Explore the World with OLLI through Zoom

Manage your tech
Learn something new
Listen – read – discuss

Winter Classes .............................................Pg. 8
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As we continue to adjust to life online, we are delighted that more and more of you are joining us there. We’re enjoying the advantages of being able to extend and expand the OLLI-USF experience online to just about every sort of virtual learning experience you could want.

Keeping physically distanced for months can wear down our resilience even as we contemplate continuing isolation in 2021. As of this writing, hope is on the horizon, with several promising vaccines in the testing phase. Mindful of the dangers of loneliness and isolation, our classes allow you to see, chat with and socialize with others in our classes, in our small groups and in our social events. You don’t need to be alone during isolation. We’re having fun online! Join us.

I’ve Never Zoomed!
Can we show you? We have a series of tools (print and video) for those of you who are feeling anxious about going online. Visit the RESOURCES tab on our website at usfseniors.org. We also have volunteers available to provide one-on-one Zoom assistance to any OLLI member. Contact Ara Rogers via email (aarogers@usf.edu) if you need this extra assistance.

REASONS TO ZOOM
Easy to see • Easy to hear • No driving • No parking • SAFE

How to Reach the OLLI Staff
We are working remotely. How best to reach us:

Charise Dixie
Join OLLI, Register for classes
813-974-5848
OLLI-inquiries@usf.edu

Ara Rogers
Questions, Scholarships, Gifts to OLLI
813-974-5263
aarogers@usf.edu

Joseph McAuliffe
Liberal arts classes, Friday Lectures, OLLI teaching
jmcauliffe@usf.edu
Voicemail: 813-974-5166

Jeanne Dyer
Technology classes, OLLI Tech Squad
dyer1@usf.edu
Voicemail: 813-974-8037

Cath Mason
Program development, Course evaluation
cmason6@usf.edu
Voicemail: 813-974-8422

Mary Ettinger
Program Support, Mailing list
ettinger@usf.edu
Voicemail: 813-974-8036

We dream a little dream of travel.
Until it’s safe to travel again.
**OLLI this Term**

**Hear It from the Experts**
We welcome the many USF faculty, current and emeritus, who are lecturing and teaching for us this term. We kick off the term with the return of Dr. Susan MacManus to keynote our Open House on January 13, and close out this busy term with a Friday Lecture by Dean Moez Limayem of the Muma College of Business on April 16. In between, we welcome criminologists, physicians, experts in aging, and a lot of historians.

**OLLI Evenings and Weekends**
Our planned University of Tampa lecture series had only gotten underway last winter when the pandemic struck. This series, featuring faculty from UT’s Communications department, returns this year with four Wednesday evening lectures. Members who attended the 2020 lecture loved getting a look inside the modern college classroom and discussing current topics in communications along with UT undergrads.

Also scheduled evenings are Foreign Policy: What in the World is Going On? led by Mohsen Milani, Executive Director of the Center for Strategic and Diplomatic Studies, The Spanish Conversation Continues with Dr. Leonor O’Reilly, and Introduction to Russian on Saturday afternoons!

**Wellness Matters**
Explore various ways to manage stress and take care of yourself this term. Try our Zentangle class, self-hypnosis or meditation; even Watercolor mindfulness! For body and spirit, we offer a number of yoga classes and Aging Gracefully, with a focus on lifestyle issues. Or take a more clinical approach to learning with courses that explore sleep, our immune system, threatening bacteria C Diff.

**Be Creative**
Hone your writing skills whether in fiction or nonfiction, poetry or prose. Write your memoir or a legacy letter; write for imagination or take up the mountain dulcimer! It’s all possible online.

**Let’s Discuss**
If you prefer to process ideas with others, you’ll enjoy our Great Books-style discussion groups. If you prefer to discuss the events of the day, join us for Great Decisions 2021 for foreign policy discussion, or Rich Kennedy’s 2020 Election: What Really Happened.

**Day Tripping**
Day trips are back virtually with tours of the magnificent Tampa Theatre and a curated tour of two exhibits at USF’s Contemporary Art Museum. The short course HerStory: Ancient Heroines and Everyday Women, led by experts at the Tampa Museum of Art. They join the Tampa Bay History Center and Florida Aquarium in offering OLLI their specialists in short courses this term.

To help you find courses that meet your schedule, this catalog is divided into Winter (January and February) and Spring (March and April) sections. Look for the color coded cues.

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**WINTER OPEN HOUSE IS ON ZOOM**

**Wednesday, Jan. 13, 2021**
Begins at 10:00 a.m.

**Political Update 2021**
For the last 30 years, University of South Florida Distinguished Professor Emerita Susan MacManus, PhD, has been a fixture in Florida politics and is called the “most-quoted political analyst in Florida.” She will analyze the results of the November elections and their bearing upon the upcoming administration and American society.

Susan MacManus, PhD

Wednesday, Jan. 13, 2021
Begins at 10:00 a.m.

Register online at www.usfseniors.org
Or email ollivol@gmail.com, phone 813-974-5848

Learn about classes, special events, lectures, social activities and more for adults age 50+. Enjoy camaraderie and learning with other interesting, interested adults!

**Tech Keeps Us Connected**
As personal technology evolves, so does OLLI tech training. We welcome Cyber Florida to OLLI; their experts will discuss current online threats in Hacked! Check out our series of short classes on smart home and health tech that can keep us happier, healthier and at home. Get more from your smartphone with classes for iPhone and Android. Don’t see the class you need? Give OLLI Tech Squad a try: one hour, one-on-one with an instructor.
OLLI-USF Annual Fund 2020-2021 Now underway!

We are grateful for your support during this challenging period of pandemic-fueled transition. If OLLI helps connect you to other interested and interesting people, if OLLI online means learning and community are accessible to you, if OLLI helps keep you sane, please let us know with your financial support.

**President’s Council**
($1,000+)
Phyllis & Lewis Alpert In honor of E. Howard Rutherford
Anonymous
Jane Applegate, Ph.D.
Alan Carlson
Kevin Chittim In Memory of Brenda Tipps
Bruce Gobioff
Susan Northcutt, Ph.D.
Strozier-Viren Family Foundation, Inc.
Catherine & David Wheeler

**Leader’s Council**
(up to $249)
Vickie & Richard Adelson
Anonymous
Anonymous
Charlotte Brown
Robert Capellini In Memory of David Henry
Don Clark In Memory of Bob Findorff
Elva & Frances Currie
Susan Eckstein
Mary Ettinger & Michael O’Donnell
Sharon & Richard Feldman
Nancy and Ephraim Graff
Lillian Guttman & Michael Eichhorn In Honor of Lewis Alpert
Anne Haywood
James Kaehler
Steven Lawson In Memory of Brenda Tipps
Barbara & Reginald Ledoux
Doris Losey
Cathy & Chuck Luthin
Cath Mason In memory of Brenda Tipps
Kay Menzel and Donald Menzel, Jr. In Memory of Brenda Tipps
Catherine Mitchell
Derrie Perez

Jeanette & Pat Reilly
Elaine Richard In Memory of Bob Findorff
Thelma Rodriguez, Ph.D.
Evelyn Ann Romano In memory of Brenda Tipps
John Rowe, Jr., Ph.D.
Linda & Ken Schatz
Phyllis & Robert Shaw
Michelle and Robert Smits In Memory of Bob Findorff
Carol Torrens In Memory of Anselmo Torrens
Nancy Tracy
Pamela Tyler In Memory of Brenda Tipps
Arlene Zimney

**Donors to the Findorff Fund**
In Memory of Bob Findorff
Phyllis and Lewis Alpert
Ara and Richard Rogers

**Director’s Council**
($250-$999)
Liesse Chable
Robyn Cheung, Ph.D.
Kevin Chittim In Honor of Bob Findorff
Delia & Peter Palermo In Honor of the Wonderful OLLI Staff
Eileen Hines & Stephen Priest
Elizabeth Ross
E. Howard Rutherford III and Mark Felix
Steven Specter, Ph.D. and Randie Specter
Nancy Stuart

**Friends of OLLI**
Coulter, Aviles & Company, LLC
The Rotary Club of New Tampa Foundation, Inc.
University of South Florida Foundation
USF Alumni Association
WUSF Public Media

**OLLI-USF Partners**
We are grateful to our retirement community partners for recognizing OLLI-USF’s value and for their financial support.

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<td>Tampa Life Plan Village</td>
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Register online at www.usfseniors.org or call 813-974-5848
Volunteer Power Fuels OLLI-USF

Member-volunteers contribute the time, energy and effort that run this learning community. Benefits of volunteering include:

- forging new friendships with other member-volunteers
- meaningful work and recognition for your contributions
- the good feeling that comes with knowing you are making a difference in lifelong learning for this community.

Want to learn more and become involved in your OLLI?

Visit the Volunteer page on our website:

Click on About Us, then on Volunteering.

To become a volunteer, please fill out the online OLLI Volunteer Application; link on our Volunteering page, or go to:
https://form.jotform.us/OsherLLIUSF/vol-app

A member of the Volunteer Management Committee will be touch with you about current volunteer needs that match your interests and skills.

Call the Roll!
Cue the Cheers!

Eight instructors were inducted into the OLLI Faculty Honor Roll of Honor Class of 2020 on November 19 at our first Virtual Volunteer Recognition event. Roll of Honor faculty successfully complete ten or more classes and this year’s class includes excellent generalists and specialists. Congratulations to:

Liese Chable,
Kevin Chittim
Susan Harrison
Rich Kennedy
Dave Lockwood
Magda Santos
Clara Schonborn-Lowe
and Sara Zimmerman.

Originally scheduled for April, the pandemic forced the cancellation of our planned event which was re-named Thankful Thursday. Holding the event virtually allowed Steve Thaxton, Executive Director of the OLLI National Resource Center at Northwestern University, to join us as guest speaker. Steve’s remarks allowed us to see OLLI-USF in the context of the national network.

The Volunteer Management Committee spends months planning and soliciting donations for prize giveaways for this event, and this year was no different. Several dozen volunteers left with door prizes, and everyone left happy to have been together again.

Check our social media pages for photos and a recap of this event.

The USF Women’s Club applauds OLLI-USF for its innovative approach to education. They both share a commitment to enhance the quality of life through friendships and special activities in support of USF.

USFWC offers special interest activities for our members. Activities include a book group, bunco, bridge, movies, dining out, and local excursions along with the newsletter Clubline and annual Yearbook.

For more information contact usfwc1960@gmail.com, go to usfwomensclub.com or call Betty Phelps at 813 996-2055 (leave message)
OLLI-USF's Shared Interest Groups (SIGs)

OLLI's SIGs offer community and informal learning around a shared interest. They are open to OLLI members and we encourage you to give one or more a try! Each SIG has a contact person for more information; some are on hiatus.

**China SIG**
The China SIG fosters an appreciation for and understanding of the Chinese people and their customs, history, and politics. We celebrate Chinese traditional holidays, enjoy presentations, Chinese music and food. Beginning June 2020, we meet quarterly in Zoom sessions to hear presentations by China SIG founder Don Menzel and other speakers. For more information, contact Kun Shi (kunshi57@gmail.com) or Nancy Stuart (nlsflorida@hotmail.com).

**Community of Readers and Writers**
Writers know that having a reliable and trusted reader can strengthen writing. This group will review writing that has been through at least several drafts (no first drafts) and hear from local published authors. Meetings (via Zoom) are scheduled twice a month. For more information contact Liesse Chable, communityofwriters@aol.com.

**Food! Glorious Food!**
Are you interested in exploring Tampa’s food world and all that it represents? Come with us on a journey to investigate the world of food -- how it grows, where to buy it and where to eat it as we learn more through speakers, cooking demonstrations and other presentations that are viable on the Zoom online platform. For information, please contact Becky Heimstead, rbh2174@aol.com or Jane Applegate, jappleg2@tampabay.rr.com.

**German Conversation SIG**
Sprechen Sie Deutsch? Practice German conversation in a friendly and welcoming environment. All levels welcome. We meet the 2nd and 4th Tuesdays of the month, from 1:00 to 2:30 p.m. For more information, contact Fred Gerlach, fgerlach@aol.com or Christine Basch, cbasch65@gmail.com.

**OLLI Outdoors**
Meets second Thursday of the month, Sept.-May. Experience our public recreational lands and learn about the histories, flora & fauna, geologic features, and the challenges facing them. Hikes and events are not limited to Hillsborough County, but will include Southwest Florida Water Management District lands, state forests and state parks. This SIG is a collaborative effort with members taking turns leading, organizing and administering hikes, outdoor events and related programs. For more information email the SIG at Ollioutdoors@gmail.com.

**OLLI Shutterbugs**
Do you like to take pictures of people, places and things? Join the OLLI Shutterbugs on picture-taking outings to places like farmers’ markets and crafts fairs in and around Tampa Bay usually once a month. We meet every other month for a presentation involving pictures. But during this time of COVID-19 pandemic, we’re staying safe, staying home and posting pictures on our Facebook page. For information, please contact Shelly Belzer (shelly235@tampabay.rr.com).

**Operatunity**
Whether you are new to opera or an aficionado, join OLLI’s Opera SIG as we all explore ways to expand our knowledge and appreciation of opera. Via our monthly Zoom meetings currently, enjoy interesting presentations and lively discussions about opera! Contact Derrie Perez (dbrperez@tampabay.rr.com) for more information about our “Operatunity family.”

**P-SIG: Politics Shared Interest Group**
Will begin meeting again on the second Wednesday of December 2020 from 1-3 p.m. Join us in a politics forum which features discussion topics and debates, as well as guest speakers. P-SIG members participate in activities that complement, enhance, and promote existing OLLI-USF Political Science and History classes. Open to OLLI-USF members and their sponsored guests. For more information...
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Register online at www.usfseniors.org or call 813-974-5848
### WINTER @ A GLANCE

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<td>Harriet’s Remarkable Movies: Slap Shot</td>
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<td>Harriet’s Remarkable Movies: A Clockwork Orange</td>
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<td>Florida Aquarium: Herpetology 101, Reptiles</td>
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OLLI-USF makes every effort to make sure the information in this catalog is accurate. Please check our website for updates and changes, and keep an eye out for the emails we send every registered person when there is a change in schedule.

**How To Register** p. 31

**More OLLI, Less Money With BOGO50** p. 31

**Plan your schedule**

View our courses by day, week, or month on the OLLI Master Calendar, always accessible on our website (About Us/OLLI Calendar), or type this shortcut into your browser: shorturl.at/fhY03

*Most classes translate well to Zoom. Even yoga!*
Course listings and descriptions

MONDAY

The Supreme Court Today
Review recent decisions and the current opinions of our nation’s highest court, and preview what might be on the court’s docket in the following term. Hear expert analysis on judgments rendered with a focus on those that differentiate the majority from the dissent.
Jeff Swartz
Mon • 2/01-2/15 • 10-11:30am • 3 mtg(s) • $30 • BOGO50 • Online Course • 212XOSFLS2381

DNA: Science, Spirituality and Big History
What is DNA? How is DNA-based life first created? Could there be DNA-based life elsewhere in the universe? Why does life evolve? What does DNA have to do with spirituality? This course explains DNA’s place in “Big History” and will help prepare you to think about how DNA has made you become who you are. The 44-page illustrated text, The Cosmos, DNA and Humanity, forms the basis of this course and will be provided.
John Hassell
Mon • 2/01-2/22 • 10:30-11:30am • 4 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSM0751

Stretch and Breathe: Gentle Yoga
Roll out your mat for this gentle yoga practice. The course combines traditional hatha poses, breathing practices and meditation with range-of-motion movements to create a beautiful, therapeutic experience. Standing and balancing poses are also included for coordination, bone stability and strength.
Lyn Lilavati Sirota
Mon • 2/1 • 1-2pm • 1 mtg(s) • $10 • Online Course • 212XOSFSLS2391

Still More of My Favorite Places
Is it legal to have so many favorites? Is there any limit to the memories we can have, the pictures our minds can conjure? Good thing there is no Sophie’s Choice here. Join the peripatetic George Hyde to explore and admire more of his favorite travel destinations, including Paris, Madrid, Geneva (Switzerland) and Washington, DC.
George Hyde
Mon • 1/25-2/15 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS2411

Continuing Conversational French and French Culture
Expand your vocabulary and add phrases that will enhance your visits to French-speaking countries in this subsequent course to OLLI’s Beginning Conversational French. You should be familiar with basic French. We will also employ the Pimsleur audio materials that are located in the library or can be downloaded from Audible. Continuons à ire amis!
Susan Goodwin
Mon • 1/25-3/01 • 1-2pm • 6 mtg(s) • $50 • BOGO50 • Online Course • 212XOSLHA4211

Black Holes: Mystery and Majesty
Black holes are one of the most feared, fascinating and misunderstood objects in our known universe. Planets and even stars may go into them but nothing, not even light, comes out. In 2019, we got our first look at a real Black Hole. And in 2015, gravity waves were detected and measured, confirming Einstein’s 100-year-old prediction. We’ll look at black holes’ equally dangerous cosmic cousins: do these strange objects pose a threat to us?
Jack Herman
Mon • 2/08-3/01 • 10-1pm • 3 mtg(s) • $30 • BOGO50 • Online Course • 212XOSCSM0981

Mindful Chair Yoga and Meditation
Have a seat and enjoy a restorative experience that is breath, body and spiritually focused in this gentle, versatile form of hatha yoga. Learn techniques to gain flexibility, strength and balance and to increase your range of motion. Chair yoga is adaptable for all skill levels and abilities, including those with balance issues or injuries. Relax in this course that moves at a mindfully slow pace.
Lyn Lilavati Sirota
Mon • 1/25 • 1-2pm • 1 mtg(s) • $10 • Online Course • 212XOSFLS2381

Great Decisions 2021: Foreign Policy Discussion Group
Join a national discussion on world affairs organized by the nonpartisan Foreign Policy Association. 2021 topics include: Supply Chains and National Security; the Persian Gulf; Brexit; Struggles Over the Melting Arctic; China in Africa; the Korean peninsula; International Organizations in a Global Pandemic, and more. View expert testimony on the week’s topic, followed by discussion based on the assigned reading. Required readings are in Great Decisions Briefing Book 2021 ($32) available online for purchase.
Gary Heckman
Mon • 1/25-3/22 • 1-3pm • 8 mtg(s) • $70 • BOGO50 • Online Course • 212XOSHPHC4801

Life and Death in Ancient Sicily
Sicily was a major cultural arena for Greek and Roman civilizations. Literary, iconographic and archaeological sources from the ancient history of the island provide a treasure trove to reconstruct the way the Greeks and Romans lived and died. In this course, we will explore major themes, such as diet, slavery, violence, burial practices, art and religion, which shed light on ancient Sicily. Includes a virtual tour of the Archaeological Museum of Siracusa in Sicily.
Davide Tanasi
Mon • 1/25-2/15 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPHC4791

Tampa History: The Glorious and the Scandalous
Indulge in significant snippets of Tampa’s glorious but spicy history from the Timucuan’s struggles with giant armadillos to the efforts of Jeff Vinik to renovate Tampa’s downtown. Survey the events illustrating “Tampa’s compassion, intergenerational generosity, delayed transportation efforts and its world-class entrepreneurship.”
Ronald Weaver
Mon • 1/25-2/15 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPHC3471
**WINTER COURSES**

**Voice-activated Devices and Health**
More and more of us are using smart speakers like Siri and Alexa -- an estimated 87.7 million adult users, up 32% over last year! These devices can play a major role in keeping us healthy, including coordinating our care and educating us about our conditions. As with any device, they have strengths and limitations, which we’ll explore. We’ll review their use in the home, in acute and post-acute care settings.

**ALL SKILL LEVELS**
**Michael Bice**
Tue • 2/9 • 10-11:30am • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSMVA0A

**A Visual History of Mapmaking**
You may not be able to travel right now, but you can still see the world by exploring maps from prehistoric times to the present. See primitive maps carved in stone and world maps that constantly changed as knowledge of the globe expanded. View portolan charts (books of sailing directions). Learn about global positioning system (GPS) mapping. Study influential cartographers, the parts that make up a map, ghost marks, and maps in art and advertising. You will view more than 200 maps during this trip.

**Sheryl Long**
Tue • 1/19-2/02 • 10-12pm • 3 mtg(s) • $30 • BOGO50 • Online Course • 212XOSCSM0941

**Let Me Introduce You to Your Immune System**
How does your body interact with microorganisms or cancer and other types of inflammation when fighting disease? How can microbes suppress your immune system or cause it to overreact? Take a tour in this visual introduction which uses slides, lecture and discussion. Meet your immune system.

**Michael Specter**
Tue • 1/19-2/09 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSCSM0941

**Cosmology: The Study of the Universe**
Cosmology is the study of the Universe as a whole. It attempts to answer questions on the origin, evolution and eventual fate of the Universe. Travel 14 billion years back in time to the Big Bang and see how the Universe has evolved from an extremely hot and dense state to the cold and sparsely populated Universe of stars and galaxies we see today. We will encounter fascinating objects such as black holes, dark matter and dark energy, the most mysterious stuff in the Universe.

**Fulvia Fiorani**
Tue • 2/16-3/23 • 10-12pm • 6 mtg(s) • $60 • BOGO50 • Online Course • 212XOSCSM0511

**Cyberwarfare**
Nations use cyberwarfare to interfere in elections, evade sanctions, steal information, disrupt weapons tests, conduct sabotage, and disrupt a society’s essential services. Criminals increasingly use the tools of cyberwarfare to disrupt the lives of innocent and unwary citizens. Learn how to recognize and defend yourself from it.

**Michael Pheneger**
Tue • 1/19-2/09 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPC4701

**Mountain Dulcimer: Beyond the Basics**
Move beyond the skills you developed in the OLLI beginning mountain dulcimer course. Explore several pieces of music in depth, master new songs and learn new techniques in a fun, relaxed environment. Once registered, you will receive information on purchasing music for the course (approximately $10-15). Prerequisite: Completion of beginning OLLI course or experience playing the mountain dulcimer.

**Karen Brown-Blonigen**
Tue • 1/19-3/02 (no class 2/16) • 1-2:30pm • 6 mtg(s) • $50 • BOGO50 • Online Course • 212XOSLHA3171

**1967-1968: Years That Changed the World**
Share a trip down memory lane as you revisit history-making events such as the Vietnam and Arab-Israeli wars, the first heart transplant, the Apollo 1 tragedy, Camelot, the Detroit riots, the women’s lib and civil rights movements. Bring your stories about where you were when RFK and MLK were assassinated. Remember your reaction to the Beatles, David Bowie, and the first Super Bowl. Contribute your own experiences before you forget!

**Bharat Pathakjee**
Tue • 2/02-2/23 • 1-3pm • 2 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPC3251

**The League of Women Voters Advance American Democracy**
The first class will focus on the long fight for the 19th Amendment, ending with special attention to Florida’s League of Women Voters. The second will emphasize the issues that the League promoted after 1920, with a focus on full citizenship, equality in jury duty, property rights, and the Equal Rights Amendment, as well as the League’s leadership in governmental reforms.

**Doris Weatherford**
Tue • 1/19-1/26 • 1:30-3pm • 2 mtg(s) • $30 • BOGO50 • Online Course • 212XOSHPC4691

**Foreign Policy: What in the World is Going On?**
What are the critical foreign policy issues facing the US and the world today? Join Mohsen Milani, USF’s premier foreign policy expert, for in-depth analysis including a focus on US-Iranian relations.

**Mohsen Milani**
Tue • 2/02-2/09 • 6-7:30pm • 2 mtg(s) • $30 • Online Course • 212XOSHPC4731
**A History of Pandemics**
Explore the spread of diseases across the globe in historical context. Learn the science behind the transmission of infectious diseases and the varied responses of historical peoples to them. This analysis will help us to better contextualize the current pandemic in which we find ourselves.

**Matt King**
Tue • 1/19-2/09 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPC46B1

**Gentle, Mindful Yoga**
You’ve heard about the benefits of yoga, mindfulness and meditation -- now it’s time to do it! The gentle poses you will practice are designed specifically to stretch muscles, strengthen bones and bring flexibility to the joints. Yoga helps improve posture, ease of movement and balance. Mindfulness and meditation help relieve stress, relax the body and quiet the mind. Get ready to improve your health while also having fun.

**Clara Schönborn-Lowe**
Tue • 2/02-3/08 • 10-11:30am • 6 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1541

**Get to Know the Health App on iPhone**
iPhone users, it’s easier than ever to organize and access your important health information, privately and securely! Apple’s Health app combines data from your iPhone, Apple Watch and apps you already use that are designed to promote healthier habits -- from nutrition to fitness. Learn how to set up your Health Profile and Medical ID. Choose your favorite categories to track such as steps, mindful minutes, symptoms, sleep and more.

**SKILL LEVEL B**
**Jeanne Dyer**
Tue • 2/23 • 10-11:30am • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSMHE2A

**Sleep Neurobiology: Clinical and Social Perspectives**
Journey into the realm of sleep. In this lecture series, we will first look at the history of sleep as represented in art and literature. Then we will focus on the neurobiology of sleep stages: how do they affect our circadian rhythms and our overall health? We will also consider the social effects of sleep disorders and the current treatments available.

**Bharat Pathakjee**
Tue • 1/19-1/26 • 1-3pm • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSM0951

**Antarctica: Earth’s Last Frontier**
Take a virtual tour of the bottom of the world. Explore the history, geography and wildlife of Antarctica and gain an appreciation of its pristine beauty. The instructor will supplement the discussion with personal photos, videos and stories from his trips to one of the world’s most amazing places.

**Bruce Gobioff**
Tue • 1/26-2/16 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1971

**Cut the Cable Cord: A Guide and Roadmap**
Still paying for TV channels you have no interest in watching? Join the legions of people who have "cut the cord" by discontinuing their cable/satellite TV subscriptions. Enjoy high-quality TV viewing over-the-air (OTA) or via high-speed internet streaming services. Learn the pros and cons of cord-cutting, antenna selection/installation, DVR options, streaming devices and services, and the future of OTA TV. Navigate the potentially intimidating process of cutting the cord in as non-technical a fashion as possible.

**ALL SKILL LEVELS**
**Larry Weatherby**
Tue • 2/09-2/16 • 1-3pm • 2 mtg(s) • $25 • BOGO50 • Online Course • 212XOSCSMCC0A

**Up for Discussion: Four Southern Writers**
Is there something unique that defines “Southern Fiction”? We will read and discuss four examples to see if there is an answer: Their Eyes Were Watching God by Zora Neale Hurston; Spotted Horses and The Bear by William Faulkner (in William Faulkner: Three Famous Short Novels, Vintage); Wise Blood by Flannery O’Connor; The Optimist’s Daughter by Eudora Welty. Please read Their Eyes Were Watching God before the first class.

**Linda Feeney**
Tue • 2/16-3/09 • 1:30-3:30pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSLHA4941

**The Basics: Get the Most from Your Digital Camera (Better Photos Series)**
If you have a mirrorless or DSLR digital camera or are thinking of getting one, learn to take advantage of its sophisticated capabilities to create high-quality photographs. We’ll simplify exposure settings and introduce basic composition and image editing concepts to maximize your photos’ impact. Bring your camera and manual and we will help you learn to take great pictures.

**SKILL LEVEL A & B**
**David Lockwood**
Wed • 2/17-3/03 • 9:30-11:30am • 3 mtg(s) • $45 • BOGO50 • Online Course • 212XOSCSMPF1A

**Mixed Reality and Health**
Learn how medicine is manipulating reality for clinical, therapeutic and educational effect. The immersive experience of virtual reality (VR) is being used both for diversion therapy and for pain management. Augmented reality (AR) can provide surgeons with an array of clinical information while operating and is playing an important role in medical education. Mixed reality (MR) combines virtual reality elements with human vision, utilizing holograms to create realistic images.

**ALL SKILL LEVELS**
**Michael Bice**
Wed • 1/27 • 10-11:30am • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSMMR0A

**Bacteria vs Viruses. What’s the Difference?**
There is a common misconception in the public that bacteria and viruses act the same when it comes to disease. In some cases they are...
contracted the same way, but are needed to be treated differently because of their molecular basis. Because of their differences the immune system also reacts differently due to these different types of infections. Learn the difference between bacteria and viruses when it comes to disease and treatment.

**Kristina Valladares**

*Wed* • 1/20-1/27 • 10-11:30am • 2 mtg(s) • **$20** • BOGO50 • Online Course • 212XOSCSM1191

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**The Birth of Motown**

You danced to some of the best music in America and had the words to “Get a Job” and “Lonely Teardrops” stuck in your head. Now learn more about the birth of Motown, in “Motor City” Detroit of course. And hear behind-the-scenes stories of Diana Ross and the Supremes, the Temptations, the Jackson Five, and the man who started it all, Berry Gordy Jr.

**Angela Birdsong**

*Wed* • 1/27-2/10 • 10-12pm • 3 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSLHA4961

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**Economics of Modern Investing: 2021**

This course presents a fun, concise overview of the financial markets. We will discuss the history and basics of investing, tax and estate planning and the fundamentals of managing your own investment portfolio. Learn about the forces that influence market direction while challenging conventional Wall Street wisdom. Update your understanding of tax and estate laws in order to help you prepare for April 15th. Learn ways to protect and preserve your wealth for you and your beneficiaries. No specific financial products are discussed or sold.

**Rudy Fernandez**

*Wed* • 2/03-2/17 • 10-12pm • 3 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSFLS2471

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**The Great Library Series**

Your library card is your passport to free, virtual fun and adventure! First, find your next great read using NoveList and other tools; then travel all over the world from the comfort of your home as you discover the library’s virtual travel experiences through websites and apps. Learn a new language as we highlight Mango Languages and other resources. Finally, find dreamy movies to stream for free when you learn to use Kanopy. You will need your library card for this class.

**SKILL LEVEL B**

**Diane White**

*Wed* • 2/17-3/10 • 10-12pm • 4 mtg(s) • **$40** • BOGO50 • Online Course • 212XOSCSMGL1A

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**Great Books Winter 2021: Discussion Group One**

Serious readers welcome! Join our lively, civil discussions of works from various literary genres: Shakespeare’s *Romeo and Juliet*, John Cheever’s short stories including *The Five Forty-Eight*, Chaucer’s *Canterbury Tales* and Twain’s *Roughing It*. Texts about $20, available from the Instructor after registration.

**Kevin Chittim**

*Wed* • 2/17-3/31 • 10-12pm • 4 mtg(s) • **$40** • BOGO50 • Online Course • 212XOSLHA4971

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**Economics of Modern Investing: 2021**

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*Wed* • 1/20-1/27 • 10-11:30am • 2 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSCSM1191

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**The Birth of Motown**

You danced to some of the best music in America and had the words to “Get a Job” and “Lonely Teardrops” stuck in your head. Now learn more about the birth of Motown, in “Motor City” Detroit of course. And hear behind-the-scenes stories of Diana Ross and the Supremes, the Temptations, the Jackson Five, and the man who started it all, Berry Gordy Jr.

**Angela Birdsong**

*Wed* • 1/27-2/10 • 10-12pm • 3 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSLHA4961

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**Great Books Winter 2021: Discussion Group Two**

Serious readers welcome! Join our lively, civil discussions of works from various literary genres: Eliot’s *The Wasteland*, Ibsen’s *Hedda Gabler* OR *A Doll’s House*, selections from Conan Doyle’s *Sherlock Holmes* and Woolf’s *Room of One’s Own*. Texts about $10, available from the instructor after registration.

**Kevin Chittim**

*Wed* • 2/24-4/07 • 10-12pm • 4 mtg(s) • **$40** • BOGO50 • Online Course • 212XOSLHA5101

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**Hacked!**

When we hear “hacker,” we often think of a lone operator in a hoodie. But modern cybercrime is perpetrated by sophisticated, well-organized criminal groups that, more often than not, rely on human psychology to achieve their ends. Examine real-world hacking incidents to discover how these groups operate and some of the surprising-and surprisingly simple-methods they’ve used to gain access and wreak havoc.

**ALL SKILL LEVELS**

**Cyber Florida**

*Wed* • 1/27-2/10 • 11-12pm • 3 mtg(s) • **$30** • BOGO50 • Online Course • 211XOSCSMHK1A

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**Writing Your Own Memoir: Out of Your Past and Onto the Page**

Writing your memoir means taking stories from your past and making sure they last. This workshop is for those of you who have always intended to write but just never got around to it. Working step-by-step with material from your own life, we will explore a wide variety of ways to start, structure, and spin your stories, so they invite the reader to pick up, stay with, and learn from your written pages.

**Judith Huge**

*Wed* • 1/20-2/10 • 1-2pm • 4 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSLHA4981

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**Meditative Hand Drawing Basics: An Introduction to Zentangle**

Need help relaxing? Focusing? Finding creativity? Experience the many benefits of the Zentangle® method of meditative hand drawing. It has been called yoga for the mind. Using simple materials and drawing one stroke at a time, anyone can draw beautiful structured patterns and create their own artwork. This basics course is simple enough if you have never drawn before, and offers opportunity for creativity to those who have drawn or tangled already. There are no mistakes, no judgement.

**Maryam Mercier**

*Wed* • 2/24-3/10 • 1:15-3:15pm • 3 mtg(s) • **$30** • BOGO50 • Online Course • 212XOSFLS1901

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**Social Madness: Media Addiction or Moral Panic?**

Alarms are sounding from the ivory tower of academia to Hollywood about the powerful allure of social media feeds, but how much of this crisis rhetoric is driven by moral panic? How well do tropes of deviance and addiction depict how young people embrace popular media forms ranging from Gothic novels more
than two centuries ago to video games and social media today?

Stephanie Tripp
Wed • 1/20 • 7-8pm • 1 mtg(s) • $10 • Online Course • 212XOSSLHA4991

• What’s New in iOS and iPadOS 14 for iPhone and iPad

Fall ushers in changes to Apple’s devices with new Home Screen widgets and updates to existing apps like Maps, Safari, and Siri, new apps like Adaptive Lighting, Car Keys and Translate, and new ways to use and organize them. Add widgets to your Home Screen, use the App Library to view your organized apps, display compact calls, use picture in picture, and more. Sign in with a computer or iPad and have your iPhone/iPad updated to version 14 handy to practice. A companion book is available for reading on any Apple Device.

SKILL LEVEL B
Jeannie Dyer
Wed • 2/17 • 9:30-12pm • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSM0Y1A

Cold War Florida: 1945-1992

Tampa Bay History Center’s historians, Rodney Kite-Powell and Brad Massey, will chronicle how U.S. policymakers transformed Florida into an anti-Soviet fortress after World War II. The course will feature maps, photos, and artifacts from the Tampa Bay History Center’s collection.

Rodney Kite-Powell/Brad Massey
Wed • 1/20-1/27 • 10-12pm • 2 mtg(s) • $20 • Online Course • 212XOSHCPC4741

• Amazing Android Apps!

The Google Play Store has close to 3 million apps. Finding Android apps there is like finding a needle in a haystack. Instead of losing your mind trying them all, join us as we provide you with a curated collection. Eight of the most amazing apps - from making everyday tasks easier to having fun. Learn about the apps that will change how you use your phone.

SKILL LEVEL B
Diane White
Wed • 27-Jan • 10-12pm • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSM0A22

Conversational Italian V


Catherine Mitchell
Wed • 1/20-2/24 • 10:30-12pm • 6 mtg(s) • $50 • BOGO50 • Online Course • 212XOSSLHA4241

Windows 10 Intermediate: Tips & Tricks

Explore the Windows 10 features that can make your computer time more productive, and you more effective. We’ll explore settings, devices, and useful extras, including File Explorer, Device Manager, Stickies, Snips, and Sketch. Bring your Windows 10 questions and problems; you’ll have the opportunity to vote on the topics you’d most like us to cover.

SKILL LEVEL B
Pete Terzian, Ken Watts
Wed • 1/27-2/17 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSCSMWT72A

Your Modern Presence: Effective Teaching and Learning Online

We appear to be experiencing a long-term shift in learning and development. How will that impact the design and delivery of courses for seniors? Let’s get creative! We’ll use evidence and research from the fields of science, neuroscience and social sciences to design and build interactive, social and impactful live online learning experiences.

Michael Flanagan
Wed • 1/27-2/17 • 11-12pm • 4 mtg(s) • $30 • BOGO50 • Online Course • 212XOSFLS2481

Taking the Confusion out of Medicare and Long-Term Care Insurance

What is the difference between a supplement and an advantage plan? The significance of enrollment periods? What factors influence long-term care quotes and how do insurance riders work? Bring your Medicare questions for a comprehensive review and let the instructor demystify Medicare and long-term care insurance for you.

Angela Birdsong
Wed • 2/24 • 10-12pm • 1 mtg(s) • $10 • Online Course • 212XOSFLS2091

2020 Election: What Really Happened

Review, dissect and discuss Campaign 2020 with political analyst and commentator Rich Kennedy. What lessons did we learn? Which polsisters got it right? What did the election reveal about the American people and our contemporary culture?

Rich Kennedy
Wed • 1/27-2/03 • 1-3pm • 2 mtg(s) • $20 • Online Course • 212XOSHCPC4771

The (Spanish) Conversation Continues

Want to continue developing your Spanish conversational skills? Learn useful new expressions and grow your vocabulary for everyday conversation while engaging in interactive activities in and outside the classroom. What we cover will be tailored to class needs and interests, but you must have previously taken Spanish. Come join the Wednesday evening fiesta! Textbook is Learn Spanish the Fast and Fun Way, Wald & Thatcher ($30 or less).

Leonor O’Reilly
Wed • 1/27-2/24 • 6-7:30pm • 5 mtg(s) • $50 • BOGO50 • Online Course • 212XOSLA4301

Centuries of Selfies

While some might view the proliferation of smartphone self-portraits as yet another narcissistic indulgence of Generation Z, moral panics around photography trace back to the invention and development of camera technology. Reality TV scholar Dr. Paul Hillier will present a brief history of representation that locates the modern selfie as part of a long-standing cultural practice.

Paul Hillier
Wed • 2/17 • 7-8pm • 1 mtg(s) • $10 • Online Course • 212XOSLA4561

Register online at www.usfseniors.org or call 813-974-5848
From Law and Order to Hypnotizing Serial: How Popular Media See Crime and Justice

Representations of crime and justice are abundant in today’s media landscape. We turn to popular televised dramas, films, documentaries and even podcasts to be entertained by tales of crime. What messages do we take away? Explore these media images to understand how they impact our perceptions, fears and behavior.

Dawn Cecil
Thu • 21-Jan • 1-3pm • 1 mtg(s) • $10 • Online Course • 212XOSLHA3291

Harriet’s Remarkable Movies: Slap Shot

View the film on your own, then zoom into film specialist Harriet Deer’s interactive class, featuring her insights on the cast, production, themes and cultural significance of Slap Shot, the 1977 American sports comedy directed by George Roy Hill and written by Nancy Dowd. Paul Newman considered Slap Shot his one of his favorite major roles and said he had more fun making this movie than any other.

Harriet Deer
Thu • 28-Jan • 1-2pm • 1 mtg(s) • $10 • Online Course • 212XOSLHA5031

Florida Aquarium: Herpetology 101, Reptiles

Discover the amazing world of turtles, lizards, snakes, and crocodilians. Investigate why a legless lizard isn’t just called a snake. Find out if all reptiles lay eggs. Understand how to distinguish between alligators and crocodiles. Identify which species of reptiles are found in the Tampa Bay area and where you might see them. Learn all of this and so much more in this engaging class all about reptiles.

Matt Allen
Thu • 2/25-3/11 • 1-3pm • 3 mtg(s) • $30 • Online Course • 212XOSCSM1221

The Brenda Tipps Reading Series

Meet the author! For our inaugural reading series named in honor of our OLLI friend and beloved OLLI instructor Brenda Tipps, we welcome four authors of creative nonfiction, fiction and memoir. Recommended reading: Mine by Sarah Viren; Give by Erica Carpenter; Struggle for Freedom: Marta’s Courage by Eduvigia (Junia) Ancaya and The Airship: Incantations by Adam Tipps Weinstein. Join us once a month for a reading followed by a Q & A session.

Joyce Carpenter, Anne Strozier, Cath Mason
Thu • 1/21-2/11 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPAC301

The Reverse Underground Railroad: Slavery and Kidnapping in Pre-Civil War America

Join Dr. Richard Bell who will share the incredible story of five free boys kidnapped into bondage whose courage forever changed the fight against slavery in America. Their ordeal shines a glaring spotlight on the Reverse Underground Railroad, a black market network of human traffickers and slave traders who stole away thousands of legally free African Americans from their families in order to fuel slavery’s rapid expansion in the decades before the Civil War.

Richard Bell
Thu • 1/14 • 10-12pm • 1 mtg(s) • $10 • Online Course • 212XOSHPC4821

The Baltic: From Copenhagen to Saint Petersburg

Learn about the growing importance of the key cities of this region. Shifting the historian’s traditional focus from London, Paris and Vienna, we will highlight Copenhagen’s emergence as a Northern European trade center. Meet the charming town of Tallinn which became a medieval crossroads between East and West, observe Stockholm’s relentlessness, and analyze Saint Petersburg, the “Versailles of the North.”

Carl Schott
Thu • 1/21-2/11 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPC4301
Goodness Knows No Age: Teenage Heroes of the Holocaust

Although many of the wonderful altruists who rescued Jews during the Holocaust were adults, there were an astonishing number of brave young people who similarly risked their lives to save Jews and obstruct Nazis. These unknown stories of courageous teens are a testament to the power of youthful idealism and goodness. Learn about these courageous youths and be inspired.

Howard Kerner
Thu • 1/21 • 1-3pm • 1 mtg(s) • $10 • Online Course • 212XOSHPC4711

1950-2000: America Becomes a Superpower

In 1950, when the population of the United States was 152 million, the Korean War began. The three-year conflict brought United States Air Force and Navy troops to the peninsula. Fifty years passed and the United States population had grown to 282 million. During that half-century, President Bill Clinton was acquitted by the United States Senate, the Euro currency was introduced as a competitive tool to the dollar, and the Dow Jones Average passed 10,000 for the first time. Each class will study a decade with emphasis on two to three major events. Students will be asked to participate using their own experience or research.

Garry Tenney
Thu • 1/21-2/25 • 10-12pm • 6 mtg(s) • $60 • BOGO50 • Online Course • 212XOSHPC2571

Smart Homes and Health

Smart homes support aging independently at home and encourage a healthy lifestyle. Smart homes are designed to incorporate such features as smart floors, smart mirrors, motion sensors, and security protections. We will discuss the history of smart homes, the case for and against such homes, look at several models, and review key privacy and security issues.

ALL SKILL LEVELS
Michael Bice
Thu • 2/18 • 10-11:30am • 1 mtg(s) • $20 • Online Course • 212XOSCSMSH0A

Presentation Design with Apple Keynote for iPad

With its powerful tools and dazzling effects, Apple’s Keynote makes it easy to create stunning and memorable presentations from a variety of gorgeous templates, or start from scratch. Keynote is free for Apple iPad and is compatible with MS Powerpoint. See how to create your own presentation and insert animations. Then, save your presentation as an animated and narrated movie, webpage or pdf, ready to share.

SKILL LEVEL B
Peter Terzian
Thu • 2/25-3/18 • 10-12pm • 4 mtg(s) • $40 • Online Course • 212XOSCSMKN2A

Using Cloud Storage

Explore a selection of popular cloud services such as Dropbox, Google Drive, OneDrive and more, learning their pros and cons, and what each can do for you. Most come with some free storage along with the opportunity to purchase more. Learn how they differ: for instance, some are better for storing photos, while others are best for storing documents or sharing. Armed with this knowledge, you can decide which is best for your purposes.

SKILL LEVEL B
Penny Noriega
Thu • 2/4 • 1-3pm • 1 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSMUC2A

Florida Aquarium: Animal Health and Wellness 101

What does it take for the Florida Aquarium’s animals to thrive? They need more than food, water and space. It takes close attention to their eating habits and behavior, as well as some ingenuity, to devise improvements in animal habitats and care. Explore animal care and enrichment through varied training methods and experience a hands-on animal project. From habitat design, to animal nutrition and animal rescue cases, explore how the Aquarium is providing care to animals big and small.

Ashley Chambers
Thu • 1/21-1/28 • 1-3pm • 2 mtg(s) • $20 • Online Course • 212XOSCSM0781

From Snake Oil to Science: Insight into the Pharmaceutical Research Process

When new drugs come on the market, we see advertisements that tell us to “Ask your doctor whether you are right for ...” The process that brings a product from an idea to a prescription designed to meet your medical need is long and highly regulated. We’ll explore a little of the history and process of pharmaceutical research and discuss current events related to clinical trials.

Judy Hanna
Thu • 2/25-3/04 • 1-3pm • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOSCSM1241

Imaginative Writing

Nurture your inner playfulness, draw on spontaneity, and get even more creative! We may re-envision famous movie plots, eavesdrop on a wolf’s conversation from Little Red Riding Hood, or follow Alice down the rabbit hole. Bring a pen and be prepared to have fun. New and returning participants all welcome!

Marilyn Myerson
Thu • 1/21-2/11 • 1:30-3:30pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSLHA3451
FRIDAY

Looking Good on Zoom
The Fall 2020 update to Zoom (v. 5.4) comes with some fun new features. Enhance your appearance online, wow your friends with a virtual background, and have fun with filters. You’ll look mah-velous! Suitable for desktops and laptops, not mobile devices.

ALL SKILL LEVELS
Diane White
Fri • 1/22 • 10-12pm • 1 mtg(s) • $20
BOGO50 • Online Course • 212XOSCSMLZ0A

U.S. Foreign Policy Evolution from Cold War to Trump
During the post-Cold War period, relationships between Russia, the U.S. and NATO have turned into a growing rivalry and confrontation over Russian expansionism. Now The unilateralist views of the Trump administration cause uncertainty over responses and threats to the security of the United States and the NATO alliance.

Marco Rimanelli
Fri • 1/15-1/22 • 10-12pm • 2 mtg(s) • $30
BOGO50 • Online Course • 212XOSHPC3501

OLLI Tech Squad
Need friendly, one-on-one technology help or advice? We can help with your smartphone, tablet (Apple/Android), Apple Watch, laptop (Mac/Windows), digital camera, even questions about TV cord cutting or streaming. Our tech instructors will assess the issue, help you resolve it and even show you a few things about your device. We’ll schedule a one-hour appointment with you to provide coaching on a device or a specific application or help you resolve those burning “why does that happen when I do this” conundrums. We will not be repairing or setting up devices. Expect a call to determine if we can help, followed up by a call from the instructor who will set up a Zoom appointment with you.

ALL SKILL LEVELS
Jeanne Dyer
January Date/Time to be arranged • 1 mtg(s) • $20 • Online Course • 212XOSCSMTS08

Self-Hypnosis II
We continue our journey into the light of consciousness as we explore deeper states of mind, concentrating on unraveling and letting go of pre-programmed patterns and behaviors on the pathway to uncovering peace of mind. Self-Hypnosis techniques will be utilized to enhance meditation and healing. Sharon Stoll, Certified Hypnotherapist, will play and share insights on therapeutic music and meditation.

Peter Arizu
Fri • 2/20-2/26 • 10-12pm • 4 mtg(s) • $40
BOGO50 • Online Course • 212XOSFLS0391

Aging Gracefully: Nutritious Foods and a Healthy Lifestyle Lead the Way
Keep it simple, make it fun. That applies to strategies for healthy living and coping with the issues of our time, such as stress, toxins and processed foods. Sugar seems to be everywhere. It adversely affects our bodies and can lead to inflammation and disease. Discover how to eliminate sugar from your diet. Simplify your natural energy and thrive from this moment forward.

Lynne Wadsworth
Fri • 1/22-2/12 • 1-3pm • 4 mtg(s) • $40
BOGO50 • Online Course • 212XOSFLS2161

Hitler or Stalin? Who Was Responsible for the Soviet Victory on the Eastern Front: Insights into a Never-Ending Debate
The German invasion of the Soviet Union on June 22, 1941 began a war that lasted nearly four years, created by far the bloodiest theater in World War II. The renowned eastern front was characterized by unprecedented ferocity, wholesale destruction, mass deportations, and immense loss of life due to combat, starvation, exposure, disease, and massacres. We will engage in the debate over who deserves the credit and blame for the largest military confrontation in history.

Kees Boterbloem
Fri • 1/29 • 10-12pm • 1 mtg(s) • $10
Online Course • 212XOSHPC3861

SATURDAY

Introduction to Russian: Da!
Want to visit a Russian-speaking country? Don’t know more than how to say “yes” and “no” in Russian? This course is for you. We will learn the Cyrillic alphabet, basic grammar concepts, and essential words and phrases. Your reward: being able to read elementary texts in Russian and communicate in simple phrases.

Nikita Koval
Sat • 1/30-3/06 • 1-3pm • 6 mtg(s) • $60
BOGO50 • Online Course • 212XOSLHA4381

MULTI-DAY

iPhone Start to Finish
Want to become more proficient in using your iPhone? We’ll review your iPhone’s basic features and build on them so that you will eventually take command of your phone. We will work with Settings, Notifications, Messages, Siri, Contacts, Mail, Safari, Calendar, Cameras, Photos, Music, Maps, the App Store and much more. Note: you must have an iPhone 8 or newer with the latest version of operating system, iOS 14, installed and updated. Bring your fully-charged phone to class. Optional text ($9) available to purchase.

SKILL LEVEL A & B
Jeanne Dyer, Katherine Sullivan
Tue, Thu • 1/19-2/11 • 10-12pm • 8 mtg(s)
• $70 • BOGO50 • Online Course • 212XOSCSMPS1
| MORNING |  | MORNING |  | MORNING |  |
|---------|  |---------|  |---------|  |
| Dinosaurs ....................................................... | p.20 | She Did What? Women Inventors Who Didn’t Make the History Books ........ p. 21 | Tik Tok: Not Just For Kids Anymore .............. p. 22 |
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OLLI-USF makes every effort to make sure the information in this catalog is accurate. Please check our website for updates and changes, and keep an eye out for the emails we send every registered person when there is a change in schedule.

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**Plan your schedule**

View our courses by day, week, or month on the OLLI Master Calendar, always accessible on our website (About Us/OLLI Calendar), or type this shortcut into your browser.

shorturl.at/fhY03
Course listings and descriptions

MONDAY

Dinosaurs
Dinosaurs ruled this earth for 135 million years and were one of the most successful species ever to live. In contrast, we Homo Sapiens have been here for a mere 250,000 years. Our knowledge of dinosaurs has exploded over the last fifty years as we keep discovering new species. Join us and learn how Jurassic Park got it so wrong!

Jack Herman
Mon • 3/1 • 10-12pm • 1 mtg • $10
Online Course • 212XOSCSM1171

The Human Body
Is synthetic biology changing the human race? Slicing and dicing DNA - is this a good thing? Join us for an interesting, and sometimes disturbing, investigation of the human body. We’ll take a look at the epigenome (chemical compounds and proteins that can affect DNA) and the microbiome (the genetic content of microbes in the body) then we’ll explore how these can be manipulated through bio-engineering and regenerative medicine.

Jack Herman
Mon • 3/8 • 10-12pm • 1 mtg • $10
Online Course • 212XOSCSM1181

What is That? More Apps for the Great Outdoors
Participate in more of Hillsborough’s Hiking Spree. Observe and identify the beautiful flora and fauna all around us, many unique to Florida! First, we’ll meet the apps that can help us make the most of our time outdoors: Seek (by iNaturalist), Merlin and iBird, iNaturalist, and more. Then, we’ll head out to the trails for practice. We’ll use our knowledge of helpful apps as we explore the great Florida outdoors — with outdoor safety precautions followed.

SKILL LEVEL B
Diane White
Mon • 3/01-3/15 • 10-12pm • 3 mtg(s)
• $30 • BOGO50 • Online Course • 212XOSCSMW02A

Understanding Saudi Arabia
Like a few other friends and allies of the United States, the Kingdom of Saudi Arabia prompts controversy. It is clearly not a democracy, but neither is it a police state or a one-man dictatorship. What are its guiding principles? Learn about the country from an OLLI member who served four years there as a senior US diplomat.

Frederick Gerlach
Mon • 4/12-4/19 • 10-12pm • 2 mtg(s)
• $20 • BOGO50 • Online Course • 212XOSHCPC3721

The Science of Healthy Aging
We learn more each decade about the aging body, mind, and person. And it seems we hear something every day about how to maintain our health with a new drug or dietary supplement. Sometimes research contradicts earlier research, or completely supplants it. Let’s review the latest research about how to preserve our body and brain health with diet, activity and friendships. We’ll talk about what to believe, and what not to believe, and why.

Lindsay Peterson
Mon • 3/08-3/22 • 1-2:30pm • 3 mtg(s)
• $30 • BOGO50 • Online Course • 212XOSCSM1161

Beginning and Intermediate Bridge
Who says you can’t have it all? Hone your complete range of bridge skills in this two-for-the-price-of-one course. Each week, the first hour focuses on beginners and the basics: point counts, play of the hand and defense. The second hour brings intermediate and advanced skills such as bidding techniques, conventions and the importance of defensive signals. Attend both hours if you wish.

James Young
Mon • 3/08-4/26 • 1-2:30pm • 8 mtg(s) • $50 • BOGO50 • Online Course • 212XOSFLS2261

I Heard It on the Radio: Formative Years
As commercial radio celebrates 100 years of broadcasting, it’s time to to take a look back at the people and programs that have helped radio evolve into the nation’s most popular entertainment medium. Learn how radio has grown from one AM broadcast station in 1920 to more than 15,000 stations across the U.S. today as we examine the formative years of radio -- how stations were assigned, marketed, and programmed during the first half of the 20th century.

George Hyde
Mon • 3/09-4/19 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1801

The Journey of Life: Stages of Human Development
Psychologist Daniel J. Levinson was one of the founders of the field of positive adult development. Levinson’s two most prominent books are The Seasons of a Man’s Life and The Seasons of a Woman’s Life, which comprise the foundation for this course. These books, considered controversial when published, reveal the groundbreaking research that illuminated the mandatory, specific stages we all pass through as we age and grow.

Parandoosh Sadeghinia
Mon • 3/09-4/19 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS2401

200 Exciting Years: Tracing the Flow of Money In Tampa Bay
No local region has a more diverse economy than Tampa Bay’s. The Port of Tampa houses $14 billion in industry and is a “designated foreign trade zone.” Our $12 billion phosphate industry dominates the entire market. MacDill Air Force Base’s $3.14 billion economy supports 20,000 workers. Our airport and cruise industry bring in more tourists every year. Our sports economy also is a growth industry. How did we get here? This class will condense the business statistics to lead you to explore our beautiful Tampa Bay area with new eyes.

Ronald Weaver
Mon • 4/05-4/26 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHP4491
She Did What? Women Inventors Who Didn’t Make the History Books
Margaret Knight, Mary Anderson, three girls in a refugee camp. Exactly who are these women? Who invented an electronic walking stick for the blind? Who invented the windshield wiper? Which one invented a better shopping bag? Discover these and many more extraordinary females who were given little or no mention in our history classes.
Sheryl Long
Tue • 3/09-3/30 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSHPC4071

Documents and More with Apple Pages for iPad
Create -- documents is too limited a word -- in minutes using Apple’s free Pages app for iPad. Beyond letters, create striking, professional-looking digital books, cards, posters, brochures and more, using an Apple-designed template, or start from scratch. Add images, movies, audio, charts and shapes and share electronically as an interactive, multimedia document. Get creative on your iPad as you become familiar with this useful app.
SKILL LEVEL B
Peter Terzian
Tue • 3/23-4/13 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1542

Gentle, Mindful Yoga
You’ve heard about the benefits of yoga, mindfulness and meditation -- now it’s time to do it! The gentle poses you will practice are designed specifically to stretch muscles, strengthen bones and bring flexibility to the joints. Yoga helps improve body posture, ease of movement and balance. Mindfulness and meditation help relieve stress, relax the body and quiet the mind. Get ready to improve your health while also having fun.
Clara Schönborn-Lowe
Tue • 3/23-4/27 • 10-11:30am • 6 mtg(s)

Current Issues in Healthcare: An Overview
Learn about and discuss the bewildering array of topics that generate ethical questions in our culture: the anti-vaxxer movement, women’s issues, end of life, transgender and LGBTQ, electronic management of controlled substances, and use and legalization of CBD medical marijuana. Share personal experiences if you wish.
Diana Dechichio
Tue • 3/30-4/27 • 10-11:30am • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSLHA4471

Artificial Intelligence: Past, Present and Future
Trace the rise and development of Artificial Intelligence from its beginnings with Alan Turing in the mid-20th century to the present. Then, we’ll speculate on the future of AI, with its benefits and risks. We will discuss the people that have made this wonderful technology possible as well as current and future applications that are transforming our world.
ALL SKILL LEVELS
Bruce Gobioff
Tue • 3/02-3/23 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSSCSMAR0A

Genealogy 101: Want to See Dead People?
If you’ve always wondered about what your family ancestors were like, this course is for you. Get started on your genealogical path and learn the basics: how to find sources, handy websites and programs, the puzzles of DNA, and other tips and tricks.
Tammy Patascher
Tue • 3/09-3/30 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1881

The Early Days of the Atomic Age: History, Science and Espionage
Take a journey through the history and science of the early atomic age from Dalton’s theory that all matter is composed of atoms to the development of the atomic bomb and the decision to drop it on Hiroshima and Nagasaki. In this series of four lectures we’ll review the scientists and spies involved in The Manhattan Project then consider the science behind the more sophisticated, and potentially far more destructive, Hydrogen bomb.
Bharat Pathakjee
Tue • 3/09-3/30 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS1542

Mountain Dulcimer: Beyond the Basics
Move beyond the skills you developed in the OLLI beginning mountain dulcimer course. Explore several pieces of music in depth, master new songs and learn new techniques in a fun, relaxed environment. Once registered, you will receive information on purchasing music for the course (approximately $10-15). Prerequisite: Completion of beginning OLLI course or experience playing the mountain dulcimer.
Karen Brown-Blonigen
Tue • 3/23-4/27 • 1-2:30pm • 6 mtg(s) • $50 • BOGO50 • Online Course • 212XOSLHA3172

Meditation Minutes with Jennifer Leavy
Join Jennifer Leavy, certified yoga therapist, for a four-week course on breathwork and meditation. Watch and follow recorded sessions at your leisure; then join live, online follow-up sessions to meet with your group, ask questions and discuss the recorded sessions. Experience stress relief as well as peace and calm in your day-to-day life.
Jennifer Leavy
Tue • 3/30-4/27 • 1-2pm • 4 mtg(s) • $40 • Online Course • 212XOSFLS2282
**Course listings and descriptions**

**WEDNESDAY**

**Tik Tok: Not Just For Kids Anymore**
As one of the most popular social media applications (apps), Tik Tok is often associated with youth culture. Maybe your teenage granddaughter has shared her music, dances and styles in short videos. Or your grandson has proudly recorded his moves. After all, Tik Tok’s stated mission is to “inspire creativity and bring joy.” Learn how Tik Tok videos can function as tools of visual communication for intergenerational understanding, empathy and political activism.

*Alisha Menzies*
Wed • 3/17 • 7-8pm • 1 mtg(s) • $10 • Online Course • 212XOSLS2461

**Using Keynote and iMovie to Make Videos on Macs or iPads**
Learn to make videos using your Apple devices, whether for fun, for a special event, or for promotional purposes, using Apple’s free apps! We’ll start by creating a Keynote presentation; then turn to iMovie to convert that presentation into a movie, where we can add photos and other video clips taken with iPhone or iPad.

**SKILL LEVEL C**

*Jeanne Dyer, Louise Kienast*
Wed • 3/24-4/21 • 10-12pm • 5 mtg(s) • $50 • Online Course • 212XOSCSM1201

**Successful Investment Strategies for Seniors**
Here’s how to have a fun, concise overview of the financial markets and other aspects of something that affects all of us: money. Take this course and discuss the history and basics of investing, tax and estate planning and wealth management. Consider ways to protect and preserve your wealth for you and your beneficiaries. No specific financial products will be discussed or sold.

*Rudy Fernandez*
Wed • 3/24-4/7 • 10-12pm • 3 mtg(s) • $30 • Online Course • 212XOSFLS2461

**Conversational Italian I: Parliamo Italiano!**
Are you a lover of foreign languages who would like to learn a new one? A lover of opera or music? So much music terminology is Italian. Or maybe you just want to try something beyond your comfort zone. Studies show that learning a language is an excellent way to boost cognitive abilities while lessening the likelihood of brain aging deterioration. Conversational Italian I is just what you need. We’ll be using a book that will get you speaking right away. There’s a CD, too, that will help with pronunciation. Come join the fun. Required text: *Learn Italian the Fast and Fun Way* by Marcel Danesi, Ph.D., Fourth Edition. Book includes an MP3 CD with 4 hours of audio ($29.99).

*Catherine Mitchell*
Wed • 3/24-4/18 • 10:30-12pm • 6 mtg(s) • $50 • Online Course • 212XOSLS2441

**Writing a Legacy Letter**
A legacy letter is a brief written document that allows you to share life lessons, express your values, and transmit blessings to future generations. This workshop includes brief writing exercises and offers advice and encouragement to help you complete your own legacy document.

*Jay Sherwin*
Wed • 3/24-4/21 • 1-3pm • 1 mtg(s) • $10 • Online Course • 212XOSLS2441

**Independence Corrupted: How America’s Judges Really Make Their Decisions**
Judge Schudson knows how judges really make their decisions. He brings us behind the bench to probe judicial minds analyzing actual trials and sentencing - of abortion protesters, murderers, sex predators, white supremacists and others. He takes us into chambers to hear judges forging appellate decisions about life and death, corporate crime, multimillion-dollar damages, and priceless civil rights. Most significantly, he exposes the financial, political, personal, and professional pressures threatening judicial integrity as never before.
The Reconstruction Era: When Black Lives Almost Mattered

After the Civil War, the turbulent era that endeavored to reintegrate the Confederate States and the four million newly-freed slaves into the United States became a period of lost hope and dreams. Under Andrew Johnson’s administration, new southern state legislatures passed restrictive “black codes” to control the former slaves. Northern Republicans passed the Reconstruction Act of 1867 that gave newly enfranchised blacks a voice in government for the first time in U.S. history. 265 African-Americans won elections to southern state legislatures and the U.S. Congress. However, progressive measures would last less than ten years, and the plight of African-Americans would revert to blatant inequality once again.

From the Aeroplane Gaze to Text Neck

Each new technology brings with it an associated set of physiological ailments, from the “aeroplane gaze” to “text neck.” Media historian Patrick Ellis zooms in on this perennial phenomenon, focusing in particular on the arrival of airplanes in the skies above major cities in 1909. That’s when many ordinary citizens caught their first glimpse of these strange new machines. What can their reactions to a new technology tell us about our own such responses now?

Digitizing Photos with Photomyne

Ready to digitize your old photos? We will consider the options available to us, but we will primarily explore Photomyne, an app that can help us with this task. Photomyne can scan, crop, enhance, and colorize photos. Save photos individually or create a digital album. Add names, dates, locations, and descriptions to photos and albums. Download the app to your smartphone a day before class so you can use the free-trial period to try it out in class. After class, you can decide whether Photomyne is right for you. Sign in online with a computer or tablet and use your smartphone to digitize and store your photos.

Investing in Stocks & Options: An In-Depth Look at Strategies

Have the stock markets and economy always been a bit of a mystery to you? Learn about the relationships between the economy and the different markets for trading and investing. Understand the basics of investing, some different types of investing, and various strategies you can use. Explore information on available, free investment education.

THURSDAY

iPhone: Apple Pay, Your Way

Did you know paying with your iPhone is more secure than swiping a credit card? More businesses are accepting mobile phone payment via iPhone because it is hygienic, fast and easy. Learn how it works, how to set up and use Apple Pay and Apple Pay Cash, and why you can feel confident about payment security. We’ll compare and contrast Apple Pay to other forms of electronic payments such as Venmo. Sign in online with a computer or tablet and use your iPhone to practice.

The Art of Flow: Watercolor Mindfulness

Tap your inner artist, your wisdom and your authentic self with the practice of watercolor. No experience necessary. Learn techniques that will help create beautiful art and lead to more mindful living, based on cutting edge research in the arts and human development. In-class exercises encourage vision, self-expression and reflection. Students will need a watercolor brush round size 12, watercolor paint set, palette, watercolor paper, two water jars and paper towels.

The Art of Intelligence Gathering

Intelligence gathering is really an art. We will discuss and analyze the following forms of intelligence gathering: HUMINT, GEOINT, MASINT, OSINT, SIGINT, TECINT, CYBINT/DNINT, and FININT. We will also incorporate the following areas into the class discussions and activities: Cryptanalysis, Meteorological Intelligence, Optint, Spy Satellite, TEMPEST, and Traffic Analysis. Our sessions consist of lecture, discussion and hands-on activities including case studies.

Digitizing Photos with Photomyne

Ready to digitize your old photos? We will consider the options available to us, but we will primarily explore Photomyne, an app that can help us with this task. Photomyne can scan, crop, enhance, and colorize photos. Save photos individually or create a digital album. Add names, dates, locations, and descriptions to photos and albums. Download the app to your smartphone a day before class so you can use the free-trial period to try it out in class. After class, you can decide whether Photomyne is right for you. Sign in online with a computer or tablet and use your smartphone to digitize and store your photos.

SKILL LEVEL B

Penny Noriega
Thu • 3/25 • 1-3:30pm • 1 mtg • $20 • BOGO50 • Online Course • 212XOSCSMPN2A
**Harriet’s Remarkable Movies: The Way We Were**

View the film on your own, then zoom into film specialist Harriet Deer’s interactive class. Featuring her insights on the cast, production, themes and cultural significance of *The Way We Were*, Sidney Pollack’s 1973 classic romantic drama. Featuring Marvin Hamlisch’s award-winning music, this film about politically mismatched lovers stars Barbara Streisand and Robert Redford.

**Harriet Deer**

Thu • 3/25 • 1-2pm • 1 mtg(s) • $10 • Online Course • 212XOSLHA5051

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**Harriet’s Remarkable Movies: Death in Venice**

View the film on your own, then zoom into film specialist Harriet Deer’s interactive class, featuring her insights on the cast, production, themes and cultural significance of important movies. *Death in Venice* the critically acclaimed 1973 adaptation of Thomas Mann’s novella, is directed masterfully by Luchino Visconti and starring Dirk Bogarde.

**Harriet Deer**

Thu • 4/22 • 1-2pm • 1 mtg(s) • $10 • Online Course • 212XOSLHA5061

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**The Orchestra: Its Birth and Development**

Humans have been playing music and mixing instruments together for millennia, but it wasn’t until about 400 years ago that musicians started forming combinations that would eventually turn into the modern orchestra. Trace the creation and evolution of orchestras from birth to the large concert halls of today.

**Ana de la Cuesta Gerlach**

Thu • 3/18-3/25 • 1-3pm • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOSLHA3452

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**Florida Aquarium: Beach Combing 101**

Many biological treasures wash up on Florida’s beaches. Learn how to identify and classify common seashells, egg cases and exoskeletons. Expand your understanding of the diversity of life on and beneath our sands.

**Josh Pittendreigh**

Thu • 4/08-4/15 • 1-3pm • 2 mtg(s) • $20 • Online Course • 212XOSCSM1231

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**America’s Response to the Holocaust**

A 1939 Gallup Poll revealed that 65% of Americans felt that Germany’s persecution of Jews was mostly or entirely the fault of the Jews. What was going on in this country to elicit such a feeling and how did America act — or not — to confront the Nazi menace in Europe and in America? Eye-opening and little known facts and video evidence make this issue all the more fascinating and provocative.

**Howard Kerner**

Thu • 4/22-4/29 • 1-3pm • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOSLHA5081

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**Imaginative Writing**

Nurture your inner playfulness, draw on spontaneity, and get even more creative! We may re-envision famous movie plots, eavesdrop on a wolf’s conversation from Little Red Riding Hood, or follow Alice down the rabbit hole. Bring a pen and be prepared to have fun. New and returning participants all welcome!

**Marilyn Myerson**

Thu • 3/25-4/15 • 1:30-3:30pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSLHA3452

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**Self-Hypnosis III: Self-Hypnotherapy**

Explore past conditioning and the unconscious barriers that limit us from being fully present and at peace in this advanced course. We will bring awareness to ego attachment, which can be the cause of unnecessary suffering, anger, sadness and fear. Ongoing students can develop their own style of self-hypnotherapy and mindfulness. Sharon Stoll, Certified Harp Practitioner, will play at each class meeting and share insights on therapeutic music and meditation.

**Peter Arizu**

Fri • 4/02-4/23 • 10-12pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSLHA5081

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**HerStory: Ancient Heroines and Everyday Women**

As America honors the 100th anniversary of women’s suffrage, explore the stories of women in the antiquities collection of the Tampa Museum of Art. Join the curators as they highlight the roles of ancient women from Aphrodite and Athena to Amazon warriors and everyday females. These women are depicted as goddesses, heroines, mythological characters, and the commonplace figures who add to “herstory.”

**Kessanda Abel, Brittny Bevel**

Fri • 3/12-4/02 • 11-12pm • 4 mtg(s) • $40 • Online Course • 212XOSLHA5081

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**OLLI Tech Squad**

Need friendly, one-on-one technology help or advice? We can help with your smartphone, tablet (Apple/Android), Apple Watch, laptop (Mac/Windows), digital camera, even questions about TV cord cutting or streaming. Our tech instructors will assess the issue, help you resolve it and even show you a few things about your device. We’ll schedule a one-hour appointment with you to provide coaching on a device or a specific application or help you resolve those burning “why does that happen when I do this” conundrums. We will not be repairing or setting up devices. Expect a call to determine if we can help, followed up by a
call from the instructor who will set up a Zoom appointment with you.

**ALL SKILL LEVELS**

**Jeanne Dyer**

March Date/Time to be arranged • 1 mtg • $20 • Online Course • 212XOCSMTS0C

April Date/Time to be arranged • 1 mtg • $20 • Online Course • 212XOCSMTS0D

**Aging Gracefully: Nutritious Foods and a Healthy Lifestyle**

Lead the Way

Keep it simple, make it fun. That applies to strategies for healthy living and coping with the issues of our time, such as stress, toxins and processed foods. Sugar seems to be everywhere. It adversely affects our bodies and can lead to inflammation and disease. Discover how to eliminate sugar from your diet. Simplify the struggle against high blood pressure, diabetes and high cholesterol. Learn which foods help us thrive. Hear how to tap your natural energy and thrive from this moment forward.

**Lynne Wadsworth**

Fri • 4/09-4/30 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOSFLS2162

**MULTIDAY**

**Windows 10 Advanced: Maintenance, Recovery and More**

Develop confidence and solve your Windows 10 computer mysteries! We’ll discuss settings, data backup and recovery, routine and targeted maintenance, networking, and solutions to common problems. Learn how to update hardware, and use third-party programs to help maintain your system. Gain insight into the Windows 10 operating system (OS) as you resolve issues on your home PC between class meetings. You should have taken OLLI’s Windows 10 Personal Computing for Intermediate Users or have equivalent knowledge.

**SKILL LEVEL C**

**Myron Thorner**

Mon,Thu • 3/15-3/25 • 1-3pm • 4 mtg(s) • $40 • BOGO50 • Online Course • 212XOCSMW23A

**iPhone: Secret & Hidden Features**

Recent updates to Apple’s iPhone introduced a number of useful features. Let’s explore the secret and hidden features you haven’t come across yet. As we reveal each feature, we’ll show you how to use it and discuss its advantages and disadvantages. Your iPhone must be updated to iOS 14. View the class on your computer or iPad and use an updated and fully charged iPhone for hands-on exploration.

**SKILL LEVEL B & C**

**Jeanne Dyer**

Tue,Thu • 3/02-3/04 • 10-12pm • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOCSMSF1A

**In Search of Peak TV**

We live in a golden age of “Peak TV,” where there is more great content available to watch than hours in the day. How then, to choose what to watch? Using web-based information tools, learn how to search for and decide what content to watch with an emphasis on streaming options. Suitable for any TV viewer, particularly “cord-cutters.” Sign in with a computer or tablet connected to the Internet.

**ALL SKILL LEVELS**

**Richard Rogers**

Tue,Wed • 3/09-3/10 • 9-11am • 2 mtg(s) • $20 • BOGO50 • Online Course • 212XOCSMTV1A

**Make the Most of Your Apple Watch**

You have a new Apple Watch! Now, see how useful it can be as we explore the capabilities of this incredible device. Learn about Watch Faces, Siri, Apps, Health, Fitness, Communication (mail, phone, messages), Weather and Time. Sign in online with a computer or iPad and have your Apple Watch and iPhone (iOS 6 or newer) handy. Your devices should be fully charged and updated to the most recent versions of iOS and WatchOS.

**SKILL LEVEL B**

**Katherine Sullivan**

Tue,Thu • 3/09-3/11 • 10-11:30am • 2 mtg(s) • $30 • BOGO50 • Online Course • 212XOCSMAW1A

**Master iCloud**

If you have more than one Apple device, you want them all to work and play well together. iCloud makes that easy: from storing photos, emails, contacts, purchased apps and media to providing services such as data syncing and storing your passwords, iCloud can do it securely. Keep all your Apple devices in harmony, learn to manage your storage and make the most of iCloud’s helpful capabilities. Bring your fully charged and updated iPhone, iPad or Apple laptop to class. Devices should be updated to the most recent version of iOS 14. Optional book available at the Apple Book Store ($3.99).

**SKILL LEVEL B**

**Jeanne Dyer**

Tue,Thu • 3/16-3/18 • 10-12pm • 2 mtg(s) • $25 • BOGO50 • Online Course • 212XOCSMAI1A

**Thank you!**

Intrepid OLLI instructors, who stepped up when OLLI needed you to deliver courses online.

OLLI’s community of volunteers for your welcome efforts to bring us together through online socializing, online Shared Interest Groups, and all the behind-the-scenes things you do.

**OSHER LIFELONG LEARNING INSTITUTE 25**
Meet the Instructors

Kessanda Abel has served as Community Engagement Manager at the Tampa Museum of Art since 2015. Her art history degrees come from USF and from Christie’s Education in London.

Matt Allen’s science expertise ranges from petrology to marine science. He works at the Florida Aquarium, where he brings his passion for science education and his artistic abilities together to help interpret the science around us.

Peter Arizu has a master’s degree in education and is a certified clinical hypnotherapist in private practice. He is on the staff of the Florida Institute of Hypnotherapy and leads workshops in mind fitness and stress management.

Richard Bell, PhD, Harvard, is Professor of History at the University of Maryland. His research interests focus on American history between 1750 and 1877 and he has held research fellowships at more than two dozen libraries and institutes.

Brittny Bevel is Education Curator at the Tampa Museum of Art and co-curated the HerStory exhibit there.

Michael Bice served as a senior hospital executive for 25 years at academic medical centers and healthcare systems and has held teaching and administrative positions at universities. He has an avid interest in aging services technology.

Angela Birdsong, BA Communications, has spent the past few years as a health and life insurance agent where she helps baby boomers and retirees transition into Medicare.

Kees Boterbloem, Professor of History at the University of South Florida, has written ten scholarly books on Russian, Soviet and Dutch history and is Graduate Director of USF’s History Department.

Karen Brown-Blonigen has been playing the mountain dulcimer since 2006. She performs as Karen and Her Dulcimers: Songs of the Mountains and Beyond and is a performing docent for the Cracker Country Museum and the Florida Pioneer Museum.

David Bruss, BA, Industrial Technology Kent State, retired from a career in IT. He has been investing and trading in stocks and options for over two decades as a self-directed investor.

Joyce Carpenter studied drama in college in England and holds degrees in special education and social work. Before retiring, she was a psychiatric social worker at Tampa General Hospital and taught at Hillsborough Community College and USF.

Dawn K. Cecili, PhD, is an associate professor of Criminology at USF St. Petersburg. She is the author of *Prison Life in Popular Culture: From the Big House to Orange is the New Black* (2015).

Ashley Chambers, BS Marine Science, is the Education Implementation Manager at The Florida Aquarium.

Kevin Chittim, graduate of Dartmouth College, retired in 2016 after a 30-year career in lasers and optics, the last 15 as CEO of two high technology companies with locations in China, Germany, the Netherlands and the U.S.

Cyber Florida works to make Florida a leader in cybersecurity education, research, community outreach and engagement. Hosted at the University of South Florida, they engage a network of academic and professional experts who guide and support their efforts.

Nancy Dalence is Curator of Education at the Tampa Bay History Center.

Diana Dechichio holds a bachelor’s degree in Nursing and master’s degree in Education and has extensive teaching experience in nursing and electronic medical records. Her passion for healthcare began as a candy stripe at age 14.

Harriet Deer, professor emerita, English, USF, served as vice president of the Popular Culture Association of America and chair of the MLA section on popular culture. She also co-edited one of the first books on the popular arts.

Jeanne Dyer is a USF Charter Class graduate who holds a BA in Natural Sciences and an MS in Chemistry Education from Morgan State College. An award-winning chemistry and physics teacher, Jeanne is currently the OLLI Technology Coordinator.

Patrick Ellis, PhD Film and Media, University of California, Berkeley, is Assistant Professor of Communication at the University of Tampa. He is an historian of film, media and cartography.

Leslie Elsasser, MA Fine Arts, is Curator of Education at the University of South Florida Contemporary Art Museum. In 2003 he was the recipient of a Fulbright Fellowship to India.

Linda Feeney, BA English, MA Library and Information Science, MBA, worked in management at the Ford Foundation. She has taught numerous OLLI courses specializing in novellas and literary non-fiction.

Rudy Fernandez, CFP®, is a Director in the Private Wealth Management Division at the Tampa office of Robert W. Baird & Co. He has more than 37 years of financial services industry experience.

Fulvia Fiorani holds a master’s degree in Physics from the Naval Postgraduate School of Engineering and Applied Sciences and is a retired U.S. Navy Lieutenant Commander. She taught physics at the United States Naval Academy as her last active duty assignment.

Michael Flanagan worked for Verizon Communications for 33 years where he held a series of leadership positions in learning and development, and talent management. He is an executive advisor and facilitator with Fast Forward Consulting Group.
**Katie Fortescue** holds a BS in biology and chemistry from the University of Toledo and a MRes in marine biology from the University of Plymouth. She is the Florida Aquarium’s Education Evaluation Manager.

**Ana de la Cuesta Gerlach**, MM Music History & Literature University of Wisconsin-Milwaukee, first studied music in her native Havana. She has performed many styles and forms of Cuban music and recently released *Cuban Heart*, a collection of traditional music.

**Frederick Gerlach** has a doctorate concentrating on Near and Middle East Studies, and, while serving in the U.S. Foreign Service, specialized in Arab oil-exporting countries.

**Bruce Gobioff**, MS Management of Technology, MIT, had a career in the computer industry that spanned 1966 to 2015. He spent 35 years with IBM in technical and management positions developing software for mainframes and personal computers.

**Susan Goodwin** holds degrees in French and has lived in Bordeaux and Paris. She has taught French in secondary school and in continuing education programs. She has visited France many times.

**Judy Hanna**, MA Adult Education, worked in the pharmaceutical research industry conducting clinical research studies and training others on FDA regulations and clinical trial processes for 20 years. She was a registered nurse for over 40 years.

**John Hassell**, PhD Biology, used molecular biology to conduct bio-medical research and held positions at the National Institutes of Health, University of Pittsburgh and the University of South Florida.

**Gary Heckman**, M.P.A. Troy State; M.A. National Security/Strategic Studies, Naval War College, had a 33-year Air Force career in operational planning. He worked in business development at Raytheon and was a senior strategy advisor for the Qatar Armed Forces.

**Jack Hermann** has a bachelor’s degree in Political Science from the University of Pittsburgh. He served as manager of computer information systems at Eastman Kodak for 31 years.

**Paul Hillier**, PhD Mass Communication, University of Georgia. His research focuses on television studies, American visual culture, and the relationships between media, technology, and society. He is Associate Professor of Communication, Media, and Culture at the University of Tampa.

**Judith Huge** spent more than 30 years as a college teacher, corporate consultant and writer. She founded the graduate program in the teaching of writing at Goucher College. Her corporate clients have included Fortune 100 corporations and not-for-profits from coast to coast.

**George Hyde**, MBA Brown University, is a veteran radio broadcaster who served as Executive VP, Radio Advertising Bureau; Vice Chairman, National Association of Broadcasters; and Florida Regional Vice President for a major radio group.

**Rich Kennedy** runs his own software company, has taught numerous classes, directed and acted for the stage, and has been active in local politics and various organizations. He has a lifelong passion for all things presidential.

**Howard Kerner**, MA, taught English, communications and humanities at the high school and university levels for 47 years. He has published hundreds of articles and created and taught courses on interpersonal relationships and on the Holocaust.

**Louise Kienast** is a piano teacher who uses Apple computers and devices in her music studio. An amateur explorer of programs that combine text, images, audio and video, Louise has created several e-books using BookCreator, Pages, Word and iBooks Author, among others. She is happy to share what she has learned.

**Matt King**, PhD, University of Minnesota, is assistant professor of History at USF. His research interests include medieval Mediterranean history and the Crusades.

**Rodney Kite-Powell**, BA History, University of Florida; MA History, USF, is the Saunders Foundation Curator of History at the Tampa Bay History Center. Born and raised in Tampa, he has written extensively on the history of Tampa and Hillsborough County.

**Nikita Koval**, PhD Higher Education, MA in Translation, has extensive experience teaching and in government and business. He currently works as a Learning and Development Specialist while pursuing an MBA at USF.

**Jennifer Leavy**, a USF Women’s Studies graduate, is a certified Yoga Therapist and teacher. Her interest in serving others is reflected in her practice, which promotes yoga therapy as a tool to improve the health of people of all ages.

**Dave Lockwood**, BA Accounting, University of Illinois, is a retired marketing executive pursuing his passion for portrait and fine art photography. An active and awarded member of the Tampa photography community, Dave owns Locowood Photography.

**Sheryl Long** is a retired communications and marketing manager with a BA in Mass Communications from USF. She has a curious mind and loves a good story.

**Cath Mason** BA (Hons) English & American Literature, Bachelor of Laws, managed training for a U.K. nonprofit then practiced law. She writes and edits poetry, facilitates a popular poetry discussion group, delivers poetry presentations and organizes readings. She is a member of our OLLI-USF staff.

**Brad Massey** is currently the Director of the Touchton Map Library at the Tampa Bay History Center. He holds a PhD in History from the University of Florida and is a former University of South Florida Riordan research fellow.

**Joseph R. McAuliffe**, MA History Bowling Green State University, is Manager of Educational Programming at OLLI-USF and adjunct faculty in American History at USF and European History at Hillsborough Community College.
Alisha L. Menzies, PhD Communication, USF, is a cultural studies scholar specializing in popular culture and media representations of race, class and gender.

Maryam Mercier is a Certified Zentangle Teacher, CZT®. After a successful career in the computer graphic/commercial printing industry, she has worked for over 20 years as an advocate and instructor to preserve arts in education.

Mohsen Milani is Executive Director of the Center for Strategic & Diplomatic Studies and Professor of Politics at the University of South Florida. He has also served as a fellow at Harvard, Oxford, and Foscari University (Italy).

Founded in 2017.

Josh Pittendreigh has a bachelor’s degree in Captive Wildlife Care and Education from Unity College in Unity, Maine. He has worked at The Florida Aquarium since 2017.

Marco Rimanelli, PhD Johns Hopkins, is professor of European and World Politics at St. Leo University.

Richard Rogers, BS Management, Florida State University, spent more than 40 years in Information Technology. He has enjoyed finding a wealth of quality movies and TV at home since he “cut the cable” in early 2016.

Parandoosh Sadeghinia is a doctoral student in the College of Education and Graduate Research Assistant for the Executive Director of USF World.

✪ Clara Schönborn-Lowe is a certified yoga instructor with fifteen years’ experience of practicing yoga, mindfulness and meditation. She has a certificate in the art of mindfulness and mindfulness for stress relief (MBSR) in addition to her social sciences degree from USF.

Carl Schott, PhD European History, University of Notre Dame, served as a military intelligence officer and taught at Heidelberg University. He has published historical mystery novels, poetry, and historical nonfiction based on original research.

Charles Schudson, a Wisconsin Reserve Judge Emeritus, has appeared on NPR, PBS, and Oprah. His published works include Independence Corrupted / How America’s Judges Make Their Decisions, a nominee for the National Book Award.

Jay Sherwin created the Life Reflections Project after a 30-year career as an attorney, philanthropy consultant and hospital chaplain. He holds a JD from Northeastern University School of Law.

Steven Specter, PhD Microbiology and Immunology, is Professor Emeritus in Molecular Medicine at USF’s Morsani College of Medicine. He established the Annual Clinical Virology Symposium in 1985 and helps lead the American Society for Microbiology.

Anne Strozier, PhD, MSW, is Professor Emeritus in the School of Social Work at the University of South Florida. She served as MSW Chair for many years; also as Associate Director and Interim Director.

✪ Katherine “Kitty” Sullivan taught middle school math and algebra for 28 years. Since her retirement in 2007 she has served as an OLLI computer coach and instructor. She has worked with computers since the late 1960s.

Jeffrey Swartz is a former Miami-Dade judge (1995-2005) and professor of criminal law and procedure at the Thomas Cooley Law School.

Davide Tanasi, PhD in classical archaeology, has been field director of excavations in Sicily since 1999. He is associate professor in the USF history department.

✪ COL(R) Garry R. Tenney, USA, is a War College graduate who served as an Intelligence Officer and Brigade Commander. Col. Tenney has commanded units with missions involving North Korea and the Middle East.

Mike Pheneger, retired U.S. Army colonel, served as an intelligence officer, is a past president of the ACLU of Florida and has served as an OLLI-USF faculty member since 2002.

Katherine Mitchell holds a master’s degree in Italian from Middlebury College and lived in Italy for 10 years. She has taught English at European language schools and Italian in the United States.

Marilyn Myerson, PhD Philosophy, has learned to take nothing for granted and to have fun. She retired from USF after 38 years of teaching, learning and kicking up her heels in Women’s Studies.

Brian Noriega, MS Medical Physics, University of Florida, worked as a Medical Physicist for over 40 years, most recently at the Moffitt Cancer Center. He also teaches Radiation Therapy physics classes at Hillsborough Community College.

Penny Noriega, PhD Educational Administration, University of Florida, earned bachelor’s degrees in Management and Psychology from USF. She worked at USF in management and leadership training and also volunteers for the Dog Training Club of Tampa.

Leonor O’Relly, PhD Second Language Acquisition, is the Director of USF Testing Services. She has taught Spanish at both USF and Hillsborough Community College.

Tammy Ptascher is President of the Florida Genealogical Society and holds a certificate in research genealogy from Boston University. She began genealogical research more than 30 years ago because both her grandmothers were adopted.

Bharat Pathakjee, MD, practiced cardiology for 33 years in Wisconsin. Pathakjee interests include biology, history, reading, running and learning and teaching for OLLI.

Lindsay Peterson, PhD, is a research assistant professor in USF’s School of Aging Studies. Her research interests include advance care planning, decision-making and communication regarding end-of-life care.

Mike Pheneger, retired U.S. Army colonel, served as an intelligence officer, is a past president of the ACLU of Florida and has served as an OLLI-USF faculty member since 2002.

Josh Pittendreigh has a bachelor’s degree in Captive Wildlife Care and Education from Unity College in Unity, Maine. He has worked at The Florida Aquarium since 2017.

Register online at www.usfseniors.org or call 813-974-5848
Peter Terzian, MS educational communications, worked for 36 years as a school media specialist in Florida and regional technology planner in NY. Now retired, he enjoys brewing beer and volunteering at The Straz and The Valrico Village Players theater.

Myron Thorner retired after 35 years at IBM, where he held technically oriented support, education and advisory positions. He does private computer consulting and repair and serves as the volunteer network administrator for a not-for-profit agency.

Stephanie Tripp, PhD, specializes in theories and practices of digital media, especially pertaining to notions of place and community identification. Her work explores new methods of scholarly research and writing in the digital age.

Kristina Valladares, BS Biology Florida Gulf Coast University, works in a microbiology lab as she pursues an MS in Medical Sciences with a concentration of Molecular Medicine at USF.

Lynne Wadsworth is a board certified health coach (AADP). She is the founder and owner of Holistic Health & Wellness and a graduate of the Institute for Integrative Nutrition.

Ken Watts has worked with computers since the days of DOS. Along the way he earned tech certifications and served as OLLI’s coordinator of computer training. Ken’s passions include music and Amateur (Ham) Radio, where he holds an Extra Class license.

Larry Weatherby is a retired transportation engineer who cut the TV cable in March, 2017. He has been actively following developments in over-the-air TV, DVRs and TV streaming services and devices ever since.

Doris Weatherford is widely recognized as an authority on American women’s history. Her latest book is Victory for the Vote (2020) on the 70-year effort to win suffrage for women and their continuing struggle for human rights and equality.

Ron Weaver, JD Harvard, Senior Member Counsel at Stearns Weaver Miller, is a legal expert in property rights and land development.

Dr. Qinghong Wei, interdisciplinary artist and educator, studies and shares the Art of Flow for living in truth, beauty, and love. She has worked with not-for-profits, governments, corporations, universities and diverse communities throughout the U.S.

Diane White, MS Education, USF, managed information technology projects in the telecommunications industries for over 25 years. She designs and teaches project management courses for USF Corporate Training and Professional Development unit.

Jill Witecki is Tampa Theatre’s director of marketing, education and community relations and the historic building’s chief storyteller.

Jim Young is a Life Master of the card game of Bridge. He has been a respected instructor of the game for many years, teaching all levels of players how to play and enjoy this popular pastime.

Carolyn, Woman of Goodwill

We now have a Goodwill Ambassador and she is Carolyn Clark! A new position at OLLI-USF, the Goodwill Ambassador is responsible for helping to keep the OLLI membership informed, after obtaining permission, about concerns for any members who are experiencing a time of difficulty, such as hospitalization or lengthy or serious illness, or in the event of death of a member. Carolyn will send cards on behalf of OLLI to members or family experiencing such situations.

If the member or family gives permission, Carolyn will arrange to inform us about the situation and an address for others to send cards.

Please let Carolyn know if you hear of another member’s situation that warrants a card and perhaps a notice. We won’t publicize without permission.

Carolyn has been a member of OLLI and served on the Volunteer Management Committee since 2013 after she moved to Tampa. She enjoys volunteering at the Ronald McDonald House, the Straz Center and her church. Originally from Maryland, she has lived in Florida for more than 25 years. You can email her at cvclark58@gmail.com, or call her at 813-545-7477.
## Friday Lecture Series

**Selected Fridays, 12:15-1:15 p.m., FREE to OLLI-USF members and their guests. LECTURES WILL BE ONLINE.**

The Friday Lecture Series features a variety of speakers who discuss and address current issues of interest. These informal free lectures are a great way to introduce your friends to OLLI-USF. **Call 813-974-5848 or register online at www.usfseniors.org for login information.**

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<tr>
<th>Date</th>
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<th>Topic</th>
<th>Speaker</th>
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<tr>
<td>Fri</td>
<td>1/15</td>
<td>Visit Siracusa's Archaeological Museum: Virtually!</td>
<td>Davide Tanasi</td>
<td>Online</td>
<td>212XOSTSE113A</td>
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<tr>
<td>Fri</td>
<td>1/15</td>
<td>What is it About Italy? A Thoroughly Biased Visit to the Peninsula</td>
<td>Catherine Mitchell</td>
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<tr>
<td>Fri</td>
<td>1/22</td>
<td>Unique Way to Pay Off the U.S. National Debt</td>
<td>Bruce Shanker</td>
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<td>1/22</td>
<td>Heart Attack and Stroke Prevention</td>
<td>Benjamin Mena</td>
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<td>How to Read a Film</td>
<td>Lou Kaloger</td>
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<td>Africa: Culture, Customs and Traditions</td>
<td>June Tinuade, James-Egbor</td>
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<td>Fri</td>
<td>4/2</td>
<td>Negotiating for Success: The 10 Golden Rules</td>
<td>Moez Limayem</td>
<td>Online</td>
<td>212XOSTSE110B</td>
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**FEED-A-BULL**

USF's student pantry needs donations: canned protein, cereals, pasta sauces/pasta, peanut butter, soups, vegetables. Drop off donations at:

- **Recreation & Wellness**: main facility (Tampa Campus REC 111) at 12301 USF Genshaft Dr (USF Maple) on the west side of the Yuengling Center (Sun Dome)
  - Monday – Friday: 9 a.m. – 4 p.m.
- **Student Services Bldg** (SVC) Breezeway (or if it's a lot, go to the SVC loading dock, but call and let them know at 974-5884)
  - Tuesday: 9 a.m. – 12 p.m. • Wednesday: 1 p.m. – 4 p.m. • Thursday: 2 p.m. – 5 p.m.
**Easy Ways to Register**

In-person registration is suspended until further notice.

- Register anytime through our secure website.
  - www.usfseniors.org
- Call OLLI Registrar Charise Dixie at 813-974-5848 or 813-974-2403, option 1.
  - Phone registration is available Mon.-Fri., 8am-4pm.

Payment is accepted by credit card only. We accept Visa, MasterCard, American Express and Discover. We care about your security. Therefore, we do not accept registration by fax or mail.

**If You Need to Withdraw ...**

- For any/no reason up to one week before class start and receive a full refund.
- Withdraw less than one week before class starts, we will charge you an administrative fee of between $5-$20.
- You may also request a transfer to another course this term, paying only the difference.

Email OLLI-inquiries@usf.edu or contact any OLLI staff member to request transfer or withdrawal.

Note: When registering for OLLI-USF courses, you agree to our policies for withdrawals, refunds, transfers and stated fees.

Contact OLLI-USF Director **Ara Rogers**, aarogers@usf.edu, if you have refund questions.

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**Go BIG on BOGOs**

**Introducing OLLI-USF’s BOGO50**

Register for one OLLI course, get a second course for half price. Look for BOGO50 in the class details, like so:

- **Mon ● 10/26-11/16 ● 10-12pm ● 4 mtgs ● $40 ● BOGO50 ● ONL - Online Course ● 211XOSCSMNA1A**

Savvy shoppers look for BOGOs! 57 classes in this catalog qualify for the BOGO50 discount. Buy two of them at once and get the second class at 50% off. No more waiting until a specific date to get a great deal!

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**When shopping online, look for BOGO50 with class details:**

![Screen Shot Showing BOGO50 Details](image)

If both classes qualify for the discount, the second class in your cart is discounted. FYI: our registration software organizes your shopping cart by start date, then applies the discount.

**If You Need to Withdraw ...**

- For any/no reason up to one week before class start and receive a full refund.
- Withdraw less than one week before class starts, we will charge you an administrative fee of between $5-$20.
- You may also request a transfer to another course this term, paying only the difference.

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![Promotional Code Box](image)

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Registration opens **NOV. 30**