

OLLI

OKLAHOMA STATE UNIVERSITY



FALL 2021 COURSE CATALOG

Registration Now Open!



DIRECTOR'S NOTE

Hello, friends!

If I've learned anything over the past year, it's that we are all lifelong learners, from the newest OLLI member to every staff person and volunteer who worked hard to compile this catalog. You are our inspiration, and we are doing everything we can to be a light in your daily life.

Here's the big news: We're stepping back into the classroom in Stillwater, Tulsa, Bartlesville and Oklahoma City! We're also continuing to offer online courses, but there's more — OLLI is expanding into telecasts. To engage you in a new opportunity for distance learning, this fall some of our courses will be broadcast live from a classroom with participants. As we transition to this endeavor, we appreciate your feedback so we can increase telecast offerings in the future. The variety of topics offered this fall is stellar, and we are deeply grateful to our instructors for their willingness to try new approaches that will bring you the broadest range of options.

New this session is an online-only mysteries book club hosted by OLLI instructor Britton Gildersleeve. Stay tuned for more information in our weekly newsletters. Also coming are online tours.

As we've learned from the on-going pandemic, there's no way to predict what safety measures will need to be implemented during our fall term. Whatever happens, we will deal with it together. You've proven yourselves to be creative problem solvers, and you meet challenges head on. We take our cue from you.

See you in class!

OLLI Team

Robbin — Director

Sofia — Office Manager

Logan — OKC Coordinator

Amy — Bartlesville Coordinator

Shanley — Editor

Barbara — Editor

Abby — Student

Monica — Student

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 age 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 @ OSU locations has a local leadership committee governed by a board of directors elected by the OLLI membership.

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, voting, elected 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

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

OLLI Membership

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 by paying \$25 for each multi-week course and \$10 for each single session class for enrollment during the fall, spring and summer sessions.

Both membership levels are responsible for any fees or supplies associated with courses.

OLLI scholarships are available thanks to the generous support of our donors. The scholarship form can be completed on the OLLI website or requested from the OLLI office.

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.

Courses are either offered for a fee or for free. Premium annual members do not pay the individual course fee, but à la carte members do. This allows members to choose the best option for participation. All members pay additional supply or book fees associated with specific courses.

WANT TO HELP?

Donate to OLLI @ OSU

1. Go to: **OLLI.okstate.edu**
2. Click **Give to OLLI** under the quick links section at the bottom right-hand side 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. We will gratefully accept donations in any amount. 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.

You must enroll in courses through our online portal, which requires a unique email address for each member to enroll. To enroll online:

If you do not have an annual 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 an annual membership:

1. Visit **OLLI.okstate.edu**
2. Click **Enroll in Courses**
3. Use the tools to search for courses.
4. Log in using your email address and make your course selection.

Once you have paid for your course, you will receive a confirmation email. Please contact the OLLI office during regular business hours if you need assistance with enrollment.

General Information

Textbooks and Supplies

Students are responsible for purchasing their own supplies and recommended texts.

Class Size Limits

Courses that are limited in size are noted in the course descriptions. If you are interested in one of these courses, you should enroll early.

Student Conduct

OLLI adheres to the Oklahoma State University Student Code of Conduct. Please visit **studentconduct.okstate.edu** for more information.

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 — This option is for those who do not wish to attend in person or at a telecast location.

Telecast — This new option is a live telecast in which you go in person to a classroom in one city and participate in a live stream course where the instructor is presenting in another location.

“Conversations with smart and interested people is my favorite part of OLLI.”



NO TESTS.
NO GRADES.
JUST THE JOY
OF LEARNING.





COURSES

Fall 2021 courses.

Enroll online at [OLLI.okstate.edu](https://olli.okstate.edu)

“ I love that I can take classes that I otherwise wouldn't be able to because of where they were offered. **The online format gives me more options!**”

We Are What We Eat: A History of Food

Mondays, 10a-12p | 8 Weeks | **9/20 - 11/8**

FORMAT OKC, Telecast

INSTRUCTOR

Dr. Marten Brienem,
OSU School of
Global Studies &
Partnerships

Dr. Bailey
Norwood, OSU
Agricultural
Economics

Using the adage “you are what you eat,” we’ll examine human history and society through the lens of food. We’ll discover how food has shaped society, the effect of agriculture on evolution, how trade and migration influenced what we eat, the food’s role in class differences, pastoralism’s impact on culture differences and more.

LOCATION

National Cowboy &
Western Heritage
Museum

IMPORTANT INFO

Suggestions for
further reading
will be provided
throughout the
course.

Little House on the Prairie

Mondays, 1-3p | 8 Weeks | **9/20 - 11/8**

FORMAT OKC, Telecast

INSTRUCTOR

Shanley Wells-Rau
Writer

LOCATION

National Cowboy &
Western Heritage
Museum

Let’s revisit Laura Ingalls Wilder’s first book in the series, *Little House in the Big Woods*, while also exploring history to contextualize her family’s experiences described in the book. We’ll read together, discuss our personal connections to the story and discover what the Laura scholars have to say.

Exploring Themes Within the Gilcrease Museum Collections

Tuesdays, 10a-12p | 8 Weeks | 9/21-11/9

FORMAT OKC, Telecast

INSTRUCTOR

Various, full list
online
Gilcrease Docents

LOCATION

Oklahoma History
Center

Get an insider's view as we cover a different theme each week and examine related art and archival materials from the Gilcrease collection. We'll cover topics such as How Do Artists "See" the Night?; National Parks; Landscapes; A Horse of Course!; Portraits; When Western Rivers Flowed Wild and Free; Wildlife; and How Do Artists Portray Women?

NASA, Space Shuttles & the ISS

Tuesdays, 1-3p | 8 Weeks | 9/21-11/9

FORMAT OKC, Telecast

INSTRUCTOR

Gary Nealis
NASA
Astrophysicist &
Engineer

LOCATION

Oklahoma History
Center

Study NASA's space shuttle flights concentrating on specific types of missions, such as communications satellite deployment and repair, the Hubble Space Telescope, Spacelab, missions to Mir and the building of the International Space Station. You'll also learn about shuttle systems and operations and examine explanations of the Challenger and Columbia disasters.

Your Brain Is an Unreliable Narrator

Wednesdays, 10a-12p | 3 Weeks | **9/22-10/6**

FORMAT OKC, Telecast

INSTRUCTOR

Ken Seidel
Educator

LOCATION

National Cowboy &
Western Heritage
Museum

Why do our brains so easily ruminate on the negative or linger over conspiracy theories? In this class, we'll explore and examine some of the recent neuroscience that explains how and why our brains may act the way they do. We'll also examine what we can do to reduce our own brain's vulnerability.

Women of WWII

Thursdays, 10a-12p | 4 Weeks | **9/30-10/21**

FORMAT OKC, In person

INSTRUCTOR

Dr. Denise Neil
Executive Director,
45th Infantry
Museum

LOCATION

Oklahoma History
Center

Women's contributions during World War II were unprecedented. The Allied Forces could not have defeated the Axis Powers without the contributions of women on the home front, in factories and in the military. We'll focus on the roles women played in the U.S. from the bombing of Pearl Harbor until the end of the war.

Driving Hard & Fast: A Road Trip Through U.S. History

Thursdays, 1-3p | 6 Weeks | **9/23-10/28**

FORMAT OKC, In person

INSTRUCTOR

Dr. David Prentice
Author & Historian

LOCATION

Oklahoma History
Center

The car hastened the rise of U.S. manufacturing, remade cities, shaped labor relations and transformed culture. Few aspects of American life were left untouched, but like the vehicles it made, the automotive industry had faults, breakdowns and spectacular crashes. The car tells us much about post-industrial America and the rise of Asia. Join us as we take a road trip through the last 150 years of history.

“ There is virtually nothing keeping me from attending classes. I can do OLLI while I cook, fold clothes, walk, weed the garden, dust, eat lunch, do the dishes and more. . . . ”

We Are What We Eat: A History of Food

Mondays, 10a-12p | 8 Weeks | **9/20-11/8**

FORMAT Tulsa, Telecast

INSTRUCTOR

Dr. Marten Brien, OSU faculty School of Global Studies & Partnerships

Dr. Bailey Norwood, OSU Agricultural Economics

Using the adage “you are what you eat,” we’ll examine human history and society through the lens of food. We’ll discover how food has shaped society, the effect of agriculture on evolution, how trade and migration influenced what we eat, the food’s role in class differences, pastoralism’s impact on culture differences and more.

LOCATION

Central Center in Centennial Park

IMPORTANT INFO

Suggestions for further reading will be provided throughout the course.

Little House on the Prairie

Mondays, 1-3p | 8 Weeks | **9/20-11/8**

FORMAT Tulsa, Telecast

INSTRUCTOR

Shanley Wells-Rau
Writer

LOCATION

Central Center in Centennial Park

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Exploring Themes Within the Gilcrease Museum Collections

Tuesdays, 10a-12p | 8 Weeks | 9/21-11/9

FORMAT Tulsa, In person

INSTRUCTOR

Various, full list
online
Gilcrease Docents

Get an insider's view as we cover a different theme each week and examine related art and archival materials from the Gilcrease collection. We'll cover topics such as How Do Artists "See" the Night?; National Parks; Landscapes; A Horse of Course!; Portraits; When Western Rivers Flowed Wild and Free; Wildlife; and How Do Artists Portray Women?

LOCATION

Montereau
Retirement
Community

Genealogy for Beginners

Tuesdays, 1-3p | 4 Weeks | 9/21-10/12

FORMAT Tulsa, In person

INSTRUCTOR

Becky Hatchett
Genealogist

Do you want to create your family tree but don't know how to start? This course will teach you the basics you need to know in order to document the lives of your ancestors using resources like Ancestry.com, FamilySearch.org, Find a Grave, genealogy software, newspaper archives and other online vital records that help you save and share information.

LOCATION

Montereau
Retirement
Community

Aging in Place: There's No Place Like Home

Tuesday, 1-3p | 1 Week | **10/19**

FORMAT Tulsa, In person **FREE**

INSTRUCTOR

Brooke Kimmel
Health Back Home
Health

LOCATION

Monterea
Retirement
Community

Aging well and comfortably at home doesn't happen without planning. Home health, home care and other community resources abound, and you can learn to advocate for yourself or a loved one so that you benefit from the many support options available. Empower yourself to choose the best care to fit your needs and to maintain home independence for as long as possible.

Continuum of Knowledge: Native Women Artists

Tuesday, 1-3p | 1 Week | **10/26**

FORMAT Tulsa, In person

INSTRUCTOR

Susan Baley
Executive Director
108 Contemporary

LOCATION

Monterea
Retirement
Community

Enjoy this personally guided tour of the exhibition "The Space Between: Anita Fields & Molly Murphy Adams." Both artists are Oklahoma-based, Native women whose work intersects in terms of perspective and exploration of traditional Native American regalia. Fields (Osage) works primarily in clay. Murphy Adams (Oglala Lakota) pairs needlework techniques of beadwork and embroidery with printmaking and paper media.

Ad Valorem Property Tax

Tuesdays, 1-3p | 1 Week | **11/2**

FORMAT Tulsa, In person **FREE**

INSTRUCTOR

John A. Wright
Tulsa Conty
Assessor

LOCATION

Montereau
Retirement
Community

Learn all about Oklahoma's ad valorem property tax process directly from an elected county tax assessor. He'll explain how your property is valued, how to protest a valuation, the role of the Excise Board, plus he'll provide details on visual inspection, fair market value, taxable value and exemptions. If you have questions, come ask them in this one-time session.

Your Brain Is an Unreliable Narrator

Wednesdays, 10a-12p | 3 Weeks | **9/22-10/6**

FORMAT Tulsa, In person

INSTRUCTOR

Ken Seidel
Educator

LOCATION

Zarrow Pointe

Why do our brains so easily ruminate on the negative or linger over conspiracy theories? In this class, we'll explore and examine some of the recent neuroscience that explains how and why our brains may act the way they do. We'll also examine what we can do to reduce our own brain's vulnerability.

Jazz History: Modern Jazz Guitar & Oklahoma's Own

Wednesdays, 1-3p | 6 Weeks | 9/22-11/10

FORMAT Tulsa, In person

INSTRUCTOR

John Hamill
Educator & Musician

LOCATION

Zarrow Pointe

This class continues the history of jazz starting with Charlie Christian, the father of jazz guitar. We'll move along through the popular trios of the late 1940s and early '50s before focusing on more contemporary players. We'll end the course with Oklahoma's own jazz players, including Chet Baker, Howard McGee, Oscar Pettiford, Billy Tipton, John Simmons, Ernie Fields and many others.

Finish Strong: Plan Well for Later Life

Wednesdays, 10a-12p | 5 Weeks | 10/13-11/10

FORMAT Tulsa, In person **FREE**

INSTRUCTOR

Jennifer Weston,
LCSW

LOCATION

Zarrow Pointe

IMPORTANT INFO

This is a one-week class, presented multiple times. Students can attend as many times as they like.

Planning for your health care and needs in later life is an important step to ensure you get the medical care you want. Jennifer Weston will show you how to prepare your advance directive and living will and assign a healthcare proxy. Jennifer shares her experience, personally and professionally, to help you plan for end of life.

Screwball Comedies: More Than Just Zany

Thursdays, 10a-12p | 6 Weeks | **9/23-10/28**

FORMAT Tulsa, In person

INSTRUCTOR

Dennis Scott
Film Historian

LOCATION

Montereau
Retirement
Community

During the Great Depression and looming world war, screwball comedies emerged as a popular new art form. More than just wacky hijinks, these films skirted the ban on risqué content by depicting sexual tension as verbal sparring. Let's discover how gender roles and classism are turned on their heads by watching some of the best of this genre (full movie list online).

Let's Play Games!

Thursdays, 1-3p | 6 Weeks | **9/23-10/28**

FORMAT Tulsa, In person

INSTRUCTOR

Carol Bebak
Educator

LOCATION

Montereau
Retirement
Community

We've survived a more than a year without seeing our OLLI friends, so it's time to get together, wake up the brain cells and have some fun! We'll work on brain enhancement with card games like Rummy, Phase 10, Uno and Skip-Bo and limber up our fingers and roll the dice to play Yahtzee, Stuck in the Mud! and The Dice Game. And let's not forget gaming strategy, so we'll play dominoes and Mexican Train. Let the games begin!

Human Sexuality

Fridays, 10a-12p | 6 Weeks | 10/8-11/12

FORMAT Tulsa, In person

INSTRUCTOR

Jennifer Weston,
LCSW

LOCATION

Central Center in
Centennial Park

Why is sexuality important to understand?

What about orientation, gender identity and expression? What words should I even use?

This class will equip you with an understanding of terminology and broadened awareness of the history of human sexuality. Modern science, medical and psychological insights will be presented. In a safe and respectful space, you'll be free to ask questions and gain understanding. We will all come away fully equipped to be allies. Come laugh, contemplate, explore, discuss, cringe and ponder as we learn why this topic is important.

“The instructors are very informative.
OSU is certainly on the cutting edge!...”

We Are What We Eat: A History of Food

Mondays, 10a-12p | 8 Weeks | **9/20-11/8**

FORMAT Stillwater, In person

INSTRUCTOR

Dr. Marten Brienens,
OSU faculty School
of Global Studies &
Partnerships

Dr. Bailey Norwood,
OSU Agricultural
Economics

Using the adage “you are what you eat,” we’ll examine human history and society through the lens of food. We’ll discover how food has shaped society, the effect of agriculture on evolution, how trade and migration influenced what we eat, the food’s role in class differences, pastoralism’s impact on culture differences and more.

LOCATION

Stillwater
Community Center

IMPORTANT INFO

Suggestions for
further reading
will be provided
throughout the
course.

Yoga Paths to Divine

Mondays & Wednesdays, 1-3p | 6 Weeks | **9/20-10/27**

FORMAT Stillwater, In person

INSTRUCTOR

Dr. Haridas Heitz
Associate Professor,
OSU Department of
Philosophy

When you hear the word “yoga,” you may think of a stretching class at the local gym, but it means far more than that in the Hindu traditions of India. Explore the different paths of yoga as they are presented in the Bhagavad Gita, an ancient text thought to be from 100-500 BCE. We’ll learn both the theory behind the practices, and how they are performed.

LOCATION

Stillwater
Community Center

IMPORTANT INFO

Recommended
text: The Bhagavad
Gita, translated by
Eknath Easwaran.
ISBN-13 : 978-
1586380199

Town Hall

Tuesdays, 10a-12p | 8 Weeks | **9/21-11/9**

FORMAT Stillwater, In person **FREE**

INSTRUCTOR

Various

Join us to hear from various speakers on timely topics. Full list of presenters and topics available on OLLI course enrollment page.

LOCATION

Stillwater Public Library

Culture and Language Workshop: Chinese (and East Asia)

Tuesdays, 1-3p | 4 Weeks | **9/21-10/12**

FORMAT Stillwater, In person

INSTRUCTOR

Yi-Ying (Joyce)
Crawford
First Generation
Asian-American

This workshop provides a unique cultural experience that includes not only the basics of the Chinese language (reading, speaking and writing), but also festivals, crafts, foods and traditions. We'll also discuss issues facing the community of Asian-Americans and those of Asian descent.

LOCATION

Stillwater Public Library

IMPORTANT INFO

Supply list provided upon registration.

What Every American Should Know About the European Union

Tuesdays, 1-3p | 4 Weeks | **10/19-11/9**

FORMAT Stillwater, In person

INSTRUCTOR

Dr. Jerry Croft
OSU Professor
Emeritus,
Geography

This unique political organization has developed wide-ranging cooperation in markets and laws. You'll examine the European Union (EU) from the perspective of a geographer; survey selected member countries and some of the issues they face; and learn how certain elements such as religion, climate, gross national product and topography determine the future progress and viability of the EU.

LOCATION

Stillwater Public
Library

Intro to Watercolors

Wednesdays, 10a-12p | 4 Weeks | **9/22-10/13**

FORMAT Stillwater, In person

INSTRUCTOR

Tandi Memmot
Artist

Come learn the basics of painting with watercolor. We'll discover techniques such as creating washes, working wet into wet and wet on dry to produce desired results. We'll experiment with masking fluid, salt, plastic wrap, etc., to create different effects. Some basic drawing skills are helpful but not required.

LOCATION

Art on 6th

IMPORTANT INFO

Supply list provided
upon registration.

Sharing Your Story

Wednesdays, 10a-12p | 6 Weeks | 9/22-10/27

FORMAT Stillwater, In person

INSTRUCTOR

Margaret Potter
Author & Teacher

LOCATION

Legacy Village

In this writing class, we'll focus on everyday life and how to recognize the richness in our own backyards. We'll look to well-known memoirs, fiction, plays and even scenes from movies to learn methods of sharing the everyday. We'll mine journals, family trees, letters, episodes from our own lives, short stories and more as we craft and share our own stories.

Grand Dames of Cinema

Wednesdays, 1:30-3:30p | 8 Weeks | 9/22-10/27

FORMAT Stillwater, In person

INSTRUCTOR

Dr. Vickie Sturgeon
Retired Film Studies
Professor

LOCATION

Legacy Village

Join us on this delightful tour of movies starring Maggie Smith, Judi Dench and Helen Mirren. We'll explore their classic roles and recent performances: Smith in *The Prime of Miss Jean Brodie* (1969) and *The Lady in the Van* (2015); Dench in *Mrs. Brown* (1997) and *Victoria and Abdul* (2017); and Mirren in *Elizabeth I* (2005) and *The Great Liar* (2019).

Exploring Soft Pastels

Wednesdays, 10a-12p | 4 Weeks | **10/20-11/10**

FORMAT Stillwater, In person

INSTRUCTOR

Tandi Memmot
Artist

LOCATION

Art on 6th

IMPORTANT INFO

Supply list provided
upon registration.

We'll examine the wonderful world of soft pastels by working on sanded paper while learning techniques such as painting, blending, mark making and underpainting using denatured alcohol. We'll also practice our drawing skills using still life and photo reference as subjects. If you have good photos you want to use for reference, please bring them.

Medicare 101

Thursdays, 1-3p | 3 Weeks | **9/23-10/7**

FORMAT Stillwater, In person **FREE**

INSTRUCTOR

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

LOCATION

Legacy Village

In this comprehensive review, you'll find everything (and we mean everything) you need to know about the Medicare Program. Paige Scheuerman will provide you with complete and accurate information on Parts A, B, C and D, Medigap Policies, eligibility, enrollment and more. For more details, see the description in our online catalog.

Women of WWII

Thursdays, 10a-12p | 4 Weeks | **9/30-10/21**

FORMAT Stillwater, Telecast

INSTRUCTOR

Dr. Denise Neil
Executive Director,
45th Infantry
Museum

Women's contributions during World War II were unprecedented. The Allied Forces could not have defeated the Axis Powers without the contributions of women on the home front, in factories and in the military. We'll focus on the roles women played in the U.S. from the bombing of Pearl Harbor until the end of the war.

LOCATION

Legacy Village

Aging in Place: There's No Place Like Home

Thursday, 1-3p | 1 Week | **10/21**

FORMAT Stillwater, In person **FREE**

INSTRUCTOR

Brooke Kimmel
Health Back Home
Health

Aging well and comfortably at home doesn't happen without planning. Home health, home care and other community resources abound, and you can learn to advocate for yourself or a loved one so that you benefit from the many support options available. Empower yourself to choose the best care to fit your needs and to maintain home independence for as long as possible.

LOCATION

Legacy Village

Free Family History

Thursdays, 10a-12p | 4 Weeks | **10/21-11/11**

FORMAT Stillwater, Telecast

INSTRUCTOR

Jan Davis,
Oklahoma Libraries
Chad Williams,
Oklahoma History
Center

Exploring your family and community history becomes easier each day as more and more historical records collections are digitized and made accessible online. Learn about what Oklahoma libraries, archives and museums, along with other institutions around the nation, are doing to bring your family and community history to your fingertips.

LOCATION

Legacy Village

The Art of Calligraphy

Thursdays, 7-8p | 8 Weeks | **9/23/-11/11**

FORMAT Stillwater, In person

INSTRUCTOR

Stephen W. Gorman
Calligrapher

This is an introduction to the correct posture and sitting position, how to hold the pen, different strokes of the pen, position of the paper and the basic alphabet in lowercase and capital letters in Copperplate Calligraphy. You'll learn a number of essential hand exercises, which will develop basic skills and muscle memory. Part of the course also covers different inks, paper and nibs, as well as an introduction to Olde English Script.

LOCATION

Prairie Arts Center

IMPORTANT INFO

Supply list provided upon registration.

International Cooking

Fridays, 6-8p | 8 Weeks | **9/24-11/12**

FORMAT Stillwater, In person

INSTRUCTOR

Various

LOCATION

OSU Family
Resource Center

IMPORTANT INFO

Parking pass
purchase required
and \$20 supply fee.

Are you up for a culinary adventure? We are partnering with the OSU Family Resource Center for an on-campus exploration of foods from around the world. In this cooking demonstration class, you'll enjoy visiting with students and their families while learning new recipes and preparation techniques with tastings to follow. Each week, we'll explore a variety of flavors with a new group of friends. Share the international language of food and hospitality with some of Stillwater's most interesting visitors.

OSU Public Art Walking Tour

Friday, 1-3p | 1 Week | **10/8**

FORMAT Stillwater, In person

INSTRUCTOR

Christina Elliott
Associate Curator
of Education
for Academic
Initiatives, OSU
Museum of Art.

LOCATION

OSU Campus

What better time than autumn for a walking tour of outdoor artworks on OSU's Stillwater campus? The one-mile loop is an easy, wheelchair accessible walk of approximately one hour. For more information on the public art on campus, please visit museum.okstate.edu/art/public-art.html.

Mixed Medium/Acrylics

Mondays, 1-3p | 6 Weeks | **9/13-10/18**

FORMAT Bartlesville, In person

INSTRUCTOR

Debbie Finch
Artist

LOCATION

Bartlesville Art
Association

IMPORTANT INFO

Please note the
early start date.
Supply list provided
upon registration.

Designed especially for beginners, this workshop explores composition, underpainting, color and glazing to develop luminosity in your painting. Next, you'll combine acrylics and art papers to create a mixed media piece. For the final two classes, decide on a project, landscape, floral or still life or explore the sub-conscious mind and create an abstract.

Basic Cake Decorating

Monday, 1-3p | 1 Week | **10/25**

FORMAT Bartlesville, In person

INSTRUCTOR

Ana Reeves
Cake Artist,
Sugarica

LOCATION

Bartlesville Public
Library

IMPORTANT INFO

\$10 supply fee
made payable to
instructor

Like the look of those fancy cakes? Want to make some of your own? Ana Reeves of Sugarica will help us understand all the ins and outs of those clever cake designs.

Jewelry Design

Tuesday, 10a-12p | 1 Week | **9/21**

FORMAT Bartlesville, In person

INSTRUCTOR

Diane Leroux
Designer and Craft
Instructor

Designed especially for beginners, this class will introduce you to jewelry making tools and how to use them to create a necklace and earring set using glass beads and a pendant.

LOCATION

Bartlesville First
Church

IMPORTANT INFO

\$20 supply fee
made payable to
instructor

NASA, Space Shuttles & the ISS

Tuesdays, 1-3p | 8 Weeks | **9/21-11/9**

FORMAT Bartlesville, In person

INSTRUCTOR

Gary Nealis
NASA
Astrophysicist &
Engineer

Study NASA's space shuttle flights concentrating on specific types of missions, such as communications satellite deployment and repair, the Hubble Space Telescope, Spacelab, missions to Mir and the building of the International Space Station. You'll also learn about shuttle systems and operations and examine explanations of the Challenger and Columbia disasters.

LOCATION

Bartlesville First
Church

Sparkly Suncatchers

Tuesday, 10a-12p | 1 Week | **9/28**

FORMAT Bartlesville, In person

INSTRUCTOR

Karen Taylor
Designer and Craft
Instructor

Learn the basics on how to create a sparkly suncatcher. No experience necessary. Once you learn the basics, the possibilities are endless. All supplies provided.

LOCATION

Bartlesville First
Church

IMPORTANT INFO

\$15 supply fee
made payable to
instructor

Topics in World History

Tuesdays, 10a-12p | 6 Weeks | **10/5-11/9**

FORMAT Bartlesville, In person

INSTRUCTOR

Joe Todd
Historian

LOCATION

Bartlesville First
Church

History, in general, looks into how cultures develop over time, how they are influenced by one another or by isolation, the impacts of natural events such as weather and disease and innumerable other factors. On the other hand, world history looks at the big picture, searching for the global meaning of major events. Join us to explore world history topics such as the USS Oklahoma, Desert Storm, island hopping, prisoners of war and North Africa and Italy.

Cooking Sampler

Wednesdays, 10a-12p | 8 Weeks | **9/22-11/10**

FORMAT Bartlesville, In person

INSTRUCTOR

Various

LOCATION

Bartlesville Public Library

IMPORTANT INFO

\$20 supply fee

Experience a variety of scrumptious dishes from around the world with our talented local chefs. We'll learn about Mexican, Philipino, Peruvian, Polish, East Indian, Czech, American Indian and of course, home cooking. Bring your appetite!

Fall Floral Design

Wednesday, 1-3p | 1 Week | **9/22 or 10/6**

FORMAT Bartlesville, In person

INSTRUCTOR

Betsy Howard
Artist

LOCATION

Honey's Flowers

IMPORTANT INFO

\$20 supply fee
made payable to
instructor

Ever wanted to know the secrets behind a beautiful floral design? Now's your chance! You'll learn how to make a simple floral arrangement and tie the perfect bow in this hands-on class with Betsy Howard of Honey's Flowers. This one-time class is offered on two different dates.

Wreath Design

Wednesday, 1-3p | 1 Week | 10/27

FORMAT Bartlesville, In person

INSTRUCTOR

Lynda Kliewer
Artist

Beautiful wreaths are popular all year long. Local artist Lynda Kliewer will show us how to make our own for home and gifts.

LOCATION

Bartlesville Public
Library

IMPORTANT INFO

\$45 supply fee
made payable to
instructor

Landscape Design Process

Wednesday, 1-3p | 1 Week | 11/3

FORMAT Bartlesville, In person

INSTRUCTOR

Larry Glass
Landscaper

Looking for some tips and tricks to liven up your outdoor landscape? Larry Glass from Green Thumb Nursery will be your instructor for this interesting and informative class.

LOCATION

Bartlesville Public
Library

Bring your questions!

Compassionate Communication

Thursdays, 10a-12p | 6 Weeks | **9/23-10/28**

FORMAT Bartlesville, In person

INSTRUCTOR

Kevin Bennett

LOCATION

St. Luke's Episcopal Church

Do you sometimes find yourself taking “at” or “past” people, instead of really connecting with them? Compassionate communication will show you how to deepen your emotional connection with others and transform judgment and criticism into understanding. Based on principles of Marshall Rosenberg’s “Nonviolent Communication,” this class will help you learn how to listen to others differently and get what you want without using demands, guilt or shame.

American Apartheid: Hidden in Plain Sight

Thursdays, 1-3p | 6 Weeks | **9/30-11/4**

FORMAT Bartlesville, In person

INSTRUCTOR

Tom O'Connor
Director of Social
and Criminal
Justice, Building
Bridges of
Oklahoma

LOCATION

St. Luke's Episcopal Church

IMPORTANT INFO

Recommended texts:

What's the big deal if some state legislatures (Oklahoma's included) ban teaching critical race theory making educators leery to even discuss systemic racism in the classroom? How does that relate to the banning of education for enslaved Americans in 1831? What do the end of the Civil War and the south's Jim Crow laws have to do with northern complicity? We'll look at the surprisingly sophisticated ways racism is built into our culture and how white people may not even see it.

“The second coming of the KKK” Linda Gordon, Liveright Publishing

“Just Mercy” Bryan Stevenson, Spiegel & Grau

“I am not Your Negro” James Baldwin, Vintage International

“A Colony in a Nation” Chris Hays, Norton and Company

“Black Wall Street” Hannibal B. Johnson, Eakin Press

Mel Brooks Rides Again: A Study of His Greatest Comedy Movies

Thursdays, 5:30-7:30p | 6 Weeks | **9/23-10/28**

FORMAT Bartlesville, In person

INSTRUCTOR

Pepper Hume
Artist

LOCATION

TBA

As a writer, stand-up comic, actor and director, Mel Brooks is responsible for many great comedies. We'll watch and discuss six of his hits. We will celebrate his life and how he shaped our concepts of comedy through the last century. If bawdy humor is not your bag, or if Jewish references distress you, maybe sit this one out.

“ I want to tell you how much I enjoyed the online courses this year. **They save me a lot of time, with all the comforts of home.** Truthfully, I would prefer all my courses to be online. ”

We Are What We Eat: A History of Food

Mondays, 10a-12p | 8 Weeks | **9/20-11/8**

FORMAT Online

INSTRUCTOR

Dr. Marten Brienens,
OSU faculty School
of Global Studies &
Partnerships

Dr. Bailey Norwood,
OSU Agricultural
Economics

Using the adage “you are what you eat,” we’ll examine human history and society through the lens of food. We’ll discover how food has shaped society, the effect of agriculture on evolution, how trade and migration influenced what we eat, the food’s role in class differences, pastoralism’s impact on culture differences and more.

IMPORTANT INFO

Suggestions for
further reading
will be provided
throughout the
course.

Little House on the Prairie

Mondays, 1-3p | 8 Weeks | **9/20-11/8**

FORMAT Online

INSTRUCTOR

Shanley Wells-Rau
Writer

Let’s revisit Laura Ingalls Wilder’s first book in the series, *Little House in the Big Woods*, while also exploring history to contextualize her family’s experiences described in the book. We’ll read together, discuss our personal connections to the story and discover what the Laura scholars have to say.

Exploring Themes Within the Gilcrease Museum Collections

Tuesdays, 10a-12p | 8 Weeks | 9/21-11/9

FORMAT Online

INSTRUCTOR

Various, full list
online
Gilcrease Docents

Get an insider's view as we cover a different theme each week and examine related art and archival materials from the Gilcrease collection. We'll cover topics such as How Do Artists "See" the Night?; National Parks; Landscapes; A Horse of Course!; Portraits; When Western Rivers Flowed Wild and Free; Wildlife; and How Do Artists Portray Women?

Yoga Basics

Tuesdays, 10a-12p | 4 Weeks | 9/21-10/12

FORMAT Online

INSTRUCTOR

Karen Thomas
Certified Yoga
Instructor

In this introductory class, you will move your body and use your breath to become consciously aware of your balance, strength, flexibility and endurance. We'll practice different styles of meditation for mindfulness, focus and serenity. Along with the meditation, journaling will help keep our chattering minds more centered and intentional. Each class will include basic yoga asana (poses), breathing techniques for energy and balance, as well as a variety of meditation techniques and journaling. This class is for a beginner practitioner or someone who has an interest in the world of yoga.

How the Holidays Saved the Arts

Tuesdays, 10a-12p | 4 Weeks | 10/19-11/9

FORMAT Online

INSTRUCTOR

Ruth Charnay
Theatre Professor

Let's take a peek behind the curtain and see how *A Christmas Carol*, *The Nutcracker*, *Radio City Music Hall Christmas Spectacular*, *Amahl*, *Night Visitors* and other favorites became the perfect way to celebrate the holiday season—and how the arts have used these nuggets to support the rest of their season.

NASA, Space Shuttles & the ISS

Tuesdays, 1-3p | 8 Weeks | 9/21-11/9

FORMAT Online

INSTRUCTOR

Gary Nealis
NASA
Astrophysicist &
Engineer

Study NASA's space shuttle flights concentrating on specific types of missions, such as communications satellite deployment and repair, the Hubble Space Telescope, Spacelab, missions to Mir and the building of the International Space Station. You'll also learn about shuttle systems and operations and examine explanations of the Challenger and Columbia disasters.

Your Brain Is an Unreliable Narrator

Wednesdays, 10a-12p | 3 Weeks | **9/22-10/6**

FORMAT Online

INSTRUCTOR

Ken Seidel
Educator

Why do our brains so easily ruminate on the negative or linger over conspiracy theories? In this class, we'll explore and examine some of the recent neuroscience that explains how and why our brains may act the way they do. We'll also examine what we can do to reduce our own brain's vulnerability.

Medicare 101

Thursdays, 1-3p | 3 Weeks | **9/23-10/7**

FORMAT Online **FREE**

INSTRUCTOR

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

In this comprehensive review, you'll find everything (and we mean everything) you need to know about the Medicare Program. Paige Scheuerman will provide you with complete and accurate information on Parts A, B, C and D, Medigap Policies, eligibility, enrollment and more. For more details, see the description in our online catalog.

Women of WWII

Thursdays, 10a-12p | 4 Weeks | **9/30-10/21**

FORMAT Online

INSTRUCTOR

Dr. Denise Neil
Executive Director,
45th Infantry
Museum

Women's contributions during World War II were unprecedented. The Allied Forces could not have defeated the Axis Powers without the contributions of women on the home front, in factories and in the military. We'll focus on the roles women played in the U.S. from the bombing of Pearl Harbor until the end of the war.

Free Family History

Thursdays, 10a-12p | 4 Weeks | **10/28-11/18**

FORMAT Online

INSTRUCTOR

Jan Davis,
Oklahoma Libraries
Chad Williams,
Oklahoma History
Center

Exploring your family and community history becomes easier each day as more and more historical records collections are digitized and made accessible online. Learn about what Oklahoma libraries, archives and museums, along with other institutions around the nation, are doing to bring your family and community history to your fingertips.

IMPORTANT INFO

Final class online only.

Advocacy in Oklahoma

Friday, 10a-12p | 1 Week | **9/24**

FORMAT Online **FREE**

INSTRUCTOR

Joseph Dorman
Chief Executive
Officer, Oklahoma
Institute for Child
Advocacy

How can you lend your voice to share ideas and encourage direction in policy work? The first step is attending this one-time class to learn how to be an effective advocate. You'll also learn about the nuances of the Oklahoma legislative process from someone who has participated in many levels of state and local government.

Medicare ABCs

Friday, 10a-12p | 1 Week | **10/1**

FORMAT Online **FREE**

INSTRUCTOR

Jae Oh
Managing Principal
of GH2 Benefits,
LLC.
Founder and
Chairman,
Great Humanity
Healthcare
Foundation

Let's clear up many frequently-told myths about Medicare, the cornerstone to retirement planning in the U.S. This information-only session will cover how Medicare actually works and how a person plans and considers if and when to enroll in Medicare. The goal is to ensure that people focus on the most important aspects of Medicare, frequently not explained in the media or advertisements. Be sure to learn about special rights and options available year-around, including at the time the session occurs.

Have You Checked Your ‘Personality’ Lately?

Friday, 10a-12p | 1 Week | **10/15**

FORMAT Online **FREE**

INSTRUCTOR

Doug Stowell
National OLLI
Instructor

What are your personality traits? Would others agree with you? Try some short personality quizzes just for fun and reflection (you don’t have to divulge the outcomes). We’ll do the Sherwin Williams Color Preference, the Enneagram and a Meyers-Briggs initial quiz along with a couple others. Then, we’ll poll the class to discover the range of personas they indicate.

What in the World is Going On? A Top 10 Summary of 2021

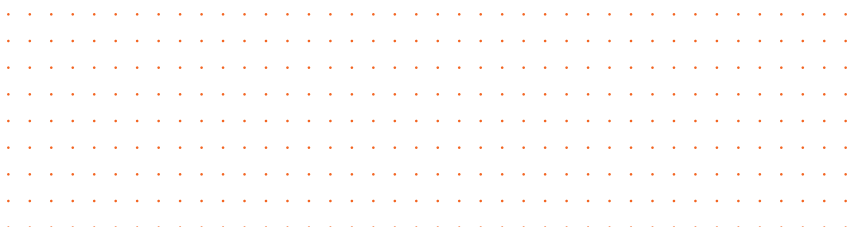
Friday, 10a-12p | 1 Week | **11/12**

FORMAT Online **FREE**

INSTRUCTOR

Doug Stowell
National OLLI
Instructor

In this one-time session, we’ll compare the U.S. rankings in more than 25 key global categories, including economic factors, the environment, energy sources, healthcare, marriage, divorce, birth rates, life expectancy, education levels, paid vacations, population trends, religion, immigration, prosperity, murder and crime, trends and much more.





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