
  - Geopolitics of the World
    - C67F1948

- **3:00–4:00 pm**
  - Fall Garden Tour
    - C66F1947

### THURSDAY

**Sep 19 – Nov 7**

- **8:45–10:15 am**
  - Explorations in Science and Technology
    - C68F1951
  - Black & White: Conundrums on Race
    - C67F1952
  - Writing Your Life Story
    - C61F1949
  - Intermediate German
    - C64F1950

- **10:30 am–noon**
  - Topics for Lifelong Health
    - C70F1953
  - Building More Bridge Skills
    - C66F1955
  - Spanish Short Stories
    - C64F1954

- **1:00–2:30 pm**
  - Radio Astronomy
    - C68F1958
  - Rhetoric and Great Speeches of the 20th Century
    - C61F1957
  - Sociology and Everyday Life
    - C65F1956

- **2:45–4:15 pm**
  - Beginning German
    - C64F1961
  - Survey of Afghanistan
    - C67F1959
  - World Religions: Developing Cultural Literacy
    - C65F1960
  - Pickleball Basics
    - C70F1963

- **3:00–4:00 pm**
  - Breath-Centered Yoga
    - C70F1962

### FRIDAY

**Sep 20 – Nov 8**

- **8:45–10:15 am**
  - Diversity in Your Landscape
    - C66F1968
  - The Life and Times of Churchill
    - C67F1965
  - Quilting by the Numbers
    - C66F1967
  - Intro to Tai Chi
    - C70F1966

- **5:15 – 6:45 pm**
  - Appreciating the Art of Craft Beer
    - C73F1915
  - Cha Cha, Rumba & West Coast Swing
    - C73F1932
  - Beginning Spanish
    - C64F1931
  - Mastering Wine
    - C73F1933
  - Breath-Centered Yoga
    - C70F1930 • 5:00–6:00 pm

### Saturday

- **9:00 – 10:30 am**
  - Joyful 3-D Creations
    - C66F1964

### See Page 12 for Times

**Weekly Bonus & Movies**

- 8/23
  - Green Book
- 9/6
  - On the Basis of Sex
- 9/20
  - New Deal in AL
- 9/27
  - Oral Health
- 10/4
  - Human Trafficking
- 10/11
  - U.S. Space Program Plan for the Future
- 10/18
  - Borneo
- 11/1
  - Successful Aging
- 11/22
  - The Dish
- 12/6
  - Bohemian Rhapsody

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**In Their Footsteps: Experience the Movement**

**NOV 12 — DAY TRIP • BIRMINGHAM, AL**

$125 • C67F1971 Not Included in Term Fee

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Unless noted in the catalog, courses will be held on the UAH campus. Check Osher.uah.edu for latest class location information.

**REGISTER ONLINE — Osher.uah.edu/OLLIRegistration**
FINISH WHAT YOU STARTED.

Online Degree Options Are Available!

Do you need to complete a bachelor's degree? Looking for ways to apply your military training to an academic program? UAH Bachelor of Arts or Science in Professional Studies is an interdisciplinary degree program that makes completing a degree from an accredited university convenient for adult students.

CHOOSE FROM 4 CONCENTRATIONS:

- Leadership Strategies & Dynamics
- Organizational Studies
- Technology, Science, & Society
- Engineering Technology (Coming Soon)

Contact us today to find out how to apply your transferred college credits toward up to 75% of your degree. Also, learn how to apply your ACE recommended credit from military training!

256.824.6673 | UAHComplete.uah.edu

BACK-TO-SCHOOL KICK OFF

Friday, Aug 16 | 10:00 am - noon
Wilson Hall Lobby | Free Parking!

Touchdown with OLLI at UAH!

Score big, enjoy a tailgating experience with snacks, get set to tackle a new term with OLLI Friends and:

- Meet instructors & OLLI Curriculum Committee
- Select exciting courses and register—courses start Sep 16
- Enter to win door prizes
- Find out how YOU can help make OLLI at UAH even better!

SPORT YOUR FAVORITE TEAM ATTIRE!

In Their Footsteps:
Experience the Movement

November 12th — Day Trip to Birmingham, AL

NEW! Walk in the footsteps of the inspiring leaders who helped change the trajectory of the real history. A little more than 50 years ago, an American revolution took place in the streets of Birmingham, AL. It was the battlefield of America’s Civil Rights Movement and a struggle for simple decency for African Americans.

On this Civil Rights experience, members will have opportunity to explore historical landmarks such as:

- 16th Street Baptist Church
- Kelly Ingram Park
- Restoration of A.G. Gaston Motel
- Negro Southern League Museum
- The Birmingham Civil Rights Institute

$125 • C67F1971 • 8:00 am – 5:00 pm approximate time

Fee includes: Transportation and museum admissions
Not included: Cost of lunch at Pizitz Food Hall and souvenirs

OLLI at UAH Membership required for registration and participation.
Monday

The Road to Pearl Harbor
Explore the complex path that led to the Day of Infamy. Examine the political and military developments in both Japan and the United States leading up to the Japanese attack on Pearl Harbor. Discuss the growth in the naval forces of both countries, as well as the diplomatic efforts to avert war, and investigate the many conspiracy theories that exist around the attack.
9/16 - 11/4 • M • 8:45 - 10:15 am
C67F1903 • T Lee

TED Talks: A World of Ideas
TED (Technology, Entertainment, and Design) Talks have provided many amazing stories and ideas worth sharing. In this collaborative learning course, members choose TED Talks to display and discuss! In the first class, the instructor will showcase their favorite TED Talk and lead class discussions. Students will then be able to sign up for the remaining weeks to share their favorite TED Talk and lead class discussions with the instructor.
9/16 - 11/4 • M • 8:45 - 10:15 am
C65F1902 • D Styers

Knitting with Friends
Let’s knit! Want to learn the basics of knitting or refresh your skills in a group setting? Build new skills and learn new techniques for knitting your perfect projects! Whether you are a novice or experienced knitter, have fun knitting with friends! Instructions for purchasing needle and yarn will be provided before the first day of class.
9/16 - 11/4 • M • 8:45 - 10:15 am
C66F1901 • C Johnson

Introduction to Landscape Art
Dive into the world of your favorite landscapes! Begin with free-style sketching, moving later into wet mediums. Learn how to use pencils, charcoal, pastels, watercolor, and acrylic paints to transform your favorite landscapes into works of art! A supplies list will be given prior to the first class. Gain confidence in your art, regardless of medium!
9/16 - 11/4 • M • 8:45 - 10:15 am
C73F1904 • E Miller

Grilling, Chilling, and Tailgating
Walk through a day of tailgating, beginning with brunch and ending with a winning game day! Using DVDs from the Culinary Institute on grilling, learn the fundamentals of creating beloved dishes, including basic sauces and tips for building your menu. Sample delicious food and work with classmates to develop a recipe book to take home to your tailgate!
9/16 - 11/4 • M • 10:30 am - noon
C73F1907 • Styers & Warfel
Lab Fee: $15.00

Musical Happenings in Huntsville
Curious about musical offerings in Huntsville? From Beethoven to Aretha Franklin, discover how the Huntsville Symphony offers the finest in classical traditions. Learn how the Huntsville Chamber Music Guild hosts some of the best acts in the world! Explore the music, composers and backgrounds of each offering, including local choirs and university ensembles. Find your passion for the music in Huntsville!
9/16 - 11/4 • M • 10:30 am - noon
C61F1905 • Dr. D Hornstein

Software Explorations in Number Theory
Have you ever wanted to learn more about software development? Investigate specific number theory topics using computer programming to better understand the curious nature of numbers with instructor demonstrations and DVDs. No previous experience needed! Gain insights into the program languages that drive our world!
9/16 - 11/4 • M • 10:30 am - noon
C68F1906 • J Delmas

The Joys of Drawing Pencil Portraits
Want to draw a nose that looks like a nose? Ready for a fun and easy beginner class where you’ll be delighted with lifelike results? Discover how to draw realistic-looking portraits of your friends and loved ones. Step-by-step demonstrations guide you along the way. A supplies list is provided prior to the first class.
9/16 - 11/4 • M • 1:00 - 2:30 pm
C73F1909 • D Wilson
Text: Draw Real People

America’s Heritage — Our National Parks
In 1872, President Ulysses S. Grant signed a bill creating the first national park, Yellowstone. Today, 60 National Parks cover our historic nation. Follow the evolution of these parks and the people who helped create and save them. Discussions based on the PBS Series, The National Parks: America’s Best Idea. Join us as we explore Earth’s most magnificent natural treasures. Prior attendance not required.
9/16 - 11/4 • M • 1:00 - 2:30 pm
C71F1910 • Dr. Jones & Anthony

Socrates Café: Where Relevant Questions of the Day are Explored
Join a community that encourages people to think about issues and offers a forum and guidelines for discussing them. In a safe environment, find a group of individuals from all walks of life, nationalities, religions, political views, and genders who like to talk. We will discuss what is on our minds, from something on the news that day, to the age-old questions of “What is…?” or “What if…?”. In Socrates Café, we want to learn how to think, not what to think.
9/16 - 11/4 • M • 1:00 - 2:30 pm
C66F1908 • R Frederick

The Seven Roads To Fulfilling Your Destiny
What is the secret to living a happy and healthy life? Is the key to get more sleep, eat organic food, and exercise more often? Is it something larger than this? Open your heart and mind to discover the seven principles that govern our health and happiness. Examine your thoughts, feelings, and beliefs to find your purpose and fulfill your destiny!
9/16 - 11/4 • M • 2:45 - 4:15 pm
C70F1914 • T Amsden
How Cells Work
Awaken your knowledge of cells as they are structural and functional units on which all living organisms are built. Learn how cells play a crucial role in our lives from conquering diseases to adapting crops for a changing world. Survey how cells perform differently in various organisms. Gain a new appreciation for the cells that make up our world.
9/16 - 11/4 • M • 2:45 - 4:15 pm
C68F1912 • Dr. H Somerville

Writing Your Life Story
Everyone has a life story and YOU are the only one who can truly write yours. Writing and sharing your story can bring great satisfaction. Receive advice about important steps in the process to help you reflect on your life and record it for the next generations. Book suggestions and extensive memory-prompting questions will be provided. It’s a little bit of work, but a LOT of fun. Get ready to share your story!
9/16 - 11/4 • M • 2:45 - 4:15 pm
C61F1911 • V Seaquist

Advanced Investment Strategies
Do you wish you had a better understanding of your investment options? Join financial planner Lacey Scott as she teaches you strategies to help you reach your goals in the current investment environment. Learn how to plan for your family’s future, protect what you worked for, and pass on your legacy.
9/16 - 11/4 • M • 2:45 - 4:15 pm
C63F1913 • L Scott

Tuesday

Intricacies of the Mind
Explore the mysteries of the mind! Begin with the history of psychology and its evolution. Satisfy your curiosity about the scientific underpinnings of psychology and its practical application to our lives. How do we decide what’s normal and what’s dysfunctional? How does memory work? What is stress? Investigate these questions and more!
9/17 - 11/5 • T • 8:45 - 10:15 am
C65F1917 • Dr. W Confer

German Literature
Hone your German skills while solving a crime! Goldraub in Berlin is an exciting and entertaining detective story. When a woman is robbed, not only are her precious family jewels missing, but also her niece. Students must solve the crime while increasing their vocabulary and familiarizing themselves with the spoken German language.
9/17 - 11/5 • T • 8:45 - 10:15 am
C64F1916 • L Medenbach
Text: Goldraub in Berlin & Der Weg Zum Lesen

Pencil Drawing for Beginners
Want to enhance your drawing skills, but unsure of where to begin? Use pencil and charcoal to gain a basic understanding of space, line, composition, shading, proportions, and various techniques. You may not be Rembrandt, but you will see an improvement. Supply list will be given prior to the first class.
9/17 - 11/5 • T • 8:45 - 10:15 am
C73F1919 • N Rogers

A History of Cryptography
NEW! Ever wondered how centuries of civilizations have kept their secrets hidden? Discover how cryptography has played a role in protecting information from ancient Mesopotamia to present day. Learn exactly what cryptography is and how it works, evolved and impacts our lives. You can even try your hand at some simple cryptographs and better understand how to keep your privacy private.
9/17 - 11/5 • T • 8:45 - 10:15 am
C67F1918 • S Witt

Law School for Everyone
Immerse yourself in law school through this Great Courses series! Engage in lectures providing a fundamental education in American law. Begin your tour of tort law this term as we explore the history and complexities of this legal area, PLUS great classroom discussions about the law led by a retired practicing attorney. Prior attendance not required.
9/17 - 11/5 • T • 10:30 am - noon
C67F1922 • B Robertson

Appreciating the Art of Craft Beer
Explore and celebrate the brewing and drinking of craft beer. Learn the history of beer making, the brewing process, and understand the various styles of beer, such as lagers, ales, and Belgians. Our lecture and tasting session adventures will meet offsite at a local taproom. Additional charges apply for beer sampling.
9/16 - 11/4 • M • 5:15 - 6:45 pm
C73F1915 • B Sherman • Off campus

Registration is limited to ONE course at the same time on the same day.
Fireside Chats with Authors
Do you love to read? Here is your chance to ask real authors about their books! Each week, authors will videoconference or visit the class to discuss their careers and literary choices. Join Kathy Murphy of Pulpwood Queens Book Club; Bren McClain, bestselling author of One Good Mama Bone; and Johnnie Bernhard of A Good Girl, among others! Ask questions and understand the “why” behind your soon-to-be favorite books!
9/17 - 10/29 • T • 10:30 am - noon
C61F1920 • B Koval

Understanding Binge Eating Disorder
Binge eating disorder is more common than all other eating disorders combined and is far more complicated than simply overeating. Explore what BED is (and is not), what factors contribute to its development, and what strategies can be used to deal with this complex pattern of eating. Examine the neuroscience of BED and ways science is changing treatment options.
9/17 - 11/5 • T • 10:30 am - noon
C65F1921 • Dr. H Lee
Text: In the Labyrinth of Binge Eating (Optional)

Absolute Beginner’s Bridge
Bridge is an excellent way to stimulate your mind in a social environment. Learn the basics of the game and get ready to play with friends and relatives. Join us and learn the world’s most popular card game—ideal for individuals with no or very limited knowledge of the game.
9/17 - 11/5 • T • 1:00 - 2:30 pm
C66F1923 • W Kirkpatrick
Text: Bidding in the 21st Century (Provided)

Beginning French
Have you always wanted to learn French? Have you forgotten most of the French you learned years ago? Practice using French phrases with classmates in a friendly, relaxed atmosphere! Begin with "bonjour," and achieve a basic level of reading, speaking and listening skills with an emphasis on conversational French. Bienvenue to your journey of learning French!
9/17 - 11/5 • T • 1:00 - 2:30 pm
C64F1924 • Dr. V Earnest
Text: French Made Simple, Revised

Archaeological Studies of Everyday Life in Ancient Worlds
What was life like as a woman, soldier, or sailor in ancient Greece? Would you have enjoyed attending shows and circuses in Rome? What would you do for relaxation? Use Great Courses DVDs and instructor led discussion to explore these ancient cultures from slavery to technological feats as revealed by excavation of ancient sites and reconstruction of life experiences. Prior attendance recommended but not required.
9/17 - 11/5 • T • 2:45 - 4:15 pm
C68F1928 • L Dreher

Bollywood, Encore!
Back by popular demand with all NEW titles! Bollywood is the center of Hindi language films throughout the world. Take a look at Indian culture through the lens of several Bollywood movies. Don’t worry, there will be English subtitles! Learn about some of the big stars and major themes of the genre. If you liked the musicals of the ’50s and ’60s, give Bollywood a try!
9/17 - 11/5 • T • 2:45 - 4:15 pm
C61F1926 • J Uithoven

History and Future of Money
Greenbacks, dinero, cash, and buckaroos... money makes the world go ’round! When was money invented and why? What forms has money taken and are there inherent features required for money? Find the answers to these questions and explore how money has adapted to economic need and technological advances. Discover the latest forms of money and be an educated spender!
9/17 - 10/22 • T • 2:45 - 4:15 pm
C63F1927 • Dr. D Evans

Introduction to Tai Chi
Learn the movements and basic principles of Yang-style Tai Chi Chuan! Induce relaxation, reduce stress, increase strength, and foster concentration with powerful moving meditation. Coordinate the mind and body through developing balance and cultivating internal energy. Tai Chi is appropriate for all individuals capable of standing independently who would like to improve their balance with slow, gentle movements.
9/17 - 11/5 • T • 2:45 - 4:15 pm
C70F1929 • J Pang • UAH Fitness Center
Lab Fee: $15.00

Jerry jumped into OLLI at UAH with both feet. As an OLLI Board of Directors member, he chaired the Member Services Committee. His efforts impacted a wide breadth of OLLI functions: office volunteers, DVD lending library, annual photo contest, member interest groups (MIGs), membership financial assistance and CPCS Adhoc support.

Jerry also actively participated in OLLI courses. When the Tai Chi course needed an instructor, he volunteered. Through Jerry’s efforts, interest grew, prompting him to offer additional courses and coordinate the MIG.

Jerry is the perfect example of a volunteer — giving selflessly of his time and talents to support an organization he truly believes in.

Congratulations
JERRY PANG
2019 VOLUNTEER OF THE YEAR
Why You Are Who You Are

Ever wonder why you are the way you are? Explore the "why" behind personality differences, where these differences come from, and how they shape our lives. Using Great Courses DVDs and classroom discussions, explore research in psychology, neuroscience and behavioral genetics and open the door to understanding how personalities work, various personality evaluations, and if they are actually useful.

9/18 - 10/23 • W • 8:45 - 10:15 am
C65F1935 • S Dabrowski

Poetry Writing Workshop for Fun

Poetry writing is a wonderful adventure, allowing writers to indulge in wild loops of imagination and satisfy some of their deepest yearnings for pattern, mystery, and coherence in their lives. Those already writing poems will learn to do so more skillfully, while those not yet writing can get started. Students will learn poetic form and traditions, write poems, and "studio" their work. Gain a deeper understanding and love of poetry while having fun!

9/18 - 11/6 • W • 8:45 - 10:15 am
C61F1937 • Dr. M Morphew

Beginning Spanish

Do you want to learn a new language? Let's start Spanish from the very beginning with no prerequisites! We will learn Spanish pronunciation, important verbs, and basic vocabulary. Learn the basic skills and words you need to know to understand Spanish from the absolute beginning in a comfortable and welcoming environment!

9/18 - 11/6 • W • 8:45 - 10:15 am
C64F1931 • 9/17 - 11/5 • T • 5:15 - 6:45 pm • J Uithoven
Text: Easy Spanish Step-By-Step

Mastering Wine

What is wine? This comprehensive introductory course on wine will cover important wine regions of the world and their wines, how to smell and taste a wine, how to identify aromas and flavors, history of wine, important people in the wine world then and today, how to crack the wine list and speak to the sommelier, how to read wine labels, and more. This is for beginners to experienced wine lovers. Optional wine tastings will be held at off-campus locations for an additional fee.

9/18 - 11/6 • W • 8:45 - 10:15 am
C65F1936 • 9/17 - 11/5 • T • 5:15 - 6:45 pm • Lindelow & Young
Text: In the Palm of Your Hand

Breath-Centered Yoga

Explore the benefits and practical applications of yoga for health and healing. Using a gentle format, combine breath and movement to soothe the body and focus the mind. Props are provided, but students are encouraged to bring their own yoga mats and a towel. Class will be accessible to beginners and experienced practitioners alike. Please wear comfortable clothing.

9/18 - 11/6 • W • 8:45 - 10:15 am
C70F1930 • 9/17 - 11/5 • T • 5:00 - 6:00 pm • R Frank
Lab Fee: $15.00

Alabama Landmarks | 2019 Photo Contest Winners

1st Beth Altenkirch
2nd Jun Ralleca
3rd Johnnie Shue

Proudly Wear Your OLLI Member Badge!

Badges should be worn for ALL OLLI courses and activities, and when accessing any UAH functions as an OLLI member.
Happy 200th Birthday, Alabama!

Sweet home, Alabama! As we celebrate the 200th anniversary of Alabama’s statehood, come with us to explore various topics surrounding its history and culture, including the road to statehood, legal topics, economic and military history, sports figures, religion, and the arts. Each week, a different presenter will cover a topic of their special interest and help us learn more about what makes our state so special.

C67F1936 • 9/18 - 11/6 • W • 8:45 - 10:15 am • Lanham, Stensby & Various

Everyday Ethics

Did you know that philosophers have been struggling with moral issues for over 5,000 years? From Aristotle to present day, societies have pondered ethical questions from individualism and generosity to genetic enhancements and torture. How would you describe your philosophy on these issues? Join us for an in-depth look at how great thinkers from ancient to current times wrestled with these challenging topics. Expect lively discussions!

9/18 - 11/6 • W • 10:30 am - noon
C65F1939 • Dr. P Patrick

Creative Approach to Spanish II

Did you study Spanish in school or college? Did most Spanish courses leave you bored and frustrated? Learn Spanish creatively rather than rely on memory using innovative learning techniques! Focus is placed on the present day, societies have pondered the most, like pronunciation. Things English speakers struggle with techniques! Focus is placed on the memory using innovative learning.

C64F1938 • M Cushman

Text: Madrigal’s Magic Key to Spanish (1989)

Mysteries at the Supermarket

Retailers have discovered something as simple as changing the flooring, removing the dollar sign from the display, and imposing a limit per customer, can still be unpredictable and discover the “order” in chaos!

C68F1942 • J Schweinsberg

Elder Law

Successful aging is in part a result of planning ahead. Planning for asset preservation and management during your lifetime is just as important as planning for how your assets will be distributed at your death. Elder law expert and attorney, Connie Glass, will discuss the documents needed for a complete estate plan and options available to preserve and manage assets in the event of long-term care.

9/18 - 10/23 • W • 2:45 - 4:15 pm
C63F1945 • C Glass

Open Book Open Mind

Explore memoir, fiction, and non-fiction with contemporary critically-acclaimed works. Discover the literary and emotional insight of An Odyssey: A Father, A Son, and an Epic. Take an intimate look into the collateral damage of an incarceration for a crime not committed in An American Marriage. A third title will be voted on in class, plus 3-4 short stories. Participants should read An Odyssey by the first class.

C61F1944 • Pratt & Strickland
Text: An American Marriage; An Odyssey: A Father, A Son, and an Epic

Cards for All Occasions

Why give bland, mass-produced cards when you can showcase your creative side and create your own! Create two cards each week around important themes, ranging from birthdays to weddings. Learn new techniques for using crafting tools and supplies to create, fold, embellish, and emboss handmade cards. All supplies provided.

C66F1946 • J Stull

Lab Fee: $25.00

All the World’s a Stage

When we consider Shakespeare, we tend to think of his tragedies; yet, his comedies present some of his best work. Read and discuss the romantic comedy, As You Like It, and meet Rosalind, one of the bard’s most delightful and enchanting heroines. View the stage production of the play to hear Shakespeare’s words as they were meant to be and better understand this famous text!

C61F1940 • D Drake

Text: As You Like It

The Franco-Prussian War

This was the war all of Europe feared. The one that would unite Germany into a single force. Gain a better grasp of European history by exploring the actions of Louis-Napoleon, Emperor of France, and his desires for European domination. Start from the beginning to better understand how the resulting conflict would shape European history for the next century and, ultimately, result in two world wars.

C67F1941 • 9/18 - 11/6 • W • 1:00 - 2:30 pm • J Mason
Geopolitics of the World
Geopolitics is the study of how and, more importantly, why countries interact with each other in the manner they do. Survey global situations and view them through the context of past and current developments. Discover how history, economics, geography, demographics, and politics contribute politically stable countries. Gain a foundational understanding of the relationships between nations!
9/18 - 11/6 • W • 2:45 - 4:15 pm
C67F1948 • R Klein

Thursday

Explorations in Science and Technology
Continue discovering the wonders of how our world works! Stimulate thought and discussion, and explore the best of science and technology using videos and class discussions. Gain awareness of and be inspired by the discoveries of our past, present and future. Prior attendance not required.
9/19 - 11/7 • Th • 8:45 - 10:15 am
C68F1951 • Dr. K Rex

Black & White: Conundrums on Race
Let’s have more candid discussions on issues of race as we explore subjects that broaden our understanding and impact our thinking. Discover more about the history of Huntsville’s African American community, blackface and African Americans of the stage, social and legal injustices, Historically Black Colleges and Universities (HBCUs) and Black Greek Organizations (BGOs), and the Civil Rights Movement in Birmingham. Join us for these thought-provoking discussions. Prior attendance not required.
9/19 - 11/7 • Th • 10:30 am - noon
C70F1953 • Oljey, Juergensen & Various

Writing Your Life Story
Everyone has a life story and YOU are the only one who can truly write yours. Writing and sharing your story can bring great satisfaction. Receive advice about important steps in the process to help you reflect on your life and record it for the next generations. Book suggestions and extensive lists of memory-prompting questions will be provided. It’s a little bit of work, but a LOT of fun. Get ready to share your story!
9/19 - 11/7 • Th • 8:45 - 10:15 am
C61F1949 • V Seaquist

Intermediate German
Improve your German effortlessly as we complete Dino Lernt Deutsch and enhance your listening, pronunciation, and vocabulary. Use entertaining short stories to learn about German cities and culture while focusing on high frequency phrases, simplified grammar, contractions, and prepositions. Prior attendance recommended but not required.
9/19 - 11/7 • Th • 8:45 - 10:15 am
C64F1950 • L Medenbach
Text: Walzer in Wien & Dino Lernt Deutsch

Topics for Lifelong Health
Dive into a variety of topics for lifelong health! Explore such subjects as acupuncture, physical therapy, hospice services, anesthesia, and case presentations on different conditions. Course format includes lectures, guest speakers, and some DVDs. Bring your questions and get support to establish and maintain your own healthy living!
9/19 - 11/7 • Th • 10:30 am - noon
C70F1953 • Oljey, Juergensen & Various

Building More Bridge Skills
Experts agree learning to play bridge stimulates the brain and can boost your immune system. Continue building the skills you have developed, as we concentrate on how to play hands to get more tricks. Become more comfortable with playing or bidding—ideal for those who know the rules and have a basic game understanding.
9/19 - 11/7 • Th • 10:30 am - noon
C66F1955 • B Darnall
Text: Play of the Hand in the 21st Century (Provided)

Spanish Short Stories
Take your Spanish to a new level! Adventure into new facets of learning through short stories written in the Spanish language. Read stories that are fascinating and fun; be introduced to new grammar, and increase your vocabulary. Enjoy using Spanish vocabulary to discuss the short stories you have read and share the knowledge gained with classmates.
9/19 - 11/7 • Th • 10:30 am - noon
C64F1954 • F Boardman
Text: Short Stories in Spanish: My Daily Routine

Fall Garden Tour
Ever wondered how to capitalize on cooler weather and create a beautiful Fall garden? Take a tour of eight Tennessee Valley gardens with historic backgrounds, vintage garden rooms, modern entertainment areas, and award winning plant collections. Discover the benefits and beauty of autumnal blooms. Students will be notified of tour locations the week prior to term.
9/18 - 11/6 • W • 3:00 - 4:00 pm
C66F1947 • M Rex • Off Campus
Radio Astronomy
NEW! Take a thrilling journey through the universe and learn about the discovery and use of radio waves as they travel through interstellar dust with this Great Courses DVD series and expert-led discussions! Explore topics including the birth of radio astronomy, mapping the Milky Way, the cosmic microwave background, and star formation. No technical or astronomical experience needed!
C68F1958 • 9/19 - 10/24 • Th • 1:00 - 2:30 pm • Dr. J Fix

Rhetoric and Great Speeches of the 20th Century
NEW! What makes a great speech? Do you ever wonder what is the right thing to say at the right time? Explore the art and discipline of rhetoric! Examine the elements of rhetoric, and listen to and evaluate some of the greatest speeches of the twentieth century. From Aristotle to Obama, discuss what makes a speech appropriate and persuasive for each occasion.
9/19 - 11/7 • Th • 1:00 - 2:30 pm
C61F1957 • Dr. T Bulger

Sociology and Everyday Life
NEW! Survey the characteristics of social life and processes of social interaction. Investigate how society’s culture and social organization shape actions and influence everyday life. Explore the connections between society and all aspects of social life, such as family, work, social inequality and politics. Better understand the world around you through a social lens!
9/19 - 11/7 • Th • 1:00 - 2:30 pm
C65F1956 • S Keiser
Text: Introduction to Sociology 2e (Optional)

Beginning German
Interested in learning German? Study basic vocabulary, grammar and conversational skills. Each lesson will incorporate vocabulary and grammar study, as well as understanding and reproducing the spoken language. Cover chapters 6-10, adjusting for student understanding and progress. All experience levels are welcome!
9/19 - 11/7 • Th • 2:45 - 4:15 pm
C64F1961 • J Schweinsberg
Text: German Made Simple (2006)

A Survey of Afghanistan
NEW! Afghanistan has occupied a prominent place in America’s attention over the past twenty years, yet few know much about it. Explore an overview of Afghanistan’s extensive historical tradition, its dealings with foreign powers, and the challenges of creating a cohesive nation state. Gain a better understanding of the evolution of Afghanistan and its impact on world affairs today.
9/19 - 11/7 • Th • 2:45 - 4:15 pm
C67F1959 • Dr. J Scales

World Religions: Developing Cultural Literacy
NEW! When does the Jewish Sabbath begin? What are Buddhism’s Four Noble Truths? What are the Five Pillars of Islam? Use Great Courses DVDs and expert-led discussions to learn how religious beliefs have been innate to humans everywhere and in every age, from the time of the Neanderthals to the 21st century. Improve your cultural literacy for religion and experience the breadth and depth of the World’s religions!
9/19 - 11/7 • Th • 2:45 - 4:15 pm
C65F1960 • R Brooks

Pickleball Basics
Get in on the Pickleball craze! Make new friends, improve your health, and have a lot of fun in this game played on a badminton-sized court with a net similar to tennis, using a perforated plastic ball and paddles. With just a basic level of physical capability, you’ll be able to get into the fastest growing sport in the U.S. No experience is necessary and equipment is provided.
9/19 - 11/7 • Th • 2:45 - 4:15 pm
C70F1963 • C Manning • Optimist Park

Breath-Centered Yoga
Explore the benefits and basic principles of yoga for health and healing. Build strength and stability, improve balance and promote relaxation. Class guided to accommodate varied levels of mobility and yoga experience in a comfortable, supportive environment. Props are provided, but students are encouraged to bring their own yoga mats and a towel. Please wear comfortable clothing.
9/19 - 11/7 • Th • 3:00 - 4:00 pm
C70F1962 • P Tejes • UAH Fitness Center
Lab Fee: $15.00

Homebrewing Made Easy
NEW! Learn how to brew five-gallon batches of beer with minimal equipment and dive right in by brewing an American Blonde Ale! Discuss the importance of ingredient selection depending upon the style of beer and the equipment needed to brew at home. Brewings and tastings will be at a brewer’s home. Additional charges may apply for materials. Don’t miss out on the fun!
9/19 - 11/7 • Th • 5:15 - 6:45 pm
C73F1970 • Dr. T Morris
Text: How to Brew & Simple Homebrewing (Optional)

Joyful 3-D Creations
NEW! Do you dream of making beautiful gifts for your friends and loved ones? Have fun making handmade gift boxes and other 3-D projects! Each class will feature new 3-D projects and techniques for making these keepsakes. Some projects you’ll like so much you won’t want to give them away! All materials are provided.
9/19 - 11/7 • Th • 5:15 - 6:45 pm
C66F1964 • Hall & Reed
Diversity in Your Landscape
What really should be in your garden? From insects and birds to plants and mammals, ecological diversity ensures sustainability for all life forms. Explore one of the three main types of biodiversity, ecosystem diversity, right in your own landscape. Learn how to encourage a diversity of native plants in your landscape to create a successful and beautiful habitat!
9/20 - 11/8 • F • 8:45 - 10:15 am
C66F1968 • S Webb

The Life and Times of Churchill
Winston Churchill is arguably one of the most influential leaders of the 20th Century. But who exactly was he? Use Great Courses DVDs and expert-led discussions to view Churchill as a soldier, gifted orator, devoted public servant, and winner of the Nobel Prize for Literature. From early years to the culmination of his career as Prime Minister, discover how one person can change history’s course.
9/20 - 11/8 • F • 8:45 - 10:15 am
C67F1966 • J Greenwood

Quilting by the Numbers
Whether you want to make a cozy throw for your family room or a beloved quilt to gift a child, learn the many tips and tricks to create a Blooming Nine Patch quilt! With many handouts to illustrate techniques shown in class, discover how making a quilt can be a genuine outlet for your creative self. This class is for beginner and intermediate quilters.
9/20 - 11/8 • F • 8:45 - 10:15 am
C66F1967 • L Kocir

Introduction to Tai Chi
Learn the movements and basic principles of Yang-style Tai Chi Chuan! Induce relaxation, reduce stress, increase strength, and foster concentration with powerful moving meditation. Coordinate the mind and body through developing balance and cultivating internal energy. Tai Chi is appropriate for all individuals capable of standing independently who would like to improve their balance with slow, gentle movements.
9/20 - 11/8 • F • 8:45 - 10:15 am
C70F1966 • J Pang • UAH Fitness Center Lab Fee: $15.00

Friday — Movies 10:30 am | Weekly Bonus 11:00 am
FREE and open to all OLLI members. Osher.uah.edu/WeeklyBonus

Popcorn & A Movie: Green Book | WIL 152C - 10:30 am
Witness a journey through differences as a working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South.

Popcorn & A Movie: On the Basis of Sex | WIL 152C - 10:30 am
Experience the true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of her historic career, which led to her nomination and confirmation as U.S. Supreme Court Associate Justice.

The New Deal in AL - Skyline Farms – Rebecca Duke, UAH History Lecturer
The legacy of the New Deal programs is evident across our state—through state parks, bridges, and other public buildings. Learn about one of the communities that was created for out-of-work farmers and their families in neighboring Jackson County.

Oral Health for a Healthy Body – Dr. Sonya Wintzell, Dentist
A healthy mouth is necessary for a healthy body! Oral health can also give you important clues about your overall wellbeing. Discover techniques for maintaining your oral health and how to take care of your teeth for a lifetime!

The Human Trafficking Crisis – Chuck Helms, U.S. Military (Ret)
Human trafficking is occurring in epidemic proportions in the United States and even within our state. What does it mean and what can you do? Learn about human trafficking, the signs to look for, and ways to report this crime.

Exploring the U.S. Space Program – Dr. Deborah Barnhart, USSRC CEO
In the 1950s, a team of rocket scientists transformed Huntsville into the fascinating center of technology it is today. Learn more about this history and how the U.S. Space & Rocket Center continues their mission!

Plan for the Future Today – John Wynn, UAH Foundation Trustee
While estate planning may seem complicated, it is not only for the wealthy or for those in their later years! If you own property, you need an estate plan. Join us to learn how you can leave a lasting legacy.

The Brilliance of Borneo – Barbara and Gary Hitt, World Travelers
Venture to the island of Borneo with this travelogue and witness its unparalleled natural beauty. Explore the coastal cities and marvelous rainforests of the third-largest island in the world!

Successful Aging for Everyone – Pam Frazier, Emmaus Wellness Founder
Health, happiness, exercise, nutrition… there are many factors that contribute to the aging process. Discover a range of wellness tips that enhance your quality of life and get even better with age!

Popcorn & A Movie: The Dish | WIL 152C - 10:30 am
Enjoy a fictionalized account of the true story depicting how a remote Australian community of eccentric scientists played a key role in broadcasting the Apollo moon landing.

Popcorn & A Movie: Bohemian Rhapsody | WIL 152C - 10:30 am
Follow the meteoric rise of legendary rock band Queen and lead singer Freddie Mercury, from their early formation in London to their famous performance at 1985 Live Aid.

Join us for light refreshments before each Bonus in the OLLI Lounge, WIL 152D!
SPECIAL EVENTS

See specific event for contact information.

OLLI Night at the U.S. Space & Rocket Center Biergarten
8/1 • 4:30 - 7:30 pm • Saturn V Hall
OLLI.info@uah.edu • Free Admission

Enjoy an evening of authentic German food, beverages, and music. A portion of food sales benefits OLLI at UAH.

Back-to-School KICK OFF
8/16 • 10:00 am - noon • WIL Lobby
OLLI.info@uah.edu • Free Parking

Join us for a tailgating experience and get set to Never Stop Learning!

Straight to Ale Brews to Benefit
8/19 • 3:00 - 10:00 pm • Campus 805
jrev1988@gmail.com

Grab a pint with friends. $1 from every pint goes to benefit OLLI at UAH.

Alabama Women in Jazz Festival
9/7 • 3:00 - 7:00 pm • UAH Campus
Rosemary.Robinson@uah.edu • $15

Enjoy a day of Jazz and Blues artists, plus food trucks and vendors.

Cook Museum of Natural History Tour
9/10 • 1:00 pm • Decatur, AL
janemcbride@knology.net • $17

Tour this brand new museum in downtown Decatur with OLLI friends! Pre-registration required: Osher.uah.edu/OLLITickets.

Fall Teacher Appreciation Luncheon
11/8 - Save the Date • darnall45@aol.com

Join us to express appreciation to our Fall 2019 instructors and facilitators.

In Their Footsteps: Experience the Movement
11/12 • Day Trip • Birmingham, AL
OLLI.info@uah.edu • $125

Explore historical landmarks while learning about the Civil Rights battles in the streets of Birmingham.

Polaris Industries Tour
11/19 • 9:30 am • llowe38@gmail.com

Discover what it takes to build Polaris’ ATVs, motorcycles, and the innovative Slingshot®! Pre-registration required: Osher.uah.edu/WeeklyBonus.

For details and additional events, visit: Osher.uah.edu/WeeklyBonus

THE PERFECT COMPLEMENT TO COURSES

OLLI MEMBER INTEREST GROUPS (MIGS)

OLLI MIGs share a mutual interest and meet outside typical classroom situations. Members decide when and where to meet.

Dining Out
Contact:
Dabros1@comcast.net

Knitting
Contact:
bward@hiwaay.net

Stock Study Club
Contact:
the_p_patch@knology.net

Hiking
Contact:
OLLIHiking@gmail.com

Let’s Play Bridge
Contact:
bnmacham68@gmail.com

Tai Chi
Contact:
pang7713@gmail.com

Tennis for All
Contact:
juaeckert@gmail.com

OLLI AT UAH
MEMBERSHIP REQUIRED
Questions:
linda.e.harman@gmail.com

Join the UAH Fitness Center
Renew your health at UAH! OLLI members save $10 off monthly membership. Join the University Fitness Center and gain access to Group Exercise, Indoor Pool & Track, Cardiovascular Center, and more!

Call 256.824.5500 for more info.

OLLI 2020 Photo Contest
Things That Can Fly
It’s a Bird! It’s a Plane — Think of all the possibilities!

Guidelines:

- Photos must be taken April 1, 2019–March 31, 2020
- Photographer must be an OLLI Member
- Gentle editing permitted, but keep the original
- No identifying/copyright marks on photo
- Submit named photo via digital jpg format
- Recommend at least 2 MB final size

Submit entries: olliphotocntest@gmail.com
Include where/when photo was taken, your name, phone number, and e-mail.

Osher.uah.edu/OLLIPhotoContest

Deadline: April 1, 2020
Submit up to 3 entries!
Thomas Amsden is a holistic health practitioner, muscle activation techniques specialist, and performance conditioning coach. By treating the body as a whole system and finding the main cause of problems, he has been successful where traditional methods have consistently failed.

Dori Anthony holds a BS and MBA from UAB. She moved to Huntsville after retiring as a Systems Programmer for BellSouth/AT&T. She volunteers for OLLI and the U.S. Space & Rocket Center.

Dr. Deborah Barnhart, a retired Navy Captain, is the CEO of the U.S. Space & Rocket Center. Her career spans four decades of service in commercial industry, government, aerospace and defense.

Flora Boardman has taught Spanish for many years at UAH. She has travelled extensively in Europe, the Far East and Latin America. She has studied several languages, and enjoys using them when she travels.

Richard Brooks received his Economics Degree from UNA with postgraduate study in Philosophy/Theology, attaining a Masters Degree from Columbia Theological Seminary. Dr. Tara Bulger holds a bachelor's degree in Speech Communication with emphasis on Rhetorical Studies from the University of Georgia, a Master of Divinity from Columbia Theological Seminary, and a doctorate in preaching from McCormick Theological Seminary. Tara is the Senior Pastor of First Presbyterian Church, Huntsville.

Dr. Bill Confer retired from clinical psychology in 2016 after 38 years of practice. He is a Diplomate of The American Board of Sleep Medicine and The American Board of Professional Psychology in clinical psychology. He served on the Alabama Board of Examiners in Psychology and on the state ethics committee.

Sandra Dabrowski, is a graduate of Trenton State and Rutgers University. She has worked as an Organization Development, Change Management and Leadership Development consultant for Fortune 500 companies for most of her career.

Bob Darnall, former OLLI president and current board member, is following his parents' examples playing and teaching bridge. A retired engineer who worked on Army missile programs, he is a regular at the Huntsville Bridge Center.

Jeff Delmas holds degrees in mathematics from Georgia Tech. He worked as a structural engineer in clinical psychology. He served on the University of Iowa, and a widely adopted introductory textbook.

Rebekah Frank is a 500-hour Yoga Alliance certified yoga teacher who focuses on making yoga accessible to all bodies through the use of variations of poses and props.

Pam Frazier is a certified integrative nutrition health coach and yoga instructor with a 19-year medical career and 12 years in wellness. She is the founder of Emmaus Wellness.

Randy Frederick holds undergraduate and graduate degrees in political science, is an ABA-certified paralegal, and taught secondary education for 35 years. He also worked as a corporate recruiter, trainer, and production manager and served as a Fortune 500 hiring consultant.

Connie Glass is the founding partner of the Elder Law Firm of Connie Glass, PC. She received her undergraduate and her law degree from the University of Alabama, and is a National Elder Law Foundation certified elder law attorney.

Jean Greenwood retired from UAH after more than twenty years in the IT department. Her passions include OLLI, quilting, pet therapy, writing, and human behavior.

Joy Hall has been making 3-D projects for more than 10 years and believes it is one of the most rewarding things to do and to give as gifts for loved ones. She has also taught for OLLI as a bridge instructor and is excited to teach about 3-D crafts.

Fathia Hardy a active in Alpha Kappa Alpha Sorority, Inc. A Birmingham, AL native, she was raised on the city's rich history as experienced by her mother and godparents from the Civil Rights Movement front line.

Barbara and Gary Hitt retired from engineering careers in 1994 and have been on the go since. As nature and wildlife enthusiasts, Gary maintains their lifeloging “Bird and Critter List” and Barbara captures their adventures on camera.

Dr. Daniel Hornstein has taught music for over 40 years. A symphony conductor, he has conducted orchestras throughout the US and Europe. Hornstein’s love of languages includes French, German and Italian. He is also very involved with the national parks.

Dr. Vicki Earnest has enjoyed teaching English and French courses all her life. She first taught at Lee High School and then at Calhoun Community College for twenty-one years. Since her retirement, she continues as an adjunct.

Mia Escalona-Cushman was born in Venezuela and came to the US as a scholarship recipient from the Venezuelan government. She has taught Spanish K-12, worked as a Medical Interpreter, and volunteered with the Latin American Organization as a Legal Interpreter.

Dr. Dorla Evans is Emerita Professor of Finance from UAH. She taught finance for 28 years after working in the oil industry in Houston.

Dr. Jack Fix, Professor Emeritus and former Dean, UAH College of Science, is an astronomer with over 75 peer-reviewed papers, campus-wide teaching awards from the University of Iowa, and a widely introduced textbook.

We are thankful for our OLLI at UAH Instructors! Behind every successful course is an instructor who volunteers their time and knowledge to OLLI at UAH. Whether experts in their field or passionate hobbyists, our instructors bring diverse perspectives that expand our worldview with engaging, innovative courses. Join us in thanking them for their dedication. Because of them, we are inspired to enrich our lives through education and...

Never Stop Learning!

Barbara A. Johnson, BS, MS, RD, has over 40 years experience as a registered dietetic educator. She has taught and conducted research at Alabama A&M University, Oakwood University, and UAH. She has a unique and enjoyable ability to motivate people to improve their lives.

Carolyn Johnson has been knitting for almost 50 years. Involved with OLLI since 2014, she loves helping OLLI members build new knitting skills!

Dr. Stephen Jones, is a forester, author, retired educator (former president of four universities), and Earth steward dedicating his life to leaving this world a better place. His approach to OLLI education is passion-fueled, purpose-driven, and nature-inspired.

Rosemarie Juergensen holds nursing degrees from Germany, as well as UAH. Her work experience includes Clinical Nurse Specialist/Clinical Educator in the Cardiac/Surgical Division of Critical Care. She is an active OLLI learner and instructor.

Steven Keiser has a B.A. in Sociology from Southern Illinois University · Edwardsville and taught several college-level Sociology classes while a graduate student. He spent most of his career as a civilian employee of the US Army and retired in 2016.

Will Kirkpatrick, a retired attorney, has played and studied bridge for many years.

Ron Klein has a master's degree in economics and has taught at universities in Kentucky, Connecticut, and Missouri. He is a Vietnam combat veteran and a retired Army officer. He is also the founder of the Huntsville/Madison County community management training program and founder/CEO of defense/aerospace firm, Belzon.

Liz Kocir has been a student of U.S. history and politics since the age of 10. Retired from a successful 30 year career in the health insurance field, she studies history, by visiting historical sites, reading books, and taking courses.

Betty Koval is a former HR Administrator. She has a lifetime of reading and loving books with a sideline in promoting literacy.

Clifford Lanham has a BS from Jacksonville State University and an MBA from Florida Institute of Technology. His experience spans 28 years in the US Army, owning his own business, and teaching chemistry and physics in the Virginia Beach Public School System.

Dr. Hilda Lee, a dentist and writer, practiced dentistry in Huntsville for many years before selling her dental practice and returning to graduate school in order to study binge eating disorder. Her book, In the Labyrinth of Binge Eating, was released in April 2016.

Tennent Lee is a retired attorney. He is an avid student of political and military history and has used his analytical, organizational and presentation skills to share this passion with OLLI students.

Kristen Lindelow is a professional wine judge, a certified wine educator, and sommelier. She is a popular, approachable wine speaker and founder of Tennessee Valley Wine Academy that provides workshops for wine lovers and restaurant staff.
Chip Manning is a retired business executive and an active member of the Huntsville Pickleball Club. First exposed to this sport by taking the Olli course, Chip is a regular player at several of the local venues and has been known to find places to play during his travels.

John Mason is a retired US Government contracting specialist. He spends his time in Huntsville, studying the American Civil War, particularly as it relates to the state of Alabama. An author, he has written Heroes Afloat.

Linda McAllister is on the Olli Board of Directors and serves as Curriculum Chair. She is a retired music teacher with a curious mind and enjoys exploring various hobbies, especially with friends at OLLI.

Leka Medenbach received her MA from Stanford University and was a Hollins University faculty member in Roanoke, Virginia. Leka actively serves several Huntsville community organizations.

Elliott Miller is a well-known photo-realistic artist. His oil portraits, acrylic paintings, and charcoal drawings have been seen nation wide in exhibitions, museums, libraries, schools, and private collections.

Dr. Melissa Morphew is an award-winning poet, originally from Lawrenceburg, Tennessee. She has authored six poetry collections and has taught creative poetry writing workshops all over the country, including Georgia, South Carolina, Texas, Oklahoma, and California.

Dr. Tommy Morris, a 256 Brewers Homebrew Club member, has been homebrewing extensively since 1996. His British Brown Ale received Gold in the 2016 National Homebrew Competition. By day, Dr. Morris is the Director of the Center for Cybersecurity Research and Education at UAH.

Judy Olley graduated from Providence School of Nursing in Mobile, Alabama. She worked the last twenty-two years in several areas of nursing including a Post Anesthesia Care Unit and Cardiovascular Surgery at Huntsville Hospital. She also served as President for the Alabama Perianesthesia Nurses Association.

Jerry Pang, a former OLLL board member, is actively involved in the practice of Tai Chi, focusing on the health, fitness, and balance benefits of the Simplified 24 Form.

Dr. Patti Patrick, a retired Associate Dean of Business at the University of New Orleans with a PhD in Strategy Management from the University of Mississippi. She has created a graduate course on Ethics in Accounting and taught an Ethical Dilemmas course at Chautauqua Institution in NY.

Donna Pratt holds undergraduate degrees in Math, Economics and English and an MA in Educational Technology: Instructional Design. She has worked for IBM and other companies as a software business analyst, systems engineer, and project manager. She enjoys reading, running, music and design.

Tracey Reed, a native of Huntsville, received two Bachelor of Science degrees from UAH. Married, with two children, she enjoys the outdoors and of course, arts & crafts. She is excited to share her experience and talent with others through OLLL.

Dr. Kenneth Rex holds a PhD in astronomy and physics from Rensselaer Polytechnic Institute. He taught physics and astronomy at the State University of New York and worked as a systems engineer for Lockheed Martin & Raytheon on radar, submarine, and missile projects.

Marla Rex is a Fiber Artist specializing in natural dye and dye plants and the current president of the Huntsville Herb Society. An active volunteer at Huntsville Botanical Garden, she is the current chair of their Herb Garden Dye plot.

Bob Robertson holds a BS from Sterling College in math and physics and a J.D. degree from Birmingham School of Law. He was a staff attorney for Legal Services of North-Central Alabama.

Nona Beth Rogers has a BS in art education from Mississippi State and continuing coursework from UAB and UAH. She has 38 years teaching experience in art, creatively gifted, MR and EH, and the academically gifted.

Traci Romine, owner of Madison Ballett Dance Studio, has been a professional ballet school dance instructor for 15 years. Traci loves ballet because it enhances physical and mental health and enriches relationships.

Dr. John Scales has a background in physics and engineering and is also a retired Special Forces brigadier general who has spent years in Asia, including a tour in Afghanistan.

John Schweinberg holds BS and MS degrees from the University of Michigan. He worked as a computer programmer, a German-to-English translator, and a part-time technical writer.

Lacey Scott is a graduate of Texas A&M University with a Degree in Finance. In the Investment Business for over 10 years, she has extensive knowledge and experience to provide strategic and tactical solutions to protect assets during retirement.

Valerie Seaquist is both a UAH graduate and retiree. She has participated in the Writing Your Life Story class for 10 years—recording and preserving life stories has become a passion.

Brimmer Sherman holds BS and MS degrees from the University of Colorado. After retiring from 30 years at Interrgraph, he is now working at Yellowhammer Brewery. He enjoys brewing beer, home remodeling, live music, and reading.

Dr. Harriett Somerville, Professor Emeritus, University of Alabama, Tuscaloosa, received her PhD in cell biology from the University of Texas at Austin. She received postdoctoral training at the University of Chicago Medical Research Council, London. She retired after 35 years of service.

David Strickland is a retired trial lawyer whose practice was focused almost exclusively on civil litigation. Relatively new to the Huntsville area, David has enjoyed OLLL courses and activities over the years.

Birgit P. Stensby has lived in Madison County, AL since 1957. She graduated from UAH with a double major in mathematics and economics and holds Master’s Degrees in economics and business administration from Texas A&M. She worked at Interrgraph for 30 years.

Jane Stull, a Huntsville native, had a long career as an elementary school teacher before starting her own business as a Stampin’ Up demonstrator. Jane has been stamping for over 20 years and has attended conventions throughout the country.

David Styers, a retired engineer, is a fellow of ASTM International where he developed international product standards for the copper industry. He holds BS and MS degrees from UAH.

Pamela Tojes is a certified yoga teacher with over 500 hours of training compliant with Yoga Alliance guidelines. She is experienced in teaching yoga to all ages.

Fiorenza Todaro was born in Siracusa, Sicily, and moved to the USA when she was 26 years old. She graduated from UAH with double majors in Spanish and Russian and has taught Italian, Russian, and Spanish at UAH for several years.

Jill Uthoven has a BS from Central Michigan University. She has taught college-level Spanish and is currently a Spanish tutor. She has interpreted for both corporate and governmental entities and traveled to Spain, Mexico, and Nicaragua.

Rexanne Warfel is a retired nurse from Harrisburg, Pennsylvania. As a hobby, she enjoys cooking, baking, and cake decorating. She currently plans the snacks for OLLI’s Weekly Bonuses!

Susan Webb is a renovation landscape designer and inquisitive researcher who is currently rediscovering the wonders of native plants. She has worked with Tally Landscaping Service as designer and appraiser and with Hurricane Valley Ornaments as plant sales manager.

Debbie West graduated from UAH with a bachelor’s degree in art. Awarded two Fulbright Scholarships for art study in China and Turkey, she has traveled extensively in Europe to study original works of the Masters. She taught art in the Huntsville City School System for 25 years.

Dixie Wilson has taught in a variety of roles, including in public and Montessori schools. She has been drawing pencil portraits since 2000 and loves teaching the unique skills she’s learned along the way.

Dr. Sonya Wintzell is a General and Cosmetic Dentist at Dental Professionals on Whitesburg. She is a graduate of the University of Alabama School of Dentistry and enjoys creating lasting smiles for her patients.

Scott Witt was a Navy cryptologist and Russian interpreter for 28 years, working primarily with the National Security Agency. During his career, he worked as both a field operations specialist as well as an intelligence analyst.

John Wynn is an attorney with Lanier Ford and Board Trustee for the UAH Foundation. The focus of Mr. Wynn’s practice is business transactions and estate and business planning for individual and corporate clients.

Steve Young is a wine enthusiast, who is active in the American Wine Society and is a graduate of their Wine Judge Certification program. He holds several wine certifications, including French and Italian Wine Scholar.

Your generous donations assist in covering higher education costs for deserving UAH undergraduate students and help provide a path to a bright future.

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GIVE THE GIFT OF OLLL!!

12-MONTH MEMBERSHIPS ARE ONLY $25
FAQs

What if I cannot access my online account?
To reset your password or username, select Forgot Password or Forgot Username on the registration login page. For further assistance, call 256.824.6183 to obtain your username and a temporary password.

What is a “rolling” membership?
Your OLLI at UAH membership will be valid for 12 (or 24) months beginning the date your membership was first processed. Your OLLI badge shows the date of membership expiration.

How many courses may I take per term?
You may take as many courses as you wish! The $99 per term fee covers up to three courses per term. Additional courses over the three are $15 each. Some courses may have additional fees for supplies or lab costs as identified in the description.

Can I get a refund if I decide to withdraw from courses?
Due to the low cost at which these courses are provided and the additional cost to process refunds, no refund is given for those who wish to withdraw from courses.

What is the difference between the membership and course registration fees?
The $25 membership fee provides all the benefits listed on page 1. The $99 course registration fee is paid per term for enrollment in up to three courses (above three are $15 each).

Does OLLI provide member financial assistance?
Yes. For assistance information call 256.824.6183.

What are my library benefits?
Current OLLI members may utilize selected services at the Salmon Library for no additional fee. Visit the User Services desk to obtain a user card and services explanation. More information: Osher.uah.edu/Benefits.

What are the benefits of joining the UAH Fitness Center?
You will be able to join for a short-term (3 months), and will receive $10 off the monthly membership rate.

Who attends OLLI courses?
OLLI is identified as a lifelong learning organization for adults 50 and over, whether working, retired, or semi-retired. However, there is no set age requirement and you are welcome to join at any age!

Who teaches OLLI courses?
Course leaders are qualified members of OLLI, the University, and others who enjoy sharing their knowledge. OLLI is particularly proud of its volunteer teachers and speakers, many of whom are well-known experts in their fields.

Still Have Questions?
Contact 256.824.6183
OLLI.info@uah.edu

Support Lifelong Learning

For many adult learners, OLLI has created a special community to learn and engage in social, cultural, and educational events. Did you know you can show how our program has impacted your life by donating to OLLI?

• Give to the OLLI Support Fund and help us continue to grow and maintain our program.
• Establish a Legacy Giving plan and pass your love of lifelong learning to future generations.

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UAH LIFELONG LEARNING INSTITUTE
OLLI Commuter Parking Permits

All members must complete a new permit application to receive a **2019 – 2020 OLLI Commuter Parking Permit**. Permits from previous academic years are not valid. Application requires vehicle year, make, color and type; driver’s license number, state of issue, and license plate number. Applications are available in the CPCS Registration Office, Wilson Hall (WIL) Room 103, or online at Osher.uah.edu/OLLIParkingPermit.

A valid permit must be clearly displayed from the rear-view mirror while on the UAH campus.

Two ways to obtain your parking permit:

1. Monday-Friday from 8:15am to 5:00pm in the CPCS Registration Office, WIL 103.

2. During the Open House held prior to the start of each term. Visit Osher.uah.edu/WeeklyBonus for information.

**NOTE:** A current OLLI membership and completion of a permit application will be required BEFORE a permit is issued. Members must apply for a new annual permit at the start of each Fall term and have their permit validated at the start of each subsequent term. Permits are only available from the CPCS Registration Office and will not be mailed.

Visit Osher.uah.edu/OLLIParkingMap for a current map of zoned parking areas.

UAF CAMPUS MAP

**LOCATION LEGEND:**
1. WIL: Wilson Hall
2. UFC: Fitness Center
3. W-21: UFC Parking
4. G-16: Additional Parking
5. G-9: Additional Parking
6. Executive Plaza
7. LIB: Salmon Library
8. SPR: Spragins Hall
9. CTC: Conference Training Center
10. IMF: Intermodal Parking
11. CGU: Charger Union

Walking Path: - - - - -
Commuter Parking: White Areas
Any Permit Parking: Blue Areas

*NOTE:* OLLI members with handicap placards who can’t find a designated handicap spot may park in faculty/staff parking.
Look inside for details about OLLI memberships, interest groups, and 60+ courses being offered this Fall.