



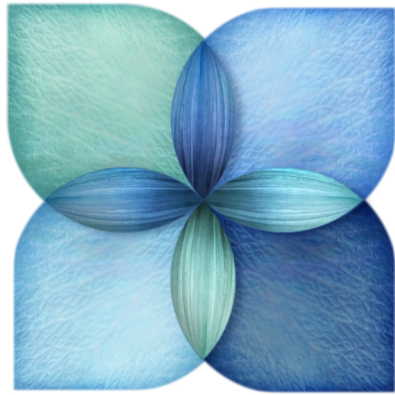
Fall 2023 Course Catalog

Registration
begins
Sept. 18

olliatwvu.org



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About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.

OLLI at WVU recognizes the unique experiences, capabilities, and wisdom of mature members of our communities and emphasizes the sharing of ideas through peer learning, member participation, and collaborative leadership.

Courses are developed and taught by volunteers who are passionate about their topics, avocations, and interests, and love to share their ideas.

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- The Bernard Osher Foundation
- West Virginia University, President's Office
- WVU Foundation
- WVU School of Public Health (SPH)
- OLLI Board Members, Committee Members, and Volunteers
- OLLI \$100K Club, Donors, and Sponsors
- Our Distinguished Instructors
- OLLI Members

OLLI Advisory Council (2023-2024)

Joyce Bower	Leslie Lovett
Kenton Colvin	Joanna Lowley
Kristie Gregory	Rosanna Schafer
Felicita Fataki	William Vieweg
David Foster	Nancy Wasson
Jack Hammersmith	Stephen Wetmore
Carol Henry	Sarah Woodrum, SPH Rep.

Emeritus Advisors

Roger Dalton	Jim Held
Ed Johnson	Bev Kerr

OLLI Staff

Jascenna Haislet, Director
Michelle Klishis, Professional Technologist
Diane Cale, Program Assistant
Susan Martino, Program Assistant

The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. Founded in 1977 by Bernard Osher, a respected businessman and community leader, it has funded a national network of 125 Osher Lifelong Learning Institutes. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about the Bernard Osher Foundation, visit www.osherfoundation.org.



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Mark Your Calendar for These Important Dates

Winter term - January 16 - March 11

Winter course proposals due	October 2
Winter registration begins	January 2

Spring term - April 8 - May 31

Spring course proposals due	January 2
Spring registration begins	March 18

OLLI Membership

Membership is open to curious adults interested in programs designed specifically for those 50 and over who want to engage socially and intellectually.

Benefits

- *The opportunity to learn and to meet new friends.*
- *Discounts on travel and events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*
- *Access to Shared Interest Groups and technology assistance.*

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

for unlimited courses
(payable only during quarters in
which you register for classes)

* Other fees may apply and are noted
on individual courses, events, or groups.

Financial Assistance Available

OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members.

However, we recognize that membership and registration fees may be out of the reach of some individuals. Therefore, fee waivers are available. We do ask that you pay what you can for the membership. A payment of as little as \$5 or \$10 will allow OLLI at WVU to include you as a paid member in our report to the Osher Foundation.

To apply, ask for a confidential application at the OLLI office or fill out the application form on our website at olliatwvu.org/learn-more/scholarships/ or scan the QR code to the right.

Applications and information submitted are kept strictly confidential.



Welcome to the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU)

Whether you are new to OLLI or returning for another term, we are delighted to have you with us. The arrival of fall is filled with excitement! The changing colors of the trees, cooler temperatures, the return of football, sweaters and wool socks, and of course, new school supplies as we go Back to School!

OLLI at WVU makes Back to School fun for everyone, offering the opportunity to learn in a relaxed atmosphere. With classes in art, film, music, literature, history, religion, geology, current events, and much more, OLLI will engage and inspire you. Members can choose from more than 70 different lectures, workshops, events, discussions, and shared interest groups from early October through mid-December. Some will meet in-person in the Morgantown area or the Kanawha Valley and some will meet on Zoom, providing members and friends options for participation.

In addition to the course and event descriptions and biographies of our talented volunteer instructors, in the following pages you will find information about OLLI membership, different ways to take a class or participate in an event, where to find the latest OLLI news, how to apply for financial aid (we don't want cost to be a barrier to participation), and more.

You will also see that OLLI offers more than educational experiences. As a member- and volunteer-focused organization, OLLI at WVU offers opportunities to make new friends; share your experiences, knowledge, and skills with others; and support lifelong learning and healthy aging in our communities. Social events, such as our Sunday evening Happy Hours, and community events open to the public are important parts of OLLI's mission - *to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50 plus.*

Free from the pressure of exams and grades, this is learning simply for the fun of it. OLLI welcomes all older adults, regardless of educational background, who wish to learn something new, experience a new adventure, discover a new interest, return to a once forgotten passion, share their wisdom, and expand their horizons. We have a seat waiting for you!

Jascenna Haislet
Director, OLLI at WVU

jascenna.haislet@hsc.wvu.edu

Taking Classes with OLLI @ WVU

OLLI classes are open to all members, regardless of where they live.

Morgantown members are invited to attend classes in the Kanawha Valley and members from the Kanawha Valley are welcome to attend classes in Morgantown. Members who reside further away are welcome to join us in person when they are in town.

Contact the OLLI office at 304-293-1793 to make arrangements.

OLLI instructors are volunteering their time and talents. **Please be respectful of your course instructors and fellow participants.** Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Zoom links will be emailed to those enrolled in online classes by 9:00 a.m. the morning of the class/event.

Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class. If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

Don't Forget Your OLLI Name Tag

We may recognize faces but we don't always remember names. Please help us remember you by wearing your OLLI name tag when attending classes and events in person.

OLLI provides a name tag for each of our members. New members can pick up their name badges from the OLLI office in Morgantown or from our program assistant, Susan Martino, in the Kanawha Valley.

If you need a new name tag, please let us know. We're happy to make one for you.



How to Register

The fall term runs October 2nd through December 20th.

To register, you must have a current membership and have paid the required fees for the term.

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at <https://wvusph-olli.augusoft.net/>
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form. Mail to: OLLI at WVU
5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.

If you pay with a credit or debit card, the charge will show as: WV OLLI.

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

**Fall Registration begins
September 18, 2023**

Register Anytime!

Registration remains open throughout the term for most classes and events.

Registration & Attendance Matter

We understand that plans change, especially when you're asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members' active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office at 304-293-1793 or email olli@hsc.wvu.edu. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

Special Member Events & Benefits

Special member events, opportunities, and interest groups, unless otherwise noted, are free for current OLLI members! Payment of term enrollment fee is not required.

Ask a Geek

Michelle Klishis

Request an appointment at <https://bit.ly/3PcyiwP> or email olli@hsc.wvu.edu (please include "Geek Question" in the subject line.)

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help. Members may request an appointment in-person in Morgantown or via Zoom. Please note that Michelle's strengths are Android phones, Windows PCs, Microsoft Office software, and digital security and privacy.

Buff City Soap

Saturday, October 14, 12:00 - 1:30 p.m.
Kanawha Valley: 220 RHL Blvd, Charleston
Morgantown: 5407 University Town Centre Dr, Morgantown
Materials Fee: \$35 for OLLI members
\$40 for non-members
Reservation deadline: September 28

Participants will have up to 90 minutes of hands-on party time reserved in the Makery. You will experience Makery Magic firsthand, learn all about Buff City's handmaking process, and make up to five custom Mini Bath Bombs of your own!

Huntington Museum of Art Tour

Museum Staff



Wednesday, October 18, 10:00 - 11:30 a.m.
Huntington Museum of Art
2033 McCoy Rd, Huntington
Free for OLLI members; \$10 for non-members

Participants will meet at the Huntington Museum of Art (HMA) and Plant Conservatory for a guided tour through each exhibit and then visit West Virginia's only plant conservatory, which contains over 100 varieties of orchids! HMA encompasses a permanent art collection of more than 16,000 objects, ten exhibition spaces, an interactive education gallery, an art reference library of nearly 27,000 volumes, a 287-seat auditorium, the only tropical and subtropical plant conservatory in the state of West Virginia, a coral reef aquarium, two outdoor sculpture courts, five studio workshops, two miles of hiking trails, and a quarter-mile paved accessible Sensory Trail for the visually impaired. Current exhibits include *Minnie Adkins: Story Carvings* and *Earl Gray: Hand-Carved Stones*.

OLLI Virtual Happy Hour

Sundays, October 1 - December 17, 6:30 - 7:30 p.m.
Zoom

Join us for an on-line happy hour with OLLI members! We're going to chat and socialize and check in on each other! Take this opportunity to dress up and chat with people you haven't seen for a while or maybe haven't met, in person, before!

Take a Hike: You Decide the Trail

Michelle Klishis, Michael Hyde

Friday, November 3, 9:00 a.m. - 12:00 p.m.
Cooper's Rock State Forest



Take a hike with Michelle and Michael at Coopers Rock State Forest. As a group, participants will decide how strenuous or easy a hike they want. Check your email for details about how we'll decide on the trails. If it's raining heavily the scheduled day, the hike will be postponed one week.

A Visit to the Kanawha County Public Library

Stan Howell



Monday, November 13, 10:00 - 11:30 a.m.
123 Capitol St, Charleston

We have been seeing the construction for months. Now, let's go see the final product! OLLI will be taking a trip to tour the newly renovated Kanawha County Public Library. Located at 123 Capitol Street, we will be learning all about how the old and new parts of the library blend together, see new spaces for gathering, and the services of the library.

Stan Howell is the Marketing and Development Manager for the Kanawha County Public Library.

Need assistance with Zoom?

Interested in taking an OLLI class but not sure how to use the online meeting software, Zoom? OLLI's professional technologist, Michelle Klishis, will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Contact the OLLI office to arrange a session.

Community Events

Community events, hosted by OLLI at WVU, are free and open to the public. OLLI membership is not required although reservations are.

Fashioned Bodies: The Material Consequences of Getting Dressed

Katie Baker Jones

Wednesday, October 4, 2:30 - 4:00 p.m.
Zoom

Register at <https://bit.ly/44B5SF2> to receive the Zoom link.

Co-hosted with the WVU Committee of Retired Faculty.

Dr. Jones's research explores the construction of meaning through and for dress objects and practices. A central theme of her scholarship is liminality, both physical and metaphorical. She has focused particularly on the role fashion media has played in meaning construction for the fashion industry in the late twentieth and early twenty-first centuries.

Katie Baker Jones, PhD (University of Missouri, '14) is an associate professor and serves as the program coordinator in the Fashion, Dress and Merchandising department in the WVU School of Design and Community Development.

History Alive: Gabriel Arthur

Doug Wood



Monday, October 9, 10:00 - 11:30 a.m.
Schoenbaum Center

Arthur is believed to be the first white man to see the Kanawha Valley while traveling with a band of Indians in 1674. He was sent with a partner and others from Fort Henry (present Petersburg, Virginia) to explore western lands and trade with the Indians. His partner was killed and Arthur traveled widely with the natives, apparently participating in

raids in the Ohio Valley and elsewhere. During this time, he followed the Big Coal River to its mouth at the Kanawha River. Arthur and the southern Indians with whom he traveled were welcomed at the large Moneton Indian village at present St. Albans before returning to Fort Henry with a load of furs.

History Alive: Charles Schulz

James Froemel

Wednesday, December 6, 2:30 - 4:00 p.m.
Zoom & Morgantown B

Co-hosted with the WVU Committee of Retired Faculty.

A veteran of World War II, Charles Schulz was a cartoonist best known as the creator of the *Peanuts* comic strip that featured Charlie Brown, Snoopy, Linus, and all the rest of the gang. Schulz's first *Peanuts* strip was published in 1950 in seven newspapers. At the time of his death in 2000, the strip was appearing in 2,600 papers around the world. Schulz recognized that comics were not just a medium for children. His ability to connect with people through a four-panel strip using dry humor, sarcasm, wit, and melancholy resulted in an ongoing daily narrative that lasted nearly 50 years. The popularity of his characters worldwide put them in demand for television specials, merchandise, movies, books, theatrical productions, and commercials, with NASA spacecraft named in their honor.

T'ai Chi Classes

Led by Cecil Pollard* & Bill Koehler*
Hosted by OLLI at WVU and
The Shack Neighborhood House



Saturdays, October 7 - December 16
The Shack Neighborhood House (537 Blue Horizon Dr.)

Register at <https://bit.ly/3x8lyi8> or on the enclosed form.

Introduction to T'ai Chi and Qigong

10:00 - 10:50 a.m.

This course is an introduction to a version of Yang Style T'ai Chi as modified and taught by Cheng Man-ch'ing. In this course, students will learn the basic principles of T'ai Chi and how to do the T'ai Chi form.

Intermediate T'ai Chi

11:00 - 11:50 a.m.

This group provides an opportunity for participants who have moved beyond the beginning level to continue practicing together. Enrollment by permission of OLLI instructors.

Symbol Key

Throughout OLLI's course catalog, you will see various symbols next to names, locations, and event titles. Below is a list of those symbols and what they mean.

* An asterisk next to an instructor's name indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours.

M This symbol next to a class or event indicates that it will be held in-person in Morgantown only.

KV This symbol next to a class or event indicates that it will be held in-person in the Kanawha Valley only.

Irving Goodman Aging Lecture Series

17th Annual Lecture

Strengthening Families Through Our Differences

Christine E. Kunkle

Associate Professor, WVU Department of Communications
Facilitator, WVU Advance Team

Wednesday, September 20

1:00 - 2:00 p.m.

Morgantown B & Zoom



We want stronger families, but we have a hard time talking to our family members, especially when we think we are “just too different.” Our differences feel divisive, but research shows our communication is often more important than our similarities when it comes to sustaining relationships. In this session, Dr. Christy Kunkle welcomes bravely curious communicators of all ages to talk about these family dynamics, including the management of tricky subjects like what to say and do when our (grand)children/(grand)parents don’t like the same groups we do (religion, politics, sports teams, etc), have different belief systems, or otherwise think and act in ways different from our own. Drawing from research, Dr. Kunkle offers some “tried and true” tactics for cutting across, moving beyond, and employing our differences to support healthier familial bonds, including simple communicative acts that require no words at all!

Register online at <https://wvusph-olli.augusoft.net/> or by calling the OLLI office at 304-293-1793

A Taste of OLLI Fall Open House will be held at the Mountaineer Mall in Morgantown following the lecture.



*Learn how you can stay engaged
and connected this fall with OLLI classes.
Hear from instructors and
meet other OLLI members!*

Tuesday, Sept. 19

3:00 - 4:30 p.m.

Zoom

Wednesday, Sept. 20

2:00 - 3:30 p.m.

Morgantown (Mountaineer Mall)

Saturday, Sept. 23

10:00 a.m. - 12:00 p.m.

Kanawha Valley (Schoenbaum Center)

Free and open to the public

Register at <https://bit.ly/3rE2Y3S>

Art & Literature

Andre Van Damme and the Story of the Charleston Ballet

Kim Pauley

Friday, October 27, 10:00 – 11:30am
Kanawha Valley Schoenbaum Center



Three-time Emmy Award winning documentary film maker Deborah Novak and the Charleston Ballet tell the story of one of the 10 oldest ballet companies in the U.S. in the 2018 release of *Andre Van Damme and the Story of the Charleston Ballet*. This film follows the journey of the Charleston Ballet founder Andre Van Damme, from his roots in the Brussels Royal Opera, his journey to America, and the manifestation of his vision for a professional ballet company in 1956. Members will enjoy this film and then be joined by Kim Pauley, Artistic Director/CEO for the Ballet, for a Q&A.

Kim Pauley currently serves as the Artistic Director/CEO of the Charleston Ballet. For many seasons, leading roles in Charleston Ballet productions were performed by principal Kim Pauley. In May 1989, Pauley assumed the additional position of director/choreographer for the civic troupe, following in the footsteps of her mentor, the late Andre Van Damme, founder and director of the Charleston Ballet from 1956-1989. In addition to her association to Van Damme, she studied in New York with David Howard, Simon Dow, Irina Kolpakova, Oleg Briansky, and the Joffrey Ballet School, as well as with the Pittsburgh Ballet Theatre, Laura Alonso, and Haydee Gutierrez.

Disney's *Fantasia* and *Fantasia 2000*

Ed Johnson*

Wednesdays, November 8 – December 6,
10:00 – 11:45 a.m.
Zoom & Morgantown B

Sixty years passed between the original "Concert Feature" and its sequel. Marrying classical music with animation (with no dialog save the introductions), both films have many similarities and differences, which we will explore. All segments will be shown, though not necessarily in exact order. *"This is not the cartoon medium. It should not be limited to cartoons. We have worlds to conquer here."*

– Walt Disney

Ed Johnson is the creator and curator of www.mh3wv.org, a website for West Virginia Studies students and educators; he was a longtime business professor and a former cast member at Walt Disney World.

Enjoying the Lap Dulcimer

Judy Werner*

Mondays, October 2 – November 13, 10:00 – 11:45 a.m.
Zoom & Morgantown B

The dulcimer is a truly traditional instrument of Appalachia. It is a fun and easy instrument to play but one can keep learning forever. No previous musical experience or ability to read music is required. Participants will learn to play by number a variety of songs, including old-time fiddle tunes, waltzes, and some holiday tunes (Halloween, Thanksgiving, Christmas). A limited number of dulcimers are available for loan during the class. Please indicate this need when registering

Judy Werner has enjoyed playing the lap dulcimer for more than 14 years and she plays in two different dulcimer groups. She likes old-time traditional music and enjoys going to concerts and music festivals. She continues to direct the Gardner Winter Music Festival held every February. She also enjoys playing the tin whistle and the bowed psaltery.

Fall Film Forum

Jim Held*



Fridays, October 6 – November 17, 12:45 – 4:00 p.m.
Morgantown B

Autumn is our time for cooler days, hiking, picnicking, and enjoying films both historic and contemporary focused on artists. The series this fall includes: *Girl with the Pearl Earring* (Vermeer), *Lust for Life* (Van Gogh), *The Agony and the Ecstasy* (Michelangelo), *Frida* (Frida Kahlo), *The Artist* (silent film artists) and *Artemisia: Warrior Painter* (Gentileschi). These films show artists at their most passionate and temperamental, revealing their often dark pasts and spotlighting their greatest work.

Jim Held has carried on a life-long love affair with the flickers, better known as the movies. He taught theater at WVU for 35 years, designing scenery, directing, and teaching both design and theater history and drama. For OLLI, he has taught over 60 courses and has been the host of Film Forum since 2015.

OLLI stimulates one's mind with great courses and provides social interaction to enliven the whole person.

- OLLI member

Ingleside: The Story of Morgantown's Oldest Book Club

Beth Reseter, Anita Stanley



Monday, October 9, 3:00 – 4:45 p.m.
Morgantown B

The Ingleside Book Club was organized in 1923 by 21 engaging young women who met in South Park homes to socialize, enjoy afternoon programs and exchange books. Who were these women and what did belonging to a book club mean to them and those who came later? Current members researched 100 years of minutes, program books, newspaper articles, photographs and other resources to write a history of Morgantown's oldest book club. Decade by decade you will learn about the club and its members. Participants will also learn about organizing materials, editing, self-publishing and producing a quality product.

Beth Reseter joined Ingleside Book Club in 2005. A 30-year military spouse and former college administrator, she served as president of Friendship Hill Association and is on the board of the Point Marion Public Library. **Anita Stanley** is a native of Mannington, has a degree in journalism from WVU, and worked in the publishing industry in Ohio for 30 years before returning to Morgantown. She joined Ingleside Book Club in 2007, served as president of Newcomers Club, and owns her own freelance marketing firm.

Life Lessons from The Beatles

Andrea Horton



Tuesdays, October 10 – 31, 3:00 – 4:45 p.m.
Morgantown A

This course will explore the lessons one can learn from Beatles tunes. It will be a participation-style course, with the instructor facilitating and supplementing the weekly discussion. Participants will be asked to identify their favorite Beatles tune and the lessons or memories that the song evokes for them. Attendees will write down their song and a brief one-line note about it and drop it in "the hat." The group will pull notes/songs for listening and discussing each week. In the 4th session, we will look back at fashion lessons from the Beatles and their influence on early 1960s fashions.

Andrea Horton, a life-long area resident, is a retired petroleum engineer with 30 years of experience in the natural gas industry. She is a member of the West Virginia Botanic Garden Board, the Cheat River DAR, and the Cheat Lake Rotary Club.

Living Happily Ever After

Bob Harrison*



Thursday, November 9, 10:00 a.m. – 12:30 p.m.
Kanawha Valley Schoenbaum Center

Into the Woods by Stephen Sondheim poses the question of "How does one live happily ever after?" Sondheim answers this question by weaving a tapestry of an improbable encounter among several *Grimm's Fairy Tales* characters in the woods.

Bob Harrison earned his PhD from American University in Washington DC in 1988. He enjoys Musical Theater and sharing this unique literary art form, which originates in the United States, with OLLI members.

The Modern Men of Musical Theatre

Andrea Elkins

Wednesdays, October 4 – 25, 6:30 – 8:00 p.m.
Zoom

Participants will enjoy an introduction to the musicals of Broadway masters Andrew Lloyd Webber, Stephen Sondheim, Stephen Schwartz, and Alan Menken. We will study some of their works using film and stage production clips and cast recordings.

Andrea Elkins is a community theater actor and singer. She is a fan of musical theater.

Reading Plays

Jascenna Haislet



Mondays, October 2 – November 6, 12:45 – 2:30 p.m.
Morgantown B

Participants will together read aloud a different play each week. Genres may include comedies, dramas, mysteries, and/or melodramas. Scripts will be provided. No acting experience necessary.

Jascenna Haislet enjoyed a career in professional and academic theatre prior to joining the OLLI network.



FALL 2023 CLASSES

Songwriter Cynthia Weil, 1940-2023

Barry Wendell*

Thursdays, October 5 & 12, 10:00 – 11:45 a.m.
Zoom & Morgantown B

Cynthia Weil wrote lyrics for songs by her husband and writing partner Barry Mann in the 1960s and for others later. Her songs were popularized by The Drifters, Jay and the Americans, The Crystals, Dusty Springfield, Gene Pitney, Dolly Parton, Linda Ronstadt, and many others. She died June 2, 2023.

Barry Wendell has taught pop music classes at OLLI for many years, including the top hits of every year from 1960-1971, and specific classes about The Beach Boys, The British Invasion, The Brill Building and many others. Wendell was a Morgantown City Councilor from 2017-2021.

Financial Literacy

Contemporary Economic Policy Issues

Jon Haveman

Fridays, October 6 – November 17, 2:00 – 3:30 p.m.
Zoom

Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues where economics is at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Lectures will be standalone, taught by a subject matter expert – all of whom have a PhD in Economics. Potential topics include climate change, healthcare economics, economic inequality, and many more. The topics presented will be determined by what is most topical at the time of the course.

Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He provides audiences with economic information that is readily useful in their work and private lives. Haveman was previously a Senior Economist with the President's Council of Economic Advisers, held a faculty position at Purdue University and holds a PhD in Economics from the University of Michigan.

Wills & Powers of Attorney

Daniel Oliver

Encore

Tuesday & Thursday, December 5 & 7, 10:00 – 11:00 a.m.
Zoom & Morgantown B

In planning for a possible death or incapacity, we will review the considerations in getting one's affairs in order. What instruments are available and how do they work? What happens if there are no executed instruments?

Daniel Oliver is a retired lawyer who practiced law in the areas of business transactions and estate planning and taught both Business Law and Sports Law at West Virginia University for more than 30 years.

Health & Wellness

Dining With Diabetes

Andi Hoover, Dana Wright, David Roberts

Encore

Thursdays, October 26 – November 16, 3:00 – 4:00 p.m.
Zoom

Each of the four sessions includes a discussion on aspects of diabetes and a cooking demonstration to show how to cook healthy and add flavor. Sessions will cover basic diabetes and testing; carbohydrates and sweeteners; fat and sodium; and vitamins and minerals. Handouts and recipes will be shared with participants.

Andi Hoover serves as the Families and Health Extension Agent in Greenbrier County. She has worked for WVU Extension service for 20 years educating adults in making healthy lifestyle choices. **Dana Wright** is the Families Community Development Extension Agent in Logan County. She has worked for WVU Extension for over 11 years educating others on healthy lifestyles. **David Roberts** joined WVU Extension in 2011 and serves as the Family and Community Development Agent in Lincoln County. He is trained in social work with a safety background.



Fostering Family Connection: Communication Workshops

Christine Kunkle



Wednesdays, October 4 & 11, 1:00 – 2:30 p.m.
Morgantown A

Knowing that communication has the power to connect us through and beyond our differences, this workshop focuses on attendees' individual communication strengths and their desires for better family connection. Together, we will then unpack some of the difficulties of everyday conversations, including those icky “elephant in the room” exchanges that we sense but we dare not address. The goals are to have fun connecting with each other as we prepare to strengthen our skills and attempt some new, simple tactics, which will be the focus of the second session.

Christine Kunkle researches families and prejudice. She is fascinated by humans' differential (mis)treatment of those dubbed as different, and she asserts that family is a primary site for experiencing and teaching “difference.” Dr. Kunkle also works with the ADVANCE team to facilitate prosocial change at the institutional level.

Get to Know Your Lab Results

Kerry Harbert

Tuesdays & Thursdays, November 2 – 16, 2:30 – 3:30 p.m.
Zoom & Morgantown B

Participants will learn about medical laboratory testing, from proper techniques for the blood draw to testing done in the main laboratory departments: hematology, chemistry, blood banking and microbiology. Here is your chance to learn what all those acronyms and numbers mean! Presenters will include faculty who have taught in medical laboratory science programs, including Beverly Kirby, Leslie Lovett, and Karen Long.

Kerry Harbert retired from the WVU Medical Laboratory Science program in 2020. She taught hematology, blood banking, and phlebotomy. She is looking forward to sharing her love of the field with OLLI members.

Nature Connections: Embracing Joyful Living

Maria José Ramírez-Simms



Mondays, October 2 – November 6, 12:45 – 2:15 p.m.
Outside of Cheat Lake Library

Through a harmonious blend of forest therapy, socio-emotional skills, non-violent communication, and playful exploration, participants embark on a weekly journey of self-discovery and meaningful connections. With each session, participants slow down, immersing themselves in the serene beauty of natural surroundings. Guided activities

inspire creativity and self-reflection, while group discussions foster empathy, active listening, and understanding. By awakening their senses and developing a profound bond with themselves, others, and the natural environment, participants experience enhanced vitality, rejuvenation, and a renewed zest for life.

Maria José Ramírez-Simms is passionate about human flourishing, supporting people to connect to their true selves, others, and the natural world. With a unique background in psychology and a PhD in Experiential Learning, Ramírez-Simms, a Certified Mental Performance Consultant and Nature and Forest Therapy Guide, teaches transformative courses and guides immersive forest therapy walks, fostering holistic wellbeing.

Prostate Cancer Awareness

Christine Battin

Friday, October 6, 10:00 – 11:00 a.m.
Zoom & Morgantown B

Prostate Cancer...How common is it? How do I get tested for it? Is it treatable? How can I support my friend who is diagnosed with Prostate Cancer? These are just some of the many questions that will be answered during this course, which just isn't just for men! Wives, mothers, daughters, friends, need to learn about this prevalent disease too.

Christine Battin, President of the Mon Health Auxiliary, is the Race Director for Zero Prostate Cancer Run/Walk. With the support of Mon Health Medical Center, the first and only race in WV was held at Mylan Park, August 2022. Her experiences with patients and advocates have given her the passion to spread awareness about prostate cancer in her community.

Stress Less with Mindfulness

Terrill Peck, Andi Hoover

Fridays, October 6 – 27, 12:00 – 12:45 p.m.
Zoom

Learn to deal with and manage stress in a mindful way. Utilizing deep breathing techniques, mindful eating and awareness of the mind body connection. This class won't cure your stress but will give you additional tools for your toolbox to learn to cope and manage stress effectively.

Terrill Peck is a WVU Extension Agent who has worked for the University for over 17 years. She teaches classes related to health, nutrition, diabetes education, stress management, leadership and relationship education.

Andi Hoover serves as the Families and Health Extension Agent in Greenbrier County.

FALL 2023 CLASSES

Stroke Awareness

Leslie Willard



Tuesday, November 28, 12:00 – 1:00 p.m.
Morgantown A

The presentation will provide information related to stroke signs and symptoms, when to call 911, and information needed by the hospital before treatment. A review of treatment techniques will be covered as well.

Leslie Willard is the Telestroke/Teleneurology Coordinator at WVU Rockefeller Neuroscience Institute.

Take the PAIN Out of Chronic Pain with EBEL

Allie Karshenas

Friday, December 1, 3:00 – 4:30 p.m.
Zoom & Morgantown B

Chronic pain is a major public health problem, affecting millions of people worldwide. The current treatment modalities for chronic pain are often ineffective and can have serious side effects. One of the most common treatments for chronic pain is medication. However, many medications for chronic pain are addictive and can have serious side effects. Another common treatment for chronic pain is surgery. However, surgery is often not effective. A new and innovative approach to controlling chronic pain is called EBEL (Education, Behavioral, Emotional, Lifestyle) which has been shown to be effective in reducing pain intensity in a variety of chronic pain conditions.

Allie Karshenas is the Associate Vice President of Clinical Research Operations and Institutional Advancements, Associate VP of Global Engagements (GEO), and Associate Professor of Pharmaceutical Systems and Compliance in the School of Pharmacy at WVU.

Your Immune System, An Introduction

Rosana Schafer



Tuesdays & Thursdays, October 24 – November 9
12:45 – 1:45 p.m.
Morgantown B

Learn about the basics of the immune system and the body's response to bacteria and viruses. The first session will give an overview of an immune response and describe the cells, tissues and organs of the immune system. Other sessions will cover the early innate response that occurs in the first hours to days after infection, the adaptive response that takes place in the next two weeks, and the "immune memory" that develops after an infection. We will also discuss vaccines and allergies. The course will be presented in lay terms so no prior science knowledge is required!

Rosana Schafer, PhD, is an Emeritus Associate Professor in the WVU Department of Microbiology, Immunology, and Cell Biology who retired in February 2021. Schafer taught introductory and advanced immunology courses to undergraduate, graduate, medical and dental students at WVU for 27 years. Her research focused on infectious disease and sexual dimorphism in the immune system.

History

Foreign Devils: The Roots of China's Distrust and Animosity

Jack Hammersmith*

Wednesdays, Oct. 18 – Nov. 1, 10:00 – 11:45 a.m.
Zoom & Morgantown B

For the U.S., China stands today as a formidable competitor and potential enemy, a stance far different than in earlier times. This class will examine in depth the first century of Sino-American relations, beginning with merchants like the Delano family in the decade before Washington became president. In the ensuing 19th century, China was the victim of drugs (the opium wars), comparative military weakness, and political fragmentation. In sharp contrast was an assertive West undergoing the industrial revolution, which Confucian China shunned to her dramatic disadvantage in dealing with the Foreign Devils.

Jack Hammersmith, a 48-year veteran of the WVU Department of History, has taught both East Asian and U.S. histories at the university level. This class provides a chance to test the aphorism: "Jack of all trades, master of none!"



The Great Textbook War

Trey Kay

Monday, November 13, 3:00 - 5:00 p.m.
Zoom

In 1974, Kanawha County was the first battleground in the American culture wars. Controversy erupted over newly-adopted school textbooks. School buildings were hit by dynamite and Molotov cocktails, buses were riddled with bullets, journalists were beaten and surrounding coal mines were shut down by protesting miners. Textbook supporters thought they would introduce students to new ideas about multiculturalism. Opponents felt the books undermined traditional American values. The controversy extended well beyond the Kanawha Valley. The newly-formed Heritage Foundation found a cause to rally an emerging Christian conservative movement. In 2009, journalist Trey Kay produced an audio documentary that examines the history of this local confrontation and how it changed the course of American politics. The documentary, "The Great Textbook War," was honored with Peabody, Murrow, and duPont-Columbia Awards.

Trey Kay is creator of the Us & Them podcast, which is produced by West Virginia Public Broadcasting and PRX. For years, he's reported on culture war battles in America. In 2013, he produced "The Long Game: Texas' Ongoing Battle for the Direction of the Classroom," which he researched as a Spencer Fellow for Education Reporting at the Columbia School of Journalism. In 2005, he shared in another Peabody for his contribution to Studio 360's "American Icons: Moby Dick." He's produced for *This American Life*, *The New Yorker Radio Hour*, *Marketplace*, *American RadioWorks*, *Morning Edition* and *PBS Frontline*. Kay has taught at the Columbia School of Journalism, Marist College, and at the State University of New York at New Paltz. He splits his time living in New York's Hudson Valley and the Kanawha Valley of West Virginia.

History and Impact of Manufacturing on American Society

Kenton Colvin*

Wednesdays, November 1 – 15, 12:45 – 2:15 p.m.
Zoom & Morgantown B

In the 18th century American manufacturing was an artisan process. Every craftsman began his career as an apprentice to a master. Every craftsman made a complete product out of a small shop, with his own tools, and according to his own schedule. Learn how the Industrial Revolution began the transition to new manufacturing processes about 1760 and impacted the world in manufacturing. This was a major turning point in history. This course will cover the history

of manufacturing in the world and focus on the effects of manufacturing on the United States' society from the Industrial Revolution to the present time.

Kenton Colvin retired from WVU Student Life after 18 years. Previously, he spent 26 years in manufacturing management with six corporations, including 13 years in the mining industry. He has an MA in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is vice president of the Mon Valley Railroad Historical Society and enjoys reading and teaching history.

The 1972 Buffalo Creek Disaster

Jim Rentch*

Tuesdays, October 10 & 17, 12:45 – 2:15 p.m.
Zoom & Morgantown B

In February 1972, the Pittston Company's coal refuse dams on Buffalo Creek failed, sending 150 million gallons of black water and coal sludge in a 20 ft. wave down the valley. The resulting property loss and human suffering were unparalleled: 125 died, 1,100 were injured, and 4,000 of the 5,000 residents became homeless. Twenty-four families lost three or more members. Although five separate investigations found Pittston at fault, the company denied responsibility, claiming the flood was an "act of God." In 1974, 625 survivors won a \$13 million judgment against the company for loss of life and property and psychological damage.

Jim Rentch was a coal miner in the 1970s and remembers talking with Logan County miners about the horrors of the Buffalo Creek flood.

Oppenheimer

Vladimir Hnizdo

Wednesdays & Thursdays, October 4 – 12, 3:00 – 4:45 p.m.
Zoom & Morgantown B

The 1920s through the Cold War of the 1950s were times of dramatic events in science and society. This class will examine the life and work of J. Robert Oppenheimer, the "father of the atomic bomb," during this time. Attention will be paid to things that the recent biographical thriller film, *Oppenheimer*, could not deal with adequately.

Vladimir Hnizdo was born in Prague, Czech Republic. His PhD is in nuclear physics, from Birmingham, England. Before his retirement, he worked in NIOSH in Morgantown.

FALL 2023 CLASSES

Stationed in the Belgian Congo

Maurice Baker

Wednesdays, October 4 & 11, 10:00 – 11:45 a.m.
Zoom & Morgantown B

This course will touch on the history of the Belgian Congo and will focus on the 30-year period from 1930-1960 that Baker's parents, Donald and Lelia Baker, were missionaries in Mondombe. They served as doctor and teacher in a region of over 120,000 Congolese. Three of their four children were born there. Donald Baker was an avid photographer and his pictures and videos will be used in this course.

Maurice Baker was born in the Belgian Congo and spent most of his childhood there. His American years and schooling began in Hiram, Ohio. He located to Morgantown in 1996 to raise his family here. His careers included clinical pathology and occupational medicine.

Other Interests

Beginning Railfanning

Ed Johnson*

Wednesdays, October 18 & 25, 12:45 – 2:30 p.m.
Zoom & Morgantown B

Millions of people worldwide are railfans. Many are casual; others are obsessed with photographing and logging every train, unusual car, or locomotive they see in the wild, on video, or in photos. Creating/recreating a real or imagined location via models is one version of railfanning. In this class, we will view Heritage and Commemorative Units, meets, races, derailments, and some things seen from some of the hundreds of rail cams (you may not eat another carrot for weeks!) in the U.S. and other countries. As the presenter is no expert, comments, contributions and corrections from the class will be welcomed.

See page 10 for bio.

Disney's Candlelight Processional

Ed Johnson*

Monday, November 27, 10:00 – 11:30 a.m.
Zoom & Morgantown B

Beginning in 1958 at Disneyland, and in 1971 at Walt Disney World, the Candlelight Processional is a retelling of the Christmas story in words and music, complete with a 50-piece orchestra, massed choir, and a celebrity guest narrator reading the Christmas story, interspersed with favorite carols of the season. The choir consists of members of Disney's Voices of Liberty, cast members, and visiting high school and guest choirs. While this show has a definite Christian slant, many people have said that this is a very enjoyable show regardless of what holidays one may

celebrate. After a quick overview of WDW and Epcot, we will view a performance. Zoom participants will enjoy a brief instructor's presentation and then be given the video link to watch the video independently.

Downsizing and Decluttering: Rightsize Your Life Size

Patsieann T. Misiti

Encore

Wednesday, October 4, 12:00 – 1:00 p.m.
Zoom

Are you overwhelmed by a lifetime of treasures? It's time to simplify your life but you don't know where -- or how to start? The physical and emotional obstacles of later in life transitions such as downsizing and moving are real. Sorting through overstuffed closets, garages and filled-to-the-brim attics can be a daunting task, especially without help. Join Patsieann Misiti, professional move manager, organizer and transition expert, to learn helpful tips and coping strategies. "A journey of a thousand miles begins with a single step." (Chinese proverb) You don't have to walk the road alone.

Patsieann Misiti, a Beckley native, combines her passion for serving others with years of professional and life experiences to guide older adults and their families through major life transitions. Whether clients are relocating to a new residence or interested in living more safely and independently in their current home, she is known for delivering client-centered services with compassion, integrity, and care.

Horse Learning Lab

Crystal Smith



Tuesday, November 7, 5:30 – 7:30 p.m.
J.W. Ruby Research Farm, Reedsville
Maximum Enrollment: 14

Encore

Participants will learn about horse behavior, care, and handling at the JW Ruby Research Farm, home of the WVU Equine Studies program. The event will be held rain or shine.



Please dress for outdoors and working with animals. Closed-toe shoes and masks are required. Participants must provide their own transportation to the farm.

Crystal Smith is a Teaching Associate Professor in the Division of Animal and Nutritional Sciences within the Davis College of Agriculture, Natural Resources & Design. Her background and experience led her to pursue a B.S. in Animal Science at Penn State. After working as an assistant trainer, she returned to Penn State to pursue a master's degree in Animal Science where she planned programs for Penn State's Equine Science Program and conducted research for the American Youth Horse Council. At WVU, she leads the Equine Studies minor and manages the horse unit at the JW Ruby Research Farm.

How to Write Your Own Obituary

Leslie Bonham

Wednesday, October 4, 10:00 – 11:45 a.m.
Zoom & Kanawha Valley Schoenbaum Center

Don't leave this important document for others to write; you'll never know the important information they will omit or get wrong! You'll also be entertained by looking at heart-warming obits and shocked by others. We'll discuss costs, photos, and lots of options on how to communicate your last message to your friends and family.

Leslie Bonham is a retired Dental Hygienist and has been a Realtor with Old Colony for 14 years. She has also been writing a monthly column for *Charleston, Home & Living* magazine for the past seven years. The column "Happening Around Town" is a summary of the current month's events in town.

Intermediate Spanish

Victoria Mancinas

Tuesdays & Thursdays, October 3 - 12, 6:00 - 7:00 p.m.
Zoom

Prerequisite: *Completion of Intro to Spanish III* or permission of instructor.

This interactive class will teach participants how to use their Spanish knowledge. They will learn practical conversations with proper pronunciation, expand their vocabulary, improve their understanding of the language, and perfect their reading and writing skills. They will also learn standard cultural norms and get a bit of Mexican culture within every lesson.

Azul Victoria Sánchez Mancinas moved to the U.S. in 2022 from her native country of Mexico. She is a junior in high school and plans to pursue a career in medicine. She is excited to share her language and culture with OLLI members.

Be an OLLI Ambassador!

Our members are our best recruiters.

Share your OLLI experience with a friend.



- Invite a friend to a class
- Offer a catalog
- Suggest a membership*
- Give a gift certificate

See page 31 for a pre-printed message card to mail to friends.

*If you refer a friend who purchases a new membership, you will be entered in a drawing to receive a **free term of OLLI courses**. The referral must be confirmed by the new member.

FALL 2023 CLASSES

“Make New Friends, But Keep the Old”: A Girl Scout Reunion

Rae Jean Sielen*



Mondays, November 13 & 27, 12:45 – 2:15 p.m.
Morgantown B

Come share stories, ephemera, and memorabilia from your time as a scout. In recent months, the presenter has enjoyed hours of fond memories while going through boxes of old stuff, including quite a bit related to her Brownie-to-Senior Girl Scout years. Share with others as we reflect and smile over camping trips, service projects, camaraderie, fundraising ventures, challenges, national and international “wider opportunities” and gatherings, leadership and skills development, and scouting’s influence on who we are today. Participants are encouraged to bring items for “show and tell” or display.

Rae Jean Sielen has helped individuals, families, organizations, and businesses with a wide variety of publishing projects for over 25 years. She is especially passionate about encouraging others to preserve their personal and family stories.

Real Chinese Food

Li Yang



Monday, October 2, 4:00 – 5:30 p.m.
Fee: \$5.00
Location TBA
Maximum Enrollment: 12

Learn how to cook basic Chinese food, including Chinese cutting styles and cooking methods used in the home.

Li Yang came to the U.S. from China more than 30 years ago. She loves to cook and is always sharing her food. She has often been urged to open a restaurant, but she doesn’t want to work that hard. She just wants to enjoy sharing what real Chinese food is.

Ride the East Broad Top Railroad

Wallace Venable*

Tuesday, November 14, 10:00 – 11:30 a.m.
Zoom & Morgantown B

The East Broad Top Railroad, a National Historic Landmark, is located in Pennsylvania, about four hours from Morgantown. It was an integrated corporation that served an iron works, coal and iron mines, and passenger service in a long valley. Built beginning in 1872, it is the only surviving three-foot gauge common carrier railroad east of the Rocky Mountains. It has six steam locomotives built for it in the 1920s in its roundhouse, one in like-new running condition,

others in restoration. Along with a large collection of original cars, it has four new coaches for tourist rides.

Wally Venable is a technical history buff, a model railroader, and a frequent OLLI instructor.

Wines for Your Holiday Season

Ron Porter

Wednesday, December 6, 12:45 - 2:30 p.m.
Morgantown A
Materials Fee: \$20 (payable at the door)



Discover some great wines for your holiday foods! Samples will be available.

Ron Porter is the adult beverage consultant and co-manager of Kroger Suncrest Towne Centre in Morgantown.

Philosophy & Religion

Another Dip in the Well of Jewish Poetry: Works of Alden Solovy

Rabbi Joe Blair

Tuesdays, October 10 – 24, 3:00 – 4:00 p.m.
Zoom

The class will read and discuss selected poems by Alden Solovy, contemporary poet and liturgist active in the Jewish world today. Selected poems will be taken from his published works *This Precious Life*, *This Joyous Soul*, *This Grateful Heart*, and perhaps from *These Words* (all published by the Central Conference of American Rabbis, 2017-2023). Participants will be invited to engage in a conversation around each of the selected poems, sharing what it evokes for them, and their reactions and thoughts.

Rabbi Joe Blair serves as the spiritual leader at Temple Israel in Charleston (a Reform congregation). He has taught for OLLI at WVU (and other OLLIs) in the past on a variety of topics.



The Congregation Splits

Rabbi Joseph Hample*

Tuesdays, October 3 – November 7, 10:00 – 11:45 a.m.
Zoom & Morgantown B

This class will explore how the ancient Israelites divided into Samaritans and Jews, Pharisees and Sadducees, Essenes and Zealots, Gnostics and Christians. This parting of the ways will be discussed through lenses of history, scripture, liturgy, and legend.

Rabbi Joe Hample was born in Buffalo, educated at Harvard, and long employed at Wells Fargo Bank in California. Ordained in 2009, he worked as a full-time prison chaplain before coming to Morgantown in 2012. Now the spiritual leader at Tree of Life Congregation on South High Street, Rabbi Joe seeks to make Judaism accessible to everyone.

Science & Nature

Claudia L. Workman Wildlife Education Center at the Forks of Coal Natural Area: Tour

Kim Smith



Monday, October 23, 10:00 - 11:30 a.m.
Claudia L. Workman Wildlife Education Center
301 Forks of Coal Way, Alum Creek

The Claudia L. Workman Wildlife Education Center houses nearly \$1 million worth of specially created interactive exhibits designed to educate learners about wildlife in West Virginia. Members will get to tour the nature center and participate in an educational class about bottleneck genes. The class will focus on why genetic diversity is essential to the health of a species, how natural selection favors individuals with traits adapted to their environment, and how to describe biodiversity as it relates to ecosystems, species, or individuals.

Kim Smith is a 4H Wildlife Educator for West Virginia Division of Natural Resources.

You cannot help but get excited about the subject when the instructor is so passionate and knowledgeable about it.

- OLLI member

The Fungus Among Us

Karen Long*

Tuesday & Thursday, October 3 & 5, 12:45 – 2:30 p.m.
Zoom & Morgantown B

Life on earth depends greatly on the many thousands of fungal species in the forests, oceans, humans, and other animals. Without them, no bread, beer or mushrooms on our pizza. Fungi are the great decomposers, eliminating dead trees & animals. While necessary for the survival of the planet, some species can kill us. Are fungi plants? Is climate change affecting them? Can some fungi turn humans into zombies, as a recent TV series suggests? How about zombie ants? For answers to these questions and to hear other interesting facts, come and learn some mycology this fall.

Karen Long is Associate Professor Emerita and retired from the WVU Department of Medical Laboratory Sciences, where she taught clinical microbiology, mycology, and immunology. She loves microbiology and infectious diseases and sharing these subjects with others. She also enjoys travel and has shared her adventures with OLLI members as well.

Green River: A Prehistoric Ecosystem Preserved in Stone

Steven Holsclaw*



Thursday, October 19, 10:00 – 11:30 a.m.
Kanawha Valley Schoenbaum Center

The Green River is a 50-million-year-old geologic formation deposited in the corners of Wyoming, Utah, and Colorado in three ancient fresh water inter-mountain lakes. Continuous geologic deposition spanning six million years provided a spectacular fossil record of aquatic life, amphibians, reptiles, bats, birds, snakes, mammals, plants, and insects that centered in and around the lakes and together in death were preserved as a remarkable prehistoric ecosystem. World renowned for its detailed preservation of fossilized fish, the Green River offers so much more: fossil shrimp, crayfish, stingrays, turtles, lizards, snakes, crocodiles, first primates, and dog-sized primitive horses.

Steven Holsclaw is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals and crystals and enjoys sharing that interest with like-minded individuals.

FALL 2023 CLASSES

Human Evolution

Richard Smosna*



Mondays & Wednesdays, October 18 – November 1
3:00 – 4:30 p.m.
Morgantown B

This course presents a survey of mainstream concepts regarding human evolution, the most significant members of our family tree (humans and prehumans), major evolutionary steps along the way, and the physical evidence on which these ideas are based.

Richard Smosna is an emeritus professor at WVU who has been teaching geology since the Jurassic Period, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, national parks, oceanography, and petroleum.

Social Sciences, Political, & Current Events

How to Use Your Personal Platform for Social Change

Samantha Leggett-Bradley

Wednesday, November 29, 12:45 – 2:15 p.m.
Zoom & Morgantown B

In this course, you will explore how to manage your personal platform to create public awareness that might impact those you communicate with. We will dive into intergroup concepts that shed light on how to best create effective awareness that inspires change from anywhere you can communicate with the public. We will look at the ways our social identities are constructed and changed, as well as literature around how to reduce prejudice between social groups. Participants will learn theories that dive into what is helpful and not helpful to communicate when attempting to reduce discriminatory behavior.

Samantha Leggett-Bradley is from Fayetteville, Pennsylvania. Before coming to WVU to pursue a PhD, she worked full-time in pastoral ministry with the United Methodist Church for ten years. She also worked as an Adjunct Professor of Communication at Messiah University from 2016-2021. Leggett-Bradley's primary area of emphasis in Communication Studies is Intergroup Communication where she seeks to find ways to reduce prejudice between social groups.

The New Yorker Discussion Group

Hilary Attfield, Michael Attfield

Mondays, October 2 – November 13, 10:00 – 11:45 a.m.
Zoom & Morgantown A

Join us to discuss a range of topics from recent issues of *The New Yorker* magazine. Members of the group choose articles, fiction, and topics to be discussed each week. All viewpoints welcome! A subscription to *The New Yorker* is strongly recommended.

Hilary Attfield, a native of Scotland and retired editor, likes to stay current with world issues and events (and gardening everywhere!). She has degrees from Aberdeen (Scotland), Warwick (England), and WVU. **Michael Attfield**, originally from North London, England, likes to meet people and discuss things relative to life and living. An epidemiologist, he has degrees from Wales and WVU.

Technology

ChatGPT: The Conversational Artificial Intelligence (AI) Chatbot

Sumitra Reddy*

Thursday, October 12, 12:45 – 2:30 p.m.
Zoom

On November 30, 2022, OpenAI released ChatGPT (Generative Pre-trained Transformers), a natural language AI chatbot, that quickly grew to over 100 million users by January of 2023. ChatGPT's human-like responses (writing essays and resumés, computer programs, etc.) are generated from its training with massive amounts of data collected from the Internet. Since then, OpenAI released a more powerful (paid) version of the chatbot- ChatGPT-4. The course will look at various generative AI systems (including DALL-E that can generate fantastic art work from a text input), their capabilities, and the general principles behind them.

Sumitra Reddy has taught classes on Artificial Intelligence (AI) at WVU and was involved in various research projects that employed AI techniques. After her retirement, she continues to serve as an adjunct faculty in the Department of Computer Science at WVU. She has been teaching classes for OLLI on a variety of subjects since 2011.

*I just loved the class I attended last week...
I'm brand new to OLLI and so far it's been just wonderful.*

- OLLI member

Exhibit Tour: Hacking the Library

Sally Brown

Friday, October 27, 10:00 – 11:00 a.m. on Zoom
 Friday, November 3, 10:00 – 11:00 a.m. at WVU
 Downtown Library

Hacking the Library, a WVU Art in the Libraries 2023-24 exhibit, will present artwork that highlights the intersecting values that shape our libraries through an artistic lens, reflecting on challenges and definitions of libraries past and as we move into the future. The instructor will present an overview of the curatorial process for the exhibit that includes artwork by 13 international artists and connections by 20 national librarians. Following the curatorial preview during the first class, guests can view the exhibit and have a discussion about their response during the second class.

Sally Brown is an artist, curator and writer. She has exhibited her work internationally and participated in artist residencies in Tennessee, Pennsylvania, and Argentina. Her writing is published in *Hyperallergic*, among others. She has curated group shows across the U.S. She holds a BA-Art, MPA, and MA- Art History and Feminist Theory. She serves as Exhibits Coordinator for WVU Libraries.

Outsmart the Scammers Seminar

Kurt Skasik

Tuesday, Oct. 3, 3:00 – 4:00 p.m.
 Morgantown A



This seminar will discuss how to spot certain red flags that may indicate a fraudulent encounter, resources individuals can turn to in the event they or a loved one are targeted, and steps attendees can take now to help protect themselves and loved ones.

Kurt Skasik, a financial advisor with Edward Jones, was 2022 Forbes Top Next-Gen Wealth Advisors Best-In-State in WV, awarded August 2022, research by SHOOK Research, LLC. data as of March 2022*. He's a Certified Financial Planner™ professional and Chartered Retirement Plans Specialist™. Skasik graduated from WVU School of Business and Economics Program.
 *Compensation provided for using, not obtaining, the rating.

Reading Digitally: Using Libby & Hoopla with Your Library Card

Emily Sparrow

Tuesday, November 28, 10:00 – 11:00 a.m.
 Zoom & Morgantown B

This course will focus on two of the Morgantown Public Library System's popular digital resources: Libby and Hoopla, which are also offered at many libraries in WV. We will cover the basics of navigating these platforms, including

how to use them on your personal devices and how to search their expansive collections. Libby offers e-books, audiobooks, magazines, and comics while Hoopla similarly includes e-books, audiobooks, and comics in addition to movies, music, and TV shows. This course is an excellent opportunity to discover your next favorite read and learn how to make the most of your public library's resources.

Emily Sparrow is the Outreach & Programs Coordinator for the Morgantown Public Library System. In this role, she has the opportunity to inform community members about the library's resources and uphold the library's core values. She holds an MA in English from WVU. Prior to studying at WVU, she served as a Peace Corps Volunteer in Mongolia from 2018-2020.

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

Experience the joy of teaching free of tests and grades.

OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn. And you don't have to grade exams!

Courses are offered during fall, winter, spring, and summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.

FALL 2023 CLASSES

Technology Security: Don't Be Fooled

Michelle Klishis*

Thursday, November 2, 10:00 a.m. – 12:00 p.m.
Zoom & Morgantown B

It used to be when you were standing in line at the grocery store and saw the headlines for the *Weekly World News*, you immediately knew how to categorize what you saw. But on the internet, anyone can create and share information that might seem credible but truly is not. This session looks at how to improve critical thinking skills when it comes to what you see online, and ways to verify the veracity of what you see online.

Technology Security: Protecting Your Data

Michelle Klishis*

Thursday, November 16, 10:00 a.m. – 12:00 p.m.
Zoom & Morgantown B

Most people think protecting your data means making sure no one can steal their tablet or laptop, but your data is everything you do online that is collected by companies, and what these companies can do with the information you knowingly (and unknowingly) share is both astounding and terrifying.

Michelle Klishis, OLLI's professional technologist, is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are.



Travel & Adventure

An "Out West" Pictorial Journey

Steven Holsclaw*



Thursday, October 26, 10:00 a.m. – 12:00 p.m.
Kanawha Valley Schoenbaum Center

Many people have taking a vacation "Out West" on their bucket list. Thirty-mile vistas, breathtaking scenery, amazing rock formations, natural erosional sculptures, and changing colors driven by the position of the sun abound. All that is required to experience a memorable vacation to this area of the U.S. is time, a means to get there, on-ground transportation, and a designated travel route to visit desired destinations. This class features an expansive photo gallery of various national parks and monuments, state parks, scenic areas, and geologic wonders visited by the presenter and his spouse.

See page 19 for instructor biography.

Volunteer for OLLI

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

Volunteer opportunities include:

- Instructor or presenter • Board or committee member
- Office support • Project Team member • Class host
- Events host or staff • Technical assistant

Visit olliatwvu.org/current-members/volunteer/, scan the QR code below, or call 304-293-1793 for more information.



SHARED INTEREST GROUPS

OLLI Shared Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply. See descriptions for more detail.

Afternoon Walking Group

Facilitator: Kelly Yonta, Susan Lewis

Daily, afternoons

M

Mondays at 3:00 p.m., Tuesdays at 4:30 p.m. Two other walks are usually scheduled during the week as well and announced through email. Locations vary, may be outdoors or indoors, depending on weather.

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

3rd Tuesday of the month (Sept-June), 10:00 - 11:30 a.m.
Zoom & in-person in Morgantown

Members of the Morning Book Discussion give input into the selection of books and create a list from the suggestions. The following criteria are used for the selection: at least one non-fiction choice, consideration of local or regional authors, stories with West Virginia ties, recommendations from members who have read a book or reviews of books, and current "buzz" about a book. New members are always welcome.

Let's Do Lunch!

Facilitator: Diane Cale

2nd Thursday of the month, 11:30 a.m. - 1:00 p.m.
Maximum enrollment: 25

M

This group meets once a month to enjoy each other's company while dining at local restaurants. Past lunch spots have included Terra Café, Olive Garden, Red Lobster, Iron Horse Tavern, The Pines, Sargasso's, and Ali Baba's. Suggestions of new dining locations are welcome. Participants pay for their own meals. Restaurants are chosen from suggestions by participants at an organizational meeting to be held in early September.

Take a Walk

Facilitator: Susan Martino

1st Tuesday of the month (August - June)
10:00 - 11:30 a.m.
Charleston Trails

KV

Join OLLI members for a monthly, leisurely walk on various trails around Charleston. Participants must be able to complete a walk up to three miles in 90 minutes. Trails will be decided by the group via an email chat the week prior. Dogs on leashes welcome.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

Weekly, Thursdays, 9:00 - 10:00 a.m.
Morgantown Trails

M

The Walking Group meets at various rail trail locations in the community for a one-hour, three-mile round trip walk. Trails are generally level or have gradual elevation and the group is careful to avoid the downtown trail area due to traffic. Recognizing that some members walk faster than others, the groups may spread out in twos and threes to encourage and support each other.

Yarn Arts

Mondays, 12:45 - 2:30 p.m.
Morgantown A

M

Join your fellow OLLI members to share ideas, patterns, and workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

On ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

2nd Tuesday of the month (Sept. - June)
7:30 - 9:00 p.m.

Believing that a good book is one that encourages a good discussion, the evening group tries to read an eclectic variety of books: novels, non-fiction, biography, etc. Books are suggested by members and the group tries to have books lined up two to three months in advance. Discussion of the book is always followed by social time to encourage friendship and catch up! New members are welcome and new voices appreciated.

Twilight Trivia

3rd Tuesday of the month (Sept. - June)
7:00 - 8:30 p.m.

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Pacific Northwest & California

featuring Washington, Oregon, and California
8 Days • 11 Meals • Activity Level 2

June 16 - 23, 2024

Reservation deadline: December 9, 2023



From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at, Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1184443>.

**For more information, visit the trip websites
or call the OLLI office at 304-293-1793.**

Visit <https://www.gocollette.com/en-ca/collette-gives-you-more/faq#pacing>
for a description of Collette's activity level ratings.

Iceland's Magical Northern Lights

featuring Reykjavík, Vik, Seljalandsfoss, Skógafoss
7 Days • 11 Meals • Activity Level 3

November 9 - 15, 2024

Reservation deadline: May 3, 2024
(Reservations first come, first served)



Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1184495>.

Share Memories and Insights from Your Travels!

Have you taken a memorable trip recently?
Traveled with a learning group or with friends and family?
Have stories to tell and photos to share?

Whether it's an international trip or travel within the U.S.; by plane, train, or automobile (or boat); with a travel company or on your own - OLLI members enjoy learning about other countries, states, and cultures and hearing about the travels of fellow members.

Several members have shared in the OLLI classroom their travel experiences. Past classes have included:

- *Alpine Adventures*
- *Provence, France - Lavender and More!*
- *Volcanoes, Myths, and Royalty*
- *Going to the Sun - a Group Motorcycle Tour*
- *Celebrations in India*

We invite you to consider sharing what you saw and learned on your travels by offering an OLLI class!

Visit <https://olliatwvu.org/teach-for-olli/> or contact the OLLI office at olli@hsc.wvu.edu for more information.

Supporting Your OLLI

Lifelong learners value education - for themselves and others.

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

With a variety of giving options, you can choose the gift that works best for you.

You can choose to designate your gift to:

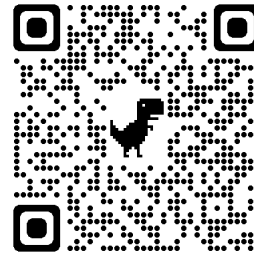
- OLLI's area of greatest need
- the \$100K Club
- OLLI participation scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

And choose the time that works for you.

- Give when you renew your membership or enroll in classes
- Give during OLLI's Annual Fall Campaign
- Give on WVU Day of Giving
- Set up a monthly recurring gift
- Any time during the year

To give today, visit <https://olliatwvu.org/make-a-gift/>, scan the QR code below, or add your tax-deductible donation to the enclosed class registration form. For more information, call the OLLI office at 304-293-1793.



Thank you for your continued support of lifelong learning and OLLI at WVU.

Every gift makes an impact!

OLLI programming in the Kanawha Valley is brought to you with support of The Greater Kanawha Valley Foundation and in Morgantown, by the John Mathew Gay Brown Family Foundation and the George D. Hott Foundation.

Kroger Community Rewards Program!

By participating in the Kroger Community Rewards Program, OLLI at WVU receives a donation from Kroger every time you purchase groceries in any of their stores using your rewards card.

Signing up is easy. Simply register your Kroger Plus Shopper's Card online at www.krogercommunityrewards.com and choose **Osher Lifelong Learning Institute/WVU Found (FG916)** as the organization to receive a donation.

If you have any questions, or need help enrolling in the Kroger Community Rewards Program, the OLLI staff is happy to assist.

Fall 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Yarn Arts	Oct. 2 - Dec. 18	12:45 - 2:30 p.m.	A	23
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Oct. 2 - Nov. 13	10:00 - 11:45 a.m.	A & Z	20
Enjoying the Lap Dulcimer (Werner)	Oct. 2 - Nov. 13	10:00 - 11:45 a.m.	B & Z	10
Reading Plays (Haislet)	Oct. 2 - Nov. 6	12:45 - 2:30 p.m.	B	11
Nature Connections:... (Ramírez-Simms)	Oct. 2 - Nov. 6	12:45 - 2:15 p.m.	Other	13
Real Chinese Food (Yang)	Oct. 2	4:00 - 5:30 p.m.	Other	18
Ingleside:...Oldest Book Club (Reseter, Stanley)	Oct. 9	3:00 - 4:45 p.m.	B	11
"Make New Friends, But...": A Girl Scout Reunion (Sielen)	Nov. 13 & 27	12:45 - 2:15 p.m.	B	18
The Great Textbook War (Kay)	Nov. 13	3:00 - 5:00 p.m.	Z	15
Disney's Candlelight Processional (Johnson)	Nov. 27	10:00 - 11:30 a.m.	B & Z	16
<hr/>				
Mondays & Wednesdays				
Human Evolution (Smosna)	Oct. 18 - Nov. 1	3:00 - 4:30 p.m.	B	19
<hr/>				
Tuesday				
The Congregation Splits (Hample)	Oct. 3 - Nov. 7	10:00 - 11:45 a.m.	B & Z	19
Outsmart the Scammers Seminar (Skasik)	Oct. 3	3:00 - 4:00 p.m.	A	21
Campus Club Evening Book Discussion (Attfield)	Oct. 10, Nov. 14, Dec. 12	7:30 - 9:00 p.m.	Z	23
Life Lessons from The Beatles (Horton)	Oct. 10 - 31	3:00 - 4:45 p.m.	A	11
Another Dip in the Well of Jewish Poetry (Blair)	Oct. 10 - 24	3:00 - 4:00 p.m.	Z	18
The 1972 Buffalo Creek Disaster (Rentch)	Oct. 10 & 17	12:45 - 2:15 p.m.	B & Z	15
Campus Club Morning Book Discussion (Ostrow)	Oct. 17, Nov. 21, Dec. 19	10:00 - 11:30 a.m.	A & Z	23
Twilight Trivia	Oct. 17, Nov. 21, Dec. 19	7:00 - 8:30 p.m.	Z	23
Horse Learning Lab (Smith)	Nov. 7	5:30 - 7:30 p.m.	Other	16
Ride the East Broad Top Railroad (Venable)	Nov. 14	10:00 - 11:30 a.m.	B & Z	18
Reading Digitally: Using Libby & Hoopla...(Sparrow)	Nov. 28	10:00 - 11:00 a.m.	B & Z	21
Stroke Awareness (Willard)	Nov. 28	12:00 - 1:00 p.m.	A	14
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Tuesday/Thursday				
Intermediate Spanish (Mancinas)	Oct. 3 - 12	6:00 - 7:00 p.m.	Z	17
The Fungus Among Us (Long)	Oct. 3 & 5	12:45 - 2:30 p.m.	B & Z	19
Your Immune System, an Introduction (Schafer)	Oct. 24 - Nov. 9	12:45 - 1:45 p.m.	B	14
Get to Know Your Lab Results (Harbert)	Nov. 2 - 16	2:30 - 3:30 p.m.	B & Z	13
Wills & Powers of Attorney (Oliver)	Dec. 5 & 7	10:00 - 11:00 a.m.	B & Z	12

Classroom Location Key

Morgantown - Mountaineer Mall, 5000 Green Bag Rd

A - Classroom next to the OLLI office.

B - Classroom under the OLLI sign.

CL - Computer Lab, first door on the left down the hall next to B.

Kanawha Valley

SC - Schoenbaum Family Enrichment Center
1701 5th Ave, Charleston

Other

Z - online via Zoom.

Other - See course description for location.

Fall 2023 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Wednesday				
Irving Goodman Aging Lecture: Christine Kunkle	Sept. 20	1:00 - 2:00 p.m.	B & Z	9
The Modern Men of Musical Theatre (Elkins)	Oct. 4 - 25	6:30 - 8:00 p.m.	Z	11
Stationed in the Belgian Congo (Baker)	Oct. 4 & 11	10:00 - 11:45 a.m.	B & Z	16
Fostering Family Connections:...(Kunkle)	Oct. 4 & 11	1:00 - 2:30 p.m.	A	13
How to Write Your Own Obituary (Bonham)	Oct. 4	10:00 - 11:45 a.m.	Z	17
Downsizing & Decluttering: Rightsize Your Life...(Misiti)	Oct. 4	12:00 - 1:00 p.m.	Z	16
Fashioned Bodies:..Getting Dressed(Baker Jones)	Oct. 4	2:30 - 4:00 p.m.	Z	8
Foreign Devils: The Roots of China's...(Hammersmith)	Oct. 18 - Nov. 1	10:00 - 11:45 a.m.	B & Z	14
Beginning Railfanning (Johnson)	Oct. 18 & 25	12:45 - 2:30 p.m.	B & Z	16
History & Impact of Manufacturing...(Colvin)	Nov. 1 - 15	12:45 - 2:15 p.m.	B & Z	15
Disney's <i>Fantasia</i> & <i>Fantasia 2000</i> (Johnson)	Nov. 8 - Dec. 6	10:00 - 11:45 a.m.	B & Z	10
How to Use Your Personal Platform for Social Change (Leggett-Bradley)	Nov. 29	12:45 - 2:15 p.m.	B & Z	20
Wines for Your Holiday Season (Porter)	Dec. 6	12:45 - 2:30 p.m.	A	18
History Alive: Charles Schulz (Froemel)	Dec. 6	2:30 - 4:00 p.m.	B & Z	8
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Wednesday/Thursday				
Oppenheimer (Hnizdo)	Oct. 4 - 12	3:00 - 4:45 p.m.	B & Z	15
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Thursday				
Walking Outdoors with Campus Club (Covey)	Oct. 5 - Dec. 28	9:00 - 10:00 a.m.	Other	23
Songwriter Cynthia Weil, 1940-2023 (Wendell)	Oct. 5 & 12	10:00 - 11:45 a.m.	B & Z	12
Let's Do Lunch! (Cale)	Oct. 12, Nov. 9, Dec. 14	11:30 a.m. - 1:00 p.m.	Other	23
ChatGPT:...Conversational AI Chatbot (Reddy)	Oct. 12	12:45 - 2:30 p.m.	Z	20
Dining with Diabetes (Hoover, Wright, Roberts)	Oct. 26 - Nov. 16	3:00 - 4:00 p.m.	Z	12
Technology Security: Don't Be Fooled (Klishis)	Nov. 2	10:00 a.m. - 12:00 p.m.	B & Z	22
Technology Security: Protecting Your Data (Klishis)	Nov. 16	10:00 a.m. - 12:00 p.m.	B & Z	22
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Friday				
Stress Less with Mindfulness (Peck, Hoover)	Oct. 6 - 27	12:00 - 12:45 p.m.	Z	13
Fall Film Forum (Held)	Oct. 6 - Nov. 17	12:45 - 4:00 p.m.	B	10
Contemporary Economic Policy Issues (Haveman)	Oct. 6 - Nov. 17	2:00 - 3:30 p.m.	Z	12
Prostate Cancer Awareness (Battin)	Oct. 6	10:00 - 11:00 a.m.	B & Z	13
Exhibit Tour: Hacking the Library (Brown)	Oct. 27	10:00 - 11:00 a.m.	Z	21
Take a Hike: You Decide the Trail (Klishis, Hyde)	Nov. 3	9:00 a.m. - 12:00 p.m.	Other	7
Exhibit Tour: Hacking the Library (Brown)	Nov. 3	10:00 - 11:00 a.m.	Other	21
Take the PAIN Out of Chronic PAIN... (Karshenas)	Dec. 1	3:00 - 4:30 p.m.	B & Z	14
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Saturday				
Introduction to T'ai Chi (Pollard, Koehler)	Oct. 7 - Dec. 16	10:00 - 10:50 a.m.	Other	8
Intermediate T'ai Chi (Pollars, Koehler)	Oct. 7 - Dec. 16	11:00 - 11:50 a.m.	Other	8
Buff City Soap	Oct. 14	12:00 - 1:30 p.m.	Other	7
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Sunday				
OLLI Virtual Happy Hour	Oct. 1 - Dec. 17	6:30 - 7:30 p.m.	Z	7

Fall 2023 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
<i>The New Yorker</i> Discussion Group (Attfield, Attfield)	Oct. 2 - Nov. 13	10:00 - 11:45 a.m.	Z	20
Enjoying the Lap Dulcimer (Werner)	Oct. 2 - Nov. 13	10:00 - 11:45 a.m.	Z	10
Claudia L. Workman Wildlife Education Center...(Smith)	Oct. 23	10:00 - 11:30 a.m.	Other	19
A Visit to the Kanawha County Public Library (Howell)	Nov. 13	10:00 - 11:30 a.m.	Other	7
The Great Textbook War (Kay)	Nov. 13	3:00 - 5:00 p.m.	Z	15
Disney's Candlelight Processional (Johnson)	Nov. 27	10:00 - 11:30 a.m.	Z	16
Tuesday				
Take a Walk (Martino)	Oct. 3, Nov. 7, Dec. 5	10:00 - 11:30 a.m.	Other	23
The Congregation Splits (Hample)	Oct. 3 - Nov. 7	10:00 - 11:45 a.m.	Z	17
Campus Club Evening Book Discussion (Attfield)	Oct. 10, Nov. 14, Dec. 12	7:30 - 9:00 p.m.	Z	23
Another Dip in the Well of Jewish Poetry (Blair)	Oct. 10 - 24	3:00 - 4:00 p.m.	Z	18
The 1972 Buffalo Creek Disaster (Rentch)	Oct. 10 & 17	12:45 - 2:15 p.m.	Z	15
Campus Club Morning Book Discussion (Ostrow)	Oct. 17, Nov. 21, Dec. 19	10:00 - 11:30 a.m.	Z	23
Twilight Trivia	Oct. 17, Nov. 21, Dec. 19	7:00 - 8:30 p.m.	Z	23
Ride the East Broad Top Railroad (Venable)	Nov. 14	10:00 - 11:30 a.m.	Z	18
Reading Digitally: Using Libby & Hoopla...(Sparrow)	Nov. 28	10:00 - 11:00 a.m.	Z	21
Tuesday/Thursday				
Intermediate Spanish (Mancinas)	Oct. 3 - 12	6:00 - 7:00 p.m.	Z	17
The Fungus Among Us (Long)	Oct. 3 & 5	12:45 - 2:30 p.m.	Z	19
Get to Know Your Lab Results (Harbert)	Nov. 2 - 16	2:30 - 3:30 p.m.	Z	13
Wills & Powers of Attorney (Oliver)	Dec. 5 & 7	10:00 - 11:00 a.m.	Z	12
Wednesday				
Irving Goodman Aging Lecture: Christine Kunkle	Sept. 20	1:00 - 2:00 p.m.	Z	9
The Modern Men of Musical Theatre (Elkins)	Oct. 4 - 25	6:30 - 8:00 p.m.	Z	11
Stationed in the Belgian Congo (Baker)	Oct. 4 & 11	10:00 - 11:45 a.m.	Z	16
How to Write Your Own Obituary (Bonham)	Oct. 4	10:00 - 11:45 a.m.	SC & Z	17
Downsizing & Decluttering: Rightsize Your Life...(Misiti)	Oct. 4	12:00 - 1:00 p.m.	Z	16
Fashioned Bodies:..Getting Dressed(Baker Jones)	Oct. 4	2:30 - 4:00 p.m.	Z	8
Foreign Devils: The Roots of China's...(Hammersmith)	Oct. 18 - Nov. 1	10:00 - 11:45 a.m.	Z	14
Beginning Railfanning (Johnson)	Oct. 18 & 25	12:45 - 2:30 p.m.	Z	16
Huntington Museum of Art Tour	Oct. 18	10:00 - 11:30 a.m.	Other	7
History & Impact of Manufacturing...(Colvin)	Nov. 1 - 15	12:45 - 2:15 p.m.	Z	15
Disney's <i>Fantasia</i> & <i>Fantasia 2000</i> (Johnson)	Nov. 8 - Dec. 6	10:00 - 11:45 a.m.	Z	10
How to Use Your Personal Platform for Social Change (Leggett-Bradley)	Nov. 29	12:45 - 2:15 p.m.	Z	20
History Alive: Charles Schulz (Froemel)	Dec. 6	2:30 - 4:00 p.m.	Z	8

Fall 2023 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Wednesday/Thursday				
Oppenheimer (Hnizdo)	Oct. 4 - 12	3:00 - 4:45 p.m.	Z	15
Thursday				
Songwriter Cynthia Weil, 1940-2023 (Wendell)	Oct. 5 & 12	10:00 - 11:45 a.m.	Z	12
ChatGPT:...Conversational AI Chatbot (Reddy)	Oct. 12	12:45 - 2:30 p.m.	Z	20
Green River: Prehistoric Ecosystem... (Holsclaw)	Oct. 19	10:00 - 11:30 a.m.	SC	19
Dining with Diabetes (Hoover, Wright, Roberts)	Oct. 26 - Nov. 16	3:00 - 4:00 p.m.	Z	12
An "Out West" Pictorial Journey (Holsclaw)	Oct. 26	10:00 a.m. - 12:00 p.m.	SC	22
Technology Security: Don't Be Fooled (Klishis)	Nov. 2	10:00 a.m. - 12:00 p.m.	Z	22
Living Happily Ever After (Harrison)	Nov. 9	10:00 a.m. - 12:30 p.m.	SC	11
Technology Security: Protecting Your Data (Klishis)	Nov. 16	10:00 a.m. - 12:00 p.m.	Z	22
Friday				
Stress Less with Mindfulness (Peck, Hoover)	Oct. 6 - 27	12:00 - 12:45 p.m.	Z	13
Contemporary Economic Policy Issues (Haveman)	Oct. 6 - Nov. 17	2:00 - 3:30 p.m.	Z	12
Prostate Cancer Awareness (Battin)	Oct. 6	10:00 - 11:00 a.m.	Z	13
Andre Van Damme and the...Charleston Ballet (Pauley)	Oct. 27	10:00 - 11:30 a.m.	SC	10
Exhibit Tour: Hacking the Library (Brown)	Oct. 27	10:00 - 11:00 a.m.	Z	21
Take the PAIN Out of Chronic PAIN... (Karshenas)	Dec. 1	3:00 - 4:30 p.m.	Z	14
Saturday				
Buff City Soap	Oct. 14	12:00 - 1:30 p.m.	Other	7
Sunday				
OLLI Virtual Happy Hour	Oct. 1 - Dec. 17	6:30 - 7:30 p.m.	Z	7

Class & Event Updates

The OLLI course catalog often has to go to print before we have all the information we need to pass along. It is not unusual for OLLI to add classes and events throughout the term. Nor is it unusual for dates to change due to unforeseen circumstances.

New classes are announced in OLLI's Friday bulletin. Emails are sent about schedule changes. But sometimes, it's easier to have a quick point of reference for all of this information. Therefore, we have created the link below for you to check for all the latest class and events updates.

<https://olliatwvu.wpcomstaging.com/archives/8974>

You can also access the site by scanning this QR code below with your Smart Phone.



Follow OLLI at WVU Online

Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

Friday e-bulletin & Emails

Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more. Email olli@hsc.wvu.edu to be added to OLLI's email list.

You can also access the latest news directly by clicking on the News button on our website at olliatwvu.org

OLLI does not share your email address. We use your address only to inform you of important OLLI information and upcoming events.

On Social Media

- Facebook (Osher Lifelong Learning Institute at WVU)
- Wordpress (olliatwvu.wpcomstaging.com/)
- Instagram (olliatwvu)

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793
www.olliatwvu.org
olli@hsc.wvu.edu

Main office (Morgantown)
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office
Schoenbaum Family Enrichment Center
1701 5th Ave.
Charleston, WV 25387

We recommend calling ahead or making an appointment as office hours may be limited.



***Come for the classes,
Stay for the people!***

OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Weather Closings

OLLI will not hold in-person classes in Monongalia County or Kanawha County if the schools are closed or offering remote learning for the day in the respective county. OLLI may still host classes on Zoom. If you are unaware if a class you are registered for is meeting, visit olli@hsc.wvu.edu or call the OLLI office at 304-293-1793.

Class Disclaimer

OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial, or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial, or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial, or other competent adviser.

All information is provided "as is," with no guarantee of completeness, accuracy, timelines or of the results

obtained from the use of the information, and without warranty of any kind, expressed or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

Liability Disclaimer

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

Non-Discrimination Statement

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities, and veterans.

Invite a Friend

Share your love of lifelong learning and OLLI at WVU with friends, family, neighbors, and colleagues. Clip the panels below, add a note if you wish, sign it, put in an envelope, and drop in the mail to someone you would like to join you at OLLI.

Join me at OLLI!

*Are you looking for something different to do?
Curious about things you haven't thought about before?*

OLLI at WVU offers the opportunity to learn simply for the fun of it! No tests, No grades!

Visit olliatwvu.org OR
call **ME** for more information.

I would LOVE to have you join me in an OLLI class!



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OLLI at WVU - Your Next Adventure Begins Here

Fall registration begins Sept. 18

Phone: 304-293-1793

Website: olliatwvu.org

Email: olli@hsc.wvu.edu

Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, technology, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities