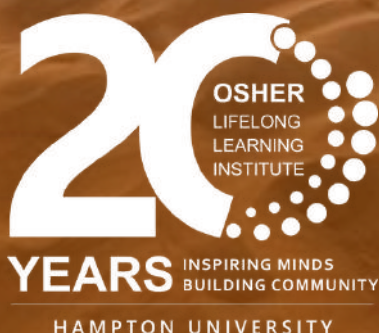


OSHER LIFELONG LEARNING INSTITUTE AT HAMPTON UNIVERSITY COURSE CATALOG

FALL SESSION I
SEPTEMBER - OCTOBER 2025



Mr. Darryl Miles, Osher Member
Dubai Sand Dunes | United Arab Emirates
March 2025

Table of Contents

CAMPUS MAP

ORGANIZATION CHART

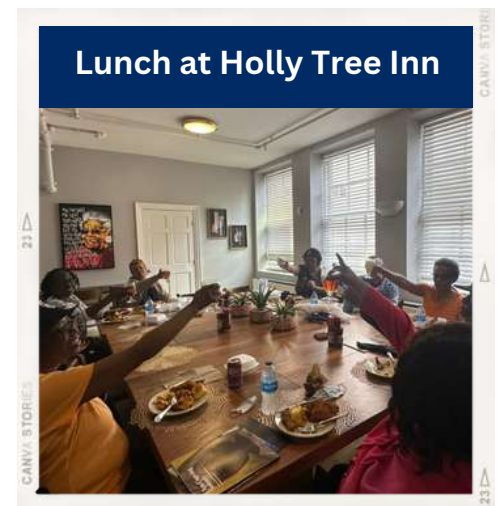
QUICK FACTS

GUIDELINES

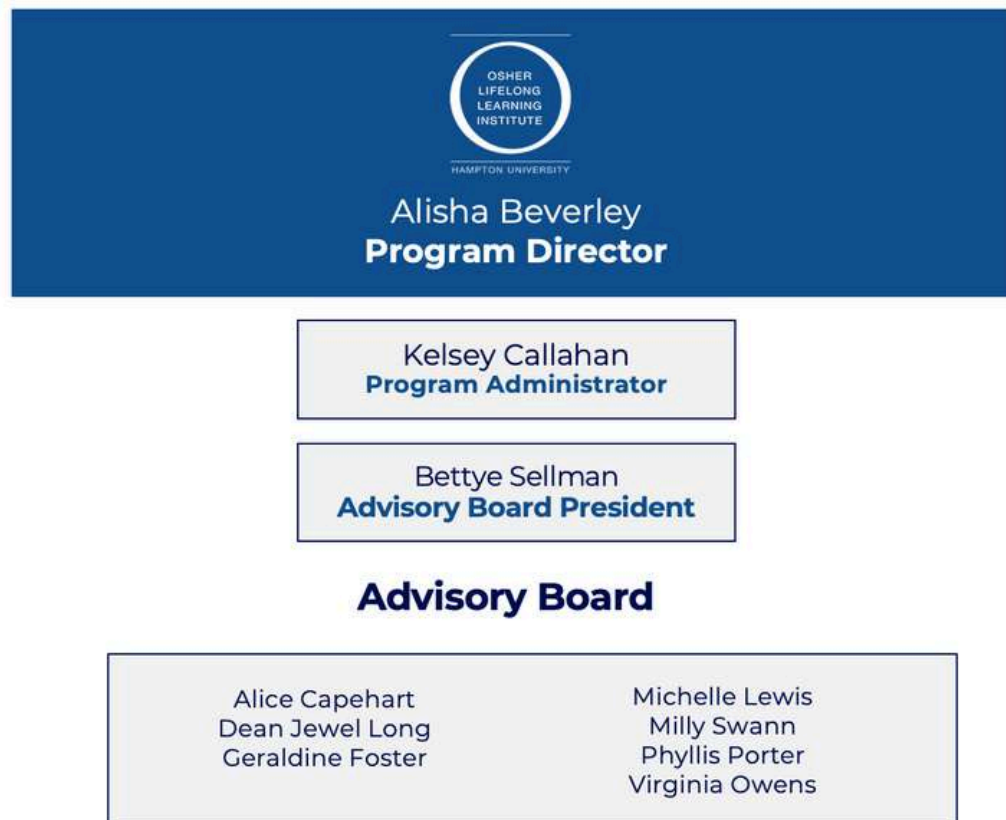
GIVING

COURSES

CONNECT WITH US



Organization Chart



Guidelines

Membership

Osher Lifelong Learning Institute at Hampton University membership provides an opportunity for social interaction, new friendships, and collegiality.

Registration

Osher annual membership dues are \$60 (September - June). Course registration fees are \$60 which includes up to three classes per session.

Volunteers

Activities are organized and operated by our 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 and satisfying ways.

Visitors

OLLI classes and activities are designed for members only. However, members may bring a guest for a one-time visit as a class auditor. Guests are also welcome for a single session for workshops and interest groups. Please ensure that you and your guest come to the main office prior to attending any classes or activities. A guest name badge will be given at that time. Guest pass lanyards must be returned to the office at the conclusion of your visit.

Location of Classes

Classes are held at the W.O. Lawton Building and various local satellite locations. The address for each class is listed in the course catalog under course offerings.

Lot 10 Parking Passes

When attending day and/or overnight trips a parking pass is required. Be sure to obtain your parking pass upon arrival at the lot.

Accessibility & Accommodations

We are dedicated to making our courses and events accessible to individuals with disabilities. If you need accommodations for effective communication (such as ASL interpreting, CART captioning, or alternative media formats) or require information about mobility access features to fully participate, please contact the main office by email or phone at least one month in advance to ensure appropriate arrangements can be made. osherhamptonu@gmail.com | 757.727.5434

Inclement Weather

OLLI follows Hampton University's weather policy. If Hampton University has a delayed opening, OLLI's morning classes will be cancelled. If Hampton University is closed, all OLLI classes will be cancelled as well. Delays and closure notifications will be sent to all members via email. You can also be found on our website (home.hamptonu.edu/osher), Facebook group page (Osher at Hampton University).

Refund/Credits

No refunds or credits will be given for local, overnight trips and movie days. Members are allowed to arrange their event with another Osher member if you choose to do so. Please be sure to call the office and provide that name prior to any trip (local/overnight) or movie day.

Trip Sign-Ups

Trip sign-ups are only permitted on the designated sign-up days. We encourage members to mark their calendars and plan accordingly to secure their spots.

Make A Gift



Support Lifelong Learning, Donate to OLLI at HU Today! Your Generosity Matters!

OLLI is dedicated to providing enriching educational and social experiences for its members while membership and course registration fees help fund the operations, they don't cover all cost that's why the program needs your help.

Show Your Appreciation.

For the impact OLLI has
had on your life.

Sustain Our Programs.

To continue offering high
quality courses and
events.

Support Our Community.

To ensure programs
remain affordable and
accessible.

Make a 501c3 tax deductible gift to OLLI. This can be done by leaving an annual gift or by designated OLLI in your will, 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.

To Donate: Make check payable to: "Hampton University Fund/OLLI".

Thank you for your generosity and commitment to lifelong learning.

National Museum of African American History and Culture



Osher Fall I Session Course Offerings

Current Membership is required for Class Enrollment

The last day to register for classes is August 28, 2025.

TUESDAY

Move Your Body: Fitness | Instructor: Mr. Cordarrell Ruffin

9:00 am - 10:00 am | 9/9, 9/16, 9/23, 9/30, 10/7 & 10/14

Location: Mary W. Jackson Neighborhood Center 231 Lincoln St, Hampton, VA 23669

Bring your mat, gloves, and water bottle.

An energetic class of weightlifting and strength-training where you'll learn to move a little more freely gaining strength and flexibility using weights, resistance bands, and varied exercises.

WEDNESDAY

Line Dancing for Everyone (Beginners)

Instructor: Ms. Eboni Gibson

10:00 am - 11:00 am

9/10, 9/17, 9/24, 10/1, 10/8 & 10/15

**Location: Sixth Mount Zion Baptist Temple
3100 Butternut Dr. Hampton, VA 23666**

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!

Line Dancing for Everyone (Returning Steppers)

Instructor: Ms. Eboni Gibson

11:30 am - 1:00 pm

9/10, 9/17, 9/24, 10/1, 10/8 & 10/15

**Location: Sixth Mount Zion Baptist Temple
3100 Butternut Dr. Hampton, VA 23666**

This class challenges your mind, memory and builds your confidence. You've mastered the beginning twist and turn steps and now ready for multi-quick step routines. Have fun and keep moving your body.

Yoga For Everyone | Instructor: Mrs. Khalilah Miles

11:30 am - 12:30 pm | 9/10, 9/17, 9/24, 10/1, 10/8 & 10/15

Location: Mary W. Jackson Neighborhood Center 231 Lincoln St, Hampton, VA 23669

Bring a yoga mat for this class

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.

Handmade Greeting Cards | Instructor: Mrs. Geraldine Foster

1:00 pm - 2:30 pm | 9/10, 9/17, 9/24, 10/1, 10/8 & 10/15

Location: W.O. Lawton Building, Room 205

Supplies needed: 'Tombow Mono' liquid glue (glue has green top and bottom); Mini glue dots (1/16") small crafter scissors; paper trimmer (sleeve must extend out 12 inches or greater); a scoring tool (if not included with trimmer). Cardstock fee of \$12.00 each session. If unsure of supplies, the instructor can be contacted for clarification.

If you love sending greeting cards and want to learn how to make your own greeting cards that your family and friends will treasure for a lifetime, this is the class for you. Not only will you learn how to make unique cards, but you will also learn how to use various card making tools and techniques to create these cards.

Osher Fall I Session Course Offerings

Current Membership is required for Class Enrollment

The last day to register for classes is August 28, 2025.

THURSDAY

Intermediate Spanish (In Person & Virtual) | Instructor: Mrs. Julia Wiggins-Hughey

11:30 am - 12:30 pm | 9/11, 9/18, 9/25, 10/2, 10/9 & 10/16

Location: W.O. Lawton Building, Room 205

Textbooks will be provided for newly enrolled students.

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

Beginning Spanish (In Person & Virtual) | Instructor: Mrs. Julia Wiggins-Hughey

1:00 pm - 2:00 pm | 9/11, 9/18, 9/25, 10/2, 10/9 & 10/16

Location: W.O. Lawton Building, Room 205 | Textbooks will be provided for newly enrolled students.

This class is designed for members who want to begin learning to speak Spanish fluently.

Celebrity Beyond Caribbean Cruise, 2026



FRIDAY

Salsa-Cise | Instructor: Ms. Deborah (Dede) Anderson

10:00 am - 11:00 am | 9/12, 9/19, 9/26, 10/3, 10/10 & 10/17

Location: Sixth Mount Zion Baptist Temple | 3100 Butternut Dr. Hampton, VA 23666

Dance is a valuable tool, official sport and a benefit to all. It lifts the spirit, secretes endorphins, and de-stresses the mind, body, and spirit. No experience necessary. Come and enjoy the rhythms of the music and the joy of Latin dancing.

Discovering Your Roots: Genealogy for African American Seniors

Instructor: Renate Yarborough Sanders

10:00 am - 12:00 pm | 9/12, 9/19, 9/26, 10/3, 10/10 & 10/17

Location: Hampton University Library 1st Floor Classroom

This six-week course will provide an introduction to genealogy research with a focus on strategies and resources for uncovering African American family history. Participants will learn basic research techniques, explore key resources for research, and develop family trees and timelines for their personal family history. Each class will be scheduled for 75 minutes and will include a combination of a lecture and "hands-on" (application) activities.

Join an **INTEREST GROUP**

Discover New Passions with an OLLI Interest Group!

As a valued part of your annual OLLI membership, you're invited to join one of our various Interest Groups — small, member-led communities centered around shared hobbies, topics, and activities.

Whether it's books, film, art, or something entirely new, these groups are a great way to connect, learn, and have fun beyond the classroom.

Have an idea for a new Interest Group or want to lead one? We'd love to hear from you!

Submit your proposal through our website or email us directly at osherhamptonu@gmail.com.

Come explore your interests — and maybe spark new ones!



Osher Book Club



Kings Roundtable



OSHER SILVER WALKERS

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.

Interest Group Facilitator:
Ms. MaryAlice Johnson

Location:
Hampton University Student Center
Indoor Track, 3rd Floor

10:00 AM – 11:00 AM | TUESDAYS

9/9, 9/16, 9/23, 9/30, 10/7 & 10/14



KNOWLEDGE

MORE ABUNDANTLY

This course will explore the nature of knowledge, truth, and misinformation in a world of rapid communication. Through guided discussions and debates, participants will examine sources of knowledge, personal biases, and distinguishing fact from myth. Topics will span institutional systems such as economics, education, politics, and more, using historical and contemporary texts as references. Expect engaging, thought-provoking conversations—be ready for surprises!

Interest group Facilitator:
Mr. Ralph Tate

THE RETIRED ARMED FORCES CLUB OF VA
398 UNION STREET HAMPTON, VA 23669

10:00 AM - 12:00 PM

9/12, 9/19, 9/26, 10/3, 10/10 & 10/17





BOOK CLUB

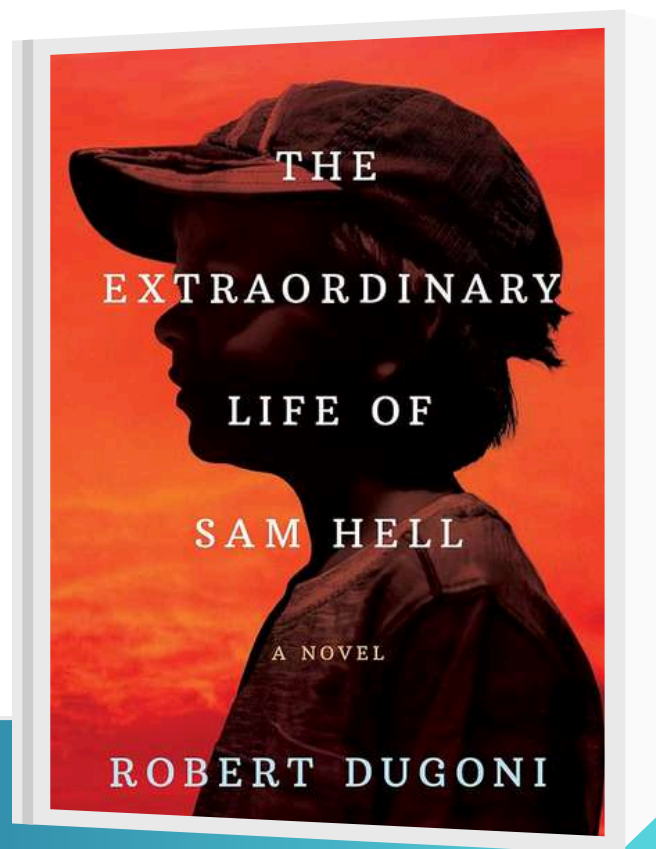
CALLING ALL BOOK READERS!

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.

INTEREST GROUP FACILITATOR:

Mrs. Wanda Cooke

10:00 AM | Location: W. O. Lawton Building, Room 206



SEPTEMBER 18, 2025

THE EXTRAORDINARY LIFE OF SAM HELL

Sam Hill always saw the world through different eyes. Born with red pupils, he was called “Devil Boy” or Sam “Hell” by his classmates; “God’s will” is what his mother called his ocular albinism. Her words were of little comfort, but Sam persevered, buoyed by his mother’s devout faith, his father’s practical wisdom, and his two other misfit friends.

Sam believed it was God who sent Ernie Cantwell, the only African American kid in his class, to be the friend he so desperately needed. And that it was God’s idea for Mickie Kennedy to storm into Our Lady of Mercy like a tornado, uprooting every rule Sam had been taught about boys and girls.

Forty years later, Sam, a small-town eye doctor, is no longer certain anything was by design—especially not the tragedy that caused him to turn his back on his friends, his hometown, and the life he’d always known. Running from the pain, eyes closed, served little purpose. Now, as he looks back on his life, Sam embarks on a journey that will take him halfway around the world. This time, his eyes are wide open—bringing into clear view what changed him, defined him, and made him so afraid, until he can finally see what truly matters.





The **KING'S ROUND TABLE** DISCUSSION GROUP

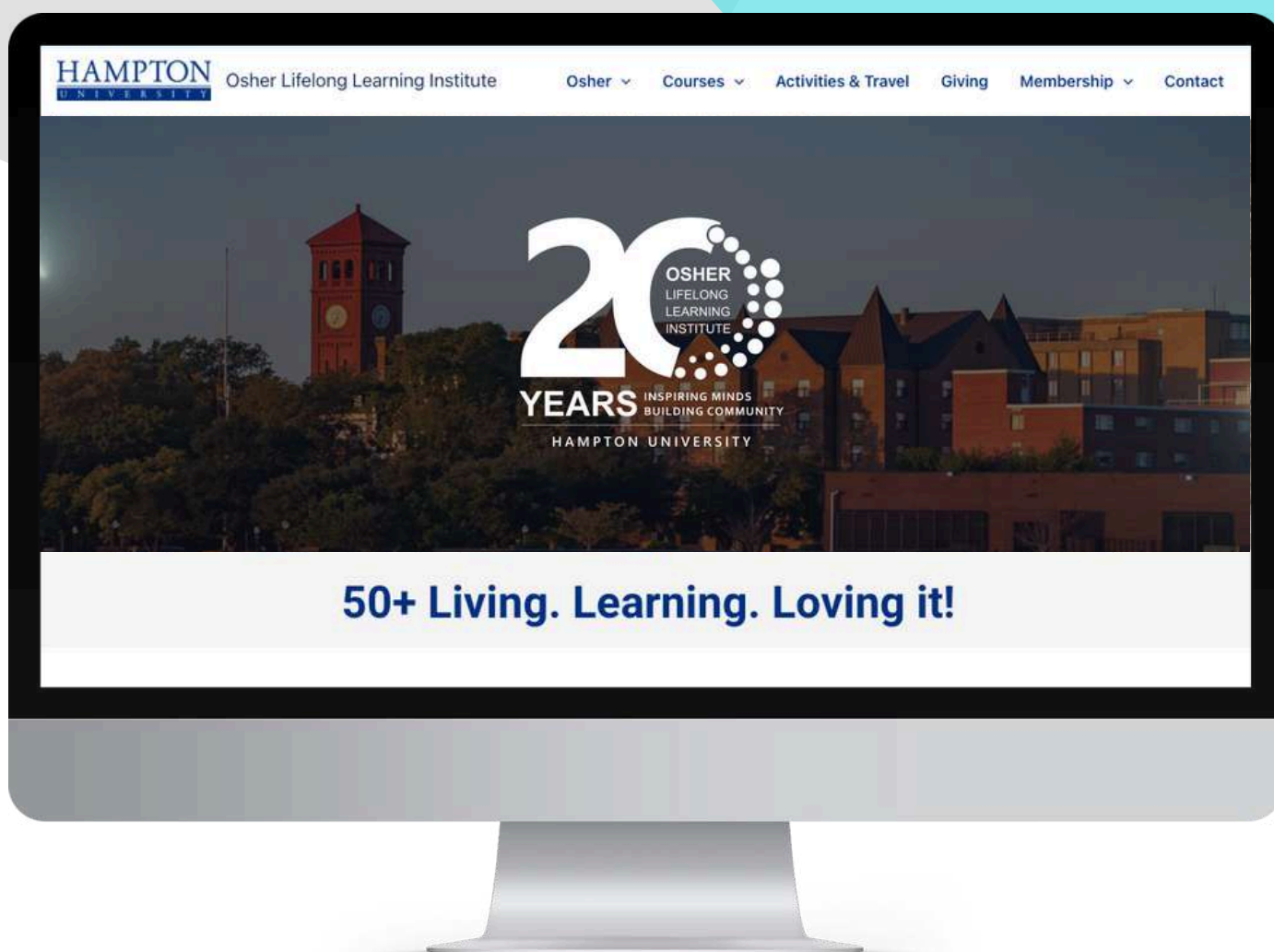
Attention, Osher Men! It's time to come together for a day of camaraderie, discussions, and unifying activities at our exclusive Osher Kings Roundtable. Let's talk about politics, sports, wealth building or favorite foods. Don't miss this opportunity to connect with your Osher brothers, share experiences,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

1:00 PM
BEGINNING SEPTEMBER 4, 2025
DATE: 1ST & 3RD THURSDAY,
EVERY MONTH

LOCATION:
HAMPTON UNIVERSITY
2 EATON STREET - 12TH FLOOR
GLASS CONFERENCE ROOM

FACILITATOR:
MR. FRANK BROWN III

CONNECT *With Us*



Official Website

home.hamptonu.edu/osher



Physical Address

1006-Suite H, Settlers Landing Rd
Hampton, Virginia 23668



Official Facebook Group

Osher at Hampton University



Phone Number

757.727.5434

OSHER LIFELONG LEARNING INSTITUTE AT HAMPTON UNIVERSITY



Spanish Instructor: Senora Julia Hughey
Cinco De Mayo
May 2025