

OLLII

Osher Lifelong Learning Institute at FURMAN

January 11–March 4, 2016 | Winter Schedule

furman.edu/olli | 864.294.2998



Join our senior learning community at Furman. *Where Learning Never Retires*

All OLLI members are cordially invited to the

Back to OLLI Winter Reception

Thursday, January 7 | 3–4:30 p.m.

Furman University, Herring Center

New Member Orientation, 2:30 p.m.

Register Online!

Registration begins:

November 17 for course packages

November 19 for single courses

furman.edu/olli

Registration forms pp. 31–34

Welcome to the Osher Lifelong Learning Institute at Furman (OLLI @ Furman)

It's November, and time to plan for the Winter Term at OLLI. Thanksgiving is drawing near, and I'm thinking about what we at OLLI have to be thankful for.

We are thankful for our instructors. Without them, there would be no OLLI. Our instructors are the heart of what we do here. They bring their energy, teaching skill, knowledge, creativity and passion for their subjects to class with them each day. And every OLLI member benefits.

We are thankful for the wonderful building we call home. The Herring Center for Continuing Education was made possible by the financial support of so many OLLI members, along with Sarah and Gordon Herring. Holding most of our classes in one place has made such a positive difference in the program.

We are thankful for the volunteers who keep things running. From the Curriculum Committee to instructors, office volunteers to class liaisons, Council members to event planners, all volunteers make a difference and the program thrives on their support. If you haven't gotten involved yet, we'd love to help you find your place.

Finally, we are thankful for YOU—our members. Your quest for knowledge, your enthusiasm for OLLI, and your ideas for new courses and events enhance OLLI in countless ways. Keep those ideas coming!

I hope you will find a few courses in here that you are thankful for. We look forward to seeing you at OLLI in January!



Nancy Kennedy
Director



Important Dates for 2015–2016

November 13	Last day of Fall Term classes
November 17	Winter Term registration for course package owners
November 19	Winter Term registration for single course purchasers
January 7	Back to Class Reception
January 11	First day of Winter Term classes
January 18	No classes—MLK Jr. holiday
February 23	Spring Term registration for course package owners
February 25	Spring Term registration for single course purchasers
March 4	Last day of Winter Term classes
March 17	Back to Class Reception
March 21	First day of Spring Term classes
March 25	No classes—Good Friday holiday
May 13	Last day of Spring Term classes

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Best Way to Register

- 1. ONLINE:** Go to furman.edu/olli and click on the Registration link. (If you are new to OLLI, create a new account.) Your user name may be your firstname.lastname or one you created. Type in your user name and password to access your account. Click on Forgot Password to create a new one and access your account. (credit card only)
- 2. IN PERSON:** On registration day, go to the OLLI Office on the Furman campus, 3300 Poinsett Highway, Greenville. The OLLI Office is located in the Herring Center for Continuing Education. You will be registered immediately in the computer lab (HC104). (cash or check)
- 3. BY MAIL:** Send your completed registration with payment (check made out to Furman University) to OLLI @ Furman, 3300 Poinsett Highway, Greenville, SC 29613-1511. (check only)

Forms that are mailed in or dropped off will be processed after all walk-in customers are assisted.

Membership Fees

To participate in any OLLI course, trip, or event, you must first join OLLI @ Furman for the academic year. The cost of \$50 covers copies, coffee, computer lab, lifeguard, bonus trips, seminars, software, and other incidental fees incurred by the program during the year. Once you have joined, you then have a choice of purchasing individual courses or a package of courses at a much lower per-course cost that can be used over the three terms of the academic year.

Individual courses	\$50
<i>(unless otherwise noted in course description)</i>	
6 courses annually.....	\$210
9 courses annually.....	\$275
15 courses annually	\$325

Courses at a glance Winter 2016

Arts, Culture, and Music

- ACM101** Acrylic Painting (W, 9 a.m.)
ACM109 Rock and Roll (TU, 3:15 p.m.)
ACM110 Basic Watercolor (TH, 1:30 p.m.)
ACM113 Classical Music II (TH, 10:45 a.m.)
ACM114 The Short Story (TU, 3:15 p.m.)
ACM115 Tea and Mystery (TU, 1:30 p.m.)
ACM116 Pen and Ink (TH, 9 a.m.)
ACM120 Let's Read and Talk (TU, 9 a.m.)
ACM123 Women in Music (TU, 10:45 a.m.)
ACM129 Victorian Narrative (TH, 3:15 p.m.)
ACM132 Nasty Families (W, 10:45 a.m.)
ACM137 The Big Band Era (M, 1:30 p.m.)
ACM159 More Sing With Bing (M, 10:45 a.m.)
ACM160 Beginning Watercolors (M, 9 a.m.)
ACM176 Chinese Painting (F, 10 a.m.)
ACM183 The Right Stuff—Again (TH, 10:45 a.m.)
ACM195 Guitar II (TU, 9 a.m.)
ACM198 Movies with Howard Hawks (TU, 1:30 p.m.)

Business, Economics, and Finance

- BEF216** Re-Creating Home (M, 9 a.m.)
BEF248 Financial Workshop (M, 1:30 p.m.)
BEF261 Financially Secure Future (W, 9 a.m.)
BEF265 Retirement Wealth Management (TU, 10:45 a.m.)

Computers and Technology

- CPT309** Intro to Android (TH, 10:45 a.m.)
CPT310 Ebay (M, 10:45 a.m.)
CPT330 Indispensable iPhone (TH, 9 a.m.)

- CPT355** Beginning Computer (W, 3:15 p.m.)
CPT363 Intro to iPads (TU, 10:45 a.m.)

Current Events and Other

- CEO409** Great Decisions 2016 (TH, 9 a.m.)
CEO422 Confident Online Dating (W, 1:30 p.m.)
CEO428 China 2016 (TU, 1:30 p.m.)

Health, Fitness, and Exercise

- HFE501** Monday's Hiking (M, 9 a.m.)
HFE502 Martin's Hiking (TH, 9 a.m.)
HFE503 Rock Stars (F, 9 a.m.)
HFE505 Dave's Hiking (TU, 9 a.m.)
HFE511 Yoga 101 (M, 1:45 p.m.)
HFE513 High Country Hikers (M, 9 a.m.)
HFE515 Aquacize (TU & TH, 9 a.m.)
HFE531 Yoga 201 (M, 12:25 p.m.)
HFE556 Spin For All (TU, 1:30 p.m.)
HFE567 Mindful Meditation (TH, 1:30 p.m.)
HFE571 Taiji (F, 10:45 a.m.)
HFE576 Bowling "300" (M, 1:30 p.m.)
HFE577 Improving Your Brain Function (TH, 10:45 a.m.)
HFE579 Stretch and Tone (M, 3:15 p.m.)
HFE586 Intermediate Core Conditioning (TH, 9 a.m.)
HFE591 Dance for Everyone (TU, 10:45 a.m.)

History and Politics

- HIS605** Great Trials (TU, 9 a.m.)
HIS616 Jefferson, Madison, and Monroe (TH, 1:30 p.m.)
HIS625 Revealing Yellowstone (TH, 1:30 p.m.)
HIS629 The Irish Americans (W, 10:45 a.m.)
HIS630 The Constitution (TU, 10:45 a.m.)

- HIS658** Music & Culture of the 60s (TU, 1:30 p.m.)
HIS660 Greenville (TH, 10:45 a.m.)
HIS685 Characters in American History (W, 3:15 p.m.)
HIS690 Vietnam (W, 9 a.m.)
HIS699 Moments in American History (W, 1:30 p.m.)

Languages

- LAN710** Intro to Latin I (W, 8:45 a.m.)
LAN732 Spanish Conversation (F, 10:45 a.m.)
LAN760 French II (M, 1:30 p.m.)
LAN771 Readings in Ovid and Caesar (W, 10:45 a.m.)
LAN785 Latin Via Ovid (W, 1:30 p.m.)

Photography

- PHO1606** Look Around You (W, 10:45 a.m.)
PHO1612 Art and Photography (W, 9 a.m.)
PHO1617 Intermediate Digital Photography (F, 9 a.m.)
PHO1620 Visual Language and Composition (F, 10:45 a.m.)
PHO1630 Photography Adventures (TH, 1:30 p.m.)

Practical Arts and Hobbies

- PAH800** Woodcarving 101 (W, 9 a.m.)
PAH808 The Knitting Hour (W, 1:30 p.m.)
PAH813 Crochet 101 (TH, 10:45 a.m.)
PAH821 Beginning Bridge II (TU, 1:30 p.m.)
PAH832 eGenealogy (F, 10:45 a.m.)
PAH834 Woodcarving 201 (W, 1:30 p.m.)
PAH838 Quilting by Hand (W, 1 p.m.)
PAH839 Tablet Weaving (W, 1:30 p.m.)
PAH842 Healthy Chinese Cooking (TU, 10:45 a.m.)
PAH845 More Soup (F, 10:45 a.m.)

- PAH848** Classy Breads (W, 10:45 a.m.)
PAH850 Intermediate Bridge (TU, 9 a.m.)
PAH856 Cooking for Nerds and Geeks (TH, 10:45 a.m.)
PAH873 Chess II (M, 1:30 p.m.)
PAH874 Chess I (M, 10:45 a.m.)
PAH879 Zentangle Drawing (M, 1:30 p.m.)
PAH882 Classic Cars and More (TU, 9 a.m.)
PAH894 What's for Breakfast? (M, 10:45 a.m.)

Psychology and Personal Growth

- PPG1340** Memory Fitness (TH, 9 a.m.)
PPG1350 Masters of Aging (W, 10:45 a.m.)
PPG1355 Your Brain Goes to the Movies (TU, 9 a.m.)
PPG1365 Living Confidently (M, 10:45 a.m.)
PPG1381 Dynamic Aging III (TU, 10:45 a.m.)
PPG1391 Dynamic Aging IV (TU, 1:30 p.m.)

Religion and Philosophy

- RPH901** Great Jewish Philosophers (TH, 1:30 p.m.)
RPH903 Hebrew Prophets II (TH, 10:45 a.m.)
RPH938 Intro to Islam (W, 10:45 a.m.)

Science and Math

- SNM1019** Physics 101 (W, 9 a.m.)
SNM1030 Weather 101 (M, 9 a.m.)
SNM1038 SC's Blue Ridge Mountains (W, 1:30 p.m.)
SNM1050 The Universe (TU, 10:45 a.m.)

Travel with OLLI

Beautiful Drives with Chumley Cope

If you like to explore ancient roads; old churches and cemeteries; historic homes or contemplate the secrets of the universe as they pertain to the surrounding area, then join forces with regional historian, Chumley Cope, on a Beautiful Drive! Sign up now with your payment at the OLLI Office (first come, first served).

South on the Enoree ... Sort of

January 29

We'll descend the Enoree River into a time-forgotten region of historic plantations, churches, and battle sites. And we'll pass for natives. We'll explore the roads that connect some lovely names ... Duncan Creek, Blackstock's Plantation, Cross Keys, Horseshoe Falls, Musgrove Mill (and a bunch of secret names that you have to come on the trip to find out about!) \$45 includes transportation and lunch. **Limit: 12**

Head East/Edge of the Mountains

February 19

On the Head East/Edge of the Mountains adventure, we'll explore northern Spartanburg County (Little Chicago, anyone?) en route into Hunt Country (sounds so aristocratic, yes?). We'll explore a lovely landscape of horse farms and early history ... at least one winery ... and unusual churches. And then, we'll skirt Lake Adger, drive up the Green River, emerge in Saluda, and return to Greenville via the old road. Other special stops include a cemetery or two, and a closer look at the Tryon Equestrian Center. \$45 includes transportation and lunch. **Limit: 12**

Road Scholar Excursions

Road Scholar has reserved these two trips exclusively for OLLI @ Furman members! Road Scholar, a not-for-profit leader in educational travel since 1975, offers educational tours in all 50 states and 150 countries. Alongside local and renowned experts, participants experience in-depth and behind-the-scenes learning opportunities. Sign-up with Road Scholar at 800.322.5315 and reference the program number listed below.

Three Friends: Thomas Jefferson, James Madison, James Monroe May 26–29

Over 4 days (3 nights), explore the friendships among these three US presidents as you journey back to the late 18th and early 19th centuries, the time when these great men lived, worked, laughed, and loved. Learn about their personal stories and the historic events that drew them together as you visit their homes and other important sites in and around Charlottesville, VA. This excursion will begin Thursday, May 26 and conclude Sunday, May 29, 2016. Trip Rates*: \$699 double occupancy, \$879 single occupancy. Program #9113. **Limit: 38**
 *Price does not include travel to Charlottesville, VA.

Multi-Sport Adventure: Sea Kayaking, Bicycling and Hiking in Maine's Acadia National Park

September 11–16

Enjoy a spectacular outdoor adventure and experience seaside cliffs, ocean air and breathtaking views atop the highest peak along the Atlantic Coast. This excursion will begin Sunday, September 11 and conclude Friday, September 16, 2016. Trip Rates*: \$925 double occupancy, \$1225 single occupancy. Program #2198. **Limit: 24**
 *Price does not include travel to Maine.

Special Interest Groups

A Special Interest Group (SIG) is a group of OLLI members whose focus is a certain area of interest and social interaction. The following SIGs are already in place, and new SIGs are encouraged to form at any time. You do not need to register for SIGs, and there is no fee; however, you must be an OLLI member to participate. For more information about each group, get in touch with the contact person listed. Information about starting a new SIG is available in the OLLI Office and on the OLLI website. Questions? Contact Heidi Wright at heidi.wright@furman.edu or 864.294.2997.

3D Design & Printing

The primary goal of this SIG is to promote STEAM (Science, Technology, Engineering, Art and Math) programs in local schools through 3D Design and Printing. The Group's most popular program is to teach school children to fabricate simple prosthetic hands and hand-arm combinations for children born with a hand or hand-arm anomaly, or who lost a hand due to accident or war. To learn more, see our website at STEAMTechTeams.com. All are welcome. You do not have to be technically oriented to participate in this extraordinary project! Contact Reid Becker at Reid.Becker@gmail.com.

Bridge

The Bridge SIG is for players with some experience. They meet weekly in Manly Lobby at the Herring Center. More groups may form if there is enough interest. Contact Greg Parker at greglois.parker@gmail.com.

Chess

This group is for all OLLI members who are interested in playing chess. Beginners and experienced players are welcome. Contact Jan Blasenak at blaz49@aol.com.

French Conversation

Êtes-vous Francophone? Vous êtes invité à un SIG où on parlera français. On peut pratiquer la belle langue, et on peut faire la connaissance d'autres qui parle français. The French Conversation SIG welcomes all French proficiency levels. Contact Ann Briskey at twinkbrisk@gmail.com.

Latin

The Latin SIG enriches the Latin experience. We have road-tripped to Atlanta's Carlos Museum, lunched after class, and exhibited audiovisuals at lunch. Contact Michael Kilgore at makilgore@bellsouth.net

Mah Jongg

The Mah Jongg SIG is for experienced players who would like to get together weekly to play Mah Jongg. They also welcome those who have recently taken a Mah Jongg class or who are trying to brush up on some "rusty" skills. They currently meet at 1:30 on Wednesdays in Manly Lobby at the Herring Center. Contact Barb Rusch at rbrusch@bellsouth.net or Cathy Dwyer at cathd65@aol.com.

OLLI Consort

The OLLI Consort offers those who play recorder the opportunity to enjoy the pleasures of ensemble playing, advance their skills, and occasionally perform for others. They meet at the Herring Center and the schedule is set each term by the participants. Contact Sharon Howell at JasminRC@icloud.com or Judy Brooks at hykrz@bellsouth.net.

Out and About Singles

This is a group of single OLLI members who enjoy movies, plays, festivals and eating out together. Come and join us, make new friends, and help plan a calendar of fun. There is a lot to do in Greenville! Contact Susan Cooper at scooper7284@charter.net or Carolyn Rice at crr2go@gmail.com.

Pickleball

The Pickleball SIG is for those who already play or are interested in learning this novel game which is a hybrid of badminton, tennis and ping pong. It's a hit with seniors all over the country. Contact Janet Aguilar at janetag@charter.net.

Serious Photography

This SIG is for those photographers interested in day trips to photograph nature, landscapes, historical sites, and other interesting venues. Most shooting trips will start at the Herring Center parking lot. The group sets its calendar as events arise. Contact Jeff Sarvis at JGSarvis@gmail.com to have your name and email address put on the notification list.

Swamp Rabbit Knitters

Bring your knitting or other handwork and join this group for knitting and conversation. The group decides meeting times and locations each term. Contact Gail Kirby at cozybags@yahoo.com.

Travel

Join fellow travel enthusiasts to plan, discuss, and share experiences about travel in the U.S. and the world. The focus is on communicating and networking to develop ideas and opportunities for travel. Meets twice per term. Contact Betty Jo Shaw at shawrlbj@bellsouth.net or Marcia Smith at larry.smith3@att.net.

Trivia Fun

The Trivia Fun SIG is a spin-off of the Team Trivia class although any OLLI members with a knack for trivia are encouraged to join. They will meet at the Herring Center and will form if there is enough interest from OLLI members. Contact Lynne Barrett at lynnebarrettsc@att.net.

Wood Carving

The Wood Carving SIG invites experienced carvers to come and carve together. Meeting times vary based on availability each term. Contact Jay Ludwigsen at jay840@charter.net or Jim Sullivan at jmshq@bellsouth.net.

Executive Council

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OUTREACH

Jack Hansen

SOCIAL

Sharon Sickler

VOLUNTEERS

open

Monday

ACM160 Beginning Watercolors

Monday, 9 a.m.–noon, Herring Center, Graham (HC005)

This class is for those with little or no watercolor experience, and especially for beginning artists who wish to explore the techniques and freedom of a water-based medium. We will expose the myths and misconceptions of watercolors and study the fundamentals of perspective, color, shape, and value. This is a hands-on, structured class with everything simply explained and demonstrated. Materials fee: \$40 (due to instructor at first class).

Ashley Kirby has been painting for decades, professionally for the past eleven years. He exhibits his work throughout the Southeast in numerous juried shows and galleries and teaches workshops three days a week in his Greenville studio.

HFE513 High Country Hikers

Monday, 9 a.m.–4:30 p.m., Herring Center, Parking Lot (rt. of Timmons)

Winter hiking is special! Enjoy stark beauty, see long distances, experience no problem with bugs, see possible snow, and have more pleasure while hiking in cool weather! Hike nearby trails 4.5 to 8 miles. Moderate to moderately strenuous. Please clear this physical activity with your physician. Bring water, your lunch, and hiking gear. Meet in the parking lot to the right of Timmons Arena in time to leave by 9 a.m. Carpool and share the cost of gas.

Steve Davis and Bob Howell both enjoy the outdoors and hiking and will lead this course.

HFE501 Monday's Hiking

Monday, 9 a.m.–4:30 p.m., Herring Center, Parking Lot (rt. of Timmons)

Winter is one of the best times of the year to hike. The leaves are off the trees and there are no insects or snakes to contend with. We will typically hike 5 to 8 miles on moderate to moderately strenuous trails. Wear hiking boots or sturdy shoes and dress in layers appropriate for the weather. Bring plenty of water and lunch. Clear this physical activity with your physician. We will carpool and share cost of gas. Meet in the parking lot to the right of Timmons Arena in time to leave by 9 a.m.

Bob Roy is an experienced hiker who is new to our area so all hikes will concentrate on the diversity of DuPont State Forest.

BEF216 Re-Creating Home: Downsizing and Decluttering After 50

Monday, 9–10:30 a.m., Herring Center, Vick Seminar (HC102)

This course covers the five main topics of downsizing: 1) Committing 2) Decluttering 3) Choosing where to live 4) Transitioning and 5) Settling into your new space. If you are planning to move or downsize in the next three years, now is the time to start planning. Fran will guide you through the process. Now is a great time to get started.

Fran Scoville is a retired Realtor, home economist, and teacher with a BS and MS in Home Economics from Winthrop University. As a Realtor for almost 20 years, she was a certified Residential Specialist, a senior Real Estate Specialist and an accredited Staging Professional.

SNM1030 Weather 101

Monday, 9–10:30 a.m., Herring Center, Small Arts/Crafts (HC113)

This is a basic overview of the atmospheric dynamics that contribute to the formation of weather systems as well as discussion of the characteristics of the various weather systems one can encounter. In addition, we will have fun looking at the weather patterns we are actually encountering at the time of the course. No scientific background is required. A weather forecaster you won't become, but you will be better able to interpret weather reports with a much better understanding of what's happening around you.

Sykes DeHart, a retired physician, has had an interest in understanding weather systems from the perspective of both a pilot and a sailor. He has taught this course of the U.S. Power Squadron for the past 20 years.

PAH874 Chess I

Monday, 10:45 a.m.–12:15 p.m., Herring Center, Small Arts/Crafts (HC113)

This is a beginner level class which will teach chess to new learners and will help beginners, who know the moves and have played some chess, improve their play and understanding of chess. Lectures, demos and individual instruction will be featured. Play and practice time will also be included.

Jan Blasenak is a U.S. Chess Federation Class A tournament player with 50 years of chess playing experience. He has taught chess for 15 years at the high school level and at OLLI.

CPT310 eBay—Seeking and Selling

Monday, 10:45 a.m.–12:15 p.m., Herring Center, Computer Lab (HC104)

This class will have a general overview and detailed presentation of eBay buying and selling techniques and procedures, including workshop sessions.

Ron Blitstein has been buying and selling on eBay since 2000. Now retired, Ron has BS and MS degrees from the University of Maryland.

PPG1365 Living Confidently, Compassionately and Joyfully

Monday, 10:45 a.m.–12:15 p.m., Herring Center, Campbell (HC004)

Drawing heavily on instruction by various western Buddhist teachers, this group will explore some of Buddhism's most life enhancing teachings and practices. We will explore how habitual styles of thinking and behaving keep us trapped in patterns of stress and discontentment. We will study methods for working with fear and uncertainty, and ways to free ourselves from anger, resentment, and other destructive emotions. Lastly, we will uncover how to touch that soft place in ourselves that leads to living compassionately with an open heart. Each week teachings will be presented followed by discussion, meditation, poetry and journaling.

Sandy Brown has had a lifelong interest in personal growth and psychology. She has a BA in Psychology and MEd in Counseling. She has also studied Christian theology at the Masters level.

ACM159 More Sing With Bing

Monday, 10:45 a.m.–12:15 p.m., Herring Center, Crabtree (HC110)

By popular demand, Bing is back with even more emphasis on class time singing. Designed for those who have some singing experience and wish to sing (sound) better, the class will be taught by former Furman voice faculty member Dr. Bing Vick. Posture, breathing, tone production, and choral techniques will be the emphasis of the weekly sessions. Brief weekly lectures will include the following topics: Johannes Brahms, the choral composer; Robert Shaw, the American icon; Greenville Chorale history; SPEBSQSA; meet another composer; and other interesting discussions. Perhaps, a performance might result! Materials fee: \$10 (due to instructor at first class).

Bing Vick was conductor of Furman Singers for 40 years and retired in 2010. He is currently Artistic Director and Conductor of the Greenville Chorale where he is in his 35th year. At Furman he taught voice, conducting, choral methods, and repertoire classes. Jann Howell will assist with this course.

PAH894 What's for Breakfast?

Monday, 10:45 a.m.–12:15 p.m., Herring Center, Huff with Lindemann Kitchen (HC105/106)

Breakfast is the most important meal of the day. Learn some simple and easy ways to prepare some breakfast staples and to have "planned overs" for later meals. Class members will be involved in food preparation of fritattas, stratas, omelets, pancakes, french toast, granolas and end with a breakfast/brunch for the holidays. Food cost: \$3 per session (\$3 due to instructor at first class with remainder due at second class).

Sharon Huecker taught family and consumer science at Berea Middle school for 30 years and enjoys being in the kitchen. She graduated from Kansas State University with a degree in Home Economics.

HFE531 Yoga 201

Monday, 12:25–1:25 p.m., Herring Center, Crabtree (HC110)

The health benefits of yoga are profound and the vital energy you feel is amazing. Learn to advance your practice with Kristi Ried-Barton's Active Yoga class. Proven to improve strength, cardiovascular health, and flexibility, yoga makes you feel challenged, yet successful. Without breaking the natural flow from pose to pose, the focus will be on alignment and breath. This class is designed for the active person exercising regularly who wants to work core, mind, and body while rejuvenating and invigorating your energy. Take your yoga practice to the next level. Wear comfortable clothing and bring your yoga mat.

Kristi Ried-Barton is a registered yoga trainer, life coach, nutritionist and director of It's Yoga! Studio. She teaches classes, gives private sessions, provides an in-depth study of yoga/teacher training, conducts retreats, and facilitates workshops. A teacher since 1979, her classes are known for their detailed instruction, inspiration and nurturing compassion.

HFE576 Bowling "300"

Monday, 1:30–3 p.m., Offsite

Introduction to Bowling (B+W+Su-FxS=P) There's a science to the game. Basic intro to the sport and science of bowling. Not guaranteed to make you a better bowler but will provide you a foundation to become a better bowler. Perfection always pursued rarely attained. Classes will be held at the AMF Star Lanes, 740 S. Pleasantburg Dr. (parking entrance is on Cleveland St.) Fee: \$5 each week (includes bowling shoe rental and 1.5 hours of instruction and bowling).

Michael Halloran is an avid league bowler who was hooked on the game after learning the game was more than "see pins throw ball."

PAH873 Chess II

Monday, 1:30–3 p.m., Herring Center, Small Arts/Crafts (HC113)

This is an intermediate level class for chess players with a basic understanding of the game. It will improve your playing ability and understanding of chess. Lectures, demos and individual instruction will be featured.

Jan Blasenak is a U.S. Chess Federation Class A tournament player with 50 years of chess playing experience. He has taught chess for 15 years at the high school level and at OLLI.

BEF248 Financial Workshop for Individual Investors

Monday, 1:30–3 p.m., Herring Center, Huff (HC105)

This class is an educational workshop designed to help individuals learn more about investment terms and topics, develop a financial strategy and plan for retirement. Topics include but are not limited to: "Foundations of Investing," "Designing Your Retirement," "Preparing for the Unexpected," "Stocks: The Nuts and Bolts," "Focus on Fixed Income," "An Investor's Tour of Mutual Funds," "Tax Free Investing," and "Preparing Your Estate Plan." A three-ring binder with participant workbooks and note taking sheets will be provided. Presentations will include professional full-color .pdf and PowerPoint slides.

Tom Rose has his bachelor's and master's degrees in Education from Bob Jones University. He served as vice president of Operations for Hospitality Services for 10 years and has been with Edward Jones as a financial advisor since 2004.

LAN760 French II

Monday, 1:30–3 p.m., Herring Center, Graham (HC005)

A continuation of Beginning French, this course is based on activities of daily life and will develop your language skills through listening, speaking, and writing French. Prerequisite: Beginning French. Materials fee: \$15 for pronunciation DVD (due to instructor at first class).

Roger Miel was raised in France and educated as an engineer. He received his bachelor's degree in business in the United States. He taught mechanical design in Canada and the United States.

ACM137 The Big Band Era: 1935–46

Monday, 1:30–3 p.m., Herring Center, Piper (HC111)

Whether you want to relive this era with its wonderful bands, vocalists, and music or simply enjoy learning about it, our eight week "gig" of slides, videos, photographs, classic songs and on-air broadcast CDs awaits you.

Week 1—The Late 20s and Early 30s

Week 2—The Songwriters and Arrangers

Week 3—The Mid 30s and Mid 40s

Week 4—The Swing Bands

Week 5—The Dance Bands

Week 6—The Male Vocalists

Week 7—The Female Vocalists

Week 8—The Business and The Media

Jeff Holmes is a retired marketing / advertising executive. He enjoys presenting to OLLI his favorite interests of American Commercial Aviation and the Jazz/Big Band Era of the 1930s and 40s.

**PAH879 Zentangle Drawing:
One Stroke at a Time**

*Monday, 1:30–3 p.m., Herring Center,
Campbell (HC004)*

Zentangle drawing is similar to doodling except that Zentangle Drawing is more deliberate, mindful and focused. Join Pam Stevenson, teacher of many forms of arts/crafts, to learn about this delightful art form of repetitive drawing in which there are no mistakes—just calming, meditative, creative drawing done one stroke at a time. For examples of Zentangle art, check YouTube/Zentangle or zentangle.com. It may look complicated, but done “One Stroke at a Time,” people of any age can do it. Material fee: \$10 (due to instructor at first class).

Pam Stevenson, a life-long artist in various media, has practiced Zentangle for 3.5 years and is a Certified Zentangle Teacher (CZT).

HFE511 Yoga 101

*Monday, 1:45–2:45 p.m., Herring Center,
Crabtree (HC110)*

Never had a yoga class before? Interested in gaining flexibility, balance and strength? Yoga class can be an energy prescription to enrich your life. Kristi combines yoga movement with alignment to tone muscles, increase stamina and release tightness. Our yoga practice links the breath with the poses and builds core aliveness as you release resistance and layers of tension. When you experience true Yoga it can be amazingly pure, deep and joyful. No prior knowledge of Yoga required. Wear comfortable clothing and bring your yoga mat.

Kristi Ried-Barton is a registered yoga trainer, life coach, nutritionist and director of It's Yoga! Studio. She teaches classes, gives private sessions, provides an in-depth study of yoga/ teacher training, conducts retreats, and facilitates workshops. A teacher since 1979, her classes are known for their detailed instruction, inspiration and nurturing compassion.

HFE579 Stretch and Tone

*Monday, 3:15–4:15 p.m., Herring Center,
Crabtree (HC110)*

This class will have a mat format of strength, flexibility and tone. No weights are needed. Please bring a mat to each class.

Marsha Lyon was a personal trainer and fitness instructor for 15 years in New York. She taught Spin for 10 years there, as well as Pilates, before recently moving to South Carolina.

Tuesday

HFE515 Aquacize

*Tuesday and Thursday, 9–10 a.m.,
Herman W. Lay Physical Activities
Center, Pool*

Aquacize is a combination of aerobics, strength training, toning, flexibility, and cardio routines using the resistance of the water for physical improvement and the buoyancy of the water to alleviate strain on muscles, bones, and joints. The ability to swim is not a requirement, and we do not put our faces in the water. The co-instructors lead exercises while in the water, and a lifeguard watches over the class from poolside. Water temperature is around 80 degrees.

Lois and Greg Parker have been OLLI members since 2008. They have participated in Aquacize at OLLI and in their community for years.

PAH882 Classic Cars and More

*Tuesday, 9 a.m.–noon, Herring Center,
Campbell (HC004)*

If you happened by a cruise-in and saw a group of people sitting around old cars and reliving stories of the past and think this hobby could be of interest to you, this course will help with that decision. We will meet at OLLI for the first class to discuss various types of classic cars along with resources available for finding cars, restoration parts, and so forth. We will also see some video examples of the instructor's projects. The last class will again meet at OLLI and serve as a wrap-up discussion on what we saw during our excursions. Each week in between we will travel in the Greenville area to visit a different collector/restorer and see what is in their garage and what they might be working on. Each visit will be a unique experience depending on the type(s) of classic vehicles our host enjoys. On these weeks, we will meet at Furman at 9 a.m. and carpool to our destination, sharing the cost of gas. The time at our destination will vary.

Wayne Halli has owned and restored a variety of antique and classic cars as a hobby for the past 30 years. He is involved with the Model A Ford Club and the Antique Automobile Club of America.

HFE505 Dave's Intermediate Hiking

*Tuesday, 9 a.m.–4 p.m., Herring Center,
Parking Lot (rt. of Timmons)*

Enjoy winter hiking in the Upstate. We will hike four to nine miles on moderate to strenuous trails. Plan to visit several state parks and heritage preserves. Wear hiking boots and dress in layers appropriately for weather conditions. A hiking stick is helpful. Bring along a lunch and plenty of water. Please clear this physical activity with your doctor. Meet at 9 a.m. in parking lot to the right of Timmons Arena. We will carpool and share the cost of gas.

Dave Beisser is an avid outdoorsman who has been hiking over thirty years. Theresa Gianfortune will assist with this course.

HIS605 Great Trials in History

Tuesday, 9–10:30 a.m., Herring Center, Crabtree (HC110)

Attorneys from one of the Southeast's largest law firms, Womble Carlyle Sandridge & Rice, will bring to life some of the most important trials in history. Each class will present a different trial, put it in its historical context, and explore the role of the trial arena as the stage for social debate and policy development. Classes include the Boston Massacre, Sam Sheppard, the Treason/Conspiracy Trial of Aaron Burr, the Rosenberg Trial, the Black Sox Trial, and others.

Keith Munson, along with other attorneys from Womble Carlyle in Greenville, will coordinate this course.

ACM195 Guitar II

Tuesday, 9–10:30 a.m., Herring Center, Graham (HC005)

This course is for folks who have a rudimentary knowledge of basic chords. We'll learn picking patterns, more strumming patterns, note reading, and whatever songs the class members want to learn. When you finish this class, you'll be ready to hit Broadway!

As a professional musician, Jan Howell has been involved in music making for over 55 years.

PAH850 Intermediate Bridge: A Different Look

Tuesday, 9–10:30 a.m., Herring Center, Small Arts/Crafts (HC113)

This course is aimed at players who have played for a while, but have a desire to rise above the crowd. It is not intended to teach you how to play bridge, but to teach players how to improve. The course will cover all aspects from defense, bidding, and card play techniques. It will challenge you and provide tips and guidance intended to help you improve your game. If you have not taken one of the instructor's intermediate classes,

it is advised that you speak with him or with previous students about the level of play that will be included. Experienced players will find the material challenging. Note: This course is similar in nature to Fall '13, Winter '14, Spring '14, Fall '14, and Fall '15 classes, but the content is different with all new problems.

Hugh Hughes is an ACBL Emerald Life Master and former National Champion. He has taught more than 20 OLLI courses, all on various bridge topics. Jim Nichols, who is a life master, will assist with this course.

ACM120 Let's Read and Talk

Tuesday, 9–10:30 a.m., Herring Center, Huff (HC105)

Join our book group for an open discussion of a different book each class session. Be ready to contribute your comments and thoughts by reading ahead of class meetings. January 12: *A Land More Kind Than Home* by Wiley Cash; and January 26: *How It All Began* by Penelope Lively. Class members will select the remaining books, so bring your suggestions to the first session. This course will meet every other week beginning January 12. Course fee: \$30.

Susan Recknagel, OLLI member, will be the class moderator.

PPG1355 Your Brain Goes to the Movies

Tuesday, 9–10:30 a.m., Herring Center, Piper (HC111)

The brain is the only organ that studies itself. Perhaps because we seem fascinated by our brains and how they work, more and more movies that focus on neuroscience are being produced. Some of these movies raise important questions about the use of the power of neuroscience (e.g., *Inception*) while others are, frankly, dumb (from a neuroscientist's perspective; e.g., *Lucy*). Still others are masterpieces that reveal the depth and complexity of neurological and psychological disorders (e.g.,

Memento and *A Beautiful Mind*). In this course we will learn some neuroscience, watch some popular movie clips about the workings of the brain, and discuss both.

Dr. Andrew Mickley is a neuroscientist with previous careers doing brain research as well as teaching at the university level. He has published numerous journal articles and books. Andrew is currently the executive director of the National Honor Society in Neuroscience.

PPG1381 Dynamic Aging III

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Campbell (HC004)

DAP is the world's first systemic offering of experiential classes, group work, positive aging practices, its own private online forums, and other offerings on how to age optimally, utilizing the latest research and theory from multiple scientific disciplines. Motivated students who proactively participate in this training can expect improvements in their quality of life, physical and mental health, cognitive capabilities, happiness levels, relationships, ability to control stress and pain, self-awareness, adaptability to rapidly changing life conditions, and overall energy levels. New students who wish to register for the DAP must be motivated to practice the materials offered, interact mindfully with fellow students, and be computer literate (have own email address, computer, and be able to navigate a website). You must sign up for both Dynamic Aging III (10:45 a.m.) and Dynamic Aging IV (1:30 p.m.), and bring a lunch to class for group sessions between the two classes. Note: There is no prerequisite for this course.

Dudley Tower, Ph.D., has been teaching successful aging, psychology, and personal growth courses at OLLI since 2004. He is the founder of the Dynamic Aging Institute. Sheila Garrick will assist with this course.

ACM123 Forgotten Women in Music

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Crabtree (HC110)

You've heard of Mozart, but what about his sister? How about Robert Schumann's wife or Leonard Bernstein's teacher? Find out about brilliant women musicians who have been overlooked until recently. We'll study Maria Ann Mozart, Fanny Mendelssohn, Clara Schumann, Nadia Boulanger, Amy Beach, and Antonio Vivaldi (who wasn't a woman but more about this later). We'll learn about their lives and listen to their music—some live performances and some recordings.

Jann Howell has a master's degree in music and will lead this course.

PAH842 Healthy Authentic Chinese Cooking

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Huff with Lindemann Kitchen (HC105/106)

Learn how to use Chinese ingredients to create authentic Chinese dishes. This class will emphasize healthy eating and balanced meals. Each week, we will make two to three easy dishes. Food cost: \$8 per session (\$8 due to instructor at first class with remainder due at second class).

Mei Li Trapasso was born and raised in China. She began cooking for her entire family at the age of five during the Cultural Revolution. She had her gourmet journey all over China by working in restaurants, interviewing food experts, filming documentaries, writing her own recipes, and writing blogs. Her belief is "Let food be the medicine."

CPT363 Introduction to iPads

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Graham (HC005)

For new iPad users who have never owned an iPhone or iPod Touch, simple things like finding and installing good apps, setting up your email account, and establishing security settings might seem like an insurmountable task. This hands-on course (bring your iPad) will not only get you started and comfortable with the device, but will also show you how to use the device efficiently: customizing the home screen, adding content, using settings, as well as troubleshooting common device issues. Each week you will learn useful new apps and shortcuts.

John Roberts is a retired Navy pilot and Naval War College professor. He developed the iPad program for NWC and taught iPad intro classes.

HFE591 Movement Makers: Dance for Everyone

Tuesday, 10:45 a.m.–12:15 p.m., Herman W. Lay Physical Activities Center, Dance Studio

This will be a creative based dance class that combines classical and contemporary techniques of dance in order to promote strengths, flexibility, and balance. Participants will experience the foundational elements of dance, move and socialize with other participants, and invest in the artistic process. No prior dance experience is necessary. All ages and abilities are encouraged to come. The term will culminate in a final performance.

Alyson Amato began dancing ballet at a young age. She received her bachelor of arts in Dance Education from USC. Upon graduation, Alyson studied at the Trinity Laban Conservatoire of Music and Dance in London. She is the Director of Education and Development as well as co-founder of the Carolina Dance Collaborative located in Greenville.

BEF265 Retirement Wealth Management

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Small Arts/Crafts (HC113)

Wealth management is the discipline that combines portfolio management with financial planning. In this course, we will discuss how retirees can build a low-cost, tax-efficient investment portfolio that generates both income and capital gains. We will also discuss numerous tax, estate and financial planning strategies that can save retirees substantial amounts of money. NOTE: Students who take this course should have a basic understanding of retirement portfolio management and financial planning. Materials fee: \$25 (due to instructor at first class).

Dant Goepper has 45 years experience in portfolio management and financial planning. He has been teaching at OLLI since 1995. Bland Burkhardt will assist with this course.

HIS630 The Constitution: A History

Tuesday, 10:45 a.m.–12:15 p.m., Daniel Music Building, Daniel Recital Hall

When a group of distinguished Americans gathered in Philadelphia in 1789 for the ostensible purpose of amending the Articles of Confederation, no one suspected that their deliberations would lead to the creation of a revolutionary founding document: our Constitution. In this course you'll learn how we got it, what it means (then and now), the critical role of the Supreme Court, and why for 226 years it has dominated American culture and politics. Lively discussions guaranteed on topics such as abortion, gun control, gay marriage, slavery, campaign finance, voting rights, birthright citizenship, Bush v. Gore, religion—and more!

Don Cockrill, retired lawyer, has argued before the Supreme Court. He is a history buff with a special interest and expertise in the Supreme Court, the Constitution, and the founding of our Republic.

SNM1050 What We Know About the Universe

Tuesday, 10:45 a.m.–12:15 p.m., Herring Center, Piper (HC111)

We will learn about stellar evolution, supernovas, quasars, neutron stars, black holes, our Milky Way Galaxy, asteroids, comets, the search for life and many of the NASA and ESA missions that have explored the universe. We will discuss current NASA/ESA missions as well as previous missions. We will talk about star gazing and some of the best things to view at night.

Dave Adams has a BS from UNC and for at least 50 years has looked to the sky with awe and wonder. He marveled when NASA began the space program. Dave is a member of Roper Mountain Astronomers, the Planetary Society, and the National Space Society. He has been an OLLI instructor since 2008.

ACM198 At the Movies with Howard Hawks

Tuesday, 1:30–4:45 p.m., Herring Center, Graham (HC005)

Howard Hawks could never be pigeon-holed. As a producer, director, and script writer Hawks dealt with all movie genres. His unprecedented 10-year succession of hits included comedy, drama, crime, film noir, adventure, science fiction, war and a musical. Hawks' sardonic, blunt dialogue and quick pacing was unmatched by his contemporaries. Through lecture, discussion and viewing 8 of Hawks' movies, the class will learn what set Hawks apart from his contemporaries and why John Ford admired him. Films viewed will include *Scarface*, *Ball of Fire*, *Sergeant York*, *Air Force*, *Red River*, *Hatari*, *To Have and Have Not*, and *The Thing From Another World*.

Judy Aten is a former theatre major and educator who taught English, playwriting, and acting. An avid film buff, Judy relishes studying and analyzing classic movies.

PAH821 Beginning Bridge II: Competitive Bidding

Tuesday, 1:30–3:30 p.m., Herring Center, Small Arts/Crafts (HC113)

This course is a continuation of Beginning Bridge I. Class begins with weak 2's and 3's. Then we'll move on to overcalls, takeout doubles, and basic methods to improve play of the hand. We'll give you an idea, and you'll discuss it with your tablemates. Then you'll practice using the idea, and you'll try that idea out by playing a bit (and then you'll have more questions). Laugh a little, learn a little, and find out why there are so many bridgeaholics.

Ella and Frank Griffin are retired teachers who have enjoyed playing bridge for several years. Their forte is making the information "learner friendly" and figuring out how to explain whatever is not making sense.

CEO428 China 2016: What Everyone Needs to Know

Tuesday, 1:30–3 p.m., Herring Center, Crabtree (HC110)

This class will include the following: setting the stage, 5000 years of China history; the rise of China's Communist Party, is China stable?; new social trends in the New China; China's economy; China's environmental crisis; and U.S.-China relations.

Dr. Kate Kaup is the James B. Duke Professor of Asian Studies and Political Science at Furman. She and various instructors from her department will present each week.

PPG1391 Dynamic Aging IV

Tuesday, 1:30–3 p.m., Herring Center, Campbell (HC004)

Please see the full course description under Dynamic Aging III (Tuesday, 10:45 a.m. to 12:15 p.m.) and on the Dynamic Aging Institute website at: dynamicaginginstitute.com/dynamic-aging-program/ Students are required to register for both Dynamic Aging III and IV and bring their own lunch, as there will be a group discussion between the morning and afternoon class sessions.

Dudley Tower, Ph.D., has been teaching successful aging, psychology, and personal growth courses at OLLI since 2004. He is the founder of the Dynamic Aging Institute. Sheila Garrick will assist with this course.

HFE556 Spin For All

Tuesday, 1:30–2:30 p.m., Herman W. Lay Physical Activities Center, Dance Studio

For this spin class there is no limitation for athleticism, strength or endurance. Come join the class for a great cardio workout to great music. Fun for everyone who wants to sweat!

Marsha Lyon was a personal trainer and fitness instructor for 15 years in New York. She taught Spin for 10 years there before recently moving to South Carolina.

ACM115 Tea and Mystery

Tuesday, 1:30–3 p.m., Herring Center, Huff with Lindemann Kitchen (HC105/106)

“Steep” yourself in all things TEA and enjoy a cozy mystery as you sip. High Tea foods will be prepared by instructors and sampled with recipes included. Enjoy a new mystery and lively discussion with each tea presentation. A warm and cozy way to spend a cold winter afternoon. Join us. Food cost: \$5 per session (due to instructor at first class).

Lynne Blitstein is a retired teacher and librarian. She is an enthusiastic gardener and cook. She loves all things tea and enjoys a good mystery. Mary Lou Huntoon will assist with this course. She is a fabulous cook and gardener who loves a great mystery.

HIS658 The Music and Culture of the 60s

Tuesday, 1:30–3 p.m., Herring Center, Piper (HC111)

This course will present how pop music influenced the politics and culture of the sixties. It will break the decade into three distinct segments—each featuring music and visual examples to support the course premise. The three segments are: '60–'63 The New Frontier, '64–'67 The British Invasion, and '67–'69 The Counter Culture. Following the three segments, there will be a course summary.

Jack Fisher was a regular teenage dancer on American Bandstand. He produced an Emmy nominated documentary “Bandstand Days ” and a TV dance show from Atlantic City. Jack was a top 40 DJ throughout the 60s.

ACM109 The History of Rock and Roll

Tuesday, 3:15–5:15 p.m., Herring Center, Campbell (HC004)

We will examine the roots and the history of Rock and Roll music—from its antecedents in blues, folk and country and western music, to Elvis, the folk era, the Beatles and the British Invasion, to the hard rock/psychedelic era, and Southern rock. We will listen to musical samples and view concert video. No musical ability is necessary.

Charles Blakely is a “child of the 1960s.” He is a graduate of Erskine College, Union Theological Seminary in Virginia, and Duquesne University. He has taught college level courses at the Univ. of South Carolina and Presbyterian College, and has taught at OLLI at Furman, OLLI at Clemson and Anderson University’s Lifelong Learning Institute.

ACM114 The Short Story

Tuesday, 3:15–4:45 p.m., Herring Center, Piper (HC111)

The class will survey the development of the short story in the past century, featuring two readings with open discussions each week. It’s desirable, but not required, that class members have access to email.

Herb Reeves is a former newspaper reporter and copy editor, with a degree in journalism from the University of South Carolina. He conducts a monthly short story discussion at GUUF.

Wednesday

LAN710 Introduction to Latin I

Wednesday, 8:45–10:30 a.m., Herring Center, Vick Seminar (HC102)

Students will read in Latin about the life of Lucius Caecilius Lucundus, a real resident of Pompeii in AD79. If you’ve always wanted to take Latin or you remember it fondly, join us for a non-threatening trip to the past. Be amazed at the extent of Roman influence on our lives and the discoveries made in this decade. Most sessions will include presentations of Roman culture, arts and history. This course will continue in the Spring Term with the same text. The instructor will offer Latin 102 in Fall 2016. Required book: Cambridge Latin Course Unit I, 4th Ed. (ISBN 9780521004343).

Michael Kilgore is a recovering corporate attorney. Ginny Anderson formerly taught Latin at Furman and currently teaches nine courses of Latin to adults over fifty on seniorlearn.org. They will co-lead this course.

BEF261 8 Steps to a Financially Secure Future

Wednesday, 9–10:30 a.m., Herring Center, Campbell (HC004)

Women face unique challenges related to financial planning and retirement. There are both financial and biological reasons for this disparity. Each week, we will cover a different aspect of your financial situation. We will cover specific steps you can take to ensure your future is secure. If you are a woman seeking financial peace of mind, or a man desiring a secure future for the women in your life, this course is for you.

Melissa Bane, CPA, is vice president of Greenwood Capital. Prior to joining Greenwood Capital, she led the financial planning division of Countybank. She is graduate of Lander University and the Southeastern Trust School at Campbell University.

ACM101 Acrylic Painting

Wednesday, 9 a.m.–noon, Herring Center, Small Arts/Crafts (HC113)

Acrylic paint is the most versatile of the painting mediums. We will explore many techniques hands-on while creating wonderful artistic expressions. This class is suitable for all levels.

Cathryn Rice, artist, is a retired art teacher after 35 years with Greenville County schools. She gives workshops and clinics in a variety of art media which include painting, jewelry, color theory, and composition.

PHO1612 Art and Photography

Wednesday, 9–10:30 a.m., Herring Center, Piper (HC111)

The course objective is for the participants to gain a better understanding of, and appreciation for, art as expressed through photography.

The primary teaching tool will be the use of photographs by selected nationally/internationally known photographers. Each discussion leader will project photographs by these photographers and lead a class discussion more about the art in the photograph than the technical aspects of making the photograph. Speakers and topics will include: Sam Wang (Photo Collaborations), Bruce McCandless (Hengki Koentjoro), Bruce Schlein (Gordon Parks), Evelyn Angeletti (TBA), Dan Kappel (Sergei Produckin-Gorskii), Alan Weinberg (Ernst Haas), Jeff Sarvis (TBA), and Gordon Dohm (Class Members' photos).

Tom Cox will coordinate this course, hosting guest speakers each week who will share in their specialty and expertise in art and photography.

SNM1019 Physics 101 for Non-Scientists

Wednesday, 9–10:30 a.m., Herring Center, Huff (HC105)

Or the search for how the world really works. We will look at the major concepts from the time of the ancient Greeks to Newton and Einstein and, if time permits, the beginnings of the strange realm of quantum mechanics. The pace of the course will be determined by the class as each topic will be presented and discussed as long as needed prior to moving on to the next major concept. A knowledge of math or a background in science is not needed but an open mind and curiosity about how the physical world works is needed.

Joe McCarty is a retired Professional Engineer with a life long interest in science, especially physics. He has taught at OLLI since 2005.

HIS690 Vietnam: History and Impact on America

Wednesday, 9–10:30 a.m., Herring Center, Crabtree (HC110)

The course will look at the history of Vietnam starting with the battle between the French and the forces of Ho Chi Minh. The course will concentrate on the American involvement in Vietnam and how it escalated to the point that nearly 60,000 Americans died fighting. It will also discuss the cultural impact of the anti-war movement in American. It will finish with a discussion of the impact to American culture and how we have reconciled with the country of Vietnam today. It is not a military history but military events will be discussed. There will be video of the events as we saw them and of course some music (IT IS THE 60s). Everyone has an opinion on the subject and all are welcome.

Tim Henry has been active in OLLI for several years teaching classes on explorers. He enjoys history and is looking forward to an interesting class. He was drafted in 1969 and sent to Vietnam as an Army medic.

PAH800 Woodcarving 101

Wednesday, 9 a.m.–noon, Herring Center, Graham (HC005)

This course is an introduction to woodcarving. We will begin with the basics of woodcarving, including safety, carving tools, and how to maintain your tools. Students will learn the basic knife strokes preparing for their first project. There will be a variety of projects provided to progressively improve skills. We will cover painting and finishing of the woodcarvings. The materials fee covers a new knife, glove, sharpening strop, and wood for projects. Materials fee: \$40 (due to instructor at first class).

Kent Ellison has been carving for over ten years and has won numerous awards in competitions. He has been a member of the Piedmont Wood Carvers Club since 2003. Kent has been teaching at OLLI and elsewhere for eight years.

PAH848 Classy Breads

Wednesday, 10:45 a.m.-12:15 p.m., Herring Center, Huff with Lindemann Kitchen (HC105/106)

Come learn to bake a variety of breads with ease and confidence. Each week we will prepare a different bread—like focaccia, scones and sticky buns. The instructors and class will collaborate to turn out some delicious lunches. Food cost: \$5 per session (\$5 due to instructor at first class with remainder due at second class).

Nikki Day has taught homely arts a number of times at OLLI. She enjoys experimentation and innovation. Keith Stevenson likes good bread.

RPH938 Introduction to Islam

*Wednesday, 10:45 a.m.–12:15 p.m.,
Herring Center, Piper (HC111)*

The purpose of this course is to provide an introductory study of the structure, beliefs and practices of Islam. Topics will include the life of Muhammad, teachings of the Qur'an, ritual practices and the presence of Islam in the contemporary world. Required books: *What Everyone Needs to Know about Islam* by John Esposito (ISBN: 0199794138), *The Holy Qur'an in Today's English* by Yahya Emerick (ISBN: 1451506910), and *Muhammad: A Prophet for Our Time* by Karen Armstrong (ISBN: 0061155772).

Akif Aydin served as executive director of Jacksonville Amity Turkish Cultural Center from 2006–2010 and currently serves as president of the Atlantic Institute. He has his master's degree in Educational Leadership/ Policy Studies from Florida State University and is working on his PhD in Economics at Clemson University. He was a broadcaster on a radio station in Turkey where he discussed topics which included religion and social issues.

PHO1606 Look Around You

*Wednesday, 10:45 a.m.–12:15 p.m.,
Herring Center, Computer Lab (HC104)*

Sharpen your "eye" for richer photos by sharing and discussing your work with others. We will begin by taking photographs in our homes and later extend our photography into our neighborhoods and beyond. We will project and edit our images using Photoshop CS6. Email your images to the instructor or bring them to class on a memory stick. Since we will all be working to improve our "eyes," all skill levels are welcome.

Bruce Schlein, retired pathologist, has been taking and exhibiting photographs since 1959 and has taught at OLLI and the Greenville County Museum Art School.

PPG1350 Masters of Aging

*Wednesday, 10:45 a.m.–12:15 p.m.,
North Village, Building J (NVJ-100)*

Welcome back to the only class in the world where its students can become masters of their own aging process. This term we will again look at some familiar subjects for last year's DAP graduates, but at an increasingly deeper level of understanding: the LIFE Model, mindfulness, self-awareness, personal autonomy, optimizing stress levels, quality of life, conscious relationships, meaning and purpose, brain fitness, resiliency, cognitive and emotional flexibility, meditation, living-on-the-edge, dynamic instability, dynamic systems, realistic optimism, exercise, nutrition, neuroplasticity and neurogenesis, positivity, intentionality, spirituality and aging, energy, and personal development. We will discuss these subjects and more but in much greater depth than in the one-year DAP. The intention is to sustain, and even escalate, our shift from a relatively passive and unconscious approach to aging, dominated by the constant activation of the sympathetic nervous system to a more proactive, dynamic, highly developed, and knowledgeable approach to aging, dominated by the activation of the parasympathetic nervous system. Bring a lunch to class and meet in groups to discuss, share and support one another.

Dudley Tower, Ph.D., has been teaching successful aging, psychology, and personal growth courses at OLLI since 2004. He is the founder of the Dynamic Aging Institute.

ACM132 Nasty Families with a Side of Bad Men

*Wednesday, 10:45 a.m.–12:15 p.m.,
Herring Center, Campbell (HC004)*

Oh, the guilty pleasure of focusing on the dark side of human nature! This season it's nasty families, historical and contemporary: criminal alliances, vicious warriors, tyrannical rulers, biblical villains, and a handful of Upcountry bad guys. If Tolstoy is right, "... each unhappy family is unhappy in its own way." Class is by casual lecture and animated discussion.

Judith Babb Chandler-Huse, lifelong educator and long-time OLLI instructor, is an active community volunteer and outsider artist.

LAN771 Readings in Ovid and Caesar

*Wednesday, 10:45 a.m.–12:15 p.m.,
Herring Center, Vick Seminar (HC102)*

Readings in Ovid and Caesar continues our exciting experiment in learning Latin grammar through the book *Latin Via Ovid*, which combines grammar with a graded progress through Ovid's *Metamorphoses*. You'll be amazed at how many of these ancient myths permeate our advertising, art, literature, and everyday life today. We will also continue our fascinating journey with Caesar's own account in 55 BC of his invasion of Britain. What were the lords and ladies of Great Britain doing for entertainment when Caesar came? Join us this winter and find out.

Ginny Anderson formerly taught Latin at Furman and currently teaches nine courses of Latin to adults over fifty online. She has taught at OLLI since 2005.

HIS629 The Irish Americans

*Wednesday, 10:45 a.m.–12:15 p.m.,
Herring Center, Crabtree (HC110)*

Following a series of devastating famines in Ireland during the 19th century, millions of starving Irish Catholics were forced to leave their native land. Many would come to an unwelcoming and hostile America. This is their story—told by their descendants. The courage and perseverance of these ragged, hungry and uneducated voyagers in this first great migration to these shores would open America to a host of other seekers of freedom and opportunity from around the world and make the United States a great nation. It is at once a tale of hatred, religious bigotry and violence and then fortitude and triumph as the Irish fight their way out of the mean slums of the big cities and into the highest levels of American life. We'll meet entertainers, politicians, athletes, a gangster or two, labor leaders and a President. We'll also examine the unique role of women in the immigrants' eventual success. Along the way, we'll likely shed a tear, hear a tune and share a laugh. "Eirinn go brach."
NOTE: This is a repeat of the course given in the winter of 2014.

Bob Dwyer is a dedicated history buff who has been instructing at OLLI for 8 years. He is once again joined by Mary McGee, a trained historian who has also given several popular lectures at OLLI. They are both very proud to present this dramatic story of their ancestors' struggle to become Americans.

PAH838 Quilting by Hand

*Wednesday, 1–3 p.m., Herring Center,
President's Conference (HC103)*

Learn the basics of quilting by hand. You can be as creative as you wish by piecing and assembling cotton fabrics of different colors (solids and prints) cut into various shapes to make a pattern. A list of supplies will be posted on the OLLI website.

Simonne Lindemann has been quilting by hand for pleasure since 1978 and teaching since 2001.

CEO422 Confident Online Dating for Men and Women

Wednesday, 1:30–3 p.m., Herring Center, Campbell (HC004)

Dispel the mystery and hesitation of online dating! Develop confidence. Improve techniques for a successful, positive experience. Come prepared to create or polish your profiles, emails, and methods. We'll cover the basics and more sophisticated topics—what online dating is and is not, choosing sites, limiting costs, profile development, writing great openers, photos, screening, finding a gem, first dates, deal-breakers and must-haves, privacy and safety, refining social and conversational skills.

Jamesa Selleck is enthusiastic in encouraging online dating for seniors. Widowed and divorced, she has extensive experience from both loss perspectives. Jamesa, retired, is an experienced image and communication consultant. Formerly, she was on the U.S. Senate staff as a Special Assistant.

HIS699 Moments and People in American History

Wednesday, 1:30–3 p.m., Herring Center, Crabtree (HC110)

Come explore an eclectic collection of fascinating people and events spanning the history of our nation. Class topics include Thomas Jefferson and Sally Hemings, Jamestown 1619 and the birth of American Slavery, the Age of Vaudeville and The Great Depression, the Sam Sheppard trial, William Randolph Hearst and "yellow journalism," the Aaron Burr trial of 1807—and more! NOTE: This is a repeat of Fall '15 course.

Don Cockrill, retired lawyer, has argued before the Supreme Court. He is a history buff with a special interest and expertise in the Supreme Court, the Constitution, and the founding of our Republic.

LAN785 Latin Via Ovid

Wednesday, 1:30–3 p.m., Herring Center, Vick Seminar (HC102)

Latin Via Ovid is a new course intended for those who have taken Latin before, no matter how long ago, who would like to study Latin in a unique and enjoyable format. The book skillfully weaves the Latin myths of the ancient Greeks and Romans told by Ovid in his *Metamorphoses* with a sound grammatical background which is thoroughly explained. You'll be amazed how many of the ancient myths permeate our art, advertising, and lives today.

Ginny Anderson formerly taught Latin at Furman and currently teaches nine courses of Latin to adults over fifty online. She has taught at OLLI since 2005.

SNM1038 Natural History of SC's Southern Blue Ridge Mountains

Wednesday, 1:30–3 p.m., Herring Center, Piper (HC111)

This course will provide an understanding about the natural history of the Southern Blue Ridge that dips down into South Carolina, known as the Southern Blue Ridge Escarpment. Students will come away from this course with a broader understanding of the flora and fauna of this region and will be able to identify common plant and animal species. A series of guest lecturers, who are experts in key areas, will present to the class to broaden the learning experience. A one day field trip will be included where we will visit an area in the mountains of South Carolina for a hands-on experiential learning day.

Kristen Austin is The Nature Conservancy's Southern Blue Ridge Program Director based in Upstate South Carolina. Her work focuses on forest conservation efforts in the Southern Blue Ridge. Kristen works with multiple partners across the five-state Southern Blue Ridge region leading efforts ranging from land conservation to land management projects. Mary Lou Jones will assist with this course.

OLLI Course Calendar | January 11–March 4, 2016

Lunch & Learn Tuesdays

Speakers from the community will present a variety of interesting topics. Free and open to the public, 12:30–1:20 p.m., HC110. Bring your lunch and invite your friends.

- Jan. 12 **Great Gardens Past and Present**
Marian St. Clair,
Master Gardener
- Jan. 19 **RDC and IMED: Catalyzing Growth for the Upstate's Biomedical/Life Science Ecosystem**
Sam Konduros J.D.,
Executive Director,
Greenville Health Research
Development Corporation
- Jan. 26 **News from Greenville County Council**
Butch Kirven, Greenville
County Council Member
- Feb. 2 **Physical Morality: Going Beyond Playing Board Games and Eating Lunch in Front of the TV**
Dr. Frank Powell,
Professor Emeritus,
Health Science at Furman
- Feb. 9 **Valentine's Day Sing Along with Bing**
Dr. Bing Vick, Professor
Emeritus, Music at Furman
and OLLI member
- Feb. 16 **Empowering Youth to Solve Community Issues**
Dan Weidenbenner,
Executive Director,
Mill Village Farms
- Feb. 23 **A Newspaper's Survival in the Internet World**
William Fox, Managing
Editor, *Greenville News*
- March 1 **Greenville County Schools: Centered for Success**
W. Burke Royster,
Superintendent, Greenville
County School System

Monday

9–10:30 a.m.

- ACM160 **Beginning Watercolors***
(Kirby) HC005 9 a.m.–noon
- HFE513 **High Country Hikers***
(Davis/Howell) HPL
9 a.m.–4:30 p.m.
- HFE501 **Monday's Hiking***
(Roy) HPL 9 a.m.–4:30 p.m.
- BEF216 **Re-Creating Home**
(Scoville) HC102
- SNM1030 **Weather 101**
(DeHart) HC113

10:45 a.m.–12:15 p.m.

- PAH874 **Chess I**
(Blasenak) HC113
- CPT310 **eBay**
(Blitstein) HC104
- PPG1365 **Living Confidently**
(Brown) HC004
- ACM159 **More Sing With Bing**
(Vick/Howell) HC110
- PAH894 **What's for Breakfast?**
(Huecker) HC105/106

1:30–3 p.m.

- HFE531 **Yoga 201*** (Ried-Barton)
HC110 12:25–1:25 p.m.
- HFE511 **Yoga 101*** (Ried-Barton)
HC110 1:45–2:45 p.m.
- HFE576 **Bowling "300"**
(Halloran) Offsite
- PAH873 **Chess II**
(Blasenak) HC113
- BEF248 **Financial Workshop**
(Rose) HC105
- LAN760 **French II**
(Miel) HC005
- ACM137 **The Big Band Era**
(Holmes) HC111
- PAH879 **Zentangle Drawing**
(Stevenson) HC004

3:15–4:45 p.m.

- HFE579 **Stretch and Tone**
(Lyon) HC110

Tuesday

9–10:30 a.m.

- HFE515 **Aquacize***
(Parker/Parker) Pool 9–10 a.m.
- PAH882 **Classic Cars and More***
(Halli) HC004 9 a.m.–noon
- HFE505 **Dave's Hiking*** (Beisser/
Gianfortune) HPL 9 a.m.–4 p.m.
- HIS605 **Great Trials in History**
(Munson) HC110
- ACM195 **Guitar II** (Howell) HC005
- PAH850 **Intermediate Bridge**
(Hughes/Nichols) HC113
- ACM120 **Let's Read and Talk**
(Recknagel) HC105
- PPG1355 **Your Brain Goes to the Movies** (Mickley) HC111

10:45 a.m.–12:15 p.m.

- PPG1381 **Dynamic Aging III**
(Tower) HC004
- ACM123 **Forgotten Women in Music**
(Howell) HC110
- PAH842 **Healthy Chinese Cooking**
(Trapasso) HC105/106
- CPT363 **Intro to iPads** (Roberts) HC005
- HFE591 **Dance for Everyone**
(Amato) PAC Dance Studio
- BEF265 **Retirement Wealth Management**
(Goepfer/ Burkhardt) HC113
- HIS630 **The Constitution**
(Cockrill) Daniel Recital Hall
- SNM1050 **The Universe** (Adams) HC111

1:30–3 p.m.

- ACM198 **Movies with Howard Hawks***
(Aten) HC005 1:30–4:45 p.m.
- HFE556 **Spin For All*** (Lyon) PAC
Dance Studio 1:30–2:30 p.m.
- PAH821 **Beginning Bridge II***
(Griffin/Griffin) HC113
1:30–3:30 p.m.
- CEO428 **China 2016** (Kaup) HC110
- PPG1391 **Dynamic Aging IV**
(Tower) HC004
- ACM115 **Tea and Mystery**
(Blitstein/Huntoon) HC105/106
- HIS658 **Music and Culture of the 60s**
(Fisher) HC111

3:15–4:45 p.m.

- ACM109 **History of Rock and Roll***
(Blakely) HC004 3:15–5:15 p.m.
- ACM114 **The Short Story** (Reeves) HC111

* Please note class times as they are different from regular schedules.

(Bonus Trips & Events Schedule located on next page.)

Wednesday

9–10:30 a.m.

- LAN710 **Intro to Latin I*** (Kilgore)
HC102 8:45–10:30 a.m.
- ACM101 **Acrylic Painting*** (Rice)
HC113 9 a.m.–noon
- PAH800 **Woodcarving 101***
(Ellison) HC005 9 a.m.–noon
- BEF261 **Financially Secure Future**
(Bane) HC004
- PHO1612 **Art and Photography**
(Cox) HC111
- SNM1019 **Physics 101** (McCarty) HC105
- HIS690 **Vietnam** (Henry) HC110

10:45 a.m.–12:15 p.m.

- PAH848 **Classy Breads**
(Day/Stevenson) HC105/106
- RPH938 **Intro to Islam** (Aydin) HC111
- PHO1606 **Look Around You**
(Schlein) HC104
- PPG1350 **Masters of Aging**
(Tower) NVJ-100
- ACM132 **Nasty Families with a Side of Bad Men**
(Chandler-Huse) HC004
- LAN771 **Readings in Ovid and Caesar**
(Anderson) HC102
- HIS629 **The Irish Americans**
(Dwyer/McGee) HC110

1:30–3 p.m.

- PAH838 **Quilting by Hand***
(Lindemann) HC103 1–3 p.m.
- PAH839 **Tablet Weaving: Old Technique, New Methods***
(Schlein) HC105 1:30–4:30 p.m.
- PAH834 **Woodcarving 201***
(Ellison) HC005 1:30–4:30 p.m.
- CEO422 **Confident Online Dating for Men and Women**
(Selleck) HC004
- HIS699 **Moments in American History**
(Cockrill) HC110
- LAN785 **Latin Via Ovid**
(Anderson) HC102
- SNM1038 **SC's Southern Blue Ridge Mountains** (Austin/Jones) HC111
- PAH808 **The Knitting Hour** (Kirby) HC113

3:15–4:45 p.m.

- CPT355 **Beginning Computer**
(Hack/Fletcher) HC104
- HIS685 **Characters in American History** (Wheeler) HC110

Thursday

9–10:30 a.m.

- HFE502 **Martin's Hiking*** (Martin/Severens) HPL 9 a.m.–4 p.m.
- ACM116 **Pen and Ink*** (Jones/Lynch)
HC005 9 a.m.–noon
- CPT330 **The Indispensable iPhone**
(Weaver) HC113
- CEO409 **Great Decisions 2016**
(Rounsville) HC004
- HFE586 **Intermediate Core Conditioning** (Bryson) HC110
- PPG1340 **Memory Fitness**
(Horhota) HC111

10:45 a.m.–12:15 p.m.

- ACM113 **Classical Music II**
(Bryson) HC110
- PAH856 **Cooking for Nerds and Geeks** (Kappel)
HC105/106
- PAH813 **Crochet 101** (Ferguson) HC113
- ACM183 **The Right Stuff—Again**
(Chandler-Huse) HC004
- HIS660 **Greenville: The Making of the Modern County and City**
(Huff) Daniel Recital Hall
- HFE577 **Improving Your Brain Function** (Horner) HC111
- CPT309 **Introduction to Android**
(Summers) HC104
- RPH903 **The Hebrew Prophets II**
(Leffert) HC103

1:30–3 p.m.

- ACM110 **Basic Watercolor***
(Gillen) HC005 1:30–4 p.m.
- HIS616 **Jefferson, Madison, and Monroe** (Kelly/Russ) HC110
- HFE567 **Mindful Meditation**
(Verdone) HC004
- PHO1630 **Photography Adventures**
(Magee) HC111
- HIS625 **Revealing Yellowstone**
(Hermes) HC111
- RPH901 **The Great Jewish Philosophers** (Leffert) HC103

3:15–4:45 p.m.

- ACM129 **Victorian Narrative**
(Hess/Jones) HC110

Friday

9–10:30 a.m.

- HFE503 **Rock Stars*** (Heman)
9 a.m.–4 p.m.
- ACM176 **Chinese Painting***
(Yan) HC005 10 a.m.–noon
- PHO1617 **Intermediate Digital Photography** (Roback) HC104

10:45 a.m.–12:15 p.m.

- HFE571 **Taiji*** (Davis) HC110
10:45–11:45 a.m.
- PAH832 **eGenealogy** (Leet) HC104
- PAH845 **More Soup** (Miel/Miel)
HC105/106
- LAN732 **Spanish Conversation**
(Getz) HC111
- PHO1620 **Visual Language and Composition** (Roback) HC113

Thursday Lunch Book Clubs

MYSTERY READING GROUP

HC103 12:30–1:15 p.m.

Contact: Judy Pearson at
judypearson@bellsouth.net

Books for the Winter Term are:

- Jan. 21 **Pleasantville**
by Attica Locke
- Feb. 4 **Mr. Mercedes**
by Stephen King
- Feb. 18 **Room No. 10**
by Ake Edwardson
- March 3 **Lifeguard**
by James Patterson

ROGUE READERS

HC111 12:30–1:15 p.m.

Contact: Cindy Smithers at
myrtletheturtle@mindspring.com

Books for the Winter Term are:

- Jan. 14 **All the Light We Cannot See**
by Anthony Doerr
- Jan. 28 **The Art Detective**
by Philip Mould
- Feb. 11 **Circling the Sun**
by Paula McLain
- Feb. 25 **Fever**
by Mary Beth Keane

PAH839 Tablet Weaving: Old Technique, New Methods

Wednesday, 1:30–4:30 p.m., Herring Center, Huff (HC105)

Weave intricately patterned bands for belts, straps, bags, and clothing embellishment. Hands-on instruction and slide presentations. Tablet weaving requires only some string, a pack of 4-hole cards, and a stationary support. It is relaxing, intriguing, and habit-forming! Improving on Iron Age and Viking methods, we will make it more body-friendly by adding an ingenious small wooden loom. All supplies provided. For beginning and intermediate tablet weavers. Beginners will start from square one, but if you have already done some tablet weaving, you may choose to explore the Egyptian Diagonals or Vacant Hole constructions. Materials fee: \$100 (includes a loom, tablets, shuttle, and yarn; due to instructor at first class). For more information email Alice Schlein at aschlein@att.net.

Alice Schlein has been weaving and teaching for over 50 years and is the author of three weaving books and many journal articles. She blogs at weaverly.typepad.com.

PAH808 The Knitting Hour

Wednesday, 1:30–3 p.m., Herring Center, Small Arts/Crafts (HC113)

This class will have fun making socks. Please come join this fun and interesting intermediate class. Samples will be on display in the OLLI office for you to see. Bring #2 double-pointed needles and 100 grams of fingering weight (sock) yarn to class. Pattern will be provided.

Gail Kirby has been knitting since the age of seven and loves to create beautiful things.

PAH834 Woodcarving 201

Wednesday, 1:30–4:30 p.m., Herring Center, Graham (HC005)

Prerequisite for this class is Woodcarving 101 or having some woodcarving experience. You should be able to maintain sharp tools and have proper safety equipment. We will begin this class by carving a caricature as a class project. Painting and finishing options will be discussed. Methods to keep tools sharp will be covered.

The materials fee will cover all projects provided by the instructor. Materials fee: \$25 (due to instructor at first class).

Kent Ellison has been carving for over ten years and has won numerous awards in competitions. He has been a member of the Piedmont Wood Carvers Club since 2003. Kent has been teaching at OLLI and elsewhere for eight years.

CPT355 Beginning Computer for the Terrified

Wednesday, 3:15–4:45 p.m., Herring Center, Computer Lab (HC104)

Starting with how to turn on the computer and covering the basics of using a computer, students will learn how to use an email account, do basic word processing, and file management. Students should bring a USB flash drive to the third class in order to save their computer work.

Stan Hack, retired engineer, worked in project management, costing and IT. He has approximately 20 years IT experience in industry. Sarah Fletcher, the founder and original director of OLLI @ Furman, remembers what it was like learning to use a computer.

Friday Bonus Trips & Events

BTE1199 **Maximize Social Security**
January 15, 10 a.m., HC004

BTE1130 **Touring WYFF**
January 15, 10:30 a.m.

BTE1113a **BMW Manufacturing**
January 15, 11:30 a.m.

BTE1113b **BMW Manufacturing**
January 15, noon

BTE1179 **GHS/USC School of Medicine**
January 15, 1:30 p.m.

BTE1194 **Designing the Urban Village**
January 22, 10 a.m.

BTE1185 **Iraq and the Rise of ISIS**
January 22, 10 a.m., HC004

BTE1114 **Remembering to Perform Intended Actions**
January 22, 2 p.m., HC110

BTE1103 **Clemson ICAR**
January 29, 10 a.m.

BTE1156 **Pottery**
January 29, 10:30 a.m.

BTE1178 **Safe Water**
January 29, 9 a.m., HC113

BTE1101 **Slow Muscle Loss Via Diet and Exercise**
January 29, 10:45 a.m., HC102

BTE1125 **Roots to Our Modern Diagnoses**
February 5, 10 a.m., HC004

BTE1121 **View of Israel & Cruise Europe**
February 5, 1 p.m., HC111

BTE1109 **Age Management**
February 5, 1 p.m., HC111

BTE1106 **Food and Wine Pairing**
February 5, 1:30 p.m., HC105/106

BTE1163 **Explore Lake Conestee**
February 12, 8:30 a.m.

BTE1151 **Inland Port Tour**
February 12, 9:30 a.m.

BTE1183 **Jocassee Sampler**
February 12, 10 a.m., HC004

BTE1170 **Warehouse Theatre**
February 12, 10 a.m.

BTE1149a **Loons of Jocassee**
February 19, 10 a.m.,

BTE1111 **Probate Court**
February 19, 10 a.m., HC004

BTE1119 **Furman Auxiliary Services**
February 19, 1 p.m., HC110

BTE1141 **Bad Creek Pumped Storage Facility**
February 25, 10 a.m.

BTE1123 **Railroad Songs**
February 26, 9:30 a.m., HC004

BTE1145a **The Furman Library**
February 26, 10 a.m.

BTE1145b **The Furman Library**
February 26, 1 p.m.

BTE1149b **Loons of Jocassee**
March 4, 10 a.m.

BTE1102 **Pan American World Airways**
March 4, 10 a.m., HC004

BTE1166 **Values in Wine**
March 4, 1 p.m., HC111

HIS685 Interesting Characters in American History

Wednesday, 3:15–4:45 p.m., Herring Center, Crabtree (HC110)

Your favorite instructors—like Linda Kelly, Judy Aten and Rory Case—will talk about their favorite characters in history, from Pat Nixon and King Herod to Apple CEO Tim Cook. A different instructor each week presents an all-new interesting character.

This class will have a different presenter each week. Class moderator Roger Wheeler is a history buff, amateur author and former corporate tax attorney.

Thursday

CPT330 The Indispensable iPhone

Thursday, 9–10:30 a.m., Herring Center, Small Arts/Crafts (HC113)

This class is not for the brand new user, but for those with some basic experience making calls, using contacts, and using a variety of apps. We will help you learn a surprising number of new and different uses of the iPhone such as keeping in touch with friends and family who live out of town, scheduling your appointments, texting people with pictures and audio or finding your way around a new city. To start, we will show all the essentials: how to use your iPhone for importing contacts, email tips, FaceTime, surfing the web, eBay, weather and the most useful apps. Also we will discuss basic smartphone safeguards, Wi-Fi, text messaging, Siri, a little troubleshooting, and getting totally organized with your iPhone. Course requirement: iPhone 5, 5c, 5s or 6 with iOS 8 installed.

Laken Weaver '17 is a political science major at Furman University. She sings with the Furman Singers and performed in last year's production of Shrek.

CEO409 Great Decisions 2016

Thursday, 9–10:30 a.m., Herring Center, Campbell (HC004)

This class will discuss world issues: Middle East, the rise of ISIS, the future of Kurdistan, Migration, the Koreans, the United Nations, Climate Change, Cuba and the United States. Students will use the *Great Decisions* discussion book (\$22 to be paid when picked up at OLLI Office. Make check payable to Furman University), a DVD from the independent Foreign Policy Association and other current resources.

Sherm Rounsville, a past OLLI president, has led several OLLI courses including Great Books discussions; Fossil Fuels; Guns, Germs, and Steel; and Great Decisions since 2008.

HFE586 Intermediate Core Conditioning for Seniors

Thursday, 9–10:30 a.m., Herring Center, Crabtree (HC110)

This intermediate fitness class is designed to combat the effects of our modern sedentary lifestyles, low back pain, joint stiffness, knee injury and other joint problems. This class is not for everyone and it is recommended that participants be familiar with the use of a stability ball and be capable of doing a squat. Developed on the principle that a flexible body with good posture is typically pain free, this class will teach you to use your own body weight and an exercise fitness ball to strengthen your core. Please bring your yoga mat and stability ball to class; dumbbells to be provided by OLLI. Bring your yoga mat only during Week 1 and 2.

Ron Bryson, a retiree, keeps active with cycling, swimming, pilates, and strength training. He is a NASM certified personal trainer with a specialty in senior fitness and a certified yoga teacher. He has learned how to manage osteoarthritis pain with exercise and natural supplements.

HFE502 Martin's Intermediate Hiking

Thursday, 9 a.m.–4 p.m., Herring Center, Parking Lot (rt. of Timmons)

Winter is a great time to hike! Enjoy beautiful vistas, early spring wild flowers, and waterfalls as we hike 4 to 6 miles. On days when weather is iffy, we may take in some local history of nearby towns. Hiking will be moderately strenuous, so please clear this physical activity with your physician before registering. Pack a lunch and water, and wear sturdy footwear. Carpool and share cost of gas. Meet in the parking lot to the right of Timmons Arena in time to leave by 9 a.m.

Anne Martin, who has enjoyed hiking for many years, will lead this group. Martha Severens will assist with this course.

Policy 2012.1: OLLI (Classroom) Code of Conduct

Topics included within the OLLI curriculum may evoke emotional and visceral reactions to social, religious, political, and economic events, which inherently have elements of human tragedy, and during the course of time, may create discord. Comments shared within the class should be voiced in a professional manner conducive to promoting civil discourse and intellectual honesty.

Passionate dialogue is encouraged as long as opposing viewpoints are respected and the dignity of others is maintained. In the event that an issue arises which compromises this premise and is deemed detrimental to the learning environment (i.e., unwarranted personal attacks or unsolicited dialogue outside of the classroom environment), then the OLLI administration has the authority to remove a student or instructor from the class and/or the program.

**PPG1340 Memory Fitness:
Strategies for Improving Memory**

*Thursday, 9–10:30 a.m., Herring Center,
Piper (HC111)*

What is memory? In this course, you will learn how memory works and how memory processes change with age. We will discuss recent scientific research that suggests that memory decline can be minimized and we will talk about how you can implement practical strategies in your daily life to help to maintain memory with age. Required book: *Memory Fitness—A Guide for Successful Aging* by Gil Einstein and Mark McDaniel (ISBN 9780300105704).

Michelle Horhota is an associate professor of psychology at Furman where she teaches General Psychology and courses on adult development and aging.

**ACM116 Pen and Ink and
Then Some ...**

*Thursday, 9 a.m.–noon, Herring Center,
Graham (HC005)*

This is a relaxed three-hour studio class. No experience is required and both beginning and continuing students are welcome. New students will complete at least two projects. With group and individual instruction, the class will cover strokes, techniques, hints, secrets and tricks. Anyone with a pencil, pen, or paintbrush is invited. The class will learn from each other and the music is good! Materials fee: \$15 for beginners (due to instructor at first class).

Gail Jones and Jeff Lynch will teach this course. They use the “Cantey DuBose” method and have lots of “ink time.”

**ACM113 20th Century Classical
Music II**

*Thursday, 10:45 a.m.–12:15 p.m., Herring
Center, Crabtree (HC110)*

Opera is alive and well in the 20th century. Unlike operas of previous centuries it is not possible to group them by category but rather which format they oppose since individuality or singleness of style defied classification as in previous centuries. Some of the early 20th century operas reflect the time period with shocking librettos and very explicit presentations. Dissonance and ear challenging tones became prominent while neo-classic formats allowed other composers to be less emotional and increase focus on orchestral structure. The course will sample operas from Strauss, Janacek, Gershwin, Prokofiev, Shostakovich, Berg, Ravel, Schoenberg, Tan Dunn, and Adams. Class will consist of a PowerPoint presentation followed by representative opera selections using CDs and DVDs.

Ronald Bryson, who has been teaching opera at OLLI since 2013, has been a lover of classical music and opera for over a quarter century. Through his audio-visual presentations, he attempts to impart the same to the class members.

**PAH856 Cooking for Nerds
and Geeks**

*Thursday, 10:45 a.m.–12:15 p.m., Herring
Center, Huff with Lindemann Kitchen
(HC105/106)*

*A Jug of Wine, a Loaf of Bread
and Thou Beside me singing
in the Wilderness
O, Wilderness were Paradise now!*

That may work for Omar Kayyam but for us mere mortals some more realistic kitchen directions might be more helpful. This course will be directed toward some of the basics of dealing with cooking. We will forget the grill but use the top of the stove, the oven and make some dishes that sound exotic but are, in fact, easy to create.

Recommended books: *Joy of Cooking* and *On Food and Cooking* by Harold McGee. Food cost: \$6 per session (\$6 due to instructor at first class with remainder due at second class).

Dan Kappel got his first idea of dealing with cooking in high school when he worked in a boarding school kitchen. He honed his skills in graduate school and has been cooking all the meals at home since 2003.

PAH813 Crochet 101

*Thursday, 10:45 a.m.–12:15 p.m., Herring
Center, Small Arts/Crafts (HC113)*

We will cover the basic stitches, yarn and hook selection, pattern reading, and some decorative stitches. Bring a ball of smooth, light colored acrylic yarn, a G or H hook, and a notebook to class. Handouts will be available.

Alice Ferguson has been crocheting for twenty-five years. She has had a love and involvement with needle arts since childhood.

**ACM183 Deconstructing the Right
Stuff—Again**

*Thursday, 10:45 a.m.–12:15 p.m., Herring
Center, Campbell (HC004)*

This class is for creative people who have writing experience. In this relaxed class time, we will write in a variety of formats, receive constructive feedback, and then proceed to revision and review. Prerequisite: Prior participation in a writing class.

Judith Babb Chandler-Huse, lifelong educator and long-time OLLI instructor, is an active community volunteer and outsider artist.

HIS660 Greenville: The Making of the Modern County and City

*Thursday, 10:45 a.m.–12:15 p.m.,
Daniel Music Building, Daniel Recital Hall*

The rise of the modern textile industry dominated the history of the county and city of Greenville after 1870. This course will examine the rise of textiles, the creation of the mill village, the creation of industrial diversity in the wake of World War II, and the social and economic changes in the late 20th and early 21st centuries.

A.V. Huff is a professor of History Emeritus and retired Vice President of Academic Affairs and Dean of Furman University. Dr. Huff has been teaching OLLI @ Furman courses since 1993. He is a loved and favorite instructor of our OLLI members.

HFE577 Improving Your Brain Function

Thursday, 10:45 a.m.–12:15 p.m., Herring Center, Piper (HC111)

This course will teach how to improve brain function through movement and touch. If a brain is not growing, it is dying—but it is never too late to bring about improved memory, balance and coordination.

Dr. Cynthia Horner is a family chiropractor with a focus on functional neurology. She works with the spine to improve brain function that creates better focus, movement, posture and balance.

CPT309 Introduction to Android

Thursday, 10:45 a.m.–12:15 p.m., Herring Center, Computer Lab (HC104)

This course will offer users of smartphone devices with the Android operating system a well-rounded perspective of how to make this device their own. You will learn the basics of using your device, including creating an email account with Google, personalizing screens, downloading apps, and more! Please bring fully charged device to each class.

Anansia Summers is an alumna of Furman with a passion for technology. She is offering this class to engage new users of Android devices.

RPH903 The Hebrew Prophets II

Thursday, 10:45 a.m.–12:15 p.m., Herring Center, President's Conference (HC103)

In this course we will read and discuss the Hebrew prophets—Isaiah, Jeremiah, Ezekiel, and the twelve minor prophets. The course will continue over the entire year—fall, winter and spring terms, but it is not necessary to commit to the entire course. We will be discussing the historical backgrounds of the prophets, their literary art, and their messages. Emphasis will be on an interactive discussion-oriented class.

Fred Leffert is a Greenville physician with a life-long interest in Jewish Studies. He has taught several Hebrew classes over the past 16 years.

ACM110 Basic Watercolor

Thursday, 1:30–4 p.m., Herring Center, Graham (HC005)

Watercolor is simple if you get the right start with proper materials and techniques. This course is for beginners or those who want to restart watercolor painting. Special attention will be given to the proper materials and their use.

Ron Gillen is well known for his easy going teaching style and fresh spontaneous paintings. He practices in his studio at Art Crossing in Greenville, and he has taught classes at OLLI, Senior Action and privately.

HIS616 Jefferson, Madison, and Monroe: Forging a Nation

Thursday, 1:30–3 p.m., Herring Center, Crabtree (HC110)

Explore with us the period from 1800–1825 when Presidents Thomas Jefferson, James Madison, and James Monroe led our nation as it struggled to forge its own culture and its own identity, an identity new and separate from any country then known in Europe. In 1800 the newly independent United States was a small nation, largely a cultural copy of Europe, still dependent on European support.

The Louisiana Purchase, the precedent-forming federal court cases under John Marshall, the impact of the War of 1812, the beginning of the critical division over slavery, and the Monroe Doctrine all served, by the end of Monroe's administration in 1830, as important forces in the creation of our new nation—-independent, gaining in strength, and becoming a country unique to the world. Don't miss this in-depth study of the years Jefferson, Madison, and Monroe served as leaders of our new nation.

Linda Kelly and Linda Russ are retired from the Greenville County School System. Both have been AP and IB instructors and enjoy teaching at OLLI.

HFE567 Mindful Meditation

Thursday, 1:30–3 p.m., Herring Center, Campbell (HC004)

Mindfulness is a state of complete awareness in the present moment that allows one to “observe” their thoughts and feelings without judgment, and awaken fully to every experience. Participants will explore how 21st century distractions rob us of true life experiences and reduce the quality of daily living, and be guided in activities and meditation to improve their physical, mental and emotional well-being.

Brenda Verdone, director of ANEW Natural Health and Yoga, specializes in bringing energy and vitality to “those who need it most.”

PHO1630 Photography Adventures Near Greenville

Thursday, 1:30–3 p.m., Herring Center, Piper (HC111)

A photography course for all skill levels that will provide information regarding the best places to visit within 200 miles of Greenville to photograph a wide range of subjects such as: wildflowers; waterfalls; wading birds; botanical gardens; old barns and buildings; and old and new vehicles. It will be interactive with the instructor providing tips on the location of the sites along with presentations on equipment and techniques to best capture specific subjects. Examples of photos of those subjects will be shown along with an interactive sharing of photos from class members.

Gordon Magee is recently retired after forty-one years as a business leader. He currently enjoys nature and landscape photography and the friendship of OLLI.

HIS625 Revealing Yellowstone and the Grand Canyon

Thursday, 1:30–3 p.m., Herring Center, Piper (HC111)

Share the discovery of Yellowstone and the Grand Canyon through examination of original 19th century documents, maps, art and photographs. F. V. Hayden's 1871 expedition to Yellowstone, the art of Thomas Moran and photos by W. H. Jackson led Congress to establish the world's first National Park, Yellowstone, in 1872. Meanwhile, John Wesley Powell's bold exploration of the Grand Canyon in 1869 initiated great science and art showing the canyon's beauty and geology. We will study the same maps and images that drew Americans of The Gilded Age to understand the West. With YouTube and Google Earth, we will build the transcontinental railroad, climb Mt. Washburn to see Yellowstone Lake, ride the rapids of the Colorado and watch a major erosion episode. Finally we will reach the Canyon at Point Sublime, where,

"What was grand before has become majestic, the majestic becomes sublime, and the sublime . . . passes beyond the reach of our faculties and becomes transcendent."

Matthew Hermes Ph.D. is a Research Associate Professor in Biomaterials at Clemson. His immersion in the documentation of the West began 20 years ago when he purchased the 1881 Hayden Atlas of Colorado and began to retrace the paths of the great western exploration of The Gilded Age.

RPH901 The Great Jewish Philosophers

Thursday, 1:30–3 p.m., Herring Center, President's Conference (HC103)

The class will discuss some of the great Jewish philosophers, including Philo, Maimonides, Spinoza, Mendelssohn, Buber, Kaplan, and Heschel. We will consider the historical period in which each flourished, his personality, and the content of his work. Emphasis will be on an interactive class.

Fred Leffert is a Greenville physician with a life-long interest in Jewish Studies. He has taught several Hebrew classes over the past 16 years.

ACM129 The Continuing Victorian Narrative

Thursday, 3:15–4:45 p.m., Herring Center, Crabtree (HC110)

"It was the best of times, it was the worst of times," a time very much like our own—a period of high ideals marred by egregious failures. In our overview of the Victorian era we'll explore the concept of a gentleman, the origin of women's rights, the rise of journalism as an agent of change, and some favorite culinary traditions inspired by the era.

Donnalynn Hess has taught on the Bob Jones University Education faculty for 25 years. She serves as the Director of Education for the Museum and Gallery. Erin Jones will assist with the course.

Friday

PHO1617 Intermediate Digital Photography

Friday, 9–10:30 a.m., Herring Center, Computer Lab (HC104)

This class will emphasize exposure and composition and attempt to wean you away from shooting always in automatic. Out of class photo shoots will be assigned and images will be critiqued. A strong working knowledge of your camera and basic photography principles and theory are suggested. Although this class is designed primarily for DSLR camera photographers, course content can be applied to point and shoot camera users.

Ray Roback is a retired military officer and culinary arts instructor. He has been involved with photography all his life, more seriously in the last ten years.

HFE503 The Rock Stars

Friday, 9 a.m.–4 p.m., Contact Instructor

Explore the mountain trails of Upstate South Carolina and Western North Carolina. Hike 6 to 10 miles at a moderately strenuous to strenuous pace. Please clear physical activity with your physician before registering. Bring water, lunch, and hiking gear including sturdy footwear. Carpool; share the cost of gas.

Andy Heman, an avid hiker, will lead all hikes.

ACM176 Chinese Painting

Friday, 10 a.m.–noon, Herring Center, Graham (HC005)

This course will introduce basic Chinese traditional ink and pigment painting on rice paper. The class will also include some Chinese painting history along with a look at materials and tools with samples. Materials fee: \$20 (due to instructor at first class).

Nancy Yan has been learning Chinese brush painting for over ten years. She has won six awards from various painting exhibit events.

PAH832 eGenealogy

Friday, 10:45 a.m.–12:15 p.m., Herring Center, Computer Lab (HC104)

Have you been able to use the internet to efficiently research your genealogy? Or maybe you have used ancestry.com with mixed results: both conflicting and redundant information that seems to be more of a hindrance than a help. Would you like to learn about the DNA matching function? Would you like to know how to publish family stories, even eBooks on Amazon.com? Classroom time will be evenly divided between basic techniques, hints, and tips, and classroom lab, where you can use both ancestry.com and Family Tree Maker. Bring your enthusiasm for genealogy and a flash drive to store your tree data. Of course, bring any family trees in .ftm or .ged format, or know how to get to your ancestry.com tree. Prerequisites: You must not need any instruction on the use of computer files and folders; You must not need any instruction on the use of browsers; You must have the general skill of learning how to use a new computer application. Both Windows and Mac users are welcome.

Duane Leet has a PhD in Systems Science from Michigan State. He has worked in the genealogy field for 30 years and is the North American Genealogist for his family.

PAH845 More Soup

Friday, 10:45 a.m.–12:15 p.m., Herring Center, Huff with Lindemann Kitchen (HC105/106)

Soup is a delicious, economical centerpiece for a healthy, satisfying meal. This is a demonstration course featuring 8 NEW soup recipes with side dishes to round out the meal. Participants will be able to assist with prep and cleanup chores if they wish. The day's soup will be served for lunch and recipes will be provided.

An enthusiastic cook with a background in nursing and public health, Diana Miel is eager to encourage home cooking that is unique and delicious. Roger Miel will assist with this course.

LAN732 Spanish Conversation

Friday, 10:45 a.m.–12:15 p.m., Herring Center, Piper (HC111)

In this conversation class we will put our past Spanish class experience to good use. Each week we will discuss a different topic and focus on listening and speaking skills. Previous Spanish experience within the past couple of years is not required, but is strongly recommended.

Emily Getz earned her bachelor's degree in Spanish from Furman and her master's degree in education from Wake Forest. She has taught Spanish to students age 3–83 and also teaches English as a Second Language.

HFE571 Taiji

Friday, 10:45–11:45 a.m., Herring Center, Crabtree (HC110)

Taiji is a Chinese martial art with proven health benefits. The form this class will teach is called "EBT," and was developed by Dr. Yang Yang, of the Center for Taiji Studies. The EBT is a condensed, easy to learn Taiji form, especially formulated for use with seniors. The class will include instruction in form movement, and qigong, which includes both moving and stationary exercises for developing balance, core strength, mental clarity, and a general sense of well-being. chentaiji.com

Keith Davis is a professional jazz pianist, who serves as an Adjunct Instructor of Jazz Piano at Furman. Keith is also a certified instructor of Taiji, through Yang Yang's Center for Taiji Studies.

PHO1620 Visual Language and Composition

Friday, 10:45 a.m.–12:15 p.m., Herring Center, Small Arts/Crafts (HC113)

Line, shape, form, texture, pattern, and color are a few of the basic elements of composition that are common in painting, drawing, photography, sculpture, ceramics as well as other expressions of art. This class will explore how the "Visual Language" of composition works—how you can improve your understanding of what you see and how these elements function within your own creative endeavors.

Sandy Roback is a retired art educator who taught grades K–12 as well as adults. She has explored and created in a variety of mediums, including photography, watercolors, acrylic painting, weaving, basketry and ceramics. Sandy is a juried member of the S.C. Artisans Center.

Friday Bonus One-Day Trips & Events

BTE1199 Strategies to Maximize Social Security

January 15, 10–11:30 a.m., HC004

Claiming benefits sounds easy. So is leaving \$250,000 of your money with the Government. Join Neal Angel, investment advisor, and learn how to obtain all the benefits to which you are entitled. Couples may be able to increase their Social Security retirement benefits by up to 120%, while lowering their taxes on total income by up to 67%. Couples may be able to file up to four times, but only get one chance to get it right. **Limit 40**

BTE1130 Touring WYFF

January 15, 10:30 a.m.–12:30 p.m.

Get an inside look at how news coverage is planned and carried out by a local television newsroom. We will visit WYFF 4 to get an overview of the television market and how coverage decisions are made. We will have the opportunity to have questions answered about the news operation and the anchors you see every day. The visit will conclude with a behind-the-scenes tour during the production of the noon newscast. **Limit 22**

BTE1113a BMW Manufacturing—Greer, SC

January 15, 11:30 a.m.–1:30 p.m.

BMW is the crown jewel of SC manufacturing facilities. The plant employs 8000 people and produces approximately 1200 vehicles per day (X3, X4, X5 and X6). Eight hundred of its cars per day are exported through the port of Charleston. The facility is located off I-85, approximately 23 miles (30 minutes) from Furman. Be prepared for a tram tour and some walking for the entire time. Entry fee: \$20 (due to OLLI Office). **Limit 20**

In order to give all members a chance to take a BTE, we limit everyone during registration to two BTEs. OLLI Notes, published weekly, will list available spots throughout the term. You will be contacted by email about a week prior with instructions.

BTE1113b BMW Manufacturing—Greer, SC

January 15, noon–2 p.m.

BMW is the crown jewel of SC manufacturing facilities. The plant employs 8000 people and produces approximately 1200 vehicles per day (X3, X4, X5 and X6). Eight hundred of its cars per day are exported through the port of Charleston. The facility is located off I-85, approximately 23 miles (30 minutes) from Furman. Be prepared for a tram tour and some walking for the entire time. Entry fee: \$20 (due to OLLI Office). **Limit 20**

BTE1179 Tour of GHS/USC School of Medicine

January 15, 1:30–3 p.m.

Greenville boasts its own school of medicine, a collaboration between GHS and USC. We are privileged to tour this new building and learn about the innovative curriculum. From the beginning, the building was designed with the students and the quality of their education in mind. See how cutting-edge technology and the Regional Simulation Center are integral to training. Tour the Clinical Skills Suite where non-procedural parts of training take a doctor from simply being proficient to being a great doctor. Observe the histology lab and the anatomy lab (if empty). Note: There will be a lot of walking on this tour. **Limit 40**

BTE1194 Designing the Urban Village

January 22, 10 a.m.–noon

A vibrant downtown does not happen by accident. Architecture and the arrangement of that architecture have an enormous impact on how we interact and how well our community reflects our history, culture, and values. Join Pat Dilger, urban designer and architect, at a central downtown location to learn about the essential design elements necessary to create a dynamic urban neighborhood. Then take an urban hike around downtown Greenville to envision how our city might evolve as we grow. Expect considerable walking, standing, and stairs. Comfortable walking shoes required. **Limit 20**

BTE1185 Reconstruction of Iraq and the Rise of ISIS

January 22, 10 a.m.–noon, HC004

The seminar/discussion, led by retired Colonel Thomas Gross, will examine the process and decisions in the post-war planning and execution in Iraq (2003). The seminar will also look at the parameters that enhanced the birth and rise of ISIS. Paramount in the discussion is an overview of the religions and political history of the Middle East with respect to the United States. The discussion will culminate with insights on lessons learned and relearned. **Limit 40**

BTE1114 Remembering to Perform Intended Actions

January 22, 2–3:30 p.m., HC110

From managing commonplace activities (e.g., remembering to pick up a loaf of bread on the way home) to coordinating social relations (e.g., remembering to cancel an engagement) to handling health-related needs (e.g., remembering to take medication), good prospective memory is important for normal everyday life. This talk by Furman Professor Dr. Gil Einstein will summarize research conducted at Furman over the past 25 years, focus on an exciting finding with aging implications, and wind up with some practical advice for remembering. **Limit 100**

BTE1103 Clemson ICAR

January 29, 10 a.m.–noon

Clemson University's Center for Automotive Research is a 250-acre research park located on the former Hollingsworth property off I-85 in Greenville. The anchor tenant is Clemson's graduate school for automotive engineering, but the total project includes economic development with major research tenants in the park. We will meet the director, hear about the project history/future, and tour the facility. There will be some walking and steps. Location is 12 miles from Furman. **Limit 20**

BTE1156 Pottery—a Cornerstone of Upstate Culture

January 29, 10:30 a.m.–12:30 p.m.

Join Bob Chance, pottery instructor at Furman for 28 years, to learn about the history of pottery in the Upstate and why pottery remains such a strong fixture of local arts. The class will see examples representing different regions and eras. Each person will be instructed in making a small pot and will return at a set date to glaze it and later to take it home and treasure. Materials fee: \$5 (due at event). **Limit 10**

Bonus Trip Cancellation Policy: Even though most one-day events are free, any cancellations within 48 hours of an event or no-shows by members for the special one-day events will be charged \$25 by OLLI.

BTE1178 Safe Water: The Global Water Shortage and You

January 29, 9–11:30 a.m., HC113

Taught by military veteran and survival specialist Alex Garcia, this class is designed for hikers, homesteaders and lovers of the outdoors. In January 2015, the World Economic Forum announced the current water crisis as the top "global risk to society." We are now witnessing an increase in civil violence and even the outbreak of national conflicts over the trending, new global currency: water. Garcia will share insights of this global issue and narrow the focus to your home and personal use of this increasingly valuable commodity. Participants will experience hands-on methods to find, contain and disinfect water. There will be time for Q&A. Event fee: \$2 (due at event). earthskillsLLC.com **Limit 24**

BTE1101 Strategies to Slow Muscle Loss Via Diet and Exercise as We Age

January 29, 10:45 a.m.–12:30 p.m., HC102

People who are physically inactive can lose as much as 3 to 5 percent of their muscle mass per decade after age 30. Symptoms of muscle loss include weakness and loss of stamina, which can interfere with physical activity and independence. We will explore ways to minimize the impact of aging on muscle mass. Learn strategies to help maintain muscle mass through diet and exercise. The class is taught by Keeley Mezzancello, an experienced registered dietician and certified strength training specialist. **Limit 35**

BTE1125 The Disease Tree: Uncovering the Roots to Our Modern Diagnoses

February 5, 10 a.m.–noon, HC004

This course will be structured around a concept called “The Disease Tree” model and led by Alison Lively, nutritional counselor. This model presents an easy to understand concept on how our bodies present symptoms that lead to modern diseases. Understanding the commonalities of countless disease states allows us to empower ourselves towards healing. We will break down these “root” concepts that include nutritional deficiencies, toxic overload, mental and emotional stress, and physical trauma. **Limit 40**

BTE1121 Bird’s Eye View of Israel and Cruise Around Europe

February 5, 1–3:30 p.m., HC111

Come and enjoy DVD footage of ancient outposts and holy sites alongside exotic seaside resorts in Israel. Then we will visit fjords and ports in Norway and lochs and glens of Scotland, before cruising past castles and medieval cities along the Rhine, Loire, and Rhone rivers. **Limit 100**

BTE1109 Constructive Age Management

February 5, 1–3 p.m., HC111

Explore the emerging field of Age Management through exercise, nutrition and medicine. Larry Nachman’s workshop will explain and demonstrate how one can attain or regain the essentials of youth in their later years. The class will be workshop style with demonstrations and student participation. **Limit 25**

BTE1106 Introduction to Food and Wine Pairing

February 5, 1:30–3:30 p.m., HC105/106

This course is designed to introduce participants to basic wine grape varietals and rules of basic food and wine pairing. Participants will engage in a variety of tastings to determine flavor profile and balance. Chef Kristen Grissom, instructor for the Culinary Institute of the Carolinas, will lead this event. Event fee: \$8 (due at event). **Limit 24**

BTE1163 Explore Lake Conestee Nature Park

February 12, 8:30 a.m.–noon

Lake Conestee Nature Park is 400 acres of beautiful natural habitat on the Reedy River just six miles south of downtown Greenville. The park contains hardwood and evergreens and a wide variety of wildlife. As you walk in small groups of 15, you will learn the fascinating history of one of Greenville’s natural treasures and see the latest educational improvements. We will cover 3–4 miles on both paved and natural trails (uneven terrain). Bring a sack lunch. conestee.org **Limit 45**

BTE1151 Inland Port Tour Greer

February 12, 9:30 a.m.–noon

The SC Ports Authority Inland Port in Greer loads and unloads containers from the Norfolk Southern railroad to trains, trucks, airplanes or other freight terminals in the vicinity. The \$50 million facility can handle up to 100,000 containers (or “lifts”) per year. This bus tour will visit the port near BMW in Greer. *Greenville Business Magazine* said, “The place looks like an open air soundstage. Railroad boxcars are stacked seven high.” Event fee: \$12 (due to OLLI Office by Feb. 1).

BTE1183 Jocassee Sampler

February 12, 10–11:45 a.m., HC004

Natural Geographic magazine recently named the Jocassee Gorges as one of the last great places on earth. Pickens County naturalist Dennis Chastain has been hunting, hiking, exploring and botanizing for thirty years in this storied northwestern corner of the Palmetto State. In a slideshow program that he has put together specifically for OLLI, he will tell the stories behind the region’s wildflowers, waterfalls, black bears, panthers, liquor stills, the early European settlers and the Cherokee Indians. **Limit 40**

BTE1170 The Magic of Theater—Warehouse Theatre

February 12, 10–11:30 a.m.

Behind the Scenes with Uncle Vanya: Bringing a Russian masterwork to life. Presentation with Q and A with Warehouse staff and the creative team and actors for the production. Discount tickets for the performance will be available. Note: Optional lunch after the event downtown. **Limit 25**

BTE1149a Loons of Jocassee

February 19, 10 a.m.–2 p.m.

Lake Jocassee is the winter home of the largest population of common loons on any lake in the southeast. Joining them are horned-billed grebes, ring-billed gulls, and some resident bald eagles. Join Brooks and Kay Wade for a classroom presentation on loons at Devils Fork State Park, followed by a 3 hour pontoon tour to view winter waterfowl on the lake and beautiful waterfalls. Event fee: \$45 (due to OLLI Office by Feb. 12). **Limit 25**

BTE1111 Probate Court: Questions about Probate and Alternatives

February 19, 10 a.m.–noon, HC004

Probate Judge Debora Faulkner and her staff will address some of the questions people have about what Probate Court does and alternatives that may be used to simplify or avoid the probate process. The presentation will address decedent's estates, guardianships, conservatorships, trusts and a brief discussion of the process for committing mentally ill persons. **Limit 40**

BTE1119 Furman University Auxiliary Services—What Does This Mean?

February 19, 1–3 p.m., HC110

There are some fascinating activities that go on at Furman, behind the scenes, that are crucial to smooth services. Come and hear from Furman's Director of Auxiliary Services, Becky Vuksta, about all the operations she oversees. You will learn some facts and figures about food service, the P2X mail service, and how you can read to the students of Little Furman. Director Vuksta will also explain how OLLI members participate in and share and benefit from all the revenue generating venues on campus. **Limit 100**

BTE1141 Bad Creek Pumped Storage Facility

February 25, 10–11:30 a.m.

****THURSDAY**** The Bad Creek Hydroelectric Station is a 1,065-megawatt pumped-storage facility located in Oconee County. The station utilizes two reservoirs to generate electricity. Water stored in an upper lake is released into underground tunnels driving huge turbines connected to generators. Water is pumped back to the upper reservoir during periods of low power demand. The facility is equivalent to burying the Empire State Building in a mountain. Location is 1 hour and 15 minutes from Furman. **Limit 30**

BTE1123 History through Railroad Songs

February 26, 9:30–11:30 a.m., HC004

Join Carol Gibson and explore 11 original songs paying tribute to the locomotive era of the American railroad. The music, lyrics, relevant photographs, and the history behind each song will give a vivid feel for the era and appreciation for the railroad in America's history. The presentation will include the lyrics to the Swamp Rabbit Trail Song. Styles of music include Blues, Country, Folk, Barbershop Quartet, Gospel, and Jazz. **Limit 40**

BTE1145a The Furman Library: Yes—for OLLI Members Too!

February 26, 10 a.m.–noon

Tour the library with Jenny Colvin, Assistant Director of Outreach Services, and learn about the library's resources and services, including materials available to OLLI participants. Find out about reference help, Special Collections and Archives, and our digital collections. Session will end with a tour of the James B. Duke Library. Before you leave, sign up for your library card. Whether you are doing research or looking for your next "good read" or popular DVD, there is a wide range of resources at your fingertips. **Limit 18**

BTE1145b The Furman Library: Yes—for OLLI Members Too!

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BTE1149b Loons of Jocassee

March 4, 10 a.m.–2 p.m.

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BTE1102 Pan American World Airways: Rise, Fall & Flying With Them

March 4, 10 a.m.–noon, HC004

Updated with new information and images, the event begins with Pan Am's inception as a mail delivery start-up airline in Latin America in 1927. From there, we will trace its crucial role during WWII, its trailblazing into the jet age in the mid 1950s, and its sad end just scant months after the Lockerbie disaster in December of 1988. Becky Sprecher's presentation is enhanced with over 200 images, including photographs of Operation Babylift (Vietnam), as well as the world leaders and celebrities who flew the airline regularly. We will also cover the life of Juan Trippe, the reasons for Pan Am's demise, and just how much was lost when it went under. **Limit 40**

BTE1166 Selecting Good Values in Wine

March 4, 1–3 p.m., HC111

Wine blogger Bernie Showman will present information that will help you select wines that are both good quality and good value. This class will focus on wines sold at big box stores for less than \$20. We will discuss ways to judge an unfamiliar bottle of wine as well as strategies for shopping at several stores. We will sample some of the locally available wines discussed. Event fee: \$5 (due at event). **Limit 25**

Get involved *in our community of learners*

OLLI @ Furman thrives on member involvement and is led by a volunteer council, elected by the membership under bylaws adopted by the members. We encourage everyone to be a part of the OLLI community by volunteering in some capacity within the program. Full participation can give you a sense of ownership while you have fun meeting new friends.

Administration and Finance Committee decides on the length of terms, membership fees, expenditure of endowment funds, etc. Generally meets once a term.

Class Liaisons act as a bridge between the instructor, students, and the office staff in a class in which they are currently enrolled. Give weekly updates from OLLI Notes and general assistance to instructor.

Curriculum Committee seeks competent instructors to teach a well-balanced variety of classes. Subcommittees are based on interest areas from history to art to hobbies. Usually meets three to four times a term to plan the courses for the following term.

Instructor Support Committee supports our incredible faculty through mentors, evaluations, and training sessions. Meets a couple of times each term.

Gray Matters is produced four times a year and includes articles and information from the membership and committees. Writers, photographers, and editors always needed!

Instructors are all volunteers with a love of learning and sharing their ideas and life lessons.

Long-Range Planning Committee considers the needs and goals for three, five, and ten years into the future. Meets about once per term.

Office Assistants greet people while getting to know a lot about the program and how it works, from phone calls and registrations to battery replacements and shelving books. Can work around your schedule.

Social Committee plans our fun times together outside the classroom and is made up of a few who coordinate the many members. Hosts events all year long.

Volunteer Committee strives to have 100% of the membership involved in some capacity with helping make OLLI run. Meets a couple of times each term.

For more information, contact Heidi Wright at heidi.wright@furman.edu or 864.294.2997. You can also indicate your interest on your registration form.

OLLI Winter 2016 Course Registration PLEASE PRINT.

Please sign release form on back of this registration form. Unsigned, incomplete, or illegible forms will be returned without being processed.

Register	ONLINE	IN PERSON	BY MAIL
	Go to furman.edu/olli and click on the Registration link.	At the OLLI Office located in the Herring Center for Continuing Education.	OLLI @ Furman University 3300 Poinsett Highway Greenville, SC 29613-1511

Student Information	<input type="checkbox"/> Are you a brand new member? <input type="checkbox"/> Renewal <input type="checkbox"/> I need an OLLI name tag (only if you are a new member or misplaced yours). Name _____ Preferred name _____ Address _____ City _____ State _____ ZIP _____ Email _____ Home phone _____ Cell _____	<p>Our goal is to have 100% of our members volunteer within the OLLI organization. Please check those activities that you would like to know more about and we will have a member contact you. (Please do not check areas where you are already involved.)</p> <input type="checkbox"/> Editing/Proofreading <input type="checkbox"/> Instructor <input type="checkbox"/> Hospitality/Greeters <input type="checkbox"/> Coffee Brigade <input type="checkbox"/> Office Assistant Committees <input type="checkbox"/> Membership <input type="checkbox"/> Social <input type="checkbox"/> Volunteer <input type="checkbox"/> Curriculum <input type="checkbox"/> Finance <input type="checkbox"/> Faculty Support
	<p>Emergency Contact</p> Name _____ Contact phone _____	<p>To better serve and understand our members and their talents, please specify your professional background.</p> _____ _____ Hobbies _____

Course Information	<table border="1"> <thead> <tr> <th>Course #</th> <th>Course Name</th> <th>Day Time</th> <th>Serve as class liaison?</th> </tr> </thead> <tbody> <tr><td>1.</td><td></td><td></td><td>Yes or No</td></tr> <tr><td>2.</td><td></td><td></td><td>Yes or No</td></tr> <tr><td>3.</td><td></td><td></td><td>Yes or No</td></tr> <tr><td>4.</td><td></td><td></td><td>Yes or No</td></tr> <tr><td>5.</td><td></td><td></td><td>Yes or No</td></tr> </tbody> </table>	Course #	Course Name	Day Time	Serve as class liaison?	1.			Yes or No	2.			Yes or No	3.			Yes or No	4.			Yes or No	5.			Yes or No
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Payment	<p>Course Packages (can be used throughout academic year)</p> <input type="checkbox"/> 6 classes \$210 <input type="checkbox"/> 9 classes \$275 <input type="checkbox"/> 15 classes \$325 <input type="checkbox"/> \$50 per course fee Total course fees \$ _____ <input type="checkbox"/> Membership \$50 per academic year 9/15-5/16 \$ _____ TOTAL AMOUNT PAYABLE (<input type="checkbox"/> no payment due) \$ _____	<p>Please return this form with your check (made payable to Furman University) to: OLLI @ Furman University 3300 Poinsett Highway Greenville, South Carolina 29613-1511 Register online at furman.edu/olli.</p>
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Furman University Acknowledgment and Release Form

I, the undersigned, acknowledge that I am at least 18 years of age and voluntarily participating in potentially physically challenging programs offered by Osher Lifelong Learning Institute at Furman (the "Activities"), which are being sponsored by Furman University. The Activities may involve travel to and from various locations and include outdoor and sporting activities, including, but not limited to biking, hiking, backpacking, swimming, tennis, golf, and aerobics. The Activities will begin on January 11, 2016 and end no later than March 4, 2016.

ASSUMPTION OF RISK AND RELEASE OF LIABILITY.

In consideration of being permitted to participate in the Activities,

_____ **(initial here)** I acknowledge that I am aware of the possible risks, dangers, and hazards associated with my participation in the Activities, including the possible risk of severe or fatal injury to myself or others. In return for Furman University allowing me to voluntarily participate in the Activities, I agree to assume and accept all risks arising out of, associated with, or related to my participating in the Activities and to be solely responsible for any injury, loss, or damage which I might sustain while participating in the Activities, even though such risks may have been caused by the negligence of Furman University. These risks include, but are not limited to:

- Travel to and from location(s) visited during the Activities, sometimes in a vehicle driven by someone other than myself;
- Broken bones, sprains, strains, heat-related injuries, allergic reactions, paralysis and even death;
- Forces of nature, including rain, water levels, snow, and cold;
- Dangerous terrain including slippery rocks, wet trails, or creeks;
- Exposure to wildlife and poisonous plants which may carry harmful diseases, or be otherwise destructive;
- Lack of immediate medical assistance since some activities occur in remote areas, often in areas of poor communication, and rescues take time.

To the maximum extent permitted by the law,

_____ **(initial here)** I release and indemnify Furman University and its officers, directors, employees, volunteers, and representatives, from and against any present or future claim, loss, or liability for injury to person or property which I may suffer, even though such risks may have been caused by the negligence of Furman University, or for which I may be liable to any other person, during my participation in the Activities.

_____ **(initial here)** I understand that participation in the Activities requires a minimum level of fitness for safe participation. I represent and warrant that there are no physical or other health related reasons that would render my participation in the Activities dangerous or otherwise harmful to the health and well being of others or to myself. I will inform the trip leader of any limitation that I feel may affect my ability to participate and make them aware of any medications that may be required to be administered during a trip to include, but not limited to, an epinephrine injection for bee stings or insulin for a diabetic conditions.

_____ **(initial here)** I hereby grant permission to Furman University or its agents and emergency responders to arrange or render medical treatment or evacuation or any other medical services deemed necessary or appropriate for my safety and well-being, if I become injured or ill during the Activities. I understand that accident and health insurance is not provided by Furman University for participants and that I am responsible for payment of any medical attention that may be necessary.

_____ **(initial here)** I grant Furman University, in its sole discretion, full permission to take and use photographs and/or videos of me, either alone or with others, for use on University web sites or other electronic form, print or media, without notifying me, in promotion of Furman University and its related entities. I hereby waive any right to inspect or approve the photographs or electronic matter used in promotion of Furman University and its related entities.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TO BIND MYSELF, MY HEIRS, EXECUTORS AND REPRESENTATIVES IN THE EVENT OF MY DEATH OR INCAPACITY.

Participant's Signature

Today's Date

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Today's Date

Frequently Asked Questions

Where is the office located? The OLLI Office is located in the Herring Center for Continuing Education on the main level. If you enter the building at the front entrance, you will be in the Manly Lobby, and our offices will be on your left past the Marvin Book Nook.

What are the physical limitations for the bonus trips and events? Is there a dress code?

Many of our bonus trips and events require good physical capabilities, especially industrial tours that include extended walking and stairs. For all our tours "business casual" dress is the rule unless otherwise noted.

Why didn't I get into all the classes I wanted?

Registrations are processed on a first come, first served basis. Classes are limited in size based on the instructor's preference and classroom space availability.

What is the wait list policy? If you sign up for a class that is full, you will be automatically put on a waiting list. We are limited by classroom sizes, time available to us, instructor comfort levels, and safety. If a class has a long waiting list, the Curriculum Committee works to secure the course for future terms. Please be patient if you are put on a waiting list; many times, we are able to open/move a class to handle the demand.

Can my spouse or a friend join me on a Bonus Trip or Event? Yes, but only after he/she joins OLLI for the annual \$50 membership fee and registers for the trip or event.

Do you have scholarships available? Yes. If you need financial assistance, please contact Nancy Kennedy at 864.294.2979.

How do I use the Hearing Loop? Members can check out headphone sets from the OLLI office prior to their classes held in HC004, HC110 and HC111. These headphone sets will assist those without hearing aids.

Why do you not accept credit cards via mail or in the office? For Furman's and your security we request that when paying in the office or by mail that members use check or cash.

How do I email the OLLI Office?

The email address for the OLLI Office is OLLI@Furman.edu

Staff

Director.....	Nancy Kennedy 864.294.2979
Assistant Director.....	Susan Rae 864.294.2939
Program Coordinator.....	Pam Roberson Instruction 864.294.2938
Program Coordinator.....	Heidi Wright Enrichment 864.294.2997
Office Manager	Carson Ruffrage 864.294.2981

Refund Policy

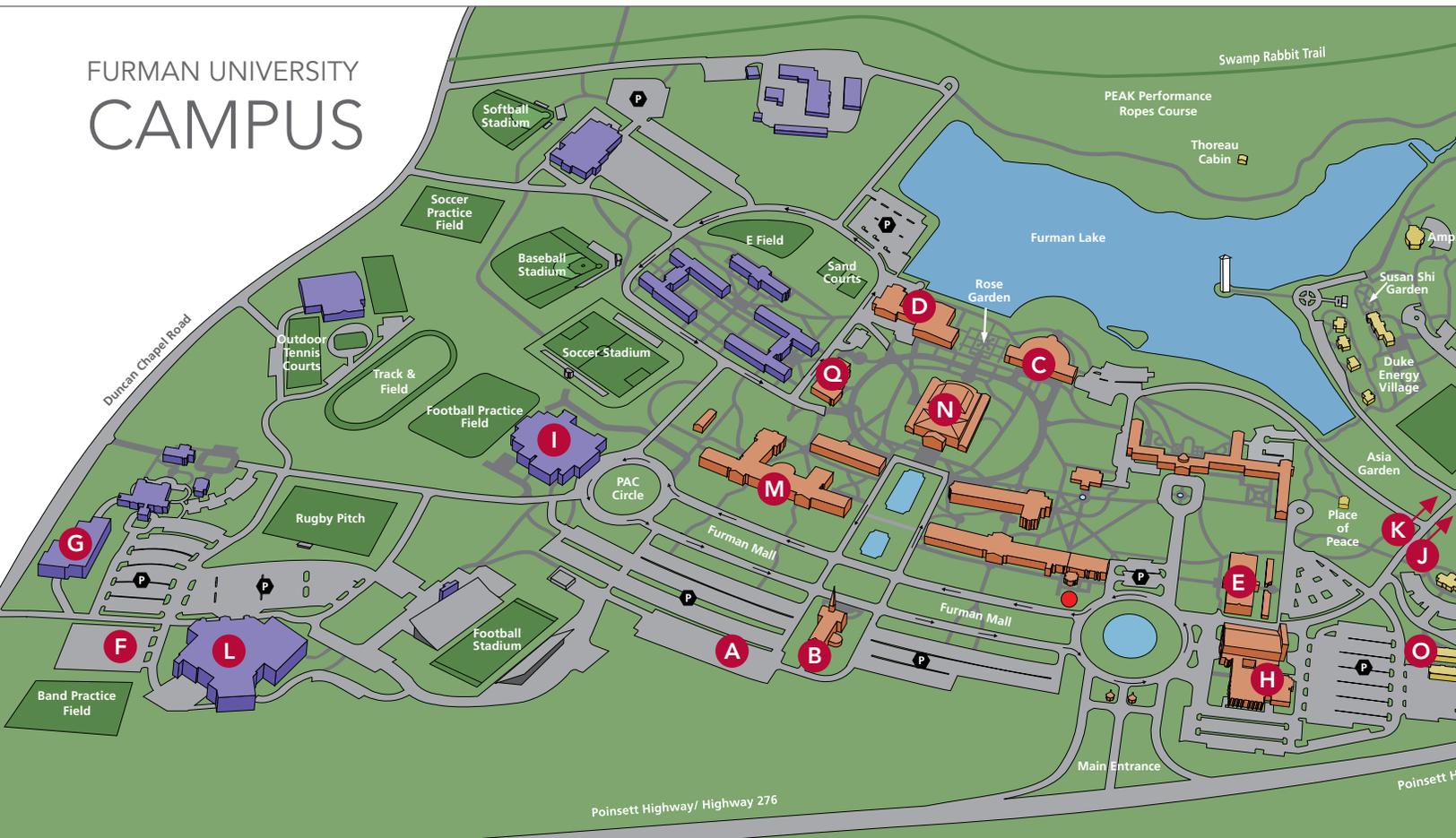
Term fees are refundable through the end of the second week of classes. After the end of the second week, no refunds will be given. An administrative charge of \$10 will apply to any dropped courses. If an entire membership and/or all classes are dropped, there will be a \$25 administrative charge. **Note: For all cooking classes, term fees are refundable through the end of the first week only.**



Annual Membership Benefits

- OLLI members may enjoy meals in the Furman dining hall for just \$5 with your OLLI nametag or OLLI Paladin Pass.
- Members receive discounts for events on campus, PAC memberships, and at the Furman Golf Course with your OLLI Paladin Pass.
- Members have access to the Furman University Duke Library during the term and OLLI's Marvin Book Nook (located in the Herring Center) year round.
- Members may take advantage of special outings, trips, and social events coordinated by the Social Committee.
- OLLI members receive weekly OLLI Notes and the quarterly newsletter, Gray Matters, which keep you updated on OLLI, Furman, and Greenville-area events.
- Members may use the computer lab when not in use by a class.
- Members receive early notice of course brochures.
- Course package holders may register prior to single-course registrants.
- Members can attend the Straight Talk Summer Series for a reduced rate.

FURMAN UNIVERSITY CAMPUS



Legend

- | | | | |
|--------------------------------|---|--|---|
| A. Chapel Parking Lot | F. Parking Lot for hiking groups (HPL) | J. Road to North Village, J Building | N. Duke Library |
| B. Daniel Chapel | G. Herring Center for Continuing Education | K. Road to The Woodlands | O. Theatre Playhouse |
| C. Daniel Dining Hall | H. Daniel Music Building | L. Timmons Arena | P. Parking |
| D. Trone Student Center | I. Physical Activities Center (PAC) | M. Townes Center/ Rinker Hall/Plyler Hall | Q. Police Department (Hipp Hall) |
| E. Roe Art Building | | | |

Please note that classroom assignments are subject to change. Participants will be notified of change via email or phone call.

Directions to Herring Center

Traveling north on Poinsett Hwy toward Furman University, you come to a stoplight with a Publix on your left. Take the next exit, which has a Timmons Arena & Paladin Stadium sign, to the RIGHT. TURN LEFT off exit onto Old Buncombe Rd. (follow signs to

Timmons Arena and Paladin Stadium). TURN RIGHT at traffic light onto Duncan Chapel Road. Travel approximately ¾ mile. TURN RIGHT into first Furman University gate. The Herring Center will be the first building on the left.