

OSHER LIFELONG LEARNING INSTITUTE AT UK SPRING 2010 COURSE LISTING

Updated 1-26-2010

COMPUTERS

Bob Gibson will teach Saturdays at the W.T. Young Library, Room B108a, UK Campus

<p><u>Introduction to Internet & Email</u> Saturday, January 23 9:00 - 12:00 noon</p>	<p>Class Limit 24. How do you create an Email account and how do you use it? Bob will help you get started so that you can begin sending and receiving Email from family, friends, and even the OLLI Office. Also included, the whys and how of the Internet, searches and browsing.</p>
<p><u>Introduction to Computer Security</u> Saturday, January 30 9:00 - 12:00 noon</p>	<p>Class Limit 24. Personal security and computer security, viruses, passwords, backups, and important definitions.</p>
<p><u>Introduction to eBay</u> Saturday, February 6 9:00 - 12:00 noon</p>	<p>Class Limit 24. A look at User IDs and passwords, types of auctions, payment options, bidding hints, scams, and the steps involved in selling items.</p>
<p><u>Microsoft Word 2007: 4 Session Series</u> Saturdays, Feb. 20 & 27, March 27, April 3 No classes March 5-20 9:00 - 12:00 noon As the sessions are cumulative, registration for all 4 sessions is required.</p>	<p>Class Limit 24. Session #1 – An introduction to Word, Word commands, keyboard commands, creating and opening, editing and saving documents. Session #2 - Editing text, fonts, file names, and printing your documents. Session #3 - Page layout and formatting, tabs, paragraphs, headers and footers. Session #4 - Creating single label or full page mailing labels; adding an address to an envelope. Open discussion for topics of interest as time allows. Discussions will include similarities with previous versions of Microsoft Word. <u>Completion of the “Intro to Computers” classes or an equivalent course is required for admission.</u></p>

CULTURE & TRAVEL

<p><u>Attaining Heaven, or a State of Enlightenment: An Exploration of Ultimate Happiness in the World's Religions with Dr. Sonya Jones</u> Tuesdays, March 23- April 27 10-11:30 a.m. Shambhala Meditation Center 315 West Maxwell, across Mill from Dudley Square</p>	<p>Class Limit 20 This course will discuss the state of ultimate happiness in the world's major religions. Sessions will address heaven, enlightenment, or moksha, within the context of the religious system in which the state appears. The last session will be devoted to exploration of the states of heaven on a comparative basis as well as discussion of heaven inside Native & Wisdom traditions. Psychological systems which have intersected with religious and spiritual thought in postmodern times will be mentioned. Class allows ample time, and a safe space is created, for participants to share experiences & beliefs. People from all religious traditions, or none, are invited to join us.</p>
<p><u>Cuisines from Around the World: Cultural Perspective, Preparation & Taste Testing with Chef John Foster</u> Tuesdays 2:00 - 4:00pm Feb. 2- March 9, March 30 & April 6 Sullivan University School for the Culinary Arts, 2355 Harrodsburg Road, Lab 3, parking passes will be distributed.</p>	<p>Class Limit 20 Chef instructor John Foster and the students of Sullivan University's School of the Culinary Arts will prepare 2-3 dishes from selected countries such as, but not limited to, India, Thailand, Northern Italy, Spain, Peru, Germany, Russia. Chef Foster will present a cultural perspective, the preparation, and shopping locally for ingredients. Class participants will be able to taste all the cuisines. Additional fee for food will be due upon registration. (\$10 + \$40 Food Cost = \$50) Refunds will not be available due to necessary budgetary food planning.</p>
<p><u>Origins and Roles of Stories in History, Culture, and Transformation with Paschal Baute & Charlie Eyer</u> Wednesdays 9:30 - 11:30am March 24, 31, April 7, 21, 28, May 5 Richmond Place Retirement, 3051 Rio Dosa</p>	<p>Limit 30 Story and narrative traditions nourished human endeavors, created culture, and sustained the human spirit down through the ages. Storytelling as an agent of transformation change is experiencing a renaissance today in health, education, medicine, psychology, and personal growth. Origins, power, history, role, subtlety and uses today of story/storytelling are explored. We will examine the universal power of narrative to spur human imagination/motivation for change & transformation.</p>
<p><u>Traveling Solo with Billie Hamm</u> Wednesdays Feb. 17 - March 10 1:30-3:30 Village Branch of Lexington Public Library, 2185 Versailles Rd.</p>	<p>Class Limit 15. Discussion Group members will develop a database of SINGLE travel-minded OLLIs who no longer have a travel partner. The data collected will help compatibility based on personal interests. The goal of the class is to enable you to hook up with the “PERFECT TRAVEL COMPANION” for your next trip.</p>

FOREIGN LANGUAGES

<p><u>Italian: Beginning with Joe Pilla</u> Mondays, Feb. 8 - May 10 9:30 - 10:45 Mayfair Village Retirement Center 3310 Tates Creek Road</p>	<p>No Limit. Heading off on an Italian holiday? This class is for beginners interested in learning about Italy and in improving memory as well as language skills. Beginning grammar and conversation. Required text: <i>Ultimate Italian Living Language</i> and <i>The Oxford Italian Dictionary</i> (Italian-English and English-Italian).</p>
<p><u>Italian: Intermediate/Advanced with Ada Ferrari</u> Mondays, Jan. 25 - May 3 11:00-1:00 (no class 3/15, 4/26) Mayfair Village Retirement Center</p>	<p>Class Limit 30. Intermediate: grammar - regular & irregular verbs (conditional & subjunctive). Advanced: reading/translating an Italian text (novel), translation from English into Italian, conversation.</p>
<p><u>Spanish Basics with Richard Dwyer</u> Wednesdays, Feb. 3 - April 7 1:00-2:00 Beaumont Presbyterian Church</p>	<p>No Limit. For Beginners. No previous Spanish needed. Course will include grammar, conversational skills and vocabulary. Recommended text available for purchase by the instructor at the first class.</p>
<p><u>Spanish: Intermediate w/ Richard Dwyer & Barbara Geohegan</u> Wednesdays, Feb. 3 - April 7 2:15-3:30 Beaumont Presbyterian Church</p>	<p>No Limit. Must have some previous Spanish; class will improve grammar, conversational skills and vocabulary. Recommended text available for purchase by the instructors at the first class.</p>
<p><u>Spanish: Advanced with Nere McBrayer</u> Thursdays, Jan. 28 - May 6 1:15-3:15 Beaumont Presbyterian Church</p>	<p>Class Limit 15. High-intermediate to advanced Spanish speaking students only. Class will improve conversational skills, writing, grammar and vocabulary.</p>

HEALTH & WELLNESS (Signed Risk Release Form Required)

<p><u>Fitness with Kelly Howard</u> M, W, F, Feb. 1 - April 9 11:00 -12:00 Immanuel Baptist Church ROC Lower Gym</p>	<p>No Limit. Aerobic exercise, stretching & fun to improve health and memory. Wear tennis shoes & comfortable clothes. (Additional fee required by IBC to use walking track & exercise room - see church staff for info.) Signed Risk Release on reg. form required for participation.</p>
<p><u>Line Dancing with Mimi Ilgaz</u> Mondays & Thursdays Jan. 25 - May 13 Beginner & Intermediate 9:00-12:00 Calvary Baptist Church ROC, 150 E. High</p>	<p>No Limit. Come learn line dancing to all genres of music from across the nation. Great fun and good for your memory and health. Wear tennis shoes (no hard soles) and comfy clothes. The class is on the second floor near the walking track. Please complete the risk release form on the back of the registration form</p>
<p><u>Yoga Practice with Sheril Drummond</u> Tuesdays & Thursdays, Feb. 2 - April 8 11:00-12:00 Crestwood Christian Church Gym 1882 Bellefonte Dr.</p>	<p>No Limit. Group practice for yoga stretching and positions to improve energy level, physical strength, flexibility, balance, self-esteem and endurance. Instructions and supplies: Please wear comfortable clothes & shoes, bring a yoga mat for floor work, yoga block, a yoga strap, blanket or pillow. Supplies are available at sporting goods and discount stores. Please complete the risk release form on the back of the registration form.</p>

HISTORY & GOVERNMENT

<p><u>The Rocky Road to Independence with Susan Bottom</u> Wednesdays, Jan 27 - March 17 10:30-12:30 Hunter Presbyterian Church Fellowship Hall 109 Rosemont Garden</p>	<p>No Limit. The years 1774 to 1776 were pivotal for the settlers in the original Thirteen Colonies and for the British Empire. The American Revolution was not a foregone conclusion. This class will focus on the people and events that led to the first shots fired at Lexington and the adoption of the Declaration of Independence. Many of the men who put their signature on the Declaration paid an enormous price for their courage. Along with the sometimes brave, sometimes doubting leaders, we will also see how often the fate of our nation rested on a single vote.</p>
<p><u>Great Decisions 2010 with Dr. Charles Holmes</u> Thursdays Feb 4 - March 25 10-11:30 Hunter Presbyterian Church Fellowship Hall 109 Rosemont Garden</p>	<p>No Limit. US Foreign Policy Association's 8 international discussion topics: Special Envoys, Kenya and R2P, Global Crime, U.S.- China Security Relations, Global Financial Crisis, Russia and its Neighbors, Persian Gulf, Peace Building and Conflict Resolution. Required text, <i>Great Decisions 2010</i>, available at UK Bookstore in early January. 2010 Topic descriptions can be found at: http://www.fpa.org/topics4707/</p>

<p><u>Art with Frank Boyer</u> Wednesdays, Feb. 3 - April 7 2 Classes: 10:00-12:00 <u>OR</u> 1:00-3:00 Crestwood Christian Church</p>	<p>Class Limit 20. Very beginner to intermediate & advanced students. This class will introduce students to pastel, pen & ink, charcoal, acrylics and all media types. Once the course begins, the students will choose the direction of the course.</p>
<p><u>Watercolor, Acrylic & Pastels with Helena Pappas</u> Thursdays Feb. 4-April 8 9:30-12:30 Crestwood Christian Church 1882 Bellefonte Dr.</p>	<p>Class limit 20. For beginners and intermediate students. Learn the basics of watercolor, acrylic and pastels. Experiment with materials and explore new techniques, color usage and compositions including still life, landscape and abstraction. No painting experience necessary - just the desire to learn and have fun! Bring a snack for yourself.</p>
<p><u>Art with Cindy Flora</u> Thurs, Feb. 4 - April 8 9:30-12:30 Beaumont Presbyterian Church</p>	<p>Class Limit 22. Experienced beginner, intermediate and advanced students. All media discussed with emphasis on composition and design. Watercolor, oil and pastel (most demonstrations in watercolor).</p>
<p><u>The Art of Drawing with Adele Prager</u> Thursdays, Feb. 4-April 8 1:30-3:30 Crestwood Christian Church</p>	<p>Class Limit 20. Learning to Draw from the Masters of light and dark, and patterned strokes. Students, even without experience, can draw with a little bit of instruction and a good bit of practice.</p>
<p><u>Watercolor; Ideas & Techniques with Bernice Wood</u> Thursdays, Feb. 4 - April 8 1:00-4:00 Beaumont Presbyterian Church</p>	<p>Class Limit 30. Watercolor only for beginner, intermediate and advanced painters.</p>
<p><i>THINKING OUT OF THE BOX</i></p>	
<p><u>A Course is Born with Susan Bottom (No Fee)</u> Fridays 1:00-3:00 <i>For new & continuing students</i> Jan. 29 - March 26 (no class 3/5) Hunter Presbyterian Church 109 Rosemont Garden</p>	<p>Class Limit 15. Do you have a passion, hobby or interest that you would like to share with others? This course will cover different learning styles and the joys and challenges of teaching older adults. You will learn how to develop course outlines, lesson plans and evaluations and learn the benefits of lectures, discussions, guest speakers, case studies, demonstrations and use of audio-visual aides. Come learn how to turn your idea into an OLLI class!</p>
<p><i>OLLI MEMBERSHIP INCLUDES THE DONOVAN FORUM</i> <i>THURSDAYS STARTING FEB. 4TH - 3:30 - 4:30PM</i> <i>LEXINGTON SENIOR CITIZENS CENTER</i></p>	
<p><i>UK WELLNESS OPORTUNITIES FOR OLLI SCHOLARS</i></p> <p>A list of OLLI Scholars enrolled for the following during the Spring semester will be sent to the facilities below. You must be on this list and show your Spring OLLI nametag to gain admittance. Contact UK parking at 257-5757 for information on reduced parking fees for OLLI Scholars.</p> <p>* Risk Release on the Registration Form <u>must be completed</u> prior to participation.</p>	
<p><u>Lancaster Aquatic Center</u> <u>Lap Swim</u> Beginning January 25th 10-2 MWF; 9-2 T & Th; 5:15-9pm M-F 12-5pm Sat. Sun.</p>	<p>Show your Spring 2010 OLLI name tag to the facility manager in the pool lobby area when requesting a swipe card to use the pool. Seaton Center is located on the corner of Univ. & Complex Dr., a block from Cooper Dr.</p>
<p><u>Nutter Field House Walking Track</u> Beginning January 25th Mon thru Friday, 11:30-1:00 1401 Sports Center Dr</p>	<p>You must bring your nametag to be cross matched to their OLLI list. The Nutter Field House is behind the football stadium & entry through door on side nearest BCTC.</p>
<p><u>Johnson Recreational Center</u> Varying hours starting Jan. 25th</p>	<p>OLLI Scholars may join the JRC during the spring for the UK student fee payable to JRC. You must show your Spring OLLI name tag to JRC staff to match your name to the list & process your membership. Corner of University & Complex Drives</p>