
OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI@DU / 2024

WINTER CATALOG

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University College
UNIVERSITY OF DENVER





Jacqueline Wyant meeting Bernard Osher at the annual Osher Conference in San Diego in October

A Note from the Director

Welcome to the Winter 2024 Term. We are thrilled to have you as a member of OLLI at DU. You are joining a group of over 1300 lifelong learners who enjoyed the 100 courses, 10 webinars and five online fitness classes this fall. Winter term is always our busiest and this will be no exception as we are gearing up for offering 115 courses and 6 webinars to a record number of members.

Grab your favorite beverage and review this incredible catalog of courses which are being offered by our facilitators. We guarantee you will be wowed by the variety. A big thank you to our many volunteers (facilitators, class assistants, and committee members) and to the OLLI at DU staff for their efforts. Our courses are at the heart of everything we do, but there is so much more.

We like to say: “Come for the courses, stay for the connections.” Our mission is to provide opportunities for connecting with other active adults, both in the classroom (or Zoom Room) and through social events and shared interest groups. Check out our website for information on theatre events, concerts, photography groups, hiking clubs and so much more. Take some time to poke around on our new website to find a wealth of other information—including your own personal account that, once you are signed in, shows exactly what you have purchased and where you need to be, including zoom links.

Enjoy!

Jackie



OLLI@DU / 2024 WINTER / ANNOUNCEMENTS

The Osher Lifelong Learning Institute at the University of Denver is a membership-based, lifelong learning program for adults “50 years and better.” We are in our 28th year and we are part of a network of 125 OLLIs nationwide. OLLI offers noncredit courses, lectures, webinars, social events, and travel opportunities... No tests. No grades. OLLI is for the love of learning.

As with every organization focused on adult learning, OLLI at DU is striving to strike a balance between the convenience of online learning and programming, and the face-to-face connections that we all like to make at in-person courses or events. In this catalog you will find a large number of both in-person and online learning opportunities.

We are seeing a gradual increase in participation for in-person courses, and we will continue to monitor that closely. As you learn about the new membership benefits being offered in 2023–24, we think you will find interesting classes just right for you.

Our goal is to reflect what our members want, and we always want to hear from you. The curriculum work is a major effort by many volunteers, facilitators and staff who plan out the courses that form the very essence of OLLI. We hope you will participate and enjoy this array of offerings.

Our Mission

To enrich the lives of our members through a high-quality learning and social environment.

**COME FOR
THE COURSES,
STAY FOR THE
CONNECTIONS**

Diverse In-Person and Online Program Offerings

Health and Wellness

History and Economics

Literature and Writing

Psychology, Religion, Philosophy, Culture

Public Affairs and Current Events

STEM

Visual and Performing Arts

Miscellaneous



OLLI at DU Home Location

University College at the University of Denver 2211 South Josephine Street, Denver, CO 80208
Office Hours: Monday through Thursday, 9 AM–1 PM
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OLLI at DU South

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- Sherilee Selby
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OLLI at DU West

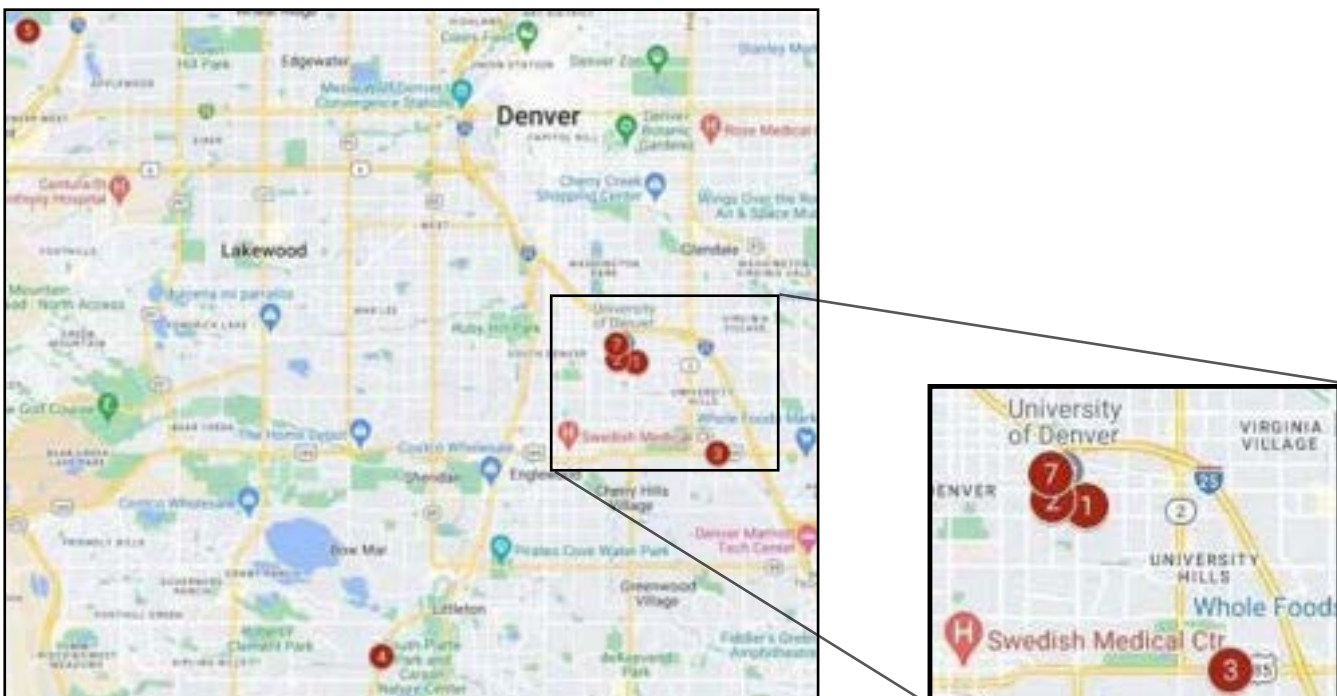
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CLASS LOCATIONS

- 1 OLLI at DU Office Location**
University College at the University of Denver
2211 South Josephine St, Denver, CO 80208
- 2 OLLI at DU On Campus**
Ruffato Hall
1999 East Evans, Denver, CO 80208
- 3 OLLI at DU Central Campus**
First Universalist Church of Denver
4101 East Hampden, Denver, CO 80222
- 4 OLLI at DU South Campus**
Columbine United Church
6375 S Platte Canyon Rd, Littleton, CO 80123
- 5 OLLI at DU West Campus**
Jefferson Unitarian Church
14350 W 32nd Ave, Golden, CO 80401
- 6 OLLI at DU in Partnership with Regis University**
500 East 84th Ave, Suite B-12, Thornton, CO 80229
- 7 OLLI at DU Chambers Center**
1901 East Asbury Avenue, Denver, CO 80210

Photo credit: Mark A. Payler



<https://olli.du.edu/duolli/configuration/duolli/img/ollimap1123final.jpg>

OLLI by the Numbers As of Fall 2023 Term

1321

Annual Members

100

Courses

79

Affiliate Members
(from Senior Living
Communities and
Centers)

2512

Course
Registrations

115

Facilitators

9

Reciprocal
Members (from
OLLI at CSU)

8

Member Social
Events

2

Average Courses
per Member

5

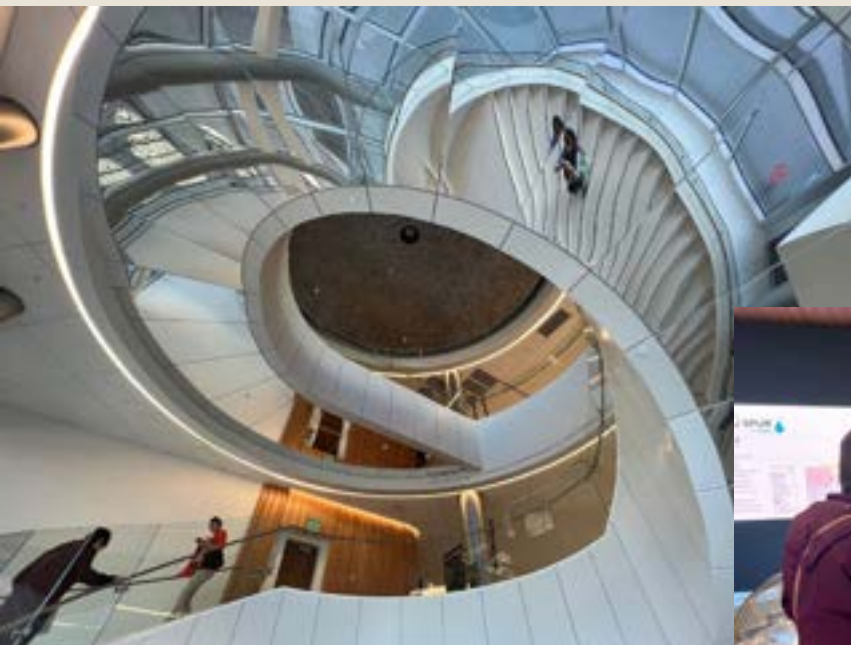
Free Fitness
Classes

10

Free Webinars

1061

Webinar
Registrations



What can you expect from OLLI at DU?

An OLLI at DU Annual Membership is \$65 and is valid for one academic year (August-August). In addition to access to the hundreds of courses we offer annually, OLLI at DU has a new slate of membership benefits that provide social connections, activities, and access to free live webinars.

Membership Benefits— Whether you are returning after years of experience with OLLI or are a brand-new member, we create many pathways for participation. We are sure you'll find something you like! Here are some of the top offerings:

- ▶ **TRAVEL**—Join other OLLI members for domestic and international trips in 2024. We partner with travel providers such as Road Scholar and Go Tours to curate wonderful domestic and international trips, and often, you will find course offerings to support your learning before you go!
- ▶ **FITNESS**—OLLI at DU Fit brings regular weekly course offerings, such as Tai Chi classes and Meditation and Movement. Check out the in person Tai Chi and Yoga gatherings at Observatory Park in the summer months.
- ▶ **COMMUNITY**—OLLI on the Move (OOM) is “on the road” to bring lifelong learning to new audiences! OOM delivers academic courses to libraries, senior living communities and senior organizations throughout Denver Metro and Boulder areas.
- ▶ **FREE WEBINARS**—With your membership you have access to more than 50 free webinars annually. Many of these are structured to happen during lulls between our academic calendar terms. Some are special webinars geared to other programmatic offerings and outings.
- ▶ **OLLI at CSU RECIPROCAL MEMBERSHIP**—OLLI at DU members are now able to enjoy a reciprocal membership with benefits at both lifelong learning programs, which includes the new CSU Spur Campus in Denver.
- ▶ **SPECIAL EVENTS**—Come join us for music, art, dance, theatre, or other special events that we plan for OLLI at DU members throughout the year.
- ▶ **SHARED INTEREST GROUPS**—Start a group or join other members who have a shared passion for photography, chess, Mahjong and more.
- ▶ **MUCH MORE**—Discounts for the [DU Newman Center for the Performing Arts](#), Volunteer opportunities for OLLI at DU and in the community, and, importantly, access to the [DU Research Library](#) as well as the Regis Library.
- ▶ **COMING SOON!**

OLLI at DU courses at the new CSU Spur Campus adjacent to the National Western Complex in Denver. These courses will take place in brand new buildings in state-of-the-art classrooms in a convenient central location. Stay tuned for more information!

OLLI at DU courses at the Broomfield Community Center. Soon we will have a northern presence again that will help us to reach people in Boulder, Superior Broomfield, Louisville, Lafayette, Westminster, Arvada, Lakewood, Federal Heights and Northglenn.



“

The naturalist guides were terrific. Oh, and having lunch afterward to talk about our walks and get to know each other was fun!

”

“

The facilitator was excellent. There was so much material covered. She was full of knowledge and gave me more courage to be digitally able.

”

WHAT OUR MEMBERS SAY

“

This outstanding trip was a 12!!!! I would never have ventured to the Big Apple w/o the expert guidance and generous help of the guides. Loved meeting so many witty, wise, interesting OLLI attendees. Babysitting 38 adults is difficult, yet I learned to use the subway, buses, and how to navigate the streets with the group and then on my own. OLLI should do more of these excellent Road Scholar programs. Thank you all for the wonderful NYC adventure.

”



OLLI at DU CURRICULUM CALENDAR

Important Dates Winter 2024



Activity	Winter 2024
Catalog Posted on Website and sent via email	Monday, December 4, 2023
Registration Opens and is First Come, First Serve <i>Note: Registration remains open until the course has reached its maximum enrollment OR until the Thursday at midnight prior to the course or webinar begins</i>	Monday, December 11, 2023
Confirmation Emails sent at time of registration (Zoom links to be sent before online courses begin)	Time of registration
Term Begins	Tuesday, January 16, 2024
Term Ends	Monday, March 11, 2024

Note: OLLI follows the University of Denver calendar for observance of scheduled holidays. Thus, there will be no OLLI courses held on Thanksgiving (11/28/24), day after Thanksgiving (11/29/24). Classes which are scheduled during the observance of Rosh Hashanah (10/2–10/4, 2024) and Yom Kippur (10/11/24) will be held at the discretion of the facilitator. Other holidays which DU observes fall outside of our scheduled dates for our terms and recess webinars.



How to **Purchase** an **OLLI at DU Annual Membership**, **Pay** for Course Fees, **Select Courses**, **Register** for Courses *and* Find Your **ZOOM Links**

How to Become a Member & Register for Courses & Webinars

STEP 1: Visit the OLLI at DU Website (olli.du.edu)

Membership information is located on our home page under the membership tab. Click on the membership type you would like to purchase and ADD to CART.

STEP 2: Create an OLLI at DU account with Campus CE

Campus CE is our registration system. Choose a sign-in name and password.

STEP 3: Return to the Home Page and click on Courses/Registration

Review our course catalog and select your favorite courses and/or webinars. Click on ADD TO CART.

STEP 4: Checkout

You must complete your registration by checking out. You will receive an immediate email confirmation of your membership and your registration with further instructions about your courses.

Already an OLLI at DU Member? Here's How to Register for Courses & Webinars

STEP 1: Visit the OLLI at DU Website (olli.du.edu)

STEP 2: Sign in to your account (located in red bar below the image of DU)

You must sign into your account in order to be able to add courses and webinars to your account.

STEP 3: Return to the Home Page and click on Courses/Registration


Review our course catalog and select your favorite courses and/or webinars. Click on ADD TO CART.

STEP 4: Checkout

You must complete your registration by checking out. You will receive an immediate email confirmation of your membership and your registration with further instructions about your courses.

Using the Website & Your Account

To access your account, go to OLLI.du.edu and locate the red bar below the image of DU.



Sign In Join OLLI Account Cart Home

Begin by clicking on **Sign In** and entering your user name and password.

AFTER YOU SIGN IN, click on the word **ACCOUNT** in the red bar below the photo of DU on the home page

In your account, you can access the following:

- ▶ **My Profile**
- ▶ **Username and Password**
- ▶ **History**
- ▶ **Class List**
- ▶ **My Membership**
- ▶ **Make a Payment**
- ▶ **Member Information**

My Profile - change your address, phone number or email

Username and Password - change your username and/or password

History - view all of your orders. Click on the order number to see what you purchased/selected

Class List - (probably the most important feature of your account!) this is where you find the information for every course, webinar, membership, or social event which you registered. In this section, you can:

- 1) Click on a class title which is in red and is located in the third column. Here you will find the syllabus, course description, and instructor bio for that course.
- 2) Find the Zoom link for an online course.

Make a Payment - find out if you have any outstanding balance and enter your credit card information to pay for it.

Course Titles by Subject Area

Health & Wellness

Beyond the Pharmacy Counter: What Should Active Adults Know About Medications
 Change Your Story.....Change Your Life!
 Could You Use a Little More Joy Right Now?
 Dementia – Risk Reduction, Research, and Treatments
 Elevate Your Diet with Ten Easy Tweaks and Weekly Cooking Demos
 Mindfulness-Based Stress Reduction
 Plan with The End in Mind

History & Economics

African American Heroes of World War II
 After the Fall of Rome: Europe and Southwest Asia 500-1200
 Anatomy of a Murder Trial
 Archaeology: It's Way More Than Digging for Treasures!
 Canadian History for Americans-Similarities & Differences Between Two Nations
 Chernobyl: The Rest of the Story
 The Civil War on the Mississippi River
 Economics, Morality and Power: From Adam Smith to Milton Friedman
 Eleanor Roosevelt: "The First Lady of the World"
 Exploring Japan: A Journey into Culture, History, and Traditions
 The History Behind Denver's Historic Districts
 The History of American Women's Suffrage
 The Invasion of the Americas
 The Irish Diaspora in North America
 It Ain't Easy Being Independent: Creative Western Women
 Lawrence of Arabia
 Our Country's Conflicted Religious History
 Prelude to the Second World War
 The Renaissance: A Journey into the Modern World
 Seeds of Atlantis and Astronomical Aspects of the Pyramids
 Short History of FBI Undercover Operations
 Some Walks and Culture of Japan
 Unsung Heroes of World War II
 What Does Our Constitution Really Say
 Why Are Some Countries Rich While Others Remain Poor?

Literature, Writing & Language

Bridgerton and Jane Austen: Facts and Fictions About the English Regency Period
Come Read With Me: Contemporary Irish Literature
In Kiltumper: A Year in an Irish Garden
Journaling the Twists & Turns of Change: Envisioning a Better Life
Lessons in Chemistry by Bonnie Garmus
Mysterious Places: Libraries and Bookstores
The Origin and Development of Language
Rereading Tolkien's *Lord of the Rings*
This is Happiness: A Novel of Ireland by Niall Williams
We Share the World: Stories of Animal Encounters
Writing Your Legacy

Psychology, Religion, Philosophy, Culture

Abrahamic Religions
An Academic View of the Old Testament (Part 2)
Aging and Spirituality
Artificial Intelligence: Ethics and Moral Reasoning in the 21st Century
Discover the Meaning of Your Dreams
Egyptian Gods, Pharaohs and Temples
Enneagram Wisdom Deepened via Watching Media
The Enoch Epics: The Man Who Walked With God and Became "Eternal"
"Life After Life"! The Mind-Blowing Phenomena of NDEs (Near Death Experiences)
Neoliberalism, Revisited
Perception: Its Significant Role and Impact on Our Lives
The Psychology of Ebenezer Scrooge (and Charles Dickens)
Western Religions Meet the Modern World
What is Knowledge? What is Truth?
The World of Kabbalah Revealing How Its Mystical Secrets Relate to You

Public Affairs & Current Events

Current Events 1 Tues
Current Events 2 Tues
Current Events Weds
Expert Legal Interpretation of the Trump Indictments and Their Likelihood of Success
Great Decisions 1
Great Decisions 2
Great Decisions 3
A New Look at How Economics and Politics Affected the Development of our Fifty US States
A People's History of the United States
The Urgent Need to Change the US Immigration System
YIKES!: Media Mayhem and the '24 Elections

STEM

Climate Change: How Bad Is It, Really?
 Dinosaurs
 Get Smarter About Your Android Smartphone
 Get Smarter About Your iPhone Smartphone
 Issues in Technology
 Law and Neuroscience
 Major Groundwater Aquifers of the World
 Rock Art of the Colorado Plateau
 Serious Evolution: From Beginning to Future
 Why ChatGPT? Exploring Artificial Intelligence
 The Wonders of Colorado's Glacial Landscape

Visual & Performing Arts

Alfred Hitchcock Presents 3
 American Art: What's So American About It?
 Classical Music and You: What to Know and How to Listen Like a Pro
 Colored Pencil for Beginners
 Evolution of Martin Scorsese's Cinema from Gritty Gangsters to Sacred Silence
 Foreign Films
 Great Movies of the Last 80 Years
 Gunslingers and Silver Screens: History of the Western Genre in Film
 Healing the Trauma of 9/11 with Music, Film, Writing and Vulnerable Discussions
 The Hepburns: Eight Movies Starring Two Beloved Movie Stars, Katharine & Audrey Hepburn
 How to Read and Understand Shakespeare
 Impressionism, Picasso and More
 Impressionism—The Springboard from Realism to Modern Art
 The Magic of Mozart in the Context of His Times
 The Magic of Monochrome: Creating Black & White Masterpiece Photographs
 Master of Suspense: Hitchcock Through the Decades
 Memorable 1970s Movies
 Opera for All
 Pack Your Smartphone and Camera Bag: Travel Photography and You!
 Rocking the Reel: A Cinematic Journey Through Music Movies
 Simplify Your Travel Photography: One Smart Phone with Just One In-Phone App

Miscellaneous

American Ingenuity: Stories from Coast to Coast
 Animals in Our Lives—Way Beyond Just Pets
 Myths, Misperceptions and Legends About Commercial Flight
 Play of the Hand in the 21st Century
 Tapping into the Well of Creativity

IN-PERSON by Start Date/Day

DATE	DAY	COURSE #	COURSE TITLE	FACILITATOR
1/16	Tu AM	PACE 1001	Current Events Tues AM 1	Reinish/Myers
1/16	Tu AM	STEM 1003	Major Groundwater Aquifers of the World	Kunkel & T Steele
1/16	Tu AM	HSEC 1002	Eleanor Roosevelt: "First Lady of the World"	Holt
1/16	Tu AM	STEM 1001	Serious Evolution: From Beginning to Future	Vigor
1/16	Tu AM	STEM 1002	Why Chat GPT? Exploring Artificial Intelligence	Knox
1/16	Tu AM	VIPA 1005	American Art: What's So American About It?	Elliott
2/13	Tu AM	PACE 1002	Current Events Tues AM 2	Casey
2/13	Tu AM	LWRL 1002	<i>Bridgerton</i> and Jane Austen: Facts and Fictions about the English Regency Period	Eastman
2/13	Tu AM	HSEC 1001	Economics, Morality and Power: From Adam Smith to Milton Friedman	Rifkin & Folker
<hr/>				
1/16	Tu PM	HSEC 1006.1	Prelude to the Second World War (hybrid)	McHugh
1/16	Tu PM	LWRL 1006	The Origin and Development of Language	Anthony
1/16	Tu PM	PRPC 1008	Perception: Its Significant Role and Impact On Our Lives	Prevedel & Tsoucatos
1/16	Tu PM	PACE 1003	Great Decisions 1	Tebbe
1/16	Tu PM	HSEC 1008	Unsung Heroes of World War II	Bennett
1/16	Tu PM	PRPC 1006	Artificial Intelligence: Ethics & Moral Reasoning in the 21st Century	Ortlieb
1/16	Tu PM	MISC 1001	American Ingenuity: Stories from Coast to Coast	Bramley & Friedlander
1/16	Tu PM	PRPC 1009	Neoliberalism, Revisited	Stewart
<hr/>				
1/17	We AM	HSEC 1012	After the Fall of Rome: Europe and Southwest Asia 500-1200	Hochstadt
1/17	We AM	HSEC 1013	Lawrence of Arabia	Bicknell
1/17	We AM	LWRL 1007	Writing Your Legacy	Lederer
1/17	We AM	PACE 1005	Current Events Wed AM	Reinish & Myers

SUBJECT AREA	LOCATION	# WEEKS	PAGE
PACE	1st Universalist	4	38
STEM	1st Universalist	8	40
HSEC	Columbine Church	8	35
STEM	Columbine Church	8	39
STEM	Columbine Church	8	39
VIPA	Jefferson Unitarian	8	41
PACE	1st Universalist	4	38
LWRL	Chambers Center	4	36
HSEC	Columbine Church	4	34
HSEC	Ruffatto Hall	8	43
LWRL	1st Universalist	8	45
PRPC	1st Universalist	7	41
PACE	1st Universalist	8	48
HSEC	1st Universalist	8	44
PRPC	Columbine Church	8	46
MISC	Columbine Church	8	50
PRPC	Ruffatto Hall	8	47
HSEC	1st Universalist	6	53
HSEC	1st Universalist	8	53
LWRL	1st Universalist	8	54
PACE	1st Universalist	4	56

IN-PERSON by Start Date/Day continue

DATE	DAY	COURSE #	COURSE TITLE	FACILITATOR
1/17	We PM	VIPA 1015	Foreign Films	Reinish
1/17	We PM	HSEC 1019	The Invasion of the Americas	Collins
<hr/>				
1/18	Th AM	PACE 1010	Great Decisions 2	Appell
1/18	Th AM	PACE 1008	A New Look at How Economics and Politics Affected the Development of our Fifty US States	Lay
1/18	Th AM	HSEC 1021	Chernobyl: The Rest of the Story	Cassell
1/18	Th AM	PRPC 1011	The Psychology of Ebenezer Scrooge (and Charles Dickens)	Braden
1/18	Th AM	MISC 1004	Animals in Our Lives—Way Beyond Just Pets	Conklin
1/18	Th AM	VIPA 1019	Healing the Trauma of 9/11 with Music, Film, Writing and Vulnerable Discussions	Kapner
<hr/>				
1/18	Th PM	PRPC 1016	Western Religions Meet the Modern World	Mackey
1/18	Th PM	PACE 1011	Expert Legal Interpretation of the Trump Indictments and Their Likelihood of Success	Levinson & Lozow
1/18	Th PM	STEM 1010	Law and Neuroscience	Hoffman
2/15	Th PM	HSEC 1026	Exploring Japan: A Journey into Culture, History, and Traditions	Mercure & Winber

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SUBJECT AREA	LOCATION	# WEEKS	PAGE
VIPA	1st Universalist	4	63
HSEC	1st Universalist	8	60
PACE	Chambers Center	8	71
PACE	Chambers Center	8	70
HSEC	Columbine Church	8	65
PRPC	Columbine Church	4	68
MISC	Columbine Church	7	75
VIPA	Thornton Campus	4	74
PRPC	Chambers Center	8	78
PACE	Chambers Center	8	79
STEM	Chambers Center	6	80
HSEC	Chambers Center	4	76

ONLINE by Start Date/Day

DATE	DAY	COURSE #	COURSE	FACILITATOR
1/22	Mo PM	HEWE 1001	Could You Use a Little More Joy Right Now	Kester
1/22	Mo PM	HEWE 1003	Mindfulness-Based Stress Reduction	Traikoff
1/22	Mo PM	LWRL 1001	We Share the World: Stories of Animal Encounters	Vlasin
1/22	Mo PM	PRPC 1001	Artificial Intelligence: Ethics & Moral Reasoning in the 21st Century	Ortlieb
1/22	Mo PM	PRPC 1002	Discover the Meaning of Your Dreams	Peacock
1/22	Mo PM	PRPC 1003	Aging and Spirituality	O'Brien
1/22	Mo PM	PRPC 1004	"Life After Life"! The Mind-Blowing Phenomena of NDEs (Near Death Experiences)	Arapakis
1/22	Mo PM	VIPA 1004	Classical Music and You: What to Know and How to Listen Like a Pro	Beeson
1/22	Mo PM	VIPA 1002	Alfred Hitchcock Presents 3	McHugh
2/19	Mo PM	HEWE 1002	Plan with The End in Mind	Barton
2/19	Mo PM	VIPA 1001	Gunslingers and Silver Screens: History of the Western Genre in Film	Garrett
<hr/>				
1/16	Tu AM	HSEC 1003	The History Behind Denver's Historic Districts	Tiegs
1/16	Tu AM	LWRL 1003	Journaling the Twists & Turns of Change: Envisioning a Better Life	Varvel
1/16	Tu AM	LWRL 1004	<i>This is Happiness: A Novel of Ireland</i> by Niall Williams	Batt & Batt
1/16	Tu AM	PRPC 1005	What is Knowledge? What is Truth?	Putnam
1/16	Tu AM	VIPA 1003	Impressionism--The Springboard from Realism to Modern Art	Gardner & Edwards
1/16	Tu AM	VIPA 1006	Evolution of Martin Scorsese's Cinema from Gritty Gangsters to Sacred Silence	Garrett
2/13	Tu AM	HEWE 1004	Dementia – Risk Reduction, Research, and Treatments	Jordan

SUBJECT AREA	# WEEKS	PAGE
HEWE	8	28
HEWE	8	29
LWRL	8	29
PRPC	8	30
PRPC	6	30
PRPC	4	31
PRPC	4	31
VIPA	8	33
VIPA	8	32
HEWE	4	28
VIPA	4	32
HSEC	6	35
LWRL	4	36
LWRL	8	37
PRPC	8	37
VIPA	8	40
VIPA	4	41
HEWE	4	34

ONLINE by Start Date/Day continued

DATE	DAY	COURSE #	COURSE	FACILITATOR
1/16	Tu PM	HEWE 1005	Change Your Story...Change Your Life!	Ratcliffe
1/16	Tu PM	HEWE 1006	Elevate Your Diet with Ten Easy Tweaks and Weekly Cooking Demos	Friedberg
1/16	Tu PM	HSEC 1005	What Does Our Constitution Really Say	Rushton
1/16	Tu PM	HSEC 1006.2	Prelude to the Second World War (hybrid)	McHugh
1/16	Tu PM	HSEC 1007	The History of American Women's Suffrage	Rich
1/16	Tu PM	LWRL 1005	Come Read With Me: Contemporary Irish Literature	S Walling
1/16	Tu PM	PRPC 1007	The World of Kabbalah Revealing How Its Mystical Secrets Relate to You	Serebryanski
1/16	Tu PM	VIPA 1008	The Hepburns: Eight Movies Starring Two Beloved Movie Stars, Katharine and Audrey Hepburn	Tannenbaum & Clisham
1/16	Tu PM	VIPA 1011	Memorable 1970s Movies	Matten & G Petty
1/16	Tu PM	VIPA 1009	Pack Your Smartphone and Camera Bag: Travel Photography and You!	Payler
2/13	Tu PM	VIPA 1010	The Magic of Monochrome: Creating Black and White Masterpiece Photographs	Payler
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1/17	We AM	HEWE 1007	Beyond the Pharmacy Counter: What Should Active Adults Know about Medications	Calderon
1/17	We AM	HSEC 1009	It Ain't Easy Being Independent: Creative Western Women	Stout & Smilanic
1/17	We AM	HSEC 1010	Anatomy of a Murder Trial	Wanebo
1/17	We AM	HSEC 1011	African American Heroes of World War II	Johnson
1/17	We AM	HSEC 1004	Some Walks and Culture of Japan	C Petty
1/17	We AM	PRPC 1010	Enneagram Wisdom Deepened via Watching Media	Paiva
1/17	We AM	PACE 1004	YIKES!: Media Mayhem and the '24 Elections	B Steele & Ryerson
1/17	We AM	STEM 1004	Rock Art of the Colorado Plateau	Meckel
1/17	We AM	VIPA 1012	American Art: What's So American About It?	Elliott
1/17	We AM	VIPA 1013	The Magic of Mozart in the Context of His Times	Schwarm

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ONLINE by Start Date/Day continued

DATE	DAY	COURSE #	COURSE	FACILITATOR
1/17	We PM	HSEC 1014	Archaeology: It's Way More Than Digging for Treasures!	Christner
1/17	We PM	HSEC 1015	Eleanor Roosevelt: "First Lady of the World"	Holt
1/17	We PM	HSEC 1018	Our Country's Conflicted Religious History	Lippman
1/17	We PM	HSEC 1020	The Renaissance: A Journey into the Modern World	Williams
1/17	We PM	LWRL 1008	<i>In Kiltumper: A Year in an Irish Garden</i>	C Steele
1/17	We PM	STEM 1005	Issues in Technology	Rochkind
1/17	We PM	VIPA 1014	Opera for All	Friedlander
1/17	We PM	MISC 1003	Play of The Hand in the 21st Century	Holmes
1/24	We PM	HSEC 1017	Why are Some Countries Rich while Others Remain Poor?	Friedman
2/14	We PM	HSEC 1016	Short History of FBI Undercover Operations	Wincelowicz
2/14	We PM	VIPA 1016	Simplify your Travel Photography: One Smart Phone with Just One In-Phone App	Frances
2/14	We PM	MISC 1002	Tapping into the Well of Creativity	Van Dusen
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1/18	Th AM	HSEC 1022	The Civil War on the Mississippi River	Kleinschmidt
1/18	Th AM	HSEC 1024	The Irish Diaspora in North America	Walsh
1/18	Th AM	LWRL 1009	<i>Lessons in Chemistry</i> by Bonnie Garmus	Peters
1/18	Th AM	LWRL 1010	Mysterious Places: Libraries and Bookstores	Lange
1/18	Th AM	PRPC 1012	The Enoch Epics: The Man Who Walked With God and Became "Eternal"	Sparks
1/18	Th AM	PACE 1006	A People's History of the United States	Pohlmann
1/18	Th AM	PACE 1007	The Urgent Need to Change the US Immigration System	Pearson
1/18	Th AM	PACE 1009	Great Decisions 3	Winber
1/18	Th AM	STEM 1006	Climate Change: How Bad Is It, Really?	Nelson
1/18	Th AM	STEM 1007	Get Smarter About Your Android Smartphone	Sherman
1/18	Th AM	VIPA 1017	Great Movies of the Last 80 Years	Magnani

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DATE	DAY	COURSE #	COURSE	FACILITATOR
1/18	Th AM	VIPA 1018	Impressionism, Picasso and More	Manning
2/15	Th AM	HSEC 1023	Seeds of Atlantis and Astronomical Aspects of the Pyramids	Stang
2/15	Th AM	PRPC 1013	Abrahamic Religions	Ferg
2/15	Th AM	STEM 1008	The Wonders of Colorado's Glacial Landscape	Matthews
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1/18	Th PM	HSEC 1025	Canadian History for Americans--Similarities & Differences Between Two Nations Born Side by Side	Young & Holt
1/18	Th PM	LWRL 1011	Rereading Tolkien's <i>Lord of the Rings</i>	Kozloff
1/18	Th PM	PRPC 1014	An Academic View of the Old Testament (Part 2)	Levin
1/18	Th PM	PRPC 1015	Egyptian Gods, Pharaohs and Temples	Susak
1/18	Th PM	STEM 1009	Get Smarter About Your Iphone Smartphone	Sherman
1/18	Th PM	STEM 1011	Dinosaurs	Matten
1/18	Th PM	VIPA 1007	Colored Pencil for Beginners	Verma
1/18	Th PM	VIPA 1020	How to Read and Understand Shakespeare	Folkestad & Folkestad
1/18	Th PM	VIPA 1021	Rocking the Reel: A Cinematic Journey Through Music Movies	Vice & Lungerhausen
1/18	Th PM	VIPA 1022	Master of Suspense: Hitchcock Through the Decades	Walkup
1/18	Th PM	MISC 1005	Myths, Misperceptions and Legends about Commerical Flight	Garcia

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PRPC	4	69
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HSEC	8	76
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PRPC	6	78
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VIPA	8	81
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VIPA	8	82
MISC	4	83

MONDAY AFTERNOON

➤ **Could You Use a Little More Joy Right Now?** HEWE 1001

Monday

Dates: 1/22 to 3/11 (8 weeks)

Time: 1–3 PM

Facilitator: Janet Kester, Master Facilitator

Location: Online

Class Limit: 35 persons

Sponsoring Site: South

Subject Area: Health & Wellness

Couldn't we all use more joy in our lives right now? Ingrid Fetell Lee wrote a book entitled *Joyful* in which she details "The surprising power of ordinary things to create extraordinary happiness." She divides joy into ten aesthetics such as energy (often provided through color), renewal (think baby chicks and spring flowers), freedom (riding in a convertible or the last day of school before summer vacation), or transcendence (kites, clouds, tree houses). This class will have fun spending two hours each week delving into those aesthetics plus a few other ways of looking at joy with slides, videos, music, and discussion. We will try to determine what gives each one of us the most joy and then concentrate on how to get more of those joyful moments into our lives. Joy isn't just something we find. It's also something we can make for ourselves and for those around us. This class helps us to be intentional about building joy and looking for joy.

➤ **Plan With the End in Mind** HEWE 1002

Monday

Dates: 2/19 to 3/11 (4 weeks)

Time: 1–3 PM

Facilitator: Jane Barton

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: Health & Wellness

Have you ever wondered how the journey of life will end? Do you have a preferred ending in mind? If so, do you have a plan in place that increases the likelihood that life will conclude as imagined? As a society, we are age denying and death averse. Hence, the majority of people in the United States have not planned for their ultimate demise. Consequently, family and friends have no instructions related to health care and end-of-life preferences when needed and wanted. Let's talk about the planning process — the forms, resources, and options that will serve you and yours well. By plotting and planning, you and your family can face the future with fewer fears about the "what ifs" of life.



 **Mindfulness-Based Stress Reduction**HEWE 1003**Monday****Dates:** 1/22 to 3/11 (8 weeks)**Time:** 1–3:30 PM**Facilitator:** Kara Traikoff**Location:** Online**Class Limit:** 25 persons**Sponsoring Site:** On Campus**Subject Area:** Health & Wellness

This is an 8-week Mindfulness Based Stress Reduction (MBSR) course as taught at UMASS Center for Mindfulness and the Mindfulness Center at Brown University. MBSR is designed to cultivate our ability to tap into internal wisdom, wholeness, and healing. It is an evidence-based program that welcomes both beginners and those with a more established practice. Participants will practice mindfulness in a variety of forms, bringing non-judgmental attention to thoughts, feelings, body sensation, and emotions. The class involves experiential learning and open dialogue around individual experiences. It offers great potential for deepening and reinforcing consistency of practice. This course includes suggested daily home practice with audio recordings to support the development of regular mindfulness practice. MBSR was originally developed by Dr. Jon Kabat-Zinn at UMASS Medical School as a program offering tools for pain management and supporting overall mind-body health and well-being. (Please note this course is 2.5 hours per week for 8 weeks. There is also a Saturday online retreat day that is part of the course and will be offered outside of the regular OLLI class schedule for a suggested donation to the instructor.)

 **We Share the World: Stories of Animal Encounters**LWRL 1001**Monday****Dates:** 1/22 to 3/11 (8 weeks)**Time:** 1–3 PM**Facilitator:** Judith Vlasin, Platinum Facilitator**Location:** Online**Class Limit:** Unlimited**Sponsoring Site:** South**Subject Area:** Literature, Writing, and Language

We share our world with an astonishing number of nonhuman creatures. This course will present two stories per class meeting, some of which may enhance our understanding and investment (physically, intellectually or emotionally) in the existence of our fellow beings. In discarding the idea of the superiority of humans, we perhaps can hope to bring ourselves closer to comprehending the unique lives and characteristics of other species as well as better understanding our **own**.

“ *He is very good at what he does. He’s very intelligent, organized, and a good presenter. He knows his subject matter well.* ”

Artificial Intelligence: Ethics & Moral Reasoning in the 21st Century

PRPC 1001

Monday

Dates: 1/22 to 3/11 (8 weeks)

Time: 1–3 PM

Facilitator: Terry Ortlieb, Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: Psychology, Religion, Philosophy, Culture

We will open with a discussion of AI and a separate discussion of ethics and moral reasoning. We will then integrate the profound changes that AI will bring to the table with the issues associated with ethics and moral reasoning. We will discuss questions such as:

- Does an artificially created reasoning tool change ethical and moral considerations?
- What techniques might need to be deployed to assure us that solutions provided by the tools are in sync with general ethical principles?
- What AI models are more likely to provide opportunity for ethical considerations?
- Since it is possible that the AI solution algorithms will be incomprehensible to us, how do we work with the AI models if we feel that the solution is unethical?
- What rules might need to be adopted to assure that the data used by the AI models is purged of unwanted biases?

Recommended Book: *Practical Ethics* (3rd Edition) by Peter Singer

Discover the Meaning of Your Dreams

PRPC 1002

Monday

Dates: 1/22 to 2/26 (6 weeks)

Time: 1–3 PM

Facilitator: Martha Peacock

Location: Online

Class Limit: 30 persons

Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy, Culture

Dreams, filled with fantastic images, surreal plot twists and shifting points of view have a logic all their own. Whether we're standing on top of a volcano or being chased through a forest by a kangaroo, dreams communicate something to us that we don't know about ourselves. As Carl Jung the late psychologist said, "In each of us is another whom we do not know. He speaks to us in dreams and tells us how differently he sees us from the way we see ourselves." With laser-like precision, dreams can help us problem solve, point out areas of conflict, or suggest we follow a different path. Whether you are new to dream tending or if you've been working with your dreams for years, please join us as we discuss Jung's dream work techniques and learn more about yourself in unexpected ways. This class is sponsored by Boulder Friends of Jung.



 **Aging and Spirituality**
PRPC 1003
Monday
Dates: 1/22 to 2/12 (4 weeks)

Time: 1–3 PM

Facilitator: Eileen O'Brien
Location: Online


Class Limit: 20 persons

Sponsoring Site: Regis

Subject Area: Psychology, Religion, Philosophy, Culture

Are you aging or growing older? This course will explore the difference between these as described by Thomas Moore in his book *Ageless Soul: The Lifelong Journey Toward Meaning and Joy*. We will explore how your spirituality contributes to that journey. In addition to Moore's ideas, there will be inspiration from diverse voices from a variety of traditions all sharing the wisdom which comes with age. Each class period will include time for questions and sharing insights from the group. There will be opportunities for self-exploration (if you choose) between classes with questions and activities to help you dive deeper into the topic as it applies to your life.

“ The subject matter was thought provoking and stimulating. The facilitator is outstanding at presenting complex topics comprehensively. ”

 **“Life After Life”! The Mind-Blowing Phenomena of NDEs (Near Death Experiences)**
PRPC 1004
Monday
Dates: 1/22 to 2/12 (4 weeks)

Time: 1–3 PM

Facilitator: Maria Arapakis, Diamond Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: Psychology, Religion, Philosophy, Culture

“What happens to our “consciousness” when we kick the bucket? Bite the dust? Check out? DIE?! I have been fascinated by human consciousness since I was a teenager. Then in the '70s I read Dr. Raymond Moody's book “Life After Life” and was hooked.

Moody investigated 150 cases of people who experienced “clinical death” but were subsequently revived. He started a revolution in popular attitudes regarding an “afterlife” that changed how we understand both death and life.

Since then and because of vastly improved resuscitation techniques, 50 years of scientific research on millions of NDEs has presented powerful confirmation that there is “life” after physical death and, as frosting on the cake, what awaits us is heart-warming and extremely comforting. Physicians around the world continue to study this phenomena with “mind-blowing” results. This class will bring you up to speed on these findings. And rest assured—this is not New Age “woo-woo.” It is evidence-based, astonishing findings.”

Gunslingers and Silver Screens: History of the Western Genre in Film

VIPA 1001

Monday

Dates: 2/19 to 3/11 (4 weeks)

Time: 1–3 PM

Facilitator: Mark Robert Garrett

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Visual & Performing Arts

Students will track the history of the Western genre in American cinema, from its peak in popularity to near obsolescence. We'll delve into the political, financial, and cultural contexts behind classic, revisionist, and contemporary Western films. Additionally, students will be introduced to the concept of genre filmmaking, discovering how the constraints of genre can generate dramatic and compelling stories. By examining the genre's historical trajectory: birth, heyday, disappearance, and occasional resurgence, students will obtain a comprehensive understanding of the history of both Westerns and American film history writ large.



Alfred Hitchcock Presents 3 VIPA 1002

Monday

Dates: 1/22–3/11 (8 weeks)

Time: 12:30–3 PM

Facilitator: Mac McHugh, Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: Visual & Performing Arts

Alfred Hitchcock, just the name alone brings up thoughts of mystery, suspense, horror, and comedy (?). This quarter we revisit the mind of the “Master of Suspense” with eight more of his greatest mysteries. Hitchcock had the ability to take normal people and put them in terrifying situations. We will meet some of these people. We have a novelist, a musician, ladies on a train, a married couple (?), actors and actresses, country residents, a serial killer, and a confused widow. But wait!! Week 8 brings an additional surprise. Join us as we look at an additional eight movies by this great director. Again, we will have a short discussion before and after the movie to discuss the stars, the plot, and why the movie was successful. Due to the length of the movies, class will begin at 12:30 PM.

“ This facilitator is the best part of the course. He is a quintessential facilitator: always prepared, great speaker, very engaging, and picks great topics/videos. ”



Classical Music and You: What to Know and How to Listen Like a Pro

VIPA 1004

Monday

Dates: 1/22 to 3/11 (8 weeks)

Time: 1–3 PM

Facilitator: Catherine Beeson

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: Visual & Performing Arts

Explore and learn about the history and development of classical music, from small ensemble to the symphony orchestra, with a Colorado Symphony musician-educator. Discover, explore, and compare music-making techniques of master composers from every major era (Haydn, Mozart, Brahms, Copland, and more). We will listen to, discuss, and make observations about different instruments and compositions. This class will enhance the understanding and appreciation of classical music. OLLI students will learn the basic history of classical music, listen to and compare/contrast examples of music from all major historical periods, and learn about composers from each of those periods. Whether you're a novice or a classical music aficionado, get ready to expand your knowledge and experience all.



TUESDAY MORNING

Dementia—Risk Reduction, Research, and Treatments HEWE 1004

Tuesday

Dates: 2/13 to 3/5 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: JJ Jordan

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: Health & Wellness

This course is designed to empower participants with basic knowledge of various types of dementia by reviewing the latest promising research, diagnostic breakthroughs, and the first treatments for Alzheimer's disease. Other topics include the benefits of early detection, legal, financial and medical issues, care options, and a thorough discussion of dementia communication, interaction and behavior skills. The curriculum includes everything participants need to know about Alzheimer's/dementia, available resources, and how our community can become more dementia friendly. Last but not least, we will cover the ten warning signs for dementia, the ten risk factors, and the ten risk reducers. Attendees will learn about the real evidence-based things everyone can do at any age to reduce their own risk for dementia. This course is upbeat, filled with optimism that the breakthrough is around the corner, and even respectful humor. Students report feeling better about the entire topic after attending.

Economics, Morality and Power: From Adam Smith to Milton Friedman

HSEC 1001

Tuesday

Dates: 2/13 to 3/5 (4 weeks)

Time: 9:30–11:30 AM

Facilitators: Ira Rifkin, Diamond Facilitator and Stan Folker, Master Facilitator

Location: Columbine United Church

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: History & Economics

What can a man with a plain name who lived over 200 years ago tell us about life today? Who was the real Adam Smith? And why should we care? We will explore Adam Smith's life, his ideas about morality and economics, and how the concepts he discussed in his books are still relevant today.

In week three we will discuss how economist and Nobel laureate Milton Friedman inspired market reform in the West and revolutions in the East. Thirty-five years later we'll travel in Friedman's footsteps to see what actually happened in the places his ideas helped transform. We will examine the question concerning power and prosperity, and the trade-offs between individual liberty and income equality.

In week four we will examine the Federal Reserve Bank. What are its primary functions and responsibilities and how do its policies affect our economy and personal financial lives?

Join us as we examine these economic concepts aided by beautifully filmed DVD's and lively class discussion.

Eleanor Roosevelt: “First Lady of the World”

HSEC 1002

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Charles Holt, Platinum Facilitator

Location: Columbine United Church

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: History & Economics

This course is a candid look at an era through the eyes of one of the most remarkable Americans of the twentieth century. Eleanor drew on her experience and used her role as First Lady to help those in need. Intimately involved in FDR’s political life, Eleanor would eventually become a powerful force of her own, heading women’s organizations and youth movements, and battling for consumer rights, civil rights, and improved housing. This inspiring, controversial, and outspoken leader would become a U.N. Delegate, chairwoman of the Commission on Human Rights, a newspaper columnist, Democratic party activist, world-traveler, and diplomat devoted to the ideas of liberty and human rights. In 1948 she was given a standing ovation by the assembly upon their adoption of the Universal Declaration of Human Rights. President Harry S. Truman later called her the “First Lady of the World” in tribute to her human rights achievements.



Recommended:

Eleanor Roosevelt.

Blanche Wiesen Cook
(Vol 1, 2, 3)

The History Behind Denver’s Historic Districts

HSEC 1003

Tuesday

Dates: 1/16 to 2/20 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Carol Lynn Tiegs

Location: Online

Class Limit: 30 persons

Sponsoring Site: Central

Subject Area: History & Economics

Denver has nearly 60 designated historic districts. We will visit them all over this six-week class and explore what each one adds to an understanding of Denver’s history and culture. Our first class will cover Denver’s Historic Preservation Ordinance and the process and criteria for historic district designation. We’ll also look at significant architectural styles of the periods represented in various historic districts. Subsequent classes will look at each historic district, and who and what made it significant. Districts are spread throughout Denver so this is an opportunity to get to know some new parts of town. There are no reading requirements, but a reading guide will be provided. The following links will be useful: Denver Landmark Preservation Ordinance: https://library.municode.com/co/denver/codes/code_of_ordinances?nodeId=TITIIREMUCO_CH30LAPRMaps and Historic Designations and Districts: <https://www.denvergov.org/maps/map/historiclandmarks>

***Bridgerton* and Jane Austen: Facts and Fictions about the English Regency Period**

LWRL 1002

Tuesday

Dates: 2/13 to 3/5 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Gloria Eastman

Location: Chambers Center

Class Limit: 20 persons

Sponsoring Site: Regis

Subject Area: Literature, Writing and Language

We will read and discuss Jane Austen's *Mansfield Park* while also considering Netflix's frothy series *Bridgerton* and its prequel *Queen Charlotte*. We will examine what the creators got right and what they invented, as we explore the social and historical realities of the Regency and the later reign of George IV and his family. Some topics to be discussed: courtship and the roles of women, the madness of King George, fashion and wigs, the position of the woman writer, the aristocracy and the British social structure, the economic situation of early 19th century England, and the slavery and race question, including the race-blind casting of *Bridgerton*. A copy of Austen's *Mansfield Park*, any edition, is recommended.



Journaling The Twists & Turns of Change: Envisioning a Better Life

LWRL 1003

Tuesday

Dates: 1/16 to 2/6 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Carolyn Varvel

Location: Online

Class Limit: 20 persons

Sponsoring Site: On Campus

Subject Area: Literature, Writing and Language

Change, welcomed or unwanted, can throw life into disarray. Life rarely unfolds in a predictable, linear pattern, which makes dealing with change difficult. It's easy to say "adjust your attitude" or "just do it!" — but how do we make that happen? While we often think we know how an event should be resolved, we don't always know how to get there. Research suggests that journaling can help us navigate the tipping points in life. Based on years of practical application, *Journaling Change* carefully guides participants in identifying their personal values and clarifying their priorities. Using worksheets included in the course, participants will explore (and debunk) personal myths, expectations, threats, and sabotages that may be holding them back. And instead of resisting change, participants learn practical techniques and better ways to respond to the sometimes-chaotic bumps, twists, and turns in their lives.

Required: Information will be provided by facilitator regarding *Journaling Change* Workbook (Cost \$5)

 ***This is Happiness: A Novel of Ireland by Niall Williams***
LWRL 1004
Tuesday
Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitators: Gracie Batt, Diamond Facilitator, and Don Batt, Diamond Facilitator

Location: Online

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Literature, Writing and Language

Set in the west of Ireland in the early 20th Century, Williams paints a tender portrait of a small community with its paradoxes and kindnesses and its failures and triumphs. Both poignant and humorous, it tells the story of a young man reaching adulthood and a village reaching for the modern world.

We approach reading as discovery in a reading community; therefore, some of the reading is done in class so that, together, we encounter the text as a group. PLEASE DO NOT START READING THE BOOK BEFORE CLASS BEGINS.

Please purchase the book, *This is Happiness*, by Niall Williams, in advance of the class. We will use the Bloomsbury Publishing edition (paperback), ISBN 978-1-5266-0935-9, available at Amazon and other booksellers. It is important that everyone has the same edition so that referenced page numbers will be consistent.

 ***What is Knowledge? What is Truth?***
PRPC 1005
Tuesday
Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Dan Putnam, Master Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy, Culture

Many of the ideas we take for granted today about knowledge and the world have a long history in philosophy. Philosophy has been a major way of understanding what and how we know the world, what science is about, and how humans understand themselves. This course will look at some of the greatest Western philosophers - Plato, Aristotle, Rene Descartes, David Hume and Immanuel Kant. We will also look at some of the challenges philosophy has faced in recent times and what those challenges mean for our understanding of knowledge and truth. In the last lecture we will look at how the methods of science are tied closely to how we understand knowledge today.

“ *I was inspired to think outside the box about the issues we currently face as humans.* ”

Current Events-Tuesday AM 1 (1st 4 Weeks)

PACE 1001

Tuesday

Dates: 1/16 to 2/6 (4 weeks)

Time: 9:30–11:30 AM

Facilitators: Richard Reinish, Platinum Facilitator and Sydney Myers, Platinum Facilitator

Location: 1st Universalist Church

Class Limit: 35 persons

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

We will discuss the prior week's news in the first hour. In the second hour a topic that is current will be determined by the facilitators and articles will be sent out for that discussion.

Current Events-Tuesday AM 2 (2nd 4 Weeks)

PACE 1002

Tuesday

Dates: 2/13 to 3/5 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Terry Casey

Location: 1st Universalist Church

Class Limit: 20 persons

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

This will be a current affairs course where class content will be about major topical current affairs- local, national, and international-with reading suggested by and sent out by the facilitator each week -perhaps 2 to 3 recent articles on subjects of interest predetermined by both the facilitator and the class at the end of the prior week's class. While the subject list will depend on issues currently then topical, these will be balanced between issues important in Colorado/Denver, nationally and internationally. Examples of each might be initiated state constitutional/statutory amendments in the upcoming November election; national issues such as free speech, gun control efforts, tax policy; global warming, and international tension/wars.



Serious Evolution: From Beginning to Future

STEM 1001

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Bill Vigor

Location: Columbine United Church

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: STEM

Evolution - the process by which random genetic mutations in offspring allow them to survive/reproduce better than their parents. Serious Evolution from Beginning to Future is an enormous topic, but it can be broken down into understandable segments. Over vast periods of time, we will explore the miracle of life, how all living organisms are related, how fish became amphibians, reptiles, birds and mammals. Oh, yes, the dinosaurs are squeezed into the middle. Unbelievable plants and animals have evolved and gone extinct. Now we humans have evolved and are changing the very nature of the world. The future is already here as we humans now have the ability to alter our genes and our destiny.

“ This is probably the best OLLI class I have ever taken. The subject matter was highly technical, but the presenters were able to explain the material very well. ”

Why Chat GPT? Exploring Artificial Intelligence

STEM 1002

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Ronald Knox

Location: Columbine United Church

Class Limit: 35 persons

Sponsoring Site: South

Subject Area: STEM

ChatGPT has taken center stage with 180 million users in a rapidly evolving world of artificial intelligence. ChatGPT tools can be used in educational, business, medical, arts and legal settings. In this class we will learn about the history, the cost, the functions and the competitors of ChatGPT. We also will consider the benefits and the criticisms of generative artificial intelligence and its future. And we will explore a wide range of questions including: Do ChatGPT and other similar tools “know” what they are saying? Do they just use statistics to determine what symbols (words) are likely to come after one another based on the large data sets the tools were trained on? Are the current generation of artificial intelligence chatbots (ChatGPT, Google rival Bard and Microsoft BING) really making intelligent, informed decisions, or are they the internet’s parrots, repeating words that are likely to be found next to one another in the course of natural speech?

Major Groundwater Aquifers of the World

STEM 1003

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitators: Jim Kunkel, Senior Facilitator and Tim Steele, Senior Facilitator

Location: 1st Universalist Church

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: STEM

Fifteen (listed in the syllabus) of the 37 major aquifers in the world will be described physiologically, hydrologically, culturally, and politically. Some of these aquifers cross international borders and are important sources of commerce for more than one country (so-called trans-national aquifers). The course's last session highlights several saline & contaminated aquifers (aquifers at risk). The sessions will show extensive maps, photographs and charts related to each aquifer. Descriptions of the historical water use, water rights, international agreements, disputes, impacts of climate change, water quality, and socio-economic issues for each aquifer will be discussed. This constitutes the fifth of a series of courses involving global water resources presented through OLLI at DU.

Impressionism—The Springboard from Realism to Modern Art

VIPA 1003

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitators: Wayne Gardner and Mary Edwards

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: Visual & Performing Arts

Throughout history, art was based on classical themes such as historical, mythological, and allegorical subjects. Art movements in the mid to late nineteenth century created a radical change in the art world bringing forth the shift from classical to modern art. During this time, artists were drawn to France and created a synergy that led to the creation of French Impressionism, a movement that was responsible for the emergence and evolution of several art movements, solidifying its role as the catalyst of modern art.

Although the focus of this class is on Impressionism, we will talk about the transition between Realism to Modern Art.



American Art: What's So American About It?

VIPA 1005

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 9:30 AM–12 Noon

Facilitator: Susan Elliott, Master Facilitator

Location: Jefferson Unitarian Church

Class Limit: 60 persons

Sponsoring Site: West

Subject Area: Visual & Performing Arts

In the early days of American art, paintings and sculptures reflected European styles. Europe was the primary source of art training. It wasn't long, however, before American artists were able to express what is unique about our people, our landscapes, and our historical narrative. We will examine The Great American Portrait, Landscape, Photograph, Narrative, Abstract, Still Life and much, much more. The curriculum will feature many artists not covered in previous courses- Fairfield Porter, Barbara Kruger, and Richard Diebenkorn. Images from the "All Stars," a blockbuster exhibition of American Art at the Denver Art Museum, 11/12/23 through 03/03/24 will be included. Participants are encouraged to attend this exhibition. This course will leave you with some of the most radical art of the 21st Century, but not before reminding you of our past accomplishments and glories.



Evolution of Martin Scorsese's Cinema from Gritty Gangsters to Sacred Silence

VIPA 1006

Tuesday

Dates: 1/16 to 2/6 (4 weeks)

Time: 9:30 to 11:30 AM

Facilitator: Mark Robert Garrett

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Visual & Performing Arts

Through this course, students will encounter the cinema of Martin Scorsese, arguably one of our most important living film directors, through four of his most important and pivotal films. Beginning with his breakthrough work, *Taxi Driver* (1976), and progressing through his widely recognized masterworks *Raging Bull* (1980) and *Goodfellas* (1990), the course will culminate with a look at his late-period spiritual tour-de-force, *Silence* (2016). Throughout this survey, students will learn about the cinematic influences behind Scorsese's work, the context behind their productions, the debates about their artistic merit, and their overall importance to cinema history.

TUESDAY AFTERNOON

Change Your Story...Change Your Life!

HEWE 1005

Tuesday

Dates: 1/16 to 2/20 (6 weeks)

Time: 1–3 PM

Facilitator: Barbe Ratcliffe, Platinum Facilitator

Location: Online

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: Health & Wellness

Are you finding the times we are living in to be challenging?

Are you surprised by your response (both positive and negative) to situations, people, and scenarios?

Would you like to understand the core of your response and adjust it to allow life to flow just a little bit more smoothly and with more joy?

If so, this course may be for you.

Using the book *The Voice of Knowledge* by Don Miguel Ruiz and supplementing it with experiential learning tools provided in the book *The Four Agreements* (also by Don Miguel Ruiz), we will...

Explore our own Stories, the lens through which we view our world per the ancient Toltec tradition.

Discover the aspects of our Stories that provide us with the most joy and calm as well as the aspects which seem to create the most drama and angst.

Identify and adjust those story elements using our own emotions as our guide.

Barbe invites you to join her on this journey of self-reflection.

Recommended books: *The Voice of Knowledge* by Don Miguel Ruiz AND *The Four Agreements* by Don Miguel Ruiz

Elevate Your Diet with Ten Easy Tweaks and Weekly Cooking Demos

HEWE 1006

Tuesday

Dates: 1/16 to 2/6 (4 weeks)

Time: 1–3 PM

Facilitator: Penny Friedberg

Location: Online

Class Limit: 20 persons

Sponsoring Site: West

Subject Area: Health & Wellness

Enhance your culinary journey with “Elevate Your Diet with Ten Easy Tweaks,” an in-depth course led by Penny Friedberg. Cooking at home is best. You know exactly what ingredients you are using and with some easy small changes you can increase your health exponentially. This class will include an online cooking demonstration each week for 45 minutes to an hour. Penny’s approach is tailored for individuals or couples, as opposed to the standard family-sized recipes. Say goodbye to food waste and hello to delicious, healthy meals. The course will include presentations and discussions on many topics including the benefits of home cooking; the best oils and fats to use; sugar, artificial sweeteners, and salt; and balancing your meals for health.

Join us in this culinary journey to revamp your diet, one delicious meal at a time. Discover the joy of cooking while making informed choices that benefit your overall health. Let Penny Friedberg guide you toward a more vibrant and nutritious lifestyle through this engaging and informative course.

What Does Our Constitution Really Say?

HSEC 1005

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Terre Rushton

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: History & Economics

This course is not intended to be purely academic. The facilitator is not a Constitutional scholar, but a student of political events in our society. The course looks at the aspirational history of the constitution and will discuss the democratic and non-democratic ideas it contains and trace the evolution of those ideas in the institutions it created.

The course relies heavily on class participation and questions to direct the focus of the lectures and discussion groups. While the course has been taught before, political and judicial changes have been fast moving, and the focus of the course reflects current events and rulings.

RECOMMENDED BOOKS OR MATERIALS: a copy of the US Constitution is recommended. Other materials that complement the discussions will be sent to interested participants prior to the lectures.

Prelude to the Second World War (Hybrid)

HSEC 1006.1

HSEC 1006.2 online

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Mac McHugh, Platinum Facilitator

Location: Ruffatto Hall and Online

Class Limit: 30 persons in person, Unlimited online

Sponsoring Site: On Campus

Subject Area: History & Economics

“Peace in Our Time” promised Prime Minister Chamberlain. Everyone was happy. What went wrong? What were the events that led up to the Second World War? How did the Versailles Treaty play into this? Germany was on its knees at the end of the First World War. Its military was reduced to 100,000 troops and without an Air Force and definitely no submarines. How did it come back in less than 20 years to start another world war? How did the rise of fascism play into the future aims of Germany? We look at the Munich Agreement with Chamberlain. It bought England one more year of peace. Was it worth it? We then move on to Poland and the start of the Second World War. We endure The Phony War and then go to Denmark and Norway. What were England and France’s plans in Norway? Our class returns to the Low Countries, France, and the beaches at Dunkirk. Next, we cover The Battle of Britain. Goering promised Hitler he would bring England to its knees with air power. Finally, the course ends with the RAF’s night battles over Germany.

The History of Women's Suffrage

HSEC 1007

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Myra Rich

Location: Online

Class Limit: 24 persons

Sponsoring Site: Central

Subject Area: History & Economics

This class will trace the history of the movement for women's suffrage from its first expression in 1848 to its final passage in 1920. Suffrage was the first topic investigated by the early women historians in the 1950's and 1960's. It is important because it allows us a broader view of the women's rights movement in the U.S. and because the expansion of the vote to allow women civic participation has altered the course of modern American history. We will use a new book, *Suffrage: Women's Long Battle for The Vote*, by Ellen Carol DuBois. This book, published in 2020, is available in paperback, in both new and used editions, as well as on Kindle.



Unsung Heroes of World War II

HSEC 1008

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Becky Bennett

Location: 1st Universalist Church

Class Limit: 20 persons

Sponsoring Site: Central

Subject Area: History & Economics

This is a series of 12 thirty-minute lectures from the Great Courses series. The lectures are by historian Lynne Olson. Each lecture focuses on one or more individuals who had an impact on the war but are not well known to history.

They include:

Andree de Jonhg

Tory Rebels Who Helped Elect Churchill

Victor de Laveleye

Queen Wilhelmina and King Haakon

Polish Pilots and the Battle of Britain

Wendell Wilkie

The Earl of Suffolk and Heavy Water

Marie Fourcade

John Winant

Marian Rejewski and the Enigma Code

In conjunction with the lectures on Andree de Jonhg and Marie Fourcade information will be included on several other women who were involved in the resistance. Virginia Hall and Vera Atkins will be two of them.

Recommended books: *A Woman of No Importance* by Sonia Purnell and *The Freedom Line* by Peter Eisner.



Come Read With Me: Contemporary Irish Literature—Claire Keegan and Sebastian Barry

LWRL 1005

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Sally Walling, Master Facilitator

Location: Online

Class Limit: 30 persons

Sponsoring Site: South

Subject Area: Literature, Writing & Language

Throughout its tumultuous history, Ireland has produced some of the world's greatest literature. A land of extravagant beauty and complex contradictions, today's Ireland has introduced favorite authors, Claire Keegan and Sebastian Barry. Claire Keegan is best known for her short Irish fiction and has won numerous prizes. Sebastian Barry has been shortlisted for the Booker Prize twice and is currently long listed for the 2023 Booker.

We will delve into a world so lyrically evoked that you will lose your hearts on the very first page to the characters vividly brought to life by these two artists. We will read two novellas, *Foster* and *Small Things Like These* by Claire Keegan and the 2023 Booker Prize nominee, *Old God's Time* by Sebastian Barry. Everyone is encouraged to have their own copy. We will view two films, *The Quiet Girl*, based on the novel *Foster*, and *The Banshees of Inisherin*, nominated for the Academy Award for Best Foreign Film of 2022. Weekly reading assignments and study guide questions will be emailed each week. A discussion-based course, we will explore the intricate, tender lives of Irish village life. Laced with humor and haunting images, all three novels will invite reading again and again! There may be content that some find offensive. Please come with an open mind and heart.

Recommended Books: *Foster* and *Small Things Like These* by Claire Keegan, *Old God's Time* by Sebastian Barry

The Origin and Development of Language

LWRL 1006

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Carol Anthony, Diamond Facilitator

Location: 1st Universalist Church

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Literature, Writing & Language

This subject is so enormous that this survey will only touch on the bare bones (or basic highlights) of this fascinating subject. Unlike physical history with archaeological evidence, we will NEVER be able to find out how language started (unless H. G. Wells gets that time machine going again). This course will survey what we posit, what we guess, and what we actually know about the evolution of the world's languages. We will start with theories of how and why language started. It is our most uniquely human characteristic! We will discuss how it may have evolved in early man and then look at the world's families of languages. We will then focus on the two major languages we are most familiar with in the west, the Indo-European and Semitic. We will finally narrow our focus to discuss the evolution of English, and finish with an examination of the disappearance of many of the world's languages. Bet this course will surprise you!

Artificial Intelligence: Ethics & Moral Reasoning in the 21st Century

PRPC 1006

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Terry Ortlieb, Platinum Facilitator

Location: Columbine United Church

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: Psychology, Religion, Philosophy, Culture

We will open with a discussion of AI and a separate discussion of Ethics and Moral Reasoning. We will then integrate the profound changes that AI will bring to the table with the issues associated with ethics and moral reasoning. Discussion questions include:

- Does an artificially created reasoning tool change ethical and moral considerations?
- What techniques might need to be deployed to assure us that solutions provided by the tools are in sync with general ethical principles?
- What AI models are more likely to provide opportunity for ethical considerations?
- Since it is possible that the AI solution algorithms will be incomprehensible to us, how do we work with the AI models if we feel that the solution is unethical?
- What rules might need to be adopted to assure that the data used by the AI models is purged of unwanted biases?

Recommended Book: *Practical Ethics* (3rd Edition) by Peter Singer

The World of Kabbalah Revealing How its Mystical Secrets Relate to You

PRPC 1007

Tuesday

Dates: 1/16 to 2/20 (6 weeks)

Time: 1–3 PM

Facilitator: Yossi Serebryanski

Location: Online

Class Limit: 25 persons

Sponsoring Site: On Campus

Subject Area: Psychology, Religion, Philosophy, Culture

Discover the core mystical and spiritual teachings of Kabbalah and their relevance to everyday life. You'll learn to think like a Jewish mystic and gain powerful insights to fuel deeper self-understanding and personal growth. Curious why there's so much buzz around Kabbalah? Discover it for yourself by attending The World of Kabbalah.



Perception: Its Significant Role and Impact on our Lives

PRPC 1008

Tuesday

Dates: 1/16 to 2/27 (7 weeks)

Time: 1–3 PM

Facilitators: Mike Prevedel, Senior Facilitator and Alec Tsoucatos, Master Facilitator

Location: 1st Universalist Church

Class Limit: 30 persons

Sponsoring Site: Central

Subject Area: Psychology, Religion, Philosophy, Culture

“We don’t see things as they are, we see them as we are.”

The process of perception is something that we are not conscious of to a large degree. Yet, its impact is powerful and consequential. It defines who we believe we are; how we believe our interactions with others should go; and how we believe the world should operate. Bear in mind that perception is a process.

-Explore some of the salient elements that define and shape perception- biases, experience, conditioning, and narratives.

-What can we do to sharpen and deepen our perceptions?

Enhanced perception will allow us to cultivate immeasurable benefits to society on an individual and collective basis for the “Common Good.”

We encourage and appreciate student participation in sharing your experience and insights, along with questions.

Neoliberalism, Revisited

PRPC 1009

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Mitchell Stewart, Master Facilitator

Location: Ruffatto Hall

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Psychology, Religion, Philosophy, Culture

What is “neoliberalism”? What is “liberalism”? The answer to the first question presumes an understanding and agreement on the answer to the first. If liberalism is characterized by notions of liberty and equality; as citizen participation in political society, then how is neoliberalism different; what makes it “neo”?

In this course we will explore various responses to that question, focusing primarily but not exclusively on the claim that neoliberalism is the transformation from the human as a political citizen to the human as an economic agent. From that foundational question, we will examine the implications for the conceptions of liberty and equality as well as for the meaning of democracy itself.

This is a graduate level seminar in political philosophy without the examinations, research papers, or grades of an actual academic course. There are no course prerequisites; however, the reading assignments are intellectually demanding and require your critical engagement. Likewise, participation in class discussions is expected.

Required Book: Anderson, Elizabeth.

Hijacked (Cambridge University Press, 2023)

Recommended Books: *Fukuyama*, Francis.

Liberalism and Its Discontents (Farrar, Straus and Giroux, 2022); Cahill, Damien & Konings,

Martijn. *Neoliberalism* (Polity Press; 2017),

Brown, Wendy. *Undoing the Demos* (Zone

Books, 2017); DeMartino, George. *Global*

Economy, Global Justice (Routledge, 2000).

Great Decisions 1

PACE 1003

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitator: Dean Tebbe

Location: 1st Universalist Church

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

Great Decisions is a program of the Foreign Policy Association which is new each year. High quality educational materials are prepared and provided to discussion groups in cities and universities throughout the United States. On each topic there will be a chapter describing the current issues around the selected topic and a video of background information and relevant interviews with world leaders and scholars.

Required Book: *Great Decisions 2024*. Please order from fpa.org/great_decisions/?act=gd_materials (select Great Decisions 2024 Briefing Book/E Book Options)



The Hepburns: Eight Movies starring two Beloved Movie Stars, Katharine and Audrey Hepburn

VIPA 1008

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3:30 PM

Facilitators: Larry Tannenbaum, Senior Facilitator and Patricia Clisham

Location: Online

Class Limit: 30 persons

Sponsoring Site: West

Subject Area: Visual & Performing Arts

Katharine and Audrey Hepburn graced the silver screen for many years and we all likely have seen many of their movies. We are sure you will remember the great performances we will show in this class. Katharine and Audrey were true “movie stars” and appeared in many excellent movies. Using their common last name (although they were unrelated) for the title of this class, we are presenting eight Hepburn movies, four starring Katharine and four movies starring Audrey. We have tried to select movies that contain memorable acting by them at different times in their careers.

We plan to show the eight movies in their entirety and hold discussion at the end of the movies. Katharine and Audrey each starred in many movies and the selection of the movies we will show in this class is entirely subjective on our part. As an added attraction, most of these movies also contain fine performances by some excellent co-stars.

Virtual popcorn is not particularly tasty, but feel free to provide your own snacks and drinks.



Pack your Smartphone and Camera Bag: Travel Photography and You!

VIPA 1009

Tuesday

Dates: 1/16 to 2/6 (4 weeks)

Time: 1–3 PM

Facilitator: Mark Payler

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: Visual & Performing Arts

Pack your bags and embark on a visual voyage as you learn the art and science of travel photography in our immersive and comprehensive course. Whether you're a novice shutterbug or an experienced photographer looking to elevate your travel shots, this course will equip you with the skills needed to capture the essence of your adventures through stunning images.

Course Highlights:

- Fundamentals of Travel Photography
- Destination Research and Planning
- Light and Timing
- Landscape and Cityscape Photography
- People and Portraits
- Street Photography
- Editing and Post-Processing
- Ethical and Responsible Travel Photography

Join us on this transformative journey and turn your travel experiences into captivating visual stories. Whether you're planning a world expedition or exploring your local surroundings, this travel photography course will empower you to capture the world as you've never seen it before.



Photo credit: Mark A. Payler



The Magic of Monochrome: Creating Black and White Masterpiece Photographs

VIPA 1010

Tuesday

Dates: 2/13 to 3/5 (4 weeks)

Time: 1–3 PM

Facilitator: Mark Payler

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: Visual & Performing Arts

Explore the timeless art of black and white photography in the digital age with this intensive and comprehensive four-week course. Designed for both beginners and intermediate photographers, as well as smartphone and digital camera technology, this course will unlock the secrets to capturing stunning monochrome images that evoke emotion, depth, and narrative power. Smartphone and camera techniques, as well as post-production apps, will help the monochrome student understand both seeing and converting the world of color into one of monochromic and timeless beauty.

“ *Lots of information was delivered in a very entertaining way.* ”

Memorable 1970s Movies VIPA 1011

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–4 PM

Facilitators: Larry Matten, Platinum Facilitator and Greg Petty, Master Facilitator

Location: Online

Class Limit: 50 persons

Sponsoring Site: Central

Subject Area: Visual & Performing Arts

Join us for fun afternoons of 1970s films and discussion. Each week we will send out a brief teaser about the movie, show the movie, and then discuss the movie. We strongly encourage class contributions to our discussion that is meant to be fun and educational about the actors, the directors, awards, and noteworthy characteristics about the movie and its filming.

There are many more than 8 films featuring great actors and directors from the 70s, and we had to regrettably leave out gems. Many of you may be familiar with many of the terrific films that we have selected: *Annie Hall*, *One Flew Over the Cuckoo's Nest*, the original *Star Wars*, *The Sting*, *Jaws*, *The French Connection*, *Rocky*, and *The Godfather*.

Check out our syllabus for more information, Certainly, you will love our fantastic actors and actresses. So, take a trip back to your days of youth and join us.

American Ingenuity: Stories from Coast to Coast

MISC 1001

Tuesday

Dates: 1/16 to 3/5 (8 weeks)

Time: 1–3 PM

Facilitators: Sue Bramley, Master Facilitator and Jan Friedlander, Master Facilitator

Location: Columbine United Church

Class Limit: 40 persons

Sponsoring Site: South

Subject Area: Miscellaneous

Amid everything that's happening nationally and internationally, this is a good time to reenergize our pride in our country. Let's step back and remember many of the positive elements that make America so awesome.

This 8-week class will be a speaker series. Each week a new facilitator will present a topic they've appreciated right here in our own country. It could be entertainment, literature, science, the arts or it could be about a natural resource, a city, an industry. It will be the kind of class where you'll sit back and enjoy, perhaps even join in on a discussion.

Here are just a few of the classes you will experience:

- Natalie Conklin will remind us of the magic of Walt Disney.
- Charlie Holt will talk about the American space race.
- Patty Smilanic will reflect on parochial school education.
- Jan Friedlander will discuss the American musical genre.

WEDNESDAY MORNING

Beyond the Pharmacy Counter: What Should Active Adults Know About Medications

HEWE 1007

Wednesday

Dates: 1/17 to 2/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Bianca Calderon

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Health & Wellness

Six Regis University School of Pharmacy faculty will provide a comprehensive picture of pharmaceutical and medication information tailored to active adults. The focus will include health promotion, medication management, chronic pain treatment, traveler's health guidelines and traveler's diarrhea. The course will also address the genetic impact on drugs and supplements. Dr. Calderon will be joined by Katie Carnett, Pharm.D.; Jeffrey Lalama, Pharm.D.; Leticia Shea, Pharm.D.; Allana Sucher, Pharm.D.; and Jaycie Van Housen, M.Ed. Dr. Carnett is Assistant Director of Experiential Education and Assistant Professor at Regis University School of Pharmacy, with experience advancing clinical services, medication administration and travel health. Dr. Lalama is Director of Residency Programs and Professor at Regis University School of Pharmacy and a cardiology clinical pharmacist. Dr. Shea is Associate Professor of Pharmacy Practice at Regis University, researching integrated care, dietary supplements, osteoarthritis, and ethics of marijuana/cannabis use. Dr. Sucher is Professor of Pharmacy Practice at Regis University School of Pharmacy, a clinical pharmacist specializing in infectious diseases and antimicrobial stewardship. Ms. Van Housen has a Master of Education degree and is well-versed in pain relief options.

It Ain't Easy Being Independent: Creative Western Women

HSEC 1009

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30–11:30 AM

Facilitators: Becky Stout and Patty Smilanic

Location: Online

Class Limit: 35 persons

Sponsoring Site: South

Subject Area: History & Economics

Can you identify any western women artists? That is, artists in the broad definition of creatives: writers, poets, painters, basket makers, rug weavers, muralists, and ceramicists. Further what about artists from Indigenous, Black, and Chicano/Latinx communities? Do the names Mary Austin, Mourning Dove, Pablita Verlande, Maria Martinez, or Helen Hardin jog any memories? If you're like us, your response may safely be: Who?

The history of the settlement of the west in the late 19th century has largely focused on the male roles in the frontier. However, modern historians, sociologists, art, and literary critics have uncovered and acknowledged the rich contributions of female artists. The independent spirits we have found have simply been producing the art of their people for centuries. Some are women whose names we do not know. Imagine if your work was usurped by historians as the work of your husband.

We will feature a mostly unknown group of creative women who were part of the new west from the mid-nineteenth to the early twentieth century. Join us as we explore these incredible women, their contributions, and female views of the American West. We will present amazing examples from a diverse community of women.

Anatomy of a Murder Trial HSEC 1010

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Dennis Wanebo

Location: Online

Class Limit: 35 persons

Sponsoring Site: West

Subject Area: History & Economics

This class focuses on a notorious Colorado crime: the 1981 interstate-contract murder of a young Boulder County mother. The events would spool out like a novel: an exquisitely planned “hit” by a killer, seemingly right out of central casting; numerous police agencies; a pair of previously bored FBI agents; a “60 Minutes” segment; a trove of missing diamonds; and a murdered Florida detective.

But serendipity cautions that there is no such thing as a perfect crime. And, indeed, this perfect crime would come undone, owing to its towering brutality, along with a timely helping of petty greed. Before its undoing, however, all the wheels would come off. Just as the laws of physics tend to change in the presence of a black hole, the laws of human nature change in the presence of monstrosity. For the better part of two years, everything that could go wrong would go wrong: for the defendants, the investigators, the elected DA, the prosecutors, the defense attorneys, the courts ... even the press.

For the most part, the class will learn the events of this case in the same order in which they played out. We will demystify many of the hows and the whys that are inherent in any examination of the criminal justice system. We will stop at each hinge point in this case, and discuss what was known at that time, and by whom. We will discuss legal and strategic options, as well as the case’s numerous blind alleys.

African American Heroes of World War II HSEC 1011

Wednesday

Dates: 1/17 to 2/21 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Freddie Johnson III

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: History & Economics

During WWII, African Americans, like the original “Black Panthers” of the 761st Tank Battalion, amassed a record of valor and achievement against the ferocious Nazi war machine. In the Pacific Theater, African American sailors like Charles Jackson French risked shark infested waters to save a raft of his shipmates, sparing them capture by the Japanese. Edgar Huff led his fellow African American Marines through some of the most dangerous combat of their lives, earning a record that eventually catapulted him into becoming the first black Sergeant Major of the Corps. The unflinching courage demonstrated by these African American defenders of democracy reflected their relentless fight against Jim Crow Segregation to finally win first-class citizenship.



After the Fall of Rome: Europe and Southwest Asia 500–1200

HSEC 1012

Wednesday

Dates: 1/17 to 2/21 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Shellie Hochstadt

Location: 1st Universalist Church

Class Limit: 40 persons

Sponsoring Site: Central

Subject Area: History & Economics

The Middle Ages evoke the images of knights and damsels, but the reality was far from noble. By the year 500 the Roman Empire was in ruin. The Mediterranean area had no government, organization, trade or common language. The story of recovery is filled with war, ignorance, and power struggles. This course follows the pathway back to a greater Europe with the development of government, the Catholic Church, Islam, and the exchange of ideas through turbulent Spain. It culminates with the Crusades, and the trade and technology that lay a foundation for the Renaissance. Medieval Europe will also entrench mistrust between religions. Ideas and fears created in the Middle Ages remain in our world today.

Lawrence of Arabia

HSEC 1013

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Bix Bicknell, Master Facilitator

Location: 1st Universalist Church

Class Limit: 20 persons

Sponsoring Site: Central

Subject Area: History & Economics

This course will cover the short but exciting life of Thomas Edward Lawrence, better known as Lawrence of Arabia. We will put special focus on the period in and around WWI.

Recommended Book: *Lawrence in Arabia: War, Deceit, Imperial folly and the Making of the Modern Middle East* by Scott Anderson



Some Walks and Culture of Japan

HSEC 1004

Wednesday

Dates: 1/17 to 2/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Christine Petty, Senior Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: History & Economics

Have you considered getting to know Japan on a more intimate level? Then consider walking one of the pilgrimages or beautiful long-distance walks in Japan. We will spend time looking at the Kumano Kodo pilgrimage. This is one of 2 UNESCO designated pilgrimages (the other one is the Camino de Santiago). If one completes both the Kumano Kodo and the Camino de Santiago, then you are designated as a Dual Pilgrim. The other well-known pilgrimage of Japan is the Shikoku 88 Temple pilgrimage. Kobo Daishi grew up on the island of Shikoko and became a monk, known as Kūkai. Kūkai established 2 or more temples and after his moving onto eternal meditation, more temples were built at places of significance in his history. And this became a pilgrimage honoring his history. He now resides in eternal meditation at the mausoleum in Okuno-in cemetery in Koyasan. The Nakesendo road is one of 2 well-known routes that the Shogun traveled between Edo (Tokyo) and Kyoto...and one of 5 routes between Edo and Kyoto. There are 69 post towns along the Nakesodo trail that were centers of the government's control over the highways, to assure that people traveling these roads were on official business. We will visit the portion along the Kiso Valley. And for the last class we will expand upon some of the culture of Japan and other places of interest in Japan.

Writing Your Legacy

LWRL 1007

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Martha Lederer

Location: 1st Universalist Church

Class Limit: 15 persons

Sponsoring Site: Central


Subject Area: Literature, Writing & Language

“We live our lives in the moment, but each step resonates with the learning we have brought with us.”

—James E. Birren, from the forward to *Writing Your Legacy*

In this course, we will explore and practice legacy writing as a means of recording our experiences, connections, observations, insights, acquired wisdom, and values for future generations and ourselves. We will take a thematic rather than a chronological approach to writing about our lives, using a variety of pre-writing techniques to brainstorm ideas and elicit memories. We will read and discuss examples of legacy writing from various genres, including memoir, personal essay, journals, and letters. There will be time for writing in class, as well as suggested prompts for continuing your writing practice at home. No previous writing experience is necessary. Sharing is encouraged, but not required.

Recommended Book: *Writing Your Legacy* by James E. Birren



Enneagram Wisdom Deepened via Watching Media

PRPC 1010

Wednesday

Dates: 1/17 to 2/21 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Paul Paiva

Location: Online

Class Limit: 30 persons

Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy, Culture

Are you acquainted with the power of the Enneagram, yet you know some but not all of the various Enneagram energies? In this engaging course we will watch and discuss videos of examples of the nine Enneagram types, in the full range of healthy, average, and unhealthy expressions. We will learn where each type sits in the Body Center, growth and stress paths, and Hornevian and Harmonic Triads. We will watch clips from movies, YouTube, and listen to some audio clips, and engage in class discussion to deepen our experience. This is a FUN and appealing way to deepen your Enneagram wisdom!




Yikes!: Media Mayhem and the '24 Elections

PACE 1004

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30–11:30 AM

Facilitators: Bob Steele, Master Facilitator and Dennis Ryerson

Location: Online

Class Limit: 35 persons

Sponsoring Site: South

Subject Area: Public Affairs & Current Events

Two journalism veterans will lead spirited discussions of media coverage of weekly election events including presidential campaigns, primaries, debates, polling, political advertising and key congressional races. Each week, participants will follow different media types: mainstream broadcast, cable, print, digital and alternative media. In class, then, we will discuss your observations by examining the reporting credibility, accuracy, fairness and bias of each media type. We will explore such themes as conspiracy theories, agism, wokism, racism and more. We will evaluate the quality of the U.S. campaign system and its impact on democracy.

Dennis and Bob will spotlight examples of high-quality election coverage. While we can't promise you good news, we'll help you make sense of the mayhem. We will send out weekly discussion topics and prompts. We welcome participants of diverse political and social philosophies to be part of this weekly exploration of election coverage.

Current Events Wednesday AM

PACE 1005

Wednesday

Dates: 1/17 to 2/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitators: Richard Reinish, Platinum Facilitator and Sydney Myers, Platinum Facilitator

Location: 1st Universalist Church

Class Limit: 35 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

We will discuss the prior week's news in the first hour. In the second hour a topic that is current will be determined by the facilitators and articles will be sent out for that discussion.



Rock Art of the Colorado Plateau

STEM 1004

Wednesday

Dates: 1/17 to 2/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Larry Meckel, Senior Facilitator

Location: Online

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: STEM

The Colorado Plateau (due to geology and climate) provides a spectacular gallery for preserved rock art that spans approximately the last 3000 years. It is in fact the best location in the world for this time period. We will first review how archeologists have put this into a reasonable time-geographic context that spans 6 cultures. We will then look at the art by specific topics irrespective of age and culture. I will draw on recorded indigenous peoples' memories and experts' opinions as to what the images might mean. Briefly at the end I will put this rock art into context with other great rock art around the world. It is one of the most important legacies that we have inherited from ancient cultures.

“ He is an accomplished facilitator and is able to draw out great conversations in the class. ”

American Art: What's So American About It?

VIPA 1012

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 9:30 AM–12 noon

Facilitator: Susan Elliott, Master Facilitator

Location: Online

Class Limit: 60 persons

Sponsoring Site: West

Subject Area: Visual & Performing Arts

In the early days of American art, paintings and sculptures reflected European styles. Europe was the primary source of art training. It wasn't long, however, before American artists were able to express what is unique about our people, our landscapes, and our historical narrative. In eight weeks we will examine The Great American Portrait, Landscape, Photograph, Narrative, Abstract, Still Life and much, much more. The curriculum will feature many artists not covered in previous courses- Fairfield Porter, Barbara Kruger, and Richard Diebenkorn. Images from the "All Stars," a blockbuster exhibition of American Art at the Denver Art Museum, 11/12/23 through 03/03/24 will be included. Participants are encouraged to attend this exhibition. This course will leave you with some of the most radical art of the 21st Century, but not before reminding you of our past accomplishments and glories.

The Magic Of Mozart in the Context of his Times

VIPA 1013

Wednesday

Dates: 1/17 to 2/21 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Betsy Schwarm

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: Visual & Performing Arts

From Salzburg to Vienna, from symphonies and operas to concertos and chamber music, Wolfgang Amadeus Mozart could do it all. Alas, he didn't quite reach his 36th birthday, but he'd already set a standard other composers struggled to match.

What made Mozart and his music so special? Why did even Beethoven look closely at what Mozart had done before embarking on any work that might face a daunting comparison? Music historian Betsy Schwarm explores the topic. We'll sample Mozart's works of various genres from throughout his career and consider what makes his music distinct from that of his colleagues.

Letting Mozart speak for himself, Betsy will share excerpts from his correspondence. There's also the question of the film (originally play) *Amadeus*: how accurate is it? It's Hollywood, not history, but if it brought renewed attention to Mozart's genius, it still merits admiration.



WEDNESDAY AFTERNOON

Archaeology: It's Way More than Digging for Treasures!

HSEC 1014

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Anne Christner, Platinum Facilitator

Location: Online

Class Limit: 30 persons

Sponsoring Site: South

Subject Area: History & Economics

Many people are fascinated by archaeology, but few know much about how archaeology is done. That is the focus of this course. How do archaeologists:

- find ancient sites to excavate?
- plan and implement excavations?
- know how to determine ages of sites and artifacts?
- make sense of what they find?

We will examine how the field of archaeology evolved from one of amateur treasure hunters to one of highly trained professionals who often learn more about ancient cultures from studying trash than they would from buried treasures! We also will see the importance of using both high-tech and low-tech methods to capture deeper glimpses of the people who lived many years ago.

The final question we will consider — Why is archaeology important? Learning more about ancient cultures is not only interesting, but instructive for contemporary problem solving.

To guide our investigation, we will watch and discuss lectures from two Great Courses sets.

Eleanor Roosevelt: “First Lady of the World”

HSEC 1015

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Charles Holt, Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: History & Economics

This course is a candid look at an era through the eyes of one of the most remarkable Americans of the twentieth century. Eleanor drew on her experience and used her role as First Lady to help those in need. Intimately involved in FDR's political life, Eleanor would eventually become a powerful force of her own, heading women's organizations and youth movements, and battling for consumer rights, civil rights, and improved housing. This inspiring, controversial, and outspoken leader would become a U.N. Delegate, chairwoman of the Commission on Human Rights, a newspaper columnist, Democratic party activist, world-traveler, and diplomat devoted to the ideas of liberty and human rights. In 1948 she was given a standing ovation by the assembly upon their adoption of the Universal Declaration of Human Rights. President Harry S. Truman later called her the “First Lady of the World” in tribute to her human rights achievements.

Recommended: *Eleanor Roosevelt*. Blanche Wiesen Cook (Vol 1, 2, 3)



Short History of FBI Undercover Operations

HSEC 1016

Wednesday

Dates: 2/14 to 3/6 (4 weeks)

Time: 1–3 PM

Facilitator: Vincent Wincelowicz

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: History & Economics

This course will explore a number of significant FBI Undercover Operations from 1978 to 1998. The course will provide an overview and a history of FBI Undercover Operations. Some of the cases that will be discussed: Operation Double Steele; ABSCAM; NYCON; and Greylord. The instructor will provide unique insight to the inner workings of organized crime with some antidotal stories of organized crime members and “con” men!

“ *I liked everything about this course—the subject was interesting and timely, the facilitator was knowledgeable and inviting, and the class discussion (including the backgrounds of many of the participants) was fascinating.* ”



Why are Some Countries Rich while Others Remain Poor?

HSEC 1017

Wednesday

Dates: 1/24, 1/31, 2/7, 2/21 (4 weeks)

Time: 1–3 PM

Facilitator: Brian Friedman

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: History & Economics

Do “emerging nations” ever truly emerge? Why do some countries become rich? Why do others never become rich?

Many economists and politicians believe that economic development happens – or fails to happen — because of natural resources or whether the populace displays a certain ingenuity or work ethic. Even countries that abandoned Communism in favor of Capitalism often failed to develop. Meanwhile, a relative handful of countries succeeded. Why?

We will take a systems approach to discuss the interlocking relationship between political power, law, finance, and their role in economic development. We will examine why so many countries fail to develop, and how the success stories can be replicated over time.



Our Country's Conflicted Religious History

HSEC 1018

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: David Lippman, Senior Facilitator

Location: Online

Class Limit: 35 persons

Sponsoring Site: Central

Subject Area: History & Economics

Religious belief has always been intertwined with American politics—in the colonial era, at the founding, and through every period of US history. Religion has always been a topic that has simultaneously divided and united us. Our leaders have variously sought to make religious belief central to our politics and to protect our political life from sectarian religious dogma. Although the United States has shunned an established state religion since its founding, its leaders have embraced a public religion through countless expressions of faith such as “God bless America” or “In God we trust.” For most of our past, religion has been central to shaping our political life without controlling it.

Any course on the history of religion in the United States will be incomplete. We'll use Pulitzer-prize winning author Jon Meacham's 2006 book, *American Gospel: God, The Founding Fathers, and the Making of a Nation*, as a guide to this subject. We'll supplement his book with a few, very short readings and with in-class videos.

The Invasion of the Americas

HSEC 1019

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Roger Collins, Master Facilitator

Location: 1st Universalist Church

Class Limit: 30 persons

Sponsoring Site: Central

Subject Area: History & Economics

We will study the effects and events of the **Invasion of the Americas** with an emphasis on understanding the influence on the American Indian of the newest inhabitants of the Americas, the Europeans.

We begin with American Indian creation stories, and follow this by learning about European newcomers, wars, land grabs, Navajo Code Talkers (defending America), the American Indian Movement, and move to the present time of events and attitudes.

This presentation includes slides, videos, and news events that will be sent to you by email. These will be based on your questions and interests. If time allows, we will watch an American Indian Opera titled *Spirit*, about living in two different worlds.

If you are truly interested in America's past, make it your business to enhance your understanding of the history of our country and its original inhabitants.

Recommended Books: *Bury My Heart at Wounded Knee* by Dee Brown or *A Century of Dishonor* by Helen Hunt Jackson

 **The Renaissance: A Journey into the Modern World**

HSEC 1020

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Diana Williams

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: History & Economics

The course aims to look at Italy in the 15th and 16th centuries. The Renaissance has been called the beginning of the modern world. The idea is to have fun exploring this concept through sharing ideas and looking at some really cool art. There is a world beyond Michelangelo, Raphael, and Leonardo. Did you know that there were two Renaissances in Italy? Ah yes, and one beyond the Alps. (We'll have a peek there too.) Come and join the fun.


 ***In Kiltumper: A Year in an Irish Garden***

LWRL 1008

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Carol Steele

Location: Online

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: Literature, Writing & Language

For those of you who love Ireland and for those of you with a fondness for gardening, this class may be one you fancy. Our literary guides will be Niall Williams and Christine Breen, the co-authors of this charming book about a year tending to their garden outside their centuries old stone house in rural Ireland near the Atlantic. Williams and Breen, now in their 60s, emigrated to Ireland thirty-five years ago, and they have written several books about their difficult yet rewarding experience. Both have also written novels about the Irish people and Irish life.

In this class, we'll read this book month-by-month and discuss the stories Niall and Christine offer us about the satisfactions of new growth and the challenges presented by storms that threaten their garden. While the book is about gardening, we will discover Christine's and Niall's reflections on the arrival of modern life in rural Ireland and about the realities of growing old in a place you love.

Required Book: *In Kiltumper: A Year in an Irish Garden* by Niall Williams and Christine Breen

Issues in Technology STEM 1005

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Marc Rochkind, Senior Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: STEM

This course is probably best described as “Great Decisions for Technology.” Each week we’ll take on a technology topic, with both technical and social issues. Each class will begin with a lecture and videos for about 25 minutes on the technology, with lots of time for questions and discussion. After the break, social/political/economic issues will be introduced (with the technology understood), and we’ll spend the rest of the time discussing. This will be the third time Marc has facilitated this course; the issues are still with us, but the material has been updated to reflect recent developments.

Eight topics (subject to change depending on class interests) will be nuclear power, renewable energy, natural gas and fracking, the internet (and social media), cybercrime and cyberwarfare, AI, genetic engineering, and population growth.

Opera for All VIPA 1014

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Jan Friedlander, Master Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: Visual & Performing Arts

Whether you are a novice or a veteran of many operas, this class is for all who want to learn more about this amazing art form.

We will discuss in detail operas that class members may attend locally and regionally — The Metropolitan Opera’s “Live in HD” performances at local movie theaters, Central City Opera, Opera Colorado & the Santa Fe Opera. The operas to be discussed come to us from the 18th, 19th, 20th and 21st centuries – examples are *CARMEN*, *THE ELIXIR OF LOVE*, *MADAMA BUTTERFLY*, *STREET SCENE*, *LA FORZA DEL DESTINO*, *ROMEO & JULIET*, *LA TRAVIATA*, and *THE RIGHTEOUS*, a recently commissioned opera that will not be premiered until the summer of 2024.

Discussions and videos of portions of these and other operas will enrich your understanding of these works — the composer, librettist, performance history, the era in which the opera premiered, and of course the synopsis.



Foreign Films

VIPA 1015

Wednesday

Dates: 1/17 to 2/7 (4 weeks)

Time: 12:45–3:15 PM

Facilitator: Richard Reinish, Platinum Facilitator

Location: 1st Universalist Church

Class Limit: 80 persons

Sponsoring Site: Central

Subject Area: Visual & Performing Arts

The Foreign Film class will start at 12:45 each Wednesday PM with a film (not previously shown in prior classes). The class will view and then discuss a different foreign film each week including *Yak in the Classroom*, *Pan's Labyrinth*, *The Quiet Girl*, and one more.

Prior to each class, pertinent articles will be emailed to each class participant. This class is a discussion class, so all students are expected to stay until the discussion component of the class is concluded.



Simplify Your Travel Photography: One Smart Phone with just one In-Phone app

VIPA 1016

Wednesday

Dates: 2/14 to 3/6 (4 weeks)

Time: 1–3 PM

Facilitator: Sara Frances

Location: Online

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Visual & Performing Arts

It's a literal disaster how quickly memory fades. Time, weight, and security are of the essence; smart phones are the surprising answer for most everything when traveling, except perhaps in-depth event photojournalism and large format landscapes. Here's how to travel again and still make high quality photos that will become great memories of the trip, or even a fine text and image printed book. Sara will be taking participants through the use of their smartphones: what to photograph, how to make notes. The bulk of the workshop tells in detail how to prepare images for a slideshow, social media, or printed book with a single, in dwelling photo application (Snapseed) on your smart phone. Her techniques will remove stress, allow you to photograph quickly in the moment to capture the emotion and encounters of place and people, feel secure, edit very professionally, including fixing faults and details, and finally go to print for a stunning result.

Tapping into the Well of Creativity

MISC 1002

Wednesday

Dates: 2/14 to 3/6 (4 weeks)

Time: 1–3 PM

Facilitator: Donna Van Dusen

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Miscellaneous

“But I don’t have a creative bone in my body!” Surely you don’t have a creative bone, but you have the innate ability to tap into a fundamental aspect of being human: creativity. Sadly, creativity too often is perceived narrowly, as a talent possessed by relatively few people rather than a process available to all people. And it’s never too late! The human brain is more open to creativity as we age. During this course you will explore ways to tap into the creative well available to all humans and enhance your creativity by challenging perceptions and taken-for-granted assumptions, expanding and deepening awareness, and addressing blocks to creative expression. The course is for both new and seasoned creators and will offer opportunities to engage in and share your creative pursuits as well as provide your insights into the creative process as you have experienced it.

Recommended Book: *The Creative Act: A Way of Being* by Rick Rubin

Play of the Hand in the 21st Century

MISC 1003

Wednesday

Dates: 1/17 to 3/6 (8 weeks)

Time: 1–3 PM

Facilitator: Michael Holmes

Location: Online

Class Limit: 15 persons

Sponsoring Site: West

Subject Area: Miscellaneous

Play of the Hand in the 21st Century is an eight-week online course designed for individuals new to the game of bridge or those who have been absent from bridge for a while. This course helps the bridge student to develop a plan for declaring a bridge hand. Students will learn how to build a plan, use the strategies of promotion and length, the finesse, eliminating losers, developing and using entries, watching out for the opponents, managing the trump suit and developing the timing to make the plan to work. *Play of the Hand in the 21st Century* is the text. This text will be provided to the students free, sponsored by the American Contract Bridge League (ACBL). There is a nonnegotiable, nonrefundable \$20.00 fee for this class. The fee covers the mailing of the book and fees for the use of the virtual bridge app. The fee is paid to the teacher Michael Holmes, via check, to 313 Clisby Austin Rd. Tunnel Hill, GA 30755. Your book will be mailed upon receipt of the course fee. Failure to send the fee by the 2nd class will result in you being dropped from the class.

“ Educated and passionate presenter, who was also patient. ”

THURSDAY MORNING

Chernobyl: The Rest of the Story

HSEC 1021

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Wayne Cassell, Senior Facilitator

Location: Columbine United Church

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: History & Economics

At 0900 on 28APRIL, 1986, unusually high radiation levels were detected at the nuclear power plant at Forsmark, Sweden. Tests showed these radioactive particles could only have come from a Soviet reactor and the wind patterns pointed to Chernobyl. That evening, in a 23-word statement, TASS reported that an accident had happened to one of the reactors at the Chernobyl nuclear power plant. This was the first the world knew about it. With the fall of the Soviet Union and the opening of archives in Russia and Ukraine we have a good idea what happened.

This class will use the HBO series Chernobyl as a visual guide to the accident and draw on numerous books and other videos to fill in the details the HBO series left out.



The Civil War on the Mississippi River

HSEC 1022

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Tom Kleinschmidt

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: History & Economics

The Union campaign for control of the Mississippi was a critical portion of their military strategy. To accomplish this, the Union forces needed to devise an overall strategy of combined army and naval forces, on the river system. The failure of the Confederate forces, in the region of the Mississippi, was devastating to the overall prospects for the Confederacy. This course will study, for both sides, the military strategies, the key generals, the logistics and weapons for this campaign.

Another aspect of this campaign for the Mississippi, was the effect on the civilian population. The entire economic system of the area was destroyed by the end of the war. A critical component of this civilian disruption was the fact that approximately 700,000 former slaves went into the custody of the Union forces. How the Union military and civil authorities dealt with this unprecedented humanitarian crisis is a key part of the story of this campaign.

It would be preferable for all participants to have a map of the Southeastern US.

📍 Seeds of Atlantis and Astronomical Aspects of the Pyramids

HSEC 1023

Thursday

Dates: 2/15 to 3/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Paul Stang

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: History & Economics

Using an amazing array of sources, we will see that Atlantis existed, along with contemporary advanced civilizations, and what their possible self-destruction looked like. In follow up classes we will study the pyramids, and the stone alignments and sites of Western Europe to make amazing discoveries and observations.



📍 The Irish Diaspora in North America

HSEC 1024

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: James Walsh

Location: Online

Class Limit: Unlimited

Sponsoring Site: On Campus

Subject Area: History & Economics

This course will examine the history of Irish exiles crossing the Atlantic to North America beginning in the 18th century, through the Great Hunger, all the way to questions about what it means to be Irish American today. We will explore the social, political, economic, and cultural journey that led to the 21st century. We will also look at this history locally, including Irish communities that existed in early Leadville and Denver.

Recommended Books: Hasia Diner, *Erin's Daughters in America*; Frank McCourt, *Tis*; John Kelly, *The Graves are Walking*; Kerby Miller, *Emigrants and Exiles*

“ ***This was my first time taking this “class”. The facilitator was excellent. Chose great trails. As a result of taking the class I have developed a new appreciation for taking longer hikes/walks on my own. I have also discovered a lot of great places to go back to and hike different trails.*** ”

 **Lessons in Chemistry by Bonnie Garmus**

LWRL 1009

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Susan Peters

Location: Online

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: Literature, Writing & Language

- #1 *NEW YORK TIMES* BESTSELLER
- *GMA* BOOK CLUB PICK

This story is set in California in the 1950–60s. Elizabeth Zott is “a gifted research chemist, absurdly self-assured and immune to social convention” (*The Washington Post*) who struggles to maintain a career as a chemist, fighting the norms of a “man’s world.” She was cheated out of her PhD and lost the only man in her life, yet she perseveres in her world of chemistry while raising a daughter. She takes an unlikely detour when she becomes the star of a beloved TV cooking show, not only sharing recipes but courage in life. Amidst the challenges, moments of pure mirth weave their way through this young woman’s life.

We will also show portions of the TV series, as well as explore discussion topics, such as “Now, why DOES she wear a number two pencil in her hair?”

 **Mysterious Places: Libraries and Bookstores**

LWRL 1010

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Linda Lange, Master Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: Literature, Writing & Language

“Colonel Mustard in the library with a kitchen knife....”

Quite apart from the cliché CLUE solutions and locked-room library tropes, a surprising number of mysteries are built around bookstores and libraries. Besides the detection, most of these have book-related plots and bookish dialog - books about books!

Place is sometimes described as an additional character in novels, especially when an author develops a collection of characters in a specific location throughout a continuing series. “Mysterious Places” encourages some armchair travel while exploring various mystery series set - in this case - in libraries, bookstores, and related (deadly) book spaces across the globe.

“*I appreciate how well she poses interesting questions and gives all of us plenty of opportunity to contribute to the discussion. She is an excellent listener that can expand upon points I make.*”

The Psychology of Ebenezer Scrooge (and Charles Dickens)

PRPC 1011

Thursday

Dates: 1/18 to 2/8 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Eric Braden

Location: Columbine United Church

Class Limit: 18 persons

Sponsoring Site: South

Subject Area: Psychology, Religion, Philosophy, Culture

We will focus on the psychological elements of the transformation of Ebenezer Scrooge, in Dickens' *A Christmas Carol*, from misanthropic miser to a generous and loving individual. Composed long before the writings of Freud and other psychological theorists, the story provides a credible explication of Scrooge's character, and the process of change facilitated by the ghostly "therapists" who guide him through the process of self-discovery. We will discuss the factors that led to Scrooge's misanthropy, and how his revisiting painful, forgotten experiences from his past, allows the loving side of his nature to emerge.

We will explore how some elements of the story connect with Dickens' life, and how Dickens, despite his brilliance, incredible energy and creativity, had mixed success in dealing with his own demons. (Haven't we all?)

Finally, we will discuss why this story has become one of the most widely read, translated, and enacted in the world. We will examine why it has such a powerful impact on us all, and how it connects with feelings evoked by the holiday season.

Recommended Books: *A Christmas Carol* by Charles Dickens; *Charles Dickens: A Life* by Claire Tomalin



The Enoch Epics: The Man who Walked with God and Became "Eternal"

PRPC 1012

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Doug Sparks

Location: Online

Class Limit: 20 persons

Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy, Culture

There are many stories about Enoch, the man who left this life and 'walked with God' as told in Genesis. In the several centuries before and after the beginning of Christianity, epics were written by Jews about Enoch in Heaven, becoming God's close companion. Only the Ethiopic Church has ever held them as canonical. Scholars, however, consider them some of the best texts to understand Judaism in that period and the beginnings of Christianity. They are apocalyptic tales filled with angels, demons, glimpses of heaven and hell, the afterlife, and end of times. When viewed metaphorically, they seem almost to describe our 'apocalyptic' times today. We'll read selections from 1 Enoch, 2 Enoch and 3 Enoch and other manuscripts from the period in the Other Bible. Some of these other manuscripts became part of the Roman Catholic and Eastern Orthodox canons and have been studied for centuries in some Protestant denominations. Of enormous interest today to historians, Biblical scholars and Christian theologians, the Enoch epics are virtually unknown to most American Jews.

Recommended Book: *The Other Bible*, Edited by Willis Barnstone, 2nd ED, 2005

 **Abrahamic Religions**
PRPC 1013
Thursday
Dates: 2/15, 2/22, 2/29, 3/14 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Erica Ferg
Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Psychology, Religion, Philosophy, Culture

In this course, a religious scholar and a Regis Religious Studies faculty member will explore the three Abrahamic Religions: Judaism, Christianity, and Islam. The three religious traditions hold very surprising and fascinating interconnections in history, text, and practice. We will highlight and explore those interconnections and relationships. Join us and discover!

Recommended Book: Ferg, Erica. *Geography, Religion, Gods, and Saints in the Eastern Mediterranean (Studies in the History of the Ancient Near East)*, 2021

“**The facilitator sent out articles of interest, and during class, we used the video presentation and these articles in meaningful discussions each week.**”

 **A People’s History of the United States**
PACE 1006
Thursday
Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Marcus Pohlmann
Location: Online

Class Limit: 25 persons

Sponsoring Site: South

Subject Area: Public Affairs & Current Events

The course will use Howard Zinn’s *A People’s History of the United States* to allow the class to critically discuss major junctures in United States political history. We will also view those controversies from the perspectives of those people who normally don’t get a significant voice in standard historical accounts. Among the controversies discussed will be the treatment of Native Americans, slavery, women’s rights, the Japanese internment, Viet Nam, and the Iran-Contra Affair.

Recommended Book: Howard Zinn: *A People’s History of the United States*



The Urgent Need to Change the US Immigration System PACE 1007

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Jeff Pearson

Location: Online

Class Limit: 30 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

In the first hour of each class, we will discuss topics such as: who migrates, asylum & refugee status, U.S. immigration courts, and how the U.S. and other countries seek to limit and deter in-migration. Questions investigated will include: Should we allow more migrants to enter and/or stay? Have we made legal migration nearly impossible?

Then speakers who have direct knowledge of the week's subject matter will speak (e.g. a doctor who does forensic examination of detained asylees, a business owner who advocates for more immigration, a photographer who travels to the SW border frequently to document the lives of would-be refugee applicants).

The second hour we will discuss the causes and possible cures for our messy immigration problems. The syllabus will recommend films, memoirs and original documents for background and further exploration of topics.

A New Look at How Economics and Politics Affected the Development of our Fifty US States

PACE 1008

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: John Lay

Location: Chambers Center

Class Limit: 30 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

This class is designed to be an entertaining and updated history of the 50 individual US states with particular focus on regional developments during the 18th, 19th, and 20th centuries of early America. It is hoped that each class member will receive a refresher in US history and perhaps learn some new information. Personal state stories, awareness, and knowledge offered by individual students will certainly be encouraged.

There will be focus on anecdotes and personalities from each of the 50 American states. The course will provide a fresh, new insight into the unique characteristics of the states, as seen from a regional perspective. Each class will focus on one of seven regions of the US. Summaries will be sent out for each region prior to the weekly class. The eighth session will be dedicated to regional commonalities and differences as well as a general wrap-up.

Highlights will include key state challenges and successes, conflicts within the region, slavery and Native American resettlement issues, transitions in exploration, regional agricultural, economic, and mining changes, political and demographic trends, and key infrastructure decisions.

 **Great Decisions 3**
 PACE 1009

Thursday
Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Steve Winber, Diamond Facilitator

Location: Online

Class Limit: 20 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

Great Decisions is a program of the Foreign Policy Association which is new each year. High quality educational materials are prepared and provided to discussion groups in cities and universities throughout the United States. On each topic there will be a chapter describing the current issues around the selected topic and a video of background information and relevant interviews with world leaders and scholars.

Required Book: *Great Decisions 2024*, available from the Foreign Policy Association

Great Decisions 2
 PACE 1010

Thursday
Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Gordon Appell, Diamond Facilitator

Location: Chambers Center

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

Great Decisions is a program of the Foreign Policy Association which is new each year. High quality educational materials are prepared and provided to discussion groups in cities and universities throughout the United States. On each topic there will be a chapter describing the current issues around the selected topic and a video of background information and relevant interviews with world leaders and scholars.

Required Book: *Great Decisions 2024*, available from the Foreign Policy Association



Climate Change: How Bad is it, Really?

STEM 1006

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Phil Nelson, Master Facilitator

Location: Online

Class Limit: 25 persons

Sponsoring Site: West

Subject Area: STEM

Outcomes of a warming planet are now routine headline news. We see headlines such as heat domes, drought, and megafires; vanishing rivers and parched farmland; rising sea levels; atmospheric rivers and tipping points; thawing permafrost; shrinking sea ice and retreating glaciers. Besides the obvious impacts on individual lives, extreme events are now impacting the world economy.

We will travel around the world, looking at photographic evidence of extreme weather events, their costs, and societal reactions. What is driving these changes? How long have we known of the causes? How are they related? What can we expect in coming decades? What are we doing about it and what more should we do?



Get Smarter about your Android Smartphone

STEM 1007

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Sharon Sherman

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: STEM

Most of us cannot seem to live without our smart phone – but we are often not taking advantage of their capabilities or are frustrated with them. Android only, this class will explore the revolutionary technologies, connectivity and components involved in these devices. Learn essential settings, apps, features, and operations that enable their tremendous versatility and usefulness. Explore what we need to know about carriers and purchasing equipment. Learn about voice control and more: managing, maintaining, handling security, email accounts, wi-fi use and texting. Come get a little smarter about your Android smart phone and how to operate this life sustaining tool.

 **The Wonders of Colorado's Glacial Landscape**

STEM 1008

Thursday

Dates: 2/15 to 3/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Vincent Matthews

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: STEM

This course is based on the manuscript of a new book on the fascinating features and landforms found in Colorado's glacial landscape, which is the culmination of a three-and-a-half-year journey. It will include a potpourri of some of the more interesting glacial, periglacial, proglacial, and paraglacial features explored on jaunts around Colorado.

 **Great Movies of the Last 80 Years**

VIPA 1017

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 9:30 AM–12 Noon

Facilitator: Bob Magnani, Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: Visual & Performing Arts

In the abbreviated format Bob has developed for Oscar Movies, he has selected some 24 of those same films spanning 1940 to 2018 to recap and discuss, 3 movies per session. These will be organized in mini-genre groups rather than by year so we can see and compare love stories, family struggles, society issues, making it, show biz behind the scenes, war, musicals, and life on the wrong side. The syllabus details which films, which weeks. We can muse over how Hollywood has evolved in its storytelling in these areas and whether the lessons have changed over time.



Impressionism, Picasso, and More—The Roots of Modern Painting

VIPA 1018

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 9:30–11:30 AM

Facilitator: Bob Manning

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: Visual & Performing Arts

Cezanne, Monet, Van Gogh, Matisse, Picasso - we'll explore their work, their world and look into their impact upon Modern Painting. Class time will be a combination of lecture, discussion, and video. At the end of each class, Bob will also include a brief painting demonstration exploring their techniques. He will be using inexpensive materials like crayon, colored pencil and a beginning watercolor set to simulate their methods of application and all are invited to play along. It's optional of course and simply observing will be of value. These artists and their expansive expressions have been popular around the world for many years and that is why the facilitator finds it fascinating to look into with the hope you will too.

Healing the Trauma of 9/11 with Music, Film, Writing and Vulnerable Discussions

VIPA 1019

Thursday

Dates: 1/18 to 2/8 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Miriam Kapner

Location: Regis Thornton Campus

Class Limit: 20 persons

Sponsoring Site: Regis

Subject Area: Visual & Performing Arts

As the years pass, September 11th, 2001, seems like a distant memory to some, or a footnote in history to others. But to those of us who experienced it firsthand in New York City, it may as well have been last week. How can we pay tribute to this event while also healing our trauma? Studies show that the arts contribute significantly to the recovery process. In this class, we will explore how documentary films, personal writing, newly composed music, fierce activism, and vulnerable discussions can create new paths forward after painful events. Participants will be encouraged to share their own memories and ideas through writing and conversations.



Animals in our Lives—Way Beyond Just Pets

MISC 1004

Thursday

Dates: 1/18 to 2/29 (7 weeks)

Time: 9:30–11:30 AM

Facilitator: Natalie Conklin, Master Facilitator

Location: Columbine United Church

Class Limit: 40 persons

Sponsoring Site: South

Subject Area: Miscellaneous

Come and learn more about the animal friends around us in this world.

- When did humans start domesticating animals? Or did certain animals choose to be domesticated?
- Do we spend too much in funding the pet industry?
- What is the difference between service, therapy, and emotional support animals?
- When is it advantageous and justified for humans to experiment with animals?
- Is animal cloning ethical? For better food sources? To bring back a beloved pet?
- What is the smartest animal in the world?
- Do animals have souls or feel pain?
- What about animals in the wild? Lions and tigers and bears, oh, my!
- Animals provide us with food, transportation, clothes, textiles, pharmaceuticals, makeup and so much more. (Pigs alone provide 185 different products.)
- How can animals help with conservation?
- Animals entertain us in song, on film, in zoos, circuses, rodeos, on safaris. How can we help them?



THURSDAY AFTERNOON

Canadian History for Americans—Similarities and Differences Between two Nations Born Side by Side HSEC 1025

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitators: Jon Young and Charles Holt,
Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: History & Economics

How much do you really know about our northern neighbor Canada? This course will be a tour through time (from 1605 to today) and the geography of Canada, - the second largest country in the world. It begins with the history of North America from the perspective of The Hudson's Bay Company - a fascinating story of the European and indigenous people of North America.

This era from 1605 through the mid-19th century covers the vast North American trade network throughout the continent to Europe and the orient. We will focus on the development of two European based nation states, Canada, and the United States, the initial prominence of the Indigenous Nations and their eventual decline, the drama of trade, greed, culture clashes, war, the different cultures of two countries born at the same time, side by side. We will also look at the current Canadian efforts in response to the deaths that occurred at many Indigenous Residential Schools through the new "Truth and Reconciliation Commission of Canada". We will then move on to Canada's development in the 20th century.

We will wrap up with Canada's cultural impact on US culture, and the US's impact on Canada.

Exploring Japan: A Journey into Culture, History and Traditions HSEC 1026

Thursday

Dates: 2/15 to 3/7 (4 weeks)

Time: 1–3 PM

Facilitators: Jerry Mercure and Steve Winber,
Diamond Facilitator

Location: Chambers Center

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: History & Economics

Although designed primarily for those people planning to take the OLLI trip to Japan in the Spring of 2024, it is by no means limited to this group and will be of interest to anyone wishing to know more about this fascinating country and its culture.

This 4-session course provides an understanding of Japan's rich history and social customs. It explores history from ancient time to modernity, social etiquette, greetings and common phrases, iconic temples and shrines, and other aspects to enhance your travel experience. By the end, participants will be well-prepared to explore and appreciate the beauty of Japan's rich cultural heritage, including insights into the Buddhist and Shinto religious traditions. We hope this course will make your journey to Japan an enriching and unforgettable experience!

 **Rereading Tolkien's *Lord of the Rings***
LWRL 1011

Thursday
Dates: 1/18 to 2/22 (6 weeks)
Time: 1–3 PM
Facilitator: Sarah Kozloff
Location: Online
Class Limit: 25 persons
Sponsoring Site: On Campus
Subject Area: Literature, Writing & Language

J.R.R.Tolkien's *The Lord of the Rings* has been credited with starting the modern fantasy genre. It exploded into American and British culture like a bomb, demonstrating the power of the imagination.

To many of my generation, it sparked a life-long love of reading. But it is not often taken as seriously, or studied as closely, as novels that are acclaimed as “high culture.”

Let's reread Tolkien's masterwork, judge how well it holds up in literary craft and social ideology and find the gold beneath the mass market glitter.

Required Book: Any edition of the 3-book series, *The Lord of the Rings* by J.R.R. Tolkien



 **An Academic View of the Old Testament (Part 2)**
PRPC 1014

Thursday
Dates: 1/18 to 2/22 (6 weeks)
Time: 1–3 PM
Facilitator: Michael Levin
Location: Online
Class Limit: Unlimited
Sponsoring Site: Central
Subject Area: Psychology, Religion, Philosophy, Culture

The Old Testament presented by Professor Amy-Jill Levine is a 24-lecture series from The Great Courses ©. Professor Levine is a widely sought after speaker, who has delivered talks on biblical subjects and issues to academic and nonacademic audiences around the world. Professor Levine's invaluable expertise has won her grants from the Mellon Foundation and the National Endowment for the Humanities.

Beginning with lecture 13, we will watch two lectures per week and augment them with discussion and close text examination

“ *The facilitator was very organized and had very informative and interesting material. She stayed with the historical facts. She is a fantastic storyteller. Her enthusiasm and knowledge make this class the best.* ”

Egyptian Gods, Pharaohs and Temples

PRPC 1015

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 1–3 PM

Facilitator: Linda Susak

Location: Online

Class Limit: 35 persons

Sponsoring Site: On Campus

Subject Area: Psychology, Religion, Philosophy, Culture

This class will look at the main Ancient Egyptian gods, pharaohs, temples, and mortuary temples, which will introduce you to their culture. Each topic is coordinated with artwork from temples, tombs, or statues found at archeological excavations. We will also discuss our fascination with Egyptomania and the museums in Cairo which contain mummies, statues, stelae and other artifacts.

Whether you have been in Egypt before or plan to go there, this class will cover specific information on the land and culture and will provide you with a solid basis to further investigation on your own!

Recommended Books: *The Book of Egyptian Mythology* by Richard Patrick and/or *The Valley of the Kings*, edited by Kent R. Weeks

Western Religions meet the Modern World

PRPC 1016

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitator: Michael Mackey

Location: Chambers Center

Class Limit: 25 persons

Sponsoring Site: Central

Subject Area: Psychology, Religion, Philosophy, Culture

In the ancient world, religion was an essential cultural tool that helped people unify their experience both individually and culturally. The west's religious traditions often told their members who they were, how they were to act and what life was for. With the advent of the modern world, however, this cultural work became increasingly complex, and, for some, even impossible. This course will first sketch the foundations of western religion and then explore how the modern world has shaped and challenged these traditions. In particular, we will consider the status of religious truth in the modern age and then explore our current cultural crisis of meaning and what we might do in response.

Recommended Book: *The Battle for God* by Karen Armstrong

“ She exuded infectious enthusiasm for the work she presents. OLLI at DU is fortunate to have her as a facilitator. This is one of the best OLLI classes I have had for a while. ”

Expert Legal Interpretation of the Trump Indictments and their Likelihood of Success

PACE 1011

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitators: [Rick Levinson](#) and [Gary Lozow](#)

Location: Chambers Center

Class Limit: 50 persons

Sponsoring Site: Central

Subject Area: Public Affairs & Current Events

Two Colorado criminal defense attorneys with national experience will discuss all of Mr. Trump’s criminal cases by reviewing pleadings and orders of the courts as they occur. If a trial is on-going during the semester, they will review trial tactics and/or strategy to the extent that they can glean the reasons for the tactic or strategy.

Questions and remarks by the class participants will be welcome. Interesting discussion can be expected.



Get Smarter about your iPhone Smartphone

STEM 1009

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 1–3 PM

Facilitator: [Sharon Sherman](#)

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: STEM

Most of us cannot seem to live without our iPhone — but we are often not taking advantage of their capabilities or are frustrated with them. This class will explore the revolutionary technologies, connectivity and components involved in these devices. Learn essential settings, apps, features, and operations that enable their tremendous versatility and usefulness. Explore what we need to know about carriers and purchasing equipment. Learn about voice control and more: managing, maintaining, handling security, email accounts, wi-fi use and texting. Come get a little smarter about your tech, the Apple iPhone and iPad, and how to operate this life sustaining tool.

Law and Neuroscience

STEM 1010

Thursday

Dates: 1/18 to 2/22 (6 weeks)

Time: 1–3 PM

Facilitator: Morris Hoffman

Location: Chambers Center

Class Limit: 25 persons

Sponsoring Site: On Campus

Subject Area: STEM

We will learn what is currently known about the basics of human brain structure and function and will review some of the neuroimaging technologies that have revealed those structures and functions. We will then apply this knowledge to four legal areas: moral decision-making; criminal punishment; addiction; and chronic pain. We will finish with a review of some other areas where neuroscience advances may have significant future impacts in law, including lie detection by neuroimaging.

Students are encouraged to peruse the MacArthur Law and Neuroscience website: lawneuro.org.



Dinosaurs

STEM 1011

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitator: Larry Matten, Platinum Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: Central

Subject Area: STEM

We are experiencing a new renaissance of dinosaur discovery. New technology has allowed us to look at dinosaurs and the evidence that they have left behind in new ways. We will cover some of the basics such as: what is a dinosaur?; where did they come from?; what kinds of dinosaurs are there?; and how did most of the dinosaurs die? The major portion of the course will consider such topics as: internal organs and bodily functions; behavior such as nesting, migration, social behavior; gestation periods; growth and form change through adolescence; dinosaurs with feathers and their relationship to the origin of birds; dinosaurs that survived near the north and south poles; gigantism; what were the closest relatives of dinosaurs. We will examine evidence from the field of ichnology (evidence without bones — trace fossils) to help get a picture of dinosaur life and behavior. The course will consist of lecture/discussion and a few videos. There is no text but slides used during the class will be converted to pdf files and sent to students.

Colored Pencil for Beginners VIPA 1007

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitator: Mitra Verma

Location: Online

Class Limit: 25 persons

Sponsoring Site: On Campus

Subject Area: Visual & Performing Arts

Unlock your artistic potential and explore the captivating world of colored pencils in this comprehensive course. Whether you are a beginner or looking to refine your skills, this course offers an immersive experience in the art of colored pencils. The fundamental technique of blending and how to mix colors together will be taught to achieve a realistic 3D look with colored pencil. We will learn color mixing concepts and how to color objects with color pencils. Participants will also learn how to look at light and shadow in an object and how to look at details in a reference photo to make drawing realistic. At the end of class, participants will have a better understanding of shading and blending with colored pencil. Join Mitra and let your creativity flourish!



How to Read and Understand Shakespeare VIPA 1020

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 12:30–3 PM

Facilitators: Alan Folkestad, Diamond Facilitator and Margie Folkestad

Location: Online

Class Limit: Unlimited

Sponsoring Site: South

Subject Area: Visual & Performing Arts

William Shakespeare is considered the greatest writer of his age and perhaps the greatest writer of all time. For over 400 years, he has held the preeminent place in world drama. His plays are performed worldwide and are a standard for timeless art. The plays of Shakespeare are something we should be able to read and understand.

How many of us really know how to engage with a Shakespeare play? Although we are urged to read and love Shakespeare, his plays are difficult, demanding, strange, and we struggle to make sense of Shakespeare.

This course seeks to make Shakespeare understandable to the general reader. It starts with a simple premise: Shakespeare actually teaches how to understand his plays. He gives us clues and tools that help us unlock the mysteries of his art. It's as if Shakespeare provides us a toolbox with tools inside to use to understand not just one play, but all his plays. Properly understood and utilized, these tools can help us read, understand, love Shakespeare's work.

Great Course DVD's will be used in this course.

Rocking the Reel: A Cinematic Journey through Music Movies

VIPA 1021

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3:30 PM

Facilitators: Dixie Vice, Master Facilitator and John Lungerhausen, Senior Facilitator

Location: Online

Class Limit: Unlimited

Sponsoring Site: West

Subject Area: Visual & Performing Arts

Music has been a part of filmmaking practically since the advent of sound in film. Beyond the standard music soundtrack, which is almost a mandatory feature of most films, there are many films that revolve around music. Some are biographies or documentaries and others are about the music industry or the power of music itself. Our class this term will explore films in which music uniquely impacts the characters' lives as performers or as listeners only. The films include the following *Oh Brother Where Art Thou* (2000), *Inside Llewyn Davis* (2013), *High Fidelity* (2000), *Almost Famous* (2000) and four others. All of the films will be shown in their entirety with English subtitles for the hearing impaired.

“ Both facilitators had in-depth knowledge of the subject and provided clear examples and data to support the topic. ”

Master of Suspense: Hitchcock Through the Decades

VIPA 1022

Thursday

Dates: 1/18 to 3/7 (8 weeks)

Time: 1–3 PM

Facilitator: Rachel Walkup

Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Visual & Performing Arts

This course will focus on the films and life of director Alfred Hitchcock. You will learn about Hitchcock's films decade by decade, and analyze how his films evolved from the silent era, all the way up to the groovy 70's. We will discuss the tropes and themes within his films and dive into mise-en-scene, macguffins, and dissecting the "Hitchcock Blonde". The class is structured where students will watch the movie of the week prior to class, and half the class will consist of a lecture, while the other half will consist of an open discussion about the week's topics. In addition, we will go through Hitchcock's background, including his personal life. This includes his referring to actors as "cattle", which was exemplified by Tippi Hendren's experience in *The Birds*. Was Hitchcock a sadistic genius? Or a perfectionist who would do anything to get the perfect shot?

Myths, Misperceptions and Legends about Commercial Flight

MISC 1005

Thursday

Dates: 1/18 to 2/8 (4 weeks)

Time: 1-3 PM

Facilitator: Christopher Garcia

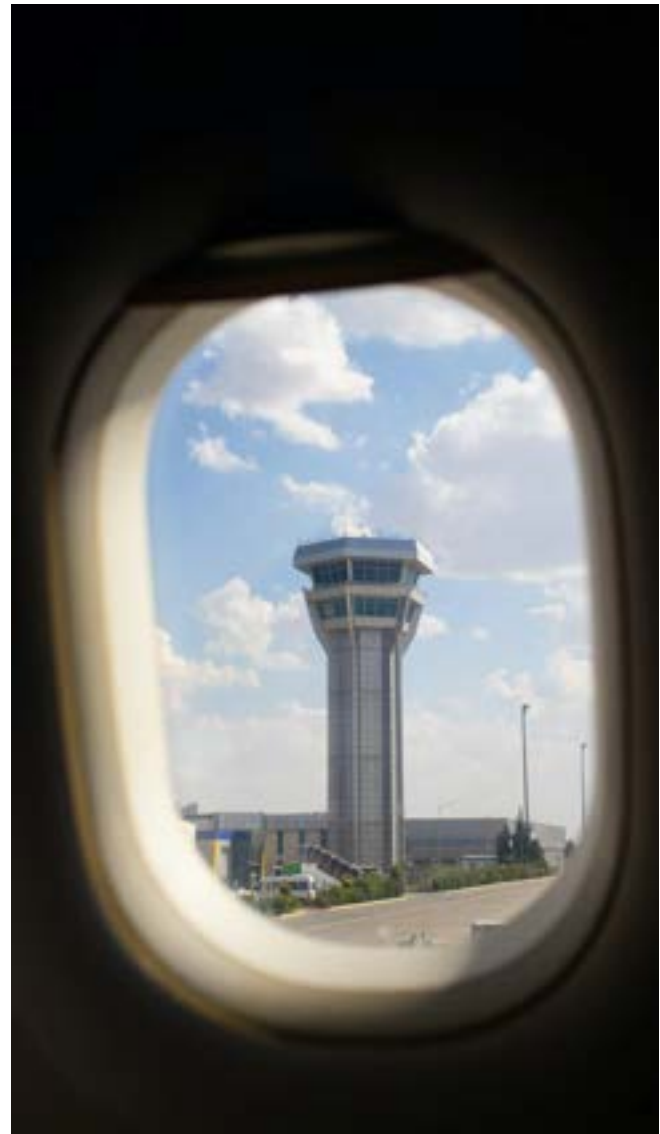
Location: Online

Class Limit: Unlimited

Sponsoring Site: Regis

Subject Area: Miscellaneous

This course will provide insights regarding the National Airspace System (NAS), including the Air Traffic Control Specialist (ATCS) personnel and the professional crew members that are certificated to fly the aircraft. The discussion will include roles and responsibilities, certification requirements, and the technology and tools used. In addition, students will be introduced to the various phases of flight, interdependency of ATCS and crew members; how they are trained, selected and how they complete their mission. We will explain how the Air Traffic Control (ATC) system serves the primary purpose to prevent a collision involving aircraft operating within the NAS. The basics of ATC operations, the ATC systems procedures to provide a safe, orderly, and expeditious flow of air traffic, and the highly developed and flexible supporting National Security and Homeland Defense missions will be covered, including certain additional services such as military operations, and the movement of POTUS.



OLLI@DU / 2024 WINTER

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FREE WEBINARS

Free Friday Webinars

OLLI at DU is pleased to offer our members a series of Friday morning webinars. Our speakers come from a variety of backgrounds and are experts in the field. Join us online via Zoom. You must register with OLLI for each webinar to receive your personal meeting invitation.

For more information on OLLI at DU memberships, visit our website at OLLI.DU.edu or return to **page 8** of this catalog.

For more information about Free Friday Webinars **[CLICK HERE.](#)**



Departing on Track Three for the Front Range

WEBI 1001

Friday, January 19, 2024, 10–11:30 AM
Jack Wheeler, Presenter

It has been 54 years since a train departed north for Fort Collins, and 52 years since a passenger train departed south to Colorado Springs and Pueblo. But this period without passenger trains is very likely to end soon. Colorado is poised to vote on a ballot initiative in fall of 2024 that would build Front Range Rail from Fort Collins to Pueblo through Denver. New Mexico and Wyoming wish to eventually extend this system to Cheyenne and to Albuquerque. Our region is positioned to give itself an intercity passenger rail system for the first time in over half a century. But we did not arrive at such a junction by chance. It is the culmination of decades of advocacy, planning, and coordination between associations, cities, towns, counties, states, railroads, Amtrak, and the Federal Government. Join local rail historian Jack Wheeler as he explains how we have reached this momentous point, and what other rail developments are in store for Colorado.

Jack Wheeler, a fourth generation Coloradan and a local historian on railroads, has given talks, presentations and has facilitated programs for numerous national and local organizations, including the National Railway Historical Society, History Colorado, the Metropolitan State University of Denver and Treasure Box Tours. He specializes in Colorado Railways and the history of passenger trains. Jack also sits on the board of directors of the Colorado Rail Passenger Association, and is an officer of the Association, working as Secretary. He and his colleagues advocate for the expansion and preservation of passenger trains in and through Colorado. He is an alumnus of Colorado State University.

HEAR BETTER: With Hearing Loops, FM Systems, and Infrared Systems

WEBI 1002

Friday, January 26, 2024, 10–11:30 AM
Wynne Whyman, Presenter

People with hearing loss have difficulty hearing in public places, such as religious services, city council meetings, theaters, etc., due to background noises, reverberation, and distance. When people don't clearly hear what's spoken plus the effort that it takes to listen, individuals may become frustrated and choose to stay at home rather than participate in their communities. Instead, when individuals can clearly hear speech from the microphone through ADA assistive listening systems, they often have tears of joy and become engaged again. Digital handouts will be provided.

Wynne Whyman volunteers with the Hearing Loss Association of America (HLAA) Get in the Hearing Loop program committee (national) and chairs the Let's Loop Colorado project. <https://www.loopcolorado.org/> She holds two master's degrees and is a learning architect, developing executive leadership courses. She lives with hearing loss. She received the 2023 HLAA Community Access Award for her work with Google Maps.

“ **This webinar was fabulous! The presenter was amazing — informative and personal. She is so knowledgeable and makes the information as “lighthearted” as possible.** ”

Open Space Parks and the People Who Visit Them

WEBI 1003

Friday, February 2, 2024, 10–11:30 AM
Mary Ann Bonnell, Presenter

Explore people in parks and on trails from the lens of research, observation, and anecdote with Jeffco Open Space Park Ranger and Visitor Services and Natural Resources Director, Mary Ann Bonnell. We'll look at visitor use data sets that explore what people are doing in our parks and how many are doing it. We'll explore the results of rattlesnake and trail courtesy research and how it drives education and outreach efforts. We'll look at visitor safety and illness and injury stats so you can better plan for a safe and uneventful visit. You might just change the way you plan, pack, and pursue your next trail adventure after this talk.

Mary Ann Bonnell holds a degree in Biology from the University of Colorado, Boulder. Mary Ann's work focuses on supporting the teams charged with protecting park and natural resources and includes heritage stewardship, natural resources, park rangers, park maintenance, recreation management and volunteer Land Steward coordination. Mary Ann is also the County liaison with Friends of Dinosaur Ridge, the non-profit organization charged with providing education and preservation services for the significant paleontological resources on Dinosaur Ridge in Matthews/Winters Park. Her interest is in minimizing negative human-wildlife interactions in parks and communities. She's published two papers on urban coyote management, was featured on an episode of National Geographic's podcast, Overheard, and is the co-author and illustrator of a kids' book on climate change.

The Past, Present, and Future of Weather and Climate in Colorado

WEBI 1004

Friday, February 9, 2024, 10–11:30 AM
Russ Schumacher, Presenter

Colorado has a diverse and fascinating climate, owing to our location at the intersection of the mountains and plains, and our position in the midlatitudes that is regularly traversed by weather systems. Colorado is also no stranger to droughts, floods, wildfires, severe thunderstorms, and other hazards. This presentation will outline the history of weather and climate observations in Colorado, what they tell us about the climate of our state, and how a warming climate is expected to affect Coloradans.

Russ Schumacher is a professor in the Department of Atmospheric Science at Colorado State University and serves as the Colorado State Climatologist and Director of the Colorado Climate Center. He received his M.S. in 2003 and Ph.D. in 2008 in Atmospheric Science at CSU. His research and teaching interests include extreme precipitation, weather prediction, the climatology of precipitation, and Colorado's weather and climate. In 2021, he received the Clarence Leroy Meisinger early-career research award from the American Meteorological Society.

The Science of Nutrition and Food WEBI 1005

Friday, February 16, 2024, 10–11:30 AM

Penny Friedberg, Presenter

In our country, most perceptions of nutrition and food are shaped by the marketing of diet books and various dietary trends like low-carb, vegan, paleo, keto, and no-fat diets. However, it's essential to recognize that nutrition is fundamentally a scientific field, despite the misleading information found online and in diet books. A visit to PubMed.org, the world's largest repository of scientific studies and research articles, illustrates this point. Simply search for "Nutrition," and you'll discover a staggering 797,791 articles and studies. By narrowing the search to the past year and focusing on randomized clinical trials, there are still 1,782 relevant studies available. This abundance of research underscores that nutrition is a well-established and heavily researched scientific discipline.

This webinar will delve into the scientific foundations of nutrition and food by drawing from the work of Annemarie Colbin. Annemarie was a pioneer in her field, having published her groundbreaking book, *Food and Healing*, in 1986. Annemarie's Ph.D. thesis, titled "WHOLISTIC NUTRITION: From Biochemistry to Chaos, Complexity, and Quantum Physics" explored novel approaches to understanding how food impacts health. In this webinar, we will explore how science evaluates nutrition and food through Annemarie's Seven Criteria for Healthy Eating.



Penny Friedberg holds an MBA and an MS in Nutrition and is an advocate for personalized nutrition programs that center on whole, real foods. She previously served as a Nutrition professor at the Maryland University of Integrative Health (MUIH) in Laurel, Maryland, where her teaching approach embraced a holistic perspective on nutrition. Penny's extensive teaching experience includes multiple courses for OLLI at DU. During this webinar, Penny will underscore the scientific underpinnings of nutrition and food by showcasing the work of Dr. Annemarie Colbin. In addition to her MS in Nutrition and Integrative Health, Penny spent a year studying under Annemarie's guidance.

Harlem Street Singer: The Life and Music of Reverend Gary Davis

WEBI 1006

Friday, February 23, 2024, 10 AM–Noon
Larry Tannenbaum, Presenter

Blind from the age of three months, Gary Davis grew up in poverty in the Jim Crow South. At the age of seven, he began playing a homemade guitar. Gary quickly became a guitar virtuoso and great Blues musician in the Carolinas, playing at tobacco warehouses and corners. Gary was ordained as a minister in 1937, moved to New York and for around two decades he was a street corner preacher in Harlem, preaching, singing and playing his guitar. In the late 1950s and into the 1960s, Reverend Davis became a part of the Folk/Blues Revival in Greenwich Village and, later, in Europe. Playing guitar and performing gospel music he wrote himself in a Blues format, Reverend Davis gained popularity in Europe and on American college campuses. From his residence in Harlem, Reverend Davis was also a teacher, instructing many young musicians, some of whom later became great musicians. We will explore the life and music of Reverend Davis in a documentary prepared lovingly by several of his students. We will also play a few of the songs of Reverend Davis and discuss the man and his music.



Larry Tannenbaum was a practicing attorney in Colorado for 43 years. Starting at the age of eight, Larry played brass instruments and developed a strong interest in music. He subsequently abandoned the dream of a career in music, but always maintained a passion for music. Since retiring, Larry pursued that passion for music and history and has presented OLLI classes that are music (and history) related, including classes about The Blues, Elvis Presley, Johnny Cash and others. The Blues, American Folk Music, Rock 'n' Roll and County Music are musical genres of particular interest to Larry. At the age of 75, Larry decided to begin playing guitar.

OLLI@DU / 2024 WINTER

WELLNESS PERKS.

FREE FIT PROGRAM

OLLI at DU Fit Program

Winter 2024 Classes

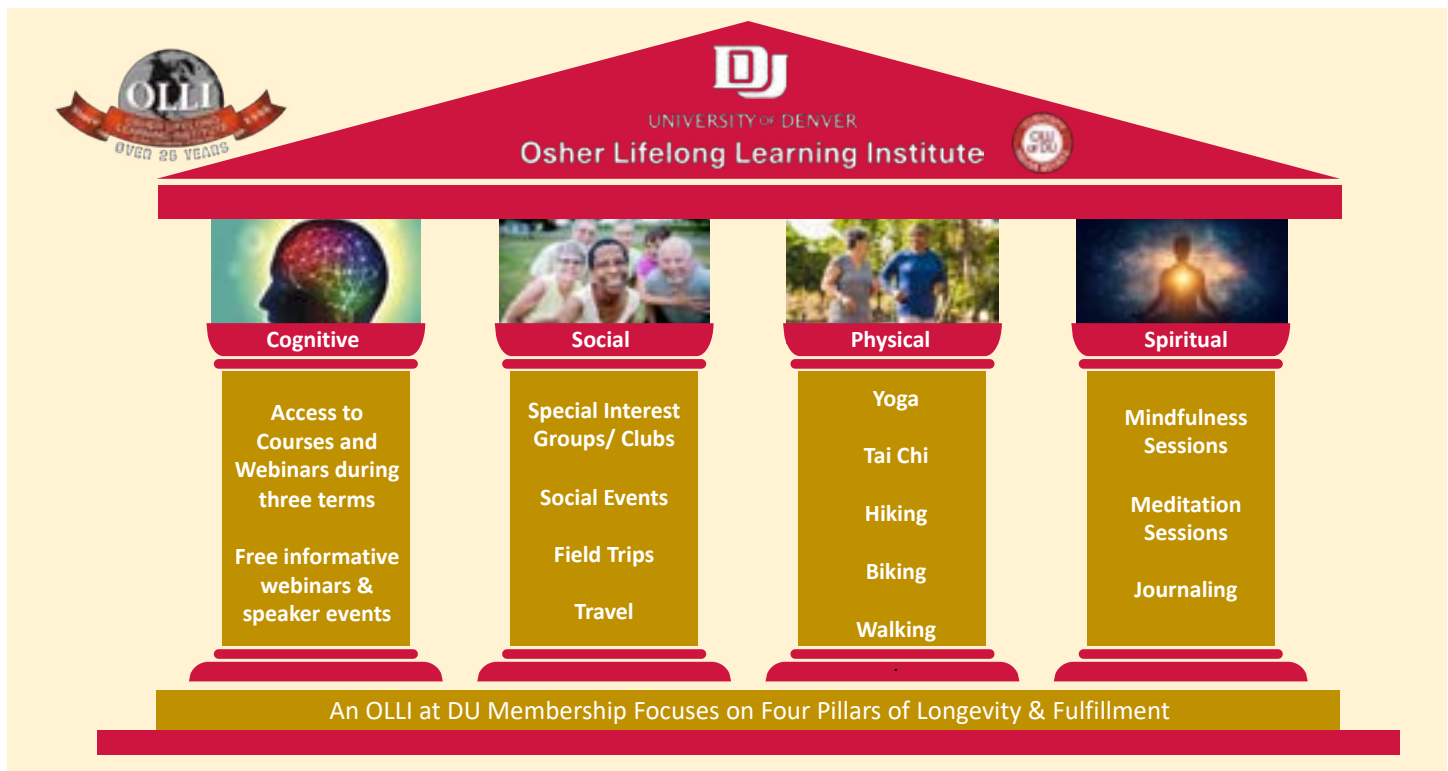
OLLI at DU recognizes that there are four pillars to longevity and fulfillment and we have built a program that supports each of these areas: cognitive, social, physical, and spiritual. Throughout this catalog, you will find many opportunities to participate in activities in each pillar. Join us each morning for a free fitness course to exercise both your body and your spirit.

You must be an OLLI at DU Annual Member to participate. Please register with OLLI at DU for each course. Before classes begin, you will receive a link to Zoom registration for each course. Courses will be held during the eight weeks of the Winter 2024 term.

For more information on OLLI at DU memberships, visit our website at [OLLI.DU.edu](https://www.ollidurham.edu).

For more information about the OLLI at DU Fit Program [CLICK HERE](#).





T'ai Chi with Joe Brady and Jacqui Shumway FFIT 1001

**Mondays, 8–9 AM via Zoom; beginning
1/22/24–3/11/24**
Joseph.brady@du.edu;
Jacqui.shumway@taichidenver.com

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of T'ai Chi. According to the Harvard Medical Health Publication "Tai chi is often described as meditation in motion, but it might well be called medication in motion". Designed to be a hands-on learning experience, this class will explore the principles and basic exercises in T'ai chi and the growing body of evidence of its value in treating or preventing many health problems. This introduction to T'ai Chi Ch'uan is both practical and participative, the course introduces you to the basics of T'ai Chi Ch'uan, the skills and principles involved. These exercises can be a powerful complement to medical intervention. Modern studies have reported positive effects of Tai Chi on balance

and falls reduction, hypertension, diabetes, arthritis, osteoporosis, cancer, COPD, heart disease, depression and even schizophrenia. Many more studies are underway to explore the medical benefits of this mind/body exercise. Topics for discussion will include the global health care implications of Tai Chi as well as applications in daily life.

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years, also teaching classes in Tai Chi, Qigong and Traditional Chinese Medicine.

Jacqui Shumway, M.A. Therapeutic Kinesiologist/Living Younger Longer Institute Researching has taught T'ai Chi Chuan and Medical Qigong for over 25 years. She is dedicated to the joy of active living. She combines western therapeutic kinesiology (preventive physical therapy) with Medical Qigong healing exercises from China and the meditational martial art of T'ai Chi.

Gentle Hatha Yoga with Kara Traikoff

FFIT 1002

**Tuesdays, 8–9 AM via Zoom; beginning
1/16/24–3/5/24
kmtraikoff@gmail.com**

Gentle Hatha Yoga is a mindful and intentional movement practice designed to stretch and strengthen the body in a safe and supportive way. This class will involve standing, sitting, and lying down yoga postures presented as a way of befriending the body and bringing curiosity to the experience of movement and the mind-body connection. Beginners and experienced practitioners are welcome. Options and modifications will be offered to accommodate different needs throughout the class.

Kara Traikoff is an experienced facilitator with a background in higher education, experiential learning, and mindfulness. She leads weekly online guided community meditations, has taught undergraduate wellness courses for the University of Denver, and has taught mindfulness focused classes and workshops for the University of Denver, the Knoebel Institute for Healthy Aging, and Denver Health. Kara is a 200-hour Certified Yoga Instructor with 14 years of yoga teaching experience. She is also a mindfulness instructor trained through the Center for Mindfulness at UMASS Medical School and the Mindfulness Center at Brown University. Kara teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

Medical Qigong with Dr. Joseph Brady

FFIT 1003

**Wednesdays, 8–9 AM via Zoom; beginning
1/17/23–3/6/24
Joseph.brady@du.edu**

In traditional Chinese medicine the patient is expected to be an active participant in their own healing and not just a victim of their disease. Strong beliefs in the idea that exercise is medicine, Qi-gong evolved over centuries to become the primary form of exercise therapy used in traditional Chinese medicine. Medical Qi-gong exercises are considered superior to herbal medicine and acupuncture because patients learn to keep themselves healthy by using exercises designed to cultivate a strong mind and a strong body. With over 3600 psychophysiological exercises developed over centuries, medical Qi-gong provides the tools for everyone to become an active participant in their own health. This course will give students an introduction to a variety of the most popular sets of exercises in a safe and progressive way. Qi-Gong exercise modalities include therapeutic gymnastics, equipment, massage, nature's treatment, and recreational exercise. Learn from two of the top professors of traditional Chinese medicine here at the University of Denver and at the Colorado School of Traditional Chinese Medicine. This class will discuss a wide range of evidence-based therapeutic exercises that you can use in your own life.

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years, also teaching classes in Tai Chi, Qigong and Traditional Chinese Medicine.

Meditation & Conversation with Kara Traikoff

FFIT 1004

**Thursdays, 8–9 AM via Zoom; beginning
1/18/24–3/7/24
kmtraikoff@gmail.com**

One of the foundational components of a practice in mindfulness meditation is community. This course will be a practice-based approach to meditation. Each class period will include a guided meditation, followed by community reflection and conversation. There will be time dedicated to small and large group discussion, questions, sharing from personal experience, and mindful listening to the reflections of others. The class will be an opportunity to be together in community meditation, learn, grow, and deepen our practice through group process. Beginning and experienced meditators are welcome.

Kara Traikoff is an experienced facilitator with a background in higher education, experiential learning, and mindfulness. She leads weekly online guided community meditations, has taught undergraduate Wellness courses for the University of Denver, and has taught mindfulness focused classes and workshops for the University of Denver, the Knoebel Institute for Healthy Aging, and Denver Health. Kara is a 200-hour Certified Yoga Instructor with 14 years of yoga teaching experience. She is also a mindfulness instructor trained through the Center for Mindfulness at UMASS Medical School and the Mindfulness Center at Brown University. Kara teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

Movement, Mindfulness & Energy with Amanda Gregg

FFIT 1005

**Fridays, 8:45–9:45 AM via Zoom; beginning
1/19/24–3/8/24
soaringeagleheal@gmail.com**

Movement, Mindfulness and Energy engages participants in mindfulness instruction that brings forth specific teachings and tools connected with Body, Mind, Spirit and Shadow. All teachings and tools have been compiled from books and mindfulness practices within the contemporary world, bringing together potent practices of self-realization. Each session will introduce a new concept and tool that participants will have the direct opportunity to practice in a state of mindfulness together in community. Movement, Mindfulness and Energy focuses heavily on practicing in contemplation and silence so that participants have the opportunity to find deeper implications of realizations and change in their own life.

Amanda Gregg, Mindfulness and Movement Coach, has been on her spiritual journey for the past 15 years. Through this journey Amanda has gained many experiences, skills and wisdom that have provided her the opportunity to share, teach and present movement and mindfulness through her business, Soaring Eagle Healing. With her Master's in Nonprofit Management, Master Reiki Teacher Certification and Mindfulness Movement training, Amanda brings forth a beautiful combination of service, mindfulness and movement that have moved her students to their own discoveries and awakenings. She is passionate about empowering others in their own self-awareness.

OLLI ON THE MOVE

OLLI at DU is “on the road” to reach new audiences with the great lifelong learning classes we have become known for over the past 27 years. **OLLI On the Move (OOM)** shares lifelong learning to outside communities and libraries and generates new interest in OLLI membership in a post-pandemic era of rediscovered social engagement. Our experienced facilitators bring exciting and educational courses to senior organizations, libraries, and adult living communities.

- ▶ OOM relies on a team of OLLI facilitators to present single class sessions or 4-week courses at locations throughout the Denver Metro and Boulder areas.
- ▶ Participants in the course purchase affiliate memberships that permit them to register for a single offsite course, paying a reduced rate.

OLLI is collaborating with an ever-expanding number of communities such as Frasier Meadows in Boulder, Overture Colorado and Balfour Riverfront in Denver, the Douglas County Libraries, Village Cooperative in Centennial, Thornton Active Adults, and many others. Interested facilitators and members with contacts at such venues are encouraged to reach out to us.

OLLI On the Move is a component of our new Community Outreach initiative that creates opportunities for member outings and organizational sponsorships like recent trips to the Colorado Symphony, Cherry Creek Theatre, Butterfly Pavilion and Wings Over the Rockies.

For more information about OLLI on the Move [CLICK HERE](#).



Photo credit: Mark A. Payler

UPCOMING OLLI ON THE MOVE EVENTS

A Primer for Wellbeing

Fee: \$65

Dates: 1/24/2024 to 2/13/2024

Times: 1–3 PM

Days: Tuesdays

Sessions: 4

Building: Superior Community Center

Instructor: Paula Staffeldt

Seats Available: 35

Balfour at Riverfront

Revisiting '60s Music

Fee: \$65.00

Dates: 1/8/2024 to 2/12/2024

Times: 1–3 PM

Days: Mondays

Sessions: 6

Building: Cherry Hills III

Instructor: Paul Simon and Glenn Gravlee

Seats Available: 30

Course is open to Cherry Hills III residents only. If you are interested in bringing an OLLI at DU course into your community, we invite you to speak to OOM, Community Outreach Manager, Paul Simon.

MEET OUR FACILITATORS

We count on great facilitators who bring our OLLI members deep into the content of robust course offerings, while encouraging connections and discussion. As always, we are here for learning and not for grades or college credit. We offer over 300 courses and webinars a year via in-person, online and hybrid formats. Course types include deep dives into a multitude of subjects with different formats, including multimedia presentations, books, movies, art and photos.

The joy of learning and the fascinating courses our facilitators lead are exactly why our members come back year after year. And so do our uniquely qualified facilitators!

Carol Anthony

Carol Anthony, Platinum Facilitator, received her BS in English Education and her MA in English Literature from Southern Illinois University in Carbondale, IL. She migrated to Denver and taught English at Westminster High School for 32 years. She pursued post graduate studies in Old and Medieval English Lit at CU and developed an extensive background in Classical and Norse Myth, the history of language, and ancient Mediterranean civilizations and culture. For fun, she sings with a performing show choir, the Northland Chorale (yes, really).

Gordon Appell

Gordon Appell, Diamond Facilitator, has facilitated a wide variety of OLLI courses in public affairs and current events. He worked for much of his career with the City and County of Denver as a principal city planner which involved him in the planning for the redevelopment of the Central Platte Valley downtown, Stapleton and Lowry as well as neighborhood planning, transportation planning, regional planning in cooperation with RTD and DRGOG. He is a political independent but continues to have a reform point of view even in retirement. He has lived in NYC, North

Carolina during the civil rights era, Chicago during the Mayor Daley years, St. Louis and overseas.

Maria Arapakis

Maria Arapakis, Diamond Facilitator, is a psychologist, international trainer, and author with over 35 years of experience training people around the world on how to manage their minds, emotions, actions and relationships.

Jane Barton

Jane W. Barton, MTS, MASM, CSA, author of *Caregiving for the GENIUS*, is a passionate national speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, videos, podcasts, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As a Local Aging Expert collaborating with AARP Colorado, Jane offers educational programs throughout the state of Colorado (2014 - 2023). Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director.

Don and Gracie Batt

Don and Gracie Batt, both Diamond Facilitators, are retired high school English and Theatre teachers in Cherry Creek Schools. They have facilitated courses on Irish literature and literature of the American West with OLLI for several years.

Catherine Beeson

Catherine Beeson holds a master's degree from Manhattan School of Music, is Executive Director of the Longmont Symphony, and has been a Colorado Symphony violist for over 20 years. She has extensive professional experience as a performer and educator and has a warm, friendly delivery style. Catherine is excited to bring her insider knowledge of classical music to curious adult learners.

Becky Bennett

Upon retiring from 32+ years as a Human Resources Specialist with the federal government, Becky joined OLLI in 2011. She enjoys participating in OLLI classes, particularly literature, art, and history. When she decided to take the leap into facilitating, it was the history topics that caught her interest. *Unsung Heroes of World War II* will be Becky's eighth foray into facilitating at OLLI Central. She's looking forward to sharing this Great Courses series with all of you.

Becky lives in Centennial with her husband (also an OLLI facilitator), two dogs and a cat.

Bix Bicknell

Bix is a graduate of the US Naval Academy and CU law school. He was a gunnery officer on a destroyer, an instructor in drone helicopters, and had one year of shore duty in Saigon. After leaving the navy, Bix had a 40-year career as a disability lawyer.

Eric Braden

Eric Braden grew up in Ohio and attended Ohio State University for graduate training in psychology. Following attainment of his Ph.D., he moved to Denver, where he has resided for 54 years. He met Harriet here, and they have been married for 52 years. Eric maintained a part time private practice of psychotherapy in Denver for 40 years, while also working, at different times, for Jefferson County Mental Health Center, and Bethesda Psychiatric hospital. He served for 11 years as Psychologist for the Denver Fire Department. He has been retired for the last 10 years.

Over the last 20 years or so, Eric has been an active participant in the Denver Psychoanalytic Society's Film Series, in which participants together watch and then discuss a popular movie, focusing on the psychological themes presented in the work. He has been the presenter/discussion moderator for 7 or 8 films. One of the films he recently moderated was the George C. Scott version of "A Christmas Carol," a favorite of his. Eric later presented the film in a class for the Academy for Life-long Learning. Reactions have been favorable, with scarcely a "Bah, Humbug!"

Sue Bramley

Sue Bramley is an experienced Master Facilitator at OLLI. She chose to offer American Ingenuity: Stories from Coast to Coast as a reminder of how great it is to be an American.

Bianca Calderon

Bianca Calderon, Pharm.D. is Associate Dean for Interprofessional Education at Rueckert-Hartman College for Health Professions at Regis University and Professor of Pharmacy Practice at Regis University School of Pharmacy. Dr. Calderon has practiced as a clinical pharmacist on interprofessional teams in primary care, geriatrics, and palliative care. She strives to improve the health of individuals, support communities through education and service, and optimize medications based on factors such as effectiveness, safety and affordability.

Terry Casey

Terry has a BA from St. Anselm College (Manchester, NH), a MA in History from UConn and a Master's in Urban Affairs & Policy Analysis from The New School for Social Research (NYC). He has been a County Administrator in New Hampshire and since 1986 a Managing Director in the Capital Markets office of Dain Bosworth which became RBC Capital Markets in the early 2000s. His clients over the years included the states of Colorado and Wyoming, many of the major k-12 school districts in Colorado, Colorado Springs Memorial Hospital, Wyoming Medical Center (Casper), Cheyenne Memorial Hospital, Aspen Hospital and the Wyoming Student Loan Corporation. He retired from RBC in 2011.

Wayne Cassell

Wayne Cassell, Senior Facilitator, is a former US Army armor officer having served during the mid to late '70s. During the 1980's he was a tactical training consultant for the army before moving to Colorado and becoming a technical illustrator and graphics artist. An avid amateur military historian, he finds his passion for history is useful in his hobbies which include building historically accurate models and playing board and computer strategy wargames. His current area of interest is Russian and Soviet history.

Anne Christner

Anne Marshall Christner, Platinum Facilitator, has been enthralled by archaeology since the fifth grade. She and her family visited Mesa Verde National Park soon after, and that sealed the deal. Anne has had the privilege of doing volunteer archaeology at Crow Canyon Archaeological Center near Cortez, CO, and she brings what she learned and experienced there to this course, Archaeology: It's Way More Than Digging for Treasures!

Pat Clisham

Pat Clisham was a practicing attorney for 46 years. She began practicing at Legal Aid and then the Colorado Attorney General's Office. She practiced in a small law firm, a large law firm (where she was a managing partner) and then her own law firm. She also was an Administrative Law Judge (ALJ) for the State of Colorado from 1980-1988. At the end of her legal career, Pat was again an ALJ, as well as the Assistant Director of the Division of Workers' Compensation for the State. During her legal career, she taught and facilitated almost 100 continuing legal education classes and educational seminars for attorneys and clients. In addition to being a movie aficionado since childhood, Pat is an avid reader and loves music and poetry.

Roger Collins

Roger Collins, Master Facilitator, is a graduate of the University of Denver with a degree in business administration. After serving in the army, he worked for Sears as a manager of stores in Colorado and Wyoming for 25 years. He then opened a printing franchise before retiring a second time in 2000. During the last 23 years, Roger has traveled throughout the Americas studying American Indian history and culture. He has spent time with many tribes in the United States, Mexico, and Peru.

Roger has written several books concerning Native American History and currently has presentations on the history and culture of American Indians, powwows, boarding schools, the American Indian Movement, American Indian Spirituality, Code Talkers, Indian Givers, and American Indian music. Roger believes that everyone deserves to know the truth about the parts of American history in which the American Indian has become the unknown player of the past.

Natalie Conklin

Natalie Conklin, Master Facilitator, has facilitated classes at OLLI South for many years since retiring from a career in education. Many of the classes have been in the performing and visual arts, but also in history and literature. Being an animal lover and pet owner, Natalie wanted to present an OLLI class on how animals affect our lives, way beyond just as pets. She hopes that this class will give participants a new perspective and appreciation regarding how animals affect our world in so many diverse ways.

Gloria Eastman

Gloria (Lori) Eastman is Professor Emerita of English at Metropolitan State University of Denver. She earned her Ph.D. at CU Boulder. Before her recent retirement, she taught 19th century British Literature and English Education at Metro State for 16 years. Previous to that, she taught English and journalism for 26 years in the Jefferson County Public Schools. She enjoys bringing alive the social and historical contexts of a literary text and delights in readers' varied responses to the books we are studying.

Mary Edwards

Originally from Oregon, Mary Edwards moved to Denver, Colorado in 2021. She finished her Bachelor of Science degree as an Art major and History Minor at Eastern Oregon University in 2020. Mary is a 2-D media artist, with an interest in Art History. She has co-facilitated an art appreciation class on Impressionism with Wayne Gardner. Edwards aspires to achieve her Master of Fine Arts degree in the next couple of years.

Susan Elliott

Susan Elliott earned a Master's degree in Art Education from Stanford University and has been in an art classroom ever since. She spent early years training docents at the Denver Art Museum and until 2012 taught studio drawing and design classes at the college level. She is a practicing artist working in a variety of media. Her current passion is art history which she has studied in one form or another all her life. She most recently facilitated fifteen OLLI art history courses ranging from Venetian art to Georgia O'Keeffe to Monet to the Wyeth family. Her teaching approach emphasizes how to look at and appreciate art employing the principles of art and design. She is able to explain painting, sculpting, and printmaking techniques as well.

Erica Ferg

Dr. Erica Ferg is an Associate Professor at Regis University and teaches courses on Islam, Christianity, Judaism, Mediterranean religious history, and religious studies theories and methods. Her doctorate is in the Study of Religion, and her area of specialization is Eastern Mediterranean comparative religious history. Her research focuses on Mediterranean comparative religion, comparative linguistics, and archaeoastronomy. Prior to academia, Erica was a Persian linguist in the United States Air Force. Erica's first book, *Geography, Religion, Gods, and Saints in the Eastern Mediterranean* was published in paperback in January 2022 by Routledge. Erica currently is at work on her second book, entitled *Starry Nights: A Celestial History of Religion in the Mediterranean*.

Stan Folker

Stan Folker and Ira Rifkin are veteran OLLI facilitators who really enjoy exploring the realm of economics both historically and presently. In this new course, Ira and Stan team up to go back to the 18th century to dissect the work of the venerable Adam Smith, to the 20th century to study the influence of the icon Milton Friedman, and to modern day to examine the policies of the Federal Reserve.

Stan Folker, Master Facilitator, is an Auburn University engineering graduate. He is a former US Naval aviator and retired as a captain for Continental Airlines. He later worked as a financial consultant for AXA Equitable. He has had a longtime interest in economics, personal investing, and history.

Alan Folkestad

Alan, a Diamond Facilitator, has possessed a lifelong interest in the theater. He has performed in several high school and community plays. He even saw CATS before it came to Broadway. He graduated with a BA from the University of Minnesota and a master's degree from Texas Christian University.

Margie Folkestad

Margie has been a teacher most of her life. She operated her own ballet school for 15 years. Upon graduating from the University of Denver, she taught for the Littleton Public Schools as a secondary social studies and English teacher. She worked with a team developing a new secondary curriculum for English, which was used by the district for twenty-five years. She received a master's in psychology from Texas Woman's University. Later she taught college courses on western civilization for Troy State University and statistics for Park College. Margie is passionate about writing and involved with both poetry and prose writing groups.

Sara Frances

After flirting with careers as an archaeologist, pilot, concert pianist, and diplomat, Sara Frances settled on photojournalist after just a few months' residence in Heidelberg, Germany, while studying for her Masters in Comparative Literature. After decades of travel with heavy, pro gear, the epiphany of smart phone image-making floated unexpectedly into her ken, proving value, speed, and quality in Venice at the famous Biennale in 2019. Sara's common thread in all her work is visual storytelling, combining image and memoir text into a new dimension that weaves experience, understanding, and memory. Not just of places of interesting travel, but faces, culture, social environments, objects, weather, diversity—experiential history and personal legacy. With an iPhone as her sole equipment, she tells amazing stories that otherwise would be lost to her family and may become important to posterity.

Penny Friedberg

Penny Friedberg has an MBA in Nutrition. She is a life-long advocate for a personalized nutrition program based on whole real foods. Formerly a professor of Nutrition at the Maryland University of Integrative Health (MUIH) in Laurel, Maryland, Penny's classes take a holistic approach to nutrition. Her aim is to empower students to make healthy nutritional changes that enhance energy, stamina, wellness, and reduce stress. Penny has a wealth of experience teaching nutrition, including several classes for OLLI at DU.

Jan Friedlander

Jan has an academic (age 8 - her start in college) and practical background in classical music, which includes opera, as well as many classes in Latin, Spanish, French and one course each of German & Russian. This background combined with her humor, that has been described as gentle to quirky, and her passion for opera, make her classes fun and interesting. Jan laces in relevant history and anecdotes about various operas as well as videos and guest speakers from opera companies.

Brian Friedman

Brian Friedman is the President, Chief Investment Officer, and Co-Founder of GHP Investment Advisors, Inc. (GHPIA). With more than \$2 billion in client assets under management, GHPIA provides Personal Wealth Management for families and individuals and manages two international equity funds in its GHP Global Markets unit. Brian has more than 30 years of experience in the investment management industry. He is a Chartered Financial Analyst (CFA) and a Certified Business Economist (CBE). He received an undergraduate degree in economics from The George Washington University and an M.B.A. in Finance from the University of Chicago.

Christopher Garcia

Christopher M. Garcia serves as an Assistant Professor, faculty advisor, and the program director for the Master of Science in information and Cyber Security degree program at Regis University. For over 40 years he served as a certificated command pilot, flight instructor, mainframe automation programmer, and as a career air traffic control tower and RADAR specialist with the FAA. Mr. Garcia retired from 33 years of civil service as the Chief Information Security Officer and the Director of the US Department of Transportation Security Operations Center of Excellence, specializing in the design, implementation and management of Security Operations Center of Excellence. Mr. Garcia is a graduate of Regis University, Vanderbilt, University, Villanova University, the Brookings Institution and Valley Forge Military College. As a lifelong learner, he has completed studies in information technology management, executive management, political science and humanities, aviation sciences, leadership and military sciences. He resides with his wife of 31 years and a rescued chihuahua in northeastern Florida.

Wayne Gardner

Wayne Gardner is a well-seasoned facilitator at OLLI. As an art major and artist, he has had a lifelong passion for art and music. He has taught various classes on music and art appreciation.

Mark Garrett

Mark Garrett is a filmmaker, critic, and educator based in Santa Fe, New Mexico. He graduated from the University of Colorado-Denver, with a major in English and Film and a minor in French. After college, he taught English in France and developed a broadened appreciation for cinema, with a focus on experimental, French, and horror films. Mark is currently working on a series of 35mm short films and a collection of film criticism.

Shellie Hochstadt

Shellie Hochstadt graduated from the University of Rhode Island with a degree in history and a minor in political science. She was a divisional merchandise manager for a department store until 1994, when she returned to her core interest and passion for world history. She taught AP World History, AP Government, and economics until her retirement in 2010. She combines her interests in history, travel, and reading into her teaching, where she endeavors to bring a thoughtful global perspective.

Morris Hoffman

Morris Hoffman was a district judge in the Second Judicial District, State of Colorado, from 1991 to 2021, during which time he presided over more than 400 jury trials. He is an adjunct professor of law at the University of Denver and University of Colorado, where he's taught classes on jury history and selection, law and the biology of human nature, and law and neuroscience. He is a member of the John D. and Catherine T. MacArthur Foundation Research Network on Law and Neuroscience, the author of *The Punisher's Brain: The Evolution of Judge and Jury* (Cambridge University Press 2014), and a co-author, with four of his MacArthur colleagues, of *Brain Basics for Lawyers, Judges, and Policymakers*, coming out in February 2024 in Oxford University Press. He's published several law-related op-eds in national newspapers, including The New York Times and The Wall Street Journal. Now he's writing fiction; his debut novel, *Pinch Hitting*, will be released August 1, 2024, by Black Rose Writing. He lives in Denver with his wife, a retired litigator, and their two retired puppies.

Michael Holmes

Michael Holmes worked in public education for 37 years. He has taught the game of bridge for over 19 years and is a certified ACBL online bridge teacher & Audrey Grant Bridge Teacher, Gold Life Master, ACBL Certified Club Director and ACBL Certified Tournament Assistant Director, and board member of the American Bridge Teachers Association.

Charles Holt

Charles F Holt, Platinum Facilitator, is a retired engineer, who spent over 35 years in R&D management for several international organizations. Charlie is an avid reader and has a strong interest in science & technology and the impact on culture, as well as history and diplomacy with a focus on the personalities shaping history. Eleanor Roosevelt played a major role in American and world history as her biographer clearly shows. This is an impressive and important story to bring to OLLI.

Charlie holds a Ph.D., in Theoretical and Applied Mechanics, from the University of Illinois, an MS, and BS in Aeronautical Engineering, from Pennsylvania State University. He has served in the US Army in Vietnam and at the US Army Foreign Science and Technology Center in Military Intelligence.

Fred Johnson

Dr. Fred L. Johnson III is Guy Vander Jagt '53 Endowed Professor of History at Hope College in Holland, Michigan. Prior to academia, Dr. Johnson served as a Communications-Electronics Officer in the United States Marine Corps. His fields of expertise include 19th Century U.S. History (specifically, the Civil War), 20th Century U.S. History, Military History, U.S. Foreign Policy, and Africa. An award-winning speaker and member of Toastmasters and the National Speakers Association, he is also an accomplished novelist.

JJ Jordan

After a corporate management career at IBM and McKinsey & Company, JJ Jordan reinvented herself in the field of Alzheimer's/ Dementia after three of four parents were diagnosed with the disease. She was their family care partner for 16 years. JJ is the CEO of the Jordan Consulting Group, where she lectures, teaches, and consults on dementia topics. She is also an associate with a business psychology firm serving as their client dementia coaching and training provider. JJ also sits on the Dementia Advisory Board for the Colorado Department of Health and Environment. She is the volunteer Community Chair for Dementia Friendly Denver where she was recognized by AARP with their Community Partner Award for her dementia education work. JJ has also been a volunteer for the Alzheimer's Association for over 20 years. She completed a six-year term on their Board of Directors and currently serves as their Public Policy Ambassador to Capitol Hill, where she addresses Congress on dementia research and legislative issues.

Miriam Kapner

Miriam Kapner is the oboe instructor at Regis University in Denver, as well as a member of Colorado Bach Ensemble, and Principal Oboe of Colorado Pro Musica. She is also the founder and artistic director of a Denver based house concert series called Small Batch Concerts. She recently composed the score for a documentary short subject film about musicians who played for first responders at Ground Zero in the weeks and months following 9/11, entitled *Out of the Darkness*. She was also the Executive Producer of this film. She is an accomplished writer, and her poem *Not Random* was published in an anthology produced by the National Library of Poetry. Currently she is writing a book entitled *Un-stepped: The Love and Loss of an Unexpected Family*, based on her own experiences of becoming a stepparent. Her education includes a B.M. from New England Conservatory, an M.M. from Manhattan School of Music.

Janet Kester

Janet Kester, Master Facilitator, has lived a relatively joyful life and wants to share that joy with others. She is a retired special education teacher who tried to bring as much joy as possible to her students as they struggled with the academic world. She thinks she is quite clever to have integrated her greatest joy, gardening, into her work as a teacher as she developed a thriving and educational gardening program both inside and outside the classroom. For her, joy jumps out everywhere on a daily basis in the form of grandchildren, flowers, pretty colors and friendships. Watch for her car license plate that says "JOYFORU."

Tom Kleinschmidt

Tom has been interested in history for his whole life, especially 18th and 19th century American History. He has read extensively on the history of that period and has visited many of the historical sites from that era. He has a bachelor of science degree from Kearney State College (now the University of Nebraska - Kearney) and an MBA from the University of Alaska - Fairbanks.

Tom had a career in finance and arranged for financing of power generation projects both in the United States and internationally before he retired in 2015. Tom has facilitated OLLI classes in Albuquerque and most recently in the Denver OLLI program.

Ronald Knox

Ron Knox's education was completed at Colorado State University with a BS in Mathematics (major) and a Chemistry (minor). He had a 40+year career leading/managing teams in the development of computer software and data systems for the banking, telecommunications, military aerospace contractors, government, electronics, computer and utilities industries. He completed systems for Arrow Electronics, Honeywell Test Instruments Division, Citicorp Diners Club, AT&T Telecommunications, Information Handling Services, and McDonnell Douglas Systems. The systems used mainframe, mini, PC and distributed computers. Even in his retirement years, Ron has maintained an interest in understanding the impact on our lives that is driven by the advancement in computer software.

Sarah Kozloff

Sarah Kozloff recently retired from her position as Professor of Film at Vassar College, a co-ed liberal arts college in the Hudson Valley of NY. In that position, she specialized in American cinema of the studio era. She published widely on cinematic dialogue, on *The Best Years of Our Lives*, on Romantic Comedy, and on Peter Jackson's *Lord of the Rings*. In her later years

of teaching, Kozloff felt a tug towards creative writing. In 2020, she published a four-volume epic fantasy, *The Nine Realms*, with Tor/Macmillan. Her starting premise was "what if Aragorn had been a woman" and a realm awaited the return of the queen?" The Tolkien scholar, Tom Shipley, wrote a review in the *Wall Street Journal*, stating that in Kozloff's series, "finally fantasy has grown up."

Don Krill

Don Krill, Professor Emeritus from D.U. Graduate School of Social Work is a practicing magician and has been exposed to varied experiences of a paranormal nature. He has also worked as a consultant with various Pueblo Indian Tribes in New Mexico. He is the author of three books on existential philosophy and psychotherapy and worked as a clinical social worker.

James Kunkel

James R. (Jim) Kunkel (BSCE, M.S. & Ph.D.) is a semi-retired professional hydrologic engineer (P.E.) with over 50 years of domestic and international experience in hydrology and water resources. He has worked on water resources projects in 32 states and 22 foreign countries. His academic experience includes 17 years as an adjunct associate professor at Colorado School of Mines where he taught graduate hydrologic engineering courses in the Department of Geological Engineering. He has given presentations, professional technical lectures and short courses to news media, government agencies and professional societies related to water rights and water use in the USA, Colombia, Ecuador, Perú and México. Dr. Kunkel's recent work has been as an expert technical witness for environmental attorneys representing large environmental organizations in the USA. Since 2018 he has given presentations at OLLI at DU.

Linda Lange

Voracious reader of mystery and science fiction, enthusiastic gardener, and amateur tai chi practitioner, Linda S Lange, Master Facilitator, is retired from teaching finance and accounting at Regis University. She created the first Mysterious Places class in 2019 to enthusiastic response and has built the series from there choosing different themes each term and occasionally revisiting a popular theme to update author choices.

John Lay

John Lay is a native of Colorado and a resident of SE Denver. He spent his youth in Colorado, Montana, and Idaho before attending college and graduate school in upstate New York and Boston, Massachusetts. His college education included engineering, economics, history, and business classes leading to a BS in Management Engineering and an MBA in Finance. He has long held a particular interest in early domestic and world history as well as public affairs. His career included several years working with Samsonite and Liberty Media Corporations in Colorado as well as several stints with public/private entities. He served years in the Colorado Governor's Office as Chief of Staff with Governor Lamm. He also worked at Colorado Ski Country USA and the Denver Metro Chamber of Commerce.

He has written two books pertaining to this course. They are titled *The Concise History of the 22 U.S. states west of the Mississippi River* and *The Concise History of the 26 US states east of the Mississippi River plus Hawaii and Alaska*.

Martha Lederer

Martha Lederer is a writer and educator whose professional background includes working as a high school English teacher, adjunct ESL instructor and administrator at DU, and project coordinator for a national,

non-partisan education policy organization. She holds a Master's Degree in Applied Communication from DU's University College and completed a two-year mentorship in novel writing with Denver's Lighthouse Writer's Workshop. Among her many interests is using writing as an aid to personal growth and memory.

Michael Levin

Michael Levin is a Denver native with a BA from Grinnell College and an MA from the University of Colorado, both in math. He retired from Raytheon in 2006 as a Senior Principal Systems Engineer. Michael has been engaged in Great Books and adult Jewish education since the mid 1980's. He inherited leadership of a southeast Denver Great Books group in 2008. Michael has facilitated OLLI short story and Jewish text discussions. His Fall 2023 class *An Academic View of the Old Testament (Part 1)* featured the Great Courses video series: *The Old Testament*.

Rick Levinson

Rick Levinson graduated from Carleton College with a BA, followed by a JD degree from the University of Florida in 1971. He has been licensed in both Florida and Colorado (1993). He was twice a public defender where he was a trial attorney and at one time head of the Hillsborough County (Tampa, Florida) public defender death penalty division. Mr. Levinson's practice both in Florida and Colorado primarily involved the defense of persons accused of crime. He has also served as Alternate Defense Council in Colorado. He has tried numerous cases in State and Federal courts and previously facilitated law courses at OLLI at DU.

David Lippman

David Lippman, Master Facilitator, earned degrees in the social sciences from the University of Southern California and the University of Chicago. He began his career doing social science research in legal areas for the American Bar Foundation. David spent most of his career in school textbook publishing, where he directed the development of texts in many subjects including science, literature, government, and history.

Gary Lozow

Gary Lozow has been a criminal defense attorney for over fifty years in Colorado. He has successfully argued and won appeals in the Court of Appeals and the Colorado Supreme Court. He has been chosen by his fellow lawyers as a Colorado “Super Lawyer” and one of the top criminal defense attorneys in the country. Mr. Lozow has tried numerous cases in both state court and in the federal system defending persons accused of crimes ranging from sexual assault, narcotics, to white collar cases. He has served as Chair of the Anti-Defamation League and won the Martin Luther King Jr. Humanitarian Award. He was a member of the Faculty of Federal Advocates (serving on the Board of Directors) and the Colorado Judicial Institute and an Adjunct Professor of Law at the University of Denver.

John Lungerhausen

John Lungerhausen joined OLLI soon after he retired from CenturyLink in 2016 where he enjoyed a 17-year career (including US West and Qwest) as a software developer, Team Lead, and Development Manager. John and his longtime partner, Dixie, have been living in Golden with their bevy of cats since 1987. They have collaborated in putting together a number of film classes for OLLI and share a deep enjoyment of

independent and foreign films, which frequently offer a far more engaging perspective than most of the typical Hollywood fare. John received his Bachelor of Business Administration degree from the University of Michigan.

Michael Mackey

Michael is a passionate scholar of religion, history and culture. He holds a BA and MA in English from Colorado State and a Master of Divinity from the Lutheran School of Theology at Chicago. While he was trained for the ministry, he has spent his life in higher ed, where he has taught English, literature, humanities, history and world religions at the college level.

Bob Magnani

Bob Magnani has attended over 120 OLLI courses and facilitated 50 classes both on-line and at 4 Colorado locations. His courses include Movies and Movie Making, Acting, Comedy, and Chess. He has Arts and Engineering degrees from Columbia; PhD work at NYU; telecommunications design and management at Bell Laboratories and at US West Advanced Technologies; and Product Management at AT&T. Bob has seen several thousand US and foreign films in his lifetime, loves theater, chess (was a member of the Manhattan Chess Club) and acting and is delighted to be able to pursue these interests at OLLI. Bob is a Platinum Facilitator and an OLLI member since 2010.

Bob Manning

Bob has been painting for over 20 years primarily because it makes him feel good. He finds value in the doing and is consistently fascinated by the learning and self-discovery possibilities within the world of the creatives.

Larry Matten

Larry Matten, Diamond Facilitator, was educated in biology, botany, geology and paleontology at Michigan, Rutgers, and Cornell Universities. He was a paleobotanist, Professor and Chair of Plant Biology, at Southern Illinois University. He was a volunteer at the Denver Museum of Nature and Science as a digital technician assistant (reconstructing bones and fossils) as well as working as a docent in the Prehistoric Journey exhibit. His inner boy who has fantasized about dinosaurs is alive and well. Larry last taught this course during winter term 2018 and is delighted to do this again. A new section on Dinosaur relatives has been added. Larry is a Platinum Facilitator and has taught approximately 15 courses on science topics. His other interests include movies, science fiction, chess, estate law, and first amendment law regarding religion and evolution (over 50 courses). Currently, Larry volunteers as a Spellbinder (oral storyteller), telling stories to middle schoolers in the Littleton School District. Larry is married and he and his wife, Susan, have six children, 14 grandchildren, and 4 great grandchildren scattered across the country. Traveling domestically and internationally has been a vital part of Larry and Susan's life.

Vince Matthews

Dr. Vince Matthews retired as State Geologist and Director of the Colorado Geological Survey in 2013. Vince received Bachelors and Masters degrees in Geology from the University of Georgia and a Ph.D. from the University of California, Santa Cruz. He holds Outstanding Alumnus Awards from both institutions. Vince taught at seven institutions of higher education and served as an executive in four publicly held, natural resource companies. Matthews is a Senior Fellow in the Geological Society of America where he served as General Chair of the 125th Anniversary Meeting in 2013. He is the author of *Messages in Stone: Colorado's*

Colorful Geology and recently finished the manuscript for *Land of Ice: Jaunts into Colorado's Glacial Landscape*.

Mac McHugh

Mac McHugh, Platinum Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a lifelong movie buff and a World War II history buff and has facilitated numerous courses on technology, film, and history at OLLI.

Larry Meckel

Larry is a retired geologist living on the Western Slope in Ouray and Grand Junction (Winter). Since 2016 he has given a variety of OLLI courses in geology, science, and history. He has a BA from Rice University and a PhD from Johns Hopkins University. He started his career with Shell Development in research and Shell Oil Company. For 45 years he was a consulting geologist working worldwide and gave many industry courses and field trips. He wrapped up his career by teaching graduate level courses for the Geology Department at the Colorado School of Mines. He was awarded the AAPG Distinguished Educator Award in 2011 for his distinguished teaching. He enjoys hiking with his dog Abbie, photography, and putting together new continuing education courses like this one on Rock Art for 2024.

Jerry Mercure

Jerry Mercure was a Systems Engineer in the defense industry and a Friend of Asian Art with the Denver Art Museum. Since retirement, and because of his love for Chinese and Japanese art and aesthetics, he devotes time to Japanese art research and volunteering at OLLI. He landed in Colorado in 1998 and enjoys hiking, biking, skiing, and OLLI classes.

Sydney Myers

Sydney Myers, OLLI Platinum Facilitator, is a former retail executive who lived in Mexico for seven years. She returned to Denver in 2006.

Phil Nelson

Phil Nelson has been offering OLLI courses on climate change and the energy transition since 2017. Currently he offers OLLI three different courses: (1) How Bad Is It, Really, (2) Living in the Energy Transition, and (3) The Ministry for the Future — A Climate Change Adventure. Phil is a member of the Golden Chapter of Citizens Climate Lobby, offers presentations to civic organizations, and hosts a weekly zoom call on the energy transition. He holds B.S. and PhD degrees from MIT and is retired from a career in mineral and oil and gas exploration. He became motivated to think and speak about climate change as he was wrapping up employment with the U.S. Geological Survey.

Eileen O'Brien

Eileen O'Brien has been a teacher her entire working life and for the last 30 years has taught older students at Regis University. She has an MA in counselling with a special certificate in spirituality. In addition to teaching, she has served as a university minister leading retreats which explore diverse spiritual traditions. She has been teaching for OLLI for the last year.

Terry Ortlieb

Terry Ortlieb, Diamond Facilitator, is a retired entrepreneur who sold his technology consulting company to Oracle. He has been working with information technology since he put engineering changes on IBM equipment in high school. His formal education was in Philosophy and he has maintained a strong interest in Political Philosophy and the Philosophy of science and history. He has facilitated and co-facilitated over 25 classes on Harari and numerous classes on AI.

Paul Paiva

Paul Paiva, MDiv, MA, EBC, works with couples to harmonize differences in communication and intimacy styles. He is a consent and sex educator, couple's counselor, and certified intimacy and sex coach who teaches the Erotic Blueprints™ to singles and couples who want to ignite their passion. He uses the Enneagram, somatic testing for intimacy style, and a trauma-informed style of counseling. His clients range from having atheist, spiritual, or Christian beliefs. Yet they all struggle with intimacy. Paul is a former president and member of the board of directors (9 years) of Enneagram Colorado. He has taught 60+ workshops on the Enneagram, including the Enneagram and Sexual Expression. A former Roman Catholic priest, he is a vocal feminist who espouses and blogs about an egalitarian, LGBTQ-embracing, and sex-positive Christianity. He also does pre-marital counseling and has officiated over 80 heartfelt and entertaining wedding ceremonies.

Mark Payler

Mark A. Payler is a practicing Colorado landscape, street, and travel photographer. With over four-and-a-half decades of photography and teaching experience, Mark's work has been highlighted in the landmark book, *A Day in the Life of America* as well as the featured double-page photo spread in the 50th anniversary issue of *Popular Photography* magazine. Mark's *Route 66* travel photography was also presented in a feature photography and portfolio-style spread in *Route* magazine. Mark has extensive travel and photography experiences in Italy, Great Britain and Wales, Costa Rica, Jamaica, New York City and various locations in the American Southwest, the greater Yellowstone National Park and throughout Colorado.

Martha Peacock

Martha has been studying Carl Jung's ideas about myth, metaphor, dreams and the mysterious workings of the unconscious for well over 25 years. She says, "Jung's theories seem to bring a depth to my life that feels more like living from my heart instead of my head." Her love of Jung's work led her to Pacifica Graduate Institute where she received her Masters' and Doctorate degrees in Mythological Studies with an emphasis in Depth Psychology in 2002. She's a board member of Boulder Friends of Jung, a not-for-profit organization that serves to spread the teachings of Carl Jung throughout the greater area. In addition to dreamwork, Martha enjoys hiking in the Rockies, painting (oil is her medium of choice), and relishing in the company of her two teenage granddaughters. Most recently, she's reinvestigating the topic of her 20-something-year-old dissertation, *The Myth of Pandora*, as a reflection of emerging feminine consciousness.

Jeff Pearson

Jeff Pearson is a retired lawyer. Several years ago, without any prior immigration law experience, he undertook his first asylum case as a pro bono attorney under the auspices of the Rocky Mountain Immigrant Advocacy Network. This was for a Sudanese torture victim being held at the ICE Aurora Contract Detention Facility. Pearson has subsequently written about asylum for lay audiences. This is his first facilitated OLLI course.

Susan Peters

Susan's higher education earned her a B.S. in Computer Science, Biology, and (note) Organic Chemistry, along with an MS in Telecommunications. She spent her early career as a data technician working on Apollo I at NASA. Most of the rest of her career was as a Network Engineer and then as a Telecommunications Consultant with frequent domestic and international travel. She and hubby Dave earned their Masters Degrees together, but are now retired, traveling frequently. This past year they spent six weeks traveling around the world for a much-delayed celebration of their 40th anniversary: London, Scotland, Italy, Singapore, Borneo, and San Francisco. Other activities have included fostering almost 200 dogs, including helping to whelp two litters of puppies, over the past years. You will meet Dave, as he is an active participant in helping Susan with her classes.

Christine Petty

Christine Petty, Senior Facilitator, is a retired family physician and since retirement has discovered the joy of traveling via long-distance walking and pilgrimage. She has visited Japan 3 times and hopes to return in 2024 to walk the Shikoku 88 Pilgrimage. In Japan she has walked the Kumano Kodo pilgrimage, that is paired with the Camino de Santiago as a UNESCO pilgrimage, making her a dual pilgrim. She has also walked parts of the Nakesendo Way along Kiso Valley region. Japan, although small, has wonderful areas to walk and hike. And its culture makes it even more special.

Greg Petty

Greg Petty, Master Facilitator, has co-facilitated 13 movie courses with Larry Matten on 8 different topics. He particularly enjoys class discussions and getting to know members of the class. His career was spent leading a not-for-profit organization and in various administrative positions in colleges and universities in Illinois and Colorado.

Marcus Pohlmann

Professor Marcus D. Pohlmann did his undergraduate work at Cornell College and his graduate work at Columbia University. He has taught at Bates College, Rhodes College, Denver University, Colorado State University, and was the first political scientist to teach in the Soviet Union as a Fulbright Senior Lecturer. He currently teaches courses on U.S. Politics, Black Political Thought, Urban Education Policy, and Constitutional Law: Civil Rights and Liberties. He is the only Rhodes faculty member ever to win all 3 of the school's top annual awards: the Clarence Day Award for teaching, the Jameson Jones Award for service, and the Clarence Day Award for scholarship. His writing has appeared in *Political Science Quarterly*, *The Journal of Politics*, and *New Political Science*, as well as other professional publications. He is the author of several books including *Opportunity Lost: Race and Poverty in the Memphis City Schools* (2 editions) and *Black Politics in Conservative America* (4 editions). He also has given expert testimony on racial voting patterns in Memphis and served as a consultant for the Memphis City School Board.

Michael Prevedel

Michael Prevedel, Senior Facilitator, has been an educator for the past 60 years with degrees in History and International Relations. Michael has a range of pursuits and interests from photography to stained glass to hiking. Michael and Alec Tsoucatos have collaborated on three OLLI classes relating to the influence of assorted religions on political, social, and economic issues.

Dan Putnam

Dan Putnam, Master Facilitator, is Professor Emeritus of Philosophy. He received his B.A. from Marquette University, his M.A. from the University of Wisconsin — Madison, and his Ph.D. from the University of Southern California. Dan taught Philosophy for 37 years at the University of Wisconsin — Fox Valley, a freshman-sophomore branch of the UW. (Since his retirement in 2011 UW-Fox Valley has become part of UW-Oshkosh.) Dan has published over 40 articles in Philosophy. He and his wife Elaine have two children, one in New York City and the other in Boulder. Dan started teaching OLLI courses in winter 2013 for OLLI-UA in Green Valley, Arizona. In 2014 he and Elaine moved from Wisconsin to Colorado to be near the grandchildren. He has facilitated courses for OLLI-DU since 2015.

Barbe Ratcliffe

Barbe Ratcliffe, Platinum Facilitator, is a life coach, assisting individuals in understanding their unique possibilities. After thirty years in corporate and becoming aware of the challenges of living and aging well, she shifted her life focus. This shift included time spent in mindful self-assessment, leading her to greater self-awareness. Barbe is trained in the Meyers-Briggs personality preference inventory and enjoys sharing the possibilities that knowing oneself can bring to life.

Dick Reinish

Dick Reinish, OLLI Platinum Facilitator, is a former antitrust attorney. He and his wife Barbara moved from Chicago in 2001.

Myra Rich

Myra grew up in Detroit, received her B.A. from Radcliffe College and a PhD in History from Yale University. She taught at Hunter College and then, after moving to Denver, at the University of Colorado-Denver. Myra's primary field of study originally was Early America (everything up to the Civil War), but she also enjoyed teaching immigration history and especially the history of women in America.

Ira Rifkin

Ira Rifkin and Stan Folker are veteran OLLI facilitators who really enjoy exploring the realm of economics both historically and presently. In this new course, Ira and Stan team up to go back to the 18th century to dissect the work of the venerable Adam Smith, to the 20th century to study the influence of the icon Milton Friedman, and to modern day to examine the policies of the Federal Reserve.

Ira Rifkin, Diamond Facilitator, is a physician who had been in private practice in Metro Denver as well as on staff of the University of Colorado Health Sciences Center for over 30 years until his retirement in 2009. He has had a lifelong interest in economics, political science, and history.

Marc Rochkind

Marc Rochkind, Senior Facilitator, is a retired software developer and entrepreneur, with Masters Degrees in Mechanical Engineering and Computer Science. He worked at Bell Labs starting in 1970, and since 1982 as an inventor, entrepreneur, consultant, and author. He has five published computer books and two self-published novels. He has taught professional seminars, computer science courses at CU Boulder, and six OLLI courses: How Computers Work, Issues in Technology, Introduction to 3D Printing, Understanding the World's Greatest Structures, Robots: How They Work and What They Do, Epic Engineering Failures, and Everyday Engineering (the last four co-facilitated). His website is mrochkind.com.

Terre Rushton

Terre Rushton is a retired trial lawyer and has taught in more than 250 programs conducted by the National Institute of Trial Advocacy. She graduated from CU with a degree in Philosophy and obtained her JD degree from the University of California. She successfully argued *Budinich v. Becton Dickinson* before the United State Supreme Court and has argued in both state and federal courts on the trial and appellate levels. She will include the following presenters in her class:

Professor Hal Bruff who is the former Dean of the University of Colorado School of Law and an expert in Constitutional law , as well as a published author.

Professor Richard Collins, who taught for many years at CU Law School, teaching constitutional and municipal law and Indian law. He has appeared before the US Supreme Court on several occasions.

Grant Sullivan, Assistant Colorado Solicitor General, who represents the Department of regulatory agencies and the Colorado Secretary of State. He has litigated numerous election law cases.

Dennis Ryerson

Dennis Ryerson knew he would be a journalist growing up in rural Iowa and he has lived out that dream. He was a senior editor for newspapers in Des Moines, Indianapolis and Denver and more. He's always been intrigued by the world of politics and he hosted and moderated many candidate debates and forums over the years. This class offers him the chance to examine the 2024 election cycle with a sharp eye on the role of the media.

Betsy Schwarm

Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music: Betsy Schwarm has been part of the Denver area arts community for some years. A frequent OLLI instructor, she takes a user-friendly approach to her music classes: no music reading required, just an active interest in how great music came to be and how we, as listeners, can get the most out of our listening experiences.

Yossi Serebryanski

Rabbi Yossi Serebryanski, with his wife, is the co-director of Chabad at DU, a Jewish campus ministry. Rabbi Yossi is a popular teacher of adult education in the wider Jewish community and is excited to join the OLLI team of lifelong learners.

Sharon Sherman

Sharon Sherman has trained and consulted for thousands on various platforms with over 30 years in the technology sector. She has been training about technology use for OLLI for four years. Sharon is CompTia certified, an Excel expert, with an MBA/ MIS focus. She currently troubleshoots, repairs, and solves technology problems. Her work with mobile technology includes both iPhones and Androids and experience with multiple carriers. She loves her geek life.

Patty Smilanic

Patty has a very meager but meaningful collection of some Indigenous art. Hers is limited to a dream catcher and a Native American doll. However, on a recent trip to St Petersburg, FL, Patty visited the James Museum of Western and Wildlife Art. Her outstanding docent educated her on the museum's art and the building itself. This trip sparked her interest in the West. Fortunately, her co-facilitator Becky, though not on the trip, has also been inspired by the theme of the Old West. They have discovered amazing women, stories, art, and artifacts that they want to share with their OLLI family.

Doug Sparks

Douglas Sparks, PhD, has extensive teaching experience in graduate school, plus five years teaching in an MBA program and providing many presentations in an international business career in Francophone Africa, China, Canada and France working as an executive and technology professional. His research in Cultural Anthropology for his PhD focused on traditional Chinese religious practice. He has facilitated Introduction to Kabbalah and the Mythology of Judaism in OLLI classes, and has continued his studies through courses taken at CU Boulder in Jewish and Religious Studies and with numerous Rabbis and educators.

Current interests focus on the mythology of Judaism, Second Temple Judaism, non-canonical literature in Judaism, and Kabbalah. Although he has studied intensively, he does not claim to be an expert in these subjects.

Paul Stang

Paul Stang, MA, Electrical Engineer, world traveler and international teacher, presenter and author of a unique curriculum is able to help people understand and embrace the magic that underlies their existence and that there is a real Scientific Mind behind Creation.

Bob Steele

Bob Steele, Master Facilitator, was bitten by the journalism bug when he was a kid in small-town Indiana. And he's long loved the intersection of news reporting and politics. So, this course is a natural for him to facilitate. He brings experience as a reporter and newsroom manager and decades more as a journalism ethicist working with newsrooms and journalists across the country. While he respects politics, he is less enthralled with many politicians.

Carol Steele

Carol Steele grew up with her hands in the dirt since her parents had a flower shop and greenhouse on the south side of Chicago. Decades later she is still very much the "garden gal" tending to her multiple gardens and caring for dozens of indoor plants. She is also a certified Master Gardener in Douglas County and enjoys advising other gardeners about their interests and questions. Carol and her husband Bob have been fortunate to travel around Ireland three times and hope to return someday, perhaps even to visit the special garden in County Clare that is the focus of this OLLI course.

Tim Steele

Timothy D. (Tim) Steele (Master Facilitator) studied chemistry (A.B. magna cum laude) and hydrology (M.S. & Ph.D. degrees). He has been involved in water-quality hydrology and regional (watershed) assessments and data programs for over 54 years. He has managed numerous multidisciplinary projects and directed hydrologic baseline and modeling studies for characterizing water-quantity and -quality conditions ranging from site assessments to regional watersheds, aquifers, and river basins. He has helped prepare permits and documents for local, State, and Federal agencies and has given expert testimony or litigation support on a range of technical areas. He has consulted on projects dealing with various water-quality contaminants, hydrologic and water-quality monitoring network design/operations/data assessments, and watershed/river-basin planning. He has taught short courses and seminars and has been an Affiliate Faculty Member at Colorado State University (CSU) and several German universities. He has worked in 13 countries for The World Bank, UN agencies, and consultants. Since 2012, he has given courses at various OLLI at DU locations.

Mitchell Stewart

Mitchell Stewart received his BA in International Studies from The American University and his Master in Public Administration from Harvard University. He spent 16 years with the State Department and then 21 years with the Bureau of Reclamation (Interior Department) before retiring. He began taking OLLI courses in 2010 in lieu of returning to graduate school, and started facilitating in 2014, leading seminars in political and moral philosophy with occasional side trips into political theory and intellectual history. In addition to taking OLLI courses, he sits in on political theory courses at DU's Korbel School of International Studies and philosophy courses at DU's philosophy department. He is a member of the Hunting Working Airedales, Inc., though he does not hunt and his Airedale does not work.

Becky Stout

Becky has lived out West since 1986 when her husband insisted he needed more sunshine to live his best life. She has a meager but meaningful collection of some Indigenous art in baskets, a horsehair pot, a watercolor from Taos Pueblo, a Navajo Ye (not to be confused with the artist formerly known as Kanye) rug and a Hopi storyteller from the Cochiti Pueblo. Unsung women and their stories have been a pursuit of Becky's. Her former professional life has absolutely nothing to do with the subjects she chooses to research for classes to facilitate through OLLI. She hopes you enjoy her findings of the women whose painting, beadwork, poetry, pottery, music, stories, weavings, and photographs have experienced little exposure in the current milieu of Western Art.

Linda Susak

Linda Susak has an MA in German Language and Studies and a BFA in Painting. She taught German on the high school level for many years and, since 2008, on the college level, both at the main University of Denver Campus, at University College and now for the Center for World Languages. As of Winter Quarter 2020, she has been teaching German Art History classes through OLLI.

Her two passions in life are German and Art, but she has always been fascinated by Ancient Egypt. In March 2023, she was able to spend spring break there, visiting the ancient temples, pyramids, and burial tombs. In order to understand the culture better, she began researching it, and has now decided to offer a class, introducing others to this amazing culture. This class will introduce you to the main Egyptian gods, pharaohs, temples and mortuary temples and will, of course, discuss the art of their culture!

Larry Tannenbaum

Larry Tannenbaum, Senior Facilitator, was a practicing attorney in Colorado for 43 years, 27 of those as a Senior Assistant Attorney General in the Colorado Attorney General's Office. From his earliest years, when he watched double features every Saturday afternoon at Denver's long departed Federal Theatre, Larry has had a passion for motion pictures. Larry also has a passion for music and history and has presented a number of OLLI classes that are music (and history) related.

Dean Tebbe

Dean Tebbe studied computer science and film at the University of Colorado Denver, while building a 35-year career in Network Engineering & Management. He is an avid reader with a wide range of interests including geopolitics, human ecology, climate, and science fiction. Dean currently spends his time volunteering and permaculture gardening.

Carol Lynn Tiegs

Carol Lynn Tiegs is a dedicated history buff. A tour docent for History Colorado, she holds master's degrees in German Studies and in Journalism from the University of Colorado at Boulder. She has taught German at CU-Boulder and Public Relations at Metropolitan State University Denver. Her communications background includes time as a reporter/ editor for local, national and international publications; as a public, community and government relations coordinator for Kaiser Permanente; running a film festival in Crested Butte; and as executive director of the New Mexico Tech Alumni Association. She loves delving into the history of every area she finds herself in.

Kara Traikoff

Kara Traikoff is an experienced facilitator with a background in higher education, experiential learning, and mindfulness. She leads weekly online guided community meditations, has taught undergraduate Wellness courses for the University of Denver, and has taught mindfulness focused classes and workshops for the University of Denver, the Knoebel Institute for Healthy Aging, and Denver Health. Kara is a mindfulness instructor trained through the Center for Mindfulness at UMASS Medical School and the Mindfulness Center at Brown University. Kara teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

Alec Tsoucatos

Alec, a Master Facilitator, was born of Greek parents in Alexandria Egypt. He received his BA and MA from Berkeley and a PhD in Economics from CU Boulder. Alec's main interests lie with New Economics, Integrative, Positive Psychology, and Mystical Christianity.

Michael Prevedel and Alec have collaborated on three OLLI classes relating to the influence of assorted religions on political, social, and economic issues.

Donna Van Dusen

Donna Van Dusen, Professor Emerita at Regis University, put her artistic "talents" on hold at a time when her practical needs required a more secure career. Now retired from an academic career that involved creativity of a different sort, she has re-engaged in the fine arts of writing and painting, but with the understanding that creativity wasn't something she gave up. It simply changed form.

Carolyn Varvel

Now a retired associate professor of English, Carolyn Varvel has spent years practicing and teaching how journaling can be used to solve problems and achieve goals. Using these techniques, she has found personal interests she can maintain as a "senior", helping her lead a more personally fulfilling life in retirement. Carolyn has a master's in education with a specialization in adult reading and writing and a master's in nonfiction writing.

Mitra Verma

Mitra Verma is an art educator, an artist, and a craft designer. She has a bachelor's in fine arts (BFA) and completed her master's from a distinctive handicraft design institute in India. She creates because she loves and wants to feel colors, forms, and nature in her creations. Working in various mediums her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns. She is a self-motivated, conscientious, passionate artist and for the past twelve years she has held classes and workshops in painting and crafts. She is eager to share her love of art with students who want to venture into new areas.

Dixie Vice

Dixie Vice, Master Facilitator, retired in 2015 from state and federal government where she worked as a computer programmer/analyst and has been taking OLLI classes in Music, Literature, and Film ever since. Her background includes a degree in Anthropology from CU with an effective minor in Film Studies. Her interest in Foreign Films began at age 16 when she was finally old enough to be admitted to the art film theatres in Indianapolis. She lives with her longtime partner, John, and their 3 orange kitty boys Jimmy, Eddie, and Sparky.

Bill Vigor

Bill Vigor is a retired physician, having practiced reconstructive plastic surgery for 30 years at Lutheran Medical Center. Since retirement in 2003, he has been a volunteer at the Denver Museum of Nature and Science, in the Prehistoric Journey section. It is there that he became seriously interested in paleontology, evolution and geology.

Judith Vlasin

Since retiring and discovering OLLI twelve years ago, Judith has become a dedicated participant and facilitator. Prior to retirement, she taught literature, film and composition classes to high school students for 42 years. She is also an avid animal rights advocate. When not in an OLLI class, Judith can be found with her nose in a book, feeding 21 companion birds, playing with her three cats, or at a movie theater.

Rachel Walkup

Rachel Walkup is known to her friends and family as the ultimate film encyclopedia! She has loved movies since her mom took her to see *Muppets from Space* when she was 2. Rachel graduated from The University of Colorado Boulder and has a bachelor's and master's degree in Film Studies. While at CU, she worked as a teaching assistant and lectured on topics like *Films of Stanley Kubrick*, *Western Films*, *The American Musical*, and *Films of Alfred Hitchcock*. She also co-hosted the Cinema department podcast, discussing upcoming films and interviewing directors like Derek Cianfrance, in addition to presenting films for the CU International Film Series. Rachel has also served on festival committees including the Denver Film Festival. It is her absolute passion to teach and discuss film with others, believing that film is one of the best art forms to promote empathy, humanity, and new perspectives.

Sally Walling

A lifelong reader and teacher of English, Sally found her real calling when she was introduced to OLLI nine years ago. Being able to share her love of diverse literature, art and films focusing on justice has been a joyous experience! Sally is a Master Facilitator at OLLI.

James Walsh

Dr. James Walsh is an Associate Professor in the Political Science Dept. at the Univ. of Colorado Denver, where he has taught for the past 26 years, specializing in Labor, Immigration, Social Movements, and the Irish Diaspora. Walsh's many years of research into Leadville's Irish immigrant history led to the creation of the Leadville Irish Memorial. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer organic community theater that uses the stage to preserve stories of social activism and workers' rights.

Dennis Wanebo

Dennis Wanebo was a trial attorney from 1978 until his retirement in 2012. During that time, he tried thousands of court trials and other contested hearings, along with hundreds of jury trials. At the time of the "Anatomy" events, Dennis was a Chief Deputy District Attorney in Colorado's 20th Judicial District (Boulder County). Ultimately, he would leave prosecution and would work on "the other side of the courtroom," again trying cases ranging from traffic to murder. In addition, Dennis handled a large civil trial practice.

Dennis co-prosecuted the month-long jury trial against the Florida "money man" in this case.

Diana Williams

Diana has taught at OLLI on several occasions, teaching Art History from a historical point of view. She has lived in Rome twice, Perugia, and Germany. She relishes the opportunity to share her love of Italy and the Renaissance and Baroque eras. She holds degrees from Midwestern State University and the University of Denver, along with Ph.D. work at CU. She has taught at CU, Regis University, and The Art Institute.

Steve Winber

Steve Winber, retired Denver dentist, has facilitated OLLI courses for the last nine years, principally in history, economics, and Great Decisions. He has traveled extensively and for two years supervised the postgraduate education program of the Metropolitan Denver Dental Society. Steve is a Diamond Facilitator.

Vincent Wincelowicz

Dr. Vincent C. Wincelowicz, former Chief of Undercover and Sensitive Operations for the Federal Bureau of Investigation has over 30 years of law enforcement experience at local, state and federal levels. Dr. Wincelowicz was director of the FBI's Covert Operations School and wrote several key publications for the Bureau. At the New York Office of the FBI, he worked in an undercover capacity for approximately 10 years. He holds a Master's Degree in Criminal Justice from John Jay College of New York and a Doctoral Degree in Public Administration from the University of Southern California. Dr. Wincelowicz was the Director of Security for the Brown Palace Hotel in Downtown Denver and coordinated with the United States Secret Service on Presidential visits.

Jon Young

Jon Young is a Canadian who has been living in the U.S. since 1992. In the past 30+ years of discussions with business and social contacts, he has realized that most know very little about their largest neighbor with a similar birth and a common language but a quite different history and a very different society. He hopes that this course will be a fascinating exploration of Canada's geography, politics and people, as well as how and why Canada developed differently than the U.S. The similarities and differences are quite distinct between the two countries. Jon is retired, with 42 years' experience in the design and commercialization of emerging technologies initially in healthcare (funded under the Visiting Scientist program of the Weizmann Institute) and then in broadcasting technologies. Volunteer work includes President of the Aging Services Foundation of Boulder County, having produced a science show serving the visually impaired of Colorado and currently as science advisor to a Maasai conservancy in east Africa.



MEET THE STAFF

Tamara Barkdoll, OLLI at DU West Campus Program Coordinator and Zoom Assistant

Tamara Barkdoll, West Program Coordinator, comes to OLLI with a background in adult training and administering adult classes in a non-profit setting, as well as with several volunteer groups. She is very active with a variety of volunteer activities throughout the Denver Metro area. She is an alumnus of the University of Denver and a strong believer in lifelong learning.

Bruce Caughey, OLLI at DU Marketing and Communications Director

After a year in a consulting role, Bruce Caughey is now OLLI at DU's Marketing and Communications Director; he is also a long-term facilitator. His work history includes writing travel books, education and nonprofit leadership, public speaking, consulting, and board leadership. For 11 years he served as Executive Director for CASE (Colorado Association of School Executives) and for 16 years prior to that was Director of Communications and Legislative Liaison for Douglas County School District.

Sherry Feinbaum, OLLI at DU West Campus Manager and Volunteer Manager

Sherry Feinbaum joined OLLI as a member in 2019 after a long career in sales selling in both business to business and directly to non-profits. She became the program assistant at Boulder campus before becoming the West Campus Site Manager in May 2022. In addition to work life, she spent many years as a volunteer for multiple non-

profits in the Boulder area and now serves on the board of Congregation Har Ha Shem in Boulder. She is an avid outdoor person and especially enjoys time hiking or bicycling in addition to traveling and taking dance classes.

Marie Friedemann, OLLI at DU Regis Campus Manager

Marie Friedemann began facilitating adult learning in 1986 teaching communication courses at University College, University of Denver while serving as the Associate Dean of DU Admissions. When Marie joined Regis University in 1991, she continued teaching in the Regis College for Professional Studies. At Regis, Marie served in several administrative positions, most recently as the Associate Dean and the Regis Director for Jesuit Worldwide Learning. Marie holds a BA, MA and Ph.D. from DU and an MBA from Regis.

Maria Elena Garcia, OLLI at DU Curriculum Director and On Campus Manager

Maria Elena Garcia has over 30 years' educational leadership experience in schools, school districts, universities, and state departments of education. She was a managing consultant, program designer, and trainer with an international, educational research and development organization. Her focus areas are systems improvement and organizational development.

She really enjoys working for OLLI at DU and thinks she saved the best workplace for last!

Faye Hastings, OLLI at DU Technology Coordinator

Prior to being involved with OLLI, Faye Hasting's background was in office administration, HR and local IT support. She started at the OLLI at DU South site over 10 years ago. While there, she performed many volunteer positions as a facilitator, History Chair for the Curriculum Committee, facilitator trainer, and program developer. She moved into an administrator position for OLLI at DU and came back in her current position as Technology Coordinator.

Dave Johnson, OLLI at DU Support Specialist

Dave Johnson has been employed as Support Specialist by OLLI at DU since June of 2022. He is semi-retired with a background in theater. He has worked for the Denver Center for Performing Arts, Chicken Lips Comedy Theater, Town Hall Arts Center and was a co-owner of the Avenue Theater in downtown Denver. He's worked in all areas of theater including box office, administration, marketing, performing, maintenance and cleaning.

Mary Ann Laurich, OLLI at DU Central Campus Manager

Mary Ann Laurich, Central Campus Assistant Manager, comes from a history of working with lifelong learning and has an ongoing passion for education at all levels. Her past experiences include working in social work and the court system with children, adolescents & families. She takes great pride in being a part of the healing process of abuse, neglect and at risk, spending time with family, gardening, reading, hiking, and horses.

Christine Liptak, OLLI at DU Communications Assistant and Zoom Assistant

Christine Liptak has an undergraduate degree in Psychology, a Master's of Business Administration and over 30 years of experience in business administration consulting with start-ups, training and analysis for the telecommunications industry, retail management and office administration.

Kim Penoyer, OLLI at DU Operations Coordinator

When Kim Penoyer retired from the University of Colorado, a friend introduced her to OLLI at DU. She decided that OLLI was a wonderful way to ease into retirement. While working for CU Kim was Manager of the Online Program Development for CU Online/Office of Digital Education, Director of CU at Interlocken and Executive Director of the Continuing Engineering Education Program. Her CU experience has proven helpful with her work at OLLI. Kim earned her MBA from the University of Colorado Denver and her BS in Education from Michigan State University.

Sherilee Selby, OLLI at DU South Campus Program Coordinator and Curriculum Assistant

Sherilee Selby joined OLLI in 2009 after retiring, first from her role as a child and family therapist, then from retail management. Sherilee accepted the OLLI South Program Coordinator role in 2017 and now also serves as Curriculum Assistant. She loves reading and values travel and exploring other cultures, whether in print or in person. Sherilee and her husband live in the Denver area and treasure time with their adult grandchildren and son. Connection with OLLI members has enriched her life.

Paul Simon, OLLI at DU Community Outreach Director

Paul Simon is a retired journalist and manager who worked many years for the Associated Press as well as the Denver Post. He is a Master Facilitator and has held several management positions for OLLI at DU, including site manager. He continues to work for OLLI as the manager for OLLI on the Move and as Community Outreach Manager.

Kara Traikoff, OLLI at DU Central Campus Program Coordinator

Kara Traikoff began facilitating mindfulness classes with OLLI on Campus in 2020. She is a long-time member of the DU community, where she spent 7 years working as a full-time faculty member in Spanish and 3 years as an adjunct professor with the Wellness Living and Learning Community. In addition to working as an OLLI staff member, Kara facilitates yoga and meditation for the OLLI Fit program along with mindfulness-based courses for OLLI on Campus.

Darcey VanWagner, OLLI at DU South Campus Manager and Membership Engagement Manager

Darcey VanWagner, South Campus Manager, joined OLLI at DU in 2016. Prior to working at OLLI at DU she worked in the financial industry and has been actively involved in public education. She is a Colorado native and graduate of Colorado State University. She is married and parent to two great kids. She enjoys spending time outdoors hiking, gardening and exploring Colorado. She is honored to be part of OLLI and getting to know and work with a wonderful diverse group of people.

Mitra Verma, OLLI at DU On Campus Program Coordinator, Graphic Designer, and Zoom Assistant

Mitra Verma joined OLLI in December 2021 and has more than 20 years of expertise in the fields of art, design, and education. She holds a master's degree in handicraft designing and was assigned empanelment as a Handicraft Designer by Development Commissioner Handicraft (DCHC) India. She worked as a design faculty teaching art, design fundamentals, and handicraft-related research and documentation. She also teaches art to OLLI members, and her diverse cultural background is reflected in that work.

Jacqueline Wyant, OLLI at DU Executive Director

Jacqueline (Jackie) Wyant has served as Executive Director of the OLLI at DU program since May of 2022. She served as Manager for the OLLI on Campus program from 2018-22 and has been a member since 2012. During Jackie's career in education, she held teaching and administrative positions in public schools and at the university level. As a program designer and project manager, she has designed comprehensive organizational- and state-wide leadership development programs.

Jackie's passion is strategic planning and during the past year, Jackie formed teams to design a new website, registration system, pricing plan, and membership program. Other key initiatives this year included OLLI on the Move to bring programming to senior living communities and public libraries and OLLI at DU Fit offering free fitness courses online and in-person.

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OLLI at DU provides a remarkable opportunity for active adults to gain new knowledge, learn a new skill, and meet other like-minded people. Learning and social connections are a major key to happiness and longevity. We have been described as a volunteer-driven organization and we are fortunate to have our members volunteer as facilitators, as class assistants and on committees. Your donations make a real difference. In fact, our new user-friendly registration system is thanks to generous donations made by the members below in 2023–24. Our membership fees only cover about 60% of our operating budget with the remaining coming from an endowment by the Osher Foundation and through donations.

OLLI at DU would like to thank the following members who have generously donated to our program over the past twelve months.



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OLLI thrives because of its volunteers! Thank you to our facilitators, class assistants, and our Site and Core Curriculum Committees.

Curriculum Committees work diligently to create a robust catalog of in-person and online courses. Thank you to each committee and to individual committee members. You have made this extraordinary lineup of courses possible!



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 OLLI at DU Curriculum Director
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 OLLI at DU Executive Director
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The **Executive Advisory Committee** is comprised of representatives from the OLLI at DU Committees, Site Curriculum Committees, site volunteers, staff, and other members at large. The committee serves as the voice of the membership of OLLI, bringing ideas both to the Committee for consideration and to OLLI at DU members for clarification and input. The Executive Advisory Committee is advisory in nature, it is not a governing board.

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Maria Elena Garcia	Curriculum Director
Michael Prevedel	Core Curriculum Committee Chair
Marie Friedemann	Facilitator Manager
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