



Winter 2024 Course Catalog

Registration
begins
January 2

olliatwvu.org

A large, stylized graphic on the right side of the cover. It features a globe on a stand, resting on a stack of several books. The globe is illuminated from the top, creating a bright glow. The background is a dark blue gradient with a large, curved yellow shape that frames the globe and books. The text "Stay Curious!" is written in a large, blue, serif font with a yellow outline, positioned at the bottom right of the globe and books.

**Stay
Curious!**

Harmony Senior Services

BECAUSE ONE SIZE DOESN'T FIT ALL



Harmony Senior Services has a solution to fit all of your senior living needs. With distinct Independent Living, Assisted Living, and Memory Care neighborhoods, Harmony Senior Services is equipped to support each and every resident and their specific needs.

Connect with us today and learn more about our vibrant senior living communities.



Morgantown
304.241.8112
50 Harmony Drive
Morgantown, WV

Southridge
304.209.4370
801 Peyton Way
Charleston, WV


Harmony
Senior Services
Family Serving Families

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.

OLLI at WVU recognizes the unique experiences, capabilities, and wisdom of mature members of our communities and emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

Courses are developed and taught by volunteers who are passionate about their topics, avocations, and interests, and love to share their ideas.

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- The Bernard Osher Foundation
- West Virginia University, President's Office
- WVU Foundation
- WVU School of Public Health (SPH)
- OLLI Board Members, Committee Members, and Volunteers
- OLLI \$100K Club, Donors, and Sponsors
- Our Distinguished Instructors
- OLLI Members



The One-Stop Start for West Virginia Studies

A directory of topics for West Virginia students, educators, and others.



<http://www.mh3wv.org>

OLLI Advisory Council (2023-2024)

Joyce Bower	Joanna Lowley
Kenton Colvin	Rosanna Schafer
David Foster	William Vieweg
Kristie Gregory, Chair	Nancy Wasson
Jack Hammersmith	Stephen Wetmore
Carol Henry	Sarah Woodrum, SPH Rep.
Leslie Lovett	

Emeritus Advisors

Roger Dalton	Jim Held
Ed Johnson	Bev Kerr

OLLI Staff

Jascenna Haislet, Director
Michelle Klishis, Professional Technologist
Diane Cale, Program Assistant
Susan Martino, Program Assistant

The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. Founded in 1977 by Bernard Osher, a respected businessman and community leader, it has funded a national network of 125 Osher Lifelong Learning Institutes. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about the Bernard Osher Foundation, visit www.osherfoundation.org.

Mark Your Calendar for These Important Dates

Spring term - April 8 - May 31

Spring course proposals due	January 2
Spring registration begins	March 18

Summer term - July 15 - September 8

Summer course proposals due	April 15
Summer registration begins	June 24

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Don't Forget Your OLLI Name Tag

We may recognize faces but we don't always remember names. Please help us remember you by wearing your OLLI name tag when attending classes and events in person.

OLLI provides a name tag for each of our members. New members can pick up their name badges from the OLLI office in Morgantown or from our program assistant, Susan Martino, in the Kanawha Valley.



If you need a new name tag, please let us know. We're happy to make one for you.

OLLI Membership

Membership is open to curious adults interested in programs designed specifically for those 50 and over who want to engage socially and intellectually.

Benefits

- *The opportunity to learn and to meet new friends.*
- *Discounts on travel and events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*
- *Access to Shared Interest Groups and technology assistance.*

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

for unlimited courses
*(payable only during quarters in
which you register for classes)*

* Other fees may apply and are noted
on individual courses, events, or groups.

Financial Assistance Available

OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members.

However, we recognize that membership and registration fees may be out of the reach of some individuals. Therefore, fee waivers are available. We do ask that you pay what you can for the membership. A payment of as little as \$5 or \$10 will allow OLLI at WVU to include you as a paid member in our report to the Osher Foundation.

To apply, ask for a confidential application at the OLLI office or fill out the application form on our website at olliatwvu.org/learn-more/scholarships/ or scan the QR code to the right.

Applications and information submitted are kept strictly confidential.



Welcome to the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU)

Welcome to OLLI's winter 2024 term!

We are thrilled to be offering members, friends, and guests a wide variety of engaging educational and social experiences over the next several months. If you are a current member, thank you for being with us this year. We look forward to seeing you in upcoming classes.

As you browse the catalog, you'll notice several new opportunities. New shared interest groups (SIGs) have been added in both Morgantown and the Kanawha Valley. The OLLI Cafés, started in the fall in Morgantown, will continue. (We are exploring this option for the Kanawha Valley as well.) And we pleased to announce our participation in Osher Online, a new program of the Osher National Resource Center (NRC) that brings OLLI members from around the country together for classes. Visit page 22 for more information.

If you haven't yet renewed your membership or made the commitment to being an OLLI member, we invite you to consider what OLLI has to offer and how the program can fit into your life. In the following pages, you will read about as many as 13 classes and events available after 5:00 p.m. on weekdays or held on the weekends. Over 40 will be available on Zoom and many of those will be recorded for viewing at a time more convenient for you. (Not familiar with Zoom? We can teach you how to use it to enjoy your OLLI classes.) Although some classes ask for a commitment of three weeks or more, many others are only one or two sessions. Looking for a class or opportunity that you don't see in the catalog? Let us know! Have an interest or knowledge that others might be interested in? Consider sharing by teaching a class or facilitating a group for OLLI. If cost is a concern, see page 4 to the left for information about our financial assistance program.

We invite you all to make OLLI at part of your life this winter.

Jascenna Haislet
Director, OLLI at WVU

Winter Open Houses



Learn how you can stay engaged and connected this winter with OLLI classes. Hear from instructors and meet other OLLI members!

**Wednesday, January 3, 3:00 - 4:30 p.m.
on Zoom**

**Thursday, January 4, 12:00 - 1:30 p.m.
Morgantown (Mountaineer Mall)**

**Wednesday, January 10, 12:00 - 2:00 p.m.
Kanawha Valley (Schoenbaum Center)**

**Free and open to the public.
Register at <https://bit.ly/49aDSuD>**

OLLI classes are open to all members, regardless of where they live.

Morgantown members are invited to attend classes in the Kanawha Valley and members from the Kanawha Valley are welcome to attend classes in Morgantown. Members who reside farther away are welcome to join us in person when they are in town. Contact the OLLI office at 304-293-1793 to make arrangements.

OLLI instructors are volunteering their time and talents. **Please be respectful of your course instructors and fellow participants.** Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Zoom links will be emailed to those enrolled in online classes by 9:00 a.m. the morning of the class/event.

Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class. If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

Symbol Key

Throughout OLLI's course catalog, you will see various symbols next to names, locations, and event titles. Below is a list of those symbols and what they mean.

***** An asterisk next to an instructor's name indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours.

M This symbol next to a class or event indicates that it will be held in-person in Morgantown only.

KV This symbol next to a class or event indicates that it will be held in-person in the Kanawha Valley only.

The winter term runs January 16th through March 28th.

To register, you must have a current membership and have paid the required fees for the term.

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at <https://wvusph-olli.augusoft.net/>.
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form. Mail to: OLLI at WVU
5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.

If you pay with a credit or debit card, the charge will show as: WVU HSC PUBLIC HLTH OLLI.

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Winter Registration begins January 2, 2024

Register Anytime!

Registration remains open throughout the term for most classes and events.

Registration & Attendance Matter

We understand that plans change, especially when you're asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members' active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office at 304-293-1793 or email olli@hsc.wvu.edu. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

Supporting Your OLLI

Lifelong learners value education - for themselves and others.

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

With a variety of giving options, you can choose the gift that works best for you.

You can choose to designate your gift to:

- OLLI's area of greatest need
- the \$100K Club
- OLLI participation scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

And choose the time that works for you.

- Give when you renew your membership or enroll in classes
- Give during OLLI's Annual Fall Campaign
- Give on WVU Day of Giving
- Set up a monthly recurring gift
- Any time during the year

To give today, visit <https://olliatwvu.org/make-a-gift/>, scan the QR code below, or add your tax-deductible donation to the enclosed class registration form. For more information, call the OLLI office at 304-293-1793.



Thank you for your continued support of lifelong learning and OLLI at WVU.

Every gift makes an impact!

***Show your support for
lifelong learning in
West Virginia and
southeastern Pennsylvania.***

**OLLI Sponsorship
Space Available.**

Email olli@hsc.wvu.edu
for more information

Kroger Community Rewards Program!

By participating in the Kroger Community Rewards Program, OLLI at WVU receives a donation from Kroger every time you purchase groceries in any of their stores using your rewards card.

Signing up is easy. Simply register your Kroger Plus Shopper's Card online at www.krogercommunityrewards.com and choose **Osher Lifelong Learning Institute/WVU Found (FG916)** as the organization to receive a donation.

If you have any questions, or need help enrolling in the Kroger Community Rewards Program, the OLLI staff is happy to assist.

Special Member Events & Benefits

Special member events, opportunities, and interest groups, unless otherwise noted, are free for current OLLI members! Payment of term enrollment fee is not required.

Ask a Geek

Michelle Klishis

Request an appointment at <https://bit.ly/3PcyiwP> or email olli@hsc.wvu.edu (please include "Geek Question" in the subject line.)

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help. Members may request an appointment in-person in Morgantown or via Zoom. Please note that Michelle's strengths are Android phones, Windows PCs, Microsoft Office software, and digital security and privacy.

OLLI Virtual Happy Hour

Sundays, January 14 - March 3, 6:30 - 7:30 p.m.
Zoom

Join us for an on-line happy hour with OLLI members! We're going to chat and socialize and check in on each other! Take this opportunity to dress up and chat with people you haven't seen for a while or maybe haven't met, in person, before!

Winter Film Forum: *Giant*

James Held*

Friday, January 26, 10:00 a.m. - 3:00 p.m.
Morgantown B
Materials Fee: \$15.00
Lunch will be served.



Giant is a 1956 American epic Western drama film directed by George Stevens, from a screenplay adapted by Fred Guiol and Ivan Moffat from Edna Ferber's 1952 novel. The film stars Elizabeth Taylor, Rock Hudson and James Dean and features Carroll Baker, Jane Withers, Chill Wills, Mercedes McCambridge, Dennis Hopper, Sal Mineo, Rod Taylor, Elsa Cárdenas and Earl Holliman. Edna Ferber's novel used the King Ranch in Texas as inspiration for the film ranch. The story portrays life on a gigantic cattle ranch at the time when oil was discovered, transforming the state, the ranch, and the society, including the racism and class-consciousness of the people. Run time: 201 minutes.

Jim Held taught Theater and Dramatic Literature at WVU for 35 years, retiring in 2015. He has taught over 65 courses for OLLI at WVU focused on film, plays and playwrights, and classic literature. He has hosted Film Forum from 2015 to the present, except for the pandemic pause. Film has remained a constant in Jim's life with his wife Bonnie.

Winter Film Forum: *Cleopatra*

James Held*

Friday, February 23, 10:00 a.m. - 3:00 p.m.
Morgantown B
Materials Fee: \$15.00
Lunch will be served.



What is it about *Cleopatra*? C. B. DeMille filmed this story in a gorgeous black and white style in 1934. It had also been filmed in 1917 with Theda Bara. In the 1960s, 20th Century Fox, in bad shape financially, wanted to make a BIG picture. In this 1963 version, the great and legendary actors, Elizabeth Taylor, Richard Burton, and Rex Harrison headed a cast of great character actors; the studio was willing to risk it all to get the film made. *Cleopatra* was the biggest grossing film of 1963 and had the distinction of being the first time an actor was paid \$1 million for a role. The film is gorgeous; follows story lines laid down by Shakespeare, Shaw, and Plutarch; and features sets and costumes even De Mille would have been amazed by. Filmed in 70 mm wide-screen Todd-AO with gigantic sets of Egypt and Rome and a not-to-miss sea battle between the Caesars, it is one of the most spectacular movies ever produced. Running time: 251 minutes.

See left for instructor bio.

War of the Worlds

Jascenna Haislet

Wednesday, March 13, 6:00 - 8:00 p.m.
Morgantown B



Join OLLI for a readers' theatre performance of Orson Welle's classic radio show, *War of the Worlds*, performed by your fellow OLLI members. A reception will follow.

Jascenna Haislet spent much of her childhood and adult life in professional and academic theatre. She is a devoted lifelong learner who enjoys delving into history, current events, and new experiences.

Need assistance with Zoom?

Interested in taking an OLLI class but not sure how to use the online meeting software, Zoom? OLLI's professional technologist, Michelle Klishis, will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Contact the OLLI office to arrange a session.

Community Events

Whole Grains Sampling Day 2024

Cindy Gay

Wednesday, March 27, 1:00 - 2:30 p.m.
Morgantown A
Materials Fee: \$7.00



Learn how to make your own salad in a jar lunch from a choice of whole grains and produce. Informative displays and menu suggestions will be shared. Enjoy lunch with classmates.

Cindy Gay retired from WVU Medicine where she managed the Healthy Cafe in the Health Sciences Center. Her meals there and at home are nutrient dense and made from scratch.

History Alive: Pearl S. Buck

Karen Vuranch



Friday, February 16
10:00 - 11:30 a.m.
Kanawha Valley
Schoenbaum Center



Born in West Virginia, Buck grew up in China with her missionary parents, but never forgot her West Virginia roots. She received the Pulitzer Prize for her 1931 novel, *The Good Earth*, and was the first American woman ever to be awarded the Nobel Prize for literature. She was also a humanitarian and social activist who was deeply concerned about the welfare of children worldwide.

Karen Vuranch is well-known for other portrayals of women in history, including Clara Barton, Mother Jones, Julia Child, Edith Wharton and Cass Elliot of the Mamas and the Papas, among others. Her most recent character is aviator Jackie Cochran. Vuranch has written two plays about women in history, *Coal Camp Memories* about life in the West Virginia coalfields and *Homefront* about women in World War II. She is also an acclaimed storyteller and has performed at festivals, schools, colleges, libraries and conferences each year. Vuranch recently retired from the faculty at Concord University where she taught Theatre and Appalachian Studies and was the Director of the Theatre Department.

Community events, hosted by OLLI at WVU, are free and open to the public. OLLI membership is not required although reservations are.

T'ai Chi Classes

Led by Cecil Pollard* & Bill Koehler*
Hosted by OLLI at WVU and
The Shack Neighborhood House

**NEW
TIMES**



Saturdays, January 20 - March 30
The Shack Neighborhood House (537 Blue Horizon Dr.)

Register at <https://bit.ly/3x8lyi8> or on the enclosed form.

Intermediate T'ai Chi

10:00 - 10:50 a.m.

This group provides an opportunity for participants who have moved beyond the beginning level to continue practicing together. Enrollment by permission of OLLI instructors.

Introduction to T'ai Chi and Qigong

11:00 - 11:50 a.m.

This course is an introduction to a version of Yang Style T'ai Chi as modified and taught by Cheng Man-ch'ing. In this course, students will learn the basic principles of T'ai Chi and how to do the T'ai Chi form.

The Importance of Community

Tabitha Justice

Wednesday, March 27, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center



In America, we still acknowledge that "it takes a village to raise a child," but the village is also supposed to be there as we age. Unfortunately, the village that cares for our older neighbors has almost completely vanished... until now! Bringing Back the Village aims to support the medical, functional, emotional, social, and spiritual needs of older adults by coordinating and delivering educational services and supports within their communities. We all have a role to play and this seminar will explain the village concept, mission, and purpose. You'll learn how the village impacts the whole community and how communities can become part of the village to positively improve the lives of our communities, older adult neighbors, and our loved ones.

Tabitha Justice is the founder of Bringing Back The Village, an organization that offers a series of free seminars and workshops from experts in the senior industry aimed to create a kinder, stronger and healthier community for our senior neighbors. She is also a licensed insurance agent specializing in Medicare, long term care, and Social Security Strategies.

WINTER 2024 CLASSES

Art & Literature

Caravaggio, Italian Artist

Melora Cann*

Monday, January 22, 12:45 - 2:45 p.m.
Zoom & Schoenbaum Center Kanawha Valley

Michelangelo Merisi da Caravaggio, who lived from 1571 to 1610, was an Italian painter and contemporary of astronomer Galileo and playwright William Shakespeare. His life reads like a gripping adventure tale: "He was 39 when he died. He had been in exile for the last four years of his life. He slept fully clothed, with his dagger by his side..." *Caravaggio* by Francine Prose (2005, *Eminent Lives*). His work was dismissed in the 1700s as vulgar, and in the 1800s, as "among the worshipers of the depraved." Learn more about the artist and see some of his visually striking, powerful paintings in this class.

Melora Cann has been an art educator for over 37 years. She has studied art history internationally in Italy, the Netherlands, Spain, Great Britain, Germany and Mexico. She has taught art history (and related topics) for OLLI at WVU since 2017.

Enjoying the Lap Dulcimer

Judy Werner*

Mondays, January 22 - March 4, 10:00 – 11:45 a.m.
Zoom & Morgantown B

The dulcimer is a truly traditional instrument of Appalachia. It is a fun and easy instrument to play but one can keep learning forever. No previous musical experience or ability to read music is required. Participants will learn to play by number a variety of songs, including old-time fiddle tunes, waltzes, and some holiday tunes (Halloween, Thanksgiving, Christmas). A limited number of dulcimers are available for loan during the class. Please indicate this need when registering

Judy Werner has enjoyed playing the lap dulcimer for more than 14 years and she plays in two different dulcimer groups. She likes old-time traditional music and enjoys going to concerts and music festivals. She continues to direct the Gardner Winter Music Festival held every February. She also enjoys playing the tin whistle and the bowed psaltery.

Learn to Play the Tin Whistle

Judy Werner*

Thursdays, February 8 - March 14, 10:00 - 11:45 a.m.
Zoom & Morgantown A

Be ready to celebrate St. Patrick's Day with some music of Ireland by learning to play the tin whistle. The whistle is an easy instrument to learn with additional complexity to keep

you learning for a long time. This beginners' class is designed for individuals with little or no musical experience. You will need to have a tin whistle in the key of D. Whistles are available at Fawley's Music in Sabraton or in the OLLI Office.

See instructor bio on the left.

Let's Be Parrotheads!

Andrea Horton



Thursdays, February 1 - 15, 3:00 - 4:30 p.m.
Morgantown A

Parrothead: Jimmy Buffet fans united in escapism, song lines, and the love of everything tropical. This class will review Jimmy Buffet's musical history and discuss his life, adventures, concerts, and writings. We will watch a special interview and excerpts from some of his live concerts during the first two sessions, then discuss his stories and books during the third session. Participants are encouraged to dress in tropical or colorful attire and wear hats and anything tropical to become Parrotheads for a short escape from the winter blahs. We will share tropical punch and snacks at each class.

Andrea Horton, a lifelong area resident, is a retired petroleum engineer with 30 years of experience in the natural gas industry. She is a member of the West Virginia Botanic Garden Board, the Cheat River DAR, and the Cheat Lake Rotary Club.

Living Happily Ever After

Bob Harrison*



Thursday, March 14, 10:00 a.m. – 12:30 p.m.
Kanawha Valley Schoenbaum Center

Into the Woods by Stephen Sondheim poses the question of "How does one live happily ever after?" Sondheim answers this question by weaving a tapestry of an improbable encounter among several *Grimm's Fairy Tales* characters in the woods.

Bob Harrison earned his PhD from American University in Washington, DC, in 1988. He enjoys musical theater and sharing this unique literary art form, which originates in the United States, with OLLI members.

OLLI stimulates one's mind with great courses and provides social interaction to enliven the whole person.

- OLLI member

Magical Tales and Legends from Ancient India

Sumitra Reddy*

Tuesdays, January 30 & February 6, 3:00 - 4:45 p.m.
Zoom

When an ancient ocean was churned by the gods, and demons used a mountain as a rod, the celestial physician, Dhanvantari of Ayurvedic medicine, along with many other objects and characters, arose from the ocean. When the Vedic sage Narada caused deformities in the bodies of the personified Ragas and Raginis by singing wrong musical notes, Shiva had to sing them correctly to cure their deformities. And Ganesh, with an elephant head, is always invoked first during any Vedic worship ritual. These stories, along with many other colorful tales, will be presented in the class.

Sumitra Reddy grew up in India and came to the U.S. for graduate studies in physics. She has been teaching for OLLI since 2011 to share her joy of learning various subjects ranging from history to science.

More Amazing Musical Composers

Andrea Elkins

Tuesdays & Thursdays, January 16 - 25, 3:00 - 4:30 p.m.
Zoom

We are going old school, focusing on the musicals of Irving Berlin, Cole Porter, Lerner and Loewe, and Rodgers and Hammerstein, using film and soundtracks to explore the brilliance of these award-winning composers.

Andrea Elkins is a musical theatre fan and community theatre actor.

Rehearsing The War of the Worlds

Jascenna Haislet



Fridays, January 19 - March 8, 1:30 - 3:00 p.m.
Morgantown A

Participants will rehearse and perform the radio play by Howard E. Koch, adapted from H.G. Wells' novel and originally directed by Orson Welles. The script will be provided. Previous acting experience is not necessary but participants should be comfortable speaking in public.

Instructor bio on page 8.

OLLI Cafés

OLLI members and guests attending classes at the Mountaineer Mall in Morgantown are invited to pack their lunch and enjoy the company of their peers.

Morgantown Classroom A

11:30 a.m. and 1:00 p.m.

Tuesdays, January 16 - March 19
Wednesday, January 17 - February 22
Thursdays, January 18 - February 29
Dates may be added with OLLI schedule changes.

OLLI will provide coffee, tea, and water and a small selection of chips and/or cookies to supplement your meal.

Registration not required.
Café dates will be included in the weekly schedule at a glance.

Whether you plan to attend both a morning and early afternoon class on a café day or simply wish to come early/stay late, we look forward to seeing you!



WINTER 2024 CLASSES

Relax with Mindful Drawing

Margi Bush

Tuesdays, March 12 & 19, 10:00 - 11:00 a.m.
Zoom

Participants will engage in the Zentangle® Meditative Drawing Method, a mindfulness-based art therapy and an easy to learn drawing technique which is proven to increase creativity, focus and self-confidence. Participants will learn how to create simple “tangles” with combinations of lines, dots, and curves. The practice can help create periods of inner peace in daily life.

Materials needed: A black micron pen (01 or 03), pencil, cotton swab, 3.5” square pieces of white card stock, scrap paper, and a flat surface.

Margi Bush is Certified Zentangle® Teacher and a Certified Forest Therapy Guide trained in the practice of forest bathing, which simply means taking in the forest atmosphere using our senses.

Rethinking Opera for a Contemporary Audience

Byron Nelson*



Thursdays, January 18 - February 1, 10:00 - 11:30 a.m.
Morgantown A

Should opera companies present new operas at the expense of old favorites in an effort to attract a younger audience? Should they offer modernist productions of venerable repertory operas such as *Carmen* and *La Forza del Destino*? The experimental 2023-24 season of the Metropolitan Opera in HD (shown locally at the Regal Theatre on Saturday afternoons) and the Pittsburgh Opera will no doubt inspire different reactions. The course will debate the merits of traditional and modernist productions.

Byron Nelson taught English at WVU for 40 years. He has taught numerous OLLI classes on Shakespeare, opera and Broadway musicals.

Whistler and the Peacock Room

Melora Cann*

Mondays, January 29 & February 5, 12:45 - 2:45 p.m.
Zoom & Kanawha Valley Schoenbaum Center

Whistler is considered a leading American painter of his time, largely independent of the art trends of the late 19th century. He was a portraitist as well as landscape artist and dabbled in interior design and other manifestations of art. He is perhaps best known for a portrait of his mother, entitled *Arrangement in Grey and Black, No. 1* (aka, Whistler's Mother). Known for his moody landscapes with musical titles such as *Nocturne: Blue and Gold* (or *The Old Battersea Bridge*), Whistler was among the artists to embrace the theory and compositional elements of Japonisme.

See page 10 for instructor bio.

Health & Wellness

Addressing Nicotine Dependence and Treatment in WV

Susan Morgan, Suann Gaydos

Friday, January 19, 10:00 – 11:00 a.m.
Zoom & Morgantown B

This course will address nicotine addiction to cigarettes, smokeless tobacco, and vaping. Nicotine dependence treatment using adequate levels of medication and counseling, as presented in the WVU Tobacco Treatment Specialist Program, will be discussed. Recommendations of the Tobacco Use Prevention and Cessation Task Force will also be presented.

Susan Morgan, DDS, MAGD, NCTTP, is a Professor Emeritus in the WVU School of Dentistry. She wrote the accreditation document resulting in WVU School of Dentistry becoming the first dental school in the nation to house a certified tobacco treatment training program.

M. Suann Gaydos, MSDH, NCTTP, is a Professor and Director of the Certified Tobacco Treatment Training Program at WVU. She serves by gubernatorial appointment on the West Virginia Tobacco Use Prevention & Cessation Task Force and is promoting implementation of tobacco treatment specialist training into the WVU Health Science Programs' curricula.

*I just loved the class I attended last week...
I'm brand new to OLLI and so far it's been just wonderful.*

- OLLI member

The Different Levels of Care

Kari Peyatte, Lisa Pauley, Shellie Powell



Friday, January 26, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center

As we age, there's a 74% chance that we will need some sort of assisted medical care. However, there is an extreme lack of awareness about what types of care are available, how to get a referral, and who pays for that care. This course will include a discussion on how to be prepared and how to be a good advocate when the time comes for you or a loved one. This presentation is offered in conjunction with Bringing Back the Village, an umbrella organization of businesses and programs that center on senior services. <https://bringingbackthevillage.org/>

Kari Peyatte, a native of Charleston, is the owner of Amada Senior Care of West Virginia. Her area of expertise is utilizing Long Term Care insurance to help seniors remain in their own homes. **Lisa Pauley** works with Brookdale Charleston Gardens, which focuses on assisted living and Alzheimer's and dementia care living options. **Shellie Powell** has been a registered nurse for 25 years after graduating from West Virginia University with a Bachelor's Degree in Nursing (BSN). Shellie has been with HospiceCare since 2001 and has served in many areas of the organization.

Five Wishes

Lydia Smith



Monday, January 29, 10:00 - 11:00 a.m.
Kanawha Valley Schoenbaum Center

Advance care planning is essential in case of a medical crisis that could leave you too ill to make your own health care decisions. Planning for health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you. Do your loved ones know YOUR wishes? Your decision is the right one but your family must know your wishes. During this workshop, you will receive a valuable resource that is "Five Wishes." Having conversations with family members regarding end of life decisions is difficult. The hallmark of the Five Wishes program is simplicity and clarity. In this workshop, you will be able to give yourself peace of mind and give your family the gift of knowing in uncertain times.

Lydia Smith is a board-certified Family Nurse Practitioner and founder of Country Roads Housecalls, LLC. She is offering this presentation in conjunction with Bringing Back the Village, an umbrella organization of businesses and programs that center on senior services. <https://bringingbackthevillage.org/>

Be an OLLI Ambassador!

Our members are our best recruiters.

Share your OLLI experience with a friend.



- Invite a friend to a class
- Offer a catalog
- Suggest a membership*
- Give a gift certificate

See page 31 for a pre-printed message card to mail to friends.

*If you refer a friend who purchases a new membership, you will be entered in a drawing to receive a **free term of OLLI courses**. The referral must be confirmed by the new member.

WINTER 2024 CLASSES

Healthy Aging

Sarah Deem & Exercise Physiology students



Fridays, January 19 - March 22, 12:00 - 1:15 p.m.
Morgantown A

Encore

Exercise Physiology student interns, supervised by a graduate student from WVU, will share information on lifestyle practices that promote healthy aging including goal setting, fitness guidelines and/or general recommendations, nutrition, and more. Each class will contain a short educational piece discussing the benefits of regular exercise and how to modify an exercise regimen to fit long-term and short-term goals. This will be followed by an instructor-led, beginner friendly exercise session. This class will include chair-based exercises and resistance band exercises in addition to providing take-home handouts that can be reviewed at participants' own discretion.

Materials needed: light resistance exercise bands.

Sarah Deem has her Bachelor's Degree in Exercise Physiology with an emphasis in Aquatic Therapy and is completing her Master's Degree in Exercise Physiology emphasizing Tactical Performance. She is the current Graduate Assistant for Community Outreach.

Mindful Nature Experience

Margi Bush

Tuesdays, February 6 & 13, 10:00 - 11:00 a.m.
Zoom

This course will include time spent outside in a natural setting or indoors with a view of nature, engaging each of the senses and spending time in reflection and meditation. This practice offers health benefits: stress reduction, lower heart rate and blood pressure, and improved concentration, creativity, and mood, all of which counter burnout.

See instructor bio on page 12.

You cannot help but get excited about the subject when the instructor is so passionate and knowledgeable about it.

- OLLI member

Mobility for Seniors

Sarah Deem & Exercise Physiology students



Fridays, January 19 - March 22, 10:00 - 11:15 a.m.
Morgantown A

Encore

Exercise Physiology (EXPH) interns, supervised by a graduate student from WVU, will share information on how to maintain and improve mobility and flexibility with aging. Each class will include a short educational piece about the benefits of exercise on various aspects of our lives, followed by an instructor-led mobility session for all levels of ability. The class will include chair yoga, some light resistance band exercises, and seated exercises.

Materials needed: light resistance exercise bands.

See instructor bio to the left.

The Other CCU

Kerry Harbert

Tuesday, January 23, 10:00 - 11:30 a.m.
Zoom & Morgantown B

This course will describe the historic British Common Cold Unit that enrolled everyday British citizens in a project researching the common cold. They volunteered to be subjected to cold weather, to other Britons who had colds, or even to swabs containing a known cold virus. The information learned from this project informed much of what is known today about the common cold and other viruses.

Kerry Harbert is an Associate Professor Emerita from the WVU Medical Laboratory Science program. She retired from the program in 2020, where she taught hematology, blood banking, and phlebotomy. She loved her days of teaching and enjoys sharing her enthusiasm for these fields with OLLI members.

T'ai Chi for Arthritis

Ryan Sommerkorn



Thursdays, January 25 - March 28, 10:00 - 11:30 a.m.
TBA
Maximum Enrollment: 15

T'ai chi is an art embracing the mind, body and spirit. Originating in ancient China, t'ai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey. Sommerkorn, recently certified by the T'ai Chi Institute for Health to be a T'ai Chi for Arthritis and Falls Prevention instructor, will share his knowledge as he leads participants through this ten-week course. Part II will be offered during the spring term.

History

Amelia Earhart

Russ T. Hutchins

Wednesdays, February 28 - March 13, 12:45 - 2:15 p.m.
Zoom

Eighty-six years ago, Amelia Earhart and Fred Noonan disappeared at the Equator on their around-the-world flight. Eleven theories have been suggested by various authors as to what happened to them. Join us as we examine and discuss the colorful life of this modern woman who dared to push the envelope. We will discuss her life and the continued mystery of her disappearance.

Russ T. Hutchins, ED.Sp., is currently a professor at Friends University-Topeka, teaching U.S. History, Western Civilization, Economics, Business, Philosophy, and Business Management. He is a former school administrator and teacher with a Specialist Degree in School Administration, a graduate degree in Curriculum/ Instruction, and a Bachelor's degree in Secondary Education. Hutchins lectures for OLLIs on topics surrounding WWII and the mystery of Amelia Earhart's disappearance, women spies, and women aviators.

The American Civil War 101

Mathew Lively

Friday, February 2, 10:00 - 11:45 a.m.
Morgantown B



This class will be an introductory lecture on the American Civil War covering the initial causes, political and military leaders, major battles, and the lasting effects of the final outcome.

Mathew Lively is President of the Mason-Dixon Civil War Round Table group in Morgantown and a locally practicing physician. He is the author of a book on the death of Gen. Stonewall Jackson along with several journal and magazine articles on medical and Civil War history.

Baltimore and Ohio Railroad over Sand Patch

Keith DeVault

Wednesdays, January 17 - 31, 10:00 - 11:00 a.m.
Morgantown B



This presentation will describe the Baltimore and Ohio Railroad and its successors that built and maintained the rail line from Cumberland, MD, to Connellsville, PA, and Pittsburgh. The instructor will show the history of the line starting in 1847 to the present day and how the railroad and industries along the line would help develop the Western

Front of the United States. The B & O was one of the two rail lines to build west of Cumberland, MD, which connected westward to Chicago and St. Louis.

Keith DeVault has researched and presented classes and lectured on the history of railroads in and around West Virginia. He also has presented the history of several railroad companies that have operated in West Virginia. He has now begun to research the history of the Pennsylvania Railroad and Western Maryland Railroad.

Discovering the New Deal in West Virginia

Elizabeth Satterfield



Tuesday, February 13, 10:00 - 11:00 a.m.
Morgantown A

Learn about the impact of the New Deal on West Virginia, including many social programs, experimental communities, public works projects, labor programs, and much more! This class will not only be an overview of the New Deal's effect on the entire state but will also focus on the community of Arthurdale, the first New Deal community established in the nation.

Elizabeth Satterfield is the Curator and Director of Education at Arthurdale Heritage. Satterfield creates new exhibitions, manages and digitizes the archival collection, and expands educational programming. In college she pursued a BA in history at WVU, then went on to receive Master's degrees in public history and public administration from WVU in 2021.

Japanese Internment Camps

Russ T. Hutchins

Fridays, February 2 – 16, 12:30 - 2:00 p.m.
Zoom

There were 120,000 Americans of Japanese descent interned after Pearl Harbor from 1942-1945 on the West coast and sent to the interior, to places like Idaho, Arkansas, and Montana, for fear they were spies for Japan. Not one case was proven. Many Japanese American men volunteered to serve in the U.S. military and were sent to Italy and Germany to fight. They were the most highly decorated units in the war. After the war, they lost their homes and businesses to racism. The children raised in the camps remember the hardships and difficulties their parents and grandparents suffered from the lack of housing and heat and being held behind barbed wire guarded by machine gunners. Join us for a look at Americans behind barbed wire.

See instructor bio on this page.

WINTER 2024 CLASSES

Meet Some Famous West Virginia Women

Barb Howe*

Thursday, February 22, 3:00 - 4:45 p.m.
Zoom

This class will be a series of biographical sketches about selected women from the 18th to 20th centuries who deserve recognition for their activities in what is now West Virginia or beyond. You may already know some of the names (Belle Boyd, Betty Zane, Eleanor Steber). Some you may have met in the instructor's prior classes (Eliza Hughes, Harriet Jones). Others may be new to everyone.

Barb Howe taught American women's history at WVU and has taught related classes for OLLI. She has published articles on West Virginia women's history and taught a course on Wheeling women in the Civil War for OLLI in the winter 2023 term.

Other Interests

Assembling a Tortilla Casserole

Cindy Gay

Tuesday, January 23, 3:00 - 4:45 p.m.
Morgantown A

Materials Fee: \$7.00



Bring your own baking dish and assemble a nutrient dense meal to take home and bake for dinner. Your meal for three to four will feature corn tortillas, vegetables, protein and dairy.

See instructor bio on page 9.

The Bridges of West Virginia

Ed Johnson*

Thursday, January 25 - February 22, 12:45 - 2:30 p.m.
Zoom & Morgantown B

As there are almost 7,000 bridges, including historic, highway, railroad, state park, pedestrian and more, we may not get to all of them but will enjoy learning about many, using lots of pictures and map views.

Ed Johnson is the creator and curator of www.mh3wv.org, a website for West Virginia Studies students and educators; he was a longtime business professor and a former cast member at Walt Disney World.

Creating Books from "Found" Text

Rae Jean Sielen*

Wednesday, February 21, 12:45 - 2:30 p.m.
Zoom & Morgantown B

Do you have old personal or family documents or papers? Perhaps they should be printed and bound, one or more copies, for present and future generations. Have you opened an old trunk and found a relative's manuscript? Was one passed on to you? Or, a batch of poetry, handwritten or typed? Children's stories, letters, or journal? Historical observations? Recipes? In this presentation, you'll get big-picture information about what's involved—whether tackling it yourself or needing outside help, e.g., with printing, scanning, etc. And, once you have e-files or hardcopy prepared, then what? Options for printing will be shared, including their pros/cons.

Rae Jean Sielen has helped individuals, families, organizations, and businesses with a wide variety of projects for over 25 years. She is especially passionate about encouraging others to preserve their personal and family histories.

Genealogy Tips and Tricks

Susan Arnold

Wednesday, March 6, 10:00 - 11:30 a.m.
Zoom & Morgantown B

Are you interested in family history but not sure where to start researching? This class will provide an introduction to finding vital records, census records, and resources/records available on FamilySearch.org. New methods of finding court records online in West Virginia will also be demonstrated and discussed.

Susan Arnold retired as Director of the WVU Health Sciences Library at the end of 2021. She has been working on genealogy for 30+ years and has given several presentations to groups on the subject. She is a member of the DAR and several other lineage groups and has helped many people with their applications to those organizations.

Intermediate Spanish II

Victoria Mancinas

Tuesdays & Thursdays, January 16 - February 15,
6:00 - 7:00 p.m.

Zoom

Prerequisite: *Completion of Intermediate Spanish* or permission of instructor.

This interactive class will teach participants how to use their Spanish knowledge. You will learn practical conversations with proper pronunciation, expand your vocabulary, improve

your understanding of the language, and perfect your reading and writing skills. Participants will also learn standard cultural norms and get a bit of Mexican culture within every lesson.

Azul Victoria Sánchez Mancinas moved to the U.S. in 2022 from her native country of Mexico. She is a junior in high school and plans to pursue a career in medicine. She is excited to share her language and culture with OLLI members.

Introduction to Spanish



Felicia Carrara

Tuesdays, January 16 - March 5, 6:30 - 7:30 p.m.
Zoom

By the end of this introductory class, participants will be able to talk about themselves and express their wants and needs. We'll go over the basics: vocabulary you'll need to carry on a friendly conversation, important phrases, and the most commonly used verbs. The class will be participatory with conversations and pronunciation so the language sticks. Handouts will be provided for extra practice. You will also have the opportunity to use a textbook to practice vocabulary outside of the classroom and build a stable foundation of the Spanish language.

Felicia Carrara is a sophomore at WVU, studying International Relations. While living abroad in Central America, she learned Spanish and developed a love for learning language. She now also speaks Italian and is learning Russian. She is excited to share her love of languages in the classroom and hopefully inspire the same interest in Spanish!

Peter Hauer Crime Story: Murderer or Victim?



Henry Rauch

Wednesday, February 7, 12:45 - 2:30 p.m.
Zoom & Morgantown B

Caver Peter Hauer was a back-to-the-land hippie-type person who moved to Lobelia in Pocahontas County, WV, in the early 1970s. Rauch, author of this story, had known Peter since the mid-1960s. Peter was a prominent caver and karst scientist, specializing in cave history and saltpeter caves, including a cave he owned on his Lobelia farm. In 1975, the body of a missing young man, Walter, a WVU student, was discovered buried in Peter's cave. Who murdered and buried him? Shortly before this discovery, Peter disappeared, followed by a nation-wide manhunt, ending with the shocking accidental discovery of Peter's body.

Henry Rauch is a 2015 retiree from WVU, where he had a 45-year career as a Geology professor, specializing in hydrogeology. Within hydrogeology, his research

specialties have focused mostly on karst geology, environmental impacts of coal mining, and carbon sequestration environmental monitoring. His proposed OLLI lecture, a true crime story, is related to karst caves in Pocahontas County, WV.

Share the Story of Your Collection

Kathi Elkins, Linda Yoder

Mondays, February 12 - 26, 12:45 - 2:15 p.m.
Morgantown B & Kanawha Valley Schoenbaum Center

Collecting has been described as a culture, a tradition, and an art. The motivations behind collecting are as varied as the collections and collectors themselves. Join OLLI for presentations by avid collectors who will present information about their collections: when they started collecting; are they still collecting; how they display their collection; what is the collection's current value; how do they connect with other collectors; and what is the plan for their collection's future?

Kathi Elkins has previously taught a series of OLLI classes on environmental awareness and on the history of ice and ice cream. Her passions are protecting the environment, vocal performance with her daughter, and networking with others. She is a retired epidemiologist from WVDHHR, with her career focusing on tobacco prevention and chronic disease prevention. **Linda Yoder** is a retired teacher and international educator.

WVU Sports Teams – A History

Kenton Colvin*

Wednesdays, January 17 – 31, 12:45 - 2:30 p.m.
Zoom & Morgantown B

WVU offers 18 Division I sports teams for men and women students. Participants will learn about all these teams; however, primary focus will be on the men's football and basketball teams. The course includes how and when the teams got started; the coaches, star players, All-Americans, pro players, records, player numbers retired, and championships; where the teams play games and practice; NCAA involvement: qualifications, portal, and NIL impact; and league history, travel methods, and student athlete problems.

Kenton Colvin retired from WVU Student Life after 18 years. Previously, he worked 26 years in manufacturing management with six corporations. He has a MS Degree in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is VP of Mon Valley Railroad Historical Society. He has enjoyed history and, for the last 13 years, teaching classes at OLLI,

Philosophy & Religion

Heaven and Hell in the Biblical World

Zachary Morton

Thursday, February 29, 12:45 - 2:15 p.m.
Morgantown B



Heaven and Hell have been dominant concepts in religious and cultural life for thousands of years, yet their conceptualizations have consistently changed and developed over time. We will explore how the Bible has been embraced and ignored with popular conceptions and depictions of the afterlife.

Zac Morton is an ordained minister in the Presbyterian Church (U.S.A.) serving First Presbyterian Church in Morgantown. He graduated from Pittsburgh Theological Seminary with an MDiv. and spent two years studying ancient Near Eastern Archaeology. He is also a graduate of West Virginia Wesleyan College.

More Contemporary Poetry/Liturgy

Rabbi Joe Blair

Tuesdays, February 13 - 27, 3:00 - 4:00 p.m.
Zoom

Following the fall term class on the poetry of Alden Solovy, this class will continue to look at selected contemporary writings inspired by psalms and life experiences. Readings will be drawn from the works of Norman Fischer, Gaya Aranoff Bernstein, and Merle Feld.

Rabbi Joe Blair serves as the spiritual leader at Temple Israel in Charleston (a Reform congregation). He has taught at OLLI at WVU, and other OLLIs, in the past on a variety of topics.

12 Oils of the Bible

Jane Smith

Thursday, January 25, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center



The Bible contains information about oils and their importance which our ancestors might have used. Each of the 12 oils has a particular importance and can be used to better our health and reduce our pain. All the oils have a fascinating and long history. Individuals will experience some of the aromas.

Jane Smith worked as a Career Counselor for over 35 years supporting individuals in career choices. She provided individual and group counseling and workshops for people to make decisions about their future.

Science & Nature

Agates on Parade

Steven Holsclaw*

Thursday, February 29, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center



Agates are composed of cryptocrystalline quartz and are found throughout the world where prehistoric volcanic activity occurred. They formed in solidified volcanic rock where gas bubbles left voids that were later filled with mineral-laden, silica-rich fluids. Agate nodules are freed from their encasing volcanic rock by erosion, flowing water, surface-scouring glaciers and mining. They are the natural peacocks of the mineral world, displaying remarkable colors, shapes, designs and intricate banding. Agates borrowed the playbooks of rainbows, sunsets and fall colors. This presentation features a breathtaking pictorial gallery that offers the student a stunning and colorful visual experience.

Steven Holsclaw is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals and crystals and enjoys sharing that interest with like-minded individuals.

53 Ways to Save the Planet

Steven Knudsen

Tuesdays, January 16 - March 5, 1:00 - 2:30 p.m.
Zoom & Morgantown B

Based on the book, *Fifty Ways to Save the Planet*, three more ways are added, leaving room for discussion of geoen지니어ing, variations and extensions of the fifty methods, and perhaps new ones not previously considered.

Steven Knudsen has a PhD in physics from West Virginia University and works at the DOE NETL in Morgantown, WV. His expertise is in electric grids and cyber security, with areas of interest in applied mathematics and energy generation using fossil resources.

Fun with Physical Science

Ed Balthazar

Wednesdays, January 17 - February 26, 10:00 - 11:30 a.m.
Kanawha Valley Schoenbaum Center



This course is a fun application of physical science. It is geared to non-science, non-math folks. It will focus on "Why and How" things happen. The classes will have a presentation of physical concepts and explanation of the how and why. Next will be small group experiments to do and see what was described, followed by a wrap-up with drawing and explanations. Topics will include: Motion, Forces, Friction,

Flying Objects, Rotation, Pendulums, Fluids, Density, Flow, Buoyancy, Heat, Electricity, Magnetism, Refraction and Light.

Ed Balthazar was a chemical engineer with many years experience at DuPont. He then spent a decade as a Professor of Science with UC. He now lives in the woods near Fayetteville, WV. He enjoys bringing science knowledge to others. His name? Balthazar was one of the three wise men, but Ed can't trace his roots that far back.

Introduction to Bird Watching

Jane Clark

Tuesday, March 12, 10:00 - 11:00 a.m.
Morgantown B



Bird watching is a great activity that you can do alone or with others. Learn what you need to start bird watching, where to go, and how to start identifying birds.

Jane Clark has loved watching birds for years. She is currently the president of the Mountaineer Chapter of the National Audubon Society and enjoys teaching people about nature.

Oceanography: The Undersea World

Richard Smosna*

Mondays & Wednesdays,
January 17 - February 12,
3:00 - 4:30 p.m.
Morgantown B



Everyone is curious about the oceans. To most of us, the oceans seem unfamiliar, eerie, even mysterious or magical. In this series of lectures, we will answer those questions about Earth's oceans that you have been asking since you were five years old, questions that your parents and teachers couldn't answer. What does it feel like deep underwater? What does it look like (with and without a flashlight)? What does it sound like? Why is the water salty? What is the deep-sea floor like? Why are the oceans different from land?

Richard Smosna is an emeritus professor at WVU who has been teaching geology beginning with the Jurassic Period, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, national parks, oceanography, and petroleum.

Watching the Great North American Eclipse

Stephen McCluskey

Thursday, January 18, 12:45 - 2:30 p.m.
Zoom & Morgantown B

If you haven't seen a total solar eclipse, your opportunity to see this awesome event comes on April 8, 2024, when an eclipse will cross the North American continent from

Mazatlan to Newfoundland, passing along the southern shores of Lakes Erie and Ontario. This course will discuss the nature and causes of solar eclipses, the circumstances of this particular eclipse, the expected weather, and will provide suggestions for watching this remarkable event.

Steve McCluskey is a retired Professor of History of Science at WVU. He has done research in the history of astronomy but only saw his first total solar eclipses on a cruise in 2013 and a second with his extended family in Oregon in 2017. He also saw a partial eclipse in Morgantown on October 14, 2023.

Social Sciences, Political, & Current Events

Exploring an Exciting New Adult Life Stage

John Oughton

Wednesdays, February 14 - February 28, 3:00 - 4:00 p.m.
Morgantown A



We will explore the new adult life stage that has emerged between middle adulthood and old age. This stage has alternatively been called Adulthood II, the Third Chapter, and the Encore Phase. Being afforded health, energy, and time during this stage can provide countless possibilities to make meaningful contributions to the world and find fulfillment in one's retirement years.

John Oughton recently retired from West Virginia University. He served in various roles during his career including Associate Director of the WVU Teaching and Learning Commons, Teaching Assistant Professor with the WVU Department of Curriculum & Instruction, and Assistant Professor with the University of Toledo College of Education & Allied Professions.

The New Yorker Discussion Group

Hilary Attfield, Michael Attfield

Mondays, January 22 - March 11, 10:00 - 11:45 a.m.
Zoom & Morgantown A

Join us to discuss a range of topics from recent issues of *The New Yorker* magazine. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to *The New Yorker* is strongly recommended.

Hilary Attfield, a native of Scotland and retired editor, likes to stay current with world issues and events (and gardening everywhere!). She has degrees from Aberdeen (Scotland), Warwick (England), and WVU. **Michael Attfield**, originally from North London, England, likes to meet people and discuss things relative to life and living. An epidemiologist, he has degrees from Wales and WVU.

WINTER 2024 CLASSES

Presidential Encores: Out of Office, Not Life

Jack Hammersmith

Wednesdays, February 14 – February 28, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Of 45 former U.S. presidents, 36 have lived beyond his years in office. Although most quietly retired, three returned to elective office and one became Supreme Court Chief Justice. Many have written memoirs, developed presidential centers as well as academic or charitable foundations, and furthered hobbies ranging from painting to poetry and prose. One (Carter), out of office for 42 years as of 2023, has been the model for productivity in almost all regards. This three-week class will center on the lives presidents have chosen, once the glamour and power of the White House have faded.

Jack Hammersmith, a veteran/survivor of four dozen years in the WVU History department, is a familiar (and aging) face to OLLI participants. Last session he focused on China. Now filled with moo-goo gai pan, he returns to the U.S. side of life.

The Second Amendment in the News

Daniel Oliver

Tuesday, February 6, 10:00 - 11:30 a.m.
Morgantown B



The Second Amendment of the U.S. Constitution has been in the news. What is the chatter about?

Daniel Oliver is a semi-retired lawyer who practiced law in the areas of business transactions and estate planning and taught both Business Law and Sports Law at West Virginia University for more than 30 years.

The Supreme Court and the Electoral College

Russ T. Hutchins

Wednesdays, January 17 - 31, 10:00 - 11:30 a.m.
Zoom

The course will deal with the history of the Supreme Court with regard to the U.S. Constitution and how the Court deals with federal election decisions. The constitutionality of the Electoral College process will be examined, as well as how the body was meant to function in the minds of the Founders and how it functions today. We will discuss the Presidential elections that ended in a decision either by the House of Representatives or the Supreme Court.

See instructor bio on page 15.

World History: The Next 10 Years

Dwight Allen

Thursdays, February 8 & 15, 10:00 - 11:30 a.m.
Zoom & Morgantown B

Ongoing developments are shaking the post-WWII geopolitical order managed by the U.S. along with the UN, NATO, and other international entities. Conflicts, economic uncertainties, new technologies, natural disasters, and more challenge the status quo. Is this a turning point in world history? What's at stake for us in West Virginia? In search of answers we'll delve into data (interesting, but which data matters?), consult historical precedents (some are more reassuring than others), and see what experts say (they disagree). Then we'll consider four plausible futures for 2035 and what events could point toward one outcome vs. another.

Dwight Allen retired in 2023 after a long career with an international financial services firm. He provided strategic advice to the firm and its clients, including corporations, governments, and utilities. Starting in the early 2000s, his focus was on the business strategy implications of changes in the global political environment. He holds degrees in history and law.

Class & Event Updates

The OLLI course catalog often has to go to print before we have all the information we need to pass along. It is not unusual for OLLI to add classes and events throughout the term. Nor is it unusual for dates to change due to unforeseen circumstances.

New classes are announced in OLLI's Friday bulletin. Emails are sent about schedule changes. But sometimes, it's easier to have a quick point of reference for all of this information. Therefore, we have created the link below for you to check for all the latest class and events updates.

<https://olliatwvu.wpcomstaging.com/archives/8974>

You can also access the site by scanning this QR code below with your Smart Phone.



Technology

Digital Decluttering

Michelle Klishis



Tuesday, January 30, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

By now, most of us have gigs and gigs of data on our hard drives (be they on our phones, tablets, or computers) and no idea how to deal with all these pictures and songs and videos and files, many of which we'll never look at again. This class will give you some ideas about how to begin the process as well as systems that you could maintain to keep things from getting cluttered again.

Michelle Klishis, OLLI's professional technologist, is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are.

Technology Security: Staying Safe

Michelle Klishis



Wednesday, March 13, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

Staying safe online covers everything from not falling for a spam email to protecting your home internet. This session will look at some of the threats out there, and things you can do to protect yourself from bad actors.

OLLI Computer Camp with Michelle

OLLI is offering the Microsoft Office series, taught by Professional Technologist Michelle Klishis, all in one week, March 18 - 21. Classes will meet in the computer lab. The maximum enrollment is 6 for each class.



Microsoft Office: The Basics

Monday, March 18, 10:00 a.m. - 12:00 p.m.
Skill Level I

The course will take you through commands that are common to all programs in the Microsoft Office suite. We'll look at using the ribbon, shortcuts, formatting text and documents, adding images and more. Even if you have used Microsoft Office in the past, you will still walk out of this class learning something you didn't know.

This class is a required prerequisite for the rest of the Microsoft Office suite.

Using Microsoft Word

Tuesday, March 19, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level I**

This class will look at making Microsoft Word do what YOU want it to do (instead of Word making you fit into its preferences). We'll cover tricks of moving around and selecting text, how to format the text and layout of a document, as well as using tables and columns. We'll even look at page numbering and tables of contents, all of which allow you to create a document you can be proud of!

Using Microsoft PowerPoint

Wednesday, March 20, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level I**

If you'd like to teach an OLLI class—or make the class you do teach even better—PowerPoint is the most common tool for giving presentations. This class will show you how to make a slide show, and the tools that exist within PowerPoint that will make giving your presentation easier. We will also look at how to use PowerPoint to make a photo album—an automatic slide show that displays pictures, such as you might see at a family reunion or wedding.

Using Microsoft Excel

Thursday, March 21, 10:00 a.m. - 12:00 p.m.
Prerequisite: Office Basics **Skill Level II**

Excel is Microsoft's spreadsheet program, which makes it sound like something for business use only, but Excel is really an amazing organizational tool or information. Some things you can use Excel for: address books, tracking daily exercise, maintaining a budget, or even creating a database to keep track of all the books you buy for kids.

WINTER 2024 CLASSES

Travel & Adventure

Greece: History, Sun, and Delicious Food!

Karen Long*

Wednesday, February 7, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Come along on a late summer trip to Greece, beginning in Athens. Ascending to the Acropolis & Parthenon are highlights of the tour to the country's capital. Next is the windy island of Myconos, with its windmills and blue Aegean Sea. The last stop is Santorini, known for the white-washed blue-domed buildings and outstanding sunsets. Enjoy the beauty of the birthplace of democracy!

Karen Long is Associate Professor Emerita and retired from the WVU Department of Medical Laboratory Sciences, where she taught clinical microbiology, mycology, and immunology. She loves microbiology and infectious diseases and sharing these subjects with others. She also enjoys travel and has shared her adventures with OLLI members as well.

An "Out West" Pictorial Journey, Part II

Steven Holsclaw*

Thursday, March 7, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center



A follow-up to the fall 2023 class, this presentation will focus on a second out west trip taken in 2018. Participants will see more National Parks and Monuments, State Parks, scenic areas and geologic wonders. Breathtaking photos of mountains, waterfalls, rapids, geysers, thermal pools and their colorful mineral deposits, and a sprinkling of wildlife and roaming buffalos within the parks are featured in this class. The area's scenic beauty as seen through the eyes of a geologist were recorded and are showcased in an expansive photo gallery.

See instructor bio on page 18.

Osher Online

OLLI at WVU is excited to offer our members the opportunity to participate in a new program, Osher Online.

Osher Online was created by the Osher National Resource Center (NRC) at Northwestern University to expand member access, institute collaboration, sharing of resources, and to ensure the legacy of the Osher Institutes.

The program offers high quality shared, synchronous courses to members of participating OLLIs from across the network. This is a great opportunity to study with subject matter experts, learn with OLLI members from across the country, and experience this exciting new opportunity offered in partnership with the Osher NRC.

All courses, held on Zoom, are six sessions, 90 minutes each, and are not recorded. They are delivered by the Osher NRC, and its staff will provide moderator and technical assistance.

Each course is \$50.00. Current OLLI membership is required.

Registration for Osher Online winter term classes closes December 18, although seats may become available at a later date. Visit OLLI's website for more information about the following courses:

- *Ruth Bader Ginsburg* (Thursdays, 11:00 a.m.)
- *Native Ground: Indigenous Communities and Colonization Before 1900* (Mondays, 5:00 p.m.)
- *Dream Jobs: My Career in Sports* (Thursdays, 1:00 p.m.)
- *Fake News: Keys to Ethical and Impactful Journalism* (Saturdays, 9:00 a.m.)
- *Made in America: The History, Mission, and Vision of the Public Library* (Wednesdays, 7:00 p.m.)
- *The Jewish Holidays: A Primer* (Tuesdays, 11:00 a.m.)
- *Golden Mystery: An Exploration of Mystery Novels from the 1920s-1940s* (Wednesdays, 3:00 p.m.)
- *Coming to Terms with the Holocaust* (Saturdays, 1:00 p.m.)
- *Nero Wolfe: The Best of America's Armchair Detectives* (Tuesdays, 1:00 p.m.)

Watch the OLLI at WVU Friday Bulletin for updates on winter courses and information about spring programming.

France Magnifique Discovery

Highlights: Versailles Palace & Gardens, Giverny, Normandy, D-Day Landing Sites, Omaha Beach, American Cemetery, Le Mont St. Michel, Loire Valley, Winery Tour, 2-Night Château Stay, Chenonceau Castle, Amboise, Paris, Choice on Tour: Paris City Tour by Bus or Montmartre by Metro Walking Tour, Seine River Cruise, Eiffel Tower Dinner

October 3 – 14, 2024

12 Days • 16 Meals • Activity Level 3

Reservation deadline: April 4, 2024

From the royal Palace of Versailles to the enchanting streets of Paris, grab a baguette and rendezvous with the best of France. Explore the former royal court and gardens in Versailles. Stroll past the magnificent, colorful flora in Monet's garden in Giverny. Delight in a 2-night stay in a stunning, renovated château in the UNESCO



World Heritage Loire Valley. Enjoy a visit of the famous Chenonceau Castle. Sip wine during a tour of a winery and its impressive underground caves. Glide along the Seine as you take in the highlights in Paris. Savor the views and rich cuisine during dinner at the Eiffel Tower. Bask in the robust history, culture and romance of these celebrated cities and charming towns.

More information, including rates and extension options, available at: <https://gateway.gocollette.com/link/1184440>

Iceland's Magical Northern Lights

Highlights: Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar Museum, Skógafoss, Skaftafell National Park, Jökulsárlón Glacial Lagoon, Sólheimajökull Glacier, Blue Lagoon

November 9 - 15, 2024

7 Days • 11 Meals • Activity Level 3

Reservation deadline: May 3, 2024
(Reservations first come, first served)

Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend



time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights.

More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1184495>

For more information, visit the trip websites or call the OLLI office at 304-293-1793.

Visit <https://www.gocollette.com/en-ca/collette-gives-you-more/faq#pacing> for a description of Collette's activity level ratings.

Share Memories and Insights from Your Travels!

Have you taken a memorable trip recently?
Traveled with a learning group or with friends and family?
Have stories to tell and photos to share?

Whether it's an international trip or travel within the U.S.; by plane, train, or automobile (or boat); with a travel company or on your own - OLLI members enjoy learning about other countries, states, and cultures and hearing about the travels of fellow members.

Several members have shared in the OLLI classroom their travel experiences. Past classes have included:

- *Alpine Adventures*
- *Provence, France - Lavender and More!*
- *Volcanoes, Myths, and Royalty*
- *Going to the Sun - a Group Motorcycle Tour*
- *Celebrations in India*

We invite you to consider sharing what you saw and learned on your travels by offering an OLLI class!

Visit <https://olliatwvu.org/teach-for-olli/> or contact the OLLI office at olli@hsc.wvu.edu for more information.

SHARED INTEREST GROUPS

OLLI Shared Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply.

MORGANTOWN

Afternoon Walking Group

Facilitator: Kelly Yonta, Susan Lewis
Daily, afternoons

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

*3rd Tuesday of the month (Sept-June), 10:00 - 11:30 a.m.
Zoom & in-person in Morgantown*

Let's Do Lunch!

Facilitator: Dottie Rauch

*2nd Thursday of the month
Maximum enrollment: 25*

**ENROLLMENT
CLOSED UNTIL
JUNE**

Mon River New Horizons Band

Facilitator: Ross Schlobohm

*Mondays, January 22 - March 18
3:30 - 5:00 p.m.
Morgantown A*

NEW

The organization's motto, "It's never too late," means that one is never too old to make music. Founded in 2016, the Mon River New Horizons Band gives OLLI members the opportunity to explore the joy of making music. Whether you play often or haven't played for years, the Mon River New Horizons Band has a place for you. Participants must be able to read music.

Course Materials: *Essential Elements Method* book. Participants must also provide their own instrument.



Opera SIG **NEW**

Whether you're a seasoned opera lover or just beginning to explore the art form, we invite you to join us. Group activities will involve attending screenings together of the Met Opera at Regal Cinema and sharing rides to attend live performances at the Pittsburgh Opera and other regional venues. Meetings will be arranged via email.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

*Weekly, Thursdays, 9:00 - 10:00 a.m.
Morgantown Trails*

Yarn Arts

Mondays, 12:45 - 2:30 p.m., Morgantown A

KANAWHA VALLEY

Take a Hike KV

Facilitator: Susan Martino

*1st Tuesday of the month, 10:00 - 11:30 a.m.
Charleston Trails*

Yarn Arts Kanawha Valley **NEW**

Facilitator: Joe Watkins

*Wednesdays, January 17 - June 26, 2:00 - 4:00 p.m.
Kanawha Valley Schoenbaum Center*

Join your fellow members to share ideas and patterns, and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts. We encourage beginners to join – we will do our best to help you learn.

ON ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

2nd Tuesday of the month (Sept. - June), 7:30 - 9:00 p.m.

Twilight Trivia

3rd Tuesday of the month (Sept. - May), 7:00 - 8:30 p.m.

**See descriptions at
[https://olliatwvu.org/current-members/
interest-groups/
for more detail.](https://olliatwvu.org/current-members/interest-groups/)**

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

Experience the joy of teaching free of tests and grades.

OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn. And you don't have to grade exams!

Courses are offered during fall, winter, spring, and summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

Interested in teaching for OLLI? Visit our website at <https://olliatwvu.org/teach-for-olli/>, scan the QR code below, or call 304-293-1793 for more information.



Volunteer for OLLI

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

Volunteer opportunities include:

Instructor or presenter • Board or committee member
Office support • Project Team member • Class host
Events host or staff • Technical assistant

Visit <https://olliatwvu.org/current-members/volunteer/>, scan the QR code below, or call 304-293-1793 for more information.



Follow OLLI at WVU Online

Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

Friday e-bulletin & Emails

Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more. Email olli@hsc.wvu.edu to be added to OLLI's email list.

You can also access the latest news directly by clicking on the News button on our website at olliatwvu.org

OLLI does not share your email address. We use your address only to inform you of important OLLI news and upcoming events.

On Social Media

- **Facebook** (Osher Lifelong Learning Institute at WVU)
- **WordPress** (olliatwvu.wpcomstaging.com/)
- **Instagram** (olliatwvu)

Winter 2024 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	Jan. 22 - Mar. 25	12:45 - 2:30 p.m.	A	24
Mon River New Horizons Band (Schlobohm)	Jan. 22 - Mar. 18	3:30 - 5:00 p.m.	A	24
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Jan. 22 - Mar. 11	10:00 - 11:45 a.m.	A & Z	19
Enjoying the Lap Dulcimer (Werner)	Jan. 22 - Mar. 4	10:00 - 11:45 a.m.	B & Z	10
Caravaggio, Italian Artist (Cann)	Jan. 22	12:45 - 2:45 p.m.	Z	10
Whistler and the Peacock Room (Cann)	Jan. 29 & Feb. 5	12:45 - 2:45 p.m.	Z	12
Share the Story of Your Collection (Elkins/Yoder)	Feb. 12 - 26	12:45 - 2:15 p.m.	B	17
Native Ground:...(Osher Online)	Feb. 19 - Mar. 25	5:00 - 6:30 p.m.	Z	22
Microsoft Office: The Basics (Klishis)	Mar. 18	10:00 a.m. - 12:00 p.m.	CL	21
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Mondays & Wednesdays				
Oceanography: The Undersea World (Smosna)	Jan. 17 - Feb. 12	3:00 - 4:30 p.m.	B	19
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Tuesday				
Campus Club Evening Book Discussion (Attfield)	Jan. 9, Feb. 13, Mar. 12	7:30 - 9:00 p.m.	Z	24
The Jewish Holidays...(Osher Online)	Jan. 9 - Feb. 20	11:00 a.m. - 12:30 p.m.	Z	22
Campus Club Morning Book Discussion (Ostrow)	Jan. 16, Feb. 20, Mar. 19	10:00 - 11:30 a.m.	A & Z	24
Twilight Trivia	Jan. 16, Feb. 20, Mar. 19	7:00 - 8:30 p.m.	Z	24
Nero Wolfe:...(Osher Online)	Jan. 16 - Feb. 20	1:00 - 2:30 p.m.	Z	22
53 Ways to Save the Planet (Knudsen)	Jan. 16 - Mar. 5	1:00 - 2:30 p.m.	B & Z	18
Introduction to Spanish (Carrara)	Jan. 16 - Mar. 5	6:30 - 7:30 p.m.	Z	17
The Other CCU (Harbert)	Jan. 23	10:00 - 11:30 a.m.	B & Z	14
Assembling a Tortilla Casserole (Gay)	Jan. 23	3:00 - 4:45 p.m.	A	16
Magical Tales and Legends from Ancient India (Reddy)	Jan. 30 & Feb. 6	3:00 - 4:45 p.m.	Z	11
Digital Decluttering (Klishis)	Jan. 30	10:00 a.m. - 12:00 p.m.	B & Z	21
Mindful Nature Experience (Bush)	Feb. 6 & 13	10:00 - 11:00 a.m.	Z	14
The Second Amendment in the News (Oliver)	Feb. 6	10:00 - 11:30 a.m.	B	20
More Contemporary Poetry/Liturgy (Blair)	Feb. 13 - 27	3:00 - 4:00 p.m.	Z	18
Discovering the New Deal in West Virginia (Satterfield)	Feb. 13	10:00 - 11:00 a.m.	A	15
Relax with Mindful Drawing (Bush)	Mar. 12 & 19	10:00 - 11:00 a.m.	Z	12
Introduction to Bird Watching (Clark)	Mar. 12	10:00 - 11:00 a.m.	B	19
Using Microsoft Word (Klishis)	Mar. 19	10:00 a.m. - 12:00 p.m.	CL	21
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Tuesday/Thursday				
Intermediate Spanish II (Mancinas)	Jan. 16 - Feb. 15	6:00 - 7:00 p.m.	Z	16
More Amazing Musical Composers (Elkins)	Jan. 16 - 25	3:00 - 4:30 p.m.	Z	11
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Wednesday				
Golden Mysteries:...(Osher Online)	Jan. 10 - Feb. 14	3:00 - 4:30 p.m.	Z	22
Made in America:...the Public Library (Osher Online)	Jan. 10 - Feb. 14	7:00 - 8:30 p.m.	Z	22
Baltimore and Ohio Railroad...(DeVault)	Jan. 17 - 31	10:00 - 11:00 a.m.	B	15
The Supreme Court...the Electoral College (Hutchins)	Jan. 17 - 31	10:00 - 11:30 a.m.	Z	20
WVU Sports Teams - A History (Colvin)	Jan. 17 - 31	12:45 - 2:30 p.m.	B & Z	17
Greece: History, Sun, and Delicious Food! (Long)	Feb. 7	10:00 - 11:45 a.m.	B & Z	22
Peter Hauer Crime Story, Murderer or Victim? (Rauch)	Feb. 7	12:45 - 2:30 p.m.	B & Z	17
Presidential Encores:... (Hammersmith)	Feb. 14 - 28	10:00 - 11:45 a.m.	B & Z	20
Exploring an Exciting New Adult Life Stage (Oughton)	Feb. 14 - 28	3:00 - 4:00 p.m.	A	19

Winter 2024 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Creating Books from "Found" Text (Sielen)	Feb. 21	12:45 - 2:30 p.m.	B & Z	16
Amelia Earhart (Hutchins)	Feb. 28 - Mar. 13	12:45 - 2:15 p.m.	Z	15
Genealogy Tips and Tricks (Arnold)	Mar. 6	10:00 - 11:30 a.m.	B & Z	16
Technology Security: Staying Safe (Klishis)	Mar. 13	10:00 a.m. - 12:00 p.m.	B & Z	21
<i>War of the Worlds</i> (Haislet)	Mar. 13	6:00 - 8:00 p.m.	B	8
Using Microsoft PowerPoint (Klishis)	Mar. 20	10:00 a.m. - 12:00 p.m.	CL	21
Whole Grains Sampling Day (Gay)	Mar. 27	1:00 - 2:30 p.m.	A	9
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Thursday				
Walking Outdoors with Campus Club (Covey)	Jan. 4 - Mar. 28	9:00 - 10:00 a.m.	Other	23
Let's Do Lunch! (Rauch)	Jan. 11, Feb. 8, Mar. 14	11:30 a.m. - 1:00 p.m.	Other	23
Ruth Bader Ginsburg (Osher Online)	Jan. 11 - Feb. 15	11:00 a.m. - 12:30 p.m.	Z	22
Dream Jobs: My Life in Sports (Osher Online)	Jan. 11 - Feb. 15	1:00 - 2:30 p.m.	Z	22
Rethinking Opera...Contemporary Audience (Nelson)	Jan. 18 - Feb. 1	10:00 - 11:30 a.m.	A	12
Watching the Great North American Eclipse (McCluskey)	Jan. 18	12:45 - 2:30 p.m.	B & Z	19
T'ai Chi for Arthritis (Sommerkorn)	Jan. 25 - Mar. 28	10:00 - 11:30 a.m.	Other	14
The Bridges of West Virginia (Johnson)	Jan. 25 - Feb. 22	12:45 - 2:30 p.m.	B & Z	16
Let's Be Parrotheads! (Horton)	Feb. 1 - 15	3:00 - 4:30 p.m.	A	10
Learn to Play the Tin Whistle (Werner)	Feb. 8 - Mar. 14	10:00 - 11:45 a.m.	A & Z	10
World History: The Next 10 Years (Allen)	Feb. 8 & 15	10:00 - 11:30 a.m.	B & Z	20
Meet Some Famous West Virginia Women (Howe)	Feb. 22	3:00 - 4:45 p.m.	Z	16
Heaven and Hell in the Biblical World (Morton)	Feb. 29	12:45 - 2:15 p.m.	B	18
Using Microsoft Excel (Klishis)	Mar. 21	10:00 a.m. - 12:00 p.m.	CL	21
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Friday				
Rehearsing <i>War of the Worlds</i> (Haislet)	Jan. 19 - Mar. 8	1:30 - 3:00 p.m.	A	11
Healthy Aging (Deem)	Jan. 19 - Mar. 22	12:00 - 1:15 p.m.	A	14
Mobility for Seniors (Deem)	Jan. 19 - Mar. 22	10:00 - 11:15 a.m.	A	14
Addressing Nicotine Dependence and Treatment in West Virginia (Morgan, Gaydos)	Jan. 19	10:00 - 11:00 a.m.	B & Z	12
Winter Film Forum: <i>Giant</i> (Held)	Jan. 26	10:00 a.m. - 3:00 p.m.	B	8
Japanese Internment Camps (Hutchins)	Feb. 2 - 16	12:30 - 2:00 p.m.	Z	15
The American Civil War 101 (Lively)	Feb. 2	10:00 - 11:45 a.m.	B	15
Winter Film Forum: <i>Cleopatra</i> (Held)	Feb. 23	10:00 a.m. - 3:00 p.m.	B	8
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Saturday				
Nero Wolfe:...(Osher Online)	Jan. 16 - Feb. 20	1:00 - 2:30 p.m.	Z	22
Intermediate T'ai Chi (Pollard, Koehler)	Jan. 20 - Mar. 30	10:00 - 10:50 a.m.	Other	9
Introduction to T'ai Chi (Pollard, Koehler)	Jan. 20 - Mar. 30	11:00 - 11:50 a.m.	Other	9
Fake News:...Ethical and Impactful News (Osher Online)	Feb. 24 - Mar. 30	9:00 - 10:30 a.m.	Z	22
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Sunday				
OLLI Virtual Happy Hour	Jan. 14 - Mar. 3	6:30 - 7:30 p.m.	Z	8

Winter 2024 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Jan. 22 - Mar. 11	10:00 - 11:45 a.m.	Z	19
Enjoying the Lap Dulcimer (Werner)	Jan. 22 - Mar. 4	10:00 - 11:45 a.m.	Z	10
Caravaggio, Italian Artist (Cann)	Jan. 22	12:45 - 2:45 p.m.	SC & Z	10
Whistler and the Peacock Room (Cann)	Jan. 29 & Feb. 5	12:45 - 2:45 p.m.	SC & Z	12
Five Wishes (Smith)	Jan. 29	10:00 - 11:00 a.m.	SC	13
Share the Story of Your Collection (Elkins/Yoder)	Feb. 12 - 26	12:45 - 2:15 p.m.	SC	17
Native Ground:...(Osher Online)	Feb. 19 - Mar. 25	5:00 - 6:30 p.m.	Z	22
Tuesday				
Take a Hike (Martino)	Jan. 9, Feb. 6, Mar. 2	10:00 - 11:30 a.m.	Other	24
Campus Club Evening Book Discussion (Attfield)	Jan. 9, Feb. 13, Mar. 12	7:30 - 9:00 p.m.	Z	24
The Jewish Holidays...(Osher Online)	Jan. 9 - Feb. 20	11:00 a.m. - 12:30 p.m.	Z	22
Campus Club Morning Book Discussion (Ostrow)	Jan. 16, Feb. 20, Mar. 19	10:00 - 11:30 a.m.	Z	24
Twilight Trivia	Jan. 16, Feb. 20, Mar. 19	7:00 - 8:30 p.m.	Z	24
Nero Wolfe:...(Osher Online)	Jan. 16 - Feb. 20	1:00 - 2:30 p.m.	Z	22
53 Ways to Save the Planet (Knudsen)	Jan. 16 - Mar. 5	1:00 - 2:30 p.m.	Z	18
Introduction to Spanish (Carrara)	Jan. 16 - Mar. 5	6:30 - 7:30 p.m.	Z	17
The Other CCU (Harbert)	Jan. 23	10:00 - 11:30 a.m.	Z	14
Magical Tales and Legends from Ancient India (Reddy)	Jan. 30 & Feb. 6	3:00 - 4:45 p.m.	Z	11
Digital Decluttering (Klishis)	Jan. 30	10:00 a.m. - 12:00 p.m.	Z	21
Mindful Nature Experience (Bush)	Feb. 6 & 13	10:00 - 11:00 a.m.	Z	14
More Contemporary Poetry/Liturgy (Blair)	Feb. 13 - 27	3:00 - 4:00 p.m.	Z	18
Relax with Mindful Drawing (Bush)	Mar. 12 & 19	10:00 - 11:00 a.m.	Z	12
Tuesday/Thursday				
Intermediate Spanish II (Mancinas)	Jan. 16 - Feb. 15	6:00 - 7:00 p.m.	Z	16
More Amazing Musical Composers (Elkins)	Jan. 16 - 25	3:00 - 4:30 p.m.	Z	11
Wednesday				
Golden Mysteries:...(Osher Online)	Jan. 10 - Feb. 14	3:00 - 4:30 p.m.	Z	22
Made in America:...the Public Library (Osher Online)	Jan. 10 - Feb. 14	7:00 - 8:30 p.m.	Z	22
Yarn Arts (Watkins)	Jan. 17 - Mar. 27	2:00 - 4:00 p.m.	SC	24
The Supreme Court...the Electoral College (Hutchins)	Jan. 17 - 31	10:00 - 11:30 a.m.	Z	20
WVU Sports Teams - A History (Colvin)	Jan. 17 - 31	12:45 - 2:30 p.m.	Z	17
Greece: History, Sun, and Delicious Food! (Long)	Feb. 7	10:00 - 11:45 a.m.	Z	22
Peter Hauer Crime Story: Murderer or Victim? (Rauch)	Feb. 7	12:45 - 2:30 p.m.	Z	17
Presidential Encores:... (Hammersmith)	Feb. 14 - 28	10:00 - 11:45 a.m.	Z	20
Creating Books from "Found" Text (Sielen)	Feb. 21	12:45 - 2:30 p.m.	Z	16
Amelia Earhart (Hutchins)	Feb. 28 - Mar. 13	12:45 - 2:15 p.m.	Z	15
Genealogy Tips and Tricks (Arnold)	Mar. 6	10:00 - 11:30 a.m.	Z	16
Technology Security: Staying Safe (Klishis)	Mar. 13	10:00 a.m. - 12:00 p.m.	Z	21
The Importance of Community (Justice)	Mar. 27	10:00 - 11:30 a.m.	SC	9

Winter 2024 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Thursday				
Ruth Bader Ginsburg (Osher Online)	Jan. 11 - Feb. 15	11:00 a.m. - 12:30 p.m.	Z	22
Dream Jobs: My Life in Sports (Osher Online)	Jan. 11 - Feb. 15	1:00 - 2:30 p.m.	Z	22
Watching the Great North American Eclipse (McCluskey)	Jan. 18	12:45 - 2:30 p.m.	Z	19
The Bridges of West Virginia (Johnson)	Jan. 25 - Feb. 22	12:45 - 2:30 p.m.	Z	16
12 Oils of the Bible (Smith)	Jan. 25	10:00 a.m. - 12:00 p.m.	SC	18
Learn to Play the Tin Whistle (Werner)	Feb. 8 - Mar. 14	10:00 - 11:45 a.m.	Z	10
World History: The Next 10 Years (Allen)	Feb. 8 & 15	10:00 - 11:30 a.m.	Z	20
Meet Some Famous West Virginia Women (Howe)	Feb. 22	3:00 - 4:45 p.m.	Z	16
Agates on Parade (Holsclaw)	Feb. 29	10:00 - 11:30 a.m.	SC	18
An "Out West" Pictorial Journey, Part II (Holsclaw)	Mar. 7	10:00 a.m. - 12:00 p.m.	SC	22
Living Happily Ever After (Harrison)	Mar. 14	10:00 a.m. - 12:30 p.m.	SC	10
Friday				
Addressing Nicotine Dependence and Treatment in West Virginia (Morgan, Gaydos)	Jan. 19	10:00 - 11:00 a.m.	Z	12
The Different Levels of Care (Peyatte, Pauley, Powell)	Jan. 26	10:00 a.m. - 12:00 p.m.	SC	13
Japanese Internment Camps (Hutchins)	Feb. 2 - 16	12:30 - 2:00 p.m.	Z	15
History Alive: Pearl S. Buck (Vuranch)	Feb. 16	10:00 - 11:30 a.m.	SC	9
Saturday				
Nero Wolfe...(Osher Online)	Jan. 16 - Feb. 20	1:00 - 2:30 p.m.	Z	22
Intermediate T'ai Chi (Pollard, Koehler)	Jan. 20 - Mar. 30	10:00 - 10:50 a.m.	Other	9
Introduction to T'ai Chi (Pollard, Koehler)	Jan. 20 - Mar. 30	11:00 - 11:50 a.m.	Other	9
Fake News:...Ethical and Impactful News (Osher Online)	Feb. 24 - Mar. 30	9:00 - 10:30 a.m.	Z	22
Sunday				
OLLI Virtual Happy Hour	Jan. 14 - Mar. 3	6:30 - 7:30 p.m.	Z	8

Classroom Location Key

Morgantown - Mountaineer Mall, 5000 Green Bag Rd

A - Classroom next to the OLLI office.

B - Classroom under the OLLI sign.

CL - Computer Lab, first door on the left down the hall next to B.

Kanawha Valley

SC - Schoenbaum Family Enrichment Center
1701 5th Ave, Charleston

Other

Z - online via Zoom.

Other - See course description for location.

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793
www.olliatwvu.org
olli@hsc.wvu.edu

Main office (Morgantown)
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office
Schoenbaum Family Enrichment Center
1701 5th Ave.
Charleston, WV 25387

We recommend calling ahead or making an appointment as office hours may be limited.



***Come for the classes,
Stay for the people!***

OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Weather Closings

OLLI will not hold in-person classes in Monongalia County or Kanawha County if the schools are closed or offering remote learning for the day in the respective county. OLLI may still host classes on Zoom. If you are unaware if a class you are registered for is meeting, visit olli@hsc.wvu.edu or call the OLLI office at 304-293-1793.

Class Disclaimer

OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial, or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial, or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial, or other competent adviser.

All information is provided "as is," with no guarantee of completeness, accuracy, timelines or of the results

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Liability Disclaimer

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Non-Discrimination Statement

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities, and veterans.

Invite a Friend

Share your love of lifelong learning and OLLI at WVU with friends, family, neighbors, and colleagues. Clip the panels below, add a note if you wish, sign it, put in an envelope, and drop in the mail to someone you would like to join you at OLLI.

Join me at OLLI!

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Curious about things you haven't thought about before?*

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PO Box 9123
Morgantown, WV 26506-9123

Register online at
<https://wvusph-olli.augusoft.net/>

OLLI at WVU - Your Next Adventure Begins Here

Winter registration begins January 2

Phone: 304-293-1793

Website: olliatwvu.org

Email: olli@hsc.wvu.edu

Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, technology, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities