Twelfth Night but also discusses his concepts of history, tragedy and comedy. Lots of Shakespeare’s other favorite themes will also present themselves for our discussions. I will provide some historical and biographical background material and a list of filmed versions of the plays. Students may read and bring to class any copy of the plays (with explanatory notes) most convenient for them. I like the Barnes and Noble and Folger Library editions.

Instructor: Lucy Gracé See previous bio.

Tuesday, February 12

Begin Tuesday, February 12th – 9:00 to 3:00pm

Roots of Contemporary Russia: Cultural & Historical Perspectives on Putin’s World - Part II

The foundation of today’s Russia has conditionally dated back to its Christianization in 988, which was more than the adoption of a faith, but the emergence of an internationally recognized state based in Kiev (today’s Ukraine) with foundations to connections to Scandinavia and Byzantium. Over the past millennium, this state has expanded, developed, and shifted, morphing into the medieval Grand Duchy of Moscow and reaching global status in the Russian Empire of the Czars and the Soviet Empire of the Commissars. The question now is: Whither Putin’s Russia? We will look to Russia’s past for overarching themes embedded in its history and culture which play an essential role in defining today’s Russia and its future.

Instructor: Gil Rappaport, Ph.D. See previous bio.

Wednesday, February 13

Begin Wednesday, February 13th – 9:30 to 11:30pm

Navigating Change: How to Find Your Pizazz and Thrive! – Part II

Our mature years present an opportunity for spiritual, emotional, and psychological integration. In this 4-week class, you’ll learn the skills needed to confidently grow and build a life of meaning and purpose in a supportive community. You’ll discover how to make life-changing decisions to bring greater freedom, self-expression and peace of mind. Relying on research from the fields of gerontology, psychology and neuroscience, the course will take you on a step-by-step journey of change—clearing out the old to make way for the new. We will uncover and examine what’s possible in areas important to us and learn to see life as an ongoing opportunity! The format of this course uses instructor presentation, group discussion, and small group exercises.

Instructor: Catherine Dockery, MA, see previous bio.

Wednesday, February 13

Begin Wednesday, February 13th – 9:30 to 11:30pm

Pioneering Abstract Expressionist Women

In the storied annals of Abstract Expressionism, the narrative usually proceeds by way of Jackson Pollock, Willem de Kooning, Mark Rothko, and a host of other male artists, each held up as an example of heroic, romantic genius artists. These men, the story goes, changed American art and the art world forever. A new book by Mary Gabriel, About Women, deflates the mythic storytelling and instead charts the course of Abstract Expressionism by examining five female artists and their pioneering contributions to the mid-century American art movement.

This course will provide an overview of this consequential mid-twentieth century American art movement using Gabriel’s book as our guide. One of the abiding paradoxes of Abstract Expressionism is the artists’ simultaneous insistence on fierce individuality and the cultivation of a close-knit community. We will trace the roots of the artists from the 1930s along their various roads to artistic maturity in the 1950s. We will consider the political implications of their artistic processes and the ideas with which they engaged as well as issues of gender.

Instructor: Valerie Lidzeti, Ph.D., in art history and taught for several years in various colleges and universities in the north east. She is currently writing a book on Abstract Expressionism, Collection, and the Cold War. Valerie, a popular facilitator, has taught 4 courses for OLLI-on-Campus.

Wednesday, February 13

Begin Wednesday, February 13th – 1:00 to 3:00pm

Meditation in Motion: The Art and Science of Tai Chi

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of Tai Chi. According to the Harvard Medical Health Publication “Tai chi is often described as meditation in motion, but it might well be called medication in motion.” Designed to be a hands-on learning experience, this class will explore the principles and basic exercises in Tai chi and the growing body of evidence of its value in treating or preventing many health problems. This introduction to Tai Chi Chuan is both practical and participative, the course introduces you to the basics of Tai Chi Chuan, the skills and principles involved. These exercises can be a powerful complement to medical intervention. Topics for discussion will include the global health care implications of Tai Chi as well as applications in daily life.

Instructor: Joseph Brady NSCTM, L.A. Dip. O.M. is a nationally board-certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years, also teaching classes in Tai Chi, Qigong and Traditional Chinese Medicine at the University of Colorado Health Sciences Center. Metropolitan School of Denver and currently teaches Tai Chi and Qigong at the Colorado School of Traditional Chinese Medicine.

Wednesday, February 13

Begin Wednesday, February 13th – 1:00 to 3:00pm

 Paying It Forward: The Art of Mentoring

Calling all scientists, doctors, teachers, engineers, artists, musicians, and anyone else whose career involved Science, Technology, Engineering, Arts, or Mathematics (STEAM). Have you ever thought of using your experience and talents to help the next generation? This 4-week course will teach you all you need to know about the art of mentoring: from finding and choosing a protégé, to forging a relationship, to collaborating with other mentors. Mentors serve four roles: teacher, advisor, coach and feedback provider. We will look at each of these as well as discover your hidden talents which can be shared with others.

Opportunities to mentor (both in-person and virtually) will be available to course participants through a new program in New Mexico entitled STEAllying Ahead for Success. This program focuses on providing teachers and middle and high-school students with opportunities to learn how STEAM is both a part of our daily lives AND how to prepare for careers in these fields. Our course in Winter Session is Part One of the Art of Mentoring. Part 2 will be offered in the spring and will focus on continued support of a mentoring relationship.

Instructor: Jacqueline Kearns Wyant has designed and developed mentoring programs for organizations, both large and small. An alumnus of Purdue University and Harvard, her doctoral research at Lehigh explored the relationship between mentoring and leadership development of school principals. She is currently Chief Program Officer of STEAllying Ahead for Success.
The Winter 2019 Class Offerings for OLLI-on-Campus

For Four Weeks, beginning Tuesday, January 15th (January 15th, 22nd, 29th, February 5th)
Parking Passes provided!

Tuesday, January 15
Beginning Tuesday, January 15th – 9:30 to 11:30am

Looking at Israel Through Multiple Perspectives
Israel, a 3,700-year-old country with 5,000 years of history, is a fascinating, complex, inspirational and challenging place. From modern society to ancient roots, from innovative technologies to challenges, from inspirational hurdles to troubling conflicts and from diversity of society to unity—there are so many points of view.

In this course we will explore several different perspectives of modern Israel. These perspectives form a tool that will enable better understanding of Israel’s main issues and provide a deeper and wider point of view through which to analyze current events.

Instructor: Osnat Fox is an Israeli in Colorado for a 1-year term (CIVIL0213). She is a journalist and a cultural, non-governmental organization, Osnat works to educate, connect people to people and advocate for Israel. She has a bachelor’s degree in English and a master’s degree in education policy and management. Osnat welcomes honest and complex discussions as the best way towards knowing, understanding and connecting.

Tuesday, January 15
Beginning Tuesday, January 15th – 1:00 to 3:00pm

Enjoying Shakespeare – Plays, magic and dreams: “We are the stuff that dreams are made on.”
We’ll read and watch three of Shakespeare’s plays – Richard III, A Midsummer Night’s Dream and The Tempest, using the above theatrical devices as a starting point, but also discussing Shakespeare’s characters, his concept of history, tragedy, comedy and romance. Lots of his favorite themes will also present themselves for our discussions. I will provide some historical and biographical background material and a list of filmed versions of the plays. Students may read and bring to class any copy of the plays (with explanations, notes) most convenient for them. I love the Barnes and Noble Folger Library editions.

Instructor: Lucy Grace was a professor of English and humanities at Aims Community College for 23 years, teaching many literature courses, including “Introduction to Shakespeare.” She holds a Masters’ degree in English Language and Literature from the University of Massachusetts, with concentrations in Shakespeare and meter, and she has been spending most of her time in writing for a local newspaper, photography and writing.

Tuesday, January 15
Beginning Tuesday, January 15th – 1:00 to 3:00pm

Roots of Contemporary Russia: Cultural & Historical Perspectives on Putin’s World - Part 1
The foundation of today’s Russia has traditionally dated back to its Christianization in 988, which was more than the adoption of a faith, but the emergence of an internationally recognized state. This class is an attempt to outline all the major historical connections to Scandinavia and Byzantium. Over the past millennium, this state has expanded, developed, and shifted, morphing into the medieval Grand Duchy of Moscow and reaching global status in the Russian Empire of the Czars and the Soviet Empire of the Commissars. The question now is: Who is Putin’s Russia? We will look to Russia’s past for overarching themes embedded in its history and culture which she has an essential role in defining Russia as we know it today.

Instructor: Gili Rapaport, Ph.D. (email: gramrapport@gmail.com) is Professor Emeritus in the Department of Slavic and Eurasian Studies at the University of Texas at Austin. He retired in 2014 after a 32-year tenure at that institution. In recent years he taught numerous advanced and undergraduate courses; surveying Russian (and Polish) culture in their historical development, as well as graduate courses in Slavic literature. He is an amateur painter and a musician (of almost) all kinds. This is his second course for OLLI-on-campus, having taught Exploring Russian Music: Your key to Unlocking Russian History and Culture in the Spring 2014 term.

Wednesday, January 16
Beginning Wednesday, January 16 – 9:30 to 11:30am

Navigating Change: How to Find Your Pizzazz and Thrive! - Part 1
Our mature years present an opportunity for spiritual, emotional, and psychological integration. In this 4-week class you’ll learn the skills needed to confidently grow and build a life of meaning and purpose as a mature community. You’ll discover how to make life-changing decisions to bring greater freedom, self-expression and peace of mind. Relating on research from the fields of neurology, psychology, education, psychology and neuroscience, the course will take you on a step-by-step journey of change—clearing out the old way to make the new way. We will uncover and examine what’s possible in areas important to us all. The course is designed to assist each other in this process. This course uses instructor presentation, group discussion, and small group exercises.

Instructor: Catherine Dockery, MA, is a trained conscious aging facilitator and life coach and started the Center for Conscious Aging. She is passionate about encouraging and motivating older adults to embrace and engage in a new version of themselves as they mature.

Wednesday, January 16
Beginning Wednesday, January 16th – 9:30 to 11:30am

Alienation as a Theme in Western Literature
The actions of alienated individuals have been much in the news recently. But “alienation” is nothing new; it has been a theme in Western Literature for at least two centuries. Many of the best writers have dealt with the subject of the isolated man who blames (rightly or wrongly) his society or social milieu for his inability to become a member of his group.

In this course we will examine the alienation phenomena of some literary protopressidents and attempt to explain the reason for their alienated state. We will look at Dostoevsky’s NOTES FROM UNDERGROUND, Camus’ THE Outsider, and three short stories: “East River” by John Cheever, “On Greenhow Hill” by Rudyard Kipling, and “Time (permitting Sonche)” by Andrea Barrett. I hope to provide contextual, historical and critical background to the readings.

Instructor Rodrick (Rod) Webb, University of Leeds, Yorkshire England, is a Denver native, and has a degree in History and literature from Yale University, and a J.D. also from Yale. His many years as a counselor, lawyer, and consultant to me and he hopes, help several alienated students. He has also been the official moderator of several literary discussion groups.

Tuesday, February 12
Beginning Tuesday, February 12th – 1:00 to 3:00pm

Enjoying Shakespeare “I am not what I am.” We’ll read and watch three plays in which this favorite theme of Shakespeare’s is important: Henry IV Part 1 (Othello, and

Wednesday, January 16
Beginning Wednesday, January 16th – 1:00 to 3:00pm

Wisdom Healing: Qigong for Health & Happiness
Qigong (alternatively spelled chi gung or chi kung) is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, lymph and synovial fluid) and building awareness of how the body moves through space.

When you decide to use qigong exercise movement, there are both external movements and internal movements. These internal movements or flows in China are called qigong or “internal power.” These internal qigong movements make qigong a superior health and wellness practice.

Instructor: Coleene Francis studied Qigong with Master Master Linzhi and other masters in China and the US for the past ten years. She is a certified WTQigong teacher offering classes locally and at the Chi Center in San Fe, New Mexico (chiinmcenter.com). She received her M.A. in Spiritual Psychology from the University of Santa Monica, California.

Tuesday, February 12
Beginning Tuesday, February 12th – 9:30 to 11:30am

Israeli Identities: Exploring Unity and Tension
Israel is many things to many people. It is a homeland, a divine holy land, a shelter from persecution, an ancestral home and so much more. Looking through the eyes of the people who call Israel home allows a fascinating insider view into this intriguing and multi-faceted country.

In this course we will look at the people of Israel, their stories and the way they tell the story. We will explore the complexity within Israel’s Jewish majority as well as look into the country’s minority populations and try to understand the melting pot that Israel is– from Orthodoxy to secular Jews, farmers to high tech, a diversity of Jewish cultures from all corners of the world and diversity of ethnic identities and religions.

All the intersecting identities and life stories will be explored using concepts of unity and tension and will be used to explore some of Israel’s main social aspect and modern challenges.

Instructor: Osnat Fox, see previous bio.

Membership Fee Information: Fee Structure: $310 per term includes the option to take classes at all 6 OLLI on OLLI campuses. Each OLLI-on-Campus class also has a $30 additional cost for course supplies and class fees. Enrollment Programs: Our sister organization offers evening classes at the University of Denver. OLLI at DU members can easily review their class offerings and register online at http://universitycollege.sites.du/enrollment. You can also call 303-877-2291 to register. OLLI at DU members receive a 20% discount on all Enrollment Program classes. Discount code: OLLI19.

Register online: https://portfoliolive.du.edu/ ollioncampus

OLLI-on-Campus Winter 2019 Class Offering

Note: We recommend you register online. If you are un注册参会者, registration process will not be accepted. Please read the following:

Send this manual registration form and check to:
OLLI at DU – OLLI-on-Campus
2211 South Josephine Street, Denver, Colorado 80208

Looking at Israel Through Multiple Perspectives

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Pioneering Abstract Expressionist Women

Meditation in Motion: The Art and Science of Tai Chi

Paying It Forward: The Art of Mentoring

Buddhist Psychology: Addressing the Challenges & Stressors in our Lives

Refund Policy: Full refund of deposit and a portion of class fees if classes is requested not to exceed 10 days from the term.