Explore the World with OLLI through Zoom

Manage your tech
Learn something new
Listen – read – discuss

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It’s been a year of change and upheaval. Lifelong learning institutes had to adapt quickly or get left behind. Change: it’s scary and exhilarating all at once. Scary until you try the new way, exhilarating once you see, “it’s not that bad.” It’s been a time of physical isolation as well, making communication and connection more challenging. That isolation increased our urgency to learn how to be online in a way that retained the spirit of an OLLI-USF class.

We’ve learned a lot as an organization in the past year about learning and operating wholly online, and we still have a lot to learn. And while we don’t know precisely when we will return to offering face-to-face activities and what normal will look like post-pandemic, be assured we are actively thinking and preparing for that.

Expect us to start dabbling a bit with face-to-face in the fall.

And expect that we will continue to have a robust online presence. It’s a great time to join us!

I’ve Never Zoomed!
Can we show you how? 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
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Voicemail: 813-974-8037

Cath Mason
Program development, Course evaluation
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Voicemail: 813-974-8422

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

It’s a secret! Please don’t tell anyone …
OLLI-USF membership rates will be going up. Never fear, we’ll still be among the lowest-priced OLLIs in the network.

Effective August 20, 2021 annual membership will be $50.
Three-year memberships will be $125.

Renew now before rates go up!
Note: you may renew up to 364 days early.
Speaking of the Liberal Arts

We gratefully introduce the following new teachers to OLLI USF this summer term, all of whom are committed to providing quality lifelong learning programming with a compelling teaching flair to our members.

Kathleen de la Peña McCook is Distinguished University Professor at USF, and was recently awarded the Joseph W. Lippincott Award for outstanding work in library science. Her class, Toward a World Brain: From Diderot to Wikipedia will explore the roles libraries have played throughout history in preserving our understanding of the world.

Students of the Da Vinci Code will enjoy Leonardo da Vinci: The Shaping of an Artistic Genius featuring groundbreaking research by San Jose State graduate Caroline Cocciardi. Caroline is a writer and filmmaker who discovered the significance of da Vinci’s interlocking knots during her 20-year sojourn in Rome.

Former Florida State Senator John Grant, who has taught at USF, UT and HCC, will bring his expertise in estate planning, probate, trusts, and elder law to this important class on Life and Death Documents Everyone Should Have. Your heirs will be grateful and relieved if you sign up for this class.

Randy Fillmore, PhD student in anthropology, was a science writer for The Johns Hopkins School of Public Health and the University of Maryland School of Pharmacy. His class, Human Evolution from Prehistory to ???, will discuss the significant discoveries in paleoanthropology since 2019 that traces human origins to an earlier beginning than what was thought.

Denise Rose, Ph.D from Loyola University Chicago and her culinary husband Georgie, will demonstrate through meals made with an Instant Pot, that eating a plant-based diet is the best strategy to reduce chronic disease risk in their short course, Plant-based Cooking: Using Whole Foods to Help Prevent Chronic Disease.

Technology Spotlight

Summer is when we Floridians like to travel, possibly to avoid our hot, sticky weather. We can help get your photography skills up to date with these four classes:

MAY: How you arrange objects in your photo really makes a difference. Learn about composition, then go out and practice what you learn as the instructors guide you through your shots using either a smartphone or camera. Better Composition for Outdoor Photography is led by OLLI Outdoors SIG leaders Donna McGrew and Diane White.

JUNE AND JULY: What’s a vacation without memories? Take a bunch of short (or long) video clips of different places and some photos, then learn how to put them together into a movie. We can help whether you use an Apple computer or a PC with these two classes. Check out iMovie Magic for iPhone/iPad: Create and Edit or Movie Maker Magic for Windows, both led by Peter Terzian.

Ready to spend some time and master the cameras and Photos app on your iPhone? You will NOT need 10,000 hours, just our Master iPhone Cameras, Photos & More with Jeanne Dyer and Kitty Sullivan.

New Instructor Spotlight

Douglas Gatchell was recruited out of college to work at Howard Hughes Aircraft, consulted with police on solving computer crimes, worked at Los Alamos National Laboratory as a network engineer and retired from the National Science Foundation as a director who gave grants to people such as those developing the Google Office suite of programs. And now Doug is teaching his first OLLI course this May: Google Free Office Apps, and will introduce you to the free integrated suite of office and productivity apps available to everyone from Google: Google Docs, Slides, Sheets, Draw and Forms.
## 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.
- Bharat Pathakjee & Susan Waraczynski Family Fund
- Alan Carlson
- Kevin Chittim *In Memory of Brenda Tipps*
- Bruce Gobioff
- Susan Northcutt, Ph.D.
- SNUG-Senior Networking User’s Group
- Strozier-Viren Family Foundation, Inc.
- Catherine & David Wheeler

### Director’s Council ($250-$999)

- Lewis Barker
- Jaime Bonilla
- Liesse Chable
- Robyn Cheung, Ph.D.
- Kevin Chittim *In Honor of Bob Findorff*
- Judith Daniele Family Fund
- Ray Ann Granda Favata
- Linda Feeney
- Sally Ordway *In Memory of Bob Findorff*
- Delia & Peter Palermo
  - *In Honor of the Wonderful OLLI Staff*
- Linda Filipps
- Eileen Hines & Stephen Priest
- Elizabeth Ross
- E. Howard Rutherford III and Mark Felix
- Sjoberg Living Trust
- Steven Specter, Ph.D. and Randie Specter
- Rhoda Stein
- Nancy Stuart
- Edward & Joan Weaving

### Leader’s Council (up to $249)

- Vickie & Richard Adelson
- Ruth Adrian
- Namelda R. Allen
- Anonymous
- Anonymous
- Stanley Ashe
- Dr. Sankaran Satheesh Babu, M.D.
- Darius Bakunas
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- Mary A. Bell
- Phyllis Besterman
- Charlotte Brown
- David N. Campbell
- Robert Capellini *In Memory of David Henry*
- Joyce Carpenter *In Memory of Brenda Tipps*
- Carolyn Clark
- Don Clark *In Memory of Bob Findorff*
- Marianne Cole
- Elva & Frances Currie
- Mercedes De La Cruz
- James & Patricia Dodge
- Linda Dunk *In Honor of Brenda Tipps*
- Mary Ettinger *In Memory of Barbara Hidebran*
- Susan Eckstein
- Sharon & Richard Feldman
- Nancy and Ephraim Graff
- Nick Graves *In Memory of Brenda Tipps*
- Lilian Guttmann & Michael Eichhorn
  - *In Honor of Lewis Alpert*
- Anne Haywood
- Elissa Henderson
- Glenn Hooper
- Richard J. Isinghood
- Barbara Johnson *In Memory of Brenda Tipps*
- James Kaelher
- Carol Kershbaum
- Ken & Katy Kotecha
- Steven Lawson *In Memory of Brenda Tipps*
- Barbara & Reginald Ledoux

### Donors to the Findorff Fund

- Susan Lee
- Doris Losey
- Cathy & Chuck Luthin
- Cath Mason *In memory of Brenda Tipps*
- Donald McNair
- Kay Menzel and Donald Menzel, Jr.
  - *In Memory of Brenda Tipps*
- Catherine Mitchell
- Kathy Palmer
- Derrie & Angelo 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.
- Diane Russell *In Memory of Lois Henrikson*
- Linda & Ken Schatz
- Phyllis & Robert Shaw
- Michelle and Robert Smits
  - *In Memory of Bob Findorff*
- Sue Tihansky
- Carol Torrens *In Memory of Anselmo Torrens*
- Nancy Tracy
- Pamela Tyler *In Memory of Brenda Tipps*
- Diane J. Verhoest
- Cynthia Ward
- David & Lorraine Watson
- Miriam Brevida Zack
- Arlene Zimney

### Friends of OLLI

- Coulter, Aviles & Company, LLC
- The Rotary Club of New Tampa Foundation, Inc.
- University of South Florida Foundation
- USF Alumni Association
- USF Women’s Club
OLLI-USF is celebrating another successful year thanks in part to our generous donors. Those who have contributed $250 and above during 2020 and 2021 will be invited to an exclusive virtual appreciation event on May 7 at 9:30 AM.

Attendees will receive a special surprise and enjoy a presentation by Jeffrey Swartz, former Miami-Dade judge from 1995 to 2005 and former professor of criminal law and procedures at Thomas Cooley Law School at Western Michigan University.

It’s not too late to make your donation. Contributions can be made online at usfseniors.org. Click on GIVE NOW or pay by mail with a check, made payable to USF Foundation and sent to:

Osher Lifelong Learning Institute
University of South Florida Foundation, Inc.
4202 E. Fowler Ave. ALC100
Tampa, FL 33620

An email invitation to Coffee with OLLI will be sent to donors, and reservations will be required. Thank you for your support!
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.

Ici on parle français! NOW FORMING
This group provides a place for Francophones to meet and discuss topics of interest in French. Zoom sessions will be held on the first Monday of each month. A basic knowledge of French is required, but all levels of speaking ability are welcomed. To join in, please contact Susan Goodwin sjgood@earthlink.net or Theresa Sokol tandrasysokol@gmail.com.

China SIG
The China SIG fosters an appreciation for and an understanding of the Chinese people and their customs, history, and politics. We celebrate Chinese traditional holidays, and enjoy presentations, Chinese music and food. We meet quarterly in Zoom sessions to hear from knowledgeable speakers on selected topics. Contact Kun Shi (kunshi57@gmail.com), and Nancy Stuart (nlsflorida@hotmail.com).

Community of Readers and Writers
Readers with book club experience are invaluable to writers at any stage of their development. Writers welcome supportive feedback that can strengthen their craft. The combination and sense of community benefit both. Public meetings and private feedback sessions and training are scheduled online. For more information contact the group by email: 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. We meet monthly, currently via Zoom, enjoying 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
We meet on the second Wednesday of the month 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 contact our communications coordinator, Bill Sapper, at 813-994-3807 or tampabill@verizon.net.

Online Games SIG
Great news! Our Board/Card Games is back, is transitioning to online and has new leadership in Kathy Palmer. Are you interested in trying online games on Zoom? Are there online games you’ve enjoyed? We meet the second Thursday of each month from 3:30-5:30 p.m. If you’re interested, have suggestions or would like to help, contact Kathy at (813) 900-8095 or kpalmer22@tampabay.rr.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. We meet via Zoom on the third Friday each month from 1:30 -3:00 p.m. Contact Richard Rogers for more information: richardcrogers@gmail.com.

Write Time for Poets
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.

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

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.

About Us
Osher Lifelong Learning Institute

Help Wanted
Volunteers sought for key roles in OLLI. Training and assistance provided. Ask for more information!

Zoom Hosts help instructors in small ways. Contact Joseph McAuliffe, jmcauliffe@usf.edu for more information.

Social Media Producers post on behalf of OLLI USF on Facebook, Twitter, Instagram. Contact Ara Rogers, aarogers@usf.edu.

Reporters and writers are needed for our new member newsletter OLLILife. Contact Ara Rogers at aarogers@usf.edu.

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Register online at www.usfseniors.org or call 813-974-5848

PROGRAMS: May-Aug

**REGISTRATION opens April 26**
### SUMMER@ A GLANCE

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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

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View Anytime, Anywhere Recorded Courses
MONDAY

Book Talk Tampa: Impressions of an Emigrant

Explore Tampa as it was in 1897 with Noel Smith and Andy Huse, translators of Tampa: Impressions of an Emigrant by Cuban author Wenceslao Gálvez y Delmonte. Gálvez y Delmonte (1867–1951), a baseball player, lawyer and writer, wrote with rich detail about Tampa, Ybor City and West Tampa and of the Cuban emigré community established here during the Cuban War of Independence. Return with Smith and Huse to this lively chronicle of the Cuban diaspora in the late 19th century US.

Noel Smith, Andy Huse
Mon • 5/17 • 10-11:30am • 1 mtg • $20 • ONL - Online Course • 213XOSHPG4841

Looking Good on Zoom

Let’s explore the features in Zoom that are designed to help you look good. 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
Mon • 5/17 • 10-12pm • 1 mtg • $20 • ONL - Online Course • 213XOSCSMLZ0A

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 • 7/12-7/26 • 10-11:30am • 3 mtgs • $30 • ONL - Online Course • 213XOSHPG4531

Black Holes: Gravitational Monsters

Although there are many things we do not know about black holes, there is no question about them being extreme gravitational objects. In this short series, we will explore questions such as: What are Black Holes? How do they form? Why can nothing escape their gravitational pull? Should we be afraid of these gravitational monsters? Join our guided tour of some of the most interesting and mysterious objects in the Universe.

Fulvia Fiorani
Mon • 8/02-8/16 • 10-12pm • 3 mtgs • $30 • ONL - Online Course • 213XOSCSML1251

Spirituality and Good Health

Healthy choices help balance our lives. In this faith-based course, discover how to take charge of your life emotionally, physically, socially and spiritually. Learn the eight principles of optimal health: Choice, Rest, Environment, Activity, Trust, Interpersonal, Outlook and Nutrition. Expect slide presentations, discussions and some homework.

Kristen Davis-John
Mon • 6/07-6/21 • 10:30-12pm • 3 mtgs • $30 • BOGO50 • ONL - Online Course • 213XOSFLS2221

Teen Diarists of the Holocaust

Anne Frank was not the only teen to keep a diary during the Holocaust. Actually, many young people wrote down their thoughts and feelings and some 60 of these diaries survived, one being discovered as late as 2018. We will explore the eloquence and passion of these young people. Learn about the Holocaust, the Holocaust, the Holocaust, and evaluate memoirs, and even begin your own autobiography as your contribution to the historical record.

Howard Kerner
Mon • 6/07-6/28 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSHPG3471

Toward a World Brain: From Diderot to Wikipedia

Diderot’s 18th-century Encyclopedie aimed to incorporate all the world’s knowledge for the benefit of future generations. It was the first to gather contributions from many writers. The next attempts to create access to all knowledge included the Mundaneum, the memex, and now the role of libraries and Wikipedia. Learn also about the role of libraries in this daunting endeavor.

Kathleen McCook
Mon • 5/24 • 1-3pm • 1 mtg • $20 • ONL - Online Course • 213XOSHPG4871

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 • 6/07-6/28 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSHPG3471

Who Was Elizabeth Pilot? A Look at Colonial British Florida

Elizabeth Pilot wrote about life in 18th-century Florida; it was genealogical research that played a crucial role in bringing her memoir to publication. Take a rare look at early Florida and uncover the experiences of women and families during the eighteenth century. Fast-forward to current times and consider why personal stories and oral histories are so important for modern families. Appreciate how historians locate and evaluate memoirs, and even begin your own autobiography as your contribution to the historical record.

Deborah Bauer
Mon • 6/07-6/28 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSHPG3471

Early Medicine From Prehistory to the Renaissance

What major developments make medical advances possible? In this lecture series, we’ll take a look at medicine and surgery from the earliest civilizations of Sumeria and Egypt to the rational approach to medicine taken by...
the Greeks: learn how this heritage helped the Romans maintain formidable armies. Explore the elements foundational to the development of modern medical practice: the medicine of Islam and of the Middle Ages up to the Age of Discovery in the Renaissance.

Gerald Stulc
Mon • 6/14-7/05 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSCSM1141

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
Mon • 7/12-7/19 • 1-3pm • 2 mtgs • $20 BOGO50 • ONL - Online Course • 213XOSHPC4521

The History of Medicine and Surgery: From the Renaissance to the Present
Groundbreaking advances in the study of anatomy, physiology and chemistry led to monumental developments in medicine and surgery. They also changed the way humanity came to view nature. In this lecture series, gain an historical perspective of medicine and surgery from the Renaissance onward. Investigate the dramatic changes from the mid-19th century to the mid-20th. We will focus on specific medical breakthroughs and the individuals responsible for shaping the world of modern medicine.

Gerald Stulc
Mon • 7/19-8/09 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSCSM1151

200 Exciting Years: Tracing the Flow of Money In Tampa Bay
No local region has a more diverse economy than the Tampa Bay area. 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 • 7/26-8/16 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSHPC4491

Nuns and Priests of the Holocaust
During the Holocaust, it was exceedingly difficult to find an individual or organization ready to help Jewish victims. Catholic nuns and priests were among those few who, at great risk to themselves, chose to rescue Jews. Join an uplifting presentation on human goodness. Hear the stories of these little-known brave and inspiring women and men.

Howard Kerner
Mon • 8/9 • 1-3pm • 1 mtg • $20 • ONL - Online Course • 213XOSHPC4851

TUESDAY

Better Composition for Outdoor Photography
Smartphone or camera, you can improve your outdoor photos with great composition. The first class will be online to explore composition tips. The second class will put them into practice with a visit to a park. Share unique perspectives with your classmates in a small group setting. Prerequisite: You must already know how to use the camera settings on your smartphone or camera. SKILL LEVEL B & C

Diane White, Donna McGrew
Tue • 5/04-5/11 • 10-12pm • 2 mtgs • $20 • ONL - Online Course • 213XOSCSMBC1A

Natural Hillsborough: An Audubon Adventure
Experts will introduce class members via Zoom lectures to significant and interesting topics on the natural resources of Hillsborough County, highlighting aspects that are special and unique to the region. Birds, habitats, geology, wildlife, native plants, and other topics will be presented in clear, easily understood and engaging fashions, using photographs and stories to depict the natural environment of the region. Field trips to natural areas may be included as part of the class experience if possible by the late spring and summer.

Ann Paul, Tammy Lyons
Tue • 5/11-6/29 • 10-12pm • 8 mtgs • $70 BOGO50 • ONL - Online Course • 213XOSCSM0291

She Went Where? Women Explorers and Adventurers Who Didn’t Make the History Books
Of course you’ve heard of Sacagawea and Amelia Earhart. But what about Gertrude Bell, Alexandra David-Neel and Bessie Coleman? These are just three of the many adventurous women our history lessons forgot to mention. This course will feature their stories and accomplishments, some of which changed the...
world as we know it.

**Sheryl Long**
Tue • 5/18-5/25 • 10-12pm • 2 mtgs • $20
• ONL - Online Course • 213XOSHPC4351

**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 • 5/18-6/22 • 10-11:30am • 6 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSFLS1541
Thu • 7/6-7/10 • 10-11:30am • 6 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSFLS1542

**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 we use what we have learned to get viruses to work for us? Enlarge your understanding and dispel a few myths.

**Steven Specter**
Tue • 5/18-6/8 • 10-12pm • 4 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSCSM0771

**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**
Tue • 5/18 • 10-12pm • 1 mtg • $10
ONL - Online Course • 213XOSHPC4821

**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**
Tue • 6/22 • 10-12pm • 1 mtg • $20
ONL - Online Course • 213XOSCSMUC2A

**Virtual Mental Health**
One in two individuals, during his or her life, will have some type of mental or substance-abuse disorder, challenge, or experience. The pandemic has significantly heightened the need for access to mental health services. There is a clear and present opportunity for digital health technologies to improve access and outcomes in mental health. We will examine ten digital behavioral health technologies. Lastly, we will discuss several issues which can either enhance or detract from the expansion of virtual mental health offerings.

**ALL SKILL LEVELS**
**Michael Bice**
Tue • 7/27 • 10-11:30am • 1 mtg
• $20 BOGO50 • ONL - Online Course • 213XOSCSMVH0A

**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 Sociol**
Tue • 7/27 • 10-12pm • 4 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSHPC4511
A John, A Julia, A Walt: Why Do They Matter to Florida?
John Gorrie, Julia Tuttle, and Walt Disney made significant contributions to Florida with regard to air conditioning, the foundation of Miami, and Walt Disney World, respectively. Learn about these three important people, their lives, and more about how much Florida owes them.

Sidney Soclof
Tue • 8/03-8/24 • 10:30-12pm • 4 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSCSMCC0A

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 • 5/18-5/25 • 1-3pm • 2 mtgs • $25 BOGO50 • ONL - Online Course • 213XOSCSMCC0A

Chair Yoga and Meditation Minutes
Join Jennifer Leavy, certified yoga therapist, for a four-week course that combines gentle stretching while seated in a chair, breathwork and meditation. Whether this is new to you or you are a seasoned practitioner, take this time out for yourself to experience stress relief as well as peace and calm in your day-to-day life.

Jennifer Leavy
Tue • 5/18-6/08 • 1-2pm • 4 mtgs • $40 • ONL - Online Course • 213XOSFLS2281

Eleanor Roosevelt: First Lady of the World
Eleanor Roosevelt was born into a wealthy family, but her dreadful childhood could have come right out of a Dickens novel. She was afraid of everything -- dogs, the water, public speaking -- but she went on to become a fearless defender of the downtrodden and to this day the most admired first lady in American history. Discover why President Truman called her First Lady of the World. Examine the life of this remarkable woman who was so much more than half of the most important political partnership of the 20th century.

Barbara Goldstein
Tue • 5/18-6/22 • 1-2:15pm • 6 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSHPCC4921

The US Constitution: Minus the Disinformation
The Constitution of the United States is believed to be the oldest written constitution in the world. The Constitution is cited by all kinds of people who have no idea what it says or what the courts say it means. Here we will focus on what the US Constitution actually says with examples of how it applies to our lives. It is a phenomenal document. We would all be better off if we had a better understanding of it.

Michael Pheneger
Tue • 5/18-6/22 • 1-3pm • 6 mtgs
• $60 BOGO50 • ONL - Online Course • 213XOSHPCC4981

Leonardo da Vinci: The Shaping of an Artistic Genius
Discover new aspects of da Vinci’s life as a Renaissance man. The famous mathematician Luca Pacioli became his apprentice and played a major role in his artwork. Arts patron Isabella d’Este hosted Leonardo and Luca in 1499 when they took refuge in her castle while fleeing from war. Leonardo had a passion for knots and octagons, taking a risk to paint an octagon on the Mona Lisa. Knots are intertwined with the Fantasia da Vinci dress. Required Text: Leonardo’s Knots, available from the instructor for $40 including tax and shipping: www.leonardosknots.com

Caroline Cocciardi
Tue • 5/25-6/01 • 1-2:30pm • 2 mtgs • $40 • ONL - Online Course • 213XOSLHA5111

Star Trek Science
Do you remember Star Trek? We marveled at its optimistic vision and futuristic technology. In the decades following its launch in 1966, which Star Trek “gadgets” or processes became a reality? Let’s trek where no one has gone before and explore the strange new worlds of transporters, replicators, PADDs, time travel, warp drive and artificial intelligence and see how much remains science fiction.

Bruce Gobioff
Tue • 6/08-6/29 • 1-3pm • 4 mtgs • $40 BOGO50 • ONL - Online Course • 213XOSCSM1081

Master Siri Shortcuts
Imagine doing those repetitive, multi-step tasks with just one tap or short phrase: Shortcuts makes it fast and easy! Besides the standard shortcuts available on the Shortcuts app, learn to customize shortcuts to simplify some everyday tasks. Get more done on your iPhone or iPad in less time; learn what Shortcuts can do for you. Download the Shortcuts app from the App Store (free) before coming to class. Bring your fully charged and updated (to at least iOS 14) iPad/iPhone to class. SKILL LEVEL B
Brian Noriega
Tue • 6/22 • 1-3pm • 1 mtg • $20 BOGO50 • ONL - Online Course • 213XOSCSMCT2A

Up for Discussion: Classic Short Stories 2
They say variety is the spice of life. Join us as we enjoy a selection of short stories by such masters of the form as Poe, Hawthorne, Chopin and others. Full syllabus from the instructor upon registration. Required Text: 100 Great Short Stories. Dover Thrift Edition ($12), e-book available for less.

Linda Feeney
Tue • 6/22-7/13 • 1-3:30pm • 4 mtgs • $40 • ONL - Online Course • 213XOSLHA5121
Anatomy of a Book: Take Two
A librarian and a writer again invite you to read an innovative book and join them in lively conversation. This time it’s *Lincoln in the Bardo* by George Saunders, a novel that imagines one night in the White House with the comings and goings in a Georgetown cemetery during the first year of the Civil War. Saunders cites primary sources both invented and real and creates rich dialog. For three sessions, we will take a deep dive into the roots of when we first became a divided nation. Required reading: *Lincoln in the Bardo*, George Saunders ($13)

**Susan Harrison, Liesse Chable**
**Tue • 6/01-6/15 • 2-3:30pm • 3 mtgs**
• $30 **BOGO50** • ONLINE - Online Course • 213XOSLHA5131

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**WEDNESDAY**

**Bilingual Mindfulness: El Arte de la Conciencia Plena**
¡El primer curso no lingüístico impartido íntegramente en español! This pilot session is your introduction to mindfulness. Learn how to practice the art of living in the present moment and how to apply it when you face stressful situations in your daily life. Anyone with a basic knowledge of Spanish should benefit from this class. This short introduction is a gateway to longer, future courses in mindfulness, also taught in Spanish.

**Clara Schönborn-Lowe**
**Wed • 5/12 • 10-11:30am • 1 mtg • $10 • ONLINE - Online Course • 213XOSFLS2431**

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**Tampa’s Mutual Aid Societies**
Spaniards, Cubans, Italians, and Germans who came here in the early twentieth century faced new customs, politics and language. Fortunately, they brought with them the concept of the mutual aid society, a voluntary association or club that pooled resources to provide members with social, cultural, medical, and economic benefits. Learn how these societies influenced Tampa’s early development. Instructors include Judge E.J. Salcines, John Ronon, Patrick Manteiga, Roland Rodriguez, Susan Greenbaum and Andy Huse.

**Nancy Dalence**
**Wed • 5/12-5/26 • 10-12pm • 3 mtgs • $30 • ONLINE - Online Course • 213XOSHPC4911**

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**Italian Conversation II: Parliamo Ancora Piu Italiano Italiano!**
Continue to learn practical vocabulary and just enough grammar to have conversations without getting bogged down. If you didn’t take Conversational Italian I, but have a background in foreign languages, join us. We’ll continue with the same book, *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 • 5/19-6/30 • 10:30-12:30pm • 7 mtgs**
• $60 **BOGO50** • ONLINE - Online Course • 213XOSLHA2481

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**Movie Maker Magic for Windows**
Make simple movies on your PC with the included Windows Photos and the free download, Movie Maker 10. Combine pictures and video clips with transitions, add titles and a soundtrack. Then, share your original blockbuster hit with friends and family online! Your computer or laptop must be on the updated Windows 10 operating system for this course.

**SKILL LEVEL B**
**Peter Terzian**
**Wed • 7/07-7/28 • 10-11am • 4 mtgs**
• $30 **BOGO50** • ONLINE - Online Course • 213XOSCSMMV2A

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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.
Memory Health: Even Elephants Forget Sometimes!
What is the difference between forgetfulness and cognitive impairment? What causes memory loss and is it ever reversible? Where do you begin if you want to discuss memory health with your doctor? Learn about the various forms of dementia and cognitive impairment. We’ll look at how to manage memory loss and review the pros and cons of medications and dietary supplements used to prevent or treat it.
Cathy Rosenbaum
Wed • 7/14 • 10-11:30am • 1 mtg • $10 • ONL - Online Course • 213XOSFLS2511

Beyond Barbed Wire: Japanese-American Internment
During WWII Americans of Japanese descent were forcibly uprooted from their homes, lives, and communities and relocated to isolated internment camps by Executive Order 9066. What was life like for Japanese-Americans interned behind barbed wire? Learn about one family’s experiences of incarceration. We’ll discuss Asian immigration in light of anti-Chinese and anti-Japanese attitudes and review the legislative provisions that led to the establishment of the camps.
Dennis Kato
Wed • 7/21-8/11 • 10-12pm • 4 mtgs • $40 • ONL - Online Course • 213XOSHPC4581

She Went Where? Women Explorers and Adventurers Who Didn’t Make the History Books
Of course you’ve heard of Sacagawea and Amelia Earhart. But what about Gertrude Bell, Alexandra David-Neel and Bessie Coleman? These are just three of the many adventurous women our history lessons forgot to mention. This course will feature their stories and accomplishments, some of which changed the world as we know it.
Sheryl Long
Wed • 7/21-7/28 • 10-12pm • 2 mtgs • $20 • ONL - Online Course • 213XOSHPC4352

Debunking Myths About Dietary Supplements
How do you choose a high quality dietary supplement to optimize your bones, joints, organs, and overall health? We’ll focus on supplements, consider where they can be effective, review the evidence on side effects and the effect of interactions. Finally, we’ll discuss the health benefits of the world’s gold standard, the Mediterranean diet.
Cathy Rosenbaum
Wed • 7/21 • 10-11:30am • 1 mtg • $10 • ONL - Online Course • 213XOSFLS2521

Three Great Moments in Art History
As Thomas Jefferson once said, “As new discoveries are made and new truths disclosed, manners and opinions change.” Just as the turmoil of our world today can color our cultural, social and political views, so did three junctures in history affect the nature of art during those times. Explore the Renaissance, Impressionism and Picasso to better understand the span of art history.
Joanne Milani
Wed • 5/19-6/02 • 1-2:30pm • 3 mtgs • $30 • ONL - Online Course • 213XOSLHA5141

Meet Libby - the free eBook and eAudio App for iPad/ iPhone
Learn to use Libby, a free app where you can borrow ebooks and digital audiobooks from your public library. You can read books online or download them to read anywhere, anywhere on your iPad or iPhone. Download the Libby app to your iOS device from the Apple app store before class. Then, all you need to get started is a current, up-to-date Hillsborough County library card. SKILL LEVEL B
Katherine Sullivan
Wed • 8/4 • 10-12pm • 1 mtg • $20 • ONL - Online Course • 213XOSCSMLB2A

Plant-based Cooking: Using Whole Foods to Help Prevent Chronic Disease
The Happy Vegan Couple, Denise and Georgie, will demonstrate several delicious and healthy whole-food, plant-based recipes as well as explain why plant-based eating is a great strategy for optimizing your health. If you choose, you are invited to cook along with us as we will share the recipes before each class. Some dishes will be cooked in the Instant Pot, an electric pressure cooker, to demonstrate the ease of using this appliance for plant-based cooking.
Denise Rose
Wed • 5/12-6/02 • 2-4pm • 4 mtgs • $40 • ONL - Online Course • 213XOSFLS2531

India and Britain: a 400-Year Tale
How did a group of merchants acquire and rule a subcontinent for nearly two hundred years? Take an historical journey through pre- and post-independence relations between India and Britain. We will examine the nostalgia for the Empire and stories of the South Asia diaspora in Britain.
Bharat Pathakjee
Wed • 5/12-6/02 • 1-3pm • 4 mtgs • $40 • ONL - Online Course • 213XOSHPC4981

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Bharat Pathakjee
Wed • 5/12-6/02 • 1-3pm • 4 mtgs • $40 • ONL - Online Course • 213XOSHPC4981
**THURSDAY**

**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 • 6/17-6/24 • 10-12pm • 2 mtgs • $20
• ONL - Online Course • 213XOSCSM1061

**Fake News: What to Do When it Won’t Go Away!**
Many intelligent people thought “fake news” would go away with the change of administrations in Washington, but the reality is simple: fake news has always been with us, and it is here to stay. It’s up to us to learn how to identify it, figure out who’s propagating it, and understand why! Join the “father” of OLLI’s fake news courses for an updated look at the many features of your camera, which are enhanced every year. If you are not up-to-date on the many features of your camera, come learn how to cut through the media noise to find the truth.

**George Hyde**
Thu • 6/24-7/15 • 10-12pm • 4 mtgs
• $40 BOGO50 • ONL - Online Course • 213XOSHPC4931

**Master iPhone Cameras, Photos and More**
The iPhone camera software and Photo app are enhanced every year. If you are not up-to-date on the many features of your camera, this class is for you. Learn and practice taking portraits using the bokeh (blurred background) effect; burst photos which capture movement; panoramic photos; night mode photos and lots more. Perfect your photos by editing photos right on your iPhone. Then, share your masterpieces, in shared albums and more. You should own an iPhone 7 Plus, 8 Plus or later Apple iPhone. **SKILL LEVEL B**

**Jeanne Dyer, Katherine Sullivan**
Thu • 7/8-7/22 • 10-12pm • 3 mtgs • $30
• ONL - Online Course • 213XOSCSMFH2A

**The Vital Role of Vaccines: Who, What, Why and How?**
Vaccines eradicated smallpox. They have prevented billions of cases of diseases and deaths globally. How are vaccines created? What do they do to boost your immune system and protect you from disease? What vaccinations do you need? Who should be vaccinated and at what age? We’ll explore the history of vaccine development and take a look at the current SARS-CoV-2 vaccines. Finally, we’ll examine some disastrous results of anti-vaccination campaigns.

**Steven Specter**
Thu • 7/22-7/29 • 10-12pm • 2 mtgs • $20
• ONL - Online Course • 213XOSCSM1291

**Human Evolution from Prehistory to ???**
Imagine the world ages and ages ago. No, go even further back. Go to pre-human history and meet the Australopithecines. Then encounter other versions of human evolution with unfamiliar names, all the way through homo erectus, homo neanderthalensis, and homo sapiens. Explore evolutionary mysteries. Fossil records tell the tale and your anthropologist instructor brings them to life.

**Randolph Fillmore**
Thu • 5/20-6/24 • 10:30-12pm • 6 mtgs
• $50 BOGO50 • ONL - Online Course • 213XOSCSM1261

**Life and Death Documents Everyone Should Have**
As we age, we may focus on end-of-life planning, but what about planning for unexpected legal and financial events that may occur before the end? Consider how to enhance your ease of life, from right now to the end. That can include social and family factors. Discuss the preparation and use of all legal and financial documents that can go into your life goals and estate plans.

**John Grant**
Thu • 6/10-6/24 • 10:30-12pm • 3 mtgs
• $30 BOGO50 • ONL - Online Course • 213XOSFLS2491

**Cuba: An Island Nation of Contradictions**
This three-session class focuses on the rich history of Cuba, current U.S.-Cuban relations, and the future of the island nation. Join Rudy Fernandez to explore Cuban history, economy, and culture with insights gained from many trips to the island his family knew so well.

**Rudy Fernandez**
Thu • 6/10-6/24 • 10:30-12pm • 3 mtgs
• $30 BOGO50 • ONL - Online Course • 213XOSHPC3031

**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**
Thu • 5/13-6/03 • 1-2pm • 4 mtgs • $20
• ONL - Online Course • 213XOSFLS2271

**Florida Aquarium: Tampa Bay Habitats 101**
Tampa Bay is an amazing place to explore by land and by sea! We’ll venture from the hardwood forests to the Gulf Stream waters, covering a multitude of habitats found in between. We’ll cover key characteristics of each habitat, learn which animals call them home, and discover new local habitats to visit.

**Katie Fortescue**
Thu • 5/13-5/20 • 1-2:30pm • 2 mtgs • $20
• ONL - Online Course • 213XOSCSM1211

Register online at www.usfseniors.org or call 813-974-5848
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 • 6/10-6/17 • 1-2:30pm • 2 mtgs • $20
• ONL - Online Course • 213XOSCSM1231

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).

Earl Richardson
Thu • 7/29-8/19 • 1-3pm • 4 mtgs • $40 Bogo50 • ONL - Online Course • 213XOSHPC3711

Florida Aviation: Past, Present and Future
Do you know about the St. Petersburg-Tampa Airboat Line? Have you heard of the Tony Jannus award - who gets it and why? Join this three-session course to find out more and to learn about National Airlines, Chalk’s Airlines and the first flight to Cuba. Find out who designed the Tampa International Airport. Top it off with seeing how and when air service will return to normal.

Neil Cosentino
Thu • 8/05-8/19 • 1-3pm • 3 mtgs • $30 Bogo50 • ONL - Online Course • 213XOSHPC4941

Sex, Science, Society and Reproduction
Scientific advances effect social change. Those changes in society then impact further scientific advances. Assess the significant impact of the birth control pill on society and on family. What are the dramatic scientific changes in response to societal change? Where do we go from here?

Barry Verkauf
Thu • 5/20-5/27 • 1:30-3:30pm • 2 mtgs • $20 Bogo50 • ONL - Online Course • 213XOSCSM0991

Google Free Office Apps
Google powers an amazing, free integrated suite of office and productivity applications, accessed with a Gmail account and available over the Internet via a web browser. Learn about Google Docs, Slides, Sheets, Draw and Forms and how to use each. You must have a Gmail account to participate as well as some general familiarity with office applications like Word, Excel, PowerPoint. Spend $70-100 annually for Microsoft Office: or, did we mention Google apps are free?

SKILL LEVEL B & C
Doug Gatchell
Fri • 5/21-6/11 • 9-11am • 4 mtgs • $40 Bogo50 • ONL - Online Course • 213XOSCSMGG2A

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 • 6/04-6/25 • 10:30-12pm • 4 mtgs • $40 Bogo50 • ONL - Online Course • 213XOSFSLS2311

Diabetes: Preventative Measures
The National Institute on Aging warns that millions of older Americans have prediabetes - blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. There are no clear symptoms of prediabetes, so how do you know whether you have it? Be proactive! Join this class to learn preventative measures you can take to reduce your risk of developing type 2 diabetes.

Benjamin Mena
Fri • 5/21-5/28 • 1-2:30pm • 2 mtgs • $20 • ONL - Online Course • 213XOSCSM1271
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 • 7/30-8/20 • 1-3pm • 4 mtgs •  
$40 **BOGO50**  
ONL - Online Course • 213XOSFLS2161

Staying Healthy After 50

As we age, we may face health challenges. Some of us are dealing with debilitating diseases. What is the difference between normal aging and disease? What behavioral and nutritional changes can we make to help us improve our health and well-being? Can these changes reverse some medical conditions? Join us in our exploration of health issues and lifestyle choices.

**Benjamin Mena**  
Fri • 6/11-6/25 • 1-2:30pm • 3 mtgs • $30  
ONL - Online Course • 213XOSCSM1281

World War II on the Eastern Front: The Great Patriotic War

What did the Germans and the Soviets experience during World War II in their fight along the Eastern Front? Often little-known in the West, the Eastern Front was the deadliest and most decisive battlefront of the war. While the Soviets called it “The Great Patriotic War,” its relative obscurity in the U.S. distorts our understanding of the Allied victory in World War II. Let’s expand our perspective in this short lecture presentation.

**Ronald Arbisi**  
Fri • 8/6 • 1-2:30pm • 1 mtg • $20  
ONL - Online Course • 213XOSHPC4971

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.

**Jeanne Dyer**  
ALL SKILL LEVELS

Fri • 5/28 • 1-2pm • 0 mtgs • $20  
ONL - Online Course • 213XOSCSMTS0A

Fri • 6/25 • 1-2pm • 0 mtgs • $20  
ONL - Online Course • 213XOSCSMTS0B

Fri • 7/30 • 1-2pm • 0 mtgs • $20  
ONL - Online Course • 213XOSCSMTS0C

Fri • 8/20 • 1-2pm • 0 mtgs • $20  
ONL - Online Course • 213XOSCSMTS0D

iPad Start to Finish

Get more out of the high-powered computer that is your iPad. After we review your iPad’s basic features, we’ll build on that knowledge so you can take command of your iPad. We will work with Settings, Notifications, Siri, Messages, Contacts, Notes, Music, the Apple Store and much more. You must have an iPad that runs the latest version of iPadOS 14. Sign in online with a computer to follow along in class, using your iPad to practice. A companion book for reading on any Apple Device is available for purchase online.

**SKILL LEVEL A & B**

**Jeanne Dyer, Katherine Sullivan**  
Tue,Thu • 5/25-6/17 • 10-12pm • 8 mtgs • $70  
ONL - Online Course • 213XOSCSMPT1A

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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 • 6/22-6/23 • 9-11am • 2 mtgs • $20 **BOGO50**  
ONL - Online Course • 213XOSCSMTV1A

Register online at www.usfseniors.org or call 813-974-5848
Meet the Instructors

Ron Arbisi, BA History, BA Education, USF, is a graduate student in the history department. His specialization is modern Europe, emphasizing Cold War, covert operations and terrorism studies.

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.

Deborah L. Bauer, PhD History, USF is a Florida historian whose primary research is on the colonial British period, 1763-1784. Bauer is president of the Central Florida Anthropological Society.

Richard Bell, Harvard, is a 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.

Prema Bhat served as faculty in Music at Emory University and Cagliari University, Italy. An accomplished Indian classical vocalist with a Masters degree in Indian Carnatic singing and theory, Bhat teaches mindfulness for USF’s Medicine and the Arts program and lectures in Indian classical music at the School of Music.

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.

Liesse Chable did her undergraduate work at Hunter College in New York City and graduate courses at McGill University in Montreal. She has taught writing workshops in major cities across the U.S. and Canada.

Caroline Cocciardi, BA, is a writer and filmmaker who began an independent study of Leonardo da Vinci while living in Rome. Her 20 years of research led to a discovery about Leonardo’s knot art.

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

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

Kristen Davis-John holds a doctorate in counseling psychology from The Ohio State University and is a licensed psychologist in Florida.

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 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.

Randy Fillmore, MA anthropology from Catholic University of America, has been an anthropology instructor for 25 years at Hillsborough Community College.

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.

Katie Fortescue holds a BS in biology and chemistry from the University of Toledo and MRes in marine biology from the University of Plymouth. She is the Florida Aquarium’s Education Evaluation Manager.

Douglas Gatchell was a computer network engineer at Los Alamos National Laboratory and a program director at the National Science Foundation before retirement.

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.

Barbara Goldstein has been an English professor at Hillsborough Community College for more than 30 years and is the former Dean of Humanities.

John Grant, JD, Stetson College of Law, has practiced estate planning and administration for 53 years. He served in the Florida Legislature for 21 years.

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.

Susan Harrison has been an educator for 42 years and has a passion for teaching the joys of literature and books. She holds master’s degrees in English and Library Science.

Andrew Huse, Special Collections librarian at the University of South Florida, is a writer and historian. His latest book is From Saloons to Steakhouses: A History of Tampa (University Press of Florida, 2020).

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.

Dennis Kato, BA Political Science Cincinnati University, has visited all ten Japanese-American internment camps. Family members were incarcerated during WWII. NEVER AGAIN!

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.

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.

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.

OSHER LIFELONG LEARNING INSTITUTE 19
Tammy Lyons is a biologist, active with Tampa Audubon for over 30 years. She organizes field trips, works on conservation and education projects, and has helped facilitate the OLLI - Tampa Audubon class Natural Hillsborough for approximately 20 years.

Kathleen McCook has a PhD from the University of Wisconsin and has received many librarianship awards. She is author of Introduction to Public Librarianship and has served as the Florida Library Association Lifetime Achievement Award.

Donna McGrew MBA, USF, served as a teacher of high school English and Mathematics in Florida. Donna co-leads OLLI’s Outdoors SIG and is a talented underwater photographer.

Benjamin Mena, MD, has been Chief of Medicine at three hospitals. He is a Board Member at Memorial Hospital and a volunteer in their diabetes support group.

Joanne Milani is a graduate of Vassar College, a former art and theater critic for the Tampa Tribune and has served as executive director of the Florida Museum of Photographic Arts.

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.

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.

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

Ann Paul, MS Biology, Trinity University, worked for the Texas Nature Conservancy and Hillsborough County’s Environmental Lands Program before joining Audubon’s Florida’s Coastal Islands Sanctuaries, where she worked to protect waterbird nesting colony islands.

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.

Earl Richardson, PhD in public administration, has a passion for leading nonprofits and volunteer groups. A retired Air Force officer, he has taught in the military, higher education and the space program.

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.

Denise Rose, PhD Loyola University, together with her husband Georgie, co-hosts Happy Vegan Couple, a YouTube channel focused on promoting the vegan lifestyle.

Dr. Cathy Rosenbaum, Pharm D, MBA, is a holistic clinical pharmacist and Founder/CEO Rx Integrative Solutions, a consulting practice in integrative health and wellness in Cincinnati, OH.

Clara Schönborn-Lowe graduated from USF with a BA in the Social Sciences focusing on Health Psychology. A certified yoga instructor, she has taught yoga for over fifteen years. She also has certification in the practice of mindfulness and in the use of mindfulness to help us deal with the negative effects of stress.

Noel Smith is curator of Latin American and Caribbean Art at the USF Institute for Research in Art, and director of the USF Museum Studies graduate certificate program.

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, Osher Lifelong Learning Institutes at several universities, 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.

Gerald Stulc, MD, MFA Creative Writing, is a retired oncology surgeon and former flight surgeon. The author of scientific articles and a novel, The Surgeon’s Mate, he is currently writing a book on the history of military medicine.

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.

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.

Barry Verkauf, MD, Affiliate Professor of Obstetrics and Gynecology at USF’s Morsani College of Medicine, was on the founding faculty and initiated the section in Menopausal medicine. He was responsible for the first IVF birth in Florida.

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.

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

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

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.
Did you miss that class last term?  Maybe it conflicted with another activity, maybe it passed you by, maybe you’re just hearing about it.

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We recorded several of our best 2021 classes (so far) for you as we try out this concept. These minimally-edited recordings are the next best thing to being there. Sign up for an OLLI Encore class as you would for any OLLI course, online or by phone. Receive a link to the class recordings. There is one recording for every class meeting. View them right on your computer or device.

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Take a virtual tour of the bottom of the world through personal photos, videos and stories. Explore the history, geography and wildlife of Antarctica and gain an appreciation of its pristine beauty.
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Travel the world with George Hyde’s fourth “Armchair Travel” class. George highlights unique and unappreciated attributes of some of his personal favorites! Visit Paris, Madrid, Geneva, and Washington, DC.
George Hyde
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A Visit to Exotic South American Locations
Experience remote and exotic Easter Island, the Galapagos, and Machu Picchu. Submerge yourself in the region’s history, geography and teeming wildlife: an enchanting exploration includes the instructor’s personal photos, stories and videos from numerous trips.
Bruce Gobioff
4 mtgs, 8 hours • $20 • 213XOSFLS206R1

Artificial Intelligence: Past, Present and Future
Trace the rise and development of Artificial Intelligence from Alan Turing to the present, and speculate on the future of AI, its benefits and risks. Hear about the people who made this technology possible and the applications transforming our world.
ALL SKILL LEVELS
Bruce Gobioff
4 mtgs, 8 hours • $20 • 213XOSCSMAR0RA

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Become more proficient using your iPhone. Review Settings, Notifications, Messages, Siri, Contacts, Mail, Safari, Calendar, Cameras, Photos, Music, Maps, the App Store and much more. Optional text ($9) available to purchase.

I Heard It on the Radio: The Formative Years
Take a look back at the people and programs that helped radio evolve into the nation’s most popular entertainment medium. Examine the formative years of radio -- how stations were assigned, marketed, and programmed during the first half of the 20th century.
George Hyde
4 mtgs, 8 hours • $20 • 213XOSHPHC180R1

The Early Days of the Atomic Age: History, Science & Espionage
Journey through the history, science and politics of the early atomic age, from Dalton’s theory through The Manhattan Project, and then on to the much more destructive Hydrogen bomb.
Bharat Pathakjee
4 mtgs, 8 hours • $20 • 213XOSHPHC481R1

Goodness Knows No Age: Teenage Heroes of the Holocaust
There were an astonishing number of brave young people who risked their lives to save Jews and obstruct Nazis. These courageous teens are a testament to the power of youthful idealism and goodness. Learn about these courageous youths and be inspired.
Howard Kerner
1 mtg, 1.5 hours • $10 • 213XOSHPHC471R1

America’s Response to the Holocaust
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
3 mtgs, 6 hours • $15 • 213XOSHPHC478R1

The Reconstruction Era: When Black Lives Almost Mattered
After the Civil War came a period of lost hope and dreams. The Reconstruction Act of 1867 gave blacks a voice in government for the first time and African-Americans won elections to state legislatures and congress. These measures would last less than ten years.
Joseph McAuliffe
6 mtgs, 9 hours • $30 • 213XOSFLS154R1

Gentle, Mindful Yoga
Yoga helps improve body posture, ease of movement and balance. The gentle poses you will practice are designed specifically to stretch muscles, strengthen bones and bring flexibility to the joints. Mindfulness and meditation help relieve stress, relax the body and quiet the mind.
Clara Schönborn-Lowe
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Conversational Italian I: Parliamo Italiano!
Want to be able to speak a little Italian? Start here! We’ll be using a book with CD that will get you speaking right away. Required text: Learn Italian the Fast and Fun Way by Danesi, Fourth Edition. Book includes an MP3 CD with 4 hours of audio ($29.99).
Catherine Mitchell
6 mtgs, 9 hours • $30 • 213XOSLHA234R1

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Friday Lecture Series

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Butterfly Gardening
Learn about the many types of butterflies in our area. We’ll talk about the butterfly life cycle, identify butterfly life stages, and describe good plant choices for creating a butterfly habitat. When you plant a butterfly habitat, you will be guaranteed not only a visit to your garden but possibly permanent residency by these beautiful creatures. 
Nicole Pinson is the Urban Horticulture Extension Agent and Master Gardener Volunteer Coordinator with the UF/IFAS Extension Hillsborough County.
Fri • 5/21 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114A

PhRMA and the FDA: Dance Partners or Double-Edged Swords?
Cathy Rosenbaum, Pharm D, will review the regulatory history of the Pharmaceutical Research and Manufacturers (PhRMA) and FDA agencies; discuss compliance with FDA standards for drug research; describe the FDA process for Rx-to-OTC switches; review drug safety and discuss the role of lobbyists, insurers and consumers in marketing and pricing. Rosenbaum is a holistic clinical pharmacist and Founder/CEO Rx Integrative Solutions, a consulting practice in integrative health in Cincinnati, OH.
Fri • 6/4 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114B

Art 101: A Biology Odyssey
Hear how art (by the great masters and others) can be used to present the biological sciences. 
Johnny El-Rady, an instructor in the Department of Cell Biology, Microbiology, and Molecular Biology at USF, will draw lessons from his 25-year career teaching microbiology and genetics to 25,000 students.
Fri • 6/11 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114C

Villains and Victims in 17th-Century and 18th-Century Witch Craze
Learn about the motives and fears that led to repressive, witch-hunting edicts across Europe. Judith Page-Lieberman has been studying the evolution of women healers from 1100 to the present and will discuss the nefarious events that swept England and the continent. Similar but less violent actions have continued for future generations of women healers. Judith Page-Lieberman, MS, ARNP, has taught nursing and is a pediatric nurse practitioner at Pediatric Health Care Alliance in Tampa.
Fri • 6/25 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114E

Golden Voices
Why do we find operatic voices so thrilling and memorable? Let’s listen and compare artists so we can analyze and discuss what makes these voices great. 
Barbara Haspel is a lirico-spinto soprano and a graduate of the prestigious Curtis Institute of Music. A recipient of a Fulbright Scholarship, she has sung opposite such notable artists as Ferruccio Tagliavini.
Fri • 7/9 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114F

Russia on the Brink: Popular Protests Against Putin
Golfo Alexopoulos, USF Professor and Director of the USF Institute on Russia, examines the current anti-government sentiment in Russia and explores the reasons why Putin’s popularity has declined sharply in recent years. Special attention will be given to Alexei Navalny’s anti-corruption movement.
Fri • 8/20 • 12:15-1:15pm • 1 mtg • $0 • ONL - Online Course • 213XOSTSE114H

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- Call OLLI Registrar Charise Dixie at 813-974-5848
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