



OLLI

Osher Lifelong Learning Institute
SUMMER 2021

ALL ABOUT US

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

ALABAMA SHARES

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

ALABAMA OLLI DAY

Statewide celebration on August 20, 2021.

SEE YOU SOON

We are planning socially distanced in-person events.

WHAT'S INSIDE

Summer course schedule
Open to the public events
Semester trips and socials
Membership information
Learn about Francine Marasco

Tuscaloosa • Greater Birmingham • Gadsden

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Table of Contents



Francine Marasco: 15 Years and Counting	4
Meet Your Curriculum Chairs	5
All About OLLI	6
Becoming a Member	6
Registration Guidelines	6
Cancellations & Refunds	6
Support OLLI	7
Letter from Jennifer Hayes	8
Get Involved	9
What Are Online Courses	10
OLLI Day 2021	11
Open to the Public	12
Tuesday Courses	14
Wednesday Courses	16
Thursday Courses	20
Socials	23
Field Trips	26
Summer 2021 Registration Form	28
Summer 2021 Registration Instructions	29

15 YEARS AND COUNTING

Francine Marasco, who we all know and love as our “OLLI Mama” and a modern-day Lucy Ricardo, is always on the move. She brings the “now, not later,” “can, not can’t,” and “yes” attitude to every project. If you know Francine, she doesn’t accept no as an answer.

Francine is a founding member of Alabama OLLI Day and the Osher Lifelong Learning Institute at The University of Alabama. OLLI began in 2006, a semester earlier than planned, due in part to her hard work, dedication and determination for lifelong learning programming.

She currently serves as chair for OLLI Shares, which brings together three universities (UA, UAH and Auburn) to offer collaborative programs across the state. In the past, she has served as historian, vice president of curriculum (twice) and president.

Francine’s vast relationships and friendships are one of the reasons OLLI has been a star on the map for 15 years. With the help of her friend, Leanne Spencer, we now celebrate OLLI Day Alabama on August 20, as the first state with a proclaimed day for OLLI.

We are proud to be able to call Francine a friend of OLLI, and thank her for 15 years of true volunteerism and her spirit of giving. She says she gives back because, “OLLI makes a big difference in people’s lives, and members say things like, ‘It gives me a reason to get up in the morning.’”

Her legacy continues with the charitable gift annuity she instituted for OLLI and her continued service as a dedicated volunteer.



Meet Your OLLI Curriculum Chairs



Ann Prentice, Tuscaloosa Curriculum Chair

"I have served on the curriculum committee for two years, nearly one year as chair, and have been impressed by the willingness of community members to share knowledge, as well as, go virtual when we were unable to meet face-to-face."

Fun fact about Ann: "I hiked the Inca Trail to Manchu Picchu and arrived just as the sun set. I also walked the Great Wall of China on a windy day. With my late husband, we sailed a 30' sailboat 2,100 miles from the Chesapeake Bay to the island country of Dominica, built a house and lived there for more than three years. The world is truly a beautiful place."



Beth White, Birmingham Curriculum Chair

"The older I get, the more I realize how much there is to learn. OLLI has opened my eyes to worlds I never knew existed. Lifelong learning with OLLI friends has exponentially added to the quality of my life."

Fun fact about Beth: "In high school, I anchored our debate team of all freshmen, winning at regionals and advancing to the state tournament. The glow did not last long, as my first opponent was a senior, Diane Sawyer, yes that Diane, who promptly won hands down. Later, in college, I earned a degree in theatre and communications which prepared me for life as a professional florist and event planner."



Shirley du Pont, Gadsden Curriculum Chair

"I have been the curriculum chair for Gadsden OLLI for over a year. It is a pleasure to talk to volunteer instructors who are so willing to share their time and expertise. OLLI offers so much for everyone and has been an important part of my life for a number of years."

Fun fact about Shirley: "I love the stage and perform every chance I get."

OLLI Chapter Presidents

Tuscaloosa President

Philip Malone
philipgmalone@gmail.com

Birmingham President

Bob Kolar
rvkpe@yahoo.com

Gadsden President

Bill Haller
hallerw@bellsouth.net

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 more.

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
- The University of Alabama ACT Card

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.

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:

- **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.

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.

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.

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 is directed to providing transportation for an OLLI trip every other year. Through this gift, more than 100 people

have been afforded the opportunity to travel and see the kinds of things Dennis loved, like architecture. 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. As with most 501(c)(3) qualified nonprofit organizations, there are several ways to give to OLLI.

- Make a check to "OLLI at UA" and mail to OLLI at UA, Box 870398, Tuscaloosa, AL 35487.
- Effect a credit card transaction by telephoning OLLI Registration Services 205-348-3000.
- Go online to 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.



Greetings, OLLI friends!

As of mid-January 2021, I had the privilege of joining the OLLI family as the associate director of professional development and lifelong learning. In this role, I'll be working closely with the OLLI staff as well as our Professional Development and Conference Services team. Specifically with OLLI, my focus will be on the initiatives shared with you previously to increase membership; deliver dynamic, accessible educational content and programming; and provide exceptional customer service. I am excited to work alongside a wonderful staff and OLLI family to accomplish these goals together.

Thank you for your patience and enthusiasm as we all navigate new challenges and opportunities together. The year of 2020 pushed us to think outside the box, approach “things we’ve always done” in new ways and face our fears to jump feet first in utilizing new technologies. What a whirlwind of a year, but when I look at how we were able to remain connected and continue learning together (both in OLLI and in other spheres of life), I’m encouraged about where we will and can go in 2021.

Personally, the year of 2020 brought exciting life changes as my husband, Robert, and I welcomed our second little girl, Annie. Now as a family of four, we try our best to balance careers we both enjoy at UA, the nightly bath routines and tea parties surrounded by baby dolls and stuffed animals. If you ever want to join us for a tea party, we'll gladly add a chair to the table for you!

Roll Tide, Jennifer Hayes

Associate Director of Professional
Development and Lifelong Learning



GET INVOLVED

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 or 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 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
- Hands-on: roll up the sleeves with painting, photography, etc.
- Collaborative: 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 from guidelines provided by the facilitator, participants 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.

- 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.)
- When it is class time, use your device and click on the link or call.

Once you are connected, a host will allow you into the class.

All you need to use Zoom is a phone, tablet or computer. 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.

Classroom etiquette:

- If you plan to get up or move around, please turn your video off – again to avoid distraction.
- Keep your audio on mute to avoid distraction.

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.

We are here to serve you by offering basic Zoom peer-training. Register at 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>

ALABAMA OLLI DAY 2021



In 2020, August 20 was proclaimed as OLLI Day for the state of Alabama. Last year’s event was exciting and highlighted the citizens and OLLI programs in the state of Alabama. We want to thank Leanne Spencer and Francine Marasco for leading the first Alabama OLLI Day and our Governor, Kay Ivey, for proclaiming August 20 as OLLI Day. Please join us for another fabulous Alabama OLLI Day.

On August 20, 2021, the Alabama OLLI Day will consist of lectures, a breakfast social, a lunch with a special guest and an afternoon wine tasting. We are fortunate to have volunteer leadership from The University of Alabama at Huntsville, Nancy Darnell; Auburn University, Mary Burkhardt and Judy Jones; The University of Alabama, Tuscaloosa, Francine Marasco as our hosts.

Register for events by visiting olli.ua.edu or calling 205-348-3000.

For more information or questions, call the OLLI office at 205-348-6482.

Programs Open to the Public

These programs are complimentary. A Zoom link to access the course will be sent upon registration. For more information on how to register, see page 28.

TUESDAY BONUS PROGRAMS

**June 8, 15, 22, 29;
July 6, 13, 20, 27
12:00-1:15 p.m.**

Z105

June 8

Between Town and Gown

Kelly Fitts

Tuscaloosa's historic districts lie between The University of Alabama and downtown Tuscaloosa. They serve as a living example of our city's past and bridge our current and future lives. As a long-time resident and business owner, Kelly will tell us about the long history, current culture and what we need to know to understand complicated relationships that exist.

Z125

June 15

A Slice of Solace: A Pathway to Balance and Well-Being

Dr. James (Ed) Shotts

Come join Ed Shotts as he takes us through a "pathway" to well-being, involving balance and physical understanding of our bodies as we age. Life changes require us to adapt to everyday activities and reconsider how we approach our activities.

Z128

June 22

What Does Healthy Eating Really Look Like?

Carolyn Williams

What does it mean to eat a healthy diet? You're not alone if you've asked this. Carolyn Williams is a James Beard award-winner, dietitian and cookbook author who simplifies the science by breaking down what "healthy" really means when it comes to cooking, meal planning and shopping.

Z132

June 29

Polio: Rotary, Bill Gates, and the Epidemic

Bill Petty

Bill will discuss the history of the polio epidemic, past efforts made, the current status and the part Rotary and Bill Gates have played. Rotary is an international community that brings together leaders who step up to take on the world's toughest challenges, locally and globally. The eradication of polio is one of Rotary's long standing and most significant efforts. Along with our partners, we have helped immunize more than 2.5 billion children against polio in 122 countries. We have reduced polio cases by 99.9 percent worldwide, and we won't stop until we end the disease for good.

Z137

July 6

Georgia O'Keeffe: Letters, Paintings, and Photographs

Audrey McGuire

"I am Georgia O'Keeffe. I've always known what I wanted. When I was small, I played alone for hours and hours. I do things other people don't do." Hear the story of one of America's most famous artists. Her uniquely spirited artistic journey from the prairie of Wisconsin, to the plains of Texas, to the city of New York and to the Desert of New Mexico.

Z151

July 13

From College Recruits to Pro Players

Chase Goodbread

As a Tuscaloosan, Chase Goodbread lives in, what one article described as, the "hotbed" of college players, which serves him well as he covers college football and its top NFL prospects. Join Chase as he talks with us about how he came to this profession, his experiences and the process.

Z152

July 20

Need a Break from Retirement?

Jackie Wuska

Have you enjoyed retirement? Watched every season of "Midsummer Murders?" Taken long afternoon naps? Well, let Jackie Wuska, CEO of the United Way of West Alabama, tell you how to make retirement even more rewarding by getting reinvolved in our community...as it fits into YOUR schedule. As part of her job, Jackie helps advise and train non-profits to attract and use volunteers and board members. This will help you evaluate your strengths and interests and look at the needs of many local organizations that may need what you can give. Join us!

Z155

July 27

Theatre Tuscaloosa: Creative Pandemic Programming

Adam Miller

Despite health restrictions created by the coronavirus pandemic, Theatre Tuscaloosa continued to create programming that engages, enlightens and entertains its audiences and artists. Managing Director Adam Miller provides an overview of the challenges presented and the creative solutions employed to allow the theatre to continue pursuing its nonprofit mission safely. The discussion will include a behind-the-scenes look at programs, including Masterclass Mondays, Script Club, Virtual Season presentations/productions and an inside glimpse at the group's plans.

THURSDAY BONUS PROGRAMS

June 10, 17, 24

July 1

12:00-1:15 p.m.

Z124

June 10

The World through the Dime Store

Door: A Memoir

Aileen Henderson

A coming-of-age memoir evoking farm, mining and small-town life in Alabama's Tuscaloosa County as the world transitions from the Great Depression to World War II. Aileen Kilgore Henderson has published eight books and at 100 years old, she continues to write at her home in the deep woods of Tuscaloosa County.

Z127

June 17

My Time in the FBI

Mayor Ashley Curry

Looking back at my 25-year career in the FBI, which began in 1980, I feel my colleagues and I made a difference. My time included the Bruno/Food World extortion case, the Atlanta prison riot, the Judge Robert Vance murder and the abortion bombing/Eric Robert Randolph case. I will describe the "FBI family" and its qualities plus some instances of humor; A necessity of serving 25 years in law enforcement.

Z131

June 24

The Netherlands: A Country Below Sea Level Where the Past Meets the Future

James Lowery

The Netherlands is a fascinating country that deals daily with living below the North Sea level. It has dealt with water control and removal since the 1200s. At the same time, it depends on waterways for living, commerce and travel. It is a combination of old, new, past, future, rural and urban. It teaches many things the U.S can learn.

Z134

July 1

Tuxedo Junction: Alabama's Contribution to American Jazz

Tyler Malugani

As the country moved into the 20th century, a new style of music began to grip the nation: jazz. Created in New Orleans, it quickly spread to all corners of the United States. Birmingham became a hub of jazz music in the South, attracting talented and world-famous musicians to play in the famed Tuxedo Junction. This area of Birmingham not only inspired many jazz musicians, but it also played an important role in African American culture in Birmingham and was a welcome distraction to men who worked the intense jobs of local industry.

Peer to Peer Zoom Basics Open to the Public

June 8, 15, 22, 29

1:30-2:45 p.m.

Russ Timkovich

This one-hour session introduces you to Zoom features and how to connect for OLLI classes. Experience the Zoom classroom led by OLLI members.

Select one date:

Z106 June 8

Z126 June 15

Z129 June 22

Z133 June 29

If you need assistance before this group session, please call the OLLI office, 205-348-6482.

Tuesday Courses

Z101

Identity Theft

June 8, 15, 22, 29

9:00-10:15 a.m.

Ashley Ewing

Security data breaches are constantly in the news. Find out how they relate to you. In this four-week course, learn some of the common malicious tactics used to trick people into providing access to their personal information on phones, tablets and computers. We'll talk about how to recognize common phishing emails, how to secure your information and how to properly destroy electronic files before disposal or donation of old devices. Participants receive references in the event they ever fall victim to one of these schemes, and have all of their identity theft questions answered.

Z102

Vicious Villains in the Opera House

June 8, 15, 22, 29; July 6, 13, 20, 27

9:00-10:15 a.m.

Elizabeth Aversa

This eight-week course examines operas with awful villains as principal characters. We will explore music and videos of characters like Alberich in "Wagner's Das Rheingold and Mephistopheles in Gounod's Faust." Since most of our villains are male, we will explore the tenor, baritone and bass voices and hear from some of the world's "greatest villains." The stories of the operas will be provided, so prior background is not required.

Z103

Exploring New Discoveries in Science

June 8, 15, 22, 29; July 6, 13, 20, 27

10:30-11:45 a.m.

Philip Malone, Russell Timkovich

Come join us as we explore the latest news in science, based on several periodicals and online sources. Using articles and papers from these sources, we will examine what discoveries are happening in the world of science. Subjects will be presented on a basic level, so anyone interested in science can enjoy and learn. Russell Timkovich will teach a special class on how GPS, the Global Positioning System, works.

Z104

Little Known Events, People, & Battles of WWII

June 8, 15, 22, 29; July 6, 13, 20, 27

10:30-11:45 a.m.

James Simms

As with many momentous events, World War II consisted of thousands of interacting events and people. Only the very important events and people are covered in general terms and broad brushstrokes in classwork and history books. This class, and future sessions, will attempt to cover the lesser-known actions, events and people that made up the whole of World War II, in chronological order.

Z107

Scoundrels of Betrayal in Early America

June 8, 15, 22, 29

1:30-2:45 p.m.

Richard Rhone

The United States has its share of scoundrels in public life, but some of the more infamous were in our country's first half-century. We'll discuss the evil betrayals of four controversial scoundrels from the Revolutionary War through the War of 1812. Some you'll recognize, others perhaps not, but all share a treasonous legacy of plotting for their own personal gain.

Z108

Conspiracy Theories Throughout History

June 8, 15, 22, 29; July 6, 13 (6 sessions)

3:00-4:15 p.m.

Derrick Griffey

Conspiracy thinking has been a part of American society from the colonial period through present day. We often speak of conspiracy theory as an ominous, metastasizing force in modern history, but what exactly does this term mean? This class defines the phenomenon, sets it apart from mere theorizing, and follows it through various historical eras and contexts. We will analyze the history, reasoning, arguments and rhetoric and evaluate sources surrounding these theories. We'll also explore the social and psychological roots of this ideal system, the sources of its power and the underlying mythic structure common to all conspiracy theories.

Z109

Cold Blooded Neighbors

June 8, 15, 22, 29; July 6, 13, 20, 27

3:00-4:15 p.m.

Scott Jones

This course is an overview and introduction to reptiles and amphibians that live in Alabama. We will cover all the groups found in Alabama and talk about their role in the environment and how they impact people. We will go over identification tips for the six species of venomous snakes found in Alabama, but not any handling tips. You should always talk to a professional about handling and removing snakes. Even non-venomous snakes can bite and cause severe puncture wounds.

Z135

Aging Gracefully

July 6, 13, 20, 27

9:00-10:15 a.m.

Coordinator: Brian Cox

The Alabama Research Institute on Aging presents "Aging Gracefully," providing tips and guidance for ways to stay safe, happy and healthy, even in the COVID-19 era.

July 6: Donald Elswick:

Top 10 Safety Tips for Older Adults at Home

July 13: Jacob A. Mota:

Battling Aging with Resistance Training: A Scientific Approach

July 20: Lynn Snow:

Mindfulness for Self-Care: How to Create a Mindfulness Habit

July 27: Phatt Thaitrong, Seung Jung, Amy Ellis:

Eating Well in the COVID-19 Era

Z136

A Pawn in the Game: European Diplomacy & The Tragic Life of Mary, Queen of Scots

July 6, 13, 20, 27

12:00-1:15 p.m.

Keith Robinson

Mary, Queen of Scots (Mary Stuart/Mary I of Scotland) ruled Scotland from December 1542-July 1567. Only six days old when she became queen, the rest of her life would be dominated by other people and the ever-changing dynamics of European diplomacy. Mary was indeed a pawn on the European chessboard, moved about by events and forces she tried, but could not, control. We will examine the intrigue, politics and high royal drama behind the tragic life of Mary, Queen of Scots.

Z138

Canine Psychology 101

July 6, 13, 20, 27

1:30-2:45 p.m.

Russell Timkovich

What is your pooch really thinking when it gives you that kiss on the face? 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's brain tell us? Is your dog right-handed or left-handed? What 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 dog.

Z139

Terrorism: Domestic and International

July 6, 13, 20 (3 sessions)

1:30-2:45 p.m.

Randall Law, Amanda Campos, Lawrence Myers

Our world and our nation recently experienced cultism, conspiracy theory attacks and cybersecurity attacks. This course will cover an overview of the history of terrorism, the most important current threats and end with the psychology of terrorists, conspiracy theorists and cults.

Z140

Eating for a Healthy MIND

July 6, 13, 20, 27

4:30-5:15 p.m.

Christine Ferguson

Led by a registered dietitian, this four-week course will cover foundational nutrition concepts, debunk common food myths, dive deep into the MIND Diet for neuroprotection and build the bridge between convenience and healthy eating. This course will be designed to provide practical and realistic information to help you take charge of your health.

Wednesday Courses

Z110

Pet Life Café 360 – Exploring Human-Animal Bonds – Lifestyle, Lifespan and Lifecare

June 9, 16, 23, 30

9:00-10:15 a.m.

Bob Coulson

Are you a pet companion, pet parent, animal lover or care about someone who is? If so, this course is for you! Together we will explore what you need to know about pet companion lifestyle, lifespan and lifecare. You will take away surprising, new knowledge, skills and abilities about the human-animal bond. We explore end-of-life care, sacred narratives and compassionate care with family and friends. Yes, bring your pets or photos of your pets to show off and stay for the optional pet companion blessing too! Certified senior advisor and pet chaplain Bob Coulson (aka The Dog Father) is our human-animal bond experiences facilitator.

Z111

Why Have There Been No Great Women Artists?

June 9, 16, 23, 30

9:00-10:15 a.m.

Nadia DelMedico

In 1971, art historian Linda Nochlin asked the question, “why have there been no great women artists?” Her essay explored how art and social institutions throughout history prevented women from succeeding as artists, and how some women were able to document these barriers and become artists. This course will broadly explore the history of women in the arts. Each class will explore a different period of art history through study of prominent female artists of that period. The class will span a wide geographic and temporal range, from the Renaissance to contemporary United States, as well as a variety of media, from traditional oil paintings to paper collages.

Z112

Sleep Science: Sleep, Sleepiness and Sleeplessness

June 9, 16, 23, 30; July 7, 14 (6 sessions)

10:30-11:45 a.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. And lastly, we will touch on some of the 80 sleep disorders (e.g., insomnia, sleep apnea, narcolepsy, restless legs) and their typical treatments.

Z113

Berlin: More than a Capital

June 9, 16, 23, 30

10:30-11:45 a.m.

Raegen Lemmond

What do you know about Germany and specifically, Berlin? We will discuss its rich history and take a virtual visit to some of the sites.

Z114

Invitation to Read and OLLI Book Club

June 9, 16, 23, 30; July 7, 14, 21, 28

12:00-1:15 p.m.

Ann Prentice

NewSouth Books has invited five authors to discuss their books and answer your questions.

Carol Prickett and Jan Mercier will lead the Book Extravaganza on June 9 and the OLLI Book Club on June 30 and July 28.

June 9: Book Extravaganza - What have you been reading lately? We will exchange ideas and recommendations gleaned through our reading. Let’s talk, share, and compose a composite recommendation list...and just enjoy being with each other once more.

June 16: T.K. Thorne – Behind the Magic Curtain; Secrets, Spies, and Unsung White Allies of Birmingham’s Civil Rights Days

June 23: Ben Beard – The South Never Plays Itself: A Film Buff’s Journey Through the South on Screen

June 30: OLLI Book Club (fiction) - The Four Winds by Kristin Hannah

July 7: D.B. Tipmore – My Little Town; A Pilgrim’s Portrait of a Uniquely Southern Place

July 14: Laura Murray – Our Patriots; The Men and Women Who Achieved American Independence

July 21: Mike Bunn – Fourteenth Colony; The Forgotten Story of the Gulf South During America’s Revolution

July 28: OLLI Book Club (nonfiction) - In Faulkner’s Shadow: A Memoir by Lawrence Wells

Z115

Arab-Israeli Conflict: Origins to the Present
June 9, 16, 23, 30; July 7, 14, 21, 28
1:30-2:45 p.m.

Robert Kane

Perhaps the Arab/Palestinian-Israeli conflict is the longest running and most difficult problem of modern world history to solve. This course will introduce attendees to the origins, development and presence of this conflict.

Z116

Zentangle Series
June 9, 16, 23, 30
1:30-2:45 p.m.

Darla Williamson

Join certified teacher Darla Williamson for this four-week series where we will explore many exciting techniques in Zentangle, an easy-to-learn, fun and relaxing method of creating beautiful images by drawing patterns. Class limit: 25. \$15 supply fee

Z117

Late Victorian and Edwardian British Literature
June 9, 16, 23, 30
3:00-4:15 p.m.

Dave Murdock

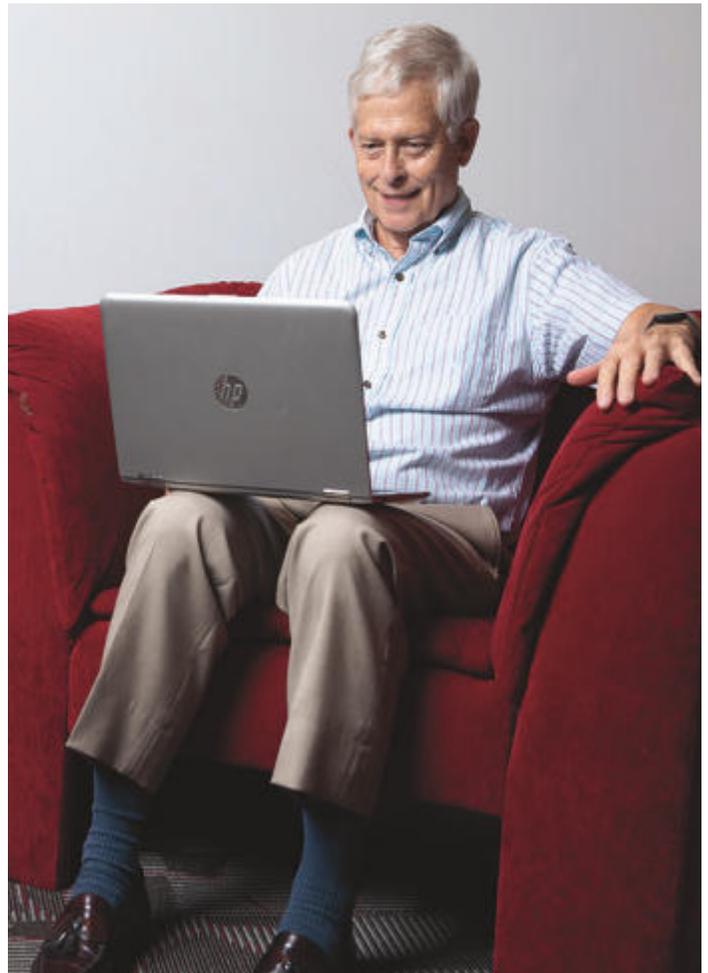
This course is a brief dive into late Victorian and Edwardian literature of Great Britain, roughly from 1870 to 1914, which coincides with English Realism. We’ll examine some of the big names of this period, including Rudyard Kipling, A.E. Housman, Joseph Conrad and W.B. Yeats.

Z118

Birmingham’s Early Professional Theatre
June 9, 16 (2 sessions)
3:00-4:15 p.m.

Ward Haarbauer

Part I: Cholera, Railroad Lanterns and a Gentleman - The theatres of Frank P. O’Brien. Part II: The Jefferson and the Others - The Great One and other theatres of the century.



Z119

Dance and Burn

June 9, 16, 23, 30; July 7, 14, 21, 28

6:00 - 7:15 p.m.

Angie Vitt

Let's Dance! The discipline of dance does burn calories and it is fun! Learn the basic steps to many different styles of dance as you move to all kinds of music such as Latin, Italian and American. Some of the styles include Disco, Country, Can-can, Salsa, Merengue, Flamenco fusion, Reggaeton, Afro beat, Calypso and more.

Z130

A Tale of Two Countries

June 23, 30 (2 sessions)

3:00-4:15 p.m.

Scott Turner

Why Kenya has maintained a relatively stable and increasingly democratic government, while next door Uganda has been an example of violence and authoritarian rule.

Z141

Life Café - Exploring, Discovering, and Co-Creating the "Covid Sage Within You"

July 7, 14, 21, 28

9:00-10:15 a.m.

Bob Coulson

In this interactive course we will co-create your muse of internal inspiration and external motivation each week. We will do this by cultivating the wise "Covid Sage Within You." If you are reading this, you are living history, as a COVID 19 Sage. In this course we will harvest the wisdom of the COVID Sage Within You. We will explore what inspires you and discover what motivates you to co-create your future. Together, we will do a life review, life repair, and life reframe of how we all wisely co-created with COVID-19. You will takeaway new insights about the COVID Sage Within You and others. This life café is for you if you want a refreshed peace of mind, heart, and spirit, or soul, to go forward.

Z142

Exploring Palaces of the British Royal Family

July 7, 14, 21, 28

9:00-10:15 a.m.

Farrah Hayes

In this course, we explore the British royal family's palaces and castles. We take a glimpse inside Buckingham Palace, Windsor Castle, The Palace of Holyroodhouse, The Tower of London, Kensington Palace, Balmoral Castle and Sandringham House. We explore the history, purpose and present role of these residences in the lives of the royal family and United Kingdom.

Z143

The Stars are Now Falling on Alabama - Again

July 7, 14 (2 sessions)

10:30-11:45 a.m.

Nancy Wright

Move over Atlanta and Hollywood! Alabama has moved into the film industry! This two-segment course will explore many aspects of the film industry, including feature films, documentaries, commercials, soundtracks and video games. Alabama has developed very lucrative tax incentives to encourage production companies to utilize the large talent pool, which includes not only actors but technical support persons. Alabama also has many attractive locations, from the mountains of north Alabama to the sandy beaches of the gulf.





Z144

Advance Art – William Morris Inspired Class

July 7, 14, 21, 28

1:30-2:45 p.m.

Darla Williamson

Using Tombow brush markers and borrowing from Zentangle, we will learn about William Morris and create a drawing in the style he made famous in the late 1800s that is still popular today! We will learn different brush marker techniques, and a booklet is included! Class limit: 25. \$35 supply fee (must register by June 8 so supplies may be ordered).

Z145

Your Smartphone: It's More than Just a Phone

July 7, 14, 21, 28

3:00-4:15 p.m.

Kay Kelley

Discover how you can use your smartphone instead of your wallet and PC. You always have your smartphone with you, so learn ways to use it for information or entertainment when you are away from home. In this course, we will discuss how to use your smartphone as a device to send emails, text messages and surf the web. We will review smartphone features such as the calendar, clock, Bluetooth and apps that are useful or just fun.

Z153

Armchair Travel

July 21, 28 (2 sessions)

10:30-11:45 a.m.

Travel with these seasoned travelers to some of their favorite destinations. You will go on an adventure without leaving your home and you won't need money, bags, passport or shots. Now, please buckle your seatbelts!

July 21; Francine Marasco – Dubai

July 28; Shirley du Pont – Hawaii

Z154

Tallulah and Zelda: Alabama Influencers in the Jazz Age

July 21, 28 (2 sessions)

10:30-11:45 a.m.

Nancy Wright

The first session will present the lives, loves and lifestyles of Tallulah Bankhead and Zelda S. Fitzgerald and their influence and contributions to the Jazz Age. In the second session, we will discuss Frances "Scottie" Fitzgerald, the only child of F. Scott and Zelda Fitzgerald; Harper Lee, author of "To Kill a Mockingbird"; And Bette Davis, not native to Alabama, but has Alabama connections. Both sessions will feature photos and scenes from the films discussed.

Thursday Courses

Z120

Automata - Mechanical Toys

June 10, 17, 24; July 1

9:00-10:15 a.m.

Tricia Schuster

Automata are mechanical toys. Join me in an art adventure that captures the magic of turning a handle to make your creation come to life. This class will give a brief history of Automata and teach about simple mechanisms. It is far removed from modern technology and only requires glue, pliers, following instructions and a little tinkering. We will create two Automata from kits and decorate them to your liking. Enjoy the thrill when art and engineering become friends. Class limit: 25. Materials fee: \$25. Members may pick up their kit from the OLLI office. If mailed, postage will be at the member's expense.

Z121

When Intensive Care Decisions Feel INTENSE!

June 10, 17, 24; July 1

9:00-10:15 a.m.

Sarah Pederson

This course is designed to provide an overview of basic medical options available to people as they navigate through a hospital care. Whether you or your loved ones regularly visit the hospital or just want to have more information to plan what you desire for your own health care, this class will provide information, examples and answers to questions you've always wanted to ask. The final week will offer tangible information to use for planning and include materials to help you complete or update your advance directives.



Z122

Interesting Medical Topics

June 10, 17, 24; July 1

10:30-11:45

Dr. Robert Pieroni and Hanna Boge

We shall discuss a wide variety of medical topics including potential life-saving medications and procedures as well as those that may be harmful. COVID-19 vaccines and therapeutics will be discussed and updated. Medical mysteries, forensics and interesting case reports will be described. Major, and often unrecognized, contributions to medicine by healthcare workers as well as the public will be underscored.

Z123

Conflict Management

June 10, 17, 24; July 1, 8 (5 sessions)

10:30-11:45 a.m.

Cathy Ayers

Conflict is inevitable. Understand your natural approach to conflict and learn other approaches that are more suitable for different situations. Topics include what influences have led you to approach conflict as you do, five basic approaches and communication skills and getting others to collaborate. Content is relevant for both those who dislike conflict and those who want more tools for dealing with conflict.

Z146**When Time is Short: The Final Days****July 8, 15, 22, 29****9:00-10:15 a.m.****Sarah Pederson**

We all face the death of loved ones. While centuries ago, it was common for loved ones to pass at home with family keeping vigil, the process now is often away from the home or relegated to hospice care. As such, many families are generally unaware of what actually happens to the body during this stage. This class is designed to walk through process of death, from early changes that occur months to weeks before death to final hours. Participants will receive recommendations for families in ways to participate in the process, as well as resources for grief and bereavement. This is a stand-alone course, but can be taken as an expansion to “When Intensive Care Decisions Feel Intense!”

Z147**Zoom Beyond the Basics****July 8, 15, 22, 29****9:00-10:15 a.m.****Carol Prickett, Kathy Grissom,
Susan Fleming, David Maxwell**

You know enough to get on a Zoom class or meeting, but there is so much more. We will cover topics such as: virtual backgrounds, chat, advanced audio and video settings, scheduling and conducting a Zoom meeting, share screen, whiteboard, annotations, recording, security, ways to stop Zoom bombing, polling and breakout rooms. Prerequisite: Must have your own Zoom account. Go to <https://zoom.us> to sign up for the free Zoom Basic Plan.



Z148

Fun with Flowers: A Tutorial

July 8, 15, 22, 29

10:30-11:45 a.m.

Beth White

This course will teach professional design principles and give practical advice from Beth White, a retired professional florist. Each week, you will learn techniques to execute a design to enjoy in your home. You will learn to “see” through the eyes of a designer. Learn the “why’s” and the “how’s” of creating beautiful bouquets.

Z149

Right-Sizing

July 8, 15, 22, 29

10:30-11:45 a.m.

Mary Harmon Young

While some think of the term ‘downsizing’ when referring to selling the family home after the kids fly from the nest, many people don’t actually buy a smaller home. They buy the ‘right’ home for the lifestyle they want! In this class, we will discuss: helping you determine if now is the right time to sell your home, how to obtain the best sale price for your home in today’s market, options for purchasing your next home and whether to start looking before or after you sell your home. Additionally, we will look at the many housing options for seniors and show you properties available in the Tuscaloosa area.

Z150

Beyond the Frame: American History through Artworks at SAAM

July 8, 15, 22, 29

12:00-1:15 p.m.

Rebecca Fulcher

Artists give us a diverse window on American life, reflecting the cultural, social and political climate of the time in which they work. Explore the question, “What does art reveal about America?” as you examine better- and lesser-known aspects of American history to reframe your perspective. Join study group leaders as they facilitate an examination of America through the eyes of diverse artists in four discussion-based sessions, each focused on a separate era: Early America, 1861-1941: 80 Years of Change and Post-War era.



Z501 PRERECORDED LECTURES

Members may view prerecorded lectures in our digital library which includes 32+ courses. Upon registration, you will receive a link with access to the complete library from your home computer.



LET'S MEET & EAT

Enjoy fellowship and fine dining with OLLI friends. Register online at 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.



Z201

June 18
The Olive Branch in Cahaba
Heights/Birmingham



Z202

July 16
Pizzeria GM in Homewood



Z203

August 20
Botanical Gardens Café
in Birmingham

OLLI SUMMER SOCIALS



Z604 Summer Drinks

Hosts: Shirley du Pont, Jan Mackey
Thursday, June 10, 2021, 2:00 PM

What is your favorite summer drink? Is it a refreshing tea? A colorful adult beverage? Join us for recipes and find out the favorite summer beverages of your OLLI friends!



Z605 Happy Birthday, America!

Hosts: Shirley du Pont, Jan Mackey
Thursday, July 8, 2021, 2:00 p.m.

Wear red, white, and blue, and join us for a discussion of your favorite July 4th patriotic celebrations and traditions.



OLLI Day

Host: Francine Marasco
Friday, August 20, 2021

Celebrate all things OLLI! Join us for an all-day event - from breakfast to wine-tasting!

JOIN US THIS FALL FOR OUR INFORMATION SESSIONS!

Attend in-person or virtually.



Tuscaloosa Fall Information Session and Open House

Bryant Conference Center and Virtual
Tuesday, August 10, 1:00-3:00 p.m.

Gadsden Fall Information Session and Open House

UA Gadsden Center and Virtual
Thursday, August 12, 1:00-3:00 p.m.

Birmingham Fall Information Session and Open House

Riverchase United Methodist Church and Virtual
Monday, August 9, 1:00-3:00 p.m.

To register for the information session and to receive the zoom link, please visit olli.ua.edu or call 205-348-3000. For more information regarding the open houses, please call the OLLI office at 205-348-6482.

***All events are subject to change based on state rules and regulations regarding COVID.

Summer 2021

Virtual Field Trips



Z302

Abroms - Engel Institute for the Visual Arts (AEIVA)

Thursday, July 15

Zoom 2:00-3:15 p.m.

Join us for a virtual tour of the Abroms-Engel Institute for the Visual Arts (AEIVA), the art museum at the University of Alabama at Birmingham. Christina McClellan will conduct a tour of a gallery exhibition featuring modern artists, including the works of Jiha Moon and Andy Warhol. 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.

Z301

A Tour of the New York Historical Society Museum

Friday, July 9

Zoom 10:30-11:30 a.m.

OLLI host: Peggy Hamner (sswims2001@gmail.com)

Cancellation Deadline: Friday, June 29, 2021

Fee: \$10.00 guided presentation

Enjoy this interactive tour via Zoom of New York's oldest museum, open since 1804. In this live, interactive presentation, a Historical Society Museum docent will share with us a PowerPoint show on selections from its four-century collection of objects and art. You will hear the stories behind some of its most treasured pieces and ask questions through voice and live chat during the program. What a wonderful way to take a short visit to the Big Apple!



OLLI at UA Summer 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.
(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. 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



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

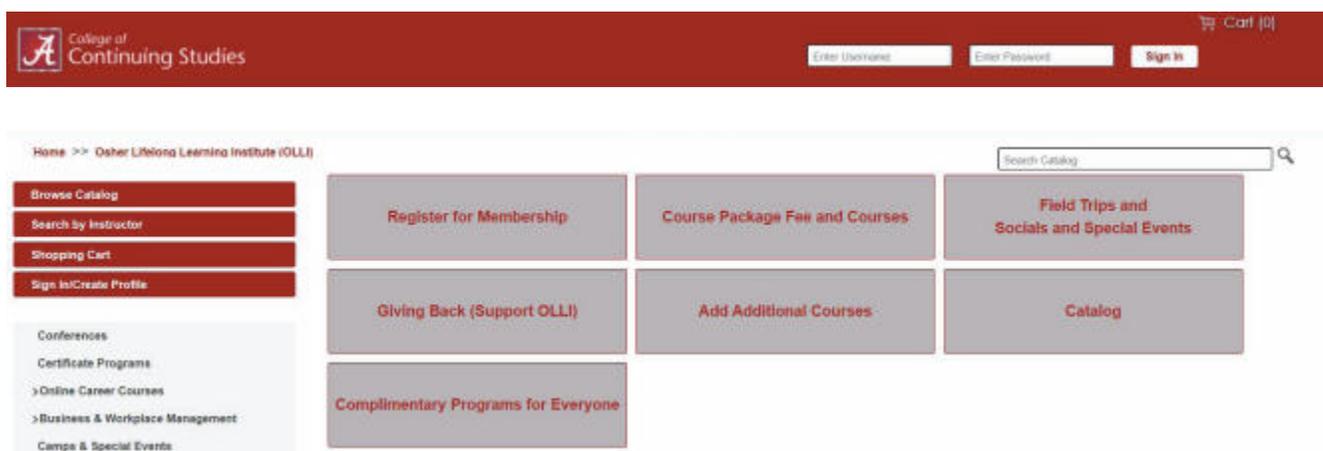
Summer 2021 registration is now open!

Three convenient ways to register:

1. Online at 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 Summer 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 along with the class listing and Zoom link. Please keep this email to reference the link for each class each week.

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. Some courses may have additional fees.

Which programs are open to the public?

This summer, we have 16 programs open to the public: Zoom Basics (4 sessions), Tuesday Bonus Programs (8 sessions), Thursday Bonus Programs (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/.

Still have questions? Contact 205-348-6482 or email olli@ccs.ua.edu.

OLLI SUMMER COURSES

All programs and courses are online
Registration is Required



TUESDAY COURSES

Peer to Peer Zoom Basics

- Z106 June 8
- Z126 June 15
- Z129 June 22
- Z133 June 29

- Z101 Identity Theft
- Z102 Vicious Villains in the Opera House
- Z103 Exploring New Discoveries in Science
- Z104 Little Known Events, People, & Battles of World War II
- Z107 Scoundrels of Betrayal in Early America
- Z108 Conspiracy Theories Throughout History
- Z109 Cold Blooded Neighbors
- Z135 Aging Gracefully
- Z136 A Pawn in the Game: European Diplomacy & The Tragic Life of Mary, Queen of Scots
- Z138 Canine Psychology 101
- Z139 Terrorism: Domestic and International
- Z140 Eating for a Healthy MIND

TUESDAY BONUS PROGRAMS

- Z105 June 8: Kelly Fitts - Between Town and Gown
- Z125 June 15: Dr. James (Ed) Shotts - A Slice of Solace: A Pathway to Balance and Well-Being
- Z128 June 22: Carolyn Williams - What Does Healthy Eating Really Look Like?
- Z132 June 29: Bill Petty - Polio: Rotary, Bill Gates, and the Epidemic
- Z137 July 6: Audrey McGuire - Georgia O'Keeffe: Letters, Paintings and Photographs
- Z151 July 13: Chase Goodbread - From College Recruits to Pro Players
- Z152 July 20: Jackie Wuska - Need a Break from Retirement?
- Z155 July 27: Adam Miller - Theatre Tuscaloosa: Creative Pandemic Programming

WEDNESDAY COURSES

- Z110 Pet Life Café 360 - Exploring Human-Animal Bonds - Lifestyle, Lifespan, and Lifecare
- Z111 Why Have There Been No Great Women Artists?
- Z112 Sleep Science: Sleep, Sleepiness and Sleeplessness
- Z113 Berlin: More than a Capital
- Z114 Invitation to Read and OLLI Book Club
- Z115 Arab-Israeli Conflict: Origins to the Present
- Z116 Zentangle Series
- Z117 Late Victorian and Edwardian British Literature
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- Z130 A Tale of Two Countries
- Z141 Life Café - Exploring, Discovering, and Co-Creating the "Covid Sage Within You"
- Z142 Exploring Palaces of the British Royal Family
- Z143 The Stars Are Now Falling on Alabama - Again
- Z144 Advance Art - William Morris Inspired Class
- Z145 Your smartphone: It's more than just a phone
- Z153 Armchair Travel
- Z154 Tallulah and Zelda: Alabama Influencers in the Jazz Age

Z501 PRERECORDED LECTURES

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THURSDAY COURSES

- Z120 Automata - Mechanical Toys
- Z121 When Intensive Care Decisions Feel INTENSE!
- Z122 Interesting Medical Topics
- Z123 Conflict Management
- Z146 When Time is Short: The Final Days
- Z147 Zoom Beyond the Basics
- Z148 Fun with Flowers: A Tutorial
- Z149 Right-Sizing
- Z150 Beyond the Frame: American History Through Artworks at SAAM

THURSDAY BONUS PROGRAMS

- Z124 June 10: Aileen Henderson - The World through the Dime Store Door: A Memoir
- Z127 June 17: Mayor Ashley Curry - My Time in the FBI
- Z131 June 24: James Lowery - The Netherlands A Country Below Sea Level Where the Past Meets the Future
- Z134 July 1: Tyler Malugani - Tuxedo Junction: Alabama's Contribution to American Jazz

VIRTUAL FIELD TRIPS

- Z301 A Tour of the New York Historical Society Museum, Friday, July 9, \$10
- Z302 Abroms - Engel Institute for the Visual Arts (AEIVA), Thursday, July 15

Tuesday Lunch Bunch in Birmingham

- Z201 June 18 - The Olive Branch in Cahaba Heights/Birmingham
- Z202 July 16 - Pizzeria GM in Homewood
- Z203 August 20 - Botanical Gardens Café - Birmingham

Virtual Socials

- Z604 Summer Drinks Thursday, June 10, 2021, 2:00 p.m
- Z605 Happy Birthday, America! Thursday, July 8, 2021, 2:00 p.m.
- OLLI Day In-person and virtual, Friday, August 20, 2021

Mark Your Calendar!

OLLI Annual Meeting and Open House May 6, 2021 1:00 p.m. - 3:00 p.m.
Join us for a year of reflection and insights into the future.

Let us help you register!

Join OLLI staff to get help with registration.
OLLI Staff have dedicated May 10, from 10 a.m.-2 p.m., to help you with online registration.
Call 205-348-6482 or visit the OLLI office.

Intro to OLLI - Virtual

Some questions that you may have about OLLI will be answered specifically for you!

Open to the public
Register today by calling 205-348-3000
Have Questions about What is OLLI?
Join us on August 3, 1 p.m.

- | | |
|---|-------------------------------------|
| 1. What is lifelong learning? | 4. How do I get involved with OLLI? |
| 2. What does OLLI stand for? | 5. Is there a cost? |
| 3. How easily accessible is this program? | 6. Are there scholarships? |



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:

- Fall Prevention
- 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

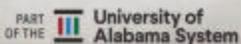


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