Directors Message

Happy Days

I’m thrilled to announce that Fridays in 2020 will be OLLI-days at Unity North Tampa, our newest OLLI venue and first “OLLI Center.” OLLI Centers are a strategy to reduce our overall number of class locations while doing more at each. Is there a potential OLLI center near you that might be willing to lease us space a couple of days a week? If so, I’d love to hear from you!

Join us.

Ara Rogers

Staff Contact Information

Registration: 813-974-2403, option 1, or toll-free in FL 866-541-7124 (option 1)
Ara Rogers, PhD, Director
Membership, Scholarships, Gifts to OLLI
813-974-5263, aarogers@usf.edu

Joseph McAuliffe
Liberal Arts, Friday Lecture Series
813-974-5166, jmcauliffe@usf.edu

Jeanne Dyer
Technology Training
813-974-8037, dyer1@usf.edu

Cath Mason
Instructional Support, Program Planning
813-974-8422, cmason6@usf.edu

Mary Ettinger
Program Support
813-974-8036, ettinger@usf.edu

Charise Dixie
Registration, Member Materials
813-974-2403, option 1

OLLI-USF Information Desk
Mailing list, address changes, event info
813-974-8036, ollivol@gmail.com

New this Winter and Spring

It’s a busy time of year in Florida and we have been VERY busy organizing over 180 classes and programs for this winter-spring term.

Enjoy a plethora of armchair travel: Favorite Places in the World, The Baltic: from Copenhagen to Saint Petersburg. In our free Friday lecture series, preview the 2020 OLLI trip to Portugal & Spain; take a book tour of RV travel; learn about purposeful travel; walk across England along Hadrian’s Wall with OLLI member Gail Parsons and take the opportunity to visit the history of Malaysia and Turkey.


Check out our two new workshops just for Apple’s iPhone: Apple Pay, Your Way and Secret & Hidden Features. Discover new and emerging technologies: Technologies for the New Decade and The Future is Now: Artificial Intelligence and Medical Research (Friday lecture).

Continue to learn more about health and wellness: Heart Attack and Stroke Prevention; Let Me Introduce You to Your Immune System; Drug Abuse and the Science of Addiction; Voluntary Medical Aid in Dying, KetoNutrition.


Join us this term at the University of Tampa where we team up with three UT professors for a new evening series: We Are What We Say, Centuries of Selfies and Are Stars Born or Made?

For the creative you: The Art of Flow: Watercolor Mindfulness; Zen Botanicals Workshop; Hand Painting on Textiles with Stencils; Still Life Painting With Your Art Genie, Fused Glass 101 and Drawing for Beginners. Just for Fun: Your Scarves: Tie Them Up a Notch; rekindle an old skill with OLLI Handbell Ringers!

We are thrilled to continue our cultural programming this term with the Straz’s Broadway series, Opera Tampa, and the Florida Orchestra. Members love attending performances together, and the pre/post programs we have planned will give the experience that “little something extra.”

Welcome new volunteers: Ron Hammerle, Janet Gefre, Fran Darrach, Anne Haywood, Elizabeth Ross and Steve Tryon
OLLI-USF Partners
The generosity of these partners enhances OLLI-USF’s outreach to the Tampa Bay community. We are grateful to them for recognizing the value of OLLI-USF with classroom space and financial support.

Allegro
inspired senior living®

Arbor Terrace
citrus park

Concordia Village of Tampa

University Village
Inspiring a Great Life!

OPEN HOUSE

Florida Now: A Legislator’s Perspective
The Hon. Fentrice Driskell
From public education and school safety to environmental threats and criminal justice reform, Florida faces several challenges that it must tackle if it is to thrive as a leading state in this nation. Representative Driskell (Florida House, District 63) will share her observations on these issues and more as she recounts her experience from the 2019 legislative session.

Wednesday, Jan. 8, 2020
Begins at 10:00 a.m.
*New Member Welcome at 9:30 a.m.
Embassy Suites Hotel USF
3705 Spectrum Blvd. in Tampa

Note: As Hurricane Dorian cancelled our Fall Open House, we have invited Rep. Driskell back as our keynote. Don’t miss it!

FREE EVENT
Enjoy refreshments and the lively spirit of OLLI-USF!

* New to OLLI-USF? Interested in joining us?
Come at 9:30 a.m. for a New Member Welcome. We’ll share tips and techniques to make the most of your membership.

Reserve your seat by calling 813-974-8036, emailing ollivol@gmail.com or signing up online via usfseniors.org, then clicking on the Open House image.

View all our course locations on pages 45-48.
MEMBER ACTIVITIES

OLLI Social Events Committee creates events for members to gather, see old friends, make new ones, and have fun together! The committee meets the first Thursday of the month, September through April from 1:00-2:30 p.m. at Concordia Village of Tampa, Skylight Dining Room. Join us for a tasty lunch and casual get-together at noon (credit card payment only).

Holiday Open House
Saturday, December 7th • 12:00 – 4:00 p.m.
Come celebrate the season!
Join us at a private residence in Tampa Heights. Bring a bottle of your favorite wine or beverage of choice and an appetizer or dessert. We’ll provide the rest.
Address and directions provided with RSVP.
Call 813-974-8036 or email ollivol@gmail.com to RSVP.

Pie Socials
Every first Wednesday of the month, 3:30-5:00 p.m., year-round, at the Village Inn, 11302 N. 30th St, Tampa 33612
Join other OLLIs for casual conversations and conviviality – and a slice of delicious pie. FREE double crust or feature pie with any FOOD purchase. Other pie only 99 cents. Plenty of FREE parking. No RSVP needed. Early Bird Specials 3-6 pm. Great food and service. You don’t have to eat anything if you don’t want to – just come by and catch up with old friends and meet new people!

Annual Spring Picnic
April 17, 2020 from 11:30 - 2:30 at the Compton Park Clubhouse.
Watch for more information and a chance to RSVP.

Monthly Neighborhood Conviviality & Birthday Celebration
Bring a friend or carpool. Open to all OLLI members.
For monthly dates and locations, please contact Kat Hanscom at 813-777-2181, or kathanscom@gmail.com

OLLI-USF Annual Fund 2020

President’s Council
($1,000+)
Jane Applegate, Ph.D.
Robert L. Findorff & Jocelyn C. Findorff
Susan Waraczynski & Bharat Pathakjee

Director’s Council
($250-$999)
Phyllis & Lewis Alpert
Kevin Chittim
Rhonda Trainor
Marion Takaaki Yongue & Evan Charles Earle, Jr.
Sara Zimmerman

Leader’s Council
(up to $249)
Robert Capellini
Laurie & John Hendricks In Memory of Thomas H. Joyce Jr.
Janet King In Memory of Pearl Tribby
Barbara Ledoux
Doris Losey
Donald McNair In Honor of Don and Kay Menzel
Patrick Mullen
Carol & Robert Perry In Memory of Thomas H. Joyce Jr.
Kathryn Quinn
Rhonda Treppe

Friends of OLLI
Coulter, Aviles & Company, LLC
MidFlorida Credit Union
New Tampa Rotary Foundation
Tampa Bay Great Books Council
USF Women’s Club
WUSF Public Media
Will You Help Our OLLI Continue to Grow?

OLLI-USF members have supported OLLI’s high-quality, low-cost learning opportunities since its beginnings in 1993. Last year, as we celebrated our 25th anniversary, our annual supporters generously contributed more than ever before — thank you for your support!

To keep growing and sustain our learning community, we must continue to invest in OLLI’s future.

Donors to OLLI can designate their support to help expand course offerings, enhance the classroom experience, maintain affordable membership fees and tuition rates, and support scholarships for deserving students.

2019 OLLI-USF DONOR LUNCHEON, MARCH 15, 2019

Learn more about ways to support OLLI-USF by calling the USF Foundation Office of Gift Planning at 813-974-8761 or emailing planned_gifts@usf.edu. We are here to help!
Behind the Scenes” & Performance Series

Special INSIDER events for OLLI-USF members. SPACE IS LIMITED! PRIOR REGISTRATION IS REQUIRED. Note the registration deadline for each event. No refunds for Straz tickets after registration deadline.

OLLI Goes Broadway: Jersey Boys
They were just four guys from Jersey, until they sang their very first note. They had a sound no one had ever heard, and that the radio just couldn’t get enough of. But while their harmonies were perfect onstage, offstage it was a very different story. Go behind the music and inside the story of Frankie Valli and the Four Seasons in the Tony Award-winning phenomenon, Jersey Boys.

Pre-performance lecture by Matthew Belopavlovich, the Patel Conservatory’s Theater Artistic Director. He’ll discuss the Rashomon effect and how it was used to frame the Jersey Boys’ story. [572 char]

Fri., 3/13 • 6:30pm-10pm • $55 • STRAZ-David A Straz Jr. Center for the Performing Arts, Morsani Hall • 202XOSTSE1051
REGISTRATION DEADLINE: January 24

OLLI Goes Broadway: Miss Saigon
In the last days of the Vietnam War, 17-year-old Kim is forced to work in a Saigon bar run by a notorious character known as the Engineer. There, she meets and falls in love with an American GI named Chris, but they are torn apart by the fall of Saigon. For three years, Kim goes on an epic journey of survival to find her way back to Chris, who has no idea he’s fathered a son.

Pre-performance lecture by Suzanne Livesay, Vice President of Education at the Straz. Miss Saigon often makes the list of “most iconic musicals.” Explore the history, themes and music of this legendary show. [589 char]

Tue., 3/24 • 6:30pm-10pm • $55 • STRAZ-David A Straz Jr. Center for the Performing Arts, Ferguson Hall • 202XOSTSE1041
REGISTRATION DEADLINE: February 4

OLLI Goes to the Opera: Georges Bizet’s Carmen +Coda
Vixen. Vamp. Sexpot. Siren. Whatever you call her, just don’t call Carmen yours. Bizet’s original independent woman inspires murderous obsession – partly because of her pout and proportions but mostly because she will not be tamed. When military man Don José falls for Carmen’s charms, his desperate attempt to claim her spells disaster for them both. Carmen is sung in French with English translations projected above the stage.

After the show, join us for an OLLI Opera Coda. Beryl Byles will lead a discussion of the day’s performance along with brief visits by opera artists.

Sun., 2/9 • 2:00pm-6:00pm • $55 • STRAZ-David A Straz Jr. Center for the Performing Arts, Ferguson Hall • 202XOSTSE1061
REGISTRATION DEADLINE: January 5

OLLI Goes to the Opera: Gilbert & Sullivan’s Pirates of Penzance +Coda
With swashbuckling slapstick from the masters of theatrical tomfoolery, The Pirates of Penzance presents the screamingly funny, satirical perfection of Gilbert and Sullivan’s comic genius. Take a turncoat apprentice, a tenderhearted band of pirates, one marriage-minded nursemaid, mix in a catch-22 involving leap year, and you’ve got the makings for this rollicking tale of ignoble nobles and the ladies who love them.

After the show, join us for an OLLI Opera Coda. Beryl Byles will lead a discussion of the day’s performance along with brief visits by opera artists.

Sun., 3/15 • 2:00pm-5:30pm • $55 • STRAZ-David A Straz Jr. Center for the Performing Arts, Ferguson Hall • 202XOSTSE1071
REGISTRATION DEADLINE: February 9

OLLI Goes to the Opera: Gilbert & Sullivan’s Pirates of Penzance +Coda
OLLI Goes to the Opera: Giuseppe Verdi’s Aida +Coda

A slave girl caught between her love and her father, a young general trapped between duty and desire, a princess pinned by pride. As Egypt wages war against Ethiopia, Verdi’s epic, tragic love triangle unfolds in swelling arias amid lush, sweeping sets to its heart-wrenching conclusion. A monumental achievement, Aida remains one of the most-performed and well-loved operas of all time.

After the show, join us for an OLLI Opera Coda. Beryl Byles will lead a discussion of the day’s performance along with brief visits by opera artists.

Sun., 4/26 • 2:00pm-6:00pm • $55 • STRAZ-David A Straz Jr. Center for the Performing Arts, Ferguson Hall • 202XOSTSE1081

REGISTRATION DEADLINE: March 22

Behind the Scenes at the Florida Orchestra

Step behind the scenes of a Florida Orchestra rehearsal at the Straz Center for the Performing Arts. See and hear how a classical masterpiece comes together and is polished for performance. A surprise guest from the stage might join us, and there definitely will be a tour.

Works to be rehearsed include Rimsky-Korsakov’s The Golden Cockerel: Intro & Wedding March; Beethoven’s Piano Concerto No. 3 in C minor, Op. 37 with pianist Giles Vonsattel; Stravinsky’s Ballet Pulcinella, and a yet-to-be-announced commissioned work for Beethoven 2020!

Erin Horan

Fri., 1/17 • 10:00am-12:00pm • $20 • David A. Straz, Jr. Center for the Performing Arts, Morsani Hall • 202XOSLHA4891

OLLI-USF Day Trips

OLLI’s day trip leader Don Clark offers us an exciting lineup of local tours for our Fall term! Advance registration is required for each tour – walk-ins cannot be accepted. OLLI day trips are open to OLLI members. Call Don Clark and not the tour locations to register, or for information, at 813-985-4859. Day of tours only, call Don at 813-735-0662.

Big Cat Rescue Tour

Join us for a guided walking tour of Big Cat Rescue, one of the largest accredited sanctuaries in the world dedicated to abused and abandoned big cats. Since 1992, the Rescue has been home to 80 or more lions, tigers, bobcats, cougars and other species most of whom have been abandoned, abused, orphaned, saved from being turned into fur coats, or retired from performing acts. Learn about the plight of both wild and captive big cats and what you can do to save them.

Tue • 1/14 • 10-11:30am • 1 mtg • $25 • Big Cat Rescue • 202XOSTSE0811

Waste Management Plant

Thursday, Jan. 16th, 11:00 A. M.
We will visit The Waste Management plant at 3518 E. 4th Ave (E Ybor City Area) Tampa. Find out what makes good recycling material and what can really “gum up the works.” See how recycling is separated into paper, glass and metal cans on a mile of conveyor belts. Tour is free but limited to 26 people. Call Don Clark 813-985-4859 for reservations.

Holocaust Museum

Tuesday, Jan 21st, 1:00 P.M.
We will visit The Holocaust Museum, 55 5th St. South, St. Petersburg, Fl. Tour starts at 1:00 P. M. There is free parking behind the Museum; Cost is $12.00 payable at The Museum. This is one of the largest Holocaust Museums in the world. Call Don Clark 813-985-4859

Coming Summer 2020

Port of Tampa Boat Tour - a popular favorite summer outing, suitable for bringing grandkids! Up to 50 of us will be in our group.
OLLI-USF's Shared Interest Groups (SIGs)

- Are free to current OLLI-USF members – wear your badge!
- Require no advance registration or RSVP – just join us!

**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**
Meets 9:30-11 a.m. the third Thursday of the month, Sept.-June, at Lake Magdalene United Methodist Church. 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 trevwund@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**
Meets 10am-noon the first and third Fridays of each month at the Unitarian Universalist Church of Tampa, 11400 Morris Bridge Road. 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 jaewanderer@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 more 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 dbperez@tampabay.rr.com for more information about planned opera-tunities.

**P-SIG: Politics Shared Interest Group**
Meets 1-3 p.m. on the second Wednesday of selected months at Compton Park (16101 Compton Drive, Tampa, FL 33647). 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 tmapabill@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, Sept.-June, at the Lightfoot Recreation Center. 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. First meeting is Friday, Jan. 17 from 1:30 - 3:00 p.m. at Compton Park. 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.
Thank you to our dedicated and talented volunteer instructors and coaches for your time, energy and wonderful courses.

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 A courses include: iPhone Start to Finish, Windows 10 for Beginners

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 B courses include: MacOS for Intermediate Users, Apps for Travelers

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.
Skill Level C courses include: Master Siri Shortcuts, Photoshop Elements Workshop: Fixing Photos

OLLI Speakers’ Bureau: Let Us Entertain You!
OLLI-USF would be glad to provide a speaker for your club or organization. Some of our great teachers are part of our Speaker’s Bureau, and they are glad to speak with your group about OLLI or share a taste of OLLI with a mini-class presentation. Contact George Hyde at ghydemedia@gmail.com, or OLLI Director Ara Rogers (aarogers@usf.edu) for more information.

Have we M.E.T.?
Get together for lunch, before or after class? We’d love to! The Membership Enhancement Team (M.E.T.) initiative encourages and empowers you to help us build stronger social networks within OLLI. It’s easy to join in, and even easier to organize an M.E.T. gathering in your classes! Contact Sally Ordway (sallyo1912@gmail.com) for more information and to get started.
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# Winter @ a Glance

**Programs:** Jan-Feb

**Registration opens Dec. 2**

OLLI-USF makes every effort to make sure the information in this catalog is accurate. Please check our website for updates and changes, and keep an eye out for the emails we send every registered person when there is a change in schedule.

**How To Register p. 44**

Fit more OLLI into your life with the 2nd Choice Option! p. 44

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* Evening course
MONDAY

The Global War on Terrorism: How Did We Get Here?
How did terrorism become the global problem we face today? Through discussions, we will discover the roles that history, religion, colonialism, cold-war politics, economics and social structure played in shaping the Middle East and Afghanistan today.
Frank Hoeflinger
Mon • 1/13-2/03 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 12/30) • Concordia Village of Tampa, Exercise Room • 202XOSHPC4211

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
Mon • 1/20-2/24 • 10-11:30am • 6 mtgs • $40 • $20 (2nd Choice Fee after 1/6) • Concordia Village of Tampa, Activity Room • 202XOSFLS1541

Black Holes: Mystery and Majesty
Black holes are the most feared, fascinating and misunderstood objects in our known universe. Planets and even stars may go into them but nothing, not even light, comes out. Now we even have an image of a Black Hole. What about its more dangerous cosmic cousins? What happens when these strange objects get too cozy? We get gravity waves and the first validation of a 100-year-old Einstein prediction.
Jack Herman
Mon • 2/03-2/17 • 10-12pm • 3 mtgs • $30 • $15 (2nd Choice Fee after 1/20) • LMUMC301 - Lake Magdalene United Methodist Church • 202XOSCSM0981

Windows 10 Personal Computing for Beginners
This class is for beginning students who have Windows 10 on their home computers. Step-by-step instructions and hands-on practice introduce new users to a computer, its keyboard, mouse and the Windows 10 operating system. Use of simple programs and guided Internet practice will build confidence as well as skills. Upon successful completion of the course, you will be prepared for Windows 10 Personal Computing for Intermediate Users. OLLI’s lab computers are used in this course.

Skill Level A
Cecelia Vance
Mon,Wed • 2/10-2/19 • 9-12pm • 4 mtgs • $50 • $25 (2nd Choice Fee after 1/27) • LMUMC303 - Lake Magdalene United Methodist Church • 202XOSCSMW20A

Mardi Gras and Gasparilla
Learn the history, customs, economic impact, public and private “faces,” plus the cultural and civic influences of these unique celebrations and how they distinguish Tampa and New Orleans. The rich traditions define “fun” in unique, creative ways for all ages.
Beryl B. Byles
Mon • 1/27-2/17 • 10-3pm • 3 mtgs • $30 • $15 (2nd Choice Fee after 2/3) • PAB210 - Port Authority Building • 202XOSHPC4321

Cucina Italiana: Love at First Taste
For more than a century, the Italian Club has represented the hopes, dreams and aspirations of Italians in Tampa. Let the authentic aromas and tastes of traditional Italian cooking fill your senses as these Italian Club cooks prepare a holiday feast in their beautiful club building in Ybor City. Over the course of four weeks, enjoy an appetizer, two entrees and a dessert in a convivial surroundings with a rich history. There is a $35 materials fee for this course, payable to the Italian Club, at the first class meeting.
Gilda Capitano
Mon • 1/20-2/10 • 11:30-1pm • 4 mtgs • $30 • $15 (2nd Choice Fee after 1/6) • ICOTC - Italian Club Cantina • 202XOSFLS1091

Spanish Basics I: Reading, Writing, Speaking
This course is for those who already know a little Spanish and who seek to develop greater fluency. Learn to recognize and read basic written Spanish, practice speaking Spanish, develop vocabulary and learn Spanish verb tenses and grammatical forms. Emphasis will be given to strategies for developing language skills, reading and writing. The required text is Complete Spanish Step-by-Step by Bregstein ($25).
William Stanley
Mon • 1/20-3/09 • 1:30-3:30pm • 8 mtgs • $80 • $40 (2nd Choice Fee after 1/6) • RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSLHA0831

Antarctica: Earth’s Last Frontier
Take a virtual tour of the bottom of the world. Explore the history, geography and wildlife of Antarctica and gain an appreciation of its pristine beauty. The instructor will supplement the discussion with personal photos, videos and stories from his trips to one of the world’s most amazing places.
Bruce Gibioff
Mon • 1/27-2/17 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/13) • LMUMC301 - Lake Magdalene United Methodist Church • 202XOSFLS1971

Continuing Conversational French and French Culture
Expand your vocabulary and add phrases that will enhance your visits to French-speaking countries in this subsequent course to OLLI’s Beginning Conversational French. You should be familiar with basic French. We will also employ the Pimsleur audio materials that are located in the library or can be downloaded from Audible.

Susan Goodwin
Mon • 1/27-3/02 • 1-2:30pm • 6 mtgs • $50 • $25 (2nd Choice Fee after 1/3) • CNT- Canterbury Tower • 202XOSLHA4211
Cosmology: The Study of the Universe
Cosmology is the study of the Universe as a whole. It attempts to answer questions on the origin, evolution and eventual fate of the Universe. Travel 14 billion years back in time to the Big Bang and see how the Universe has evolved from an extremely hot and dense state to the cold and sparsely populated Universe of stars and galaxies we see today. We will encounter fascinating objects such as black holes, dark matter and dark energy, the most mysterious stuff in the Universe.

Fulvia Fiorani
Mon • 1/27-3/02 • 1-3pm • 6 mtgs
• $80 • $30 (2nd Choice Fee after 1/13)
• HCCReg103 - Hillsborough Community College - The Regent • 202XOSCM0511

Florida Aquarium: As You’ve Never Seen it Before
Wetlands, Bays and Beaches, Coral Reef, and Ocean Commotion: the galleries of The Florida Aquarium are teeming with fish, birds, reptiles, invertebrates, mammals and plants. You’ll explore all of this with a knowledgeable tour guide. Did you ever wonder how we feed our huge sand tiger sharks? Or how we get alligators to sit still for a medical check-up? In a four-week “deep dive” into science, behind-the-scenes experiences, animal encounters, and a lot of fun along the way, you’ll encounter a side of the Aquarium few get to see, so bring your camera and your curiosity!

Debbi Stone
Mon • 1/27-2/17 • 1-3pm • 4 mtgs • $40 • AQUA - Florida Aquarium • 202XOSCM0531

OLLI Handbell Ringers!
Calling all handbell ringers: come play for fun as you bring back musical memories with OLLI Handbell Ringers! If you haven’t rung in a while picking it up again is like riding a bicycle -- it always comes back. Beginners welcome, but you must be able to read music and willing to learn the basics. Bells will be provided: bring your own gloves and lights. Rediscover the joy of making beautiful music.

Jan Mazur

Tampa History: The Glorious and the Scandalous
Indulge in significant snippets of Tampa’s glorious but spicy history from the Timucuan’s struggles with giant armadillos to the efforts of Jeff Vinik to renovate Tampa’s downtown. Survey the events illustrating “Tampa’s compassion, intergenerational generosity, delayed transportation efforts and its world class entrepreneurship.”

Ronald Weaver
Mon • 1/27-2/17 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/13)
• Arbor Terrace at Citrus Park Independent Living • 202XOSHCPC3471

DNA: Science, Spirituality and Big History
What is DNA? How is DNA-based life first created? Could there be DNA-based life elsewhere in the universe? Why does life evolve? What does DNA have to do with spirituality? This course explains DNA’s place in “Big History” and will help prepare you to think about how DNA has made you become who you are. The 44-page illustrated text, The Cosmos, DNA and Humanity forms the basis of this course and will be provided.

John Hassell
Mon • 2/24-3/02 • 1-3pm • 2 mtgs • $20
• 61DE64E8 - Arbor Terrace at Citrus Park Independent Living • 202XOSCM0751

Impeachment: History, Constitutional Issues and Current Events
Review the roots of the impeachment clause in the constitution as well as the origins and history of the process in England. Consider impeachments of U.S. presidents and other officials and look at the impeachment inquiry and actions related to President Donald Trump.

Rich Kennedy
Mon • 2/24-3/16 • 1-3pm • 4 mtgs

Read All About It: Current Events and Literature
Every creative artist is repeatedly asked, “Where did you get the idea for this?” In this course, we will explore how current events inspire writers. We will discuss two specific novels and touch on others. Before the start of the course, please read the short novel, One Day in the Life of Ivan Denisovich (which takes place during World War II) by Aleksandr Solzhenitsyn, and Sold on a Monday (which takes place during the Great Depression) by Kristina McMorris.

Susan Harrison
Mon • 1/27-3/02 • 1:30-3:30pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/13)
• B06EA270 - Concordia Village of Tampa, Activity Room • 202XOSLHA4491

Windows 10 Personal Computing for Intermediate Users
Upgrade your previous Windows experience to get the most out of the Windows 10 operating system. Reacquaint yourself with Settings, the navigation pane, meet Cortana and the new Edge browser. Learn about newer features, such as the expanded Windows ribbons and apps and how to customize your PC. Conduct routine maintenance with disk cleanup and defragmentation. Learn about the new features in Windows 10, version 1903. You will be working on OLLI’s lab computers in this course.

Donald Hogue
Mon,Thu • 2/24-3/05 • 12:30-3:30pm • 4 mtgs • $55 • $25 (2nd Choice Fee after 2/10)
• LMUMC303 - Lake Magdalene United Methodist Church • 202XOSCMW21A

OSHER LIFELONG LEARNING INSTITUTE
TUESDAY

Read, Watch, Listen: Digital Media for You
Do you like to read or watch movies? Listen to audiobooks and music? With a Hillsborough County library card and a smartphone or iPad, learn how the Libby, Hoopla and RB Digital apps give us access to e-books, audiobooks, movies, TV shows, music, magazines and more—all free! Bring your fully charged and updated smartphone (iPhone or Android) and/or iPad, your current Hillsborough County library card and the pin number for that card.

SKILL LEVEL B
Katherine Sullivan
Tue • 1/28-2/04 • 9-11am • 2 mtgs • $30
$15 (2nd Choice Fee after 1/14) • NEC133 - USF Tampa • 202XOSCSMRW2A

Getting to Know Opera
Opera is a feast for eye and ear, combining music, theater, lavish costumes and sets. Learn where opera began, how it developed, its variations and its major composers. Consider the types of opera and voices, the terminology, opera etiquette and the way that it reflects current trends in society. Opera places unique demands on the human instrument: observe how singers vocalize to prepare and enjoy brief performances by local singers. You will be ready to enjoy Opera Tampa’s season.

Beryl B. Byles
Tue • 1/14-2/04 • 10-12pm • 4 mtgs • $40
$20 (2nd Choice Fee after 12/31) • David A Straz Jr. Center for the Performing Arts • 202XOSLHA3491

History of the Crusades
Explore the course of crusading during the Middle Ages and trace the impact of these campaigns on the modern world through the examination of topics like the “Tenth Crusade” of George W. Bush and the rise of the so-called Islamic State. By the end of this class, you will have a broader understanding of this fascinating series of interreligious exchanges that have become symbolic of the present-day divide between West and East.

Matt King
Tue • 1/21-2/11 • 10-12pm • 4 mtgs
$40 • $20 (2nd Choice Fee after 1/7) • UNVA - University Village, Auditorium • 202XOSHPC4241

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.

Sandra Reed
Tue • 1/22-2/26 • 10-12pm • 8 mtgs • $50 • $25 (2nd Choice Fee after 1/7) • ARC - Audubon Resource Center - Lettuce Lake Park • 202XOSCSM0291

Introduction to Conversational German
Try your hand at thinking and speaking only in German! Master the sounds of the alphabet, word order of sentences and phrases for travel. Instructional methods include the use of travel dialogues, visual sources including YouTube and works of art, as well as German poetry, folk songs, literature. Required text is Easy German Step-by-Step, by Swick, $16. Optional text: DK Bilingual Visual Dictionary,$14.95/p/

Sara Zimmerman
Tue,Thu • 1/21-2/13 • 10-12pm • 8 mtgs
$70 • $35 (2nd Choice Fee after 1/7) • LMUMC311 - Lake Magdalene United Methodist Church • 202XOSLHA2981

Breathe Easy: Yoga for Health and Wellness
In this chair-assisted yoga class, learn to align gentle movements with your breath, aiding flexibility, balance, stress relief and relaxation. Participants will become familiar with poses and simple stretches that can be incorporated into daily life. The course includes breathing and meditation techniques that support all areas of the body and contribute to a better night’s sleep. All yoga equipment will be provided.

Jennifer Leavy
Tue • 1/21-2/25 • 10-11am • 6 mtgs
$50 • PBPY - Pose By Pose Yoga • 202XOSLHA1131

Natural Hillsborough: An Audubon Adventure
Join us for a series of lectures by Tampa Audubon experts followed by a one-hour field trip walk. Develop an understanding of how to access and enjoy some of the unique features of the great outdoors of Hillsborough County. Topics include: introduction to birding, native plants, wildlife of the park, wetlands, bluebirds and boxes, birds of prey, wildlife habitats, herons and egrets, and Hillsborough’s natural areas. A $25 additional fee is paid at the first class meeting. Park entry fee $2.

Connie Pike
Tue • 1/21-2/25 • 10-11:30am • 6 mtgs

Artificial Intelligence and Health Care
Machines equipped with artificial intelligence (AI) represent a breakthrough in health care. These smart machines use technologies enabling them to sense, comprehend, act and learn. Machines are best at digesting massive amounts of data and quickly picking out patterns, commonalities, and differences.
but are less able to factor in intangibles and unquantifiable things. Take a deeper dive into the growing market of AI and health to better understand this essential component of digital health. **ALL SKILL LEVELS**

**Michael Bice**  
Tue • 2/4 • 10-12pm • 1 mtg • $20 • EDC60B10 - Microsoft Store at International Plaza • 202XOSCSMAH0A

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**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 operating system, iOS 13, installed and updated. Bring your fully-charged phone to class. **SKILL LEVEL A & B**

**Jeanne Dyer, Kitty Sullivan, Pat Benedict**  
Tue,Thu • 2/11-2/27 • 9-12pm • 6 mtgs • $70 • $35 (2nd Choice Fee after 1/28) • NEC133 - USF Tampa • 202XOSCSMPS1A

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**ZooTampa at Lowry Park: A Walking Exploration**  
Discover the more than 1000 animals at ZooTampa at Lowry Park, their habits and habitats. Experienced guides will lead you through unique areas of the zoo each week, including Safari Africa, Asian Gardens and the Lykes Florida Wildlife Center. Explore ways to preserve and protect endangered species and environments in the zoo and in the wild. You will be standing and walking for up to two hours. Zoo pass ($34.95) or membership required.

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**Jane Rubin, Sandra McCreight**  
Tue • 2/11-3/17 • 10-12pm • 6 mtgs • $30 • $15 (2nd Choice Fee after 1/28) • LOWRY - ZooTampa at Lowry Park • 202XOSCSM0041

**Saudi Arabia & the Middle East: Toward Global Cultural Understanding**  
This course will present the cultural differences and similarities of Saudi Arabia and other Middle East countries in comparison with other parts of the world. We are more similar than we think, as we will see by addressing the major cultural attributes in Saudi Arabia and its neighbors in the Middle East.  

**Abdullah Alanazi**  
Tue • 2/18-3/03 • 10-12pm • 3 mtgs • $30 • $15 (2nd Choice Fee after 2/4) • B06766E0 - Concordia Village of Tampa, Crystal Dining Room • 202XOSLHA4511

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

**Steven Specter**  
Tue • 2/25-3/17 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 2/11) • UNVA - University Village, Auditorium • 202XOSCSM0941

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**Continuing Conversational German**  
Continue learning to speak German with a focus on frequently used verbs and phrases. Increase your skill in grammar as well as vocabulary. If you did not take the introductory class but have a basic familiarity with the language, you may enjoy stretching yourself with this course. Optional text: *Easy German Step-by-Step* by Ed Swick, $16.00

**Sara Zimmerman**  
Tue,Thu • 2/25-3/19 • 10-12pm • 8 mtgs • $70 • $35 (2nd Choice Fee after 2/11) • LMUMC311 - Lake Magdalene United Methodist Church • 202XOSLHA3561

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**Exploring Relaxation: An Introduction to Guided Meditation**  
Have you heard about the benefits of meditation (better sleep, improved health, less stress) but don’t know how to start? Learn to weave meditation and relaxation into your daily life. In each session, do a brief warmup stretch, settle into a comfortable position (seated or reclined), and practice a meditation technique with the instructor’s guidance. Then have some time at the end to talk about your experience. Leave with instructions for guided meditations so you can practice between sessions.

**Jennifer Leavy**  
Tue • 1/21-2/11 • 11:30-12:30pm • 4 mtgs • $40 • PBPY - Pose By Pose Yoga • 202XOSLS1811

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**Line Dance Your Way to Physical and Mental Fitness**  
Enhance your quality of life and have fun learning some new moves: a recent study in the New England Journal of Medicine suggests dancing can reduce the risk of dementia by 76%! The physical, mental and social benefits of dancing are greater than with most other activities. You’ll find learning line dancing is fun and easy, no partner needed. Classes may be videoed.

**John Carleo, Gail Carleo**  
Tue • 2/04-3/10 • 12-1:30pm • 6 mtgs • $60 • Arbor Terrace at Citrus Park Independent Living • 202XOSLS1851

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**HUMANITIES & THE ARTS**

“The class was one of the highlights of our week, we did not want it to end!”
## Genealogy 101: Want to See Dead People?
If you’ve always wondered about what your family ancestors were like, this course is for you. Get started on your genealogical path and learn the basics: how to find sources, handy websites and programs, the puzzles of DNA, and other tips and tricks.

**Tammy Patascher**  
Tue • 1/21-2/11 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/7) • LMUMC303 - Lake Magdalene United Methodist Church • 202XOSFLS1881

## Global Warming Issues
Learn about accepted, nonpolitical scientific information regarding the relationship of fossil fuel energy utilization to greenhouse gas formation and, by association, to global warming. We will examine and challenge the facts, the data and the models to enable you to arrive at your own conclusions about global warming and climate change. We will also look ahead to 2050 to predict future use of fossil fuels and the outlook for the fast-growing renewable energy sector. You will be able to engage confidently in social discussion on this topic. No scientific or technical background is assumed or required.

**David Cardina**  
Tue • 1/21-2/11 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/7) • UNVA - University Village, Auditorium • 202XOSCSM0581

## Hand Painting on Textiles with Stencils
Go beyond that tie-dyed T-shirt and show your artistic talent on fabric. Learn how to hand paint with stencils on textiles. Using fabric paint to layer colors, you will achieve your desired look that won’t wash out. You will have a painted design that is functional and fun. Materials and supplies fee $25 payable to the instructor at the first class.

**Julia Hurley**  
Tue • 1/21-2/11 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/7) • Concordia Village of Tampa, Exercise Room • 202XOSLHA4531

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

**Karen Brown-Blonigen**  
Tue • 1/28-3/10 • 1-3pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/14) • LMUMC307 - Lake Magdalene United Methodist Church • 202XOSLHA3171

## Drawing for Beginners
Has the right side of your brain been exercised lately? In this hands-on course, become comfortable drawing in black and white and color. Explore the many tools and techniques that drawing offers: pen and ink, watercolor and pastels. Learn about other artists and art movements, and share your own experiences. Be inspired by handouts, slides and right brain exercises that highlight each session. The $10 materials fee is due at the first class.

**Dee Dee Cook**  
Tue • 2/18-3/10 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 2/4) • 61DE64E8 - Arbor Terrace at Citrus Park Independent Living • 202XOSLHA4711

## Korea and Iran: Anatomy of Two Crises
President George W. Bush included both Iran and North Korea in his “axis of evil.” Let’s look at the critical status of relations between the U.S. and those two countries. What options exist for resolving those crises?

**Michael Pheneger**  
Tue • 2/25-3/31 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 2/4) • UNVA - University Village, Auditorium • 202XOSHPC4251

## A Course is Born: From Concept to Classroom
This free, hands-on workshop will guide you through the process of shaping your idea into a class suitable for any adult audience. Focus will be on course development, preparation and delivery. Understand how adults learn and what OLLI-USF resources are available to you. Learn how to prepare presentations, manage groups and get your ideas across in an entertaining yet effective manner. Practice and feedback sessions will help you gain confidence and improve your course. Bring ideas for what you might teach.

**Jane Applegate, Aracelis Rogers**  
Tue • 2/18-3/31 • 1:15-3:15pm • 6 mtgs • $0 • LMUMC308 - Lake Magdalene United Methodist Church • 202XOSLHA5117
WEDNESDAY

Exploring Hillsborough County’s Wild Lands

Explore special places in Hillsborough County that highlight unique environmental features such as flood water retention, uncommon listed plants, wetlands restoration or paleontology. Leisurely hikes of up to two miles will allow you to see these special places up close: entry and parking fees of between $2-$5 may apply. Note: class meetings will run into the early afternoon when the group goes on field trips.

Gail Parsons
Wed • 2/05-3/04 • 9-12pm • 5 mtgs • $50
• $25 (2nd Choice Fee after 1/22) • ARC - Audubon Resource Center - Lettuce Lake Park • 202XOSCSM0321

What’s New in iOS 13 for iPhone?

Apple’s iOS 13 introduces a bold new look, major updates to apps and new ways to protect your privacy, all while making your iPhone faster. Learn about Dark Mode, new camera features, the redesigned Photos app, an immersive 3D Maps experience that moves with you, Siri’s new voice, an all new Reminders app and much more. Bring your fully charged iPhone updated to iOS 13. Note: only iPhones which can be updated to iOS 13 (iPhone 6S or newer) will benefit from this class.

SKILL LEVEL B
Jeanne Dyer
Wed • 2/5 • 9-12pm • 1 mtg • $25
• NEC133 - USF Tampa • 202XOSCSMOV1A

The Basics: Get the Most from Your Digital Camera (Better Photos Series)

If you have a mirrorless or DSLR digital camera or are thinking of getting one, learn to take advantage of its sophisticated features. We’ll simplify its settings so you can find the best exposure. We will introduce basic composition and image editing to maximize your photos’ impact. Bring your camera and manual and we will help you set it up to take great pictures.

SKILL LEVEL A & B
David Lockwood
Wed • 1/29-2/12 • 9:30-12:00pm • 3 mtgs • $45 • $20 (2nd Choice Fee after 1/15)
• LMUMC308 - Lake Magdalene United Methodist Church • 202XOSCSMPF1A

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

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

Angela Birdsong
Wed • 1/15 • 10-12pm • 1 mtg • $10
• LMUMC301 - Lake Magdalene United Methodist Church • 202XOSFLS2091

Florida: State of Change

Florida is a fascinating state with many rich and unexplored stories. Our focus will be on the arrival of new technologies and the social change they caused, from the inventions of pre-Columbian inhabitants to 20th-century military technology, tourism and technology. We will emphasize influential inventions and machines that shaped Florida’s landscape and society, including the amazing Calusa Indians and their complex canal system, MacDill Air Force Base’s nuclear aircraft and the Wizarding World of Harry Potter.

Brad Massey
Wed • 1/22-2/05 • 10-12pm • 3 mtgs • $30 • TBHC - Tampa Bay History Center • 202XOSHPC4271

Frank Lloyd Wright’s Usonian Houses

Architect Frank Lloyd Wright proposed the adjective Usonian instead of American to describe his vision of buildings using natural materials, an open concept and energy efficiency. Conceived in the 20th century, the Usonian house displays organic architecture at its best and easily adapts to a 21st-century family’s lifestyle. Wright coined the word “carport” to describe an overhang for sheltering a parked vehicle.

Mark Tlachac
Wed • 1/22-2/26 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/8)
• LMUMC306 - Lake Magdalene United Methodist Church • 202XOSLHA3601

Great Books: Selections from the Western Canon

Serious readers welcome! Join our lively discussions of novels, plays, poetry, short stories and essays by Conrad, Shakespeare, Austen, O’Neill, Frost, Salinger, Twain and Hurston. Texts supplied by instructor prior to first class ($12 for returners, $21 for new registrants).

Kevin Chittim
Wed • 1/22-3/11 • 10-12pm • 8 mtgs • $70 • $35 (2nd Choice Fee after 1/8) • UUCT-MB - Unitarian Universalist Church of Tampa, Multipurpose Building • 202XOSLHA4701

SCIENCE AND NATURE

“The entire OLLI program provides unique and informative opportunities.”

OSHER LIFELONG LEARNING INSTITUTE
WINTER

Course listings and descriptions

**OLLI Singers!**
The OLLI Singers! is a community chorus with two rules: have fun and learn to sing well. When in doubt, see rule number one. This chorus is open to any level of singer. If you are an experienced chorister, we can use gentle mentors. Singing benefits body, mind and spirit! We will perform for various audiences in the community during some class meetings. New singers may either borrow music from the instructor or purchase it (approximately $20).

*Kenneth Watts, Jeffrey Chodil*

- **Wed** • 1/22-3/11 • 10-12pm • 6 mtgs • $60 • FHP-CHOIR - Forest Hills Presbyterian Church, Choir • 202XOSLHA1741

**Discover Tampa Bay**
Your only limitations on discovering Tampa Bay are the amount of time you have and the money you want to spend. This course will cover museums, attractions, restaurants, theaters, parks, and yearly events, including the large nearby attractions such as Busch Gardens. We will tour a local attraction.

*Donald Clark*

- **Wed** • 2/19-3/25 • 10-12pm • 6 mtgs • $80 • $30 (2nd Choice Fee after 2/5) • Concordia Village of Tampa, Activity Room • 202XOSFLS0141

**Tampa’s Majestic Movie Palace**
Tampa Theatre stands as the city’s only surviving historic single-screen movie theatre. It is also one of the best-preserved examples of American movie palace architecture. Learn its secrets, stories, art and architecture. Witness its historic restoration efforts with a virtual “balcony to backstage” tour through the decades of booming success, near-demolition, and rescue by the community. Hear about future plans as this national landmark nears its 100th anniversary!

*Jill Witecki*

- **Wed** • 1/15 • 10:30-12pm • 1 mtg • $15 • TPAT - Tampa Theatre • 202XOSHPC4261

**Italian Conversation II: Parliamo Ancora Piu 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** • 1/22-2/26 • 10:30-12pm • 6 mtgs • $50 • $25 (2nd Choice Fee after 1/8) • ICOTB - Italian Club Board Room • 202XOSLHA2481

**Learn to Love Poetry**
As Robert Frost knew, “Poetry is when an emotion has found its thought and the thought has found words.” Join Jerry Noland to learn what poetry is, how to understand it, and what purpose it serves. Read selections from American and British poets, learn how to find meaning, become familiar with poetic figures of speech, and, most importantly, learn to appreciate this literary form-- perhaps even becoming a lover of poetry! No textbook required; all poetry selections are available on the Internet.

*Sylvia “Jerry” Noland*

- **Wed** • 1/22-2/26 • 10:30-12:30pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/8) • HCCREG103 - Hillsborough Community College - The Regent • 202XOSLHA4581

**Politics of the 2020 Election: Leading Candidates**
Examine each party’s leading candidates for the 2020 election: their qualifications for the presidency, the positions they are taking on major issues, their overall strengths and weaknesses. Each of us will develop our own assessment tools to decide whom we favor, make our predictions about who will become the nominees, and review the results of the crucial early primaries.

*Rich Kennedy*

- **Wed** • 1/15-2/19 • 1-3pm • 6 mtgs • $80 • $30 (2nd Choice Fee after 1/1) • CPCC - Compton Park Community Center • 202XOSLPC4281

**Foreign Policy Discussion Group: Great Decisions 2020**
Join America’s largest discussion group on world affairs, featuring eight critical issues facing us. Organized by the nonpartisan Foreign Policy Association, the 2020 topics include: Climate Change; India and Pakistan; Red Sea Security; Human Trafficking; China in Latin America; the Philippines; Artificial Intelligence and Data. Read background information (about 10 pages), view expert testimony on the week’s topic, then discuss. Required text: *Great Decisions Briefing Book*, ($32).

*Fran Davin*

- **Wed** • 1/22-3/11 • 1-3pm • 8 mtgs • $70 • $35 (2nd Choice Fee after 1/8) • LMUMC301 - Lake Magdalene United Methodist Church • 202XOSLPC4332

**Lorca: Spain’s Modern Poet**
Join us in a collective learning/teaching exploration in which we discover together Spain’s greatest modern poet and playwright, Federico Garcia Lorca (1898-1936). At the first class meeting you will have the opportunity to select a topic from a list and choose the date on which you wish to report to the rest of us. Enjoy researching and sharing some aspect of Lorca’s work in a relaxed class environment.

*Brenda Tipps, Joyce Carpenter*

- **Wed** • 2/5-3/11 • 1-3pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/22) • UUCT-MB - Unitarian Universalist Church of Tampa, Multipurpose Building • 202XOSLHA4591

**Mah Jongg for Beginners**
Learn to play the intricate game of Mah Jongg following National Mah Jongg League rules. Intended for beginners, learn as you play. We will provide you with a game card in large print. With a small investment of time and attention, you can become familiar with the elementary principles of the game.

*Denice Goldberg*

- **Wed** • 1/19-3/25 • 1-3pm • 5 mtgs • $50 • Arbor Terrace at Citrus Park Independent Living • 202XOSLBS2191

**Mah Jongg for Beginners**
Learn to play the intricate game of Mah Jongg following National Mah Jongg League rules. Intended for beginners, learn as you play. We will provide you with a game card in large print. With a small investment of time and attention, you can become familiar with the elementary principles of the game.

*Denice Goldberg*

- **Wed** • 1/19-3/25 • 1-3pm • 5 mtgs • $50 • Arbor Terrace at Citrus Park Independent Living • 202XOSLBS2191

**Lorca: Spain’s Modern Poet**
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*Brenda Tipps, Joyce Carpenter*

- **Wed** • 2/5-3/11 • 1-3pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/22) • UUCT-MB - Unitarian Universalist Church of Tampa, Multipurpose Building • 202XOSLHA4591
WEDNESDAY & THURSDAY

Social Ballroom Dance for Couples and Singles
A recent study published in the New England Journal of Medicine suggests dancing can reduce the risk of dementia by 76%. The physical, mental and social benefits from dancing are enormous! Enhance your quality of life and have fun learning some new moves. With your new Foxtrot, Cha-Cha, Waltz and Swing techniques, you'll be "tripping the light fantastic" in only six weeks. Bring a partner or not -- your choice. If you can walk, we can teach you to dance. And video the lessons if you wish!

John Carleo, Gail Carleo
Wed • 2/05-3/11 • 1-2:30pm • 6 mtgs • $60 • Omar K. Lightfoot Recreation Center • 202XOSFLS2031

From Citiscapes to Portraits: Practice Making Great Photos
Landscapes and portraits are the most popular types of photography and require very different techniques to achieve success. Practice how to get both great in this three-week workshop. Week 1: in-class session on composition and technique. Week 2: take an early evening photo walk (5:30 p.m.-8:00 p.m.) and take some great night citiscapes. Week 3: practice portraiture using your camera with provided studio flash lighting. SKILL LEVEL B

David Lockwood
Wed • 2/26-3/11 • 1-3:30pm • 3 mtgs • $45 • $20 (2nd Choice Fee after 2/12) • LMUMC308 - Lake Magdalene United Methodist Church • 202XOSCSMCP1A

Meditative and Expressive Hand Drawing
The Zentangle® Art Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns to create abstract art. Think of it as yoga for the mind. Learn the basic techniques to create beautiful hand-drawn images. No prior drawing experience necessary. Increase focus, creativity and artistic satisfaction along with an increased sense of personal well-being. With $15 in art supplies, leave class meetings feeling that anything is possible--one stroke at a time. Bring a check for $15, made out to the instructor, to the first class.

Maryam Mercier
Wed • 1/15-2/19 • no meeting 2/12 • 1:15-3:15pm • 5 mtgs • $50 • $25 (2nd Choice Fee after 1/2) • NEC107 - USF Tampa • 202XOSLHA4301

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

Leonor O'Relly
Wed • 1/22-2/19 • no meeting 2/12 • 1:15-3:15pm • 4 mtgs • $30 • $15 (2nd Choice Fee after 1/8) • JCC - Jewish Community Center - Cohn Campus • 202XOSFLS1901

THURSDAY

Next Steps in Editing Your Digital Photos with Photoshop Elements 2018
Do more with your digital photos using Adobe Photoshop Elements 2018. We'll work with layers and masking, adding backgrounds, special effects, text, borders and photos to create your own special photo projects. You should have completed OLLI-USF's "Editing Your Digital Photos" and own a copy of Elements for practice at home. SKILL LEVEL C

Charles Croucher
Thu • 1/16-3/05 • 9-12pm • 8 mtgs • $85 • $40 (2nd Choice Fee after 1/2) • LMUMC303 - Lake Magdalene United Methodist Church • 202XOSCSMED4A

Master the 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. SKILL LEVEL B

Jeanne Dyer
Thu • 1/30 • 9-12pm • 1 mtg • $25 • NEC133 - USF Tampa • 202XOSCSMAI1A

Fused Glass 101
Art meets science in this workshop, where you will produce two glass suncatchers using the highly saturated colors of art glass as the medium. Learn about the kiln ring, familiarize yourself with safety measures, and understand the chemical and physical properties of the materials. Feel free to see a colorful vision unfold from your own center of creativity. All materials included.

Michele Gould
Thu • 1/16 • 9:30-12pm • 1 mtg • $50

LITERATURE & WRITING

“I enjoyed the entire experience, especially our wonderful instructor. Her enthusiasm was infectious!”
Course listings and descriptions

- B06EA270 - Concordia Village of Tampa, Activity Room • 202XOSLHA4611
  Thu • 1/23 • 9:30-12pm • 1 mtg • $50 • Arbor Terrace at Citrus Park Independent Living • 202XOSLHA4612

- LMUMC307 - Lake Magdalene United Methodist Church • 202XOSLHA4613
  Thu • 1/20 • 9:30-12pm • 1 mtg • $50
  Thu • 1/16-2/20 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/2)
  Raymond Paltoo
  Thu • 1/16-2/20 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/2)

Dragons and Flowers: Mah Jongg I for Beginners
Learn how to play the exciting game of Mah Jongg, a game of Chinese origin with American National Mah Jongg League Inc. rules. Learn how the game is played and achieve proficiency in the basics. Four players play at each game. Two additional players rotate between playing in turn and observing. Mah Jongg is a game which teaches players how to overcome rigid thinking by changing the goal in the midst of play. We’ll provide you a National Mah Jongg League card in large print.

Janice Perelman
Thu • 1/16-2/06 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/2)

Jokerman: Bob Dylan’s Personas, Masks and Music
Join us for a romp through the music of Bob Dylan with a focus on his use of persona, both in his songs and in his life. We’ll look at Bob the disrupter, Bob the bluesman, Bob the Christian, Bob the Wilbury, Bob the surrealist, and Bob the crooner, to mention a few. Come ready to sing, dance, laugh, and above all come ready to discuss this giant of American music and why we’re still singing along.

Barbara Brown
Thu • 1/16-2/20 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/2)

Life Story Writing I
This course will allow you to learn more about a topic of great personal significance—you! You will listen to and read published and unpublished life stories, then you will begin work on writing your own. The sessions will focus on childhood, family history, relationships, children, work (volunteer or paid), and personal sorrows and victories. This popular course is for beginners interested in turning their memories into family heirlooms or even works of art! This class is limited in size, so register early.

Raymond Paltoo
Thu • 1/16-2/20 • 10-12pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 1/2)

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

Carl Schott
Thu • 1/16-2/06 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/2)

Italian Films: Four Masterpieces
Since the early twentieth century, Italian cinema has influenced film movements worldwide. As of 2018, Italian films have won 14 Academy Awards for Best Foreign Language Film, more than any other country. Watch,
enjoy and then discuss four classic films from Italy: Zeffirelli’s *Tea With Mussolini,* (with Maggie Smith, Judy Dench and Cher), Fellini’s *Amarcord,* DaSica’s *Two Women* (with Sophia Loren) and Fellini’s *The Clowns.*

**Harriet Deer**  
Thu • 1/16-2/20 • 1-4pm • 6 mtgs • $40  
• $20 (2nd Choice Fee after 12/2) • RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSLHA4631

**Senses**

We take in the world and understand it through the information conveyed by our senses. Let’s examine what we know and think we know about the senses of smell, touch, taste, hearing and vision. We’ll do this in an interdisciplinary fashion, considering art, literature, evolution, anatomy and physiology, both normal and abnormal. Starting by reviewing what we learned in school, we’ll finish up by considering recent advances in our understanding of the sensory systems.

**Bharat Pathakjee**  
Thu • 1/23-2/20 • 1-3pm • 5 mtgs • $50  
• $25 (2nd Choice Fee after 1/9) • HCCREG103 • Hillsborough Community College - The Regent  
• 202XOSCSM0891

**Florida Aquarium: Protecting and Restoring Our Blue Planet**

While the Aquarium is a great destination for families, tourists, students and other diverse audiences to visit, it is also a not-for-profit mission-based organization conducting research, leading conservation efforts and collaborating internationally to protect wildlife, wild places and even our own backyard of Tampa Bay. Learn about the Aquarium’s three main conservation foci: sea turtles, sand tiger sharks and coral while meeting some of the biologists, veterinary staff and educators who help to achieve the Aquarium’s vision to protect and restore our blue planet.

**Debbi Stone**  
Thu • 1/23-2/27 • 1-3pm • 6 mtgs • $60  
• AQUA - Florida Aquarium • 202XOSCSM0542

**Heart Attack and Stroke Prevention**

Learn the causes and pathophysiology of heart attacks and strokes. What are the early warning signs and symptoms? What should you ask your doctor? How can you modify your lifestyle to help prevent heart disease?

**Benjamin Menza**  
Thu • 1/30-2/13 • 1-3pm • 3 mtgs • $30  
• $15 (2nd Choice Fee after 1/16) • CANT-ASSEM - Canterbury Tower, Assembly Room  
• 202XOSFLS2141

**Voluntary Medical Aid in Dying**

Ten states and the District of Columbia have legalized voluntary medical aid in dying (physician-assisted death). The Supreme Court of Canada has unanimously recognized the right to request and receive medical aid in dying as a Charter-protected (constitutional) right and a half dozen European countries have passed laws legalizing such aid. Let’s take a closer look at cultural shifts in attitudes towards physician-assisted death.

**Ron Hammerle**  
Thu • 1/16 • 1-3pm • 1 mtg • $10  
• LMUMC307 - Lake Magdalene United Methodist Church • 202XOSFLS2131

**We Are What We Say**

Should we hold what celebrities and public figures say to a higher moral standard? Are their communication mistakes worth more than our own? Media studies expert Dr. Alisha L. Menzies will lead a conversation that uses historic and contemporary examples of speech events to explore how popular culture shapes our communication double standards.

**Alisha Menzies**  
Thu • 2/27 • 7-8:30pm • 1 mtg • $10  
• University of Tampa, Reeves Theater • 202XOSLHA4551
FRIDAY

Master Siri Shortcuts
Imagine doing those repetitive, multistep tasks with just one tap. Shortcuts makes it fast and easy! Besides the standard shortcuts available on the Shortcuts app, learn to create custom 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 13) iPad/iPhone to class. Skill Level C
Brian Noriega
Fri • 2/14-2/21 • 9-12pm • 2 mtgs • $30
• $15 (2nd Choice Fee after 1/31) • NEC133- USF Tampa • 202XOSCSMCT2A

Journey to Wellness: Strength and Balance Training
Here’s a chance to learn and practice the fundamentals of resistance training, core strength and stability, and functional balance for ease in movement in daily activities. The instructor will demonstrate proper form and technique, and you will be able to practice and improve under her watchful eye. You will use resistance equipment and your body weight in the exercises.
Cathy Hill
Fri • 1/17-2/07 • 9:30-10:30am • 4 mtgs • $40 • Thrive Fitness and Wellness Studio • 202XOSFLS2021

Fake News and Real News: Understanding Today’s Media Landscape
"Fake News" was 2017’s phrase of the year, and there’s certainly no shortage of it during 2018! With the proliferation of sources offering "Alternate facts," this course will help you learn how to identify fake news items when you see them, understand who created them, and why. Become a savvier media consumer! We will discuss current examples and timely material each week.
George Hyde
Fri • 1/17-2/07 • 10-12pm • 4 mtgs • $40
• $20 (2nd Choice Fee after 1/3) • Unity North Tampa • 202XOSHPC3551

Romanticism: Lessons from a Passionate Life
Are you the true “Romantic” at heart you sense that you are? Following a brief identification of the modern Romantic personality, we’ll consider the wisdom of the historical Romantics, as revealed in their literature and art, and conclude this short course with an exploration of the relevance of the Romantic’s heartfelt wisdom to modern life.
Thomas Bird
Fri • 2/24-3/14 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/10) • Concordia Village of Tampa, Activity Room • 202XOSLHA4681

Self-Hypnosis II
We continue our journey into the light of consciousness as we explore deeper states of mind, concentrating on unraveling and letting go of pre-programmed patterns and behaviors on the pathway to uncovering peace of mind. Self-Hypnosis techniques will be utilized to enhance meditation and healing. Sharon Stoll, Certified Harp Practitioner, will play and share insights on therapeutic music and meditation.
Peter Arizu
Fri • 2/07-2/28 • 10-12pm • 4 mtgs • $40
• $20 (2nd Choice Fee after 1/24) • AHP - Allegro at Hyde Park • 202XOSFLS0391

The Middle East: Islam, Oil and Politics
The Middle East is frequently in the news, but many of us lack the background to put that news into context. Obtain that background from a person who has lived and studied many years in the region. After learning about the emergence of Islam in the 7th century, we will consider the economy, particularly the oil market, along with the political issues that preoccupy the states in this region.
Frederick Gerlach
Fri • 2/14-2/28 • 10-12pm • 3 mtgs • $30
• $15 (2nd Choice Fee after 1/31) • Unity North Tampa • 202XOHPC3481

Aging Gracefully: Nutritious Foods and a Healthy Lifestyle
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 • 2/07-2/28 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 1/24) • HCCREG - Hillsborough Community College - The Regent • 202XOSFLS2161

Digitizing Photos with Photomyne
Ready to digitize those old photos? We will consider the options available to us: but we will primarily explore Photomyne, an app that can help us with this task. Photomyne can scan, crop, enhance, and colorize photos. Save photos individually or create a digital album. Add names, dates, locations, and descriptions to photos and albums. After using Photomyne in class, you’ll be able to decide whether it’s right for you. Bring your fully charged mobile device and your photos for practice.
SKILL LEVEL B
Penny Noriega
Fri • 2/28 • 1-3:30pm • 1 mtg • $20 • $10 (2nd Choice Fee after 2/14) • NEC133 - USF Tampa • 202XOSCSMPN2A
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**

Fri • 2/7 • 1-2pm • 1 mtg • $20 •
NEC133 - USF Tampa • 202XOSCSMTS0A

Fri • 2/7 • 2-3pm • 1 mtg • $20 •
NEC133 - USF Tampa • 202XOSCSMTS0E

We are grateful for the photos that give a slice of OLLI life in this catalog:

Thanks to Joyce Carpenter for our cover photo, “Three cheery souls”

Also thanks to Jane Applegate, Jeanne Dyer, Kat Hanscom, George Hyde
**MONDAY**

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### SPRING @ A GLANCE

**PROGRAMS: Mar-Apr**

**REGISTRATION**

.opens Dec. 2

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.

**Register online or by phone, p. 44**

**OLLI’s 2nd Choice Option: Buy One, Get One! p. 44**

* Evening course
**MONDAY**

**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
Mon • 3/16-4/20 • 10-11:30am • 6 mtgs
$40 • $20 (2nd Choice Fee after 3/2)
Concordia Village of Tampa, Activity Room • 202XOSFLS1542

**The Cuba-South African War**
The conflict between Cuba and South Africa exemplifies how the “Cold War” and opposing ideologies influenced the international relations of all of the combatant nations. You will see how home country politics, international relations, and military power have been implemented in the real world, and you will discover the myths that this conflict generated.
Frank Hoeflinger
Mon • 3/23-4/13 • 10-12pm • 4 mtgs
$40 • $20 (2nd Choice Fee after 3/9)
CANT-ASSEM - Canterbury Tower, Assembly Room • 202XOSHPC4201

**Today’s Mighty American Military**
Get an unclassified update of the status of our military--current military leadership, strength, weapons capability, and order of battle. We will identify the ten Combatant Commands, their locations, and countries where our military is stationed. We will investigate actions in which our military is involved, directly or indirectly. Finally, we will predict the likelihood of wars or conflicts that could involve our military soon or in the future.
Garry Tenney
Mon • 3/23-4/27 • 10-12pm • 6 mtgs
$60 • $30 (2nd Choice Fee after 3/9)
PAB210 - Port Authority Building • 202XOSHPC4201

**Natural Florida: Astonishing Diversity of Species and Ecosystems**
Forget theme parks and golf courses! Appreciate Florida’s natural wonders. Learn where to go to explore our state’s wetlands, uplands and coastal habitats from an avid outdoor enthusiast and experienced Florida Master Naturalist. Identify reptiles, insects, butterflies, birds and common mammals in this classroom based course that focuses on Florida’s diverse ecosystems and conservation. Includes a field-trip, destination to be agreed on in class.
Liz Malyszek
Mon • 4/06-4/27 • 10-12pm • 4 mtgs
$40 • $20 (2nd Choice Fee after 3/23)
LMUMC308 - Lake Magdalene United Methodist Church • 202XOSCSM0931

**Your Scarves: Tie Them up a Notch**
Are you bored or frustrated when you try to have an old scarf learn a new trick? Learn how to distinguish your own style and create especially feminine, elegant and fun fashion statements with scarves. The possibilities are endless! Bring at least one of your problem scarves.
Beryl B. Byles
Mon • 4/20 • 10-12pm • 1 mtg • $10
Arbor Terrace at Citrus Park Independent Living • 202XOSFLS2072

**Understanding Saudi Arabia**
Like a few other friends and allies of the United States, the Kingdom of Saudi Arabia prompts controversy. It is clearly not a democracy, but neither is it a police state or a one-man dictatorship. What are its guiding principles? Learn about the country from an OLLI member who served four years there as a senior US diplomat.
Fred Gerlach
Mon • 4/13-4/20 • 10-12pm • 2 mtgs
$20 • LMUMC301 - Lake Magdalene United Methodist Church • 202XOSHPC3721

**Windows 10 Advanced: Maintenance, Recovery and More**
Develop confidence and solve your Windows 10 computer mysteries! We’ll discuss settings, data backup and recovery, routine and targeted maintenance, networking, and solutions to common problems. Learn how to update hardware, and use third-party programs to help maintain your system. Gain insight into the Windows 10 operating system (OS) as you resolve issues on your home PC between class meetings. You should have taken OLLI’s Windows 10 Personal Computing for Intermediate Users or have equivalent knowledge. **SKILL LEVEL C**
Myron Thorner
Mon • 3/09-3/23 • 12:30-3:30pm • 3 mtgs
$45 • $20 MAT (2nd Choice Fee after 2/24)
LMUMC303 - Lake Magdalene United Methodist Church • 202XOSCSMW23A

**Foreign Policy Discussion Group: Great Decisions 2020**
Join America’s largest discussion group on world affairs, featuring eight critical issues facing us. Organized by the nonpartisan Foreign Policy Association, the 2020 topics include: Climate Change; India and Pakistan; Red Sea Security; Human Trafficking; China in Latin America; the Philippines; Artificial Intelligence and Data. Read background information (about 10 pages), view expert testimony on the week’s topic, then discuss. Required text: *Great Decisions Briefing Book*, ($32).
Gary Heckman
Mon • 3/09-4/27 • 1-3pm • 8 mtgs • $70
$30 (2nd Choice Fee after 2/24)
PAB210 - Port Authority Building • 202XOSHPC4331
LIFESTYLES
“Friendly instructor, fun art form to learn, great location.”

The Florida Aquarium: Protecting and Restoring Our Blue Planet
While the Aquarium is a great destination for families, tourists, students and other diverse audiences to visit, it is also a not-for-profit mission-based organization conducting research, leading conservation efforts and collaborating internationally to protect wildlife, wild places and even our own backyard of Tampa Bay. Learn about the Aquarium’s three main conservation foci: sea turtles, sand tiger sharks and coral while meeting some of the biologists, veterinary staff and educators who help to achieve the Aquarium’s vision to protect and restore our blue planet.

Debbi Stone
Mon • 3/23-4/27 • 1-3pm • 6 mtgs
• $60 • AQUA - Florida Aquarium • 202XOSCSM0541

Cultural Diversification in the Middle East
The Middle East, located at the crossroads of continents, is the home of the world’s earliest civilizations and the birthplace of major world religions. It also contains critical natural resources. For these reasons, it is ripe for exploitation, colonization and a clash of cultures that has endured for millennia. It also helps explain our fascination with the region. Explore the diversity of cultures that characterizes the Middle East as you consider its attractions, cultures, food and languages.

Parandoosh Sadeghinia
Mon • 3/30-4/20 • 1-3pm • 4 mtgs
• $40 • $20 (2nd Choice Fee after 3/16)
• UNVA - University Village, Auditorium • 202XOSLHA4481

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. Submerge 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
Mon • 4/06-4/27 • 1-3pm • 4 mtgs
• $40 • $20 (2nd Choice Fee after 3/23)
• LMUMC301 - Lake Magdalene United Methodist Church • 202XOSFLS2061

More of My Favorite Places in 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 four 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
Mon • 4/06-4/27 • 1-3pm • 4 mtgs • $40
• $20 (2nd Choice Fee after 3/23)
• Arbor Terrace at Citrus Park Independent Living Multipurpose • 202XOSFLS2081

DNA: Science, Spirituality and Big History
What is DNA? How is DNA-based life first created? Could there be DNA-based life anywhere or everywhere in the universe? Why does life evolve? What does DNA have to do with spirituality? This course explains DNA’s place in “Big History” and will help prepare you to think about how DNA has made you become who you are. The 44-page illustrated text, The Cosmos, DNA and Humanity, forms the basis of this course and will be provided.

John Hassell
Mon • 4/20-4/27 • 1-3pm • 2 mtgs
• $20 • HCCREG103 - Hillsborough Community College - The Regent Riverview • 202XOSCSM0752

Windows 10 Personal Computing for Intermediate Users
Upgrade your previous Windows experience to get the most out of the Windows 10 operating system. Reacquaint yourself with Settings, the navigation pane, meet Cortana and the new Edge browser. Learn about newer features, such as the expanded Windows ribbons and apps and how to customize your PC. Conduct routine maintenance with disk cleanup and defragmentation. Learn about the new features in Windows 10, version 1903. You will be working on OLLI’s lab computers in this course.

SKILL LEVEL B
Donald Hogue
Mon,Thu • 4/20-4/30 • 12:30-3:30pm • 4 mtgs
• $55 • $25 (2nd Choice Fee after 4/6)
• LMUMC303 - Lake Magdalene United Methodist Church • 202XOSCSMW21B

Florida’s Fascinating Wetlands: A Closer Look at Habitats and Species
From clear spring fed rivers, to our one-of-a-kind Everglades, blackwater streams and cypress filled swamps, many of Florida’s wetland habitats and the species that thrive in them are unique and special. Learn more about these fascinating places. Taught by an avid outdoor enthusiast and experienced Florida Master Naturalist, this course will include two in-class sessions and two field trips, with destinations to be determined.

Liz Malyszek
Mon., 4/6-4/27 • 1:15-3:15pm • 4 mtgs
• $40 • $20 (2nd choice fee after 3/23)
• Concordia Village of Tampa, Activity Room • 202XOSCSM1031
Photoshop Elements Workshop: Fixing Photos

Think you know your way around Photoshop Elements? Now, learn to use Element’s specialized tools to restore and improve photos. The Facial tools allow you to open closed eyes, put a smile on a face, remove a color cast or haze, learn to sculpt and shape a face. Add a person to a photo, colorize it or turn it black and white, or create a hybrid photo or gifs. Badly damaged photos can be pieced together; you can even fill in a missing section. You will be working on our lab computers.

SKILL LEVEL B

Diane White
Tue,Wed,Thu  •  3/03-3/05  •  9-12pm
• 3 mtgs  •  $45  •  $20 (2nd Choice Fee after 2/18)  •  NEC133 - USF Tampa  •  202XOCSMDW1A

Continuing Conversational Spanish

Hablemos Español. If you have taken a basic Spanish class, this class is for you. Work on mastering words you can use for travel and in everyday situations. Expand your vocabulary and practice conversation. Develop useful strategies to increase your language proficiency. Required text: Learn Spanish the Fast and Fun Way, by Gene M. Hammett and George Thatcher, EdD, $29.99 or less.

Connie Pike
Tue  •  3/17-4/21  •  10-11:30am  •  6 mtgs •  $60 • $30 (2nd Choice Fee after 3/3) • CENT-CONF - Centro Asturiano, Conference Room • 202XOOLHA3161

What’s New in iPadOS?

iPad’s very own operating system, iPadOS, debuted last fall. iPadOS added new capabilities to the iPad. Learn about the new Home screen, work with multiple files and documents simultaneously, use the improved text editing gestures and features, Dark Mode and floating keyboard. We’ll discuss changes to apps such as Photos, Maps, Safari and others. Note: only iPads which can be updated to iPadOS will benefit from this class. Bring your fully charged iPad, updated to iPadOS to class.

SKILL LEVEL B

Jeanne Dyer
Tue  •  3/24  •  9-12pm  •  1 mtg • $25 • NEC133 - USF Tampa  •  202XOCSMP01A

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  •  3/24/31  •  10-12pm  •  2 mtgs • $20  •  RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSHPC4351

Get Into the Senior Games Movement

The National Senior Games Association, a Multi-Sports Council member of the US Olympic Committee, promotes wellness for adults 50 and over through education, fitness and sport. Andrew Walker, B.S. in Health Education from the University of Florida and master’s degree in Public Health from USF, is Director of Health and Wellness for the National Senior Games Association. Learn how you can get into the Senior Games Movement and discover your own path to fitness through Senior Games sports.

Andrew Walker
Tue  •  3/31  •  10-12pm  •  1 mtg  •  $10  •  UNVA - University Village, Auditorium  •  202XOSFLS2111

Geology for Travelers

Become a more informed traveler as well as a better citizen in this overview of the geology of different areas of the United States and the world. Learn about glaciers, springs and wells, earthquakes, hot spots, mountain making, volcanism, sedimentation and other geological processes. We’ll discuss how to prepare for...
Course listings and descriptions

TUESDAY

She Did What? Women Inventors Who Didn’t Make the History Books
Margaret Knight, Mary Anderson, three girls in a refugee camp. Exactly who are these women? Who invented an electronic walking stick for the blind? Who invented the windshield wiper? Which one invented a better shopping bag? Discover these and many more extraordinary females who were given little or no mention in our history classes.

Sheryl Long
Tue • 4/07-4/28 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 3/24) • RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSHPC4071

Exploring Relaxation: An Introduction to Guided Meditation
Have you heard about the benefits of meditation (better sleep, improved health, less stress) but don’t know how to start? Learn to weave meditation and relaxation into your daily life. In each session, do a brief warmup stretch, settle into a comfortable position (seated or reclined), and practice a meditation technique with the instructor’s guidance. Then have some time at the end to talk about your experience. Leave with instructions for guided meditations so you can practice between sessions.

Jennifer Leavy
Tue • 4/14-5/05 • 11:30-12:30pm • 4 mtgs • $40 • PBPY - Pose By Pose Yoga • 202XOSFLS1812

Using Third-Party Apps to Edit Photos on Smartphones
Edit your photos right on your smartphone using third-party apps from the App Store (for iPhones/iPads) or Play Store (for Android phones/tablets). We will explore two apps: Touch Retouch ($1.99) and Snapseed (free). Remove unwanted content and blemishes, sharpen images, add text, blur the background for a professional look and much more. Bring your fully charged and updated smartphone or tablet to class with the two apps installed.

SKILL LEVEL C
Diane White, Jeanne Dyer
Tue,Thu • 4/21-4/23 • 9-11:30am • 2 mtgs • $30 • $15 (2nd Choice Fee after 4/7) • NEC133 - USF Tampa • 202XOSCSMDJ4A

Up for Discussion: Memoirs and Novellas
Discover compelling literary forms and enjoy spirited discussion. Read Boyhood (J.M. Coetzee) growing up in a rural South African town during Apartheid; A Portrait of the Artist as a Young Man (James Joyce) observing the life of Dubliner Stephen Daedalus; The Woman Warrior: Memoirs of A Girlhood Among Ghosts

HISTORY
“The class was really well paced and enjoyable. Excellent explanations from the instructor. I can’t wait for the next session.”
Course listings and descriptions

(Maxine Hong Kingston) Chinese-American cultural conflicts and *The Turn of the Screw* (Henry James) the terrifying isolation of a governess and her charges. Please read *Boyhood* before the first class. Any edition of these texts will work.

**Linda Feeney**
Tue • 3/10-3/31 • 1:30-3:30pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 2/25) • 202XOSLHA4541

**Zen Botanicals Workshop**
Take your Zentangle®skills to the next level as you draw a botanical bouquet of succulents and cactus in this half-day workshop. This method is an easy-to-learn relaxing and meditative way to create beautiful images by drawing structured patterns. You'll leave with a colorful 10" by 10" piece of art that you can frame yourself to keep or give as a gift. You should already be familiar with Zentangle®: $20 materials fee due at first class.

**Miriam Zimms**
Tue • 3/24 • 12:30-3:30pm • 1 mtg • $20 • JCC - Jewish Community Center - Cohn Campus • 202XOSFLS2181

**Drug Abuse and the Science of Addiction**
This five-lecture series addresses the many misconceptions of drug abuse and available treatment for drug addiction. Each lecture focuses on different stimulants. Learn basic facts about amphetamine, cocaine, alcohol, hallucinogens such as marijuana and LSD and the opioids morphine and heroin. Our sessions will include discussion and an opportunity to have your questions answered.

**Stanley Glick**
Tue • 3/17-4/14 • 1-3pm • 5 mtgs • $50 • $25 (2nd Choice Fee after 3/3) • UNVA - University Village, Auditorium • 202XOSCSM1021

**Florida Aquarium: As You’ve Never Seen it Before**
Wetlands, Bays and Beaches, Coral Reef, and Ocean Commotion: the galleries of The Florida Aquarium are teeming with fish, birds, reptiles, invertebrates, mammals and plants. You'll explore all of this with a knowledgeable tour guide. Did you ever wonder how we feed our huge sand tiger sharks? Or how we get alligators to sit still for a medical check-up? In a four-week "deep dive" into science, behind-the-scenes experiences, animal encounters, and a lot of fun along the way, you'll encounter a side of the Aquarium few get to see, so bring your camera and your curiosity!

**Debbi Stone**
Tue • 3/24-4/14 • 1-3pm • 4 mtgs • $40 • AQUA - Florida Aquarium • 202XOSCSM0532

**Genealogy 101: Want to See Dead People?**
If you’ve always wondered about what your family ancestors were like, this course is for you. Get started on your genealogical path and learn the basics: how to find sources, handy websites and programs, the puzzles of DNA, and other tips and tricks.

**Tammy Patacher**
Tue • 3/24-4/14 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 3/10) • LMUMC303 - Lake Magdalene United Methodist Church • 202XOSFLS1882

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

**Karen Brown-Blonigen**
Tue • 3/24-4/28 • 1-3pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 3/10) • LMUMC307 - Lake Magdalene United Methodist Church • 202XOSLHA3172

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

**Bharat Pathakjee**
Tue • 4/7-4/28 • 1-3pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 3/24) • LMUMC301 - Lake Magdalene United Methodist Church • 202XOSCSM0951

Join us online! Like our Facebook page and join our “members-only” Facebook group for conversation and insight into OLLI classes and OLLI life. www.facebook.com/groups/olliusfmembers/
SPRING WEDNESDAY

**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**

*Jeannie Dyer*

Wed • 4/15 • 9-11:30am • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMF1A

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**Introduction to Conversational Spanish**

**¡Hola!** Begin to dabble in the language spoken by 2 1/2 million Floridians and 42 million Americans. Learn the basics in the traditional manner, with greetings and practical dialogs. The focus will be on pronunciation and learning cognates. No text needed for this brief course; we’ll use instructor presentations, handouts, and more. We hope to entice you to continue your conversational journey.

*Noreen Rodriguez*

Wed • 3/04/3/25 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 2/19) • RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSLHA4281

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**Designing Your Beautiful Florida Landscape**

Florida gardening comes with special challenges -- and opportunities. Climate, soil, location and personal preferences are all variables to consider in your home’s landscape, which can add to or detract from its market value. Learn basic design principles and elements; conduct a site analysis, discover Florida-friendly landscape materials and planting principles. With field trips to inspire you, create a landscape design for your home!

$28 materials fee, payable to instructor at the first class.

*Laurie Potier-Brown*

Wed • 3/11-4/15 • 10-11:30am • 6 mtgs • $60 • $30 (2nd Choice Fee after 2/26) • LMUMC308 - Lake Magdalene United Methodist Church • 202XOSFLS1961

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**Taoist Tai Chi Society: Introduction to Tai Chi**

This beginner to intermediate course offers a set of 17 gentle movements that exercise the whole physiology, including the tendons, joints, connective tissue and internal organs. These movements help the mind return to stillness, clarity and wisdom and the body become balanced, relaxed and healthy. Tai Chi is suitable for people of all ages and physical conditions. Participants should wear sneakers or athletic shoes and comfortable clothing that permits movement.

*Taoist Tai Chi*

Wed • 4/01-4/22 • 10-11:30am • 4 mtgs • $30 • 10018 - St. Catherine’s Episcopal Church • 202XOSFLS0481

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**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.

*Catherine Mitchell*

Wed • 3/18-4/22 • 10:30-12pm • 6 mtgs • $50 • $25 (2nd Choice Fee after 3/4) • ICOTB - Italian Club Board Room • 202XOSLHA3011

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**Creative Writing: A New Writer’s Journey Through the Author’s Craft**

Afraid to start writing? Develop a deeper understanding of the writer’s craft. We will cover essential components of creative writing such as setting, conflict, plot, characters and dialogue. Upon completion of the course, you should be better equipped to begin the process of writing your own work. Begin your own adventure as a writer with the advice of a seasoned pro.

*John Chaplick*

Wed • 3/18-4/22 • 1-3pm • 6 mtgs • $60 • $30 (2nd Choice Fee after 3/4) • RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSLHA2851

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**Express Yourself on Instagram**

Want to connect with the younger people in your life? Then you’ll want to be on Instagram, the social network for sharing and viewing photos and videos. Instagram has captured the young audience, with over 59% of US users under the age of 30. Users like not only its simplicity and creative imagery, but also its storytelling and photo-sharing abilities. Learn how to use this mobile-only application and make up your own cool Instagram username to boot. You’ll work with your own fully charged smartphone (Apple/Android) in class. **SKILL LEVEL B**

*Ara Rogers*

Wed • 3/18 • 1-3:30pm • 1 mtg • $20 • $10 (2nd Choice Fee after 3/4) • NEC133 - USF Tampa • 202XOSCSMIN2A

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**Search for and locating records about our ancestors is rarely a simple process. While there are those easy-to-find individuals who seem to appear in every single account, many of us devote way too much time trying to discover those elusive members of our family tree who seem to have avoided being recorded - perhaps on purpose! This workshop is for those of you who have hit a brick wall in your research. We will identify the time busters that don’t produce results, and provide guidance to increase your chances for success.**

**Genealogy Workshop: Demolish the Brick Walls**

*Tammy Patascher, Mary Rivers*

Wed • 3/18 • 1-4pm • 1 mtg • $15 • LMUMC303 - Lake Magdalene United Methodist Church • 202XOSFLS2171

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Strategies for the 2020 Conventions

Political aficionados are welcome to participate in analyzing the 2020 presidential primary system: the debates, polls, policies both proposed and opposed, and fund-raising. We will discuss the structure of the party conventions and their rules. We will review the electoral college, party platforms, senatorial races, and various strategies for winning the presidency and the Senate. We can do it all without FOX or MSNBC!

Douglas Dallio
Wed • 3/18-4/22 • 1-3pm • 6 mtgs
• $60 • $30 (2nd Choice Fee after 3/4)
• CPCC - Compton Park Community Center • 202XOSHPC4291

Mah Jongg for Beginners

Learn to play the intricate game of Mah Jongg following National Mah Jongg League rules. Intended for beginners, learn as you play. We will provide you with a game card in large print. With a small investment of time and attention, you can become familiar with the elementary principles of the game.

Denice Goldberg
Wed • 4/08-5/06 • 1-3pm • 5 mtgs • $50
• Arbor Terrace at Citrus Park Independent Living • 202XOSFLS2192

MacOS for Intermediate Users

This second in a series of basic courses will familiarize you with the new and updated features of macOS Catalina [redesigned Photos app, Sidecar, Find My app, ScreenTime and lots more]. Delve more deeply into these essential apps: Preview, Safari, Mail, Contacts, Calendar, Photos, iTunes and App Store and their preferences. Work on our iMacs or bring your MacBook. You should have taken macOS for Beginners or possess equivalent experience. We will be using macOS Catalina.

SKILL LEVEL B

Jeanne Dyer, Pat Benedict, Joseph Adles
Thu • 3/12-4/16 • 9-12pm • 6 mtgs • $70
• $35 (2nd Choice Fee after 2/27) • NEC133 - USF Tampa • 202XOSCSMMA1A

Fused Glass 101

Art meets science in this workshop, where you will produce two glass suncatchers using the highly saturated colors of art glass as the medium. Learn about the kiln ring, familiarize yourself with safety measures, and understand the chemical and physical properties of the materials. Feel free to see a colorful vision unfold from your own center of creativity. All materials included.

Michele Gould
Thu • 3/12 • 9:30-12pm • 1 mtg • $50
• RSL - Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSLHA4614

Thu • 4/30 • 9:30-12pm • 1 mtg • $50
• CANT-ASSEM - Canterbury Tower, Assembly Room • 202XOSLHA4615

Altruism vs. Evil: Noble Tales Emerging from the Holocaust

Explore the little-known and uplifting stories of brave men, women and even children who risked their lives to defy the Nazis and save Jews during the Holocaust. Through films and discussion, learn about true examples of human kindness by diverse individuals. Celebrate these inspiring tales of the Holocaust and then ask: “If people did such amazing good during the darkest time in human history, what can we do to treat each other more kindly today?”

Howard Kerner
Thu • 3/05-3/26 • 10-12pm • 4 mtgs
• $40 • $20 (2nd Choice Fee after 2/20)
• Arbor Terrace at Citrus Park Independent Living • 202XOSLHA3772

More Mahj! Mah Jongg II

Attention, intermediate Mah Jongg players: join us to improve your skills and learn more strategies for both offensive and defensive play. You will become a better contender by matching your wits and aptitude against experienced players. We’ll provide a 2018 National Mah Jongg League card.

Janice Perelman
Thu • 4/09-4/30 • 10-12pm • 4 mtgs • $40 • $20 (2nd Choice Fee after 3/26)
• BSC - Brandon Senior Center • 202XOSFLS1291

A Morning with James Tokley and Friends

Imagine Abraham Lincoln’s Gettysburg Address as a poem. What’s the difference between a speech and a poem? Is a poem a powerful piece of art if it lacks simile, analogy and metaphor? Explore the world of poetry with Tampa’s Poet Laureate, James E. Tokley, Sr. Learn about his approach to the craft of poetry and his evolution as a poet.

James Tokley
Thu • 4/23 • 10-12pm • 1 mtg • $10
• UNVA - University Village, Auditorium • 202XOSLHA3211

Shakespeare in Music

Shakespeare’s plays and poems have inspired a wide variety of classic and symphonic music, from operas by Verdi and Gounod to concert overtures by Dvorak and Tchaikovsky. During this conversation, we will explore some of the best-known pieces inspired by Shakespeare, as well as a few lesser-known but amazing masterworks.

Erin Horan
Course listings and descriptions

**Introduction to German**
Brain games are the best medicine to keep your brain functioning at its highest level. Try a new game - speak German! You’ll be surprised how much you can say with just 100 of the most frequently used words of the German language. We will cover pronunciation, vocabulary, everyday phrases and hold basic conversations. All materials will be provided, just bring a notebook and an open mind!

**Christine Basch**  
Thu • 3/12-4/16  •  1-2:30pm  •  6 mtgs  
•  $60  •  $30 (2nd Choice Fee after 1/2)  
•  LMUMC306 - Lake Magdalene United Methodist Church  •  202XOSLHA4661

**Cuba’s Traditional Music**
The island nation of Cuba has had an influence on music out of proportion to its size. With West African and Spanish roots, Cuban music is rich in rhythm, emotion and religion. Savor the musical flavors of the island. Sample the traditional music of Cuba with live and recorded performances, introduce yourself to renowned Cuban composers, and see some of the percussive instruments that help give this music its unique rhythms. You’ll be dancing in your seat!

**Ana de la Cuesta Gerlach**  
Thu • 3/19-4/09  •  1-3pm  •  4 mtgs  
•  $40  •  $20 (2nd Choice Fee after 3/5)  
•  LMUMC310 - Lake Magdalene United Methodist Church  •  202XOSLHA3711

**Still Life Painting with Your Art Genie**
No experience necessary! Release your inner art genie. Draw and paint a collection of items arranged so you can see them clearly. This age-old teaching method both soothes and instructs. Leave your self-judgment at home and bring your enthusiasm. $50 Materials fee payable to the instructor at the first class.

**Judy Heady**  
Thu • 3/12-4/16  •  1-3pm  •  6 mtgs  
•  $60  •  $30 (2nd Choice Fee after 2/27)  
•  61DE64E8 - Arbor Terrace at Citrus Park Independent Living  •  202XOSLHA4641

**A Real Financial Plan, Unscrambled**
Explore the nature and specifics of a comprehensive financial plan, which goes far beyond rates of return and assets. It paints a picture of all six areas of the full “financial person.” It offers a roadmap to opportunities and objectives, but it also illuminates roadblocks that may be in the way. A fiduciary would prepare this type of plan in order to show someone’s current financial position and aid in identifying strategies and goals.

**Daniel Zagata, Timothy Haynes**  
Thu • 3/19-4/02  •  1-3pm  •  3 mtgs  
•  $30  •  $15 (2nd Choice Fee after 3/5)  
•  UNVA - University Village, Auditorium  •  202XOSFLS2121

**War of the Roses**
Travel back in time and discover the causes of the unrest in medieval England that led to the battles between the Yorkists (white rose) and Lancastrians (red rose). Get to know the individuals involved, the battles they fought and the causes for which they died.

**Sally Keil**
Thu • 3/19-3/26  •  1-3pm  •  2 mtgs  
•  $20  •  CANT-ASSEM - Canterbury Tower, Assembly Room  •  202XOSHPC3581

**Marriage in Medieval England**
You see someone, you fall in love, and you get married. Is that what happened back in medieval England? Not often! Come to learn about dowries, dowers, wards and child marriages. Find out why widows so often were wealthy, and hear stories about the complex financial negotiations. Find out about ‘clandestine marriages’ and the hilarious role of ‘seven honest women’ in divorce hearings. This is a single lecture, two hours in all.

**Sally Keil**
Thu • 4/2  •  1-3pm  •  1 mtg  •  $10  
•  CANT-ASSEM - Canterbury Tower, Assembly Room  •  202XOSHPC4311

**Taoist Tai Chi Society: Introduction to Tai Chi**
This beginner to intermediate course offers a set of 17 gentle movements that exercise the whole physiology, including the tendons, joints, connective tissue and internal organs. These movements help the mind return to stillness, clarity and wisdom and the body become balanced, relaxed and healthy. Tai Chi is suitable for people of all ages and physical conditions. Participants should wear sneakers or athletic shoes and comfortable clothing that permits movement.

**Taoist Tai Chi**
Thu • 4/02-4/23  •  1-2:30pm  •  4 mtgs  
•  $30  •  TTCB - Taoist Tai Chi - Brandon  •  192XOSFLS0483

**From Law and Order to Hypnotizing Serial: How Popular Media See Crime and Justice**
Representations of crime and justice are abundant in today’s media landscape. We turn to popular televised dramas, films, documentaries and even podcasts to be
entertained by tales of crime. What messages do we take away? Explore these media images to understand how they impact our perceptions, fears and behavior.

Dawn Cecil
Thu • 4/09-4/23 • 1-3pm • 3 mtgs • $30
• $15 (2nd Choice Fee after 3/26) • CANT-ASSEM - Canterbury Tower, Assembly Room • 202XOSLHA3291

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

Paul Hillier
Thu • 3/19 • 7-8:30pm • 1 mtg • $10
• 92993740 - University of Tampa, Reeves Theater • 202XOSLHA4561

Are Stars Born or Made?
From Frank Sinatra and Elvis to Madonna and Lady Gaga, Hollywood has long asked singers to act. But why? And is this good for the art of cinema? Dr. Landon Palmer, author of the forthcoming book Rock Star/Movie Star: Power and Performance in Cinematic Rock Stardom, will examine the consequences of media industries seeking synergy between music and movie platforms.

Landon Palmer
Thu • 4/16 • 7-8:30pm • 1 mtg • $10
• 92993740 - University of Tampa, Reeves Theater • 202XOSLHA4571

FRIDAY

iPhone: Apple Pay, Your Way
Did you know your iPhone can make payment more secure than swiping a credit card? And that this capability is built right into your iPhone? More businesses are now accepting mobile phone payment via iPhone because it is fast and easy. Learn how it all works, how to set up and use Apple Pay and Apple Pay Cash, and why you can feel confident about the security of your payment data. We’ll also compare and contrast Apple Pay to other forms of electronic payments such as Venmo. SKILL LEVELS B & C

Brian Noriega
Fri • 4/17 • 9-12pm • 1 mtg • $25 • NEC133 - USF Tampa • 202XOSCSMAP2A

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

Kees Boterbloem
Fri • 3/13 • 10-12pm • 1 mtg • $10 • Concordia Village of Tampa • 202XOSHPC3861

Roosevelt and Churchill: the Post War Years
President Franklin D. Roosevelt and Winston Churchill outlined their goals for the post war world in the 1941 Atlantic Charter. How did this statement influence their successors? How did Roosevelt’s death and George Kennan’s containment policy affect the U.S. position on neo-colonialism? We will examine U.S. involvement in Korea, Vietnam and Iran in light of these colonial ideas.

Bill Heath
Fri • 4/03-4/24 • 10-12pm • 4 mtgs • $40
• $20 (2nd Choice Fee after 3/20) • Unity North Tampa • 202XOSHPC4341

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

Peter Arizu
Fri • 4/03-4/24 • 10-12pm • 4 mtgs • $40
• $20 (2nd Choice Fee after 3/20) • AHP - Allegro at Hyde Park • 202XOSFLS1431

Printmaking Today
Margaret Miller, Director of USF Graphicstudio, will offer a brief history of Graphicstudio, a professional collaborative workshop. The visit will include an introduction to groundbreaking fine art prints by acclaimed and leading artists including Robert Rauschenberg, James Rosenquist, and Los Carpinteros. The visit will include a printing demonstration.

Margaret Miller
Fri • 4/24 • 10-12pm • 1 mtg • $20
• GRAPHICSTUDIO - USF Graphicstudio • 202XOSLHA3641
Apps for Travelers
Love to travel? Your smart device, along with some smart little apps, can help you plan the perfect trip and make the most of the places you visit. Going to a new city? Apps can suggest restaurants, lodging and places to visit. Discover great apps for U.S. and European travel. Explore apps such as Triplt, Google Translate, TripAdvisor and others. Bring your fully charged and updated smartphone (iPhone or Android) and/or iPad to class for hands-on exploration. SKILL LEVEL B
Penny Noriega, Jane Adamson
Fri • 4/17 • 12:30-3:30pm • 1 mtg • $25 • NEC133 - USF Tampa • 202XOSCSMAT1A

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 • 3/6 • 1-2pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0B
Fri • 3/6 • 2-3pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0F
Fri • 4/3 • 1-2pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0C
Fri • 4/3 • 2-3pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0G
Fri • 5/1 • 1-2pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0D
Fri • 5/1 • 2-3pm • 1 mtg • $20 • NEC133 - USF Tampa • 202XOSCSMTS0H

WINTER 2020 CONFERENCE
“Reflections by Native American Writers”

Three books explore the experiences of urban Native Americans today:

THERE, THERE by Tommy Orange
LAROSE by Louise Erdrich
CRAZY BRAVE by Joy Harjo

Where: Hilton Bayfront, downtown St. Petersburg
When: January 31- February 2, 2020
Time: 9:30 am - 3:30 pm
Cost: $165 covers conference fee, 1 lunch, 1 dinner with open bar, and a docent led tour of James Museum

Books: Participants purchase on their own.
Hotel rooms: Additional at special rate for participants staying at the hotel.

For more information: http://tampagreatbooks.org/
Meet the Instructors

Jane Adamson, PhD Curriculum and Instructional Technology, has been involved in various educational endeavors over the years, most recently as an adjunct instructor for Saint Leo University.

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.

Abdullah Alanazi is a PhD candidate in Rehabilitation Science at the University of Alabama at Birmingham and a Fellow of Sparkman Center for Global Health.

Jane Applegate, PhD Curriculum and Instruction, Ohio State University, is a former professor and dean of USF’s College of Education. She is an avid home baker with mostly good results.

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.

Christine Basch, born and raised in Vienna, Austria, worked in hotel and retail store management. German is her native language.

Pat Benedict has a bachelor’s degree in Education and taught elementary and middle school in Hillsborough County for 25 years. She has volunteered at OLLI since her retirement in 2005, most recently as a coach in OLLI's technology classes.

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.

Tom Bird, PhD Humanities Florida State University, taught humanities at Mercer University in Atlanta and was a reference librarian for the Hillsborough County Public Library system. Bird has a special interest in the history of cultural beliefs.

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

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

Barbara Brown taught English, speech, drama and journalism in Hillsborough County schools. She also taught English at Hillsborough Community College. Brown has a master’s degree in English and is active with the Tampa Bay Great Books Council.

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

Beryl B. Byles, MBA University of Dallas, worked as an Executive Coach, challenging and supporting her clients in making growth-oriented choices. She wrote a professional memoir called Authentic Leadership: An Inside Job.

Gilda Capitano, BA History & Literature from the University of Tampa, is a proud member of the historic L’Unione Italiana social club and is their cultural chairperson.

David Cardina is a local technical services business owner. He has been involved in all aspects of utility and industrial power generation for more than 40 years.

Gail Corleo co-owns a dance and fitness studio. Gail met her husband John at a dance more than 50 years ago. They operated a studio in Pittsburgh for decades and held regular dance parties there before semi-retiring and moving to Florida.

John Corleo co-owns a fitness studio that includes dance instruction in their wellness programs. He operated a dance studio in Pittsburgh for decades before moving to Florida. John is a well-known fitness spokesperson.

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

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

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.

John Chaplick, BA, MBA, CPA, CBA, has written five novels of which two are award-winners. He teaches a writing course at the Life Enrichment Center and does book signings at bookstores.

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.

Jeff Chodil has a master’s degree in Music from USF with
concentrations in piano performance, pedagogy and chamber music. An active teacher and performer, Jeff serves as accompanist to the OLLI Singers.

**Don Clark** often can be found promoting OLLI-USF at fairs and expos around town. He enjoys sharing his discoveries of the well-known and the unique from around Tampa Bay. Don has led “Discover Tampa Bay” courses for OLLI-USF since 2002.

**Dee Dee Cook**, BA, Sarah Lawrence College, has studied at The Cooper Union in New York and has painted for many years, most recently at the Dunedin Fine Arts Center.

**Charlie Croucher** retired from a career in electronics engineering and management and joined OLLI as a volunteer in 2002. Charlie has taught Elements-based photo editing courses at OLLI since 2007 and is the author of the texts used in these classes.

**Doug Dallio** is a retired data processing professional with careers in aerospace, criminal justice and international banking information systems. He has prior teaching experience at New York, Fairleigh Dickinson and Northeastern Universities.

**Fran Davin**, former Hillsborough County Commissioner and Carter appointee to the National Council on Continuing Education, has been active in local, state and national issues across her lifetime. She has participated in Great Decisions at OLLI since 2008.

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

**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.

**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.

**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.

**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.

**Stanley Glick**, PhD, MD, was director of the Center for Neuropharmacology and Neuroscience at Albany Medical College before retiring in 2014. His major research interest focuses on the neurobiology of drug addiction.

**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.

**Denice Goldberg** has played Mah Jongg for over a decade including four years at the University of North Florida OLLI.

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

**Michele Gould**, BS Marine Biology University of North Carolina, Wilmington, has more than two decades’ experience as a commercial jewelry designer. She also creates mixed-media wall art, tableware, and home accents. She exhibits in the US and Caribbean.

**Ron Hammerle**, doctorate in Medical Ethics, University of Chicago, studied with Elisabeth Kubler-Ross, the internationally known pioneer in end-of-life care and author of *On Death and Dying*. Ron has taught in graduate schools of medicine, pharmacy, business and law.

**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.

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

**Tim Haynes** is a financial advisor with over 35 years’ experience in the public and private sectors in central Florida. He specializes in medical practices, professional business and personal estate planning.

**Judy Heady** is an acrylic artist who has painted on canvas, murals and theater sets. She attended The School of Visual Arts in NYC and The University of Texas at San Antonio.

**Bill Heath**, proud University of Michigan graduate, pursued a long and varied career in law. Heath expresses his lawyerly interests in history, culture and political science through extensive study and by encouraging questioning and lively debate.

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

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

**Cathy Hill** holds a bachelor’s degree in Psychology from USF and has been a certified personal trainer for over a decade. A certified yoga teacher and health coach, she owns a studio in Tampa.

**Paul Hillier**, PhD Mass Communication, University of Georgia. His research focuses on television studies, American visual culture, and the relationships between media, technology, and society.

**Frank Hoeflinger**, BA Military History, American Military University, served in the US Army 22 years. He held every Infantry Leadership position and held Staff positions at the Company, Battalion, Division and Geographical Combatant Command level.

**Don Hogue** retired from New York Telephone to contract as a telecommunications engineer. He taught himself computer skills and builds computers just for fun. He has an associate’s degree in Applied Science/Electrical Technology from SUNY-Duchess Community College.

**Erin Horan** holds a bachelor’s degree in Music from Northern Illinois University and a master’s degree in Music from Northwestern University. She is the community engagement director of The Florida Orchestra.

**Julia Hurley** is a self-taught artist who enjoys expanding her skills to make pieces to use every day and to share as gifts. Her professional career spanned 35 years in human resources for the Massachusetts Department of Revenue.

**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.

**Sally Keil**, MA University of Pittsburgh, BA Wheaton, has brought medieval English history to life for numerous LLLs. The retired President and CEO of AcquiData, Inc., Keil is, in addition to her love of all things medieval, an avid tennis player.

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

**Howard Kernner**, 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.

**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.

**Jeff Locker** is a Certified Financial Planner and a Wealth Management Specialist with Raymond James and Associates. A graduate of the University of Florida, he is active in a variety of local causes.

**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.

**Eric Longhee**, MBA, spent 10 years as a director and vice president in equity research at the Raymond James Financial Services headquarters. He has been a financial advisor since 1999.

Florida Master Naturalist and bird watcher **Liz Malyszek**, BA Economics and Management, hikes, backpacks, kayaks and is an experienced leader of outdoor adventures for teens and adults. She is working on her Advanced Florida Master Naturalist certification.

**Brad Massey** is currently the Saunders Foundation Curator of Public History at the Tampa Bay History Center. He holds a PhD in History from the University of Florida and is a former University of South Florida Riordan research fellow.

**Jan Mazur**, MA Education and Guidance, BS Math, is handbell director and soloist at Temple Terrace United Methodist Church. She has performed with 60 handbell ringers on tour in Spain.

**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.

**Sandi McCreight** is a retired high school science teacher and has been a docent and volunteer at ZooTampa at Lowry Park since 2006.

**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.

**Alisha L. Menzies**, PhD Communication, USF, is a cultural studies scholar specializing in popular culture and media representations of race, class and gender.

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

**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.

**John C. Miller**, PG, Saint Louis University and the University of Missouri, is a Florida-licensed professional geologist. He is widely...
traveled throughout the U.S. and in Latin America. An author of speculative fiction, he has published five books.

**Margaret Miller** is a USF professor in Art and Art History and the director of the Institute for Research in Art, which comprises the renowned Graphicstudio atelier, the Contemporary Art Museum and the Public Art program at USF.

**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.

**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.

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

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

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

**Landon Palmer**, PhD Indiana University, is a film, media, and popular music historian with interests in cinema history, media industries, and critical studies of popular culture.

**Raymond Palttoo**, MD McGill University, practiced as a Urologist in Trinidad and Tobago and in Kansas for twenty three years. Since retirement he has pursued the art of writing.

**Gail Parsons**, master naturalist and Tampa native, served on the board of directors for the Suncoast Native Plant Society, the Tampa Audubon Society, the Florida Audubon Society and Tampa Bay Sierra Club. She earned a Marketing degree at USF.

**Tammy Patascher** is President of the Florida Genealogical Society and holds a certificate in research genealogy from Boston University.

**Bharat Pathakjee**, MD, earned his initial degree in his native India and took additional training in Michigan and at the University of Louisville. He practiced cardiology for 33 years in Wisconsin. Pathakjee enjoys reading, running and learning.

**Janice Perelman** built a career working on behalf of the welfare of Florida’s children and families, as a manager, trainer and certified mediator. She is an experienced English, psychology, adult basic education (ABE) and mah jongg instructor.

**Mike Phenege**, 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.

**Connie Pike** is a retired educator who has taught both Spanish and English in middle and high school. She holds a bachelor’s degree from the University of Maine.

**Laurie Potier-Brown**, MLA University of Florida, left a successful career in corporate marketing to pursue her first love, gardening and garden design. She has designed for corporations, for the City of Tampa, and for private clients.

**Sandra Reed** is on the board of directors of the Tampa Audubon Society. She coordinates a series of instructors who will share their knowledge on many facets of natural Hillsborough County.

**Mary Rivers** is treasurer of the Florida Genealogical Society. She is a recognized genealogy researcher and co-facilitates a genealogy discussion group at a local bookstore.

**Noreen Rodriguez**, BA Foreign Language Education, MA Educational Leadership is a retired English and Spanish teacher who also worked in staff development for Hillsborough County Schools.

**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.

**Jane Rubin** has been a docent and volunteer at ZooTampa at Lowry Park since 2004 and has led OLLI’s popular zoo experience annually since 2009.

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

Alice Santana, BS in Music Business and Business Administration, was Director of AMLA (Artists and Musicians of Latin America in Philadelphia). She is the Director of Community Engagement and Education Programs at the Straz Center.

**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.

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

Bill Stanley, BA Spanish, USF, enjoyed shepherding and participating in OLLI’s political science and history offerings during his years on the curriculum committee. Bill loves languages and has taught Spanish for OLLI since 2011.

Debbi Stone has a master of arts in teaching (Biology). She is Vice President of Education at the Florida Aquarium and has been leading aquarium-based education programs for 20 years.

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.

Taoist Tai Chi Society® instructors are accredited by the International Taoist Tai Chi Society.

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

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

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.

Mark Tlachac, BA History, University of Wisconsin-Eau Claire, is the retired Director of the Frank Lloyd Wright Visitors Center at Florida Southern College. He has produced a DVD and is working on a book about Wright’s “Child of the Sun” campus.

James E. Tokley, Sr. earned a master’s degree in English Education from Temple University in Philadelphia. His postgraduate work at the University of South Florida focused on American Literature. He has been Tampa’s Poet Laureate since 1996.

Cecelia Vance came to OLLI as a computer student in 2001 and soon became a volunteer, then an instructor in 2004. Previously, she taught English and dance.

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.

Andrew Walker, BS in Health Education from the University of Florida and master’s degree in Public Health from USF, is Director of Health and Wellness for the National Senior Games Association.
Hawaiian Islands Cruise
7-days plus 2 nights in Honolulu

Sailing roundtrip from Honolulu to Kahului, Hilo, Kona and Nawiliwili on the Norwegian Pride of America, INCLUDES:
Roundtrip airfare from Tampa
2 nights hotel in Hilton Hawaiian Village
Baggage handling and ground transportation
Pearl Harbor Tour in Honolulu
Port Taxes and fees

Prices range from $4,338 - $5,288 pp

OLLI-USF Group Contact: Kat Hanscom 813-777-2181

$100 pp deposit - final payment November 22, 2019
Pick up will be at 12313 Club Dr, Tampa, FL 33612
Home pick-up is available for $39.99 pp

Welcome to Miami
February 4 - 7, 2020

Tour Highlights:
Little Havana Tour • South Beach Tour • Vizcaya • Coral Castle • Schnebly Winery • RF Orchids • Jungle Queen • Airboat Ride • 3-nights at the Voe Hotel on Biscayne Boulevard • 3 breakfasts • 2 lunches • 2 dinners • Fully-Escorted • All gratuities included • Luxury motorcoach transportation • Luggage Handling

$899 pp double • $1,199 Single

Call 727-576-4010 to reserve your spot!

OLLI-USF Group Contact: Kat Hanscom 813-777-2181

OLLI - USF & Travel Opportunities Committee
presents
Rome & the Country Roads of Tuscany

Booking #132105 (Web Code)

HIGHLIGHTS
5 Nights in Tuscany
Montecatini Terme
2 Nights in Rome
Siena
San Gimignano
Tuscan Winery Visit & Tasting
Florence City Tour
Academy Gallery Statue of David
Plus: the Learning Tour
+ Rome City Tour
+ Power of Pisa
+ Luca
+ Assisi
+ Portofino/Italian Riviera Optional Tour

Booking Discount - Save $200 per couple!*
Friday Lecture Series
Fridays, 12:15-1:15 p.m., FREE to OLLI-USF members and their guests. SPACE IS LIMITED! PRIOR REGISTRATION IS REQUIRED. Lectures at University Village include lunch.

The Friday Lecture Series features a variety of speakers who discuss and address current issues of interest. These informal free lectures are a great way to introduce your friends to OLLI-USF. Call 813-974-2403, option 1, or register online at www.usfseniors.org

The Looming Election: Looking Back, Looking Forward
Join Rich Kennedy for a look back at the major political developments of 2019 and a look forward to what we may see as the 2020 election gets into full swing. We’ll highlight the most serious issues, take a brief look at emerging electoral strategies and review what the pundits (and the comedians) are saying. Most importantly, we can kick off the New Year, sharing fellowship with some friendly political junkies. Rich Kennedy runs his own software company and is active in local politics.
Fri • 1/10 • Registration opens 12/2 • Unity North Tampa • 202XOSTSE109A

Does The Devil Play In Your Yard?: Is Smoking a Gateway to Illegal Substance Abuse?
Abdullah Alanazi will present an empirical overview of cigarette smoking in the United States and its potential as a gateway to illegal drug use. The lecture will also cover the pharmaceutical and behavioral treatment options to quit cigarette smoking. Mr. Alanazi, a PhD candidate in Rehabilitation Science at The University of Alabama at Birmingham, is a Fellow of the Sparkman Center for Global Health.
Fri • 1/17 • Registration opens 12/6 • Arbor Terrace at Citrus Park Independent Living • 202XOSTSE109B

Financial Planning in the Shadow of Dementia and Cognitive Impairment
More than 15 million American’s care for individuals living with dementia. If you are a carer, how do you manage your loved one’s finances? Financial services director Dan Zagata and financial advisor, Tim Haynes, will guide you through the five-topic framework recommended by MIT and the resources available to help you. An elder care attorney will answer your questions.
Fri • 1/31 • Registration opens 12/20 • Canterbury Tower, Assembly Room • 202XOSTSE109C

Women Rising: Three Reasons
Women have recently emerged from centuries of subordination and even oppression. What accounts for such a radical difference? Susan Northcutt, PhD, Political Science and co-founder of the Women’s Caucus of the International Studies Association, offers three compelling reasons for this seismic change: literacy, the pill, and suffrage.
Fri • 2/7 • Registration opens 1/3 • Unity North Tampa • 202XOSTSE109D

The Future is Now: Artificial Intelligence and Medical Research
From Elon Musk to Stephen Hawking, many have ventured opinions on the future of artificial intelligence and machine learning. Explore the areas of machine learning, artificial intelligence, deep learning, and information technology as applied to clinical research. Kenneth Young, PhD Biomedical Informatics, Rutgers University, is a professor and Chief Information Officer of Biomedical Informatics and Information Technology at USF’s Health Informatics Institute.
Fri • 2/14 • Registration opens 1/3 • Canterbury Tower, Assembly Room • 202XOSTSE109E

Imagine a Hunger-Free Tampa Bay
Can you imagine solutions to end hunger and food insecurity in our community? Feeding Tampa Bay has a bold goal: a hunger-free Tampa Bay by 2025, thereby improving the health and well-being of our neighbors. In 2012, Thomas Mantz joined Feeding Tampa Bay as Executive Director with a bachelor’s degree from the University of North Florida. Mandy Cloninger, with degrees from the University of Florida and Texas Tech University, serves as Director of Trinity Cafe, a program of Feeding Tampa Bay.
Fri • 2/21 • Registration opens 1/10 • Hillsborough County Children’s Board Boardroom • 202XOSTSE109F

OLLI Travel to Portugal and Spain: Treasures Along the Golden Douro
Join travel expert Kurt Martell of Vantage travel to preview OLLI’s October 2020 trip to Portugal and Spain. Discover the beautiful cities of Barca d’Alva, Pinhao, Regua, Entre-os-Rios and Porto. Learn about pre- and post-trip extensions to Barcelona and Madrid.
Fri • 2/28 • Registration opens 1/17 • Hillsborough County Children’s Board Boardroom • 202XOSTSE109G

Unique Way to Pay Off the U.S. National Debt
Typically conversations about the Fed’s annual deficit, and our national debt, focus on expenditure. Bruce Shanker, CPA will discuss a unique approach for adding revenue and significantly reducing the national debt.
Fri • 3/6 • Registration opens 1/24 • Jimmie B. Keel Regional Library • 202XOSTSE109H
Purposeful Travel: Making Child’s Play Out of a Hot, New Trend
Give a new twist to the latest travel trend: purposeful travel. Join veteran journalist Joan Giangrasse Kates and her daughter, Ana Kates to learn how to create inter-generational travel adventures. It may be easier than you think and can have a huge impact on the young people in your life.
Fri • 3/13 • Registration opens 1/31 • Unity North Tampa • 202XOSTSE109I

An Introduction to the History and Geopolitics of Malaysia
Mahmoud Bennett will offer an overview of Malaysia and a chronology of its history and importance in the region. This will include its history as a former British colony, its geography, language, religion, and social customs. The lecture will also touch on systematic discrimination and allow for discussion. Bennett has gained a wide range of experience from working as an ESL educator to freelancing as a model in Kuala Lumpur. He is currently pursuing a Broadcast News degree at USF.
Fri • 3/20 • Registration opens 2/7 • Jimmie B. Keel Regional Library • 202XOSTSE109J

Keto Nutrition: From Science to Emerging Applications in the Treatment of Neurological Diseases
Join Dominic D’Agostino, PhD, Associate Professor, USF’s College of Medicine to explore what we have learned about nutritional ketosis and how we can harness this physiological state to improve neurological health, biomarkers of metabolic health and stress resilience. He will also discuss its use in pre-clinical animal studies and human clinical trials.
Fri • 3/27 • Registration opens 2/14 • Canterbury Tower, Assembly Room • 202XOSTSE109K

Turkey: Looking Back, Looking Ahead
Trace the origins of Turkish people starting with their migration from mid-Asia to Anatolia and then examine the impact of converting to Islam, the subsequent Ottoman Empire and the rise of the modern Turkish Republic. Gain insights from Dr. Ahmet Colak, from Trabzon, Turkey into the distinctive Turkish culture and the unique geopolitical role of the Turks in bridging the East and the West.
Fri • 4/3 • Registration opens 2/21 • University Village, Auditorium • 202XOSTSE094A

Walking Across England Along Hadrian’s Wall
Join OLLI member Gail Parsons and her granddaughter as they share their 100-mile coast-to-coast self-guided walk across northern England alongside Hadrian’s Wall, a UNESCO World Heritage Site. In the year AD 122, Hadrian, Emperor of the Roman Empire, had his soldiers build a stone wall to keep out the barbarians to the north (invaders from present-day Scotland). Hear Gail, founder of the OLLI hiking group, describe her adventures along Hadrian’s Wall.
Fri • 4/10 • Registration opens 2/28 • Allegro in Tampa (Formerly Renaissance Senior Living) • 202XOSTSE109L

Music and Mindfulness: Back to the Future
Music and mindfulness are both ancient arts created by and for the human mind. This lecture will explore the connections between the two through the lens of art, science, and practice to achieve integrative health in middle to late life. Hongdao Meng holds a Ph.D. in Health Economics from the University of Rochester and is an Associate Professor in the School of Aging Studies, College of Behavioral & Community Sciences at USF.
Fri • 4/17 • Registration opens 3/6 • Jimmie B. Keel Regional Library • 202XOSTSE109M

The Reluctant RV Wife: How a Book was Born
Gerri Almand had never, not even once, looked at an RV tooling down the road and thought, Wow, if only that could be me! Hear her story of writing, editing, and marketing a successful, humorous travel book from her RV office as she and her husband bounced down the road in their tin-can house. With degrees from Florida State and the University of Maryland, Gerri worked with families and children for forty years before reinventing herself as an author, storyteller, and public speaker.
Fri • 4/24 • Registration opens 3/13 • Arbor Terrace at Citrus Park Independent Living • 202XOSTSE109N

Celebrating Our 60th Anniversary in 2020
We applaud Olli-USF for its innovative approach to education. The USF Women’s Club and Olli-USF share a commitment to enhance the quality of life through friendships and special activities in support of USF.

The USF Women’s Club also offers special interest activities for its members that include a book group, bunco, bridge, movies, dining out, and local excursions along with the newsletter Clubline and annual Yearbook.

For more information contact usfwc1960@gmail.com, go to usfwomensclub.com or call Betty Phelps at 813 996-2055 (leave message)
OLLI-USF 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.
Program Locations and Parking Information

Parking for OLLI-USF programs at USF Tampa

Parking permits for on-campus classes are provided free of charge. Park in any S-Student or D-Daily/Visitor spot available: unless otherwise informed on your confirmation/registration receipt, parking permits will be available in your classroom. After pickup, permits will need to be placed on your car’s dashboard: you’ll want to allow a little extra time the first day of class for this. Special arrangements for those with limited mobility can be made directly with OLLI staff. Call Charise at 813-974-2403, option 1 to discuss.

We strive to schedule on-campus courses during non-peak days and times to make it likelier you will find a nearby space.

NEC Building Fletcher Ave. Entrance

The NEC building is OLLI-USF’s home on the Tampa campus. Our offices, computer lab and many on-campus courses meet in this building. The NEC building is at the SE corner of Fletcher and Bruce B. Downs Blvd. The building is signed with “NEC” and “Innovation Hub” by the Bruce B Downs entrance and with a USF seal by the Fletcher Avenue entrance.

The physical address for the NEC building is 3220 USF Banyan Circle; you might also use 13301 Bruce B Downs Blvd when using GPS to locate us.

For classes scheduled at other locations:

Parking is free at every OLLI location except as noted on these pages. Detailed location maps and parking information are emailed a day or two before your first class meeting. Watch for these emails!

Allegro Hyde Park
No parking available on property. Free parking available at Hyde Park UMC lot at the NE corner of S. Magnolia & W. DeLeon, between the Women’s Center and the Edgewater building. No street parking on Azeele.

Florida Aquarium
Parking at the Florida Aquarium is free for OLLI class members.

Italian Club of Tampa
The Italian Club parking lot is located on 18th Street (Angel Oliva Sr. St.) between 7th & 6th Avenue, behind Gaspar’s Grotto. Parking in this lot is free with a permit, which will be provided you at the first class meeting.

Lettuce Lake Park/Audubon Resource Center
An additional charge of $2 per vehicle per day covers parking and park entrance fee.

Straz Center/Tampa Museum of Art
Straz Center for the Performing Arts: Parking at the nearby William F. Poe garage, 800 N. Ashley St., is $1.20 an hour. The automated attendant accepts cash and credit cards. Additional parking information: http://www.strazcenter.org/Plan-Your-Visit/Parking

Tampa Bay History Center
The History Center will provide FREE VALET PARKING for OLLI class members.

Tampa Theater
Use street parking or one of several lots near the theater.

University of Tampa
Parking will be available in the lot between the Vaughn Center and Plant Hall.
Great Experiences Are Just Around the Corner

All program locations are indicated on the large map on the facing page. A downtown inset map is provided as well. Parking is free at every OLLI location except as noted below. For more information, please directly contact the facilities in the listing below.

1. Allegro Hyde Park (AHP)
   800 W Azeele St., Tampa, 813-254-1069

2. Allegro in Tampa (AIT)
   (formerly Renaissance Senior Living)
   16001 Lakeshore Villa Dr., Tampa, 813-344-2633

3. Arbor Terrace Citrus Park (ATCP)
   13810 Sheldon Rd., Tampa, 813-333-9996

4. Audubon Resource Center at Lettuce Lake Park (ARC)
   6920 E Fletcher Ave., Tampa, 813-987-6204

5. Brandon Senior Center (BSC)
   612 N Parsons Ave., Brandon, 813-635-8064

6. Bryan Glazer Family JCC (BGFJCC)
   522 N Howard Ave., Tampa, 813-575-5900

7. Canterbury Tower (CANT)
   3501 Bayshore Blvd., Tampa, 813-837-1083

8. Centro Asturiano (CENT)
   1913 N Nebraska Ave., Tampa, 813-229-2214

9. Children’s Board of Hillsborough County (CBHC)
   1002 E. Palm Ave., Tampa, 813-229-2884

10. Compton Park Community Center (CPCC)
    16101 Compton Dr., Tampa, 813-972-0897

11. Concordia Village of Tampa (CVT)
    4100 E Fletcher Ave., Tampa, 813-977-4950

12. Embassy Suites, Tampa USF (EST)
    3705 Spectrum Blvd., Tampa, 813-977-7066

13. Florida Aquarium (AQUA)
    701 Channelside Dr., Tampa, 813-273-4000

14. Forest Hills Presbyterian Church (FHP)
    709 W Linebaugh Ave., Tampa, 813-932-6149

15. Italian Club (ICOTB, ICOTC)
    1731 E 7th Ave., Tampa, 813-248-3316

16. Jewish Community Center – Cohn Campus (JCC-CP)
    13013 Community Campus Dr., Citrus Park, 813-962-2463

17. Jimmie B. Keel Regional Library (JBKRL)
    2902 W. Bearss Ave., Tampa, 813-273-3652

18. Lake Magdalene United Methodist Church (LMUMC)
    2902 W. Fletcher Ave., Tampa, 813-961-1254

19. Lightfoot Senior Recreation Center (LRC)
    10901 N 56th St., Temple Terrace, 813-506-6630

20. Microsoft Store International Plaza (MSIP)
    2223. N. Westshore Blvd., Tampa, 813-682-1360

21. Port Authority Building (PAB)
    1101 Channelside Drive, #210, Tampa, 813-905-5858

22. Pose By Pose Yoga (PBPY)
    17761 Hunting Bow Cir., Lutz, 813-501-4987

23. St. Catherine’s Episcopal Church (SCEC)
    502 Druid Hills Rd., Temple Terrace, 813-988-6483

24. Straz Center for the Performing Arts (SC)
    1010 N Macinnes Pl., Tampa, FL 813-229-7827

25. Tampa Bay History Center (TBHC)
    801 Water St., Tampa, 813-228-0097

26. Tampa Museum of Art (TPAMA)
    120 W Gasparilla Plaza, Tampa, 813-274-8130

27. Tampa Theater (TT)
    711 North Franklin St., Tampa, 813-274-8981

28. Taoist Tai Chi Brandon (TTCB)
    911 Bryan Rd., Brandon, 813-685-1211

29. The Regent (HCCREG)
    6437 Watson Rd., Riverview, 813-571-2494

30. Thrive Fitness (TF)
    14201 Bruce B. Downs Blvd., Ste. 2, Tampa, 813-895-7367

31. Unitarian Universalist Church of Tampa (UUCT-MB)
    11400 Morris Bridge Rd., Tampa, 813-918-8188

32. Unity North Tampa (UNT)
    19520 Holly Ln., Tampa, 813-948-4884

33. University of Tampa Reeves Theater (UTRT)
    401 W. Kennedy Blvd., Tampa, 813-253-3333

34. University Village (UNVA)
    12401 N 22nd St., Tampa, 813-975-5009

35. Zoo Tampa (ZOO)
    1101 W. Sligh Ave., Tampa, 813-935-8552

USF Campus Locations. (Campus map, p.37)

Graphicstudio
3702 Spectrum Blvd., Ste.100, Tampa, 813-974-3513

NEC Building (NEC)
3220 Banyan Circle, Tampa, 813-974-2403, option 1
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
- Lecture series
- Special events
- Access to the USF library

**Fun**
- Social events, day trips

**Community**
- Travel
- Shared interest groups
- Volunteer opportunities

Three-year memberships are a great deal at $100

Learn more about us and our exciting offerings at a FREE Open House event!

www.usfseniors.org