Mission Statement

OLLI, a member-volunteer organization, offers non-credit academic classes and stimulating programs, along with social opportunities for retired and semi-retired men and women. Members use their talents, experiences, and skills creatively in shared intellectual and cultural pursuits. We strive to respect diversity of thought in a relaxed, supportive academic environment, exploring new interests, discovering and developing latent abilities, and contributing to the immediate and broader communities.

About the Osher Foundation

Thanks to the generosity of the Bernard Osher Foundation, the network of Osher Lifelong Learning Institutes across the United States is meeting the needs of older learners who want to participate simply for the joy of learning and personal fulfillment. To date there are more than 121 OLLI programs in the United States from Maine to Hawaii and Alaska.

Welcome to OLLI South at DU...

Where curiosity never retires.
Dear Friends,

Enclosed is the Winter 2020 curriculum information for OLLI South. Our 8-week winter term begins Monday, January 13, and ends Monday, March 9. Please note the Martin Luther King Holiday on Monday, January 20 – OLLI South will be closed that day and Monday classes extend to March 9.

We’re happy to announce our collaboration with Arapahoe Community College (ACC) is going well. ACC will again be offering a 50% discount (available only to OLLI members registering for Winter 2020 classes via the OLLI South registration site) to a selection of their courses designed for the 50 plus community. You will be able to select ACC courses along with OLLI South courses as you register. Please note the ACC courses will be at locations other than our OLLI South location of Valley View Christian Church. ACC did not have their list of classes available in time for the printing of this catalog, so you’ll need to check the on-line version of the catalog available on November 18.

Be sure to tell your friends about OLLI! We love welcoming new members into our community. Pass along your catalog to a friend after you’re done or forward the registration email when you receive.

We have added an “Important Dates” listing on page 3 along with “Registration Instructions” on page 5. Please take a few minutes to read the Registration Instructions as we want to make sure you have the best opportunity to get into the classes you desire. If you have any questions, please feel free to reach out to us – we’re here to help!

We look forward to welcoming you in the winter!

Sincerely,

Connie Dawson
OLLI South Manager
ollisouth@gmail.com
303-638-3388
Important Dates

Registration Begins on Monday, November 18, 2019. On line registration will be opened on November 18 and any paper registrations will be manually entered by staff as they are received. All registrations entered between this date and Open Request Period ending are given the same priority. (No need to stay up until midnight! All registrations entered in these 11 days receive the same priority.)

Open Request Period ends Friday, November 29, 2019. (Don’t worry, you can still register for classes after this date!) The class size limits are entered after this date, so if a class is already full, you will be unable to register for the full class. For classes that had more people sign up than the class can hold, staff will remove attendees based on their Order of Preference. We do our best to enroll you into your priority 1 and 2 classes.

Class Confirmation Email goes out Monday, December 16, 2019 and Classes in Jeopardy notified. This email is to confirm what classes you have been confirmed due to class size limitations and any classes in jeopardy of being cancelled are announced. A class must have at least ten participants enrolled for the class to be offered. Please do not purchase recommended or required course books until you are sure the class is not cancelled; we cannot refund book purchases. Once you receive your class confirmation email, if you were removed from a class due to class size, you can go back on line and register for another class that still has space available – just use your original confirmation email that contains a link in the bottom of the email.

New Member Orientation – Tuesday, January 7, 2020 from 9:30 - 10:30 am. (held at Valley View Christian Church). If you are new to OLLI, this is a GREAT way to meet other new members, get more information about OLLI, join a tour of the church, and receive your name tag. If you are unable to attend orientation, please stop by the church lobby your first day of class.

Registration Ends on Friday, January 10, 2020. If you need to add or drop a class after this date, please send an email to ollisouth@gmail.com.


How to Receive a Paper Catalog in the Mail

OLLI South has greatly reduced the amount of paper we use for both environmental reasons and cost concerns. We instead reference members to the website, the bulletin board at the church and produce weekly emails during each term to keep everyone updated on the latest information. The catalog is easily accessible online and contains the latest registration information. To continue to receive a paper catalog, you must indicate your desire by answering the question, “NEXT OLLI SOUTH CATALOG” with “Yes (I need a paper copy of the catalog mailed to me)” during your registration process.
OLLI Policy Statement

In the spirit of fostering understanding, all OLLI members are encouraged to share opinions and ideas. OLLI class participants do not attempt to “convert” others because there is a mutual respect for each member’s experiences, ideas, value systems and beliefs. The true focus of an OLLI class is the critical examination of issues and opinions. All participants’ points of view carry equal weight. Consensus is not a goal. We encourage participants with all points of view to attend and become engaged through discussion and civil debate. Comments shared within the class are voiced in a professional manner, without personal attack, to preclude them from being detrimental to the learning environment. In the event an issue arises compromising this premise, OLLI administration has the authority to remove a student or instructor from the class and/or the program.

Membership Fee Information

Fee Structure: $130 per term. Scholarships are available, contact the manager for more information.
Membership fee includes the following benefits:
• Participation in classes at any OLLI at DU campus (contingent upon space availability – enrollment is limited based on classroom size and facilitator preferences).
• Special member price for “The Summer Seminars of OLLI.”
• Notice of un-advertised DU events (many at no cost).
• Invitations to annual social events.
• Lamont School of Music – All OLLI members get the senior/group rate.
• University of Denver Library (Anderson Academic Commons) borrowing privileges, see www.portfolio.edu.ed/olli for details.
• The Enrichment Program – Our sister organization offers classes at the University of Denver. The classes are led by professors and staff and are held during the evening hours. The members of OLLI at DU enjoy a 20% discount on most enrichment courses when they register with the code OLLIW20. To review the course offerings, please go to http://universitycollege.du.edu/enrichment or visit the 2211 South Josephine Street office and pick up a catalog in the front reception area.
• DU Athletics – Certain DU sporting events may have discounted rates available. Please check when you purchase tickets.
• Coors Fitness Center. $25 per month for 12 months membership. Ask to speak with the Director of Ritchie Center Operations (303-871-3165) to obtain the OLLI discount.
• Colorado Symphony – Receive student pricing. For more information, go to their website: https://coloradosymphony.org/Education/Discounts.

Refund Policy

Per term: Full refund of $130 if requested no later than 10 days into the term. Please send request via email to ollisouth@gmail.com. Unless a class is cancelled, there will be no refunds for class or materials fees.
Registration Instructions

1. Please give on-line registration a try! Go to www.portfolio.du.edu/ollisouth to register online. Registering on-line provides immediate feedback that your registration was successfully submitted via an email. If you don’t receive the confirmation email after registering within a few hours, please send us an email at ollisouth@gmail.com with your name and email address used to register and we’ll help to ensure your registration was received. Registering online also saves OLLI Staff data input time. If you run into issues, please contact us at ollisouth@gmail.com and we’ll be happy to assist.

2. On the first sign in page, please input your name as you want to be known at OLLI (used for name tags, name tents, and attendance sheets). If paying by credit card, you will have an opportunity to input your name as it shows on your credit card later in the registration process.

3. Only one person can register per unique email address. If you share an email address with another OLLI member, one of you will need to register by mail. We encourage all our members to have their own email address to stay in touch by getting our emails and evaluations! (If you share a gmail account with someone, please contact us and we can instruct you on how to register each person with a “unique” email account – a unique feature for gmail users.)

4. Register for one class per time slot. If we are unable to place you in your selected class, you will have an opportunity to register for another class for that day/time if desired, at a later date. If you register for more than one class per time slot, your registration will be rejected until after the open request period as it requires us to manually remove you from the duplicated time slot.

5. Rank your “Order of Preference” for each class. Rank the class you most want as number 1. Use each preference number only once. You should have only one class ranked as 1, one class ranked as 2, and so on. If you rank any of your classes the same priority, your registration will be rejected until after the open request period.

6. If you are unable to advance to the next page during registration, check for a message at the top of the page. The most common error is not answering a required question. Required questions are marked with an asterisk (*). We have a Liability and Media waiver that you will need to mark as having read and understood - it is a required field.

7. After reviewing the last page, simply close the window to finish your registration. You will receive an email with your selections which is indication that you have successfully registered. Please note: your class schedule is not final until you receive the confirmation email on the Class Confirmation Email date listed in IMPORTANT DATES.
Letter from Your Curriculum Co-Chairs

Welcome to Winter 2020! We’ve got another exciting line-up of classes. We’re trying something new this term. We are introducing a small selection of classes that are 2-4 weeks long to give our facilitators an opportunity to try a new format. Please let us know how you like them.

As you may know, most terms on the Curriculum Committee are for two years, including the Chairs. We want to thank Ira Rifkin, Abe Grinberg, Bayard Breeding and Bill Baird who have served so ably in their roles and will be stepping down. We can’t thank them enough.

In addition, Sally Walling, Curriculum Co-Chair, who has been in the role for three years will be stepping down. She has been a force to be reckoned with and brought her magnetic enthusiasm for OLLI to the Curriculum Committee. Sally, we will miss you!! As Sally prepares to step down, we would like to introduce Peggy Winn, who will become the new Co-Curriculum Chair. Peggy, you may already know from her roles as facilitator, Curriculum Sub-Committee Chair for History and most recently, as the Chair of the fabulous OLLI 10-Year Celebration, the OLLI OLLI Art Fest. Peggy was a technical project manager before her retirement and we’re sure she’ll bring her valuable skill set to the Curriculum Committee. Please say thank you to Sally and congratulate Peggy when you see them this term.

We look forward to seeing you this term and welcome your feedback at any time.

Sincerely,
Curriculum Co-Chairs

Pat Smith & Peggy Winn

Thank you, Sally!
Who Are Our OLLI South Facilitators?

They are people.....just like you!

At the heart of OLLI South are our facilitators and our curriculum. OLLI South is successful because during every term we have an intriguing curriculum and a “faculty” of dedicated people who volunteer their time to make it happen.

Many of our OLLI South facilitators had never taught a class prior to volunteering for OLLI. They found a subject they were passionate about and developed a way to organize a class based on the topic and their style. Some prepare discussion based on text they have chosen, some prefer using lectures and building discussions around them, others invite members of the class to give reports, and others invite guest lecturers.

How can you find out about becoming a facilitator?

Reach out to any of the Curriculum Committee members (listed in the back of this catalog or on the “Curriculum Committee” tab on our website). They will be delighted to answer your questions and offer suggestions.

Recognizing our facilitators!

Each year a special event is held where new facilitators are recognized as well as awarding those that have met Senior, Master, and Diamond qualifications with their new name tags. Senior facilitators have facilitated at least 10 classes; Master facilitators have taught at least 15 classes, and our Diamonds have taught at least 25 classes. Be sure to thank the facilitators for all their work!

Charlie Holt, Diamond Facilitator
Letter from the Executive Director

Welcome to the Winter term of the Osher Lifelong Learning Institute aligned with the University of Denver (known to many as OLLI at DU). OLLI at DU is a thriving organization comprised of over 3,000 lifelong learners all over the age of fifty! We have six unique sites. The catalog you are reviewing is for our South site. On the inside of the back cover, we have a map of the Denver metro area and the locations of our sites.

OLLI at DU is a volunteer organization started nearly twenty-five years ago. This past year the six sites offered a total of more than 500 courses at eight distinct locations. The majority of these courses were offered by facilitators – OLLI members with a love of sharing their passions -- although we do offer some “speaker series” type courses. Our typical class size is 25 – 30 attendees. This allows for quality discussion and participation. We have found that our members enjoy asking questions and engaging in the topic.

OLLI at DU is able to offer these courses at an incredibly reasonable price due to our approach of ‘peer-lead’ facilitation. Each of our three eight-week terms is offered at a price of $130 for the term. This price provides access to all of the courses offered at all of the sites that term. We do not work on a first-come-first-served basis. Rather, the first two weeks of any term’s registration period is considered an open registration request period. At the end of this open registration period, staff reviews the registrations to determine if any of the courses are beyond the attendee limit. If any classes are over-requested, the staff reduces the number of requests using the priority notations made by the member. Once we have completed with this process, we change to a more normal first-come-first-served process.

I hope, as you peruse this catalog, you see several courses of interest. I also hope you consider the topic(s) you might like to share with other OLLI at DU members.

Barbe
Barbe J Ratcliffe
Executive Director – OLLI at DU
OLLII Worldview 2019-2020

Following are the two trips OLLI at DU has planned for the balance of this academic year. Please note the final registration dates if you are thinking of joining the WorldView experience.

**Shades of Ireland (including Northern Ireland) – Book by 12/2/19 for Special Rates**

**Company:** Collette Travel AND an OLLI Trip  
13 days from June 1 – 13, 2020  
Double Occupancy – $4,749; Single Occupancy – $5,499  
Includes Round-trip Airfare from Denver International Airport (DIA)

- From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast and onwards to Derry, experience the charms of the Emerald Isle  
- Uncover the legend of the Titanic at Belfast’s famed Titanic Experience  
- View the Atlantic from the stunning 700-foot Cliffs of Moher  
- Stand on the awe-inspiring Giants Causeway  
- Experience the world-famous beauty of the Ring of Kerry

OLLII-on-Campus Manager, Jackie Wyant, will be offering a course on Ireland and will be joining the trip.

**Sorrento~ The Charm of the Amalfi Coast - Book by 11/19/19 for Special Rates**

**Company:** AHI International AND an OLLI Trip  
8 days from June 17 – June 25, 2020  
Double Occupancy – $3,690; Single Occupancy – $4,485  
Does NOT include Airfare to Naples International Airport!

- Indulge in Italy’s enchanting Amalfi Coast, a region that has lured travelers, writers and romantics for centuries. Staying in captivating, cliff-side Sorrento for seven nights, we will discover the region’s full breadth of treasures  
- From fabled villages to flower-filled alleys, thrill to visual splendors and legendary sites  
- Travel a serpentine road along the Amalfi Coast, passing awe-inspiring natural scenery and vertiginous houses, including colorful Positano  
- Taste exquisite cuisine in the Campania region

OLLII at DU Director, Barbe Ratcliffe, will offer a course on Pompeii (Day 7 of the trip).
Course Title by Topic for Winter 2020

Speaker Series
Active Minds

Alive and Well!
The Adventures of Wildlife Photography
The Art & Science of Alternative and Complementary Medicine
Building Backyard Bird Habitat
Gardening Inside and Out by Highlands Ranch Garden Club
Gentle Yoga
The Great Game of Bridge — Play of the Hand
The Great Game of Bridge — More Commonly Used Conventions
Mindfulness II: Understanding the Stories that Color Your Life
Microbes: The Good, the Bad and the Ugly
The Noontime Oasis: Meditation for You
Recorder Fun and Basic Music Theory
Treasures to Trash: Pathways to Aging in Place
Ellen Nelson/Cindy Valentine
Anne Bennett
Kate Hogan/Cindy Valentine
Cindy DeMoss/Cathy Harju
De Swiger
Wilt Cooper
Wilt Cooper
Barbe Ratcliffe
Ira Rifkin/Anne Bennett
Tony Morgan/Mary Ann Lang
Pat Gibson
Jenny Fortenberry

History
Colorado History in Michener’s Centennial
Contemporary Issues in the Greater Middle East:
 Causes & Consequences
 The Death of Stalin: The Movie — The History
The Human Built World
Lest We Forget: The Plague of 1347
The Skeptic’s Guide to American History
With Rommel in the Desert
Rae Wiseman
Mary Morris/Tony Morgan
Morris/Morgan/Cassell/
Homan/Welch
Charlie Holt
Peggy Breeding
Alan Folkestad
Mac McHugh

Literature & Writing
Britain’s 19th Century Women Authors:
 Elizabeth Gaskell’s North and South
 Come Read with Me: Jim Crow and The Nickel Boys
 Grace: A Novel by Paul Lynch—Coming of Age in 1840’s Ireland
 Short Stories with an Edge
 The Wonder of English
Anita Leitner
Sally Walling
Becky Stout
Judith Vlasin
Susan Polycarpou
**Philosophy, Religion & Culture**
The Cathedral: History of the Art and Architecture of Europe’s Greatest
How Jesus Became God*
Museums with Purpose
The Nature of Existence: A Philosophical Inquiry
Not in My Backyard? Unfortunately, Yes, In Our Backyard!

**Political Science/Current Events**
Immigration--The Changing Face of America

**Science, Math & Technology**
An Insider’s View of the Apollo and Skylab Programs
Interesting Scientists/Science from the Past
   50 Years--A Speaker Series
Introduction to Quantum Computers
Medical Myths, Lies, & Half-Truths: What We Think
   We Know May be Hurting Us
Music and Math
What’s In Your Environment?

**Soci-OLLigies**
Around the World with James Michener
Social Influences on What We Eat: The American Story

**Visual & Performing Arts**
The Art of Making Movies
Gotta Dance: The History & Genres of Dance from
   Around the World
Hollywood History: Moguls, Stars, More Must-See Movies
Matinee at the Bijou--The Mystery Series #3
You Be the Judge--Which Films SHOULD Have Won
   the Oscar & Why

*This course to be held at ACC, Littleton Campus
Monday 9:30 - 11:30

Colorado History in Michener’s *Centennial*

**Facilitator:** Rae Wiseman  
**8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9**  
**Note:** No class on Jan 20

James Michener’s epic novel *Centennial* tells the story of the exploration and settlement of the eastern Plains of Colorado. While reading the novel, or watching the mini-series, we will talk about some of the true people, places and events of the region that are fictionalized in the novel. This will include the native inhabitants of the region, the fur trade and trading posts, Sand Creek, cattle ranching, the sugar beat industry, and the dust bowl. We will also look at Michener’s research and writing methods.

**Book/Materials:** Recommended: James Michener’s *Centennial*  
**Class Type:** Lecture, DVDs, discussion  
**Materials Fee:** None

*Rae Wiseman* is a life-long lover of history who always begged her parents to stop at roadside historical markers when taking road trips. She has degrees in history and anthropology from George Mason University. For the last 17 years, she has been a volunteer at History Colorado presenting school programs and giving museum tours and tours at the Governor’s Residence.
Monday 9:30 - 11:30

Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us

Facilitator: Jim Smith  
8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9  
Note: No class on Jan 20

In addition to lecture and class discussion, the course will include a DVD series of lectures by Yale University professor Steven Novella, MD, appropriately titled *Medical Myths, Lies, and Half-Truths: What We Think We Know May Be Hurting Us*, which is designed to strengthen one’s skills at assessing the truth behind medical information and discover evidence-based guidelines for good health.

The course is designed to show the importance of debunking medical myths and also tips on where to seek out solid, medically backed information, exposing common myths about vitamins, dieting, probiotics, herbalism, homeopathy treatments, hypnosis, placebos, and the more mundane hiccups, sneezing, swallowing gum, curing a hangover (that’s a good one), swimming after eating, etc.

**Book/Materials:** None required  
**Class Type:** Lecture, DVDs, discussion  
**Materials Fee:** None

*Jim Smith* is a Registered Nurse with an interest in healthy living beyond traditional medicine intervention.
Monday 9:30 - 11:30

Mindfulness II: Understanding the Stories that Color Your Life

Facilitator: Barbe Ratcliffe, Diamond Facilitator

6 weeks, Jan 13, 27, Feb 3, 10, 17, 24
Note: No class on Jan 20

Mindfulness, at its core, is about quieting the mind so we can hear and understand the stories we have created to deal with life. These stories are valuable until they are no longer valuable. This class is for those folks who have at least an understanding of Mindfulness and a willingness to explore the stories that color their lives. This class will be limited to 25 to allow for safe sharing for those who choose to share.

The objective in this class is to begin to hear, perceive, frame and potentially re-frame the stories that color our individual lives. Using a genre-focused format of meditation, followed by reflecting and potential conversation, followed by awareness meditation and possible reframing of our story, we will embark upon a discovery of the stories that color our lives. Examples of life genres are personal value/worth, perception of others, grief and loss, and aging. The class members as a group will determine the specific genres to be explored.

Book/Materials: Recommended but not required: *The Untethered Soul* by Michael Singer

Class Type: Lecture, DVDs, discussion
Class Size: Limited to 30 participants
Materials Fee: None

Barbe Ratcliffe, Diamond Facilitator, is a mindfulness practitioner, assisting individuals in understanding their unique possibilities. After 30 years in the corporate world, she shifted her life focus. This shift included time spent in mindful self-assessment, leading her to greater self-awareness. Barbe has enjoyed her meditation and mindfulness practice for nearly 20 years.
Museums With Purpose

**Facilitator:** Peggy Breeding

**Time:** Monday 9:30 - 11:30

**Duration:** 1 week, Jan 13

Time passes, and as it moves into obscurity it tends to erase events. Fortunately, we have ethnic identity museums to recapture these events and tell their stories. Large or small, museums are fascinating. The focus of this class is on famous holocaust museums and education centers dedicated to preserving the experience of people who were victimized by the Nazi’s during the Holocaust between 1933-1945.

Museums included are:

- Auschwitz-Birkenau Memorial and Museum
- United States Holocaust Memorial Museum in Washington, DC
- Yad Vashem: The World Holocaust Memorial Center
- Anne Frank Museum

**Book/Materials:** None required

**Class Type:** Lecture, DVDs, discussion

**Class Size:** Limited to 30 participants

**Materials Fee:** None

*Peggy Breeding has facilitated previous classes at OLLI. She has a Masters degree in Sociology and has a passion for teaching and sharing her experiences with others. Visiting museums that tell stories and help keep history alive is a favorite activity.*
Monday 11:45 - 12:45

Gentle Yoga

Facilitator: De Swiger

8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9

Note: No class on Jan 20

Are you new to yoga or wanting to get back in the practice? Yoga is a beautiful way to exercise your mind & body, improve your overall health and well-being. This class is perfect for people who have little or no experience with yoga. Learn the basics of yoga (postures, breathing, relaxation) at a pace that is not overwhelming, and in a safe and encouraging environment. The focus is on alignment, form, slow flow, balance, flexibility and finding “your yoga.” Chair options will be demonstrated.

Benefits are:

- Increased flexibility & range of movement
- Improved balance
- Increased muscle strength
- Reduce stress
- Lower blood pressure
- Improved sleep
- Improved overall well-being

Materials: Bring your own mat and water! If you want to relax even more, pillows and blankets acceptable.

Class Type: Interactive

Class Size: Limited to 25 participants

Class Fee: $40 members; $50 guests

De Swiger retired from the Defense Department after 38 years of service and has been practicing yoga for many years. De was certified as a yoga instructor in 2006 and as a group fitness instructor in 1995. She currently teaches several classes for 24 Hour Fitness and VASA.
Climate Change  January 13
Scientists are predicting a global average temperature increase of 2.5 to 10 degrees over the next century. Likely impacts include more droughts and heatwaves as well as stronger and more frequent hurricanes. Sea levels are predicted to rise 1-4 feet by 2100, submerging vast areas of land. Join Active Minds as we examine the predictions and the politics given the U.S. withdrawal from the Paris climate accord.

The Future of Bees  January 27
Found on every continent except Antarctica, bees are vital pollinators, making possible much of the food humans eat. In recent years, however, crucial bee species have experienced significant loss. Since the 1990s, the bumblebee population has plunged almost 90%. Additionally, since 2006, a malady called Colony Collapse Disorder has afflicted honeybee populations. Join Active Minds as we dive into the world of bees and examine the factors that are affecting these important species.

Renewable Energy  Feb 3
Energy from renewable sources (solar, wind, geothermal, hydro, etc) is an important part of the future of energy in the U.S. and the world. The issues involved are complex, involving technical challenges, economic issues, as well as environmental, political and social factors. Join Active Minds as we survey the current state of renewable energy and look at the various forces that will influence how these resources will evolve in the future.

Oil  Feb 10
For the past century, oil has been a commodity essential to global industry. In the recent past, with the industrialization of China and other nations, the demand for oil has increased, triggering increased exploration. Join Active Minds as we explore the history of oil exploration and utilization and examine the way in which the debate over global climate change is affecting the market.
An Insiders View of the Apollo and Skylab Programs

Facilitator: David Scruggs  
8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9  
Note: No class on Jan 20

In this class you will learn about the Apollo Program and Skylab Space Programs from the Lead Simulator Flight Instructor of Apollo Mission Simulator #1 in Houston. You will be taught how the program was conceived, developed and operated.

We will discuss individual personalities of the astronauts, as well as their likes and dislikes. We will investigate each mission and the performance of each astronaut as they worked as a crew for success.

Book/Materials: None  
Class Type: Lecture, DVDs, discussion  
Materials Fee: None

David Scruggs was a civil service employee at Johnson Space Center and taught and worked on Apollo Mission Simulator. He taught all the astronauts how to fly and operate the Command Service Module. David was awarded the Exceptional Service Medal for work on the Shuttle while at NASA. He has been an executive in the aerospace industry for 30 years.
Monday 12:30 - 3:30

Hollywood History:
Moguls, Stars, More Must-See Movies

Facilitator: Jerry Wischmeyer, Diamond Facilitator    3-hours, 12:30 - 3:30
8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9
Note: No class on Jan 20

My second edition of a must-see movie course will once again take class members back to a bygone era as I combine a history of Hollywood as depicted in a seven-part TCM documentary series with classic films produced by eight legendary movie studios.

The documentary is narrated by Christopher Plummer and is a comprehensive chronicle of the birth and dramatic growth of the art and business of American movies. The series is the story of Hollywood power... larger than life men and women who created a century of cinematic history. It also serves as a history of America, looking at how moviemakers respond to such major events as World War 1, the “Roaring 20s,” the Great Depression, World War II, and the social, cultural and political upheavals of the 1950s and 60s. Even more, it is an exploration of the movies as a major influence on the image and reality of the American Dream.

Each week, class members will receive an informative email (including movie trivia questions) and one or two electronic handouts covering a movie review or highlighting a movie studio or a studio mogul.

In order to accommodate a documentary and a movie during each three-hour class period, I have chosen films with an average running time of 94 minutes. In order to leave enough time for discussion, a few films may be moderately edited.


Book/Materials: Handouts will be provided by facilitator
Class Type: Lecture, DVDs, discussion
Materials Fee: None

Jerry Wischmeyer, Diamond Facilitator, enjoys facilitating courses about literature, history and film.
Monday 1:00 - 3:00

Not In My Backyard?
Unfortunately, Yes... In Our Backyard!

Coordinator: Ellen Sloan

4 weeks, Jan 13, 27, Feb 3, 10
Note: No class on Jan 20

Guest Speakers: Sheriff Tony Spurlock, Douglas County Sheriff, Corporal Chris Stadler, and Victim Advocate Andrea Bradbury

Sheriff Spurlock and his colleagues intend to address the burgeoning existence and wide-spread effects of drug and human trafficking in Douglas County. He will explain why Douglas County, with the highest median income of any Colorado county and with easy access via DIA and 3 major highways, is a lucrative landing point for drug and human traffickers who often work out of local extended-stay hotels and motels, private homes and food and tech center businesses.

Whether luring young men and women from other parts of this country and expeditiously facilitating drug addiction, or enticing workers with temporary visas which they subsequently can’t get extended as promised, local vendors of drug, sex and labor trade have a major economic and social impact locally, in surrounding counties, nationally and even internationally.

Book/Materials: None
Class Type: Lecture, DVDs and videos, discussion
Class Size: Limited to 35 participants
Materials Fee: None

Ellen Sloan is a current member of OLLI-South and has coordinated this course with Douglas County Sheriff Tony Spurlock. He and two of his fellow Douglas County Sheriff’s Department employees will be presenting the 4-part series. Co-facilitating with Sheriff Spurlock will be Corporal Chris Stadler and Victim Advocate Andrea Bradbury.
Monday 1:00 - 3:00

Short Stories with an Edge

Facilitator: Judith Vlasin, Master Facilitator

8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9
Note: No class on Jan 20

This class is for the adventuresome reader. It includes “edgy” stories with unusual, controversial, or bold content. These stories will provoke interesting discussion. Some are from other countries, some by U.S. authors. None of the stories included in this course have been used in the two previous Vlasin short story classes (“American Short Stories Through the Decades” and “Connections Interspecies: Short Stories of Lydia Millet”), so this class will have no repeat content.

American authors will include such names as Thomas Wolfe, Kathrine Kressman Taylor, Conrad Aiken, Shirley Jackson and Ray Bradbury. International authors will include writers from such countries as Sweden, Austria, Canada, Russia, U.K. and China, among others. Each week we will read and discuss two stories (one short piece of ‘flash fiction’ and one longer). If this description intrigues you, join us — it will be a fun, provocative and engaging class on the largely under-appreciated genre of the short story.

Book/Materials: None required
Class Type: Lecture, videos, discussion
Class Size: Limited to 25 participants
Materials Fee: None

Judith Vlasin, Master Facilitator, retired eight years ago after teaching literature, composition, and film classes to high school students for 42 years. She is now an entrenched OLLI fan, taking and facilitating classes at Central, South and West. She is also an avid reader of short stories.
A Skeptic’s Guide to American History

Facilitator: Alan Folkestad, Master Facilitator

8 weeks, Jan 13, 27, Feb 3, 10, 17, 24, Mar 2, 9
Note: No class on Jan 20

In this course, we will examine some of these myths, such as those concerning the origins of religious tolerance in America, the American Revolution, George Washington, the causes of the Civil War, the causes and conduct of World War II and America’s supposed history of isolationism and anti-imperialism, as well as our government’s laissez-faire policies regarding business. But the course is far from limited to challenging these and other myths. It will also examine how and why these myths arose and what historians now say about what really happened—as opposed to what most Americans believe happened.

In the process, we will also explore the complexities of history and just what historians do. In that exploration, we will again challenge popular misconceptions—this time about the study of history itself. Beyond challenging misconceptions, we will explore some of the important but little-known realities of historical study, most notably the law of unintended consequences.

Book/Materials: None required
Class Type: Lecture, DVDs, discussion
Class Size: Limited to 12 participants
Materials Fee: None

Alan Folkestad, Master Facilitator, has been a student of history throughout his life. At the University of Minnesota, he majored in Political Science and earned a MPA degree from Texas Christian University. Alan LOST count of OLLI classes facilitated, he thinks it’s around 30.
Gardening Inside and Out
by the Highlands Ranch Garden Club

Facilitators:  Cindy DeMoss and Cathy Harju

Aah, gardening! You’re so sick of it come September, yet by March, you’re
itching to get your hands back in the soil!

What to do with the space in-between? Indoor plants! We’ll hear about
succulents, easy-to-grow house plants, and how those very plants can clean
the air around you! We’ll have a hands-on activity, Ikebana, the Japanese art
of flower arranging.

Then we’ll move outside (virtually) with Edible Greens Day. We’ll discuss
greens and their nutritional value – from arugula to watercress. How to
plant, how to harvest, how to use. We will have a special guest show us how
to make fermented cabbage, that great protector of your gut biome.

And along with edible greens, there are so many other vegetables to plant!
Hear about the psychology of vegetable gardening from an experienced
planter. She has a lot of ideas and tips, containers, soil prep, even hail covers,
to preserve your crops during wild weather.

During this 3-week class, members of the Highlands Ranch Garden Club
will share with you the joys of having plants, give you pointers and ideas,
and try their best to answer all your burning questions on this great pastime.
Our club is ‘rooting’ for your success!

Book/Materials:  Nothing required
Class Type:  Lecture, videos, discussion, guest speakers, two hands on
activities, making fermented cabbage and flowers for making Ikebana
flower arrangement and plants for Ic
Class Size:  Limited to 20 participants
Materials Fee:  $10.00 to be paid to facilitator first day of class

Cindy DeMoss has a BA in psychology and an MA in journalism. She held desk
departments in publishing for most of her career, but since retirement she can more often be
found outdoors - gardening, walking and enjoying the Colorado sun.

Cathy Harju has enjoyed digging in the dirt since 1974 - 38 years in Minnesota
and 7 years in Highlands Ranch. Her favorite activity is vegetable gardening and
her recent passion is heirloom tomatoes. She likes to think of herself as a practical
down home gardener who finds great JOY in all Mother Nature offers.
Grace, a Novel by Paul Lynch: Coming of Age in 1840’s Ireland

Facilitator: Becky Stout

Grace, a coming of age novel, by Paul Lynch but so much more……. You may never feel so cold or hungry as I did when reading this novel in front of my fireplace last winter!

How would you have survived during one of history’s greatest humanitarian crises, the Great Hunger, as the Irish Potato Famine is now known? You are a 13 year old girl cruelly, or so it seems, turned out of your home by your mother who thinks this is the only way you will survive the impending horrors. So begins the story of Grace by Paul Lynch, a celebrated and award-winning Irish author.

Grace’s story of survival is harrowing, lyrical, mystical and brutal.

We will read portions out loud that appeal to us, discuss the moral dilemmas she faces, listen to music and read poignant Irish poetry and hear reports of historical figures that enhance our understanding of Ireland in the 1840s.

Finally, how about a little cottage pie, brown bread and Irish breakfast tea on our last day of class?

Book/Materials: Grace, by Paul Lynch
Class Type: Lecture, videos, discussion
Class Size: Limited to 25 participants
Materials Fee: None

Becky Stout has three trips to Ireland under her belt, one with a friend and two on her own, including a month long stay at a cottage in County Clare where she immersed herself in local culture. On her last trip, she asked natives about their family knowledge of the Great Hunger as it is now known.
Facilitator: Charlie Holt, Diamond Facilitator

The interaction of technology and culture is a fascinating and very important subject for us all today. Technology is a major thread in history, but technology does not determine history’s course. For better or worse that is left to society. In The Human Built World, Thomas P. Hughes nimbly charts the myriad ways that technology has been woven into the social and cultural fabric of different eras and the promises-and problems—it has offered. In this class, we will look at humanity’s engaging history and relationship to technology. Our objective is to increase our “technological literacy,” to inform and motivate us toward greater participation as citizens in a technological age.

The conduct of science is influenced by the social context in which it is practiced. Technology is messy and complex. It is difficult to define and to understand. In its variety, it is full of contradictions, laden with human folly, saved by occasional benign deeds, and rich with unintended consequences. We will have fun exploring the current and ever changing technological environment facing us today and consider how best to think about culture and technology.


Class Type: Lecture, DVDs, discussion

Class Size: Limited to 25 participants

Materials Fee: None

Charles F. Holt, Diamond Facilitator, is a retired engineer, with more than 28 years in R&D management for several international organizations. He is an avid reader with a strong interest in science & technology and the impact on culture, as well as history and diplomacy with a focus on the personalities shaping history.
Tuesday 9:30 - 11:30

Introduction to Quantum Computers

Facilitator: Ron Knox 4 weeks, Jan 14, Feb 4, 11, 18

We will begin by looking at some of the scientists who were/are contributors to the development of quantum computer technology. We then will explore how digital computers are different from quantum computers.

We will review some of the challenges in building quantum computers. We will identify possible problems that digital computers can’t solve and may be resolved by quantum computers. Lastly, we will talk about the impact quantum computers will have on your life and the next generation.

Book/Materials: None
Class Type: Lecture, DVDs, discussion
Materials Fee: None

Ron Knox has had a forty-year career leading/managing teams in the development of computer software and data systems for the banking, telecommunications, military aerospace contractors, government, electronics, computer and utilities industries. He completed systems for Arrow Electronics, Honeywell Test Instruments Division, Citicorp Diners Club, AT&T Telecommunications, Information Handling Services and McDonnell Douglas Systems. These systems used mainframe, mini, PC and distributed computers.
Microbes: The Good, The Bad and the Ugly

Facilitators: Ira Rifkin, Diamond Facilitator, and Anne Bennett, Master Facilitator

Did you know you are only 10% human? The microbes that are in and around you make up 90% of you. Learn about these little bugs without which we could not survive. Learn the history and evolution of bacteria and viruses. See where and how they live, which ones are good for us and which ones we need to fight against.

Antibiotics in health and recent trends in antibiotic resistance will be discussed. Learn how the gut microbiome influences all parts of your body for good. The flu epidemic of 1918 and Cholera epidemic will showcase the power of microbes. You will learn how CDC investigates an outbreak. You will learn about epidemiology and get to practice a disease outbreak investigation (bring a ruler and calculator).

Book/Materials: Recommended, but not required, I Contain Multitudes by Ed Yong; handouts will be provided by the facilitators

Class Type: Lecture, DVD and videos, guest speakers, discussion

Materials Fee: None

Ira Rifkin, Diamond Facilitator, is a physician who had been in private practice in the Denver area as well as on the staff of University of Colorado Health Sciences Center for more than 30 years. Ira has excellent knowledge in the science of medicine and microbiology. He has many stories and examples to share about the microbial community in this class.

Anne Bennett, a Master Facilitator, and registered dietitian is passionate about nutrition and how microbes affect our bodies and minds. Prior to retiring, Anne worked in public health for 35 years and saw firsthand the result of microbial infection and process of disease investigation. She recently completed a course on the gut microbiome and its affect on nutrition and health.
“Rommel” the name struck fear into his enemies’ minds. Montgomery said the first thing he had to overcome was his troop’s belief that Rommel was invincible in the desert. But wait, did the Battle in North Africa start with Rommel’s arrival or was it before that? Why was this stretch of sand so important? What were Hitler’s aims in North Africa? What were the side shows? Europe took priority over the other operating areas in the war. Why was it first for men and material? How did each side make mistakes that wrested defeat from victory? How did code breaking affect both sides? What was the battle of Rommel’s supply lines?

We will look at the politics, the strategy, the tactics, and the military leaders on both sides of the conflict as the Allies and the Axis battled back and forth in the desert. We will end the class with a look at the final aftermath of the Afrika Korps.

**Book/Materials:** Handouts will be provided by the facilitator

**Class Type:** Lecture, DVD and videos, discussion

**Class Size:** Limited to 35 participants

**Materials Fee:** None

**Mac McHugh,** Master Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a World War II history buff and has facilitated 25 courses on technology, film, and history at OLLI.
Tuesday 11:45 - 12:45

The Noontime Oasis: Meditation for You

Facilitator: Tony Morgan, Mary Ann Lang  
Note: 11:45 - 12:45

Are you curious about meditation? Do you want to learn how to meditate? Are you an experienced meditation practitioner who wishes they had more time to spend in quiet stillness? Do you want to meditate with a safe group of like-minded individuals? If you answered “Yes” to any of these questions then the Noontime Oasis might be of interest to you.

This class will meet once a week from 11:45am to 12:45pm for meditation. Each class will consist of two 20-minute meditation sessions with a 10 minute relaxation period in between. It’s all about being disciplined and quiet. However, if you do want or need instruction it will be available one-on-one. If you wish to ask questions there will be time at the break to accommodate them. But mainly it is about being comfortable, being centered, and just enjoying meditation in a serene and supportive environment. The class is a simple way to energize your day.

Bring your mat, zafu, zabuton, or use a chair or the floor….this is your time to indulge yourself in the practice of meditation in any style you wish.

Book/Materials: A mat, zafu or zabuton is suggested for comfort  
Class Type: Meditation  
Class Size: Limited to 25 participants  
Materials Fee: None

Tony Morgan and Mary Ann Lang are experienced meditation practitioners.
Come Read With Me:
Jim Crow and *The Nickel Boys*

**Facilitator:** Sally Walling, Senior Facilitator

*4 weeks, Feb 11, 18, 25, March 3*

*The Nickel Boys* by Colson Whitehead is a new work of fiction published just two years after his Pulitzer Prize winning *The Underground Railroad*. Taking another look at the more recent repercussions of slavery, this novel takes place in the Jim Crow era of the 1960s, in Tallahassee, Florida.

Based on the true story of the Dozier School for Boys that operated for over 111 years, closing only in 2011, this heartbreaking, beautifully written novel further illuminates the history of this great experiment called America.

Join me as we navigate Whitehead’s compelling page-turner in just four weeks — no tests, no study guides, no movies — just you, me, and a wonderful book!

**Book/Materials:** Required book: *The Nickel Boys* by Colson Whitehead

**Class Type:** Lecture, DVD and videos, discussion

**Class Size:** Limited to 25 participants

**Materials Fee:** None

*A retired Language Arts teacher, Sally Walling, Senior Facilitator, loves reading and discussing modern writers that address through fiction current issues facing society today.*
Tuesday 1:00 - 3:00

Immigration - The Changing Face of America

Facilitator: Bill Baird, Senior Facilitator

White, Anglo-Saxon, Christian, male. These are the characteristics of those who have been a main demographic in our country and served as elected leaders in the past. If you observe faces passing by in downtown Denver, you will find less than half of them now fit this profile. Some people are concerned and fearful about this change in our society. This can lead to clashes and violence between groups — some of whom prefer the American dream for themselves and those who look like them. What does the phrase “E pluribus unum” on our coins mean in 2020? Do we really want to create one nation out of many nationalities?

Do some of us think of ourselves as members of a common tribe? If so, what do faces of your tribal members look like? Are we sometimes suspicious of others who do not look like members of our tribe? How does this influence the ways we treat others? What (if anything) do we owe refugees who seek protection here from threats in their own country? How does the growing human population create pressure on a nation’s resources and government? Let’s look at the history of U.S. immigration laws.

What’s really going on at the U.S. – Mexican border? Let’s hear adults who immigrated to America describe their experiences to us. Who are the “dreamers”, and how does DACA really work? What is ICE and what does it do? What is a detention center, and where do detainees go when they are released?

How should we deal with immigration? Should we install fences, set quotas, do background checks, keep everybody out who is not already an American citizen? What happens if we tell people who have lived here for years or decades that they must leave and go back to some country that we consider their original home? What does it mean to be a citizen of America? Is it having the paperwork to prove legality? Is it contributing and paying taxes and obeying our laws? Must we all speak the same language? What changes are needed in our immigration laws and ways of handling refugees?

Join us as we address these thorny issues through respectful dialogue in this OLLI class on immigration in America.

Book/Materials: None required
Class Type: Lecture, DVDs, discussion
Class Size: Limited to 30 participants
Materials Fee: None

Bill Baird, Senior Facilitator, has taught this class last year alone. And before that with Janet Kester.
Coordinator: David Jonasson, with Various Presenters

6 weeks, Jan 21, 28, Feb 4, 11, 18, 25

This class is a continuation of the Interesting Scientists Speakers series. Presenters are OLLI members or facilitators who chose their Scientist/Science based on interesting work and interesting lives of the scientist outside of his or her scientific achievements.

The scientists selected are an eclectic group working in many different disciplines.

This session, they cover such areas as biology, computer science, physics, astronomy, chemistry, cosmology, medicine, and public health. One or two scientists will be covered each week.

Because each week is an independent topic, it does not matter if you attended the first series – or if you cannot attend every week in this class.

Book/Materials: None required
Class Type: Lecture, videos, discussion
Materials Fee: None
Tuesday 1:00 - 3:00

Lest We Forget: The Plague of 1347

Facilitator: Peggy Breeding  
6 weeks, Jan 14, 21, 28, Feb 4, 11, 18

The Plague of 1347, also known as the Black Death, was a devastating global epidemic that struck Europe when 12 ships with Italian merchants fled Kaffa, a territory on the Black Sea, from the Mongols. When it docked at the Sicilian port of Messina, people who gathered on the docks were met with a horrifying surprise, a sight they determined to be “evil spirits.” Sicilian authorities hastily ordered the fleet of “death ships” out of the harbor, but it was too late. Over the next five years, the Great Plague would kill more than 20 million people in Europe. In the history of the Western World, devastation from the Black Death ranks second only to World War II. It irrevocably altered almost everything in medieval society. A catalyst of transformation, life would be better for people who survived the plague.

Although the Black Death affected every continent throughout the world, Europe’s statistics and written literature have given insight into how people and communities responded to this pandemic. Hence, this class will focus on Europe.

This course is designed to give a better understanding of:

- Medieval theories
- Effects on the medieval church
- Economics of the Black Death
- Art and literacy responses to the plague
- Jewish persecution
- Communities that survived the first wave; later outbreaks

Book/Materials: None required
Class Type: Lecture, DVDs, discussion
Class Size: Limited to 25 participants
Materials Fee: None

When opportunity arises, Peggy Breeding finds delight in facilitating for OLLI. Her interests include medieval history and religion. She has facilitated in the past and is now on the OLLI South Philosophy, Religion and Culture sub-committee. She has a Master’s degree in Sociology.
Tuesday 1:00 - 3:00

Matinee at the Bijou - The Mystery Series #3

Facilitator: Mac McHugh, Master Facilitator

We return to the Golden Age of Hollywood with a further light-hearted look at the matinee mystery movie genre. Our dime admission this time brings us a whole new marque of movies which includes lawyers, doctors, mystery writers, teenagers, and a full length feature of Dick Tracy. We will look at eight mystery movie series where some were successful at multiple formats, some grew out of the role, some had the same character with multiple actors playing the part, and some again were short-lived. Series include: Perry Mason (without Raymond Burr), Philo Vance, Crime Doctor, Michael Shayne, Nancy Drew, Bulldog Drummond, Ellery Queen, and a feature movie of Dick Tracy.

Join the class as we watch eight movies that represent their series. We will have a short discussion before and after the movie to discuss the stars, the plot, and why the series was successful. As always we have the mystery serial of the week.

Book/Materials: None required  
Class Type: Lecture, DVD movie watching, discussion 
Materials Fee: None

Mac McHugh, Master Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a lifelong movie buff.
In this class we will look at Jesus from an historical rather than a theological perspective in order to better understand how the Christian understanding of Jesus as both man and God developed in the decades after his crucifixion.

We will be working from a Great Courses DVD by Prof. Bart Ehrman entitled “How Jesus Became God.” Purchase of the book by the same name is strongly encouraged.

**Book/Materials:** Recommended: *How Jesus Became God* by Dr. Bart Ehrman

**Class Type:** DVD, discussion

**Course Fee:** None

*Raina Powell* has no theological credentials for facilitating this class whatsoever. However, through reading, study and discussions with folks from diverse backgrounds she has come to appreciate how important it is to understand the historical context in which the stories of the Bible take place. That, combined with her natural curiosity about how people come to believe the things they do, drew her to this topic.

**Note:** Details concerning room location and parking will be sent to attendees.
Britain’s Nineteenth-Century Women Authors:  
Elizabeth Gaskell’s *North and South*  

Facilitator:  Anita Leitner, Diamond Facilitator  
*7 weeks, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4*  

Although less well known by the modern reader, Mrs. Gaskell was greatly admired by Dickens, Eliot, the Brontes, Thomas Carlyle, Florence Nightingale, critics, and the general public as a whole. For many she was the social conscience of Britain as the full effect of the Industrial Revolution took hold. In *North and South* (1854), Gaskell’s great novel of social unrest in industrial England, Our class will meet Margaret Hale as she moves with her family from the south to the north of England. Repulsed by the ugliness of her new surroundings in the industrial town of Milton, Margaret becomes aware of the poverty and suffering of the local mill workers and develops a passionate sense of social justice. *North and South* fuses individual feeling with social concern and, in Margaret, creates one of Victorian literature’s most original heroines.  

Classes will include discussions of themes and social concerns of 1840s England. We will also enjoy voluntary reports by participants on relevant topics.  

**Book/Materials:**  *North and South*, Penguin Classics ISBN: 978-0-140-43424-8  
(and to make things easier: If you are ordering this book from Amazon, search with the description - *North and South*, Elizabeth Gaskell, Penguin Classics Paperback)  

**Class type:** Reading, facilitator presentations, discussion, voluntary class reports and lots of fun!  

**Class Size:** Limited to 25 participants  

**Materials Fee:** None  

*Anita Leitner,* Diamond Facilitator, has a great love of Medieval and Victorian Literature, and History. She is particularly interested in the lesser-known ladies who wrote wonderful and timely Victorian fiction and says that it is important to know that in the Nineteenth Century “fiction made an enormous difference in social and political areas.” This will be her 31st class.
Do you aspire to design a creative and natural landscape for birds and other wildlife at your home? Utilize the winter months to join Denver Audubon on a journey to achieve a simplistic design with birds in mind. Building Backyard Bird Habitat will introduce you to the basic food groups for birds, explore ideas for providing water, shelter, and space, and offer feedback for creating an achievable design while working within the footprint of your own yard.

Come ready to share your ideas on what has worked well for your home, and gain insight from others as to new things you might try. Final class will feature a field trip to the Audubon Center at Chatfield which is surrounded by five native/xeric plant gardens, and is a Gold Certified Habitat Hero garden through Audubon Rockies and a Certified Wildlife Habitat through National Wildlife Federation.

**Book/Materials:** None  
**Class Type:** Lecture, field trip  
**Class Size:** Limited to 25 participants  
**Materials Fee:** $40.00 for support for our nonprofit and the Audubon Center

**Kate Hogan** is the Community Outreach Coordinator for Denver Audubon and manages the Audubon Center & Wildlife Gardens at Chatfield State Park. She loves combining her passion for animals with an amazing nonprofit whose mission is to “inspire actions that protect birds, other wildlife, and their habitats through education, conservation, and research.”

After retiring, **Cindy Valentine**, Ph.D. was able to pursue her interests in nature, birding and wildlife. She supports the Audubon’s mission and served as Audubon Field Trip Chair and on the Master Birder Committee. Cindy currently serves on the OLLI South Alive and Well Curriculum Committee.
The Cathedral: History of the Art and Architecture of Europe’s Greatest

Facilitator: Barbara Pond, Senior Facilitator

To understand the deep historical, religious, social and architectural context that makes a serious study of the cathedral, we will start at the beginning with the development of cathedrals: Why did they come about and when? Why did they take on a particular shape? Who designed and built them, and for what purpose?

After exploring cathedrals from the earliest eras, we will spend time becoming familiar with the monumental style of church architecture and decoration known as Romanesque. We will then turn our attention to the Gothic style, developed in the area around Paris in the second half of the 12th century. Although Gothic architecture is usually associated with pointed arches and flying buttresses, in fact it contains a wide range of forms, and we will see that no two Gothic churches are alike.

We will explore some of the most famous Gothic cathedrals including Saint-Denis, Notre Dame, Chartres, Amiens, Laon and Reims. This course will feature videos by Professor William R. Cook, illustrated with breathtaking photos, detailed floor plans and 3-D models.

Book/Materials: None
Class Type: Lecture, DVDs, discussion
Class Size: Limited to 25 participants
Materials Fee: None

Barbara Pond has spent more than 45 years working in the field of education. Although retired, Barb still enjoys the interaction with others as a participant and facilitator for OLLI classes. Her hobbies include gardening, quilting, cooking, traveling and being a grandma. She enjoys exploring new things and is a life-long learner.
Gotta Dance: The History and Genres of Dance From Around the World

Facilitators: Natalie Conklin, Senior Facilitator, and Sue Bramley, Senior Facilitator

7 weeks, Jan 22, 29, Feb 5, 12, 19, 26, Mar 4

Dust off your dancing shoes, or at least your memories of hoofers past. Remember Fred Astaire dancing on the ceiling? Or Gene Kelly dancing in the rain? How about Rudolf Nureyev, who made classical ballet cool. We will dance through the decades from the 40s to today to see how and why dance has changed based on the times, culture, and fashion. We will cover a variety of dance genres, from tap to toe, jazz to ballroom, ballet to improvisational. But certain elements remain to entertain us and make us smile.

Think of your favorite dancers from stage and screen. We will watch their dancing feet, from Bojangles and Shirley Temple to Patrick Swayze and Michael Jackson. Learn about the famous choreographers who gave them their moves, who include Bob Fosse, Martha Graham, Alvin Alley, and Mikhail Baryshnikov. And after learning all about the history and styles of dance, be ready to have some fun with novelty and fad dances like the Charleston, the Moonwalk, and the Chicken Dance.

From that great philosopher and critic of dance, Snoopy (Peanuts):

“To live is to dance, to dance is to live.”

Book/Materials: None
Class Type: Lecture, DVD and videos, discussion
Class Size: Limited to 35 participants
Materials Fee: None

As co-chair of the Visual and Performing Arts Committee, Natalie Conklin, Senior Facilitator is always looking for new areas of the arts to learn about and share with others, as well as people who have been influential in the arts and brought enjoyment to all. Having taken ballet, tap and toe lessons growing up, she is eager to revisit the art of dance.

Sue Bramley is a Senior Facilitator at OLLI. She learned her appreciation of great musicals at her mother’s knee, then passed it on to her daughters. Though she personally has two left feet, she loves to watch those films often, in case she learns to dance by osmosis! Sue’s thrilled to share her devotion to, and knowledge of dance.
What's in Your Environment?

Facilitator: Randy Putnam

This course will offer the opportunity to discuss some current environmental articles in the news, with an emphasis on Colorado and the Denver area. Discussions will center on the topic as presented in the media, what has been left out, or obscured, and what additional information would be helpful. There is a story behind the story.

There are no textbooks. The main source for environmental news for Colorado is the Denver Post. Google News will occasionally include an article on Colorado. Other sources include CPR: Lookout, a newsfeed from Colorado Public Radio, and local newspapers such as West Word, or the Aurora Sentinel. Read your favorite newspaper or magazine. Watch or listen to other sources of environmental news. Share what you see.

Book/Materials: None required

Class Type: Lecture, videos, discussion

Class Size: Limited to 25 participants

Materials Fee: None

Randy Putnam has spent over 25 years working in various manufacturing facilities in several roles: environmental engineer (compliance), health and safety, and radiation safety, dealing with air pollution, water pollution, solid and hazardous waste, radiation, hazardous chemicals, and emergency response. He has worked for a recycled paper mill, a rubber products manufacturer, a semiconductor fabrication facility and consulting.
Wednesday 1:00 - 3:00

The Art and Science of Alternative and Complementary Medicine

Facilitator: Anne Bennett, Master Facilitator

What is Complementary medicine? Does it work? Is it safe? How do you know? Is science the answer? Maybe. Maybe not. Who/what do you believe? Why or why not? All of us have tried some form of alternative/complementary therapy? It can be as simple as eating more fruits and vegetables or going for a walk each day.

This class will present several alternative/complementary practices with the hope of answering some of these questions, while encouraging you think about things you may not have considered. Come with an open mind and willingness to learn about many of the practices being discussed today. We will have presenters on the following topics (order of topics may change depending on the needs of the speakers):

- Herbs and Nutrition: Jerry Foote, PhD, RD
- Meditation/Mindfulness: Tony Morgan
- CRISPR: Pat Gibson, PhD
- TBD
- Healing Touch, Rieke, Reflexology and more: Meghan Koepsell, RN, BSN
- Traditional Chinese Medicine and Pain Relief: Joe Brady, MSTCM, L. Ac. Dipl. O.M.
- Physical Therapy: Cynthia Huang, PT, DPT
- Music Therapy Video.
- Reading and Interpreting studies: What to look for and things to consider when choosing an alternative therapy
- Wrap-up: Anne Bennett, MPH, RD

Book/Materials: None

Class Type: Lecture, videos, discussion, guest speakers, interactive

Class Size: Limited to 25 participants

Materials Fee: None

Anne Bennett is a Master Facilitator. She is a Registered Dietitian and has worked primarily in the public health setting for more than 30 years. She enjoys learning about all aspect of health.
Wednesday 1:00 - 3:00

The Death of Stalin:
The Movie – The History

Facilitators: Wayne Cassell, Tony Morgan, Mary Morris, Susan Homan, David Welch

Did you watch The Death of Stalin: A Comedy of Terrors and go “Huh”? Are you curious about what really happened? Was the humor so obscure you could not see it? Then this class is for you. The Death of Stalin is a black comedy about the events surrounding Stalin’s death and the upheaval in the Politburo as various individuals plotted for personal gain. Most of us know a little about World War II and post-World War II Soviet history and we lived through Khrushchev, but who were these other guys and why are they important to the story of the USSR and the Cold War? How did they know each other and “interact” with each other? What happened to them after Stalin died?

In this course we will be examining and discussing:

- A brief post-REVOLUTION history of the USSR up to Stalin’s death in 1953
- The actual events vs. the movie portrayal
- Brief biographies of the major historical characters focusing on how they knew each other and the interplay between them
- Brief biographies of the actors portraying them in the movie and why they parodied their characters the way they did

Each week a primary facilitator will present a major character using clips from the movie and lecture. Other facilitators will interact as their character is discussed.

Book/Materials: None required
Class Type: Lecture, DVDs, discussion
Class Size: Limited to 35 participants
Materials Fee: None
Wednesday 1:00 - 3:00

Treasures to Trash — Pathways to Aging in Place

Facilitator: Jenny Fortenberry

4 weeks, Jan 15, 22, 29, Feb 5

Field trip: A visit to the Accessible Systems and Adaptive Showhome. This will depend upon the availability of the Showhome for the class to walk through.

Never in recorded history has mankind stored so much “stuff”. We have our “stuff,” our parent’s “stuff” and our children’s “stuff.” All treasures indeed, but can we keep holding on to them as we approach our “golden years”? Most Americans want to stay in their homes while aging, but how can they safely make this happen with all that “stuff”, and how can they retrofit their homes to make this dream a true possibility.

In this four-week course we will first tackle the issue of how to declutter to simplify our living space. We’ll talk about the usual culprits such as books, photos, papers, clothes and collections. Each participant will then tackle one area of the home they would like to begin for their personal journey. They will then share the joys and challenges of going through the “decluttering” process with the class. Expect to see tears and hear much laughter!!

The facilitator plans to inspire and help you practice some of the issues that will be covered. Resources will be shared that may help on your journey. During the final class, we will discuss ways to retrofit your home to make it more comfortable as needs change. One thing is for sure; we will all have fun and enjoy each other’s support during this transition!!

Books/Materials: Recommended books: The Life-changing Magic of Tidying Up by Marie Kondo and Downsizing The Family Home by Marni Jamison

Class Type: Lecture, videos, discussion, possible field trip

Class Size: Limited to 25 participants

Materials Fee: None

Jenny Fortenberry co-facilitated this class at OLLI South last winter. She has spent 30 years in the field of education, ending her career as Manager of OLLI South. Now retired, she has put the “decluttering” project into full swing. She is no expert, but is willing to share with you her missteps along the way, the biggest being procrastination!!
Wednesday 12:30 - 3:30

You Be the Judge....Which Films SHOULD Have Won the Oscar And Why?

Facilitators:  Sally Walling, Senior Facilitator, and Sue Zloth

As we continue our study of diversity in films and why certain movies receive the Best Picture Award, we’d like to go back a year or two and look at some of the “pairings.” For example, why did Driving Miss Daisy win in 1989 and not Do the Right Thing? Both films deal openly with racism and its consequences. What about the 2019 choices of BlackkKlansman and Green Book? Spike Lee’s films have been nominated twice but no cigar! Then we have the hysterical mixup in 2017 of LaLa Land and Moonlight. How could such disparate movies be up for the same award?

As we view these six films in their entirety we will be evaluating them on their narratives, cinematography, editing, sound and mise-en-scene. We’ll round out the lineup with two foreign film nominees for Best Foreign Film of 2019, Shoplifters from Japan, and Capernaum from Lebanon. Both films showcase families in very unusual living situations. Situations in which the question of diversity has less to do with the color of ones skin or orientation, than with the issue of displacement and living off the grid.

Even if you have viewed all or some of these movies, we will be eyeing them in new ways as we immerse ourselves in the amazing intricacies of great cinema! These pictures deal with adult situations and may contain ideas or language that some may find objectionable. Please join us with an open mind and an open heart as we seek to understand more of the complexities of the world today.

Book/Materials:  None
Class Type:  Lecture, DVDs, discussion
Class Size:  Limited to 35 participants
Materials Fee:  None

Sally Walling, Senior Facilitator, is a retired Language Arts teacher who loves reading great books and poetry, and seeing on the big screen as many independent films as possible!

Recently retired, Sue Zloth loves going to movies and says “I love being in a dark theater and having the movie just take me away!” When Sue is not at OLLI she spends time baking bread and hiking.
Thursday 9:30 - 11:30

Around the World With James Michener

Facilitator: Carol Wilson and Various Presenters

You don’t have to read any Michener works to enjoy this class! Ten different speakers will be exploring the sociology, geography, archeology, anthropology, geology, AND MORE, addressed in nine of Michener’s most beloved novels.

- *Alaska: A Story of Migration* – Stu Gentry
- *Caravans* – Chuck Laskey
- “*Centennial: Why Those First Chapters Are Important*” – Rae Wiseman
- “*Chesapeake: Centuries of Complex Social Issues, in Particular, Slavery, During a Critical Era in U.S. History*” – Susan Peters
- “*The Covenant: South Africa—So Much More Than Fine Wine*” – Dave Jonasson
- “*Poland: Its Impact on Europe and America*” – Charlie Holt
- *The Source* – Ira Rifkin and Shelley Taylor
- “*Tales of the South Pacific: Sociological Ramifications of American and British Intervention*” – Sally Walling
- *The World is My Home: A Memoir* – Carol Wilson
- *Michener: A Writer’s Journey* by Stephen J. May – Carol Wilson


Class Type: Lecture, videos, discussion

Class Size: Limited to 50 participants

Materials Fee: None

Carol Wilson graduated from SUNY Plattsburgh in 1970. Her favorite jobs were as a transcriber and then a research assistant at UT Health San Antonio, School of Medicine, Department of Orthopaedics.
Thursday 9:30 - 12:00

The Art of Making Movies

Facilitator: Bob Magnani, Diamond Facilitator

Note: Some classes may end at noon

Movies are magic – entertaining, emotionally moving, sometimes with awesome effects, they are able to create and spread unifying visions of our world. But they don’t just “happen.” Join us as we step behind the camera and take a journey through the movie creators’ eyes from studio executives, producers, casting people, actors, writers, cinematographers, editors, composers, technicians and directors and understand what it takes to create the story, finance it, put together the team, and produce the movies we all enjoy so much in this most collaborative of all arts.

This course is a combination of informative videos and group discussion and is appropriate for all levels of film fans.

Some sessions may end as much as 30 minutes late (at 12:00 p.m.) due to the amount of material / desire for adequate discussion. Many will end short of that.

Book/Materials: Handouts will be provided by the facilitator
Class Type: Lecture, videos, discussion
Materials Fee: None

Bob Magnani, Diamond Facilitator, has taken 78 OLLI courses and facilitated 32 classes on movies and movie making, acting, comedy, and chess. He has Arts and Engineering degrees from Columbia, PhD work at NYU, telecommunications design work and management at Bell Labs and U.S. West and managed a large product line at AT&T. Bob has seen thousands of films in his lifetime.
Facilitator: Wilt Cooper

Bridge is the world’s most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further.

This class is for experienced bridge players who want to enhance their bidding techniques with a better grasp of standard conventions and the addition of new bidding conventions. More study will be done on competitive bidding, using Doubles and Overcalls. We will study slam bidding techniques, including Roman Key-card Blackwood, Gerber, and Cue-bidding. We will also discuss more defensive techniques and learn the basics of the 2 over 1 bidding system. As the class progresses, we will complete each appropriate section of the Convention Card to understand how they fit with standard systems. This card provides the foundation to communicate and play with any new bridge partner.

Prerequisite: Preferably completion of the four previous OLLI courses - “Bidding,” “Play of the Hand,” “Defense,” and “Common Conventions,” or instructor approval based on bridge playing experience with current standard techniques.


Class Type: Lecture, discussion, playing hands

Class Size: Limited to 25 participants

Class Fee: Members $60; Guests $100

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. Wilt has earned a Silver Life Master in bridge, is teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.
Music and Math

Facilitator: Dan Pond, Senior Facilitator

7 weeks, Jan 16, 23, 30, Feb 6, 13, 20, 27

Music and mathematics are marvelously interrelated. When we listen to music, the sounds from vibrating strings or columns of air can be modeled and described by mathematics. When the sound gets to our ears, a complex process takes place between the ear and the brain which can also be described by mathematics. The class will look at music composition which suggests that it can also be described mathematically. The class will also investigate how the availability of music today is basically digital in the form of MP3 files or CDs and that math is used to enhance the listening experience.

Does music soothe the savage beast? Math does not allow us to come to a conclusive answer. The objective of this class is not to turn us into mathematicians but rather to enjoy the music we hear in a different and wonderful way.

Book/Materials: None required
Class Type: Lecture, DVD and videos, discussion
Class Size: Limited to 25 participants
Materials Fee: None

Dan Pond, Senior Facilitator, has facilitated several OLLI courses connected to science, mathematics and physics. He holds a Bachelor of Science and Master of Science degrees in Electrical Engineering and is retired following a 43-year career in the aerospace industry.
Did you know that English is an official language in Fiji? That 63% of people in China report that they use English most often to communicate with those in other countries? That over 2000 of the words we use today were first recorded by Shakespeare?

In this class, a repeat of the one offered in 2018, we will examine how a few Germanic dialects spoken in England by warrior tribes in the 5th century evolved into the global language that English is today. This course will explore the roots of English and trace its development through various major events including the Norman Conquest of England, Shakespeare’s innovations, the expansion of the British Empire, and America’s ascendance as a global power. How have the everyday lives of people in various parts of the world shaped English? Where is it going today?

**Book/Materials:** None required  
**Class Type:** Lecture, DVD and videos, discussion  
**Class Size:** Limited to 25 participants  
**Materials Fee:** None

*Susan Polycarpou* is a retired English as a Second Language instructor. Her academic background includes a BA in German as well as an MA in TESL. In this course she will share her fascination with historical linguistics as it relates to the history of the English language.
Thursday 1:00 - 3:00

The Adventures of Wildlife Photography

Facilitators: Ellen Nelson and Cindy Valentine

6 weeks, Jan 16, 23, 30, Feb 6, 13, 20

Wildlife photography can result in some of the most exciting photos you will ever take. However, you must know your camera, know what makes a good image, and know where to go to get the shot.

Join professional award-winning photographer and publisher, Ellen Nelson, for this engaging six-week course that will up your game when photographing wildlife.

Book/Materials: None

Class Type: Lecture, discussion

Class Size: Limited to 25 participants

Materials Fee: $30 to be paid at registration

Ellen Nelson has been an Evergreen-based professional photographer most of her life. Her award-winning photos have been used in advertisements around the world and she exhibits in four Colorado galleries. Ellen’s photo of mountain goat kids, “New Kids on the Rock” is the cover for the Sept/Oct Colorado Life magazine. Her favorite subject to photograph, “Anything that moves.”

After retiring, Cindy Valentine, was able to pursue her interests in nature, birding and wildlife. She is a longtime admirer of Ellen Nelson’s work and is excited to have Ellen share her expertise with OLLI South.
Thursday 1:00 - 3:00

Contemporary Issues in the Greater Middle East: Causes and Consequences

Facilitators: Mary Morris and Tony Morgan

The political fabric of the Middle East is woven from many threads, some historical, some religious, some cultural—and almost all are unfamiliar to most Americans, who tend to believe that the region is incomprehensible and irrational. This class will look at a collection of issues currently of concern in the Middle East and Western Asia (including Afghanistan) and will examine them in terms of their potency in the region and their implications for United States policy. The issues that will be considered are:

- Islam
- Terrorism
- Palestinians and Israelis
- Saudi Arabia
- Iran
- Afghanistan, Iraq and Syria
- Human rights, economies, and social crises
- Environmental and security issues

The primary goal of this class is to enable students to contextualize, and thus better understand, the highly complex nature of Middle East politics and its multi-ethnic, multi-lingual, societies. We will look at the role of Islam in Middle East cultural and political life, the nature and likely future course of terrorism, problems with Saudi Arabia, Iran, Syria and Iraq, the fate of the peace process between Israelis and Palestinians, the extent of U.S. vital interests in Afghanistan, the effect of failing economies on societies, and the increasing role the environment plays in the security of governments and states.

Book/Materials: None required
Class Type: Lecture, DVD and videos, discussion
Class Size: Limited to 25 participants
Materials Fee: None

Mary Morris is a former policy analyst at the RAND Corporation, an administrator at the Los Angeles World Affairs Council, and a former adjunct professor at the Korbel School of International Studies at the University of Denver. She is very happy to be co-facilitating another class with Tony Morgan!

Tony Morgan is a retired Air Force Officer and Engineer. He looks to historical precedent to provide insights into the present across a broad spectrum of experience.
The Great Game of Bridge — Play of the Hand

Facilitator: Wilt Cooper

Bridge is the world’s most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further. It is played by nearly 40 million people just in North America with international tournaments annually.

This class is for bridge players who want to become a better declarer. We will learn how to accurately count winners and losers, know what are quick losers and slow losers, develop additional winners through promotion, length, or finesses; and eliminating losers with ruffing and discarding. We will study techniques for maintaining transportation, maintaining trump control, conducting hold-up plays, protecting against dangerous opponents, and planning the play of the hand before you make your first play from dummy. The class will also include some basic guidelines for defense, preemptive bid guidelines, a review of the Stayman convention, and introduce the Jacoby Transfer convention.


Class Type: Lecture, discussion, playing hands

Class Size: Limited to 25 participants

Class Fee: Members $60; Guests $100

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. Wilt has earned a Silver Life Master in bridge, is teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.
The Nature of Existence: A Philosophical Inquiry

Facilitator: Mike Sutton

Why do we exist – and what is the best thing about existing? These are two of 85 questions asked in the documentary, *The Nature of Existence*. Roger Nygard traveled around the globe to the source of the world’s different belief systems and asked theologians, scientists, skeptics, and everyday people why we exist and what are we supposed to do about it? What started the Universe and was it a mistake? Does God exist and why does he seem so interested in our sex lives?

This class will view sections of the documentary that the filmmaker has subtitled:

- Truth and Faith
- Sin and Free Will
- Morality and Sexuality
- Existence and Purpose

After each section, the class will discuss the amazing diversity of thought-provoking and entertaining answers.

**Book/Materials:** None  
**Class Type:** Lecture, videos, discussion  
**Class Size:** Limited to 25 participants  
**Materials Fee:** None

*Mike Sutton* has had a lifelong interest in philosophical and theological ideas. He holds an associate degree in nursing and a B.A. in psychology.
Recorder Fun and Basic Music Theory

Facilitator: Pat Gibson

A soprano C recorder is required. The more you practice playing outside of class the better you will become!

We will learn about the recorder and learn to play the soprano C recorder and read music in the treble clef. Each session will cover some basic music theory which we will apply when we play our recorders during the session.

We will cover four properties of sound, basic music notation, flats and sharps, key signatures, major and minor scales, beat, tempo, time signatures, and rhythmic patterns.

We will lightly touch on the circle of fifths, intervals, triads and chords.

**Book/Materials:** Required book: *Nine-Note Recorder Method* by Penny Gardner

**Class Type:** Lecture, videos, discussion, interactive

**Class Size:** Limited to 15 participants

**Materials Fee:** None

*Pat Gibson* played first chair flute in concert band and orchestra at Iowa State University, and also in various community and church groups. She has been a soloist and has given private flute lessons. She has played in recorder groups and led recorder groups for church and scouts. She is a member of Sigma Alpha Iota, a music fraternity.
Social Influences on What We Eat: The American Story

Facilitator: Anne Marshall Christner, Diamond Facilitator

Remember Oliver Twist’s mournful song in the musical Oliver: Food, glorious food? It’s true that food can be glorious; but it can also be puzzling. Sure we need it to fuel and sustain our bodies. We use food in cultural rituals that help us assert our identities and maintain relationships. And of course we simply enjoy it! But what we eat and drink, when and where we consume it, and who grows, processes, and prepares it has changed radically over the centuries. The question is why? Another question is to what extent such changes have been to our benefit and within our control?

This course, which will use selected lectures from a Teaching Company series entitled Food: A Cultural Culinary History, will cover the revolutions and evolution in what and how we eat. We will consider some important questions about what factors have been most influential in shaping and changing our diets – that is, geography, technological innovations, economic and social forces, including migration patterns of people. And we will ask ourselves about the consequences of these changes in our dietary habits – both personal and global.

This is a topic that engages most everyone, and should offer you totally new ways of looking at the forces of change in our everyday lives.

Book/Materials: Handouts will be provided by the facilitator

Class Type: Lecture, DVDs, discussion

Class Size: Limited to 20 participants

Materials Fee: None

Anne Marshall Christner, Diamond Facilitator, has a long interest in social and economic change – how it comes about, who benefits, what are the outcomes? She has conducted doctoral research on changes in dietary habits in the United States, and will bring that experience to this course. Anne has facilitated many courses at OLLI – enough to make her a Diamond Facilitator!
Many of our OLLI South members have requested that we offer more fine arts and language courses. We’re pleased to again collaborate with Arapahoe Community College (ACC) to help us meet this goal. ACC will offer an almost 50% discount (available only to OLLI members registering for current term classes via the OLLI South registration site) to a selection of their courses designed for the 50 plus community.

The list of ACC courses was not available by print deadline so be sure to check out the on-line catalog version prior to registering to see the list of courses for Winter 2020. In Fall 2019, twenty courses were offered by ACC to our OLLI members. If you decide to take advantage of this offer, you will register in a new section called “ACC Courses” during the OLLI South on-line registration process.

Please note the ACC courses will be at locations other than Valley View Christian Church and at dates/times differing from OLLI at DU dates/times. All require an additional fee and possibly a materials fee, supplies, or a required book so please review the information carefully!

Littleton ACC Campus  
5900 S Santa Fe Dr, Littleton, CO 80120

Parker ACC Campus  
15653 Brookstone Drive, Parker 80134

Castle Rock ACC Campus  
4500 Limelight Ave, Castle Rock, CO 80109
Exploring Acrylics

**Instructor:** Candace French  
Fridays, 1:00 - 4:00 p.m.
6 sessions, Jan 31, Feb 7, 14, 21, 28, Mar 6

**Littleton ACC Campus**

Explore blending brilliant colors, brushwork, brush care, palette knife painting and more. Enjoy “chalk talks,” demos and lots of individual attention. *Composition and The Five Easy Steps to Jumpstart Any Painting and Bring It to Completion* will be shared. Bring an image or photo that makes your heart sing!

**Cost:** $90 plus supplies, and $5 material fee

Beginning Watercolor

**Instructor:** Brian Brennan  
Tuesdays, 7:00 - 9:00 p.m.
6 sessions, Jan 28, Feb 4, 11, 18, 25, Mar 3

**Littleton ACC Campus**

Learn how to paint with watercolor. No experience necessary. This class explores the usage and application of watercolor paint. Discover how artists use the unique medium of watercolor to achieve beautiful light effects!

**Cost:** $65 plus supplies

About Color

**Instructor:** Marjory Wilson  
Saturday and Sunday, 10:00 - 12:30 p.m.
2 sessions, Feb 22 - 23

**Littleton ACC Campus**

Let’s play with color in a 2-day color immersion. We will discuss the 5 most important aspects of color in art, Value, Saturation, Temperature, Harmony and Complements. Review how each of these affect your painting, do color mixing exercises and discuss types of color choices like Monochromatic, Triadic, Analogous and more. If you are new to art, just returning or a experienced artist, this class will help you make better choices and paintings!

**Cost:** $50 plus supplies & $5 Material Fee

Snow, Snow, Snow - Painting Winter Scenes

**Instructor:** Marjory Wilson  
Tuesdays, 5:30 - 8:00 p.m.
5 sessions, Jan 28, Feb 4, 11, 18, 25

**Littleton ACC Campus**

Embracing winter and warming up our painting skills. Painting snow is an exercise in seeing the hidden color and enhancing it. We will study other painters use of color in winter scenes as well as the style and methods used. Focusing on composition, color, value, harmony,
dimension, perspective and drawing. Bring your own reference photos or I will have some for you. This class is for all levels.

Cost: $80 plus supplies

You Can Draw!

Instructor: Brian Brennan

Thursday, 7:00 - 9:00 p.m.
6 sessions, Jan 30, Feb 6, 13, 20, 27, Mar 5

Littleton ACC Campus

Learn to draw anything you see! Discover how artists “record” images onto paper. Great observational drawing class for beginners. Utilize proven methods behind portraits, still life and landscape drawing. Explore line, texture and tone as you learn shading techniques. Advanced subjects reviewed for the experienced artist as well.

Cost: $65 plus supplies

Knitting for Everyone

Instructor: Sonia Berlingerri

Thursday, 6:30 - 8:30 p.m.
8 sessions, Jan 23, 30, Feb 6, 13, 20, 27, Mar 5, 12

Littleton ACC Campus

Learn to knit! Why not? This class is laid back, stress-free and full of motivating discussions that focus on the health benefits of knitting (who knew it was good for you too?). Whether you’re new to knitting or need a refresher course, you’ll learn the skills necessary to make beautiful hand-knit items. This course teaches you how to cast on, knit and purl stitches, knit several different patterns, cast off, read simple patterns and understand basic construction of knit items with several tips and tricks along the way. A starter kit and yarn can be purchased from the instructor and patterns are included. Good for all ages, participants under 16 years of age must be accompanied by an adult.

Cost: $75 plus $25 material fee to instructor

Chancery Hand Calligraphy

Instructor: Evette Goldstein

Thursday, 6:30 - 8:30 p.m.
5 sessions, Jan 30, Feb 6, 13, 20, 27

Littleton ACC Campus

Learn Chancery Italic Calligraphy. Discover the joy of self-expression through this beautiful ancient art form. If you are left handed, the material fee will be $7 more. Please notify the office upon registration.

Cost: $55 plus $45 material fee to instructor

continued
ACC String Orchestra

**Instructor:** Mei-Mey Segura

**Mondays, 5:30 - 7:30 p.m.**  
Jan 27 - May 11

**Littleton ACC Campus**  
Join the ACC orchestra. Class is for players age 12 to adult. You must have previous playing experience. Register at least 10 days prior to class start date.  
**Cost:** $80

**ACC Chorus**

**Instructor:** Ron Kientz  
**Tuesdays, 7:00 - 9:00 p.m.**  
Jan 21 - May 12

**Littleton ACC Campus**  
Join the ACC chorus no matter what your music ability is. Class is for adults. Register at least 10 days prior to class start date.  
**Cost:** $35

**ACC Jazz Ensemble**

**Instructor:** Cecil Lewis  
**Thursdays, 6:00 - 8:00 p.m.**  
Jan 23 - May 7

**Littleton ACC Campus**  
Join the ACC Jazz Band. Class is for adults. You must have previous playing experience. Register at least 10 days prior to class start date.  
**Cost:** $80

**Pop/Rock Ensemble**

**Instructor:** Aaron Walker  
**Fridays, 1:00 - 3:00 p.m.**  
Jan 24 - May 8

**Littleton ACC Campus**  
Join the ACC Pop/Rock Band. Class is for adults. Previous playing experience preferred. Register at least 10 days prior to class start date.  
**Cost:** $80

**Jazz Fusion Ensemble**

**Instructor:** Gregg Ziemba  
**Thursdays, 3:00 - 5:00 p.m.**  
Jan 23 - May 7  
**Note:** No class Jan 28

**Littleton ACC Campus**  
Join the ACC Jazz Fusion Ensemble. Class is for adults. Previous playing experience preferred. Register at least 10 days prior to class start date.  
**Cost:** $80
Beginning Spanish
Discover basic Spanish including common phrases and vocabulary that will enable you to communicate simply and clearly.

**Littleton Campus**
**Cost:** $100 plus book

(Soister), Thursdays, 6:00 - 8:00 p.m.
10 Session, Feb 5-Apr 8

**Parker Campus**
**Cost:** $100 plus $35 material fee

(Rosado), Tuesdays, 6:00 - 7:30 p.m.
10 Sessions, Feb 25-Apr 28

**Castle Rock Campus**
**Cost:** $100 plus $35 material fee

(Carmona), Saturdays, 10:00 - Noon
10 sessions, Feb 29-May 2

Intermediate Spanish
Improve your skills learned in Beginning Spanish (a prerequisite for this class), or you may obtain permission from the instructor before enrolling.

**Parker Campus**
**Cost:** $80 plus $35 material fee

(Carmona), Mondays, 6:00 - 8:00 p.m.
8 Sessions, Feb 3-Mar 23, 6-8 p.m.

**Littleton Campus**
**Cost:** $100 plus book

(Soister), Tuesdays 6:00 - 8:00 p.m.
10 sessions, Feb 4 - Apr 7

Introduction to American Sign Language

**Instructor:** Jennifer Wise

Tuesdays, 6:00 - 8:00 p.m.
10 sessions, Feb 18 - Apr 28
Note: No class March 17

**Littleton ACC Campus**
A 10-week course that introduces students to American Sign Language. Students will learn how ASL is different from English and learn about Deaf culture in addition to learning signs for pronouns, greetings, questions, and other elements of basic conversation. Students will have access to teacher-made videos to aid with practice for knowledge retention from week to week.
**Cost:** $100 plus optional book
Latin and the Romance Languages and English

**Instructor:** John Soister  
**Littleton ACC Campus**  
**Cost:** $100, plus book

Latin for beginners, offering grammar and vocabulary with references to the language’s influences in Italian, Spanish, Romanian, Portuguese, and French (the “Romance” languages) and in English. With cultural and historical accents.

**Wednesdays, 6:00 - 8:00 p.m.**  
10 sessions, Feb 5 - Apr 8

Beginning Mandarin Chinese

**Instructor:** Holly Yang  
**Littleton ACC Campus**

If your life has anything to do with China, or if you are interested in China, this class will get you started on the right path. You will learn the phonetic Chinese pronunciation system, basic vocabulary, expressions, sentence patterns, and simple conversations. You will also gain knowledge about Chinese characters and Chinese culture. The essentials offered in this class will continue to assist you to use and to learn the language after this class.

**Tuesdays, 6:00 - 7:45 p.m.**  
10 sessions, Jan 28 - Apr 7

Beginning Japanese

**Instructor:** Guang Yeung  
**Littleton ACC Campus**

A 10-week course that introduces students to the Japanese language and culture. Students will learn basic vocabulary, expressions, grammar, and sentence patterns. There will an emphasis on conversation practice with a focus on natural communication. Students will also learn about the four forms of Japanese writing and be familiar with Romaji and Hiragana. The foundation offered in this course will allow students to continue further exploration of the language and culture after the class.

**Wednesdays, 6:00 - 8:00 p.m.**  
10 sessions, Jan 29 - Apr 1

**Cost:** $100, plus book

Get the Most from Your Android Devices Hands-on

**Instructor:** Jon Rager  
**Littleton ACC Campus**

Learn how Android smartphones and tablets have changed the way the world communicates. Then, dive in to explore your own device. Bring your

**Tuesdays & Thursdays, 4:30 - 6:30 p.m.**  
4 sessions (2 weeks), Feb 4, 6, 11, 13
Android smartphone and tablet to get hands-on time with the assistance you need to develop proficiency. Learn to navigate your device, discover the world of apps, GPS navigation, media and entertainment, work productivity, photography, and more. Explore security and safety features to keep your data safe. Even talk to your device!

Cost: $65

**Voice-Overs: NOW is YOUR Time!**

**Instructor:** Wendy Shapero

**Littleton ACC Campus**

In what could be the most enlightening two hours you’ve ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you’ve been looking for.

Cost: $27

**Beginners Creative Writing Workshop**

**Instructor:** Kathryn Ricks

**Littleton ACC Campus**

Writing Workshops are a staple of the writing community: ideal places to network, connect, get feedback and practice craft. Yet, for the first time participant, critiquing and revision in a group setting can be terribly intimidating. Join us for an afternoon of discussing all the ins and outs of forming and attending an effective Creative Writing Workshop for any genre.

Cost: Each session is $30

**Daily Strategies for Living Positively: The Science of Happiness**

**Instructor:** John Ameen

**Littleton ACC Campus**

What makes life worth living? How do we keep our heads up and avoid being bogged down in negativity? Positive psychology is the study of what makes people flourish in all areas of life. This course delves into the science continued
of positive psychology to give you practical strategies you can use each day to increase positive well-being on a short and long-term basis. These are science-based strategies that have been used by mental health practitioners around the world and have the power to change the way you live. Topics will include, but are not limited to: how to experience more positive emotions; the science of gratitude; mindfulness; changing stress mindset; building positive relationships.

Cost: $60 plus $5 materials fee to instructor

**Meditation 101: The Art and Science of Living Mindfully**

**Instructor:** Ben Grieg  
**Tuesday, 6:00 - 8:00 p.m.**  
**1 session, Feb 25**  
**Littleton ACC Campus**

This workshop will illuminate different meditation techniques including body awareness, breath awareness and mantra meditation practices. Students will learn the incredible neuroscience behind meditation, what meditation is and isn’t, meditation’s compounding mental, physical and emotional benefits, and tools to implement a personal daily practice.

**Workshop benefits:**
This custom meditation workshop is for anyone who seeks to live a more energetic, vibrant and balanced life. Creating a daily meditation practice increases energy, emotional resilience and mental clarity. In this workshop, participants will learn how daily mindfulness and meditation practices:

- Reduce stress and fatigue
- Increase the healing response
- Increase energy and vitality
- Improve emotional and mental engagement

**Cost:** $20
2019-2020 OLLI South Curriculum Committee

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For information about classes at each OLLI site:

**OLLI at DU**
https://universitycollege.du.edu/olli/

**OLLI Boulder**
Barbara Darling
https://portfolio.du.edu/olliboulder

**OLLI Central**
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**OLLI East**
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**OLLI-on-Campus**
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**OLLI South**
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**OLLI West**
Susan Schmetzer
https://portfolio.du.edu/olliwes

**OLLI South classes are held at:**
Valley View Christian Church
11004 Wildfield Lane
Littleton, CO 80125