



THE UNIVERSITY OF ALABAMA®

**SPRING 2021**

**ONLINE COURSES**

Hesitant about online learning?  
OLLI has you covered.

**ALL ABOUT US**

OLLI is member-led program for  
those who like to learn, socialize  
and travel.

**SEE YOU SOON**

OLLI offers free Zoom basic  
training to the community to  
support lifelong learning.

**ALABAMA SHARES**

OLLI at UA, UAH and Auburn  
have collaborated to offer  
members even more.

**WHAT'S INSIDE**

- Course schedule
- Open to the public events
- Semester trips and socials
- Membership information



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## Tuscaloosa Public Library

### Main Library

1801 Jack Warner Pky • Tuscaloosa, AL 35401  
205-345-5820

### Weaver Bolden Branch

2522 Lanier Avenue  
Tuscaloosa, AL 35401  
205-758-8291

### Brown Branch

300 Bobby Miller Pky  
Tuscaloosa, AL 35405  
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[www.tuscaloosa-library.org](http://www.tuscaloosa-library.org)

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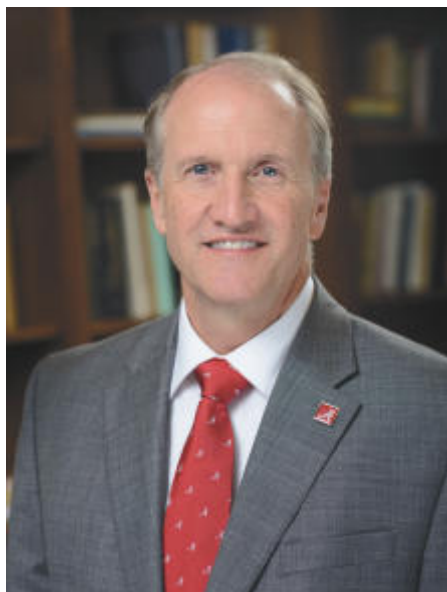
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Stuart Bell  
President, University of Alabama

It has been an unprecedented year for The University of Alabama, but membership in the Osher Lifelong Learning Institute (OLLI) continues to provide intellectual, cultural and social opportunities for lifelong learning experiences. Nothing can suppress the joy of learning through community engagement and productive, purposeful activities forged through the common bond of UA's OLLI members.

Currently, all OLLI programming is being offered virtually through Zoom due to recommended health and safety precautions. However, online learning should not stop anyone from reaping the rewards of an OLLI membership. For those new to online coursework, OLLI members regularly lead Zoom training sessions, and participants can still interact with instructors and their classmates.

Through Zoom, you can still ask questions and contribute to live conversations with your opinions, knowledge and expertise. OLLI offers diverse programs through an online platform with an unlimited variety of topics in a senior-friendly learning environment. Through a nominal membership fee, members can enroll in as many courses as they want to enjoy.

We are very proud of UA's national status of one of 124 colleges affiliated with OLLIs across the country through funding from The Bernard Osher Foundation. This year, we celebrated OLLI Day Alabama with a special proclamation from Governor Kay Ivey who declared Aug. 20 as OLLI Day in the state, and recognized OLLI at UA and other institutions across Alabama as an outstanding program for delivering lifelong learning for seasoned adults.

Governor Ivey also outlined the new OLLI Alabama Shares program that will continue even after the pandemic has ended and classes begin to meet in person. Through Alabama Shares, virtual classes will be shared among the three campuses at The University of Alabama, The University of Alabama in Huntsville and Auburn University to strengthen and expand OLLI's already robust course offerings.

I am proud of UA's Osher Lifelong Learning Institute and the ongoing positive impact its programs have on its members and our communities. Through OLLI's transformational classes, events and travel opportunities, its members will continue to make new friends, foster intellectual enrichment and enjoy fun, meaningful experiences in Tuscaloosa and across the state.

Roll Tide!

A handwritten signature in black ink that reads "Stuart R. Bell". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Stuart R. Bell  
President

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# Meet the OLLI Staff



**Jennifer Anderson, Director**

Jennifera.bama@ua.edu • 205-348-3002

West Alabama has been my home for 53 years, and OLLI has been part of my everyday life since its inception in 2005. OLLI has given me a rewarding career, and I am honored to serve the past, present and future members through the impact of lifelong learning.



**Lois Strachan, Program Coordinator**

Loiss.bama@ua.edu • 205-348-8591

I have been a UA employee for 14 years and have served in my current role since Oct. 2015. As program coordinator, I play a key role in overseeing curriculum development for all three chapters of OLLI. Working with OLLI members is one of the joys in my life!!



**Kathy Chastine, Program Assistant**

Kathyc.bama@ua.edu • 205-348-6468

I have worked with OLLI for nine years and have come to know and love many of the members personally. I focus on membership, social and travel, so if you plan an OLLI event, party or trip, I will be working with you. I look forward to when the social and travel activities can resume so that everyone is able to mingle to their heart's content.



**Ruth Mamola, Conference Support Assistant**

Ruthm.bama@ua.edu • 205-348-6482

I am so happy to virtually meet everyone through Zoom, but I can't wait to meet everyone in person! As the conference support assistant, my main role is to make sure you receive stellar customer service. I am so thankful for this position and the wonderful people I work with each day.



Philip Malone  
OLLI President

Greetings OLLI friends,

I look forward to serving you and OLLI as we move forward in the coming two years. Elizabeth Aversa did a fabulous job leading us over the past two years, and I want to thank her for her leadership. As we have in the past, OLLI will meet the many challenges and opportunities before us. I know we have the capable staff, enthusiastic OLLI volunteers and engaged members to do so.

Although this has been a very trying time for our country, state and community, we have persevered and learned several things about ourselves and fellow OLLI members. I have met and gotten to know many of the members from the Greater Birmingham and Gadsden chapters while taking classes offered by them. Most importantly, I have continued to enjoy the learning and teaching for which I have such a passion.

We are always looking for ways to improve our program. Just like you, I look forward to the day we can again meet face-to-face and in classrooms. We are seeking ways to combine the best of Zoom with the in-class experience. This might include taking classes from other chapters online or, for those who cannot make the journey to class, enjoying the OLLI experience from home or a condo at the beach.

I hope you will remember to tell your friends about OLLI. By growing our membership, we will continue to expand this wonderful program that began in 2005 and has uplifted so many lives along the way.

See you in an OLLI class.



Philip Malone, OLLI President

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# OLLI Advisory Board

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VP Curriculum  
Secretary  
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Tuscaloosa Member-at-Large  
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Greater B'ham Member-at-Large  
OLLI Director  
Membership  
  
Social  
Travel  
Marketing

Philip Malone  
Elizabeth Aversa  
David Maxwell  
Ann Prentice  
Donna Boles  
Dot Martin  
Carolyn Rhodes  
Brendal O'Rourke  
Bill Haller  
Kay Kelley  
Jennifer Anderson  
Mary Jon Sneckenberger  
Rama Pidikiti  
Jan Fargason  
Peggy Hamner  
Amelia Yessick

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rpidikiti49@gmail.com  
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sswims2001@gmail.com  
ameliaheath@hotmail.com

## Greater Birmingham Advisory Committee

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Social Co-Chairman

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Beth White  
Ann Price  
Kay Kelley  
Cathy Storch  
Glenn Morgan  
Diane Burrell  
Sandra Lary  
Patsy Howell

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cacdvs@aol.com  
dglennmorgan@charter.net  
ddburrell@charter.net  
slary9797@icloud.com  
phbama52@gmail.com

## Gadsden Advisory Committee

President  
Curriculum  
Membership  
Social

Bill Haller  
Shirley du Pont  
Cathy Bohannon  
Jan Mackey

hallerw@bellsouth.net  
slild01@aol.com  
bohannon910@comcast.net  
calkid4747@yahoo.com

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## What Members Are Saying

"Of all the lovely benefits of being retired, discovering Tuscaloosa OLLI has been the best sparkling surprise. I knew the program existed, but I had no idea how many interesting people were enjoying expanding their worlds in so many ways.

I didn't begin with a class. I decided to sign up for two field trips. Not only did I have new adventures, but I was warmly welcomed by people from a wide variety of backgrounds and life experience. After my first Book Club group, I was hooked! Now I wait until I have my OLLI schedule of classes set before I make other appointments each fall and spring. When I tell people from other places all the stimulating courses, field trips, activities and fellowship our Tuscaloosa OLLI offers, they envy our opportunities. What a treasure!"

Carol Prickett

# All About OLLI

The Osher Lifelong Learning Institute (OLLI) at The University of Alabama is a member-driven organization that provides adults 50+ with educational, social, travel and leadership opportunities.

The program started in 2006 and continues to serve communities across Alabama including, but not limited to, Birmingham, Gadsden and Tuscaloosa. OLLI thrives because of the commitment from over 500 volunteers per year. These individuals include advisory board leaders, instructors, committee members, greeters, facilitators, co-hosts, trip planners and the list goes on.



Make no mistake that OLLI is exactly what our members want it to be. They help plan, not only for today and next semester, but for future members of this lifelong learning program.

You Belong with OLLI, and we would love for you to share your time and talents with us.

Becoming a member of OLLI will be one of the best choices you make this year.

## Member benefits include:

- A community of people dedicated to lifelong learning
- Socializing and cultivating friendships with mature adults
- Leadership opportunities
- Service opportunities – teaching, facilitating, serving on various committees
- Community programs and events
- Virtual programs throughout the year

Due to financial support from the Bernard Osher Foundation, The University of Alabama College of Continuing Studies, program partners and generous contributions, membership in OLLI remains affordable.

## Annual membership of \$50 includes:

- **Register for Courses at any of our locations** – Academic and leisure courses in a variety of subjects are taught and developed by instructors that are recruited and vetted by our curriculum committees.
- **Bonus Programs** – These are one-time lectures or discussions.
- **Library of Recorded Lectures** – Register and receive a link to view any of these recorded lectures at your leisure.
- **Supper Club/Lunch Bunch** – These gatherings are organized with other members and Dutch-treat.
- **Field Trips** – Organized by OLLI's field trip committees, these trips vary from local to international and require a fee to cover all costs, including administrative fees.
- **Semester Course Package** – This \$50 fee required each semester allows members to register for multiple courses during the term. Some courses may have a materials fee.

## Registration Guidelines

Everyone must be registered to attend OLLI programs.

Members may register and be added to a program after the start date if space permits.

If you need to drop a program, (class, trip or social event), please contact Registration Services at 205-348-3000.

Please provide your email and phone number when registering to be notified of program changes or opportunities.

Bonus Programs, Mini-Medical and Special Programs are open to members and their guests. Everyone must register.

If a class, trip or special program is full, you will automatically be placed on a wait list.

## Cancellation/Refund Policy

OLLI reserves the right to cancel programs, such as courses, field trips and special events, as necessary due to inclement weather, insufficient enrollment or any other circumstance beyond our control.

There are no refunds for material fees after the program has begun. Each field trip has a cancellation deadline stated in the catalog.





Ashley Olive  
College of Continuing Studies  
Executive Director for Community  
Engagement

Greetings, OLLI Family!

I've been fortunate to spend time with many of you virtually, and for those I have not yet had a chance to meet, hello! I am the new executive director for community engagement in the College of Continuing Studies, which is a fancy way of saying I have the privilege of serving several programs in CCS, including OLLI, in a leadership capacity.

I know this summer was frustrating. Between ever-changing registration systems, new system implementations, COVID-19 protocols and just plain missing each other, you persevered, and I am grateful. I am a big believer in continuous improvement, and I appreciate your support as we move forward. There are several OLLI-related updates I would like to share with you.

First, you might have heard The University of Alabama is launching The Rising Tide Capital Campaign in 2021. UA's overall goal is \$1.3 billion. Along with scholarships for online students and funding to digitize the archival footage at the Paul W. Bryant Museum, CCS chose OLLI as one of the college's campaign priorities. At the request of Dean Jonathon Halbesleben, OLLI members Francine Marasco and Leanne Spencer have agreed to serve on the CCS Capital Campaign Committee. CCS hopes to reach our goal of raising \$1 million in support of OLLI to provide scholarships, travel support and technology equipment to our members. If you would like to learn more, please reach out to me directly at [ashley.olive@ua.edu](mailto:ashley.olive@ua.edu) or 205-348-1793.

Second, I am working closely with the OLLI staff to refine their functions and increase efficacy. I have three primary goals for OLLI:

1. Increase membership
2. Deliver dynamic, accessible educational content and programming
3. Provide exceptional customer service

To be clear, the OLLI staff is doing an outstanding job. Redistributing their responsibilities will allow us to focus more clearly on reaching these goals. Increasing membership becomes much easier when you tell your friends about the amazing course you took and how simple the registration process was to navigate. Please know your feedback is always welcome, and I enjoy the opportunity to speak with you individually.

Finally, I know you would like to meet in person as soon as possible. We are working diligently to find a solution that is both safe and financially viable. Your health and safety are our top priorities. As a part of the UA community, we must abide by UA System COVID-19 protocols. I thank you for your patience as we navigate this ever-changing pandemic landscape. I do know there is going to be a line dancing class in the spring that meets safety guidelines and perhaps a few additional classes and field trips. I just might dust off my boots and hope to see you there.

Stay safe and Roll Tide!

  
Ashley Olive

# Support OLLI

## The Peter Peacock Memorial Fund

The Peter Peacock Memorial Fund and donations from other members and their families allow OLLI to offer scholarships that provide financial assistance for half of the cost of membership and/or half of the course package fee. If you need financial assistance, complete the scholarship application request form at [olli.ua.edu/grants](http://olli.ua.edu/grants).



Conducting programs associated with OLLI requires funding over and above that provided by The University of Alabama and participation fees. Making a tax deductible donation to fill that gap enables others to enjoy OLLI. The following funds facilitate and enhance OLLI operations. Please consider donating.

OLLI member Dorothy Peacock initiated the Peter Peacock Memorial Scholarship Fund, in memory of her late husband, to provide scholarships for individuals who require financial assistance to participate in OLLI. Presently, this fund supports 25 scholarships to cover half of both the membership and course fees. Your donation could increase this fund's impact beyond 25 scholarships per year. For example, the family of Chris Bell, a charter member of the UA OLLI program, donated 80 membership scholarships in honor of Chris' 80th birthday. That donation and others like it have strengthened this endowment fund and sustained OLLI scholarship awards.

## The Dennis James Memorial Fund



The Dennis James Memorial Fund was endowed through a \$50,000 bequest. Interest from this fund provides a grant to offset the transportation cost of an OLLI trip every other year. Through this gift, many people have been afforded the opportunity to travel and see the kinds of things Dennis loved, like architecture. His family has

reiterated how much OLLI meant to Dennis. If you love learning through travel, consider donating to this fund to enable others to share your passion.

## The OLLI Gift Fund

The OLLI Gift Fund supports general operations. The low cost of OLLI membership and course fees challenges the program's operational budget. Sustaining a vibrant, affordable OLLI program requires approximately \$25,000 annually from external sources. Gifts to this fund are the lifeline of the OLLI program. Expressions of preferred use are welcomed and honored. For assistance in designating a gift, please email Jennifer Anderson at [janderson@ccs.ua.edu](mailto:janderson@ccs.ua.edu). As with most 501(c)(3) qualified nonprofit organizations, there are several ways to give to OLLI.



1. Make a check to OLLI at UA and mail to OLLI at UA, Box 870398, Tuscaloosa, AL 35487.



2. Contribute using a credit card transaction by telephoning OLLI Registration Services (205-348-3000).



3. Go online to [give.ua.edu](http://give.ua.edu) and type "Osher Lifelong Learning Institute Support Fund" into the search bar.

For more donation options, please call Ashley Olive at 205-348-1793. She is glad to speak or meet with you about including OLLI in wills, gifts of personal property, collections or qualified charitable distributions (QCDs) from regular IRAs (not Roth IRAs) for those over 70 years of age. The latter has particularly attractive tax advantages.





# Get Involved

## Volunteers make OLLI happen!

Have you thought about how you could be a more active member in our program?

As a member-driven and member-led program, OLLI offers many opportunities for you to become actively involved by serving on a committee. We invite you to attend an open meeting to learn more about the OLLI operation and the committees which guide our institute.

Open meetings occur once a semester and are facilitated by your OLLI leadership. Check your email for updates and announcements of volunteer opportunities.

## Ways you can volunteer:

- Develop partnerships and fundraising
- Teach a class or recruit instructors
- Host an online for face-to-face program
- Write stories about OLLI, its members and programs
- Call past, present and future members
- Develop communication and long-range plans for OLLI's future
- Review the OLLI website and create content
- Speak at events and nonprofit programs to promote OLLI
- Be a technical trainer
- Plan and organize a field trip
- Plan an online or face-to-face social
- Drive a Trolli (golf cart) or be a greeter

## Have you thought about teaching an OLLI course?

Consider the valuable contribution you can make outside of your role as a student. Share your knowledge, passions and interests with other OLLI students by teaching a course for us!

If you have questions regarding a topic or format, please contact the office at 205-348-6482.

OLLI instructors and presenters are members of the community who are excited to teach an enthusiastic group of learners in a new way. Some are current or retired high school and college faculty while others enjoy the opportunity to share their interests and knowledge.

## What's to be gained?

Our faculty often teach for the sheer joy of sharing their expertise and enthusiasm for a topic.

There are no tests to prepare or papers to grade; just teaching and holding discussions with interested and engaged students.

## What learning formats are supported at OLLI?

- Traditional and online: lecture, discussion or a combination
- Collaborative learning classes, or study groups, are led by a facilitator, not necessarily an expert in the field. Class participants take responsibility for class activity as peer leaders working independently or in teams. Working to have the opportunity to make a presentation, lead a discussion, invite a guest speaker or develop other ways to engage the class in the subject.



# What Are Online Courses



Zoom is a videoconferencing platform that provides high-definition, interactive tools and telephone conferencing for communication and collaboration.

- 1.** Once you register for the class, OLLI will send an email with a specific link for the class meeting. (Each meeting has its own meeting ID. Do not share the link.)
  - First time users only: If you are using a laptop or desktop, Zoom will automatically download its free and secure program to your computer the first time you click on a link. If you are using a tablet or smartphone, you'll need to download the free and secure Zoom application from your app store.
- 2.** From your device, click on the link or call using the phone number provided in the email. Once you are connected, you will be in a virtual waiting room while the co-host verifies you are registered for the class.
- 3.** When you have been admitted to the class, you will see others and your audio will be muted.
  - All you need to use Zoom is a telephone, such as a smartphone or landline. However, if you have access to a computer or mobile device, you can use the full capabilities of Zoom. The following equipment will enhance your experience but is not necessary:
  - Web camera: A camera will increase your connection with your instructor and your peers by allowing you to see each other's faces.
  - Headset with a microphone: This will let you hear and be heard more clearly.
  - Charger: Charging your device during class will ensure you do not have a power outage.

## Classroom etiquette:

1. Connect 10 minutes before class starts.
2. Keep your audio on mute unless you are asked to speak.
3. Use the communication tools: chat, thumbs up, applause, answer poll questions.
4. Remember, we are all learning together so be patient with yourself and others.

Explore and have fun with Zoom! Here's how to navigate the tool bar (on the Dashboard from L-R):

- Mute: Controls audio output
- Start Video: Controls video output
- Participants: Opens a pop-up window with all participants
- Share Screen: The host/co-host will share their PowerPoint/video clip
- Chat: Communicate with everyone or an individual by clicking their name in the participants list
- Record: Records the session locally
- Select the View: Choose between speaker and gallery view

## Consider what people will see:

- Camera: Position the camera or choose to stop video.
- Background: People will see what is behind you or use a virtual background.
- Lighting: Sit near a lamp or place one in front of you to avoid shadows.

Here to serve you, we offer basic Zoom peer-training. Register at [olli.ua.edu](https://olli.ua.edu) or call 205-348-3000. To schedule a special session for your group, please call 205-348-6482.



**Zoom Support Center**  
<https://support.zoom.us>



# Special event with Chris Hastings

Title: Cooking with James Beard Award Winning Chef Chris Hastings  
Date: February 16, 2021 • Time: 12:00 p.m. • Price: \$40.00

Join Chef Chris Hastings live on Zoom from the Hot & Hot kitchen as he prepares recipes from his cookbook *Hot & Hot Fish Club: A Celebration of Food, Family, Traditions*.

“The mission of our restaurants, Hot and Hot Fish Club and OvenBird, has always been to deliver an experience of spectacular food, special memories and the sense of family while sitting at one of our tables. With our restaurants adjusting to the COVID-19 situation, we are diving into new ways to continue bringing our mission to you.”

You are invited to cook along with Chris on Tuesday, February 16, at noon. Chef will be livestreamed on Zoom cooking a pre-selected meal. Once you purchase a ticket, you will receive a recipe along with the listed ingredients needed. Your ticket also includes a copy of the class video afterwards!

Whether you choose to cook or watch along with OLLI friends, this will be an hour you will not want to miss.



# Spring 2021 Online Courses

Come for the courses. Stay for the people.

OLLI at UA offers enrichment courses, socials and events in accessible and innovative learning environments with the online format connecting members across the state and region. Adult learners of all ages and backgrounds are welcome. No homework. No tests. No pressure. It's learning purely for the joy of learning.

Due to the COVID-19 pandemic, we have adjusted our terrific schedule so that spring courses will be taught online. We have over 50 offerings that are active, engaging, intriguing and entertaining, while celebrating a wide array of interests. The courses will last 75 minutes each, and the number of sessions vary.

We look forward to the day when it's safe for us to gather again. Until then, enjoy these online learning opportunities.

## Mondays

**Z101**

### Wild Women in Opera

**Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8**

**9:00-10:15 a.m.**

**Elizabeth Aversa**

You don't expect women in opera to be wild, but this class will change your mind! We will learn about four operas (Tosca, Carmen, Norma, and Salome) in which women are notably "wild." We will listen to selections from other operas where characters are similarly unruly.



Share your class experience  
and upload photos to  
[facebook.com/olli.ua.edu](https://facebook.com/olli.ua.edu)



**Z102**

### National Parks and Public Lands

**Jan. 25; Feb. 1**

**9:00-10:15 a.m.**

**Scott Turner**

This two-session Zoom presentation covers development of the parks and public lands system in the United States. The course investigates the balance between the conservation and use of natural resources by exploring the development and management of national parks and other protected areas including fire and burn control.

**Z103**

### Life Transitions Done Well

**Feb. 15, 22; Mar. 1, 8**

**9:00-10:15 a.m.**

**Doris Vaughans**

A mental health approach to successful life transitions of common issues that are embedded in the human experience.

**Z104**

### Exploring New Discoveries in Science

**Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8**

**10:30-11:45 a.m.**

**Philip Malone**

Come join us as we explore the latest news in science based on three periodicals: The Science News, Scientific America and Discovery. Using articles from these three magazines, we will examine what discoveries are happening in the world of science. Subjects will be presented on a basic level so that anyone interested in science can enjoy and learn.

**Z105**

### Wolves, Love and Devils in the Basement: Actors on the American Frontier

**Jan. 25; Feb. 1, 8**

**10:30-11:45 a.m.**

**Ward Haarbauer**

**Part I:** Over the river and through the woods to grandmother's house and grandfather's bar – Tall tales and hot potatoes as theater comes to the Southeast

**Part II:** Sometimes you just can't win – Cold winters, takin' sides and the Gulf of Mexico take their toll as theater crosses the Mississippi

**Part III:** For love and money – Anecdotes of drinkin', six-guns and a near-lynchin' on theater's trek west

**Z106****Foundations of Stress Management****Feb. 15, 22; Mar. 1, 8****10:30-11:45 a.m.****Mikal Keenan**

We experience distress when stressors exceed our capacity to cope. Chronic distress can erode health and longevity. This course introduces simple breathing, relaxation, concentration and thought-cultivation exercises, which the U.S. military and National Institutes of Health have proven can increase resilience in coping with stressors and decrease susceptibility to stress-related disorders. We should be seated or reclining on a bed or yoga-type mat during exercises.

**Z107****Talking about Books:****UA Press and OLLI Book Club****Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8****12:00-1:15 p.m.****Ann Prentice**

The University of Alabama Press has invited six authors to discuss their books and answer your questions. Carol Prickett and Jan Mercier will lead the OLLI Book Club on Feb. 8 and March 8.

**Jan. 25** (virtual); Robert F. Moss; *Barbecue: The History of an American Institution*, Revised and Expanded Second Edition

**Feb. 1** (virtual); Charlie Williams; André Michaux in North America: *Journals and Letters, 1785-1797*

**Feb. 8** OLLI Book Club (fiction); Marie Benedict; *The Only Woman in the Room*

**Feb. 15** (virtual); Aileen Henderson; *The World through the Dime Store Door: A Memoir*

**Feb. 22** (virtual); Thomas Hallock; *A Road Course in Early American Literature*

**March 1**; Ken Boyd; *Historic Watermills of North America*

**March 8** OLLI Book Club (nonfiction); Jon Meacham and John Lewis (afterward); *His Truth Is Marching On: John Lewis and the Power of Hope*

**Z108****History in the Movies****Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8****1:30-2:45 p.m.****Keith Robinson**

We continue our study on how the movies portray history. The movie is good, but was that really the way it happened? We will review scenes from the movie, and discuss the history it represents. How closely (or not) does each movie match the historical record? This is Edu-tainment! The spring movie selections are: *To Kill a Mockingbird*, *Apollo 13*, *Lincoln*, *The Miracle Worker*, *Lawrence of Arabia* and *Amistad*. Join us for a different kind of history lesson.

**Z109****True Tales and Characters that Shaped Alabama****Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8****1:30-2:45 p.m.****Tom Bailey**

Each segment will detail a historical character who was swept up in important Alabama events, and how that person shaped the event or was shaped by it. Characters and events span from Hernando de Soto in the 1500s then move forward through early state settlement, the Creek War, the Civil War, early days of flight and end with a touch of Civil Rights.

**Z110****Rivers of Alabama****Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8****2:30-4:00 p.m.****Bill Deutsch**

Learn the histories of rivers in Alabama. Topics include the origin of the river map on the Alabama Great Seal, river geography, geology and hydrology, the state's world-class aquatic biodiversity, the role of rivers in human settlement, economy and culture, river politics and policies and personalizing your river ethic. Participants are encouraged to share their river stories and to discuss all topics in relaxed and enjoyable ways.





## **Z111**

### **Reflections of U.S. History: The History of the United States Viewed Through the Librarians of Congress**

**Jan. 25; Feb. 1, 8, 15, 22; Mar. 1, 8**

**3:00-4:15 p.m.**

#### **Dusty Folds**

The Library of Congress, the unofficial national library of the U.S., was established in 1800. Since then, the library has had fourteen Librarians of Congress – men and one woman who acted as administrators of the library. The position of Librarian of Congress was, until recently, a lifetime appointment made by the president and confirmed by the senate. As such, the librarians have often reflected the administration that appointed them. However, libraries must also reflect their society. These individuals led the Library through many administrative and technological changes that mirrored the country.

Using Librarians of Congress as a framework, this seven-week course will explore the social and political history of the United States from 1800 to present day. This course is an overview of U.S. history, the history of libraries across the country and the ever-changing nature of the Library of Congress and the institutions and nation it serves.



## **Z112**

### **Unidentified Flying Object Incidents from 1945 to the early 2000s**

**Jan. 25; Feb. 1, 8**

**3:00-4:15 p.m.**

#### **James Simms**

More recent revelations of unidentified flying object (UFO) encounters with the U.S. military brings a revival of interest to UFO incidents from the latter half of the 20th century. This course is not to confirm nor deny the existence of UFOs, but to bring to light some of the more notable and classic incidents from that time period.



## **Z113**

### **Women with Nobel Laureate in Science**

**Feb. 15, 22; Mar. 1, 8**

**3:00-4:15 p.m.**

#### **Jill Stokley**

This will be an overview of the history of women in science. We will discuss the life of Madame Marie Curie, the first woman to receive a Nobel Laureate in Science. Several American women have also received the Nobel Laureate and are pioneers in their field of science. Come and learn about their struggles.

### **iPhone, iPad and Basic Computer Tutoring**

**3:00-4:15 p.m.**

#### **Lisa McKinney**

Would you like to do more with your PC or Mac computer? Do you have questions about how to use your iPhone or iPad? Do you have an interest in learning Word, Excel or PowerPoint? Get one-on-one tutoring by students in the UA Culverhouse LIFT program.

**Z114 Jan. 25, 26; Feb. 1, 8**

**Z115 Feb. 15, 22; Mar. 1, 8**

## **Tuesdays**

### **Z116**

### **Educational Neuroscience – Exploring the Relationship between Education and the Brain Sciences**

**Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9**

**9:00-10:15 a.m.**

#### **Brian Rivera**

Advances in the brain sciences (e.g. cognitive neuroscience, cognitive psychology, developmental neuroscience) have highlighted neural mechanisms and brain processes involved in educationally relevant areas, such as learning, reading and mathematical problem-solving. Educational neuroscience is a scientific field that brings together researchers studying these neural mechanisms and brain processes



to explore the relationship between biological systems and education. This course will discuss the methods researchers use to learn about the brain, the findings relevant to education, and the challenges and opportunities that come from implementing such findings.

### **Z117**

#### **Pandemic Economics**

**Jan. 19, 26; Feb. 2, 9**

**9:00-10:15 a.m.**

**William Aldridge**

With economics, one attempts to understand why people do what they do, primarily in the marketplace. Every day, consumers, firms and governments, usually in conflict, are trying to maximize pleasure and minimize pain. We will study basic microeconomic and macroeconomic principles in the first two sessions. Using this foundation, we will discuss the pandemic surprise and its effects on the economy in the final two sessions.



### **Z118**

#### **Art & Literature of the Holocaust**

**Feb. 16, 23; Mar. 2, 9**

**9:00-10:15 a.m.**

**Farrah Hayes**

This four-week course will focus on the art and literature created by survivors and artists alike. We will explore the Birmingham Holocaust Education Center's exhibit, "Darkness into Life", as well as select poems and paintings.

### **Z119**

#### **Making Theater Magic**

**Jan. 19, 26; Feb. 2, 9, 16, 23;**

**Mar. 2, 9**

**10:30-11:45 a.m.**

**Ronald Terry Olivet**

This previously offered course will explore stagecraft, the art and technology of what happens on and off stage in live theater. We will discuss the technology of theatrical performance spaces, scenery and prop design and construction, lighting, sound, special effects, theatrical rigging, flying and the functions of backstage production personnel. The possibility of a live backstage tour will depend on the status of the pandemic and the availability of a theater space.



### **Z120**

#### **Introduction to Evolution**

**Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9**

**10:30-11:45 a.m.**

**Ed Stephenson**

An introduction to the fundamental principles of biological evolution, including biodiversity, the history of life on Earth and the fossil record, adaptation and natural selection, sexual selection, population genetics, biogeography and more. Assumes no prior background in biology.



#### **Mini-Medical School - Open to the Public - Registration Is Required**

**Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9**

**12:00-1:15 p.m.**

**Leslie Zganjar**

UA's College of Community Health Sciences and University Medical Center is hosting a lecture series to explore medicine, health care, and health trends. Faculty physicians will lecture on issues and advances in medicine and research, incorporating science, research and clinical applications. You will learn ways the body works, hear about advances changing how we see disease and health and find out where cutting-edge research is headed.

### **Z121**

#### **Jan. 19 - Dr. Charles Lehman; The Practice of Hospital Medicine**

### **Z122**

#### **Jan. 26 - Dr. Pamela Payne-Foster; Vaccines for Seniors**

**Z123****Feb. 2 - Dr. Jane Weida; Celiac Disease****Z124****Feb. 9 - Suzanne Henson; Heart Health****Z125****Feb. 16 - Dr. Russ Guin; Hip and Knee Replacement****Z126****Feb. 23 - Dr. Shawana Ogden; COVID-19's Impact on Seniors' Mental Health****Z127****March 2 - Dr. Gregg Bell; Believe it or Not: A Guide to Consuming Medical Research for Non-Medical Folks****Z128****March 9 - Dr. Tamer Elsayed; What Family Medicine Can Offer Patients****Z129****Lost Chapters in American History**  
**Jan. 19, 26; Feb. 2, 9, 16, 23;**  
**Mar. 2, 9****1:30-2:45 p.m.****Richard Rhone**

Numerous events and personalities simply end up lost in history. As significant as the event or person may be at the time, the common knowledge of them often fades away as time marches on. We will discuss several intriguing persons and events in our nation's history that most Americans have never discovered. Be prepared for cannibalism, Army camels, Poncho Villa and mass murder for profit!

**Z130****Sleep Science: Sleep, Sleepiness and Sleeplessness****Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9****1:30-2:45 p.m.****Kenneth Lichstein**

This course is a review of healthy and disordered sleep. This will be a broad survey of sleep and is not intended as sleep treatment. We will explore normal sleep (e.g., sleep stages and sleep duration), sleep measurement (e.g., polysomnography, sleep diaries), sleep changes across the lifespan and health risks of inadequate sleep. We will examine where sleepiness comes from (e.g., brain chemicals and the body's circadian rhythm) and how to mitigate the drag of jet lag. Lastly, we will

touch on some of the 80 sleep disorders (e.g., insomnia, sleep apnea, narcolepsy, restless legs) and typical treatments.

**Z131****What about Folk Music? Part 2****Jan. 19, 26; Feb. 2, 9, 16, 23;****Mar. 2****2:30-4:00 p.m.****C. Mike Reinke**

This class is a sequential, multi-term course that explores the origins and evolution of American folk music. It features numerous audio and audiovisual examples of songs that range from centuries-old British ballads, to wildly popular songs during the so-called "folk music revival," to songs released in the last 10-20 years, best classified as "Americana." It incorporates the folk music of black Americans and discusses how this music was separated commercially from Anglo-American folk music. The Winter 2021 Term topic is "Anglo-American Folk Music: Ballads."

**Z132****Europe in the Middle Ages, Part 2****Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2****2:30-4:00 p.m.****Dr. Joseph Kicklighter**

We will continue exploring the foundations of Europe civilization. Chronologically, the period covers from late Roman civilization (the second century) to the first European civilization coming into existence and falling apart in the ninth century. We will study the Roman, Germanic, and Christian traditions and practices of this early medieval world.

**Z133****The Stuarts: A Dynasty of Accident, Intrigue, Rebellion, Unity and, of course, More Blood****Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9****3:00-4:15 p.m.****Derrick Griffey**

The accession of the House of Stuart would put an end to the Tudor Dynasty in 1603, when Elizabeth I would die without a direct heir. During the century that spans the Stuart Dynasty, the country witnessed some of the most monumentally changeable times in British history. This included a dangerous recipe of political upheaval; one head of a king, a sprinkling of plague outbreaks and a dash of foreign invasion, all cooked with the Great Fire of London. Join us for this fascinating stroll through British history as we learn about the seven Stuart monarchs (and two Lord Protectors) that ruled over a turbulent realm deeply fractured by political partisanship and

religious dissension but produced myriad artistic, architectural and cultural wonders.

### **Z134**

#### **Sustainable and Affordable Home Gardening**

**Jan. 19, 26; Feb. 2, 9, 16, 23; Mar. 2, 9**

**6:00-7:15 p.m.**

**Casey Lambert**

Home gardening is an amazing and rewarding hobby, but commercial methods can be prohibitively expensive and bad for the environment. Too often, we buy a tomato plant at the beginning of spring only to get three tomatoes out of it, and two of them are eaten by bugs! In this course, I will teach home gardeners how to get the most out of their gardens, from vegetables to houseplants. Topics will include diagnosing common issues, natural and affordable pest control, how to increase plant yields and so much more.

### **Z135**

#### **The Wonderful World of Wolves**

**Jan. 19, 26; Feb. 2, 9**

**6:00-7:15 p.m.**

**Samantha Siomko**

Wolves have always been the notorious fairytale villain; however, these misunderstood animals are more like humans than we think. Populations globally, including in America, are threatened by conflict with humans, despite their critical role in ecosystem health. We will discuss the evolution of the wolf, the difference between wolves and dogs, the myths behind their social structure, the importance of apex predators and why you shouldn't fear the big bad wolf.

### **Z136**

#### **The Music and Musicians of the Tuscaloosa Symphony Orchestra**

**Feb. 16, 23; Mar. 2, 9**

**6:00-7:15 p.m.**

**Jeffrey Schultz**

Join the Tuscaloosa Symphony Orchestra for four exciting class sessions featuring our talented TSO musicians, and Adam Flatt, the esteemed TSO conductor and musical director. These sessions are designed to engage your senses with live demonstrations and deepen your understanding of orchestral performance by exploring sections of the orchestra (strings, brass, woodwinds and percussion) and relevant information regarding musicians, composers and compositions featured in this year's virtual concerts. We know you'll love this unique learning opportunity designed to bring music to life for you and to keep the music playing in Tuscaloosa for years to come.

## **Wednesdays**

### **Z137**

#### **Memory Disorders: Identifying and Managing**

**Jan. 20, 27; Feb. 3, 10**

**9:00-10:15 a.m.**

**Vicki Kerr**

This course is to develop an understanding of Alzheimer's and other related memory disorders, including the three stages of the diseases and how to manage behaviors in a positive manner. I will share resources available to caregivers to help them navigate through challenging times.



### **Z138**

#### **Music Appreciation: Music for Strings**

**Feb. 17, 24; Mar. 3, 10**

**9:00-10:15 a.m.**

**Anne C. Witt**

Music composed for bowed string instruments – violin, viola, cello and string bass – speaks to our hearts in a unique and powerful way. Going beyond the usual idea of appreciation, the goal of this course is to significantly enrich your life by introducing you to some new musical friends. These selected compositions are often performed – a “top 40” of classical string music, if you will. They are easy to get to know and pleasant to hear.

Each class will focus on one composition in depth. The instructor will present a short lecture about the composer and the historical circumstances of the music. Guided listening and class discussion will follow. Suggestions for further listening to similar pieces will be given. The format of the class is interactive; participants are encouraged to share their musical knowledge, questions and opinions.



**Z139****Antarctica: Personal Encounters with the White Continent****Jan. 20, 27; Feb. 3, 10****9:00-10:15 a.m.****James Lowery**

This four-part course combines the sights and scientific information from six trips the presenter took to Antarctica, the Falkland Islands, South Georgia and South America, including a month on an icebreaker and crossing the Antarctic Circle. It presents the trips from the standpoint of a tourist traveler but also incorporates some of the science of the region and its wildlife – sea birds, penguins, whales, seals, etc. Views of the land, ice, icebergs, glaciers, animals, research stations, etc., are combined with information about each stop on the trips.

**Z140****Genomics and Biotechnology: Shaping the World of Tomorrow****Feb. 17, 24; Mar. 3, 10****9:00-10:15 a.m.****Jennifer Carden**

Join me, Jennifer Carden, public outreach lead at the HudsonAlpha Institute for Biotechnology in Huntsville, Alabama, for this four-class sampler on topics across the field of genomics and biotechnology. Together, we'll explore the content, research and applications making a difference in the world today and shaping the world of tomorrow.

**Z141****Franklin Roosevelt: Combatting the Depression and Winning the War****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****10:30-11:45 a.m.****Bruce Burrows**

Franklin D. Roosevelt (FDR) and the New Deal will focus on the many federal programs enacted by the president and his supportive congress to overcome the effects of the Great Depression. Comparisons will be made to similar problems in 2008, 2009 and 2020.

**Z142****Grandparenting and Mentoring – Old School Smarts and New School Skills!****Jan. 20, 27; Feb. 3, 10****10:30-11:45 a.m.****Bob Coulson**

Today's grandparenting and mentoring roles are the same, but different. In these challenging times, the protective nurturing roles of old school smarts needs the new school skills of

community sciences. It really does take a village to raise a child. In this course, we will build upon good old-fashioned wisdom with the newest research on how to best help children, youth and families grow their resiliency, caregiving and safety on the internet and in the home, for all ages and abilities. Bob's experience is personal and professional. He is a parent of four, a grandparent of five biological and four bonus grandchildren (ages 2 to 21 with a new one arriving March 2021), and an affinity fictive grandparent of six. Professionally, he formally served as a child, youth and family advocate, over a 20-year career, in a variety of youth and family-serving settings. The course provides new perspectives on the passion of grandparenting and mentoring.

**Z143****Exercise Habits for Artists, Writers & Procrastinators****Feb. 17, 24; Mar. 3, 10****10:30-11:45 a.m.****Carolyn Rhodes**

Learn to complete your projects, enhance creativity, get the juices flowing and deal with those aches and pains so the artist inside you can thrive. Learn to loosen up the mind and body and get your motivation flowing. We will write every week in a journal to keep track of our progress towards a goal. It's time to start or finish that project you have not gotten to yet. We will share our progress with each other every week. Class limit: 25

**Z144****African American Women Writers****Jan. 27; Feb. 3, 10, 17, 24; Mar. 3****10:30 a.m.-12:00 p.m.****Valerie Seaquist**

Sojourner, Zora, Alice, Nella, Maya, Ntozake, Toni and many others – some are unknown or little known and others stand out in our cultural consciousness. All are important. Through a mixture of lecture, videos and class discussion, members will discuss more than forty of these authors, their lives, their work, their joys, their pains and their influence on their communities as well as the larger world. A book list will be provided before class. Reading is optional but encouraged.



Share your class experience  
and upload photos to  
[facebook.com/olli.ua.edu](https://facebook.com/olli.ua.edu)





**Z153****Yoga for Healthy Aging****Jan 27; Feb 3, 10, 17****1:30-2:30 p.m.****Location: First United Methodist Church  
Tuscaloosa - Activity Center****800 Greensboro Ave., Tuscaloosa**

(Social distancing directives in place at the time of each course will be followed.)

Come and learn the many benefits of practicing yoga, like improving your balance, flexibility and concentration. Yoga is a beneficial form of movement and breathing you can practice for life. Please bring your own yoga mat, wear comfortable clothes, and have a mind and body ready to learn. Mask required to enter/exit building. Class limit: 15

**Z154****The U.S. Navy and World War II****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****1:30-2:45 p.m.****Robert Kane**

A review in eight sessions of the U.S. Navy and its major operations during World War II

**Z155****Birds of the World****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****1:30-2:45 p.m.****Dwight Lammon**

Here is a newly developed birding class from Dwight. It will be an introduction to the marvelous array of birdlife around the world. While we will still introduce the hobby of birding for beginners, this course shows what a bird is so that the miracle of birds will do their own teaching as you are led into their world.

**Z156****The Great Convergence: Connecting World Cultures and Heritages****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3****2:30-4:00 p.m.****Adeola Fayemi and Susie Webster**

Explore countries from each continent and elements of their culture including customs, traditions, arts, symbols, food, music, religions, and beliefs. This class includes discussions with natives of the featured country (Auburn International Cultural Center (ICC) staff, students, faculty, and members of the Auburn Community). We will discuss commonalities and differences of a wide range of unique ideas, strengths and perspectives that each cultural group provides.

**Z157****Literacy Narrative of a Working-Class Kid****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****3:00-4:15 p.m.****Dave Murdock**

A “literacy narrative,” on one level, is an account of a person’s reading history. They have been a part of many autobiographies over the years, but literacy narratives have increasingly become a genre unto themselves. In this class, I’ll discuss books I’ve read over the years that had a big impact on me, in the order that I encountered them, starting with children’s books to the present day. Yes, I still read books for the first time that have an enormous impact! Looking forward to seeing y’all for this trip down memory lane.

**Z158****The Political Brain: Nature, Nurture or Something Else?****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****3:00-4:15 p.m.****Scarlett Gaddy**

Why do we develop the political attitudes and preferences that we do? Is it due to our environment or is there an underlying biological predisposition in our brain that causes us to lean conservative or liberal? Join us as we discuss the psychological influences on political preferences and behavior. How does the impact of these influences affect our increasingly tribal behavior in politics?

**Z159****Alabama Music: A History****Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10****4:30-5:45 p.m.****Burgin Mathews**

Students will learn about Alabama’s diverse musical heritage, exploring how music has helped shape the history, culture and identity of the state. Encountering a range of musical traditions, communities and performers, investigate the state’s contributions to the larger world of music. Topics include: old-time fiddling, the songs of slavery, “blood harmony” and country brother duets, the Jefferson County gospel sound, a folk song in Sumter County, Sacred Harp singing, Muscle Shoals soul, music of the Civil Rights Movement, Alabama’s roots of rock and roll, Birmingham jazz tradition and contemporary developments in Alabama music.



**Z160**

**Zumba Fitness**

**Jan. 20, 27; Feb. 3, 10, 17, 24; Mar. 3, 10  
6:00-7:15 p.m.**

**Angie Vitt**

Choreographed basic dance routines that help you lose weight, tone bodies, and improve or maintain cardiovascular and mental health while having fun.

## **Wednesday Bonus Programs**

**Wednesday weekly bonus programs open to the public are on Jan. 20, 27; Feb. 3, 10, 17, 27; Mar. 3, 10, 12:00-1:15 p.m.**

**Z145**

**Jan. 20 - Kathleen Cramer; The Rest of the Story - Greeks at UA**

The Greek organizations at The University of Alabama certainly add social opportunities to students, but they provide so much more to the UA campus and the local community and citizens. Join us for "The Rest of the Story" to learn about the Greeks' scholarship, fellowship and charity on campus and in the greater Tuscaloosa community.

**Z146**

**Jan. 27 - Jaclyn Foster; Back to School - Social & Physical Sciences 2021**

Clay relief maps, spinning globes, sky maps - memories of physical science in the last century - are so different today. Join Jaclyn Foster, middle school science teacher at Tuscaloosa Academy, as she brings you into her classroom! Experience visits from real scientists, hands-on astronaut experience and robot construction. You will enjoy learning like a 2021 student, yearning to learn about earth's million years history and uncharted planets.

**Z147**

**Feb. 3**

**Nick Foster; How about a Cuppa?**

To Churchill as Germany invades, when DCI Barnaby interrogates a suspect or Gordon Ramsay critiques a new chef - "Can I get you a cuppa?" Why is tea such a staple in all manners of English life? As a transplanted Brit, Nick is going to tell us about this relationship, the daily and special rituals of having a cup, and, maybe, why we should add it to our routines. We may even learn how to hold our little finger while drinking!

**Z148**

**Feb. 10**

**Jordan Plaster; Rotary Club of Tuscaloosa and Honor Flight**

For the past 10 years, The Rotary Club of Tuscaloosa has offered local U.S. veterans an opportunity to visit Washington, D.C. and the monuments honoring them. Jordan will describe how it began, how the trip has changed, share responses from participants and tell us where he hopes it goes from here.

**Z149**

**Feb. 17**

**Sandy Wolfe; Why Public Art?**

Public art contributes enormous value to the cultural vitality of a community. It can represent a community's identity, it fosters community pride and a sense of belonging, and it enhances the quality of life for its residents and visitors. It provides an intersection among past, present and future, between disciplines and between ideas. Join us for an overview of the Tuscaloosa public art growth. We will discuss the process of selecting locations and the creation of public art and take a virtual tour of the artwork throughout Tuscaloosa.

**Z150**

**Feb. 24**

**Sharron Rudowski; CSI Tuscaloosa - Forensic Art**

Real-life art is actually used to catch criminals. Sharron, a retired police officer and a talented artist, will describe how her talents as an artist contributed to the job. We will learn how an artist takes oral descriptions from a witness to turn it into a visual that can then be used for apprehension. What skills and talents are required, what questions are asked and what happens afterward - all these questions will be answered in this class!

**Z151**

**Mar. 3**

**Easty Lambert-Brown; I Want To Publish My Story**

If you say to yourself, "I've got something to say," our speaker can advise you how to do this. As an independent bookseller, Easty has helped many authors bring their inspiration into actuality. Well-versed in the process and the pitfalls, join her in learning about getting your words or art out into the world.

**Z152**

**Mar. 10**

**Ken Gaddy; From the Quad to Bryant-Denny Stadium: The History of the Crimson Tide's Home Field**

The University of Alabama's Crimson Tide has played home games on several campuses and in many cities since its first team in 1892. We will trace the timeline of these changes as locations and capacity evolved through the years. We will examine the major renovations, including the changes affecting this season.

## Thursdays

**Z161**

**Mexican Archaeology: What I Learned in the Past Sixty Years**

**Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 4, 11**  
**9:00-10:15 a.m.**

**Richard Diehl**

We will examine eight archaeological projects I participated in since entering Mexican archaeology as a student in 1961. Each session examines how and why I became involved, what we did, what we learned, the mistakes we made, what might have been done better and my personal experiences working in Mexico. The format, specially adapted to Zoom, includes PowerPoint-based lectures and personal reminiscences.

Class sessions include: How to Study an Entire Ancient Society, The Origins of Olmec Civilization, Searching for a City Under a City, How Ancient Toltecs Lived, Hitchhiking on Someone Else's Project in a Tobacco Field, Searching for Ancient Writing, Organizing an International Art Exhibition and Retirement - How to Stay Active While Slowing Down.

**Z162**

**Inspecting Culture through the Lens of Ethnographic Filmmaking**

**Jan. 21, 28; Feb. 4, 11**  
**9:00-10:15 a.m.**

**Jiaqi Yu**

As avid learners of human culture, anthropologists are devoted to interpreting the deep meanings behind the kaleidoscopic cultural practices in our human societies. Those ceaseless endeavors to explore knowledge and insights give birth to ethnographic filmmaking, a visual manifestation of anthropological inquiries. In this course, we will first walk with those monumental figures in ethnographic filmmaking to discover their intellectual journey with this

## What our members are saying about OLLI online programs

"I love the travel, classes, supper club, but, most of all, the new friends I meet along the way. Everyone is so friendly, positive and adventurous. I have learned of places and subjects that I would never have considered on my own. My life is built around it. I even teach a class and marvel that anyone wants to hear what I have to say. I would be lost without them. What a great group!"

Betty H. Fields





new media; in the process, you will inspect and critique their research and storytelling technique and learn to think beyond the “lens” to produce knowledge about human culture. Furthermore, you will be exposed to some of the untraditional ethnographic films under the influence of modern cinema. Ultimately, you will learn to use the language of film to parse and redefine culture through your lens.



**Z163**  
**Understanding Medicare from Your Area Agency on Aging - an Unbiased and Reliable Local Source**

**Feb. 18, 25; Mar. 4, 11**  
**9:00-10:15 a.m.**

**Kayla Clark**

SHIP (State Health Insurance and Assistance Program) is funded by the Centers for Medicare and Medicaid Services (CMS), the federal agency that administers Medicare. This program is housed within the Area Agency on Aging in Alabama. They provide one-on-one counseling for Medicare benefits and options. West Alabama's SHIP program will provide this four-week intensive that includes all you need to know about navigating Medicare. We will cover Medicare 101, followed by intensives on Medicare Part D/Supplemental coverage and Medicare Part C (Medicare Advantage). Come learn from an unbiased source about your Medicare coverage options.

**Z164**  
**Canine Psychology 101**  
**Jan. 21, 28; Feb. 4, 11**  
**10:30-11:45 a.m.**  
**Russ Timkovich**

What is your pooch really thinking when it gives you that big slurpy kiss on the face? What does your dog think about that big hug you give them? Did dogs descend from wolves? What does a dog think when it looks at a rose? Are dogs inherently members of a pack? How did the human-canine relationship arise?

What does the MRI of a dog brain tell us? Is your dog right-handed or left-handed? What on Earth is “operant conditioning”? What are the differences between positive and negative reinforcement? We will explore these and similar questions to better understand what makes Fido tick. This is not a course in dog training, but the material may better equip you to live with a pet dog.

**Z165**  
**Medical Miscellanea**  
**Feb. 18, 25; Mar. 4, 11**  
**10:30-11:45 a.m.**

**Robert Pieroni, M.D., and Hanna Boge, B.S.**

We shall discuss a wide variety of medical topics, including lifesaving and longevity-enhancing medications and procedures. Also, potentially dangerous recommendations and practices will be emphasized. Interesting case reports, COVID-19 updates, health forensics and intriguing medical mysteries will be presented. Heroic acts by health care workers and members of the lay public in the development of therapeutic agents and vaccines will also be described.

**Z166**  
**Ways to Avoid the ER**  
**Feb. 11, 18, 25; Mar. 4, 11**  
**10:30 a.m.-12:00 p.m.**  
**Jennifer Ellinger**



Did you know many ER visits are avoidable? Learn the top reasons people over 50 visit emergency departments and discover ways to keep your health in check to avoid them. As a registered nurse with ER, ICU and office experience, your instructor will share real-life examples of ways her own patients have ended up in the ER and how they haven't. As she says, “Health is the new wealth!”

**Z167**  
**Line Dancing for the Experienced Dancer**  
**Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 4, 11**  
**10:30-11:45 a.m.**  
**Betty Fagen and Dell Ann Nichols**  
**Location: McAbee Activity Center,**  
**3801 Loop Rd., Tuscaloosa**

(Social distancing directives in place at the time of each course will be followed.)

This class encompasses many dance steps choreographed to all kinds of musical genres from country to rock and roll to rap. Dancing is not only good exercise but challenges your memory and gives a total body workout. It is a fun activity and a wonderful way to interact with others. Class Limit: 20.

**Z168****Back in the Day Narratives****Jan. 21, 28; Feb. 4, 11****10:30-11:45 a.m.****Khadeidra Billingsley**

In this course, students will reminisce on the good ole days as they compose four different genres of writing: poetry, profile, memoir and audio essay.

**Z169****UA Museums: Existing in the Virtual World****Feb. 18, 25; Mar. 4, 11****10:30-11:45 a.m.****Katherine Edge, Brandon Thompson, Lindsey Gordon, Rebecca Johnson**

COVID-19 presented some unique challenges to day-to-day life, but UA Museums quickly responded, moving to virtual formatting to be available to the community. The department developed the "Museums from Your Home" livestream program to stay relevant during the challenges of COVID, developing online content in the areas of science, history and archaeology, and providing comfort and a sense of normalcy. This course will examine how the Gorgas House Museum (B. Thompson), the Warner Transportation Museum (K. Edge) and Moundville Archaeology Park (L. Gordon) went virtual when the doors closed during the COVID-19 pandemic.

**Z174****Elder Legal Problems and Solutions****Feb. 18, 25; Mar. 4, 11****12:00-1:15 p.m.****Steve Wiggins**

This class will examine common legal issues encountered by seniors (and their families) and discuss available options and solutions.

**Z175****Do-Re-Mi: Music Theory is Key!****Jan. 21, 28; Feb. 4, 11, 18, 25****1:00-2:30 p.m.****Pat Long****Location: McAbee Activity Center****3801 Loop Rd. Tuscaloosa**

(Social Distancing directives in place at the time of each course will be followed.)

For many self-taught/beginning musicians, the idea of music theory seems daunting and even a little self-defeating. This course will remedy those fears by identifying the building blocks of music: note reading, timing, chord composition and more, into popular genres

**Z176****Stress-Busting Program for Family Caregivers****Jan. 21, 28; Feb. 4, 11, 18, 25; Mar. 4, 11****1:30-2:45 p.m.****Lauren Ballard**

The Stress-Busting Program for Family Caregivers provides caregivers the tools and strategies they need to take care of themselves. This program helps caregivers cope more effectively with the stress related to caregiving for someone with a chronic illness. Each session will consist of a combination of education, discussion, support and a stress management technique.

**Z177****Zoom Beyond the Basics Training****Feb. 4, 11, 18, 25****1:30-2:45 p.m.****Kathy Grissom and team**

You'll learn how to co-host an OLLI Zoom class as well as to host your own Zoom meetings whenever you like. We will cover topics such as: how to use virtual backgrounds; chat as a communication tool; advanced audio and video settings; how to schedule and conduct a Zoom meeting; how to use share screen, whiteboard and annotations; how to record; security and ways to stop Zoom bombing. Prerequisite: Must have your own Zoom account. Go to <https://zoom.us> to sign up for the free Zoom Basic Plan.

Share your class experience  
and upload photos to  
[facebook.com/olli.ua.edu](https://facebook.com/olli.ua.edu)



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## Thursday Bonus Programs

**Thursday weekly bonus programs open to the public are on Jan. 21, 28; Feb. 4, 11.**

### Z170

**Jan. 21 - Robert Kane; The Wright Brothers Civilian Flight School, Feb.-May 1910**

In February 1910, Wilbur Wright arrived in Montgomery, Alabama, looking for a suitable location for a civilian flight school to teach men how to fly their airplanes. A local businessman convinced Wilbur to select a nearby abandoned cotton plantation. Wilbur accepted the offer, and the Wright Brothers established the first civilian flight school in the United States near Montgomery. The school lasted only ten weeks, but in April 1918, the War Department selected the same location for an aircraft and engine depot. That installation has since grown into Maxwell Air Force Base.

### Z171

**Jan. 28 - Paul Dean; What's Happening to Our Forest: The History, Science and Future of Forestry in America, as Told by a Semi-Retired Forester**

Paul Dean will provide a colorful timeline of the impacts of European settlement upon our North American forest. He will explain how this once pristine continent of native old growth fell victim to the invasion of settlers with their axes, livestock and diseases, as they moved westward, exploiting forests until they were almost gone. A gruff outdoorsman president instituted the beginning of forestry in America.

### Z172

**Feb. 4 - Robert Kane; The Air Service in Alabama during the Great War**

Some Alabamians are familiar with the participation of three Alabama National Guard regiments in the Great War, but most are not familiar with the recently established Air Service in Alabama. In 1917, the Air Service established a flight training school at an airfield located southeast of Montgomery near present-day Pike Road. A year later, they added an aircraft and engine repair depot on the former site of the Wright Brothers civilian flight school. While the training field closed after the war and reopened during World War II, it is virtually gone, covered by private housing. However, the depot not only stayed open, it continued to expand to become Maxwell Air Force Base.

### Z173

**Feb. 11 - Matthew Gage; Archaeology of Alabama**

Alabama has an incredible archaeological record derived from over 13,000 years of occupation. From Paleoindian to Civil Rights, we will give a broad overview of the state's heritage and discuss some specific archaeological sites that highlight its incredible cultural diversity.

### Zoom Peer Basic

**1:30-2:30 p.m.**

Experience the online classroom by understanding Zoom. Come and learn tips on how to use Zoom. OLLI members will guide you through the basics in a one-hour training session. These programs are open to the community. Registration is required; select your date.

**Z180 Jan. 7**

**Z181 Jan. 14**

**Z182 Jan. 21**

**Z183 Jan. 28**

**Other dates may be added**

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## Pop-up Events

In our changing world, OLLI is adapting to meet the needs of our membership in a variety of ways. Activities and events are being planned for when it is safe and appropriate to gather and will be announced later in the spring. Watch your email and join us for these Pop-Up Opportunities!





# Let's Meet & Eat

## Tuesday Lunch Bunch in Birmingham

Enjoy fellowship and explore ethnic food and fine dining with OLLI friends. Register online at [olli.ua.edu](http://olli.ua.edu) or call Registration Services at 205-348-3000. The registration deadline is the Tuesday before the Lunch Bunch date. We will meet at the restaurant at 11:00 a.m. For more information, contact Diane Burrell, [ddburrell@charter.net](mailto:ddburrell@charter.net).

**Z201 - March 30 - Soho Social in Homewood**

**Z202 - April 20 - The Pita Stop in Cahaba Hts/Vestavia Hills**

**Z203 - May 4 - Chuy's at the Summit**

Social Distancing directives in place at the time of each Lunch Bunch will be followed.



# Let's Travel - Virtual and In-Person Trips

Registration is on a first come, first-served basis. Fees must be paid with registration. Cancellations may only be made by contacting Registration Services, 205-348-3000 or 866-432-2015. Refunds will not be issued for cancellations after the trip cancellation deadline. Substitutions are not allowed. If a field trip is full, you may contact the OLLI office to be placed on a wait list. If you have questions about the trip, contact the trip leader or call OLLI, 205-348-6482.

## Virtual Field Trip

**Z301**

**Abroms-Engel Institute for the Visual Arts (AEIVA)**

**Thursday, Feb. 18**

**2:00 p.m.**

Join us for a virtual tour at the Abroms-Engel Institute for the Visual Arts (AEIVA), the art museum at the University of Alabama at Birmingham. AEIVA opened in 2014 and hosts six to eight exhibitions per year. AEIVA's mission is to provide a cultural gateway that enriches and supports accessible learning, research and thinking for the UAB community, Birmingham and beyond through transformative and challenging exhibitions, engaging programming and purposeful collecting.

## In-Person Trips

Social Distancing directives in place at the time of each trip will be followed.

**Z302**

**Enjoy the Spring Flowers!**

**Friday, March 5**

**Trip Leader:**

**Kay Kelley, [kaykelley9@gmail.com](mailto:kaykelley9@gmail.com)**

- Meet at the entrance to the Botanical Gardens via your own transportation at 11:00 a.m.
- Fee: \$10 box lunch and drink
- Activity Level: Moderate – walking outdoors on paved paths

Walk the Gardens with OLLI friends at the Birmingham Botanical Gardens, 2612 Lane Park Road, Birmingham 35223. We will gather at the entrance to the gardens for a self-guided walk through the spring flower displays. If we have timed it correctly, we can enjoy the cherry blossoms in the Japanese Garden. We will have a box lunch in the Hill Garden. Please wear comfortable, appropriate clothing. Food selections and logistics will be communicated prior to the trip.

### **Z303**

#### **Admiring the Art in Montevallo Murals**

**Friday, April 2**

##### **Trip Leader:**

**Kay Kelley, [kaykelley9@gmail.com](mailto:kaykelley9@gmail.com)**

- Meet at the gazebo at Orr Park at noon, via your own transportation
- Fee: \$10 box lunch and drink
- Activity Level: Moderate – walking outdoors on paved paths and streets

Meet OLLI friends at Orr Park (the large gazebo on Park Drive) in Montevallo, at noon, on April 2, 2021, for a box lunch and a tour of the carved cedar trees. From the park, we will drive our own cars to downtown Montevallo to enjoy the art. There are three outdoor murals (Nurture Nature, Sister Cities and the Montevallo Historical Mural). Next stop, the post office to see “Early Settlers Weighing Cotton,” a 1938 WPA installation by William Sherrod McCall. There may be more arty experiences if time allows. Please wear comfortable, appropriate clothing. Food selections and logistics will be communicated prior to the trip.

### **Moundville Archaeological Park Inside and Out!**

### **Z304**

**Thursday, April 8**

**Arrive Park: 9:00 a.m.** (transportation on your own)

### **Z305**

**Thursday, April 8**

**Arrive Park: 1:00 p.m.** (Transportation on your own)

##### **Trip Leaders:**

**Dwight Lammon, [dwight.lammon@gmail.com](mailto:dwright.lammon@gmail.com)**

**Richard Rhone, [rrhone8@comcast.net](mailto:rrhone8@comcast.net)**

- Fee: \$10 guided tour
- Activity Level: Moderately difficult (lots of walking and standing)
- The University of Alabama’s Moundville Archaeological Park, 13 miles south of Tuscaloosa on Hwy 69, is a treasure trove of information about the Mississippian people who lived there some
- 800 years ago. Your time in the park will be divided between exploring the earthen mounds and other outdoor areas while birdwatching with Dwight and touring the museum with Richard. Each session will be divided in half and then swapped halfway

through. Learn the history and view the displays of artifacts found on site.

- Wear comfortable walking shoes and bring your camera and binoculars! Covid-19 masks and social distancing will be required if still needed.

### **Nova Scotia Fall Foliage Tour with OLLI and GoAhead Tours**

#### **See the Canadian Maritimes**

**August 6-14, 2021**

##### **OLLI Trip Leader:**

**Marilyn Nevin, [marilyn.nevin07@gmail.com](mailto:marilyn.nevin07@gmail.com)**

Sign up with a \$450 deposit payable to GoAhead Tours. You have until December 31 to cancel for any reason with a full refund.

Enjoy the culture and seaside beauty of the Canadian Maritimes, the rural scenery and rugged coastal landscapes, as you journey off the beaten path to discover one of Canada’s most storied regions. Uncover immigrant history, fascinating Acadian culture and the tranquil lifestyle of quaint fishing villages as you get to know Nova Scotia, New Brunswick and Prince Edward Island. Picturesque sea views, small-town charm and a colorful past collide on this breathtaking trip.

### **Z401**

#### **Cooking with Chef Chris Hastings, a James Beard Foundation Award Winner**

**February 16, 2021**

**12:00 p.m.**

**Fee: \$40.00**

Join Chef Chris Hastings, live on Zoom from the Hot & Hot kitchen, as he prepares recipes from his cookbook Hot & Hot Fish Club: A Celebration of Food, Family, Traditions.

### **Z501**

#### **Prerecorded Lectures**

Members may view prerecorded lectures in our digital library. Past lectures include 30 courses; see the complete listing on our website. When you register, you will receive a link with access to the complete library from your home computer.

# Spring 2021 registration is now open!

## Three convenient ways to register:

1. Online at [www.enrole.com/ua/jsp/](http://www.enrole.com/ua/jsp/)
2. Call Registration Services at 205-348-3000. Registration Services is open M-F, 8:00 a.m.- 4:45 p.m.
3. Mail in the OLLI Spring 2021 registration form. OLLI staff are happy to assist you. Please call 205-348-6482.

## Online registration is even easier and always available when you are ready to register.

1. Sign in or create a user account (first-time user).
2. In the left navigation pane, click Osher Lifelong Learning Institute (OLLI).
3. Select an option to be directed to the correct registration page. See screenshot below



## Frequently Asked Questions

### Once I register, how do I get the Zoom link for my class(es)?

A confirmation email will be sent with the class listings and Zoom links. If at anytime you need a link, contact OLLI at 205-348-6482.

### How do I connect using the Zoom link?

Simply click the Zoom link in the email to join the class. You will be in the waiting room until a co-host admits you to the class.

### Can family members or friends who live in another state participate?

Yes, registration is required to receive the link. Programs open to the public do not charge a fee; however, courses do require membership and course package fees to be paid.

### How many courses may I take per term?

You may take as many courses as you wish! The \$50 Course Package fee is for that term.

### Which programs are open to the public?

This spring, we have 20 programs open to the public. Mini-Medical School (8 sessions) on Tuesdays and Bonus Programs on Wednesdays (8 sessions) and Thursdays (4 sessions).

### What if I need help connecting?

The OLLI staff and co-hosts are happy to assist you. You may also register for the Zoom Basics Peer Training to be guided through the basics of Zoom. Check out more FAQs about Zoom on our website [olli.ua.edu/faqs-frequently-asked-questions-regarding-online-programming/](http://olli.ua.edu/faqs-frequently-asked-questions-regarding-online-programming/).

**Still have questions? Contact 205-348-6482 or email [olli@ccs.ua.edu](mailto:olli@ccs.ua.edu).**



# OLLI at UA Spring 2021 Registration Form

[ ] Dr. [ ] Mr. [ ] Ms. [ ] Mrs. Name (First) \_\_\_\_\_ (Last) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Address \_\_\_\_\_ Day Phone ( \_\_\_\_\_ ) \_\_\_\_\_

## Please circle your "Home Base"

Tuscaloosa Gadsden Greater Birmingham

### Annual Membership (\$50)

\$ \_\_\_\_\_

### Course Package (\$50)

\$ \_\_\_\_\_

All programs are online. Courses (membership and course package fee required.)

### Material Fee

(if applicable)

\$ \_\_\_\_\_

### OLLI Gift Fund

\$ \_\_\_\_\_

### OLLI Scholarship Fund

\$ \_\_\_\_\_

### TOTAL

\$ \_\_\_\_\_

## Method of Payment

[ ] Check [ ] Charge \$ \_\_\_\_\_ to my credit card:

Card# \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security/Verification Code \_\_\_\_\_

Authorizing Signature \_\_\_\_\_

Note: The University of Alabama is committed to complying with the Americans with Disabilities Act. Requests for accommodation of physical and/or dietary needs should be made at least 30 calendar days in advance of the program date. Please email your request to [janderson@ccs.ua.edu](mailto:janderson@ccs.ua.edu). OLLI is not responsible for any damage or personal injury sustained while a member or guest is participating in an OLLI sponsored activity either on or off the UA campus. A portion of the invoice amount for this program will go to the Capstone Lifelong Learning Foundation to support The University of Alabama College of Continuing Studies.

REGISTRATION IS FIRST COME, FIRST SERVED



Online Registration  
available via the  
internet at: [olli.ua.edu](http://olli.ua.edu)



Phone-in registration to:  
(205) 348-3000  
or 1-866-432-2015



Mail form and fee to:  
Registration Services  
College of Continuing Studies  
The University of Alabama  
Box 870398, Tuscaloosa, AL 35487-0398

## Mondays

- Z101 Wild Women in Opera
- Z102 National Parks and Public Lands
- Z103 Life Transitions Done Well
- Z104 Exploring New Discoveries in Science
- Z105 Wolves, Love, and Devils in the Basement:  
Actors on the American Frontier
- Z106 Foundations of Stress Management
- Z107 Talking about Books: UA Press and OLLI  
Book Club
- Z108 History in the Movies
- Z109 True Tales and Characters that Shaped  
Alabama
- Z110 Rivers of Alabama
- Z111 Reflections of U.S. History: The History of the  
U.S. Viewed Through the Librarians of  
Congress
- Z112 Unidentified Flying Object Incidents from  
1945 to the early 2000's
- Z113 Women with Nobel Laureate in Science
- Z114 iPhone, iPad, and Basic Computer Tutoring  
(Jan. 25—Feb. 8)
- Z115 iPhone, iPad, and Basic Computer Tutoring  
(Feb. 15 - Mar. 8)

## Tuesdays

- Z116 Educational Neuroscience
- Z117 Pandemic Economics
- Z118 Art & Literature of the Holocaust
- Z119 Making Theater Magic
- Z120 Introduction to Evolution

### OPEN TO THE PUBLIC - Mini-Medical School

- Z121 Jan. 19, The Practice of Hospital Medicine
- Z122 Jan. 26, Vaccines for Seniors
- Z123 Feb. 2, Celiac Disease
- Z124 Feb. 9, Heart Health
- Z125 Feb. 16, Hip and Knee Replacement
- Z126 Feb. 23, COVID-19's Impact on Seniors'  
Mental Health
- Z127 Mar. 2, Believe it or Not: A Guide to  
Consuming Medical Research for  
Non-Medical Folks
- Z128 Mar. 9, What Family Medicine Can Offer  
Patients

- Z129 Lost Chapters in American History
- Z130 Sleep Science: Sleep, Sleepiness, and Sleeplessness
- Z131 What about Folk Music?
- Z132 Europe in the Middle Ages, Part 2
- Z133 The Stuarts: A Dynasty of Accident, Intrigue, Rebellion, Unity, and, of course, More Blood
- Z134 Sustainable and Affordable Home Gardening
- Z135 The Wonderful World of Wolves
- Z136 The Music and Musicians of the Tuscaloosa Symphony Orchestra

## Wednesdays

- Z137 Memory Disorders: Identifying and Managing
- Z138 Music Appreciation: Music for Strings
- Z139 Antarctica: Personal Encounters with the White Continent
- Z140 Genomics and Biotechnology: Shaping the World of Tomorrow
- Z141 Franklin Roosevelt, Combatting the Depression and Winning the War
- Z142 Grandparenting and Mentoring - Old School Smarts and New School Skills!
- Z143 Exercise Habits for Artists, Writers & Procrastinators
- Z144 African American Women Writers
- Z153 Yoga for Healthy Aging
- Z154 The U.S. Navy and World War II
- Z155 Birds of the World
- Z156 The Great Convergence: Connecting World Cultures and Heritages
- Z157 Literacy Narrative of a Working-Class Kid
- Z158 The Political Brain - Nature, Nurture, or is it Something Else?
- Z159 Alabama Music: A History
- Z160 Zumba Fitness

## Wednesday Bonus Programs

- Z145 Jan. 20, The Rest of the Story - Greeks at UA
- Z146 Jan. 27, Back to School - Social & Physical Sciences 2021
- Z147 Feb. 3, How about a CUPPA?
- Z148 Feb. 10, Rotary Club of Tuscaloosa and Honor Flight
- Z149 Feb. 17, Why Public Art?
- Z150 Feb. 24, CSI Tuscaloosa - Forensic Art
- Z151 Mar. 3, I Want to Publish My Story
- Z152 Mar. 10, From the Quad to Bryant-Denny Stadium

## Thursdays

- Z161 Mexican Archaeology: What I Learned in the Past Sixty Years
- Z162 Inspecting Culture through the Lens of Ethnographic Filmmaking
- Z163 Understanding Medicare from Your Area Agency on Aging
- Z164 Canine Psychology 101
- Z165 Medical Miscellanea
- Z166 Ways to Avoid the ER
- Z167 Line Dancing for the Experienced Dancer
- Z168 Back in the Day Narratives
- Z169 UA Museums: Existing in the Virtual World
- Z174 Elder Legal Problems and Solutions
- Z175 Do, Re, Me: Music Theory is Key!
- Z176 Stress-Busting Program for Family Caregivers
- Z177 Zoom Beyond the Basics Training

## Thursday Bonus Programs

- Z170 Jan. 21, Wright Brothers Civilian Flight School, Feb-May 1910
- Z171 Jan. 28, What's Happening to Our Forest
- Z172 Feb. 4, The Air Service in Alabama during the Great War
- Z173 Feb. 11, Archeology of Alabama Zoom Basic Training
- Z180 Jan. 7, 1:30-2:30 p.m
- Z181 Jan. 14, 1:30-2:30 p.m
- Z182 Jan. 21, 1:30-2:30 p.m
- Z183 Jan. 28, 1:30-2:30 p.m

## Tuesday Lunch Bunch in Birmingham

- Z201 Mar. 30, Soho Social in Homewood
- Z202 Apr. 20, The Pita Stop in Cahaba Heights/Vestavia Hills
- Z203 May 4, Chuy's at the Summit

## Virtual Field Trip

- Z301 Abroms-Engel Institute for the Visual Arts, Feb. 18

## In-person Trips

- Z302 Mar. 5, Enjoy the Spring Flowers! \$10
- Z303 Apr. 2, Admiring the Art in Montevallo Murals, \$10
- Z304 Apr. 8, 9:00 a.m., Moundville Archaeological Park Inside and Out! \$10
- Z305 Apr. 8, 1:00 p.m., Moundville Archaeological Park Inside and Out! \$10

## Virtual Special Program

- Z401 Feb. 16, 12 p.m., Chef Chris Hastings, \$40

## Pre-recorded Lectures

- Z501 Pre-recorded lectures



# *OLLI Presentations* on **HEALTHY AGING**

Dr. Shotts, a practicing Physician at Tuscaloosa ENT/Fyzical, will be discussing Healthy Aging – MindBody Medicine in a series of OLLI lectures. Topics to be discussed include:

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- Balance Therapy
- Hearing Loss
- Hearing Aids vs. Dementia

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Sam Brasher  
The University of Alabama  
Class of 1957  
Capstone Village  
Alumni Chapter President

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**The OLLI programs at The University of Alabama, Auburn University and University of Alabama in Huntsville have come together during the pandemic to share some of our best academic courses.**

Course descriptions are listed in the catalog at their appointed day/time with logo. Registration is required by Jan. 26, 2021. You will receive a confirmation email once your registration is complete. The day before the program, you will receive an email with the Zoom link.

OLLI	Day	Title	Sessions	Date	Instructor
UA	Mon.	Wild Women in Opera	7	Jan. 25-Mar. 8	Elizabeth Aversa
Auburn	Mon.	Rivers of Alabama	7	Jan. 25-Mar. 8	Bill Deutch
UA	Tue.	Making Theater Magic	8	Jan. 19-Mar. 9	Ronald Terry Olivet
UA	Tue.	Lost Chapters in American History	8	Jan. 19-Mar. 9	Richard Rhone
Auburn	Tue.	What about Folk Music? Part II	7	Jan. 19-Mar. 2	Mike Reinke
Auburn	Tue.	Europe in the Middle Ages, Part 2	7	Jan. 19-Mar. 2	Joseph Kicklighter
UAH	Wed.	African American Women Writers	6	Jan. 27-Mar. 3	Valerie Seaquist
Auburn	Wed.	The Great Convergence: Connecting World Cultures and Heritages	7	Jan. 20-Mar. 3	Adeola Fayemi Susie Webster
UAH	Thurs	Ways to Avoid the ER	5	Feb. 11-Mar. 11	Jennifer Ellinger
UAH	Thurs	Do-Re-Mi: Music Theory is Key!	6	Jan. 28-Mar. 4	Pat Long