

COURSE CATALOG

2023 | Spring I Session



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50+
LIVING.
LEARNING.
LOVING IT!

EXPAND • SHARE • ENJOY • JOIN!

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CAMPUS MAP

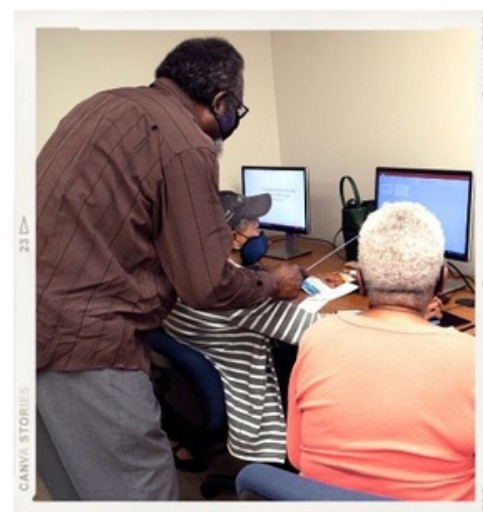
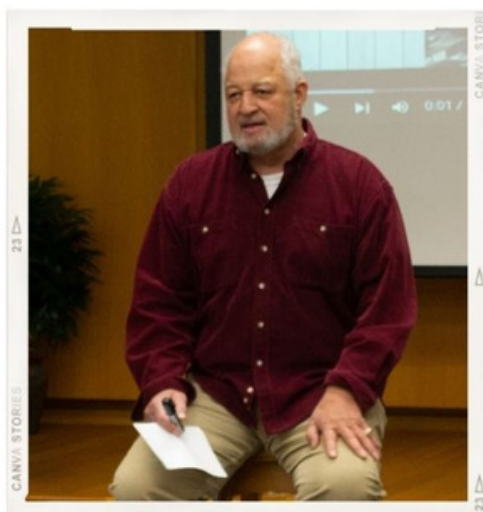
ORGANIZATION CHART

QUICK FACTS

GUIDELINES

GIVING

COURSES



Osher Spring I Session Classes

MONDAY

Osher Silver Walkers | Instructor: Ms. MaryAlice Johnson | 8:00 am - 9:00 am
4/17, 4/24, 5/1, 5/8, 5/15, & 5/22 | 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: Ms. Karen Jarvis | 10:30 am - 12:00 pm
4/17, 4/24, 5/1, 5/8, 5/15, & 5/22 | Location: Hampton University Student Center, Third Floor

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!

Do It Yourself | Instructor: Ms. Marilyn Foster | 10:00 am - 11:00 am | Will Return in Fall 2023
4/17, 4/24, 5/1, 5/8, 5/15, & 5/22 | Location: W.O. Lawton Building, Room 208

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 every day special occasion centerpieces, door wreaths, decorative tissue boxes, and how to decorate with balloons and more. Class members will determine which or how many of these projects will be done in this class. No prior knowledge or skills required, just lots of creativity. Supplies are required.

Living your life on Purpose | Instructor: Pastor Barber | 1:00 pm - 2:00 pm
Virtual | 4/17, 4/24, & 5/1 | In-Person | 5/8, 5/15, & 5/22 | Location: W. O. Lawton Building Room 205

This six week course is designed to help discover a life of purpose. Through instruction and interactive discussions, each participant will be guided to a life of meaning and significance. Join us as we explore how to dream God sized dreams, stir God ordained passion, and add life to your years.

TUESDAY

Move Your Body: Fitness | Instructor: Mr. Cordarrell Ruffin | 8:30 am - 9:30 am
4/18, 4/25, 5/2, 5/9, 5/16, & 5/25 | Location: Student Center Aerobics Room

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
4/18, 4/25, 5/2, 5/9, 5/16, & 5/25 | 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.

WEDNESDAY

Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 10:00 am - 11:00 am | 4/19, 4/26, 5/3, 5/10, 5/17, & 5/24 | Location: W.O. Lawton Building, Room 205 | (Iphones)

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.

**Yoga For Everyone | Instructor: Mrs. Khalilah Davis | 11:30 am - 12:30 pm
4/19, 4/26, 5/3, 5/10, 5/17, & 5/24 | Virtual & In-Person | Location: Student Center Aerobics Room**
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
4/19, 4/26, 5/3, 5/10, 5/17, & 5/24 | Location: W.O. Lawton Building, Room 205**
If you are a beginner or advance crafter and want an hour 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 | 1:30 pm - 2:30 pm | 4/19, 4/26, 5/3, 5/10, 5/17, & 5/24
Location: W.O. Lawton Building, Room 207 W.O. Lawton Building, Room 207**
Google is probably best known as a search engine called Google Chrome. Google provides many services to perform many various tasks for your phone or tablet. Learn some of the most popular services available with your Google account.

THURSDAY

**Intermediate Spanish | Instructor: Mrs. Julia Wiggins-Hughey | 11:30 am - 12:30 pm
4/20, 4/27, 5/4, 5/11, 5/18, & 5/25 | Virtual & In-Person | 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 | 4/20, 4/27, 5/4, 5/11, 5/18, & 5/25 | Virtual & In-Person | Location: W.O. Lawton Building, Room 205
This course is designed for beginning students, who want to continue learning the basics of speaking Spanish.

Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 2:50 pm - 3:50 pm | 4/20, 4/27, 5/4, 5/11, 5/18, & 5/25 | Location: W.O. Lawton Building, Room 205 | (Androids)
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.

FRIDAY

Salsa-Cise | Instructor: Ms. Deborah (Dede) Anderson | 10:00 am - 11:00 am | 4/21, 4/28, 5/5, 5/12, 5/19, & 5/26 | Location: Student Center Student Lounge

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.

Low Intensity Dancer-Cise | Instructor: Ms. Deborah (Dede) Anderson | 11:00 am - 12:00 pm 4/21, 4/28, 5/5, 5/12, 5/19, & 5/26 | Location: Student Center Student Lounge

Come enjoy a fun dance experience with great music from today and “back in the day.” Dance with ease as your Instructor leads you in low intensity dance moves. And all can be done right in your chair! That’s right! Or you can stand! The choice is yours. So let’s dance!

Economics, War, Politics & Mass Media | Instructor: Mr. Kenneth Elazier | 10:00 am - 12:00 pm 4/21, 4/28, 5/5, 5/12, 5/19, & 5/26 | Location: W.O. Lawton Building, Room 206
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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!

“What If My Forgetfulness Is Dementia?” | OLLI at UNC Asheville | Instructors: Kitty Hancock and Denise Baker, Dementia Friendly WNC | April 21, 2023 | 11:30 am (Virtual)

https://unca-edu.zoom.us/meeting/register/tjcsfuCrqzWuHtZnLSsTpLAFY1m9jkdL_9XW

Activities

Twilight Trivia | 7:00 pm - 8:30 pm | 4/18, 5/16, & 6/20 | OLLI at West Virginia University | OLLI at West Virginia University | Virtual

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Michelle Obama Book Club | 10:00 am | 4/6 | Location: W. O. Lawton Building, Room 206

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

Movie Day | 12:00 pm - 2:00 pm | 4/28, 5/26, 6/30, 7/28, 8/25, 9/29, & 10/27 | 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.

Workshops

Meet Chef Larry | 10:00 am - 11:00 am | 4/18 | Virtual

is a Certified Culinary Educator, and provides comprehensive, engaging and culinary education workshops and cooking demonstrations. He brings over 50 years of experience to today's culinary learners. His experiences include management and operation of free-standing restaurants, hotels and resorts. Chef Canepa has taught Culinary Arts for 20 years, and brings a passion for food and beverage through his 'food-tainment' lectures, demonstrations and engaging presentations. Workshops and presentations include topics such as healthy eating, coffee and tea, Farm-to-Fork, cooking techniques, etiquette, world cuisines, food safety, food history, and tips on saving money when food shopping.

Meet the Photographer | 12:00 pm - 2:00 pm | 4/18 | Virtual

Check out our new instructor Mr. Eli Vega, a professional photographer who loves to capture beautiful images of landscapes from around the world. Join in as he teaches about the wonders of photography.

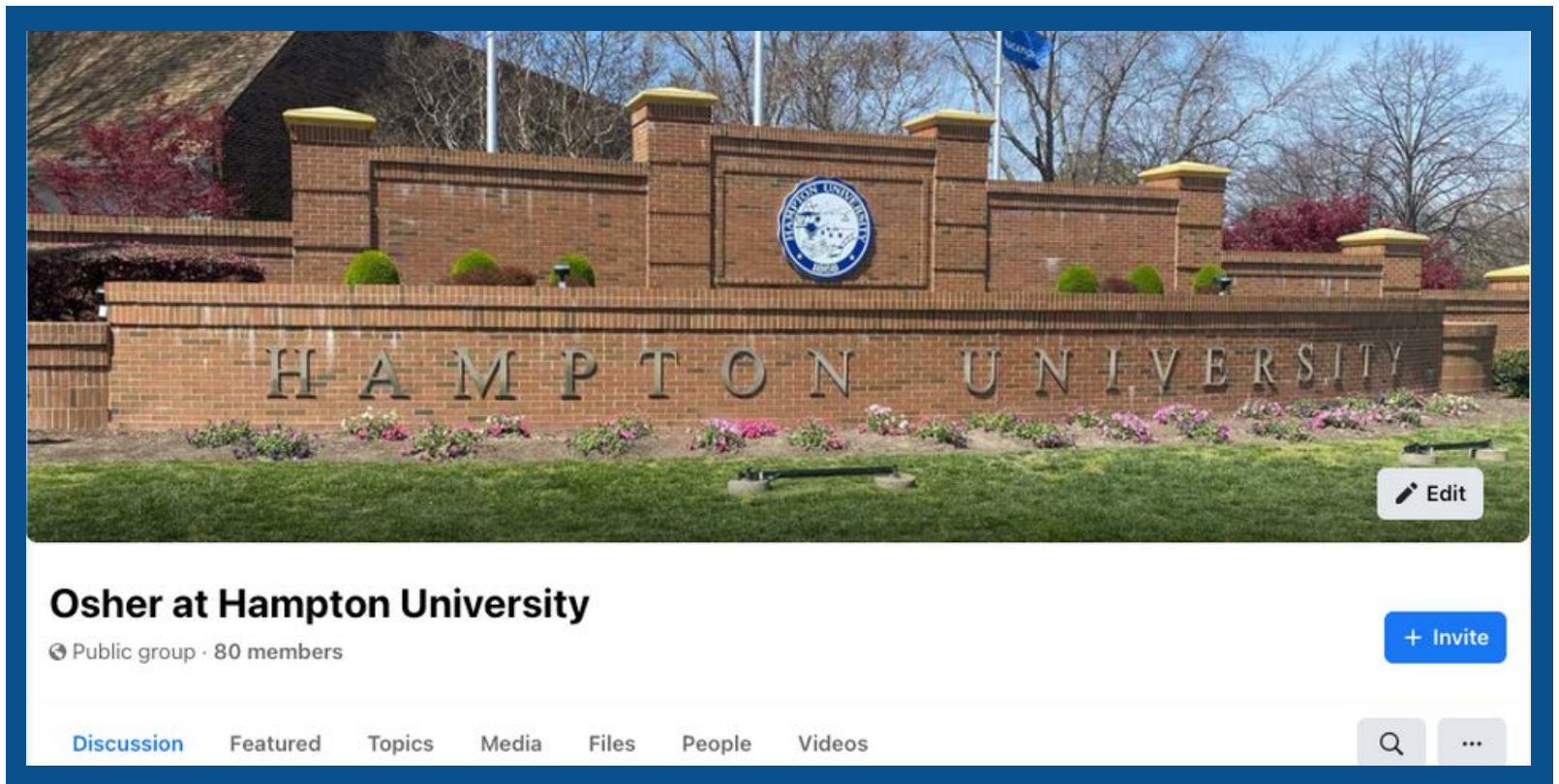
Armchair Traveler | OLLI at Chico State | 4:00 pm - 5:30 pm | 4/18 | Virtual

The words "travel" and "vacation" are often used interchangeably, but careful examination indicates subtle differences between the two. Vacation implies an escape, while travel may offer the opportunity for total immersion in a different culture. Both are relevant and explored in depth by OLLI members whose pictures, stories, and information will leave you aching to go – and return with your own adventure to tell.

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

Please register by April 14, 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 2022-23 academic year, all Osher credits will expire at the end of the academic calendar year (September - June).



Join Our Facebook Group: Osher at Hampton University

To join, Scan the QR Code below or visit:
<https://www.facebook.com/groups/227346789203791/>





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LOVING IT!

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