

OLLI *South*

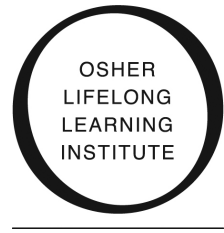
Winter 2019 Course Catalog

January 14 - March 11, 2019

WEBSITE: portfolio.du.edu/ollisouth



Osher Lifelong Learning Institute
at the
University of Denver



Mission Statement

OLLI, a member-volunteer organization, offers non-credit academic classes and stimulating programs, along with social opportunities for retired and semi-retired men and women. Members use their talents, experiences, and skills creatively in shared intellectual and cultural pursuits. We strive to respect diversity of thought in a relaxed, supportive academic environment, exploring new interests, discovering and developing latent abilities, and contributing to the immediate and broader communities.

About the Osher Foundation

Thanks to the generosity of the Bernard Osher Foundation, the network of Osher Lifelong Learning Institutes across the United States is meeting the needs of older learners who want to participate simply for the joy of learning and personal fulfillment. To date there are more than 121 OLLI programs in the United States from Maine to Hawaii and Alaska.

Welcome to OLLI South at DU...

Where curiosity never retires.



UNIVERSITY of
DENVER

Dear Friends,

Enclosed is the Winter 2019 curriculum information for OLLI South. Our 8-week winter term begins **Monday, Jan. 14 and ends Monday, March 11. Please note the Martin Luther King Holiday on Jan 21.** All OLLI South classes are held in classrooms at Valley View Christian Church, 11004 Wildfield Lane, Littleton (near the intersection of South Santa Fe Drive & Titan Parkway). We hope you find several classes interesting and plan to join us for up to eight weeks of learning, discussion and fun!

Members also can access the course catalog and register online by going to the OLLI South website at www.portfolio.du.edu/ollisouth. Visiting the website gives you the advantage of viewing classes at all of the OLLI at DU sites. Your membership dues allow you to take as many courses as you like, subject to availability, at any of the OLLI at DU sites. A map of all the sites can be found inside the back cover of this catalog and a list of contacts and websites are found on the inside of the front cover. Please refer to each site's website for information on their classes and registration process.

All OLLI South classes must have a least ten participants enrolled for the class to be offered. If there are fewer than ten participants, members will be notified that the class is in jeopardy two weeks prior to class beginning. If within one week of starting classes the class has not reached ten, the class will be cancelled entirely. Please do not purchase recommended or required course books until the week before class begins as we cannot refund book purchases if a course has been cancelled. Membership fees will be refunded only if a class does not make minimum enrollment and no other classes are requested.

OLLI South continues to grow and we sincerely appreciate your support and commitment! Please share your course catalog with friends and neighbors who may want to participate in OLLI. If you have questions, please send me an email at ollisouth@gmail.com.

Sincerely,

Connie Dawson

Connie Dawson, OLLI South Manager



OLLI Policy Statement

In the spirit of fostering understanding, all OLLI members are encouraged to share opinions and ideas. OLLI class participants do not attempt to “convert” others because there is a mutual respect for each member’s experiences, ideas, value systems and beliefs. The true focus of an OLLI class is the critical examination of issues and opinions. All participants’ points of view carry equal weight. Consensus is not a goal.

We encourage participants with all points of view to attend and become engaged through discussion and civil debate.

Membership Fee Information

Fee Structure: \$130 per term for unlimited classes

Membership fee includes the following benefits:

Participation in classes at Central, West, South, East, & OLLI on Campus (Enrollment in classes is limited based on classroom size and facilitator preferences.)

Special member price for “The Summer Seminars of OLLI”

OLLI Newsletter (three editions per academic term)

Notice of un-advertised DU events (many at no cost)

Invitations to annual social events

Lamont School of Music – All OLLI members get the senior/group rate for Ode to Nature or the Spring Opera

University of Denver Library (Anderson Academic Commons) borrowing privileges, see www.portfolio.edu.ed/olli for details

ENRICHMENT PROGRAM – Our sister organization offers classes at the University of Denver. The classes are led by professors and staff and are held during the evening hours. The members of OLLI at DU enjoy a 20% discount on most courses (some exclusions do apply) when they register with the code OLLIW18. To review the course offerings please go to <http://universitycollege.du.edu/enrichment> or visit the 2211 South Josephine Street office and pick up a catalog in the front reception area

DU Athletics – Purchase one full-price ticket and get one free ticket to any men’s or women’s basketball game, based on availability

Coors Fitness Center \$25 per month membership for 12 months.

Refund Policy

Per term: Full refund of \$130 if requested no later than 10 days into the term. Please contact Connie Dawson at ollisouth@gmail.com to request a refund. Unless a class is cancelled, there will be no refunds for class or materials fees.

A Message from Your Curriculum Co-Chairs

We broke a new record with the number of classes offered this term! We hope you will be having as hard a time as we are choosing what to take. What a great problem to have to solve!

You may not be aware that OLLI South's Curriculum Committee members volunteer countless hours during the academic year finding other OLLI members to serve on their Sub-Committees, recruiting and coaching new facilitators, and persuading seasoned facilitators to do yet another class. We absolutely couldn't do it without them and are deeply grateful for all of their time and effort. In case you don't know who they are, you will find all their email addresses on our website and at the back of this catalog.

If you do know them, please stop them one day and say thank you. If you have any ideas for new classes or facilitators, please share your ideas with them. If you want to help, tell them that too! We are a volunteer organization, so we would all appreciate your help.

We look forward to seeing you during Winter term!

Sincerely,

Sally Walling and Pat Smith
OLLI South Curriculum
Committee Co-Chairs



Reducing Our Paper Use!

We appreciate your thoughts and ideas! We have received input from members that they would like to see OLLI South reduce the amount of paper used for both environmental reasons and cost concerns. We have greatly reduced the number of newsletters printed and stopped printing flyers for each class folder and instead are referencing members to the website, the bulletin board, and our weekly emails sent during the term. Since the catalog is easily accessible on-line, we are giving members the opportunity to not receive a paper catalog. Beginning with the Winter 2019 registration, you will be asked if you need your next term's catalog mailed. The default answer is "No." You will need to change the default answer to "Yes" (I need a paper copy of the catalog mailed to me)" to receive a mailed, paper catalog the following term. Below is the question to look for during registration.

NEXT OLLI SOUTH CATALOG - Change this to Yes if you need a paper catalog mailed to you for the next term. The catalog is available on-line and printable. We would like to reduce printing/mailling costs as much as possible.

No



WorldView

An International Perspective

WorldView 2018-2019: China



Each academic year OLLI at DU seeks to provide internationally-focused classes with specific emphasis on one country for that year. This year, OLLI at DU's focus is China.

Throughout the year each site may have classes that will highlight this intriguing country.

If you have Chinese connections or would like to facilitate a course or presentation on China, please share such with your site manager or curriculum committee. The site administrative staff and curriculum committee members can be found at the back of this publication.



Course Title by Topic for Winter 2019

Alive and Well!

The Aging Brain	Abe Grinberg
Ins & Outs of Diet and Exercise: A New You in 2019	Anne Bennett/Susan Polycarpou
Managing the Maverick Mind: Mindfulness I	Barbe Ratcliffe
Recorder Fun: Learn to Play Recorder and Read Music	Pat Gibson
Treasures to Trash: Pathways to Aging in Place	Kay Bowman/Jenny Fortenberry
Understanding Grief and Loss	Peggy Robinson

Economics

Foundations of Economic Prosperity	Ira Rifkin/Stan Folker
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Extracurricular

Beginner Yoga	De Swiger
Chess for Current Players	Bob Magnani
Color Your World with Alcohol Ink	Peggy Winn
The Great Game of Bridge—Advanced Play	Wilt Cooper
The Great Game of Bridge—Play of the Hand	Wilt Cooper
The Wildlife of Winter	Kate Hogan

History

The Bataan Death March and the Fall of the Philippines in WWII	Jim Bowman/Lowell Fortune
China: Still an Enigma and How it Got That Way	Walter Shaw/David Evans
Crusade in Europe	Mac McHugh
Turning Points in American History—In Our Lifetime	Jim Grow
Understanding a Bit About Imperial China: Dynasties, Life, Culture	Barbe Ratcliffe

Literature & Writing

Britain's 19th Century Women Authors: Jane Austen's <i>Persuasion</i> and Mary Shelley's <i>Frankenstein</i>	Anita Leitner
English in America	Renee Romanowski/Susan Polycarpou
More and More Poetry	Sally Walling
The 1960s: New Yorker Essays from a Chaotic Decade	Bob Steele
Poet's Brown Bag	Nancy Bierman/Rocky Rhoads

Philosophy, Religion & Culture

Harari's <i>21 Lessons for the 21st Century</i>	Terry Ortlieb
Islam 101: Discovering Islam	Gulsum Katmer
Jerusalem: City of Resilience, 1000 BCE-638 CE	Peggy Breeding
Making Peace with Imperfection: Courage in Everyday Life	Werner Boos
More of the World's Greatest Churches	Barb Pond

Course Title by Topic for Winter 2019

Political Science/Current Events

Immigration: The Changing Face of America	Bill Baird
Racism in America	Janet Kester
Social Justice, Part 2 of 2	Carolyn Kallemeyn
Supreme Court in Review: The 2017-2018 Term	Brian Gibson
TED Talks	Barbara Pond/Sarah Burk

Science, Math & Technology

Exploring Nature with Alexander von Humboldt	Linda Green
How the Universe was Formed: A Study in Cosmology	Stuart Gentry
Introductory Logic	Dan Pond
Serious Evolution: From Beginning to Future	Bill Vigor

Soci-OLLgies

Archaeology—It's Way More than Digging for Treasures	Anne Christner
Genius: Leonardo—Scientist, Inventor, Artist	Sylvia Trujillo
The Righteous Mind: Why Good People are Divided by Politics & Religion	Charlie Clack
What Makes Life Most Worth Living	Gary Wyngarden

Visual & Performing Arts

Amazing Movies You Might Have Missed (repeat)	Sally Walling
Influential People in the American Art Genres: Who Causes the Buzz	Sue Bramley/Natalie Conklin
Loving Vincent: Van Gogh Through Multi-Media	Judith Vlasin
Matinee at the Bijou: The Screwball Comedy Mysteries	Mac McHugh
Navajo Rugs and Trading Posts	Tom Corona
Select Explorations: Explorers & the Essence of the Human Spirit	Jerry Wischmeyer
The Smithsonian: What Its Artifacts Teach Us About Us	Natalie Conklin

Friday Features

An Overview of Mexican Folk Art	Rebecca McAlister
A Morning with the 1st Woman Who Walked Around the World	Polly Letofsky
The Cartographic Roots of Colorado	Wesley Brown

Monday 9:30 - 11:30

China: Still an Enigma and How It Got That Way

221 BCE–Jan. 2019 CE

Facilitators: Walter (Joe) Shaw and David Evans **Note: No class on Jan 21**

Founded more than 22 centuries ago, China is recognized by most as the world's oldest country and people. Today, it is the world's most populous nation with nearly 1.4 billion citizens. It is amazingly diverse, recognizing 55 ethnic minority groups. It contains almost all of the earth's ecosystems from sub-arctic to tropical; from jungle to extreme desert; from exceedingly fertile flood-plains to the highest mountains in the world; from pristine wilderness to some of the most polluted and ravaged land found anywhere.

While the primary thrust of this course will address modern Chinese events, they must be viewed in the context of the past. We will start with an overview of the first 22 centuries beginning with the Han Dynasty (221 BCE) through the collapse of the Qing Dynasty a little over 100 years ago. We will explore the lasting influence of Confucius, China's tendency of self-isolation, Marco Polo and the impact of the opium wars.

Finally, we will delve into modern China as we explore the founding of the Republic of China, World War II and the establishment of the People's Republic. We will discuss how Mao's tragic "Great Leap Forward," the Cultural Revolution, China's "opening" to the world, and the suppression of the nascent democracy movement at Tiananmen Square still shape China today. We will conclude by examining China's 21 century rise to world power status and speculate a bit on what the future may hold.

Book/Materials: None but occasional articles will be posted on the webpage.

Class Type: Lecture, discussion with occasional DVD

Class Size: Maximum of 25 participants

Materials Fee: None

Dr. Walter "Joe" Shaw is a retired college professor, dean and vice president. He has been particularly involved in international education and taught and consulted widely in China on a variety of educational and corporate training projects. As an OLLI facilitator he recently led a course on The Life, Times and Legacy of Christopher Columbus.

Special guest presenter will be David Evans. Dave is a retired executive with the John Deere Corporation and worked with Deere for an extended period in China. He has had a deep interest in China for decades and is a keen observer of Chinese modern history and economics.

Monday 9:30 - 11:30

English in America

Facilitators: Renee Romanowski and Susan Polycarpou

Note: No class on Jan 21

This course is for language enthusiasts. If you enjoyed books like *Eats, Shoots and Leaves* or *Mother Tongue*, you will enjoy this course.

- Learn the difference between a language, a dialect, and an accent as well as how these are influenced by region, social status, age, gender and situation.
- Delve into the foundations of American English, how it absorbed foreign words, borrowed and created new words.
- Take a dialect mapping survey and discover which region of the U.S. it places you into.
- Gain and share your insights into the perceptions—and misperceptions—about language and dialect variation.
- Discuss how trends suggest possible changes in Americans' linguistic habits.
- Examine American English's influence on World Englishes and consider where it is going in the future.

Books/Materials: Handouts will be provided by the facilitator

Class Type: Discussion, DVDs and videos, guest speakers

Class Size: Maximum of 25 participants

Materials Fee: None

Renee Romanowski has worked in community service, locally and internationally, most recently as a teacher of reading in a public school for refugee students.

Academic credentials: BA International Service, MBA International Business, and K-12 teaching certificate. Lifelong and ongoing learning about languages, accents, word and phrase origins is exciting, reinvigorating and best shared with other enthusiasts.

Susan Polycarpou is a retired English as a Second Language instructor. Her academic background includes a BA in German as well as an MA in TESL. In this course she looks forward to sharing her fascination for the study of dialects in American English.

Monday 9:30 - 11:30

Extracurricular

The Great Game of Bridge - Play of the Hand

Facilitator: Wilt Cooper

Note: No class on Jan 21

Bridge is the world's most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further. It is played by nearly 40 million people just in North America with international tournaments annually.

This class is for bridge players who want to become a better declarer. We will learn how to accurately count winners and losers, know what are quick losers and slow losers, develop additional winners through promotion, length, or finesses; and eliminating losers with ruffing and discarding. We will study techniques for maintaining transportation, maintaining trump control, conducting hold-up plays, protecting against dangerous opponents, and planning the play of the hand before you make your first play from dummy. The class will also include some basic guidelines for defense, preemptive bid guidelines, a review of the Stayman convention; and introduce the Jacoby Transfer convention.

Books/Materials: Recommended, but not required, *Play of the Hand in the 21st Century*, part of the ACBL Bridge Series (2007 or later edition).

Class Type: Lecture, discussion interactive

Class Size: Maximum of 25 participants

Materials Fee: \$60 for members; \$100 for guests

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. Wilt has earned a Bronze Life Master in bridge, is teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.

Monday 9:30 - 11:30

Introductory Logic

Facilitator: Dan Pond

Note: No class on Jan 21

Do human beings think rationally? How do we deal with cognitive biases that are formed by our experiences to determine if an assertion is rational or not?

This course introduces the basic tools that logic provides to arrive at rational conclusions. It draws from the structures of grammar and mathematics, and from philosophy and science to introduce these tools.

We will begin with a study of informal logic and introduce some common reasoning errors that are often found when an assertion is stated.

We will study both deductive reasoning (or top-down logic) and inductive reasoning (or bottom-up logic) and the level of rational confidence which is achieved by each approach.

By using logic's tools, we can learn to think in a more rigorous fashion. The study of logic helps us sort out the differences between proper and improper reasoning and, as such, can make us into more rational human beings.

Books/materials: None

Class Type: DVDs and videos, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Dan Pond has facilitated several OLLI courses connected to science, mathematics and physics. He holds a Bachelor of Science and a Master of Science degrees in Electrical Engineering and is retired following a 43-year career in the aerospace industry.

Monday 9:30 - 11:30

Making Peace with Imperfection: Courage in Everyday Life

Facilitator: Werner Boos

6 weeks, Jan 14, 28, Feb 4, 11, 18, 25

Brené Brown, PhD, LMSW, is a research professor at the University of Houston, where she holds the Huffington Endowed Chair at the Graduate College of Social Work. She's the author of three #1 New York Times bestsellers, *The Gifts of Imperfection*, *Daring Greatly*, and *Rising Strong*. Her most recently published book, *Dare to Lead*, may soon join these three in mass readership and wild popularity.

In a six-session course, we'll get familiar with Brown's thoughts--steeped in the social sciences and drawn from personal experience. Then we'll engage in some much-needed personal reflection and faith-life application.

I propose to divide a major theme for each class session into several subtopics through the use of quotes from Brown's books. I will read these and comment briefly on them. As a group we will discuss our response to these quotes, and hopefully learn what this popular social science researcher/professor has to offer us at a time when many in our families, communities, and nation are struggling mightily for everyday, down to earth, meaning and purpose.

We will also watch a number of TED Talks and YouTube episodes, so that we can "get a feel" for Brené as a person who passionately lives what she teaches!

Topics included are:

- Embracing Vulnerability
- Listening to Shame and Building Shame-Resilience
- Taking Courage
- Daring Greatly--Rehumanizing Education, Work, and Parenting
- Rising Strong--The "Reckoning"
- Rising Strong--The "Rumble" and The "Revolution"

Books/Materials: Brené Brown's books, *The Gifts of Imperfection*, *Daring Greatly*, and *Rising Strong*, are recommended. Handouts will be provided by the facilitator.

Class Type: Lecture, DVDs and videos, discussion

Class Size: Maximum of 35 participants

Materials Fee: None

Werner Boos (Bose) is a Licensed Psychologist and a Lutheran clergyman. He graduated from DU's School of Professional Psychology and is currently Agency Director of Pastoral Counseling for Denver, an outpatient counseling center with eight locations. He and the staff at PCD specialize in psychotherapy that is spiritually sensitive and clinically informed to help people live more holistic/meaningful lives.

Monday 11:45 - 12:45

Extracurricular

Beginner Yoga

Facilitator: De Swiger

Note: 1-hour, 11:45-12:45

Also note: No class on Jan 21

Are you new to yoga or wanting to get back in the practice? Yoga is a beautiful way to exercise your mind & body and improve your overall health and well-being. This class is perfect for people who have little or no experience with yoga. Learn the basics of yoga (postures, breathing, relaxation) at a pace that is not overwhelming, and in a safe and encouraging environment. The focus is on alignment, form, slow flow, balance, flexibility and finding "your yoga."

Benefits are:

- Increased flexibility and range of movement
- Improved balance
- Increased muscle strength
- Reduce stress
- Lower blood pressure
- Improved sleep
- Improved overall well-being

Materials: Bring your own mat and water! If you want to relax even more, pillows and blankets acceptable.

Class Type: Interactive. Members should be able to get down and up from the floor.

Class Size: Limited to 25 participants

Class Fee: \$40 members; \$50 guests

De Swiger is retired from the Defense Department and has been practicing yoga for many years. De was certified as a yoga instructor in 2006, and as a group fitness instructor in 1995. She currently teaches several classes for 24-Hour Fitness.

Monday 11:45 - 12:45

Poet's Brown Bag

Facilitators: Nancy Bierman and Rocky Rhoads **Note: No class on Jan 21**

Poetry tells stories, captures the essence of scenes and experiences, and expresses emotions: it uses carefully chosen words plus meter, formatting, and sometimes rhyme to help the reader see and feel the familiar in a new way. One of the best ways to appreciate poetry is to read and discuss it with a group of fellow poetry lovers. These informal brown bag sessions are open to poets, lovers of poetry, and even those who think they don't like poetry but who do enjoy a pleasant hour in the company of friends. The class is part open mic, part discussion group. Bring your lunch and a poem to share – your own work or a poem you love. Or research a favorite poet or style of poetry and tell us about it. Or just come and listen. We will try to discuss at least four poems or poets in the hour we have available, with a focus on ensuring that everybody who wants to present something has an opportunity to do so.

Book/Materials: None

Class Type: Interactive

Class Size: Maximum of 10 participants

Materials Fee: None

Nancy Bierman is a poet and lover of poetry. She is a member of Colorado Press Women Writers Group and Poetry Society of Colorado. She is a retired software developer and has been an OLLI member since 2015.

Rocky Rhoads is an 87 year old retired R.N. She loves to read and claims to have read her first book of poetry while she was still in the crib. That claim has never been verified. She began writing poetry in her mid-forties. She joined OLLI South during its second term in 2009 and has been part of it ever since.

Monday 1:00 - 3:00

Extracurricular

Color Your World with Alcohol Ink

Facilitator: Peggy Winn

6 weeks, Jan 14, 28, Feb 4, 11, 18, 25

Alcohol inks (as the name suggests) are alcohol-based pigments that come in many rich and vibrant colors. Originally used to create backgrounds for scrapbooking and other crafts, they are rapidly becoming a popular medium among hobbyists and fine artists alike. They can be used on a variety of non-porous surfaces including Yupo paper, ceramic tiles, glass, prepared canvas and metal.

Creating with alcohol ink is a fun and liberating experience that causes you to loosen up and literally go with the flow (ink flow that is). With a few tiny bottles of vibrant colors and some basic techniques, you will be amazed at the interesting effects, patterns and designs that you can create.

In this class you will learn about tools and techniques for applying and manipulating inks on a variety of different surfaces. But mostly we will create, discover, and play with this colorful medium while also getting to know one another.

Books/Materials: None

Class Type: Discussion, interactive

Class Size: Maximum of 12 participants

Materials Fee: \$30.00 to cover the cost of a "kit" which will include ink, surface materials and tools. Note: fee to be paid to facilitator first day of class.

Peggy Winn is a hobby alcohol ink artist. She has been experimenting and creating with it for three years and looks forward to sharing tips, tricks and guidance for working with this beautiful and bright medium.

Monday 1:00 - 3:00

Loving Vincent: Van Gogh through Multi-Media

Facilitator: Judith Vlasin

4 weeks, Feb 18, 25, Mar 4, 11

Vincent van Gogh has been a beloved subject of interest and speculation for well over a century. He stands tall among the most famous influential figures in the history of Western art. In just over a decade, he created 2100 works of art, including more than 800 oil paintings, most of them during the last two years of a life characterized by mental illness and poverty. Yet he never stopped creating. Today, he is remembered as an important but tragic figure who played a major role in the Post-Impressionistic art movement and in the foundations of modern art.

In this class, we will examine and discuss various types of tributes to this well-loved artist. We'll watch feature-length and short films about his life (including 2017's 'Loving Vincent'), read short stories, excerpts and poetry on him, listen to music dedicated to the man and his craft, and explore some of his artwork, discussing as we go. Join us as we venture into the intriguing world of Vincent van Gogh and his timeless art.

Books/Materials: None

Class Type: Videos, lecture, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Judith Vlasin retired seven years ago after teaching Film, Literature and Composition to high school students for 42 years. She is now an entrenched OLLI fan, taking and facilitating classes at Central, South and West. She is also an ardent Van Gogh enthusiast.

Monday 1:00 - 3:00

Racism in America

Facilitator: Janet Kester

Note: No class on Jan 21

Why do we have so much trouble talking about race? How is racism manifested in our country? Why do we hear so much about systemic racism and hidden racism? What does that look like? How did Americans rationalize owning other human beings?

We will discuss the history of racism from very early times up through today. How did the Civil Rights Movement in the 60s affect you?

Through a combination of articles, videos, speakers, and discussion, we will learn about varying perceptions of racism in our nation. After all, it is through our own experiences and perceptions that our reality and our opinions are formed. Different experiences have created wildly different opinions and conclusions about racism. Let's look at those conclusions and see how they are formed.

We will look at very controversial subjects like kneeling in the NFL, monuments, and affirmative action. Then, we can explore approaches being used today in the educational system, in industry, in faith communities, and in local communities to address racism. Are we making progress?

Books/Materials: Handouts will be provided by the facilitator

Class Type: Video, lecture, discussion, guest speakers

Class Size: Maximum of 35 participants

Materials Fee: None

Janet Kester is a retired special education teacher. While obtaining degrees from the University of Florida and the University of Georgia in the 60s during the intense Civil Rights Movement, events led her to a lifelong passion for social justice in general and racism in particular. She has helped facilitate classes for OLLI South in horticulture therapy, caregiving and immigration.

Monday 1:00 - 3:00

**The Righteous Mind:
Why Good People Are Divided
by Politics and Religion**

Facilitator: Charlie Clack

Note: No class on Jan 21

If you're tired of thinking that people who disagree with you do so just because they just like being evil, *The Righteous Mind* is for you.

There really are explanations for why people can't agree, why they can't understand each other, and how you can better understand and communicate with people who are so misguided that they disagree with you.

No homework. No required reading. There may be surveys you can take online if you choose to.

The book in the title is recommended reading. In fact, you should read it even if you don't take the course.

Books/Materials: Recommended by not required, *The Righteous Mind: Why Good People Are Divided by Politics And Religion*. Also, optional surveys from the author's website.

Class Type: Lecture, DVDs and videos, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Charlie Clack read this book and likes it. He tells bad jokes. He has a law degree and a masters in literature and creative writing. He's spent way too much time discussing morality on the internet.

Monday 12:30 - 3:30

Select Explorations: Explorers and the Essence of the Human Spirit

Facilitator: Jerry Wischmeyer, Diamond Facilitator

Note: 3 hours, 12:30 - 3:30

No class on Jan 21

What characteristics of the human condition drive men to embark on epic quests? One author states there are seven common traits that all explorers possess: curiosity, hope, passion, courage, independence, self-discipline, and perseverance. The explorers we will cover in this course may well have possessed all seven of these laudable traits to some degree, but often there were less noble personal and political motivations at play, including: individual and national arrogance, religious fervor, greed, fame, ambition, being first and furthering imperialistic policies. We will examine both the commendable and ignoble aspects of exploration, including the cultural conflict that arose in some instances.

This course will take class members on an eclectic number of journeys of discovery. By using history based commercial films, portions of two mini-series, documentaries, maps, and email handouts, we will witness historical figures who challenged the unknown boundaries of the natural and human world: (1) Jesuit priests in the rugged 17th century Canadian wilderness attempting to convert the Huron Indians; (2) the colorful and controversial British explorers in search of the source of the Nile; (3) rival explorers Scott and Amundsen and their epic race to the South Pole; (4) President Theodore Roosevelt and fellow explorer Candido Rondon chart an unexplored tributary of the Amazon; (5) Ernest Shackleton's ill-fated expedition to the Antarctic; (6) British explorer Percy Fawcett's journey into the Amazon in search of a lost city; and (7) Norwegian explorer Thor Hyderdahl's famous voyage to prove his theory that South Americans were the first to settle in the Polynesian Islands.

Interesting questions to ponder when judging the success or failure of explorations are whether you think: (1) fate...an outcome or destiny beyond one's control, or (2) luck (both good and bad)...an outcome determined by chance, or (3) serendipity...fortunate discoveries by accident, or (4) individual decisions made by the leader, or (5) some combination of the preceding, had the most impact on the final result?

Books/Materials: Handouts will be provided by the facilitator

Class Type: Lecture, DVDs, discussion

Materials Fee: None

Jerry Wischmeyer, Diamond Facilitator, frequently offers courses featuring literature, history and film.

Tuesday 9:30 - 11:30

Foundations of Economic Prosperity

Facilitators: Ira Rifkin, Master Facilitator, and Stan Folker

Prosperity has transformed the world. It is now a way of life for most residents of developed countries. But the story of prosperity is far from simple. Many people in the developed world fear that their children will be less prosperous than they are.

In this course we will examine that achieving prosperity involves more than economics. Psychology, sociology, political science, and history also play a great role. Join us to answer questions such as why is prosperity distributed so unevenly? Why isn't the path to prosperity predictable? What, if anything, can be done to lift more people out of poverty?

This class will employ DVD lessons along with stimulating class discussion.

Books/Materials: None

Class Type: Lecture, DVDs, discussion

Class Size: Maximum of 35 participants

Materials Fee: None

Ira Rifkin, Master Facilitator, is a physician who had been in private practice in metro Denver as well as on the staff of the University of Colorado health sciences Center for over 30 years. He has had a lifelong interest in economics, political science, and history. He is currently on the Curriculum Committee and perviously served on the Advisory Committee.

Stan Folker is an Auburn University engineering graduate. He is a former U.S. naval aviator and retired as a captain for Continental Airlines. After leaving the airline industry, he worked as a financial consultant for AXA Equitable. He has had a longtime interest in economics, history, art, and music. He currently serves on the Economics Subcommittee at OLLI South.

Tuesday 9:30 - 11:30

Ins and Outs of Diet and Exercise: A New You in 2019

Facilitators: Anne Bennett, Master Facilitator, and Susan Polycarpou

Want to fit into a new dress or maybe a favorite pair of slacks, hike with your grand kids, or simply feel better in 2019? What should you eat? How much? What kinds and amounts of exercise do you need? How does mindfulness fit in? Learn about your wonderful body, what to feed it and how to take care of it in this fun and interactive class.

The facilitators will share their experiences, discuss current opinions and provide strategies for these “weighty” matters. Join us to learn ways to develop and maintain a healthy lifestyle.

Feel good, look good, be great!

Books/Materials: Recommended, but not required, *Complete Food and Nutrition Guide*. Handouts will be provided by the facilitators.

Class Type: Lecture, DVDs and videos, discussion, field trip

Class Size: Maximum of 30 participants

Materials Fee: \$5.00 for food samples. Fee to be paid to facilitator on first day of class.

Anne Bennett, Master Facilitator, is a registered dietitian and has worked in hospital and community settings on weight loss, weight management and lifestyle changes. Anne has had a lifelong battle with her own weight. She is excited to share her love of nutrition, food and cooking with the class. Anne believes, “All things in moderation,” is key to success and sustainability.

Susan Polycarpou is a retired English as a Second Language instructor. Although her academic background is primarily in languages and linguistics, she has long been fascinated with the topics of food, wellness, and nutrition. She looks forward to sharing what she has learned in her lifelong effort to stay healthy and to control her weight.

Tuesday 9:30 - 11:30

More of the World's Greatest Churches

Facilitator: Barbara Pond

7 weeks, Jan 15, 22, 29, Feb 5, 12, 19, 26

In this class you'll come to understand the architecture, art, and theology of some of the world's most beautiful buildings, as they express Christian spirituality across an astounding range of cultures and periods.

We will explore these architectural masterworks that rank among the most revered, most beloved, and most iconic buildings of world civilization. Artistic stature is only one measure of the significance of the great Christian churches. In their essential religious role, the buildings themselves instruct, edify, and inspire the communities that worship in them, using iconography, symbolism, and the language of architecture as ultimate expressions of faith.

This course will feature videos by Professor William R. Cook, illustrated with breathtaking photos, detailed floor plans, and 3-D models. These lectures take you deeply into the culture and theology of a global faith through its most important and magnificent buildings. The course will be supplemented with additional visual materials.

Books/Materials: None

Class Type: Lecture, DVD and videos, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Barbara Pond has spent more than 45 years in the field of education as a math teacher, college professor, consultant, and conference speaker. In retirement, she enjoys book clubs, making quilts, playing MahJongg, traveling and spending hours with grandchildren. Barb is a life-long learner. She and her husband, Dan, have enjoyed taking OLLI classes for many years.

Tuesday 9:30 - 11:30

The Smithsonian: What Its Artifacts Teach Us About Us

Facilitator: Natalie Conklin

Art and artifacts bring history to life. For those who can't make it to Washington, D.C., this class will bring a bit of the Smithsonian to you. Learn "the story behind the story" of such artifacts as The Star-Spangled Banner, the John Bull Steam Engine, the Wright Brothers' Flyer, the Hope Diamond, the first Apple Computer, the Cotton Gin, the Kodak Camera, Martha, the last carrier pigeon, and the portraits of the presidents. This course will highlight the 172 year history and collection (137 million specimens!) of the world's largest museum and research complex.

The Smithsonian is made up of 19 museums and galleries, the National Zoological Park, and nine research facilities. Its artifacts represent America's rich heritage, art and culture.

This class will be based on the critically acclaimed book, *The Smithsonian's History of America in 101 Objects* by Dr. Richard Kurin, the Smithsonian's Under Secretary for History, Art and Culture, and the Great Courses video lecture series based on the book. Additional lecture and video materials and discussion will supplement them.

Books/Materials: None

Class Type: Lecture, DVD and videos, discussion, keynote presentations

Materials Fee: None

Natalie Conklin has enjoyed taking and facilitating classes at OLLI South the past five years, since retiring from teaching. This class combines her passion for the arts and history. She has a great interest in history, especially in regard to what we can learn about ourselves from historical artifacts and art. What better place to go than to the Smithsonian.

Tuesday 9:30 - 11:30

Turning Points in American History — In Our Lifetime

Facilitator: James Grow

Turning Points is a study and discussion of changes that have reset our life, thoughts and opinions, to what they are today! Turning points happen whenever a society makes a break with its past and enters a new phase of development.

This course will focus on eight major historical changes, in our lifetime, from which change to our cultural expectation and future has been permanently altered. Our joint experience will elicit insight to our past and maybe a direction to our future.

Each week, we will start each with a subject lecture by Professor of History, Edward T. O'Donnell from the College of the Holy Cross of Great Courses.

Our subjects will be the following:

- 1950 – *Tuning In - The Birth of Television*
- 1960 – *The Power to Choose – The Pill*
- 1968 – *Losing Vietnam – The Tet Offensive*
- 1969 – *Disaster - The Birth of Environmentalism*
- 1974 – *An Age of Crisis – Watergate*
- 1975 – *The Digital Age – Personal Computer*
- 1989 – *Collapse – The End of the Cold War*
- 2001 – *The Age of Terror – The 9-11 Attacks*

Books/Materials: None

Class Type: Lecture, DVD, discussion

Materials Fee: None

James Grow is a retired management entrepreneur. He has an abiding interest in social history and loves learning the subject. He has facilitated OLLI classes on the history of Capitalism and Milton Friedman.

Tuesday 12:30 - 3:30

Amazing Movies You Might Have Missed

Facilitator: Sally Walling, Senior Facilitator

Note: 3 hours, 12:30 - 3:30

Are you more interested in plot than action? Do you enjoy learning about other cultures and exploring ideas that might be challenging? Are you able to suspend your disbelief and become one with the vision on the screen? Would you like to know how to evaluate a movie in more detail than "I loved/hated it?"

In this class we will explore eight modern independent films that will move our minds as well as our hearts. Because these are adult themed movies, there might be language and /or subject matter that some may find objectionable. Class discussion will be an integral part of each session and members will be asked to read a review before viewing each film in class. Because of the differing lengths of the movies, three hours will be needed.

We will view the following films:

- *In A World* (USA),
- *Fill the Void* (Israel),
- *Love is Strange* (USA)
- *Beasts of the Southern Wild* (USA)
- *Wadja* (Saudi Arabia),
- *Departures* (Japan)
- *Wonderstruck* (new, USA)
- *Song of the Sea* (Ireland)

Books/Materials: None

Class Type: Lecture, DVD, discussion

Materials Fee: None

Sally Walling, Senior Facilitator, is a retired Language Arts teacher. She is an avid reader and an ardent cinephile!

Tuesday 1:00 - 3:00

The Bataan Death March and Fall of the Philippines in WWII

Facilitators: Jim Bowman and Lowell Fortune

6 weeks, Jan 15, 22, 29, Feb 5, 12, 19

The Battle of Bataan was America's single greatest loss of any World War II battle (the greatest loss in terms of the total number of soldiers to surrender in a single battle). Why were these men considered expendable? What made the Japanese military so brutal toward prisoners of war? We will see and discuss Japanese propaganda film footage. We will also review the personal stories of over a dozen survivors of Japanese imprisonment.

Ben Steele is one of the survivors discussed in the book *Tears in the Darkness*. I knew Ben personally and I will share some stories he told me about when he was a prisoner of war.

Books/Materials: Required book: *Tears in the Darkness* by Michael and Elizabeth Norman. Handouts will be provided by the facilitators.

Class Type: Lecture, DVD, discussion

Class Size: Maximum of 35 participants

Materials Fee: None

Jim Bowman graduated from the University of Denver in 1963 with a degree in accounting. Since retiring he has enjoyed many classes at OLLI as well as traveling.

Lowell Fortune is a retired U.S. Administrative Law Judge. He has enjoyed many OLLI classes since retirement.

Tuesday 1:00 - 3:00

Genius: Leonardo — Scientist, Inventor, Artist

Facilitator: Sylvia Trujillo

Five hundred years after his death, we still are learning about the mysteries of the Mona Lisa. But how many of us know that many of the inventions we use today began with drawings from Leonardo da Vinci? Learn more about this remarkable man of the Renaissance with this “eclectic array of specialities”!

Who knew he:

- Had the first concept for flying aircraft, parachutes bicycle?
- Designed gear shifts, ball bearings, vertical and horizontal drills?
- Really never completed the Mona Lisa, even after 15 years?
- Designed paddleboat, water skis?
- Created implements of war - tanks, double hull ships?
- Was hired for his brilliant military mind and tactics?
- Dissected corpses and had a phenomenal concept of anatomy?
- Developed an underwater breathing apparatus and life buoy?
- Made more money as an Engineer than as an artist?

Come learn more about this incredible Renaissance Man and the remarkable range of his talents, up to and including his prowess of scientific inventions, engineering projects, and world renown art. We will also cover the mysteries of the Mona Lisa and the Last Supper.

Books/Materials: None

Class Type: DVD, discussion

Materials Fee: None

Sylvia Trujillo has facilitated classes on Wine Appreciation, Travel in Mexico, and Lives of the Master Composers. She has a wide range of interest in travel, ancient ruins and cultures, and continued learning in many subjects.

Tuesday 1:00 - 3:00

The 1960s: New Yorker Essays From a Chaotic Decade

Facilitator: Bob Steele

We experienced the tumult of the 1960s, and now we can reflect on that pivotal decade through a collection of timeless essays from *The New Yorker*. We'll read and discuss the writings of Rachel Carson, John Updike, James Baldwin, Lillian Ross, Calvin Trillin, Charlayne Hunter-Gault and other iconic writers of that generation. The course will cover events from Harlem to Berkeley to the streets of Chicago, Saigon, Prague, Havana, Woodstock, and Washington, D.C., as well as the '69 World Series. We will explore the marvel of moon landings and the agony of assassinations; the emergence of the women's movement and the environmental movement; and the music of the Beatles, Baez and Dylan.

Join us for a journey back to a time we can not and should not forget.

Books/Materials: A book is required: *The 1960s: The Story of a Decade -- The New Yorker*

Class Type: DVD, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Bob Steele spent the 1960s in small-town Indiana as a high school and college student. Then it was on to Vietnam and later careers as a journalist and college professor. A half-century later he's still reflecting on what the 1960s really meant to us and to our hopes for a Great Society.

Tuesday 1:00 - 3:00

**Social Justice:
What's the Right Thing to Do?
Part 2 of 2**

Facilitator: Carolyn Kallemeyn, Master Facilitator

6 weeks, Jan 15, 22, 29, Feb 5, 12, 19

What is a just society? How does a just society distribute wealth and power? Duties and honors? Opportunities and resources?

In this class, we will view Professor Michael Sandel's classroom lectures at Harvard as he presents the strengths and weaknesses of three broad philosophical approaches to thinking about justice. We will follow each lecture with classroom discussion.

The lectures are more than abstract philosophical musings. Professor Sandel's examples come from real life, and include such topics as

- affirmative action,
- disability and discrimination,
- same-sex marriage,
- surrogate motherhood,
- the military draft,
- taxation,
- redistribution of income,
- and more.

These are tough issues. Through DVD lectures and lively classroom discussion, we will challenge our old ideas and clarify our views on what makes a just society.

Books/Materials: None

Class Type: Lecture, DVD, discussion

Class Size: Maximum of 30 participants

Materials Fee: None

Carolyn Kallemeyn, Master Facilitator, taught English at the University of Colorado at Denver, wrote a newspaper column for three years, and freelanced as a book editor before starting a publishing services business. Now retired, she devotes her time to studying poetry, ethics, and art history.

Tuesday 1:00 - 3:00

Supreme Court in Review: The 2017-2018 Term

Facilitator: Brian Gibson

“We are not final because we are infallible, but we are infallible only because we are final.” *Brown v. Allen*, 344 US 443, 540 (1953, Associate Justice Robert H. Jackson, concurring)

The Supreme Court term (its equivalent of a school year) runs from October through June. During the 2017-2018 term the Court handed down 76 opinions including the “Case of the Colorado Baker” and the “Muslim Travel Ban”. These opinions are posted at <https://www.supremecourt.gov/opinions/slipopinion/17>.

We will:

- Review the term generally
- Review in greater detail ten cases selected by me
- Review four additional cases selected by the class
- Consider the Court’s evolving place in our government
- Discuss whether we like having such a powerful Court
- And, if not, consider how we might limit its power

As by-products of our efforts, we will become:

- More knowledgeable about law in general
- More familiar with the workings of our legal system
- Better acquainted with the Justices of our Supreme Court

And we should have a lot of fun.

Books/Materials: Handouts will be emailed by facilitator. Class will be using the Supreme Court slip opinions available at www.supremecourt.gov/opinions/slipopinion/17.

Class Type: Lecture, discussion, interactive

Materials Fee: None

Brian Gibson, PhD, Physics, worked for 27 years designing and building electronics for communications satellites. His life-long interest in politics led him to retire, go to law school, and run for Congress twice. He was thoroughly trounced, but ended up an attorney. Brian has co-facilitated courses on the Constitution (OLLI South) and liberal versus conservative views (OLLI Central).

Wednesday 9:30 - 11:30

**Britain's 19th Century Women Authors:
Jane Austen's *Persuasion*
and Mary Shelley's *Frankenstein***

Facilitator: Anita Leitner, Diamond Facilitator

In the field of literature, it is widely accepted that the nineteenth-century was dominated by the novel. This fiction spoke to every topic, entered into every dispute, and reflected every ideal in an age of massive change. It may even be argued that the fiction of this period was the first art form to deal realistically with many of the issues that would become the central concerns of twentieth and twenty-first century consciousness. This class will focus on Jane Austen and Mary Shelley, an unlikely pairing, but still, two of the most interesting female authors in the early decades of the nineteenth-century. We begin with three weeks of the refined realism of *Persuasion*. Then the remaining five weeks we will read Mary Shelley's definitive Gothic tale, *Frankenstein*.

This course includes discussions of themes and social concerns of the two novels and voluntary reports by participants on the history, backgrounds, and people that influenced the authors.

Books/Materials: *Persuasion* by Jane Austen, Penguin Classics ISBN #978-0-14-143968-6. *Frankenstein* by Mary Shelley, Second Norton Critical Edition ISBN #978-0-393-92793-1.

Class Type: Reading, facilitator comments, discussion, voluntary class presentations, videos

Class Size: Maximum of 25 participants

Materials Fee: None

Anita Leitner, Diamond Facilitator, has a lifelong interest in medieval, and eighteenth and nineteenth century literature and history. This will be her 30th class at OLLI.

Wednesday 9:30 - 11:30

Islam 101: Discovering Islam

Facilitator: Gulsum Katmer

**Field trip planned to
Multicultural Mosaic Foundation**

Islam, the religion of about 1.6 billion Muslims, is perhaps the most misunderstood religion in the West. This course will attempt to provide an overview of Islam, its history, major teachings, rituals, attitudes, sects within the religion, and its relations with other cultures and faiths, in order to provide a well-rounded introduction to one of the most influential ways of life on Earth.

Books/Materials: None

Class Type: Lecture, discussion, guest speaker, field trip

Class Size: Maximum of 35 participants

Materials Fee: None

Gulsum Katmer was born and raised in the neighborhoods of Cappadocia, Turkey. In 2007, she moved to the U.S. to pursue her education. Gulsum has been Executive Director of Multicultural Mosaic Foundation since 2016. She and her husband have two children and have been living in Colorado since 2013.

Wednesday 9:30 - 11:30

Managing the Maverick Mind — Mindfulness I

Facilitator: Barbe Ratcliffe, Master Facilitator

6 weeks, Jan 16, 23, 30, Feb 6, 13, 20

Mindfulness has become one of the latest rages within the United States. It is now being used in schools, in hospitals, with veterans, and with young and old alike. The significant health benefits ascribed to the Mindfulness practices are impressive. In fact, it is said that our minds and the stories we tell ourselves determine our responses to life, the impact stress has on our bodies and minds and our overall experience with life.

In this presentation, we will explore aspects of mindfulness; identify some of the tools which can be used and that have proven beneficial in obtaining the positive outcomes; and experience a short mindfulness meditation.

With all that Mindfulness can bring to our lives, don't you deserve to know a bit about it?

Books/Materials: Recommended but not required, *Wherever You Go, There You Are*, by Jon Kabat-Zinn

Class Type: Lecture, discussion, DVDs

Class Size: Maximum of 30 participants

Materials Fee: None

Barbe Ratcliffe, Master Facilitator, has a passion for aging well and optimizing life. Due to her passion, she has become very involved in the Mindfulness practices. She has studied personal optimization for many years and, as a senior citizen, is now enjoying the benefits of that practice.

Wednesday 9:30 - 11:30

Serious Evolution: From Beginning to Future

Facilitator: Bill Vigor

Evolution - the process by which random genetic mutations in offspring allow them to survive/reproduce better than their parents. Serious Evolution from Beginning to Future is an enormous topic, but can be broken down into understandable segments. Over vast periods of time, we will explore the miracle of life, how all living organisms are related, how fish became amphibians, reptiles, bird and mammals. Oh, yes, the dinosaurs are squeezed into the middle. Unbelievable plants and animals have evolved, and gone extinct.

Now we humans have evolved and are changing the very nature of the world. Actually, the future is already here as we humans now have the ability to alter our genes and our destiny.

Books/Materials: None

Class Type: Lecture, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Bill Vigor is a retired physician, having practiced reconstructive plastic surgery for 30 years at Lutheran Medical Center. Since retirement in 2003, he has been a volunteer at the Denver Museum of Nature and Science, in the Prehistoric Journey section. It is there that he became seriously interested in paleontology, evolution and geology.

Wednesday 9:30 - 11:30

TED Talks: More Ideas Worth Spreading

Facilitators: Barbara Pond and Sarah Burk

TED is a nonprofit institution devoted to Ideas Worth Spreading. It started in 1984 as a conference bringing together people from three worlds: Technology, Entertainment, Design. Since then its scope has become ever broader. The goal of TED is to foster the spread of great ideas. It aims to provide a platform for the world's smartest thinkers, greatest visionaries and most inspiring teachers, so that millions of people can gain a better understanding and a desire to help create a better future.

TED Talks are videos of the best talks and performances from TED conferences and events where the world's leading thinkers and doers can give the talk of their lives, usually in 18 to 25 minutes. The best talks and performances from TED are free online as TED Talks (<http://www.ted.com/talks>). There are more than 2,000 TED Talks ranging from persuasive to ingenious to jaw dropping.

The primary objective of this class is for the facilitators to select the categories of topics that best prompt discussion amongst the class participants with the objective of educating, entertaining and awakening in all of us new ways of thinking. Maybe some will be inspired to take action. Participants will have the opportunity to select one of their favorite TED Talks to stream for all, then acting as a guest facilitator with the objective of prompting discussion and eliciting comments from their fellow OLLI participants.

Books/Materials: None

Class Type: Discussion, videos

Class Size: Maximum of 25 participants

Materials Fee: None

Barbara Pond has spent more than 45 years in the field of education as a math teacher, college professor, consultant, and conference speaker. In retirement, she enjoys book clubs, making quilts, playing MahJongg, traveling and spending hours with grandchildren. Barb is a life-long learner. She and her husband, Dan, have enjoyed taking OLLI classes for many years.

Sarah Burk has spent 46 years in elementary education, special education, and at the university level. She has held various positions over the course of her careers. Upon retiring she enjoys travel, knitting, reading, membership in various groups, mentoring and spending time with her grandgirls. She is always open to new adventures and new learning.

Wednesday 9:30 - 11:30

What Makes Life Most Worth Living

Facilitator: Gary Wyngarden

While psychology has been around for many centuries, it has mostly concerned itself with the study of what goes wrong and how to fix it. Only in 1998 did the domain of positive psychology get introduced. It is defined as the scientific study of what makes life most worth living. Or the scientific study of positive human functioning and flourishing. Or reflection about what holds the greatest value in life – the factors that contribute the most to a well-lived and fulfilling life.

Based on the book *A Primer in Positive Psychology* (recommended, not required) by positive psychology co-founder Christopher Peterson, this course will examine topics such as pleasure and positive experience, happiness, positive thinking, character strengths, values, and more. (A similar class on Positive Psychology became the most popular class in Yale's 300+ year history with 25% of the undergraduate student body enrolling in a single session.)

The course will consist of some presentation and videos with many fascinating exercises, and a great deal of interactive discussion. After all as Peterson says, "positive psychology is not a spectator sport!"

Books/Materials: Recommended: *A Primer of Positive Psychology*, by Christopher Peterson

Class Type: Lecture, discussion, videos

Class Size: Maximum of 35 participants

Materials Fee: None

Gary Wyngarden has a BA in English from the University of Illinois and an MBA from Loyola University. Retired from a career in the healthcare industry including tenure as CEO of a \$2 billion company, he now focuses his time and energy on the Castle Rock Unitarian Universalist Community, on the Douglas/Elbert Task Force and as a frequent OLLI facilitator.

Wednesday 1:00 - 3:00

Archaeology — It's Way More than Digging for Treasures!

Facilitator: Anne Marshall Christner, Master Facilitator

Many people are fascinated by archaeology and its practitioners, but few of us know much about how archaeology is done. That is the focus of this course. Although we will see and hear about some important sites around the world, the underlying objective will be to have a better understanding about how archaeologists do their work.

Questions we will address include – how do archaeologists:

- find ancient sites to excavate?
- plan and implement excavations?
- know how to determine the age of sites and artifacts?
- make sense of what they find?

We will examine how the field of archaeology evolved from one of amateur treasure hunters to one of highly-trained professionals who may learn more about ancient cultures from studying trash than they would from buried treasures! We also will see how important it is to use both high-tech and low-tech methods while working with teams of specialists in a number of sub-fields in order to capture wider and deeper glimpses of the people who lived and worked at given sites many years ago.

That leads to a final big question we will consider – why is archaeology important? Learning more about ancient cultures – i.e., how people lived, what they valued, why they migrated from one spot to another – is not only interesting, but instructive for contemporary problem solving.

To guide our investigation, we will watch and discuss lectures from two Great Courses sets: *Archaeology: An Introduction to the World's Greatest Sites* (2016); and *Ancient Civilizations of North America*. (2018)

Books/Materials: Paul Bahn, *Archaeology: A Very Short Introduction*. Oxford University Press, 2012. This book is available new or used at amazon.com.

Class Type: Discussion, DVD

Class Size: Maximum of 25 participants

Materials Fee: None

Anne Marshall Christner, Master Facilitator, has been enthralled by archaeology since the fifth grade. She and her family visited Mesa Verde National Park soon after, and that sealed the deal. Anne has had the privilege of doing volunteer archaeology at Crow Canyon Archaeological Center near Cortez, CO, and she brings what she learned and experienced there to this course.

Wednesday 1:00 - 3:00

Exploring Nature with Alexander von Humboldt

Facilitator: Linda Green

This course will take an in-depth look at the life of German naturalist and explorer Alexander von Humboldt as presented by Andrea Wulf in her recent bestseller *The Invention of Nature*, one of the 10 Best Books of Year (NY Times, 2015) and “the one book you should read if you read only one book this year” (Forbes). A fascinating adventure story and compelling history of idea formation and dissemination, this riveting biography will guide us skillfully through the life and times of one of the most famous and influential scientists of his day, an intensely curious, energetic, and insightful ecological visionary who inspired naturalists, poets, and politicians from Darwin to Thoreau.

If you like to read and need a class that is pleasant, easy, and enjoyable, join me in traveling back in time to see how the world appeared to an extraordinary 19th century scientist and learn what he had to say about it.

Books/Materials: *The Invention of Nature* by Andrea Wulf

Class Type: Discussion

Class Size: Maximum of 35 participants

Materials Fee: None

Linda Green studied Biology and Psychology at Wesleyan University and Mineral Engineering at the Colorado School of Mines. She has a strong interest in the what, hows, and whys of the natural world and is eager to gain insight from others and share what she's learned.

Wednesday 1:00 - 3:00

Harari's 21 Lessons for the 21st Century

Facilitator: Terry Ortlieb, Master Facilitator

This will be a true adventure! Harari suggests that we will have to be open to extracting ourselves from our current cultural prejudices if we want to understand and be part of the 21st Century. His 21 lessons continually ask us to engage with the information technology and biological technology that he believes are going to create a 21st century that is as different to us today as the industrial age would be to a hunter gatherer. We will take this journey through his ideas and discuss how we interpret, agree and disagree with his list of lessons.

Books/Materials: Harari's *21 Lessons for the 21st Century*

Class Type: Lecture, discussion

Class Size: Maximum of 25 participants

Materials Fee: None

Terry Ortlieb, Master Facilitator, is a semi-retired entrepreneur who sold his technology consulting company to Oracle. His formal education was in philosophy and he has maintained a strong interest in political philosophy and the philosophy of science and history. He believes that along with himself all the Sapiens that attend this course will find this topic exciting and fun.

Wednesday 1:00 - 3:00

Influential People in the American Art Genres: Who Causes the Buzz

Facilitators: Natalie Conklin and Sue Bramley

7 weeks, Jan 16, 23, 30, Feb 6, 13, 20, 27

Be it music, art, theater, opera, film or TV, the arts capture our souls. These worlds influence society – translating experiences, instilling values, changing opinions and giving us a glimpse into everyday lives that affect our imagination.

Every genre of art produces people who, for many different reasons have a profound effect on our lives and culture. The product of extraordinarily creative minds, these people and concepts have the ability to energize our lives & shape our vision. Of course, influencers have popped up in every generation. This class will focus on the 20th & 21st centuries.

Travel with us along this star-studded path and be prepared to see who influences OLLI presenters, as they share stories about the 'it' people making up the American arts scene. In this class, you'll hear about several doyens & doyennes including:

Film: Steven Spielberg, Spike Lee and Nora Ephron

Visual Arts: Norman Rockwell, Georgia O'Keefe, and Stan Lee

Music: Dave Brubeck, Barry Gordy, and Aretha Franklin

TV: The people behind adult and children's programming

Theatre: Influential people in the theatre

Opera: Renee Fleming, the Met & how it popularized opera for the masses

General Entertainment: Walt Disney, Maya Angelou

Books/Materials: None

Class Type: Lecture, videos

Materials Fee: None

Natalie Conklin has enjoyed taking OLLI classes for the past four years since retiring from teaching. She has especially enjoyed facilitating classes at OLLI, which gives her the opportunity to continue teaching in a different capacity and learning about interesting topics. The arts are her passion, thus her role as co-chair of the Visual & Performing Arts Committee!

Sue Bramley has facilitated many classes at OLLI South in the cooking and gardening realm. As co-chair of the Visual & Performing Arts Committee, she's branching out into music and the arts.

Wednesday 1:00 - 3:00

Understanding a Bit about Imperial China

Facilitator: Barbe Ratcliffe, Master Facilitator

7 weeks, Jan 16, 23, 30, Feb 6, 13, 20, 27

The time period of Imperial China spanned from 1600 BCE to 1912 CE, from the first Emperor, Ying Zheng to the last emperor of the Qing Dynasty...from the time of the Roman Republic to the beginning of World War I.

One course could not cover all of the events and significant happenings during this expansive time period, so we will be focusing on this period from the perspective of the imperial subjects and foreign visitors, including the daily lives of the courtesans, convicts, wives, widows, monks, merchants and military men. This lens will provide a unique look at the diversity and dynamism of imperial China.

Each week we will experience two selected segments of the Great Courses DVD series by the same name. After each section there will be additional information as well as discussion as we relate to how the information provided may be reflected in current-day China.

Books/Materials: None

Class Type: Lecture, DVD and videos, discussion

Material Fees: None

Barbe Ratcliffe, Master Facilitator, has a wide variety of interest and love of travel and a trip to China peaked her interest in the country and the people. Barbe enjoys facilitating for the learning it brings as she prepares for the course. Her course offerings span mindfulness to history and courses in between.

Wednesday 1:00 - 3:00

Understanding Grief and Loss

Facilitator: Peggy Robinson

A somber topic, but this will be an interesting and insightful class. This is one class where each member has personal experience relating to the topic.

The emotions associated with loss vary depending on a host of factors. One person's grief cannot be compared to another. These are the types of issues that will be explored in this session.

We will explore the various types of loss and the manner in which people respond.

Attendees will also have the opportunity to explore their own losses in notebook form. By doing this they can identify ways to move forward or resolve their own grief issues.

In addition, the information presented will provide a framework for the grief experience so members can provide support and compassion to others.

Books/Materials: Handouts provided by the facilitator

Class Type: Lecture, interactive, storytelling

Class Size: Maximum of 25 participants

Material Fees: \$4.00 for the handouts. Fee to be paid to facilitator on first day of class.

Peggy Robinson graduated from DU, specializing in grief and trauma. She has been a counselor for 27 years and a psychology professor for 13 years. She is now retired. Peggy has written and published two books.

Thursday 9:30 - 11:30

The Aging Brain

Facilitator: Abe Grinberg, Master Facilitator

We're all getting older every day, and scientific research has shown that starting in our twenties, some brain functions begin a linear decline. Even if we avoid diseases, parts of the brain inevitably shrink. However, while it's true that some functions in the aging brain decline, neuroscientists have discovered that many other brain functions remain stable—or even improve—as we age.

Let's look at a cellular and molecular level of the brain to learn why certain functions decline and how some aspects of brain aging are under genetic control. Aging affects us all, but as you will learn in "The Aging Brain", you have some control over how it affects you. This course is different in relation to the one that was offered in the spring of 2017, because it emphasizes the positive aspects of the aging brain like emotional aging and the strategies that we have available to keep our brain function.

In this course, we'll cover the following topics:

- The aging mind: what changes?
- Aging, brain structure and function
- Is aging a disease?
- Emotional aging
- Strategies for an aging memory
- Aging well; activities that benefit our aging brains
- Aging well; behaviors that benefit our brains

Books/Materials: Handouts emailed by the facilitator

Class Type: Lecture, DVD and videos, discussion

Class Size: Maximum of 25 participants

Material Fees: None

Abraham Grinberg (Abe), Master Facilitator, enjoys learning about cultural, medical and social problems. He is also interested to continue to learn about Latin-American socio-political problems, history and art. In this course, he has decided to address the topic of the aging brain focusing on emotional aging and the strategies that we have available to keep our brains functioning properly.

Thursday 9:30 - 11:30

Crusade in Europe

Facilitator: Mac McHugh, Master Facilitator

“You are about to embark on a great crusade” as stated by Gen. Dwight D. Eisenhower to his troops as they entered their landing craft and aircraft on D-Day. But what did it take to return to Europe? And what were the conflicts required in the next eleven months to win the victory? Europe took priority over the other areas in the war. Why was it first for men and material?

We will look at Eisenhower’s own words from his book *Crusade in Europe* to see what his thoughts were at the time. We will look at the politics, the strategy, the tactics, and the military leaders on both sides of the conflict as the Allies drove to Germany.

We will end the class with a look at the aftermath and the cost to Europe after six years of war. We will also look at the Nuremberg Trials. This was the first time enemy leaders had been tried in a world court for crimes against humanity.

Books/Materials: Recommended, *Crusade in Europe* by Dwight D. Eisenhower

Class Type: Lecture, DVD and videos, discussion

Class Size: Maximum of 25 participants

Material Fees: None

Mac McHugh, Master Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a World War II history buff and has facilitated numerous courses on technology, film, and history at OLLI.

Thursday 9:30 - 11:30

Extracurricular

**The Great Game of Bridge —
Advanced Play**

Facilitator: Wilt Cooper

Bridge is the world's most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further. It is played by nearly 40 million people just in North America with international tournaments annually.

This class is for experienced bridge players who want to enhance their bidding, declarer play, and defensive techniques with a better grasp of current bidding techniques and common bidding conventions. We will focus on free deals and/or specific teaching hands with instructor oversight to continue our application of conventions such as Stayman, Transfers, Inverted Minors, Roman Key-card Blackwood, Gerber, cue-bidding, signaling, and others. The completion of the Convention Card for these new conventions will be reviewed. This class will continue to expand on the 2 over 1 bidding approach.

Books/Materials: None

Class Type: Lecture, videos and bridge hand play

Class Fee: Members \$60; Guests \$100

Class Size: Maximum of 25 participants

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. Wilt has earned a Bronze Life Master in bridge, is a teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.

Thursday 9:30 - 11:30

How the Universe Was Formed: A Study in Cosmology

Facilitator: Stuart Gentry

In the field of Astronomy there are two types of individuals: the astronomers who look to see what objects are up in the sky; and the astrophysicists and cosmologists who ask how they got there. This course will look at the second of those questions. We will look at the evolution of our universe from the start of the "Big Bang" 13.8 billion years ago to the stars and structures we see today. Along the way we will ask such questions as: How does our Sun work? Why are the four inner planets in our solar system different than the four outer planets? Where do we sit in the Milky Way galaxy and what does the rest of our neighborhood look like? What about all the other galaxies... is there a greater structure to them or are we all independent from one another? We will also address some of the more puzzling issues such as dark matter, dark energy, and the biggest question of all, what was there before the "Big Bang."

The facilitator will provide a classroom environment based on a combination of class presentations and video clips taken from a variety of sources. Students are expected to provide their own wonderment as to the universe around us.

Books/Materials: None

Class Type: Lecture, videos, discussion

Material Fees: None

Stuart Gentry has degrees in chemistry and physics. He spent the first 20 years of his professional career in the chemical industry. He then switched directions and became a professor of chemistry at La Salle University in Philadelphia. His passion is linking the fundamentals of science to the practical manifestations that we experience in the world around us.

Thursday 9:30 - 11:30

Jerusalem: City of Resilience 1000 BCE - 638 CE

Facilitator: Peggy Breeding

Probably the most fought-over piece of real estate in the world, Jerusalem has been destroyed at least twice, besieged 23 times, attacked 52 times and captured 44 times. In spite of Jerusalem's many periods of turbulence in movements for control and imposed transformations, there were times of peace. Settled in 3500-4000 BCE, it is one of the oldest continuously inhabited cities in the world. Much of what we know about Jerusalem comes from the Hebrew Bible; manuscripts from Flavius Josephus, 1st century Jewish scholar and historian; discovery of the Dead Sea Scrolls; as well as on-going archeology excavations. Jerusalem, with its rich history of mystery and suspense, has been designated a World Heritage Site for its exceptional education, science and culture. Through the centuries, Jerusalem has intrigued poets, prophets, kings, pilgrims, visitors, etc.

This course will begin in the year 1000 BCE when King David captured Jerusalem from the Jebusites. It will end in the year 638 CE when a great force from the North was about to change Jerusalem's history. Some class topics include:

- Assyrian conquest of Jerusalem. Hezekiah's tunnel
- An angry Babylonian king takes revenge on Jerusalem
- The Maccabee's, rebels to kings; Greek hellenism
- Jerusalem as a Roman Republic; Herod, Jerusalem's vassal king
- Rebuilding Jerusalem as a pagan city
- Jewish Diaspora; Christian challenges

(Note: Jerusalem 638 CE - Present will be presented in the Spring 2019 term).

Books/Materials: None

Class Type: Lecture, DVD and PBS video, discussion

Class Size: Maximum of 25 participants

Material Fees: None

*When opportunity arises, **Peggy Breeding** finds delight in facilitating for OLLI. She has a Master's degree in Sociology, which complements her interest in religion and its relationship to culture and related belief systems. She is on the OLLI South Philosophy, Religion and Culture committee.*

Thursday 9:30 - 11:30

Navajo Rugs and Trading Posts

Facilitator: Thomas Corona, Senior Facilitator

Spider Woman instructed the Navajo women how to weave on a loom which Spider Man told them how to make - H. L. James. This class will explore the styles of weaving that resulted from that instruction and the traders and trading posts that influenced the various rug styles. A brief history of the craft of weaving will be followed by a tour of the Southwest United States focusing on the Navajo Nation Reservation in northeast Arizona and northwest New Mexico.

The trading posts, traders, history, and the associated rug styles, such as, Two Gray Hills, Ganado, and Teec Nos Pos, and weavers will be discussed. In addition the facilitator will bring examples of the various weaving styles for the class to examine.

Books/Materials: Recommended, *Rugs And Posts: The Story Of Navajo Weaving And The Role Of The Indian Trader*, 3rd Edition, Schiffer Publishing

Class Type: Lecture, discussion

Material Fees: None

Thomas Corona, PhD, Senior Facilitator, has been a meteorologist for over 40 years. He attended Colorado State University, receiving a Masters Degree in Atmospheric Science. Tom, now retired, taught meteorology courses at Metropolitan State College in Denver. He is also an avid Native American Art collector and devotes his time to volunteering and music performance, writing, and production.

Thursday 1:00 - 4:00

Extracurricular

Chess for Current Players

Facilitator: Bob Magnani, Senior Facilitator

Note: 1:00 - 4:00

2 hour for class, 1 hour for play

Chess is challenging and fun to play ... but many of us don't play as well as we would like. Come with us and we will study together major openings (Ruy-Lopez, Giuoco Piano, Sicilian, Queens Gambit, etc), principles of end-game play, and exciting bar-room traps like the Fried Liver Attack, the Legal' and Evans gambits, the Max Lange attack, etc.

The course will consist of short videos on important aspects of the game, review of links to important sources and statistics, discussion of what we have seen, and live play. In addition to videos on the openings, we may follow some famous games move for move, and/or play "together"; there will also be a set of lectures from an international grand master.

This course is best for those who already know how to play but want to improve.

Books/Materials: None

Class Type: Lecture, DVD, discussion, interactive

Class Size: Maximum of 15 participants

Material Fees: None

Bob Magnani, Senior Facilitator, has facilitated classes on Movies and Movie Making, Acting, Comedy, and Chess. His has both Arts and Engineering degrees from Columbia, PhD work at NYU, telecommunications design work and management at Bell Labs and US West and Product Management at AT&T. Bob has seen thousands of films in his lifetime and once belonged to the Manhattan Chess Club.

Thursday 1:00 - 3:00

Immigration: The Changing Face of America: What's Happening? How are We Dealing with It?

Facilitator: Bill Baird, Senior Facilitator

White, Anglo-Saxon, Christian, male – these are the characteristics of those who have been a main demographic in our country and served as leaders in the past. If you observe faces passing by in downtown Denver, you will find less than half of them now fit this profile. Some people are concerned and fearful about this change in our society. This can lead to clashes and violence between groups – some of whom prefer the American dream for themselves and others who look like them.

Do some of us think of ourselves as members of a common tribe? If so, what do faces of your tribal members look like? Are we sometimes suspicious of others who do not look like members of our tribe? How does this influence the ways we treat others and expect protection from them? What (if anything) do we owe refugees who seek protection here from threats in their own country? How does the growing human population create pressure on a nation's resources and government? Let's look at the history of U.S. immigration laws. How does a growing human population influence pressures on borders? How did experiences of four Hispanic females in the Denver area differ? What's really going on at the U.S. – Mexican border? Let's hear adults who immigrated to America describe their experiences to us in class. Who are the "dreamers," and how does DACA really work? What is ICE and how does it work? What is a detention center, and where do detainees go when they are released? What does the phrase "*E pluribus unum*" on our coins mean today? Do we really want to create one nation out of many nationalities?

How should we deal with immigration? Should we install fences, set quotas, do background checks, keep everybody out who is not already an American citizen? What happens if we tell people who have lived here for years or decades that they must leave and go back to some country that we consider their original home? What does it mean to be a citizen of America? Is it having the paperwork to prove legality? Is it contributing and paying taxes and obeying our laws? Must we all speak the same language? What changes are needed in immigration?

Join us as we address these thorny issues in respectful dialogue in this OLLI class on immigration in America.

Books/Materials: Handouts will be emailed by facilitator

Class Type: DVD, discussion, guest speaker

Class Size: Maximum of 35 participants

Material Fees: None

Bill Baird, Senior Facilitator, is an experienced OLLI South facilitator and former Peace Corps Volunteer. He helped Janet Kester facilitate this OLLI South class last Fall.

Thursday 1:00 - 3:15

**Matinee at the Bijou:
The Screwball Comedy Mysteries**

Facilitator: Mac McHugh, Master Facilitator

**Note: 2-1/4 hours
1:00 - 3:15pm**

We return to the Golden Age of Hollywood with a further light-hearted look at the matinee mystery movie genre. Our dime admission this time brings us a whole new marquee of movies all of which show that if you have a good idea everyone will want to copy it. It all started in a bar. "My dog. My wife." Nick stated. "At least you could have mentioned me first in the billing" Nora replied. From those few words a whole new genre in mysteries evolved: the screwball comedy mystery.

This time we take a look into "The Thin Man" copies. Not sequels, but all new characters and plots. Many of these were single movies but some were good enough to become a mystery series in their own right. These are husband-wife and boyfriend-girlfriend teams who quipped fast lines at each other as they solved the mystery.

Join the class as we find out how well these "Thin Man"-style movies stood up to the original. We will have a short discussion before and after the movie to discuss the stars, the plot, and how this movie fares against William Powell and Myrna Loy.

Books/Materials: None

Class Type: Lecture, DVD, discussion

Material Fees: None

Mac McHugh, Master Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a lifelong movie buff.

Thursday 1:00 - 3:00

More and More Poetry

Facilitator: Sally Walling, Senior Facilitator

Remember Casey At the Bat, The Cremation of Sam McGee, The Raven, The Highwayman, The Creation, O'Captain My Captain, The Colored Soldiers and other narrative classics from the days of old? Their unforgettable rhythm and rhyme still have the power to stir our emotions!

Join me in a new class called More and More Poetry. We will revisit many of our old favorites and along the way we'll read and listen to some of the lyrical voices of the modern era like ee cummings, Langston Hughes, Edna St. Vincent Millay, Gwendolyn Brooks, Shel Silverstein, Pulitzer Prize winner Bob Dylan, Poet Laureate Juan Hernandez, and many more.

Through lecture, video and handouts, the class will study the syntax and tools the poets have used to create the more complex forms of our English language. This will be a discussion based participatory class and will be limited to 25. Who knows, you might even be tempted to memorize one of your personal favorites or at least share one with the class!

“Come away oh human child
To the waters and the wild
With a faery hand in hand
For the world's more full of weeping
Than you can understand.”

W.B. Yeats

Books/Materials: Handouts will be emailed by facilitator

Class Type: Lecture, DVD, discussion

Class Size: Maximum of 25 participants

Material Fees: None

Sally Walling, Senior Facilitator, is a retired Language Arts teacher who has marvelled at the intricacies of poetry since learning nursery rhymes at an early age. She has been thrilled to find other lovers of our living language eager to study the complex words and meanings of the poets!

Thursday 1:00 - 3:00

Recorder Fun: Learn to Play Recorder and Read Music

Facilitator: Patricia (Pat) Gibson

We will use treble clef music signatures and learn how to read music as well as use fingering tablatures to play music. We will listen to some recorder music as well.

Students will be expected to have their own recorder (generally between \$4 and \$20 for a plastic recorder in C) in the key of C so we can all play directly from a variety of music like piano and chorus music without any transposition.

By reviewing and practicing outside the class you will get better faster.

This can be a fun way to connect with grandkids who may be learning this in school.

No experience is required but if you have some you can always play the more challenging parts.

Books/Materials: Handouts will be provided by facilitator

Class Type: Lecture, DVD and videos, discussion interactive

Class Size: Maximum of 15 participants

Material Fees: None

Patricia (Pat) Gibson, PhD, was a music minor and in Sigma Alpha Iota, a music fraternity. I have played flute and piccolo for over 50 years and have given private lessons. I have played recorder in music groups and taught and conducted recorder choirs for church and scouts.

Thursday 1:00 - 3:00

Treasures to Trash: Pathways to Aging in Place

Facilitators: Kay Bowman and Jenny Fortenberry

4 weeks, Jan 17, 24, 31, Feb 7

Never in recorded history has mankind stored so much “stuff.” We have our “stuff,” our parent’s “stuff” and our children’s “stuff.” All treasures indeed, but can we keep holding on to them as we approach our “golden years”? Most Americans want to stay in their homes while aging, but how can they safely make this happen with all that “stuff,” and how can they retrofit their homes to make this dream a true possibility. In this four week course the facilitators will first tackle the issue of how to declutter to simplify our living space. We’ll talk about the usual culprits such as books, photos, papers, clothes and whatnots.

Each participant will then tackle one area of the home you would like to begin for your personal journey. You will then share the joys and challenges of going through the “decluttering” process with the class. Expect to see tears and hear much laughter!! The facilitators plan to inspire and help you practice some of the issues we will be covering. We will share resources with you that may help on your journey.

During the final class, we will discuss ways to retrofit your home to make it more comfortable as our needs change. One thing is for sure; we will all have fun and enjoy each other’s support during this transition!!

Books/Materials: Recommended, but not required: *Downsizing the Family Home*, Marni Jameson, and *The Life-changing Magic of Tidying Up*, by Marie Kondo.

Class Type: Lecture, DVD and videos, discussion, participatory

Class Size: Maximum of 25 participants.

Materials Fee: None

Kay Bowman started her interior design journey after hiring someone to “declutter” their home 20 years ago. Inspired to help others, she pursued additional schooling in Interior Design. The past 19 years she has decorated model homes for builders and helped residential and commercial clients create places that reflect their personalities and are inviting, easy to live in spaces.

Jenny Fortenberry graduated from a similar class taught at OLLI South. She has spent 30 years in the field of education, ending her career as Manager of OLLI South. Now retired, she has put the “decluttering” project into full swing. She is no expert, but is willing to share with you her missteps along the way, the biggest being procrastination!!

Friday 9:30-11:30

Extracurricular

The Wildlife of Winter

Facilitator: Kate Hogan

4 weeks, Feb 1, 8, 15, 22

From the Rocky Mountains to the rolling plains, Colorado is recognized for its beautiful ecosystems and majestic wildlife. Winters in Colorado are not the exception! Discover the lives of some winter animal warriors that brave the weather above ground or protect themselves below ground.

Through classroom presentations and a final interactive field trip, the Audubon Society of Greater Denver will share fun and amazing facts about the animals in your backyard and beyond.

Books/Materials: Facilitator will email handouts

Class Type: Lecture

Class Size: Maximum of 25 participants

Fee: \$30.00

Kate Hogan has a background in wildlife and environmental education spanning from the rainforests of Australia to the Rocky Mountains of Colorado. Kate graduated with a degree in Natural Science/Biology, and a master's degree in nonprofit management. She loves working for Denver Audubon whose mission is to connect people with nature through education, conservation, and research.

THE FRIDAY FEATURES EDUCATIONAL EXPERIENCE CONTINUES AT OLLI SOUTH!

Enjoy these special, one-time presentations.

OLLI South is again providing the opportunity to take more classes through our new **“Friday Features”** concept. These Friday classes are special, one-time presentations on a topic that is not usually offered at OLLI.

The classes will be held from 9:30 to 11:30 a.m. on three select Fridays throughout the term. You will register for these classes just like you do for your regular OLLI classes. You can choose to attend one, two or all three presentations.

You have the opportunity to bring a guest to a presentation and there will be no extra fee for your guest to attend.

The three presentations for this term are described on the following pages. We hope you enjoy these special offerings!

**PLEASE REMEMBER...YOU MUST REGISTER FOR
ANY OR ALL OF THESE FRIDAY FEATURES, JUST LIKE
YOU DO FOR YOUR REGULAR OLLI CLASSES.**

Friday 9:30-11:30

Friday Features

An Overview of Mexican Folk Art

Jan 25

Presenter: Rebecca McAlister

Have you ever wondered what folk art is? What it is used for? Who created it? What materials are used to make folk art? Why would someone collect folk art? All these questions and more will be discussed and answered as Rebecca McAlister, an enthusiastic collector of Mexican Folk Art, conducts this Friday Feature.

Rebecca will be bringing many samples of her collection to the presentation. She will provide a brief history of her pieces so you can gain a better understanding. She asks that if you have any folk art to please bring it with you, along with a brief history and where you acquired the art.

Here is an answer to one of the above questions....Folk Art is the name given to the artistic creations made by peasants, indigenous people or craftsmen with no formal artistic training and is handmade with a functional purpose.

Rebecca McAlister's interest in Mexican folk art began when her mother brought her a paper mache marionette that she bought on a beach in Guaymas in 1952. Rebecca and her mother have enjoyed many shopping excursions to Mexico. Rebecca says "I buy what interests me, with no particular purpose in mind."

A Morning with the First Woman Who Walked Around the World

Feb 1

Presenter: Polly Letofsky

On August 1, 1999, Polly Letofsky left her Colorado home and headed west. She traveled across 4 continents, 22 countries, and over 14,000 miles -- by foot -- to become the first woman to walk around the world. Her walk began as an awareness campaign for breast cancer, and both survivors and well-wishers around the world came out to walk with her and invite her into their homes. But it was never an easy road...Polly struggled with earthquakes, muggings, languages, and even religious riots. The ultimate challenge came in the middle of Polly's journey when September 11 flung us all into a crossroads in world history.

Come listen to her amazing story as Polly richly details her journey with humor and honest reflection, the good times and the hardships. Sometimes

Friday 9:30-11:30

serious, sometimes funny, always inspirational, Polly's program personifies the spirit of commitment and perseverance that will compel you to conquer life's challenges -- one step at a time.

Polly Letoksky's GlobalWalk has been featured in over 2,000 newspapers, magazines, radio, and television stations around the world. Her book, 3mph: Adventures of One Woman's Walk Around the World has been awarded six national awards. Polly's talk will have you walking away with a renewed commitment to achieve the seemingly unachievable.

The Cartographic Roots of Colorado

Feb 15

Presenter: Wesley Brown

Have you ever wondered how Colorado got on the map? Who were the people who explored this area before Colorado became a territory? This presentation will answer those questions and more, as speaker Wesley Brown takes you on a historical tour of Colorado through his maps. Mr. Brown will provide a history of the discovery and exploration of the place that became Colorado and how this information is revealed on maps of the interior west from 1540 to 1861 (when Colorado became a Territory).

The story is told in six chapters: the mythical mapping of New Spain, mapping the Rio Grande valley in the 1600s, discovery of the Mississippi valley and the western plains, new Spanish expeditions from Santa Fe into Colorado in the late 18th century, official government expeditions of the early 19th century, and the 1859 gold rush that put Colorado on the map.

Wesley Brown has been a collector, student, and author of maps for 40 years. One of his specialties is maps showing the exploration and settlement of Colorado and the West. He co-founded the Rocky Mountain Map Society and has assisted the Library of Congress and Denver Public Library in map acquisitions.

ALSO ON FRIDAYS

Hiking Club

Experience the beauty and exhilaration of Colorado by joining other OLLI members in hiking the many trails of the foothills and Front Range mountains. According to the Cleveland Clinic, "Exercising is the most important thing you can do to keep yourself healthy and delay the aging process." Hikes will be scheduled every other Friday with information emailed the Friday before the hike. Signup is required.

Winter Courses at OLLI-on-CAMPUS

Thirteen classes for you to consider. Go online at portfolio.du.edu/ollioncampus to see course descriptions.

First Four Weeks

Looking at Israel Through Multiple Perspectives

Tuesdays, 9:30 to 11:30 a.m. – Ruffatto Hall at DU

4 Classes: Jan 15 – Feb 5

Presenter: Osnat Fox

Cost: \$20.00

Enjoying Shakespeare - Plays, Magic and Dreams

Tuesdays: 1:00 to 3:00 p.m. – Ruffatto Hall at DU

4 Classes: Jan 15 – Feb 5

Presenter: Lucy Graca

Cost: \$20.00

Roots of Contemporary Russia: Cultural and Historical Perspectives on Putin's World - Part I

Tuesdays, 1:00 to 3:00 p.m. – Ruffatto Hall at DU

4 Classes: Jan 15 – Feb 5

Presenter: Professor Gil Rappaport

Cost: \$20.00

Navigating Change: How to Find Your Pizazz and Thrive! - Part I

Wednesdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes – Jan 16 – Feb 6

Presenter: Catherine Dockery

Cost: \$20.00

Alienation as a Theme in Western Literature

Wednesdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes: Jan 16 – Feb 6

Presenter: Professor Roderick Webb

Cost: \$20.00

Chi Gong for Health & Happiness

Wednesdays: 1:00 – 3:00 p.m. – Ruffatto Hall at DU

4 Classes – Jan 16 – Feb 6

Presenter: Coleene Frances

Cost: \$20.00

Second Four Weeks:

Israeli Identities: Exploring Unity and Tension

Tuesdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes – Feb 12 – Mar 5

Presenter: Osnat Fox

Cost: \$20.00

Enjoying Shakespeare - "I am not what I am"

Tuesdays: 1:00 – 3:00 p.m. – Ruffatto Hall at DU

4 Classes: Feb 12 – Mar 5

Presenter: Lucy Graca

Cost: \$20.00

Roots of Contemporary Russia: Cultural and Historical Perspectives on Putin's World - Part II

Tuesdays: 1:00 – 3:00 p.m. – Ruffatto Hall at DU

4 Classes: Feb 12 – Mar 5

Presenter: Professor Gil Rappaport

Cost: \$20.00

Navigating Change: How to Find Your Pizazz and Thrive! Part II

Wednesdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes: Feb 13 – Mar 6

Presenter: Catherine Dockery

Cost: \$20.00

Pioneering Abstract Expressionist Women

Wednesdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes: Feb 13 – Mar 6

Presenter: Valerie Hellstein, Ph.D

Cost: \$20.00

Meditation in Motion: The Art and Science of Tai Chi

Wednesdays: 1:00 – 3:00 p.m. – Ruffatto Hall at DU

4 Classes – Feb 13 – Mar 6

Presenter: Joe Brady

Cost: \$20.00

Buddhist Psychology: Addressing the Challenges and Stresses in our Lives

Thursdays: 9:30 – 11:30 a.m. – Ruffatto Hall at DU

4 Classes: Feb 14 – Mar 7

Presenter: Gretchen Ann Groth, Ph.D

Cost: \$20.00

Who Are the Facilitators?

They are people....just like *you!*

At the heart of OLLI are our facilitators and curriculum. OLLI is successful because every term we have an intriguing curriculum and a “faculty” of dedicated people volunteering their time to make it happen.

The majority of OLLI facilitators have never taught a class in their lives. They all find many different ways to organize a class based on the topic and their style – some prepare discussion questions from the text they have chosen; some prefer using lecture tapes and building a discussion around them; others have members of the class give reports; and many invite guest lecturers.

How can you find out about becoming a facilitator?

It is quite easy. You may begin by simply indicating your interest to anyone on the Curriculum Committee or Connie Dawson. They will be delighted to answer your questions and offer suggestions.

Member Relations Advisory Committee Members

Paul Mauro, Co-Chair and Marketing Committee (Term End: 2019)

Florence Welch, Co-Chair and Special Events Committee (Term End: 2021)

Fabio Fernandez, Volunteer Committee (Term End: 2021)

Stu Gentry, Facilitator Training (Term End: 2019)

Judy Hall, Member Relations Committee (Term End: 2020)

Jane Howe, Member Relations Committee (Term End: 2021)

Janet Kester, Marketing Committee (Term End: 2021)

Paula Mitchell, Special Education Committee (Term End: 2020)

Jim Ruden, Volunteer Committee (Term End: 2020)

2018-2019 OLLI South Curriculum Committee

Curriculum Committee Co-Chairs	Sally Walling, mustangsallyw@msn.com Pat Smith, pks9909@gmail.com
Alive & Well!	Sue Armstrong, suearmstrong1@comcast.net Susan Holt, smholt@me.com
Economics	Stan Folker, no13dolfan@comcast.net Ira Rifkin, irarifkin@comcast.net
Extracurricular	Elizabeth Taylor, ectaylor@earthlink.net David Welch, dfwelch@msn.com
History	Rae Wiseman, rae.wiseman@comcast.net Peggy Winn, peggy1winn@gmail.com
Literature/Writing	Susan Foster, fostersusan@yahoo.com Nina Dowd, ninamaed@comcast.net
Philosophy/Religion/Culture	Peggy Breeding, peggybreeding@comcast.net Mary Ann Lang, malang@q.com
Political Sci/Current Events	Bayard Breeding, bayardbreeding@gmail.com Bill Baird bairdwe@comcast.net
Science/Math/Technology	Dave Jonasson, dtjonasson@gmail.com Ron Knox, ron_knox@yahoo.com
Soci-OLLIGies	Roxanne Ahlbrecht, roxanne.ahlbrecht@gmail.com Ruth Harthun, ruth@iescolorado.com
Visual and Performing Arts	Sue Bramley, suebramley18@gmail.com Natalie Conklin, nataliec3@comcast.net

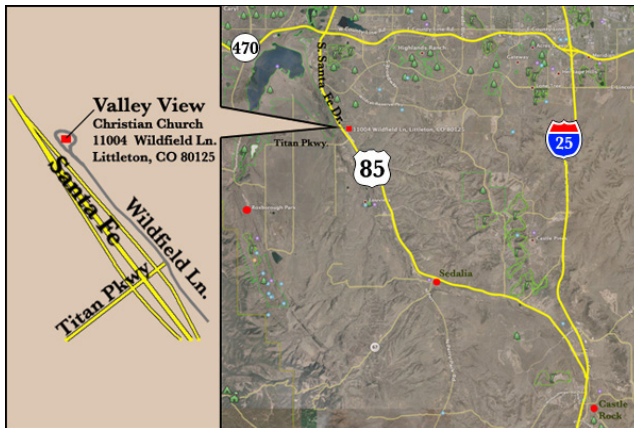
OLLI South Administration

Manager	Connie Dawson
Assistant	Sherilee Selby
IT Specialist	Erin Angel
Catalog	Karen Kirkpatrick

Directions to OLLI South

**Valley View Christian Church
11004 Wildfield Lane
Littleton, CO 80125**

South Santa Fe Drive (Hwy 85) to Titan Parkway (approximately 4 miles south of C470 or 10 miles north of Castle Rock). Turn east, and then left on Wildfield Lane and follow the road up to the church on the hill.



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