

OSHER LIFELONG LEARNING INSTITUTE

SPRING SEMESTER 2020

OLLI at UTMB

College-level courses open to those
55+ regardless of previous education.
No credits, no exams, no grades.
Learning for the love of learning—
and the fun!

utmb

Health

OSHER
LIFELONG
LEARNING
INSTITUTE

GREETINGS FROM TEAM OLLI!



Michelle



Kathy



Mildred



Mike

GREETINGS!

Journey with us through the spring semester 2020 curriculum catalogue. Prepare to be dazzled! We enter the New Year offering fascinating free seminars on a wide range of topics where OLLI members and Winter Texans gather together. Fitness options begin the first weeks of January with choices every day of the week: yoga, Pilates, tai chi, Zumba Gold, total body fitness, and more. As always, we invite you to free fitness sessions four days a week. Semester-length academic courses continue throughout the spring. You may wonder how you can choose among all the enticing selections. Again this semester, you can depend on OLLI to offer CPR, AARP Smart Driver© as well as Medicare seminars and free consultations. Please review the vast and varied course topics and activities within the pages of this catalogue. Phone the OLLI office or drop by and register in person as soon as possible. Many courses fill early. As you read this, some courses are already at or near capacity enrollment. Whatever your interest, OLLI aims to offer excellent options. We are one OLLI at UTMB with two locations eager to exceed your expectations. Be a part of the OLLI family to share in the fun friendships and kinships that welcome everyone here!



The Osher Lifelong Learning Institute at UTMB Health located at:

Island Community Center
4700 Broadway, Suite B101
Galveston Island, Texas 77551
OLLI Main Office:
(409) 763.5604

Frank W. Stevens Center for
Health and Wellness
140 E. Hospital Drive
Angleton, TX 77515
(979) 848-9120

Anyone 55 and over can become a member for a \$25 annual academic year membership fee and take courses for fun and to make friends. Tuition for most courses is \$35. To become a member, contact us at the number above and begin enjoying the rewards of OLLI. OLLI HOURS: 9 a.m. - 4:30 p.m. weekdays, except UTMB holidays and on national holidays when the Galveston Island Community Center is closed.

Produced by UTMB Health

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OLLI Angleton Campus



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OLLI Angleton is located at Frank W. Stevens
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Michael Washburn,
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OLLI at UTMB Angleton Growing!

You will find OLLI at Angleton located at the Frank W. Stevens (FWS) Center for Health and Wellness under the leadership of Michael Washburn. At 140 E. Hospital Drive, the Center is a full-service facility offering support groups, information, daily exercise classes, a full range of exercise equipment and many other wellness-related programs for all fitness levels. Beginning with summer school 2019, OLLI at Angleton provides an additional diverse selection of healthy lifestyle education and academic classroom classes.

Established in 1969 and part of UTMB Health since August 2014, the Angleton Danbury Campus offers a variety of quality services including 24 Hour emergency services, an ACR-accredited mammography program, cardiopulmonary clinical laboratory, diagnostic imaging services, outpatient surgery, rehabilitation, physical therapy, wellness and much more.

Lifelong learning at UTMB began in 2002 as a part of UTMB's Institute for the Medical Humanities and, later, Geriatrics Services and Health Policy and Legislative Affairs. OLLI is now supported by UTMB's Office of Business Development. OLLI at UTMB is one of 124 such programs around the country funded by the Bernard Osher Foundation. Our nearly 1,100 members represent great diversity and are from Galveston County, Harris and Brazoria Counties and far beyond. The Galveston Island Community Center at 4700 Broadway houses OLLI offices, the Dean and Marilyn Callender Library for Dynamic Longevity, and our classrooms and fitness space.

OLLI Angleton now extends the same excellence in lifelong learning to our neighbors in Angleton, Danbury, Lake Jackson and surrounding areas. OLLI members, regardless of where they live, can now enroll in classes and activities at the Galveston campus or at the Angleton campus. For Spring 2020, current OLLI members who joined at the Galveston location are encouraged to attend activities at either location by **registering through the Galveston location only**. Angleton members are likewise invited to attend activities at either location and to **register only through their Angleton FWS Center**.

Thank you to the UTMB President's Cabinet for generous funding to underwrite a portion of the first two years of operations at OLLI Angleton. The President's Cabinet, with more than 360 members, includes community and business leaders from the Houston-Galveston area, UTMB faculty and staff, and alumni from across the state and nation. Through their gifts to the university, President's Cabinet members provide seed money to launch initiatives designed to improve the quality of life of the communities UTMB serves. Annual contributions from President's Cabinet members are pooled to make the awards possible. Members have contributed more than \$6 million since 1993. OLLI Angleton is one of 8 projects funded by this year's awards.

(Turn to page 24 for a listing of courses and other activities in Angleton.)

IMPORTANT INFORMATION

OLLI Etiquette

Please refrain from using cell phones for texting or talking in OLLI classrooms. If you must take an emergency call, please be aware that you can still be heard when standing just outside the classroom doors.

Food and drink are not permitted in classrooms.

You're invited to enjoy drinks or snacks in the Dean and Marilyn Callender Library for Dynamic Longevity.

Schedules Sometimes Change

Every effort has been made to ensure scheduling accuracy in this catalogue...but schedules do sometimes change unavoidably. Please check our website for the latest schedule changes or phone the OLLI office. Once you've registered for an OLLI course, you can expect a confirmation email the day before it is scheduled to begin.

Register NOW!

Once you select the courses of your choice, please register soon. Many courses fill quickly, and registration is first-come, first-served. Please phone or email the OLLI office or make your reservations in person to ensure that your choices are available. We discourage mailing

in requests for registration because by the time your mail is received, your chosen course may have filled. Each OLLI activity requires a minimum enrollment. One week before each course is scheduled to begin, it will be cancelled if it has not met the minimum enrollment. Don't be disappointed by waiting to register only to learn the course of your choice was over-subscribed or under-subscribed.

Cancellations to 8-Week Courses

Should OLLI have to cancel a course for any reason, tuition credits can be held for future semesters. You may also request a refund. Should you need to cancel a course, please advise the OLLI office prior to the course commencing. Once a course begins, you can drop the course until the second Session for a tuition credit, but you must notify us immediately. We cannot retroactively issue a tuition credit. If you must cancel because of health issues, please notify the OLLI office immediately. No credits can be issued after the second Session of a course. Please notify OLLI office as soon as possible if you do not plan to take a course.

OLLI Closures:

OLLI will close Martin Luther King Day, April 10 and 15, 16, 17 and Memorial Day.

A Few FAQs:

Q: How can my favorite classes be filled before they are even announced?

A: Popular classes that carry size limits often fill a semester or even a year in advance before actual dates and times have even been announced. We are accepting registrations for future semester courses and for certain fall 2020 courses which will not be offered this spring. To reserve space, you must pay tuition at the time of registration.

Q: May I bring a friend to an OLLI class, just to get an idea of our wonderful classes?

A: Please encourage your friends to join OLLI and participate. That's the way they will get acquainted with OLLI programs. It is not possible for non-members to "sample" OLLI courses. If a friend or relative is visiting you from another state and you want to spend time with your guests without missing OLLI classes, check with the office if it's possible for them to attend one class Session. Non-member guests may not attend OLLI fitness Sessions as guests. No one can attend and "just watch"!

Q: Can someone who is an OLLI member in another state register for OLLI at UTMB Health classes?

A: This question often arises within the national OLLI Network. So far there is no equitable way to transfer memberships since membership costs and practices vary widely across the nation.

Q: When someone registers for a Tuesday yoga class and has to miss for a doctor's appointment, is it okay to catch up by attending the Thursday class? How about when someone misses a Wednesday Pilates, can the Friday Session substitute?

A: You must attend only classes on days for which you've registered and paid tuition. Some people solve this dilemma by enrolling in more than one day. Even if you miss a few Sessions, OLLI courses offer terrific value for your tuition dollars.

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Spring Semester 2020 Curriculum—Enroll NOW!
REGISTER TODAY for the SPRING 2020 COURSES listed above!

Many courses and activities fill quickly. Please phone the OLLI office or make your reservations in person to insure that your choices are available. We discourage mailing in requests for registration because by the time your mail is received in OLLI's office, the course may already be filled.

Tuition for *most* courses is \$35. Higher tuition charges, as well as any special supply fees, are noted on course descriptions.

Call OLLI (409) 763-5604 to register for Galveston courses. For Angleton registration call (979) 848-9120. YOU MUST BE A MEMBER OF OLLI TO ENROLL. CHECK, CASH, MONEY ORDER, OR CREDIT CARDS ACCEPTED. Please make checks payable to UTMB with "OLLI" on the notation in the lower left corner.

You may call in credit card information or mail membership and tuition to:

OLLI at UTMB, 301 University Blvd. Galveston, TX 77555-0972 (**must include 0972 in zip**)

OLLI EXTRAS

**Stop the Bleed Day
at OLLI May 21,
10 AM – Noon**



Stop the Bleed is one of our nation's largest public health campaigns. Its goal is to save lives by training people across the country how to stop traumatic bleeding. National Stop the Bleed Day is a one day call to action. Anyone can be trained and be ready to save someone's life – a friend, a family member, colleague or the person next to you – whether you know them or not. Get trained, get equipped, be ready, be empowered, spread the word. Stop the Bleed. Uncontrolled bleeding is a major cause of preventable deaths. Approximately 40% of trauma-related deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death in trauma. Average time to bleed out: 2 to 5 minutes. Average time for 1st responders to arrive: 7 to 10 minutes. Bystanders can fill the gap with STOP THE BLEED

American Red Cross Certified Adult/Child/ Infant-CPR/AED Training

OLLI Members: \$30—Non-OLLI Members: \$60
Monday, February 3, 12 – 5 PM
Wednesday, March 4, 8 AM – 1 PM
Wednesday, April 1, 12 PM – 5 PM
Wednesday, May 13, 8 AM – 1 PM

Red Cross Certified Instructors: Root Choyce. American Red Cross Adult and Infant CPR training incorporates a variety of learning styles with hands-on practice and real-life scenarios. Participants in this training will receive Red Cross certification and will learn how to use an AED for a victim of sudden cardiac arrest. Take-away materials are designed for use both in the course and outside the classroom as reference tools. Combining lecture, video demonstrations and hands-on manikin training, this course teaches participants to: Call and work with EMS; perform CPR and care for breathing and cardiac emergencies in adults and children; know the role of automated external defibrillators (AEDs).

OLLI offers AARP SMART DRIVER COURSE™

Wednesday, January 29, Noon – 4 PM
Wednesday, March 25, 8 AM – Noon
Thursday, May 28, 8 AM – Noon

This 4-hour Smart Driver Course is presented by Mike Gately, Certified AARP instructor. This class will review new laws. You'll learn how to handle problem situations such as left turns, right of way, interstate highway traffic, trucks and blind spots, how to use anti-lock brakes, air bags and seat belts. Best of all, the AARP Smart Driver Course is only \$15.00 for AARP members and \$20.00 for non-AARP members. (Cash or check only paid on the day of the course.) Bring your

driver's license and AARP card. Certificates are issued at the end of the class. Check with your insurance agent about a discount. Enroll in one of the dates listed above to pay the current tuition. **AARP will raise tuition rates July 1, 2020! Class size is limited. Only those who pre-register will be admitted.**

VOLUNTEERS NEEDED TO PROVIDE FREE TAX HELP TO LOW INCOME FAMILIES AND SENIORS

AARP Foundation Tax-Aide is looking for compassionate and friendly people to join our team of local volunteers for the upcoming tax season. You'll receive training and continued support in a welcoming environment. You will not only learn new skills, but also get a great feeling from helping those who need it most. **Good with fine print?** Be a volunteer tax preparer. You'll work with taxpayers directly; filling out tax returns and helping them seek a refund. Experience isn't necessary – we provide training and IRS certification. **Love working with people?** Be a client facilitator. You'll welcome taxpayers, help organize their paperwork and manage the overall flow of service. AARP Foundation Tax-Aide is offered in conjunction with the IRS. We have 8 locations during tax season: Texas City Carver Center, Mission Milby, Pasadena Central Library, Parker Williams Library, Pearland Library, Webster Recreation Center, Alvin Library and Galveston Rosenberg Library. Training Sessions begin in January and the tax season begins Feb. 1 through April 15. Please visit www.aarpfoundation.org/taxaide for more information, text 281-543-7444 or email ninajohnston4@gmail.com.

Medicare Workshops

February 10, April 13, June 8, 10 AM – Noon. FREE SEMINARS, OPEN TO THE PUBLIC, but you must register in advance.
Presenters: Alex Rischan and Mallory Freitag.

Come to one of these presentations to learn Medicare basics, assistance programs that might be available for you. You'll also get an overview of services that our Area Agency on Aging provides.

FREE Individual Consultations Mondays on the dates listed above and also: January 13, March 9, and May 11. Schedule your private consultation at 9 AM, 1 PM, 2 PM, 3 PM. You must phone OLLI to register in advance for these FREE consultation sessions. Individuals, both OLLI members and the public, are invited to make an appointment to have a benefits checkup and receive unbiased advice on Medicare issues or concerns. Additional individual consultations may be added—call OLLI for information.

OLLI is hosting **Galveston FeatherFest & Nature PhotoFest**
April 15–19, 2020

18TH ANNUAL
FEATHERFEST 2020
BIRDING & NATURE PHOTO FESTIVAL



Location: 4700 Broadway, Galveston, Texas
For details see: <http://galvestonfeatherfest.com>
Volunteer today to help and/or buy **discounted** tickets!
No OLLI courses will meet during this time.

Winter Texan seminars are **FREE** to OLLI members and Winter Texans.
YOU MUST BE A MEMBER OF OLLI TO ENROLL IN SIX- OR EIGHT-WEEK COURSES.
Membership is \$25. Join now and your membership extends through August 31, 2019.

Enrollment is first-come, first-served based on payment of tuition. To guarantee space in the course(s) of your choice, please pay in person or by phone at 409.763.5604.
Mailed registrations may arrive after courses close.

Tuition for most courses is \$35. Please check for special tuition or fees.
CHECK, CASH, MONEY ORDER, OR CREDIT CARDS ACCEPTED.*

****Do not send cash in the mail and do not send credit card information via email.***

Close to course beginning, confirmation and details about meeting location for each course will be emailed to those learners who enroll, along with other information.

For your convenience, OLLI offices are open 9 AM to 4:30 PM every weekday, except UTMB holidays and on national holidays when the Galveston Island Community Center is closed. Offices are located and most Galveston classes meet in Suite B101, Galveston Island Community Center, 4700 Broadway.

For additional information, email: Michelle Sierpina, Ph.D., Founding Director: msierpin@utmb.edu

Thanks to OLLI's partnership with Galveston Island Nature Tourism Council (GINTC) for the Winter Texan activities.



Designates a Winter Texan activity, **FREE** to OLLI members and Winter Texans. Sessions are **FREE** but you must register in advance by phoning (409) 763-5604 or emailing olli@utmb.edu.



Designates one-time seminars in collaboration with the Galveston Island Nature Tourism Council (GINTC) for their Winter Nature Series. Sessions are **FREE** but you must register in advance by phoning (409) 763-5604 or emailing olli@utmb.edu.



Look for our partnership logos with Winter Texans or GINTC for **FREE** Sponsored classes and presentations



To learn more about the Galveston Island Nature Tourism Council (GINTC), visit them at www.GalvestonNatureTourism.org



LOCAL & COASTAL

courses exploring Galveston's rich history and all our coastline has to offer

Microplastics: Big Impacts of Tiny Pollution



Friday, January 17, 10 AM – Noon. 1 Session, FREE.
Presenter: Theresa Morris.

Microplastics in our oceans are detrimental to marine wildlife and potential impacts on humans are not fully understood. Microplastics are plastic debris smaller than 5mm. Estimates suggest up to 236,000 metric tons exist in worldwide oceans. Turtle Island Restoration Network is participating in a project that stretches across the Gulf of Mexico to determine the amount of microplastics in our beach sand and water. This presentation will include current information and research on this issue as well as possible methods for turning this problem into a solution. Come learn how your actions can result in positive change for the environment.

Beginning Birding by Birding for Fun



Tuesday, January 21, 10 AM – Noon.
1 Session, FREE.
Presenter: Kristine Rivers.

Are you one of the millions of people who enjoy watching birds, and would like to learn more about birding? If so, join us for this workshop where you'll find out what to wear and what to bring with you, learn how to select binoculars and field guides, and get a closer look at some of the amazing birds that are common in our area.

Lionfish: Reef Raiders in the Gulf



Wednesday, January 22,
1:30 – 3:30 PM. 1 Session, FREE.
Presenter: Kelly Drinnen, Education & Outreach Specialist Flower Garden Banks National Marine Sanctuary.

Education & Outreach Specialist Flower Garden Banks National Marine Sanctuary. In recent years, Indo-Pacific lionfish have been found in coral reefs throughout the southeast Atlantic, Gulf of Mexico, and Caribbean. While scientists aren't sure exactly how they got

there, it's most likely that people dumped unwanted lionfish from home aquariums into the Atlantic off the Florida coast. Because of their voracious appetites, rapid reproduction rate, and lack of natural predators, these invasive lionfish pose a serious threat to coral reefs like the Flower Garden Banks off the Texas coast, with potential long-term consequences for native fish communities, habitats, and entire ecosystems. Visit with us to learn the details of this invasion and take a look inside some lionfish as we dissect them to figure out what they've been eating.



Photo by Diane Helentjaris on Unsplash

Understanding and Using Your Birding Field Guide



Thursday, January 23, 1:30 – 3:30 PM.
1 Session, FREE.
Presenter: Kristine Rivers.

When you're just starting out, using your field guide to try to identify a bird in the field can be a little difficult! We'll help you understand terminology, narrow down where to look in your field guide, and talk about different identification methods using size and shape, behavior and habitat clues. Then you'll have a chance to practice your identification skills, so be sure to bring your field guide with you!

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Turtle Talk by Turtle Island Restoration Network



Tuesday, January 28, 10 AM – Noon. 1 Session, FREE.

Presenter: Joanie Steinhaus, Turtle Restoration Network

Turtle Restoration Network. Get involved! This presentation will explore Sea Turtle Conservation and Community Involvement. You'll learn that five of the seven species of sea turtles that exist worldwide visit the Gulf of Mexico. The highly endangered Kemp's Ridley nests on Texas beaches. Learn about these ancient reptiles, the serious threats they face and actions you can take to help them. The presentation will include an update on the current status of the Kemp's Ridley, the rarest sea turtle and the world's most critically endangered.

Growing Native Plants for Birds, Bees, and Butterflies



Wednesday, January 29, 10 – Noon. 1 Session, FREE.

Presenter: Debra Pence, Texas Master Naturalist.

Join Debra for a seminar focused on creating a pollinator/nature habitat in your own backyard. We will focus on plants native to Texas, but you will be able to apply the methods wherever you live.

Getting to Know the Galveston Symphony



Thursday, January 30, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Maestro Trond Saeverud.

Did you know that the Galveston Symphony Orchestra (GSO) has been providing unforgettable, quality classical music experiences, ranging from baroque to contemporary, since 1979? Step behind the scenes of the orchestra with GSO's Trond Saeverud, as you learn about the history of the orchestra and how it operates. He will also introduce you to some of the truly gifted amateur and professional musicians who share their talent and passion for music on the historic stage of The Grand 1894 Opera House. Whether you have attended the symphony once or many times, or

never at all, this seminar will give you new insights. You also learn about volunteer opportunities, whether you play an instrument or not. The Maestro will give you a sneak peek at the remaining concerts of the 2019-2020 concert season, as GSO celebrates its 40th anniversary. He will introduce you to the remaining intimate recitals in the elegant ballroom of the historic Moody Mansion, where attendees can meet some of the extraordinary soloists featured in the GSO's 40th Anniversary Season.

The Wildlife of the Coastal Heritage Preserve—Tuesday, February 4, 10 AM – Noon.



1 Session, FREE.

Presenter: Greg Hall, Habitat & Stewardship Coordinator, Artist Boat Coastal Heritage Preserve.

Catch a glimpse of the unique wildlife of the Coastal Prairie that exists inside Artist Boat's largely private 698-acre Prairie Preserve, the Coastal Heritage Preserve. This protected swathe of contiguous preserved coastal prairie is one of Galveston Island's last remaining sanctuaries for the magnificent wildlife that exists balanced on the brink. Please come and enjoy the interpretation of this wonderful landscape and its residents.

Seniors Serve!! Volunteering with a Purpose



Friday, February 7, 10 AM – Noon. 1 Session, FREE.

Presenter: Susan Stone, RV Disaster Corps Program.

For many people, the words "retired" and "senior" bring to mind the end of a career or a decline in an active lifestyle, but for those of us involved with RV Disaster Corps (RV ownership is not required!), those words mean opportunity and a chance to give back to your community! We recruit, train, and coordinate volunteers to assist in areas affected by disasters in Texas and are currently working hand in hand with Galveston County Long Term Recovery Group and others along the Texas coast. Opportunities include everything from administrative work, to furniture assembly, to light construction and much more.

LOCAL & COASTAL

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Tuesday Night Love Letters

Tuesday, February 11, 1:30 – 3:30 PM.

1 Session, FREE.

Presenters: Gini Brown and Leslie Watts.



On Tuesday nights in summer, Galveston's Summer Beach Band presents free concerts featuring rousing marches and show tunes. Each program includes a short vignette of local "fact, fable, or fabulous fibs," as interpreted by local authors Gini Brown and Leslie Watts. These entertaining stories are not a history of Galveston in the strict sense of the word, but the more entertaining non-historical history—the "little" stories of people and events—the tall tales, the gossip, the "didja' hears"—as shared by local folk over back alley fences, between doughnut-shop stools, around cafeteria tables, at church socials and family reunions. Gini and Leslie have put a selection of their favorite stories together in a book in which they share with readers a few dozen short tales of Galveston history as many think it should be told—warm, witty, and memorable, if not always true. Meet the authors in this seminar and hear a tale or two from their book. You will also have the opportunity to purchase an autographed copy and a portion of the proceeds will go to OLLI.

Rat-a-tat-tat! Who's That?

Nature's Drummers

Thursday, February 13, 1:30 – 3:30 PM.

1 Session, FREE.

Presenter: Kristine Rivers.

Woodpeckers are fascinating birds with amazing physiological adaptations and behavioral habits. This presentation discusses how their anatomical structure protects them from injury, then takes a closer look at the species that are common in our area.



It's Time for a Makeover!

Understanding Avian Plumage Variations

Tuesday, February 18, 1:30 – 3:30 PM.

1 Session, FREE.

Presenter: Kristine Rivers.

In this interactive presentation, we'll discuss the



reasons for avian plumage variations, how molting can affect identification, and color changes of bills, lores, legs, and feet. Bring your favorite field guide if you would like to practice your identification skills.

Monarch Butterflies—Each One Counts

Wednesday, February 19, 10:00– 12:00PM.

1 Session, FREE.

Presenter: Author and naturalist Cindy Price.

Attendees will enjoy Cindy's presentation which includes the Monarchs' natural history, North American conservation status, current migration map, and the importance of the "Texas Funnel" and the I-35 milkweed restoration project. Cindy writes and films the nature photography for The Urban Naturalist series of books. She also writes the nature column for Life is Good magazine. Cindy is a long-time Texas resident, who received her Master Naturalist training from the Houston Arboretum. A Master Gardener, she has been raising Monarch butterflies for 25 years.



The Story of Jean Lafitte in Galveston 1817-1820

Thursday, February 20, 10 AM – Noon.

1 Session, FREE.

Presenter: Lou Graves MacBeth of the Laffite Society.

The Laffite Society of Galveston was formed in 1994 and continues to research the life and times of Jean Laffite. Laffite was one of the most enigmatic figures of early nineteenth century American history. Who was this man that spawned romantic novels, mysteries, and pirate lore? He seemed to provide just enough facts to make his story interesting and more than enough secrets to make it a challenge to study him. Between 1817 and 1820, Laffite established and maintained a 1,000-man privateering headquarters in a town he called Campeche, right here on Galveston Island. His 36-month stay here involved drama, political intrigue, and helped shape early Texas history. The crew that stayed after Laffite left will be discussed along with stories of searching for treasure. An interesting and fun look at one of Galveston's most famous residents.



courses exploring Galveston's rich history and all our coastline has to offer



Photo by Kyle Glenn on Unsplash

Beginning Birding

Mondays, March 2 – April 20, 10 AM – Noon.
8 sessions, four in the classroom, four in the field,
\$50.

Instructor: Kristine Rivers of Birding for Fun.

Interested in birding, but not sure how to get started? If so, this course is for you, with 4 instructional classes and 4 field trips. During classes, participants will learn how to select binoculars and field guides; what to wear and what to bring when birding; how to distinguish between similar species; bird topography (features used by field guides to describe a bird's appearance); and much more! The field trips will give participants the opportunity to enjoy leisurely birding in great local hot spots. To fully participate, learners need binoculars, any birding field guide or app, and adequate mobility for outdoor activities. Class size is limited to 10 participants.

BE A VOLLI! Become a volunteer at OLLI. Use your special talents and gifts to help make OLLI even better. Check with Mildred Smith, OLLI Volunteer Coordinator for all the details.

Birding Adventures

Thursdays, February 20 – April 9, 8:30 – 11:30 AM.
8 field sessions, \$50.

Instructor: Kristine Rivers of Birding for Fun.

Enjoy birding on eight field trips exploring different habitats in great birding locations in and around Galveston. Open only to those who have completed prior birding classes at OLLI. Since class size is limited, participants should commit to attending six or more sessions and must arrive on time for carpooling and departure. To fully participate, learners need binoculars, any birding field guide or app, and adequate mobility for outdoor activities. Class size is limited to 10 participants.

SPRING SEMESTER 2020 offers the ideal time to introduce OLLI to a friend. Share the wonders of lifelong learning with family, neighbors, and friends this year. A gift of an OLLI membership will delight someone you know. Is a pal retiring soon? Slip an OLLI membership in the Congratulations on Retirement card.

FOR THE ART OF IT

courses based in the creative and expressive arts

Beginning Fun with the Ukulele I

Wednesdays, 10 AM – Noon, February 5 – March 25.
8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Love the sound of the ukulele? This fun course teaches beginning ukulele skills to play and accompany folk and popular songs from the 1950's to today. Our required course book *Essential Elements Ukulele Method Book 1* by Marty Gross (Hal Leonard Publishers) includes a number of familiar songs and we sing while we play. Purchase the book on your own before class begins and bring your own ukulele to class. NOTE: This course is open to those who have not taken ukulele at OLLI. This course cannot be repeated.

Second Section of Beginning Fun with the Ukulele I

Wednesdays, 10 AM – Noon, April 1 – May 27.
8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Beatles Fab Fun with the Ukulele

Wednesdays, 1:30 – 3:30 PM, February 5 – March 25.
8 Sessions, \$35.

Instructor: Dr. Robert Krout, SMU Professor Emeritus.

Ready to learn and play Beatles songs with the ukulele? This course is for students who have completed at least OLLI's *Beginning Fun with the Ukulele*. We apply and expand our ukulele skills while learn to play and sing Beatles favorites that progressively span their albums from 1962 to 1970. We also learn the back story and origin of each song. Our songs are selected from the *Beatles Ukulele Jam Packet*, available for free download from ukulenny.com. The final class features a recital of the songs we have learned. Invite your fab family and friends! NOTE: This course is open to those who have taken ukulele courses in OLLI. This course can be repeated.

Second Section of Beatles Fab Fun with the Ukulele

Wednesdays, 1:30 – 3:30 PM, April 1 – May 27.
No class April 15. 8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Lively Community Recital May 27. Y'All Come!

Beginning Fun with the Ukulele II

Thursdays, 1:30 – 3:30 PM, February 6 – March 26.
8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Love the sound of the ukulele? This fun course teaches beginning ukulele skills to play and accompany folk and popular songs from the 1950's to today. Our required course book *Essential Elements Ukulele Method Book 1* by Marty Gross (Hal Leonard Publishers) includes a number of familiar songs and we sing while we play. The final class features a recital of the songs we have learned. Invite your family and friends! Purchase the book on your own before class begins and bring your own ukulele to class. Invite your friends to the recital on March 26. NOTE: This course is open to those who have taken beginning ukulele one time. This course cannot be repeated.

Continuing Fun with the Ukulele

Thursdays, 10 AM – Noon, February 6 – March 26.
8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Ready to continue your creative journey with the ukulele? This course is for students who have completed OLLI's *Beginning Fun with the Ukulele* and who are ready for the next level. We learn intermediate ukulele skills in chording, strumming, fingerpicking, and melody playing. Our required course book *Essential Elements Ukulele Method Book 2* by Marty Gross (Hal Leonard Publishers) includes a number of more challenging familiar songs and we sing while we play. The final class features a recital of the songs we have learned. Invite your family and friends! Purchase the book on your own before class begins and bring your own ukulele to class. Remember to tell friends about the fun recital on March 26.

Second Section of Continuing Fun with the Ukulele

Thursdays, 10 AM – Noon, April 2 – May 28.
No class April 16. 8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Lively Community Recital May 28. Y'All Come!

NOTE: Beginning April 2020, you can take this course

after completing beginning Ukulele II. After April 2020, those who have taken Continuing Fun with Ukulele may repeat the course only one time.

Advancing Fun with the Ukulele

Thursdays, 1:30 – 3:30 PM, April 2 – May 28. **No class April 16.** 8 Sessions, \$35.

Instructor: Dr. Robert Krout, Professor Emeritus of Music Therapy (SMU).

Want to be challenged as you progress on your creative journey with the ukulele? This course is for students who have completed both OLLI's Beginning and Continuing Fun with the Ukulele courses. We learn more advanced ukulele skills in chording, strumming, fingerpicking, and melody playing. We use the song book *The Daily Ukulele* by Jim Beloff (Hal Leonard Publishers), which includes a number of challenging familiar songs that we sing while we play. The final class features a recital of the songs we have learned. Invite your family and friends! Purchase the book on your own before class begins and bring your own ukulele to class. Everyone's welcome to attend uke recital on May 28. Beginning April 2020, you can take this course after completing Continuing Fun with Ukulele. After April 2020, those who have taken Advancing Fun with Ukulele may repeat the course only one time.

Watching Movies Make Their Magic, The Silent Era

Thursdays, February 6 – March 26, 1:30 – 3:30 PM. 8 sessions, \$35.

Instructor: Stephen Curley, award-winning English professor, Texas A&M at Galveston.

Movies can broaden our experiences. We'll be looking at short clips and full-length movies from 1895 to 1927 to see how filmmakers use images, sound, and editing to entertain and inspire us. Be part of a lively encounter with "moving pictures" and enlarge your appreciation of the creative effort behind TV shows, commercials, YouTube videos and movies. Come ready to watch, listen, talk, learn—and have fun!

Watching Movies Make Their Magic, The Thirties

Thursdays, April 2 – May 28, 1:30 – 3:30 PM. 8 sessions, \$35. **No class April 16.**

Instructor: Stephen Curley, award-winning English professor, Texas A&M at Galveston.

Movies can broaden our experiences. We'll be looking at short clips and full-length movies from 1927 to 1938 to see how filmmakers use images, sound, and editing to entertain and inspire us. Be part of a lively encounter with "moving pictures" and enlarge your appreciation of the creative effort behind TV shows, commercials, YouTube videos and movies. Come ready to watch, listen, talk, learn—and have fun!

Get Hooked! Beginner Crochet

Fridays, February 14 – April 3, 1:30 – 3:30 PM. 8 Sessions \$35.

Instructor: Marianne Pascal.

There is a crochet pattern and project for everyone to be successful once you know the basic stitches and a few tips and tricks for working your yarn more easily. This class will begin with holding your hook and yarn with proper tension, guide you through basic stitches, and explore two different types of yarn. The projects will include: a bookmark, a scarf, and a dish towel/hand towel/washcloth. You will get written instructions for the scarf and towel, plus video links to all the projects to help you practice at home. By the end of the class, you will have the skills to convert the towel pattern into an afghan—if you choose. You will purchase your own supplies from a list provided when you register. The benefits of crochet go beyond beautiful projects. Crochet can improve dexterity and hand-eye coordination, and reduce stress, depression, anxiety, and the risk of age-related cognitive impairments. Warning: once you learn to crochet you may be hooked for life.

Stay Hooked: Crochet A Fabric Fusion Blanket

Fridays, April 24 – June 12, 1:30 – 3:30 PM. 8 Sessions, \$35.

Instructor: Marianne Pascal.

The second in the crochet sequence, this course is designed for those who have completed the Get Hooked Intro class, or anyone who is comfortable making a single and double crochet stitch. In Stay Hooked, we will make a one-of-a-kind blanket that fuses fabric squares with crochet stitches making a blanket project easier for the new crocheter. This blanket is perfect for "upcycling" your old flannel shirts or worn blue jeans or creating

FOR THE ART OF IT

courses based in the creative and expressive arts



Artwork courtesy of Gay Paratore

an heirloom keepsake out of beloved fleece blankets or baby clothes. Everything old will be made new again in this class – or you can buy new fabric that matches your personal style. Please contact Marianne in advance of this class so she can answer your questions and help to ensure you have enough material to make what you want for this class.

DRAW...for Health and Happiness

Thursdays, April 2 – May 28, 1:30 – 3:30 PM.

No class April 16. 8 Sessions, \$50.

Instructor: Martha Terrill.

In these classes you will learn the fundamentals of art and the elements used to create a drawing. You will gain an understanding of motivation and self-expression. It will be a time of fun and discovery. Beginner or experienced, you will learn concepts taught at college level. The Washington Post has called art the new meditation, asserting that creative activity is a potent recipe for psychological well-being and healing. So, why

wait? Can't draw a straight line with a ruler? This course will teach you how. Don't have a creative bone in your body? You don't need one! Come, enjoy the fellowship, have some fun, and find your own visual language! New content is always being added. If you've taken Martha's classes before, come for more fun and inspiration. Course tuition includes use of drawing materials in the classroom.

Water Reflections in Pastels

Tuesdays, February 18 – April 7, 1:30 – 3:30 PM.

8 Sessions, \$50.

Instructor: Gay Paratore.

Have fun doing water reflections in pastels, the easy medium. It's just creative scribble and smear. There are several ways to do pastel reflections in water, each technique will be demonstrated. Reflections vary with the movement of water; this will also be addressed. You will be surprised to learn how easy and special this process is.

Citizen Researcher 101

Thursdays, March 5 – April 30, 10 AM – Noon.

No Class April 16. 8 sessions, FREE!!

Instructor: Ming (Huey-Ming) Tzeng, PhD, RN, Professor, UTMB School of Nursing.

Do you want to contribute to aging research “Finding a voice to seek support for self-care behaviors to navigate through the healthcare system” and engage in the research process as a citizen researcher? The instructor/research scientist would like to seek your perspectives about seniors’ self-care capacity to navigate through the healthcare system in the Galveston area. The instructor is eager to learn from you and to co-create strategies with you and other seniors to help seniors seek support for increasing their self-care capacity. If you ever thought of being a research team member, this course is for you. Join this internationally respected research scientist to learn the importance of study subjects and other roles in research. Hands-on experience with aging research will help you understand the main components of research. No prerequisites required. Resource materials will be provided. Class size is limited, so you and your friends must register in advance for this FREE COURSE. Become a citizen researcher—your community needs you!

Eight Weeks with Walt Whitman

Tuesdays, April 14 – June 2, 1:30 – 3:30 PM.

8 Sessions, \$35.

Instructor: Dr. John Gorman.

The Poet of Democracy. The Poet of the New. Pioneer and Master of Free Verse. He can title his longest poem "Song of Myself" without seeming like a jerk. Any edition of his "Leaves of Grass" will fill the bill for our eight-week tour with this Essential American Being. “POETRY IS NEWS THAT STAYS NEWS,” says Ezra Pound. With Walt Whitman (1819-1892), in both this work and his persona—also a poetic creation—it clearly does.

Estate Conservation and Financial Planning

Thursdays, February 13 – April 9, 10 AM – Noon.

One class will be skipped, to be announced.

8 Sessions, \$35.

Instructor: John Thompson, Chartered Financial Consultant, Certified Life Underwriter, and Registered Financial Principal.

<http://www.utmb.edu/olli/>

Maintaining an Estate, no matter the size, takes more than just an occasional glance. A few people have it all figured out: complete inventory of all possessions, total understanding of pension-IRA- 401K- 403B-Social Security-Life/Health Insurance, and the Stock Market. They have an updated will. Then there's the rest of us! This course will help you be knowledgeable and confident about choices you make in maintaining and distributing your estate. For those who have attended one of our previous sessions...Market & Economic conditions demand your attention! Come, refresh your knowledge and fine-tune your portfolio. For first timers: We will continue to use the UTMB Booklets as a guide to learn and gather information, material you will find useful for the rest of your life. Open discussions will center around qualified and non-qualified monies, real and personal property, insurances and annuities, documentation, gifting and distribution. You'll enjoy making the wisest use of all your assets.

Un Paso Adelante

Mondays, February 10 – April 6, 1:30 – 3:30 PM.

8 Sessions, \$35. (One Monday will be skipped. Date to be announced.)

Instructor: Joie Soske.

This course will take the student one step further into the wonderful world of Spanish. It will pick up where the first course left off, with a review of verbs in the present indicative. Permission of instructor is required.

Literary Tapas

Wednesdays, February 19 – April 22, 10 AM – Noon.

8 Sessions, \$35. No class April 15.

Instructor: Saralyn Richard, author, former educator, and experienced teacher of creative writing and journalism.

If you've ever enjoyed the hearty, scrumptious Spanish appetizers known as tapas, you know the pleasures of sampling small bites of great food. This OLLI literary group has adopted the analogy to describe the way we read and discuss excerpts and short literary works, using Socratic questioning to delve into the possible interpretations and meanings we find. Come be a part of this spirited group! This class welcomes anyone who likes to read, think, and talk. This class will fill quickly, so register early. Actual Dates: February 19, 26, March 4, 11, 25, April 1, 8, 22.

SCHOLARLY STUDIES

continuing education and self improvement courses – for the fun of it!

Fun with Creative Writing

Alternate Wednesdays, February 19 – May 13,
1:30 – 3:30 PM. See actual dates below.

8 Sessions, \$35. No class April 15.

Instructor: Saralyn Richard, author, former educator, and experienced teacher of creative writing and journalism.

If you love reading, listening to, telling, or writing stories, this class is for you! In this course you will analyze what makes creative writing interesting and meaningful. You will practice creating lively stories of your own. Leave behind your memories of sophomore English class and bring along colorful and imaginative thoughts and experiences. Using the elements of creative writing, together we will share stories of life! Actual Dates: February 19, March 4, 11, 25, April 8, 22, 29, May 13.

Introduction to Lifestory Groups at UTMB

Two-part seminar Tuesday, January 14 and Tuesday, January 28, 10 AM – Noon.

Instructor: Cynthia Antonelli.

This two-part free seminar is for those new to lifestory groups at UTMB who want to join a spring writing group. Experienced lifestory group participants requested this special two-part training so that friends could join them in the adventure of lifestory writing and sharing. This training is for anyone who has not previously participated in UTMB's lifestory groups. After completing both Sessions of this training, you will be prepared to join one of the lifestory courses offered this spring. If you'd like to sample a lifestory group at UTMB, this is the ideal way to give it a "test drive" to see if it is right for you. Class size is limited and there is no fee. NOTE: You must attend both Sessions.

Creating or Enhancing a Meditation Practice

Tuesdays, March 24 – May 12, 10 AM – Noon.

8 Sessions, \$35.

Instructor: Terry Conrad.

Meditation is such an important spiritual tool for living a balanced and happy life. Decades of research on meditation document the mental, physical, and emotional benefits that a few minutes a day will offer us if we know how to properly meditate. In eight short

weeks, the class will introduce several very simple meditation techniques that anyone can use for a deeper sense of well-being, peace-of-mind, happiness, and joy. Whether you have never meditated before or just want to enhance your current practice, this course will meet your needs. Please join us for an inner adventure of a lifetime.

Lifestory

Tuesdays, February 4 – May 19, 1:30 – 3:30 PM.

8 sessions, \$35.

Instructor: Alison Barker.

Scientific evidence demonstrates the importance of telling and sharing life stories. Learners at all levels of writing skill—including novices—will enjoy sharing their memories. The course is open to those who have experienced OLLI lifestory groups in previous semesters or who have completed the Introduction to Lifestory. Learners get a chance to develop and share their stories and give feedback on stories they hear. Only a limited number of spaces are available, and participants are asked to commit to attend a minimum of 6 of the 8 sessions. This class meets first and third Tuesday of each month. Actual dates: February 4, 18, March 3, 17, April 7, 21, May 5, 19.

OLLI Readers Group!

Meets once a month on Monday afternoons

1:30 – 3 PM, usually the first Monday of the month.

Discussion Facilitator: Nancy Wingstrom.

Calling all READERS – books, Kindles, Nooks, e-books! Have you ever thought about joining a Book Club or wondered what it would be like? Have you read a book and wished you could participate in a meaningful and enlightening discussion group about it, sharing your thoughts and ideas and hearing different points of view? We know OLLI has LOTS of avid readers – so let's get together and discuss books by a variety of best-selling authors. Any OLLI member is welcome to attend this free gathering. Contact the OLLI office for the title of the next book and let us know if you plan to attend so that we can reserve the perfect size classroom. Group size is limited, so reserve your spot now!

continuing education and self improvement courses – for the fun of it!

Why We Fight

Tuesdays, March 3 – April 21, 10 AM – Noon.

8 Sessions, \$35.

Instructor: Mel Tarman, author and historian.

America has been engaged in wars since 90% of the time since we won our independence in 1776. We have only enjoyed peace less than 10% of the time since our nation was born. Yes, we are a militaristic nation and have spent over 60 trillion dollars fighting our wars. In these eight sessions, we will explore the

wars we have fought these past 244 years and the unintended consequences that were the results of our great battles. We start with the battle of 1812 and New Orleans just a little over 25 years after the United States came into existence. From there we will go on to the terrible Civil War and the rest of the 19th century wars. 20th century America saw a war almost every decade. We are still fighting today. We close our session with a discussion about a most frightening war, cyberwarfare. Join me as we answer the question, “Were these wars necessary?”

Caregiver Connection

Support Group for Family Caregivers of Adults with Dementia or Special Needs



Date & Time

First Wednesday of Every Month
12:15 - 1:15 p.m.

Location

Island Community Center
Suite B101, Sand Dollar Room
4700 Broadway, Galveston, TX 77551



The Caregiver Connection provides ongoing educational and emotional support for caregivers of adult family members with dementia or special needs.

Join us each month to take part in group discussions led by licensed professionals. Participants are encouraged to bring their lunches; dessert will be provided.

Facilitators

Robert Lemire, MSW

Social Worker, UTMB Community Health Network

Alice Williams, MS, LBSW

Community Education Specialist
UTMB Sealy Center on Aging

Faculty Sponsor

Michelle Sierpina, PhD, Founding Director, OLLI at UTMB Health

Get More Info: 409-266-9647 or alwillia@utmb.edu | **RSVP for Group:** 409.763.5604 or msierpin@utmb.edu

TECHNOLOGY & GAMES

courses related to games, technology or computing

Modern Board Games—How a Niche Hobby Became Mainstream



Wednesday, February 5, 10 AM – Noon. 1 session, FREE.

Presenter: Paulo Castillo.

This seminar takes a critical look into the world of Modern Board games. Board games are going through a modern-day renaissance. It is time that we pay attention. The benefits of board gaming include social interaction and networking, enhanced critical thinking, and improvement in other mental capabilities. In a world dominated with distracting screens, board gaming is the analog focus that has matured yet remains underappreciated. Join Paulo as he invites you to discover this world.

Board Games for the 21st Century

Fridays, February 14 – April 3, 1:30 – 3:30 PM.
8 Sessions \$35.

Instructor: Paulo Castillo.

Explore the wonderful world of modern board gaming! Each week, introduced to a new game, you will spend the rest of the session gaining confidence and mastery. It's time to update what you play. You'll soon replace classics such as Yahtzee, Dominoes, and Monopoly. Prepare yourself to become captivated by modern classics such as Ticket to Ride, Catan, Codenames, and Azul! Surprise yourself, your friends, and the next generations of your family as you interact in intriguing new ways. Games and playing equipment will be provided. Warning: these new games may be habit forming. Beware! OLLI has no responsibility for long hours enjoying these contemporary games instead of those same hours lost to boring television and Internet monotony. Class size is limited. Register today!

Introduction to Mah Jongg

Tuesdays, February 18 – April 7, 10 AM – Noon.
8 Sessions, \$45.

Instructor: Alice Wygant.

Learn the fundamentals of American mah jongg, a wonderful game that improves cognition and memory while providing hours of enjoyment. Mah

jongg is widely played in Galveston and all around the world because it's fun and challenging. American mah jongg is based on a traditional Chinese game played with tiles. We'll use a combination of classroom instruction and playing the game to bring participants to a level of skill that enables them to play independently with local groups. Mah jongg sets are available for classroom use, and current cards are provided. Each class builds on lessons learned in the previous classes. The first class is especially important because you will learn tiles and their functions, which are different from any American games. This knowledge forms the foundation for all the other classes. You must be present at the first class meeting on February 18 or you cannot participate in the course. If you are unable to attend February 18, please do not register for the course. Class size is limited, so enroll early.

Mah Jongg Strategies

Tuesdays, February 18 – April 7, 1:30 PM – 3:30 PM.
8 Sessions, \$35.

Instructor: Alice Wygant.

Whether you've just completed the OLLI Introduction to Mah Jongg class, or you've been playing for a while on your own, honing the game's strategy will take you to whole new level of proficiency and fun. Alice will use a combination of lecture and mah jongg play to discuss the strategy and the psychology of the game. You will also learn new ways to make the best use of the tiles you're dealt and how to adjust your strategy as the game progresses. The class is open to those who have completed Introduction to Mah Jongg at OLLI or who have been approved by the instructor. Ask OLLI staff for details. Class size is limited.

Advanced Poker Seminar

Thursdays, February 20 – April 9, 1:30 – 3:30 PM.
8 Sessions, \$35.

Instructor: Stan Blazyk.

Texas Hold-em is one of the most challenging games in the world. Although simple to learn, it is very difficult to master. In this class we will examine the logic and techniques used by the professionals.

In particular, we will look at how advanced players make crucial decisions and the strategies they use to gain advantage over their opponents.

Board Games for the 21st Century, Part II

Tuesdays, April 14 – June 2, 1:30 – 3:30 PM.

8 Sessions, \$35.

Instructor: Paulo Castillo.

Whether you've just completed the OLLI Board Games for the 21st Century Part I or you've been playing board games for a while, this course continues to introduce new modern games! Replace old favorites like Life, Trivial Pursuit, and Clue with modern award-winning classics such as Carcassonne, Pandemic, and Splendor. Each session will begin with a small lecture, instruction for the game of the week. The remainder of the session will be spent playing a board game. All games will be provided and prepare to have some analog fun! Break away from the phones and internet and make some new friends along the way. While this class is open and designed for those who have completed

the previous course, others will be considered per instructor approval.

Hit the Easy Button: Using High-Tech and Low-Tech Tools for Everyday Living

Fridays, April 24 – June 12, 10 AM – Noon.

8 Sessions \$35.

Instructor: Marianne Pascal.

Technology is everywhere! Friends send text messages, kids want to Skype with you, even the grocery store has handheld scanners for shopping. Learning 21st Century Technology (and how it can enhance your life) opens doors to living a safe, healthy, active and independent life. This course gives an overview of a wide variety of high- and low-tech tools that will benefit users across the lifespan. We won't specifically teach you how to use your smart phone—there is too much variation in phones. We will go over a wide variety of tools for communication, safety/security, health, leisure and daily living (including your phone) so that you can pick tools right for your life today and make a plan for the tools you may want to use in the future.

FREE FITNESS SESSIONS!



**9 A.M. to 10 A.M.
every Tuesday,
Wednesday, Thursday
and Friday at OLLI
4700 Broadway,
Suite B101, Galveston**

(50 weeks a year, no sessions on national holidays)

Sessions offer seated low impact fitness activities. All props and weights required are provided by OLLI.

NO Charge and No Pre-Registration is required

FREE Fitness Sessions are open to all those 55 and over and do not require membership in OLLI. Drop in for a single session or join them all. Participate at your convenience.

KEEPING HEALTHY

health and fitness courses for the mind, body and spirit

Put Positivity to Work for You!

Friday, January 10, 1:30 – 3:30 PM. 1 Session, FREE.

Presenters: Sarah Linde and Robert Lemire, UTMB's Community Health Network.

We often hear about increasing positivity in our lives and making positive changes in places like social media, magazine articles, and more, but how can we actually go about making such changes in our daily lives? Presenters Sarah and Robert will discuss the effects of positivity, as well as how to identify negative thoughts and transform them into positive ones.



Hearing Loss is Not for Sissies!

Tuesday, January 14, 10 AM – Noon.
1 Session, FREE.

Presenter: Carolyn McMahon, certified trainer for National Consumer Assistive Technology.

Have you noticed that people seem to mumble? Do you often ask people to repeat what they said? Do you have a loved one who rarely joins in conversations? Hearing loss affects everyone—those who have the hearing loss as well as the people around them. In this seminar we will explore the types and impacts of hearing loss followed by a brief overview and demonstration of hearing assistive devices, some of which are available for free! Whether you have a hearing loss or have a loved one who does, you will leave armed with strategies for making life with hearing loss less challenging. We encourage everyone who attends to bring a family member, if possible.



Stop the Bleed

Wednesday, January 15, 10 AM – Noon.
1 Session, FREE.

Instructors: Tamara Connell, RN, BSN, and colleagues

Studies have shown that the help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive. The Bleeding Control Basic Course gives participants the necessary tools to become an empowered initial responder. This course is designed to train individuals on what to do as an immediate responder in a bleeding emergency and covers the ABCs of bleeding as a method to stop an active bleed. The course includes a



class presentation and hands-on skills demonstration on tourniquet application, wound packing, and pressure application. At the conclusion of the course, participants will receive tips on how to present the materials, and ways to provide a positive learning experience when teaching a Bleeding Control Basic course will be discussed. Stop the Bleed, originated by the American College of Surgeons, a national initiative, is an awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Class size is limited. Sign up today for this free session!

Taking the Message and Medicine Home

Thursday, January 16, 10 AM – Noon.
1 Session, FREE.

Presenter: Dr. Meredith Masel.

Did you know that as soon as you finish talking to your doctor, nurse, or other healthcare team member you may forget more than half of what was said? It doesn't have to be that way anymore. Come to this session to learn about how you can talk to care team members about audio recording information that you may need to hear again. As one patient said, "It's like having another person there with you." Bring your mobile device with you so that you can learn the simplest way to "Take the Message and the Medicine Home." Mobile device/phone/tablet not required to attend this session!



The ABC's of Parkinson's Disease

Friday, January 24, 10 AM – Noon.
1 Session, FREE.

Presenter: Celeste Harris, LMSW, Director of Social Services at Houston Area Parkinson Society.

Parkinson's disease (PD) is a neurological disease impacting nearly one million Americans, more than the number of people diagnosed with MS, muscular dystrophy and Lou Gehrig's disease (or Amyotrophic Lateral Sclerosis) combined. Twenty years ago, Michael J. Fox captured our attention with his diagnosis of Parkinson's, but our collective understanding of PD is still associated with a tremor. Come learn from experts with Houston Area Parkinson Society, a local non-profit that educates and supports the community on all things



Parkinson's. Take home tips for keeping your brain and body healthy. You will leave the seminar feeling empowered to better understand the disease that many live with while still living life to the fullest.

The Body: A Guide for Occupants[®]2019, by Bill Bryson

Mondays, February 3 – March 23, 10 AM – Noon.
8 Sessions, \$35.

Instructor: David McCormick, MD.

Did you know that your skin harbors about 100,000 microbes per square centimeter? Astonish your friends, children and grandchildren with what you have learned about how the body works. UTMB pediatrician and Professor Emeritus, David McCormick, will lead interactive weekly discussions on chapters from Bill Bryson's fun, addictive, and comprehensive new book on body systems. We will discuss topics such as "Microbial You," "The Brain," "The Chemistry Department," "Conception and Birth," "Nerves and Pain." Dr. McCormick will ask students to purchase the book or borrow from the library (\$14.99 on Kindle) and will assign one or two chapters/week. In class, students will kick off discussions by reporting on 2 or 3 startling new facts they have learned.

Pillars and Practices for a Healthier Life

Wednesday, February 12, 10 AM – Noon. 1
Session, FREE.

Presenter: Sagar Kamprath, MD.

If a medicine could keep you young, healthy, and fit throughout your life, would you take it? Of course, you would! In today's world of refined foods, stress, and sedentary behaviors, instead of a magic pill, your lifestyle choices can do wonders for your health. This seminar will focus on exercise and nutrition and the simple preventive interventions you and your loved ones can follow to improve your future health. You will learn the four anti-cancer pillars chronicled by Dr. David Servan-Schreiber. Together we will also explore how nutrition trends in the last century have resulted in more unhealthy societies. Leave the seminar knowing steps that you can take to change your life with healthful lifestyle practices.



Hearing Matters

Fridays, March 6 – May 1, 10 AM – Noon.

No class April 17. 8 Sessions, \$35.

Instructor: Carolyn McMahon, certified trainer for National Consumer Assistive Technology.

What do Whoopie Goldberg, Lou Ferrigno, Phil Collins and Rush Limbaugh all have in common? They and over 48 million people in America have hearing loss of some kind. Untreated hearing loss can lead to isolation and is believed to be a factor in the development of dementia and Alzheimer's. This course will cover a wide range of topics related to hearing loss including captioning apps for cell phones (bring your own phone), ADA-AA, travel devices/apps, emergency preparedness, resources for support and help with mitigating hearing loss, communication tips/practice. There will be hands on device demonstrations, group activities, games, and other activities. Case studies, guest speakers, and videos will be included. Whether you have a hearing loss yourself, or are seeking to help someone (friend, family member or client) who has a hearing loss, you will find information to improve your/their quality of life.

Shall We Dance?

Tuesdays, February 18 – April 7, 10 AM – Noon.

8 Sessions, \$35.

Instructors: Judy and Bill Biggs.

Researchers at Albert Einstein College of Medicine in New York found that those 75 and older who engaged in cognitively stimulating activities, including ballroom dancing, demonstrated reduced risk of dementias. If you have always wanted to ballroom dance, join Bill and Judy as they provide an introduction to the Waltz, Foxtrot and Swing and perhaps a few other steps as well. Novice or experienced dancer, learning a few new steps could jazz up your routine. Learn why James Brown said, "Any problem in the world can be solved by dancing." Even Pope Francis himself has claimed he used to love to do the tango when he was young. Stay fit and flexible, keep alert, and have lots of fun dancing! Find yourself a partner and sign up. All are welcome.

KEEPING HEALTHY

health and fitness courses for the mind, body and spirit

Pilates Foundations/Level I Mat for Strength, Stretch, and Balance

See actual dates below.

Stott Pilates Method Certified Instructor: Beth Bullock.

All fitness levels can register with the minimum standard of being able to get up and down from the floor unassisted, and tolerating lying side, front, and back for prolonged periods of time. Join Beth Bullock, who has been teaching group and one-on-one Pilates classes for over 18 years. Experience this contemporary style of instruction which holds true to Joseph Pilates philosophy of body, mind, spirit alignment, core engagement, and mindful movement. Whether novice or more experienced, every level of skill is welcome in the Wednesday and the Friday Sessions to achieve body discipline and renewed vitality.

January Series: Tuition is \$35 for eight sessions.

Wednesdays, 10:30 – 11:30 AM, January 8 – February 26.

Fridays, 10:30 – 11:30 AM, January 10 – February 28.

March Series: Tuition is \$35 for eight sessions.

Wednesdays, 10:30 – 11:30 AM, March 11 – April 29.

Fridays, 10:30 – 11:30 AM, March 13 – May 8.

No class on April 10 and April 17.

May Series: Tuition is \$35 for eight sessions.

Wednesdays, 10:30 – 11:30 AM, May 13 – July 1.

Fridays, 10:30 – 11:30 AM, May 15 – July 3. Add a Wednesday Pilates for the eighth session. No Pilates June 19.

Zumba Gold®

See actual dates below.

Certified Instructor: Claudia Clark.

Zumba is a medley of dance styles, including merengue, cha-cha, cumbia, reggaeton, tango and salsa. Zumba Gold breaks these dances down to address the anatomical and biomechanical needs of active older adults or the unconditioned, but healthy beginner. This class is not to learn to dance but teaches the participant to move through the music. Claudia stresses the importance of balance, breathing, coordination and posture. Zumba Gold stays true to the original Zumba concept and is inspired by authentic music. Claudia, a certified Zumba Gold instructor, has created unique choreography while using the guidelines put forth in



Zumba Gold standards. Dance to Claudia's music and moves.

January Series: Tuition is \$35 for eight sessions.

Mondays, Noon – 1 PM, January 6 – March 2.

No class, January 20.

Fridays, Noon – 1 PM, January 10 – February 28.

March Series: Tuition is \$35 for eight sessions.

Mondays, Noon – 1 PM, March 9 – April 27.

Fridays, Noon – 1 PM, March 13 – May 8. No class, April 10 and 17.

May Series: Tuition is \$35 for eight sessions.

Mondays, Noon – 1 PM, May 11 – July 6.

No class, May 25.

Fridays, Noon – 1 PM, May 15 – July 3.

No class June 19.

Total Body Combo Workout!

See actual dates below.

Certified Instructor: Claudia Clark.

Challenge yourself in this exercise program for total body fitness beginning with a warm-up using light weights, small balls, and elastic tubes, with a chair for support. You'll experience stretching, improvement in balance and posture, breathing, and joint movement. Dance, feel the music, develop better coordination, and have lots of fun. Total body fitness is perfect for stress reduction, heightened focus, enhanced concentration, and increased bone density. Tone your muscles with Zumba Gold moves, while core body muscles respond to the new Zumba sentao.

January Series: Tuition is \$35 for eight Sessions.
Tuesdays, Noon – 1 PM, January 7 – February 25.
Thursdays, Noon – 1 PM, January 9 – February 27.

March Series: Tuition is \$35 for eight Sessions.
Tuesdays, Noon – 1 PM, March 10 – April 28.
Thursdays, Noon – 1 PM, March 12 – April 29.

No class, April 16.

May Series: Tuition is \$35 for eight Sessions.
Tuesdays, Noon – 1 PM, May 12 – June 30.
Thursdays, Noon – 1 PM, May 14 – July 2.

Tai Chi for Health

See actual dates below.

Certified Instructor: Natalie Skynear.

Experience Tai Chi, which is gentle yet invigorating and strengthening. Each class will include qigong and tai chi and will provide flexibility, core strengthening, and structural balance. These Sessions are open to novice to experienced Tai Chi students.

January Series: Tuition is \$35 for eight Sessions.
Tuesdays, 1:30 – 2:30 PM, January 7 – February 25.
Wednesdays, Chair Tai Chi, Noon – 1 PM, January 8 – February 26.

Thursdays, 1:30 – 2:30 PM, January 9 – February 27.
Fridays, Chair Tai Chi, 1:30 – 2:30 PM, January 10 – February 28.

NO TAI CHI: March 3, 4, 5, 6

March Series: Tuition is \$35 for eight Sessions.
Tuesdays, 1:30 – 2:30 PM, March 10 – April 28
Wednesdays, Chair Tai Chi, Noon – 1 PM, March 11 – May 6. **No Class, April 15.**
Thursdays, 1:30 – 2:30 PM, March 12 – May 7. **No Class, April 16.**

Fridays, Chair Tai Chi, 1:30 – 2:30 PM, March 13 – May 8. **No Class, April 10, April 17.** Attend one Wednesday Session, Noon – 1 PM (between March 11 and May 6) for the eighth Session.

NO TAI CHI: May 12, 13, 14, 15, 19, 20, 21, 22

Gentle Yoga

See actual dates below.

Certified Instructor: Jim Turner.

Come and experience the energy of Yoga. Join registered Hatha Yoga teacher Jim Turner as he explores the relationship between physical postures and the movement of the breath. Learn breath control techniques for deeper relaxation. This class involves mild to moderate physical exertion. Learners should be able to move without assistance from lying on the floor to standing EXCEPT FOR THOSE IN CHAIR YOGA. Class size is limited, so register early for the time(s) of your choice. You may sign up for the Monday, Tuesday, Wednesday, or Thursday Sessions or all classes, but each course requires a separate tuition fee. Each class is the same level of skill except for chair yoga.

January Series: Tuition is \$35 for eight Sessions.
Monday Chair 10:30 – 11:30, January 6 – March 2.

No class, January 20

Monday Mat/Meditation 2:00 – 3:15, January 6 – March 2. **No class, January 20**

Tuesday 10:30 – 11:30, January 7 – February 25.

Wednesday Chair 2:00 – 3:00 PM, January 8 – February 26.

Thursday 10:30 – 11:30 AM, January 9 – February 27.

March Series: Tuition is \$35 for eight Sessions.

Monday Chair 10:30 – 11:30 AM, March 9 – April 27.

Monday Mat/Meditation 2 – 3:15 PM, March 9 – April 27.

Tuesday Mat 10:30 – 11:30 AM, March 10 – April 28.

Wednesday Chair 2 – 3 PM, March 11 – April 29, add one Monday Chair class 10:30 – 11:30 AM for 8th Session. **No class, April 15.**

Thursday Mat 10:30 – 11:30 AM, March 12 – April 30. Add one Monday or Tuesday Mat 10:30 – 11:30 AM for 8th Session. **No class, April 16.**

May Series: Tuition is \$35 for eight Sessions.
Monday Chair 10:30 – 11:30 AM, May 11 – June 29.

No class, May 25. Add one Wednesday chair yoga as the eighth session.

Monday Mat/Meditation 2 – 3:15 PM, May 11 – June 29. **No class, May 25.** Add one Tuesday or Thursday mat yoga as the eighth session.

Tuesday Mat 10:30 – 11:30 AM, May 12 – June 30.

Wednesday Chair 2 – 3 PM, May 13 – July 1.

Thursday Mat 10:30 – 11:30 AM, May 14 – July 2.



WALK A MILE—no matter the weather

All are welcome to enjoy walking the indoor, climate-controlled walking track available at the Island Community Center at 4700 Broadway. Go at your own pace for a mile or any part of a mile to stay fit and have fun.

OLLI Angleton Courses and Activities

To register for any of these OLLI courses, please contact Team OLLI Angleton: 979.848.9120.

Seminars and Activities Listed Below will be held at OLLI Angleton.

Hearing Loss is Not for Sissies!



Monday, January 13, 10 AM – Noon. 1 Session, FREE.

Presenter: Carolyn McMahon, certified trainer for National Consumer Assistive Technology.

Have you noticed that people seem to mumble? Do you often ask people to repeat what they said? Do you have a loved one who rarely joins in conversations? Hearing loss affects everyone—those who have the hearing loss as well as the people around them. In this seminar we will explore the types and impacts of hearing loss followed by a brief overview and demonstration of hearing assistive devices, some of which are available for free! Whether you have a hearing loss or have a loved one who does, you will leave armed with strategies for making life with hearing loss less challenging. We encourage everyone who attends to bring a family member, if possible.

The 100th Anniversary of World War I



Monday, January 13, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Michael Bailey.

Do you know the difference between "trouser rabbits" and "trench rabbits"? Visit with Michael Bailey, local historian, as he leads a discussion on the topic of World War I. During its time the War was known as the Great War. Little did humanity know that it was the first of several major conflicts that would take place during the Twentieth Century. 2017 marked the 100th Anniversary of America's entrance into a War that marred much of Europe and changed forever how nations would connect. The technology changed so quickly that those armies could not keep up with the new conditions that were created. Michael will introduce the audience to many of the small items that soldiers of this War had to use and carry on them, to insure their very survival on the battlefield.

Mineral and Gem Hunting in the USA



Tuesday, January 14, 1:30 – 3:30 PM. 1 Session, FREE.

Presenters: Jim and Debbie Nance.

Are you ready for an adventure? Would you like to learn about minerals and gems? This class will teach you how minerals are formed and categorized. Learn how to identify minerals in the field and how to plan your own dig. The class will include information on locations where gem quality minerals can be found. Samples of mineral

specimens and gemstones will be exhibited during the class. You will learn how gemstones are cut and how each mineral has its own personality. The class includes a power point presentation of field digs. Jim and Debbie have been field collecting minerals for over forty years, and Jim has been designing and cutting faceted gemstones for thirty years.

Chronological and Archaeological History of the Fort Velasco



Friday, January 17, 10 AM – Noon. 1 Session, FREE.

Presenter: Chris Kneupper.

For many years, there has been great local interest in creating a replica of the military fort that was built at the mouth of the Brazos River in 1832, when Texas was part of the Mexican Republic. Named originally as "Forteleza de Velasco" when it was built, the name was also used for the town which grew up around the site for some decades afterward. The town of Velasco was eventually moved upstream in 1891, becoming part of FREE port in 1957. Interestingly, the 1832 fort was in existence for only a very short time, but was the site of an early confrontation between Texas colonists and the Mexican military called the "Battle Of Velasco", sometimes memorialized as Texas' version of the "Boston Tea Party" or "Lexington and Concord". Even more interesting is the fact that several more-substantial forts existed later at Velasco, during the Texas Revolution and the Civil War, and for greater periods of time. This presentation will discuss the often-confusing information about each of these military fortifications, and the current state of archaeology and research to inform creation of a replica.

Common Plant Species and Rare Oaks of the "Columbia Bottomlands"



Friday, January 17, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter – Chris Kneupper.

The original vegetation cover for Brazoria County consisted of two main zones – coastal prairies and bottomland forests – with the boundaries and species maintained largely by prairie fires. This presentation will focus on the identification of the most-common plant species in the forest areas, including a fun discussion for some of the uncommon Oak species native to the county. It will start with a rudimentary discussion of the patchwork of different soils and vegetative zones in the county, and progress to why different plant species occur natively in the wooded areas. We will also review the newly

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created Big Tree Registry for the county, and the fun to be had in finding the biggest of each species. The subject should interest folks such as homeowners, gardeners or landscapers interested in using plants adapted to our soils and climate. Participants are encouraged to bring and share their own experiences with useful native trees of the area.

Understanding Climate Change

Friday, January 31, 10 AM – Noon. 1 Session, FREE.

Presenter: Marty Cornell.



Curious about the basis for claims of impending harm from a changing climate? This two-hour seminar reviews the science of climate, including the natural and human-induced forces that cause climate to change. It is designed to provide attendees with background to judge the merits of media reporting and policy being suggested or implemented by governments relating to projected future climate.

Life Planning

Wednesday, January 22, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Scott Butler.



Join Scott Butler, Prearrangement Specialist with Palms Funeral Home, for a fun and informative session about the end-of-life planning you need to do now in order to protect your family in the future. You will learn about advance funeral planning and why it is so necessary for creating a healing and meaningful celebration of life. You will also learn how to avoid mistakes families sometimes make during times of grief, and with the knowledge gained, you can make decisions that you feel good about and that will bring comfort to your family in the future.

Estate Planning and Philanthropy

Friday, January 24, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Susan E. Smith, CFRE, Senior Director of Development, Gift and Estate Planning for UTMB.



Did you know that you can make a gift to your favorite charity and receive an income stream in return for the rest of your life? Did you know there are ways to make a philanthropic gift from your IRA Required Minimum Distribution (RMD) and avoid paying taxes on that distribution if you are 70-1/2 or older? And have you ever

considered whether or not a beneficiary designation on your financial accounts supersedes a provision in your will? Come and learn about these topics and other smart ways to be philanthropic and financially savvy at the same time. We'll keep it simple but informative!

What is the Area Agency on Aging?

Monday, January 27, 1:30 – 3:30 PM. 1 Session, FREE.

Presenters: Amy Comer, Alex Rischan.



AAA staff will give a presentation on all of their free services to Brazoria county adults age 60 and up. Come and learn what is available to you! A Texercise session will also be offered so wear your sneakers and join us as we move and groove! Beginner exercisers are encouraged!

The Fierce Beauty of Raptors

Wednesday, January 29, 10 AM – Noon. 1 Session, FREE.

Presenter: Kristine Rivers.

What makes a bird a raptor? We'll answer that question, talk about the features of different families of raptors, and take a closer look at some of the beautiful birds of prey that you can see in the Angleton area.

It's Time for a Makeover!

Understanding Plumage Variation

Wednesday, January 29, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Kristine Rivers.



In this interactive presentation, we'll discuss the reasons for plumage variations; how molting can affect identification; and color changes of bills, lores, legs, and feet. Bring your favorite field guide if you would like to practice your identification skills.

An Introduction to Shamanism

Wednesday, February 19, 10 AM. 1 Session, FREE.

Presenter: Anthony Rios.



We will learn about this ancient spiritual healing practice and how it fits into today's modern world. Over tens of thousands of years, shamans developed a system of healing, using spirit journeys and other methods to access the spirit world. Re-introduced to the west by Michael Harner, Ph.D., shamanism has experienced a resurgence with ancient knowledge being recovered and reclaimed by indigenous people as well as modern day practitioners.

OLLI Angleton Courses and Activities

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In this class we will cover shamanic practices, including the use of drumming to enter an altered state of consciousness.

Introducing PreventT2

Thursday, February 6, 10 AM – Noon. 1 Session, FREE.

Presenter: Michael A. Washburn Jr.

PreventT2, the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC) features a proven approach to prevent or delay Type 2 Diabetes. Register for this OLLI seminar to learn all the details about PreventT2, a year-long program. Who should investigate this life changing opportunity? Anyone should come to the seminar who is age 45 or more, who is overweight, has a family history of diabetes, is physically active fewer than three times a week, has ever had gestational diabetes or has given birth to a baby weighing more than nine pounds. During this year long-program, you can expect to lose 5 – 7% of your body weight through healthy lifestyle changes where Michael and other participants will help one another learn new skills to manage stress, keep motivated, and solve challenges to create lasting changes.

This year-long program meets weekly for the first 6 months, then once or twice monthly for the second six months. Prepare to make a year-long commitment. If you enroll in the year-long program, you will sign a contract demonstrating your ongoing commitment to full participation and your support of other participants. Ask your primary healthcare provider if you might be at risk for pre-diabetes: age 45 or older, overweight, family history of diabetes, and limited physical inactivity. Contact Michael A. Washburn Jr.: mawashbu@utmb.edu for prior assessment to determine your eligibility for the program. Attend the seminar for information only. Attendance at the seminar does not commit you to the full-year program.

Inflammation and Essential Oils

Friday, February 7, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Dr. Elizabeth Jaramillo.

Inflammation is your body's automatic response to injury. Chronic inflammation is often harder to treat and is usually caused by repeated bouts of injury to the body. There are many ways to treat inflammation naturally,

including essential oils. Essential Oils have been used for centuries to relieve pain and inflammation. This class will delve into discussion of what causes inflammation, ways of treating it, and how essential oils can help decrease inflammation.

Creating A Culture Of Volunteerism

Monday, February 10, 1:30-3:30PM. 1 session, FREE.

Presenter: Joe "Pops" Foley, BSRT.

The damage caused by Hurricane Harvey and Tropical Storm Imelda has once again brought to our attention the ongoing need for adequate numbers of qualified volunteers. This program will illuminate the value of creating a "Culture of Volunteerism". The lecturer will discuss aspects of "grey skies" versus "blue skies" operations and the myriad of volunteer opportunities that are available to citizens of all ages. Discussion will include identification of the numerous organizations that require or provide volunteers and stress the importance of volunteer management. Part of the program will feature a workshop session, which will allow attendees to propose steps to create a "Culture of Volunteerism" in Brazoria County.

By the Seeds of My Plants

Friday, February 14, 10 AM - Noon. 1 session, FREE.

Presenters: Ashleigh Calcote, RD and Pamela Buttaccio.

Come experience a variety of ways to prepare vegetables for the meals you'll eagerly prepare. Join Ashleigh Calcote, RD, LD as she will guide you in figuring out fact from fiction when it comes to nutrition. Bring your questions and leave armed with the knowledge you will use to make more healthful nutrition choices every day. OLLI Angleton brings you the experts, you bring your readiness to begin living healthier in Brazoria County! For a complete list of activities, session by session, please contact Team OLLI in Angleton.

Life Support for Planet Earth

Wednesday, February 19, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Bill Ahlstrom.

The history of the Earth's magnetic field and atmosphere can be ascertained by measuring the magnetic fields of cooled ferrous magma rocks and examining gas and particle contents found in ancient ice cores. It became

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obvious that without the Earth's unique magnetic field, there would be no Atmosphere, no water, no plants, no animals, and no US. And what about the Moon? How does it fit in to our survival?

Breathing Better

Feeling Better—Thursday, January 16,
1:30 – 3:30 PM. 1 Session, FREE.
Presenter: Cheryl Tirtowidjojo.



The main elements of Qi Gong practice are deep breathing, relaxed stretching, slow, flowing movements, and meditation. It is simple, easy to learn, and can be done by everyone, at any age or fitness level. Qi Gong can be done either standing or sitting. The movements are simple and slow and can easily be modified to fit any fitness level. Some of the many benefits of Qi Gong are that it improves health and well-being, it strengthens and stretches muscles with gentle movements, it improves balance and flexibility, it improves circulation of blood and oxygen throughout the body, and it improves function of the respiratory, immune, cardiovascular, and nervous systems. Qi Gong is a great choice for anyone looking to increase overall wellness.

Stop the Bleed

Thursday, February 20, 1:30 – 3:30 PM.
1 Session, FREE.
Presenters: Andrea Anderson, RN, BSN, and colleagues from UTMB Trauma Services.



Studies have shown that the help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive. The Bleeding Control Basic Course gives participants the necessary tools to become an empowered initial responder. This course is designed to train individuals on what to do as an immediate responder in a bleeding emergency and covers the ABCs of bleeding as a method to stop an active bleed. The course includes a class presentation and hands-on skills demonstration on tourniquet application, wound packing, and pressure application. At the conclusion of the course, participants will receive tips on how to present the materials, and ways to provide a positive learning experience when teaching a Bleeding Control Basic course will be discussed. Stop the Bleed, originated by the American College of Surgeons, a national initiative, is an awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become

<http://www.utmb.edu/olli/>

trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. Class size is limited. Sign up today for this FREE session!

Years of Potential, Lost

Friday, February 21, 1:30 – 3:30 PM.
1 Session, FREE.
Presenter: Dr. Peter Edemekong.



Your total health and wellbeing is comprised of a number of factors. Early detection is the key. Everyone is responsible for their personal health condition. Leading a healthy lifestyle is the first step to maximizing your health potential. Targeting prevention can help you minimize future health risks. Learn what steps you should take to reach this maximized potential.

Diabetes Myths

Monday, February 24, 1:30 – 3:30 PM. 1
Session, FREE.
Presenter: Tanya McCoy RN, BSN.



There are many myths about diabetes that are frequently repeated as facts. These misrepresentations about diabetes can be harmful and lead to an unfair stigma around the condition. Even though diabetes information is widely available, both from healthcare professionals and the Internet, it can be difficult to know what is accurate.

The ABC's of Parkinson's Disease

Tuesday, February 25 10 AM – Noon.
1 Session, FREE.
Presenter: Maggie Abbott, PT, DPT, Director of Outreach at Houston Area Parkinson Society.



Parkinson's disease (PD) is a neurological disease impacting nearly one million Americans, more than the number of people diagnosed with MS, muscular dystrophy and Lou Gehrig's disease (or Amyotrophic Lateral Sclerosis) combined. Twenty years ago Michael J. Fox captured our attention with his diagnosis of Parkinson's, but our collective understanding of PD is still associated with a tremor. Come learn from experts with Houston Area Parkinson Society, a local non-profit that educates and supports the community on all things Parkinson's. Take home tips for keeping your brain and body healthy. You will leave the seminar feeling empowered to better understand the disease that many live with while still living life to the fullest.

OLLI Angleton Courses and Activities

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Seminars and Activities Listed Below will be held at OLLI Angleton.

Be Well, Live Well: A Program on Healthy Aging



Wednesday, February 26, 1:30 – 3:30 PM. 1 Session, FREE.

Presenter: Delia Hernandez.

Promote your independence through healthy aging. The lively informative sessions will be delivered in a casual social atmosphere. Each session will include a self-assessment, information sharing, goal setting and a recipe demonstration. Join us for this fun and interactive session.

AARP Smart Driver Course™

Wednesday, February 12, Noon – 4 PM or Wednesday, June 3, 8 AM – Noon.

Presenter: Jesse Hedrick, Certified AARP instructor.

This class will review new laws. You'll learn how to handle problem situations such as left turns, right of way, Interstate highway traffic, trucks and blind spots, how to use anti-lock brakes, air bags and seat belts. Best of all, the AARP Smart Driver Course is only \$15.00 for AARP members and \$20.00 for non-AARP members. (Cash or check only paid on the day of the course.) Bring your driver's license and AARP card. Certificates are issued at the end of the class. Check with your insurance agent about a discount. Class size is limited. Only those who preregister will be admitted. Call OLLI Angleton at 979.848.9120 to register!

Medicare Workshops

January 27, February 24, March 23, April 27, May 18 10 AM – Noon. FREE SEMINARS, OPEN TO THE PUBLIC, but you must register in advance.

Presenter: Alex Rischan.

Come to one of these presentations to learn Medicare basics, assistance programs that might be available for you, details about Open Enrollment which occurs October 15th – December 7th, and you'll also get an overview of services that our Area Agency on Aging provides.

FREE Individual Consultations Mondays on the dates listed above. Schedule your private consultation at 9 AM, 1 PM, 2 PM, 3 PM. You must phone OLLI to register in advance for these FREE consultation sessions. Individuals, both OLLI members and the public, are invited to make an appointment to have a benefits checkup and receive unbiased advice on Medicare issues or concerns. Additional individual consultations may be added—call OLLI for information.

FWS Center for Health and Wellness offers FREE community support through the following groups:

Gluten Intolerance Support Group—meets quarterly on Thursdays, 6:30 PM, January in the POB II Auditorium.

Diabetic Support Group—meets monthly 10 months of the year, first Tuesday, 6 PM, January 7, February 4 (second Tuesday), in the POB II Auditorium.

Overeaters Anonymous Group—meets every Wednesday at noon at Wellness Center.

American Heart Association Certified Training:

Heartsaver CPR and First Aid—OLLI members: \$50; non-members \$60

BLS Healthcare Provider—OLLI members: \$50; non-members \$60.

Whether in Galveston County, Brazoria County or beyond, if your group needs AHA CPR, First Aid, or BLS or American Red Cross certified AED, CPR, First Aid, contact us for special scheduling to meet your needs.

Zumba Fitness Coming Soon

Ask Wellness Staff for more information.

Total Body Fitness Workout!

Wednesdays, 1:30 – 2:30 PM, March 4 – April 22.

Certified Instructor: Erica Beall.

Challenge yourself in this exercise program for total body fitness beginning with a warm-up (at your own pace)

FREE Fitness Sessions are open to all and do not require membership in OLLI.

OLLI at UTMB Angleton welcomes all those 55 and over to participate in FREE Fitness sessions held every Tuesday, Thursday, and Friday morning from 9 to 10 AM (50 weeks a year) at FWS Center for Health and Wellness. Sessions offer seated low impact fitness activities. All props and weights required are provided by OLLI. There is no charge and no pre-registration is required. You can drop in for a single session, attend every week, or participate occasionally at your convenience. **All sessions are FREE!**

OLLI Angleton Courses and Activities

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using light, medium, or heavy weights, small balls, and elastic tubes, with a chair for support. You'll experience stretching, improvement in balance and posture alignment, breathing, and joint movement. Develop better coordination and have lots of fun. Total body fitness is perfect for stress reduction, heightened focus, enhanced concentration, and increased bone density. Tone your muscles, while your body core responds to this total body exercise program. Each eight-week series carries tuition of \$35.

Tai Chi for Health

See actual dates below.

Certified Instructor: Cheryl Tirtowidjojo.

Tai Chi's slow, gentle movement improves balance and offers aerobic benefit. "With its integrative approach that strengthens the body while focusing the mind, tai chi addresses a range of physical and mental health issues. Tai chi is especially useful for improving balance and preventing falls," according to a Harvard University report. Each day on the schedule below offers the same instruction and challenge. Whether beginner or more advanced, these sessions are for you! Each eight-week series carries tuition of \$35. Attend only the days you register for, but you can enroll in as many sessions as you wish.

<http://www.utmb.edu/olli/>

March PM Sessions: 1:30 – 2:30 PM, Tuesdays,
March 3 – April 21

March AM Sessions: 10 – 11 AM, Thursdays,
March 5 – April 23

Chronic Disease Self-Management Workshop

Thursdays, March 26 – April 30, 1:30 – 3:30 PM.
6 sessions, FREE.

Instructors: Amy Comer and Michael A. Washburn Jr.

Every day, millions of people with chronic diseases struggle to manage their symptoms. About 80% of older adults have at least one chronic disease, and 68% have at least two. Chronic diseases place a significant burden on individuals as well as health care systems. The good news is that people with chronic diseases who learn how to manage their symptoms can improve their quality of life and reduce their health care costs. The Chronic Disease Self-Management workshop teaches adults strategies to empower and improve overall wellbeing. This evidence-based workshop complements clinical care, and is evaluated and approved by the Centers for Disease Control (CDC). Register today for this FREE course to acquire personal techniques for managing your own or your family member's chronic disease(s).

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Seminars and Activities Listed Below will be held at OLLI Angleton.

Be Well, Live Well: A Program on Healthy Aging

Wednesdays, March 4 – April 22, 1:30 – 3:30 PM.

FREE to OLLI Members ONLY.

Instructor: Delia Hernandez.

Promote your independence through healthy aging. The lively informative sessions will be delivered in a casual social atmosphere. Each session will include a self-assessment, information sharing, goal setting and a recipe demonstration. Join us for this fun and interactive session.

Beginning Birding

Tuesdays, March 3- April 28, 10 AM – Noon.

8 sessions, four in the classroom, four in the field, \$50.

Instructor: Kristine Rivers.

Interested in birding, but not sure how to get started? If so, this course is for you, with 4 instructional classes and 4 field trips. During classes, participants will learn how

to select binoculars and field guides; what to wear and what to bring when birding; how to distinguish between similar species; bird topography (features used by field guides to describe a bird's appearance); and much more! The field trips will give participants the opportunity to enjoy leisurely birding in great local hot spots. Class size is limited to 10 participants.

Traditional Healing Arts: Shamanism and Curanderismo

Wednesdays, March 25 – May 13, 8 sessions, \$35.

Instructor: Anthony Rios.

Explore the spiritual path of shamanism and the traditional Mexican healing path known as Curanderismo. We will learn the origins of these traditional healing practices and how they complement each other. We will learn how these practices are being used by practitioners worldwide. Topics covered are shamanic drumming, divination, spiritual and energetic cleansing, Mexican plant medicine and easy ways to use these methods in our daily lives.

GIVE A GIFT TO OLLI

You can help OLLI with this tax-free gift

Congress has permanently extended the opportunity for Americans age 70½ or older to make direct transfers up to \$100,000 from Individual Retirement Accounts (IRAs) to charitable organizations like the University of Texas Medical Branch at Galveston.

These gifts have truly transformed UTMB while allowing alumni and friends to support UTMB and avoid paying income tax on their IRA distributions. You can designate your IRA gift to the areas and programs you care most about at UTMB—like OLLI!

Why Consider This Gift?

- Your gift will be put to use today, allowing you to see the difference your donation is making.
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions.
- If you have not yet taken your required minimum distribution for the year, your IRA charitable rollover gift can satisfy all or part of that requirement.
- By making a gift this year of up to \$100,000 from your IRA, you can see your philanthropic dollars at work. You are jump-starting the legacy you would like to leave and giving yourself the joy of watching your philanthropy take shape. Moreover, you can fulfill any outstanding pledge you may have made by transferring that amount from your IRA as long as it is \$100,000 or less for the year.

You might consider designating your gift to one of OLLI's local endowments: Billy and Stanley Buinski endowment, Dr. Richard and Martha Peake endowment, Jerry and Alison Barker endowment, or the Dr. Michelle Sierpina endowment for OLLI leadership. To establish a new endowment, just let OLLI staff know and we can connect you to UTMB Development professionals who can guide you through the process.

The University of Texas Medical Branch at Galveston does not provide individual legal, tax, or financial advice. Consequently, we urge you to seek the advice of your own legal, tax, or financial professionals in connection with gift and planning matters.

SPRING REGISTRATION FORM – 2020

Please Print Clearly

Dr. Mr. Mrs. Ms.

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Day: () _____ Phone Evening: () _____

Email: _____



Class Name	Start Date	Fee
ex. Gentle Yoga	Tues. 1/7	35.00

Check American Express Membership (\$25.00)
 Visa MasterCard or tax deductible support

Make Checks Payable to UTMB **TOTAL AMOUNT DUE**

Credit Card #: _____

Exp Date: _____ Security Code: _____

Cardholders Name: _____

Cardholders Signature: _____

Classes are open to all OLLI Members. For more information on memberships contact the OLLI office. There are membership scholarships available for those who need them. CANCELLATION AND REFUND POLICY: Classes are a benefit of membership. Enrollees must be members in good standing during the entire duration of the course. Full payment is required prior to the first class date. You will receive a 100% credit or refund if you withdraw and OLLI is notified in writing no later than 5 business days after the first class meeting.

Enrollment is Easy!

Simply complete this form and return it to OLLI in one of the following ways:

Phone

409.763.5604

Visit Us

4700 Broadway
Suite B101
Galveston, TX 77551

Email

olli@utmb.edu

Mail

Completed form with payment method to: Osher Lifelong Learning Institute at UTMB
301 University Blvd
Route 0972
Galveston, TX 77555

Checks, Cash, Money Orders or Credit Cards are accepted



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OLLI at UTMB Spring 2020 Activities

Journey through Spring 2020 with these OLLI classes...**Estate Planning, Citizen Research, and Art and History, and Birding.**

Join OLLI *today* to make new **Friends** while you **Dance** and **Watch Movies** and **Expand Your Creativity.**

Most of all, have fun while you learn something new in **Ukulele** or **Meditation Classes.** Explore **Spanish** and **Yoga** and **Walt Whitman** and **so much more!**

TODAY is the ideal time to join **OLLI at UTMB Health** and find new **Friends,** be more **Fit** and have so much **Fun!!**

One OLLI—Two Locations!

Osher Lifelong Learning Institute | 4700 Broadway, Suite B101 | Galveston, Texas 77551

(409) 763-5604

