

# COURSE CATALOG

2024 | Spring Session



## OSHER LIFELONG LEARNING INSTITUTE AT HAMPTON UNIVERSITY

**50+ LIVING. LEARNING. LOVING IT!**

**All members are required to be fully vaccinated and show proof of their COVID-19 vaccination to participate in any OLLI classes and activities held on or off-campus.**



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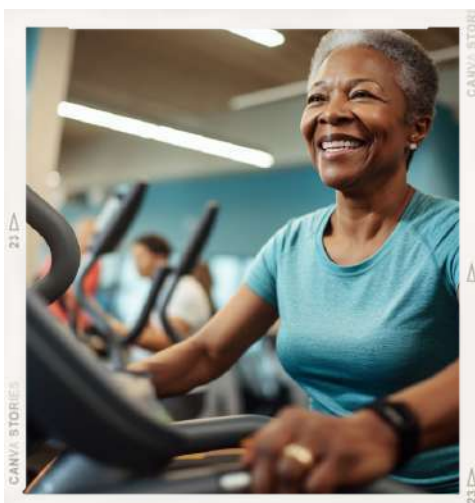
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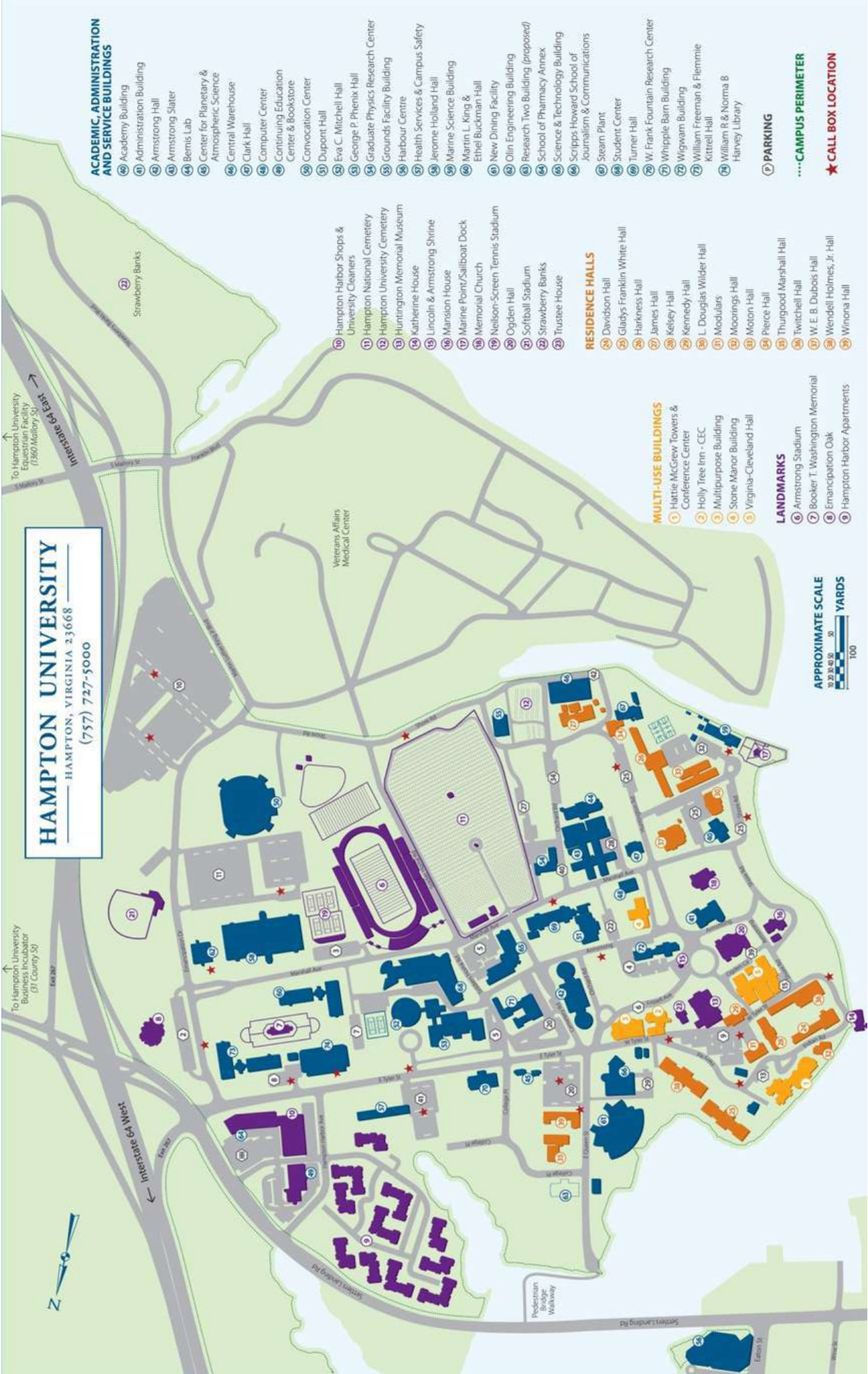




# HAMPTON UNIVERSITY

HAMPTON, VIRGINIA 23668

(757) 727-5000



## ACADEMIC, ADMINISTRATION AND SERVICE BUILDINGS

- 1 Academy Building
- 2 Administration Building
- 3 Armstrong Hall
- 4 Armstrong Slater
- 5 Bemis Lab
- 6 Center for Planetary & Atmospheric Science
- 7 Central Warehouse
- 8 Clark Hall
- 9 Computer Center
- 10 Continuing Education Center & Bookstore
- 11 Convocation Center
- 12 Dupont Hall
- 13 Eva 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 Science & 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 Kittrel Hall
- 35 William R. & Norma B. Harvey Library

## PARKING

.....CAMPUS PERIMETER

★ CALL BOX LOCATION

## RESIDENCE HALLS

- 1 Davidson Hall
- 2 Gladys Franklin White Hall
- 3 Harkness Hall
- 4 James Hall
- 5 Kealey Hall
- 6 Kennedy Hall
- 7 L. Douglas Wilder Hall
- 8 Modulars
- 9 Moorings Hall
- 10 Moton Hall
- 11 Pierce Hall
- 12 Thurgood Marshall Hall
- 13 Twitchell Hall
- 14 W. E. B. Dubois Hall
- 15 Wendell Holmes, Jr. Hall
- 16 Winona Hall

## MULTI-USE BUILDINGS

- 1 Hattie McGrew Towers & Conference Center
- 2 Holly Tree Inn - CEC
- 3 Multipurpose Building
- 4 Stone Manor Building
- 5 Virginia-Cleveland Hall

## LANDMARKS

- 1 Armstrong Stadium
- 2 Booker T. Washington Memorial
- 3 Emancipation Oak
- 4 Hampton Harbor Apartments

APPROXIMATE SCALE

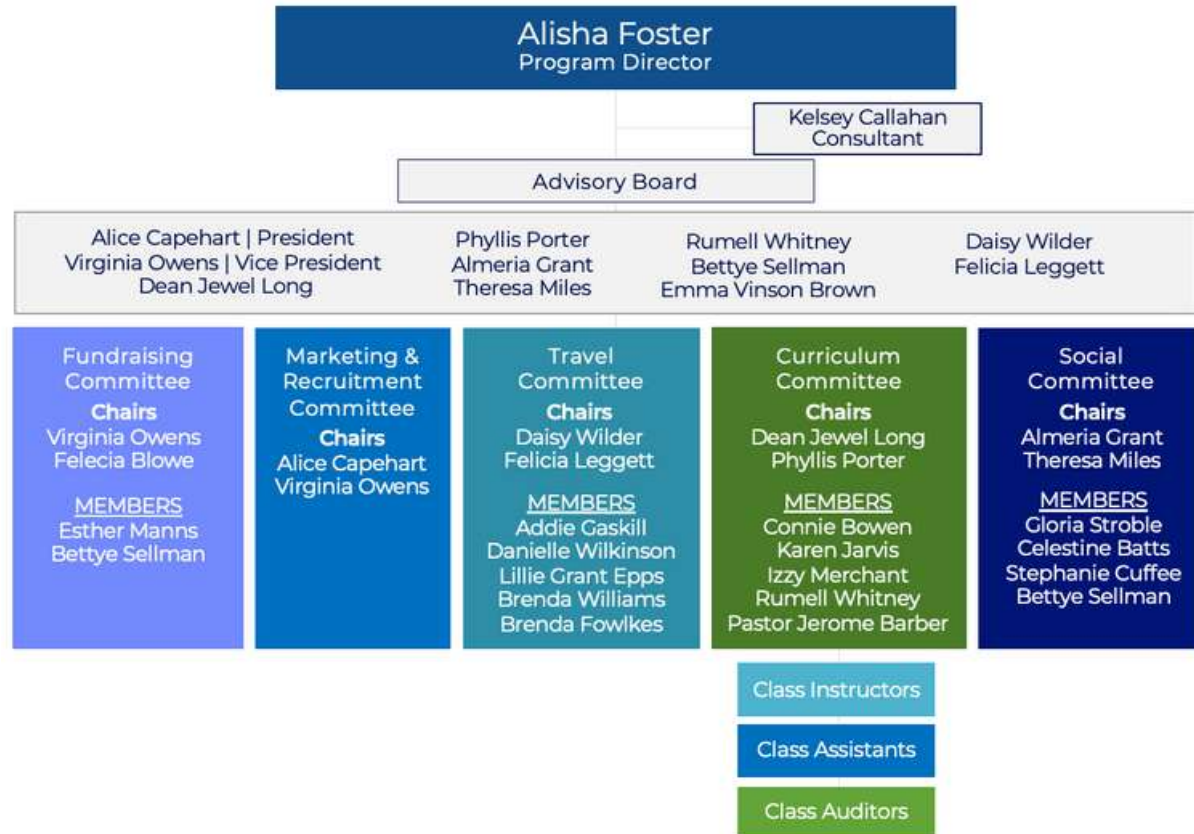


To Hampton University Business Incubator (11 County Sq)

To Hampton University Equestrian Facility (1360 Motory Sq)



# Organization Chart



## 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

Osher Membership dues are \$50. Course registration fees are \$50 which includes up to three classes per session.

## 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.**

# ***INAUGURAL NIGHT OF GIVING GALA***

**CULTIVATING GROWTH...ONE EXPLORATION AT A TIME**

**SATURDAY, MAY 18, 2024**

**6:00-9:00 PM**

**ATTIRE: FORMAL**

**HAMPTON UNIVERSITY CONVOCATION CENTER**

Make a difference today! All donations are greatly appreciated and can be submitted conveniently at the link below. Your generosity goes a long way in supporting our cause.

Thank you for your kindness and support!

**<https://www.jotform.com/form/240354605024143>**

# Osher Spring Session Classes

Current Membership Essential for Class Enrollment

## MONDAY

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**Osher Silver Walkers | Instructor: Ms. MaryAlice Johnson | 9:30 am - 10:30 am | 4/22, 4/29, 5/6, 5/13, 5/20 & 6/3 | 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 - 12:30 pm  
4/22, 4/29, 5/6, 5/13, 5/20 & 6/3 | Location: Sixth Mount Zion Baptist Temple  
3100 Butternut Dr. Hampton, VA 23666**

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. 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 | 4/22, 4/29, 5/6, 5/13, 5/20 & 6/3  
Location: W.O. Lawton Building, Room 206**

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 much more.

**Embracing The Golden Years | Instructor: Mrs. Cass Gray, LPC | Gray Matters Counseling and Consulting Associates | 10:00 am | 4/22, 4/29, 5/6, 5/13, 5/20 & 6/3 | Virtual**

Our "Embracing the Golden Years" course aims to promote emotional well-being, foster a sense of community, and provide tools for coping with life's challenges in a supportive and enriching environment.

## TUESDAY

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**Move Your Body: Fitness | Instructor: Mr. Cordarrell Ruffin | 9:00 am - 10:00 am  
4/23, 4/30, 5/7, 5/14, 5/21 & 5/28 | Location: Mary W. Jackson Neighborhood Center  
231 Lincoln St, Hampton, VA 23669 | Bring your mat, gloves, and water bottle.**

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.





## WEDNESDAY

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**Yoga For Everyone | Instructor: Mrs. Khalilah Davis | 11:30 am - 12:30 pm | 4/24, 5/1, 5/8, 5/15, 5/22 & 5/29 | Bring a yoga mat for this class | Location: Mary W. Jackson Neighborhood Center 231 Lincoln St, Hampton, VA 23669**

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.



**Google It! | Instructor: Ms. Jackie Barrett | 11:30 am - 12:30 pm | 4/24, 5/1, 5/8, 5/15, 5/22 & 5/29 Location: W.O. Lawton Building, Room 207 | Know your G-Mail account and password prior to class.**

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.”

**Handmade Greeting Cards | Instructor: Mrs. Geraldine Foster | 1:00 pm - 2:30 pm 4/24, 5/1, 5/8, 5/15, 5/22 & 5/29 | Location: W.O. Lawton Building, Room 205 | 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.**

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.

## THURSDAY

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**Basic Quiltmaking | Instructor: Ms. Vivian Walker | 9:00 am - 11:30 am | 4/24, 5/1, 5/8, 5/15, 5/22 & 5/29 | Location: W.O. Lawton Building, Room 208 Supplies will be needed.**

This class is for anyone who wants to learn to quilt, and knows nothing about it! This class will teach quiltmaking from the initial planning of the quilt to the actual finishing of the quilt. The participants will learn to use the color wheel to help choose their fabrics; will learn to use a rotary cutter, acrylic ruler, and self-healing mat to cut their fabrics; and, will construct a 4” square charm quilt. They will learn how to choose the batting for their quilt, how to put a sleeve on the quilt (for hanging), will learn to quilt their project, as well as bind it. At the end of the last class, each participant will have a quilt of which they can be very proud. Come see what all the fun is about in quilting and be prepared to amaze yourself!



**Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 10:00 am - 11:00 am | 4/25, 5/9, 5/16, 5/23 & 5/30 | Location: W.O. Lawton Building, Room 205 | (Androids)**

Ready to maximize your smartphone's potential? Our course is designed to help you navigate your device with confidence. From mastering video calls on Zoom or FaceTime to exploring popular social media platforms like Facebook and Instagram, we'll guide you through it all. Get ready to become tech-savvy and unlock the full capabilities of your smartphone!

**Tech Tips and Tricks | Instructor: Ms. Kelsey Callahan | 11:15 am - 12:30 pm | 4/25, 5/9, 5/16, 5/23 & 5/30 | Location: W.O. Lawton Building, Room 206 | (Iphones)**

Ready to maximize your smartphone's potential? Our course is designed to help you navigate your device with confidence. From mastering video calls on Zoom or FaceTime to exploring popular social media platforms like Facebook and Instagram, we'll guide you through it all. Get ready to become tech-savvy and unlock the full capabilities of your smartphone!

**Navigating the Internet and Email | Instructor: Mr. Melvin Hill | 11:00 am - 12:00 pm 4/25, 5/2, 5/9, 5/16, 5/23 & 5/30 | Location: W.O. Lawton Building, Room 207**

This course equips participants with fundamental skills for navigating the vast landscape of the internet and utilizing email effectively. Through practical demonstrations and hands-on exercises, learners will gain confidence in exploring the web and managing their digital communication.

**Intermediate Spanish | Instructor: Mrs. Julia Wiggins-Hughey | 11:30 am - 12:30 pm In Person & Virtual | 4/25, 5/2, 5/9, 5/16, 5/23 & 5/30 | Location: W.O. Lawton Building, Room 205 Textbooks will be provided.**

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 4/25, 5/2, 5/9, 5/16, 5/23 & 5/30 | Location: W.O. Lawton Building, Room 205 | Textbooks will be provided.**

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





# FRIDAY

**Salsa-Cise | Instructor: Ms. Deborah (Dede) Anderson | 10:00 am - 11:00 am | 5/3, 5/10, 5/17, 5/24 & 5/31 | Location: Sixth 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 4/26, 5/3, 5/10, 5/17, 5/24 & 5/31 | Location: 2 Eaton Street, 12th Floor Conference Room**

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

(Open for All Current August 2023 - June 2024 Osher Members)

**Movie Day | 12:00 pm - 2:00 pm | 4/26, 5/24 & 6/28 | Cost: \$10 Location: Hampton University 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.

**Osher Book Club | 10:00 am - 11:00 am | 4/18 | Facilitator: Mrs. Wanda Cooke 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.

**Osher Card Playing Masters | 4/24 & 5/22 | Location: W.O. Lawton Building Room 206**

Calling all game enthusiasts! Join us for a day of thrilling competition and excitement!

**The Gifts Of The Holy Spirit | Date: 4/2 & 4/16 | 11:00 am - 12:00 pm Facilitator: Rev. Shirley Smith | Location: W.O. Lawton Building, Room 205**

The purpose of this course is to teach the believer in Christ the basics about understanding the gifts of the Holy Spirit, the purpose of these gifts, and how they are to be used.

**The King's Round Table Discussion Group | Date: 1st & 3rd Thursday, Every Month | 1:00 pm Facilitator: Mr. Frank Brown III | Location: 2 Eaton Street, 12th Floor Conference Room**

Attention, Osher Men! It's time to come together for a day of camaraderie, discussions, and unifying activities at our exclusive Osher Kings Roundtable. Let's talk about politics, sports, wealth building or favorite foods. Don't miss this opportunity to connect with your Osher brothers, share experiences, and build lasting memories.



# ACTIVITIES

(Open for All Current August 2023 - June 30, 2024 Osher Members)

**Virtual activities offered by AARP (AARP Membership is not required)**

**To register for these activities you must sign in or create an AARP account. You will receive an email with the respective Zoom link before each class. Visit <https://shorturl.at/bnMS7> to register.**

## I. Arts

**Art Class: Colored Pencil Drawing, A to Z | 3/2 & 3/9 | AARP Virtual Community Center**

Dive into a world of color and camaraderie in our colored pencil class for artists of all levels, where you'll enhance your artistic skills in a vibrant creative community.

In Session 5, OP: Overcoming the Fear of Perspective, you will:

- Create a small colored pencil landscape scene using perspective
- Learn how to use vanishing points
- Work on shading buildings and shadows
- Review progress and challenges at the mid-point of the series

## II. Health and Wellness

**Mindful Movement for Healthy Aging | 4/22 | 12:00 PM | AARP Virtual Community Center**

This online class, taught by master certified yoga educator Diane Butera, is focused on enhancing vitality and mental clarity and helping you get more fit while fostering a great attitude toward aging.

Enjoy mindful movements from yoga, Pilates and functional medicine, performed both seated and standing, to improve your core strength, ease of movement and balance and help with achy feet, tight hips, low back pain, restrictions in mobility and more. You may also find you're feeling less stressed and sleeping better! A 15-minute Q&A follows the 45-minute class.

Please have a yoga strap, yoga block and Pinky Ball on hand.

**Mindful Movement Mondays: Shoulder & Hip Rotation | 4/22 | 2:00 PM**

**AARP Virtual Community Center**

Gain a deeper understanding of how the different parts of the body are connected and how to exercise more efficiently in our four-part Mindful Movement series on Mondays in April.

A sedentary lifestyle leads to decreased movement of the joints – and if you don't use it, you lose it! Reduced mobility of the shoulder and hip joints can cause pain and stiffness during movement. Discover why rotation in the hips and shoulders matters, plus how to strengthen and mobilize the joints to improve your overall movement and enhance your abilities.

**Fitness: Learn the Ancient Art of Tai Chi | April 26 | 6:00 PM | AARP Virtual Community Center**

**AARP Virtual Community Center**

The ancient Chinese martial art of tai chi involves a slow, meditative series of movements designed to open the body, improve oxygen intake, and help the body restore itself.

The classes will teach eight forms of tai chi, incorporating diaphragmatic breathing into a series of 108 movements. Midway through each workout, we'll pause for a three-minute guided relaxation to rest and benefit from having opened the body's vascular and energetic systems.



### **Strengthen Your Bones | 4/22 & 4/29 | 6:00 PM | AARP Virtual Community**

This bone-strengthening class led by American Council on Exercise (ACE)-certified instructor Mitch Menik each Monday will guide you through dynamic standing, stretching and chair exercises, performed with or without weights, designed to mildly stress the body.

Such mild stress can spur an increase in bone density and help strengthen the muscles that support the skeletal structure. These movements also help increase flexibility and improve balance to lower the risk of falls. Gentle motions focused on breath work help oxygenate the blood. Please consult your physician before beginning any new exercise regimen.

### **Adaptive and Gentle Chair Yoga | 4/24 | 1:00 PM | AARP Virtual Community Center**

As we age, an active lifestyle and regular exercise can lead to better function of both body and brain. Instructor Maria Amaya will introduce you to dance fitness in a 30-minute virtual workout for anyone who wants to gently and gradually increase their cardio function, mobility and balance and have fun with rhythm and movement at the same time. Please consult your physician before beginning any new exercise regimen.

### **A Seated Stretching and Strengthening Workout | 4/24 | 2:00 PM | AARP Virtual Community Center**

The chair exercises in this stretching and strengthening workout are low-impact movements performed while seated that are designed to improve flexibility, strength and cardiovascular health.

We begin with a head-to-toe warm-up of dynamic and static exercises to stretch the muscles and connective tissue. Next, we'll do a series of mild stretching and strengthening movements integrated with our breath. Midway, we'll pause for a three-minute guided relaxation. Please consult your physician before beginning any new exercise regimen.

Get stronger and more flexible as you get your heart rate up! Classes are taught by American Council on Exercise (ACE) Group Fitness Instructor Mitchell G. Menik, who is also an ACE Senior Fitness Specialist and an ACE Orthopedic Exercise Specialist.







HAMPTON UNIVERSITY

***INAUGURAL  
NIGHT OF GIVING  
GALA***

**SATURDAY, MAY 18, 2024  
6:00-9:00 PM**

The Osher Lifelong Learning Institute (OLLI) at Hampton University goals:

- To provide access to affordable and innovative learning environments
- To enhance awareness and support for the work of OLLI through community programming.

**Donation Categories**

**\$100-\$250 Groundbreakers**

**\$300-\$450 Trailblazers**

**\$500-\$950 Jetsetters**

**\$1000 and above Diamond Travelers**

**Please make checks payable to Hampton University.**

**Payment Due By: May 6, 2024**

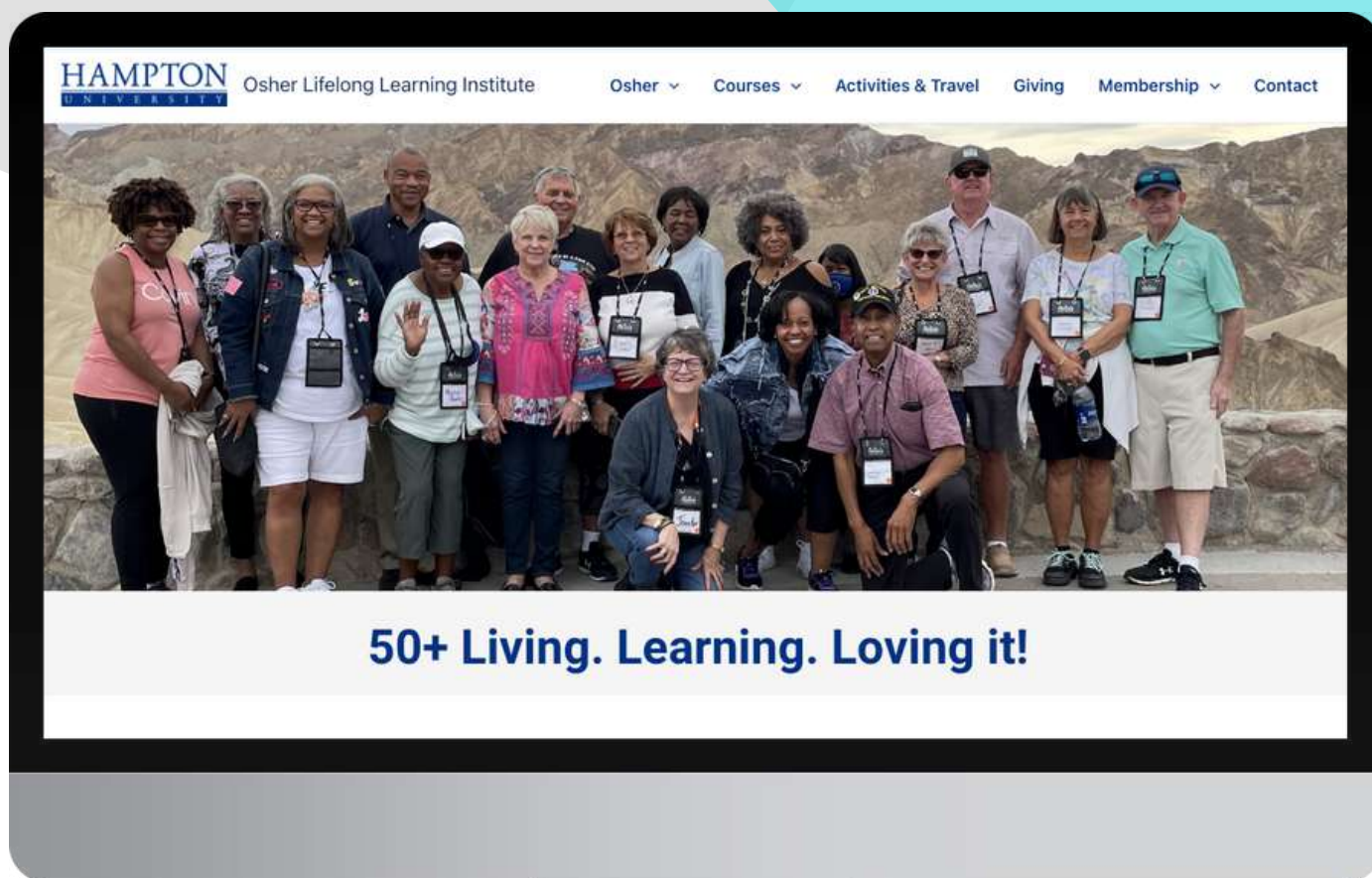
Mail payment to:  
Hampton University  
Osher Lifelong Learning Institute (501c3)  
P.O. Box 6162 | Hampton, VA 23668

Walk-in Address:  
1006 Suite H  
Settlers Landing Road  
Hampton, Virginia 23668

**CULTIVATING GROWTH...ONE EXPLORATION AT A TIME**



# CONNECT With Us



**Official Website**  
[home.hamptonu.edu/osher/](http://home.hamptonu.edu/osher/)



**Official Facebook Group**  
Osher at Hampton University



# OSHER LIFELONG LEARNING INSTITUTE AT HAMPTON UNIVERSITY

A photograph of three people smiling and laughing. In the foreground, a man with a white beard and glasses wears a pink scarf and a tan jacket. To his right, a woman with dark curly hair wears a yellow scarf and a light-colored jacket. In the background, a woman with blonde hair is also smiling. The background is a soft-focus outdoor setting with trees.

1006-SUITE H, SETTLERS LANDING ROAD  
HAMPTON, VIRGINIA 23668  
757.727.5434