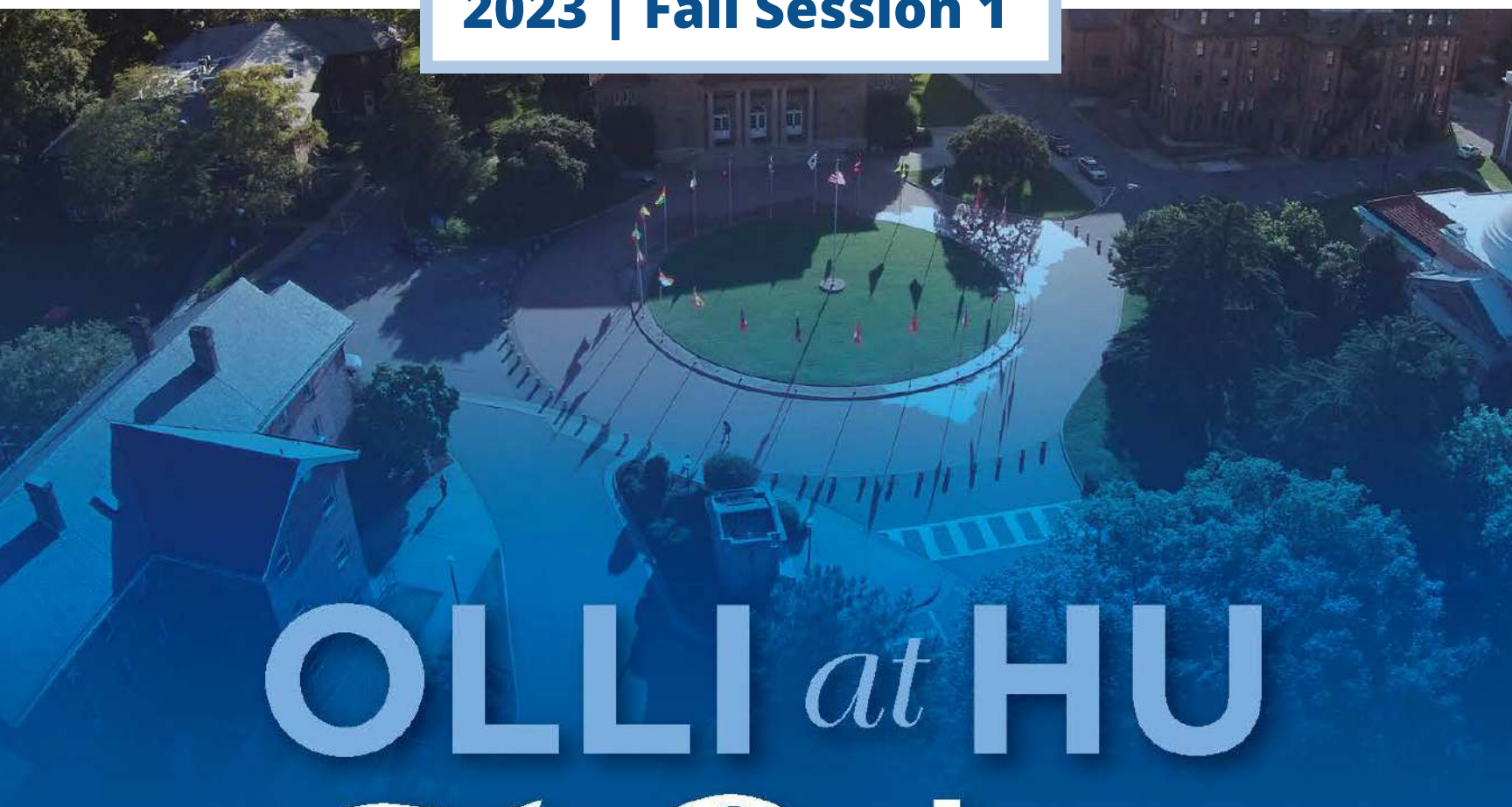


COURSE CATALOG

2023 | Fall Session 1



OLLI *at* HU
50+
LIVING.
LEARNING.
LOVING IT!

EXPAND • SHARE • ENJOY • JOIN!

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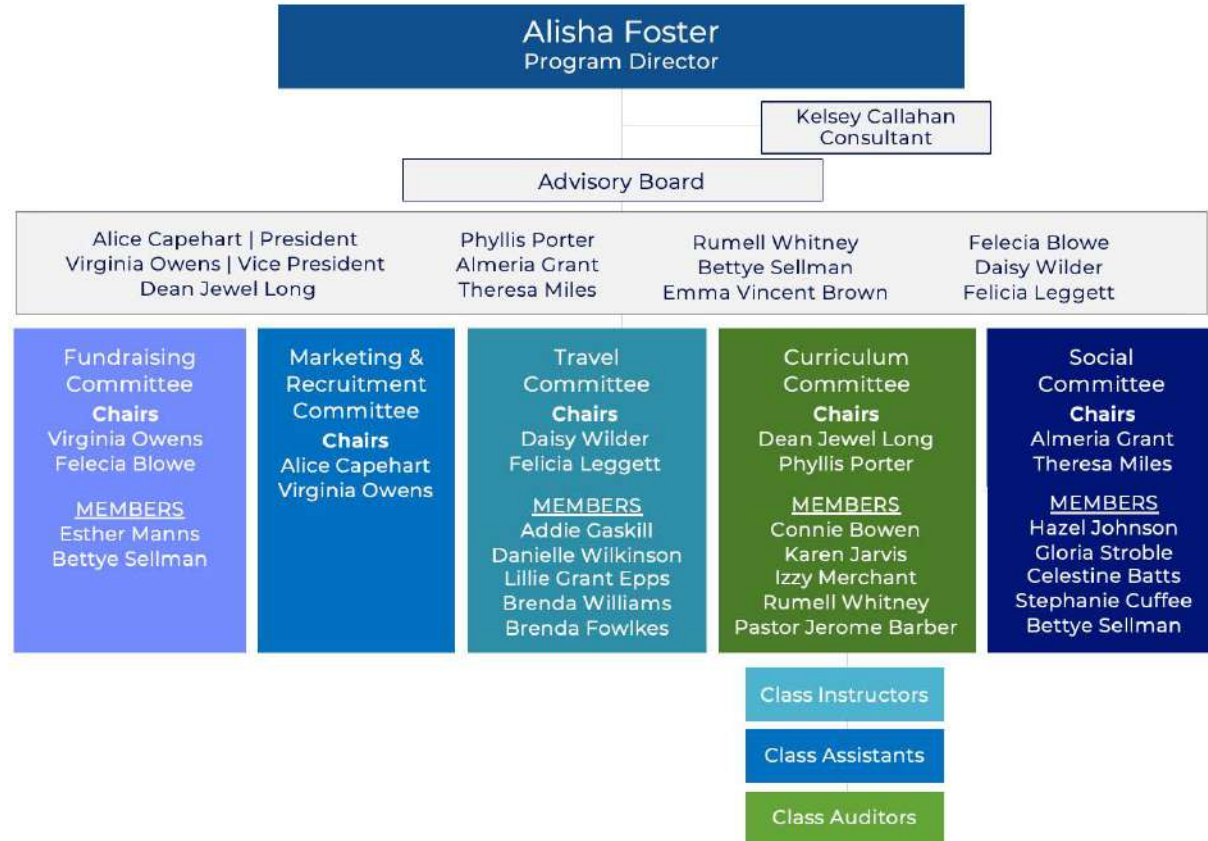
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Quick Facts

What We Are

Since the 1990s, the Lifelong Learning Institute, sponsored by the Osher Foundation, has created accessible and innovative learning environments with a special focus on participants 50 years of age and over. Learners from all backgrounds and educational levels enjoy the benefits of continuing their education through OLLI membership.

Choosing from a diverse collection of courses, learners can create their own personal development program, expand their views of the world and enrich their lives and communities. In addition to the HU, Virginia location there are 125 Osher Lifelong Learning Institutes (OLLIs) spanning all 50 states and the District of Columbia. Each is an independently operated lifelong learning initiative of its host college or university and is supported in part by The Bernard Osher Foundation.

Who We Are

The Osher Lifelong Learning Institute (OLLI), Hampton University (HU) is a membership-driven organization offering non-credit courses to mature adult learners 50 and older. OLLI's affordable adult education courses cater to lifelong students who want to improve their skills, explore new ideas, and interact with interesting peers in their community.

Guidelines

Membership & Registration

Membership in OLLI at HU provides an opportunity for social interaction, new friendships, and collegiality. Activities are planned and operated by members. As a democratic membership organization, OLLI at HU depends on the volunteer services of its members. Volunteering brings involvement in the Institute in meaningful, satisfying ways.

Registration

Basic Membership dues are \$50. Members may enroll in up to 3 classes per term for a registration fee of \$50. Total fee for both options is \$100.

Guest

OLLI classes and activities are intended for OLLI members. Visitors must present a vaccination card. A member's guest from out of town may attend a class or an activity as long as attendance is not limited. Local residents who are interested in joining are limited to one guest visit per year. The office must be informed prior to any guest attending. Guest name badges are available in the main office, and name badges must be worn by guests to all classes and activities. Please pre-register guests and check-in with the office upon arrival.

Accessibility & Accommodations

We are committed to ensuring that courses and events are equally accessible to people with disabilities. If you require an accommodation for effective communication (ASL interpreting/CART captioning, alternative media formats, etc.) or information about mobility access features in order to fully participate in our courses and events, please let us know with as much advance notice as possible and at least 7-10 days in advance of the event.

Inclement Weather

OLLI follows Hampton University's weather policy. If Hampton University has a delayed opening, OLLI's Morning classes are cancelled and the afternoon classes will be held case by case. If Hampton University is closed, OLLI also is closed for the day and all classes are cancelled. OLLI at Hampton University will post a notification of any delay or closure on the website and social media pages.

Location of Classes and Parking

Classes are held in the W.O. Lawton Building as well as on Hampton University's Main Campus. To park in the W.O. Lawton building lot or on main campus you must receive a current parking pass.

Covid-19 Safety Guidelines

All members and visitors attending in-person OLLI classes or activities held on or off-campus are required to be fully vaccinated, show proof of their COVID-19 vaccination cards. Mask are optional.

GIVING



Please consider making a tax-deductible gift to OLLI. OLLI at Hampton University depends on the generosity of donors like you to help support our educational programs and continue to serve the Hampton Roads Area. Your gifts directly impact the strength and sustainability of OLLI at Hampton University today and on the road ahead.

To donate by check payable to: "Hampton University Fund/OLLI".

Consider an Annual Gift.

To the Osher Lifelong Learning Institute which keeps the good works of the program thriving each year.

Planning Your Estate?

Want to help the Osher Lifelong Learning Institute? Consider leaving a gift in your will or bequest, gifting through a charitable trust, a gift annuity, life insurance, pension plan, IRA, or through real estate. There is a wide range of gifting vehicles, which can provide you income for a lifetime along with valuable tax savings.

Consider An Endowed Fund.

An endowed gift is one that lasts a lifetime. Creating an endowment in your name (or a loved one's name) is similar to placing funds in a savings account and providing the Institute with the interest from your gift. Your investment (or principal) is never expended, but the income from the gift is used to assure a lifetime of support for the program.

**Many thanks to those who have contributed to these funds during this past year!
Your continued support is very much appreciated.**

Osher Fall 1 Session Classes

MONDAY

Osher Silver Walkers | Instructor: Ms. MaryAlice Johnson | 8:00 am - 9:00 am | 9/11, 9/18, 9/25, 10/2, 10/23 & 10/30 | Location: Student Center Indoor Track, 3rd Floor

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.

Line Dancing for Everyone | Instructor: Mrs. Wanda Gardner | 10:30 am - 12:00 pm 9/11, 9/18, 9/25, 10/2, 10/23 & 10/30 | Location: Mary W. Jackson Neighborhood Center 231 Lincoln St, Hampton, VA 23669

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!

The New Yorker Discussion Group | Instructor: Mrs. Hilary Attfield & Mr. Michael Attfield 10:30 am - 12:00 pm | Virtual | OLLI at West Virginia University | 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 & 11/13

Join us to discuss a range of topics from recent issues of *The New Yorker*. 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.

Health is Wealth | Instructor: Mr. Duane Poe | 10:00 am - 11:00 am | Virtual | 10/2, 10/9, 10/16, 10/23, 10/30, 11/6 & 11/13

Join us for this informative, educational, interactive and community building health and wellness session. Learn answers to questions such as: What can I do to achieve my best health and wellness to support my LifeLong learning goals? Why do health disparities persist in some communities and not others? Hear from the experts and share your story of health and wellness. Engage with community partners to learn the cutting-edge strategies to live your best and healthiest life. Be part of the inaugural class of OLLI members who help define 50+ health and wellness for elders throughout the region.

TUESDAY

Move Your Body: Fitness | Instructor: Mr. Cordarrell Ruffin | 9:00 am - 10:00 am | 9/12, 9/19, 9/26, 10/3, 10/24 & 10/31 | Location: Mary W. Jackson Neighborhood Center | 231 Lincoln St, Hampton, VA 23669

Wanna get a little stronger? Move a little more? Gain a little more flexibility? Join Coach Ruffin in an energetic class of weightlifting and strength-training where you'll learn to move a little more freely on your own power using weights, resistance bands, and varied exercises.

Bring your mat, gloves, and water bottle.

Master Life (Level 4): The Disciple's Victory | Instructor: Ms. Shirley Smith | 10:00 am - 12:00 pm 9/12, 9/19, 9/26, 10/3, 10/24 & 10/31 | Location: W.O. Lawton Building, Room 205

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.

**Eat Like You Love Yourself | Instructor: Ms. Roxanne Lamb | 5:00 pm - 6:00 pm | Virtual
9/12, 9/19, 9/26, 10/3, 10/24 & 10/31**

Self-care through nutrition is REAL. Transform your relationship with food in order to avoid the pitfall people make when it comes to eating healthy. Learn to create daily habits that guide you to an overall healthier lifestyle and self-care through nutrition. We will explore and navigate the kitchen and create quick healthy meals using 30-minute recipes. Actual meal preparation is optional

Healthy eating does not have to be boring or bland. "Let's Eat."

Basic Photography | Instructor: Mr. Eli Vega | 10:00 am - 11:30 am | Virtual | 9/12, 9/19, 9/26, 10/3, & 10/25

In this highly interactive course you will learn the basics, like those menu items and dials on your camera; f/stops, shutter speeds, exposure and how they all work together; ISO and White Balance; different types of lenses; composition; the #1 solution to the #1 problem in photography; and much more!!

**The Congregation Splits | Instructor: Rabbi Joseph Hample | 10:00 am - 11:45 am | Virtual
OLLI at West Virginia University | 10/3, 10/10, 10/17, 10/24, 10/31, & 11/7**

This class will explore how the ancient Israelites divided into Samaritans and Jews, Pharisees and Sadducees, Essenes and Zealots, Gnostics and Christians. This parting of the ways through lenses of history, scripture, liturgy, and legend will be discussed.

WEDNESDAY

An Abstract Quilting Journey | Instructor: Ms. Vivian Walker | 9:00 am - 11:30 am | 9/6, 9/13, 9/20, 9/27, 10/4 & 10/18 | Location: W.O. Lawton Building, Room 206

Quilters! You won't want to miss this one! Do I have a project for you?! It is simple, yet unique. It requires a lot of sewing and then cutting apart what you have sewn. There is nopattern, we focus on the process! It is a process that will take you to one of the most beautiful projects you have ever created. You will do some fussy cutting and some appliqueing. You will be able to use one or more of those beautiful stitches built in your sewing machine. You can make this either size you prefer; small, medium, or large. I will show you my finished project, and then you will take off to create your own.

Skill Level: Intermediate and Advanced | Supplies will be needed.

**Yoga For Everyone | Instructor: Mrs. Khalilah Davis | 11:30 am - 12:30 pm | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | In Person & Virtual | Location: Six Mount Zion Baptist Temple
3100 Butternut Dr. Hampton, VA 23666**

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.

Handmade Greeting Cards | Instructor: Mrs. Geraldine Foster | 1:00 pm - 2:30 pm | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | Location: W.O. Lawton Building, Room 205

If you are a beginner or advanced crafter and want to have tons of fun, then this is the class for you. Learn how to make handmade greeting cards that your family and friends will treasure forever. In these classes you will also learn several card making techniques, the best types of card stock, stamps, inks/markers, design paper and crafting tools that will enhance your card making projects. Supplies needed: Tombo liquid glue (Michaels or JoAnn Fabrics), mini glue dots (optional) and small crafter scissors. All other supplies will be provided by the instructor.

Google It! | Instructor: Ms. Jackie Barrett | 10:00 am - 11:00 am | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | Location: W.O. Lawton Building, Room 207

Google is probably best known as the search engine called Google Chrome. However, Google provides many services and various tasks on your phone, tablet or PC. Explore the world of Google that's connected to your Google email. It's all just a "click away."

NOTE: You will need to know your G-Mail account and password

YOU can CREATE it! | Instructor: Ms. Jackie Barrett | 1:30 pm - 2:30 pm | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | Location: W.O. Lawton Building, Room 207

Learn to use online graphic applications to create flyers, posters, websites, and blogs.

THURSDAY

Intermediate Spanish | Instructor: Mrs. Julia Wiggins-Hughey | 11:30 am - 12:30 pm

In Person & Virtual | 9/14, 9/21, 9/28, 10/5, 10/12 & 10/19 | Location: W.O. Lawton Building, Room 205

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

Beginning Spanish | Instructor: Mrs. Julia Wiggins-Hughey | 1:00 pm - 2:00 pm | In Person & Virtual 9/14, 9/21, 9/28, 10/5, 10/12 & 10/19 | Location: W.O. Lawton Building, Room 205

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

Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 10:00 am - 11:00 am | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | Location: W.O. Lawton Building, Room 206 | (Iphones)

Are you interested in learning about social media or how to use your smartphone? Did 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.

Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 12:30 pm - 1:30 pm | 9/13, 9/20, 9/27, 10/4, 10/11 & 10/18 | Location: W.O. Lawton Building, Room 206 | (Androids)

Are you interested in learning about social media or how to use your smartphone? Did 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.

FRIDAY

Salsa-Cise | Instructor: Ms. Deborah (Dede) Anderson | 10:00 am - 11:00 am | 9/15, 9/22, 9/29, 10/6, 10/13 & 10/20 | Location: Six Mount Zion Baptist Temple | 3100 Butternut Dr. Hampton, VA 23666

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.

**Collegial Conversations on Current Affairs | Instructor: Mr. Kenneth Elazier | 10:00 am - 12:00 pm
In Person & Virtual | 9/15, 9/22, 9/29, 10/6, 10/13 & 10/20 | Location: W.O. Lawton Building, Room 206**

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!

Activities

Movie Day | 12:00 pm - 2:00 pm | 8/25, 9/29, 10/27, 11/17 & 12/1 | Cost: \$10

Location: Student Center Theatre

Movie Day is a favorite activity held at Hampton University's Student Center Theatre. Osher members enjoy a tasteful lunch while viewing exciting films from various genres.

August and September movie days will be held at Six Mount Zion Baptist Temple

Location: 3100 Butternut Dr. Hampton, VA 23666

Brushes and Bubbly | 12:00 pm - 2:00 pm | 9/21 | Cost: \$35 (Nonrefundable Cash Payment)

Location: Hampton University Museum

Includes: Paint Supplies, Food, Drinks & Great Fellowship.

Game Day | 2:00 pm - 3:00 pm | 9/25 | Location: To Be Announced

Are you a master at spades or board games? Do you like watching shows like Jeopardy? Then join us for a day of playing all your favorite games.

Michelle Obama Book Club | 10:00 am - 11:00 am | 9/21, 10/19, 11/17, & 12/15 |

Location: W. O. Lawton Building, Room 206

Join us to chat about the excellent books selected for our new Osher Book Club. It's a great opportunity to read and share your love of storytelling.

This session will be feature **Yellow Wife: A Novel Book** by Sadeqa Johnson

**Morning Stretch | Instructor: Mr. Cas Castro | 10:00 am - 10:30 am | Mondays | Virtual
Senior Planet by AARP**

Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm. We start promptly so please try to join at least five minutes early, if possible!

Guided Meditation | Cyber-Seniors | 11:30 am | Tuesdays and Fridays | Virtual

Every Tuesday and Friday at 11:30am Eastern Time. Register once to attend any session. Once registered, join each Tuesday or Friday through same Zoom invitation email.

Wellness Wednesday | Senior Planet by AARP | 1:30 pm - 2:30 pm | Wednesdays | Virtual

Join this Wellness Wednesday group to discuss the different ways you can improve your physical, mental, and social well-being.

Tech Drop-in | Cyber-Seniors | 2:00 pm - 3:00 pm | Thursdays | Virtual

Have a quick question? Join us for our tech drop-in Thursdays at 2pm ET. Come with your questions and our volunteers will do their best to answer them. If we think it requires more time we will help you book a one-on-one call.

*NOTE: one registration for all sessions. Once registered, join each Thursday through same Zoom invitation email. Zoom Link will be available once Osher registration is submitted.

Open Mic Night | Host: Mrs. Maggie Rothwell | 6:00 pm – 7:30 pm | 10/10 | Virtual Senior Planet by AARP

Calling all music lovers! If you sing or play an instrument, now's your time to shine! If you just like to listen to music, wow have we got some great tunes for you! Join Maggie Rothwell for a fun night of conversation and songs, open mic style. Relax at home as you listen or perform in this supportive environment. We'll be taking turns performing one song each to create a unique soundtrack for the night. Whether you've been playing an instrument for years, are just learning, like to sing a cappella, or just want to listen to the performances, we welcome you to join us!

Cyber Senior Exercise Class | ChairOne Fitness | 9:00 am - 9:45 am | Fridays | Virtual

*NOTE: one registration for all sessions. Once registered, join each Thursday through same Zoom invitation email. Zoom Link will be available once Osher registration is submitted.

Workshops

Chef Larry Canepa | If You Can't Stand The Heat | 10:00 am - 11:00 am | 9/21 | Virtual

Summer is hot...really HOT, but you still need to feed your family. Fortunately, there's good news: Summer cooking can be cool and easy with a little creativity and planning. Enjoy cooking during the long, hot summer with alternative cooking techniques that don't require an oven or hot kitchen. We'll explore quick BBQ ideas, poaching, stir fry, braising, steaming and cold meal delights. Come learn about quick delicious meals without having to sacrifice flavor and sanity. And you won't even have to turn your oven on.

Chef Larry Canepa | Mood Foods | 10:00 am - 11:00 am | 9/28 | Virtual

Feeling blue ? or red ? or yellow ? Or green ? We'll explore the many foods that affect our moods. From guilty pleasure foods to comfort foods, some foods are better for certain moods than others. Food has a profound impact on every sense- sight, smell, taste, texture and even sound; come in for a health and wellness check-up and find out how foods can elevate our mood.

Chef Larry | Food Superstitions | 10:00 am - 11:00 am | 10/5 | Virtual

Magic happens in the kitchen. And when people spend time cooking meals day after day, there were bound to be superstitious habits that developed over the years. Every culture in the world has food superstitions. These often arose from a misunderstanding of the natural world while also serving a practical purpose.

We've all heard how it's bad luck to spill salt or how garlic keeps vampires away, but let's look into some other bizarre food superstitions out there.

After centuries of practice, these food-related tales of yore were carried down from generation to generation. And like all superstitions, they changed over time and eventually became part of kitchen folklore. These food superstitions from around the world—about bad luck, particularly—will surprise, delight and change the way you think about some of your favorite foods.

Travel Do's and Don'ts | Instructor: Ms. Alisha Foster | 10:00 am - 11:00 am | 9/22

During this workshop you will learn fun little tips that can help you prepare for traveling nationally and internationally. Join us as we dive into fun packing hacks, and travel tips that can help you save space in your luggage and coins in your pockets.

Holistic Wellness Discussion Group | Senior Planet by AARP | 10:00 am - 11:00 am

Tuesdays | Virtual

Join us for a weekly discussion about various holistic wellness practices! A different topic will be covered each week. Come ready to share what you know about holistic wellness and how it has affected your health.

Please note that this is not a lecture. These discussion groups are designed to be collaborative and help us learn from each other!

Smart House | Instructor: Ms. Kelsey Callahan | 10:00 am - 11:00 am | 10/2

Want to learn about how you can turn your house into a smart house or even save money on things like security and electricity. Then join this instructor as she speaks on the wonders of how to turn your house into a smart well oiled machine.

You may also register for classes online: home.hamptonu.edu/osher/

***Please register by August 25, 2023 for a new season of learning and discovery with a chance to meet and interact with new people or see old friends.**

As of 2023-24 academic year, all Osher credits will expire at the end of the academic calendar year (September - June).

CONNECT *With Us*



Official Website
home.hamptonu.edu/osher/



Official Facebook Group
Osher at Hampton University