



COLLEGE OF PROFESSIONAL
AND CONTINUING STUDIES
The UNIVERSITY of OKLAHOMA



Life Is Learning

OLLI AT OU SPRING 2025



THE GOAL OF OLLI AT THE UNIVERSITY OF OKLAHOMA

The Osher Lifelong Learning Institute at the University of Oklahoma is dedicated to promoting lifelong learning and personal growth of older adults through a variety of noncredit courses. Our courses range from one-time offerings such as “Mornings with the Professor” to longer, more specific courses like “Senior Seminars.”

OLLI at OU serves those individuals age 50+ who are curious about unique subjects and who love to learn. Our goal is to create an innovative learning environment that fosters learning through socialization of members and classroom discussion.

THE BERNARD OSHER FOUNDATION

The Bernard Osher Foundation seeks to improve quality of life through the support of lifelong learning institutes such as the one here at the University of Oklahoma. Founded in 1977 by Bernard Osher, the Bernard Osher Foundation has funded more than 100 Osher Lifelong Learning Institutes on college and university campuses all over the United States. Continued support from the Bernard Osher Foundation is contingent upon membership, so membership matters. To learn more about the Bernard Osher Foundation, visit osherfoundation.org.

MEMBERSHIP MATTERS

OLLI at OU has met the initial 500-member goal established by the Bernard Osher Foundation. We must continue to have a robust membership in order to offer as many quality programs as possible.

OLLI courses are open to anyone age 50+. Membership in OLLI is required to enroll in courses. Our members enjoy the following benefits:

- The satisfaction of supporting OLLI at OU while enjoying engaging courses from some of the university's most interesting faculty
- Being part of a social network that allows members to interact with peers of a similar age and background
- A parking tag used to attend OLLI at OU courses

PARKING DURING OLLI COURSES

A parking hang tag is required to park in any multi-purpose parking lot. A tag is included with your membership. If you are attending an OLLI course in the OCCE Forum Building, please park in the lot on the southeast side of the building.

THE ERNA JONA MACDONNELL SCHOLARSHIP FUND

The Erna Jona MacDonnell Scholarship Fund has been established to provide OLLI at OU memberships to age 50+ learners so that they may enroll in OLLI at OU courses. The scholarship is need-based, and awards are decided by committee. Those interested in applying for the scholarship should contact the OLLI at OU offices at (405) 325-3488 or celliot@ou.edu.

Erna embraced OLLI courses because they could increase the breadth and depth of her knowledge. No matter what someone's life experiences or education might be, OLLI courses allow members to deepen their knowledge of a familiar subject or explore an unfamiliar one.

NORMAN

Classes held on OU's Norman campus occur in the
Thurman J. White Forum building:

1704 Asp Ave.

Norman, OK 73072

Rooms are equipped with audio/visual systems for
class presentations and complimentary coffee and water
are provided for each class.

Parking is available with the OLLI parking pass
included in your membership packet.



ARCHITECTURE

Architecture, Bruce Goff, and the American School at the University of Oklahoma | \$50

Dave Boeck

February 5 – 26, 2025 | Wednesdays | 9:30 – 11 AM

This class will look at the architecture of Bruce Goff in the context of Architecture's Modern Movement. I will include a look at some of the other most famous architects in the 20th Century including Frank Lloyd Wright, Mies Van Der Rohe, Le Corbusier, and Walter Gropius. Goff headed the College of Architecture at the University of Oklahoma in the 1950's and his philosophy has been identified as the American School approach to design. This approach called for a freedom in the personal design process of each architect instead of following the Beaux Arts School, which was more classically focused, or even the Modern Movement which focused on architecture being a machine. We will do an overview of the projects Goff designed during his career.

Architecture and Sustainability | \$50

David Boeck

March 5 – April 2, 2025 | Wednesdays | 9:30 – 11 AM

We are talking about Climate Change and the need to cut carbon emissions into the atmosphere. The built environment used 40% of all building materials and energy produced in the world/ How is the design of buildings addressing this issue. The class will look at architecture around the world and evaluate the design process for making buildings sustainable.

Class will not meet on Wednesday March 19

**ART****Spanish Baroque Art in the Golden Age | \$50***Allison Palmer*

June 10, 12, 17, 19, 2025 | Tuesdays and Thursdays | 10:00 – 11:30 AM

In this class, we will explore the major Spanish Baroque painters, including Velázquez, Murillo, and Zurbarán, and visit some of the most important buildings and sculptural programs of the 17th century, when Spain was at the height of its global power. The Catholic Church and the Spanish aristocracy both used art to beautify their cities and promote their authority across Europe. Spanish Baroque art is dramatic, life-like, and emotional, and this style spread to the Spanish colonies, where we can see some of its enduring influence in the Americas.



Once Upon a Time...In OLLI | \$50

Betty Robbins

January 16 – February 20, 2025 | Thursdays | 1 – 4 PM

Films for this course will range from dramas and dramedies to comedy. We will, perhaps, see some films for the first time and resurrect others from our viewing history for new consideration. Film selections will come from the following directors: Louis Malle, Kathryn Bigelow, Martin Ritt, Arthur Penn, Mira Nair, Clint Eastwood, Ron Howard, Euzhan Palcy, John Sayles, Roberto Roderiquez and Sophia Coppola.

Leone's *Once Upon a Time in the West* is listed as one of the "Best Films of All Time." Maybe it's time for us to compile such a list, too. For session three, class participants will be asked to bring a list of their "Top Five" most important films for a class vote of the "Top Ten—or so—Films of Our Lives."



Edith Wharton: The “Dark Prophetess” | \$50

Betty Robbins

April 8 – 29, 2025 | Tuesdays | 1 – 4 PM

That’s what Henry James called her, yet the old canard “keeping up the Joneses” refers to Edith Wharton’s family, the Newbold Jones of NY. Edith Wharton was the first woman inducted into the American Academy of Letters and the first woman in the US to own a chauffeur-driven automobile. She owned homes in Massachusetts and France, founded a home for WWII orphans and widows in France. She was a cousin to Teddy Roosevelt and often attended State dinners in the White House. In secret, she published Henry James when publishers rejected him and paid off a woman blackmailing London correspondent Morton Fullerton. A prodigious writer, she published novels, ghost stories, books on home décor and gardening as well as travelogues. She was a radical critic of capitalism and its effects on society, the human psyche and relationships, particularly the “marriage market.” This course will explore her critique of American culture in two films of her major works, *The Age of innocence* and *The House of Mirth*, three of her ghost stories, the novella *Summer* and also discuss Louise Kaplan’s inclusion of Wharton in her book on feminist psychology *Female Perversions*.



HEALTH

Aging in Place in Norman Oklahoma- A Continuation of the Norman Aging Needs Assessment Program NANAP | \$50

Dave Boeck

April 9 - 30, 2025 | Wednesdays | 9:30 - 11 AM

24% of Normans population is over the age of 55. How has Norman moved to create a community that is age friendly? The class will look at this question and try to answer it. We will analyze segments of the community like housing, neighborhood design, transportation, and circulation. We will also evaluate how the business community supports aging and accessibility. Part of this class will include using photovoice to do a personal analysis of each participant's community. WE will share our findings with city officials to help them understand the needs of the community.

Caregiving: The Things They DON'T Tell You | \$50

Barbara S Boyd

February 5 - March 12, 2025 | Wednesdays | 10 AM - 12 PM

Caregiving a loved one is becoming an all-to-common phenomenon as more and more seniors decide to "die at home." This course will focus on the deeper issues and questions that belong to the task of caregiving a loved one in their final days. We will discuss the "hard" topics that are so seldom faced in these tough situations: the ethics of caregiving, negotiations with the patient, skills and commitments of the caregiver, the hidden emotions and thoughts that plague the caregiving situation, Presence in the act of caregiving. This course will pay special attention to "couples" who are involved in caregiving their Beloved since this is a particularly rigorous life assignment. Only the brave should take this course!

**HEALTH****Modern Drug Development: Public Health or Corporate Wealth | \$50***Indrajeet Sharma*

March 24 – April 14, 2025 | Mondays | 9:30 – 11 AM

This course stands out with its unique focus on the drug development process, offering a comprehensive overview from initial concept to market release. It highlights the key stages that shape modern pharmaceuticals, providing a deep understanding for students interested in healthcare, policy, and the economics of the pharmaceutical industry. The course also delves into the driving forces behind the pharmaceutical industry and their influence on treatment pricing, addressing critical areas of healthcare such as cancer research, chronic pain, drug abuse, and the chemical effects of ADHD on the brain. A central focus of the course is the delicate balance between pharmaceutical innovation and the competing priorities of public health and corporate profit. Case studies and discussions will highlight the ethical tensions between profit-driven motives and the global demand for affordable healthcare. This course is designed for individuals interested in healthcare, policy, and the pharmaceutical industry's economics, providing a broad understanding of the drug development process and a critical perspective on its societal impact.



HISTORY

Egypt from the Beginning to Now | \$50

Dan Snell

January 21 – February 25, 2025 | Tuesdays | 1 – 2:30 PM

Egypt has always been a center of culture and of politics, affecting not just its neighbors but the whole rest of the world. We'll study this long continuity, its causes and results and see some amazing snapshots of its history and learn a little hieroglyphics and Coptic as well as Arabic.

Great Plains Indian Wars | \$50

Mike Sheriff

February 6 – 27, 2025 | Thursdays | 9:30 – 11 AM

This course will discuss a few of the actions between the United States and Cheyenne, Comanche, Dakota, and Lakota Nations from 1850 to 1890. The historic point of view of both sides of the participant will be discussed, including numerous treaties. Information presented will not be easy for some to hear but the information presented will be historically accurate. Discussion will also include the military organization, tactics, people, and weapons of both sides, from each side's viewpoint. Some myths about the events and periods will be broken. Military engagements to be discuss include: Antelope Hill, Little Crow War, Sand Creek Massacre, Washita Massacre, both Battles of Abode Walls, Fetterman Massacre, Red River Campaign in Texas Panhandle, 1874 Black Hills Expedition, Rosebud, Little Bighorn, Wounded Knee, treaties and numerous more items. Audience interaction will be encouraged. By understanding what occurred in the past will give participants a better understanding of that day's event and what is occurring today.



HISTORY

Art of the Northern Renaissance and the Dutch Golden Age | \$50

Dan R. Kirchhefer

March 4 - April 1, 2025 | Tuesdays | 1 - 3 PM

This course examines the art of Rembrandt, Vermeer, and Albrecht Durer with a focus on the visual traditions and material culture of the Netherlands and Germany during the fifteenth and seventeenth centuries.

Class will not meet on Tuesday, March 18

Introduction to Chinese Culture | \$50

Paul Bell

January 14 - February 18, 2025 | Tuesdays | 9:30 - 11:30 AM

This course will provide a six-week introduction to Chinese culture and how that culture affects how Chinese think about themselves and the world around them. A Chinese person's sense of identity is based on shared cultural beliefs and practices that have developed over 5000 years, largely free of Western influence. This common cultural heritage confers on Chinese distinctive ways of perceiving themselves, their relationships with others and their relationship with the cosmos. This heritage makes Chinese wholistic thinkers who view everything in terms of relationships in a constantly changing balance between opposites. In this course we will examine the various components of Chinese culture, including: reading, writing and thinking in Chinese characters; a syncretic system of beliefs; the centrality of the family; filial piety and respect for ancestors; personal relationships based on human feelings and a sense of mutual obligation; dialectical thinking; and a Sino-centric world view. We will also discuss Chinese aesthetic principles and look at examples of Chinese artistic expression, including handicrafts, calligraphy, painting, and poetry as reflections of the Chinese outlook on life. We will also explore such practical manifestations of Chinese culture as the Chinese lunisolar calendar, Chinese holidays, Traditional Chinese medicine (TCM) and Chinese food. All classes will be taught in person.



LITERATURE

Bleak House | \$50

Trevor McMichael

March 24 – April 28, 2025 | Mondays | 2 – 4:00 PM

Slowly turning wheels of justice. Interminable court cases and legal proceedings. A city full of corruption and poverty. A foundling with mysterious origins and unknown parents. Aristocrats full of scandalous secrets. Spontaneous human combustion. The painful, maddening pursuit of trying to elevate oneself in the world. These are but some of the many themes and topics that comprise *Bleak House* (1852-53), Charles Dickens's sprawling novel that is renowned both as a classic of Victorian fiction and a landmark in the history of the novel's development. In this seminar—the first in a two-course sequence focused on the fiction of Dickens—we will closely read *Bleak House*, considering formal techniques of characterization, setting, and narration that Dickens used to write this famous novel. Likewise, we will learn about important literary and historical contexts, such as, respectively, illustrations and serialization and industrialization and the law. While there will be some lecture, this seminar will primarily feature discussion and collective reading—so come prepared to learn, to read aloud, and to discuss one of the most intriguing works of fiction from the nineteenth century! Note: I will be teaching from the Penguin Classics edition (ISBN: 978-0-141-43972-3), but feel free to use whichever edition you can access. Because *Bleak House* is very long, I would suggest getting a head start on the novel, if possible, before our first meeting when we will discuss a reading schedule.

King Lear | \$50

David Anderson

January 27 - February 17, 2025 | Mondays | 1:30 – 3 PM

In this course we will read and discuss Shakespeare's *King Lear*, where the fracturing of a kingdom follows the fracturing of two families, resulting in Shakespeare's most painful and beautiful tragedy. We will take our time and attempt to understand the play in some depth. Please read Act One in advance of our first session, in whichever edition of the play you prefer.



LITERATURE

Great Expectations | \$50

Trevor McMichael

May 14 - June 11, 2025 | Wednesdays | 10 AM - 12 PM

An orphan. A convict on the run. A woman living out her days in a decaying wedding dress. A city both terrifying and full of wonder. Torturous romance. Revenge. The pleasures and pains of memory and of the past. Surprising twists of fate and reversals of fortune, both literal and figurative. These are but some of the numerous fascinating subjects to be found in Charles Dickens's *Great Expectations* (1861), which is often lauded as the most beloved novel from the author's extensive fictional corpus. In this seminar—the second in a two-course sequence focused on Dickens's fiction—we will dive into yet another Dickensian world, again carefully examining how Dickens crafts this novel (especially in comparison with the earlier *Bleak House*), and we will also attend to historical and cultural developments that inform the writing of *Great Expectations*, such as imperialism, gender roles, and labor. While there will be some lecture, this seminar (like the one before it) will primarily feature discussion and close, collective reading—so come again—or for the first time!—prepared to learn, to read aloud, and to discuss one of the most memorable, haunting, and moving narratives in literary history. Note: Please feel free to use any edition of *Great Expectations* that you can acquire. While we will go over a reading schedule on the first day that we meet, I advise reading chapters 1-5 by the start date.



Odysseus' Return Home | \$50

Stephen Wagner

March 6 - April 3, 2025 | Thursdays | 1:30 – 3:30 PM

Few historical moments have captured the Western imagination as much as the Trojan War and subsequent events. This time, we shall largely focus on Odysseus' decade-long return home. First, we shall summarize the returns home from Troy (or not) of the other Greek heroes, along with a review of the characteristics of ancient epic heroes such as Achilles and Odysseus. Second, we shall visit Odysseus at Calypso's island as the gods order his return home. Third, we shall track his 10-year return home, with all the stories you might have heard: the happy Lotus Eaters, the man-eating Cyclops, the enchanting Circe, the shady Underworld, the irresistible Song of the Sirens, the twin perils Scylla and Charybdis, the forbidden Cattle of the Sun, and the bewitching Calypso. Time permitting, we shall discuss the problems of translation, the archaeology of Odysseus' home on Ithaca, the mess he found once he got home, and life after his eventual return. Readings from Homer's *Odyssey*.

Class will not meet on Thursday, March 20

Modern Literature and Rhetorical Poetics | \$50

Chris Carter

January 31 – February 28, 2025 | Fridays | 2 – 3:30 PM

This course will be a study of five short pieces ranging from the early twentieth century to the early twenty-first, more specifically, from a highly autobiographical short story penned by Franz Kafka on the eve of WW1 to Joan Didion's fairly recent memoir. Unlike my other OLLI courses, most of which have been historically situated and usually limited to a couple of decades, here the emphasis will be on certain fictional techniques and how these are used to influence the reader's response. We will consider narrators reliable and unreliable, audiences actual and authorial, and narratives deficient and deliberately ambiguous. That's just for starters. We will, as usual, take into consideration theme and content, but the emphasis will be on the formal elements and rhetorical devices of these literary documents.



MUSIC

Broadway: A History of American Musical Theatre, Part III: The Golden Age | \$50

Marvin Beck

May 1 – June 5, 2025 | Thursdays | 10 AM – 12 PM

The remarkable journey continues, exploring the story, history and productions of those early years of The Golden Years of Broadway Musicals covering much of its greatest achievements. We will meet brilliant people who wrote, produced and directed as they created the best of the best- including the works of: Rogers and Hammerstein II (Oklahoma! Carousel, South Pacific, The King and I, The Sound Of music, ++, Irving Berlin (Annie Get your Gun, Call Me Madam), Cole Porter (Kiss Me Kate. Silk Stockings), Lerner and Loewe (Brigadoon, My Fair Lady, Camelot), Leonard Bernstein (West Side Story, On The Town) Frank Loesser (Guys and Dolls, Most Happy Fella), We also will sample and discuss many other of the time's classic productions like Finian's Rainbow, Kismet, Music Man, Bells Are Ringing, The Pajama Game and Damn Yankees and more.



POLITICAL SCIENCE

1968 and 2024 - America's Two Most Consequential Years in the Last One Hundred. Fifty-Six Years Apart - Similarities and Differences? Of Course, So Let's Examine Them Together. | \$50

Cal Hobson

March 24 – April 14, 2025 | Mondays | 1 – 3:30 PM

The murder of our leaders and mayhem in the cities. Attempted assassination and gridlock in Congress. Inflation running wild; women's rights revoked. Death in Vietnam set records; Middle East moves toward wider war. Johnson, Biden both throw in the towel; maybe a woman of color replaces one. Boeing booming in 68; facing bust in 24. Beatles top the charts; Swifties circle the globe. Many memories? Yes. Momentous moments mounting now? Naturally. So come play historian with me. If you do I promise to limit the number of times I start a sentence with "Remember when...?"

U.S - Russia Relations | \$50

Rob Andrew

February 17 – March 10, 2025 | Mondays | 9:30 – 11:30 AM

Overview of U.S.-Russia Relations over the past 200 years, with special emphasis on World War II, the Cold War, the Post-Cold War Era, and current relations in the wake of Russia's war on Ukraine.



POLITICAL SCIENCE

Results of the November 5th, 2024, Elections | \$50

Cal Hobson

February 3 – 24, 2025 | Mondays | 1 – 3:30 PM

In what was viewed by many as the most monumental presidential election ever, students in this seminar, assisted by numerous speakers, will endeavor to answer the who, what, when, where, and why questions driving the outcome. For example, who was crowing the morning of November 6th and who couldn't - or wouldn't - get out of bed. Did the Donkeys orchestrate a sweep of the White House and both bodies of Congress or maybe get washed away in an Elephant landslide? Of course, the third option was a continuation of a divided government which nobody seemed to salute prior to the 5th. Have we heard the last of The Donald or was the dream of America's first female leader shattered again as Kamala cratered on the long and laborious road to 1600 Pennsylvania Avenue? What a system. What a process but as Winston Churchill. said "Democracy is the worst form of government except for all those other forms that have tried from time to time." I agree... on most days.



The Practice of Diplomacy | \$50

Rob Andrew

January 13 – February 10, 2025 | Mondays | 9:30 – 11:30 AM

In this course we look at how a typical U.S. Embassy is organized as well as an overview of the State Department; a review of the instructor's career in the Foreign Service and how "real diplomats" actually work; review the most important diplomatic events in the past 400 years; and an in-depth look at U.S. diplomacy since the nation's founding.

* Class will not meet on Monday, January 20, due to Martin Luther King day

The First Gulf War 1990 - 1991 | \$50

Rob Andrew

March 26 – April 16, 2025 | Wednesdays | 9:30 – 11:30 AM

This course will cover major events/battles of Operations Desert Shield/Storm, such as the Iraqi invasion of Kuwait, to the build-up of American and Allied forces in the region, the air and ground wars, the Battle of the 73 Easting, incidents that nearly re-ignited the war, and then the Cease-Fire and afterwards. Based on instructor's own combat experiences in this war.

**POLITICAL SCIENCE****Strategic Intelligence Surprises – Dealing with a Highly Volatile, Uncertain World | \$50***Chris Sartorius*

February 11 – March 4, 2025 | Tuesdays | 1:30 – 3:30 PM

Geopolitics in the 21st century is becoming increasingly complex and uncertainties regarding threats and opportunities abound. The first mission of the US Intelligence Community is to provide our national leaders with strategic intelligence assessments designed to provide foreign threats insights and reduce uncertainty. Sometimes intelligence agencies fail to recognize indicators of pending foreign aggression and sometimes national leaders fail to heed these warnings. This course will discuss how intelligence agencies use structured analytic techniques to assess current threats and warn leaders of pending attacks. We will take a historical case study approach and examine critical warning and/or policy failures including: the Japanese attack against Pearl Harbor, the German invasion of the Soviet Union, the 1973 Arab-Israeli Conflict, the 9/11 al-Qaeda attacks, and the 7 Oct 2023 Hamas attacks against Israel. We will also review notable intelligence warning success stories such as the Cuban Missile Crisis and the recent, second Russian invasion of Ukraine. Join us as we explore how international events continue to surprise us as common citizens as well as our national leaders and how we can improve our ability to forecast future events.

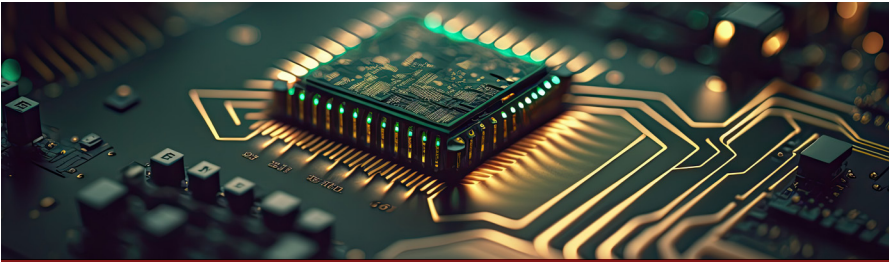
**SCIENCE****Geologic Processes with Major Impacts on Earth History | \$50***Ken Johnson*

April 4 – 25, 2025 | Fridays | 10 – 11:30 AM

This Senior Seminar includes presentations on four of the geologic processes that have had, and will have, major impacts upon life on Earth:

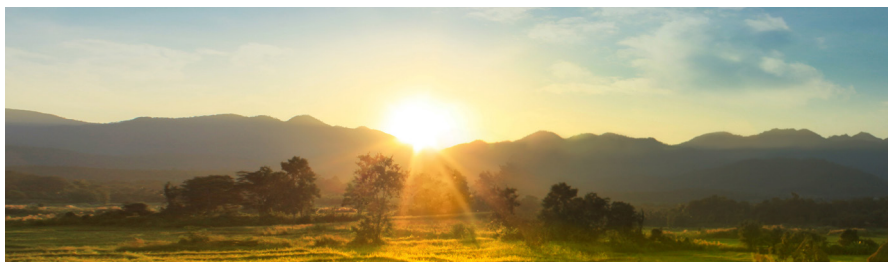
- 1) Plate Tectonics, the driving force of our dynamic Earth;
- 2) Volcanoes, living with beauty and hazards;
- 3) Earthquakes and Tsunamis, hazards on land and sea;
- 4) Glaciers, Fjords, and Icebergs, how they form, and the landforms they create.

These talks will cover basic principles and concepts of major geologic features and processes, with excellent examples of all these features drawn from throughout the World (and Oklahoma). Non-technical discussions are illustrated with many beautiful PowerPoint slides—and a bit of humor. The talks and slides are well-suited for the interested layperson. Come and learn more about major geologic processes, and how they have impacted Earth history and Oklahoma.

**TECHNOLOGY****IOS Fundamentals | \$50***Jeremy Hessman*

January 16 – February 20 | Thursdays | 9:30 – 11:30 AM

Technology is everywhere in our lives these days, and no more obvious is it than with our phones and tablets. For Apple users, better understanding your device and using more of its features can make your life easier. This course will give users a basic understanding of your iPhone and iPad. We will cover the most general settings, common navigation on the device, and security tips.



MORNINGS WITH THE PROFESSOR

Lincoln and Leadership: His EPIC Journey | \$5

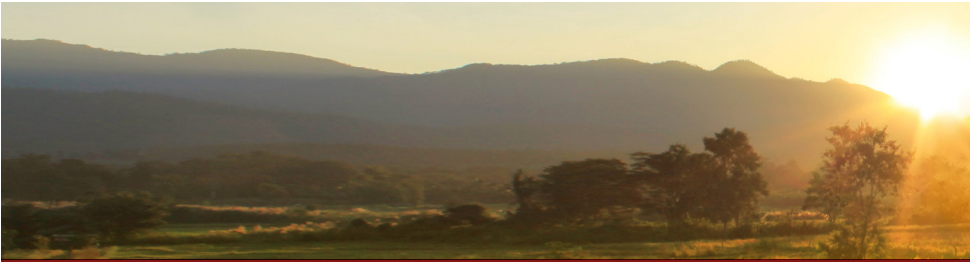
David Sabatini

February 18, 2025 | Tuesday | 9:30 – 11 AM

Abraham Lincoln. Widely acclaimed as the greatest president in U.S. history. But what prepared Lincoln for his greatest hour? He was born in a log cabin, raised in the humblest of conditions, and had extremely limited schooling. He failed in business, had a marriage proposal rejected, and he had only limited success in national politics (he was a one-term representative that lost his reelection bid and lost in multiple senatorial races). Hardly the resume we would expect of our nation's greatest president.

Yet these trials refined him and prepared him for greater tasks – winning the 1860 presidential election, preserving the union, and freeing the slaves; all this with extremely limited administrative experience (running a two-man law firm). His presidential success was a great surprise to many, including his cabinet members! So how did Lincoln mature into our nation's greatest president? Such is the topic of this course, which will follow Lincoln through his formative years (from humble beginnings), as a young, struggling professional (from trials to triumph), and during his presidential years (the war years).

All-in-all an EPIC journey, from which we can learn of Lincoln's great Endeavor (to save the union and free the slaves), the People that he forged into a team of rivals in pursuit of this endeavor, the Integrity that made him an effective leader, and his amazing Communication skills that enabled him to achieve his endeavor while leaving a lasting legacy.



MORNINGS WITH THE PROFESSOR

The Tower of London: A Fascinating Part of British History | \$5

Ken Johnson

April 1, 2025 | Tuesday | 9:30 – 11 AM

The famed Tower of London has been the scene of some of Britain's most dramatic and compelling history. It has been a royal residence, zoo, prison, execution site, museum, and repository for the Crown Jewels. Construction was started in 1075 AD by William the Conqueror to show dominance by the Normans over the recently conquered Anglo-Saxons. The original Tower has been improved and extended by the addition of more towers, extra buildings, moats, and walls, and it is now a World Heritage Site. From 1100 to 1954, more than 8,000 persons have been imprisoned in the Tower, but only 22 have been executed within the Tower grounds; most executions (about 125) occurred on Tower Hill, just outside the Tower walls. Among the more famous prisoners were: 4 queens of England (Anne Boleyn, Catherine Howard, Lady Jane Grey, Elizabeth I), Sir Walter Raleigh, 2 English princes, Guy Fawkes, and Rudolf Hess—however, not all these prisoners were executed. Come and find out about the ravens, the beefeaters, the Traitors' Gate, and the fascinating history of one of Britain's greatest landmarks.



**A Language of Belonging in Oklahoma: Dismantling Everyday “Othering”
with Our Words | \$5**

Suzette V. Chang

February 4, 2025 | Tuesday | 9:30 – 11 AM

According to a 2018 study, Oklahoma is ranked as the most polite state in the country. This research suggests that due to our politeness, there is an assumption that Oklahomans communicate and engage with each other as human beings. “A Language of Belonging in Oklahoma: Dismantling Everyday Othering with Our Words” unpacks our language through the lens of cultural anthropology and the book, *The Everyday Language of White Racism*, by Jane Hill. With both perspectives, we will discuss how our language often crushes, if not demolishes, belonging for “others.” At the conclusion, we will attain a thick and descriptive understanding of our dehumanizing language practices, identify ways to push against “we’ve always done it this way” and develop strategic engagement through language.

OKLAHOMA CITY

For OLLI members living in the Oklahoma City area, we offer courses at PHF Conference Center on OU's Health Sciences campus:

**655 Research Parkway
Oklahoma City, OK 73104**

Rooms are equipped with audio/visual systems for class presentations and coffee and water are provided for each class.

Parking information for PHF Conference Center can be found in the course information email sent to OLLI members prior to the start of each class.

**POLITICAL SCIENCE****Results of the November 5th, 2024, Elections | \$50***Cal Hobson*

February 6 – 27, 2025 | Thursdays | 12:30 – 3 PM

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The murder of our leaders and mayhem in the cities. Attempted assassination and gridlock in Congress. Inflation running wild; women's rights revoked. Death in Vietnam set records; Middle East moves toward wider war. Johnson, Biden both throw in the towel; maybe a woman of color replaces one. Boeing booming in 68; facing bust in 24. Beatles top the charts; Swifties circle the globe. Many memories? Yes. Momentous moments mounting now? Naturally. So come play historian with me. If you do I promise to limit the number of times I start a sentence with "Remember when...?"



OKC Town Talk and Tours | \$50

Mike Adams

March 14 - April 18, 2025 | Fridays | 10 - 12 PM

The Oklahoma City Renaissance continues! Now home to more than 1.2 million people, OKC is drawing international attention with its emphasis on economic development and improving the city's quality of life. Development announcements, groundbreakings, and ribbon cuttings are an almost daily occurrence.

In this course we will continue to explore what is happenin' in the Greater OKC area. We will hear from city officials, economic development insiders, place makers, and commercial leaders. **Be prepared to meet in various locations, tour some of the metro's top-tier facilities, and connect with the people shaping OKC's future. Class members will be notified in advance with meeting locations.**

Class will not meet on Friday, March 21

OLLI SPRING 2025 REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____

Email: _____

I prefer to receive my course confirmations by:

Email Standard Mail

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PAYMENT

Check* Visa Mastercard American Express Discover

Credit card number: _____ Exp: _____

Class Cost Total: _____

**Make checks payable to the University of Oklahoma.*

Accommodations are available by contacting Chris Elliott with OLLI at (405) 325-3488 as soon as possible.

All fees are due at the time of registration. We cannot accept payment for registrations at the OLLI at OU office. Registrations are based on a first-come basis. 100% of the course fee will be refunded if enrollment is canceled at least seven days before the program start date. After that date, no refunds will be granted.

Please send registration form to:

**University of Oklahoma
College of Professional and
Continuing Studies**
1610 Asp Ave., Suite 310,
Norman, OK 73072

Registration and Records:
405-325-6034

OLLI MEMBERSHIP 2025

Sign me up to be a member of OLLI!

PURPOSE CODE: XCLLMEMB

Cost is \$55 and is valid July 1 to June 30 of the following year.

Membership is required to attend courses.

Already a member!

OLLI SENIOR SEMINARS FALL 2025

NORMAN | THURMAN J. WHITE FORUM BUILDING

PURPOSE CODE: XCLLSPRG

- Architecture, Bruce Goff, and the American School at the University of Oklahoma \$50 _____
- Architecture and Sustainability \$50 _____
- Spanish Baroque Art in the Golden Age \$50 _____
- Once Upon a Time...In OLLI \$50 _____
- Edith Wharton: The “Dark Prophetess” \$50 _____
- Aging in Place in Norman Oklahoma- A Continuation of the Norman Aging Needs Assessment Program NANAP..... \$50 _____
- Caregiving: The Things They DON’T Tell You \$50 _____
- Modern Drug Development: Public Health or Corporate Wealth. \$50 _____
- Egypt from the Beginning to Now \$50 _____
- Great Plains Indian Wars \$50 _____
- Art of the Northern Renaissance and the Dutch Golden Age \$50 _____
- Introduction to Chinese Culture \$50 _____
- Bleak House \$50 _____
- King Lear \$50 _____
- Great Expectations \$50 _____
- Odysseus’ Return Home \$50 _____
- Modern Literature and Rhetorical Poetics \$50 _____
- Broadway: A History of American Musical Theatre, Part III:
The Golden Age \$50 _____
- 1968 and 2024 - America’s Two Most Consequential Years in the Last One Hundred. Fifty-Six Years Apart - Similarities and Differences? Of Course, So Let’s Examine Them Together. \$50 _____
- U.S - Russia Relations \$50 _____
- The First Gulf War 1990 - 1991 \$50 _____
- Results of the November 5th, 2024, Elections \$50 _____
- The Practice of Diplomacy \$50 _____
- Strategic Intelligence Surprises – Dealing with a Highly Volatile, Uncertain World \$50 _____
- Geologic Processes with Major Impacts on Earth History \$50 _____
- IOS Fundamentals \$50 _____
- Lincoln and Leadership: His EPIC Journey..... \$5 _____
- The Tower of London: A Fascinating Part of British History \$5 _____
- A Language of Belonging in Oklahoma: Dismantling Everyday “Othering” with Our Words..... \$5 _____

OLLI SENIOR SEMINARS FALL 2025

OKLAHOMA CITY | PHF CONFERENCE CENTER

- Results of the November 5th, 2024, Elections..... \$50 _____
- 1968 and 2024 - America's Two Most Consequential Years in the Last One Hundred. Fifty-Six Years Apart - Similarities and Differences? Of Course, So Let's Examine Them Together..... \$50 _____
- OKC Town Talk and Tours \$50 _____
- Strategic Intelligence Surprises - Dealing with a Highly Volatile, Uncertain World..... \$50 _____

TULSA | SCHUSTERMAN CENTER

- History of Comic Books in the United States..... \$50 _____
- Navigating Relationship Changes in Middle Adulthood..... \$50 _____
- Stories from the Frontlines: Reflections from Emergency and Intensive Care Nurses During the COVID-19 Pandemic \$50 _____
- Aging Smart: Integrating Health, Wellness, and Technology for a Better Tomorrow..... \$50 _____
- A Paleolithic Brain in the 21st Century: The Mismatch, Anxiety, and Angst \$50 _____
- Cybersecurity Unplugged: The Human Factor..... \$50 _____
- Fundamentals of AI..... \$50 _____
- Graphic Medicine: How Comics & Graphic Novels Can Improve Health Outcomes..... \$5 _____
- From Birds to Stars: The Best Apps for Nature Enthusiasts \$5 _____
- There is an app for that: A review of the best mobile phone apps for mental health..... \$5 _____

ONLINE (VIA ZOOM)

- Art (Mostly) Without Men \$50 _____
- OLLI Discussion Group \$0 _____
- The Islamization of the Arab-Israeli Conflict \$50 _____
- Red Dirt Roots: The Legacy of Oklahoma Country Music..... \$50 _____
- Geologic Processes with Major Impacts on Earth History..... \$50 _____
- Quantum Computing \$50 _____
- The Tower of London: A Fascinating Part of British History..... \$5 _____

ADULT WELLNESS AND EDUCATION CENTER | NORMAN

- Tai Chi for Health \$50 _____
- The Haunts of Elvis Presley..... \$5 _____
- Antarctica: The Land of Ice and Penguins..... \$5 _____
- Grand Canyon Odessey: Raft Trips on the Colorado River \$5 _____

**POLITICAL SCIENCE****Strategic Intelligence Surprises – Dealing with a Highly Volatile, Uncertain World | \$50***Chris Sartorius*

February 10 – March 3, 2025 | Mondays | 1:30 – 3:30 PM

Geopolitics in the 21st century is becoming increasingly complex and uncertainties regarding threats and opportunities abound. The first mission of the US Intelligence Community is to provide our national leaders with strategic intelligence assessments designed to provide foreign threats insights and reduce uncertainty. Sometimes intelligence agencies fail to recognize indicators of pending foreign aggression and sometimes national leaders fail to heed these warnings. This course will discuss how intelligence agencies use structured analytic techniques to assess current threats and warn leaders of pending attacks. We will take a historical case study approach and examine critical warning and/or policy failures including: the Japanese attack against Pearl Harbor, the German invasion of the Soviet Union, the 1973 Arab-Israeli Conflict, the 9/11 al-Qaeda attacks, and the 7 Oct 2023 Hamas attacks against Israel. We will also review notable intelligence warning success stories such as the Cuban Missile Crisis and the recent, second Russian invasion of Ukraine. Join us as we explore how international events continue to surprise us as common citizens as well as our national leaders and how we can improve our ability to forecast future events.

TULSA

For OLLI members living in the Tulsa area.

Classes held at the Tulsa campus will occur in the Schusterman
Library at OU Tulsa.

**4502 E 41st St
Tulsa, OK 74135**



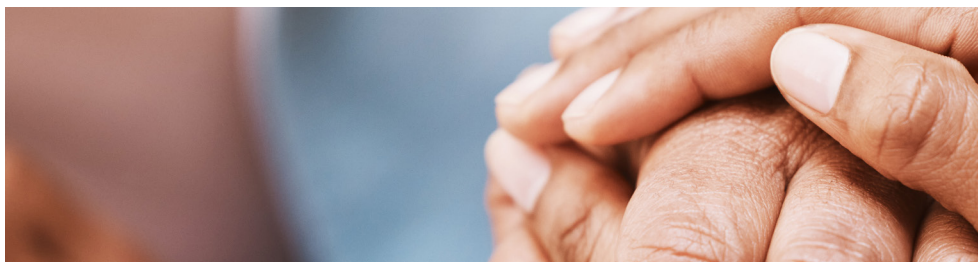
ART

History of Comic Books in the United States | \$50

Stewart Brower

April 22 – May 13, 2025 | Tuesdays | 9 – 10:30 AM

Comic books have been a part of American publishing since before World War II, and have given us characters that have had a significant impact on our culture and shared history, and an artform that has continued to evolve significantly through generations of cartoonists. For this course, we will take a look through the entire history of the comic book in this country. This examination will begin with the origin of the comic book in the 1930s, followed by the heyday of the Golden Age in the 1940s. We will take a close look at the backlash against comics in the 1950s and Wertham’s “Seduction of the Innocent” leading to political intervention and the beginnings of the Comics Code Authority. Then, we will see how counterculture movements of the 1960s and 70s led to underground comix and alternative comic book publishers. These changes led to a mainstream comic publishing revolution in the 1980s, independent comics publishing in the 1990s, and finally the incorporation of comics and graphic novels into the American movie industry and popular media in the 21st century. Throughout this discussion, we will also uncover and explore the language of the comics artform to better understand how the medium and the message are often confused, and how a fundamental storytelling mechanism, often ridiculed as being only for children, has continued to gain influence over the last century.

**HEALTH****Navigating Relationship Changes in Middle Adulthood | \$50***Mary Brandt*

February 4 - 25, 2025 | Tuesdays | 10 - 11:30 AM

Middle adulthood often means launching children and renegotiating the dyad of the marital relationship. This means sharing new expectations of commitment as well as clarifying roles and responsibilities for “empty nesters”. Biological changes as well as differences in communication styles between males and females can sometimes lead to “pinches”. These choice points may result in uncertainty, disrupted expectations, resentment and anxiety. This course will be a lighthearted way to reexamine relationships in middle adulthood whether it be trying new hobbies and building skills together, exploring new friendship groups or experiences separately and then sharing with a partner or striking out on your own and finding or rekindling something you enjoyed at an earlier stage of development.

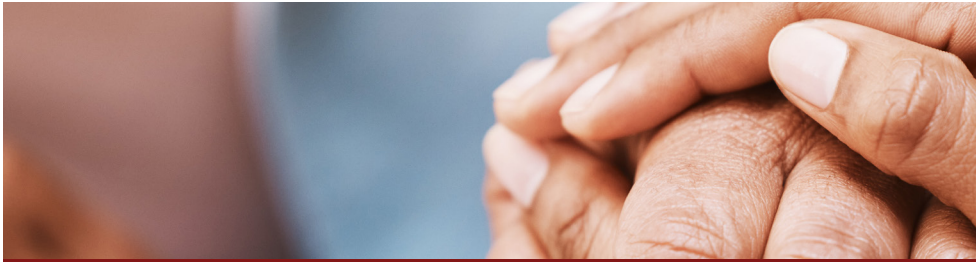


Stories from the Frontlines: Reflections from Emergency and Intensive Care Nurses During the COVID-19 Pandemic | \$50

April Nelson

April 21 – May 12, 2025 | Mondays | 10 AM – 12 PM

Frontline nurses will share their personal experiences, challenges, and key lessons from working in the emergency room (ER) and intensive care unit (ICU) during the COVID-19 pandemic. Participants will gain unique insights into the realities of healthcare during a global crisis, from the uncertainty and fear of the early days to the emotional toll of providing critical care during patient surges. This seminar is ideal for anyone interested in understanding the human impact of the pandemic and how healthcare workers adapted to unprecedented challenges. Each 90-minute session will feature a different aspect of the pandemic experience and include time for attendees to ask questions and engage in discussion.

**HEALTH****Aging Smart: Integrating Health, Wellness, and Technology for a Better Tomorrow | \$50***April Nelson*

May 6 - 27, 2025 | Tuesdays | 1 - 3 PM

As we age, managing health and wellness becomes increasingly important. This interactive course is designed for individuals eager to take control of their health in the modern world. Co-taught by experts in nursing and biomedical engineering, this course offers a unique blend of healthcare practices based in evidence from research and cutting-edge technological insights. Participants will explore implementing preventive care strategies to maintain long-term physical and mental health. From a nursing perspective, you'll learn how to navigate the complexities of aging, create a personalized health plan, and adopt lifestyle changes that can improve your overall well-being. On the technological side, this course will introduce you to the latest innovations in health monitoring and wellness enhancement, empowering you to leverage technology for better outcomes. This multidisciplinary approach ensures you gain valuable knowledge about your health and learn how to integrate modern tools into your daily life. Whether you're interested in using wearable devices to track your fitness, exploring telehealth options, or simply staying informed about the latest healthcare advancements, this workshop will provide the guidance you need. Join us in this empowering journey to take charge of your health, enhance your quality of life, and age with confidence and vitality.



A Paleolithic Brain in the 21st Century: The Mismatch, Anxiety, and Angst | \$50

Linda Barnum

January 17 - February 7, 2025 | Fridays | 2 - 3:30 PM

How the central nervous system evolved can be traced back to human interaction with the environment at the time of the Pleistocene age. Yet how this “wired” us to respond to our world is still relevant to who we are in the 21st century. This 4-week course examines mental health issues such as stress, trauma, anxiety, depression, and addiction from the perspective of paleoanthropology and evolutionary psychology. It will address why our mental health needs to avoid the “mismatches” that can occur in the modern world, and how to live in a manner that maximizes the strengths of our nervous system to create resilience, longevity, and develop the skills needed to benefit from the world that we live in now.

**SCIENCE****Cybersecurity Unplugged: The Human Factor | \$50***Christopher Freeze*

February 5 - 26, 2025 | Wednesdays | 10 - 11:30 AM

In the digital age, your online behavior can be your best defense or your biggest vulnerability. In this four-week course, we will examine cybersecurity topics such as the need for cybersecurity, the weakest link in cybersecurity, how hackers use espionage techniques to spy on people and steal their data, social engineering, malware, phishing, ransomware, and how to better secure your data, and how artificial intelligence is disrupting the whole cybersecurity field. No previous knowledge of computers or cybersecurity is necessary for this class.

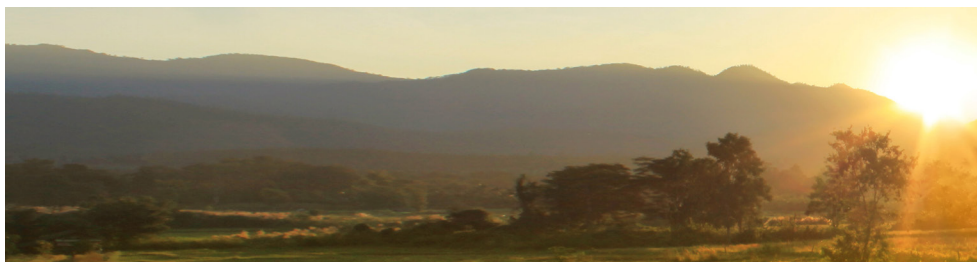


Fundamentals of AI | \$50

Gregory G MacDonald

January 27 - March 3, 2025 | Mondays | 10 AM - 12 PM

This course is designed for those interested in exploring the basics of Artificial Intelligence (AI) and its role in everyday life. With a focus on making technology accessible and easy to understand, participants will learn the fundamentals of AI, its history, and how it is shaping modern society and develop the skills needed to benefit from the world that we live in now.



MORNINGS WITH THE PROFESSOR

Graphic Medicine: How Comics & Graphic Novels Can Improve Health Outcomes | \$5

Stewart Brower

February 27 | Thursday | 9:30 – 11 AM

Dr. Ian Williams defines “Graphic Medicine” as the intersection between comics and healthcare -- Graphic novels that explore a variety of medical conditions. Often through personal narrative and memoir, graphic medicine helps bridge the gaps in communication between caregiver and patient, and often between patient and their own family and friends. Graphic medicine can help change our perceptions of medicine, can help other people who suffer from a chronic condition, and can enable discussion of difficult subject matter. For this lecture, we will first explore the structure and language of the comics artform, before examining specific works of graphic medicine and discussing their impact.



From Birds to Stars: The Best Apps for Nature Enthusiasts | \$5

Julie Miller-Cribbs

March 4, 2025 | Tuesday | 9:30 – 11 AM

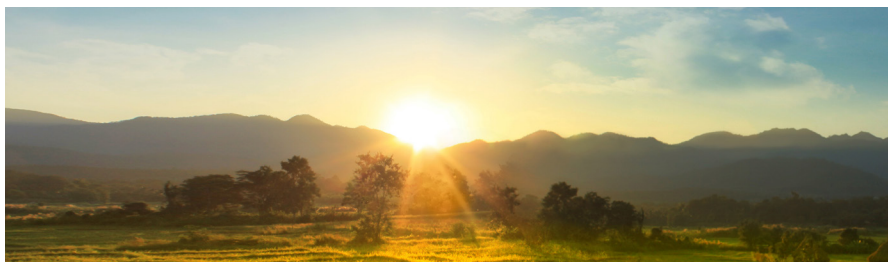
Are you fascinated by the natural world or curious to deepen your understanding of the birds in your backyard or the stars in the sky? Whether you're interested in identifying plants, understanding constellations, or recognizing birdsongs, there are apps to help you learn in exciting new ways. With today's technology, countless mobile apps—many free—allow users to explore and engage with nature like never before.

These apps provide a gateway to a richer appreciation of nature, catering to various interests and levels of expertise. Some even offer social features, enabling you to join citizen science projects, share discoveries, and connect with others passionate about the natural world.

In this session, we will introduce a range of mobile apps to enhance your experience with nature

- Merlin and eBird: Ideal for identifying and locating birds.
- Seek: Helps you identify plants, trees, insects, and animals.
- StarWalk: Identifies stars and constellations.
- PeakFinder: Recognizes and names mountains.

We will provide an overview of each app's main features and advantages, discuss potential limitations like accuracy, ease of use, or internet requirements, and help you choose the best tools to engage with and learn about the natural world.



MORNINGS WITH THE PROFESSOR

There is an app for that: A review of the best mobile phone apps for mental health | \$5

Julie Miller-Cribbs

April 15, 2025 | Tuesday | 9:30 – 11 AM

In recent years, there has been a significant rise in mobile apps designed to support mental health and overall well-being. This growth reflects a broader societal recognition of the importance of mental health and the need for accessible, affordable tools to manage it effectively. These apps offer a wide range of resources, from guided meditation and mindfulness practices to help manage stress and anxiety, to personalized support for addiction recovery. Many tools help users build healthy habits, practice relaxation techniques, and engage in consistent self-care.

These apps cater to users of all ages, from children to seniors, with content tailored to different age groups and specific mental health challenges. This session will explore the broad landscape of mental health apps currently available and discuss their main features, such as user interface, content quality, customization options, and accessibility. Additionally, we will provide a balanced perspective by summarizing the pros and cons of each app's features, helping participants make informed choices about which tools may be most beneficial for their specific needs and circumstances.

Whether you are looking to manage daily stress, support your recovery journey, or explore new ways to maintain mental health, this session offers valuable insights into digital resources that can empower you to take control of your well-being.

ONLINE (VIA ZOOM)

Since the beginning of the COVID-19 pandemic, OLLI at OU has offered online courses via Zoom to our members. Attending Zoom classes is a great resource for anyone with mobility issues or who lives a great distance from OU's campuses.

Please note – if you are registered in more than one OLLI Zoom course this semester, there is a separate link for each course. You will receive a separate email for other courses in which you are registered.

Not familiar with Zoom? Instructional materials are available upon request and OLLI staff joins each Zoom class early to assist members with getting connected.

**ART****Art (Mostly) Without Men | \$50***Timothy Jones*

January 14 – February 4, 2025 | Tuesdays | 3 – 4:30 PM

In 1971, art historian Linda Nochlin wrote an essay titled “Why Have There Been No Great Women Artists?”—in 2023, Katy Hessel wrote *The Story of Art Without Men*. Between 1550 and 1568, Giorgio Vasari wrote *Lives of the Most Excellent Painters, Sculptors, and Architects*, in which he mentioned four women: Properzia de Rossi, Sister Plautilla, Madonna Lucrezia, and Sofonisba Anguissola. Only Anguissola receives much attention in current art history textbooks. This series of sessions will begin by considering those four artists as well as Lavinia Fontana (who is sometimes regarded as being the “first woman artist”) and Artemisia Gentileschi. We will discuss the designation of “artist” versus “woman artist” and examine works by artists ranging from sculptor Luisa Ignacia Roman (1600s) to Frida Kahlo (20th century).

**HEALTH****Discussion Group | Free***Chris Elliott*

February 5 – May 21, 2025 | Wednesdays | 10 – 11:30 AM

The Discussion Group will meet weekly on Wednesday mornings for OLLI members who would like to share their ideas, feelings, and concerns about what's going on in our world. The purpose is fellowship and learning together through sharing concerns and ideas while responding to others' initiation of other ideas. This is not your typical OLLI course led by a faculty member. YOU become the leaders and decide what to talk about.

*Class will not meet on Wednesday, March 19



HISTORY

The Islamization of the Arab-Israeli Conflict | \$50

Gershon Lewental

January 14 – February 18, 2025 | Tuesdays | 1 – 2:30 PM

Since the late 1970s, the Arab-Israeli conflict has witnessed the rise of radical Islamist actors who have profoundly altered the dimensions and even the reach of the conflict. This trend is not limited to the conflict between Israel and the Palestinians and neighboring Arab countries, but reflects a broader process in the Middle East. Furthermore, the ‘Islamization’ of the conflict does not change the fact that the conflict, at its core, is a modern territorial dispute over land—and not a religious struggle between Islam and Judaism, two sister religions that thrived in symbiosis for hundreds of years. However, new forces seeking to harness the mobilizational power of religion for political aims have come to dominate the radical axis opposed to Israel’s existence. This course will explore the major new participants in the conflict since the 1970s— aMĀS, izb-Allāh, the Islamic Republic of Iran—as well as Turkey, which has offered increasing support to them in the last two decades. This course will take the form of informal lectures with plenty of time for questions and answers and discussion and you are encouraged to follow the news and come prepared with challenging queries, as we try to elucidate the changing dynamics of the Arab-Israeli conflict and its contours today and into the immediate future.

**MUSIC****Red Dirt Roots: The Legacy of Oklahoma Country Music | \$50***Kalyn Prince*

February 7 – 28, 2025 | Fridays | 10 – 11:30 AM

Oklahoma's country music scene is rich with history and tradition, rooted in the Dust Bowl migration and the state's unique cultural landscape. In this seminar, we'll explore the legacy of Oklahoma country music by examining the lives and works of its most influential artists, including Woody Guthrie, Toby Keith, Reba McEntire, and Garth Brooks. We'll dive into themes of migration, resilience, and identity that have shaped the state's distinctive sound. We'll also consider how the Red Dirt movement has contributed to Oklahoma's musical heritage. Through these stories and songs, we'll study how Oklahoma's country music continues to resonate far beyond the state's borders.

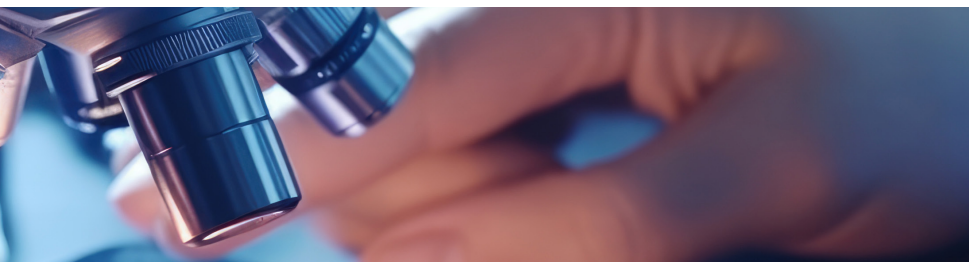
**SCIENCE****Geologic Processes with Major Impacts on Earth History | \$50***Ken Johnson*

March 31 - April 21, 2025 | Mondays | 10 - 11:30 AM

This Senior Seminar includes presentations on four of the geologic processes that have had, and will have, major impacts upon life on Earth:

- 1) Plate Tectonics, the driving force of our dynamic Earth;
- 2) Volcanoes, living with beauty and hazards;
- 3) Earthquakes and Tsunamis, hazards on land and sea;
- 4) Glaciers, Fjords, and Icebergs, how they form, and the landforms they create.

These talks will cover basic principles and concepts of major geologic features and processes, with excellent examples of all these features drawn from throughout the World (and Oklahoma). Non-technical discussions are illustrated with many beautiful PowerPoint slides—and a bit of humor. The talks and slides are well-suited for the interested layperson. Come and learn more about major geologic processes, and how they have impacted Earth history and Oklahoma.

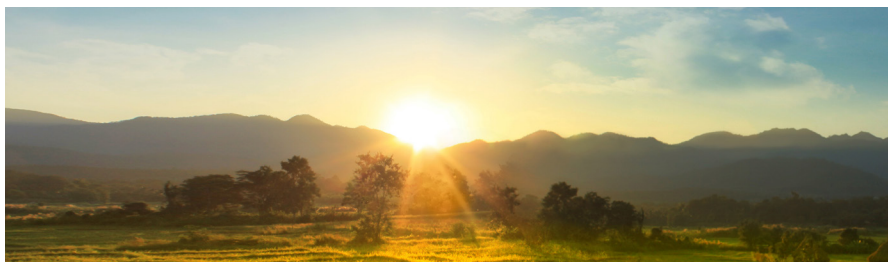


Quantum Computing | \$50

Soumya Bhattacharya

April 3 - 24, 2025 | Thursdays | 10 - 11:30 AM

No prerequisites. Motivation, brief history, current status, future trends, and a few basic demo to see the concepts in actions. Build a community at OU to exchange ideas.



MORNINGS WITH THE PROFESSOR

The Tower of London: A Fascinating Part of British History | \$5

Ken Johnson

March 25, 2025 | Tuesday | 9:30 – 11 AM

The famed Tower of London has been the scene of some of Britain's most dramatic and compelling history. It has been a royal residence, zoo, prison, execution site, museum, and repository for the Crown Jewels. Construction was started in 1075 AD by William the Conqueror to show dominance by the Normans over the recently conquered Anglo-Saxons. The original Tower has been improved and extended by the addition of more towers, extra buildings, moats, and walls, and it is now a World Heritage Site. From 1100 to 1954, more than 8,000 persons have been imprisoned in the Tower, but only 22 have been executed within the Tower grounds; most executions (about 125) occurred on Tower Hill, just outside the Tower walls. Among the more famous prisoners were: 4 queens of England (Anne Boleyn, Catherine Howard, Lady Jane Grey, Elizabeth I), Sir Walter Raleigh, 2 English princes, Guy Fawkes, and Rudolf Hess—however, not all these prisoners were executed. Come and find out about the ravens, the beefeaters, the Traitors' Gate, and the fascinating history of one of Britain's greatest landmarks.

NORMAN SENIOR ADULT WELLNESS & EDUCATION CENTER

OLLI at OU has collaborated with the newly opened Norman Senior Adult Wellness & Education Center (AWE) to offer a unique speaker series throughout the fall semester onsite at their location.

The AWE can be found at:

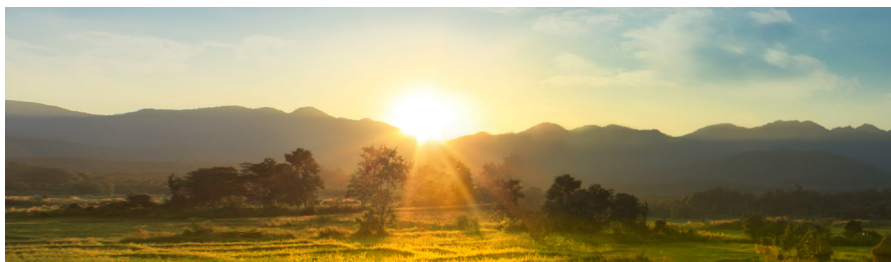
602 N. Findlay Ave., Norman OK 73069

OLLI at OU speaker sessions occur on Wednesdays throughout the fall semester, and parking is available onsite.

**HEALTH****Tai Chi for Health | \$50***Peter Barker*

January 22 – February 26, 2025 | Wednesdays | 9 – 10:30 AM

Students will be introduced to the Yang Short Form developed by Chen Man Ching for use in the US. Tai Chi Chuan is sometimes called “Chinese yoga” and consists of slow, deliberate movements of the body. No special equipment or clothing is required, although you should wear something comfortable and easy to move about in. Over time the exercise improves balance, muscle tone and coordination, leading to improved general health. If there is sufficient student interest, courses that build on this one will be added as students progress.



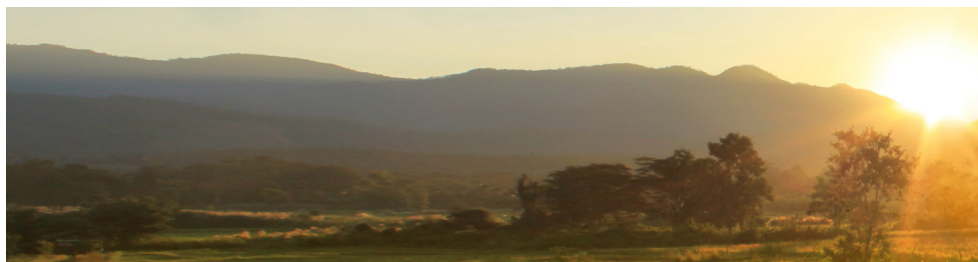
MORNINGS WITH THE PROFESSOR

The Haunts of Elvis Presley | \$5

Kalyn Prince

January 15, 2025 | Wednesday | 9:30 – 11 AM

Elvis is alive! He haunts places across the country, in locations that serve as touchpoints for understanding his life and music. In this course, we will investigate music legend Elvis Presley by examining his relationship to specific places. The American South, Graceland, Hawai'i, Las Vegas and even Texas all played a substantial role in shaping Elvis into the King. Likewise, he helped construct those places into what they are today. We'll explore this reciprocal relationship and consider the ways in which Elvis lives on—or haunts us—in places all over the nation.



MORNINGS WITH THE PROFESSOR

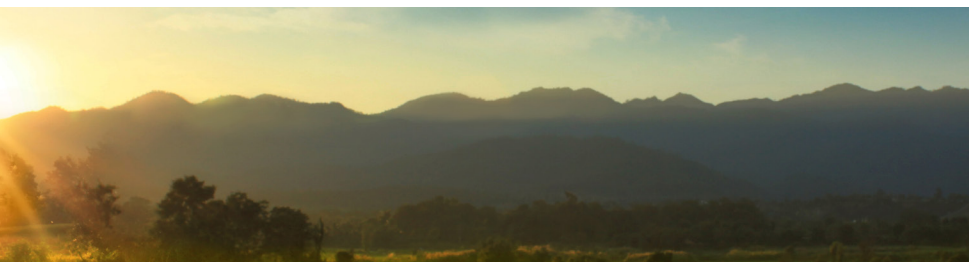
Antarctica: The Land of Ice and Penguins | \$5

Ken Johnson

March 12, 2025 | Wednesday | 9:30 – 11 AM

Antarctica is the most remote, inhospitable, coldest, windiest, and driest of all continents. A great, undiscovered southern landmass (“Terra Australis Incognita”) was long suspected by early-day explorers, but it wasn’t until about 1820 that the existence of such a landmass was confirmed. Famed explorers associated with Antarctica are: Roald Amundsen and Robert Scott, and their competition to be the first to reach the South Pole in 1911-1912; and Ernest Shackleton’s expedition, consisting of 28 men, that all survived spending 22 months trapped on sea ice and Antarctic islands from 1914-1916.

The continent had no indigenous population, and is still unpopulated by humans, except at various research stations—some of which are operated through the Antarctic winter. No country “owns” or lays claims to Antarctica, but by international agreement a number of countries oversee and manage various parts of the continent for peaceful scientific studies. Antarctic tourism began in the 1950s, and about 120,000 persons visited during the 2023-2024 season. Most tourists depart from South America and visit the Antarctic Peninsula. This talk covers wildlife (mostly penguins), glaciers, exploration, and geologic/geographic setting, based upon the speaker’s 6 trips to the Antarctic Peninsula as an expedition-staff member and lecturer.



Grand Canyon Odessey: Raft Trips on the Colorado River | \$5

Ken Johnson

June 11, 2025 | Wednesday | 9:30 – 11 AM

Grand Canyon is one of the geologic wonders of the world. Imagine journeying through millions of years of geologic time, seeing rock formations and geologic features up close that have been created by erosion over the last 6 million years, and sleeping on a bed of soft sand under a bright starry sky. In the morning, breakfast is prepared, and you are off on your raft to see the sights and stop at some of the pristine places along the river. Then lunch on shore, and again get on the raft to see and visit even more wonderous sights.

Finally, it is dinnertime, recounting the day's activities with friends, and bedding down on the banks of the river. In 2023, about 27,000 people did that by journeying down the Colorado River through the Grand Canyon on rafts. In groups of 5–30, people ride the rapids, explore side canyons, examine geologic and archaeological history, and camp and eat along the river on trips generally lasting 4–9 days. About 15 companies provide these trips at a cost of about \$2,000 \$4,000 dollars per person. Ken has organized and led 5 of these raft trips.



**Osher Lifelong Learning Institute
at the University of Oklahoma**

1610 Asp Avenue

Norman, OK 73072-6405

NONPROFIT
ORGANIZATION

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