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The fall cover photo is provided by Mark A. Payler, Photographer and OLLI at DU Facilitator.









Welcome to OLLI at DU

The Osher Lifelong Learning Institute at the University of Denver (OLLI at DU) offers a rich array of courses, lectures, webinars, and social and travel opportunities designed for adults 50+. With no tests and no grades, it's learning purely for the love of it.

At the heart of OLLI at DU is a vibrant, welcoming community of curious minds. Whether you prefer the energy of a classroom or the convenience of logging in from home, you'll find a place where you can explore new ideas, share your experiences, and connect with others who value lifelong learning as much as you do.

With multiple locations across the Denver metro area and robust virtual offerings, OLLI at DU makes it easy to stay engaged, inspired, and connected—wherever you are.

OLLI at DU is part of a national network of Osher Lifelong Learning Institutes endowed by The Bernard Osher Foundation.

Membership Has Its Benefits

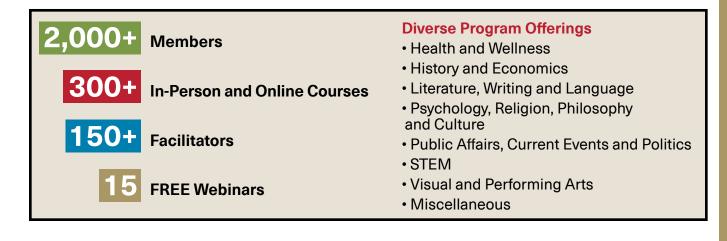
Join our vibrant community and experience the joy of lifelong learning. With a wide variety of engaging courses and programs offered at five convenient locations across the Denver metro area—and even more available online—there's truly something for everyone. Become a member today and start exploring!

A \$65 annual membership gives you access to these benefits and more:

- 300+ online and in-person courses*
- · Free Friday morning STEM webinars
- Fall recess and Summer Webinar Series*
- Free weekly online fitness classes
- Member-only events and travel opportunities*
- A variety of Shared Interest Groups
- Discounts at the Newman Center for the Performing Arts
- Access to the DU Library
- Reciprocal membership opportunity with OLLI at CSU*

To become a member, visit our website at olli.du.edu and click on Purchase a Membership.

Questions? Visit our new website at https://olli.du.edu or call our office between 9am and 2pm, Monday through Thursday (303-871-3181).



^{*}Registration fees vary by course/activity.

OLLI@DU / 2025 FALL / CONTACT INFORMATION

OLLI at DU Home Location

University College at the University of Denver

University Hall (Third Floor), 2197 S University Blvd., Denver, CO 80210

Office Hours: Monday-Thursday, 9 AM-2 PM, Closed Friday

Phone: 303-871-3181 Email: olli@du.edu

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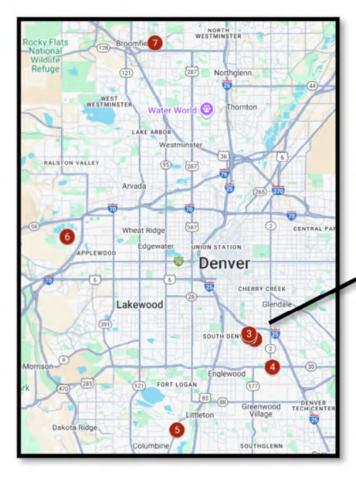
COME FOR THE COURSES, STAY FOR THE CONNECTIONS

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IN-PERSON CLASS LOCATIONS

- University College at the University of Denver
 University Hall (Third Floor), 2197 S University Blvd, Denver, CO 80210
- 2 Ruffatto Hall 1999 E. Evans Ave, Denver, CO 80208
- First Universalist Church of Denver 4101 E. Hampden Ave, Denver, CO 80222
- 4 Columbine United Church
 6375 S. Platte Canyon Rd, Littleton, CO 80123
- Jefferson Unitarian Church 14350 W. 32nd Ave, Golden, CO 80401
- 6 Chambers Center 1901 E. Asbury Ave, Denver, CO 80210
- **Broomfield Community Center** 280 Spader Way, Broomfield, CO 80020





University of Denver Campus

- 1. OLLI at DU Main Office
- 2. Ruffato Hall
- 3. Chamber's Center

OLLI@DU / 2025 FALL / IMPORTANT DATES

OLLI at DU CURRICULUM CALENDAR Important Dates Fall 2025

Activity	Fall 2025		
Catalog Posted on Website and Sent Via Email	Monday, August 11, 2025		
Registration Opens and is First Come, First Served Beginning at 10 AM Note: Registration remains open until the course has reached its maximum enrollment OR until 24 hours prior to the start date of the course or webinar	Monday, August 18, 2025		
Registration Confirmation (Zoom links to be sent before online courses begin)	Emailed at Time of Registration		
Term Begins:	Monday, September 15, 2025		
Term Ends	Friday, November 7, 2025		

Note: OLLI follows the University of Denver calendar for observance of scheduled holidays.

OLLI at DU Course Registration

Fall 2025 Registration Opens Monday, August 18th at 10 AM

Courses are filled on a first-come, first-served basis, so we recommend registering early!

Before registering for courses and programs, you'll need to create an account and purchase a 2025–2026 annual membership (\$65). It's quick and easy!

New to OLLI? Start Here.

- 1. Go to olli.du.edu
- 2. Click the **gold Member button** in the top right corner and select **Create Account**
- 4. Complete the form and save your **username** and **password** for future use

Returning Member? Welcome Back!

- 1. Go to olli.du.edu
- 2. Click the gold Member button in the top right corner and select Sign In
- 3. Enter your **username** and **password**

After signing into your account, you'll be directed to the OLLI at DU Registration Portal. You can also access the portal anytime by clicking **Register** on our homepage at olli.du.edu.

Purchase Your Annual Membership

To purchase your membership, scroll to the **Membership and More** section on the left side of the portal and click **Purchase a Membership**.

Choose your Courses and Programs

To register for courses and programs, use the menu to search by day, subject, or location. To browse the full list of offerings at once, scroll again to **Membership and More** and click **View All Courses Alphabetically**. When you're ready to register, click **Add to Cart** next to your selected course. When you are ready to check out, click **Cart** at the top of the screen and follow the prompts. You'll receive a confirmation email once your registration is complete.

Having trouble registering? Call our office at 303-871-3181.

OLLI@DU / 2025 FALL / HOW TO REGISTER

Registration Fees (2025-2026)

8 week courses: \$70

7 week courses: \$65

6 week courses: \$60

5 week courses: \$55

4 week courses: \$50

Special Events and Webinars

Special events and Fall Recess/Summer Webinars are individually priced.

If financial hardship is preventing you from participating, please contact the office to inquire about tuition assistance.

Course Waitlist

If a course or event is full, a waitlist will open automatically during online registration. You may add yourself to the waitlist, and if a spot becomes available, you'll receive an email notification. You'll have 24 hours to register and pay before the spot is offered to the next person on the list. Waitlisted spots will only be offered through the first week of classes; after that, no additional seats will be filled. Please note that the course fee remains the same regardless of when a participant joins from the waitlist.

Refund Policy

Refunds are available based on the type of course or event. For multi-week courses, members are eligible for a full refund if they cancel before or during the first week; no refunds or partial refunds will be issued after that point. For one-day courses, a full refund is available if the cancellation is made at least three business days before the course date. Refunds for special events vary and are determined on a case-by-case basis—please refer to the specific event details on our website or contact the office for more information. If you have extenuating circumstances, please contact the office.

Weather Closure Policy for In-Person Classes

In-person OLLI classes follow the weather closure decisions of the local school district or the University of Denver (for DU-based classes). If the district or DU campus is closed, OLLI classes at that location are cancelled. If there's a delayed start, OLLI classes will still begin at their regular time. On teacher in-service days when the weather is bad, closures may not be announced publicly—please check the OLLI website or call 303-871-3181 for updates.

Your safety is our top priority—please use your best judgment when traveling in inclement weather.

Need Info About Your Classes? It's All In Your OLLI Account!

Looking for your course location, Zoom link, syllabus, or facilitator bio? The fastest, easiest way to get the details you need—any time, day or night—is by signing into your OLLI account.

How to log into your OLLI Account:

- 1. Go to the OLLI at DU website (https://olli.du.edu)
- 2. Click on the **gold MEMBERS button** on the top right of the homepage
- 3. When the menu opens, click SIGN IN.

How to access course information and Zoom links:

Once you're logged in, click on **MY ACCOUNT** at the top of the page, and you'll have access to everything related to your courses and membership.

Here's what you can do from your account:

- View your course info Click on CLASS LIST to see in-person locations, Zoom links, and syllabi.
- Check your registration history Click HISTORY to review past and current memberships and course registrations.
- Update your contact info Use **MY PROFILE** to change your email or phone number.
- Update your login Use USERNAME and PASSWORD to make changes to your login credentials.
- Make a payment Click on MAKE A PAYMENT to settle any outstanding balance.

Still have questions or need help with registration or membership?

Contact us by email at olli@du.edu or call our office at (303) 871-3181.

OLLI@DU / 2025 FALL / COURSE LIST BY SUBJECT

Course Titles by Subject Area

HEALTH AND WELLNESS (HEW)

50 Years of Stunning Research on Near-Death Experiences (NDEs):	10
	12
,	57
	88
	06
	29
	70
, ,	39
Minding Your Balance: Mind Body Activities to Improve Balance and Prevent Falls (Tu PM)	19
Table for Two? Or Table for 8.1 Billion? Feeding Your Family and the World (Th AM)	79
The Botany of Desire: A Plant's-Eye View of the World (Th AM)	79
Traditional Chinese Medicine and Artificial Intelligence: Ancient Wisdom Meets Modern Science (Mo PM)	32
, , ,	32
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Unlocking the Brain's Potential, Part 2: Improving Balance, Focus, and Memory with Neuroplasticity (Tu AM) 4	12
HISTORY AND ECONOMICS (HEC)	
A Russian Phoenix? A Very Brief Survey of Russian History (Tu AM)	33
Alexis de Tocqueville's Enduring Classic: <i>Democracy in America</i> (We PM)	35
Archaeology of Ancient Cities: Why, When, and How Urbanization Began (We PM)	6
Controversial Presidential Elections (Tu AM)	35
Current Economic Issues: Facts and Fallacies (We PM)	88
Early Railroads of Colorado (Tu PM)	1 6
Fixing the Framers' Failure: The 13th, 14th, and 15th Amendments and America's New Birth of Freedom (Mo PM)	28
From Bonds to Bitcoin: A Historical Adventure in Finance (We PM)	39
From the U.S. Constitutional Convention to the War of 1812: The Making of a Nation (Th AM)	77
History and the Holocaust: How Did It Happen? (Mo PM)	29
Imprisoned Without Trial: Japanese Incarceration in WWII (Tu AM)	38
Inspired Leaders: The Worlds of Gandhi, King, and Mandela (We AM)	60
	38
	31
	10

Retirement Investing FAQs (We AM)	62
Revisiting the Constitution (Tu PM)	50
Ten Voyages of Discovery and Survival (We AM)	63
The Greatest Stories Never Told (Th AM)	80
The Scopes Trial (Mo PM)	31
The Woman Question: How Women Became Subordinate, and What Did That Mean to the Conscious Development of Women? (Tu AM)	41
Turning Points in American History: What Causes Them? (Tu PM)	52
Vichyites, Nazis, and Gaullists: The Story of France in World War II (We PM)	74
World War I (Part 1) 1914–1916 (Hybrid - In Person) (Tu PM)	54
World War I (Part 1) 1914–1916 (Hybrid - Online) (Tu PM)	54
Year Zero: The Global History of 1945 and Beyond (We PM)	75
LITERATURE, WRITING, AND LANGUAGE (LWL)	
An Unfinished Love Story by Doris Kearns Goodwin: How Did the Sixties Shape Us and Our Culture? (Mo PM)	26
Go As A River — A Colorado Novel by Shelley Read (Th PM)	80
I Cheerfully Refuse by Leif Enger: A Novel of Hardship and Redemption (Th AM)	76
Amazing Stories!! The Fantastic Humanity of Ray Bradbury (Th AM)	76
Beginning Chatting in Spanish (We AM)	55
Harnessing the Healing Power of Words: Writing for Wellbeing (Tu AM)	37
Mysterious Places: Dis-Placed! (Th AM)	78
Nine Nasty Words: English in the Gutter (We PM)	71
Tales Untold: A Short Story Writing Adventure (We AM)	63
The Art of Storytelling (Tu AM)	40
The Art of Writing: Seven Different Author Journeys (Tu AM)	41
The Hebrew Bible: A Literary and Academic View (Part 1) (Mo PM)	31
Using Emotional Understanding to Improve Communication — Based on Brené Brown's <i>Atlas of the Heart</i> (We PM)	74
Virginia Woolf, <i>Mrs. Dalloway</i> , and Bloomsbury: Modernism in England between the World Wars (Tu PM)	53

OLLI@DU / 2025 FALL / COURSE LIST BY SUBJECT

MISCELLANEOUS (MIS)	
American Mah Jongg for those people who have NEVER played (We PM)	65
Blocks, Borders, and Bindings: Beginning Quilting (Tu AM)	34
Exploring Our Distinctive Public Gardens (Tu PM)	46
Journeys: Learning Through Travel (We PM)	70
On The Road to Facilitating an OLLI@DU Course (Free Class) (Tu AM)	39
Planning the Defense: Step Up Your Game 1 (We PM)	72
Play of the Hand (We AM)	62
Wine Appreciation 101 (Tu PM)	53
PSYCHOLOGY, RELIGION, PHILOSOPHY, AND CULTURE (PRP)	
A Beginner's Primer on Jungian Psychology (Tu PM)	43
A Cosmic Perspective of Harari's 21 Lessons for the 21st Century (Mo PM)	26
Capital, Inequality, and Ideology: An Intellectual History, Part III (Tu PM)	44
Four Asian Religions and Philosophies (Tu AM)	36
The Soul in Kabbalah: 'Hearing' its Persistent Calling (We AM)	64
PUBLIC AFFAIRS AND CURRENT EVENTS (PAC)	
Al and the Truth: Experiencing How a Machine Can Help Bridge America's Red-Blue Divide (Tu AM)	33
Can China Survive Its Challenges? (We AM)	56
Chaos and Collapse: Facing the Future of Civilization (Tu AM)	34
Current Events (Tu AM)	35
Current Events For Open-Minded Thinkers (Tu PM)	45
Current Events Wednesday (We AM)	57
Current Events: Politics, Society, and Global Change (Tu PM)	45
Deliberative Democracy: Discussing Big Issues Using a Thoughtful Framework (Tu AM)	36
Disasters in Focus: Survival and Outcomes (We AM)	58
Documentary Films (We PM)	69
Four National Crises and Their Solutions (Tu PM)	47
Great Decisions (We AM)	59
Great Decisions 2025 (Mo PM)	28
How Can We End Homelessness in America? (Tu PM)	48
Let's Kill All the Lawyers (We AM)	61
Rethinking Liberalism: Exploring "Abundance" and the Future of Governance (Tu PM)	49
The Evolution of Systemic Racism (Tu PM)	50
Trump v. The United States and Other Constitutional Criminal Issues (Tu PM)	52

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STEM (SCIENCE, TECHNOLOGY, ENGINEERING, MATH)	
A Revolution in Our Tools for Understanding Space (Tu AM)	32
Al: Ready or Not, Here It Is (A Speaker Series) (Tu PM)	43
Charting the Unknown: Exploring the History of Maps and Navigation (We PM)	67
Exploring Colorado Through Maps (Mo PM)	27
Foundations of Quantum Mechanics (We AM)	59
How to Use Google's NotebookLM and Become an Al Expert (Tu PM)	48
Oil Well Drilling, Fracking, and Blowouts (We PM)	72
Science Potpourri: A STEM and Health Speakers Series (Mo PM)	30
Water Crises and Climate Issues: So Much for Protective Environmental Regulations (We AM)	64
Will the Sun Explode? (We PM)	75
VISUAL AND PERFORMING ARTS (VPA)	
A Day at the Opera (We AM)	55
Ballet, Then and Now (We PM)	66
Classical Keyboards: From Bach to Gershwin and Beyond (We AM)	56
Classical Music and You: What to Know and How to Listen Like a Pro (Mo PM)	27
Color Theory Foundation: Learn It, Mix It, Use It (We PM)	67
Composition and the Art of Chasing Light (Tu PM)	44
Elegance and Evil: The World of Ripley (Th PM)	81
Experience the Roots of Modern Painting (We AM)	58
Great Movies of the Last 5 Years (Tu PM)	47
Handel's Messiah: The Unique Story and Legacy of a Masterpiece (Tu AM)	37
Line and Wash with Watercolor: A Beginner's Journey (We PM)	71
Matinee at the Bijou: More Billy Wilder and Friends (Mo PM)	30
Modern Art: From Impressionism to Expressionism—Claude Monet to Jackson Pollock (Th AM)	77
Movie Music: Top Composers and Their Film Scores (Th AM)	78
The Black Model and the Development of Modern Art: <i>Posing Modernity</i> (Art Exhibition from the Miriam and Ira D. Wallach Art Gallery, Columbia University, 2018) (Th PM)	81
The Blues: Roots and Branches, Part 1 (Revisited) (We PM)	73
Those Wonderful Wind Instruments: Flutes, Clarinets, Oboes, and More (Tu PM)	51
Travel Journaling in Words and Pictures with Smartphone and Snapseed App (Tu PM)	51
Unleash Your Inner Futurist: How Science Fiction Films Predict Tomorrow (We PM)	73

IN-PERSON by Start Date/Day

DATE	DAY	COURSE TITLE	FACILITATOR
MONE	DAY PM		
9/15	Mo PM	History and the Holocaust: How Did It Happen?	Edelman
TUESI	DAY AM		
9/16	Tu AM	A Revolution in Our Tools for Understanding Space	Holt/Knox
9/16	Tu AM	A Russian Phoenix? A Very Brief Survey of Russian History	Bowen
9/16	Tu AM	Al and the Truth: Experiencing How a Machine Can Help Bridge America's Red-Blue Divide	Hughes
9/16	Tu AM	Blocks, Borders, and Bindings: Beginning Quilting	Bowers
9/16	Tu AM	Chaos and Collapse: Facing the Future of Civilization	Beninga
9/16	Tu AM	Controversial Presidential Elections	Lippman
9/16	Tu AM	Current Events	Casey
9/16	Tu AM	Deliberative Democracy: Discussing Big Issues Using a Thoughtful Framework	Epperson
9/16	Tu AM	Let's Have a Food Fight!	Pressler
9/16	Tu AM	Making and Sharing Sound End-of-Life Choices	Но
9/16	Tu AM	On The Road to Facilitating an OLLI@DU Course (Free Class)	Hyatt
9/16	Tu AM	Resistance! Those Who Bravely Stood Against Hitler	Moody
9/16	Tu AM	The Art of Writing: Seven Different Author Journeys	Maher
9/16	Tu AM	The Woman Question: How Women Became Subordinate, and What Did That Mean to the Conscious Development of Women?	Caravalho
10/14	Tu AM	Handel's Messiah: The Unique Story and Legacy of a Masterpiece	Parfrey
TUESI	DAY PM		
9/16	Tu PM	Al: Ready or Not, Here It Is (A Speaker Series)	Friedlander/Smith
9/16	Tu PM	Composition and the Art of Chasing Light	Payler
9/16	Tu PM	Current Events: Politics, Society, and Global Change	Tebbe
9/16	Tu PM	Early Railroads of Colorado	Erickson
9/16	Tu PM	Exploring Our Distinctive Public Gardens	Page/Brinkman
9/16	Tu PM	Four National Crises and Their Solutions	Appell

SUBJECT AREA	LOCATION	# WEEKS	PAGE
HEC	Broomfield Community Center	4	29
STEM	Columbine United Church	8	32
HEC	Jefferson Unitarian Church	8	33
PAC	Jefferson Unitarian Church	8	33
MIS	Columbine United Church	8	34
PAC	First Universalist Church	6	34
HEC	First Universalist Church	8	35
PAC	Ruffato Hall/DU	8	35
PAC	First Universalist Church	6	36
HEC	Ruffato Hall/DU	4	38
HEW	First Universalist Church	8	39
MIS	Ruffato Hall/DU	6	39
HEC	Columbine United Church	8	40
LWL	Jefferson Unitarian Church	7	41
HEC	Chambers Center/DU	7	41
VPA	Ruffato Hall/DU	4	37
STEM	Columbine United Church	7	43
VPA	Ruffato Hall/DU	6	44
PAC	Columbine United Church	8	45
HEC	Jefferson Unitarian Church	4	46
MIS		4	46
PAC	First Universalist Church	4	47

IN-PERSON by Start Date/Day continued

DATE	DAY	COURSE TITLE	FACILITATOR
TUESI	DAY PM (d	continued)	
9/16	Tu PM	How Can We End Homelessness in America?	Burnes
9/16	Tu PM	How to Use Google's NotebookLM and Become an Al Expert	Knox
9/16	Tu PM	Rethinking Liberalism: Exploring "Abundance" and the Future of Governance	Hughes
9/16	Tu PM	Revisiting the Constitution	Clark
9/16	Tu PM	Those Wonderful Wind Instruments: Flutes, Clarinets, Oboes, and More	Dais
9/16	Tu PM	Travel Journaling in Words and Pictures with Smartphone and Snapseed App	Frances
9/16	Tu PM	Trump v. The United States and Other Constitutional Criminal Issues	Levinson
9/16	Tu PM	Virginia Woolf, <i>Mrs. Dalloway</i> , and Bloomsbury: Modernism in England between the World Wars	Eastman
9/16	Tu PM	Wine Appreciation 101	Torbica
9/16	Tu PM	World War I (Part 1) 1914–1916 (Hybrid - In Person)	McHugh
9/23	Tu PM	A Beginner's Primer on Jungian Psychology	Chao, Ph.D.
9/23	Tu PM	Capital, Inequality, and Ideology: An Intellectual History, Part III	Stewart
10/14	Tu PM	Current Events for Open-Minded Thinkers	Hughes
10/14	Tu PM	Minding Your Balance: Mind Body Activities to Improve Balance and Prevent Falls	Chandler
WEDN	IESDAY A	М	
9/17	We AM	Beginning Chatting in Spanish	Gordon
9/17	We AM	Come Bird With Us	Но
9/17	We AM	Current Events Wednesday	Reinish/Myers
9/17	We AM	Experience the Roots of Modern Painting	Manning
9/17	We AM	Great Decisions	Brovarone
9/17	We AM	Inspired Leaders: The Worlds of Gandhi, King, and Mandela	Wyngarden
9/17	We AM	Let's Kill All the Lawyers	Savitz
9/17	We AM	M.A.D. About Nukes: The Early Cold War	Cassell/Moody
9/17	We AM	Retirement Investing FAQs	Teter
9/17	We AM	Tales Untold: A Short Story Writing Adventure	Ford
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SUBJECT AREA	LOCATION	# WEEKS	PAGE
PAC	Chambers Center/DU	8	48
STEM	Columbine United Church	7	48
PAC	Jefferson Unitarian Church	8	49
HEC	First Universalist Church	8	50
VPA	Jefferson Unitarian Church	6	51
VPA	First Universalist Church	6	51
PAC	First Universalist Church	8	52
LVA/I	D (() 11 11/DII	_	50
LWL	Ruffato Hall/DU	5	53
MIS	Ruffato Hall/DU	6	53
HEC	Ruffato Hall/DU	8	54
PRP	Ruffato Hall/DU	4	43
PRP	Ruffato Hall/DU	8	44
PAC	Jefferson Unitarian Church	4	45
HEW	First Universalist Church	4	49
LWL	First Universalist Church	7	55
HEW	First Universalist Church	8	57
PAC	First Universalist Church	8	57
VPA	Jefferson Unitarian Church	4	58
PAC	First Universalist Church	8	59
HEC	Columbine United Church	8	60
PAC	Jefferson Unitarian Church	6	61
HEC	Columbine United Church	8	61
HEC	Columbine United Church	6	62
LWL	Chambers Center/DU	8	63

IN-PERSON by Start Date/Day continued

DATE	DAY	COURSE TITLE	FACILITATOR
WEDN	IESDAY A	M (continued)	
9/17	We AM	Water Crises and Climate Issues: So Much for Protective Environmental Regulations	Kunkel/Steele
9/24	We AM	Disasters in Focus: Survival and Outcomes	Johnson
9/24	We AM	Ten Voyages of Discovery and Survival	Van Arsdale
10/08	We AM	Can China Survive Its Challenges?	Swenerton
WEDN	IESDAY P	M	
9/17	We PM	American Mah Jongg for those people who have NEVER played	Levy
9/17	We PM	Ballet, Then and Now	Engel
9/17	We PM	Charting the Unknown: Exploring the History of Maps and Navigation	Gentry
9/17	We PM	Condition Critical: How U.S. Health Care Got So Sick—and Why It's So Hard to Fix	Shaw
9/17	We PM	Documentary Films	Reinish
9/17	We PM	From Bonds to Bitcoin: A Historical Adventure in Finance	Walters
9/17	We PM	Nine Nasty Words: English in the Gutter	Anthony
9/17	We PM	Oil Well Drilling, Fracking, and Blowouts	Bergstrom
9/17	We PM	The Blues: Roots and Branches, Part 1 (Revisited)	Tannenbaum
9/17	We PM	Unleash Your Inner Futurist: How Science Fiction Films Predict Tomorrow	Howe
9/17	We PM	Vichyites, Nazis, and Gaullists: The Story of France in World War II	Gravlee, MD
9/17	We PM	Will the Sun Explode?	Adams
9/17	We PM	Year Zero: The Global History of 1945 and Beyond	Holt
10/01	We PM	Using Emotional Understanding to Improve Communication — Based on Brené Brown's <i>Atlas of the Heart</i>	Galligan
THUR	SDAY AM		
9/18	Th AM	Amazing Stories!! The Fantastic Humanity of Ray Bradbury	Moody
9/18	Th AM	The Botany of Desire: A Plant's-Eye View of the World	Bramley
9/18	Th AM	The Greatest Stories Never Told	Conklin
FRIDA	Y AM		
9/19	Fr AM	Trails and Tours	Friedlander
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SUBJECT AREA	LOCATION	# WEEKS	PAGE
STEM	Jefferson Unitarian Church	8	64
PAC	Ruffato Hall/DU	6	58
HEC	First Universalist Church	5	63
PAC	Broomfield Community Center	4	56
MIS	First Universalist Church	8	65
VPA	Jefferson Unitarian Church	6	66
STEM	Columbine United Church	8	67
HEW	First Universalist Church	8	68
PAC	First Universalist Church	8	69
HEC	First Universalist Church	4	69
LWL	Jefferson Unitarian Church	6	71
STEM	Ruffato Hall/DU	8	72
VPA	Jefferson Unitarian Church	8	73
VPA	Columbine United Church	8	73
HEC	First Universalist Church	7	74
STEM	Jefferson Unitarian Church	4	75
HEC	Columbine United Church	8	75
LWL	First Universalist Church	5	74
LWL	Columbine United Church	8	76
HEW	Columbine United Church	4	79
HEC	Columbine United Church	7	80
HEW	In-Person – Offsite	8	82

ONLINE by Start Date/Day

DATE DAY	COURSE TITLE	FACILITATOR
MONDAY PM		
9/15 Mo PM	A Cosmic Perspective of Harari's 21 Lessons for the 21st Century	Ortlieb
9/15 Mo PM	Classical Music and You: What to Know and How to Listen Like a Pro	Beeson
9/15 Mo PM	Fixing the Framers' Failure: The 13th, 14th, and 15th Amendments and America's New Birth of Freedom	McWhirter
9/15 Mo PM	Great Decisions 2025	Howard/Lilly
9/15 Mo PM	Matinee at the Bijou: More Billy Wilder and Friends	McHugh
9/15 Mo PM	Science Potpourri: A STEM and Health Speakers Series	Young
9/15 Mo PM	The Hebrew Bible: A Literary and Academic View (Part 1)	Levin
9/15 Mo PM	The Scopes Trial	Rich
9/15 Mo PM	Traditional Chinese Medicine and Artificial Intelligence: Ancient Wisdom Meets Modern Science	Brady
9/22 Mo PM	An Unfinished Love Story by Doris Kearns Goodwin: How Did the Sixties Shape Us and Our Culture?	Paul
10/13 Mo PM	How Healthy is Our Healthcare, Why Does It Cost So Much, and How We Can Fix It	Markovchick
10/27 Mo PM	Exploring Colorado Through Maps	Kerski
TUESDAY AM		
9/16 Tu AM	Four Asian Religions and Philosophies	Putman
9/16 Tu AM	Harnessing the Healing Power of Words: Writing for Wellbeing	Martin
9/16 Tu AM	Imprisoned Without Trial: Japanese Incarceration in WWII	Kato
9/16 Tu AM	The Art of Storytelling	Baird
9/16 Tu AM	Unlocking the Brain's Potential, Part 2: Improving Balance, Focus, and Memory with Neuroplasticity	Thomson

SUBJECT AREA	# WEEKS	PAGE
PRP	8	26
VPA	8	27
HEC	5	28
PAC	8	28
VPA	8	30
STEM	8	30
LWL	6	31
HEC	8	31
HEW	4	32
LWL	7	26
HEW	4	29
STEM	4	27
PRP	8	36
LWL	4	37
HEC	4	38
LWL	8	40
HEW	4	42

ONLINE by Start Date/Day continued

DATE	DAY	COURSE TITLE	FACILITATOR
TUESI	DAY PM		
9/16	Tu PM	50 Years of Stunning Research on Near-Death Experiences (NDEs): What Awaits Us After Bodily Death	Arapakis
9/16	Tu PM	Great Movies of the Last 5 Years	Petty/Matten
9/16	Tu PM	The Evolution of Systemic Racism	Puglielli
9/16	Tu PM	Turning Points in American History: What Causes Them?	Folkestad
9/16	Tu PM	World War I (Part 1) 1914–1916 (Hybrid - Online)	McHugh
WEDN	IESDAY A	М	
9/17	We AM	A Day at the Opera	Friedlander/Adelman
9/17	We AM	Classical Keyboards: From Bach to Gershwin and Beyond	Schwarm
9/17	We AM	Hearing Loss? How to Better Navigate the World	Whyman
9/17	We AM	Play of the Hand	Holmes
9/17	We AM	The Soul in Kabbalah: "Hearing" Its Persistent Calling	Sparks
9/24	We AM	Foundations of Quantum Mechanics	Friedman
WEDN			
9/17	We PM	Alexis de Tocqueville's Enduring Classic: Democracy in America	Lippman
9/17	We PM	Archaeology of Ancient Cities: Why, When, and How Urbanization Began	Christner
9/17	We PM	Color Theory Foundation: Learn It, Mix It, Use It	Verma
9/17	We PM	Current Economic Issues: Facts and Fallacies	Sahling
9/17	We PM	Journeys: Learning Through Travel	Werren
9/17	We PM	Planning the Defense: Step Up Your Game 1	Holmes
9/24	We PM	Introducing You to You: The Peace Education Program	Casco/Foster
10/15	We PM	Line and Wash with Watercolor: A Beginner's Journey	Verma

SUBJECT AREA	# WEEKS	PAGE
HEW	7	42
VPA	5	47
PAC	8	50
HEC	8	52
HEC	8	54
VPA	6	55
VPA	6	56
HEW	4	60
MIS	8	62
PRP	4	64
STEM	6	59
HEC	8	65
HEC	8	66
VPA	4	67
HEC	6	68
MIS	8	70
MIS	8	39
HEW	5	70
VPA	4	71

ONLINE by Start Date/Day continued

DATE	DAY	COURSE TITLE	FACILITATOR
THUR	SDAY AM		
9/18	Th AM	I Cheerfully Refuse by Leif Enger: A Novel of Hardship and Redemption	Batt/Batt
9/18	Th AM	From the U.S. Constitutional Convention to the War of 1812: The Making of a Nation	Kleinschmidt
9/18	Th AM	Modern Art: From Impressionism to Expressionism — Claude Monet to Jackson Pollock	Manning
9/18	Th AM	Movie Music: Top Composers and Their Film Scores	Magnani
9/18	Th AM	Mysterious Places: Dis-Placed!	Lange
9/18	Th AM	Table for Two? Or Table for 8.1 Billion? Feeding Your Family and the World	Canepa
THUR	SDAY PM		
9/18	Th PM	Go As A River — A Colorado Novel by Shelley Read	Steele/Steele
9/18	Th PM	Elegance and Evil: The World of <i>Ripley</i>	Vice/Lungerhausen
9/18	Th PM	The Black Model and the Development of Modern Art: <i>Posing Modernity</i> (Art Exhibition from the Miriam and Ira D. Wallach Art Gallery, Columbia University, 2018)	Walling

Joining an OLLI online course or webinar?

To join your online course or webinar, be sure to complete two important steps. First, register for your course with OLLI at DU. Then, you'll receive an email with a Zoom registration link—click this link to complete your Zoom registration and receive your personalized meeting invitation. Use this invitation to join on the appropriate day(s) and time(s). Tip: Save the invitation to your calendar so you'll have easy access to the link. Need help? Call our office at 303-871-3181.

SUBJECT AREA	# WEEKS	PAGE	
LWL	8	76	
HEC	8	77	
VPA	8	77	
VPA	6	78	
LWL	8	78	
HEW	4	79	
LWL	6	80	
VPA	8	81	
VPA	8	81	

Monday Afternoon



An Unfinished Love Story by **Doris Kearns Goodwin: How Did the Sixties Shape Us** and Our Culture?

Monday Afternoon

Dates: 9/22 to 11/3 (7 weeks)

Time: 1–3 PM

Facilitator: Patricia Paul

Location: Online Class Limit: 25

Sponsoring Site: South

Subject Area: Literature, Writing, and Language

From the corridors of power to the pages of history, Pulitzer Prize-winner Doris Kearns Goodwin's 2024 An Unfinished Love Story blends memoir with historical insight. Both working for Presidents, she and her husband. Richard Goodwin, witnessed the history of the 60s and helped shape it. After 50 years, they share insider perspectives and reflections. In the words of "America's Historian," meet JFK, LBJ, RFK, and MLK up close. Expect surprises!

But this isn't a typical history class. We lived the 60s! Using Goodwin's book as a spark, we'll reflect on our own experiences—capturing them in quick writes, a gazillion prompts provided—sharing voluntarily.

We aim to explore our own experiences. How did events shape our lives, our country, our culture? What were our successes, our mistakes? What did we learn to guide us into the future? We're asking YOU!

For those who enjoy active participation and memories of the 60s. Class on 9/15 only will run 1-3:30pm; all following courses will run 1-3pm.

An Unfinished Love Story by Doris Kearns Goodwin---Required



A Cosmic Perspective of Harari's 21 Lessons for the 21st Century

Monday Afternoon

Dates: 9/15 to 11/3 (8 weeks)

Time: 1–3 PM

Facilitator: Terry Ortlieb

Location: Online Class Limit: unlimited Sponsoring Site: South

Subject Area: Psychology, Religion, Philosophy,

Culture

Harari's 21 lessons + Neil deGrasse Tyson's cosmic perspectives + Jon Seely Brown's learning perspectives = an integrated experience with science and astrophysics, knowledge and learning, and Harari's history and philosophy.

We will analyze why modern man is so justifiably disillusioned and then traverse the philosophical and psychological options of preparing for a world without work, where liberty and equality are balanced against our newest technologies. We will investigate the political challenges of a new civilization born from social media and the issues surrounding nationalism and immigration. Factors of despair like terrorism and war will be countered with possible strategies for hope. We will examine the elusive issues associated with truth and attempt to uncover a strategy for resilience.

Our guidebook will be Harari's 21 Lessons for the 21st Century. Past participants in my class on this book will find this update offers reasons for hope.







Classical Music and You: What to Know and How to Listen Like a Pro

Monday Afternoon

Dates: 9/15 to 11/3 (8 weeks)

Time: 1–3 PM

Facilitator: Catherine Beeson

Location: Online Class Limit: 50

Sponsoring Site: Central

Subject Area: Visual and Performing Arts

Explore and learn about the history and development of classical music, from small ensembles to the symphony orchestra, with a Colorado Symphony musician educator. Discover, explore, and compare the music-making techniques of master composers from every major era, including women composers and composers of color. We will listen to, discuss, and make observations about different instruments and compositions. This class will enhance the understanding and appreciation of classical music. OLLI students will learn the basic history of classical music, listen to and compare/contrast examples of music from all major historical periods, and learn about composers from each of those periods. Whether you're a novice or a classical music aficionado, get ready to expand your knowledge and experience all sorts of new cool info from a professional musician and educator!

Exploring Colorado Through Maps

Monday Afternoon

Dates: 10/27 to 11/17 (4 weeks)

Time: 1-3 PM

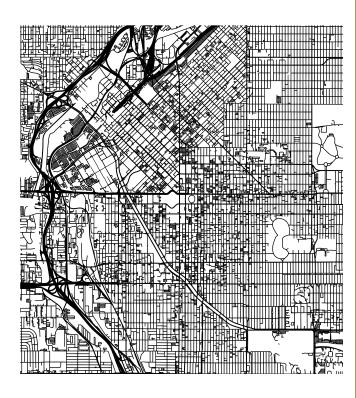
Facilitator: Joseph Kerski

Location: Online Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: STEM

Through a lively exploration of interactive digital maps, past and present, let's explore Colorado! What are the longest and widest rivers in the state? The strangest boundary of the state? The weirdest place names? What was the street layout of Denver and Colorado Springs 100 years ago? We will explore Colorado's history, landforms, water, habitat, population change, energy, land use, biomes, natural hazards, and much more through this engaging and relevant course. Whether you are from Colorado or not, this course may challenge a few preconceived notions you have about the Centennial State, confirm some others, and make you glad that you live in Colorado (or make you want to visit!).





Fixing the Framers' Failure: The 13th, 14th, and 15th Amendments and America's New Birth of Freedom

Monday Afternoon

Dates: 9/15 to 10/13 (5 weeks)

Time: 1-2:30 PM

Facilitator: Robert McWhirter

Location: Online Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: History and Economics

Members will get a complete overview of the background of the Civil War Amendments, the 13th, 14th, and 15th Amendments, and how they changed America forever. These Amendments are crucial to modern America and the foundation of nearly every fight in the so-called "culture wars."

Session 1: America and Herself – War Adrift on a Sea of Misery.

Session 2: The 13th Amendment: Bringing Forth a New Nation

Session 3 and Session 4: The 14th Amendment: Defining A New Nation

Session 5: The 15th Amendment: Dropping the Musket to Reach the Ballot and America **Becoming Herself**

Recommended: Robert J. McWhirter, Fixing the Framers Failure: The 13th, 14th, and 15th Amendments and America's New Birth of Freedom (Twelve Tables Press, 2022).



Great Decisions 2025

Monday Afternoon

Dates: 9/15 to 11/10 (8 weeks)

Time: 1–3 PM

Facilitator: Alice Howard and Barbara Lilly

Location: Online Class Limit: 50

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

Great Decisions is a program of the Foreign Policy Association that deals with eight new topics each year. High quality educational materials are prepared and provided to discussion groups in cities and universities throughout the United States. On each topic there will be a chapter describing the current issues around the selected topics supplemented by a video of background information and relevant interviews with world leaders and scholars. Topics range from US foreign Policy to India: Between China, the US, and the Global South.

No class 9/22.

REQUIRED: Great Decisions 2025 Briefing Book, ordered from the Foreign Policy Association (https://fpa.org/bookstore/). It costs \$35.





History and the Holocaust: How Did It Happen?

SPECIAL CLASS DISCOUNT

Monday Afternoon

Dates: 9/15 to 10/6 (4 weeks)

Time: 1–3 PM

Facilitator: Jim Edelman

Location: Broomfield Community Center

Class Limit: 25

Sponsoring Site: West

Subject Area: History and Economics

By studying the Holocaust, we will make the essential connection between history and the moral choices we confront in our own lives. History is not a series of inevitable events. It arises through a series of individual decisions. Even what seems to be small decisions can have enormous consequences. We will confront stereotyping and scapegoating, hatred and cruelty, and racism and antisemitism as we examine the holocaust. We will also examine the moral and legal issues of judgment and legacy. Throughout, we will examine how we can use this knowledge to guide our daily choices. and to better fulfill our responsibilities as citizens in a democracy.



How Healthy is Our Healthcare, Why Does It Cost So Much, and How We Can Fix It

Monday Afternoon

Dates: 10/13 to 11/3 (4 weeks)

Time: 1-3 PM

Facilitator: Vince Markovchick

Location: Online Class Limit: unlimited Sponsoring Site: Central

Subject Area: Health and Wellness

America's healthcare system presents a fascinating paradox: we spend more per capita than any other developed nation yet achieve poorer health outcomes and face significant barriers to care. This course demystifies our complex healthcare landscape, and its evolution into a fragmented system made up of Medicare, Medicaid, private insurance, the Affordable Care Act and self-pay. We'll follow the money trail of our \$4.3 trillion healthcare expenditure, examining funding mechanisms and comparing our performance internationally. A critical focus will be the estimated \$300-500 billion lost annually to waste, fraud, and profit-driven intermediaries who extract value without delivering care. Finally, we'll evaluate current reform proposals, including Colorado's single-payer study legislation and federal Medicare for All bills, analyzing their funding mechanisms and political challenges/ impediments. Through expert presentations, curated resources, and robust discussion, participants will gain the knowledge needed to understand—America's healthcare past, present and, perhaps what its future can be.

Required: Medicare for All A Citizens Guide

Recommended: online videos



Matinee at the Bijou: **More Billy Wilder and Friends**

Monday Afternoon

Dates: 9/15 to 11/3 (8 weeks)

Time: 12:30-3 PM

Facilitator: Mac McHugh

Location: Online

Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: Visual and Performing Arts

Billy Wilder, the name may not conjure up recognition but name the movies and suddenly a light bulb goes on. His style ranged from comedies, heavy drama, crime dramas, and back to comedies. Wilder didn't start out to be a director. He began as a screenwriter and many of his best-known movies were from screenplays he wrote. Join us as we look into the four decades Wilder made movies. We have a lost British soldier in the desert, an alcoholic, a married man with a midlife crisis, two crossdressing musicians on the run. an investigating Congresswoman, a Berlin executive vying for a promotion, a French policeman and a streetwalker, and a famous American flyer. Again, we will have a discussion after the movie to discuss the stars, the plot, and why the movie was successful. Due to the length of the movies the class will start at 12:30 p.m.



Science Potpourri: A STEM and Health Speakers Series

Monday Afternoon

Dates: 9/15 to 11/3 (8 weeks)

Time: 1–3 PM

Facilitator: Jon Young Location: Online

Class Limit: unlimited **Sponsoring Site:** Central Subject Area: STEM

This class provides a journey through science (STEM & Health Science) with both guest speakers and experienced OLLI facilitators presenting a 2-hour class on a topic of their choice.

While the weeks for each topic have not yet been scheduled, each of the following topics will be presented by a subject matter expert.

- 1. Patients and Doctors: What Makes Them Tick, Bridging the Gap Between You and Your Doctor - Bill Shaw
- 2. Searching For Other Earths: Our Growing Understanding Of The Cosmos And Our Place In It - Charlie Holt
- 3. Neuroplasticity: A Brain Awakened Dutch Thompson
- 4. Colorado's Propensity for Drought-Jim Kunkel
- 5. Fossils: What are they and what can they tell us - Larry Matten
- 6. The Moon: Facts and a Little Fiction Lynn Peyton
- 7. Electricity, Education, Entrepreneurship A Solar Case Study from India - Ranjan San
- 8. Lightning, Tornadoes, and Hail, Oh my! Tom Corona







The Hebrew Bible: A Literary and Academic View (Part 1)

Monday Afternoon

Dates: 9/15 to 10/27 (6 weeks)

Time: 1–3 PM

Facilitator: Michael Levin

Location: Online Class Limit: 25

Sponsoring Site: Central

Subject Area: Literature, Writing, and

Language

The Bible is considered the foundation document of Western thought and is often taken as absolute truth. Modern scholarship views the Hebrew Bible as an anthology that expresses diverse ideas through stories rich in ambiguity. Join us to see if you agree.

This class will take a fresh look at the Hebrew Bible. By closely examining biblical narrative. we are challenged regarding motive, moral character, and psychology. Robert Alter gives us tools to address those challenges in The Art of Biblical Narration (not required). We will dig deep into selected material alongside 30-minute lectures from Professor Amy Jill Levine (The Old Testament - a Great Courses series). She is a widely sought-after speaker who has delivered talks on biblical subjects and issues to academic and non-academic audiences. Many of her talks are available via YouTube. Each week, we will watch two lectures and struggle with some selected text.

No class 9/22



The Scopes Trial

Monday Afternoon

Dates: 9/15 to 11/10 (8 weeks)

Time: 1-3 PM

Facilitator: Myra Rich Location: Online Class Limit: 24

Sponsoring Site: Central

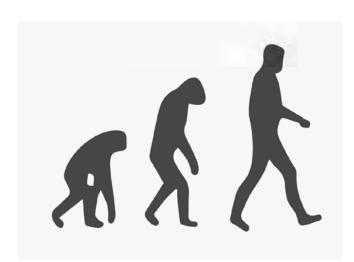
Subject Area: History and Economics

This course will focus on the Scopes Trial, allowing us to consider how the U.S. developed a strain of anti-intellectualism. dating back to the 18th century: Is this a conflict of reason vs. religion; Democracy vs. Authoritarianism? Do the old religious tropes of "heat and light" and "head and heart" apply today?

No class 10/27

Readings: Brenda Wineapple, Keeping the

Faith (2024)



Traditional Chinese Medicine and Artificial Intelligence: Ancient Wisdom Meets Modern Science

Monday Afternoon

Dates: 9/15 to 10/6 (4 weeks)

Time: 1–3 PM

Facilitator: Joseph Brady

Location: Online Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: Health and Wellness

Explore how Traditional Chinese Medicine (TCM) is being reimagined through the power of artificial intelligence. With centuries of clinical use and growing scientific interest, TCM offers whole-person approaches like acupuncture, herbal medicine, Tai Chi, and Qi-gong. Now, researchers at institutions such as Harvard and the NIH are using Al to better understand how these multifaceted practices promote healing, resilience, and prevention. This course looks at how Al is reshaping TCM research — including efforts at the University of Denver — and what it means for the future of healthy aging.

Recommended: Beinfield, Harriet, and Efrem Korngold. Between Heaven and Earth: A Guide to Chinese Medicine. New York: Ballantine, 1992. Written by two TCM practitioners, this book is divided into three parts: "Theory" (chapters 1–6), "Types" (chapters 7–12), and "Therapy" (chapters 13–15). A general introduction to Chinese medicine, it emphasizes the differences between Chinese medicine and modern biomedicine, and the difference between philosophy in the East and that in the West.

Tuesday Morning

A Revolution in Our Tools for Understanding Space

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Charles Holt and Ronald Knox Location: Columbine United Church

Class Limit: 45

Sponsoring Site: South Subject Area: STEM

Today's powerful space and ground-based telescopes are transforming our understanding of the universe. From the James Webb Space Telescope's insights into early galaxies to new discoveries about exoplanet atmospheres, dark energy, and cosmic expansion, these tools are opening up new frontiers. This class explores major current and upcoming telescopes — including Chandra (black holes, galaxy clusters), TESS (exoplanet detection), Euclid (dark matter and energy), SPHEREx (galactic evolution), and the soon-to-launch Nancy Grace Roman Space Telescope. Join us to learn how these instruments are helping scientists unravel the mysteries of the cosmos — and our place within it.







A Russian Phoenix? A Very Brief Survey of Russian History

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30–11:30AM Facilitator: John Bowen

Location: Jefferson Unitarian Church

Class Limit: 30

Sponsoring Site: West

Subject Area: History and Economics

Russia has thrust itself into the international limelight by its war against Ukraine. Russian motives for this war and much of the predictable future arose in Russia's past. Vladimir Putin in many ways is a traditional Russian leader although his political environment is different from the Tsars and the Soviets. But his management and government style have roots in the past. This course seeks to look in a very brief manner at the roots of the forces that drive Russian international policy. In addition, it will seek to clarify both Russian mythology about the past as well as to clarify Putin's effort to reestablish the empire. The class will undertake an eight-week survey of the general outlines of Russian history that have led us to the current situation and try to look forward to future Russian behavior.



Al and the Truth: Experiencing How a Machine Can Help Bridge America's Red-Blue Divide

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-12 PM

Facilitator: Ralph Hughes

Location: Jefferson Unitarian Church

Class Limit: 12

Sponsoring Site: West

Subject Area: Public Affairs and Current

Events

This course leverages artificial intelligence (AI) to explore America's most contentious issues with balance and nuance. Participants will learn how to use AI as an effective "fact averager" that can reveal underlying truths behind persistent social conflicts and identify biases in our opinions.

We'll cover getting started with a large language model, so that class members can employ it at home to prepare weekly analyses of controversial topics. Each week we'll share findings and seek common understanding. Al-generated summaries often reveal surprising areas of potential agreement between seemingly irreconcilable viewpoints.

As an experiment in machine-assisted conflict resolution, this course welcomes participants who have strong opinions. All we need are people who are curious, willing to do a little homework, and who are happy to consider topics from diverse viewpoints.

As we will discuss during Session 1, participants will benefit most by subscribing by Session 2 to the Al services Perplexity Pro and Claude Pro, each \$20/month. Free versions of these and other Al services are available for those who need to economize.

Blocks, Borders, and Bindings: Beginning Quilting

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM Facilitator: <u>Dale Bowers</u>

Location: Columbine United Church

Class Limit: 10

Sponsoring Site: South

Subject Area: Miscellaneous

Have you admired the beauty of your grandmother's quilts and wanted to learn the art yourself? This class is your chance! You'll learn essential quilting techniques, including how to read a pattern, choose and cut fabric, assemble blocks, add borders, prep for quilting, and sew on binding. You'll also get an overview of the supplies needed to recreate a traditional quilt.

Some steps will be completed at home between sessions, offering a relaxing continuation of classwork.

Required tools, if committing to quilting (estimated cost \$100-\$150):

- Cutting mat (18"x24" or 24"x36")
- 241/2" x 61/2" ruler and 81/2" square ruler
- Rotary cutter (45mm or 60mm)
- 3½ yards of fabric (wait to purchase until after the first class)

*If you're trying quilting for the first time, budgetfriendly options will be offered.

Bring to class: A working sewing machine with manual, white thread, scissors, and straight pins. Additional materials will be discussed in class.

Chaos and Collapse: Facing the Future of Civilization

Tuesday Morning

Dates: 9/16 to 10/21 (6 weeks)

Time: 9:30-11:30 AM Facilitator: Kelly Beninga

Location: First Universalist Church

Class Limit: 25

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

All civilizations eventually collapse. Historically, the average lifetime of civilizations is about 250 years, the age of the United States. The life cycle of civilizations follows a similar pattern of 7 stages, with common factors contributing to eventual collapse. From climate change to economic turmoil to the rise of authoritarianism, current circumstances indicate that the US and much of the world are now in the crisis and decline stage, with collapse on the horizon.

In this course we will address the seven stages of civilizations, current trends that point to civilization collapse, the grief cycle as a model of the personal experience of collapse, practical steps you can take to survive and adapt to collapse, indigenous cultures as a model for sustainable communities, and how to be content and resilient in the face of collapse.







Controversial Presidential Elections

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30–11:30 AM Facilitator: David Lippman

Location: First Universalist Church

Class Limit: 35

Sponsoring Site: Central

Subject Area: History and Economics

The United States has held 60 presidential elections. A few of these contests proved to be extremely controversial. This course will examine eight such elections, concluding with the 2024 election.

Each week, we'll scrutinize one election. We'll first look at the 1800 election where it took 36 votes in the House to declare Jefferson the winner. We'll then review the 1824 election where Andrew Jackson received 15 more electoral votes and a third more popular votes than John Quincy Adams, but Adams became president. Then, in turn, we'll examine the 1860 election of Lincoln; the 1876 selection of Rutherford Hayes that ended Reconstruction; the 1912 contest where Wilson defeated both an incumbent and an ex-president; the "hanging chads" election of 2000; and the 2020 election where, for the first time, the losing candidate refused to concede defeat.

Current Events

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM Facilitator: <u>Terry Casey</u> Location: Ruffato Hall/DU

Class Limit: 20

Sponsoring Site: Central

Subject Area: Public Affairs and Current

Events

This course will address contemporary political, economic, social and cultural issues that are topical at the time the course is offered. It is anticipated that international, national and local issues will be discussed. Generally, each class will address two of these issues per week, with the class participants being heavily involved in the selection of issues. Participants should expect about 20-25 minutes of reading(s) prior to each class on the topics for that week. Likely subjects are: K-12 education, college education, Colorado's state budget, local and state elections, global warming, trade and tariffs, artificial intelligence. housing policy, technology, healthcare, US Supreme Court decisions, and others.



Deliberative Democracy: Discussing Big Issues Using a Thoughtful Framework

Tuesday Morning

Dates: 9/16 to 10/21 (6 weeks)

Time: 9:30–11:30 AM Facilitator: Kent Epperson

Location: First Universalist Church

Class Limit: 20

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

What if you were assigned to a national, state or local panel tasked with making recommendations on a number of the most important issues of our time including: schools, policing, national leadership, election reform or mass shootings? Each week in this course class members will review multiple proposals on a critical topic and deliberate on the strengths and weaknesses of each "solution." The class will then try to discern any common ground and consider recommending a path forward. Critical but open minds will be an asset to this work. (Note: New topics will be addressed this term).



Four Asian Religions and Philosophies

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM Facilitator: Dan Putman

Location: Online

Class Limit: unlimited Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy,

Culture

When the word "God" is mentioned, most people in the West automatically assume a particular concept of God. The Asian religions challenge that concept. In this class we will look at the Hindu concept of Brahman, the Buddhist concept of Nirvana, the Taoist concept of Nature, and the Confucian idea of how our actions relate to the "Way of the Gods." But the class will not just be about the concept of God. It is also inevitable, especially in the Asian religions, that many practices of the religions are connected to their philosophical ideas, e.g., their rituals and lifestyles. Moreover, the ethical perspective of each religion will be central as well as the concept of an afterlife in each one. I am not a specialist in any of the religions but have taught and reworked the course for over forty years in college and now in OLLI. This will primarily be a philosophy course about the ideas involved in the Asian religions. Personally, I have found the Asian religions a rich challenge to the beliefs with which I grew up and they have opened the door to other ways of seeing the world.





Handel's *Messiah*: The Unique Story and Legacy of a Masterpiece

Tuesday Morning

Dates: 10/14 to 11/4 (4 weeks)

Time: 9:30–11:30 AM
Facilitator: John Parfrey
Location: Ruffato Hall/DU

Class Limit: 20

Sponsoring Site: Central

Subject Area: Visual and Performing Arts

For nearly three hundred years, audiences have gathered all around the world to hear Handel's brilliant oratorio, Messiah. In this class you will discover how Handel brought his masterpiece to life, and you'll learn much about the composer himself along the way. We'll take a close look at the musical devices and tricks that Handel and his soloists used to make this such a fascinating and brilliant work. We'll examine some myths, misunderstandings, at least one scandal, and even some recent controversy raised about this much-loved piece. And finally, we will follow the journey that Messiah has taken for nearly three hundred years since that first performance in Dublin, the many versions, reworkings, and traditions that the work has engendered. What would Handel think of "Too Hot to Handel," the "stompin' clappin" jazz-gospel version of *Messiah* that Marin Alsop brought to the world in 1993? It's all here!

Harnessing the Healing Power of Words: Writing for Wellbeing

Tuesday Morning

Dates: 9/16 to 10/7 (4 weeks)

Time: 9:30–11:30 AM

Facilitator: Heather Martin

Location: Online Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: Literature, Writing, and

Language

Guided expressive writing has been proven to reduce stress, enhance social relationships, and improve academic performance. While these outcomes may not surprise you, expressive writing has also been shown to improve lung function among asthma patients, reduce pain for people with rheumatoid arthritis, and reduce sleep disturbances, among a host of other wellness outcomes.

Over four sessions, you'll dive into current research on writing and wellbeing, learning how writing practices—such as journaling, reflective writing, and expressive storytelling—can enhance your wellness. Guided by an experienced writing professor, you'll experiment with these techniques in a supportive environment and develop a personalized wellness writing routine.

The course design emphasizes the importance of community wellness. By sharing stories and reflections with classmates, you'll connect with others, fostering compassion and collective wellbeing. Together, we'll explore the healing power of shared experiences and build a supportive and thriving community.

Required Supplies: Notebook

Imprisoned Without Trial: **Japanese Incarceration** in WWII

Tuesday Morning

Dates: 9/16 to 10/7 (4 weeks)

Time: 9:30-11:30 AM Facilitator: Dennis Kato

Location: Online Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: History and Economics

Anti-Asian violence: A modern day occurrence? Not at all. Fear, hatred, and racism toward the Chinese and Japanese began in the mid-1800s culminating with the incarceration of over 125,000 Japanese at the beginning of WWII. two-thirds of whom were US citizens. From the perspective of a third-generation Japanese-American (Sansei), we will discuss the how, when and why racism landed Americans in what is more accurately described as prison camps, and what we can do to countermand the effects of anti-Asian violence and racism in America today. With the continuing immigration and border crisis, we will see how the incarceration of the Japanese in WWII can repeat itself today, and why we should be ever vigilant that this **NEVER HAPPENS AGAIN.**

Let's Have a Food Fight!

Tuesday Morning

Dates: 9/16 to 10/7 (4 weeks)

Time: 9:30-11:30 AM Facilitator: Ann Pressler Location: Ruffato Hall/DU

Class Limit: 18

Sponsoring Site: Central

Subject Area: History and Economics

Stories about food through the ages have gotten lost in the glare of historical dates and warfare. Yet, food has had an influence on events through time. How did travelers eat on their journey without roadside taverns? Was food preserved for long journeys? Was it safe to eat the produce grown in community gardens and fields? How did trading for exotic food stuff lead to war?

Come and engage in discussion on the influence of food in changing our past as well as changing today's food culture.







Making and Sharing Sound End-of-Life Choices

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM Facilitator: George Ho

Location: First Universalist Church

Class Limit: 12

Sponsoring Site: Central

Subject Area: Health and Wellness

"Dying is more than a set of medical problems to be solved. The fundamental nature of dying is not medical, but it is

personal and experiential."

We will all die and we need to be prepared. We also need to develop our own understandings, attitudes and wishes of what our end-of-life should look like. This course explores: Why is death frightening? Why has death become more fearsome with scientific advancements? What is the nature of death and what are the trajectories of how life will end? How to navigate our complicated healthcare system to experience a good death?

In order to be prepared for the end of life, we need to do our homework and make our end-of-life choices and share them with our surrogate decision maker, family members and health care providers. Through reading stories, discussions and self-examination, these choices become clearer by the end of the course.

On The Road to Facilitating an OLLI@DU Course (Free class)

Tuesday Morning

Dates: 9/16 to 10/21 (6 weeks)

Time: 9:30–11:30 AM
Facilitator: Candace Hyatt
Location: Ruffato Hall/DU

Class Limit: 20

Sponsoring Site: Central **Subject Area:** Miscellaneous

Whether you are discovering OLLI at DU for the first time, or have taken several OLLI classes, if you've ever wondered, "Would I or could I ever facilitate an OLLI class?", this course is for you! During our time together you will have an opportunity to: explore possible topics you might want to teach, investigate developmental characteristics of life-long learners, consider how to facilitate classes for life-long learners, develop skills in managing productive, inclusive classroom participation, discover current, research-based resources to enhance your topic, and build your understanding of the course proposal process. Also, classroom experiences with seasoned facilitators. peer critique of proposals, and optional class presentations will provide you with the confidence and expertise to begin your journey to a rewarding and renewing facilitation experience.

This course is offered free of charge.

Resistance! Those Who Bravely Stood Against Hitler

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM **Facilitator:** Gregory Moody

Location: Columbine United Church

Class Limit: 25

Sponsoring Site: South

Subject Area: History and Economics

We will examine – through video, readings, and discussion - those in German society who stood against Hitler and the Nazi party. These groups acted and spoke out to free Germany from oppression despite threats of incarceration or death. Germans from religious groups, journalism, the arts, universities, youth groups, and populations of occupied countries all took part in this dangerous, but necessary. resistance. We will also review the successes of these various resisting groups.

Far from being the quiet participants in the Nazi terror, entire sections of German society rose up against the Hitler government. Resistance also bloomed in occupied countries, including France, Poland, Norway and Czechoslovakia.

Join Greg in exploring the history of resistance in this significant era.

Recommended reading: Resistance, Dietrich Bonhoeffer, Valkyrie, They Fought Back, Maquis



The Art of Storytelling

Tuesday Morning

Dates: 9/16 to 11/4 (8 weeks)

Time: 9:30-11:30 AM Facilitator: Bill Baird **Location:** Online Class Limit: 25

Sponsoring Site: South

Subject Area: Literature, Writing, and Language

Stories have always been a way of preserving

history. Today we still need stories.

There are stories inside all of us. Some are funny, some not so much. These stories are often waiting to come out. Sometimes they just need a little help.

This class will feature examples of stories well told. You may remember stories told by your grandparents or other adults. We will review good stories and discuss what makes them memorable.

You will be invited to share a story – your own or just one you remember. Small groups can help us share our stories informally.

We will laugh, we may cry, but we will surely learn how to tell a good story. Whether your target is a grandchild, a partner, or a friend, we can make our stories better with a little help. So, don't keep your stories locked inside. Let this class help you get them out.

Suggested reading: Telling Your Own Stories by **Donald Davis**





The Art of Writing: Seven Different Author Journeys

Tuesday Morning

Dates: 9/16 to 10/28 (7 weeks)

Time: 9:30–11:30 AM Facilitator: Jack Maher

Location: Jefferson Unitarian Church

Class Limit: 30

Sponsoring Site: West

Subject Area: Literature, Writing, and

Language

Seven Colorado Authors League writers will be sharing their unique paths to becoming published in this fascinating speakers series. Learn about their books, their techniques, their successes and their failures. Genres include science fiction, historic fiction, historic non-fiction, poetry, memoir and mystery. There will be ample time for Q&A and an optional writing exercise. See Author information in Jack's bio.



The Woman Question: How Women Became Subordinate, and What Did That Mean to the Conscious Development of Women?

Tuesday Morning

Dates: 9/16 to 10/28 (7 weeks)

Time: 9:30–11:30 AM

Facilitator: Mary Caravalho
Location: Chambers Center/DU

Class Limit: 20

Sponsoring Site: Central

Subject Area: History and Economics

This class seeks to answer the question of

role reversal:

In the Old Europe, Mesopotamia, and Canaan areas during Neolithic (10,000 - 3500 BCE) times, women were of greater value and respected as creators of life. The people's worship reflected this with the Goddess who was creator of all life and the cosmos. By 1000 BCE the tables had turned, and men were of greater value. The male God became creator of all life and the cosmos.

We will explore both worlds to discover how and why this reversal of roles happened. We will look at how women became subordinate as the new God became fixed and more powerful and how this continued through the centuries and what it meant to a woman's conscious development as a person.

Unlocking the Brain's Potential, Part 2: Improving Balance, Focus, and Memory with Neuroplasticity

Tuesday Morning

Dates: 9/16 to 10/7 (4 weeks)

Time: 9:30-11:30 AM

Facilitator: Steven (Dutch) Thomson

Location: Online Class Limit: 30

Sponsoring Site: Central

Subject Area: Health and Wellness

In this course you will learn how to use brain plasticity to improve balance (vestibular system), focus (keeping your mind on topic!), and memory. Science has answered many questions, but we are just scratching the surface of understanding the human brain. Nevertheless, one thing becomes clearer with each new discovery: the brain is massively powerful. One of the more intriguing aspects of the brain is its adaptability. The brain can change! It can employ strategies to improve memory and focus; it can learn to be more positive and ruminate less; it can reshape itself, assigning tasks to different areas if one area becomes injured or weakened. In fact, it might be possible for the brain to accomplish practically anything!

Readings: *The Tell Tale Brain*, by V.S. Ramachandran; The Brain that Changes Itself, Meditations of Marcus Aurelius (translated by Waterfield), and *The Daily Stoic* by Ryan Holiday



Tuesday Afternoon



50 Years of Stunning Research on Near-Death Experiences (NDEs): What Awaits Us After Bodily Death

Tuesday Afternoon

Dates: 9/16 to 10/28 (7 weeks)

Time: 1-3:30 PM

Facilitator: Maria Arapakis

Location: Online Class Limit: unlimited Sponsoring Site: Central

Subject Area: Health and Wellness

What happens to human "consciousness" when we die? In 1978 Dr. Raymond Moody's landmark book Life After Life reported on Moody's investigation of 150 people who died "clinically," were subsequently revived, and reported similar extraordinary experiences. His book started a revolution in popular attitudes regarding an "afterlife" and forever changed how we understand both death and life. Since then, with vastly improved resuscitation techniques, five decades of scientific research on thousands of NDEs has brought us powerful evidence that yes, Virginia, there is "life" after physical death and, as frosting on the cake, what awaits us is both heart-warming and extremely comforting. Physicians and professors at prominent universities, medical schools, and hospitals world-wide continue to study this phenomenon with seriously "mind-blowing" results. This course brings you up to speed on these findings as well as what we now know about other exceptional "paranormal" phenomenon.



A Beginner's Primer on Jungian Psychology

Tuesday Afternoon

Dates: 9/23 to 10/14 (4 weeks)

Time: 1–3 PM

Facilitator: Christine Chao, Ph.D.

Location: Ruffato Hall/DU

Class Limit: 20

Sponsoring Site: On Campus **Subject Area:** Psychology, Religion,

Philosophy, Culture

Terms like complexes, the shadow, introvert, extravert, archetypes, and the collective unconscious have seeped into common usage. While some may be aware that they originally emerged from the work of the Swiss psychiatrist C.G. Jung (1875–1961), many people do not understand fully the ways in which these concepts were developed within the comprehensive psychological theory that Jung constructed and which continues to have resonance today.

In this course, we will explore core Jungian ideas and their utility in our individual lives and our contemporary world.

We will also delve into dreams and their meaning from a Jungian perspective and explore how one can work with them, whether they are nightmares, or outlandish, or profound or silly.



Al: Ready or Not, Here It Is (A Speaker Series)

Tuesday Afternoon

Dates: 9/16 to 10/28 (7 weeks)

Time: 1–3 PM

Facilitator: Jan Friedlander and Pat Smith **Location:** Columbine United Church

Class Limit: 40

Sponsoring Site: South **Subject Area:** STEM

This engaging speaker series explores how artificial intelligence is rapidly transforming everyday life—from how we access and process information to how we work, learn, diagnose illness, and automate tasks. We'll focus on what's happening now, not theory or the distant future. No tech background needed—just bring your curiosity and questions!

Week 1: What is AI? A look at its development and how generative AI is reshaping daily life. Can AI think? Speaker: Pat Smith Week 2: AI in transportation—from self-driving cars to drone deliveries. Speaker: Ron Knox

Week 3: How artificial intelligence and machine learning are transforming health care. Speaker: Casey Greene, Ph.D. UC Medical School

Week 4: How is AI changing the education landscape? How are we preparing future military leaders to use AI? Speaker: Eric Tucker, Assoc. Prof. USAF Academy

Week 5: The latest on drones and Al in the

military. Speaker: Bill Gernert

Week 6: Field trip to Arapahoe Community College to learn how Al is being used in clinical programs and a live demonstration of the Anatomage table, a 3D virtual cadaver system. Speaker: Lexi Gaines, PT, DPT Week 7: Bits and pieces - a potpourri of how Al is being used in detecting brain tumors, dementia, and breast cancer risk, as well as construction waste and farming. Speaker: Jan Friedlander.

Capital, Inequality, and Ideology: An Intellectual History, Part III

Tuesday Afternoon

Dates: 9/23 to 11/11 (8 weeks)

Time: 12:45-3:15 PM

Facilitator: Mitchell Stewart Location: Ruffato Hall/DU

Class Limit: 30

Sponsoring Site: Central

Subject Area: Psychology, Religion, Philosophy,

Culture

This is Part Three of a four-course ensemble extending over four academic periods starting Fall 2024 and concluding Winter 2026 focusing on issues of inequality and their relationship to capitalism. The primary text, Thomas Piketty's Capital and Ideology, is divided into four parts of roughly 200-250 pages each. The course will generally follow the chapter structure with additional readings to augment and critique Piketty's arguments.

The Fall 2025 course will focus on the transition from the 19th Century "Ownership Society" to 21st Century "Hyper-Capitalism with particular focus on the changing narratives of inequality and equality (chapters ten through thirteen). The text anchors the intellectual and economic history while providing the context for our examination of the underlying philosophical premises and arguments of the period. In particular, we will assess Piketty's ongoing critique of capitalism, liberalism and illiberalism and the policies and institutional arrangements that might flow from these critiques.

Required reading: Thomas Piketty, *Capital and Ideology*. Recommended readings: Neiman, *Left is not Woke* and Veblen, *Theory of the Leisure Class*

Composition and the Art of Chasing Light

Tuesday Afternoon

Dates: 9/16 to 10/21 (6 weeks)

Time: 1:30–3:30 PM
Facilitator: Mark Payler
Location: Ruffato Hall/DU

Class Limit: 50

Sponsoring Site: On Campus

Subject Area: Visual and Performing Arts

If you've ever said, "Why doesn't my photo look like that?"—this course is for you. Composition and the Art of Chasing Light is a hands-on, sixweek workshop for smartphone shooters and digital camera fans alike. Each week, we'll spend an hour in the classroom learning the visual tricks of the trade—like symmetry, perspective, and framing—then head outside, after the first in-class hour, to the beautiful DU campus to put it all into practice. The last two weeks of the workshop will shift focus to mastering natural light: golden glow, moody shadows, and how to chase the sun. You'll leave with sharper eyes, better shots, and a new appreciation for how light and structure shape your photos. Warning: You may never see a sidewalk crack or late afternoon sunbeam the same way again. Oh, and you'll finally understand why photographers are always squinting into the sun!







Current Events For Open-Minded Thinkers

Tuesday Afternoon

Dates: 10/14 to 11/4 (4 weeks)

Time: 1–3 PM

Facilitator: Tom Hughes

Location: Jefferson Unitarian Church

Class Limit: 25

Sponsoring Site: West

Subject Area: Public Affairs and Current

Events

New and engaging topics are continually emerging as our world is constantly in flux - economics, politics, environment, gender, and racial divides, wars and aggressions, health care issues, etc. The class time is divided into two sections each week. During the first section, we will discuss current events suggested by class members. In addition, participants will receive two or three emailed articles per week in advance of class, drawing from sources like the New York Times, Washington Post, The Economist, National Public Radio, Wall Street Journal, etc. We will discuss one or more of these articles in the second section of the class. The objective of the course is an informative, engaging sharing of ideas, life experiences, and viewpoints in a civil and safe dialogue. Please bring an open mind, tolerance of differences, your best manners of discourse, and a sense of humor.

Current Events: Politics, Society, and Global Change

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Dean Tebbe

Location: Columbine United Church

Class Limit: 20

Sponsoring Site: South

Subject Area: Public Affairs and Current

Events

This class will be a non-partisan discussion of current events that values diverse points of view. The first hour will be a look at the news of the week, with an eye towards independent/alternative news sources. Hour two will be a deeper examination of a single topic, chosen by the facilitator with input from the group. The class will be provided background information on the topic prior to the session which could include articles, videos, or podcasts.



Early Railroads of Colorado

Tuesday Afternoon

Dates: 9/16 to 10/7 (4 weeks)

Time: 1–3 PM

Facilitator: Dave Erickson

Location: Jefferson Unitarian Church

Class Limit: 30

Sponsoring Site: West

Subject Area: History and Economics

In the vibrant tapestry of Colorado's history, few threads are as significant as the early railroads that forged connections and propelled the region's transformation from a mere territory into a thriving state. In the 1860s, it was said that "Colorado without railroads is comparatively worthless." Railroads would play a pivotal role in shaping Colorado's economy, culture, and communities. During this course, we will learn about the visionary efforts of individuals, technology, and politics that made railroads in Colorado a reality.



Exploring Our Distinctive Public Gardens

Tuesday Afternoon

Dates: 9/16 to 10/7 (4 weeks)

Time: 1–3 PM

Facilitator: Betty Page and Anne Brinkman

Location: TBD Class Limit: 25

Sponsoring Site: Central Subject Area: Miscellaneous

Guided tours of local gardens focus on native plants and xeric landscape options. Gardens will include Hudson Gardens, Kendrick Lake Park, Aurora Water-wise Garden, and Jeffco Extension trial gardens. Participants must be able to walk & stand for brief presentations (no seating provided). Transportation to each garden is the participant's responsibility, although informal carpooling may be arranged.

Hudson Gardens encompasses more than thirty acres of garden exhibits, trails, open spaces, and event venues only minutes from downtown Littleton.

The gardens at Kendrick Lake Park contain 10+ beds representing the major biomes in Colorado. Xeric species from across the regions are interspersed throughout the winding trails.

The Jefferson County Extension gardens showcase research-based gardening practices, and are thoughtfully maintained by our Colorado Master Gardeners.

The Aurora Water-wise Garden is a botanical display of low-water plant species to promote the efficient use of water through education, demonstration of proven techniques, and experimentation.





Four National Crises and Their Solutions

Tuesday Afternoon

Dates: 9/16 to 10/14 (4 weeks)

Time: 1–3 PM

Facilitator: Gordon Appell

Location: First Universalist Church

Class Limit: 25

Sponsoring Site: Central

Subject Area: Public Affairs and Current

Events

This discussion class will explore current crises whose solutions appear impossible. 1. Continuing the unregulated development of Artificial General Intelligence, 2. Social Media and Deaths of Despair, and 3. Modern Asymmetrical Warfare. Enacting international regulations requires understanding of the risks followed by legislative cooperation at a time when divisions are widening. Our fourth crisis is 4. Healing the political divide. Do we citizens still have shared values that can be the basis for building the bi-partisan cooperation needed to enact and enforce regulations? Or do we need a strongman to rule us? The class will explore research conclusions and discuss solutions already identified. We will prepare for an informed discussion by watching selected TED Talks or YouTube videos. That way we won't need to spend too much class time defining the problems. Our focus will be on evaluating alternative solutions instead of just depressing ourselves with the dangers. It should be enlightening.

Great Movies of the Last 5 Years

Tuesday Afternoon

Dates: 9/16 to 10/14 (5 weeks)

Time: 1-4 PM

Facilitator: Greg Petty and Larry Matten

Location: Online Class Limit: 50

Sponsoring Site: Central

Subject Area: Visual and Performing Arts

This is the 7th and final course in our series of movies by the decade that started with the 1960s. We will show just five movies, because we only have a half decade to cover (and because Larry is going on a wonderful trip). The value and fun of the post-movie discussions depend on contributions from class members, although we are fine with some who want to just watch and listen.

The five movies we have selected are diverse and very highly rated by critics and audiences. They are:

- 1. American Fiction, a 2023 dark comedy/ satire/drama starring Jeffrey Wright;
- 2. *The Holdovers*, another 2023 comedy/ drama directed by Alexander Payne starring Paul Giamatti;
- 3. *Top Gun: Maverick*, the 2022 Tom Cruise highly rated thrilling drama sequel to his nothighly-regarded 1986 Top Gun;
- 4. *Little Women*, the 2019 drama directed by Greta Gerwig and featuring an outstanding ensemble cast.
- 5. To be announced



How Can We End Homelessness in America?

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Don Burnes

Location: Chambers Center/DU

Class Limit: 25

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

The new book When We Walk By written by the facilitator, Don Burnes PhD, will be the center of this course. Each of the eight classes will discuss one or two of the chapters. We will explore in depth the ways we dehumanize those experiencing homelessness, the ways in which each of the relevant systems fail to meet the needs of the unhoused and the potential solutions that address our forgotten humanity and the broken systems.

Class text will be provided free to participants.



How to Use Google's NotebookLM and Become an **AI Expert**

Tuesday Afternoon

Dates: 9/16 to 11/4 (7 weeks)

Time: 1–3 PM

Facilitator: Ronald Knox

Location: Columbine United Church

Class Limit: 35

Sponsoring Site: South Subject Area: STEM

Do you want to advance and expand your use

of AI?

In 2023, Google released Gemini 2.5 with a powerful research application called

NotebookLM.

This class will explore the 4 Best NotebookLM and Al Prompt Practices: 1) Target Your Al Questions, 2) Analyze Multiple Input Documents, 3) Generate Summaries, 4) Translate to Audio Overview of your NotebookLM research.

By using NotebookLM and Al prompts of Gemini, means you can upload multiple documents, have NotebookLM analyze them, and check for contextual connections between documents relevant to your question. NotebookLM will then generate useful cited source responses to your question. One great feature is NotebookLM can translate the response summary to an audio overview.

Learn by doing: You will do your own research with NotebookLM using your laptop. You will learn how to ask questions about complex information and get thoughtful, cited responses to your research questions. Members should bring their own laptop to class.

No class 9/23





Minding Your Balance: Mind Body Activities to Improve Balance and Prevent Falls

Tuesday Afternoon

Dates: 10/14 to 11/4 (4 weeks)

Time: 1–3 PM

Facilitator: Susan Chandler

Location: First Universalist Church

Class Limit: 16

Sponsoring Site: Central

Subject Area: Health and Wellness

As we get older, the risk of falling tends to increase significantly due to a gradual decline in balance abilities. This decline may begin in middle age and progress slowly, making it easy to ignore - until a fall happens. To address this, incorporating balance training into our personal health management strategy is essential, allowing us to take proactive steps toward maintaining stability and preventing falls.

Minding Your Balance™ training addresses this need, drawing on lessons from the martial art Ki-Aikido to take a groundbreaking look at balance and its fundamental relationship to mind and emotion. Easy to learn mind body exercises, scientific insights, and stories of applications in everyday life provide participants with tools to immediately improve balance control.

Participants work individually and with partners. Activities can be done seated and standing; all activities are adaptable to different needs and abilities.

Recommended reading: *Minding Your Balance: Mind Body Exercises to Improve Balance & Prevent Falls* - \$15 on Amazon

Rethinking Liberalism: Exploring "Abundance" and the Future of Governance

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3:30PM

Facilitator: Ralph Hughes

Location: Jefferson Unitarian Church

Class Limit: 12

Sponsoring Site: West

Subject Area: Public Affairs and Current

Events

Based on Ezra Klein and Derek Thompson's bestselling book Abundance, this course explores the provocative idea of "supply-side progressivism" — the belief that scarcity in housing, energy, and infrastructure is the result of our political choices, not inevitability. We'll examine how the authors challenge traditional liberal approaches and are inspiring bipartisan reform through the emerging "Abundance Caucus" in Congress.

In the spirit of innovation, this seminar will introduce participants to Al tools for researching, analyzing, and developing informed opinions. We'll explore how chatbots can help us vet arguments and ask whether streamlining government alone can truly deliver abundance, overcoming growing concerns about sustainability, inequality, and power.

To fully participate, students are encouraged to purchase the Kindle edition of the book and, by Session 2, subscribe to Perplexity Pro and Claude Pro (\$20/month each). Free versions of these Al tools are also available.

Revisiting the Constitution

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Marjie Clark

Location: First Universalist Church

Class Limit: 25

Sponsoring Site: Central

Subject Area: History and Economics

Most of us have not studied the Constitution in detail since high school, but now with almost daily references to the document, we should see it in a new light. This course will examine previous constitutions, from the colonial period to 1787, to see how and why the U.S. Constitution came about and how it has been able to provide the law of the land ever since. Through background-building and lively discussions, class members will come to better understand the origins of the U.S. Constitution and how it has been adapted to accommodate changing times.

Copy of the US Constitution recommended.



Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Leanne Puglielli

Location: Online Class Limit: 30

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

The Focus:

We will focus on the history and evolution of the economic, legal, theological, and philosophical systems embedded in our country's laws and systems. We will follow the four roots as they become ever more intertwined and grow ever more deeply each decade to produce the racial disparities that we experience today.

While there are many stories of minorities that could, and need to be told, given the eight-week timeframe, these conversations will focus on those systems and structures that have resulted in wealth disparities, mass incarceration and the unchecked killing of Black people.

Why Participate:

"Whites created slavery, segregation, and racial discrimination. Whites have most of the political and social power to change racial discrimination and inequality now. We cannot have a truly free and democratic society until we do that." MLK

Our desire to be good can prevent us from doing good if we do not see the historical systems and structures we created. If we don't see them, we cannot act to change them.







Those Wonderful Wind Instruments: Flutes, Clarinets, Oboes, and More

Tuesday Afternoon

Dates: 9/16 to 10/28 (6 weeks)

Time: 1–3 PM

Facilitator: Hille Dais

Location: Jefferson Unitarian Church

Class Limit: 45

Sponsoring Site: West

Subject Area: Visual and Performing Arts

This class will shine the spotlight on the wind instruments in the context of classical music – the flute, clarinet, oboe, English horn, bassoon and French horn. Highly accomplished musicians will visit with their instruments, talk about their musical journeys and play for us. Along the way, we will explore the history of these instruments, the composers they inspired, and the ways our musical world combines them to delight audiences. We will learn a bit about how they are built, how they work, and why they have become such mainstays in the world of concerts. The musicians plan to perform a wind quintet for us during the final session.

No class 10/21



Travel Journaling in Words and Pictures with Smartphone and Snapseed App

Tuesday Afternoon

Dates: 9/16 to 10/21 (6 weeks)

Time: 1–3 PM

Facilitator: Sara Frances

Location: First Universalist Church

Class Limit: 20

Sponsoring Site: Central

Subject Area: Visual and Performing Arts

Expanded weeks and new tips added to this class, which features the new user interface for Snapseed. A deep dive into the free Snapseed in-phone app for comprehensive, flexible tools for effective, professional edits and polish in post-production. Within each session, we will unpack techniques for optimal smartphone handling and improving photo capture for expressive images that sparkle with color, composition, and impact. Explore journaling in words to accompany and expand the pictorial message. Snapseed is great for making memory books, inspiring slide shows, and eye-catching Internet posts. Detailed instructions and examples to correct, optimize, and artistically interpret photos will be included.. There will be a PDF presentation of more than 200 slides, downloadable to follow along during the class and retain for later reference.

Required materials: late model Smartphone, iPhone 13 or later, with email capability, free Snapfeed app.

Trump v. The United States and Other Constitutional Criminal Issues

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Rick Levinson

Location: First Universalist Church

Class Limit: unlimited Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

Rick will discuss legal actions facing the court system, including those brought against Donald Trump and or his administration. He will review underlying issues of the various cases and compare them with similar cases to understand whether there is merit to the actions. He will discuss if the cases could or should be criminally prosecuted. The class will be by presentation and question and answer. The hope is that classroom members will be active participants.



Turning Points in American History: What Causes Them?

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1-3:30 PM

Facilitator: Alan Folkestad

Location: Online Class Limit: 35

Sponsoring Site: South

Subject Area: History and Economics

War is often a turning point in history, but it does not stand alone in reordering a culture. This course explores other circumstances that altered our history. For example, after the Corps of Discovery, Lewis and Clark estimated that 200 years would be needed to settle the Louisiana Purchase territory; but the rapid growth in population and the railroads changed everything, including the timeline.

How does history happen? Is it inevitable or full of surprises? Does history progress by gradual evolution, or can a single person or event change its direction almost instantly? With Great Courses lectures, we take a dynamic journey of U.S. history to explore these questions. Please join me on this memorable excursion.

The divergent directions that U.S. history takes will expand your awareness and significance of known and unknown events. Instructional methods will include presentation, discussion, Great Courses and YouTube videos.





Virginia Woolf, *Mrs. Dalloway*, and Bloomsbury: Modernism in England between the World Wars

Tuesday Afternoon

Dates: 9/16 to 10/14 (5 weeks)

Time: 1–3 PM

Facilitator: Gloria Eastman Location: Ruffato Hall/DU

Class Limit: 24

Sponsoring Site: On Campus

Subject Area: Literature, Writing, and

Language

Mrs. Dalloway (1925), recounts one June day in the life of a wealthy London woman. As she makes preparations for her party, Clarissa's memories and reflections intersect with her actions and with the plight of a WWI soldier. Virginia Woolf (1882–1941), an innovative novelist, used "stream of consciousness" as a way to access the inner life of her characters and to consider the social changes of the 1920s.

Woolf and her sister, Vanessa Bell, an artist, gathered around them a group of friends in the north London neighborhood of Bloomsbury. This group included some of the great intellectuals of the early 20th century, including John Maynard Keynes, Duncan Grant, T.S. Eliot, Leonard Woolf, E.M. Forster, and Lytton Strachey. Their philosophy valued knowledge, freedom, progress, and beauty, as they broke from the values and restrictions of their Victorian childhoods.

Join us as we read *Mrs. Dalloway* and explore Bloomsbury!

Required text: *Mrs. Dalloway*, Virginia Woolf, Penguin Classics, ISBN 978-0-241-37194-7, or equivalent.

Wine Appreciation 101

Tuesday Afternoon

Dates: 9/16 to 10/28 (6 weeks)

Time: 1:30–3:30 PM Facilitator: <u>Linda Torbica</u> **Location:** Ruffato Hall/DU

Class Limit: 24

Sponsoring Site: On Campus **Subject Area:** Miscellaneous

Wine 101 – Swirl, sniff, sip, and spit. What does all that mean to you? What is the difference between a sommelier and a master sommelier? What wine goes with what food? Why does soil matter? Does location mean a lot in wine? Some countries name wine after the grape, some after the region, and some are proprietary names. How do you differentiate, and is this information on the label? These are all questions you have probably asked yourself or others. Wine can be magical and mysterious. Each week, we will explore wines from around the world. They might be one country or one grape. It could be one region or one vineyard.

This class is scheduled to start at 1:30pm and conclude at 3:30pm to allow participants to have lunch before arriving for the class. Small snacks will be available during each session.

Join us for the fun! A \$100 fee will be added for wine samples when registering for the course.

No class 9/30



H World War I (Part 1) 1914-1916 (Hybrid - In Person)

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Mac McHugh Location: Ruffato Hall/DU

Class Limit: 24

Sponsoring Site: On Campus

Subject Area: History and Economics

"The War to End All Wars" promised the world leaders. What really happened? How could an assassination in a third world country propel all the world powers into a global conflict? How did imperial leadership give rise to the escalation? The war brought the end to four great royal houses and the rise of communism and fascism that led to another world war in just 20 years. Join us as we look at what was supposed to be a small punitive action that went wrong. What part did mutual support agreements play into conflict getting out of control? In this course we will cover the first three years of the war. We have great battles that have faded into the past such as Gallipoli, Verdun, the Somme, and others. We will end the class with the little discussed Mutiny in the French Army. Part 2 follows in the Winter Quarter.

🙀 World War I (Part 1) 1914-1916 (Hybrid - Online)

Tuesday Afternoon

Dates: 9/16 to 11/4 (8 weeks)

Time: 1–3 PM

Facilitator: Mac McHugh

Location: Online

Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: History and Economics

"The War to End All Wars" promised the world leaders. What really happened? How could an assassination in a third world country propel all the world powers into a global conflict? How did imperial leadership give rise to the escalation? The war brought the end to four great royal houses and the rise of communism and fascism that led to another world war in just 20 years. Join us as we look at what was supposed to be a small punitive action that went wrong. What part did mutual support agreements play into conflict getting out of control? In this course we will cover the first three years of the war. We have great battles that have faded into the past such as Gallipoli, Verdun, the Somme, and others. We will end the class with the little discussed Mutiny in the French Army. Part 2 follows in the Winter Quarter.







Wednesday Morning



A Day at the Opera

Wednesday Morning

Dates: 9/17 to 10/29 (6 weeks)

Time: 9:30-11:30 AM

Facilitator: Jan Friedlander and Neil Adelman

Location: Online Class Limit: unlimited Sponsoring Site: South

Subject Area: Visual and Performing Arts

Join Jan, Neil, and maybe a guest lecturer, as we "Zoom" through 100 years of popular and lesser-known operas. We will cover the bel canto works La Sonnambula and I Puritani from the 1830s; the ever-popular La Traviata and La Boheme, and the verismo work Andrea Chenier from the Romantic mid and late 1800s. We conclude with Arabella, from the 1930s. These works can be seen during OLLI's Fall term at the Metropolitan Opera's Live in HD simulcasts at local theatres or Opera Colorado. Selections from each will be shown in class. Please join us whether you are an experienced opera goer or new to the art form.

No class 9/24



Beginning Chatting in Spanish

Wednesday Morning

Dates: 9/17 to 11/5 (7 weeks)

Time: 9:30–11:30 AM Facilitator: Linda Gordon

Location: First Universalist Church

Class Limit: 15

Sponsoring Site: Central

Subject Area: Literature, Writing, and

Language

This course will include speaking, reading, and writing. The primary objective is to teach enough vocabulary and expressions that participants can begin to speak and understand others who speak Spanish. We will build a community of safety together, where everyone is praised for trying to communicate, and there is no room for criticism. It isn't easy to learn another language, so everyone needs to have patience with themselves and each other. The book will be used at each class session. There will be many opportunities for practice, questions, and explanations of verb usage and sentence formation. We can laugh together while we all make mistakes!

No class 10/8

Required: Practice Makes Perfect-Spanish

Verb Tenses Fifth Edition

Can China Survive Its Challenges?

SPECIAL CLASS DISCOUNT

Wednesday Morning

Dates: 10/08 to 11/5 (4 weeks)

Time: 9:30-11:30 AM

Facilitator: Steve Swenerton

Location: Broomfield Community Center

Class Limit: 27

Sponsoring Site: West

Subject Area: Public Affairs and Current Events

China is very much in the news these days. President Trump has initiated a tariff program on China in an attempt to address the current very negative trade balance. This process is upending the economies of both countries. Taiwan is in play also with both nations trying to anticipate the actions of the other. Meanwhile President Xi has many critical domestic issues, any one of which would be considered a primary focal point for any other countries. Steve Swenerton will review all of this in depth presenting much new information and perspectives. The people, the domestic economy, China's international economy, the military and a report card on President Xi will all be included in this class.

No class 10/15



Wednesday Morning

Dates: 9/17 to 10/22 (6 weeks)

Time: 9:30-11:30 AM Facilitator: Betsy Schwarm

Location: Online

Class Limit: unlimited

Sponsoring Site: On Campus

Subject Area: Visual and Performing Arts

Classical keyboards: what might that be? Thunderous organ music by Bach? Dramatic piano sonatas of Beethoven? Delicate keyboard musings by Debussy? Even saucy creations of Gershwin? In this six-week online course, music historian and frequent OLLI program presenter Betsy Schwarm will feature all of those, and much more! We'll consider how various keyboard instruments work and how some of the most beloved keyboard music came to be written. Betsy's course, to be offered via Zoom, will include video performances of almost all the music, as well as opportunities for commentary and Q&A. No music reading required: just an active interest in discovering how this wonderful music came to be!







Come Bird With Us

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30-11:30 AM Facilitator: George Ho

Location: First Universalist Church

Class Limit: 12

Sponsoring Site: Central

Subject Area: Health and Wellness

This class is for anyone who is interested in "Birding" or "Bird Watching" and who enjoys being outdoors, walking 1-2 miles, and interacting with others while watching birds. The classroom sessions will consist of birding etiquette and appearance of birds including size, shape, color and identifying field marks. They will highlight bird behaviors and habitats and other interesting aspects of these living dinosaurs and how they reflect the health of our planet.

In the four classroom sessions, George will share his photos of birds on PowerPoint, his knowledge and experience in birding, and his experience being a citizen scientist. The other four sessions will be field trips. Locations include Bluff Lake Nature Center, Rocky Mountain Arsenal National Wildlife Refuge, and other locations. These field trip sessions may be longer than 2 hours and scheduled depending on the weather.

Current Events Wednesday

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Richard Reinish and Sydney Myers

Location: First Universalist Church

Class Limit: 60

Sponsoring Site: Central

Subject Area: Public Affairs and Current

Events

We will discuss the prior week's news in the first hour. In the second hour, a topic that has been determined by the facilitators and articles that have been sent out prior to the class will be discussed. The facilitators of this class express a progressive point of view on American politics. They welcome conservative or other points of view and encourage discussion as part of our learning experience.



Disasters in Focus: Survival and Outcomes

Wednesday Morning

Dates: 9/24 to 10/29 (6 weeks)

Time: 9:30-11:30 AM

Facilitator: Warren Johnson **Location:** Ruffato Hall/DU

Class Limit: 16

Sponsoring Site: Central

Subject Area: Public Affairs and Current Events

We are all fascinated with torment on the high seas and peril atop the highest mountains. But many other disasters, natural and man-made confront regular people on a daily basis: in our homes, on nearby highways, and in the news. We have survived all of them to date. This course will empower you to pull through the next disaster, if survival is at all possible. Over six classes we will discuss various cataclysmic events in depth (ship wreck, famine, flood, fire and more). You will acquire concrete usable tools to tackle the next challenge that man or nature may throw at you. Each session analyzes several dramatic, but lesser-known disasters through readings, videos, podcasts, music, and artifacts. Each event will teach us valuable lessons in survival. Note: This is not a course on bushcraft or wilderness survival.

Readings: *Two Old Women* by Velma Wallace, HarperPerennial press 1994

Experience the Roots of Modern Painting

Wednesday Morning

Dates: 9/17 to 10/8 (4 weeks)

Time: 9:30–11:30 AM Facilitator: Bob Manning

Location: Jefferson Unitarian Church

Class Limit: 20

Sponsoring Site: West

Subject Area: Visual and Performing Arts

Much of the popular art of our day is rooted in the fundamental innovations of five turn of the 19th century artists - Monet, Cezanne, Van Gogh, Picasso & Matisse. In this course, we'll dive in and take a look at some of the unique techniques they employed in color and composition. Using basic materials, such as crayons, colored pencils and a beginner's watercolor set, we'll experience a bit of the magic these five greats sensed, saw and articulated. Class time will be a combination of lecture, dialogue and hands on play.









Foundations of Quantum Mechanics

Wednesday Morning

Dates: 9/24 to 10/29 (6 weeks)

Time: 9:30-11:30 AM

Facilitator: Edward Friedman

Location: Online Class Limit: unlimited Sponsoring Site: Central Subject Area: STEM

Quantum Mechanics is arguably the most important invention of the human mind. Our standard of living has increased enormously due to its applications to computers and communications, education, entertainment, medical devices, navigation, energy production, travel safety, and other advances.

Yet, many mysteries remain. Experiments show that the quantum world is weirder than science fiction. Scientists cannot agree on how to interpret its seemingly illogical predictions, even though the theory continues to successfully explain the world of the atom and its components.

This class will present the history of quantum science, its key personalities, a non-technical explanation of its guiding tenets, what is and isn't understood, and the exciting future it offers in computing and communication security.

Professors usually say 'Shut up and calculate' to students who want answers about the foundations of quantum mechanics. We will expose those shadowy areas and offer the best current explanations.

Great Decisions

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Dennis Brovarone
Location: First Universalist Church

Class Limit: 25

Sponsoring Site: Central

Subject Area: Public Affairs and Current

Events

Great Decisions is a program of the Foreign Policy Association, which presents new topics each year. The class is expected to read a chapter from the Briefing Book before each class, will then view a video of background information and relevant interviews with world leaders and scholars during class, and discuss the topic.

GREAT DECISIONS 2025 TOPICS

- 1. American Foreign Policy at a Crossroads
- 2. U.S. Changing Leadership of the World Economy
- 3. U.S.-China Relations
- 4. International Cooperation on Climate Change
- 5. The Future of Nato and European Security
- 6. Al and American National Security
- 7. India: Between China, the West, and the Global South
- 8. After Gaza: American Policy in the Middle East

Required Book: *Great Decisions 2025 Briefing Book*, available from the Foreign Policy Association. Registered members, please order. www.fpa.org/great_decisions



Hearing Loss? How to Better **Navigate the World**

Wednesday Morning

Dates: 9/17 to 10/8 (4 weeks)

Time: 9:30-11:30 AM

Facilitator: Wynne Whyman

Location: Online Class Limit: unlimited

Sponsoring Site: West

Subject Area: Health and Wellness

Whether you use hearing aids or not, there are environmental, people, and technology-based techniques to help you better understand one-on-one, in small groups, at medical appointments, when you're out in public in your communities, or traveling. Topics include: room setups, communication techniques, captions, personal amplification products, assistive listening systems (hearing loops, FM, infrared, and the upcoming Auracast streamed assistive listening) and requesting hearing accessibility for public and private places. A digital handout will be provided for reference later.



Inspired Leaders: The Worlds of Gandhi, King, and Mandela

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Gary Wyngarden

Location: Columbine United Church

Class Limit: 35

Sponsoring Site: South

Subject Area: History and Economics

There have been all kinds of leaders in our world. Some led their sports teams to world championships. Others built great corporations and dominated markets. Still others built large armies and attacked their neighbors. accumulating power along the way. These leaders tended to gain a lot of notoriety and large fortunes.

But still others like Gandhi, King, and Mandela chose to lead their oppressed peoples against seemingly invincible power in search of justice and freedom. Rather than earning great wealth, they were imprisoned and in two cases assassinated. Why did they do that?

This course will explore several important questions. What was in their makeups and in their backgrounds that led them to lead their oppressed peoples in a fight for justice and freedom? What "magic" did they have that led them to harness the support of their peoples? What unique strategies did they use to win against superior power?

And finally what have been the long-term outcomes of their heroic efforts? What can we learn about leadership from these men?

The eight weeks of classes will consist of some lecture, some videos, and lots of discussion.





Let's Kill All the Lawyers

Wednesday Morning

Dates: 9/17 to 10/22 (6 weeks)

Time: 9:30–11:30 AM Facilitator: <u>David Savitz</u>

Location: Jefferson Unitarian Church

Class Limit: 75

Sponsoring Site: West

Subject Area: Public Affairs and Current

Events

At first blush Shakespeare's famous line, "The first thing we do, let's kill all the lawyers" seemed to disparage lawyers. But, in the context of the *Henry VI* play, it was a satirical remark uttered as a testament to lawyers to underscore their importance in upholding the rule of law and maintaining societal order.

Now, more than 425 years later, the Oval Office is determined to kill all the lawyers who aim to preserve justice and thwart the current tsunami of chaos and office holder's quest for anointment. Scores of dedicated and honorable judges are an integral part of this mission.

This course will address the numerous actions the Oval Office (47) has taken to arguably throw America's social order into disarray. There is little resistance from Congress to this movement.

However, opponents from various segments of society view the actions as antithetical to guarantees in the US Constitution, Congressional law and society's mores. In support of this quest for societal order, dedicated lawyers and judges have fought for the adherence to justice, the rule of law and protections in our Constitution.

This course is designed to address the competing interests between the oval office and his opponents through the below-classes with the caveat that modifications of any one or more of them could be dictated by current events:

M.A.D. About Nukes: The Early Cold War

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Wayne Cassell and Gregory Moody

Location: Columbine United Church

Class Limit: 25

Sponsoring Site: South

Subject Area: History and Economics

This class will explore the post WWII or Cold War development of nuclear weapons and manned delivery systems and their cultural influence. We will examine the doctrine of strategic use of nuclear weapons and the various international incidents that heightened the threat of atomic weapon use.

How did the US respond to this growing, ever-present threat? We will reveal the political and military infighting in the late '40s that resulted in the creation of the USAF and the Strategic Air Command (SAC). We will study the effectiveness of civil defense measures instituted in the 1950s and explain the significant nuclear accidents during this time frame.

After exploring these topics, we will grapple with the cultural influence of the USA's political and military responses to nuclear weapons. The class will watch the Cold War thriller, "Fail Safe" and the satirical black comedy, "Dr. Strangelove." After viewing each film, we will discuss the background and stories of each and analyze their societal impact.



Play of the Hand

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Michael Holmes

Location: Online Class Limit: 15

Sponsoring Site: West

Subject Area: Miscellaneous

Play of the Hand in the 21st Century is an eightweek online course designed for individuals new to the game of bridge or those who have been absent from bridge for a while. The instructor will use class discussion, drills. and play of bridge hands to demonstrate and reinforce the concepts learned. This course helps the bridge student to develop a plan for declaring a bridge hand. Students will learn how to build a plan, use the strategies of promotion and length, the finesse, eliminating losers, developing and using entries, watching out for the opponents, managing the trump suit and developing the timing to make the plan work.

Play of the Hand in the 21st Century is the text. This text will be provided to the students free, sponsored by the American Contract Bridge League (ACBL). There is a nonnegotiable, nonrefundable \$20.00 fee for this class. The fee covers the mailing of the book and fees for the use of the virtual bridge app.

Retirement Investing FAQs

Wednesday Morning

Dates: 9/17 to 10/22 (6 weeks)

Time: 9:30-11:30 AM Facilitator: Mark Teter

Location: Columbine United Church

Class Limit: 20

Sponsoring Site: South

Subject Area: History and Economics

Are you curious about how the financial markets work, and how investment advisors make their decisions? This six-week course will provide interactive discussions and structured lessons offering a broad overview of investment options and strategies tailored for retirement. We'll discuss risk and volatility, portfolio diversification, and economic trends, with a focus on understanding how registered investment advisors (RIA) operate. Participants will learn how to use investment analysis tools and techniques for managing risk and volatility; by the end of the course, you will have a deeper understanding of financial investment strategies and be equipped to collaborate with financial planners and advisors confidently.

Retirement brings opportunities and challenges in investing, from managing upcoming changes from the SEC, utilizing required minimum distributions (RMDs), generating recurring income, to minimizing volatility, risk and taxes. Whether you want to optimize your retirement accounts or simply grasp the principles behind investment decisions, this course is for you.

Required: How NOT to Invest by Barry Ritholtz (eBook will be provided for each student after the first class)





Tales Untold: A Short Story Writing Adventure

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Edward (Ned) Ford Location: Chambers Center/DU

Class Limit: 20

Sponsoring Site: Central

Subject Area: Literature, Writing, and

Language

Short stories are fun and they're easy to write. The approach that Facilitator Edward Ford uses is known as writing from life. A writer does not make up a story and then try to make it seem real. Rather a writer writes about everyday life and tries to make it seem magical. If a student can write a story about strolling down the sidewalk, or riding a bus, then the student can write about anything and there will be no end to their stories. Each class, students will write two stories about their own lives and then read them to each other. Facilitator Ford will share some of his stories, as well. We will get to know each other very well.

Required supplies: Pen and paper.



Ten Voyages of Discovery and Survival

Wednesday Morning

Dates: 9/24 to 10/22 (5 weeks)

Time: 9:30-11:30 AM

Facilitator: Peter Van Arsdale Location: First Universalist Church

Class Limit: 20

Sponsoring Site: Central

Subject Area: History and Economics

What drove some of the world's most famous explorers? How were they able to persevere? What resources did they use? How did they survive in desolate, unforgiving circumstances? When teammates died, how did the others react? And of course, what routes did they take? What did they discover?

This five-week course will take a deep dive in some cases literally—into ten historic voyages of discovery and survival. The last, featuring Peter Van Arsdale's own journey. explores the heartland of New Guinea and the remote tribe his team discovered. In each case, first-hand narratives—as well as numerous photographs and maps—will be included: Cabeza de Vaca (1527-1536, North America); DeSoto (1539-1543, North America); Coronado (1540-1542, North America); Cook (1776–1780, Pacific Ocean); Bligh (1789, Pacific Ocean); Lewis and Clark (1803–1806, North America); Franklin (1845– 1846, Arctic); Scott (1910-1913, Antarctic); Shackleton (1914–1916, Antarctic); Van Arsdale (1974, New Guinea).



The Soul in Kabbalah: 'Hearing' its Persistent Calling

Wednesday Morning

Dates: 9/17 to 10/15 (4 weeks)

Time: 9:30-11:30 AM Facilitator: Doug Sparks

Location: Online Class Limit: 25

Sponsoring Site: West

Subject Area: Psychology, Religion, Philosophy,

Culture

The soul plays a central role in Kabbalah, Judaism's mystical tradition. From the 13th century onward, Kabbalistic texts—especially the Zohar—describe the soul as a multi-layered entity involved in both personal transformation and cosmic repair (tikkun). Concepts like reincarnation (gilgul) and the five-part soul structure reflect Kabbalah's deep vision of the human-divine connection.

This course offers an accessible exploration of these teachings through Rabbi Adin Steinsaltz's The Soul, which introduces core ideas from theoretical Kabbalah. While we won't cover the full history of the soul in Judaism, we will gain insight into the Kabbalistic understanding of the soul's purpose and destiny.

No prior knowledge of Judaism or Kabbalah is required, though a background in either may enrich the experience. Together, we'll explore how the soul "calls" us to meaning and connection across worlds.

No Class 9/24.

Required reading: Adin Steinsaltz, The Soul, Maggid Books, 2018.

Water Crises and Climate Issues: So Much for Protective Environmental Regulations

Wednesday Morning

Dates: 9/17 to 11/5 (8 weeks)

Time: 9:30-11:30 AM

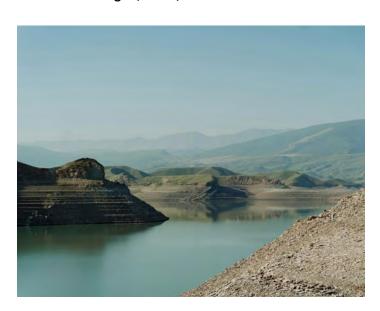
Facilitator: James Kunkel and Timothy Steele

Location: Jefferson Unitarian Church

Class Limit: 25

Sponsoring Site: West Subject Area: STEM

Water availability and climate-change issues continue to confront stakeholders and decision makers both in the U.S. and globally. This course is divided into two separate (4-week) segments, each giving selected examples that address these topics: (1) the continuing drought in the southwestern U.S.; and (2) global water and climate-change frameworks and regulatory policies. In the first four sessions, pending and recent OLLI presentations will be updated and enhanced to examine the impacts of water and climate change on major water-resource components, including rivers, aquifers, and lakes. In the final four sessions, regional and global perspectives encompassing these issues will be presented for general discussion, including updates on the EU's water framework directive and the Intergovernmental Panel on Climate Change (IPCC).







Wednesday **Afternoon**



Alexis de Tocqueville's **Enduring Classic:** Democracy in America

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1 -3 PM

Facilitator: David Lippman

Location: Online Class Limit: 40

Sponsoring Site: Central

Subject Area: History and Economics

There are some books we often have heard cited and may have quoted ourselves, but in reality, we've never read. One book that could fit this description for you is Alexis de Tocqueville's Democracy in America. In this course, we will have the opportunity to read and talk about parts of this classic work.

In the 1830s, de Tocqueville came to the United States from France to study prison reform. He used his time for a much broader investigation into American society, culture, and politics. The result was *Democracy in* America. The book is partly an entertaining literary travelogue that captures many aspects of life in 1830s America. But mostly it's an examination of how democracy shaped American culture, institutions, and character. De Tocqueville analyzes themes relevant to today, such as equality, individualism, civil society, religion, and the dangers of majority tyranny. He contrasts American democracy with European aristocracy, urging Europeans to become more democratic, but he also warns his audience of potential democratic excesses.

Alexis de Tocqueville: Democracy in America, Volume 1, 1835. Book is in public domain.

American Mah Jongg for those people who have NEVER played

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Elaine Levy

Location: First Universalist Church

Class Limit: 16

Sponsoring Site: Central Subject Area: Miscellaneous

Mah Jongg is an ancient Chinese game that has been played in the American version since the 1900s. It's played with 4 people and is similar to Gin Rummy. It's a fun, complex game that is very challenging and interesting. This is a game of strategy, defense, and knowledge of the game. It's also 50% skill and 50% luck. The National Mah Jongg League creates a card with hands that can be played. These hands change every year. There are also categories of hands that do not change. A current card will be provided for each participant at the first class. This will be yours to keep. Elaine will provide handouts to help you learn quickly. The class will be taught in a progressive manner. Class members are STRONGLY encouraged to attend every class when able since it's difficult to "catch up" on what was taught and discussed in the previous week. The game is easy to learn if you're having a good time. Warning! This game is ADDICTIVE, you will LOVE playing, and you will get hooked!!

Required: Current Maj Jongg card. \$20.00 to be paid to facilitator for card at first class meeting.



Archaeology of Ancient Cities: Why, When, and How **Urbanization Began**

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Anne Marshall Christner

Location: Online Class Limit: 30

Sponsoring Site: South

Subject Area: History and Economics

By watching lectures by archaeologists, reviewing handouts, and engaging in class discussions, we will explore several intriguing questions about ancient cities. For example:

When did humans switch from the nomadic lifestyle of hunting & gathering to settled lives in cities they built?

Why did they make such a dramatic change?

Where were the first cities built and occupied?

What did those early cities look like?

How did early city dwellers live and what social, economic, political and religious arrangements formed their cultures?

The cities we will examine date to the neolithic age through the bronze and iron ages, up to classical Greece and imperial Rome in the old world; in North America, our sites date from the Woodland period and Pueblo II-to-III. Our chosen cities are primarily in the Mediterranean; we also will skip over to Mesopotamia, the Indus River, and sites in present day Louisiana and Colorado.

(cities/sites listed on syllabus)

Ballet, Then and Now

Wednesday Afternoon

Dates: 9/17 to 10/22 (6 weeks)

Time: 1–3 PM

Facilitator: Jeffrey Engel

Location: Jefferson Unitarian Church

Class Limit: 40

Sponsoring Site: West

Subject Area: Visual and Performing Arts

Join former professional dancers Joy and Jeffrey Engel for a captivating journey through the history of ballet. Drawing from their wealth of experience, the Engels will guide participants through an engaging exploration of ballet's evolution, enriched by captivating videos and dynamic discussions.

We will start in the 15th century, examining ballet's origins in the royal courts of Italy and France. Our journey will then take us to the early 19th century, a transformative period known as the Romantic era, featuring iconic productions like Giselle and La Sylphide.

As we progress, we'll delve into the hallmark ballets of the classical era, including beloved masterpieces such as The Nutcracker, Swan Lake, and Sleeping Beauty. In later classes, we will analyze the evolution of ballet styles. tracing the shift from Romantic and classical forms to the neoclassical influences and the contemporary dance styles that shape the art today. Join us to deepen your understanding and appreciation of this timeless dance form!







Charting the Unknown: Exploring the History of Maps and Navigation

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Stuart Gentry

Location: Columbine United Church

Class Limit: 50

Sponsoring Site: South Subject Area: STEM

This course will explore the development of maps and navigation through history. Advancements in the art and technology of cartography allowed our forebears to move from a world defined by their local surroundings to oceanic exploration and on to global commerce. The course will begin with the ancient Babylonians and their study of the motion of the stars and the planets. We will progress through time—exploring the Greeks, discussing the "Search for Longitude," and ending with the modern age of digital maps and satellite navigation.

Along our journey of videos and facilitator presentations, we will look at individuals who were key to advancing the expertise involved in maps and navigation. We will also examine some of the explorers and surveyors who expanded the knowledge of our world. Finally, we will look at some of the errors, frauds, and geographical misconceptions that have arisen over the years.



Color Theory Foundation: Learn It, Mix It, Use It

Wenesday Afternoon

Dates: 9/17 to 10/8 (4 weeks)

Time: 1–3 PM

Facilitator: Mitra Verma

Location: Online Class Limit: 35

Sponsoring Site: On Campus

Subject Area: Visual and Performing Arts

Curious about how color really works in art? This short and fun course breaks down the basics of color theory into four easy-tofollow sessions. You'll learn how colors mix, match, and contrast, and how to use them to create balance, mood, and harmony in your artwork. We'll cover the color wheel, warm vs. cool tones, complementary colors, and more—with plenty of hands-on practice and helpful tips along the way. Whether you're new to art or just want a refresher, this course is a great way to build your confidence with color. It also pairs perfectly with the lnk and Wash course offered in this term, where you'll get to apply your color knowledge using vibrant watercolor washes over expressive ink drawings. Take both to build a strong foundation in both color and mixed media! If you've already taken this course before, there's no need to take it again.

Required: Basics supplies like watercolor paper, Brushes round fine tip #2, #6, #10 or #12, Watercolor set, Paper Towels, Compass, Pencil, Eraser, Sharpener, Ruler. Supply List will be provided in advance to all participants through email.

Condition Critical: How U.S. Health Care Got So Sick — and Why It's So Hard to Fix

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Bill Shaw

Location: First Universalist Church

Class Limit: 25

Sponsoring Site: Central

Subject Area: Health and Wellness

If you've ever asked, "Why is health care like this?" — this course is for you. Over eight weeks, we'll take a serious, detailed look at how the U.S. health care system, despite its enormous potential, became so complex, fragmented, and difficult to navigate. We'll cover the history of medicine and medical training, the development of scientific knowledge, the evolution of reimbursement and payment systems, and the layered, often contradictory structures that shape how care is delivered. We'll examine the societal, institutional, and individual-level factors that influence how people seek care, experience illness, and interact with a system that often leaves them confused and frustrated. We'll understand why there are no easy answers or simple fixes. Each 2-hour session is dense with information, intended for learners who want to truly understand—not just skim—the dynamics that shape today's health care environment.



Current Economic Issues: **Facts and Fallacies**

Wednesday Afternoon

Dates: 9/17 to 10/22 (6 weeks)

Time: 1–3 PM

Facilitator: Leonard Sahling

Location: Online Class Limit: 40

Sponsoring Site: West

Subject Area: History and Economics

This course will cover six key economic issues: the recent slowdown of US economic growth, economic inequality, the US's mounting national debt, the US's inefficient health care system, the US's soaring prescription drug prices, and immigration.

Here are some of the questions that will be addressed: What caused the recent slowdown in the nation's growth? Is faster growth a good thing? What is driving the US's widening income inequality? Is the "American Dream" now just a pipedream for all but the richest Americans? How critical is it for America's national deficit to be reduced? Why does the US spend so much more on health care than other high-income countries, and is it getting its money's worth? Why are pharmaceutical drug prices so high in the US? Can drug price inflation in the US be tamed? What are the benefits and costs of immigration to US citizens, and does one exceed the other?





Documentary Films

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 12:45-3:15 PM

Facilitator: Richard Reinish

Location: First Universalist Church

Class Limit: 60

Sponsoring Site: Central

Subject Area: Public Affairs and Current

Events

The Fall Documentary Film class will cover a wide variety of films. Each film will be shown in class and will be followed by a discussion of the film. Class members are expected to stay for the discussion. The Facilitator likes to remain flexible as to what films to show due to availability, the arrival of new films, or events that would make a film topical. Since films are of varying length, class may end at 2:45 or extend past 3 pm. The class will be informed in advance when a longer film will require class to go past 3 pm.



From Bonds to Bitcoin: A Historical Adventure in Finance

Wednesday Afternoon

Dates: 9/17 to 10/8 (4 weeks)

Time: 1–3 PM

Facilitator: Eric Walters

Location: First Universalist Church

Class Limit: 30

Sponsoring Site: Central

Subject Area: History and Economics

Join us for a journey through the fascinating history of investing. We'll embark on a historical adventure and explore how humans developed new approaches to building wealth and managing risk through financial innovations—with booms and busts along the way. We'll begin with the bonds and stocks in the 17th century and move on to the evolution of stock markets, pooled investments, modern portfolio theory, and the new frontier of cryptocurrency.

Optional background: The Ascent of Money Niall Ferguson; Devil Take the Hindmost, Chancellor, Edward; Number Go Up Zeke Faux



National Introducing You to You: **The Peace Education Program**

Wednesday Afternoon

Dates: 9/24 to 10/29 (5 weeks)

Time: 1–3 PM

Facilitator: Monica Casco and Rich Foster

Location: Online Class Limit: 25

Sponsoring Site: On Campus Subject Area: Health and Wellness

"Know your nature. Know your strength. Know who you are—and embody that." (Prem Rawat)

The Peace Education Program is designed to support you in uncovering your inner strengths and resources so that you can gain a deeper understanding of yourself.

This engaging, two-hour course will be held weekly over the span of five weeks. It showcases a media-based peace education initiative developed by The Prem Rawat Foundation, guiding you on a journey to explore your inner resources, including Peace, Appreciation, Inner Strength, Self-awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.

The program features inspiring video excerpts from world-renowned peace educator and bestselling author Prem Rawat's presentations around the globe, along with captivating, animated stories. With the help of provided workbooks, facilitators will engage participants through insightful discussions, interactive activities, and meaningful reflections. Together, we will delve into the theme of personal peace through a transformative process of selfdiscovery.

No class 10/1



Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Barbara Werren

Location: Online

Class Limit: unlimited Sponsoring Site: West

Subject Area: Miscellaneous

I love to share the beauty of our world with you! Whether you are eager to travel and want ideas about future trips, or you're an armchair traveler who enjoys seeing the beauty of our world through photography and descriptive videos, you'll enjoy this class. Furthermore, if you are as concerned as I am about current "overtourism." you will share my concern and discuss the problem.









Wednesday Afternoon

Dates: 10/15 to 11/5 (4 weeks)

Time: 1–3 PM

Facilitator: Mitra Verma

Location: Online Class Limit: 35

Sponsoring Site: On Campus

Subject Area: Visual and Performing Arts

Discover the beautiful combination of detailed ink drawing and soft watercolor in this beginner-friendly course. Line and Wash is a timeless art technique that brings together the structure of sketching with the flow and spontaneity of watercolor, resulting in expressive and elegant artwork. Through simple step-by-step lessons and fun, creative exercises, you'll learn how to trace and draw with ink, then bring your work to life using transparent watercolor washes. No experience is needed, but if you're also taking the Basic Color Theory course this term, it may help you better understand how colors blend and interact.

This is a hands-on and relaxing class, perfect for anyone who wants to explore a new art style, loosen up their watercolor skills, and enjoy the creative process using both pen and brush.

Required: Waterproof black pens, Watercolor, Watercolor paper, Brushes, Pencil, Water jar, paper towel. Supply materials will be emailed in detail 1–2 week prior the course start.

Nine Nasty Words: English in the Gutter

Wednesday Afternoon

Dates: 9/17 to 10/22 (6 weeks)

Time: 1–3 PM

Facilitator: Carol Anthony

Location: Jefferson Unitarian Church

Class Limit: 20

Sponsoring Site: West

Subject Area: Literature, Writing, and

Language

The first thing high school kids want to know when they're taking a foreign language is: What are the dirty words? "Language evolves with time, and so does what we consider profane or unspeakable," says the author of our text. We will be looking at perhaps the nine most offensive words in the English language; the evolution of obscenities. curses, cussing, slurs, why we use them and how they become blasphemous. We will be examining the historical, sociological, political, religious and linguistic effects that create changes in the meaning of these words. Note: If you feel like you will be uncomfortable saying these words aloud in class, this is probably not the course for you.

Required: *Nine Nasty Words* by John McWhorter, Avery - an imprint of Penguin Random House, New York 2021 Random

Oil Well Drilling, Fracking, and **Blowouts**

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Neil Bergstrom Location: Ruffato Hall/DU

Class Limit: 20

Sponsoring Site: Central Subject Area: STEM

Have you ever wondered what "Fracking" is, and why it is controversial? How is a horizontal well drilled with a rig that only moves pipe vertically? How does a directional driller control and measure the placement of the wellbore? Who are the team members involved in planning and executing an oil well, and how long does it take? What are the economics of drilling and producing oil, and why is gasoline so expensive? We will cover these questions and more, with examples of what can go wrong. The BP Deepwater Horizon Macondo well in the Gulf of Mexico in 2011 and other incidents will be used to illustrate the drilling process, loss of well control, and intercept and plugging of oil and gas wells.



Planning the Defense: **Step Up Your Game 1**

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Michael Holmes

Location: Online Class Limit: 15

Sponsoring Site: West

Subject Area: Miscellaneous

"Planning the Defense: Step up Your Game 1" is taught on Wednesdays, online, for 8 weeks. The class starts at 1 p.m. and finishes at 3 p.m. The instructor will provide notes for the classes. The instructor will use class discussion, drills, and play of bridge hands to demonstrate and reinforce the concepts learned. Students will review defensive signals, making a defensive plan, and making a defensive plan that requires counting.

Required: There is a \$20.00 non-negotiable or refundable fee for this class. The fee goes to offset the app fees so students can play bridge online and postage to mail a book to the students (there is no text for this class). Failure to pay the fee will result with you being dropped from the class.





The Blues: Roots and Branches, Part 1 (Revisited)

Wednesday Afternoon

Dates: 9/17 to 11/12 (8 weeks)

Time: 1-3:15 PM

Facilitator: Larry Tannenbaum

Location: Jefferson Unitarian Church

Class Limit: 35

Sponsoring Site: West

Subject Area: Visual and Performing Arts

This course will explore the musical genre that became known as The Blues, including the musical, historical, sociological, and economic factors that contributed to its origins and evolution. Some of these factors and events include the advent of slavery. Jim Crow laws and practices, the development of recordings and the record industry, the emergence of radio, television and, later, the internet. The course will introduce many of the progenitors of The Blues, as well as the musicians and others who influenced its growth. The class will provide the opportunity to hear and view a significant amount of music, in both audio and video formats. Over two semesters, the class will meet and listen to a wide range of performers, all of whom played or sang The Blues, or whose music was influenced by it. As the course progresses, we will focus on the evolution of The Blues itself and its transformation into the musical genres that became "branches" of The Blues, i.e. jazz, country music, rock 'n' roll, American folk music, rhythm and blues and "popular music."

No class 10/29

Unleash Your Inner Futurist: How Science Fiction Films Predict Tomorrow

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 12:30–3:30 PM Facilitator: Larry Howe

Location: Columbine United Church

Class Limit: 30

Sponsoring Site: South

Subject Area: Visual and Performing Arts

Ever wondered if sci-fi gets it right? You'll explore how iconic, highly rated films foresee social shifts and tech breakthroughs. While screening classic and current versions, we'll dissect cinematic prophecies and their surprising real-world echoes.

A Trip to the Moon (1902) propels us into space, Terminator (1984) and Minority Report (2002) examine Al's rise, dystopian societies, gadget predictions, surveillance, and biotech ethics. Discover how these movies and others reflect our anxieties and shape our tomorrows.

Get ready for lively chats and a fresh perspective from eight provocative science fiction stories. Through select film screenings, weekly readings and discussions, we will explore the intersection of film, technology, culture, the world to come and perhaps our current chaos.

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Using Emotional Understanding to Improve Communication— Based on Brené Brown's Atlas of the Heart

Wednesday Afternoon

Dates: 10/1 to 10/29 (5 weeks)

Time: 1–3 PM

Facilitator: Janeen Galligan

Location: First Universalist Church

Class Limit: 30

Sponsoring Site: Central

Subject Area: Literature, Writing, and Language

This course explores how a deeper understanding of emotions can enhance communication and strengthen relationships. Drawing on Brené Brown's Atlas of the Heart, participants will learn to identify, name, and describe complex emotional experiences in order to communicate better with others. We will be reading Atlas of the Heart together, using it as a foundation for reflective exercises and discussions to develop emotional literacy that fosters authentic connection in both personal and professional settings. By cultivating emotional awareness, participants will gain the skills to communicate more clearly and compassionately, strengthening their connections with others.

Required Reading: Atlas of the Heart

Vichyites, Nazis, and Gaullists: The Story of France in World War II

Wednesday Afternoon

Dates: 9/17 to 10/29 (7 weeks)

Time: 1–3 PM

Facilitator: Glenn Gravlee, MD Location: First Universalist Church

Class Limit: 30

Sponsoring Site: Central

Subject Area: History and Economics

France during World War II almost defies understanding. The German Blitzkrieg overwhelmed France in 1940, after which an infamous Armistice Agreement left southeastern France "independent" of Germany under new government based in the resort town of Vichy. Meanwhile, a few dissenting French military officers escaped to London or French North Africa. Among them was an upstart French General named Charles de Gaulle, who presumptuously assumed leadership of an unofficial French government-in-exile based in London. As the war progressed, the Vichybased government progressively Nazified while a growing resistance movement increasingly conducted espionage and guerrilla warfare inside France. The Allied invasion of French North Africa in late 1942 complicated matters. prompting Germany to immediately occupy the rest of France. Allied liberation in 1944 induced near-anarchy in France until after V-E Day a year later. Wartime stories of heroism and tragedy abound. Mini biographies of such notable characters as Marshal Philippe Petain, Pierre Laval, and de Gaulle will provide sympathetic understanding countered by some harsh assessments of their arrogance and judgment errors.





Will the Sun Explode?

Wednesday Afternoon

Dates: 9/17 to 10/8 (4 weeks)

Time: 1–3 PM

Facilitator: Barbara Adams

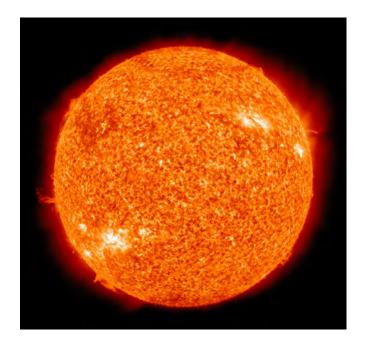
Location: Jefferson Unitarian Church

Class Limit: 25

Sponsoring Site: West Subject Area: STEM

What is the ionosphere? Will solar flares hit us? What are CMEs? What does an X flare mean? How will it affect us? Why do we have auroras? What is a geomagnetic storm? Will an asteroid hit us? Will the magnetic field change poles? What is a light year? What is gravitational lensing?

These are some of the questions we all have, and they will be answered in this class. We'll explore the building of the ISS (International Space Station), and what it's like to live in space. How many satellites do we have, and what are they doing? What will the Artemis program accomplish? And should we go to Mars? We'll also delve into what is beyond our solar system, and discuss SETI (Search for Extra-Terrestrial Intelligence).



Year Zero: The Global History of 1945 and Beyond

Wednesday Afternoon

Dates: 9/17 to 11/5 (8 weeks)

Time: 1–3 PM

Facilitator: Charles Holt

Location: Columbine United Church

Class Limit: 45

Sponsoring Site: South

Subject Area: History and Economics

This class examines the pivotal year of 1945 in global history as a new world emerged from the ruins of World War II. One world had ended, and a new, uncertain one began. Regime changes occurred on a global scale. Asia and continental Europe experienced dramatic disruptions. Out of the often vicious power struggles that ensued, the modern world as we know it emerged. Devastated cities were transformed; the liberated celebrated; scores were settled; people starved; justice was and was not meted out; soldiers and refugees returned home; suffering ended, or continued, or began anew. In human terms, the scale of transformation is almost impossible to imagine.

Discussion topics include:

The nation-state and the rule of law

Similarities and differences in the events of Western Europe, Eastern Europe, and Asia

Ethnicity and tribalism

Ethnic-cleansing

Treatment of refugees, of immigrants, of emigrants

The allies and the Holocaust

Civil society and the rogue nation state

Revenge, retribution, nationalism

Recommended: Year Zero, A History of 1945 by Ian Buruma

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Thursday Morning



I Cheerfully Refuse by Leif **Enger: A Novel of Hardship** and Redemption

Thursday Morning

Dates: 9/18 to 11/6 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Gracie Batt and Don Batt

Location: Online Class Limit: 25

Sponsoring Site: Central

Subject Area: Literature, Writing, and Language

I Cheerfully Refuse by Leif Enger, is a novel set in a not-too-distant future. The story follows Rainv, a grief-stricken man who sets sail on Lake Superior against the background of a dystopian future — America wrecked by climate change, political and economic division, and more. Despite the bleakness of the setting, the novel also offers a message of hope and resilience, suggesting that even in the darkest of times, it is possible to find beauty, kindness, and meaning. We approach reading as discovery in a reading community; therefore, some of the reading is done in class so that, together, we encounter the text as a group. We use an approach called reader response theory, where meaning is created by the reader. For this reason, we encourage discussion and analysis as an ongoing activity during the reading. For this reason, PLEASE DO NOT START READING THE BOOK BEFORE CLASS BEGINS. As a general rule, once classes begin, we spend the first half discussing the previous reading. The last half is devoted to taking turns reading aloud and discussing what we have read. Reading is always voluntary.

Required: Please purchase I Cheerfully Refuse by Leif Enger, before class begins.

Amazing Stories!! The Fantastic Humanity of Ray Bradbury

Thursday Morning

Dates: 9/18 to 11/6 (8 weeks)

Time: 9:30-11:30 AM Facilitator: Gregory Moody

Location: Columbine United Church

Class Limit: 25

Sponsoring Site: South

Subject Area: Literature, Writing, and Language

Did you know that Ray Bradbury, author of Fahrenheit 451 and Dandelion Wine, was also a prolific short story writer? This class will explore the literary breadth of Ray Bradbury's work.

What do Bradbury's stories tell us reveal about life in small-town or big-city America? Who are we as a people? Do we ever learn the lessons the universe is so desperate to teach us? Bradbury knows and he brings the harsh reality of humanity home.

This class will explore Ray Bradbury's magical youth and learn about the challenges of becoming a writer. We will read excerpts from his fictional memoir, Dandelion Wine, and watch videos of his short stories after reading them. His life defined his talent and his imagination threw open doors to both the past and the future.

The class will rely on three main concepts: readings, videos, and discussion.

Recommended: Any of Bradbury's Short Story collections







From the U.S. Constitutional **Convention to the War** of 1812: The Making of a **Nation**

Thursday Morning

Dates: 9/18 to 11/6 (8 weeks)

Time: 9:30-11:30 AM

Facilitator: Thomas Kleinschmidt

Location: Online Class Limit: unlimited Sponsoring Site: West

Subject Area: History and Economics

When the US Constitution was ratified in 1788, there were serious questions, both in the US and abroad, whether this new form of government could be effective and long lasting. As a result the US was shown little respect on the world stage.

By the end of the War of 1812, 27 years later. perceptions had shifted. Foreign countries were viewing the U.S. as more of a lasting presence. Americans were experiencing a surge of patriotism and growing optimism for the future of the government.

This class will look at how the U.S. Constitution came about and examine the struggles faced by the first 4 US Presidents as they worked to build a nation. The War of 1812 will be studied to see how a war with mixed results came to be viewed as a national victory.



Modern Art: From Impressionism to Expressionism — Claude Monet to Jackson Pollock

Thursday Morning

Dates: 9/18 to 11/6 (8 weeks)

Time: 9:30-11:30 AM Facilitator: Bob Manning

Location: Online Class Limit: unlimited Sponsoring Site: West

Subject Area: Visual and Performing Arts

In this course we'll begin by exploring the work and lives of five 19th century greats - Monet, Cezanne, Van Gogh, Picasso & Matisse - then move up the timeline to trace a path of a continuous innovation into the world of the early European Moderns such as Wassily Kandinsky and Joan Miro. From there, we'll continue into the mid 20th century Abstract Expressionist phenomenon, giving attention to such notables as Jackson Pollock and Joan Mitchell. We'll explore within these movements what's similar, what's different, and what's fascinating. Class time will be a combination of lecture, dialogue and demonstration using simple art-making tools—an all around attempt to experience a bit of the awe and wonder these amazing artists put forth.

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Movie Music: Top Composers and Their Film Scores

Thursday Morning

Dates: 9/18 to 10/23 (6 weeks)

Time: 9:30-11:30 AM

Facilitator: Robert Magnani

Location: Online Class Limit: unlimited Sponsoring Site: West

Subject Area: Visual and Performing Arts

Movie music is designed to marry the film it's in—highs, lows, heroes, villains, action, love, and life stories. But beyond that, music brings its film to life, giving depth and meaning to what you are seeing. Come see the some of the Top Composers of this magic and their works. We will meet them, understand how they go about composing and listen to the best of their work through YouTube videos.



Mysterious Places: Dis-Placed!

Thursday Morning

Dates: 9/18 to 11/6 (8 weeks)

Time: 9:30-11:30 AM Facilitator: Linda Lange

Location: Online

Class Limit: unlimited Sponsoring Site: Central

Subject Area: Literature, Writing, and Language

Place is sometimes described as an additional character in novels, especially when an author develops a collection of characters in a specific location throughout a continuing series.

"Mysterious Places" encourages armchair travel while exploring various mystery series—in this case, places where the character(s) are coming from, going to, discovering anew, or otherwise in transition from one to another. We'll explore authors who have set their stories firmly in a place, reflecting the geography, culture, and personal relationships that inform means, motive, and opportunity for our reading and detecting pleasure.







Thursday Morning

Dates: 9/18 to 10/23 (4 weeks)

Time: 9:30–11:30 AM Facilitator: Larry Canepa

Location: Online Class Limit: 75

Sponsoring Site: Central

Subject Area: Health and Wellness

Everyone eats. So it's important to know how to creatively, artistically and responsibly prepare a meal, whether it's just you, a small family, or the whole world. This fourpart course will examine and discuss the challenges of feeding ourselves...and the world. As our families shrink to a one- or two-person household, we need to adjust our shopping, planning and preparation. From preparing simple, healthy meals to feeding the whole planet, we'll explore the connection of every human being through food.

No class 10/9 or 10/16

The Botany of Desire: A Plant's-Eye View of the World

Thursday Morning

Dates: 9/18 to 10/9 (4 weeks)

Time: 9:30–11:30 AM Facilitator: Sue Bramley

Location: Columbine United Church

Class Limit: 20

Sponsoring Site: South

Subject Area: Health and Wellness

Michael Pollan, one of the most trusted food experts in America, demonstrates the relationship between people and domesticated plants in this PBS series. Learn how Pollan has linked four fundamental human desires—sweetness, beauty, control and intoxication—with plants that satisfy those needs. The stories of the apple, the tulip, the potato and cannabis illustrate how plants have evolved to satisfy humankind's most basic yearnings. This 4-week class is loosely based on the series and will feature lively discussion.



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The Greatest Stories Never Told

Thursday Morning

Dates: 9/18 to 11/6 (7 weeks)

Time: 9:30–11:30 AM Facilitator: Natalie Conklin

Location: Columbine United Church

Class Limit: 45

Sponsoring Site: South

Subject Area: History and Economics

History is filled with unbelievable stories that will astonish and make you shake your head in wonder and lead you to unexpected discoveries. This class is based on a series of books written by Rick Beyer in conjunction with the History Channel, as well as other carefully researched sources.

Each week will focus on stories from a different genre: music, sports, war, presidents, animals, science and miscellaneous.

You will hear about:

Animal residents of the White House, from rats to alligators to hyenas and snakes.

The "Candy Bomber" who, during the Cold War Berlin Airlift, dropped candy for the children trapped in Berlin.

Two of Shakespeare's friends who spent 7 years, after his death, to finally get his works published in the First Folio.

Willy the Whale in London's River Thames and sharks in the Hudson in NYC.

How beer and a board game called Senet helped build the Egyptian pyramids.

Come hear these and other stories that seldom make the history books or the nightly news!

No class 9/25

Thursday Afternoon



Go As A River — A Colorado **Novel by Shelley Read**

Thursday Afternoon

Dates: 9/18 to 10/23 (6 weeks)

Time: 1–3 PM

Facilitator: Bob Steele and Carol Steele

Location: Online Class Limit: 30

Sponsoring Site: South

Subject Area: Literature, Writing, and Language

This is the story of a young woman and her life altering-decision after tragedy strikes her family's peach farm leading to an epic adventure of love, loss and survival.

As seasons flow and years pass, Victoria Nash finds in the natural world the strength and meaning that sets her on a quest to regain all that she has lost. Inspired by true events, this novel is the story of a deeply held love amid hardship, but also of finding resilience, friendship, and finally a home where the peaches grow once again.

Shelley Read's stunning historic novel takes us into mid-20th century life in Western Colorado where the Gunnison River swallows towns, ranches and farms in the creation of the Blue Mesa Reservoir.

Join Carol and Bob Steele for six weekly discussions about this intriguing, well-written novel that has in just two years been translated into over 34 different languages and sold over a million copies.

Required: Go As A River by Shelley Read







Thursday Afternoon

Dates: 9/18 to 11/6 (8 weeks)

Time: 1–3 PM

Facilitator: Dixie Vice and John Lungerhausen

Location: Online Class Limit: unlimited Sponsoring Site: West

Subject Area: Visual and Performing Arts

Ansel Adams once said, "When you photograph people in color, you photograph their clothes. But when you photograph people in black and white, you photograph their souls!" Perhaps that's exactly what director Steve Zaillian was after in his brilliant decision to film the 2024 Netflix series, *Ripley*, in stunningly beautiful black and white. Zaillian, who also wrote the screenplay, focuses on the moral ambiguity and duplicity of the anti-hero, Tom Ripley. This term we've decided to step away from the big screen films and instead take a closer look at the small screen TV series where, we feel, some of the most creative filmmaking is now taking place.

Zaillian's Emmy award winning series is an eight-part adaptation of the Patricia Highsmith novel, *The Talented Mr. Ripley*. Each week we'll watch one episode and then review it in detail. The episodes are approximately one hour long, which leaves us with plenty of time to discuss the acting performances, cinematography, directorial decisions, how the episode advances the plot, and any other cinematic techniques that you might discover. Join us for an in-depth look at how this TV series offers a novel dimension to this Noire inspired psychological thriller.

We show each episode with English subtitles for the hearing impaired.

Caution: The series depicts two brief scenes with violent content which may be off-putting to some.

The Black Model and the Development of Modern Art: Posing Modernity (Art Exhibition from the Miriam and Ira D. Wallach Art Gallery, Columbia University, 2018)

Thursday Afternoon

Dates: 9/18 to 11/6 (8 weeks)

Time: 1–3 PM

Facilitator: Sally Walling

Location: Online Class Limit: 25

Sponsoring Site: South

Subject Area: Visual and Performing Arts

Posing Modernity is the revelatory investigation of how Black female models were foundational to the development of Modern Art. The exhibit, curated by Columbia University scholar Denise Murrell (resulting from the research done for her doctoral thesis) and the Musee d'Orsay curatorial team in Paris, examines the legacy of Manet's infamous 19th century painting "Olympia" and traces its far reaching effect across the Atlantic with Matisse into the 20th century and the Harlem Renaissance where artists such as Charles Alston, Laura Wheeler Waring and William H. Johnson defied racial stereotypes. Join me as we take a deep look into this fascinating thesis. We will be reading from and studying the over 175 illustrations, photos and profiles of models, artists and literary personalities contained in the exhibition catalog, Posing Modernity, available online.

Recommended: *Posing Modernity* by Denise Murrell

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Friday Morning

Trails and Tours

Friday Morning

Dates: 9/19 to 11/7 (8 weeks)

Time: 9:30–11:30 AM

Facilitator: Jan Friedlander Location: In-Person – Offsite

Class Limit: 45

Sponsoring Site: South

Subject Area: Health and Wellness

What better way to spend your Friday mornings than on a morning walk with your OLLI buddies in Colorado's fall weather?! You'll explore places like land trust properties, state parks, and maybe a private ranch.

"We don't need no stinkin' sidewalks." Walks are curated for OLLI's population by local, nature-related non-profits. All walks are rated easy to moderate with some elevation changes, and are led by trained, volunteer guides who provide a fun and educational experience. Learn about plants, wildlife, geology, history, and our environment while getting in your steps!

You'll travel to places that may be familiar to you, and likely some new ones. We'll arrange meetup spots for those who want to carpool or caravan.

Wait, there's more! A class favorite is the optional lunch after each walk, where we continue the fun and camaraderie.

Be an OLLI OUTSIDER!



MEMBER BENEFIT - FREE WEBINARS

Meteorites and the Solar System

Friday, 9/19/2025, 10-11:30 AM Gary Curtiss, Presenter

Asteroid sampling missions have recently recovered material from two asteroids. Why were these asteroids targeted, are there other types of asteroids, what is the asteroid belt and why is it there, and what does this tell us about the formation of the solar system? Until now, meteorites have been the only ponderable samples of material from the solar system except for the Apollo lunar samples. And meteorites are the only samples available from Mars. We'll look at samples of all the various types of meteorites and see how the answers to these questions fit together and help us understand how and when our solar system was formed.

RECOMMENDED READINGS (optional): Rocks from Space by O. Richard Norton

Gary Curtiss bought his first meteorites in 1971 while studying geology in college. After briefly studying meteoritics and cosmochemistry at Arizona State University, Gary found work in exploration geology. consulting and environmental geology, and retired as a mine permit and reclamation specialist in the Colorado Inactive Mine Lands program. He has always been in love with meteorites and spent much of his spare time looking for and collecting them. Gary and a friend, both fascinated with meteorites, owned a wire saw cutting business that cut and sliced rare and valuable meteorites as well as research materials for the computer industry. Their most memorable job involved cutting the rare Black Beauty Martian meteorite for the University of New Mexico meteorite research program. He enjoys learning about the latest in meteorite research, the insights it gives us about our solar system, and sharing that with anyone interested.

Trends and Challenges in Earth Orbit

Friday, 9/26/2025, 10–11:30 AM Jonathan McDowell, Presenter

The last few years have seen an unprecedented rise in satellite launches and operations, and this trend is expected to continue. I'll discuss the various ways in which our use of outer space has changed over the years, and how it is starting to impact the environment in space and on Earth.

Jonathan McDowell is the editor of Jonathan's Space Report, a free internet newsletter founded in 1989 covering technical details of space launches, and of the planet4589.org website which includes the General Catalog of Artificial Space Objects. He has written papers on the boundary of outer space, the impacts of satellite mega constellations on astronomy, compliance with the UN Registration Convention, and other space policy topics. McDowell is also an astrophysicist at the Center for Astrophysics, Harvard and Smithsonian (CfA), supporting NASA's Chandra X-ray Observatory space telescope mission. Publications include studies of cosmology, black holes, galaxies, quasars, nearby galaxies, and asteroids. Jonathan serves on the American Astronomical Society's COMPASSE light pollution committee as chair of the Space Debris subcommittee.

Jonathan has a B.A in Mathematics (1981) and a Ph.D. in Astrophysics (1987) from Cambridge University. He did postdocs at Jodrell Bank, CfA and NASA-MSFC and has been at the Center for Astrophysics since 1992.

OLLI@DU / 2025 FALL / FRIDAY MEMBER WEBINARS

Natural Hydrogen: An Overlooked Potential Primary Energy Resource

Friday, 10/3/2025, 10-11:30 AM **Geoffrey Ellis, Presenter**

Although the presence of natural hydrogen in the subsurface of the Earth is well documented in a variety of geologic environments, economic accumulations have generally been assumed to be non-existent. Recent discoveries in Africa and elsewhere have challenged this notion, and there is a growing acknowledgement that geoscientists have not looked for native hydrogen in the right places with the right tools. This webinar will discuss what is known about the global resource potential for natural hydrogen, and what new knowledge and technologies are needed to improve our understanding of this previously overlooked potential low-carbon energy resource.

RECOMMENDED READINGS (optional)

Science: Hidden Hydrogen (https://www.science.org/content/article/hidden-hydrogen-earth-mayhold-vast-stores-renewable-carbon-free-fuel)

Scientific American: "Hydrogen Fever" (https://www.scientificamerican.com/article/once-hiddenhydrogen-gas-deposits-could-be-a-boon-for-clean-energy/)

Nature: Natural Hydrogen (https://www.nature.com/articles/s43017-025-00670-1)

Dr. Geoffrey Ellis is a research geologist and the project chief of the Potential for Geologic Hydrogen Resources project within the Energy Resources Program (ERP) of the US Geological Survey. He is also an affiliated faculty member in the Department of Geology and Geological Engineering at the Colorado School of Mines. He holds an A.B. in Geological Sciences from Cornell University, an M.Sc. in Geochemistry from the Colorado School of Mines, and a Ph.D. in Marine Geology and Geophysics from the University of Miami. Prior to joining the ERP, he worked as a staff scientist in the Division of Chemistry and Chemical Engineering at the California Institute of Technology, as a research chemist in the Water Resources Division of the USGS, and as a consultant in environmental and resource exploration geochemistry. His research interests include the potential for natural hydrogen resources. organic-inorganic interactions in geologic settings, and gas isotope geochemistry.

The Potential of Bioelectronic Medicine

Friday, 10/10/2025, 10–11:30 AM Kevin J. Tracey, MD, Presenter

Neurosurgeon and scientist, Dr. Kevin Tracey, reveals how bioelectronic medicine, particularly vagus nerve stimulation, is revolutionizing health care by harnessing the body's electrical circuits to treat inflammatory diseases and mental health disorders such as anxiety and depression. Dr. Tracey, author of "The Great Nerve," will share insights from his book, exploring the cutting-edge science behind these novel therapies and their potential to reshape medical practice by replacing harmful drugs with precisely targeted, personalized treatments.

RECOMMENDED READINGS (optional)

https://www.penguinrandomhouse.com/books/746339/the-great-nerve-by-kevin-j-tracey-md/

https://www.newscientist.com/article/mg26635420-300-an-experts-new-book-unravels-the-amazing-secrets-of-the-vagus-nerve/

Ted Med: How electricity could replace your medications https://www.scientificamerican.com/article/how-the-vagus-nerve-could-influence-physical-and-mental-health/

Kevin J. Tracey, MD, is president and CEO of the Feinstein Institutes for Medical Research at Northwell Health, a pioneer of vagus nerve research and author of The Great Nerve. A leader in the scientific fields of inflammation and neuroscience, his lab studies vagus nerve stimulation and bioelectronic medicine. His contributions include first identifying the therapeutic action of monoclonal anti-TNF antibodies and discovering the specific reflex control of immunity by the nervous system, called the "inflammatory reflex." These discoveries launched the new scientific field called bioelectronic medicine, which investigates the therapeutic applications of vagus nerve stimulation to cure disease. Dr. Tracey, a neurosurgeon, pursued studies of inflammation after the mysterious death of a toddler from sepsis who was in his care. His lab has since revealed molecular mechanisms of inflammation and identified the vagus nerve stimulation as a treatment. An inventor on more than 120 U.S. patents and the author of more than 450 scientific publications, he is among the most highly cited scientists in the world.

OLLI@DU / 2025 FALL / FRIDAY MEMBER WEBINARS

Sustainability in World Heritage and Cultural Sites: Integrating Science, Technology and Management — The Case of the Alhambra

Friday, 10/17/2025, 10-11:30 AM Antonio G. Peral López, Presenter

The Alhambra, as a cultural place on UNESCO's World Heritage List, has many challenges because of climate change, strong temperature changes, and many tourists. Its managers work with care for the environment, using sustainable ideas to protect the buildings and save resources in art restoration. Also, the monument helps the economy and society of the Granada area by creating jobs and supporting local culture. In case of emergencies or disasters, there are special plans and systems to respond quickly and in a coordinated way. This helps to protect the heritage and keep it safe for future generations.

Antonio G. Peral López was born on June 1, 1977, in Andújar (Jaén). He studied Architecture at the Higher Technical School of Architecture in Seville and later did a master's degree in Architecture and Historical Heritage at the same university. In 1999, he took part in a program by ICOMOS-USA to help restore the San Francisco Convent in Acoma Pueblo, New Mexico. He also studied for one year at La Sapienza University in Rome.

Since 2004, he has worked as a civil servant for the Andalusian Government in the areas of historical heritage and architecture. He started in Seville and later moved to Jaén, where he was responsible for different departments related to the conservation and protection of historical heritage.

Since October 2019, he has been Head of the Conservation and Protection Service of the Alhambra and Generalife Trust. This job also includes being the official conservation architect of the Monument. With his knowledge and experience, Antonio has helped to protect and preserve important buildings and cultural places in Spain.



Air-Borne: The Hidden History of The Life We Breathe

Friday, 10/24/2025, 10–11:30 AM Carl Zimmer, Presenter

Every day the average person draws in 2,000 gallons of air—and with it, thousands of living things. The bacteria, fungi, algae, and other organisms that inhabit the air constitute one of the last great frontiers of science. This invisible ecosystem known as the aerobiome remains so mysterious that it took scientists two years to agree that the Covid-19 pandemic was caused by an airborne virus. New York Times columnist and author Carl Zimmer draws on his new book, Air-Borne, to examine how the nature of the aerobiome was discovered over the centuries, and places the recent pandemic as part of a bigger, largely untold story and explores how the aerobiome is an essential part of a living world—a highway through the sky for many species—of which we become a part with every breath we take.

Carl Zimmer writes the "Origins" column for the New York Times and has frequently contributed to the Atlantic, National Geographic, Time, and Scientific American. His journalism has earned numerous awards, including ones from the American Association for the Advancement of Science and the National Academies of Science, Medicine, and Engineering. Zimmer is professor adjunct at Yale, where he teaches writing. He is the author of fifteen books about science, including Parasite Rex and She Has Her Mother's Laugh.

Connect to Your Pain to Launch Your New Life.

Friday, 10/31/2025, 10-11:30 AM David Hanscom, Presenter

Unwanted thoughts are a universal phenomenon, varying only in frequency and intensity. Your stress and threat physiology drive them. By separating your identity from your physiology and calming it down, you can transcend RUTs (repetitive unwanted thoughts) and live life on your terms.

RECOMMENDED READINGS (optional)
The Talent Code by Dan Coyle
The Way to Love by Anthony DeMello
Back in Control: A Surgeon's Roadmap Out of
Chronic Pain

David Hanscom, MD, practiced complex orthopedic spine surgery for 32 years. He left his practice in Seattle, WA, to share his insights on overcoming chronic mental and physical pain. Emerging from his 15-year ordeal, he realized that mental pain was the most significant issue. His new book, Calm Your Body, Heal Your Mind, addresses repetitive, unwanted thoughts (RUTs). He has discovered that these issues can be resolved by addressing both the threat physiology and the cognitive component.

His book, *Back in Control: A Surgeon's Roadmap Out of Chronic Pain*, systematically presents well-documented treatments for chronic pain. His resources are available at www.backincontrol.com, including a self-directed action plan called The DOC Journey, accessible at www.thedocjourney.com. He launched a movement called "Dynamic Healing," which recognizes the interactions between stress and one's coping capacity, leading to sustained physiological responses to threat. Healing occurs by using approaches to create safety physiology.

He is an active speaker, author, and consultant.

OLLI@DU / 2025 FALL / FRIDAY MEMBER WEBINARS

From Weather Patterns to Ocean Currents: Understanding Our Planet's Climate Zones

Friday, 11/7/2025, 10-11:30 AM Lynn Peyton, Ph.D., Presenter

Earth's atmosphere and oceans are in constant motion, and these air and ocean currents cause the weather and climate that we experience every day. I will present some basics to help you understand why we have (somewhat) predictable weather and climate zones on our planet. Why is Tucson dry and Seattle wet? Why is the Pacific Ocean at San Diego cold, but the Atlantic Ocean at Miami warm? We will discuss prevailing wind patterns and the Coriolis effect, and use this knowledge to understand ocean currents, atmospheric rivers, monsoons, jet streams and even the Pacific Garbage Patch.

Dr. Lynn Peyton is a (mostly) retired geophysicist with over 25 years exploring for oil and gas. Lynn obtained her PhD in tectonics from the University of Arizona, where her research focused on the Rocky Mountains. She has facilitated several classes for OLLI since 2019, including The Oceans; Plate Tectonics, Earthquakes and Volcanoes; How Your City Works; Earth - the Big Picture; and Science Potpourri. She served as the STEM chair for OLLI Denver Central during 2022 and 2023.



MEMBER BENEFIT - FREE FIT PROGRAM

Meditation in Motion: The Art and Science of Tai Chi with Joseph Brady and Jacqui Shumway

Mondays, 8-9 AM via Zoom; 9/15-11/3

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of T'ai Chi. According to the Harvard Medical Health Publication, "Tai Chi is often described as meditation in motion, but it might well be called medication in motion." Designed to be a handson learning experience, this class will explore the principles and basic exercises in T'ai Chi and the growing body of evidence of its value in treating or preventing many health problems. This introduction to T'ai Chi Ch'uan is both practical and participative. The course introduces you to the basics of T'ai Chi Ch'uan and the skills and principles involved. These exercises can be a powerful complement to medical intervention. Modern studies have reported positive effects of T'ai Chi on balance and falls reduction, hypertension, diabetes, arthritis, osteoporosis, cancer, COPD, heart disease, depression, and even schizophrenia. Many more studies are underway to explore the medical benefits of this mind/body exercise. Topics for discussion will include the global health care implications of T'ai Chi as well as applications in daily life.

Joseph Brady, M.S.T.C.M., L.Ac., Dipl. O.M., is a nationally recognized expert in integrative health and aging, currently serving as an adjunct professor at the University and Colorado Chinese Medicine University. With over three decades of experience, Joseph has been at the forefront of combining traditional Chinese medicine, modern health practices, and cutting-edge artificial intelligence (AI), exploring successful aging. His recent work leverages AI and machine learning to analyze community-based health data, focusing on how lifelong learning and integrative health practices can drive whole-person health in older adults. Joseph's research highlights the critical role of self-efficacy, cognitive function, and physical activity in promoting salutogenesis, offering unique insights into how older adults can live healthier, more fulfilling lives. Former columnist on healthy aging for the Rocky Mountain News, Joe has presented at many scientific conferences and has lectured and presented research at Harvard Medical School's Osher Institute for Integrative Medicine and at the Oxford Union Debating Hall and Harris Manchester College, Oxford University U.K.

Jacqui Shumway, M.A. Therapeutic Kinesiologist/Living Younger Longer Institute, has been researching and teaching T'ai Chi Chuan and Medical Qigong for over 25 years. She is dedicated to the joy of active living. Jacqui combines Western therapeutic kinesiology (preventive physical therapy) with Medical Qigong healing exercises from China and the meditational martial art of T'ai Chi. An old Chinese saying is that "The greatest healer is a teacher" and Jacqui is a master teacher... who also loves to have fun! Dedicated to providing students with compelling information on health issues coupled with ancient wisdom, Jacqui inspires students to have fun taking control of their own health through her compassionate attention to mindful healing through physical movement.

OLLI@DU / 2025 FALL / MEMBER FIT PROGRAM

Gentle Hatha Yoga with Lisa Theis

Tuesdays, 8-9 AM via Zoom; 9/16-11/4

This movement oriented class will combine seated, standing and kneeling postures. Modifications will be given for most postures - the point of this hour is more about giving yourself time to breathe and move with your body than it is about doing a posture in a particular way. We will combine dynamic and static movements, simple mobility exercises with postures that help to build strength and stability. Props are highly encouraged—blocks, blankets, chairs, and straps, in addition to mats which will help give you great success if you find you have limits in a posture. Instruction on how to use these props will also be provided, so you can get comfortable enough to focus on your breath, the most powerful part of practice. Join us for a beautiful session connecting body, mind and spirit.

No class 10/14 and 10/21

Lisa Theis's meditation practice truly blossomed when she became a part of the Para Yoga community in 2010 and it has been a central part of her life since. Mantra meditation, in particular, is how she first found a quiet mind, something that took great diligence of practice to achieve! As her meditation practice grew stronger and her mind quieter, she began to notice it changing her life. Her inner critic was quieter, her intuition stronger. There was more peace in her heart and any anxiety about the future was easier to curb. She was more confident and sure of herself. Meditation may not be easy, but it is a profoundly valuable experience to have in this life. Lisa has been a student of yoga since 2000 and has been teaching yoga in the Denver area since 2008. She has taught in numerous studio settings as well as corporate offices, gyms and fitness centers. She owns and operates Third Eye Yoga in Littleton, CO and leads trainings, retreats and workshops domestically and internationally.





Medical Qi-gong: Healing Exercises from China with Joseph Brady and Jacqui Shumway

Wednesdays, 8-9 AM via Zoom; 9/17-11/5

In traditional Chinese medicine, the patient is expected to be an active participant in their own healing, and not just a victim of their disease. Strong believers in the idea that exercise is medicine, Qi-gong evolved over centuries to become the primary form of exercise therapy used in traditional Chinese medicine. Medical Qi-gong exercises are considered superior to herbal medicine and acupuncture because patients learn to keep themselves healthy by using exercises designed to cultivate a strong mind and a strong body. With over 3600 psychophysiological exercises developed over centuries, medical Qi-gong provides the tools for everyone to become an active participant in their own health. This course will give students an introduction to a variety of the most popular sets of exercises in a safe and progressive way. Qi-gong exercise modalities include therapeutic gymnastics, equipment, massage, nature's treatment and recreational exercise. Learn from two of the top professors of traditional Chinese medicine here at the University of Denver and at the Colorado School of Traditional Chinese Medicine. This class will discuss a wide range of evidence-based therapeutic exercises that you can use in your own life.

Joseph Brady, M.S.T.C.M., L.Ac., Dipl. O.M., is a nationally recognized expert in integrative health and aging, currently serving as an adjunct professor at the University and Colorado Chinese Medicine University. With over three decades of experience, Joseph has been at the forefront of combining traditional Chinese medicine, modern health practices, and cutting-edge artificial intelligence (AI), exploring successful aging. His recent work leverages AI and machine learning to analyze community-based health data, focusing on how lifelong learning and integrative health practices can drive whole-person health in older adults. Joseph's research highlights the critical role of self-efficacy, cognitive function, and physical activity in promoting salutogenesis, offering unique insights into how older adults can live healthier, more fulfilling lives. Former columnist on healthy aging for the Rocky Mountain News, Joe has presented at many scientific conferences and has lectured and presented research at Harvard Medical School's Osher Institute for Integrative Medicine and at the Oxford Union Debating Hall and Harris Manchester College, Oxford University U.K.

Jacqui Shumway, M.A. Therapeutic Kinesiologist/Living Younger Longer Institute, has been researching and teaching T'ai Chi Chuan and Medical Qigong for over 25 years. She is dedicated to the joy of active living. Jacqui combines Western therapeutic kinesiology (preventive physical therapy) with Medical Qigong healing exercises from China and the meditational martial art of T'ai Chi. An old Chinese saying is that "The greatest healer is a teacher" and Jacqui is a master teacher... who also loves to have fun! Dedicated to providing students with compelling information on health issues coupled with ancient wisdom, Jacqui inspires students to have fun taking control of their own health through her compassionate attention to mindful healing through physical movement.

OLLI@DU / 2025 FALL / MEMBER FIT PROGRAM

Breath, Meditation, and Community with Lisa Theis

Thursdays, 8-9 AM via Zoom; 9/18-11/6

Something magical happens when we harness the power of our breath. The mind slows, the body relaxes and we remember that we are part of something so much greater. This course will serve as a way to remember, as we combine these three powerful aspects of life—breath, meditation, and community. Each class will begin with a breathing exercise connected to simple seated movements to prepare the body and the mind for a guided meditation practice. Meditation will last about 20-25 minutes, after which, we will have time to share our experience with one another in breakout rooms. Sharing is an important part of the process, for meditation is different for everyone and no one experience is the same, nor is there a right or wrong way to meditate. This class offers a unique way to connect to your fellow human, realizing we all share much more in common than we think.

No Class 10/16 and 10/23.

Lisa Theis's meditation practice truly blossomed when she became a part of the Para Yoga community in 2010 and it has been a central part of her life since. Mantra meditation, in particular, is how she first found a quiet mind, something that took great diligence of practice to achieve! As her meditation practice grew stronger and her mind quieter, she began to notice it changing her life. Her inner critic was quieter, her intuition stronger. There was more peace in her heart and any anxiety about the future was easier to curb. She was more confident and sure of herself. Meditation may not be easy, but it is a profoundly valuable experience to have in this life. Lisa has been a student of yoga since 2000 and has been teaching yoga in the Denver area since 2008. She has taught in numerous studio settings as well as corporate offices, gyms and fitness centers. She owns and operates Third Eye Yoga in Littleton, CO and leads trainings, retreats and workshops domestically and internationally.



MEET OUR FACILITATORS

We count on great facilitators who bring our OLLI members deep into the content of robust course offerings, while encouraging connections and discussion. As always, we are here for learning and not for grades or college credit. We offer over 300 courses and webinars a year via in-person, online and hybrid formats. Course types include deep dives into a multitude of subjects with different formats, including multimedia presentations, books, movies, art and photos.

The joy of learning and the fascinating courses our facilitators lead are exactly why our members come back year after year. And so do our uniquely qualified facilitators!

Barbara Adams

Dr. Barbara Adams is a neuroscientist of renown who is also active in aviation and aerospace. She has become an Ambassador for NASA and JPL (Jet Propulsion Laboratory), and speaks throughout Colorado, as well as being active at the JPL campus in California. She is the Colorado Aerospace Officer for Civil Air Patrol, and the Chief Administrator for Sci-Terra and the Soaring Together Conference, and is active on the Metro Airport Advisory Board. Barbara is a pilot and flies helicopters in her spare time.

Neil Adelman

Co-facilitator Neil Adelman is an experienced opera lecturer. He is a retired Chicago attorney who recently moved to Denver. He has spoken about opera in the Chicago area, including 11 years in Lyric Opera of Chicago's community lecture program, and in Naples, Florida, as well as DU's OLLI program. Neil was active in Northwestern University's OLLI program for 18 years, where he facilitated courses on opera, history, law, film, and religion.

Carol Anthony

Carol Anthony received her BS in English Education and her MA in English Literature from Southern Illinois University in Carbondale, IL. She migrated to Denver and taught English at Westminster High School for 32 years. She has pursued post-graduate studies in Old and Medieval English Literature at CU and, being a big believer in the adage that "one can never know too much," has developed an extensive background in Classical and Norse Germanic mythology, Ancient Mediterranean civilizations and culture, the history of language, and evolutionary biology. For fun, she also sings and dances with a performing community show choir, the Northland Chorale (no kidding!).

Gordon Appell

Gordon Appell has been a popular facilitator in a wide variety of OLLI courses, mainly in the curriculum area of Public Policy, Current Events and International Affairs. Best known for his annual Great Decisions courses using the Foreign Policy Association materials. he has also facilitated TED Talks on Current Public Issues, Alternative Solutions for the U.S.'s Major Problems, The Fate of Post Colonial Africa, the Future of the Mideast and Alternative Energy. He retired from a career of public service as Principal City Planner for the City and County of Denver for 33 years, while Denver planned the redevelopment of Lowry Air Force Base, the Central Platte Valley (Downtown), Stapleton Airport site, along with neighborhood planning and the RTD transit system. He has always been interested in evolving laws and policies about public-private partnerships to serve the public interest.

Maria Arapakis

Maria Arapakis is a psychologist, international trainer, speaker, and author with over 40 years of experience training people around the world. Maria has been teaching at OLLI since 2010 and is currently a Diamond Facilitator. Since 2010, she has helped seniors become more adept with the remarkable powers of "All Things Apple" technologies. More recently, she is focused on sharing what 50+ years of research on Near Death Experiences is teaching us about human consciousness, what awaits us when we die, and what matters most in life. She moved to Denver from San Francisco 30+ years ago and built her home in Cherry Creek North where she still happily resides with her precious kitties, Koko and Koko's son, Simba. Maria has always been a "teacher at heart" and deeply appreciates OLLI for giving her the opportunity to continue doing what she most loves: teach what can help and support others.

Bill Baird

Bill Baird is a returned Peace Corps Volunteer and Auburn University Professor Emeritus. He recently co-facilitated The Secret Life of Groceries at OLLI. He is a Master OLLI Facilitator and has led 26 classes over the past 15 years.

Don and Gracie Batt

Don and Gracie Batt, retired high school English and theatre teachers in the Cherry Creek Schools, have facilitated courses on Irish literature and literature of the American West with OLLI for several years.

Catherine Beeson

Catherine Beeson holds a master's degree from Manhattan School of Music, has been a Colorado Symphony violist for over 20 years, and has facilitated OLLI courses for over a decade. She has extensive professional experience as a performer and educator, and a warm, friendly delivery style. Catherine is excited to bring her insider knowledge of classical music to curious adult learners.

Kelly Beninga

Mr. Beninga is a futurist who brings his background in renewable energy, climate change, history, and psychology to provide an insightful perspective on the future of civilization. Beninga holds a bachelor's degree in engineering from Colorado State University and a master's degree in transpersonal psychology from Naropa University.

Kelly Beninga spent much of his career in the field of science and high technology, holds several patents, and was recently the President and CEO of SkyFuel, Inc., a company engaged in solar power technologies. He is currently a psychotherapist in private practice in Lakewood, CO. Beninga is the author of the book The Enlightened Ego: Discover Your Ego's Purpose and the Path of Transcendence, and has written many articles integrating the viewpoints of science, psychology, and spirituality.

Neil Bergstrom

Neil Bergstrom has a Bachelor's degree in physics from Colorado College. Neil is retired as a licensed Petroleum Engineer and holds a US Patent in Measurement While Drilling. He has worked in a variety of industries making holes in the ground, including groundwater, environmental contamination, minerals, and petroleum.

Project locations include Saudi Arabia, Africa, Europe, and North America, both on and offshore. His most recent experience is wellbore navigation and surveying, underground wellbore collisions both unplanned and intentional, and oil well blowout control.

John Bowen

John Bowen is a long-time observer of international affairs with particular interest in Eastern Europe. After practicing law for many years in unrelated areas, he now has time to study international relations in greater depth and keeps abreast of military technological developments.

Dale Bowers

My career was in Land Surveying as a drafter/CAD operator. I retired in 2013. I could finally pursue my passion of quilting nearly full time. I make 3-4 quilts a month for charity. I also enjoy traveling to National Park sites across the country.

Joseph Brady

Joseph Brady, M.S.T.C.M., L.Ac., Dipl. O.M., is a nationally recognized expert in integrative health and aging, currently serving as an adjunct professor at the University and Colorado Chinese Medicine University. With over three decades of experience, Joseph has been at the forefront of combining traditional Chinese medicine, modern health practices, and cutting-edge artificial intelligence (AI), exploring successful aging. His recent work leverages AI and machine learning to analyze community-based health data, focusing on how lifelong learning and integrative health practices can drive whole-person health in older adults. Joseph's research highlights the critical role of self-efficacy, cognitive function, and physical activity in promoting salutogenesis, offering unique insights into how older adults can live healthier, more fulfilling lives. Former columnist on healthy aging for the Rocky Mountain News, Joe has presented at many scientific conferences and has lectured and presented research at Harvard Medical School's Osher Institute for Integrative Medicine and at the Oxford Union Debating Hall and Harris Manchester College, Oxford University, U.K.

Sue Bramley

Sue Bramley comes from a long line of obsessive home gardeners who have fought their way through poor soil, poor weather and poor growing conditions. She has a love/hate relationship with her compost pile. A self-declared foodie, she is passionate about farm to table, and plants her 4 x 20 ft. vegetable garden accordingly. Former program chair and 1st lady of the Highlands Ranch Garden Club, she is always on the lookout for great ways to educate people on exploring their green thumbs.

Anne Brinkman

Anne Brinkman is a homeowner in Wheat Ridge who has mature perennial and vegetable gardens and is now learning about and transitioning to native plants. Anne is a member of Front Range Organic Gardeners (FROG) and Wild Ones - Front Range chapter, and volunteers for the nonprofit EarthLinks Denver.

Dennis Brovarone

Dennis has been practicing business law in Colorado for almost 40 years. He graduated from CU with a degree in Political Science in 1978 and DU Law in 1986. He raised three Millennials and still enjoys age-appropriate cycling, hiking, skiing, and horseback riding.

Don Burnes

Don Burnes and his wife are the founders of The Burnes Institute for Poverty Research at the Colorado Center on Law and Policy, and he is also the senior advisor for the Community Economic Defense Project. His fourth book, When We Walk By: Forgotten Humanity, Flawed Systems, and the Role We Can Each Play in Ending Homelessness in America, was published in early November 2023. He served on the State Interagency Advisory Group on Homelessness for Colorado Governors John Hickenlooper and Bill Ritter. He has been a member of Denver's Road Home Advisory Commission and a Board member of the Metro Denver Homelessness Initiative. He has been an active student of and policy analyst around issues of homelessness and poverty for almost 40 years. He received his BA from Princeton, his MAT from Washington University in St. Louis, and his PhD in Education from Columbia University.

Larry Canepa

Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education, and 'foodtainment' into every class and event.

Mary Caravalho

Mary Caravalho lived for the past 45 years in California, moving to Denver three years ago after her husband died. She now lives happily in downtown Denver at Writer Square. Mary was an OLLI member in San Clemente and Santa Cruz, CA. She was happy to learn that DU also had an OLLI and has taken several classes each session since moving to Denver. Mary enjoys learning and meeting other OLLI members, and she has volunteered her services to several OLLI committees. Mary has a degree in literature from Gonzaga University in Spokane. She worked for Apple Computer, was a school librarian, and taught citizenship for seven years in the San Juan Capistrano School District. After retirement, Mary was in charge of welcoming new members for OLLI Santa Cruz. Mary finds that women's history/issues from ancient times to today are of particular interest. She hopes to bring a fuller understanding and appreciation of the steps women have taken to bring themselves equitably into the 21st Century.

Monica Casco

Monica Casco is a retired lecturer from Queens College, City University of New York, recognized for her commitment to education and advocacy for peace. Notably, she has made significant contributions to peace education through her collaboration with The Prem Rawat Foundation, where she has been instrumental in developing the Peace Education Program.

Terry Casey

Terry has a BA from St. Anselm College (Manchester, NH), a MA in History from UConn, and a Master's in Urban Affairs & Policy Analysis from The New School for Social Research (NYC). He was a County Administrator in New Hampshire and, since 1986, was a Managing Director in the Capital Markets office of Dain Bosworth, which became RBC Capital Markets in the early 2000s. His clients over the years included the states of Colorado and Wyoming, many of the major K-12 school districts in Colorado, Colorado Springs Memorial Hospital, Wyoming Medical Center (Casper), Cheyenne Memorial Hospital, Aspen Hospital, and the Wyoming Student Loan Corporation. He retired from RBC in 2011.

Wayne Cassell

Wayne Cassell is a former US Army armor officer having served during the mid to late '70s, primarily in Germany. During the 1980's he was a tactical training consultant for the army before moving to Colorado and becoming a technical illustrator and graphics artist. An avid amateur military historian, he finds his passion for history is useful in his hobbies, which include building historically accurate models and playing board and computer strategy wargames. His current area of interest is Russian and Soviet history.

Susan Chandler

Susan Chandler is a Denver native with a B.A. from CU Boulder and an M.A. from Regis University. A 6th degree black belt and head instructor/owner of Denver Ki-Aikido, Susan has been teaching for over 30 years, including mind-body skills that underlie good balance and coordination, mental clarity, and emotional calm under pressure.

For many years, Susan taught leadership and conflict resolution skills based on Ki-Aikido in business, education, and healthcare. In 2001, she returned to academia to investigate developments in neuroscience research concerning the mind/body connection with a specific interest in the interconnections among movement, mind, and feeling relative to balance control. This led to the creation of the Minding Your Balance training program, integrating scientific findings with Ki-Aikido practices.

Susan authored Minding Your Balance: Mind Body Exercises to Improve Balance & Prevent Falls. She has also shared her expertise through her radio show/podcast "Mind and Body in Motion" and her TEDx talk "Following the Vestibular Trail."

Christine Chao, Ph.D.

Christine M. Chao, Ph.D., is a licensed clinical psychologist and a Diplomate Jungian Analyst. She is a senior analyst at the C.G. Jung Institute of Colorado and the Interregional Society of Jungian Analysts, and regularly teaches seminars on Jungian psychology. She has maintained a full-time private psychology practice for more than 30 years. In addition to Jungian psychology. she is known for her expertise in Asian and multicultural psychology, and she is a past clinical director of the Asian Pacific Center for Human Development. She has also been an adjunct instructor at the Iliff School of Psychology, the University of Colorado at Denver, and at DU.

Anne Marshall Christner

Anne Marshall Christner, Ph.D. in Sociology, Platinum Facilitator, has been enthralled by archaeology since the fifth grade. She and her family visited Mesa Verde National Park soon after, and that sealed the deal. Anne has had the privilege of doing volunteer archaeology at Crow Canyon Archaeological Center near Cortez, CO, and has continued to follow discoveries and research worldwide.

Marjie Clark

A Master Facilitator, Marjie taught U.S. history in both high school and college for some 30 years in the Houston area and enjoys bringing out anecdotes your history teacher probably never mentioned. Having retired and lived in Denver for over 16 years, she feels like a real Coloradan at last!

Natalie Conklin

Natalie has enjoyed taking and facilitating classes at OLLI since retiring from a career in education, from special education to classroom, to media specialist and reading teacher. Most classes she has facilitated have been in the visual and performing arts, but also in history and literature. How the social, economic and cultural events in history affect our daily lives has always been of great interest to her, and she enjoys sharing with OLLI participants what she has learned doing her research on a wide variety of topics.

Hille Dais

Hille Dais grew up and completed high school in Hamburg, Germany and has lived in the United States since the late 1960s. She retired from public administration positions with the State of Colorado in 2003. Hille is an amateur pianist and enjoys symphony and chamber concerts. Hille has facilitated many OLLI courses on baroque and classical era music and composers, and on European history.

Gloria Eastman

Gloria (Lori) Eastman enjoys bringing alive the historical and cultural backgrounds of classic literature and making the readings relevant to our 21st-century lives. She particularly delights in encouraging the varied responses of the participants as we explore the readings together. She taught high school English and journalism for 26 years in the Jefferson County Public Schools, while also earning her Ph.D. in 19th-century British literature from CU-Boulder. Recently retired, she is Professor Emerita at Metropolitan State University where she taught British literature and English education.

Jim Edelman

After a career in corporate and investment finance, Jim Edelman changed careers to teach math and economics at a public high school in Memphis, Tennessee. Since retiring to Boulder in 2015, Jim has taught at Front Range Community College, Monarch High School, and the Boulder County Jail. He taught this Reconstruction class for the EXCHANGE Program in Boulder in the spring of 2024, where it was well-received.

Jeffrey Engel

Former professional dancers Joy and Jeffrey Engel trained for many years in Russian classical ballet, met in a studio in New York City, and honeymooned on an Equity summer stock tour of Carousel. Their performing careers included dancing and touring in the United States, Canada, and Europe. They have also choreographed productions and taught dance in various studios, schools, and colleges. They shared their experiences and insights into the world of ballet for 14 years with a lifelong learning program at the University of South Carolina in Aiken, and they look forward to doing the same in Denver. They always invite and appreciate comments and questions from those attending the classes.

Kent Epperson

Kent Epperson is a graduate of Denver East High School and the University of Colorado Boulder. He worked at all levels of public education and in three Denver area school districts. He maintains an interest in history and current events and has been with OLLI for four years.

Dave Erickson

Dave Erickson volunteers at the Colorado Railroad Museum, where he provides guided tours and assists with the maintenance and repair of railroad track. Museum tours cover a variety of subjects, including locomotives, dining on the rails, railroad-related machines, and Colorado Railroad history.

He is a retired environmental scientist, current birder, and volunteer for Jefferson County Open Space.

Alan Folkestad

A student of history almost his entire life, Alan Folkestad is keen on delving into the unintended consequences of history. Alan has lived abroad in three different countries and he always found the culture and history fascinating. He received a BA degree at the University of Minnesota and earned a master's degree from Texas Christian University.

Edward (Ned) Ford

Edward Ford is the author or translator of 19 books, as well as many pieces in literary journals. He has taught at Newbury College, Massachusetts Bay Community College, and the Boston Center for Adult Education. His M.A. in English is from the University of Massachusetts, Boston. His M.A. in French is from Tufts University. He also studied at the University of Bergen in Norway and the University of Pau in France.

Rich Foster

Rich Foster is a trained Peace Education Program facilitator who has led 30 sessions with retirees, enjoying seeing them benefit from the program. He retired in 2019 after a 40-year career in warehouse management and marketing.

Sara Frances

Sara Frances, MA (Comparative Literature) and Poetry Collective of Lighthouse Writers Workshop, is also a retired Master Photographic Craftsman. She is now coaching and publishing personal narrative books in memoir, poetry, travel, and family history genres. For her ongoing Unplugged Voices Project, she is a curator, writer, editor, illustrator, and designer. Unplugged Voices: 125 Tales of Art and Life from Northern New Mexico, the Four Corners and the West is a 324-page, illustrated, four-color coffee table collection of verbal narratives. each in a 5-minute read. Her photographic memoir, Fragments of Spirit: 60 Years: A Photographer's Recollections of Taos Pueblo, the Region and its Arts, was published in January 2021. A regular facilitator at OLLI at DU, she moderates panel discussions of art and community for the Millicent Rogers Museum in Taos, NM, and is a board member and book judge for the Colorado Independent Publishers Association.

Jan Friedlander

Jan's classes are infused with knowledge, research, humor, and infectious enthusiasm for whatever subject she presents. If you're considering taking one of her classes this term, the following will provide a glimpse into her experiences in these areas. Jan enjoys hiking locally as well as adventure travel (e.g., Antarctica with National Geographic), and has a deep appreciation for our interconnected world.

Jan began playing trumpet at age eight and continued performing throughout college, concentrating on classical music, including opera. Did you know that Juilliard invited her to audition for a scholarship when she was a junior in high school?

OLLI's motto, "Curiosity Never Retires", is perfect for Jan. Her Potpourri or Speaker Series classes continue to cover a wide array of topics presented by a variety of knowledgeable facilitators. Jan left high school after her junior year to start college. She has earned credits from five universities, including La Universidad de las Americas. She holds a BS in Spanish and French Education (with additional classes in Latin, German, Russian, and Italian) and an MEd in Higher Education Administration from the University of Oklahoma. Whichever of Jan's classes you choose, you'll feel welcome while learning in a fun and friendly community.

Edward Friedman

Dr. Ed Friedman holds a Ph.D. in physics and is an active lecturer on topics in physics and cosmology. He worked in for-profit and non-profit science organizations that focused on astrophysics and space science, consulted with NASA and the National Academy of Sciences, and authored four optical engineering books and 79 professional journal articles. He was successful in guiding the work of two aerospace engineering Ph.D. candidates. He lectures on science to adult education students at two universities, on cruise ships, and to community groups. He has extensive experience in the Osher program, including frequently teaching cosmology at the University of Denver.

Janeen Galligan

Janeen Galligan is an experienced educator with a strong foundation in teaching college-level courses focused on helping people improve their communication—and, in turn, their relationships both professionally and personally. Her career has centered on fostering connection, clarity, and growth, whether in the classroom, through technology, or in partnership with clients. Janeen moved to Colorado to attend graduate school at the University of Denver and never left—putting down roots with her husband and raising their two children in a community that reflects their shared values of learning, connection, and service.

She holds a graduate degree from the University of Denver and is a lifelong advocate for learning, equity, and innovation.

Stuart Gentry

Stuart Gentry spent the first 20 years of his professional career in the chemical industry. He then became a professor of chemistry at La Salle University in Philadelphia for 10 years. Since his retirement, he has pursued his interests in science and technology in the world around us, as well as his interest in the historical development of society and cultures.

Linda Gordon

I am a retired principal of schools for both Denver Public Schools and Adams County School Districts. I was a principal for 16 years and before that I was a dean, coach, and Biology teacher.

The reason I speak Spanish is I lived in Mexico City for ten years. I taught science at the American School and ESL at various locations in the city. I married a pro soccer player, had two kids, and got robbed four times. After the fourth time, I decided it was time to move back to the US with my kids. I left that husband behind!

Glenn Gravlee MD

Glenn Gravlee is Professor Emeritus of Anesthesiology at the University of Colorado School of Medicine and is a Master Facilitator for OLLI at DU. As a retired subspecialist in cardiothoracic anesthesiology, he has interest and expertise in the cardiac aspects of Ike's medical history. He also has ties to Grand County, to which Ike escaped for his summer vacations. Glenn has co-facilitated approximately 20 courses for OLLI at DU on a range of topics including popular music history (1950s and 1960s), military history, movies, and the Berlin Wall. Glenn recently facilitated a course on The Eisenhowers in Colorado at the Eisenhower Chapel at Lowry.

George Ho

George Ho, Jr., M.D. has been retired from medicine since 2013 (certified in Internal Medicine, Rheumatology, and Palliative Care). George spends his time birding, performing grandfather duties, photographing birds and other wildlife, jogging, writing and facilitating courses to the lay public on end-of-life issues, birding and making photobooks online in lifelong learning venues. He then spends the remaining part of the day cooking, enjoying his meals and getting a good night's sleep so he can repeat everything the following day.

Michael Holmes

Dr. Michael Holmes worked in public education for 37 years. He has taught the game of bridge for over 19 years and is a Certified ACBL Online Bridge Teacher and Audrey Grant Bridge Teacher, Gold Life Master, ACBL Certified Club Director and ACBL Certified Tournament Assistant Director and board member of the American Bridge Teachers Association (ABTA)

Charles Holt

Charlie Holt is a Platinum Facilitator with a career as an engineer in R&D and R&D management for over 35 years. He has a strong interest in science and technology as well as history and diplomacy, with a focus on key personalities shaping science and history. He holds a PhD in Theoretical and Applied Mechanics, an MS, and a BS in Aeronautical Engineering. He served in the US Army in Vietnam.

Alice Howard

Alice Howard is a long-distance OLLI member having joined several years ago from Charlottesville, VA. She has taken courses in History, Public Affairs, Literature, and Music. She is a retired academic information technology support specialist at the University of Virginia.

Larry Howe

Larry Howe's career reflects a passion for cultural dynamics and the power of technology. With degrees in American Studies (BA), Communications (MA), and an MBA, he blends insight into culture, media, and business. His global outlook began with Peace Corps service in post-independence Kenya. In media, he worked with NBC News and Public TV (KCET-LA) producing news and public affairs shows, and then the cable industry, launching broadband ventures, and advising organizations in the early internet era.

Larry's commitment to social impact includes social enterprise work in India, Mozambique, and Indonesia, plus contributions to arts and environmental groups like Sound of the Rockies and Trout Unlimited. He now explores cultural resilience through active participation in OLLI, returning to a love for science fiction with a fresh look at sci-fi media and their impact on our current world.

Ralph Hughes

Ralph Hughes is a Stanford-trained economist and a retired business analytics consultant. Alec, his co-facilitator, is a retired professor of economics who earned his doctorate at CU Boulder. They have facilitated discussion classes on political economy for several years now and thoroughly enjoy the lively conversations that such topics stimulate.

Ralph is also sponsoring the Epic Skiing Special Interest Group (SIG). He has nearly 40 years of ski experience including two instructor bootcamps by Vail Corporation, two seasons as an instructor, over 40 hours of in-person lessons from professional trainers, and is continuing to study with a Level 4 Trainer/Examiner.

Tom Hughes

Tom Hughes, OLLI Diamond Facilitator, is a veteran OLLI at DU West student who has enjoyed every one of his classes. He is a lifelong learner who loves to join others in discussing the issues of the day. His background includes a varied career in the financial services industry, as well as significant experience as a volunteer in several not-for-profit organizations. Tom has a BA from CU Boulder and an MBA from Washington University in St. Louis.

Candace Hyatt

A graduate of Elmira College (BA) and University of Denver (MA), Candace (Candy) Hyatt has been an educator, pre-K through adult, for over 50 years. Her roles have included middle school teacher and principal, elementary school principal, professional development central office administrator, and leadership and English language acquisition consultant in an educational research and development non-profit setting. Her work is characterized by a mission to provide access to high-quality educational opportunities for learners of all ages, cultures, and abilities in a wide variety of both formal and informal settings. She's a longtime Colorado resident with a love of reading and the outdoors.

Warren Johnson

Warren Johnson, a 76-year-old physician and adventurer, has nurtured lifelong fascination with shipwrecks, natural disasters, humancaused catastrophes, global exploration and survivalism. He has been a Family Medicine physician primarily on Colorado's Eastern Plains. In addition, Warren has practiced medicine and vacationed extensively throughout Mexico and Central America. Although an average amateur triathlete. Warren loves to rub elbows with elite athletes as a physician for ocean sailing regattas, bicycle races, amateur boxing, Ironman Triathlons, ski events, and high school sports teams. He spent his teenage years as a lifeguard on the beaches of Long Island, New York. Warren has been a rescuer in several natural and man-made disasters.

Dennis Kato

Born and raised in Cincinnati, Ohio, Denny Kato is a third-generation Japanese American, or Sansei. He graduated from Walnut Hills High School, received a BA from the University of Cincinnati in 1971, and served in the US Army as a 1LT in military intelligence. After retirement from restaurant management, what started out for Denny as curiosity about his family history grew into thoroughly researching how people of Japanese descent were forced from their homes during World War II and placed in internment camps. Like the fifteen members of his family who were incarcerated, most were American citizens.

He and his wife, Janet, have visited all ten of the internment camps from the Pacific West Coast to the rural southeast of Arkansas. Since 2019, Denny has lectured both live and via zoom for the Art Institute of Cincinnati, nearly a dozen times for OLLI (Osher Lifelong Learning Institute) at the University of South Florida, Carnegie Mellon University, Rochester Institute of Technology, and the University of Cincinnati, Japan America Society of Greater Cincinnati, and Harriet Beecher Stowe House in Cincinnati.

Joseph Kerski

Joseph Kerski is a geographer with a focus on analyzing change over space and time across multiple fields of study. His research analyzes the use of Geographic Information Systems (GIS) in education. He has served as the President of the National Council for Geographic Education and has given two TED Talks on "The Whys of Where". He holds three degrees in geography (BA. MA. PhD) and has served as geographer in 5 major sectors of society, including as an independent consultant, in government (NOAA, US Census Bureau, USGS), academia (University of Minnesota, University of Denver, others), private industry (as Education Manager for Esri), and in nonprofit organizations (with roles in geography and education associations). Joseph has authored over 100 chapters and articles, and 200 podcasts on GIS, education, space, place, and related topics. He has visited over 350 schools and 400 universities around the world. He regularly conducts professional development for educators. He has created over 7,000 videos, 2,500 lessons, 1,500 blog essays, and authored 12 books, including Interpreting Our World, Spatial Thinking in Environmental Contexts, Essentials of the Environment, Spatial Mathematics, Tribal GIS, International Perspectives on Teaching and Learning, the GIS Guide to Public Domain Data, and others. But as a lifelong learner, he feels as though he's just getting started and thus actively seeks mentors, partners, and collaborators.

Thomas Kleinschmidt

Tom Kleinschmidt has been interested in the study of history, especially American History in the 18th and 19th centuries, for his entire life. He has read extensively on this period and visited many of the historical locations. He has a Bachelor's Degree from Kearney State College (now University of Nebraska- Kearney) and an MBA from the University of Alaska-Fairbanks. After a career in financing equipment and power generation projects, both domestically and internationally, Tom retired in 2015. Since retiring, he has facilitated OLLI classes in both Albuquerque and Denver.

Ronald Knox

Ron Knox has a BS in mathematics and chemistry from CSU with 40+ years managing software and data systems for banking, telecommunications, military & aerospace contractors, government, electronics, computer and utilities industries. These systems were utilized by Arrow Electronics, Honeywell, Citicorp, AT&T, IHS, DOD and McDonnell Douglas. Ron directed the development of Expert/Al systems, including the Telecommunications Engineering and Asset Management Systems, completed in 5 years by a staff of over 120. TEAMS assigned telephone numbers used by Pacific Bell and other telephone companies. This system consolidated 27 telecommunications engineering functions into one system for Pacific Bell/AT&T.

James Kunkel

James R. (Jim) Kunkel, Ph.D., P.E., is a retired engineer with 57 years of domestic and international experience in hydrology and water resources. He has worked on water resources projects in 32 states and 22 foreign countries. He has lived in Mexico, Peru, Colombia, and Chile during his career. His academic experience includes 17 years as an adjunct associate professor at Colorado School of Mines (CSM), where he taught graduate level hydrologic engineering courses in the Department of Geological Engineering. Dr. Kunkel is the co-author of the university textbook Unsaturated Zone Hydrology for Scientists and Engineers published by Prentice-Hall. He has given presentations, professional technical lectures and short courses to news media, government agencies and professional societies in the USA, Colombia, Ecuador, Peru and Mexico. Dr. Kunkel has also presented lectures and courses previously for OLLI East, Central, West, Online, On-the-Move and OLLI Webinars, Drs. Steele & Kunkel have worked together or collaborated on numerous waterresources projects since the late 1970s and have been co-facilitating OLLI courses since 2018.

Linda Lange

Voracious reader of mystery and science fiction and enthusiastic gardener, Linda Lange is retired from teaching finance and accounting at Regis University. She created the first Mysterious Places class in 2019 to enthusiastic response and has built the series since, choosing different themes for each term and occasionally revisiting a popular theme to update author choices.

Michael Levin

Michael Levin is a Denver native with a BA from Grinnell College and an MA from the University of Colorado, both in math. He retired from Raytheon in 2006 as a Senior Principal Systems Engineer. Much of his career involved classified work related to remote sensing: ground and airborne radar, satellite payloads, and mission planning. To offset the stress at work in the mid-1980s, Michael engaged in Great Books and adult Jewish education. He inherited the leadership of a southeast Denver Great Books group in 2008. Michael has facilitated OLLI short story and Jewish text discussions.

Rick Levinson

Rick Levinson graduated from Carleton College with a BA, followed by a JD degree from the University of Florida in 1971. He has been licensed in both Florida and Colorado (1993). He was twice a public defender, where he was a trial attorney and at one time head of the Hillsborough County (Tampa, Florida) public defender death penalty division. Mr. Levinson's practice both in Florida and Colorado primarily involved the defense of persons accused of crime. He has also served as Alternate Defense Counsel in Colorado. He has tried numerous cases in State and Federal courts and previously facilitated law courses at OLLI at DU.

Elaine Levy

Elaine was born in Youngstown, Ohio. She has lived in Colorado since 1970 when her young family moved to Breckenridge for 8 years. She's been an avid skier and hiker for over 50 years. She was a distributor of products for small businesses including accounting systems, printed forms, and personalized promotional products. She's served as a board member for women's business organizations. the Aurora Chamber of Commerce and some genealogical groups. She also served as a board member for over 20 years on her HOA. Her hobbies now are walking, reading, knitting, old movies, and playing Mah Jongg. She has 3 grown children and 4 grandchildren. Her kids were raised in the mountains, and all still live here. She's taken many classes at OLLI and other adult learning facilities for many years. She learned to play American Mah Jongg when she was young and has been playing for over 50 years. She's always loved this fascinating game and has enjoyed teaching it in organized classes and to friends and neighbors.

Barbara Lilly

Barbara Lilly has facilitated more than a dozen OLLI at DU courses, primarily in the Public Affairs area. She is an avid reader, a mystery buff and a pragmatic political junkie.

David Lippman

David Lippman spent most of his career in educational publishing, where he held several positions, including editor-in-chief and publisher. He directed the development of texts in many subjects including history, government, science, mathematics, and literature. David earned degrees in the social sciences from the University of Southern California and the University of Chicago, and began his career doing social science research in legal areas for the American Bar Foundation. David is a long-time history facilitator for OLLI. He stumbled on the subject of ancient DNA and what it can tell us about our history by accident about four years ago.

John Lungerhausen

John Lungerhausen, Master Facilitator, joined OLLI soon after he retired from CenturyLink in 2016, where he enjoyed a 17-year career (including US West and Qwest) as a software developer, Team Lead, and Development Manager. John and his longtime partner, Dixie, have been living in Golden with their bevy of cats since 1987. They have collaborated in putting together a number of film classes for OLLI and share a deep enjoyment of independent and foreign films, which frequently offer a far more engaging perspective than most of the typical Hollywood fare. John received his Bachelor of Business Administration degree from the University of Michigan.

Robert Magnani

Bob Magnani has attended over 130 OLLI courses and facilitated 55 classes both online and at 4 Colorado locations. His courses include Movies and Movie Making, Acting, Comedy, and Chess. He has Arts and Engineering degrees from Columbia; PhD work at NYU; telecommunications design and management at Bell Laboratories and US West Advanced Technologies; and Product Management at AT&T. Bob has seen several thousand US and foreign films in his lifetime, loves theater, chess (was a member of the Manhattan Chess Club) and acting. He is delighted to be able to pursue these interests at OLLI. Bob is a Platinum Facilitator and an OLLI member since 2010.

Jack Maher

Jack Maher is a published author and president of the Colorado Authors League. He was inspired to curate a unique seven-speaker series this fall, The Art of Writing: Seven Different Author Journeys. He is bringing together a diverse group of experts to share their insights on becoming published authors.

Here is the author information:

Lenore Mitchell, Mystery Writer, Botanist, Former OLLI South Facilitator https://www.lenoremitchell.com/

Robert Williscroft, Science Fiction Writer, Former Submariner https://robertwilliscroft.com/

Patricia Eagle, Memoir Writer, Animal Lover https://patriciaeagle.com/

John Be Lane, Science Fiction Writer, 2025 Colorado Book Award Honoree, Instructional Designer https://www.amazon.com/stores/ author/B0CSVG16BF/about?ccs_id=9e268d47-4048-4081-ad0f-93d1d7c3c894

Susan McKeel, Poet, Poetry Workshop Leader https://www.goodreads.com/author/ show/22572865.Susan_Rocco_McKeel

Joan Jacobson, Non Fiction Writer, Historian https://www.amazon.com/stores/Joan-Jacobson/author/B079J6HGKN?ref=dbs_a_mng_rwt_scns_share&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=a6ce3891-ffc3-4fc0-9169-f9e6c66bc9d7

Jack Maher, Historical Fiction Writer, CAL President https://www. sandgoatmanorpublishing.com/

Bob Manning

Bob has been painting for over 20 years, primarily because it makes him feel good. He finds value in the doing and fascination among the many opportunities of learning and self-discovery alive within the world of art and painting.

Vince Markovchick

Dr. Vince Markovchick is a retired Emergency Medicine physician with a distinguished career as Director of Emergency Medical Services at Denver Health. He also served as President of the American Board of **Emergency Medicine and is Professor** Emeritus of Emergency Medicine at the University of Colorado School of Medicine. Dr. Markovchick's deep interest in healthcare access began during his years in Denver's emergency rooms, where he frequently treated patients who were uninsured and deeply concerned about the cost of their care. These experiences inspired him to become a passionate advocate for healthcare reform, a subject he has addressed in public talks for over 40 years. His recent focus highlights the reality that 85 million Americans are uninsured or underinsured. and that nearly \$1 trillion is lost annually to waste, fraud, and abuse in our healthcare system. Dr. Markovchick's presentations explore what the United States can learn from countries where universal healthcare is standard and no one faces bankruptcy due to medical bills.

Heather Martin

Award-winning writing professor Dr. Heather N. Martin, University of Denver Writing Program, empowers individuals to harness writing for reflection, healing, and growth. Across decades of experience as a coach and a teacher, Heather has guided students, teachers, first responders, middle-schoolers, and corporate leaders in wellness writing activities - helping thousands worldwide lead more intentional lives through writing.

Larry Matten

Larry Matten, Botanist, Paleobotanist, Elder Law Attorney, Spellbinder, Rotarian, docent at Denver Museum of Nature and Science. OLLI Platinum Facilitator, has been doing movie courses since 2017. He and Greg Petty have co-facilitated 16 movie courses together and they really enjoy the discussions with the students. Larry has facilitated courses in science fiction literature, dinosaurs, human evolution, mass extinctions, evolution, fossil stories, Darwin, Fitzroy, baseball and Botany. While at The Academy, he also did courses in Estate Planning and chess. Larry and his wife enjoy traveling and visiting with their 6 children, 14 grandchildren, and 4 greatgrandchildren.

Mac McHugh

Mac McHugh, Platinum Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a lifelong movie buff and a World War II history buff and has facilitated numerous courses on technology, film, and history at OLLI.

Robert McWhirter

Robert J. McWhirter has successfully tried over 100 criminal trials in Federal, state, and city courts. He is a nationally and internationally known speaker and author on trial advocacy, immigration law, and the history of the Bill of Rights and Reconstruction Amendments. He is a frequent guest on national news programs on current constitutional and immigration issues, including MSNBC, Fox News Live, Bloomberg News, Arizona Horizon, and KJZZ, Mr. McWhirter is a Certified Specialist in Criminal Law. For over six years, Mr. McWhirter's peers have elected him to serve on the Arizona State Bar Board of Governors.

Mr. McWhirter has published extensively: His latest book is Fixing the Framers' Failure: The 13th, 14th, and 15th Amendments and America's New Birth of Freedom (2022).

The American Bar Association has published Mr. McWhirter's book Bills, Quills, and Stills: The History of the Bill of Rights (2015). The American Bar Association has published his books The Criminal Lawyer's Guide to Immigration Law: Questions and Answers (2nd Ed. 2006) and The Citizenship Flowchart (2007). In the 2010 United States Supreme Court case of Padilla v. Kentucky, Justice Alito extensively quoted from his book.

Mr. McWhirter has served on the American Bar Association Criminal Justice Section and on the Standard Committee writing the Criminal Justice Standards.

Mr. McWhirter has published over 40 other articles in both English and Spanish on the history of the Bill of Rights, immigration law, and criminal practice.

Gregory Moody

For the past 50 years, Greg Moody has been a media reporter, critic, and historian in all news radio, newspapers, online, and television. He has covered film, Hollywood history, Broadway theater, music, books, television, and news media extensively. He is the author of five novels, all available on Amazon, as well as two produced plays. He is a 1974 graduate of Western Michigan University in Theater and English. Moody is an eight-year United States Naval Reserve veteran and a former standup comedian. While those two career paths seem to have very little in common, he has made a number of admirals laugh at Navy dinners.

Sydney Myers

Sydney Myers, OLLI Platinum Facilitator, is a former retail executive who lived in Mexico for seven years. She returned to Denver in 2006.

Terry Ortlieb

Terry Ortlieb started in technology by putting engineering changes on IBM computers in high school. Then, after attaining his degrees in Philosophy, he moved on to start his own process and systems engineering company, which he built and then sold. Now he is combining his two interests into facilitating classes that integrate technology and philosophy. This will be his 26th class on Harari's thoughts and he feels that this course does bring almost all of the ideas together.

Betty Page

Betty Jo Page is a seasoned gardener with many years of classes and experience. She is past president of Front Range Organic Gardeners and the Rocky Mountain Unit of the Herb Society of America. She volunteered many years at Denver Botanic Gardens and is currently active in the Front Range unit of Wild Ones, encouraging folks to eliminate lawn and plant natives. Betty Jo led this class in 2020 with Linda Lange and has twice taught Gardening 101 for OLLI.

John Parfrey

John Parfrey has been a musician all his life. He grew up in a musical family and was an accomplished oboist and English horn player, playing in orchestras in the early part of his career. At the University of Wisconsin, he presented his senior recital on English horn featuring two commissioned premieres. Parfrey served on the music faculty of Concordia University - Wisconsin and the University of Wisconsin - Milwaukee. He founded and was music director of the Concord Chamber Orchestra in Milwaukee. which is celebrating its fiftieth anniversary this year. Later in his musical career, he developed an interest in music and affect based on the work of pioneering music therapist, Dr Helen Lindquist Bonney, and he presented his work at various universities and music therapy conventions. He holds two degrees in music, one of them in conducting. Long retired from performing, Parfrey now enjoys concertgoing and score study among his other varied interests.

Patricia Paul

Patricia Ann Paul offers a personal take on Doris Kearns Goodwin's *An Unfinished Love Story*, one that speaks to others like herself who lived through this pivotal time. Her journey through the 1960s took a defining turn when her husband was drafted after President Johnson ended most graduate student deferments in June 1968, the month of their marriage. His posting to Germany, while lucky and appreciated, came with the constant shadow of potential transfer to Vietnam, creating more of the period's uncertainties.

Patricia's 2017 memoir, *The Curse of Interesting Times*, tells their own love story during 1968-1970, offering a thoughtful examination of how global events shaped individual lives. She, too, wove a memoir with historical context and wants to help you do the same as we revisit our shared history.

Mark Payler

Mark A. Payler is a practicing Colorado landscape, street, and travel photographer. With over four-and-a-half decades of photography and teaching experience, Mark's work has been highlighted in the landmark book, A Day in the Life of America, as well as the featured double-page photo spread in the 50th anniversary issue of Popular Photography magazine. Mark's Route 66 travel photography was also presented in a portfolio-style spread in "Route" Magazine. Mark has extensive travel and photography experiences in Italy, Iceland, Great Britain and Wales, Costa Rica, Jamaica, New York City and various locations in the American Southwest, the greater Yellowstone National Park area and throughout Colorado. Mark's current projects include photographing musical performances for Denver's premier jazz club and capturing NASCAR racing excitement while experimenting with incamera and post-production AI and painterly techniques.

Greg Petty

Greg Petty is a Diamond Facilitator and has offered OLLI baseball and movie courses for the past 10 years. He has co-facilitated 18 movie courses with Larry Matten on 14 different topics. He has also offered 9 innings of OLLI baseball courses. His career was primarily in administrative positions at a not-for-profit and at colleges and universities in Illinois and Colorado. He is a Board member of Rocky Mountain SABR (Society for American Baseball Research) and his home town Mt Carroll (IL) Community Foundation. His passions are family, ancient and new friends, baseball, bridge, and mental health/suicide issues.

Ann Pressler

Growing up with a mother who was a Librarian, Ann Pressler has a strong interest in learning. Retired from healthcare, she was a Psychiatric Nurse Practitioner, having worked mostly in primary care. She is now indulging interests in a wide variety of topics, outside of STEM and medicine. Her pursuits include sourdough bread making, trying new recipes, crafts such as knitting and sewing, and reading mysteries and histories. She also has a new rescue dog who is very interested in trees.

Leanne Puglielli

Leanne Puglielli is a retired Professional and Organizational Design and Development expert who consulted for State Agencies. She taught in Schools of Management at Edgewood College, Capital University, and the John Glenn School of Public Affairs at The Ohio State University in addition to serving as regular faculty for the Ohio and Nevada Certified Public Manager Programs and the MAPS program at Ohio State. She was selected to serve on the board of examiners for the Ohio Award for Excellence and the Wisconsin Forward Award.

Leanne is an active member of the Episcopal church. Her focus on living the baptismal covenant to love her neighbor as herself, search for justice and truth, and respect the dignity of every human being has revolved around racism. She developed this course in 2015 in response to the shooting of an unarmed Black man in Madison. Dr. Puglielli has a B.A. from Grinnell College, Grinnell, Iowa, an M.A. from Smith College, Northampton, Massachusetts, and a Ph.D. from The Ohio State University, Columbus, Ohio.

Dan Putman

Dan Putman is Professor Emeritus of Philosophy. He received his BA from Marquette University, his MA from the University of Wisconsin -Madison, and his PhD from the University of Southern California. Dan taught Philosophy for 37 years at the University of Wisconsin - Fox Valley, a freshman-sophomore branch of the UW. (Since his retirement in 2011, UW-Fox Valley has become part of UW-Oshkosh.) Dan has published over 40 articles in Philosophy. He and his wife Elaine have two children, one in New York City and the other in Boulder. Dan started teaching OLLI courses in winter 2013 for OLLI-UA in Green Valley, Arizona. In 2014, he and Elaine moved from Wisconsin to Colorado to be near the grandchildren. He has facilitated courses for OLLI at DU since 2015.

Richard Reinish

Dick Reinish, OLLI Platinum Facilitator, is a retired antitrust lawyer which required that he learn about various industries from nuclear power to cat litter. Dick has given several classes on both documentary and foreign films, as well as current events, with an abundance of positive comments about both his film selections and his current events discussions.

Myra Rich

Myra Rich grew up in Detroit, received her B.A. from Radcliffe College and PhD in History from Yale University. She taught initially at Hunter College and, after moving to Denver, at the University of Colorado-Denver. Her primary interest is American history from the Colonial period to the Civil War, but she also teaches the history of women in America and the history of immigration to the United States.

Leonard Sahling

Leonard Sahling earned a PhD in Economics from the University of Michigan. His first job was as a macroeconomist at the Federal Reserve Bank of New York. His second job was as a macroeconomist at Fannie Mae in DC. From there, he reinvented himself as a real estate economist/REIT analyst and started up a real estate research group at Merrill Lynch in New York City. Then, after 9/11, Leonard took a job as an economist and started up a real estate research operation at ProLogis, an industrial Real Estate Investment Trust based in Denver, CO. When ProLogis was acquired by another REIT, he reinvented himself once again as an agricultural economist and accepted a job at CoBank, where he started up and then managed a research group. He is now retired and, among other things, enjoys teaching an OLLI class on economic issues.

David Savitz

David B. Savitz is an attorney, who earned his BA in Psychology in 1965 from Penn State and Juris Doctorate in 1968 from the University of Colorado. He was admitted to the Bar of the United States Supreme Court on February 21, 1978. During his fifty-plusyear career as a trial lawyer, David specialized in criminal defense. He has lectured and published regionally and nationally on trial practice, childhood trauma, wiretapping and terrorism. He is the author of a true-crime book, Just in the Nick of Time, and has taught two Olli On-the-Move courses regarding the Trump Indictments. He has been featured in the television programs Hard Copy and Larry King Live, and in several true-crime podcasts. His professional awards include: Super Lawyers of Colorado, Top 100 Trial Lawyers in the Nation, and Nation Top One Percent of Distinguished Counsel. Besides Colorado, he has litigated cases in Florida, California, Hawaii, Nebraska, New Mexico, and Washington, D.C., and internationally in Canada, Japan, and Kazakhstan. He is currently retired and devoting his time to writing and teaching. He presented a preview of this upcoming course at an Olli event on October 8, 2024.

Betsy Schwarm

With a background in classical radio, preperformance talks, and university teaching, Betsy Schwarm has developed a user-friendly approach to sharing her enthusiasm for great music. The Colorado Symphony declared her an "icon" of the business, and she has been Opera Colorado's performance speaker for over twenty years. Listeners to the vintage KVOD Radio 99.5 FM, "The Classical Voice of Denver," came to value what she said and how she said it. Music lovers who wish to know more of what goes on behind the notes, how this great music came to be, and how to listen to it more effectively regularly find that Betsy Schwarm is exactly what they need.

Bill Shaw

Dr. Bill Shaw earned his MD degree from New York University in 1971 and got further postgraduate training in Internal Medicine. Infectious Disease, Public Health, and Occupational/Environmental Medicine at the Universities of Wisconsin - Madison. Washington - Seattle, and Texas - Houston. He is board-certified in Internal Medicine and Preventive/Occupational Medicine. Bill served in the United States Air Force. and has functioned as Medical Director for a University of Washington clinic for the homeless, Medical Advisor to the King County (Seattle) Emergency Medical Services Division, Co-Director of the Nurse Practitioner training program at Seattle Pacific University, and as Gulf Coast Regional Medical Director for ARCO Chemical Company. He was Director of Occupational Health Services at The Billings (Montana) Clinic and had his own private practice of Occupational Medicine in Denver. He has taught throughout North America for multiple organizations and has served on a variety of editorial and professional review boards. He served in leadership roles of numerous medical committees and boards. He has been on the clinical faculties of the University of Washington and the University of Colorado.

Pat Smith

Pat Smith was a former Chief Information
Officer at a global pharmaceutical company and
received a Computerworld Honors award for
innovative practices in Information Technology.
Pat has an MLS from the University of Maryland,
and a BA from the University of Missouri. She
has previously facilitated courses at OLLI in
Robotics and Artificial Intelligence and served
for several years as Co-Chair of the OLLI South
Curriculum Committee.

Doug Sparks

Douglas Sparks has a PhD in Anthropology focused on traditional Chinese religious practice. He has extensive teaching experience in graduate school and five years teaching in an MBA program. In his international business career. Doug delivered many presentations at conferences and in senior corporate roles. He lived and worked in South Africa, Ghana, Kenya, China, Canada, and France, and traveled extensively for work and pleasure in Francophone Africa and many other regions of the world. Doug has facilitated OLLI classes on Kabbalah, the Mythology of Judaism, and Angels and Demons in Judaism. Current interests are the history of Judaism and early Christianity; Kabbalah and other mystical belief systems; and apocalyptic visions throughout history

Bob and Carol Steele

Bob and Carol Steele are products of the American Midwest (Carol from Chicago and Bob from Indiana), and they've lived in many places around our country from Maine to New Mexico, from Florida to more than a decade now retired here in Colorado. The OLLI program gives them the opportunity to explore countries and cultures through wonderful literature and amazing storytelling. Together they have facilitated non-fiction by Niall Williams and Christine Breen -- A Year in an Irish Garden -- as well as Niall's Irish novel Time of the Child, and Amor Towles' novels A Gentleman in Moscow and Lincoln Highway. They are excited to use Shelley Read's excellent novel Go As A River, set in Western Colorado for this Fall term class.

Timothy Steele

Dr. Steele's career encompasses 59 years in water-quality hydrology and regional assessments of water resources. During 40 years as a consultant, he has managed many multidisciplinary projects and has directed hydrologic baseline and modeling studies for water-resources planning and management studies as well as coal mining, oil-and-gas properties, minerals mining, and several oil-shale projects. He has consulted on numerous projects dealing with groundwater contamination, aguifer and lake/ reservoir restoration, tailings disposal, hazardous waste management, design and evaluation of hydrologic monitoring networks, pollution-control plans, water-quality stream standards and total maximum daily loads (TMDLs) assessments, and regional/ international ground-water planning and integrated water-resources management (IWRM). His professional career has included overseas experience in 13 foreign countries. Over a recent period (2000–2006), Dr. Steele conducted numerous block (short) courses dealing with concepts of integrated watershed approaches, global water issues, and climate change at two German universities and through OLLI in Denver and Ann Harbor (invited).

Mitchell Stewart

Mitchell Stewart received his BA in International Studies from The American University and his master's in Public Administration from Harvard University. He spent 16 years with the State Department and then 21 years with the Bureau of Reclamation (Interior Department) before retiring. He began taking OLLI courses in 2010 in lieu of returning to graduate school. and started facilitating in 2014, leading seminars in political and moral philosophy with occasional side trips into political theory and intellectual history. In addition to taking OLLI courses, he sits in on political theory courses at DU's Korbel School of International Studies and philosophy courses at DU's philosophy department. He is a member of the Hunting Working Airedales. Inc., though he does not hunt, and his Airedale does not work.

Steve Swenerton

Steve Swenerton has a BA in Political Science and an MBA in International Business. He served 3 years as a U.S. Coast Guard officer. He managed sales and marketing departments for three different residential building products companies in the U. S. for a total of 40 years. And he served as an international sales and marketing consultant in Asia, Australia, and South America for 7 years. He has traveled to over 50 countries on business and for pleasure. Steve has taught over 500 classes for Active Minds, 4 for OLLI, and 3 for Boulder JCC.

Larry Tannenbaum

Larry Tannenbaum, Master Facilitator, was a practicing attorney in Colorado for 43 years, 27 of those as a Senior Assistant Attorney General in the Colorado Attorney General's Office. In the latter part of his career, Larry specialized in real estate litigation. Throughout his career, Larry tried a number of cases. Upon retiring, Larry gravitated to one of his lifelong interests - music. He spends a considerable amount of his time reading music-related books and reviewing electronic media about music and artists. Also, he spends countless hours listening to music and watching videos. Larry's passion is music and history, and he has presented a number of OLLI classes that are music (and history) related. For a number of years, Larry has focused on the origin of The Blues and its evolution into a number of musical genres that followed.

Dean Tebbe

Dean Tebbe studied computer science and film at the University of Colorado Denver, while building a 35-year career in Network Engineering & Management. He is an avid reader with a wide range of interests including: geopolitics, human ecology, climate, and science fiction. Dean currently spends his time volunteering and permaculture gardening.

Mark Teter

During his 25-year tenure as a Chief Technology Officer for Advanced Systems Group, Mark, a Senior Facilitator with OLLI, co-served as an on-demand advisor for GLG, one of the world's leading advisory firms, offering expertise to buyside and sell-side analysts, hedge funds, private equity, and investment bankers. Recognized as a Leading Expert (Top 2%) in the Technology. Media & Telecom division of Gerson Lehrman Group, he developed a deep fascination with the world of investing and financial markets. As a Senior Facilitator for OLLI, he has taught numerous investment courses using his experience working on Wall Street. Mark also remains actively involved in the US Coast Guard Auxiliary Eighth Coastal Region.

Steven (Dutch) Thomson

Dutch is a Neuroplasticity Coach and Trainer. He holds 15 certifications in brain-based training. As owner of MP3 (Move Past Pain to Performance), Dutch helps people realize their potential at work and play. At MP3, Dutch also helps people suffering from various neurological issues including strokes, physical and emotional trauma, chronic pain, concussions, and ADHD/ADD. Dutch's passion for Neuroplasticity comes from his personal experience overcoming numerous obstacles and setbacks.

Dutch is an endurance athlete, and has completed two Ironman races, as well as many other endurance events. He loves all things outdoors, and hiking the mountains of Colorado is one of his favorites. He has climbed 48 of Colorado's highest mountains/14ers.

Linda Torbica

Linda Torbica has been in the liquor and wine industry for 40 years. Her passion has always extended to the wine side, and her love of the industry has taken her around the world. She walked on large boulders in high heels at Châteauneuf-du-Pape and did a blind tasting with the owner of Domaine Romanee-Conti and won! Linda has walked vineyards in New Zealand, Italy, France, and, of course, the USA. Visiting various wineries around the world, she can give firsthand information on the joys of each country and the pride and history involved with them. There is so much to learn about wine. It is a never-ending education that Linda wants to share with you.

Peter Van Arsdale

Peter Van Arsdale, Ph.D., is an applied anthropologist, having worked for over 40 years in various teaching and research positions at the University of Denver, including as co-founder of African Initiatives. He has also consulted in a number of other capacities. He retired from D.U. five years ago and now is serving as an Affiliate Faculty Member (pro bono) at Regis University. Throughout, his focus has been on human rights, community development (including water resources), and humanitarian programming through NGOs. He is the author, co-author, or editor of 10 books, the most recent being Encounters: 50 Fascinating Strangers from My Life on the Road.

Mitra Verma

Mitra Verma is an art educator, artist, and craft designer. She received a Bachelor's in Fine Arts (BFA) and completed her master's from a distinctive handicraft design institute in India. Mitra creates because she loves and wants to feel colors, forms, and nature in her creations. Working in various mediums, she creates paintings celebrating the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns. Mitra is a selfmotivated, conscientious, passionate artist, and for the past twelve years she has held classes and workshops in painting and crafts. She is eager to share her love of art with students who want to venture into new areas.

Dixie Vice

Dixie Vice, Master Facilitator, retired in 2015 from state and federal government where she worked as a computer programmer/ analyst and has been taking OLLI classes in Music, Literature, and Film ever since. Her background includes a degree in Anthropology from CU with an effective minor in Film Studies. Her interest in Foreign Films began at 16 when she was finally old enough to be admitted to the art film theatres in Indianapolis. She lives with her longtime partner, John, and their 3 orange kitty boys Jimmy, Eddie, and Sparky.

Sally Walling

A long-time middle school and high school English instructor, Sally Walling has a lifelong passion for diversity in Art in all its guises, whether it be painting, movies and all forms of literature. By studying the greats of the past and the present with others, she hopes to find the light at the end of the tunnel that will guide us to a way to live peacefully together!

Eric Walters

Eric Walters has more than eighteen years of experience advising high-net worth families and managing portfolios. Eric is the co-founder of Summit Hill Wealth Management, a registered Investment Advisory firm that provides comprehensive financial planning and portfolio management services to high-net worth families, endowments, foundations, and retirement plans. Eric has served in leadership positions in national investment firms where he helped lead the Rocky Mountain region and served on investment strategy committees overseeing more than \$200 billion of client assets.

Eric graduated Magna Cum Laude from Columbia University. He is a CFA Charterholder and a CERTIFIED FINANCIAL PLANNER™ professional. Eric has been quoted in numerous publications including *The Wall Street Journal, MarketWatch, Investment News*, TheStreet. com, *Financial Planning Magazine, U.S. News & World Report*, and the *Denver Business Journal*. He enjoys hiking, cycling, camping, skiing, and paddleboarding with his three teenage children.

Barbara Werren

Barbara Werren was born in New Orleans. She moved to Colorado when she was 14 and rapidly adopted the Colorado lifestyle, becoming an avid skier, hiker, biker, and traveler. She has hiked on all 7 continents and traveled to 100 countries. She has been on both sides of the travel business, having been a hiking and skiing guide for adventures in the mountains of the world and more recently a participant in less strenuous journeys with Overseas Adventure Travel (OAT - 33 trips), Roadscholar, Viking, Vantage, etc. Barbara has combined a passion for travel with her passion for photography. She is a noted travel journalist, giving travel presentations to groups throughout Colorado. As much as she has seen the world's most beautiful and interesting places, she realizes her great fortune in living in the very best place, our beautiful state, Colorado!

Wynne Whyman

Wynne Whyman is the founding Director of Communication and Advocacy for the Center for Hearing Access, a national nonprofit advocacy and education initiative. Previously, she was a senior learning architect for executive leadership development. She volunteers in Colorado for hearing accessibility and lives with progressive hearing loss since childhood. Articles in Hearing Health Foundation, Canadian Audiologist, and quoted in Consumer Reports. Recipient of the Hearing Loss Association of America (HLAA) 2023 Community Access Award for work with Google Maps. Two master's degrees.

Gary Wyngarden

Gary Wyngarden has a BA from the University of Illinois and an MBA from Loyola University. His career was spent in the health care industry and included tenure as CEO of a \$2 billion company. He is a Diamond Facilitator with OLLI, co-chair of the OLLI South Curriculum Committee, and a member of the Executive Advisory Council.

Jon Young

Jon Young is retired, with 42 years of experience in the design and commercialization of emerging technologies initially in healthcare (funded under the Visiting Scientist program of the Weizmann Institute) and then in broadcast technologies. His volunteer work includes Chair of STEM Curriculum Committee at OLLI Central, President of the Aging Services Foundation of Boulder County, where he produced a science show serving the visually impaired of Colorado, and currently as science advisor to a Maasai conservancy in east Africa.

MEET THE STAFF

Tamara Barkdoll, OLLI at DU Central Campus Program Coordinator

Tamara Barkdoll, Central Program
Coordinator, comes to OLLI with a
background in adult training and
administering adult classes in a non-profit
setting, as well as with several volunteer
groups. She is very active with a variety of
volunteer activities throughout the Denver
Metro area. She is an alumnus of the
University of Denver and a strong believer in
lifelong learning.

Amber Barthel, OLLI at DU Technology Coordinator

Amber Barthel has spent her professional life in various positions in education, primarily at the Pre-School and Elementary School levels. Her experience ranges from volunteer to teacher to leadership roles and many others in between. Training and technology have been a constant part of her responsibilities throughout her career, and she is excited to support OLLI at DU as the Technology Coordinator.

Sherry Feinbaum, OLLI at DUWest Campus Manager and Volunteer Manager

Sherry Feinbaum joined OLLI as a member in 2019 after a long career in sales selling in both business to business and directly to non-profits. She became the program assistant at the Boulder Campus before becoming the West Campus Site Manager in May 2022. In addition to work life, she spent many years as a volunteer for multiple non-profits in the Boulder area and now serves on the board of Congregation Har Ha Shem in Boulder. She is an avid outdoor person and especially enjoys time hiking or bicycling in addition to traveling and taking dance classes.

Maria Elena Garcia, OLLI at DU Curriculum Director and DU On Campus Manager

Maria Elena Garcia has over 30 years' educational leadership experience in schools, school districts, universities, and state departments of education. She was a managing consultant, program designer, and trainer with an international, educational research and development organization. Her focus areas are systems improvement and organizational development. She really enjoys working for OLLI at DU.

Candace Hyatt, OLLI at DU Central Campus Manager

Candace (Candy) has been an educator, preK-adult for over 50 years with experience as a middle school teacher and principal, an elementary school principal, a professional development central office administrator and a leadership and English language acquisition consultant in an educational research and development non-profit setting. Her work is characterized by a mission to provide access to high quality educational opportunities for learners of all ages, cultures, and abilities in a wide variety of both formal and informal settings. She's a long-time Colorado resident with a love for reading and the outdoors.

Christine Liptak, OLLI at DU Support Specialist and Zoom Assistant

Christine Liptak has an undergraduate degree in Psychology, a Master's of Business Administration and over 30 years of experience in business administration consulting with start-ups, training and analysis for the telecommunications industry, retail management and office administration.

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Kim Penoyer, OLLI at DU Operations Coordinator

When Kim Penoyer retired from the University of Colorado, a friend introduced her to OLLI at DU. She decided that OLLI was a wonderful way to ease into retirement. While working for CU Kim was Manager of the Online Program Development for CU Online/Office of Digital Education, Director of CU at Interlocken and Executive Director of the Continuing Engineering Education Program. Her CU experience has proven helpful with her work at OLLI. Kim earned her MBA from the University of Colorado Denver and her BS in Education from Michigan State University.

David Schoenhals, OLLI at DU Co-Executive Director for Curriculum, Operations, and Finance

David Schoenhals is an experienced educational leader with a track record of implementing strategic initiatives to drive excellence and ensure financial stability. He has held various roles in education including teacher, coach, coordinator, principal, and director. Skilled in data-driven decision-making, program management, and collaboration, he graduated from Colorado State University with a BS in Mathematics and obtained his Principal License from the University of Denver.

Sherilee Selby, OLLI at DU South Campus Program Coordinator

Sherilee Selby joined OLLI in 2009 after retiring, first from her role as a child and family therapist, then from retail management. Sherilee accepted the OLLI South Program Coordinator role in 2017. She loves reading and values travel and exploring other cultures, whether in print or in person. Sherilee and her husband live in the Denver area and treasure time with their adult grandchildren and son. Connection with OLLI members has enriched her life.

Laura Uzzle, OLLI at DU Co-Executive Director for Marketing, Communications, and Development

Laura Uzzle has more than 25 years of experience in nonprofit management, specializing in partnership development and community engagement. Her background includes leadership roles at two national nonprofit organizations where she focused on member recruitment and retention, communication/marketing, program development, and building strategic partnerships. Laura earned her BA from the College of William and Mary. She enjoys traveling with her family, reading, and taking long walks with her dogs.

Darcey VanWagner, OLLI at DU South Campus Manager and Membership Engagement Manager

Darcey VanWagner, South Campus Manager, joined OLLI at DU in 2016. Prior to working at OLLI at DU she worked in the financial industry and has been actively involved in public education. She is a Colorado native and graduate of Colorado State University. She is married and parent to two great kids. She enjoys spending time outdoors hiking, gardening and exploring Colorado. She is honored to be part of OLLI and getting to know and work with a wonderful diverse group of people.

Mitra Verma, OLLI at DU Support Specialist and Graphic Designer

Mitra Verma joined OLLI at DU in December 2021 as a program coordinator. In her current role with OLLI, she assists members, managers, and the executive directors. ensuring smooth operations and effective communication. She excels in graphic design, creating engaging flyers and mini catalogs for OLLI at DU. Mitra holds a master's degree in handicraft designing and has been recognized as a Handicraft Designer by the Development Commissioner Handicraft (DCHC) in India. She has over 20 years of experience in art, design, and education and has taught art fundamentals and conducted research and documentation in the field. Her art reflects the richness of her diverse cultural background.





OLLI at DU Core Curriculum Committee

David Schoenhals, OLLI@DU
Maria Elena Garcia, OLLI@DU
Candace Hyatt, Central
Darcey VanWagner, South
David Lippman, Central
Sherilee Selby, South
Mitch Stewart, Central
Patty Smilanic, South
Michael Prevedel, Central
Patricia Paul, South
Sherry Feinbaum, West
Linda Lange, Ad Hoc
Shelly McHugh, Ad Hoc



Central Campus Curriculum Committee

Susan Lauscher, Curriculum Chair Barbara Holme David Lippman Mike Prevedel Gordon Appell Jon Young Gloria (Lori) Eastman

South Campus Curriculum Committee

Bob Steele, Curriculum Co-Chair
Gary Wyngarden, Curriculum Co-Chair
Bill Baird
Anne Bennett
Anne Christner
Karen Dvorchak
Jan Friedlander
Larry Howe
Sheila Jones
Janet Kester
Pat Paul

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