IMPORTANT DATES
Winter Term: Jan 23–Mar 17, 2023
Check individual course listings for specific meeting dates.
Registration Opens: Jan 4, 10 am

CLASS INFORMATION
Both in-person and online classes are offered. Download free Zoom Client for Meetings for the best online class experience. Online classes are offered in real time, are interactive, and are not recorded. Class format and location are indicated in the course descriptions. No tests! No grades!
Along with professors and other educators, OLLI classes are taught by professionals from many fields as well as passionate hobbyists. A brief biography of each class moderator is included with the course description.

OLLI MEMBERSHIP
OLLI programs are designed for adults aged 50 and older. The only prerequisite is a desire to learn.

PRICING & REFUNDS
Winter Term Membership: $90
• Most multiweek classes: $5 with membership
• Most one-time programs: $0 with membership
• Fieldtrips: $0–$15 with membership
Refunds after the term begins at director’s discretion.
Moderators of multiweek Winter courses and UC Foundation Tower of Strength donors receive complimentary membership. Please notify the office before trying to register if you are eligible for a free membership: 513-556-9186.

FINANCIAL ASSISTANCE
Financial assistance is available to all who need it. Send a short statement of need to olli@uc.edu to request a scholarship or call 513-556-9186 for information.

REGISTRATION
Registration opens Wednesday, Jan 4, 10 am.
You may register online (strongly recommended) or by mail by printing and mailing the completed registration form with a check for $90 plus any class fees.
No phone registration before Jan 9!

WAIT LISTS
If a class you want is full, you may place yourself on a wait list. If a place opens in that class, the first person on the list will be notified by phone or email and will have a limited amount of time to respond before the place is offered to the next person on the list.

TEACHING FOR OLLI
If you would like to share your expertise with the OLLI community, please consider volunteering to moderate a class. Visit the OLLI website or call 513-556-9186.

DISCLAIMER
The views and opinions expressed in OLLI courses are strictly those of the moderators and their guest speakers. Course content has not been reviewed by the Osher Lifelong Learning Institute at the University of Cincinnati. Consult your financial advisor before acting on any implied or actual recommendations concerning the investment of your money. Consult your physician before following any medical, nutritional, or exercise program or advice.

LOCATIONS & PARKING
UC Victory Parkway Campus (VPC)—2220 Victory Pkwy, 45206. Permits for free parking in the OLLI lot accessed from Cypress St are distributed during the first week of classes and available later in the OLLI office (VPC Admin 207).
Adath Israel (ADI)—3201 E. Galbraith Rd, 45236. Free parking in the adjacent lot. No food or drink except water is permitted in this facility.
Ohio Living Llanfair (OHLL)—1701 Llanfair Ave, 45224. Free parking in the adjacent lot. Look for OLLI signs.
Other locations as indicated in catalog descriptions.

COVID RULES FOR IN-PERSON PROGRAMS
OLLI follows all COVID protocols of the University of Cincinnati. At this time (but subject to change), proof of vaccination, facial coverings, and social distancing are NOT required. Some locations may have other protocols.

CONTACT US
EMAIL: olli@uc.edu
PHONE: 513-556-9186
VISIT: 2220 Victory Pkwy, Admin 207, Cincinnati, OH 45206
MAIL: OLLI at UC, PO Box 210093, Cincinnati, OH 45221-0093
ART & ART HISTORY
3914  Art for the Artless (ADI-Tue)
9031  Beyond Bollywood: 2,000 Years of Dance in India at Cincinnati Art Museum (OTHER-Fri)
2468/2469 Coming Attractions at the Skirball Museum: Frank Stella and Siona Benjamin (VPC/ZOOM-Thu)
1034  Found Objects and Your Imagination (VPC-Mon)
3620  Magnificent Art and Life of Pablo Picasso (ADI-Tue)
3706  Mixed-Media Art and Craft (ADI-Tue)
1249/1250 Modern Art: Cincinnati’s Greatest Collector—Mary E. Johnston (VPC/ZOOM-Mon)
2455  Papercrafting: Spring/Summer Themes (VPC-Thu)

COMPUTERS & TECHNOLOGY
5055/5056 3D and 4D Printing for Making Products and the Latest Fashions (VPC/ZOOM-Wed)
1537  Introduction to Excel (VPC-Tue)
2522  iPhone Basics (VPC-Thu)
3408  Newest Technologies for 2023 and Beyond (ADI-Tue)

CURRENT EVENTS, LAW & POLITICS
2460/2461 Addressing Health Equity in the Cincinnati Region (VPC/ZOOM-Thu)
2456  Contemporary Economic Policy Issues (ZOOM-Thu)
2123  Debate on the Electoral College: The Audience (VPC-Wed)
2122  Debate on the Electoral College: The Debate Teams (VPC-Wed)
2835  Defending Our Natural Rights (ZOOM-Fri)
1318  Documenting Democracy, Part 2 (ZOOM-Mon)
1647  Finding Solutions to America’s Problems (VPC-Tue)
2832  Gay Marriage, from Cincinnati Courthouse to US Supreme Court: Now at Risk? (ZOOM-Fri)
3618  Separation of Church and State: Vital in 1787, Critical Now (ADI-Tue)
5061/5052 Sierra Leone, West Africa: Turning Aid into Self-Reliance (VPC/ZOOM-Wed)
5049/5050 Whatever Happened to the Charter Committee? (VPC/ZOOM-Wed)
5053/5054 Women Helping Women Aims at Gender Violence (VPC/ZOOM-Wed)

FINANCE & RETIREMENT
1650  Applying the Economics of Investing to Today’s Volatile Financial Markets (VPC-Tue)
8407  Elder Law: Protecting Life’s Savings and Quality of Life (OTHER-Fri)
4108  Intentional Retirement Income Planning (ADI-Thu)
2834  Looking for More Income from Your Investments? (ZOOM-Fri)
1651  Medicare Scams, Choosing a Nursing Home, Navigating Medicare-Medicaid (ZOOM-Tue)
1031  Past, Present, and Future: Making Sense of Economic and Market Uncertainty (VPC-Mon)
5051/5052 Solutions for Empowering the Sandwich Generation and Their Senior Parents (VPC/ZOOM-Wed)
3912  Wealth Preservation In Volatile Times (ADI-Thu)

FOREIGN LANGUAGE
2327  French for the Fun of It (VPC-Thu)
3508  French Poetry (ADI-Tue)
2326  German Conversation (VPC-Thu)
3406  Intermediate French Conversation (ADI-Tue)
2231  Italian Conversation: Past Tense (ZOOM-Thu)
1431  Italian for Beginners (ZOOM-Thu)

GARDEN & NATURE
3404  Gardening: Ask the Experts (ADI-Tue)
6033  Gardening with Native Plants and Trees (OHLL-Fri)

HEALTH & WELLNESS
1243/1244  Hemp Cannabinoids—A Healthcare Professional’s Perspective (VPC/ZOOM-Mon)
2021  Layperson’s Guide to Understanding and Responding to Mental Illness (VPC-Wed)
3621  Live Longer? Yes! Live Better? (ADI-Tue)
1128  Move into Ease (VPC-Mon)
1438  Primary and Secondary Prevention of Cardiovascular Disease (ZOOM-Tue)
3617  Stop the Bleed and Hands-Only CPR (ADI-Tue)
1434  Taking the Next Step in Your Meditation Practice (VPC-Tue)
2837  Theories on Aging (ZOOM-Fri)
1646  Understanding Vipassana Meditation (VPC-Tue)
2457  Vipassana Meditation Practice (VPC-Thu)
2458/2459  Your Brain Health and Wellness (VPC/ZOOM-Thu)

CLASS LOCATION ABBREVIATIONS
ADI  Adath Israel
OHLL  Ohio Living Llanfair
VPC  UC Victory Pkwy Campus
HISTORY & SOCIAL SCIENCES
6037 Addressing Ever-Changing Community Needs: Sisters of Charity and Santa Maria (OHLL-Fri)
1245/1246 Are They Equal in the Eyes of the Law? Black Soldiers in WWI Sheet Music (VPC/ZOOM-Mon)
6035 Avondale—Past, Present, and Future (OHLL-Fri)
1253/1254 Birth of French Haute Cuisine (VPC/ZOOM-Mon)
3810 Causes of WWII to the War Itself (ADI-Thu)
3704 Cincinnati and How It Grew: Neighborhood by Neighborhood (ADI-Tue)
6032 Cincinnati’s German Civil War Soldiers (OHLL-Fri)
2831 Crossing the Ohio: Historic Bridges and the Ohio River in Cincinnati History (VPC-Fri)
1435 Discovering the Steps of Cincinnati: A Treasure Hidden in Plain Sight (VPC-Tue)
5059/5060 Eleanor Roosevelt: First Lady of America, First Lady of the World (VPC/ZOOM-Wed)
6036 Historical Sketches from Mason County, Kentucky (OHLL-Fri)
1433 The Holy City: Why Jerusalem Matters (VPC-Tue)
1029 How Cincinnati Changed the World (VPC-Mon)
1130 Industrial Revolution in Britain and America to 1900 (VPC-Mon)
3405 Jack the Strangler Murders (ADI-Tue)
9034 Lanterns and Landmarks Historical Tour of Montgomery (OTHER-Wed)
1432 Mythology of Greece and Rome (VPC-Tue)
1247/1248 Our History: Stories of Cincinnati (VPC/ZOOM-Mon)
3622 President Lincoln as Commander-in-Chief (ADI-Tue)
9032 Pub Night: Black Inventors and Entrepreneurs (OTHER-Tue)
3509 Scotland History: A Northern Caledonia Lion (ADI-Tue)
1251/1252 Symbols of America (VPC/ZOOM-Mon)
1652 Tracing Homo Sapiens through Europe into the Americas (ZOOM-Tue)
1436/1437 Update on Canada (VPC/ZOOM-Tue)
1131 World War II in Asia and the Pacific (VPC-Mon)
HOBBIES, SPORTS & OTHER
8106 Bridge 102: For Those Who Know Some of the Basics (OTHER-Tue)
9033 Chocolate Mystery Tour (OTHER-Mon)
3623 Hispanic/Latin Holidays in the USA: A Brief Overlook (ADI-Tue)
9035 Introducing the Pleasurable Wines of France at Piazza Discopoli (OTHER-Mon)
2120 In Your Dreams (VPC-Wed)
8406 Let’s Do Lunch: Restaurants Older than We Are (OTHER-Fri)
3510 Origami (Paper-Folding) (ADI-Tue)
2325 Raise Your Voice (VPC-Thu)
2023 Tarot for Beginners (ZOOM-Wed)
3619 Tri-State Trails (ADI-Tue)
3511 Wonderful World of Jewelry and Precious Gems (ADI-Tue)
2472 Word Play with Ambigrams—Hands-on Workshop (VPC-Thu)
LITERATURE & DRAMA
3811 Books that Moved You (ADI-Thu)
1132 Great Historical Fiction, Round 2 (ZOOM-Mon)
2523 Great Short Stories and Short Novels (ZOOM-Thu)
1726 Let’s Read Banned Books (ZOOM-Tue)
1540 More Murder and Mayhem! (ZOOM-Pat 2)
1810 Plains Songs: Three Novels of the West (VPC-Wed)
2232 A Reader Lives a Thousand Lives (VPC-Thu)
4107 Renascence: A Reappraisal of Edna St. Vincent Millay (ADI-Thu)
2708 South African Drama and Film (VPC-Fri)
2022 Winesburg, Ohio: Tales of Small-Town Ohio (VPC-Wed)
MUSIC
8309 Birth and Development of Music (EMAIL-Thu)
1255/1256 Cincinnati May Festival at 150 (VPC/ZOOM-Mon)
1534 Exploring Opera (VPC-Tue)
2328/2329 For the Love of Music (VPC/ZOOM-Thu)
2833 Great American Rock-and-Roll Songbook—1960s (VPC-Fri)
2233 How Music Means (VPC-Thu)
2470/2471 Lady Sings the Blues, Part 2: Focus on Ohio Jazz Vocalists (VPC/ZOOM-Thu)
1725 Rock, Docs, and Talks (VPC-Tue)
6038 Singing in the Saddle: Tales of Cowboy Songs and Singers (OHLL-Fri)
4106 Sing Karaoke (ADI-Thu)
1032/1033 Sixties Rock (VPC/ZOOM-Mon)
PHILOSOPHY & RELIGION
3913 “And All the People Honored Her”—Women of Strength in the Apocrypha (ADI-Thu)
1028 Plato and the Meaning of Love, Pat 2 (VPC-Mon)
8107 Radiance of the Mystics (EMAIL-Tue)
3624 Tour Adath Israel Synagogue (ADI-Tue)
9036 Tour and Lunch at the Athenaeum (OTHER-Fri)
PHOTOGRAPHY
1649 Creative Photography: Intermediate to Advanced (VPC-Tue)
1030 Fundamentals of Photography, Part 2 (VPC-Mon)
1134 Photography Workshop: Intermediate to Advanced (VPC-Mon)
6039 Through the Lens: Queen City Discovery (OHLL-Fri)

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLL Ohio Living Llanfair
VPC UC Victory Pkwy Campus
SCIENCE, MATH & PSYCHOLOGY
3809 Back to the Moon (ADI-Thu)
2462/2463 Citizen Science for Seniors (VPC/ZOOM-Thu)
1535 Exploring C. G. Jung: Psychologist or Philosopher? (VPC-Tue)
2524 Exploring the Basics of Genetics (ZOOM-Thu)
5063/5064 Exploring the Geology and Biology(? of Mars (VPC/ZOOM-Wed)
1257/1258 Forever Chemicals—All around Us and What We Can Do (VPC/ZOOM-Mon)
2464/2465 Geological Foundations of Modern Landscape Evolution (VPC/ZOOM-Thu)
2466/2467 Landscape Ecology of the Little Miami State and National Scenic River (VPC/ZOOM-Thu)
4012 Let’s Get Down to Earth (ADI-Thu)
1538/1539 NASA and the Space Race: An Informal History—The Apollo Years (VPC/ZOOM-Tue)
6034 Realities and Perceptions: Energy and Climate (OHLL-Fri)
4011 Religion, Science, and Critical Thinking (ADI-Thu)
3407 The Universe: Survey of What’s Out There (ADI-Tue)
2830 Watershed Consciousness Experience (VPC-Fri)
2234 Wonders and Mysteries of the Atom (VPC-Thu)

SELF-IMPROVEMENT
1724 Aging, Spirituality, and the Heroine’s Journey (VPC-Tue)
2709 Aging, Spirituality, and the Heroine’s Journey (ZOOM-Fri)
2020 Creating What’s Next (VPC-Wed)
2521 Creativity: Art, Design, Music, Science, and Writing (VPC-Thu)
2024 Managing a Home Project or Planning a Big Event on Time, on Budget, and on Scope (ZOOM-Wed)
1129 Managing Stress in Stressful Times (VPC-Mon)
2025 Unshakable Habits vs. Failed Resolutions, Part 1 (ZOOM-Wed)
2836 You Can Change How You Feel and Act (VPC-Fri)

STAGE & SCREEN
1133 21st-Century Broadway Musicals (ZOOM-Mon)
8203 Play that Movie Again, Sport (OTHER-Wed)
1727 Stream the Dream (ZOOM-Tue)

TRAVEL
5057/5058 Riding the Iron Rails across Africa (VPC/ZOOM-Wed)

WRITING
1536 Advanced Poetry Writing (VPC-Tue)
1723 Memoir Wisdom: Stories Worth Sharing (VPC-Tue)
1319 Remembering, Reflecting, and Writing: Creating Your Memoir (ZOOM-Mon)
2121 Women Writing for (a) Change (ZOOM-Wed)
1648 Writing for Children (VPC-Tue)
3705 Writing Poetry Workshop for Those Who Have Never Written a Poem (ADI-Tue)

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLL Ohio Living Llanfair
VPC UC Victory Pkwy Campus
### Complete Class Descriptions by Class Number

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Title</th>
<th>Description</th>
<th>Fee</th>
<th>Limit</th>
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<tbody>
<tr>
<td>1028</td>
<td>Plato and the Meaning of Love, Part 2 NEW</td>
<td>Love is a notably ambiguous word, yet the emotion lies at the core of our lives together. In Part 1, we discussed Plato’s insights into the topic in his dialogue “The Symposium.” In Part 2, we will read and discuss together what he had to say in his dialogue “Phaedrus.” Participation in Part 1 would be helpful but is not necessary for Part 2. Moderator: Michael Marchal has an AB in English from XU and a PhD candidacy in philosophy from Fordham Univ. He taught English in high school and philosophy in college for years before retiring.</td>
<td>$5</td>
<td>15</td>
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<td>1029</td>
<td>How Cincinnati Changed the World</td>
<td>Many residents of our region are unaware of the worldwide impact of past and present Cincinnatians. Join our exploration and discussion of how Cincinnatians influenced the world in areas such as media, medicine, education, consumer products, politics, and more! Moderator: Robert Eveslage is Professor Emeritus and retired biology department chair at Cincinnati State. He developed his interest and knowledge in Cincinnati history by being a docent for Spring Grove Cemetery and the Over-the-Rhine Brewery District. He also is a re-enactor of various figures from Cincinnati’s past.</td>
<td>$5</td>
<td>25</td>
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<td>1030</td>
<td>Fundamentals of Photography, Part 2 UPDATED</td>
<td>You have a great camera! Now what do you do to create great images? This is the second of a two-part course that involves learning the fundamentals of photography and beyond. You’ll learn composition, exposure, light meters, lenses, sensors, color temperature, camera body parts and functions, depth-of-field, focusing, equivalent exposure, shooting in aperture and shutter priority, program and manual modes, camera set-up, shooting examples, timer, bracketing, camera supports, and introduction to flash. You will create images to share with the class. This course is NOT for point-and-shoot cameras. Moderator: Craig Rouse has been immersed in photography and videography for 50+ years. He has a BFA in broadcasting from UC-CCM and has been fortunate enough to win numerous photography and video awards over the years.</td>
<td>$5</td>
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<td>1031</td>
<td>Past, Present, and Future: Making Sense of Economic and Market Uncertainty NEW</td>
<td>Interested in having a discussion in “real time” about what is taking place in the economy and financial markets? Can we learn anything and apply lessons from historic market events? What is happening now? What challenges lie ahead? Whether it’s inflation, interest rates, or volatile stock values, we will cover it all. We will discuss an array of topics and rely on your input and questions to shape the class agenda. The class is designed in a seminar format where your participation is both welcome and encouraged. Moderator: Bob Carroll is an experienced moderator at OLLI and also serves on the OLLI Board. When not leading a class, he serves as the Managing Director of Carnegie Investment Counsel’s Cincinnati office. Biking, travel, and music take up the rest of his schedule.</td>
<td>$5</td>
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<td>1032 / 1033</td>
<td>(VPC) / (ZOOM) Sixties Rock UPDATED</td>
<td>We will explore how the polarization of 1960s society shaped the rock of that volatile era. Moderator: Bruce Bowdon taught middle school music for 43 years at Summit Country Day School. He is a songwriter and was a cocktail pianist in a former life.</td>
<td>$5</td>
<td>150</td>
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<td>1034</td>
<td>Found Objects and Your Imagination UPDATED</td>
<td>No special art background needed for this class that is small in size but BIG on hands-on fun for developing and creating your own innovative and personal mixed-media artwork. Basic supplies will be provided while encouraging the addition of your choice of found objects reflecting your life, personality, and interests. This small class encourages your attendance and active participation—and is an excellent opportunity to craft a special gift for friends or family. Moderator: Thelma Shotten is a docent at the Contemporary Arts Center and has taught at Cincinnati Public Schools, Art Academy, and NKU. Her mixed-media, enamel, and porcelain artworks (the latter inspired by sea coral formations) have been displayed at many Cincinnati-area art galleries and exhibitions.</td>
<td>$5</td>
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**Class Location Abbreviations**

- ADI: Adath Israel
- OHL: Ohio Living Llanfair
- VPC: UC Victory Pkwy Campus
1128 Move into Ease  UPDATED  
Mon, Jan 23–Mar 13, 11 am–12 pm (VPC) $5  
LIMIT 20  
A touch of yoga, some energizing movement, a time for relaxation, soulful stretching, and pumping life into each cell. This one-hour class oils your joints and breathes ease into your bones, like giving yourself a massage. Wear comfortable, loose clothing and bring a mat or towel on which to lie. Expect to feel rejuvenated!  
Moderator: Karen Zaugg brings a lifetime of dance training, yoga, and a variety of bodywork experiences to welcome you to exercise and a sense of wellbeing.

1129 Managing Stress in Stressful Times  UPDATED  
Mon, Jan 23–Feb 13, 11 am–12:15 pm (VPC) $5  
LIMIT 20  
We live in stressful times, with daily news reports on the dangers around us—international conflicts, street violence, political chaos, environmental threats—and finally COVID-19, which restricts us from many social interactions that enrich our lives. In this four-week course, we will explore how we might better cope with the unavoidable stressors of daily life. The first two classes will deal with the cognitive aspects and how we can change or reshape the “ways we think” in order to avoid triggering the stress response. In the last two classes, we will practice a few exercises that help with the physiological aspects of stress such as anxiety, depression, insomnia, etc.  
Moderator: Don Maloney taught psychology, philosophy, and religion for Univ. of Maryland at US military bases in Europe and Asia. He has also taught at several stateside universities, most recently XU. After receiving his master’s from Gonzaga Univ., he did post-graduate study at Boston College and at universities in France and Germany. He was previously an OLLI instructor in Denver.

1130 Industrial Revolution in Britain and America to 1900  NEW  
Mon, Jan 23–Mar 13, 11 am–12:15 pm (VPC) $5  
LIMIT 50  
The Industrial Revolution is one of the big three “events” in history, with the Agrarian Revolution of about 8000 BCE and the discovery of the Americas. We will describe and explain the key factors of the Industrial Revolution, including the 2nd Agrarian Revolution, why the Industrial Revolution started, what sustained it, the changes it wrought in British and American society and culture, and that it’s not really a “revolution” in the usual sense. We will frame our discussions around the social “institutions” that promoted and hindered economic growth.  
Moderator: John Wilson has previously moderated OLLI courses on Reconstruction, the US Constitution, and the Cold War.

1131 World War II in Asia and the Pacific  
Mon, Jan 23–Mar 13, 11 am–12:15 pm (VPC) $5  
LIMIT 40  
World War II in Asia and the Pacific was a war of immense distances, daunting geographic challenges, open racial hostility on all sides, and graphic brutality. It was a land war in the jungles of the South Pacific and Burma, the volcanic archipelagos of mid-Pacific islands, and the fields, valleys, towns, and villages of China. In the vastness of the Pacific Ocean, the battles at sea were the largest fleet actions in all history.  
Moderator: John Lane has 20 years of teaching experience in world civilizations, AP European history, and US history. His undergraduate and graduate degrees are from UC and NKU with additional graduate training from Indiana Univ. He has traveled extensively in Britain and Continental Europe. His major fields of study are British and military history.

1132 Great Historical Fiction, Round 2  UPDATED  
Mon, Jan 23–Mar 13, 11 am–12:15 pm (VPC) $5  
LIMIT 45  
We will read for week one: Ragtime by E. L. Doctorow; for weeks two and three: My Name Is Red by Orhan Pamuk; for weeks four and five: Master and Commander by Patrick O’Brien; and for weeks six, seven, and eight: An Instance of the Fingerpost by Iain Pears. These are challenging books, but we will break them down and discuss them together!  
Moderator: John Briggs has taught numerous courses for OLLI and has advanced degrees in literature.

1133 21st-Century Broadway Musicals  NEW  
Mon, Jan 23–Mar 13, 11 am–12:15 pm (VPC) $5  
UNLIMITED  
We will continue our journey through Broadway musicals from about 2008 on. Through video clips and discussion, we’ll enjoy shows including Million Dollar Quartet, The Book of Mormon, Sister Act, Once, Newsies, Kinky Boots, Aladdin, and Beautiful. Part of the discussion will relate to ongoing and emerging trends in the theater.  
Moderator: Doug Iden is a big fan of movies and theatrical musicals with an extensive collection of films and original Broadway scores. He has taught classes on Broadway and film at OLLI for several years.

CLASS LOCATION ABBREVIATIONS  
ADI　Adath Israel  
OHLL　Ohio Living Llanfair  
VPC　UC Victory Pkwy Campus
1134 Photography Workshop: Intermediate to Advanced
Mondays, Sep 19–Nov 7, 11 am–12:15 pm (VPC) $5
LIMIT 12

With the moderators serving as facilitators and coaches, you will share your work, and all will participate in gentle discussion. Each week, we will have a challenge assignment of six photos to share. This workshop is designed for those who have previously completed a photography course, have a basic working knowledge of their camera, and want to engage at the next level.

Moderators: David Kempton is a longtime photo enthusiast and has exhibited in several galleries around Cincinnati. Craig Rouse has been immersed in videography and photography for 50+ years. He has a BFA in broadcasting from UC-CCM and has been fortunate enough to win numerous video and photography awards over the years.

1243 (VPC) / 1244 (ZOOM) Hemp Cannabinoids—A Healthcare Professional’s Perspective
Mon, Jan 23, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

Hemp, available in all 50 states, comes directly from the plant Cannabis sativa L. and includes any part of the plant and cannabinoids, with a delta-9 tetrahydrocannabinol concentration of not more than 0.3 percent. Dr. Cathy Rosenbaum, a local holistic clinical pharmacist, will review cannabis and hemp regulations, briefly discuss cannabinoid pharmacology, and review product formulations and product quality guidelines for CBD oil and other hemp cannabinoids.

Moderator: Cathy Rosenbaum

1245 (VPC) / 1246 (ZOOM) Are They Equal in the Eyes of the Law? Black Soldiers in WWI Sheet Music
Mon, Jan 30, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

42,000 African Americans saw combat during WWI. UC Art History Professor Theresa Leininger-Miller, PhD, examines illustrated piano sheet music that promotes racial uplift with compositions about Black soldiers by both Black and white songwriters. Such compelling visual culture reveals beliefs and values about race, equality, masculinity, citizenship, patriotism, xenophobia, multi-generational military service, and a just divinity. With their bold graphics, vivid and contrasting colors, and emotional pull, they were designed to attract buyers, offer comfort and hope, improve race relations, and make the Great War for Democracy a legal reality.

Moderator: Theresa Leininger-Miller

1247 (VPC) / 1248 (ZOOM) Our History: Stories of Cincinnati
Mon, Feb 6, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

Cincinnati Enquirer history columnist Jeff Suess shares some of his favorite history stories from his years of covering the Queen City’s past. Suess is the author of several books on local history, including Lost Cincinnati, Hidden History of Cincinnati, and Cincinnati: An Illustrated Timeline as well as books on the history of Disney’s Tomorrowland and the Cincinnati Bengals.

Moderator: Jeff Suess

1249 (VPC) / 1250 (ZOOM) Modern Art: Cincinnati’s Greatest Collector—Mary E. Johnston
Mon, Feb 13, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

Working with curators, archivists, and historians, Steve Albert, a lifelong arts enthusiast, has created an entertaining and enlightening presentation providing insights into Mary E. Johnston’s renowned modern art collection, which was donated to the Cincinnati Art Museum in 1967. Learn about Miss Johnston’s heritage and source of wealth (niece and heir of William Cooper Procter, president of the Procter & Gamble Company) and when, where, and how she assembled a collection that contains one of Cincinnati’s favorite paintings, Van Gogh’s Undergrowth with Two Figures.

Moderator: Steve Albert

1251 (VPC) / 1252 (ZOOM) Symbols of America
Mon, Feb 20, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

Take a whirlwind view of 50 of our country’s iconic images of America with Deb Price. She has been a teacher, restaurant manager, aquatic instructor, professor, and more. She loves history and most books about everything.

Moderator: Deb Price

1253 (VPC) / 1254 (ZOOM) Birth of French Haute Cuisine
Mon, Feb 27, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED

Discover how the carefully orchestrated life in Versailles under the long reign of Louis XIV became the driver for the development of a new cuisine focused on heightening the tastes of the ingredients instead of masking them with spices and sugar. From sunup to sundown, the court of the Sun King became a nonstop production centered around the life of the sovereign, transforming the proud nobles into servile courtiers. Presenter Gerald Checco will share the fascinating story around the birth of French haute cuisine.

Moderator: Gerald Checco
1255 (VPC) / 1256 (ZOOM) Cincinnati May Festival at 150 NEW
Mon, Mar 6, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
The Cincinnati May Festival celebrates its 150th anniversary in 2023. Learn more about the past, present, and future of the May Festival and what makes Cincinnati “The City That Sings”! The presentation is led by Dr. Matthew Swanson (CCM ’13, ’19), Associate Director of Choruses for the May Festival.
Moderator: Matthew Swanson

1257 (VPC) / 1258 (ZOOM) Forever Chemicals—All around Us and What We Can Do NEW
Mon, Mar 13, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Rob Bilott is an environmental attorney with Taft Law who won lawsuits against DuPont regarding “forever chemicals.” He will discuss continuing developments in his fight against these prolific chemicals called PFAS—considered a worldwide public health threat. His book is Exposure: Poisoned Water, Corporate Greed and One Lawyer’s 20 Year Battle against DuPont. Seeing the movie Dark Waters, which tells Rob’s story, as well as the documentary The Devil We Know, is recommended but not required before this presentation.
Moderator: Rob Bilott

1318 Documenting Democracy, Part 2 UPDATED
Mon, Jan 23–Mar 13, 2:15–3:30 pm (ZOOM) $5 UNLIMITED
Discussions of historical and current international events as reported by citizen-donor-subscriber supported Democracy Now! hosted by Amy Goodman for 25 years. Democracy Now features M–F daily, hour-long 24/7 access. Reading of the many books and YouTube presence of Noam Chomsky is highly recommended
Moderator: Lynn Hamamoto is an avid nonfiction reader, independent media supporter of Democracy Now, and follower of the Ralph Nader podcast.

1319 Remembering, Reflecting, and Writing: Creating Your Memoir UPDATED
Mon, Jan 23–Mar 13, 2:15–3:30 pm (ZOOM) $5 LIMIT 7
You are the star of your life, and your unique story is important. Recall your life experiences, reflect about their meanings, and record them. We have lived several decades and learned; now we think about the meaning of our lives and perhaps desire to pass values on to others. Create your memoir for your family or yourself. This small class offers opportunity to read your pieces every week and to get helpful feedback from moderators and classmates—and to appreciate for yourself what your life means.

1431 Italian for Beginners
Tue, Jan 24–Feb 28, 9–10:30 am (ZOOM) $5 LIMIT 20
Learn to communicate in this beautiful, musical language. You’ll acquire the basics of pronunciation, vocabulary, grammar, and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation plus special expressions for travelers. We’ll include tips on traveling, sightseeing, and enjoying Italian culture. Text: Italian: A Self-Teaching Guide by Edoardo A. Lèbano. NOTE: class begins at 9 am.
Moderator: Antonio Lemmla has been teaching Italian at UC for 25 years and NKU for 29 years. He enjoys teaching this beautiful language with a great culture, cuisine, and fascinating history. When you speak Italian, it seems as if you are singing opera because it is so musical.

1432 Mythology of Greece and Rome NEW
Tue, Jan 24–Mar 14, 9:30–10:45 am (VPC) $5 LIMIT 40
Were you ever “struck by Cupid’s arrow” or thought a too-good deal was a “Trojan Horse”? This class will teach you enough Greek and Roman mythology to appreciate mythological subjects in art and understand literary phrases and even cartoons. It is focused on the stories of gods and heroes, not the psychological/sociological aspects of mythology.
Moderator: Bettye Beaumont has co-moderated other OLLI literature and history classes. She majored in classical studies in college and has been studying and teaching classical mythology for 50+ years.

1433 The Holy City: Why Jerusalem Matters NEW
Tue, Jan 24–Feb 28, 9:30–10:45 am (VPC) $5 LIMIT 25
For millennia, people have been drawn to the city of Jerusalem. More than four million visitors continue to arrive each year, eager to walk its ancient streets, worship at its holy places, or delve into its complex and layered history. This course will examine that history and explore Jerusalem’s importance to the three Abrahamic faiths. Jewish, Islamic, and Christian guest speakers will share their personal experience of Jerusalem and address its historical, spiritual, and emotional centrality within their faiths. The final session will focus on Jerusalem today.
Moderator: Susan Brogden developed a deep affection for the beautiful city of Jerusalem, its people, and its varied religious traditions during a three-month stay in the West Bank in 2018. She looks forward to sharing that affection while exploring the deep connection felt by people of the three Abrahamic faiths for this unique and vibrant city.

1434 Taking the Next Step in Your Meditation Practice
**UPDATED**
Tue, Jan 24–Mar 14, 9:30–10:45 am (VPC) $5
**LIMIT 25**

This class is for those who have been meditating for a while or who have taken Kevin’s meditation class in the recent past. You will explore the teacher-student relationship, the three stages of meditation, the role of friends on your spiritual path, guided meditations, various forms of spiritual purification, and your spiritual brain. Plus, you will practice standing, walking, and lying meditation—and try some qigong exercises. These topics are blended from Christian, Hindu, and Buddhist traditions.

Moderator: Kevin Celarek has meditated nearly every morning for 39 years. He has studied Christian Centering Prayer, Hindu Siddha Yoga, and Buddhist Insight Meditation. He continues to attend Christian and Buddhist retreats to seek deeper knowledge.

1435 Discovering the Steps of Cincinnati: A Treasure Hidden in Plain Sight
**NEW**
Tue, Jan 24–Mar 14, 9:30–10:45 am (VPC) $5
**LIMIT 32**

The City of Cincinnati maintains over 400 sets of public steps. The steps had a significant impact on the development of the neighborhoods of Cincinnati. Some of the steps go back to the founding of the city. The most famous are the Mt. Adams/St. Gregory steps to Immaculate Conception Church. We will discuss the location of the steps and the surrounding areas. The hope is that participants will walk and explore the steps of Cincinnati.

Moderator: Michael Ward is a past moderator of OLLI classes. He holds a BS in history and an MEd in education. He is a retired teacher, principal, and OTR tour guide.

1436 (VPC) / 1437 (ZOOM) Update on Canada
**UPDATED**
Tue, Jan 24–Mar 14, 9:30–10:45 am, $5
**VPC LIMIT 150 / ZOOM UNLIMITED**

A review of Canadian history, with emphasis on current issues, including First Nations, the monarchy, Quebec sovereignty, environment, and foreign relations. The political situation is in flux, and that will be covered. Most of the material will be new. There is more to Canada than cold weather and Mounties. It is our closest neighbor and most important trading and strategic partner. Who are these folks, and what do they think and do? Topics will include government, healthcare, French Canadians, and some surprises.

Moderator: Doug MacCurdy is a naturalized American citizen and native Canadian who resided in Canada for 55 years. Educated in Winnipeg at Univ. of Manitoba and Univ. of Winnipeg, he has lived and worked in the US on three separate occasions as well as having international work experience in France, Holland, Japan, the UK, and other countries.

1438 Primary and Secondary Prevention of Cardiovascular Disease
**UPDATED**
Tue, Jan 31–Mar 14, 9:30–10:45 am (ZOOM) $5
**UNLIMITED**

A detailed review will be made of risk factors for cardiovascular disease, their recognition, modification, and outcomes.

Moderator: Charles J. Glueck, MD—Harvard College, AB; Case Western Reserve Univ. College of Medicine, MD; emeritus director, Jewish Hospital Cholesterol, Metabolism, and Diabetes Center.

1534 Exploring Opera
**UPDATED**
Tue, Jan 24–Mar 14, 11 am–12:15 pm (VPC) $5
**LIMIT 32**

This term, we will study operas by eastern European composers: Khovanshchina by Mussorgsky, Rusalka by Dvořák, and Eugene Onegin by Tchaikovsky. You will learn the stories and backgrounds of the operas, something about the composer, and view the operas on DVD complete with subtitles. Your opinions of the operas and the performers are encouraged. We will also discuss the upcoming Metropolitan Opera live HD telecasts.

Moderator: Richard Goetz, PhD, is a retired research manager from the chemical industry who has been listening to, studying, and attending opera since 1949.

1535 Exploring C. G. Jung: Psychologist or Philosopher?
**UPDATED**
Tue, Jan 24–Mar 14, 11 am–12:15 pm (VPC) $5
**LIMIT 25**

Carl Jung developed a vast work concerning self-knowledge, personal development, art, culture, and spirituality. We’ll start by reviewing basic concepts of Jungian philosophy. Then you will have the opportunity to learn in greater depth the aspect of Jung’s teaching that has special interest for you by researching and presenting a topic for class discussion. The moderators will suggest resources to help your journey of discovery.

Moderators: Sally Moore is Coordinator Emeritus of Greater Cincinnati Friends of Jung and retired Director of Research Services, Convergys, Inc. Bill Park has a background in psychotherapy and teaching courses in counseling and psychology.
1536 Advanced Poetry Writing  UPDATED  
Tue, Jan 24–Mar 14, 11 am–12:15 pm (VPC) $5  
LIMIT 10  

If you have previous experience writing poetry, then this discussion workshop is for you. We will share work in class to gain a greater appreciation and sophistication in the practice of the art. You will show your work to others and gain an understanding of the possibilities of poetic language and prosodic forms of expression that arise from what you and your fellow writers are doing and aspire toward. You will also conceptualize the possibilities of your subject matter to be shaped into effective poetic communication.  

Moderator: David Schloss was born in Brooklyn, NY, in 1944. He taught at Miami Univ. from which he retired in 2014 as Emeritus Professor of English after 40 years. He has published five full-length poetry collections: The Beloved, Sex Lives of the Poor and Obscure, Group Portrait from Hell, Reports from Babylon and Beyond, and The Heartbeat as an Ancient Instrument.  

1537 Introduction to Excel  
Tue, Jan 24–Mar 14, 11 am–12:15 pm (VPC) $5  
LIMIT 10  

This hands-on introductory course is designed for the individual who has never used Excel: it assumes no previous knowledge. You will learn to enter, edit, arrange, and modify data into an Excel spreadsheet. You will create data tables and use mathematical functions. Printing, page layout, and margin setting will be introduced through the use of Page Setup. You will also learn to access the internet for assistance with various Excel topics.  

Moderator: Tom Schimian is a graduate of XU with a degree in economics. He retired in 2004 after a rewarding career as a programmer/analyst. Additionally, he was an adjunct instructor in such subjects as Computer Concepts and Facilities, Programming Logic and Methods, and Visual Basic/Visual Basic.Net at UC and Cincinnati State.  

1538 (VPC) / 1539 (ZOOM) NASA and the Space Race: An Informal History—The Apollo Years  UPDATED  
Tue, Jan 24–Mar 7, 11 am–12:15 pm, $5  
VPC LIMIT 150 / ZOOM UNLIMITED  

In fewer than ten years, the US went from flying a single astronaut for 15 minutes to landing on the moon. Relive the glory days of the space program focusing on the Apollo missions. We will review the missions and meet the astronauts and the heroes behind the scenes who made the Apollo program a success. We will also review books, movies, and documentaries about the space program.  

Moderator: Greg Gajus is a longtime NASA enthusiast who remembers watching launches in elementary school. He has met six of the 12 moonwalkers, and Neil Armstrong gave the commencement address at his college graduation.  

1540 More Murder and Mayhem!  NEW  
Tue, Jan 24–Mar 14, 11 am–12:15 pm (ZOOM) $5  
LIMIT 30  

Calling all armchair detectives! Join us to discuss these novels of murder and mayhem that have a dash of quirky and at times a smidgen of humor. We’ll read Bank Shot by Donald Westlake, The Thursday Murder Club by Richard Osman, Anxious People by Frederick Backman, The Maid by Nita Prose, Sizzling Sixteen by Janet Evanovich, and An Elderly Lady Is Up to No Good by Helene Tursten. Fictional tales of murder and mayhem needn’t be all tension and dark emotions. It’s okay to smirk, roll your eyes, and chuckle!  

Moderators: Barbara Burke and Brenda Gatti are two sweet ladies who ever so much enjoy having a good laugh and discussing murder with their fellow OLLI members.  

1646 Understanding Vipassana Meditation  UPDATED  
Tue, Jan 24–Mar 14, 12:30–2 pm (VPC) $5  
LIMIT 10  

Vipassana (insight) meditation practice technique was instituted by the Buddha over 2,500 years ago. The procedure guided him to attain the state of enlightenment. Concepts and step-by-step of the practice will be introduced. You will learn how to slowly develop insights by close attentiveness to and experiential phenomena of your own mind-body processes. Everyone who has an interest or wants to fulfill their curiosity is welcome.  

Moderator: Manit Vichitchot has been practicing Vipassana meditation on a consistent basis since January 2009. Since then, he has participated in numerous intensive Vipassana meditation retreats in Thailand.  

1647 Finding Solutions to America’s Problems  UPDATED  
Tue, Jan 24–Mar 14, 12:45–2 pm (VPC) $5  
LIMIT 20  

This is the 14th course using the National Issues Forum (NIF) public deliberation process. We will weigh alternatives from various courses of action using NIF issues guides. You are encouraged to express, listen to, and consider all points of view. Discussions include these major issues: 1) Climate choices: How should we meet the challenges of a warming planet? 2) Immigration in America: How do we fix a system in crisis? 3) What is the 21st-century mission of our public schools?  

Moderator: Kent Friel, MBA, UC, 1965. Former business owner and Community Fellow with the KnowledgeWorks foundation. He is a trained moderator by the NIF, a subsidiary of the Kettering Foundation.  

CLASS LOCATION ABBREVIATIONS  
ADI Adath Israel  
OHLL Ohio Living Llanfair  
VPC UC Victory Pkwy Campus
1648 Writing for Children
Tue, Jan 24–Mar 14, 12:45–2 pm (VPC) $5
LIMIT 12
Do you want to be child again, using your imagination and life experiences to write for children? Once written, would you like to send your fiction or nonfiction story off to a publisher or to hand it down to your grandchildren? Freestyle creative writing on an assigned topic in class, book reviews, lectures, and guest speakers will help you create a story that is suitable for children aged three through early teens. We'll also discuss marketing tools and pros and cons of self-publishing.

Moderator: Connie Trounstine is the author of The Worst Christmas Ever and The Phantom Five, both chapter books for middle-grade students, and Fingerprints on the Table, a picture book about a table that has been in the White House since President Ulysses S. Grant. Nine presidents signed historic peace documents on the table.

1649 Creative Photography: Intermediate to Advanced
Tue, Jan 24–Mar 14, 12:45–2 pm (VPC) $5
LIMIT 12
This is an intermediate and above workshop. You must have a good working knowledge of your DSLR camera and be using a post-production program like Lightroom or Photoshop Elements. We will explore the creativity that aperture, shutter priority, and manual modes can offer. A series of creative exercises will be challenging and self-inspiring. Most of all, it will be fun. The weekly photographic assignments will offer you the opportunity to share your printed work with the class.

Moderator: Larry Pytlinski is an award-winning amateur photographer who, since his retirement, has devoted his time to his passion for photography. He's had several solo shows, and his pictures are currently in several local galleries.

1650 Applying the Economics of Investing to Today’s Volatile Financial Markets UPDATED
Tue, Feb 14–Mar 7, 12:45–2 pm (VPC) $5
LIMIT 30
Wide swings in stock and bond prices are driven by the financial market’s changing assessment of corporate earnings, interest rates, and geopolitical events. We will discuss how the insights of value investing, financial economics, and behavioral finance can help you deal with the challenges of this environment. We will discuss the construction of stock market indexes and how they are used to build and evaluate investment portfolios. We will discuss how to take sustainable cash distributions from your investment accounts in a tax-efficient manner.

Moderator: Dan Nagel is a retired CPA with a lifelong interest in economics and history.

1651 Medicare Scams, Choosing a Nursing Home, Navigating Medicare-Medicaid
Tue, Jan 24–Feb 7, 12:45–2 pm (ZOOM) $5
LIMIT 25
We put off thinking about moving into a nursing home or considering how it will be paid for, and we don’t think we will be the target of Medicare fraud. Pro Seniors is a nonprofit serving senior residents of Ohio. In this three-week session, you’ll learn how to choose long-term care in nursing, assisted living, or group homes; how to sort through the sea of health insurance information including Medicare, Medicaid, and long-term care insurance; and the latest scams targeting seniors and how to detect and protect against them.

Moderators: Linda Kerdolff is a long-term care ombudsman with Pro Seniors, Inc.; Mary Hurlburt is a volunteer ombudsman associate of the Long-Term Care Ombudsman program; Becky Hayward is a volunteer ombudsman with Ohio Senior Health Insurance Information Program (OSHIP); Brian Rhame is a peer educator for Senior Medicare Patrol.

1652 Tracing Homo Sapiens through Europe into the Americas
Tue, Jan 24–Mar 14, 12:45–2 pm (ZOOM) $5
LIMIT 20
After tracing the routes of our modern ancestors into Europe, we will focus on their branching and splitting into the peoples who crossed the Bering Strait into America during the last Ice Age. A brief recap of ancient DNA will be offered. Finally, we will survey the new American eras: the Lithic, Archaic, and Woodland eras demonstrate the transition from hunter-gatherers to early farmers to agricultural settlements. This survey highlights artifacts and archeological evidence.

Moderator: Denis Hogya, 40 years of teaching at UC. Many years of quality management training and seminars. Former Cleveland Metropolitan Parks naturalist.

1723 Memoir Wisdom: Stories Worth Sharing
Tue, Jan 24–Mar 14, 2:15–3:30 pm (VPC) $5
LIMIT 7
Memoir writing gives voice to your personal stories of “becoming”—who you were back then, how you navigated life’s passages, who you are today—a reflective process. Your stories, crafted into creative nonfiction (plot, characters, setting, conflict, dialogue, voice), can turn real-life experiences into stories your reading audience will cherish. In this course, each writer will share his/her stories online. Then the writer changes hats, becoming an insightful reader—offering praise, questions, and constructive ideas to fellow writers. Both beginner and advanced writers are welcome.

Moderator: Regina (Jean) Hellyer retired from UC Blue Ash College where she taught composition, literature, and study skills. She writes her own memoirs as “creative nonfiction”—truthful narratives written in story form. She believes every
older adult has stories to share. Written memoirs and reflections constitute a valuable legacy for family, friends, and all other audiences.

1724 Aging, Spirituality, and the Heroine’s Journey  NEW
Tue, Jan 24–Mar 14 (no class 1/31, 2/21), 2:15–3:30 pm (VPC) $5
LIMIT 30
This is the second class in a three-part series exploring aging as a spiritual journey. The first class used the lens of the Hero’s Journey. This time we’ll turn toward the Heroine’s Journey, a model not merely in contrast to its masculine counterpart. The Heroine’s Journey has its own path, often characterized as a balance between the masculine and feminine, something often lost in our achievement-oriented world. In addition, this journey seeks wholeness and is informed by wisdom. Our exploration will have much to offer men as well as women.
Moderator: Rick Warm has a PhD in leadership and change from Antioch Univ. and is director of the Center for Wisdom in Leadership, a research and educational organization based in Cincinnati.

1725 Rock, Docs, and Talks  UPDATED
Tue, Jan 24–Mar 7, 2:15–4 pm (VPC) $5
LIMIT 150
More documentaries from the world of rock of the 1960s through early 1970s. Probable documentaries include: Bob Dylan: Don’t Look Back (on many lists as one of the best docs made); The Wrecking Crew; Once We Were Brothers (Robbie Robertson and The Band); The Beatles, The Making of Sgt. Pepper; Festival Express (legendary train ride of rockers); and as they say…much more. It’s only rock n roll, but we like it!

Moderator: Jim Nunn grew up with the music of the 1960s and early 1970s, and it still beats through him. He’s hoping if he waits long enough the Beatles will play another gig in Cincinnati. When he’s not slightly confused, you’ll also see him in one of the various OLLI book classes.

1726 Let’s Read Banned Books  NEW
Tue, Jan 24–Mar 14, 2:15–3:30 pm (ZOOM) $5
LIMIT 12
Books are being banned at an alarming rate from schools and libraries all over the county. Some are banned to “protect our vulnerable children,” while others are considered inappropriate for any age. The reasons range from explicit sexual language and sexual relationships to implied political views and language viewed as politically incorrect. Let’s read some of these books and talk about them. We’ll consider children’s books, young adult, and adult works. Read Catcher in the Rye by J. D. Salinger for the first class.

Moderator: Judy Schechter has taught a variety of OLLI classes, most of them book discussion classes. She loves sharing books with people and the discussions that arise when people read them together. She still talks books with her grandchildren and continues to enjoy talking about books with OLLI people, who always prove to be interesting, insightful readers.

1727 Stream the Dream  NEW
Tue, Jan 24–Mar 14, 2:15–3:30 pm (ZOOM) $5
LIMIT 15
Let’s stream Netflix at home and all watch the same thing. We will then check in each week to discuss what we’re watching. During the first class, the moderator will present some different options, and then we will agree on what to watch. Must have a Netflix account. Watching TV is nothing to be ashamed of!

Moderator: Karen Grosser is a retired software engineer who worked at GE Aviation. She has two children and has always loved movies and TV—but can also read!

1810 Plains Songs: Three Novels of the West  NEW
Wed, Jan 25–Mar 1, 9:30–10:45 am (VPC) $5
LIMIT 15
We will focus on three fairly recent novels, all set in the western plains: Plain Song (Kent Haruf), Dalva (Jim Harrison), and The Whistling Season (Ivan Doig). We will examine the ways in which geography, culture, and history impact character motivation and action. Come ready to join the discussion.

Moderator: Jennifer Manoukian loves the opportunity provided by OLLI to read and discuss literature she enjoys with interested and interesting adults!

2020 Creating What’s Next
Wed, Jan 25–Feb 22, 12:45–2 pm (VPC) $5
LIMIT 40
The Creating What’s Next program reveals the secret sauce to living well. Through documentary film and interactive exercises, you will learn six inner skills that support health and vitality. The uplifting program will reshape your view of what aging can be and focuses on building purpose, resilience, optimism, and connections in retirement and beyond.

Moderator: Molly Prues is a gerontologist with 25+ years of experience working with older adults. She developed the Connections workshop series to empower individuals to find purpose in retirement and later life. She founded VistaLynk to promote awareness and develop solutions to reframe society’s vision of aging.
2021 Layperson's Guide to Understanding and Responding to Mental Illness UPDATED
Wed, Jan 25–Mar 15, 12:45–2 pm (VPC) $5
LIMIT 20

One in five Americans in any given year will experience a mental illness (NIMH). Depression, anxiety, and schizophrenia are just three of the nearly 300 different illnesses listed in the Diagnostic and Statistical Manual (DSM-V). What causes mental illness? What are its signs and symptoms? Can it be cured? Why is there so much myth and stigma around mental illness? These are timely questions, and this course will explain the many aspects of mental illness using easy-to-understand language, analogy, and personal experience.

Moderator: T. Victor Lloyd, MTh, MAPC, is a caseworker and Law Enforcement Training Specialist. He has 30 years’ experience as a mental health professional and 20+ years’ experience providing education and training on mental illness and crisis intervention to law enforcement and other professionals both locally and throughout the US.

2022 Winesburg, Ohio: Tales of Small-Town Ohio NEW
Wed, Jan 25–Mar 15, 12:45–2 pm (VPC) $5
LIMIT 15

Sherwood Anderson entered the canon of American literature with the publication of Winesburg, Ohio, in 1919. His work brought forth a form of expression that struck a tenor of originality not shown before in American fiction. The book strongly influenced writers including Hemingway, Faulkner, and Steinbeck, all recipients of the Nobel Prize. Moderator will read the stories out loud, and we will discuss. Please acquire the Barnes and Noble Library of Essential Reading edition, and read “The Book of the Grotesque” and “Hands” for the first class.

Moderator: Bob Shanklin is a lifelong lover of literature and poetry with an ever-growing gratitude to OLLI for providing a venue for expressing his passion.

2023 Tarot for Beginners UPDATED
Wed, Jan 25–Mar 15, 12:45–2 pm (ZOOM) $5
LIMIT 15

Learn tarot-reading techniques for insight and personal development. This class is for beginners and folks who need a basic refresher course. We will work with the Rider-Waite deck (available on Amazon) and the text 78 Degrees of Wisdom by Rachel Pollack (also on Amazon). You will learn how to divide the deck into manageable units, how spreads are used in divination, and why it’s important to be open to your own intuition. We’ll be on Zoom, so you can work and learn comfortably from your own space.

Moderator: Donata Glassmeyer has 40+ years of experience working with the tarot cards, She also has a background in English literature, Jungian studies, mythology, and psychology.

2024 Managing a Home Project or Planning a Big Event on Time, on Budget, and on Scope NEW
Wed, Jan 25–Feb 22, 12:45–2 pm (ZOOM) $5
LIMIT 35

Whether you have a list of home projects or volunteer on a team to plan a big event, this course provides you with tools, tips, and techniques to establish and implement effective and efficient ways to “get things done” on time, on budget, and on scope. This course is based on the Project Management Institute’s methodology: Initiating (week 1), Planning (week 2), Executing (week 3), Monitoring and Controlling (week 4), and Closing (week 5).

Moderator: Susan Thomas worked in industry for 35 years (P&G, Boeing, Micron) and brings her considerable expertise to this program.

2025 Unshakable Habits vs. Failed Resolutions, Part 1 NEW
Wed, Feb 8–22, 12:45–2 pm (ZOOM) $5
LIMIT 16

The right habits can transform your life and even enable you to be your best self every day, but to get results you’ll need the right tools. Vibrant Aging Coach Sharon Byrnes will compassionately guide you through the process of making a new habit stick while keeping things fun and super simple. We will establish one desirable habit in this session then eliminate an undesirable habit in spring term. Budget 15 to 20 minutes for weekly homework and email communication.

Moderator: Sharon Byrnes, yoga therapist, addresses the needs, desires, and abilities of seniors to maintain/improve wellness. She was drawn to yoga after a hip injury caused chronic back pain. As her suffering diminished, she sought to share the benefits. She teaches at UC Gardner Neuroscience Institute, OLLI, Cancer Support Community, and her studio (www.theyogagroove.com/).

2120 In Your Dreams NEW
Wed, Jan 25–Mar 15, 2:15–3:30 pm (VPC) $5
LIMIT 20

Explore the meaning and importance of dreams through the ages, touching on cultural, psychological, and mythological perspectives. Techniques for working with and understanding your own dreams will also be presented.

Moderators: Marci McGill, MSW, LCSW, has had a 25-year career as a senior editor of children’s books at Random House in NYC and as the editorial director of the children’s book departments of Follett, Crown, and Doubleday. Mick Parker is a late bloomer who is finding himself through writing and bonding with others giving expression to their inspirations and dreams.

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLI Ohio Living Llanfair
VPC UC Victory Pkwy Campus
2121 Women Writing for (a) Change
Wed, Feb 8, 2:15–3:45 pm (ZOOM) $0
LIMIT 20

This introduction is open to all genders. Imagine a world that nurtures creative expression and silences no one in a community that embraces equity and encourages people to create more conscious lives through writing. Herein lies the vision and mission statement of Women Writing for (a) Change. After opening our session with intention, we will follow an agenda to experience what a typical circle is like. Bring pen and paper to engage with suggested prompts.

Moderator: Debbie Westheimer is an active student at WW and a Conscious Feminine Leadership Academy graduate. She attended her first class with founder Mary Pierce Brosmer in 1997. She begins each morning with a journal entry. More info at www.womenwriting.org.

2122 Debate on the Electoral College:
The Debate Teams  NEW
Wed, Jan 25–Mar 8, 2:15–3:30 pm (VPC) $5
LIMIT 12

Debate is a classic rhetorical art forming the cornerstone of democracy. In this course, you will create, structure, and present a debate by arguing the pros/cons of the following resolution before an OLLI audience. RESOLVED: The Electoral College as a means for electing presidents should be abolished, substituting a plurality-based popular vote. No debate experience required. Preparation will be carried out during six class sessions and at home, with the debate scheduled for the seventh class (March 8).

Moderator: Joel Klekamp is an inveterate observer of the political scene and loves a serious, civil debate.

2123 Debate on the Electoral College: The Audience  NEW
Wed, Mar 8, 2:15–3:45 pm (VPC) $0
LIMIT 25

Is the Electoral College an anachronism, a divisive, Revolutionary-era relic for electing presidents? Absent the Electoral College, would its default, a plurality-based popular vote, represent a suitable alternative, or would a popular vote present its own thorny problems? This course is the audience portion of course #2122. By attending this debate, you will witness two teams argue the pros/cons of abolishing the Electoral College, with discussion following.

Moderator: Joel Klekamp is an inveterate observer of the political scene and loves a serious, civil debate.

2231 Italian Conversation: Past Tense
Thu, Jan 26–Mar 2, 9–10:30 am (ZOOM) $5
LIMIT 20

Increase your knowledge of Italian through conversation, culture, and camaraderie. We’ll spend the first part of each class on grammar, past tense, and vocabulary with the second part devoted to conversation, Italian crosswords, and interesting topics in Italian culture. You will need some knowledge of basic Italian or to have taken Italian for Beginners (#1431). Text: Italian: A Self-Teaching Guide by Edoardo A. Lèbano.

Moderator: Antonio Lemmla has been teaching Italian at UC for 25 years and NKU for 29 years. He enjoys teaching this beautiful language with a great culture, cuisine, and fascinating history. When you speak Italian, it seems as if you are singing opera because it is very musical.

2232 A Reader Lives a Thousand Lives  UPDATED
Thu, Jan 26–Mar 16, 9:30–10:45 am (VPC) $5
LIMIT 15

Returning to OLLI after a three-year hiatus, this course provides a book-club experience based on subject matter rather than specific titles—a great way to share the excitement of reading and hear what other people are reading. Each week, the moderators will solicit and schedule book presentations by participants on a rotating basis. General reading topics will be listed before the course starts, and books can be fiction or nonfiction. Books you have previously read or are currently reading are fair game.

Moderators: Tom Cislo is an avid reader, educational advocate, and citizen scientist who lives in Covington. Jim Sears was a language arts/social studies teacher for 38 years in Cincinnati. He is an avid reader of all genres. The course title draws upon a famous quote from George R. R. Martin (Game of Thrones): “A reader lives a thousand lives before he dies. Someone who never reads lives only one.”

2233 How Music Means
Thu, Jan 26–Mar 16, 9:30–10:45 am (VPC) $5
LIMIT 40

No musical background is required for this class, only a curiosity about how composers use the elements of music (intervals, chords, melody) to fashion metaphors in sound for the experiences of life. Rick will share these elements “before your very ears,” demonstrating and improvising on a keyboard in the classroom. We’ll also listen to scores, some by Rick, to discover composers’ “tricks.” We’ll tackle some big questions: Does music mean anything? If musical gestures “metaphorize” life experiences and states of mind, then how? What is greatness in music?

Moderator: Rick Sowash is a composer and author. He publishes his own sheet music, CDs, and books. His music is heard on classical music radio including WGUC. His clarinet concerto was recorded by the St. Petersburg Symphony. His cello concerto premiered at Carnegie Hall. He has written 400 works of music and eight books. More info at www.sowash.com.
2234 Wonders and Mysteries of the Atom  UPDATED
Thu, Jan 26–Mar 16, 9:30–10:45 am (VPC) $5
LIMIT 150

Come and explore the atom—the basic building block of nature. Starting slow and easy, we’ll look at the beauty of atoms and elements. We’ll connect with everyday experiences to bring our understanding to life. We’ll keep the atmosphere warm and inviting: our goal is to present the wonders and mysteries of the atom in ways that all can understand and to fill our minds with awe of the inherent beauty of nature. This course is for anyone who is willing to explore—no prior science background needed.

Moderator: Stephen McClanahan has a PhD in chemistry and is retired from P&G. In recent years, he has been active in numerous volunteer roles, including environmental advocacy, search and rescue, and disaster response.

2325 Raise Your Voice  UPDATED
Thu, Jan 26–Mar 16, 11 am–12:15 pm (VPC) $5
LIMIT 15

Raise Your Voice is a class for anybody who has something to say. Share your stories, poetry, songs, love, heartbeat, and jokes, or come be Romeo or Juliet for an hour. It is a class for those who like to participate. It will be a safe place to share your ideas. Get on your soapbox and speak. This class was formerly called Voices from the Heart. Join your fellow OLLI members, hear their stories, and share yours.

Moderator: Rick Stein has been an avid OLLI member, English teacher, businessman, and stained-glass studio owner. He has always been creative in any endeavor and has a history of being supportive of others. He has taken up acting in community theater, poetry readings, and storytelling.

2326 German Conversation
Thu, Jan 26–Mar 16, 11 am–12:15 pm (VPC) $5
LIMIT 20

Experience a variety of authentic communicative activities for the student of German to function in real-life situations, with the focus on travel and basic communication in German-speaking countries. We’ll learn elements of German grammar, e.g., pronouns and the conjugation of the verb SEIN (to be), and have a brief overview of social, political, and cultural aspects of contemporary Germany and its history since the end of WWI.

Moderator: Dieter Kohler was born and raised in Germany. Extensive experience in teaching German (adjunct faculty, Univ. of Maryland European Division, Heidelberg, Germany, 1980–95). Served in and retired from US Civil Service (principal job as government relations advisor, US Army, Europe) and retired from the US Army. Undergraduate and graduate studies: German, political science/international relations, and public administration.

2327 French for the Fun of It
Thu, Jan 26–Mar 16, 11 am–12:15 pm (VPC) $5
LIMIT 20

Through colorful resources like toys, dioramas, sleight-of-hand tricks, funny hats, mystery objects, etc., you will learn basic French. Via humorous anecdotes, Rick will share his knowledge of the culture and history of France, the land of his ancestors that he has visited many times. You will “repeat after me,” learning to pronounce French words and phrases. Through impromptu guided dialogues, you will learn how to politely ask for directions, check into “un hôtel,” order “un café et un croissant,” and locate “les toilettes” (an important skill!).

Moderator: Rick Sowash is a classical composer and the author of eight books. He publishes his own sheet music, books, and CDs. For seven years, he taught high school French at Leaves of Learning, a Cincinnati alternative school. He and Jo, his wife of 50 years, love France and French culture. More info at www.sowash.com.

2328 (VPC) / 2329 (ZOOM) For the Love of Music  UPDATED
Thu, Jan 26–Mar 16, 11 am–12:15 pm, $5
VPC LIMIT 150 / ZOOM UNLIMITED

We will sample excerpts and discuss forthcoming performances by Cincinnati Symphony Orchestra, Chamber Music Cincinnati, Linton Chamber Music, Cincinnati Ballet, CCM, and other Cincinnati musical organizations to explore great compositions. Contexts include performance practice and reception history, composers, and performers.

Moderators: Bob Zierolf is a retired UC vice provost, dean of the Graduate School, and professor of music theory at CCM. Steve Winter is a retired GE engineer with no formal musical training who has enjoyed classical music for most of his adult life.

2455 Papercrafting: Spring/Summer Themes  UPDATED
Thu, Jan 26–Mar 9, 12–2:30 pm (VPC) $5 + fee
LIMIT 8

Learn card-making and scrapbooking techniques including stamping, die cutting, sponging, and dry and heat embossing. Card themes will focus on special occasions and holidays from Valentine’s Day through the Fourth of July. Learn the tools of the trade such as stamps, inks, adhesives, papers, and embellishments. Moderator will collect a $10 material fee that covers all class supplies and a sample bag of adhesives and other useful odds and ends.

Moderator: Cathy Berrens is a retired teacher. She has taken numerous card-making classes and occasionally sells at fundraisers, but mainly makes cards and scrapbooks for friends and family.

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLL Ohio Living Llanfair
VPC UC Victory Pkwy Campus
2456 Contemporary Economic Policy Issues NEW
Thu, Jan 26–Mar 2, 12:45–2 pm (ZOOM) $5
UNLIMITED
Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues where economics is at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Each lecture will be taught by a different subject-matter expert.
Moderator: Jon Haveman is Executive Director of the National Economic Education Delegation (NEED). He is an expert on economic policy and holds a PhD in economics from the Univ. of Michigan. Other economists will also present during this course.

2457 Vipassana Meditation Practice UPDATED
Thu, Jan 26–Mar 16, 12:45–2:45 pm (VPC) $5
LIMIT 10
If you have prior experience with the fundamentals of vipassana meditation practice, this is an opportunity to cultivate the Buddha’s way of liberation through the practice of ethics, meditation, and insight. More technical explanations concerning the practice procedures will be introduced. The session starts with a short chanting and follows by the walking and sitting practices. Thorough discussion about the practice experiences will follow. The session is concluded with an extended loving-kindness observation. Each class meets for two hours.
Moderator: Manit Vichitchot has been practicing vipassana meditation on a consistent basis since January 2009. Since then, he has participated in numerous intensive vipassana meditation retreats in Thailand.

2458 (VPC) / 2459 (ZOOM) Your Brain Health and Wellness NEW
Thu, Jan 26, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Boomers are entering their senior years with any number of chronic diseases. Patricia Faust will discuss the effect of chronic diseases on brain health and risk of dementia. Healthy lifestyle tips will offer solutions for reducing your risk of dementia. Faust is a gerontologist specializing in brain aging and brain health. As a boomer herself she recognizes the brain challenges we face as we age into our 60s, 70s, and older.
Moderator: Patricia Faust

2460 (VPC) / 2461 (ZOOM) Addressing Health Equity in the Cincinnati Region NEW
Thu, Feb 2, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
This program will present data on health disparities across neighborhoods in Cincinnati area—including gaps in life expectancy of up to 26 years. It will also highlight what is needed to help close these disparities and efforts underway. Presenter Kate Schroder joined Interact for Health as President and CEO in Jan 2022. She oversees a staff or 21 and annual investments of more than $7M to support the community via grantmaking, research, and direct investments. She also helps to manage the foundation’s endowment of over $250M.
Moderator: Kate Schroder

2462 (VPC) / 2463 (ZOOM) Citizen Science for Seniors NEW
Thu, Feb 9, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Citizen science is about advancing science by ordinary people. It is an opportunity for simultaneous learning and creating knowledge. Having a disciplined and curious mind, you can do a lot even with limited mobility. For the mobile among us, there are many outdoor activities that can help research projects. Presenter Katalin Molnar is a retired software engineer and former researcher in artificial intelligence and text recognition. She has been participating in citizen science projects for years. She wants to share the why and how of it with more people.
Moderator Katalin Molnar

2464 (VPC) / 2465 (ZOOM) Geological Foundations of Modern Landscape Evolution
Thu, Feb 16, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Geological processes such as landslides are common in Hamilton County and surrounding areas. Factors such as the geologic history of the region, topography, climate, and human interference all play a role in making landslides one of the top natural disasters in Cincinnati. Learn from Dr. Brenda Hunda, Curator of Invertebrate Paleontology at the Cincinnati Museum Center, how 450 million years of landscape evolution and human activity have set up the perfect recipe for landslides—and what we can do about it.
Moderator: Brenda Hunda

2466 (VPC) / 2467 (ZOOM) Landscape Ecology of the Little Miami State and National Scenic River NEW
Thu, Feb 23, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
The Little Miami Conservancy (LMC) has been working at a landscape scale to restore and protect the Little Miami State and National Scenic River since 1967. In order to effectively steward the Little Miami, we must understand the patterns and processes that have created its watershed and impacted the health of the river in the past, present, and future. Presenter Jason Brownknight is Executive Director of LMC and a professional landscape ecologist with over 20 years of experience working in the field of conservation.
Moderator: Jason Brownknight
2468 (VPC) / 2469 (ZOOM) Coming Attractions at the Skirball Museum: Frank Stella and Siona Benjamin
Thu, Mar 2, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Skirball Museum Director Abby Schwartz will provide overviews of two upcoming exhibitions, Frank Stella: Illustrations after El Lissitzky’s Had Gadya Series, a whimsical set of 12 prints based on a famous Passover children’s song; and Beyond Boundaries: The Art of Siona Benjamin, intricately detailed, transnational art with a feminist, Jewish, and political bent addressing issues around immigration, gender, home, and the role of art in social change. Exhibitions open in March and April. Field trips will be offered during spring term.
Moderator: Abby Schwartz

2470 (VPC) / 2471 (ZOOM) Lady Sings the Blues, Part 2: Focus on Ohio Jazz Vocalists
Thu, Mar 9, 12:45–2 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
This program follows an earlier exploration of the origins of blues and jazz vocalists in America during the 20th and 21st centuries. In this project, audio and video recordings display singers who were born and/or raised in Ohio, with a focus on Cincinnati. Interesting details about each singer enhance their stories. Nancy Nolan is a professional jazz singer who has engaged OLLI audiences with two previous programs about these amazing jazz singers and their interesting and sometimes challenging lives.
Moderator: Nancy Nolan

2472 Word Play with Ambigrams—Hands-on Workshop
Thu, Mar 16, 12:45–2 pm (VPC) $0
LIMIT 40
Beth Gully is an ambigram artist who creates pictorial words that can be modified to create the same or different words when viewed upside down. Gully’s workshop will teach you how to create four ambigrams (wow, big, peace, and chump) using exercises to break down the letter forms into simple shapes. Finding the common denominator of each word and tweaking it stimulates brain flexibility and encourages problem solving in a fun, challenging way. These tools will help you to create your own unique ambigrams—maybe even your name! No artistic talent required.
Moderator: Beth Gully

2521 Creativity: Art, Design, Music, Science, and Writing
Thu, Jan 26–Mar 16, 2:15–3:30 pm (VPC) $5 + fee
LIMIT 25
Creative thinking is a competency comprising attitudes, skills, and knowledge that everyone can learn to express feelings, expand imaginations, generate ideas, and pursue new opportunities. This course focuses on learning how creativity is expressed in art, design, music, science, and writing; how to understand the stages of the creative process; and how to combine ideas across disciplines in a meaningful way to achieve a more synergistic impact. This course is integrative, interdisciplinary, and interactive based on the expertise of guest speakers using authentic examples and practical exercises. One guest speaker will collect a $10 free for a Creativity Card Deck.
Moderator: Ralph Brueggemann, MBA, MEd, is an adjunct professor at the College of Engineering and Applied Science, UC. He is an author and has practical experience in independent consulting. He has held management positions in national and international corporations developing commercial technology products and implementing quality improvement programs.

2522 iPhone Basics
UPDATED
Thu, Jan 26–Mar 16, 2:15–3:45 pm (VPC) $5
LIMIT 25
Whether you are new to the Apple iPhone or just suspect there might be a bit more you can do with it than make calls, this is the class for you. Beginning with buttons and hardware, lock and unlock, contacts, control center, gestures, phone apps, messages, mail, photos, iCloud, and much more, we will cover many of the basics. We will be using the latest iOS (iPhone Operating System), which is currently IOS 16. This class is for users of Apple iPhones only!
Moderators: Janet Keller has been an avid fan of Apple products for almost 30 years. She loves learning new ways to use technology and sharing that knowledge. Karen Klein has been a longtime Apple enthusiast going back to her first Mac computer in 1988 and her first iPhone in 2009. She loves to share and learn about all things Apple.

2523 Great Short Stories and Short Novels
NEW
Thu, Jan 26–Mar 16, 2:15–3:30 pm (ZOOM) $5
LIMIT 40
Let’s share some short reads. Week 1: “Short, Happy Life of Francis Macomber” (Ernest Hemingway), “The Lottery” (Shirley Jackson). Following weeks: “Young Goodman Brown” (Nathaniel Hawthorne), “A Good Man is Hard to Find” (Flannery O’Connor), “The Man in the Black Suit” (Stephen King), “Occurrence at Owl Creek Bridge” (Ambrose Bierce), “The Bear Came over the Mountain” (Alice Munro), and “Thank You, M’am” (Langston Hughes). And these short novels: The Dead (James Joyce), Ethan Frome (Edith Wharton), The Things They Carried (Tim O’Brien), and Giovanni’s Room (James Baldwin).
Moderator: John Briggs has taught numerous courses for OLLI and has advanced degrees in literature.

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLL Ohio Living Llanfair
VPC UC Victory Pkwy Campus
2524 Exploring the Basics of Genetics  UPDATED
Thu, Jan 26–Mar 16, 2:15–3:30 pm (ZOOM) $5
UNLIMITED
Certified genetic counselors will provide a basic overview of human genetics while exploring several hot topics in the genetics field. We’ll cover an introduction to genetics and the field of genetic counseling; how to take a family history and its utilization in risk management; genetics of common diseases such as cancer, heart disease, and psychiatric illnesses; genetic testing and screening; case examples of diagnostic odysseys; and genetics in the media.
Moderator: Rick Warm has a PhD in leadership and change oriented
and is director of the Center for Wisdom in Leadership, a newly founded research and educational organization based in Cincinnati.

2708 South African Drama and Film  NEW
Fri, Jan 27, Feb 10, Feb 24, Mar 10, 11 am–12:15 pm (VPC) $5
LIMIT 15
Continuing our exploration of the rich literary tradition of South Africa, we will read and discuss several plays by South African authors. We will also view and critique recent award-winning short films. The class will meet four times, every other week beginning January 27.
Moderators: Susan Robinson has co-moderated the Friday book class for several years, most recently focusing on novels by African authors. Patrick Murphy Welage is a retired professor of theology, philosophy, and theatre. He has travelled to South Africa four times, to do academic research and writing focused on human rights issues in post-apartheid South Africa.

2709 Aging, Spirituality, and the Heroine’s Journey  NEW
Fri, Jan 27–Mar 17 (no class 2/3, 2/24), 11 am–12:15 pm (ZOOM) $5
LIMIT 30
This is the second class in a three-part series exploring aging as a spiritual journey. The first class used the lens of the Hero’s Journey. This time we’ll turn toward the Heroine’s Journey, a model not merely in contrast to its masculine counterpart. The Heroine’s Journey has its own path, often characterized as a balance between the masculine and feminine, something often lost in our achievement-oriented world. In addition, this journey seeks wholeness and is informed by wisdom. Our exploration will have much to offer men as well as women.
Moderator: Rick Warm has a PhD in leadership and change from Antioch Univ. and is director of the Center for Wisdom in Leadership, a newly founded research and educational organization based in Cincinnati.

2830 Watershed Consciousness Experience  NEW
Fri, Feb 3, 1–3 pm (VPC) $0
LIMIT 150
Join CROW (Citizens for Rights of the Ohio River Watershed) for an interactive session about this vital ecosystem. Connect with song, stories, and activities about the river. Share stories old and new, both factual and personal. And come to understand why it needs citizens’ protection.
Moderator: Susan VonderHaar, heavily under the influence of the first Earth Day, has been a student and teacher of the natural world for most of her life. With a BS in biology and MS in environmental science, she worked as a Project Scientist at the US EPA for 25 years. Since retiring, she has taught environmental sciences at area colleges for 10 years.

2831 Crossing the Ohio: Historic Bridges and the Ohio River in Cincinnati History
Fri, Feb 10, 1–3 pm (VPC) $0
LIMIT 150
Cincinnati was a river town from its first moments in 1788. Newport and Covington began around the same time. Getting back and forth across the Ohio River was a challenge. At first it was ferries until 1866 when the Suspension Bridge literally connected the cities. This program traces the history of the spans that have kept traffic and commerce flowing between Ohio and Kentucky—as well as some of the challenges from politics to infrastructure repairs.
Moderator: Rick Pender, Cincinnati journalist, historian, and author has promoted Greater Cincinnati for years. His recent book Oldest Cincinnati pays homage to more than two centuries of Cincinnati’s oldests, firsts, and finests. He continues to write for local publications and guides tours to introduce people to our city’s history.

2832 Gay Marriage, from Cincinnati Courthouse to US Supreme Court: Now at Risk?  NEW
Fri, Feb 10, 1–3 pm (ZOOM) $0
UNLIMITED
In 1993, Cincinnati voters passed Article XII, a charter amendment prohibiting any protections for gay people. Cincinnati became an island of intolerance. Would the LGBTQI community ever be included in the promise of equal protection? Learn how rights expanded with verdicts for gay workers, a transgender police sergeant, a repeal of Article XII, and a SCOTUS victory in Obergefell on gay marriage. Explore the extent to which rights previously won for gays and women are now in peril after the SCOTUS decision reversing Roe v. Wade.
Moderator: Al Gerhardstein is partner in the civil rights firm of Friedman, Gilbert + Gerhardstein. For decades he has litigated civil rights issues in Ohio and nationally. He was lead counsel in Obergefell v. Hodges, the SCOTUS case establishing marriage equality for same-sex couples in all 50 states. He...
litigates causes, not just cases, and pursues reforms in all practice areas.

**2833 Great American Rock-and-Roll Songbook—1960s** NEW Fri, Feb 17, 1–3 pm (VPC) $0

**LIMIT 150**

Join Steven Rosen for a presentation of rock songs from the 1960s that have entered or will enter the “Great American Songbook.” He will make a limited number of choices based on a song’s lyrical quality, the quality of its vocal interpretation, its impact as an innovative and powerfully produced recording, or any of the above. He will play key excerpts. Finally, you will be asked to suggest your own favorites and explain why they warrant inclusion, thus prompting vigorous discussion.

Moderator: Steven Rosen has written about music for Cincinnati CityBeat, Cincinnati Magazine, Cincinnati Enquirer and national publications. He is the author of Lost Cincinnati Concert Venues of the ’50s and ’60s, published in 2022 by History Press. He has an MS in journalism from Northwestern Univ. and is creator of National One Hit Wonder Day.

**2834 Looking for More Income from Your Investments?** NEW Fri, Feb 17, 1–3 pm (ZOOM) $0

**UNLIMITED**

Generating income from bonds, bond funds, CDs, and income funds has been challenging for years. Want another way to earn income? Consider selling covered call options on stocks you already own. Stocks paying dividends are good for earning income; however, it may not be enough. This class will teach you what selling covered call options are, how they generate additional income from dividend- and non-dividend-paying stocks, and how they can reduce risk in your investment portfolio. A fantastic strategy inside tax-deferred or tax-free investment accounts, as income earned is not taxed.

Moderator: James Wigen’s primary focus is on private portfolio management and wealth management for individuals, businesses, and nonprofits. He has been working in the financial services business since 1996, ran the training department for two International investment firms, and has been teaching non-credit investment classes since 1998.

**2835 Defending Our Natural Rights** NEW Fri, Feb 24, 1–3 pm (ZOOM) $0

**UNLIMITED**

As a follow up to the Watershed Consciousness Experience (#2830), we offer this online session focusing on community rights for local protection of health, environment, and the planet. We will learn why the usual path is not working for citizens, as there are basic flaws to what we understand to be our democratic rights. We will explore another way to work for community rights and rights of nature to help us get protection for ourselves, the planet, and the future.

Moderator: Susan VonderHaar will be joined by several foundning member of Citizens for Rights of the Ohio River Watershed. After a lifetime of learning and teaching environmental science and protection, she has realized that it is only when citizens stand up and demand justice for ourselves and the planet that necessary change will occur.

**2836 You Can Change How You Feel and Act** UPDATED Fri, Mar 10, 1–3 pm (VPC) $0

**LIMIT 20**

While fear, anger, hurt, and grief are normal emotions, they can sometimes be the most difficult to experience. We can change their power by using cognitive therapy developed by Dr. Albert Ellis (Rational Emotive Behavior Therapy). Come and explore how you can change how you feel and act when experiencing different emotions and situations.

Moderator: Mike Shryock is a retired social worker who has used this system for many years including for addiction recovery.

**2837 Theories on Aging**

Fri, Mar 17, 1–3 pm (ZOOM) $0

**UNLIMITED**

The purpose of this presentation is to provide information and education on the theories of aging and on the changing trends in science and medicine with regard to the aging process. What causes the aging process, and how can we slow the process?

Moderator: Tom Hageman is a certified nutritionist.

**3404 Gardening: Ask the Experts** UPDATED Tue, Jan 24–Mar 14, 9:30–10:45 am (ADI) $5

**LIMIT 22**

Our crew of experts are horticulturists, natural resource officers, and landscaping pros. We will cover invasives, pruning, rain gardens, and more. Come ready to learn and share gardening expertise.

Moderator: Deb Price holds the distinction of Master Gardener, having completed many studies on the subject. She is a retired educator who has presented numerous OLLI classes.

**3405 Jack the Strangler Murders** UPDATED Tue, Jan 24–Feb 28, 9:30–10:45 am (ADI) $5

**LIMIT 25**

Join the moderator in his search to find the murderer of his great aunt in 1909. His five-year search uncovers more bodies. A person of interest emerges. You will be chosen to participate on a historic jury to determine the guilt or innocence of this individual in the commission of these long-lost cold cases. Examine the impact of sexism, racism, antisemitism, and fake news on the investigation of these cases. The course
expands on a book written by the moderator, which will be provided free to participants.

Moderator: Brian Forschner has a PhD from OSU, operated halfway houses, and taught at UD, XU, and Wright Patterson AFB. He studied criminal justice systems in Europe and the former USSR, was president of the Senior Service division of Mercy Health, and worked with health professionals in Cuba and Croatia. A play based on his book, Cold Serial, was staged at the Aronoff Center.

3406 Intermediate French Conversation UPDATED
Tue, Jan 24–Mar 14, 9:30–10:45 am (ADI) $5
LIMIT 20

Join other lovers of French to practice your language skills in a friendly environment. While based on class discussions, we will at times look at structure and grammar as issues arise. Using current topics, some music, and an occasional poem, the results will be entertaining, fun, and educational. The goal is to bring out the Francophile in all of us. The course will be conducted primarily in French and continues a strong tradition within OLLI. An intermediate level of listening and speaking skills is required.

Moderator: David McDiarmid is a former French teacher, married to a former French teacher, and an ardent Francophile. With an MA from Middlebury College, he readily shares his enthusiasm for French language and literature.

3407 The Universe: Survey of What’s Out There NEW
Tue, Jan 24–Mar 14, 9:30–10:45 am (ADI) $5
LIMIT 28

Curious about the origin, history, and proposed future of the Universe? Let’s explore strange shapes and compositions of matter, energy, quantum mechanics, forces, patterns, movements, creation, birth, life, death, and NASA activities to avoid Earth and human destruction through queries of the non-scientist. Interested? Acquire a copy of Neil deGrasse Tyson’s book Cosmic Queries (National Geographic, 2021) and read chapter 1 for the first class. Supplemental material will be provided weekly by email.

Moderators: Dean Moore, precollege and college educator, three degrees from OU and UC. Gilbert Minson, BS and DDS, OSU.

3408 Newest Technologies for 2023 and Beyond NEW
Tue, Jan 24–Mar 14, 9:30–10:45 am (ADI) $5
LIMIT 50

Take a visual exploration of advances in new technologies each week. 1) Agriculture and Food. 2) Aviation and Space Travel. 3) Health and Medical Care. 4) New Materials and Textiles. 5) Smart Devices, Homes, Cities, and the Internet of Things. 6) Electronics and Entertainment. 7) Robots and Exoskeletons. 8) Construction.

Moderator: Howie Baum worked as a mechanical and industrial engineer at companies in Cincinnati and Dayton doing product and process design and taught for 36 years at four universities and colleges. He also volunteers to teach computer skills at the VA.

3508 French Poetry UPDATED
Tue, Jan 24–Mar 14, 11 am–12:15 pm (ADI) $5
LIMIT 10

Building on last year’s successful course, we will continue to explore the best-loved French poems in an informal setting. From Lamartine to Apollinaire, Villon, and Ronsard, this course is aimed at those whose studies have exposed them to some of these poets. Language skills from advanced-intermediate to fluent and native speakers—all of whom share a love for the beauty of the French language and poetry and who would enjoy revisiting some of their favorite poems.

Moderator: David McDiarmid is a former French teacher, married to a former French teacher, and an ardent Francophile. With an MA from Middlebury College, he readily shares his enthusiasm for French language and literature.

3509 Scotland History: A Northern Caledonia Lion NEW
Tue, Jan 24–Mar 14, 11 am–12:15 pm (ADI) $5
LIMIT 28

Join us for an exploration of colorful Scotland history; the human minds struggling for freedom; clashes between varied cultural groups, clans, and religions; important leaders; poetry and the arts; and possibly genealogy and Caledonian Society connections. Interested? Please acquire a copy of John Prebble’s book The Lion in the North (Penguin), available at large used book stores online. Read chap. 1 for the first class.

Moderator: Dean Moore, precollege and college educator, three degrees from OU and UC.

3510 Origami (Paper-Folding)
Tue, Jan 24–Feb 28, 11 am–12:15 pm (ADI) $5 + fee
LIMIT 8

We will create origami that is BEAUTIFUL (Tulips, Butterfly, Dove, Lacy Star, Water Lily), USEFUL (Star Box, 4x6 Photo Frame, Basket with Handle, Egg Stand), FUN (Kissing Lips, Pecking Bird, Barking Pup, Sailboat, Hungry Dino, Bear/Tiger Face, Stylized Heart), and TRADITIONAL (Crane). You will receive illustrated instructions for each project. In the first class, moderators will collect a $5 fee, which covers all materials for the six classes (including extra paper for you to continue your origami fun at home).

Moderators: Linda Kegg and Jennifer Kegg are looking forward to helping you enjoy making marvelous creations from a wide variety of beautiful paper.
3511 Wonderful World of Jewelry and Precious Gems  UPDATED
Tue, Jan 24–Mar 14, 11 am–12:15 pm (ADI) $5  LIMIT 25
Learn about the origins, varieties, beauty, and quality evaluation of high-end jewelry and how to be a wise buyer and seller of your family jewels. We will cover some gemology science, precious metals, and unusual but magnificent colored stone varieties.
Moderator: Richard Wendel, MD, MBA, and Graduate Gemologist, is a retired urologist who owned and operated an upscale jewelry store in downtown Cincinnati for many years. He is a SCORE counselor and maintains his love for fine jewelry.

3617 Stop the Bleed and Hands-Only CPR
Tue, Jan 24, 12:45–2 pm (ADI) $0  LIMIT 75
Stop the Bleed is a nationwide campaign to empower individuals to act quickly and save lives. Uncontrolled bleeding injuries result from natural and manmade disasters and from everyday accidents. It can kill within minutes, potentially before trained responders arrive. Hands-only CPR is another lifesaving skill and can be as effective as regular CPR. Bystanders with little or no medical training can become heroic lifesavers. Learn how you can be a lifesaver from Regina Menninger, Trauma Prevention and Outreach Coordinator for UC Health.
Moderator: Regina Menninger

3618 Separation of Church and State: Vital in 1787, Critical Now
Tue, Jan 31, 12:45–2 pm (ADI) $0  LIMIT 75
American presidents like Washington, Jefferson, and Kennedy believed the wall of separation between church and state must be absolute. This concept is enshrined in our Constitution’s First Amendment. We’ll review the origins and history of this foundational principle and why it is critically important to protecting Americans’ freedom today. The presenters, Jill Shuller and Sandy Macovei, represent Congregation Beth Adam’s Social Justice committee, which has been studying this issue for four years. Their hope is to educate others about its current significance.
Moderators: Jill Shuller, Sandy Macovei

3619 Tri-State Trails  UPDATED
Tue, Feb 7, 12:45–2 pm (ADI) $0  LIMIT 75
Rachel Culley, GIS Analyst and Planner with Tri-State Trails, will give an overview of Tri-State Trails as an organization and the work that they do across the region to connect and expand the trail and bikeway network. She will also discuss the different programs, events, and resources that Tri-State Trails provides to various governments and local partners to help advocate for trail and bikeway connections.
Moderator: Rachel Culley

3620 Magnificent Art and Life of Pablo Picasso  NEW
Tue, Feb 14, 12:45–2 pm (ADI) $0  LIMIT 75
Pablo Picasso (1881–1973) was a Spanish painter, sculptor, printmaker, ceramicist, poet, and theatre designer who spent most of his adult life in France. Regarded as one of the most influential artists of the 20th century, he is known for cofounding the Cubist movement, inventing constructed sculpture, and co-inventing collage as well as for the wide variety of styles that he helped develop and explore. Learn about this influential artist from Howie Baum, a popular OLLI moderator on many topics.
Moderator: Howie Baum

3621 Live Longer? Yes! Live Better?
Tue, Feb 21, 12:45–2 pm (ADI) $0  LIMIT 75
There is no doubt that we are now living longer. The question is: Can we live better, fuller lives than seniors have experienced in the past. The answer is a resounding YES! If we follow the common sense principles outlined in the Seven Dimensions of Senior Wellness Care. The presentation is based on experience, not theories! Presenter is Roy Franchi, founder of Redirection, which concentrates on retirement and aging issues.
Moderator: Roy Franchi

3622 President Lincoln as Commander-in-Chief  NEW
Tue, Feb 28, 12:45–2 pm (ADI) $0  LIMIT 75
Abraham Lincoln was President for just over four years, but in that time of extreme division, the future of the country lay in his hands. After continued ineptitude and major military defeats, Lincoln grabbed the reigns from his generals and fused his political acumen and savvy with his newly learned military prowess. His intellect provided the leadership that would finally win the peace and save the nation. Chris Burns is a Civil War historian and Cincinnati resident. His passion is linking the past to the present and bringing history to life.
Moderator: Christopher Burns

CLASS LOCATION ABBREVIATIONS
ADI  Adath Israel
OHLL  Ohio Living Llanfair
VPC  UC Victory Pkwy Campus
3623 Hispanic/Latin Holidays in the USA: A Brief Overlook
Tue, Mar 7, 12:45–2 pm (ADI) $0
LIMIT 75
It’s more than Cinco de Mayo and Dia de los Muertos. Learn about the many different Hispanic festivities in Mexico and Latin America, the origins of those festivities, and how they have expanded to many countries including the US. Alfonso Cornejo in the President of the Hispanic Chamber Cincinnati USA and has lived in Cincinnati for 34 years.
Moderator: Alfonso Cornejo

3624 Tour Adath Israel Synagogue
Tue, Mar 14, 12:45–2 pm (ADI) $0
LIMIT 20
Stroll around this unique building and learn about the rituals, observe the unusual artifacts, and view the beautiful stained glass windows. Your tour guide is Jo-Ann Casuto, a longtime member of Adath Israel congregation.
Moderator: Jo-Ann Casuto

3704 Cincinnati and How It Grew: Neighborhood by Neighborhood UPDATED
Tue, Jan 24–Mar 14, 2:15–3:30 pm (ADI) $5
LIMIT 30
Cincinnati is a city of 52 recognized neighborhoods. We will explore why, how, and when these distinct areas became part of Cincinnati, many giving up their own “city” status. Did you know that College Hill had a town hall and a mayor? You will be encouraged to contribute information about your own neighborhoods.
Moderator: Marcha Hunley has been an educator for 40 years and is a lifelong Cincinnati resident. Currently, she keeps her brain in tiptop shape by moderating courses for OLLI and designing historical tours for Spring Grove Cemetery and the OTR Brewery District.

3705 Writing Poetry Workshop for Those Who Have Never Written a Poem NEW
Tue, Jan 24–Mar 14, 2:15–3:30 pm (ADI) $5
LIMIT 12
Begin with this quotation from Oops by Alan Katz: “You can write a poem about most anything: people you know, places you’ve been, stuff you won, stuff you want, things you like and things you don’t, and so on. Or you can dip into your imagination and make up characters, items, and such. You could even write a poem about writing a poem. Or not writing a poem.” We’ll share what we write (no pressure), discuss poetic forms (utilizing optional), and possibly create a printed collection as a final project.
Moderator: Diane Germaine (choreographer, writer, photographer) was principal soloist of the Paul Sanasardo Dance Company (NYC). She has received grants from the NEA, Ohio Arts Council, and NYS Council on the Arts; created 50+ pieces of choreography; written 400+ poems; wrote and produced “Didi, a Life” and “Not Yet”; and is about to seek publication of her poetry collection Rehearsing for the Inevitable.

3706 Mixed-Media Art and Craft UPDATED
Tue, Jan 24–Feb 28, 2:15–3:30 pm (ADI) $5
LIMIT 12
In this series of six workshops, we will create small, personalized art or craft projects with paints, papers, photographs, and other mixed-media materials. Designed for beginners, the purpose is to have fun while learning different techniques with a variety of paint and papers. No experience required. You will not be required to purchase any particular materials.
Moderator: Grace Severyn is a member of the Kennedy Heights Arts Center Collective and has taught a paper bead and jewelry-making workshop for OLLI for several years. She will be experimenting along with you in this mixed-media workshop.

3809 Back to the Moon NEW
Thu, Jan 24–Mar 16, 9:30–10:45 am (ADI) $5
LIMIT 5
Some 50 years after the last Apollo moon mission in 1972, NASA, along with three international partners, is planning a return to the moon. The goal of NASA’s Artemis Program moon missions is to reestablish a sustainable human presence on the Moon in order to prepare for a future missions to Mars. We will examine some of the details of the program, launch vehicles, the crew space craft, and the lunar lander as well as the some of the differences from the Apollo program.
Moderator: Jim Rauf, BA, physics, Thomas More College; BME, mechanical engineering, Univ. of Detroit. Retired from GE Aviation where he was a manager and principal engineer in the Commercial Jet Engines Product Support Group.

3810 Causes of WWII to the War Itself UPDATED
Thu, Jan 24–Mar 16, 9:30–10:45 am (ADI) $5
LIMIT 25
Learn about the causes of World War II, such as the failure of the Versailles Treaty, the Great Depression, and fascist aggression, leading to the war itself.
Moderator: Ken Schneider, BA in history from Miami Univ. and MA in history from UC, taught high school history for 40 years, read the AP European History exam since 1996, and presented AP workshop for the College Board since 1996.

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLI Ohio Living Llanfair
VPC UC Victory Pkwy Campus
3811 Books that Moved You  NEW
Thu, Jan 26–Mar 16, 9:30–10:45 am (ADI) $5
LIMIT 24
The books you just can’t forget, that memorable piece of literature that you go to time and again. First up, a favorite from our youth: My Side of the Mountain by Jean Craighead George. Then we’ll figure out what to read next. Come join us to talk about the books that move you.
Moderator: Deb Price has been a teacher, restaurant manager, aquatic instructor, professor, and more. She loves history and most books about everything.

3912 Wealth Preservation in Volatile Times  UPDATED
Thu, Jan 26–Mar 16, 11 am–12:15 pm (ADI) $5
LIMIT 24
Need help navigating the investment universe in today’s volatile times? We will discuss increasing income as well as preserving and protecting our savings and investments. We will also discuss how a challenging economic environment will impact the markets and our investments. We will learn how to distinguish between “good” and “bad” investments. Estate and retirement account protection strategies will also be covered.
Moderator: Edward Apfel is a First Vice President and Financial Planning Specialist at Morgan Stanley with 27+ years of experience. He received his bachelor’s degree from UC.

3913 “And All the People Honored Her”—Women of Strength in the Apocrypha  NEW
Thu, Jan 26–Mar 16, 11 am–12:15 pm (ADI) $5
LIMIT 30
We shall read and study in their entirety the exciting accounts of two heroines in the books of Susanna and Judith from the Apocrypha. Required text: NRSV translation of the Bible including Apocrypha. Recommended edition: Holy Bible with the Apocrypha, Hendrickson Publishers, available from Amazon, but any NRSV translation with Apocrypha will do.
Moderator: Gerry Walter is Rabbi Emeritus of Temple Sholom and also the recently retired director of pastoral care at Cedar Village. He has taught Jewish and religious studies and Bible at HUC-JIR, NKU, Virginia Tech, and Roanoke College.

3914 Art for the Artless  UPDATED
Thu, Jan 26–Mar 16, 11 am–12:15 pm (ADI) $5
LIMIT 12
If you have convinced yourself that you cannot draw a straight line, this class will bring out the artist in you. We will sketch, make masks, do calligraphy, and so much more. Bring a sketchbook of any size or type, but no other supplies are needed.
Moderator: Deb Price has been a teacher, restaurant manager, aquatic instructor, professor, and more. She enjoys trying her hands at new things—like art!

4011 Religion, Science, and Critical Thinking  NEW
Thu, Jan 26–Feb 23, 12:45–2 pm (ADI) $5
LIMIT 25
Since the Enlightenment, science has challenged religion on many fronts. We will explore whether and to what extent the scientific method and its findings are compatible with, complementary to, or contradictory to certain religious beliefs. That is, can a person be both a dedicated scientist and a religious believer? Religion, of course, has many faces, and scientists vary on their attitudes toward religion.
Moderator: Don Maloney taught psychology, philosophy, and religion for Univ. of Maryland at US military bases in Europe and Asia. He has also taught at several stateside universities, most recently XU. After receiving his master’s from Gonzaga Univ., he did post-graduate study at Boston College and at universities in France and Germany. He was previously an OLLI instructor in Denver.

4012 Let’s Get Down to Earth  UPDATED
Thu, Jan 26–Mar 16, 12:45–2 pm (ADI) $5
LIMIT 28
We’ll begin with the origin of the universe beginning with the Big Bang, then we will show how stars were/are being formed from cosmic dust. We will examine ways to find the distance to stars and galaxies and touch on dark matter and dark energy. Closer to home, we’ll explore plate tectonics (how the top layer of the earth is moved), how bonds in chemical elements make rocks and graphene, and the relationship between climate and types of soils, beginning with Ohio’s.
Moderator: Richard Longshore, MD, is a graduate of XU and Univ. of Louisville College of Medicine. He is NOT a geologist or astrophysicist, but he has an interest in what we see around us.

4106 Sing Karaoke  UPDATED
Thu, Jan 26–Mar 16, 2:15–3:30 pm (ADI) $5
LIMIT 12
You love to sing but have never tried karaoke? You want to learn or are a real pro? Join us for a musical afternoon of fun. We have a large list of songs to choose from, and who wouldn’t enjoy singing accompanied by a big band? We’ll encourage you to share your voice, but we can always use an audience if you’d rather listen.
Moderators: Glenn King and Bill Meyer have been singing with the Martinaires for several years and enjoy taking karaoke musical entertainment to retirement communities, organizations, and school reunions. Joyce Andrews is our music organizer.
4107 Renascence: A Reappraisal of Edna St. Vincent Millay NEW
Thu, Jan 26–Mar 16, 2:15–3:30 pm (ADI) $5
LIMIT 14
At age 31, “Vincent” was the first woman to receive the Pulitzer Prize in poetry. She was a contemporary of Robert Frost, and her lyrical sonnets and precise, heartfelt poems established her as a major poet during the 1920s. We’ll read and discuss her poems as we search for fresh insight into her reverence for life and her “flapper feminism.” We’ll revisit her critics’ assessment of her character and her legacy. We’ll conclude by exploring the lifelong connection that the late Mary Oliver, another Pulitzer poet, felt with Millay.
Moderator: Cecil Albright has moderated six previous poetry discussions classes for OLLI.

4108 Intentional Retirement Income Planning NEW
Thu, Jan 26–Mar 16, 2:15–3:30 pm (ADI) $5
LIMIT 30
Preferred retirement lifestyles require resources for income. If your retirement appears fraught with financial uncertainty, regardless of stock market volatility, this course is for you. Whether you are retired or nearing retirement, knowing how to optimize resources can enhance your golden years. Together, we will explore three aspects of retirement income planning: feasibility, sustainability, and flexibility. We will also expose myths and biases common in today’s financial industry. What we will not do is promote financial products, discuss investing per se, or expect anyone to reveal personal financial information.
Moderators: David McCarley, CFP since 1999, licensed for insurance/investments since 1974. He is currently living a planned retirement lifestyle: he “walks the talk.” Thomas J. Ritter Sr., CSCP, financial professional for 35+ years, with most of those years as an advisor to advisors, including regulatory compliance. His experience includes roles as financial planner and mutual fund analyst.

5049 (VPC) / 5050 (ZOOM) Whatever Happened to the Charter Committee? NEW
Wed, Jan 25, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
At a recent social event a friend asked, “Whatever happened to the Charter Committee?” The Charter Committee is alive and well at age 98 and is the oldest third political party in the US. In the early 1900s, Cincinnati was the most corrupt large city in America. That changed when reform-minded Republicans under the leadership of Murray Seasongood organized the Cincinnatus Association. That organization formed the Birdless Ballot League, which created the Charter Committee. Unfamiliar with the Birdless Ballot League? Come to learn about that and more.
Moderator: Bill Menrath worked in the Department of Environmental Health at UC College of Medicine where he did research in environmental and occupational health and safety for 30 years prior to his retirement in 2017.

5051 (VPC) / 5052 (ZOOM) Solutions for Empowering the Sandwich Generation and Their Senior Parents NEW
Wed, Feb 1, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Cincinnati Senior Connection Foundation exists to provide education and information to the sandwich generation and their senior parents. Hear from 12 to 14 experts in their respective industries who can help seniors and their families navigate decisions ranging from senior living, home care, finance and insurance, healthcare, and more. You’ll be invited to ask questions and share ideas.
Moderators: Representatives from Cincinnati Senior Connection Foundation facilitate many aspects of the senior life experience. They empower seniors to celebrate and enjoy “the rest of their lives as the best of their lives” by providing them with assistance.

5053 (VPC) / 5054 (ZOOM) Women Helping Women Aims at Gender Violence NEW
Wed, Feb 8, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
A commanding feature of gender-based violence is denial. We need to know of the societal damage and what successfully combats it. Women Helping Women (serving the wider Cincinnati area) provides a range of services to survivors of sexual assault, stalking, and domestic violence. Join WHW Chief Operations Officer Amy Bleser and WHW volunteer Karen Zaugg to learn about interventions and challenges.
Moderators: Amy Bleser is Chief Operations Officer of WHW. She oversees intervention programming, quality assurance, and more. Karen Zaugg is a longtime volunteer with WHW as well as OLLI.

5055 (VPC) / 5056 (ZOOM) 3D and 4D Printing for Making Products and the Latest Fashions NEW
Wed, Feb 15, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
3D printing is a manufacturing method in which products are made by fusing or depositing solids, powders, or liquids in layers, from the bottom upwards, to produce a 3D object. Materials used are plastics, metals, ceramics, concrete, food pastes, and even living cells for medical applications. The process is also used to make beautiful fabrics, fashions, and accessories as well as high-tech textiles.
Moderator: Howie Baum worked as a mechanical and industrial engineer at companies in Cincinnati and Dayton for 45 years. He taught part-time for 36 years at three universities and has been teaching OLLI courses for 7 years about new technologies, great artists, and computers.
5057 (VPC) / 5058 (ZOOM) Riding the Iron Rails across Africa  NEW
Wed, Feb 22, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Step on board the Pride of Africa from Dar es Salaam, Tanzania, to Cape Town, South Africa. It’s a two-week trip on a sleeper train, emphasizing the style and elegance of the “old days.” Jill Mitchell first heard about this train 10 years ago at an OLLI presentation and was inspired to book a trip in fall 2022. Ride along with her to visit a diamond mine, Victoria Falls, game parks, and other exciting stops.
Moderator: Jill Mitchell has been traveling as much as she can, making up for trips cancelled by COVID. Besides traveling and talking about trips, she has taught many Apple iPhone and iPad classes, has taken up watercolor painting, plays tennis, and loves OLLI classes!

5059 (VPC) / 5060 (ZOOM) Eleanor Roosevelt: First Lady of America, First Lady of the World  NEW
Wed, Mar 1, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
FDR’s legs and eyes, Eleanor Roosevelt spoke to the citizens of America and the world. Her newspaper column, “My Day,” was read by thousands. Her wise, inspirational words have been printed on plaques, greeting cards, and posters. Many of us quote them to ourselves and others without awareness of where they originated. Come learn about her troubled childhood, marriage, her life after her husband’s death, and her impact on the world.
Moderator: Deb Price is a retired educator who has presented OLLI classes on topics from chocolate and cooking to history, gardening, and literature. She loves to research new topics and share them with OLLI friends.

5061 (VPC) / 5062 (ZOOM) Sierra Leone, West Africa: Turning Aid into Self-Reliance  NEW
Wed, Mar 8, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
How do people survive in one of the world’s poorest countries and lift themselves out of extreme poverty? After a brutal civil war and two crippling pandemics, a rural Sierra Leone chieftain is moving from subsistence to self-reliance. Founded by a former Peace Corps volunteer, Sherbro Foundation helps Bumpeh Chieftain achieve development goals they set for themselves. Hear the journey of a self-taught philanthropist going from good intention to effective action, directly improving lives of thousands of remote villagers. Learn how Sierra Leone’s lifestyle, culture, and history affect development today.
Moderator: Arlene Golembiewski, BS, MPH, retired P&G manager and former Peace Corps volunteer, returned to her Sierra Leone village in 2011. She founded the all-volunteer, nonprofit Sherbro Foundation to help rural people achieve self-reliance through education and economic development. She received the National Peace Corps Association’s 2018 Sargent Shriver Distinguished Humanitarian award, their highest award for a returned volunteer.

5063 (VPC) / 5064 (ZOOM) Exploring the Geology and Biology(? of Mars  NEW
Wed, Mar 15, 9:30 am–12 pm, $0
VPC LIMIT 150 / ZOOM UNLIMITED
Our solar system is an amazing place, and we have only just begun to learn all its wonders. In this program, we will learn about NASA’s Mars Exploration Program, including what we know about the Red Planet, the possibility that it once harbored life (or still does?), and what the future holds. The program will mainly focus on the ongoing work by NASA’s Perseverance rover: What we have found so far and what we will explore in the future.
Moderator: Andy Czaja is Associate Professor of Paleontology, Geochemistry, and Astrobiology in the Department of Geosciences at UC. He is science team member of NASA’s Mars 2020 (Perseverance rover) mission and member of NASA’s Mars Sample Return Campaign Science Group, advising on requirements for successfully bringing back samples collected by the Perseverance rover.

6032 Cincinnati’s German Civil War Soldiers  NEW
Fri, Jan 27, 9:30 am–12 pm (OHLL) $0
LIMIT 100
Learn about the young German men, many of them recent immigrants, who joined the Union Army units organized in our area, including an inspirational leader named Gustav Tafel who later served as Mayor of Cincinnati.
Moderator: Don Heinrich Tolzmann is retired Director of the German-American Studies program at UC He is currently president of the German-American Citizens League of Greater Cincinnati and Executive Director of German Heritage Tours. He has authored many books on Cincinnati’s German heritage.

6033 Gardening with Native Plants and Trees  NEW
Fri, Feb 3, 9:30 am–12 pm (OHLL) $0
LIMIT 100
Studies have proven that plants, trees, and gardening offer a sense of joy and reduce stress. It is not surprising that the sale of flowering plants, houseplants, and edible plants soared in 2020. Continued growth is projected over the next few years. Gardening with native plants and trees can help you, your garden, and the environment! Native gardening can save water, reduce fertilizer and pesticide use, help control erosion, and help preserve biodiversity. Join us to learn about plants that are native to our Cincinnati area and the benefits derived.
Moderator: A representative from our own world-class Cincinnati Zoo and Botanical Garden will share information
on gardening with native plants and trees. Their native plant program is the product of a longstanding interest in native flora and native plants valuable to horticulture. Many of the gardens and exhibits are composed entirely of native plants, such as the new Nighthunters exhibit garden.

6034 Realities and Perceptions: Energy and Climate NEW Fri, Feb 10, 9:30 am–12 pm (OHLL) $0 LIMIT 100

Global energy consumption is at an all-time high. Growing populations and economies challenge the capacity of our planet to meet our needs in sustainable ways. Let's examine the easy and the difficult steps in migrating from fossil fuels to renewable energy sources. We'll also look skeptically at the schedules offered by various interests for decarbonizing at national and global levels.

Moderator: Alan Flaherty is a retired process-design engineer and consultant who sees this course as a logical progression from his previous OLLI courses on electric vehicles and renewable energy.

6035 Avondale—Past, Present, and Future NEW Fri, Feb 17, 9:30 am–12 pm (OHLL) $0 LIMIT 100

Join us as we explore the history of Avondale, a neighborhood still recovering from events that transformed it during the midcentury, including housing discrimination and urban renewal. We will also explore the response of Civil Rights activists and neighborhood residents to these practices. We will examine how public policy and racism triggered decades of disinvestment and explain important historical terms like blockbusting and redlining. Learn how residents are fighting back and partnering with Avondale businesses to preserve the housing stock, promote local businesses, and help the community respond to challenges.

Moderators: Deqah Hussein-Wetzel, urban history scholar and architectural historian, is Executive Director of Urbanist Media, an anti-racist community preservation nonprofit, and co-host/executive producer of Urban Roots Podcast, unearthing little-known African American stories in Cincinnati. Fritz Casey-Leininger, PhD, UC Associate Professor Emeritus, History, researched and taught about race and Cincinnati neighborhoods for 40 years. Using historical records and interviews, he reconstructed Avondale’s racial change from WWII to the 1970s.

6036 Historical Sketches from Mason County, Kentucky NEW Fri, Feb 24, 9:30 am–12 pm (OHLL) $0 LIMIT 100

Limestone Creek marked the spot for Simon Kenton where “canebrakes” on top of the hill promised rich farmland. There, he decided to settle and develop the area. Limestone and Washington were formed, and these towns became centers of population, migration, government, education, religion, and culture. This presentation tells that story and what happened beyond settlement, primarily through people with connections to Mason County.

Moderator: John Klee, Maysville Community and Technical College History Professor, has taught over four decades and has been involved with many projects with a local history focus.

6037 Addressing Ever-Changing Community Needs: Sisters of Charity and Santa Maria NEW Fri, Mar 3, 9:30 am–12 pm (OHLL) $0 LIMIT 100

Since the arrival of the first sisters in 1829, the Sisters of Charity have had a profound effect on the history of Cincinnati, the country, and the world. Their free schools, orphan asylums, hospitals, academies, and agencies providing direct services to the poor are legendary. Sister Judy will also discuss the 125-year history of Santa Maria Community Services, Inc., founded by two of the sisters as a multi-service settlement house for Cincinnati's immigrant population.

Moderator: Judith Metz has been a Sister of Charity for 60+ years. She taught history and social studies at Seton High School and Mt. St. Joseph Univ. for many years. In the 1990s, she became the congregational archivist and is currently the community historian as she continues to focus on researching, writing, and presenting the history of the Sisters of Charity.

6038 Singing in the Saddle: Tales of Cowboy Songs and Singers NEW Fri, Mar 10, 9:30 am–12 pm (OHLL) $0 LIMIT 100

Don your Stetsons and mosey on back to the Wild West portrayed in films and TV series, where the cowpokes sang and yodeled while rounding up the villains. Learn the history behind the singers, songwriters, and sidekicks whose melodies take us back to a place where the skies are not cloudy all day.

Moderator: Mary Jo Dangel, long-time OLLI member, has attended many concerts by Riders in the Sky and frequently unwinds by singing along (usually offkey) with their recorded harmonies. She plans to wear a Stetson from her chapeau collection.
6039 Through the Lens: Queen City Discovery  NEW
Fri, Mar 17, 9:30 am–12 pm (OHLL) $0
LIMIT 100
Join Ronny Salerno on a nostalgic and contemporary photographic armchair adventure through Cincinnati, the region, and beyond. Engage with the stories that attract his lens. Whether it’s a rusty ghost ship from WWI and WWII abandoned in a local creek, long-forgotten stadiums and amusement parks, faded wall ads, and the Cincinnati subway or more contemporary sights like Blink, iconic buildings, the barge that shoots Cincinnati Reds homerun fireworks, and the mystery behind Toynbee Tiles, Ronny and his cameras venture into thousands of curious spaces—and each space has its story.
Moderator: Ronny Salerno has sought to tell interesting stories of the world around him wherever he happens to be. Photographer and writer currently based in Cincinnati, Ronny’s works can be found in magazines, videos, his books, and his website, www.ronnysalerno.com. For his day job, you’ll find him aiding WVXU with its digital messaging.

8106 Bridge 102: For Those Who Know Some of the Basics  UPDATED
Tue, Jan 24–Mar 28, 2:45–5 pm (Cinti Bridge Ctr) $5
LIMIT 16
Those who have taken an introductory bridge course or have experience playing socially will gain additional skills for this great card game. Topics and course curriculum will follow the ACBL text *Play of the Hand in the 21st Century* but will be adjusted to fit student experience levels. Topics to be covered: techniques for play, strong and weak 2 bids, communication, and beginning conventions beyond the basics. IMPORTANT NOTES: Proof of COVID vaccine required.
Approval of moderator required for those who have not completed Bridge 101. Some classes may be virtual.
2860 Cooper Rd, 45241.
Moderator: Larry Newman, Ruby Life Master, Best Practices Accredited teacher of the ACBL and member of the Cincinnati Bridge Assn. education committee.

8107 Radiance of the Mystics (Email Course)  UPDATED
Tue, Jan 24–Mar 14, 5 pm (Email) $5
UNLIMITED
Get an introduction to the life and works of Thomas Merton, a modern-day mystic. We will explore his unorthodox approach to mysticism through a variety of media and learning experiences provided via weekly emails. This exploration will provide you with a greater understanding of the mystic’s deep inner life and God realization. This course does not meet in person or online. You will be able to respond to the moderator with questions or comments via email.
Moderator: Jim Slouffman has been an artist and educator for 40+ years. He received his BFA from Wright State Univ. and MFA from UC. He is a member of the Greater Cincinnati Friends of Jung Committee where he has presented on a variety of subjects.

8203 Play that Movie Again, Sport  NEW
Wed, Jan 25–Mar 15, 1–4 pm (Chesterwood Village) $5
LIMIT 50
Are you game to watch eight movies in their entirety about eight different sports in different genres and then discuss them? We’ll feature these sports and movies: high school basketball (*Hoosiers*), Olympics (*Chariots of Fire and Miracle*), baseball (*Eight Men Out*), early NFL (*Leatherheads*), South African rugby (*Invictus*), soccer (*Victory*) and golf (*Legend of Bagger Vance*). Actors include Matt Damon, Kurt Russell, George Clooney, Renee Zellweger, Charlize Theron, John Cussack, and Michael Caine. 8073 Tylersville Rd, 45069.
Moderator: Doug Iden is a big fan of movies and theatrical musicals with an extensive collection of films and original Broadway scores. He has taught classes on Broadway and film at OLLI for several years.

8309 Birth and Development of Music (Email Course)  NEW
Thu, Jan 26–Mar 16, 4:55–5 pm (Email) $5
UNLIMITED
Each Thursday, you will receive an email with information and links to explore on your own. This class does not meet in person or online. Syllabus: 1) The Beginnings. 2) The Renaissance. 3) The Baroque. 4) Bach and Handel. 5) Haydn. 6) Mozart. 7) Beethoven, Father of Romanticism. 8) Schubert and Mendelssohn. You will be able to respond to the moderator with questions or comments via email.
Moderator: Rafael de Acha has enjoyed a 60-year career in the performing arts that began in his native Cuba and continues in Cincinnati. He has been a singer, director, producer, and writer.

8406 Let’s Do Lunch: Restaurants Older than We Are  UPDATED
Fri, Jan 27–Mar 17, 1–2:30 pm (Various) $5
LIMIT 45
This winter, we will visit some restaurants that are truly venerable—and have been around longer than most of us. Please do not sign up if you know you will miss more than one session of this popular offering. Planning and reservations depend on a consistent number of attendees. You will receive notice of the first restaurant before the first session.
Moderators: Deb Price and Caryl Miller are Cincinnati natives who enjoy sharing knowledge of regional restaurants and dining experiences with friends old and new.
8407 Elder Law: Protecting Life’s Savings and Quality of Life
Fri, Jan 27–Mar 3, 2:30–3:45 pm (Keller Law) $5
LIMIT 28
Elder law attorney Dennison Keller will focus on the options available to families who face a long-term care journey. You’ll learn the basics of Medicaid qualification; how to protect quality of life in a long-term care setting; changes affecting elders and disabled individuals under Medicare; wills, trusts, and why your estate plan may not be as thorough as you think; and Council on Aging services. 4240 Hunt Rd, 45242..
Moderator: Dennison Keller, licensed to practice law in OH and KY. Graduate of Salmon P. Chase College of Law and Miami Univ. President of the Life Care Planning Law Firm Association. Serves on board and past president of Ohio Forum of Estate Planning Attorneys; member of NAELA; member Cincinnati, Ohio State, and Northern Kentucky Bar Associations and Elder Law Committee.

9031 Beyond Bollywood: 2,000 Years of Dance in India
at Cincinnati Art Museum NEW
Fri, Jan 27, 1:30–3 pm (Cinti Art Museum) $0 + fee
LIMIT 50
Take a docent-guided tour of Beyond Bollywood: 2,000 Years of Dance in India. The exhibition explores the representation of dance in the arts from South Asia from the first to the 21st century. Dance is omnipresent in the arts of this region and has long been a key element in the world’s image of India and nearby countries. Through 120 religious, courtly, and everyday objects, the exhibition illustrates how dance occupies a uniquely important place in the region. Free for CAM members, $6 age 65+, $10 adults (pay at CAM). 953 Eden Park Dr, 45202.

9032 Pub Night: Black Inventors and Entrepreneurs
UPDATED
Tue, Jan 31, 7–8:30 pm (Cock & Bull, Glendale) $0
LIMIT 30
Meet us upstairs at the pub as we get ready for African American Heritage Month. We will take an informal look at famous inventors and entrepreneurs you may not have heard of. Feel free to add to the conversation. Drinks and snacks on your own. 275 E. Sharon Rd, 45246.

9033 Chocolate Mystery Tour  UPDATED
Tue, Feb 7, 1–2:30 pm (It’s a Secret!) $5
LIMIT 25
Shhh! It’s a secret until days before! Join us for visits to two or three chocolatiers and find out how the magic is made. Expect to taste some treats along the way. (Hint: You will “love” this “land” of sweets!)

9034 Lanterns and Landmarks Historical Tour of
Montgomery NEW
Wed, Feb 15, 6:30–8 pm (Universalist Church) $12
LIMIT 20
Take an evening walking tour to explore the rich historical heritage of the City of Montgomery. Tour starts and stops at Montgomery’s Universalist Church. Did you know that the Universalist Church’s bricks were made on-site, and some of them have a house-key imprint? And, for many years, the church bell was the village fire alarm. Join Montgomery Assistant City Manager Tracy Heneo to learn about the landmarks and people of Montgomery. 9471 Montgomery Rd, 45242.

9035 Introducing the Pleasurable Wines of France
at Piazza Discepoli  NEW
Mon, Feb 27, 5–7 pm (Piazza Discepoli) $0 + fee
LIMIT 20
Calling all beginner wine enthusiasts! This field trip to Piazza Discepoli will cover the theory, history, and taste of the major wines of France. Learn about what makes French wine great as well as how to critically think about and appreciate wine. We will be taking a look at the red and white wines of both Burgundy and Bordeaux. No wine experience is necessary, just an interest in one of the world’s great culinary traditions. Pay a small fee of about $7 at the program. 7754 Camargo Rd, 45243.

9036 Tour and Lunch at the Athenaeum
Fri, Mar 17, 11 am–1:30 pm (Athenaeum of Ohio) $15
LIMIT 24
The Athenaeum of Ohio-Mount St. Mary’s Seminary of the West is the third-oldest Roman Catholic seminary in the US. We’ll tour the facility, go behind the scenes to view vestments and art, and have lunch with the seminarians. NOTE: this tour takes place during Lent, so lunch will be meat-free. 6616 Beechmont Ave, 45230.

CLASS LOCATION ABBREVIATIONS
ADI Adath Israel
OHLL Ohio Living Llanfair
VPC UC Victory Pkwy Campus