 Registration Now Open!

SPRING 2023 COURSE CATALOG
Welcome to the spring 2023 session of OLLI!

Within, you will find a variety of courses, events and social activities that we hope will keep you curious. Many thanks go to the OLLI volunteers and instructors who work hard to bring these offerings to you. We couldn’t do it without them.

Please note that there is a day-trip this session where we’ll explore some of Tulsa’s newest cultural destinations on Thursday, April 20. We additionally have a Costa Rica trip scheduled for May, details for which are also listed. Both tours are open to guests, as are the free Town Halls in each city. Invite a friend to join you!

We are excited to welcome the members, volunteers and staff of Healthy Living OKC to OLLI. We look forward to this new partnership and the opportunity to work together. Two courses will be offered at the Rockwell OKC campus this spring on Tuesdays — check ‘em out.

Lastly, I’m happy to report that at the close of our fall session, we had 300 active members, which is more than halfway to our membership goal of 500. Help us continue to grow the program by inviting someone to OLLI or telling them about your courses.

See you in class!

Robbin D. Davis, CVA
Director, OLLI@OSU

OLLI Team

Robbin — Director
Sofia — Office Manager
Logan — Tech Coordinator
Amy — Bartlesville Coordinator
Katie — Stillwater Coordinator
Gage — OKC Coordinator
J B — Tulsa Coordinator
Shanley — Editor and Instructor

Contact Us

139 Nancy Randolph Davis
Oklahoma State University
Stillwater, OK 74078
405-744-5868 office
OLLI@okstate.edu

OLLI Membership

You must be an OLLI member to enroll in courses. The membership year runs from July 1 to June 30 and includes fall, spring and summer sessions. Membership dues are paid annually and entitle the holder to participate in courses as well as social, travel and special events; leadership committees; and course evaluations. Membership dues do not include textbooks, supplies, meals or other fees.

You can become a member any time during the year.

The Joy of Learning

The Osher Lifelong Learning Institute (OLLI) at Oklahoma State University is a member-driven program developed for adults aged 50 and better who are interested in enriching their lives by expanding their intellectual experiences. Opportunities include courses, lectures, workshops, travel opportunities and special events. Instructors are qualified individuals from careers in academia, business, the arts and government. There are no tests and no grades; members pursue learning for pure pleasure.

Each of the four OLLI at OSU cities has a local leadership committee. All current members are eligible to serve as leadership volunteers. Contact the OLLI office for more information.

All operating costs are funded by membership fees, the Bernard Osher Foundation and Oklahoma State University, with special thanks to the Osher Lifelong Learning Institute and the OSU College of Education and Human Sciences.
OLLI Membership continued

Premium Annual Membership $200
This membership enables you to enroll in an unlimited number of courses during fall, spring and summer sessions.

A La Carte Annual Membership $40
This reduced-cost membership allows you to select individual courses and pay $25 for each multi-week course and $10 for each single-session class (unless otherwise noted) during the fall, spring and summer sessions.

Annual Membership is July 1 through June 30 and must be renewed each year.

Pay by credit or debit card online at OLLI.okstate.edu or by check made payable to OSU sent to 139 Nancy Randolph Davis, Stillwater, OK 74078.

Premium Annual Members do not pay the individual course fee, but A La Carte Members do. Both membership levels pay course supply fees. Light refreshments may be included with registration for in-person courses.

An OLLI membership makes a great gift!

SUPPORT OLLI

Donate to OLLI @ OSU

1. Go to: OLLI.okstate.edu
2. Click Give to OLLI under Additional Resources at the bottom of the page.
3. Follow further instructions as the OSU Foundation walks you through what you can do to help the OLLI @ OSU community.

All donations and contributions to OLLI are tax deductible. If you wish to make a donation that exceeds the online maximum of $50,000, or a donation that does not meet the online minimum of $10, contact the OSU Foundation at 800-622-4678. We accept cash, check, non-cash items and estate gifts.

ENROLLMENT INFORMATION

How to Enroll

OLLI membership is required to enroll in courses. You must purchase your membership prior to enrolling in courses.

To enroll online:

If you do not have a membership:
1. Visit OLLI.okstate.edu
2. Click Join OLLI
3. Click Become a Member
4. Choose and pay for your membership

Once you have a membership:
5. Visit OLLI.okstate.edu
6. Click Enroll in Courses
7. Use the tools to search for courses
8. Log in using your existing OLLI account information and make your course selection
9. Pay for your courses to complete your registration.

COURSE FORMAT OPTIONS

This OLLI session offers you many ways to participate in our courses. These options will maximize your opportunities to enjoy the most number of classes.

• In Person — This is the traditional class model in which you attend the class in person with an instructor.
• Online — Courses are offered through Zoom. Links stay the same for multi-week courses. Recordings are shared with enrollees after the class. Not all courses are recorded.
• Live Feed — Courses are live-streamed from one location to another.
**Attendance**

Your active participation is important to the success of the classes. If you are enrolled in an online course, please make every attempt to be present on class days. We strive to not have a situation where 20 people enroll but only five show up for the live presentation.

**Cancellation Deadlines and Member Credit**

Members who cancel their participation in a course or event prior to that activity’s cancellation deadline can request credit for any fees paid. This credit can be applied to a future OLLI activity or membership fee upon member request.

**Class Size Limits**

Courses that are limited in size are noted in the course descriptions. If you are interested in one of these courses, enroll early. Classes must have a minimum of six students enrolled unless otherwise noted.

**Course Evaluations**

At the end of each course, all members on the roster will receive an email with a link to complete a brief course evaluation. Please complete an evaluation within five days of the end of each course you attend. These evaluations are vitally important to OLLI staff, instructors and the curriculum committee for future course planning.

**Dropping a Class and Waitlists**

Once a course/activity fills, members are placed on a waitlist in order of enrollment. Members wishing to cancel their participation in an OLLI at OSU activity should contact olli@okstate.edu or 405-744-5868 at least 24 hours in advance of the activity so staff can then notify the next member on the waitlist.

**Name Tags**

If you registered more than a week before in-person classes begin, you will have a name tag at the registration table. If you register less than a week prior to the first class meeting date, your name tag will be available the second meeting date. Please remember to return your name tag to the storage case as you leave the venue for the day. Alert the site coordinator if your name tag needs to be replaced.

**OLLI Open Houses**

Open Houses are scheduled at least once in each of our program cities. New and renewing members are invited to attend for free and register for the upcoming session, ask questions about courses and meet the OLLI staff.

**Payment and Refunds**

All fees are due at the time of registration. A 100% refund of class fees will be granted if canceled within seven days of the class start date. We accept payment by check and Visa/MasterCard/Discover credit cards. Only OSU employees may accept payments. The staff who work for our satellite classroom partners cannot accept payments for OLLI at OSU memberships or activities. No refunds are available after classes begin. OLLI at OSU staff make every attempt to reschedule activities that cannot be held at their originally scheduled date and time. If a class cannot be rescheduled, any course fees paid will be refunded or credited to your account.

**Public Health and Safety**

OLLI at OSU staff follow the health and safety policies put forth by the university. If you are feeling ill, please stay home to keep yourself and fellow OLLI members safe.

**Refreshments**

Light snacks, coffee and water may be included with registration for in-person classes.

**Student Conduct**

OLLI adheres to the OSU Student Code of Conduct found at https://ssc.okstate.edu/student-conduct/code.html.
Textbooks, Supplies and Handouts

All member levels are responsible for purchasing their own supplies and recommended texts. Course handouts will be emailed prior to classes. A limited number of paper copies will be available for in-person classes.

Weather Closures and Cancellation Notices

If OSU closes due to inclement weather, all OLLI at OSU activities will be canceled as well. Otherwise, the decision to cancel an activity during inclement weather will be made based on conditions at each classroom location and input from our instructors. In the event that an OLLI at OSU activity is canceled or rescheduled for any reason, members will be notified by email or text message. It is important that you provide OLLI at OSU with your best contact information. If your phone accepts text messages, please ensure we have your mobile carrier on file.

Email Newsletter

Active members receive the e-newsletter. These emails tend to include the following information:

- The upcoming week’s schedule
- Zoom links for any upcoming virtual activities
- Important program announcements and schedule changes
- Upcoming local events of interest

If you’re not receiving our emails in your inbox, first check to see if your email provider is filtering them into your junk or spam folder. To prevent our emails from being marked as junk, it may help to add olli@okstate.edu to your email account’s contacts. If that doesn’t fix the issue, please contact our office for assistance.

Zoom Recordings

Links to available recordings for online courses are only sent to course enrollees. The recordings will remain available through the end of the session. Not all online courses are recorded. Classes are recorded at the instructor’s discretion.
TV, Musicians, Books and Beer: Tulsa Day Trip
Thursday, April 20

This fun day in Oklahoma’s T-Town will start at Channel 6’s TV station for a personal behind-the-scenes tour. Next, we’ll tour the Woody Guthrie Center, an interactive museum that holds archives of this Oklahoman’s artwork, photographs, instruments and more. We’ll stop off in the 1950s to lunch at Freeway Cafe #2 for some home cooking and ’50s decor. Then, we’ll visit the recently opened Bob Dylan Center and learn why his personal treasures now live in Tulsa. We’ll stop by Magic City Books, a fabulous independent bookstore, before capping our day at Marshall Brewing Company for snacks and a taste of their local brews.

- Meet us there: $65 for members, $70 for non-member guests
- Ride-share from Stillwater: $75 for members, $80 for non-member guests (depart 8:30 a.m.)
- Price includes admission fees, lunch and snacks.
  (Attendees must purchase their own alcoholic beverages.)
- Wheelchair accessible.
- Registration and refund deadline: April 12, 5 p.m.
  No-shows will be charged.
- Itinerary subject to change.

OLLI International: Tropical Costa Rica
Monday, May 15 – Tuesday, May 23
9 days, 14 meals

Whether you’re a seasoned traveler or a newbie to Central America, this trip has something for everyone. We’ll start in the colorful capital city of San Jose and remain briefly in the Central Valley to tour a local coffee plantation. We’ll head to the majestic Arenal Volcano and stay at a resort with volcanic views. A guided riverboat trip is sure to include sightings of indigenous wildlife. Other highlights include a tour of a family educational farm, a cruise on Lake Arenal and a visit to the secluded Monteverde Cloud Forest. Your activity options include spa visits, butterfly gardens, hanging bridge tours and/or zip line tours. We won’t leave without some beach time at Guanacaste’s fine sandy beaches and the beach town of Samara. Lodging includes one night in San Jose; three nights at the Arenal Springs Resort and Spa; two nights at El Establo Mountain Hotel in Monteverde; and two nights at the Nammbu Beachfront Bungalows in Guanacaste. This trip is being coordinated for us by Collette Travel.

Details are available at https://okla.st/OLLIinternational.
The Cognitive Stimulation Program: Train Your Brain

These courses are the creation of Dr. Sabiha Parveen and her team in OSU’s Department of Communication Sciences and Disorders. This eight-week program will help seniors in and around Stillwater find resources and engage in cognitive and language activities to keep their brains sharp. Group-based activities will aim to improve and maintain some of the critical cognitive skills (including attention, memory and social communication) for increased safety, independence and engagement in daily activities. These groups are available for anyone who is interested in learning ways to keep their brain engaged and active. You will be suggested to one of the three OLLI groups (among the two online and one in-person) that best fits with your needs and experiences based on an initial assessment (a 30-45 minute one-on-one meeting) to be conducted between Jan. 23- Feb. 10.

Three options are available:

- Online group for those beginning to notice some changes in attention and memory but not seeing an impact in daily interactions and performances. *
- Online group for those who have been seeing considerable changes in attention and memory and also seeing impact in ability to do things they enjoy. *
- In-person group that will target skills such as attention, memory, naming and problem-solving.

The course fee helps off-set the cost of materials provided to each participant. Income-based financial assistance is available for those who qualify. Contact the OLLI office for more information prior to enrolling. Active OLLI membership levels pay the same fee.

SS23-2110

In-Person Cognitive Stimulation Program: Train Your Brain

Tuesdays and Thursdays, 9-10a, 8wks | 2/14-4/13

Instructors
Dr. Sabiha Parveen, CCC-SLP
Associate Professor, OSU Communication Sciences and Disorders
Sherri Norton, M.S., CCC-SLP
Clinical Assistant Professor, OSU Communication Sciences and Disorders

Location
Stillwater Public Library

Important Info
$75 current members
$100 non-members*
No-shows will be charged.

*Non-members who enroll in this course will receive A la carte pricing for all additional courses through 6/30/23.

Enroll online at OLLI.okstate.edu

Learning Never Retires.
A King is Crowned: A Guide to King Charles III’s Coronation
Thursday, 10a-12p, 1wk | 4/6
Format | Presentation

As we anticipate the coronation of King Charles III in May 2023, we’ll look back at previous coronations, such as when a queen was locked out of Westminster Abbey, a king lost the Crown Jewels or an Archbishop put the crown on backwards. Join in this one-time lighthearted but informative look at the pomp and pageantry of British Royal Coronations. This class will not be recorded.

Instructor
Christianne Chase
Well-traveled
Anglophile

Location
Online

Important Info
A La Carte Price: $10

More Income to Your Investments
Friday, 10a-12p, 1wk | 2/17
Format | Presentation

Generating income from bonds, bond funds, CDs and income funds has been challenging. Learn about another strategy to earn income: selling covered call options on stocks you already own. Stocks paying dividends are good for earning income but may not be enough. This class will teach you what selling covered call options are, how they generate additional income from dividend and non-dividend paying stocks and reduce risk in your investment portfolio, and why it’s a good strategy inside tax-deferred or tax-free investment accounts since income earned is not taxed. This class will not be recorded.

Instructor
James Wigen
Financial Management Services

Location
Online

Important Info
A La Carte Price: $10

The quality of teaching was superb. The information was awesome and even better than expected.”
ONLINE

A-0521
Medicare 101
Friday, 10a-12p, 1wk | 2/24
Format | Presentation

Instructor
Paige Scheuerman
Outreach Coordinator,
Medicare Assistance
Program, Oklahoma
Insurance Department

Location
Online

Important Info
A La Carte Price: Free

In this comprehensive review, you’ll find everything (and we mean everything) you need to know about the Medicare Program. You will be provided with up-to-date and complete information on Parts A, B, C and D, Medigap Policies, eligibility, enrollment and more.

This class will not be recorded.

A-0531
Outlaw Mummy: The Life and Crimes of Elmer McCurdy
Friday, 10a-12p, 1wk | 3/3
Format | Presentation

Instructor
Michael Williams
Curator, Oklahoma
Territorial Museum,
Guthrie

Location
Online

Important Info
A La Carte Price: $10

Have you heard the twisted tale of the Outlaw Mummy Elmer McCurdy? In this one-time session, we’ll follow his life as a train-robbing outlaw; discuss the gun that killed him and the lawman who fired the fatal shot; and review McCurdy’s postmortem career as a carnival attraction.

This class will not be recorded.

A-0541
I’ll Have What She’s Having: The Jewish Deli
Friday, 10a-12p, 1wk | 3/10
Format | Presentation

Instructor by
New York Historical Society Staff

Location
Online

Important Info
A La Carte Price: $10

Discover how Jewish immigrants, mostly from Central and Eastern Europe, imported and adapted traditions to create a uniquely American restaurant. Learn how Jewish delicatessens became a cornerstone of American food culture. We’ll explore the food of immigration; the heyday of the deli in the interwar period; delis and Broadway; stories of Holocaust survivors and war refugees who worked in delis; the shifting and shrinking landscapes of delis across the country; and delis in popular culture.

This class will not be recorded.

A-0551
What is Critical Race Theory?
Friday, 10a-12p, 1wk | 3/24
Format | Presentation

Instructors
Dr. Darius Prier
Associate Dean for Equity and Inclusion,
OSU College of Education and Human Sciences

Dr. Lucy Bailey
Associate Professor and Diversity Scholar,
OSU College of Education and Human Sciences

Location
Online

Important Info
A La Carte Price: Free

You’ve probably heard about critical race theory recently, especially when it comes to K-12 school settings. Political soundbites, divisive rhetoric in the media and misinformation about CRT has caused confusion among educators, students and families about what ought to be taught and learned in schools. This presentation will include a general overview of House Bill 1775, the “CRT bill” passed into law in Oklahoma; the historical context, framework and misconceptions of CRT in relation to education; and hopeful possibilities for teachers and parents who desire inclusive environments in schools.

This class will not be recorded.

Enroll online at OLLI.okstate.edu

Learning Never Retires.
A-0561
From Healthcare CEO to Thriller Author
Friday, 10a-12p, 1wk | 3/31
Format | Presentation

Instructor
Tim Norbeck
Author

Location
Online

Important Info
A La Carte Price: $10

How did Tim Norbeck go from longtime leader in the healthcare industry to a published author of thrillers when he retired in 2020? He’ll share about his early days, the highlights of his career as CEO of the Connecticut State Medical Society, the transition into retirement and his pivot into writing. He will discuss his latest book, a fast-paced thriller called No Time for Mercy: a tale of revenge, justice and redemption about a father avenging the death of his beloved daughter.

This class will not be recorded.

A-081
All That Glitters: The Democratization of Sparkle in Fashion History
Friday, 10a-12p, 1wk | 4/14
Format | Presentation

Instructor
Annette Becker
Director, Texas Fashion Collection at the University of North Texas

Location
Online

Important Info
A La Carte Price: $10

Shiny sequins and lustrous lurex bring shimmer to our clothing today, but historically, sartorial sparkle was not available to everyone. Featuring holdings from the UNT Texas Fashion Collection, this lecture showcases increasingly accessible examples of spangled clothing, from 17th Century golden gloves, to the surprising secrets of a sequin flapper dress, to more accessible brilliant brocades in 1960s garments.

This class will not be recorded.

A-111
Climate Change and Food Scarcity
Mondays, 10a-12p, 4wks | 2/13-3/6
Format | Lecture

Instructor
Dr. Marian Langhus
Climate Science Researcher

Location
Online

Important Info
A La Carte Price: $25

Recommended Text
Regenesis: Feeding the World Without Devouring the Planet by George Monbiot (2022)

In this cooperative learning course, we will examine how climate change and farming practices contribute to food scarcity. Building hope for the future must begin with a look at the effects of drought and flooding. Global food shortages are recognized not only in high prices at our grocery stores, but also in the absence of many items that are scarce. Food banks cannot keep up with demand in many communities. Let’s look at new strategies, such as changing our diets, using heat-resistant gardening techniques, alternative protein sources and food made in factories.

A-112
Laura Ingalls Wilder Book Club: On the Shores of Silver Lake
Mondays, 1:30-3:30p, 8wks | 2/13-4/10
Format | Discussion

Instructor
Shanley Wells-Rau
MFA, Writer

Location
Online

Important Info
A La Carte Price: $25

Required Text
On the Shores of Silver Lake by Laura Ingalls Wilder (1939)

Together, we’ll read Laura Ingalls Wilder’s On the Shores of Silver Lake and follow the family from Minnesota’s Plum Creek to De Smet, South Dakota, in 1874. By exploring history, we will contextualize the family’s experiences. We’ll discuss our own personal connections to the book, as well as the differences between fact and fiction in the author’s work, and we’ll discover what the Laura scholars have to say.

This class will not be recorded.
Profiles in Deceit: JFK and LBJ in Vietnam
Mondays, 1:30-3:30p, 6wks | 2/20-4/3
Format | Lecture

Many of us came of age with the Vietnam War, but how did it start? What were the crucial decisions made by both Kennedy and Johnson in 1963, the year that policies in Southeast Asia took a sharp turn? This course will examine how both presidents sought to deceive the American people in order to win an election. We'll survey the entry into one of America's great political and military disasters, which also includes discussion of the Bay of Pigs, the Berlin Wall and the Cuban Missile Crisis.

Instructor
John Powers
MFA, Writer and Director
Location
Online
Important Info
A La Carte Price: $25

The Heart of Wonder
Tuesdays, 9-11a, 6wks | 2/21-4/4
Format | Feedback

This course combines a presentation of a new book, *Heart of Wonder*, with a workshop on the manuscript itself. Years in the making, the book examines how “wonder” is most powerfully useful as a portal to the Divine. Participants are invited to read a draft, make comments and offer constructive criticisms to help polish the book. OLLI students may recognize content taught in previous courses by Dr. Heitz who says, “to those who encouraged me to write this book, I thank you.”

This class will not be recorded.

The 1920s: When the Modern Began
Mondays, 10a-12p, 4wks | 3/20-4/10
Format | Lecture

Birthed by war and new technologies, this era was plagued by nativism and bigotries. Women won the vote and freedom in fashion, while white evangelicals imposed Prohibition, creating a nation of lawbreakers. Automobiles led to the first federal monies and routes. Movies, magazines and radio changed culture from local to national. Tractors opened new lands with dubious results. Jim Crow and racism raged, but African Americans grew nation-changing cultures and aesthetics. White conservative politics reigned, attacking “socialism” and espousing “free enterprise” to grow corporate America — until it stopped growing and crashed. And America was never the same.

Instructor
Dr. James Showalter
Professor Emeritus, Langston University
Location
Online
Important Info
A La Carte Price: $25

The Club You Never Wanted to Join: Grief and Aging Solo
Wednesdays, 1:30-3:30p, 4wks | 2/15-3/8
Format | Participation

At a certain point in life, we begin to lose our loved ones. This class explores the ways in which we grieve for those who have moved beyond us, leaving us behind. We will examine the science of grief, how the brain processes the loss, as well as resources for aging solo. All who have experienced grief are welcome as we endeavor to find productive ways to both honor our grief and move forward.

This class will not be recorded.

Instructor
Dr. Britton Gildersleeve, Dr. Wynette Pegues
Retired educators and recent widows
Location
Online
Important Info
A La Carte Price: $25
Recommended Text
*The Grieving Brain* by Mary-Frances O’Connor; *Healing Your Grieving Heart* by Alan Wolfert
A-352
Quilts from Around the World
Wednesdays, 1:30-3:30p, 4wks | 3/22-4/12
Format | Presentation

Instructor
Sharon Schlicher
Community Quilt
Expert, Pioneer
Library, Norman

Location
Online

Important Info
A La Carte Price: $25

All over the globe, societies have cultivated their own styles of quilting to reflect the world around them. From flour sacks and old clothing, quilts become beautiful and unique pieces of functional art. Learn how some patterns were made from shadows of falling leaves, how saris and sarongs are now sewn into exquisite creations, and how certain quilts are sewn using the illusion of movement. Explore traditional quilts and techniques, as we look at Ralli, Bargello and Bouti quilts and methods.

This class will not be recorded.

A-422
Supreme Conservative and Liberal Activism by Justices Making Law
Thursdays, 1:30-3:30p, 3wks | 2/23-3/9
Format | Lecture

Instructor
Dr. Howard Tolley
University of Cincinnati
Political Science
Professor Emeritus

Location
Online

Important Info
A La Carte Price: $25

Learn about the Supreme Court’s highly contested decisions on abortion, gun rights, religious liberty, environmental protection, business regulation, voting rights, affirmative action and more. University of Cincinnati Professor Emeritus Howard Tolley will provide an overview of judicial activism since the 1960s by both Democratic and Republican appointees. Dr. Tolley will examine how political ideology, legal principles and personal preference impact the appointment of justices; the decisions they reach; judicial activism; and the alignment of conservative and liberal voting blocs.

“Loved the fellowship with other OLLI members and meeting some new people.”
What We Wore: Local Fashions
Monday, 10a-12p, 1wk | 3/6

Format | Presentation

Instructor
Betty Keim
Education Coordinator,
Bartlesville Area History Museum

Location
Bartlesville Public Library

Important Info
A La Carte Price: $10

Fashion has changed dramatically over the last century. Long gone are the days of “dressed up” and “fancy,” as we seem to dress now in more relaxed, casual attire. Join this trip down memory lane and visit fashions from yesteryear as we explore style stepping stones such as ribbons, lace and pearls; the evolution into WWII military wool; and which rules of fashion stand the test of time.

BS23-211
Bartlesville Town Hall
Tuesdays, 10a-12p, 8wks | 2/14-4/11

Format | Presentation

Instructors
Various

Location
Bartlesville Public Library

Important Info
A La Carte Price: Free

Join us for an eclectic mix of weekly speakers who will present information on a variety of subjects. A full list of presenters, their bios and topics is available on the OLLI course enrollment webpage.

Feb. 14
Current Status of the Market and Economy
Joshua Randolph and Scott Hopson, Arvest Wealth Management

Feb. 21
City Update
Dale Copeland, Bartlesville Mayor
Mike Bailey, City Manager

Feb. 28
Woolaroc Museum and Wildlife Preserve Strategic Vision
Kevin Hoch, CEO, Frank Phillips Foundation

March 7
Estate Planning
Brandy Robles, Arvest Wealth Management

March 21
Using Ocean Waves to Make Hydrogen
Tom Windle, Retired Petroleum Company Employee

March 28
Jewelry Value and Security
Tammy Ross, Windle's Rock and Jewelry

April 4
What is the Bartlesville Regional Chamber of Commerce?
Sherri Wilt, CEO and President, Bartlesville Regional Chamber

April 11
Economic Development 101
David Wood, President and CEO, Bartlesville Development Corporation

Speakers were well informed and enthusiastic!
BS23-362
Wine Tasting 101
Tuesdays, 1:30-3:30p, 3wks | 3/28-4/11
Format | Participation
Instructor
Katherine Powell
Sommelier
Location
St. Luke’s Episcopal Church
Important Info
A La Carte Price: $10
Supply Fee: $30
Max 15 students
Meet Sommelier Katherine Powell and learn the basics of wine tasting and evaluation. Powell will provide a brief description of wine history, processes and wine classifications. Students will then dive in using their senses to discover unique characteristics of a variety of wines.

BS23-361
Let’s Do Lunch: Bartlesville Restaurant Crawl
Wednesdays, 11a-12:30p, 3wks | 3/29-4/12
Format | Participation
Location
Various
Important Info
A La Carte Price: $10
Attendees pay for their meals.
Back by popular demand! In this course, we’ll meet for lunch at a different restaurant each week. At each location, we’ll learn about the history of the restaurant, the owner, all about the food and the generations of cooks who inspired the menu. Most importantly, we’ll eat.
Locations planned: Dink’s Pit Bar-B-Que, Luigi’s Italian Restaurant and Bambino’s Downtown Bistro.

BS23-411
Great Decisions
Thursdays, 10a-12p, 8wks | 2/16-4/13
Format | Participation
Instructor
Allen Bretz
OLLI Discussion Leader
Location
Bartlesville Public Library
Important Info
A La Carte Price: $25
Recommended Text
Great Decisions 2023 Briefing book (to purchase, visit fpa.org)
In America’s largest discussion program on world affairs, we will address weekly topics such as energy geopolitics, war crimes, the U.S. relationship with China, economic warfare, politics in Latin America, global famine, Iran and climate migration. A full list of topics is available on the OLLI course enrollment webpage.

BS23-422
Space Station
Thursdays, 1:30-3:30p, 6wks | 2/23-4/6
Format | Lecture
Instructor
Gary Nealis
Retired NASA Astrophysicist and Engineer
Location
Bartlesville Public Library
Important Info
A La Carte Price: $25
Study the construction of the International Space Station, its supply/resupply, repairs and modifications. We’ll discuss the transport of crews, predominantly by the Space Shuttle Program, with the international support of Canada, Europe, Japan and Russia. You’ll also learn about the loss of the Space Shuttle Columbia in 2003, the subsequent finishing of the space station, the shuttering of the Space Shuttle Program, and the development and use of private commercial spacecraft.

Enroll online at OLLI.okstate.edu
Learning Never Retires.
OKLAHOMA CITY

OS23-111

**OKC Town Hall**
Mondays, 10a-12p, 8wks | 2/13-4/10
*Format | Presentation*

**Instructor**
Various

**Location**
Epworth Villa

**Important Info**
A La Carte Price: Free

Join us for an eclectic mix of weekly speakers who will present information on a variety of subjects. A full list of presenters, their bios and topics is available on the OLLI course enrollment webpage.

Feb. 13
International Protocol in Oklahoma
Christy Busch and Sarah Short, Oklahoma Department of Commerce

Feb. 20
My Personal Journey of Caring for a Loved One
Robin Gunn, Owner, Oklahoma Senior Journal and On-Air Host

Feb. 27
Creative Aging Initiative: The Arts and Well-Being
Erika Wilhite, Director, Arts Learning in Communities, Oklahoma Arts Council

March 6
Civil Rights and Hate Crimes
Kevin Katz, Oklahoma State Bureau of Investigation

March 20
ABLE Technology
Speaker TBD

Introduction to Allied Arts
Shannon Lockwood, Employee Giving Manager, Allied Arts OKC

March 27
Integrative Approaches to Chronic Pain Management
Dr. Trang Nguyen, Board Certified Geriatric Pharmacist

April 3
The Importance of the Arts to Oklahoma
TonnieDosser, Executive Director, Oklahomans for the Arts

April 10
OSU’s Recently Announced Strategy
Jerome Loughridge, Senior Vice President, OSU Operations

OS23-132

**The Films of Sidney Poitier**
Mondays, 1:30-4p, 4wks | 3/20-4/10
*Format | Presentation*

**Instructor**
Dennis Scott
Film Historian

**Location**
Epworth Villa

**Important Info**
A La Carte Price: $25

Join us as we celebrate this distinguished actor. Poitier’s charisma, strength and humanity overcame many obstacles on a successful path through Hollywood. We'll watch the delightful “Lilies of the Field” (1963), the groundbreaking “A Patch of Blue” (1965), the popular “To Sir with Love” (1967) and the controversial yet successful “Guess Who’s Coming to Dinner” (1967).

OS23-211

**International Travel After COVID**
Tuesdays, 10a-12p, 8wks | 2/14-4/11
*Format | Presentation*

**Instructor**
Joy Crutchfield
Master Travel Agent

**Location**
Healthy Living OKC

**Important Info**
A La Carte Price: $25

With the loosening of restrictions, many of us are ready to travel again. What does that look like nowadays? We’ll discuss different options for international travel, ranging from escorted tours to river cruises to independent travel. We’ll talk about multi-country travel and border crossings, as well as seasonal travel such as Christmas markets, running with the bulls and more. No passports needed for this class, just bring a love of travel and curiosity about the world.

Enroll online at OLLI.okstate.edu

Learning Never Retires.
What Does it Mean to be a Good American?
Tuesdays, 1:30-3:30p, 6wks | 2/28-4/11
Format | Presentation

Instructor
Dr. Lloyd Musselman
Eductor

Location
Healthy Living OKC

Important Info
A La Carte Price: $25

This course will entertain the idea of what it means to be a “good American.” We will discuss American values and tensions through sources such as the book *Arc of Justice*, and the films “The Boys of 36,” “Most Honorable Son,” “Lost in Detention” and “Tupperware,” each of which addresses different aspects of our society and history. We will end the series by considering a survey of Americans who picked Ronald Reagan as the “greatest American of all time.” We will discuss that choice and make our own.

Great Decisions
Thursdays, 10a-12p, 5wks | 2/16-3/23
Format | Live-feed

Instructor
Various

Location
Epworth Villa

Important Info
A La Carte Price: $25

Recommended Text
*Great Decisions 2023* Briefing book (to purchase, visit fpa.org)

In America’s largest discussion program on world affairs, we will address weekly topics such as energy geopolitics, war crimes, the U.S. relationship with China, economic warfare, politics in Latin America, global famine, Iran and climate migration. Topic experts will be on hand to give us more information and guide group discussion. A full list of topics is available on the OLLI course enrollment web page.

Let’s Do Lunch: OKC Local Cuisine
Wednesdays, 11a-12:30p, 4wk | 3/22-4/12
Format | Participation

Location
Various

Important Info
A La Carte Price: $10

Attendees pay for their meals.

In this course, we’ll meet weekly for lunch at a different locally owned restaurant. We’ll learn about the history of each restaurant, the owner, the food and how the menu was inspired. Most importantly, we’ll eat.

Planned locations: Azteca Mexican Grill, McClintock’s Saloon and Chop House, Café do Brazil and Whiskey Café.

The Oklahoma Boomer Movement
Thursdays, 1:30-3:30p, 8wks | 2/16-4/13
Format | Lecture

Instructor
Michael Williams
Curator, Oklahoma Territorial Museum, Guthrie

Location
Epworth Villa

Important Info
A La Carte Price: $25

Recommended Text
*1889: The Boomer Movement, The Land Run, and Early Oklahoma City* by Michael J. Hightower

The U.S. opened the Unassigned Lands of Indian Territory to non-native settlement on April 22, 1889. We’ll discuss how this “land run” was the culmination of 10 years of activism and agitation by the Oklahoma Boomer Movement in which some led repeated incursions into the lands they believed open to settlement. But that’s just part of this story. The range cattle industry held control of these lands with the U.S. Cavalry acting as their private police force, and some activists even took the fight to Congress.
### Walking Tour: Public Art on Campus, Part One

**Format | Walking Tour**

Join in this outdoor public artworks tour on the OSU-Stillwater campus hosted by the OSU Museum of Art. The first in an ongoing series, this encore tour will feature a selection of sculptures. We will follow a one-mile loop that is wheelchair accessible and stroller friendly. Wear comfortable clothing and footwear, and bring mobility aids or hearing devices, if needed.

**Instructor**
Christina Elliott
Associate Curator of Education, OSU Museum of Art

**Location**
OSU Campus

**Important Info**
A La Carte Price: $10

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### Let’s Make: Beginning/Refresher Crochet

**Format | Hands-on**

Learn the different types and sizes of crochet hooks and yarns, basic crochet stitches, sizing and reading patterns. You’ll learn (or reacquaint yourself with) the basic stitches using yarn from the teacher’s stash and hoard of hooks, as you decide which project you’d like to complete. Once you choose your project — a baby or lap blanket or scarf — you can purchase your own yarns and hooks.

**Instructor**
PJ Richards
Expert Crocheter

**Location**
Legacy Village

**Important Info**
A La Carte Price: $25
Max 10 students

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### STEM Symposium

**Format | Presentation**

In this series of weekly presentations, we’ll hear from experts in science, technology, engineering and mathematics, also known as STEM fields. A geologist who has visited the deep seabed will describe what information the seafloor holds and explains why you should care. A research scientist from NOAA will discuss the impact of climate change on animal and plant cycles. A neurobiologist will discuss horizons in STEM research, and more.

**Instructor**
Various

**Location**
Legacy Village

**Important Info**
A La Carte Price: $25

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“The best! Made me happy to be there and see everybody and learn weird things every week!” — Review from a participant.

Enroll online at [OLLI.okstate.edu](http://OLLI.okstate.edu)
Stillwater Town Hall
Tuesdays, 10a-12p, 8wks | 2/14-4/11
Format | Presentation
Instructor
Various
Location
Stillwater Public Library
Important Info
A La Carte Price: Free

Join us for an eclectic mix of weekly speakers who will present information on a variety of subjects. A full list of presenters, their bios and topics is available on the OLLI course enrollment webpage.

Feb. 14
The Effects of Aging on Sensory Information Processing
JoCarol Shields and Shawn Reese, Ph.D. Candidates
OSU Health and Human Performance

Feb. 21
Civil Rights and Hate Crimes
Kevin Katz, Oklahoma State Bureau of Investigation

Feb. 28
ABLE Technology
Speaker TBD
Business and Entrepreneurial Services
Brad Rickelman, Meridian Technology Center

March 7
Water and Sewer Capital Projects
Candy Staring and James Driskel, City of Stillwater

March 21
The Perfect Storm that Led to the Tidal Wave of Censorship
Dr. Robin Fuxa, OSU Assistant Professor
Reading and Literacy

March 28
Dr. J. Mathews, OSU Assistant Professor
OSU College of Education and Human Sciences

April 4
OSU’s Recently Announced Strategy
Jerome Loughridge, Senior Vice President, OSU Operations

April 11
Critical Race Theory
Dr. Katherine Curry, Associate Professor
OSU College of Education and Human Sciences

All Things Oklahoma! (The Musical)
Tuesdays, 1:30-3:30p, 6wks | 2/21-4/4
Format | Presentation
Instructor
Dr. Carol Schmitz
Educator and Historian
Location
Stillwater Public Library
Important Info
A La Carte Price: $25

Let’s celebrate the 80th anniversary of the Broadway opening of “Oklahoma!” and the 70th anniversary as our official state song. As the first musical to blend song, character, plot and dance, it’s been described as the single-most influential work in American musical theater and the savior of Broadway. We’ll explore the original 1931 play, the partnership of Rodgers and Hammerstein, and why the show opened without including the song “Oklahoma!” Join the fun and celebrate the great songs with a sing-along each week. (No experience necessary.)

Watercolor
Wednesdays, 10a-12p, 4wks | 2/15-3/8
Format | Hands-on
Instructor
Tandi Memmott
Artist
Location
Art on 6th
Important Info
A La Carte Price: $25
Supply list provided upon registration.
Max 12 students

This class will explore the basics of painting with watercolor. We’ll experiment with this beautiful medium while learning different techniques such as creating washes, working wet into wet, and wet on dry to create desired results. We’ll also experiment with masking fluid, salt, saran wrap, etc. to create different effects. Some basic drawing skills are helpful but not required.
### Great Stories from Classic French Cinema

**Wednesdays, 1:30-4:30p, 6wks | 2/15-3/29**

**Format | Presentation**

| Instructor | Dr. Vickie Sturgeon  
Educator, Broadcasting and Motion Picture History |
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<tbody>
<tr>
<td>Location</td>
<td>Legacy Village</td>
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<td>Important Info</td>
<td>A La Carte Price: $25</td>
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This series of acclaimed films shares captivating stories. In “Jean de Florette” (Son of Florette) and its sequel “Manon of the Springs” (both 1986), human character and family history are exposed in Provence. In “My Father’s Glory” and its sequel “My Mother’s Castle” (both 1990), a boy’s charming coming-of-age tale is balanced with whimsical adventures and life lessons. In “The Two of Us” (1967), a boy leaves WWII Paris to live with an elderly farmer in the French countryside. In “Fanny” (1961), we’ll watch a romance set in the colorful port of Marseille.

### Acrylic Painting

**Wednesdays, 10a-12p, 4wks | 3/22-4/12**

**Format | Hands-on**

| Instructor | Tandi Memmott  
Artist |
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Working from photo references, you’ll explore painting using acrylic paint on canvas. We’ll cover the basics — composition, value, color mixing and mark making — and experiment with different mediums that change the consistency of the acrylic paint. You’ll also have the option of experimenting with a palette knife. Bring photo references to class or use one provided by the instructor, and let’s paint!

### An Evening of Theatre: Godspell

**Friday, 7p, 1wk | 4/28**

**Format | Presentation**

<table>
<thead>
<tr>
<th>Instructor</th>
<th>OSU Theatre Department Staff</th>
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<tr>
<td>Location</td>
<td>Seretean Center for the Performing Arts, OSU Campus</td>
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</table>
| Important Info | Cost: $10  
No refunds.  
Season ticket holders contact the OLLI office to reserve a pre-show seat. |

Get in on this special pre-show conversation with OSU Theatre Department staff followed by a live performance of the sensational musical “Godspell.” Using a variety of storytelling techniques and a hefty dose of comic timing, non-Biblical characters share different parables. An eclectic blend of songs with new lyrics, ranging in style from pop to vaudeville, is employed as the story of Jesus’ life dances across the stage.
Tulsa Town Hall
Mondays, 10a-12p, 8wks | 2/13-4/10
Format | Presentation
Instructor
Various
Location
Zarrow Pointe
Important Info
A La Carte Price: Free

Join us for an eclectic mix of weekly speakers who will present information on a variety of subjects. A full list of presenters, their bios and topics is available on the OLLI course enrollment webpage.

Feb. 13
Dying is Not Giving Up: Documentary Short and Discussion
Kelly Scott, RN, BSN, CHPN; and Dr. Jennifer Clark

Feb. 20
Laureate Institute for Brain Research
Dr. Salvador Guinjoan, Clinical Associate Professor and M.D., OU

Feb. 27
Tulsa Oktoberfest and its History
Scott Mitchell, Chairman, Oktoberfest Inc.

March 6
Tulsa Foundation for Architecture
Dr. Amber Litwack
NYC’s Fraunces Tavern Museum
Sarah Kneeshaw

March 20
Update from Tulsa Police Department
Deputy Chief Dennis Larsen

March 27
Estate Planning
Jorjana Marx, Attorney at Law, Partner
Oklahoma Senior Law

April 3
ABLE Technology
Speaker, TBD

April 10
Medicare 101
Paige Scheuerman, Medicare Assistance Program, Oklahoma Insurance Department

Films of James Garner
Mondays, 1:30-4p, 6wks | 2/13-3/27
Format | Presentation
Instructor
Dennis Scott
Film Historian
Location
Zarrow Pointe
Important Info
A La Carte Price: $25
Max 25 students

Oklahoma-born James Garner served in the Korean War before acting in his first movie at the age of 28. Known by many as a TV star, Garner was also a Hollywood leading man. We’ll watch the WWII drama “The Great Escape” (1963); “Move Over, Darling” (1963) with Doris Day; another war film “The Americanization of Emily” (1964), with Julie Andrews; “Victor/Victoria” (1981) with Andrews again; opposite Sally Field in “Murphy’s Romance” (1985) and finally alongside Gena Rowlands in 2004’s “The Notebook.”

History of Dinosaurs
Wednesdays, 10a-12p, 4wks | 2/15-3/8
Format | Lecture
Instructor
Patrick Walters
Dinosaur Enthusiast
Location
Zarrow Pointe
Important Info
A La Carte Price: $25

We’ll start with the destruction of the large land dinosaurs, move to the first million years after the demise of the dinosaurs; discuss the Permian mass extinction; the evolution of mammals and dinosaurs; the Triassic mass extinction; and the dominance of the dinosaur. We will then explore the evolution of small birds and their survival; discussing creature changes; and how environments impact evolution.
**Getting To Know Your Apple Tech**  
**Thursdays, 9-10a, 4wks | 3/23-4/13**  
**Format | Participation**

Does it sometimes feel like the more you try to stay on top of things, the more you get behind — especially when it comes to the wonderful world of technology? Let us help with at least one aspect of your personal tech — your Apple devices. In this course, we'll discuss a different topic each week with the smart people from Apple covering topics such as personalizing your Apple watch, taking pictures with your iPhone, getting started with your iPhone and more.

**Instructor**  
Various

**Location**  
Woodland Hills Mall  
Apple Store

**Important Info**  
A La Carte Price: $15  
Max 10 students

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**Let’s Play: Canasta**  
**Wednesdays, 1:30-3:30p, 6wks | 2/15-3/29**  
**Format | Participation**

Come join in, whether you have played before or just want to learn a new game. Similar to rummy, Canasta was created in 1939 by two bridge partners in Uruguay. Named after the Spanish word for basket, canasta refers to the container used to hold the cards. The game quickly became popular throughout South America and soon spread to the U.S., Europe and Asia. Let’s play this lively, fun and easy-to-learn card game. We’ll show you tips and strategies to score more points.

**Instructor**  
Carol Bebak  
Educator

**Location**  
Zarrow Pointe

**Important Info**  
A La Carte Price: $25  
Max 12 students

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**Great Decisions**  
**Thursdays, 10a-12p, 5wks | 2/16-3/23**  
**Format | Live-feed**

In America’s largest discussion program on world affairs, we will address weekly topics such as energy geopolitics, war crimes, the U.S. relationship with China, economic warfare, politics in Latin America, global famine, Iran and climate migration. Topic experts will be on hand to give us more information and guide group discussion. A full list of topics is available on the OLLI course enrollment webpage.

**Instructor**  
Various

**Location**  
Church of the Madalene

**Important Info**  
A La Carte Price: $25

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**Friday Tours in Tulsa**  
**Fridays, 10a-12p, 3wks | 3/3-3/24**  
**Format | Participation**

The Tulsa metro is home to some quirky yet interesting museums. In this short weekly series, we’ll visit a few, including The Outsiders House Museum, The Vintage Sewing Machine Museum and the Route 66 Auto Museum in Sapulpa. Wear your comfy shoes.

**Location**  
Various

**Important Info**  
Cost: $35 (both membership levels)  
Course fee includes all entrance costs.  
Minimum 6 people

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Enroll online at OLLI.okstate.edu  
Learning Never Retires.
COURSE REGISTRATION

Registration can be completed online at OLLI.okstate.edu or through this registration form, which must include your payment. Payment must be received to be registered for courses. A registration confirmation will be emailed to you.

Mail your registration form and payment to OLLI at OSU.

Please contact us with any questions.

OLLI at OSU
139 Nancy Randolph Davis
Stillwater, OK 74078
P | 405-744-5868

Please select all courses you are registering for and include this sheet with your total enclosed payment. Individual course fees listed are for A La Carte Membership. Any additional supply fees are also shown.

ONLINE

☐ A-1110 Cognitive Stimulation Program: Train Your Brain — $75 members, $100 non-members
☐ A-0471 A King is Crowned: A Guide to King Charles III’s Coronation — $10
☐ A-0511 More Income to Your Investments — $10
☐ A-0521 Medicare 101 — Free
☐ A-0531 Outlaw Mummy: The Life and Crimes of Elmer McCurdy — $10
☐ A-0541 I’ll Have What She’s Having: The Jewish Deli — $10
☐ A-0551 What is Critical Race Theory? — Free
☐ A-0561 From Healthcare CEO to Thriller Author — $10
☐ A-0581 All That Glitters: The Democratization of Sparkle in Fashion History — $10
☐ A-111 Climate Change and Food Scarcity — $25
☐ A-112 Laura Ingalls Wilder Book Club: On the Shores of Silver Lake — $25
☐ A-122 Profiles in Deceit: JFK and LBJ in Vietnam — $25
☐ A-151 The 1920s: When the Modern Began — $25
☐ A-221 The Heart of Wonder — Free
☐ A-312 The Club You Never Wanted to Join: Grief and Aging Solo — $25
☐ A-352 Quilts from Around the World — $25
☐ A-422 Supreme Conservative and Liberal Activism by Justices Making Law — $25

BARTLESVILLE

☐ BS23-0151 What We Wore: Local Fashions — $10
☐ BS23-211 Bartlesville Town Hall — Free
☐ BS23-262 Wine Tasting 101 — $10 + $30 supply fee
☐ BS23-361 Let’s Do Lunch: Bartlesville Restaurant Crawl — $10 (plus lunch)
☐ BS23-411 Great Decisions — $25
☐ BS23-422 Space Station — $25

Enroll online at OLLI.okstate.edu

Learning Never Retires.
COURSE REGISTRATION

OKLAHOMA CITY
☐ OS23-111 OKC Town Hall — Free
☐ OS23-132 The Films of Sidney Poitier — $25
☐ OS23-211 International Travel After COVID — $25
☐ OS23-232 What Does it Mean to be a Good American? — $25
☐ OS23-351 Let’s Do Lunch: OKC Local Cuisine — $10 (plus lunch)
☐ OS23-411 Great Decisions — $25
☐ OS23-412 The Oklahoma Boomer Movement — $25

STILLWATER
☐ SS23-0562 Walking Tour: Public Art on Campus, Part One — $10
☐ SS23-132 Let’s Make: Beginning/Refresher Crochet — $25
☐ SS23-151 STEM Symposium — $25
☐ SS23-211 Stillwater Town Hall — Free
☐ SS23-2110 Cognitive Stimulation Program: Train Your Brain — $75 members, $100 non-members
☐ SS23-222 All Things Oklahoma! (The Musical) — $25
☐ SS23-311 Watercolor — $25
☐ SS23-312 Great Stories from Classic French Cinema — $25
☐ SS23-351 Acrylic Painting — $25
☐ SS23-411 Great Decisions — $25
☐ SS23-493 An Evening of Theatre: Godspell — $10

TULSA
☐ TS23-111 Tulsa Town Hall — Free
☐ TS23-112 Films of James Garner — $25
☐ TS23-311 History of Dinosaurs — $25
☐ TS23-312 Let’s Play: Canasta — $25
☐ TS23-411 Great Decisions — $25
☐ TS23-451 Getting to Know Your Apple Tech — $15
☐ TS23-531 Friday Tours in Tulsa — $35 (both membership levels)

DAY TRIP
☐ TS23-491 TV, Musicians, Books and Beer: Tulsa Day Trip, Thursday, April 20
Meet there — $65 members, $70 non-members
Ride-share from Stillwater — $75 members, $80 non-members

“Excellent material and instruction. I want to take another class — any class.”
OLLi @ OSU
139 Nancy Randolph Davis
Oklahoma State University
Stillwater, OK 74078