

## SUMMER 2026 COURSE DESCRIPTIONS

### MONDAYS

#### [HFE202 Monday's Intermediate Hiking](#)

Monday, 8:30 A.M.-11:30 a.m., Offsite

Before it gets too hot, let's get in a 4-mile hike at nearby Paris Mountain State Park for 4 Mondays in June. The goal is to get in a little exercise and finish up close to 11am, so we can beat the heat. The class is designed for intermediate hikers, already in good cardio shape, and for example, able to easily walk a hilly, 2-mile course in their neighborhood in under 1 hour (2/mph pace). We will meet in the parking lot across the street from the Paris Mountain State Park offices and bathhouse above the swimming area at Lake Placid. We will try a different route each week. Bring plenty of water and wear sturdy walking, running or hiking shoes. Participants should either have their own SC State Park 2026 Visitor Pass to enter the park or be prepared to pay the 1-day cost of admission which is \$6 for adults younger than 65, or \$3.75 for seniors age 65 & up. Please clear this physical activity with your doctor. Jess Greer and Meir Peretz enjoy hiking and the outdoors and will lead this class.

### TUESDAYS

#### [HFE203 QiGong](#)

Tuesday, 10:00 AM-11:30 AM, Crabtree (HC110)

Qigong is all about health and wellbeing. There will be mind and body exercises, breathing techniques and meditation as well. Very similar to Tai Chi. John Green has been a massage therapist for 33 years, practicing craniosacral therapy, and studying with European osteopaths in subtle manual therapy techniques. He came across qigong 20 years ago. He is a level 3 instructor with the Supreme Science Qigong.

#### [CEB302 The Road Ahead: A Practical Guide for Seniors Preparing for Life's Next Chapter](#)

Tuesday, 10:00 a.m.-11:30 a.m., Larkin (HC104)

Planning for life's next chapter doesn't have to feel overwhelming. This course offers seniors and their families a supportive, practical look at many choices involved in transitioning—whether it's downsizing, moving to senior living community, or safely aging in place. We'll talk about when it's the right time to make a change, how to prepare your home for the market, ways to simplify belongings, and how to compare housing, medical, legal and personal care options with confidence. The class is led by Christine Thompson, a Realtor practicing for 24 years with a Senior Real Estate Specialist (SRES®) designation focusing on helping older adults navigate these decisions. Having also guided her own parents through similar transitions, she brings both expertise and heartfelt understanding to every discussion. You'll leave with resources, clarity, and a sense of control—so you and your family can move forward with greater peace of mind. This course is a thoughtful first step toward a more prepared future. For 24 years Christine Thompson has been coaching and

managing home Buyers & Sellers using her Senior Real Estate Specialist (SRES) specialty to provide extra services for her Senior clients and families. She brings professional expertise and personal insight from helping her own parents, giving her a deep passion for guiding other seniors and their families through their life transitions.

### [CEB301 The Greatest Investors of All Time](#)

Tuesday, 10:00 a.m. -11:30 a.m., Campbell (HC004)

Over the course of four weeks, we will study the philosophy and strategies of the greatest investors of all time including Graham, Buffett, Lynch, Simons, and others and how to apply their wisdom in an age of AI. Robby Flink & Greg Goff are Wealth Advisors at Goepper Burkhardt. They maintain the Certified Financial Planner™ designation. Greg is a Chartered Financial Analyst. Goepper Burkhardt is a fee-only fiduciary registered with the SEC.

### [PAH801 American Style Mah Jong](#)

Tuesday, 10:00 a.m.-Noon, Small Arts/Crafts (HC113)

Learn the popular game of American-style Mah Jongg that is played using tiles instead of cards and is like the "gin rummy" card game. This course will explain the game pieces, rules and strategy (based on the National Mah Jongg League) and the etiquette/courtesy that are very important to the game. Men and women of all ages play "Mahj" around the world. No prior knowledge of mah jongg or other card/board games is required. American-style Mah Jongg is a social game that requires some skill but also a lot of luck to win! Cheryl Gleich learned how to play Mah Jongg at OLLI about 15 years ago. She plays the game locally with friends and often travels to tournaments held around the country. NOTE: This course begins June 9 and ends June 30. **Materials Fee: 15.00 due to instructor at first class.**

### [PAH803 Beginning Poker](#)

Tuesday, 10:00 a.m. -11:30 a.m., Huff (HC105)

This class is designed specifically for students who have never played poker before, as we will start from the beginning with hand rankings and basic playing rules. We will learn the three basic types of poker games and end up with playing many of the hundreds of poker game variations available. This course will help you with your memory skills, spatial and visual recognition skills, risk assessment skills, and your ability to factor other people's decisions into your decision-making process. The ability to learn this game will result in a lifetime of social interaction possibilities with other people who enjoy this game. Dave Knox has enjoyed playing poker for 60 years and appreciates the opportunity to teach others the skills to enjoy this game.

### [HFE201 Kayaking 201](#)

Tuesday, 8:30 a.m.-10:30 a.m., Lake Robinson

Have you kayaked before, but want to gain some additional skills and confidence on the water? Want to get comfortable in a touring kayak with an enclosed cockpit? If so, this class, on beautiful Lake Robinson in Greer, is for you. Session one will include a review of basic paddling technique, safety topics, and a class assessment. In subsequent classes, we will perfect your basic strokes and add some additional maneuvering skills to your toolbox as well as demonstrate and practice wet entry and team lifesaving. Our goal is to have you leave the class with added confidence in your ability to take your kayaking to the next level. Kayaks, lifejackets, and paddles will be provided. Class members should be comfortable in the water, able to swim 25 yards in a lifejacket, and be comfortable lifting 50 pounds (a kayak) over an uneven path from our staging area to the water. **Fee: \$35 (boat permit for month due at first class).** This course will be taught by Charlie Ennis with assistance from Greenville Sea Kayakers. Charlie is a former ARC Canoeing Instructor, a certified ACA Kayak Trip leader, and long-time OLLI instructor. Karen Baker will assist with this course.

### MUS701 Guitar IV

Tuesday, 9:00 a.m.-10:30 a.m., Piper (HC111)

This class is a continuation of Guitar III, but new folks are invited. We will learn more picking patterns, strumming patterns, tablature, the function of bar chords, bass licks, and more. Jann Howell will lead this course. **Materials fee: \$5 due to instructor at first class.**

### PAH802 Basic Counted Cross Stitch

Tuesday, 9:00 a.m.-11:00 a.m., Vick Seminar (HC102)

This course has moved to WEDNESDAYS, 9-11. See Wednesday course descriptions for description.

### ART101 The Art of Screenwriting & How the Movie Gets Made

Tuesday, 1:30 p.m. -3:00 p.m., Herring Center, Piper (HC111)

The script is the backbone of any movie or TV show. The writer tells everyone involved, what we are going to do and who is going to do it. He/She/They add comedy, drama or horror as flavoring for their scripts... (Sometimes it's hard to tell which of the three they are using!) From there it becomes a team sport, with directors, actors and crew all working together to make the final product. In this class we will learn about the art of screenwriting, try a bit of it ourselves and enjoy backstage stories and anecdotes you've probably never heard before. Please be ready to do a little bit of script writing so bring a writing device. Yellow pad and pen/table, computer, whatever you are comfortable using. Peter Goldsmith is an Emmy Award winning writer/producer with 40 years in the business. He now teaches Screenwriting and Video Production and Blue Ridge Community College in Flat Rock, N.C. **\*\*NOTE this class begins at 1:30, not 1:00 p.m.\*\***

## **WEDNESDAYS**

### HFE204 Kayaking is Kool

Wednesday, 8:30 a.m.-10:30 a.m., Lake Robinson

Want to get on the water in an exciting new way? Kayaking may be for you! All four sessions will be on beautiful Lake Robinson in Greer. Day one will concentrate on equipment, safety, fitting you to your kayak, and basic strokes with some in-water practice. In subsequent sessions, there will be more time on the water to allow you to perfect the basic strokes and gain confidence. There will also be demonstrations of more techniques to make your on-water time easier, safer, and more comfortable. Kayaks, lifejackets, and paddles will be provided. Class members should be comfortable in the water and able to lift 50 pounds (a kayak) over an uneven path from our staging area to the water. **Fee: \$35 (boat permit for month due at first class).** \*\*8:30 A.M. CLASS\*\*

### PAH802 Basic Counted Cross Stitch

Wednesday, 9:00 a.m.-11:00 a.m., Vick Seminar (HC102)

The class topics include fabric selection, floss options, needles, reading a pattern, backstitching, fun accessories, determining the size of fabric needed, magnification, finishing and a glimpse at embellishments. All supplies will be provided. **Materials fee payable to the instructor: \$25** Note the class time, 9 to 11. Kathy Tymonko has been stitching for 50 years. She has been involved in the industry as it has gone through many changes and enjoys all the options now available.

### CEB303 Media Literacy

Wednesday, 10:00 a.m.-11:30 a.m., Piper (HC111)

We have reached the point in media consumption that we don't truly know the efficacy of almost all information sources. How can we trust our sources in the age of AI? This introductory course on Media Literacy (4 weeks) will provide best practices and everyday management tools to allow you to evaluate what you see, hear and read. The course will not tell you what the right or wrong source is, as that is up to you. It will provide what is necessary for you to honestly evaluate your media environment. Concepts such as confirmation bias, defensive avoidance, affective polarization, the RELI credibility tool, and the "illusion of information adequacy" will all become your friend and partner in daily media consumption. The class will provide both a welcome environment and lively discussion for you to try the best practices and tools to decide on your media future. Bill Blackledge, a retired naval officer and national affairs consultant in politically charged environments, teaches political discourse and international security courses at OLLI. Media literacy and factual accuracy are cornerstones to his courses. He is a member of multiple media literacy themed organizations with accompanying coursework

### LIT602 Experienced Writers

Wednesday, 10:00 a.m.-11:30 a.m., Vick Seminar (HC102)

If your goal for Summer is to kick up your writing skills, this is the class for you! Experienced Writers will help you create and communicate through concept development, drafting, and revision as you journey toward more effective writing skills. Structure and usage are tools for compelling prose and poetry. Writing prompts will enhance your creativity, and you will receive instructor feedback on each submission. Participants may also offer selections from their long-term writing projects, both fiction and non-fiction. Class size is limited so that every student has an opportunity to present. This

is NOT a class for beginners. Completion of a writing course or demonstrated experience is required. Dr. Judith Chandler is a retired Furman professor and has taught at OLLI since its inception. She is also an artist and community volunteer.

### LIT603 Writing a Memoir

Wednesday, 10:00 a.m.-11:30 a.m., Huff (HC105)

Attendees, whether they're currently writing a memoir or have always wanted to, will get plentiful tips on what works best, including reasons for writing; intended audience(s); the discipline of getting words onto page or screen; prompts for stirring memory - which of course has the same root as memoir; and the difference between accuracy of feeling and detail (and which is more important). The instructor's experience will be supplemented by excerpts from writers like Abigail Thomas ("Thinking About Memoir") and Georgia Heard ("Writing Toward Home"). As Richard Russo once put it, "Explaining ourselves to ourselves by means of stories is as fundamental as eating and breathing." David Raney has written and published creative nonfiction for years. He also wrote full-length memoirs for others as editor of a memoir publishing firm and has taught memoir classes in the Atlanta area. **This course will meet 3 times on June 3, June 17, and June 24.**

### PAH806 No Craft Skills, No Problem!

Wednesday, 10:00 a.m.-11:30 a.m., Graham (HC005)

Do you like the idea of doing crafts but feel that you have no crafting talent? Then this class is for you! Each week, we'll present an easy and fun craft that anyone can do. Come join in the fun! Please note we advise wearing older clothes that you don't mind getting stained. **Also, there is a \$20 fee to cover the cost of materials.** Leslie Nuernberg and Diana Meyers both enjoy crafts and trying new things. Diana has the creative flair, and Leslie has the teaching background. They combined their strengths to create this course.

### SNM1001 DNA Revolution

Wednesday, 10:00 a.m.-11:30 a.m., Larkin (HC104)

DNA may be the most famous molecule in the world today, but it came to the attention of scientists rather late in the history of biology. The DNA revolution, our ability to understand and manipulate DNA, began with the discovery of DNA's structure in 1953 and continued with the invention of the polymerase chain reaction in 1983. It also describes the ongoing and future potential of technologies like gene editing and environmental as well as ancient DNA analysis, which are reshaping medicine, forensics, human history, and our understanding of genetics. Today the revolution continues as scientists are developing ever more powerful tools that allow us to change the genetic makeup not only of life around us but also of ourselves. Jay Gaskin has had a lifelong interest in DNA. As an undergraduate, and later as a science instructor, he saw its potential for advancing genetics, forensics, and improvements to the genomes of plants and animals.

### MUS702 Intermediate Mountain Dulcimer

Wednesday, 10:00 a.m. -11:30 a.m., Small Arts/Crafts (HC113)

An in-depth study of alternate tunings, chord progressions, circle of 5ths, tablature, blues, fingerpicking and flat picking. Students must have completed Intro to Mountain Dulcimer and need a dulcimer with the extra fret. **\$5 materials fee due first class.** Phyllis Dunne is a Midwest Dulcimer playing champion and recording artist. She was a Master Artist with the Nebraska Arts Council, a performer with the Humanities Nebraska Speakers Bureau and music instructor since 1967.

### PHO901 Photography Composition with Creativity and Storytelling in Landscape and Nature

Wednesday, 10:00 a.m.-12:30 p.m., Campbell (HC004)

This classroom course meets for 2 ½ hours each week and is open to photographers of all skill levels. We will discuss the different elements of composition from basic to advance composition and what makes an interesting photo. We will discuss creativity and how your imagination plays an important part with your images and increases the viewer's attention. Topics also include exposures, effects of light and shadow, color and vibrance, focus points and sharpness, depth of field and storytelling within your photo. The discussion includes landscape, nature, and still life compositions. We will review suggested photography equipment and camera settings for best results. There will be theme assignments in the course and a critique the final week with awards. John Bryant has been involved in photography for over 40 years and was a member of the Ocean County Camera Club in New Jersey and currently is a member of PSA and CNPA (Carolina Nature Photographers Association). Mike Smale will assist in this course. Both have many years of photography experience. There will also be two guest speakers.

### HIS401 America at 250: An OLLI Sampler

Wednesday, 1:00 p.m.-2:30 p.m., Crabtree (HC110)

This course will include sessions related to America's history. There will be a different instructor and different topic presented each week. The historical topics covered and instructors presenting will be: The Erie Canal (Yvonne Matthews), The Battles of Cowpens and Kings Mountain during the American Revolution (Scott Withrow), Keeping Cool with Coolidge (Lynn Duncan), and The Amazing History of Stealth Aircraft (Dave Kostyal). Each of the instructors in this course has previously taught OLLI courses.

### HIS402 Normandy

Wednesday, 1:00 p.m.-2:30 p.m., Piper (HC111)

This course will focus on Operation Overlord and the Normandy Invasion. It will cover the British and Canadian landing beaches and key objectives of the Commonwealth forces such as Pegasus Bridge and Merville Battery. We will also discuss some key memorials like Oradour-Sur-Glane and what occurred at Oradour and why it occurred. The course will use video about the key events with lots of back up discussions. Bob and Jacque Knight have spent 30 years touring and studying the WW2

Battlefields. Normandy has been a strong focus, and they enjoy sharing the History and their experiences in studying that history.

### PAH804 A Taste of Germany

Wednesday, 1:00 p.m.-2:30 p.m., Huff w/Lindemann Kitchen (HC105/106)

Join us as we explore German cuisine and learn some classic German recipes and cooking techniques. Over the four weeks, we'll discuss regional differences in cuisine, taste a variety of German foods, and demonstrate how to make some of our family favorites. We'll focus on the German Brotzeit ("bread time"), meat dishes, salads, and traditional peasant dishes. This course is taught by Claudia Winkler, who works at The Riley Institute at Furman University and is the proud daughter of German immigrants, including her assistant instructor, Astrid Winkler, who hails from Bavaria and is an excellent home cook.

**Materials Fee: 20.00 due to instructor at first class.**

### PAH805 Bible Journaling

Wednesday, 1:00 p.m.-2:30 p.m., Graham (HC005)

Write in my Bible?! Ok, don't worry, we will ease into it. But, yes, we are going to write (draw, and glue, too) in the margins of your new journaling Bible designed especially for that. Let's gather together and discover a fresh new way to study, meditate, and memorize God's word. Included in course kit each student will receive their own Bible Journaling Bible along with basic supplies needed to begin an inspiring new journey. Sondra Bright has a BA in Practical Theology from Advantage College and has served several local ministries. She's taught papercraft and mixed media and been published in several craft magazines.

**Materials Fee: \$45.00 due to instructor at first class.**

## **THURSDAYS**

### HIS403 Interesting Characters

Thursday, 10:00 a.m.-11:30 a.m., Crabtree (HC110)

Interesting Characters has a different subject and presenter each week. The topics and instructors will include Shoeless Joe by Rusty Copsey, Judy Dent Grant by Kathy Vyrostek, and characters from Don Little and Tony Owens.

### LAN501 Biblical Hebrew VIII

Thursday, 10:00 a.m.-11:30 a.m., President's Conference (HC103)

This is an ongoing Hebrew language course which is limited to those that have completed the previous sections. Fred Leffert is a Greenville physician with a lifelong interest in Jewish Studies. He has taught several Hebrew classes since 2000.

### LIT601 Experienced Writers

Thursday, 10:00 a.m.-11:30 a.m., Huff (HC105)

If your goal for Summer is to kick up your writing skills, this is the class for you! Experienced Writers will help you create and communicate through concept development, drafting, and revision as you journey toward more effective writing skills. Structure and usage are tools for compelling prose and poetry. Writing prompts will enhance your creativity, and you will receive instructor feedback on each submission. Participants may also offer selections from their long-term writing projects, both fiction and non-fiction. Class size is limited so that every student has an opportunity to present. This is NOT a class for beginners. Completion of a writing course or demonstrated experience is required. Dr. Judith Chandler is a retired Furman professor and has taught at OLLI since its inception. She is also an artist and community volunteer.

### HFE205 Supported Yoga

Thursday, 1:00 p.m.-2:15 p.m., Crabtree (HC110)

We get significant benefits from yoga's slow and purposeful movements that strengthen our bodies while opening peaceful internal energies. This is a safe, practical style of yoga that is understandable, doable, and accessible. Our breath-centered practice includes strength, flexibility, balance, and relaxation while encouraging us to listen to our body's individual needs. The class is a mixture of mat/floor and standing postures with props such as chairs, blocks, blankets, and straps available for support. Students should be comfortable getting down to and up from the floor. No previous yoga experience is required. Dhara Baiden embarked on her yoga journey 15 years ago, initially out of curiosity but soon recognizing its profound benefits. Certified as a RYT- 500 and in trauma-informed yoga, she's also a National Board-Certified Teacher and a Certified Functional Nutrition Counselor.

### RPH902 Judaism 101

Thursday, 1:00 p.m.-2:30 p.m., President's Conference (HC103)

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.

### MUS703 Life and Music of John Prine

Thursday, 1:00 p.m.-2:30 p.m., Piper (HC111)

This course offers four engaging presentations on the life, artistry, and enduring influence of John Prine, featuring a generous sampling of his music along with songs by those who shaped his distinctive voice. Sessions will explore Prine's life, death, and legacy; his sharp and compassionate

social commentary; the religious and spiritual themes woven through his work; and the wit and humor that made his storytelling so beloved. Dwight A. Moody brings a rich and varied background as a minister, pastor, professor, administrator, broadcaster, author, and scholar, as well as a social entrepreneur through the Academy of Preachers and The Meetinghouse Inc. (themeetinghouse.net), all seasoned with his Kentucky roots.

## **SUMMER 2026 BONUS EVENT DESCRIPTIONS**

### **BTE101 Understanding Autism**

June 5, 10:00 a.m.-11:30 a.m., Herring Center, Larkin (HC104)

Dr. William Killion possesses 40 plus years of experience with individuals with autism. He possesses a B.S., a M.Ed. and a PhD in Developmental Psychology and is a Board-Certified Behavior Analyst (BCBA). His presentation will provide a brief history related to autism, some thoughts about causation, and specific techniques to interact effectively with a person who has autism.

### **BTE102 What's So Special About Specialty Annuals and Perennial Favorites?**

June 5, 10:00 a.m.-11:30 a.m., Herring Center, Piper (HC111)

What should I put in my planting containers? Do you want to be successful with your planting choices? Sheree Wright will show and tell you what annuals and perennials you should include in your planters. Container gardening is beautiful way to brighten your patio or entry door. Move over bedding plant petunias, begonias and impatiens, there are so many new, spectacular plant introductions with promised performance that you need to know.

### **BTE103 Crescent Olive Tour**

June 5, 10:00 a.m.-Noon, Offsite Tour

We will discuss health benefits of olive oils, break down the chemistry in a fun setting, and perform an olive oil tasting. We will also explore the many different olive oils, gourmet oils and balsamic vinegars we have on tap. The store is 8-10 minutes from Furman. Parking available on Main Street and in the parking lot behind the store with access to a backdoor entrance. Charlotte & Mike Easler have been married 32 years; in the "oil" business for 15+ years, and the first in SC to open an olive oil store and continue to share their knowledge and products throughout our beautiful state.

### **BTE104 Summer Salads**

June 5, 10:00 a.m.-Noon, Herring Center, Huff with Lindemann Kitchen (HC105/106)

Cheryl Cotner, a degreed chef in culinary arts and hospitality management, will lead this course. Participants will make five different vegetable salads using summer greens and other seasonal produce. In this class, participants will learn shortcuts, the importance of presentation, and a few kitchen skills. The class recipes will be shared with you. **Materials fee of \$10 cash due to the instructor at the event.**

### **BTE106 Changing the End-of-Life Conversation & Experience**

June 12, 10:00 a.m.-11:30 a.m., Herring Center, Campbell (HC004)

The miracle of modern medicine ensures that we can live longer, though not necessarily better, lives. In our death-phobic, grief illiterate society, where youth is lionized and aging is seen as something to rail against, how can we approach death in a way that will leave us and our loved ones at peace rather than feeling defeated? How can we "die better"? In this thought-provoking, multimedia presentation, grief coach, death educator and end-of-life midwife Leigh Berman will look at some of the challenges current practices create, examine what comprises a "good death," and talk about ways that we can change the end-of-life experience for ourselves and our loved ones.

### **BTE107 Tour of White Oaks House & Garden**

June 12, 10:00 a.m.-11:30 a.m., Offsite Tour

Constructed in 1959, White Oaks serves as home to Furman University's president. This 9,750 square-foot mansion was bequeathed to Furman in 1992 by Homozel Mickel Daniel. White Oaks has hosted ambassadors, governors and even a president—Richard Nixon. Located less than a mile from campus, the architectural jewel was designed by the noted architect Philip Trammell Shutze of Atlanta. The interiors are original creations, and a number, including the entry hall and dining room, feature exquisite carvings by master craftsman Herbert Millard. The home is also graced by the lovely antiques Mrs. Daniel collected, many of them Georgian, and numerous fine oil paintings. First Gentleman Charles Davis will lead the tour.

### **BTE108 Kayaking on Lake Jocassee**

June 12, 10:00 a.m.-4:00 p.m., Lake Jocassee

Join us for a guided kayak tour of Lake Jocassee. The pace is leisurely as we use our pontoon boats to move from one remote and wild paddling location to another around the lake, exploring the wonders of Lake Jocassee and the Jocassee Gorges in the intimate fashion that only kayaking can provide. You'll see lots of waterfalls and have plenty of time for refreshing swims along the way. This tour is designed to be easy on the body and nourishing to the spirit as you're with these ACA certified kayak guides and naturalists from Jocassee Lake Tours. Paddling time is about three very relaxing hours; please note this is considered a moderately challenging physical activity. Kerry McKenzie and husband, David White are level 2 ACA kayak instructors with 25 years combined kayaking experience. They teach basic strokes, safety and preparation to enhance your paddling adventure. Join them!

### **BTE109 How to Overcome Hip Pain (RGV)**

June 12, 1:00 p.m.-3:00 p.m., Blue Ridge D (Rolling Green Village)

This event will teach attendees the most common causes of hip pain, why it often lingers or keeps coming back, and the keys to lasting relief. You'll learn how to get back to walking, exercising, and enjoying daily activities without relying on medications, injections, or surgery. Tim Varghese, PT,

DPT, is a Board-Certified Orthopedic Clinical Specialist and a Certified Strength and Conditioning Specialist.

### **BTE110 The Journey That Changed Everything: Around the World in 107 Days**

June 26, 10:00 a.m.-11:30 a.m., ZOOM

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip. In this lecture, Jill shares the story behind her memoir *Packets of Hope*, inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Jill demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at [www.packetsofhope.com](http://www.packetsofhope.com), before the presentation.

### **BTE112 A Photographer's Paradise on Roan Mountain**

June 26, 7:00 a.m.-7:00 p.m., Roan Mountain

Visit 6000+ foot Roan Mountain with Seth Harrison. Hike the Appalachian Trail as it runs along the border of Tennessee and North Carolina over high mountain balds which are rich in natural and cultural history. Walk from Carvers Gap along the AT to rock outcroppings and spectacular views. Natural history, photography and enjoying the summertime cool mountain breezes are on the itinerary. Distance from OLLI 3 hours +. Seth Harrison, Master Naturalist, will lead this outing.

### **BTE111 Tour of Spring Park Inn**

June 26, 1:00 p.m., Offsite Tour

The Spring Park Inn Historic Site is in downtown Travelers Rest. The home has been beautifully restored as it would have been as an inn in the late 1800-early 1900 Victorian times of Col. Robert W. Anderson, the great-grandfather of Mrs. Nell Anderson Gibson, the last owner who donated the home to the Travelers Rest Historical Society. The home is listed on the National Register of Historic Places and the Greenville County Historic Register along with a South Carolina State Historical Marker. Originally a private residence, the home became an owner-operated inn, situated on the Buncombe Road, a prominent thoroughfare and primary trade route to the resorts in the cool mountains throughout western North Carolina's Buncombe County and beyond. Prominent Charleston residents stayed at the Inn to enjoy the cooling waters of the Victorian wading pool and the relaxing porch breezes. During the heyday of the Victorian era, the railroad brought visitors to the property for a variety of activities. Local towns folk enjoyed the property as a gathering spot and central location for community events. Today the home is located 5 minutes from Furman University and within walking distance of restaurants and shops in Travelers Rest. Docent led tours are available weekends and by appointments for groups. Rosemary Bomar, past president of the Travelers Rest Historical Society, will lead this event.

### **BTE105 How to Overcome Hip Pain (HC)**

June 26, 1:00 p.m.-3:00 p.m., Herring Center, Piper (HC111)

This event will teach attendees the most common causes of hip pain, why it often lingers or keeps coming back, and the keys to lasting relief. You'll learn how to get back to walking, exercising, and enjoying daily activities without relying on medications, injections, or surgery. Tim Varghese, PT, DPT, is a Board-Certified Orthopedic Clinical Specialist and a Certified Strength and Conditioning Specialist.

### **BTE113 Adolf Galland- German Luftwaffe Flying Ace**

June 26, 1:00 p.m.-2:30 p.m., Herring Center, Crabtree (HC110)

Adolf Galland was a German Luftwaffe General and flying ace who served throughout World War II in Europe. He flew 705 combat missions and fought on the Western Front and in the defense of the Reich. On four occasions he survived being shot down, and he is credited with 104 aerial victories, all of them against the Western Allies. After the war he wrote his autobiography, *The First and the Last*, which was a best-seller in 14 languages and sold three million copies. It was very well received by the British and American air forces as a frank and honest statement of how the war was won and lost in the air. General Galland is a legend of aerial combat, come learn his heroic story. In 1982, when Jay Gaskin was a Major in the U.S. Air Force, he met Adolf Galland. The short time they were together sparked an interest in General Galland's life and his remarkable achievements.