

SPRING 2024

# OLLI AT LSU



**LEARNERS AGE 50 & ABOVE**

LIVE WELL. **LEARN FOREVER.**



**LSU Online**  
& CONTINUING EDUCATION

## 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 for as many courses, field trips, or special events as you like. Additional membership benefits include:

### **UREC Discount:**

Exercise at the UREC center on LSU's campus at a discounted rate.

### **Manship Theatre Discount:**

Receive a discounted rate to performances and film screenings at the Manship Theatre. Use code "OLLIF" for the film discount and "OLLIP" for the performance discount.

### **OLLI NEWS:**

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

### **LSU School of Music and Dramatic Arts:**

Pay the same discounted rate as LSU students for performances. Includes all events at the LSU Student Union.

### **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](http://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.  
Just the joy of learning. **JOIN TODAY AND BEGIN COURSES THIS FALL!**

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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 special Spring membership fee is \$25 and will be good from December 1, 2023 through June 30, 2024. The membership fee is tax deductible.

### **Where are classes offered?**

Members can register for courses in three locations, also known as chapters:

- Camellia City - Slidell
- Felicianas - St. Francisville
- Lagniappe - Baton Rouge

# GENERAL INFORMATION/FAQ

REGISTRATION BEGINS JANUARY 22

AT [CE.LSU.EDU/OLLI](https://ce.lsu.edu/olli)

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## When are classes offered?

Most Spring 2024 classes run from February 19 to March 29. Registration begins on January 22.

## How can I attend classes?

Classes are offered in three formats:



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



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



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

## How do I register for courses?

Visit [ce.lsu.edu/olli](https://ce.lsu.edu/olli) to browse our course offerings and register. Payment is only accepted via debit and credit cards.

## What are the cancellation policies?

Classes are occasionally canceled due to inclement weather. OLLI at LSU follows the St. Tammany Parish School System for the Camellia City Chapter (Slidell), EBR Parish School System for Lagniappe Chapter (Baton Rouge), and the WFP School System for the Felicianas Chapter (St. Francisville) cancellations during the fall and spring semesters. During the summer, OLLI at LSU follows LSU's closing announcements (posted on [lsu.edu](https://lsu.edu)). Courses with low enrollment as of Friday, February 9, may be canceled. If you register by Friday, February 9 and your course is canceled, you may either receive a refund or credit the course fee to another course (with no additional fees).

## Are there discounts for registering early?

Yes! Register by Sunday, February 4 at 11:59 p.m. CT and receive \$5 off each course.

## What is the photography policy?

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

## How can I stay connected on social media?

Join our Facebook group at [facebook.com/groups/olli.lsu](https://facebook.com/groups/olli.lsu)

## Who do I contact with questions?

Contact the OLLI at LSU office at 225-578-2500 between 8:00am – 4:30pm, Monday – Friday; or [OLLI@outreach.lsu.edu](mailto: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

# COURSE CALENDARS

SPRING 2024 COURSES BEGIN FEBRUARY 19

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## Zoom Courses



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Brain and Memory Activation  9:00-10:30		100 D-Days – The War Against the Rising Sun  9:00 - 11:00		
		The War in the Skies – 1939-1945  9:00 - 11:00		
Post-Impressionism, the Arts and Crafts Movement, and Art Nouveau  10:00-11:00				
From Titanic to Dune: The Best Film Music of Today  12:00 - 1:30	Kate Chopin’s Secrets in A Night in Acadie  11:30 - 1:00	Taming the Monkey Mind  1:30 - 3:00		
	The Animal Kingdom – Well, Some of It, Anyway  2:00 - 3:30	Beginning Bridge 3  2:30-4:00	Food – Ordinary, Surprising, Amazing!  2:00 - 3:30	
	Reflection and Choice: The Federalist Papers, II  5:30-7:30		Democracy in America: Alexis de Tocqueville’s Magnum Opus V  5:30-7:30	

## Camellia City Chapter Courses (Slidell)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Interior Design and Space Efficiency  9:30-12:00 TBD
		My Family Table  10:00-11:00 SREC	60 Years of Memories in Our Community  10:00-11:00 SREC		Art Talks  10:00-11:00 SREC
		Let’s Learn Floral Design  10:00-12:00 SREC			
	Chair Yoga  11:00- 12:30 SREC			A Dramatic Reading Packed with Humor  10:30-11:30 SREC	

### Camellia City Chapter COURSE LOCATIONS:

- SREC, Slidell Regional Education Center, 1050 Gause Blvd

# COURSE CALENDARS


REGISTRATION BEGINS JANUARY 22  
AT CE.LSU.EDU/OLLI

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## Felicianas Chapter Courses (St. Francisville)

  IN-PERSON











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Basic Yoga</b>  8:00-9:00 Grace Episcopal Church		<b>Basic Yoga</b>  8:00-9:00 Grace Episcopal Church	
<b>Yoga-On and Off the Mat</b>  9:00-10:00 Grace Episcopal Church	<b>Pickleball for Beginners</b>  9:00-11:00 WFP Sports Park	<b>Yoga for Strength and Flexibility</b>  9:00-10:00 WFP Library		<b>Yoga for Strength and Flexibility</b>  9:00-10:00 WFP Library
		<b>Line Dancing</b>  10:15-12:15 Grace Episcopal Church	<b>Chair Exercise</b>  9:30-10:30 United Methodist Church	
<b>Power of the Pen</b>  11:00-12:30 New Roads Library				
<b>Learning French</b>  1:00-3:00 WFP Library	<b>Great Decisions</b>  1:00-3:00 WFP Library	<b>Memory Training Ralph Schomburg</b>  1:00-3:00 WFP Library	<b>Black and White Films: A Selection</b>  1:00-3:00 WFP Library	
				<b>Improv 102</b>  4:00-6:00 WFP Library

### Felicianas Chapter COURSE LOCATIONS:

- **Grace Episcopal Church,**  
11621 Ferdinand St.
- **West Feliciana Parish Library,**  
5114 Burnett Rd.
- **West Feliciana Sports Park**  
10226 W. Feliciana Pkwy
- **United Methodist**  
9866 Royal St.
- **New Roads Library**  
201 Claiborne St.

## Lagniappe Chapter /Hybrid Courses (Baton Rouge)

  IN-PERSON /   HYBRID CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Aging Well: Lifestyle Strategies for Promoting Brain Health, Part 2</b>  9:00-10:30 St. James Place		
	<b>Beginning Bridge 2 – Play of the Hand</b>  9:00-11:00 Highland Presbyterian Church	<b>The New Architecture of Our Time</b>  9:00-11:00 BUMC and Zoom	<b>Beginning Bridge 2 – Play of the Hand</b>  9:00-11:00 Highland Presbyterian Church	<b>“Hallelujah” – Handel’s was Not the Only One</b>  9:00-11:00 St. James Place
			<b>Vikings</b>  St. James Place 9:00-11:00	
<b>Discover Ukulele</b>  9:15-11:15 BUMC			<b>Black and White Films – A Selection</b>  9:15-11:15 BUMC and Zoom	
	<b>Water Aerobics</b>  9:30 - 10:30 The Claiborne of Baton Rouge		<b>New Orleans Jazz: Origins to Revival</b>  9:15-11:15 BUMC	

# COURSE CALENDARS







SPRING 2024 COURSES BEGIN FEBRUARY 19

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## Lagniappe Chapter /Hybrid Courses Cont'd (Baton Rouge)

  IN-PERSON /   HYBRID CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basic Hatha Yoga  9:30-10:30 First Christian Church	Chair Yoga for Balance  9:30-10:30 The Claiborne of Baton Rouge	Basic Hatha Yoga  9:30-10:30 First Christian Church	Chair Yoga for Balance  9:30-10:30 The Claiborne of Baton Rouge	Crochet for Beginners  9:30-10:30 The Claiborne of Baton Rouge
	Total Nutrition Makeover  10:00-11:00 BUMC	Power of the Pen – Producing Prose that Pops  9:45-11:15 BUMC	Water Aerobics  9:30 - 10:30 The Claiborne of Baton Rouge	
	How to be a Patient Advocate for Yourself or for a Loved One  10:15-11:15 St. James Place			
	Who Knew III? Interesting Places to Visit in BR  10:30-12:00 Various locations in Baton Rouge			
	Great Decisions  11:30-1:30 BUMC			Crochet 102  10:30-11:30 The Claiborne of Baton Rouge
		Latin Movement  11:00-1:00 St. James Place		
		So What! You're Over 50! Current Advances in Medicine and Surgery  11:30-1:00 BUMC and Zoom		
Life Writing  11:30-1:30 BUMC			Cajun and Creole Cuisines: South Louisiana's Greatest Resource  11:30-1:30 BUMC	
Music Theory Adventure  11:30-1:30 BUMC	Smartphone Photography  11:30-1:30 St. James Place		The Passion, Death, and Resurrection of Jesus  11:30-1:30 BUMC	
Civil Rights Movement in Mississippi  11:30-1:30 BUMC			Upcoming Controversial Supreme Court Cases  11:30-1:30 BUMC	
The Passion, Death, and Resurrection of Jesus  11:30-1:30 BUMC			Ennegram and You  1:00-2:30 The Claiborne of Baton Rouge	Line Dancing  12:30-2:30 Jeffie Jean Dance Studio
	Beginning Bridge 1 - Bidding  1:00 – 3:00 Highland Presbyterian	Let's Practice Listening  1:30-2:30 BUMC	Beginning Bridge 1 - Bidding  1:00 – 3:00 Highland Presbyterian	
		The Great Battles of WWI  1:30-3:30 BUMC and Zoom	A Forty-Second Opera Season  1:30-3:30 St. James Place	

# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22















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## Lagniappe Chapter /Hybrid Courses Cont'd (Baton Rouge)

  IN-PERSON /   HYBRID CLASSES

<b>All Things iPhone</b>  1:45-3:45 BUMC	<b>Spanish for Beginners</b>  1:45-3:45 BUMC		<b>The Louisiana Court System</b>  1:45-3:45 BUMC	
<b>Mississippi River and Coastal Louisiana</b>  1:45-3:45 BUMC	<b>Nature: Looking and Seeing</b>  1:45-3:45 BUMC		<b>Spanish for Intermediates</b>  1:45-3:45 BUMC	
<b>Dante's Divine Comedy: Popular Ideas of the Afterlife</b>  1:45-3:45 BUMC and Zoom	<b>Religion in American Public Life - An Historical Overview</b>  1:45-3:45 BUMC			
	<b>Fabulous Felines</b>  1:45-3:45 BUMC			
	<b>All Things iPhone</b>  2:00-4:00 St. James Place	<b>Rubik's Cube for the Beginner</b>  2:30 -3:30 BUMC		
<b>Flicks and Food</b>  6:30-9:00 Drusilla's Seafood	<b>World of Italian Wine</b>  6:30-8:00 Matherne's Market Downtown		<b>A Journey Through Spain, a Spanish Wine Class</b>  6:30-8:00 Martin Wine Cellars	

### Lagniappe Chapter COURSE LOCATIONS:

- **Broadmoor United Methodist Church**, 10230 Mollylea Dr.
- **Matherne's Market**, 440 Third St. Suite 100
- **The Claiborne at Baton Rouge**, 9511 Creekview Dr.
- **Highland Presbyterian Church**, 10024 Highland Rd.
- **First Christian Church**, 8484 Old Hammond Hwy
- **St. James Place**, 333 Lee Dr.
- **Martin Wine Cellar**, 6463 Moss Side Lane
- **Jeffie Jean Dance Studio**, 11600 S. Harrells Ferry Road

## 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](mailto:OLLI@outreach.lsu.edu) to volunteer today!

# COURSE DESCRIPTIONS

SPRING 2024 COURSES BEGIN FEBRUARY 19

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## ZOOM COURSES

*Courses Accessible Online*

Zoom class

### 100 D-Days – The War Against the Rising Sun

This course, a bookend to the course *War in the Skies: The Air War in Europe 1939-45*, covers the War in the Pacific, with a particular focus on the air war. It traces the development of Japan as a modern military power, its early triumphs in Asia and the South Pacific, and how the Allies – particularly the US – turned the tide, mainly using air power launched from carriers or air bases captured during the “island hopping” campaigns of 1943-45. It concludes with the ultimate immolation of Japan under the weight of American incendiaries and – eventually – two atomic bombs.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Wednesday, February 21, 28, March 6, 13, 20

**Course Code:** OL100(1)  
**Course Fee:** \$40 (early bird \$35)  
**Instructor:** Buck Beasom  
**Coordinator:** Rich Hirsch  
**Location:** Zoom Online

### The Animal Kingdom – Well, Some of It, Anyway!

Our planet’s wide variety of life zones creates thousands of species that live, hunt, and play in the air, in the arboreal habitat, underground, on land, in fresh water, and in salt water. We’ll visit each habitat and learn about some of the animals there.

**Time & Dates:** 2:00 p.m. – 3:30 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OLANIMAL(1)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Dr. Stephenie Slahor  
**Coordinator:** TBD  
**Location:** Zoom Online

### Brain and Memory Activation

Have you been feeling brain fog, fatigue, memory loss or overwhelmed? Scientists used to think that the brain naturally deteriorated as we age, but the newest research has coined a wonderful

term called “neuroplasticity,” which is the ability of neural networks in the brain to change through growth and reorganization even as we age. In this class, we will utilize brain-stimulating exercises with the intention of building an empowered perspective about our brains. Learn about the latest cutting-edge research and techniques that involve blending Western and Eastern philosophy and practices.

**Time & Dates:** 9:00 a.m. – 10:30 a.m.  
Monday, February 19, 26, March 4, 11  
**Course Code:** OLBRAIN(1)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Katherine Robinson  
**Coordinator:** Bernadine Johnson  
**Location:** Zoom Online

### Beginning Bridge 3 – Slams and Splinters

Online bridge platforms are getting better all the time, both for playing and for teaching. This class continues our bridge-playing adventures with a closer look at how to bid, play, and defend slams, including how to recognize “danger hands” before it’s too late. The course calls for basic comfort with bidding and playing game contracts, whether or not you have taken OLLI Beginning Bridge classes. Step-by-step instructions are included for getting onto the bridge platform from Zoom.

**Time & Dates:** 2:30 p.m. – 4:00 p.m.  
Wednesday, February 21, 28, March 6, 13, 20, 27

**Course Code:** OLBDRIGE3(1)  
**Course Fee:** \$40 (early bird \$35) this includes the online fee required to play  
**Instructor:** Martha Robson  
**Coordinator:** Martha Robson  
**Location:** Online

### Democracy in America: Alexis de Tocqueville’s Magnum Opus V

In this course, we will examine Alexis de Tocqueville’s most-read work, *Democracy in America*. In the 1830s, the French aristocrat toured the fledgling United

States with the intention of studying its prisons. The scope of the work grew into a thorough study of the Antebellum United States as a whole; today, his work is considered to be the most significant study of America that was conducted by a foreigner. He assessed the American character by observing the country’s institutions, literature, art, race, family, private associations, and other facets of American life. De Tocqueville tried to understand American democracy and its relationship to equality and excellence. Throughout the course, we will arrive at fundamental questions about our character as Americans and the nature of our democracy. This course is a continuation of *Democracy in America: Volume I* of Alexis de Tocqueville’s *Magnum Opus*. This is a continuation of previous classes, but all are welcome to join!

**Time & Dates:** 5:30 p.m. – 7:30 p.m.  
Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLDEMO(5)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Katie Bailey  
**Coordinator:** Bud Snowden  
**Required Supplies:** Alexis de Tocqueville, *Democracy in America*, translated, edited, and with an introduction by Harvey C. Mansfield and Delba Winthrop. Chicago: University of Chicago Press; ISBN-10: 0226805360; ISBN-13: 978-0226805368 This translation is preferred but not necessary.  
**Location:** Zoom Online

### Food – Ordinary, Surprising, Amazing!

We eat for survival and nutrition, but food is much more than that. We’ll explore varieties, food safety, harvest/processing/marketing, domestic vs. imported foods, whether to microwave or not, food etiquette, and other “ordinary, surprising, and amazing” things about food!

**Time & Dates:** 2:00 p.m. – 3:30 p.m.  
Thursday, February 22, 29, March 7, 14  
**Course Code:** OLF00D(1)



# COURSE DESCRIPTIONS

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## ZOOM COURSES

### Courses Accessible Online

 Zoom class

**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Dr. Stephenie Slahor  
**Coordinator:** Bernadine Johnson  
**Location:** Zoom Online

### From Titanic to Dune: The Best Film Music of Today

More than ever, music is a fundamental component of a film's emotional force, and we'll explore what's behind the best film scores in today's evolving world. Anecdotes and superb audiovisuals will introduce us to the artistic and the business aspects of the music of Thomas Newman (*American Beauty*), Hans Zimmer (*Interstellar*), Rachel Portman (*Emma*), Justin Hurwitz (*La La Land*) and more composers of a fantastic new generation, who are allowing us "to see the films with new eyes and hear the films with new ears."

**Time & Dates:** 12:00 p.m. – 1:30 p.m.  
Monday, February 26, March 4, 11, 18, 25, April 1 (starting a week later)

**Course Code:** OLTITANIC(1)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Emanuel Abramovits  
**Coordinator:** Mary Lou Cutrera  
**Location:** Zoom Online

### Kate Chopin's Secrets in A Night in Acadie

Louisiana author Kate Chopin (1850-1904) specialized in secrets. Her short stories in *A Night in Acadie* tell some revealing truths about runaway marriages; people who convert from bad to good--or the opposite; and especially characters with secret, sometimes shocking yearnings.

**Time & Dates:** 11:30 a.m. – 1:00 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OLNIA(2)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Dr. Emily Toth  
**Coordinator:** Kathy Bosworth/Sue Lincoln  
**Required Supplies:** *A Night in Acadie*. Available online, Kindle and in local libraries.  
**Location:** Zoom Online

### Post-Impressionism, the Arts and Crafts Movement, and Art Nouveau

We'll see how the great post-impressionist artists, such as Toulouse-Lautrec, Alphonse Mucha, and Aubrey Beardsley, influenced the wonders of the Arts and Crafts and Art Nouveau movements.

**Time & Dates:** 10:00 a.m. – 11:00 a.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLPOST(1)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Lee Randall  
**Coordinator:** Karen Egedy  
**Location:** Zoom Online

### Reflection and Choice: The Federalist Papers, II

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. While this course is a continuation of the one taught last semester, all are welcome to join!

**Time & Dates:** 5:30 p.m. – 7:30 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 25

**Course Code:** OLREFLECT(2)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Katie Bailey  
**Coordinator:** Bud Snowden  
**Location:** Zoom Online

### Taming the Monkey Mind: Introduction to Meditation and Mindfulness

Come take a meditative journey to connect to yourself on a deeper level. Stimulate your brain and learn how to tame the monkey mind through a variety of meditative mindfulness and breathing techniques. Buddha described

the human mind as being filled with drunken monkeys, jumping around screeching, and carrying on endlessly. We all have monkey minds, with dozens of monkeys clamoring for our attention. This can cause a lot of stress, with about 70,000 thoughts a day, most of which are repetitive. These monkeys can disrupt our sense of peace and presence. In this class, we will explore the benefits of meditation and create a practice that fits your lifestyle.

**Time & Dates:** 1:30 a.m. – 3:00 a.m.  
Wednesday, March 6, 13, 20, 27  
**Course Code:** OLTAMING(02)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Katherine Robinson  
**Coordinator:** Bernadine Johnson  
**Location:** Zoom Online

### The War in the Skies – 1939-1945

This course traces the development of military aviation, the designers and fliers who participated in that development and how that process led to the greatest clash of machines in the history of warfare. We follow the Luftwaffe, the RAF, and the USAAF through their early years, learn how each enjoyed its "Finest Hour" and explore how innovation, bravery, folly, and – ultimately – American industrial might decide the war. This course has extensive images, animated graphics and embedded video from historical sources, TV miniseries and Hollywood Films.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Wednesday, January 24, 31, February 7, 14 (Beginning earlier than normal schedule)

**Course Code:** OLWAR(3)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Buck Beasom  
**Coordinator:** Rich Hirsch  
**Location:** Zoom Online



# COURSE DESCRIPTIONS

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## CAMELLIA CITY CHAPTER COURSES

### Slidell

 In-person class



### 60 Years of Memories in Our Community

Kevin Davis, past parish president and a Slidell native will take a journey down memory lane, highlighting the changes in Slidell and St. Tammany over 60 years.

**Time & Dates:** 10:00 a.m. – 11:00 a.m.

Thursday, February 29

**Course Code:** OSMEM(1)

**Course Fee:** \$5

**Instructor:** Kevin Davis

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center

### Art Talks

Charlotte Collins, a Slidell artist and teacher, will provide an inside glimpse into her motivations and techniques as she develops her art.

**Time & Dates:** 10:00 a.m. – 11:00 a.m.

Saturday, February 24

**Course Code:** OSARTT(2)

**Course Fee:** \$5

**Instructor:** Charlotte Collins

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center

### Chair Yoga

Discover Yoga in the Chair! Down Dog, Cat Cows, Twists, Lunges, Pigeon, and Balance Poses. Great stretches for the neck, shoulders, and hamstrings. Breathe practice to start, and relaxation time at the end. You will use these poses and stretches in your daily life - driving, sitting at your desk, or watching TV. Beginners welcome - no Yoga experience necessary.

**Time & Dates:** 11:00 a.m. – 12:30 p.m.

Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OSCHAIR(2)

**Course Fee:** \$35 (early bird \$30)

**Instructor:** Julie Hunt-Juneau

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center

### A Dramatic Reading Packed with Humor

Carol Young will entertain the audience with a dramatic reading of Southern literature packed with humor.

**Time & Dates:** 10:30 a.m. – 11:30 a.m.

Friday, March 29

**Course Code:** OSHUMOR(2)

**Course Fee:** \$5

**Instructor:** Carol Young

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center

### Interior Design and Space Efficiency

Using real life examples, members of Women in Construction will demonstrate how to use space efficiently.

**Time & Dates:** 9:30 a.m. – 12:00 p.m.

Saturday, March 9

**Course Code:** OSDESIGN(1)

**Course Fee:** \$10 (early bird \$5)

**Instructor:** Women in Construction

**Coordinator:** Margo Guilott

**Location:** TBD

### Let's Learn Floral Design

Bring a vase and a bunch of flowers from the grocery store or your garden to learn how to create a lovely arrangement.

**Time & Dates:** 10:00 a.m. – 12:00 p.m.

Wednesday, March 13

**Course Code:** OSFLORAL(1)

**Course Fee:** \$10 (early bird \$5)

**Instructor:** Pat Crawford

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center

### My Family Table

John Besh, a famous celebrity chef, will offer a talk about wholesome food for the family that is easy to prepare and delicious!

**Time & Dates:** 10:00 a.m. – 11:00 a.m.

Wednesday, February 28

**Course Code:** OSCHEF(1)

**Course Fee:** \$5

**Instructor:** John Besh

**Coordinator:** Margo Guilott

**Location:** Slidell Regional Education Center



## FELICIANAS CHAPTER COURSES

### St. Francisville

 In-person class



### SESSION I

#### 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.

Tues. and Thurs., Feb. 20, 22, 27, 29,  
March 5, 7, 12, 14, 19, 21, 26, 28, April 2,  
4, 9, 11, 16, 18, 23, 25, 30

**Course Code:** OFBEYOG(67)

**Course Fee:** \$75 (early bird \$70)

**Instructor:** Owen Kemp

**Coordinator:** Georgia LaCour

**Required Supplies:** Yoga mat

**Location:** Jackson Hall at Grace  
Episcopal Church

#### Black and White Films – A Selection

Study and appreciation of selected films from the 1940s through present time, whose grandeur derives from being shot in black and white. We will discuss and view clips from films from the black-and-white era that are distinctive because of the monochromatic format, and films intentionally shot in black and white during the present era of color photography. We will discuss the cinematographers and directors, plots, the critic's and public's reception, and what the black-and-white-format contributes to the uniqueness of the film. The majority of the films featured will be dramas, with some comedies.

**Time & Dates:** 1:00 p.m. – 3:00 p.m.

Thursday, February 22, 29, March 7,  
14, 21, 28

**Course Code:** OFILM(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Rich Hirsch

**Coordinator:** Ed Lanius

**Location:** West Feliciana Parish Library

#### Chair Exercise

Chair Exercise is a blend of yoga, cardio, strength, and balance movements that can be done in a chair or standing, but not on the floor. The choreographed routines will be differentiated for all fitness levels as the class rocks to 60's-80's music.

**Time & Dates:** 9:30 a.m. – 10:30 a.m.

Thursday, February 22, 29, March 7,  
14, 21, 28

**Course Code:** OFCHE(6)

**Course Fee:** \$25 (early bird \$20)

**Instructor:** Jann Peck

**Coordinator:** Rhonda Young

**Location:** United Methodist Church

#### Great Decisions 2024

"Great Decisions" is one of America's largest discussion programs on world affairs and the most critical global issues facing America today. In preparation for each topic, participants will review the Great Decisions Briefing Book (to be purchased from the Foreign Policy Association). During each meeting, we will watch the associated video and have a rousing round-table discussion. The expected topics for 2024 are Mideast realignment, climate technology and competition, science across borders, US-China trade rivalry, NATO's future, understanding Indonesia, the High Seas Treaty, and pandemic preparedness. Differing views and opinions are encouraged.

**Time & Dates:** 1:00 p.m. – 3:00 p.m.

Tuesday, February 20, 27, March 5, 12,  
19, 26, April 2, 9

**Course Code:** OFIMP(2)

**Course Fee:** \$70 (early bird \$65)

**Instructor:** Dr. Bob Toburen and Gary  
Casteel

**Coordinator:** Rich Hirsch

**Required Supplies:** Great Decisions

Briefing Book (available from the Foreign  
Policy Association -

<https://www.fpa.org/>)

**Location:** West Feliciana Parish Library

#### Improv 102

Improv 101 was such a success. Let's do it again! I invite you to another evening of fun and challenging improv games and exercises. Stretch your imagination and reactivate your sense of fun.

**Time & Dates:** 4:00 p.m. – 6:00 p.m.

Friday, February 23, March 1

**Course Code:** OFIMP(2)

**Course Fee:** \$20 (early bird \$15)

**Instructor:** Cheramie Moore

**Coordinator:** Ed Lanius

**Location:** West Feliciana Parish Library

#### Learning French

This class will be 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 experience. The lessons will cover proper pronunciation, building vocabulary, and putting together phrases and sentences for realistic communication. Basic grammar points will be covered for use as needed and French culture will be intermingled within the lessons. Students will get both oral and written instruction in the use of the French language.

**Time & Dates:** 1:00 p.m. – 3:00 p.m.

Monday, February 19, 26, March 4, 11,  
18, 25

**Course Code:** OFLFRENCH(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Sally Jones

**Coordinator:** TBD

**Location:** West Feliciana Parish Library

# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22

AT [CE.LSU.EDU/OLLI](http://CE.LSU.EDU/OLLI)

OLLI  
AT LSU

LSU Online  
& CONTINUING EDUCATION



## FELICIANAS CHAPTER COURSES

### St. Francisville

 In-person class  Hybrid class

#### Line Dancing

Come have a great time 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, Latin, contemporary, and traditional. 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.

**Time & Dates:** 10:15 a.m. – 12:15 p.m.  
Wednesday, February 21, 28, March 6, 13, 20, 27

**Course Code:** OFLID(11)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Jerisse Grantham  
**Coordinator:** Georgia LaCour  
**Location:** Grace Episcopal Church

#### Memory Training

This memory training course provides tools and techniques to improve your memory skills. While the stage is set with a descriptive understanding of the physiology of the brain and mental processes, the focus of the course is to deliver prescriptive tips, tools, and techniques each session to practice each week. Memory training exercises many facets of the mind to improve cognition, recall, storage, flexibility, and mental agility. This course is for anyone who wants to maintain an agile and vigorous mind.

**Time & Dates:** 1:00 p.m. – 3:00 p.m.  
Wednesday, Feb 21, 27, Mar 6, 13, 20, 27

**Course Code:** OFMENT(4)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Ralph Schomburg  
**Coordinator:** Dawn Hoyle  
**Location:** West Feliciana Parish Library

#### Pickleball for BEGINNERS

This fun and exciting class will be taught by long-time instructor Pat Heurtin. She will be assisted by Carla Reeves, a PPR [Professional Pickleball Registry] as a Certified Teacher and Coach. This class is directed at teaching the basics for beginners only – serving, return of serve, soft shots, volleys, and scoring. Pickleball is an active sport, so you need to be prepared and able to move briskly on the court.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OFBPB(4)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Pat Heurtin  
**Coordinator:** Carla Reeves  
**Required Supplies:** Paddles and balls will be provided for all students. However, all participants must wear proper court shoes since the playing surface is the same as a tennis court. [no running or cross-training shoes.....not safe].  
**Location:** West Feliciana Sports Park

#### Power of the Pen – Producing Prose that Pops

In this interactive workshop, we'll explore sure-fire ways to take your writing skills to the next level. Whether you enjoy drafting letters, composing essays, posting on social media, or just jotting down journal entries, you'll learn to create scintillating stories that sparkle and shine. We'll explore subject areas such as developing story structure, improving clarity, optimizing visualization techniques, finding your voice, and enhancing readability through the use of cadence and rhythm. Discover how to express yourself more effectively and produce prose that pops!

**Time & Dates:** 11:00 a.m. – 12:30 p.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OFPOWER(1)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Billy Gibson  
**Coordinator:** Ed Lanus  
**Location:** New Roads Library

#### Yoga for Strength and Flexibility

Yoga is a great way to incorporate breathing, stretching, and resistance into overall fitness; it also can be a complement to any other activity. No prior yoga experience is needed, and there are adjustments and accommodations for wall poses. Breathing, focus, and relaxation contribute to an overall sense of well-being and balance.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.  
Wed. and Fri., Feb. 21, 23, 28, March 1, 6, 8, 13, 15, 20, 22, 27, 29, April 3, 5, 10, 12, 17, 19, 24, 26, May 1, 3

**Course Code:** OFGEYOG(36)  
**Course Fee:** \$80 (early bird \$75)  
**Instructor:** Jane Simmons  
**Coordinator:** Carla Bowman  
**Required Supplies:** Yoga mat  
**Location:** West Feliciana Parish Library

#### Yoga On and Off the Mat

Start off your week with a Monday morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner's mind and a mat; all levels are welcome. 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, February 19, 26, March 4, 11, 18, 25

**Course Code:** OFYOGA(8)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Sue Lockwood and Darlene Reaves  
**Coordinator:** Georgia LaCour  
**Required Supplies:** Yoga Mat  
**Location:** Grace Episcopal Church, Jackson Hall

# COURSE DESCRIPTIONS


SPRING 2024 COURSES BEGIN FEBRUARY 19

OLLI  
AT LSU

LSU Online  
& CONTINUING EDUCATION

## FELICIANAS CHAPTER COURSES

St. Francisville

 In-person class



### SESSION II

#### Basic Yoga

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

**Time & Dates:** 8:00 a.m. – 9:00 a.m.

Tues. and Thurs., April 30, May 2, May 7, 9, 14, 16, 21, 23, 28, 30, June 4, 6, 11, 13, 18, 20, 25, 27, July 2

**Course Code:** OFBEYOG(68)

**Course Fee:** \$70 (early bird \$65)

**Instructor:** Owen Kemp

**Coordinator:** Georgia LaCour

**Required Supplies:** Yoga mat

**Location:** Jackson Hall at Grace Episcopal Church

#### Yoga for Strength and Flexibility

Yoga is a great way to incorporate breathing, stretching, and resistance into overall fitness; it also can be a complement to any other activity. No prior yoga experience is needed, and there are adjustments and accommodations for wall poses. Breathing, focus, and relaxation contribute to an overall sense of well-being and balance.

**Time & Dates:** 9:00 a.m. – 10:00 a.m.

Wed. and Fri., May 8, 10, 15, 17, 22, 24, 29, 31, June 5, 7, 12, 14, 19, 21, 26, 28, July 3, 5

**Course Code:** OFGEYOG(37)

**Course Fee:** \$65 (early bird \$60)

**Instructor:** Jane Simmons

**Coordinator:** Carla Bowman

**Required Supplies:** Yoga mat

**Location:** West Feliciana Parish Library

#### Yoga On and Off the Mat

Start off your week with a Monday morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner's mind and a mat; all levels are welcome. 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, April 29, May 5, 13, 20, June 3, 10, 17, 24, July 1

**Course Code:** OFYOGA(9)

**Course Fee:** \$35 (early bird \$30)

**Instructor:** Sue Lockwood and Darlene Reaves

**Coordinator:** Georgia LaCour

**Required Supplies:** Yoga Mat

**Location:** Grace Episcopal Church, Jackson Hall



# COURSE DESCRIPTIONS



SPRING 2024 COURSES BEGIN FEBRUARY 19

OLLI  
AT LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

*Baton Rouge*

 In-person class  Hybrid class



### SESSION I

#### Aging Well: Lifestyle Strategies for Promoting Brain Health Part 2

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 apply 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. This course is part of a two-part sequence with part 1 taught in the fall. You are welcome to complete only one part.

**Time & Dates:** 9:00 a.m. – 10:30 a.m.  
Wednesday, February 21, March 6, 20,  
April 3 (every other week)

**Course Code:** OLAGING(2)

**Course Fee:** \$25 (early bird \$20)

**Instructor:** Dr. Matt Calamia

**Coordinator:** Mary Dommert

**Optional Supplies:** *Keep Your Wits About You: The Science of Brain Maintenance as You Age* by Vonetta Dotson, *The Brain Health Book: Using the Power of Neuroscience to Improve Your Life* by John Randolph, *High Octane Brain: 5 Science Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's* by Michelle Braun & Karen Postal. All of these books can be purchased from Amazon.

**Location:** St. James Place Retirement Community, Theatre Room

#### 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:** 2:00 p.m. – 4:00 p.m.  
Tuesday, February 20, 27, March 5, 12,  
19, 26

**Course Code:** OLAPHONE(7)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Tommy Draughn

**Coordinator:** Trisha Cook

**Location:** St James Place Retirement Community – Theatre Room

#### 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, February 19, 26, March 4, 11,  
18, 25

**Course Code:** OLAPHONE(8)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Tommy Draughn

**Coordinator:** TBD

**Location:** Broadmoor United Methodist Church

#### Basic Hatha Yoga

Learn, reconnect, and enrich your lifestyle by learning yoga poses while using your breath with movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice seated poses. The ability to transition from seated poses to standing is necessary. Join this coed class of yogis to discover the "present moment" while gaining strength, stamina, and core stability. Wear comfortable clothes, leave your shoes, cell phone, worries, and the "outside world" to enjoy this class. Focus on the PRESENT and the NOW with gratitude and without judgment.

**Time & Dates:** 9:30 a.m. – 10:30 a.m.  
Monday and Wednesday, February 19,  
21, 26, 28, March 4, 6, 11, 13, 18, 20, 25,  
27

**Course Code:** OLBHY(32)

**Course Fee:** \$80 (early bird \$75)

**Instructor:** Agnes Bickham

**Coordinator:** Fran Martin

**Location:** First Christian Church

#### Beginning Bridge 1 - Bidding

People play bridge for one reason: because it's fun! This course is for everyone who wants to learn (or remember how) to play bridge. For social and duplicate players alike, we will go over the basics -- bidding, play of the hand, strategy, puzzle-solving, and common bridge conversations, aka "conventions." You might want to enjoy playing with friends or you might want to get involved at a bridge club, either way, these classes will help you get started. At least half of every class will be spent with the cards in your hands. Note: This is the last time this class will be offered face-to-face. Next fall we will be online!

# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22

AT [CE.LSU.EDU/OLLI](http://CE.LSU.EDU/OLLI)

OLLI  
AT  
LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class

**Time & Dates:** 1:00 p.m. – 3:00 p.m.

Tuesday and Thursday, February 20, 22, 27, 29, March 5, 7, 12, 14, 19, 21, 26, 28

**Course Code:** OLBBR(8)

**Course Fee:** \$120 (early bird \$115)

**Instructor:** Martha Robson

**Coordinator:** Martha Robson

**Location:** Highland Presbyterian Church

### Beginning Bridge 2 – Play of the Hand

What do Warren Buffet, Bill Gates, and James Holzhauer have in common? They all play bridge! Along with all the Founding Fathers and the Earl of Sandwich. If you'd like to get in on the fun, this class will teach you what you need to know in a fun and supportive atmosphere. The class is for everyone with a basic knowledge of bridge skills, whether or not you have taken the OLLI Beginning Bridge 1 class. We will cover competitive bidding, defense, long suits, and big hands. At least half of every class will be spent with the cards in our hands. Note: This is the last time this class will be offered face-to-face. Next fall, we will be going online!

**Time & Dates:** 9:00 a.m. – 11:00 a.m.

Tuesday and Thursday, February 20, 22, 27, 29, March 5, 7, 12, 14, 19, 21, 26, 28

**Course Code:** OLBBH(1)

**Course Fee:** \$120 (early bird \$115)

**Instructor:** Martha Robson

**Coordinator:** Martha Robson

**Location:** Highland Presbyterian Church

### HYBRID - Black and White Films – A Selection

Study and appreciation of selected films from the 1940s through present time, whose grandeur derives from being shot in black and white. We will discuss and view clips from films from the black-and-white era that are distinctive because of the monochromatic format, and films intentionally shot in black-

and- white during the present era of color photography. We will discuss the cinematographers and directors, plots, the critics, the public's reception, and what the black and white format contributes to the uniqueness of the film. The majority of the films featured will be dramas with some comedies.

**Time & Dates:** 9:15 a.m. – 11:15 a.m.

Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLFILM(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Rich Hirsch

**Coordinator:** Steve Haines

**Location:** Broadmoor United Methodist Church

**Time & Dates:** 9:15 a.m. – 11:15 a.m.

Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLFILM(2)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Rich Hirsch

**Coordinator:** Steve Haines

**Location:** Zoom Online

### 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, February 22, 29, March 7, 14, 21, 28



# COURSE DESCRIPTIONS



SPRING 2024 COURSES BEGIN FEBRUARY 19

OLLI  
AT LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class

**Course Code:** OLCAJUN(3)  
**Course Fee:** \$100 (early bird \$95)  
**Instructor:** Dave Howson  
**Coordinator:** Claire Fontenet  
**Location:** Broadmoor United Methodist Church

### Chair Yoga for Balance

This accessible yoga class is designed to engage the body and the mind through a series of seated stretches and standing postures. No yoga experience is needed to increase flexibility, build muscles, and practice focus. Perfect for anyone looking to practice fall prevention and protect brain health through the mind-body connection. This in-person class is full of fun and energy all with the goal of leaving feeling better than when you began.

**Time & Dates:** 9:30 a.m. – 10:30 a.m.  
Tuesday and Thursday, Feb. 20, 22, 27, 29, March 5, 7, 12, 14, 19, 21, 26, 28  
**Course Code:** OLCHAIR(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Sallie Tetzlaff  
**Coordinator:** Dottie Frazzini  
**Location:** The Claiborne Retirement Community

### The Civil Rights Movement in Mississippi

Mississippi is one of the first states that most Americans identify with the civil rights movement. The murder of Emmett Till, integration of Ole Miss, and assassination of Medgar Evers are commonly associated with the Mississippi Movement, but most people are less familiar with the decades of grassroots organizing that made progress possible in Mississippi. This course will explore the stories of Mississippi activists and organizations who made the changes outside of the national spotlight. We'll also consider how key events like the murder of Emmett Till, Brown v. Board of Education, 1964 Mississippi Summer Project (Freedom Summer), and the passage of the Voting Rights Act of 1965 influenced the shape of the civil rights movement in Mississippi. This course will provide a new perspective on both the civil rights movement and Mississippi's history.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Monday, February 19, 26, March 4, 11, 18

**Course Code:** OLRIGHTS(1)  
**Course Fee:** \$40 (early bird \$35)  
**Instructor:** Justin Martin  
**Coordinator:** Frank Duke  
**Location:** Broadmoor United Methodist Church

### Crochet for Beginners

In this class, we will cover the basics of crocheting! We will learn simple stitches and techniques that you can use to make almost anything! We will also learn about different yarns, hooks, and even how to read a crochet pattern! The goal is for each student to feel confident about making a crocheted piece of their own!

**Time & Dates:** 9:30 a.m. – 10:30 a.m.  
Friday, February 23, March 1, 8, 15, 22, 29  
**Course Code:** OLCROC(4)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Jordan Jennings  
**Coordinator:** Jordan Jennings  
**Required Supplies:** Size 4 or 5 acrylic yarn & H hook (5mm)  
**Location:** The Claiborne Retirement Community – Baton Rouge

### Crochet 102

This is the next class after Crochet for Beginners! We are going to take it up just a notch! If you enjoyed learning the basic stitches, then you will enjoy taking a more in-depth look into reading patterns and learning a few crochet staples, such as granny squares and different border stitches! This will take your crocheting knowledge to the next level!!

**Time & Dates:** 10:30 a.m. – 11:30 a.m.  
Friday, February 23, March 1, 8, 15, 22, 29  
**Course Code:** OLCROC102(1)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Jordan Jennings  
**Coordinator:** Jordan Jennings  
**Required Supplies:** Size 4 or 5 Acrylic Yarn & H hook (5mm)  
**Location:** The Claiborne Retirement Community – Baton Rouge





# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22

AT [CE.LSU.EDU/OLLI](http://CE.LSU.EDU/OLLI)

OLLI  
AT  
LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



### HYBRID - Dante's Divine Comedy: Popular Ideas of the Afterlife

Dante's long poem *The Divine Comedy*, the most famous work of Italian literature, is a masterpiece that presents a vivid depiction of the afterlife in heaven, purgatory, and hell. This specific version of the afterlife has permeated popular thought for the 700 hundred years since its completion in 1321. In this class, we will look at how this medieval poem has shaped our ideas of life after death in the Western world. We will read Dante's humanist view of medieval Europe and of man's place in the universe as an influential account that in many ways eclipses the Bible as a blueprint for salvation.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLDANTE(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Erica Daigle  
**Coordinator:** Bud Snowden

**Optional Supplies:** *Dante, Divine Comedy* (any edition), can be found on Amazon or other bookstores

**Location:** Broadmoor United Methodist Church

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLDANTE(2)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Erica Daigle  
**Coordinator:** Karen Egedy

**Optional Supplies:** *Dante, Divine Comedy* (any edition), can be found on Amazon or other bookstores

**Location:** Zoom Online

### Discover Ukulele Workshop

Unleash your inner musician and embark on a joyful musical journey with our Discover Ukulele Workshop.

Whether you're a beginner or have some experience, our engaging lessons will have you strumming, plucking, and singing your favorite songs in no time. Join our experienced instructor as we explore the basics of ukulele playing, from mastering chords and strumming patterns to exploring different techniques and styles. Experience the joy of making music together, connect with fellow classmates, and let the sweet sounds of this enchanting instrument fill your world. Enroll today and let the ukulele adventure begin!

**Time & Dates:** 9:15 a.m. – 11:15 a.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLUKU(2)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Tommy Draughn  
**Coordinator:** Carolyn Booker  
**Location:** Broadmoor United Methodist Church

### Enneagram and You

The Enneagram is an ancient typology system used to describe human personality. However, it is not your average personality test. Enneagram is much deeper and explores inner motivation, fears, needs, and basic desires. Enneagram is extremely personal and can be utilized for not only understanding oneself, but helping to understand those around you better which can result in richer and more harmonious relationships, as well as deeper appreciation for those around you.

**Time & Dates:** 1:00 p.m. – 2:30 p.m.  
Thursday, February 22, 29, March 7

**Course Code:** OLENNE(1)  
**Course Fee:** \$20 (early bird \$15)  
**Instructor:** Jordan Jennings  
**Coordinator:** Jordan Jennings  
**Location:** The Claiborne Retirement Community – Baton Rouge



# COURSE DESCRIPTIONS


SPRING 2024 COURSES BEGIN FEBRUARY 19

OLLI  
AT LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class

#### Fabulous Felines – The Basics

This class was formerly known as Fabulous Felines Part One. From the tip of the nose to the top of the tail this five-week class will teach you the basics about cats. Course topics will include anatomy, behaviors (of which there are many and what they mean), the origins of all cats, how to communicate with a cat, the feline grimace scale, interesting breeds, and many other important topics. The instructor always wants her students to learn in an interesting and fun environment. There will be a special guest talking to us about how to best photograph your pet. The last class will be a field trip to Cat Haven to view and interact with the topic of our study. Even if you don't own a cat, you're welcome to come learn about these fascinating and fabulous creatures.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Tuesday, February 20, 27, March 5, 12, 19

**Course Code:** OLFFPI(4)  
**Course Fee:** \$40 (early bird \$35)  
**Instructor:** Trish Kaplan  
**Coordinator:** TBD

**Location:** Broadmoor United Methodist Church

#### Flicks and Food: Heist Movies

This semester we will take a mostly light-hearted look at movies with robbery at the center of the plot. Three films will be viewed and discussed: *The Lavender Hill Mob* (1951), a classic comic caper starring Alec Guinness. Alfred Hitchcock's *To Catch a Thief* (1955), starring Cary Grant and Grace Kelly. *The Duke* (2020), featuring Jim Broadbent as a sixty-year-old taxi driver who plots to steal a famous painting and Helen Mirren as his beleaguered wife.

**Time & Dates:** 6:30 p.m. – 9:00 p.m.  
Monday, February 19, March 4, 18  
**Course Code:** OLFLICK()

**Course Fee:** \$165 (early bird \$160)  
**Instructor:** Donald Beale  
**Coordinator:** Karen Egedy  
**Location:** Drusilla's Seafood Restaurant

#### A Forty-Second Opera Season

Enjoy and learn about opera using DVDs and lectures. Puccini's "Tosca" will be featured in two classes. The first stars soprano Angela Gheorghiu in the title role along with tenor Jonas Kaufmann; the second features the legendary soprano Maria Callas and the baritone Tito Gobbi. A third class will focus on Wagner's "Lohengrin," and a fourth will feature a concert performance of favorite arias and ensembles.

**Time & Dates:** 1:30 p.m. – 3:30 p.m.  
Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLOPERA(14)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Thomas Beard  
**Coordinator:** Ken Nelson  
**Location:** St. James Place Retirement Community, Theatre Room

#### HYBRID - The Great Battles of World War I

World War I was a war known for fighting in trenches. The two sides — British and French on one and Germans on the other — established trench systems opposite one another that barely moved for four years. But that did not mean the two sides did not try to break through the other's system. Each launched major offensives that ended up in great battles with hundreds of thousands of dead and wounded. This course will present such battles, their causes, and consequences.

**Time & Dates:** 1:30 p.m. – 3:30 p.m.  
Wednesday, February 21, 28, March 6, 13, 20, 27

**Course Code:** OLWWI(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Karl Roider  
**Coordinator:** Debbie Reynaud  
**Location:** Broadmoor United Methodist Church



**Time & Dates:** 1:30 p.m. – 3:30 p.m.  
Wednesday, February 21, 28, March 6, 13, 20, 27

**Course Code:** OLWWI(2)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Karl Roider  
**Coordinator:** Debbie Reynaud  
**Location:** Zoom Online

#### Great Decisions – US Foreign Policy in 2024

"Great Decisions" is a foreign affairs educational program developed by the Foreign Policy Association. The course includes a briefing book providing historical background, current U.S. policy and alternative policy options, together with further suggested readings and resources on each topic. One focus of the course will be realpolitik alternatives to simplistic narratives often seen in mainstream media. Planned topics for Spring 2024 are (1) NATO's future, (2) Mideast realignment, (3) Pandemic preparedness, (4) U.S.-China trade rivalry, (5) Climate technology, (6) Understanding Indonesia, and (7) the High Seas treaty.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Tuesday, February 27, March 5, 12, 19, 26, April 2, 9

**Course Code:** OLGRDEC(15)  
**Course Fee:** \$60 (early bird \$65)  
**Instructor:** Lance Foster  
**Coordinator:** TBD  
**Required Supplies:** Great Decisions Briefing Book (available from the Foreign Policy Association - <https://www.fpa.org/> )

**Location:** Broadmoor United Methodist Church

#### "Hallelujah" - Handel's Was Not the Only One

"Hallelujah": we say that with excitement and sometimes with relief. The Church sings it with joy today, just as it has done for centuries. Our classes will listen to and learn about a variety of musical settings from G. F. Handel to

# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22

AT [CE.LSU.EDU/OLLI](http://CE.LSU.EDU/OLLI)

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



Randell Thompson, with several others mixed in. We will also examine a related expression of Church Music: the "Gloria", from composers such as Antonio Vivaldi and Francois Poulenc. Just so you know: there will be singing.

**Time & Dates:** 9:00 a.m. -11:00 a.m.  
Friday, February 23, March 1, 8, 15, 22, 29

**Course Code:** OLLHALL(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Tip Tipton  
**Coordinator:** Margo Kiehfuss  
**Location:** St. James Place Retirement Community, Duplantier Auditorium

### How to be a Patient Advocate for Yourself or a Loved One

This is a grassroots education program answering the question of who needs a patient advocate. The answer is everyone! For those facing healthcare challenges either for themselves or a loved one, the medical system can be complex 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 what you needed to do next or felt 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:** 10:15 a.m. – 11:15 a.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OLPATIENT(1)  
**Course Fee:** \$25 (early bird \$20)  
**Instructor:** Kathy Lovett  
**Coordinator:** Trisha Cook  
**Location:** St. James Place Retirement Community- Theatre Room



# COURSE DESCRIPTIONS

SPRING 2024 COURSES BEGIN FEBRUARY 19

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

In-person class Hybrid class

#### A Journey Through Spain (Spanish Wine Class)

Join us as we travel through Spain's most notorious wine regions including La Rioja, Priorat, Castilla y Leon and Rias Baixas. We will sample 6 different wines that encompass each region and make you feel like you're in Spain! We will also learn about different wineries and their history. Charcuterie and sandwiches will be served.

**Time & Dates:** 6:30 p.m. - 8:00 p.m.

Thursday, February 22

**Course Code:** OLSWINE(1)

**Course Fee:** \$40 (early bird \$35)

**Instructor:** Adam Bosworth

**Coordinator:** Mary Lou Cutrera

**Location:** Martin Wine Cellar on Moss Side Lane

#### Latin Movement

Classes will provide a structured method of learning various styles of movement in a fun and vibrant environment. Each class will incorporate dance combinations and styles that will not require a dance partner and will begin with salsa and samba. The dance instructor will help

you with your coordination as well as with the music and rhythm. Wellness benefits from dancing are numerous. Dancing can improve cognitive functions and has been shown it can 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, February 21, 28, March 6, 13, 20, 27

**Course Code:** OLLATDAN(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** James Heath

**Coordinator:** TBD

**Location:** St. James Place Retirement Community, Duplantier Auditorium

#### Let's Practice Listening

Really listening to others is a skill. Yep. It is neither natural nor easy and yet you know you love it when you feel that someone actually hears what you are saying and feeling. I sure do! The simple skills to do this will be briefly explained and then practiced with each other a lot in three 50-minute classes. A simple class but you will practice a skill that everyone, everywhere appreciates: really listening.

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

Wednesday, February 21, 28, March 6

**Course Code:** OLLISTEN(1)

**Course Fee:** \$15 (early bird \$10)

**Instructor:** Phil Chenevert

**Coordinator:** TBD

**Location:** Broadmoor United Methodist Church

#### Life Writing

We write outside of class and share our creative non-fiction/memoir pieces with the group.

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

Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLIFEW(31)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Versa Stickle

**Coordinator:** Donni Shields

**Location:** Broadmoor United Methodist Church

#### Line Dancing

Come have a great time showing off your best dance moves. Line Dancing is a line of dancers executing a sequence of steps at the same time. It has a strong country music base but has crossed into music styles like disco, pop, Cajun, and Latin. In Line Dance, 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:** 12:30 p.m. - 2:30 p.m.

Friday, February 23, March 1, 8, 15, 22, 29

**Course Code:** OLLID(31)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Jerisse Grantham

**Coordinator:** Mackie Burt

**Location:** Jeffie Jean Dance Studio

#### The Louisiana Court System

To explain the structure of the state court system, we will hear from Chief Justice John Weimer of the Supreme Court of Louisiana, Chief Judge John Michael Guidry of the First Circuit Court of Appeal, Judges Louise Hines and Kelly Balfour of the 19th Judicial District Court (one handling civil cases, the other criminal cases), Family Court Judge Pam Baker, Juvenile Court Judge Gail Grover, City Court Judge Judy Vendetto, and Justice of the Peace Mark Miley.

**Time & Dates:** 1:45 p.m. - 3:45 p.m.

Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLCOURT(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Linda Lightfoot

**Coordinator:** Jenny Hastings

**Location:** Broadmoor United Methodist Church



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REGISTRATION BEGINS JANUARY 22

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



### Mississippi River and Coastal Louisiana

The Mississippi River is the dominant river in the United States. The system north of St. Louis consists of 29 locks and dams designed to maintain a depth of at least 9 feet. Below St. Louis, the river is a canal. Barge and Boat traffic traverse the length of the river 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. Engineering projects are designed to stabilize the shoreline. The region is economically important for shipping ports, is a vital and productive habitat for fish and shellfish, and is a flyway for migratory birds.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Monday, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLMSCOAST(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Bill Stickle

**Coordinator:** Kevin Portz  
**Optional Supplies Needed:** *The Fertile Fisheries Crescent with an Emphasis on Louisiana*, William Stickle  
**Location:** Broadmoor United Methodist Church

### 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, February 19, 26, March 4, 11, 18, 25

**Course Code:** OLMUSIC(3)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Tommy Draughn  
**Coordinator:** Beth O'Quinn

**Location:** Broadmoor United Methodist Church

### Nature: Looking and Seeing

In this class you will explore the works of numerous outstanding wildlife artists and meet several local artists that focus their works on nature, each in their own way. Do you ever wonder why certain paintings and drawings appeal to you more than others? Seeing is not a mechanical process. "The eye is blind to what the mind does not see," says an old Arabian proverb. And for the mind to see, it must not only be on the alert but be capable of seeing. Science and Art look at things very differently. Science deals with things

as they are; Art (that is, Representative Art) deals with things as they appear and how you feel after looking. What makes certain works of art especially attractive to you? Visual arts are related, for they are based on the same visual elements and the same principles of composition, whether they are painting, photography, landscape design, architecture. Art is a language that you will come to understand and appreciate.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OLNATURE(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Charles Fryling  
**Coordinator:** JoAnn Fryling  
**Location:** Broadmoor United Methodist Church

### HYBRID - The New Architecture of Our Time

What's new in the built environment? What directions can we see? Just in the past year or two, we find breathtaking new public structures including museums, libraries, skyscrapers, airports, civic centers, and worship



# COURSE DESCRIPTIONS



SPRING 2024 COURSES BEGIN FEBRUARY 19

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class

centers. And what about domestic spaces, from private homes to apartment buildings? What are the sources of inspiration for these new structures? What are the lifestyle shifts, social, philosophical, ecological, and cultural concerns driving new design concepts? Giant printers extruding clay or cement now create architectural structures that defy familiar building techniques. NASA is exploring printing buildings on the moon! Scary, but exhilarating, is the question of the role Artificial Intelligence (AI) is already playing in the future of design. A wonder-filled new world is out there— we'll try and see what it's all about!

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Wednesday, February 28, March 6, 13, 20, 27, April 3 (starting a week later)

**Course Code:** OLMARCH(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Marchita Mauck

**Coordinator:** Claire Fontenot

**Location:** Broadmoor United Methodist Church

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Wednesday, February 28, March 6, 13, 20, 27, April 3 (starting a week later)

**Course Code:** OLMARCH(2)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Marchita Mauck

**Coordinator:** Karen Egedy

**Location:** Zoom Online

### New Orleans Jazz: Origins to Revival

The story of New Orleans jazz is the story of a unique musical style that impacted popular culture far beyond the bounds of the Crescent City. Performers like Jelly Roll Morton, Louis Armstrong, and Pete Fountain became known worldwide. Using video clips and lots of recorded music, in this course we will examine the complex origins of jazz, its rise in popularity in the 1920s and decline in the Depression years, and its revival in the years after World War II.

**Time & Dates:** 9:15 a.m. – 11:15 a.m.  
Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OIJAZZ(1)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Rick Pitcher

**Coordinator:** Margaret Muse

**Location:** Broadmoor United Methodist Church

### The Passion, Death, and Resurrection of Jesus

A detailed study of the central events of the Christian faith. Through Scripture study, silent moments of quiet reflection, and musical interludes this course will lead you into a personal encounter with the heart of Christian faith in Jesus as Savior and Lord. It will coincide with the Lenten season and conclude with an analysis of the five Resurrection narratives during the first week of the Easter season. This course was first taught at Maxwell AFB at the request of the USAF Chaplaincy.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Monday and Thursday, February 19, 22, 26, 29, March 4, 7, 11, 14, 18, 21, 25, 28, April 1, 3

**Course Code:** OLPAS(2)

**Course Fee:** \$105 (early bird \$100)



# COURSE DESCRIPTIONS

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class

**Instructor:** Dr. Francis Vanderwall  
**Coordinator:** Carolyn Booker  
**Location:** Broadmoor United Methodist Church

### Power of the Pen – Producing Prose that Pops



In this interactive workshop, we'll explore sure-fire ways to take your writing skills to the next level. Whether you enjoy drafting letters, composing essays, posting to social media, or just jotting down journal entries, you'll learn to create scintillating stories that sparkle and shine. We'll explore subject areas such as developing story structure, improving clarity, optimizing visualization techniques, finding your voice, and enhancing readability through the use of cadence and rhythm. Discover how to express yourself more effectively and produce prose that pops!

**Time & Dates:** 9:45 a.m. – 11:15 a.m.  
Wednesday, February 28, March 6, 13, 20, 27, April 3 (starting a week later)  
**Course Code:** OLPOWER(1)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Billy Gibson  
**Coordinator:** Donni Shields  
**Location:** Broadmoor United Methodist Church

### Religion in American Public Life – A Historical Overview



Americans today often disagree on whether or not the United States is a Christian nation as well as the role religion should play in American society and that government should play in religion. Our course will not seek to answer such questions but instead will offer an overview of religion in American history, beginning with its role in the original English colonies. It will then analyze the era of the Revolution, the adoption of the Constitution, and the separation of church and state at

the state level. Religion nonetheless remained crucial and controversial throughout the nineteenth century, and the course will trace these developments as well. It will then explore the increasing religious diversity within the country and the battles over religion's role in the 1920s. After exploring developments in the 1950s and 1960s, our survey will end with an analysis of the debates since the late 1970s.

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26  
**Course Code:** OLREL(1)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Gaines Foster  
**Coordinator:** Mary Lou Cutrera  
**Location:** Broadmoor United Methodist Church

### Rubik's Cube for Beginners



Are you looking for a fun and stimulating way to keep your mind sharp and your fingers nimble? The Rubik's Cube is a great puzzle very similar to Sudoku in many ways. Rubik's Cube solving is a low-impact hobby that exercises your brain, improves hand-eye coordination, and provides endless entertainment. This class will break down the steps involved in solving the cube into small pieces. You will not be solving the cube in the beginning but just practicing a few certain moves in a relaxing way. Then we will gradually move more of the steps into place so you can learn each step and solve the puzzle.

**Time & Dates:** 2:30 p.m. – 3:30 p.m.  
Wednesday, February 21, 28, March 6, 13, 20, 27  
**Course Code:** OLRUBIK(1)  
**Course Fee:** \$30 (early bird \$25) fee includes a new Rubik's Cube  
**Instructor:** Tommy Draughn  
**Coordinator:** Tommy Draughn  
**Location:** Broadmoor United Methodist Church



### Smartphone Photography



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

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26  
**Course Code:** OLPHONE(7)  
**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Tommy Draughn  
**Coordinator:** TBD  
**Location:** St. James Place Retirement Community

### HYBRID - So What! You're Over 50! Current Advances in Medicine and Surgery

Healthcare providers will discuss their specialty, training, experience, their practice outpatient and inpatient of common disease states and conditions both acute and chronic, treatments



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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

In-person class Hybrid class

and procedures that each render or offer patients, plus the latest therapies available in their field of specialty. The topics that will be presented are from scientists, healthcare providers, pharmacist, and physician who specialize in the following fields:

- Hearing Problems as We Age, Kallie R. LeBourgeois, Au. D., CCC-A Clinical Audiologist
- Exercise: You're Never Too Old, Adam Lowe, PhD, Exercise Physiologist
- Athletic Footwear for Aging Feet, Jenni Peters, Runner and Owner of Varsity Sports
- Travel Medicine and Vaccines: Avoiding a Foreign Infection, Dr. Patricia Whatley, Travel Clinician
- The Independent Pharmacy: Our Role in Your Health Care Team, T.J. Woodard, PharmD, MBA, Owner of Prescriptions to GEAX

- Obesity: Causes and Management, Dr. Raoul Manalac, Obesity Specialist

**Time & Dates:** 11:30 a.m. – 1:00 p.m.  
Wednesday, February 28, March 6, 13, 20, 27, April 3 (starting a week later)

**Course Code:** OLSYOF(18)

**Course Fee:** \$35 (early bird \$30)

**Instructor:** Dr. Trent James and Dr. Robert St. Amant

**Coordinator:** Claire Fontenot

**Location:** Broadmoor United Methodist Church

**Time & Dates:** 11:30 a.m. – 1:00 p.m.  
Wednesday, February 28, March 6, 13, 20, 27, April 3 (starting a week later)

**Course Code:** OLSYOF(19)

**Course Fee:** \$35 (early bird \$30)

**Coordinator:** Karen Egedy

**Location:** Zoom Online

### Spanish for Beginners

This class follows the previous beginner's class using the same book. Review irregular verbs such as "ser", "estar", "ir", and "tener", as well as other regular verbs in the present tense. Improve your communication skills, both in speaking and in writing, while improving your pronunciation. Learn new concepts and vocabulary as presented in the text. Enhance your knowledge of interesting cultures. Bienvenido!

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Tuesday, February 20, 27, March 5, 12, 19, 26

**Course Code:** OLSPAC(11)

**Course Fee:** \$45 (early bird \$40)

**Text Required:** *Spanish Now Level One*, 7th or 8th Ed., Barron's Publisher by Ruth Silverstein

**Instructor:** Merrie Lee Logan

**Coordinator:** Merri Lee Logan

**Location:** Broadmoor United Methodist Church

### Spanish for Intermediates

Review regular and irregular verbs in the present and past tenses from the previous class. Continue to practice them both orally and in writing. Learn new grammar concepts and vocabulary as presented in the text. Improve your speaking skills by incorporating your knowledge of verbs, grammar, and vocabulary. Bienvenido!

**Time & Dates:** 1:45 p.m. – 3:45 p.m.  
Thursday, February 22, 29, March 7, 14, 21, 28

**Course Code:** OLSPIN(13)

**Course Fee:** \$45 (early bird \$40)

**Text Required:** *Spanish Now Level One*, 7th or 8th Ed., Barron's Publisher by Ruth Silverstein

**Instructor:** Merrie Lee Logan

**Coordinator:** Merri Lee Logan

**Location:** Broadmoor United Methodist Church





# COURSE DESCRIPTIONS

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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



#### Total Nutrition Makeover

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

**Time & Dates:** 10:00 a.m. – 11:00 a.m.  
Tuesday, February 27, March 5, 12, 19,  
26, April 2 (starting a week later)

**Course Code:** OLTNM(9)

**Course Fee:** \$25 (early bird \$20)

**Instructor:** Kirk Vidrine

**Coordinator:** Claire Fontenet

**Location:** Broadmoor United Methodist Church

#### Upcoming Controversial Supreme Court Cases

This class will review five important cases the U.S. Supreme Court will hear (or is likely to hear) in its 2023-24 term. One case involves the politically charged question of whether states can ban medical gender transition for minors. Other cases will involve recent 1st Amendment issues, such as whether states may outlaw viewpoint discrimination by social media

companies, or when the government improperly influences social media companies to suppress speech the government disfavors. The class will also consider less sensational, but perhaps more far-reaching cases regarding how much discretion administrative agencies have to interpret unclear laws. The current Supreme Court is not one to shy away from controversy and this makes for very interesting court-watching.

**Time & Dates:** 11:30 a.m. – 1:30 p.m.  
Thursday, February 22, 29, March 7,  
14, 21

**Course Code:** OLCASES(1)

**Course Fee:** \$40 (early bird \$35)

**Instructor:** Lance Foster

**Coordinator:** Debbie Reynaud

**Location:** Broadmoor United Methodist Church



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## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



### Vikings

They raided and plundered the Christian and Islamic world! They occupied Britain and Ireland! They settled in Normandy, Iceland, and Greenland! They founded Russia! And they discovered a new world: North America! We know them as medieval seafarers, traders, explorers, as well as pirates and warriors. But who were these people really? In this lecture series, we will explore, in greater depth, the culture, geography, history, mythology, explorations, conquests, motivations and technology of the world of these Northmen. We will describe the life and adventures of some of the most notorious men and women of the Viking Era.

**Time & Dates:** 9:00 a.m. – 11:00 a.m.  
Thursday, February 22, 29, March 7,  
14, 21, 28

**Course Code:** OLVIKING(1)

**Course Fee:** \$45 (early bird \$40)  
**Instructor:** Dr. Perry Prestholdt  
**Coordinator:** Mary Dommert  
**Location:** St. James Place Retirement  
Community, Theatre Room

### Who Knew III? Interesting Places to Visit in Baton Rouge

In this class, we will visit interesting places in Baton Rouge. At present we plan to visit the LSU Athletic Center, the current Governor's Mansion, Louisiana State Police Lab, LSU FACES Lab, LSU Food Incubation Lab, Magnolia Mound. Days, times, and places may change according to tour bookings, and some places may charge for the tour.

**Time & Dates:** 10:30 a.m. – 12:00 p.m.  
Tuesday, February 20, 27, March 5, 12,  
19, 26

**Course Code:** OLWK(3)  
**Course Fee:** \$35 (early bird \$30)  
**Instructor:** Sue Potts  
**Coordinator:** Sue Potts  
**Location:** Various locations in Baton  
Rouge

### World of Italian Wine

Come explore the world of Italian wine. Whether your only experience with Italian wine is that glass of Pinot Grigio you had at your brother's house last Thanksgiving, or you can discuss the wines of Tuscany at length, you will find something of interest in this class. The instructor brings his own unique perspective from years in the Italian wine business. You will learn about the winemaking process as well as something of the history, geography, and culture of Italy. We will sample six wines in each class, and they will be different



# COURSE DESCRIPTIONS

REGISTRATION BEGINS JANUARY 22



AT [CE.LSU.EDU/OLLI](http://CE.LSU.EDU/OLLI)

OLLI  
AT  
LSU

LSU Online  
& CONTINUING EDUCATION

## LAGNIAPPE CHAPTER COURSES

### Baton Rouge

 In-person class  Hybrid class



from the wines sampled in previous classes. The instructor 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, February 27 and April 9

**Course Code:** OLWWINE(1)

**Course Fee:** \$85 (early bird \$80)

**Instructor:** Antonio Molesini

**Coordinator:** Hugh McClain

**Location:** Matherne's Market downtown on Third St.

improved posture, endurance, flexibility, and strength. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice seated poses. The ability to transition from seated poses to standing is necessary. Join this coed class of yogis to discover the “present moment” while gaining strength, stamina, and core stability. Wear comfortable clothes, leave your shoes, cell phone, worries and the “outside world” to enjoy this class. Focus on the PRESENT and the NOW with gratitude and without judgment.

**Time & Dates:** 9:30 a.m. – 10:30 a.m.

Monday and Wednesday, April 8, 10, 15, 17, 22, 24, 29, May 1, 6, 8, 20, 22, 29, June 3, 5, 10, 12, 17, 19

**Course Code:** OLBHY(33)

**Course Fee:** \$130 (early bird \$125)

**Instructor:** Agnes Bickham

**Coordinator:** Fran Martin

**Location:** First Christian Church

### Water Aerobics

Enjoy the amazing benefits of exercising in the water! In this water aerobics class, we will conduct low impact exercises that will improve your endurance, flexibility, strength, and balance! These exercises are simple yet highly effective for improving cardiovascular health, relieving muscle and joint pain along with beating the heat and getting Vitamin D at the same time! This class requires no special swimming skills, only a good attitude!

**Time & Dates:** 9:30 a.m. – 10:30 a.m.

Tues. and Thurs. May 21, 23, 28, 30, June 4, 6, 11, 13, 18, 20, 25, 27

**Course Code:** OLWATER(6)

**Course Fee:** \$45 (early bird \$40)

**Instructor:** Jordan Jennings

**Coordinator:** Jordan Jennings

**Location:** The Claiborne Retirement Community – Baton Rouge

## SESSION II

### Basic Hatha Yoga

Learn, reconnect, and enrich your lifestyle by learning yoga poses while using your breath with movement. Breathe, stretch, and relax your way to

## 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 TRIPS

- 80th Anniversary D-Day Trip to Normandy - April 15 - 24, 2024
- Mackinac Island/Chicago/Michigan - September 13-21, 2024
- Christmas Down the Danube - December 7 -15, 2024

Contact Tarilyn McBride at [tarilyn1@lsu.edu](mailto:tarilyn1@lsu.edu) to learn more and sign up.

## INSTRUCTOR BIOGRAPHIES

**EMANUEL ABRAMOVITS** is a mechanical engineer with an MBA and has been a concert promoter since 2000. He has been directly involved in many events by international artists, like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G, and many more. He designed and staged many original orchestral events, including an Event of the Year winner and several world premieres. He served as the Cultural Director at UNION ISRAELITA DE CARACAS from 2008 to 2019, releasing books and organizing film cycles, concerts, and art exhibits. He has been consistently teaching online and in presence across the U.S. since 2020.

**KATIE BAILEY** is a student in the Master of Library and Information Science program at LSU. She is also getting her Graduate Certificate in Archival Studies. She received her MA in History from LSU in August of 2022. Katie graduated from Ashland in December of 2019 with a BA in History

**ADAM BOSWORTH** was born in Baton Rouge, LA. He became heavily involved in wine knowledge while working at Calandro's at 21 years old. Adam became infatuated with old-world style wines, and his desire for them led him to earn a WSET level one certification. After Calandro's, Adam made his way to Martin's Wine and Spirits where he is an assistant manager and instructor for events. Wine is his passion, and sharing his knowledge is beneficial for the whole town!

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

**GARY CASTEEL** has a BS in Computer Science from the University of Florida and an MS in Computer Science from Texas A&M. Following a 23-year stint in the US Air Force, he worked for 17 years supporting the NATO intelligence mission in postings in The Netherlands and Belgium. He strenuously rejects the assertion that his primary qualification for moderating the Great Decisions course dealing with global issues is that he knows a lot of foreigners.

**PHIL CHENEVERT** is retired from the LA Dept of Labor. He has an MA in Counseling and has worked at DePaul Clinic in individual and group settings. He was born in New Orleans but has lived in Baton Rouge for 45 years. He has recorded over 200 audiobooks in the past 13 years (this is his main hobby) and ballroom dancing is his second hobby where he is a learner.



### Join us for Semester-at-a-Glance!

All chapters are invited to learn more about upcoming courses and meet the instructors. This party will be Mardi Gras themed! Attendees can participate in a small parade and eat king cake. Bring a friend and let the good times roll with OLLI!

#### WHEN:

January 23, 2024  
from 1:00p-2:30p

#### WHERE:

Goodwood Library,  
7711 Goodwood Blvd.

## INSTRUCTOR BIOGRAPHIES

**DR. JARED DAY** taught American history at Carnegie Mellon University in Pittsburgh for 16 years. His areas of expertise are U.S. political, urban, and cultural history as well as world history from the 15th century to the present.

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**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, literature and mythology on film, and various topics from Renaissance literature.

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**LANCE FOSTER** practiced law for over 30 years, mainly in intellectual property. Lance received two engineering degrees and a JD degree from LSU, together with a Master of Law in international law from McGeorge Law School in Sacramento. Lance is particularly interested in history and economics and how those fields affect legislative trends.

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**CHARLES FRYLING** earned his BS in Landscape Architecture from Syracuse University and his MS from the Graduate School of Design at Harvard University. His special expertise as a landscape architect is in the field of design esthetics. He joined the faculty at the LSU School of Landscape Architecture in 1967 and has taught courses in plant materials, regional planning, and ecology. He created the Views of the American Landscape, a core humanities course, using his photographs from his travels extensively to illustrate his lectures, showing the impact of the land on artists, writers, photographers, poets, and others.

**BILLY GIBSON** holds a BA in Journalism from the University of Alabama and a master's in journalism from the LSU Manship School. He recently retired after a 36-year career in communications, including serving as editor of the highest circulating statewide magazines in Louisiana and South Dakota. He is accomplished in the fields of writing, editing, designing, and managing print publications, as well as terrestrial and aerial photography/videography, developing social media content, video production, website design, feature writing, and public speaking.

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

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**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.

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**RICH HIRSCH** received a Bachelor of Arts in Political Science from LSU-Baton Rouge and is a certified Project Management Professional. He is retired from the engineering, construction, and defense industries. Rich is a long-time cinephile, with a particular interest in films intentionally shot in black and white.

**DAVE HOWSON** has a BS in Secondary Education from LSU and an MBA from UNO. After 40 years in the marine industry, he began to pursue his passion for South Louisiana culture and cuisines by creating and publishing the website "First...You Have a Beer. com" in 2018. In 2021, he founded Le Bon Papa Seasonings, a company that offers his own branded seasonings.

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**JORDAN JENNINGS** is a young professional currently working in the senior living industry with a master's in psychology and mental health counseling. She currently serves as the Life Enrichment Director for a local retirement community where she spends most of her time engaging residents and helping them find a new adventure every day! She believes that you're never too old to have fun, learn something new, try something new, and go somewhere new!

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**SALLY CHARLET JONES** is a retired East Baton Rouge Parish teacher who taught both French and some English at middle school and high school levels. She earned a degree in French education and a minor in English education from LSU in Baton Rouge in May of 1990. Sally taught at Central Middle, Central High, and Zachary High. She then retired from Northeast High in 2010.

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**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. Trish is often immersed in reading something about these interesting creatures and often referred to as the "Cat Lady."

## INSTRUCTOR BIOGRAPHIES

**SUE LOCKWOOD** is a retired schoolteacher with a BS in Elementary Education from LSU. A student of yoga for many years, received training through The Living Yoga Program at Barsana Dham Ashram in Austin, Texas. She continued her training at four Texas yoga retreats and online. Expanding the availability of yoga practices to all has become a focus in Sue's life.

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

**KATHY LOVETT** is a Board-Certified Patient Advocate with over 30 years of experience in the healthcare industry. She has a master's in healthcare administration from Tulane University. Kathy is also a speaker for The Care Partner Project, an organization dedicated to patient safety education.

**JUSTIN MARTIN** is a graduate student in the Department of History at LSU who earned his bachelor's degrees in political science and African and African American Studies from LSU. He is originally from Shreveport but lives in Baton Rouge now. Justin's research focuses on grassroots organizing and institution-building in the civil rights movement in Mississippi.

**CHERAMIE MOORE** holds degrees in Advertising/Marketing from USM and in Education from St. Thomas University, Houston.

**JANN PECK** minored in dance at LSU, and she has since performed for the LSU Dance Theater, summer musicals, and the Baton Rouge Little Theater. Jann also taught Aerobic Dancercise and Water Aerobics in the Baton Rouge area. She has remained active in yoga, strength, and dance and is presently teaching Faith and Fitness as her way to serve others.

**SUE POTTS** received a BS, MS, and Educational Specialist in Education from LSU. She retired after teaching history for 40 years. Since retirement, Sue has worked as a city guide for Visit Baton Rouge, the riverboats, the Old Governor's Mansion, the Old State Capitol, and the current Governor's Mansion.

**RICK PITCHER** is a retired Presbyterian minister and Licensed Professional Counselor with an interest in Louisiana history, music, and culture. He briefly moonlighted as a radio DJ featuring Big Band and New Orleans music and has previously taught OLLI classes on New Orleans and Louisiana music.

**PERRY H. PRESTHOLDT** is a retired LSU faculty member and administrator. He received a bachelor's degree in architecture and history and a doctorate in psychology from the University of Minnesota. His only qualifications to teach a course on the Vikings: almost forty years as an educator, a passionate reader of all things Viking, and a Norwegian lineage.

**LEE BRANDT RANDALL** is an artist, illustrator, and arts educator residing in Baton Rouge. She taught studio art and art history to high school students for 30 years. Lee has also worked as an illustrator and has been the costume designer for the legendary Krewe of Yazoo Precision Lawn Mower Drill Team for 42 years. The krewe members refer to her as the "MacGyver of rubber foam."

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

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

## INSTRUCTOR BIOGRAPHIES

**MARTHA ROBSON** loves to play bridge! A certified ACBL Best Practices Teacher, she loves helping people learn how to approach this complex and fascinating game, and she believes that playing bridge is one of the best things you can do for your brain. She lives in New Orleans, plays at the bridge club in Metairie, and spends too much time playing online.

**KARL ROIDER** earned his BA in history from Yale University in 1965 and an MA and PhD in history from Stanford University in 1966 and 1970. He taught history for 45 years at LSU, including a course on World War I that he also taught in the Military History program for officers at Fort Polk, LA.

**RALPH SCHOMBURG** obtained a BS in Mathematics and an MBA in Finance from the University of Houston in 1968 and 1978. He started working at NASA Manned Spacecraft Center in 1967 as a Cooperative Education Student Trainee and retired from civil service in 2003 as the Assistant CFO of NASA JSC. He has been the recipient of many NASA awards, was a training instructor in the National Management Association, and a part-time staff instructor at San Jacinto College where he conducted management seminars.

**JANE SIMMONS** is a graduate of Tulane University and has a master's from LSU. Jane has studied and practiced yoga for 17 years. She completed her certification and training in Austin, TX and has attended other training and workshops in NYC, CA, and Portugal. Jane has been an OLLI instructor for years and completely endorses yoga as the key to well-being.

**DR. STEPHENIE SLAHOR** holds a PhD and JD degree and is retired from her law practice and university teaching. She now creates informative and enjoyable OLLI courses!

**VERSA STICKLE** has earned a bachelor's degree in English from the University of South Dakota and a Master of Library and Information Science from LSU.

**WILLIAM STICKLE** received his PhD from the University of Saskatchewan, Regina in Biology with a minor in Oceanography. He taught Marine Communities, Environmental Physiology, and Human Physiology from 1971-2015. He also developed the LSU Marine Biology in Southeast Alaska Program, which has included 273 LSU students in the last 11 years. Dr. Stickle has published 97 research papers and graduated 15 MS students and 11 PhD students.

**SALLIE TETZLAFF** received a BS in Business from LSU in 2007 (Geaux Tigers!) and completed her 200-hour yoga teacher training through Louisiana Yoga School in 2017. Working with aging students has inspired her to continually learn about the ways yoga can improve quality of life. She recently earned certification as a Brain Longevity Specialist through the Alzheimer's Research and Prevention Foundation.

**REV. TIP TIPTON** is a retired Presbyterian (USA) minister. Dr. Tipton is a musician and active composer. He has taught OLLI classes on musical and theological topics.

**DR. BOB TOBUREN** is a retired political science professor and social sciences department head at Louisiana Tech. He received his PhD from the University of Kansas with concentrations in political theory, American government, and international relations.

**DR. EMILY TOTH**, PhD from Johns Hopkins, wrote her dissertation on Kate Chopin and found a lifelong interest. She has published a definitive biography of Chopin, two books of academic advice, a novel, and seven other books.

**DR. FRANCIS W VANDERWALL** is a Theologian, Retreat Director, Spiritual Counselor, 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.

**KIRK VIDRINE** has been working as a fitness professional for over 20 years, including five years developing and implementing corporate wellness programs for Shell Oil. Kirk is also the owner of V-Well Solutions. He has a bachelor's degree in dietetics and a master's degree in human nutrition from LSU. Kirk has performed research in nutrition and body composition, bone health, and bio compounds, and has presented his nutrition research at national scientific conferences. Kirk's combination of knowledge and experience with food and exercise allows him to give people a complete picture of what a healthy lifestyle can be.

**Call 225-578-2500  
for Registration  
Assistance!**

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

**OLLI  
AT LSU**

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

**Mark your calendars with the fall  
semester dates! Registration begins January 22.**

**CLASSES BEGIN FEBRUARY 19**

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

To enjoy OLLI at LSU, you must have an active membership before you can register for courses and other fun activities. Memberships are valid through June 30, 2024 and entitle you to the many OLLI benefits listed on page 2. The discounted yearly membership fee is \$25. This is a non-refundable, tax-deductible donation. Check your membership status by calling an LSU staff member at 225-578-2500.

#### **DONATE TO OLLI AT LSU**

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

#### **PAYING BY CREDIT CARD**

All fees may be paid by credit or debit card online or by calling Enrollment Services at 225-578-2500. This includes membership fees and course fees. Go to [ce.lsu.edu/olli](https://ce.lsu.edu/olli) and pay with a credit or debit card. VISA, MasterCard, Discover, and American Express are accepted.

#### **REFUNDS AND CANCELLATIONS**

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

#### **ACCOMMODATIONS FOR PERSONS WITH DISABILITIES**

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