FALL 2024

OLLI AT LSU

LEARNERS AGE 50 & ABOVE

THE BEST IS YET TO COME.

100TH

LSU CONTINUING EDUCATION

1924 - 2024

LSU Online
& CONTINUING EDUCATION

OSHER LIFE-LONG LEARNING INSTITUTE
Welcome to **OLLI at LSU**. Join today!

The Osher Lifelong Learning Institute (OLLI) at LSU is part of a network of 125 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 a la carte 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 the affiliated 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.

**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.

**LSU Library Privileges:**
Check out books from the LSU library.

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With **OLLI at LSU** there are no tests, no grades and no homework.

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**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 is valid from July 1, 2024 through June 30, 2025 and is tax deductible.

**Where are classes offered?**
Members can register at any of the four Louisiana OLLI Chapters
- Camellia City - Slidell
- Felicianas - St. Francisville
- Lagniappe - Baton Rouge
- Crescent City - New Orleans
When are classes offered?
Most Fall 2024 classes will run from September 23 to November 1. Registration begins on August 26.

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

- **In-person:** Offered at various locations in Baton Rouge, Slidell, New Orleans and St. Francisville. 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](http://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), 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 13, may be canceled. If you register by Friday, September 13 and your course is canceled, you may either receive a refund or credit the course fee to another course.

Are there discounts for registering early?
Yes! Register by Sunday, September 8 at 11:59 p.m. CT online or call the office by September 6 by 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](http://facebook.com/groups/olli)

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
495 E. Parker Boulevard, Baton Rouge, LA 70808
### Zoom Courses

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<tr>
<td></td>
<td>Meet Nevada – A Unique State</td>
<td>Pundits, Polls and Politics! The ’24 Election</td>
<td>Best Movie Songs of All Time</td>
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<td>Kate Chopin as Shocking Writer</td>
<td>Lessons from the Vietnam War</td>
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<td>10:00-11:00</td>
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<td>Camel, Dolphins, Mules</td>
<td>Reflection and Choice: The Federalist Papers</td>
<td>Neutral Grounds: A Tour of Louisiana’s Archives, Museums, and Historic Sites</td>
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<tr>
<td>12:00-1:30</td>
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<td>5:00-7:00</td>
<td>5:00-6:00</td>
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<tr>
<td>Beginning Bridge, Level 1: Bidding</td>
<td>Beginning Bridge, Level 2: Play of the Hand</td>
<td>Beginning Bridge, Level 3: Defense</td>
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<td>2:30-4:30</td>
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### Camellia City Chapter Courses

*(Slidell)*

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<th>SATURDAY</th>
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<tbody>
<tr>
<td>Floral Design for Your Home</td>
<td>Cyber Security: Am I Putting Myself at Risk</td>
<td>Tips for Using Your iPhone</td>
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<tr>
<td>10:00 - 12:00 SREC</td>
<td>4:00-5:00 SREC</td>
<td>10:00 - 11:30 SREC</td>
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<tr>
<td>Simple Interior Decorating Ideas to Transform Your Home</td>
<td>Fitness for Life</td>
<td>The Story You Can Tell</td>
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<tr>
<td>4:00-5:00 SREC</td>
<td>4:00-5:30 SREC</td>
<td>4:00-6:00 SREC</td>
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<tr>
<td>Don’t Ruin Your Retirement: Five Things You Can Do to Ensure Financial Disaster</td>
<td>Game Day</td>
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<tr>
<td>4:00-5:30 SREC</td>
<td>4:00-6:00 SREC</td>
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**Camellia City Chapter COURSE LOCATIONS:**

- Slidell Regional Education Center, 1050 Gause Blvd
# Crescent City Chapter Courses

**New Orleans**

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<tr>
<th>MONDAY</th>
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</table>
| **Strategy and Fun Playing Mah Jongg**  
10:00 - 12:00  
Broadmoor Arts and Wellness Center | **Gardening in Greater New Orleans**  
10:00 - 11:30  
Old Metairie Library | **Staying Safe in a Cyber World**  
10:00 - 11:30  
Old Metairie Library |  |  |
| **Creating Your Most Perfect Gift: Preplanning Your Final Celebration**  
10:30 - 12:30  
Old Metairie Library | **Meditation for Life**  
1:30 - 2:30  
Old Metairie Library | **Exploring the Wines of Europe: Bienvendio Spain**  
1:30 - 3:00  
Total Wine - Metairie |  |  |
| **NOLA Food and Culture**  
Various times  
Old Metairie Library and SoFaB Museum |  | **From Tip to Toe: Let’s Take a Wine Tour of Italy**  
1:30 - 3:00  
Total Wine - Metairie |  |  |
| **Preparing Your House for Sale**  
2:00 - 3:30  
Old Metairie Library |  | **Exploring the Wines of France**  
1:30 - 3:00  
Total Wine - Metairie |  |  |
| **Preparing, Assessing Value, and Selling Vintage Sports Cards**  
2:00 - 3:30  
Old Metairie Library |  |  |  |  |
| **Wines of the World**  
6:00 - 7:30  
Lambeth House | **Wines of the World**  
6:00 - 7:30  
Lambeth House |  |  |  |

## Crescent City Chapter COURSE LOCATIONS:
- **Old Metairie Library**, 2390 Metairie Rd.
- **Southern Food and Beverage Museum**, 1504 Oretha Castle Haley Blvd.
- **Wines of the World**, 614 Broadway St.
- **Total Wine**, 3780 Veterans Memorial Blvd
- **Lambeth House**, 150 Broadway St.

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### Volunteers Make OLLI Happen!

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!
# COURSE CALENDARS
**FALL 2024 COURSES BEGIN SEPTEMBER 23**

## Felicianas Chapter Courses
*(St. Francisville)*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>Yoga On and Off the Mat</strong>&lt;br&gt;9:00-10:00&lt;br&gt;Grace Episcopal</td>
<td><strong>Pickleball for Beginners</strong>&lt;br&gt;9:00-11:00&lt;br&gt;WFP Sports Park</td>
<td><strong>Yoga for Strength and Flexibility</strong>&lt;br&gt;9:00-10:00&lt;br&gt;WFP Library</td>
<td><strong>Yoga for Strength and Flexibility</strong>&lt;br&gt;9:00-10:00&lt;br&gt;WFP Library</td>
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<tr>
<td><strong>Basic Hatha Yoga</strong>&lt;br&gt;9:30-10:45&lt;br&gt;Pointe Coupee Library</td>
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<tr>
<td><strong>Seated Yoga</strong>&lt;br&gt;10:00-11:30&lt;br&gt;Pointe Coupee Library</td>
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<td><strong>Line Dance</strong>&lt;br&gt;10:30-12:30&lt;br&gt;WFP Library</td>
<td><strong>Introduction to Pottery</strong>&lt;br&gt;10:00-12:00&lt;br&gt;First Baptist Church, New Roads</td>
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<td><strong>Make It New: American Modernist Poetry</strong>&lt;br&gt;11:00-1:00&lt;br&gt;WFP Library</td>
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<td><strong>Growing Up in the South</strong>&lt;br&gt;10:30-12:30&lt;br&gt;WFP Library</td>
<td><strong>Renaissance Art</strong>&lt;br&gt;11:00-12:00&lt;br&gt;Pointe Coupee Library</td>
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<td><strong>Creole and Cajun Cuisine</strong>&lt;br&gt;11:45-1:45&lt;br&gt;Grace Episcopal Church</td>
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<td><strong>The Weird Fiction of H.P Lovecraft</strong>&lt;br&gt;2:00-4:00&lt;br&gt;WFP Library</td>
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<tr>
<td><strong>Learning French</strong>&lt;br&gt;1:00-3:00&lt;br&gt;WFP Library</td>
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<td><strong>Art, Beauty, and Transcendence</strong>&lt;br&gt;1:30-3:00&lt;br&gt;WFP Library</td>
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<tr>
<td><strong>All Things iPhone</strong>&lt;br&gt;2:15-4:15&lt;br&gt;WFP Library</td>
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<td><strong>Improv 101</strong>&lt;br&gt;4:00-6:00&lt;br&gt;WFP Library</td>
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<tr>
<td><strong>Beginning Croquet</strong>&lt;br&gt;3:00-5:00&lt;br&gt;WFP Sports Park</td>
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## Felicianas Chapter COURSE LOCATIONS:
- **Grace Episcopal Church**, 11621 Ferdinand St.
- **West Feliciana Parish Library**, 5114 Burnett Rd.
- **First Baptist**, 824 W Main St, New Roads
- **West Feliciana Sports Park**, 10226 W Feliciana Pkwy
- **Pointe Coupee Library**, 201 Claiborne St, New Roads
# Lagniappe Chapter COURSE LOCATIONS:

- **Broadmoor United Methodist Church**, 10230 Mollylea Dr
- **Matherne’s Market**, 440 Third St., Suite 100
- **The Claiborne**, 9511 Creekview Dr
- **St. James Place**, 333 Lee Dr.
- **Ingleside Methodist Church**, 4262 Capital Heights Ave.
- **Drusilla’s Seafood Restaurant**, 3482 Drusilla Lane
- **Jeffie Jean Studio**, 11600 S. Harrells Ferry Rd.
- **First Christian Church**, 8484 Old Hammond Hwy.
- **Martin’s Wine Cellar**, 6463 Moss Side Lane
- **Williamsburg Retirement**, 5445 Government St.
ZOOM COURSES
Courses Accessible Online

Classical Music Virtuosoos

In this 6-week course we’ll use anecdotes, stories, humor, and strong support of audiovisuals to explore the works and the legacy of influential performers who gave technical brilliance, richness of tone and showmanship another meaning, on piano, violin, cello and other instruments. We will study contrasting performers who base their art on acrobatics, but find a balance with intensity, passion, and bold elegance and performers whose impressive ability, charisma and distinctive sound have impressed audiences in the last 150 years, like Arthur Rubinstein, Jascha Heifetz, Vladimir Horowitz, Yuya Wang, Itzhak Perlman, Ara Malikian, Anne-Sophie Mutter, Lang, Mischa Maisky, and future talents, like Alma Deutscher.

Time & Dates: 12:00 p.m. – 1:30 p.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLCLASS(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Emanuel Abromovits
Coordinator: Rich Hirsch
Location: Zoom Online

Beginning Bridge Level 1: Bidding

People play bridge for one reason: because it’s fun! It’s fun in person, and it’s fun online! People take bridge classes because they want to learn to play (better). With the new online teaching tools, students learn more and absorb the lessons more quickly in virtual classes than face to face. Whether you’ve always wanted to start, or whether you used to play a long time ago, you’ll be jumping into friendly games before you know it.

This course will help beginners and returning players understand the basics of contract bridge. You will be introduced to 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: 2:30 p.m. – 4:30 p.m.
Monday and Thursday, Sept. 23, 26, 30, Oct. 3, 7, 10, 14, 17, 21, 24, 28, 31
Course Code: OLBBR(9)
Course Fee: $90 (Early Bird - $85)
Instructor: Martha Robson
Coordinator: Martha Robson
Location: Zoom Online

Beginning Bridge Level 2: Play of the Hand

The more you know about how to play bridge, the more fun it is! This class will help you improve your skills in a fun and supportive atmosphere – from the comfort of your living room!

Everyone is welcome with a basic knowledge of bridge. We will cover long suits, big hands, competitive bidding, slams, and defense. At least half of every class will be spent playing bridge. In a virtual classroom, you see pictures that look like cards, click on them to make them move, and talk to your partner through chat (so your opponents can’t snoop). You see and hear the other students, and you ask and answer questions out loud in real time. When we do exercises, everyone is in the active seat, so no one can fall asleep.

Time & Dates: 2:30 p.m. – 4:30 p.m.
Tuesday and Friday, Sept. 24, 27, Oct. 1, 4, 8, 11, 15, 18, 22, 25, 29, Nov. 1
Course Fee: $90 (Early Bird - $85)
Course Code: OLBBH(2)
Instructor: Martha Robson
Coordinator: Martha Robson
Location: Zoom Online

Beginning Bridge Level 3: Defense

If you think making slams is fun, just wait till you set one! Whether you are playing social bridge or duplicate, the key to winning is Defense. There are skills involved in figuring out what the opponents are up to and how to stop them, but they are not often taught. Come and learn these secrets and strategies to take your game to the next level. This course is for everyone with a basic knowledge of bridge. We will cover defensive bidding, opening leads, play of the hand, signals, and taking tricks with and without trumps. At least half of every class will be spent playing bridge.

Time & Dates: 2:30 p.m. – 4:30 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
ZOOM COURSES

Courses Accessible Online

Zoom class

Course Fee: $45 (Early Bird - $40)
Course Code: OLBRIDGE(2)
Instructor: Martha Robson
Coordinator: Martha Robson
Location: Zoom Online

The Best Movie Songs of All Time

Songs have been a fascinating component of many of our favorite movies. Let’s analyze the best ones in their cultural significance, its role within the movie itself, the lyrics and memorability. Good songs like “Moon River,” “As Time Goes By,” “Mrs. Robinson” and “My Heart will Go On” set a tone or mood, define character, advance plot and/or express the film’s themes in a manner that elevates the art of moviemaking. These songs have also captured the nation’s heart and resonate across time.

Time & Dates: 12:00 p.m. – 1:30 p.m.
Thursday, September 26, October 3, 10, 24, 31 and November 7 (skip 10/17)
Course Code: OLMOVIES(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Emanuel Abromovits
Coordinator: Bernadine Johnson
Location: Zoom Online

Camels, Dolphins, Mules (I NEVER KNEW THAT!)

These are three distinct species, for certain, but each has a fascinating story to tell. We’ll explore the anatomy, characteristics, behavior, and adaptations of each species and delve into the vital links each has had and still enjoys, with human interaction and progress. Yes, this is a course where you’ll say, “I never knew that!”

Time & Dates: 12:00 p.m. – 1:30 p.m.
Tuesday, September 24, October 1, 8
Course Code: OLCAMEL(1)
Course Fee: $20 (Early Bird - $15)
Instructor: Dr. Stephenie Slahor
Coordinator: Mary Lou Cutrera
Location: Zoom Online

Cynology 101 - All About Dogs

“Fetch” a copy of the OLLI catalog and “sit” down to peruse the offerings. When you “come” to Cynology 101, un-“leash” your curiosity and “stay” focused because it’s all about dogs. As if you couldn’t tell by this description! We’ll explore origination, domestication, anatomy, puppies, training, famous dogs in history and entertainment, and the bonds dogs have with humans as companions, guards, assistants, conservationists, and helpers.

Time & Dates: 5:00 p.m. – 6:00 p.m.
Monday, September 23, 30, October 7, 14
Course Code: OLCYN(1)
Course Fee: $20 (Early Bird - $15)
Instructor: Dr. Stephenie Slahor
Coordinator: Mary Lou Cutrera
Location: Zoom Online

It All Started with Japanese Woodblock Prints

Do you love the art of 19th century Western European artists, like Monet, Degas, Toulouse-Lautrec, and Van Gogh, just to name a few? “All my work,” Van Gogh wrote in a letter to his brother Theo, “is based to some extent on Japanese art.” Let’s look at what inspired Vincent and others to create the masterpieces we all love.

Time & Dates: 10:00 a.m. – 11:00 a.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLJAP(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Lee Randall
Coordinator: Rich Hirsch
Location: Zoom Online

Suggested text: “Kate Chopin, A Vocation and A Voice” (stories)

Kate Chopin as Shocking Writer

After Kate Chopin’s novel The Awakening (1899) was condemned as immoral, her next short story collection was canceled.

Lessons from the Vietnam War

The session will focus on events leading to U.S. involvement in Vietnam culminating in an avoidable war with casualties over two million, including 58,000 Americans. There will be a discussion of the French colonial era, the rise of Ho Chi Minh and the Viet Minh, South Vietnamese politics, and U.S. policy decisions. There will also be a detailed examination of the conduct of the war, with an emphasis on the tactical decisions leading to heavy casualties among Americans and their communist opponents. This will be an interesting discussion!
ZOOM COURSES
Courses Accessible Online

Zoom class

interactive session soliciting questions and comments.

Time & Dates: 1:45 p.m. – 3:15 p.m.
Wednesday, September 25, October 2
Course Code: OLVietnam(1)
Course Fee: $15 (Early Bird - $10)
Instructor: Ed Linz
Coordinator: Bernadine Johnson
Location: Zoom Online

Meet Nevada – A Unique State

In pioneer times, Nevada was a place to hurry through on the way to the gold mines or Pacific Northwest, but Nevada is a unique State for its geology, history, and famous and infamous people. We’ll explore the “Silver State” and what makes Nevada worthy of a real-time or virtual visit.

Time & Dates: 9:00 a.m. – 10:30 a.m.
Tuesday, September 24, October 1, 8
Course Code: OLNevada(1)
Course Fee: $20 (Early Bird - $15)
Instructor: Dr. Stephenie Slahor
Coordinator: Mary Lou Cutrera
Location: Zoom Online

Neutral Grounds: A Tour of Louisiana’s Archives, Museums, and Historic Sites

The purpose of this class is to explore Louisiana’s cultural heritage institutions. Cultural heritage institutions (CHIs) are galleries, libraries, archives, museums, and more (GLAMs). The course will begin by discussing a bit about CHIs and their purpose in general before diving into different institutions around the state. Each week will focus on a city or region of Louisiana. We will cover Baton Rouge, New Orleans, River Road Plantations, Acadiana, and more. The class will conclude with a tour at the LSU Rural Life Museum (attendance optional).

Time & Dates: 5:00 p.m. – 6:00 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OLNuteral(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Katie Bailey
Coordinator: Bud Snowden
Location: Zoom Online

Pundits, Polls & Politics! The ’24 Election!

The ’24 Election is here! Let’s 1) Review POTUS “Approval” history 1945-2020, 2) Explore how better voter polls are done, 3) Discuss “Pundits”, 4) Define “Generations” and 5) We will review current polls and focus on the “issues” by doing some actual in-class polls! Next, we’ll try a Corporate Assessment Model, “CAM”, a business “tool” by which we can rank the issues AND the candidates! Finally, we will do a class electoral vote prediction! Do just 6% of eligible voters actually decide an election? How can we voters be part of that 6%! A cellphone and some familiarity with Q/R codes is helpful, but not required. This is a non-partisan discussion!

Time & Dates: 10:00 a.m. – 11:30 a.m.
Wednesday, October 23
Course Code: OLPund(1)
Course Fee: $5
Instructor: Doug Stowell
Coordinator: Bernadine Johnson
Location: Zoom Online

Reflection 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: 5:00 p.m. - 7:00 p.m.
Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLreflect(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Katie Bailey
Coordinator: Bud Snowden
Location: Zoom Online
CAMELLIA CITY CHAPTER COURSES

Slidell

In-person class

Cyber Security: Am I Putting Myself at Risk?
Learn how your behaviors on and offline could be putting you at risk and what you can do to mitigate those risks.

Time & Dates: 4:00 p.m. – 5:00 p.m.
Thursday, October 3
Course Code: OSCYBER(3)
Course Fee: $5
Instructor: Claudette M. Millsap, Ph.D.
Coordinator: Cindy King
Location: Slidell Regional Education Center

Fitness for Life
You will learn ways that you can stay active throughout the aging process. We will talk about how to avoid injury through physical fitness as well as talk about reducing the risk of falls.

Time & Dates: 4:00 p.m. – 5:00 p.m.
Thursday, October 17
Course Code: OSFIT(2)
Course Fee: $5
Instructor: Robyn Johnson
Coordinator: Sandy James
Location: Slidell Regional Education Center

Floral Design for Your Home
Provide a demonstration and instruction on using garden plant material and purchased flowers to create designs for the home.

Time & Dates: 10:00 a.m. - 12:00 p.m.
Wednesday, October 9
Course Code: OSFLORAL(2)
Course Fee: $10 (supplies included)
Instructor: Penny Crawford
Coordinator: Margo Guilott
Location: Slidell Regional Education Center

Game Day
Come and learn how to play various board games and card games that could lead to hours of fun with family and friends. Learn how to play games like Quirkle, Trionimoes, Tripoly, and many others, plus card games. Or bring gamers to teach others. Then take time to play them with others.

Time & Dates: 4:00 p.m. – 6:00 p.m.
Thursday, October 10
Course Code: OSGAME(2)
Course Fee: $5
Instructor: Sandra Johnson

Don’t Ruin Your Retirement: Five Things You Can Do to Ensure Financial Disaster
You worked hard to earn a secure and enjoyable retirement. However, there are a lot of ways to mess things up. Let’s have a conversation about how to avoid the mistakes that could ruin your retirement.

Coordinator: Sandra Johnson
Location: Slidell Regional Education Center
Simple Interior Decorating Ideas to Transform Your Home  
A professional interior decorator will discuss how color, window treatments, being added or just rearranged can give your home an updated look. If you would like to send a photo or two of a space that you want suggestions for, and you are open to sharing with the class attendees, please email photos to flora@decoratingden.com.

Time & Dates: 4:00 p.m. – 5:00 p.m.  
Tuesday, October 15
Course Code: OSDECORATE(1)
Course Fee: $5
Instructor: Janet Robertson
Coordinator: Linda Smith
Location: Slidell Regional Education Center

The Story You Can Tell  
Reading short stories I have written. Then discussion on inspiration and how the student can be inspired to write the story they have always wanted to tell.

Time & Dates: 4:00 p.m. – 6:00 p.m.  
Thursday, September 26
Course Code: OSTORY(1)
Course Fee: $10 (Early Bird - $5)
Instructor: John Case
Coordinator: Margo Guillot
Location: Slidell Regional Education Center

Tips for Using Your iPhone  
Learn to use helpful features of the Apple iPhone through instructor demonstrations and user practical application. Some of the features to be demonstrated include connecting bluetooth devices, taking screenshots, connecting to wifi networks, using control center, sending photos, making a group call, grouping photos into an album, and many more helpful features.

Time & Dates: 10:00 a.m. – 11:30 a.m.  
Saturday, November 2
Course Code: OSIPHONE(2)
Course Fee: $5
Instructor: Sam Zechenelly
Coordinator: Margo Guillot
Location:
CRESCENT CITY CHAPTER COURSES

New Orleans

In-person class

Creating YOUR Most Perfect Gift! Preplanning Your Final Celebration...

Join us as we uncover the misconceptions of planning our final celebration...the most perfect gift to your family. New Orleans has some of the most unique funeral practices in the United States. This class will give you the opportunity to ask those questions you’ve not had the opportunity to ask an expert in the field. Questions about Traditional Burial vs Cremation, Reuse, How to Write your Obituary, and more.

Time & Dates: 10:30 a.m. - 12:30 p.m.
- Monday, October 21 and 28
Course Code: OCRPRE(1)
Course Fee: $15 (Early Bird - $10)
Instructor: Jeanne Keene
Coordinator: Mary Fiser
Location: Old Metairie Library

Exploring the Wines of Europe! VIVA LA FRANCE!

From the marvelous range of often-overlooked wines of the Loire Valley to the elegant Chardonnays and Pinot Noirs of Burgundy, we will explore the greatest winemaking regions in France. We will simplify French wines so you that can shop in wine stores and master any restaurant wine list with confidence. French wine is produced from grape varieties across the spectrum; including Pinot Noir, Cabernet Sauvignon, Chardonnay, Gamay, Pinot Gris, Merlot, Syrah, Cabernet Franc, Chenin Blanc, Grenache, Marsanne, Muscat and Muscatine, Viognier, and many, many more. We’ll discuss the most famous wine regions in France: Bordeaux, Burgundy, Loire Valley, Rhône Valley, Champagne and Alsace. Picking a French wine requires the same information as picking a wine from any country. Fortunately, there are amazing and affordable wines to be found in all the wine-growing regions of France. Join us! A votre santé! You will sample various wines with matching hors d’oeuvres.

Time & Dates: 1:30 p.m. - 3:00 p.m.
- Thursday, September 26
Course Code: OCRWINES(1)
Course Fee: $30 (Early Bird - $25)
Instructor: Hank Fanberg
Coordinator: Mary Fiser
Location: Total Wine in Metairie

Exploring the Wines of Europe! Bienvenido Spain!

Bienvenido Spain! Join OLLI for A Spotlight on Spanish Wines
Spain is home to one of the most diverse, exciting wine cultures in Europe. And even among the best regions and producers, this excellent wine is often remarkably affordable. There are many different names for the wines produced in Spain. The names depend upon the region where they’re made and the grapes that they’re crafted from. In general, Spanish wine is called vino de España (wine of Spain), vino rojo (red wine), vino blanco (white wine), vino rosado (rosé wine), and vino espumoso or espumante (sparkling wine). The central wine regions of Spain are Rioja, Rueda, Jerez / Sherry, Rías Baixas, Toro, Ribera del Duero, and Valdeorras. Cava (the great Spanish sparkling wine), often called Cava Champagne, is produced mainly in Catalonia. Learn more about Spain’s excellent wines! Salud! You will sample various wines with matching hors d’oeuvres.

Time & Dates: 1:30 p.m. - 3:00 p.m.
- Thursday, October 10
Course Code: OCRWINES(1)
Course Fee: $30 (Early Bird - $25)
Instructor: Hank Fanberg
Coordinator: Sonya Carr
Location: Total Wine in Metairie

From Tip to Toe – Let’s Take a Wine Tour of Italy!

Italian wine is among the most popular in the world for many reasons, and the sheer range of styles, grape varieties, and producers makes this wine undoubtedly some of the most important. The best part about Italian wine is that no matter how much of an expert you are, there’s always more to learn! There are 20 official regions in Italy, and excellent wine is produced in all of them. Anytime you begin exploring a country’s wine culture, it’s smart to taste examples from throughout the country to get a complete picture. In Italy, that means looking for wines from the north, central, and southern parts of the country, and from coastal and mountainous regions. With Italy, you don’t need to spend a fortune to purchase a wonderful array of wines. Join OLLI to learn more about Italy’s excellent wines! You will sample various wines with matching hors d’oeuvres.

Time & Dates: 1:30 p.m. - 3:00 p.m.
- Thursday, October 3
Course Code: OCRWINE(1)
Course Fee: $30 (Early Bird - $25)
Instructor: Hank Fanberg
Coordinator: Sonya Carr
Location: Total Wine in Metairie

Gardening in Greater New Orleans

Learn the many delightful ways in which a person’s garden can become a delightful oasis and continual source of intellectual and spiritual joy.

Our course instructors work daily with plants and gardens and are excited to share their knowledge in this educational course. Everyone can be a successful gardener with the right understanding of what plants need to thrive!
Crescent City Chapter Courses

New Orleans

In person class

**The Beauty of Southern Vines:** Trellis your garden blooms! From mandevillas to passion vines. Instructor Glenn Laborde’s unique presentation is enhanced by beautiful photos.

**Winter Herb Gardening:** Winter’s cool weather is when many of our favorite herbs really thrive in the New Orleans area. Instructor Usha Ramadhyani teaches how to prepare beds and containers and which herbs can be directly sown, grown, and planted in the fall and winter months. Enjoying herbs is a year-round proposition here!

**Natives for the Shade:** Instructor Ramadhyani emphasizes that shade gardens don’t have to be boring. Punch them up with color, shape, and interest with reliable native plants. Native plants have evolved here to grow and survive in our soils and our weather extremes as well as support our local wildlife.

**NOLA Food and Culture:** Join us as we explore the unique history and flavors of New Orleans cuisine. “Joie de vie” the joy of life through Nola’s food and culture. In this class we will take a journey through the rich heritage and cultural influences that is synonymous with our iconic cuisine known all over the world. Course classes cover a history of New Orleans food culture; Sicilian influences with a cooking demonstration; the drinking culture of New Orleans; and a tour of the Southern Food and Beverage Museum which is steeped with culinary history and antiquities. Enroll now and let your sensory experience begin.

1. Monday, Sept 23, 2024, 10 a.m. to 12 noon - The Sicilian Influence - Old Metairie Library
2. Monday, Sept 30, 2024, 10 a.m. to 12 noon - Why is There Cuisine in New Orleans? - Old Metairie Library
3. Monday, October 7, 2024, 10 a.m. to 12 noon - Drinking Culture of New Orleans - Old Metairie Library
4. Monday, October 14, 2024, 11 a.m. - 1 p.m. - Field Trip - Southern Food and Beverage Museum

**Course Code:** OCRNOLA(1)
**Course Fee:** $105 (Early Bird - $100)
**Instructor:** Brie Roberts
**Coordinator:** Liz Williams
**Location:** Old Metairie Library

**Meditation for Real Life**

In this class, we will learn about meditation by discussing and experiencing a variety of methods. Along the way, you will discover the physiological and psychological benefits as well as other positive attributes of meditation. All meditation practices will be conducted while sitting in a chair. All skill levels are welcome!

**Time & Dates:** 1:30 p.m. - 2:30 p.m.
**Wednesday, October 9, 16, 23, 30**

**Course Code:** OCRMEDI(1)
**Course Fee:** $20 (Early Bird - $15)
**Instructor:** Elaine Orr
**Coordinator:** Sonya Carr
**Location:** Old Metairie Library

**Preparing Your House for Sale**

Are you curious about what is involved in preparing your house for sale in today’s market? If so, this two-session course is for you. This course assumes you’ve made the decision to sell, so we’ll spend most of our time having fun focused on decisions surrounding preparing your house for the market. We’ll cover numerous topics such as pricing considerations; thinking through your home’s comparative advantages; who might buy it and what they want; enhancing curb appeal and outdoor spaces; making necessary repairs; considering cost effective ways to modernize/renovate your home that may yield the greatest return; staging options; presenting your home for showings and via photographs/video; and more.

**Time & Dates:** 2:00 p.m. - 3:30 p.m.
**Monday, October 2, 9, 16, 13, 20**

**Course Code:** OCRSALE(1)
**Course Fee:** $15 (Early Bird - $10)
**Instructor:** Mark Stahl
**Coordinator:** Mark Stahl
**Location:** Old Metairie Library

**Preparing, Assessing Value, and Selling Vintage Sport Cards**

Do you have an old shoe box full of old baseball and other sports cards? Do you want to determine if your cards have value and how much they are worth? The first thing collectors must do is find out which players’ cards are in the collection, which are the cards of stars, and which are common cards. Then, the condition of each card must be examined, cleaned, and protected. Cards of significant value may be worth having officially authenticated by a grading service. Once graded, it’s important to know where to go to sell the cards at top dollar. This course will help participants to make the best decisions as they assess their collections and prepare the cards for grading and selling. The course information will be useful for collectors of both vintage and more recent sports cards.

**Time & Dates:** 2:00 p.m. - 3:30 p.m.
**Monday, October 23 and 30**

**Course Code:** OCRSALE(1)
**Course Fee:** $15 (Early Bird - $10)
**Instructor:** Troy Lynne Perrault
**Coordinator:** Mark Stahl
**Location:** Old Metairie Library

**Required Supplies:** Louisiana Gardeners Guide by Joe White and Dan Gill, any edition.
Staying Safe in a Cyber World: Recognizing and Reporting Scams

The purpose of this presentation is to provide a better understanding of the scams that affect older Americans and seniors in today's world. This understanding will be achieved by providing the following essential information to the participants:

• Know what to do if someone you know is part of a financial elderly scam
• Know and have the resources and tools you can utilize to help educate yourself and others to real and potential scams and threats
• Know where and how to report online scams that you suspect have impacted you and/or your family.

Time & Dates: 10:00 a.m. - 11:30 a.m. Thursday, October 10
Course Code: OCRCYBER
Course Fee: $5
Instructor: Felton Joseph, Jr
Coordinator: M. Plauche
Location: Old Metairie Library

Strategy and Fun Playing Mah Jongg

Mah Jongg is a tile game with Chinese origins that was developed in the 19th century and has spread throughout the world since the early 20th century. We play the American version, a form of Mah Jongg standardized by the National Mah Jongg League and the American Mah-Jongg Association. It is a little different from the original Chinese version. Each player is dealt 38 tiles. The goal of the game is to complete a line of tiles that is on your Mah Jongg card which is changed annually. Like most games, there are some basic rules to learn. Similar to other table games, Mah Jongg is a game of skill, strategy, and luck. Most of all, everyone should have fun while playing!

Time & Dates: 10:00 a.m. - 12:00 p.m. Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OCRMAH(1)
Course Fee: $95 (Early Bird - $90) fee includes current year Mah Jongg card
Instructor: Angela Larson
Coordinator: TBD
Location: Broadmoor Arts and Wellness Center

Wines of the World

An exciting and in-depth study of wine from vine to table in which we will explore the wine regions of the world including history, geography, climate, vineyards and styles of wine produced in each region. We will also examine grape varietals, grape growing, and wine making. This course will provide you with the knowledge to look at a wine bottle label and better understand what you should expect from the wine. Learn to become a better wine taster and understand your own taste preferences.

Time & Dates: 6:00 p.m. – 7:30 p.m. Wednesday, October 2, 9, 16 Monday, October 21
Course Code: OSWWW(5)
Course Fee: $45 (Early Bird - $40) fee
Instructor: Harsha Chacko
Coordinator: Mark Stahl
Location: Lambeth House
FELICIANAS CHAPTER COURSES

St. Francisville

SESSION I

All Things iPhone

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: 2:15 p.m. – 4:15 p.m.
Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OFIPHONE(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn
Coordinator: Greg Young
Location: West Feliciana Library

Art, Beauty, and Transcendence

Stephen Holmgren, former Rector of Grace Episcopal Church, publishes the blog, Toward Beauty: in Art, Faith, and Life. In it, he explores examples of beauty among various art forms, and reflects on how our encounter with beauty often evokes experiences of transcendence not specific to any formal religious or philosophical traditions. He will present visual images and reflections based on his blog posts, and will invite discussion based on themes arising from his presentations. Session topics may include examples such as: the Hagia Sophia and the Mosque Cathedral of Cordoba; Jackson Pollock and Alexander Calder; Frank Lloyd Wright and Philip Johnson; Dale Chihuly and David Shaner.

Time & Dates: 1:30 p.m. – 3:00 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OFART(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Stephen Holmgren
Coordinator: Gary Casteel
Location: West Feliciana Parish Library

Basic Hatha Yoga

Enrich your lifestyle by learning and practicing yoga poses while moving through poses. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and core strength. Practice yoga in a fun and relaxed atmosphere. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition to standing from seated poses and seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries and the “outside world” to enjoy this class.

Time & Dates: 9:30 a.m. – 10:45 a.m.
Tuesday and Thursday, Sept. 24, 26, Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
Course Code: OFBH(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Agnes Bickham
Coordinator: Ann Lejeune
Required Supplies: Yoga mat
Location: Pointe Coupee Library

Basic Yoga

Breathe, stretch, and relax on 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. 24, 26, Oct. 1, 3, 8, 10, 15, 17, 22, 24, 29, 31, Nov. 5, 7, 12, 14, 19, 21, 26, Dec. 3, 5, 10, 12
Course Code: OFBEYOY (71)
Course Fee: $85 (Early Bird - $80)  
Instructor: Owen Kemp  
Coordinator: Georgia LaCour  
Required Supplies: Yoga mat  
Location: Grace Episcopal Church

Beginning Croquet  

NOT THE LAWN CROQUET YOU PLAYED AS A KID! When you have completed this course, you will be proficient in all aspects of the American Nine wicket game. From using the mallet for measurements and mastering shots needs to be competitive. Layout of a court and the rules of the game. The last two classes will be with the Panache Club members (the first with coaching, the last without). Learn in five classes what takes most players two years to learn! Apres Croquet optional.

Time & Dates: 3:00 p.m. – 5:00 p.m.  
Thursday, September 26, October 3, 10, 17, 24 (5 weeks)  
Course Code: OFBRC(5)  
Course Fee: $45 (Early Bird - $40)  
Instructor: Ernest Ayo  
Coordinator: Jeffrey Borchardt  
Location: Panache Croquet Courts & Pavilion at the Sports Park

Cajun and Creole Cuisines: South Louisiana’s Greatest Resource  

Explore South Louisiana’s greatest resource, its cuisine! 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: 11:45 a.m. - 1:45 p.m.  
Tuesday, September 24, October 1, 8, 15, 22, 29  
Course Code: OFCAJUN(2)  
Course Fee: $100 (Early Bird - $95)  
Instructor: David Howson  
Coordinator: Derrill Heurtin  
Location: Grace Episcopal Church

“Growing Up in the South” through the Eyes of Major American Authors  

In 1991, editor Suzanne W. Jones put together Growing Up in the South, an anthology of short stories by authors who each captures a unique vision of experiencing life in the South. She notes in the introduction her desire for more people “to experience the challenges and rewards of the full range of Southern literature.” And by virtue of the authors represented, Jones does just that. She includes the best authors of the twentieth century: William Faulkner, Ernest Gaines, Eudora Welty, Bobbie Ann Mason, Alice Walker, Shirley Ann Grau, Ellen Gilchrist, Flannery O’Connor, Henry Louis Gates, Jr., among others. Whether you were born in the South and have lived there all your life, or you just moved to the South, you will enjoy reading and discussing short stories created by the most talented authors America has ever produced. Southern authors and Southern living are truly special.

Time & Dates: 10:30 a.m. – 12:30 p.m.  
Monday, September 23, 30, October 7, 14, 21, 28  
Course Code: OFGROW(1)  
Course Fee: $45 (Early Bird - $40)  
Instructor: Dr. Olivia Pass  
Coordinator: Lisa Nelson  
Location: First Baptist, New Roads

Introduction to Pottery / Hand Building Ceramics from Start to Finish  

Learn to make ceramics from start to finish with this hands-on creative course. In this course you will learn the basics in pottery. We will build a mug, centerpiece bowl, and bird feeder using slab building and coil building techniques. You will also learn different glazing and decorating techniques such as sgraffito, the use of a celadon glaze over texture, and the peacock glaze technique. At the end of this course, you will get to take your pieces home to show off with pride.

Time & Dates: 10:00 a.m. – 12:00 p.m.  
Thursday, September 26, October 3, 10, 17, 24, 31  
Course Code: OFPOTTERY(1)  
Course Fee: $95 (Early Bird - $90)  
Instructor: Ed Lanius  
Coordinator: Lisa Nelson  
Location: First Baptist, New Roads

Optional Supplies: pottery carving tools, fan paint brush with thick hair like bristles.

Location: West Felician Parish Library

In-person class  
Hybrid class
It All Started in Florence: The Art of the Renaissance

In this class we will learn about the great Renaissance artists, including the famous Teenage Mutant Ninja Artists themselves, Donatello, Michelangelo, Leonardo, and Raphael. How did they start? What inspired them? Were they really turtles? Just checking to see if you were listening. You have seen their work and heard their names all your lives, now learn about the artists themselves.

Time & Dates: 11:00 a.m. – 12:00 p.m. Tuesday, September 24, Oct. 1, 8, 15, 22, 29
Course Code: OFFLORE(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Lee Randall
Coordinator: Ed Lanius
Location: Pointe Coupee Library, New Roads

Laughter’s the Best Medicine: Improv 101

Boost your confidence, increase your creativity, and reduce stress and anxiety while making connections and exploring the playful side of life. Improvising increases one’s ability to focus, adapt and work with others exploring problem solving in new and diverse ways.

Time & Dates: 4:00 p.m. – 6:00 p.m. Wednesday, October 2, 9, 16
Course Code: OFIMP(3)
Course Fee: $25 (Early Bird - $20)
Instructor: Cheramie Moore
Coordinator: Ed Lanius
Location: West Feliciana Parish Library

Learning French

This class is taught at a level corresponding to the needs of students registering for the course. Beginners are welcome, as are those with a little or a lot of experience with the language who want to further that knowledge. The lessons cover proper pronunciation, building vocabulary, and putting together phrases and sentences for realistic communication. Basic grammar points are covered for use as needed and French culture is intermingled within the lessons. Students get both oral and written instruction in the use of the French language.

Time & Dates: 1:00 p.m. – 3:00 p.m. Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OFLFRCH(2)
Course Fee: $45 (Early Bird - $40)
Instructor: Sally Jones
Coordinator: Steve Brignac
Location: West Feliciana Parish Library

Line Dance

Come have a great time for showing off all 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: 10:30 a.m. – 12:30 p.m. Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OFLID(12)
Course Fee: $45 (Early Bird - $40)
Instructor: Jerisse Grantham
Coordinator: Georgia LaCour
Location: West Feliciana Parish Library

Make It New: American Modernist Poetry

Explore a diverse array of poets and poems from the modernist movement, 1910 to the mid-1940s, a time when poetry took a distinctive break from past traditions and forms. Our poets include Robert Frost, the quintessential New England poet; The Chicago modernists, Edgar Lee Masters, and Carl Sandburg; the allusive and surrealist T.S. Eliot; the exuberant and liberating New York modernists, Edna St. Vincent Millay, Dorothy Parker, and Hart Crane; poets of scientific rigor, Marianne Moore, and William Carlos Williams; and the poets of the Harlem Renaissance, Langston Hughes, Countee Cullen, and Claude McKay. All these poets followed the modernist imperative to “Make it new”. Enjoy discovering their diverse styles, subjects, and emotions. There will also be opportunities to discover your own style and write a poem to share with the class!

Time & Dates: 11:00 a.m. – 1:00 p.m. Friday, September 27, October 4, 11, 18, 25, November 1
Course Code: OFLPOET(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Darlene Reaves and Pam Freshney
Coordinator: Cheramie Moore
Location: West Feliciana Parish Library

The Mississippi River Basin and Coastal Louisiana

The Mississippi River basin is the dominant river in the United States. The system north of Saint Louis consists of 29 locks and dams designed to maintain a depth of at least 9 feet. Below Saint Louis the river is a canal. Barge and Boat traffic traverse the length of the river...
FELICIANAS CHAPTER COURSES

St. Francisville

In-person class

Hybrid class

carrying corn, soybeans, petrochemicals
and fertilizer to the world. Cruise boats
traverse the river. The river is the source
of drinking and cooling water for towns
along its banks. The river delivers water,
nutrients, sediment and pollutants to the
coastline which is eroding because of a
lack of sediment input, subsidence, and
numerous dredged canals. The region
is economically important for shipping
ports, and is a vital and productive
habitat for shellfish, shellfish reptiles,
mammals and birds. Engineering
projects have been designed to stabilize
the shoreline where it is presently
located.

Time & Dates: 11:30 a.m. – 1:30 p.m.
Thursday, September 26, October 3,
10, 17, 24, 31
Course Code: OLMSCOAST(2)
Course Fee: $45 (Early Bird - $40)

Instructor: Bill Stickle
Coordinator: Rich Hirsch
Location: West Feliciana Parish Library

Pickleball for Beginners

This course is for beginners only.
You will learn how to serve, return
of serve, volley, score, basic game
terminology, basic rules, and gameplay.
All equipment will be provided. Wear
court shoes. No cross trainers, walking/
running shoes, sandals, etc.

Time & Dates: 9:00 a.m. – 11:00 a.m.
Tuesday, September 24, Oct. 1, 8, 15,
22, 29
Course Code: OFBPB(5)
Course Fee: $50 (Early Bird - $45)
Instructor: Carla Reeves
Coordinator: Pat Heurtin
Location: West Feliciana Sports Park

Seated Yoga and Gentle
Exercise

This class is directed towards those
persons who no longer can or have
difficulty lying on the floor for exercise
or yoga movements. While seated, you
will perform movements to increase
your flexibility and strength, improve
your posture and help you feel more
relaxed. There will be some movements
performed while standing near your
chair which are aimed at improving your
balance.

Time & Dates: 10:00 a.m. – 11:30 a.m.
Monday, September 23, 30, October 7,
14, 21, 28
Course Code: OFSEATED(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Pat Heurtin
Coordinator: Jodie Cotten
Location: Pointe Coupee Library, New
Roads
The Weird Fiction of H. P. Lovecraft

Howard Phillips Lovecraft (1890-1937) was an American master of weird tales—called by Stephen King “the twentieth century’s greatest practitioner of the classic horror tale.” Scion of a once-wealthy Providence, Rhode Island family, Lovecraft was a reclusive antiquarian who set his most memorable stories in decaying parts of old New England haunted by occult pasts. We will read about 20 of his best tales including “The Shadow Over Innsmouth,” “Cool Air,” “The Call of Cthulhu,” and “The Dunwich Horror.” We will also view dramatizations of two of his stories. Our discussions will be supplemented by drawing upon the critical writings of the distinguished Lovecraft scholar S. T. Joshi.

Time & Dates: 2:00 p.m. – 4:00 p.m. Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OFWEIRD(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Mark Dauer
Coordinator: Stephen Winham
Location: West Feliciana Parish Library

Yoga for Strength and Flexibility

The benefits of yoga are well-known, and the yoga practiced in this course is a combination of beginner and intermediate levels that can work for the experienced yogi or the newcomer. Each person should work at their own pace. We emphasize stretching and all the classic yoga poses, many of which use body weight as resistance. And of course, the key to everything is the breath so much of the instruction involves attention to the inhale/exhale rhythms. Increased flexibility results in better strength and balance. All parts of the body get attention, even the hands and feet. No prior yoga experience is required. Whether you want to try yoga for the first time or refresh/renew your practice, come join us.

Time & Dates: 2:00 p.m. – 4:00 p.m. Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OFWEIRD(2)
Course Fee: $45 (Early Bird - $40)
Instructor: Mark Dauer
Coordinator: Stephen Winham
Location: Zoom Online
COURSE DESCRIPTIONS
REGISTRATION BEGINS AUGUST 26
AT CE.LSU.EDU/OLLI OR CALL 225-578-2500

FELICIANAS CHAPTER COURSES
St. Francisville

In-person class  Hybrid class

Time & Dates: 9:00 a.m. – 10:00 a.m.
   Wednesdays and Fridays, Sept. 25, 27,
   Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30, Nov.
   1, 6, 8, 13, 15, 20, 22, 27, 29, Dec. 4, 6,
   11, 13
Course Code: OFGEYOG (40)
Course Fee: $90 (Early Bird - $85)
Instructor: Jane Simmons
Coordinator: Carla Bowman
Location: West Feliciana Parish Library
Required Supplies: Yoga mat available
   on Amazon, Target, and Wal-Mart
Optional Supplies: Yoga block, yoga
   strap (can be purchased or ordered
   through instructor)

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.
   Amazing insights can be learned when
   we link the body and mind with the
   breath.

Time & Dates: 9:00 a.m. – 10:00 a.m.
   Monday, Sept. 23, 30, Oct. 7, 14, 21,
   28, Nov. 4, 11, 18, 25, Dec. 2, 9
Course Code: OFYOGA (11)
Course Fee: $45 (Early Bird - $40)
Instructor: Darlene Reaves and
   Sue Lockwood
Coordinator: Georgia LaCOUR
Location: Grace Episcopal Church

Yoga for Strength and
   Flexibility

The benefits of yoga are well-known,
   and the yoga practiced in this course
   is a combination of beginner and
   intermediate levels that can work for
   the experienced yogi or the newcomer.
   Each person should work at their own
   pace. We emphasize stretching and
   all the classic yoga poses, many of
   which use body weight as resistance.
   And of course, the key to everything is
   the breath so much of the instruction
   involves attention to the inhale/exhale
   rhythms. Increased flexibility results in
   better strength and balance. All parts of
   the body get attention, even the hands
   and feet. No prior yoga experience is
   required. Whether you want to try yoga
   for the first time or refresh/renew your
   practice, come join us.

Time & Dates: 8:00 a.m. – 9:00 a.m.
   Tuesday and Thursday, Dec. 17, 19, 24,
   26, 31, Jan. 2, 7, 9, 14, 16, 21, 23, 28,
   30, Feb. 4, 6, 11, 13, 15, 18, 20, 25, 27,
   March 4, 6
Course Code: OFBEYOG (72)
Course Fee: $95 (Early Bird - $90)
Instructor: Owen Kemp
Coordinator: Georgia LaCOUR
Location: West Feliciana Parish Library
Required Supplies: Yoga mat.
Optional Supplies: Yoga block, yoga
   strap (can be purchased or ordered
   through instructor)

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.
   Amazing insights can be learned when
   we link the body and mind with the
   breath.

Time & Dates: 9:00 a.m. – 10:00 a.m.
   Wednesdays and Fridays, Dec. 18, 20,
   27, Jan. 3, 8, 10, 15, 17, 22, 24, 29,
   31, Feb. 5, 7, 12, 14, 16, 19, 21, 26, 28,
   March 5, 7
Course Code: OFGEYOG (41)
Course Fee: $90 (Early Bird - $85)
Instructor: Jane Simmons
Coordinator: Carla Bowman
Location: West Feliciana Parish Library

SESSION II

Basic Yoga

Breathe, stretch, and relax on 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.
LAGNIAPPE CHAPTER COURSES
Baton Rouge

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 is designed to be a two-term sequence.

Time & Dates: 9:00 a.m. – 10:30 a.m.
Wednesday, October 1, 8, 22, 29
Course Code: OLAGING(3)
Course Fee: $25 (Early Bird - $20)

Instructor: Dr. Matt Calamia
Coordinator: Frank Duke
Location: St James Place Retirement Community
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.

All Things iPhone – St. James Place

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: 11:30 a.m. – 1:30 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OLSTPHONE(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn

All Things iPhone – Broadmoor United Methodist Church

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: 1:45 p.m. – 3:45 p.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLAPHONE(9)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn
Coordinator: Carol Walker
Location: Broadmoor United Methodist Church
COURSE DESCRIPTIONS
REGISTRATION BEGINS AUGUST 26
AT CE.LSU.EDU/OLLI OR CALL 225-578-2500

LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

Coordinator: Tommy Draughn
Location: St James Place Retirement Community

Argentina Wine Adventure

Welcome to the world of Argentina where we will be trying white and red wines from the rich, ancient history of this amazing and beautiful country.

Time & Dates: 6:00 p.m. – 7:30 p.m.
Thursday, September 26, October 3
Course Code: OLARGENTINA(1)
Course Fee: $80 (Early Bird - $75)
Instructor: Adam Bosworth
Coordinator: Mary Lou Cutrera
Location: Martin's Wine Cellar

Basic Hatha Yoga

Enrich your lifestyle by learning and practicing yoga poses while moving through poses. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and core strength. Practice yoga in a fun and relaxed atmosphere. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition to standing from seated poses and seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries and the “outside world” to enjoy this class.

Time & Dates: 9:30 a.m. – 10:30 a.m.
Monday and Wednesday, Sept. 23, 25, 30, Oct. 1, 7, 9, 14, 16, 21, 23, 28, 30
Course Code: OLBHY(34)
Course Fee: $80 (Early Bird - $75)
Instructor: Agnes Bickham
Coordinator: Fran Martin
Required Supplies: Yoga mat
Location: First Christian Church

Cajun and Creole Cuisines: South Louisiana’s Greatest Resource

Explore South Louisiana’s greatest resource, its cuisine! 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, September 26, October 3, 10, 17, 24, 31
Course Code: OLCAJUN(4)
Course Fee: $100 (Early Bird - $95)
Instructor: David Howson
Coordinator: Claire Fontenot
Location: Broadmoor United Methodist Church

Chatting with Your Great Great Grandchildren about Fun Things in Your Life

I wish I had my dad and mom here to ask them so many things about how they grew up, what games they played and things like that. This made me think of leaving a record for my children, so I have been making little recordings of bits and pieces of my life for my children. It is tons of fun to do and so I’m hoping others might like to see how to do it for their descendants, hence this class. Your life is interesting! You’ll need a smart phone and the ability to remember your first cap gun, doll, kiss, or embarrassment. Stuff like that.

Time & Dates: 11:15 a.m. – 12:15 p.m.
Thursday, September 26, October 3, 10, 17
Course Code: OLCHAT(1)
Course Fee: $20 (Early Bird - $15)
Instructor: Phil Chenevert
Coordinator: TBD
Location: Broadmoor United Methodist Church

Current Topics in Marine Biology

Current topics in Marine Biology will be discussed over the course of six weeks. We will learn about the world’s oceans and seas, currents and the conveyor belt of current movement, explore waves, tides, seawater composition, and the effects of climate change on marine life. We will discuss marine shellfish, fish, mammals and birds. We will discuss overfishing and fishing down the food web in the world’s oceans. Finally, we will examine the effects of plastics and oil spills on the marine environment.

Time & Dates: 2:00 p.m. – 4:00 p.m.
Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLCTMB(2)
Course Fee: $45 (Early Bird - $40)
Instructor: William Stickle
Coordinator: Margaret Muse
Location: Broadmoor United Methodist Church

Discover Ukulele

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.
Falls 2024 Courses Begin September 23

COURSE DESCRIPTIONS

LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class

Hybrid class

patterns to exploring different techniques and styles. Enroll today and let the ukulele adventure begin!

Time & Dates: 2:30 p.m. - 4:30 p.m.
    Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OLUFU(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Draughn
Coordinator: TBD
Location: Williamsburg Retirement Community

Fabulous Felines – Health Issues

This course was previously called “Fabulous Felines Part Two.” So, if you have taken that course, you know the material, although I’d be happy to see you again. This will be a five-week course with topics such as what you can catch from your cat, vaccines, nutrition, cancer, kidney disease, things that are toxic to cats, euthanasia, and grief issues. Although the topics are heavy on health information, we will still have fun. We will also cover, “Trish’s favorite things for cats,” and make a toy that will simulate the inquisitive nature of the cat! Please start saving toilet paper and paper towel inner cardboard rolls and a flat piece of cardboard. Dr. Lacie Lee, a feline specialist from the Cat Care Center, is scheduled to be a guest speaker for one specialist from the Cat Care Center, is.

Time & Dates: 2:30 p.m. - 4:30 p.m.
    Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OLUFU(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Trish Kaplan
Coordinator: TBD
Location: Broadmoor United Methodist Church

Flicks & Food: WWII Espionage

This semester we will view three classic wartime spy movies. First is “Foreign Correspondent,” stars Joel McCrea as an American journalist in Britain trying to flush out enemy spies as war becomes imminent. Next is “Night Train to Munich,” a British thriller starring Rex Harrison as a secret service agent who must rescue a scientist kidnapped by the Gestapo. Our third film is “Saboteur,” Alfred Hitchcock’s thriller about a man wrongly accused of bombing an aircraft factory who, while trying to evade the authorities, must track down the real culprits to prove his innocence. Join us to discuss these movies, what makes a great spy thriller, and the role these films had in wartime arts and culture.

Time & Dates: 6:30 p.m. – 9:00 p.m.
    Monday, September 23, October 7, 21
Course Code: OFLICK(44)
Course Fee: $165 (Early Bird - $160)
Instructor: Donald Beale
Coordinator: Karen Egedy
Location: Drusilla’s Seafood Restaurant

Great Archeological Sites of the United States

Travel with me to archaeological and historical sites throughout the United States in this multimedia course. We will visit fascinating sites including not just traditional archaeological sites but ruins, shipwrecks, cities, plantations, battlefields, industrial sites and more. You will learn about methods used by archaeologists to study the American 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.
    Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLCRCHE(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Edwin Lyon
Coordinator: Margaret Muse
Location: Broadmoor United Methodist Church

“A Forty-Third Opera Season”

Enjoy and learn about opera using DVDs and lectures. Two classes will focus on “Rigoletto,” starring Baton Rouge native and LSU graduate Lisette Oropesa. A third class will focus on Mascagni’s “Cavalleria Rusticana” and a fourth on Puccini’s “Madama Butterfly.” It is anticipated that two classes will be taught by outstanding professors from the LSU Music School.

Time & Dates: 1:30 p.m. - 3:30 p.m.
    Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OLOPERA(15)
Course Fee: $45 (Early Bird - $40)
Instructor: Tommy Beard
Coordinator: Ken Nelson
Location: St. James Place Retirement Community

“Growing Up in the South” through the Eyes of Major American Authors

In 1991, editor Suzanne W. Jones put together Growing Up in the South, an anthology of short stories by authors who each captures a unique vision of experiencing life in the South. She notes in the introduction her desire for more people “to experience the challenges and rewards of the full range of Southern literature.” And by virtue of the authors represented, Jones does just that. She includes the best authors of the twentieth century: William Faulkner, Ernest Gaines, Eudora Welty, Bobbie Ann Mason, Alice Walker, Shirley Ann Grau, Ellen Gilchrist, Flannery O’Connor, Henry Louis Gates, Jr., among others. Whether you were born in the South and have lived there all your life, or you just moved to the South, you will enjoy reading and discussing short stories created by the most talented authors America has ever produced. Southern authors and Southern living are truly special.
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

Time & Dates: 2:30 p.m. – 4:30 p.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLGROW(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Dr. Olivia Pass
Coordinator: Aline Creed
Location: Broadmoor United Methodist Church

required supplies:

Hot Topics in Louisiana

We will hear from the following speakers:
Steven Procopio, President of the Public Affairs Research Council; Rose Holden, President of the Louisiana Lottery; Beaux Jones, President and CEO of the Water Institute; Dr. Monty Sullivan, President of Louisiana Community and Technical College System; Kathleen Richey, Child Ombudsman for the State of Louisiana, and Tim Temple, Commissioner of Insurance.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Thursday, September 26, Oct. 3, 10, 17, 24, 31
Course Code: OLLPHOT(4)
Course Fee: $25 (Early Bird - $20)
Moderator: Linda Lightfoot
Coordinator: Jenny Hastings
Location: Broadmoor United Methodist Church

How to Be a Patient Advocate for Yourself or Your Loved One

This is a grassroots education program answering the question Who Needs a Patient Advocate? The answer – everyone. For those facing healthcare challenges either for themselves or a loved one, the medical system can be complicated and overwhelming. Having an advocate to take simple steps to protect your health or the health of your loved one is key to simplifying the medical experience. Have you ever left the doctor’s office not sure of what you needed to do next or felt like your concerns were not heard during your appointment? It is impossible to listen, think and communicate all at the same time when it comes to your health. In this program, you’ll learn what questions to ask, what to look for, and what to watch for during your care.

Time & Dates: 10:00 a.m. – 11:00 a.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLPATIENT(2)
Course Fee: $25 (Early Bird - $20)
Instructor: Kathy Lovett
Coordinator: Kathy Lovett
Location: Williamsburg Retirement Community

Italian Wine for Thanksgiving and Christmas

You’re in a quandary trying to decide which wine to serve with your holiday dinner. Relax. Come learn about Italian wines by sampling different varieties. Antonio Molesini will bring his own unique perspective from years in the Italian wine business to continue to explore the world of Italian wine, both reds and whites. During the course you will learn about the winemaking process and absorb something of the history, geography, and culture of Italy. We will sample 6 wines in each class, and Antonio will discuss the background and characteristics of each wine. A light meal will be served to complement the wines.

Time & Dates: 6:30 p.m. – 8:00 p.m.
Tuesday, November 12 and December 10
Course Code: OLIWINE(3)
Course Fee: $85 (Early Bird - $80)
Instructor: Antonio Molesini
Coordinator: Hugh McClain
Location: Matherne’s Market on 3rd Street downtown

Let’s Practice Listening

We talk with people all the time, but sadly they don’t listen to us, and we don’t listen to them. By listening I mean listening to understand what the other person is saying rather than stuffing in our opinions and views. This is not easy, for anyone to do because we want to jump in with our views and experiences but think what a gift it can be for someone to be really listened to! The three-hour long session is informal and will focus on techniques and then practicing the skills with each other in the class. Who in your life would love to be heard? You can choose to give this amazing gift to them. And it’s free.

Time & Dates: 11:30 a.m. – 12:30 p.m.
Tuesday, September 25, October 2, 9
Course Code: OLLLISTEN(2)
Course Fee: $15 (Early Bird - $10)
Instructor: Phil Chenevert
Coordinator: Margaret Muse
Location: Broadmoor United Methodist Church
**COURSE DESCRIPTIONS**

**FALL 2024 COURSES BEGIN SEPTEMBER 23**

**LAGNIAPPE CHAPTER COURSES**

**Baton Rouge**

- In-person class
- Hybrid class

### Latin Dance Movement 🕺

Classes will provide a structured method of learning a range of styles of movement in a fun and vibrant environment. Each class will incorporate dance combinations and styles that will not require a dance partner. This beginner class will be cha-cha, merengue, rumba, salsa, and samba steps. The dance instructor will help with coordination as well as music and rhythm. Wellness benefits from dancing are numerous. Posture, balance, and coordination will be addressed. Social Ballroom Dancing can also improve cognitive functions and reduce brain atrophy in older adults who are at risk for Alzheimer’s disease and other forms of dementia.

**Time & Dates:** 11:00 a.m. – 1:00 p.m.  
Wednesday, September 25, October 2, 9, 16

**Course Code:** OLLATDAN(3)  
**Course Fee:** $35 (Early Bird - $30)  
**Instructor:** James Heath  
**Coordinator:** Margaret Muse  
**Location:** The Claiborne Retirement Community of Baton Rouge by the Mall of LA

### Life Writing 📝

Life Writing is a creative non-fiction class focused on selecting our most important stories, writing, and telling them well, and finding overarching themes as we collect and organize them. The class becomes a community for sharing our stories, laughter, and tears. No writing experience necessary, newcomers are encouraged to join!

**Time & Dates:** 11:00 a.m. – 1:00 p.m.  
Monday, September 23, 30, October 7, 14, 21, 28

**Course Code:** OLIFEW(32)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Versa Stickle  
**Coordinator:** Donni Shields  
**Location:** Broadmoor United Methodist Church

### Line Dancing 🕇

Come have a great time for showing off all 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 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, September 27, October 4, 11, 18, 25, November 1

**Course Code:** OLLID(32)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Jerisse Grantham  
**Coordinator:** Mackie Burtt  
**Location:** Jeffie Jean Studio

### Music Theory Adventure Course 🎵

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, September 23, 30, October 7, 14, 21, 28

**Course Code:** OLLORIGIN(1)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Henry Bradsher  
**Coordinator:** Claire Fontenot  
**Location:** Broadmoor United Methodist Church

**The Origins of Modern Life – Broadmoor Methodist Church**

Today we enjoy a world culture based on millennia’s accumulation of knowledge since hunter-gatherers lived in caves. This course traces this accumulation to explain how things we now depend upon were first discovered, invented and recognized successively in different parts of the world, from China and India through the Middle East to medieval Europe and into today’s competition to develop and invent new things that benefit health and comfort -- with some disputes and false starts leading to dead ends.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Tuesday, September 24, October 1, 8, 15, 22, 29

**Course Code:** OLLORIGIN(2)  
**Course Fee:** $45 (Early Bird - $40)  
**Instructor:** Henry Bradsher  
**Coordinator:** Karen Egedy  
**Location:** Zoom Online
LAGNIAPPE CHAPTER COURSES

Baton Rouge

The Origins of Modern Life – St James Place

Today we enjoy a world culture based on millennia’s accumulation of knowledge since hunter-gatherers lived in caves. This course traces this accumulation to explain how things we now depend upon were first discovered, invented, and recognized successively in different parts of the world, from China and India through the Middle East to medieval Europe and into today’s competition to develop and invent new things that benefit health and comfort -- with some disputes and false starts leading to dead ends.

Time & Dates: 9:00 a.m. - 11:00 a.m.
Friday, September 27, October 4, 11, 18, 25, November 1

Course Code: OLSTORIGIN(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Henry Bradsher
Coordinator: Lance Foster
Location: St. James Place Retirement Community

The Science and Practice of Happiness

This course invites you to explore the science and practice of happiness using readings, lectures, experiential learning, and class discussion. The course will focus both on theoretical insights and practical applications relevant to your experience. You will practice strategies such as gratitude, mindfulness, and self-compassion and explore your own personal meaning and purpose as it relates to well-being and happiness. You will learn strategies to cultivate and enhance your personal happiness and contribute positively to the well-being of your peers and communities.

Time & Dates: 9:00 a.m. – 10:30 a.m.
Wednesday, October 2, 9, 16, 23

Course Code: OLHAPPY(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Dr. Matt Calamia
Coordinator: Marcia Vice
Location: St. James Place Retirement Community

Shakespeare’s Less Famous Plays

Most people are familiar with Shakespeare’s great tragedies—Hamlet, MacBeth, Romeo and Juliet—and his enduring comedies—Much Ado About Nothing, A Midsummer Night’s Dream, The Merchant of Venice. But the bard wrote and collaborated on 39 plays, most of which are rarely staged today. In this class, we will look at some of these less famous plays with an interest in what puts them in that category. They are called too bloody (Coriolanus), immature (Love’s Labour’s Lost), obscure (King John), and difficult (Cymbeline). We will discuss several plays with these characterizations in mind and attempt to find meaning and dramatic value of these underappreciated works.

Time & Dates: 1:45 p.m. – 3:45 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30

Course Code: OLPLAYS(2)
Course Fee: $45 (Early Bird - $40)
Instructor: Dr. Erica Daigle
Coordinator: Bud Snowden
Location: Zoom Online

Singing with the Baton Rouge Chorus of Sweet Adeline

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, September 26, October 3, 10, 17, 24, 31

Course Code: OLSING(5)
Course Fee: $45 (Early Bird - $40)
Instructor: Sherry Barron
Coordinator: Karen Egedy
Location: Ingleside United Methodist Church

Sitting in Style: American Chairs, 1720-1900

Have you ever wished you could identify styles of American chairs? Or wondered what a cabriole leg is? Or how a Rococo
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class

Hybrid class

Revival chair differs from a Rococo one? Then, this is the class for you! It will focus on the visual characteristics—legs, backs, feet, materials, or embellishment—that define styles from America’s Colonial, Federal and mid-Victorian periods. We explore how styles developed and see how the associations and meanings of styles and chairs changed over 160 years. You will have an opportunity to practice what you’ve learned by finding pictures of examples and bringing them to class.

**Time & Dates:** 9:30 a.m. – 11:00 a.m.
- Tuesday and Thursday, Sept. 24, 26, October 1, 3, 8, 10, 15, 17

**Course Code:** OLSIT(3)

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

**Instructor:** Tommy Draughn

**Coordinator:** Claire Fontenot

**Location:** Broadmoor United Methodist Church

**Optional Supplies:** A Field Guide to American Antique Furniture, Joseph T. Butler and Ray Skibinski, 1986 (Amazon), Centuries and Styles of the American Chair, Robert Bishop (out of print; Amazon, Abebooks), Oscar P. Fitzgerald (Amazon) Four Centuries of American Furniture, 1995; or American Furniture: 1620 to the Present

**Sleuthing in the World of Art**

Why do famous works of art look the way they do? What are the backstories of the major artistic eras? Knowing something about quirky personalities, wars and plagues, the relentless march of history, opens our eyes to see works from a wider perspective. We will act as amateur detectives this semester looking for insight into anguish or joys, human preoccupations and aspirations as revealed across time in works of art.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.
- Wednesday, September 25, October 2, 9, 16, 23, 30

**Course Code:** OLSLEUTH(1)

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

**Instructor:** Marchita Mauck

**Coordinator:** Karen Egedy

**Location:** Zoom Online

**Smartphone Photography**

Do you want to take great photos on your smartphone? 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 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:** 2:00 p.m. – 4:00 p.m.
- Wednesday, September 25, October 2, 9, 16, 23, 30

**Course Code:** OLPHONE(8)

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

**Instructor:** Tommy Draughn

**Coordinator:** Tommy Draughn

**Location:** St. James Place Retirement Community

**So What! You’re Over 50! Current Advances in Medicine and Surgery**

This semester will be especially informative with specialties not presented before to the class. A retinal specialist will discuss the diagnosis and treatment of Diseases of the Eye. A periodontist will discuss the diagnosis, treatment, and surgery for dental gum disease to prevent loss of teeth and to maintain overall health. A neurologist returns to discuss the diagnosis, and treatment of Movement Disorders. A cardiologist is to cover diagnosis, treatment, and prevention of Congestive Heart Failure. An internal medicine specialist in Hospital Medicine will cover his role in your healthcare while hospitalized in a local major medical center. A healthcare scientist from Pennington Biomedical Research Center will discuss The Way to Keep Your Brain Healthy. Join us to learn more about the care of yourself.

- Why is My Hand Shaking, Dr. Gerald Calegan, MD, Neurologist
- How Gum Disease Can Affect Your Total Health, Dr. Afarin Arghami, DDS, Periodontist
- Diseases of the Eye in the Aging Patient – Diagnosis, Prevention, and Treatment, Dr. Barbara Noguchi, MD, Ophthalmology Retinal Specialist
- Congestive Heart Failure: Diagnosis, Treatment, and Prevention, Dr. Steven Kelley, MD, Interventional Cardiologist
- Role of the Hospitalist in your Healthcare Team, Eric Wascome, MD, Internal Medicine Hospitalist
- The Way to Keep Your Brain Healthy, Dr. Robert Newton, PhD, Pennington Biomedical Research Center

**Time & Dates:** 11:30 a.m. – 1:00 p.m.
- Wednesday, September 25, October 2, 9, 16, 23, 30

**Course Code:** OLSYOG(20)

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

**Moderator:** Dr. Trent James and Dr. Bob St. Amant

**Coordinator:** Claire Fontenot

**Location:** Broadmoor United Methodist Church

**Time & Dates:** 2:00 p.m. – 4:00 p.m.
- Wednesday, September 25, October 2, 9, 16, 23, 30

**Course Code:** OLSYOG(21)

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

**Moderator:** Dr. Trent James and Dr. Bob St. Amant

**Coordinator:** Karen Egedy

**Location:** Zoom Online
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

Southern History/Southern Distinctiveness? ✤

Some folks move to Louisiana or other places in the South and think they have found themselves in a strange new land. The idea of southern distinctiveness has a long history, as does the American South itself. Our course will explore various theories of southern distinctiveness but primarily provide an overview of the history of the region through its various stages from first settlement until the modern South of today, exploring how it changed and remained the same, how it was and was not distinctive.

Time & Dates: 1:45 p.m. – 3:45 p.m.
   Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLSOUTHERN(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Gaines Foster
Coordinator: Mary Lou Cutrera
Location: Broadmoor United Methodist Church

Spanish for Elementary Students ✤

This class is a continuation of the previous beginning classes, using the same book. Continue to expand your knowledge of vocabulary and your use of verbs, especially irregulars and some past tense. Practice your speaking skills with simple questions and answers. Enhance your knowledge of the interesting cultures. Bienvenidos!

Time & Dates: 1:45 p.m. – 3:45 p.m.
   Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLESPLAN(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Merrie Lee Logan
Coordinator: Merrie Lee Logan
Location: Broadmoor United Methodist Church
Text Required: Spanish Now Level One, 7th, or 8th edition, by Ruth Silverstein, Barron’s Publisher

Spanish for Intermediate Students ✤

This class is a continuation of the previous elementary classes using the same book. Continue practicing your speaking skills and using verbs in the different tenses. Expand your knowledge of grammar and vocabulary as presented in the text. Bienvenidos!

Time & Dates: 1:45 p.m. – 3:45 p.m.
   Thursday, September 26, October 3, 10, 17, 24, 31
Course Code: OLSPAN(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Merrie Lee Logan
Coordinator: Merrie Lee Logan
Location: Broadmoor United Methodist Church
Text Required: Spanish Now Level One, 7th, or 8th edition, by Ruth Silverstein, Barron’s Publisher

Spiritual Direction ✤

This course will be an introduction to the ancient field of Spiritual Direction. Spiritual Direction is all about a spiritual conversation in which two believing people meet to discern God’s will in their lives by cooperating with the Holy Spirit who speaks both to the one seeking guidance and to the director as well in the conversation itself. An exciting, challenging journey realized through prayer, discernment, attentive listening and leading to peace, forgiveness, love and all the gifts of the Holy Spirit. Spiritual Direction will be available with this course.

Time & Dates: 11:30 a.m. – 1:30 p.m.
   Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OLSPIRITD(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Dr. Francis W Vanderwall
Coordinator: Carolyn Booker
Location: Broadmoor United Methodist Church
Required Supplies: Spiritual Direction: An Invitation to Abundant Life by Francis W Vanderwall. Available through Amazon.com. Also bring a pen and paper

Universal Goodness vis-à-vis Observable Evil: Godliness/Godlessness in the Real World ✤

How does a religious person reconcile a “good” God with apparent evil in today’s world? In this course we will examine ways and means to remain true to our faith traditions in response to the challenges of real-world living. Faith traditions included may be Christian, Jewish, Muslim, Agnostic, Atheist, or anyone else who seeks meaning in a seemingly meaningless world.

Time & Dates: 9:00 a.m. – 11:00 a.m.
   Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLUNIV(1)
Course Fee: $45 (Early Bird - $40)
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class  Hybrid class

The Ups and Downs of Louisiana’s Economy

This course will follow the development of Louisiana’s economy over the past century to help better understand Louisiana’s present challenges with poverty, population loss, and economic development. Many Louisianians speak with fatalism about Louisiana’s economy as if the status quo were permanent and inevitable. However, Louisiana’s economy has had its ups and downs, buoyed by industries that have prospered and foundered in the tides of history. This course will tell the surprising story of promising opportunities for Louisiana’s economy and what happened when the wheels came off the bus.

Time & Dates: 4:15 p.m. – 5:15 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OLUPS(1)
Course Fee: $25 (Early Bird - $20)
Instructor: Ed Seyler
Coordinator: Lance Foster
Location: St. James Place Retirement Community

Varieties of Prayer

This course is about realizing the many ways to God available to us. For most, prayer is limited to saying words, hoping they reach God, but prayer is not about just saying words. It is about a listening to God speaking to us through our thoughts, feelings, dreams and hopes. In this course we will learn how to encounter this God of love who dwells within each one of us and so discover, perhaps for the first time, the paths of true joy, peace, and love.

Time & Dates: 11:30 a.m. – 1:30 p.m.
Monday, September 23, 30, October 7, 14, 21, 28
Course Code: OLPRAYER(1)
Course Fee: $45 (Early Bird - $40)
Instructor: Dr. Francis W Vanderwall
Coordinator: Carolyn Booker
Location: Broadmoor United Methodist Church

Who Knew III: Interesting Places in Baton Rouge

This class is designed for those who want to visit locations in Baton Rouge either where they haven’t been or couldn’t go unless in an organized group. We plan to visit the Baton Rouge Police Training Academy, WBRZ, La. State Police Crime Lab and eat at the State Police Cafeteria, Old Governor’s Mansion (The House That Huey Built), Capitol Park Museum, and LSU Athletic Tour at 4:30 then supper at Walk Ons. Some locations may charge an admission fee.

Time & Dates: 10:00 a.m. – 12:00 p.m.
Wednesday, September 25, October 2, 9, 16, 23, 30
Course Code: OLWK(3)
Course Fee: $45 (Early Bird - $40)
Instructor: Sue Potts
Coordinator: Sue Potts
Location: Various locations

Who Knew V: Exotic Eating in Baton Rouge

This course is designed for the adventurous eater who would like to try different ethnic restaurants in Baton Rouge. We will try the following ethnic food: Vietnamese, Indian, Japanese, Peruvian, Caribbean, and Thai.

Time & Dates: 11:00 a.m. – 12:30 p.m.
Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLWKFIVE(1)
Course Fee: $35 (Early Bird - $30)
Instructor: Sue Potts
Coordinator: Sue Potts
Location: Various locations. Participants will pay for each meal at the restaurant.

Why Has Anti-Semitism Risen So Alarmingly in Recent Years?

This course will begin with a brief study of the origins of Anti-Semitism historically. This will be followed by presenting the most obvious causes of the alarming rise of Anti-Semitism in recent years. We will discuss whether Anti-Zionism is equal to Anti-Semitism. We will Field Trip to Legacy Congregation B’nai Israel on Kleinert Avenue (now Unified Jewish Community of Baton Rouge), Guest speakers will include the Director of the Louisiana Anti-Defamation League.

Time & Dates: 10:00 a.m. – 11:30 a.m.
Tuesday, September 24, October 1, 8, 15, 22, 29
Course Code: OLZAS(2)
Course Fee: $35 (Early Bird - $30)
LAGNIAPPE CHAPTER COURSES

Baton Rouge

In-person class Hybrid class

Instructor: Rabbi Barry Weinstein
Coordinator: Mary Benson
Location: St. James Place Retirement Community

Required Supplies: The Casualty of Contempt - The Alarming Rise of Anti-Semitism and What Can Be Done to Stop It

Optional Supplies: Basic Judaism by Milton Steinberg- Amazon

SESSION II

Basic Hatha Yoga

Enrich your lifestyle by learning and practicing yoga poses while moving through poses. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and core strength. Practice yoga in a fun and relaxed atmosphere. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition to standing from seated poses and seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries and the “outside world” to enjoy this class.

Time & Dates: 9:30 a.m. – 10:30 a.m.
Monday and Wednesday, November 4, 6, 11, 13, 18, 20, December 2, 4, 9, 11, 16, 18

Course Code: OLBHY(35)
Course Fee: $80 (Early Bird - $75)
Instructor: Agnes Bickham
Coordinator: Fran Martin
Required Supplies: Yoga mat
Location: First Christian Church

Basic Hatha Yoga

Enrich your lifestyle by learning and practicing yoga poses while moving through poses. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and core strength. Practice yoga in a fun and relaxed atmosphere. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice some poses. The ability to transition to standing from seated poses and seated to standing is necessary. Wear comfortable clothes. Leave your shoes, cell phone, worries and the “outside world” to enjoy this class.

Time & Dates: 9:30 a.m. – 10:30 a.m.
Monday and Wednesday, January 6, 8, 13, 15, 22, 27, 29, February 3, 5, 10, 12, 17, 19, 24, 26

Course Code: OLBHY(36)
Course Fee: $90 (Early Bird - $85)
Instructor: Agnes Bickham
Coordinator: Fran Martin
Required Supplies: Yoga mat
Location: First Christian Church

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.

2024-2025 TRIPS

- Christmas Down the Danube - December 7 -15, 2024
- Greece Island Hopper - June 10- 2025
- Colors of New England - October 7-14

Contact Tarilyn McBride at tarilyn1@lsu.edu to learn more.
Emanuel Abramovits is a Mechanical Engineer with an MBA who has been a concert promoter since 2000, directly involved in many events by international artists. He designed and staged many original orchestral events, including several world premieres. He served as the Cultural Director at UNION ISRAELITA DE CARACAS for eleven years and has been teaching online for many institutions since 2020.

Donald Beale is Director, Online Distance Learning, at LSU. He has a master’s degree in general humanities and has done additional graduate study in English, focused on American film and literature. He has taught English and film studies courses at LSU.

Thomas Beard has a PhD from Duke University and is a Professor Emeritus of Economics at LSU. He has a life-long interest in opera. He has taught opera courses for the Lagniappe chapter of OLLI at LSU for 42 semesters and for OLLI at Auburn University for eight semesters.

Agnes Bickham is a certified yoga teacher with 1000+ teaching hours of experience. She received her Yoga Teacher Certification from Shambhava School of Yoga in Kona, Hawaii. She has practiced and taught Hatha Yoga (primarily) at various venues in the Baton Rouge area. Agnes teaches yoga as a stabilizing practice that grounds students, and promotes a sense of well-being, strength, confidence, balance and joy.

Adam Bosworth is from Gonzales, LA. He fell in love with wine and wine education as a 21-year-old which prompted him to achieve a WSET certification. He loves sharing knowledge and having fun in the process.

Henry Bradsher earned two bachelor’s degrees and did graduate work at Harvard before working as a foreign correspondent in such inventive cultures as those of China, India, and the Islamic Middle East, and lectured on cruise ships in all Seven Seas.

Sherry Barron is the founder and artistic director of the Academy for Cultivating Arts Baton Rouge Home School Chorus. She taught music in public schools for over 20 years and maintains a private piano studio.

Matthew Calamia is an Associate Professor in LSU’s Department of Psychology. He completed his PhD in Clinical Psychology at the University of Iowa. He is a clinical neuropsychologist and conducts neuropsychological evaluations at Jefferson Neurobehavioral Group. His research, which includes over 100 peer-reviewed publications, focuses on healthy cognitive aging and neurocognitive disorders.

John S Case is a writer of short stories with three books published. He won first place in category by Press Club of New Orleans four times.

Harsha E. Chacko Ph.D. is a Professor Emeritus of Hotel, Restaurant and Tourism Administration at the University of New Orleans where he taught for 33 years and has successfully 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, a company with a mission to provide wine educational experiences through wine tastings and travel to premier wine regions. (bonnecuvee.com).

Phil Chenevert has a master’s in counseling, but please don’t hold that against him. Phil’s main hobbies are recording audiobooks and taking naps.

Penny Crawford is a master flower show judge and has been gardening and designing with plant material all her life.
INSTRUCTOR BIOGRAPHIES

Dr. Erica Daigle is a native of Louisiana who 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 is a member of the Louisiana Bar and a retired Deputy Chief Litigation Counsel of the Financial Industry Regulatory Authority. He received B.A. and J.D. degrees from Loyola University. He has been a keen student of the life and works of H.P. Lovecraft for more than 40 years.

Tommy Draughn, a lifelong resident of Baton Rouge, is an IT professional with 25 years of experience in the corporate, non-profit, and small-business sectors. As the owner of Glasswing Tech, an IT consulting and support company, Tommy has a passion for 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, maker of the best home-made yogurt in the city.

Hank Fanberg holds an MBA from the University of New Orleans and is a PhD Candidate in Urban Planning. With a lifetime of drinking, Hank is pleased to be the first Total Wine certified wine and spirits professional in the state of Louisiana. He especially enjoys French and Italian wines. He is very proud of the time he spent working at the Amici Winery in the Napa Valley. In his spare time, he teaches health care management at the University of New Orleans Henry Bernstein College of Business Administration. Once upon a time he was a hospital administrator. He retired from those responsibilities in 2018. He earned a certificate from Le Cordon Bleu Paris and uses it only at home.

Gaines Foster received his PhD in history from the University of North Carolina. He then had the very good fortune to become a professor of History at LSU, where he taught for more years than he cares to admit. He recently retired.

Lance Foster practiced law for over 30 years, mainly in the intellectual property area. Lance received two engineering degrees and a JD degree from LSU, together with a LLM in international law from McGeorge Law School in Sacramento. Lance has a particular interest in history and economics and how those fields affect legislative and judicial trends.

Pam Freshney has been a reader, teacher and lover of poetry for a long time (OK, 50 years!). With an MA in English Literature from LSU, she has taught high school, middle school and college freshman English, done workshops for the LSU Writing Project and enjoyed book clubs and poetry groups in several forms. She currently works part time at West Feliciana Parish Library.

Jerisse Grantham, owner of the Jeffie Jean Dance Studio, earned her BS from LSU in education with a major in theatre, and has enjoyed teaching dance for more than 30 years in the BR area and Zachary schools. She is an adjunct faculty member at Tulane University and has taught for OLLI for many years. She is certified by Dance Masters of America.

James Heath is a highly trained certified dance instructor with a distinguished background in dance. He has dedicated his life to mastering various dance styles and nurturing the talents of aspiring dancers. Trained in the International styles of Ballroom and Latin, American style Smooth and Rhythm, Country and Swing, James continues to coach, judge, and perform at the highest level.
Pat Heurtin received her BA from SLU in Health Physical Education with a Minor in English and a master’s degree plus 30 hours with emphasis on Health Education from LSU. After retirement, she became the Physical Director of the YMCA of Lake Charles, LA. She has earned additional certifications in various forms of exercise and fitness.

Rev. Stephen Holmgren is the retired former Rector of Grace Episcopal Church and Canon Theologian of the Diocese of Louisiana, and formerly a tenured Assistant Professor of Ethics and Moral Theology at Nashotah House Theological Seminary. He has a B.A., M.A., and D.Phil. degrees from Oxford University. He started college as an Art major and is a long-time student of the arts.

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.

Rev. Stephen Holmgren is the retired former Rector of Grace Episcopal Church and Canon Theologian of the Diocese of Louisiana, and formerly a tenured Assistant Professor of Ethics and Moral Theology at Nashotah House Theological Seminary. He has a B.A., M.A., and D.Phil. degrees from Oxford University. He started college as an Art major and is a long-time student of the arts.

Sally Jones is a retired EBR parish teacher of French and some English at both high school and middle school levels. She earned a degree in French education and a minor in English education from LSU in Baton Rouge in May of 1990. She taught at Central Middle and High schools and Zachary High. Then she retired from EBR at Northeast High in 2010.

Trent L. James, MD has been a physician for 58 years and practiced family medicine for 37 years in south Baton Rouge, retiring from active practiced in 2008. He has been involved in the Baton Rouge Camellia Society in their outreach endeavors, lecturing on the care and culture of camellias. He has co-authored a book entitled Early Camellias in Louisiana 1825-1866: Long Lost Treasures Rediscovered in 2022. In OLLI, Trent and his co-moderator Robert St. Amant, MD, practiced together in family medicine for over 30 years.

Trish Kaplan has a master’s degree in education from George Washington University. She is an avid advocate for cats and has worked as a volunteer for over 14 years at Cat Haven, a local no-kill rescue shelter. She has taught for many years for OLLI and loves improving the relationship between humans and felines. She is often immersed in reading something about these interesting creatures and is often referred to as “The Cat Lady.”

Jeanne Keene is a native New Orleanian, with more than 35 years’ experience in the funeral industry. She is the Community Outreach Director for The Greater New Orleans for Dignity Memorial. Jeanne believes there are so many misconceptions concerning funeral planning, and she is very passionate about bringing awareness and educating the community that the Most Perfect Gift we can give our family is to preplan. Jeanne has been referred to as “The Cheerleader of the Death Care Industry” and is very proud it!

Robyn Johnson, PT has worked as an orthopedic physical therapist for 25 years in the Slidell area. She is a former Division I college athlete who has been an avid fitness participant and enjoys sharing her love with others.

Sandra Johnson is a retired teacher with a master’s in education. She taught for 40 years. The last 25 years she taught high school science. After retirement, she worked with Camp Salmen Nature Park as an ecology teacher giving programs with St. Tammany Parish Schools including a summer camp.
INSTRUCTOR BIOGRAPHIES

Owen Kemp has taught OLLI yoga for over 15 years. She 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, N.Y. and at various venues around the country and internationally. Owen’s style is best described as “flow.”

Glen Laborde has been a certified Louisiana Master Gardener since 2013, volunteering as a mentor for the LSU AgCenter’s New Orleans Master Gardener training classes, with the Master Gardeners Speakers Bureau, and with the City Park Pelican Greenhouse plant sales. Always entertaining, Glen's “Saturday Stories” for those waiting to enter the greenhouse have become classic. His expertise is in tropica,l gingers, roses, camellias, and citrus. Glen has a master's in science education from UNO.

Angela Larson is a transplant from Seattle, WA. She has lived in New Orleans for over six years now. After working for a very large international company for 26 years, she retired to New Orleans. Angela is an experienced Mah Jongg player and enjoys teaching others.

Linda Lightfoot is retired from The Advocate where she worked for 42 years, the last 15 as executive editor. This is the 31st guest speaker class she has done for OLLI on issues of importance to Louisiana. She has a B.A. in journalism and political science from Ole Miss.

Ed Linz, a retired nuclear submarine commander, is the author of five books, most recently on The Great Depression and The Vietnam War. He is a 1965 graduate of the U.S. Naval Academy and holds graduate degrees from Christ Church College, Oxford University (Economics and Politics) and George Mason University (Secondary Education). He was the recipient of a heart transplant in 1994.

Merrie Lee Logan originally from Iowa, attended The University of Iowa and La Universidad Iberoamericana, before graduating from LSU with a bachelor’s degree in Spanish and French. She taught in public and private high schools for twenty years before joining OLLI.

Kathy Lovett is a Board-Certified Patient Advocate, a Certified Senior Advisor, and a Registered Respiratory Therapist. She is also a community speaker for the Care Partner Project Organization. The Care Partner Project is dedicated to demystifying health care with plain language and simple “to do” checklists so all of us can support our loved ones’ care – with confidence and grace. She has over 30 years’ experience in healthcare and is passionate about helping others be an informed care partner.

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 and public history 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 American archaeological site was the immense prehistoric site of Cahokia, across the Mississippi River from St. Louis.

Dr. Marchita Mauck is a retired Professor of Art History at LSU. She earned a Ph.D in Medieval Studies at Tulane University, and has been a visiting professor at Notre Dame University, and at Yale University. She serves as a Liturgical Design Consultant for new and church renovation projects throughout the country.

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 on various topics in interior design history. After retiring she returned to Baton Rouge. An avid genealogist, Bridget also loves needlework and watching her cats sleep.

Dr. Claudette M. Millsap earned BS and MBA degrees and a Ph.D. in Applied Technology and Statistical Analysis. She is a USAF veteran and retired Federal Civil Servant after holding positions as Director of DISA Slidell Testing facility, Research Scientist, Chief Information Officer for the Joint Marianas Region, and National Finance Center Director of Information Technology Operations. As the Director of Analytics for the NOPD, she performed forensic data analysis to assist detectives in finding subjects and making cases against violent offenders. Dr. Millsap taught Computer Science as an adjunct Professor at Tulane University Cyber Security Department.

Olivia McNeely Pass has a Ph.D. in American and British literature from the University of Louisiana, Lafayette; a master’s in journalism from LSU in Baton Rouge; and a master’s in literature from LSU in Baton Rouge.
Antonio Molesin 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 25 years.

Cheramie Moore has taught theater for 18 years, appeared in and directed over 30 productions and worked as a stand-up comedian. She has a degree from both USM and St Thomas University, Houston, Texas.

Lisa Nelson has an associate degree in office systems technology from Jumonville Technical College. After a 16-year career as an Administrative Assistant she found her love of making pottery. Lisa is a self-taught potter who began to learn the art of ceramics in 2019. She has since worked with the Arts Council of Pointe Coupee to instruct classes for in the area schools and a nursing home. Lisa enjoys showing others the love of pottery.

Elaine Orr received her PhD from the University of New Orleans. She is a certified yoga instructor through the Temple of Kriya Yoga, Chicago, IL. She has taught yoga and meditation for over 20 years. She has also taught stress management, holistic health, and other health and biological courses at a local university.

Jann Peck graduated from LSU with a double major in English/Spanish Education followed by a Masters In Curriculum and Instruction. Throughout her 46 years in public education, she was a teacher and administrator, but when she finally retired in 2021. She was a Dance Minor at LSU and performed in many LSU Dance Revues, Summer Musicals, and Baton Rouge Little Theater. Jann taught Aerobic Dance and Water Exercise in the 1980’s in the Baton Rouge area and after retiring to St. Francisville, she substituted for Chair Exercise and have continued to teach.

TroyLynne Perrault is a realtor at the Garden District Office of Latter & Blum, a Compass Company, licensed in the State of Louisiana since 2008. She has gained unique insights from representing buyers and sellers throughout Greater New Orleans. She has earned the Latter & Blum Gold/Silver Award annually from 2015 to present. Additionally, from 2015 to present she holds the Seller Representative Specialist (SRS) designation to better represent sellers; the Associated Buyer Representative (ABR) designation to better represent buyers; and the Historic House Specialist Designation by the Preservation Resource Center to better assist buyers purchasing and renovating older homes. She holds a master’s degree in public administration, a bachelor’s degree in general studies, and a certificate in Paralegal Studies from the University of New Orleans, and she is a fellow of the Institute of Politics at Loyola University.

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

Usha Ramadhyani, a retired anesthesiologist, is an LSU AgCenter Louisiana Master Gardener. She has served on the Master Gardeners of Greater New Orleans Board of Directors, oversees their Speakers Bureau, volunteers in the New Orleans Botanical Garden, and is enrolled in the LSU AgCenter’s Advanced Master Gardener program. Usha's areas of interest are native plants, herbs, vegetables, and gardening for pollinators. A native Bangalore, India, she has lived in the New Orleans area since 1984.

Lee Brandt 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.”

Carla Reeves is a Professional Pickleball Registry certified coach. PPR is the Official Education and Certification Partner of USA Pickleball.
INSTRUCTOR BIOGRAPHIES

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 enjoys taking courses and teaching courses for OLLI and has taught 13 different OLLI courses for the Felicianas Chapter. She has taken numerous online EdX courses including The Science and Practice of Yoga, from the University of Texas, Arlington and Poetry in America: Modernism, from HarvardX.

Mike Rich is a Certified Financial Planner with Pontchartrain Investment Management in Slidell. In practice for more than 16 years, he helps his clients enjoy life and avoid making mistakes with their money.

Janet Robertson of Decor by Flora is a Design Franchise Partner of Decorating Den Interiors. Following a 30-year career in the construction industry, Janet turned her life-long passion of interior decorating into a business.

Martha Robson loves to play bridge! ACBL certified Best Practices Instructor, she plays at the bridge club in Metairie, and she spends way too much time playing on-line games. 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.

Ed Seyler is an economist for the state of Louisiana. He grew up in New Orleans and received a PhD in economics from LSU in 2022. His work primarily involves public policy issues impacting the state of Louisiana.

Jane Simmons, a veteran OLLI instructor, has taught yoga for the past twenty years to students of all ages and stages — from children and teens to nursing home residents. Her training took place in the Living Yoga Program in Austin, Texas, and she has trained additionally in New York, California, and Portugal. Her goal is always to create an atmosphere conducive to the ideal yoga practice.

Dr. Stephenie Slahor is retired from her law practice and university and law school teaching. Now she creates OLLI courses in the natural sciences and interesting places in the world.

Dr. Robert St. Amant Dr. Robert St. Amant, a retired M.D., practiced medicine for 44 years and taught at the LSU school of medicine in New Orleans He is a board-certified family physician and Diplomate American Board of Clinical Lipidology.

Mark B. Stahl provides professional services and consulting to business organizations, government agencies, and universities on an array of workforce and professional development-related topics. Mark has extensive experience as a continuing education administrator at the University of New Orleans, at the Indiana University School of Medicine, and serves as a consultant to universities and organizations throughout Louisiana. His lifelong interests include photography, gardening, listening to live music, collecting sports cards, bicycling, and playing tennis badly.

Versa Stickle has degrees and work experience in English and Library Science. She enjoys writing and encouraging others to write and tell their own legacy stories.

William Stickle graduated from Slippery Rock University, PA with a bachelor’s degree in biology in 1965, University of South Dakota (MS zoology, minor in medical physiology) in 1967, and University of Saskatchewan at Regina (PhD biology, minor in oceanography) in 1970. After teaching at SRU, he received a postdoctoral appointment at the University of North Dakota. He joined the LSU Zoology and Physiology faculty in 1972. Bill served as chair of the Department of Zoology and Physiology from 1986-1991 and retired from the Department of Biological Science in 2015. He developed the LSU Marine Biology in Southeast Alaska Program, now in its fourteenth year. He has conducted research in the northern Gulf of Mexico, the San Juan Islands in Washington state, southeast Alaska, and Plymouth England.

Doug Stowell is a consumer and political polling veteran in both U.S. and EU Markets. His career includes Market Research Director for the Xerox Corp., U.S. Clients Director for the U.K. polling firm NOP, Ltd in London and Senior Polling Executive for Wirthlin Worldwide in Washington, D.C. He launched Market Resource Associates, in 2008 and conducts opinion polls on U.S. and global issues. He is a member of the Furman University OLLI in Greenville, SC and conducts ZOOM programs for more than 80 groups nationally. This is his fourth quadrennial election program.
Dr. Julius Tipton is a musician and an active composer. Rev. Tipton is a retired Presbyterian (USA) pastor with 27 years of experience with churches in Louisiana and Florida. He is a theologian by training and a seeker by nature. His teaching/learning style is informal and inclusive, meaning that he learns from participants and well as sharing knowledge with them.

James Trent has been a physician for 58 years and practiced family medicine for 37 years in south Baton Rouge, retiring from an active practiced in 2008. In OLLI, Trent and his co-moderator Robert St. Amant practiced together in family medicine for over 30 years.

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

Rabbi Barry L. Weinstein was ordained a Reform Rabbi at the Hebrew Union College - Jewish Institute of Religion in Cincinnati, Ohio in June 1971. He was Student Rabbi in Blytheville, Mississippi, and Associate Rabbi for Temple Israel, Omaha, for 12 years and Rabbi for Legacy Congregation B’naï Israel Baton Rouge for 25 years. He is now Rabbi Emeritus.

Elizabeth Williams founded the Southern Food & Beverage Museum and authored several books about food and culture, especially New Orleans food culture. Her podcast, “Tip of the Tongue,” about food, drink, and culture, appears weekly. Graduate of LSU Law Center. She practiced law in Washington, DC, and Louisiana. She has served as a judge in many cooking competitions and consulted internationally on the food of New Orleans.

Sam Zechenelly is a 1991 graduate of LSU Baton Rouge with a BS degree in accounting. He served as a Special Agent with IRS Criminal Investigation Division for almost 27 years. One of his favorite hobbies is learning about using Apple devices.

### OLLI Meet and Greets

**CAMELLIA CITY CHAPTER**

Come and find out about the best secret in town!

**WHEN:**
Monday, August 19th from 4:00-6:00 p.m.

**WHERE:**
Slidell Library, 555 Robert Blvd

**WHEN:**
Covington on August 20th from 10:00-12:00

**WHERE:**
St Tammany Library, 310 W. 21st Ave, Covington

**FELICIANAS CHAPTER**

Come and listen to Jesse Hoover with LSU speak about horticulture. Afterwards, listen to our great lineup of fall classes. Refreshments will be served.

**WHEN:**
Monday, September 16 from 10-11:30 a.m.

**WHERE:**
First Baptist Church, St. Francisville

**CRESCENT CITY CHAPTER**

Crescent City will have new member recruitment and information sessions in August and September.

Email Tarilyn McBride at tarilyn1@lsu.edu for more information.
<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tr>
<td>1924</td>
<td>The LSU Board of Supervisors approves the University Extension program, providing educational access to rural communities.</td>
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<td>1933</td>
<td>Enrollments grow from 746 to 5,683 with additional courses added and instructors conducting classes on-site.</td>
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<tr>
<td>1950</td>
<td>University Extension began hosting the Region 7 Louisiana Science and Engineering Fairs. The state Science &amp; Engineering Fair began two years later in 1952.</td>
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<td>1964</td>
<td>Fundamentals of Supervision holds its first class, meeting the needs of the industrial sector along the Gulf Coast. Considered the flagship course of Professional Development, it is still taught today.</td>
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<td>1972</td>
<td>The Governmental Services Institute begins. This program’s establishment underscores the university’s role in training and education for government agencies.</td>
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<td>1993</td>
<td>The LSU Paralegal Studies Certificate program gains American Bar Association (ABA) approval.</td>
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<td>1996</td>
<td>Lagniappe Studies formed and later, in 2007, became OLLI at LSU. Designed for learners age 50 and above, this program highlights LSU’s commitment to lifelong learning and community engagement.</td>
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<tr>
<td>2005</td>
<td>The LSU Independent Study high school diploma program offers high school seniors impacted by Hurricane Katrina a way to complete their graduation requirements through self-paced distance education courses.</td>
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<td>2017</td>
<td>LSU Online merges with LSU Continuing Education to form one department and expands resources in business operations, marketing, recruitment, retention, program management, and course design &amp; development.</td>
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<tr>
<td>2024</td>
<td>Continuing Education celebrates 100 years at LSU with over 2 million enrollments!</td>
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Learn more at ce.lsu.edu
Osher Lifelong Learning Institute
Louisiana State University
495 E. Parker Boulevard
Baton Rouge, LA 70808

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 from July 1, 2024 to June 30, 2025 and entitle you to the many OLLI benefits listed on page 1. The yearly membership fee is $50. This is a non-refundable, tax-deductible donation. Check your membership status by calling 225-578-2500.

DONATE TO OLLI AT LSU

Consider joining your OLLI friends on the Honor Roll of Donors List for 2024–2025. 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 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 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