

8 Women Artists, Their Lives and Work – A16401

Tuesday | 12:45 – 2:15 pm

Terry Rodriguez, Instructor

September 20, 27, October 4, 11, 18, 25 (six class sessions)

Jule Collins Smith Museum Auditorium

This class is an in-depth look at eight women artists through six centuries: 16th century painter, Artemisia Gentileschi, 17th century engraver Maria Sybilla Merian, 18th century painter of nobility Elisabeth Vigée Lebrun, 19th century sculptor, Harriet Hosmer, painters Suzanne Valadon, Natalia Goncharova, 20th century painter, Helen Frankenthaler, and contemporary artist Kara Walker. Your world will be wider when you are done!

Abstract Painting in Acrylic – A16402

Wednesday | 10:15 – 11:45 am

Frank J. Nochumson, Instructor

Learn to paint abstracts using your imagination and observe seeing out of the box. See how an artist who visualizes through blindness has reclaimed the beauty of color, and creativity through various media

Advanced Spanish – A16403

Tuesday | 10:15 – 11:45 am

Judy Dekich, Instructor

Enrollment limited to fifteen students

This fall we will begin the novel, *El murmullo de las abejas*, by contemporary Mexican author Sofía Segovia. Please order ISBN#978-1-101-91249-2. Join us in reading what the Spanish speaking world is currently reading and to whom *El Pais* newspaper compares to Gabriel Garcia Marquez. Some outside reading required. We will practice listening with dictation exercises using movie trailers and soundtracks.

Book: Segovia, S. (n.d.). *El murmullo de las abejas*. Knopf Doubleday Publishing Group. ISBN: 9781101912492

American Architectural Styles – A16404

Monday | 10:15 – 11:45 am

Philip Fretwell, Instructor

September 19, 26, October 3, 10, 17, 24

How did America's rich tapestry of architectural masterpieces evolve? In some cities, it looks as though parts of Europe and Asia were scooped up and placed on our streets. What were the processes and timelines? Who were the leading architects? Which styles became most firmly rooted in our soil? What might be predicted about the future of American architecture? The answer to these questions can be found in our presentation of "American Styles."

Asian Politics and U.S. Policy – A16405

Monday | 12:45 – 2:15 pm

Lawrence E. Grinter, Instructor

September 19, 26, October 3, 10, 17, 24, 31 (seven class sessions)

With the Obama Administration's "pivot" or "rebalance" to Asia, the challenges and policies of the major East Asian countries are becoming even more important to the United States. Learn about the US "pivot," about China's rise and stumble, Japan's new nationalism under Abe, North Korea's gangster regime and Kim's nuclear weapons, the emerging South Korean powerhouse, and selected Southeast Asian countries. Everyone attending is encouraged to participate in open discussion on these interesting topics.

AU Common Book - Just Mercy: A Story of Justice and Redemption – A16406

Monday | 8:30 – 10:00 am

Marilyn Garrett, Instructor

This AU Common Book hits close to home. The author established the Equal Justice Initiative in Montgomery to represent innocent persons on death row as well as juveniles in adult prisons. His many experiences are told. We will have discussions, a TED talk and speakers to address problems and solutions in the justice system. Participants are urged to hear the author on campus on August 30.

Book: Stevenson, B. (n.d.). *Just Mercy: A Story of Justice and Redemption*. Random House Publishing Group. ISBN: 9780812984965

Beginner Spanish – A16407

Monday | 8:30 – 10:00 am

Carmen Hunn, Instructor

Enrollment limited to twelve students

During the course of study, the students will receive an introduction to the Spanish language and culture. Utilizing their senses, the students will learn through conversations, visuals, games, songs and a little taste of food from some Latin American countries. Class participation will earn play money, which may be spent on Dia de Mercado (Market Day) during the last day of class.

Chinese Brush Painting – A16408

Monday | 10:15 - 11:45 am

Dong Shang, Instructor

\$70 fee, payable to Dong, for the purchase of a Chinese painting kit that includes rice paper, three brushes, ink, and Chinese water colors.

Enrollment limited to twelve students

This hands-on course is an introduction to Chinese brush painting and calligraphy. Chinese painting attempts to capture the essence of nature. It is the art of using suggestion and simplicity to imply reality. The sense of harmony that pervades Chinese culture is expressed in the traditional subjects of flowers, animals, and landscapes. Learn the basic brush strokes, composition, and spontaneous-style painting techniques.

Chinese Culture and Travel – A16409

Monday | 8:30 – 10:00 am

Dong Shang, Instructor

September 19, 26, October 3 (three class sessions)

Learn about Chinese culture, including history, geography, ethnic minorities, religions, festivals, arts, food, and practical travel tips regarding shopping, transportation, eating, and other things. Discover China's top attractions: the Great Wall, Forbidden City, Yangtze River, Terra Cotta Warriors and Horses, and the cities of Beijing, Shanghai, Guilin, Xi'an as well as Sichuan Province, Silk Road, and Tibet.

Churchill by Dr. J. Rufus Fears – A16410

Monday | 8:30 – 10:00 am

Jim Barber, Presenter

This is a Great Courses DVD course.

Winston Churchill is arguably the greatest leader of the 20th century, and one of the greatest democratic statesmen ever. Churchill is eminently worthy of study because he is proof that a single individual can change the course of history for the better and make life a blessed and noble thing, despite numerous public and private trials. University of Oklahoma Professor of Classics, Dr. J. Rufus Fears presents this course.

Craft Beer Essentials I - Basics – A16411

Tuesday | 2:30 – 4:00 pm

Mike Reinke, Instructor

First in an envisioned 3-course sequence, this course will provide a broad overview of craft beer, incorporating information on definitions; how a craft beer differs from mainstream mass-market beer; beer history, ingredients, qualities, and styles; and the major steps in brewing. The format will be slide-based lectures, with opportunities for questions and discussion. Brief handouts will be available in class; longer handouts in PDF format will be available for downloading.

Crucial Issues in Public Policy – A16412

Wednesday | 10:15 – 11:45 am

John C. Frandsen, Instructor

How will climate change affect infectious diseases? Will climate change endanger our national security? Can our military win both symmetrical and asymmetrical conflicts? Can we eliminate diseases like Zika through mosquito control? Can nuclear war be avoided? These are examples of the questions that will be considered and discussed in this wide-ranging, seminar-style course.

Culinary Creations: Cooking with Ursula

Wednesdays & Thursdays | 1:00 – 4:00 pm

Ursula Higgins, Instructor

\$15 fee per class, non-refundable, payable to Ursula; must be paid before enrollment is confirmed. Mail check to OLLI at Auburn, 301 O.D. Smith Hall, Auburn University, AL 36849.

Ursula's Kitchen, 503 Sanders Street, Auburn

Enrollment limited to seven students

Respected culinary expert Ursula Higgins presents a series of cooking classes. Each week features two hands-on classes with the same menu. Students will eat their culinary creations. If you have dietary restrictions, please contact Ursula. If a student registers for a culinary course and then is unable to attend, he or she is responsible for finding an OLLI academic member to fill this opening. Register for each individual class. Enrollment is confirmed by the OLLI staff via email once the OLLI office receives the \$15 fee per course.

Wed., September 28 Say Goodbye to Fresh Corn – A16413

Thurs., September 29 Say Goodbye to Fresh Corn – A16414

Fri., September 30 Knife Skills – A16415

Thurs., October 6 More Fall Soups – A16416

Fri., October 7 More Fall Soups – A16417

Wed., October 12 Crepes, Tortillas and the Like – A16418

Thurs., October 13 Crepes, Tortillas and the Like – A16419

Wed., October 19 Fritters – A16420

Thurs., October 20 Fritters – A16421

Wed., October 26 Around the World Specials – A16422

Thurs., October 27 Around the World Specials – A16423

Wed., November 2 Holiday Cookies – A16424

Thurs., November 3 Holiday Cookies – A16425

Fri., November 4 Knife Skills – A16426

Wed., November 16 Thanksgiving Sides – A16427

Thurs., November 17 Thanksgiving Sides – A16428

Drawing in 2D – A16429**Tuesday | 2:30 – 4:00 pm**

Dick Millman, Instructor

Enrollment is limited to fourteen students

Materials required: Pilot Razor Point felt tip pen (available only at J&M), very soft graphite pencil, kneaded eraser, and sketch pad of decent quality.

In this course students will work toward an understanding of basic one- and two-point perspective and apply that knowledge to composition, sketching, and value studies. Students will draw from slides, still lifes, and photos and will draw each other. Students use soft pencils, markers, colored pencils, pastels, and any other tool that will make a mark on paper.

English Mysteries – A16430**Tuesday | 2:30 – 4:00 pm**

Jule Carr Strong, Instructor

The quality of a mystery novel is often dependent on the character and demeanor of the detective in charge of solving the crime. In the three mysteries of this Term, this is particularly true. Our first mystery, *An Advancement of Learning* by Reginald Hill is a Yorkshire mystery in the continuing Dalziel and Pascoe series. This second mystery we will discuss is Colin Dexter's *Service of All the Dead*. In our third selection, Susan Hill's *The Various Haunts of Men*, women who have no obvious commonalities keep disappearing from the charming old cathedral town of Lafferton.

Books: Hill, R. (n.d.). *An Advancement of Learning*. Felony & Mayhem, LLC. ISBN: 9781934609088

Dexter, C. (n.d.). *Service of All the Dead*. Random House Publishing Group. ISBN: 9780345483614

Hill, S. (n.d.). *The Various Haunts of Men: A Simon Serrailier Mystery*. Overlook Press. ISBN: 9781590200278

Ernest Hemingway's Short Stories – A16431**Monday | 10:15 – 11:45 am**

Harry Hooper, Instructor

Short stories by Ernest Hemingway will be examined. The style and background of each story will be discussed. Hemingway's life in Paris after The Great War and his experiences in the Spanish Civil War and the war in Normandy in 1944, and their impact on his stories will be discussed. The influence of bullfighting, East Africa, and experiences in the Upper Peninsula of Michigan upon his stories will also be reviewed.

Everyday Engineering: Understanding the Marvels of Daily Life by Dr. Stephen Ressler – A16432**Wednesday | 8:30 – 10:00 am**

Ned Dendy and Jim Barber, Presenters/Instructors

This is a Great Courses DVD course.

Everyday Engineering is an indispensable guide to the way things work in the world. Conducting this eye-opening tour is Professor Stephen Ressler, an award winning civil engineer and a nationally honored leader in engineering education. No background in science or engineering is needed to follow this riveting presentation, which offers insight into the complex systems that enhance your life. This is a Great Courses DVD presentation that consists of 36 lectures and will run through the Fall 2016, Winter 2017 and Spring 2017 terms and will continue into the 2017/2018 academic year.

Food and Wine Experience – A16433

Thursday | 1:00 – 4:00 pm

Jim Sikes, Instructor

\$175 fee, payable to Jim Sikes, by September 20

The Legacy at Cary Creek

Enrollment limited to sixteen students

This class is a hands-on food and wine experience. Class members will be involved in the sourcing and preparation of various foods and selecting wines to go with them. Food and wine will be tasted at each of the classes.

October 6	Sauces
October 13	Eggs
October 20	Chicken
October 27	Biscuits and Pancakes
November 3	Shrimp
November 10	Pasta and Rice
November 17	Holiday Tables

Supplies: Cutting board, knife, and wine glass

French, Second Year – A16434

Wednesday | 10:15 - 11:45 am

Paul Kouidis, Instructor

Enrollment limited to fifteen students

This course will continue to develop the four main skills in foreign language learning: reading, understanding, writing, and speaking. The latter skill will receive special emphasis. There will be minimal-homework.

Book: Schmitt, C and Kutz, K. *A bord: Glencoe French 2 (1994 ed.)*. McGraw-Hill/Glencoe.

Fundamentals of Photography II (Advanced) by Joel Sartore – A16435

Wednesday | 8:30 – 10:00 am

David Peterson, Presenter/Instructor

This is a Great Courses DVD course.

Anyone who has taken a beginning photography course has an understanding of the basics. This course is designed to go beyond those fundamental topics and help you apply that knowledge as you're out in the world taking photographs. National Geographic Photographer, Joel Sartore, presents this course.

Genealogy – A16436

Tuesday | 12:45 – 2:15 pm

Stewart Baldwin, Instructor

This course is aimed at inexperienced genealogists or those who are just beginning. Individuals over 50 can often use commercial websites to trace what claims to be their ancestry, but with very uncertain accuracy. Emphasis will be on learning what sources to use and learning how to avoid the errors which are so common in Internet genealogies.

Getting Your Affairs in Order, Elder Law, and Aging in Place – A16437

Monday | 2:30 – 4:00 pm

Alesia Davenport, Instructor, Getting Your Affairs in Order (three class sessions)

Jan Neal, Instructor, Elder Law (two class sessions)

Leisa Askew, Instructor, Aging in Place (two class sessions)

September 19: Get Your Affairs in Order Part One -

We will help you prepare for the loss or incapacity of a spouse. From understanding financial terms and paying bills to navigating the estate planning process.

September 26: Getting Your Affairs in Order Part Two - In the second part of this series, we will develop an individualized action plan that will help you organize your affairs in preparation for incapacity or loss of a spouse.

October 3: Getting Your Affairs In Order Part Three - What will your legacy be? The method to accomplish your philanthropic legacy is broad and full of creative options that minimize income, gift, and estate taxes. We will explore how these options can benefit the donor as well as the charity.

October 10 & 17: Elder Law - This course will provide an overview of what seniors and caregivers need to know to enhance the autonomy, dignity and quality of life for seniors. Rooted in the Older Americans Act of 1965, elder law services are a permanent service in the aging network for persons 60+ providing advice, representation and education. Services will be defined and specific topics covered.

October 24: Aging in Place Part I – What everyone needs to know to stay in your home independently and safely (what services are available- home health, hospice, Area Agency on Aging services, private pay agency). Senior housing options in your area, what are they, what is included in care, when it's time to consider alternative housing options.

October 31 – Aging in Place Part Two - Normal Memory issues as you age and when to be concerned.

Grandparents, Parents, and Grandchildren – A16438

Wednesday | 8:30 – 10:00 am

Robert Strom and Paris Strom, Instructors

The purposes of this course are to increase knowledge of grandparents about younger relatives and understand how to help them achieve their goals. Lessons are on changes in the grandparent role, unprecedented challenges of parenting, and how the growing up process is being transformed for preschoolers, elementary and high school students, and young adults in college.

A History of Freedom by Dr. J. Rufus Fears – A16439

Tuesday | 8:30 – 10:00 am

Jim Barber, Ned Dendy, and Sue Mason, Presenters

This is a Great Courses DVD course.

It can be argued that one simple idea—the concept of freedom—has been the driving force of Western civilization and may be the most influential intellectual force the world has ever known. But what is freedom, exactly? Join historian and classical scholar J. Rufus Fears as he relates freedom's dramatic story from ancient Greece to our own day, exploring a concept so close to us we may never have considered it with the thoroughness it deserves. University of Oklahoma Professor of Classics, Dr. J. Rufus Fears presents this course.

History of Roman and Anglo-Saxon England – A16440

Tuesday | 2:30 – 4:00 pm

Joseph Kicklighter, Instructor

Jule Collins Smith Museum Auditorium

This class will describe the development of England from the Roman colonization of Britain through the invasions of the Anglo-Saxons and the Danes. The course concludes with the Norman invasion of England and the establishment of Norman rule over England. This entails a long period between the first century BC and the 11th century AD. Many of us have had the opportunity to visit the British Isles and find its history and culture fascinating and highly relevant to our own.

Book: Roberts, Clayton et al. *A History of England, Volume 1 (Prehistory to 1714) (5th edition)*. Pearson Higher Education. ISBN: 9780136028611

How to Monitor Your Hearing, Tinnitus, and Balance Wellness Number – A16441

Tuesday | 8:30 – 10:00 am

Marsha Kluesing, AuD CCC-A, Instructor

The connection to our world and each other is enhanced by the function of all sensory inputs. This course offers information to explain the importance of monitoring changes in your hearing sensitivity, balance function, and presence of tinnitus which can occur gradually over time. Understanding these changes and learning strategies and techniques to improve and maintain these skills can enhance your quality of life and keep you engaged in activities.

Intermediate Spanish – A16442

Tuesday | 8:30 – 10:00 am

Judy Dekich, Instructor

Enrollment limited to 15 students

This term we will be entertained by a Spanish learning sit-com in which an over-eager American, Sam, valiantly attempts to learn Spanish through immersion. His Barcelona roommate hostesses help him navigate the language and culture. Grammar lessons will drill the past tense. More drama and comedy follow as we conclude *Superfudge* by Judy Blume. Some outside reading required.

Book: Blume, J. (1996). *Superfudge*. Miami: Santillana. ISBN: 9781560146650

Introduction to Excel 2013 – A16443

Monday | 12:45 - 2:15 pm

Betty Corbin, Instructor

Enrollment limited to twelve students

Learn the basics of using Excel 2016, 2013, 2010, or 2007 to create, edit, format, and print worksheets that perform calculations and sort lists of data. Bring your own laptop with MS Office Excel installed.

Book: *Excel 2013, Part 1* by Logical Operations. \$25 purchased through OLLI.

Jews in America – A16444

Wednesday | 10:15 – 11:45 am

Michael Friedman, Instructor

Jews first came in 1654 as families. Settled in the East. First immigration started in mid-19th century; came by thousands. Mostly peddlers. Major immigration started late 19th century. Came by millions. Over 20th/21st centuries Jews involved in every occupation in America.

Labor In America: Is America Exceptional? – A16445

Tuesday | 12:45 – 2:15 pm

Larry Gerber, Instructor

This course will trace the history of American labor since the 1870s, with a particular focus on the rise and decline of trade unions and an exploration of the issue of American exceptionalism. Is the United States unique among industrial nations by virtue of American workers' lack of class consciousness and lack of interest in socialism?

Learning Spanish: How to Understand and Speak a New Language by Dr. Bill Worden – A16446

Monday | 2:30 – 4:00 pm

Sylvia Cooke, Facilitator/Instructor

This is a Great Courses DVD course

This Great Courses class features Bill Worden, PhD. He has over 20 years' experience as an award-winning professor of Spanish. Spoken by over 500 million people worldwide, it is the official language of 20 countries. This introductory course blends exercises to teach pronunciation, vocabulary building and basic grammar to empower the student to gain confidence with every lesson.

Meditation – A16447

Tuesday | 10:30 – 11:30 am

Paula Lord, Instructor

We will explore the physical, mental, and spiritual aspects of meditation. It will vary between mindful walking, chakra, soul discoveries, nature and the five elements, and the endocrine glands, which are the spiritual centers of the body. Meditation is a deeply personal practice. These techniques help you find your own personal meditation practice and awareness.

Move It or Lose It: Cardio Fitness – A16448

Monday | 1:00 – 2:00 pm

Danielle Gomberg, Instructor

September 19, 26, October 3, 10 (four class sessions)

Cardio fit is for active participants who desire effective low-impact, continuous cardiovascular workouts. Easy-to-follow movements promote heart health and improve total body mechanics and core strengthening to prevent falls. The course includes seated and standing training. Low-impact aerobic choreography, smooth transitions, and sequenced movements allow anyone to participate.

Palette Painting for the Novice – A16449

Tuesday | 12:45 – 2:15 pm

John E. Rhoden, Instructor

Materials Required: palette knives (2), 16 x 20 canvas, acrylic paint set or titanium white, cadmium yellow (medium hue), ultramarine blue, burnt umber, sap green acrylic paint.

Using acrylic paint, students will learn to mix basic colors, perspective techniques, and how to hold and use the palette knife. Students will then use the palette knives to paint a 16 x 20 acrylic landscape following step-by-step demonstration of techniques by the instructor. The finished painting should be one you will proudly display.

Reading Group – A16450

Wednesday | 9:00 – 10:00 am

Wanda Keown, Organizer

The Reading Group is for people who enjoy reading and discussing books. We are an eclectic group that discusses all types of books, their film and TV adaptations, and the occasional tangential subject.

Reel Time: Histories – A16451

Monday | 11:45 am – 2:15 pm

Evie Pouncey and Jack Brown, Presenters

We will continue to show films suggested by class members. A few of the films that we may watch this term are *Ghandi* (1982), *Hotel Rwanda* (2004), and *Spartacus* (1960).

The Science of Energy: Resources and Power Explained by Dr. Michael E. Wyession – A16452

Monday | 10:15 – 11:45 am

Don Baker, Facilitator

This is a Great Courses DVD course.

Energy is, without a doubt, the very foundation of the universe. It's the engine that powers life and fuels the evolution of human civilization. In these 24 lectures, award-winning professor and geophysicist Michael E. Wyession of Washington University in St. Louis presents an unbiased investigation into the energy sources that power our world. *The Science of Energy* is a marvelous window into the inner workings of energy that will keep you constantly engaged.

Science Wars: What Scientists Know and How They Know It by Dr. Stephen L. Goldman – A16453

Monday | 8:30 – 10:00 am

Charlotte Ward, PhD, Facilitator/Instructor

This is a Great Courses DVD course.

An exploration of how science has developed from Galileo and Bacon up to the present. Where do scientific theories come from? What makes them true - or not? What are the essential characteristics of science? Lehigh University historian/philosopher, Dr. Stephen L. Goldman, presents this course.

Seated Tai Chi for Arthritis – A16454

Tuesday | 12:45 – 1:30 pm

Kitty Frey, Instructor

Enrollment limited to twelve students

Seated Tai Chi, adapted from Dr. Paul Lam's Tai Chi for Arthritis, was designed to enhance flexibility, muscle tone, and fitness. It incorporates the essential principles of Tai Chi with an emphasis on breathing, posture, and space awareness, with the added benefit of stress reduction. The course will include a variety of exercises.

String Quartets of Beethoven by Dr. Robert Greenberg – A16455

Tuesday, 10:15 – 11:45 am

Jane Brown, Presenter/Instructor

This is a Great Courses DVD course.

In his 16 quartets for two violins, viola, and cello, Beethoven created a Mount Everest for string players and some of the most sublime, unforgettable music ever written. Continuing to astound listeners after 200 years, these glorious quartets give voice to the innermost landscape of the human heart and spirit. They stand, like Michelangelo's statues or the plays of Shakespeare, at the pinnacle of Western art. We will focus on the early and middle quartets during the fall term. Music Historian-in-Residence with San Francisco Performances, Dr. Robert Greenberg, presents this course.

Taiji Qigong: Moving Meditation, Part I – A16456**Tuesday | 1:30 – 2:15 pm**

Kitty Frey, Instructor

Enrollment limited to twenty students

Taiji Qigong was designed as a deeply relaxing body-mind experience. Composed of several sets each with unique purposes, it is easy to learn and with regular practice can replenish energy, improve health, and help prevent illness. Several variations of Taiji walking will also be introduced. Participants must be able to be up and moving for 45 minutes. Fall session is part 1 of 3.

Walk This Way: Couch to Walking 5K – A16457**Thursday | 8:30 – 9:30 am**

Bob Banks, Instructor

A University of Illinois study recently documented that physical activity, specifically walking, can contribute to brain connectivity. Join us for this eight-week program designed to assist you in developing a walking exercise program. Students will meet at Toomer's Corners by the oaks every Thursday to learn about the benefits of walking. This course is open to novice and veteran walkers.

Walking The Way – A16458**Monday | 12:45 – 2:15 pm**

Beth Nicol, Instructor

About 240,000 pilgrims of all (or no) faiths arrive in Santiago de Compostela, Spain each year. What inspires these pilgrims to walk 60, 500 miles or more? This course will explore the Camino de Sanitiago from a historical and current-day pilgrim's perspective. Perhaps this course will inspire you to walk The Way.

What's Wrong with Democracy? – A16459**Tuesday | 10:15 – 11:45 am**

Gerald Johnson, Instructor

"What's Wrong with Democracy" is a presentation-discussion course that will explore the philosophical and theoretical foundations of democracy and apply those to the current operation of democracy at the state and national levels of government. What is working and what is not? Why? How can democracy be fixed?

Windows 10 for Everyone – A16460**Monday | 2:30 – 4:00 pm**

David Pope, Instructor

This course covers upgrading to Windows 10, comparing previous versions and outlining new features with hands-on practical use of Windows 10 and customizing it – making it appear like previous versions for easy transition. Plan to bring your Windows computer to class to get maximum benefit.

Writing Our Lives – A16461**Tuesday | 8:30 – 10:00 am**

Terry Ley, Instructor

"Our lives are like a patchwork quilt, and it is only in the evening of life that we can see the pattern of what we have woven" (Richard L. Morgan, *Saving Our Stories: A Legacy We Leave*). We all have life stories to tell! Here is an opportunity to reclaim your memories, write about them, and share them with a receptive audience of peers. We will write each Tuesday morning, responding to stimulus prompts provided by the instructor. Textbook TBA. Recommended homework: finishing and revising what you have begun in class and reading self-selected memoirs, biographies, and autobiographies.

Yin Yoga – A16462**Wednesday | 10:15 – 11:15 am**

Cheyenne Lord, Instructor

In Yin Yoga you will learn how to relax your muscles in order to improve the health of joints, ligaments, fascia, and all other connective tissue. Yin is recommended for those over the age of 35. Yin also teaches breathing techniques that help improve mood, sleep, and mobility. This is an all-levels class. Bring a yoga mat and dress comfortably.

Yoga for Beginners – A16463**Monday | 2:30 – 3:00 pm**

Linda Shook, Instructor

Enrollment limited to 20 students

Interested in learning more about yoga and how it can help us as we age? Join us for introduction to yoga poses, breath, and mindfulness. Bring your mat and towel to support your knees or back, wear comfortable clothing, and experience a new way to tend your body and mind.

Yoga for the Rest of Us – A16464**Monday | 3:15 – 4:00 pm**

Linda Shook, Instructor

Enrollment limited to 25 students

This course is for anyone who has practiced yoga; all levels are welcome. The focus is on stretching, movement, and balance all interwoven with breathing techniques. Bring your mat, towel to support your knees or back, and wear comfortable clothing, as we continue our yoga journey together.

Beginning Crochet - A16465V

Thursday, September 22, 29, October 6, 13, 27, November 2, 10, 17 (eight class sessions)

10:30 am – 12:00 pm (EDT)

Cecilia Lashley, Instructor

Course Fee: \$5

Materials Fee: \$10 paid to instructor

Class Capacity: 12

This class is designed to teach participants basic crocheting.

A Body in Motion Stays in Motion - A16466V

Tuesday and Thursday, September 27, 20, October 4, 6, 11, 13, 18, 20, 25, 27, November 1, 3 (twelve class sessions)

1:30 - 2:00 pm (EDT)

Torrance Rudd, Instructor

Course Fee: \$5

Class Capacity: 45

The goal of this class is to educate and provide simple exercises to increase strength and mobility using only your body weight.

British Romantic Poets, 1787-1830 - A16467V

Monday, September 26, October 3, 10, 17, 31, November 7 (six class sessions)

1:00 – 2:30 pm (EDT)

Susan Ryan, ED.D, Professor of English & Education, Point University, Instructor

Course Fee: \$5

This course will explore a representative sample of the work of seven major poets of the British Romantic period. These poets have influenced our ideas of poetry, our language, and our understanding of the world around us. This course will make these classic works relevant to everyday life and human nature.

Dance Fitness - A16468V

Friday, October 14, 21, 28, November 4 (four class sessions)

10:30 – 11:00 am (EDT)

Mary Jo Trask, Instructor

Course Fee: \$5

Class Capacity: 30

This course will utilize dance & exercise movements to aid cardiovascular health and overall fitness. This class will start slowly to warm up and end with stretching.

The Land of the Bible and the Lessons We Learn - A16469V

Tuesday, September 6, 13, 20, 27 (four class sessions)

10:30 am – 12:00 pm (EDT)

Vern Jordin, Instructor

Course Fee: \$5

This course presents a survey of the five varieties (geology, elevation, climate, vegetation and animal life) found in the Land, the four seas that impact the Land, the three continents that meet in the Land, the two deserts that border the Land and the one God who impacted the people of the Land.

Mental Health - A16470V

Tuesday, October 25, November 1, 8, 15 (four class sessions)

10:30 am – 12:00 pm (EDT)

Erica Kierce, MSN; Sarah Watts, Instructors

Course Fee: \$5

This course will discuss the topic of mental health issues specific to the older adult population. The course will begin with an historical perspective on mental health treatment. Sessions will include depression, anxiety and grief; comparison of depression, delirium, and dementia; and health promotion in the older adult population.

Publishing 101 - A16471V

Monday, September 26, October 3, 10, 17, 24, 31 (six class sessions)

10:30 am -12:00 pm (EDT)

Yolanda Rowland, Instructor

Course Fee: \$5

Class Capacity: 40

This class is designed to empower and educate writers about the publishing process. Class participants will learn the difference between indie-self and traditional publishing and marketing; the different services required and offered to publish and market a book; which marketing services apply to their personal endeavors; and an overview of what to expect in the publishing process.

World War I: The Valley Goes Global - A16472V

Wednesday, September 28, October 5, 26, November 2 (four class sessions)

10:15 to 11:30 am

Dr. Karen Stone, Instructor

Course Fee: \$5

Course Description: Session 1 - "Now, We're Mad: How Neutrality Became Involvement, 1914-1917"; Session 2 - "Supporting the Troops: The War Service Center", Session 3 - "Onward Christian Soldiers: Alabama Churches and the War Effort" and Session 4 - "What Cost Victory?: Consequences and Aftermath of the Great War"