

LIVING AND LEARNING WITH OLLI AT OSU

OLLI



SPRING 2025 COURSE CATALOG

Registration Now Open!

DIRECTOR'S NOTE

Welcome to the Spring 2025 session of OLLI! We are delighted to present our catalog with courses, events and social activities to spark your curiosity.

Dr. Helen Clements, a long-time OLLI member, student and instructor, is on the cover. A retired librarian and anthropologist, Dr. Clements spent much of her career at Oklahoma State University Libraries and conducted fieldwork in weaving villages in Oaxaca, Mexico. Thanks to OLLI instructors like Helen, and OLLI volunteers across the state, we can bring engaging content to you.

In the coming pages you will find courses in the visual arts, film, music, writing and literature, history, science, politics, self-improvement, cuisine, beer and so much more. We have offerings from your favorite long-time instructors, plus new instructors you'll enjoy meeting. You'll also find a special day trip to Shawnee, Oklahoma, where we'll explore the community's art, eagles and Potawatami heritage, as well overnight trips curated by Colette Travel, to include the Northern Lights in Alaska, food and wine in Tuscany and Christmas markets in Europe.

We're partnering with OLLI friends at the University of Nevada, Las Vegas for a special 10-week online class titled History's Greatest Voyages, starting Feb. 2, two weeks before our regular session begins on Feb. 17. Oklahoma students will join via Zoom with the Nevada students to learn about explorations from the 4th Century all the way to the 15th when someone sailed the ocean blue.

See you in class!

Robbin D. Davis, CVA

Director, OLLI@OSU

OLLI Team

Robbin – Director

Open – Office Manager

Logan – Tech Coordinator

Amy – Bartlesville Coordinator

Lura – Stillwater Coordinator

Open – OKC Coordinator

Cindy – Tulsa Coordinator

Shanley – Editor and Instructor

WHAT IS OLLI?

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 locations (Bartlesville, Oklahoma City, Stillwater and Tulsa) 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

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 anytime during the year.

Contact Us

139 Nancy Randolph Davis
Oklahoma State University
Stillwater, OK 74078



405-744-5868
OLLI@okstate.edu

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.

À 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 are included with registration for in-person courses.

All memberships include:

- Full Member Benefits and Discounts
- Access to Special Interest Groups (SIGs)
- OLLI e-newsletter
- Invitation to special OLLI events
- Access to free classes
- Volunteer opportunities

An OLLI membership makes a great gift!

SUPPORT OLLI

Donate to OLLI at OSU

You can give to support OLLI at OSU by scanning the QR code to the right or visiting **okla.st/givetoOLLI**.

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.** Cash, check, non-cash items and estate gifts are accepted.



ENROLLMENT INFORMATION

How to Enroll

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

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 two ways to participate in courses. These options will maximize your opportunities to enjoy the greatest 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. Courses are recorded at the discretion of the instructor and may not be shared.

POLICIES

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. Staff will then notify the next member on the waitlist.

Email Newsletter

E-newsletters go out frequently during sessions. These emails tend to include the following information:

- Upcoming events and course details
- Zoom links for free virtual activities
- Profiles of staff, instructors and members
- Important program announcements and schedule changes
- Class highlights, trip reveals, news from other OLLIs

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.

Name Badges

OLLI members now have an evergreen name badge. Once you have been given your name badge, you are responsible for its care and safekeeping. If you are new to OLLI or haven't received your name badge during a previous session, you should have one waiting on you at your first class. If you register less than a week prior to the first class meeting date, your name tag will be available the second meeting date. Alert the site coordinator if your nametag needs to be replaced. You are responsible for wearing your nametag whenever you are at an OLLI event or class. And remember, name badges are for others to get to know you.

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. 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. **No refunds are available after classes begin.**

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 are included with registration for in-person classes.

Student Conduct

OLLI adheres to the OSU Student Code of Conduct found at okla.st/conduct.

Textbooks and Supplies

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 and site partners. 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.

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. Classes are recorded at the instructor's discretion.

TRIPS

TT25-0521

Visit a Multicultural Gem: Shawnee Daytrip

Friday, 3/28, Approximately 10a-4p

Join in as we check out Shawnee, the birthplace of celebrity Brad Pitt and home to more than 30 painted pony statues. Our stops include Citizen Potawatomi Nation's Cultural Heritage Center's newly renovated galleries that feature tribal history from pre-contact to present day, including the Potawatomi gift shop with authentic, locally made Native American gifts. We'll visit the Mabee-Gerrer Museum of Art, Oklahoma's oldest art museum. Founded in 1919, it is home to one of the nation's largest collections of Egyptian art and artifacts. We'll stop by the Pottawatomie County Museum with its eclectic collection of local artifacts. Another stop is the Eagle Aviary run by the Potawatomi Nation and the first of its kind to incorporate culturally significant elements into the rescue facility's design. Lunch will be at the family owned Paul's Place Steakhouse, where the locals eat, so you know it'll be good.

\$50 for members, \$60 for nonmember guests (8 a.m. approximate departure time from Stillwater).

Price includes admission fees, lunch and snacks and rideshare.

Alcohol not included. Wheelchair accessible.

Itinerary subject to change.

Day trip cancellations no later than 14 days before receive full refund; no later than 7 days prior receive half. We are unable to refund no shows and/or cancellations made less than 7 days before the event.

The following trips are coordinated for us through Collette Travel. Each has its own deadline and dedicated signup page for our OLLI. The trips may include other travelers not related to OLLI. Guests are welcome.

Alaska's Northern Lights

March 24-30, 2025, 7 days, 11 meals

Sparkling glaciers, unforgettable views, iconic lodging. Watch as blue skies collide with stark white glaciers, and playful otters dip in and out of the calm waters on an incomparable glacier cruise narrated by an expert guide. Walk out in the snow under an unspoiled bed of stars and search for the shimmering hues of purple and green when you chase the legendary Northern Lights, one of the most amazing natural spectacles in the world.

Spotlight on Tuscany

May 14-22, 2025, 9 days, 11 meals

Rolling landscapes, savory wines, delicious food and stunning architecture. Stroll medieval streets flanked by Renaissance walls, Romanesque churches and towers in the Cradle of the Renaissance, where works by Michelangelo and Donatello lounge. Travel to a quaint countryside to learn the secrets of this area's traditional cuisine. Partake in a cooking class, using local ingredients and culinary techniques that have been passed down for generations. Enjoy your freshly prepared dinner.

European Christmas Markets

December 2-10, 2025, 9 days, 11 meals

A grand holiday adventure through the winter wonderland of the Imperial Cities of Central Europe—Prague, Vienna and Budapest. Be whisked by train from the Waltz Capital of the World to the former Imperial capital of the Habsburg Empire. Experience the holiday spirit in five different countries where Christkindlmarks are surrounded by Gothic, Baroque, Renaissance and Art Deco architecture.

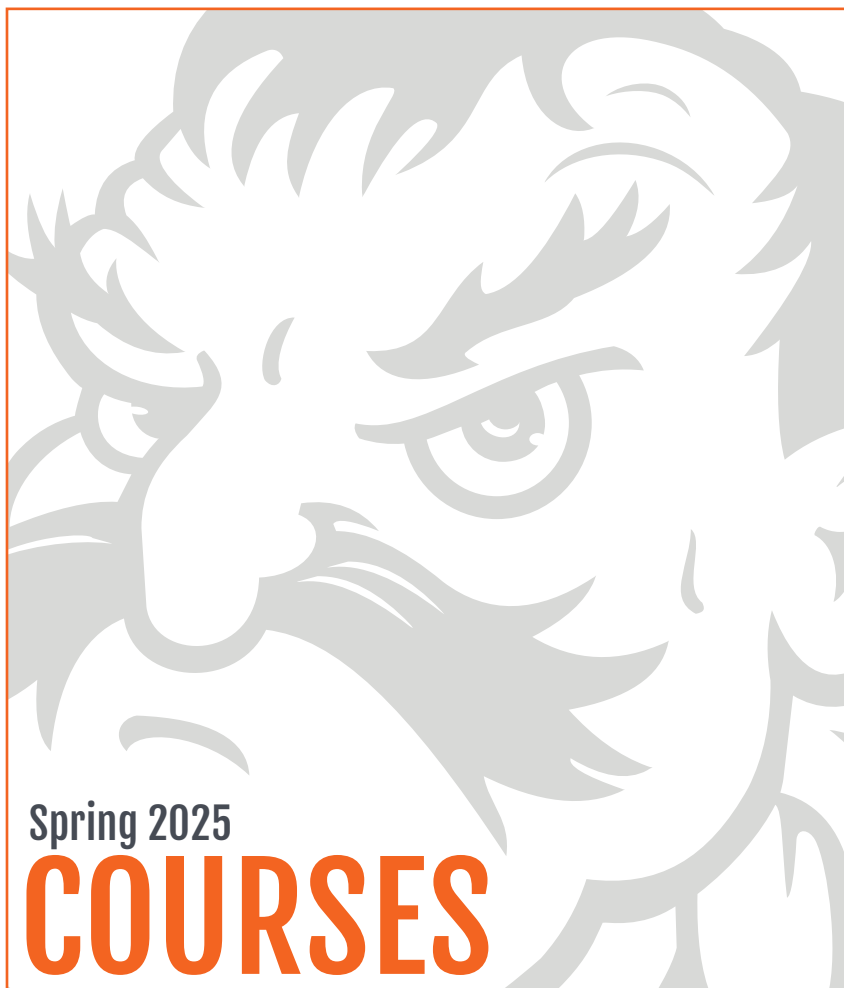


“Class and instructor were both well informed and very interesting.”

”



Enroll online at [OLLl.okstate.edu](https://olll.okstate.edu)



**“ Both the instructor
and presentation were
absolutely excellent. ”**

A-1111

History's Greatest Voyages

Tuesdays, 10wks, 2/4-4/15, 4-5:30p

This course will explore historic journeys by blending Great Courses lectures with supplemental information and group discussions. Weekly topics include: the earliest explorers, the scientific voyage of Pytheas the Greek, the traveling Irish Monk St. Brendan, Chinese Buddhist Xauanzang's journey west in the 7th Century, Leif Eriksson, Marco Polo and Sir John Mandeville, medieval Muslim traveler Ibn Battuta, Portugal's ventures, Christopher Columbus and more. This course is in partnership with OLLI at the University of Nevada, Las Vegas.

Format: Lecture

Instructors: Hilary Howarth and Dave Lavery, Educators

Location: Online

A La Carte Price: \$35

A-0411

Celebrating the Arts of Living: Pathways to Joy and Fulfillment in Later Life

Thursday, 1wk, 2/20, 10a-12p

This interactive presentation explores a positive outlook on older age, showing how later life can be rich in new experiences, personal growth and creativity. Through stories and interviews with everyday people, artists and musicians, attendees will discover ways to stay engaged, cope, and find renewal. Research on age-related changes, resilience and the benefits of integrative art therapies will also be discussed. Students are encouraged to share their creative interests and activities.

Format: Presentation

Instructor: Dean VonDras, PhD Professor of Psychology

Location: Online

À La Carte Price: Free

A-111

The History of Rock

Mondays, 4wks, 2/17-3/10, 10a-12p

Rock music was pivotal in social change from the repressed 50s, through the counterculture of the 60s to today. Originating from a blend of black blues and white country, rock evolved through various strains. We'll explore each: Rock-a-Billy, Rhythm and Blues, Doo-Wop, Schlock-Rock, Folk, the British Invasion, Woodstock and the mid-70s. The course continues with Punk, the 80s, Grunge and the death of rock 'n' roll carried out by top names of today. Discover how rock music became the soundtrack of America and the world.

Format: Lecture

Instructor: John Hill, Songwriter, educator, record producer

Location: Online

À La Carte Price: \$25

A-112

Laura Ingalls Wilder Studies: The First Four Years

Mondays, 4wks, 2/17-3/10, 1:30-3:30p

Together we'll read Laura Ingalls Wilder's *The First Four Years* and follow Laura's and Almanzo's early years of marriage in the Dakota prairies of the mid-1880s. The story captures the couple's struggles as they build a homestead, face harsh weather, illness and financial setbacks. Taken from a found draft manuscript and published posthumously, this book has a completely different tone from the *Little House* series. Let's see what the Laura scholars have to say.

Format: Discussion

Instructor: Shanley Wells-Rau, Writer and educator

Location: Online

À La Carte Price: \$25

Required book: *The First Four Years*, by Laura Ingalls Wilder (1971)

A-152

1950s Rural America

Mondays, 2wks, 3/24-3/31, 1:30-3:30p

Sister authors discuss growing up on the Pfeiffer farm near Menoken, North Dakota, in the 1950s, as characterized in their book *While the Windmill Watched: A Slice of Rural America in the 1950s*. The conversation will cover not only a personal family history, but also the changes in communication, electronics, medicine and farming technology as it impacted rural lives in the 50s. Student participation encouraged.

Format: Lecture

Instructors: Janine Pfeiffer Knop and Jackie Pfeiffer McGregor, Authors

Location: Online

À La Carte Price: \$10

A-242

What Makes the Grand Canyon “Grand”?

Tuesdays, 3wks, 3/4-3/25, 1:30-2:30p

Arizona’s Grand Canyon is one of the world’s most significant sites. We’ll explore its origination, geology, the role of the Colorado River, Native American tribal connections to the Canyon, trails, historic and modern human activity in using the Canyon’s resources and in conserving it, tourism and the National Park status, wildlife, and the unique species found in its five Life Zones from Sonoran desert to spruce Hudsonian.

Format: Lecture

Instructor: Stephenie Slahor, PhD, Educator

Location: Online

À La Carte Price: \$25

A-311

Terrorism in the Heartland: Ruby Ridge, Waco and Oklahoma City

Wednesdays, 6wks, 2/19-4/2, 10a-12p

During the span of three years, August 1992 to April 1995, our nation witnessed the assault of federal forces against U.S. civilians at three locations: Ruby Ridge, Waco and Oklahoma City. These separate events have been linked by media reports and publications based on several themes: freedom, religion and guns. From the distance of 30 years, we will explore the individuals and the decision making that led to so much death and destruction in the heartland of America. We will pierce the headlines of history and discover what really happened.

Format: Lecture

Instructor: John Powers, MFA, Writer and director

Location: Online

À La Carte Price: \$25

A-431

Atlantis: A Myth-tery Solved

Thursdays, 6wks, 3/6-4/17, 10a-12p

Did Atlantis really exist? This presentation suggests it likely did, based on a broad collection of materials exploring its profound impact and possible influences today. Just as Troy was found using ancient texts, we'll examine Atlantis through its eclipse, including esoteric writings, such as Edgar Cayce, and archaeological records to trace its potential location and connections to other lost civilizations. We'll also investigate the cultures behind Stonehenge, the Pyramids (beyond Egypt), and other advanced sites in Europe, uncovering the remarkable technology they possessed.

Format: Lecture

Instructor: Paul Stang, Engineer and Educator

Location: Online

À La Carte Price: \$25

A-0312 and A-0452

Medicare 101

A-0312, Wednesday, 1wk, 2/19 1:30-3:30p

A-0452, Thursday, 1wk, 3/27, 1:30-3:30p

In this comprehensive review, you'll find everything you need to know about the Medicare Program, including information on Parts A-D, Medigap policies and when to buy one, eligibility and enrollment, options for those with disabilities and/or limited income and resources, prescription drug coverage and Advantage Plans, benefits and costs, comparing and choosing plans, Medicare and Medicaid fraud, waste and abuse prevention, detection, reporting and recovery.

Format: Presentation

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

Location: Online

Cost: Free



BS25-111

Great Decisions

Mondays, 8wks, 2/17-4/14, 10a-12p

In America's largest discussion program on world affairs, we will address weekly topics such as U.S. foreign policy, U.S. leadership in the world economy, U.S.-China relations, India, international cooperation on climate change, the future of NATO and European security, AI and national security, American foreign policy in the Mid-East. 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 page.

Format: Discussion

Instructor: Allen Bretz, Facilitator

Location: Westside Community Center

À La Carte Price: \$25

Recommended text: Great Decisions Briefing book

BS25-112

Survey of the U.S. Constitution

Mondays, 6wks, 2/17-3/31, 1:30-3:30p

This course offers an exploration of the U.S. Constitution, from its historical roots and the challenges faced by the Founding Fathers to the debates that shaped its final form. We will study the articles and amendments, uncovering how the Constitution has adapted over time through landmark cases and legislative changes. Ideal for anyone interested in American history, law, or civics, this class provides insights into the document that continues to define and shape our nation.

Format: Lecture

Instructor: Alan Gentges JD, Judge

Location: Westside Community Center

À La Carte Price: \$25

BS25-211

Bartlesville Town Hall

Tuesdays, 8wks, 2/18-4/15, 10a-12p

Join us for an eclectic mix of weekly speakers. A full list of presenters and topics is available on the OLLI website and course enrollment page.

Format: Presentation

Instructors: Various

Location: Westside Community Center

À La Carte Price: Free

BS25-212

Biters and Stingers: Ticks, Mites, Spiders and Scorpions Found in Oklahoma

Tuesdays, 6wks, 2/18-4/1, 1:30-3:30p

Discover common Oklahoma critters, how to identify them and key lifecycle insights for avoiding or protecting yourself from their risks. This informal, interactive session will cover preventive measures, from clothing to chemical products (with samples and photos). We'll also discuss the diseases and symptoms these critters can cause, along with what details to share with medical personnel for effective diagnosis and treatment. Expect a relaxed, engaging presentation with plenty of time for questions.

Format: Lecture

Instructor: Russell Wright, PhD, Entomologist

Location: Westside Community Center

À La Carte Price: \$25

Note: Max 12 people

BS25-311

Aging Brings Opportunities

Wednesdays, 4wks, 2/19-3/12, 10a-12p

Henry Wadsworth Longfellow wrote, "Age is opportunity no less than youth itself." This four-week interactive course will highlight unique opportunities that come with aging. We will discuss what it means to feel a sense of belonging as we age and how communities (cities, towns and organizations) help or hinder that. We will also engage in practices that promote healthy perspectives on aging. We will laugh and tell stories and, hopefully, leave with smiles on our faces and hope in our hearts.

Format: Participation

Instructor: Rev. Kelly Becker, Senior Minister, Disciples Christian Church-Bartlesville

Location: Disciples Christian Church

À La Carte Price: \$25

Note: Max 12 people

BS25-332

Creative Writing

Wednesdays, 2wks, 3/26-4/2, 10a-12p

This course covers essential creative writing principles for fiction, nonfiction, biography and poetry, including reading strategies, character creation and plot basics. Participants will explore resources like *The Elements of Style* and *Self-Editing for Fiction Writers* to improve their writing. Between sessions, students complete a short writing assignment and receive constructive feedback from both the instructor and peers. The course also provides guidance on publishing options, from self-publishing to finding an agent and preparing submissions.

Format: Lecture

Instructor: Robert Parrish, Author

Location: Disciples Christian Church

À La Carte Price: \$25

BS25-412

History in Movies: Fact or Myth?

Thursdays, 6wks, 2/20-4/3, 1:30-4p

Whether based on a true story, inspired by a past time or a rigorous accounting of actual events, movies based on history often leave us asking: did that really happen? In this class, we'll watch six movies about a real event in history and discuss what parts depicted are true and what parts are myth. Let's see together what films made up history and which ones were faithful to events.

Format: Presentation

Instructor: Kay Little, Educator

Location: Westside Community Center

À La Carte Price: \$25



OS25-111

Let's Do Lunch: OKC Diners & Grills

Mondays, 4wks, 2/17-3/10, 11a-12:30p

In this course, we'll meet weekly for lunch at a different locally owned restaurant. Planned locations: Mob Grill, Sunnyside Diner, Classen Grill and Good Gravy Diner.

Format: Participation

Location: At location

À La Carte Price: \$10, Participants pay for their own meals.

OS25-112

Suffrage in Oklahoma: Women's History, Activism and Politics in the Sooner State

Mondays, 4wks, 2/17-3/10, 1:30-3:30p

The suffrage movement in the United States led to the formation of the 19th Amendment. However, here in Oklahoma, women's suffrage took a much different route. From Aloysius Larchmiller giving her life to the cause, to the grassroots movements of Kate Barnard and Wanda Jo Peltier, to the vision of motherhood presented by Alice Robinson and Mary Fallin—the fight for suffrage encompasses a vast portion of our state history.

Format: Lecture

Instructor: Anna Davis, Historical interpreter and editor

Location: Epworth Villa

À La Carte Price: \$25

Recommended reading: This Land is Herland, edited by Dr. Patricia Loughlin and Dr. Sarah Janda; A Life on Fire: Oklahoma's Kate Barnard by Connie Cronley

OS25-211

OKC Town Hall

Tuesdays, 8wks, 2/18-4/15, 10a-12p

Join us for an eclectic mix of weekly speakers. A full list of presenters and topics is available on the OLLI website and course enrollment page.

Format: Presentation

Instructors: Various

Location: Epworth Villa

À La Carte Price: Free

OS25-212

The Films of Barbra Streisand

Tuesdays, 6wks, 2/18-4/1, 1:30-3:30p

She goes by one name, and you better not misspell it—Barbra—because she’s an Emmy, Grammy, Oscar, Tony, Golden Globe (and many more awards) winner. Let’s examine her work on the silver screen: Funny Girl (1968) with Omar Shariff, Hello Dolly! (1969) with Walter Matheau, The Owl and the Pussycat (1970) with George Segal, On a Clear Day You Can See Forever (1970) with Yves Montand, A Star is Born (1976) with Kris Kristofferson, and Yentl (1983) a film she directed.

Format: Presentation

Instructor: Dennis Scott, Film Historian

Location: Epworth Villa

À La Carte Price: \$25

OS25-0362

Beer 101

Wednesday, 1wk, 4/2, 1:30-3:30p

We will discuss the cultural and historical significance of beer and fermentation while also looking at the process of beer production and brewing sciences. This class will be at our OKC production facility, so we will also be touring the facility and seeing the process firsthand. We will taste different styles of beer and discuss the economic, cultural and sociological impacts of the explosion of craft brewing. This class will be both fun and informative.

Format: Participation

Instructor: Matt Sullins, General Manager, Stonecloud Stillwater Patio and Taproom

Location: At Location

À La Carte Price: \$10

SS25-111

Stillwater Town Hall

Mondays, 8wks, 2/17-4/14, 10a-12p

Join us for an eclectic mix of weekly speakers. A full list of presenters and topics is available on the OLLI website and course enrollment page.

Format: Presentation

Instructors: Various

Location: Stillwater Community Center

À La Carte Price: Free

SS25-0212

Fused Glass Suncatcher

Tuesday, 1wk, 2/18, 1:30-3:30p

Would you love to make an artwork made from glass but the idea of cutting glass is intimidating? Well, this class is for you. We'll use glass that is already cut (scraps, irregular shapes, cabochons and stringers) to design a beautiful, personalized suncatcher or trivet. The base will be clear glass, and you can choose between a long rectangle shape or square. When we fire the pieces, hooks can be added for hanging or it can be used as a trivet.

Format: Participation

Instructor: Meghan Brasuell, General Manager, Prairie Arts Center

Location: Prairie Arts

À La Carte Price: Free

Materials Fee: \$25, all levels

Note: Max 8 people

SS25-232

Exploring Oklahoma's History

Tuesdays, 6wks, 3/4-4/15, 1:30-3:30p

Oklahoma's history is unlike any other state's, shaped by decisions nearly 200 years ago that still impact its citizens today. Whether you're new to Oklahoma or took history classes years ago, this course offers a deeper look at our state's unique story. Explore the influence of tribes, treaties, cowboys, land runs, riots, prohibitions, dust storms, bombings and ongoing challenges. Join us to uncover the fascinating events and complex forces that have shaped Oklahoma into what it is today.

Format: Lecture

Instructor: Carol Schmitz, PhD, Educator and Historian

Location: Stillwater Community Center

À La Carte Price: \$25

SS25-212

Afternoon High Tea

Tuesday, 1wk, 2/18, 1:30-3:30p

Have you ever wondered exactly what is involved with "high tea" or even where the concept came from? In this event you will learn the history of high tea, as well as the proper etiquette expected through the ages. Students will be treated to the three courses of high tea: finger sandwiches, scones with clotted cream and jams and the final course of sweets, while enjoying elegant flavored teas.

Format: Participation

Instructor: Glo Lorenzi, Hospitality marketing and management

Location: OSU Botanical Garden Education Building

À La Carte Price: \$10

Materials Fee: \$25, all levels

Note: Max 12 people

SS25-431

A Vietnam War Draftee's Perspective on the War and Military Drafts

Thursdays, 2wks, 3/6-3/13, 10a-12p

This course will explore the draft including the instructor's personal experiences, from his undergraduate studies cut short by the 1970 Kent State tragedy to being drafted into the U.S. Army, trained for combat and sent to Vietnam, where he served near the Demilitarized Zone. We'll discuss how and why the U.S. entered and exited the war, the impact of military drafts on the outcome, and the history of drafts and possible alternatives to the Selective Service System from a perspective of fostering choice and civility.

Format: Lecture

Instructor: Francis Epplin, PhD, Regents Professor of Agricultural Economics

Location: Stillwater Community Center

À La Carte Price: \$10

SS25-311

Tai Chi for Health and Relaxation

Wednesdays & Fridays, 8wks, 2/19-4/18, 9-10a

Experience this ancient Chinese martial art that is more like "meditation in motion" and provides health benefits for the body, mind and spirit. We'll start with easy warm up exercises to loosen up and demonstrate other techniques for relaxation and mental focus before focusing on the Tai Chi forms, which are practiced in three sections as a sort of slow-motion routine. Learning the Tai Chi forms relieves stress, encourages relaxation, improves balance and helps bolster cognitive ability as you work to memorize the movements.

Format: Participation

Instructors: Gary McCoy and Shirley McCoy, Tai Chi Instructors

Location: Stillwater Community Center

À La Carte Price: \$40

SS25-3111

Drawing Class

Wednesdays, 4wks, 2/19-3/12, 10a-12p

Learn the basics of drawing using different drawing media including pencil, charcoal and pen and ink wash. We will draw from both still life and photos. References will be provided but students may bring their own photos for subject matter. This class is good for both beginners and those with drawing experience. We'll focus on developing our observational abilities to improve drawing skills while covering the visual elements of line, shape, form, space, value and texture.

Format: Participation

Instructor: Tandi Memmott, Artist

Location: Art on 6th

À La Carte Price: \$35

Note: Max 12 people. Supply list provided upon registration.

SS25-312

Writing on Paper, Sharing on Stage

Wednesdays, 4wks, 2/19-3/12, 1:30-3:30p

In this class, we'll generate spontaneous writing in any form and genre using computer-generated prompts and photographs. We'll write one of our own life stories and create a group performance piece from that work. The writing process, sharing our writing, working together on a performance piece, and performing for our friends and families is intended to build creative expression and have fun. No acting experience is required, and not everyone is required to perform. Laptop or tablet with a keyboard is recommended for writing.

Format: Participation

Instructor: Shiitake Mama, PhD, Educator

Location: Legacy Village

À La Carte Price: \$25

Note: Max 10 people

SS25-3511

Acrylic Painting Class

Wednesdays, 4wks, 3/26-4/16, 10a-12p

This class will introduce you to the basics of acrylic painting. We'll learn about the qualities and versatility of acrylic paint. We'll learn how to mix colors from a limited palette. References will be provided for subject matter but feel free to bring your own photos/references. We will try to complete three or four 11x14 paintings during the session.

Format: Participation

Instructor: Tandi Memmott, Artist

Location: Art on 6th

À La Carte Price: \$35

Note: Max 12 people. Supply list provided upon registration.

SS25-352

Theatre Games and Improvisation

Wednesdays, 4wks, 3/26-4/16, 1:30-3:30p

Learning basic stage and voice techniques allows anyone to build confidence and skills in staying in the moment and adapting to various situations. Whether you want to explore the world of acting or just want to learn how to “think on your feet” in social situations, you’ll be inspired and have fun—even if you are shy. No acting experience is required. You just need a willingness to speak, move and play. Those who are differently abled are welcome.

Format: Participation

Instructor: Shiitake Mama, PhD, Educator

Location: Legacy Village

À La Carte Price: \$25

Note: Max 16 people

SS25-412

An Introduction to Traditional Chinese Medicine

Thursdays, 8wks, 2/20-4/17, 1:30-3:30p

Rooted in 2,400 years of holistic healing, Traditional Chinese Medicine (TCM) views disease as an imbalance within an interconnected system rather than from organic causes. Unlike Western medicine, TCM offers a complementary perspective on health, with insights that enhance well-being. This course introduces TCM's core concepts, including energy pathways, organ functions, common patterns of disharmony, and diagnostic basics, with special focus on the role of "spirit" in health. Participants will gain an understanding of TCM's unique approach to human nature and healing.

Format: Lecture

Instructor: Haridas Heitz, PhD, Associate Professor of Philosophy, OSU

Location: Stillwater Community Center

À La Carte Price: \$25

SS25-422

Ukulele for Beginners and Intermediates

Thursdays, 6wks, 2/27-4/10, 1:30-3:30p

Pair your love of learning with the joy of music for a great combination. The ukulele is an easy instrument to learn, and this course will provide instant gratification of playing songs right away. You'll use those basics to build what you need to continue learning. Each session includes hands-on strumming, one-on-one time with instructors and experienced volunteers, plus a sing-along and strum-along session using learned chords. Intermediate players can break off with an instructor for more advanced guidance to support further progress.

Format: Participation

Instructors: Kami Koontz and Pam Brown, Musicians

Location: Stillwater Community Center

À La Carte Price: \$25

Note: Max 16 people. 12 loaner ukuleles available during the course.

SS25-3121

Movies: Humor from the British Isles

Wednesdays, 8wks, 2/19-4/16, 1:30-4p

Experience the finest of British Isles cinema with eight acclaimed comedies from Scotland, Ireland and England. These films, directed by top talents, showcase unforgettable performances by actors like Michael Caine, Colm Meaney, Daniel Day-Lewis, Brenda Fricker, Julie Walters, Jim Broadbent and Ewan McGregor. Featured titles include *The Van* (1996), *The Snapper* (1993), *Gregory's Girl* (1980), *My Left Foot* (1989), *Comfort and Joy* (1984), *Local Hero* (1983), *Educating Rita* (1983), and *Little Voice* (1998). Join us for a lively exploration of humor and culture across the British Isles.

Format: Presentation

Instructor: Vickie Sturgeon, PhD, Film Historian

Location: Legacy Village

À La Carte Price: \$25





“The class atmosphere
is always great, and the
students support each other.”



TS25-111

Tulsa Town Hall

Mondays, 4wks, 2/17-3/10, 10a-12p

Join us for an eclectic mix of weekly speakers. A full list of presenters and topics is available on the OLLI website and course enrollment page.

Format: Presentation

Instructors: Various

Location: Church of the Madalene

À La Carte Price: Free

TS25-112

Drumming the I Ching

Mondays, 6wks, 2/17-3/31, 1:30-3:30p

The I Ching is an ancient book of Chinese wisdom based on eight trigrams consisting of broken or solid lines. Drumming these symbols as “music,” the rhythms are both simple and exciting. Frame drums and other percussion instruments will be provided or bring your own. Let’s make a joyful noise together.

Format: Lecture

Instructor: Janice Eskridge, Drumming instructor

Location: Church of the Madalene

À La Carte Price: \$25

“...educational and fun. I recommend this for learning new techniques and meeting people.”

TS25-152

Caregiving and Planning Ahead

Mondays, 4wks, 3/24-4/14, 1:30-3:30p

This four-part series covers essential caregiving and planning topics. Navigating the Healthcare System provides insights into healthcare teams, effective communication and self-advocacy. Caregiving Skills and Demonstration offers practical caregiving techniques, including emotional regulation, communication, and stress relief. We Should Talk emphasizes advance care planning with a dynamic presentation and healthcare toolkit review. Your Voice. Your Wishes. Your Advance Directive features a comprehensive video guide on the Oklahoma Advance Directive, helping participants understand the decision-making process with expert input from a Palliative Care Physician.

Format: Lecture

Instructors: Jennifer Clark, MD, Healthcare delivery consultant; Kelly Scott, Nurse and Executive Director of Clarehouse

Location: Church of the Madalene

À La Carte Price: \$10

Materials Fee: \$25, all levels

TS25-2522

World War II in the Pacific

Tuesdays, 4wks, 3/25-4/15, 1:30-3:30p

We will start with how the Japanese decided to fight the U.S and why the U.S. decided to fight first in the Pacific instead of Germany. We will next explore production differences in the combatants, focusing on the fighting in 1942 and battles that are rarely known but extremely important. We'll also review technologies and how this failed Japan.

Format: Lecture

Instructor: Patrick Walters, Former Marine Officer

Location: Church of the Madalene

À La Carte Price: \$25

TS25-211

The Interwar Period: 1919-1941

Tuesdays, 8wks, 2/18-4/15, 10a-12p

The Interwar Period has often been neglected but is very important on all fronts. The booming, but often reactionary 1920s were followed by the Great Depression and Dustbowl of the 1930s. But there was much more going on. This course will cover the politics, economics, culture, agriculture, technology, art and journalism, and more of this period.

Format: Lecture

Instructor: James Showalter, PhD, Professor Emeritus, Langston University

Location: Church of the Madalene

À La Carte Price: \$25

TS25-212

American-Style Mah Jongg: Beginners

Tuesdays, 8 wks, 2/18-4/15, 1:30-4p

Mah Jongg is a tile-based game dating to 19th Century China played with a set of 144 tiles based on Chinese characters and symbols. In the early 20th Century, it was brought to America by travelers to Asia, and an American version of the game developed. The game has spread globally with regional variants. Learn this worldwide sensation of a game in a simplified and explanatory manner, with a little history thrown in. Each week, the instructor also will “show and tell” Mah Jongg items from her collection.

Format: Participation

Instructor: Carol James, Educator

Location: Church of the Madalene

À La Carte Price: \$25

Materials Fees: \$15, all levels

Note: Max 8 people

TS25-312

Tell Your Story

Wednesdays, 2wks, 2/19-2/26, 1:30-3:30p

Your story matters. This course will take you through the steps to create a digital album complete with the life-shaping events, milestones and key points in the overarching story of a person's life. We will discuss how to include photos along with the stories. It will be a treasure, not only for generations to come, but for you. A script will guide you in your writing and make it simple to complete this story of yours, a living relative or even an ancestor's life.

Format: Participation

Instructor: Lisa Kirkley, Educator

Location: Zarrow Pointe

À La Carte Price: \$10

Note: Max 15 people

TS25-332

Movies of Clark Gable

Wednesdays, 6wks, 3/5-4/16, 1:30-3:30p

A movie icon, Clark Gable embodied the definition of American masculinity and was originally thought to be too rough hewn for a leading man. We'll watch *It Happened One Night* (1934) with Claudette Colbert, which earned him an Oscar; *Mutiny on the Bounty* (1935), with Charles Laughton; *San Francisco* (1936), with Jeanette McDonald and Spencer Tracy; *Mogambo* (1958) with Ava Gardner and Grace Kelly; *Teacher's Pet* (1958), with Doris Day; and *The Misfits* (1961), with Marilyn Monroe and Montgomery Clift.

Format: Presentation

Instructor: Dennis Scott, Film Historian

Location: Zarrow Pointe

À La Carte Price: \$25

TS25-411

Jazz Singers

Thursdays, 4wks, 2/20-3/13, 10a-12p

Explore the art of jazz singing through iconic artists like Frank Sinatra, Mel Torme, Ella Fitzgerald, Sarah Vaughan and The Kenton Singers: Anita O'Day, June Christy and Chris Connor. Guided by jazz historian and musician John Hamill, this class delves into the essence of jazz singing, including ballad interpretation, the crossover of jazz and pop and the unique ability of jazz singers to “swing.” The course features a “listening room” experience with curated recordings and insightful commentary to deepen appreciation of jazz vocal styles.

Format: Lecture

Instructor: John Hamill, Educator, Jazz Musician and Jazz Historian

Location: Church of the Madalene

À La Carte Price: \$25

TS25-412

Intro to American Sign Language

Thursdays, 6wks, 2/20-4/3, 1:30-3:30p

Have you always been curious about American Sign Language? Here is your chance to learn about this beautiful visual language, often said to be the third most common language in the U.S. Whether you want to communicate with someone with hearing loss, add a new language to your repertoire, or challenge your brain with new learning, this is the class for you. This is a relaxed course, with lots of fun interaction. Text is included.

Format: Participation

Instructor: Diana Emerson, Community Resources Coordinator, Center for Individuals with Physical Challenges

Location: Church of the Madalene

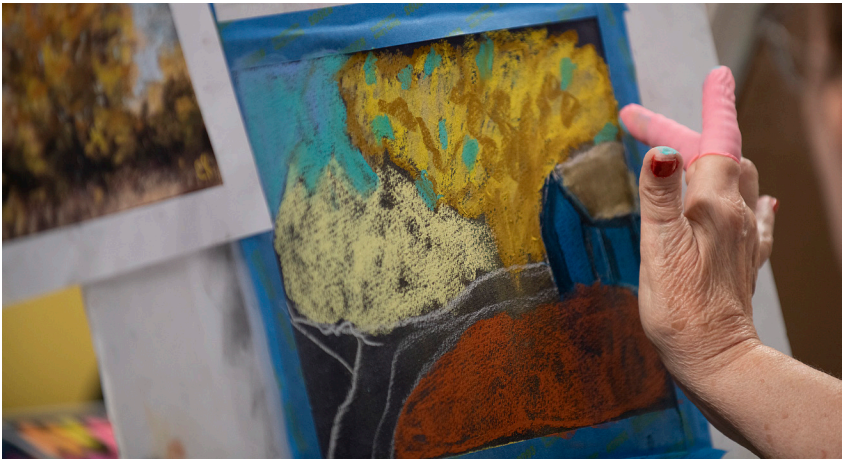
À La Carte: \$25

Materials Fees: \$74, all levels



“ **The best!** It made me happy to be there and see everybody and learn unique things every week! ”





**“Loved the fellowship with
other OLLI members and
meeting some new people. ”**

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 classes. 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

How did you hear about OLLI?

- Family or friend Social media
 Print ad Other
 Radio

Name Date of Birth

Address

Apt# City Zip

Phone Mobile Carrier

Email

CHOOSE YOUR MEMBERSHIP

Membership will be good through 6/30/25.

Premium Annual Membership \$200
Unlimited courses through 6/30/25

À La Carte Annual Membership \$40

Each course taken will have an additional fee (\$10-\$100) as noted in course listings.

CARD

CHECK — Writing a check? Make it payable to OSU.

Both membership levels are responsible for course supply fees as noted in course listings.

TOTAL ENCLOSED \$ _____

Remember to include any course supply fees.

Please mark course selections on the following pages and return with payment to the OLLI office. Light refreshments may be included with registration for in-person courses.

_____ | _____ | _____

CARD #

EXP. DATE

CVV

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

ONLINE

- A-0411** Celebrating The Arts Of Living, **Free**
- A-1111** History's Greatest Voyages, **À La Carte: \$35**
- A-111** The History Of Rock, **À La Carte: \$25**
- A-112** Laura Ingalls Wilder Studies: The First Four Years, **À La Carte: \$25**
- A-152** 1950s Rural America, **À La Carte: \$10**
- A-242** What Makes The Grand Canyon "Grand"?, **À La Carte: \$25**
- A-311** Terrorism In The Heartland, **À La Carte: \$25**
- A-431** Atlantis: A Myth-Tery Solved, **À La Carte: \$25**
- A-0312** Medicare 101, **Free**
- A-0452** Medicare 101, **Free**

BARTLESVILLE

- BS25-111** Great Decisions, **À La Carte: \$25**
- BS25-112** Survey Of The U.S. Constitution, **À La Carte: \$25**
- BS25-211** Bartlesville Town Hall, **Free**
- BS25-212** Biters And Stingers, **À La Carte: \$25**
- BS25-311** Aging Brings Opportunities, **À La Carte: \$25**
- BS25-332** Creative Writing, **À La Carte: \$25**
- BS25-412** History In Movies: Fact Or Myth?, **À La Carte: \$25**



COURSE REGISTRATION

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

OKLAHOMA CITY

- OS25-111** Let's Do Lunch: OKC Diners & Grills, **À La Carte: \$10**
- OS25-112** Suffrage In Oklahoma, **À La Carte: \$25**
- OS25-211** OKC Town Hall, **Free**
- OS25-212** The Films Of Barbra Streisand, **À La Carte: \$25**
- OS25-0362** Beer 101, **À La Carte: \$10**

STILLWATER

- SS25-0212** Fused Glass Suncatcher, **À La Carte: \$10, Fee: \$25**
- SS25-111** Stillwater Town Hall, **Free**
- SS25-232** Exploring Oklahoma's History, **À La Carte: \$25**
- SS25-311** Tai Chi For Health And Relaxation, **À La Carte: \$40**
- SS25-3111** Drawing Class, **À La Carte: \$35**
- SS25-312** Writing On Paper, Sharing On Stage, **À La Carte: \$25**
- SS25-3121** Movies: Humor From The British Isles, **À La Carte: \$25**
- SS25-3511** Acrylic Painting Class, **À La Carte: \$35**
- SS25-352** Theatre Games And Improvisation, **À La Carte: \$25**
- SS25-412** An Introduction To Traditional Chinese Medicine, **À La Carte: \$25**
- SS25-422** Ukulele For Beginners And Intermediates, **À La Carte: \$25**
- SS25-212** Afternoon High Tea, **À La Carte: \$10, Fee: \$25**
- SS25-431** A Vietnam War Draftee's Perspective, **À La Carte: \$10**



COURSE REGISTRATION

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

TULSA

- TS25-111** Tulsa Town Hall, **Free**
- TS25-112** Drumming The I Ching, **À La Carte: \$25**
- TS25-152** Caregiving And Planning Ahead, **À La Carte: \$10, Fee: \$25**
- TS25-211** The Interwar Period: 1919-1941, **À La Carte: \$25**
- TS25-212** American-Style Mah Jongg: Beginners, **À La Carte: \$25, Fee: \$15**
- TS25-312** Tell Your Story, **À La Carte: \$10**
- TS25-332** Movies Of Clark Gable, **À La Carte: \$25**
- TS25-411** Jazz Singers, **À La Carte: \$25**
- TS25-412** Intro To American Sign Language, **À La Carte: \$25, Fee: \$74**
- TS25-2522** World War II In The Pacific, **À La Carte: \$25**

TRIPS

- TT25-0521** Shawnee Daytrip, **\$50 For Members, \$60 For Nonmember Guests**





OLLI @ OSU

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Oklahoma State University
Stillwater, OK 74078

Education Outreach/OLLI



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139 HS