# OSHER LIFELONG LIFENING INSTITUTE OSHER LIFELONG LEARNING INSTITUTE **ATUVA**

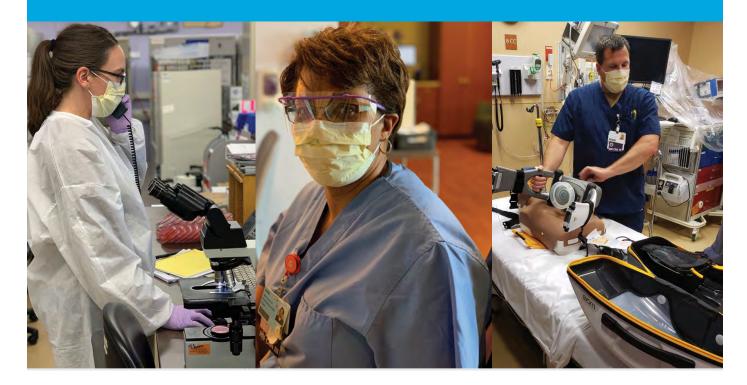
University-level short courses for active adults

OLLI Osher Lifelong Learning Institute

CELEBRATING **20** YEARS



#### SENTARA MARTHA JEFFERSON HOSPITAL



# ADVANCED CARE. NEIGHBORHOOD CONVENIENCE.

Sentara Martha Jefferson Hospital is dedicated to bringing you the most sophisticated surgical and medical care in the most convenient community setting. And as a part of one of the nation's most integrated healthcare systems, we also have access to an extensive network of health resources across Virginia and North Carolina, which allows us to continue to improve patient outcomes, safety and quality.



To learn more about the advanced capabilities that Sentara Martha Jefferson Hospital has to offer, visit **sentara.com**.

Follow us on Facebook @MarthaJeffersonHospital, and Twitter @MarthaJefferson.



# **CONTENTS**

An Introduction to OLLI at UVA	3
Letter from OLLI Leadership	4
A (Virtual) Taste of OLLI	7
What You Need to Know	8
Membership and Course Registration	9
Tips for the Best Zoom Experience	10
Special Lecture	12
Shared Interest Groups	13
Community Read	14
All Courses (Alphabetical by Instructor)	16
Courses	19
Hybrid Courses	36
In-Person Courses	38
OLLI FLASH Outings	39
Author Talks	40
Coursera	42
Schedule-at-a-Glance	44
Registration Form	47





#### **OUR MISSION**

Aware that an active mind is as necessary as social relationships and physical exercise to a full life, the Osher Lifelong Learning Institute at the University of Virginia offers educational opportunities and intellectual enrichment to active adults in the community.

The Institute is member-directed and draws upon its members' resources, as well as other academic and community resources, to organize courses and other educational activities.

In this stimulating environment, members may acquire new knowledge, explore ideas, exercise creativity, and share interests and expertise with others.

## SPRING 2021 CALENDAR

#### VISIT OLLIUVA.ORG FOR UPDATES

January 6	Spring Membership pre-purchase opens online 10:00 a.m.
January 13	<b>Virtual Taste of OLLI/Course Preview</b> 10:00 a.m.
January 14	<b>Online Registration Training</b> 10:00 a.m.
January 19	<b>Spring 2021 Registration Opens</b> 10:00 a.m.
February 22	Courses Begin

## Course Cancellation:

Feasting on Fiction (HUMN044) with Marcy Dolan has been canceled.



# Are you an active adult with a curious mind and a keen interest in learning—just for the love of it?

Join with more than 1,000 like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI) at UVA. There are no prerequisites, educational or otherwise, for you to continue your intellectual exploration and enrichment with us. Generous donors contribute to our scholarship fund to ensure that courses are available to everyone. We invite you to discover OLLI's many opportunities for engagement and enlightenment.

#### **MEMBERSHIP BENEFITS**

The \$75 membership fee supports OLLI and entitles members to receive:

- ✓ OLLI e-brochures each semester
- ✓ <u>e-newsletters</u> at least bi-monthly
- ✓ Access to Author Talks (pg 40-41)
- ✓ Access to Coursera Courses (pg 42-43)
- ✓ <u>Shared Interest Groups (SIGs)</u>
- ✓ Virtual Coffee Chats
- ✓ Member-only <u>Happy Hours</u>
- ✓ Special Lectures, The Festival of the Book Community Reads and much more

Continued support from OLLI members is especially important in this uncertain time. Please consider becoming a Spring 2021 member and remain social, active and thrive with fellow seniors in your local community.



#### BOARD OF DIRECTORS

GARY NIMAX President

ED PIPER Vice-President

> AL LAYNE Treasurer

CAROL BINGAMAN Secretary William Adams Althea Brooks Charles Hamilton Laura Hawthorne Michael Kelley Deidra Massie Leigh Middleditch Elliot Mininberg Robert Reynolds James Sofka

#### **STAFF**

Leslie Pont Executive Director

Tay Strauss Program Manager

Steve Bevis Program Coordinator

Genevieve Baer Business Manager and Member Services

> Liz Courain Volunteer and Events Manager

## Letter from OLLI Leadership

## Welcome to OLLI at UVA's Spring 2021 e-brochure!

The year 2021 is upon us and this year, OLLI at UVA celebrates 20 years in Charlottesville! Our goal is to host a 20th anniversary celebration in-person next Fall. Please be on the lookout for future details in order to celebrate with us. Right now, we are cherishing each day here at OLLI and we look forward to sharing the Spring semester with you. Like the buds of the leaves and the flowers, OLLI is approaching Spring with renewed optimism and excitement. The pandemic may have altered the way OLLI delivers classes, but the course content and the volunteers who make it all possible remain steadfast. An immense thank-you to all the instructors, committee volunteers, class moderators, and staff who have been persevering with such passion throughout the Fall semester in online learning.

This Spring, we are prepared to offer new, stimulating, learning experiences as we announce the launch of Shared Interest Groups (SIGs) with OLLI at UVA. SIGs are groups created by members for members, that meet for fun and learning around a shared interest. More details on the announcement are available later in this catalog.

On January 6, Spring 2021 membership will be available for pre-purchase <u>online</u>. Membership provides the ability to sign up for any spring courses starting on *Opening Registration Day*, January 19, and access to all other online OLLI programming throughout the semester. We are working with the History Club of Charlottesville on future Special Presentations, and with other potential partners to add ongoing member exclusive content. We are committed to working with any member who would like additional help getting comfortable with the Zoom platform. Look for more Zoom trainings, or send an email to <u>olliuva@virginia.edu</u> for individual help. We will continue to gauge interest in attending OLLI's "hybrid" courses. A hybrid course would simultaneously be offered online and in-person, physically distanced. Check out our website for details and to be added to the "stand by list" while we gather interest in several courses that could encompass this new course category.

We strongly encourage members to register for Spring 2021 online at <u>olliuva</u>. <u>org</u>. Not only are you more likely to get the courses you want, logistically it will be much smoother since OLLI at UVA staff are working remotely. Online Registration Training is scheduled for January 14th. We will cover password reset, searching course information, registration, and payment. A paper <u>registration form</u> is included at the back of the catalog and you may still mail it to the OLLI at UVA office. At any time, you are welcome to call OLLI and we are happy take your registration over the phone.

You will notice that the electronic catalog has replaced the print catalog this semester due to a sharp decrease in revenue from the impacts of COVID. A printed version can, and will, be mailed to anyone who requests one, including our members who do not have an email address on file. As always, please refer to <u>olliuva.org</u> for up-to-date information on courses and upcoming programs.

As we round our 20th year, we hope that you were able to watch our Executive Director's <u>video</u> on our Annual Campaign and please consider donating to OLLI during this fiscal year (ending June 30, 2021). Your contributions help to keep OLLI strong and thriving during this unique year. We offer gratitude for your donations to OLLI.

You can get a glimpse of what's to come at our Virtual Taste of OLLI on January 13. More details on the Taste and all things spring-related will be regularly communicated by email as lifelong learning continues.

Yours in learning,

Leslie Pont OLLI Executive Director Gary Nimax OLLI President



# VOLUNTEERS MAKE OLLI GO → AND GROW!

# OLLI is, at heart, a volunteer organization.

To learn more about volunteering, please contact Liz Courain: <u>olliliz@virginia.edu</u> All of OLLI's amazing instructors are volunteers. There are regular opportunities for new courses and new faculty. If you are interested in teaching for OLLI, we'd love to meet you!

**Leadership volunteers** support OLLI through the Board of Directors and committees.

**OLLI's Virtual Classes** need a Class Moderator, who will volunteer to support the instructor by managing the Zoom call during each class. *Training will be provided*.

OLLI also maintains a list of "one-day" volunteers for special events and activities, and will host **office volunteers** when conditions permit.



#### **THE BERNARD OSHER FOUNDATION**

The Bernard Osher Foundation was founded in 1977 by Bernard Osher, businessman and community leader, and contributes to the well-being of others by supporting higher education, healthcare, and the arts. In fall 2000, the Foundation began supporting education programs for older adults and in 2001 provided its first endowment to the University of Southern Maine.

There are 124 Osher Lifelong Learning Institutes, with at least one in every state.

# **ATaste of OLLI**



#### VIRTUAL COURSE PREVIEW FOR SPRING

Join us on Wednesday, January 13 at 10:00 AM. You'll learn about plans for spring, meet instructors who will give a brief overview of some of the offered courses, and you'll be ready for registration the following Tuesday, January 19th.

Please register on the OLLI website or call the OLLI office to receive the link to the Zoom webingr.

#### **OLLI OFFERS SHORT COURSES IN:**

Arts

•

- **Public Affairs**
- Health and Wellness History
- Science and Technology
- Social Science
- Humanities and Lifestyle

Courses will be offered virtually via Zoom. Join us for the love of learning, and without writing papers, taking tests, or receiving grades.

#### **REGISTRATION OPENS SOON**

Registration for spring courses opens on Tuesday, January 19th at 10:00 a.m. Browse to learn about the exciting array of courses offered this spring.



## **SHARE YOUR** PASSION WORKSHOP!

#### **SPRING 2021**

Interested in teaching an OLLI course? This workshop, for OLLI members AND nonmembers, will discuss:

- ✓ WHAT is OLLI?
- ✓ WHO attends?
- ✓ WHEN do I need to decide?
- ✓ HOW do I submit a proposal?
- ✓ WHAT's in it for me?

**Our next "Share Your** Passion" workshop is planned for early spring. Contact the OLLI office at 434-923-3600 or submit this form for more information.

#### MEMBERSHIP AND COURSE FEES BY SEMESTER

OLLI at UVA offers fall and spring semesters annually, each consisting of two seven-week sessions plus additional member and public programming. A membership fee of \$75 per semester entitles you to register for courses offered in both sessions that semester, as well as member benefit programs or activities that occur throughout the semester. Course pricing varies depending on the length of the course and the type of course that is being taught. See the OLLI registration site for specific course details.

#### **SCHOLARSHIPS**

A limited number of scholarships are available to support those who would find it a hardship to pay standard rates for membership or tuition. Contact the OLLI office for information about our simple request process.

#### INSTRUCTOR AND SPOUSE/PARTNER DISCOUNTS

OLLI instructors may take courses free of charge during the semester they teach and the one that follows. Their spouse/ partner receives a \$50 discount on the OLLI membership fee for each semester their spouse/ partner teaches.

#### **COURSE WAITLISTS**

Even with Zoom classes there may be limits on enrollment based upon subject matter and course design. Members registering online are encouraged to check "add to waitlist" if a requested course is full. You will not be charged when placed on a wait list. After registration, OLLI works to accommodate as many students as possible, and a space may open. The OLLI office will contact you if a space becomes available to ask if you still want to join. Please do not attend the course unless you are contacted.

#### CLASS/COURSE MODERATOR DISCOUNTS

OLLI members who volunteer as Moderators for courses on Zoom will not be charged for any courses for which they volunteer. Moderators need to be tech-savvy and comfortable troubleshooting various tech issues.

Any interested member is welcome to take the training, however, this does not guarantee being assigned to a class.

#### **SCHEDULE CHANGES**

The OLLI office communicates all schedule changes, lastminute class cancellations, and makeup classes by email. Please check your e-mail regularly!

#### **GUESTS**

OLLI courses are intended for OLLI members only. OLLI students are not permitted to share Zoom access links for courses with any unregistered person.



## Membership and Course Registration



#### HOW TO PURCHASE MEMBERSHIP FOR FALL

Purchase your membership online beginning **January 6**. We recommend purchasing your membership early as a practice run for registration.

#### ONLINE REGISTRATION TRAINING SESSION

We will hold an online registration training session on **January 14 at 10:00 a.m.** to show members how to register online, reset their passwords, and more.



#### **HOW TO REGISTER**

Each person registering must do so **individually** and pay with a separate credit card transaction or a check payable to **UVA Fund/OLLI**. On your online account or the registration form, please include your e-mail address to be notified via email for essential course information throughout the semester.

Popular courses fill up fast; the best chance to obtain a seat is through online registration, the day registration opens, January 19, we highly encourage all members to register online. At any time, you are welcome to call OLLI and we are happy take your registration over the phone.

#### **ONLINE REGISTRATION**

Go to, *olliuva.org*, click on the blue "Register Online" button, and use a credit card to register for courses and events, 24 hours a day, **beginning January 19, at 10:00 a.m.** 

You will receive immediate confirmation, via email, of your accepted choices. For detailed instructions on accessing your online account, and how to register, visit and click "Course → Registration Information" in the top menu bar.

# **Tips for the Best Zoom Experience**

#### APPEARANCE

A Zoom room is like any other classroom. Show up on screen as you would in real life. Be comfortable but neatly groomed and put together.

#### **MUTING YOURSELF**

Each Zoom course will start with a brief overview of class etiquette. We're all at home and things happen—dogs bark, spouses wander in. We are asking students to silence noise and visuals as needed to eliminate background noise and distractions:

- The microphone and camera icons are found at the bottom left of the Zoom screen
- Click to mute/unmute at any time
- A red line appears when you are on mute or off camera.

#### **MINIMIZE DISTRACTIONS**

Please put away phones and close unrelated work and programs on your computer.

#### **EQUIPMENT**

If possible, join courses with a laptop or desktop computer rather than an iPad, tablet, or smartphone. A computer's larger screen and steady position greatly enhance the experience. Plus, Zoom features appear differently on other devices and can be harder to navigate.

#### **BROWSER CHOICES**

Zoom works best with Chrome and Firefox, as well as Safari on Mac.

#### LIGHTING

To avoid "shady face," where half of your face is shaded or blocked in some way:

- Place a steady lamp behind your camera, facing your face for even lighting
- Avoid sitting with your back to the window (silhouette visual avoided)
- Sit facing the window for soft, pleasing light



#### **EYE LEVEL**

Aim for eye-to-eye contact. Position yourself to look at the camera directly, straight ahead whenever you can. An upshot of your nose or face can be unflattering and distracting, so raise that computer on a stack of books.

#### **BACKGROUND VIEW**

You want people to focus on your face, not on what's behind you. Pick a relatively uncluttered spot if possible. It is smart to check what is shown behind and around you so that you can "edit" the scene if you want.

#### PERSPECTIVE

Webcams are wide-angle. If you get too close to it, you will look distorted. In other words, step back from the camera. The closer you are to a wide-angle lens, the more distorted you look.

# 

## New to Zoom?

Don't worry, we will conduct more Zoom Welcome Sessions for members in the weeks of February 8th and the 15th. Look for those to be advertised in the OLLI Insider eblast, or reach out at <u>olliuva@</u> <u>virginia.edu</u> with any Zoom questions.

# SUPPORT OLLI AT UVA WITH A GIFT!

Thank you to the many members who have contributed so generously to OLLI at UVA. Please view our <u>video</u> for more information on OLLI's fundraising campaign during COVID-19

Your donation supports member benefit programs and scholarships, as well as much needed equipment and other program operating expenses.

We welcome donations at the time of registration online or by paper. You can also go to <u>olliuva.org</u> and click "Support OLLI with a gift."

Please keep OLLI at UVA in mind for your tax and estate planning and your planned giving. Donations to OLLI at UVA are tax deductible.



## "You can't help getting older, **but you don't have to get old."**

\_\_GEORGE BURNS

At Our Lady of Peace, our lifestyle and programs are designed to help ensure that our residents are given plenty of opportunities for fun, socialization, and learning. We share OLLI's philosophy of lifelong learning, because we know that honing new skills and challenging yourself mentally can actually slow cognitive aging!

To learn more about the benefits of living at Our Lady of Peace, call **434-973-1155** and schedule your visit.



Retirement Community

Residential Living | Assisted Living | Memory Care | Nursing Care our-lady-of-peace.com | Charlottesville

A not-for-profit community sponsored by the Catholic Diocese of Richmond.

Coordinated Services Management, Inc. Professional Management of Retirement Communities Since 1981





NEW +

## SPECIAL LECTURE AND RECEPTION WITH DR. JIM SOFKA

Jefferson as Political Leader: Character, Complexity, and Cunning in the Founding Era

The Greencroft Club Tuesday, April 13, 2021 4:00 to 6:00 PM

Welcome spring and greet your OLLI friends for an in-person lecture and a social hour at the Greencroft Club. We will gather at 4:00 PM to hear James Sofka speak about Thomas Jefferson. After the lecture and questions, the conversation will continue at a reception featuring heavy hors d'oeuvres and adult beverages. Dr. Sofka is a specialist in transatlantic diplomatic history and international relations who also serves on the OLLI at UVA Board of Directors. This event provides a great opportunity for learning with Dr. Sofka, a popular and engaging speaker. The registration fee of \$25.00 includes the lecture, reception, and one adult beverage. Register <u>here</u> and view the <u>flyer</u> for more details.

The Greencroft Club will comply with all public health guidelines in force in April 2021.

# Live Life to the Fullest

FROM YOGA TO POKER. CARDIO TO COOK-OUTS. Branchlands seniors enjoy active independence in a relaxed and gracious BRANCHLANDS environment. It's all about Take a virtual making life as easy, enjoyable, tour online or schedule and worry-free as possible. a private guided tour. **The Manor House Independent Living** 434.973.9044 Linden House Assisted Living 8 Memory Care 434.973.0311 branchlands.com

register online olliuva.org

# **Shared Interest Groups**

## • NEW •

## OLLI AT UVA IS INTRODUCING SHARED INTEREST GROUPS (SIGs)

An OLLI Shared Interest Group is formed by a nucleus of OLLI members with a shared interest in the same subject, and who are willing to participate as active, rather than as passive, learners. SIGs provide ongoing learning, friendship and support around the shared interest. Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as a fun social experience that is ongoing through semesters and class cycles.

#### OLLI's Shared Interest Groups are a benefit offered by members, for members.

**OLLI SIGs are self-managed**, with the SIG members deciding when, where, and how often they will meet.

Members handle:

- Administrative and communication details.
- Most SIGs meet once a month; more or less often if members wish.

The OLLI staff is supportive of SIGs and can help the SIGs to promote and advertise themselves to our OLLI membership. SIGs grow, develop, and are sustained by the active participation and commitment of their own members What kind of topics are suitable for a SIG? Almost anything can work! Some ideas to consider from other OLLIs:

- Memoir Writing
   Group
- Stitch & Knit
- Digital Photography
- French
   Conversation
- Astronomy is Fun
- Drawing for
   Beginners
- Culinary Adventures

- Genealogy
- Heavy Metal Fans
- Play Reading
- Growing Gardeners
- Walking Group
- Foreign Film Discussion group
- Various Book
   Groups (Mystery Readers, Science
   Fiction, Non-Fiction
   Books)

If you have an interest/love/expertise you want to share, it can most likely become an OLLI SIG.

#### **Shared Interest Group Guidelines**

As an OLLI member, you may be interested in forming a SIG. Opportunities are endless, but keep these guidelines in mind:

SIGs are open to all interested current OLLI members.

 a minimum of six participants are required to establish a SIG.

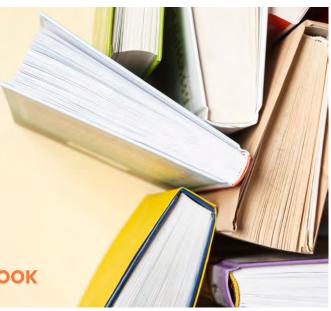
SIGs do not take the place of OLLI courses. They complement and enhance classes and other programs offered by OLLI-UVA All SIGs will be held via Zoom. When in-person SIGs are possible, they will be held off-site. Options include:

- members' homes
- venues related to the SIG's activity (movie theaters, restaurants, libraries, recreational facilities, etc.).

If you would like to start a SIG, contact **Volunteer Coordinator Liz Courain** at <u>ec9w@virginia.edu</u> or 434-924-3600. <u>Proposals</u> for SIGs are taken on an ongoing basis.

As SIGs are created, OLLI members will be notified through the weekly Eblast and invited to join. To join an established SIG, members ask to have their names placed on the email distribution list for the SIG, and start participating. It's that simple.

# JOIN OLLI MEMBERS' COMMUNITY READ



with the VIRGINIA FESTIVAL OF THE BOOK

Virginia Festival

of the Book

# Want to engage with the Virginia Festival of the Book in a deeper, more interactive way?

Join the OLLI Members' Community Read! We'll be reading Lulu Miller's *Why Fish Don't Exist: A Story of Loss, Love, and the Hidden Order of Life*, discussing the book via Zoom, and then attending the Book Festival's virtual event with the author. A great combination! The OLLI Community Read is a free event for Spring 2021 members.





14

Why Fish Don't Exist is a "remarkable" (Los Angeles Times), "seductive" (The Wall Street Journal) debut from the new cohost of Radiolab, Why Fish Don't Exist is a dark and astonishing tale of love, chaos, scientific obsession, and—possibly—even murder. Part biography, part memoir, part scientific adventure, Why Fish Don't Exist is a wondrous fable about how to persevere in a world where

chaos will always prevail. Lulu Miller is a Peabody Award-winning NPR reporter, co-host of Radiolab, and the cofounder of Invisibilia, a show about the invisible forces which shape human behavior. Her written work has been published in The New Yorker, VQR, Catapult, and beyond. Her presentation at the Virginia Festival of the Book is sponsored by the Southern Environmental Law Center. Register for the Community Read at OLLI's web site, and be sure to order the book right away. Our OLLI book discussion(s) will be held in early March, just before the Book Festival begins. The discussion group(s) will be scheduled after registration so that they can be small groups. Why Fish Don't Exist is available to order locally at New Dominion Books, 434-295-2552. They will make home deliveries within an 8-mile radius of Downtown.

A signature program of Virginia Humanities and the Virginia Center for the Book, the Virginia Festival of the Book brings readers and writers together for a program of mostly free events including author readings, book signings, panel discussions, programs for children, and more. The 2021 Festival will be held virtually, from March 13–26. To learn more, visit <u>VaBook.org</u>.

# ROSEWOODD VILLAGE

CARING WITH H.E.A.R.T.™

HONESTY EXCELLENCE ACCOUNTABILITY RESIDENTS FIRST TEAMWORK



When we are Caring with H.E.A.R.T.™, We Are All Family!

## SCHEDULE A VISIT TODAY! (434) 214-9729

6 Time GOLD Winner Assisted Living & 3 Time GOLD Winner Memory Care.

OurHealth

2020

HOLLYMEAD 2029 Lockwood Drive | GREENBRIER 500 Greenbrier Drive Charlottesville, VA | WWW.ROSEWOODVILLAGE.COM | Let's keep in touch **1 2** /RoseWoodVillage

# Spring 2021 Courses

#### **ALPHABETICAL BY INSTRUCTOR**



New Course
 Course is not yet scheduled

Askounis, Anna An Unfinished Life **	36
Ball, Alyson The Trump Administration's Impact on the U.S. Immigration System •	28
Bedford, Robert While you were sleeping: What Really Happens During Anesthesia *	35
Cannon, Brian Redistricting Reform in Virginia: Where Are We Now? •	29
Chadwick, Charles Tragic Memory: O'Neill's Long Day's Journey into Night •	20
Clymer, Don A Basic History of Mexico *	22
D'Alessandro, Frank T. Sicily: Island at the Crossroads of History *	37
Dickens, Michael Modern Medicine and Predicting Disability in the President of the United States *	31
<b>Dimberg, Ronald</b> North Korea: The Kim Dynasty and the People <b>*</b>	36
Dolan, Marcy Heidish Feasting on Fiction + COURSE CANCELLATION	
Donohoe, Betsy Public School Choice, Challenges, and Change <sup>+</sup>	29
Edson, Evelyn The Greatest Books You've Never Read: <i>The Odyssey</i> •	26
Elliff, Scott The Brief Insider's Guide to Virginia Wine	27
Finley, Robert 2020: The Year The World of Energy Turned Upside Down <sup>•</sup>	31

Gaden, Jennifer Bird Life of Central Virginia	32
Hamilton, Charlie The Rule of Law *	30
Hulburt, John Photographing the Tiny World <sup>+</sup>	21
Isaacs, Anette The Rise and Fall of the Berlin Wall and Germany 30 years after the Unification *	23
Phyllis Johansen, Allen Ingling, Kathy Nepote, Martha Orton, Rachel Keen, Tom Wild Tree Blindness - And How to Cure It *	20
Joyce, Robert Women of Rock and Roll *	20
Kennamer, Stephen The Poetry of Emily Dickinson The Poetry of John Keats	20 27
Knapp, Michael Scourge of the Seas: Pirates in History and Today <sup>•</sup>	23
Lay, K. Edward Virginia Architecture: The Pre-Jefferson Period 1607-1780 *	37
Lee, Leslie Foundations of Yoga Newcomers' Tours: Downtown Arts ** Newcomers' Tours: Discover Monticello **	33 36 36
Loach, Don Symphonic Choral Music	20
Lorish, Bob The First Hundred Days of the 2021 Presidency **	37
Marotta, David Financial Planning for Success and Significance in Retirement	28

Mason, Richard E. Listening: What Did You Say? *	38
McGarvey, David One Person, One Vote, How We Elect Our Congressmen and Our President <sup>+</sup>	30
McKee, Michael On the Brink: The Cuban Missile Crisis & Military Intelligence *	25
Murphy, Shelley Viola What Can I Get From Burned Counties in Virginia? •	26
<b>Newell, Terry</b> Leadership at the Turning Point: <i>America</i> and Its Quest for Statesmanship	23
Nichols, Steven Mr. Jefferson's Epitaph * *	38
Pales, Carl Suddenly in the Spotlight: How Seemingly Ordinary People and Things Nearly - and Sometimes Did - Alter History •	23
Paulson, Jerome A. Climate Change & Human Health *	31
Payne, Phyllis The ABC and D's of Medicare *	34
Piper, Ed Mind, Brain, and Spiritual Experiences **	35
Pitz, Tom Jefferson - Then and Now *	38
<b>Pont, Leslie</b> Gentle Yoga for Strength, Balance & Stress Reduction	33
Pugh, Jeffrey Betrayal: Christian Complicity and Resistance in the Holocaust <b>*</b>	38
<b>Reid, Robert (Robin)</b> The Epic, Part 3 – Philosophic & Visionary Epic <b>*</b>	27
<b>Ricketts, Chee</b> Watercolor Technique "Tune-Up"	21
Robinson, George The Romanov Dynasty <sup>♦</sup>	24

Robinson, Jeanne Minahan The Most Influential Women in History *	24
Roland Lengel, Pam Drawing Basics: Yes, You Can Learn to Draw! *	39
Rooney, PJ Mind Gut Connection: How Your Microbiome Controls You	34
Salomon, Ronald Seated Tai Chi for Health <sup>+</sup>	34
Schwartzman, Joel Israel's Strategic Position in the Middle East	30
Scruggs, Horace Making A Way Out of No Way: The Culture and History of African-Americans <sup>+</sup>	21
Snider, Tim Verdi and Wagner: Giants of 19th Century Opera ♦	21
Soclof, Sidney A Musical Journey: From Mozart to Elvis *	22
Thomas, Tina Brain Power Hour 🔸	33
<b>Throup, David</b> Africa in International Affairs in the Twentieth Century	39
Trischman-Marks, Jill McIntire Botanical Garden: Its Past, Present and Future	28
von Daacke, Kirt Slavery and Memorialization at the University of Virginia <sup>•</sup>	24
<b>Votaw, Marion</b> Basics of Psychology <b>*</b> Basics of Ethics <b>*</b>	32 27
West-Settle, Cecile The Spanish Civil War: Art and History	25
Wilson, Richard Louis Sullivan and the Chicago School of Architecture: American Originals *	22
Womack, Brantly U.SChina Relations: <i>Beyond Panic</i> +	29

# NEW MEMBER SPECIAL

Never tried an OLLI course before? JOIN US FOR SPRING 2021 AND YOUR MEMBERSHIP IS ON US!

The Membership fee (a \$75 value) will be waived for anyone who has never taken a course with OLLI at UVA. Pay for only the courses you choose to enroll in. Course pricing varies depending on the length of the course and the type of course that is being taught. See the OLLI registration site for specific course details.

### OLLI's New Member Special also entitles you to the following throughout the Spring 2021 semester:

OLLI's Insider e-newsletter, delivered to your inbox

Complimentary access to:

- OLLI Author Talks, monthly with special guest speakers
- Newly formed Shared Interest Groups (SIGs)
- Coursera courses offered by University of Virginia
- Coffee Chats and Happy Hours, hosted online with special guests
- ✓ Flash Outings

Contact OLLI staff via email (<u>olliuva@virginia.edu</u>) or phone (434-923-3600) to sign up for your complimentary membership!

> "I love the mountain views from my

apartment." Marita McClymonds-Smith

Retired UVA Musicology Professor and Chair, UVA Department of Music

BLAKE

AT CHARLOTTESVILLE

# DISCOVER BLAKE LIVING & RETIREMENT COMMUNITY

INCLUDED IN BASE RENT

- Concierge services
- Scheduled transportation
- Three well-balanced meals per day
- Daily housekeeping
- Weekly laundering of flat linens
- Prompt apartment maintenance
- Personal wireless "assistance" pendant
- Cable and wi-fi services
- Daily fitness activities
- Creative, social, educational, and spiritual activities

SCHEDULE A TOUR TODAY! 434-973-7900

"I have met some wonderful people here, and I have enjoyed getting to know everyone. We have very interesting residents. I want to put together a musical ensemble and would love for you to join us!"

#### The Blake at Charlottesville 250 Nichols Court | Charlottesville, VA 22901 | www.blakeseniorliving.com/charlottesville

## SEARCHING FOR COURSES JUST GOT EASIER

Whether online or here in the e-brochure, you can now search for classes by category. Each OLLI course is permanently assigned a prefix to indicate its category, or course grouping. OLLI at UVA's volunteer Curriculum Committee, tasked with developing a well-rounded offering of courses each semester, has adopted the following eight category areas:

Arts	ARTS	Music, Drama, Art History, Film, Architecture
Health and Wellness	WELL	Medicine, Health, Fitness, Aging
History	HIST	All – U.S., International, Classical, Modern
Humanities	HUMN	Religion, Philosophy, Literature, Poetry, Foreign Languages
Lifestyle	LIFE	Hobby, Activities (Cooking), Sports
Public Affairs	PBAF	Political Science, International Relations, Law, Current Events
Science and Technology	SCIT	Hard Science, Natural Science, Technology, Engineering, Computing, Mathematics
Social Science	scsc	Economics, Business, Psychology, Sociology, Anthropology

#### Online courses will be held virtually on the Zoom platform. The courses in this section have been scheduled.

Note: Most of OLLI's online classes are 60 minutes in length. Please check the registration system via OLLI's <u>website</u> for the most up-to-date information on all of our spring classes.



#### ARTS SESSION A

#### NEW •

#### ARTS051 Tragic Memory: O'Neill's Long Day's Journey into Night Charles Chadwick

Session A, Wednesdays, 10:00 a.m. 2/24, 3/3, 3/10, 3/17, 3/24, 3/31 \$66

Eugene O'Neill is generally regarded as America's greatest playwright and *Long Day's Journey Into Night* is accepted as his greatest play. The course will examine this "play of old sorrow" for its position in western drama, its psychological insight, its origins in the intellectual ferment of the early 20th century and its place in the tragic tradition. We will also focus on the importance of O'Neill's stagecraft and the actors' performance approach in conveying the power of the play. Our study will use a video of the play in class with a discussion focused approach and supporting lecture material. NOTE: suggested text: *Long Day's Journey into Night*, Yale University Press, 2nd edition (2002).

Charles Chadwick has an MA in literature and has taught for OLLI since 2014, including six prior courses on the plays of Shakespeare, courses on poetry and contemporary literature and a previous course on O'Neill's The Iceman Cometh. He is retired after a career in organizational ethics and as an executive in US government contracting.

NEW +

20

#### ARTS052 Women of Rock and Roll Robert Joyce Session A, Thursdays, 6:00 p.m. 3/18, 3/25 \$22

The 1970's was the decade that women earned their place in Rock and Roll as commercial, as well as critical partners, in the new art form. This course will feature the music and careers of Janis Joplin, Ann and Nancy Wilson from Heart, Christine McVie and Stevie Nicks of Fleetwood Mac, Tina Turner, and more. Other honorable mentions will be presented as well. Learn how these women gave rise to some of the biggest selling albums in Rock and Roll. Robert Joyce has over 30 years of teaching at Augustana University and the University of South Dakota, UC and is a popular OLLI presenter with a history of over 10 years of presenting to Osher Lifelong Learning Institute members in the Midwest. Rob is also an accomplished composer, producer, author and educator. He has been the Executive Director for the Rapid City Arts Council as well as the Sioux Falls Jazz & Blues Society, for which he served for the latter for over 20 years. Rob makes his home in Sioux Falls, South Dakota.

#### ARTS043 The Poetry of Emily Dickinson Stephen Kennamer

#### Session A, Thursdays, 1:00 p.m. 2/25, 3/4, 3/11, 3/18, 3/25, 4/1 \$66

This course can serve either as a continuation for members of the Fall 2020 class or as an introduction for new members to Emily Dickinson's extraordinary body of work. She wrote close to 1,800 poems -- almost all are worth our while and only a few from the earlier course will be repeated. By turns humorous, philosophical, or incandescently personal and emotional, her verses offer a cornucopia of close observations that are startling in their original content and formal ingenuity.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

#### ARTS059 Symphonic Choral Music Don Loach

Session A, Mondays, 11:00 a.m. 2/22, 3/1, 3/8, 3/15, 3/22, 3/29 \$66

We'll spend some time in this course viewing performances while listening closely to selected passages from a few major symphonic works for chorus, solo voices, and orchestra by Bach, Beethoven, Brahms, Britten, Haydn, Mozart, Orff, Verdi, and others.

Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory, conducted the University Glee Club, and the University Singers. Dr. Loach received his BA at the University of Denver, a MMus at Yale University, and a PhD at the University of California Berkeley.

register online olliuva.org



#### + NEW +

#### ARTS053 Verdi and Wagner: Giants of 19th Century Opera Tim Snider

#### Session A, Wednesdays, 11:00 a.m. 2/24, 3/3, 3/10, 3/17 \$44

Verdi and Wagner, both born in the year 1813, revolutionized the world of opera in the 19th Century. Beyond music, both profoundly influenced the cultural life of Europe and beyond for generations This course will examine their lives and work with generous musical examples.

Tim Snider is a retired attorney and host of WTJU's Sunday Opera Matinee. He frequently lectures before the Met Opera in HD broadcasts at the Paramount. His lectures for OLLI on opera have been popular with attendees.

#### **ARTS SESSION B**

+ NEW +

#### ARTS056 Photographing the Tiny World John Hulburt

Session B, Thursdays, 10:00 a.m. 4/8, 4/15, 4/22, 5/6 (no class on 4/29) \$44

This course covers macro photography starting with why do it, how to get started, and then moving into more advanced topics such as gear needed/recommended, lighting, focus stacking, etc. Students will be given a shooting assignment for critiquing in final session.

John Hulburt teaches online at UVA/BIS – three business courses, a personal finance course, and photography as art. Currently, he is the financial consultant (CFO) for a local fast growing manufacturing firm. Mr. Hulburt retired (in 2003) as CFO from an international manufacturing company based in Charlottesville. Previously he was a professional photographer with General Electric.





#### ARTS050 Watercolor Technique "Tune-Up" Chee Ricketts Session B, Tuesdays, 11:00 a.m. 4/6, 4/13, 4/20, 4/27, 5/4, 5/11 \$66

This course is designed for students who have some experience with watercolors, but who would like to review and practice techniques. The class will be taught online through Zoom and students will have the opportunity to interact individually with the instructor by email. Students will have ample time in class to devote to painting.

Chee Kludt Ricketts is primarily a watercolor painter. She has taught workshops for the Shenandoah Valley Art Center, The Arts Center in Orange and the Central Virginia Watercolor Guild. Her work appears in juried exhibitions throughout the Southeast and her paintings hang in public and private collections nationwide.

+ NEW +

#### ARTS057 Making A Way Out of No Way: The Culture and History of African-Americans Horace Scruggs

Session B, Tuesdays, 11:00 a.m. 4/27, 5/4, 5/11, 5/18, 5/25, 6/1 \$66

This course will be an in-depth study of African-American History giving the student an appreciation and knowledge of America's most influential sub-culture. Topics include: slave trade and slave practices; racial and societal constructs; cultural developments; the Civil War, Reconstruction, and Jim Crow; and the Civil Rights Movement and beyond.

Teaching and conducting professionally since 1985, Horace Scruggs is an active musician residing in

# Arts/History



Central Virginia. Mr. Scruggs holds Bachelor's of Music Education with a concentration in voice from Longwood University, and a Master's in Music Education with a choral conducting concentration from Shenandoah Conservatory. He also holds a Certificate in Music Production from Berklee College of Music. Mr. Scruggs' musical experience is a varied one. He has taught all grade levels (K-12) and has worked professionally with school, community, and church choirs and ensembles. A multi-instrumentalist and a recording studio owner, he has produced recordings for many local musicians, bands, and choirs. Mr. Scruggs also leads "Odyssey of Soul," a group of musicians that performs lectureconcerts that provides in-depth presentations on the History of African-American Music and Culture.

NEW \*

#### ARTS058 Louis Sullivan and the Chicago School of Architecture: *American Originals* Richard Guy Wilson

Session B, Tuesdays, 10:00 a.m.

**4/6, 4/13, 4/20, 4/27, 5/4** \$55

In Chicago in the later 19th century a new architecture of tall buildings (skyscrapers) with innovative construction emerged. One of the leaders, Louis Henry Sullivan (1856-1924), helped to create this new architecture and contributed a new form of ornament. Sullivan with his partner Dankmar Adler designed landmarks in the city and in St. Louis, Buffalo, and New York. He wrote articles and books on his new architectural approach. However, his personal life had major problems and he wound up designing in small rural towns and died in poverty. The course will cover Sullivan and other Chicago architects' work from the period.

Guy Wilson is Emeritus Commonwealth Professor in Architectural History at the University of Virginia where he taught for more than 40 years. A frequent lecturer and a television commentator he also published widely with many articles and books on different aspects of American and modern architecture and curated numerous museum exhibits.

#### **HISTORY SESSION A**

NEW +

#### HIST045 A Basic History of Mexico Don Clymer

Session A, Thursdays, 10:00 a.m. 2/25, 3/4, 3/11, 3/18, 3/25, 4/1 \$66

The border between the United States and Mexico is one of the most dissimilar and unique borders in the world. Mexico's distinctive and fascinating history and economics are inexorably bound to that of the United States, yet there is incredible misunderstanding between the peoples of these two countries. This course will examine Mexico's intriguing history and culture with the hope of creating a better understanding of who the 126 million people to our south are, and how they function.

Don Clymer has broad international experience in Latin America and Europe in both church-related service and academics. Clymer taught Spanish, German, and Latin American studies at Eastern Mennonite University for 17 years along with 12 years at Hesston (Kansas) College. Along with teaching Spanish at EMU, Don and his spouse led four cross-cultural seminars to Guatemala and Mexico. He has graduate degrees in both Spanish Literature and Spiritual Formation.

+ NEW +

#### HIST057 A Musical Journey: *From Mozart to Elvis* Dr. Sidney Soclof

Session A, Wednesdays, 10:00 a.m. 2/24, 3/3, 3/10, 3/17, 3/24, 3/31 \$66

Take a musical journey from the classical music of Wolfgang Amadeus Mozart to the rock and roll music of Elvis Presley. On our way we will enjoy learning about the life and music of Stephen Collins Foster, Irving Berlin, and Al Jolson, with many music and video clips for your enjoyment.

Dr. Sidney Soclof is Professor Emeritus at the California State University, Los Angeles, and has authored textbooks and eBooks. He has expertise in history and

# HISTORY

geography and extensive travel experience. Dr. Soclof has lectured on cruise ships and on a variety of topics at Road Scholar, OLLI, and Chautauqua.

#### • NEW •

#### HISTO56

#### The Rise and Fall of the Berlin Wall and Germany 30 years after the Unification Anette Isaacs

Session A, Saturdays, 10:00 a.m. 2/27, 3/6 \$22

It is hard to believe but this October Germany already gets to celebrate the 30th anniversary of the Unification; the culmination of a process that started with the Fall of the Berlin Wall in 1989! With its rise on August 13th, 1961, the course of Germany's and especially Berlin's history took a tragic turn. It would take 28 years for this cruel and inhuman symbol of Germany's division to come down, thus giving birth to yet another period in this European nation's remarkable evolution. Join German Historian and Ex-Berliner Anette Isaacs, M.A., as she presents you with a historical and political overview of this painful but also almost miraculous period in Berlin's captivating history.

Anette Isaacs, MA, is a German Historian and Public Educator who has been presenting hundreds of programs on more than 30 different topics in Illinois and Florida. Ms. Isaacs holds Master's Degrees in American Studies, Political Science, and History and is an adjunct faculty member at lifelong learning departments of five colleges, all located in Illinois.

NEW +

#### HIST047 Scourge of the Seas: Pirates in History and Today Michael Knapp

Session A, Fridays, 4:00 p.m. 3/5, 3/12, 3/19, 3/26 \$44

We will explore sea pirates in early history, then focus on the "Golden Age of piracy" (from the late 1600s to about 1730). Finally, we will talk about how pirates have changed over the centuries and the threats they still pose to today's maritime commerce. You will find out what the life of a pirate on the high seas was really like, and we will highlight some famous pirates such as Blackbeard, "Calico Jack" Rackham, Captain (Henry) Morgan, and Captain Kidd. We will also talk about women in piracy and governmentsponsored pirates and will conclude by discussing the most successful pirate of all--not who you think.

Michael Knapp is a civilian intelligence analyst for the US Army and a retired Army officer. He has taught five different popular courses for OLLI over the last eight years.

#### HIST020

#### Leadership at the Turning Point: America and Its Quest for Statesmanship Terry Newell

#### Session A, Wednesdays, 1:00 p.m. 2/24, 3/3, 3/10, 3/17, 3/24 \$55

Americans are tired of politics as usual. We yearn for statesmanship - for leaders concerned about the next generation, not just the next election. This course focuses on five leaders at turning points in America's history. We'll explore Abraham Lincoln's Second Inaugural Address, George Washington's Farewell Address, Martin Luther King, Jr.'s Letter from the Birmingham Jail, Susan B. Anthony's Statement at her trial for voting, and Gerald Ford's assumption of the presidency and pardon of Richard Nixon. In each class, we'll explore the leader's words and deeds and look for lessons about leadership and statesmanship not just for their times but in ours.

Terry Newell currently teaches leadership and decision making for a variety of organizations. He was formerly Dean of the Federal Executive Institute and Director of Training for the U.S. Department of Education. This course will be based on his book, Statesmanship, Character, and Leadership in America.

#### + NEW +

HIST048 Suddenly in the Spotlight: How Seemingly Ordinary People and Things Nearly - and Sometimes Did - Alter History Carl Pales

Session A, Tuesdays, 7:00 p.m. 3/2, 3/9, 3/16, 3/23 \$44

This course will describe how seemingly "everyday people" and innocuous things almost and sometimes did alter the modern world. Much like a character in an Alfred Hitchcock movie, people in positions of relatively little consequence

# History

with unremarkable backgrounds have suddenly been thrust into the center of events with potentially enormous consequences, often without realizing it. A cab driver in 1930s New York, a Lieutenant Colonel in the Soviet Union's vast defense establishment, and the wife of a British merchant ship's chief engineer all may have unknowingly changed history – or come very close. This course will describe those and other individual's actions and both their real and potential consequences.

Carl Pales earned a BA in International Studies/Russian Studies from George Mason University in 1985 and a MS in Intelligence from the Defense Intelligence College in 1994. He served as a foreign ground force intelligence analyst covering various regions from 1986-2019, including nine years as Senior Intelligence Officer. He deployed to conflict zones twice as a civilian. Carl is an avid student of history and experienced public speaker and trainer.

• NEW •

24

#### HIST049 The Romanov Dynasty George Robinson Session A, Tuesdays, 10:00 a.m. 2/23, 3/2, 3/9, 3/16, 3/23, 3/30 \$66

Beginning with the Little Ice Age we will explore the end of the Rurikid Dynasty, the influence of the Time of Troubles, and the Great Northern War. We will study the rise of Romanov Dynasty emphasizing Peter the Great, Catherine the Great, and the subsequent rulers through the Dynasty's collapse under Nicholas II. Familial ties to other European rulers will be examined and how they influenced the royal family of Russia. With a mixture of court intrigue, love affairs, mayhem and murder sprinkled in, we will examine how each ruler affected Russia in its rise and decline into anarchy.

George Robinson is a graduate of N.C. State University in chemical engineering. He served 12 years in the US Army, followed by a career in engineering and construction in Washington, D.C. Mr. Robinson lived in Europe from 1980 to 1985 with extensive travel. He has

Note: Most of OLLI's online classes are 60 minutes in length. Please check the registration system via OLLI's <u>website</u> for the most up-to-date information on all of our fall classes.



also had travels in former Eastern bloc countries over the previous five years. Currently he is teaching OLLI courses at N.C. State University.

#### NEW +

#### HIST050 The Most Influential Women in History Dr. Jeanne Minahan Robinson

#### Session A, Tuesdays, 1:00 p.m. 2/23, 3/2, 3/9, 3/16, 3/23, 3/30 \$66

This course will delve into the lives and accomplishments of 24 amazing women whose influence was felt not only in their own time, but for decades after they lived. We will study women who were national leaders, scientists, artists, advocates, adventurers, and legends. Each subject will be considered in light of the times in which she lived, the contributions she made, and the impact she had on world history. Class participants will be asked to comment on the women discussed in the class, as well as to nominate additional women who should be included in this prestigious group.

Dr. Jeanne Minahan Robinson received a BA in History from the University of Notre Dame before launching a career as a rocket scientist, for which she obtained an MS and PhD in Software Engineering. Jeanne now indulges her love of history by working as a tour guide at Montpelier.

#### NEW +

#### HIST051 Slavery and Memorialization at the University of Virginia Kirt von Daacke

Session A, Friday, 10:30 a.m. 2/26

#### \$11

For seven years, University of Virginia has worked to come to terms with slavery and racism in the institution's past. The work has long been about research, acknowledgment, community engagement, atonement, and education regarding slavery and its many enduring legacies. The issue has also rightly been framed as a history project that while focusing on UVA, is really about Charlottesville, Albemarle County, and

# HISTORY

Virginia—the University cannot stand separate from that larger history.

From 1809 to 1819, when Thomas Jefferson was developing his vision for a new form of public higher education in Virginia, he and the other men he worked with to bring that idea to reality did so in the single largest slaveholding state in the United States. All of the men involved were large slaveholders. Through 1865, Virginia remained home to more enslaved people than any other state. Enslaved people made up thirty to forty percent of the state's population continuously between 1790 and 1860. Likewise, Albemarle County, the site for what would become the University of Virginia, at the time construction on the University began was home to ten thousand enslaved people who constituted over half the county's population. The state's and UVA founders' wealth, a product of human bondage, was vital to the birth of the school. Slavery, in every way imaginable, was central to the project of designing, funding, building, and maintaining the University of Virginia.

The slavery commission's culminating effort of acknowledgment and atonement is the Memorial to Enslaved Laborers. Situated within the UNESCO World Heritage Site space north and east of the Rotunda, the Memorial sits in the midst of what were originally farm fields tilled and managed by enslaved people producing foodstuffs for students and faculty. The memorial's design and location are deeply informed by a process of community engagement with students, faculty, staff, and neighbors in Charlottesville and the surrounding counties. The location, within sight of the Rotunda and the UVA Corner, makes the memorial both highly visible and accessible. The memorial as well beautifully captures the tenor of those community conversations by creating a place for quiet reflection, learning, and gathering while powerfully acknowledging oppression and honoring the humanity and resistance of the enslaved. NOTE: Those enrolled in this course will be sent the link to Dr. von Daacke's virtual tour of the Memorial to Enslaved Laborers, produced by Lifetime Learning, UVA's Office of Engagement, and are encouraged to view the tour prior to the course.

Kirt von Daacke is Assistant Dean of Arts & Sciences and Associate Professor of History at the University of Virginia, where he is co-chair of the UVA President's Commission on Slavery and the University, and of the President's Commission on the University in the Age of Segregation. He is the author of two books and is currently working on Jefferson's University: The Early Life Project, a major digital humanities project that he co-founded with art history professor Maurie McInnis. The project will create a comprehensive digital archive of early University records, will track persons, places, and events over time in the Academical Village, and ultimately, include a 3-D recreation of central Grounds before the Civil War. Dr. von Daacke earned his BA from the University of Virginia, and his MA and PhD from The Johns Hopkins University.

#### HIST055 The Spanish Civil War: *Art and History* Cecile West-Settle

#### Session A, Thursdays, 11:00 a.m. 2/25, 3/4, 3/11, 3/18, 3/25 \$55

The Spanish Civil War (1936-1939) represents a watershed event in Western history, marking the initial "call to arms" against fascism. We will examine this war within the context of Spain's national history and within that of the tensions leading to World War II. Moreover, we will glean specific insights into the "story" of this war by studying several artistic masterpieces. We will read Ernest Hemingway's *For Whom the Bell Tolls* as well as a translation of Rafael Albert's poetic collection *Capital de la Gloria* and study the art and life of Pablo Picasso with emphasis on his painting *Guernica*.

Cecile West-Settle holds a PhD in Romance Languages and Literature from Emory University. She spent the major portion of her career at Washington and Lee where she taught contemporary Spanish literature and culture, as well as language. Living in Spain during the late 1960's and returning annually to lead study-abroad groups, Cecile has developed a deep knowledge and love of Spain, its people and culture.

#### **HISTORY SESSION B**

#### • NEW •

#### HIST052

On the Brink: The Cuban Missile Crisis & Military Intelligence Dr. Michael McKee

#### Session B, Wednesdays, 1:00 p.m.

#### **4/14, 4/21, 4/28** \$33

The Cuban Missile Crisis is the closest the world has ever come to WWIII. In the midst of the Cold War, the Soviet Union provoked a confrontation with the U.S. that quickly led to a massive buildup of military forces. This in turn

## History/Humanities



resulted in extreme danger & stress, demanding the utmost skill & caution in diplomacy for both the military & political areas of our government. In just three days, the big picture as well as intimate personal recollections of this crisis & others will be covered.

Dr. McKee has been a full-time faculty member at Penn State, Purdue, Notre Dame, and Georgetown Universities. He has authored several books and many articles and has an extensive background in music, education, and the military. He and his wife Gretchen live in the Forest Lakes area of Charlottesville.

NEW +

HIST053 What Can I Get from Burned Counties in Virginia? Dr. Shelley Viola Murphy Session B, Wednesday, 10:00 a.m.

#### 5/12

\$11

Genealogy researchers understand there are so called "burned counties" in Virginia, where family records were lost to fire. Because there is no courthouse during a certain time does that really mean you are missing information? This session will share ways to research burned counties in the state of Virginia.

An avid genealogist for over 30 years Dr. Murphy, aka, "familytreegirl" presents genealogy workshops at local, state & national genealogy conferences. She holds membership in AAHGS NGS, APG, DAR, and local genealogy groups. Murphy is known for her inspiring & interactive "SO WHAT" with genealogy research, along with interesting problem-solving methodology lectures. Murphy is also a coordinator and instructor at the Midwest African American Genealogy Institute (MAAGI) and serves on the Boards of the Library of Virginia, Albemarle, Charlottesville and Fluvanna Historical Societies.



#### HUMANITIES SESSION A

NEW \*

HUMN044 Feasting on Fiction Marcy Heidish Dolan

Session A, Tuesday & Wednesday, 3:00 p.m. 3/23, 3/24 \$22

#### **COURSE CANCELLATION:**

#### Feasting on Fiction (HUMN044) with Marcy Dolan has been canceled

#### **HUMANITIES SESSION B**

NEW +

HUMN045 The Greatest Books You've Never Read: *The Odyssey* Evelyn Edson Session B, Mondays, 10:00 a.m.

4/5, 4/12, 4/19, 4/26 \$44

We will read The Odyssey together, discussing such issues as Greek religion, the nature of the hero (in this case, Odysseus), the role of women in Greek society and mythology, the sea and seafaring, and how The Odyssey has been reimagined by modern writers.

Now retired, Evelyn Edson taught history and humanities at Piedmont Virginia Community College for 34 years.

# HUMANITIES/LIFESTYLE

#### HUMN048 The Poetry of John Keats Stephen Kennamer

#### Session B, Thursdays, 1:00 p.m. 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 \$66

Almost all of us encountered the poems of Keats in high school, and if any poetry spoke to us, it was likely to be his. However, I found myself re-reading them in middle age and finding that few of them said what I had thought they said. The texts of his poems, when augmented by pertinent extracts from his incomparable letters, reveal a darkly idiosyncratic and provocative content. I call the overall effect of them "Keats's Dharma." This course offers a feast of powerful ideas expressed in ravishing verbal music.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

#### • NEW •

#### HUMN046 The Epic, Part 3 – *Philosophic & Visionary Epic* Robert (Robin) Reid

#### Session B, Thursdays, 10:00 a.m. 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 \$66

An epic is a "supreme fiction." This final course in the history of Epic will survey some of the most deeply thoughtful fictions of modern times, from the Romantic era to the present – writers like Tolstoy and Dostoevsky, Kafka and Italo Calvino, Alice Munro and Ursula LeGuin, Julian Barnes and Zadie Smith. It will include a brief reading from each writer to encourage discussion. A syllabus with a few synopses will be sent in advance for anyone who likes to explore.

Robin Reid is retired from Emory & Henry College where he was HC Stuart Professor of English. He was educated at Yale and UVA (PhD '71) and has many publications on Shakespeare and Renaissance literature.



NEW +

#### HUMN047 Basics of Ethics Marion Votaw

Session B, Wednesdays, 1:00 p.m. 4/7, 4/14, 4/21, 4/28, 5/5, 5/12 \$66

This class is not intended to teach right from wrong, but explores "why" people think something is, or isn't, and what they would have done. We will practice arguing heartfelt opinions without insult or defamation. We will begin with an overview of the general field of ethics, concentrating on two basic axes: whether the ends can justify the means, and whether exceptions can be made to ethical rules depending on circumstances. The next four sessions will compare debatable situations from two of those viewpoints, in turn. For the final class, each student will try to figure out their personal ethical style.

Marion Votaw grew up in Côte d'Ivoire, attended Tufts undergrad, and earned MS and PhD degrees from UVA. An experienced instructor, Votaw has taught at UVA, PVCC, ITT Tech, and Olli. Courses included psychology, statistics, ethics, and English and French as foreign languages. Students have ranged from preschoolers to retirees.

#### LIFESTYLE SESSION B

#### LIFE017 The Brief Insider's Guide to Virginia Wine Scott Elliff

Session B, Fridays, 1:00 p.m. 4/30, 5/7, 5/14, 5/21 \$44

The local wine industry has become an important feature of Charlottesville's landscape. This course will provide an overview, designed to help casual wine drinkers and enthusiasts get a better appreciation of



# Lifestyle/Public Affairs



the industry and a background on how it all comes together. Topics will include: 1) history and background of the industry, current status and future challenges; 2) key decisions and steps involved in starting and operating a vineyard; 3) the science and art of making wine methods, equipment, and decisions involved; 4) an onsite visit to DuCard Vineyards in Madison County, where we will walk through the vineyard and the winery to see it all first-hand, and also do a tasting. NOTE: Wine tasting at DuCard will involve a separate \$15 fee; transportation is on your own. Masks and social distancing will be observed. OLLI at UVA will email a COVID-19 waiver to be completed prior to the DuCard Vineyard tour.

Charlottesville resident Scott Elliff founded DuCard by planting vines in 2001 with no prior experience and on a whim really and has come to love the challenges and constant learning that is involved in this "hobby gone wild," and the finished product too. He opened DuCard Vineyards in 2010 with a boutique, high quality winery that is open to the public primarily on weekends.

#### LIFE007

#### Financial Planning for Success and Significance in Retirement David Marotta

Session B, Thursdays, 11:30 a.m. 4/8, 4/15, 4/22, 4/29 \$44

Most Americans fail to plan adequately for retirement. As a result, they often miss out on opportunities to enjoy the second half of life. Designed for people from age fifty to sixty-five, this course covers how to handle investments; set safe spending rates; navigate retirement benefits, health care, and Social Security; organize estate planning; and manage generational financial planning. By the end of the course, participants will have developed an effective action plan to achieve their life goals.

David John Marotta, CFP, AIF, AAMS, is the president of a wealth management firm and writes a popular weekly financial column, "Marotta on Money." LIFE026 McIntire Botanical Garden: Its Past, Present and Future Jill Trischman-Marks Session B, Tuesdays, 1:00 p.m. 4/27, 5/4 \$22

Building a public botanical garden is not an easy feat. So far, McIntire Botanical Garden (MBG) has been driven by the community's input, aspirations, insights, and desire to be a place of healing, unity, education and beauty. But the input phase of the garden design process is not complete and through outreach, we are hoping to gather more feedback to ensure the built garden will represent the hopes and dreams of the entire community. This course will outline what has already been achieved in the process toward building the garden and give insight into the road map ahead. The first session will be in the classroom and second session will be a social distanced tour of the garden site. The tour will let you see for yourself how the Garden is already working to showcase some of the unique flora of the Piedmont region, to enhance public knowledge of nature and land stewardship, and to increase access to a place for solace and comfort in the community.

Jill Trischman-Marks is a landscape architect with nearly 30 years of experience in the Central Virginia area. After several years on the McIntire Botanical Garden board of directors. Jill retired her practice and is now the executive director and chief cheerleader for the garden.

#### PUBLIC AFFAIRS SESSION A

• NEW •

#### PBAF033

The Trump Administration's Impact on the U.S. Immigration System Alyson Ball

Session A, Monday, 10:00 a.m.

#### 2/22

\$11

Are you confused by the recent changes to the U.S. immigration system? Between 2016 and 2020, the Trump Administration successfully reduced the number of family-reunification immigrants, work-related visas,

# PUBLIC AFFAIRS

refugees, and asylum-seekers. As a result, we will see significant and lasting changes to America for years to come. After a quick fact-based overview of the ways that the administration successfully reduced both unauthorized immigrants as well as legal immigrants, we will explore the possibilities to improve America's immigration landscape and the benefits for our economy, our culture and our democracy.

Alyson Ball is a resident of Charlottesville, Virginia and spends her winters in Green Valley, Arizona (30 miles from the border of Mexico). Having studied the broader topic of US immigration, Alyson provides the general public with an overview of this important topic.

NEW +

#### PBAF034 U.S.-China Relations: *Beyond Panic* Brantly Womack

#### Session A, Tuesday, 2:00 p.m. 2/23 \$11

2020 was a very strange year, and we hope that it is not a trend-setter. For U.S.-China relations it was a perfect storm. The relationship has moved from "congagement" (containment plus engagement) to rivalry, and it is not likely to move back. What kind of rivalry is it? A global cold war? The developed world challenged by the developing world? A phase in a more complex relationship? What are the limits to hostility? Is winning possible? We cannot come up with answers about the future, but we can calmly explore the questions, and be better prepared.

Brantly Womack is Professor of Foreign Affairs and holds the Miller Center's C K Yen Chair at the University of Virginia. Recent books include Asymmetry and International Relationships (Cambridge 2016), China Among Unequals: Asymmetric International Relationships in Asia (World Scientific 2010), and China and Vietnam: The Politics of Asymmetry (Cambridge 2006).

#### **PUBLIC AFFAIRS SESSION B**

NEW +

#### PBAF035 Redistricting Reform in Virginia: *Where Are We Now?* Brian Cannon

Session B, Wednesday, 1:00 p.m.

#### 4/7

#### \$11

This one-session course provides an update on attempts in Virginia to restrict gerrymandering, including: passage of Constitutional Amendment #1 by more than 65% of Virginia voters in the November 2020 general election; enabling legislation to guide the redistricting commission operations; and follow-up actions to be taken in the 2021 legislative sessions of the Virginia General Assembly.

Brian Cannon is the executive director of OneVirginia2021, a civic nonprofit organization founded by attorney Leigh Middleditch in 2013, to advocate for non-partisan redistricting of the Commonwealth of Virginia.

+ NEW +

PBAF036 Public School Choice, Challenges, and Change Betsy Donohoe Session B, Tuesdays, 10:00 a.m. 4/20, 4/27, 5/4, 5/11

\$44

How will public schools fare during these turbulent times? And what impact will a new President and Administration have on public education? Covid 19 outbreaks during 2020 changed the delivery of and funding for public school instruction. Locally, Albemarle County witnessed a drop of 900 students, while Charlottesville City saw a drop of almost 200 students.





## **Public Affairs**



Kindergarten and lower grades have been hit the hardest, both locally and nationally according to a recent survey of educational leaders by Education Week Research Center.

As public school enrollment declined, private and online for-profit enrollment increased. Pearson, one of the world's largest education testing and publishing companies, reported a 61 percent increase in applications to its K-12 online learning school Connections Academy. Whether families choose virtual online or hybrid learning with their local public school system or opt out for private schools, private tutors, home-schooling, or for-profit virtual programs depends not just on what is best for their child, but, more importantly perhaps, what is best for family finances. A mix of "light" lecture, aided by PowerPoint slides, and engaging discussion will focus on current events and research, a review of the historical roots of educational choice, an examination of "choice options" from charter schools to vouchers and home schooling, and debate about the future of public K-12 education.

A semi-retired educator, Betsy Donohoe taught in public and private schools at secondary, undergraduate, and graduate levels. She coached schools across the country in major reform efforts. She currently coaches elementary student teaching interns at the University of Virginia. Betsy received her EdD at UVA's Curry School of Education in Educational Leadership and Policy Studies.

#### NEW \*

#### PBAF037 The Rule of Law Charlie Hamilton Session B, Mondays, 1:00 p.m. 4/12, 4/19, 4/26, 5/3, 5/10, 5/17

#### \$66

The Rule of Law has been called humanity's greatest development of the last 1,000 years yet few people know exactly what it is. We'll look at some definitions of the concept and some important steps in its development, including the Declaration of Independence and the United States Constitution. We'll also consider the World Justice Project, a major annual survey of its implementation in the United States and around the world.

Charlie Hamilton is a retired attorney who spent 45 years practicing civil litigation. He taught the Rule of Law as part of a business law course at Piedmont Virginia Community College.

#### • NEW •

#### PBAF038 One Person, One Vote, How We Elect Our Congressmen and Our President David McGarvey

Session B, Thursdays, 10:00 a.m. 5/20, 5/27 \$22

The idea of our voting system for Congress is simple in principle. The devil is in the details. Each state is allowed a number of representatives roughly proportional to its population. In the case of the House of Representatives, these become our Congressmen. In the case of the election of our President, they become the Electoral College. This class will discuss 1) the details for the Congressional case, including five ways Congresspersons have been apportioned to States and paradoxes that have occurred, and 2) the presidential elections in which the successful presidential candidate did not win the popular vote.

Dr. McGarvey recently retired to Charlottesville with his wife Judi to be near Judi's son, Jonathan and his family. McGarvey has long been interested in questions of Social Choice, the study of how we reach collective decisions. He has also participated in studies of game theory at Johns Hopkins University and before that worked at the RAND Corporation, a nonprofit "think tank."

#### PBAF017 Israel's Strategic Position in the Middle East Rabbi Joel Schwartzman

#### Session B, Mondays, 3:00 p.m. 4/5, 4/12, 4/19, 4/26 \$44

This four-session course will briefly touch on regional issues including: 1) water, natural resources, religion, historical origins, regional alliances, weaponry and the Suez Canal; 2) a bit of family background and a survey of the timeline of Israel's military conflicts; and in the sessions 3) and 4) examine Israel's strategic principles, relations with its neighbors, neighborhood relations in general, threats to and opportunities for peaceful coexistence, and military hardware. This course does not address, except tangentially, the Israeli-Palestinian conflict. \*The Instructor will share relevant information via email before each class. FSCIENCE & TECHNOLOGY

Rabbi Joel Schwartzman is a Reform rabbi, ordained at the Hebrew Union College, where he received his Bachelor of Hebrew Letters, Masters of Hebrew Letters, and Doctor of Divinity (honoris causa). He served for 23 years as a chaplain in the U.S. Air Force, retiring in the rank of colonel. He is a graduate of both Air Command and Staff, and Air Force War College. After leaving the Air Force, he led congregations in Denver, and served as Dean of the Denver Institute for Jewish Studies.

#### SCIENCE & TECHNOLOGY SESSION A

#### NEW +

#### SCIT022

#### 2020: The Year The World of Energy Turned Upside Down Robert Finley

#### Session A, Tuesdays, 10:00 a.m. 2/23, 3/2, 3/9, 3/16, 3/23 \$55

The COVID-19 pandemic has upended the global oil supply while the current economic downturn has caused overall fossil energy demand to plunge. Millions of barrels of oil are at sea in tankers with no place to go. Natural gas continues to replace coal, but gas rig counts have cratered (-46% in October), and many small and mid-size US energy producers are on the verge of consolidation or bankruptcy. US wind and solar electricity supply surpassed coal generation during a three-day period the week of April 8, 2020 for the first time ever, while climate change issues have dropped into an election maelstrom. Serious wildfire and tropical storm frequency are at record levels. The air briefly cleared in major cities around the world, and the drop in carbon dioxide emissions was substantial but not sustainable.

Meanwhile, Europe is developing unprecedented storage infrastructure to avoid carbon dioxide emissions while the US lags. New US electric vehicle mandates and grid battery storage requirements portend unprecedented metals demand, but virtually none of this mining occurs in the US. This course will look at energy outcomes unimaginable prior to COVID-19, and will examine key 2020 events, likely new trends, and potential policy outcomes from the November 2020 election.

Dr. Robert Finley is a retired (2015) research geologist who has specialized in energy resources research and in geological storage of carbon dioxide as a response to climate change. He received a PhD in geology from the University of South Carolina. Rob carried out his research career at the state geological surveys associated with The University of Texas at Austin and the University of Illinois.

#### NEW

#### SCIT023 Climate Change & Human Health Jerome A. Paulson Session A, Thursdays, 2:00 p.m. 3/11, 3/18, 3/25, 4/1

#### \$44

Dr. Paulson will review how climate change impacts human health. He will then discuss how those factors influence the health of Virginians. Racial and social justice is inextricably linked to the climate change discussion. An outside speaker will be brought in to teach about climate justice. The final session will allow participants to explore organizations that they may want to join to continue the work discussed in class.

Jerome Paulson is a pediatrician and climate advocate. He is a founding member of Virginia Clinicians for Climate Action. He created the Climate Change Program at the American Academy of Pediatrics and is s consultant to the Medical Society Consortium on Climate & Health.

#### SCIENCE & TECHNOLOGY SESSION B

#### NEW +

#### SCIT024 Modern Medicine and Predicting Disability in the President of the United States Michael Dickens, M.D.

Session B, Fridays, 2:00 p.m. 4/9, 4/16, 4/23 \$33

The tools of modern medical technology in genetics, laboratory science and neuroscience now allow us to predict or diagnose disabilities at a much earlier stage than a generation ago. This course will review the history of presidential disabilities, their frequency and severity, and how our nation has coped with or ignored them. We will look at two case studies, Woodrow Wilson and Ronald Reagan, as examples. Finally, we will examine the new tools available to medical science and how they will

# Science & Technology



## affect the voter's decisions on who is or is not physically or mentally fit to be president.

Michael Dickens is an honors graduate of Princeton University, and received his MD degree from Columbia University. He is the former chairman of the board of trustees of the Woodrow Wilson Presidential Library, and former president of the Virginia Pediatric Society. Dr. Dickens was formerly an active-duty physician in the Medical Corps, U.S. Navy.



#### SCIT002 Bird Life of Central Virginia Jennifer Gaden

Session B, Wednesdays, 10:00 a.m. class time, 8:00 a.m. field trip time

#### **4/7, 4/14, 4/21** Field trip date options: 4/28, 5/5, 5/12

#### \$44

The course will look at groups of birds in central Virginia, with an emphasis on the unique adaptations that enable them to live successfully in particular habitats. These will include birds of prey, woodland birds, birds of open areas, and migratory birds. The course will include three virtual lectures. Jennifer is offering one field trip at Ivy Creek Natural Area per enrolled member. She will schedule three field trip options which members can choose from, 10 members per field trip, masked and socially distanced. The field trips will be at 8:00 a.m.

Jennifer Gaden, a graduate of Smith College and Columbia University, has been interested in natural history and birds for most of her adult life. A retired outreach educator for the former Charlottesville chapter of the Virginia Museum of Natural History, she has been a longtime member and former president of the Monticello Bird Club, an active member of both the Virginia Society of Ornithology and Ivy Creek Foundation, founder of the Great South Bay Audubon Society on Long Island, New York, and she is a Master Naturalist. • NEW •

#### SCIT025 Tree Blindness - And How to Cure It Six Charlottesville Area Tree Stewards Session B, Tuesdays, 10:00 a.m. 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18 \$77

Do you have a Nature Deficit Disorder? If you don't know the first thing about trees, we can help with that. Tree Blindness can be cured. We will help you see in a whole new light. Take our course and you will never look at a tree the same way again.

- Tom Wild, Retired Geologist
- Rachel Keen, Professor Emerita Developmental Psychology
- Martha Orton, Retired Psychotherapist
- Kathy Nepote, Retired Attending Veterinarian at University of MD/ Director of MD Department of Agriculture State Diagnostic Lab
- Allen Ingling, Retired Clinical Veterinarian at VA-MD Regional College of Veterinary Medicine College Park/Diagnostic Vet at MD Dept. of Agriculture State Diagnostic Lab
- Phyllis Johansen, Retired Corporate Fashion Director

#### SOCIAL SCIENCE SESSION A

NEW +

#### SCSC013 Basics of Psychology Marion Votaw

Session A, Wednesdays, 1:00 p.m. 2/24, 3/3, 3/10, 3/17, 3/24, 3/31 \$66

Ever wonder why people are the way they are? Or why you are? Well, come find out! In six sessions we will learn about our brains, our behavior, our feelings, our thoughts, and how these develop over time and relate to others in our social spheres. The purpose of the course is to find out about basic normal human mental functions. Although throughout we will touch on mental illness, this is not a class in how to "fix" anything, but rather to get some understanding of how whatever might be wrong, happened.

# EALTH & WELLNESS

Marion Votaw grew up in Côte d'Ivoire, attended Tufts undergrad, and earned MS and PhD degrees from UVA. An experienced instructor, Votaw has taught at UVA, PVCC, ITT Tech, and OLLI. Courses including psychology, statistics, ethics, and English and French as foreign languages. Students have ranged from preschoolers to retirees.

#### **HEALTH & WELLNESS SESSION A**

#### WELL022 Foundations of Yoga Leslie Lee

#### Session A, Friday,10:00 a.m. 2/5, 2/12, 2/19, 2/26 \$44

This course is an accessible opportunity to start a new yoga practice. Each session will begin with a brief explanation of one of the foundational components of the yoga practice including: pranayama (conscious breathing), alignment/anatomy, asana (physical poses), and meditation. Each session will also include a physical yoga practice that is intentionally welcoming for new students. Members may experience many benefits including increased physical strength, mental clarity, more restful sleep patterns, and decreased stress levels.

NOTE: You will need a yoga mat. Before participating in any exercise program participants should check with their doctors to ensure that there are no contraindications, special considerations, or limitations from a medical standpoint.

Leslie Lee is a 200-hour certified yoga instructor who enjoys developing and facilitating yoga classes that are tailored to meet the needs of the student and promote physical and emotional well-being. She completed the Kunga Lifestyle Teacher training program in July 2017 after retiring from a career as a public school teacher. She currently teaches yoga classes at ACAC. Her classes reflect her love for two of her greatest life passions: teaching and yoga.



#### WELLO23

#### Gentle Yoga for Strength, Balance & Stress Reduction Leslie Pont

Session A, Thursdays, 10:00 a.m. 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 \$66 Session B, Thursdays, 10:00 a.m. 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27

#### \$77

Gentle Yoga takes a slower pace to yoga postures where you can still experience all the benefits of yoga. Classes focus on releasing tension, connecting with the breath and helping students gain strength and flexibility while improving balance and reducing stress. Gentle yoga uses classical postures with slight variations to accommodate all levels of yoga students. Gentle yoga will incorporate both standing and prone positions, requiring students to have the ability to get up from and down to the floor.

Note: please have a yoga mat for our practice. Optional items that you may find helpful include a rolled blanket, a couch pillow or a block.

#### NOTE: This course is being offered in both the A & B Sessions. Members may register for one or both sessions.

Leslie Pont holds a BS in Health Promotion & Exercise Science and certifications in health education (CHES), fitness (CFT), yoga (E-RYT), health coaching (CHC, NBC-HWC) and wellness (CWWS). Leslie completed her 200-hour yoga teacher training in 2009, Children's Yoga certification in 2011 and Yoga for Cancer Survivors certification in 2018. Leslie believes that yoga is available to all body types and all ages. Her classes focus on safe, accessible postures and alignment using the breath as a guide. Leslie's goal is for everyone to leave a class feeling better than when they entered.

• NEW •

#### WELLO24 Brain Power Hour Tina Thomas Session A, Tuesdays, 11:00 a.m. 2/23, 3/2, 3/9

Session B, Wednesdays, 10:00 a.m. 4/7, 4/14, 4/21 \$33 per course

Brain Power Hour aims to increase cognitive stimulation

# Health & Wellness

through education, brain games, and social activities. Just as physical exercise can help you keep your body strong, mental exercise can help your brain to work better and lower your risk of mental decline. Join this course for a fun and interactive way to flex your mental muscles.

#### NOTE: This course is being offered in both the A & B Sessions. Members may register for one or both sessions.

Tina holds a B.S. in Health Care Administration and M.S. in Hospice and Palliative Studies and several certifications in specialized care, including Alzheimer's/Dementia Care. Tina is a Dementia Friends Champion and a Roslyn Carter Institute, Dealing with Dementia facilitator. Tina is the Director of Programs and Services with the Alzheimer's Association.

#### HEALTH & WELLNESS SESSION B

NEW +

#### WELL025 The ABC and D's of Medicare Phyllis Payne

Session B, Wednesday, 11:00 a.m.

#### 5/5

\$11

This course will provide an explanation of the different parts of Medicare, what they cover, when and where to sign up, different enrollment periods, how to avoid penalties, how and where to explore financial assistance. This is educational only, NO SELLING.

After a career managing employee benefits for Fortune 100 companies, Phyllis Payne turned her attention to Medicare programs. For the last 10 years, she has assisted clients in navigating the Medicare system.

#### NEW +

#### WELL026 Mind Gut Connection: *How Your Microbiome Controls You* PJ Rooney, Ph.D.

Session B, Wednesdays, 3:00 p.m.

4/28, 5/5, 5/12, 5/19, 5/26

#### \$55

Imagine if there were an organ in your body that weighed as much as your brain, that affected your



memory and mood, your health, weight, and even your behavior. Wouldn't you want to know about it? There is such an organ — the collection of microbes in and on your body, your human microbiome. Your human microbiome produces molecules decreasing the effects of stress, alters hormones and influences immune functioning affecting behavior, and produces molecules altering brain vessels impacting cognition. This course offers a fascinating glimpse into the mindgut connection and how keeping your gut healthy keeps your mind healthy.

Dr. Rooney serves as Adjunct Faculty at the FBI's National Executive Institute focusing on the mind-gut connection and neuroscience for leadership practice. Previously, she served as Adjunct Faculty at Brookings Institution, Senior Faculty at the Federal Executive Institute, and Faculty, US Military Academy, Department of Behavior Science and Leadership.

+ NEW +

#### WELL027 Seated Tai Chi for Health Ronald Salomon

#### Session B, Tuesdays, 2:00 p.m. 4/6, 4/13, 4/20, 4/27, 5/4, 5/11 \$66

Tai Chi for Health® is a form of Tai Chi designed by a Chinese-Australian physician using a combination of traditional Tai Chi forms as an exercise system. In this class students will learn the Seated Tai Chi for Arthritis sequence plus other Tai Chi related exercises. There will be 6 one-hour classes emphasizing balance, flexibility, and strength building. The atmosphere is stress-free and noncompetitive. No prior Tai Chi experience is necessary. As in any exercise class, students should check with their primary care physicians before joining and will be asked to sign a standard release similar to those used in gyms and fitness centers.

NOTE: You will need a straight-back, armless chair.

Ronald Salomon has been practicing Tai Chi since 2010. He is certified by the Tai Chi for Health Institute® to teach Tai Chi for Diabetes, Arthritis/Fall Prevention, and Seated Tai Chi. Ron has degrees in history and criminal justice and taught criminal justice for several years at C. W. Post College of Long Island University.

register online olliuva.org



## HYBRID COURSES (TENTATIVE)

OLLI's Spring semester will launch our pilot hybrid courses. These courses are designed with the future in mind. Our instructors would like to offer a few seats inperson in the classroom with additional "seating" available virtually. We would like to ask that you indicate whether or not you are interested by placing yourself on the add to Wait List/Stand-by List. We will contact those of you who place yourself on the list and determine who is interested to meet in-person and who is interested in meeting virtually. If we have a great deal of interest meeting in-person we will have lottery. We will keep in close contact with the Instructors and work to schedule when the interest and timing is right. Although these courses will not be scheduled until safer conditions prevail, anyone who is interested and signs up will be required to fill out OLLI's COVID waiver form prior to attending.

#### WELLOO2

#### While You Were Sleeping: *What Really Happens During Anesthesia* Robert Bedford MD, FACA

General anesthesia for surgery was first demonstrated successfully in 1847. Over the ensuing century and three quarters there have been many leaps in understanding of new agents and new modalities for ensuring patients' well-being during surgery. This course will give a historical overview leading up to the present and, hopefully, will make you feel safer undergoing an operation today than you would have last year.

Dr Bedford is a retired professor of Anesthesiology specializing in anesthesia for neurosurgery. Educated at Princeton, Cornell Medical School and the University of Pennsylvania, he joined the UVA faculty in 1977 and retired in 2007. He has taught this course to OLLI students for over 10 years. He particularly enjoys discussing new anesthetic drugs, new monitoring systems and why anesthesia is safer this year than last year.

NEW +

#### SCSC014 Mind, Brain, and Spiritual Experiences Ed Piper

Experiences of profound unity and wholeness have inspired mystics, poets, religious leaders, and ordinary people through human history. This course will explore the neurological dimensions of a variety of spiritual experiences such as mediation, prayer, near-death, out-of-body, and drug-induced states of consciousness. What can we learn about the relationship between individual minds and a wider reality?

Ed Piper, PhD (University of Chicago), was a professor of psychology at West Virginia Wesleyan College and then dean of academic services at Mary Washington College. He served as the minister of the Unitarian Universalist Fellowship of Waynesboro for 16 years. He also has served as a faculty member for the Lifelong Learning Institute at James Madison University as well as OLLI at UVA.





## **IN-PERSON COURSES** (TENTATIVE)

Like you, we are looking forward to the return of our regular programming. These in-person courses are our ray of hope. We will work with the Instructors to schedule these courses after you, the members have expressed your interest by placing yourself on the add to Wait List/Stand-by List, and as conditions permit safe in-person classes. Although these courses will not be scheduled until safer conditions prevail, anyone who is interested and signs up will be required to fill out OLLI's COVID waiver form prior to attending.

For spring we hope to schedule two Newcomers' Tours. The idea is to only set a Tour in motion when the COVID-19 situation permits. No promises, but please place yourself on the add to Wait List/ Stand-by List and will keep you informed when we have enough members who have expressed interest and Leslie has determined it is safe enough to schedule.

#### • NEW •

#### OUT006 Newcomers' Tours: Downtown Arts Leslie Lee

Explore Charlottesville's downtown art scene! We will start with a tour of the McGuffey Art Studios with demos by working artists, followed by a behind-the-scenes visit to Live Arts theater. Lunch is included at a downtown restaurant where OLLI at UVA's executive director will welcome prospective OLLI members and talk about the upcoming programs. After lunch, participants are invited to explore art galleries and other art venues on and near the downtown mall.

NEW +

#### OUT007 Newcomers' Tours: Discover Monticello Leslie Lee

Explore Jefferson's mountaintop home with a House and Grounds tour followed by a boxed lunch at the cafe where OLLI at UVA's executive director will join us to welcome prospective OLLI members and talk about upcoming programs. After lunch, participants are encouraged to join the Slavery at Monticello tour, explore the grounds on their own, or visit the education center, all at no additional charge..

Leslie Lee is a retired educator. Previously, an employee of Montgomery County (Maryland) public schools, she has taught every grade level from Head Start through 12th grade. During her 32-year tenure as a classroom teacher, she facilitated or led dozens of field trips in and around the Washington, D.C. greater metropolitan area. Since recently moving to Charlottesville, she has enjoyed discovering myriad field trip opportunities in and around the surrounding area.

• NEW •

#### HUMN029 An Unfinished Life Anna Askounis

A complex, prodigal homecoming, compelling, surprising, informed by the rugged landscape of Wyoming, with characters who will linger in your memory, An *Unfinished Life* by Mark Spragg later inspired a movie with the same name. We will discuss the book, with an eye to the possibilities it presented for a film. We will then watch the film, compare and contrast it with the book, and analyze the choices made in the transition from book to film, always a tricky undertaking. We will also read and discuss *Bone Fire*, the sequel to *An Unfinished Life*. *An Unfinished Life* is alive with possibilities! Let's explore them together!.

Anna Askounis has taught English at the secondary and college levels and holds a doctorate in counseling from the University of Virginia. Prior to her retirement she was a psychotherapist, specializing in marriage and family therapy.

# **In-Person Courses**



#### HIST013 Sicily: Island at the Crossroads of History Frank T. D'Alessandro

We will cover a portion of the turbulent 3,000-year history of Sicily, as the island has experienced many invasions. Some invaders came to exploit the island, but a few came to lavishly embrace it. We will concentrate on the ancient and medieval "golden ages:" the ancient, when Sicilian Greek colonies rivaled Greece as centers of culture; and the medieval, when the Normans established the Kingdom of Sicily, a unique multicultural state, where Latin and Greek Christians, Muslims, and Jews all lived in relative peace and harmony. This "mosaic" of peoples eventually assimilated into a new and distinct Sicilian Culture and language.

Frank D'Alessandro, M.D. is a retired anesthesiologist, educated at New York University, the University of Louisville and the University of Virginia. He was in private practice for 30 years, after several years on the faculty at the UVA Medical Center. As a teenager he visited Sicily for the first time. He was immediately enthralled by its incredibly rich history, layers of civilizations, and beauty. He has since visited the island and its historical sites over a dozen times, while absorbing volumes of English language historical literature relating to Sicily.

#### HIST014 North Korea: *The Kim Dynasty and the People* Ronald Dimberg

This course will trace developments in the Democratic People's Republic of Korea (North Korea) from the partition of the peninsula in 1945 through the second decade of the 21st century. Topics will include the rise to power of Kim II-Sung and his successors, i.e., his son and grandson, the goals of those policies and the reaction of the ordinary people, relations with the Republic of Korea (South Korea) and the rest of the world, and North Korean-US relations. The period of the current North Korean leader, Kim Jung-Un, and changes he has introduced in the north, will attract special attention.

Ron Dimberg earned a PhD in East Asian Studies at Columbia University before joining the Department of History at UVA in 1968. He retired in 2012. During his years at UVA he taught courses in pre-modern Chinese history, with occasional courses in Japanese and Korean history, until focusing exclusively on Korea in the late 1990's. He has been teaching OLLI courses on Korea since the fall of 2012.

#### ARTS039 Virginia Architecture: *The Pre-Jefferson Period* 1607–1780 K. Edward Lay

Virginia, rich in architecture with many varieties of styles represented in its buildings, provides an overview of architecture in America. Come explore and gain an appreciation through the instructor's research and extensive collection of photographs. The first in this series covers the Pre-Georgian and Georgian architecture periods (1607-1780), including vernacular and log buildings on the frontier. This early period exhibits some of the finest river plantations and churches in America. You will gain a better understanding of architecture and an eye on how to determine the time period and style of a building.

K. Edward Lay is the Cary D. Langhorne Professor Emeritus of Architecture at UVA where he taught courses in architectural design, history, and historic preservation. He now conducts popular lectures, tours and seminars on Virginia architecture.

+ NEW +

#### PBAF039 The First Hundred Days of the 2021 Presidency Bob Lorish

This will be a discussion group focusing on the first 100 days of Joe Biden's presidency – both its opportunities and challenges.

From watching the first televised presidential conventions in 1952 to the 2020 election, Bob Lorish has always been fascinated by presidential elections. His UVA master's thesis in history was on the election of 1824.



# **In-Person Courses**





#### LIFE008 Listening: *"What Did You Say?"* Richard E. Mason

Listening is a skill used every day in our lives. How many people could be better listeners? Ironically, for a skill that is so important and used so much, most people have never had any training or education in developing the skill. Listening skills can be developed and strengthened through understanding and practice. In this course, the instructor will present a simple model of the communication process. The sessions will include "oneon-one" student interaction, small group interaction and some large group discussion. Throughout the course, many opportunities to practice new skills will be available.

Richard Mason has a B.A. in American Literature from Middlebury College and a Master's Degree in Public Administration from California State University. During his career, in addition to business consulting, he has taught classes in active listening, group dynamics, facilitation, leading effective meetings, stress management and conflict resolution.

NEW +

#### HIST021 Mr. Jefferson's Epitaph Dr. Steven Nichols

This course will take Mr. Jefferson's self-composed epitaph and analyze how it detailed a legacy for Virginia and the young nation. The class will be taught in an informal, Socratic format that takes the elements of the epitaph, and rather than make it a dull recitation of facts, will seek to "tell the story" such that students retain the material. The class will be taught sequentially, but will be presented such that the students see a thread throughout. Students will be encouraged to share their knowledge of some of the material presented to allow for "buy-in" as well as provide additional points to be discussed. This is a very student-friendly class, low stress, and based on comments from other adult groups to whom I have presented; it's fun and provides lots of new Jefferson material. Frequent comments were that in the way I presented, Mr. Jefferson could be seen in a new light.

As a life-long student of history, and especially Mr. Jefferson's life (as his home and professional library attest), Dr. Nichols brings a fresh perspective to his legacy. From his background, he will be bringing various sources into play to give the class participants a fuller knowledge of Mr. Jefferson's impact on Virginia and the young nation. As a life-long educator of over 47 years, the last 25 as a School Superintendent, Dr. Nichols is able to reach students of various abilities and interests in a meaningful way.

#### HIST006 Jefferson - Then and Now Tom Pitz

We can read about Mr. Jefferson's accomplishments and failures, visit the designs he left for us, build up or tear down monuments to him and fellow founders, and do what has always been done with history: describe it through the lens of our current perspective to fulfill our current desires. But what was his perspective? Do we grasp what was happening then?.

Tom Pitz has offered his interpretation of Mr. Jefferson since 1987 to a varied audience: from kindergarten classes to medical school faculties, and from local wineries to Mt. Rushmore.

#### HUMN012 Betrayal: Christian Complicity and Resistance in the Holocaust Jeffrey Pugh

This course explores the roles, both good and bad, that Christianity played in one of the most horrific chapters of human history, the Shoah. Tracing the history of Christian anti-Semitism though two thousand years of history, this course shows how a majority of the church in Germany was prepared to support Hitler and embrace his call for racial purity. Drawing specifically on the German Church struggle between the "Deutsche Christen" and the Confessing Church, we explore why the church failed in the face of such a political onslaught, even though there were individuals, like Dietrich Bonhoeffer, who paid a high price for their resistance.

A scholar of World War II era theologians Dietrich Bonhoeffer and Karl Barth, Jeffery Pugh has focused on Christianity and the Holocaust, particularly Christian responsibility for the rise of Nazism. His classes in Christian-Jewish relations while at Elon University focused heavily on how post-Holocaust theology has shaped both Christianity and Judaism. Pugh is the author of six books and numerous articles on religion and science, and the creation of the apocalyptic imagination in contemporary Christianity.

## **In-Person Courses**



#### ARTS010

#### Drawing Basics: Yes, You Can Learn to Draw! Pam Roland Lengel

Drawing is a way to discover an entire new world. Before modern techniques about learning to draw were developed, many of us thought we couldn't draw or had no talent. Now we can learn to "see" like never before and give up saying things like, "I can't even draw a straight line." (After all, maybe that's what rulers are for!)

Dr. Pam Roland Lengel has been a high school English teacher, a teacher of teachers as an instructional and supervision specialist, and has been taking and giving art lessons since 1995. She is active in the Central Virginia Watercolor Guild and was a UVA professor at the School of Continuing and Professional Studies.

#### • NEW •

#### HUMN049 Africa in International Affairs in the Twentieth Century David Throup

The main focus will be on the Cold War era, but we will begin with an analysis of Africa's importance in international affairs since 1900. We will examine the Italian intervention in Ethiopia in 1890s, the Boer War, the French conquest of Morocco and the Italian of Libya; the impact of World War I and Versailles on the continent and the growth of Communist influence. Students will learn about the impact of Italy's invasion of Ethiopia in 1930s, the Depression of 1930s and World War II, followed by the growth of African nationalism and the Non-Aligned Movement in the 1950s. The competition between USA and USSR in the 1960s, Rhodesian UDI, the Nigerian Civil War, the conflict in Lusophone Africa in the 1970s and 1980s will be discussed. Then we shall explore structural Adjustment in 1980s, Apartheid in South Africa, the impact of the end of Communism in the 1990s, Africa's "second independence" in the 1990s, and UN/ US intervention in Somalia.

David Throup was a student at Cambridge and LSE before teaching for three years in Nairobi. He then did a PhD on Kenyan history and taught at UVA and elsewhere in USA, as well as in the UK, before becoming a British diplomat. From 2001-17 he was a Senior Associate with the Africa Program at the Center for Strategic and International Studies in Washington, DC, and taught at Johns Hopkins and George Washington University.

## LOOK FOR OLLI EMAILS ABOUT FLASH OUTINGS!

For Spring, we hope to have one or two FLASH Outings. The idea is to only set a Flash Outing in motion when the COVID-19 situation permits. We will work to organize Outings close to Charlottesville allowing members to travel to locations on their own or together if they choose.

For more information, please refer to website <u>Outings</u> page and watch your email for further updates.



## JABA can assist in answering your questions about:

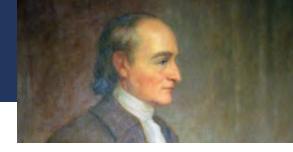
- Home delivered meals
- Affordable senior housing options
  Adult care centers
- Adult care cel
   Home care
- Home care
- Medicare and ACA counseling
- Caregiver support

Jefferson Area Board for Aging jabacares.org Serving older adults and their caregivers in Charlottesville and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties

Are you a senior looking for options to help you maintain your independence?

Make JABA'S *Senior Helpline* your first call. (434) 817-5253





## NEW \*

## **OLLI AUTHOR TALKS THIS SPRING!**

OLLI at UVA Author Talks are a new and unique opportunity to meet with authors and discuss their work. These talks will meet once a month during the spring semester. While members are invited to purchase and read the book before meeting with the author, they are not required to do so. Members are welcome to join us to meet the author and find out more about them and their work. How to purchase the book, including links and any additional information the author shared with us, can be found on our registration site. Join us for a unique opportunity to meet with the authors and discuss their books.

For more information, please refer to website <u>Events</u> page and watch your email for further updates.

#### Only Hope: My Mother and the Holocaust Brought to Light

#### Irv Lubliner

#### Friday, January 29, 2021, 10:30 a.m.

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. This is followed by a Q & A session.

Irv Lubliner teaches math, music, and literature classes for the OLLI program at Southern Oregon University, where he also serves on the Council of Directors. An emeritus professor specializing in mathematics education, he taught for 40 years and led seminars for math teachers in 39 states. In 2019, he created Felabra Press and published his mother's writing about her experiences during the Holocaust, the book that will serve as the theme for this presentation.

# Jefferson's Godfather: The Man Behind the Man

#### **Suzanne Harman Munson**

#### Tuesday, February 23, 2021, 2:00 p.m.

For this book study, the author begins with a look at America's first leadership crisis: a "deficit of adequate statesmen," according to James Madison in 1780. Two Virginia Founding Fathers stepped up to the plate to fill the leadership void when Virginia Governor Thomas Jefferson appointed his law teacher, George Wythe, as the nation's first professor of law at the College of William & Mary in 1779. At Wythe's death in 1806, his former pupils were virtually running the country. In this biography of George Wythe, Suzanne will also explore his strong influence as Thomas Jefferson's mentor on Jefferson's greatest lifetime achievements. Readers of the book will be encouraged to share their questions and comments about these Founding Fathers, the challenges of forging a new nation, and other insights. Wythe was signer and "Godfather" of the Declaration of Independence, champion of the Constitution, Revolutionary patriot, leading legislator, groundbreaking judge, abolitionist, and the most influential teacher in American history. Suzanne lectures frequently on the Jefferson-Wythe legacy. Venues include William & Mary, University of Richmond, and Virginia Tech lifetime learning affiliates, the Chautauqua Institution in New

register online olliuva.org

# **Author Talks**

York, and numerous historical societies. She holds an undergraduate degree from the University of Maryland and a MEd from Virginia Commonwealth University and attended The Executive Program at UVA's Darden School of Business.

Suzanne Munson is the author of the five-star George Wythe biography, "Jefferson's Godfather." She is a lecturer at three OLLI affiliates, at the Chautauqua Institute in NY, various historical societies, and more than two dozen other venues. Ms. Munson earned a master's degree in education from VC and attended The Executive Program at the UVA Darden School of Business.

#### Leonardo da Vinci: The Shaping of an Artistic Genius

#### **Caroline Cocciardi**

#### Tuesday, March 30, 2021, 2:00 p.m.

Author Caroline Cocciardi focuses on a facet of Renaissance artist Leonardo da Vinci's artwork that has been overlooked for centuries but visible to the naked eye. Leonardo's placement and use of inspired knots throughout his artwork as seen in such iconic works as *Mona Lisa* and *The Last Supper*. The intertwining knot Leonardo invents tells the story of a hidden message unlocked by Cocciardi and revealed in Mona Lisa's embroidery pattern. This lecture is based on Caroline's book, *Leonardo's Knots*. For more information visit her website <u>www.leonardosknots.com</u>.

Caroline Cocciardi, writer and filmmaker, began an independent study on Leonardo da Vinci while living in Rome. Her 20-year research led to a da Vinci discovery.





#### *Haunting Paris* Mamta Chaudry Tuesday, April 27, 2021, 2:00 p.m.

Her debut novel, *Haunting Paris*, published by Nan A. Talese/Doubleday, has been praised as "elegantly wrought" by *The New York Times* Book Review and "a heart-wrenching love letter to Paris" by *Publishers Weekly*. Marilynne Robinson called "this fine first novel ... a small parable, pondering the nature of civilization itself," and Russell Banks described it as "powerful and moving ... with a heartbreaking, profoundly adult love story at its center." Learn more at <u>MamtaChaudhry.com</u>

Mamta Chaudhry was born and brought up in Calcutta; she came to Florida for graduate studies, earning a Master's in Journalism and Broadcasting from the University of Florida, and a PhD in English from the University of Miami. She now lives with her husband in Coral Gables, Florida, and they spend part of each year in India and in France. Much of her professional career was in television and classical radio at stations in Calcutta, Gainesville, Dallas, and Miami. Her early fiction, poetry, and feature articles have been published in newspapers and magazines in the States and in India.

#### How Not to Get Rich: The Financial Misadventures of Mark Twain

#### Alan Crawford Tuesday, May 25, 2021, 2:00 p.m.

Alan Pell Crawford is the author, most recently, of *How Not to Get Rich: The Financial Misadventures of Mark Twain*, published in 2018 by Houghton Mifflin Harcourt and excerpted in the Paris Review.

His earlier books—all works of nonfiction—include Thunder on the Right: The New Right and the Politics of Resentment (Pantheon), Unwise Passions: The True Story of a Remarkable Woman and the First Great Scandal of Eighteenth–Century America (Simon & Schuster) and Twilight at Monticello: The Final Years of Thomas Jefferson (Random House). His next book, to be published by Knopf, is the story of the American Revolution in the South and the events leading up to the British surrender at Yorktown. Crawford has written for The Wall Street Journal for more than 25 years. <u>Read more online</u> Through a generous community initiative out of UVA's Provost office, OLLI at UVA members now have full access, including quizzes and statements of accomplishment, to these UVA-generated Coursera courses at no charge.

We are offering the same Coursera courses as we did during the Fall 2020 semester. For those of you who signed up for this member benefit during the Fall this offering does not change anything for you. You will still have the same access to your course or courses.

Register through OLLI's Member Benefit Offerings.



#### UVAC001 Patrick Henry: *Forgotten Founder* John Ragosta

Patrick Henry was enormously popular during the American Revolution. Yet today, Patrick Henry is ill remembered; most Americans might recall at best perhaps a snippet from his famous speech; "give me liberty or give me death." Patrick Henry, who helped to ignite a revolution, deserves better. This course will explore how Patrick Henry overcame challenges to reach the pinnacle of Virginia politics and unite Americans behind a challenge to Britain-the 18th century's superpower; why he opposed the U.S. Constitution; and why he then came out of retirement to defend the people's Constitution against the attacks of Jefferson and Madison.

John Ragosta is a historian, lawyer, and award-winning author. he has taught law and history at the University of Virginia, George Washington University and Oberlin, Hamilton, and Randolph-Colleges. Dr. Ragosta has held fellowships at the International Center for Jefferson Studies at Monticello and is currently a fellow at the Virginia Foundation for the Humanities. His book, Patrick Henry: Proclaiming a Revolution was released by Routledge Press in 2016.



#### UVAC002 The Kennedy Half Century Larry J. Sabato

This course will explore the Presidency, assassination, and lasting legacy of President John F. Kennedy. November 22, 1963 was so powerful a moment that in the more than 60 years since the assassination, virtually every U.S. President that followed JFK has used Kennedy's words and actions in an effort to craft their own political image. Why does Kennedy's influence persist, and will it continue? What are the effects?

Larry J. Sabato is the founder and director of the Center for Politics at the University of Virginia, where he is also a Professor of Politics. A Rhodes Scholar, he received his doctorate from Oxford, and is the author or editor of more than two dozen books on American politics. Dr. Sabato is a well-known election analyst and directs the Crystal Ball website.

## Coursera



#### UVAC003

#### How Things Work: *An Introduction to Physics* Louis A. Bloomfield

This course will provide a case study introduction to physics in the context of everyday objects. The goal of the course is to make physics useful, and to help you understand and manage the physical world around you.

Louis A. Bloomfield is Professor of Physics at the University of Virginia, where he has been teaching since 1985. Dr. Bloomfield grew up

taking everything apart and, with the notable exception of one recalcitrant mechanical clock, he managed to get them all back together again (or at least that's what he remembers). In 1991, he decided to try teaching physics the way he originally learned physics; in the context of everyday things. He created a course called How Things Work and taught it to 92 students at the University of Virginia in its first semester. He was hooked and so were the students. His course became an innovative introductory textbook entitled How Things Work: The Physics of Everyday Life, 5th Edition (Wiley, 2013) and that textbook became a more comprehensive trade book entitled How Everything Works: Making Physics Out of the Ordinary (Wiley, 2008).

# Living tailored to your lifestyle.

Situated on 59 picturesque acres at the foothills of the Blue Ridge Mountains, The Colonnades is a stunning independent living community, offering a wealth of amenities and activities that appeal to the curious intellectual. Enjoy the beauty of our surroundings without any of the worries of household chores or home maintenance.

To learn more, visit ColonnadesSeniorLiving.com/OLLI.



🛎 🕿 🛦 🛛 © 2019 Sunrise Senior Living

# Schedule-at-a-Glance · Session A

#### MONDAYS

#### **TUESDAYS**

## 10:00 A.M.

**2/22** The Trump Administration's Impact on the U.S. Immigration System

#### 11:00 A.M.

2/22 – 3/29 Symphonic Choral Music

## 10:00 A.M.

2/23 - 3/23 2020: The Year The World of Energy Turned Upside Down

**2/23 - 3/30** The Romanov Dynasty

#### 1:00 A.M.

#### **2/23 - 3/9** Brain Power Hour

## 1:00 P.M.

**2/23 - 3/30** The Most Influential Women in History

#### 2:00 P.M.

**2/23** U.S.-China Relations: Beyond Panic

## 7:00 P.M.

**3/2 - 3/23** Suddenly in the Spotlight: How Seemingly Ordinary People and Things Nearly - and Sometimes Did - Alter History

#### WEDNESDAYS

#### 10:00 A.M.

2/24 – 3/31 Tragic Memory: O'Neill's Long Day's Journey into Night

**2/24 - 3/31** A Musical Journey: From Mozart to Elvis

#### 11:00 A.M.

**2/24 - 3/17** Verdi and Wagner: Giants of 19th Century Opera

#### FRIDAYS

## 10:00 A.M.

**2/5 - 2/26** Foundations of Yoga

## 10:30 A.M.

**2/26** Slavery and Memorialization at the University of Virginia

## 1:00 P.M.

**2/24 - 3/31** Basics of Psychology

2/24 - 3/24 Leadership at the Turning Point: America and Its Quest for Statesmanship

#### 3:00 P.M.

4:00 P.M.

Scourge of the Seas: Pirates in History and

3/5 - 3/26

Today

<del>3/23</del> Feasting on Fiction COURSE CANCELLED!

## THURSDAYS

## 10:00 A.M.

**3/4 - 4/8** Gentle Yoga for Strength, Balance & Stress Reduction

**2/25 - 4/1** A Basic History of Mexico

## 11:00 A.M.

2/25 - 3/25 The Spanish Civil War: Art and History

#### **SATURDAY**

## 10:00 A.M.

**2/27 - 3/6** The Rise and Fall of the Berlin Wall and Germany 30 years after the Unification **1:00 P.M.** 2/25 - 4/1 The Poetry of Emily

2/25 - 4/1 The Poetry of Emily Dickinson

## 2:00 P.M.

**3/11 - 4/1** Climate Change & Human Health

## **3:00 P.M.**

3/24 Feasting on Fiction COURSE CANCELLED!

## 6:00 P.M.

3/18 - 3/25 Women of Rock and Roll

register online olliuva.org

44

# Schedule-at-a-Glance · Session B

## MONDAYS

#### TUESDAYS

## 10:00 A.M.

**4/5 - 4/26** The Greatest Books You've Never Read: The Odyssey

## 1:00 P.M.

**4/12 - 5/17** The Rule of Law

## **3:00 P.M.**

4/5 - 4/26 Israel's Strategic Position in the Middle East

## 10:00 A.M.

**4/6 - 5/4** Louis Sullivan and the Chicago School of Architecture: American Originals

**4/20 - 5/11** Public School Choice, Challenges, and Change

**4/6 - 5/18** Tree Blindness -And How to Cure

## 11:00 A.M.

**4/27 - 6/1** Making A Way Out of No Way: The Culture and History of African -Americans

**4/6 - 5/11** Watercolor Technique "Tune-Up"

## 1:00 P.M.

**4/27 - 5/4** McIntire Botanical Garden: Its Past, Present and Future

## 2:00 P.M.

**4/6 - 5/11** Seated Tai Chi for Health

## WEDNESDAYS

## 10:00 A.M.

**4/7 - 4/21** Bird Life of Central Virginia

**4/7 - 4/21** Brain Power Hour

**5/12** What Can I Get from Burned Counties in Virginia?

## 11:00 A.M.

**5/5** The ABC and D's of Medicare

## 1:00 P.M.

**4/7 – 5/12** Basics of Ethics

**4/14 - 4/28** On the Brink: The Cuban Missile Crisis & Military Intelligence

**4/7** Redistricting Reform in Virginia: Where Are We Now?

## 3:00 P.M.

**4/28 - 5/26** Mind Gut Connection: How Your Microbiome Controls You

## THURSDAYS

## 10:00 A.M.

**4/15 - 5/27** Gentle Yoga for Strength, Balance & Stress Reduction

**4/8 - 5/6** Photographing the Tiny World

**4/15 - 5/20** The Epic, Part 3 -Philosophic & Visionary Epic Robert (Robin) Reid

**5/27** One Person, One Vote, How We Elect Our Congressmen and Our President

## 11:30 A.M.

**4/8 - 4/29** Financial Planning for Success and Significance in Retirement

1:00 P.M.

4/15 - 5/20 The Poetry of John Keats

#### FRIDAYS

## 1:00 P.M.

**4/30 - 5/21** The Brief Insider's Guide to Virginia Wine

## 2:00 P.M.

**4/9 - 4/23** Modern Medicine and Predicting Disability in the President of the United States

# WHEN IT COMES TO STROKE CARE,

# KNOW YOUR OPTION

When you or a loved one has a stroke, you want the best care possible. UVA Medical Center is the **only Comprehensive Stroke Center** in the greater Charlottesville area. This means our team is ready 24/7 to deliver the most advanced care for stroke no matter how complex the case, reducing the chance of death or permanent disability. This certification is the highest level awarded by The Joint Commission and American Heart Association/American Stroke Association.

While you can't know when a stroke will happen, you can plan where to seek expert treatment when and if you need it.

Learn more about what being a **Comprehensive Stroke Center** means for our patients at **uvahealth.com/stroke.** 

© 2020 UVA Health. 10/20, 21-349340

# **WVAHealth**

#### **OLLI at UVA Registration** | Spring 2021

Registration for Spring 2021 opens at 10:00 am. on Tuesday, January 19, 2021.

Registration forms received prior to January 19, 2021 will be processed in random order on January 19, 2021.

We highly encourage you to register online at olliuva.org.

Registration forms can be dropped off at the OLLI office, 969 Second St. SE Suite 101, Charlottesville, VA 22902.

Registration forms can be mailed to OLLI at UVA, PO Box 2198 Charlottesville, VA 22902.

MEMBER INFORMATION					
Last Name	First Name	Preferred Name	Middle Initial		
Home Address	City	State Z	ip Code		
E-mail	Home Phone	Mobile Phone			
Emergency Contact	Relationship	Contact Phone			
COURSES					

Course selection. If a course is full, you will be placed on a waiting list and will not be charged.

Course No.	Course Title		l would like to know more about Class Moderator duties.	Course
			TOTAL COURSES	\$
Show below a course (if any) you want to add in the event a course you chose above is full.				
OFFICE USE	ONLY	Membership Fee (\$75 per semester)		\$
Date form re	ceived	Annual Fund Donation (tax deductible; see	e p. 11)	
Date enrolled/initials		Scholarship Fund Donation (tax deductible; see p. 11)		
		Discount (Instructor Spouse/Partner; see	p. 8)	
		TOTA	L OF ALL CHARGES	\$
PAYMENT: Enter Credit or Debit Card information below. PLEASE DO NOT SEND CHECK(S) UNLESS YOU ARE PAYING ONLY FOR MEMBERSHIP. If you prefer to pay by check, OLLI will send an invoice for your payment, which can then be made by check, or by telephone with a card.				

Card #	Exp Date Amount to be charged \$
Name on card	Signature

#### **OFFICE HOURS:**

Due to COVID-19, OLLI staff are mostly working remotely; M-F, 9:00 a.m. to 5:00 p.m.

If you would like to make an appointment to meet a staff member, masked and inperson at the OLLI office, please give us a call.





#### **OLLI AT UVA**



434.923.3600



olliuva@virginia.edu



olliuva.org

Osher Lifelong Learning Institute at the University of Virginia

Office location: 969 Second St., S.E., Suite 101 Charlottesville, VA 22902

US Mail: P.O. Box 2198 Charlottesville, VA 22902



ON FACEBOOK AND TWITTER FOR NEWS AND UPDATES

