



West Virginia University®

OSHER LIFELONG LEARNING INSTITUTE



Spring 2024 Course Catalog

Registration
begins
March 18

olliatwvu.org

A large, circular photograph of a yellow and black butterfly perched on a purple flower. The background is a soft-focus green and yellow. A thick yellow arc frames the top and right sides of the image.

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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.

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+.

We value

- *The shared knowledge and talents of our members and volunteers.*
- *The support of our members for OLLI at WVU.*
- *A spirit of collaboration and respect among OLLI members and with West Virginia University.*
- *Excellence in all aspects of the life of OLLI at WVU. Innovation, creativity, and curiosity to develop and maintain a vibrant, member-driven program.*
- *Respect for diverse people, ideas, voices, and perspectives where all members feel valued.*
- *Working together to positively impact every part of OLLI at WVU.*
- *Partnering with people in the communities that we serve to support the mission and vision of OLLI at WVU.*

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

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

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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. Disposable nametags are available in the classrooms for Kanawha Valley classes.



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 spring 2024 term. Whether you are new to OLLI or returning for another term, we are delighted to have you with us!

OLLI at WVU offers the opportunity to learn in a relaxed atmosphere. With classes in art, film, music, literature, history, religion, geology, current events, and much more, OLLI will engage and inspire you. Members can choose from as many as 83 different lectures, workshops, events, discussions, and shared interest groups from April through June. Some will meet in-person in the Morgantown area or the Kanawha Valley and some will meet on Zoom, providing members and friends options for participation.

In addition to the course and event descriptions and biographies of our talented volunteer instructors, in the following pages you will find information about OLLI membership, different ways to take a class or participate in an event, where to find the latest OLLI news, how to apply for financial aid (we don't want cost to be a barrier to participation), and more.

You will also see that OLLI offers more than educational experiences. As a member- and volunteer-focused organization, OLLI at WVU offers opportunities to make new friends; share your experiences, knowledge, and skills with others; and support lifelong learning and healthy aging in our communities.

Social events, such as our Sunday evening Happy Hours, and community events open to the public are important parts of OLLI's mission - 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 plus.

Free from the pressure of exams and grades, this is learning simply for the fun of it. OLLI welcomes all, regardless of educational background, who wish to learn something new, experience a new adventure, discover a new interest, return to a once forgotten passion, share their wisdom, and expand their horizons. We have a seat waiting for you!

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 12 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.

If you've never been to an OLLI class or event, we invite you to attend an open house, a community event, or a single-session class at no charge. Simply call the OLLI office at 304-293-1793 to ask about a visitor pass. If you're already a member, help us spread the word and invite a friend to class. Be sure to check with the office about available seating.

We invite you all to make OLLI a part of your life this spring.

Jascenna Haislet
Director, OLLI at WVU
jascenna.haislet@hsc.wvu.edu

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:

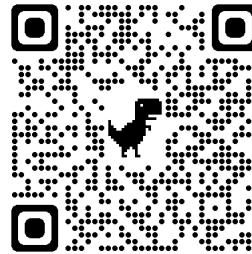
- OLLI's area of greatest need
- the \$100K Club
- OLLI participation scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

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!



**The One-Stop Start for
West Virginia Studies**

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



<http://www.mh3wv.org>

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

**OLLI Sponsorship
Space Available.**

Email olli@hsc.wvu.edu
for more information

How to Register

The spring term runs April 1st through June 30th.

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.

Spring Registration begins March 18, 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.

Taking Classes with OLLI @ WVU

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.

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.

Mark Your Calendar for These Important Dates

Summer term - July 15 - August 24

Summer course proposals due April 8

Summer registration begins June 24

Fall term - September 16 - November 23

Fall course proposals due June 9

Fall registration begins August 26

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.

Take a Hike: You Decide the Trail

Michelle Klishis, Michael Hyde

Friday, April 19, 9:00 a.m. - 12:00 p.m.
Cooper's Rock State Forest



Take a hike with Michelle and Michael at Coopers Rock State Forest. As a group, participants will decide how strenuous or easy a hike they want. Check your email for details about how we'll decide on the trails. If it's raining heavily the scheduled day, the hike will be postponed one week.

OLLI Virtual Happy Hour

Sundays, April 7 - May 19, 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!

OLLI at the Ballpark: WVU vs Kansas State



Sunday, May 12, 1:00 p.m.
Monongalia County Ball Park
Tickets: OLLI Members: TBA Non-members: TBA
Visit <https://olliatwvu.wpcomstaging.com/archives/8974> for updates or contact the OLLI office.
Reservation deadline: April 25. Payment due at the time of reservation. No refunds after reservation deadline.

Join OLLI for an afternoon of WVU baseball this spring as the Mountaineers take on the Wildcats of Kansas State. Bring your family and friends!

West Virginia at 150

Ed Johnson*



Tuesday, April 9, 1:00 - 2:45 p.m.
Edgewood Summit, 300 Baker Ln, Charleston

During the sesquicentennial year of 2013, the West Virginia and Regional History Center of the WVU Libraries, WV Public Broadcasting, and WV Tourism published 50 "One Minute Celebrations of West Virginia's 150 Years" videos, highlighting events of the past. We will view and discuss them in chronological order, from 1863 to 2013.

See page 10 for instructor biography.

Field Trip

Carnegie: Japanese Art & the Titanic



Thursday, April 4
Bus leaves from Morgantown: 8:45 a.m. - 6:00 p.m.
Fee: OLLI Members: \$70.00 Non-members: \$80.00
Lunch not included.
Reservation deadline: March 22. Payment due at the time of reservation. No refunds will be issued after the reservation deadline.

Join OLLI for a bus trip to Pittsburgh to visit two current exhibits at the Carnegie Museum of Art and the Carnegie Science Center.

We will begin the day at the Museum of Art to tour the third rotation of works in *Imprinting in Their Time: Japanese Printmakers, 1912-2022*, in the Scaife Gallery. From carnegieart.org: The exhibition examines how the role of a printmaker has transformed through international encounters, new sources of inspiration, and artistic motivation. The current works on display represent contemporary prints from the 1980s to the present day.

At 12:15 p.m., we travel five miles west to the Carnegie Science Center, where we will have lunch at the RiverView Café before touring *Titanic: The Artifact Exhibit*. Featuring more than 154 artifacts recovered from the ship's resting place, the exhibit provides an immersive experience of this historic voyage. Participants are welcome to bring a sack lunch if they wish.

Community Events

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, April 6 - June 29
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.

L2

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.

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.



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.

Other

Z - online via Zoom.
Other - See course description for location.

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.

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

Field trips, exercise classes, and outdoor adventures may include an activity level designation. The best indicator of what to expect is explained in the event description, but we have developed this rating system to help you decide if you wish to participate. Please note that these ratings are for guidance only and conditions may change.

L1 Participants should be able to walk on flat surfaces at a leisurely pace. Activities may include some steps, boarding a bus, and standing for short periods of time during presentations. Accessible accommodations may be able to be arranged upon request.

L2 Participants should be able to walk on uneven surfaces that are not always paved. Activities may include walking up and down steps and small inclines, boarding a bus, standing for longer periods of time, and engaging in light exercises. Accessible accommodations may be able to be arranged upon request.

L3 Participants should be in good physical health, able to do all of the above, and participate in active medium endurance exercise and adventure activities.

Spring Open Houses

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

Wednesday, March 13, 3:00 - 4:30 p.m.
on Zoom

Tuesday, March 19, 3:00 - 4:30 p.m.
Morgantown (Mountaineer Mall)

Thursday, March 21, 3:00 - 4:30 p.m.
Kanawha Valley (Location TBA)

Free and open to the public.
Register at <https://bit.ly/41Qe0Rv>



Art & Literature

Art Tour: *Off Kilter, On Point*

Heather Harris



Wednesday, April 3, 11:00 AM - 12:30 p.m.
WVU Art Museum

Join us for a guided tour of *Off Kilter, On Point: Art of the 1960s*, an exhibit that highlights the breadth and depth of mid-century artworks in the permanent collection of the Gregory Allicar Museum of Art at Colorado State University. It showcases a wide range of media and styles, from abstraction to pop art, and presents novel juxtapositions that reflect the tumult and innovations of their time, exhibiting most of the major stylistic trends in art of the 1960s in the U.S. and Europe.

Heather Harris is the Educational Programs Manager at the Art Museum of West Virginia University. Her background is in drama education, and she holds an MA from New York University in Educational Theatre.

Don Knotts

Ed Johnson*

Wednesdays, May 15 & 22, 12:45 - 2:30 p.m.
Zoom & Morgantown B

This year, 2024, would have been Don Knotts' 100th birthday. Although known widely for his role as Barney Fife, the talented actor and comedian worked in film and television for more than 50 years. Join us for a look back on the life and artistic genius of one of Morgantown's own.

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.

Film Forum: Meryl Streep, Part I

James Held*



Fridays, April 12 - May 17, 12:45 - 4:00 p.m.
Morgantown B

We'll explore the work of the most honored American actors in history, Meryl Streep. With three Oscars, 21 Oscar nominations, plus Emmys, Golden Globes, and more, Streep is considered by most the leading actor of her generation. We'll view and study Streep's work chronologically, including: *Kramer vs. Kramer*, *Sophie's Choice*, *Silkwood*, *Death Becomes Her*, *House of the Spirits*, and *The Bridges of Madison County*. Plans are underway for additional titles during the upcoming terms. Don't miss these breathtaking films!

Jim Held taught theater and dramatic literature at WVU for
(continued on page 12)

Art History: The Dutch Golden Age

Melora Cann*

The following classes, taught by Melora Cann, may be taken individually or as a group. Enrollment in the first session, An Introduction, is recommended prior to attending the individual artist lectures.*

Each will be delivered on Wednesdays from 10:00 a.m. - 12:00 p.m. on Zoom on the listed scheduled date.

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.

An Introduction April 10

From approximately 1578 until 1672, the tiny Dutch Republic was prominent around the world in the sciences, maritime power and colonization, trade, and the arts. Artists emerged from the work of earlier artists such as Pieter Bruegel the Elder, Jan van Eyck, Albrecht Dürer, Hieronymus Bosch and artists following Caravaggism (the influence of the Italian artist, Caravaggio). Religious painting inside churches was not encouraged in the Calvinist Netherlands, and artists focused on realism and developed themes of everyday human life, both individual and group portraits, landscapes, and still life.

Frans Hals April 17

Hals spent his life in Haarlem, a city in the Netherlands, and a center for flower bulb cultivation, especially tulips. Hals had a gift for capturing the lively and vigorous nature of his patrons in their portraits. Like other artists of this time, he also did large-scale group portraits. He specialized in everyday life scenes among the middle and lower classes, often referred to as genre scenes. Among his pupils may have been Judith Leyster. He is considered an inspiration to the 19th century French artist, Edouard Manet, who was an early leader in the school of Impressionism.

Rembrandt van Rijn April 24

Born to wealthy parents in Leiden, Rembrandt dropped out of the University of Leiden to apprentice with a local painter. He quickly became a successful and popular painter in Leiden before moving to Amsterdam, where he made a name for himself as a painter of historical subjects. Rembrandt embraced the techniques used by the Italian artist, Caravaggio, and both enhanced and veiled his subjects by using light and dark in dramatic effects. Something of a spendthrift and an avid collector of the works of other artists, Rembrandt was bankrupted during an economic depression and would die a poor man, his passing unnoted.

Judith Leyster May 1

Leyster was born in Haarlem. Her father owned a brewery called the "Leyster" (Iodestar), from which the family took

its surname. Little is known of Leyster's early training; however, papers show her active as an independent artist from the age of 19. By 1629, when she started to sign and date her paintings, she was back in Haarlem, having achieved a degree of professional success that was quite remarkable for a woman of her time. While there is no documentation to indicate that Leyster studied with the painter Frans Hals, her works have similar style and content. Her brushwork is loose and lively, and she chose to paint similar figures and arrange them in the same type of compositions. Among the few substantiated works, genre scenes dominate, regularly including children playing. Leyster was also respected for the quality of her still lifes.

Jacob van Ruisdael May 8

Ruisdael was born in Haarlem, the son of a painter; he seems to have trained with his uncle, another painter in the same city. During his early travels, he experimented with the styles of German artists and other Dutch painters. By the time he was 30, he had settled in Amsterdam. Ruisdael is well known as a leading landscape painter in Holland in the 17th century Golden Age, working in the classical style of Dutch landscape painting. His work often conveyed moods through color, control of light and composition as well as his mastery of painting technique. Like most of the artists of this period, he worked almost exclusively in oils. Bodies of water and waterfalls were a favorite theme in his landscapes from the 1650s onward.

Johannes 'Jan' Vermeer May 15

Vermeer's father was a weaver but by 1630 is listed as an innkeeper and art dealer. This may have exposed young Vermeer to a variety of masters and their styles of painting. Today, Vermeer is usually ranked with Rembrandt and Frans Hals but he was largely unknown during his own time. About 45 paintings are documented to Vermeer and of them, only 36 are known today. His paintings seldom traveled further than Delft, where the artist was considered a local, and the neighboring court city of The Hague. Neither a mentor nor students have ever been associated with Vermeer. His compositions, based on live models, were not executed as portraits but were called tronies ('faces'); these were popular collectors' items during his lifetime.

SPRING 2024 CLASSES

35 years, retiring in 2015. He has taught over 65 courses for OLLI focused on film, plays and playwrights, and classic literature. He has hosted Film Forum since 2015. Film has remained a constant in Jim's life with his wife Bonnie.

Playing The Standard 10-Hole Harmonica

Danny Williams



Thursdays, April 11 - May 16, 3:00 - 4:00 p.m.
Morgantown A
Materials Needed: Basic 10-hole harmonica

The simple 10-hole harmonica has become the standard instrument for all types of music. Students will learn the basics of operating the harmonica. By the end of class, students will be able to play some basic tunes and learn more on their own.

Danny Williams has been teaching music, primarily folk stringed instruments, for over 50 years. He developed a course of instruction for harmonica while working as a youth educator at The Shack Neighborhood House.

The Zentangle® Method of Drawing, A Healing Art

Mary Watson

Wednesdays, April 10 - May 1, 12:45 - 2:15 p.m.
Zoom

The Zentangle® method of drawing is an easy-to-learn, relaxing, and fun way to create beautiful images drawing structured patterns. It increases focus and creativity, provides artistic satisfaction and an increased sense of well being. The Zentangle® method is enjoyed all over the world across a wide range of skills, interests, and ages. This class will introduce ways to use this simple art form in your everyday life. The goal of the class is that every student leave the class with a new perspective and a renewed excitement on how to observe and create art through drawing.

Mary Watson is a watercolorist, proficient in drawing, and a Certified Zentangle®Teacher. She's a Lifetime member of the West Virginia Watercolor Society and the Morgantown Art Association. Her work is juried into Tamarack and she's the author of two books under MKay BB Watson. She's a graduate of WVU and a Morgantown native.

Health & Wellness

Chronic Pain: The Good, the Bad, and the Ugly

Allie Karshenas

Friday, April 12, 3:00 - 4:45 p.m.
Zoom & Morgantown A

Step into the fascinating world of chronic pain management, where innovative and clinically proven approaches take center stage. OLLI's fall 2023 class, *Take the PAIN Out of Chronic Pain with EBEL*, introduced two promising methods: Pain Reprocessing Therapy (PRT) and Emotional Awareness and Expression Therapy (EAET). But that's just the beginning. Join us for an engaging lecture that delves into the intriguing realm of macronutrients of chronic pain. Through captivating case histories, we'll explore the complexities of chronic pain, transcending racial divides and even touching on the alarming suicide rates associated with this condition. Don't miss this opportunity to gain insights, discover solutions, and embark on a journey toward a better understanding of chronic pain.

Allie Karshenas is the Associate Vice President of Clinical Research Operations and Institutional Advancements, Associate VP of Global Engagements (GEO), and Associate Professor of Pharmaceutical Systems and Compliance in the School of Pharmacy at WVU.

Communicating in Difficult Times

Maria José Ramírez-Simms

Tuesdays, April 9 - May 14, 12:45 - 2:15 p.m.
Morgantown A



"When you do... you make me feel..." "I feel that you..." Have you heard or used these types of phrases? While these are common phrases and some are even taught as effective communication formulas, what often happens is that, when we use them, things get worse. You think you're being direct/honest/vulnerable but the other person gets defensive, the conversation doesn't go anywhere, and often the conflict escalates. Learn more about why these types of sentences do not work and what you can do to better connect with others in difficult times.

Maria Jose Ramírez-Simms, a passionate advocate for human flourishing, connects individuals to their true selves and the natural world. With a background in psychology and a PhD in Experiential Learning, she empowers others to reach their potential.

**Eat Right, Eat Well:
The Joy of Mediterranean Cooking I**

Stanley Cohen*, Judy Cohen*



Tuesdays & Thursdays, May 7 - 16, 3:00 - 4:45 p.m.
Morgantown A
Materials Fee: \$10

This course continues its focus on healthy eating and cooking. Featured is a series of new videos from the Culinary Institute of America: *The Joy of Mediterranean Cooking* presents the cuisines and cooking techniques with exemplary dishes of Italy and Spain. Additionally, class topical material presents the cultural history of its foods, and the diet and health benefits deriving from eating its cuisine, the Mediterranean Diet. Food samples and recipes are distributed in each class session. A guidebook accompanies the videos plus class handouts and supplemental recipes. Everyone is encouraged to share tips, tricks, and techniques from their own kitchens.

Stan Cohen taught a variety of psychology courses at WVU from 1972 - 2008. Since 1968, he has engaged in a variety of eating and cooking experiences. He is a lifelong advocate of a wellness lifestyle, including healthy eating. He will be assisted by his partner, **Judy Cohen**.

Healthy Aging, Part II

Sarah Deem & Exercise Physiology students



Fridays, April 5 - 26, 11:30 a.m. - 12:30 p.m.
Morgantown A

Exercise Physiology student interns, supervised by a WVU graduate student, 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 on 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 a beginner friendly exercise session, including chair-based and resistance band exercises. Take-home handouts that can be reviewed at participants' own discretion will be available. **Participation in Part 1 NOT required.**

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.

**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.

SPRING 2024 CLASSES

Hospice 101: Medicare's Best Kept Secret

Yvette Young-Epling



Wednesdays, April 17 - May 1, 10:00 - 11:00 a.m.
Morgantown A

Hospice is a valuable service that is often misunderstood and under-utilized. Separating fact from myth, the instructor will share the origins and philosophy of hospice and explain the services and care available. Participants will learn about using hospice, who pays for the service, the interdisciplinary care team members, and the role of volunteers.

Yvette Young-Epling received a Master's of Social Work degree in the 90s and has practiced in the medical field in various roles since that time. She has dedicated over a decade of her career to the hospice space and conducted over 1,000 bedside consultations to elevate end of life care. She currently is an educator for the WVU Medicine hospice division.

Journey to Impact: Volunteering in the Mon Health Community

Jacob Mulder

Thursday, April 25, 12:45 - 1:45 p.m.
Zoom & Morgantown B

Learn about the dedicated volunteers in the Mon Health community and the impact they have on visitors, patients, and staff.

Jacob Mulder is the Director of Volunteer and Guest Services at Mon Health in Morgantown. He holds a Master's degree in Environmental Education from Goshen College.

Let's Understand Stuttering

Kenneth St. Louis



Thursday, April 11, 12:45 - 2:30 p.m.
Morgantown A

Stuttering is an enigma to many. Most believe it to be a psychological problem. Instead, it is primarily a genetically determined disorder. The course will focus on basic facts about stuttering, the experience of living with a stutter, strategies for clinical treatment, self-help for stuttering, and other topics. Participants will be encouraged to share their own experiences of stuttering of family, friends, celebrities (e.g., Joe Biden), or even themselves and to ask any questions they may have.

Ken St. Louis is a professor emeritus at WVU whose teaching, clinical, and research career focused on the speech disorder of stuttering. Mostly recovered now, Ken grew up as a stutterer. He has dealt with many aspects of

stuttering, such as its development and symptoms, its treatment in children and adults, and how the public perceives it.

Mobility for Seniors, Part II

Sarah Deem & Exercise Physiology students



Fridays, April 5 - 26, 10:00 - 11:00 a.m.
Morgantown A

Exercise Physiology (EXPH) interns, supervised by a WVU graduate student, 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. **Participation in Part I NOT required.**

Materials needed: light resistance exercise bands.

See instructor biography on previous page.

Sepsis - A Medical Emergency

Archana Vasudevan

Thursday, May 2, 10:00 - 11:00 a.m.
Zoom

According to the CDC, approximately 1.7 million adults in the U.S. develop sepsis annually. This course will offer a brief introduction to the life-threatening condition, including definitions of sepsis, its epidemiology, and a patient's prognosis. The instructor will review signs of the disease, when to suspect sepsis, and why it is important to get timely help.

Archana Vasudevan is an Infectious Diseases physician at Mon Health Medical Center in Morgantown. She completed her Internal Medicine residency and fellowship in Infectious Diseases at the University of Missouri Hospital, Columbia. She specializes in infectious diseases and wound care. Dr. Vasudevan received the best teacher award during her residency and enjoys teaching medical students.

T'ai Chi for Arthritis, Part II

Ryan Sommerkorn



Thursdays, April 11 - May 23, 10:00 - 11:30 a.m.
Morgantown Dance Studio

Part II is a continuation of the winter 2024 class. Enrollment is limited to those OLLI members who completed the first 10-week session.

Ryan Sommerkorn was recently certified by the T'ai Chi Institute for Health to be a T'ai Chi for Arthritis and Falls Prevention instructor.

The Worst Loss Is When It Happens to You

Kelli Templeton

Mondays, April 8 - May 13, 6:00 - 7:30 p.m.
Zoom

In a discussion group about grief and loss, the instructor will provide basic coping skills and lead a Q & A. It is open to all spiritual and non spiritual beliefs. Every person's grief is individual and will be respected. Discussions will focus on positive responses.

Kelli Templeton has spent her career working in the many facets of the healthcare field. She started as a ward administrative assistant at Holzer Medical Center in Ohio while in college. She transitioned to the hospice department, working as the bereavement coordinator and spending 11 of her 21 years of service there. She entered the Health Sciences & Technology Team in April of 2007.

Yoga for Enjoyment and Health

Eva Hnizdo*

Tuesdays, April 16 - May 21, 10:00 - 11:30 a.m.
Morgantown Dance Studio, Mountaineer Mall



The class will be focused on developing skills that the students can use in their daily life to maintain their well-being. Coordination between breath and body movements such as balancing, stretching, strengthening, and deep breathing will be used to create the sense of well-being. We will be using chairs to support and enhance the body movements.

Eva Hnizdo is an experienced yoga teacher, professionally qualified in 2006. She has previously taught yoga at NIOSH, where she worked as an epidemiologist. After retirement she taught yoga classes at OLLI prior to COVID. Currently she teaches yoga at Crunch gym in Naples, FL. She creates enjoyable classes where students practice yoga to maintain spiritual and physical health.

History

Eagle Talons & Dragon Breath: U.S. - China

Jack Hammersmith*

Mondays, April 22 - May 6, 12:45 - 2:30 p.m.
Zoom & Morgantown B

Last fall our U.S. - China OLLI class, *Foreign Devils*, took us through the 19th century. In response to input, we will continue that effort with three spring sessions, surveying the lengthy and tumultuous 20th century of Sino-American relations: two revolutions, regional warlords, Cold War twists, and late century recovery by more moderate leaders like Deng Xiaoping after Mao Zedong's years of extremist

campaigns. This ambitious outline may be too much for an in-depth examination but will strive to provide some help in better understanding the issues of today, including Taiwan, trade, governing styles and global aspirations.

Jack Hammersmith, an emeritus WVU history professor, survived nearly a half century in university classrooms before beginning almost continuous tours of OLLI duty following his 2016 retirement. His current course reflects an interest in East Asia, begun in a simple search for a late morning undergraduate history class. Modern China proved the answer.

Harry S. Truman, 33rd President of the U.S.

Russ T. Hutchins

Fridays, April 19 - May 3, 3:00 - 4:30 p.m.
Zoom

Before being elected as the 33rd President of the U.S., Harry S. Truman was a judge, a senator, and vice president under FDR. Participants will explore the life, from birth to death, of the man who ended WWII with the use of the atomic bomb.

Russ Hutchins, ED Sp, has been an Osher/OLLI presenter since 2013 for the University of Kansas and for West Virginia University since 2021. He is a retired school principal and speaks on history and local topics of interest. He lives in Summerville, SC.

A History of Monongalia County's Cass District

Wallace Venable*

Thursdays, May 16 - 23, 12:45 - 2:15 p.m.
Zoom & Morgantown B

Monongalia (Mon) County is nominally divided into eight districts: Battelle, Cass, Clay, Clinton, Grant, Morgan, Osage, and Union. Today, Mon County administers most functions outside a corporate limit as a single unit. At one time each district had many individual governmental functions, including schools, roads, and law enforcement. This class will review the older county governmental structures and the particular roles that Cass District has played. Cass is roughly the area bounded by I-79, the Monongahela River, and the Mason-Dixon Line plus lower Scotts Run.

Wallace Venable immigrated to Cass District in 1967 and has resided there since then, both on a farm and on the Mon River bank. He is the author of *Around Morgantown* and a retired WVU professor.

SPRING 2024 CLASSES

The National Road and the C&O Canal

Jim Rentch

Wednesdays, April 24 - May 8, 12:45 - 2:15 p.m.
Zoom & Morgantown B

As a young man, George Washington crossed the Alleghenies to the Ohio country, both as an emissary of the colonial government, and as a soldier. As a political leader, a key goal of his was to see the Potomac River navigable as far as the Ohio River Valley, to improve trade and to unify the growing country. In this presentation, we will examine Washington's early efforts to improve navigation of the Potomac River from Georgetown to Cumberland. We will look at Jefferson's Cumberland to Wheeling National Road project. Finally, we will examine The Chesapeake and Ohio Canal's 94 year history.

Jim Rentch retired from the Division of Forestry at WVU in 2017. Since then, he has enjoyed many hours preparing talks about the fascinating history of West Virginia and the Appalachian region for OLLI.

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](https://www.instagram.com/olliatwvu))

Other Interests

Around the World in Seven Wines

Ron Porter

Wednesday, April 17, 12:45 - 2:30 p.m.
Morgantown A
Materials Fee: \$20 (payable at the door)

M

We will learn about and sample seven wines from around the world with Ron Porter, the adult beverage consultant and co-manager of Kroger Suncrest Towne Centre.

The Gentle Art of Swedish Death Cleaning: A Book Discussion

Patsieann T. Misiti

Wednesday, May 8, 3:00 - 4:30 p.m.
Repeated Wednesday, May 15, 3:00 p.m.
Zoom

Decluttering your home, and your life, doesn't have to be stressful. Artist and author Margareta Magnusson encourages readers to clear out and organize their lives through Swedish death cleaning, a concept based in mindfulness, compassion, and love of family and future self. Although the name sounds sad, the practice does not have to be. Methods employed may facilitate family discussions and sharing of memories, uplifting what might otherwise be a difficult undertaking. While the book is geared toward older adults, Swedish death cleaning can be beneficial for anyone wishing to embrace a more minimalist life.

Patsieann Misiti combines her passion for serving others with years of professional and life experiences to guide older adults and their families through major life transitions. Whether clients are relocating to a new residence or interested in living more safely and independently in their current home, she is known for delivering client-centered services with compassion, integrity, and care.

Introduction to Spanish, Part II

Felicia Carrara

Encore

Tuesdays, April 9 - May 7, 6:30 - 7:30 p.m.
Zoom

Spanish II will be a continuation of the winter term class, with an emphasis on the conjugation of verbs.

Pre-requisite: completion of January 2024 class or basic beginner's knowledge 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!

Personal and Family History Writing Projects

Rae Jean Sielen*



Tuesdays, April 16 - 30, 10:00 - 11:45 a.m.
Morgantown B

Take steps to make your dream a reality. You CAN finish your book! Topics will include strategies for organizing material and considerations as you compile, write, and produce your work (e.g., sources, voice, truth, project scope, layout, software, photographs, printing/binding). Participants will be able to begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of completed projects shared, with the instructor highlighting key decisions made by the books' authors. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

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

WVU Sports Teams – A History, Part II

Kenton Colvin*

Thursdays, April 11 - 25, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Continuing the presentation from OLLI's winter class, this course offers a history and highlights of WVU Sports Teams: Baseball, Soccer, Gymnastics, Volleyball, Wrestling, Rifle, Swimming/Diving, Cross Country, Track and Field, Tennis, Golf and Rowing. 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 an 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

Jewish Calendar Events in the Spring, Tra La!

Rabbi Joe Blair

Tuesdays, May 21 & 28, 3:00 - 4:00 p.m.
Zoom

Join OLLI for a survey of a smattering of things falling on the calendar in the Spring. We will touch on aspects of Tu B'Shevat (New Year for the Trees - ritual, liturgy, story, practices and customs), Purim (ritual, liturgy, story, practices, and customs), Passover (ritual, liturgy, practices, and customs), Yom HaShoah (Holocaust Remembrance day), Yom HaZikaron (Israeli Memorial Day), Yom HaAtzma'ut (Israeli Independence Day), Pesach Sheni (Second Passover), and L'ag B'Omer (Omer, Counting, ritual, practices, customs, and mystical approaches). We probably can't cover it all but we can give it our best shot!

Rabbi Joe Blair is the spiritual and religious leader of Temple Israel (Kehilat B'nai Yisrael) in Charleston. He has taught several courses for OLLI at WVU over the past six years on topics ranging from liturgy and poetry to mysticism to holiday rituals to midrash. He is delighted to return for another semester with another offering.

Old Testament Personalities

Rabbi Joe Hample*



Thursdays, April 11 - May 16, 12:45 – 2:30 p.m.
Zoom & Classroom B

The Hebrew Bible is the bedrock of both Judaism and Christianity, but some details are little-known or debatable. Who is Noah's wife? What's the most important thing about Abraham? How many female prophets are there? What happens to Jonah after he escapes from the whale? We'll get to the bottom of it!

Rabbi Joe Hample was born in Buffalo, educated at Harvard, and long employed at Wells Fargo Bank in California. Ordained in 2009, he worked as a full-time prison chaplain before coming to Morgantown in 2012. Now the spiritual leader at Tree of Life Congregation on South High Street, Rabbi Joe seeks to make Judaism accessible to everyone.

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

- OLLI member

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 spring term classes is open February 19 - March 15, although seats may become available at a later date. Visit OLLI's website for more information about the following courses:

- *The Sixties in America: From Rebellion to Rights to Commodity*
- *Peace Leadership: Exploring Peacebuilding from the Ground Up*
- *Chemistry Inside You*
- *Psychology Fundamentals: A 101 Overview*
- *The Capable Consumer: Finding Your Purchasing Superpower*
- *The Great Con: The Talented Mr. Ripley in Literature and Film*
- *Human-Animal Connection*
- *Our (Inter)National Pastime: Baseball from Inception to the Modern Era*
- *The Intersection of Maps and History*
- *AI for Regular People*
- *Writing a Slice of Your Life*
- *Billy Wilder in Hollywood: Director, Writer, and Social Critic*

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

Science & Nature

A Butterfly and Moth Experience

Steve Holsclaw*

Tuesday, April 23, 1:00 - 2:30 p.m.
Edgewood Summit, 300 Baker Ln, Charleston

KV

Nectar-bearing flowers, whether tended in gardens or growing wild, attract butterflies and moths. Most folks only catch a glimpse of these colorful winged visitors. This class offers a remarkable view of butterflies and moths from the U.S. and around the world. Spectacular designs, patterns, shapes, and breathtaking colors are featured in this presentation. Moths and butterflies are an important element of the food chain and are prey for birds and bats. Their defensive measures include camouflage to hide in plain sight, wing patterns to confuse or frighten predators, and mimicry of unpalatable butterflies.

Steve Holsclaw is a retired petroleum geologist who worked 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.

Citizen Science and WVU Core Arboretum Phenology Walk

Zach Fowler*

Tuesdays, April 16 - 30, 3:00 - 4:45 p.m.
Zoom & Morgantown B

This course will introduce participants to citizen science and some of the ways to engage in the practice, including the Arboretum Phenology Walk. The Phenology Walk draws on the support of volunteers to collect data about how plants respond to changes in climate. Participants in this citizen science effort are trained to observe permanently marked trees and collect data about leaf emergence, color change, and more, helping other scientists to better understand the issues related to the environment in West Virginia.

Zach Fowler is Director of WVU Core Arboretum and Clinical Assistant Professor of Biology at WVU. He has a passion for learning about nature in a scientific fashion and for sharing his knowledge with others.

Introduction to Bird Watching

Jane Clark

Monday, April 15, 12:45 - 1:45 p.m.
Morgantown B

Encore

M

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.

Menacing Space Junk in the Low Earth Orbit

Sumitra Reddy*

Thursday, April 25, 3:00 – 4:45 p.m.
Zoom

According to NASA more than 27,000 pieces of “space junk” are tracked by the Department of Defense’s global Space Surveillance Network (SSN) sensors. Much more debris -- too small to be tracked, but large enough to threaten human spaceflight, spacecrafts and the International Space Station-- exists in the Low Earth Orbit (LEO). This class will present the growing problem with space junk and outline various proposed solutions for cleaning up and minimizing it.

Sumitra Reddy has been enjoying teaching at OLLI since 2011 on various topics ranging from ancient history to travelogs to science. She holds a PhD in Physics. She retired from WVU and remains as adjunct faculty in the Department of Computer Science and Electrical Engineering.

Spring Wildflowers of the WVU Core Arboretum Field Trip

Zach Fowler*

Friday, April 5, 10:00 - 11:45 a.m.
WVU Core Arboretum



Encore

Participants will meet at WVU Core Arboretum where we will observe spring ephemeral wildflowers in their natural setting during our hike. The pace will be slow along the hilly terrain as we will talk a lot about what we’re seeing. There is a separate class listing for a classroom discussion about what spring ephemeral wildflowers are and a slide-show introduction to species that occur in the arboretum. Field trip participants are encouraged to also attend the classroom discussion. The WVU Core Arboretum has an unrivaled display of spring ephemeral wildflowers!

See instructor biography to the left.

Topics in Oceanography

Richard Smosna*

Mondays & Wednesdays, April 8 - 29, 3:00 - 4:30 p.m.
Morgantown B



Lectures in this course will cover a variety of subjects related to the ocean: how oceanographers explore the deep sea (including Triton’s recent attempt to view the Titanic), who owns the coastal beaches and what is the Law of the Sea, evolving legends about the ocean (such as Atlantis and the

Bermuda Triangle), and dangerous “killer” waves and currents.

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.

Wildflower Identification Using Newcomb’s Wildflower Guide

Zach Fowler*

Encore

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

Learn how to confidently identify flowering wild plants! *Newcomb’s Wildflower Guide* is a popular, easy-to-use book for identifying blooming plants in this area. Participants will learn how to use this book and practice identifying plants that grow in the Morgantown area. Participants should bring a copy of *Newcomb’s Wildflower Guide*.

WVU Evansdale Greenhouse Tour

Amanda Barth



Wednesday, May 29, 10:00 – 11:00 a.m.
WVU Evansdale Greenhouse, 1201 Evansdale Drive

Completed in the summer of 2012, this state-of-the-art facility under the direction of the Division of Plant and Soil Sciences is a center for teaching, research, and outreach. Research at the Evansdale Greenhouse reflects a wide array of areas of inquiry related to plant propagation and health, including flower biology as it ages, horticultural sustainability, season extension, drought and heat stress, and aquaponics.

Amanda Barth is the manager of the WVU Evansdale Greenhouse.

Social Sciences, Political, & Current Events

Immigration 101

Katy Lewis

Thursday, April 18 , 3:00 - 4:30 p.m.
Zoom & Morgantown B

This course will provide an overview of the U.S. immigration system and laws. It will introduce the various immigration agencies as well as explain the paths to citizenship, permanent residence, and other temporary statuses. We will examine and discuss some of the complexities and shortcomings of the current U.S. immigration system.

Katy Lewis has been practicing immigration law since graduating from law school in 2006. She clerked at the Los Angeles Immigration Court, worked at two San Francisco-

SPRING 2024 CLASSES

based immigration law firms, and served as a consulting attorney with a national non-profit. Katy joined Mountain State Justice in 2021, launching an immigration program to provide free immigration legal services for low-income WV residents.

Introducing the League of Women Voters

Judy Ball

Tuesdays, May 21 & 28, 12:45 - 2:15 p.m. Zoom
Repeated Wednesdays, May 22 & 29,
3:00 – 4:30 p.m. Morgantown A

What is the League of Women Voters? What are the policy priorities of the LWV of West Virginia? What is the LWV of WV doing to improve voter education in our state? How does LWV balance advocacy and nonpartisanship? How has the LWV of WV modernized to keep up in a changing political environment? How can any organization be nonpartisan and political at the same time? Join us for a discussion of these questions and more about this 100-year-old organization and why it remains important to democracy today.

Judy Ball is the Vice President of the League of Women Voters of West Virginia and President of the LWV of Morgantown-Monongalia County. She holds a BA in political science from WVU and an MPA and PhD in Public Administration from Syracuse University. She has spent more than 20 years in health services research with U.S. Department of Health & Human Services agencies.

The New Yorker Discussion Group

Hilary Attfield, Michael Attfield

Mondays, April 8 - May 20, 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 topics relative to life and living. An epidemiologist, he has degrees from Wales and WVU.

Technology

Technology Security: Don't Be Fooled

Michelle Klishis*

Thursday, May 9, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

It used to be when you were standing in line at the grocery store and saw the headlines for the *Weekly World News*, you immediately knew how to evaluate what you saw. But on the internet, anyone can create and share information that might seem credible but truly is not. This session looks at how to improve critical thinking skills when it comes to what you see online and ways to verify the veracity of what you see.

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: Protecting Your Data

Michelle Klishis*

Thursday, May 16, 10:00 a.m. - 12:00 p.m.
Zoom & Morgantown B

Most people think protecting your data means making sure no one can steal their tablet or laptop, but your data is everything you do online that is collected by companies. What these companies can do with the information you knowingly (and unknowingly) share is both astounding and terrifying.

Travel & Adventure

Antarctica: the Last Continent

Karen Long*

Tuesdays, May 7 & 14, 10:00 - 11:45 a.m.
Zoom & Morgantown B

In this virtual tour, you will travel to Buenos Aires, Argentina, then to Ushuaia to board an expedition ship to cross the Drake Passage to Antarctica. See glaciers and icebergs in 24 hours of daylight, plus wildlife including penguins, whales, seals, and birds. Make several stops along the coast to walk on the snow and ice to get close to the animals, then back to Ushuaia and home to winter in North America.

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 enjoys travel and sharing her adventures with OLLI members.

The Cape of Good Hope to Victoria Falls

Rosana Schafer

Tuesday, April 9, 10:00 - 11:45 a.m.
Zoom & Morgantown B

Begin at the beautiful Cape of Good Hope, the most south western tip of Africa, and visit the harbor city of Cape Town, South Africa. From Cape Town the adventure moves to the Greater Kruger National Park to experience game drives in the Thornybush and the Sabi Sands Nature Reserves. The skilled trackers provide amazing up-close and personal encounters with Africa's incredible wildlife, from the African elephant to a small chameleon crossing the road. The last stop is Victoria Falls in Zimbabwe, a UNESCO World Heritage Site, and one of the truly breathtaking seven natural wonders of the world.

Rosana Schafer, PhD, is an Emeritus Associate Professor in the Department of Microbiology, Immunology, and Cell Biology. Rosana taught immunology and her research focused on infectious diseases and sex differences in the immune system. The fringe benefit of research was worldwide travel to scientific meetings that Rosana has continued in retirement. Her last adventure was to South Africa and Zimbabwe.



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

- OLLI member

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.

Wednesdays, April 17 - May 1

Thursdays, April 18 - May 23

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!

Members are welcome to bring lunch to enjoy between classes in OLLI's member lounge on other days as well.

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, April 8 - May 20
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: Dan Fields

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

Yarn Arts Kanawha Valley

Facilitator: Joe Watkins

NEW

*Wednesdays, April 3 - June 24, 2:00 - 4:00 p.m.
South Charleston Public Library/TBA*

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/)**



Friday, June 7, 10:00 a.m. - 1:00 p.m.
Morgantown B & Mountaineer Mall parking lot
Maximum Enrollment: 6

CarFit is a free educational program developed by AAA, AARP, and the American Occupational Therapy Association created to help drivers find their safest “fit” in their vehicle.

CarFit helps older drivers make sure their vehicles fit them

properly and safely. A proper fit in your car can help you stay safe behind the wheel by reducing your risk of injury in a crash, improving your visibility, and making it easier to control your vehicle.

After a brief introduction to the program at 10:00 a.m., participants will return to their car to meet with trained technicians to check 12 key areas of the driver’s fit, including seat position, mirror adjustment, pedal placement, steering wheel distance, head restraint height, and seat belt fit.

Each fitting will take approximately 20 minutes. Participants will be assigned a time slot for their fitting when registering and are encouraged to bring a book, do a lap or two around the mall, pack a lunch, or plan another activity between the time of the presentation and their assigned fitting time. OLLI will have video options for viewing as well while you wait.

OLLI AFTER HOURS

Interested in being a part of the OLLI community but often busy during our usual class times?

OLLI offers a selection of classes, shared interest groups, and other opportunities outside of the usual 9 to 5, Monday through Friday, time slots. Below is a list of those opportunities during the spring term.

*Many classes are recorded and available to registered members to view throughout the term.
Simply contact the OLLI office to request the YouTube link.*

OLLI After Hours

Shared Interest Groups (see page 22 for details)

- Campus Club Evening Book Discussion Tuesdays, April 9, May 14, & June 11, 7:30 - 9:00 p.m., Zoom
- Twilight Triva Tuesdays, April 16, May 21, & June 18, 7:00 - 8:30 p.m., Zoom

Member Benefits & Events (see page 8)

- Ask-a-Geek
- OLLI Virtual Happy Hour Sundays, April 7 - May 19, 6:30 - 7:30 p.m., Zoom
- OLLI at the Ballpark Sunday, May 15, 1:00 p.m. Monongalia County Ballpark

Community Events (see page 9)

- Introduction to T'ai Chi Saturdays, April 6 - June 29, 11:00 - 11:50 a.m.
The Shack Neighborhood House (Morgantown)
- Intermediate T'ai Chi Saturdays, April 6 - June 29, 10:00 - 10:50 a.m.
The Shack Neighborhood House (Morgantown)

Osher Online Classes (see page 18)

- Human-Animal Connection Wednesdays, April 10 - May 15, 7:00 - 8:30 p.m., Zoom
- AI for Regular People Thursdays, April 18 - May 23, 8:00 - 9:30 p.m., Zoom
- Writing a Slice of Your Life Saturdays, April 20 - May 25, 1:00 - 2:30 p.m., Zoom
- Billy Wilder in Hollywood... Tuesdays, April 23 - May 28, 7:00 - 8:30 p.m., Zoom

OLLI Classes

- The Worst Loss Is When It Happens to You Mondays, April 8 - May 13, 6:00 - 7:30 p.m., Zoom page 15
- Introduction to Spanish II Tuesdays, April 9 - May 7, 6:30 - 7:30 p.m., Zoom page 16

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.

Curious About Teaching for OLLI?

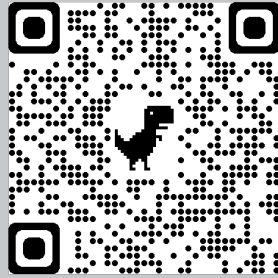
OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

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 summer, fall, winter, and spring 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.



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.

Spring 2024 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	April 1 - June 24	12:45 - 2:30 p.m.	A	22
The Sixties in America: From Rebellion...(Osher Online)	April 1 - May 6	11:00 a.m. - 12:30 p.m.	Z	18
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	April 8 - May 20	10:00 - 11:45 a.m.	A & Z	20
Mon River New Horizons Band (Schlobohm)	April 8 - May 20	3:30 - 5:00 p.m.	A	22
The Worst Loss Is When It Happens to You (Templeton)	April 8 - May 13	6:00 - 7:30 p.m.	Z	15
Introduction to Bird Watching (Clark)	April 15	12:45 - 1:45 p.m.	B	18
Eagle Talons & Dragon Breath:... (Hammersmith)	April 22 - May 6	12:45 - 2:30 p.m.	B & Z	15
<hr/>				
Monday & Wednesday				
Topics in Oceanography (Smosna)	April 8 - 29	3:00 - 4:30 p.m.	B	19
<hr/>				
Tuesday				
Peace Leadership:...(Osher Online)	April 2 - May 7	1:00 - 2:30 p.m.	Z	18
Chemistry Inside You (Osher Online)	April 2 - May 7	3:00 - 4:30 p.m.	Z	18
Campus Club Evening Book Discussion (Attfield)	April 9, May 14, June 11	7:30 - 9:00 p.m.	Z	22
The Cape of Good Hope to Victoria Falls (Schafer)	April 9	10:00 - 11:45 a.m.	B & Z	21
Communicating in Difficult Times (Ramírez-Simms)	April 9 - May 14	12:45 - 2:15 p.m.	A	12
Introduction to Spanish II (Carrara)	April 9 - May 7	6:30 - 7:30 p.m.	Z	16
Campus Club Morning Book Discussion (Ostrow)	April 16, May 21, June 18	10:00 - 11:30 a.m.	A & Z	22
Twilight Trivia	April 16, May 21, June 18	7:00 - 8:30 p.m.	Z	22
Yoga for Enjoyment and Health (Hnizdo)	April 16 - May 21	10:00 - 11:30 a.m.	Other	15
Personal and Family History Writing Projects (Sielen)	April 16 - 30	10:00 - 11:45 a.m.	B	17
Citizen Science...Phenology Walk (Fowler)	April 16 - 30	3:00 - 4:45 p.m.	B & Z	18
Billy Wilder in Hollywood:...(Osher Online)	April 23 - May 28	7:00 - 8:30 p.m.	Z	18
Antarctica: The Last Continent (Long)	May 7 & 14	10:00 - 11:45 a.m.	B & Z	20
Introducing the League of Women Voters (Ball)	May 21 & 28	12:45 - 2:15 p.m.	Z	20
Jewish Calendar Events in the Spring, Tra La! (Blair)	May 21 & 28	3:00 - 4:00 p.m.	Z	17
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Tuesday & Thursday				
Eat Right, Eat Well:... (Cohen, Cohen)	May 7 - 16	3:00 - 4:45 p.m.	A	13
<hr/>				
Wednesday				
Art Tour: <i>Off Kilter, On Point</i> (Harris)	April 3	11:00 a.m. - 12:30 p.m.	Other	10
Human-Animal Connection (Osher Online)	April 10 - May 15	7:00 - 8:30 p.m.	Z	18
The Zentangle Method of Drawing (Watson)	April 10 - May 1	12:45 - 2:15 p.m.	Z	12
The Dutch Golden Age: An Introduction (Cann)	April 10	10:00 a.m. - 12:00 p.m.	Z	11
Wildflower Identification... (Fowler)	April 10	10:00 - 11:45 a.m.	B & Z	19
Hospice 101: Medicare's Best Kept Secret (Young-Epling)	April 17 - May 1	10:00 - 11:00 a.m.	A	14
Frans Hals (Cann)	April 17	10:00 a.m. - 12:00 p.m.	Z	11
Around the World in Seven Wines (Porter)	April 17	12:45 - 2:30 p.m.	A	16
The National Road and the C&O Canal (Rentch)	April 24 - May 8	12:45 - 2:15 p.m.	B & Z	16
Rembrandt van Rijn (Cann)	April 24	10:00 a.m. - 12:00 p.m.	Z	11
Judith Leyster (Cann)	May 1	10:00 a.m. - 12:00 p.m.	Z	11
Jacob van Ruisdael (Cann)	May 8	10:00 a.m. - 12:00 p.m.	Z	11
<i>The Gentle Art of Swedish Death Cleaning...</i> (Misiti)	May 8	3:00 - 4:30 p.m.	Z	16
Don Knotts (Johnson)	May 15 & 22	12:45 - 2:30 p.m.	B & Z	10

Spring 2024 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Wednesday (continued)				
Johannes 'Jan' Vermeer (Cann)	May 15	10:00 a.m. - 12:00 p.m.	Z	11
<i>The Gentle Art of Swedish Death Cleaning...</i> (Misiti)	May 15	3:00 - 4:30 p.m.	Z	16
Introducing the League of Women Voters (Ball)	May 22 & 29	3:00 - 4:30 p.m.	B	20
WVU Evansdale Greenhouse Tour (Barth)	May 29	10:00 - 11:00 a.m.	Other	19
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Thursday				
Walking Outdoors with Campus Club (Covey)	April 4 - June 27	9:00 - 10:00 a.m.	Other	22
Psychology Fundamentals:... (Osher Online)	April 4 - May 9	11:00 a.m. - 12:30 p.m.	Z	18
The Capable Consumer:... (Osher Online)	April 4 - May 9	4:00 - 5:30 p.m.	Z	18
Carnegie: Japanese Art & the Titanic (Field Trip)	April 4	8:45 a.m. - 6:00 p.m.	Other	8
Let's Do Lunch! (Rauch)	April 11, May 9, June 13	11:30 a.m. - 1:00 p.m.	Other	22
T'ai Chi for Arthritis, Part II (Sommerkorn)	April 11 - May 23	10:00 - 11:30 a.m.	Other	14
Old Testament Personalities (Hample)	April 11 - May 16	12:45 - 2:30 p.m.	B & Z	17
Our (Inter)National Pastime: Baseball... (Osher Online)	April 11 - May 16	1:00 - 2:30 p.m.	Z	18
Playing the Standard 10-Hole Harmonica (Williams)	April 11 - May 16	3:00 - 4:00 p.m.	A	12
WVU Sports Teams - A History, Part II (Colvin)	April 11 - 25	10:00 - 11:45 a.m.	B & Z	17
Let's Understand Stuttering (St. Louis)	April 11	12:45 - 2:30 p.m.	A	14
AI for Regular People (Osher Online)	April 18 - May 23	8:00 - 9:30 p.m.	Z	18
Immigration 101 (Lewis)	April 18	3:00 - 4:30 p.m.	B & Z	19
Journey to Impact: Volunteering... (Mulder)	April 25	12:45 - 1:45 p.m.	B & Z	14
Menacing Space Junk in the Low Earth Orbit (Reddy)	April 25	3:00 - 4:45 p.m.	Z	19
Sepsis: A Medical Emergency (Vasudevan)	May 2	10:00 - 11:00 a.m.	Z	14
Technology Security: Don't Be Fooled (Klishis)	May 9	10:00 a.m. - 12:00 p.m.	B & Z	20
A History of Monongalia County's Cass District (Venable)	May 16 & 23	12:45 - 2:15 p.m.	B & Z	15
Technology Security: Protecting Your Data (Klishis)	May 16	10:00 a.m. - 12:00 p.m.	B & Z	20
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Friday				
The Great Con: The Talented Mr. Ripley... (Osher Online)	April 5 - May 10	11:00 a.m. - 12:30 p.m.	Z	18
Mobility for Seniors, Part II (Deem)	April 5 - 26	10:00 a.m. - 11:00 a.m.	A	14
Healthy Aging, Part II (Deem)	April 5 - 26	11:30 a.m. - 12:30 p.m.	A	13
Spring Wildflowers...Arboretum Field Trip (Fowler)	April 5	10:00 - 11:45 a.m.	Other	19
Film Forum: Meryl Streep, Part I (Held)	April 12 - May 17	12:45 - 4:00 p.m.	B	10
The Intersection of Maps and History (Osher Online)	April 12 - May 17	2:00 - 3:30 p.m.	Z	18
Chronic Pain: The Good, the Bad, & the Ugly (Karshenas)	April 12	3:00 - 4:45 p.m.	A & Z	12
Harry S. Truman, 33 rd President of the U.S. (Hutchins)	April 19 - May 3	3:00 - 4:30 p.m.	Z	15
Take a Hike: You Decide the Trail (Klishis, Hyde)	April 19	9:00 a.m. - 12:00 p.m.	Other	8
CarFit (AAA)	June 7	10:00 a.m. - 1:00 p.m.	B	23
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Saturday				
Intermediate T'ai Chi (Pollard, Koehler)	April 6 - June 29	10:00 - 10:50 a.m.	Other	9
Introduction to T'ai Chi (Pollard, Koehler)	April 6 - June 29	11:00 - 11:50 a.m.	Other	9
Writing a Slice of Your Life (Osher Online)	April 20 - May 25	1:00 - 2:30 p.m.	Z	18
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Sunday				
OLLI Virtual Happy Hour	April 7 - May 19	6:30 - 7:30 p.m.	Z	8
OLLI at the Ballpark	May 12	1:00 p.m.	Other	8

Spring 2024 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
The Sixties in America: From Rebellion...(Osher Online)	April 1 - May 6	11:00 a.m. - 12:30 p.m.	Z	18
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	April 8 - May 20	10:00 - 11:45 a.m.	Z	20
The Worst Loss Is When It Happens to You (Templeton)	April 8 - May 13	6:00 - 7:30 p.m.	Z	15
Eagle Talons & Dragon Breath:... (Hammersmith)	April 22 - May 6	12:45 - 2:30 p.m.	Z	15
Tuesday				
Take a Hike (Fields)	April 2, May 7, June 4	10:00 - 11:30 a.m.	Other	22
Peace Leadership:...(Osher Online)	April 2 - May 7	1:00 - 2:30 p.m.	Z	18
Chemistry Inside You (Osher Online)	April 2 - May 7	3:00 - 4:30 p.m.	Z	18
Campus Club Evening Book Discussion (Attfield)	April 9, May 14, June 11	7:30 - 9:00 p.m.	Z	22
Introduction to Spanish II (Carrara)	April 9 - May 7	6:30 - 7:30 p.m.	Z	16
The Cape of Good Hope to Victoria Falls (Schafer)	April 9	10:00 - 11:45 a.m.	Z	21
West Virginia at 150 (Johnson)	April 9	1:00 - 2:45 p.m.	Other	8
Campus Club Morning Book Discussion (Ostrow)	April 16, May 21, June 18	10:00 - 11:30 a.m.	Z	22
Twilight Trivia	April 16, May 21, June 18	7:00 - 8:30 p.m.	Z	22
Citizen Science...Phenology Walk (Fowler)	April 16 - 30	3:00 - 4:45 p.m.	Z	18
Billy Wilder in Hollywood:... (Osher Online)	April 23 - May 28	7:00 - 8:30 p.m.	Z	18
A Butterfly and Moth Experience (Holsclaw)	April 23	1:00 - 2:30 p.m.	Other	18
Antarctica: The Last Continent (Long)	May 7 & 14	10:00 - 11:45 a.m.	Z	20
Introducing the League of Women Voters (Ball)	May 21 & 28	12:45 - 2:15 p.m.	Z	20
Jewish Calendar Events in the Spring, Tra La! (Blair)	May 21 & 28	3:00 - 4:00 p.m.	Z	17
Wednesday				
Yarn Arts Kanawha Valley (Watkins)	April 3 - June 24	2:00 - 4:00 p.m.	Other	22
Human-Animal Connection (Osher Online)	April 10 - May 15	7:00 - 8:30 p.m.	Z	18
The Zentangle Method of Drawing (Watson)	April 10 - May 1	12:45 - 2:15 p.m.	Z	12
The Dutch Golden Age: An Introduction (Cann)	April 10	10:00 a.m. - 12:00 p.m.	Z	11
Wildflower Identification... (Fowler)	April 10	10:00 - 11:45 a.m.	Z	19
Frans Hals (Cann)	April 17	10:00 a.m. - 12:00 p.m.	Z	11
The National Road and the C&O Canal (Rentch)	April 24 - May 8	12:45 - 2:15 p.m.	Z	16
Rembrandt van Rijn (Cann)	April 24	10:00 a.m. - 12:00 p.m.	Z	11
Judith Leyster (Cann)	May 1	10:00 a.m. - 12:00 p.m.	Z	11
Jacob van Ruisdael (Cann)	May 8	10:00 a.m. - 12:00 p.m.	Z	11
<i>The Gentle Art of Swedish Death Cleaning...</i> (Misiti)	May 8	3:00 - 4:30 p.m.	Z	16
Don Knotts (Johnson)	May 15 & 22	12:45 - 2:30 p.m.	Z	10
Johannes 'Jan' Vermeer (Cann)	May 15	10:00 a.m. - 12:00 p.m.	Z	11
<i>The Gentle Art of Swedish Death Cleaning...</i> (Misiti)	May 15	3:00 - 4:30 p.m.	Z	16

Spring 2024 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Thursday				
Psychology Fundamentals:... (Osher Online)	April 4 - May 9	11:00 a.m. - 12:30 p.m.	Z	18
The Capable Consumer:... (Osher Online)	April 4 - May 9	4:00 - 5:30 p.m.	Z	18
Old Testament Personalities (Hample)	April 11 - May 16	12:45 - 2:30 p.m.	Z	17
Our (Inter)National Pastime: Baseball... (Osher Online)	April 11 - May 16	1:00 - 2:30 p.m.	Z	18
WVU Sports Teams - A History, Part II (Colvin)	April 11 - 25	10:00 - 11:45 a.m.	Z	17
AI for Regular People (Osher Online)	April 18 - May 23	8:00 - 9:30 p.m.	Z	18
Immigration 101 (Lewis)	April 18	3:00 - 4:30 p.m.	Z	19
Journey to Impact: Volunteering... (Mulder)	April 25	12:45 - 1:45 p.m.	Z	14
Menacing Space Junk in the Low Earth Orbit (Reddy)	April 25	3:00 - 4:45 p.m.	Z	19
Sepsis: A Medical Emergency (Vasudevan)	May 2	10:00 - 11:00 a.m.	Z	14
Technology Security: Don't Be Fooled (Klishis)	May 9	10:00 a.m. - 12:00 p.m.	Z	20
A History of Monongalia County's Cass District (Venable)	May 16 & 23	12:45 - 2:15 p.m.	Z	15
Technology Security: Protecting Your Data (Klishis)	May 16	10:00 a.m. - 12:00 p.m.	Z	20
Friday				
The Great Con: The Talented Mr. Ripley... (Osher Online)	April 5 - May 10	11:00 a.m. - 12:30 p.m.	Z	18
The Intersection of Maps and History (Osher Online)	April 12 - May 17	2:00 - 3:30 p.m.	Z	18
Chronic Pain: The Good, the Bad, & the Ugly (Karshenas)	April 12	3:00 - 4:45 p.m.	Z	12
Harry S. Truman, 33 rd President of the U.S. (Hutchins)	April 19 - May 3	3:00 - 4:30 p.m.	Z	15
Saturday				
Writing a Slice of Your Life (Osher Online)	April 20 - May 25	1:00 - 2:30 p.m.	Z	18
Sunday				
OLLI Virtual Happy Hour	April 7 - May 19	6:30 - 7:30 p.m.	Z	8

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793
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Morgantown, WV 26501

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



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

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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.

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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.

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OLLI at WVU - Your Next Adventure Begins Here

Spring registration begins March 18

Phone: 304-293-1793

Website: olliatwvu.org

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- Social events
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