FALL 2023 COURSE CATALOG
Registration Now Open!
Welcome to the fall 2023 session of OLLI! This fall, we are offering fantastic courses and exciting events, thanks to our staff, volunteers and instructors. If you’re a returning member, I think you’ll be pleased to see some interesting new courses and instructors alongside returning favorites. If you’re not yet a member of OLLI at OSU, I invite you to peruse this catalog to discover what sparks your interest.

We have some new “ed-ventures” for you, combining educational enrichment with adventures such as day trips, tours and overnight travel. We’ll be going to southern Oklahoma in November to visit Circus City, meet retired elephants and explore a circus performer cemetery with a gravestone expert. We’ll get a holiday taste of the Big Apple when we spend time in New York City in December, and we’ll be smelling those cherry blossoms in Washington, D.C. next April. Read ahead for all the details plus information about a day trip to northeast Oklahoma. Our travels are open to guests, as are the free Town Halls in each city.

OLLI at OSU is member-driven and supported. Help us continue to grow the program by inviting someone to OLLI or telling them about your courses.

I look forward to seeing you in class!

Robbin D. Davis, CVA
Director, OLLI@OSU

OLLI Team

Robbin — Director
Sofia — Office Manager
Logan — Tech Coordinator

Amy — Bartlesville Coordinator
Katie — Stillwater Coordinator
Shanley — Editor and Instructor
The Joy of Learning

We are Oklahoma State University’s educational program for adults aged 50 and better. The Osher Lifelong Learning Institute (OLLI) at OSU is part of a national network of 125 OLLI programs affiliated with colleges and universities and receives support from the Bernard Osher Foundation.

Our mission is to foster intellectual stimulation and social engagement through an extensive array of learning opportunities curated by and for our members. We offer 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.

OLLI at OSU offers programming online and in four cities—Bartlesville, Oklahoma City, Stillwater and Tulsa—with the support of local leadership committees. 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, the OSU Foundation, 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 any time during the program year. Membership dues are not prorated.

Contact Us

139 Nancy Randolph Davis
Oklahoma State University
Stillwater, OK 74078

405-744-5868 office
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.

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

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

All memberships include:
• Full Member Benefits and Discounts
• Special Interest Groups
• OLLI e-newsletter
• Invitation to special OLLI events
• Access to free courses
• Volunteer opportunities

An OLLI membership makes a great gift!

SUPPORT OLLI

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

Donate to OLLI at OSU

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

You must purchase your membership prior to 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 many ways to participate in our courses. These options will maximize your opportunities to enjoy the most number of classes.

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

Attendance
Your active participation is important to the success of the classes. Please make every attempt to be present on class days both in person and online. Enrolling in two courses ongoing simultaneously is discouraged.

Cancellation Deadlines and Member Credit
Members who cancel their participation in an OLLI at OSU course or event prior to that activity’s Cancellation Deadline can request credit for any fees paid. This credit can be applied to future OLLI activities or membership fees 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. Courses must have a minimum of six students enrolled unless otherwise noted. Trips and events have associated minimums and maximums as listed.

Contact
We communicate with our members through email regarding events, course registrations, confirmations, cancellations and more. It is important that you provide OLLI at OSU with an email account you check regularly. If you would also like to receive text messages from us, please ensure we have your cell number and your mobile carrier on file.

If you’re not receiving our emails in your inbox, 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 noreply@imperisoft.com to your email account’s contacts. If that doesn’t fix the issue, please contact our office for assistance.

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

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

Email Newsletter

Upon joining, you will be automatically added to the OLLI e-newsletter distribution. All active members receive the e-newsletter, which tend to include the following information:

- Important program announcements and schedule changes
- Zoom links for any upcoming virtual activities
- Upcoming local events of interest
- Freebies provided within the OLLI national network

Guests

You may bring a guest to Town Hall sessions as a way to promote OLLI membership. All attendees must register with the OLLI office. Guests are not permitted in other classes. Caregivers are not considered guests. Guests are also welcome on tours and trips and may incur additional fees. See specific event listings for additional details.

Name Tags

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

OLLI Open Houses

Open Houses are scheduled at least once in each of our program cities prior to each session. New and renewing members are invited to attend for free and register for the upcoming session, ask questions about courses and meet the OLLI staff. Dates and locations are announced through the OLLI e-newsletter and on social media.
Payment

All fees are due at the time of registration. We accept payment by check and Visa/MasterCard/Discover credit cards. Only OLLI at OSU employees may accept payments. The staff who work for our satellite classroom partners cannot accept payments for OLLI at OSU memberships or activities.

Photography

From time to time, OLLI at OSU uses photography or video to document its daily activities, classes, programs or other special events. By participating in OLLI activities, you and your guests grant permission for your image to be used. You may request to be excluded from photos and videos; we will do our best to honor your request.

Public Health and Safety

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

Refreshments

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

Refunds

OLLI at OSU staff makes 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. Course fees are not prorated.

If you decide not to take a class after you have enrolled, a full refund will be given up to five business days before the first class session. Fees cannot be refunded after classes begin.

Tour and trip fees apply to both levels and have their own refund and cancellation deadlines. See individual listings for details.

Student Conduct

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

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

Volunteers and Leadership Committees

Each of the four OLLI at OSU cities is supported by a local leadership committee. All current members are eligible to serve as leadership volunteers. Contact the OLLI office for more information or fill out our volunteer interest form at olli.okstate.edu.

Weather Closures and Cancellation Notices

If OSU closes due to inclement weather, all OLLI at OSU activities will be canceled as well. Otherwise, the decision to cancel an activity during inclement weather will be made based on conditions at each classroom location and input from our instructors. In the event that an OLLI at OSU activity is canceled or rescheduled for any reason, members on that roster will be notified by email and/or text message. It is important that you provide OLLI at OSU with an email account you check regularly. 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. Not all online courses are recorded. Classes are recorded at the instructor’s discretion.
TRIPS

TT23-0540

Daytrip: Get Your Kicks in Rogers County
Fri., Oct. 13, depart Stillwater at 8:30 a.m.

We’ll start with coffee and refreshments at Rogers State University followed by an interactive tour of the newly opened museum at the Oklahoma Military Academy in Claremore. We’ll lunch at the famous Hammett House Restaurant, with a talk by the owner who has operated it for more than 30 years using original Hammett family recipes. Next stop is the Will Rogers Memorial followed by a special exhibit about Oklahoma entertainer Roy Clark and the world’s largest collection of firearms at the J.M. Davis Gun Museum. We’ll stop at the engaging Museum of History inside a WPA building showcasing former locals: astronaut Stuart Roosa, author Lynn Riggs (Oklahoma!), singer Patti Page and others. We’ll leave the area with a stop at The Nut House, a working pecan grove, restaurant and store in Verdigris.

• Meet us there: $50 for members, $60 for nonmember guests
• Ride-share from Stillwater or Tulsa: $60 for members, $70 for nonmember guests
• Price includes admission fees, lunch and snacks. No shows will be charged.
• Wheelchair accessible
• Deadlines:
  • Thur. 10/5 for 100%
  • Tues. 11/10 for 50%
  • No refunds after Wed. 11/11.

Itinerary subject to change

TT23-0591

Jumbo Trip to Hugo: Pack your Trunk
Wed.-Fri., Nov. 15-17

Actually, the elephants will supply all the trunks for this visit. To get there, we’ll head south to Atoka, for lunch at Reba’s Place (as in, music legend and redheaded Okie, Reba McEntire). We’ll walk off that lunch in the Civil War Museum and Cemetery, guided by our
very own gravestone historian (check out her four-week class titled “Carved in Stone” on Wednesday afternoons). We’ll drive on to Sulphur and check in to our luxury accommodations at the Artesian Hotel, Casino and Spa, our home base for two nights. Dinner will be at the Flower Bluff Manor, an early 1920s Arts and Crafts bungalow style mansion.

Day Two starts early with breakfast on the go; we want to get to Hugo, formerly known as Circus City, for a morning tour of a circus-themed cemetery dedicated to circus animals and performers. We’ll see Showmen’s Rest, a section within the cemetery filled with animal themed pedestals and gravesites; our gravestone historian will be there to guide us. We’ll lunch at Angie’s Circus City Diner before heading to the Endangered Ark, an educational center (for humans) and retirement ranch for circus elephants. We are gonna meet some elephants, y’all. After hanging out with Asian elephants up close and personal, we’ll head back to Sulphur for dinner at the Artesian.

On Day Three we’ll start home with a detour through Tishomingo, the historic capital of the Chickasaw Nation. We’ll visit the Chickasaw National Capitol and Museum, the Chickasaw Council House Museum next door, as well as the Chickasaw Bank and Johnson County Museum of History. Then we’ll point our noses to Pauls Valley for lunch at Punkins BBQ and Catfish – where the locals eat. While in town, we’ll visit the Toy and Action Figure Museum and the Santa Fe Depot Museum before heading for home.

- Cost: $625-$725 double/single for members, $675-$725 double/single for guests
- Depart 11/15 at 8 a.m.; return 11/17 approx. 6:30 p.m.
- Price includes transportation, lodging, admission fees, 7 meals and snacks. Participants pay for their own alcohol.
- Wheelchair accessible
- Deadlines:
  • Wed., 11/1 for 100%
  • Wed., 11/8 for 50%
  • No refunds after 5 p.m., Wed., 11/8.

Itinerary subject to change
The Cognitive Stimulation Program: Train Your Brain

These courses are the creation of Dr. Sabiha Parveen and her team in OSU’s Department of Communication Sciences and Disorders. This eight-week program will help seniors in and around Stillwater find resources and engage in cognitive and language activities to keep their brains sharp. Group-based activities will aim to improve and maintain some of the critical cognitive skills (including attention, memory and social communication) for increased safety, independence and engagement in daily activities. These groups are available for anyone who is interested in learning ways to keep their brain engaged and active.

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

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

Enroll online at OLLI.okstate.edu
A-1110
Online Cognitive Stimulation Program: 
Train Your Brain
Mondays and Wednesdays, 10-10:50a, 8wks | 9/18-11/10
OR Tuesdays and Thursdays, 9:30-10:20a, 8wks | 9/18-11/10 
*Online group assignments will be based on participants’ performance in a series 
of cognitive and language tests and will be communicated to enrollees upon 
completion.

SF23-2110
In-Person Cognitive Stimulation Program: 
Train Your Brain
Tuesdays and Thursdays, 9-10a, 8wks | 9/18-11/10

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

Location
TBD

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

*Nonmembers who enroll in this course will receive à la carte pricing for all 
additional courses through 6/30/24.

A Good Read
The OLLI online book club, A Good Read, is our member-driven online 
read along. This fun group meets once a month to chat and discuss the 
book of the month. Members recommend books from month-to-month. It is free and included with your membership. To join, simply check “A Good Read” on the Registration Form. Maximum 15 members.
Fall 2023 Courses

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

Enroll online at OLLI.okstate.edu
### Between the Battles: Photography from WWII and Korea

**Format:** Presentation

**Instructor**
Denise Neil  
Historian and Museum Director, 45th Infantry Museum

**Location**
Online

**À La Carte Price**
$10

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We often think of war photography as depictions of battlefields and destruction made famous by the Army Signal Corps photographers. But what about downtime? The daily life of soldiers was captured in snapshots by individuals as well as photographers for the 45th Division News. Focusing on pictures from World War II and Korea, we’ll see what these images tell us about how soldiers passed time, documented friendships, and brought comfort to their day-to-day existence while serving overseas.

### Medicare 101

**Format:** Presentation

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

**Location**
Online

**À La Carte Price**
Free

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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.
A-0551
Where in the World is the U.S.? A Top 10 Summary
Friday, 1wk, 10/20, 10a-12p
**Format:** Presentation

**Instructor**
Doug Stowell
Polling and Consumer Researcher

**Location**
Online

**À La Carte Price**
$10

In this one-time session, we’ll see how the U.S. is performing in meeting the challenges of 2023 by comparing the U.S. rankings in more than 25 key global categories including the economy, environment, education, healthcare, climate change, immigration, military preparedness, safety, prosperity, personal happiness and much more. The Top 10 format provides a quick snapshot of how well the U.S. compares to other nations.

A-0571
Future Perfect! Technology Trends by 2030
Friday, 1wk, 11/3, 10a-12p
**Format:** Presentation

**Instructor**
Doug Stowell
Polling and Consumer Researcher

**Location**
Online

**À La Carte Price**
$10

Remember reading George Orwell’s 1984 and thinking that was the future? Or when the year 2000 was the future? Both are now the past and we lived through them! So, what’s next? We know the pace of technological change has accelerated — remember life before smartphones? Let’s see what may happen by the year 2030. We’ll look ahead at transportation, healthcare, education, climate and environment, energy generation and more.
A-111

The Club You Never Wanted to Join: Grief and Aging Solo
Mondays, 4wks, 9/18-10/9, 10a-12p

Format: Discussion

Instructors
Britton Gildersleeve and Wennette Pegues
Retired educators and widows

Location
Online

À La Carte Price
$25
Max 12 students

Recommended text
The Grieving Brain by Mary-Frances O’Connor;
Healing Your Grieving Heart by Alan Wolfert

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

This class will not be recorded.

A-112

Laura Ingalls Wilder Book Club: The Long Winter
Mondays, 8wks, 9/18-11/6, 1:30-3:30p

Format: Discussion

Instructor
Shanley Wells-Rau
Writer

Location
Online

À La Carte Price
$25

Required text
The Long Winter, by Laura Ingalls Wilder (1940)

Together we’ll read Laura Ingalls Wilder’s The Long Winter which is set in Dakota Territory during the severe winter of 1880-1, when Laura turned 14 years old. By exploring history, we will contextualize the family’s experiences. We’ll discuss our own personal connections to the book, as well as the differences between fact and fiction in the author’s work, and we’ll discover what the Laura scholars have to say.

This class will not be recorded.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Dates</th>
<th>Format</th>
<th>Description</th>
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<tbody>
<tr>
<td>A-131</td>
<td>The Rocky Mountains: North America’s Spine</td>
<td>10/2-10/16</td>
<td>Lecture</td>
<td>Stretching from New Mexico into Canada, the Rockies are a massive uplift, a divider of waters, full of multiple ecosystems, a haven and home for Paleo-Indians, a barrier to Anglo migration, a vacation destination, aesthetic delight, land of dreams and today a place with both problems and promises. Learn more about this expansive region, its origins, human habitation, its present and future. If you haven’t spent time in the Rockies, this will give you a taste. For those who love them, add depth to your knowledge and appreciation.</td>
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<td>Instructor: James Showalter, Professor Emeritus, Langston University</td>
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<td>A-151</td>
<td>The Family Caregiver</td>
<td>10/16-11/6</td>
<td>Presentation</td>
<td>Many spouses and family members are being put in the position of caregiver. They take on this job without any training specific to what is involved in the day-to-day care of their loved one. This class provides essential information in the areas of physical and medical needs, medications, safety, legal issues, mental health, community resources and more. You’ll hear from a team of experts, facilitated by a caregiver who, like many, found herself navigating a new normal after her husband’s health crisis.</td>
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<td>Instructor: PJ Richards, Caregiver</td>
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Dickens: Nicholas Nickleby
Tuesdays, 7wks, 9/19-10/31, 1:30-3:30p
Format: Lecture

Instructor
Jeffrey Walker
Writer and Director

Location
Online

À La Carte Price
$25

Required text
Nicholas Nickleby by Charles Dickens

Charles Dickens pioneered the method of publishing novels in serial. By writing and publishing a novel in weekly installments, he could change his story at any time, depending on what his readers liked or disliked. Together we’ll read Nicholas Nickleby (1838), called the funniest novel in the English language, part-by-part to see the story and characters develop and change over the weeks, as do the readers’ own life. Readers see the changes in their lives through the lens of fictional characters.

This class will not be recorded.

Dallas 1963
Tuesdays, 6wks, 10/3-11/7, 10a-12p
Format: Discussion

Instructor
John Powers
English Professor Emeritus, Oklahoma State University

Location
Online

À La Carte Price
$25

On the 60th anniversary of the assassination of President John F. Kennedy in Dallas, more than half of Americans think other people were involved with his murder and the cover-up of the crime. Following the recent scholarship of Phillip F. Nelson and others, learn what happened on that fateful day in Texas, as well as the preceding and succeeding days when the crime was prepared, the cover-up executed and the nation betrayed.
A-2120
**Race Matters: Black Lives in the Supreme Court**
Tuesdays, 3wks, 9/19-10/3, 1:15-3:15p  
**Format:** Lecture

**Instructor**  
Howard Tolley  
Political Science  
Professor Emeritus, University of Cincinnati

**Location**  
Online

**À La Carte Price**  
$25

How has the U.S. Supreme Court’s view on slavery and civil rights evolved? This course will cover the Constitution and federal laws addressing slavery, equal protection and race discrimination applied by the Justices in deciding disputes impacting African Americans. Learn about the court’s rulings on disparate criminal penalties, slave owners’ property rights, voter suppression, gerrymandered election districts, Jim Crow, states’ rights, school segregation, the death penalty, affirmative action, lethal use of force by police and prosecutorial immunity.

This class will not be recorded.

A-311
**Strategies to Promote Brain Health and Mental Balance**
Wednesdays, 8wks, 9/20-11/8, 10a-12p  
**Format:** Lecture

**Instructor**  
Michael Patterson  
Creative Aging Specialist

**Location**  
Online

**À La Carte Price**  
$25

This course will review the risk and protective factors associated with the Behavioral Roots of Brain Health. Learn a framework for overcoming mental confusion and conflict by cultivating healthy and positive mindsets and mental dispositions. Topics covered include using your mind to manage autonomic nervous system, mental exercise and stimulation, mind balancing, managing mindsets and mental dispositions, habits, routines, creativity and more.
**A-312**

**Grandparents: Raising, Contributing to and Influencing the Future Generations of Grandchildren**

Wednesdays, 4wks, 9/20-10/11, 1:30-3:30p

**Format:** Lecture

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<tr>
<th>Instructor</th>
<th>Sharon Schlicter</th>
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Throughout history, grandparents have been essential to not only family survival but sharing vital information for future generations. Our grandparents taught food preservation, immigration routes, herbal medicine and child rearing; and future generations benefited. In this class, we will discuss issues of the modern-day grandparent: resources available for those raising grandkids, rights as grandparents in Oklahoma, how to handle denial of access, how technology can help us stay in contact and more. We’ll share stories and the joys and heartbreaks of dealing with our kids and grandkids.

This class will not be recorded.

**A-352**

**Carved in Stone: Gravestone Graphics and Cemetery Customs**

Wednesdays, 4wks, 10/18-11/8, 1:30-3:30p

**Format:** Lecture

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<th>Instructor</th>
<th>Luann Sewell Waters</th>
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When you visit a cemetery, you enter a world where a secret language tells the story of the dead...and the living. Gravestones are rich in a language of symbols that changes over time, which can make it difficult to interpret original meanings. By studying the symbols and customs, especially those in Oklahoma, you’ll learn more than names and dates. You’ll glean histories, genealogy, social membership and occupations. You’ll also learn about science, art and historic architecture. You might even glimpse some residents’ thoughts on an afterlife.
BF23-0470

**Dewey Day Trip: Travel to a Different Century**
Thursday, 1wk, 11/2, 9:30a-4p

**Format:** Participation

**Instructor**
Joe Sears
Tony-nominated actor

**Location**
At location

**À La Carte Price**
$25 (both levels), $35 nonmembers

We’ll start with a personalized tour of the beautifully restored 1900 “Grand Old Lady of the Prairie” Dewey Hotel with local expert and reenactor Joe Sears. We’ll cross the street to tour the Tom Mix Museum, honoring the first cowboy mega movie star before there were “talkies.” Lunch will be at Sabores Mexican Restaurant, and we’ll close the day at Prairie Song, a 19th Century Old West town complete with saloon, post office, general store, chapel, doctor’s office and more.

Fee does not include lunch.

BF23-111

**Cooking Innovations**
Mondays, 6wks, 9/18-10/30, 10a-12p, **no class 10/16**

**Format:** Presentation

**Instructor**
Stacey Dawson
OSU Extension Educator

**Location**
Bartlesville Public Library

**À La Carte Price**
$25

Interested in the latest kitchen cooking methods? Each week we’ll complete different types of food preparations, including the use and benefits of air fryers, instant pots and crock pots. We’ll also review freezer techniques, food safety, meal prep and budgeting.
### BF23-211

**Bartlesville Town Hall**  
Tuesdays, 8wks, 9/19-10/31, 10a-12p  
**Format:** Presentation

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Various</th>
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<tbody>
<tr>
<td>Location</td>
<td>Bartlesville Public Library</td>
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<tr>
<td>À La Carte Price</td>
<td>Free</td>
</tr>
<tr>
<td>Registration required</td>
<td></td>
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</tbody>
</table>

Join us to hear from various speakers on timely topics, such as organizational tips for appraising, selling and donating your items; an introduction to magic tricks, the Reda Pump story, the Love and Logic curriculum, history of Osage Hills, Voice of the Martyrs ministry, the history of Dewey and more. A full list of presenters and topics is available on the OLLI course enrollment website.

### BF23-212

**Movies: Living in America, the Immigrant Perspective**  
Tuesdays, 4wks, 9/19-10/10, 1:30-4p  
**Format:** Presentation

| Instructor | Sidney Brammer  
Writer and Director |
<table>
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<tbody>
<tr>
<td>Location</td>
<td>Bartlesville Public Library</td>
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<tr>
<td>À La Carte Price</td>
<td>$25</td>
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</table>

Join us as we watch and discuss four beautiful, funny and moving films about the experience of being an immigrant in the United States: Lee Isaac Chung’s *Minari* (starring Steven Yeun, Youn Yuh-jung and filmed in Oklahoma); Gregory Nava’s *Mi Familia* (starring Edward James Olmos, Esai Morales and Jimmy Smits); John Crowley’s *Brooklyn* (starring Saorise Ronan); and Mira Nair’s *Mississippi Masala* (starring Sarita Choudhury and Denzel Washington).
**BF23–252**

**Wine Tasting: Wines of the Northwest**

Tuesdays, 3wks, 10/17-11/7, 1:30-3:30p, **no class 10/24**

**Format:** Participation

**Instructor**

Katherine Powell
Sommelier

**Location**

St. Luke's Episcopal Church

**À La Carte Price**

$25
$30 supply fee (both levels)
Max 15 people

Washington (with more than 1,000 wineries and 400 vineyards) and Oregon (with more than 800 wineries and 1,100 vineyards) are the second and third largest U.S. wine producers behind California. Latitudes of these wineries are comparable to the latitudes of some of the world's most famous vintners in France. We'll explore the rich history of these northwest wineries and use the deductive method of wine tasting to recognize and characterize the excellent wines of that region. No wine tasting experience needed.

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**BF23–311**

**Strategies to Promote Brain Health and Mental Balance (Live Feed)**

Wednesdays, 8wks, 9/20-11/8, 10a-12p

**Format:** Lecture

**Instructor**

Michael Patterson
Creative Aging Specialist

**Location**

Bartlesville Public Library

**À La Carte Price**

$25

This course will review the risk and protective factors associated with the Behavioral Roots of Brain Health. Learn a framework for overcoming mental confusion and conflict by cultivating healthy and positive mindsets and mental dispositions. Topics covered include using your mind to manage autonomic nervous system, mental exercise and stimulation, mind balancing, managing mindsets and mental dispositions, habits, routines, creativity and more.
**BF23-352**

**Carved in Stone: Gravestone Graphics and Cemetery Customs (Live Feed)**

Wednesdays, 4wks, 10/18-11/8, 1:30-3:30p

**Format:** Lecture

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>À La Carte Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luann Sewell Waters</td>
<td>TBA</td>
<td>$25</td>
</tr>
</tbody>
</table>

When you visit a cemetery, you enter a world where a secret language tells the story of the dead...and the living. Gravestones are rich in a language of symbols that changes over time, which can make it difficult to interpret original meanings. By studying the symbols and customs, especially those in Oklahoma, you’ll learn more than names and dates. You’ll glean histories, genealogy, social membership and occupations. You’ll also learn about science, art and historic architecture. You might even glimpse some residents’ thoughts on an afterlife.

**BF23-411**

**Cherokee Old Settlers (Live Feed)**

Thursdays, 6wks, 9/21-10/26, 10a-12p

**Format:** Lecture

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Location</th>
<th>À La Carte Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jonita Mullins</td>
<td>Bartlesville Public Library</td>
<td>$25</td>
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</tbody>
</table>

For thirty years before the infamous Trail of Tears in 1839, the Cherokees had slowly been migrating west. These early settlers in Indian Territory came to be called “Old Settlers.” They built a life for themselves in the West, but when the Trail of Tears brought the eastern Cherokees to Indian Territory, the clash between the two groups brought their nation to the brink of their own civil war.
The Silent Journey: Untold Stories from the Past
Thursdays, 3wks, 9/28-10/12, 1:30-3:30p
Format: Lecture

Instructor
Andy Taylor
Newspaperman and author

Location
Bartlesville Public Library

À La Carte Price
$25

Have you heard the story of Shangri-La in Oklahoma and the murders on the night of statehood in 1907? How about a woman named Narcissa to whom the Cherokee Nation owes its history? Or the Bartlesville actor named Nip, whose tale is the greatest untold crime story in the history of Oklahoma and Kansas? Hear these tales from a dogged reporter who has spent his career investigating regional history and knows where the bodies are buried.
“Loved the fellowship with other OLLI members and meeting some new people.”
### 0F23-111

**OKC Town Hall**  
Mondays, 8wks, 9/18-11/6, 10a-12p  
**Format:** Presentation

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Various</th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Epworth Villa</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>Free</td>
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<tr>
<td>Registration required</td>
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</table>

Join us to hear from various speakers on timely topics, such as scam and fraud prevention, integrative cardiology, the growing film industry in Oklahoma and OKC, Oklahoma’s multi-purpose plan for aging, baseball history, Harm Reduction 101, “Who is Elmire Sauberan Smyrl (Scott)?” and more. A full list of presenters and topics is available on the OLLI course enrollment website.

### 0F23-112

**The Movies of Jack Lemmon**  
Mondays, 6wks, 9/18-10/23, 1:30-3:30p  
**Format:** Presentation

| Instructor | Dennis Scott  
Film Historian |
<table>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Epworth Villa</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$25</td>
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</table>

He’s been called one of the most consistently acclaimed actors in movie and TV history. You may recognize him as the anxious everyman from both dramatic and comedic roles or his long partnerships with director Billy Wilder or fellow actor Walter Matthau. Let’s enjoy this master at work by watching some of his classic films: Mr. Roberts (1955), Some Like It Hot (1959), The Apartment (1960), Irma La Douce (1963), The Fortune Cookie (1966) and The Odd Couple (1968). All but Mr. Roberts were directed by Wilder.
### OF23-211

**Get to Know Your Apple Tech**  
Tuesdays, 4wks, 9/19-10/10, 10-11a  
**Format:** Participation  

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Store Geniuses</td>
<td>Does it sometimes feel like the more you try to stay on top of things, the more you get behind — especially when it comes to the wonderful world of technology? Let us help with at least one aspect of your personal tech — your Apple devices. In this course, we’ll cover a different topic each week with the smart people from Apple covering topics such as personalizing your Apple watch, taking pictures with your iPhone, getting started with your iPhone and more.</td>
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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Penn Square Mall</td>
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</table>

| À La Carte Price |  
| $25 |  
| Max 10 people |  

### OF23-311

**Strategies to Promote Brain Health and Mental Balance (Live Feed)**  
Wednesdays, 8wks, 9/20-11/8, 10a-12p  
**Format:** Lecture  

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Lecture</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Patterson Creative Aging Specialist</td>
<td>This course will review the risk and protective factors associated with the Behavioral Roots of Brain Health. Learn a framework for overcoming mental confusion and conflict by cultivating healthy and positive mindsets and mental dispositions. Topics covered include using your mind to manage the autonomic nervous system, mental exercise and stimulation, mind balancing, managing mindsets and mental dispositions, habits, routines, creativity and more.</td>
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<table>
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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Healthy Living OKC</td>
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| À La Carte Price |  
| $25 |  

Enroll online at OLLI.okstate.edu
0F23–352

Carved in Stone: Gravestone Graphics and Cemetery Customs (Live Feed)
Wednesdays, 4wks, 10/18-11/8, 1:30-3:30p

Format: Lecture

Instructor
Luann Sewell Waters
Educator

Location
Healthy Living OKC

À La Carte Price
$25

When you visit a cemetery, you enter a world where a secret language tells the story of the dead...and the living. Gravestones are rich in a language of symbols that changes over time, which can make it difficult to interpret original meanings. By studying the symbols and customs, especially those in Oklahoma, you’ll learn more than names and dates. You’ll glean histories, genealogy, social membership and occupations. You’ll also learn about science, art and historic architecture. You might even glimpse some residents’ thoughts on an afterlife.

0F23–411

Cherokee Old Settlers (Live Feed)
Thursdays, 6wks, 9/21-10/26, 10a-12p

Format: Lecture

Instructor
Jonita Mullins
Historian and Author

Location
Healthy Living OKC

À La Carte Price
$25

For thirty years before the infamous Trail of Tears in 1839, the Cherokees had slowly been migrating west. These early settlers in Indian Territory came to be called “Old Settlers.” They built a life for themselves in the West, but when the Trail of Tears brought the eastern Cherokees to Indian Territory, the clash between the two groups brought their nation to the brink of their own civil war.
**OF23-412**

**Let’s Do Lunch: OKC Restaurant Crawl**  
Thursdays, 6wks, 9/21-10/26, 12:30-2p  
**Format:** Participation  

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Various</th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Various</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$10</td>
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<tr>
<td>Max 15 students</td>
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In this course, we’ll meet weekly for lunch at a different locally owned restaurant. We’ll learn about the history of each restaurant, the owner, the food and how the menu was inspired. Most importantly, we’ll eat. Planned locations: Hopscotch Kitchen and Bar, La Herradura Mexican Restaurant, Hideaway Pizza, Haydeh’s Bistro, Neighborhood Jam and Birdie’s Fried Chicken. Subject to change.

“The best! It made me happy to be there and see everybody and learn weird things every week!”
### SF23-0351

**Hey there Fungi! Meet the Mushrooms**  
Wednesday, 1wk, 10/18, 10a-12p  
**Format:** Presentation

| **Instructor** | Shiitake Mama  
Mushroom Educator |
<table>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Prairie Arts Center</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$10</td>
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</tbody>
</table>

We’ll look at how mushrooms support life on earth: their importance to plants, animals, humans and the environment and the general nutritional and health benefits they provide. We’ll discuss medicinal mushrooms, how they work and how they can support our physical, mental and emotional well-being. We’ll also take a deeper dive into several specific mushrooms, especially less well-known edible varieties, where you can Meet the Mushrooms yourself.

### SF23-0361

**Fall Tour of OSU Gardens**  
Wednesday, 1wk, 10/25, 10a-12p  
**Format:** Tour

| **Instructor** | Nick Ouellette  
University Landscape Design Manager |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>OSU Main Campus</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$10</td>
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</table>

Join this expert-led tour of campus. Learn what goes into creating and maintaining the gardens and how decisions are made to put which plants where. Specific site visits will depend on what site and horticulture maintenance or construction is underway the day of the tour. Wear comfortable clothing and footwear. Golf carts will be available for those with mobility issues.
### Self-Defense Basics

**Wednesday, 1wk, 11/1, 10a-12p**  
**Format:** Participation

| Instructor | Craig Nichols  
| Self-Defense Instructor |
| Location | Stillwater Martial Arts |
| À La Carte Price | $10 |

What are the most common ways someone may intrude on your space? How would you set boundaries or respond if someone pushes you or grabs your wrist? Learn techniques to manage these types of situations and bring your own self-defense related questions.

### Walking Tour: Public Art on Campus

**Friday, 1wk, 9/22, 1:30-3p**  
**Format:** Tour

| Instructor | Christina Elliott  
| Curator of Education, OSU Museum of Art |
| Location | OSU Main Campus |
| À La Carte Price | $10 |

Join us on this one-hour walking tour of the outdoor, public artworks tour on the OSU Stillwater campus hosted by the OSU Museum of Art. We will follow a one-mile loop that is wheelchair-accessible and stroller friendly. Wear comfortable clothing and footwear and bring mobility aids or hearing devices, if needed.
**SF23-0521**

**Shinrin-Yoku: Forest Bathing**  
Friday, 1wk, 9/29, 10a-12p  
**Format:** Participation

**Instructor**  
Sharon Bennett  
Spiritual Companion

**Location**  
OSU Botanic Gardens

**À La Carte Price**  
$10

Shinrin-yoku, also known as forest bathing, is a Japanese healing technique that boasts a wide variety of health benefits including potential for decreased stress, improved concentration, boosted immunity and lower blood pressure. We will focus on connecting with nature and being mindful of experiences. We will take time to wander in the OSU Botanical Garden and then gather to share and participate in a guided breath meditation. Please wear closed-toed shoes and dress for the weather.

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**SF23-111**

**STEM Symposium**  
Mondays, 3wks, 9/18-10/2, 10a-12p  
**Format:** Presentation

**Instructor**  
Various

**Location**  
Stillwater Public Library

**À La Carte Price**  
$25

In this series of weekly presentations, we’ll hear from experts in science, technology, engineering and mathematics (also known as STEM fields). A microbiologist will share insights into protein function and his work in exploring biotechnological applications. Hear from a biologist about new discoveries in nature’s solar energy process, photosynthesis. Learn from a researcher in biochemistry and molecular biology how mass spectrometry is used to weigh molecules for fun and profit. A full list of speakers and topics is available on the OLLI course enrollment webpage.
### SF23-112

**Theatre Games and Improvisation**
Mondays and Thursdays, 2wks, 9/18-9/28, 1:30-3:30p  
**Format:** Participation

| Instructor | Shiitake Mama  
Theatre Professor |
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Stillwater Public Library</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$25</td>
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</tbody>
</table>

Learn basic stage and voice techniques, build confidence and skills in thinking on your feet and trusting yourself and others. No acting experience is required to inspire your creativity and have fun, even if you are shy. What is required is a willingness to speak, move and play. Those who are differently abled are welcome.

### SF23-152

**It’s a Myth-tery: Tracing the Ancient Great Goddess**  
Mondays, 4wks, 10/16-11/6, 1:30-3:30pm  
**Format:** Presentation

| Instructor | Christina “X-tina” Rich-Splawn  
Mythology Connoisseur |
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Stillwater Public Library</td>
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<tr>
<td><strong>À La Carte Price</strong></td>
<td>$25</td>
</tr>
</tbody>
</table>

From about 250,000 BCE (Before Common Era), there was the existence of an ancient Great Goddess as the primary divine entity. The appearance of the primary masculine deity began about 3000 BCE. So, for more than 225,000 years, the Goddess was revered. What happened to Her? Using archeological, historical and literary sources we’ll trace Her existence from the Paleolithic age down to the classic Greek Bronze Age myths which form the basis for our Western culture.
**SF23-211**

**Stillwater Town Hall**  
Tuesdays, 8wks, 9/19-11/7, 10a-12p  
**Format:** Presentation

**Instructor**  
Various

**Location**  
Stillwater Public Library

**À La Carte Price**  
Free  
Registration required

Join us to hear from various speakers on timely topics, the school bond issue and the status of education in Stillwater, the federal trials of the Osage Murders, NEAR Science, the YMCA’s new facility, Block 34 and the cultural district, the history of the Stillwater Public Library, community development and more. A full list of presenters and topics is available on the OLLI course enrollment website.

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**SF23-0212**

**Beer 101**  
Tuesday, 1wk, 9/19, 1:30-3:30p  
**Format:** Presentation

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

**Location**  
Stone Cloud Brewery Stillwater Patio and Taproom

**À La Carte Price**  
$10

We will focus on the what, how and why of everything beer related with a specific emphasis on the history and cultural significance of beer and brewing. We will dive into the four ingredients that make up beer, the differences between beer, cider and mead and look at the history of the processes and ingredients that formulate our favorite beverages.
SF23-232

Here’s Looking at You, Kid: Casablanca, Warner Bros. and WWII
Tuesdays, 6wks, 10/3-11/7, 1:30-3:30p

Format: Presentation

Instructor
Carol Schmitz
Educator and Historian

Location
Stillwater Public Library

À La Carte Price
$25

Casablanca was one of 33 films cranked out by Warner Brothers in 1942. Considered one of the best movies of all time, it will be our case study to examine the studio system, wartime restrictions, the censorship machine and the fear of communism in Hollywood. We will explore relationships and creative minds working together in a film peopled by real refugees, the “usual suspects” and some new folks too – as we engage in “the beginning of a beautiful friendship.” Join us inside Rick’s Café Américain.

SF23-311

Watercolors
Wednesdays, 4wks, 9/20-10/11, 10a-12p

Format: Participation

Instructor
Tandi Memmott
Artist

Location
Art on 6th

À La Carte Price
$25
Max 12 students

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.
SF23-312

Baseball Movies: From Nostalgia to Social Change
Wednesdays, 8wks, 9/20-11/8, 1:30-4p
Format: Presentation

Instructor
Vickie Sturgeon
Educator, Broadcasting and Motion Picture History

Location
Legacy Village

À La Carte Price
$25
Max 24 students

Let’s watch America’s pastime, starting with excerpts from The Pride of the Yankees (1942) with Gary Cooper; and The Stratton Story (1949) with Jimmy Stewart. For a more contemporary perspective, we’ll watch The Natural (1984) Robert Redford, Glen Close; Field of Dreams (1981) James Earl Jones, Kevin Costner; Bull Durham (1988) Costner, Susan Sarandon; 42 (2013), starring Chadwick Boseman as Jackie Robinson; A League of Their Own (1992) Tom Hanks, Gina Davis; Eight Men Out (1988) about the Chicago Black Sox from 1919; and Moneyball (2011) for a take on modern baseball with Brad Pitt.

SF23-351

Acrylics
Wednesdays, 4wks, 10/18-11/8, 10a-12p
Format: Participation

Instructor
Tandi Memmott
Artist

Location
Art on 6th

À La Carte Price
$25
Max 12 students

Working from photo references, you’ll explore painting using acrylic paint on canvas. We’ll cover the basics — composition, value, color mixing and mark making — and experiment with different mediums that change the consistency of the acrylic paint. You’ll also have the option of experimenting with a palette knife as well. Bring photo references to class or use one provided by the instructor and let’s paint!
SF23-421
**The Med Instead of Meds**
Thursdays, 6wks, 9/28-11/9, 10a-12p, **no class 10/12**
**Format:** Lecture

**Instructor**
Candy Gabel
Director of the Community Nutrition Education Programs, OSU Extension

**Location**
TBD

**À La Carte Price**
$25

Why do we say Mediterranean lifestyle instead of medications? This course will focus on a healthy Mediterranean style eating pattern, using the Seven Simple Steps to eating the Med Way. We’ll explore a couple of simple steps each week, including a mindfulness skill and a Med Way recipe. Food demonstrations and/or cooking instructions will be included in each class.

SF23-432
**Ukulele for Beginners**
Thursdays, 6wks, 10/5-11/9, 1:30-3:30p
**Format:** Participation

**Instructor**
Kami Koontz and Pam Brown
Ukulele Instructors

**Location**
Stillwater Public Library

**À La Carte Price**
$25

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. The ukulele is versatile, sounds great played solo or in a group, works across musical genres and is really beginner-friendly. Don’t have a ukulele? Loaners will be available.
**TF23-0412**

**Stained Glass Mini Class**
Thursday, 1wk, 9/21, 1:30-3:30p  
**Format:** Participation

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Richard Bohm</th>
<th>Artist</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Tulsa Stained Glass</td>
<td></td>
</tr>
<tr>
<td><strong>À La Carte Price</strong></td>
<td>$50 (both levels)</td>
<td>Minimum 10 students</td>
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</tbody>
</table>

A special class learning about stained glass, making a project and nurturing the creative spirit. Make a stained-glass mosaic project to take home plus take part in a community project that one lucky participant will win and take home. Activities include selecting and wrapping the glass, composing, soldering and finishing. Project materials, use of equipment and use of tools are included in the workshop price. This class is for everyone — no experience required.

**TF23-0462**

**Stained Glass Mini Class**
Thursday, 1wk, 10/26, 1:30-3:30p  
**Format:** Participation

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Richard Bohm</th>
<th>Artist</th>
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</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Tulsa Stained Glass</td>
<td></td>
</tr>
<tr>
<td><strong>À La Carte Price</strong></td>
<td>$50 (both levels)</td>
<td>Minimum 10 students</td>
</tr>
</tbody>
</table>

A special class learning about stained glass, making a project and nurturing the creative spirit. Make a stained-glass mosaic project to take home plus take part in a community project that one lucky participant will win and take home. Activities include selecting and wrapping the glass, composing, soldering and finishing. Project materials, use of equipment and use of tools are included in the workshop price. This class is for everyone — no experience required.

Enroll online at [OLLI.okstate.edu](http://OLLI.okstate.edu)
TF23-0511

Inside TUL2: Amazon’s Fulfillment Center
Friday, 1wk, 9/22, 10a-12p

Format: Tour

Instructor
Michael DeHart and Jazzmine Phillips-Tomas
Senior Operations Manager

Location
At location

À La Carte Price
$10

We’ll visit the two million square-foot facility known as TUL2, an Amazon robotics sortable fulfillment center. It consists of four floors with about 28 million items inside at any time. See how the hundreds of thousands of items are processed daily from the site where employees often work alongside robots in picking, packing and shipping small- to medium-sized customer orders. This will be a walking and standing tour, and closed toe/closed heel shoes are required.

TF23-0521

Behind the Scenes: OK Aquarium
Friday, 1wk, 9/29, 11a-1p

Format: Tour

Instructor
Aquarium staff

Location
At location

Price
$45 (both levels), $55 nonmembers

Learn what it takes to care for all 10,000 animals at the Oklahoma Aquarium. With a guide, you will visit the small and large animal holding facilities where animals are cared for prior to being placed on exhibit. You’ll also see the juvenile bull sharks, sea turtles and many other fish while learning about the ins and outs of running an aquarium. You can also tour the public spaces in the Aquarium and visit the gift shop.
TF23-0531

**Fab Lab Tour/Make and Take Windchimes**
Friday, 1wk, 10/6, 10a-12p

**Format:** Participation

**Instructor**
Justin Ortiz
Maker Fellow, Fab Lab Tulsa

**Location**
At location

**À La Carte Price**
$10

**Supply Fee**
$25 (both levels), $15 nonmembers

We’ll start with a tour of Fab Lab Tulsa, a not-for-profit makerspace fabrication laboratory providing access to cutting, milling and electronic tools, advanced manufacturing and digital fabrication tools, including 3D printers and other 21st Century technologies. After seeing what this community space offers, you’ll be able to experience how it works for makers and creatives when you try your hand at a small project. You will fabricate your own windchime from water jet-cut stained-glass pieces and flowerpots.

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TF23-111

**Tulsa Town Hall**
Mondays, 7wks, 9/18-10/30, 10a-12p

**Format:** Presentation

**Instructor**
Various

**Location**
Church of the Madalene

**À La Carte Price**
Free

Registration required

Join us to hear from various speakers on timely topics, such as Tulsa’s status as a dementia-friendly city, lost restaurants of Tulsa, books your grandkids will love, changes in the drug industry, an introduction to magic tricks and principles, mental health in Oklahoma, equine therapy and more. A full list of presenters and topics is available on the OLLI course enrollment website.
TF23-112

How to Research and Record Your Family Tree
Mondays, 6wks, 9/18-10/23, 1:30-3:30p

Format: Lecture

Instructor
Becky Hatchett
Genealogist

Location
Church of the Madalene

À La Carte Price
$25

Do you want to research and record your family tree but don’t know how to start? This course will teach you the basics you need to explore the lives of your ancestors using resources like Ancestry.com, FamilySearch.org, Find a Grave, the U.S. census, newspaper archives and other online vital records. Tips for recording, organizing and sharing your genealogical information will also be given. Course includes a field trip to the Genealogy Collection at Hardesty Library.

TF23-210

A Walk in the Park
Tuesdays, 8wks, 9/19-11/7, 8:30-9:30p

Format: Participation

Instructor
J B Hunt
Avid Walker

Location
Tulsa area parks

À La Carte Price
$10

See Tulsa in a new way by exploring parks in all corners of our city. Each week we’ll see a different terrain and encounter nature up close. At smaller parks we’ll have time to take pictures and feed the geese. On longer trails, we’ll visit a Civil War battlefield, and we’ll stand in Bixby and Broken Arrow at the same time. In one, we’ll take time to walk a labyrinth. Wear comfortable shoes and dress for the weather.
Get to Know Your Apple Tech
Tuesdays, 4wks, 9/19-10/10, 10-11a

**Format:** Participation

**Instructor**
Apple Store
Geniuses

**Location**
Apple Store

**À La Carte Price**
$25
Max 10 people

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

Let’s Play: Mah Jongg
Tuesdays, 8wks, 9/19-11/7, 1:30-4p

**Format:** Participation

**Instructor**
Carol James
Mah Jongg Instructor

**Location**
Church of the Madalene

**À La Carte Price**
$25

**Supply Fee**
$15 (both levels)
Max 12 students

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 visiting Asia, and an American version of the game was 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.
TF23-251
**Famous Civil War Battles**
Tuesdays, 4wks, 10/17-11/7, 10a-12p
**Format: Lecture**

**Instructor**
Pat Walters
Civil War Enthusiast

**Location**
Church of the Madalene

**À La Carte Price**
$25

Delve into the U.S. Civil War as we uncover stories behind some of the renowned battles. We'll pick several to discuss, including some missed battles. Join in this journey through history as we dissect the strategies and impacts of this transformative era of American history.

TF23-272
**Canada is Not Our 51st State**
Tuesdays and Thursdays, 2wks, 10/31-11/9, 1:30-3:30p
**Format: Lecture**

**Instructor**
Jerry Croft
OSU Professor Emeritus, Geography

**Location**
Church of the Madalene

**À La Carte Price**
$25

Americans mistakenly think that Canada is just like one of our northern border states, but it is not. We'll examine just how different Canada is from the USA, especially in politics. We will also examine closely the Maritime Provinces where the story of Anne of Green Gables was born. Canada is nice, but it still has a major weakness: no warm weather place. Dr. Croft says if he becomes Prime Minister of Canada, he might consider leasing an island in the Caribbean that the British still own.
TF23–311

**The Films of Audrey Hepburn**

Wednesdays, 6wks, 9/20-11/1, 10a-12p

**Format:** Presentation

**Instructor**  
Dennis Scott  
Film Historian

**Location**  
Zarrow Pointe

**À La Carte Price**  
$25  
Max 25 students

Considered a screen legend and fashion icon, Audrey Hepburn movies are always fun to watch. We’ll start in Italy with Gregory Peck in *Roman Holiday* (1953); fall in love with Sabrina (1954) and Humphrey Bogart; dance along with Fred Astaire in *Funny Face* (1957); fall in love again in *Breakfast at Tiffany’s* (1961) with George Peppard; solve the mystery with Cary Grant in *Charade* (1963); work on our grammar in *My Fair Lady* (1964) with Rex Harrison; and stay calm in the thriller *Wait Until Dark* (1967) with Alan Arkin.

TF23–312

**History of Jazz: From its Origins to the Swing Era**

Wednesdays, 6wks, 9/20-10/25, 1:30-3:30p

**Format:** Lecture

**Instructor**  
John Hamill  
Jazz Historian

**Location**  
Zarrow Pointe

**À La Carte Price**  
$25  
Max 25 students

In this updated version of a favorite OLLI course, we’ll look at the pre-history of jazz, as well as its early development in New Orleans and Chicago. We’ll follow its growth to New York City and Kansas City and the role of the blues and ragtime, all leading to the Swing Era. Key contributors will be profiled including Bix Beiderbecke, Louis Armstrong, Jelly Roll Morton, Sidney Bechet and Bessie Smith — and the bands that set the foundation for the Swing Era, Fletcher Henderson, Bennie Moton, and early Count Basie and Duke Ellington. Recorded historic performances will be shared.
TF23-411

**Cherokee Old Settlers**

Thursdays, 6wks, 9/21-10/26, 10a-12p

**Format:** Lecture

**Instructor**
Jonita Mullins
Historian and Author

**Location**
Church of the Madalene

**À La Carte Price**
$25

For thirty years before the infamous Trail of Tears in 1839, the Cherokees had slowly been migrating west. These early settlers in Indian Territory came to be called “Old Settlers.” They built a life for themselves in the West, but when the Trail of Tears brought the eastern Cherokees to Indian Territory, the clash between the two groups brought their nation to the brink of their own civil war.

“Excellent material and instruction. I want to take another class — any class.”
COURSE REGISTRATION

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

If you prefer, you may mail your registration form and payment to OLLI at OSU. Do not send cash through the mail.

Please contact us with any questions.

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

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CHOOSE YOUR MEMBERSHIP
Membership will be good through 6/30/24.

☐ Premium Annual Membership $200
  Unlimited courses through 6/30/24

☐ À La Carte Annual Membership $40
  Each course taken will have an additional fee ($10-$75) as noted in course listings.
  ☐ CARD  ☐ CHECK — Writing a check? Make it payable to OSU.

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 #  CVV  EXP. DATE
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 course or supply fees are listed.

ONLINE

☐ A-0441 Between the Battles: Photography from WWII and Korea, $10
☐ A-0511 Medicare 101, Free
☐ A-0551 Where in the World is the U.S.? A Top 10 summary, $10
☐ A-0571 Future Perfect! Technology Trends by 2030, $10
☐ A-111 The Club You Never Wanted to Join: Grief and Aging Solo, $25
☐ A-112 Laura Ingalls Wilder Book Club: The Long Winter, $25
☐ A-131 The Rocky Mountains: North America’s Spine, $25
☐ A-151 The Family Caregiver, $25
☐ A-212 Dickens: Nicholas Nickleby, $25
☐ A-231 Dallas 1963, $25
☐ A-2120 Race Matters: Black Lives in the Supreme Court, $25
☐ A-311 Strategies to Promote Brain Health and Mental Balance, $25
☐ A-312 Grandparents: Raising Grandchildren, $25
☐ A-352 Carved in Stone: Gravestone Graphics and Cemetery Customs, $25

BARTLESVILLE

☐ BF23-0470 Dewey Day Trip: Travel to a Different Century, $25 (both levels)
☐ BF23-111 Cooking Innovations, $25
☐ BF23-211 Bartlesville Town Hall, Free
☐ BF23-212 Movies: Living in America, the Immigrant Perspective, $25
☐ BF23-252 Wine Tasting: Wines of the Northwest, $25, + $30 fee (both levels)
☐ BF23-311 Strategies to Promote Brain Health and Mental Balance (Live Feed), $25
☐ BF23-352 Carved in Stone: Gravestone Graphics (Live Feed), $25
☐ BF23-411 Cherokee Old Settlers (Live Feed), $25
☐ BF23-422 The Silent Journey: Untold Stories from the Past, $25
OKLAHOMA CITY

- OF23-111 OKC Town Hall, Free
- OF23-112 The Movies of Jack Lemon, $25
- OF23-211 Get to Know Your Apple Tech, $25
- OF23-311 Strategies to Promote Brain Health and Mental Balance (Live Feed), $25
- OF23-352 Carved in Stone: Gravestone Graphics (Live Feed), $25
- OF23-411 Cherokee Old Settlers (Live Feed), $25
- OF23-412 Let’s Do Lunch: OKC Restaurant Crawl, $10

STILLWATER

- SF23-0351 Hey there Fungi! Meet the Mushrooms, $10
- SF23-0361 Fall Tour of OSU Gardens, $10
- SF23-0371 Self Defense Basics, $10
- SF23-0512 Walking Tour: Public Art on Campus, $10
- SF23-0521 Shinrin-Yoku: Forest Bathing, $10
- SF23-111 STEM Symposium, $25
- SF23-112 Theatre Games and Improvisation, $25
- SF23-152 It’s a Myth-tery: Tracing the Ancient Great Goddess, $25
- SF23-211 Stillwater Town Hall, Free
- SF23-0212 Beer 101, $10 on 9/19
- SF23-232 Here’s Looking at You, Kid: Casablanca, Warner Bros. and WWII, $25
- SF23-311 Watercolors, $25
- SF23-312 Baseball Movies: from Nostalgia to Social Change, $25
- SF23-351 Acrylics, $25
- SF23-421 The Med Instead of Meds, $25
- SF23-432 Ukulele for Beginners, $25
TULSA

- TF23-0412 Stained Glass Mini Class, $50 (both levels)
- TF23-0462 Stained Glass Mini Class, $50 (both levels)
- TF23-0511 Inside TUL2: Amazon’s Fulfillment Center, $10
- TF23-0521 Behind the Scenes OK Aquarium, $45 (both levels)
- TF23-0531 Fab Lab Tour/Make and Take Windchimes, $10, + $25 fee (both levels)
- TF23-111 Tulsa Town Hall, Free
- TF23-112 How to Research and Record Your Family Tree, $25
- TF23-210 A Walk in the Park, $10
- TF23-211 Get to Know Your Apple Tech, $25
- TF23-212 Let’s Play: Mah Jongg, $25, + $15 (both levels)
- TF23-251 Famous Civil War Battles, $25
- TF23-272 Canada is Not Our 51st State, $25
- TF23-311 The Films of Audrey Hepburn, $25
- TF23-312 History of Jazz: From its Origins to the Swing Era, $25
- TF23-411 Cherokee Old Settlers, $25

TRIPS

- TT23-0540 Get Your Kicks in Rogers County
  Fri., Oct. 13. — Depart Stillwater at 8:00 a.m.
  - Meet there: $50 for members, $60 for nonmember guests
  - Ride-share: $60 for members, $70 for nonmember guests
- TT23-0591 Jumbo Trip to Hugo: Pack your Trunk
  Wed., Nov. 15-Fri., Nov. 17.
  - $625-$725 double/single for members
  - $675-$725 double/single for guests

SPECIAL PROGRAMS

- A-1110 Online Stimulation Program: Train Your Brain,
  $75 for members, $100 nonmembers
- SF23-2110 In-Person Stimulation Program: Train Your Brain,
  $75 for members, $100 nonmembers
- A Good Read, Free