Guide to OLLI-USF Online

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Although not the summer we initially planned, we are proud to present OLLI online. It’s our usual great mix of offerings for body, mind and spirit. We are working hard to deliver the OLLI experience we value. We are primarily using the Zoom platform for its ease of use and classroom-ready features.

Engaging with any technology is a commitment to lifelong learning, as it is ever evolving! Fortunately, we have 26 years’ experience helping connect older adults with technology; it is an integral aspect of OLLI-USF. We’ll help you become comfortable with this new technology as well. We’ve posted an OLLI Members’ Guide to Zoom on our site and lined up volunteers who can work with you individually. Email or call any staff member for more information.

We’ve planned opportunities for you to stop by your virtual classroom before your class starts this term. Meet your instructor and socialize with classmates as you check your technology and connection.

Hope to see you in class this summer!

Ara Rogers

Staff Contact Information

OLLI staff is working from home this summer for everyone’s safety.

Here’s how best to reach us:

**Ara Rogers, PhD, Director**
Membership, Scholarships, Gifts to OLLI
aarogers@usf.edu

**Joseph McAuliffe**
Liberal Arts, Friday Lecture Series
jmcauliffe@usf.edu

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dyer1@usf.edu

**Cath Mason**
Instructional Support, Program Planning
cmason8@usf.edu

**Mary Ettinger**
Program Support
ettinger@usf.edu

**Charise Dixie**
Registration, Member Materials
813-974-2403 (leave message)

**OLLI-USF Information Desk**
Mailing list, address changes, event info
ollivol@gmail.com
Board/Card Game SIG
Have you enjoyed playing board or card games in the past? Would you like to have an opportunity to play them again? If so, join your OLLI-USF friends and make new friends at the monthly gathering of the Board/Card Game SIG. For more information, contact Phyllis Alpert at 813-242-8633 or phyllisalpert@gmail.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, how to cook it and where to eat it as we learn more through speakers, tours, meals out, cooking demonstrations and the like. For more information, please contact Becky Heimstead (rbh2174@aol.com) or Jane Applegate (jappleg2@tampabay.rr.com).

G-SIG: Genealogy Shared Interest Group
Hear guest speakers, network with other members to overcome genealogical “brick walls,” and share your research. Learn about current research hints and get information on local genealogical meetings. For more information, contact Trev Wunderlin at 813-977-6484 or trevvund@gmail.com.

German Conversation SIG
Practice German conversation in a friendly and welcoming environment! All levels (beyond absolute beginners) are welcome. We meet the 2nd and 4th Tuesdays of the month, from 1:00 to 2:30 pm. For more information, contact Fred Gerlach at fhgerlach@aol.com or Christine Basch at cbasch65@gmail.com.

Hiking SIG
Meets second Thursday of the month, Oct.-May. Experience our beautiful public recreational lands and learn about the histories, flora and fauna, geologic features and the challenges facing them. Hikes are not limited to Hillsborough County, but will include SWFWMD lands, state forests and parks. For more information, contact Gail Parsons at 813-920-2730 or gailpar99@gmail.com.

Mountain Dulcimer Players Guild
The Guild invites those who have completed the OLLI Mountain Dulcimer course or play a mountain dulcimer to come make music. The group focuses on multi-part/multi-ability level arrangements. For more information, contact Jae Polcyn at jaeewanderer@hotmail.com.

OLLI Shutterbugs
Do you like to take pictures of people, places and things? Join the OLLI Shutterbugs on picture-making outings to places in and around Tampa Bay once or twice a month. An important part of our activities will be sharing and discussing the pictures we take. Outings are chosen jointly and led by members. For information, please contact Shelly Belzer at shelly235@tampabay.rr.com.

Opera-tunities
Whether you are new to opera or it is a lifelong love, join OLLI’s opera aficionados as we all explore ways to expand our knowledge and appreciation of opera. Enjoy lively discussions on and exciting experiences of opera! Contact Derrie Perez at dbrperez@tampabay.rr.com for more information about planned opera-tunities.

P-SIG: Politics Shared Interest Group
Join us in a politics forum which will feature discussion topics and debates, as well as guest speakers. P-SIG members will participate in activities that will complement, enhance, and promote existing OLLI-USF political science and history classes. Open to OLLI-USF members and their sponsored guests. For more information, contact our communications coordinator, Bill Sapper, at 813-994-3807 or tampabill@verizon.net.

SNUG: Seniors Networking Users Group
PC and Apple users are welcome to join. Meets 1-3 p.m. the second Friday of the month. Have problems with your technology? Want to learn how to use it better? Even beginners feel comfortable at SNUG. Meetings alternate between guest speakers and Q&A sessions. For more information, contact Caye Wheeler (cwlz@aol.com) or Frank Weitzman (xrayguided@hotmail.com).

Talking Movies
Love movies? HATE the fact that many never make it to local screens? Join us; we’ll be selecting movies to view on our own, then gathering to talk about them. Join us the third Friday of the month, 1:30-3:00 p.m. Contact Richard Rogers for more information: richardcrogers@gmail.com.

Readers & 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 published local authors. For more information, contact Liesse Chable, communityofwriters@aol.com.

Write Time for Poets
Now Forming
Welcome to your online poetry-writing community. Twice a month, join us in our videoconferencing room – your creative space. Work on your poems-in-progress and/or practice timed writing in response to prompts. We meet for 90 minutes on the 2nd and 4th Thursday each month from 2:00 p.m. - 3:30 p.m. Contact Cath Mason, cmason6@usf.edu for more information.

Meet the SIG Coordinator
SIGs are an increasingly vibrant aspect of OLLI life, so we are delighted that Anne Haywood has accepted the new position of SIG Coordinator. Anne, an active SIG participant, will assist existing SIGs and is the person to contact if you are interested in forming a SIG. Contact Anne at librarianne4@gmail.com.
Technology Training

Which technology course is right for me?
OLLI-USF offers technology informational training based on our members’ skill levels.
- PC (Windows 10) and Apple computers
- iPhone, iPads, & Android phones
- Social Media
- Specific software (Photoshop Elements, MS Office) and more
- Internet security

Please read course descriptions carefully: they are written to provide guidance for selecting the right course.

Take note of the skill level assigned to each tech course! They are intended to help find the right course for you. Skill levels assume a level of prior knowledge.

Skills-Based Prerequisites for OLLI Technology courses

**Skill Level: A** – You’ve little to no experience with the course topic OR you want to make sure you understand the fundamentals. Courses assume no prior knowledge and start at the very beginning.

**Skill Level B** – You have some experience with this course topic. You know how to use your computer, smartphone or tablet and want to expand basic knowledge or fill in some gaps. Courses assume basic topic knowledge and experience.

**Skill Level C** – You are familiar and comfortable navigating this course topic. You have mastered the basics. Now you want to go further. Not for beginners! Classes assume a solid background and prior experience with the topic.
SCIENCE & NATURE

We bookend our summer with two timely expert lectures on the current pandemic. The OLLI membership requirement has been waived for these two special courses. Join us!

**Coronavirus**
How can we combat COVID-19 and what are the ways to limit future pandemics? What constitutes a pandemic? Where are we headed with the current pandemic? We will investigate the nature of coronaviruses, identify how they cause common colds and why certain strains cause severe acute respiratory syndromes (SARS).

*Steven Specter*

- Thu • 5/21-5/28 • 10-12pm • 2 mtgs • $20 • $10 (2nd Choice Fee after 5/7) • ONLINE - Online Course • 204XOSCSM1061

**We Are All in it Together: Why We Should Care About Population Health**
As the coronavirus pandemic of 2020 continues to play out in our lives, you may have a fresh appreciation of the importance of keeping one finger on the pulse of populations globally. Learn how the study and practice of Population Health and health improvement aims to help us be safe in this porous, interconnected world.

*Marissa Levine*

- Fri • 21-Aug • 1-2pm • 1 mtg • $10 • ONLINE - Online Course • 204XOSFLS2291

**Economic Impact of the Coronavirus**
Forecasts predict that unemployment could reach 32% by the end of the second quarter this year. The unemployment rate reported on the first Friday of May is likely to be over 10%. What will happen to the GDP, National Income, Federal Budget Deficit and the National Debt? When will things start to return to normal? We will explore these topics in a two-session lecture.

*Michael Viren*

- Thu • 6/18-6/25 • 10-12pm • 2 mtgs • $20 • $10 (2nd Choice Fee after 6/4) • ONLINE - Online Course • 204XOSCSM1051

**Viruses Good and Bad**
HIV, Herpes, Influenza, Ebola, West Nile Fever, Dengue and infections endemic to Florida - all are viruses. What is it about their structure that leads us to label them this way? How do they interact with the body to cause disease? How does the human body combat viruses? How can we use what we have learned to get viruses to work for us? Enlarge your understanding and dispel a few myths.

*Steven Specter*

- Tue • 5/19-6/09 • 10-11am • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/5) • ONLINE - Online Course • 204XOSCSM0771

**History and Science of Sex**
Visit the history of sex from ancient era to modern era. Review anatomy, physiology of hormones and genes as well as human development and the impact of new technologies.

*Bharat Pathakjee*

- Tue • 5/26-6/16 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/5) • ONLINE - Online Course • 204XOSCSM1041

TECHNOLOGY

**Technologies for the New Decade**
The technological revolution is accelerating as we enter a new decade. Discover some new and emerging technologies as well as several existing ones that are becoming mature. We’ll address 5G networks, wearable technology, the Internet of Things, self-driving cars, quantum computers and more. We will also have an extensive discussion on artificial intelligence.

*Bruce Gobioff*

- Mon • 6/01-6/22 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/18) • ONLINE - Online Course • 204XOSCSMTC0A

**Photoshop Elements Workshop: Fixing Photos**
Dig out those old family photos! You know, the ones that are badly damaged. Learn to open closed eyes or put a smile on a face; add a person to a photo; colorize it or turn it black and white; create a hybrid photo or make it a gif. For this online course, you will need an internet-connected computer, preferably with a webcam; a copy of Photoshop Elements 2018 or later; a public library account that allows you to access the learning resource, Lynda. You will be assigned lessons in Lynda to practice on your own; class time will be spent discussing what you have learned and getting help from the instructor.

*SKILL LEVEL C*

*Joseph Adles*

- Tue • 6/09-6/23 • 10-12pm • 3 mtgs • $30 • $15 (2nd Choice Fee after 5/26) • ONLINE - Online Course • 204XOSCSMAJ4A

**Introduction to Photo Processing with Adobe Lightroom**
Have some extra time this summer? How about using it to learn how to process and edit photos like artists and professionals? See why Adobe Lightroom Classic is the most popular program with pros, amateurs, and enthusiasts. Turn your snapshots into gallery-quality photographs as you learn about file management, sorting, ranking, histograms, editing, special techniques and lots more. You will need Adobe Lightroom’s “Photography Plan” for $9.99 per month, available at https://adobe.ly/2z4nhvP. You will also need an Internet-connected computer for the Zoom class, preferably with a webcam.

*SKILL LEVEL C*

*David Lockwood*

- Wed • 7/08-7/29 • 2-4pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/24) • ONLINE - Online Course • 204XOSCSMLL2A
OLLI Tech Squad

Need friendly, one-on-one help or advice on your technology? Bring in your smartphone, tablet (Apple/Android), or your laptop (Mac/Windows), and give our friendly tech instructors a chance to 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 where we provide simple coaching on one 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.

ALL SKILL LEVELS
Jeanne Dyer
Fri • 5-Jun • 10-12pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0A
Fri • 19-Jun • 1-2pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0B
Fri • 3-Jul • 1-2pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0C
Fri • 17-Jul • 1-2pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0D
Fri • 31-Jul • 1-2pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0E
Fri • 14-Aug • 1-2pm • 1 mtg • $20 • ONL - Online Course • 204XOSCSMTS0F

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 6S or newer with the latest version of operating system, iOS 13, installed and updated. Bring your fully-charged phone to class. Optional text ($9) available to purchase.

SKILL LEVEL A & B
Jeanne Dyer
Tue, Thu • 6/09-7/02 • 10-12pm • 8 mtgs • $70 • $35 (2nd Choice Fee after 5/26) • ONL - Online Course • 204XOSCSMP51A

Apple Watch Basics

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 (6S or newer) handy. Your devices should be fully charged and updated to the most recent versions of iOS and WatchOS.

SKILL LEVEL A
Katherine Sullivan
Tue, Thu • 7/07-7/09 • 10-11:30am • 2 mtgs • $25 • ONL - Online Course • 204XOSCSMAW1A

In Search of Peak TV

We live in the era of “Peak TV,” where there is more great content available to us 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.”

ALL SKILL LEVELS
Richard Rogers
Tue, Wed • 7/14-7/15 • 9-11am • 2 mtgs • $25 • ONL - Online Course • 204XOSCSMTV1A

iPhone: Secret & Hidden Features

In 2019, 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. Only iPhones which can update to iOS 13 (iPhone 6S or newer) will benefit from this class. Bring your updated and fully charged iPhone to class for hands-on exploration.

SKILL LEVEL B & C
Jeanne Dyer
Wed, Thu • 7/22-7/23 • 10-11:30am • 2 mtgs • $20 • ONL - Online Course • 204XOSCSMSF1A

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 13. Optional book available at the Apple Book Store ($3.99).

SKILL LEVEL B
Jeanne Dyer
Wed, Thu • 8/05-8/06 • 10-11:30am • 2 mtgs • $25 • ONL - Online Course • 204XOSCSMAI1A

LIFESTYLES

Economics of Modern Investing: 2020

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
Mon • 7/06-7/27 • 1:30-3:30pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/22) • ONL - Online Course • 204XOSFLS2151

Meditation Minutes with Jennifer Leavy

Join Jennifer Leavy, certified yoga therapist for a four week course on breath-work and
A Visit to Exotic South American Locations

Easter Island in the South Pacific, the Galapagos Islands of Ecuador and Machu Picchu in Peru - join Bruce Gobioff for a fascinating armchair-travel experience of these exotic locations. Submerse yourself in the region's history, geography and teeming wildlife: an enchanting exploration which includes the instructor's personal photos, stories and videos from numerous trips.

Bruce Gobioff
Tue • 7/28-8/18 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 7/14) • ONL - Online Course • 204XOSFLS2061

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
Wed • 6/17-7/22 • 10-11:30am • 6 mtgs • $40 • $20 (2nd Choice Fee after 6/3) • ONL - Online Course • 204XOSFLS1541

Bank Your Time, Reap Rewards

The Tampa Bay Time Bank is a community skills exchange, an egalitarian way for members to exchange services as a complement to the cash economy. All activities are valued equally, whether you are taking out someone’s trash or offering dermatology services. If you do something for an hour for another member, you’re entitled to withdraw an hour from the time bank. Learn about the benefits of time banking, hear examples (such as car pooling), and get help signing up. Bring a laptop or iPad if possible in addition to the device you use to sign in to Zoom.

Neil Cosentino
Thu • 30-Jul • 1-3pm • 1 mtg • $10 • ONL - Online Course • 204XOSFLS2251

More of My Favorite Places Around the World

After his first "Favorite Places" course drew a sellout crowd and rave reviews, veteran OLLI instructor and longtime international broadcast consultant George Hyde went to work on the sequel. Now it’s here, with seven dynamic new destinations that you may not have considered visiting, but which are uniquely engaging, photogenic, and stimulating for novice and veteran travelers alike.

George Hyde
Thu • 6/25-7/16 • 10 a.m.-12 p.m. • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/11) • ONL - Online Course • 204XOSFLS2081

Pranayama: The Breath of Yoga

Pranayama is the tradition of controlling the breath practiced in India for centuries, where breathing techniques are used alone or with yoga postures to prepare the body and mind for meditation. It can also help in reducing blood pressure, stress, anxiety, depression and poor sleep. In this introductory class, the students will learn breathing techniques and an introduction to meditation.

Prema Bhat
Fri • 5/29-6/05 • 10-11:30am • 2 mtgs • $20 • ONL - Online Course • 204XOSFLS2272

Mind Fitness with Peter Arizu

Promote your mental well-being with mind fitness. Explore the creative and healing aspects of loving attention. Through a combination of mindfulness, self hypnosis, and meditation practices discover ways to develop calmness, resilience and peace of mind, especially in these challenging and stressful times.

Peter Arizu
Fri • 6/05-6/26 • 10:45-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/22) • ONL - Online Course • 204XOSFLS2311

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 • 6/19-7/10 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/5) • ONL - Online Course • 204XOSFLS2161

Compassionate Choices at the End of Life

People often express the desire to have some control over the conditions of their end stage of life. But laws can make these decisions confusing and difficult. Learn about the pertinent Florida laws and to what degree they permit people to take control of their end of life experience. We will discuss current state of Florida forms, including advance directives, designation of a healthcare surrogate and living wills. There will be an opportunity to practice your important “Conversations” with your family and physicians.

Charles Delp
Wed • 7/22-7/29 • 1-3pm • 2 mtgs • $20 • $10 (2nd Choice Fee after 7/8) • ONL - Online Course • 204XOSFLS0941

Natural Energy and Thrive

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 • 5/19-6/09 • 1-2pm • 4 mtgs • $40 • ONL - Online Course • 204XOSFLS2281

Keep it Simple. Make it Fun.

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.

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.
HISTORY & POLITICS

Introduction to Homebrewing
If you like to cook, you can learn to brew your own beer. Start with some simple equipment and a few ingredients. Mash, boil, ferment and bottle in your kitchen. In a couple of weeks you’ll be drinking a healthy beverage made from quality ingredients for less cost than commercial beers - and looking forward to perfecting your next recipe and sharing it with friends.
Peter Terzian
Fri • 7/03-7/24 • 1-3pm • 4 mtgs • $40
$20 (2nd Choice Fee after 6/19) • ONL - Online Course • 204XOSFLS2301

Case Studies in Democracy
Is our democracy broken? History offers hope. Consider five pivotal cases in U.S. history from three centuries as decision makers would have, through background briefing on the issues. Read the case (about 30 pages each) on your own; in class, analyze and wrestle with the issues and options decision makers faced. Experience history in a more immersive way and emerge with a greater appreciation of the strengths, weaknesses and resilience of American democracy. Required text is Democracy: A Case Study by David Moss ($20).
Ara Rogers
Mon • 5/18-6/22 • 1:30-3:30pm • 5 mtgs • $50 • $25 (2nd Choice Fee after 5/4) • ONL - Online Course • 204XOSHPHPC371

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?

Medieval Europe and the Mediterranean: A History of the Not-So-Dark Ages
The Middle Ages (c. 500-1500) was a time of substantial social, cultural, and political change. Explore how religious and cultural categories that are fundamental to modern identities - such as Christian, Muslim, European, and Western - came to fruition.
Matt King
Tue • 6/02-6/23 • 10-12pm • 4 mtgs • $40
$20 (2nd Choice Fee after 5/19) • ONL - Online Course • 204XOSHPHPC4371

Politics of the 2020 Election: Democratic Convention
The 2020 election will reach a critical point in the Democratic Convention. We will preview the convention and cover the details and results. We will profile the Democratic nominees for president and vice president and discuss the major current domestic and international issues. We will also discuss the events that we believe will shape the general election race.
Rich Kennedy
Wed • 5/20-6/10 • 1-3pm • 4 mtgs • $40
$20 (2nd Choice Fee after 5/6) • ONL - Online Course • 204XOSHPHPC4421

Politics of the 2020 Election: Republican Convention
Are there any new developments affecting the Republican National Convention? Stay tuned as we consider and contrast the candidates and set the stage for the final push into the heart of the election season.
Rich Kennedy
Wed • 8/12-9/02 • 1-3pm • 4 mtgs • $40
$20 (2nd Choice Fee after 7/29) • ONL - Online Course • 204XOSHPHPC4441
Ideas and Wars Have Consequences
What was the impact of American exceptionalism on US western expansionism? How did this ideology lead to the U.S. Civil War? What were the causes of the Mexican American War and what were the effects of this war on the political debate of the 1850s?
Joseph McAuliffe
Thu • 5/21-6/04 • 1-3pm • 3 mtgs • $30 • $15 (2nd Choice Fee after 5/7) • ONL - Online Course • 204XOSHPC4521

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
Thu • 6/18-7/09 • 1-3pm • 4 mtgs • $30 • $15 (2nd Choice Fee after 6/4) • ONL - Online Course • 204XOSHPC4491

Henry Flagler, Henry Plant and the History of Florida
Two Henrys, Plant and Flagler, who also shared an interest in railroads and hotels, helped transform Florida into a tourist and retirement destination. Learn about Henry Flagler and Henry B. Plant and their accomplishments in the development of Florida, and the entire history of Florida from the days of the Spanish conquest up to the present day.
Sidney Soclof
Mon, Wed • 7/13-7/29 • 10-11:30am • 6 mtgs • $50 • $25 (2nd Choice Fee after 6/29) • ONL - Online Course • 204XOSHPC4511

HUMANITIES AND THE ARTS

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. Discover a different theme in each session in this course based on cutting edge research in the arts and human development. In-class exercises encourage vision, self expression and reflection. $10 materials fee, payable to instructor at the first class.
Qinghong Wei
Mon • 27-Jul • 10-12:30pm • 1 mtg • $25

Raga, Tala and Bhava: Introduction to the Classical Music of South India
Also known as Carnatic music, this style stems from Vedic times about 2500 years BCE. Raga are the scales, Tala are rhythmic patterns and Bhava are moods. Through lecture, video and audio clips, and live demonstration, learn about composers, instrumental style, improvisational forms, and the cultural and spiritual background of this music. You may end up trying the claps, finger counting and flip of the hand yourself.
Prema Bhat
Tue • 6/16-7/07 • 1-2:30pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/2) • ONL - Online Course • 204XOSLHA4721

Conversational Italian III
Continue practicing speaking Italian in this third level course. Say “ciao” to some grammar and insights into the people and culture of l’Italia Bella. If you did not take the first or second level Italian courses with us but have a solid understanding of Italian, you may want to try this as long as you are willing to put in extra effort. Required text: Learn Italian the Fast and Fun Way, 4th ed., by Danesi, $29.99.
Diana Dechichio
Tue • 6/16-7/07 • 1-2:30pm • 4 mtgs • $60 • $30 (2nd Choice Fee after 5/20) • ONL - Online Course • 204XOSLHA3011

Musical Films: Traditional and Experimental
The golden age of musical films produced several movies that are familiar to everyone, but some musicals were considered experimental in their day and are not so well known. Let’s look at two of the most beloved golden age musical films, Oklahoma! (1955) and The Music Man (1962) and two that were experimental, Hair (1979) and the English film, Oh! What a Lovely War (1969). View a film a week at home, then come together online each week to discuss.
Harriet Deer
Fri • 7/10-7/31 • 1-2:30pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 6/26) • ONL - Online Course • 204XOSLHA4831

Current Issues in Medical Ethics: 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 • 7/21-8/11 • 10-11:30am • 4 mtgs • $40 • $20 (2nd Choice Fee after 7/7) • ONL - Online Course • 204XOSLHA4471
LITERATURE & WRITING

Up for Discussion: Classic Short Stories

Linda Feeney
Tue • 5/26-6/16 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/12) • ONL - Online Course • 204XOSLHA4801

How to Read Poetry Aloud for Inspiration and Fun
Do you love to listen to poems read aloud with skill and feeling? Have you ever wished you had the confidence to read a poem aloud, revealing meaning, expressing feeling and bringing delight to your listeners? This class will give you some basic techniques and skills that will add another dimension to your enjoyment of poetry. Bring copies of a favorite poem to the first meeting and begin immediately to explore your new skills.

Brenda Tipps, Joyce Carpenter
Wed • 5/27-6/17 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 5/13) • ONL - Online Course • 204XOSLHA2201

Summer with Shakespeare
Let’s take a summer dive into Shakespeare! We will read and discuss the popular guide to his works: Big Ideas: The Little Book of Shakespeare, online for less than $11. This book compact guide brings Shakespeare’s plays and poems to life, helps readers navigate Shakespeare’s language and is a fun way to explore Shakespeare’s work. Come explore the very relevant world of the famous Bard.

Sylvia “Jerry” Noland
Thu • 5/07-6/11 • 10-11:30am • 6 mtgs • $40 • $20 (2nd Choice Fee after 4/30) • ONL - Online Course • 204XOSLHA4791

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 • 7/09-8/13 • 1:30-3:30pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 6/25) • ONL - Online Course • 204XOSLHA3451

Great Books: Summer Discussion Group Two
Serious readers welcome! Join our lively discussion of fiction and short stories by J.D. Salinger, Henry James and Thomas Hardy; poetry by Langston Hughes, Paul Dunbar, Countee Cullen and Emily Dickinson. We meet on the Go To Meeting videoconferencing platform. Texts will be provided by the instructor, $10.50 payable to the Instructor at the first class.

Kevin Chittim
Wed • 5/27-6/26 • 10-12pm • 4 mtgs • $50 • $25 (2nd Choice Fee after 4/24) • ONL - Online Course • 204XOSLHA2201

Great Books: Summer Discussion Group One
Serious readers welcome! Join our lively discussion of poetry, fiction, essays and speeches including work by Robert Frost, William Faulkner and Lewis Carroll. We meet on the Go To Meeting videoconferencing platform. Texts will be provided by the instructor, $8.00 payable to the Instructor at the first class.

Kevin Chittim
Wed • 5/13-6/12 • 10-12pm • 4 mtgs • $50 • $25 (2nd Choice Fee after 4/20) • ONL - Online Course • 204XOSLHA4771

Poetry in Disguise: Prose Poems
Is the form of a prose poem an absence of form? What is a prose poem? How can prose be poetry? According to Pulitzer prize-winning poet Charles Simic, the prose poem “is a burst of language following a collision with a large piece of furniture.” What does this mean? Encounter a “glorious variety” of prose poems by poets such as Charles Baudelaire, Gertrude Stein, Mark Strand, Margaret Atwood, Claudia Rankine and decide for yourself. Reading material will be supplied.
Meet the Instructors

 встретить преподавателей OLLI-USF's Faculty Roll of Honor recognizes teachers who have led at least 10 successful courses.

Joe Adles has worked many years with computers starting with PCs and expanding to Apple products. He now spends most of his time restoring photos and making videos for his own enjoyment and for others.

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.

Prema Bhat, a former faculty at the music department of Emory University, Atlanta and Cagliari University, Italy, is an accomplished Indian classical vocalist with a Masters degree in Indian Carnatic singing and theory. She teaches mindfulness class at USF, school of medicine and arts college using Yoga, Pranayama and meditation and guest lectures in Indian classical music at the School of Music.

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.

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.

Neil Cosentino is a retired USAF pilot. He founded Camelot Florida, a community-based public interest think tank. He formed a shared interest group: Think Tanks, for OLLI members.

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 striper at age 14.

Harriet Deer, professor emeritus, 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.

Charlie Delp is a plant pathologist and distinguished OLLI leader who has decades-long experience volunteering with hospice and Compassion and Choices.

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. A retired high school chemistry and physics teacher, Jeanne is currently the OLLI Technology Coordinator.

Linda Feeney, BA English, MA Library and Information Science, MBA, worked in management at the Ford Foundation. She moderated a book discussion group in New York City and brings these skills to OLLI and Great Books.

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 34 years of financial services industry experience.

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.

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.

Matt King, PhD, is assistant professor of History at USF. His field of specialty is the Crusades.

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.

Marissa Levine, MD, MPH, is Professor of Public Health and Family Medicine at USF, where she focuses on population health improvement and teaches leadership. She served as Virginia State Health Commissioner and led the VA Department of Health from 2014-2018.

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, facilitate a popular poetry discussion group, delivers poetry presentations and organizes readings. She is a member of our OLLI-USF staff.

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.

Catherine 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.

Sylvia “Jerry” Noland is a retired educator and former English professor. She holds both bachelor’s and master’s degrees in English and has done postgraduate studies at the University of South Florida and University of Florida.

Ara Rogers, PhD Adult Education University of South Florida, has served as Director of the Osher Lifelong Learning Institute at USF since 2001.

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.

Clara Schönborn-Lowe is a certified yoga instructor with eleven years’ experience and additional training in gentle yoga for special populations. She has practiced mindfulness and meditation for many years.

Sidney Soclof is Professor Emeritus after over 40 years teaching at the California State University, Los Angeles. In addition to his university teaching experience, Soclof has taught at a number of Elderhostel/Road Scholar programs, lectured for the Senior Summer School, several OLLIs, the Chautauqua Institution, and on cruise ships all over the world.

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.

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.

Peter Terzian, a school media and technology teacher since 1980, started brewing about 4 years ago as a hobby. Now retired, he also enjoys volunteering for arts, media and technology projects.

Brenda Tipps taught high school English and creative writing in Hillsborough County for 27 years. She taught drama in England and has acted in numerous amateur productions in high school, college and the community.

Michael Viren, PhD in Economics, and a mechanical engineer who taught economics, designed power plants and directed Missouri’s Public Service Commission. A minor venture capital participant, he has also served as executive of several tech startups.

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.

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

Qinghong Wei, PhD, University of Cincinnati, is executive director of Story Bridge, an international nonprofit that engages communities through art. She has worked in planning with governments and communities, including the city of Sarasota.
Join the USF Osher Lifelong Learning Institute!

Annual Membership is just $40 and includes:

- **Enrichment**
  - Access to 300+ classes with “buy one, get one” discounts
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  - Special events
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- **Fun**
  - Social events

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**Easy Ways to Register**

In person registration will not be available this summer. Please call Charise or go online.

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.*

Register anytime through our secure website:
web.usfseniors.org

Call OLLI Registrar Charise Dixie at 813-545-8282 OR leave her a message at 813-974-2403, option 1.

Register online at www.usfseniors.org or call Charise Dixie (see page 2). Call for second choice option!

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**Second Choice: OLLI's Own BOGO**

Smart shoppers know about BOGOs – “buy one, get one” discounts! OLLI-USF offers members the opportunity to take advantage of BOGOs each term with our “second choice” pricing.

Register for one course at the regular price each term, sign up for additional classes at reduced price. BOGO seats become available two weeks before the class start date and are space-available; not every course is eligible for this special deal.

**EXAMPLE**

Mon • 10/22-11/26 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 8-Oct-18) • CANT-ASSEM - Canterbury Tower, Assembly Room • 191XOGLHA3731

Here’s what to look for: this course, priced at $60, has a $30 BOGO price that becomes available on Oct. 8.

2nd Choice Option registration is only available via phone at 813-974-2403, option 1. Take advantage of a great deal and fit more OLLI into your life!

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**OLLI-USF Class Refund Policy**

If you must withdraw from an OLLI-USF course more than five business days prior to the course start date, you will receive a full refund of the registration fee, or you may apply the refund amount to another course within the same term and pay any difference in fees. If you withdraw one to five business days prior to the course start date, you will be charged an administrative fee of up to $15. No refunds are issued on or after the course start date. When registering for OLLI-USF courses, you agree to our policies for withdrawals, refunds, transfers and stated fees.

Contact OLLI-USF Director Ara Rogers, 813-974-5263, if you have refund questions.

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