



OLLI

 UNIVERSITY OF DENVER

Course Index Spring Term '25

March 31 – May 23

Join the Osher Lifelong Learning Institute (OLLI) at the University of Denver, a dynamic community of 2,000+ members aged 50 and better, all united by a passion for learning, connection, and exploration. With over 350 courses, 40 webinars, and a variety of programs and outings each year, OLLI at DU offers something for everyone. Our courses cover a wide variety of topics, from history and art to science and technology. With no tests or grades, our flexible formats encourage engaging learning and lively, informal discussions. Connect with others who share your curiosity and enthusiasm for lifelong learning. Visit <https://olli.du.edu> to learn more about becoming an OLLI at DU member and register for classes.

OLLI at DU offers a variety of in-person classes at convenient locations in Broomfield, Denver, Golden and Littleton, or you can participate in online courses from anywhere. Classes are typically held in the mornings from 9:30 a.m. to 11:30 a.m., and in the afternoons from 1:00 p.m. to 3:00 p.m.

Health/ Wellness



Course Title/Facilitator

Online/
In-Person

Day
AM/PM

Minding Your Balance: Mind Body Activities to Improve Balance and Prevent Falls – Susan Chandler 4/1-4/22

1st Univ C

Tue AM

Unlocking the Brain's Potential: Understanding and Harnessing Neuroplasticity – Steven (Dutch) Thomson 4/2-4/23

Online

Wed AM

Course Title/Facilitator	Online/ In-Person	Day AM/PM
Health Care in the 21st Century - How in the World Did We Get Here? – Bill Shaw 4/2-5/7	1st Univ C	Wed PM
Harnessing the Healing Power of Words: Writing for Wellbeing – Heather Martin 4/3-4/24	Online	Thurs AM
Trails and Tours – Jan Friedlander 4/4-5/23	In-Person (Offsite)	Fri AM
History & Economics		
Course Title/Facilitator	Online/ In-Person	Day AM/PM
Artificial Intelligence: What It Is and How It Will Impact Us All – Ralph Hughes, Alec Tsoucatos 4/1-5/20	Jefferson UC	Tue AM
Stories of Colorado Women: The Famous and the Unknown – Rae Wiseman 4/1-5/20	Columbine UC	Tue AM
The 1619 Project-Where Aggressive Journalism and Revisionist History Collide – Terry Casey 4/1-5/20	DU Ruffatto	Tue AM
Ten What If's of American History – Alan Folkestad 4/1-4/29	Online	Tue PM
The Battle of the Atlantic in World War II (Hybrid) – Mac McHugh 4/1-5/20	Online	Tue PM
The Battle of the Atlantic in World War II (Hybrid) – Mac McHugh 4/1-5/20	DU Ruffatto	Tue PM
Women and Work: Career or Labor of Love? – Myra Rich 4/1-5/20	Online	Tue PM
A Global Romp: The Renaissance, Reformation and Exploration from a Global Perspective – Shellie Hochstadt 4/2-5/21	1st Univ C	Wed AM
The Eagle and the Rising Sun: The Decline of the Japanese Empire and the Rise of America, 1936 to 1945 – Charles Holt 4/2-5/21	Columbine UC	Wed AM
Eugenics, Then and Now – Jim Edelman 4/2-5/14	Online	Wed PM
Reimagining America: From Independence to Unity, 1783 – 1789 – David Lippman 4/2-5/21	Online	Wed PM
Theodore Roosevelt: A Dominant Personality in a Changing Time – Thomas Kleinschmidt 4/3-4/24	Online	Thurs AM

Course Title/Facilitator	Online/ In-Person	Day AM/PM
The Failed Experiment: The Enlightenment and Eighteenth-Century Revolutions – Stephen Bennett 4/3-5/22	Columbine UC	Thurs AM
Literature/Writing/Language		
Course Title/Facilitator	Online/ In-Person	Day AM/PM
Bleak House: Love, Death, and the Law in Dickens' England – Gloria Eastman 4/1-5/13	DU Ruffatto	Tue PM
Tales Untold: A Short Story Writing Adventure – Edward (Ned) Ford 4/2-5/21	DU Chambers	Wed AM
Dickens and the History of Revolutions: What Do Guillotines, Liberty, and Literary Genius Have in Common? – Ryan Lambert 4/2-5/7	Online	Wed PM
Taboo Texts: A History of Book Banning in America – Anne Marshall Christner 4/2-5/21	Online	Wed PM
The Tie That Binds - A Novel Celebrating the Tenacity of the Human Spirit – Don Batt, Gracie Batt 4/3-5/22	Online	Thurs AM
Mysterious Places: Four Corners – Linda Lange, Thomas Corona 4/3-5/22	Online	Thurs AM
Reporting from the Trenches: Ernie Pyle and the American GI – Gregory Moody 4/3-5/22	Columbine UC	Thurs AM
A Life in Crime: How Does Anthony Horowitz Reinvent the Classic Whodunit for the Modern Reader? – Patricia Paul 4/3-5/22	Online	Thurs PM
Psychology, Religion, Philosophy, Culture		
Course Title/Facilitator	Online/ In-Person	Day AM/PM
Foundations of Ethics in History and Today – Dan Putman 4/1-5/20	Online	Tue AM
Can Our Prehistory Ancestors Tell Us Who We Are? – Roscoe Hill 4/1-5/20	DU Ruffatto	Tue PM
Introduction to Islam – Kathleen Ochs 4/1-5/20	Online	Tue PM

Course Title/Facilitator	Online/ In-Person	Day AM/PM
Decoding the Talmud: Inside the Story, Substance, and Significance of the Book that Defines Judaism – Rabbi Yossi Serebryanski 4/1-5/6	Online	Tue PM
Misinformation, Conspiracy Theory and Contemporary Society – Dwight Smith 4/1-5/20	DU Ruffatto	Tue PM
Ten Centuries of Music and Culture (Part 3 - 1800 to the Present) – Gregory Adams, Alec Tsoucatos 4/2-5/21	1st Univ C	Wed AM
The Trinity Across Faith and Science: An Integrative Exploration – Gregory Adams, Alec Tsoucatos 4/2-5/21	1st Univ C	Wed PM
Common Humanity: Why Humans Predictably Unite and Divide, Succeed and Fail – Chris Meagher 4/3-5/22	Columbine UC	Thurs AM
Public Affairs/Current Events		
Course Title/Facilitator	Online/ In-Person	Day AM/PM
Democracy Awakening – Alice Howard, Barbara Lilly 3/31-5/19	Online	Mon PM
Current Events – Tuesday – Richard Reinish, Sydney Myers 4/1-5/20	1st Univ C	Tue AM
Deliberative Democracy: An Innovative Model for Discussing Big Issues – Kent Epperson 4/1-5/6	1st Univ C	Tue AM
The Enigma of Artificial Intelligence – Stephen Bennett 4/1-5/20	Columbine UC	Tue AM
Colorado Stories: Journalism that Illuminates and Enlightens – Bob Steele, Dennis Ryerson 4/1-5/20	Online	Tue PM
Democracy in Crisis: Challenges and Opportunities – Michael Prevedel, Alec Tsoucatos 4/1-5/20	1st Univ C	Tue PM
Israel's Existential War of Survival and Its Message for the Free World – Herzl Melmed 4/1-4/22	1st Univ C	Tue PM
Topics in Criminal Law – Rick Levinson, Gary Lozow 4/1-5/20	1st Univ C	Tue PM
Video Delight - A Medley of Documentaries, Ted Talks and Discussions – Tom Hughes 4/29-5/20	Jefferson UC	Tue PM

Course Title/Facilitator	Online/ In-Person	Day AM/PM
Current Events Wednesday – Richard Reinish, Sydney Myers 4/2-5/21	1st Univ C	Wed AM
Great Decisions 2025 – Dennis Brovarone 4/2-5/21	DU Chambers	Wed AM
Documentary Films – Richard Reinish 4/2-5/21	1st Univ C	Wed PM
Contemporary Educational Challenges – Marcus Pohlmann 4/3-5/22	Online	Thurs AM
STEM		
Course Title/Facilitator	Online/ In-Person	Day AM/PM
Why Maps Still Matter – Joseph Kerski 3/31-4/21	Online	Mon PM
Fifty Years of Global Climate Change and Environmental Research: What Have We Learned? – John Lanning 4/28-5/19	Online	Mon PM
Great Debates that Reshaped the Course of Science – Stuart Gentry 4/1-5/20	Columbine UC	Tue AM
Navigating the Challenges of Climate Change – Phil Nelson 4/1-5/13	Jefferson UC	Tue AM
Foundations of Quantum Mechanics – Ed Friedman 4/2-5/7	DU Chambers	Wed AM
Come Bird With Us – George Ho 4/2-5/21	1st Univ C	Wed AM
What the Bleep Do We Know About Theoretical Physics? – Peter Gilbert 4/2-5/21	Columbine UC	Wed AM
How to Do Lots More with Your iPhone, iPad, and Mac! – Maria Arapakis 4/9-4/30	Online	Wed AM
Travel Journaling in Words and Pictures with Smartphone and Snapseed App – Sara Frances 4/2-4/23	1st Univ C	Wed PM
Your Brain is You – Barbara Adams 4/2-4/30	Online	Wed PM
The World of Water – Thomas (Tom) R. Bellinger 4/30-5/21	Online	Wed PM
Beginning Birding with Denver Audubon Master Birders – Cynthia Kristensen, Curt Frankenfeld 4/4-5/16	In-Person (Offsite)	Fri AM

Visual & Performing Arts



Course Title/Facilitator	Online/ In-Person	Day AM/PM
Introduction to the French New Wave – Mark Robert Garrett 3/31-4/28	Online	Mon PM
Matinee at the Bijou - More Film Noir – Mac McHugh 3/31-5/19	Online	Mon PM
Watercolor Pencils for Beginners – Mitra Verma 3/31-5/19	Online	Mon PM
The Photographer's Denver: Iconic Buildings Through the Lens – Mark Payler 4/28-5/19	DU Ruffatto & Offsite	Mon PM
Let's Make a Movie – Robert Magnani, Charles Holt 4/1-5/20	Jefferson UC	Tue AM
Cultural and Psychological Dynamics of African American Music – Arthur Jones, Duke Weiss 4/8-5/27	DU Ruffatto	Tue PM
American Women Directors – Sarah Kozloff 4/1-5/20	Jefferson UC	Tue PM
Film Noir: What Makes it Enduring, What Makes it Great – Tom Grant 4/1-5/6	Online	Tue PM
Memorable Movies of the 2010's – Greg Petty, Larry Matten 4/1-5/20	Online	Tue PM
String Spotlight: Classical Violins, Guitars, and More – Betsy Schwarm 4/2-5/7	Online	Wed AM
A Day at the Opera – Jan Friedlander, Neil Adelman 4/2-5/7	Online	Wed AM
Bustles to Bellbottoms: How History Influences Fads and Fashion – Sue Bramley, Natalie Conklin 4/2-5/21	Columbine UC	Wed AM
Female Songwriters from Joni Mitchell to Taylor Swift – Paul Turelli 4/2-5/7	1st Univ C	Wed PM
Journeys: Learning Through Travel – Barbara Werren 4/2-5/21	Online	Wed PM
The Art of Making Movies – Robert Magnani 4/3-5/22	Online	Thurs AM
Exploring Storytelling Through Film: Facilitator Selections – Dixie Vice, John Lungerhausen 4/3-5/22	Online	Thurs PM

Miscellaneous (Genealogy, Bridge, Travel)

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Course Title/Facilitator	Online/ In-Person	Day AM/PM
On the Road to Facilitating an OLLI@DU Course – Candace Hyatt 4/1-4/29 (Free Course)	DU Chambers	Tue AM
American Mah Jongg for Those People Who Have Never Played – Elaine Levy 4/1-5/20	1st Univ C	Tue PM
Bridge Basics III: Popular Conventions – Michael Holmes 4/2-5/21	Online	Wed AM
Double Trouble: Doubles in Bridge – Michael Holmes 4/2-5/21	Online	Wed PM



Free for OLLI Members!
OLLI Fit Classes and Webinars

OLLI FIT



Course Title/Facilitator	Online/ In-Person	Day AM/PM
Meditation in Motion: The Art and Science of Tai Chi – Joseph Brady, Jacqui Shumway 3/31-5/19	Online	Mon AM
Gentle Hatha Yoga – Lisa Theis 4/1-5/20	Online	Tue AM
Medical Qigong: Healing Exercises from China – Joseph Brady, Jacqui Shumway 4/2-5/21	Online	Wed AM
Breath, Meditation & Community – Lisa Theis 4/3-5/22	Online	Thurs AM

Webinars via 



Webinar Title/Facilitator	Day AM/PM
The Heat Beneath Our Feet: Colorado's Geothermal Energy Opportunities – Bryce Carter 4/4	Fri AM
Myths and Truths about Learning – Lauren McGrath 4/11	Fri AM
Carbon Dioxide Removal Options to Combat Climate Change – Will Burns 4/18	Fri AM

Webinar Title/Facilitator	Day AM/PM
The Magic of RNA - A Key to Cancer, Aging, and the Origins of Life on Planet Earth – Thomas Cech 4/25	Fri AM
Bots, Beasts, and Beyond: How We Interact with Non-Humans – Webb Keane 5/2	Fri AM
The Future of Meat? - An Overview of Cell Cultured Meat, Common Misconceptions, Production Technologies, and its Anticipated Impact on the Traditional Meat Industry – Jennifer Martin 5/9	Fri AM
Behind a Wall of Trees, Archaeologists Discover a Maya City – Luke Auld-Thomas 5/16	Fri AM

Locations for In-Person classes:

Littleton- Columbine United Church

Denver- First Universalist Church

Golden- Jefferson Unitarian Church

DU Campus- Ruffatto Hall

Broomfield- Broomfield Community Center

DU Campus- Chambers Center

**MID-YEAR
SALE**

Special Offer
Discounted half-year
membership for only \$35

Become a member of OLLI at DU and gain access to a wealth of learning opportunities! Your annual membership allows you to register for a wide range of classes, lectures, and special programs, along with exclusive access to complimentary webinars, OLLI Fit classes, and member-only events. You'll also enjoy discounts on courses and special activities. Join OLLI at DU today!

Come for the courses, stay for the connections!



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