

# OLLIE

osher lifelong learning institute at FURMAN

**JUNE 2-26, 2020 | SUMMER SCHEDULE**

**Let's ZOOM!**



**Website: [Furman.edu/olli](http://Furman.edu/olli) | Email: [olli@furman.edu](mailto:olli@furman.edu)**

**Join our learning community at Furman! *Where Learning Never Retires***

**Summertime is fun time at OLLI @ Furman! This is a great time to try a new class – especially during our stay-at-home ZOOM summer term. You may register online beginning Tuesday, May 12, at 8 a.m. or mail the summer registration form included (pg. 9). All summer classes are \$35 unless otherwise indicated, and no membership fee is required. All of the one-day events are free!**

It's a whole new world at the Osher Lifelong Learning Institute, as we face the pandemic with a new way of offering OLLI classes. I hope you'll join us in this historic OLLI term for some online learning! To get you ready, we'll be offering orientation sessions for Zoom, which is easy to use and a great way to connect when we can't be together in person. We've selected courses for the summer that will work well online. Try one or two as a way to beat the boredom of staying home!

Until we can be together again in person, I look forward to seeing you online!

*Nancy*

**Summer Registration Notes:**

- 1. There are two ways to register starting MAY 12:  
ONLINE: [furman.edu/olli](http://furman.edu/olli)  
BY MAIL: Send the completed registration form with payment to  
OLLI @ Furman  
3300 Poinsett Highway  
Greenville, SC 29613**
- 2. REFUNDS only for classes dropped by Friday, June 5.**
- 3. Summer courses cannot be applied toward course packages purchased during the 2019-2020 year. Also, we will not be able to apply credits from canceled spring term classes to summer registrations.**
- 4. Even though most Friday events are free, any cancellations after the Monday prior to the event or no-shows by members may be charged \$25 by OLLI.**

# **COURSE DESCRIPTIONS**

## **Tuesday**

### **ACLM186      Guitar III**

*Tuesday, 9-10:30 a.m.*

This class is a continuation of Guitar II, but new folks are invited. We will learn more picking patterns, strumming patterns, tablature, the function of bar chords, bass licks, and more. When you finish this class, you will be able to play with Brad Paisley (if you are playing his music on a CD). Materials fee: \$5 (included in course fee and materials will be mailed). **\*\*\$40\*\***

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

### **HIS672      Hogback Mountain - Center of Dark Corner History**

*Tuesday, 10 a.m.-noon*

Hogback Mountain resides in the heavily restricted Greenville Watershed and is the most prominent mountain in the illusive Dark Corner. Cherokees, Scotch/Irish Settlers, Land Ownership, Timber Industry, Moonshining, Roaring Twenties Land Boom, Blue Ridge Forest Development, 1929 Crash, Spartan Radiocasting, Poinsett Reservoir and Merrittsville, Conservation Easement, Storm of 2009, and Highlights of Hogback Today will be explored.

*James Stehlik is an historian and resident of the Dark Corner. "Distilling the Mysteries of Hogback Mountain" is his acclaimed book on the area.*

### **HIS684      1812! A Fight for Respect**

*Tuesday, 1-3 p.m.*

This is a repeat of a previous class with some new supplemental information. The focus is on how the new United States was pressed internationally and its objective in taking on the greatest military power of the time, Great Britain. The war resulted in bringing up the next generation of political and military leaders who were important for the next forty years during the growth of the United States.

*Mike Broder is a retired engineer who has a lifelong interest in US and naval history.*

**ACLM254      TKTS Part Deux**

*Tuesday, 1-3 p.m.*

The New York Times motto is "All the news that's fit to print." Mad Magazine changed that to "All the news that fits." Here are four classes that did not fit into the spring class "TKTS: The Golden Age Continues." Join us as we complete our journey into Broadway history with a look at Jerry Herman, Richard Adler and Jerry Ross, Jule Styne, and Leonard Bernstein. I will save a seat for you.

*Jim Nicholson loves the freedom OLLI provides to choose subjects that interest him and, hopefully, others. He also teaches at OLLI USCB and OLLI Clemson.*

## **Wednesday**

**LAN732      Basic Italian**

*Wednesday, 10 a.m.-noon*

Join the class and learn to speak basic Italian. Establish a strong foundation to learn Italian, and how it is spoken and written today. Practice reciting the alphabet and learn to count to 100. Conjugate the verbs "to have" and "to be." Learn a variety of words to formulate sentences. Enjoy a virtual field trip to a local pizzeria and learn to read a menu. Make pizza while sharpening your Italian pronunciation. By the end of this first course, students should be able to use their new skills for basic conversation and writing.

*Marie Painter is from a large Italian American family. She has lived in Italy and taught Italian to military families being stationed overseas.*

**HFE521      Yoga for the Curious**

*Wednesday, 10-11:30 a.m.*

Improve your posture, balance and focus with breath based poses from a chair or standing. Complete your practice with postures that promote relaxation from the floor or chair. There are always many options during the class so you leave your practice feeling better.

*Kelly Rosche is a member of Yoga Alliance and has taught for seven years/practiced for twenty years. She also completed additional yoga courses for pain management, senior age level, relaxation and more.*

**HFE588      Zumba Gold**

*Wednesday, 10-11 a.m.*

Take the "work" out of workout and dance the hour away with this low-intensity, modified version of the Latin and world dance craze. See why Zumba Fitness is often called exercise in disguise. Perfect for active older adults looking for a modified Zumba class that recreates the original moves you've seen at a lower intensity. Easy-to-follow Zumba choreography focuses on balance and coordination while dancing to Salsa, Merengue, Reggaeton and Cumbia music.

*Val Jean Blanco is a licensed Zumba, Zumba Gold, Zumba Toning, Zumba Gold Toning and Aqua Zumba instructor.*

**ACLM102      Dylan's Descendants**

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

As the preeminent singer/songwriter of his time, Bob Dylan has exerted an incalculable influence on subsequent artists. During this course we will listen to and discuss performers whose best work reflects the influence of the master as well as the distinctive genius of the individual artist. Join us for four classes as we explore the songs and performances of Leonard Cohen, Tom Waits, Van Morrison, and Bruce Springsteen.

*Tony Owens has advanced degrees in literature and cultural studies. He has taught previous OLLI courses on Bob Dylan and traditional music.*

**CEB1719      Strategies for Increasing Retirement Income & Inheritance**

*Wednesday, 1-3 p.m.*

This class will cover strategies to increase lifetime retirement income and keep pace with inflation. You will learn how to avoid risks that are unique to early retirement, and how to "weatherproof" your portfolio from market corrections that could shorten the longevity of your retirement income. You will also learn how to "squeeze more juice out of the lemon" from your portfolio without depleting your savings during your lifetime. You will learn about options available to maximize Social Security and pension benefits. Finally, you will learn tax strategies in early retirement that allow you to keep more of your income, and pass along a greater legacy to your family when you are gone.

*Neal Angel is a financial planner and investment advisor with AngelRoyce Wealth Advisors. He has taught at OLLI since 2013. He will be joined by Kyle Pruitt, JD, CPA who will address tax/legal issues.*

## Thursday

### **HIS669      Audie Murphy: Hero and Film Star**

*Thursday, 10 a.m.-noon*

Audie Murphy, the most decorated soldier in WWII, was also a movie star. How did he become involved in both of these activities, and what are the facts surrounding them? We will explore Murphy's life in two parts - his early life in Texas/military life and his movie career/later life. The first portion will follow Audie's service in detail, including how he won his awards for valor. In addition, we will thoroughly examine the wider role of his 3rd Infantry Division in WWII. We will see in the second portion how he got involved in Hollywood, his career in film, and his personal life. Some of his movies and sources where they can be obtained or viewed will be supplied for those interested.

*Gary Aten has been an OLLI member since 2005. His interest in history came to him later in life and he has taught classes on western history in the past. Audie Murphy is an offshoot of his general interest in the second world war.*

### **RPH992      Judaism 101**

*Thursday, 10 a.m.-noon*

This class will examine Judaism in all its aspects: What is a Jew - How is Jewishness defined?, What do Jews believe - Jewish theology, How do Jews live - Jewish law, holidays, observances and traditions, Where have Jews been - turning points in Jewish history, Where are they going - modern trends in Judaism. Emphasis will be on an interactive discussion-style class.

*Fred Leffert is a Greenville physician with a lifelong interest in Jewish Studies. He has taught several Hebrew classes since 2000.*

### **HFE564      Living Well**

*Thursday, 10 a.m.-noon*

Are you interested in improving your health and well-being? In this four week class, learn how simple behaviors such as diet, exercise, social relationships, positivity, and gratitude affect health and longevity. Discover a simple, plate-based eating strategy that can promote good nutrition. Learn how physical activity affects chronic disease risk and mental health. Topics include: Introduction to FUEL: A Plate-Based Healthy Eating Program, The Shape of a Healthy Diet, Lifestyle Medicine for Mental Health, and Food and Disease.

*Kelly Frazier, M.A., has been a faculty member in the Furman Health Sciences Department for 18 years.*

**HIS685      Interesting Characters in History**

*Thursday, 1-3 p.m.*

Some of your favorite instructors – Matt Hermes, Tim Henry, Jann Howell and David Grote - will present a diverse selection of interesting characters. The characters will include: Margaret Bourke White, Christopher Columbus, Cole Porter and Malcolm X. Each week a different instructor presents an all-new interesting character.

*The class will have a different presenter each week.*

**ACLM223      Oil Painting With Cheryl**

*Thursday, 1-4 p.m.*

"Birds & Blooms" - Come paint with us each week of the summer term as we paint a different bird and floral painting. You will learn a lot about painting both! Show up to class with your supplies at hand and wearing painting clothes. A supply list will be mailed after registration. Email questions to Cheryl at: [sunfeathers@charter.net](mailto:sunfeathers@charter.net)

*Since childhood, Cheryl McMahan has been interested in creating art - ceramics, decorative tole painting, faux finishing and murals. She was certified as a Wilson Bickford trained teacher in October 2014.*

## **FRIDAY BONUS ONE-DAY TRIPS & EVENTS**

**BTE1124      Yoga and Nutrition for Seniors**

*June 5, 10 a.m.-noon*

This wellness event will combine yoga and nutrition for the active, older adult who wants to live better, not just longer. The nutritional information will focus on the three key systems of the body: the gut, the heart, and the mind. You will spend the first half of class learning a holistic approach to caring for your body with Alison Lively, certified health coach. The second half of the class you will move your body with Alicia Bliss, E-RYT, in a gentle yoga practice. **\*\*FREE\*\* Limit 250**

**BTE1538      Goats 4 Goodness**

*June 5, 1-2 p.m.*

Goats 4 Goodness at Split Creek Farm in Anderson was established with the overarching goal to "Do Good Things" for people, animals and the environment. The farm serves as a rescue animal sanctuary for farm animals, helps educate the public on raising farm animals, and provides therapeutic

opportunities for veterans, those who suffer from PTSD, and recovering addicts. Join Founder and President, Sandra Coffman, as she shows us around this Grade A Goat Dairy Farm. On the virtual tour of the farm, Sandra will show where the goats live and why, a tour of the milking facilities, how the milk is processed, an overview of the seasonal changes at the farm and why everything is geared towards the proper nutrition and care of the dairy goats. The end of our virtual session together will feature a question and answer time with hopes of seeing a baby goat or two! **\*\*FREE\*\* Limit 150**

**BTE1104 Local Author Up Close and Personal**

*June 12, 1-2:30 p.m.*

Join Furman alumna, staff member, and local author Megan Prewitt Koon as she discusses her debut novel, "Sweet Divinity." Megan will discuss her writing process, tips for getting started with creative writing, and how she finds inspiration. If you'd like to read her novel in advance, it is available from M. Judson Booksellers or can be ordered in print or ebook from Amazon or Barnes and Noble. **\*\*FREE\*\* Limit 250**

**BTE1529 How Will it Play on Zoom?**

*June 19, 10 a.m.-noon*

Join Bob Dwyer in a preview of his new class on *The Great Migration* – the dramatic story of the mass exodus of over 6 million African Americans from the southern states to the rest of the U.S. beginning in 1915. Tentatively scheduled for Fall20, Bob will be joined by OLLI historians Mary McGee and Laura Becker in presenting the epic saga that so changed the culture and character of our nation. The class will cover Reconstruction, Jim Crow/KKK, the barbaric Culture of Lynching, WWI/II, urban race riots, "white flight," the magnificent Harlem Renaissance, "chain migration," the Civil Rights Movement, the role of sports and much more. Along the way, we will shed a tear, crack a smile and listen to the nostalgic sounds of our favorite Motown artists. The Fall term may still be online. Do we go with this story then or wait until OLLI returns to the Herring Center? Help us decide after this BTE. **\*\*FREE\*\* Limit 250**

**BTE1115 Learning About Oils & Vinegars**

*June 26, 10-11 a.m.*

Learn about a variety of olive oils and vinegars – their artisanal production methods, health benefits, and how to know if you have a heart-healthy, antioxidant-rich oil at home. Enjoy a virtual tour of varietals, unique flavor profiles and tips for taking care of and enjoying your oils and vinegars. Owner Chef Veera will also include a quick cooking demo to get you excited about making gourmet summer salads and meals. **\*\*FREE\*\* Limit 50**



**JUNE 2-26, 2020 | SUMMER REGISTRATION**

Name: \_\_\_\_\_ Emergency Contact  
Address: \_\_\_\_\_ Name: \_\_\_\_\_  
City: \_\_\_\_\_ Relationship: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Contact phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

**REGISTER ME FOR THE COURSES & FRIDAY EVENTS CIRCLED BELOW (courses \$35 unless noted):**

- ACLM186 Guitar III **\*\*\$40\*\***
- HIS672 Hogback Mountain
- HIS684 1812! A Fight for Respect
- ACLM254 TKTS Part Deux
- LAN732 Basic Italian
- HFE521 Yoga for the Curious
- HFE588 Zumba Gold
- ACLM102 Dylan's Descendants
- CEB1719 Increasing Retirement Income
- HIS669 Audie Murphy
- RPH992 Judaism 101
- HFE564 Living Well
- HIS685 Interesting Characters
- ACLM223 Oil Painting With Cheryl

**FRIDAY EVENTS (all free)**

- BTE1124 Yoga & Nutrition
- BTE1538 Goats 4 Goodness
- BTE1104 Local Author
- BTE1529 How Will it Play
- BTE1115 Oils & Vinegars

**TOTAL DUE: \$ \_\_\_\_\_**

Please print out this form and return with your check (made payable to **Furman University**):

**OLLII @ Furman University | 3300 Poinsett Highway | Greenville, South Carolina 29613**

# SUMMER CLASS CALENDAR | JUNE 2-26, 2020

## Tuesday

ACLM186  
**Guitar III**  
9-10:30 a.m.  
(Howell)

HIS672  
**Hogback Mtn.**  
10 a.m.-noon  
(Stehlik)

HIS684  
**1812!**  
1-3 p.m.  
(Broder)

ACLM254  
**TKTS Part Deux**  
1-3 p.m.  
(Nicholson)

## Wednesday

LAN732  
**Basic Italian**  
10 a.m.-noon  
(Painter)

HFE521  
**Yoga**  
10-11:30 a.m.  
(Rosche)

HFE588  
**Zumba Gold**  
10-11 a.m.  
(Blanco)

ACLM102  
**Dylan Descendants**  
1-2:30 p.m.  
(Owens)

CEB1719  
**Ret. Income**  
1-3 p.m.  
(Angel)

## Thursday

RPH992  
**Judaism 101**  
10 a.m.-noon  
(Leffert)

HIS669  
**Audie Murphy**  
10 a.m.-noon  
(Aten)

HFE564  
**Living Well**  
10 a.m.-noon  
(Frazier)

HIS685  
**Interesting Characters**  
1-3 p.m.  
(Various presenters)

ACLM223  
**Oil Painting**  
1-4 p.m.  
(McMahan)

## Friday Bonus Events

BTE1124  
**Yoga & Nutrition**  
June 5

BTE1538  
**Goats for Goodness**  
June 5

BTE1104  
**Local Author**  
June 12

BTE1529  
**How Will it Play**  
June 19

BTE1115  
**Oils & Vinegars**  
June 26

