



OLLI@WVU Charleston

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Emergency Contact Name _____

Phone _____ Relationship _____

Please register me for the following courses:

- Shakespeare at WVU - Bob Harrison Wednesday, June 21, 3:00 - 4:50 p.m.
- Ten Poets Talk To/About God - Arnold Hartstein Tuesday, July 11, 10:00 - 11:30 a.m.
- Beginning Juggling - James Spencer Wednesdays, July 12 - August 2, 10:30 - 11:30 a.m.*
- Writing from the Heart: Creative Nonfiction - Dolly Withrow Thursdays, July 13 - August 3, 1:00 - 3:00 p.m.
- Understanding Cats and Dogs 2 - James Spencer Tuesday, July 18, 10:00 - 11:00 a.m.
- Shakespeare Goes to the Opera: *Macbeth* - Bob Harrison Monday, July 24, 9:00 a.m. - 12:00 p.m.
- Things You Should Know About Being Elderly - Phil Schenk Mondays, July 31 - August 14, 10:00 a.m. - 12:00 p.m.
- Caregiving 2.0 - The Legal and Financial Implications... - Cat McConell Tuesday, August 1, 1:00 - 3:00 p.m.
- Pow! Bam! Welcome to the World of Comic Books! - Victor Urecki Thursday, August 3, 10:00 a.m. - 12:00 p.m.*
- Middle Eastern Jewish Cooking - Marilyn Urecki Friday, August 4, 10:30 a.m. - 12:30 p.m.*
- Biscotti - Phyllis Sadd Wednesday, August 9, 10:00 a.m. - 12:00 p.m.*
- Palladio and The Villas of the Veneto - Melora Cann Tuesday, August 8, 10:00 a.m. - 12:00 p.m.
- Introduction to Different Styles of Yoga - Debra K. Jones Thursday, August 17, 2:30 - 3:30 p.m.*

Payment

Cash Check: Please make payable to WVU Foundation Check # _____

Visa/MasterCard/Discover Card # _____

Exp. Date _____ CVV# _____

Name & billing address of card if different from above _____

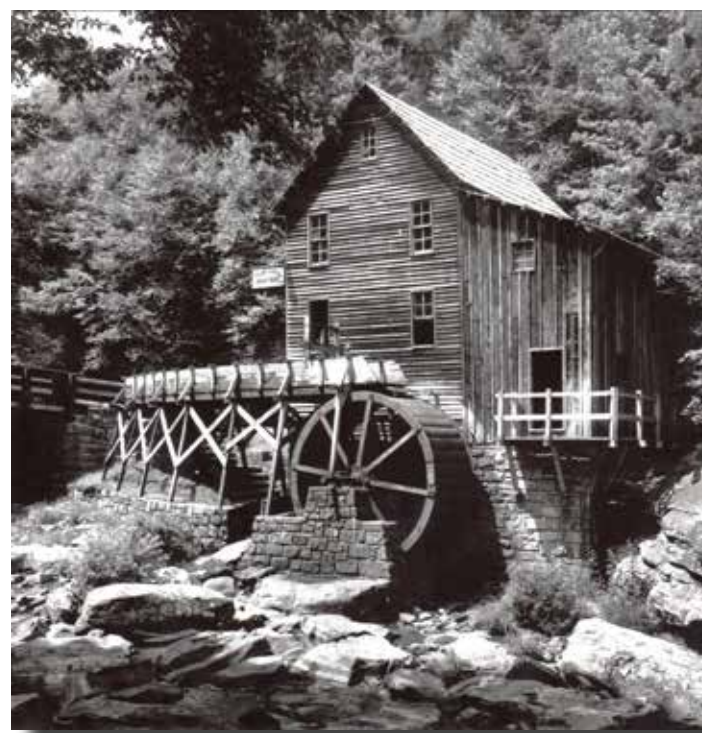
OLLI at WVU Charleston
Summer Term Membership: \$25.00
 (Make checks payable to:
WVU Foundation)

** All OLLI at WVU Charleston classes are held at the WVU Extension in City Center East, 4700 MacCorkle Ave., Room 1017, unless otherwise indicated by an asterisk following the date. Please see course description for location of these classes.*



Osher Lifelong Learning Institute
 5000 Green Bag Road
 PO Box 9123
 Morgantown, WV 26506-9123

Summer Registration begins June 19!
Phone: 304-293-1793
Fax: 304-293-4779
Website: www.olliatwvu.org
Email: olli@hsc.wvu.edu



OLLI@WVU Charleston

Summer 2017 Course Catalog
www.olliatwvu.org
Curiosity Never Retires

Register online at www.olliatwvu.org or call 304-293-1793.
Or mail form with check to: OLLI at WVU, PO Box 9123, Morgantown, WV 26506-9123

The Osher Lifelong Learning Institute at WVU

The Osher Lifelong Learning Institute at West Virginia University, known as OLLI at WVU, provides programs and educational opportunities designed for adults 50 and over. One of 120 institutes across the country funded by the Bernard Osher Foundation, OLLI at WVU offers classes in Morgantown and Charleston.

OLLI at WVU is a membership organization affiliated with the School of Public Health at WVU that recognizes the unique experiences, capabilities, and wisdom of mature members of the community. OLLI at WVU emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

During four terms each year, OLLI at WVU offers courses, lectures, seminars and field trips in such areas as music, literature, art, science, politics, nature, history, health, medicine, and economics. Live drama, movies, and special interest groups add to the choices.

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

Free from the pressures of tests and grades, this is learning simply for the joy of it.

Charleston Membership

Membership is open to curious adults interested in programming designed specifically for those over 50, who want to engage socially and intellectually with their peers. An individual must be a member of OLLI to take classes.

In addition to the opportunities to discover a new passion or rekindle an old interest, share a love of learning with peers, and meet new people, members also enjoy such benefits as:

- a weekly e-news bulletin
- discounts on travel and various events around the community
- financial assistance for membership fees

Membership in the Charleston chapter of OLLI at WVU is
\$25.00 per term.

Members may participate in unlimited courses and activities during a term for which they have a paid membership.

Membership may be purchased on line at www.olliatwvu.org, by calling the OLLI office at 304-293-1793, or mailing a membership/registration form to: OLLI at WVU
PO Box 9123
Morgantown, WV 26506-9123

Please make checks payable to the WVU Foundation.

SCHOLARSHIPS

While OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members, we recognize that membership fees may be out of the reach of some individuals. Therefore, scholarships are available. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at www.olliatwvu.org.

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. The Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation has now funded 120 Osher Lifelong Learning Institutes on campuses of colleges and universities from Maine to Hawaii. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about The Bernard Osher Foundation, please visit their website at www.osherfoundation.org.

OLLI Board of Directors

(2016-2017)

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Stan Cohen
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Cover Photo:
Glade Creek Grist Mill
Babcock State Park, WV
Photograph by Anthony Winston,
West Virginia Photographer

OLLI Policies

Registration and Attendance Matter

Please be respectful of the time and efforts of our volunteer instructors. It is important to register for the classes that you wish to attend. If you are unable to attend a class for which you are registered, please notify the instructor or the OLLI office.

Weather and Holiday Policy

OLLI members are personally responsible for their own safety and must exercise good judgment when making travel choices in inclement weather. When West Virginia University, Monongalia or Kanawha County Schools are closed for inclement weather, OLLI activities in the respective county are cancelled. County school delays do not affect OLLI activities. The decision to cancel activities is at the discretion of the Director when a county calls for early dismissal due to the weather. The decision to cancel weekend activities due to weather is at the discretion of the instructor. Registered participants will be notified. The OLLI office observes WVU holidays.

Liability Disclaimer

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

Non-Discrimination Statement

West Virginia University is an Equal Opportunity/Affirmative Action Institution. The University does not discriminate on the basis of race, sex, age, disability, veteran status, religion, sexual orientation, color, or national origin in the administration of any of its educational programs, activities, or with respect to admission or employment.

OLLI at WVU Charleston Curriculum Committee

Carolyn Atkinson
Melora Cann
Janet Craig
Nancy Daugherty
Kay Goodwin
Rosa Lea McNeal
Fran Simone
Debra Sullivan

Supporters

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)
- ◆ West Virginia Geriatric Education Center
- ◆ OLLI Board Members, Committee Members, and Volunteers
- ◆ OLLI \$100K Club
- ◆ Our Distinguished Instructors
- ◆ OLLI Members

Introduction to Different Styles of Yoga - Debra K. Jones

Thursday, August 17, 2:30 – 3:30 p.m. **Location:** YMCA of Kanawha Valley, 100 YMCA Drive

This class will offer participants a brief overview of the history of yoga, as well as the different styles of yoga, and how yoga can be instrumental in maintaining health and wellness as we age. Participants should wear comfortable clothing.

About the Instructor: With a life-long interest in health and wellness, Debbie Jones has dabbled in yoga for about 15 years, before it became mainstream. She and her husband went through the Dean Ornish Program for Reversing Heart Disease after he had open heart surgery in 2013. Part of that program is stress management which includes yoga. She fell in love with how she felt after making yoga part of her daily routine. At age 57, she enrolled in yoga teacher training and became certified. She now teaches two classes each week in Teays Valley that consist of students mostly over the age of 50.

Upcoming Travel Opportunities with Collette Travel



Irish Splendor

March 3 - 10, 2018

Highlights:

Dublin, Irish Night, Kilmainham Gaol, Blarney Castle, Killarney, Diner's Choice, Dingle Peninsula, Farm Visit, Cliffs of Moher, Whiskey Distillery, Cabra Castle

Reservation & Deposit Due: August 29, 2017

For more information about these trips and others, contact the OLLI office at 304-293-1793.

Share Your Passion: Teach for OLLI

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Many OLLI instructors are current and retired teachers, university professors and administrators, business and civic leaders, and other professionals from the community who wish to share their knowledge and passion.

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.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.

All OLLI at WVU Charleston classes are held at the WVU Extension in City Center East, 4700 MacCorkle Ave., Room 1017, unless otherwise noted in the course description.

Shakespeare at WVU - Bob Harrison

Wednesday, June 21, 3:00 - 4:50 p.m. **Location:** Wise Library, WVU, Morgantown

West Virginia University Library Archives is a world leader when it comes to primary, authentic Shakespeare documents, specifically the First Folio of Shakespeare's plays, published in 1623. Students will have a rare opportunity to see Shakespeare's First Folio displayed at WVU as well as learn what a folio is, how Shakespeare's First Folio was compiled, published and WVU acquired this book.

About the Instructor: Bob Harrison earned his Ph.D. in Educational Administration from The American University in Washington D.C. He wrote his doctoral dissertation on Teaching William Shakespeare in Public Schools. In 1985, he was selected to participate in the Folger Shakespeare Library's Teaching Shakespeare Summer Institute. He taught English at Bluefield High School in Bluefield, West Virginia for 19 years. Prior to his retirement in 2013, he was Dean of the College of Professional Studies and earned the academic rank of professor at West Virginia State University. He served students as a West Virginia Educator for 50 years.

Ten Poets Talk To/About God - Arnold Hartstein

Tuesday, July 11, 10:00 - 11:30 a.m.

The tradition of addressing or contemplating a deity is probably as old as human life, so it would be overly ambitious (and no doubt foolish) to try to describe it in any but the broadest strokes. With the aid of a few poets, this class will focus on something a bit more manageable: how the contemplation of God gives us insight into our human condition.

About the Instructor: Dr. Arnold Hartstein recently retired from West Virginia State University, where he taught English for 41 years.

Beginning Juggling - James Spencer

Wednesdays, July 12- August 2, 10:30 - 11:30 a.m. **Location:** YMCA of Kanawha Valley, 100 YMCA Drive

Course Materials: *Juggling for the Complete Klutz* (John Cassidy, B.C. Rimbeaux), comes with juggling beanbags.

Everyone marvels at a juggler. The complex patterns, plus the seeming ability to defy gravity delights young and old. This class will introduce students to juggling basics: proper stance, hand/eye position and coordination, and toss mechanics, proceeding slowly from simple one and two ball patterns to the three ball cascade central to all juggling. With practice, students will realize the benefits of juggling: exercise, discipline, improved body sense, and most of all, a sense of accomplishment! Students should wear loose, comfortable clothing.

About the Instructor: James Spencer is a retired professor of psychology at West Virginia State University, and a (reasonably) accomplished juggler.

Writing from the Heart: Creative Nonfiction - Dolly Withrow

Thursdays, July 13 - August 3, 1:00 - 3:00 p.m.

In a relaxed atmosphere, participants will learn how to improve their writing through discussing the process of writing, learning a few rules for writers, and reading creative nonfiction handouts. They will also have opportunities to share their writing and receive feedback. They will be encouraged to ask questions and make comments.

About the Instructor: Dolly Withrow, a retired English professor, has written four books: *The Confident Writer* (a textbook for college students and writers in general); *From the Grove to the Stars*, a history of West Virginia State College; and *More than Penny Candy* and *Beyond the Apple Orchard*, collections of her newspaper and magazine columns. She taught one summer for the University of Iowa's famous summer writing festival.

Understanding Cats and Dogs 2 - James Spencer

Tuesday, July 18, 10:00 - 11:00 a.m.

A continuation of the previously offered How to Communicate Better with Your Pets, this class will focus on behavioral issues of both cats and dogs, pet health, and applied issues, such as pet therapy and the general benefits of pet ownership.

About the Instructor: James Spencer is a retired professor of psychology at West Virginia State University.

Shakespeare Goes to the Opera-*Macbeth* - Bob Harrison

Monday, July 24, 9:00 a.m. - 12:00 p.m.

Shakespeare's plays form the basis for more operas than any other literary sources. Giuseppe Verdi, the Italian composer, used several of Shakespeare's plays as the basis for his operas. Of all the operas, based on Shakespeare's plays, Verdi's *Macbeth* stays the closest to the plot as well as the text of the Shakespeare play upon which the opera is based than any other composer's operas based on Shakespeare's plays.

About the Instructor: Dr. Bob Harrison is a retired West Virginia educator with 50 years of service to the students of West Virginia. His career highlights include 19 years of teaching English in Mercer County Schools. Also, he worked at the West Virginia Department of Education for 12 years and West Virginia State University for 12 years where he earned the academic rank of "Professor," served as the Education Department Chair, and ultimately selected as the Dean of the College of Professional Studies. His love and consumerism of theater and opera was inspired and nurtured by his family and other educator colleagues.

Things You Should Know About Being Elderly - Phil Schenk

Mondays, July 31 - August 14, 10:00 a.m. - 12:00 p.m.

This class is a compilation of presentations by the Director of the West Virginia Partnership for Elder Living. The presentations deal with issues surrounding the dramatic rise in the population of people over 65 in the state and the nation, housing issues for elders, health and safety issues in elder housing, senior oral health, and the importance of Medicaid for all seniors. Other topics related to senior living may be brought in.

About the Instructor: Phil Schenk came to West Virginia in 1978 from Illinois. He has been a broadcast journalist, head of two state primary care agencies, a health policy analyst for the legislature, small businessperson, and currently the Director of the WV Partnership for Elder Living. Phil has an M.S. in organizational psychology.

Caregiving 2.0 - The Legal and Financial Implications of Caregiving - Cat McConnell

Tuesday, August 1, 1:00 - 3:00 p.m.

There are nearly 300,000 family caregivers in West Virginia who help their loved ones live independently - keeping them at home and in their communities. In addition to the emotional challenges of caregiving, there are also financial challenges. Providing care to loved ones is costly to family caregivers, both in terms of out-of-pocket expenses and potential income and retirement savings foregone due to caregiving. This course will help you understand the legal and financial implications of caregiving.

About the Instructor: Cat McConnell is the Executive Director with West Virginia Senior Legal Aid, a free civil legal services provider for West Virginians age 60 and over. With Bachelors' and Law degrees from WVU, she began her elder law career at WV Senior Legal Aid as Staff Attorney in 1996. Cat has a passion for debunking elder law myths and empowering older people to preserve their personal autonomy. She serves as publisher of the *West Virginia Aging and Law News* newsletter, the *Aging and Law in West Virginia* blog, and *Legal Questions Frequently Asked by WV Seniors*.

Pow! Bam! Welcome to the World of Comic Books! - Victor UreckiThursday, August 3, 10:00 a.m. - 12:00 p.m. **Location:** 1563 Virginia St. East**Maximum Enrollment:** 10

If the last time you picked up a comic book was when they were 10 cents, you may want to see what this multi-million dollar industry has become and why comic books are read by more adults each year. A collector and reader of comics for over 50 years, Rabbi Victor Urecki will lead you on a guided tour of his not to be missed "comic book room" and explore the history of the four-color industry. You will learn about collecting, reading and the joy of experiencing comic books, an important part of America culture. (Please note that this class is held in the instructor's home, which is not handicap accessible.)

About the Instructor: Rocketed to America from Argentina, Victor Urecki learned to read English from comic books and developed collecting skills and comic book knowledge far beyond those of mortal men. During the day, he is a mild mannered Rabbi for B'nai Jacob, a great metropolitan Jewish synagogue in Charleston, West Virginia. At night, he removes his talit (prayer shawl) and enters his secret man cave where he reads about the never ending struggle for Truth, Justice and the American Way!

Middle Eastern Jewish Cooking - Marilyn UreckiFriday, August 4, 10:30 a.m. - 12:30 p.m. **Location:** B'Nai Jacob Synagogue, 1599 Virginia St. East**Maximum Enrollment:** 10

Join Marilyn, the wife of Rabbi Victor Urecki, for an introduction into the world of Middle Eastern Jewish food. While most associate Jewish food with latkes (potato pancakes), gefilte fish, and bagels/lox/cream cheese, authentic Jewish food actually covers a wide range of cultures and societies. Join Marilyn in preparing and sampling the growing world of delicious Israeli food.

About the Instructor: Marilyn Urecki is the wife of Rabbi Victor Urecki of B'nai Jacob Synagogue. A graduate of Yeshiva University with a Masters' degree in Jewish education and an English teaching degree, she has served as a high school English teacher for over a decade at Charleston Catholic High school. She runs the B'nai Jacob Sunday and Hebrew school and is well known for her cooking skills and abilities.

Biscotti - Phyllis Sadd

Wednesday, August 9, 10:00 a.m. - 12:00 p.m.

Location: WVU Extension Kitchen, first floor City Center East**Maximum Enrollment:** 6

In this hand-on course, participants will learn to make biscotti, an Italian almond cookie. Each person will leave with biscotti samples as well as with the recipe used in the seminar.

About the Instructor: Phyllis Sadd has been married for 59 years, is the mother of 6 children, and is passionate about cooking and how ingredients used in recipes interact. With Phyllis' lively and humorous personality, and her experience and knowledge of Lebanese and other ethnic recipes, this session will be a treat for participants.

Palladio and The Villas of the Veneto - Melora Cann

Tuesday, August 8, 10:00 a.m. - 12:00 p.m.

Andrea Palladio, Italian architect (1508-1580), is one of the most influential architects in modern history. He was active almost exclusively in the Republic of Venice (the Veneto area of today's Italy) and his designs for villas (similar to working palaces in the countryside) and municipal buildings are still renowned today. This class will explore the Veneto's villas by Palladio and his notable works in the Cities of Venice and Vicenza (known as the City of Palladio).

About the Instructor: Mel Cann lived and worked in Vicenza, Italy for 24 years. She has taught art education, art appreciation, and art history classes; and she has studied art history in Italy in Florence, Venice, and Rome.