



Osher

Lifelong Learning
Institute at UAH

Discover a NEW adventure with OLLI Express Online.

Stay intellectually active as you participate in our LIVE courses online offered in a variety of topics during the month of May. Take courses from the comfort of your own home in this virtual format with fellow OLLI friends!

OLLI Membership is required.

**\$10 Tuition
plus \$15
per Course**

Tuesday

Play Ball! The History of America's Pastime

"Take me out to the ball game" is an American staple during the seventh inning stretch of a baseball game. Explore baseball's remarkable past, taking you from the pivotal year of 1920 through today as an international sport. Gain an understanding of the game as well as the sport's impact socially, culturally, and politically in America. This course will prepare you to celebrate the return of professional baseball to the Rocket City.

5/5-5/26 • T • 8:30 - 10:00 am
C73S2001 • Eric Hardy

Let's Play Ukulele!

Want to play a musical instrument but don't know where to start? The little ukulele, soaring in popularity, may be just for you! Learn the fundamentals of strumming, basic chords, playing along with others, and singing while playing. Explore different music genres featuring ukuleles. Those with a little experience are welcomed! Members must provide their own ukulele.

5/5-5/14 • T, Th • 10:30 am – noon
C73S2002 • Pat Long

Absolute Beginning Bridge

Join the opportunity to learn to play the world's most popular card game. Have fun while you stimulate your mind in a relaxed congenial social environment. Designed especially for the true beginner, members will learn the basics of the game and become ready to play with friends and relatives. This course is ideal for individuals with no or very limited knowledge of the game. The text, *Bidding in the 21st Century*, will be provided complimentary.

5/5-5/26 • T • 1:00 - 2:30 pm
C66S2003 • Bob Darnall

**Register Online at osher.uah.edu/OLLIRegistration
or call 256.824.6010 - M-F, 9:00 am - noon (CST)**



THE UNIVERSITY OF
ALABAMA IN HUNTSVILLE

Wednesday

Wrinkle in Time: Perspectives on Race Relations

One would have thought by this point in American history racism would have been eliminated. Take a wrinkle in time by engaging in thoughtful discussions and thinking critically about the world around you as it relates to race. Develop a more complex understanding of the American experience through the eyes of diverse ethnic communities and learn how race intersects with much of our history and culture. Each session will take on different perspectives as members work together to understand the historic struggle against racism, discrimination, oppression and examine the systems that continue to perpetuate inequality.

5/20-5/28 • W, Th • 8:30 - 10:00 am
C67S2011 • Linda Lutfi

The 400th Anniversary of The Mayflower Arrival

Commemorate the 400th anniversary of the Mayflower voyage while learning the history of the ship, travel preparations, reasons behind the excursion and its passengers — a group of people that a remarkable 30 million plus US citizens have descended from. Discover more about the Pilgrims and the native Wampanoag people. Their stories embody the triumphs and tragedies of life in early New England and in the country itself.

5/6-5/27 • W • 11:00 am – noon
C67S2005 • Gratia Mahony

Through the Eyes of a Resident: Northern AL Nature

Through the eyes, lenses and experience of a 50-year professional forester and ecologist, discover the beauty of nearby state parks, greenways, properties of Land Trust of North Alabama, Wheeler National Wildlife Refuge and more! Observe and study unique features each one has, wildflowers, tree forms, plants and even the sky. Prior to class, members will need to read 2-3 instructor's blog posts to incorporate in the discussion of this course.

5/6-5/27 • W • 1:00-2:30 pm
C71S2006 • Dr. Steve Jones

Questions? OLLI.info@uah.edu | 256.824.6183

Thursday

Rightsizing: Preparing for the Lifestyle You Want

It seems we all want to get rid of the stress and burden of unwanted "stuff", but haven't the knowledge nor motivation to get started with the downsizing process. From planning to execution, look at the various options and reasons for changing our surroundings for a simpler life. Learn how the instructor started the process of downsizing her own home as well as pointing out the successes and failures along the way.

5/7-5/28 • Th • 10:30 am – noon
C66S2007 • Janet Reville

Exploring the History and Culture of the Culinary Industry

Have you ever wondered where the concept of the Culinary industry began? The drive to obtain food has been a major catalyst across all of history, from prehistoric times to the present. Take a journey around the world to discover the fascinating classic food traditions of different regions and eras. Topics will include the revolution of agriculture, food globalization, hierarchies in the industry, table settings and much more! Conclude the course with live demonstrations of popular food preparation techniques. Be prepared to reveal the development of societies and cultures through the single factor that has driven human life more than any other-FOOD- and greatly broaden your own enjoyment of fine dining.

5/7-5/28 • Th • 1:00 - 2:30 pm
C67S2008 • Fathia Hardy

Breath-Centered Yoga

Focus on using yoga practices to reduce stress and promote immunity in the body. Postures and gentle movements focused on opening the chest and activating the lymphatic system will be used to release congestion, reduce stress hormones, and support positive nervous system responses. Please wear comfortable clothing and plan a place to practice where you can see and hear the Zoom meeting. Recommended equipment is a yoga mat (or comfortable floor space), strap (you could use a belt from robe or coat), 1-2 firm throw blankets or bath towels, and a sturdy chair that is open (no arms) such as a folding chair.

5/7-5/28 • Th • 3:00 - 4:00 pm
C70S2009 • Pam Tejes

Friday

Explorations in Science and Technology

Discover the wonders of how our world works! Designed to stimulate thought and discussion on topics related to science and technology, explore the best of science and technology using videos and class discussions. Gain awareness of and be inspired by the discoveries of our past, present and future.

5/8-5/29 • F • 8:30 - 10:00 am
C68S2010 • Dr. Ken Rex

Courses listed in this guide are offered in the spirit of academic freedom. The Osher Lifelong Learning Institute and The University of Alabama in Huntsville do not endorse any creed, concept, service, or product that might be presented by the instructors.

Questions?

OLLI.info@uah.edu
256.824.6183



OLLI INSTRUCTORS

Bob Darnall grew up in a bridge playing household and started playing at about ten. Both his parents taught bridge and he is following their examples. A retired engineer who worked on Army missile programs, he is a regular at the Huntsville Bridge Center.

Eric Hardy has over 30 years of experience in baseball, both as a player and a coach. He played professionally in the MiLB with the Iowa Cubs for four years and is currently coaching little league baseball. He is an engineer at TVA Browns Ferry Nuclear Plant.

Fathia L Hardy has over 10 years in the Culinary industry. She has been a Supervisor in a Fine Dining restaurant, catering manager at the USSRC, and head chef for her own catering company. She is ServeSafe certified and won Best Rookie Chef in the Best of Cincinnati showcase. She loves experimenting with new techniques at home and trying new cultural flavors.

Dr. Steve Jones is a forester (BS, 1973, PhD 1987), author, retired educator (former president of four universities), and Earth steward dedicating his life to leaving this world a better place. His approach to OLLI education is passion-fueled, purpose-driven, and nature-driven.

Pat Long is a local folk musician and multi-instrumentalist who has enjoyed strumming the ukulele since childhood. One current musical group of which she's a member features a rousing ukulele rhythm section!

Linda Starr Lutfi holds a MA and BA in Theater and minor in Radio/TV from Cal State, Los Angeles. She has over 40 years of diversified and specialized experience in teaching and the performing arts. She currently works at UAB but is looking forward to retirement in order to spend more time with her grandchildren: Malik, Khaysia Starr, and Farrah Starr.

Gratia Mahony was born in Madison, Wisconsin. She majored in American History at the University of Wisconsin. She is a professional genealogist who has taught numerous genealogy and history classes for over thirty years.

Janet Reville, a retired certified broker's assistant, spent many hours setting up and maintaining both small and large office systems. As a military spouse of 25 years with 10 moves, organization has been a passion and a necessity at home, in the workplace, and in general. Janet has been an OLLI instructor for several years.

Dr. Ken Rex holds a PhD in Astronomy and Physics from Rensselaer Polytechnic Institute. He taught physics and astronomy at the State University of New York and worked as a system engineer for Lockheed Martin & Raytheon Companies on Department of Defense radar, submarine, and missile projects.

Pam Tejes is a certified yoga teacher with over 200 hours of training compliant with Yoga Alliance guidelines. She is a graduate of Loyola University with a BS in Biology, is certified in CPR/AED/First Aid, and is experienced in teaching yoga for all ages.

MEMBERSHIP AND COURSE REGISTRATION

Join OLLI Today!

Membership Options

\$25 for 12 months or / \$50 for 24 months

Fees

OLLI Express Online tuition is \$10 plus \$15 for each course.

During this time of social distancing, OLLI at UAH membership offers many resources and benefits online. OLLI "rolling" memberships are valid for 12 months beginning the month your membership is processed.

Online Membership Benefits:

- Register for online courses taught by excellent instructors through the user friendly Zoom video conferencing software.
- Discover new online resources such as online tours of museums, gardens, parks, the Metropolitan Opera and more through the Weekly eNews.
- Meet new friends while catching up with the OLLI at UAH Program Manager and Coordinator during weekly virtual coffee chats on Thursdays at 3:00 pm.
- Attend virtual Weekly Bonus presentations through Zoom video conferencing software.
- Receive weekly OLLI eNews and monthly issues of The OLLI Insider electronically.
- Volunteer to teach, coordinate a course, or serve on a committee.
- And much more!

TWO EASY WAYS TO REGISTER:

Select one or more courses. REGISTER EARLY! Seating is limited and on a first-come basis.

ONLINE

at Osher.uah.edu/OLLIRegistration

PHONE 256.824.6010. Credit card info is required. 9:00 am – noon (CST), Mon – Fri

Membership is required.

ALPHABETICAL COURSE LIST

- C66S2003 Absolute Beginning Bridge
- C70S2009 Breath-Centered Yoga
- C68S2010 Explorations in Science and Technology
- C67S2008 Exploring the History and Culture of the Culinary Industry
- C73S2002 Let's Play Ukulele!
- C73S2001 Play Ball! The History of America's Pastime
- C66S2007 Rightsizing: Preparing for the Lifestyle You Want
- C67S2005 The 400th Anniversary of The Mayflower Arrival
- C71S2006 Through the Eyes of a Resident: Northern AL Nature
- C67S2011 Wrinkle in Time: Perspectives on Race Relations

Please note:

- OLLI Express Online tuition will automatically be added to the cart the first time you register online.
- When selecting the number of courses, \$15 will be added to the cart per course.
- You are able to add courses online by logging into your client portal.
- You will be notified at least four working days in advance if a course is canceled due to low enrollment.
- OLLI at UAH is not responsible for any damage or personal injury sustained when a member is participating in any OLLI sponsored activities.
- Membership implies permission to use your photo for OLLI publicity. If you do not want your photo used, please notify the instructor/photographer in advance.

A GUIDE TO LEARNING WITH ZOOM

Guide to Learning with Zoom

Zoom is a centrally supported video conferencing platform that provides high definition, interactive collaboration tools for communication. To access Zoom you will need a laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android). The following equipment will enhance your experience:

- **Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you don't have access to a web camera, you will still be able to see the instructor.
- **Microphone:** This will let you be heard during the class. You don't need fancy equipment; it can be headphones with a mic incorporated that you use with your smartphone.
- **Charger:** Charging your device during class will ensure that you do not have an unexpected power outage interrupting your learning.

Once you register for a course, OLLI at UAH will send registered members a link for the Zoom meeting. A Zoom account isn't required to attend our course sessions.

- If you haven't used Zoom before, allow about 15 minutes for setup before first use.
- Using a **laptop** or **desktop:** Download the free and secure Zoom program to computer.
- Using a **tablet** or **smartphone:** Download the free and secure Zoom application from the app store.



Your Safety Comes First!

The CPS staff is aware of the many reports happening around the U.S. on "Zoombombers" who disrupt Zoom meetings and privacy concerns. Most Zoombombings occur when invited participants share meeting links with those who are not invited. We ask that you please do not share course links with individuals not registered for the course. UAH has various safety measures to ensure unexpected guest do not attend Zoom meetings.

If you have any questions about these security measures contact us at OLLI.info@uah.edu. Your privacy and safety are always our number one priority.

ZOOM MEETING TESTS AVAILABLE

Do you want to make sure you are all set with Zoom prior to class? We recommend members joining us at one of our Test Zoom Meetings on the following dates:

Thursday, April 23rd
at 10:00 am.
Click [HERE](#) to
join meeting.

Monday, April 27th
at 10:00 am.
Click [HERE](#) to
join meeting.

Thursday, April 30th
at 10:00 am.
Click [HERE](#) to
join meeting.

SCHEDULE AT A GLANCE

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	4	5	6	7	8
8:30 - 10:00 am		Play Ball!			Science and Technology
10:30 am - noon		Let's Play Ukulele		Let's Play Ukulele	
				Rightsizing	
11:00 am - noon			The Mayflower		
1:00 - 2:30 pm		Absolute Beginning Bridge	Through the Eyes of a Resident	History and Culture of the Culinary Industry	
3:00 - 4:00 pm				Yoga	

	11	12	13	14	15
8:30 - 10:00 am		Play Ball!			Science and Technology
10:30 am - noon		Let's Play Ukulele		Let's Play Ukulele	
				Rightsizing	
11:00 am - noon			The Mayflower		
1:00 - 2:30 pm		Absolute Beginning Bridge	Through the Eyes of a Resident	History and Culture of the Culinary Industry	
3:00 - 4:00 pm				Yoga	

	18	19	20	21	22
8:30 - 10:00 am		Play Ball!	Wrinkle in Time	Wrinkle in Time	Science and Technology
10:30 am - noon				Rightsizing	
11:00 am - noon			The Mayflower		
1:00 - 2:30 pm		Absolute Beginning Bridge	Through the Eyes of a Resident	History and Culture of the Culinary Industry	
3:00-4:00 pm				Yoga	

	25	26	27	28	29
8:30 - 10:00 am		Play Ball!	Wrinkle in Time	Wrinkle in Time	Science and Technology
10:30 am - noon	No classes- UAH Closed			Rightsizing	
11:00 am - noon			The Mayflower		
1:00 - 2:30 pm		Absolute Beginning Bridge	Through the Eyes of a Resident	History and Culture of the Culinary Industry	
3:00 - 4:00 pm				Yoga	