Osher Lifelong Learning Institute at UK, Lexington
Offering learning opportunities for adults 50+

SUMMER 2016
COURSE LISTING & REGISTRATION

REGISTRATION INFORMATION

Important Dates For Summer & Fall

May 6th
10 a.m. Summer Courses Online Preview
10:30 - 12 noon
Catalog Pick Up
Eastside Branch Library
2nd Floor Conference Rm.

May 10th
10 a.m. Early Bird Member Registration Opens
Online and by Mail

May 17th
10 a.m. Public Registration Opens

August 1st
10 a.m. 2016-2017 Membership Opens for
New and Returning Members

August 3rd
Fall Open House
10 - 12 noon
Consolidated Baptist Church

August 9th
10 a.m. Fall 2016 Course Registration Opens

REGISTRATION WINDOWS:

Current Members
Early Bird Reg. Opens Tuesday, May 10 10 a.m.

Not a Member Yet? (Pro-rated Summer Membership $15)
Public Registration Tuesday, May 17 10 a.m.

♦ REGISTRATION is online or by mail only.
♦ Payment methods differ by registration type:
  ♦ Online registrations - credit card only
  ♦ Mailed registrations - check only

To Prepare for Registration “Going Live”

1. Locate your Username and Password. Reset Password, as needed. (See FAQs on Online Reg. Website below for details.)
2. Review the OLLI Online Registration Website. We have upgraded to enable the use of phones and tablets. An updated Step-by-Step online manual is available at:
   www.uky.edu/OLLI “How to Register”
3. Review registration policies and procedures on page 4 and at:
   www.uky.edu/OLLI “How to Register”
4. For additional assistance, email or call the OLLI Office in advance.
   Phone lines will be busy on registration days.
5. Note when your registration window opens and preview classes when they become available.
6. When your registration window opens, progress quickly through the process, class space is not held while in the shopping cart.

OLLI at UK Office & Websites:
Main Site with Online Directions & Links www.uky.edu/OLLI
Online Registration Website http://uky.augusoft.net/
OLLI at UK Office (859) 257-2656, Toll free (866) 602-5862
### COMPUTER

**Navigating Computers for OLLI Users**  
**Course Fee:** $20  
**Instructor:** Jim Carigan, Thursdays, June 2, 9, 16 and 30, 1 - 3 p.m., Lexington Theological Seminary (3rd Floor, #319). The single best thing we can do to become comfortable with computers and cell phones is to demystify them. There is only one reason for computers, and that is to reach human user goals. We will try to further that philosophy and the attitude that goes with it. Bring lots of questions. Don't worry about kinds of gadgets. We will talk about Windows, Apple, Linux, Android -- you name it. **Limit 20 CLOSED**

### HEALTH & WELLNESS

**OLLI Fitness**  
**Course Fee:** $20  
**Instructors:** Josette Garstka & Robin Kelty, June 1 – July 29, 11 - 12 noon, Mondays: The Church of Jesus Christ of Latter-Day Saints (Gym), Wednesdays & Fridays: Crestwood Christian Church (Gym). Aerobics and strength training to improve fitness, cardio respiratory endurance, muscle strength/endurance, flexibility, and body composition. Emphasis on movement for specific purposes and choosing your exercise intensity level daily. Bring: water bottle, weights, yoga mat. Floor exercises can be done in chairs. **Limit 75 CLOSED**

**Line Dance Ultra Beginner - Your Other Right Foot (Level 1)**  
**Course Fee:** $20  
**Instructor:** Shirley Bryan, Wednesdays, June 1 - July 20, 12 - 1 p.m. Central Baptist Church (Gym). An intro. for those who have never danced and/or want to learn basic steps/styles. We'll learn various rhythms while practicing etiquette and step technique. Course will focus on proper foot/body positions, dance terminology, rhythms, and basic dances, essentials for success! Bring a 3-ring binder, wear tennis shoes, no sandals. **Limit 40**

**Line Dance: Advanced Beginner & Contra (Level 3)**  
**Course Fee:** $20  
**Instructor:** Shirley Bryan, Wednesdays, June 1 - July 20, 1 - 2:30 p.m., Central Baptist Church (Gym). Join the Line Dance craze for social, low impact exercise! We’ll dance in lines & facing each other. Well learn various styles while improving step technique. Successful completion of OLLI Beg. Line Dance (Level 1) or equivalent required. Bring a 3-ring binder & wear tennis shoes, no sandals. **Limit 40**

**Line Dancing**  
**Course Fee:** $20 each  
**Instructor:** Mimi Ilgaz, Legacy All Sports (Upstairs Studio). Dancing maintains and strengthens muscles, improves coordination and cardiovascular function, and relaxes the body, mind, and emotions...and it’s fun. Wear tennis shoes (no hard soles) & comfy clothes. **Note:** Intermediate & Advanced levels require instructor approval.  
**Mondays & Thursdays, June 6 – July 28 (No class July 4)**  
**Tuesdays, June 7 - July 26**  
**Improver:** 9 - 9:50 a.m. **Limit 50**  
**Intermediate:** 10 - 10:50 a.m. **Limit 50**  
**Advanced:** 11 - 12 noon **Limit 35**

**Taoist Tai Chi**  
**Course Fee:** $20  
**Instructor:** Tony Stallins, Thursdays, June 16 - July 14, 1 - 2:30 p.m., Temple Adath Israel (Social Hall). In this short intro. class, we will learn the first 108 moves of the Taoist Tai Chi set. Tai Chi can reduce stress and bring a wide range of health benefits to the muscular, skeletal and circulatory systems. No experience required. Wear loose, comfortable clothing & shoes. **Limit 30**

### HISTORY

**India and the Raj: The Crown Jewel in the British Empire**  
**Course Fee:** $20  
**Instructors:** Seetha Subramaniam & Susan Bottom, Tues. & Thurs., June 2 - June 28, 10 – 12 noon, Hunter Presbyterian Church (Fellowship Hall). The culture and people of India date back thousands of years. However, the modern nation of India is less than a hundred years old. This course will give you a taste of India’s rich history. We will explore the fascinating and tangled relationship between India and Britain from the days of conquest to crown jewel of the empire and then to revolution and independence. And along the way, we will meet the people, Indian and British, who created and changed both the empire and India. **Limit 32 CLOSED**
**SCIENCE AND ENVIRONMENT**

**What are WMD's?**

Instructor: Diane Vance, Thursdays, June 2 – June 23, 1 - 3 p.m., Hunter Presbyterian Church (Fellowship Hall). The legal definition of Weapons of Mass Destruction (WMD) in the U.S. includes nuclear, chemical, and biological materials, as well as conventional explosives. During this class we will offer an overview of the nature and hazards of WMDs. We will begin with the structure of atoms, and topics to follow will include: radioactive and nuclear materials, 7 classes of chemical weapons, and CDC categories of biological agents. We will look at the U.S. Dept. of Homeland Security’s BioWatch program and discuss explosives used in recent attacks (e.g., TATP, ANFO, etc.). Each segment will include lecture, ppt. and discussion. **Limit 40**

**VISUAL ARTS**

**Botanical Art**

Instructor: Pat Lawrence, Monday & Wednesdays, July 6 - July 27, 11 a.m. - 2 p.m., Crestwood Christian Church & Gardens. Students will learn to draw local flora & fauna with watercolor pencils and paints. On nice days the class will meet at formal gardens around Lexington, other days at Crestwood. Student supplies: watercolor paper, watercolor pencils, pen and ink, pencil eraser, and sketch book. For outside, a drawing board with clip to hold paper, a lightweight folding chair and supply table will be helpful. Beginners welcome. **Limit 20**

**SIG: SHARED INTEREST GROUPS** (No course fee)

**Family Tree Maker Users Group** Facilitators: Jackie Van Willigen & Susan Abbott-Jamieson, Thursdays, June 9 - July 28, 1 - 3 p.m., Lex. Public Library - Central Branch Downtown (Room C) Genealogy is easier when you can ask others questions. We meet with our laptops and our own family trees to work, talk, discuss findings and problems, occasionally attend classes, visit libraries, and learn new approaches. **Limit 25**

**Travel Smart, OLLI!** Facilitator: Larry Grannis, first meeting information will be sent to SIG Members. A wide variety of travel topics will be addressed during this SIG including: state, national, and international travel; solo and group; Road Scholars; camping; AIRBNB; the possibilities are limitless! The SIG may invite experts and take field trips. Expect to go astray, that is where the fun will begin! Come prepared to share tips, tricks, mistakes and successes. Meetings will be weekly this summer. **Limit 25**

**DAY TRIPS: Civil War Walking Tours**

Facilitator: Phil Maxson

Register for each separately - No Course Fee

**Saturday, June 11: 10 a.m. Downtown Walking Tour** Meet downtown (TBA) to visit 22 historic antebellum and Civil War sites. Tour will cover 2 miles and last 2-2.5 hours, walking and standing over manmade and natural terrains. There will be a break at Gratz Park over halfway into the walking tour. **Limit 20** BOTH CLOSED

**Saturday, June 11: 2 p.m. Lex. Cemetery Walking Tour** We will visit the grave sites of several individuals, incl. 7 generals, important to the period before/during the Civil War. Tour will cover 1 mile and last 1-1.5 hours, walking/standing the entire time, over unleveled ground, up & down hills, manmade & natural terrains. **Limit 20**

**UK WELLNESS OPPORTUNITIES**

OLLI Members may participate in the wellness opportunities at the following UK rec. facilities on campus. **Contact OLLI Office for typical hours.**

*OLLI Members are subject to all facility rules & regulations.*

1. **Register** on with OLLI and bring your 2015-2016 OLLI Key Tag to gain admittance.

2. **Summer 2016 Risk Release (RR)** must be completed and received by OLLI Office prior to participation.

3. **Parking:** Contact UK parking at 257-5757 for information on parking locations & fees.

**Fee Req.** Johnson Recreational Center (JRC) - UK Student Fee is payable to JRC. Hours start June 10.

**No Fee** Lancaster Aquatic Center: Lap Swim starts June 10, contact OLLI Office for typical hours.
Osher Lifelong Learning Institute (OLLI) at UK

OLLI at UK offers educational and enrichment courses, programs and events created for dynamic lifelong learners aged 50+ who are continually searching for exciting topics and exploring new opportunities in learning!

OLLI Office:
UK Ligon House, 658 S. Limestone
Lexington, KY 40506-0442
(859) 257-2656, toll free (866) 602-5862

www.uky.edu/OLLI

OLLI at UK...Where Curiosity Never Retires!