In your moment of need, UVA Health is ready for your unexpected. The moment your health takes a turn for the worse, our new Emergency Department provides the care you need without losing crucial time waiting for critical treatment. uvahealth.com/emergency
Are you an active adult with a curious mind and a keen interest in learning—just for the love of it? If so, you are invited to join with more than one thousand like-minded learners in our area who are members of the Osher Lifelong Learning Institute (OLLI) at the University of Virginia. There are no prerequisites, educational or otherwise, for you to continue your intellectual exploration and enrichment with us. Generous donors contribute to our scholarship fund to ensure that interesting courses are available to everyone. The World Health Organization defines active aging as “the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.” OLLI at UVa invites you to discover our many opportunities for engagement and enlightenment.

Our Mission

Aware that an active mind is as necessary as social relationships and physical exercise to a full life, the Osher Lifelong Learning Institute at the University of Virginia offers educational opportunities and intellectual enrichment to active adults in the community. The Institute is member-directed and draws upon its members’ resources, as well as other academic and community resources, to organize courses and other educational activities. In this stimulating environment, members may acquire new knowledge, explore ideas, exercise creativity, and share interests and expertise with others.

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OLLI at UVa

Phone: 434.923.3600
  877.861.9207 (toll free)

E-mail: olliua@virginia.edu

Website: www.olliuva.org

Osher Lifelong Learning Institute at the University of Virginia
485 Hillsdale Drive, Suite 114
Charlottesville, VA 22901

Office Hours:
Monday – Friday
9:00 a.m. – 5:00 p.m.
NOTES FROM THE DIRECTOR

Welcome to OLLI at UVa’s Spring 2020 catalog! The OLLI Curriculum Committee and staff have worked hard to bring you a wonderfully diverse range of seventy-six courses, of which forty-five are new offerings, with fourteen new instructors. Dive on in to find something that fulfills your love of learning!

In addition to the courses, we have our popular DC Museum Run and another outing to Peaks of Otter and Poplar Forest, the Michie Tavern Winter session with Rick Britton, and a very special member benefit lecture by self-identified “Christian libertarian environmentalist capitalist lunatic” farmer Joel Salatin of Polyface Farm.

I also want to bring your attention to some new OLLI at UVa programs. There’s always something new at OLLI at UVa!

Newcomers’ Local Tours: With the 55+ population in Central Virginia steadily increasing and with newly retired folks arriving locally all the time, we’re debuting two Newcomers’ Local Tours this spring—Monticello and Charlottesville’s downtown arts scene. OLLI membership is not required to sign up. (See page 10 for more information.)

Cyprus: How does a fall tour to quaint villages, farms, and historical sites in Cyprus led by a true insider sound? Claudia Hanna, our popular Eat Like a Greek instructor, is offering her At the Intersection of Food, History & Culture: The Tour to Cyprus for OLLI at UVa in October 2020. Come to an information session on February 18 or March 10. (See page 9 for details.)

SilverHoos: OLLI members, in partnership with UVa Athletics, provided hospitality during the first half of home UVa football games this season. Participating SilverHoos reported an energetic and fun experience, and UVa Athletics greatly valued the extra game day ambassadors. (Read more on page 9 and join in on the fun!)

Lastly, we continue to enjoy the benefits of the CampusCE registration system as we prepare for our third semester. Look for a series of member emails with registration tips and details leading up to registration opening day on January 14. Registering online is your best chance to get the classes you want, and frees up staff time to work on more and better programs at OLLI at UVa. Come to the Online Registration Open House on January 9th or contact me for a tutoring session.

I will sit down with you for a half an hour in the OLLI offices and teach you how to register online using your own laptop or tablet. Really, call me at 434.923.3600 or email me at kjw7m@virginia.edu to schedule an appointment. We want every OLLI at UVa member to be comfortable registering online!

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Like us on Facebook or follow us on Twitter for news and updates! Search: OLLI at UVA.
OLLI launches each new semester with a “Taste of OLLI,” where you will learn from instructors about some of the new courses being offered, and meet fellow members, volunteers, and staff. You’ll also hear about OLLI Outings and Special Presentations. You are warmly invited to join us in Charlottesville, Crozet, or Staunton, for light refreshments and a “Taste of OLLI.”

Registration for spring courses begins Tuesday, January 14th at 10:00 a.m.

With OLLI…

- Short courses in Public Affairs, Social Science, History, Arts, Science and Technology, Health and Wellness, Humanities, and Lifestyle, are here for you. Join us for the love of learning—without writing papers, taking tests, or receiving grades.
- You can delve into Native Plants, Advances in Medicine, Science Fiction, or Modern Japan.
- Learn more about Electric and Autonomous Cars, the Historical Jesus, or Albrecht Dürer, Germany’s Greatest Artist.
- Study an Introduction to Cyberwar, Thomas Jefferson’s Gardens at Monticello, the Poetry of Emily Dickinson, or The Art of Conversation – and much more.

We hope to see you at a “Taste of OLLI”!

RSVP requested, but not required: olliuva@virginia.edu; or call 434.923.3600 or toll free 877.861.9207

**VOLUNTEERS!**

Make OLLI Go and Grow!

OLLI is, at heart, a volunteer organization.

- All of OLLI’s inspiring instructors are volunteers. There are regular opportunities for new courses and new faculty. If you are interested in teaching for OLLI, we’d love to meet you!
- Leadership volunteers support OLLI through the board of directors and committees.
- Every OLLI class has a class assistant, who is a class member and who volunteers to provide hospitality, communication, and to complete administrative tasks. Please check the “I can be a Class Assistant” box when registering for classes, or contact Liz directly.
- OLLI welcomes regular office volunteers, and maintains a list of “one-day” volunteers for special events and activities.

To learn more about volunteering with OLLI, please contact Liz Courain at olliliz@virginia.edu or 434.923.3600 / 877.861.9207
HOW TO REGISTER
Each person registering must do so individually and pay with a separate credit card charge or check payable to UVa Fund/OLLI. On your online account or on the registration form, please include your e-mail address so that we may notify you of essential course information throughout the semester.

Popular courses fill up fast; the best chance to obtain a seat in any class is through online registration on the day registration opens: January 14th at 10:00 a.m.

As a courtesy to our instructors and members, please select your courses with the intention of attending all classes. Absenteeism denies members on the waiting list an opportunity to participate.

TIPS TO REGISTER ONLINE
Go to the OLLI at UVa website, olliuva.org, and click on the blue “Click HERE to Register for courses” button. Using a credit card, you may register for courses and events twenty-four hours a day, beginning Tuesday, January 14, at 10:00 a.m. You will receive immediate confirmation of your accepted choices. For detailed instructions on accessing your online account and how to register, visit olliuva.org and click “For Tips to Register Online.”

You will be able to purchase your Spring OLLi membership online beginning on Thursday, January 2. We recommend purchasing your membership early as a practice run for registration day. OLLI will be hosting an Open House/Help Session for online registration tips from 10:00 a.m.–2:00 p.m. on Thursday, January 9 at the OLLI Office, 485 Hillsdale Drive, Suite 114, Charlottesville, VA 22901. Feel free to drop by our Open House for some one-on-one online registration tips. You will need access to your email account when we reset your password.

PAPER REGISTRATION
Two registration forms are located at the back of this catalog. In addition, a downloadable PDF form is available on the OLLI website, olliuva.org. Do not wait until registration day opens—mail or deliver your completed registration form and credit card payment to the address on the printed form.

Please do not mail checks for your registration. Since courses may be waitlisted, your check amount may not be correct. For those wishing to register with a paper registration form and pay via check, check the box “Send Invoice” at the bottom of the registration form. The OLLI office will begin processing paper registration forms on Tuesday, January 14 at 10:00 a.m.—the same time that online registration opens.

THE BERNARD OSHER FOUNDATION

The Bernard Osher Foundation was founded in 1977 by Bernard Osher, businessman and community leader, and contributes to the well-being of others by supporting higher education, healthcare, and the arts. In fall 2000, the Foundation began supporting education programs for older adults and in 2001 provided its first endowment to the University of Southern Maine. There are 122 Osher Lifelong Learning Institutes, with at least one in every state.

SUPPORT OLLI WITH A GIFT!
Thank you to the many members who have contributed so generously to OLLI at UVa.

Your donation supports member-benefit programs and scholarships, as well as much needed equipment and other program expenses.

We welcome your donation at the time of registration online or by paper, or by going to www.olliuva.org and clicking “Support OLLI with a gift.”

Please keep OLLI at UVa in mind for your tax and estate planning and your planned giving. Donations to OLLI at UVa are tax deductible.
What You Need to Know

Membership and Course Fees
OLLI at UVa offers fall and spring semesters annually, each consisting of two seven-week sessions plus special short summer/winter courses. A membership fee of $75 per semester entitles you to register for courses offered in that semester. Additional fees for courses as well as events, outings, and special summer/winter courses are listed with course information.

Membership ONLY
If you choose not to take courses for a semester, the $75 membership fee supports OLLI and entitles you to receive catalogs and newsletters, participate in the summer or winter session, and enjoy other member-only benefits, such as Happy Hours, discussion groups, and other special programs.

Refunds
Course fee refunds must be requested at least two weeks prior to the course start date. Outing refunds will be given only if your spot can be filled.

Scholarships
A limited number of scholarships are available to support those who would find it a hardship to pay standard rates for membership or tuition. Contact the OLLI office for information about our simple request process.

Instructor and Spouse/Partner Discounts
OLLI instructors may take courses free of charge during the semester they teach and the one that follows. Their spouse/partner receives a one-time $50 discount on the OLLI membership fee for each semester their spouse/partner teaches.

Course Waiting List
Members registering online are encouraged to check “add to wait list” if a requested course is full. You will not be charged when placed on a waiting list. After registration, OLLI works to accommodate as many students as possible, and a space may open for you. The OLLI office will contact you if a seat becomes available to ask if you still want to join the class. Please do not attend the class unless you are contacted.

Adding/Dropping a Course
If you are registered for the semester and wish to add a course, you may do so online or with the assistance of OLLI staff.

If you need to drop a course before it has begun, please notify the OLLI office so that we may fill your spot from the waiting list. (See Refunds.)

Class Assistant Discounts
Class members who volunteer as Class Assistants will receive a $25 discount per class, credited towards membership in one of the next two semesters.

Schedule Changes
The OLLI office communicates all schedule changes, last-minute class cancellations, and makeup classes by e-mail. Please check your e-mail regularly! This policy does not apply to inclement weather notification. Please see weather information on this page.

Guests
OLLI courses are intended for OLLI members only. An OLLI member may request approval from the OLLI office to bring a guest to one class meeting only.

Weather Policy
Personal safety is the key consideration. Please check the website or OLLI at UVa Facebook. You will not be contacted directly about weather-related changes in class status.

www.olliuva.org

All OLLI classes follow the directives of the local area school systems in which the majority of classes are located.

School cancellations cancel all OLLI classes.

Delayed openings cancel OLLI classes that begin before 11:00 a.m.
Classes starting at 11:00 a.m. or later will meet as scheduled.

Charlottesville-area classes follow the Charlottesville City Public Schools.
Staunton-area classes follow the Staunton City Public Schools.
Nellysford-area classes follow the Nelson County Public Schools.

If schools are dismissed early due to inclement weather, OLLI will operate on a case-by-case basis. Please check our website, OLLI at UVa Facebook, or call the office for up-to-date class status.

If makeup classes are scheduled, you will be notified of the new dates by e-mail.

Course Key Icons
- MOBILITY CHALLENGE
- EXTRA WALKING REQUIRED
CHARLOTTESVILLE CLASS LOCATIONS

BROOKS FAMILY YMCA
151 McIntire Park Drive
434.974.9622

Heading east on 250 from Rte. 29, take the Rugby Ave. exit.

Turn to the left on Rugby Ave. to go under 250, and continue until you will see the Brooks Family YMCA up ahead. Courses will be held in the “Community Room” which is down the hallway to the right upon entering the building.

COLONNADE CLUB (PAVILION VII)
434.924.1192

Parking is available in the Central Grounds Parking Garage (400 Emmet Street S.) Parking rates are $2 per hour, paid in advance.

Take the stairs or elevator up to the 4th floor.

Leaving the garage, cross the brick plaza, and walk up the stairs alongside Newcomb Hall. (If you prefer to use an elevator, enter Newcomb Hall, walk down the hall, and look for the elevator on the right. Take the elevator up to the 3rd floor, and exit the building by the front doors.)

Continue walking toward McCormick Rd. (Monroe Hall will be to your right, Alderman Library to your left.)

Cross over McCormick Road and walk down Colonnade Alley. Walk up the steps onto the Lawn and turn left. Enter the front door of the Pavilion VII (Colonnade Club).

DARDEN SCHOOL OF BUSINESS
100 Darden Blvd
434.924.3900

Traveling south on Rte. 29, when Rte. 29 passes under the Rte. 250 Bypass, it becomes Emmet St. Continue south on Emmet St., passing the Barracks Road Shopping Center on the right. Beyond the shopping center, turn right at the traffic signal for Arlington Boulevard. Turn left when Arlington Boulevard ends at Massie Rd. The Darden School’s entrance is on the right, just past the Law School.

Entering Darden, you will drive up the parkway towards Darden School (the building with the columns). At the end of the parkway turn right and go past the building to the garage. Park in the garage. Take the stairs or elevator to Level 3. Exit the garage by the elevator, cross the crosswalk, and continue toward the building straight ahead. Look for and follow the floor stand signs with your OLLI class displayed to your classroom.

HILLSDALE CONFERENCE CENTER
550 Hillsdale Dr.
434.817.9333

From the intersection of Rte. 29 and Greenbrier Drive, turn east onto Greenbrier Drive. Go one block and turn left onto Hillsdale Drive. Go half a block and turn left into the Hillsdale Center parking lot.

Driving Directions

Living tailored to your lifestyle.

Situated on 59 picturesque acres at the foothills of the Blue Ridge Mountains, The Colonnades is a stunning independent living community, offering a wealth of amenities and activities that appeal to the curious intellectual. Enjoy the beauty of our surroundings without any of the worries of household chores or home maintenance.

To learn more, visit ColonnadesSeniorLiving.com/OLLI.

THE COLONNADES
Sponsored by the Division of Aging Services, University of Virginia

© 2019 Sunrise Senior Living
Driving Directions

HOMEWOOD SUITES
2036 India Road
434.244.6200
   Heading north on Rte. 29, turn right onto Hydraulic Rd. Turn left onto Hillsdale Drive (at Whole Foods). Turn left after you pass the hotel into parking lot.

IVY CREEK NATURAL AREA
1780 Earlysville Road
434.973.7772
   From Rte. 29, turn onto VA-631/Rio Road West. Turn right onto Earlysville Road. Drive approximately half a mile and then turn left into Ivy Creek.

JEFFERSON SCHOOL
AFRICAN AMERICAN HERITAGE CENTER
233 4th St NW
434.260.8720
   The Jefferson School African American Heritage Center is located on 4th St., between West Main St. and Preston Ave., near downtown Charlottesville. It is on the 2nd floor of the Jefferson School City Center. From Rte. 29, take VA-631 S/Rio Rd East, which becomes the John W. Warner Parkway. Continue straight under the 250 bypass on McIntire Rd. toward downtown. Turn right onto Preston Avenue. Turn left onto 4th St. NW. Turn right into the parking lot on the upper level of the garage for free parking.

JEFFERSON LIBRARY AT MONTICELLO
1329 Kenwood Farm, State Rte. 53
434.984.7540
   Driving south on Rte. 20, turn left onto Thomas Jefferson Parkway (Rte. 53) and keep driving past the entrance to Monticello. The Jefferson Library is approximately ½ mile further on your right. You will see a white gate and an oval sign reading, “Kenwood Jefferson Library.” If you pass the Jefferson Vineyards, you have gone too far. Turn in through the white gates and continue up the driveway. Park in the lots to the right or left, or continue to the handicapped spots directly in front of the library or in the back.

KLUGE-RUHE ABORIGINAL ART MUSEUM
400 Peter Jefferson Place
434.244.0234
   From Rte. 29, take the Rte. 250 East Bypass. Pass Pantops shopping area, Giant shopping center, and State Farm Boulevard. Turn right on Worrell Rd. and proceed to the white house at the top of the hill.

MEADOWS PRESBYTERIAN CHURCH
2200 Angus Road
434.296.2791
   Heading north on Rte. 29, just north of the Rte. 250 overpass, turn left onto Angus Road (at KFC). The church is in the second block on the right.

MICHE TAVERN
683 Thomas Jefferson Parkway
434.977.1234
   Heading south on Rte. 20, turn left onto Thomas Jefferson Parkway (Rte. 53). The tavern is 1.1 miles on the right.

OLLI CONFERENCE ROOM
485 Hillsdale Drive, Suite 114
434.923.3600
   From the intersection of Rte. 29 and Greenbrier Drive, turn east onto Greenbrier Drive. Go one block and turn right onto Hillsdale Drive. Go half a block and turn left into the Jordan Building parking lot. Additional parking is available behind the building.

SENTARA MARTHA JEFFERSON OUTPATIENT CARE CENTER
500 Martha Jefferson Drive
434.654.7000
   Traveling east on the Rte. 250 Bypass, cross the Rivanna River Bridge (Free Bridge). At the fifth light, turn right onto Peter Jefferson Parkway. At the top of the hill, turn right towards the Outpatient Care Center. The Kessler Conference Room is on the first floor on the right. NOTE: This is NOT in the main hospital building. It is on the right before you reach the main hospital as you approach on Peter Jefferson Parkway.

THE CENTER (NEW ADDRESS)
540 Belvedere Boulevard
434.974.7756
   Traveling north on Rte. 29, take the 631/Rio Rd. exit in far right lanes. Turn right onto Rio Rd. East. Continue 1.5 miles. Turn left onto Belvedere Blvd. and continue 2/10 of a mile to The Center.

UNITY OF CHARLOTTESVILLE
2825 Hydraulic Road
434.978.1062
   From Rte. 29, go west on Hydraulic Road past Stonefield shops. After passing Albemarle High School on the left, Unity’s entry is on the left across from Lincoln Cemetery.

WTJU RADIO
2244 Ivy Rd.
434.924.0885
   From Rtes. 29 and 250, take 250 Business / Ivy Rd. East for half a mile. Turn right into the parking lot. WTJU is next to Vivace restaurant. Park behind the WTJU studios in order to enter the studio on grade level. If you park in front, you will need to climb several stairs.
Driving Directions

So, you want to teach for OLLI but need to know more?

This workshop, for OLLI members and non-members, will discuss what OLLI is, who attends an OLLI course, when do I need to decide, how do I submit a proposal, and what’s in it for me?

Our next workshop will be in January 2020. Contact the OLLI office at 434-923-3600 or olliuva@virginia.edu for more information or to reserve your seat!

VALLEY CLASS LOCATIONS

HAMPTON INN STAUNTON
40 Payne Lane
540.886.7000

From I-81 South/I-64 West take Exit 220.
Follow the exit ramp to Greenville Ave. (Rte 11).
Take a right on Greenville Ave., then the first left after Exxon Gas Station.

From I-81 North/I-64 East take Exit 220.
Follow the exit ramp to Greenville Ave. (Rte 11).
Take a right on Greenville Ave., then the first left after Exxon Gas Station.

THE R. R. SMITH CENTER FOR HISTORY AND ART
20 South New Street
Staunton
540.885.2028

From I-64, take Exit 87 to I-81 N.
Stay in the right lane and take Exit 222 to merge onto Rte. 250 West (Richmond Avenue) toward Staunton.
At the T-intersection with Rte. 11 (~ two miles), make sure that you are in the middle of the three lanes in order to turn right and then quickly turn left onto Johnson Street after passing under the railroad bridge.
At the next light (New Street), turn right.
The New Street Parking Garage is accessed from Johnson or New Street. Classes meet upstairs in the “Lecture Room.”

Family Matters

The Lodge at Old Trail is a senior living community located in Old Trail Village in Crozet. We’d like you to become part of our family and enjoy everything we have to offer. There’s no place quite like The Lodge, so if you or a loved one are looking to make a move then make our family yours...today!

• No entry fees
• Old Trail Village, a multi-generational community
• Spacious one and two bedroom apartments
• Indoor parking
• Old Trail Village golf, swimming pool, community gardens and walking trails
• Pets welcome
• Monthly lectures

Visit our website for more details, floor plans and rate information

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE
434-823-9100  I  www.lodgeatoldtrail.com
330 Claremont Lane, Crozet, Virginia 22932
In a new partnership with UVA Athletics, the OLLI at UVa SilverHoos provide hospitality at UVA home football games through the first half. After serving as game day ambassadors, the SilverHoos enjoy the second half with their fellow OLLI sports fans. Join in the fun and Go Hoos!

For more information or to sign up for next season, 434.923.3600 or olliuva@virginia.edu.

At the Intersection of Food, History & Culture:
**The Tour to Cyprus** (October 2020)
information sessions: Thursday, February 18 or Tuesday, March 10 at 10:00am
OLLI at UVa conference room
RSVP: 434.923.3600 or olliuva@virginia.edu

From quaint villages nestled among tall pine trees to the dazzling blue of the deep Mediterranean sea, Cyprus boasts 300 days of sunshine and brilliant sunsets. In this tour, see the island from a local’s perspective. Explore Cyprus’s rich history and vast countryside with a focus on food, history, and culture with popular OLLI at UVa Eat Like a Greek instructor, Claudia Hanna.

Activities include wine pairing and a cooking class, touring one of the largest farmers’ markets in the Mediterranean, making the local cheese halloumi, visiting pottery makers and orthodox icon painters in their own workshops, including a stop to visit the women who make lefkaria, a special lace from one particular village in Cyprus.

BENE002
Healing Agriculture
Joel Salatin
March 3  Tues 10:00am-12:00noon
Unity of Charlottesville Sanctuary
Limit: 150

The title of this member-benefit lecture has a double meaning: a model that heals agriculture, and an agriculture that heals the ecology, the economy, and our health. Using Polyface Farm as a template, Joel Salatin walks you through the essential components of a radically different type of farm/food system that builds soil, increases hydrology, encourages wildlife, protects pollinators, stimulates biodiversity, and yields more dense and balanced nutrition in the food.

Does this sound too good to be true? It is not and it’s certainly not from Impossible Burger, hydroponic LED-grown vertical farms, genetically modified organisms, or orthodox chemical industrial fare. Rather than dwelling on the negative, Salatin introduces you to the positive possibilities, already achieved during sixty years of his family’s farming. If you ever wondered how to eat responsibly, this presentation will give you the answers.

NOTE: OLLI at UVa participants enrolled in this lecture will have the chance to sign up for a Polyface Farm tour ($20 charge) held at a later date in the spring.

Joel Salatin, 63, calls himself a Christian libertarian environmentalist capitalist lunatic farmer. He co-owns, with his family, Polyface Farm in Swoope, Virginia. Featured in Michael Pollan’s New York Times bestseller Omnivore’s Dilemma and in the award-winning documentary Food Inc., the farm services more than 5,000 families, fifty restaurants, ten retail outlets, and a farmers’ market with salad bar beef, pigaerator pork, pastured poultry, and forestry products. When he’s not on the road speaking, he’s at home on the farm, keeping the callouses on his hands and dirt under his fingernails, mentoring young people, inspiring visitors, and promoting local, regenerative food and farming systems.
NEWCOMERS’ LOCAL TOURS
New to the area or to retirement? Looking to build community with other curious, vital, lifelong learners? Join us for one or both of our Newcomers’ Local Tours! Both tours will be led by OLLI member and retired educator, Leslie Lee. Participants are responsible for their own transportation. You do not have to be an OLLI member to register. Both tours require a significant amount of walking and standing.

OUT006
Downtown Arts
April 28 Tuesday 10:00am–2:00pm
$25
Explore Charlottesville’s downtown art scene! We will start with a tour of the McGuffey Art Studios with demos by working artists, followed by a behind-the-scenes visit to Live Arts theater. Lunch is included at a downtown restaurant where OLLI at UVa’s director will welcome prospective OLLI members and talk about upcoming programs. After lunch, participants are invited to explore art galleries and other art venues on and near the downtown mall.

OUT007
Discover Monticello
May 13 Wednesday 9:30am–1:30pm
$50
Explore Jefferson’s mountaintop home with a House and Grounds tour followed by a boxed lunch at the cafe where OLLI at UVa’s director will join to welcome prospective OLLI members and talk about upcoming programs. After lunch, participants are encouraged to join the Slavery at Monticello tour, explore the grounds on their own, or visit the education center, all at no additional charge.

Leslie Lee is a retired educator. During her thirty-two-years as a classroom teacher in the Montgomery County public schools, she facilitated or led dozens of field trips in and around the Washington, D.C. greater metropolitan area. New to Charlottesville, she has enjoyed discovering myriad field trip opportunities in and around the surrounding area.

“You can’t help getting older, but you don’t have to get old.”

George Burns

At Our Lady of Peace, our lifestyle and programs are designed to help ensure that our residents are given plenty of opportunities for fun, socialization, and learning. We share OLLI’s philosophy of lifelong learning, because we know that honing new skills and challenging yourself mentally can actually slow cognitive aging!

To learn more about the benefits of living at Our Lady of Peace, call 434-973-1155 and schedule your visit.

A not-for-profit community sponsored by the Catholic Diocese of Richmond.
DC Museum Run
National Portrait Gallery and American Art Museum
Saturday, March 21, 2020
$60
(Includes transportation; lunch on your own)
Register by March 15

OLLI invites you to enjoy an early spring Saturday in Washington, DC. The OLLI bus will deliver us to one of the oldest federal structures in the city, the 1836 Greek Revival Patent Office Building, now the permanent home for the National Portrait Gallery and the Smithsonian American Art Museum (SAAM). The International Spy Museum is directly across F Street from the National Portrait Gallery.

A seven-minute walk leads to another historic building, the Pension Building. Completed in 1887, this early large-scale example of Renaissance Revival architecture stands as a memorial to Civil War veterans. Now, the brick structure is the National Building Museum.

We’ll arrive at the National Portrait Gallery about 11:30 a.m. and leave for home at 4 p.m. There is no admission fee for the Smithsonian museums, the National Portrait Gallery, or SAAM.

Bus Departures and Returns:
STAUNTON Walmart Parking Lot Depart: 8:00 a.m.
Return: 7:30 p.m.
CHARLOTTESVILLE Seminole Square Parking Lot Depart: 9:00 a.m.
Return: 6:30 p.m.

Peaks of Otter and Poplar Forest
Thursday, April 30, 2020
$90
(Includes transportation and lunch)
Register by April 23

Thomas Jefferson once wrote that “the mountains of the Blue Ridge, and of these the Peaks of Otter, are thought to be of a greater height, measured from their base, than any others in our country, and perhaps in North America.” This turned out not to be the case, but not before Virginia had sent stones from the Peaks to be its part of the Washington Monument. Our first stop will be at the Peaks of Otter Lodge to enjoy the verdant scenery and have lunch.

Then we’ll head for Thomas Jefferson’s private retreat, Poplar Forest. In 1806, while he was president, Jefferson himself assisted the masons in laying the foundation for this dwelling on what was then a 4,819-acre plantation and the source of much of his income. Poplar Forest became his escape from too many visitors at Monticello, a three-day carriage ride away. We’ll tour Jefferson’s final architectural masterpiece, again a work in progress as it is being restored to its early 19th century state.

Bus Departures and Returns:
STAUNTON Walmart Parking Lot Depart: 10:00 a.m.
CHARLOTTESVILLE Seminole Square Parking Lot Depart: 9:00 a.m.
Return: 5:30 p.m.

OUTINGS CANCELLATION POLICY: If you decide to cancel your reservation, you will receive a refund ONLY if someone is found to fill your vacancy.
OLLi at UVa in Partnership with Michie Tavern Presents

Enchanted, Empowered, & Enslaved
Anastasia, Dolley Madison, & Sally Hemings
Three Central Virginia Women

Join us at OLLi at UVa’s Michie Tavern Winter Session to learn, dine, sip, and socialize in a beautiful historic setting with award-winning local historian Rick Britton.

It’s often said that “central Virginia history is indeed American history,” and this trio of ladies certainly proves the point—they’re well-known all across the United States.

During the twentieth century, few life stories captured more attention than Anastasia’s. And this local resident—portrayed on the silver screen by Ingrid Bergman—had answers to all of the world’s most burning questions: How had she escaped the Bolshevik firing squad? How had she escaped civil war-torn Russia?

By contrast, Dolley Madison, our nation’s first First Lady, was everything she appeared to be: well-educated, extremely caring and gracious, and extremely devoted to her husband, the principal framer of the U.S. Constitution, James Madison. But was her life always so perfect?

During Thomas Jefferson’s first presidential term, a Richmond newspaper piece stunned the nation, stating that Sally Hemings, an enslaved African American, was Jefferson’s “concubine” and had conceived a number of his children. His descendants—and many prominent Jefferson historians—have since denied that any such relationship had ever existed. A 1998 DNA study, however, found a link between the Hemings and Jefferson families. What are the facts of this fascinating story? How have certain aspects been exaggerated?

Join us as we learn about Anastasia, Dolley Madison, and Sally Hemings, three central Virginia women!

January 30th – Anastasia: Enchanted Princess of a Lost Dynasty
February 6th – Dolley Madison: Empowered First Lady of the Early Republic
February 13th – Sally Hemings: Enslaved Mistress to the Sage of Monticello

The lectures begin at 10:30 a.m., followed by a question-and-answer period at 11:15, with lunch at 11:30. The $30 fee for each event includes the lecture, lunch with the speaker, and a book signing.

NOTE: You must be an OLLi at UVa member for the spring 2020 semester to participate in the Winter Session. The registration deadline is the Friday before each lecture; no refund requests will be accepted after that day. (Maximum capacity: 75. Snow date: February 20th)

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Easier Way to Find Courses about Topics That Interest You!

Increasingly, we have heard from OLLI at UVa members who would like to search for courses online by category in addition to day of the week. In response, we have developed a new course numbering strategy to make this easier than ever.

Each OLLI course is permanently assigned a unique course number with a prefix to indicate the category. The course number will be used each time it is offered, regardless of session and day of the week. OLLI at UVa’s volunteer Curriculum Committee, tasked with developing a well-rounded offering of courses each semester, has adopted the following eight category areas to be used going forward.

**Arts (ARTS):** Music, Drama, Art History, Film, Music, Architecture

**Health and Wellness (WELL):** Medicine, Health, Fitness, Aging

**History (HIST):** All - U.S., International, Classical, Modern

**Humanities (HUMN):** Religion, Philosophy, Literature, Poetry, Foreign Languages

**Lifestyle (LIFE):** Hobby, Activities (e.g. Cooking), Sports

**Public Affairs (PBAF):** Political Science, International Relations, Law, Current Events

**Science and Technology (SCIT):** Hard Science, Natural Science, Technology, Engineering, Computing, Mathematics

**Social Science (SCSC):** Economics, Business, Psychology, Sociology, Anthropology

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**SCIT019**

Native Plants

Fran Boninti

Feb 24, Mar 2, Apr 20  
Mon 10:30am-12:00pm

Homewood Suites  
Limit: 20

$33

“A bluish colored, funnel-formed flower in lowlands in bloom.” Thomas Jefferson, April 16, 1766

As Jefferson realized, our area is blessed with an incredible diversity of native flora. The bluebells he enjoyed and described in his *Garden Book* are still blooming in his lowlands. Learn to garden with native herbaceous and woody plants with the ultimate goal of having a naturalistic looking garden. We will cover identification, soil, and other needs of some of our most beloved natives. Pollinators and other invertebrates will be discussed as well as recommendations on tools, fertilization, and mulching.

**NOTE:** The first two classes are indoors, third class is a visit to the instructor’s home garden in Ivy in April.

Fran Boninti has been a Master Gardener since 1991 and has over 12,000 volunteer hours. She was the state horticulture chair for Garden Club of Virginia, is a graduate of the first Charlottesville Tree Steward class, and served on the board at Ivy Creek for nine years. She has also been a Monticello garden guide with Monticello Saturdays in the Garden. She is a charter member of the Jefferson Chapter of the Virginia Native Plant Society.

**NEW ✶**

**ARTS030**

Gotta Dance, Sing, Play, Record:

*Six Films about Folks who Live for Music*

Harold Horan

Feb 24, Mar 2,9,16,23,30  
Mon 1:00-4:00pm

Unity of Charlottesville  
Limit: 90

$54

*Billy Elliot* (2000) In Thatcher’s England, a coal miner’s eleven-year-old son is drawn to a ballet class over the boxing lessons his father assigned him.

*Songcatcher* (1999) In 1905, a musicologist records the music of the Appalachian Mountains, and discovers a treasury of Irish and Scottish ballads and humanity.

*Running on Empty* (1988) After blowing up a napalm lab in 1971, two antiwar activists raise a family on the run until their eldest, a gifted pianist, is offered a Julliard scholarship.

*Music of the Heart* (1999) Based on the documentary of a violin teacher who creates a school music program out of thin air in East Harlem, landing at Carnegie Hall.

*The Late Quartet* (2012) After twenty-five years together, a world-renowned string quartet learns that their beloved cellist may soon have to retire, stirring up competing egos and harbored resentment.

*Quartet* (2012) An opera diva makes waves when she moves into an English retirement home for performers and musicians.

Hal Horan is a retired Presbyterian minister who has taught seventeen previous OLLI courses.
NEW

SCIT016

Master Naturalists at Work:  
Conserving our Natural Heritage
Feb 24, Mar 2, 9, 16, 23, 30        Mon 1:00-2:30pm
Ivy Creek Natural Area             Limit: 40
$54

Virginia Master Naturalists are volunteer educators, citizen scientists, and stewards helping Virginia conserve and manage natural resources and public lands. This course is designed to introduce the public to the work of the Master Naturalists and other volunteers. It features a selection of six volunteer projects illustrative of the Master Naturalists’ activities. This course will teach you more about nature and how you can be a part of preserving our natural resources. Sessions include Ivy Creek: Charlottesville’s Natural Area; Fluvanna County: How Volunteers Changed the Landscape and Created a More Natural Experience; Promoting Pollinators; Looking After the Rivanna; A Bluebirds’ Tale; and Aliens in our Woods.

NOTE: Students should be prepared to go outside for part of the class with sturdy footwear and outerwear appropriate for the weather.

Each session will be taught by a certified Master Naturalist including:

Marjie Giuliano has volunteered at Ivy Creek Natural Area since its inception forty years ago.

Walter Hussey, both a Virginia Master Naturalist and a Virginia Master Gardener, focuses on children and youth education.

Dorothy Tompkins, member of the first Master Naturalist class in Virginia, is a past president of the Rivanna Master Naturalists and teaches botany to Master Gardeners’ training classes in three counties.

David Smith, a geologist and Certified Virginia Master Naturalist, serves on the board of the Rivanna Conservations Alliance (RCA), and is a Certified Stream Monitor with Virginia Save Our Streams.

Ann Dunn, a member of the Virginia Bluebird Society since 2008, has served as a board member for six years and is currently its coordinator for Albemarle and Fluvanna Counties, as well as State Data Manager.

Rod and Maggie Walker are co-founders of the BlueRidgePRISM.org which seeks to reduce the impact of invasive plants across almost three million acres covering ten counties along the northern Blue Ridge Mountains.

ARTS040

Listening to Music
Donald Loach
Mar 2, 9, 16, 23, 30        Mon 11:00am-12:30pm
OLLI Conference Room             Limit: 16
$55

In this course, music’s tonal shapes and structures will be identified. The course will cover how a composer selects, introduces, organizes, and manipulates them to produce a unique experience in moments of time. It will also examine varieties of sound, melodic coherence, rhythm, texture, and harmony and then explore the composer’s means of organization, forms, function, and style. Listening to excerpts from the works of master composers will be an integral part of the course.

Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory, conducted the University Glee Club, and the University Singers. Dr. Loach received his BA at the University of Denver, a MMus at Yale University, and a PhD at the University of California Berkeley.

SCIT004

A New Age of Wonder: Recent Discoveries in Astronomy
Charles Hamilton
Mar 2, 9, 16, 23, 30, Apr 2        Mon 11:00am-1:00pm
Darden-UVA             Limit: 40
$54

The deployment of space-based instruments and the use of new techniques of sampling the universe around us have launched a new age of wonder in modern astronomy and given us a new perspective on our place in the cosmos. This course will review recent selected discoveries and developments in astronomy and attempt to place them in the context of an emerging view of our universe.

Charles Hamilton, a retired attorney, has been an amateur astronomer and an avid follower of astronomical discoveries for many years. This course has evolved out of his long-standing interest in astronomy and the history of science.

ARTS014

Behind the Scenes at the Kluge-Ruhe Aboriginal Art Collection
Nicole Wade
Mar 9, 16, 23, 30        Mon 10:00-11:30am
Kluge-Ruhe             Limit: 10
$44

This course will provide a behind-the-scenes look at the Kluge-Ruhe Aboriginal Art Collection departments that care for a stunning collection of Indigenous Australian art. Each museum department will host a class
session to highlight its role inside the life of the museum, providing participants with a sneak peek into art storage, exhibition spaces, and the library and archive.

Nicole Wade is the collections manager and registrar at the Kluge-Ruhe Aboriginal Art Collection of UVA.

NEW

SCSC004
Parsing Pompeii
Claire Weiss
Mar 16, 23, 30, Apr 6 Mon 6:00-7:30pm
Homewood Suites Limit: 42
$44

The ancient city of Pompeii has occupied the popular imagination of the world since its rediscovery in 1748. It is often described as a “city frozen in time.” However, the true nature of the site that survives—the result of its development and destruction, discovery and disinterment, preservation and presentation—is far more complex. In each of four class meetings, we will examine a different period of the site’s history and how each has revealed and reshaped the ruins into what we see today.

Claire J. Weiss, PhD (University of Virginia) is a classical archaeologist who has conducted excavations and field work in Pompeii since 2001. Her research focuses on Roman urbanism, especially the sidewalks of ancient Roman cities and the relationship of these structures to urban social and economic organization.

NEW

HIST032
Thomas Jefferson: “From Sea to Shining Sea”
Shirley Midyette
Mar 30, Apr 6 Mon 9:30-11:00am
Darden-UVa Limit: 40
$22

Thomas Jefferson’s identification with westward settlement began when his father, Peter Jefferson, and Joshua Fry drew the first correct map of their province. The mapping of the vast country that lay beyond his father’s map became a lifelong interest, leading to the Northwest Ordinance and the Lewis & Clark Expedition. Jefferson’s vision of “Sea to Shining Sea” was accomplished when his grandson-in-law, Nicholas P. Trist, negotiated the Treaty of Guadalupe Hidalgo in 1848.

Shirley Midyette’s interest in the life of Thomas Jefferson has led her to learn more about his close friends as well as those who disliked him. Shirley has a degree in sociology and history from Wake Forest University and has worked at Monticello. She is president of Jefferson’s Virginia, hosting Historical Experience Tours.

NEW

LIFE008
The Art of Conversation
Richard Mason
Feb 25, Mar 3, 10, 17, 24, 31 Tue 9:30-11:00am
Unity of Charlottesville Limit: 18 $54

Conversation is being challenged by social media, changing values, and a lack of time. This course will focus on why conversation is important and how to make it more effective. To address the “how” of conversing, participants will practice in small groups how to start/stop a conversation; how to change direction; and tips on how to have that “difficult” conversation.

Richard Mason has a BA in American literature from Middlebury College and a master’s degree in public administration from California State University. During his career, in addition to consulting, he has taught classes in active listening, group dynamics, facilitation, leading effective meetings, stress management, and conflict resolution.

LIFE005
Eat Like a Greek: The (Authentic) Mediterranean Diet
Claudia Hanna
Feb 25, Mar 3, 5, 10 Tue/Thu 10:00am-12:00pm
Brooks Family YMCA Limit: 20 $44

The Mediterranean diet has been hailed as the best diet for overall health. This course will provide building blocks for eating simply, healthfully, mindfully, and seasonally. Class members will learn to prepare traditional recipes using fresh produce, herbs, and spices. It is a hands-on class, where we will chop, season, and learn authentic recipes from Cyprus, Greece, Turkey, and Lebanon.

Required Materials: Please bring a cutting board and knife to class.

NOTE: This course has a $21 materials fee to be collected by the instructor at the first class.

Claudia Hanna shares age-old and delicious foods through her blog, classes, and a forthcoming book. Living in Cyprus for over a decade, she has observed that the Mediterranean lifestyle, not just the diet, helps people live long, healthy lives.
ARTS042
Poetry and Autobiography
Stephen Kennamer
Feb 25, Mar 3, 10, 17, 24, 31    Tue 11:00am-12:30pm
Meadows Presbyterian  Limit: 38
$54

Much of 20th century literary criticism insisted that the speaker of a poem is always a “persona” and must not be confused with the poet. This course offers a contrarian view by examining the strongly autobiographical currents in Shakespeare’s sonnets and the most famous poems of Keats, Gerard Manley Hopkins, Edna St. Vincent Millay, Dylan Thomas, and others.

NOTE: A follow-up course, The Poetry of Emily Dickinson (ARTS043) will be offered in the B Session for those who would like to continue their study.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

ARTS033
21st Century Issues in 5th Century Athenian Drama
Jon Mikalson
Feb 25, Mar 3, 10, 17, 24, 31    Tue 1:00-2:30pm
OLLI Conference Room  Limit: 14
$54

We will read and discuss five Athenian plays which treat issues still very much with us today. Sophocles’ Antigone dramatizes issues of gender, generational differences, and the authority of the state. His Ajax is widely used today to illustrate issues of war, suicide, and PTSD. Aristophanes’ Lysistrata has women stopping, by a sex-strike, their husbands’ warmongering. His Wasps presents generational and political conflicts in the context of a hyperlitigious society. The Clouds is a sendup of the purposes and nature of “higher education.” Trigger warning: some may be offended by Aristophanes’ sexist and ageist language and ribald and often bad jokes.

Jon Mikalson, the W.R. Kenan Jr. Professor Emeritus of Classics at UVA, has written nine books on Greek religion and culture and loves all things Greek, ancient and modern.

HUMN012
Betrayal: Christian Complicity and Resistance in the Holocaust
Jeffrey Pugh
Mar 3, 10, 17, 24, 31    Tue 10:00–11:30am
Homewood Suites  Limit: 30
$44

This course explores the roles, both good and bad, that Christianity played in one of the most horrific chapters of human history, the Shoah. Tracing the history of Christian anti-Semitism through two thousand years of history, this course shows how a majority of the church in Germany was prepared to support Hitler and embrace his call for racial purity. Drawing specifically on the German Church struggle between the “Deutsche Christen” and the Confessing Church, we explore why the church failed in the face of such a political onslaught, even though there were individuals, like Dietrich Bonhoeffer, who paid a high price for their resistance.

A scholar of World War II era theologians Dietrich Bonhoeffer and Karl Barth, Jeffrey Pugh has focused on Christianity and the Holocaust, particularly Christian responsibility for the rise of Nazism. His classes in Christian-Jewish relations while at Elon University focused heavily on how post-Holocaust theology has shaped both Christianity and Judaism. Pugh is the author of six books and numerous articles on religion and science, and the creation of the apocalyptic imagination in contemporary Christianity.

BENE002
Member Benefit Course: Healing Agriculture
Joel Salatin
Mar 3    Tue 10:30am-12:00pm
Unity of Charlottesville  Limit: 150
Free Member Benefit Course; registration is required.

The title of this member-benefit lecture has a double meaning: a model that heals agriculture, and an agriculture that heals the ecology, the economy, and our health. Using Polyface Farm as a template, Joel Salatin walks you through the essential components of a radically different type of farm/food system that builds soil, increases hydrology, encourages wildlife, protects pollinators, stimulates biodiversity, and yields more dense and balanced nutrition in the food.

NOTE: OLLI at UVa participants enrolled in this lecture will have the chance to sign up for a Polyface Farm tour ($20 charge) at a later date in the spring.

Joel Salatin, 63, calls himself a Christian libertarian environmentalist capitalist lunatic farmer. He co-owns, with his family, Polyface Farm in Swoope, Virginia. Featured in Michael Pollan’s New York Times best-seller Omnivore’s Dilemma and in the award-winning documentary Food Inc., the farm services more than
5,000 families, fifty restaurants, ten retail outlets, and a farmers’ market with salad bar beef, pigaerator pork, pastured poultry, and forestry products. When he’s not on the road speaking, he’s at home on the farm, keeping the callouses on his hands and dirt under his fingernails, mentoring young people, inspiring visitors, and promoting local, regenerative food and farming systems.

And the highlight of this course will be the marine engineering and technical analysis over the last twenty years of why the ship sank the way it did.

Michael Knapp is a Middle East analyst for the US Army and a retired Army officer. He has developed and taught five popular courses for OLLI in the last six years.

NEW

ARTS031
Albrecht Dürer (1471-1528), Germany’s Greatest Artist
Don Fry
Mar 10, 17, 24, 31          Tue 1:00-2:30pm
Unity of Charlottesville       Limit: 80
$44

Albrecht Dürer has dominated German and Northern European art for 500 years, His works include innovative oil paintings, woodcuts, engravings, etchings, drawings, watercolors, and book illustrations, all based on a sharp eye, vivid imagination, and flat-out genius. Dürer made a fortune, dined with nobility, and changed the worlds of European art.

After a review of the artist’s life, career, and techniques, we will discuss Dürer’s masterpieces to understand his Humanistic and religious thought, technical expertise, and insight. This is not an art history course, but one that uses exercises to see precisely, interpret complex creations, and think visually. No prior knowledge necessary.

Don Fry pursued two careers, first teaching Beowulf and Chaucer at the University of Virginia and Stony Brook University, and then in journalism research. He has helped over 10,000 authors write better with less agony. He has taught fifteen OLLI courses and taken three, for the sheer fun of it.

HIST031
The Sinking of the Titanic: What Really Happened and Why?
Michael Knapp
Mar 10, 17, 24          Tue 4:00-5:30pm
Unity of Charlottesville       Limit: 80
$33

Vivid descriptions of the doomed maiden voyage and sinking of the Titanic, of the ship’s conception and construction, and of the trans-Atlantic shipping industry and Edwardian British and American societies of the period, will “put you on the ship” in 1912 to help experience what its passengers did. We will also explore the finding and exploration of the Titanic wreckage since 1985, and the sinking’s portrayal in popular movies and literature.

NEW

HUMN033
The Greatest Books You’ve Never Read: The Odyssey
Evelyn Edson
Mar 17, 24, 31, Apr 7          Tue 10:00-11:30am
OLLI Conference Room       Limit: 15
$44

We will read The Odyssey together, discussing such issues as Greek religion, the nature of the hero (in this case, Odysseus), the role of women in Greek society and mythology, the sea and seafaring, and how The Odyssey has been reimagined by modern writers.

Now retired, Evelyn Edson taught history and humanities at Piedmont Virginia Community College for thirty-four years.

NEW

PBAF024
Charlottesville Then and Now: Reshaping Our Story
Elizabeth Donohoe
Mar 17          Tue 3:30-5:00pm
Jefferson School African American Heritage Center
$11       Limit: 48

As issues of race, prejudice, and privilege dominate national media and political debate, our local schools struggle to close the academic achievement gaps that exist among students. Closing these gaps depends not only on our current and future efforts, but also understanding how the past has shaped the present. This one-day course will feature a panel discussion involving community leaders and those who remember the turbulent times and the effects of integration in both our schools and neighborhood.

A semi-retired educator, Betsy Donohoe taught in public and private schools at secondary, undergraduate, and graduate levels. She coached schools across the country in major reform efforts. She currently coaches elementary student teaching interns at the University of Virginia. Betsy received her EdD at UVA’s Curry School of Education in educational leadership and policy studies.
ARTS036
Broken Idols: Othello, Belief, and Post-Modernism
Charles Chadwick
Feb 26, Mar 4, 11, 18, 25 Wed 9:30-11:00am
Homewood Suites Limit: 25
$55
In recent years, Shakespeare’s Othello has come to be appreciated for a greater level of complexity than almost any other of the tragedies (save only King Lear). This class will view Othello as a surprisingly contemporary look at the quest for meaning and belief in a post-modern “self-valued” society – how we invent idols for ourselves. A video production of the play will be utilized to focus the discussion.
Charles Chadwick has an MA in literature and has taught literature extensively. He has taught for OLLI since 2014, including four courses on the plays of Shakespeare and courses on poetry and contemporary literature.

NEW
LIFE027
Writing Your Life
Jackie Jamison
Feb 26, Mar 4, 11, 18 Wed 10:00-11:30am
Unity of Charlottesville Limit: 20
$44
Get a start on writing your life story! Class participants will work on creating a life outline, writing keepsake letters to loved ones, and considering poetry and quotations as a way to organize material. The class will encourage and guide participants in creating a writing habit and include weekly writing prompts that participants will share and discuss.
NOTE: Course does not meet on March 11th.
Jackie Jamison is the owner of Charlottesville Life Stories and a member of the International Society of Family History Writers and Editors. She is also a business editor and author with several published books for youth. She is a cum laude graduate of Yale University.

NEW
WELL012
Robust Aging Toolbox
Daniel Kulund
Feb 26, Mar 4, 11, 18, 25 Apr 1 Wed 10:30am-12:00pm
Brooks Family YMCA Limit: 25
$54
The Robust Aging Toolbox contains twenty-five tools. Each one is a physical activity or mental skill to keep you healthy, vigorous, and strong as you get older. You can use these tools in the woods, at the park, around the neighborhood, and even in your home or at work. In the first five sessions we’ll handle groups of related tools. In the sixth and final session, we’ll master how to select “tools of the day.” What’s in your toolbox?
NOTE: Participants should come dressed for some light physical activity.
Dan Kulund is a retired orthopedic surgeon and former research professor of prevention and community health at George Washington University. He also served as the U.S. Air Force Chief of Health Promotion and retired at age seventy as the oldest of 1.4 million active duty service members in our military.

NEW
HUMN028
Mystery Novels: Windows on Society and Culture
Addeane Caelleigh
Feb 26, Mar 4, 11, 18 Wed 11:30am-1:00pm
OLLI Conference Room Limit: 15
$44
Mystery novels are one of the most popular categories of fiction in the US. They offer ways to understand society on a wide range of social and cultural issues and pose questions about how we live. The course will combine short presentations with wide-ranging discussions. The focus will be on four contemporary novels, as participants read Ritual Bath by Faye Kellerman (class 1); then Lincoln Lawyer by Michael Connelly; Suffer the Little Children by Donna Leon; and Thyme of Death by Susan Whittig Albert in successive classes. All are available in print and some in digital format. Members who cannot read all the novels are welcome to participate.
Addeane Caelleigh has a background in history, anthropology, and related fields, has studied mystery novels as social documents for many years, and has led book groups on mystery novels. She has taught a previous version of this course—with different novels—for OLLI.

NEW
PBAF021
Education and the Presidency: Public Schools in a Democracy
Elizabeth Donohoe
Mar 4, 11, 18, 25 Wed 9:30-11:00am
OLLI Conference Room Limit: 15
$44
Thomas Jefferson believed education was the very foundation of a democracy. Although the fate of public schools rests within state constitutions, the president of the United States holds the power to shape educational policy and practice. Which U.S. presidents have had the greatest impact on our public schools? What are the most pressing educational issues facing our next president, and where do the current candidates stand on these...
issues? Participants will take active roles in examining issues and candidate positions that are sure to shape the 2020 presidential election.

A semi-retired educator, Betsy Donohoe taught in public and private schools at secondary, undergraduate, and graduate levels. She coached schools across the country in major reform efforts. She currently coaches elementary student teaching interns at the University of Virginia. Betsy received her EdD at UVA’s Curry School of Education in educational leadership and policy studies.

SCIT002
Birdlife of Central Virginia
Jennifer Gaden
Mar 4, 11, 18, 25, Apr 1, 8 Wed 9:30-11:00am
Ivy Creek Natural Area Limit: 30
$54

The course will look at groups of birds in central Virginia, with an emphasis on the unique adaptations that enable them to live successfully in particular habitats. These will include birds of prey, woodland birds, birds of open areas, and migratory birds. The course will include three lectures and three field trips at nearby public parks with level trails.

Course sessions will alternate between classroom sessions and field trips. More information will be sent to registered participants. Class One will be held at Ivy Creek Natural Area.

Jennifer Gaden, a graduate of Smith College and Columbia University, has been interested in natural history and birds for most of her adult life. A retired outreach educator for the former Charlottesville chapter of the Virginia Museum of Natural History, she has been a longtime member and former president of the Monticello Bird Club, an active member of both the Virginia Society of Ornithology and the Ivy Creek Foundation, founder of the Great South Bay Audubon Society on Long Island, New York, and she is a Master Naturalist.

NEW
WELL017
Tai Chi for Health: An Introduction to Yang Style, Part 1
Ronald Salomon
Mar 4, 11, 18, 25, Apr 1, 8 Wed 1:00-2:00pm
Meadows Presbyterian Limit: 12
$54.00

Tai Chi for Health is a program that uses a combination of Tai Chi forms as an exercise system. In this class students will learn a sequence of simple Tai Chi forms in the Yang style plus various other Tai Chi- and Qi Gong-related exercises. This class will be suitable for beginners as well as people with some experience in Tai Chi.

NOTE: Before participating in any exercise program participants should check with their doctors to ensure that there are no contraindications, special considerations, or limitations from a medical standpoint.

Ronald Salomon has been practicing Tai Chi since 2010. He is certified by the Tai Chi for Health Institute to teach Tai Chi for Diabetes, Arthritis/Fall Prevention, and Seated Tai Chi. Ron has degrees in history and criminal justice and taught criminal justice for several years at C. W. Post College of Long Island University.

NEW
HIST029
From Christianity in Korea to Korean Christianity
Ronald Dimberg
Mar 4,11,18,25 Wed 10:00-11:30am
Homewood Suites Limit: 30
$44

A noted student of Korean Christianity once said that “among the examples of Asian receptiveness to the Christian religion the most remarkable is in Korea... one of the marvels of modern history.” This course will trace the transition of Christianity in Korea to Korean Christianity, from the early 17th century through the
Bel canto, meaning “fine singing,” exemplified the flowering of Italian opera in the first half of the 19th century. The Romantic movement influenced Italian opera as it swept the boards in opera houses throughout Europe. The operas of Rossini, Donizetti, and Bellini are characteristic of the style. This course will examine how Romanticism influenced opera, with an emphasis on the bel canto canon. We will explore both the creative processes and production techniques, profile the great singers, and hear glorious bel canto performances from modern-day singers.

Timothy Snider is a retired attorney and former Marine Corps officer. Tim was a founding member of the Advisory Board of Ash Lawn Opera (now Charlottesville Opera) and presents lectures prior to Met in HD telecasts at the Paramount Theater.

Gardeners are important players in the management of our ecosystems and the protection of our natural resources. Faced with loss of habitat and strain on our waterways, we need to rethink the way we maintain our landscapes. This course will explore three aspects of responsible, sustainable landscape management. Class 1: Recommended turf choices for this area and best practices for maintaining an eco-friendly lawn. Class 2: Using native shrubs to solve common landscape problems, add beauty to your property and provide habitat for birds and other wildlife. Class 3: The best perennial choices for this area, including what to plant for season-long interest and best plant selections for attracting bees, butterflies and other pollinators.

Piedmont Master Gardeners, Pat Chadwick, Deborah Harriman and Jannette Martin will conduct this course. As part of Virginia Cooperative Extension, Master Gardeners offer community outreach and training on science-based, environmentally sound horticultural practices.

The human success story is a remarkable one. A runt of a creature—hairless, claw-less, tail-less, fang-less, and sporting a head far too heavy to carry except in an upright position—spread out from the savanna of Africa to conquer the world. In order to do so, mankind had to use his intellect, tools, and skills to bend nature, often unwillingly, to his will. Up until now, Mother Nature has accepted mankind’s intrusion, as if it was merely the growing pains of yet another of her children, but she is finally beginning to fight back. Is she telling us, in her subtle way, that it’s time for us to leave or grow up?

Ted Homyk holds a PhD in molecular biology from Vanderbilt University. He has conducted postdoctoral research at the University of British Columbia, Vancouver, Canada, in fruit fly genetics, and has taught biology and science fiction courses at the University of Virginia.
NEW
HIST030
Oh East is East & West is West: Cooperation and Conflict
Phil Williams
Feb 27, Mar 5, 12, 19, 26, Apr 2    Thu 10:00-11:30am
Unity of Charlottesville        Limit: 60
$54

Geo-cultural perspectives have played, and continue to play, a key role in the evolution of East-West relations. Geography has facilitated both cooperation and conflict. The course will examine a set of critical factors which have influenced the East-West dynamic. Set in their respective geo-strategic environments, the lectures will focus on selected key events, key movers, and key developments in history and their impact on present national and global issues. The goal will be for members to recognize the impact of historical/cultural factors as they continue to shape differing perspectives on current events and related debates.

Phil Williams is currently an adjunct professor at the Institute of World Politics. He is the recipient of degrees from the Universities of Edinburgh, Virginia, and Florence, and holds two master’s degrees and a PhD from the Fletcher School of Law & Diplomacy, Tufts University. Williams has also enjoyed a career in banking on Wall St. and in Turkey. He is the author of new book on this OLLI course topic, and is a longtime lecturer on the American Founding and Turkey/Middle East.

NEW
PBAF025
Meeting of Opposites: Walking Uphill Together
Henry Davis McHenry, Jr.
Feb 27, Mar 5, 12, 19, 26, Apr 3    Thu 1:00-2:30pm
OLLI Conference Room        Limit: 12
$54

Political polarization is a clear symptom of the national disorder that afflicts us. As a country, we’ve been working as opposites—us against them—for so long that our social compact has suffered grievous harm. The course will hope to renew the substance of our polity, our stake in each other. Even in Charlottesville, supposedly the happiest place on earth, we have never achieved a real dialogue on the Western Bypass, and a heated argument smolders about what to do with the Confederate statues. Our challenge is not to win a debate. It is to walk uphill together. To enable that musculature, we will use the philosophy of Martin Buber and others, exercises adapted from Outward Bound, research into perception, and inquiry into the substance of our experience of others to improve the culture of the country we live in.

NEW
HIST007
Exploring The Jefferson Library at Monticello: How To Do American History
Jack Robertson
Mar 5, 12, 19, 26, Apr 2    Thu 9:30-11:00am
Jefferson Library at Monticello        Limit: 18
$55

Participants will bring topics of personal interest to use while learning about the panoply of published, unpublished, and online resources available at the Jefferson Library. Although the library focuses on Jefferson’s life, times, and legacy, just about any topic within the broad sphere of American history will work. This will be a hands-on experience. and there is expectation that participants will do homework to enrich and reinforce the discovery process.

Note: Students are required to bring a portable computing device and facility in Internet functions for use during class.

Jack Robertson has been the Fiske and Marie Kimball Librarian at Monticello’s Jefferson Library since its founding in 2000.
HIST006
Jefferson—Then and Now
Tom Pitz
Mar 5, 12, 19, 26
Colonnade Club
Thu 2:30-4:00pm
Limit 11
$44

We can read about Mr. Jefferson’s accomplishments and failings, visit the designs he left for us, build up or tear down monuments to him and fellow founders, and do what has always been done with history: describe it through the lens of our current perspective to fulfill our current desires. But what was his perspective? Do we grasp what was happening then?

Tom Pitz has offered his interpretation of Mr. Jefferson since 1987 to a varied audience: from kindergarten classes to medical school faculties, and from local wineries to Mt. Rushmore.

LIFE007
Financial Planning for Success and Significance in Retirement
David Marotta
Mar 19, 26, Apr 2
Homewood Suites
Thu 11:00am–12:30pm
Limit: 42
$33

Most Americans fail to plan adequately for retirement. As a result, they often miss out on opportunities to enjoy the second half of life. Designed for people from age fifty to sixty-five, this course covers how to handle investments; set safe spending rates; navigate retirement benefits, health care, and Social Security; organize estate planning; and manage generational financial planning. By the end of the course, participants will have developed an effective action plan to achieve their life goals.

David John Marotta, CFP®, AIF®, AAMS®, is the president of a wealth management firm and writes a popular weekly financial column, “Marotta on Money.”

ARTS035
Understanding Opera: Cinderella and Aida
Glenn Winters
Feb 14, 21, 28
Homewood Suites
Fri 11:00am-1:00pm
Limit: 40
$33

This course will introduce the final two productions of Virginia Opera’s 2019-2020 season, including Rossini’s zany comedy Cinderella and Verdi’s monumental tragedy Aida. Discussions will provide comprehensive musical and dramatic analysis, illustrated with audio and video excerpts. Recommended for opera beginners and aficionados alike.

Dr. Glenn Winters has been Virginia Opera’s community outreach director since 2004. His operas have been performed on tour by Virginia Opera, Piedmont Opera, Cimarron Opera, and other venues. His book The Opera Zoo: Singers, Composers and Other Primates is available from Kendall Hunt Publishing.
# Charlottesville Session B Course Schedule

**April 13–May 22, 2020**

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<td>Cappuccio, Richard</td>
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<td>Tue 10:00-11:30am</td>
<td>OLLI Conference Room</td>
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<tr>
<td>ARTS043</td>
<td>The Poetry of Emily Dickinson</td>
<td>Kennamer, Stephen</td>
<td>Apr 14, 21, 28, May 5, 12, 19</td>
<td>Tue 11:00am-12:30pm</td>
<td>Meadows Presbyterian</td>
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<tr>
<td>ARTS010</td>
<td>Drawing Basics: Yes, You Can Learn to Draw!</td>
<td>Roland, Pam</td>
<td>Apr 14, 21, 28, May 5, 12, 19</td>
<td>Tue 1:00-2:30pm</td>
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<tr>
<td>LIFE026</td>
<td>McIntire Botanical Garden: Its Past and Future</td>
<td>Trischman-Marks, Jill</td>
<td>Apr 28, May 5</td>
<td>Tue 1:00-2:30pm</td>
<td>Homewood Suites</td>
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<tr>
<td>WELL007</td>
<td>Advances in Medicine</td>
<td>Black, Amy</td>
<td>Apr 28, May 5, 12, 19</td>
<td>Tue 1:30-3:00pm</td>
<td>Sentara Martha Jefferson Outpatient Center</td>
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<tr>
<td>OUT006</td>
<td>Newcomers’ Tour: Downtown Arts</td>
<td>Lee, Leslie</td>
<td>Apr 28</td>
<td>Tues 10:00am-2:00pm</td>
<td>McGuffey Art Center</td>
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<td>HIST033</td>
<td>Memorial to Enslaved Laborers at UVA: Researching Descendants of the Enslaved</td>
<td>Murphy, Shelley</td>
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<td>WELL020</td>
<td>On Counting for Something: At Any Age and Under Any Circumstance</td>
<td>Burt, John/ Elder, Richard</td>
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<td>Tues/Thurs 1:30-3:00pm</td>
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<td>PBAF006</td>
<td>What Was I Thinking? <em>Decision Making and the Brain</em></td>
<td>Newell, Terry</td>
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<td>The 2020 Campaign</td>
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<td>HUMN035</td>
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<td>OUT007</td>
<td>Newcomers’ Tour: <em>Discover Monticello</em></td>
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<td>HUMN034</td>
<td>The Epic Part Two</td>
<td>Reid, Robert</td>
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<td>WELL014</td>
<td>Navigate the Landscape of Long-Term Care Insurance</td>
<td>Meade, Tracy</td>
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<td>SCSC001</td>
<td>Virginia’s Death Penalty: <em>The Future is History</em></td>
<td>Brumfield, Dale</td>
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<td>ARTS039</td>
<td>Virginia Architecture: <em>The Pre-Jeffersonian Period 1607-1780</em></td>
<td>Lay, K. Edward</td>
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<td>SCIT018</td>
<td>Electric and Autonomous Vehicles</td>
<td>Dietz, Thomas</td>
<td>Apr 23, 30, May 7, 14, 21</td>
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<td>HUMN032</td>
<td>Goethe’s <em>Faust</em></td>
<td>Stewart, Gordon</td>
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<td>WELL021</td>
<td>Social Security: <em>Understanding the Benefits</em></td>
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<td>LIFE001</td>
<td>From Memories to Memoirs</td>
<td>Bedford, Faith Andrews</td>
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<td>PBAF026</td>
<td>Challenges for Capitalism in the U.S. in 2020</td>
<td>Sack, Bob</td>
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<td>HUMN029</td>
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<td>WELL022</td>
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<td>SCIT003</td>
<td>Entering the Fascinating World of Honey Bees</td>
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- NEW COURSE
ARTS032
Piano Solos by Major Composers, Part Three
Arnold Popkin
Apr 13, 20, 27, May 4, 11, 18  Mon 10:00-11:30am
Unity of Charlottesville  Limit: 60
$54

This course will be the third in a series presenting live performances of beautiful piano solos. Each class will include one hour of performance and about twenty minutes of discussion about the composers and compositions. All music will be different from the pieces played in the previous two courses. The composers will include Chopin, Liszt, Haydn, Mozart, Schubert, Schumann, as well as Latin American composers Lecuona, Villa-Lobos, and Ginastera.

Dr. Arnold Popkin retired after a forty-seven-year career as an ophthalmologist. He kept up his musical life by giving twenty solo piano recitals at Cabell Hall, recording eight CDs of piano music, and giving many other performances for retirement communities, charities, community arts associations, and the Wednesday Music Club.

ARTS041
Dance In America After Diaghilev
Donald Loach
Apr 13, 20, 27, May 4, 11  Mon 11:00am-12:30pm
OLLI Conference Room  Limit: 16
$55

This course chronicles ballet and modern dance in America from 1930 to the present day. It begins with Balanchine’s coming to New York after the death of Diaghilev in 1929, the disintegration of the Ballets Russes, and Balanchine’s brilliance as a choreographer. A ballet and modern dance culture flourished through the rest of the century and continues. Many choreographers and video clips will be included: Martha Graham’s Appalchian Spring, Jerome Robbins’ Fancy Free and West Side Story, Twyla Tharpe’s Sinatra Songs, the Joffrey Ballet, and the choreographies of Antony Tudor, Paul Taylor, Agnes DeMille, Mark Morris, and others.

Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory, conducted the University Glee Club, and the University Singers. Dr. Loach received his BA at the University of Denver, a MMus at Yale University, and a PhD at the University of California Berkeley.

HIST026
Toward Equality:
The Nineteenth Amendment and Its Legacy
Emily Voss
Apr 13, 20, 27, May 4, 11, 18  Mon 2:30-4:00pm
Unity of Charlottesville  Limit: 50
$54

The year 2020 marks the 100th anniversary of the passage of the 19th Amendment, guaranteeing and protecting women’s constitutional right to vote. In this course, participants will join in this historic centennial to commemorate a milestone of democracy and to explore its relevance to the issues of equal rights today.

Emily Voss, education director for the Robert H. Smith Center for the Constitution at James Madison’s Montpelier, has more than ten years of experience in museum education. As education director, she shapes the strategic vision for the Center for the Constitution’s programming for adult professionals and general public audiences.
No single definition of cyberwar has been widely adopted internationally. While various definitions have been offered, all suggest cyber warfare can present a multitude of national security threats. Cyber attacks can be used to support traditional warfare or to contribute to “soft” threats, such as espionage and propaganda. This non-technical course will address key questions such as: What is cyberwar? Why should I care? How would it be conducted? Which nations have or are developing the capability to wage cyberwar? What is the United States doing to confront it?

Bill Adams was a research and development officer for the US Air Force. After military retirement, he worked as an executive with a major defense technology corporation.

This course is anchored by video presentations of TEDtalks on technology, entertainment, design, science, business, the arts, and global issues facing our world. TED speakers share perspectives and analyses about new knowledge and thinking. Each week, a few of the talks will be viewed and discussed.

Allen Hench holds a BA in governmental administration and a JD from Dickinson School of Law in Pennsylvania. He has served as director of UVA Law School’s nonprofit clinic and volunteered at the Miller Center. For more than forty years, he has been the owner of a small-town general law practice in Pennsylvania.

During the period when William Wordsworth lived at Dove Cottage in Grasmere, he wrote many of his best known poems. His sister, Dorothy, kept a diary which influenced other writers including Katherine Mansfield and Philip Larkin. William read it, as well, and used some of those entries for his own poems. Both Wordsworth and his sister looked forward to visits from Samuel Taylor Coleridge, whose legacy is linked to them. We’ll discuss what inspired them and what moves us today. The seminar has a limited enrollment to insure time for discussion and discovery.

Richard Cappuccio is a retired educator whose primary focus is on Katherine Mansfield and Virginia Woolf, both of whom acknowledged the impact of the Wordsworths. He spends time in the winter across the lane from Wordsworth’s home at Rydal Mount and just a country mile from Dove Cottage.
NEW

ARTS043
The Poetry of Emily Dickinson
Stephen Kennamer
Apr 14, 21, 28, May 5, 12, 19  Tue 11:00am-12:30pm
Meadows Presbyterian  Limit: 38
$54

Continuing the theme of the Session A course on Poetry and Autobiography, this course treats the powerful, frequently disconcerting, sometimes disorienting, and often uncanny poems of Emily Dickinson as a faithful record of her emotions, most notably in those that address the unknown “Master” who was the object of her most passionate feelings.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

ARTS010
Drawing Basics: Yes, You Can Learn to Draw!
Pam Roland
Apr 14, 21, 28, May 5, 12, 19  Tue 1:00-2:30pm
Unity of Charlottesville  Limit: 20
$54

Drawing is a way to discover an entire new world. Before modern techniques about learning to draw were developed, many of us thought we couldn’t draw or had no talent. Now we can learn to “see” like never before and give up saying things like, “I can’t even draw a straight line.” (After all, maybe that’s what rulers are for!)

Dr. Pam Roland has been a high school English teacher, a teacher of teachers as an instructional and supervision specialist, and has been taking and giving art lessons since 1995. She is active in the Central Virginia Watercolor Guild and was a UVA professor at the School of Continuing and Professional Studies.

NEW

LIFE026
McIntire Botanical Garden: Its Past and Future
Jill Trischman-Marks
Apr 28, May 5  Tue 1:00-2:30pm
Homewood Suites and McIntire Botanical Garden
$22  Limit: 18

Building a public botanical garden is not an easy feat, and as a gift from the community to the community, the McIntire Botanical Garden is a very ambitious project. This course will outline what has already been achieved in the process toward building the garden and give insight into the road map ahead. The first session will be in the classroom and the second session will be a garden tour.

The tour will let you see for yourself how the garden will showcase the unique natural landscape and flora of the Piedmont region, and enhance public knowledge and conservation of plants and nature.

NOTE: The tour will require walking for an extended period with some uneven terrain. Participants are encouraged to wear sturdy, waterproof footwear and weather-appropriate clothing.

Jill Trischman-Marks is a landscape architect with nearly thirty years of experience in the Central Virginia area. After several years on the McIntire Botanical Garden board of directors, Jill retired her practice and is now the executive director and chief cheerleader for the garden.

NEW

WELL007
Advances in Medicine
Sentara Martha Jefferson Staff
Apr 28, May 5, 12, 19  Tue 1:30-3:00pm
Sentara Martha Jefferson Outpatient Center
$44  Limit: 45

Every day we see remarkable advances in medicine through cutting-edge technology, enhanced treatments, and early detection and prevention. This year, we will explore: your aching back, preparing for travel abroad, medication advances, and how to protect yourself from superbugs. Considering the developments made in recent years, this course is a must to understand how these advances can improve the outlook for so many patients.

Amy Black, DNP, RN, NEA-BC, chief operating officer at Sentara Martha Jefferson Hospital, serves as the course’s coordinator. Each session will be conducted by physicians and healthcare providers who are experts in the day’s topic.
NEW
OUT006
Newcomers’ Tour: Downtown Arts
Leslie Lee
Apr 28  Tue 10:00am-2:00pm
McGuffey Art Center  Limit: 14
$25

Explore Charlottesville’s downtown art scene! We will start with a tour of the McGuffey Art Studios with demos by working artists, followed by a behind-the-scenes visit to Live Arts theater. Lunch is included at a downtown restaurant where OLLI at UVa’s director will welcome prospective OLLI members and talk about upcoming programs. After lunch, participants are invited to explore art galleries and other art venues on and near the downtown mall.

NOTE: You do not have to be an OLLI member to register for a Newcomers’ Tour. Participants are responsible for their own transportation. The tour will require a significant amount of walking and standing.

Leslie Lee is a retired educator. Previously, an employee of Montgomery County public schools, she has taught every grade level from Head Start through 12th grade. During her thirty-two-year tenure as a classroom teacher, she facilitated or led dozens of field trips in and around the Washington, D.C. greater metropolitan area. New to Charlottesville, she has enjoyed discovering myriad field trip opportunities in and around the surrounding area.

NEW
WELL020
On Counting for Something: At Any Age and Under Any Circumstance
John Burt, Richard Elder
May 12, 14, 19, 21  Tue/Thu 1:30-3:00pm
OLLI Conference Room  Limit: 13
$44

A necessary condition for happiness is the belief that we count for something, that we matter, that we are an asset rather than a liability on the world’s balance sheet. Post-retirement, our children with families of their own, financially comfortable, and with a relatively free schedule, we may ask ourselves if we still count for something? Let’s review why we counted in the past, why we still count now, and how we can matter wherever we live, whatever our condition, and at any age. Einstein highlights the counting problem: “Many of the things you can count, don’t count. Many of the things you can’t, really count.” So deciding what we can each do to still matter is the on-going challenge of act three of life.

John Burt, PhD, is a retired professor and dean of public health, author of three textbooks and twenty-five research papers. Richard B. Elder, MBA, focuses on consumer behavior, environmental issues, and promoting healthy lifestyles.

NEW
HIST033
Memorial to Enslaved Laborers at UVA: Researching Descendants of the Enslaved
Shelley Murphy
May 12  Tues 10:00–11:30am
Homewood Suites  Limit: 25
$11

This course will provide an overview of the Memorial to Enslaved Laborers at UVA and tips on how to conduct logical genealogical research in finding descendants of those ancestors who were enslaved. Included will be a basic understanding of the genealogy research and process, basic legalities, and finding records and resources that are available. Attendees also will be introduced to research strategies such as SO WHAT! and building public/private trees and timelines.

Dr. Murphy has been a professional genealogist for over thirty years. In her presentations she imparts to audiences the importance of asking questions at each discovery. She is known for her fresh approach to getting started in genealogy research, for her keen methods and strategies for analyzing documents, and for her common-sense approach to building timelines and research plans.

PBAF006
What Was I Thinking? Decision Making and the Brain
Terry Newell
Apr 15, 22, 29, May 6  Wed 9:30-11:30am
The Center (NEW LOCATION!)  Limit: 20
$44

We like to think we use logic to decide what to do. But evolving research from neuroscience, psychology, and behavioral economics suggests we’re less rational than we think. We are subject to many mental limitations and traps.

This course explores what really happens as we make decisions. Through films clips, exercises, case studies, and group discussion, we’ll explore how our brains, often unconsciously, integrate reason and emotion. We’ll examine decision-making biases that come with being human. We’ll also look at how we can improve our decision-making, both as individuals and in groups.

For key to course icons, see p. 5
Terry Newell currently teaches leadership, ethics, and decision-making courses for a variety of organizations. He is the former dean of faculty for the Federal Executive Institute and was also director of the Horace Mann Learning Center, the training arm of the U.S. Department of Education.

**NEW**

**WELL019**
*Sense and Sense Ability*
Daniel Kulund
Apr 15, 22, 29, May 6, 13, 20 Wed 1:00-2:30pm
Ivy Creek Natural Area  Limit: 20 $54

Prepare to take a grand tour of your senses and ready them for the future. We cover sight, hearing, smell, taste, touch, and balance, and a mysterious seventh sense. Each session has three parts. First we learn the science of the sense. Next, we acquire skills to augment our use of that sense. Finally, we go outside to bathe the senses in nearby woods and fields.

*Note:* Participants should come dressed for some light outdoor activity.

Dan Kulund is a retired orthopedic surgeon and former research professor of prevention and community health at George Washington University. He also served as the U.S. Air Force chief of health promotion and retired at age seventy as the oldest of 1.4 million active duty service members in our military.

**NEW**

**WELL018**
*Tai Chi for Health: An Introduction to Yang style, Part 2*
Ronald Salomon
Apr 15, 22, 29, May 6, 13, 20 Wed 1:00-2:00pm
Meadows Presbyterian  Limit: 12 $54

Tai Chi for Health is a program that uses a combination of Tai Chi forms as an exercise system. In this class students will learn a sequence of simple Tai Chi forms in the Yang style plus various other Tai Chi and Qi Gong related exercises. This class will be suitable for beginners as well as people with some experience in Tai Chi.

*Note:* Before participating in any exercise program participants should check with their doctors to ensure that there are no contraindications, special considerations, or limitations from a medical standpoint.

Ronald Salomon has been practicing Tai Chi since 2010. He is certified by the Tai Chi for Health Institute to teach Tai Chi for Diabetes, Arthritis/Fall Prevention, and Seated Tai Chi. Ron has degrees in history and criminal justice and taught criminal justice for several years at C. W. Post College of Long Island University.

**NEW**

**PBAF022**
*The 2020 Campaign*
Bob Lorish
Apr 22, 29, May 6, 13 Wed 10:30am-12:00pm
OLLI Conference Room  Limit: 12 $44

The 2020 election is beginning its home stretch. Get engaged in the process—everyone’s voice and vote counts. Do the Democrats have a presumptive nominee or will the Democratic Convention select the candidate? What’s happening on the Republican side? Which party will control the Senate? What is your reaction to how the media has reported on election developments? Come and share your thoughts and ideas with fellow OLLI members.

From watching the first televised presidential conventions in 1952 to the 2016 election, Bob Lorish has always been fascinated by presidential elections. His UVA master’s thesis in history was on the election of 1824.

**NEW**

**Newcomers’ Tour: Discover Monticello**
May 13 Wed 9:30am-1:30pm
Monticello  Limit: 14 $45

Explore Jefferson’s mountaintop home with a house and grounds tour followed by a boxed lunch at the cafe where OLLI at UVa’s director will welcome prospective OLLI members and talk about upcoming programs. After lunch, participants are encouraged to join the Slavery at Monticello tour, explore the grounds on their own, or visit the education center, all at no additional charge.

*Note:* You do not have to be an OLLI member to register for a Newcomers’ Tour. Participants are responsible for their own transportation. The tour will require a significant amount of walking and standing.

Leslie Lee is a retired educator. Previously an employee of Montgomery County public schools she has taught every grade level from Head Start through 12th grade. During her thirty-two-year tenure as a classroom teacher she facilitated or led dozens of field trips in and around the Washington, D.C. greater metropolitan area. New to Charlottesville, she has enjoyed discovering myriad field trip opportunities in and around the surrounding area.
NEW

HUMN035
Who Does Jesus Think He Is?
George Conway
Apr 22, 29, May 6, 13       Wed 1:30–3:00pm
Homewood Suites          Limit: 30
$44

This course will introduce the participant to the theological discipline of Christology: the study of Jesus. Designed for both skeptics and believers, we will look closely at selected biblical texts, introduce relevant historical and archaeological scholarship, and explore some of the art representing what Jesus did, taught, and what his earliest followers came to believe.

George Conway is the owner of IES-Consulting, an executive search and trusted advisor consulting firm specializing in independent school and higher education. He taught the Hebrew Bible and New Testament to adolescents and adults for over thirty years and has an extensive background in biblical archeology. He was headmaster of St-Anne’s-Belfield School for over twenty years.

NEW

HUMN034
The Epic, Part Two
Robert Reid
Apr 16, 23, 30, May 7, 14, 21       Thu 10:00-11:30am
Unity of Charlottesville          Limit: 25
$54

This course will survey six modes of the epic in modern times (1800 to the present): 1) epics of deep civility; 2) amoral aspirations—beyond good and evil; 3) humanist revolt and devastating warfare; 4) social-psychological dislocation; 5) meaningful interplay of cultures; and 6) visionary epic. The challenge of this ambitious study is in determining— as a group—whether epic is possible in the modern era, and which writers have achieved such a standard.

Dr. Reid is retired from Emory and Henry College where he was H.C. Stuart Professor of English and English department head. He has published many articles, two books on Shakespeare and Renaissance literature, and has received several teaching awards. He was educated at Yale University and UVA (PhD ’71).

WELL014
Navigate the Landscape of Long-Term Care Insurance: Discover the Types and Learn the Benefits
Available For Seniors
Tracy Meade
Apr 16               Thu 10:30am-12:00pm
Homewood Suites               Limit: 42
$11

Can I benefit from long-term care insurance? Am I eligible? Discovering those answers, you will also learn the different types of coverages available, and how to maximize and leverage your retirement resources, as well as the tax-free benefits associated with long-term care insurance. Tracy will discuss the importance and value of extended care planning, and options and solutions that could affect your situation, enabling you to walk away feeling empowered and enlightened!

Tracy Meade is a serial entrepreneur, currently working as an independent financial advisor and certified long-term care consultant in the Charlottesville area.

SCSC001
Virginia’s Death Penalty: The Future is History
Dale Brumfield
Apr 16, 23, 30, May 7, 14, 21          Thu 1:30-3:00pm
Homewood Suites                Limit: 42
$54

This course will explain the declining use of capital punishment in Virginia and across the country. Participants will examine the history of the death penalty, execution methods, changing legal standards, class and racial disparities, and the practices of the law enforcement community in carrying out Virginia’s capital punishment system. Guest speakers, including death row exonerees and murder victim family members, will share their experiences with the death penalty legal process.

Dale Brumfield is a journalist and the author of nine books, including his latest, Naked Savages and Virginia State Penitentiary: A Notorious History. He is field director for Virginians for Alternatives to the Death Penalty and speaks on criminal justice and the death penalty all around Virginia.
ARTS039
Virginia Architecture:
The Pre-Jeffersonian Period 1607-1780
K. Edward Lay
Apr 16, 23, 30, May 7          Thu 2:30-4:00pm
Darden-UVA   Limit: 40
$44

Virginia, rich in architecture with many varieties of styles represented in its buildings, provides an overview of architecture in America. Come explore and gain an appreciation through the instructor’s research and extensive collection of photographs. The first in this series covers the Pre-Georgian and Georgian architecture periods (1607-1780), including vernacular and log buildings on the frontier. This early period exhibits some of the finest river plantations and churches in America. You will gain a better understanding of architecture and an eye on how to determine the time period and style of a building.

K. Edward Lay is the Cary D. Langhorne Professor Emeritus of Architecture at UVA where he taught courses in architectural design, history, and historic preservation. He now conducts popular lectures, tours and seminars on Virginia architecture.

NEW
SCIT018
Electric and Autonomous Vehicles
Thomas Dietz
Apr 23, 30, May 7, 14, 21     Thu 10:00-11:30am
Homewood Suites        Limit: 20
$55

This course will provide an overview of current and potential future technology in the fields of electric and autonomous vehicles. Impacts to society from these emerging technologies as well as their relative costs and advantages versus current transportation options will be reviewed, as well as areas where improvements are needed, including key barriers related to growth in this field. Real life examples of electric vehicles will be featured.

Thomas Dietz holds a PhD in chemistry from Rice University. He retired as a technical manager at ExxonMobil after thirty-two years. He has taught at UVA Summer Education program on several topics including the economics of energy and electric/autonomous vehicles.

NEW
HUMN032
Goethe’s Faust
Gordon Stewart
Apr 23, 30, May 7, 14, 21, 28     Thu 10:00-11:30am
OLLI Conference Room        Limit: 14
$54

Johann Wolfgang von Goethe (1749-1832) returned again and again to the legend of Faust, the Renaissance scholar who makes a deal with the devil. The stakes could not be higher: in return for unlimited knowledge and experiences, earthly power, youth, and sensual gratification—eternal damnation, signed in blood. Faust, Goethe’s magnum opus, continues to captivate readers and theater-goers for its range of observations about the world, insights into human nature, exquisite mastery of German, wisdom, and ultimately its optimism. Our text is the well-received parallel translation in paperback by Walter Kaufmann, Goethe’s Faust (Doubleday/Anchor Books: New York, London, 1961).

Taught in English, with limited enrollment and seminar format, this class will appeal to the curious, reflective and open-minded reader who enjoys lively discussion.

Gordon Stewart is retired from the University of Virginia. In the College of Arts & Sciences, he served as an academic dean and taught courses on German literature, history, and culture. He was also a visiting professor in Germany on four occasions and in 2017 taught an OLLI short course in Berlin.

NEW
WELL021
Social Security: Understanding the Benefits
Tracy Meade
April 23       Thu 6:00-7:30pm
Homewood Suites        Limit: 25

Learn what you need to know about Social Security while you are still working, about the benefits available to you and your family and when to apply for them, the advantage of waiting until full retirement age to claim them, and how benefits may be taxable.

You will also learn how to set up a secure online “my Social Security” account to check your earnings and get your benefit estimates. Finally, learn when to file for Medicare, our country’s basic health insurance program for people age sixty-five or older and for many people with disabilities.

NOTE: This presentation is open to non-members.

Tracy Meade is a serial entrepreneur, currently working as an independent financial advisor and certified long-term care consultant in the Charlottesville area.
LIFE001  
From Memories to Memoirs  
Faith Andrews Bedford  
Apr 30, May 7, 14, 21  Thu 10:00-11:30am  
The Center (NEW LOCATION!)  Limit: 20  
$44

Our life journeys are made up of many threads woven together to form a rich tapestry. Young or old, experienced or not, we are all weavers and storytellers. Through writing exercises, tips, memory triggers, and examples, you will be encouraged to create your own unique chronicle to treasure and pass down to the generations to come.

Faith Andrews Bedford is an art historian, curator, essayist, and author of five books. Her essays have been featured in numerous magazines and anthologies. Her column “Kids in the Country” was published in Country Magazine for over a decade.

NEW

PBAF026  
Challenges for Capitalism in the United States in 2020  
Bob Sack  
Apr 30, May 7, 14, 21  Thu 2:30-4:00pm  
The Center (NEW LOCATION!)  Limit: 20  
$44

With China’s (limited) recognition of market forces, capitalism is the predominant economic system throughout the world. It is true that the way it is implemented and the degree to which it is restricted varies a great deal, country by country. And it is also true that the system is faced with challenges, country by country, as circumstances change. Several new books and news analyses have been written recently that explore those challenges as they are unfolding in the U.S. Many voices are offering widely differing resolution suggestions. This course will review those writings and consider their proposed resolutions.

Robert Sack is an emeritus professor from the UVA Darden School. At Darden he taught financial reporting and business ethics. Prior to his Darden tenure he served a tour as the chief accountant of the SEC’s Enforcement Division, and was a partner in an international CPA firm. He has taught OLLI courses on technology and jobs, inequality, and business ethics. He has served on OLLI’s board and on the boards of the Alzheimer’s Association and the Blue Ridge Area Food Bank.

NEW

HUMN029  
An Unfinished Life  
Anna Askounis  
Apr 17, 24, May 1, 15  Fri 10:00-11:30am  
OLLI Conference Room  Limit: 12  
$44

A complex, prodigal homecoming, compelling, surprising, informed by the rugged landscape of Wyoming, with characters who will linger in your memory, An Unfinished Life by Mark Spragg, later inspired a movie with the same name. We will discuss the book, with an eye to the possibilities it presented for a film. We will then watch the film, compare and contrast it with the book, and analyze the choices made in the transition from book to film, always a tricky undertaking. We will also read and discuss Bone Fire, the sequel to An Unfinished Life. An Unfinished Life is alive with possibilities! Let’s explore them together!

NOTE: This course does not meet on May 8th.

Anna Askounis has taught English at the secondary and college levels, and holds a doctorate in counseling from the University of Virginia. Prior to her retirement she was a psychotherapist, specializing in marriage and family therapy.
SCIT003
Entering the Fascinating World of Honey Bees
Ken Hall, Karen Hall
Apr 17, 24, May 1, 8, 15 Fri 1:00-2:30pm
Ivy Creek Natural Area Limit: 25
$55

This course examines the importance of honey bees, how this resource can be protected, and the role of beekeeping today. Topics include the history of beekeeping, basic bee biology, the role of honey bees as pollinators, environmental stressors, honey, and a basic introduction to beekeeping as a hobby.

Karen and Ken Hall have been hobbyist beekeepers and members of the Central Virginia Beekeepers Association (CVBA) since 1997. They maintain the observation hive at Ivy Creek Natural Area. Karen is outreach coordinator for CVBA. Ken is a journeyman beekeeper in the Virginia State Master Beekeeper program.

WELL022
Foundations of Yoga
Leslie Lee
Apr 17, 24, May 1, 8, 15, 22 Fri 10:00-11:30am
Meadows Presbyterian Church Limit: 15
$54

This course is an accessible opportunity to start a new yoga practice or reignite a practice that you once had. Each session will begin with a brief explanation of one of the foundational components of the yoga practice including: pranayama (conscious breathing), alignment/anatomy, asana (physical poses), and meditation. Each session will also include a physical yoga practice that is designed for all levels but intentionally welcoming for new students. Members may experience many benefits including increased physical strength, mental clarity, more restful sleep patterns, and decreased stress levels.

NOTE: Please bring a yoga mat. Before participating in any exercise program participants should check with their doctors to ensure that there are no contraindications, special considerations, or limitations from a medical standpoint.

Leslie is a 200-hour certified yoga instructor who enjoys developing and facilitating yoga classes that are tailored to meet the needs of the student and promote physical and emotional well-being. She completed the Kunga Lifestyle Teacher training program in July 2017 after retiring from a career as a public school teacher. She currently teaches yoga classes at ACAC. Her classes reflect her love for two of her greatest life passions: teaching and yoga.
### The Valley Session A Course Schedule
#### February 24–April 10, 2020

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Instructor</th>
<th>Dates</th>
<th>Day / Time</th>
<th>Site</th>
<th>Page</th>
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<tbody>
<tr>
<td>ARTS034</td>
<td>Mason, John</td>
<td>Mar 3, 10, 17, 24, 31, Apr 7</td>
<td>Tue 10:00-11:30am</td>
<td>R.R. Smith Center for History and Art</td>
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<tr>
<td>HIST027</td>
<td>Metraux, Daniel</td>
<td>Mar 3, 10, 17, 24, 31, Apr 7</td>
<td>Tue 2:30-4:00pm</td>
<td>R.R. Smith Center for History and Art</td>
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<td>ARTS038</td>
<td>Roe, Benjamin</td>
<td>Mar 4, 11, 18, 25, Apr 1, 8</td>
<td>Wed 1:30-3:00pm</td>
<td>R.R. Smith Center for History and Art</td>
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<tr>
<td>LIFE014</td>
<td>Kitching, Brent</td>
<td>Mar 4, 11, 18, 25, Apr 1, 8</td>
<td>Wed 10:00am-12:00pm</td>
<td>R.R. Smith Center for History and Art</td>
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<td>HUMN031</td>
<td>Clymer, Donald</td>
<td>Apr 13, 20, 27, May 4, 11, 18</td>
<td>Mon 1:30-3:00pm</td>
<td>R.R. Smith Center for History and Art</td>
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<td>HIST028</td>
<td>Peterson, Mark</td>
<td>Apr 14, 21, 28, May 5, 12, 19</td>
<td>Tues 2:00-3:30pm</td>
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<td>Apr 15, 22, 29, May 6, 13, 20</td>
<td>Wed 10:00-11:30am</td>
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<td>HUMN033</td>
<td>Kennamer, Stephen</td>
<td>Apr 16, 23, 30, May 7, 14, 21</td>
<td>Thu 11:00am-12:30pm</td>
<td>R.R. Smith Center for History and Art</td>
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<td>PBAF023</td>
<td>White, Lewis</td>
<td>Apr 17, 24, May 1, 8, 15, 22</td>
<td>Fri 9:30-11:00am</td>
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### The Valley Session B Course Schedule
#### April 13–May 22, 2020

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<td>Apr 13, 20, 27, May 4, 11, 18</td>
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NEW

ARTS034
Art in History: Europe, 1914-1945
John Mason
Mar 3, 10, 17, 24, 31, Apr 7      Tue 10:00-11:30am
R.R. Smith Center for History and Art  Limit: 25  $54

Europe after 1914 descended into the horror of two world wars, the birth of communism, and the rise of fascism. How did artists respond to these events? The course will examine some of the key three-dimensional works of art from four sculptors in central Europe: Wilhelm Lehmbruck and Kathe Kollwitz in Germany; Imre Varga in Hungary; and Constantin Brancusi in Rumania. This is not a history of art course, but rather an art in history course. The focus will be on certain figurative sculptures and monuments, both personal and public, which reflect the deepest unspoken thoughts of the people not usually covered in standard history books.

John Mason holds a PhD in history from the University of Birmingham, UK. He taught for the Open University in England for twenty-five years. In the late 1990s, he lived and conducted research in Slovakia, Hungary, and Armenia. John now lives in Lexington and works full-time as a stone sculptor.

HIST027
The History and Culture of Modern Japan
Daniel Metraux
Mar 3, 10, 17, 24, 31, Apr 7      Tue 2:30-4:00pm
R.R. Smith Center for History and Art  Limit: 20  $54

This course will analyze Japan’s modern transition from a small isolated nation into a modern industrial superpower. The course begins with a brief study of the main tenets of traditional Japanese society before and during the Tokugawa Shogunate. Classes will consider why and how Japan transformed itself so radically during the Meiji period, the road to Pearl Harbor, the Allied Occupation, Japan’s postwar economic miracle, and Japan in a new century.

Daniel A. Metraux is professor emeritus and adjunct professor of Asian studies at Mary Baldwin University, where he has taught since 1983. He has written many books, book chapters, and articles on the history and religions of modern Japan and East Asia. Dr. Metraux also taught at Soka University and at Doshisha Women’s College in Japan.

NEW

ARTS038
Beethoven at 250: Milestones and Turning Points
Benjamin Roe
Mar 4, 11, 18, 25, Apr 1, 8       Wed 1:30-3:00pm
R.R. Smith Center for History and Art  Limit: 30  $54

“Tones sound, and roar and storm about me until I have set them down in notes,” wrote Ludwig van Beethoven. In 2020, Beethoven’s notes will roar and storm about the world, in celebration of the 250th anniversary of the great German composer’s birth. This course offers a survey of Beethoven’s works that focus on the pieces—both famous and obscure—that marked decisive milestones and turning points in his compositional career.

Benjamin K. Roe is the president & CEO of the Staunton, Virginia-based Heifetz International Music Institute, dedicated to helping talented young musicians become well-rounded artists. He joined the institute after a thirty-year career in public broadcasting at NPR, WGBH, WBUR, and public media companies.

LIFE014
Creative Writing for Dabblers
Brent Kitching
Mar 4, 11, 18, 25, Apr 1, 8       Wed 10:00am-12:00pm
R.R. Smith Center for History and Art  Limit: 12  $54

This course is designed for inexperienced writers who might enjoy exploring their creative potential. In a small-class setting, attendees will sharpen their storytelling skills through a series of weekly assignments that will be gently critiqued by their classmates. The weekly prompts will focus on writing skills such as developing an appropriate voice, constructing believable characters and generating effective descriptions.

Brent Kitching received his BA from Duke University and his MA from Temple University. He taught English for forty-two years at the high school and college levels. He is an avid writer who self-published his first novel in 2010.
NEW
HUMN031
Basic Spanish Conversation and Culture
Donald Clymer
Apr 13, 20, 27, May 4, 11, 18 Mon 1:30-3:00pm
R.R. Smith Center for History and Art Limit: 20 $54

This course will offer a study of basic Spanish for everyday communication. Basic vocabulary, conversation, explanation of traditional holidays, songs, videos, and cultural readings will be included. No prior Spanish language experience is required.

Don has taught Spanish at the college level for more than thirty years and has led study-abroad programs to Guatemala, Mexico and Spain. He has lived in Central America and Mexico for more than seven years in various capacities.

NEW
HIST028
Japan and the United States in the Age of Woodrow Wilson
Mark Peterson
Apr 14, 21, 28, May 5, 12, 19 Tues 2:00-3:30pm
R.R. Smith Center for History and Art Limit: 20 $54

This course will focus on the interactions between the cultures of Japan and the United States in the Wilson Era, and beyond. Lecture topics will include: the society and economy of feudal Japan, the Meiji restoration, American views on Japan and the Japanese, World War I in Asia, and the Paris Peace Conference and the League of Nations. Lectures will be followed by class discussions.

Mark Edwin Peterson is the librarian at the Woodrow Wilson Presidential Library & Museum. Previously he worked as a rare book librarian at Washington University, in St. Louis, and at James Madison University. Dr. Peterson has a PhD in history, and a masters in library science. He has taught history at the college level, and has worked extensively designing and implementing digital humanities materials.

NEW
SCSC003
Mind, Brain, and Spiritual Experiences
Ed Piper
Apr 15, 22, 29, May 6, 13, 20 Wed 10:00-11:30am
R.R. Smith Center for History and Art Limit: 25 $54

Experiences of profound unity and wholeness have inspired mystics, poets, religious leaders, and ordinary people throughout human history. This course will explore the neurological dimensions of a variety of spiritual experiences such as meditation, prayer, near-death, out-of-body, and drug-induced states of consciousness. What can we learn about the relationship between individual minds and a wider reality?

Ed Piper, PhD (University of Chicago), was a professor of psychology at West Virginia Wesleyan College and then dean of academic services at Mary Washington College. He served as the minister of the Unitarian Universalist Fellowship of Waynesboro for sixteen years. He also has served as a faculty member for the Lifelong Learning Institute at James Madison University as well as OLLI at UVA.

NEW
HUMN036
Character, Morality, and Evil
Stephen Kennamer
Apr 16, 23, 30, May 7, 14, 21 Thu 11:00am-12:30pm
R.R. Smith Center for History and Art Limit: 25 $54

Most of us feel that our behavior is determined by neither heredity nor environment. Instead, we have free will, and our choices are guided by, and are expressions of, our character. What is character? Does it inoculate us against wrongdoing? It is good to be moral, but is “morality” always good? If we are trained in character from an early age and governed by codes of morality, why is there so much evil? A new look at perennial themes.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

NEW
PBAF023
Selected TEDTalks: Ideas Worth Sharing
Lewis White
Apr 17, 24, May 1, 8, 15, 22 Fri 9:30-11:00am
R.R. Smith Center for History and Art Limit: 14 $54

If you’d like to learn about some provocative, powerful, and promising ideas that will shape the future, take this course. We will view and discuss short (twenty minutes) curated presentations recorded at Technology, Entertainment, Design (TED) conferences held at global venues over the past thirty-five years. Today TED events cover almost all topics, from science to business to global issues. Three TEDtalks videos will be shown each week, followed by interactive classroom discussion.

Lew White retired from the United States Air Force and IBM with extensive technical and project management experience. He holds MS and BS engineering degrees and has completed many military and technical professional courses.
**OLLI at UVa Registration | Spring 2020**

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### Member Information

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### Courses

Course selection for Session A & B courses. If a course is full, you will be placed on a waiting list and will not be charged the course fee.

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Show below a course (if any) you want to add in the event a course you chose above is full.

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### Michie Tavern Series

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<tr>
<td>January 30</td>
<td>Anastasia: <em>Enchanted Princess of a Lost Dynasty</em></td>
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<td>February 6</td>
<td>Dolley Madison: <em>Empowered First Lady of the Early Republic</em></td>
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<td>February 13</td>
<td>Sally Hemings: <em>Enslaved Mistress to the Sage of Monticello</em></td>
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### Olli Outings

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<tr>
<td>March 21</td>
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<td>April 30</td>
<td>Peaks of Otter / Poplar Forest</td>
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### Office Use Only

Date form received

Date enrolled/initialed

### Payment

Payment: Enter Credit or Debit Card information below. PLEASE DO NOT SEND CHECK(S). If you prefer to pay by check, OLLI will send an invoice for your payment, which can then be made by check, or by telephone with a card.

Send invoice

Card # ______________________ Exp Date _____/____ Amount to be charged $ ___________

Name on card _________________ Signature __________________

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<td>Scholarship Fund Donation (tax deductible; see p. 5)</td>
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<td>Discount (Class Assistant or Instructor Spouse/Partner; see p. 5)</td>
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| TOTAL OF ALL CHARGES | $ |
Thank you for providing the following information to help us create future programming to meet the desires of our members.

How did you learn about OLLI at UVa? (e.g. from a friend, newspaper, etc.)

Gender:  ☐ Male  ☐ Female

Birth Year (Optional)

UVA Affiliation:  ☐ Alumnus  ☐ Spouse  ☐ Parent  ☐ Faculty/Staff  ☐ None

Education (Degree/Primary discipline)

Would you be interested in teaching an OLLI course?  ☐ Yes  ☐ No

If yes, possible topic

OLLI’s Curriculum Committee will reach out to you for more information.

Would you like to volunteer with OLLI at UVa?

☐ Yes (Please read below for more information.)  ☐ No

Join OLLI’s Dynamic, Friendly Team of Volunteers

Volunteers support our work from behind the scenes; they are an essential link between OLLI and our community. To give your time and expertise, check out this list of opportunities.

- **Catalog Distribution:** Help to distribute catalogs on a designated route.

- **Class Assistant:** Volunteering in a class in which they are also a student, Class Assistants focus on hospitality, communication, and administrative support. Proficiency with email is required. Training is provided.

- **Faculty:** New instructors and course ideas are regularly needed to expand the breadth of topics and experiences offered. Take a look at our faculty brochure at www.olliuva.org/join-our-faculty or email olliuva@virginia.edu.

- **Office Support:** These volunteers use database, accounting, or other office skills to support OLLI administratively. Tasks also include packet preparation, making phone calls, preparing correspondence or helping with special projects.

- **OLLI Outings Committee:** Volunteers with a yen for travel who would like to help plan and execute new day trips are invited to join.

- **One-Day Events:** Assist with the Taste of OLLI or other special events, represent OLLI at public events, or help with one-time needs in the office.

- **Proofreaders:** Using their sharp eyes and excellent grammar skills, proofreading volunteers help keep the OLLI catalog error-free.

We hope you accept our invitation to contribute your time and talent and will join our OLLI team. If you are interested, please e-mail **Liz at olliliz@virginia.edu**, **call 434.923.3600 or 877.861.9207**, or check the volunteer box above and circle your area(s) of interest.
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<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>I can be Class Assistant</th>
<th>Course Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Show below a course (if any) you want to add in the event a course you chose above is full.

TOTAL COURSES $__

### MICHIE TAVERN SERIES

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Title</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 30</td>
<td>Anastasia: <em>Enchanted Princess of a Lost Dynasty</em></td>
<td>$30</td>
</tr>
<tr>
<td>February 6</td>
<td>Dolley Madison: <em>Empowered First Lady of the Early Republic</em></td>
<td>$30</td>
</tr>
<tr>
<td>February 13</td>
<td>Sally Hemings: <em>Enslaved Mistress to the Sage of Monticello</em></td>
<td>$30</td>
</tr>
</tbody>
</table>

TOTAL MICHIE $__

### OLLI OUTINGS

<table>
<thead>
<tr>
<th>Date</th>
<th>Outing</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 21</td>
<td>DC Museum Run</td>
<td>$60</td>
</tr>
<tr>
<td>April 30</td>
<td>Peaks of Otter / Poplar Forest</td>
<td>$90</td>
</tr>
</tbody>
</table>

TOTAL OUTINGS $__

### OFFICE USE ONLY

Date form received

Date enrolled/initials

### MEMBERSHIP

<table>
<thead>
<tr>
<th>Membership Fee ($75 per semester)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Annual Fund Donation (tax deductible; see p. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Scholarship Fund Donation (tax deductible; see p. 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Discount (Class Assistant or Instructor Spouse/Partner; see p. 5)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

TOTAL OF ALL CHARGES $__

### PAYMENT

Enter Credit or Debit Card information below. PLEASE DO NOT SEND CHECK(S). If you prefer to pay by check, OLLI will send an invoice for your payment, which can then be made by check, or by telephone with a card.

- [ ] Send invoice

Card # ___________________________ Exp Date __/____ Amount to be charged $ __________

Name on card ___________________________ Signature ___________________________

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Thank you for providing the following information to help us create future programming to meet the desires of our members.

How did you learn about OLLI at UVa? (e.g. from a friend, newspaper, etc.)______________________________

Gender: ☐ Male    ☐ Female

Birth Year (Optional)______________________

UVA Affiliation: ☐ Alumnus  ☐ Spouse  ☐ Parent  ☐ Faculty/Staff  ☐ None

Education (Degree/Primary discipline)_______________________________________________________________

Would you be interested in teaching an OLLI course? ☐ Yes ☐ No

If yes, possible topic_________________________________________________________________

OLLI’s Curriculum Committee will reach out to you for more information.

Would you like to volunteer with OLLI at UVa?

☐ Yes (Please read below for more information.) ☐ No

Join OLLI’s Dynamic, Friendly Team of Volunteers
Volunteers support our work from behind the scenes; they are an essential link between OLLI and our community. To give your time and expertise, check out this list of opportunities.

- **Catalog Distribution:** Help to distribute catalogs on a designated route.

- **Class Assistant:** Volunteering in a class in which they are also a student, Class Assistants focus on hospitality, communication, and administrative support. Proficiency with email is required. Training is provided.

- **Faculty:** New instructors and course ideas are regularly needed to expand the breadth of topics and experiences offered. Take a look at our faculty brochure at www.olliuva.org/join-our-faculty or email olliuv@virginia.edu.

- **Office Support:** These volunteers use database, accounting, or other office skills to support OLLI administratively. Tasks also include packet preparation, making phone calls, preparing correspondence or helping with special projects.

- **OLLI Outings Committee:** Volunteers with a yen for travel who would like to help plan and execute new day trips are invited to join.

- **One-Day Events:** Assist with the Taste of OLLI or other special events, represent OLLI at public events, or help with one-time needs in the office.

- **Proofreaders:** Using their sharp eyes and excellent grammar skills, proofreading volunteers help keep the OLLI catalog error-free.

We hope you accept our invitation to contribute your time and talent and will join our OLLI team. If you are interested, please e-mail Liz at olliliz@virginia.edu, call **434.923.3600 or 877.861.9207**, or check the volunteer box above and circle your area(s) of interest.
SMOOTH MOVES? NO, BUT YOU’RE MOVING.

We know the importance of impromptu tea parties and dances with your grandkids. At Sentara OrthoJoint Center®, we look forward to getting you back to you.

SENTARA MARTHA JEFFERSON’S TEAM OF SPECIALISTS OFFERS PATIENTS:
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- A dedicated orthopedic facility with onsite therapy and imaging
- Private patient rooms in a state-of-the-art facility
- Innovative Express Track option that can get you back home the same day

Same day appointments available. To schedule, call 434-654-5575. For more info, visit sentara.com/ortho.
Join us!

facebook.com/olliuva
twitter.com/olliuva

非盈利组织

OLLI at UVa Spring 2020

Winter session
UVa Bicentennial Celebration Lecture series
at Michie Tavern
January 18
Designed: The Founding of UVA

January 25
Defamed: Edgar Allan Poe

February 8
Destroyed: The 1895 UVA Rotunda Fire

Upcoming Calendar for Winter/Spring 2020
Check www.olliuva.org for updates and course times.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2</td>
<td>Membership pre-purchase opens online</td>
</tr>
<tr>
<td>January 6</td>
<td>Taste of OLLI/Courses Preview in Crozet</td>
</tr>
<tr>
<td>January 8</td>
<td>Taste of OLLI/Courses Preview in Charlottesville</td>
</tr>
<tr>
<td>January 10</td>
<td>Taste of OLLI/Courses Preview in Staunton</td>
</tr>
<tr>
<td>January 14</td>
<td>Spring 2020 Registration Opens</td>
</tr>
</tbody>
</table>

**Winter Session**

**Michie Tavern Lectures: Enchanted, Empowered, Enslaved**

January 30: Anastasia: *Enchanted Princess of a Lost Dynasty*

February 6: Dolley Madison: *Empowered First Lady of the Early Republic*

February 13: Sally Hemings: *Enslaved Mistress to the Sage of Monticello*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>February 24</td>
<td><strong>Session A Courses Begin</strong></td>
</tr>
<tr>
<td>March 21</td>
<td>DC Museum Run National Mall Washington, DC</td>
</tr>
<tr>
<td>April 10</td>
<td><strong>Session A Courses End</strong></td>
</tr>
<tr>
<td>April 13</td>
<td><strong>Session B Courses Begin</strong></td>
</tr>
<tr>
<td>April 30</td>
<td>Peaks of Otter / Poplar Forest Outing</td>
</tr>
<tr>
<td>May 22</td>
<td><strong>Session B Courses End</strong></td>
</tr>
</tbody>
</table>