



# 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/<br>In-Person  | Day<br>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<br>(Offsite)  | Fri AM       |
| History & Economics  |  |              |
| Course Title/Facilitator   | Online/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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/<br>In-Person  | Day<br>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<br>(Offsite)  | Fri AM       |


| Visual & Performing Arts  |  |              |
|---|--|--------------|
| Course Title/Facilitator  | Online/<br>In-Person   | Day<br>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)   |                      | ...          |
|---|----------------------|--------------|
| Course Title/Facilitator  | Online/<br>In-Person | Day<br>AM/PM |
| On the Road to Facilitating an OLLI@DU Course – Candace Hyatt 4/1-4/29 ( <b>Free Course</b> ) | 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/<br>In-Person | Day<br>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<br>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        |



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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