Never Stop Learning!

SPRING 2020 Course Guide

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!

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

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.

Table of Contents
Membership Benefits ........................................ 1
Membership and Course Registration ............. 2
Schedule at a Glance ........................................... 3
Monday – Friday Courses .................................. 5
Weekly Bonuses .................................................. 12
Special Events ..................................................... 13
Instructors ............................................................. 14
Frequently Asked Questions .............................. 16
Campus Map .......................................................... 17
Parking ................................................................. 17

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:
March 30 – April 3, May 25, July 3, September 7

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

UAH CPCS Registration Office
Wilson Hall, 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 applicable lab or supply fees.

*Memberships expiring February - May 2020 require renewal prior to Spring 2020 registration.

Register Early—Seating is Limited Courses Fill Up Quickly

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 eNews
- UAH Salmon Library Access
- University Fitness Center Discounts
- UAH Performance and Sporting Event Discounts
- Numerous Volunteer Opportunities
- And Much More!

4 Easy Ways to Register

ONLINE at Osher.uah.edu/OLLIRegistration
PHONE 256.824.6010
IN PERSON at CPCS Registration Office. See address on left.
MAIL registration form on page 2 to address on left.
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: OLLI.info@uah.edu or 256.824.6183

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)
- C66S2044 Absolute Beginning Bridge
- C64S2039 Advanced Creative Approach to Spanish
- C61S2040 African-American Women Writers
- C67S2003 Alligators in the East Room
- C73S2014 Appreciating the Art of Craft Beer
- C68S2025 Archaeological Studies: Life in the Middle Ages
- C64S2024 Basic Spanish for Travelers
- C73S2012 Bead Jewelry Making - Lab Fee: $15
- C66S2038 Beginning Crochet
- C68S2054 The Biology of Stress
- C66S2015 Birding in My Own Backyard
- C66S2010 Birthday Cards and More - Lab Fee: $25
- C70S2057 The Blue Zones: Live Longer & Happier
- C70S2032 Breath-Centered Yoga – T - Lab Fee: $15
- C70S2061 Breath-Centered Yoga – Th - Lab Fee: $15
- C66S2052 Bridge — Defense in the 21st Century
- C73S2005 Calligraphy for Beginners – Lab Fee: $15
- C67S2053 A Closer Look at the Election 2020
- C66S2022 Common Bridge Conventions
- C64S2006 Conversational French
- C63S2072 Critical Economic Thinking: Election Year Issues
- C71S2042 Discovering Alabama’s Four National Forests
- C68S2049 Exoplanets — Is Life Possible Beyond Earth?
- C66S2065 Expanding Horizons: A Look Inside UAH
- C61S2063 Food for Thought
- C73S2031 Foxtrot & Swing – Lab Fee: $20
- C71S2058 Fueling the Future — Sources & Challenges
- C70S2068 Fun with Tennis Fundamentals - Lab Fee: $15
- C64S2059 German for Travelers
- C64S2016 German Literature
- C68S2009 Human Anatomy, Physiology and Pathology
- C64S2050 Intermediate German
- C70S2026 Intermediate Tai Chi – T - Lab Fee: $15
- C70S2048 Intermediate Tai Chi – Th - Lab Fee: $15
- C65S2034 Intricacies of the Mind
- C61S2028 Intro to Bollywood Movies
- C73S2021 Intro to Portrait Art
- C70S2046 Jazzercise – LO (Dance Mix) - Lab Fee: $15
- C68S2041 The Joy of Mathematics
- C73S2062 Let’s Play Ukulele!
- C73S2027 Mah Jongg for Fun
- C70S2019 Making Retirement the Best Time of Your Life
- C67S2037 Military Blinders
- C68S2011 The Modern Science of Evolution
- C66S2055 Norwegian Hardanger Made Easy
- C64S2029 Not-so-Beginner Spanish
- C70S2060 Nutrition for Everyone
- C61S2036 Open Book Open Mind
- C73S2035 Pencil Drawing for Beginners
- C73S2069 Play Ball! - Lab Fee: $15
- C61S2007 Poetry Writing for Fun
- C66S2071 Quality of Life in Huntsville
- C63S2030 Retirement Planning in the Current World
- C73S2066 Rightsizing: Preparing for the Lifestyle You Want
- C70S2045 Senior Living Options — Positive Aging
- C62S2067 Smart Devices - Lab Fee: $15
- C66S2008 Socrates Café
- C63S2051 Social Security — Understanding Your Benefits
- C65S2001 Sociology and Everyday Life
- C66S2043 Spring Garden Tour
- C70S2064 Steady for Life Balance - Lab Fee: $15
- C70S2002 Tai Chi Long Form - Lab Fee: $15
- C65S2070 TED Talks: A World of Ideas
- C73S2020 Tell Your Story with Art Journaling - Lab Fee: $5
- C67S2018 Topics In Law
- C67S2004 The Vietnam War, Then and Now
- C61S2013 Writing Your Life Story – M
- C61S2047 Writing Your Life Story – Th
- C61S2017 Writing That Fascinates and Captivates
- C70S2056 Zumba Gold - Lab Fee: $15

REGISTER ONLINE: Osher.uah.edu/OLLIRegistration
## SCHEDULE AT A GLANCE

### MONDAY
**Apr 13 – May 18**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
</tr>
</thead>
</table>
| 8:45–10:15 am | Sociology & Everyday Life C65S2001  
Alligators in East Room C67S2003  
Tai Chi Long Form C70S2002 |
| 10:30 am–noon | Vietnam War, Then & Now C67S2009  
Calligraphy C73S2005  
Conversational French C64S2006 |
| 1:15–2:45 pm  | Poetry Writing for Fun C61S2007  
Birthday Cards & More C66S2010  
Socrates Café C66S2008 |
| 3:00–4:30 pm  | Quality of Life in Huntsville C66S2071  
Bead Jewelry Making C73S2012  
Modern Science of Evolution C68S2011  
Writing Your Life Story C61S2013 |
| 5:15 – 6:45 pm| Archaeological Studies: Everyday Life in the Middle Ages C68S2025  
Mah Jongg for Fun C73S2027  
Intro to Bollywood C61S2028  
Intermediate Tai Chi C70S2026 |

### TUESDAY
**Apr 14 – May 19**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
</tr>
</thead>
</table>
| 8:45–10:15 am | Writing That Fascinates and Captivates C61S2017  
TED Talks: World of Ideas C65S2070  
Birding in My Own Backyard C66S2015  
German Literature C64S2016 |
| 10:30 am–noon | Topics In Law C67S2018  
Tell Your Story with Art Journaling C73S2020  
Intro to Portrait Art C73S2021  
11:00 am–noon | Zumba Gold C70S2056 |
Basic Spanish for Travelers C64S2024  
Common Bridge Conventions C66S2022 |
| 3:00–4:30 pm  | Archaeological Studies: Everyday Life in the Middle Ages C68S2025  
Mah Jongg for Fun C73S2027  
Intro to Bollywood C61S2028  
Intermediate Tai Chi C70S2026 |

### WEDNESDAY
**Apr 15 – May 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
</tr>
</thead>
</table>
| 8:45–10:15 am | Sociology & Everyday Life C65S2001  
Alligators in East Room C67S2003  
Tai Chi Long Form C70S2002 |
| 11:00 am–noon | Beginning Crochet C66S2038  
Open Book Open Mind C61S2036  
Military Blunders C67S2037  
Advanced Creative Approach to Spanish C64S2039 |
Basic Spanish for Travelers C64S2024  
Common Bridge Conventions C66S2022 |
| 3:00–4:30 pm  | Senior Living Options C70S2045  
Absolute Beginning Bridge C66S2044  
Spring Garden Tour C66S2043  
3:30 – 4:30 pm | Jazzercise – LO C70S2046 |

### THURSDAY
**Apr 16 – May 21**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
</tr>
</thead>
</table>
| 8:45–10:15 am | Critical Economic Thinking C63S2072  
Intricacies of the Mind C65S2034  
Pencil Drawing for Beginners C73S2035 |
| 10:30 am–noon | The Biology of Stress C68S2054  
Norwegian Hardanger Made Easy C66S2055  
Making Retirement the Best Time of Your Life C70S2019  
Election 2020 C67S2053 |
Basic Spanish for Travelers C64S2024  
Common Bridge Conventions C66S2022 |
| 3:00–4:30 pm  | Bridge — Defense in the 21st Century C66S2052  
Let’s Play Ukulele! C73S2062  
Nutrition for Everyone C70S2060 |

### FRIDAY
**Apr 17 – May 22**

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Details</th>
</tr>
</thead>
</table>
| 8:45–10:15 am | Sociology & Everyday Life C65S2001  
Alligators in East Room C67S2003  
Tai Chi Long Form C70S2002 |
| 10:30 am–noon | Vietnam War, Then & Now C67S2009  
Calligraphy C73S2005  
Conversational French C64S2006 |
| 1:15–2:45 pm  | Vietnam War, Then & Now C67S2009  
Calligraphy C73S2005  
Conversational French C64S2006 |
| 3:00–4:30 pm  | Vietnam War, Then & Now C67S2009  
Calligraphy C73S2005  
Conversational French C64S2006 |

### Register Online
- Osher.uah.edu/OLLIRegistration
2020 SPRING OPEN HOUSE
Friday, Mar 27 | 10:00 am – noon
Wilson Hall Lobby

Bloom during the Springtime of your Life!

Bring a friend, enjoy refreshments, socialize with OLLI friends, and:

• Meet and greet with instructors & OLLI Curriculum Committee
• Join the new member orientation to explore OLLI facilities and learn how to get involved in OLLI
• Get details on 65+ Spring-term courses
• Select exciting courses and register—classes start Apr 13
• Enter to win a door prize
• Find out how YOU can help make OLLI at UAH even better!

African-American Women Writers

NEW! Toni, Maya, Zora, Alice, Phyllis, Nella, Sojourner and others. Some of these women have earned a place in our literary and cultural consciousness. Others have barely received attention, but all are important. Discuss these authors: their lives, their work and their influence.

4/15-5/20 • W • 1:15 - 2:45 pm • C6152040 • V Seaquist

Continue to broaden your knowledge from the African-American Women Writers course by attending Broadway Theatre League’s The Color Purple. Experience this Tony and Grammy winning musical as it portrays the Pulitzer Prize-winning story about a young woman’s journey to love and triumph in the American South.

May 9 | 2:00 pm | Open to all OLLI Members
Tickets: Orchestra 2 – $59 per person
Orchestra 3 & lower balcony – $47 per person
To purchase tickets call 256.518.6155 and mention you are with OLLI at UAH or visit VBC ticketing office with your OLLI badge.

Earn a B.A. or B.S. in Professional Studies

Online Degree Options Are Available!

The UAH Bachelor of Arts or Science in Professional Studies is an interdisciplinary degree that makes earning a degree from an accredited university within your reach. Whether you are a returning student or just starting college, we will assist you in selecting a concentration that meets your professional and personal goals!

CHOOSE FROM 4 CONCENTRATIONS:

NEW Engineering Technology | Leadership Strategies & Dynamics
Organizational Studies | Technology, Science, & Society

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
MONDAY

Sociology and Everyday Life
Survey the characteristics of social life and processes of social interaction. Investigate how society’s culture and social organization shape action and influence everyday life. Explore the connections between society and all aspects of social life, such as family, work, social inequality and politics. Develop what C. Wright Mills called “The Sociological Imagination.”
4/13-5/18 • M • 8:45-10:15 am
C65S2001 • S Keiser
Text: Introduction to Sociology 2e

Alligators in the East Room & Other White House Tales
Get ready for a laughter-filled course! History and humor will be combined to educate and entertain members as you hear historical facts about the White House and its residents. Enjoy learning how George Washington thought the White House should resemble the grand palaces of Europe. The British almost burned it down. The US Army wanted to paint it black. Learn about the construction and history of the White House in addition to little known facts about life at 1600 Pennsylvania Avenue.
4/20-5/18 • M • 8:45-10:15 am
C67S2003 • T Borcher

Tai Chi Long Form
Learn the most common style of Tai Chi: Yang Style. Essentially, the form sequence is the same from other types, but the method of counting the postures differs slightly. Finishing the long form feels like having received a gentle but intelligent entire body massage. Improve breathing, balance, and meditation techniques with the movements taught throughout the course.
4/13-5/18 • M • 8:45-10:15 am
C70S2002 • W Kwauk
Lab Fee: $15

The Vietnam War, Then and Now.
NEW! Look into the early years of the Vietnam War with emphasis on three major battles that marked turning points. The first battle of significance was AP BAC in 1963. The Second campaign was the Ia Drang Battle using the 7th Cavalry, 1st Cavalry Division, Airmobile, 1965. The third campaign, the TET Offensive, ran January through August of 1968. Discover the consequences of this war in the United States and in Vietnam through the instructor’s experience in 2019.
4/13-5/18 • M • 10:30 am-noon
C67S2004 • C Lanham

Human Anatomy, Physiology and Pathology
NEW! Have you ever thought about how complex the human body is? As a foundation, spend approximately half of each class learning basic human anatomy and physiology through DVD lectures. Then delve into some of the diseases or pathology that can occur in these systems through instructor-led discussions. Examples will be illustrated by learning what a pathologist does via interactive lectures and some hands-on lab activities. Please note, this course will include pictures of tissue specimens.

Calligraphy for Beginners
NEW! Calligraphy is the art of beautiful writing. You choose the calligraphy style you would like to learn and work on throughout the term. Start with basic skills—understanding how to hold your pen properly, what tools are used and how to form each letter. Master your own style of beautiful writing starting this spring! Lab fee covers course materials.
4/13-5/18 • M • 10:30 am-noon
C73S2005 • H Cheshier
Lab Fee: $15

Conversational French
NEW! Planning a trip to France? Love to watch French movies? Want to improve your French skills? Here’s your chance to learn conversation in this sophisticated and vivid language. Develop fluency in oral communication and pronunciation with dialogues on specified topics, as well as basic phrases and expressions. Enhance your vocabulary and grammatical structures.
4/13-5/18 • M • 10:30 am-noon
C64S2006 • K Slaitane-Pottenger

Birthday Cards and More
Why give a bland, mass-produced birthday card when you can create your own? Improve your skills in card making by learning new techniques using crafting tools and supplies to create, fold, embellish, and emboss handmade cards. Lab fee covers course materials.
4/13-5/18 • M • 1:15-2:45 pm
C66S2010 • J Stull
Lab Fee: $25

Socrates Café
Challenge yourself to think about past and current issues in the world following a forum setting and guidelines. In a welcoming environment, find a group of individuals from all walks of life, nationalities, religions, political views, and genders. Discuss what is on your mind, from something on the news that day to general topics of interest, using class generated questions. In Socrates Café, we want to discuss hot topics and listen to all viewpoints.
4/13-5/18 • M • 1:15-2:45 pm
C66S2008 • P Patrick

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.
Quality of Life in Huntsville
NEW! Huntsville is growing and so are our community offerings. Participate in presentations featuring Downtown Huntsville, Inc., Slow Motion Soundz, the City of Huntsville Greenway Expansion Committee, and more! Throughout the course guest speakers from different backgrounds will provide insight into opportunities available in the greater Huntsville area that enhance not only the community, but also your quality of life.
4/13-5/18 • M • 3:00-4:30 pm
C66S2071 • Pacheco & Various

Bead Jewelry Making
NEW! Who doesn’t love a handcrafted piece of jewelry to wear or share? Learn to make your own beautiful beaded necklaces, earrings, bracelets, and more! Find out how bead jewelry works by exploring the different techniques and fundamentals to make your projects one of a kind! Lab fee covers course materials.
4/13-5/18 • M • 3:00-4:30 pm
C73S2012 • C Terrell
Lab Fee: $15

The Modern Science of Evolution
NEW! Charles Darwin’s On the Origin of the Species was published in 1859, but the biological mechanism driving evolution was not fully understood until 20th century advances in molecular biology. Based on Great Courses DVD, What Darwin Didn’t Know, examine genes and DNA, genetic variation and genetic drift, and learn about the relationship between geology, geography and natural selection. Using vast amounts of data now available, evolutionary biologists are constructing detailed trees of life.
4/13-5/18 • M • 3:00-4:30 pm
C68S2011 • 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 future generations. Book suggestions, both “how to” and memoir examples, as well as extensive lists of memory-prompting questions, will be provided. It may be a little bit of work, but it’s a LOT of fun and worth the effort. Get ready to share your story!
4/13-5/18 • M • 3:00-4:30 pm
C61S2013 • V Seaquist

Writing That Fascinates and Captivates
NEW! Have you always wanted to write better or improve your writing skills? Using the Institute for Excellence in Writing’s Structure & Style (IEW) method of teaching writing, the instructor will guide members through IEW’s well-proven steps to more effective writing. Be amazed at how easy and fun writing the IEW way can be.
4/14-5/19 • T • 8:45-10:15 am
C61S2017 • S Ewing

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.
4/14-5/19 • T • 8:45-10:15 am
C65S2070 • D Styers

Birding in My Own Backyard
Do you want to expand your knowledge of local bird species, and learn how to attract them to your yard? In a Certified Wildlife Habitat on Monte Sano, observe resident species like titmice, chickadees, and woodpeckers, and learn about winter visitors like white-throated Sparrows and juncos. Members will also get to experience the arrival of hummingbirds. Through instructor-led discussions learn about feeder designs, food choices, binoculars, and water features. The course will end with an optional early morning field trip.
4/14-5/12 • T • 8:30-10:00 am
C66S2015 • Dr. B McAllister

German Literature
Enhance your knowledge in this fascinating language by discussing and exploring contemporary German literature. Members will learn through short stories and instructor-led discussions to help with vocabulary throughout each story.
4/14-5/19 • T • 8:45-10:15 am
C64S2016 • L Medenbach
Text: Der Weg zum Lesen
**Zumba Gold**  
NEW! Introduce yourself to an easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Through the modified Zumba®, members will get to recreate the original moves they love at a lower intensity. Improve your cardiovascular and muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong.  
4/14-5/19 • T • 11:00 am-noon  
C70S2056 • T Draper  
Lab Fee: $15

**Topics In Law**  
Participate in discussion of legal issues such as: impeachment, immigration, criminal justice, discrimination, constitutional reform, Black Lives Matter, and more! Engage in the movements facing all Alabamians and Americans. Thought-provoking presentations will be shown from the internet and DVDs, to set the stage for classroom discussion.  
4/14-5/19 • T • 10:30 am-noon  
C67S2018 • B Robertson

**Tell Your Story with Art Journaling**  
Share your life story in a beautiful and creative way! Use Art Journaling to document your life in a way that you will enjoy doing as much as your family will enjoy reading. Learn different techniques to make pages have character, not just facts. A short supply list will be provided at the first session and the lab fee will cover some materials provided by the instructor.  
4/14-5/19 • T • 10:30 am-noon  
C73S2020 • B Robertson  
Lab Fee: $5

**Intro to Portrait Art**  
NEW! Whether you aim to become the next great portrait artist or just find joy in the process of drawing or painting, this course will set you on your path and will give you the tools you need to create a successful body of work! Discover how to draw realistic-looking portraits of your friends and loved ones. A supply list will be provided prior to the first class.  
4/14-5/19 • T • 10:30 am-noon  
C73S2021 • E Miller

---

**U.S. Household History: 1860 – 1960**  
NEW! In 1860 a common home was a log cabin, an outhouse, and a few purchased items. In 1960 Americans lived in homes similar to those of today, that is, with electrical appliances, television, and a car in the carport. Discover how the material changes dramatically changed the lives of Americans during this extraordinary century.  
C67S2023 • 4/14-5/19 • T • 1:15-2:45 pm • R Klein

**Basic Spanish for Travelers**  
NEW! Learn grammar and sentence structure to build your vocabulary in the 2nd most spoken language in the world! Emphasis will be placed on the language needs of travelers by learning commonly used expressions and phrases, improving pronunciation, asking for directions, and more! Some prior knowledge of Spanish is recommended.  
4/14-5/19 • T • 1:15-2:45 pm  
C6452024 • Dr. T Miller  
Text: Spanish Made Simple

**Common Bridge Conventions**  
Conventions are bids that have specific meanings and many times say nothing about the suit bid. Once you have learned the basic rules of bridge, many conventions can increase communication between you and your partner to help ensure that you are in the right contract. Learn which techniques might be best for you.  
4/14-5/19 • T • 1:15-2:45 pm  
C6652022 • W Kirkpatrick  
Text: Commonly Used Conventions (provided)

**Archaeological Studies of Everyday Life in the Middle Ages**  
Thinking of medieval times brings to mind images of Robin Hood or knights of the round table, but what was it really like to be poor, a woman or a heretic during this time? Perhaps life was easier for a knight or a crusader. What options did they have for relaxation? Through Great Courses DVDs and instructor-led discussions, dive into the everyday life of the Middle Ages and learn the answers to these questions.  
4/14-5/19 • T • 3:00-4:30 pm  
C6852025 • L Dreher

**Mah Jongg for Fun**  
NEW! Learn the basics of American Mah Jongg: a tile-based game of four players that has gained popularity in past years. Receive instruction for half the class time and play guided games for the other half. You will receive handouts on the basics and by the sixth week pick up some winning strategies. Don’t miss out on learning this skill and luck-based game!  
4/14-5/19 • T • 3:00-4:30 pm  
C73S2027 • J Tedrow

**Intro to Bollywood Movies**  
Back by popular demand with all NEW titles! Bollywood is the center of Hindi language films throughout the world. In this class we’ll 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 this genre. If you liked the musicals of the 50’s and 60’s, come give Bollywood a try.  
4/14-5/19 • T • 3:00-4:30 pm  
C61S2028 • J Uithoven

**Intermediate Tai Chi**  
Do you already know the first twelve forms of Yang 24? Then come to learn the second half of the Yang 24 posture form. Tai Chi is used to 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. This course is appropriate for all individuals capable of standing independently, and who want to improve their balance with slow, gentle movements. This course can also serve as a refresher for students familiar with the entire Yang 24 moves.  
4/14-5/19 • T • 3:00-4:30 pm  
C70S2026 • J Pang  
Lab Fee: $15
Retirement Planning in the Current World
NEW! Since the responsibility and burdens of a successful retirement are falling more on the individual and less on corporate pensions and company benefits, it is important that individuals have all the tools and knowledge possible. Get a better understanding of health insurance, income, investments, long term care and taxes.
C63S2030 • 4/14-5/19 • T • 5:15-6:45 pm • G Cantley

Not-so-Beginner Spanish
Develop a broader knowledge in the Spanish language by learning stem-changing verbs, introducing “go” verbs, and expanding your vocabulary. Continue to learn how to construct new and more advanced sentences. Prior knowledge of basic Spanish strongly recommended.
C64S2029 • 4/14-5/19 • T • 5:15-6:45 pm • J Uithoven
Text: Easy Spanish Step-By-Step

Foxtrot & East Coast Swing
NEW! It’s never too late to learn to dance. Let’s “cut a rug” to popular rock and roll/swing music! Learn several figures in the elegance of Foxtrot and the amusement of East Coast Swing. Have fun with ballroom dancing no matter what your level of dance experience is! No partner is needed.
C73S2031 • 4/14-5/19 • T • 5:15-6:45 pm • T Romine • $20 Lab Fee • Off Campus

Breath-Centered Yoga
Explore the benefits and practical applications of yoga for health and healing. Using a gentle format, we will combine breath and movement to soothe the body and focus the mind. All props are provided, but students are encouraged to bring their own yoga mats, towels and wear comfortable clothing. This course will be accessible to beginners and experienced practitioners, as well as those with unique physical needs.
C70S2032 • 4/14-5/19 • T • 5:15-6:15 pm • R Frank • $15 Lab Fee

Critical Economic Thinking: Election Year Issues
NEW! Dive into the economic side of the election year. Members will select current issues of interest to discuss and apply economic principles and theories. There are no “right” or “wrong” answers, but members will get to use methodology to separate “wheat from chaff” when thinking about or discussing the matters.
4/15-5/20 • W • 8:45-10:15 am • C63S2072 • K Kraus

Intricacies of the Mind
Self-regulation is challenging. We will apply basic research findings to practical applications in maintaining marital equilibrium, regulating emotions, solving the paradox of moral reasoning, and even extending discussion to altered states of consciousness.
4/15-5/20 • W • 8:45-10:15 am • C65S2034 • Dr. W Confer

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.
C66S2038 • 4/14-5/19 • T • 5:15-6:45 pm • T Romine • $20 Lab Fee • Off Campus

Beginning Crochet
NEW! Discover the wonderful craft of crochet. Learn the basic stitches and how to use them to make your own creations. Members will start by working on an easy project guided by the instructor and will progress to more interesting patterns. A list of supplies will be provided the first day of class.
4/15-5/20 • W • 10:30 am-noon • C66S2038 • J Wayne
Text: The Happy Hooker

Summer courses do not require a long term commitment, but still provide great opportunities to learn new things, share your interests with others, brush up on an old passion, and make new friends!
• Take courses offered at flexible times.
• Enjoy exciting day trips with peers.
• Attend workshops and more!

Details coming soon at Osher.uah.edu/Summer!
Open Book Open Mind
Explore contemporary critically-acclaimed nonfiction and fiction. Malcolm Gladwell helps us discover why we often fail to ‘get’ other people in Talking to Strangers: What We Should Know about the People We Don’t Know. Casey Cep shows how three lives cross paths in her account of an Alabama serial killer and Harper Lee’s effort to capture his story in Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee. A short fiction work will be provided before the term starts. Please read Gladwell’s book by first class.
4/15-5/20 • W • 10:30 am-noon
C61S2036 • Pratt & Strickland
Text: Talking to Strangers: What We Should Know about the People We Don’t Know; Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee

Military Blunders
Winston Churchill once said “War is mostly a catalog of blunders.” Study some of the most egregious blunders in human military history including a Roman massacre at Arausio, a British massacre in Afghanistan (perhaps a lesson still not learned!), and further examples from our Civil War, World War I and World War II. War may be an extension of politics by other means, but that doesn’t mean that politicians, and in many cases, the generals they appoint, are capable of fighting them. Come find out why.
4/15-5/20 • W • 10:30 am-noon
C6752037 • J Mason

Advanced Creative Approach to Spanish
Allow yourself to rely on your creativity rather than memorization. This course will help you recognize thousands of words in Spanish at first sight, and easily convert English words into Spanish words. If you are prepared to move beyond beginning/intermediate Spanish, this course is for you. Pronunciation, both of Latin American and Castilian Spanish, will be emphasized.
4/15-5/20 • W • 10:30 am-noon
C6452039 • M Cushman
Text: Madrigal’s Magic Key to Spanish

Discovering Alabama’s Four National Forests
NEW! Alabama’s four national forests cover 667,000 acres (1,042 square miles). This course will introduce members to the origin and history of the US National Forest System, its extent, and some of the associated growing pains. Managers and administrators of Alabama-based USFS will attend classroom sessions to tell the tale, hit the highlights, and offer insight and photos/videos of the four forests. An optional field trip to either the Bankhead or Talladega National Forest will be offered to members.
C71S2042 • 4/15-5/20 • W • 1:15-2:45 pm • S Jones

African-American Women Writers
NEW! Toni, Maya, Zora, Alice, Phyllis, Nella, Sojourner and others. Some of these women have earned a place in our national literary and cultural consciousness. Others may be known in small circles or have barely received attention, but all are important. Through a mixture of lecture, videos and class discussion explore ten or more of these authors: their lives, their work and their influence on their communities as well as the larger world. A book list will be provided before class and reading is optional but encouraged.
4/15-5/20 • W • 1:15-2:45 pm
C61S2040 • V Seagquist

The Joy of Mathematics
A math course just for fun! With Great Courses DVDs and instructor-led discussions, discover different light mathematics topics every week. Learn how to mentally compute the day of the week for any date in history using a trick related to “casting out nines.” Find out the many beautiful and unexpected properties possessed by the Fibonacci numbers, which show up in nature, art and poetry. See how the quadratic formula reveals the connection between Fibonacci numbers and the golden ratio.
4/15-5/20 • W • 1:15-2:45 pm
C6852041 • J Schweinsberg

Spring Garden Tour
This Spring Garden Tour will feature Tennessee Valley gardens with historic backgrounds, vintage garden rooms, modern entertainment areas, and award winning plant collections. The tour will be arranged to take advantage of the Spring progression of plant growth and bloom. Students will be notified of tour locations the week prior to term.
4/15-5/20 • W • 3:00-4:00
C6652043 • M Rex

Senior Living Options — Positive Aging
Earn a better understanding of aging in retirement communities and their levels of care, or how to stay at home throughout retirement. Speakers from different communities will share information, care and benefits as well as how to pay for healthcare as we age. The entire session is focused on positive aging and having a plan in place.
4/15-5/20 • W • 3:00-4:30 pm
C7052045 • A Beltz

Jazzercise – LO (Dance Mixx)
Blending dance with Pilates, yoga, kickboxing and strength training, one 55-minute session can burn up to 800 calories. The results? Long, lean muscles and an undeniable mood boost. This low impact Dance Mixx format is designed with YOU in mind. High impact moves are replaced with hop-LESS alternatives that protect the joints. Live a stronger and happier life by improving your fitness level!
4/15-5/20 • W • 3:30- 4:30 pm
C7052046 • L Peterson
Lab Fee: $15 • Off Campus

Absolute Beginning Bridge
Join the opportunity to learn to play the world’s most popular card game. Have fun while you stimulate your mind in a relaxed congenial social environment. Designed especially for the true beginner, members will learn the basics of the game and become ready to play with friends and relatives. This class is ideal for individuals with no or very limited knowledge of the game.
4/15-5/20 • W • 3:00 – 4:30 pm
C6652044 • B Darnall
Text: Bidding in the 21st Century (provided)
**Exoplanets — Is Life Possible Beyond Earth?**

NEW Is there life on any of the thousands of exoplanets that have been discovered in the last 20 years? Look into how humankind has gained much knowledge about these “other worlds” and see how new technology might be able to answer this question and more! Also, learn about life possibilities within our solar system.

4/16-5/21 • Th • 8:45-10:15 am  
C68S2049 • K Rex

**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 future generations. Book suggestions, both “how to” and memoir examples, as well as extensive lists of memory-prompting questions, will be provided. It may be a little bit of work, but it’s a LOT of fun and worth the effort. Get ready to share your story!

4/16-5/21 • Th • 8:45-10:15 am  
C61S2047 • V Seaquist

**Intermediate Tai Chi**

Do you already know the first twelve forms of Yang 24? Then come to learn the second half of the Yang 24 posture form. Tai Chi is used to 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. This course is appropriate for all individuals capable of standing independently, and who want to improve their balance with slow, gentle movements. This course can also serve as a refresher for students familiar with the entire Yang 24 moves.

4/16-5/21 • Th • 8:45-10:15 am  
C70S2048 • J Pang  
Lab Fee: $15

**Norwegian Hardanger Made Easy**

NEW Through hardanger embroidery learn how to stitch kloster blocks, cut in the blocks, fill with picots and eyelet stitches, and also work on drawn stitching. A simple greeting card will be your start to hardanger. Hardanger is generally worked white on white or cream on cream, but in this course, you will get to add color to your work!

4/16-5/21 • Th • 10:30 am-noon  
C66S2055 • D Dias

**Making Retirement the Best Time of Your Life**

NEW Is life after your career measuring up to your expectations? Almost every aspect of your life changes when you move out of the career phase. That means you need to re-design your life the way you want it to be. Create your own Happiness Portfolio® — your vision and a concrete plan to make it happen. Revamp yourself by developing an action plan for your new life!

4/16-5/21 • Th • 10:30 am-noon  
C70S2019 • M Oehser  
Text: Your Happiness Portfolio for Retirement: It’s Not About the Money

**The Biology of Stress**

Learn about the physiological basis of stress and the negative effects it has upon various bodily functions. Using Great Courses DVDs and instructor-led discussions, see how stress affects sleep and aging; the relationship of stress and depression, anxiety, hostility, and social status; and modulators of stress and stress management.

4/16-5/14 • Th • 10:30 am-noon  
C68S2054 • Dr. S Campbell

**A Closer Look at the Election 2020**

NEW It’s sure to be one of the most captivating presidential races in recent history. Join an open forum discussion of the 59th U.S. presidential election and reflect on our role as citizens. Follow the presidential campaigns for each candidate with latest lectures, and debates. The instructor will provide data and details regarding the entire election process and answer any questions from the participants. Prior attendance not required.

4/16-5/21 • Th • 10:30 am-noon  
C67S2053 • R Frederick

**German for Travelers**

Have you ever wanted to travel to German-speaking Europe and speak the language? Enhance your basic German communication skills by learning how to ask for directions, order food, find places, and introduce yourself in German-speaking countries. Have a look inside their customs, culture and traditions, so you can have a good experience when you visit these countries.

4/16-5/21 • Th • 1:15-2:45 pm  
C70S2057 • J Ellinger

Text: German Survival Guide
Fueling the Future — Energy Sources and Challenges for the Twenty–First Century

Energy is humanity’s most important resource. It drives the story of civilization. Our insatiable hunger for more and cheaper energy has pushed us to the edge of a global crisis. Solutions are essential to avoid continuing environmental disasters, geopolitical struggles, and destructive climate impacts. Dive into the history of energy sources, usage levels, and trends followed by a focus on the opportunities and challenges associated with new and evolving energy sources. Topics include advanced fossil fuel technologies, renewable sources, nuclear energy, and energy storage methods.

4/16-5/21 • Th • 1:15-2:45 pm
C71S2058 • Barron & Janssen
Text: Power Trip—The Story of Energy (Optional)

Breath-Centered Yoga

Explore the benefits and practical applications of yoga for health and healing. Using a gentle format, we will combine breath and movement in order to soothe the body and focus the mind. All props are provided, but students are encouraged to bring their own yoga mats, towels and wear comfortable clothing. This class will be accessible to beginners and experienced practitioners, as well as those with unique physical needs.

4/16-5/21 • Th • 3:00-4:00 pm
C70S2061 • P Tejes
Lab Fee: $15

Bridge — Defense in the 21st Century

Do you want to improve your current bridge skills? Do you wonder what to do when the opponents seem to get the best hands? Improve your bridge skills by focusing on how to strengthen the defensive aspect of bidding and playing bridge.

4/16-5/21 • Th • 3:00-4:30 pm
C66S2052 • J Hall & J Albers •
Text: Defense in the 21st Century (provided)

Let’s Play Ukulele!

Want to play a musical instrument but don’t know where to start? The little ukulele, soaring in popularity, may be just for you! Learn the fundamentals of strumming, basic chords, playing along with others, and singing while playing. Explore different music genres featuring ukuleles. Those with a little experience are welcomed! Bring your ukuleles, available inexpensively at music stores and online.

4/23-5/21 • Th • 3:00-4:30 pm
C73S2062 • P Long

Nutrition for Everyone

There is an intricate interaction between what we eat and how it affects our well-being. Unlock the mystery of this interaction as you learn about dietary guidelines and nutrition-related diseases. Practice evaluating nutrition information claims, and learn how to correctly read a food label to make sure you’re getting the nutrients you need. Listen to current nutritional news, and tips on using nutrition to improve your health.

4/16-5/21 • Th • 3:00-4:30 pm
C70S2060 • B Johnson

Smart Devices for Home and On the Go

Alexa who? Siri who? Find out about the latest home and on-the-go smart devices and how they can make your life easier and more productive. Join this informative and interactive course to discover how smart devices work and their implementation in everyday life. It seems like everything you own can connect to the internet these days, from fitness trackers, light bulbs, and TVs to even refrigerators. This is all possible thanks to smart devices.

4/16-5/21 • Th • 5:15-6:45 pm • R Leftridge • Lab Fee: $15

Play Ball! The History of America's Pastime

“Take me out to the ball game” is an American staple during the seventh inning stretch of a baseball game. Explore baseball’s remarkable past, taking you from the pivotal year of 1920 through today as an international sport. Gain an understanding of the game as well as the sport’s impact socially, culturally, and politically in America. Celebrate the return of professional baseball to the Rocket City by attending a Trash Pandas game on May 7th and apply your knowledge from the course. Lab fee includes entry to the baseball game.

4/16-5/21 • Th • 5:15-6:45 pm • E Hardy • Lab Fee: $15

Social Security — Understanding Your Benefits

Expand your knowledge in Medicare to understand the complexities of the details of the various Medicare-related products. Learn when is the right time to claim your benefits, and how to maximize your income from Social Security. Discover how these factors will affect your retirement and estate.

4/16-5/21 • Th • 5:15-6:45 pm • G Cantley

Fun with Tennis Fundamentals

Have you ever wanted to try your hand (or backhand) at tennis? Learn about strokes, footwork, equipment, scoring and positioning in a fun environment as part of an enjoyable course designed for beginning or re-entry level players. Please bring your racket.

4/16-5/21 • Th • 5:15-6:45 pm • S Vickroy • Lab Fee: $15
Steady for Life Balance

NEW! Improve your balance through new key exercises with the international award-winning program Steady for Life. Emphasize body awareness including inner ear and vision; ankle, leg and hip strength; coordination and flexibility. Open to all members including those with limited mobility. Find your inner balance and strengthen your body!
4/17-5/22 • F • 8:45-9:45 am
C70S2064 • C Holland
Lab Fee: $15

Food for Thought
Learn the backstories of ordinary products, various movements, and different industries. Explore the marketing campaigns they implement and what it means when they launch a “new and improved” product or brand. Is it really true, or are they deceiving consumers? Join us to find out!
4/17-5/22 • F • 8:45-10:15 am
C61S2063 • N Darnall

Expanding Horizons: A Look Inside UAH
Ever wondered what happens in other buildings on campus? What’s the SWIRLL? Who works in the Center for Space Plasma and Aeronomic Research (CSPAR)? Expand your horizons by taking a journey into different UAH departments, colleges and research centers. Meet their leaders, take a tour, and learn how their research is preparing us for the future!
4/17-5/22 • F • 8:45-10:15 am
C66S2065 • Pacheco & Various

Rightsizing: Preparing for the Lifestyle You Want
It seems we all want to get rid of the stress and burden of unwanted “stuff,” but haven’t the knowledge nor motivation to start the downsizing process. From planning to execution, look at various options and reasons for changing our surroundings for a simpler life. Learn how the instructor started the process of downsizing her own home as well as pointing out the successes and failures along the way.
4/24-5/15 • F • 8:45-10:15 am
C73S2066 • J Reville

Remembering Redstone: How the Army Changed Huntsville — Mike Baker and Steve Johnson
Throughout the years, a living legend of Redstone Arsenal shared information about the truly special role the Army had played in Huntsville’s history with a TV Morning News Anchor, but their time on TV was not enough to share it all. Engage and participate in their reunion and be part of one of the most interesting conversations about the Rocket City.

Standing Through History: The Houses of Early Alabama — Donna Castellano
Discover the history and conditions of houses built in Huntsville-Madison County prior to Alabama’s 1819 statehood — some still stand today. Learn the significance of Huntsville-Madison County’s early political leaders. Find out about the historic resources and the success of Huntsville’s historic preservation movement.

Feet on the Ground, A Return to Vietnam — Cliff Lanham
Take a look inside the journey of a retired US Army member returning to Vietnam after 50 plus years. Explore the countryside areas visited and discover how Vietnam has taken on capitalism, how they have basically recovered from hundreds of years of warfare, and how they remember the American War today.

Anecdotes of a Travel Warrior — David Styers
During a 40 year working career and more than two million miles of travel, many captivating and amusing things have been encountered. Through story-telling and laughter discover the experiences and adventures of a world traveler.

A Journey of WWII Battle Sites in France — Tom Ress
Delve into major sites of the historic WWII region of France such as American D-Day beaches of Utah and Omaha, the American, British and German cemeteries, Sainte-Mere-Eglise, Caen, Pointe du Hoc and Avranches. Through photographs and experiences rediscover the history of these important sites.

Reflections of the Western National Parks — Dr. Steve Jones
Immerse yourself in the beauty of U.S. Western National Parks, memorials, and monuments through pictures and narratives. Learn more about the experiences OLLI members had during this adventurous journey during the summer of 2019.

Popcorn & A Movie: The Guernsey Literary & Potato Society WIL 152
In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

Popcorn & A Movie: The World’s Fastest Indian WIL 152
New Zealander Burt Munro spent years perfecting his classic Indian motorcycle. The year is 1967, and Burt takes his machine to Utah’s salt flats, where he attempts the impossible, using his dream bike to set a new world’s record for speed. Based on a true story.

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

See specific event for contact information.

Civil Axe Throwing – $15 per person
3/24 • 11 am • Civil Axe
OLLI.info@uah.edu
Learn the unique sport of axe throwing while having fun in a safe environment.

Historic Downtown Huntsville Tour
4/4 • 11 am • Harrison Brothers Hardware
llowe38@gmail.com
Take a walking tour while learning about the history of many iconic buildings and houses in downtown Huntsville.

Alabama Supercomputer Authority Center Tour
4/9 • 10 am • 686 Discovery Dr NW
OLLI.info@uah.edu
Visit this state-funded corporation that has the purpose of acquiring, developing, administering and operating a statewide supercomputer and related telecommunication systems.

Roaring 20s Cabaret Showcase – $25
4/20 • 5:30 pm • Campus 805 Speakeasy
Nbd51@icloud.com
Go back to the 1920s as we celebrate 2020. Enjoy drinks and hors d’oeuvres as fellow OLLI members showcase their talents.

OLLI Annual Dinner – $20 per person
5/20 • 6:00 pm • UAH SSB 112
OLLI.info@uah.edu
Join OLLI friends and invited guests for a special evening celebration.

Irons One Distillery Tour
6/3 • 1:00 pm • Lowe Mill A&E - 2 North
OLLI.info@uah.edu
Learn about small batch, single-hand crafted whiskey with Jeff Irons.

OLLI Picnic
6/4 • 11:00 am • Green Mountain Pavillion
darnall45@aol.com
Gather with OLLI members to enjoy a fun summer day with food and refreshments.

2020 Southern Regional Conference for Learning in Retirement – Emory
7/27-29 • ece.emory.edu/olli/srclr
OLLI at UAH info: OLLIpresident@uah.edu
Join us at Emory for an extraordinary learning experience where you are sure to engage, connect, and grow!

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

THE PERFECT COMPLEMENT TO COURSES

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
Let’s Play Bridge
Contact: bmacham68@gmail.com
Hiking
Contact: OLLIHiking@gmail.com
Tennis for All
Contact: juaeckert@gmail.com

OLLI AT UAH MEMBERSHIP REQUIRED
Questions: lblackie01@gmail.com

OLLI AT UAH ANNUAL DINNER

Wednesday, May 20, 2020 | $20 Per Person
Social at 6:00 pm | Dinner at 6:30pm
UAH Student Services Building, Room 112

Join us to celebrate and recognize all the hard work of our volunteers and members, while we bring the year to a close.

RSVP online, or in the OLLI volunteer office, WIL 151, by Thursday, May 14, 2020.
For more information, contact 256.824.6183 or OLLI.info@uah.edu

$20 PER PERSON — FRIENDS & FAMILY INVITED!

ROARING 20S CABARET SHOWCASE

April 20 | 5:30 pm | Campus 805 Speakeasy

$25

Enjoy drinks and hors d’oeuvres and share your talent in the OLLI Showcase at our 20s Cabaret. For more information, email Nbd51@icloud.com

Get your tickets today at Osher.uah.edu/OLLITickets!
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!

OLLI INSTRUCTORS

Jack Albers has been playing bridge for fun since the computer game was developed. He has duplicate bridge experience, but has played mostly Rubber Bridge. Jack adjusts his playing technique to accommodate partners ranging from neophytes to experts.

Michael “Mule” Baker began his career of over 36 years as a historian at Redstone Arsenal in 1979 when he assumed the position for the U.S. Army Missile Command. In December 2010, Mr. Baker became the Command Historian for the U.S. Army Materiel Command. He retired in July 2016.

Dan Barron, a retired aerospace program management and engineering executive from the Boeing Company, has a BS in mechanical engineering from the University of Wisconsin and studied business management at the University of California in Los Angeles. His career emphasis was on large scale aerospace product development leading the integration, and testing of space launch vehicles and spacecraft.

Kathy Ann Beltz, a graduate of Mercer University in Macon, GA, is the current Business Development Director for Brookdale Senior Living. For over 15 years, she has been helping seniors and their families become educated about choices in aging positively during their retirement years.

Lian Bonds is a retired pathologist, having worked in the medical field for almost 20 years. Having recently discovered OLLI and inspired by the enthusiasm the students have for learning, she decided to dust off the cobwebs and share some of her knowledge.

Tom Borcher, a retired trial attorney and White House historian, has entertained many groups with humorous stories and historical facts about the White House and its residents. He has been a guest speaker at several presidential libraries as well as civic organizations.

Dr. Sam Campbell holds a Ph.D. from Purdue University where he was also a lecturer in medical physiology. He retired from UAH after 30 years where he was Professor and Chair of the Department of Biological Sciences.

Glenn Cantley has 34 years experience in financial planning and benefit design and is currently an independent investment advisor in the Huntsville area. He has a BS in investment management from University of Alabama and a Charter Financial Consultant designation from The American College.

Donna Castellano is the current Executive Director of the Historic Huntsville Foundation and devotes much of her time to the research and preservation of Huntsville-Madison County’s historic buildings, homes, sites and neighborhoods. Donna received her M.A. in history from UAH, where she specialized in the antebellum south.

Hope Cheshier had an early love for calligraphy but it was not until college that a friend taught her the skill. She has calligraphed signs, walls, poems, invitations and much more. She has previously taught continuing education classes as well as private lessons.

Dr. William Confer retired from clinical psychology after 38 years of practice. He is a Diplomat of the American Board of Professional Psychology and the American Board of Sleep Medicine. His first degree was in English literature and he currently studies etymology as a hobby.

Mia Cushman was born in Venezuela and came to the US as a scholarship recipient from the Venezuelan Government. She has taught Spanish for the legal professional at Austin Peay State University in Savannah, GA. She is actively involved in OLLI as a student and an instructor.

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.

Nancy Barnett Darnall has a BS and an MBA. She has been an OLLI member over six years, former Board member, and an instructor for four years. She enjoys researching various topics for OLLI classes.

Deborah Dias has worked with embroidery since her first Barbie doll. She has experience with many types of needle art and is excited to share her passion with OLLI members.

Lois Dreher is a long-time archaeology enthusiast and OLLI member who has led archaeology courses since the mid-2000s. She also has traveled to archaeological sites.

Jennifer Ellinger, a UAH graduate, worked as an RN, BSN in both hospital ICU and office settings, giving her a unique perspective on health and disease prevention. As National MS Society’s 2018 Volunteer of the Year, she passionately lives a quest to find joy in every situation—even when faced with health challenges.

Sue Ewing has a master’s degree in functional music therapy from Kansas University and bachelor’s degrees as an instrumental string specialist and functional music therapist from Michigan State University, but her more recent passion is including those who struggle with writing and as an Associate Level trained Orton-Gillingham tutor, working with individuals with dyslexia and other specific language impairments.

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.

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.

Christa French, a Germany native, has lived in the US for 29 years. She got her nursing degree in Germany and was a pediatric nurse there for 15 years before working in the US. She retired 4 years ago from Huntsville Hospital as an RN.

Joy Hall has played bridge for 40+ years and has taught a variety of professional courses.

Eric Hardy has over 30 years of experience in baseball, both as player and coach. He played professionally in the MLB with the Iowa Cubs for four years and currently coaches little league. He is an engineer at TVA Browns Ferry Nuclear Plant.

Carolyn Holland has been a certified athletic trainer for the past 20 years, and has worked with UAH athletes in the past. Currently, she is an adjunct professor in the UAH Kinesiology department and an instructor for Steady for Life.

Mike Janssen has a BA in Sustainability Energy (University of Massachusetts), and a Masters in Sustainability and Environmental Management (Harvard Extension School). His career focused on business growth for a Fortune 100 company addressing military command needs through development of innovative energy conservation measures, sustainability, and systems integration.

Steve Johnson started making the transition from sports to news at WHNT News 19 in 1999. Since then he has been a Senior Reporter, and Special Assignment Reporter, and now he is the co-anchor of the weekday morning news.

Barbara Johnson, MS, RD, has over 40 year’s experience as a registered dietitian 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 eating habits.

Dr. Steve Jones is a retired university administrator (former president of four universities), forester (BS) and applied ecologist (PhD), author (three books on nature-inspired life and living, and weekly blog publisher), and speaker. His mission is to employ writing and speaking to educate, inspire, and enable readers and listeners to understand, appreciate, and enjoy nature.

Steven Keiser has a BA in sociology from Southern Illinois University-EEdwardsville and taught college-level sociology classes as a graduate student. He spent most of his career as a US Army civilian employee and retired in 2016.

William Kirkpatrick, a retired attorney, has played and studied bridge for 50+ 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.

Kent Kraus has a BS in engineering (West Point), a MA in economics (Vanderbilt University), and a MBA (Long Island University). He taught economics as Assistant Professor at West Point and at other colleges including UAH. After retiring from the Army, Kent pursued a second career as Vice President at Scientific Research Corporation.
Dr. Melissa Morphew, an award-winning poet, originally from Lawrenceburg, TN, has authored six poetry collections and has taught creative poetry writing workshops all over the country.

Marianne Osher is a seasoned retirement expert who focuses on assisting people to build happy, fulfilling lives through her book, workshops, seminars, public speaking, and individual coaching. She holds a Masters of Management from Northwestern University Kellogg School of Management.

Jerry Pang, a former OLLI 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. Pattí Patrick is a retired associate dean of the University of New Orleans’ College of Business with a PhD in strategic management from the University of Mississippi. While directing undergraduate studies in the College, she taught the MBA capstone course using the Harvard Business School’s interactive course analysis.

Lisa Peterson is a retired educator and current HR Administrative Specialist. Lisa is a seven-year certified Jazzercize franchise owner who leads choreographed group fitness classes with various Jazzercize class formats including Dance Mixx, LO (Impact), and Strength.

Donna Pratt holds degrees in math, economics and English and an MA in instructional technology. She has spent most of her career in IT and served on several boards and commissions including the Board of Education for a high-performing district. She enjoys reading, running, and design.

Tom Res, an avid traveler and adventurer, is an accomplished photographer and freelance writer. He has visited all seven continents and dozens of countries; he writes about his travel adventures for national and websites. He is also a volunteer at Wheeler National Wildlife Refuge and a board member of the Wheeler Wildlife Refuge Association.

Janet Reville, a military spouse for 30 years with over 12 moves, knows organization is a true necessity. Retired from the financial industry, she started a professional organizing business and recently downsized her own household.

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

Ken Rex holds a doctorate in physics & astronomy from Rensselaer Polytechnic Institute. He taught physics and astronomy at the State University of New York and was a system engineer for Lockheed Martin & Raytheon, working on Department of Defense radar, submarine, and missile projects.

Traci Draper, a lifelong dancer, always had an interest in being healthy. Putting the two together gives her the opportunity to do what she loves and helps others become their best version. She is excited to bring Zumba to OLLI members.

Bob Robertson holds a BS from Sterling College in mathematics and physics and a JD 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 with continuing coursework from UAB and UAH. She has 38 years art teaching experience including work with creatively gifted, MR and EH, and those diagnosed as gifted students.

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

John Schweinsberg 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.

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 memories has become a true passion for her.

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

Kathar Slaitane-Pottenger is currently a lecturer at UAH. She teaches both lower and upper division French and Arabic classes for the Department of World Languages and Cultures at UAH.

Dr. Harriett Smith Somerville, Professor Emeritus, University of Alabama Tuscaloosa, holds a PhD in cell biology from the University of Texas Austin and received postdoctoral training at the University of Chicago and the Medical Research Council in 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 OLLI courses and activities over the past 2 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 is a Registered Professional Engineer. He has experienced many travel adventures in more than two million miles of travel, both domestic and international, and has visited more than 25 countries and 40 states in his travels.

Janet Tedrow is a retired elementary and special education teacher who moved to Alabama in 2013. She learned to play Mah Jongg while living in Florida; she has played for seven years and taught the game for the last three. She plays twice a week in Huntsville and has played in Mah Jongg tournaments and on cruises.

Pamela Tejes 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.

Christa Terrell is the owner and designer of Her Nirvana, a handmade beaded jewelry business. Beading is her meditation; it brings a certain peace and happiness to her spirit. She is very excited to teach this skill to OLLI members.

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

Samuel Vickory is a USPTA teaching professional. He has been in good standing for 18 years, and has been ranked in the Southeast as 8th in doubles and singles in 1998. He has worked with many ranked players, and taught tennis to his son who was ranked 18th in the state of Tennessee.

Julie Wayne, a retired systems engineer, has many years of experience crafting, sewing and crocheting. She is excited to share her passion with OLLI.

Monica Yother is an artist and graphic designer who has a passion for helping others discover their creativity. She paints, journals and teaches workshops and painting parties in her studio at Lowe Mill A&E. When not in the studio she enjoys spending time with her family, horse riding and obediently tending to her miniature dachshunds.
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. Please contact the Registration Office if you wish to drop a course to allow wait-listed members to enroll.

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 OLLI.info@uah.edu
256.824.6183
OLLI is always looking for dynamic instructors with a passion for teaching. For information, contact us at OLLI.info@uah.edu or 256.824.6183.

First Term?
Complete the Parking Permit Application and pick up your OLLI Commuter Parking Permit in the CPCS Registration Office. Applications are available in the CPCS Registration Office or online at Osher.uah.edu/OLLIParkingPermit. The application requires vehicle year, make, color and type; driver’s license number, “state of issue”, and license plate number.

Already have a 2019/20 Commuter Parking Permit?
OLLI Commuter Parking Permits for 2019-2020 Academic Year need to be validated each term. Make sure you stop by the CPCS Registration Office before Spring term starts (April 13, 2020) to validate your permit.

Guidelines for Handicapped Parking
If you have a state DMV-issued Disability Access hang tag or license plate, please visit the Parking Management Office to have it validated. The office is located on the first floor of the Intermodal Parking Facility (IMF).

Please bring the following items: Disability Access Placard, Driver’s License, and DMV-issued Disability Access Paperwork
Don’t forget to hang both your OLLI Commuter Parking Permit and Disability Access Placard on your vehicle’s rear view mirror. When locating a parking spot, if all handicap spaces are full, members with Disability Access Placards may park in any regular space in Commuter or Faculty/Staff zones. This is NOT applicable for Residential (yellow dot) or Service Vehicle Zones.

UAH CAMPUS MAP

Interactive Digital Map: UAH.edu/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
12. G-10: Additional Parking
Walking Path: Commuter Parking:
White Areas
Crosswalks

CPCS Registration Office
Wilson Hall (WIL), Room 103
8:15am to 5:00pm, M – F

PLEASE NOTE:
Parking improvements are being implemented during 2020. Please visit Osher.uah.edu/OLLIParkingMap for the most current parking information.

Teach for OLLI AT UAH!
OLLI is always looking for dynamic instructors with a passion for teaching.

For information, contact us at OLLI.info@uah.edu or 256.824.6183.
FEATURED COURSES:

- African-American Women Writers
- Bead Jewelry Making
- Beginning Crochet
- A Closer Look at the 2020 Election
- Energy Sources and Challenges for 21st Century
- Exoplanets – Is Life Possible Beyond Earth?
- Foxtrot and East Coast Swing
- Human Anatomy, Physiology & Pathology
- Mah Jongg
- Making Retirement the Best Time of Your Life
- The Modern Science of Evolution
- Norwegian Hardanger Made Easy
- Play Ball! The History of America’s Pastime
- Smart Devices for Home & On the Go
- Social Security – Understanding Your Benefits
- Steady for Life Balance
- Tell Your Story with Art Journaling
- U.S. Household History: 1860 – 1960
- The Vietnam War
- Zumba Gold

Look inside for details about OLLI memberships, interest groups, and 60+ courses being offered this Spring.

SIGN UP TODAY: Osher.uah.edu | 256.824.6183