

Majority of classes begin the week of September 20 – 24th and end the week of November 15-19th. **There will be no OLLI classes the week of October 4-8th at the Lexington Hotel, Jule Collins Smith Museum of Fine Art, and HealthPlus Fitness Center.** The Jan Dempsey Art classes will meet that week.

ADVANCED WATERCOLOR AND DRAWING – A10401

(Cindy Mask, Instructor; Thursday 9:00-11:00 a.m., Jan Dempsey Community Arts Center)

Students are encouraged to engage in activities which explore elements of design and demonstrate how use of single medium can lead to multiple results. Students with experience in drawing and/or painting are encouraged to extend their creative options. Class meets for 7 sessions starting Oct 7, 9-11a.m. at Jan Dempsey Art Center. The fee is \$65 payable to Auburn Arts Association at first meeting. Materials list is available. To register, call Cindy at 444-4308 or email at maskcyn@auburn.edu.

ADVENTURES OF TOM SAWYER: CELEBRATING MARK TWAIN'S POPULAR NOVEL – A10402

(Margaret Kouidis, Presenter; Oct. 26-Nov.16, Tuesday 2:30-4:00 p.m., Lexington Hotel)

Our reading of *The Adventures of Tom Sawyer* (1876) participates in centennial tributes to Twain, including the publication of his unabridged autobiography. Keeping in mind the man who was himself a prototype for Tom, our discussion takes up Twain's genius as story teller, humorist, and social critic. *Tom Sawyer* may be a boy's adventure book (Twain himself couldn't decide if it was that), but the Mississippi River dreamscape it remembers is rife with currents of physical violence and social injustice. St. Petersburg in the 1830s is a boy's paradise that also anticipates the darker world of "Huck Finn." Text: *The Adventures of Tom Sawyer*.*

ART AND ARCHITECTURE – A10403

(Philip Fretwell, Presenter; Tuesday, Sept. 21-Oct.19, 2:30-4:00 p.m., Jule Collins Smith Museum of Fine Art)

Explore 200 years of art and architecture with Auburn architect Philip Fretwell. Learn about historical theories that shaped architectural design. Discover how philosophies, schools of thought, and artistic perceptions have influenced architectural, artistic movements. Ponder how art and architecture are related in this four week course. Study the lives and works of masters of modern architecture, through slides and lecture. Learn about Corbusier, Mies van der Rohe, Gropius, Aalto, Saarinen, Neutra, Schindler. Study Frank Lloyd Wright, his beginnings, his middle years, and his later works. By studying these masters, and viewing photos of their buildings, discover their core values and visions. Class members are welcome to bring books from their collections to share.

BEGINNING WATERCOLOR – A10404

(Cindy Mask, Instructor; Thursday 1:00-3:00 p.m., Jan Dempsey Community Arts Center)

Students learn the basics of watercolor; brush technique, value and color-mixing. Learn about simple composition, working with still life and landscape. Materials provided for first class. Class meets 7 weeks, starting Thurs. Oct 7, 1-3 pm at Jan Dempsey Art Center. Fee payable to Auburn Arts Association is \$65 at first class, and also a materials list will be available. Call Cindy at 444-4308 or email at maskcyn@auburn.edu to register.

BOATS ON THE MISSISSIPPI – A10405

(Margie Fitzpatrick, Presenter; Oct 12-19 only, Tuesday 2:30-4:00 p.m., Lexington Hotel)

In late 1700s and most of 1800s, the only highways of our country were its rivers. The major highways for a large part of country were the Mississippi River and its tributaries. Development of the United States depended on travel and commerce on these rivers. Of course, boats were essential. In two weeks we'll look at various boats used, and relive the glamorous (and not so glamorous) time when these were so important. Discuss causes of decline, but certainly not the end, of the use of the rivers for travel and commerce.

BOOKS THAT HAVE MADE HISTORY – A10406

(Jacob Dane & Bill Chansler, Presenters; Monday 2:30-4:00 p.m., Lexington Hotel)

DVD lecture course, Professor J. Rufus Fears presents his choices of some of the most essential writings in history. These books have shaped minds of great individuals, who in turn have shaped events of historic magnitude. From the *Aeneid* and the *Book of Job* to *Othello* and *1984*, selections range in time from 3rd millennium B.C. to the 20th century, and in locale from Mesopotamia and China to Europe and America.

CONSERVATION CONVERSATIONS, PART I – A10407

(David Newton, Presenter; Monday 12:45-2:15 p.m., Lexington Hotel)

Variety of important conservation topics will be addressed by knowledgeable guest speakers, using computer presentations and DVDs. Among these are water quality and quantity (Alabama and global), water monitoring by citizens, Alabama's public lands (especially Forever Wild and state parks), frog health, endocrine hormone disruptors, green buildings, natural gas production, ocean acidification, and glacial "health." Time permitting, current conservation issues in regulatory arena considered.

CURRENT ECONOMIC TOPICS – A10408

(Sark Kavookjian, Presenter; Monday 10:15-11:45 a.m., Lexington Hotel)

Member-led, member-driven discussion group dealing with "Everything you wanted to know about economics, but were afraid to ask." Topics will be selected by the group based on current events. Newspapers, magazines, and television will be our sources for discussion. No text.

DRAUGHON SEMINARS FEATURING *THE ENCYCLOPEDIA OF ALABAMA* – A10409

(Maiben Beard, Presenter; Tuesday 2:30-4:00 p.m., Lexington Hotel)

Join guest lecturers from the Caroline Draughon Center for the Arts and Humanities for a series of talks on a variety of topics including the *Encyclopedia of Alabama*, naturalist Philip Henry Gosse, celebrated author Albert Murray. Each week features a different professor discussing a specific topic from her/his area of expertise.

ENGINEERING TRIUMPHS AND TRAGEDIES – A10410

(Jim Barber, Presenter; Monday 8:30-10:00 a.m., Lexington Hotel)

Course examines some great accomplishments of the science and art of engineering and the dark tragedies engineering can bring when people, equipment, nature, science and politics (they show up here too!) get cross-threaded and misaligned. Open class discussions emphasized and encouraged with particular attention to on-going tragedy of BP Deepwater Horizon Oil blowout and the near collapse of our national infrastructure. There may be guest speakers for these subjects.

FRENCH CONVERSATION, SECOND YEAR – A10411

(Paul Koudis, Presenter; Tuesday 10:15-11:45 a.m., Lexington Hotel)

Continuation of First Year Conversational French I, II, and III. Students continue to develop their conversational skills, strengthen and refine pertinent grammatical topics. Based on reading of practical and general interest. Minimal homework. Suggested text, available at first class, \$6. Instructor will furnish other readings of particular interest.

FROM ANONYMOUS TO THE GORILLA GIRLS, A SURVEY OF WOMEN ARTISTS – A10412

(Terry Rodriguez, Presenter; Tuesday 12:45-2:15 p.m., Jule Collins Smith Museum of Fine Art)

Quick! Name two famous women artists --other than Georgia O'Keefe and Mary Cassat. Which woman artist was the first to receive commissions for her work? Which woman artist travelled to Surinam to draw insect, plant and animal life? Who said, "Anonymous was a woman?" Why are women running around New York City wearing gorilla masks? Many questions can be posed about women in the history of art. Learn the answers and see the art. Decide for yourself whether, indeed, there are any great women artists.

GLOBAL UPDATE: POLITICAL, ECONOMIC, FINANCIAL, AND MILITARY VIEWPOINTS – A10413

(Carl Thompson & Bob Hayes, Presenters; Wednesday 10:15-11:45 a.m., Lexington Hotel)

Guest lecturers cover different aspects of events and conditions which affect our daily lives, from economic, political, financial and military viewpoints. Lecturers include Dr. Keivan Deravi, Professor, Dept. of Economics, AUM and Special Assistant to the Provost, AU, who will discuss economic impact of Gulf oil problem on Alabama; Colonel David O'Meara, USAF, Air War College Specialist on Israel and its neighbors; Gary Fuller, Mayor of Opelika, who will discuss problems of meeting expectations of citizens during current period of dwindling resources.

GREAT FIGURES OF THE NEW TESTAMENT – A10414

(Lee Hermes, Presenter; Monday 10:15-11:45 a.m., Lexington Hotel)

In entertaining informative DVD lectures, Professor Amy-Jill Levine tells us things we may not have noticed, or known, about many folk in the New Testament. We'll hear about John the Baptist; the Virgin Mary; Joseph, the Magi & shepherds; Peter, John & James, Zebedee's sons; Martha, Mary & Lazarus; "Doubting" Thomas; the Gentile Mother; the Good Samaritan & Prodigal Son; the Samaritan Woman & Mary Magdalene. Winter term we will view and discuss the last 12 lectures. Purchase of booklet suggested.

GREAT MASTERS OF MUSIC, PART IV – A10415

(Jane Brown, Presenter; Jack Brown, Coordinator; Tuesday 10:15-11:45 a.m., Lexington Hotel)

Continuation of DVD lectures by Professor Robert Greenberg covers the lives of Igor Stravinsky (1882-1971) and Dmitri Shostakovich (1906-1975). Stravinsky's life progressed from fin de siècle Czarist Russia to Southern California in 1960s. His musical career is a one-man compendium of compositional styles and techniques. Symphonies and string quartets of Shostakovich are mainstays of the repertoire and we will hear gripping accounts of the political circumstances under which they were composed.

HEALTHPLUS WELLNESS - A10416

(Emily Ansick, Instructor; Tuesday and Friday 1:00-2:30 p.m., HealthPlus Fitness Center)

Like to maintain your fitness, ideal weight, and feel good for the rest of your life? Learn how to accomplish these goals by increasing your knowledge of exercise and nutrition. Twice weekly sessions at HealthPlus Fitness Center on Gatewood Drive. Sessions consist of seminars, fitness assessments, exercise equipment orientation, group exercise classes. Led by qualified fitness specialists, a nutritionist, and group exercise instructors. Class free for HealthPlus members; no additional waivers or releases needed. Non-members must pay \$49 class fee, sign a liability waiver, and have medical release signed by personal physicians. Additional forms for participation should be picked up at HealthPlus and completed prior to start of class.

HOW TO SAFELY NAVIGATE YOUR RETIREMENT IN THESE TURBULENT TIMES – A10417

(Susan Moore, Presenter; Carl Thompson, Coordinator; Wednesday 8:30-10:00 a.m., Lexington Hotel)

For retirees, the world as we know it has been turned upside down. Risks, volatility and turbulence have increased substantially. Investing strategies that worked from 1980-2000 have not worked since then. The financial crisis has exposed the risks and flaws now inherent in our system. What's a retiree to do? Start by getting educated about the financial risks. Course focuses on various risks and different strategies and theories of coping with those risks.

HUMANITY IN THE MIDST OF WAR – A10418

(Leigh Warren, Presenter; Wednesday 10:15-11:45 a.m., Lexington Hotel)

In a world where warfare and civil strife are a daily reality for millions, International Humanitarian Law (IHL) provides a framework for protection for civilians and combatants alike. The conduct for warfare as embodied by IHL is laid out in the Geneva Conventions of 1949. The American Red Cross has a unique mandate to educate American public about guiding principles and framework of IHL as they apply to the protection of members of the armed forces, including prisoners of war, and civilians. To learn more, we invite you to enroll in Humanity in the Midst of War: Introduction to International Humanitarian Law. Introductory course is intended to raise awareness about the Geneva Conventions, the basic rules of IHL and role of the Red Cross during armed conflict to implement IHL.

INSIDE AUBURN ATHLETICS – A10419

(Carl Thompson & Latisha Durroh, Presenters; Monday 2:30-4:00 p.m., Lexington Hotel)

During Auburn sporting events, each of us proudly say "War Eagle." This course offers the chance to hear from the people on the front lines of Tigers athletics. Hear from the experts ranging from coaches from a variety of sports to athletic department officials that make Auburn sports the spectacle it has become.

KARATE FOR SENIORS – A10420

(Robert Martin, Instructor; Wednesday 9:00-10:00 a.m., Lexington Hotel)

New participants welcome as we continue to focus on history, tradition, philosophy, application of classical Japanese Karate-do (Empty Hand Art). Sessions divided into two distinct segments. First, learn origins of karate from Okinawa to Japanese mainland into modern era. Second, get training in basic blocks, punches and kicks, become familiar with basic Kata (prearranged "forms"). All activities are age-appropriate, strictly non-contact, non-competitive. Any loose, comfortable clothing is suitable. Karate uniform (Gi) recommended but not required. Sensei Robert is AU HPER Karate instructor. Call the instructor at 334-750-9774 for more information.

KI TRAINING – A10421

(Robert Martin, Instructor; Wednesday 8:30-9:00a.m., Lexington Hotel)

Ki is a system of physical training, philosophy, preventative and therapeutic health care, Japanese equivalent to Chinese Tai Chi and Chi Kung, the slow-motion, "internal" martial arts. Ki training is intended to increase flow of energy through the body. Exercises executed at a slow, rhythmic pace, with emphasis on correct breathing and general limbering of the body. You

should experience increased stamina, better digestion, improved circulation, more restful sleep, balanced internal energy, and reduced anxiety. Any loose, comfortable clothing is suitable. Call the instructor at 334-750-9774 for more information.

LEARN TO DRAW – A10422

(Cindy Mask, Instructor; Tuesday 1:00-3:00 p.m., Jan Dempsey Community Arts Center)

Learn to accurately recreate on paper what appears 3-dimensional. Students learn to measure proportions and use value to depict form. Some lessons are based on book *Drawing on the Right Side of the Brain*, (text helpful, but not required). Cost is \$70 payable to the Auburn Arts Association at first class, at which time materials list will be provided. Classes meet at Jan Dempsey Art Center, Tues. 1-3 p.m., starting Oct 5, 7 weeks. To register, call Cindy at 444-4308 or email at maskcyn@auburn.edu.

LEARNING FROM WORLD CULTURES – A10423

(Nighet Ahmed & Mary Carol Moran, Presenters; Monday 12:45-2:15 p.m., Lexington Hotel)

Join us in learning about variety of cultures around the world. Explore aspects of culture such as food, marriage, child-rearing, education, religion, music, art, the role of government. Each week focuses on a different country, starting with the US, Canada, Pakistan, and Mexico. Bring your ideas for following four weeks. This is a discussion group, not a reading, video, or lecture class. Those who have experienced living in different cultures are invited to come and share their perspective. Let's learn from each other!

LINE DANCING – A10424

(Bonnie Stauffer, Instructor; Sept. 22 & 29, Nov. 3 & 10 (4 sessions); Wednesday 10:15-11:45 a.m., Lexington Hotel)

Sneak in a little extra physical activity and join us for four sessions of 'no partner required' line dance. You can attend one class or all four, the choice is yours. Each class will consist of warm-up, and learning and dancing of favorite selected dances. Wear smooth soled shoes, and/or cut off the toe box and heel of an old pair of socks, so you create a "spat" to wear over your preferred shoes. Be prepared to tune-up your mind-body connection, and be prepared to laugh if/when the connection doesn't work.

LOCATION, LOCATION, LOCATION: A THEMATIC INTRODUCTION TO GEOGRAPHY – A10425

(Sonny Dawsey, Presenter; Tuesday 8:30-10:00 a.m., Lexington Hotel)

Introduction to contemporary thematic geography. Location is very important to the way people interact with each other and with physical environment. Geography deals with two broad areas: relationship between people and their physical environment, and importance of space (meaning location, not stars or universe) in relation to human activities. Includes: origins of the discipline of geography, Age of Exploration, map use and analysis, physical environment, spatial patterns of social and economic activity, population distributions, modern technology used in geography, examples of regional geography. Presenter has 34 years experience and knowledge as AU Professor of Geography. PowerPoint presentations with images and diagrams illustrate the lectures, followed by time for open discussion.

MARKETING 101: PAST, PRESENT...FUTURE? – A10426

(Ford Laumer, Presenter; Tuesday 12:45-2:15 p.m., Lexington Hotel)

What is marketing? How and why did marketing develop? Does marketing create value for consumers and organizations? What does marketing do? Join us in examining these and other questions. Daily newspapers and TV programming will be utilized, exclusively in lieu of a "boring textbook."

METEOROLOGY – A10427

(Charlotte Ward, Presenter; Monday 8:30-10:00 a.m., Lexington Hotel)

Everybody talks about it, nobody does anything about it, but if you take this class, you will at least know what you are talking about! Meteorology introduces us to the terms we hear and processes we observe every day as weather: wind, clouds, fronts, storms, and the forces behind them - how to read the signs, and even make pretty good predictions.

MOVIES: FAVORITES FROM AROUND THE WORLD – A10428

(Evie Pouncey, Presenter; Monday 2:30-4:00 p.m., Lexington Hotel)

View a sprinkling of sleeper movies from Scotland, Australia, Africa and France. Learn interesting facts about the actors and directors. We will watch classic movies including: *Babette's Feast*, *The Gods Must Be Crazy*, and *My Brilliant Career*.

MYSTICISM – A10429

(Dick Graves & Nancy Penaskovic, Presenters; Bonnie Adams, Coordinator; Monday 12:45-2:15 p.m., Lexington Hotel)
According to William James, "Personal religious experience has its root and centre in mystical states of consciousness." We begin with William James and go on to explore firsthand accounts of Christian, Jewish and Islamic mystics – Hildegard of Bingen, Mechthild, Meister Eckhart, Julien of Norwich, the Kabbalah, Rumi – as well as selected secular mystics. Personal accounts, stories, and discussion are valued. Texts: *The Zen of Seeing – Drawing as Meditation* and *The Naked Now: Learning to See as the Mystics See*.*

OIL PAINTING WORKSHOP-FLORAL – A10430A

(Ronald Bayens, Instructor; Nov. 15, Monday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Award winning artist Ronald Bayens will lead a small group through the process of oil painting during one-day workshop. Students will start and finish a painting in one day following step by step instructions and demonstrations. No experience necessary. Materials fee for each workshop is \$75; payable to Ronald Bayens. Break for lunch (not included).

OIL PAINTING WORKSHOP-FLORAL – A10430B

(Ronald Bayens, Instructor; Nov. 16, Tuesday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Same description as above.

OIL PAINTING WORKSHOP-STILL LIFE – A10431A

(Ronald Bayens, Instructor; Oct. 25, Monday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Same description as above.

OIL PAINTING WORKSHOP-STILL LIFE – A10431B

(Ronald Bayens, Instructor; Oct. 26, Tuesday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Same description as above.

OIL PAINTING WORKSHOP-SUNSET – A10432A

(Ronald Bayens, Instructor; Dec. 13, Monday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Same description as above.

OIL PAINTING WORKSHOP-SUNSET – A10432B

(Ronald Bayens, Instructor; Dec. 14, Tuesday 9:00 a.m. – 4:00 p.m., Greystone Mansion)

Same description as above.

PENNY UNIVERSITY – A10433

(W.C. McPherson, Presenter; Tuesday 2:30-4:00 p.m., Lexington Hotel)

Course follows in the tradition of the coffee houses of Oxford during the Age of Enlightenment, which earned them the nickname "Penny University." The class will break up into groups as determined by its members and discuss subjects of interest. An atmosphere of collegiality is to be maintained. Members may move from group to group as interests dictate. Coordinator's function is to call the class to order, give OLLI announcements, make a laptop and Internet available for any necessary research, and inform the class when it is time to disperse. If you have a topic you would like to cover that has not previously been discussed, this is your chance! Any topic can be on the table for free and open discussion.

PICKIN' AND SINGIN' CLASSIC AMERICAN FOLK SONGS – A10434

(Joanna Hoit, Presenter; Oct. 26-Nov.16, Tuesday 2:30-4:00 p.m., Lexington Hotel)

"Did You Ever Hear Tell of Sweet Betsy From Pike?" When you take this course, you'll get to know Betsy, and a frog that courted Miss Mousie (was she really a queen?), and all manner of other characters whose stories are told in American folk songs. We'll learn background of songs as collected by John and Alan Lomax, the premier collectors in this field. And we'll sing along together, hootenanny style (remember those?) If you play guitar or banjo well enough to accompany a casual group of singers, add your talent to round out our fun. All you'll need is basic 5 chords (or less) that make up most folk songs. We'll be happy to have several pickers so don't be shy!

REFLECTIONS ON A RAVAGED CENTURY – A10435

(George Crispin, Presenter; Tuesday 8:30-10:00 a.m., Lexington Hotel)

Begin as the world lumberingly and indecisively turns from the abysses we were lucky to escape and still face and ends with a suggested proposal that might create a peaceful and consensual world class organization. Discuss: the culture of sanity, a

wayward West, the nation's hope and hysteria, totalitarian party/totalitarian state, into the Soviet morass, and more. Text: *Reflections on a Ravaged Century*.*

RELIGION AND POLITICS, PART I – A10436

(Steven Brown, Presenter; Tuesday 10:15-11:45 a.m., Lexington Hotel)

Course is designed to: acquaint participants with the role of religion in American politics historically; provide them with a brief overview of the interaction of religion and governmental institutions, particularly the U.S. Supreme Court; and offer a framework for analyzing what (if any) influence religion should have in public policy making today. Specifically, we will deal with such topics as question of a religious founding, civil religion, historic and contemporary meaning of the "wall of separation" metaphor, and landmark Supreme Court rulings on religion arising from the establishment and free exercise clauses of the First Amendment.

RESILIENCE AND THRIVING IN THE FACE OF LIFE CHALLENGES – A10437

(Virginia O'Leary, Presenter; Wednesday 8:30-10:00 a.m., Lexington Hotel)

Each of us will experience adversity and be challenged in some way if we live long enough. Most members have faced a variety of challenges. Course covers theory and research relevant to life challenges, and resilience in the face of many losses that change brings. Also changes in nature of relationships with children, and others, which may feel like loss, as well as actual loss of friends and loved ones; health, memory and other physical functions including physical energy and appearance. Many observe that whatever losses time incurs, they "beat the alternative." List of readings, PowerPoint presentations sent via email. Join us for a journey through life's challenges, learn what is known empirically about consequences of how we marshal our resources to cope – not only to survive these challenges but to thrive. Explore extent to which we control those resources by looking at new and informative work of neuroscientists. Lecture and discussion.

SPANISH FOR BEGINNERS, PART I – A10438

(Judith Hale, Presenter; Monday 12:45-2:15 p.m., Lexington Hotel)

Relax, have fun and learn enough Spanish to get along better while traveling, dining, and meeting the natives of Spanish-speaking countries. This is the first of three quarters of instruction. Our text and classroom conversation in Spanish insure success and progress. Texts: *Easy Spanish Reader* and *Dictionary of Spoken Spanish Words, Phrases and Sentences* (Plus, Spanish/English dictionary). Outside reading and study, one hour per week.*

SPANISH INTERMEDIATE – A10439

(Judy Dekich, Presenter; Tuesday 10:15-11:45 a.m., Lexington Hotel)

Practice listening, reading and speaking Spanish. Don't lose the skills you already have-polish them! Each week, we will listen to an episode of a mystery drama, following the story of a young college student, Ernesto, who is on the brink of an interesting discovery. Practice reading children's books, fables, articles and short stories. Improve your reading comprehension with the use of context, cognates and cortex-yes, your brain. You know more Spanish than you think! Learn a new idiomatic expression weekly. Finally, practice speaking, and gain confidence in conversation.

STORY TELLING – A10440

(Jack Day, Presenter; Tuesday 10:15-11:45 a.m., Lexington Hotel)

Participate in the classes and have opportunities to participate in future storytelling events. Course covers how to craft an original story for telling, how to transform a written story into an oral story, and suggestions for telling a story. Majority of class time allotted to giving the participants opportunities to tell stories and get feedback on how to improve their stories.

TAI CHI FOR ARTHRITIS (BEGINNERS) – HEALTH AND FUN – A10441

(Kitty Frey, Instructor; Tuesday 12:45-1:30 p.m., Lexington Hotel)

Created by Dr. Paul Lam's team of tai chi and medical specialists, Tai Chi for Arthritis is easy, enjoyable to learn, brings many health benefits safely and quickly. Medical studies show this program helps reduce pain significantly and improves health through increased muscle strength, flexibility, stamina, improved relaxation, balance and posture. Arthritis foundations give it their full support. Especially effective for arthritis, suitable for anyone interested in beginning tai chi for health. Wear clothing and shoes suitable for exercising.

TAI CHI FOR ARTHRITIS (INTERMEDIATE) – HEALTH AND FUN – A10442

(Kitty Frey, Instructor; Tuesday 1:30-2:15 p.m., Lexington Hotel)

See above description. For continuing participants of Tai Chi for Arthritis. Learn and practice the new forms for Tai Chi for Arthritis.

THE GIFT OF OUR YEARS...GROWING GRACIOUSLY, PART I – A10443

(Katherine Mary Martin, Presenter; Tuesday 12:45-2:15 p.m., Lexington Hotel)

As we age, we face unique choices. We must decide whether to transform or fossilize. Explore some of the best concepts on aging graciously in a setting of wise people. Use Joan Chittister's prophetically written text, *The Gift of Our Years*, to look at our own learned wisdom, earned experiences, inherited tendencies, individually prized legacies. Read, discuss, listen, muse, ponder and plan. While not a financial planning course, instructor submits that this course is equally important in our move from retirement to one's re-firing. Part 2 next term. Suggested text: *The Gift of Our Years*.*

THE WRITER'S LIFE: SUBMITTING YOUR MANUSCRIPT FOR PRIZES AND PUBLICATION – A10444

(Charlene Redick, Presenter; Monday 8:30-11:45 a.m., Lexington Hotel)

Covers the basics of manuscript submission including: manuscript readiness; the writer's voice, tone, concept and vision; finding editorial support; the art of revision; picking the submission venue; the query letter to publishers and agents; coping with acceptance and rejection; and the writer's life.

THREE CUPS OF TEA – A10445

(Nighet Ahmed, Presenter; Monday 8:30-10:00 a.m., Lexington Hotel)

Relationships are the essence of human existence. *Three Cups of Tea* is an inspiring and uplifting true story of a Montana man building relationships across cultural, religious and international boundaries to promote peace by building schools...one at a time in Pakistan and Afghanistan. Course promotes a deeper understanding of the world's most volatile region. The presenter, a native of Pakistan will walk the participants through the streets and fields, cities and villages to the very heart and soul of Pakistani society. Text: *Three Cups of Tea*.*

UNDERSTANDING THE UNIVERSE, PART VI (FINAL SEGMENT) – A10446

(Gordon Johnson, Presenter; Monday 10:15-11:45 a.m., Lexington Hotel)

Visually rich course designed to provide nontechnical description of modern astronomy, including structure and evolution of planets, stars, galaxies and Universe as a whole. We will conclude 96 lecture video series this term with final 16 lectures. The lectures are "stand alone" units: materials presented in each are not dependent on previous lectures (even if you have not participated thus far). If you have an interest in the subject, you would be welcome as a class member! The lecturer, Professor Alex Fillipenko, is a world class astrophysicist with a gift for presenting complicated material in a very interesting and understandable manner.

WILLS, TRUSTS, AND ESTATE PLANNING – A10447

(Mark Tippins, Presenter; Monday 2:30-4:00 p.m., Lexington Hotel)

An introduction to planning for the average and larger estate. In addition to discussing estate planning for passing on one's assets to loved ones, we will discuss durable powers of attorney, medical powers of attorney, living wills, living trusts, and Medicaid planning. If time provides, we will also discuss asset protection. Today's estate planning is not just having a simple will. It involves a myriad of information that needs to be carefully considered.

WORLD WAR II: GREATEST CONFLICT IN HUMAN HISTORY – A10448

(Tom McCormick, Presenter; Tuesday 8:30-10:00 a.m., Lexington Hotel)

Between 1937 and 1945, approximately 55 million people perished, no continent was left untouched, no ocean or sea was unaffected in a series of interrelated conflicts. It changed maps, alliances, leaders, and global superpowers. It began with the ending of WW I and is still evolving. It is fair to say, WW II should be understood to avoid WW III.

WRITING OUR LIVES – A10449

(Cathy Buckhalt, Presenter; Tuesday 8:30-10:00 a.m., Lexington Hotel)

"Our lives are like a patchwork quilt, and it is only in the evening of life that we can see the pattern of what we have woven" (Richard L. Morgan, *Saving Our Stories: A Legacy We Leave*). We all have stories to tell! Here is an opportunity to reclaim your memories, write about them, and share them with a receptive audience of peers. We write each Tuesday morning, responding to stimulus prompts provided by the instructor. Recommended homework: finishing and revising what you have begun in class and reading self-selected memoirs, biographies, and autobiographies. Text: TBA.

YOGA FOR THE REST OF US – A10450

(Mary Carol Moran, Instructor; Monday 10:15-11:45 a.m., Lexington Hotel)

Course focuses on gentle, restorative stretching, movement, and balance. Bring a mat, wear comfortable, loose clothes, and do not eat a large meal before class. All moves can be done from a chair or wheelchair if needed. Taught by a registered yoga trainer with 200 hours of training who is also a yoga therapy consultant. Relax and enjoy!