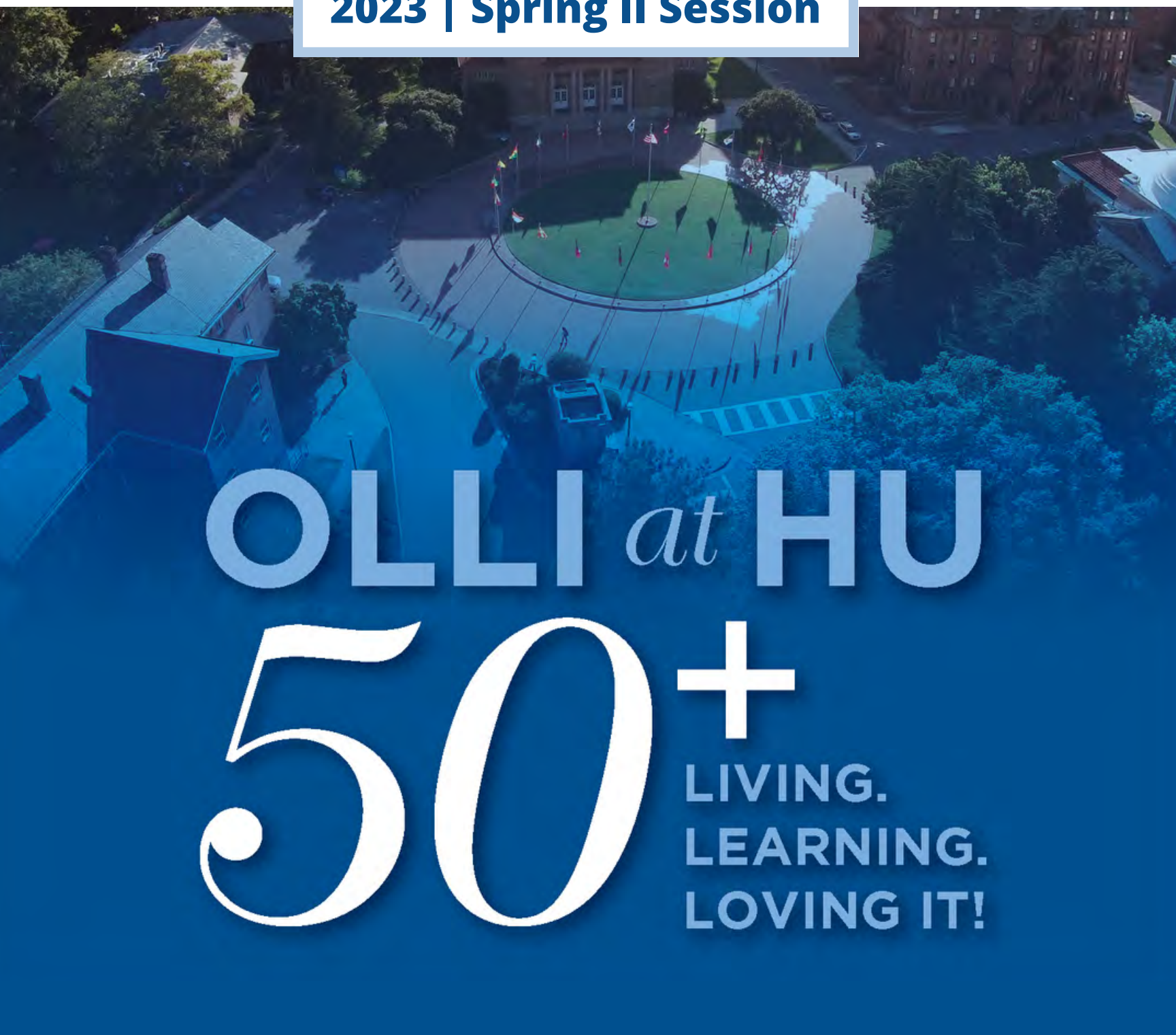


COURSE CATALOG

2023 | Spring II Session



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50+
LIVING.
LEARNING.
LOVING IT!

EXPAND • SHARE • ENJOY • JOIN!

Table of Contents

CAMPUS MAP

ORGANIZATION CHART

QUICK FACTS

GUIDELINES

GIVING

COURSES



Osher Spring II Session Classes

MONDAY

Osher Silver Walkers | Instructor: Ms. MaryAlice Johnson | 8:00 am - 9:00 am

6/5, 6/21, 6/19 & 6/26 | 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 | 6/19 & 6/26

Location: Hampton University Student Center, 3rd 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!

TUESDAY

Move Your Body: Fitness | Instructor: Mr. Cordarrell Ruffin | 8:30 am - 9:30 am

6/6, 6/13, 6/20 & 6/26 | Location: To Be Determined

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

6/6, 6/13, 6/20 & 6/26 | Location: W.O. Lawton Building, Room 205 (Class will resume in the fall)

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 - 10:30 am | 6/7, 6/14, 6/21 & 6/28

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.

Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 11:00 am - 11:30 am | 6/7, 6/14, 6/21 & 6/28

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.

Yoga For Everyone | Instructor: Mrs. Khalilah Davis | 11:30 am - 12:30 pm | 6/7, 6/14, 6/21 & 6/28

Virtual | 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

Location: W.O. Lawton Building, Room 205 (Class will resume in the fall)

If you are a beginner or advanced 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.

YOU can CREATE it! | Instructor: Ms. Jackie Barrett | 1:30 pm - 2:30 pm | 6/7, 6/14, 6/21 & 6/28

Location: W.O. Lawton Building, Room 207 W.O. Lawton Building, Room 207

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

THURSDAY

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

6/8, 6/15, 6/22 & 6/29 | 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

6/8, 6/15, 6/22 & 6/29 | 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.

FRIDAY

Salsa-Cise | Instructor: Ms. Deborah (Dede) Anderson | 10:00 am - 11:00 am | 6/9, 6/16, 6/23 & 6/30

Location: Student Center Student Lounge

(Class will resume in the fall session due to campus wide construction)

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.

**Economics, War, Politics & Mass Media | Instructor: Mr. Kenneth Elazier | 10:00 am - 12:00 pm
6/9, 6/16, 6/23 & 6/30 | Location: W.O. Lawton Building, Room 206 (Class will resume in the fall)**

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 | 6/2, 6/30, 7/28, 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.

Virtual Game Day | 2:00 pm - 3:00 pm | 6/19 | Virtual

Are you known for knowing interesting random facts? Do you like watching shows like Jeopardy? Then join us for a day of virtual trivia.

Workshops

Chef Larry | Italy: Unified Country & Regional Tastes | 10:00 am - 11:00 am | 6/6 | Virtual

Join Chef Larry, a Certified Culinary Educator, as he takes us on an exploration of the surrounding regions within Italy with emphasis on Tuscany. During this workshop we will learn about the Italian culture through cuisine and wine.

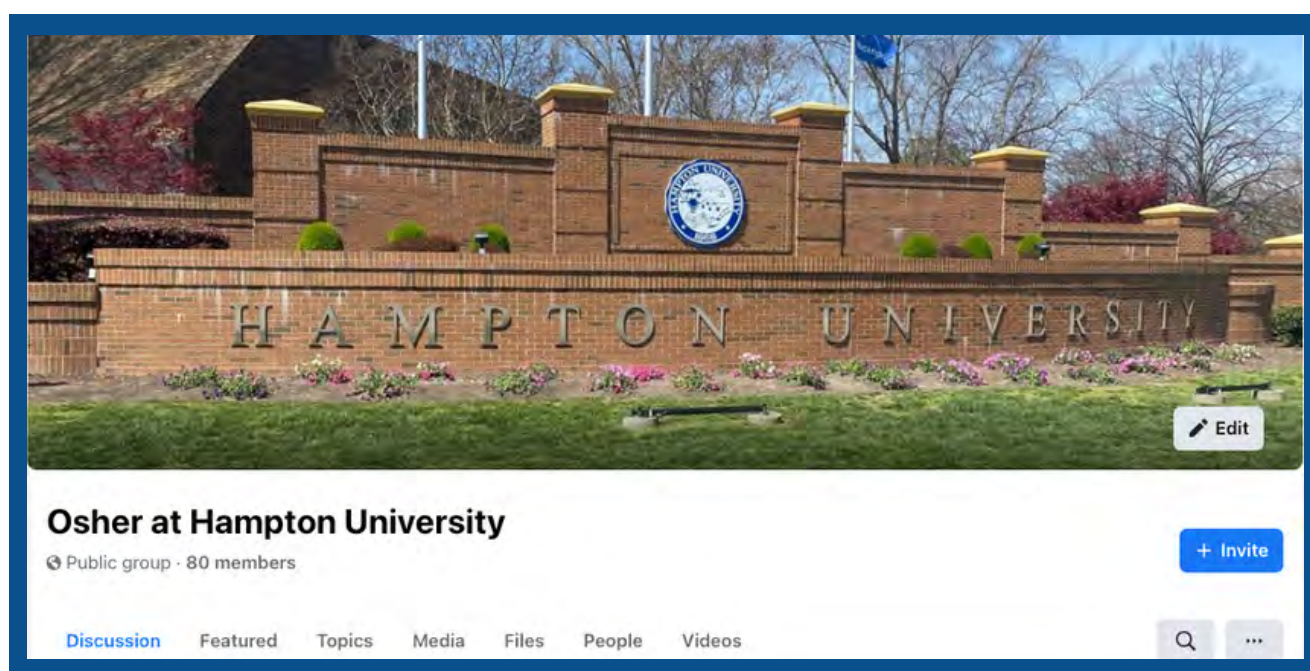
Travel Do's and Don'ts | 10:00 am - 11:00 am | 6/21 | Virtual | Tentative

As we gear up for the summer it's important to know fun little tips that can help you when you are 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.

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

Please register by May 26, 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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757.727.5434

Main Office:

W.O. Lawton Building | 1006-H Settlers Landing Road | Hampton, Virginia 23668

