

HAMPTON UNIVERSITY



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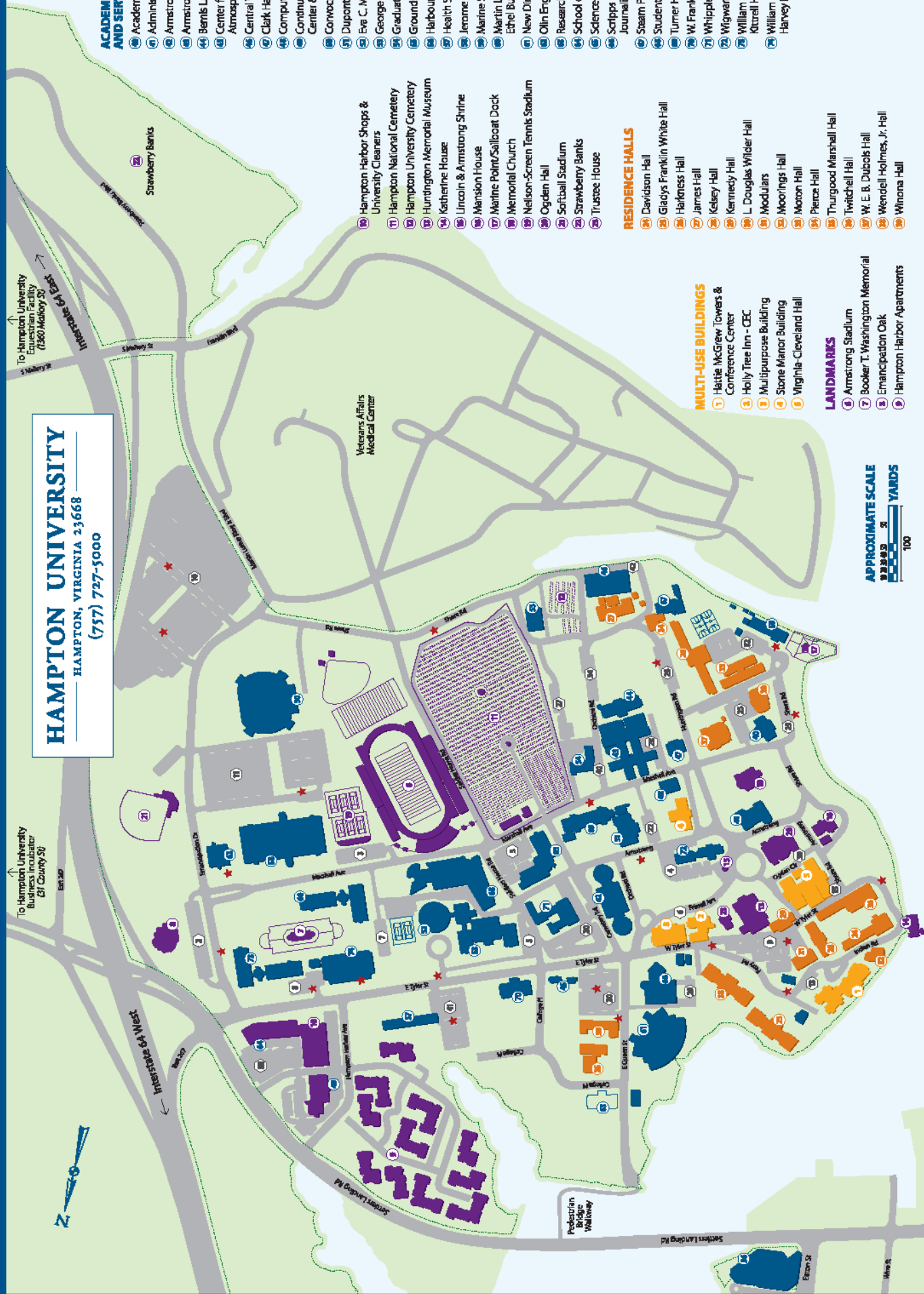
50+

LIVING.
LEARNING.
LOVING IT!

EXPAND • SHARE • ENJOY • JOIN!

Spring Catalog

HAMPTON UNIVERSITY
 HAMPTON, VIRGINIA 23668
 (757) 727-5000



ACADEMIC, ADMINISTRATION AND SERVICE BUILDINGS

- 1 Academy Building
- 2 Administration Building
- 3 Armstrong Hall
- 4 Armstrong Slizer
- 5 Bemis Lab
- 6 Center for Planetary & Atmospheric Science
- 7 Central Warehouse
- 8 Clerk Hall
- 9 Computer Center
- 10 Continuing Education Center & Bookstore
- 11 Convocation Center
- 12 Dupont Hall
- 13 Eve C. Mitchell Hall
- 14 George P. Phenix Hall
- 15 Graduate Physics Research Center
- 16 Grounds Facility Building
- 17 Harbour Centre
- 18 Health Services & Campus Safety
- 19 Jerome Holland Hall
- 20 Marine Science Building
- 21 Martin L. King & Ethel Buckman Hall
- 22 New Dining Facility
- 23 Olin Engineering Building
- 24 Research Two Building (proposed)
- 25 School of Pharmacy Annex
- 26 Sciences & Technology Building
- 27 Scripps Howard School of Journalism & Communications
- 28 Steam Plant
- 29 Student Center
- 30 Turner Hall
- 31 W. Frank Fountain Research Center
- 32 Whipple Barn Building
- 33 Wigwam Building
- 34 William Freeman & Flemmie Kitzell Hall
- 35 William R. & Norma B Harvey Library

- 36 Hampton Harbor Shops & University Cleaners
- 37 Hampton National Cemetery
- 38 Hampton University Cemetery
- 39 Huntington Memorial Museum
- 40 Katherine House
- 41 Lincoln & Armstrong Shrine
- 42 Mansion House
- 43 Marine Point/Sailboat Dock
- 44 Memorial Church
- 45 Nelson-Screen Tennis Stadium
- 46 Ogden Hall
- 47 Softball Stadium
- 48 Strawberry Banks
- 49 Trustees House

RESIDENCE HALLS

- 50 Davidson Hall
- 51 Gladys Franklin White Hall
- 52 Halliwell Hall
- 53 James Hall
- 54 Kealey Hall
- 55 Kennedy Hall
- 56 L. Douglas Wilder Hall
- 57 Modulars
- 58 Moorings Hall
- 59 Moran Hall
- 60 Pierce Hall
- 61 Thurgood Marshall Hall
- 62 Twitchell Hall
- 63 W. E. B. Dubois Hall
- 64 Wendell Holmes, Jr. Hall
- 65 Winona Hall

MULTI-USE BUILDINGS

- 66 Hattie McGrew Towers & Conference Center
- 67 Holly Tree Inn - CEC
- 68 Multipurpose Building
- 69 Stone Manor Building
- 70 Virginia-Cleveland Hall

LANDMARKS

- 71 Armstrong Stadium
- 72 Booker T. Washington Memorial
- 73 Emancipation Oak
- 74 Hampton Harbor Apartments





Spring I Session

Monday

Line Dancing for Fun

New Students

10:00 am - 11:30 am

3/14, 3/21, 3/28, 4/4, 4/11 & 4/18

Returning Students

11:30 am - 1:00 pm

3/14, 3/21, 3/28, 4/4, 4/11 & 4/18

If you know little or nothing about line dancing, this course is for you! Come learn some basic steps and a few simple dances that will get you started on the path to great fun and fitness. Sign up to make new friends, stimulate your mind, build your confidence and move your body!

Instructor: Mrs. Wanda Gardner

Location: Student Center Ballroom

Tuesday

Master Life: Disciple's Personality

10:00 am - 12:00 pm

3/8, 3/15, 3/22, 3/29, 4/5, 4/12 & 4/19

A transformative bible study that helps you experience life in Christ by the daily practice of six identified biblical disciplines: spending time with the Master, living in the Word, praying in faith, fellowshiping with believers, witnessing to the world, and ministering to others.

Instructor: Ms. Shirley Smith

Location: W.O. Lawton Building, Room 205

Do It Yourself (Decorating with Style)

10:00 am - 11:00 am

3/8, 3/15, 3/22, 3/29, 4/5 & 4/12

If you have always wanted to make decorations for your table, door, home or special occasions,

this is the class for you. You will learn to make everyday special occasion centerpieces, door wreaths, decorative tissue boxes, and how to decorate with balloons and more. Class members

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will determine which or how many of these projects will be done in this class. No prior knowledge or skills are required, just lots of creativity. Supplies are required.

Instructor: Ms. Marilyn Foster

Location: W.O. Lawton Building, Room 206

"Introduction to MS PowerPoint"

11:30 am -12:30 pm

3/8, 3/15, 3/22, 3/29, 4/5 & 4/12

The Introduction to MS PowerPoint course is a class that introduces members to how to create slides or presentation programs. The course offers and affords the member an opportunity to learn how to create powerful slide shows. Members learn how to use the MS PowerPoint Ribbon to construct, design, organize and manage predefined slide templates. These slide presentation techniques allow the presenter to give slide shows without interruption or pausing or the need to narrate the slides. In addition, to the standard text, the student/member learns how to insert images, videos, clip art, music, and other audiovisual files that embody a more succinct style of communicating. Lectures, discussions, and classroom exercises enhance the learning experience.

Instructor: Mr. Melvin Hill

Location: W.O. Lawton Building, Room 207

Wednesday

The Art Doctor Is In & the Curator Is Too! (Virtual)

April 20, 2022

12:30 pm - 2:30 pm

When art needs care, the doctor is in to help conserve the parts that got hurt and stabilize the patient. And then, once the patient is ready to show again, the curator steps in to create an exhibition that you will never forget. Come join this unique *Lunch and Learn* session as we discuss the conservation and curatorial processes taking place on one of the museum's most hidden treasures, our Modern African Art collection gifted by the Harmon Foundation. Meet and greet our special hosts here on the Andrew W. Mellon Foundation Grant awarded to the Hampton University Museum and the Chrysler Museum of Art, Conservation Fellow, Elizabeth Robson, and Curatorial Fellow, Tashae Smith. Enjoy your *lunch* as we *learn* all about these professions and this special collection!

Osher Silver Walkers

8:00 am - 9:00 am

3/9, 3/16, 3/23, 3/30, 4/6 & 4/13

Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. It's free and easy to fit into your routine. All you need is a sturdy pair of sneakers.

Guide: Ms. Mary Alice Johnson

Location: Student Center Indoor Track, 3rd floor

Tech Tips and Tricks

10:00 am - 11:30 am

3/9, 3/16, 3/23, 3/30, 4/6 & 4/13

Are you interested in learning about social media or how to use your smartphone? Do you want to be able to video call your family and friends during the pandemic season via Zoom or FaceTime? Then look no further because this technology course will help you become tech-savvy with your smart device, social media accounts, and answer your various questions about technology. We will work together to navigate the wonders of Facebook, Instagram, YouTube, Zoom video conferencing, and smart devices.

Instructor: Ms. Kelsey Callahan

Location: W.O. Lawton Building, Room 207

Yoga for Everyone

11:00 am - 12:00 pm

3/9, 3/16, 3/23, 3/30, 4/6 & 4/13

Yoga means to “yoke” or “unite” body, breath, and mind. Yoga is a great way to keep yourself vibrant and healthy as you age. Yoga has no age limit. In fact, adults 50 and up have the most to gain by engaging in safe and mindful movement practices, relaxation, and meditation. You will need a yoga mat for this class.

Instructor: Mrs. Khalilah Davis

Location: Student Center Aerobics Room

Yoga for Everyone

1:00 pm - 2:00 pm

3/9, 3/16, 3/23, 3/30, 4/6 & 4/13

Yoga means to “yoke” or “unite” body, breath, and mind. Yoga is a great way to keep yourself vibrant and healthy as you age. Yoga has no age limit. In fact, adults 50 and up have the most to gain by engaging in safe and mindful movement practices, relaxation, and meditation. You will need a yoga mat for this class.

Instructor: Mrs. Khalilah Davis

Location: Student Center Aerobics Room

Thursday

Exploring Book Club (Virtual)

10:00 am - 11:00 am

3/10, 3/17, 3/24, 3/31, 4/7 & 4/14

This class is a fiction book club. Instructions on selecting books to be read, setting up book clubs, and conducting book club meetings will be covered. Prior to selecting the books to be reviewed, the group will spend time discussing the history of books and book clubs and their value. There will be explanations for books being designated bestsellers, classics, and Nobel Prize and Pulitzer Prize winners. Weekly “books in the news” will offer new titles for every reader. The members will determine the books to be read.

Instructor: Mrs. Kathleen Brown

Beginning Spanish (Virtual)

1:00 pm - 2:00 pm

3/10, 3/17, 3/24, 3/31, 4/7, 4/14

This course is designed for beginning students, who want to continue learning the basics of speaking Spanish.

Instructor: Mrs. Julia Wiggins Hughey

Location: W.O Lawton Building, Room 205

Intermediate Spanish (Virtual)

11:30 am - 12:30 pm

3/10, 3/17, 3/24, 3/31, 4/7 & 4/14

This class is designed for those who have a basic background in Spanish pronunciation, grammar, and vocabulary.

Instructor: Mrs. Julia Wiggins-Hughey

Location: W.O. Lawton Building, Room 205

Friday

Economics, War, Politics & Mass Media

10:00 am - 12:00 pm

3/11, 3/18, 3/25, 4/1, 4/8 & 4/15

Collegial Conversations on Current Affairs

In these sessions, we will distinguish between bias and fact, opinions and evidence, on the current state of world affairs through the lens of Analytic Philosophy and Logic as the foundation for argument analysis and discussion. We will explore topics within the institutional frameworks (e.g., Economics, Education, Entertainment, Labor, Law, Politics, Religion, Gender, War, etc.) and review the varied solutions posed by noted experts and discuss the feasibility and implications for society. References to standard texts and other popular articles and videos will be our source materials. Come prepared to engage in stimulating and thoughtful discussions!

Instructor: Mr. Kenneth Elazier

Location: Harvey Library Meeting Room, 1st Floor

Salsa Dancing

12:00 pm - 1:00 pm

3/4, 3/11, 3/18, 4/1, 4/8 & 4/22

Join Latin Dance Instructor, Dede, for a fun way of exercising through dance! No Experience Necessary! Dance is a valuable tool; it lifts the spirit, secretes endorphins, and de-stresses the mind, body, and spirit. It is an official sport and a benefit to all who experience it. Come and enjoy the rhythms of the music and the joy of dancing.

Instructor: Ms. Deborah (Dede) Anderson

Location: Student Center Student Lounge

Salsa Dancing

1:00 pm - 2:00 pm

3/4, 3/11, 3/18, 4/1, 4/8 & 4/22

Join Latin Dance Instructor, Dede, for a fun way of exercising through dance! No Experience Necessary! Dance is a valuable tool; it lifts the spirit, secretes endorphins, and de-stresses the mind, body, and spirit. It is an official sport and a benefit to all who experience it. Come and enjoy the rhythms of the music and the joy of dancing.

Instructor: Ms. Deborah (Dede) Anderson

Location: Student Center Student Lounge

You may also register for classes online:

[http://universitycollege.hamptonu.edu/page/Osher-Lifelong Learning-Institute](http://universitycollege.hamptonu.edu/page/Osher-Lifelong-Learning-Institute)

***Please register as soon as possible; each class is dependent on the number of students registered.**

By mail or In-person

DONATIONS: OLLI at Hampton University appreciates donations of any kind. Donations support our scholarship fund, allow us to purchase equipment or other learning materials and help sustain the organization.

Visit our website,

<http://universitycollege.hamptonu.edu/page/Osher-Lifelong-Learning-Institute>

Call 727-5434 for more information.



OSHER LIFELONG LEARNING INSTITUTE AT HAMPTON UNIVERSITY



HAMPTON UNIVERSITY



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