

OSHER LIFELONG LEARNING INSTITUTE

ENGAGE LIFE

ENJOY LEARNING

MAKE NEW FRIENDS

TRAVEL

GET THE MOST OUT OF LIFE

April and May 2016

Mini-Mester Quick Look

To see for yourself what it's
all about, join OLLI today.



OLLI at The University of Alabama

OLLI.UA.EDU | Contact the OLLI office at 205-348-6482

OLLI @ UA - TUSCALOOSA MINI-MESTER QUICK LOOK 2016

MONDAYS

My Life as an Ex-Pat:

Trials and Tribulations of Living Abroad

9:00 – 10:15 a.m. Monday

April 18, 25; May 2, 9

Instructor: Ron Hallmark

Come hear some of the valuable lessons learned by the instructor who spent 18 years as an oil company manager living and working abroad in four unique cultures. The course will highlight some of the instructor's experiences and impressions of the cultural differences between America vs: England/Europe, South America (Latin), Middle East, and Central Asia (Pakistan and Kazakhstan). The course will highlight some of the cultural differences/norms and important things to know if you plan to visit or work in these cultures.

Media Matters

10:30 – 11:45 a.m. Monday

April 18, 25; May 2, 9

Instructor: Mary Tillotson

In this course, we will continue to look at public policy issues and how they are covered by the mass media. We'll also look at the issues which are frequently, and perhaps tellingly, ignored by the media, and why that might be happening. You'll have the chance to share and discuss your opinions on the topics of the day. Everyone attending these sessions will be encouraged to participate in an open dialog on these intriguing subjects.

Basic Computer Security

10:30 – 11:45 a.m. Monday

April 18, 25; May 2, 9

Instructor: Winnie Han

Worried your computer or wifi isn't as protected as it should be? Let us help you become more comfortable with your computer security. We will review recent security news, along with learning basic security concepts, such as secure password setup, how to secure your wifi and mobile devices, and securing your online account.

German – Refresh

Noon – 1:15 p.m. Monday

April 18, 25; May 2, 9

Instructor: Chris Bell

Learning a foreign language takes a lot of repetition. By taking this class, you will continue to build your proficiency in speaking, reading, and learning more about Germany's culture and geography. Come and be surprised how much German you do remember.

Bella Italia!

1:45 – 3:00 p.m. Monday

April 18, 25; May 2, 9

Instructor: Monica Montanari

Join us as we explore the beautiful country of Italy and all that it has to offer! Whether you're planning a trip to Italy, want to relive your experiences there, or simply want to learn more about it, this class promises to be fun, interesting, and exciting!

Bridging the Digital Gap

1:45 – 3:00 p.m. Monday

April 18, 25; May 2, 9

Instructor: Lynn Guzman

Join us as we help close the gap between Digital Immigrants and Digital Natives (a.k.a. Grandparents and Grandkids). Does the mere thought of Facebook, Instagram, Twitter, and Snapchat make you want to break out in hives? Ever wonder why you see the number sign (#) in front of words? We will explore some of the most popular social media channels to stay connected with those that mean the most to you. We will walk through how to manage your accounts for privacy and safety, while learning a few key things to avoid accidentally embarrassing your grandkids. Feel free to bring your wifi-enabled tablet, notebook, or smart phone to class.

OLLI @ UA - TUSCALOOSA MINI-MESTER QUICK LOOK 2016

Mondays Continued

Mad About These Movies!

3:15 p.m. - until

April 18, 25; May 2, 9

Coordinators: Amelia Yessick, David McKissick

Relax and enjoy a special movie selected just for you by a fellow OLLI member. Perhaps you will see an old favorite, but more likely it will be something new and heretofore unappreciated. The movie titles and information will be circulated at the first class. See you at the movies!

April 18 – *The Villain, 1979* – A humorous parody of the old westerns with live action “Wile E. Coyote” cartoon-like situations. The movie stars Kirk Douglas, Arnold Schwarzenegger and Ann-Margaret. Presented by Adrienne Spruill, 89 minutes.

April 25 – *The Verdict, 1982* – A drama featuring Paul Newman and James Mason as opposing attorneys. The movie won Oscars in 1983 for Best Movie, Best Actor for Paul Newman, Best Director and Best Screen Writer. Presented by Martina Holt, 129 minutes.

May 2 – *Change of Plans, 2010* – A French comedy about a group at a dinner party and the consequences of some of their actions a year later.

May 9 – *Paper Clips, 2004* – A documentary film about students at a rural middle Tennessee school attempting to collect 6,000,000 paper clips representing the 6,000,000 victims of the Holocaust. This film received the Jackson Hole Film Festival Audience Choice Award. Presented by Roberta Weisberg, 82 minutes.

Beginner’s Guide to iPad/iPhone

6:00 – 7:15 p.m. Monday

April 18, 25; May 2, 9

Instructor: Lacey Nisbett

Smart devices have changed the way we communicate with the world. Using an iPad and iPhone for the first time may feel intimidating, but there are tips and tricks that can help you better utilize these devices to enrich your everyday life! We’ll cover the basics of managing your Apple account, using the keyboard, installing and organizing apps, options for security and general settings,

and browsing the Internet safely, along with how to utilize Apple’s email, calendar, camera, and music apps. This course will only cover Apple devices, not Android or Samsung equipment. Participants need to bring their own iPhone or iPad—no equipment will be furnished. Class Size Limit: 20 students

TUESDAYS

Exploring the Roman Empire

9:00 – 10:15 a.m. Tuesday

April 19, 26; May 3, 10

Instructor: Ron Houts

Come with us as we study Roman practices and accomplishments during the Republic era. Learn about the Julio-Claudian family of Caesars in the first century with a close examination of their connection with Palestine and the early Christian movement. We will also examine the rise of the Byzantine Empire and its connection to the ascendancy of the Christian church. Our last class will be a travelogue, which summarizes the many Roman sites which are to be found in Europe and Africa, as well as the Near East.

A Confident Retirement:

Essential Steps to Make This Happen

9:00 – 10:15 a.m. Tuesday

April 19, 26; May 3, 10

Instructors: Ted Jackson, Jack Evans

Looking for a stress-free retirement? In this four-week course, you will learn about important tax saving strategies, guaranteed lifetime income sources, the importance of investment diversification, and more. We will also cover the crucial steps you need to know to prepare for unexpected risks during retirement and go over how you can make sure you have taken all the proper estate planning steps.

OLLI @ UA - TUSCALOOSA MINI-MESTER QUICK LOOK 2016

Tuesdays Continued

Wheel-Throwing for Beginners

10:00 – 12:00 p.m. Tuesday

April 19, 26; May 3, 10

Instructor: Rick Mitchell

Location: The Clay Place (Clay Co-Op at Kentuck)

Throw basic shapes on the wheel. You will make bowls, cups, vases, etc. A small class equals more individual instruction. This class is for students who have not taken Playing with Clay classes before. Class size limit: 3 students, Fee: \$25

Making the Most of Maps

10:30 – 11:45 a.m. Tuesday

April 19, 26; May 3, 10

Instructor: Ken Gaddy

Even in the days of GPS devices, the ability to relate to what's around you with what is displayed on a map is a vital skill. Maps tell stories – not simply representations of objective spatial realities. They are texts, created by individuals and groups who decide the subject of a map, the purpose, the point of view, what is included and what is left out. Come learn about longitude, altitude, legends, topography, scale and much more, as we study how to use and understand maps.

Storytelling

10:30 – 11:45 a.m. Tuesday

April 19, 26; May 3, 10

Instructor: Jack Day

Each person has stories that need to be told. We will learn how to craft an original story for telling, how to transform a written story into an oral story, and suggestions for telling a story. There will be plenty of class time for students to tell stories. On May 10, we will present an "Evening with Friends and Family" to tell our stories. Class size limit: 15 students

French Sampler

Noon – 1:15 p.m. Tuesday

April 19, 26; May 3, 10

Instructor: Constance Dawson

In a capsule, we will explore a little history and geography and culture - legendary historical figures, the regions of

France, everyday life, some music and literature, holidays and traditions, and, of course, the cuisine. No pressure, just fun!

Mini-Medical School

Noon – 1:15 p.m. Tuesday

April 19, 26; May 3, 10

Presenters: College of Community Health Sciences

UA's College of Community Health Sciences is hosting a lecture series to explore medicine and health trends. Faculty will lecture on issues and advances in medicine and research, incorporating science, research, and clinical applications, with questions answered after the lectures. You'll learn ways the body works, hear about advances changing how we see disease and health, and find out which way cutting-edge research is headed.

April 19 – Dr. Harriet Myers, "Stress and Sickness"

April 26 – Suzanne Henson, RD, LD, "Eat Well, Age Well: Food as Fuel for Healthy Aging"

May 3 – Dr. Ray Brignac, "Choosing Wisely in Geriatrics"

May 10 – Dr. Catherine Ikard, "Parkinsonism"

Mental Fitness

1:45 – 3:00 p.m. Tuesday

April 19, 26; May 3, 10

Instructor: Anne Merrem

Mental Fitness is a state of heightened awareness in the present and the ability to create positive life habits with respect to thoughts, attitudes, responses, and outlook. By way of reflective paper writing, readings, breathing, and mindful movement exercises, participants explore the moment.

Writer's Block: An Intro to Creative Writing

1:45 – 3:00 p.m. Tuesday

April 19, 26; May 3, 10

Instructor: Andrea Dobynes

Come learn about the different writing styles from poetry to prose. We will also read some famous works to inspire even more creativity during our weekly Writer's Block. We will all write poems, stories, and more. Those brave enough to share will have a chance to showcase their work at the end of each class.

OLLI @ UA - TUSCALOOSA MINI-MESTER QUICK LOOK 2016

Tuesdays Continued

Exploring Hinduism – Continued

3:15 – 4:30 p.m. Tuesday

April 19, 26; May 3, 10

Instructor: Rama Pidikiti

Hinduism is one of the oldest religions of the world. Have you ever wondered what it's all about? Come to this class as we continue to find out what makes this religion unique. You will learn of Hinduism and its scriptures including Bhagavad Gita. We'll cover its applications to daily life as it impacts and shapes work and duty, service, and happiness. Challenges, food and daily activities, self-discipline and mental control will also be discussed.

WEDNESDAY

About Boating Safely

9:00 – 12:30 p.m. Wednesday and Thursday

May 11, 12 (consecutive days)

Instructor: Richard Byrne

If you are interested in an exciting, in-depth boating safely course, join us for this two-day beginner boating class. We will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete About Boating Safely. Passing the course exam provides the certificate needed for an AL boating license. Handbook included. Class Size Limit: 20 students, Fee: \$25

**Registering for Mini-Mester
is easy!**

Register by phone

205-348-3000

or online at

olli.ua.edu

**Courses are held at Bryant
Conference Center unless
otherwise stated.**

**Invite your friends
to join OLLI today!**

olli.ua.edu

THE UNIVERSITY OF
ALABAMA

College of
Continuing Studies





OLLI Tuscaloosa Registration

Payment: Use the Worksheet to Calculate Fees Owed →

First _____

Last _____

Preferred Name _____

Address _____

City _____ State _____ ZIP _____

E-mail Address _____

Phone _____

How did you find out about OLLI? _____

Check enclosed \$ _____ made payable to THE UNIVERSITY OF ALABAMA

Charge \$ _____ to my credit card

_____ Exp.Date / _____

Security / Verification Code (three or four digit code) _____

Authorizing Signature: _____

Choose the registration method that's right for you!

1 Register Online
OLLI.UA.EDU

2 Open House
Register In-Person
at the OLLI Open
House Event
April 7

3 By Mail
CCS Registration Services
The University of Alabama
Box 870388,
Tuscaloosa, AL 35487

4 By Phone
205-348-3000

OLLI 2016 MINI-MESTER

<input type="checkbox"/>	\$25	OLLI Membership Fee (Pay Only Once Per Year)	1501816
<input type="checkbox"/>	\$25	MiniMester Course Fee	1534216
<input type="checkbox"/>	\$___	Give to OLLI	
<i>Mondays</i>			
<input type="checkbox"/>		My Life as an Ex-Pat	16AMM10
<input type="checkbox"/>		Media Matters	16AMM11
<input type="checkbox"/>		Basic Computer Security	16AMM12
<input type="checkbox"/>		German - Refresh	16AMM13
<input type="checkbox"/>		Bella Italia!	16AMM14
<input type="checkbox"/>		Bridging the Digital Gap	16AMM24
<input type="checkbox"/>		Mad about these Movies	16AMM25
<input type="checkbox"/>		Beginner's Guide to iPad/iPhone	16AMM15
<i>Tuesdays</i>			
<input type="checkbox"/>		A Confident Retirement: Essential Steps	16AMM16
<input type="checkbox"/>		Exploring the Roman Empire	16AMM27
<input type="checkbox"/>	\$25	Wheel Throwing For Beginners	16AMM17
<input type="checkbox"/>		Making the Most of Maps	16AMM18
<input type="checkbox"/>		Storytelling	16AMM19
<input type="checkbox"/>		Mini- Medical School	16AMM20
<input type="checkbox"/>		French Sampler	16AMM21
<input type="checkbox"/>		Mental Fitness	16AMM22
<input type="checkbox"/>		Writer's Block: An Intro into Creative Writing	16AMM23
<input type="checkbox"/>		Exploring Hinduism - continued	16AMM26
<i>Wednesdays</i>			
<input type="checkbox"/>	\$25	About Boating Safety	16AMM28
		Total Due	

Note: The University of Alabama is committed to complying with the Americans with Disabilities Act. Requests for accommodation of physical and/or dietary needs should be made at least 30 calendar days in advance of the program date. Please email your request to janderson@ccs.ua.edu. A portion of the invoice amount for this program will go to the Capstone Lifelong Learning Foundation to support activities of The University of Alabama College of Continuing Studies.