

OLLI

OKLAHOMA STATE UNIVERSITY

OSHER
LIFELONG
LEARNING
INSTITUTE

FALL 2019 COURSE CATALOG

Stillwater • Tulsa • Oklahoma City • Bartlesville



The Art of Walking

Thursdays, 1-3p | 10/3 - 11/7

INSTRUCTOR

Theresa (Teri)
Nemmers, PhD, PT

CLASSES HELD AT

STW Public Library
1107 S Duck

Explore novel movement activities that contribute to walking efficiency and enable you to become aware of your individual movement patterns. This is not a therapy class or exercise class, but rather a movement education program that will enable you to become more aware of individual movement patterns that facilitate more efficient walking.

The International Kitchen

Fridays, 11:30a-1:30p | 10/4 - 11/8

INSTRUCTORS

Various

CLASSES HELD AT

Family Resource
Center
719 N Walnut

IMPORTANT INFO

\$25 supply fee
\$6 parking permit

Culinary adventure is on the menu as OLLI collaborates with OSU's Family Resource Center for an exploration of food from around the world. Enjoy visiting with international students and their families while learning recipes and preparation techniques with lunch to follow! Special on-campus parking arrangements are available for class participants.

TULSA COURSES



Enroll at education.okstate.edu/olli
or complete and mail the form on page 29.

Movie Musicals

The Golden Age

Mondays, 11a-1p | 9/16 - 10/21

INSTRUCTOR

Pepper Hume

CLASSES HELD AT

Montereau
Retirement
Community
6800 S Granite Ave

Nearly all the famous, fabulous movie musicals you can think of—with all the singing and all the dancing—were produced in a span of less than 10 years. We'll screen six of the best: *Easter Parade* (1948), *American in Paris* (1951), *The Pirate* (1948), *Hans Christian Anderson* (1952), *The Band Wagon* (1953) and *Seven Brides for Seven Brothers* (1954).

The Many Lives & Secret Sorrows of Josephine Bonaparte

Tuesdays, 10a-Noon | 9/17 - 10/22

INSTRUCTOR

Diane Burton

CLASSES HELD AT

Central Center
1028 E 6th St

IMPORTANT INFO

Text available for
pre-order - \$12

In this first of a trilogy, novelist Sandra Gulland portrays the woman destined to become Empress of France. Critically acclaimed for its historical accuracy, detailed descriptions of everyday life and the philosophical underpinnings of revolution, witness the growth and development of a remarkable woman as she navigates the turmoil of living in interesting times.

History of the American West

Tuesdays, 10a-Noon | 9/17 – 10/22

INSTRUCTOR
Jacob Krumwiede

CLASSES HELD AT
Central Center
1028 E 6th St

Survey the history of the “frontier” from the Lewis & Clark Expedition to the early 20th century. We will focus on the political, economic and cultural forces that influenced westward expansion, as well as the mythical appeal of life on the frontier.

Pumpkin ZenDoodles

Tuesdays, 10a-Noon | 9/17 – 10/22

INSTRUCTOR
Susan Humphrey

CLASSES HELD AT
Central Center
1028 E 6th St

IMPORTANT INFO
\$15 supply fee

Use ZenDoodling patterns to decorate two faux pumpkins: one for Halloween and another for Thanksgiving. You’ll learn and practice over 15 different, relaxing Zentangle patterns and simple doodle drawings before adding them to your one-of-a-kind pumpkin. Use your pumpkins for indoor or outdoor decoration, as keepsakes or as fabulously unique gifts.

Eye of the Storm

The Dynamics of Weather

Tuesdays, 1-3p | 9/17 – 10/22

INSTRUCTOR
Frank Mitchell

CLASSES HELD AT
Central Center
1028 E 6th St

Fly into the eye of the storm in this course designed to help you understand weather systems from an expert. Explore the science of meteorology to understand how weather is formed and why weather events happen. Optional field trip to the National Weather Center in Norman (details TBA).

Four Portraits, One Jesus

A Survey of Jesus & the Gospels

Tuesdays, 1-3p | 9/17 – 10/22

INSTRUCTOR
John Bugg

CLASSES HELD AT
Central Center
1028 E 6th St

Study the “historical Jesus” from the literary standpoint including interpretation of the gospels, literary genre, historical and literary background, methodology for study, authorship, date, place of origin, narrative features and theology. This critical approach encourages participants to think for themselves based on plot, characters, themes and reliability.

American Mahjong for Beginners

Tuesdays, 1-3p | 9/17 – 10/22

INSTRUCTOR
Carol James

CLASSES HELD AT
Central Center
1028 E 6th St

IMPORTANT INFO
\$15 supply fee

With simpler rules but with every bit as much excitement as the Chinese version, American Mahjong is an addictive game that’s part luck, part skill and strategy. It’s easy to learn and has enough challenges to satisfy for a lifetime. We’ll be using the National Mahjong League Rules.

Killers of the Flower Moon

Wednesdays, 10a-Noon | 9/18 – 10/30 *No class 10/9

INSTRUCTOR
Kathryn Red Corn

CLASSES HELD AT
Zarrow Pointe
2025 E 71st St

IMPORTANT INFO
Text available for pre-order – \$14
No outside food or drink.

By the 1920s, following the discovery of oil beneath their land, the Osage Nation was the richest group per capita in the world and target of violent and unscrupulous thugs determined to steal their oil royalty headrights. David Grann’s exquisitely written book documents the investigation, the scope of the killings and the after-effects.

The History of Jazz

Duke Ellington & the Jazz Piano Players

Wednesdays, 1-3p | **9/18 – 10/30 *No class 10/9**

INSTRUCTOR

John Hamill

CLASSES HELD AT

Zarrow Pointe
2025 E 71st St

IMPORTANT INFO

No outside food
or drink.

Piano has always played a significant role in the development of jazz, beginning with Ragtime and continuing to the present. We'll focus on the remarkable career of Duke Ellington, from his "Washingtonians" and the Cotton Club to his internationally renowned big band, and hear the most memorable and significant pianists of jazz history.

U.S. Religious History

1865 to Present

Thursdays, 10a-Noon | **9/19 – 10/24**

INSTRUCTOR

Jim Showalter

CLASSES HELD AT

Church of the
Madalene
3188 E 22nd St

Religious belief and religious organizations have been powerful elements in U.S. history, affecting our culture, politics and laws. We'll begin our survey at the end of the most destructive and important war in our history.

Ergonomics & Aging

Understanding Challenges & Providing Solutions

Thursdays, 10a-Noon | **9/19 – 10/24**

INSTRUCTOR

Dr. Aditya Jayadas

CLASSES HELD AT

Church of the
Madalene
3188 E 22nd St

Designing objects so people can use them with safety, efficiency and ease is the applied science of ergonomics. Explore how engineers are using problem solving, empathic design and biomimicry to address issues such as falling, physical and cognitive barriers and mobility challenges while improving quality of life for people with declining physical and cognitive abilities.

American Work & Society

The Historical Impact

Thursdays, 1-3p | **9/19 – 10/24**

INSTRUCTOR

Jim Showalter

CLASSES HELD AT

Church of the
Madalene
3188 E 22nd St

The evolving nature of the U.S. economy has had deep impact on the way people work and live, as well as the attitudes we have towards human labor, business, the role of government and the status of the individual. Examine work in a broad spectrum of areas from colonial times to the present.

Music & Dances of Latin America

Thursdays, 1-3p | **9/19 – 10/24**

INSTRUCTOR

Jahaziel "Jazi"
Hiriart

CLASSES HELD AT

Church of the
Madalene
3188 E 22nd St

Journey through different styles of Latin American music and dance, particularly those from the Caribbean. Learn about the roots, influences, characteristics and social and historical contexts as you develop an appreciation for their artistic, athletic and social qualities. Listen to the music and do some in-class dancing.

Cribbage for Beginners

Thursdays, 1-3p | **9/19 – 10/24**

INSTRUCTOR

George Welliver

CLASSES HELD AT

Church of the
Madalene
3188 E 22nd St

Cribbage is a fast-paced card game that's full of strategy and tactics. Try to score points or keep your opponent from scoring, and keep score using the iconic little board with pegs. If you can count to 31 or add up to 15, you'll find the game fun and fairly easy to learn.

Aquatic Exercise

Make a Splash!

Fridays, 10a-Noon | 9/20 - 10/25

INSTRUCTOR
Cindy Peebles

CLASSES HELD AT
Montereau
Retirement
Community
6800 S Granite Ave

Water offers buoyancy and resistance that reduces pain and stiffness while increasing joint mobility. Improve your cardiovascular fitness, strength, endurance and flexibility in a stress-free, low impact environment without getting your hair wet. You don't need to know how to swim, but *you must be able to enter and exit the pool independently.*

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

OKLAHOMA CITY COURSES



Enroll at education.okstate.edu/olli
or complete and mail the form on page 30.

America the Many

Shining Lights in a Diverse Land

Tuesdays, 10a-Noon | 9/24 - 10/29

INSTRUCTOR
Lloyd Musselman

CLASSES HELD AT
Oklahoma History
Center
800 Nazih Zuhdi Dr

Four documentaries detail American diversity: *Most Honorable Son*, about a Japanese American who volunteered to serve in World War II; *The Obama Years: The Power of Words* focuses on six seminal speeches; *RBG* highlights Ruth Bader Ginsburg and the Supreme Court; and *The Boys of '36* details a win of Olympic gold against all odds.

Living History

Tuesdays, 1-3p | 9/24 - 10/29

INSTRUCTORS
Lynn Shackelford
Tom Lentz
Catharine Thomas
Mike Sherriff
Barbara Byrd

CLASSES HELD AT
Oklahoma History
Center
800 Nazih Zuhdi Dr

Listen to living history reenactors as they weave stories about Oklahoma history. One class will take place outside at a working chuck wagon and the final class will include a tour of the Noble Gallery at the Oklahoma History Center and a book review of *The Blue Tattoo*, which will be available for purchase at the History Center.