Welcome to OLLI AT LSU. Join today!

The Osher Lifelong Learning Institute (OLLI) at LSU is part of a network of 124 university-affiliated programs supported by The Bernard Osher Foundation. Our mission is to promote lifelong learning and personal growth for individuals age 50+ by providing intellectually stimulating opportunities that enrich lives. Membership entitles you to register for as many courses, field trips, or special events as you like. Additional membership benefits include:

**UREC Discount:**
Exercise at the UREC center on LSU’s campus at a discounted rate.

**Manship Theatre Discount:**
Receive a discounted rate to performances and film screenings at the Manship Theatre. Use code “OLLIF” for the film discount and “OLLIP” for the performance discount.

**OLLI NEWS:**
A weekly email newsletter listing upcoming OLLI activities and local interests.

**LSU School of Music and Dramatic Arts:**
Pay the same discounted rate as LSU students for performances. Includes all events at the LSU Student Union as well.

**Campus Federal Credit Union:**
OLLI at LSU members can bank with CFCU. Stop by one of their three branches in Baton Rouge (Main Branch at 3535 Nicholson Extension, Perkins Road Financial Center at 6230 Perkins Road, or 6108 Siegen Lane), or visit campusfederal.org.

With OLLI at LSU there are no tests, no grades and no homework. Just the joy of learning. **JOIN TODAY AND BEGIN COURSES THIS FALL!**

Frequently Asked Questions:

**Who can join OLLI at LSU?**
OLLI at LSU is open to anyone who meets its two requirements:
1. Is 50 years old and older
2. Enjoys learning!

**What is the cost to join?**
The membership fee is $50 and will be good from July 1, 2023 through June 30, 2024. The membership fee is tax deductible.

**Where are classes offered?**
Members can register for courses in three locations, also known as chapters:
- Lagniappe - Baton Rouge
- Felicianas - St. Francisville
- Camellia City - Slidell
When are classes offered?
Fall 2023 classes run from September 25 to November 3. Registration begins on August 28.

How can I attend classes?
Classes are offered in three formats:

- **In-person**: Offered at various locations in Baton Rouge, St. Francisville and Slidell. Registration will be limited to classroom capacity.

- **Zoom Online**: Classes 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 class.

- **Hybrid**: Offered in the classroom and via Zoom at the same time.

How do I register for courses?
Visit [ce.lsu.edu/olli](ce.lsu.edu/olli) to browse our course offerings and register. Payment is only accepted via debit and credit cards.

What are the cancellation policies?
Classes are occasionally canceled due to inclement weather. OLLI at LSU follows the St. Tammany Parish School System for the Camellia City Chapter (Slidell), 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 15, may be canceled. If you register by Friday, September 15 and your course is canceled, you may either receive a refund or credit the course fee to another course (with no additional fees).

Are there discounts for registering early?
Yes! Register by Sunday, September 10 at 11:59 p.m. CT and receive $5 off each course. Please be sure to click the discount box at checkout.

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](facebook.com/groups/olli.lsu)

Who do I contact with questions?
Contact the OLLI at LSU office at **225-578-2500** between 8:00am – 4:30pm, Monday – Friday; or OLLI@outreach.lsu.edu.

Our mailing address is:
**OSHER LIFELONG LEARNING INSTITUTE AT LSU**
LSU Online & Continuing Education
495 E. Parker Boulevard, Baton Rouge, LA 70808
Camellia City Chapter Courses
(Slidell)

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<tr>
<td>Chair Yoga 8:00-9:00</td>
<td>How to Design a Pollinator Garden 8:00-10:00</td>
<td>Yoga for Flexibility and Strength 9:00-10:00</td>
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<td>Grace Episcopal Church</td>
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<td>Canasta Fun 10:00-12:00</td>
<td>Line Dancing 10:15-12:15</td>
<td>My Six Favorite Military Commanders and Their Most Brilliant Battles 1:30-3:00</td>
<td>Amazing Fossils, Oh the Stories They Tell 11:00-12:30</td>
<td>Make a Wall Mural (Artistic Sewing) 1:00-3:00</td>
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<tr>
<td>Fitness is a Gift for Life 4:30-6:00</td>
<td>Yoga for Flexibility and Strength 9:00-10:00</td>
<td>West Feliciana Sports Park</td>
<td>Westdome Nursery</td>
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Camellia City Chapter COURSE LOCATIONS:
- **SREC**, Sidell Regional Education Center, 1050 Gause Blvd

Felicianas Chapter Courses
(St. Francisville)

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<tr>
<td>Basic Yoga 8:00-9:00</td>
<td>Yoga On and off the Mat 9:00-10:00</td>
<td>Yoga for Flexibility and Strength 9:00-10:00</td>
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<td>Pickleball! No Longer a Beginner? What's Next? 9:00-11:00</td>
<td>Yoga for Flexibility and Strength 9:00-10:00</td>
<td>My Six Favorite Military Commanders and Their Most Brilliant Battles 1:30-3:00</td>
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<td>Basketmaking – More Techniques 9:00-12:00</td>
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<td>First Baptist Church</td>
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<td>Bridge: Playing the Hand 1:00-3:00</td>
<td>Beginning Acrylics: How to Paint Your World 3:00-6:00</td>
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<td>Beginning Croquet 3:00-5:00</td>
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<td>St. Francisville Inn and the Sports Park</td>
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<tr>
<td>Introduction to Strength Training 2:00-3:00</td>
<td>Beginning Acrylics: How to Paint Your World 3:00-6:00</td>
<td>Beginning Croquet 3:00-5:00</td>
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Felicianas Chapter COURSE LOCATIONS:
- **Grace Episcopal Church**, 11621 Ferdinand St.
- **First Baptist Church**, 12404 LA-10
- **St Francisville Inn**, 5720 Commerce St
- **West Feliciana Parish Library**, 514 Burnett Rd.
- **West Feliciana Sports Park**, 10226 W. Feliciana Pkwy
- **Westdome Nursery**, 10818 Wakefield Dr. South

Zoom/Hybrid Courses

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<tr>
<td>Gloria Exercitus: The Roman Army 9:00 – 10:30</td>
<td>Unheralded Women Artists and the Contributions They Made 9:00-11:00</td>
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<td>Amazing Fossils, Oh the Stories They Tell 11:00-12:30</td>
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<td>Kate Chopin and Bayou Folk 11:30-1:00</td>
<td>Impressionism, the Pre-Raphaelites, and the Academy 10:00-11:00</td>
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### Zoom/ Hybrid Courses

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</table>
| Potpourri: From Space to Evolution  
11:30-1:00  
HYBRID | So What! You’re Over 50! Current Advances in Medicine & Surgery  
11:30-1:00  
HYBRID | Unheralded Women Artists and the Contributions They Made  
9:00-11:00  
BUMC | Democracy in America: Alexis de Tocqueville’s Magnum Opus  
5:30-7:30  
ZOOM |
| From the Ten Commandments to the Truman Show: Film Music Composers from the 50s to the 90s  
1:30-3:00  
ZOOM | Rounded with a Sleep: Dreams and Visions in Shakespeare  
1:30-3:30  
HYBRID | | |

### Lagniappe Chapter Courses (Baton Rouge)

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</table>
| Pickleball for Beginners  
9:00-11:00  
BREC Greenwood Community Park Tennis Center | Beginning Bridge 2  
9:00-11:00  
Highland Presbyterian Church | Pickleball for Intermediates  
9:00-11:00  
BREC Greenwood Community Park Tennis Center | Aging Well: Lifestyle Strategies for Promoting Brain Health: Part 1  
9:00-10:30  
The Claiborne of Baton Rouge |
| Discover Ukulele Workshop  
9:15-11:15  
BUMC | All Things iPhone Part 1  
9:15-11:15  
BUMC | Unheralded Women Artists and the Contributions They Made  
9:00-11:00  
BUMC | Beginning Bridge 2  
9:00-11:00  
Highland Presbyterian Church |
| Basic Hatha Yoga  
9:30-10:30  
First Christian Church | Contemporary Shakespeare  
9:45 – 11:15  
BUMC | Basic Hatha Yoga  
9:30-10:30  
First Christian Church | Fascinating Archaeological Sites of the World  
9:15-11:15  
BUMC |
| Who Knew II: Worship Centers in Baton Rouge  
10:30-12:00  
Various locations | An Introduction to Medical Ethics  
11:30-1:30  
BUMC | So What! You’re Over 50! Current Advances in Medicine & Surgery  
11:30-1:00  
BUMC | Crochet for Beginners  
10:00-11:00  
The Claiborne of Baton Rouge |
| Life Writing  
11:30-1:30  
BUMC | Music Theory Adventure  
11:30-1:30  
BUMC | Potpourri: From Space to Evolution  
11:30-1:30  
BUMC | Cajun and Creole Cuisines  
11:30-1:30  
BUMC |

IN-PERSON / HYBRID CLASSES
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.

**BE AN OLLI VOLUNTEER**

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

**Assist in the classroom** - Work behind the scenes to help courses run smoothly, interact with instructors, and students. A training is held each semester.

**Join the OLLI Curriculum Committee** - Develop classes, interact with community. Meets once a month.

**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!
CAMELLIA CITY CHAPTER COURSES

**Slidell**

- **Canasta Fun**
  - Learn how to play the fun card game of canasta played with four people in teams of two. Rules of the game will be explained as well as the scoring method. Come have fun learning and play your first game if time and numbers permit. Fun way to get together with friends who like playing cards. Come have some fun!
  - **Time & Dates:** 2:00 p.m. – 4:00 p.m. Tuesday, October 10
  - **Course Code:** OSCAN(1)
  - **Course Fee:** $10 (Early Bird - $5)
  - **Instructor:** Sandra Johnson
  - **Coordinator:** Margo Guilott
  - **Location:** Slidell Regional Education Center

- **Chair Yoga**
  - Discover Yoga in the Chair! Down Dog, Cat Cows, Twists, Lunges, Pigeon, and Balance Poses. Great stretches for neck, shoulders, and hamstrings. Breathe practice to start, and relaxation time at the end. You will use these poses and stretches in your daily life - driving, sitting at your desk, or watching TV. Beginners welcome – no Yoga experience necessary.
  - **Time & Dates:** 11:00 a.m. – 12:30 p.m.
    - Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
  - **Course Code:** OSYOGA(1)
  - **Course Fee:** $35 (Early Bird - $30)
  - **Instructor:** Julie Hunt-Juneau
  - **Coordinator:** Margo Guilott
  - **Location:** Slidell Regional Education Center

- **Fitness is a Gift for Life**
  - Join our class and balance your life with fitness. Learn helpful information that does not hurt a bit.
  - **Time & Dates:** 4:30 p.m. – 6:00 p.m.
    - Monday, Oct. 30
  - **Course Code:** OSPFIT(1)
  - **Course Fee:** $10 (Early Bird - $5)
  - **Instructor:** Robyn Johnson
  - **Coordinator:** Margo Guilott
  - **Location:** Slidell Regional Education Center

- **How to Design a Pollinator Garden**
  - You’ll enjoy learning about the value of pollinators and how to create sustainable gardens that attract and support them with Crosby Arboretum Director, Pat Drackett. These attractive, low-care landscapes can save you time and money, work with your property’s ecological processes, and contribute to your local biodiversity.
  - **Time & Dates:** 10:00 a.m. – 12:00 p.m.
    - Wednesday, Sept. 27
  - **Course Code:** OSPOLL(1)
  - **Course Fee:** $10 (Early Bird - $5)
  - **Instructor:** Pat Drackett
  - **Coordinator:** Margo Guilott
  - **Location:** Slidell Regional Education Center
### Amazing Fossils, Oh the Stories They Tell (HYBRID)

You will be amazed and in awe of Earth’s prehistoric cast of characters and the stories they tell. We'll explore the spectacular fossils that trace the lineage of ancient fish, amphibians, birds, reptiles, and mammals. We’ll speak of the fins of fish, horses’ toes, air sacs in bones, primate fingers, behemoths, leviathans, feathered dinosaurs, and pigmy elephants. And we must also hear the story of the paleontologists, the explorers, and collectors, who lived large to make these impressive discoveries. The Earth’s living history is all there; it’s written in the rocks!

**Time & Dates:** 11:00 a.m. – 12:30 p.m.
Friday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

**Course Code:** OFAMAZE(3)
**Course Fee:** $35 (Early Bird - $30)
**Instructor:** Darlene Reaves
**Location:** West Feliciana Parish Library and Zoom online

### NEW! Basketmaking – More Techniques

This basketmaking course will review and expand on basic techniques while introducing new techniques such as different handles, weaving techniques, and shaping. It is suitable for both beginners to basket weaving and those who have taken the previous classes. Participants will learn to use commercially available reed, made from the core of a tropical vine, to weave three baskets. The techniques learned will provide a foundation for basket weaving with a variety of styles and materials.

**Time & Dates:** 9:00 a.m. - 12:00 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31

**Course Code:** OFBT(3)
**Course Fee:** $95 (Early Bird - $90)
**Instructor:** Pam Myers
**Coordinator:** Ed Lanius
**Required Supplies:** Supplies will be bought by the instructor
**Location:** First Baptist Church in St. Francisville

### Basic Yoga

Breathe, stretch, and relax your way to a healthier life. No prior yoga experience is needed. When coming to class, please keep your talking to a minimum, remove your shoes, and leave your cell phone in the car. Come to class on an empty stomach, be early, bring a yoga mat, and wear comfortable clothing that does not impede your activity. This class meets twice a week continuously during the semester sessions and intersessions.

**Time & Dates:** 8:00 a.m. – 9:00 a.m.
Tuesday and Thursday, Sept. 26, 28, Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31, Nov. 2, 7, 9, 14, 16, 21, 28, 30, Dec. 5, 7

**Course Code:** OFBEYOG(65)

### NEW! Beginning Acrylics: How to Paint Your World

Fundamentals of painting: gain and understanding of the supplies needed and how to use them, knowledge and application of color and color theory, planning and preparation for a painting, three methods of using acrylics, and ending with finished works.

**Time & Dates:** 3:00 p.m. - 6:00 p.m.
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

**Course Code:** OFACRYLICS(1)
**Course Fee:** $65 (Early Bird - $60)

### Bridge: Playing the Hand

We will use duplicate boards to play the same hand at each table at the same time. After each hand we will discuss the bidding, the opening lead, the count of winners and losers by the declarer, the plan of the defenders, and the execution of the plan. Each student will receive the Standard American Yellow Booklet and convention card. In a round of four hands, each table position will be declarer once, dummy once, and defender twice. All levels of skill are welcome and beginners with a basic knowledge are encouraged to enroll.

**Time & Dates:** 1:00 p.m. - 3:00 p.m.
NEW! Edith Wharton: Author of the Gilded Age

Edith Wharton was an American writer who drew on her personal knowledge of the upper-class New York populace to realistically capture the morals and lives during the Gilded Age. She was the first woman to win the Pulitzer Prize, and her books such as THE AGE OF INNOCENCE, ETHAN FROME, and THE HOUSE OF MIRTH are still read and taught today. This class will center on her short stories from two books: THE GHOST STORIES OF EDITH WHARTON (Wordsworth Edition, 2009) and ROMAN FEVER AND OTHER STORIES (Scribner Paperback Edition, 1997). The writing of Wharton, who was inducted into the National Women's Hall of Fame in 1996, is often compared with that of Henry James.

Time & Dates: 9:00 a.m. - 11:00 a.m.
Monday, Sept. 25, Oct. 2, 9, 16, 23, 30
Course Code: OFEDITH(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Olivia Pass
Coordinator: Pam Freshney
Required Supplies: Conundrum Books and Puzzles in St. Francisville, Barnes & Noble, and online
Location: West Feliciana Parish Library

Introduction to Strength Training

Strength training is an important part of fitness for older adults, because it can help to offset the loss of muscle mass and bone density that come with aging. This class will introduce participants to basic exercises, suitable for older adults, which target the major muscle groups. We will focus on dumbbell and bodyweight exercises, but variations using resistance bands will be demonstrated as well as adaptions for different fitness levels.

Time & Dates: 2:00 p.m. – 3:00 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OFBRIDGE(4)
Course Fee: $45 (Early Bird - $40)
Instructor: Ralph Schomburg
Coordinator: Dawn Hoyle
Location: West Feliciana Parish Library

NEW! Make a Wall Mural (Artistic Sewing)

It does not matter whether you can sew, embroider, or are a man or woman, or are “artistic!” You can have fun and make a work of art solely from cloth and thread! You will learn about perspective and art techniques while also gaining experience in sewing skills through hand and machine stitching. Each student takes home their own one-of-a-kind masterpiece that will truly be beautiful.

Time & Dates: 1:00 p.m. – 3:00 p.m.

NEW! My Six Favorite Military Commanders and Their Most Brilliant Battles

Each week we will explore a different military commander. We will cover the current history of their times, do a bio on the commander, and then set the stage for his most brilliant though not necessarily his most consequential victory. The commanders and their battles will be as follows:

1. Alexander The Great: Battle of Gaugamela
2. Julius Caesar: Battle of Alesia
3. Lord Horatio Nelson: Battle of Trafalgar
5. Gen Ulysses S. Grant: Capture of Vicksburg
6. Gen Andrew Jackson Battle of New Orleans

While it is not a prerequisite for the class, it is anticipated that students will be quite familiar with one or more of these commanders and their battles and bring their insight into the discussion. All students will be encouraged to do some research on their own before class meets on the respective commanders.

Time & Dates: 1:30 p.m. - 3:00 p.m.
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
Course Code: OFMILITARY(1)
Course Fee: $45 (Early Bird - $40)
Instructor: David Treppendahl
Coordinator: TBD
Location: West Feliciana Parish Library

NEW! Line Dancing

Come have a great time showing off your best dance moves! Line dancing is a line of dancers executing a sequence of steps at the same time. It has a strong country music base, but has crossed over into music styles like disco, pop, Cajun, Latin, contemporary, and traditional. The balance of female and male dancers doesn’t matter. So, sign up for this fun course today--don’t delay!

Time & Dates: 10:15 a.m. - 12:15 p.m.
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OFLID(10)
Course Fee: $45 (Early Bird - $40)
Instructor: Jerisse Grantham
Coordinator: Georgia LaCour
Location: West Feliciana Parish Library

NEW! Pickleball! No Longer
FELICIANAS CHAPTER COURSES
St. Francisville

In-person class

a Beginner? What’s Next?  ⚽️

No, this class isn’t for a beginner, but for someone who has a good foundation of basic skills and understands the game of pickleball. This class is for a player wishing to learn more strategy plus add more skills to their ‘toolbox’. Think in terms of moving from a Beginner to possibly an Advanced Beginner or even an Intermediate Player.

**Time & Dates:** 9:00 a.m. - 11:00 a.m.
- Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31

**Course Code:** OFBBP(2)

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

**Instructor:** Patricia Heurtin

**Coordinator:** TBD

**Required Supplies:** 2023 Official Rulebook to be obtained from USA Pickleball Store. Website is usapickleball.org.

**Optional Supplies:** HOW TO PLAY PICKLEBALL, the Complete Guide from A to Z. Illustrated Stroke Techniques and Winning Strategies; Richard “Coach Mo” Movsessian and Joe Baker. Available at Amazon for approximately $25.

**Location:** West Feliciana Parish Library

Yoga On and Off the Mat  ⚽️

Start off your week with a Monday morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner’s mind and a mat; all levels are welcome. There are amazing insights that we can learn when we practice yoga. Just show up on your mat and be present.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.
- Monday, Sept. 25, Oct. 2, 9, 16, 23, 30,
- Nov. 6, 13, 20, 27

**Course Code:** OFYOGA(6)

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

**Instructor:** Darlene Reaves

**Coordinator:** Georgia LaCours

**Required Supplies:** Yoga mat

**Optional Supplies:** Yoga blocks and strap

**Location:** West Feliciana Parish Library

Basic Yoga  ⚽️

Breathe, stretch, & relax your way to a healthier life. No prior yoga experience is needed. When coming to class, please keep talking to a minimum, remove your shoes & leave your cell phone in the car. Come to class on an empty stomach, be early, bring a yoga mat, & wear comfortable clothing that does not impede your activity. This class meets twice a week continuously during the regular semester session & intersession.

**Time & Dates:** 8:00 a.m. – 9:00 a.m.
- Tues. and Thursday, Dec. 12, 14, 19, 21, 26, 28, Jan. 2, 4, 9, 11, 16, 18, 23, 25, 30, Feb. 1, 6, 8, 13, 15

**Course Code:** OFBEYOG(66)

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

**Instructor:** Owen Kemp

**Coordinator:** Georgia LaCours

**Location:** West Feliciana Parish Library

Yoga On and Off the Mat  ⚽️

Start off your week with a Monday morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner’s mind and a mat; all levels are welcome. There are amazing insights that we can learn when we practice yoga. Just show up on your mat and be present.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.
- Monday, Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12

**Course Code:** OFYOGA(7)

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

**Instructor:** Darlene Reaves

**Coordinator:** Georgia LaCours

**Required Supplies:** Yoga mat

**Optional Supplies:** Yoga blocks and strap

**Location:** West Feliciana Parish Library

Yoga for Flexibility and Strength  ⚽️

Come join us on the mat for Beginner-Intermediate yoga and you will see improvement in balance, strength, and flexibility. With an emphasis on breathing, yoga offers the perfect complement to any other exercise you are doing. The hour-long sessions include work in stretching, standing poses, and mat work with attention to balance and alignment. No prior yoga experience needed.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.
- Wed. and Friday, Dec. 13, 15, 20, 22, 27, 29, Jan. 3, 5, 10, 12, 17, 19, 24, 26, 31, Feb. 2, 7

**Course Code:** OLGEYOG(35)

**Course Fee:** $60 (Early Bird - $55)

**Instructor:** Jane Simmons

**Coordinator:** Carla Bowman

**Required Supplies:** Yoga mat

**Optional Supplies:** Yoga blocks

**Location:** West Feliciana Parish Library

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**SESSION II**

Yoga On and Off the Mat  ⚽️

Start off your week with a morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner’s mind and a mat; all levels are welcome. There are amazing insights that we can learn when we practice yoga. Just show up on your mat and be present.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.
- Monday, Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5, 12

**Course Code:** OFYOGA(7)

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

**Instructor:** Darlene Reaves

**Coordinator:** Georgia LaCours

**Required Supplies:** Yoga mat

**Optional Supplies:** Yoga blocks and strap

**Location:** West Feliciana Parish Library
Amazing Fossils, Oh the Stories They Tell (HYBRID) 🗓

You will be amazed and in awe of Earth’s prehistoric cast of characters and the stories they tell. We’ll explore the spectacular fossils that trace the lineage of ancient fish, amphibians, birds, reptiles, and mammals. We’ll speak of the fins of fish, horses’ toes, air sacs in bones, primate fingers, behemoths, leviathans, feathered dinosaurs, and pigmy elephants. And we must also hear the story of the paleontologists, the explorers, and collectors, who lived large to make these impressive discoveries. The Earth’s living history is all there; it’s written in the rocks!

Time & Dates: 11:00 a.m. – 12:30 p.m.  
   Friday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3
Course Code: OFAMAZE(4)  
Course Fee: $35 (Early Bird - $30)  
Instructor: Darlene Reaves  
Coordinator: Mary Lou Cutrera  
Location: Zoom Online and West Feliciana Parish Library

Democracy in America: Alexis de Tocqueville’s Magnum Opus 🗓

In this course, we will examine the second part of Volume I of Alexis de Tocqueville's most-read work, Democracy in America. In the 1830s, the French aristocrat toured the fledgling United States with the intention of studying its prisons. The scope of the work grew into a thorough study of the Antebellum United States as a whole; today, his work is considered to be the most significant study of America that was conducted by a foreigner. He assessed the American character by observing the country's institutions, literature, art, race, the family, private associations, and other facets of American life. De Tocqueville tried to understand American democracy and its relationship to equality and excellence. Throughout the course, we will arrive at fundamental questions about our character as Americans and the nature of our democracy. This course is a continuation of Democracy in America: Volume I of Alexis de Tocqueville’s Magnum Opus.

Time & Dates: 5:30 p.m. – 7:30 p.m.  
   Thursday, Sept. 28, Oct. 5, 12, 19, Nov. 26, Nov. 2
Course Code: OLDEMO(3)  
Course Fee: $45 (Early Bird -$40)  
Instructor: Kaitlyn Bailey  
Coordinator: Bud Snowden  
Location: Zoom Online

NEW! From the Ten Commandments to the Truman Show - Film Music Composers from the 50's to the 90's 🗓

Five weekly classes on how the top composers experience their struggles, secrets and how they find their groove to write the music for westerns, action films, comedy and romance, through the scores of composers like Elmer Bernstein (The Magnificent Seven), Jerry Goldsmith (Alien), Leonard Bernstein (On the Waterfront), Ernest Gold (Exodus), Aaron Copland (Our Town), The Sherman Brothers (Mary Poppins), Philip Glass (The Truman Show) and more. Audiovisuals and anecdotes will explain how their music evolved in a world of changing trends when they wrote some of the best film scores ever.

Time & Dates: 1:30 p.m. – 3:00 p.m.  
   Monday, Oct. 2, 9, 16, 23, 30
Course Code: OLTEN(1)  
Course Fee: $35 (Early Bird - $30)  
Instructor: Emanuel Abramovits

NEW! Gloria Exercitus: The Roman Army 🗓

Rome was not built in a day, and neither was its army, which is still considered to be one of the most effective and successful military organizations of all time. In five classes, the course will examine the army’s origins, command structure, decisive battles, exceptional leaders, as well as the training, equipment, and discipline of the ordinary legionary. The course will trace the army’s evolution from humble beginnings as a volunteer militia in the Kingdom period (753-509 BCE) to its increasingly pivotal role in the often turbulent political and civic events of the Republic (509-27 BCE). During the Empire (27 BCE-476 CE), the army served as the principal and often ruthless enforcer of the Roman hegemony. Its often-epic victories (and defeats), engineering achievements, and organizational efficiency stand as reminders of its historical importance to this day.

Time & Dates: 9:00 a.m. – 10:30 a.m.  
   Tuesday, Sept. 26, Oct. 3, 10, 17, 24
Course Code: OLGLORIA(1)  
Course Fee: $35 (Early Bird - $30)  
Instructor: Michael Kinnicutt  
Coordinator: Bernadine Johnson  
Location: Zoom Online

NEW! Impressionism, the Pre-Raphaelites, and the Academy 🗓

By the time Impressionism had taken hold, Academic Art was being pushed aside and would eventually be written out of art history books until the 1990s. We’ll take a look at both subjects along with the “secret” society of the Pre-Raphaelites.
Kate Chopin and Bayou Folk 🔴

We'll be reading stories from Bayou Folk, Kate Chopin's 1894 short story collection. Her stories cover romance and racism, secrets from her time, and sly breaking of taboos. We'll look at local color, censorship then, and clever ways that women writers concealed what they were really up to.

**Time & Dates:** 11:30 a.m. – 1:00 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLKCBF(3)
**Course Fee:** $35 (Early Bird - $30)
**Instructor:** Dr. Emily Toth
**Coordinator:** Kathy Bosworth/Sue Lincoln
**Location:** Zoom Online

NEW! Reflections and Choice: The Federalist Papers 🔴

This is a course on the Federalist Papers. Alexander Hamilton, James Madison, and John Jay wrote the Federalist Papers under the pseudonym Publius in 1787. Their goal was to convince the citizens of New York to support the Constitution. Together, we will read the Federalist Papers from the beginning and ask important questions about the nature of our government.

**Time & Dates:** 5:30 p.m. – 7:30 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLREFLECT(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Kaitlyn Bailey
**Coordinator:** Bud Snowden
**Location:** Zoom Online

NEW! Rounded with a Sleep: Dreams and Visions in Shakespeare (HYBRID) 🔴

People in Shakespeare’s time believed that dreams were many things: a prophecy, a message from God, a warning, or fantasies created new by the brain. In Shakespeare’s plays, dreams and visions are powerful dramatic tools that move complex plots and reveal the anxiety, torment, and hope in the minds of his most beloved characters. In this class, we will take a look at several examples of dreaming, fantasy, and imagination in Shakespeare’s works and analyze these instances in the context of English Renaissance science and cultural understanding. We will begin by discussing medical beliefs of dreams at the time the plays were written, specifically within the context of how the audience would have understood thinking, imagining, and other cognitive functions. What is the significance of nightmares, daydreams, visions, and trances to characters like Hamlet, Lady Macbeth, Romeo, and an assortment of kings and clowns? Join us and find out!

**Time & Dates:** 11:30 a.m. – 1:30 p.m.
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
**Course Code:** OLRound(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Erica Daigle
**Coordinator:** Bud Snowden
**Location:** Zoom Online and Broadmoor United Methodist Church

NEW! Potpourri: From Space to Evolution (HYBRID) 🔴


**Time & Dates:** 11:30 a.m. – 1:30 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLSPACE(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Henry Bradsher
**Coordinator:** Claire Fontenot
**Location:** Zoom Online and Broadmoor United Methodist Church
ZOOM AND HYBRID COURSES

Courses Accessible Online

- Robert St. Amant MD, Lipidologist
  Cholesterol’s role in heart attacks, strokes, and peripheral artery disease: When to treat and treat comfortably

- Angela Roy PA-C, Baton Rouge General Bone Health Clinic, Bone health and how to maintain it and to treat it when it’s bad

- Michael Rolfsen MD, Internal Medicine, Senior Physician, Medical Ethicist, Medical ethics in the Covid-19 pandemic

- Emily Cassidy MD, Thoracic Surgeon, OLOL Physicians, Current Strategies for improving lung cancer survival, as well as other diseases within the chest


Coordinator: Claire Fontenot
Location: Zoom Online and Broadmoor United Methodist Church

NEW! Taming the Monkey Mind: Introduction to Meditation & Mindfulness

Take a meditative journey to connect to yourself on a deeper level, stimulate your brain and learn how to tame the monkey mind through a variety of meditative mindfulness breathing techniques. Buddha described the human mind as being filled with drunken monkeys, jumping around screeching and carrying on endlessly. We all have monkey minds, with dozens of monkeys clamoring for our attention. This can cause a lot of stress, with about 70,000 thoughts a day, most of which are repetitive. These monkeys can disrupt our sense of peace and presence. In this class, we will explore the benefits of meditation and create a practice that fits your lifestyle.

Coordinator: Bernadine Johnson
Location: Zoom Online

NEW! Unheralded Women Artists and the Contributions They Made (HYBRID)

We will continue the discussion begun last semester of women artists from as early as the 15th c. up to the present whose work has been under appreciated. Some reasons to explore include cultural biases, overshadowing by “super star” men in their lives, remote geographical location, and political environments. But these artists are super stars themselves and we want to know more about them. (As a little lagniappe we will also update several previous courses by taking a quick look at some brand-new architectural innovations, bridges, and museum designs.)

Time & Dates: 9:00 a.m. – 11:00 a.m. Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OLTAME(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Marchita Mauck
Coordinator: Claire Fontenot
Location: Zoom Online and Broadmoor United Methodist Church

Time & Dates: 11:30 a.m. – 1:00 p.m.
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OLSYOF(16)
Course Fee: $35 (Early Bird - $30)
Instructor: Dr. Trent James and Dr. Robert St. Amant
LAGNIAPPE CHAPTER COURSES
Baton Rouge

In-person class  Hybrid class

SESSION I

Aging Well: Lifestyle Strategies for Promoting Brain Health Part 1

Although there is no cure for Alzheimer’s disease or other types of dementia, there are things we can do to reduce our risk of dementia as we age. The goal of this course is to empower you with the knowledge and skills to live a more brain-healthy lifestyle. You will learn about the science of brain health and behaviors that can support healthy cognitive aging. You will start applying that knowledge to your daily life with the support of your instructor and fellow classmates. A focus of this course will be actionable lifestyle behaviors that can have immediate and long-term benefits. This course is for those who want to learn more about brain health and are ready to implement a plan to make changes in their own lives. To allow for sufficient time to make and sustain changes, this course has been revised to be a two-term sequence.

Time & Dates: 9:00 a.m. – 10:30 a.m.
Thursday, Sept. 28, Oct. 12, 26, Nov. 9
Course Code: OLAGING(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Dr. Matt Calamia
Coordinator: Mary Dommert
Optional Supplies: Keep Your Wits About You: The Science of Brain Maintenance as You Age by Vonetta Dotson, The Brain Health Book: Using the Power of Neuroscience to Improve Your Life by John Randolph, High Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer’s by Michelle Braun & Karen Postal. All of these books can be purchased from Amazon.
Location: The Claiborne of Baton Rouge

All Things iPhone Part 1

The iPhone is a highly capable, connected computer plus a great camera and GPS device. This detailed class covers the basic and intermediate topics. You’ll learn how to use Siri for things that you may not have realized, configure the phone’s alerts to see what’s most important to you, make the most of its camera, learn many shortcuts to do things quickly and easily, backup all your data in case you lose your phone, make the most of the calendar and contacts, and share information with others and more.

Time & Dates: 9:15 a.m. – 11:15 a.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OLAPHONE(4)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn
Coordinator: Donni Shields
Location: Broadmoor United Methodist Church
All Things iPhone Part 2

This course will take a few of the topics we learned about in Part 1 and examine them in greater detail. It will focus on 3 main areas - (1) choosing the right tool for the job for our day-to-day functions and getting to them and done quicker (2) furthering our knowledge of what’s available from the nearly 2 million apps on The App Store, and (3) organizing and protecting the information we send, receive, and create on our iPhones.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.
Monday, Sept. 25, Oct. 2, 9, 16, 23, 30

**Course Code:** OLAPHONE2(2)

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

**Instructor:** Tommy Draughn

**Coordinator:** Carol Walker

**Location:** Broadmoor United Methodist Church

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Basic Hatha Yoga

Learn to reconnect and enrich your lifestyle by practicing yoga poses by working with your breath and body movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength. Discover the “present moment” while gaining stamina and core stability. No yoga experience necessary; however, you must be able to sit comfortably on your yoga mat while practicing seated poses. Ability to transition from seated poses to standing is necessary. Wear comfortable clothes; leave your shoes, cell phone, worries and the “outside world” to enjoy this coed class. Focus on the PRESENT and the NOW with gratitude and without judgment.

**Time & Dates:** 9:30 a.m. – 10:30 a.m.
Mondays & Wednesday, Sept. 25, 27, Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30, Nov. 1

**Course Code:** OLBHY(29)

**Course Fee:** $80 (Early Bird - $75)

**Instructor:** Agnes Bickham

**Coordinator:** Fran Martin

**Location:** First Christian Church

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Beginning Bridge 1

People play bridge for one reason: because it’s fun! This course will help beginners and social bridge players understand the basics of duplicate bridge. You might want to enjoy playing with friends or you might want to get involved at a bridge club, either way these classes will help you get started. It’s also a good refresher for people who used to play but have forgotten a few things. We will cover the basics of bidding and playing the hand, what makes duplicate different (and so fascinating!), defensive strategy, and common bidding conversations (aka “conventions”). At least half of every class will be spent playing bridge.

**Time & Dates:** 1:00 p.m. – 3:00 p.m.
Tues. and Thurs., Sept. 26, 28, Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31, Nov. 2

**Course Code:** OLBBR(7)

**Course Fee:** $120 (Early Bird - $115)

**Instructor:** Martha Robson

**Coordinator:** Martha Robson

**Required Supplies:** *Bidding in the 21st Century*, Audrey Grant and Betty Starzec -- copies furnished by ACBL

**Location:** Highland Presbyterian Church
LAGNIAPPE CHAPTER COURSES
Baton Rouge

In-person class  Hybrid class

Beginning Bridge 2
The more you know about how to play bridge, the more fun it is! Whether your goal is to dominate in duplicate or to sweep your social games, this class will teach you what you need to know in a fun and supportive atmosphere. The course is for everyone with a basic knowledge of bridge skills, whether or not you have taken the OLLI Beginning Bridge class. We will cover long suits, big hands, and competitive bidding. At least half of every class will be spent playing bridge.

Time & Dates: 9:00 a.m. – 11:00 a.m.
Tues. and Thurs., Sept. 26, 28, Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31, Nov. 2
Course Code: OLBBM(5)
Course Fee: $120 (Early Bird - $115)
Instructor: Martha Robson
Coordinator: Martha Robson

Required Supplies: Play of the Hand in the 21st Century, by Audrey Grant and Betty Starzec - copies furnished by ACBL
Location: Highland Presbyterian Church

Cajun and Creole Cuisines: South Louisiana’s Greatest Resource
Explore South Louisiana’s greatest resource, its cuisines! Each week we will discuss Cajun and Creole cuisines, what they are, where they come from, how they differ, how they are alike, and their role in our unique culture. The course will include classes on traditional and evolving Cajun recipes, Creole recipes, seasonal ingredients, as well as common cooking methods practiced in South Louisiana. Learn techniques to help simplify the cooking process and build flavorful dishes. Traditional and iconic Cajun and Creole recipes will be demonstrated and shared for tasting among the class. Each participant will receive a can of the instructor’s own Le Bon Papa Creole Seasoning. Recipes and resources will be shared to make it easy to enjoy these recipes at home.

Time & Dates: 11:30 a.m. – 1:30 p.m.
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
Course Code: OLCAJUN(2)
Course Fee: $100 (Early Bird - $95)
Instructor: Dave Howson
Coordinator: Claire Fontenot
Location: Broadmoor United Methodist Church

NEW! Contemporary Shakespeare

Time & Dates: 9:45 a.m. – 11:15 a.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OLCONT(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Meghan Hodges
Coordinator: Ruth Barnes

Required Supplies: All plays available in public domain or can be purchased where books are sold. All films available for streaming, rent or purchase online and links will be provided.
Location: Broadmoor United Methodist Church

NEW! Discover Ukulele Workshop
Unleash your inner musician and embark on a joyful musical journey with our Discover Ukulele Workshop. Whether you’re a beginner or have some experience, our engaging lessons will have you strumming, plucking, and singing your favorite songs in no time. Join our experienced instructor as we explore the basics of ukulele playing, from mastering chords and strumming patterns to exploring different techniques and styles. Experience the joy of making
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

music together, connect with fellow classmates, and let the sweet sounds of this enchanting instrument fill your world. Enroll today and let the ukulele adventure begin!

**NEW! Fascinating Archaeological Sites of the World**

Travel with me to archaeological and historical sites throughout the world in this multimedia course. We will visit fascinating sites including not just traditional archaeological sites but ruins, shipwrecks, cities, plantations, battlefields and industrial sites. You will learn about methods used by archaeologists to study the past. We will focus on ways to enhance your archaeological, historical, and cultural journeys into the past.

**Time & Dates:** 9:15 a.m. – 11:15 a.m.
  - Monday, Sept. 25, Oct. 2, 9, 16, 23, 30
**Course Code:** OLARCH(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Edwin Lyon
**Coordinator:** Bud Snowden

**NEW! Edith Wharton: Author of the Gilded Age**

Edith Wharton was an American writer who drew on her personal knowledge of the upper-class New York populace to realistically capture the morals and lives during the Gilded Age. She was the first woman to win the Pulitzer Prize, and her books such as THE AGE OF INNOCENCE, ETHAN FROME, and THE HOUSE OF MIRTH are still read and taught today. This class will center on her short stories from two books: THE GHOST STORIES OF EDITH WHARTON (Wordsworth Edition, 2009) and ROMAN FEVER AND OTHER STORIES (Scribner Paperback Edition, 1997). The writing of Wharton, who was inducted into the National Women’s Hall of Fame in 1996, is often compared with that of Henry James.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.
  - Monday, Sept. 25, Oct. 2, 9, 16, 23, 30
**Course Code:** OLEIDTH(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Olivia Pass
**Coordinator:** Aline Creed

**NEW! Introduction to Medical Ethics**

The goal of this course is to study the obligations of Health Care Professionals to themselves, to their patients and to society as a whole. This will be accomplished by studying the foundational principles of Health Care Ethics and dealing with ethical problems inherent in Health Care.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.
  - Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLMETHICS(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall
**Coordinator:** Dr. Francis Vanderwall

**An Introduction to Medical Ethics**

The goal of this course is to study the obligations of Health Care Professionals to themselves, to their patients and to society as a whole. This will be accomplished by studying the foundational principles of Health Care Ethics and dealing with ethical problems inherent in Health Care.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.
  - Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLMETHICS(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall
**Coordinator:** Dr. Francis Vanderwall

**Location:** Broadmoor United Methodist Church

**God, Dreams, Self-Revelations: A Christian Interpretation**

Almost everybody is interested in dreams, especially their dreams. There is a haunting feeling their dreams are trying to tell them something. But how can one find out? This short course will introduce you to dream symbology, how to unpack their meaning, and how to discover the voice of God speaking to you through them.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.
  - Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
**Course Code:** OLGDSR(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall
**Coordinator:** Dr. Francis Vanderwall

**Location:** Broadmoor United Methodist Church

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**Course Descriptions**

REGISTRATION BEGINS AUGUST 28
AT CE.LSU.EDU/OLLI

**Church**

**Location:** Broadmoor United Methodist

**Instructor:**

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

**Course Code:**

**Time & Dates:**
  - Monday, Sept. 25, Oct. 2, 9, 16, 23, 30
**Course Code:** OLUKU(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Tommy Draughn
**Coordinator:** Bud Snowden

**Required Supplies:** Ukulele - can be purchased online or in a local music shop

**Location:** Broadmoor United Methodist Church

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**Church**

**Location:** Broadmoor United Methodist

**Instructor:**

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

**Course Code:**

**Time & Dates:**
  - Monday, Sept. 25, Oct. 2, 9, 16, 23, 30
**Course Code:** OLARCH(1)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Kevin Portz

**Location:** Broadmoor United Methodist Church

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**Church**

**Location:** Broadmoor United Methodist

**Instructor:**

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

**Course Code:**

**Time & Dates:**
  - Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
**Course Code:** OLGDSR(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall

**Location:** Broadmoor United Methodist Church

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**Church**

**Location:** Broadmoor United Methodist

**Instructor:**

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

**Course Code:**

**Time & Dates:**
  - Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
**Course Code:** OLGDSR(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall

**Location:** Broadmoor United Methodist Church

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**Church**

**Location:** Broadmoor United Methodist

**Instructor:**

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

**Course Code:**

**Time & Dates:**
  - Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
**Course Code:** OLGDSR(2)
**Course Fee:** $45 (Early Bird - $40)
**Instructor:** Dr. Francis Vanderwall

**Location:** Broadmoor United Methodist Church
**LAGNIAPPE CHAPTER COURSES**

**Baton Rouge**

- **In-person class**
- **Hybrid class**

### Italian Wine for Thanksgiving and Christmas

You’re in a quandary to decide which wine to serve with your holiday dinner. Relax. Learn about Italian wines by sampling different varieties. Antonio Molesini will bring his own unique perspective from years in the Italian wine business to explore the world of Italian wine. You will learn about the wine making process and absorb something of the history, geography, and culture of Italy. You will sample six wines in each class and discuss the background and characteristics of each wine. A light meal will be served to complement the wines.

**Time & Dates:** 12:30 p.m. – 2:30 p.m.  
Friday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

**Course Code:** OLLID(29)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Antonio Molesini  
**Coordinator:** Mackie Burtt  
**Location:** Jeffie Jean Dance Studio

### Life Writing

We will develop writing skills and share experiences that make us laugh and cry. It’s work, it’s creative, and it’s fun. Come join a story telling circle!

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

**Course Code:** OLLIFE(30)  
**Course Fee:** $65 (Early Bird - $40)  
**Instructor:** Versa Stickle  
**Coordinator:** Donni Shields  
**Location:** Broadmoor United Methodist Church

### Line Dancing

Come have a great time showing off all of your best dance moves. Line Dancing is a line of dancers executing a sequence of steps at the same time. It has a strong Country music base, but has crossed into music styles like disco, pop, Cajun, and Latin. In Line Dancing, the balance of male and female partners doesn’t 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:** 6:30 p.m. – 8:00 p.m.  
Wednesday, November 8, December 6

**Course Code:** OLMUSIC(2)  
**Course Fee:** $90 (Early Bird - $85)  
**Instructor:** Hugh McClain  
**Location:** Matherne’s downtown on Third Street

### NEW! Music Theory Adventure

Embark on a thrilling musical expedition with our immersive Music Theory Adventure Course. Discover the captivating secrets of melody, harmony, rhythm, and more as our experienced instructor guides you through interactive lessons. Develop a keen ear, master the art of reading sheet music, and unlock your creative potential. Whether you’re a beginner or seasoned musician, our course welcomes all, empowering you to ignite your passion, expand your musical horizons, and unravel the fascinating world of music theory. Join us today and let the adventure begin!

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

**Course Code:** OLMUSIC(2)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Tommy Draughn  
**Coordinator:** Tommy Draughn  
**Location:** Broadmoor United Methodist Church

### Nutrition for Life

Nutrition for Life is a 6-week nutrition education and lifestyle course. Obesity and poor nutrition are major problems in our society today, and it affects almost everyone. It’s time for a change. This class will cover all the modern nutrition confusion and controversies to give you a clear understanding of what the current science on nutrition states through simple and easy to understand lessons. Along with nutrition education we will also cover methods to effectively create a real nutrition lifestyle that you love in this fast-paced convenient food culture we live in today. The key to better health is good nutrition. The key to good nutrition is not only the science of healthy food but also the practical skills to get healthy foods in your day-to-day diet. I’m going to show you exactly how to do that.

**Time & Dates:** 10:15 a.m. – 11:15 a.m.  
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

**Course Code:** OLPBALL(6)  
**Course Fee:** $25 (Early Bird - $20)  
**Instructor:** Kirk Vidrine  
**Coordinator:** Bernadine Johnson  
**Location:** Broadmoor United Methodist Church

### Pickleball for Beginners

Pickleball is the fastest growing sport in America. Have you ever wondered why? Come and join the fun! This class will cover foundational Pickleball skills, beginning with holding the paddle correctly and progressing to hitting the ball accurately and consistently across the net. Consistency and control are the focus of this class. Both experienced and first-time Pickleball players are welcome. Loaner paddles will be available, and balls are provided.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Monday, Sept. 25, Oct. 2, 9, 16, 23, 30

**Course Code:** OLPBALL(6)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Robert Kelly  
**Coordinator:** Mary Lou Cutrera  
**Required Supplies:** Court-style tennis shoes, water bottle, lawn chair  
**Location:** BREC Greenwood Community Park - Tennis Center, Baker, LA
Pickleball for Intermediates

Have you been playing Pickleball for a while? Are you ready to take your Pickleball game to the next level? This is the class for you! Find the key to moving up to the next level of Pickleball play. Learn new Pickleball skills and continue to develop your consistency and control. Please wear court-style tennis shoes and bring water. Lawn chairs are also recommended.

Time & Dates: 9:00 a.m. – 11:00 a.m. Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OL PICK(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Robert Kelly
Coordinator: Kathy Gates
Required Supplies: Court-style tennis shoes, water bottle, lawn chair
Location: BREC Greenwood Community Park - Tennis Center, Baker, LA

NEW! Potpourri: From Space to Evolution (HYBRID)


Time & Dates: 11:30 a.m. – 1:30 p.m. Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OL SPACE(2)
Course Fee: $45 (Early Bird - $40)
Instructor: Henry Bradsher
Coordinator: Claire Fontenot
Location: Zoom Online and Broadmoor United Methodist Church

NEW! Rounded with a Sleep: Dreams and Visions in Shakespeare (HYBRID)

People in Shakespeare’s time believed that dreams were many things: a prophecy, a message from God, a warning, or fantasies created new by the brain. In Shakespeare’s plays, dreams and visions are powerful dramatic tools that move complex plots and reveal the anxiety, torment, and hope in the minds of his most beloved characters. In this class, we will take a look at several examples of dreaming, fantasy, and imagination in Shakespeare’s works and analyze these instances in the context of English Renaissance science and cultural understanding. We will begin by discussing medical beliefs of dreams at the time the plays were written, specifically within the context of how the audience would have understood thinking, imagining, and other cognitive functions. What is the significance of nightmares, daydreams, visions, and trances to characters like Hamlet, Lady Macbeth, Romeo, and an assortment of kings and clowns? Join us and find out!

Time & Dates: 1:30 p.m. – 3:30 p.m. Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OL ROUND(2)
Course Fee: $45 (Early Bird - $40)
Instructor: Erica Daigle
Coordinator: Bud Snowden
Location: Broadmoor United Methodist Church
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

Singing with the Baton Rouge Chorus of Sweet Adelines

Ladies, ‘fall’ into the colorful harmonies of barbershop style singing! Participate in six weeks of rehearsals and sing with the Baton Rouge Chorus of Sweet Adelines. We’ll get you started; it’s easier than you think. No professional experience or vocal training is necessary. Rehearsals include techniques for breathing, singing in 4-part barbershop style harmony, and healthy vocalization. Latest research suggests that singing with others is healthy for your brain, heart, and lungs! Plus, you will meet new friends and learn familiar songs sung with the colors of tight harmonies! ‘Fall’ into a new adventure with us.

Time & Dates: 6:30 p.m. – 8:30 p.m.
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
Course Code: OLSING(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Sherry Barron
Coordinator: Karen Egedy
Location: Ingleside Methodist Church

Smartphone Photography

Do you want to take great photos on your smart phone or iPad? Then this is the course for you! You’ll learn about the camera features on your specific phone/tablet and how to use those features to take outstanding photos of people, nature, and events. After completing this course, you will get tired of hearing, “I can’t believe you took that picture with your phone.” The course is designed for students with more recent versions of the iPhone, Android, and tablet devices.

Time & Dates: 11:30 a.m. – 1:30 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OPHONE(5)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn
Coordinator: Donni Shields
Location: Broadmoor United Methodist Church

So What! You’re Over 50! Current Advances in Medicine & Surgery (HYBRID)

The purpose of this series is to bring physicians and other healthcare providers before OLLI class attendees to learn of various medical and surgical specialties, diagnosis and treatment of various human diseases, illnesses, and conditions as well as preventive and wellness measures. To date, there have been over seventy-four speakers from different healthcare specialties who practice in the Greater Baton Rouge area that have come before these classes.

- Kelly Finan MD, Colo-Rectal Surgeon
  Cancer of the colon, diverticular disease, inflammatory bowel, and ano-rectal diseases
- Robert St. Amant MD, Lipidologist
  Cholesterol’s role in heart attacks, strokes, and peripheral artery disease: When to treat and treat comfortably
- Angela Roy PA-C, Baton Rouge
  General Bone Health Clinic, Bone health and how to maintain it and to treat it when it’s bad
- Michael Rolfsen MD, Internal Medicine, Senior Physician,
  Medical Ethicist, Medical ethics in the Covid-19 pandemic
- Emily Cassidy MD, Thoracic Surgeon
  OLOL Physicians Current Strategies for improving lung cancer survival, as well as other diseases within the chest
- Jones Samuel MD, Nephrologist,
  Renal Associates, Chronic Kidney Disease: How to prevent it and the latest on diabetic nephropathy

Time & Dates: 11:30 a.m. – 1:00 p.m.
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1
Course Code: OLSOFYOF(17)

Spanish for Beginners

This course follows the previous Spanish for Beginners class offered last spring using the same book. Continue practicing oral/written communication while expanding your knowledge of grammar and verb usage. Enhance your pronunciation and appreciation for the interesting cultures.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Tuesday, Sept. 26, Oct. 3, 10, 17, 24, 31
Course Code: OLSpac(10)
Course Fee: $45 (Early Bird - $40)
Instructor: Merri Lee Logan
Coordinator: Merri Lee Logan
Required Supplies: Spanish Now Level One by Ruth Silverstein and published by Barron’s. It can be ordered through Barnes and Noble.
Location: Broadmoor United Methodist Church

Spanish for Intermediates

This course follows the previous intermediate class offered last spring using the same book. Continue practicing oral/written communication with increased emphasis on oral. Expand your knowledge of the interesting cultures and your knowledge of grammar, especially in using different verb tenses.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2
Course Code: OLSpin(12)
Course Fee: $45 (Early Bird - $40)
Instructor: Merri Lee Logan
Coordinator: Merri Lee Logan
Required Supplies: Spanish Now Level One by Ruth Silverstein and published by Barron’s. It can be ordered through...
Still More Hot Topics in Louisiana

This is a guest speaker class, featuring Jim Henderson, president of the University of Louisiana system; Rene Sanchez, editor of The Advocate; Erick Swenson of the LSU Department of Oceanography discussing wetlands restoration; Michael Adams, president of 100 Black Men; Barry Erwin, president and CEO of the Council for a Better Louisiana, discussing Project Reset: Recommendations for Louisiana’s Future, and John Spain, Baton Rouge Area Foundation discussing the proposed Baton Rouge to New Orleans train and restoration of City Park lakes.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.
Thursday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

**Course Code:** OLHOT(3)

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

**Instructor:** Linda Lightfoot

**Coordinator:** Jenny Hastings

**Location:** Broadmoor United Methodist Church

NEW! Understanding Energy – A Journey of Discovery and Enlightenment

Where does electricity come from? How is it made, and with what efficiency? Are we using our natural resources such as gas, oil, and coal effectively? How do dams, solar panels, cogeneration of steam and power, windmills, and nuclear fit into the picture? What are the real-world tradeoffs between efficiency and considerations such as initial cost, raw material costs and availability, operating and maintenance costs,
LAGNIAPPE CHAPTER COURSES

Baton Rouge

**In-person class**  **Hybrid class**

Safety, reliability, longevity, disposal costs and environmental impact? On the consumption end, how are we using electricity and fuels? Do electric cars have zero pollution, and are they more efficient than gasoline powered cars? How efficient are the hot water heaters and furnaces in our homes? What challenges will we face in the future? Are carbon sequestration and hydrogen fuel a significant part of the answer? All of these questions and much more will be addressed in our thought-provoking journey.

**Time & Dates:** 1:30 p.m. – 3:30 p.m.  
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

**Course Code:** OLENERGY(1)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Ken Nelson  
**Coordinator:** Lance Foster  
**Location:** Broadmoor United Methodist Church

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**NEW! Unheralded Women Artists and the Contributions They Made (HYBRID)**

We will continue the discussion begun last semester of women artists from as early as the 15th c. up to the present whose work has been under appreciated. Some reasons to explore include cultural biases, overshadowing by "super star" men in their lives, remote geographical location, and political environments. But these artists are super stars themselves and we want to know more about them. (As a little lagniappe we will also update several previous courses by taking a quick look at some brand-new architectural innovations, bridges, and museum designs.)

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Wednesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

**Course Code:** OLTAME(1)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Marchita Mauck  
**Coordinator:** Claire Fontenot

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**NEW! What Americans Think about the Civil War – and Why**

Over the last twenty-five years Americans have fought over the display of the Confederate flag and taking down Confederate monuments, debates that reflect a fundamental division over how to interpret the Civil War. While participants will discuss such issues and what the war means to them, the course will focus on exploring the factors behind that division: it will trace the development in the decades after the Civil War of contrasting memoirs of the war among white southerners, white northerners, and African Americans. It will then trace those contesting memoirs into the present and end with one historian’s argument on how best for Americans to interpret the meaning of the war.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Tuesday, Sept. 26, Oct 3, 10, 17, 24, 31

**Course Code:** OLACIVIL(1)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Gaines Foster  
**Coordinator:** Mary Lou Cutrera  
**Location:** Broadmoor United Methodist Church

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**Who Knew II: Worship Centers in Baton Rouge**

This course is designed for those who are interested in the beliefs of people who may be different and/or visiting historic churches in Baton Rouge. We will carpool to the various worship centers to learn about the religious beliefs and tour the worship center. One of our locations will be the Cathedral in the Dioceses of Baton Rouge, St Joseph’s. It was established as a cathedral in 1961 by Pope John XXIII, when the Baton Rouge population became large enough to create a diocese separate from New Orleans. The Gothic church was renovated in the 1960’s to conform to the new church guidelines of Vatican II. St. James Episcopal Church is the only church still located on 4th Street, which was formally known as Church Street as it was the home for four of Baton Rouge’s main churches. Two others have since moved to new locations. St. James was established by a group of ladies including the wife of the 12th president, Zachary Taylor. We will visit the Buddhist Meditation Center which holds meditation services on Friday nights in English. Another house of worship will be one of Baton Rouge’s synagogues. We will tour Sacred Heart and learn about the beautiful, however, highly controversial frescoes by Mary Eggart who authored the book on the frescoes. Another enlightening visit will be the largest mosque in Baton Rouge, who always welcomes our visit. It should be an interesting journey into the different beliefs and buildings of our neighbors in Baton Rouge.

**Time & Dates:** 10:30 a.m. -12:00 p.m.  
Tuesday, Sept. 26, Oct 3, 10, 17, 24, 31

**Course Code:** OLWKWC(5)  
**Course Fee:** $35 (Early Bird - $30)  
**Instructor:** Sue Potts  
**Coordinator:** Sue Potts  
**Location:** Various locations in Baton Rouge

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**SESSION II**

**Basic Hatha Yoga**

Learn to reconnect and enrich your lifestyle by practicing yoga poses by working with your breath and body movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength. Discover the “present moment” while gaining stamina and core stability. No yoga experience necessary; however, you must be able to sit comfortably on your
yoga mat while practicing seated poses. Ability to transition from seated poses to standing is necessary. Wear comfortable clothes; leave your shoes, cell phone, worries and the “outside world” to enjoy this coed class. Focus on the PRESENT and the NOW with gratitude and without judgment.

**Time & Dates:** 9:30 a.m. - 10:30 a.m.  
Monday and Wednesday, Nov. 6, 8, 13, 15, 27, 29, Dec. 4, 6, 11, 13, 18, 20  
**Course Code:** OLBHY(30)  
**Course Fee:** $80 (Early Bird - $75)  
**Instructor:** Agnes Bickham  
**Coordinator:** Fran Martin  

**Location:** First Christian Church

### Basic Hatha Yoga 🧘‍♂️

Learn to reconnect and enrich your lifestyle by practicing yoga poses by working with your breath and body movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength. Discover the “present moment” while gaining stamina and core stability. No yoga experience necessary; however, you must be able to sit comfortably on your yoga mat while practicing seated poses. Ability to transition from seated poses to standing is necessary. Wear comfortable clothes; leave your shoes, cell phone, worries and the “outside world” to enjoy this coed class. Focus on the PRESENT and the NOW with gratitude and without judgment.

**Time & Dates:** 9:30 a.m. - 10:30 a.m.  
Monday and Wednesday, Jan. 8, 10, 15, 17, 22, 24, 29, 31, Feb. 5, 7  
**Course Code:** OLBHY(31)  
**Course Fee:** $90 (Early Bird - $85)  
**Instructor:** Agnes Bickham  
**Coordinator:** Fran Martin  
**Location:** First Christian Church
EMANUEL ABRAMOVITS is a Mechanical Engineer with a master’s in Business Administration. He has been a concert promoter since 2000, directly involved in many concerts by international artists, like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G and many more. He has designed and staged many original orchestral events. Emanuel served as the Cultural Director at UNION ISRAELITA DE CARACAS from 2008 to 2019, releasing books, organizing film cycles, concerts, and art exhibits. He has been consistently teaching online and in presence across the US since 2020.

ERNEST AYO received his RN from LSU, his CRNA from Missouri State University, and his Pharmacist P.D. from UL Monroe.

KATIE BAILEY is currently earning a master’s degree in Library and Information Science and master’s certificate in Archival Studies. She is also the graduate assistant for her department. She received her M.A. in History from LSU in August of 2022. Katie is originally from Columbus, Ohio and attended Ashland University during her undergraduate career. She graduated from Ashland in December of 2019 with a B.A. in History.

DR. THOMAS BEARD has a PhD from Duke University and is an alumni professor emeritus of economics at LSU. He has taught forty-one opera courses for the Lagniappe Chapter of OLLI at LSU and eight opera courses for OLLI at Auburn University.

AGNES BICKHAM is a Yoga Alliance ERYT with 1,000+ teaching hours. She received her Yoga Teacher Certification from Shambhava/Konalani Ashram School of Yoga in Kona, Hawaii. She has practiced and taught Hatha Yoga at various studios and venues in Baton Rouge and surrounding areas. Agnes teaches yoga as a stabilizing practice that grounds students while promoting a sense of well-being, strength, confidence, balance, and joy.

HENRY BRADSHER has served across the world as a foreign correspondent and across scholarly subjects as an avid reader and researcher (when not playing tennis).

GAINES FOSTER received a Ph.D. in history from the University of North Carolina and then came to teach at LSU. He has taught US history, Southern history, and Civil War memory for over 40 years, with some of those years devoted to administrative duties.

DR. MATTHEW CALAMIA is an Associate Professor in the Department of Psychology at LSU. He has a PhD in Clinical Psychology from the University of Iowa. He conducts research on healthy cognitive aging and neurocognitive disorders and received the 2021 Early Career Award from the National Academy of Neuropsychology. He is the Director of the LSU Psychology Services Center and provides direct services to those with neurocognitive disorders in private practice at Jefferson Neurobehavioral Group.

ERICA DAIGLE is a native of Louisiana and 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, literature and mythology on film, and various topics from Renaissance literature.

PAT DRACKETT is the Director of Mississippi State University’s Crosby Arboretum in Picayune, MS, and an associate extension professor of landscape architecture. She holds degrees in botany and landscape architecture and practiced for two decades as a landscape designer. Pat promotes methods of garden design and landscape management that will work in conjunction with ecological processes.

JERISSE GRANTHAM, owner of the Jeffie Jean Dance Studio, is a dance instructor certified by Dance Masters of America. She earned
her BS from LSU and has enjoyed teaching dance for many years in her studio and in the BR area and Zachary schools. She is an adjunct faculty member at Tulane University and has taught for OLLI at LSU for many years.

**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.com in 2018. In 2021, he founded Le Bon Papa Seasonings, a company that offers his own branded seasonings.

**DR. MEGHAN HODGES** is a Ph.D. student in Comparative Literature at LSU, where she also earned a master’s degree in Hispanic Studies and a bachelor’s degree in creative writing. She will earn her Ph.D. in 2025. Meghan has previously taught courses on the Spanish language, world cinema, and southern studies, and she will begin teaching world literature from 1500 to the present at LSU. Meghan joined the OLLI program in spring of 2022 and is excited to return for the summer session!

**ROBYN JOHNSON** is a physical therapist with 24 years of outpatient orthopedic experience. Robyn is a graduate of University of Oklahoma and is currently the Clinic Director of PhysioFit Physical Therapy.

**SANDRA JOHNSON** is a retired teacher with the St. Tammany school system. She taught for 40 years in both junior and senior high schools, both biology and environmental science. Her last years of teaching were at Slidell High and Mandeville High. Sandra has a master’s in education from University of New Orleans with a minor in Special Ed. Her hobbies are travel, gardening, nature walks and playing cards.

**JULIE HUNT-JUNEAU** (RYT 200). Credentials include: Yoga Instructor since 2012; Yoga Alliance Certified 2016. Additional certifications include Breath Coach, Yoga for PTSD, Aerial Yoga, Gravity Yoga. She is the owner of Yoga by Water studio in Slidell. Classes offered include Slow Flow, Yin, Chair, Meditation, Gravity, Restorative, and Aerial.

**OWEN KEMP** has been a yoga instructor for many years and 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 country and internationally. Owen’s style is best described as “flow.”

**MICHAEL KINNICUTT** graduated from Harvard College with a degree in Middle Eastern history. His career has spanned more than thirty years in the fields of journalism, public relations, and corporate communications, including a decade with one of the world’s largest pharmaceutical companies. He has lived in European countries, including Belgium, France, and Italy, for several years and is fluent in French and Italian.

**LINDA LIGHTFOOT** is retired from The Advocate where she worked for 42 years, the last 15 as executive editor. She has put together 27 guest speaker classes for OLLI on issues important to Louisiana. She has a BA degree in journalism and
a political science degree from the University of Mississippi.

MERRIE LEE LOGAN, originally from Iowa, attended The University of Iowa and La Universidad Iberoamericana, before graduating from LSU with a degree in Spanish, French, and English. She taught in public and private high schools for twenty years before joining OLLI.

DR. EDWIN LYON retired from a career as an archaeologist and historian with the U.S. Army Corps of Engineers in New Orleans. He received his PhD in history from LSU. He taught Mississippi River courses at night at Tulane University. He worked as a cruise speaker on the Mississippi River for two seasons. His most memorable visit to an archaeological site was going inside Menkaure's Pyramid, the third pyramid on the Giza Plateau in Egypt.

DR. MARCHITA MAUCK is a retired Professor of Art History at LSU. She has her Ph.D. degree in Medieval Studies from Tulane University. Visiting Professor at Yale University, Notre Dame University, and Chicago Theological Graduate Union. Has served as a Liturgical Design Consultant for new church and church renovation projects throughout the US. Interest in modern art and architecture and art quilting.

ANTONIO MOLESINI is an Italian wine specialist for Republic National Distributing Company. He is a native of Cortona, Tuscany, Italy and has conducted wine tastings and wine classes at various locations in Baton Rouge for more than 20 years.

PAMELA MYERS is a retired extension agent and registered dietician with a master’s degree in Nutrition from LSU. She has taught fitness classes focusing on strength training for 14 years, as part of her job and in retirement. Pam learned to make baskets from a coworker 30 years ago and went on to learn other styles on her own. She taught her first basketmaking class for OLLI in 2017, and she makes baskets for gifts, donations and her own use and pleasure.

KEN NELSON has a BS Degree in Chemical Engineering from Illinois Institute of Technology. During his 31 years with Dow Chemical, he was superintendent of numerous hydrocarbon plants and worked on coal gasification plant design. He led a 12-year program that evaluated over 500 energy conservation and waste reduction projects. He retired in 1993 as U.S. Area Manager of Energy Conservation, founded Kentec Inc. and became a consultant to the U.S. Department of Energy.

MELISSA PALFREY earned her BFA degree from the Savannah College of Art and Design. Over the past 10 years she has been educating herself with wine industry knowledge as she developed a passion for wine and food pairing. After years in fashion retail management, she transitioned to the wine and liquor industry in 2019, beginning her career at Martin Wine Cellar. Melissa is the General Manager of the Baton Rouge store on Moss Side Lane. Through Martin Wine Cellar, she has gained an extensive knowledge of wine and liquor through educational seminars, weekly wine tastings, and continued self-education.

DR. OLIVIA PASS received her PhD from the University of Louisiana, Lafayette. She has two master's degrees from LSU—in English and journalism. She enjoys teaching and taking OLLI classes.

SUE POTTs received a BS, Masters, and Educational Specialist in education from LSU. She retired after teaching history for 40 years. Since retirement, Sue has worked as a city guide for Visit Baton Rouge and the riverboats, the Old Governor's Mansion, the Old State Capitol, and the current Governor’s Mansion. She has also taught classes through OLLI.

LEE RANDALL is an artist, illustrator, and arts educator residing in Baton Rouge, Louisiana. For over 30 years, Lee taught Studio Art and Art History to high school students. In her spare time, Lee is the costume designer for
the legendary Krewe of Yazoo Precision Lawnmower Drill Team whose members refer to her as the “MacGyver of Rubber Foam.”

DARLENE REAVES has a master’s degree in science teaching from the University of New Orleans and has taught geology, environmental science, and wildlife biology at the New Orleans Center for Science and Math. She has taken the yoga classes for over 40 years and has recently taken the online EdX courses The Science and Practice of Yoga from the University of Texas, Arlington and The Science of Happiness from the University of California, Berkeley.

KATHERINE ROBINSON majored in psychology and anthropology at the University of Vermont. She did graduate training in mental health counseling and is certified by the McLean Meditation Institute (AZ) and the Yoga Body Institute. She has recently been certified as a Brain Longevity Specialist by the Alzheimer’s Research & Prevention Foundation. Her passions are teaching meditation, breathwork and energy techniques to calm the body, exploring the healing vibrations of sound, and motivating and inspiring others to be the best that they can be.

MARTHA J. ROBSON loves to play bridge! She plays at the bridge club in Metairie, and she spends way too much time playing online. She also 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. She is a certified ACBL Best Practices Teacher, and she is currently exploring the world of online teaching.

RALPH SCHOMBURG has a BS in Math and an MBA in Finance. He worked for NASA in Houston, TX and retired as Assistant CFO of the Johnson Space Center. He taught part-time at San Jacinto College as a math instructor and is an avid bridge student and enthusiast.

DR. STEPHENIE SLAHOR holds a PhD degree from the University of Utah, and a J.D. degree from Western State University of Law. Her major areas of study have been in management, administration, law, and natural science.

JANE SIMMONS is a certified yoga instructor who obtained certification through the Living Yoga Program in Austin, TX 17 years ago. She has been teaching yoga privately and to groups since that time and has been teaching for OLLI for years. She endorses yoga as one of the all-time best means of maintaining strength, flexibility, and balance.

VERSA STICKLE has degrees in English and Library Science and loves writing. She enjoys encouraging and helping others to discover and tell their life stories.

DR. EMILY TOTH got her Ph.D. from Johns Hopkins University, where she wrote her dissertation on Kate Chopin. She’s since published five books on Chopin, including the definitive biography, Unveiling Kate Chopin. Her other six books include a prize-winning historical novel, a biography of Grace Metalious, and two Ms. Mentor academic advice books. She was the first Robert Penn Warren Professor at LSU, where she taught for 25 years.

DAVID TREPPENDAHL majored in history at the US Naval Academy. His fascination with history has endured throughout his life. The top six commanders were chosen for their ability to see the big picture, anticipate what the enemy would do, and play the long game to win. Of the six, he endeavors to convince the class that Andrew Jackson’s defeat of the British in New Orleans was one of the most masterful feats of generalship in human history.

DR. FRANCIS VANDERWALL is a retired professor emeritus from Franciscan University. He taught in university systems for over 40 years in various states. He is a theologian, psychologist of religion and spiritual director who led retreats nationwide for many years. He was a Jesuit for almost 30 years.
Call 225-578-2500 for Registration Assistance!

Help is available 8:00 a.m. – 4:30 p.m. weekdays. Service representatives are on standby to assist you.

OLLI AT LSU: Enjoy Life More. Come Learn With Us!

Mark your calendars with the fall semester dates! Registration begins August 28.

CLASSES BEGIN SEPTEMBER 25

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 you can register for courses and other fun activities. Memberships are valid through June 30, 2024 and entitle you to the many OLLI benefits listed on page 2. Your yearly membership fee is $50. This is a non-refundable, tax-deductible donation. Check your membership status by calling an LSU staff member at 225-578-2500.

DONATE TO OLLI AT LSU

Consider joining your OLLI friends on the Honor Roll of Donors List for 2023–2024. Your optional donation helps ensure OLLI continues to offer a quality program at bargain prices. Donations also help to support OLLI scholarships. Donations are non-refundable, tax-deductible, and appreciated. Gifts can be made in a variety of forms, including outright gifts of cash, securities and real estate, or through planned giving solutions. You may contact the LSU Foundation to make your donation or online at the LSU Foundation. Your gift may be eligible for the Company Match Program. Donations may be made by credit or debit card. Contact the Foundation office at 225-578-3811 for details.

PAYING BY CREDIT CARD

All fees may be paid by credit or debit card online or by calling Enrollment Services at 225-578-2500. This includes membership fees and course fees. Go to ce.lsu.edu/olli and pay with a credit or debit card. 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 class 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 class. Credits for future classes 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