



Summer 2022 Course Catalog

Registration
begins
June 27

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olliatwvu.org



Stay Curious!

About OLLI at WVU

Dedicated to enriching the lives of older adults throughout West Virginia, the Osher Lifelong Learning Institute at West Virginia University (OLLI at WVU), an affiliate of the WVU School of Public Health, is a member-driven organization whose mission is to promote connection, curiosity, exploration, discovery, and discussion through learning and social engagement in non-credit classes, lectures, field trips, and events designed for adults 50+.

OLLI at WVU continues to grow as an organization with the unwavering commitment and generosity of our patrons and supporters. We acknowledge and thank the following:

- The Bernard Osher Foundation
- West Virginia University, President's Office
- WVU Foundation
- WVU School of Public Health (SPH)
- OLLI Board Members, Committee Members, and Volunteers
- OLLI \$100K Club, Donors, and Sponsors
- Our Distinguished Instructors
- OLLI Members

The Bernard Osher Foundation

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as OLLI at WVU. Founded in 1977 by Bernard Osher, a respected businessman and community leader, it has funded a national network of 125 Osher Lifelong Learning Institutes. Funding for OLLI is contingent upon membership growth goals, so **membership matters**. To learn more about the Bernard Osher Foundation, visit www.osherfoundation.org.

Contact Us

Osher Lifelong Learning Institute at WVU
(304) 293-1793 • www.olliatwvu.org • olli@hsc.wvu.edu

Main office (Morgantown)
Mountaineer Mall, Suite C-17
5000 Green Bag Rd.
Morgantown, WV 26501

Kanawha Valley office
Schoenbaum Family Enrichment Center
1701 5th Ave.
Charleston, WV 25387

We recommend calling ahead or making an appointment as office hours may be limited.

OLLI Board of Directors (2021-2022)

Beverly Kerr, President
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James Dylan Held
Ed Johnson

OLLI Staff

Jascenna Haislet, Director
Michelle Klishis,
Professional Technologist
Diane Cale, Program Assistant
Susan Martino, Program Assistant

Mark Your Calendar for These Important Dates

Fall quarter - Oct. 3 - Dec. 2, 2022

Fall course proposals due	June 20
Fall registration begins	Sept. 12
A Taste of OLLI Virtual Open House	Sept. 14
OLLI Welcome Back Party (Morgantown)	Sept. 21

Winter quarter - Jan. 17 - Mar. 10, 2023

Winter course proposals due	Oct. 10
Winter registration begins	Jan. 3
Morgantown In-person Open House	Jan. 10
Virtual Open House	Jan. 11
Kanawha Valley In-person Open House	Jan. 12

Spring quarter - Apr. 10 - June 2

Spring course proposals due	Jan. 2
Spring registration begins	Mar. 21

Summer quarter - begins July 10, 2023

Summer course proposals due	Mar. 23
Summer registration begins	June 20

From Our President

“One can never pay in gratitude; one can only pay ‘in kind’ somewhere else in life.”

Anne Morrow Lindbergh

As I come to the end of my two-year term as the President of the OLLI Board of Directors, I am SO grateful for each of you. Without your continuing support of OLLI throughout these past two tumultuous years of the pandemic, we could have been struggling for our existence. But because of your willingness to adapt to change and to continue to support our quest for lifelong learning, we are still standing and thriving.

I have to express my sincere gratitude for our OLLI Executive Director Jascenna Haislet and our staff of Michelle Klishis, Diane Cale, and Susan Martino. They not only had to adapt to working from home, but had to scramble to put into place the technology we needed to continue to deliver our courses to you via Zoom. They kept us in compliance with WVU's Covid guidelines as those continued to evolve. And most importantly, they stayed in touch with our members through many different ways. I also want to acknowledge the WVU School of Public Health and Sarah Woodrum for their continuing support of OLLI.

And to our instructors, I am personally so grateful for each of you. In some of the darkest days of 2020 and the months thereafter, you gave us all informative classes that kept us going and kept us thinking. Your willingness to adapt to using Zoom as a method to teach was just incredible. (Did any of us know about Zoom before March, 2020?)

To all of our OLLI members who serve on the Board of Directors or serve as chairs or member of the standing committees or who serve as volunteers in various capacities, THANK YOU! As an organization, OLLI could not exist without your willingness to “pay in kind” with your time and energy.

As we look forward to the summer term of OLLI classes, I hope you will make time to join us in-person or via Zoom or perhaps on a day trip or hike. Best wishes to the new President of the Board in the upcoming year!

Beverly Kerr
President
Board of Directors

OLLI stimulates one's mind with great courses and provides social interaction to enliven the whole person.

- OLLI member

From Our Director

July 1 marks the start of a new year for OLLI at WVU. In the following pages, you will find a selection of adventures, lectures, and workshops designed to engage and inspire our community. They provide opportunities for immersion and discovery.

For those of you returning to OLLI, you will notice some changes in the catalog. In the past, we have produced two different catalogs each term: one for Morgantown and one for the Kanawha Valley. Since we are now sharing several classes between the programs, a decision was made to combine the catalogs to help costs and conserve resources. When you renew or purchase your 2022/23 membership, you will need to choose either the Morgantown or Kanawha Valley program. This will help us place you in the correction location when you choose in-person classes. However, all OLLI members are welcome to participate for any OLLI class or event, unless otherwise noted. If you live in Morgantown and wish to drive to Charleston to take a class offered only in-person there, you are welcome to do so. And vice-versa. Simply call the OLLI office to let us know.

Prior to selecting the classes and events in which you wish to participate, I suggest you familiarize yourself with the symbol key located on page 11. It will help you determine if a class is offered on Zoom, where it's offered in-person, if the instructor will be in the classroom live or on Zoom, and, if it's an offering that includes any type of physical activity, a recommended level of fitness to safely participate.

After two long years, OLLI field trips are returning. Listed on page 13, these trips are open to OLLI members and guests. I am excited to lead our first trip to see the Ohio River floodwall murals in Pt. Pleasant, WV, and Portsmouth, OH. If you were not able to take the class on the murals during the winter term, you can see a video preview on OLLI's YouTube page. A week later, we will take a bus to Pittsburgh to visit the Andy Warhol Museum and partake in a hands-on studio art experience in September. More trips are being planned so watch OLLI's Friday bulletin for more information. If you have an idea for a trip, please share with the OLLI staff.

If you have an idea for a class or a topic you think would be of interest to others, please share that as well. OLLI classes are taught by volunteers who generously share their knowledge, skills, and time with members. While many know what they want to teach, others are open to suggestions. So let us know what you're thinking about.

And if you're interested in maybe teaching for OLLI, join me for an instructor/presenter information session on Tuesday, September 6, on Zoom and in-person. For more information about teaching for OLLI at WVU, visit olliatwvu.org/teach-for-olli/.

I hope you are as excited as 2022/23 as I am and I hope to see you in class. We're saving a seat for you!

Jascenna Haislet
Director

OLLI Membership

Membership is open to curious adults interested in programs designed specifically for those 50 and over who want to engage socially and intellectually.

Benefits

- *The opportunity to learn and to meet new friends.*
- *Discounts on travel and events in the community.*
- *At least one free Special Member Event per term.*
- *Access to the OLLI collection of Great Courses DVDs and books.*
- *A voice in OLLI governance.*
- *The right to be added to a course wait list.*

**Annual
membership
\$30**

Membership year runs
July 1st to June 30th

**Quarterly
registration fee
\$35**

for unlimited courses
(payable only during quarters in
which you register for classes)

**Save over 10%
for the year by choosing the
Annual Plus membership**

Pay only \$150

for membership and four quarters of classes
if you purchase by September 20, 2022.

* Other fees may apply and are noted
on individual courses, events, or groups.

How to Register

The summer quarter runs July 5th through September 30th.

To register, you must have a current membership and have paid the required fees for the quarter.

Individuals may purchase or renew a membership and register for classes in any of the following ways:

- Online at <https://wvusph-olli.augusoft.net/>.
- Call the OLLI office at (304) 293-1793.
- By mail, using the enclosed membership/registration form.

Mail to: OLLI at WVU

5000 Green Bag Rd
Morgantown, WV 26501

Please make checks payable to the WVU Foundation.

*If you pay with a credit or debit card, the charge will show as:
WV OLLI.*

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

**Summer Registration begins
June 27, 2022**

Register Anytime!

Registration remains open throughout the quarter.

Financial Assistance Available

OLLI at WVU tries to keep fees to a minimum while providing the highest quality experiences to our members. However, we recognize that membership and registration fees may be out of the reach of some individuals. Therefore, fee waivers are available. To apply, ask for a confidential application at the OLLI office or fill out the form on our website at olliatwvu.org.

Volunteer for OLLI

As a non-profit membership organization, OLLI depends on the generous support of our volunteers. Volunteers are the lifeblood of our program, helping to ensure that OLLI is able to provide the highest quality courses, lectures, workshops, trips, and more for our members.

Your volunteer experience can be molded to fit your interests, talents, and schedule. All members have something to offer and are encouraged to share their time and expertise with their peers.

Volunteer opportunities include:

Instructor or presenter • Board or committee member • Office support
Project Team member • Class host • Events host or staff • Technical assistant

Visit olliatwvu.org/current-members/volunteer/, scan the QR code to the right, or call 304-293-1793 for more information.



Taking a Class with OLLI @ WVU

OLLI classes and events may be offered in one of four ways for members to participate. Classroom method and location are listed in the class description. These include:

In-person or on Zoom?

- **In-person only**
 - Instructor will be present in the classroom with OLLI members.
- **Online only** - Instructor and participants will meet via Zoom.
- **Hybrid** - Instructor will be present in the classroom with OLLI members. Other members can participate via Zoom.
- **Hybrid with streaming** - Instructor will not be in the classroom but teaching via Zoom. The class will be streamed to an OLLI classroom. OLLI members can participate via Zoom at home or come to an OLLI classroom to do so. These classes are indicated by the symbol ♦ next to the classroom location.

When registering for hybrid or hybrid with streaming classes, please indicate on the form in which ways you would prefer to participate. **Note that if you register for Zoom, you will not be allowed into the physical classroom.**

Zoom links will be emailed to all participants in online and hybrid classes by 9:00 a.m. the morning of the class/ event. **Please check your inbox, as well as spam and junk boxes, for the email at least 30 minutes prior to the start of your class.** If you do not see an email for your class, call the OLLI office at 304-293-1793. We're happy to resend the email.

Need assistance with Zoom?

Interested in taking an OLLI class but not sure how to use the online meeting software, Zoom? OLLI's professional technologist, Michelle Klishis, will walk you through the steps you'll need to take, from downloading and installing the Zoom app on your device, to entering the virtual classroom, to using the chat function, and more. If you don't have a computer or personal electronic device, learn how you can join Zoom with your phone. Contact the OLLI office to arrange a session.

Registration & Attendance Matter

We understand that plans change, especially when you're asked to commit to something several weeks in advance. However, it is important to register for the classes that you wish to attend. Enrollment records help us demonstrate our members' active participation in the program when seeking funding from grant-makers and policy-makers. Also, we occasionally have classes which fill quickly so one that you wish to attend may already have a waiting list.

If you are unable to attend a class for which you are registered, please notify the OLLI office at 304-293-1793 or email olli@hsc.wvu.edu. Another person may be anxiously awaiting your cancellation so that he or she may participate in the class.

Please be respectful of the time and efforts of our volunteer instructors and your fellow OLLI members.

The OLLI Name Tags Returns

It's been awhile since we've been together and some of us may have forgotten faces. Please help us remember you by wearing your OLLI name tag when attending classes and events in person.

OLLI provides a name tag for each of our members. New members can pick up their name badges from the OLLI office in Morgantown or from our program assistant, Susan Martino, in the Kanawha Valley.

If you need a new name tag, please let us know. We're happy to make one for you.



Thank You to Our Donors

The Osher Lifelong Learning Institute at WVU is dedicated to providing the highest quality educational, recreational, and social opportunities possible to our members.

To sustain and grow the program, your financial support is needed. Although OLLI receives support from WVU and earnings from the Osher Endowment, this funding covers only about 50% of our expenses. Membership and registration fees cover another 25%. Therefore, the remaining 25% must be raised through donations, gifts, sponsorships, and grants.

As OLLI at WVU strives to achieve financial sustainability, we would like to say thank you to all who have given so generously this year. The following reflects donations processed between July 1, 2021, and April 14, 2022, per the WVU Foundation. If your name is not listed and you believe it should be, please call the OLLI office at 304-293-1793.

Robert & Aurie Acciavatti	Eleanor Esposito	Beverly D. Kerr	Margo Racin
Eleanor L. Adams	JoAnn J. Evans	Yvonne Khourie	Judith S. Raese
Betty Alexander	Carolyn S. Fakadej	Joann King	Richard C. Reardon*
Joyce Butler Allen	Christine Ferrell	Beata Kolaja	Sumitra & Ramana Reddy
Gerri Angoli	Martha Ferrell	Peggy Kourey	Jim Rentch
Anonymous	Denise Ferris	Kroger	& Maria Amores-Aguera
Stephen & Susan Arnold	Marsha C. Fletcher	Tanya Law	Frank & Madelyn Romeo
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Betty M. Bailey	Foundation	Nancy Lohmann	Sheila L. Rye
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Barbara H. Brown	Jascenna Haislet*	David & Kimberly McCluskey	Floyd & Connie Stead
Bonnie Brown & Jim Held*	Rosie Haislet*	Clark & Allyson McKee*	Patricia Stewart
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Catherine Butcher	Jack & Jean Hammersmith	Carolyn McVicker	Ann M. Stottlemeyer
Eleanor Byrnes	Joseph Hample	Diana B. Meckstroth	Ingrid Strakusek
Melora Cann	& Barry Wendell	Earl & Cecelia Melby	Martha E. Summers
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Susan & Gary Carpenter	Susan & David Hardesty	Paula Meyer-Stout	Rita D. Tanner*
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Stan & Judy Cohen	Linda Herbst	Claudia Morgan	Barbara Warash
JoAnne Cook	Richard Hess	Judy & Andy Morris*	Karen G. Watson
Sylvia Cooper	Stephanie Hively	Mary E. Morrison	H. Arthur Weldon
Thomas & Hope Covey	Suzanne Hodroge	Diane Moss	Stephen J. Wetmore
Margaret Craig	Elissa Hoffman	Colleen & Phillip Murray	Grace J. Wigal
Betty J. Cross	Steven S. Holsclaw	Barbara A. Neal	Judith & Ronald Wilkinson
James Culberson	Boyd Holtan	Byron & Carolyn Nelson	Yumiko & Thomas Wilson
Roger & Charlotte Dalton*	Susan L. Hooper	Allison H. Nichols	Nadeen Wolf
Bradley Daugherty	Charlene Horan	Bill & Judy Nottingham	Janis J. Wright
Saralyn Davis	Barbara J. Howe	Cynthia O'Brien & Larry Harris	David B. Yelton
Pat & Allison Deem	Linda Jackowitz	James & Donna O'Connell	Linda Yoder
Janice Denison	Patricia Jarvis	Trinita O'Neill	Margaret Zaleski
John Di Bacco Jr.	Dorothy MB Johnson	Frances R. Pack	Linda Zeh
Nancy Diener	Edwin Johnson*	R. John Pearson	
Judith Dinsmore	Maureen Johnson	Diane H. Pennington	* sustaining donor
& Alvin Howell	Patty Johnston & Larry Frail*	Howard & Beverly Persinger	
Kathi Elkins	Kathryn J. Kay	Edward L. Petsonk	
Alan Engelberg	Sue Rae Keller	Mary & John Pigza	
	Janet K. Kemp	Sarah C. Pilgrim	

Make a Gift

*Lifelong learners value education -
for themselves and others.*

Osher Lifelong Learning Institute (OLLI) at WVU exists because of the unique experiences, capabilities, and wisdom of mature members of the community.

Daily we see the educational and social impact OLLI has on members. Funded through membership fees, donations, and grants, OLLI benefits from the generosity of like-minded lifelong learners. Each gift allows meaningful work that would not have happened otherwise.

Your consideration of a gift today or in the future for OLLI at WVU will benefit the programs and help secure your OLLI legacy.

With a variety of giving options, you can choose the gift that works best for you.

You can choose to designate your gift to:

- OLLI's area of greatest need
- the \$100K Club
- OLLI members scholarship fund
- Campus Club Endowed Scholarship
- the OLLI endowment

You may choose to leave a Legacy Gift, make a Tribute Gift, or give through an IRA Charitable Rollover.

And choose the time that works for you.

- Give when you renew your membership or enroll in classes
- Give during OLLI's Annual Fall Campaign
- Give on WVU Day of Giving
- Set up a monthly recurring gift
- Any time during the year

Every gift makes an impact!

To give today, visit <https://olliatwvu.org/make-a-gift/> or add your tax-deductible donation to the enclosed class registration form. For more information, call the OLLI office at 304-293-1793.

*Thank you for your continued support of
lifelong learning and OLLI at WVU.*

Kroger Community Rewards Program!

By participating in the Kroger Community Rewards Program, OLLI at WVU receives a donation from Kroger every time you purchase groceries in any of their stores using your rewards card.

Signing up is easy. Simply register your Kroger Plus Shopper's Card online at www.krogercommunityrewards.com and choose **Osher Lifelong Learning Institute/WVU Found (FG916)** as the organization to receive a donation.

If you have any questions, or need help enrolling in the Kroger Community Rewards Program, the OLLI staff is happy to assist.

Follow OLLI at WVU Online

Find out when the latest catalog will be available online, see pictures from classes, learn about special events, and read interesting articles from a variety of sources.

Friday e-bulletin & Emails

Be sure you're signed up for our email list so you don't miss any special news, messages from your instructors, receipts for registration, and more. Email olli@hsc.wvu.edu to be added to OLLI's email list.

You can also access the latest news directly by clicking on the News button on our website at olliatwvu.org

OLLI does not share your email address. We use your address only to inform you of important OLLI information and upcoming events.

On Social Media

- **Facebook** (Osher Lifelong Learning Institute at WVU)
- **Wordpress** (olliatwvu.wpcomstaging.com/)
- **Instagram** (olliatwvu)
- **Twitter** (olliatwvu)

*OLLI membership has opened a whole new world for me and has given me a
challenging and very rewarding activity for my retirement years.*

- OLLI member

Summer 2022 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Monday				
Travel Writing Workshop:...(Mould)	July 11 - 25	(New Time) 12:45 - 2:15 p.m.	B ♦ & Z	17
Yarn Arts	July 11 - Sept. 26	12:45 - 2:30 p.m.	A	15
Play the Ukulele (Venable)	July 11 - Sept. 26	5:30 - 7:00 p.m.	A	15
Campus Read, Part 1:... <i>Interior Chinatown</i> (Lantz)	July 18	10:00 - 11:45 a.m.	A	17
Campus Read, Part 2:... <i>Asian American Authors...</i> (Lantz)	July 25	10:00 - 11:45 a.m.	A	17
The Auschwitz Report (Hutchins)	July 25 & Aug. 8	3:00 - 4:30 p.m.	B ♦ & Z	18
The West Virginia National Digital Newspaper Project (Plein)	Aug. 1	10:00 - 11:30 a.m.	Other	19
The Ohio River Floodwall Murals Field Trip	Aug. 29	8:00 a.m. - 10:30 p.m.	Other	13
<hr/>				
Monday/Wednesday				
Geology of Our National Parks (Smosna)	July 11 - Aug. 3	3:00 - 4:30 p.m.	A	19
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Tuesday				
Ask - a - Geek (Klishis)	Now by appointment		CL & Z	12
Science Fiction, Science Fact (Cole)	July 12 - Aug. 2	3:00 - 4:00 p.m.	B & Z	16
Campus Club Evening Book Discussion (Attfield)	July 12, Aug. 9, & Sept. 13	7:30 - 9:00 p.m.	Z	15
Titanic Stories: The Ship, The Voyage,...(Semack)	July 19 & 26	12:45 - 2:30 p.m.	A	18
Creating a Junk Journal (Hurst, Hatfield)	SEE PAGE 16 FOR NEW DATES			16
Twilight Trivia	July 19, Aug. 16, & Sept. 20	7:00 - 8:30 p.m.	Z	15
Campus Read, Part 1:... <i>Interior Chinatown</i> (Lantz)	July 19	10:00 - 11:45 a.m.	Z	17
Campus Read, Part 2:... <i>Asian American Authors...</i> (Lantz)	July 26	10:00 - 11:45 a.m.	Z	17
Playreading: <i>The White Liars/Black Comedy</i> (Haislet)	Aug. 2	10:00 - 11:45 a.m.	A	16
Renewable and Alternative Energy (Johnson)	Aug. 9 & 16	10:00 - 11:30 a.m.	B & Z	18
Campus Club Morning Book Discussion (Ostrow)	Sept. 20	10:00 - 11:30 a.m.	Other & Z	15
<hr/>				
Wednesday				
The 1961 Freedom Rides (Rentch)	July 13 - 27	12:45 - 2:15 p.m.	B & Z	18
Business Management: A Real Story (Colvin)	July 20	10:00 - 11:45 a.m.	B & Z	17
In the Good Old Summertime:...(Hammersmith)	July 27 & Aug. 3	10:00 - 11:45 a.m.	B & Z	20
West Virginia Botanic Garden Tour (Botanic Garden Staff)	Aug. 10	10:00 - 11:30 a.m.	Other	19
The Dark Matter Mystery... (WVU Planetarium Staff)	Aug. 10	8:00 p.m.	Other	19
Lost Cities of the World Rediscovered (Reddy)	Aug. 17 & 24	12:45 - 2:30 p.m.	A ♦ & Z	18
Stress Management for Seniors (Colvin)	Aug. 24	10:00 - 11:45 a.m.	B & Z	17
Irving Goodman Lecture: Susan H. McFadden	Sept. 14	1:00 - 2:30 p.m.	B ♦ & Z	14
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Thursday				
Walking Outdoors with Campus Club (Covey)	July 14 - Sept. 29	9:00 - 10:00 a.m.	Other	15
Writers' Interest Group	July 14 - Sept. 29	10:00 - 11:45 a.m.	A	15
The History of WVU Baseball (Antonik)	July 21	1:00 - 2:30 p.m.	B & Z	18
Cutting the Cable (Haislet, Klishis)	Aug. 4	10:00 - 11:45 a.m.	B & Z	20
Morgantown History Museum Tour (Museum Staff)	Aug. 4	1:00 - 2:30 p.m.	Other	18
Downsizing and Decluttering...(Misiti)	Aug. 11	12:45 - 1:45 p.m.	A ♦ & Z	17
The Andy Warhol Museum	Sept. 8	8:00 a.m. - 4:00 p.m.	Other	13
Let's Do Lunch (Rauch)	Sept. 8	11:30 a.m. - 1:00 p.m.	Other	15

Summer 2022 Schedule at a Glance - Morgantown

Class, Instructor	Date(s)	Time	Location	Page #
Friday				
Adventure WV Zip Line (Adventure WV Staff)	July 15	10:00 a.m. - 1:30 p.m.	Other	12
Film Forum: Summer Musicals (Held)	July 15 - Sept. 2	12:45 p.m. - 4:00 p.m.	B	16
Take a Hike: Virgin Hemlock Trail (Klishis, Hyde)	July 29	9:00 a.m. - 12:00 p.m.	Other	12
Take a Hike: You Decide the Trail (Klishis, Hyde)	Aug. 5	9:00 a.m. - 12:00 p.m.	Other	12
Saturday				
Introduction to T'ai Chi and Qigong (Koehler, Pollard)	July 9 - Sept. 24	10:00 - 10:50 a.m.	Other	14
Intermediate T'ai Chi (Koehler, Pollard)	July 9 - Sept. 24	11:00 - 11:50 a.m.	Other	14
Adventure WV Kayaking (Adventure WV Staff)	July 30	10:00 a.m. - 4:00 p.m.	Other	12
Sunday				
OLLI at the Ball Park: WV Black Bears	July 31	4:05 p.m.	Other	13

**See page 10 for the Kanawha Valley Schedule at a Glance.
Although listed separately, classes and events offered in the Kanawha Valley
only are open to all OLLI at WVU members.**

Classroom Key

All classes are held in the Mountaineer Mall in Morgantown, unless otherwise stated.

A - Classroom next to the OLLI office.

B - Classroom under the OLLI sign.

CL - Computer Lab, first door on the left down the hall next to B.

Z - online via Zoom.

Other - See course description for location.

Proud to be a
sponsor of
OLLI at WVU.

304-285-5575

Heritage-Point.com

The Village

at Heritage Point

Summer 2022 Schedule at a Glance - Kanawha Valley

Class (Instructor)	Date(s)	Time	Location	Page #
Monday				
Travel Writing Workshop...(Mould)	July 11 - 25	10:00 - 11:30 a.m.	SC ♦ & Z	17
The Auschwitz Report (Hutchins)	July 25 & Aug. 8	3:00 - 4:30 p.m.	Z	18
The Ohio River Floodwall Murals Field Trip	Aug. 29	10:30 a.m. - 8:00 p.m.	Other	13
Tuesday				
Ask - a - Geek (Klishis)	Now by appointment	Z	12	
Lodging at a Bed and Breakfast (Holsclaw)	July 12	10:00 a.m. - 12:00 p.m.	SC	20
Science Fiction, Science Fact (Cole)	July 12 - Aug. 2	3:00 - 4:00 p.m.	Z	16
Campus Club Evening Book Discussion (Attfield)	July 12, Aug. 9, & Sept. 13	7:30 - 9:00 p.m.	Z	15
Twilight Trivia	July 19, Aug. 16, & Sept. 20	7:00 - 8:30 p.m.	Z	15
Campus Read, Part 1:...Interior Chinatown (Lantz)	July 19	10:00 - 11:45 a.m.	SC ♦ & Z	17
Campus Read, Part 2:...Asian American Authors...(Lantz)	July 26	10:00 - 11:45 a.m.	SC ♦ & Z	17
Renewable and Alternative Energy (Johnson)	Aug. 9 & 16	10:00 - 11:30 a.m.	Z	18
A Visit to the Kanawha County Public Library (Library Staff)	Aug. 16	10:00 - 11:00 a.m.	Other	13
Personal and Family History Writing Projects (Sielen)	Sept. 13	10:00 a.m. - 2:30 p.m.	SC	16
Campus Club Morning Book Discussion (Ostrow)	Sept. 20	10:00 - 11:30 a.m.	Z	15
Wednesday				
Take a Walk (Martino)	July 13	9:30 - 11:30 a.m.	Other	12
The 1961 Freedom Rides (Rentch)	July 13 - 27	12:45 - 2:15 p.m.	SC ♦ & Z	18
Business Management: A Real Story (Colvin)	July 20	10:00 - 11:45 a.m.	SC ♦ & Z	17
In the Good Old Summertime...(Hammersmith)	July 27 & Aug. 3	10:00 - 11:45 a.m.	SC ♦ & Z	20
Lost Cities of the World Rediscovered (Reddy)	Aug. 17 & 24	12:45 - 2:30 p.m.	SC ♦ & Z	18
Stress Management for Seniors (Colvin)	Aug. 24	10:00 - 11:45 a.m.	SC ♦ & Z	17
Irving Goodman Lecture: Susan H. McFadden	Sept. 14	1:00 - 2:30 p.m.	SC ♦ & Z	14
Thursday				
Treasure Lost to the Ages...Until Found! (Holsclaw)	July 14	10:00 a.m. - 12:00 p.m.	SC	18
<i>The Mikado</i> : Groucho Marx's Treasure! (Harrison)	July 21	10:00 a.m. - 12:00 p.m.	SC	16
The History of WVU Baseball (Antonik)	July 21	1:00 - 2:30 p.m.	Z	18
Cutting the Cable (Haislet, Klishis)	Aug. 4	10:00 - 11:45 a.m.	SC ♦ & Z	20
Downsizing and Decluttering...(Misiti)	Aug. 11	12:45 - 1:45 p.m.	SC ♦ & Z	17
OLLI at the Ball Park: Charleston Dirty Birds	Aug. 25	6:35 p.m.	Other	13
Friday				
Renewable and Alternative Energy (Johnson)	July 29	10:00 a.m. - 2:00 p.m.	SC	19

See page 8 for the Morgantown Schedule at a Glance.
Although listed separately, classes and events offered in Morgantown
only are open to all OLLI at WVU members.

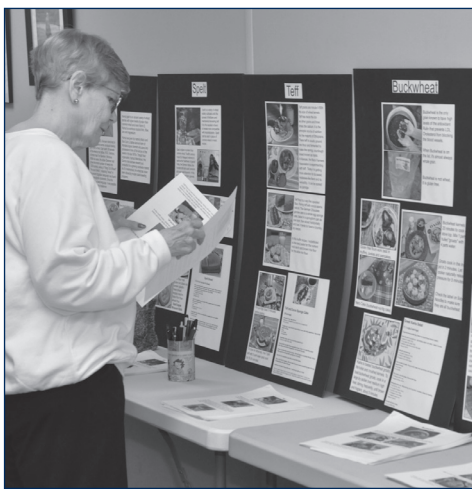
Classes and events will be held either in-person at the Schoenbaum Center (SC) and/or online via ZOOM (Z).
ZOOM links will be emailed to all enrolled on the morning of each class session.

Coming Soon!

As you browse the class and event selections in OLLI's summer catalog, you will notice some that show TBA in place of a date and/or time or other missing information.

We want to let you know what you can look forward to during an upcoming quarter but sometimes we don't have all the details when the catalog has to go to print. Rest assured though, the OLLI staff is working diligently to put all the pieces in place and confirm the details as quickly as possible.

If one of these experiences is of interest to you, watch OLLI's Friday ebulletin for the latest updates or call the OLLI office at 304-293-1793. You can also check the catalog posted online at <https://bit.ly/36aFysv> or by scanning the QR code below.



Whole Grains Day 2022

Symbol Key

Throughout OLLI's course catalog, you will see various symbols next to names, locations, and event titles. Below is a list of those symbols and what they mean.

◆ If you see this diamond next to the class location, the class is being streamed to that location. The instructor or presenter will not be physically present in the classroom with you but you will be able to see and hear them and interact much like you would in-person.

* An asterisk next to an instructor's name indicates that the instructor is a member of the OLLI Honor Roll and has taught at least 10 courses and 60 class session hours.

M This symbol next to a class or event indicates that it will be held in-person in Morgantown and no Zoom or streaming option is available.

KV This symbol next to a class or event indicates that it will be held in-person in the Kanawha Valley and no Zoom or streaming option is available.

Field trips, exercise classes, and outdoor adventures may include an activity level designation. The best indicator of what to expect is explained in the event description but we have developed this rating system to help you decide if you wish to participate. Please note that these ratings are for guidance only and conditions may change.

L1 Participants should be able to walk on flat surfaces at a leisurely pace. Activities may include some steps, boarding a bus, and standing for short periods of time during presentations. Accessible accommodations may be able to be arranged upon request.

L2 Participants should be able to walk on uneven surfaces that are not always paved. Activities may include walking up and down steps and small inclines, boarding a bus, standing for longer periods of time, and engaging in light exercises. Accessible accommodations may be able to be arranged upon request.

L3 Participants should be in good physical health, able to do all of the above, and participate in active medium endurance exercise and adventure activities.

Special Member Events & Opportunities

Special member events, opportunities, and interest groups, unless otherwise noted, are free for current OLLI members! Payment of term enrollment fee is not required.

Ask a Geek

Michelle Klishis*

**NOW BY
APPOINTMENT**

~~Tuesdays, July 5 - September 27, 12:00 - 1:00 p.m.~~

Computer Lab (Morgantown) or Zoom:

Request an appointment at <https://olliatwvu.wvufoo.com/forms/askageek-signup-request> or email olli@hsc.wvu.edu

Sometimes you have questions about technology that don't fit into a specific class or course. For those times, OLLI's Professional Technologist, Michelle Klishis, is on hand to help. Participants are encouraged to email questions to olli@hsc.wvu.edu in advance if you believe them to be complicated or beyond the scope of an hour-long session. Please include "Geek Question" in the subject line. Please note that Michelle's strengths are Android phones, Windows PCs, MS Office software, and digital security and privacy.

Take a Hike: Virgin Hemlock Trail

Michelle Klishis* & Michael Hyde

Friday, July 29, 9:00 a.m. - 12:00 p.m.
Coopers Rock State Forest



We will hike the Virgin Hemlock Trail--which is on the opposite side of the interstate on WV 73, and has limited parking, so consider carpooling! The trail is a 1.2 mile loop that goes through a grove of 300 year-old Hemlock and beside a creek. If it's raining heavily the scheduled day, the hike will be postponed one week.

Take a Hike: You Decide the Trail

Michelle Klishis* & Michael Hyde

Friday, August 5, 9:00 a.m. - 12:00 p.m.
Coopers Rock State Forest



Take a hike with Michelle & Michael at Coopers Rock State Forest. As a group, participants will decide how strenuous or easy a hike they want. Check your email for details about how we'll decide on the trails. If it's raining heavily the scheduled day, the hike will be postponed one week.

Take a Walk: Elk River Trail

Susan Martino



Wednesday, July 13, 9:30 a.m. - 11:30 a.m.
Elk River Trail at Coonskin Park

Kanawha County's Elk River Trail provides access to Coonskin Park, a large park originally built by local residents in the 1950s and now managed by the Kanawha County Parks and Recreation Commission. The trail runs alongside the Elk River for its entire length. This gravel trail is 3 miles long - Coonskin Park to Barlow Drive. Parking for the Elk River Trail is available in Coonskin Park at the Riverside Pavilion. A sign along Coonskin Drive will direct you to turn left to access the trail and parking just south of J.W. Herscher Lake.

Adventure WV Zip Line



Friday, July 15, 10:00 a.m. - 1:30 p.m.
WVU Outdoor Education Center
1397 Chestnut Ridge Rd, Bruceton Mills
Class Fee: \$30

Reservation deadline: July 8. Payment due at the time of reservation. No refunds after reservation deadline.

The Adventure WV canopy tour is comprised of four zip-lines, seven tree-based platforms, an aerial bridge, aerial ladder and a rappel station to exit the course. Each zip or leg of the course ranges in length from the 201' starting zip, to the 980' zip at the conclusion of the course. Participants will rappel 45' from the final platform to the ground. After exiting the course, participants will hike from the base of the final tree back to the equipment shed on an interpretive nature trail (approximately 10 mins on a moderate trail).

Adventure WV Kayaking



Saturday, July 30, 10:00 a.m. - 4:00 p.m.
WVU Outdoor Recreation Center/
Student Recreation Center
Maximum Enrollment: 10

Class Fee: \$20 Fee includes transportation, boats, accessories (paddles, personal flotation device, dry bag), first aid kit, instruction (two instructors) and cold water clothes if necessary.

Reservation deadline: July 22. Payment due at the time of reservation. No refunds after reservation deadline.

Explore a beautiful local river or lake and learn the basic skills of kayaking. The adventure will include an introduction to gear and techniques, practice time closer to the put-in and a tour with the boats. Distance and destination will depend on participant abilities and location, either Cheat Lake, Tygart Lake or the Big Sandy River. Low physical difficulty. Beginner skill level.

A Visit to the Kanawha County Public Library

Library Staff

**DATE
CONFIRMED**



Tuesday, August 16, 10:00 - 11:00 a.m.
Kanawha County Public Library

We have been seeing the construction for months. Now, let's go see the final product! OLLI will be taking a trip to tour the newly renovated Kanawha County Public Library. Located at 123 Capitol Street, we will be learning all about how the old and new parts of the library blend together, see new spaces for gathering, and the services of the library.

OLLI at the Ballpark: WV Black Bears



Sunday, July 31, 4:05 p.m.
Monongalia County Ball Park

Tickets: OLLI Members: \$12.00 Non-members: \$13.00

Reservation deadline: July 15. Payment due at the time of reservation. No refunds after reservation deadline.

Join OLLI for an evening of baseball this summer as the Black Bears, West Virginia's own draft league team, take on the Frederick Keys. Bring your family and friends!

OLLI at the Ballpark: Charleston Dirty Birds



Thursday, August 25, 6:35 p.m.
Appalachian Power Park

Tickets: OLLI Members: \$7.00 Non-members: \$9.00

Reservation deadline: August 22. Payment due at the time of reservation. No refunds after reservation deadline.

Join OLLI for an evening of baseball this summer as the Charleston Dirty Birds, a member of the Atlantic League, take on the Gastonia Honey Hunters. Bring your family and friends!



Taking in a baseball game.

Field Trips

Ohio River Floodwall Murals: Pt. Pleasant & Portsmouth

L2

Monday, August 29

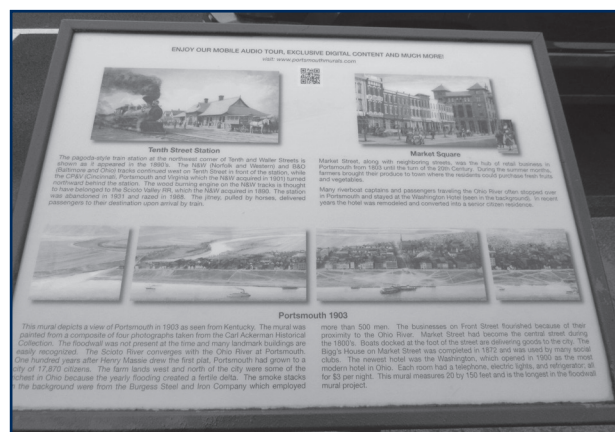
Leaving from Morgantown: 8:00 a.m. - 10:30 p.m.

Leaving from Charleston: 10:30 a.m. - 8:00 p.m.

Fee: OLLI Members: \$90.00 Non-members: \$105.00

Reservation deadline: August 12. Payment due at the time of reservation. No refunds after reservation deadline.

After learning about the miles of floodwall murals that line the Ohio River, OLLI members are invited to join us on a bus trip to Pt. Pleasant, WV, and Portsmouth, OH, to visit the majestic murals. See the dozens of large-scale paintings that show the history and tell the stories of the communities along the third largest river in the U.S. Hear from local experts about future plans for the art and walls and how the installations have helped revitalize their downtowns. Dinner will be included. Pack a lunch to enjoy a picnic in Pt. Pleasant.



Floodwall mural description panels, Portsmouth, OH

The Andy Warhol Museum

M L1

Thursday, September 8, 8:00 a.m. - 4:00 p.m.

Fee: OLLI Members: \$70 Non-members: \$85

Reservation deadline: August 22. Payment due at the time of reservation. No refunds after reservation deadline.

Join OLLI for a guided tour of The Warhol's collection and special exhibits, designed specifically for older adults. Portable stools, wheelchairs, and assistive listening devices are available upon request at the front desk, free of charge. The tour will be followed by a hands-on artmaking activity in The Factory, the museum's in-house studio. Pack a lunch or enjoy selections from the Warhol Café.

Community Events

*Community events, hosted by OLLI at WVU, are free and open to the public.
OLLI membership not required although reservations are.*

T'ai Chi Classes

led by Cecil Pollard* & Bill Koehler*
Hosted by OLLI at WVU,
the City of Morgantown, and
The Shack Neighborhood House



July 9 - September 24 at Ruby Hazel McQuain Park
at The Shack Neighborhood House
(537 Blue Horizon Dr, Morgantown)

Register at <https://bit.ly/3x8lyi8> or on the enclosed form.

Introduction to T'ai Chi and Qigong

Saturdays, 10:00 - 10:50 a.m.

This course is an introduction to a version of Yang Style T'ai Chi as modified and taught by Cheng Man-ch'ing. In this course, students will learn the basic principles of T'ai Chi and how to do the T'ai Chi form.

Intermediate T'ai Chi

Saturdays, 11:00 - 11:50 a.m.

This group provides an opportunity for participants who have moved beyond the beginning level to continue practicing together. Enrollment by permission of OLLI instructors.

Irving Goodman Aging Lecture Series

16th Annual Lecture

Susan H. McFadden, PhD

Co-founder/Volunteer, Fox Valley Memory Project

Living Well with Dementia: It Takes a Community!

Wednesday, September 14, 1:00 - 2:30 p.m.

Zoom & Morgantown B ♦

Kanawha Valley Schoenbaum Center ♦

The typical description of life with some form of dementia is rather bleak. While never denying the losses and suffering that accompany a dementia diagnosis, Susan McFadden will describe what she has learned about community support for people living with dementia from her experiences establishing a nonprofit in Wisconsin dedicated to creating meaningful, joyful connections with others.

Register online at <https://bit.ly/3K1Vlrs>

A Taste of OLLI

Virtual Open House

Wednesday, June 22, 3:00 - 4:30 p.m.

Free and open to the public

Register at bit.ly/3x6nMI2
or join us on Facebook Live!



*Learn how you can stay engaged and connected this summer with OLLI classes.
Hear from instructors and meet other OLLI members!*

Special Interest Groups

OLLI Special Interest Groups (SIGs) offer members the opportunity to share a common interest in a social setting. Many meet year-round so you register only once per year. SIGs are open to all OLLI members, although some restrictions may apply. See descriptions for more detail.

Let's Do Lunch!

Facilitator: Diane Cale - **NEW FACILITATOR**

2nd Thursday of the month (Sept. - May)

11:30 a.m. - 1:00 p.m.

Maximum enrollment: 12



This group meets once a month to enjoy each other's company while dining at local restaurants. Past lunch spots have included Terra Café, Olive Garden, Red Lobster, Iron Horse Tavern, The Pines, Sargasso's, and Ali Baba's. Suggestions of new dining locations are welcome. Participants pay for their own meals. Restaurants are chosen from suggestions by participants at an organizational meeting to be held in early September.

Play the Ukulele

Mondays, 5:30 - 7:00 p.m. Morgantown A



Participants will play and sing together, share songs and knowledge, and help each other learn. All are welcome, no experience or instrument ownership required. Visit bit.ly/3ALMCVV for a complete group description.

Road Trip Dining with Campus Club

Facilitators: Penny Thomas & Sandra Putnam

Dates and Times TBD



The Campus Club Road Trip Dining Group gathers monthly to dine at recommended, well-rated restaurants in the area, those at a distance (30-50 miles maximum) in the good weather months of March/April through November/December and closer to Morgantown in the deep winter. Rides are always available. An average of 20-25 members, spouses, sometimes adult children, and friends meet at restaurants around 6:00 - 6:30 p.m. on Saturdays or for Sunday brunch to enjoy interesting, fun, friendly company, and delicious food. Restaurants are handicapped accessible with ramps and sometimes elevators.

Walking Outdoors with Campus Club

Facilitator: Hope Covey

Thursdays, 9:00 - 10:00 a.m.

Morgantown Trails



The Walking Group meets at various rail trail locations in the community for a one-hour, three-mile round trip walk. Trails are generally level or have gradual elevation and the group is careful to avoid the downtown trail area due to traffic. Recognizing that some members walk faster than others, the groups may spread out in twos and threes to encourage and support each other.

Writers' Interest Group

Thursdays, 10:00 - 11:45 a.m. Morgantown A



Having a hard time finding time to work on your life story, novel, poetry, journal, or letters? Come write in a quiet, comfortable, supportive environment. Bring paper, pen, laptop, etc. There will be at least 1.5 hours of quiet writing time each session.

Yarn Arts

Mondays, 12:45 - 2:30 p.m. Morgantown A



Join your fellow OLLI members to share ideas, patterns, and workshop information and to support each other in knitting, crocheting, needle-point, and other yarn and thread arts.

On ZOOM

Campus Club Evening Book Discussion

Facilitator: Hilary Attfield

2nd Tuesday of the month, 7:30 - 9:00 p.m.

Believing that a good book is one that encourages a good discussion, the evening group tries to read an eclectic variety of books: novels, non-fiction, biography, etc. Books are suggested by members and the group tries to have books lined up two to three months in advance. Discussion of the book is always followed by social time to encourage friendship and catch up! New members are welcome and new voices appreciated.

Campus Club Morning Book Discussion

Facilitator: Lynne Ostrow

3rd Tuesday of the month (Sept-June), 10:00 a.m.

Members of the Morning Book Discussion give input into the selection of books and create a list from the suggestions. The following criteria are used for the selection: at least one non-fiction choice, consideration of local or regional authors, stories with West Virginia ties, recommendations from members who have read a book or reviews of books, and current "buzz" about a book. New members are always welcome.

Twilight Trivia

3rd Tuesday of the month, 7:00 - 8:30 p.m.

Grab a beverage and some snacks, settle into a comfy chair with your laptop, tablet, or smart phone, and test your knowledge of trivia, and the trivial, against your fellow OLLI members during our monthly virtual game night!

Arts & Literature

Creating a Junk Journal

Judy Hurst & Sue Hatfield

Wednesday & Thursday,
August 3 & 4 1:30 - 3:00 p.m.

Morgantown A

**NEW
DATES**

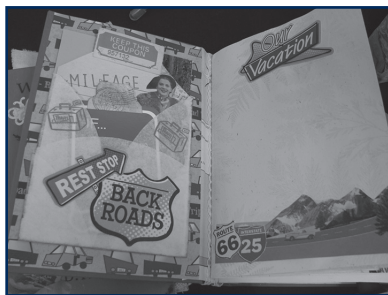
M

Participants will create their own junk journal by binding together covers with papers and then decorating the pages with mainly pre-used materials.

Materials Needed:

Scissors.

Optional: scrapbook paper, graph paper, wrapping paper, greeting cards; magazines or any type of paper product, at least 8" x 10", whichever one is found of.



Film Forum: Summer Musicals

Jim Held*

Fridays, July 15 - September 2, 12:45 - 4:00 p.m.

Morgantown B

As it did pre-pandemic, Film Forum loves to present the great musicals produced by Hollywood over its remarkable history. Each week we'll view a film and discuss it after the film ends. Films will include *The Merry Widow* (1952), *An American in Paris* (1951), *Finian's Rainbow* (1968), *Moulin Rouge!* (2001), *The King and I* (1956), *The Phantom of the Opera* (2004), *Dreamgirls* (2006), and *Coco* (2017).

The Mikado - Groucho Marx's Treasure!

Bob Harrison

Thursday, July 21, 10:00 a.m. - 12:00 p.m.

Kanawha Valley Schoenbaum Center

"It was my father's lifelong dream to play Ko-Ko in *The Mikado* by Gilbert and Sullivan. I don't remember him having so much fun with anything else he did." -Melinda Marx Leung, daughter of Groucho Marx and "Peep-Bo" in *The Mikado*. Slapstick humor and zany antics will characterize the time we spend demystifying Gilbert and Sullivan's comic opera.

You cannot help but get excited about the subject when the instructor is so passionate and knowledgeable about it.

- OLLI member

Personal and Family History Writing Projects

Rae Jean Sielen*

Tuesday, September 13, 10:00 a.m. - 2:30 p.m.

Kanawha Valley Schoenbaum Center

Lunch break: 11:45 a.m. - 12:45 p.m.

KV

Topics for this course will include strategies for organizing material and considerations as you compile, write and produce your work (e.g., sources, voice, truth, scope, photographs, printing/binding). Participants will be able to begin identifying approaches suitable for their own goals, materials, audience, and budget. Handouts will be provided and examples of many completed projects shared. Topics related to commercial publishing ventures such as how to sell manuscripts, find agents, and negotiate contracts will not be covered.

Playreading: *The White Liars/Black Comedy*

Jascenna Haislet

Tuesday, August 2, 10:00 - 11:45 a.m.

Morgantown A

M

Comedy ensues when colorful characters plot against each other in these two one-act farces by Peter Shaffer. Participants will enjoy the laughs as they read the plays aloud together.

Science Fiction, Science Fact

Jay Cole

Tuesdays, July 12 - August 2, 3:00 - 4:00 p.m.

Zoom & Morgantown B

Oscar Wilde observed, "Life imitates art far more than art imitates life." In this course, we will examine how science fiction has influenced the development of science and technology and, in turn, culture and society. From Mary Shelley's *Frankenstein* and Jules Verne's *Twenty Thousand Leagues Under the Sea* to Isaac Asimov's robot stories and Margaret Atwood's *The Handmaid's Tale* (and don't forget *Star Trek* and *Star Wars*!), science fiction has inspired dreams, impacted opinion, and informed policy for more than 200 years. Join this course for an exploration of the fascinating relationship between science fiction and science fact.

Travel Writing Workshop: A Sense of Place and People

David Mould

Mondays, July 11 - 25, 12:45 - 1:15 p.m.

Zoom & Morgantown B ♦

Kanawha Valley Schoenbaum Center ▼

Good travel writing goes beyond the what-to-see-and-where-to-eat-and-sleep tips of the websites and travel guides. It provides a sense of a place and its people, their history and culture, how they live and work and see their own world. In this workshop, college professor and journalist David Mould, author of three travel books and numerous articles, offers guidance on how to use first-hand observation, conversation, interviews, and contextual research to convey a sense of place. The workshop will include exercises and examples of travel writing from various genres.

WVU Campus Read, Part 1: Exploring This Year's Campus Read, *Interior Chinatown*

Susan Jennings Lantz

Monday, July 18, 10:00 - 11:45 a.m.

Morgantown A

Tuesday, July 19, 10:00 - 11:45 a.m.

Zoom

Offered
Twice

This year's Campus Read has been described as "Wrenching, hilarious, sharp, surreal and above all, original," by Emily St. John Mandel. Viet Thanh Nguyen described it as "Brilliant and hilarious. . ." Come take a deep dive into the book that references the Asian American experience, screenplays, Kung Fu movies, and John Denver's *Country Roads*.

WVU Campus Read, Part 2: Contemporary Asian American Authors & Ways of Thinking About Them

Susan Jennings Lantz

Monday, July 25, 10:00 - 11:45 a.m.

Morgantown A

Tuesday, July 26, 10:00 - 11:45 a.m.

Zoom

Offered
Twice

Susan Jennings Lantz will discuss other books worth reading and contemporary theories about Asian American Literature. You need not have attended WVU Campus Read Part 1 to attend Part 2.

Business

Business Management: A Real Story

Kenton Colvin*

Wednesday, July 20, 10:00 - 11:45 a.m.

Zoom & Morgantown B

Kanawha Valley Schoenbaum Center ♦

What happens to employees and the home communities when two companies merge, when companies are sold, when an American company is sold to a foreign company? What is life at the top through the eye of a high level executive? How and why are certain decisions made? The instructor will share his experiences from working in management for 26 years for six corporations and WVU.

Health & Wellness

Downsizing and Decluttering: Rightsize Your Life Size

Patsieann Misiti

Thursday, August 11, 12:45 - 1:45 p.m.

Zoom & Morgantown A ♦

Kanawha Valley Schoenbaum Center ♦

Encore

Are you overwhelmed by a lifetime of treasures? It's time to simplify your life but you don't know where - or how to start? The physical and emotional obstacles of later in life transitions such as downsizing and moving are real. Sorting through overstuffed closets, garages and filled-to-the-brim attics can be a daunting task, especially without help. Join Patsieann Misiti, professional move manager, organizer and transition expert and learn helpful tips and coping strategies. "A journey of a thousand miles begins with a single step." (Chinese proverb.) You don't have to walk the road alone.

Stress Management for Seniors

Kenton Colvin*

Wednesday, August 24, 10:00 - 11:45 a.m.

Zoom & Morgantown B

Kanawha Valley Schoenbaum Center ♦

What is stress? How does it affect us physically, mentally and emotionally? What causes stress in our lives? What can a person do to reduce it, a normal part of everyone's life? Why is it so important to manage stress? Drawing on his experience teaching stress reduction seminars, the instructor will offer techniques and recommendations.

History

The 1961 Freedom Rides

Jim Rentch

Wednesday, July 13 - 27, 12:45 - 2:15 p.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

In May 1961, the Congress of Racial Equality began a bus ride from Washington to New Orleans to confront the South's persistent racial segregation laws. Resistance was mild as far as Atlanta, but in Anniston, Birmingham, and Montgomery, Alabama, Freedom Riders were viciously attacked. In Jackson, Mississippi, riders were imprisoned at Parchman State Prison for up to four months. The rides persisted throughout the summer, eventually involving over 450 people of mixed races, hometowns, occupations, faiths, and genders. In November, the Interstate Commerce Commission (I.C.C.) finally issued an order prohibiting segregation in interstate travel.

The Auschwitz Report

Russ Hutchins

Mondays, July 25 & August 8, 3:00 - 4:30 p.m.
Zoom & Morgantown B ♦

The saving of an estimated 200,000 Jewish lives in Hungary in 1944 was a remarkable achievement in challenging the brutal, destructive force of the Holocaust. Two Jewish prisoners in Auschwitz, Rudolph Vrba and Alfred Wetzler, made a dramatic escape and reported detailed information about how the death camps operated methodically, like a factor, 24 hours a day. The courageous transmission of their secret report made the rescue possible.

The History of WVU Baseball

John Antonik

Thursday, July 21, 1:00 - 2:30 p.m.
Zoom & Morgantown B

Baseball at WVU was established in 1892. Under the leadership of its first 13 head coaches, the team enjoyed winning seasons until 1920, when they went 10-11. Suspended during WWII, the program was re-established for the 1946 season and qualified for its first NCAA tournament nine years later. They have since played in 12 NCAA tournaments and 30 conference tournaments. The team has sent 26 players to the Major League over the years, including Jedd Gyorko (current head coach of the West Virginia Black Bears) and Alex Manoah (pitcher, Toronto Blue Jays). Join us to learn more about the 130-year history of Mountaineer baseball.

Lost Cities of the World Rediscovered

Sumitra Reddy*

Wednesdays, August 17 & 24, 12:45 - 2:30 p.m.
Zoom & Morgantown A ♦
Kanawha Valley Schoenbaum Center ♦

Meet Megiddo, the 7000-year-old city in Israel familiarly known as Armageddon in the Bible. Modern technologies like LiDAR and satellite imaging are employed for archeological work in the 21st century to discover hundreds of ancient structures that are currently buried in dense forest, sand or underwater. In this class well-known lost cities as well as recently rediscovered lost cities spanning the five continents will be "visited."

Morgantown History Museum Tour

Museum Staff

Thursday, August 4, 1:00 - 2:30 p.m.
Morgantown History Museum
175 Kirk St., Morgantown



Discover the history of Morgantown and the region through the museum collection of artifacts, writings, and photographs. Enjoy exhibits on the Monongahela People, Don Knotts, local glassware, and more. The visit will include a demonstration of printing as part of the new printmaking exhibit.

Titanic Stories: The Ship, The Voyage, The People

Justin Semack

Tuesdays, July 19 & 26, 12:45 - 2:30 p.m.
Morgantown A



The Titanic story has many parts, with each one having many parts itself and as fascinating as the others. This class will examine the details behind the macro-view that most people know. All the heroes and villains, the fortunate and unfortunate, and the twists of fate will be examined and discussed in both presentation and discussion. The opening class will start with a review of the Titanic tragedy, from Belfast to New York.

Treasure Lost to the Ages...Until Found!

Steven Holsclaw

Thursday, July 14, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center



Treasure for this presentation is defined as anything of monetary, archaeological, or historical value. Treasure losses have occurred at sea and on land. Sea bed discovery was usually the result of meticulous research and required significant resources and time. In the end, searchers sometimes found the treasure. For land-based discoveries, treasure often found ordinary people by accident. This presentation shares extraordinary finds of vast treasure through discussion and breathtaking pictorial galleries of

Summer 2022 Classes

gold, silver, jewelry, and objects of incredible beauty. It also touches on how sudden wealth can bring out the best, and sometimes the worst, in the finders.

The West Virginia National Digital Newspaper Project

Stewart Plein

Monday, August 1, 10:00 - 11:30 a.m.
Wise Library, WVU Campus
Maximum Enrollment: 10



With a grant from the National Endowment for the Humanities and the Library of Congress, WVU is contributing to Chronicling America, a project to digitalize historic American newspapers. Nearly 100 West Virginia newspapers have been digitized and are now available online. They are free to use, download, and enjoy from anywhere. Stewart Plein, the Managing Director of West Virginia National Digital Newspaper Project, will talk about the status and future of the project and how to access these historic documents.

Science & Math

The Dark Matter Mystery: A Visit to the WVU Planetarium

WVU Planetarium Staff

Wednesday, August 10, 8:00 p.m.
WVU Planetarium



What keeps galaxies together? What are the building blocks of the universe? What makes the universe look the way it looks today? Researchers all around the world try to answer these questions. We know today that approximately a quarter of the universe is filled with a mysterious glue called Dark Matter. We know that it is out there. But we have no idea what it is made out of. This planetarium show takes you on the biggest quest of contemporary astrophysics. You will see why we know that Dark Matter exists, and how this search is one of the most challenging and exciting searches science has to offer. Join the scientists on their hunt for Dark Matter with experiments in space and deep underground. Will they be able to solve the Dark Matter Mystery?

Geology of Our National Parks

Richard Smosna*

Mondays & Wednesdays, July 11 - August 3
3:00 - 4:30 p.m.
Morgantown A



Our national parks with their scenic beauty and special cast of characters are the showcase of American landscapes. Mountains, glaciers, volcanoes, hot springs and geysers, deserts and prairies, coastlines and coral reefs, rivers and islands, the U.S. Park Service has them all. Moreover, the

most interesting wildlife make these parks their home, including wolves, bison, alligators, tropical fish, eagles, mountain sheep, and cougars. All of our parks share a common denominator: geological processes formed the physical characteristics of each geographical area which, in turn, provide the natural habitats for the animals living there.

Renewable and Alternative Energy

Ed Johnson*

Friday, July 29, 10:00 a.m. - 2:00 p.m.
Kanawha Valley Schoenbaum Center
Lunch break: 11:45 a.m. - 12:45 p.m.

Tuesdays, August 9 & 16, 10:00 a.m. - 11:30 a.m.
Zoom & Morgantown B

Hydro, wind, solar, geothermal, biomass, even landfill gas are among the renewable and/or alternative energy sources becoming more and more important. We will take a look at each of them, and some of the mechanics of how electricity is generated, using resources from the MH3WV website as well as information from industry and U.S. Department of Energy videos and websites.

West Virginia Botanic Garden Tour

Botanic Garden Staff

Wednesday, August 10, 10:00 - 11:30 a.m.
WV Botanic Garden, 1061 Tyrone Rd., Morgantown



Begun as only a dream in 2000, the West Virginia Botanic Garden is located on the 82-acre former Tibbs Run Reservoir property off the Tyrone Road. With a large variety of plants appropriate to Monongalia County's climate and soils, visitors to the Botanic Garden will enjoy beautifully landscaped gardens, trails weaving through flowering meadows and shaded woodland, and historic water features. Our tour guide will share the mission and history of the gardens while leading us through the rich natural environment. Be prepared to walk through a variety of terrain.

A Visit to the Caperton Planetarium

Caperton Staff

TBA
Caperton Planetarium, Clay Center



Transport yourself around the globe and across the universe in the Caperton Planetarium and Theater! The Planetarium, located in the Clay Center for the Arts & Sciences in Charleston, WV, features a giant screen theater showing wonderful selections of films and presentations. Join us as we enjoy one of the upcoming summer shows. A date and time will be announced in the Friday bulletin as soon as the summer shows are announced. Vaccinated or not, wearing masks is strongly recommended while at the Clay Center.

Technology & Training

Cutting the Cable

Jascenna Haislet, Michelle Klishis*

Thursday, August 4, 10:00 - 11:45 a.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

Remember when we had just three channels on television? And the President was on all three? The arrival of cable television offered us more viewing options, along with VCRs and DVD players. Now we have Netflix, Hulu, Roku, Prime Video, Passport, Apple TV Plus...the list goes on. Options for watching television shows and films seem endless with countless streaming and on-demand services and devices available. In this class, we will discuss options and considerations if you're thinking about "cutting the cable." The instructors will help you figure out how and where you can watch the latest episodes, award-winning films, forgotten favorites, and more.



Horse Learning Lab at the JW Ruby Research Farm

Travel & Adventure

In the Good Old Summertime: Coney Island and Cedar Point

Jack Hammersmith

Wednesday, July 27 & August 3, 10:00 - 11:45 a.m.
Zoom & Morgantown B
Kanawha Valley Schoenbaum Center ♦

Amusement parks have long been features of the American scene. Coney Island is among the oldest and certainly the best known and most publicized, but the instructor grew up near another of the iconic spots that blended beach life, carnival atmosphere, greasy food and thrilling rides: Cedar Point near Sandusky, Ohio. This class will look briefly at amusement parks in general and their distinctive features (many positive and delightful but some negative and troubling).

Lodging at a Bed and Breakfast

Steven Holsclaw

Tuesday, July 12, 10:00 a.m. - 12:00 p.m.
Kanawha Valley Schoenbaum Center



A bed & breakfast offers an alternative lodging experience when traveling. B & Bs are often competitively priced compared to motel chains and may provide an opportunity to experience lovingly restored mansions, locally historical dwellings, period furniture and the grandeur of Victorian architecture. Free breakfast at brand motels may pale when compared to potential home-cooked, gourmet-style breakfast served at privately-owned B & Bs. Further, they often serve as a mini "chamber of commerce" on local history, community activities, and nearby attractions. This class provides flavor for lodging in a bed & breakfast.



For more information, visit the trip websites or call the OLLI office at 304-293-1793.

Southern Charm

featuring Charleston, Savannah, & Jekyll Island
7 Days • 9 Meals • Activity Level 2

April 23 - 29, 2023

Reservation deadline: October 16, 2022

Embrace the leisurely pace and charming allure of America's southeast as you explore cobblestone streets, historic homes and unspoiled coastline. Discover antebellum Charleston and the history of Savannah with 2-night stays in each city. Visit Charleston's City Market, one of the oldest public markets in America. Enjoy a trolley tour of Savannah's sprawling Historic District. Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." See Jekyll Island from the water on a cruise around the Golden Isles. Experience the unique charm and singular hospitality of America's "Low Country" in South Carolina and Georgia. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112905>

British Landscapes

featuring England, Scotland, and Wales
10 Days • 12 Meals • Activity Level 2

May 14 - 23, 2023

Reservation deadline: November 08, 2022

An adventure fit for a Shakespearean tale takes you from verdant hillsides to bustling British cities rich with culture. Explore The Athens of the North during your stay in Edinburgh. Explore the ruins of a Roman Fort during a visit to Hadrian's Wall. Enjoy medieval York and its historic Minster. Enjoy a traditional afternoon tea in a quintessential Welsh town. Personalize your tour with a choice of included excursions in Edinburgh and Oxford. See the quintessential sights of London with a local guide. Sleepy villages, grassy slopes, mountainside lakes, and cities built upon layers of history – these are the landscapes of Britain. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112890>.

Greece Island Hopper

featuring Athens, Mykonos, and Santorini
11 Days • 13 Meals • Activity Level 2
Watch for September 2023 dates TBA

In Greece, discover a place where age-old legends and monuments intertwine with warm sunshine and island-style living. Tour Athens with a local guide. Explore the Acropolis, home to the famous Parthenon and the city's best lookout. Enjoy three days at leisure on the island of Mykonos, an Aegean paradise of sandy beaches and bustling energy. Uncover the past at the excavation site of Akrotiri. Make the most of a free day on the picture-perfect island of Santorini. From the ruins of Athens to the bright rooftops of Mykonos and Santorini – embrace the country at its best.

Christmas on the Danube

featuring a six night Danube River Cruise
9 Days • 19 Meals • Activity Level 1

November 27 - December 5, 2023

Reservation deadline: March 21, 2023

On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best. Join a local expert and explore historic Vienna. Float through the Wachau Valley dotted with castles and hillside houses. Visit the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries. Enjoy a Glühwein Party – a German holiday party with mulled wine. Explore Nuremberg, home to one of the oldest and largest Christmas markets in the world. Discover Würzburg, an ancient Franconian wine town. Relax as you are transported to beloved riverside towns and delve into local holiday traditions. More information, including rates and extension options, available at <https://gateway.gocollette.com/link/1112892>

Visit <https://www.gocollette.com/en-ca/collette-gives-you-more/faq#pacing> for a description of Collette's activity level ratings.

Instructor Biographies

John Antonik is the Director of Athletics Content for the Department of Intercollegiate Athletics. He is responsible for editorial content, reporting and feature writing for West Virginia University's Department of Intercollegiate Athletics' website WVUsports.com. He is also involved in the department's social media program, serves on the school's WVU Sports Hall of Fame and all-time team committees for men's basketball and football, and is a contributor on the Mountaineer Sports Network football pre-game show *Mountaineer Tailgate*. Antonik has authored four books on Mountaineer athletics: *West Virginia University Football Vault: The History of the Mountaineers*, *Roll Out the Carpet: 101 Seasons of West Virginia University Basketball*, *The Backyard Brawl: Stories from One of the Weirdest, Wildest, Longest Running and Most Intense Rivalries in College Football History*, which was a 2012 Foreword Book of the Year finalist in the category of sports, and his most recent effort, *Saturday Snapshots: West Virginia University Football*.

Jay Cole is an administrator and faculty member at WVU, where he teaches courses on topics ranging from Dante's *Divine Comedy* to *Star Wars*. He has also taught or co-taught OLLI courses on topics ranging from Pearl S. Buck to *Star Trek* and Shakespeare. He has published in *Asimov's Science Fiction Magazine* and *Analog Science Fiction and Fact Magazine*.

***Kenton Colvin** retired from WVU Student Life after 18 years. Previously, he spent 26 years in manufacturing management with six corporations, including 13 years in the mining industry. He has a Masters Degree in Industrial and Systems Engineering and has taught engineering courses for 26 years. He is vice president of the Mon Valley Railroad Historical Society and enjoys reading and teaching history.

Jascenna Haislet spent much of her career in professional and academic theatre. She is a devoted lifelong learner who enjoys delving into history, current events, and new experiences.

***Jack Hammersmith** resembles an old penny: still in circulation and recognizable but of declining value. A 48 year member of the WVU History Department, where he taught U.S. and East Asian classes, he has been an active OLLI instructor since retiring in 2016. His recent classes have focused on U.S. presidents, but summer brings a change of pace.

Robert Harrison is a retired professor and academic Dean at West Virginia State University. He earned his PhD in Educational Administration from The American University in Washington, D.C. He facilitates classes for OLLI in theatre, opera and musical theatre.

Sue Hatfield is a retired prepress technician. She has taken classes in book binding and majored in fine art before graduating with a BA in photography. She is enamored with books and paper and their many forms.

***Jim Held**, an Emeritus Prof. of Theater at WVU, claims to have learned everything at the movies. He became hopelessly addicted to all things filmic and loves to share his enthusiasm for classic and contemporary film and its history. He recently concluded a history of the movies for OLLI and hosts Film Forum.

***Ed Johnson** is the creator and curator of www.mh3wv.org, a website for West Virginia Studies students and educators; he was a long time business professor and a former cast member at Walt Disney World.

Steven Holsclaw is a retired Petroleum Geologist after working 42 years in the oil and gas industry. He has pursued a lifelong interest in fossils, minerals, and crystals and enjoys sharing that interest with like-minded individuals.

Judy Hurst is a retired teacher of the visually impaired, however has become obsessed with creating "junk" journals. She makes them for her personal use and has sold several. She wants to create a junk journal community in Morgantown.

Russ T. Hutchins, ED.Sp., is currently a professor at Friends University-Topeka, teaching U.S. History, Western Civilization, Economics, Business, Philosophy, and Business Management. He is a former school administrator and teacher with a Specialist Degree in School Administration, a graduate degree in Curriculum/Instruction, and a Bachelor's degree in Secondary Education. Hutchins lectures for OLLIs on topics surrounding WWII and the mystery of Amelia Earhart's disappearance, women spies, and women aviators.

Susan Jennings Lantz teaches Business Communications at West Virginia University. She has led WVU study abroad groups to Brazil and Bahrain, and spent two summers as a visiting lecturer at the Tianjin University of Finance of Business and Economics in Tianjin, China. Her work has appeared in *The Bitter Southerner*, *Human Resources Magazine*, and *Student Affairs Today*.

***Michelle Klishis**, OLLI's professional technologist, is a jack-of-all-trades and certifiable geek. Her degree in biology and work in a microbiology lab gave her absolutely no preparation for becoming a technology consultant, yet here we are.

William Koehler, DMA, has studied and practiced T'ai Chi over a period of 25 years, including the Cheng Man-ch'ing 37 posture Yang style, "Small Space T'ai Chi," and the Yang 24 posture form. He studied for five years with Robert Larsen, a student of Cheng Man-ch'ing.

Susan Martino joined OLLI in April of 2021. She is a WVU graduate with a degree in Marketing and has a 20 year career in the non-profit sector. In her free time, she loves to spend time hiking the trails and skiing the mountains of WV.

Instructor Biographies

Patsieann Misiti, a Beckley native, combines her passion for serving others with years of professional and life experiences to guide older adults and their families through major life transitions. Whether clients are relocating to a new residence or interested in living more safely and independently in their current home, she is known for delivering client-centered services with compassion, integrity and care.

David Mould, PhD, Professor Emeritus of Media Arts and Studies at Ohio University, has traveled widely in Asia and southern Africa. Born in the U.K., he worked as a newspaper and TV journalist before moving to the U.S. He is the author of three books on history, travel and culture, the latest *Postcards from the Borderlands* (2020).

Stewart Plein is the curator of Rare Books and Printed Resources for the WVU Libraries and West Virginia and Regional History Center, as well as the managing director of the West Virginia National Digital Newspaper Project. She received her BA from Emory & Henry College and her MLIS from the University of South Carolina. Stewart's research and publishing interests include book history, bookbinding design and Appalachian Studies.

Cecil Pollard has been practicing T'ai Chi for almost five years under several different instructors. He has experience teaching this class, but doesn't consider himself an expert. He continues to take classes when possible.

***Sumitra Reddy** grew up India and came to the U.S. for graduate studies in Physics. She has been teaching at OLLI since 2011 to share her joy of learning various subjects ranging from history to science in that process.

Jim Rentch has been a welder, autoworker, coal miner, electrical technician, and most recently, an instructor at WVU's Division of Forestry and Natural Resources. He values utilizing the photographic resources of WVU Libraries and WV State Archives to recreate events he covers in his OLLI classes.

Justin Semack is a fully retired licensed psychologist for West Virginia and Pennsylvania, having worked for over 25 years in providing psychotherapy and expert witness testimony, most notably in involuntary mental hygiene commitment proceedings. He has provided and given expert testimony in at least 5000 mental hygiene evaluations and testimony from 1988 to 2012, being well respected in the professional community.

***Richard Smosna** is an emeritus professor at WVU who has taught geology for over 35 years, presenting courses in environmental hazards, history of Earth, dinosaurs, human evolution, oceanography, and petroleum.

* Donotes Honor Roll instructor.

OLLI Policies

Classroom Etiquette

OLLI instructors are volunteering their time and talents. Please be respectful of your course instructors and fellow participants by:

- staying on topic during discussions
- attending only courses for which you have registered

Exposure to new and different ideas is what OLLI is all about. We encourage you to embrace this philosophy and be respectful in classroom discussions.

Refunds

Membership is non-refundable. Refunds for registration and other fees are considered on a per-case basis.

Weather Closings

OLLI will not hold in-person classes in Monongalia County or Kanawha County if the schools are closed or offering remote learning for the day in the respective county. OLLI may still host classes on Zoom. If you are unaware if a class you are registered for is meeting, visit olli@hsc.wvu.edu or call the OLLI office at 304-293-1793.

Class Disclaimer

OLLI at WVU presents programs of interest for general guidance only. It does not engage in rendering legal, medical, financial, or other professional advice and services. Information presented in an OLLI program should not be used as a substitute for consultation with a professional legal, medical, financial, or other competent adviser. Before making any decision or taking any action, program participants should consult a professional legal, medical, financial, or other competent adviser.

All information is provided "as is," with no guarantee of completeness, accuracy, timelines or of the results obtained from the use of the information, and without warranty of any kind, expressed or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Neither OLLI at WVU nor its information providers will be responsible to any program participant or anyone else for any decision made or action taken in reliance on the information presented by OLLI at WVU, or for any consequential, special or similar damages, even if advised of the possibility of such damages.

Liability Disclaimer

Individuals acknowledge and assume any and all risk associated with participation in OLLI at WVU activities. OLLI at WVU makes no representation regarding the appropriateness of any activity for an individual. OLLI at WVU disclaims any and all liability for each individual's participation in any activities. If a course involves physical activity, participants are responsible for wearing the proper attire and using the proper equipment (if applicable). It is highly recommended that participants consult their physician before participating in physical activity.

Non-Discrimination Statement

WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes minorities, females, individuals with disabilities, and veterans.

Curious About Teaching for OLLI?

OLLI at WVU draws volunteers from all walks of life to teach a wide variety of courses for adults 50 and older. Although many of our instructors are teachers, professors, or business and civic leaders, many others are community members with a desire to share their knowledge and passion with their peers.

Experience the joy of teaching free of tests and grades.

OLLI classes are offered simply for the joy of learning. Members are enthusiastic, engaged, and eager to learn. And you don't have to grade exams!

Courses are offered during Fall, Winter, Spring, and Summer terms in the areas of arts, literature, history, philosophy and religion, current events, political affairs, science, math, health and wellness, travel, and more. Courses may be from one to six sessions. Most sessions last about two hours.

Interested in teaching for OLLI? Visit our website at www.olliatwvu.org or call the OLLI office at 304-293-1793 for more information.

Instructor Information Session

Tuesday, September 6, 3:00 p.m.
on Zoom and in-person.

For more information or to register, visit olliatwvu.org/about-us/community-events/

OLLI at WVU - Your Next Adventure Begins Here

Summer registration begins June 27

Phone: 304-293-1793

Website: olliatwvu.org

Email: olli@hsc.wvu.edu

Benefits of OLLI Membership

Staying intellectually stimulated and socially active are proven components of healthy aging. Membership in OLLI provides these benefits through:

- More than 200 courses and activities per year in such areas as the arts, health and wellness, humanities, math and science, technology, and more.
- Social events
- Travel programs
- Interest Groups
- Volunteer opportunities