



# OLLI

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Curious.

## 2023 SPRING COURSE CATALOG

CELEBRATING 15 YEARS OF LIFELONG LEARNING



UNIVERSITY OF  
ARKANSAS

College of Education  
& Health Professions

479.575.4545  
[olli@uark.edu](mailto:olli@uark.edu)  
[olli.uark.edu](http://olli.uark.edu)



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## Welcome to the Osher Lifelong Learning Institute (OLLI) at the University of Arkansas!

OLLI at the University of Arkansas was established in 2007. It is one of 125 Osher Lifelong Learning Institutes across the United States and is the only OLLI in the state of Arkansas. These lifelong learning programs are partially funded through the Bernard Osher Foundation, and each is dedicated to providing non-credit courses and continuing education opportunities to adults.

### Our Mission and Values

The mission of the Osher Lifelong Learning Institute at the University of Arkansas (U of A) is to provide a community of adults with a lifelong learning venue that promotes intellectual and cultural growth through exploration and discussion via diverse, high quality and affordable educational programs.

### High Quality Programs and Engaging Courses

The OLLI curriculum committee annually develops hundreds of stimulating courses in a variety of fascinating topic areas. Programs range from one-time lectures, tours, workshops, and day hikes to eight-week seminars or study groups. Courses are engaging, innovative, lively, hands-on, informative and are offered in a variety of settings. There are no prerequisites required, no tests or exams, and no age restrictions. OLLI courses provide the ideal environment for learning.

### Exceptional Instructors

Along with university professors and other educators, those who facilitate OLLI courses include experienced professionals, passionate hobbyists, researchers and distinguished scholars. OLLI instructors are there both to educate and to engage, and they love sharing their knowledge, expertise and fascinating stories.

### Special Events and Programs

In addition to regular courses, OLLI members enjoy the opportunity to engage in monthly social and cultural events, special programs, special interest groups, and much more.

These special programs provide an opportunity to take the discussion outside the classroom, to meet new people, and to engage in unique experiences only offered through our institute.

## Welcome from the Advisory Chair

### Dear OLLI Students:

On behalf of the OLLI-University of Arkansas Advisory Council, I would like to thank you for taking the time to peruse our Spring 2023 course catalog. The curriculum committee (all volunteers) have curated and scheduled more than 90 courses for the spring semester. We think that you will enjoy looking through the offerings and will have a hard time selecting which ones to take. In fact, we say, take them ALL!



**Dr. Alishia Ferguson**  
Chair, OLLI Advisory Board

This is my third year as a member of the OLLI advisory board and my first year as the chair. I enjoy my role with OLLI because of the staff and other volunteers I am fortunate to work with and because the work we do and the product we produce is so worthwhile.

As we move into the new year, I want to wish everyone wellness and happiness in 2023! A part of wellness as we age is continued engagement and lifelong learning. The classes, social events and other benefits of OLLI will help to keep you well.

If you are a current member of OLLI, thank you for your continued support. If you are considering membership, please join us now to enjoy all the benefits included in membership!

And- one final request – to support the OLLI mission and expand our offerings, membership and tuition are not always enough. We need additional support from you. Please consider a donation to OLLI. Volunteering is also a way to support OLLI. You can find information on making a donation or volunteering at [olli.uark.edu](http://olli.uark.edu) or by calling the OLLI office at 479-575-4545.

Best wishes,

Dr. Alishia Ferguson, Chair, OLLI Advisory Board



@ OLLIatUofA



479-575-4545



[olli@uark.edu](mailto:olli@uark.edu)



[www.olli.uark.edu](http://www.olli.uark.edu)



211 E. Dickson St., Fayetteville, AR 72701  
Weekdays 9:00 a.m. – 3:30 p.m.



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



# Spring 2023 Course Catalog

## WHAT OUR MEMBERS SAY

*I love how  
thought-provoking  
and interactive the  
classes are, and I've met the  
most interesting people  
from all over the  
country.*

“This was my first OLLI course and loved it! I am amazed by the educational value that is given by this organization to all age groups.”

**-OLLI Member**

“After moving here a few years ago a friend encouraged me to join OLLI for the classes and to meet people. For me, OLLI has provided the right combination of social activities, intellectual and practical learning. I love how thought-provoking and interactive the classes are and I've met the most interesting people from all over the country. I can't wait for the new catalogs to come out each spring and fall, and the list of classes and activities. I love it!”

**-OLLI Member & Volunteer, Janet Boote**

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# Give the gift of adventure, learning & growth with OLLI gift certificates!

Gift certificates are available for memberships and courses!



## Are you looking for a unique and meaningful gift for friends and family?

Give the gift of learning to someone special with a membership to the Osher Lifelong Learning Institute at the University of Arkansas. Memberships are tax deductible and make great holiday, birthday, or retirement gifts.

### **Sign someone up TODAY!**

To purchase a gift membership, contact us directly at **479-575-4545** or via email: **[olli@uark.edu](mailto:olli@uark.edu)**



# OLLI Memberships



*Join or renew today to maximize your OLLI experience.*

2022/2023 Membership **\$50** Or **\$40** with an active Arkansas Alumni membership

## To Join or Renew:

Online [olli.uark.edu](https://olli.uark.edu)

Phone 479-575-4545

Email [olli@uark.edu](mailto:olli@uark.edu)

Memberships run through June 30, 2023 and are tax deductible along with other exclusive benefits.

## Share your love of learning with a Linked Membership

You can also link your membership with another person at no cost! Linking a membership online provides a unique feature allowing members to register one another for courses and events. Just select the linked membership options at the time you join or renew!

**Perfect for: 1. Friends 2. Family 3. Spouses**

*It's more than great classes!*

## Benefits of Membership

- ✓ Memberships are tax deductible.
- ✓ Priority registration on ALL courses and events.
- ✓ Free members only programs and courses.
- ✓ Advanced notice of OLLI programs, cultural events and socials via newsletters and special announcements.
- ✓ Access to member exclusive Special Interest Groups.
- ✓ Student ticket prices for UA theatre events.
- ✓ Discounted tickets to performances at the Faulkner Performing Arts Center (contact the box office).
- ✓ U of A Recreation (UREC) memberships & services at faculty/staff prices. UREC offers state of the art facilities and services such as swimming pools, indoor track, personal fitness training & assessment, tennis courts and recreational equipment rentals.

*Contact us to learn how you can take advantage of these perks and more!*



# Aging With Wit & Wisdom

## Course Series on Healthy Aging



### 4 Keys to Healthgevity™

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### Balance and Aging

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### Joy & Creativity

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### Optimizing Brain Health

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### Tai Chi & Qigong

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### The Eyes Have It

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### Too Late to Shield Your Estate

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### Yoga for Healthy Aging

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### Your Brain on Knitting

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WHATEVER YOU'RE IN IT FOR  
**WE'RE IN IT  
FOR YOU.**

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Director

**Sandra Sawyer**  
Asst. Director

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Essie Anderson  
Janet Boote  
Jay "Rick" Jones  
Judith Tavano  
Karen Smenner

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OLLI U of A Partners

## ARKANSAS ALUMNI ASSOCIATION

*Alumni & Friends Member Perks*

- Receive \$10 off annual OLLI dues
- Shop & Save with thousands of nationwide discounts on everyday expenses, travel & gifts
- Socialize through alumni groups and 200+ events throughout the year
- Stay informed with ARKANSAS magazine, a quarterly publication

**Annual Membership \$55**

**Golden Grads \$35**  
(40+ yrs. since graduation)

**Recent Grads \$35**  
(last 5 graduating classes)

**Life Membership \$1,000**

**Golden Grads \$500**  
(40+ yrs. since graduation)



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**PRESS**



## Teach a Class!

“I love being able to introduce others to my art studio and the practice of watercolor painting. The OLLI participants have been eager and appreciative to learn the techniques. It is an art medium that students can easily set up at home and build on what they learned in the workshop.” -Beth Woessner, Owner Beth Woessner Art Studio



Pictured are instructor Beth Woessner and a student during an OLLI watercolor painting class.



The **College of Education and Health Professions** is proud to work with the **Osher Lifelong Learning Institute** to provide educational programs and opportunities for the community.

Membership in **OLLI** has advantages for area residents with exclusive services, discounts and priority registration.

Learn more at [olli.uark.edu](http://olli.uark.edu).



UNIVERSITY OF  
ARKANSAS

College of Education & Health Professions

## Share your knowledge and experience with an audience that is hungry for learning and lively discussion.

The OLLI Curriculum Committee invites knowledgeable, passionate, and engaging individuals to propose a class. We are seeking current and retired university faculty, distinguished community members, business leaders, hobbyists and others to share their knowledge on a wide variety of thought-provoking topics guided by member interest.

OLLI classes are offered in a variety of formats, including multi-session courses, hands on workshops, ongoing study groups, or one-time lectures, hikes or walking

tours, and even online through Zoom. Instructors are provided with all the resources needed to develop a successful course and provided support throughout the process.

Teaching a class with OLLI is a great way to share your expertise, highlight your business or industry, or share your love for a topic with other like-minded individuals. To learn more or to propose a class, visit our website ([olli.uark.edu/participate/teach](http://olli.uark.edu/participate/teach)) or contact us directly.

The deadline is March 30 for fall proposals and September 30 for spring.

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# PRING

## to a Healthier YOU!

Check out these OLLI courses from our Spring 2023 catalog that will get you out there...

**Balance & Aging**.....pg. 29

**Birding Nature Walk**.....pg. 18

**Chasing Waterfalls**.....pgs. 29 & 31

**Tai Chi & Qigong**.....pg. 27

**The Healing Power of Nature**.....pg. 26

**Yoga For Healthy Aging**.....pg. 25

OLLI U of A Partners



**DEPARTMENT OF THEATRE**  
J. WILLIAM FULBRIGHT COLLEGE OF ARTS & SCIENCES



**OLLI Members get two free tickets to all UARK Department of Theatre Performances.**  
Please email [olli@uark.edu](mailto:olli@uark.edu) to claim your code.

# Get Active

## with OLLI



## Activity Levels for OLLI Courses

OLLI Program Activity Levels are designed with our members in mind. Below is a description of the activity levels that we use for our Out & About Series or other programs that may require physical activity.\*

- Members must be able to climb a few stairs.
- In addition to Level 1, members must be able to stand up for an hour and get on and off a 15 passenger van / motor coach.
- In addition to Levels 1 & 2, members must be able to climb a few flights of stairs and walk over uneven surfaces.
- In addition to Levels 1 - 3, members must be in good health, mobile and able to participate in 3 to 5 hours of physical activity per day and walk up to 3 miles over uneven ground.
- In addition to Levels 1 - 4, members must be in excellent health, extremely mobile and have an active lifestyle.

*Some activities may require completion of a waiver of liability.*

\*Disclaimer: OLLI at U of A is not responsible for any damage or personal injury sustained when a member is participating in any OLLI sponsored activity on or off the UA campus.





## Osher Lifelong Learning Institutes are guided by members and are volunteer driven organizations!

Our staff is dedicated, but small, and volunteers are vital to the success, quality and sustainability of the institute's programs. Your time, talents, and resources are valuable and greatly appreciated as we strive to offer high quality opportunities to the community.

### *Here is how you can support OLLI by volunteering your time:*

**CLASS AMBASSADORS:** OLLI classes are held at various venues across the region. Volunteering as a class ambassador provides much needed support to instructors, staff and participants. Class ambassadors assist with greeting participants, introducing the instructors, making program announcements and if possible, assisting with classroom technology. No skills are needed. All training and information needed to be a successful class ambassador will be provided to you and available at each classroom location.

**ZOOM MODERATORS:** To enhance the quality of OLLI's virtual classes, Zoom moderators are needed to support the instructor and participants. Activities on Zoom may include admitting participants, introducing the instructor, monitoring chat or providing general support.

**OLLI COMMITTEE MEMBER:** OLLI committees are the driving force behind our institute's high quality courses, diverse membership and fun, unique special programs. Currently the institute has five standing committees: Curriculum, Membership, Social, Fundraising and the Advisory Council.

**OTHER WAYS TO VOLUNTEER:** Clerical/Office Support, Community Outreach/Advocacy, and Special Projects or Events.

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# Classes By Category

## Art & Architecture

Introduction to African American Art.....	18
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Spring Watercolors-Tulips.....	32
Tyson Art Tour.....	32

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Too Late to Shield Your Estate.....	34
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## History

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Your Brain on Knitting.....	27

## Literature

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## Philosophy & Religion

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## Photography

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Investments.....	25
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Tyson Art Tour.....	32
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UA Herbarium and Arthropod Tour.....	24
Visit the Titanic!.....	28
Vitamins: The Foundation of Better Nutrition.....	32

## Writing

How to (Finally) Write Your Book.....	28
Reviving the Art of Letter Writing.....	26
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*Do you have a suggestion for an OLLI course?*

*Send it to [olli@uark.edu](mailto:olli@uark.edu)*





# Classes At A Glance

**FORMAT KEY** ■ = In-Person Only | ● = Virtual Only

**CR = Commuter Rate TR = Transportation Provided**

**4 WAYS TO REGISTER!** **1. ON-LINE** [olli.uark.edu](http://olli.uark.edu) **3. IN PERSON** OLLI office Mon.-Fri., 9:00 am-3:30 pm  
**2. PHONE** 479-575-4545 **4. MAIL** OLLI, 211 E. Dickson St., Fayetteville, AR 72701

BEGIN DATE	DAY	TIME	LOCATION	COURSE	SESSIONS	OLLI MEMBER	NON OLLI MEMBER	PG #
2/8/23	WED	10:00 AM	DRAKE	CIVIL LITIGATION 101: KNOW WHAT TO EXPECT, WHATEVER SIDE YOU ARE ON	4	\$49.00	\$64.00	17
2/9/23	THU	10:00 AM	DRAKE	GREAT DECISIONS 2023	8	\$89.00	\$104.00	17
2/10/23	FRI	1:30 PM	FPC	BASIC CHRISTIAN BELIEFS ACCORDING TO THE APOSTLES' AND NICENE CREEDS	3	\$29.00	\$44.00	17
2/13/23	MON	9:00 AM	DRAKE	HOMICIDE IN FAYETTEVILLE, ARKANSAS "TWO BIZARRE STORIES OF MURDER"	1	\$19.00	\$34.00	17
2/14/23	TUE	9:00 AM	PC	PLACE, PROPERTY, AND FAITH: A STORY OF THE AGENCY & RESILIENCE OF FOUR GENERATIONS OF BLACK ARKANSAN WOMEN	1	\$19.00	\$34.00	17
2/15/23	WED & FRI	1:00 PM	OLLI	ADVANCED PHOTOSHOP	4	\$69.00	\$84.00	17
2/16/23	THU	1:30 PM	DRAKE	OPB: SUMMER LANDSCAPE	2	\$39.00	\$54.00	17
2/20/23	MON & WED	10:00 AM	RHBC	INTERMEDIATE BRIDGE - PLAY OF THE HAND	8	\$35.00	\$50.00	18
2/20/23	MON	5:00 PM	OLLI	INTRODUCTION TO AFRICAN AMERICAN ART	4	\$19.00	\$34.00	18
2/21/23	TUE	10:00 AM	SHLH	BIRDING NATURE WALK	2	\$35.00	\$50.00	18
2/21/23	TUE	1:00 PM	OLLI	FROM SELFIES TO SUNSETS	2	\$29.00	\$44.00	18
2/21/23	TUE	5:00 PM	ZOOM	APPETIZERS & SMALL PLATES FOR ONE, TWO OR A FEW	1	\$25.00	\$40.00	18
2/22/23	WED	3:00 PM	ZOOM	3 STEPS TO SORT YOUR PHOTOS	1	\$25.00	\$40.00	18
2/24/23	FRI	10:00 AM	DRAKE	THE CROWN JEWELS OF QUEEN ELIZABETH II	1	\$25.00	\$40.00	18
2/28/23	TUE	10:30 AM	ZOOM	AREA 51 - THE HIGHLY CLASSIFIED, OFF-LIMITS LOCATION	1	\$25.00	\$40.00	24
3/1/23	WED	10:00 AM	UAAM	UA HERBARIUM AND ARTHROPOD MUSEUM TOUR	1	\$15 (CR) \$25 (TR)	\$30 (CR) \$40 (TR)	24
3/1/23	WED	2:00 PM	OLLI	OZARK/ARKANSAS WRITERS BOOK CLUB	4	\$19.00	\$34.00	24
3/2/23	THU	1:00 PM	DRAKE	THE ORIGINS OF THE ENGLISH ALPHABET	1	\$25.00	\$40.00	24
3/2/23	THU	3:00 PM	ZOOM	ASTROLOGICAL ARCHETYPES: THE SIGNS OF THE ZODIAC, THE PLANETS, & THE HOUSES OF THE CHART	3	\$29.00	\$44.00	24
3/3/23	FRI	9:00 AM	FBG	BREADMAKING: ORANGE ROLLS	1	\$55.00	\$70.00	24
3/3/23	FRI	10:00 AM	OLLI	REVIEW YOUR SAVINGS & INVESTMENTS - THE TIME IS NOW	1	\$19.00	\$34.00	25
3/6/23	MON	1:00 PM	OLLI	THE BEAUTIFUL CURSE OF BOTSWANA: WHAT I LEARNED DURING MY 2022 PHOTO SAFARI	1	\$19.00	\$34.00	25
3/7/23	TUE	1:00 PM	KCF	WHO CAN YOU TRUST WITH YOUR LAND?	1	\$19.00	\$34.00	25
3/8/23	WED	9:00 AM	GV	YOGA FOR HEALTHY AGING	8	\$59.00	\$74.00	25
3/8/23	WED	4:00 PM	ASTF	FROM THE GROUND UP: A TOUR OF APPLE SEEDS	1	FREE	\$15.00	25
3/10/23	FRI	10:00 AM	PC	FOOD INSECURITY	1	FREE	\$15.00	25
3/14/23	TUE	10:00 AM	OLLI	MY FUNERAL	2	FREE	\$15.00	25
3/14/23	TUE	1:00 PM	MTSQ	THE HEALING POWER OF NATURE	1	\$29.00	\$44.00	26
3/14/23	TUE	1:00 PM	ZOOM	FOOD--ORDINARY, SURPRISING, AMAZING!	3	\$39.00	\$54.00	26





# Classes At A Glance

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**2. PHONE** 479-575-4545 **4. MAIL** OLLI, 211 E. Dickson St., Fayetteville, AR 72701

BEGIN DATE	DAY	TIME	LOCATION	COURSE	SESSIONS	OLLI MEMBER	NON OLLI MEMBER	PG #
3/15/23	WED	1:00 PM	PC	CHILDREN'S ADVOCACY CENTERS OF ARKANSAS	1	FREE	\$15.00	26
3/17/23	FRI	9:30 AM	DRAKE	GET HOOKED ON BEADING	1	\$59.00	\$74.00	26
3/23/23	THU	1:00 PM	PC	NOT JUST HISTORY, BUT HER STORY	1	\$19.00	\$34.00	26
3/27/23	MON	1:30 PM	PC	THE PRYOR CENTER'S STORY VAULT	1	\$15.00	\$30.00	26
3/28/23	TUE	10:00 AM	OLLI	REVIVING THE ART OF LETTER WRITING	1	\$25.00	\$40.00	26
3/30/23	THU	10:00 AM	ZOOM	HOW TO ORGANIZE YOUR LIFE INTO ONE NOTEBOOK	1	\$25.00	\$40.00	27
3/30/23	THU	1:00 PM	DRAKE	THE CITY OF FAYETTEVILLE BUDGET	1	\$15.00	\$30.00	27
3/31/23	FRI	10:00 AM	PC	PHILANTHROPY IN ACTION	1	FREE	\$15.00	27
4/1/23	SAT	9:00 AM	GV	TAI CHI & QIGONG	8	\$45.00	\$60.00	27
4/3/23	MON & TUE	10:00 AM	DRAKE	FROM THE TRAIL OF TEARS TO THE 1921 TULSA RACE MASSACRE	2	\$25.00	\$40.00	27
4/3/23	MON	1:30 PM	TPD	DRINKING IN THE OZARKS: TALL PINES DISTILLERY (MOONSHINE)	1	\$35.00	\$50.00	27
4/4/23	TUE	2:00 PM	OLLI	YOUR BRAIN ON KNITTING	1	\$19.00	\$34.00	27
4/5/23	WED	1:00 PM	ZOOM	CREATING DYNAMIC LANDSCAPE PHOTOGRAPHY	2	\$39.00	\$54.00	28
4/6/23	THU	9:00 AM	TM	VISIT THE TITANIC!	1	\$49.00	\$64.00	28
4/7/23	FRI	10:00 AM	DRAKE	SONGS IN OUR HEARTS	1	\$29.00	\$44.00	28
4/7/23	FRI	1:00 PM	DRAKE	ROCK VAN WINKLE: BLACK BUILDER OF NORTHWEST ARKANSAS	1	\$19.00	\$34.00	28
4/7/23	FRI	3:00 PM	ZOOM	HOW TO (FINALLY) WRITE YOUR BOOK	1	\$25.00	\$40.00	28
4/10/23	MON	10:00 AM	OLLI	COMMUNITY COLLEGES: UNIQUELY AMERICAN	1	\$19.00	\$34.00	28
4/10/23	MON	4:30 PM	SPB	DRINKING IN THE OZARKS: SOCIAL PROJECT BREWING	1	\$39.00	\$54.00	28
4/11/23	TUE	9:00 AM	OSNF	CHASING WATERFALLS OF ARKANSAS	1	\$25 (CR) \$40 (TR)	\$40 (CR) \$55 (TR)	29
4/11/23	TUE	9:30 AM	BWF	THE GIFT OF SAFE, TASTY DRINKING WATER	1	\$19.00	\$34.00	29
4/12/23	WED	10:00 AM	DRAKE	CUT THE CORD: STREAMING TV, MOVIES & INTERNET	1	\$19.00	\$34.00	29
4/13/23	THU	10:00 AM	HHM	HISTORIC FAYETTEVILLE: SHARING STORIES OF THE HEADQUARTERS HOUSE	1	\$29.00	\$44.00	29
4/13/23	THU	2:00 PM	WCH	COPS, ROBBERS & CRIMINAL LAW	1	\$25.00	\$40.00	29
4/13/23	THU	3:00 PM	WRCE	BALANCE AND AGING	1	\$19.00	\$34.00	29
4/14/23	FRI	10:00 AM	BTB	4 KEYS TO HEALTHGEVITY™: LIVING HEALTHIER LONGER	2	\$29.00	\$44.00	29
4/14/23	FRI	1:00 PM	ZOOM	EARLY HOLLYWOOD - PART ONE	3	\$39.00	\$54.00	30
4/17/23	MON	9:30 AM	PEARL	BELIEVING IN BOOKS & TRUSTING YOUR GUT	1	\$19.00	\$34.00	30
4/17/23	MON	1:00 PM	OSP	DRINKING IN THE OZARKS: ODD SOUL PUB	1	\$35.00	\$50.00	30
4/18/23	TUE	9:30 AM	DRAKE	ASTROBIOLOGY - LIFE IN THE UNIVERSE	3	\$25.00	\$40.00	30





# Classes At A Glance

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**4 WAYS TO REGISTER!** **1. ON-LINE** olli.uark.edu **3. IN PERSON** OLLI office Mon.-Fri., 9:00 am-3:30 pm  
**2. PHONE** 479-575-4545 **4. MAIL** OLLI, 211 E. Dickson St., Fayetteville, AR 72701

BEGIN DATE	DAY	TIME	LOCATION	COURSE	SESSIONS	OLLI MEMBER	NON OLLI MEMBER	PG #
4/18/23	TUE	1:00 PM	DRAKE	CLIMATE CATASTROPHE?	3	\$25.00	\$40.00	30
4/19/23	WED	10:00 AM	DRAKE	SONGWRITING WORKSHOP	2	\$45.00	\$60.00	30
4/20/23	THU	10:00 AM	SNOG	THE UNIQUENESS OF THE ORTHODOX CHURCH	1	\$19.00	\$34.00	30
4/20/23	THU	1:30 PM	OLLI	PRACTICAL SPANISH	8	\$85.00	\$100.00	31
4/24/23	MON	9:00 AM	HCH	HISTORY AND ARCHITECTURE OF HISTORIC CANE HILL	1	\$35 (CR) \$59 (TR)	\$50 (CR) \$74 (TR)	31
4/25/23	TUE	9:00 AM	UB	CHASING WATERFALLS - UPPER BUFFALO WILDERNESS	1	\$25 (CR) \$40 (TR)	\$40 (CR) \$55 (TR)	31
4/26/23	WED	2:00 PM	DRAKE	DOG BODY LANGUAGE, BREED PLAY STYLES, & STRESS SIGNALS	1	\$19.00	\$34.00	31
4/27/23	THU	8:00 AM	FT. SMITH	STAR OF THE WESTERN FRONTIER	1	\$25 (CR) \$45 (TR)	\$40 (CR) \$60 (TR)	31
4/28/23	FRI & SAT	10:00 AM	DRAKE & WAC	INSIDE THE MUSIC: PRODUCING AN ORCHESTRAL CONCERT	2	\$25.00	\$40.00	31
4/28/23	FRI	10:00 AM	GV	OPTIMIZING BRAIN HEALTH ONE SMALL STEP AT A TIME	3	\$25.00	\$40.00	32
5/1/23	MON	10:00 AM	BTB	MOMENTS IN LIFE: INSIGHTS FROM SHAKESPEARE	1	\$25.00	\$40.00	32
5/3/23	WED	9:00 AM	BWA	SPRING WATERCOLOR - TULIPS	1	\$59.00	\$74.00	32
5/4/2023 or 5/18/2023	THU	9:30 AM	TYS	TYSON ART TOUR (TRANSPORTATION ONLY-NO COMMUTERS)	1	\$45.00	\$60.00	32
5/5/23	FRI	1:30 PM	BTM	VITAMINS: THE FOUNDATION OF BETTER NUTRITION	1	\$19.00	\$34.00	32
5/8/23	MON	10:00 AM	OLLI	REFUSE TO BE A VICTIM	3	\$65.00	\$80.00	32
5/8/23	MON	1:00 PM	ZOOM	EARLY HOLLYWOOD - PART TWO	3	\$39.00	\$54.00	32
5/9/23	TUE	9:00 AM	ZOOM	WRITING A "LEGACY LETTER"	1	\$25.00	\$40.00	33
5/9/23	TUE	1:00 PM	OLLI	ARE OUR CANS, BOTTLES, & PAPER REALLY RECYCLED FOR THE GOOD OF ALL?	1	\$19.00	\$34.00	33
5/10/23	WED	9:30 AM	DRAKE	JOY AND CREATIVITY	2	\$29.00	\$44.00	33
5/10/23	WED	1:00 PM	SHLH	HI HO SILVER: THE WEIRD WESTERN IN LITERATURE & FILM	3	\$39.00	\$54.00	33
5/10/23	WED	1:00 PM	DRAKE	SEEING THE UNIVERSE	3	\$29.00	\$44.00	33
5/11/23	THU	10:00 AM	OLLI	SOLAR POWER FOR FAYETTEVILLE CITY GOVERNMENT	1	\$19.00	\$34.00	33
5/16/23	TUE	8:30 AM	TRC	CAN ROCKS TALK? FIND OUT AT TALKING ROCKS CAVERN	1	\$49 (CR) \$79 (TR)	\$64 (CR) \$94 (TR)	33
5/19/23	FRI	10:00 AM	BTB	BECOMING AN OPERA BUFF	1	\$19.00	\$34.00	34
5/23/23	TUE	9:30 AM	OLLI	TOO LATE TO SHIELD YOUR ESTATE	1	\$25.00	\$40.00	34
5/23/23	TUE	2:00 PM	OLLI	CREATE YOUR OWN KNITTING PATTERN	1	\$25.00	\$40.00	34
5/24/23	WED	10:00 AM	DRAKE	FOLLOW THE MONEY: FINANCING THE NOVEMBER 2022 CAMPAIGNS	2	\$29.00	\$44.00	34





# Classes At A Glance

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**2. PHONE** 479-575-4545 **4. MAIL** OLLI, 211 E. Dickson St., Fayetteville, AR 72701

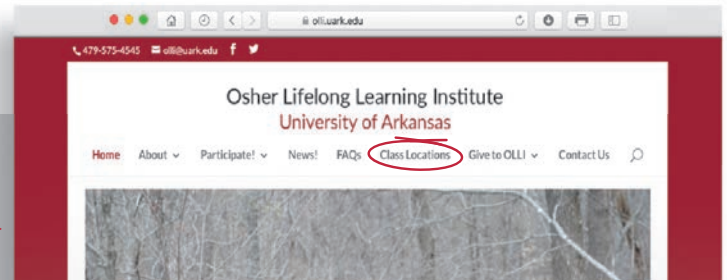
BEGIN DATE	DAY	TIME	LOCATION	COURSE	SESSIONS	OLLI MEMBER	NON OLLI MEMBER	PG #
5/25/23	THU	10:00 AM	DRAKE	UFO'S TO UAP'S: THE INVESTIGATION OF UNIDENTIFIED AERIAL PHENOMENON	1	\$25.00	\$40.00	34
5/31/23	WED	2:30 PM	DRAKE	THE EYES HAVE IT	1	\$19.00	\$34.00	34
6/5/23	MON	9:30 AM	PC	RETROSPECTIVE ON LARRY FOLEY'S CAREER AS A DOCUMENTARY FILM MAKER	1	\$35.00	\$50.00	35
6/6/23	TUE	1:00 PM	GV	SIN CITY IN THE BIBLE BELT	1	\$19.00	\$34.00	35
6/7/23	WED	10:00 AM	UAM	UNIVERSITY OF ARKANSAS MUSEUM TOUR	1	\$19.00	\$34.00	35



## Course Locations

**FOR MAPS AND DIRECTIONS**

**479-575-4545** or **www.oli.uark.edu** ►



<b>ASTF</b>	Apple Seeds Teaching Farm, 2648 N Old Wire Road Fayetteville	<b>MTSQ</b>	Mt. Sequoyah, 150 N. Skyline Dr., Fayetteville	<b>TM</b>	The Titanic Museum, 3235 W 76 Country Blvd, Branson, MO 65616
<b>BTM</b>	Bio-Tech Pharmacal location, 3481 N Highway 112, Fay	<b>OLLI</b>	OLLI, 211 E. Dickson, Fayetteville	<b>TPD</b>	Tall Pines Distillery, 3316 Goodin Hollow Road, Noel, MO 64854
<b>BTV</b>	Butterfield Trail Village, 1923 E. Joyce Blvd., Fayetteville	<b>OSNF</b>	Ozark/St Francis National Forest, Cass, AR	<b>TRC</b>	Talking Rocks Cavern, 423 Fairy Cave Ln, Reeds Spring, MO 65737
<b>BWA</b>	Beth Woessner Art Studio, 1503 Taldo Loop, Springdale	<b>OSP</b>	Odd Soul Pub, 126 W. Emma Ave, Springdale	<b>TYS</b>	Tyson Headquarters, Don Tyson Blvd, Springdale, AR 72764
<b>BWF</b>	Beaver Water Facility, 301 N Primrose Rd, Lowell, AR	<b>PEARL</b>	Pearl's Books, 28 E Center Street, Fayetteville	<b>UAM</b>	UA Museum, 2475 N Hatch Ave, Fayetteville
<b>Drake</b>	4500 S. School Ave., Fayetteville	<b>PC</b>	Pryor Center, 1 E. Center St., Fayetteville	<b>UAAM</b>	UA Anthropod Museum, 1580 W. Mitchell St, Fayetteville
<b>FBG</b>	Fayetteville Boys & Girls Club, 560 N. Ruppel Rd., Fayetteville, 72704	<b>RHBC</b>	Rolling Hills Baptist Church, 1400 E. Rolling Hills Dr., Fayetteville	<b>UB</b>	Upper Buffalo, Ponca, AR
<b>FPC</b>	First United Presbyterian Church, 695 E. Calvin St., Fayetteville	<b>SHLH</b>	Shiloh Building, 418 Shiloh Dr., Fayetteville	<b>WAC</b>	Walton Arts Center, 495 W Dickson St, Fayetteville
<b>GV</b>	Grand Village, 1998 W. Grand Blvd, Fayetteville (off Truckers Lane)	<b>SNOC</b>	St Nicholas Orthodox Church, 3171 South 48th St, Springdale, AR 72762	<b>WCH</b>	Washington County Court House, 280 N College Ave, Fayetteville
<b>HHM</b>	Headquarters House Museum, 118 E Dickson St, Fayetteville	<b>SPB</b>	Social Project Brewing Taproom, 205 E Johnson Ave Springdale, AR 72764	<b>WRCE</b>	Washington Regional Center for Exercise, 12 E. Appleby Rd, Fayetteville
<b>HCH</b>	Historic Cane Hill, 14389 State Hwy 45, Cane Hill, AR				
<b>KCF</b>	Kessler Classroom at Fayettechill, 1725 S Smokehouse Trl, Fayetteville				



## CIVIL LITIGATION 101: KNOW WHAT TO EXPECT, WHATEVER SIDE YOU ARE ON

**DESCRIPTION:** You could be involved in filing a suit against another driver, a contractor who 'messed up' or other claim for loss or injury, or you could be 'hailed into court' by an angry neighbor or someone else.

Attorney Michael Wulf will guide us through the basics, from the filing of a lawsuit to the final resolution. He'll explain such things as the complaint, pretrial motions, the answer, depositions, discovery, burden of proof and settlement.

You might not be ready to take the Bar Exam after taking the class, but you'll know a lot more about what goes on in a courtroom!

**INSTRUCTOR:** Michael Wulf

**DAY/DATE:** Wednesdays, 2/8/23 - 3/1/23 (4)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$49.00 OLLI Member  
\$64.00 Non-OLLI Member

## GREAT DECISIONS 2023

**DESCRIPTION:** Great Decisions is the United States' largest discussion program on world affairs. OLLI at the University of Arkansas has participated in the program for the last ten years, affording adult learners the opportunity to explore major foreign policy issues and options facing our nation. This semester's Great Decisions topics include: Energy Geopolitics, War Crimes, China and the US, Economic Warfare, Politics in Latin America, Global Famine, Iran at the Cross Roads, and Climate Migration.

Facilitators will lead each week's discussion where all participants are encouraged to offer their thoughts and opinions on these important subjects. Members will receive a briefing book, published by the Foreign Policy Association, that provides background information, context, current data, and policy options for all topics discussed.

**INSTRUCTOR:** Ken Allen & Hugh Earnest

**DAY/DATE:** Thursdays, 2/9/23 - 3/30/23 (8)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$89.00 OLLI Member  
\$104.00 Non-OLLI Member

## BASIC CHRISTIAN BELIEFS ACCORDING TO THE APOSTLES' AND NICENE CREEDS

**DESCRIPTION:** Various Christian traditions too often focus on how we differ, rather than

on what we have in common. The Apostles' and Nicene creeds, forged in the first few centuries of the early church, provide a shared center that can help us focus on our common ground. In this three-week class, Rev. Dr. Phil Butin will lead participants in thinking and sharing together the convictions that unite all Christians, using the creeds as our guide.

**INSTRUCTOR:** Rev. Dr. Philip W. Butin

**DAY/DATE:** Fridays, 2/10/23 - 2/24/23 (3)

**TIME:** 1:30 PM - 3:30 PM

**FORMAT:** In Person

**LOCATION:** FPC

**COST:** \$29.00 OLLI Member  
\$44.00 Non-OLLI Member

## HOMICIDE IN FAYETTEVILLE, ARKANSAS - TWO BIZARRE STORIES OF MURDER

**DESCRIPTION:** Everyone has seen or at least heard of CSI, the popular show on television.

Have you wondered how close the television version comes to how an investigator actually handles a murder case? Join John Brooks, retired Crime Scene Investigator and current University lecturer, as he examines two homicide investigations that occurred in Fayetteville.

Detective Brooks will share the techniques that were used by Investigators to successfully prosecute one case and get a life sentence on the other.

\*Note: Some images and material may be graphic and not be suitable for everyone.

**INSTRUCTOR:** John M. Brooks

**DAY/DATE:** Monday, 2/13/23 (1)

**TIME:** 9:00 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## PLACE, PROPERTY, AND FAITH: A STORY OF THE AGENCY AND RESILIENCE OF FOUR GENERATIONS OF BLACK ARKANSAN WOMEN

**DESCRIPTION:** This class combines oral history and archival sources to trace the historical and contemporary intersections of systemic racism and Black placemaking. Black placemaking emphasizes endurance, persistence, agency, belonging, and resistance in the face of institutional limitations, restrictions, and surveillance of Black life.

Using the transgenerational family journey of four generations of Dr. Valandra's maternal ancestors, the course illustrates the intergenerational transmission of family re-

covery, restoration, resistance, and resilience within the context of chattel slavery, civil war, reconstruction, and Jim Crow South and North. Some of the salient themes covered in the course include individual and collective identity, freedom seeking, migration, emigration, family bonds, patterns of child rearing and socialization, spirituality, enterprise and land acquisition, and Arkansas' back to Africa movement. The genealogical process guiding the project and some resources will also be shared with participants.

The instructional methods used in the class include storytelling, small and large group discussion, and individual reflection. Participants will be asked to complete a brief questionnaire about their own ancestry prior to the class and asked to share some responses with the class.

**INSTRUCTOR:** Dr. Valandra

**DAY/DATE:** Tuesday, 2/14/23 (1)

**TIME:** 9:00 AM - 10:30 AM

**FORMAT:** In Person

**LOCATION:** PC

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## ADVANCED PHOTOSHOP

**DESCRIPTION:** Take your photo editing skills to the next level. Learn how to use the artistic filters in Photoshop and learn advanced editing skills. Using the latest version of Photoshop, Diana Michelle will put emphasis on creating layers and dive into advanced filters and actions. This is a fun and creative class!

(Adobe subscription required \$9.99/mo.)

**INSTRUCTOR:** Diana Michelle

**DAY/DATE:** Wednesdays & Fridays,  
2/15/23 - 2/24/23 (4)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$69.00 OLLI Member  
\$84.00 Non-OLLI Member

## OPB: SUMMER LANDSCAPE

**DESCRIPTION:** This class will take beginning painters through the process of landscape oil painting from a blank canvas to a finished work of art. It's designed to be a hands-on workshop where the learning and the doing will happen together. Helen Eaton and Julie Brandt, OLLI art instructors, will use reference photographs, teacher models, demonstrations of varied techniques, individual attention, and lots of encouragement for your painting.

All materials (canvas, paint, brushes, palette, medium, etc.) will be provided with the cost of the class.



**INSTRUCTOR:** Helen Eaton and Julie Brandt  
**DAY/DATE:** Thursdays, 2/16/23 - 2/23/23 (2)  
**TIME:** 1:30 PM - 3:30 PM  
**FORMAT:** In Person  
**LOCATION:** Drake  
**COST:** \$39 OLLI Member  
 \$54 Non-OLLI Member

## INTERMEDIATE BRIDGE - PLAY OF THE HAND

**DESCRIPTION:** Brought to you by Tom Jacobsen, this bridge class is designed for students who have completed the beginning or intermediate class or are familiar with standard bidding and the mechanics of the game of bridge. The ultimate aim of the class is to teach students to "think through" the hand before they play it and advise on methods of play. Both informational discussion and practical play of hand will be shared.

This is the next level up from the course offered during the Fall 2022 semester.

\*Optional purchase (on your own): *Student Text #1124* (\$5.95 Baron Barclay Bridge)

**INSTRUCTOR:** Tom Jacobsen  
**DAY/DATE:** Mondays & Wednesdays, 2/20/23 - 3/15/23 (8)  
**TIME:** 10:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** RHBC  
**COST:** \$35.00 OLLI Member  
 \$50.00 Non-OLLI Member

## INTRODUCTION TO AFRICAN AMERICAN ART

**DESCRIPTION:** Raven Cook, history and political science advanced studies professional, will offer an Intro to African American Art where she will provide a weekly journey through African American History using art as a guide. By considering material and non-material culture, participants will discover how art can be used as a tool of liberation.

The course will follow the text provided by Art Historian Lisa Farrington titled *African American Art: A Visual and Cultural History*.

**INSTRUCTOR:** Raven Cook  
**DAY/DATE:** Mondays, 2/20/23 - 3/13/23 (4)  
**TIME:** 5:00 PM - 6:00 PM  
**FORMAT:** In Person  
**LOCATION:** OLLI  
**COST:** \$19.00 OLLI Member  
 \$34.00 Non-OLLI Member

## BIRDING NATURE WALK

**DESCRIPTION:** Winter is one of the best times to head outside with your binoculars and ears to see and hear our avian friends. Join us for

this two part bird identification course that helps you learn the basics of birding so that you can start learning to identify our flying friends.

Myles Hartman, Science Educator & owner of Natural State Guides, will help you develop your bird identification skills in the classroom for part 1 held in February, then head outside for a birding nature walk for part 2, held in March.

**INSTRUCTOR:** Myles Hartman  
**DAY/DATE:** Tuesdays, 2/21/23 & 3/7/23 (2)  
**TIME:** 10:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** SHLH  
**COST:** \$35.00 OLLI Member  
 \$50.00 Non-OLLI Member

## FROM SELFIES TO SUNSETS

**DESCRIPTION:** It seems most people have hundreds, maybe thousands of photos on their phones. But are they good photos? Join award winning artist and photographer, Diana Michelle, as she shares basic and advanced tips to take better cell phone pictures. Learn to compose, edit, store, and distribute all those photos.

This is a two-part course: The first class will teach how to take better cell phone pictures. The second class will be a picture taking workshop where students will apply those techniques while taking close-ups, portraits, landscapes, etc., outside and inside the classroom.

Both Android and iPhone models will be taught. Each student must have a cell phone with a built-in camera.

**INSTRUCTOR:** Diana Michelle  
**DAY/DATE:** Tuesdays, 2/21/23 - 2/28/23 (2)  
**TIME:** 1:00 PM - 3:00 PM  
**FORMAT:** In Person  
**LOCATION:** OLLI  
**COST:** \$29.00 OLLI Member  
 \$44.00 Non-OLLI Member

## APPETIZERS & SMALL PLATES FOR ONE, TWO, OR A FEW

**DESCRIPTION:** Join Chef Wes Russell and kitchen friend, Christine Meier, for another evening of cooking together via Zoom. We will cook, demonstrate, and discuss clever ways to make and serve appetizing appetizers, soups, and small plates, that are perfect for lunch, dinner, or when guests stop by. We invite you to cook with us or follow along as we share our favorite recipes, tips, and tricks. Each recipe will be a simple dish that can be made alone or combined to create great meals for one, create an inviting evening for two, or an ideal menu when a few guests stop by.

Participants will receive an email with the recipes and a shopping list, prior to class, that will provide everything you need to gather and stock up before class if you decide to cook with us or you can decide which recipes to make after you watch how it is done.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Wes Russell & Christine Meier  
**DAY/DATE:** Tuesday, 2/21/23 (1)  
**TIME:** 5:00 PM - 7:00 PM  
**FORMAT:** Virtual  
**LOCATION:** Zoom  
**COST:** \$25.00 OLLI Member  
 \$40.00 Non-OLLI Member

## 3 STEPS TO SORT YOUR PHOTOS

**DESCRIPTION:** If you have too many photographs to sort, this virtual class is for you! During this online program author and organizer, Jamie Novak, reveals the three steps you can take today to have your photos sorted before the summer. She'll guide you through a LIVE mini decluttering session and by the end of the program you'll be prepared to successfully tackle your photo sorting project!

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Jamie Novak  
**DAY/DATE:** Wednesday, 2/22/23 (1)  
**TIME:** 3:00 PM - 5:00 PM  
**FORMAT:** Virtual  
**LOCATION:** Zoom  
**COST:** \$25.00 OLLI Member  
 \$40.00 Non-OLLI Member

## THE CROWN JEWELS OF QUEEN ELIZABETH II

**DESCRIPTION:** This fascinating talk will showcase the extraordinary jewels of Queen Elizabeth II. Addressing the jewelry and accessories of the Royal Crown in addition to those gems and jewels inherited or purchased personally, participants will examine stunning photographs of some of the more extravagant, historic, and notable crowns, tiaras, necklaces, bandeaus, and brooches used and owned by QEII. The talk will focus on the magnificent Cullinan Diamond suite in addition to some of the largest sapphire, aquamarine, emerald, and ruby suites (parures) known today.

As an accredited gemologist in the US, UK, and abroad, Tom Paradise will highlight the gemology and history of some of these magnificent royal jewels. Join us for an enchant-

*Continued on page 24.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6</b>	<b>7</b>	<b>8</b> 10:00 AM Civil Litigation 101 (Drake)	<b>9</b> 10:00 AM Great Decisions 2023 (Drake)	<b>10</b> 1:30 PM Basic Christian Beliefs According to the Apostles' and Nicene Creeds (First United Presbyterian Church)	<b>11</b>
<b>13</b> 9:00 AM Homicide in Fayetteville, Arkansas "Two Bizarre Stories of Murder." (SHLH)	<b>14</b> 9:00 AM Place, Property, and Faith: A Story of the Agency and Resilience of Four Generations of Black Arkansan Women (SHLH)	<b>15</b> 10:00 AM Civil Litigation 101 (Drake) 1:00 PM Advanced Photoshop (OLLI)	<b>16</b> 10:00 AM Great Decisions 2023 (Drake) 1:30 PM OPB: Summer Landscape (Drake)	<b>17</b> 1:30 PM Basic Christian Beliefs According to the Apostles' and Nicene Creeds (First United Presbyterian Church) 1:00 PM Advanced Photoshop (OLLI)	<b>18</b>
<b>20</b> 10:00 AM Intermediate Bridge (RHBC) 5:00 PM Introduction to African American Art (BTV)	<b>21</b> 10:00 AM Birding Nature Walk (SHLH) 1:00 PM From Selfies to Sunsets (OLLI) 5:00 PM Appetizers & Small Plates for One, Two or A Few (Zoom)	<b>22</b> 10:00 AM Civil Litigation 101 (Drake) 10:00 AM Intermediate Bridge (RHBC) 1:00 PM Advanced Photoshop (OLLI) 3:00 PM 3 Steps to Sort Your Photos (Zoom)	<b>23</b> 10:00 AM Great Decisions 2023 (Drake) 1:30 PM OPB: Summer Landscape (Drake)	<b>24</b> 10:00 AM The Crown Jewels of Queen Elizabeth II (Drake) 1:00 PM Advanced Photoshop (OLLI) 1:30 PM Basic Christian Beliefs According to the Apostles' and Nicene Creeds (First United Presbyterian Church)	<b>25</b>
<b>27</b> 10:00 AM Intermediate Bridge (RHBC) 5:00 PM Introduction to African American Art (BTV)	<b>28</b> 10:30 AM AREA 51-The Highly Classified, Off-Limits Location (Zoom) 1:00 PM From Selfies to Sunsets (OLLI)	 <h2>Class Updates &amp; Announcements</h2> <ul style="list-style-type: none"> <li>Registration reminders and updated class information is sent via email in the days leading up to each class.</li> <li>Periodically, due to unforeseen reasons, changes may occur to the dates, times and locations of classes and activities.</li> </ul> <p><i>To ensure you have the most up-to-date information, check your email and the OLLI website at <a href="http://www.oli.uark.edu">www.oli.uark.edu</a></i></p> <p><b>PLEASE WATCH FOR AND READ ALL NOTIFICATIONS.</b></p>			



Social events and activities are a great way to meet new people, gather with your friends and have fun! Our social committee and volunteers host events throughout

the year that provide opportunities to enjoy great food and drinks, discover local establishments and take in what northwest Arkansas has to offer.

This spring, in addition to our recurring monthly events such as Lunch with Authors and Others and Happy Hour, we will be offering new and exciting opportunities. These may include

dining and discovers with owners of new, local restaurants, or joining a group of friends at a new attraction such as a local "escape room".

Social events and activities are open to all but a RSVP is required. To view and register for upcoming events check our monthly newsletter and website for announcements.



Special Interest Groups (SIGs) are an opportunity for current OLLI members to get together with others to discuss and explore a particular area of interest. SIGs typically meet

monthly, are volunteer run, exclusively for current members and FREE.

Current SIGs offering monthly meetings include a Current Events Discussion Group, a Songwriters Workshop, and a China in the News Discussion Group.

This spring, OLLI staff and committees are seeking volunteers to help establish and facilitate new special interest groups. Possible

areas of interest to be considered include a Hiking or Walking Group, Book Club(s), Movie/Cinema Enthusiasts, Photography, Food/Drink, Games or any other ideas that one may have.

If you are interested in participating in a current SIG or helping establish and new one contact the OLLI office at 479-575-4545 or [oli@uark.edu](mailto:oli@uark.edu).



# 2023 Fall Classes in Calendar View

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>10:00 AM</b> Civil Litigation 101 (Drake) <b>10:00 AM</b> Intermediate Bridge (RHBC) <b>10:00 AM</b> UA Herbarium and Arthropod Museum Tour (UAAM) <b>2:00 PM</b> Ozark/Arkansas Writers Book Club (OLLI)	<b>2</b> <b>10:00 AM</b> Great Decisions 2023 (Drake) <b>1:00 PM</b> The Origins of the English Alphabet (Drake) <b>3:00 PM</b> Astrological Archetypes (Zoom)	<b>3</b> <b>9:00 AM</b> Breadmaking: Orange Rolls (FBG) <b>10:00 AM</b> Review Your Savings & Investments (OLLI)	<b>4</b>
<b>6</b> <b>10:00 AM</b> Intermediate Bridge (RHBC) <b>1:00 PM</b> The Beautiful Curse of Botswana: What I Learned During my 2022 Photo Safari (OLLI) <b>5:00 PM</b> Introduction to African American Art (BTV)	<b>7</b> <b>10:00 AM</b> Birding Nature Walk (SHLH) <b>1:00 PM</b> Who Can You Trust With Your Land? (KCF)	<b>8</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>10:00 AM</b> Intermediate Bridge (RHBC) <b>4:00 PM</b> From the Ground Up: A Tour of Apple Seeds (ASTF)	<b>9</b> <b>10:00 AM</b> Great Decisions 2023 (Drake) <b>3:00 PM</b> Astrological Archetypes (Zoom)	<b>10</b> <b>10:00 AM</b> Food Insecurity (PC)	<b>11</b>
<b>13</b> <b>10:00 AM</b> Intermediate Bridge (RHBC) <b>5:00 PM</b> Introduction to African American Art (BTV)	<b>14</b> <b>10:00 AM</b> My Funeral (OLLI) <b>1:00 PM</b> The Healing Power of Nature (MTSQ) <b>1:00 PM</b> Food--Ordinary, Surprising, Amazing! (Zoom)	<b>15</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>10:00 AM</b> Intermediate Bridge (RHBC) <b>1:00 PM</b> Children's Advocacy Centers of Arkansas (SHLH)	<b>16</b> <b>10:00 AM</b> Great Decisions 2023 (Drake) <b>3:00 PM</b> Astrological Archetypes (Zoom)	<b>17</b> <b>9:30 AM</b> Get Hooked on Beading (Drake)	<b>18</b>
<b>20</b>	<b>21</b> <b>10:00 AM</b> My Funeral (OLLI) <b>1:00 PM</b> Food--Ordinary, Surprising, Amazing! (Zoom)	<b>22</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV)	<b>23</b> <b>10:00 AM</b> Great Decisions 2023 (Drake) <b>1:00 PM</b> Not Just History, but HER Story (OLLI)	<b>24</b>	<b>25</b>
<b>27</b> <b>1:30 PM</b> The Pryor Center's Story Vault (PC)	<b>28</b> <b>10:00 AM</b> Reviving the Art of Letter Writing (OLLI) <b>1:00 PM</b> Food--Ordinary, Surprising, Amazing! (Zoom)	<b>29</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV)	<b>30</b> <b>10:00 AM</b> Great Decisions 2023 (Drake) <b>10:00 AM</b> How To Organize Your Life Into One Notebook (Zoom) <b>1:00 PM</b> The City of Fayetteville Budget (Drake)	<b>31</b> <b>10:00 AM</b> Philanthropy in Action (PC)	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>OLLI Memberships Are Great Gifts for Friends &amp; Family!</b></p> <p>Phone: 479-575-4545   Email: <a href="mailto:olli@uark.edu">olli@uark.edu</a>  <b>Office Hours:</b> M-F 9:00 a.m.–3:30 p.m.  To purchase a gift membership online go to  <a href="https://olli.uark.edu/participate/membership">olli.uark.edu/participate/membership</a></p> <p>Gift memberships are tax deductible &amp; receive the full benefits of a regular membership!</p>					<b>1</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>3</b> <b>10:00 AM</b> From the Trail of Tears to the 1921 Tulsa Race Massacre (Shiloh) <b>1:30 PM</b> DIO: Tall Pines Distillery (moonshine) (TPD)	<b>4</b> <b>10:00 AM</b> From the Trail of Tears to the 1921 Tulsa Race Massacre (Shiloh) <b>2:00 PM</b> Your Brain on Knitting (OLLI)	<b>5</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>1:00 PM</b> Creating Dynamic Landscape Photography (Zoom) <b>2:00 PM</b> Ozark/Arkansas Writers Book Club (OLLI)	<b>6</b> <b>9:00 AM</b> Visit the Titanic! (TM)	<b>7</b> <b>10:00 AM</b> Songs in Our Hearts (Drake) <b>1:00 PM</b> Rock Van Winkle: Black Builder of Northwest Arkansas (Drake) <b>3:00 PM</b> How to (Finally) Write Your Book (Zoom)	<b>8</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>10</b> <b>10:00 AM</b> Community Colleges: Uniquely American (OLLI) <b>4:30 PM</b> DIO: Social Project Brewing (SPB)	<b>11</b> <b>9:00 AM</b> Chasing Waterfalls of Arkansas (OSNF) <b>9:30 AM</b> The Gift of Safe, Tasty Drinking Water (BWF)	<b>12</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>10:00 AM</b> Cut the Cord (SHLH) <b>1:00 PM</b> Creating Dynamic Landscape Photography (Zoom)	<b>13</b> <b>10:00 AM</b> Historic Fayetteville: Sharing Stories of the Headquarters House (HHM) <b>2:00 PM</b> Cops, Robbers & Criminal Law (WCH) <b>3:00 PM</b> Balance and Aging (WRCE)	<b>14</b> <b>10:00 AM</b> 4 Keys to Healthgevity™ (BTV) <b>1:00 PM</b> Early Hollywood - Part One (Zoom)	<b>15</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>17</b> <b>9:30 AM</b> Believing in Books & Trusting Your Gut (PEARL) <b>1:00 PM</b> DIO: Odd Soul Pub (OSP)	<b>18</b> <b>9:30 AM</b> Astrobiology-Life in the Universe (Drake) <b>1:00 PM</b> Climate Catastrophe? (Drake)	<b>19</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>10:00 AM</b> Songwriting Workshop (Drake)	<b>20</b> <b>10:00 AM</b> The Uniqueness of the Orthodox Church (SNOC) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>21</b> <b>10:00 AM</b> 4 Keys to Healthgevity™ (BTV) <b>1:00 PM</b> Early Hollywood - Part One (Zoom)	<b>22</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>24</b> <b>9:00 AM</b> History and Architecture of Historic Cane Hill (HCH)	<b>25</b> <b>9:00 AM</b> Chasing Waterfalls - Upper Buffalo Wilderness (UB) <b>9:30 AM</b> Astrobiology-Life in the Universe (Drake) <b>1:00 PM</b> Climate Catastrophe? (Drake)	<b>26</b> <b>9:00 AM</b> Yoga for Healthy Aging (GV) <b>10:00 AM</b> Songwriting Workshop (Drake) <b>2:00 PM</b> Dog Body Language, Breed Play Styles and Stress Signals (Drake)	<b>27</b> <b>8:00 AM</b> Star of the Western Frontier (Ft. Smith) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>28</b> <b>10:00 AM</b> Inside the Music (Drake) <b>10:00 AM</b> Optimizing Brain Health One Small Step at a Time (GV) <b>1:00 PM</b> Early Hollywood - Part One (Zoom)	<b>29</b> <b>9:00 AM</b> Tai Chi & Qigong (GV) <b>10:00 AM</b> Inside the Music: Producing an Orchestral Concert (WAC)



# 2023 Fall Classes in Calendar View

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>10:00 AM</b> Moments in Life: Insights from Shakespeare (SHLH)	<b>2</b> <b>9:30 AM</b> Astrobiology-Life in the Universe (Drake) <b>1:00 PM</b> Climate Catastrophe? (Drake)	<b>3</b> <b>9:00 AM</b> Spring Watercolor - Tulips (BWA) <b>2:00 PM</b> Ozark/Arkansas Writers Book Club (OLLI)	<b>4</b> <b>9:30 AM</b> Tyson Art Tour (TYS) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>5</b> <b>10:00 AM</b> Optimizing Brain Health One Small Step at a Time (GV) <b>1:30 PM</b> Vitamins: The Foundation of Better Nutrition (BTM)	<b>6</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>8</b> <b>10:00 AM</b> Refuse to be a Victim (OLLI) <b>1:00 PM</b> Early Hollywood - Part Two (Zoom)	<b>9</b> <b>9:00 AM</b> Writing a 'Legacy Letter' (Zoom) <b>1:00 PM</b> Are Our Cans, Bottles & Paper Really Recycled For The Good Of All? (OLLI)	<b>10</b> <b>9:30 AM</b> Joy and Creativity (Drake) <b>1:00 PM</b> Hi Ho Silver: The Weird Western in Literature & Film (SHLH) <b>1:00 PM</b> Seeing the Universe (Drake)	<b>11</b> <b>10:00 AM</b> Solar Power for Fayetteville City Government (OLLI) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>12</b> <b>10:00 AM</b> Optimizing Brain Health One Small Step at a Time (GV)	<b>13</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>15</b> <b>10:00 AM</b> Refuse to be a Victim (OLLI) <b>1:00 PM</b> Early Hollywood - Part Two (Zoom)	<b>16</b> <b>8:30 AM</b> Can Rocks Talk? Find out at Talking Rocks Cavern (TRC)	<b>17</b> <b>9:30 AM</b> Joy and Creativity (Drake) <b>1:00 PM</b> Hi Ho Silver: The Weird Western in Literature & Film (SHLH) <b>1:00 PM</b> Seeing the Universe (Drake)	<b>18</b> <b>9:30 AM</b> Tyson Art & Tour (TYS) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>19</b> <b>10:00 AM</b> Becoming an Opera Buff (BTV)	<b>20</b> <b>9:00 AM</b> Tai Chi & Qigong (GV)
<b>22</b> <b>10:00 AM</b> Refuse to be a Victim (OLLI) <b>1:00 PM</b> Early Hollywood - Part Two (Zoom)	<b>23</b> <b>9:30 AM</b> Too Late to Shield Your Estate (OLLI) <b>2:00 PM</b> Create Your Own Knitting Pattern (OLLI)	<b>24</b> <b>10:00 AM</b> Follow the Money (Drake) <b>1:00 PM</b> Hi Ho Silver: The Weird Western in Literature & Film (SHLH) <b>1:00 PM</b> Seeing the Universe (Drake)	<b>25</b> <b>10:00 AM</b> UFOs to UAPs: The Investigation of Unidentified Aerial Phenomenon (Drake) <b>1:30 PM</b> Practical Spanish (OLLI)	<b>26</b>	<b>27</b>
<b>29</b>	<b>30</b>	<b>31</b> <b>10:00 AM</b> Follow the Money (Drake) <b>2:30 PM</b> The Eyes Have It (Drake)	<div>  <b>FOLLOW OLLI</b> on social media           </div> <div>             Stay up to date on our promotions and giveaways!           </div> <div>                  @OLLlatUofA           </div>		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OLLI NEWSLETTERS</b> <b>OLLI Newsletters are the easiest way to keep up with OLLI courses and events.</b> <i>Sign up for OLLI newsletters today at</i> <b><i><a href="https://olli.uark.edu/participate">olli.uark.edu/participate</a></i></b>			<b>1</b> <b>1:30 PM Practical Spanish (OLLI)</b>	<b>2</b>	<b>3</b>
<b>5</b> <b>9:30 AM Retrospective on Larry Foley's Career as a Documentary Film Maker (PC)</b>	<b>6</b> <b>1:00 PM Sin City in the Bible Belt (GV)</b>	<b>7</b> <b>10:00 AM University of Arkansas Museum Tour (UAM)</b> <b>2:00 PM Ozark/Arkansas Writers Book Club (OLLI)</b>	<b>8</b> <b>1:30 PM Practical Spanish (OLLI)</b>	<b>9</b>	<b>10</b>

## OLLI Online Learning



**Video Conferencing allows us to expand our programs and connect with more lifelong learners by offering classes “live” virtually.**

**“I love it! I think that Zoom is an excellent way to experience learning and sharing thoughts with others.”**

*- OLLI Class Participant*

This technology creates a space for social connections, entertainment and continued learning. Zoom is the supported platform by OLLI - U of A for all courses delivered online/virtually. Zoom – a popular, free video conferencing platform provides high quality, interactive, online learning capabilities. It features video and audio conferencing as well as collaboration tools and resources. It is a fantastic way to attend classes and activities safely from the comfort of your home.

Throughout the spring season, we are offering a select number of classes virtually via Zoom. To ensure you have a good experience with virtual classes we provide a dedicated webpage that covers the basic functionality of the platform along with tutorials on all Zoom features and even some pro tips. Visit our resource page or contact our staff directly with questions to ensure you get the most out of your online classes.



**Scan this QR code with your smart phone to learn more.**





ing powerpoint presentation on some of the most splendid and beautiful jewels and gemstones known today!

**INSTRUCTOR:** Dr. Tom Paradise

**DAY/DATE:** Friday, 2/24/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## AREA 51-THE HIGHLY CLASSIFIED, OFF-LIMITS LOCATION

**DESCRIPTION:** Travel in America can be fun and exciting, but there's a place you are actually forbidden to visit--Area 51 in southern Nevada, northwest of Las Vegas.

Instead, Dr. Stephenie Slahor, Doctor of Philosophy and a Juris Doctor, will take everyone on an armchair travel trip to this site that originated as a secret government installation for the testing of unconventional aircraft and fuels. It wasn't long before Area 51 soon became a place of curiosity and fascination about the possibilities of aliens from other planets and galaxies. Learn how the site began and what the early research and experiments were, and then what occurred to associate it with aliens from beyond our planet Earth.

Participants will be sent the link to the zoom session in their class reminder.

**INSTRUCTOR:** Dr. Stephenie Slahor

**DAY/DATE:** Tuesday, 2/28/23 (1)

**TIME:** 10:30 AM - 12:00 PM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## UA HERBARIUM AND ARTHROPOD MUSEUM TOUR

**DESCRIPTION:** The University of Arkansas Herbarium and the University of Arkansas Arthropod Museum are two of the oldest and largest natural history collections in the state. Join us for a guided tour of the facilities to see beautifully preserved plant and insect specimens and learn about the cultural and ecological significance of the collections. **Activity Level: 2**

**INSTRUCTOR:** Jennifer Ogle

**DAY/DATE:** Wednesday, 3/1/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** UAAM

**COST:** \$15 (CR) \$25 (TR) OLLI Member  
\$30 (CR) \$40 (TR) Non-OLLI Member

## OZARK/ARKANSAS WRITERS BOOK CLUB

**DESCRIPTION:** Class members will explore Arkansas and the Ozarks through four well-written books by regional authors. March 1: *Country Boy: The Roots of Johnny Cash* by Colin Woodward; April 5: *The Ghost variations*; May 3: *Watershed* by Mark Barr; and June 7: *Bernice Runs Away* by Talya Tate Boerner.

Class members are expected to find their own books and to have read each title before class meeting. This class meets the first Wednesday of the month.

**INSTRUCTOR:** Marilyn Heifner

**DAY/DATE:** Wednesdays, 3/1/23 - 6/7/23 (4)

**TIME:** 2:00 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## THE ORIGINS OF THE ENGLISH ALPHABET

**DESCRIPTION:** We do not often take time to think about the alphabet. Yet, it is everywhere. Without it, we would not have the United States Constitution, the King James Bible, or even this course description. So, where did our alphabet come from?

As it turns out, the invention of the alphabet was a turning point in world history that is nearly unmatched in importance. Before the alphabet, writing systems were immensely complex, often consisting of hundreds upon hundreds of pictures or signs which could represent anything from a syllable to a word. This meant that only people with many years of intense education could read or write. When the Phoenicians began to circulate their invention around the Mediterranean, the world was changed forever. Suddenly, each symbol, or letter, stood for a single sound. This meant that words could be sounded out much more easily, opening the door for access to reading and writing for many more people.

Joshua Jacobs, a Classics student at the U of A, will trace the history of writing, from Mesopotamian cuneiform to the Hebrew abjad, the Greek alphabet, and finally, our own.

**INSTRUCTOR:** Joshua Jacobs

**DAY/DATE:** Thursday, 3/2/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## ASTROLOGICAL ARCHETYPES: THE SIGNS OF THE ZODIAC, THE PLANETS, & THE HOUSES OF THE CHART

**DESCRIPTION:** Astrology reviews patterns in the planets and stars to help explain the patterns within each of us, and our lives, and has been a function used for over 2500 years via astrological charts. Let's face it, we LOVE astrology. But do we really understand how it all works?

OLLI welcomes Arkansas Astrologer, Maureen Richmond, Ph.D. who has been studying astrology for more than four decades, as she brings us a series explaining the Astrological Archetypes I, II, and III.

In week one, Dr. Richmond will delve into the twelve Signs of the Zodiac, their origins in Greek myth, and the difference between astrological signs on one hand, and the visible constellation with the same names on the other. In week two, the Planets will be explained. The nature of the ten celestial bodies commonly used in western astrology, their origins in Greek mythology, and their uses as psychological archetypes in modern astrology. In the third week, Dr. Richmond will discuss the Houses of the Chart. Included will be the twelve houses of the individual birth chart, their roots in the archetypes of the twelve signs and their planetary rulers along with their use in modern psychological astrology.

**INSTRUCTOR:** Dr. Maureen Richmond

**DAY/DATE:** Thursdays, 3/2/23 - 3/16/23 (3)

**TIME:** 3:00 PM - 4:30 PM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$29.00 OLLI Member  
\$44.00 Non-OLLI Member

## BREADMAKING: ORANGE ROLLS

**DESCRIPTION:** Have you ever wanted to learn how to make the perfect loaf of bread? Christina Bush will guide students in the process of making a delicious batch of orange rolls. Starting with making bread dough from scratch and then shaping, forming, and baking to perfection. Christina has 20+ years of experience in training in the food industry. Currently she uses her Associates of Culinary Art in Baking & Pastry Arts, to be an exceptional restaurant owner. Learn from her and finally fulfill your baking dreams!

**INSTRUCTOR:** Christina Bush

**DAY/DATE:** Friday, 3/3/23 (1)

**TIME:** 9:00 AM - 1:00 PM

**FORMAT:** In Person

**LOCATION:** FBG

**COST:** \$55.00 OLLI Member  
\$70.00 Non-OLLI Member

## REVIEW YOUR SAVINGS & INVESTMENTS - THE TIME IS NOW

**DESCRIPTION:** With the new year upon us, NOW is the time to review your investments from your 401(k) / 403(b) to your estate plan. Though your estate plan is not an investment, what happens to it once you pass, is.

Investment Counselor and Attorney, Michael Wulf, will answer all of your investment questions. Don't get caught in the dark with surprises to your accounts!

**INSTRUCTOR:** Michael Wulf

**DAY/DATE:** Friday, 3/3/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## THE BEAUTIFUL CURSE OF BOTSWANA: WHAT I LEARNED DURING MY 2022 PHOTO SAFARI

**DESCRIPTION:** Botswana holds about one-third of all the elephants in Africa as well as the largest diamond mine in the world in terms of value and quantity of carats produced annually. During a two-week photo safari in October 2022, world traveling adventurer/photographer, Doug Talbott, learned the curse that such bountiful wealth can bring. Doug will discuss this "curse" while showing numerous photos from this amazing country.

**INSTRUCTOR:** Doug Talbott

**DAY/DATE:** Monday, 3/6/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## WHO CAN YOU TRUST WITH YOUR LAND?

**DESCRIPTION:** As the Northwest Arkansas area continues to rapidly grow and develop, the use of conservation easements could not be more important. A conservation easement is a voluntary agreement that permanently protects the conservation values of lands that are privately owned. This course will highlight how the NWA Land Trust works with landowners to protect critical ecosystems, working lands and scenic views for future generations. We will also discuss other tools that the NWA Land Trust uses to protect land, such as long-term leases and fee-simple donations.

This course will be instructed by the Land Protection Director of the NWA Land Trust, Pam Nelson, who has spearheaded a wide range of conservation projects in the NWA area. The NWA Land Trust is a local 501(c)3 non-profit organization that preserves and enhances the quality of life for all people in Northwest Arkansas through the permanent protection of land. Since their founding in 2003, the NWA Land Trust has conserved 39 properties and over 6,300 acres of land in the NWA area.

**INSTRUCTOR:** Pam Nelson

**DAY/DATE:** Tuesday, 3/7/23 (1)

**TIME:** 1:00 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** KCF

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## YOGA FOR HEALTHY AGING

**DESCRIPTION:** There is a solution for improving the body changes that come with aging. Healthy aging requires one to systematically stretch and condition muscles that will protect the aging joints. The slow, exact movements practiced in Yoga will enhance strength, eliminate joint stiffness, restore flexibility and range of motion, improve agility, and improve balance. These key areas - strength, flexibility, agility, and balance - are the foundations of healthy living and living without the morning shuffle of pain and stiffness.

Viknisvari Willis is a certified Yoga instructor. She has taught Yoga for OLLI for the past three years. She will guide participants in the practice of Yoga, emphasizing that Yoga means union with our mind and body. The class will focus on mindful movement, deep stretches, balance, breathing, and meditation techniques that help calm the nervous system. Vicky will plan the class based on the participant's health history and physical condition. This is a safe and mindful Yoga practice.

Dress in loose clothing for freedom of mobility. Participants are recommended to bring a yoga mat, a blanket or a towel. Other options are yoga blocks and straps. Please check with your doctor before beginning an exercise regimen.

**INSTRUCTOR:** Vicky Willis

**DAY/DATE:** Wednesdays, 3/8/23 - 4/26/23 (8)

**TIME:** 9:00 AM - 10:15 AM

**FORMAT:** In Person

**LOCATION:** GV

**COST:** \$59.00 OLLI Member  
\$74.00 Non-OLLI Member

## FROM THE GROUND UP: A TOUR OF APPLE SEEDS

**DESCRIPTION:** This class focuses on Apple Seeds, a nonprofit organization in Fayetteville that inspires healthy living options in youth in K-7th grade through garden-based education. The class will be held at Apple Seeds on Old Wire Rd. Come and listen to what OLLI members can learn about health as well as healthy habits.

**INSTRUCTOR:** Jordan Lanning

**DAY/DATE:** Wednesday, 3/8/23 (1)

**TIME:** 4:00 PM - 5:00 PM

**FORMAT:** In Person

**LOCATION:** ASTF

**COST:** FREE OLLI Member  
\$15.00 Non-OLLI Member

## FOOD INSECURITY

**DESCRIPTION:** Food insecurity is more of a problem in Northwest Arkansas than most people know. Join a panel of local professionals who will discuss the issues and explore how the community can get more involved. Learn how you can be part of the solution.

**INSTRUCTOR:** Kent Eikenberry

**DAY/DATE:** Friday, 3/10/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** PC

**COST:** FREE OLLI Member  
\$15.00 Non-OLLI Member

**OLLI offices are moving!**  
*See page 35 for details.*

## MY FUNERAL

**DESCRIPTION:** We cannot predict the date, but we can be prepared. With so many questions that face us, it is hard to know which direction and what to tackle first when it comes to planning. From the type of services to green burials; cemeteries to property burials; religious aspects to obituaries. With all of this it is important to plan ahead.

Kye Stokenbury, a licensed funeral director, will delve into the questions that surround preplanning for your funeral, discussing what options are available for every question you may have.

**INSTRUCTOR:** Kye Stokenbury

**DAY/DATE:** Tuesdays, 3/14/23 - 3/21/23 (2)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** FREE OLLI Member  
\$15.00 Non-OLLI Member



## THE HEALING POWER OF NATURE

**DESCRIPTION:** Discover how you can easily connect with the healing power of nature to reduce stress and anxiety in your life and improve your physical, mental, and spiritual health, and wellbeing. This class will explore simple strategies to engage with nature and the natural world to activate your body's innate healing systems. Participants will learn about measurable health benefits found in nature, review research which supports the benefits of nature, and discuss active and passive interventions which can be implemented to tap into the energy and power of nature.

Join Registered Nurse and Certified Forest Therapy Guide, Emmie Brenzel, in this lecture, discussion, and experiential class which will help you identify how lifestyle choices, daily activities, and inexpensive home modifications, can enable you to experience the healing power that nature has to offer.

**INSTRUCTOR:** Emmie Brenzel  
**DAY/DATE:** Tuesday, 3/14/23 (1)  
**TIME:** 1:00 PM - 3:00 PM  
**FORMAT:** In Person  
**LOCATION:** MTSQ  
**COST:** \$29.00 OLLI Member  
\$44.00 Non-OLLI Member

## FOOD - ORDINARY, SURPRISING, AMAZING!

**DESCRIPTION:** We need to eat to survive and to get nourishment for our activities, growth and health. But we also eat to enjoy our food. This course will take you through a look at what makes our various foods ordinary, or surprising, or amazing—or even something we don't like at all.

You'll get a view of the importance of food in all its colors, and how digestion gets the most out of what we eat. We'll discuss how and why we flavor foods (think garlic, onion, spices, sauces, gravies), how seasonal and out-of-season foods might vary in their quality and safety. Why do we stock up on "staples" such as rice, beans, pasta, and basic ingredients for carbohydrate-rich foods?

Dr. Stephenie Slahor will share tips on how to keep foods fresh and nutritious even when stored, what foods are good as survival foods for long-term storage for emergencies, food safety, and even how to handle something distasteful if you happen to be dining with royalty. Because this is a Zoom course and your pet may be under your desk while you're participating, discover what to feed or not feed your pet!

**INSTRUCTOR:** Dr. Stephenie Slahor

**DAY/DATE:** Tuesdays, 3/14/23 - 3/28/23 (3)  
**TIME:** 1:00 PM - 2:30 PM  
**FORMAT:** Virtual  
**LOCATION:** Zoom  
**COST:** \$39.00 OLLI Member  
\$54.00 Non-OLLI Member

## CHILDREN'S ADVOCACY CENTERS OF ARKANSAS

**DESCRIPTION:** Our very own former First Lady, Susan Hutchinson, will be sharing with us one of her greatest initiatives, the Children's Advocacy Centers. She will be speaking about the history and variety of ways the centers serve abused children. The non-profit centers offer a safe environment to avoid re-traumatizing children. She hopes to see the establishment of more centers throughout the State of Arkansas so that every child victim has access to the comprehensive services of a CAC.

**INSTRUCTOR:** Susan Hutchinson  
**DAY/DATE:** Wednesday, 3/15/23 (1)  
**TIME:** 1:00 PM - 3:00 PM  
**FORMAT:** In Person  
**LOCATION:** PC  
**COST:** FREE OLLI Member  
\$15.00 Non-OLLI Member

## GET HOOKED ON BEADING

**DESCRIPTION:** If you have always loved jewelry, this is your chance to learn the basic techniques of creating a necklace, bracelet, and earrings in styles and colors to compliment your favorite clothes.

Suzie Jenkins, a beaded jewelry creator and instructor, will share her expertise with our OLLI participants. Included in the class will be all the material needed to create your own pieces.

This class is 5 hours and a box lunch will be included.

**INSTRUCTOR:** Suzie Jenkins  
**DAY/DATE:** Friday, 3/17/23 (1)  
**TIME:** 9:30 AM - 2:30 PM  
**FORMAT:** In Person  
**LOCATION:** Drake  
**COST:** \$59.00 OLLI Member  
\$74.00 Non-OLLI Member

## NOT JUST HISTORY, BUT HER STORY

**DESCRIPTION:** Who are some Fayetteville women who have made history? In this class, you will learn about women like Diane Kincaid Blair, Dr. Ruth Lesh, and Marion Orton and their efforts to make Fayetteville the place it is today. Native to Fayetteville and former mayor,

Marilyn Heifner, will lead the class in diving into why these women have had such an impact on the city of Fayetteville.

**INSTRUCTOR:** Marilyn Heifner  
**DAY/DATE:** Thursday, 3/23/23 (1)  
**TIME:** 1:00 PM - 2:00 PM  
**FORMAT:** In Person  
**LOCATION:** PC  
**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## THE PRYOR CENTER'S STORY VAULT

**DESCRIPTION:** The David and Barbara Pryor Center for Arkansas Oral and Visual History is known for its work in documenting and preserving stories told by individuals who have experienced Arkansas history and culture. The Pryor Center staff will talk about the Arkansas Story Vault project in detail. This project is aimed at student participation, and in the last two years, the Pryor Center has collaborated with students from the Honor's College.

Staff and students will look back at the oral histories of Opera in the Ozarks, Pho Minh Temple in Fort Smith, SoNA, and this year's project with TheatreSquared. They will outline the process and the work behind the scenes, including the difficulties of interviewing during a pandemic. Students will share their experiences and provide firsthand points of view about what they have learned and how they now look ahead to future ventures. Class participants will learn the importance of preserving the histories of these important communities and organizations.

**INSTRUCTOR:** Alessandro Salemmme  
**DAY/DATE:** Monday, 3/27/23 (1)  
**TIME:** 1:30 PM - 3:30 PM  
**FORMAT:** In Person  
**LOCATION:** PC  
**COST:** \$15.00 OLLI Member  
\$30.00 Non-OLLI Member

## REVIVING THE ART OF LETTER WRITING

**DESCRIPTION:** Patricia Kirby, retired educator and facilitator of the NWA Letter Writing Society, still writes real letters. You'll get a brief history of letter writing through the ages as well as the importance of the postal service. The Society promotes letter writing with friends and family. Discover ways to make letters interesting with mail art and ephemera. Class will discuss epistolary novels and their importance to this art. Participants will leave with self-created envelopes and stationery.

**INSTRUCTOR:** Patricia Kirby

**DAY/DATE:** Tuesday, 3/28/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## HOW TO ORGANIZE YOUR LIFE INTO ONE NOTEBOOK

**DESCRIPTION:** Go from scattered to successful with a single notebook! Join us online when Jamie Novak, organizer and author of *Keep This, Toss That*, shows you how to organize your life with a single notebook! You'll be able to keep track of everything you need to get done, and more. Remember things, get organized, prioritize tasks, and stop misplacing important information.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Jamie Novak

**DAY/DATE:** Thursday, 3/30/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## THE CITY OF FAYETTEVILLE BUDGET

**DESCRIPTION:** Mike Wiederkehr, Ward 2 City Council member, will take the class through an overview and analysis of the 2023 city budget coupled with a brief summary of the several ongoing large federal, state, and local construction projects.

The analysis includes a review of the revenue streams the city depends on for funding operations coupled with where the money goes. He will also offer his personal opinion on what the city should focus on for the next several years. It is safe to say that issues facing this city and the region are exciting and also very challenging.

**INSTRUCTOR:** Mike Wiederkehr

**DAY/DATE:** Thursday, 3/30/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$15.00 OLLI Member  
\$30.00 Non-OLLI Member

## PHILANTHROPY IN ACTION

**DESCRIPTION:** The Walton Family Foundation envisions Northwest Arkansas as one of the most vibrant and inclusive communities in the nation. Home Region Program Deputy Direc-

tor, Jeremy Pate, offers perspective on the work of the Walton Family Foundation in Northwest Arkansas. Advancing economic and cultural vibrancy, fostering inclusive growth and a sense of belonging, and supporting community leadership and capacity-building, this session is designed to reveal the various streams of work that the foundation focuses its efforts on to strengthen community in the region.

**INSTRUCTOR:** Jeremy Pate

**DAY/DATE:** Friday, 3/31/23 (1)

**TIME:** 10:00 AM - 11:00 AM

**FORMAT:** In Person

**LOCATION:** PC

**COST:** FREE OLLI Member  
\$15.00 Non-OLLI Member

## TAI CHI & QIGONG

**DESCRIPTION:** Tai Chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.

Paul Davis, a Tai Chi instructor, will guide participants through these graceful movements that will aid in keeping you healthy - body and mind. Please check with your doctor before beginning an exercise regimen.

**INSTRUCTOR:** Paul Davis

**DAY/DATE:** Saturday, 4/1/23 - 5/20/23 (8)

**TIME:** 9:00 AM - 10:00 AM

**FORMAT:** In Person

**LOCATION:** GV

**COST:** \$45.00 OLLI Member  
\$60.00 Non-OLLI Member

## FROM THE TRAIL OF TEARS TO THE 1921 TULSA RACE MASSACRE

**DESCRIPTION:** Why do we have to keep talking about bad parts of our history? Because the past causes the present and affects the future. In this course, Michelle Place, from the Tulsa Historical Society, will explore the difficult history of the Five Civilized Tribes who were force marched from their Southeastern

United States homelands to what becomes the state of Oklahoma.

The passage of the 1830 Indian Removal Act sets the scene for the development of Greenwood, America's most prosperous African American community in the 1920s. Greenwood became known as, "Black Wall Street," and is the site of one of the most violent and devastating ethnic cleansing sprees in our country. Will prosperity ever be restored to Greenwood?

**INSTRUCTOR:** Michelle Place

**DAY/DATE:** Monday & Tuesday, 4/3/23 - 4/4/23 (2)

**TIME:** 10:00 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## DRINKING IN THE OZARKS: TALL PINES DISTILLERY (MOONSHINE)

**DESCRIPTION:** Join Chef Erin Rowe, in visiting Tall Pines Distillery, a grain to glass distillery in southern Missouri. Using real ingredients, natural flavors and traditional recipes, Tall Pines creates a moonshine that you will not find anywhere else. Learn about the distilling process, sample flavors and legally purchase your own hand crafted moonshine.

\*Food is not available, be sure to eat in advance.

**INSTRUCTOR:** Erin Rowe

**DAY/DATE:** Monday, 4/3/23 (1)

**TIME:** 1:30 PM - 3:30 PM

**FORMAT:** In Person

**LOCATION:** TPD

**COST:** \$35.00 OLLI Member  
\$50.00 Non-OLLI Member

## YOUR BRAIN ON KNITTING

**DESCRIPTION:** Popular literature tells us that learning new things keeps our brains vital and that building on an already acquired knowledge can do the same thing. So, for example, if you have played the piano your whole life, learning a new, complicated piece of music is strengthening your brain. Can the same be true of knitting? You bet it can!

This class is for knitters, those of us who have been knitting for a short time, or a lifetime. Those who knit because it fills our time and the lives of others with fabulous hand knit gifts. Those who have yarn stashes we need to use before the moths eat them up.

Grab your favorite needles and three balls of worsted weight yarn from your yarn stash



and join us for a fun two-hour journey during which we will learn and perfect three new stitches. We will knit these stitches into squares that can then be used to make all kinds of things - blankets, pillow covers, stuffed animals, or fingerless gloves. The choice is yours. All you need to know is how to knit and purl. The rest we will do together.

**INSTRUCTOR:** Judith Tavano  
**DAY/DATE:** Tuesday, 4/4/23 (1)  
**TIME:** 2:00 PM - 4:00 PM  
**FORMAT:** In Person  
**LOCATION:** OLLI  
**COST:** \$19.00 OLLI Member  
 \$34.00 Non-OLLI Member

## CREATING DYNAMIC LANDSCAPE PHOTOGRAPHY

**DESCRIPTION:** In this two session class, led by photographer and author, Eli Vega, participants will learn about composition, exposure, lenses, depth-of-field, lighting, timing, HDR, photo editing, photographing different seasons, dealing with flare, shooting in snow, and much more. The second session will provide students feedback on their photos.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Eli Vega  
**DAY/DATE:** Wednesdays, 4/5/23 - 4/12/23 (2)  
**TIME:** 1:00 PM - 3:00 PM  
**FORMAT:** Virtual  
**LOCATION:** Zoom  
**COST:** \$39.00 OLLI Member  
 \$54.00 Non-OLLI Member

## VISIT THE TITANIC!

**DESCRIPTION:** Experience a life-size recreation of the front half of the Titanic, filled with interactive exhibits that encourage you to explore cabins, artifacts left behind by passengers, and so much more! Facilitating this once-in-a-lifetime trip is OLLI's very own curriculum committee member, Doug Talbott. Doug is a retired University of Arkansas instructor and academic advisor. He is an avid photographer, scuba diver, and adventurer who has traveled to many amazing places, including Africa and Antarctica. Join Doug for Visit the Titanic in Branson, Missouri to uncover the mysteries of the "Unsinkable Ship". Cost of admission to the Titanic is included in the class fee. **Activity Level: 2**

Participants are encouraged to meet at the OLLI office, located at 211 E. Dickson Street, Fayetteville, to carvan together to the destination. Directions to the Titanic will be sent to registered participants in their reminder.

**INSTRUCTOR:** Doug Talbott  
**DAY/DATE:** Thursday, 4/6/23 (1)  
**TIME:** 9:00 AM - 5:00 PM  
**FORMAT:** In Person  
**LOCATION:** TM  
**COST:** \$49.00 OLLI Member  
 \$64.00 Non-OLLI Member

## SONGS IN OUR HEARTS

**DESCRIPTION:** Songs are part of our tradition and DNA. We have grown up hearing songs our whole lives. Where do ideas for songs come from? How does the songwriter fit words to melodies? Local singer/songwriter, Walter Schmidt, will perform his own songs and those of others as examples. He will discuss how songs are structured, melodies developed, and how lyrics are created and polished. Participants will look at some of the techniques songwriters use to spur their own creativity.

**INSTRUCTOR:** Walter Schmidt  
**DAY/DATE:** Friday, 4/7/23 (1)  
**TIME:** 10:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** Drake  
**COST:** \$29.00 OLLI Member  
 \$44.00 Non-OLLI Member

## ROCK VAN WINKLE: BLACK BUILDER OF NORTHWEST ARKANSAS

**DESCRIPTION:** Professors of History and Sociology, Chris Huggard and Jerry Moore, will examine the biography of Aaron Anderson Van Winkle, former slave and freedman, who became one of the key figures in building NWA in the 1850s -1880s period. They will provide the historical context for his life within the history of slavery, the period of freedom, and the impact in the region.

**INSTRUCTOR:** Chris Huggard & Jerry Moore  
**DAY/DATE:** Friday, 4/7/23 (1)  
**TIME:** 1:00 PM - 2:30 PM  
**FORMAT:** In Person  
**LOCATION:** Drake  
**COST:** \$19.00 OLLI Member  
 \$34.00 Non-OLLI Member

## HOW TO (FINALLY) WRITE YOUR BOOK

**DESCRIPTION:** Join 5-time bestselling author Jamie Novak for this virtual program. Her latest best seller is *Keep This, Toss That*. She'll share how to find time to write proposals, answer your questions and give information about traditional and self-publishing. Log on with your book idea, a complete or partially completed book in any genre.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Jamie Novak  
**DAY/DATE:** Friday, 4/7/23 (1)  
**TIME:** 3:00 PM - 5:00 PM  
**FORMAT:** Virtual  
**LOCATION:** Zoom  
**COST:** \$25.00 OLLI Member  
 \$40.00 Non-OLLI Member

## COMMUNITY COLLEGES: UNIQUELY AMERICAN

**DESCRIPTION:** Community Colleges are uniquely American and are the most democratic, non-elitist form of higher education in the U.S. and the world. Though over 100 years old, and highly supported by the Truman Commission in the mid-1900's, community colleges are often misunderstood. They are often portrayed as "university wanna-bes" or simply purveyors of vocational education and lacking sufficient rigor.

Spend time and dialogue with Evelyn Jorgenson, a community college graduate who has a Ph.D. and 25 years' experience as a community college president at two different institutions in different states. Learn about how this uniquely American form of higher education serves the communities they serve.

**INSTRUCTOR:** Evelyn Jorgenson  
**DAY/DATE:** Monday, 4/10/23 (1)  
**TIME:** 10:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** OLLI  
**COST:** \$19.00 OLLI Member  
 \$34.00 Non-OLLI Member

## DRINKING IN THE OZARKS: SOCIAL PROJECT BREWING

**DESCRIPTION:** Founded on a passion for craft beer and community, Social Project Brewing in Bentonville, AR, is one of the newest local breweries to the region. Join chef, author, and business owner, Erin Rowe, at the brewery's taproom, located in Springdale, to learn about and taste some of their locally crafted beers.

The brewery does not serve food so be sure to snack before or plan to eat after. Cost of beverages is not included in the price.

**INSTRUCTOR:** Erin Rowe  
**DAY/DATE:** Monday, 4/10/23 (1)  
**TIME:** 4:30 PM - 6:30 PM  
**FORMAT:** In Person  
**LOCATION:** SPB  
**COST:** \$39.00 OLLI Member  
 \$54.00 Non-OLLI Member

## CHASING WATERFALLS OF ARKANSAS

**DESCRIPTION:** Grab your hiking boots and join the chase to see some of the state's amazing natural flowing waterfalls. Arkansas is home to 200+ waterfalls that come to life in the spring season. On this day excursion, hikers will explore the Ozark/St. Francis National Forest near the Mulberry River, to get a glimpse of these beautiful natural features while they are awakened during the wet season. Specific trails and waterfalls will be selected closer to time and based on current conditions.

All trails will be two miles or less with a total mileage hiked for the day not to exceed 6 miles. Hiking surfaces will be rocky, uneven and likely damp, therefore hiking experience is preferred. This is a leisure hike with an activity level.

**Activity Level will be between 4 - 5.** Transportation and/or meeting location will be sent to participants in their class reminder. In the event of inclement weather, class will meet on 4/13/2023.

**INSTRUCTOR:** Josh Raney

**DAY/DATE:** Tuesday, 4/11/23 (1)

**TIME:** 9:00 AM - 4:30 PM

**FORMAT:** In Person

**LOCATION:** OSNF

**COST:** \$25 (CR) \$40 (TR) OLLI Member  
\$40 (CR) \$55 (TR) Non-  
OLLI Member

## THE GIFT OF SAFE, TASTY DRINKING WATER

**DESCRIPTION:** Because of severe drought in western states, we hear about the rationing of water to homes as well as the water for the thousands of acres of fruits & vegetables that feed our entire nation. Water is also restricted in some areas because it's not safe to drink. We're fortunate to have the Beaver Water District to provide us with clean, safe, and adequate water for humans, lawns, gardens & area industries.

This class is your chance to learn about the history of Beaver Lake, the streams & rivers that feed into the lake, & the Watershed partners: The Beaver Watershed Alliance, H2O Ozarks, & the NW Arkansas Land Trust. We'll be in the classroom for the basics, then off to the Water Treatment Center to learn more from our water chemists & we'll eat lunch with our gracious hosts.

**Activity Level:** 2. Rain date: Thursday, 4/13/2023.

**INSTRUCTOR:** Lane Crider & Trish Ouei

**DAY/DATE:** Tuesday - 4/11/23 (1)

**TIME:** 9:30 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** BWF

**COST:** \$19 OLLI Member  
\$34 Non-OLLI Member

## CUT THE CORD: STREAMING TV, MOVIES, & INTERNET

**DESCRIPTION:** Stop paying too much for TV and movies and cut the cord already! In this program, Alishia Ferguson will cover the basics of digital antennas, internet ready televisions, and streaming devices so you'll know what you need and how it can save you money!

Netflix, Hulu, and Amazon Prime will be some of the platforms demonstrated and UA student(s) will be on hand to help you explore options and even sign up if you are ready, so bring your device with you.

**INSTRUCTOR:** Alishia Ferguson

**DAY/DATE:** Wednesday, 4/12/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## HISTORIC FAYETTEVILLE: SHARING STORIES OF THE HEADQUARTERS HOUSE

**DESCRIPTION:** Come visit the historic Headquarters House Museum! The House was built in 1853 as the home for Judge Jonas Tebbetts and his wife Matilda, on a 4 acre plot on the northeast corner of town. During your visit, you will tour the house with docents in period dress, who will entertain you with stories of life in the Tebbetts home before the Civil War.

Outside you will walk inside the original law office of Governor Archibald Yell. A tour of the the gardens, based on the 19th century Tebbetts gardens, and maintained today by the Washington County Master Gardeners, will be a delight to experience in the spring. As you walk this extraordinary property, imagine the fighting that took place 160 years ago on this very land during the Battle of Fayetteville.

**INSTRUCTOR:** Regina Sherwood

**DAY/DATE:** Thursday, 4/13/23 (1)

**TIME:** 10:00 AM - 11:30 AM

**FORMAT:** InPerson

**LOCATION:** HHM

**COST:** \$29 OLLI Member  
\$44 Non-OLLI Member

## COPS, ROBBERS & CRIMINAL LAW

**DESCRIPTION:** Join Circuit Judge John Threet as he discusses cases over which he has presided, complete with slides and gory details.

Shudder at happenings in your own back yard of Washington County and the surrounding areas, as local crime is unfolded. Pictures and bloody details are not for the faint of heart, but head turning is permissible.

The class venue will allow for a view of the trial chambers of the Washington County Court House. For those who have not previously had this opportunity, Perry Mason will come alive.

**INSTRUCTOR:** Hon. John Threet

**DAY/DATE:** Thursday, 4/13/23 (1)

**TIME:** 2:00 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** WCH

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## BALANCE AND AGING

**DESCRIPTION:** Learn how and why the aging process contributes to balance and coordination changes over time. This course will discuss the various aging mechanisms that contribute to a decline in balance and stability as well as strategies to mitigate or improve those changes. Workshop participants, led by Isaac Cook, Fitness Specialist, will also be able to practice actual balance and stability exercises that will be designed to improve overall balance and coordination.

**INSTRUCTOR:** Isaac Cook

**DAY/DATE:** Thursday, 4/13/23 (1)

**TIME:** 3:00 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** WRCE

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## 4 KEYS TO HEALTHGEVITY (TM): LIVING HEALTHIER LONGER

**DESCRIPTION:** Dr. Orie Quinn, a Doctor in Chiropractic, is currently working on a book about his theory of Healthgevity™. As we know, maturing adults are most interested in good health as they age--not simply in longevity. Dr. Quinn will present the four pillars of Healthgevity™ and motivate participants to take part. The principles are not new, but we will learn how to implement each one: gratitude, breathing, movement, and heart-healthy nutrition. By understanding the benefits of adopting a healthier lifestyle, we can improve and rejuvenate our lives.

**INSTRUCTOR:** Dr. Orie Quinn

**DAY/DATE:** Friday, 4/14/23 - 4/21/23 (2)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** BTV

**COST:** \$29.00 OLLI Member  
\$44.00 Non-OLLI Member



## EARLY HOLLYWOOD - PART ONE

**DESCRIPTION:** While some of us think of the 1930s and 1940s as Hollywood's "golden years," its beginnings in the Teens and Twenties established everything that it was to become in later decades. John Powers, a director of narratives and documentary films, leads the participants in this exploration of D.W. Griffith, Charlie Chaplin, Mabel Normand, and Mack Sennett. From triumphs and tech innovation to bankruptcies and scandals, early Hollywood paved the way for what was to come and what is still with us.

The course will include lectures, discussion, and videos of documentaries and movie clips. A follow-up to this course (Early Hollywood, Part Two) will include other legends from this fervent era.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** John Powers

**DAY/DATE:** Fridays, 4/14/23 - 4/28/23 (3)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$39.00 OLLI Member  
\$54.00 Non-OLLI Member

## BELIEVING IN BOOKS & TRUSTING YOUR GUT

**DESCRIPTION:** Once upon a time, a couple in their early 30s quit their jobs and followed their dream. Daniel and Leah Jordan, the owners of Pearl's Books in downtown Fayetteville, will discuss with the group how their dream became a reality. "We thought we'd maybe open a bookstore 'someday,' but we realized there is no time like the present. The pandemic shifted our outlook on our careers, and we knew that Fayetteville needed an independent bookstore, so the time was right for us."

The couple will discuss their expectations prior to opening, and how those expectations shifted. They will also shed light on how they were able to (with the help of many people) go from idea to reality. And of course, they will answer the all important question: Was it worth it?

\*Optional purchase: *How to Resist Amazon & Why*, Danny Caine, \$14.95. Participants are asked to watch the video on challenges & joys of owning a bookstore: <https://www.youtube.com/watch?v=hCGuWCEXVqM>

**INSTRUCTOR:** Daniel Jordan & Leah Jordan

**DAY/DATE:** Monday, 4/17/23 (1)

**TIME:** 9:30 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** PEARL

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## DRINKING IN THE OZARKS: ODD SOUL PUB

**DESCRIPTION:** Join chef, author and founder of Ozark Culinary Tours, Erin Rowe, for a unique sampling and discussion of Scotch Whiskey. Gather at one of NWA's best hangouts, The Odd Soul, in downtown Springdale for this Scotch specific themed experience (no wine or beer available).

The cost of beverages is not included in the class fee.

**INSTRUCTOR:** Erin Rowe

**DAY/DATE:** Monday, 4/17/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** OSP

**COST:** \$35.00 OLLI Member  
\$50.00 Non-OLLI Member

## ASTROBIOLOGY-LIFE IN THE UNIVERSE

**DESCRIPTION:** Astrobiology is the study of life in the universe. Dr. Timothy Kral, a UA professor in the department of Biological Sciences, will attempt to define life, as it is found on Earth, and then define what we should look for on other worlds. Following the first class, Dr. Kral will concentrate on planets and moons in our solar system, more specifically Mars, Venus, Enceladus, Europa, and Titan. He will continue in the third session to focus on the search for intelligent life outside of our solar system. This will include a discussion about intelligent life on Earth, how long it has been around, and how likely we are to discover intelligent life elsewhere.

**INSTRUCTOR:** Dr. Timothy Kral

**DAY/DATE:** Tuesdays, 4/18/23 - 5/2/23 (3)

**TIME:** 9:30 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## CLIMATE CATASTROPHE?

**DESCRIPTION:** Climate-related disasters, heat waves, epic drought, flash flooding, powerful hurricanes, are all increasing. Deaths and destruction impact a population and infrastructure that are unprepared for these effects. Yet the U.S.A., the world's worst per capita polluter of greenhouse gases responsible for these climatic disasters, has done very little to counter the threat. A large proportion of our population even denies that the threat exists!

Dr. Malcolm Cleaveland, Professor Emeritus of

Geosciences, will explore the threat and causes of inaction, including misinformation on social media and political corruption.

**INSTRUCTOR:** Dr. Malcolm Cleaveland

**DAY/DATE:** Tuesdays, 4/18/23 - 5/2/23 (3)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## SONGWRITING WORKSHOP: TECHNIQUES, TIPS, AND TRICKS TO GET YOU STARTED

**DESCRIPTION:** This two-session workshop will pick up where *The Craft of Songwriting* session left off. There will be in-class writing exercises, group breakout sessions, and lots of strategies about ways to get your creative juices flowing. Walter Schmidt will guide participants on creating interesting, well-crafted lyrics and tying them to good melodies. However, it is not necessary to play an instrument or be a singer to participate in the workshop and enjoy songwriting. But if there is a song in your heart, these stimulating and supportive sessions may be just what you need to find a new way to express it.

Participants are asked to bring music paper and an instrument if they have one. Participants must have taken *The Craft of Songwriting* course either this semester, previously, or have some knowledge of how songs are constructed as it is a prerequisite for this workshop.

**INSTRUCTOR:** Walter Schmidt

**DAY/DATE:** Wednesdays, 4/19/23 - 4/26/23 (2)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$45.00 OLLI Member  
\$60.00 Non-OLLI Member

## THE UNIQUENESS OF THE ORTHODOX CHURCH

**DESCRIPTION:** St. Nicholas Orthodox Church in Springdale is part of the ancient worldwide Church that claims to be the oldest Church in Christianity but is largely unknown in NW Arkansas. Join Father Paul Fuller, St. Nicholas' pastor, as he discusses the difference between the Orthodox Church and other churches in the area like Baptist, Methodist and Catholic. This will lead into the discussion of the Church's icons, called iconography, which takes worship to the highest level.

Following class, participants will enjoy an authentic Mediterranean meal prepared by members of the Church.

Location directions will be sent to registered participants in their reminder.

**INSTRUCTOR:** Fr. Paul Fuller  
**DAY/DATE:** Thursday, 4/20/23 (1)  
**TIME:** 10:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** SNOC  
**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## PRACTICAL SPANISH

**DESCRIPTION:** Practical Spanish, a course brought to you by Roberto Maillard, a native Spanish speaker who is familiar with Castilian Spanish, is a class designed for the beginning student with little or no previous experience with Spanish. The main focus of this course will be based on common situations of everyday life to learn the vocabulary. For example: how to introduce yourself; how to order at a restaurant, instruct employees, necessary vocabulary on taxis, airports, hotels, shopping, exchange rates, etc. If you want to be able to converse casually or to be able to understand the basic structure of the Spanish language, this class is for you!

Cost includes the *Lonely Planet Spanish Phrasebook*.

**INSTRUCTOR:** Roberto Maillard  
**DAY/DATE:** Thursdays, 4/20/23 - 6/8/23 (8)  
**TIME:** 1:30 PM - 3:30 PM  
**FORMAT:** In Person  
**LOCATION:** OLLI  
**COST:** \$85.00 OLLI Member  
\$100.00 Non-OLLI Member

## HISTORY AND ARCHITECTURE OF HISTORIC CANE HILL

**DESCRIPTION:** This course, at Cane Hill, AR is taught by David Collins, Historic Cane Hill's Public Programs Manager. He has six years teaching experience in both secondary and post-secondary classrooms, and a Master of Arts in both History and Public History. He has worked as a preservationist for the State of Arkansas and, for the last year, has served at Cane Hill.

There will be a brief presentation/discussion of the important connections in the social history of Cane Hill and surrounding areas, with a tour of significant places associated with the narrative history, including some information about their architecture.

\*Optional purchase: *Images of America: Cane Hill*, Bobby Braley (\$23). A box lunch is included with this tour. **Activity Level: 2**

**INSTRUCTOR:** David Collins  
**DAY/DATE:** Monday, 4/24/23 (1)  
**TIME:** 9:00 AM - 12:00 PM  
**FORMAT:** In Person  
**LOCATION:** HCH  
**COST:** \$35 (CR) \$59 (TR) OLLI Member  
\$50 (CR) \$74 (TR) Non-OLLI Member

## CHASING WATERFALLS - UPPER BUFFALO WILDERNESS

**DESCRIPTION:** Grab your hiking boots and join the chase to see some of the state's amazing natural flowing waterfalls. Arkansas is home to 200+ waterfalls that come to life in the spring season. On this day excursion, hikers will explore the upper wilderness area of the Buffalo National River to get a glimpse of these beautiful natural features while they are awakened during the wet season. Specific trails and waterfalls will be selected closer to time and based on current conditions.

All trails will be two miles or less with a total mileage hiked for the day, not to exceed 6 miles. Hiking surfaces will be rocky, uneven and likely damp, therefore hiking experience is preferred. This is a leisure hike with an activity level.

**Activity Level will range between 3- 5.**

Transportation and/or meeting location will be sent to participants in their class reminder. In the event of inclement weather, class will meet on 4/27/2023.

**INSTRUCTOR:** Josh Raney  
**DAY/DATE:** Tuesday, 4/25/23 (1)  
**TIME:** 9:00 AM - 4:30 PM  
**FORMAT:** In Person  
**LOCATION:** UB  
**COST:** \$25 (CR) \$40 (TR) OLLI Member  
\$40 (CR) \$55 (TR) Non-OLLI Member

## DOG BODY LANGUAGE, BREED PLAY STYLES, AND STRESS SIGNALS

**DESCRIPTION:** A fun and informative presentation about dogs, by Chaddie Platt, Dog Party USA owner/founder. Learn about body language and how breed informs their play-style and temperament. Class information will also include a description of stress and calming signals and how you can help your canine in stressful situations.

**INSTRUCTOR:** Chaddie Platt  
**DAY/DATE:** Wednesday, 4/26/23 (1)  
**TIME:** 2:00 PM - 3:00 PM  
**FORMAT:** In Person  
**LOCATION:** Drake  
**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## STAR OF THE WESTERN FRONTIER

**DESCRIPTION:** During a tour of Fort Smith, participants will relive a history that inspired *True Grit*, *Lonesome Dove* and other stories of the West. The group will visit Miss Laura's (the only bordello on the National Historic Registry), the Fort Smith Historic Site (Judge Parker's court, first fort, and Five Civilized Tribes), Elvis' Barbershop Museum, and the U.S. Marshall's Museum. Lunch will be at Jerry Neel's BBQ (family owned restaurant) and is on your own.

Participants will travel together and will be sent transportation information in advance. Cost of admission is included in your class fee. **Activity Level: 3**

**INSTRUCTOR:** Diane Standefer  
**DAY/DATE:** Thursday, 4/27/23 (1)  
**TIME:** 8:00 AM - 5:00 PM  
**FORMAT:** In Person  
**LOCATION:** Fort Smith  
**COST:** \$25 (CR) \$45 (TR) OLLI Member  
\$40 (CR) \$60 (TR) Non-OLLI Member

## INSIDE THE MUSIC: PRODUCING AN ORCHESTRAL CONCERT

**DESCRIPTION:** The Symphony of Northwest Arkansas (SoNA) invites you to go "Inside the Music" with us to get a behind the scenes look into what it takes to put on a performance, starting with the idea and eventually bringing that idea to the main stage. What audiences see at the concert is only the tip of the iceberg in terms of all the endeavors SoNA staff and artists undertake to bring great music to life.

Hear Maestro Paul Haas in a special lecture as he explains the process of music selection, how to organize concerts into meaningful themes and communicate that with the community; how to select musicians and guest artists, the rehearsal process, and ultimately what a show day looks like!

This will be a one hour lecture with guest artists/staff speaking alongside Paul Haas. Then the course will culminate in an invitation to attend a SoNA Dress Rehearsal with a post-rehearsal Q&A on Saturday, 4/29 beginning at 10:00 at the Walton Arts Center (WAC.) Group discount tickets (purchased on your own) will also be available for the public performance.

**INSTRUCTOR:** D. Riley Nicholson  
**DAY/DATE:** Friday & Saturday, 4/28/23 - 4/29/23 (2)  
**TIME:** 10:00 AM - 11:30 AM  
**FORMAT:** In Person  
**LOCATION:** Drake & WAC  
**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member



## OPTIMIZING BRAIN HEALTH ONE SMALL STEP AT A TIME

**DESCRIPTION:** The Alzheimer's Association estimates that approximately 6.2 million Americans are living with Alzheimer's disease, the most common form of dementia. This includes roughly 60,000 Arkansans. Almost two-thirds of those living with Alzheimer's are women. At this point in time, it is not clear whether Alzheimer's can be prevented. However, research indicates that there are lifestyle practices we can all adopt to help reduce our risk, optimize our overall brain health, and increase our resilience.

In this course, Kate Kowalski, MSSW, who worked in the fields of clinical social work and geriatrics /dementia education, will review some of the latest research related to lifestyle practices and brain health and explore adaptations people can make to optimize cognitive function. Participants will also learn tips and strategies for putting these changes into practice in our day-to-day lives, one small step at a time.

**INSTRUCTOR:** Kate Kowalski

**DAY/DATE:** Fridays, 4/28/23 - 5/12/23 (3)

**TIME:** 10:00 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** GV

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## MOMENTS IN LIFE: INSIGHTS FROM SHAKESPEARE

**DESCRIPTION:** Whatever Shakespeare saw, he saw deeply. He never fought in a battle, but he understood war. He was never a king, but he understood the burden of power and the chances it provides for corruption. Shakespeare was a great psychologist and there is much to learn from the characters in his plays. Preston Jones, a JBU professor and the lead researcher and writer for the Simmons History Project, will present to participants short scenes from Shakespeare's "King Lear," "Richard II" and "Julius Caesar" (and perhaps one or two others) to help us think about key life themes.

**INSTRUCTOR:** Preston Jones

**DAY/DATE:** Monday, 5/1/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** BTV

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## SPRING WATERCOLOR - TULIPS

**DESCRIPTION:** Beth Woessner, teaching artist, is delighted to bring you this workshop where the subject of spring tulips is used to introduce or build on the wonderful medium of watercolors.

In these 3 hours, Beth will teach participants washes and techniques to interpret this garden delight. Beth will guide participants through the process with demos and then assist everyone as they create their own 3 notecards.

No experience is needed! This workshop is for beginner and intermediate watercolorists. Come as you are with curiosity and a desire to learn more about the wonderful medium of watercolor. Cost of material included in class fee.

**INSTRUCTOR:** Beth Woessner

**DAY/DATE:** Wednesday, 5/3/23 (1)

**TIME:** 9:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** BWA

**COST:** \$59.00 OLLI Member  
\$74.00 Non-OLLI Member

## TYSON ART TOUR

**DESCRIPTION:** A rare private art tour awaits participants at Tyson Foods, Inc. Headquarters in Springdale. Tyson's eclectic collection covers a range from Western art and Arkansas artists to 20th century "Pop" and includes works by Ansel Adams, Andy Warhol, Thomas Hart Benton, Donald Harington, George Dombek, Roy Lichtenstein, Wayne Theibaud, and many others. Taking us back to the beginnings of Tyson's corporate history, our visit will include a tour of the Founder's Room. The Tyson art collection is not open for public viewing, which makes this class offering a special treat.

(Tour will be app 1.5 hours / travel time included in program time.) Choose either May 4th OR May 18th.

Participants who register for this tour must meet at the OLLI office and ride the van to the location. **NO** commuter option will be accepted.

**INSTRUCTOR:** Archie Shaffer & Heather Chilson

**DAY/DATE:** Thursday, 5/4/2023 or 5/18/23 (1)

**TIME:** 9:30 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** TYS

**COST:** \$45.00 OLLI Member  
\$60.00 Non-OLLI Member

## VITAMINS: THE FOUNDATION OF BETTER NUTRITION

**DESCRIPTION:** Join a tour of Bio-Tech Pharmacal, Inc. for an upfront introduction to all-natural, high-quality vitamin manufacturing. Learn the science behind these products, the research and development that goes into their formulation, and how they support a variety of energy and cellular needs. Take a journey through each

step of production and learn how modern analytical technologies are utilized in testing ingredients to ensure purity and potency in each product.

Visit Dale and his daughter, Hope, as they explain their mission to improve lives by producing additive-free, all natural vitamins. Enjoy the inspirational story of a family-owned business launched by the Benedicts in 1984. A mission that started as a commitment to Dale's wife, and company co-founder, Marti Benedict, who suffered from high sensitivity to many allergens. Learn the cGMP (current Good Manufacturing Practices) and NSF requirements and how those procedures impact each role in the company.

Location directions will be sent to registered participants in their reminder.

**Activity Level:** 2

**INSTRUCTOR:** Keith Helm

**DAY/DATE:** Friday, 5/5/23 (1)

**TIME:** 1:30 PM - 3:30 PM

**FORMAT:** In Person

**LOCATION:** BTM

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## REFUSE TO BE A VICTIM

**DESCRIPTION:** Former U.S. Military survival instructor, Tamie Gregg, instructs participants on how to be more vigilant about their surroundings. She provides tips about personal safety at home and at work. Levels of self-awareness are reviewed in practical scenarios while walking, biking, driving, or traveling. Understanding the psychology of the criminal mind will be discussed. Even though this is not a self-defense course, Ms. Gregg will give more information about training options you can pursue; and she will talk about the pros and cons on self-defense devices.

**INSTRUCTOR:** Tamie Gregg

**DAY/DATE:** Mondays, 5/8/23 - 5/22/23 (3)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$65.00 OLLI Member  
\$80.00 Non-OLLI Member

## EARLY HOLLYWOOD - PART TWO

**DESCRIPTION:** While some of us think of the 1930s and 1940s as Hollywood's "golden years," its beginnings in the Teens and Twenties established everything that it was to become in later decades. Join John Powers, a director of narrative and documentary films, in this exploration of Thomas Ince, Buster Keaton, Mary Pickford, and Douglas Fairbanks. From triumphs and tech

innovation to bankruptcies and scandals, early Hollywood paved the way for what was to come and what is still with us.

The course will include lectures, discussion, and videos of documentaries and movie clips. This is a follow-up course to Early Hollywood, Part One of legends from this fervent era.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** John Powers

**DAY/DATE:** Mondays, 5/8/23 - 5/22/23 (3)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$39.00 OLLI Member

\$54.00 Non-OLLI Member

## WRITING A "LEGACY LETTER"

**DESCRIPTION:** This online workshop is designed to introduce the concept of "legacy letters" and to encourage participants to craft their own legacy document. A legacy letter (also called an "ethical will") is a written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren, and other loved ones. Jay Sherwin, creator of Life Reflections Project, will discuss and offer brief writing exercises to help participants examine their life histories, explore their values, and capture important insights. He offers advice, encouragement, and a model structure to help participants draft and complete their own legacy letter.

The link to the zoom session will be sent to registered participants in their class reminder prior to the start of the class.

**INSTRUCTOR:** Jay Sherwin

**DAY/DATE:** Tuesday, 5/9/23 (1)

**TIME:** 9:00 AM - 11:00 AM

**FORMAT:** Virtual

**LOCATION:** Zoom

**COST:** \$25.00 OLLI Member

\$40.00 Non-OLLI Member

## ARE OUR CANS, BOTTLES, & PAPER REALLY RECYCLED FOR THE GOOD OF ALL?

**DESCRIPTION:** With contradictory news articles and so many sources of information, it's hard to find "Recycling Truth," especially about those ubiquitous plastics in our daily lives. Dan Holtmeyer is a former newspaper journalist and now a master's student at the University of Arkansas who took on the recycling program man-

agement almost two years ago. Through this course he will aim to cut through the noise and share guiding principles of recycling that everyone can adopt.

**INSTRUCTOR:** Dan Holtmeyer

**DAY/DATE:** Tuesday, 5/9/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$19.00 OLLI Member

\$34.00 Non-OLLI Member

## JOY AND CREATIVITY

**DESCRIPTION:** This class will emphasize the need for creativity in each person's life and the joy that adventures into creativity can bring. Whether creativity is demonstrated by quilting, painting, fly-tying, baking, or any number of other creative ventures, the end product is not nearly as important as the creative journey and satisfying the yearning that we all have to create and to make our feelings tangible.

Stephen Covey's, *Live Life in Crescendo*; Sandra Magsumer's *Living Artfully* and Julia Cameron's *Walking in This World* are three books that Evelyn Jorgenson, who has a joyful pursuit of creative living, will reference in the discussions and activities related to creativity and joy.

**INSTRUCTOR:** Evelyn Jorgenson

**DAY/DATE:** Wednesdays, 5/10/23 - 5/17/23 (2)

**TIME:** 9:30 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$29.00 OLLI Member

\$44.00 Non-OLLI Member

## HI HO SILVER: THE WEIRD WESTERN IN LITERATURE & FILM

**DESCRIPTION:** Cowboys, great train robberies, and an old-fashioned stick em up: these are all hallmarks of what Americans have come to know as the Western. But when Western tropes are combined with other genres, like science fiction and the Gothic, things get a little... well, weird. In this class, Ashley Robinson, who holds a Ph.D. in 19th century English Literature, will explore the weird Western through short stories, novels, and film to investigate what happens when we turn a genre on its head, and how that process makes us reinterpret what it means to be American.

Ashley will provide electronic copies of the course material to all participants.

This class is scheduled to meet in person but could switch to Virtual if necessary.

**INSTRUCTOR:** Ashley Robinson

**DAY/DATE:** Wednesdays, 5/10/23 - 5/24/23 (3)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** SHLH

**COST:** \$39.00 OLLI Member

\$54.00 Non-OLLI Member

## SEEING THE UNIVERSE

**DESCRIPTION:** Since our ancestors first looked up, they have wondered about our place in the universe. Dr. Cleaveland, Professor Emeritus of Geosciences, will lead us in investigating our universe, believed to be more than 13 billion years old and contains more than a trillion galaxies.

He will explain how mysteries of the universe are solved by understanding the entire spectrum from X-rays to radio waves and read gravitational waves and the neutrino flux. We will observe infrared images available from NASA's Webb telescope, one of the newest instruments available for exploration of our universe almost back to its origin.

**INSTRUCTOR:** Dr. Malcolm Cleaveland

**DAY/DATE:** Wednesdays, 5/10/23 - 5/24/23 (3)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$29.00 OLLI Member

\$44.00 Non-OLLI Member

## SOLAR POWER FOR FAYETTEVILLE CITY GOVERNMENT

**DESCRIPTION:** In 2018, the City of Fayetteville adopted an Energy Action Plan that laid out goals for the city to become a more energy resilient community. In 2019, the City began construction on large solar power arrays at the city's two wastewater treatment plants. The two plants are the city's largest consumers of electricity making up approximately 67% of electricity consumption. The solar arrays generate approximately 18.3 million kWh/yr of clean electricity saving the City over a half a million dollars last year. Peter Nierengarten, Fayetteville Environmental Director, has been promoting energy efficiency, renewable energy and sustainability since 2012.

**INSTRUCTOR:** Peter Nierengarten

**DAY/DATE:** Thursday, 5/11/23 (1)

**TIME:** 10:00 AM - 11:30 AM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$19.00 OLLI Member

\$34.00 Non-OLLI Member

## CAN ROCKS TALK? FIND OUT AT TALKING ROCKS CAVERN

**DESCRIPTION:** Mysterious beauty. Curious subterranean worlds that exist beneath the



ground. Caves are intriguing and amazing with their natural wonders. Some offer fairytale-like scenery from natural springs, walls that are peppered with inscriptions, and shimmering colored lights. Each cavern offers something unique and special to the area in which it is located, including the ones in our own backyard. Come with us as we travel to Branson West, MO where we will visit the "Talking Rocks Cavern." Here participants will be led, on a guided tour, down solid concrete steps, along a pathway that winds through pristine cave formations. Along the walk, guides will share the history and science of what original explorer, Truman Powell, called a "subterranean fairy land."

Participants will travel together and will be sent transportation information in advance. Cost of admission is included in your class fee. Lunch is on your own. **Activity Level: 3**

**INSTRUCTOR:** Doug Talbott

**DAY/DATE:** Tuesday, 5/16/23 (1)

**TIME:** 8:30 AM - 5:00 PM

**FORMAT:** In Person

**LOCATION:** TRC

**COST:** \$49 (CR) \$79 (TR) OLLI Member  
\$64 (CR) \$94 (TR) Non-  
OLLI Member

## BECOMING AN OPERA BUFF

**DESCRIPTION:** Opera is an art that tells a dramatic story through live music and singing. But what goes into an Opera production? How does an opera company choose what to present and how do they find the people to do it? Find out in this talk with Nancy Preis, General Director of Opera in the Ozarks.

Nancy will also share a bit of history of Opera in the Ozarks (OIO) as well as its plans for the future. Now, after 73 years, OIO is embarking on an ambitious renewal of their campus and broadening their mission to become a regional center for lifelong learning involving music and allied arts. A brief introduction to the 2024 season will be included.

**INSTRUCTOR:** Nancy Preis

**DAY/DATE:** Friday, 5/19/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** BTV

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## TOO LATE TO SHIELD YOUR ESTATE

**DESCRIPTION:** One day everything is going great, then the next you unexpectedly end up in a Nursing Home, facing expenses of hundreds of dollars a day, depleting your savings and mod-

est estate. Plan ahead! Practicing Elder Attorney, Todd Whatley, will answer questions and review the important documents you may need so you can be prepared!

**INSTRUCTOR:** Todd Whatley

**DAY/DATE:** Tuesday, 5/23/23 (1)

**TIME:** 9:30 AM - 12:30 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## CREATE YOUR OWN KNITTING PATTERN

**DESCRIPTION:** Daniel Levitin, author of *Successful Aging*, tells us that as we age we get better at seeing patterns. Let's put that to the test and create our own knitting patterns. How many times, as a knitter, have you looked at a sweater pattern and thought, too hard and rejected it? The solution? Create your own pattern. If you can knit and purl, add, subtract, multiply, divide, and accurately measure, you can create your own sweater pattern. It's that simple.

Join Judith Tavano, scholar, HR specialist, and consummate knitter and she'll prove it to you.

**INSTRUCTOR:** Judith Tavano

**DAY/DATE:** Tuesday, 5/23/23 (1)

**TIME:** 2:00 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** OLLI

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## FOLLOW THE MONEY: FINANCING THE NOVEMBER 2022 CAMPAIGNS

**DESCRIPTION:** Senate and House campaign spending reached new record highs in the 2020 elections. And spending in the 2022 midterms DOUBLED the record levels of 2020! Where did this money come from? And how and where was it spent? Did campaign contributions make a difference in the results?

In this nonpartisan, non-ideological class, Ken Allen, will lead the class in reviewing campaign spending for 2022 midterm elections. Through two, two hour sessions, we will summarize the recent history of campaign finance and then take a deeper dive into the funding of the 2022 midterm elections. We will see how 2022 election spending compared to past campaigns, look at the big donors, capture the important trends in campaign finance, and make time for plenty of class discussion as well.

So bring your detective skills as we work to ferret out the facts of this topical - and expensive - subject!

**INSTRUCTOR:** Ken Allen

**DAY/DATE:** Wednesdays, 5/24/23-5/31/23 (2)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$29.00 OLLI Member  
\$44.00 Non-OLLI Member

## UFO'S TO UAP'S: THE INVESTIGATION OF UNIDENTIFIED AERIAL PHENOMENON

**DESCRIPTION:** Unidentified Aerial Phenomenon or UAP's (commonly termed as UFO's) seem to be all the rage of late, especially with the government releasing files surrounding this topic. Yet, UFO's are still one of the biggest mysteries to date. Learn more about methods investigators use when sightings of UAP's are reported, history behind this phenomenon, and review cases with witnesses and evidence. William L. Brown will use his experience as a Field Investigator and Assistant State Director of Arkansas Mutual UFO Network to expand your knowledge about a growing phenomenon.

**INSTRUCTOR:** William L. Brown

**DAY/DATE:** Thursday, 5/25/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$25.00 OLLI Member  
\$40.00 Non-OLLI Member

## THE EYES HAVE IT

**DESCRIPTION:** Dr. Hickman is a comprehensive optometric physician, and has practiced in Rogers for many years. If you, or someone you know, are struggling with age-related vision concerns, he will be providing a brief overview of the eye and explain things within the eye that change and can affect our ocular health. Participants will be made more aware of the signs and symptoms with particular diseases, and the best way to compensate for them. Preventative maintenance will be emphasized to keep vision at its best.

**INSTRUCTOR:** AJ Hickman, OD

**DAY/DATE:** Wednesday, 5/31/23 (1)

**TIME:** 2:30 PM - 4:00 PM

**FORMAT:** In Person

**LOCATION:** Drake

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member



## Class Details

### RETROSPECTIVE ON LARRY FOLEY'S CAREER AS A DOCUMENTARY FILM MAKER

**DESCRIPTION:** As Chair and Professor at the University of Arkansas School of Journalism and Strategic Media, Larry Foley will talk about his extensive career as a broadcast journalist, documentary film maker, and educator which began with commercial and public television (AETN) where he worked in many different capacities. This was followed by the numerous award-winning documentaries that he wrote, produced, and directed, which were mostly about his home state of Arkansas, and his academic experience teaching others.

Lunch will be from Tula and is included in the class fee.

**INSTRUCTOR:** Larry Foley

**DAY/DATE:** Monday, 6/5/23 (1)

**TIME:** 9:30 AM - 1:30 PM

**FORMAT:** In Person

**LOCATION:** Pryor Center (PC)

**COST:** \$35.00 OLLI Member  
\$50.00 Non-OLLI Member

### SIN CITY IN THE BIBLE BELT

**DESCRIPTION:** Join this class and be introduced to the "Golden Decades" of Hot Springs, Arkansas in the 1930's to 1960's. Learn the riveting revelation of past history and the town's evolution to today's quiet, forgotten capital of vice. Travel with us as we explore the escapades of Al Capone and the country's other most notorious criminals. As we traverse this unforgettable era, one will shudder at the organized crime. Discover the trajectory from a town of illegal casinos, well-known brothels and the lives of these notorious criminals who found hideaways in the small, secluded town of "healing waters". Learn how this sleepy Southern town became home to a veteran's hospital and supported the elevation of Babe Ruth, Bill Clinton, and other notables.

As the by-gone era of vice and corruption is relived, one will commiserate with those who risked their lives and their political careers to restore legality to the behind-the-door activities.

**INSTRUCTOR:** Dr. Clarice Cox

**DAY/DATE:** Tuesday, 6/6/23 (1)

**TIME:** 1:00 PM - 3:00 PM

**FORMAT:** In Person

**LOCATION:** Grand Village (GV)

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

### UNIVERSITY OF ARKANSAS MUSEUM TOUR

**DESCRIPTION:** The University of Arkansas museum traces its beginnings to an early ge-

ology teaching collection in the 1870s. From a modest beginning, the collections have since grown to include millions of objects encapsulating the fields of anthropology, history, geology, and zoology.

Join the Museum's curators on a behind-the-scenes tour of the collections! Whether you are a museum lover in general or like rocks, fossils, animals, or history more specifically, there will be something for everyone to enjoy. In addition to an overview of the museum's holdings, staff will especially focus on a significant collection of archeological ceramics from the region.

Wear comfortable walking shoes and get ready to explore! **Activity Level: 2**

**INSTRUCTOR:** Laurel Lamb

**DAY/DATE:** Wednesday, 6/7/23 (1)

**TIME:** 10:00 AM - 12:00 PM

**FORMAT:** In Person

**LOCATION:** UA Museum

**COST:** \$19.00 OLLI Member  
\$34.00 Non-OLLI Member

## FREE Classes for OLLI Members

A membership benefit.

*Not a member? No problem, see page 6 for details on getting your OLLI membership.*

### Spring 2023 Courses that are FREE to OLLI Members:

**From the Ground Up:**

A Tour of Apple Seeds ..... page 25

Food Insecurity ..... page 25

My Funeral ..... page 25

Children's Advocacy Centers of Arkansas ..... page 26

Philanthropy in Action ..... page 27

## Mark Your Calendars!

# WE'RE MOVING

## Summer 2023!

The OLLI main office and staff will be relocating to a new location at

**418 Shiloh Dr., Fayetteville, AR.**

More information to come throughout the spring, including opportunities to tour the new space!



# OLLI

Stay Curious.



# Make A Difference- Support OLLI

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

STAY  
CURIOUS.

Gifts of time, talent and treasures are deeply valued and ensure that OLLI sustains its ability to create exceptional lifelong learning opportunities, a vibrant and engaged community, and an experience for our members that is the best.

Currently, membership and course registration fees cover approx. 40% of OLLI's annual operating budget. Donations to OLLI - U of A help to fund the program on multiple levels, allowing the organization to embark upon programming initiatives, work to grow the membership base and strive toward financial sustainability. Every gift, no matter the size, is an investment in the institute, strengthening it for the future.

Consider making a tax-deductible contribution to OLLI - U of A in

one of the following ways:

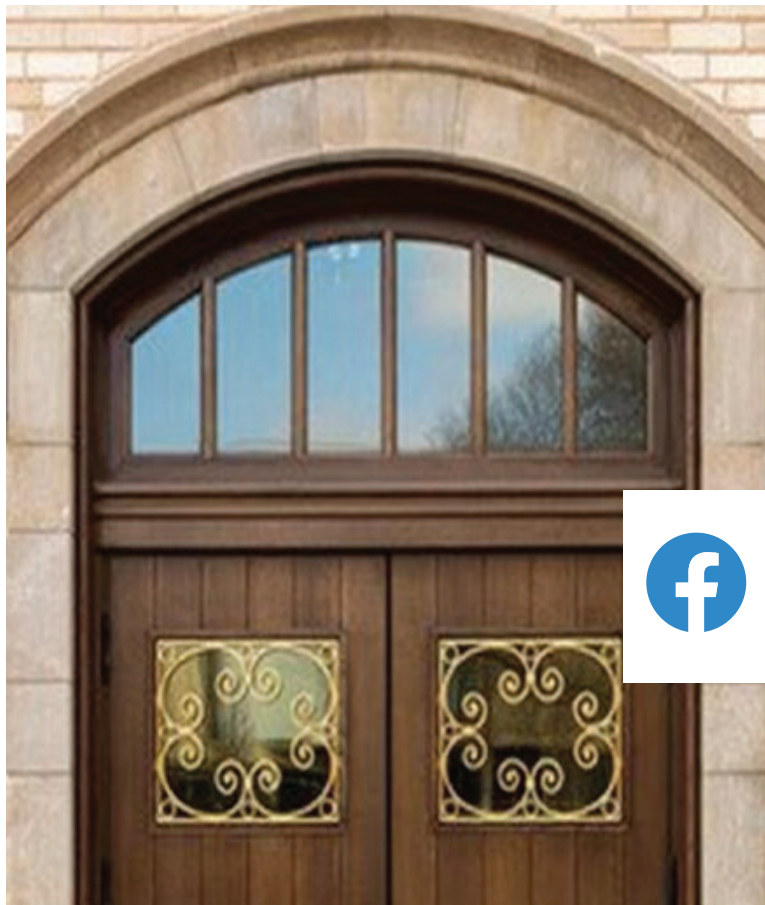
**DONATE ONLINE:** Gifts can be made online with a credit card at <http://onlinegiving.uark.edu> and selecting the "OLLI Giving Fund" as your designation.

**DONATE BY MAIL:** Please make your check payable to OLLI - U of A and add "OLLI Giving Fund" on the note line. Checks should be mailed to: OLLI, 211 E. Dickson St., Fayetteville AR 72701.

If including OLLI in your estate planning is something you are interested in, please reach out to Josh Raney, the OLLI Director, to be put in contact with the U of A Planned Giving team or visit <http://plannedgiving.uark.edu> to determine which planned giving vehicles may be best for you.



OLLI U of A Partners



*Stay up-to-date with the  
Faulkner Performing  
Arts Center!*

*[faulkner.uark.edu](http://faulkner.uark.edu)*

MOBILE APP AVAILABLE  
FOR IOS & ANDROID



*Check out our Facebook page for  
artist interviews, event updates & more!  
[facebook.com/FaulknerPAC](https://facebook.com/FaulknerPAC)*



**FAULKNER  
PERFORMING  
ARTS CENTER**



# Spring 2023 Registration

Join Now and Sign Up for Spring Classes!

☐ Dr. ☐ Mr. ☐ Ms. ☐ Mrs.

First Name Last Name

Email Address (For communication purposes only)

Date of Birth Phone

Address

City State Zip

Name (2<sup>nd</sup> Member) Date of Birth

Email Address

MEMBERSHIP\* (July 1 – June 30):

\_\_\_ New Member \_\_\_ Renewing Member

Linked Type:

Linking a membership online provides a unique feature allowing members to register one another.

☐ Yes, please link my membership with

COURSE REGISTRATION \$\_\_\_\_\_

MEMBERSHIP \$\_\_\_\_\_

TOTAL AMOUNT \$\_\_\_\_\_

## REGISTER VIA:

**On-line:** olli.uark.edu **By Phone:** (479) 575-4545

**In person:** Monday-Friday, 9:00am – 3:30pm

**By Mail:** OLLI, 211 E. Dickson St., Fayetteville, AR 72701

## METHOD OF PAYMENT

**Check<sup>†</sup>:** Make checks payable to "OLLI".

<sup>†</sup>If registering by phone payment must be received within 5 business days after registering.

**Credit Card:** Credit card payments can be made online only.

\* Memberships are tax deductible!

## REGISTRATION OPENING DATES:

**OLLI Members:** February 1, 9:00 AM

**Non OLLI Members:** February 6, 9:00 AM

Select	Start Date	Brief Course Title	OLLI	Non
	2/8	Civil Litigation 101	\$49	\$64
	2/9	Great Decisions 2023	\$89	\$104
	2/10	Basic Christian Beliefs	\$29	\$44
	2/13	Homicide in Fayetteville	\$19	\$34
	2/14	Place, Property, and Faith	\$19	\$34
	2/15	Advanced Photoshop	\$69	\$84
	2/16	OPB: Summer Landscape	\$39	\$54
	2/20	Intermediate Bridge	\$35	\$50
	2/20	Intro to African Am Art	\$19	\$34
	2/21	Birding Nature Walk	\$35	\$50
	2/21	From Selfies to Sunsets	\$29	\$44
	2/21	Appetizers & Small Plates	\$25	\$40
	2/22	3 Steps- Sort Your Photos	\$25	\$40
	2/24	The Crown Jewels of Queen Elizabeth II	\$25	\$40
	2/28	AREA 51	\$25	\$40
	3/1	UA Herb & Arthropod Museum Tour (TR)	\$25	\$40
	3/1	UA Herb & Arthropod Museum Tour (CR)	\$15	\$30
	3/1	Ozark/AR Writers Bk Clb	\$19	\$34
	3/2	The Origins of the English Alphabet	\$25	\$40
	3/2	Astrological Archetypes:	\$29	\$44
	3/3	Review Your Savings & Investments	\$19	\$34
	3/3	Breadmaking: Orange Rolls	\$55	\$70
	3/6	The Beautiful Curse of Botswana	\$19	\$34
	3/7	Who Can You Trust With Your Land?	\$19	\$34
	3/8	Yoga for Healthy Aging	\$59	\$74
	3/8	From the Ground Up	Free	\$15
	3/10	Food Insecurity	Free	\$15
	3/14	My Funeral	Free	\$15
	3/14	The Healing Power of Nature	\$29	\$44
	3/14	Food--Ordinary, Surprising, Amazing!	\$39	\$54
	3/15	Children's Advocacy Centers of Arkansas	Free	#15
	3/17	Get Hooked on Beading	\$59	\$74
	3/23	Not Just History, but HER Story	\$19	\$34
	3/27	The Pryor Center's Story Vault	\$15	\$30
	3/28	Reviving Art of Ltr Wrtg	\$25	\$40
	3/30	How To Organize Your Life Into One Notebook	\$25	\$40
	3/30	The City of Fay Budget	\$15	\$30
	3/31	Philanthropy in Action	Free	\$15
	4/1	Tai Chi & Qigong	\$45	\$60
	4/3	From the Trail of Tears to the 1921 Tulsa Race Massacre	\$25	\$40
	4/3	DIO: Tall Pines Distillery	\$35	\$50
	4/4	Your Brain on Knitting	\$19	\$34
	4/5	Creating Dynamic Landscape Photography	\$39	\$54
	4/6	Visit the Titanic!	\$49	\$64
	4/7	Songs in Our Hearts	\$29	\$44
	4/7	Rock Van Winkle	\$19	\$34
	4/7	How to (Finally) Write Your Book	\$25	\$40
	4/10	Community Colleges	\$19	\$34
	4/10	DIO: Social Proj Brewing	\$39	\$54
	4/11	CW of Arkansas (TR)	\$40	\$55
	4/11	CW of Arkansas (CR)	\$25	\$40
	4/11	The Gift of Safe Water	\$19	\$34



# Policies & Procedures

*Please read and be aware of all OLLI policies and procedures.*

## PRICING

Classes are priced based on a combination of: rental space fee; instructor compensation; class materials cost; transportation rates; tech fee; and/or catering (if applicable).

## COURSE CHANGES

Periodically, due to unforeseen reasons, class times or locations may change after the catalog is printed. Please check your email and the OLLI website for the most up-to-date information [olli.uark.edu](http://olli.uark.edu).

## MISSING A CLASS:

If you miss the first meeting of a class, please call the OLLI office at 479.575.4545 or email [olli@uark.edu](mailto:olli@uark.edu) to learn whether the next meeting location or time has been changed. If you register for a class and decide not to attend, please call us to let us know because many classes and activities have waiting lists.

## WEATHER CANCELLATIONS:

The Osher Lifelong Learning Institute typically follows the University of Arkansas's Inclement Weather Policy. This policy can be viewed at [uark.edu](http://uark.edu) under Fayetteville Policies and Procedures 210.0. U of A closings are announced on the [uark.edu](http://uark.edu) website and on all local television stations and KUAF radio.

## CLASS CANCELLATION / REFUND POLICY:

When dropping/cancelling a class you MUST contact the OLLI office at least five (5) days prior to the start of the class to receive a partial refund.

A cancellation fee of \$15 or the cost of the class, whichever is less, will be taken from the refund.

NO refund will be processed if the registration is not cancelled at least five days prior to the first class session.

Refunds are processed once a month.

Payments made by credit card will be refunded back to the credit card account. Payments by cash or check will receive a refund check mailed to the home address. Receipts will not be sent for refunds.

\*Note: You will receive a full refund if OLLI has to cancel a class due to unforeseen circumstances (weather, instructor illness, etc.). Memberships are non-refundable.

## COURSE EVALUATIONS:

Following the final session of all courses participants will be sent an electronic evaluation form via email using Google Forms. Please complete these evaluations and provide honest and open feedback.

The information collected on the evaluations is used by the instructors and curriculum committee to develop future courses.

## COURSE CONTENT DISCLAIMER:

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

## EMAIL NOTIFICATIONS:

Please read your emails thoroughly!! It is important that we have your current contact information, especially your email address! OLLI communicates class reminders, updates, newsletters and other information via email. If you haven't been receiving our emails please contact us right away to ensure you aren't missing out on the latest OLLI news.

## LOCATION POLICIES:

**Please pay very close attention to the location of your class.**

**Fayetteville Municipal Airport (Drake) Policies**

Please do NOT go into the pilot and flight lounging areas or outside the back of the building to view the planes. It is advisable to dress in layers due to fluctuating temperatures at this location. You may bring your own beverage or snacks to class. Covid restrictions at offsite locations could affect classes. Please watch (and read) all notifications.

## PHOTOGRAPHS:

OLLI reserves the right to take photographs or videos during the operation of all programs and events to use for promotional purposes. By registering for an OLLI program, participants agree to allow their images to be used in such photography. Participants who prefer that their images not be used are asked to contact the OLLI office at (479) 575.4545 to make that request.

## OTHER POLICIES

We ask that OLLI members wear name tags to OLLI classes, social activities and special events. When attending classes and events sign the roster sheet at each class and update contact information as needed.

Select	Start Date	Brief Course Title	OLLI	Non
	4/12	Cut the Cord	\$19	\$34
	4/13	Historic Fayetteville	\$29	\$44
	4/13	Cops and Robbers	\$25	\$40
	4/13	Balance and Aging	\$19	\$34
	4/14	4 Keys to Healthgeivity	\$29	\$44
	4/14	Early Hollywood - Part 1	\$39	\$54
	4/17	Believing in Books	\$19	\$34
	4/17	DIO: Odd Soul Pub	\$35	\$50
	4/18	Astrobiology-Life in the Universe	\$25	\$40
	4/18	Climate Catastrophe?	\$25	\$40
	4/19	Songwriting Workshop	\$45	\$60
	4/20	The Uniqueness of the Orthodox Church	\$19	\$34
	4/20	Practical Spanish	\$85	\$100
	4/24	History and Architecture of Historic Cane Hill (TR)	\$59	\$74
	4/24	History and Architecture of Historic Cane Hill (CR)	\$35	\$50
	4/25	CW - Upper Buffalo (TR)	\$40	\$55
	4/25	CW - Upper Buffalo (CR)	\$25	\$40
	4/26	Dog Body Language	\$19	\$34
	4/27	Star of the Western Frontier (TR)	\$45	\$60
	4/27	Star of the Western Frontier (CR)	\$25	\$40
	4/28	Inside the Music	\$25	\$40
	4/28	Optimizing Brain Health One Small Step at a Time	\$25	\$40
	5/1	Moments in Life: Insights from Shakespeare	\$25	\$40
	5/3	Spring Watercolor - Tulips	\$59	\$74
	5/4	Tyson Art Tour (Transportation ONLY-NO Commuters)	\$45	\$60
	5/5	Vitamins: The Foundation of Better Nutrition	\$19	\$34
	5/8	Refuse to be a Victim	\$65	\$80
	5/8	Early Hollywood - Part 2	\$39	\$54
	5/9	Writing a "Legacy Letter"	\$25	\$40
	5/9	Are Our Cans, Bottles & Paper Really Recycled	\$19	\$34
	5/10	Joy and Creativity	\$29	\$44
	5/10	Hi Ho Silver	\$39	\$54
	5/10	Seeing the Universe	\$29	\$44
	5/11	Solar Power for Fay City Government	\$19	\$34
	5/16	Can Rocks Talk? (TR)	\$79	\$94
	5/16	Can Rocks Talk? (CR)	\$49	\$64
	5/18	Tyson Art Tour (Transportation Only-No Commuters)	\$45	\$60
	5/19	Becoming an Opera Buff	\$19	\$34
	5/23	Too Late to Shield Your Estate	\$25	\$40
	5/23	Create Your Own Knitting Pattern	\$25	\$40
	5/24	Follow the Money	\$29	\$44
	5/25	UFO's to UAP's	\$25	\$40
	5/31	The Eyes Have It	\$19	\$34
	6/5	Retrospective on Larry Foley's Career	\$35	\$50
	6/6	Sin City in the Bible Belt	\$19	\$34
	6/7	U of A Museum Tour	\$19	\$34

# Welcome to the *Grand Life*.

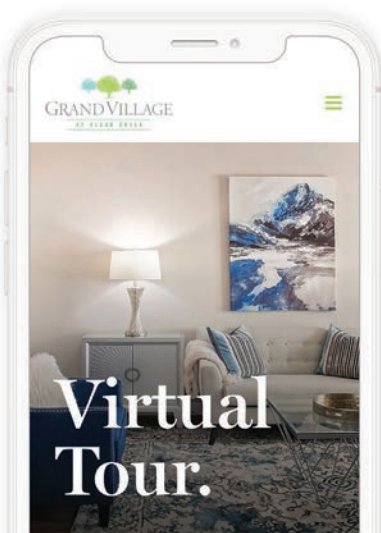


## Move into Northwest Arkansas' Premier Active Adult Community Today!

Grand Village at Clear Creek in Fayetteville is now open! Live a grand life in this newly imagined 20-acre active adult community of amenities, activities, services, and security. Stop waiting. Start living.

Take a *virtual tour* of  
our community at

[grandretirement.com](http://grandretirement.com)



Enjoy the View.

## Grand Living Starts *Here*



- + No buy-in fee
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Get in touch for floor plans, amenities, pricing, and availability!

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OSHER  
LIFELONG  
LEARNING  
INSTITUTE

AT THE  
UNIVERSITY OF  
ARKANSAS

15<sup>th</sup>  
*Anniversary*

211 E. DICKSON ST.  
FAYETTEVILLE, AR 72701

**SPRING 2023**  
**COURSE CATALOG**  
FEBRUARY - JUNE

## Mark Your Calendar!

OLLI - U of A is kicking off the spring term  
with the following events and activities!



### Wednesday, February 1

#### 9:00am- MEMBER SPRING KICK-OFF & REGISTRATION

Members will have a chance to register for classes beginning at 9 a.m., before registration opens to the public on Feb. 6. Not a member? Join now for priority registration!

### Thursday, January 26

#### REGISTRATION WORKSHOP

Learn how to use the online registration system.

**Social at Kobe** (Happy Hour & Dining)

### Friday, January 27

#### VOLUNTEER COMMITTEE LUNCHEON

### Wednesday, February 6

#### REGISTRATION OPENS TO THE PUBLIC

 [olli@uark.edu](mailto:olli@uark.edu)

 (479) 575-4545

Contact us to learn more about these events and how to participate.