

FALL 2025

OLLI AT LSU

LIVE WELL. **LEARN FOREVER.**



LIFELONG LEARNING FOR AGE 50 & ABOVE

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Welcome to OLLI AT LSU

OLLI is Open to Anyone 50+ Who Enjoys Learning!

An OLLI at LSU membership costs \$50 and runs from July 1 through June 30 each year. Once a member, you are able to register for as many courses (online or in-person), field trips, and special events as you'd like, offered by any chapter.

The National Resource Center for Osher Lifelong Learning Institutes (Osher NRC) is a non-governing center of excellence, hosted by Northwestern University, benefiting older adults through the national network of 120+ Osher Lifelong Learning Institutes (OLLIs).

OLLI AT LSU MEMBERSHIP **BENEFITS**

DIVERSE COURSES

From history to sports, there's something for everyone.

ENGAGED COMMUNITY

Join a vibrant community of like-minded lifelong learners and stay connected through the weekly newsletter.

EXCITING FIELD TRIPS

Visit special places around Southern Louisiana and beyond.

LSU PERKS

Take advantage of special discounts with LSU, such as a UREC membership, theatre and music performances, golf, and more!

VISIT CE.LSU.EDU/OLLI OR CALL 225-578-2500 TO PURCHASE A MEMBERSHIP TODAY!

CHAPTER LOCATIONS

September 22 - October 31
Registration Opens August 25

CAMELLIA CITY CHAPTER

Covington and Slidell

COURSE LOCATIONS:

Bonvenu Bank
4040 West Florida St., Mandeville

DiMartino's Restaurant
700 S. Tyler St., Covington

Firehouse Event Center
432 N. Theard Street, Covington

LSU AgCenter
1301 N. Florida St. #B, Covington

Slidell Regional Education Center (SREC)
1050 Gause Boulevard, Slidell

St. Tammany Parish Library
555 Robert Rd., Slidell

Sugar Love Bakery
1329 Englewood, Slidell

FELICIANAS CHAPTER

New Roads, Livonia, and St. Francisville

COURSE LOCATIONS

Grace Episcopal Church
11621 Ferdinand St

First Baptist Church
824 W Main St. New Roads

Jackson Civic Center
2084 LA-10, Jackson, LA

Livonia Public Library
8247 Norwood Street, Livonia

Pointe Coupee Library
201 Claiborne Street, New Roads

United Methodist Church
9866 Royal St., St. Francisville

West Feliciana Parish Library
5114 Burnett Road, St. Francisville

West Feliciana Parish Hospital
5266 Commerce Street, St. Francisville

West Feliciana Parish Sports Park
10226 W Feliciana Pkwy, St Francisville

CRESENT CITY CHAPTER

New Orleans and Metarie

COURSE LOCATIONS

Broadmoor Arts and Wellness Center (BAWC)
3900 General Taylor Street, New Orleans

Brady's Wine House
1029 Oretha Castle Haley Boulevard, New Orleans

Copeland Tower
2601 Severn Avenue, Metairie

Lake Lawn Metairie
5100 Pontchartrain Blvd., Metairie

LAGNIAPPE CHAPTER

Baton Rouge

COURSE LOCATIONS

Baton Rouge Ballroom
12240 Coursey Blvd Suite G

Broadmoor United Methodist Church, Adult Education Building (BUMC)
10230 Mollylea Drive, Baton Rouge

Drusilla Seafood Restaurant
3482 Drusilla Ln D, Baton Rouge

Ingleside Methodist Church
4264 Capital Heights Ave, Baton Rouge

Matherne's Market
7355 Highland Rd, Baton Rouge

Paula G. Manship YMCA
8100 YMCA Plaza Dr, Baton Rouge

St. James Place
333 Lee Drive

Williamsburg Retirement Community
5445 Government Street, Baton Rouge

FALL COURSES

Registration Opens: August 25

Courses: September 22 - October 31

Online Course Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE SCHOOL OF PARIS, FUTURISM, AND DADA 11:00 a.m. – 12:00 p.m.	GET IN THE GAME! BRIDGE 9:00 a.m. – 10:30 a.m.	SLEUTHING IN THE WORLD OF ART, PART TWO 9:00 a.m. – 11:00 a.m. BUMC / Hybrid	AMAZING SOUND AND LEGACY OF THE BRILL BUILDING 10:30 a.m. – 12:00 p.m.	END-OF-LIFE ISSUES 9:30 a.m. – 11:00 a.m. St. James Place / Hybrid
TALES FROM THE BAYOU: LA FOLKLORE 1:45 p.m. – 3:45 p.m. BUMC / Hybrid	KATE CHOPIN'S LATE STORIES OF SECRET SHOCKS AND TABOOS 11:30 a.m. – 1:00p.m.	SO WHAT! YOU'RE OVER 50 11:30 a.m. – 1:00p.m. BUMC / Hybrid	WANNA BE A LITTLE HAPPIER? 11:15 a.m. – 12:15p.m.	
	THE SECRET HISTORY OF THE COLD WAR - AND TODAY'S CONFRONTATIONS 11:30 a.m. – 1:30 p.m. BUMC / Hybrid		WHY DID WE SAY THAT AND HOW DID IT BEGIN? 4:30 p.m. – 5:30p.m.	HYBRID

* Dates and times may vary—please refer to the course description for full details.

Online Course Descriptions

THE AMAZING SOUND AND LEGACY OF THE BRILL BUILDING

We will describe the cosmopolitan musical textures that defined the best works of an unforgettable period when gifted young songwriters huddled in midtown Manhattan, creating enduring entries in the Great American Songbook. Stories, anecdotes, and audiovisuals will illustrate this golden era of the 50s and 60s that integrated audiences, eclectic multicultural sounds, and brought social consciousness to pop music, with protagonists like Neil Sedaka, Carole King, Neil Diamond, Phil Spector, Don Kirshner, Burt Bacharach, and many more! Type: Lecture Only.

Time & Dates: 10:30 a.m.–12:00 p.m.
Thursday, Sept. 25, Oct. 9, 16, 23, 30, Nov. 6

Course Code: OLBRILL(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Emanuel Abramovits
Coordinator: Bernadine Johnson
Location: Zoom Online

impending death conducted by a Roman Catholic Priest, a Rabbi, and a Protestant minister, as well as a moderated Q&A. Part III will include a panel consisting of an attorney on legal needs for end of life, financial adviser CFS on necessities, and a funeral director on burial planning and moderated Q&A. Part IV is the final session and panel will include hospice nursing and a social service specialist to cover their care including Save the Family and New Beginnings, and moderated Q&A. Type: Discussion and Lecture.

Time & Dates: 9:30 a.m. – 11:00 a.m.
Friday, Oct. 3, 10, 17, 24
Course Code: OLEND(2)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Dr. Trent James, Dr. Mark Kantrow, and Dr. Rev. Julius "Tip" Tipton
Coordinator: Karen Egedy
Location: Zoom Online

uncomplicated. Bidding and playing are broken down into fundamental concepts and logical steps so you can move through the lessons in a supportive environment. Questions are encouraged, and a sense of humor is required. Play with us!

Time & Dates: 9:00 a.m. – 10:30 a.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLBONLINE(4)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Martha Robson
Coordinator: Martha Robson
Location: Zoom Online

KATE CHOPIN'S LATE STORIES OF SECRETS, SHOCKS, AND TABOOS

Kate Chopin had trouble publishing in 1900 - too racy, full of hidden kisses or taboo imaginings. We'll consider what is acceptable now and what's considered inappropriate for women.

Times & Dates: 11:30 a.m. - 1:00 p.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLLATE(1)
Course Fee: \$35 (Early Bird - \$30)
Coordinator: Kathy Bosworth/Mary Benson
Location: Zoom Online

END-OF-LIFE ISSUES – THE BASICS, NEED TO KNOW AND MAKE KNOWN

This series will cover end-of-life planning so that individual patients' wishes are in place before their needs. Part I will be an overview of Palliative Care, Hospice Care, Advance Care Planning, and Advance Directives conducted by Dr. Mark Kantrow, MD, Palliative Care specialist. Part II will be a panel for spiritual options and opinions on

GET IN THE GAME! BRIDGE!

Always wanted to play bridge? Used to play, but you've forgotten how? This course is a chance to remember how to play the game or learn what those funny symbols mean for the first time. From how to count tricks to how to play NoTrump, we will hit the highlights and get you to the bridge table in six sort-of-easy lessons. Zoom classes make it easy to see the blackboard and hear the teacher, even from the back row, and our playing software puts the "cards" in your "hands" so you can learn by playing. Your ACBL-accredited Best Practices Instructor keeps it fun, low-stress, and

THE SCHOOL OF PARIS, FUTURISM, AND DADA

Picking up where we left off in the Fall, we learn about Marc Chagall, the most famous School of Paris artist, and others.

ONLINE COURSES

We will look at Futurism and Dada, and you will learn about Marcel Duchamp and other interesting characters. Join us! We have lots of fun. Type: Discussion and Lecture.

Time & Dates: 11:00 a.m. – 12:00p.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLPARIS(1)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Lee Randall
Coordinator: Mary Benson
Location: Zoom Online

SLEUTHING IN ART, PART TWO

Why do famous works of art look the way they do? What are the backstories of the significant artistic eras? Knowing something about quirky personalities, wars and plagues, and the relentless march of history opens our eyes to see works from a broader perspective. This semester, we will act as amateur detectives looking for insight into anguish or joys, human preoccupations, and aspirations as revealed across time in three-dimensional works of art. Type: Discussion and Lecture

Time & Dates: 9:00 a.m. – 11:00 a.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OLSLEUTH(6)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Dr. Marchita Mauck
Coordinator: Karen Egedy
Location: Zoom Online

SO WHAT! YOU'RE OVER 50! CURRENT ADVANCES IN MEDICINE AND SURGERY

This class will feature physicians and other healthcare providers to discuss their specialties, diseases, and conditions they diagnose and treat. Dr. Chima Akunne DPM, Podiatry: Agony of "Defeat", Dr. Ruston Sanchez: Reconstructive & Plastic Surgery, Achieving the Best Version of Yourself, Dr. Azeen Sadeghian MD, Dermatology: Care of Aging Skin and Its Diagnoses, Dr. Lauren E. Larson PT, DPT: Strengthening pelvic floor musculature to improve GI and GU function, Dr. Paul B. Rachel MD, Family Medicine: Staying Healthy to Age Well, Dr. Samir K. Patel MD, Interventional Pain Medicine: Managing Pain in Today's World.

Time & Dates: 11:30 a.m. – 1:00 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OLSYOF(25)
Course Fee: \$35 (Early Bird - \$30)
Moderator: Dr. Trent James and Dr. Bob St. Amant
Coordinator: Karen Egedy
Location: Zoom Online

TALES FROM THE BAYOU: LOUISIANA FOLKLORE

Louisiana has a rich history of storytelling, as our complex history has resulted in a gumbo of European, African, Caribbean, and Indigenous cultures. Every group that has settled in the southern United States brings to this strange new land its attempt to explain the world and how humans interact with it. As a result, Louisiana has a unique folklore encompassing oral traditions like legends and proverbs, ritual practices involving healing or warding, and physical items like monuments and artifacts used today. In this class, we will talk about those stories your grandparents told you, the traditional remedies passed down for hundreds of years, and the connections folklore builds with the land and each other. Should you fear the rougarou or la bête noire? Join us and find out! Type: Lecture and Discussion.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLFOLKLORE(2)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Dr. Erika Daigle
Coordinator: Karen Egedy
Location: Zoom Online

WANNA BE A LITTLE HAPPIER? HERE YA GO!

We now have proven and tested life hacks to nudge our happiness up there. The science of positive psychology has given us simple techniques to be happier, more engaged with life, and enjoy things more deeply. We will learn that happiness is not just smiling; it is much deeper and richer than that. You will discover your signature strengths by taking simple questionnaires and then learning how to use these strengths to make things more fun. Each lecture will give proven ways to make each day more fulfilling, joyful, and happy. There will be homework and

September 22 - October 31
Registration Opens August 25

nifty tests, but I promise you will enjoy them. Type: Discussion and Lecture.

Time & Dates: 11:15 a.m. – 12:15 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16
Course Code: OLHAPPIER(1)
Course Fee: \$20 (Early Bird - \$15)
Moderators: Phil Chenevert
Coordinator: Phil Chenevert
Location: Zoom Online

WHY DID WE SAY THAT AND HOW DID IT BEGIN?

There is no homework here, just many stories about the origin of words and idioms I love. I will talk about "red herrings," "white elephants," and many other fun phrases in our delightful English language. And that is not all! I will be mixing in the odd and wonderful origins of many things we encounter daily. Why do we clink glasses when we toast? And why is it called a "toast" anyway? "Tie the knot"? What is that all about? Well, I will tell you, I promise. You will enjoy these fun and engaging four Zoom hours while I ramble and expound on odd stuff. I know I will enjoy it. Type: Discussion and Lecture.

Time & Dates: 4:30 p.m. – 5:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16
Course Code: OLSAY(1)
Course Fee: \$20 (Early Bird - \$15)
Moderators: Phil Chenevert
Coordinator: Bernadine Johnson
Location: Zoom Online

THE SECRET HISTORY OF THE COLD WAR - AND TODAY'S CONFRONTATIONS

Archives and memoirs reveal Communist thinking and planning during the Cold War, while current developments indicate what may happen in a disordered world.

Times & Dates: 11:30 a.m. - 1:30 p.m.
Tuesday, Sept. 23, 30, 7, 14, 21, 28
Course Code: OLSHCE(4)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Henry Bradhsler
Coordinator: Karen Egedy
Location: Zoom Online

Camellia City Chapter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A NATURAL FACELIFT WITHOUT SURGERY 10:00 a.m. – 12:00 p.m. SREC	CREATING YOUR OWN WATERCOLOR CARDS 10:00 a.m. – 10:30 a.m. SREC	BACKYARD BIRDWATCHING 8:30 a.m. – 9:30 a.m. Firehouse Event Center	GIFTWRAPPING 1:00 p.m. – 3:00 p.m. SREC	BEGINNING DRAWING 11:00 a.m. – 1:00 p.m. Firehouse Event Center
	LA SUPER PLANT PROGRAM 10:00 a.m. – 12:00 p.m. SREC	FUNDAMENTALS OF GENEALOGICAL RESEARCH 9:30 a.m. – 12:30 p.m. Bonvener Bank	INTRO TO CANVA 1:00 p.m. – 3:00 p.m. LSU AgCenter	PAINTING WITH WATERCOLORS 2:00 p.m. – 4:00 p.m. Firehouse Event Center
	SCRAPBOOKING FOR BEGINNERS 1:00 p.m. – 3:00 p.m. SREC	BEGINNING BIRDING 10:00 a.m. – 12:00 p.m. Firehouse Event Center		
		THINKING ON YOUR FEET 1:00 p.m. – 3:00 p.m. SREC		
		TRACING YOUR ROOTS 1:00 p.m. – 3:00 p.m. St. Tammany Library, Robert Rd.		
		CAKE DECORATING 1:00 p.m. – 3:00 p.m. Sugar Love Bakery		
		NAPOLEON: A LIFE AND ERA 2:30 p.m. – 4:00 p.m. LSU Ag Center		
		INTRODUCTION TO WINE TASTING 4:30 p.m. – 6:00 p.m. DiMartinos Restaurant		

* Dates and times may vary—please refer to the course description for full details.

Camellia City Course Descriptions

THE ART OF WRAPPING A PRETTY PACKAGE FOR FAMILY AND FRIENDS

People are so busy that they do not consider wrapping a package until it is time to give it. Purchasing a gift bag is easy, and so many gift bags, tissue papers, and accessories are available for any occasion. After all, bags are available for any occasion, whether Christmas, birthdays, or special events. However, making pretty bows is not difficult and makes packages look as pretty on the outside as they do inside. It can be an enjoyable and easy experience.

Time & Dates: 1:00 p.m. – 3:00 p.m.
Thursday, Oct. 30

Course Code: OSWRAP(1)

Course Fee: \$5

Instructor: Linda Smith

Coordinator: Margo Guilott

Required Supplies: Scissors and tape

Location: Slidell Regional Education Center (SREC)

BACKYARD BIRDWATCHING

This class is for folks who love watching birds in their yards and want to know how to attract more birds and identify what they see and hear in their yards. Subjects will include bringing birds to your yard, gardening with native plants, learning about hummingbirds, and basic bird identification using phone apps, field guides, binoculars, and other resources. Type: Discussion and Lecture.

Time & Dates: 8:30 a.m. – 9:30 a.m.
Wednesday, Sept. 24, Oct. 1, 8, 15

Course Code: OSBIRD(2)

Course Fee: \$20 (Early Bird - \$15)

Instructor: Jane Patterson

Coordinator: Rebecca Bread

Location: Firehouse Event Center

BEGINNING BIRDING

This class is for people interested in learning to identify birds, keep track of what they see in their yards and beyond, and know where to find birds in Louisiana (and beyond). There will be a lecture portion and a field trip for each class. Binoculars will be provided for those that do not have them. Field trips will be to local parks and other areas. Since we'll be going outside, plan to dress accordingly, including freeing your hands to use binoculars. Subjects will include an introduction to field guides, binoculars, smartphone apps and other tools, basic bird identification skills, and resources for the aspiring birder.

Time & Dates: 10:00 a.m. – 12:00 p.m.

Wednesday, Sept. 24, Oct. 1, 8, 15

Course Code: OSBEGBIRD(1)

Course Fee: \$40 (Early Bird - \$20)

Instructor: Jane Patterson

CAMELLIA CITY CHAPTER

Coordinator: Rebecca Breaud
Location: Firehouse Event Center

BEGINNING DRAWING

In beginning drawing, we will learn how to draw from still lives to other objects. Everyone will need to bring their paper for drawing, pencils, and charcoal. Type: Mainly Discussion

Time & Dates: 11:00 a.m. – 1:00 p.m.
Friday, Sept. 26, Oct. 3, 10, 17
Course Code: OSDRAWING(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Ferris Hotard
Coordinator: Rebecca Breaud
Location: Firehouse Event Center

CAKE DECORATING WITH SUGAR LOVE BAKERY: LEARN THE BASICS

Join us for a sweet and relaxing afternoon! In this beginner-friendly class, we will teach you how to decorate a 6-inch cake—perfect to take home and show off (or share if you feel like it). No experience needed, just a love for good company and buttercream! We will provide everything you need, including the cake, tools, and step-by-step guidance. Laugh, learn, and leave with something beautiful and delicious!

Time & Dates: 1:00 p.m. – 3:00 p.m.
Wednesday, Oct. 15
Course Code: OSCAKE(1)
Course Fee: \$10 (Early Bird - \$5)
Instructor: Sierra Zeringue
Coordinator: Margo Guillott
Location: Sugar Love Bakery

FUNDAMENTALS OF GENEALOGICAL RESEARCH

Most family historians eventually realize that simply “shaking the little leaf” isn’t enough. Fundamentals of Genealogical Research is for those who want to create a well-researched family tree or history. Genealogists must learn to navigate various records, evaluate conflicting information, and use indirect evidence to reach reliable conclusions. Drawing from her experience, instructor Marguerite Scully introduces key research standards and offers practical examples to help participants conduct, organize, and document their findings effectively. She also demonstrates how to assess source reliability and determine when further research is needed. Computers won’t be

used in this class—please bring paper and something to write with.

Time & Dates: 9:30 a.m. – 12:30 p.m.
Wednesday, Oct. 15
Course Code: OSFRENCH(2)
Course Fee: \$15 (Early Bird - \$10)
Instructor: Marguerite Scully
Coordinator: Rebecca Breaud
Location: Bonvenu Bank

INTRO TO CANVA

You will learn how to use Canva, a web-based graphic design app. You will learn the difference between the free and subscription versions. The free version of Canva is especially useful for casual or infrequent users and is more than adequate for most users. You will also learn basic graphic design techniques, such as working with text, images, and colors. You will also learn what works and what does not in graphic design.

Time & Dates: 1:00 p.m. – 3:00 p.m.
Thursday, Sept. 25, Oct. 9, 16
Course Code: OSCANVA(1)
Course Fee: \$20 (Early Bird - \$15)
Instructor: Rene Maggio
Coordinator: Rebecca Breaud
Required Supplies: Bring a laptop.
Location: LSU AgCenter

INTRODUCTION TO WINE TASTING

This class aims to make you a better wine taster by introducing participants to a structured wine-tasting method. This systematic method will use four human senses, sight, smell, taste, and feel to differentiate between varying types of wines. In this hands-on class, we will taste two wines and should clarify your taste preferences so that you understand why you like or do not like a particular wine. Please bring two wine glasses to the class. Type: Discussion and Lecture.

Time & Dates: 4:30 p.m. – 6:00 p.m.
Wednesday, Oct. 22
Course Code: OSWINE(2)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Harsha Chacko
Coordinator: Rebecca Breaud
Location: DiMartino's Restaurant

THE LOUISIANA SUPER PLANT PROGRAM

The Louisiana Super Plant Program, led by the LSU AgCenter, highlights

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Registration Opens August 25

easy-to-grow plants proven to thrive in Louisiana. A statewide committee of growers, retail managers, and researchers nominates and tests plants at the Hammond Research Station. Finalists are then planted in demonstration gardens across the state, where consumer feedback helps identify top performers. Once selected, those plants are promoted to local nurseries and the public. Each year, the AgCenter promotes 3–4 Super Plants across categories like trees, native plants, flowering shrubs, and eco-friendly varieties, supporting producers, researchers, and gardeners alike. Type: Discussion and Lecture.

Time & Dates: 10:00 a.m. – 12:00 p.m.
Tuesday, Oct. 14
Course Code: OSSUPER(1)
Course Fee: \$10 (Early Bird - \$5)
Instructor: William Afton
Coordinator: Margo Guillott
Location: SREC

MAKE YOUR OWN WATERCOLOR CHRISTMAS CARDS

Join a friendly group and learn to use watercolor paint to create unique and beautiful Christmas greeting cards. This course is a fun and relaxing activity guided by Penny, an experienced watercolor artist. She has drawn the original Christmas-themed images for you to paint. All supplies will be provided. Finish as many cards as you can during the 2-hour class period. Enjoy good company, friendly conversation, a new experience, and a relaxing learning environment.

Time & Dates: 10:00 a.m. – 12:00 p.m.
Tuesday, Oct. 28
Course Code: OSWATER(1)
Course Fee: \$10 (Early Bird - \$5)
Instructor: Penny Crawford
Coordinator: Margo Guillott
Location: Slidell Regional Education Center (SREC)

NAPOLEON: A LIFE AND ERA

This course is a cradle-to-grave look at the life of Napoleon Bonaparte. We will learn of his rise as one of Europe's most influential figures. From his Corsican youth to the sands of Egypt, from the fields of Austria to the snowscapes of Russia, ending on the desolate island of St. Helena. Learn how a little-known individual rose to become the Master of

Europe. Type: Lecture Only

Time & Dates: 2:30 p.m. - 4:00 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OSNAP(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Frank McGlothlin
Coordinator: Rebecca Breaud
Location: LSU Ag Center

A NATURAL FACELIFT WITHOUT SURGERY

You will learn special facial manipulations to naturally lift your skin to have a more youthful appearance. You will also learn techniques to help reduce inflammation and create anti-aging while activating your stem cells and how to maintain a healthier, younger-looking skin. Type: Discussion and Lecture.

Time & Dates: 10:00 a.m. – 12:00 p.m.
Monday, Oct. 20
Course Code: OSFACE(1)
Course Fee: \$10 (Early Bird - \$5)
Instructor: Jan Walters
Coordinator: Margo Guilott
Location: Slidell Regional Education Center (SREC)

PAINTING WITH WATERCOLORS

In this watercolor class, we will learn how to paint from beginning to end. For this class, bring your watercolors, watercolor paper, and brushes.

Time & Dates: 2:00 p.m. – 4:00 p.m.
Friday, Sept. 26, Oct. 3, 10, 17
Course Code: OSWATER(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Ferris Hotard
Coordinator: Rebecca Breaud
Location: Firehouse Event Center

SCRAPBOOKING FOR BEGINNERS: SHARING AND PRESERVING MEMORIES

This course is a brief introduction to scrapbooking. We will stick to the basics and share ideas about preserving your beautiful memories. A few ideas we will discuss include getting your workspace ready, choosing and organizing photos to use, selecting supplies for your scrapbook pages without “breaking the bank,” and laying out your pages. The participants will leave with scrapbooking ideas and two or more pages ready for an album! Type: Mainly Discussion.

Time & Dates: 1:00 p.m. – 3:00 p.m.

Tuesday, Oct. 7

Course Code: OSSCRAP(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Francine Wood

Coordinator: Margo Guilott

Optional Supplies: Bring scissors or a paper trimmer, cardstock (plain or white), photos (birthday, graduation, etc.), markers, glue, stickers, washi tape, and any scrapbook embellishments you like—stamps, ribbon, old cards, etc. Not all items are required, but

embellishments are encouraged. If you have an album, bring it. The instructor will provide page protectors and patterned paper.

Location: Slidell Regional Education Center (SREC)

THINKING ON YOUR FEET

Public speaking is the number one fear listed by people. We will explore the source of the fear, learn strategies, and



/// CAMELLIA CITY CHAPTER

practice speaking to a group. This course addresses many communication issues, whether personal, professional, or social.

Type: Discussion and Lecture.

Time & Dates: 1:00 p.m. – 3:00 p.m.

Wednesday, Oct. 22

Course Code: OSTHINK(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Carol Kacer

Coordinator: Margo Guilott

Location: Slidell Regional Education Center (SREC)

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Registration Opens August 25

your own to save files with help from the genealogy librarian, or use one provided. Type: Discussion and Lecture.

Time & Dates: 1:00 p.m. – 3:00 p.m.

Wednesday, Oct. 8

Course Code: OSGEN(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Ramona Elder

Coordinator: Margo Guilott

Location: St. Tammany Parish Library

TRACING YOUR ROOTS: A GENEALOGY DATABASE OVERVIEW

This course explores the 12 genealogy databases available through the St. Tammany Parish Library. In the first hour, the presenter will walk through each database, from well-known ones like Ancestry and FamilySearch to lesser-known but valuable tools for all levels of researchers. In the second hour, participants can practice using the databases. Laptops are optional—bring



Crescent City Chapter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HISTORY OF FOOD AND CULTURE IN NEW ORLEANS 10:30 a.m. – 12:00 p.m. BAWC	THE BASICS OF LA ESTATE PLANNING 10:30 a.m. – 11:30 a.m. BAWC	MAH JONGG 10:00 a.m. – 12:00 p.m. BAWC	GET BACK IN THE GAME! BRIDGE! 10:30 a.m. – 12:00 p.m. Copeland Tower	LIVING IN BALANCE 10:30 a.m. – 11:30 a.m. Copeland Tower

* Dates and times may vary—please refer to the course description for full details.

Crescent City Chapter Course Descriptions

THE BASICS OF LOUISIANA ESTATE PLANNING

If you've ever thought, "I know I should have a Will, but I don't know where to start," this course is for you. We'll cover the basics of Louisiana estate planning in a clear, approachable way—no legal background needed. You'll learn about key documents everyone should have, like Powers of Attorney and instructions for your remains, what happens after death, how Wills work in Louisiana, and when a Testamentary Trust might be helpful. Whether planning for yourself, helping a loved one, or just curious, you'll leave with a clearer picture of what's needed and why. Type: Discussion and Lecture.

Time & Dates: 10:30 a.m. – 11:30 a.m.
 Tuesday, Oct. 21, 28

Course Code: OCRPLAN(1)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Jessica Bach

Coordinator: Sonya Carr

Location: Broadmoor Arts and Wellness Center

accessing and downloading the app; testing your system's audio and video, screen sharing, using the chat tool feature, participating during a session, learning host your session, and sharing the link to invite others. The first session will be classroom-based; please bring your laptop or smartphone. The second session will be a remote, online Zoom session where you can practice and refine the basics of using Zoom successfully.

Time & Dates: 2:00 p.m. – 3:30 p.m.
 Monday, Sept. 22, 29

Course Code: OCRZOOM(2)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Mark Stahl

Coordinator: Mark Stahl

Location: Broadmoor Arts and Wellness Center

Time & Dates: 1:30 p.m. – 3:00 p.m.

Monday, Oct. 6

Course Code: OCRBOR(1)

Course Fee: \$35 (Early Bird - \$30)

Instructor: Wesley Kohler

Coordinator: Mark Stahl

Location: Brady's Wine House

CHILDREN'S BOOKS THAT ENTHUSE AND APPEAL TO YOUNG READERS

Do you have children or teens in your life? This course explores how books—and conversations about them—can build bonds and support social-emotional development. You'll learn which formats, like graphic novels and novels in verse, resonate with young readers and gain insight into the growing diversity in children's literature. Even if you don't have kids, you won't want to miss out on some of the best books. We'll discuss what current trends in children's books reveal about society, the influence of social media, and how this knowledge can help families guide young readers toward stories they'll love. Participants are encouraged to bring a book to class and share why they'd recommend it to a child. Type: Discussion and Lecture.

Time & Dates: 10:30 a.m. – 12:00 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14

Course Code: OCRSELECT(1)

THE BASICS OF PARTICIPATING AND HOSTING ZOOM SESSIONS

This two-session course provides the basics of using Zoom: preparing to use Zoom; checking computer settings;

BORDEAUX VARIETALS

Exploring classic varietals made famous by one of our most well-known and romantic wine regions: Bordeaux. These varietals are Cabernet Sauvignon, Merlot, Malbec, and Sauvignon Blanc. In this class, we will travel to other wine regions where these varietals have migrated, bringing attention to newer areas such as New Zealand, Argentina, and California! We will end up in Bordeaux, going over the history and importance of this iconic place. Type: Discussion and Lecture.

CRESCENT CITY CHAPTER

Course Fee: \$40 (Early Bird - \$35)

Instructor: Dr. Pat Austin

Coordinator: Anne Howard

Optional supplies: Jim Trelease's Read-Aloud Handbook: Eighth Edition

Paperback - Illustrated, September 3, 2019, by Jim Trelease (Author), Cyndi Giorgis (Author).

Location: Broadmoor Arts and Wellness Center

COLLECTING AND PRESERVING FAMILY RECIPES

Every family has a core of treasured recipes. Whether you want to create a cookbook as a wedding present, for students leaving home, or perhaps a family volume for a family reunion, this course will help you write recipes, collect recipes from family elders, coherently organize them, and illustrate your book. Learn how to measure ingredients, write recipes in the accepted style, work with uncooperative family members, and do layout, publishing, and food photography. Everyone will benefit from sharing recipes! Type: Discussion and Lecture.

Time & Dates: 3:00 p.m. - 5:00 p.m.

Thursday, Sept. 25, Oct. 2, 9, 16

Course Code: OCRCOOK(1)

Course Fee: \$50 (Early Bird - \$45)

Instructor: Liz Williams

Coordinator: Mark Stahl

Location: Broadmoor Arts and Wellness Center

EVERYONE NEEDS A PATIENT ADVOCATE AND WHY

This grassroots education program explores the question: Who needs a patient advocate? The answer—everyone. Navigating the healthcare system can feel complex, especially when managing care for yourself or a loved one. Having an advocate helps make the experience more transparent and more manageable. This course empowers you to take simple, practical steps to support your health or the health of someone you care about. You'll learn to ask the right questions, stay informed, and feel confident during medical visits. We'll also cover ways to prepare for hospital stays and ensure your voice is heard in healthcare settings. As Benjamin Franklin said, "An ounce of prevention is worth a pound of cure." Type: Discussion and Lecture.

Time & Dates: 1:30 p.m. - 3:00 p.m.

Wednesday, October 1, 8, 15, 22

Course Code: OCRPAT(1)

Course Fee: \$35 (Early Bird - \$30)

Instructor: Kathy Lovett

Coordinator: Mary Fiser

Location: Copeland Tower

GET IN THE GAME! BRIDGE!

Always wanted to play bridge? Used to play, but you've forgotten how? This course is a chance to remember how to play the game or learn what those funny symbols mean for the first time. From how to count tricks to how to play NoTrump, we will hit the highlights and get you to the bridge table in six sort-of-easy lessons. Your ACBL-accredited Best Practices Instructor keeps it fun, low-stress, and uncomplicated. Bidding and playing are broken down into fundamental concepts and logical steps so you can move through the lessons in a supportive environment. Questions are encouraged, and a sense of humor is required. Play with us!

Time & Dates: 10:30 a.m. - 12:00 p.m.
Thursday, September 25, October 2, 9, 16, 23, 30

Course Code: OCRBRIDGE(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Martha Robson

Coordinator: Sonya Carr

Location: Copeland Tower

GROWING BLUEBERRIES ON THE SOUTH SHORE

This talk explores methods for growing blueberries in containers. We'll cover how soil pH affects blueberry growth, how the plants pollinate, ways to increase fruit production in a backyard garden, and when and where to plant blueberries. Type: Discussion and Lecture.

Time & Dates: 1:30 p.m. - 2:30 p.m.
Wednesday, Sept. 24

Course Code: OCRBLUE(1)

Course Fee: \$15 (Early Bird - \$10)

Instructor: Usha Ramadhyani

Coordinator: Sonya Carr

Location: Broadmoor Arts and Wellness Center

THE HISTORY OF FOOD AND CULTURE IN NEW ORLEANS

This course will begin with the Native Americans and take the class through all the influences on food and culture, including the making of cuisine and

September 22 - October 31

Registration Opens August 25

the present. There will be a food demonstration and a final class with a Southern Food & Beverage Museum tour. Type: Discussion and Lecture.

Time & Dates: 10:30 a.m. - 12:00 p.m.

Monday, Sept. 29, Oct. 6, 13, 20

Course Code: OCRNOLA(3)

Course Fee: \$55 (Early Bird - \$50)

Instructor: Liz Williams

Coordinator: TBD

Location: Broadmoor Arts and Wellness Center

HOLIDAY WINE TIME

Holidays are fast approaching, and there are so many different family members to please and foods to pair with! This class will review classic wines that pair perfectly with classic Holiday dishes! It is time to match acid with acid and get solutions to the harder-to-pair favorite meals of the season. Participants will taste four wines and enjoy a charcuterie tray. Type: Discussion and Lecture.

Time & Dates: 1:30 p.m. - 3:00 p.m.

Wednesday, Oct. 29

Course Code: OCRTURKEY(1)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Wesley Kohler

Coordinator: Mark Stahl

Location: Brady's Wine House

INTRODUCTION TO DRAWING

Introduction to Drawing will teach students everything they need to know about drawing with a graphite pencil, from choosing pencils and paper to drawing techniques and composition. Participants will be guided through step-by-step drawing projects that cover basic concepts and methods, such as drawing styles, line types, shading, blending, and more. They will work from references and still life.

Time & Dates: 3:00 p.m. - 4:30 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OCRDRAW(1)

Course Fee: \$55 (Early Bird - \$50)

Instructor: Lee Thomson-Yood

Coordinator: Mary Fiser

Required supplies: A list of necessary art supplies will be provided. A recommended, affordable drawing supply package is available at local art stores.

Location: Broadmoor Arts and Wellness Center

INTRODUCTION TO WINE TASTING

This class aims to make you a better wine taster by introducing participants to a structured wine-tasting method. This systematic method will use four human senses, sight, smell, taste, and feel, to differentiate between varying types of wines. In this hands-on class, we will taste two wines. This experience should help to clarify your taste preferences so that you understand why you like or do not like a particular wine. Please bring two wine glasses to the class.

Time and Dates: 3:30 p.m. - 5:00 p.m.

Wednesday, September 24

Course Code: OCRWINE(1)

Course Fee: \$25 (Early Bird \$20)

Instructor: Harsha Chacko

Coordinator: Anne Howard

Location: Broadmoor Arts and Wellness Center

LIVING IN BALANCE: FALL PREVENTION TRAINING

Work with a licensed physical therapist to learn more about your body and how it stays upright daily. You will know what is and isn't essential when understanding and improving your balance. You will leave the course with a better understanding of your body, better balance control, decreased fall risk, and an ability to live more confidently daily.

Time & Dates: 10:30 a.m. - 11:30 p.m.

Friday, Sept. 26, Oct. 3, 10, 17

Course Code: OCRFALL(1)

Course Fee: \$20 (Early Bird - \$15)

Instructor: Dr. Nicolas Lewis

Coordinator: Dr. Elaine Orr

Required Supplies: Yoga mat

Location: Copeland Tower

MAH JONGG - TILE GAME THAT USES STRATEGIC THINKING

Mah Jongg is a tile game that originated in China in the 19th century and is played worldwide. Mah Jongg is a fun and popular game that tasks you with solving a tile-matching puzzle before you run out of moves. The strategy is similar to Rummy.

Time & Dates: 10:00 a.m. - 12:00 p.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OCRMAH(3)

Course Fee: \$65 (Early Bird - \$60)

Instructor: Angela Larson

Coordinator: Lee Thomson-Yood

Location: Broadmoor Arts and Wellness Center

information resource for patients, their families, and friends. It is a service of the National Library of Medicine (NLM), the world's most extensive medical library, part of the National Institutes of Health (NIH). Type: Discussion and Lecture

Time & Dates: 1:00 p.m. - 3:00 p.m.

Thursday, Oct. 23

Course Code: OCRSNAKE(1)

Course Fee: \$15 (Early Bird - \$10)

Instructor: Anne Howard

Coordinator: Mary Fiser

Location: Broadmoor Arts and Wellness Center

YOUR LIFE, YOUR LEGACY, HOW WILL YOUR STORY BE TOLD

Your life, your legacy. We are all unique! We all have a story! It is an understatement to say New Orleans has unique Celebrations, whether a birthday, a wedding, or even a funeral. In taking this course, you will learn why many families are buried together in tombs/generational burial spaces, why many families have a second line after a funeral celebration, how to write your story, how easy it is to plan your perfect gift, and how different religious cultures' burial practices are different. A 1.5-hour limo tour of Metairie Cemetery will also take place. Type: Discussion and Lecture.

Time & Dates: 3:00 p.m. - 4:30 p.m.

Monday, Oct. 20, 27

Course Code: OCRLIFE(1)

Course Fee: \$15 (Early Bird - \$10)

Instructor: Jeanne Keene

Coordinator: Anne Howard

Location: Lake Lawn Metairie

MEDITATION FOR REAL LIFE

Join us as we learn to meditate through discussion and by experiencing a variety of meditation methods. You will discover meditation's physiological and psychological benefits and other positive attributes. All meditation practices will be seated. All skill levels are welcome.

Time & Dates: 1:30 p.m. - 2:30 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OCRMED(3)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Dr. Elaine Orr

Coordinator: Dr. Elaine Orr

Location: Copeland Tower

SNAKE OIL? LEARN TO NAVIGATE THROUGH MEDLINE PLUS FOR AUTHORITATIVE MEDICAL INFORMATION

This course will teach you how to use MedlinePlus, an online health



Felicianas Chapter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HATHA YOGA, THE BREATH, THE MIND, THE BODY 9:00 a.m. – 10:00 a.m. Grace Episcopal	BASIC YOGA 8:00 a.m. – 9:00 a.m. Grace Episcopal	YOGA FOR STRENGTH AND FLEXIBILITY 9:00 a.m. – 10:00 a.m. WFP Library	BASIC YOGA 8:00 a.m. – 9:00 a.m. Grace Episcopal	YOGA FOR STRENGTH AND FLEXIBILITY 9:00 a.m. – 10:00 a.m. WFP Library
CHAIR STRETCH YOGA AND CHAIR PILATES DUO 9:30 a.m. – 10:15 a.m. Livonia Library	PICKLEBALL 9:00 a.m. – 10:30 a.m. WFP Sports Park	AGING WELL JOURNEY 9:30 a.m. – 11:00 a.m. New Roads Library	YOGURT MADE SIMPLE 9:00 a.m. – 11:00 a.m. New Roads Library	CLAUDE'S KITCHEN GOES INTERNATIONAL 10:30 a.m. – 12:30 p.m. Grace Episcopal
THE WORLD'S GREATEST SHORT STORIES 9:30 a.m. – 11:30 a.m. UMC – St. Francisville	YOGA FOR STRENGTH AND FLEXIBILITY 9:30 a.m. – 10:30 a.m. New Roads Library	WRITE ON! 9:30 a.m. – 11:30 a.m. WFP Library	YOGA FOR STRENGTH AND FLEXIBILITY 9:30 a.m. – 10:30 a.m. New Roads Library	FITNESS MIX 10:00 a.m. – 11:00 a.m. First Baptist Church – St. Francisville
CHAIR EXERCISE PLUS CHAIR YOGA 10:00 a.m. – 11:30 a.m. Civic Center, Jackson, LA	FITNESS MIX 10:00 a.m. – 11:00 a.m. First Baptist Church – St. Francisville	LINE DANCING 10:30 a.m. – 12:30 p.m. Grace Episcopal	ART, BEAUTY, AND TRANSCENDENCE 10:00 a.m. – 11:00 a.m. WFP Library	POTTERY FUN! 10:00 a.m. – 12:00 p.m. First Baptist Church – New Roads
PWR! MOVES GROUP EXERCISES FOR PARKINSON'S 10:30 a.m. – 11:15 a.m. Livonia Library	CONTRA DANCING 1:30 p.m. – 3:00 p.m. Grace Episcopal	BAROQUE II 12:00 p.m. – 1:00 p.m. WFP Library	SCHOPENHAUER EXPLAINS THE MEANING OF LIFE 11:30 a.m. – 1:00 p.m. WFP Library	SUCCULENTS MADE SIMPLE 11:15 a.m. – 1:15 p.m. New Roads Library
SAVORY JAMBALAYA 10:30 a.m. – 1:30 p.m. Grace Episcopal	CPR/AED 5:30 p.m. – 7:30 p.m. WFP Hospital	BEGINNING SPANISH 1:30 p.m. – 2:30 p.m. WFP Library	FERTILE FISHERIES CRESCENT 1:30 p.m. – 3:30 p.m. WFP Library	AI MADE SIMPLE 1:30 p.m. – 3:30 p.m. New Roads Library
LEARNING FRENCH 1:00 p.m. – 3:00 p.m. WFP Library		LEARN TO PLAY BRIDGE 5:30 p.m. – 7:00 p.m. WFP Library	MEMORY MADE SIMPLE 3:45 p.m. – 5:45 p.m. New Roads Library	
INTRODUCTION TO CLUB CROQUET 3:00 p.m. – 5:00 p.m. WFP Sports Park				

* Dates and times may vary—please refer to the course description for full details.

Felicianas Chapter Course Descriptions

AGING WELL JOURNEY

This course refers to experiences, challenges, and growth and is unique to each person, often filled with unexpected twists and turns. Sessions encompass interactive discussions and tips related to attaining better aspects of health in physical, mental, emotional, and social well-being. Each session will address methods to navigate your journey and

how to take detours! A favorite session allows all to engage and contribute to personal health achievements during their lifetime!

Time & Dates: 9:30 a.m. – 11:00 a.m.
Wednesday, Sept. 24, Oct. 1, 8
Course Code: OFAGING(1)
Course Fee: \$20 (Early Bird - \$15)
Instructor: Frances Sagona
Coordinator: Helen Johnson

Location: New Roads Library

AI MADE SIMPLE

Are you curious about artificial intelligence but not sure where to start? This course shows you how to use AI in real life—step by step and without the tech jargon. You will learn to work with AI to help you write, organize, create

images, brainstorm ideas, and explore new hobbies. Each session gives you clear, repeatable ways to practice using AI tools, with time to try things out together in class. Whether you are a beginner or just looking to get more out of what is already out there, you will leave with skills you can use immediately—and a better sense of where AI fits into your daily life.

Time & Dates: 1:30 p.m. – 3:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OFAI(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: Nancy Robertson
Location: New Roads Library

AMERICAN HEART ASSOCIATION (CPR/AED), STOP THE BLEED, AND NARCAN ADMINISTRATION

Adult, child, and infant CPR, AED use, basic first aid, and lifesaving skills.

Time & Dates: 5:30 p.m. – 7:30 p.m.
Tuesday, Sept. 23, 30
Course Code: OFAHA(3)
Course Fee: \$20 (Early Bird - \$15)
Instructor: David Clifton
Coordinator: Nancy Robertson
Location: West Feliciana Parish Hospital

ART, BEAUTY, AND TRANSCENDENCE

Stephen Holmgren, former Rector of Grace Episcopal Church, writes the blog *Toward Beauty: in Art, Faith, and Life*, where he explores how beauty in art can evoke transcendent experiences beyond formal religious or philosophical traditions. In this course, he'll share visual examples and reflections from his blog, inviting open discussion on themes from each session. Topics may include the Hagia Sophia, the Mosque-Cathedral of Córdoba, Jackson Pollock, Alexander Calder, Frank Lloyd Wright, Philip Johnson, Dale Chihuly, and David Shaner. Participants can read past blog posts and bring questions or insights, but no additional reading is required.

Time & Dates: 10:00 a.m. – 11:00 a.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OFABT(1)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Stephen Holmgren
Coordinator: Gary Casteel
Location: West Feliciana Parish Library

BAROQUE PART II

If you love art and want to explore the stories behind some of history's greatest painters, this class is for you! Velasquez, Rembrandt, and Vermeer are only three of the many outstanding artists we will learn about. Join us. It will be so much fun you will not know you are learning!

Type: Discussion and Lecture

Time & Dates: 12:00 p.m. – 1:00 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OFBAR(1)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Lee Randall
Coordinator: Ed Lanius
Location: West Feliciana Parish Library

BASIC YOGA

Breathe, stretch, and relax your way to a healthier life! No prior yoga experience is needed. To help create a peaceful environment, please arrive a little early, remove your shoes before entering, and keep conversations quiet. Please leave your phone in the car to stay fully present. For comfort, wear non-restrictive clothing, bring a yoga mat, and try to come with an empty stomach. This class meets twice a week throughout the semester sessions and the intersession.

Time & Dates: 8:00 a.m. – 9:00 a.m.
Tuesday and Thursday, Sept. 9, 11, 16, 18, 23, 25, 30, Oct 2, 7, 9, 14, 16, 21, 23, 28, 30, Nov. 4, 6, 11, 13, 18, 20, 25
Course Code: OFBEYOG(76)
Course Fee: \$90 (Early Bird - \$85)
Instructor: Owen Kemp
Coordinator: Georgia LaCour
Required Supplies: Yoga mat
Location: Grace Episcopal Church

BASIC YOGA – SESSION II

Breathe, stretch, and relax your way to a healthier life! No prior yoga experience is needed. To help create a peaceful environment, please arrive a little early, remove your shoes before entering, and keep conversations quiet. Please leave your phone in the car to stay fully present. For comfort, wear non-restrictive clothing, bring a yoga mat, and try to come with an empty stomach. This class meets twice a week throughout the semester sessions and the intersession.

Time & Dates: 8:00 a.m. – 9:00 a.m.
Tuesday and Thursday, Dec 2, 4, 9, 11, 16, 18, 23, 30, Jan 6, 8, 13, 15, 20, 22, 27, 29, Feb 3, 5, 10, 12, 17, 19

Course Code: OFBEYOG(77)

Course Fee: \$85 (Early Bird - \$80)

Instructor: Owen Kemp

Coordinator: Georgia LaCour

Required Supplies: Yoga mat

Location: Grace Episcopal Church

BEGINNING SPANISH

This class will teach beginners how to pronounce the Spanish alphabet and learn useful vocabulary. We will also work on some conversational Spanish.

Type: Discussion and Lecture

Time & Dates: 1:30 p.m. – 2:30 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OFSPAN(1)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Claudene Cockrum
Coordinator: Lyle Brown
Location: West Feliciana Parish Library

CHAIR EXERCISES PLUS CHAIR YOGA

This class is for anyone wishing to increase their cardiovascular fitness, body strength, especially the core and back, and flexibility by performing simple seated exercises followed by yoga movements and poses. Most movements will be seated, with a few standing exercises to help improve balance.

Time & Dates: 10:00 a.m. – 11:30 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OFCHE(8)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Pat Heurtin
Coordinator: Valerie Thomas Barnes
Location: Jackson Civic Center

CHAIR STRETCH YOGA AND CHAIR PILATES DUO

This course is for anyone wanting to increase core strength and improve flexibility and posture by performing simple but challenging seated and chair-assisted standing exercises in the yoga and Pilates forms.

Time & Dates: 9:30 a.m. – 10:15 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, Nov. 3, 10, 17, Dec. 1, 8, 15, 22
Course Code: OFPIL(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Michelle Orillion
Coordinator: Robin Lejeune
Required Supplies: Non-slip, 5 mm thick yoga mat. (Purchase on Manduka.com)
Location: Livonia Public Library

FELICIANAS CHAPTER

CLAUD'S KITCHEN GOES INTERNATIONAL

Designed for those who have mastered the art of cooking, those who want to hone their cooking skills, or for the eager beginner—this course offers something for everyone! Students can adapt an international recipe for two during each class to fit their tastes and dietary needs. Learn how to make a dish from a different country/culture! The day's completed dish can either be "make and take" or consumed for lunch at the end of class. In addition to several great adaptable recipes, you will have a fun and tasty time!

Time & Dates: 10:30 a.m. – 12:30 p.m.
Friday, Sept. 26, Oct. 10, 24, 31

Course Code: OFTRIP(2)

Course Fee: \$35 (Early Bird - \$30) \$75
course fee paid at first class.

Instructor: Claudene Cockrum

Coordinator: Georgia LaCour

Location: Grace Episcopal Church

CONTRA DANCE: AN AMERICAN ORIGINAL

Contra Dance is a form of social dance that originated in Colonial America. Long lines of dancers face each other, and dance figures such as do-si-so, allemande, circle, star, hey for four, balance, and swing! A caller cues the dance steps, so there is no order of steps to memorize. You do not need to bring a partner, because you will dance with everyone. We will dance to live music and occasionally to recordings. Please wear comfortable shoes and bring a water bottle. Contra Dance is easy to learn—if you can walk, you can contra dance! It is great exercise and so much fun!

Time & Dates: 1:30 p.m. – 3:00 p.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OFCONTRA(1)

Course Fee: \$35 (Early Bird - \$30)

Instructors: Charlene Heaton and David Porter

Coordinator: Darlene Reaves

Location: Grace Episcopal Church

DISCUSSING "THE WORLD'S GREATEST SHORT STORIES"

This class centers on The World's Greatest Short Stories, a global anthology featuring works from the 19th and 20th centuries. The collection includes

stories from worldwide—America, France, Nigeria, Japan, and more—highlighting timeless themes and masterful storytelling. Each session will consist of background on the authors and a discussion of one or more stories. Selections may include "Melville's Bartle" by the Scrivener, Gilman's "The Yellow Wallpaper", Kafka's "A Hunger Artist", and Achebe's "The Sacrificial Egg". These stories offer more than entertainment—they connect us to the rich literary heritage of cultures around the world.
Type: Discussion and Lecture.

Time & Dates: 9:30 a.m. – 11:30 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27

Course Code: OFGREAT(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Olivia Pass

Coordinator: Julie Jewel

Optional Supplies: Daley, James, ed. *The World's Greatest Short Stories* Mineola, N.Y.: Dover Publications, 2006.

Location: United Methodist Church – St. Francisville

THE FERTILE FISHERIES CRESCENT WITH AN EMPHASIS ON LOUISIANA

This course explores the influence of the Mississippi River drainage system on the Northern Gulf of Mexico between Mobile Bay, Alabama, and Sabine Pass, Texas. This coastline has ranged from 250 miles offshore to North Louisiana through geological time. The present coastline consists of numerous barrier islands and bays and the most extensive saline, brackish, intermediate, and fresh marsh communities in the United States. It is eroding because of a lack of sediment input, subsidence, and numerous dredged canals. However, as noted here, efforts to remediate the coastline are expensive and problematic, and, as a result, this highly productive, shellfish-producing coastal region of the continental United States is regularly subjected to excess nutrients from the Mississippi River and was stressed by the Macondo oil leak. Type: Discussion and Lecture

Time & Dates: 1:30 p.m. – 3:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OFFISHERIES(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Bill Stickle

Coordinator: TBD

Required Supplies: *A Guide to the Fertile Fisheries Crescent with an Emphasis on Louisiana* - Cambridge Scholars and Amazon

September 22 - October 31
Registration Opens August 25

Location: West Feliciana Parish Library

FITNESS MIX

Fitness Mix is an eclectic class incorporating students' feedback and preferences over the last three years of Yoga, Dancercise, and Tai Chi. Floor exercises will not be included. Music will vary from 60s-70s hits to New Age or ambient genres. Join this class to build strength, flexibility, and balance and to improve cardiovascular and mental health. Please note: I am a novice Tai Chi student, and we will learn the basic movements together.

Time & Dates: 10:00 a.m. – 11:00 a.m.
Tuesday and Thursday, Sept. 23, 25, 30, Oct. 2, 7, 9, 14, 16

Course Code: OFMIX(1)

Course Fee: \$35 (Early Bird - \$30)

Instructor: Jann Peck

Coordinator: Rhonda Young

Optional Supplies: 2-5 lb. hand weights, supportive tennis shoes

Location: First Baptist Church – St. Francisville

HATHA YOGA: THE BREATH, THE MIND, THE BODY

Steady the breath. Steady the mind. Steady the body. Start your week off with yoga! We will explore the yoga practice by moving through poses and breathing techniques. Join me with a "beginner's mind" and gain balance, flexibility, core strength, and focus. All levels of practice are welcome, and you are encouraged to make each practice your own. We will move up and down and side to side, so bring a mat and a folded towel or pillow to sit on. Comfortable clothes, bare feet, and the ability to meet yourself where you are physically will ensure a positive experience. Movement is healing, and mindful breathing is powerful. We discover amazing insights by connecting the body and mind through mindful breathing.

Time & Dates: 9:00 a.m. – 10:00 a.m.
Monday, Sept. 8, 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17

Course Code: OFHATHA(6)

Course Fee: \$40 (Early Bird - \$35)

Instructor: Sue Lockwood

Coordinator: Georgia LaCour

Location: Grace Episcopal Church

HATHA YOGA: THE BREATH, THE MIND, THE BODY – SESSION II

Steady the breath. Steady the mind. Steady the body. Start your week off with yoga! We will explore the yoga practice by moving through poses and breathing techniques. Join me with a “beginner’s mind” and gain balance, flexibility, core strength, and focus. All levels of practice are welcome, and you are encouraged to make each practice your own. We will move up and down and side to side, so bring a mat and a folded towel or pillow to sit on. Comfortable clothes, bare feet, and the ability to meet yourself where you are physically will ensure a positive experience. Movement is healing, and mindful breathing is powerful. We discover amazing insights by connecting the body and mind through mindful breathing.

Time & Dates: 9:00 a.m. – 10:00 a.m.
Monday, Dec. 1, 8, 15, 29, Jan. 5, 12, 19, 26, Feb. 2, 9, 16
Course Code: OFHATHA(7)
Course Fee: \$40 (Early Bird - \$35)
Instructor: Sue Lockwood
Coordinator: Georgia Lacour
Location: Grace Episcopal Church

INTRODUCTION TO CLUB CROQUET

Our annual Fall croquet course was the beginning for many of our excellent Panache Club members. Club play is not your children’s backyard game. At our Fall croquet course, you will learn the game’s history, the equipment used, and the rules of the American nine-wicket. You will learn and practice the different shots needed in the game, how to set up the courts, courtesy, and strategy. Our last class will be with Panache Club members, who will offer suggestions after you shoot.

Time & Dates: 3:00 p.m. – 5:00 p.m.
Monday, Oct. 6, 13, 20, 27, Nov. 3
Course Code: OFBCR(6)
Course Fee: \$40 (Early Bird - \$35)
Instructor: Ernest Ayo
Coordinator: Jeff Borchardt
Location: West Feliciana Parish Sports Park – Croquet Courts

LEARN TO PLAY BRIDGE BY PLAYING THE GAME

We will use Harry Lampert’s book, The Fun Way to Serious Bridge, and

play cards that illustrate the concepts discussed in the book. If you want to play bridge, join for 90 minutes of fun.

Time & Dates: 5:30 p.m. – 7:00 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OFBRIDGE(6)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Ralph Schomburg
Coordinator: Dawn Hoyle
Required Supplies: *The Fun Way to Serious Bridge* by Harry Lampert
Location: West Feliciana Parish Library, Teen Room

LEARNING FRENCH – BEGINNING TO MEDIUM

The instructor tailors the class to match the needs of those who register. Both beginners with some knowledge and more experienced speakers are welcome. Lessons focus on pronunciation, vocabulary, and using words and phrases to build sentences and strengthen communication skills. The class covers basic grammar as needed and weaves French culture into each session. The instructor provides both oral and written instruction. Type: Discussion and Lecture

Time & Dates: 1:00 p.m. – 3:00 p.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OFLFRENCH(5)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Sally Jones
Coordinator: Steve Brignac
Optional Supplies: French/English dictionary and note cards
Location: West Feliciana Parish Library

LINE DANCING

Have a fun time showing off all your best dance moves. Line Dancing is a line of dancers executing a sequence of steps simultaneously. It has a strong country music base but has crossed into music styles like Disco, Pop, Cajun, Latin, contemporary, and traditional. With Line Dancing, the balance of male and female partners does not matter, so sign up for this course either as a single or a couple. Join today, don’t delay!

Time & Dates: 10:30 a.m. – 12:30 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OFLID(14)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Jerisse Grantham
Coordinator: Georgia LaCour
Location: Grace Episcopal Church

MEMORY MADE SIMPLE

You do not need a perfect memory—you need a way to practice using the one you have. This course helps you better remember everyday things by doing simple, repeatable exercises. Whether remembering names, where you put your keys, or what you meant to grab at the store, you will learn techniques that work because you practice them. Each class session allows you to try things out and see what works for you. This course is not about brain science or miracle claims but about building habits that make daily life smoother and more connected. Type: Discussion and Lecture.

Time & Dates: 3:45 p.m. – 5:45 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OFMEMORY(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: TBD
Location: New Roads Library

PICKLEBALL FOR BEGINNERS

Learn the basics of pickleball (serve, return of serve, dinking, forehand and backhand drives, scoring, rules, and gameplay.) Advanced beginners will learn strategic play, skill development, etc.

Time & Dates: 9:00 a.m. – 10:30 a.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OFBPB(7)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Carla Reeves
Coordinator: Pat Heurtin
Required Supplies: Pickleball paddle. Loaners are available if needed.
Location: West Feliciana Parish Sports Park

POTTERY FUN! HAND-BUILDING & SCULPTING

Ready to have fun with clay? In this hands-on class, using simple hand-building techniques, you’ll create bookend planters, a berry bowl, an ornament, and a bud vase. Learn how to roll slabs, make templates, and even mix clay slip. We’ll decorate using slip trailing, carving, and molding, then finish with glaze and paint to bring your pieces to life. No experience is needed—just creativity and curiosity! Attend all six sessions to get the whole experience. Join the fun!

FELICIANAS CHAPTER

Time & Dates: 10:00 a.m. – 12:00 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OFPOTTERY(2)

Course Fee: \$45 (Early Bird - \$40) \$40 course fee paid at first class.

Instructor: Lisa Nelson

Coordinator: Deb Daniel

Required Supplies: Scissors, x-acto knife, or small cutting knife.

Optional Supplies: Rolling pin, floss or small wire, non-synthetic paint brushes.

Location: First Baptist Church – New Roads

PWR! MOVES GROUP EXERCISES FOR PARKINSON'S

PWR! Moves is a Parkinson-specific group exercise class designed to help you stay active and do more of what you love. Led by a certified instructor, the class targets strength, balance, agility, aerobics, and flexibility through fun, whole-body functional movements that also challenge your mind. You'll boost your fitness, manage PD symptoms, and build confidence in a supportive environment. Before the first class, you must provide a medical release and complete a 4-part instructor-led assessment to determine the right level for future sessions. This class also welcomes those with other neurological conditions. Have questions about ability levels, medical releases, or the mat? Email the instructor at Beewellwithmichelle@gmail.com. All other equipment provided.

Time & Dates: 10:30 a.m. – 11:15 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17, Dec. 1, 8, 15, 22

Course Code: OFPWR(1)

Course Fee: \$40 (Early Bird - \$35)

Instructor: Michelle Orillion

Coordinator: TBD

Required Supplies: Lace-up or Velcro sneakers are needed—no slip-on sneakers, sandals, etc. A non-slip, 5mm thick yoga mat is needed.

Location: Livonia Public Library

SAVORY JAMBALAYA, THE CAJUN SPICE OF LIFE

St. Francisville's Jeff Soulier will demonstrate how to prepare the classic Louisiana dish jambalaya. This vibrant, one-pot meal is a perfect blend of flavors, featuring rice, meat, and spices. You will acquire the skills and knowledge to recreate it for family and friends. Enjoy

a hot, spicy, delicious jambalaya, white beans, and banana pudding for dessert at the end of class. A \$12 fee paid to the instructor at the beginning of class will cover the costs for all ingredients, drinks, and supplies.

Time & Dates: 10:30 a.m. – 1:30 p.m.
Monday, October 13

Course Code: OFJAMB(1)

Course Fee: \$10 (Early Bird - \$5) \$12 supply fee paid at first class.

Instructor: Jeff Soulier

Coordinator: Gary Casteel

Location: Grace Episcopal Church

SCHOPENHAUER EXPLAINS THE MEANING OF LIFE

Do people truly have free will? Why do suffering and evil persist in the world? What is the basis of morality? The philosopher Arthur Schopenhauer (1780-1860) offered original, well-reasoned, and often startling answers to these and other big questions. And, unlike so many philosophers, he expressed himself in clear and elegant prose. Plato, Kant, Eastern religions, and Christian mystics strongly influenced him, and, in turn, he influenced diverse artists and thinkers, including Richard Wagner, Albert Einstein, and Friedrich Nietzsche. We will explore his thought through a collection of short excerpts from his writings and, as needed, with the new Cambridge edition of his works, plus critical and biographical materials. Type: Discussion and Lecture

Time & Dates: 11:30 a.m. – 1:00 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OFSCHOP(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Mark Dauer

Coordinator: TBD

Required Supplies: Arthur Schopenhauer: *Essays and Aphorisms* (editor: R. J. Hollingdale), Penguin Classics, 1970.

Location: West Feliciana Parish Library

SUCCULENTS MADE SIMPLE

Once you know what they need, succulents are beautiful, low-maintenance, and surprisingly easy to keep healthy. In this relaxed one-day workshop, you will learn the basics of choosing, potting, watering, and propagating succulents so they thrive. We will demystify common mistakes (like loving them too much) and give you

September 22 - October 31
Registration Opens August 25

the confidence to care for and multiply these plants at home. You will leave with practical tips, plant science, and a new appreciation for these quirky, living sculptures.

Time & Dates: 11:15 a.m. – 1:15 p.m.
Thursday, Oct. 2

Course Code: OFSUCL(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Tommy Draughn

Coordinator: TBD

Location: New Roads Library

WRITE ON!

This course will inspire aspiring writers of all genres and give opportunities to stretch your creativity in a fun and relaxed atmosphere while enjoying the camaraderie of other writers. You are never too old, and it is never too late to enjoy writing!

Time & Dates: 9:30 a.m. – 11:30 a.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22

Course Code: OFWRITE(1)

Course Fee: \$40 (Early Bird - \$35)

Instructor: Cheramie Moore

Coordinator: Ed Lanius

Location: West Feliciana Parish Library, Teen Room

YOGA FOR STRENGTH AND FLEXIBILITY – ST. FRANCISVILLE

This class focuses on the basic yoga postures and asanas at the beginning/intermediate level. No prior yoga experience is necessary. Just be willing to challenge your body to become stronger and more flexible, which is essential to our OLLI age bracket and a perfect complement to any other sports/fitness. With an emphasis on the power of the breath, yoga will surely be the powerful answer.

Time & Dates: 9:00 a.m. – 10:00 a.m.
Wednesday and Friday, Sept 10, 15, 17, 19, 24, 26, Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31, Nov. 5, 7, 12, 14, 19, 21

Course Code: OFGEYOG(46)

Course Fee: \$85 (Early Bird - \$80)

Instructor: Jane Simmons

Coordinator: Carla Bowman

Required Supplies: Yoga mat (yoga block optional)

Location: West Feliciana Parish Library

YOGA FOR STRENGTH AND FLEXIBILITY – ST. FRANCISVILLE – SESSION II

This class focuses on the basic yoga postures and asanas at the beginning/intermediate level. No prior yoga experience is necessary. Just be willing to challenge your body to become stronger and more flexible, which is essential to our OLLI age bracket and a perfect complement to any other sports/fitness. With an emphasis on the power of the breath, yoga will surely be the powerful answer.

Time & Dates: 9:00 a.m. – 10:00 a.m. Wednesday and Friday, Dec. 3, 5, 10, 12, 17, 19, 26, Jan. 2, 7, 9, 14, 16, 21, 23, 28, 30, Feb. 4, 6, 11, 13

Course Code: OFGEYOG(47)

Course Fee: \$75 (Early Bird - \$70)

Instructor: Jane Simmons

Coordinator: Carla Bowman

Required Supplies: Yoga mat (yoga block optional)

Location: West Feliciana Parish Library

YOGA FOR STRENGTH AND FLEXIBILITY – NEW ROADS

This class is the companion course to the one offered in St Francisville: Yoga Basics at the beginner/intermediate level. No prior yoga experience is required. We practice all the basic standing, sitting,

and reclining poses and combine them, in many cases, with a flow class. There is a significant emphasis on the breath. Yoga complements any other exercise activity or sport and is the perfect stress reliever for all ages and stages.

Time & Dates: 9:30 a.m. – 10:30 a.m. Tuesday and Thursday, Sept. 11, 16, 18, 23, 25, 30, Oct. 2, 7, 9, 14, 16, 21, 23, 28, 30, Nov. 4, 6, 11, 13, 18, 20, 25

Course Code: OFYOGANR(3)

Course Fee: \$85 (Early Bird - \$80)

Instructor: Jane Simmons

Coordinator: Anne LeJeune

Required Supplies: Yoga mat (yoga block optional)

Location: New Roads Library

YOGA FOR STRENGTH AND FLEXIBILITY – NEW ROADS – SESSION II

This class is the companion course to the one offered in St Francisville: Yoga Basics at the beginner/intermediate level. No prior yoga experience is required. We practice all the basic standing, sitting, and reclining poses and combine them, in many cases, with a flow class. There is a significant emphasis on the breath. Yoga complements any other exercise activity or sport and is the perfect stress reliever for all ages and stages.

Time & Dates: 9:30 a.m. – 10:30 a.m. Tuesday and Thursday, Dec. 2, 4, 9, 11, 16, 18, 23, Jan. 6, 8, 13, 15, 20, 22, 27, 29, Feb. 3, 5, 10, 12

Course Code: OFYOGANR(3)

Course Fee: \$70 (Early Bird - \$65)

Instructor: Jane Simmons

Coordinator: Anne LeJeune

Required Supplies: Yoga mat (yoga block optional)

Location: New Roads Library

YOGURT MADE SIMPLE

Making your yogurt is easier than you think—and once you taste the fresh results, you might never go back to store-bought. In just two hours, you will learn how to turn milk into delicious, creamy yogurt using simple tools and techniques. We will cover everything from ingredients to incubation, plus tips for serving and storing your homemade yogurt—no fancy equipment is required. And while a whole batch takes time to finish, you will get to sample freshly made yogurt during class—so you can taste the difference for yourself.

Time & Dates: 9:00 a.m. – 11:00 a.m. Thursday, Oct. 2

Course Code: OFYOGURT(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Tommy Draughn

Coordinator: TBD

Location: New Roads Library



Lagniappe Chapter Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BASIC DRAWING 9:00 a.m. – 11:00 a.m. BUMC	BEGINNING ITALIAN CONVERSATION 9:00 a.m. – 11:00 a.m. BUMC	SLEUTHING IN THE WORLD OF ART, PART TWO 9:00 a.m. – 11:00 a.m. BUMC/Online	BEGINNING ITALIAN CONVERSATION 9:00 a.m. – 11:00 a.m. BUMC	END-OF-LIFE ISSUES 9:30 a.m. – 11:00 a.m. St. James Place/Online
MEMORY MADE SIMPLE 9:00 a.m. – 11:00 a.m. BUMC	AMERICA'S 250TH BIRTHDAY 9:00 a.m. – 11:00 a.m. BUMC	BEGINNING FRENCH 9:00 a.m. – 11:00 a.m. BUMC	THE SECRETS OF THE COLD WAR 9:30 a.m. – 11:30 a.m. St. James Place	LINE DANCING 12:30 p.m. – 2:30 p.m. Williamsburg
BASIC HATHA YOGA 9:30 a.m. – 10:30 a.m. First Christian Church	IPHONE MADE SIMPLE 9:00 a.m. – 11:00 a.m. BUMC	HISTORY OF PALESTINE 9:15 a.m. – 11:15 a.m. St. James Place	HEARING CARE 10:00 a.m. – 11:30 a.m. St. James Place	LATIN DANCE MOVEMENT 10:00 a.m. – 11:30 a.m. Baton Rouge Ballroom
FINANCIAL FITNESS 10:00 a.m. – 11:00 a.m. BUMC	DID GONE WITH THE WIND GET THE INTERIORS RIGHT? 9:30 a.m. – 11:00 a.m. BUMC	BASIC HATHA YOGA 9:30 a.m. – 10:30 a.m. First Christian Church	EXOTIC FOODS 11:00 a.m. – 1:00 p.m. Various Locations	CAJUN CREOLE COOKING 11:30 a.m. – 1:30 p.m. BUMC
MOBILE PHOTOGRAPHY MADE SIMPLE 11:30 a.m. – 1:30 p.m. BUMC	HEARING CARE 10:00 a.m. – 11:30 a.m. St. James Place	EVEN MORE INTERESTING PLACES 10:00 a.m. – 11:30 a.m. Various Locations	INTO THE DESERT 11:30 a.m. – 1:30 p.m. BUMC	A FORTY-FIFTH OPERA 1:30 p.m. – 3:30 p.m. St. James Place
SUCCULENTS MADE SIMPLE 11:30 a.m. – 1:30 p.m. BUMC	PICKLEBALL 11:00 a.m. – 1:00 p.m. P. Manship YMCA	SO WHAT! YOU'RE OVER 50! 11:30 a.m. – 1:00 p.m. BUMC/Online	SPANISH FOR INTERMEDIATES 1:45 p.m. – 3:45 p.m. BUMC	HOT TOPICS IN LOUISIANA 1:45 p.m. – 3:45 p.m. BUMC
WORLD'S GREATEST SHORT STORIES 1:30 p.m. – 3:30 p.m. BUMC	THE SECRET OF THE COLD WAR 11:30 a.m. – 1:30 p.m. BUMC/Online	FRENCH INTERMEDIATE LEVEL 11:30 a.m. – 1:30 p.m. BUMC	SUPREME COURT REVIEW 1:45 p.m. – 3:45 p.m. St. James Place	SWEET ADELINES 6:30 p.m. – 8:30 p.m. Ingleside Methodist Church
LIFE WRITINGS 1:45 p.m. – 3:45 p.m. BUMC	NEW WAYS OF ENCOUNTERING GOD 11:30 a.m. – 1:30 p.m. BUMC	SPANISH FOR BEGINNERS, PT. 2 1:45 p.m. – 3:45 p.m. BUMC	ASTRONOMY 4:30 p.m. – 6:00 p.m. St. James Place	
TALES FROM THE BAYOU: LA FOLKLORE 1:45 p.m. – 3:45 p.m. BUMC/Online	THE TRUTH MADE SIMPLE 11:30 a.m. – 1:30 p.m. BUMC			
AI MADE SIMPLE 2:00 p.m. – 4:00 p.m. BUMC	HOW WE GOT HERE: GOVERNMENT AND POLITICS SINCE 1890 1:45 p.m. – 3:15 p.m. BUMC			
FLICKS AND FOOD 6:30 p.m. – 9:00 p.m. Drusilla Seafood Restaurant	SPANISH FOR ELEMENTARY STUDENTS 1:45 p.m. – 3:45 p.m. BUMC			
	FASCINATION WITH ALASKA 1:45 p.m. – 3:45 p.m. BUMC			
	HISTORY OF WESTERN MUSIC 3:00 p.m. – 5:00 p.m. St. James Place			
	ITALIAN WINE FOR THANKSGIVING AND CHRISTMAS 6:30 p.m. – 8:00 p.m. Matherne's Market			
				HYBRID

Lagniappe Chapter Course Descriptions

AI MADE SIMPLE

Are you curious about artificial intelligence but not sure where to start? This course shows you how to use AI in real life—step by step and without the tech jargon. You will learn to work with AI to help you write, organize, create images, brainstorm ideas, and explore new hobbies. Each session gives you clear, repeatable ways to practice using AI tools, with time to try things out together in class. Whether you are a beginner or just looking to get more out of what is already out there, you will leave with skills you can use immediately—and a better sense of where AI fits into your daily life.

Time & Dates: 2:00 p.m. – 4:00 p.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLAI(4)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: Bettye Mashack
Location: Broadmoor United Methodist Church

AMERICA'S 250TH BIRTHDAY

Get ready for a historic milestone! The 250th anniversary of the American Revolution arrives in 2026, and this multimedia course is your perfect way to prepare for the celebration. Join us as we journey back to the pivotal moments, fascinating figures, and powerful ideas that forged a nation. We will dive into the exciting ways this milestone is already being honored nationwide, including special exhibitions and cultural events. We will look at art, literature, and music related to the revolution and prepare for Ken Burns' new documentary on the American Revolution, which will air in November. We will even take video tours of iconic historic sites! Do not miss this chance to connect with history and prepare for 2026! Type: Discussion and Lecture.

Time & Dates: 9:00 a.m. – 11:00 a.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLABIRTH(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Edwin Lyon
Coordinator: Debbie Reynaud
Location: Broadmoor United Methodist Church

ASTRONOMY: YOUR QUESTIONS ANSWERED

This course is at an introductory level and has no set syllabus. I will select and prepare a presentation on topics of current interest and encourage discussion and feedback in class. Depending on the case, I will cover and connect the topic's history to the more general historical context. Occasionally, I will cover some basic math and physics relevant to the discussion. No previous astronomy is required. Type: Discussion and Lecture.

Time & Dates: 4:30 p.m. – 6:00 p.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OLASTRONOMY(2)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Dr. Juhan Frank
Coordinator: Lance Foster
Location: St. James Place, Theatre Room

BASIC DRAWING

Discover the power of visual expression in Basic Drawing, a beginner-friendly course designed to spark your creativity. Whether new to drawing or building your basics, this course offers a supportive space to explore drawing as a skill and personal expression. Through hands-on projects, you'll learn core techniques like line, shape, shading, perspective, and composition. Step-by-step guidance helps you confidently draw from life and imagination while sharpening your observation skills. No experience or pricey materials are needed—just curiosity and a willingness to create. You'll leave with a portfolio of finished pieces and the tools to keep drawing with joy.

Time & Dates: 9:00 a.m. – 11:00 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, 20, 27

Course Code: OLDRAW(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Urbin Martin
Coordinator: Margaret Muse

Required Supplies: Drawing pencils (6H, 6B), drawing paper (Canson Smooth Pad), and a white eraser. Purchase at MO's Art Supply, Baton Rouge. Ruler and pencil sharpener are optional.

Location: Broadmoor United Methodist Church

BASIC HATHA YOGA FLOW

Enrich your lifestyle by learning or

continuing to practice yoga while moving through basic poses with a bit of flow added to some poses. Breathe, stretch, and relax to improve posture, endurance, flexibility, and core strength while practicing yoga in a fun, non-judgmental atmosphere. No prior yoga experience is necessary; however, you must sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition from standing to seated poses and from seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries, and the “outside world” to enjoy this class. Enjoy the “present moment” while practicing yoga.

Time & Dates: 9:30 a.m. – 10:30 a.m.
Monday and Wednesday, Sept. 22, 24, 29, Oct. 1, 6, 8, 13, 15, 20, 22, 27, 29

Course Code: OLBHY(39)
Course Fee: \$80 (Early Bird - \$75)
Instructor: Agnes Bickham
Coordinator: Fran Martin
Required Supplies: Yoga Mat, Yoga Block (2), and Yoga Strap.
Location: First Christian Church

BASIC HATHA YOGA FLOW – SESSION II

Enrich your lifestyle by learning or continuing to practice yoga while moving through basic poses with a bit of flow added to some poses. Breathe, stretch, and relax to improve posture, endurance, flexibility, and core strength while practicing yoga in a fun, non-judgmental atmosphere. No prior yoga experience is necessary; however, you must sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition from standing to seated poses and from seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries, and the “outside world” to enjoy this class. Enjoy the “present moment” while practicing yoga.

Time & Dates: 9:30 a.m. – 10:30 a.m.
Monday and Wednesday, Nov. 3, 5, 10, 12, 17, 19, Dec. 1, 3, 8, 10, 15, 17

Course Code: OLBHY(40)
Course Fee: \$80 (Early Bird - \$75)
Instructor: Agnes Bickham
Coordinator: Fran Martin
Required Supplies: Yoga Mat, Yoga Block (2), and a Yoga Strap.
Location: First Christian Church

LAGNIAPPE CHAPTER

BEGINNING FRENCH

This class is for novice-level learners of French and will begin with the basics of the language, incorporating listening, speaking, reading, and writing skills. To encourage learning, we will travel in our dreams to a French city and discuss cultural aspects of each one, including art, music & history. No previous knowledge of French is necessary. Please put in one or more hours of study at home per week. Required materials are listed below.

Time & Dates: 9:00 a.m. – 11:00 a.m. Wednesday, Oct. 1, 8, 15, 22, 29, Nov. 5

Course Code: OLFRENCH(2)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Meg Marshall

Coordinator: Ricky Zimmer

Required Supplies: Natura Lingua

Learn French for Beginners & Reverso Dictionary App

Optional Supplies: English Grammar for Students of French & Barron's 501 French Verbs

Location: Broadmoor United Methodist Church

BEGINNING ITALIAN CONVERSATION

Learn one of the world's most beautiful languages from a native Italian. She will introduce you to the basics of conversation, grammar structure, and vocabulary. Whether you are planning an excursion to Italy or want to learn more about the language and culture, this class is for you.

Time & Dates: 9:00 a.m. – 11:00 a.m. Tuesday and Thursday, Sept. 23, 25, 30, Oct. 2, 7, 9, 14, 16, 21, 23, 28, 30

Course Code: OLITALIAN(1)

Course Fee: \$90 (Early Bird - \$85)

Instructor: Fara Mabrey

Coordinator: Mary Lou Cutrera

Location: Broadmoor United Methodist Church

DID GONE WITH THE WIND GET THE INTERIORS RIGHT?

If you love Gone with the Wind and historic design, this course is for you! We'll explore the architecture, interiors, and furnishings of Tara, Twelve Oaks, and the Atlanta homes of Aunt Pittypat and the Butlers using film clips, photos, and historical sources. You'll learn how designers, decorators, and even Margaret Mitchell's behind-the-scenes

"spies" shaped the film's iconic look. We'll compare these Hollywood sets to real Antebellum and Early Victorian interiors, examine how décor reflects character and status, and ask: Did Gone with the Wind get the interiors right? Type: Lecture only.

Time & Dates: 9:30 a.m. – 11:00 a.m. Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLWGWR(3)

Course Fee: \$35 (Early Bird - \$30)

Instructor: Dr. Bridget May

Coordinator: TBD

Optional Supplies: Architecture and Interior Design: An Integrated History, Harwood, May & Sherman; class includes handouts and a bibliography of books and websites.

Location: Broadmoor United Methodist Church

DISCUSSING "THE WORLD'S GREATEST SHORT STORIES"

This class centers on The World's Greatest Short Stories, a global anthology featuring works from the 19th and 20th centuries. The collection includes stories from worldwide—America, France, Nigeria, Japan, and more—highlighting timeless themes and masterful storytelling. Each session will consist of background on the authors and a discussion of one or more stories. Selections may include Melville's "Bartleby the Scrivener", Gilman's "The Yellow Wallpaper", Kafka's "A Hunger Artist", and Achebe's "The Sacrificial Egg". These stories offer more than entertainment—they connect us to the rich literary heritage of cultures around the world. Type: Discussion and Lecture.

Time & Dates: 1:30 p.m. – 3:30 p.m. Monday, Sept. 22, 29, Oct. 6, 13, 20, 27

Course Code: OLWGREATEST(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Olivia Pass

Coordinator: Aline Creed

Optional Supplies: Daley, James, ed. The World's Greatest Short Stories Mineola, N.Y.: Dover Publications, 2006.

Location: Broadmoor United Methodist Church

END-OF-LIFE ISSUES – THE BASICS, NEED TO KNOW AND MAKE KNOWN

This series will cover end-of-life planning so that individual patients' wishes are in place before their needs. Part I

September 22 - October 31

Registration Opens August 25

will be an overview of Palliative Care, Hospice Care, Advance Care Planning, and Advance Directives conducted by Dr. Mark Kantrow, MD, Palliative Care specialist. Part II will be a panel for spiritual options and opinions on impending death conducted by a Roman Catholic Priest, a Rabbi, and a Protestant minister, as well as a moderated Q&A. Part III will include a panel consisting of an attorney on legal needs for end of life, financial adviser CFS on necessities, and a funeral director on burial planning and moderated Q&A. Part IV is the final session and panel will include hospice nursing and a social service specialist to cover their care including Save the Family and New Beginnings, and moderated Q&A. Type: Discussion and Lecture.

Time & Dates: 9:30 a.m. – 11:00 a.m. Friday, Oct. 3, 10, 17, 24

Course Code: OLEND(1)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Dr. Trent James, Dr. Mark Kantrow, and Dr. Rev. Julius "Tip" Tipton

Coordinator: Kevin Portz

Location: St. James Place, Convocation Room

Time & Dates: 9:30 a.m. – 11:00 a.m. Friday, Oct. 3, 10, 17, 24

Course Code: OLEND(2)

Course Fee: \$25 (Early Bird - \$20)

Instructor: Dr. Trent James, Dr. Mark Kantrow, and Dr. Rev. Julius "Tip" Tipton

Coordinator: Karen Egedy

Location: Zoom Online

EVEN MORE INTERESTING PLACES AROUND BATON ROUGE

Join us on another trip to even more interesting places around our fascinating Capitol City. Plans are to visit the historic Old State Capitol, which survived the Civil War. We will see the fabulous artwork of Sacred Heart Church, told to us by Mary Lee Eggert, the book's author. We will want to visit the historic West Baton Rouge Museum. Another interesting site is the LSU Rural Life Museum, which has original plantation buildings and antiquities that show life in Antebellum Baton Rouge. (Entrance Fee \$10.00) A visit to the Coroner's Office, with the Coroner, Doctor Beau Clark, as our guide, will inform us of what all the Coroner's Office does for the city (the tour will be at 3 p.m. in the Coroner's Office.) We will also take a tour of the

LSU Band Hall where the Golden Band from Tigerland practices. Locations may change if there is a difficulty with bookings.

Time & Date: 10:00 a.m. - 11:30 a.m.
Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OLWK(6)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Sue Potts
Coordinator: Sue Potts
Location: Various Locations

EXOTIC FOODS

This class is for those adventurous eaters who love exotic foods or want to try some. We will make reservations for the following restaurants: Indian, Vietnamese, Thai, Cuban/Colombian, Peruvian, Japanese/Hibachi.

Time and Date: 11:00 a.m. - 1:00 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLWKFIVE(3)
Course Fee: \$45 (Early Bird - \$35)
Instructor: Sue Potts
Coordinator: Sue Potts
Location: Various locations around Baton Rouge

EXPLORING CAJUN AND CREOLE CUISINE

Embark on a flavorful journey through South Louisiana's vibrant Cajun and Creole cuisine! In this course, you will explore the rich history, cultural significance, and unique techniques that define these iconic food traditions. We will delve into classic and modern recipes, regional differences, and seasonal ingredients. You will enjoy live recipe demonstrations, tastings, and insights into the people and institutions that shape this culinary heritage. Whether familiar with these cuisines or new to them, you will enhance your cooking skills and deepen your understanding of Cajun and Creole flavors. Take home recipes and resources, and as a special treat, every participant will receive a can of the instructor's signature Le Bon Papa Creole Seasoning. Bring the bold, authentic flavors of Louisiana into your kitchen! Type: Discussion and Lecture.

Time & Dates: 11:30 a.m. - 1:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLCAJUN(6)
Course Fee: \$100 (Early Bird - \$95)
Instructor: Dave Howson
Coordinator: Claire Fontenot

Location: Broadmoor United Methodist Church

A FASCINATION WITH ALASKA: BEYOND THE ALASKAN CRUISE NATURALIST

Discover the instructor's fascination with Alaska by covering its geography and the history of its journey to statehood, including its population distribution and transportation systems. A combination of plate tectonics, volcanism, and ice sheets formed present-day Alaska. National parks, forests, and monuments are prominent features of the state. Native people groups occupied the state before white men discovered it. The state has a rich diversity of biotic resources that are in danger of being damaged by pollution. Join me as we investigate several facets of the 49th state. Type: Discussion and Lecture.

Time & Dates: 1:45 p.m. - 3:45 p.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLASAKA(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Dr. Bill Stickle
Coordinator: Sienna McCarstle
Location: Broadmoor United Methodist Church

FINANCIAL FITNESS: FINANCIAL TOPICS TO KNOW YOUR OPTIONS AND KEEP YOU PREPARED

The topics presented will help students understand concepts that are important to them, including conversations around Alzheimer's and how to protect both health and wealth, creating an estate plan, outsmarting scammers, understanding health care in retirement, strategies for making your money last during retirement, getting answers to common Social Security questions, and incorporating charitable giving into your financial plan.

Time & Dates: 10:00 a.m. - 11:00 a.m.
Monday, Sept. 22, 29, Oct. 6, 13, Oct. 20, 27
Course Code: OLFINFIT(1)
Course Fee: \$25 (Early Bird - \$20)
Instructor: Jacqueline Walls
Coordinator: Lynette Lacombe
Location: Broadmoor United Methodist Church

FLICKS AND FOOD

Over dinner, we will view and discuss three films that center on confidence plots. The final film selection is pending but will include comedy and drama.

Time & Dates: 6:30 p.m. - 9:00 p.m.
Monday, Sept. 22, Oct. 6, Oct. 20
Course Code: OLFLICK(47)
Course Fee: \$165 (Early Bird - \$160)
Instructor: Donald Beale
Coordinator: Karen Egedy
Location: Drusilla Seafood Restaurant

FLICKS AND FOOD - HOLIDAY MOVIE

A single session to view and discuss a holiday-themed movie. The final film selection is pending.

Time & Dates: 6:30 p.m. - 9:00 p.m.
Monday, Dec. 8
Course Code: OLFLICK(48)
Course Fee: \$55 (Early Bird - \$50)
Instructor: Donald Beale
Coordinator: Karen Egedy
Location: Drusilla Seafood Restaurant

A FORTY-FIFTH OPERA SEASON

Experience the beauty of opera through engaging DVDs and insightful lectures. This season will feature three classes centered on Bellini's Norma, Puccini's Manon Lescaut, and the final act of Wagner's Die Walküre. Up to three sessions are expected to include guest lectures from distinguished professors in the LSU School of Music, with one class featuring live performances by singers from LSU Opera. Type: Lecture Only

Time & Dates: 1:30 p.m. - 3:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLOPERA(16)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Dr. Thomas Beard
Coordinator: Ken Nelson
Location: St. James Place, Theatre Room

FRENCH INTERMEDIATE LEVEL

This class is for those who have studied the basics of French and would like to continue learning. The class will be in French and focus on improving pronunciation and speaking/ listening skills. Every class will incorporate cultural aspects of the French-speaking world, including history, geography, art, music, food, and wine. Such a rich world! So much to discover!

Time & Dates: 11:30 a.m. - 1:30 p.m.
Wednesday, Oct. 1, 8, 15, 22, 29, Nov. 5

LAGNIAPPE CHAPTER

September 22 - October 31
Registration Opens August 25

Course Code: OLIFREANCH(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Meg Marshall
Coordinator: TBD
Required Supplies: French Grammar for Intermediate Level by Frédéric Bibard (Amazon) & Reverso Dictionary app for smartphone
Optional Supplies: English Grammar for Students of French & Barron's 501 French Verbs
Location: Broadmoor United Methodist Church

HEARING CARE FOR SENIORS

This course explores how we hear, common types and causes of hearing loss in older adults, and signs to watch for, like earwax buildup, one of the most common culprits. We'll cover hearing tests, how to read audiograms, and treatment options, including hearing aids and other devices. You'll also learn how aging and noise exposure affect hearing, along with tips for hearing protection and communication strategies for those with hearing loss and their loved ones. The goal is to make the information practical and meaningful for you. Type: Discussion and Lecture.

Time & Dates: 10:00 a.m. – 11:30 a.m.
Tuesday and Thursday, Sept. 23, 25, 30, Oct. 2, 7, 9
Course Code: OLHEAR(2)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Ramesh "Arby" Bettagere
Coordinator: TBD
Location: St. James Place, Theatre Room

THE HISTORY OF PALESTINE FROM ABRAHAM TO THE 1ST ARAB ISRAELI WAR

For this course, "Palestine" is defined as the real estate between the Jordan River and the Mediterranean Sea north of Egypt and south of Syria. The class will cover 4,000 years of history in the first seven two-hour sessions. Before attending each class, students are expected to read the relevant essay David Treppendahl wrote and posted on his blog site. The 8th and final class will be an open discussion where the class will take the knowledge they have learned and then discuss how, if ever, the problems in Palestine/Greater Israel might be resolved.

Time & Dates: 9:15 a.m. – 11:15 a.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12
Course Code: OLPAL(2)
Course Fee: \$60 (Early Bird - \$55)
Instructor: David Treppendahl
Coordinator: Frank Duke
Location: St. James Place, Theatre Room

THE HISTORY OF WESTERN MUSIC

This course briefly introduces the significant trends in Western classical music, from its roots in antiquity to modern times, for both music aficionados and non-musicians. With a focus on major composers and their most significant compositions, the intersecting cultural and artistic trends of various periods, and different critical musical styles and forms, participants will develop skills to help understand the development of the Western musical canon and some of its most important contributors. Lectures and discussions will include guided listening to various musical examples and performances. The main objective of this course is for participants to enjoy music and discover new masterworks in music history. Type: Discussion and Lecture

Time & Dates: 3:00 p.m. – 5:00 p.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLMUSIC(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Andrew Fath
Coordinator: Russell Chapman
Location: St. James Place, Theatre Room

HOT TOPICS IN LOUISIANA

This guest speaker class focuses on Louisiana politics. Speakers are Commissioner of Agriculture Mike Strain; Secretary of State Nancy Landry; Chris Hebert, chairman of the Louisiana Gaming Control Board; Michael Henderson, who conducts the annual public opinion survey for the Manship School of Mass Communication; Greg LaRose, editor of the Louisiana Illuminator, a non-profit news organization that covers politics, education, health, criminal justice, and the environment; and Jennifer Marusak, executive director of the Ports Authority of Louisiana.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLHOT(7)
Course Fee: \$45 (Early Bird - \$40)

Moderator: Linda Lightfoot
Coordinator: Jenny Hastings
Location: Broadmoor United Methodist Church

HOW WE GOT HERE: GOVERNMENT AND POLITICS SINCE 1890

Political pundits and most people see Donald Trump's presidency as a significant turning point in American history. "How We Got to Here" will not offer an analysis of his presidencies but rather go back to the late nineteenth century and explore social and economic changes, contesting political ideologies, and the expansion of the national government since the 1890s. It will trace these developments over time and offer an interpretation of how they shaped the power and role of the national government and how they contributed to our current cultural and political divide. Type: Discussion and Lecture

Time & Dates: 1:45 p.m. – 3:15 p.m.
Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLGOVPOL(1)
Course Fee: \$35 (Early Bird - \$30)
Instructor: Dr. Gaines Foster
Coordinator: Mary Lou Cutrera
Location: Broadmoor United Methodist Church

INTO THE DESERT

This course will take us into the heart of Christian spirituality as lived by the desert fathers (and mothers) of the Third to the Fifth centuries in the Nile River delta of Egypt. It can shock our Twenty-first-century understanding of Christian living by revealing a way to God that can invite us into new realizations of what it means to call ourselves Christian. Discussion, lecture, and the desert prayer of the Fathers and mothers will be our way of proceeding. Type: Discussion and Lecture

Time & Dates: 11:30 a.m. – 1:30 p.m.
Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLDESERT(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Dr. Francis Vanderwall
Coordinator: Mary Benson
Required Supplies: Paper, pen, pencil, or taping device. The Sayings of the Desert Fathers: The Alphabetical Collection (Vol. 59) by Benedicta Ward & Metropolitan Anthony.
Location: Broadmoor United Methodist

Church

IPHONE MADE SIMPLE

Learn how to get more from your iPhone with less frustration. This hands-on course focuses on the practical skills you need to confidently use your iPhone every day. We will break things down into simple, repeatable steps so you can build comfort through practice, not just watch demonstrations. You will learn how to adjust your settings for ease of use, organize apps so you can find what you need fast, and use Siri to simplify everyday tasks. We will also cover taking and sharing photos, setting reminders that help, and backing up your data so you never lose a thing. Whether you are brand new to the iPhone or want to use it better, this course will give you tools you will use—and the time to practice them in class.

Time & Dates: 9:00 a.m. – 11:00 a.m. Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLAPHONE(11)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: TBD
Location: Broadmoor United Methodist Church

ITALIAN WINE FOR THANKSGIVING AND CHRISTMAS

Learn about Italian wines by sampling different varieties, both reds and whites. You will learn about the winemaking process and Italy's history, geography, and culture during the course. We will sample six wines in each class. A light meal will be served.

Time & Dates: 6:30 p.m. – 8:00 p.m. Tuesday, November 11, and December 2
Course Code: OLIWINE(4)
Course Fee: \$85 (Early Bird - \$80)
Instructor: Antonio Molesini
Coordinator: Hugh McClain
Location: Matherne's Market Highland Road

LATIN DANCE AND MOVEMENT

This class will involve movement in dance. No partner is necessary. Dance provides us with an activity for body and mind!

Time & Dates: 10:00 a.m. – 11:30 a.m. Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OLLATDAN(1)

Course Fee: \$35 (Early Bird - \$30)
Instructor: James Heath
Coordinator: Donna Hebert
Location: Baton Rouge Ballroom

LIFE WRITING

Life Writing provides instruction and encouragement to those wanting to collect legacy stories for friends and family. We primarily write outside of class time, so there is work involved. Meeting together provides an opportunity to receive feedback on our writing. We have laughter, tears, and enjoyment. We are not writing books, just one story at a time, in our best words.

Time & Dates: 1:45 p.m. – 3:45 p.m. Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLIFEW(33)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Versa Stickle
Coordinator: Donni Shields
Optional Supplies: *Creating a Spiritual Legacy* by Daniel Taylor
Location: Broadmoor United Methodist Church

LINE DANCING

Have a fun time showing off all your best dance moves. Line dancing is a line of dancers executing a sequence of steps simultaneously. It has a strong country music base but has crossed into music styles like Disco, Pop, Cajun, and Latin. With Line Dancing, the balance of male and female partners does not matter, so sign up for this course either as a single or a couple. The fun begins with "The Cupid Shuffle" and ends with "The Zydeco Bounce."

Time & Dates: 12:30 p.m. – 2:30 p.m. Friday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OLLID(34)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Jerisse Grantham
Coordinator: Mackie Burtt
Location: Williamsburg Retirement Community

MEMORY MADE SIMPLE

You do not need a perfect memory—you need a way to practice using the one you have. This course helps you better remember everyday things by doing simple, repeatable exercises. Whether

remembering names, where you put your keys, or what you meant to grab at the store, you will learn techniques that work because you practice them. Each class session allows you to try things out and see what works for you. This course is not about brain science or miracle claims but about building habits that make daily life smoother and more connected. Type: Discussion and Lecture.

Time & Dates: 9:00 a.m. – 11:00 a.m. Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLMEMORY(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: Graham Bateman
Location: Broadmoor United Methodist Church

MOBILE PHOTOGRAPHY MADE SIMPLE

Want to take great photos with your phone or tablet without needing fancy equipment or complicated editing apps? This course shows you how to get better with every shot using the camera you already have. You'll learn the essential tools built into your iPhone or Android, how to adjust settings for better lighting and focus, and simple techniques to compose beautiful photos of people, places, and everyday moments. Most importantly, you'll get time to practice these techniques in class, so your progress is not just something you hear about; it is something you see for yourself. Perfect for users of new smartphones and tablets.

Time & Dates: 11:30 a.m. – 1:30 p.m. Monday, Sept. 22, 29, Oct. 6, 13, 20, 27
Course Code: OLMOBILE(1)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Tommy Draughn
Coordinator: Margaret Muse
Location: Broadmoor United Methodist Church

NEW WAYS OF ENCOUNTERING THE HIDDEN GOD WITHIN US

In this course, we will use ancient ways in Christian form to encounter the living God that we believe dwells within us. Accordingly, we will use music, movement, nature, and our imaginations to learn how to listen to our feelings and thoughts, the language of the hidden God, to speak to us, and so enable our lives to be changed through a renewed

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and deepened experience of love, peace, and joy. Type: Discussion and Lecture

Time & Dates: 11:30 a.m. - 1:30 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLNEW(2)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Francis Vanderwall

Coordinator: Carolyn Booker

Required Supplies: Water in the Wilderness, Paths of Prayer, and Springs for Life; 32 Healing Meditations for a Wounded World by Francis W Vanderwall. w

Location: Broadmoor United Methodist Church

PICKLEBALL FOR BEGINNERS

Class participants will learn the game, rules, basic skills, scoring, and pickleball courtesy, emphasizing safety within a fun, recreational atmosphere. Lessons will advance in technique and skill each week with the objective of players nearing or reaching the intermediate skill level by the final session. Classes are in an air-conditioned gymnasium. Each participant should have a pickleball paddle; inexpensive paddles can be found at all sporting goods outlets, such as Target and Walmart.

Time & Dates: 11:00 a.m. - 1:00 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLPBALL(7)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Lucien Cutrera

Coordinator: Lucien Cutrera

Location: Paula G. Manship YMCA

THE SECRET HISTORY OF THE COLD WAR - AND TODAY'S CONFRONTATIONS

Archives and memoirs reveal Communist thinking and planning during the Cold War, while current developments indicate what may happen in a disordered world.

Times & Dates: 11:30 a.m. - 1:30 p.m.

Tuesday, Sept. 23, 30, 7, 14, 21, 28

Course Code: OLSHCE(3)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Henry Bradhser

Coordinator: Claire Fontenot

Location: Broadmoor United Methodist Church

Times & Dates: 11:30 a.m. - 1:30 p.m.

Tuesday, Sept. 23, 30, 7, 14, 21, 28

Course Code: OLSHCE(4)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Henry Bradhser

Coordinator: Karen Egedy

Location: Zoom Online

Times & Dates: 9:30 a.m. - 11:30 a.m.

Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OLSHCE(2)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Henry Bradhser

Coordinator: Andy O'Brien

Location: St. James Place

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Marchita Mauck

Coordinator: Claire Fontenot

Location: Broadmoor United Methodist Church

Time & Dates: 9:00 a.m. - 11:00 a.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OLSLEUTH(6)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Marchita Mauck

Coordinator: Karen Egedy

Location: Zoom Online

SING WITH THE SWEET ADELINES: BROADWAY TUNES

Join the Baton Rouge Chorus of Sweet Adelines for an unforgettable six-week chorus experience! This course is for all music enthusiasts eager to learn and perform Broadway tunes with a unique Barbershop flair. Our sessions will bring joy and enthusiasm to your musical journey. Whether you are a seasoned singer or just starting, you will find the environment welcoming and inspiring. Enhance your vocal skills with group lessons that cover essential techniques and harmonization. Enjoy the camaraderie and collective sound as you harmonize with fellow chorus members. Do not miss out on this unique opportunity to try out this large group of women who like to sing and make lasting musical memories!

Time & Dates: 6:30 p.m. - 8:30 p.m.

Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OLSING(7)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Sherry Barron

Coordinator: Margaret Muse

Location: Ingleside Methodist Church

SO WHAT! YOU'RE OVER 50! CURRENT ADVANCES IN MEDICINE AND SURGERY

This class will feature physicians and other healthcare providers to discuss their specialties, diseases, and conditions they diagnose and treat.

Dr. Chima Akunne DPM, Podiatry, Agony of "Defeet"

Dr. Ruston Sanchez, Reconstructive & Plastic Surgery, Achieving the Best Version of Yourself

Dr. Azeen Sadeghian MD, Dermatology, Care of Aging Skin and Its Diagnoses

Dr. Lauren E. Larson PT, DPT, Strengthening pelvic floor musculature to improve GI and GU function

Dr. Paul B. Rachel MD, Family Medicine, Staying Healthy to Age Well

Dr. Samir K. Patel MD, Interventional Pain Medicine, Managing Pain in Today's World

Time & Dates: 11:30 a.m. - 1:00 p.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OLSYOF(24)

Course Fee: \$35 (Early Bird - \$30)

Moderators: Dr. Trent James and Dr.

Bob St. Amant

Coordinator: Claire Fontenot

Location: Broadmoor United Methodist Church

Time & Dates: 11:30 a.m. - 1:00 p.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OLSYOF(25)

Course Fee: \$35 (Early Bird - \$30)

Moderators: Dr. Trent James and Dr.

Bob St. Amant

Coordinator: Karen Egedy

Location: Zoom Online

SLEUTHING IN ART, PART TWO

Why do famous works of art look the way they do? What are the backstories of the significant artistic eras? Knowing something about quirky personalities, wars and plagues, and the relentless march of history opens our eyes to see works from a broader perspective. This semester, we will act as amateur detectives looking for insight into anguish or joys, human preoccupations, and aspirations as revealed across time in three-dimensional works of art. Type: Discussion and Lecture.

Time & Dates: 9:00 a.m. - 11:00 a.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29

Course Code: OLSLEUTH(5)

SPANISH FOR BEGINNING STUDENTS**PART 2**

This course follows the previous Spanish for Beginning Students, using the same textbook with continued emphasis on regular verbs and the usage of "ser" and "estar." Practice pronunciation and expand your vocabulary as presented in the text. Construct simple questions and answers. Enhance your knowledge of the fascinating cultures.

Time & Dates: 1:45 p.m. – 3:45 p.m.
 Wednesday, Sept. 24, Oct. 1, 8, 15, 22, 29
Course Code: OLSPCA(13)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Merri Lee Logan
Coordinator: Merri Lee Logan
Required Supplies: Spanish Now Level 1, 7th,8th, or 9th edition, published by Barron's and written by Ruth Silverstein.
Location: Broadmoor United Methodist Church

SPANISH FOR ELEMENTARY STUDENTS

This course follows the previous Spanish for Elementary Students, using the same textbook, with continued emphasis on using regular and irregular verbs in the past tense. Expand your vocabulary as presented in the text, emphasizing oral practice. Learn more about the fascinating cultures.

Time & Dates: 1:45 p.m. – 3:45 p.m.
 Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28
Course Code: OLESPAN(3)
Course Fee: \$45 (Early Bird - \$40)
Instructor: Merri Lee Logan
Coordinator: Merri Lee Logan
Required Supplies: Spanish Now Level 1, 7th,8th, or 9th edition, published by Barron's and written by Ruth Silverstein.
Location: Broadmoor United Methodist Church

SPANISH FOR INTERMEDIATE STUDENTS

This course follows the previous Spanish for Intermediate Students, using the same textbook. Practice your oral skills with specific questions and answers and with talks on select topics. Expand your use of the various past tenses and increase your vocabulary as presented in the text. Enhance your knowledge of the fascinating cultures.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Thursday, Sept. 25, Oct. 2, 9, 16, 23, 30

Course Code: OLSPIN(15)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Merri Lee Logan

Coordinator: Merri Lee Logan

Required Supplies: Spanish Now Level

1, 7th,8th, or 9th edition, published by Barron's and written by Ruth Silverstein.

Location: Broadmoor United Methodist Church

SUCCULENTS MADE SIMPLE

Once you know what they need, succulents are beautiful, low-maintenance, and surprisingly easy to keep healthy. In this relaxed one-day workshop, you will learn the basics of choosing, potting, watering, and propagating succulents so they thrive. We will demystify common mistakes (like loving them too much) and give you the confidence to care for and multiply these plants at home. You will leave with practical tips, plant science, and a new appreciation for these quirky, living sculptures.

Time & Dates: 11:30 a.m. – 1:30 p.m.

Monday, Nov. 3

Course Code: OLSUCL(1)

Course Fee: \$10 (Early Bird - \$5)

Instructor: Tommy Draughn

Coordinator: Margaret Muse

Location: Broadmoor United Methodist Church

SUPREME COURT REVIEW 2025

This class will review the more impactful Supreme Court cases, either decided this term or being accepted for review next term. The issues will include birthright citizenship, the limits of executive power, and other controversial topics that often blur the line between purely legal and more politically pragmatic considerations.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Wednesday, Sept. 24, Oct. 1, 8, 15, 22

Course Code: OLSUPREME(1)

Course Fee: \$40 (Early Bird - \$35)

Instructor: Lance Foster

Coordinator: Mary Lou Cutrera

Location: St. James Place, Theatre Room

TALES FROM THE BAYOU: LOUISIANA FOLKLORE

Louisiana has a rich history of storytelling, as our complex history

has resulted in a gumbo of European, African, Caribbean, and Indigenous cultures. Every group that has settled in the southern United States brings to this strange new land its attempt to explain the world and how humans interact with it. As a result, Louisiana has a unique folklore encompassing oral traditions like legends and proverbs, ritual practices involving healing or warding, and physical items like monuments and artifacts used today. In this class, we will talk about those stories your grandparents told you, the traditional remedies passed down for hundreds of years, and the connections folklore builds with the land and each other. Should you fear the rougarou or la bête noire? Join us and find out! Type: Lecture and Discussion.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Monday, Sept. 22, 29, Oct. 6, 13, 20, 27

Course Code: OLFOULKLORE(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Erica Daigle

Coordinator: Bud Snowden

Location: Broadmoor United Methodist Church

Time & Dates: 1:45 p.m. – 3:45 p.m.

Monday, Sept. 22, 29, Oct. 6, 13, 20, 27

Course Code: OLFOULKLORE(2)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Erica Daigle

Coordinator: Karen Egedy

Location: Zoom Online

THE TRUTH MADE SIMPLE

How do we know what is true—and how can we talk about it without getting lost in arguments or opinions? This course explores how reasonable people arrive at beliefs and how we can reverse-engineer those methods to find more common ground. Together, we will look at everyday strategies for fact-checking, recognizing solid sources, and testing ideas without needing to "win" a debate. This course isn't about telling you what to think; it's about giving you clear, practical tools to explore truth more confidently and connect meaningfully with others, even when disagreeing.

Time & Dates: 11:30 a.m. – 1:30 p.m.

Tuesday, Sept. 23, 30, Oct. 7, 14, 21, 28

Course Code: OLTRUTH(1)

Course Fee: \$45 (Early Bird - \$40)

Instructor: Tommy Draughn

Coordinator: TBD

Location: Broadmoor United Methodist Church

Who can join OLLI at LSU?

OLLI at LSU membership is open to anyone 50+ who enjoys learning!

What is the cost to join?

OLLI at LSU membership costs \$50 and runs from July 1 through June 30 each year. Membership allows you to register for as many courses, field trips, and special events as you'd like, offered by any chapter. Membership fees cover course materials, coffee, classroom space, and other items as needed. *Cost of individual courses, field trips, and special events will apply.

Where are courses offered?

Members can register at any of the four Louisiana OLLI Chapters

- **Camellia City - Covington and Slidell**
- **Crescent City - Metairie and New Orleans**
- **Felicianas - Livonia, New Roads, and St. Francisville**
- **Lagniappe - Baton Rouge**

When are courses offered?

Most Fall 2025 courses will run from September 22-October 31. Registration begins on August 25.

How can I attend courses?

Courses are offered in three formats:

In-person: Offered at various locations in Baton Rouge, Slidell/Covington, New Orleans/Metairie and St. Francisville/New Roads/Livonia. Registration will be limited to course capacity.

Zoom Online: Courses are not recorded and must be attended on the date and time listed. Zoom links will be sent a few days prior to the start of the course.

Hybrid: Courses offered in the classroom and via Zoom simultaneously.

How do I register for courses?

Visit ce.lsu.edu/olli to browse our course offerings and register. Payment is only accepted via debit and credit cards. Or you can call 225-578-2500 and speak to a representative to register.

Can I invite a guest?

OLLI members are encouraged to invite a friend to their chapter's free coffee and speaker events. Enrich friendships and grow together with OLLI at LSU!

Who are the instructors?

Some of the instructors are LSU professors (many retired) and/or local experts in their respective fields. Many of our members serve as instructors and course coordinators.

What are the cancellation policies?

Courses are occasionally canceled due to inclement weather. OLLI at LSU follows the St. Tammany Parish School System for the Camellia City Chapter (Slidell/Covington), Orleans Parish School System, Jefferson Parish School System and St. Bernard Parish School System for Crescent City Chapter (New Orleans), EBR Parish School System for Lagniappe Chapter (Baton Rouge), and the WFP School System for the Felicianas Chapter (St. Francisville) cancellations during the fall and spring semesters. During the summer, OLLI at LSU follows LSU's closing announcements (posted on lsu.edu).

Courses with low enrollment as of Friday, September 12, may be canceled. If you register by Friday, September 12 and your course is canceled, you may either receive a refund or credit the course fee to another course that is being offered that semester.

Are there discounts for registering early?

Yes! Register by Sunday, September 7 at 11:59 p.m. CT online or call the office by September 5 before 4:30 p.m. and receive \$5 off each course.

What is the photography policy?

We often take pictures of OLLI participants and instructors for use in our print and electronic publications. If you do not want us to use your photograph, please notify the photographer at the event.

How can I stay connected on social media?

Join our Facebook group at facebook.com/groups/OLLI.LSU

Who do I contact with questions?

Contact the **OLLI at LSU** office at **225-578-2500** between 8:00 a.m. – 4:30 p.m., Monday – Friday; or OLLI@outreach.lsu.edu.

Our mailing address is:

OSHER LIFELONG LEARNING INSTITUTE AT LSU
LSU Online & Continuing Education
8585 Archives Avenue, Suite 210
Baton Rouge, LA 70809



OLLI Special Interest Groups (SIGs) allow OLLI members to meet outside the classroom environment for activities centered around their common interests. Each group differs in focus, but all provide experiential and social lifelong learning opportunities.

FOREIGN AND DOMESTIC POLICY ISSUES SIG

Several people in the Spring 2024 Great Decisions course expressed interest in forming a SIG on foreign (and domestic) policy issues. This SIG will discuss articles on contemporary events provided prior to the meeting. Members from other chapters are welcome to attend if they find themselves in Baton Rouge on meeting days. Any OLLI member wishing to participate needs to get on the SIG mailing list by sending your email address to Lance Foster at lafoster@cox.net.

When: Third Thursday of the month
10:00 a.m. - 12:00 p.m.

Location: The Claiborne at Baton Rouge

THE GREAT DEBATE: FEDERALISTS, ANTI-FEDERALISTS, AND THE FOUNDING OF THE UNITED STATES

This SIG is a reading discussion group that explores the Federalist/Anti-Federalist Debate. During the founding of our country, Americans were divided over important Constitutional issues, such as the executive power, a standing army, the power of the purse, states' rights, individual liberties, and more. These printed discussions between the Constitution's supporters and critics give Americans insight into the purpose and pitfalls of our government. We will be reading both Federalist and Anti-Federalist writings, as well as a variety of secondary sources to grasp how both groups are seen today.

When: Second Wednesday of the month
12:00 p.m. - 2:00 p.m.

Coordinator: Bud Snowden,
rwsnowden@cox.net

Location: Brew Ha-Ha, 711 Jefferson Hwy. Ste. 2A

AI SIG

During the Spring 2025 AI Made Simple class, participants expressed interest in forming a Special Interest Group (SIG) focused on general AI information.

Open to all OLLI members, the group will explore topics relevant to everyday AI users. To stay updated on meetings, topics, and schedule changes, join the "AI SIG" group on the GroupMe app. After joining, you'll receive a response from an administrator—Tommy Draughn or Nora Welch. Even if you haven't joined the app, you're still welcome to attend.

When: Third Monday of the month
9:00 a.m. - 11:00 a.m.

Location: South Branch Library (Perkins Rd.)

SEE THE WORLD WITH OLLI AT LSU!

Offered through Collette travel company, these trips provide a unique and enriching experience for individuals seeking intellectual and cultural stimulation. Explore diverse destinations, fostering a sense of camaraderie among like-minded OLLI members. The carefully curated itineraries ensure a perfect blend of learning and leisure, allowing travelers to immerse themselves in local history, art, cuisine, and traditions. Additionally, OLLI trips are led by knowledgeable experts, guaranteeing a rewarding and intellectually stimulating adventure for lifelong learners.

2026 TRIPS

- Explore Tuscany, Italy - May 6 -14, 2026
- Discover American Heritage - September 4-11, 2026 (Washington, DC, Williamsburg, and Greenbrier Resort in the Shenandoah Valley)
- Discover Shades of Ireland - November 5-14, 2026

Contact Tarilyn McBride at tarilyn1@lsu.edu to learn more



INSTRUCTOR BIOS

September 22 - October 31
Registration Opens August 25

Emanuel Abramovits, MBA, is a mechanical engineer and has been a concert promoter since 2000, directly involved in many events by international artists like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G, and many more. He designed and staged many original orchestral events.

William Afton is a native of Baton Rouge, Louisiana. He received a BS in Environmental Horticulture (2011) and an MS in Horticulture (2018) from LSU. The LSU AgCenter employs him as St. Tammany Parish's Agriculture and Natural Resource Extension Agent.

Dr. Pat Austin has a PhD in education and spent her life in the halls of schools. She taught for 20 years as an elementary teacher and 26 years as a professor of Children's Literature at the University of New Orleans. She is the author of two picture books and a teaching memoir.

Ernest Ayo has been an OLLI member for 10 years, serving on the West Feliciana OLLI board. He founded the Panache Croquet Club of WFP, which has two croquet courts and a croquet equipment building in the Sports Park. Mr. Ayo has instructed many students over the past five years and believes it is experiencing a resurgence as the next pickleball.

Jessica Bach is a Board-Certified Estate Planning and Administration Specialist and attorney at Sessions, Fishman & Nathan, L.L.C., where she focuses on Estate Planning, Estate Administration, Special Needs Planning, and Real Estate. She received her law degree from Tulane University Law School and a BA in History from UCLA.

Sherry Barron has directed choirs for over 30 years, taught private piano to children and adults for over 40 years, and holds Orff-Schulwerk certification. She has brought her enthusiasm, creativity, and expertise to The Baton Rouge Chorus of Sweet Adelines for three years.

Donald Beale is LSU's Director of Online Distance Learning (ODL). He has a master's degree in general humanities and has taught undergraduate film studies and English Composition courses. He's taught Flicks & Food regularly for OLLI since 2011.

Dr. Thomas Beard has a PhD from Duke University and is an Alumni Professor Emeritus of Economics at LSU. He has a life-long interest in opera and has taught opera courses for the Lagniappe chapter of OLLI at LSU for 44 semesters and OLLI at Auburn University for eight semesters.

Dr. Ramesh "Arby" Bettagere, PhD, CCC-SLP/A, is a retired professor (although he hates to say he is "retired!"). He taught for a long time at Southeastern Louisiana University and the University of Southern Mississippi. Arby also worked and taught in India. He is currently a consulting speech pathologist and Audiologist and visiting professor based in Baton Rouge.

Agnes Bickham is a certified yoga teacher with 1000+ hours of experience. Her Yoga Teacher Certification is from the Shambhava School of Yoga in Kona, Hawaii. She has practiced and taught at venues throughout Baton Rouge and surrounding areas.

Henry Bradsher had an award-winning worldwide reporting career. When Henry's last journalism employer closed, the CIA recruited him to become a medal-winning analyst of worldwide intelligence matters.

Dr. Harsha E. Chacko is a Professor Emeritus of Hotel, Restaurant and Tourism Administration at the University of New Orleans, where he taught for 33 years and has completed the requirements for the Certified Specialist of Wine from the Society of Wine Educators. Dr. Chacko is the wine director for Bonne Cuvee Wine Tours (bonnecuvee.com), a company with a mission to provide educational experiences through wine tastings and travel to premier wine regions.

Philip Chenevert was born in New Orleans and enjoys dancing, playing drums, coffee, and learning new things.

David Clifton is a Paramedic at West Feliciana Parish Hospital. He has 37 years of experience in EMS as a provider, educator, flight and critical care paramedic, and manager. David and other healthcare professionals provide all in-house education for West Feliciana Parish Hospital and community outreach educational programs.

Claudene Cockrum is a retired English and Spanish teacher of 27 years. For most of her career, she taught.

Penny Crawford is a self-taught artist who has been painting and drawing all her life. She has taught classes using watercolor paint for botanical plants, classic art paintings, and greeting card painting to adults and children. Penny also paints and draws human and pet portraits. She works in pastels, pens, ink, acrylic, and watercolor.

Lucien "Lu" Cutrera is an experienced senior pickleball player who has taught the game to individuals and groups of all ages for three years. He follows a teaching methodology that is basic yet thorough and fundamental to the game while emphasizing a fun, recreational experience.

Dr. Erica Daigle is a native of Louisiana. She received her BS in biological sciences and MA in English from LSU. Her PhD work at the University of Iowa focused on English Renaissance literature (especially Shakespeare) and the history of Western medicine. Erica has taught OLLI courses on Shakespeare, world mythology, the history of medicine, and various topics from Western medieval and Renaissance literature.

Mark Dauer, BA, JD, Loyola University, is a member of the Louisiana Bar and retired Deputy Chief Litigation Counsel of the Financial Industry Regulatory Authority. Mr. Dauer is a serious student of Arthur

REGISTRATION OPENS AUGUST 25

Schopenhauer's life and his works.

Tommy Draughn is an IT professional with 25 years of experience. As the owner of Glasswing Tech, an IT consulting and support company, Tommy is passionate about demystifying technology for people of all ages so they can use and enjoy their electronic devices for fun and productivity. A man of many talents, Tommy is an amateur photographer, founder of an infamous garage band, and maker of the best homemade yogurt in the city.

Ramona Elder is the genealogy librarian at the Covington branch of St. Tammany Parish Public Libraries. Ramona earned her Master of Library and Information Sciences (MLIS) from the University of Southern Mississippi in the Spring of 2024. In 2020, she earned her Bachelor of Humanities and Social Sciences in Cultural Anthropology from LSU.

Andrew Fath is a doctoral student in musicology at LSU, focusing on the music of Weimar Germany and the interwar period. As an active pianist, Andrew frequently collaborates with other musicians and presents lecture recitals on various musical subjects, including American modernism and French Impressionism. He holds additional degrees in piano performance, pedagogy, and collaborative piano.

Dr. Gaines Foster received a PhD in history from the University of North Carolina and, with great good fortune, then taught U.S. and Southern History at LSU for many years. He is now retired.

Lance Foster practiced law for over 30 years, mainly intellectual property. Lance received two engineering degrees, a JD from LSU and an LLM in international law from McGeorge Law School in Sacramento. Lance is particularly interested in history and economics and how those fields affect legislative and judicial trends.

Dr. Juhan Frank is a retired physics and astronomy professor who has taught

undergraduate and graduate-level courses at LSU for 32 years. Juhan has an undergraduate degree in Physics from the University of Buenos Aires and a PhD in Relativistic Astrophysics from Cambridge.

Jerisse Grantham is a certified dance teacher. She earned her BS from LSU and has enjoyed teaching dance for more than 30 years. Jerisse is also a 20-year adjunct faculty member at Tulane University.

James Heath is Baton Rouge's Premier Dancing Instructor with over 30 Years of Professional Experience. He has a wealth of knowledge and an infectious enthusiasm for dance.

Charlene Heaton is a retired minister (Presbyterian USA). She has long enjoyed recreational music and dance. She fell in love with Contra Dancing in Missouri in 1991 and, with David Porter, has organized monthly contra dances at St. Alban's Chapel in Baton Rouge since 2012.

Pat Heurtin received her BA from Southeastern Louisiana University in Health Physical Education with a minor in English and a master's degree with an emphasis in Media Education plus 30 hours after a master's in health and Wellness from LSU. She has earned additional certifications in various exercises and fitness and is a Certified Pickleball Instructor.

Rev. Canon Stephen Holmgren is a retired parish priest and former seminary professor and has been a lifelong student of the arts. He grew up in Japan and lived for 5+ years in England. He has extensive travel experience in S.E. Asia and Europe and enjoys sailing in Michigan and the Gulf. He received a BA, MA, and a D.Phil. in Ethics & Moral Theology from Oxford University.

Anne Howard, MLS, has recently retired from the University of Texas Medical Branch in Galveston, Texas. After receiving her master's in library services from Rutgers in New Jersey, she was a medical research librarian.

David Howson has a BS in secondary education from LSU (1977) and an MBA from UNO (1992). After 40 years in the marine industry, he began to pursue his passion for South Louisiana culture and cuisines by creating and publishing a website, First...You Have a Beer (firstyouhaveabeer.com) in 2018. In 2021, he founded Le Bon Papa Seasonings, a company that offers his own branded seasonings.

Dr. Trent L. James, MD, has been a physician for 59 years and has practiced family medicine for 37 years in south Baton Rouge, retiring from active practice in 2008. He was a preceptor in family medicine with residents and medical students for 10 years until the COVID-19 pandemic. He practiced family medicine with Robert St. Amant, MD, for over 30 years.

Sally Jones is a retired EBR high school and middle school teacher of French and English. She earned a degree from LSU in French education with a minor in English and graduated in May of 1990. She taught at Central Middle and High, Zachary High, and Northeast High, where she retired from EBR in 2010.

Carol Kacer has two master's degrees in psychology and clinical social work. She has experience in public speaking in academic settings, professional conferences, and the theatrical stage. She specialized in anxiety, assertiveness, and mindfulness in all age groups.

Jeane Keene started in the death industry in '85 and was a pioneer for a woman in the deathcare industry. She has supported the industry in marketing, training, and supporting initiatives in preneed sales nationwide. She is a person with effective communication and organizational skills.

Owen Kemp has taught OLLI yoga for more than 15 years. She received her training through the Living Yoga program at the Barsana Dham Ashram in Austin, TX. She attended training sessions at the Omega Institute in Rhinebeck, NY and various venues around the U.S. and

FALL COURSES SEPTEMBER 22 - OCTOBER 31

INSTRUCTOR BIOS

September 22 - October 31
Registration Opens August 25

abroad. Her style is best described as “flow.”

Angela Larson is a transplant from Seattle and has been playing Mah Jong for years. She also attends many Mah Jong Tournaments in New Orleans and other places in Louisiana. Angela retired from the tech sector after 28 years.

Dr. Nicolas A. Lewis, PT, is a licensed Doctor of Physical Therapy who graduated from Washington University in St. Louis and has been trying to educate the public about improving their “health span” ever since. He has experience working with older populations to expand their knowledge and confidence.

Linda Lightfoot is retired from The Advocate, where she worked for 42 years, the last 15 as executive editor. This event is the 34th guest speaker class she has done for OLLI on issues of importance to Louisiana. She graduated from Ole Miss with a BA in journalism and political science.

Sue Lockwood is a retired teacher and graduate of LSU. Working with children for 29 years and assisting her husband with book projects has been a source of great joy. A yoga student for many years, she received her yoga training through the Living Yoga School at Barsana Dham Ashram in Austin, Texas. Many training retreats and classes have enriched her study of this ancient practice.

Merrie Lee Logan, originally from Iowa, attended The University of Iowa and La Universidad Iberoamericana before graduating from LSU with a Spanish, French, and English degree. Before joining OLLI, she taught in public and private high schools for 20 years.

Kathy Lovett is a Board-Certified Patient Advocate and Certified Senior Advisor with over 30 years of experience in healthcare. She equips attendees with simple, practical checklists. Kathy helps individuals become confident, informed care partners throughout their healthcare journey.

Dr. Edwin Lyon retired from a career as an archaeologist and historian for the U.S. Army Corps of Engineers in New Orleans. He received his PhD in history from LSU, as well as his MA in anthropology. He taught courses in the evening at Tulane University for 10 years. He has been a cruise speaker for Mississippi River cruises from St. Paul to New Orleans.

Fara Mabrey is a native Italian with a master’s degree in French Language and Literature from the Università di Bari, Italy. She has been sharing her love for the Italian Language for many years and has spent much of her career teaching at OLLI at LSU. Her warm, engaging style and deep knowledge make her classes both enjoyable and enriching for her students.

Rene Maggio is a retired IT “guru” who now dabbles in designing graphic materials for several non-profits. Before becoming an IT guru, Rene designed many graphics for various work projects he was involved in. He also created maps for many years as part of his early career, learning even more about good graphic design.

Dr. Margaret M. Marshall has a PhD in French from The Pennsylvania State University. As a specialist in Creole Languages and Louisiana French, she is one of the authors of the Dictionary of Louisiana Creole (Indiana University Press 1998) and Parcours Louisianais: Panorama de la littérature francophone de Louisiane de ses origines à 1900 (University of Louisiana at Lafayette Press 2022).

Urbin Martin built foundational skills independently and refined techniques through mentorship with professional artists. He is an experienced art instructor with 5 years of teaching in various media, and has helped students of all levels explore and develop their artistic abilities.

Dr. Marchita Mauck earned an MA in Art History, a PhD in Medieval Studies at Tulane University, and an MA in Liturgy from Notre Dame University. She taught at LSU as a professor of art history, as

a visiting professor at Yale University, and at the Catholic Theological Union in Chicago. She has also served as a liturgical design consultant for architectural projects nationwide.

Dr. Bridget May, PhD, FIDEC, Professor Emeritus, Marymount University, taught Interior Design history and research for many years. She coauthored three textbooks on the history of interiors and has published and presented assorted topics in interior design history. After retiring, she returned to Baton Rouge and taught Interior Design History at LSU for several semesters.

Frank McClothlin is from Covington and works for the St. Tammany Parish Library.

Antonio Molesini is an Italian wine specialist with 25 years of experience.

Cheramie Moore wrote her first story at age seven and has not stopped writing since. After graduating with a marketing and advertising degree from USM, she worked at the McComb Enterprise Journal, co-owned Lazarus Advertising Agency, and has written radio, TV, and print commercials.

Lisa Nelson is a self-taught potter who has shown her love for clay through teaching to all ages. She has worked with the Arts Council of Pointe Coupee to teach pottery classes for three years in nursing homes, schools, and the Calling All Artist program. She has also displayed her works at the Treasures of Pointe Coupee Art Exhibit.

Michelle Orillion is an RYT 500, E-RYT 200, YACEP, certified Yoga Wellness Educator/instructor, and Basic and Advanced Mat Pilates certified instructor. She is also certified in several other fitness styles and health/nutrition coaching and currently works in this field with private clients and for a local hospital's wellness center.

VOLUNTEERS MAKE OLLI HAPPEN!

Dr. Elaine Orr, PhD, received her doctorate from UNO and is a certified yoga instructor through the Temple of Kriya Yoga in Chicago, IL. She has taught yoga and meditation for over 20 years. She also taught stress management, holistic health, and other health and biological courses.

Dr. Olivia McNeely Pass has a PhD from the University of Louisiana at Lafayette and two master's degrees in English and journalism from LSU. She enjoys teaching and taking OLLI classes.

Jane Patterson is an avid birder and amateur photographer who loves to share her love of birds with others. She is president and education chair for the Baton Rouge chapter of The National Audubon Society. She has been teaching birdwatching classes since 2007 and has introduced hundreds of people to the pastime.

Jann Peck graduated from LSU with a double major in English/Spanish, a minor in dance, and a Master's in Curriculum and Instruction. She taught in public school systems for 46 years while staying active in Aerobic Dancercise & Water Exercise LLC, LSU Dance Theater, and Summer Musicals.

David Porter is a retired English professor from Southern University. He is a long-time banjoist and an enthusiastic contra dancer.

Usha Ramadhyani is a retired physician and has been a Master Gardner since 2017. She recently completed the Louisiana Advanced Master Gardener Course, which LSU Ag administers. Her other interests are Native Plants, Growing Native Plants in Shade Gardens, Winter Herbs, and How to Protect Pollinators in the Backyard Garden. Recently, she developed a virtual tour of the Native Garden in City Park, NOLA.

Lee Brandt Randall is an artist, illustrator, and arts educator living in Baton Rouge, Louisiana. Randall

graduated from LSU with a BFA and a minor in Art History. She taught high school students studio art and art history for 30 years. Lee has been the costume designer for the legendary Krewe of Yazoo Precision Lawn Mower Drill Team since 1984. The Krewe members call her the "MacGyver of rubber foam."

Carla Reeves is a Professional Pickleball Registry Certified coach.

Martha Robson loves to play bridge! An ACBL-certified Best Practices Instructor, she plays at the bridge club in Metairie and spends too much time online gaming. She believes that playing bridge is one of the best things you can do for your brain, and she loves helping people learn how to approach this complex and fascinating game.

Frances Sagona, MSN, RN, CCM earned her master's in nursing from Loyola University in New Orleans, Louisiana, in 2004 with a specialization in Nursing and Health Care Systems Management. Frances has a professional certification in case management and experience managing diverse populations, clinical settings, and health insurance. As a life learner, she continues to learn new skills by developing clinical programs, mentoring others, and participating in healthcare boards.

Ralph Schomburg is a retired NASA JSC resources manager. He has played bridge all his adult life and loves to teach. Ralph has a BS in mathematics and an MBA from the University of Houston.

Jane Simmons, a veteran yoga instructor, has taught yoga for 20 years, receiving training and certification at the Living Yoga Institute in Austin, Texas. Additional training and workshops include The Omega Institute and New York, Portugal, and California programs. She endorses yoga as the perfect activity and exercise for "all ages and stages."

Linda Smith has a BS in Business Education from LSU and an M.Ed.

in Supervision and Administration from SLU. She is a retired teacher and administrator with 34 years of experience in public education. Linda has been a licensed realtor for over 20 years with Latter and Blum.

Jeff Soulier is known for his passion for cooking. He brings people together through a delicious meal. Jeff volunteers his time and culinary skills for local events like senior luncheons, church activities, and weddings. He has been traveling every year for 35 years to Kansas City to cook a Jambalaya meal for 200, introducing others to the delights of southern cooking.

Dr. Robert St. Amant, MD, practiced Family Medicine in Baton Rouge for 33 years and Clinical Lipidology for 11 years, retiring in 2022. Bob is a board-certified Family Physician and Diplomate at the American Board of Clinical Lipidology, and he continues to educate clinicians in cholesterol management and heart attack prevention. He practiced family medicine with Dr. Trent James at Baton Rouge Family Medical Center for over 30 years.

Mark B. Stahl is a former university administrator and is a consultant in higher education to business partners in Louisiana, cultivating university and business community partnerships. He has lived in New Orleans for more than 35 years. His lifelong interests include photography, gardening, listening to live music, collecting sports cards, bicycling, and playing tennis.

Versa Stickle has facilitated this writing group for several years. Her class is a life experience class, not an academic course on writing. She was an English major, but her strength is encouraging you to tell your stories, not comma placement.

Dr. William "Bill" Stickle received a BS in Biology from Slippery Rock University in 1965, an MS in Zoology from the University of South Dakota in 1967, and a PhD from the University of Saskatchewan at Regina (PhD biology, minor in oceanography) in 1970. He taught at LSU from 1972-2015. Bill developed the

Email the OLLI office at OLLI@outreach.lsu.edu to volunteer today!

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LSU Marine Biology in Southeast Alaska Program, now in its 15th year. He has conducted research around the world.

Lee Thomson-Yood is a retired high school teacher and special education coordinator with a master's degree in special education from Johns Hopkins University. Currently, his artwork is in French Quarter and Magazine Street venues. In his retirement, he missed teaching and looks forward to working with LSU-OLLI students on art projects in the fall.

Dr. Rev. Julius Tipton is a retired Presbyterian Church (USA) pastor. He preaches occasionally and teaches Bible classes regularly. His specialty is Old Testament studies. Dr. Julius R. Tipton is a musician and active composer. He has had several premiers, including two pieces by the Baton Rouge Symphony Orchestra. Tipton is "Pastor on the loose" at St. James Place.

Dr. Emily Toth wrote her PhD dissertation at John Hopkins with impertinent questions about Kate Chopin, who was then a forgotten writer. She is now a major American writer and Emily Toth

is her major biographer and the author of four other Chopin books. Toth is an LSU professor emerita.

David Treppendahl majored in history at the U.S. Naval Academy in 1974 and focused on Mid-East history. His professors taught a balanced perspective, which served David well as a naval officer in establishing rapport with Muslims. With Palestine now dominating the media, David has renewed and expanded his knowledge of Palestine.

Dr. Francis Vanderwall is a Theologian, Retreat Facilitator, Spiritual Director, and Psychologist of Religion. He is the author of seven books on prayer, spirituality, psychology, Scripture, and a television series. He received his doctorate from the Graduate Theological Union and was a Jesuit for 27 years.

Jacqueline Walls is a Financial Advisor in Baton Rouge with Edward Jones. She graduated from LSU in 2000 with a BS in Marketing. She holds Series 070, Series 66, and Louisiana Life and Health Insurance Licenses.

Jan Walters is a licensed cosmetologist and a paramedic aesthetician. She has been licensed since 1972, owning a clinic for 40 years and a school for 20. She taught everything from facials, waxing, laser, chemical peels, and permanent cosmetics.

Elizabeth Williams founded the Southern Food & Beverage Museum and its Research Center, authored six books about food and culture, and taught Food Studies at NYU and Dillard University. Her podcast, Tip of the Tongue, appears weekly. Her recent books include Nana's Creole Italian Table and SoFAB Cookbook with Maddie Hayes—a graduate of LSU Law Center.

B. Francine Wood is a retired educator with over 40 years of educational and curriculum-writing experience with a bachelor's degree from USM and a master's degree plus 30 hours from Southeastern Louisiana University. Francine has also been a scrapbooker for years and hopes to share the fun of preserving memories with others.



As a member-driven and member-led program, OLLI offers many opportunities for you to become actively involved - from serving on a committee to volunteering as a greeter.

VOLUNTEERS MAKE OLLI HAPPEN!

Teach an OLLI course: Do you want to share your passion, develop innovative learning experiences and inspire others to learn without the burden of grades or homework?

Assist in the Classroom: Work behind the scenes to help courses run smoothly and interact with instructors and students. Training is held each semester.

Join a Committee: Develop courses, plan field trips, and interact with community.

Use Your Skills: Do you like organizing social events, writing articles or blogs, taking photographs, or traveling? Are there other skills or connections that you have and would like to use to support OLLI?

Email the OLLI office at OLLI@outreach.lsu.edu to volunteer today!



OLLI AT LSU

“ OLLI is a nice way to feel like you are learning and giving back, and it's fun. Fun is important!”

MARY W.
OLLI at LSU Member

“ Anyone who gets to my age realizes we need to keep working on our physical and mental abilities, and OLLI at LSU does that.”

MARY LOU C.
OLLI at LSU Member

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Service representatives on standby

OLLI
AT **LSU**

**OLLI at LSU: Enjoy Life More
Learn with OLLI today!**

REGISTRATION BEGINS **AUGUST 25**
COURSES BEGIN **SEPTEMBER 22**

MEMBERSHIP: YOU MUST HAVE AN ACTIVE OLLI AT LSU MEMBERSHIP TO REGISTER FOR COURSES

To enjoy OLLI at LSU, you must have an active membership before registering for courses and other fun activities. Memberships are valid from **July 1, 2025, to June 30, 2026**, and entitle you to the many OLLI benefits listed on page 3. The annual membership fee is \$50 and is non-refundable. This fee may be tax-deductible. To check your membership status, call **225-578-2500**.

PAYING BY CREDIT CARD

All fees may be paid by credit or debit card online at ce.lsu.edu/olli or by calling Enrollment Services at **225-578-2500**. This includes membership fees and course fees. Checks are no longer accepted. VISA, MasterCard, Discover, and American Express are accepted.

REFUNDS AND CANCELLATIONS

If your plans change, you must cancel five business days prior to the first day of courses in order to receive a full refund or transfer to another course. If you cancel less than five business days, no refunds will be granted; however, you can have a one-time transfer of funds to another current course. There are no penalties for substitutions prior to the first day of courses. Credits for future courses are not given.

ACCOMMODATIONS FOR PERSONS WITH DISABILITIES

To arrange accommodations for persons with disabilities, contact the OLLI office: 225-578-2500 or olli@outreach.lsu.edu