Course listings, membership information and registration

OLLI @ OSU
Osher Lifelong Learning Institute
Oklahoma State University

Spring 2019
Tulsa | Bartlesville | Stillwater | Oklahoma City

Online enrollment available:
https://education.okstate.edu/olli
What is the Osher Lifelong Learning Institute?

OLLI @ OSU is a program of educational courses for people who want to enrich their lives through new learning experiences. Non-credit courses on a variety of topics are offered each semester to the public. Instructors are qualified volunteers from various career backgrounds, including academia, business, the arts, and government. Courses are geared toward those 50 and older who have a genuine interest in continuing their learning experiences and intellectual excitement.

Sponsored by the Osher Lifelong Learning Institute and the OSU College of Education, Health and Aviation, OLLI @ OSU is governed by a Board of Directors elected by the membership. Each site has an Executive Committee. Members may attend classes and social events and recommend instructors and courses. Member fees and support from the Bernard Osher Foundation and Oklahoma State University fund OLLI @ OSU operating costs.

To enroll

Enroll online at education.okstate.edu/olli or complete the form for your city, located on pages 44, 45, 46 or 47 of this booklet, and mail with your check or credit card information to us. A confirmation will be sent to you.

Best Value: Joining at the $200 Annual Membership level allows unlimited course enrollment through 6/30/2019!

Questions?

Need-based scholarships are available.

Contact the OLLI @ OSU office for more information. There are no tests or grades… just the joy of learning.
The only requirements for membership are that you are an adult with an interest in continuing educational experiences and will support the program through participation and payment of a membership fee.

Choose your membership level:

$200 Unlimited Annual Membership: unlimited attendance to dozens of courses during the Fall, Spring & Summer sessions at any OLLI location - Stillwater, Tulsa, Oklahoma City, and Bartlesville.

$40 Annual Membership: each course costs an additional $25.

Membership is valid through 6/30/2019. IF YOU JOINED IN THE FALL SEMESTER, DO NOT PAY YOUR MEMBERSHIP FEE THIS SEMESTER!

Membership allows participation in all social events, travel opportunities, and other special programs, OLLI luncheons, committee membership, voting privileges, and course evaluation. Membership runs July 1 through June 30. The membership year has 3 semesters: Fall (6 weeks), Spring (6 weeks), and Summer (3 weeks).

Please pre-pay for texts and materials fees listed in the catalog. Individuals who pay later than 10 days prior to the beginning of a course are not guaranteed texts and/or course materials. Include payment with your registration. You may pick up your materials the first day of class. Texts are not required for the courses but highly recommended.

Note: If public schools are cancelled due to inclement weather, OLLI @ OSU classes will also be cancelled.

Handicapped Parking: Available for those who display the appropriate signage.

Lunch: Enrollees may purchase lunch on designated days (see registration page, payable in advance, priced per semester) or bring a brown bag lunch and join your OLLI friends. Please indicate your intention to participate, and pay at time of registration.

Tulsa Course Offerings
Course Information: pages 6-19
Enrollment Form: page 44

Bartlesville Course Offerings
Course Information: pages 20-25
Enrollment Form: page 45

Stillwater Course Offerings
Course Information: pages 26-37
Enrollment Form: page 46

OKC Offerings
Course Information: pages 38–43
Enrollment Form: page 47
Enroll Online for OLLI @ OSU’s Lifelong Learning Classes & sign up for our day trips!

To enroll online:
○ Go to the website:  https://education.okstate.edu/olli
○ Follow the link to register online.
○ On the right-hand side of the page, there is a box titled LOGIN.
  ○ If you enrolled online previously, enter your password.
  ○ If not, click FORGOT YOUR PASSWORD. You will then be prompted to enter your email address. An email will be sent to you with your login information.
○ Our annual membership runs July 1 - June 30. You will need to decide on your membership level before enrolling. Membership must be purchased separately from classes, so remember to choose your classes after purchasing a membership.
  ○ If you choose the $200 unlimited membership, you may enroll in classes in Tulsa, Bartlesville, Stillwater, and Oklahoma City without additional tuition fees through June 30, 2019.
  ○ If you choose the $40 membership, your tuition will cost an additional $25 per class.
○ Once you’ve logged in as a paid member, you will be able to research the classes offered and enroll. You may pay your fees, purchase texts, and purchase lunches on this site. Classes are listed by city through the selection of the Stillwater, Tulsa, Bartlesville, and Oklahoma City Program Type.
Please consider making a tax deductible contribution to

OLLI @ OSU’s Lifelong Learning Program

Make your gift today!

Name:_____________________________________________
Address:_____________________________________________
City/State/Zip:_______________________________________
Email:_____________________________________________
Gift Designation
☒ I wish my gift to be designated to: OLLI @ OSU OSUF 25-79300
☒ My gift of $___________________ is enclosed.

Please make check payable to the OSU Foundation & mail to:

OLLI @ OSU, 100 Scott Hall, Stillwater, OK  74078

☒ Or bill my gift of $___________________ to my credit card.
Card No.: ____________________ Exp. Date: __________
Name on Card :__________________________________________
Signature: ______________________________________________
Date: __________________________________________________

☒ Or I pledge a total of $________ over a period of _______ years
beginning _______________ and ending _____________________

Please remind me:
☒ Monthly ☒ Quarterly ☒ Semi-Annually ☒ Annually
Signature:________________________  Date:_________________

☒ Other - For gifts of real estate, property, stocks, or estate gifts from a
will or trust, contact Denise Melot, Sr. Development Director, College of
Education, Health & Aviation, OSU Foundation, 405.385.5663 or dmelot@
osugiving.com

*Pictured: Dr. Mary Frye, Stillwater Member and OLLI @ OSU
Board of Directors Member.
Conspiracy Theories:  
Assassinations, Take-overs, and Government Plots

Tulsa
Circle Cinema
10 S Lewis Ave.
Screening Room

*Limited Class size!

Conspiracy theory films usually involve a plot that, if carried to its conclusion, would have drastic results for a government or a society. The protagonists are often journalists or amateur investigators who find themselves, often inadvertently, pulling on a small thread which unravels a vast conspiracy that ultimately goes “all the way to the top.” In the U.S., these films date back to the 1930s with Alfred Hitchcock, but they reached their zenith in the 1960s and 70s in the wake of a number of high-profile scandals and controversies. Take a look at the films that paralleled events of the day. Compare what was happening then with what is happening now. Sometimes you might have trouble separating fact from fiction, but there is no doubt that you’ll feel the thrill when the plot thickens!

Charlie Taraboletti is News Director and Operations Manager for KWON-KYFM-KRIG-KPGM radio in Bartlesville. He’s a long-time fan of good cinema. He enjoyed photography while in grade school and high school, both behind the lens and in the darkroom. As a teenager you’d find him in the theater Saturday afternoons watching a good movie more than once, particularly murder mysteries or suspense films. As you would expect with most newsmen, Charlie enjoys telling a story, so he appreciates how a great story-teller might do it.
Regeneration:  
Three Novels of World War I

November 11, 2018, marked the hundredth anniversary of the Armistice ending World War I, sparking a renewed interest in what was, until 1939, called The Great War. Amid the commemorations and reconsiderations, it seems a good time to examine the events of 1914-1918, as recounted in a remarkable work of fiction, British writer Pat Barker’s Regeneration Trilogy. Barker’s novels, first published in the 1990s, combine the stories of actual people and fictional characters to explore the ways the war transformed the lives of people in all walks of life in England. The author casts light on issues of sex, class, politics, and focusing sharply on the effects of war on the minds and bodies of the combatants, especially in the treatment of shell shock, or what is now called PTSD. While the novels portray the battlefields, they concentrate on the home front in the character of Billy Prior, a working-class soldier who earns a battlefield commission and thus joins (at least for the duration) the officer class, detailing the conflicts within individual lives and the strains on the social and political fabric of the society. From the entry of women into industrial and munitions work, to the Troubles in Ireland, to the parliamentary inquiry into homosexuals as security risks, the novels invite readers into a world of unprecedented social and political upheaval and of deeply divided loyalties.

Read and discuss these three novels, as well as view supplemental material about the times, including a British film, Regeneration/Behind the Lines, based on the first and third volumes of the trilogy, that delves into the treatment of officers for shell shock, developed at the Craiglockhart War Hospital. Diane Burton, who earned her Ph.D. from the University of Tulsa, taught literature and writing for many years at TU, with shorter stints at OSU-Tulsa and OU-Tulsa. Now retired from teaching, she is associate editor of Nimrod International Journal.
Will Rogers: An American Original

No single person in US history has so precisely represented the common man, the spirit of adventure and the pure cussedness of American politics as Oklahoma’s Favorite Son, Will Rogers. Join us for an interactive, multi-media discussion and appreciation of his heritage, youth and early career, his success as an entertainer and communicator, his reach as a humorist and humanitarian, his response in times of crisis, his influence on politics and public opinion, and, his impact and legacy. You’ll also enjoy an insider’s tour of the Will Rogers Memorial Museum, the world’s largest repository of Rogers’ archives, artifacts and art.

Jacob Krumwiede has a passion for telling the many colorful stories of the American West. He holds a Masters in American History from OSU and is the Assistant Director of the Will Rogers Memorial Museum, where he began work in 2007 as an undergraduate intern from Rogers State University. He oversees administrative operations, visitor services, and education.
Carol Bebak is a strong advocate for the OLLI @ OSU program. She sees OLLI as a way for adults to stay active and connected to others. Carol has previously taught OLLI Classes and served on both the Tulsa Executive Committee and the OLLI Board of Directors.
Mahjong is a Chinese game, very similar to Rummy, played with engraved tiles instead of paper cards. The name means “clattering sparrows” or “flax sparrows” from the sound created by mixing the tiles. With origins dating to the 1800s, Mahjong spread to the rest of the world at the beginning of the 20th Century and enjoyed rapid expansion in the US in the 1920s. While there are many versions of the game played around the world, we will play an easy-to-learn form of the game based on the “Shanghai” version. Players will learn the rules and strategies to build chows, pungs, and kongs to win a Mahjong.

Carol Bebak has played Mahjong for the past 17 years and uses her educational background to teach others to play the game. Carol has been a teacher, reading specialist, trainer, and the Adult Development Director for Magic Empire Council of Girl Scouts. She enjoys gardening, cooking, and playing Mahjong with friends and family.
Flash Fiction!
Short Prose Writing

A piece of flash fiction is a story striped down to its essence, usually consisting of no more than 1,000 words. We’ll study contemporary examples of flash fiction and nonfiction, and students will respond to writing prompts in order to create their own original flash prose pieces. We’ll practice saying more with fewer words, explore language, and discover ways to push it to its greatest potential. We’ll also create a generous nurturing space in which students feel eager to share their work. This will be a place for experimentation and practice. By the end of the course, you should feel comfortable reading and responding to flash fiction.

Cassidy McCants received a B.A. in Creative Writing from the University of Arkansas and M.F.A. in Fiction from Vermont College of Fine Arts. She is the Associate Editor of Nimrod Journal and also for The Tulsa Voice. Cassidy is a Finalist for The Lascaux Prize in Flash Fiction as well as for the Glimmer Train Press’s New Writers Award.
Democracy requires ongoing public dialogue. National Issues Forums offer citizens the opportunity to join together to deliberate, to make choices with others about ways to approach difficult issues, and to work toward creating reasoned public judgment. Forums focus on an issue such as health care, immigration, Social Security, or racial tensions, and provide a way for people of diverse views and experiences to seek a shared understanding of the problem while searching for common ground.

Trained, neutral moderators use an issue discussion guide to frame the problem and present various approaches. Participants work through the issue by examining what appeals to them or concerns them and by considering each approach, including the costs, trade-offs, and consequences that may be incurred.

*It’s time we start talking quietly, listening attentively, and finding common ground.*

**Kevin Bennett** is a lifelong Bartlesville resident with a passion for big ideas and broad perspectives. Kevin has taught six previous classes for OLLI in Bartlesville.
Politics, History, and Hamilton: An American Musical

“Who lives, who dies, who tells your story?”

This is the central question confronted by Hamilton: An American Musical, the Pulitzer Prize and Tony Award winning musical based on the life of Alexander Hamilton. Inspired by Ron Chernow’s biography of our first treasury secretary, composer, and lyricist Lin-Manuel Miranda seeks to reimagine the American founding through the eyes of an upstart immigrant who wrote his way out of poverty in the Caribbean, then wrote his way into George Washington’s inner circle during the Revolution and after. We will explore how Hamilton both challenges and reaffirms the traditional narrative of the American founding.

Dr. Stephanie Wheatley has a deep and abiding love of Hamilton! She has taught classes in political thought and American politics through the lens of the TV show, The West Wing. She enjoys finding ways to use various media to make learning more engaging and fun. She’s also an avid fan of musical theater. Stephanie is an OSU alumna whose focus is primarily Islam and the Middle East and she has served as a Great Decisions topic expert for OLLI in Bartlesville, Stillwater, and Tulsa. Stephanie returns just in time to refresh our love of Alexander Hamilton before the show arrives in Tulsa.
Join us for the remarkable story of early Tulsa — starting with its founding as an Indian village to its global renown as “Oil Capitol of the World” and its post-war modernization and the loss of most of its Oil Capitol architecture. We’ll delve into extensive biographies of early founders and the social and cultural changes that are feeding the current rebirth of interest in downtown Tulsa today. Travel with us as we unveil the remarkable story of how the intersection of 4th & Boston in Tulsa, Oklahoma became the heart of the “Magic Empire,” an early euphemism for the Oklahoma oil fields that created fabulous fortunes seemingly overnight in the early 20th Century. Behind the unique collection of buildings that populate its four corners are stories of boom and bust, risk and loss, and courage and love. Like the city that surrounds it, 4th & Boston is a place where golden opportunity led towering egos to build wealth and power on foundations of ingenuity, sacrifice, and faith.

Douglas Miller is the principal at Müllerhaus Legacy, a Tulsa-based Heritage Management firm that specializes in helping families, corporations, and organizations discover, protect, and make use of their history. A graduate of Oklahoma State University, he started his professional career as a Los Angeles-based studio designer before returning home to Tulsa where he worked as a creative director for one of the most prominent ad agencies in the central United States. In 2003, he started Müllerhaus Legacy to focus on publishing design and the strategic application of history.
Dr. Jan Figart and OLLI @ OSU in Tulsa present Great Decisions 2019, America’s largest discussion program on world affairs. The program model investigates a different topic each week, discussing the most critical global issues facing America today.

Refugees and Global Migration: today, no countries have open borders. Every state in today’s global system has its own laws and policies about who is permitted to cross its borders. How have different countries, including the United States, reacted to migration?

The Middle East: Regional Disorder: As the presidency of Donald J. Trump passes the halfway point, the Middle East remains a region in turmoil. The Trump administration has aligned itself with strongmen in Saudi Arabia, the United Arab Emirates and Egypt, which have a common goal of frustrating Iranian expansion. Is the United States headed toward war with Iran?

Nuclear Negotiations: Back to the Future? Nuclear weapons have not gone away, and the Trump administration has brought a new urgency, if not a new approach, to dealing with them. The President has met with Vladimir Putin as the New Start Treaty with Russia comes up for renewal in 2021, the first presidential summit ever with Kim Jong-un occurred to discuss denuclearizing the Korean Peninsula, and President Trump has decertified the Obama nuclear deal with Iran.

The Rise of Populism in Europe: Mass migration, and the problems associated with it, have directly abetted the rise of populist parties in Europe. Opposition to immigration was the prime driver of support for Brexit, it brought a far-right party to the German Bundestag for the first time since the 1950s. In addition to calling for stronger borders, these parties are invariably illiberal, anti-American, anti-NATO and pro-Kremlin.

Decoding U.S.-China Trade: Though arguably the most advanced economy in the world, the United States still uses centuries-old numbers to measure trade. These antique numbers mangle understanding of the US-China trade relationship, shrinking America’s true economic size and competitiveness, while swelling China’s.

Cyber Conflict and Geopolitics: Cyber conflict is a new and continually developing threat, which can include foreign interference in elections, industrial sabotage and attacks on infrastructure. Russia has been accused of interfering in the 2016 presidential elections in the United States and China is highly committed to using cyberspace as a tool of national policy.
Focusing on the religious history of the period from the arrival of European colonizers in North America until the advent of the Civil War, we’ll cover the full dimensions of religion, from theology and structure to social and other impacts. From the colonial establishment of religions in the area now the U.S., we will trace the evolution of colonial churches into the 18th Century, then study the impacts on religion of the First Great Awakening, the advent of the United States, and the Second Great Awakening, and the mounting crisis between North and South leading to the Civil War.

Dr. James Showalter (Jim) was raised in New York, Ohio, and Illinois. His father was a Presbyterian minister, but both parents were raised Dunker Brethren. He holds a BA from Maryville College, an MA from Northern Arizona and a PhD from OSU. Jim was the first curator and restorationist of Old Central and has taught 25 years at Langston University. Jim has been a member of First Presbyterian in Stillwater since 1980, where he sings in the choir. He is the father of two adult sons. Jim is a photographer, hiker, carpenter, loves the West, and loves his 1920 bungalow, which he’s renovating.
Protecting and improving the health of people and their communities is both a science and an art in which prevention is the key concept guiding the work of our public health institutions. Prevention, education, research, and policy-making are the focus of the public health authorities in your community. Find out how public health agencies keep your food, water, and environment safe as we hear from professionals in the Tulsa Health Department, the Metropolitan Environmental Trust, solid waste, water treatment, and other essential services. Participants should be prepared for tours as well as classroom lectures. Course facilitator, David Oligschlaeger will present a fascinating look at Public Health in Tulsa.
African American History: 
The Struggle & the Progress

The forced migration to the colonial Americas of about 12 million Africans, most as slaves, resulted in roughly 400,000 populating what is now the U.S. by 1866. Black slavery undergirded the U.S. economy throughout the colonial and into the early nation periods. After the Civil War, black labor continued to be the basis of much of the U.S. economy even as racism by whites trapped African Americans in the lowest tiers of the labor force and subjected them to poverty and violence. Despite a rising hope that the civil rights movement would end racism and discrimination, we know that race remains possibly the most divisive element in the U.S. to this day. Marginalized for centuries, African American history is rich with stories of individuals taking the lead in education, law, medicine, philosophy, business, religion, and culture. We will celebrate the contributions African Americans have made to this country.

Dr. James Showalter was raised in New York, Ohio, and Illinois. He holds a BA from Maryville College, an MA from Northern Arizona, and a PhD from OSU. He was the first curator and restorationist of Old Central and has taught 30 years at Langston University and one year at Southwestern State University in Weatherford. Jim is a photographer, hiker, and carpenter, and loves the West and his 1920 bungalow, which he’s renovating.
Smart Body*Smart Mind II

Why are balance and flexibility so important to the quality of our lives? You’ll learn by doing, so prepare to move! This course is designed to improve balance and flexibility in healthy people who are enjoying an active lifestyle. Beginning with easy exercises, we’ll practice balance and flexibility moves and improve these skills over 6 weeks. We’ll move all our joints to increase range of movement, and we’ll learn how to incorporate what we learn into our everyday activities. Your individual needs will be addressed, and Ros will be available to answer your questions and focus on your concerns. To insure a good workout, wear comfortable clothing and safe shoes that allow good movement.

**Ros Elder** is a Certified Personal Trainer with the American Council on Exercise and a Master Certified Pilates Instructor. She is the owner emeritus of Total Pilates Studio in Brookside. Ros has over 20 years of experience and she specializes in post rehabilitative exercise which allows people to return to full functioning after physical therapy.

**Tulsa**

Montereau
6800 S Granite Ave.
Exercise Studio

Make a Splash!

Are you bored with your land-based exercise routine? Water offers buoyancy and resistance that will energize your entire day. Improve your cardiovascular fitness, strength, endurance, and flexibility in a stress-free, low impact environment without getting your hair wet. Aquatic exercise reduces pain and stiffness while increasing joint mobility, and there’s a long list of other health benefits, too, but best of all…it’s fun! You don’t need to know how to swim to enjoy this class, but you must be able to enter and exit the pool independently.

**Katie Eddins** graduated from Oral Roberts University with a degree in Health Exercise Science, and she has 25 years of health and wellness experience. Katie started out in hospital wellness and cardiac rehab, then shifted her focus to personal training and group fitness classes. She’s been a certified personal trainer for more than 10 years. Her fitness classes include water aerobics, boot camps, pilates, yoga, spinning, tai chi, body sculpting, and more, and she competes in triathlons for fun! Katie has found her career home at Montereau where she enjoys being a wellness specialist to residents and staff, alike.

**Tulsa**

Montereau
6800 S Granite Ave.
Aquatics Center
Tulsa Registration Form

Annual Membership is valid through 6/30/2019

Please include your check or credit card information. A confirmation will be sent to you.

Please complete, detach, and mail your registration form to this address:
OLLI @ OSU, 100 Scott Hall, Stillwater, OK 74078

Or enroll online at https://education.okstate.edu/olli

Questions? Call the OLLI office at 1.405.744.5868

NAME(S)
MAILING ADDRESS   CITY   ZIP CODE
EMAIL ADDRESS
PHONE   DATE OF BIRTH
EMERGENCY CONTACT

PHONE   RELATIONSHIP

Course(s) Enrolling in:
☐ Conspiracy Theories, Mondays, 1-3 pm, Circle Cinema, 2/11-3/18
☐ Regeneration, Tuesdays, 10-Noon, Central Center, 2/12-3/19 *$9
☐ Will Rogers, Tuesdays, 10-Noon, Central Center, 2/12-3/12
☐ Games People Play, Tuesdays, 10-Noon, Central Center, 2/12-3/19
☐ Mahjong, Tuesdays, 1-3 pm, Central Center, 2/12-3/19
☐ Flash Fiction, Tuesdays, 1-3 pm, Central Center, 2/12-3/19
☐ Civil Discourse, Tuesdays, 1-3 pm, Central Center, 2/12-3/19
☐ Hamilton, Wednesdays, 10-Noon, Zarrow Pointe, 2/13-3/20
☐ 4th & Boston, Wednesdays, 1-3 pm, Zarrow Pointe, 2/13-3/20, *$35
☐ Great Decisions, Thursdays, 10-Noon, Madalene, 2/14-3/21, *$30
☐ Amer. Religious History, Thursdays, 10-Noon, Madalene, 2/14-3/21
☐ Public Health, Thursdays, 1-3 pm, Madalene, 2/14-3/21
☐ African American History, Thursdays, 1-3 pm, Madalene, 2/14-3/21
☐ Smart Body*Smart Mind, Fridays, 10:30-11:15 am, Montereau, 2/15-3/22
☐ Make A Splash, Fridays, 11:30-Noon, Montereau, 2/15-3/22

*If you paid your membership for Fall 2018, do not pay that fee again this semester.

PICK ONE
☐ $200 Unlimited Annual Membership
( Unlimited Lecture Courses through 6/30/2019)
OR
☐ $40 Regular Annual Membership
(each course $25)

# of courses X $25 =

☐ Tuesday Lunch (6@$9 each) @ $54
☐ Thursday Lunch (6@$9 each) @ $54

$_____ *Texts/material fees to accompany courses
$_____ Total Enclosed

(Make checks payable to OSU or bill credit card listed below:
Card No. ___________________________ Exp. Date __________

Tulsa Registration Form

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