

OLLI at USM

Fall 2023



Learning is for life.

Life is for learning.

STAY

CURIOUS!

OSHER
LIFELONG
LEARNING
INSTITUTE

CP Lounge, Palmers Crossing, Hattiesburg
Credit: Betty Press

EOE/F/M/VETS/DISABILITY

at The University of
Southern Mississippi

IMPORTANT INFORMATION

MEMBERSHIP AND CLASS REGISTRATION | Email and online registration will begin Wednesday, August 23 at 9:00 a.m. Phone registration will open Thursday, August 24 at 9:00 a.m. Courses begin Tuesday, September 5 and will be held in person and on Zoom. You may email your course selections to maryann.herodes@usm.edu (Gulf Park | GP) and tay.baucum@usm.edu (Hattiesburg | HB), register online at www.campusce.net/usm or call either office to request registration. Call 228.214.3277 or 601.266.6554.

REGISTRATION OPTIONS | We prefer members to register using the online system at www.campusce.net/usm. If it is not feasible for you to register online, you may email your class registration list to one of the email addresses above or call the office nearest you and a staff member will enroll you when phone registration begins. Mail your checks to **OLLI, 118 College Drive #5055, Hattiesburg, MS, 39406**.

CLASS CANCELLATION POLICY | OLLI reserves the right to cancel any class at any time for any reason.

COMMUNICATIONS | We email an “OLLI Update” weekly or as needed to keep you informed of upcoming events and cancellations. If you have given us an email address but are not receiving emails, add olliengage@usm.edu and paula.mathis@usm.edu to your email address book. Also, check your junk or spam folder if you are not receiving emails from OLLI. If you find an OLLI message in the folder, mark it “not SPAM” and/or move it to your inbox. This is the best way to stay informed of current and upcoming activities.

PARKING | Parking lots for the Hattiesburg campus are provided on N. 37th Avenue between Pearl Street and Montague Boulevard. Handicapped-accessible parking is available in that lot and at the building entrance on 36th Avenue. **For our Gulf Park campus**, parking is available in any lot by **permit only**. You **MUST** email maryann.herodes@usm.edu to register your vehicle. No permit is required to park in the Hattiesburg OLLI lots.

INCLEMENT WEATHER | OLLI follows the policy of The University of Southern Mississippi in times of inclement weather. If USM closes either the Gulf Park or Hattiesburg campus because of weather conditions, OLLI will also cancel classes. Rely on trusted news sources when the National Weather Service issues a storm watch or warning. Please do not risk traveling until danger has passed.

PAYMENTS AND REFUNDS

How should I pay? | You may pay online at the time of online registration or mail a check to either campus. Mailing addresses are available on the back cover of this guide. **NOTE:** Payments are due within seven days of registering or your place may be forfeited. Gulf Park does not accept cash payments and Hattiesburg will only accept exact cash payments.

What happens if I paid for a class, and it is cancelled? | When a class, seminar, or field trip is cancelled, all members are notified by phone or email and OLLI staff will credit your OLLI account the amount paid.

May I request a refund? | A refund may be granted if a class is cancelled, or if you notify OLLI you wish to withdraw from a course at least seven days prior to the class start date. If you paid with a credit card, the refund will be credited to your card. Other payment forms require completion of University paperwork, including a W-9 form, to obtain a refund. Otherwise, all credits will be credited to your OLLI account, not refunded. OLLI credits may not be used for membership dues, nor can membership dues be refunded.

May I use credits from semester to semester? | We will gladly apply your credits to pay for classes, seminars and field trips in a future semester. Members may not use credits toward membership dues.

What happens if I cannot attend a class, seminar or field trip? | If you cancel at least seven days prior to a class, seminar, or field trip, a credit will be issued for future registrations. If you choose not to attend a course or field trip without contacting the office seven days in advance of the event, no credit or refund will be issued.

EMERGENCIES AT OLLI | Should you suffer a medical emergency while attending an OLLI program (e.g., seminar, class, field trip, meet-up, pop-up or special event) or while in any building connected to OLLI (the Peck House, classrooms on the Long Beach campus or off-site locations), we are **required** to contact emergency services.

COMMITMENT TO DATA SECURITY | Southern Miss is dedicated to preventing unauthorized information access, maintaining information accuracy and ensuring the appropriate use of information. We strive to have appropriate physical, electronic and managerial safeguards to secure the information we collect in all formats: on paper, electronically and verbally. Security practices are consistent with the policies of the university, the laws and regulatory practices of the state of Mississippi and multiple federal agencies.

NOTE: Member information will be shared with OLLI Staff and the OLLI Membership Committees. Also, OLLI reserves the right to take photographs or videos during the operation of any program and to use them, whether taken by a representative of OLLI or by other participants, for administrative and promotional purposes. By enrolling in an OLLI program, participants agree to allow their images and names, if visible, to be used in such. Participants who prefer their images not be used are asked to contact the OLLI office at 601.266.6554.

**Email and online registration will begin
Wednesday, August 23 at 9:00 a.m.
Phone registration will open Thursday,
August 24 at 9:00 a.m. Courses begin
Tuesday, September 5.**

Annual Membership Fee

**\$50 Hattiesburg
\$40 Gulf Park
\$30 USM Faculty and Staff
\$30 Zoom Only**

**Studies show that remaining active
intellectually, physically and socially
results in healthy aging.**

JOIN TODAY!

Course Fees

**\$50+ Field Trips
\$25 Five-Week Classes
\$15 Two-Part Seminars
\$10 Seminars
\$ 5 Mini-Seminars**

TABLE OF CONTENTS

Special Events	4
Zoom Only	5
Gulf Park	
Arts	7
Health and Fitness	10
Humanities	10
Language and Literature	12
Personal Enrichment	13
Nature, Science and Technology	16
Travel	17
Eating Your Way Through OLLI	18
Hattiesburg	
Arts	19
Health and Fitness	23
Humanities	25
Language and Literature	28
Personal Enrichment	28
Nature, Science and Technology	31
Travel	32
Special Interest Groups (SIGs)	33



Contact your local OLLI office for Zoom instructions. Zoom links will be emailed the afternoon before class.

SPECIAL EVENTS

Rick Cleveland and Neil White Book Discussion and Signing

Free and Open to the Public | Registration Required

Hattiesburg | In-Person | Peck House

Tuesday, September 12 | 10:00 a.m. - 11:00 a.m.

Gulf Park | In-Person | GP Library, 3rd Floor

Wednesday, September 13 | 10:30 a.m. - 11:30 a.m.

Join OLLI for a personal introduction to the "The Mississippi Football Book." This book contains "stories and records from the greatest teams, coaches and players - who lived and played in the greatest football state." Hattiesburg native and Southern Miss graduate **Rick Cleveland** is the most accomplished Mississippi sports journalist ever. Besides being Mississippi Sportswriter of the Year a record 14 times, he has received the prestigious Richard Wright Award for Literary Excellence in 2011, received the Distinguished Mississippian Award from the Mississippi Press Association in 2000 and was inducted into the Mississippi Sports Hall of Fame (2016) and the Hattiesburg Hall of Fame (2018). Cleveland has authored five books. He currently works as a columnist at *Mississippi Today*. **Neil White** operates a small publishing company, writes essays and teaches memoir writing. In 2010 the

Southern Library Association selected him as Outstanding Author of the Year. He has written, edited or published over fifty books.

Passenger Rail Service for the Gulf Coast Region

Free and Open to the Public | Registration Required

Gulf Park | In-Person | Hardy Hall Ballroom

Thursday, November 9 | 10:30 a.m. - 11:30 a.m.

Presentation led by Knox Ross

Come learn how restoring and improving passenger rail service across the Gulf Coast states from New Orleans, Louisiana to Mobile, Alabama, with station stops in Bay St. Louis, Gulfport, Biloxi, and Pascagoula, is the current priority for the Southern Rail Commission.

Knox Ross is currently serving as chairman of the Southern Rail Commission. Knox has extensive experience as a consultant and presenter on municipal planning and development and passenger rail issues. Knox has presented to numerous state and national organizations of the Federal Railroad Administration.



ZOOM ONLY

Tai Chi for Health on Zoom | \$25 Each Term

9:30 a.m. - 10:30 a.m. | Zoom | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Susan Nodurft

The class is open to all participants of the 2020/2021 zoom class or with permission of the instructor. Participants must be familiar with Dr. Lam's Tai Chi for Arthritis and Fall Prevention (40 Sun forms) and Tai Chi for Beginners (first 6 forms of the 24 Yang style Forms). Emphasis will be placed on advancing the practice and learning new forms. **Susan Nodurft** is a retired biology teacher. After retirement, she began the study and practice of Qigong/Tai Chi. She is certified by the Tai Chi for Health Institute to teach Dr. Paul Lam's medically and researched-based program, Tai Chi for Arthritis and Fall Prevention, as well as Tai Chi for Beginners. She has also received certification from the Institute of Integral Qigong Tai Chi as a Tai Chi Easy practice leader.

Chairobics | \$25 Each Term

12:00 p.m. - 1:00 p.m. | Zoom | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Valerie Webber

Chairobics combines fun and fitness while moving to music. This class is designed to increase muscle strength and range of movement as well as improve cardio-vascular health. Small hand weights and elastic bands are used for toning. A chair is used for seated exercises and standing support. No on-the-floor exercises. **Valerie Webber** is a Southern Miss graduate with a BSBA and MBA. She is a life member of the USM Alumni Association and has worked in the accounting and finance industry and in IT.

Your Body Has More Potential to Heal than You May Give it Credit For | \$20

Thursdays, September 7 - October 5 | Zoom | Begins Wednesday, September 6; no class September 21.

9:30 a.m. - 11:30 a.m. | Four-Week Class led by Dr. Sasha Tran

This course will use real-world applications and explain the body's function in a way that actually makes sense. The goal is for you to understand your body beyond the textbooks. We will look at a functional approach that makes practical sense. **Dr. Sasha Tran** is a licensed chiropractor in Illinois and Georgia. Sr. Tran is Level II certified in NeuroEmotional Technique and in Applied Kinesiology. She has done a few speaking engagements, the largest being a group of 100 doctorate students.

Cruising Antarctica | \$10

Monday, September 11 | Zoom

12:00 p.m. - 2:00 p.m. | Seminar led by Dave Reed

Antarctica has no native population nor permanent human inhabitants. Despite this, it is home to a thriving scientific community and to wildlife uniquely suited to the extremely harsh environment. See some of the sights of an Antarctic cruise and learn about the history of the area and the animals that live in this harsh environment. **Dave Reed** worked as a hydrologist/river forecaster for the National Weather Service for 32 years. Since his retirement, he has enjoyed traveling and pursuing his hobbies of bird watching and bird photography.

Beowulf: The History and The Legend | \$15

Tuesdays, September 12 and 19 | Zoom

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Robert Dyer

This class will look at the Old English Epic Story of Beowulf and what was history and legend in it and how the values it discusses impacted English Literature through the modern era. The class will look at the actual history and the legends of the Anglo-Saxons and the Nordic peoples that settled in the British Isles in late antiquity. **Robert Dyer** is a veteran 26-year educator and a 13-year military veteran. Robert is an entrepreneur, living historian and seasoned instructor. His passions include teaching military history, political history, cultural geography and literature.

The US Navy in the Mid-19th Century: How It Contributed to Both Sides of the American Civil War | \$15

Tuesdays, September 12 and 19 | Zoom

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Robert Dyer

This class will look at how the US Navy was structured and trained in the mid-19th Century. It will highlight how the US Navy contributed to both sides of the American Civil War and will specifically look at naval technology of the US from 1850 to 1875. It will discuss how the US Navy impacted America's growth as a world power and technology leader. **Robert Dyer** is a veteran 26-year educator and a 13-year military veteran. Robert is an entrepreneur, living historian and seasoned instructor. His passions include teaching military history, political history, cultural geography and literature.

Indians, Skeletons, and Baby Dolls; Oh My! | \$15

Wednesdays, September 13 and 20 | Zoom

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Rev. Melanie Morel-Ensminger

IN this course, we will explore the culture of Black Mardi Gras in New Orleans, from the marching Black Indians (also called Mardi Gras Indians) to the scary skeletons to the enchanting baby dolls. We will look at origins, see photos of their creativity, and see how they've influenced wider culture and music in the Crescent City. **Rev. Melanie Morel-Ensminger** is the consulting minister for Our Home Universalist Unitarian Church in Ellisville, MS. She is a seventh generation New Orleanian with passion for the city's unique culture.

Bedazzling Jewel Techniques | \$10

Thursday, October 5 | Zoom

12:00 p.m. - 2:00 p.m. | Seminar led by Michelle Magrath-Greene and Trissy Magrath

Applying gems or crystals to everyday objects can be an amazing transformation. Join us to learn the basics of "bedazzling" fabric, plastic and other materials. We will also learn how to enhance an accessory and upcycle household objects. **Supply List:** Tacky glue, tweezers, assortment of gems, rhinestones, crystals, jewell picker/dotting tool, accessory item (shoes, belt, purse, etc.) and any household item.

Michelle Magrath-Greene has a passion for diamond painting and cross-stitching. Michelle is a customer service manager in Troy, Alabama. **Trissy Magrath** is the manager of a hair salon in Metairie, Louisiana. She enjoys cosplay, gaming and crafting with jewels.

A Review of the Works of Charles Dickens: How Oliver Twist and A Christmas Carol impacted Social Reform in the 19th Century | \$15

Wednesdays, October 25 and November 1 | Zoom

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Robert Dyer

This class will specifically look at how the literary works of Charles Dickens in his writing of *Oliver Twist* and *A Christmas Carol* impacted the movements for Social Reform in the Western World during the latter half of the 19th Century and early 20th Century. This course will look at what inspired the author to write these beloved works. **Robert Dyer** is a veteran 26-year educator and a 13-year military veteran. Robert is an entrepreneur, living historian and seasoned instructor. His passions include teaching military history, political history, cultural geography and literature.

Ancient Rome and the US Constitution: How the Roman Republic Impacted the Founding of the US | \$15

Wednesdays, October 25 and November 1 | Zoom

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Robert Dyer

In this seminar, we will examine the impact the Roman Republic had on the founding documents of the US and how the founding fathers drew inspiration from ancient Rome as they put together a new nation. We will also look at some of the other influences on the founding of the US such as the Pact of the 5 Nations of the Iroquois Confederacy. **Robert Dyer** is a veteran 26-year educator and a 13-year military veteran. Robert is an entrepreneur, living historian and seasoned instructor. His passions include teaching military history, political history, cultural geography and literature.

GULF PARK

ARTS

Watercolor for the Absolute Beginner | \$25

Tuesdays, September 5 - October 3 | GP In-Person

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Dr. Tammy Gragg

Always wanted to paint with watercolor but didn't know how to begin? This class is for you! During the first class we will discuss paints, brushes and tools, then learn several watercolor techniques, including flat and graduated washes, wet-on-wet, wet-on-dry and dry brushing. We will create a painting in each of the remaining classes. No drawing experience is needed. **Supply List:** Watercolors, medium round synthetic watercolor brush (size 4, 6 or 8), 9x12 watercolor paper pad, pencil with an eraser, table cover, container for water and apron. After retiring from the U.S. Public Health Service, **Dr. Tammy Gragg** is a visual artist living in Long Beach. She began painting in 2019 and studied art at MGCCC, NY Academy of Art and the University of North Carolina.

Beginning Guitar | \$25

Tuesdays, September 5 - October 3 | GP Meet-Up

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Patricia Noonan

Meet at First United Methodist Church, 208 Pine Street, Long Beach.

Participants will learn to play the guitar with chords, strumming and picking methods, from simple folk songs to more complex renditions toward the end of the class. Students must provide an adult instrument and tuning mechanism. We will start with simple fun songs and will learn two or three chords each session, which will be repeated in following songs with a new chord added each time we meet. Folk songs are most easily played as a beginner. Plan to practice at home at least one hour daily. Your fingers and grip will become stronger and the callouses will form in time so that playing becomes more comfortable. **Please Note:** You must have an adult acoustic guitar and it is recommended a small size instrument (3/4) if purchasing, as the large ones are harder for women and beginners to play. A notebook for the songs and a stand is helpful. Also please have a capo as it will enable the playing of songs in different keys. Picks are optional. If folks would like my input before buying an instrument, they may get in touch with me online. If they already have an instrument there are ways to make the larger size workable. We will not have the ability to plug in for electric guitars or amplifiers. **Pat Noonan** is a retired nurse practitioner. She is self-taught on the guitar and has learned the ukulele this past year at OLLI.

The Development of French Impressionism I | \$25

Wednesdays, September 6 - October 4 | GP In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Dr. Michael DeMarsche

This course will examine the development of French Impressionism, one of the most influential movements of the nineteenth century and a pivotal source of modern art. We will trace the main currents of Impressionism by placing special emphasis on the private and often hidden lives of the artists Courbet, Manet, Degas, Monet and Cezanne. **Dr. Michael DeMarsche** received a PhD in art history from Stanford University. His dissertation was awarded the prestigious Kress Dissertation Fellowship, and he has been the founding director of three museums in the United States and Europe.

Mudslingers Wheel Class: Spin the Wheel | \$50

Monday, September 11 | GP Meet-Up

10:00 a.m. - 12:00 p.m. | Seminar led by Darryl O'Donnell

Meet at the Ohr-O'Keefe Museum Pottery Studio, 386 Beach Boulevard, Biloxi.

Come throw pots on the pottery wheel and see if clay is your new hobby! We will help you create two pots to keep and take home. We will glaze them for you and have them ready two weeks later. Wear clothes you can get dirty. **Materials and studio cost included in course fee.** **Darryl O'Donnell** studied at the School for Visual Arts in New York City. She has been a teacher of ceramics, wheel throwing and sculpture since 2017. She is currently the Director of Ceramics Programming at Ohr-O'Keefe.

Introduction and Demonstration to Working with Stained Glass | \$10

Monday, September 11 | GP In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Emma Johnson

Stained glass work can be a lot of fun, and it can be a pain! This session will give you an introduction to the tools and equipment needed in the process of completing a stained-glass sun catcher. **Emma Johnson** has been working in stained glass for 40 years and has taught courses in glass to Hancock County Continuing Education for 10 years. Emma does special commission work that includes designing the project to completion.

Creative Fun With Origami Part II | \$10

Thursday, September 14 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by Sherryl LaPointe

Meet at Allen Beverages, 13300 Dedeaux Road, Gulfport.

This course will teach origami beyond the basic paper folds and continue to more difficult folds, making a wide variety of fun, decorative, and useful items. **It is not necessary to have taken part 1.** **Sherryl LaPointe** is a retired teacher who continues to love to teach. She has had a love of arts and crafts since childhood and now enjoys sharing that love with fellow OLLI members.

How Art Creates Community: West Howard | \$10

Monday, September 18 | GP Meet-Up

9:30 a.m. - 11:00 a.m. | Seminar led by Corey Christy

Meet at the Bond-Grant House, 932 West Howard Avenue, Biloxi.

Join a tour of the beautiful murals in downtown Biloxi and learn about their rich historical significance. Discover how public art is an integral part of community development and how it enhances the lives of those who experience it. **Corey Christy**, a native of Biloxi, returned in 2013 to begin following his passion for his hometown through his grassroots activities with various volunteer positions, boards and local organizations.

Sewing Basics | \$25

Mondays, September 18 - October 2 | GP In-Person

12:00 p.m. - 2:00 p.m. | Three-Week Class led by Terry Necaise

Sewing is the craft of fastening or attaching objects using stitches made with needle and thread. Want to learn some basic sewing terms and tips? Come have some fun making items to wear and enjoy! **Material cost included in course fee.** **Terry Necaise** is a retired school nutrition administrator with over twenty-four years working in Mississippi public schools. She received her BS in hotel and restaurant management from USM in 1983 and retired in 2010.

Creating Stunning Arrangements with Local Flowers | \$5

Thursday, September 28 | GP In-Person and Zoom

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Jim DelPrince

In this class, you will gain ideas and inspiration in creating floral designs for your home using materials found in your yard and garden. **Dr. Jim DelPrince**, AIFD, PFCI, AAF is a horticulture specialist with Mississippi State University Extension and leads four floriculture programs.

Large Ceramic Decorative Planter | \$45

Monday, October 16 | GP Meet-Up

10:00 a.m. - 12:00 p.m. | Seminar led by Darryl O'Donnell

Meet at the Ohr-O'Keefe Museum Pottery Studio, 386 Beach Boulevard, Biloxi.

Join us for a pottery workshop at the Ohr-O'Keefe to create a beautiful, decorative pot suitable for planting. You will learn hand building techniques and get to add your own personal touch. No previous experience is necessary. All tools and clay will be provided. You will choose a glaze color for the pot, and finished pots will be ready in three weeks. **Material cost included in course fee.** **Darryl O'Donnell** studied at the School for Visual Arts in New York City. She has been a teacher of ceramics, wheel throwing and sculpture since 2017. She is currently the Director of Ceramics Programming at Ohr-O'Keefe.

Fun with Origami Using Dollar Bills | \$10

Monday, October 16 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by Sherryl LaPointe

Meet at Allen Beverages, 13300 Dedeaux Road, Gulfport.

This course will teach origami basic paper folds using dollar bills as the medium. **Please bring five one-dollar bills.** **Sherryl LaPointe** is a retired teacher who continues to love to teach. She has had a love of arts and crafts since childhood and now enjoys sharing that love with fellow OLLI members.

Drawing | \$25

Mondays, October 16 - November 13 | GP In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Marty Broadus Turnbo

Let's draw! It is easy to learn—you will learn how on day one. You will then learn shading, perspective, enlarging and drawing faces. **Supply List:** #2 pencil, mechanical pencil (optional), eraser, colored pencils, Sharpie with two tips (fine and medium), small drawing pad and 10-12 sheets copy paper. **Marty Broadus Turnbo** is a retired art and drama teacher from Oak Grove and is a longtime member of the South Mississippi Art Association.

Watercolor Blooms and Bugs | \$25

Tuesdays, October 17 - November 14 | GP In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dr. Tammy Gragg

If you have taken "Watercolor for the Absolute Beginner" or "Monday Morning Watercolor" and are ready to tackle more advanced projects, this is the class for you! We will explore composition, color theory and mixing, as we paint botanical subjects. Painting outlines will be provided, or you may bring your own reference photos. **Supply List:** Watercolor paint, either pan or tube (suggested colors: permanent alizarin crimson or quinacridone magenta, scarlet lake, Winsor yellow deep, lemon yellow, French ultramarine blue, Winsor blue (green shade), sap green, and burnt sienna), round watercolor brushes, size 2 and 6, stiff scrubber brush (we'll discuss options at first class), watercolor paper, 8x10 inches or larger (Arches 140 lb. cold press is recommended, palette, butcher tray, or white dinner plate for mixing colors, pencil, 12-inch ruler, kneaded eraser, tracing paper and transfer paper for tracing outlines (optional), a drawing board or other support to tape your watercolor paper onto, masking tape, paper towels or lint-free rags and 2 glass water containers. After retiring from the U.S. Public Health Service, **Dr. Tammy Gragg** is a visual artist living in Long Beach. She began painting in 2019 and studied art at MGCCC, NY Academy of Art and the University of North Carolina.

Creating Your Diva Wallet! | \$35

Thursdays, October 26 and November 2 | GP In-Person

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Terry Necaise

Come learn how to make a Diva wallet. It will have a zippered pocket (not to worry, it's easy), six card slots, large place to hold money and a metal clasp. **Material cost included in course fee.** **Terry Necaise** is a retired school nutrition administrator with over twenty-four years working in Mississippi public schools. She received her BS in hotel and restaurant management from USM in 1983 and retired in 2010.

Creative Doodling for Fun and Relaxation | \$20

Tuesday, October 31 | GP In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Christi Magrath

Zen Doodling is a type of doodling or drawing that creates designs by drawing small, simple, repetitive patterns. Doodling is a great way to relax. All skill levels are welcomed, but the unstructured nature of "Zen" drawing is ideal for beginner artists. Be prepared to make some amazing designs. **Material cost included in course fee.** **Dr. Christi Magrath** renewed her enjoyment for art after retiring from Troy University where she was a Molecular Biology instructor.

Make a Darling Bracelet | \$35

Thursday, November 2 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by Sue West

Meet at Gallery 782, 773 Jackson Street, Biloxi.

Come learn to wire wrap a copper bracelet. Wire wrap has been used to make jewelry for centuries. You will learn about the different types of wire as well as the different gauges used to make a piece of jewelry. You will also learn about the different tools needed and how to use them to complete your bracelet. **Sue West** is a retired budget analyst and financial professional who managed a detachment for the federal government. She has been teaching wire jewelry for eighteen years at various places on the Gulf Coast.

Beading to New Christmas Décor | \$25

Monday, November 13 | GP In-Person

12:00 p.m. - 3:00 p.m. | Seminar led by Terry Necaise

We will be creating a poinsettia-beaded cover for a 2 1/2" ornament. This cover is a beautiful adornment for plain Christmas ornaments. **Material cost included in course fee.** **Terry Necaise** is a retired school nutrition administrator with over twenty-four years working in Mississippi public schools. She received her BS in hotel and restaurant management from USM in 1983 and retired in 2010.

HEALTH AND FITNESS

Tai Chi Chih for the Beginner | \$25 Each Term

8:30 a.m. - 9:30 a.m. | GP In-Person

Term I: Tuesdays and Thursdays | September 5 - October 5

Term II: Tuesdays and Thursdays | October 17 - November 16

Five-Week Exercise Class led by Susie Pham

This class will teach traditional physical meditative practice. It is designed to build strength, improve health and flexibility, reduce stress, and increase energy flow. It is for newcomers to learn and for existing Tai Chi followers to enhance their skills. **Susie Pham** has practiced Tai Chi for years and was trained by Grand Master Shi DeRu, 31st generation descendant of the Shaolin Temple.

Intermediate Tai Chi Chih | \$25 Each Term

9:45 a.m. - 10:45 a.m. | GP In-Person

Term I: Tuesdays and Thursdays | September 5 - October 5

Term II: Tuesdays and Thursdays | October 17 - November 16

Five-Week Exercise Class led by Susie Pham

This class will teach traditional physical meditative practice. It is designed to build strength, improve health and flexibility, reduce stress and increase energy flow. This class is for those who have previously taken *Tai Chi for the Beginner*. **Susie Pham** has practiced Tai Chi for years and was trained by Grand Master Shi DeRu, 31st generation descendant of the Shaolin Temple.

Phoenix Rising Yoga for Everyone | \$25 Each Term

Mondays and Wednesdays | GP In-Person

8:30 a.m. - 9:30 a.m.

Term I: September 18 - October 11

Term II: October 16 - November 15

Five-Week Exercise Class led by Victoria Jeune

This class will take the body and mind therapeutic approach to yoga taught for all bodies, ages and levels of experience. **Victoria Jeune** is a certified yoga teacher, yoga therapist and group facilitator. She has 1220 hours of training at the world-renowned Phoenix Rising Institute and fifteen years of teaching experience. She has been a registered yoga teacher with Yoga Alliance since 2007.

Listen So You Can Hear | \$5

Tuesday, November 7 | GP In-Person

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Ross Deavours

How will you know if you have hearing loss? Do you need medical intervention or a device? Which device will be best for you? Are purchasing and wearing hearing aids as easy as glasses? Why not? **Dr. Ross Deavours** is a doctor of Audiology. She has owned a clinic, worked in ENT physicians' offices, started infant hearing screenings and worked at a school for the deaf. Dr. Deavours is currently at Next Level Hearing doing business as Better Hearing Clinic.

HUMANITIES

God Save the King! | \$15

Tuesdays, September 5 and 12 | GP In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Rev. Jon Caridad

This class is for those who (a) did not arise in time, (b) dozed or (c) didn't understand what was going on. Join us for an overview of the coronation of Charles III, its historical significance, rituals, traditions and participants. **Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical studies.

The Gods Did What? An Introduction to Mythology | \$15

Tuesdays, September 19 and 26 | GP In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Rev. Jon Caridad

This is a very preliminary introduction to Greek and Roman mythology; the need for mythology in ancient cultures; and our need for mythology in the 21st century. **Rev. Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical studies.

Tour the Mississippi Aviation Heritage Museum | \$25

Thursday, September 21 | GP Meet-Up

10:00 a.m. - 12:00 p.m.

Meet at the Mississippi Aviation Heritage Museum, 429 Pass Road, Gulfport.

Join OLLI for a personal tour of the Mississippi Aviation Heritage Museum. The goal at the museum is to educate visitors by honoring Mississippi aviation heritage and the heroes that forged it, from the Delta to the Gulf Coast and from the Alabama line to the Mississippi River.

Stewards of Children: Darkness to Light | \$10

Thursday, September 21 | GP In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Lauren Saucier and Cynthia Chauvin

The Stewards of Children training empowers adults to prevent, recognize and react responsibly to child sexual abuse through awareness, education and stigma reduction. For every person trained in this curriculum, ten children are protected from becoming victims of child sexual abuse. **Lauren Saucier** is the Lead Advocate Supervisor for Court Appointed Special Advocate (CASA) of Hancock County. She has been with CASA for nine years in a supervisory capacity and has been teaching Stewards of Children, Darkness to Light curriculum for two years. **Cynthia Chauvin** is Executive Director of the Court Appointed Special Advocate (CASA) Program of Hancock County. Cynthia has expanded the CASA organization in Hancock County from 26 volunteers to over 100 and the organization is currently serving 100% of the county's foster care population.

"Indian Ditch" of Gulf Shores, Alabama | Free and Open to the Public | REGISTRATION REQUIRED

Tuesday, September 26 | GP Meet-Up

10:00 a.m. - 11:00 a.m. | Mini-Seminar led by Dr. Gregory Waselkov

Meet at the Pass Christian Public Library, 111 Hiern Avenue, Pass Christian.

Dr. Gregory Waselkov will present his findings on the "1,400-Year-Old Native American Canal in South Alabama." He will discuss how the "nearly mile-long structure allowed inhabitants to paddle to rich fishing grounds and access trade routes." **Dr. Gregory Waselkov** has a BA in anthropology from the University of Missouri-Columbia, and an MA and a PhD in anthropology from the University of North Carolina-Chapel Hill.

The Ghost Cemetery Pub Walk of Bay Saint Louis | \$25

Tuesday, October 3 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by Jennifer Johnston

Meet at The Blind Tiger, 119 N Beach Boulevard, Bay St Louis.

Come enjoy a historical ghost walk featuring real life bizarre stories, unrestful spirits - both good and bad - and tales of the past. Along the way, we will stop to fill up on libations if you dare. During the ghost walking tour, you may learn about Old City Hall and what lies within Cedar Rest Cemetery and other historical ghost stories. **Jennifer Johnston** is a graduate of the University of West Georgia, where she studied education. With her love of nature and teaching, Johnston currently conducts outdoor field trips and is the owner and operator of Gulf Coast Eco Tour.

Biloxi Visitors Center and Biloxi Lighthouse | \$15

Thursday, October 5 | GP Meet-Up

8:30 a.m. - 11:30 a.m.

Meet at the Biloxi Lighthouse, 1050 Beach Boulevard, Biloxi.

The Biloxi Visitors Center and Biloxi Lighthouse on U.S. 90 highlight Biloxi's architectural heritage with multi-media exhibits with "a feel for the Biloxi of yesterday and today." There is also a theater with continuous showings of the 10-minute film "We are Biloxi." The lighthouse tour allows visitors to explore the historic beacon.

Welcome to the Gulfport Museum of History | \$10

Tuesday, October 17 | GP Meet-Up

2:30 p.m. - 4:00 p.m. | Seminar led by Betty Shaw

This event will include a tour of the museum located in the 1904 train depot in downtown Gulfport. After a short presentation, visitors will have the opportunity to explore the museum exhibits and archives. **Betty Shaw** authored a book about the history of Gulfport and co-founded the Historical Society of Gulfport.

The Haunted Bayou Cruise | \$75

Wednesday, October 18 | GP Meet-Up

10:00 a.m. - 11:30 a.m. | Seminar led by Jennifer Johnston

Meet at Mystic Ghost Rides, 6149 Central Avenue, Bay St. Louis.

Join Mystic Ghost Rides on a Historical Haunted Bayou Cruise—if you dare—where old souls are captured in the midst of the marsh mist. Meet Mystic Molly as she narrates this one-of-a-kind tour on a one-hour ride. Hear disturbing legends as we sail down the bayou of the Mississippi Sound and enjoy complimentary hot chocolate and s'mores at the Creepy Camp after the cruise. **Jennifer Johnston** is a graduate of the University of West Georgia, where she studied education. With her love of nature and teaching, Johnston currently conducts outdoor field trips and is the owner and operator of Gulf Coast Eco Tour.

Not Your Grandfather's History Course | \$25

Wednesdays, October 18 - November 15 | GP In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Rev. Jon Caridad

History did not begin when Columbus sailed the ocean blue. Ancient History I is an examination of the beginnings of civilization and culture and traces the early civilizations up until just before the establishment of the Greek Empire. This is essential for making sense of our modern cultures and deals with the ancient Near East. (This course was previously known as Ancient Cultures I.) **Rev. Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical studies.

Day at the Museum | \$20

Thursday, October 26 | GP Meet-Up

9:30 a.m. - 11:30 a.m. | Seminar led by Pat Alford and Jason Smith

Meet at Beauvoir, 2244 Beach Boulevard, Biloxi.

During this meet-up, visitors will be guided through the museum's artifacts, displays and unique weapons of the Civil War Era. They will also be exposed to some of the personal history of Jefferson, the one and only President of the Confederacy. They will also review the extensive collection of books in the Jefferson Davis Memorial Library. **Admission included in course fee.** **Pat Alford** is a past volunteer curator at The Beauvoir Library and Museum and will lead the Beauvoir tour. **Jason Smith** is Director of Operations at Beauvoir.

A Walking Tour of Holy Land Sights and their Relation to Biblical Accounts of the Old and New Testaments | \$15

Thursdays, November 9 and 16 | GP In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Rev. Jon Kaufman

The goal of the course is to give an understanding of Holy Land (Israel) historical sites, geography, and culture and how they are connected to accounts in the Old and New Testaments. Doing so adds context and meaning to biblical accounts while using personal recollections and photos of the instructor's trip to the Holy Land in 2019. **Rev. Jon Kaufman** is a United Methodist Minister and student of history and the Bible and has a master of Divinity from Duke. Jon led a tour of the Holy Land in 2019 and was able to connect historical locations with links to Biblical accounts.

LANGUAGE AND LITERATURE

ChatGPT and Other AI Writing Tools for the Absolute Beginner | \$10

Monday, October 23 | GP In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Richard Scott Nokes

Not sure what ChatGPT is? Worried about Artificial Intelligence? In this seminar you'll learn what AI writing tools are, what they can do, and what their limits are. This seminar will cut through all the hype and teach you how to use these tools to make your life easier without any anxiety. **Dr. Richard Scott Nokes** is a professor of medieval literature at Troy University and the founder of Witan Publishing.

"There is No Fate but What We Make for Ourselves" - Dystopian Worlds in Literature and Film | \$10

Thursday, October 26 | GP In-Person and Zoom

12:00 p.m. - 2:00 p.m. | Seminar led by Allisa Beck

A discussion of the various themes and stories in classic dystopian novels, including *1984*, *The Handmaid's Tale*, and *The Hunger Games*, and in films such as *The Terminator*, *Escape from New York*, *The Truman Show*, and *Blade Runner*. Participants are encouraged to come ready to discuss their favorites! **Allisa Beck** is the Arts and Sciences Librarian and Collections Supervisor at Southern Miss Gulf Coast Library. Her interests include local history, the RMS Titanic, and film.

Let's Talk the Pass and Food! Book Signing | \$5

Tuesday, November 14 | GP In-Person

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Catherine Myers

Join OLLI for book signings by its very own member, Catherine Myers. *The Magic of a Historic Structure...* is a collage of the history of structures in Pass Christian. *Passing 'Em Down* is a collection of recipes from family and friends along with personal "back stories" of the recipes and donors. We will even taste a few offerings from the recipes. **Catherine Myers** is a fifth generation Hanson from Pass Christian who loves exploring the history of Pass Christian. She is a retired school psychometrist (Harrison County School District) earning her bachelor's and master's degrees at USM. Currently, she is an active mother, grandmother, friend, crafter, baker, recipe explorer, gardener and eating-outer.

<u>PERSONAL ENRICHMENT</u>

Beginner's Bridge: Learn One Skill at a Time | \$25

Wednesdays, September 6 - October 11 | GP In-Person | No class Wednesday, September 13.

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dr. Betty Ann Jones

Bridge is about "Winning Tricks." Hands on activities will be used to teach play rules for No-Trump and Suit Contracts. **Dr. Betty Ann Jones** is a retired educator and a Ruby Life Master member of the American Contract Bridge League.

Basic Mahjong | \$25 Each Term

Term I: Mondays, September 11 - October 9

Term II: Mondays, October 16 - November 13

10:00 a.m. - 12:00 p.m. | GP In-Person

Five-Week Class led by Irene Culpepper

Class participants will learn to play Chinese mahjong. You will learn to understand the tiles, identify the combination of tiles to play, roles of each player, learn to recognize a good play, strategies to win and identifying a winning set of tiles. **Irene Culpepper** has been retired from the South MS Regional Center for ten years. She spends time with her grandkids and volunteers at church. She loves gardening and playing mahjong with friends.

Make New Friends with Rummikub | \$10

Thursday, September 14 | GP In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Gina Stanton

This seminar is a brief overview of the game and demonstration by current players. We will discuss the rules and possible variations in play and give students a chance to try their hand. This is an individual game or can be played by two or up to six at a table. We hope to establish a regular play group if there is interest. **Gina Stanton** is a retired legal assistant from Louisiana. She was also a wildlife rehabilitator and was involved in pet rescue. She has now taken up playing Rummikub with friends and would like to encourage others to enjoy the game.

Movie Time! My Big Fat Greek Wedding 3 | Dutch Treat

Friday, September 15 | GP Meet-Up

Time To Be Determined

Meet at the Edgewater Mall Lux Premier Cinema, 2588 Beach Boulevard, Biloxi.

Join OLLI friends at the Edgewater Mall Premier Cinema for a group viewing of *My Big Fat Greek Wedding 3*. This third installment in the series follows the Portokalos family as they travel to a family reunion in Greece. After the movie, we will get ice cream or snacks at the food court and discuss the movie.

Gardening in SubIrrigated Containers | \$5

Monday, September 18 | GP In-Person and Zoom

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Christine Coker

This class will discuss the use of subirrigated containers and demonstrate the setup and implementation of a system. **Dr. Christine Coker** has been with the Mississippi State University's Coastal Research and Extension Center for twenty-two years. She is a research and extension professor of urban horticulture and research leader of the Beaumont Horticultural Unit.

Ruby-Throated Hummingbirds' Fall Migration | \$5

Wednesday, September 27 | GP In-Person and Zoom

10:00 a.m. - 11:00 a.m. | Mini-Seminar led by John Lipscomb

This class involves the fall migration of the ruby-throated hummingbird. These are the vast majority of the hummingbirds that we see as they pass through to Mexico and Central America in the late summer and early fall. We will talk about identification, migration routes, feeders and plants. **John Lipscomb** is a Master Naturalist residing on the Mississippi Gulf Coast. He has been involved with birding most of his life. This presentation on hummingbirds will cover basics on identification, migration and how to attract them.

C.R.A.S.E. Citizens Response to Active Shooter Events | \$10

Thursday, September 28 | GP In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by LT Thomas Balch

Law enforcement officers and agencies are frequently requested by schools, businesses and community members for direction and presentations on what they should do if confronted with an active shooter event. The Civilian Response to Active Shooter Events (CRASE) course was designed and built on the Avoid, Deny and Defend (ADD) strategy, developed by Advanced Law Enforcement Rapid Response Training (ALERRT) in 2004, and provides strategies for survival. **LT Thomas Balch**, police lieutenant for the University Police Department's coastal operations, has nearly 40 years' law enforcement experience. While serving in Connecticut, he was involved on the peripheries in the aftermath and recovery of September 11 and the Sandy Hook tragedies.

SeaGrapes Wine Tasting | \$40

Thursday, September 28 | GP Meet-Up

4:00 p.m. - 6:00 p.m.

Meet at SeaGrapes Wine Café, 2419 14th Street, Gulfport.

SeaGrapes Wine Café is a wine bar offering unique wines in a relaxed environment. Join others at SeaGrapes Wine Café for a wine tasting. Offering over 40 unique estate wines, come sample an assortment of delicious wine and lite fare.

Gardening in the Fall | \$5

Monday, October 2 | GP Off-Site

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Polly Cuevas

Meet at Pine Hills Nursery, 7434 Cuevas Road, Pass Christian.

Come learn how to create and care for a successful garden this fall while visiting Pine Hills Nursery. Polly will teach you how to keep your plants and flowers in bloom through the fall. She will also show you what plants thrive in the cooler months. **Polly Cuevas** has been manager at Pine Hills Nursery since its beginning in 1986.

Cyber Safety for Seniors 101: Protecting Yourself from Spam, Scams, and Swindlers | No Charge

Thursday, October 5 | GP Meet-Up

11:00 a.m. - 12:00 p.m. | Mini-Seminar led by Leah Holmes

Meet at the Bay St. Louis/Hancock County Library, 312 US-90, Bay St. Louis.

Romance scams, phishing attempts and ads for bogus products can be difficult to detect, especially for seniors, who are frequent targets. Learn how to spot fraudsters and increase your awareness, review tips for authenticating "senders" and their claims and identify scams circulating right now. **Leah Holmes**, a retired USM English Instructor, meets victims of online scams every day in her position as Bay St. Louis Library Branch Manager.

Online Music Libraries: Using Streaming Services | \$10

Thursday, October 5 | GP In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Byron Knight

Streaming music is a method to expand your music library without needing space or lots of money. Online music libraries and the apps (Pandora, Spotify, Apple Music) designed to use them have revolutionized the way to listen to music. Learn the basics of using these music libraries, as well as ways to share your musical interests. **Byron Knight** is an audio engineer from Metairie, Louisiana.

Play Bridge Before Bidding | \$25

Wednesdays, October 18 - November 15 | GP In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dr. Betty Ann Jones

This class will teach you play of the hand activities. You will also have opportunities to learn the skills one at a time for suit and no-trump contracts. **Dr. Betty Ann Jones** is a retired educator and a Ruby Life Master member of the American Contract Bridge League.

Circle Hook Distilling: An Immersive Experience in Rum-Making | \$10

Monday, October 23 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by John and Amy Underhill

Meet at Circle Hook Distilling, 12029 J Miller Road, Gulfport.

Immerse yourself in the basics of rum-making. Learn how a distillery works as we go through the process of fermentation, distilling, barreling, blending, and bottling. See how simple cane sugar and molasses become a gold medal-winning spirit! Participants will be able to get a firsthand look into the world of rum-making.

John Underhill is a current Alaska fishing boat captain with more than twenty years of experience. As entrepreneurs, John and his wife **Amy** have many successful businesses including their most recent venture, Circle Hook Distilling, a rum distillery.

Vampires: Who are They, How Did They Become and Where are They? | \$5

Monday, October 30 | GP In-Person

10:00 a.m. - 11:00 a.m. | Mini-Seminar led by Connie Rainey

Blood-thirsty monsters from the past are not left in the past. Hear how the master of all came to be and how they survive today. Most important is how to be rid of the creature of the night. Join me as we look at the past, present and future of vampires. Bring your Bloody Marys and a wooden stake if you dare! **Connie Rainey** is a retired RN, a paranormal investigator of twenty years, member of MUFON for seven years, artist and speaker for ten years. Her investigations have taken her places most people won't go. She is widely versed in the paranormal ranging from ghosts, Bigfoot to UFOs.

Understanding Medicare: Traditional vs Managed Care | \$10

Monday, October 30 | GP In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Gina Aguilar

Understanding the key differences between the traditional Medicare and Medicare Advantage Plans will allow class attendees to make informed decisions. This class focuses on the similarities and differences.

Gina Aguilar has worked for over 20 years with various Medicare administrative contractors in customer service, fraud, abuse, appeals and as a hearing officer and senior appeals specialist.

Visit the Mississippi State Port | \$10

Monday, November 6 | GP Meet-Up

10:00 a.m. - 11:30 a.m.

Meet at the parking garage, 3300 W. Beach Boulevard, Gulfport (south of Island View parking garage.)

Come take a tour of the Port of Gulfport. The Port of Gulfport was officially established in 1902 but has been in use for over 300 years. Currently, the Port encompasses 300 acres in Gulfport with deep water access, 10 vessel berths, 100 acres of open storage space and 400,000 square feet of covered warehouse space. With these facilities, it is now the third largest container port in the Gulf of Mexico and one of the 20 largest container ports in the US.

How to Bake a Better Cake! | \$5

Monday, November 6 | GP In-Person and Zoom

12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Eloise Leffingwell

The technique is simple and everything you need is already in your home. Let Eloise show you how a few simple steps can turn a stale, overcooked cake into a soft, tender delight. Whether you use a box mix or a scratch recipe, the process is the same and, with a little planning, it can save you time in the long run.

Eloise Leffingwell is a retired independent retailer. In 1985 she signed up for a cake decorating class and, to her surprise, the first thing she learned was not decorating but a better way to bake a moist, tender cake.

Fishing for a Good Time | \$10

Thursday, November 16 | GP Meet-Up

12:00 p.m. - 2:00 p.m. | Seminar led by Angie Holland

Meet at 1200 Lake Mars Avenue, Ocean Springs.

We will meet at a local pier for a few hours of fishing. Angie will assist any novices and will also demonstrate some of her specialized equipment and tell some "fish stories" from her many adventures on charter boats in the Gulf. **Supply List:** Fishing pole, fishing license (available at Walmart) and your favorite bait. **Angie Holland** is a charter boat captain and deckhand who loves fishing, boating, jet skiing and sharing her "fish stories" on her *Angie's Happy Fishing* site.

NATURE, SCIENCE AND TECHNOLOGY

Attracting, Tracking and Tagging the Monarch Butterflies | \$15

Wednesday, September 20 | GP Meet-Up

9:30 a.m. - 11:30 a.m. | Seminar led by Jennifer Buchanan and Pat Drackett

Meet at the Crosby Arboretum, 370 Ridge Road, Picayune.

Grab a net (provided) and venture into the habitat full of wildflowers to capture and tag the Monarchs. You will participate in the Monarch Watch Citizens Science Program. You will also learn how to make your yard a butterfly-friendly garden. Admission included in course fee. Jennifer Buchanan is a "double Eagle," earning both her undergraduate and graduate degrees from USM. She is a retired coastal ecologist and education coordinator at Grand Bay National Estuarine Reserve and former education curator at Crosby Arboretum. Pat Drackett is the Director of Mississippi State University Crosby Arboretum. She joined the staff in 2007. She obtained degrees in botany and landscape architecture and is also an associate extension professor of landscape architecture.

Alternatives to Animal Testing: Science and Ethics | \$10

Monday, September 25 | GP In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Christi Magrath

The need for humane treatment of animals in research is necessary. One important method of protecting animals is to use alternative organisms, known as model organisms, for research and testing. This seminar will highlight examples of model/alternative organisms, and how animals are used (ethically and unethically) in research. Dr. Christi Magrath is a retired Molecular Biology professor and National Science Foundation Career Award recipient who taught Cell Biology, Immunology and Biochemistry.

Paleolithic Man in a Modern World Order Society | \$10

Thursday, September 28 | GP In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Ron Bruni

Evolutionary changes usually occur at a glacial pace, and so it has been since the appearance of humanoid species. We will discuss how these changes came about as a result of pressures brought on by the environment to ensure reproduction and survival of the species. Then we will show how a more potent form of evolution is occurring today, not biological as described by Darwin, but cultural evolution, in which we develop and pass on new ideas and behaviors to our children, friends and others creating unique diseases and maladies which are taxing our ability to cope. Dr. Ron Bruni is a pediatrician who recently retired after fifty years of private practice at Bruni Pediatric Clinic with his son, Tim Bruni, MD. He earned his BA in pre-med at Seton Hall University in 1963 and a MD and his internship residency from Georgetown in 1967.

SWAPS: Sustainability with Awareness and Prevention Solutions | \$25

Tuesdays, October 17 - November 7 | GP In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Elizabeth Englebretson and Shelby Harrier-Mylum

SWAPS is focused on four learning modules that cover microplastics in our watersheds, eliminating single-use plastics, rethinking food waste, and ways to get involved and strengthen existing litter and waste prevention and removal programs. Each module taught includes a hands-on learning activity with an emphasis on sustainability. Elizabeth Englebretson is program coordinator for Plastic Free Gulf Coast and co-coordinator for SWAPS. She has a BFA from the University of New Mexico and a Master of Landscape Architecture from the University of Massachusetts. Shelby Harrier-Mylum is a recent graduate from Southern Miss who studied marine science. She collaborated with Mississippi State University for four years, concentrating on coastal wetlands and plastic pollution.

From Barrier Islands to Piney Woods: The Physical Geography of Coastal Mississippi | \$10

Tuesday, October 24 | GP In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by James Rigney

From the barrier islands across the waters of Mississippi Sound onto the coastal meadows and into the piney woods, coastal Mississippi is a fascinating and complex environment supporting richly diverse ecosystems, which include one-half million people. We will explore the geology, climate, streams and coastal oceanography that define our home. James Rigney is an oceanographer and meteorologist who served 31 years with the Naval Oceanographic Office, retiring as NAVO's Chief Scientist. He is a certified Mississippi Master Naturalist and writes a weekly weather column for *The Sea Coast Echo*.

Ocean Adventures Await | \$45

Thursday, November 2 | GP Meet-Up

9:30 a.m. - 2:30 p.m.

Meet at Adventures Marine Park, 10801 Dolphin Lane, Gulfport.

Explore Ocean Adventures, a part of the Institute for Marine Mammal Studies. Enjoy playful dolphins and sea lions and watch the animals at the underwater viewing area. Touch stingrays, see a macaw and parrot show, visit the aviary and catch the Tour Train to visit the Discovery Center. You will experience an educational "turtle talk" and "marine debris." Afterwards, enjoy lunch (burger or chicken nuggets) and learn more from two private sessions with an aquarist and staff.

Keystone Species and The Lower East Pearl River | \$5

Wednesday, November 8 | GP In-Person

10:00 a.m. - 11:00 a.m. | Mini-Seminar led by Jennifer Johnston

The survival of the swamp and what lies within will include various topics of keystone species of the cypress tree, and the species specific to the region that are reliant on the tree. The area is the habitat of the alligator, another keystone species which will be discussed. We will talk about measures that we can take to keep the swamp alive. **Jennifer Johnston** is a graduate of the University of West Georgia, where she studied education. With her love of nature and teaching, Johnston currently conducts outdoor field trips and is the owner and operator of Gulf Coast Eco Tour.

TRAVEL

Mobile Greek Festival | \$55

Thursday, October 19 | GP Field Trip

9:30 a.m. - 4:30 p.m.

Each year, in the autumn, Annunciation Greek Orthodox Church in Mobile, Alabama sponsors the annual Greek Festival. Join with your OLLI friends for this unique opportunity to learn more about Greek culture, to take a tour of the church facility and grounds, and to sample Greek foods and souvenirs.

Walk in The Swamp! | \$25

Wednesday, November 15 | GP Meet-Up

10:00 a.m. - 11:00 a.m.

Meet at the Pearlington Library, 6096 1st Avenue, Pearlington.

You are invited to walk and explore the swamps for a once in a lifetime adventure like never before. Our guided tour is for nature enthusiasts and wanderers of all activity levels! No worries, we will be on a boardwalk path walking through the swamps of the East Pearl River. We will learn of the history of the area along with conservation. **Jennifer Johnston** is a graduate of the University of West Georgia, where she studied education. With her love of nature and teaching, Johnston currently conducts outdoor field trips and is the owner and operator of Gulf Coast Eco Tour.

“Tell me, and I forget, teach me, and I may remember, involve me, and I learn.”

—Benjamin Franklin

EATING YOUR WAY THROUGH OLLI

Eating Your Way Through OLLI | Dutch Treat

Every other Friday, Beginning September 7 | GP Meet-Up

11:00 a.m. - 12:30 p.m.

- *MacBe Seafood and Café* | Friday, September 8
- *Jalapeño Grill of Long Beach* | Friday, September 22
- *Captain Al's Steak and Seafood* | Friday, October 6
- *Mary Mahoney's Old French House* | Friday, October 20
- *Bacchus on the Beach* | Friday, November 3
- *Phoenicia Gourmet Restaurant* | Friday, November 17

An OLLI member stated "I feel like I'm eating my way through OLLI" at one of our fabulous lunch meet-ups. Thus, was born "Eating Your Way Through OLLI." Every other week at 11:00 a.m. on Friday, we will visit a location along the Mississippi Gulf Coast for food and fun. We will try Seafood, Cajun, French American, Mediterranean and Mexican.



HATTIESBURG

ARTS

Drawing | \$25

Tuesdays, September 5 - October 3 | HB In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Marty Broadus Turnbo

Let's draw! It is easy—you will learn how on day one. You will then learn shading, perspective, enlarging and drawing faces. **Supply List:** #2 pencil, mechanical pencil (optional), eraser, colored pencils, Sharpie with two tips (fine and medium), small drawing pad and 10-12 sheets copy paper. **Marty Broadus Turnbo** is a retired art and drama teacher from Oak Grove and is a longtime member of the South Mississippi Art Association.

Turning Time into Art | \$25

Wednesdays, September 6 - October 4 | HB In-Person

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Steve Hurst

Push your creativity to the limit using recycled and repurposed objects to produce mind-blowing clocks. Learn about different mediums and adhesives, types of quartz clock movements and more. In the first session, several Steve Hurst clocks will be displayed for you to examine fabrication and finishing techniques. **No need for tools or mediums for the first session.** For artists and wannabe artists! **Steve Hurst** relocated here from California in 2022. He's known for his clocks made from recycled items. He's a photographer, illustrator, painter, writer, singer, maker and former musician/singer and has been featured in numerous California publications.

Sea Nature in Watercolor | \$25

Thursdays, September 7 - October 5 | HB In-Person

12:00 a.m. - 2:00 p.m. | Five-Week Class led by Evelyn Timidaiski

This course is for students at all levels. Each class contains a discussion of a science topic about the ocean, followed by a demonstration of watercolor techniques. Students will then paint a watercolor using the days' topic as a model. **Supply List:** Watercolor paper 140-pound, round brushes, flat brushes, watercolor paint, artist tape, paper towels. **Optional Supplies:** resist or frisket or masking fluid. **Evelyn Timidaiski** is a retired biology teacher. She has been working in watercolor for over twenty-five years. She is a five-time published author. She loves painting (especially in watercolor) sewing, quilting and photography.

Watercolor | \$25

Thursdays, September 7 - October 5 | HB In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Marty Turnbo

Never learned how to paint? Let's do watercolor! Learn tricks and techniques. Watercolor is cheap and fun!

Supply List: Watercolors, round watercolor brushes (assorted sizes, S - L), watercolor paper (9x12 or so), painter's tape, resist medium such as crayons, pastels and fluid. Bring anything else that looks like fun!

Marty Turnbo is a retired art and drama teacher from Oak Grove and is a longtime member of the South MS Art Association.

Watercolor: Pen and Ink Art to Make You Smile | \$10

Monday, September 11 | HB In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Kym Garraway

Explore the happy experience of pen and ink with watercolor overlay from Kym as she guides you into an experience with art and her story! **Supply List:** Watercolor paper, watercolors, pencil, fine black Sharpie and brushes. **Kym Garraway**, a USM graduate, is a full-time professional artist voted Best Of The Pine Belt for 7 years and a finalist this year. Kym has created over 3000 murals in government, educational, hospitals and residential settings. She is an illustrator, author and speaker.

Crocheting for Fun | \$15 Each Term

Term I, Part 3: Thursdays, September 14 and 21

Term II, Part 4: Thursdays, November 2 and 9

2:30 p.m. - 4:30 p.m. | HB In-Person

Two-Part Seminar led by Sherry Dryden

This fall we will continue to learn basic crochet stitches - chaining, single crochet, double crochet and treble crochet stitches. Beginners are always welcome as well as all levels of crocheters. We will work on dishcloths, wine bottle bags, cozies, market bags and other useful items. I promise we will have fun while

learning! **Supply List:** Cotton thread (Lily Sugar N Cream or Crafter's Secret), crochet hook - 5.00 mm (H) or 4.5 mm (I). We will use these for the dishcloths and bags. **Sherry Dryden** is a retired loan officer and supervisor for a credit union in Maryland. She has been a crafter since a young age. She was taught to crochet and embroider by her mother and grandmother.

***Masterpieces Without Men* | \$10**

Wednesdays, September 20 and 27 | HB In-Person and Zoom

12:00 p.m. - 1:00 p.m. | Two-Part Mini-Seminar led by Catherine Parker Edmonson

Can you name 15 women artists? If not, this is the class for you. We'll look at the corners of art history and discover overlooked female artists. We'll discuss *The Story of Art Without Men*, by Katy Hessel. Artists will include Georgia O'Keefe, Jean Shin, Artemisia Gentileschi, Lee Krasner, Helen Frankenthaler and Cornelia Parker. **NOTE: The book is NOT required and the Hattiesburg Public Library has at least one copy.**

Catherine Edmonson is an art historian with two decades' experience. While working at Christie's Auctions in New York City, her tasks ranged from counting silverware to shutting down Fifth Avenue when a pesky bookcase required extraction. An enthusiastic art educator, Edmonson advocates that everyone deserves a well-balanced *visual* diet. She is a member of the Hattiesburg Alliance for Public Art and spearheaded the 'Spread Your Wings' mural downtown.

***Murals of Downtown* | \$10 Each Term**

Thursday, September 21 | HB Meet-Up

9:30 a.m. - 11:30 a.m. | Seminar led by Catherine Parker Edmonson

Meet at the Saenger Theater, 201 Forrest Street, Hattiesburg.

Visit Hattiesburg's murals while walking downtown with friends. Make sure you wear comfy shoes and bring money for our stop at Southbound Bagels for coffee. We will check out the Pocket Museum and discuss the artists who are bringing color to our fair city's walls. Learn how art activates public space and plays an important part in our downtown's revitalization. Meet outside the **Catherine Edmonson** is an art historian with two decades' experience. While working at Christie's Auctions in New York City, her tasks ranged from counting silverware to shutting down Fifth Avenue when a pesky bookcase required extraction. An enthusiastic art educator, Edmonson advocates that everyone deserves a well-balanced *visual* diet. She is a member of the Hattiesburg Alliance for Public Art and spearheaded the 'Spread Your Wings' mural downtown.

***Polymer Clay Jewelry for Beginners* | \$15**

Thursdays, September 28 and October 5 | HB In-Person

9:30 a.m. - 11:30 a.m. | Two-Part Seminar led by Marlette DeFelice

Create beautiful one-of-a-kind pieces of jewelry with polymer clay and learn how to create your own beads and turn them into wearable art. Make a necklace, earrings or bracelet. This course will be fun—let your imagination go wild! **Marlette DeFelice** is a polymer clay artist specializing in jewelry. Working in this medium for 12 years, Marlette has learned shortcuts and techniques with polymer clay and can offer basic instructions for beginners. She is a retired nurse and photographer.

***Cell Phone Photography* | \$40**

Term I: Thursdays, September 7 and 14

Term II: Wednesdays, November 1 and 8

10:00 a.m. - 12:00 p.m. | HB In-Person

Two-Part Seminar led by Betty Press

Meet at the Singing River Art Studio, 100 W. 4th Street, Suite 20, Hattiesburg.

Many people now take photos with their phones without knowing how to use all the features available on the latest models. You'll learn all the basics of iPhone photography in this course as well as plenty of tips and tricks that you can use during everyday shooting to make your photos stand out from the rest. We will also discuss post processing apps such as Snapseed and Instagram where we can share our photos. This course is best for people who have an iPhone 10 and above. **The second class is a repeat of the same content.** **Betty Press** was formerly a photography instructor in the USM Art Department and is a member of the Hattiesburg Women's Art Collective. She has published several books, exhibits regularly and is now represented at the Singing River Art Studio. Her website is bettypress.com and Instagram is @bettypress and @singingriverartstudio.

***Fold Your Stress Away with Origami* | \$10**

Thursday, September 28 | HB In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Benny Hornsby

Participants will learn several of the basic origami folds and, as time permits, will construct a swan, butterfly, sailboat, cat, samurai hat, jumping frog, flapping bird, crane, tulip with stem and a box to put them in. If there's enough karma in the room, a mandala will also be constructed. Origami paper will be provided. Dr. Benny Hornsby is a retired Navy captain who has traveled extensively in the Far East and who has long used origami, the Japanese art of paper folding, to relax and meditate. He is also a longtime columnist for the *Hattiesburg American* and the *Pine Belt News*. He will be assisted by his wife, June, a professor emeritus at William Carey.

***Container Gardening with Succulents* | \$5**

Tuesday, October 17 | HB In-Person

9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Thomas Keith

Join OLLI friends while learning tips and tricks for designing a succulent container. Thomas Keith has been in the gardening industry for 21 years and earned a finance degree from Northeast Louisiana University.

***Fall Florals: Keeping it Natural* | \$10**

Wednesday, October 4 | HB In-Person and Zoom

12:00 p.m. - 1:30 p.m. | Seminar led by Dr. James DelPrince

This course will demonstrate the use of locally grown cut flowers and foliage for seasonal decoration. Dr. Jim DelPrince is an Associate Professor and Horticulture Specialist with MSU Extension. He leads the MSU Extension Master Floral Designer program and has taught floral design for over thirty years.

***Where the Heck Did That Come From?: Songwriting for Amateurs* | \$5**

Monday, October 16 | HB In-Person and Zoom

9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Paul Davis

The process of songwriting is a personal thing and sometimes it springs from nowhere or from a chance conversation. There is no real knowing when what Dan Jenkins called "a case of the Tennysons" will land on you. This seminar shares stories of songwriters and how they approach their craft. It will include original music from the presenter. Paul Davis is a retired lawyer who relocated to Laurel in order to retire his snow shovel forever. An amateur musician and a full-time songwriter (in his head, anyway), he spends much of his time advocating for greater love of Americana music.

***Let's Play the Uke* | \$25**

Mondays, October 16 - November 13 | HB In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Gina Aguilar

In this class OLLI members come to understand the ukulele as a musical instrument, learn to read ukulele chords and play while reading the chords. Left-handed members will need left-handed ukuleles.

Supply List: Concert, tenor or baritone (with GCEA strings) ukulele, ukulele tuner (used before class begins) and music stand. Gina Aguilar is retired and has taught ukulele to OLLI members on a regular basis. Playing the guitar and the ukulele are two of her hobbies.

***Christmas is Coming!* | \$25**

Tuesdays, October 17 - November 14 | HB In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Teresa Odom

This fall we will be knitting tree ornaments - heart, star and tree - to be felted after you are finished. You should have some experience in knitting: Cast on, bind off, knit and purl. If you don't know how to do the following, you will learn how in class - yarn over, knit two together, pass slipped stitch over (psso) and slip slip knit (ssk). The yarn will be provided. Teresa Odom owned a yarn store where she held classes and taught various skill levels. She graduated from Southern Miss and is now a retired knitter who knits for others, including hats, scarves, mitts and baby booties which she gives to soon-to-be mothers.

***Get Fired Up with Wirework* | \$25**

Wednesday, October 18 and Thursday, October 19 | HB In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Jill Douglas

Participants will create a wearable pendant made with different gauges of wire, using wire wrapping techniques such as over-under, coiling, and wire shaping. Wire, tools, and an array of beads and crystals will be furnished by the instructor. Supply fee is included in class fee. Jill Douglas has been creating and selling her bead and wirework for over 30 years. Her beadwork is described as "unusual and unexpected" as her jewelry items are fanciful and colorful. Jill was recently accepted into the Mississippi Craftsmen's Guild.

Acrylics | \$25

Wednesdays, October 18 - November 15 | HB In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Marty Turnbo

Acrylics are fun! They are fast-drying, easy-mixing and if you mess up, just let it dry and paint over it! (Yay!)

Supply List: Surface for paint (watercolor paper, cardboard, mat board, wooden board, etc.), acrylic paints (a variety of colors), acrylic brushes (three sizes), design to paint, transfer paper and pencil. **Marty Turnbo** is a retired art and drama teacher from Oak Grove and a longtime member of the South MS Art Association.

Theatre for Newbies (and Others) | \$25

Wednesdays, October 18 - November 15 | HB In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Dewey Douglas

Enjoy a brief look at the development of theatre through the ages. Participants will be treated to films featuring iconic plays that exemplify some of the genres. **Dewey Douglas** is a recently-retired theatre professor from William Carey University. He received both his BFA and MFA from USM. He has been involved in theatre since 1970 and has participated in more than 400 theatrical productions.

Art in Nature | \$25

Thursdays, October 19 - November 16 | HB In-Person

12:00 p.m. - 12:00 p.m. | Five-Week Class led by Evelyn Timidaiski

This is a course for all skill levels. The class consists of a brief discussion of the science topic of the day, followed by a demonstration of techniques in watercolor. Students will then paint a watercolor picture related to the topic of the day. **Supply List:** Watercolor paper (140 pounds), watercolor paint, paper towels, round and flat brushes. **Optional:** Frisket or masking fluid, artist's tape. **Evelyn Timidaiski** is a retired biology teacher. She has been working in watercolor for over twenty-five years. She is a five-time published author. She loves painting, especially in watercolor, sewing, quilting and photography.

Photo Transfer Painting Workshop | \$85

Monday, October 23 | HB Meet-Up

2:30 p.m. - 5:30 p.m. | Seminar led by Andrea Kostyal

Meet at Singing River Art Studio, 100 W 4th Street, Suite 20, Hattiesburg.

This is a hands-on workshop that suits beginners as well as professional artists. Come learn how to create a fun painting using photo transfer technique on canvas. You may choose from a selection of images but are welcome to bring your personal photographs. **All supplies are provided.** **Andrea Kostyal** is a local studio artist that trained in fine art in Hungary. She specialized in abstract dreamlike cityscape paintings and offers photo transfer workshops of her unique technique for organizations and groups around the state.

Music in Painting: Painting in Music | \$10

Tuesday, November 7 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Dr. Ed Hafer

Throughout history painting and music have had a close connection. The study of one medium can offer insight into the historical and aesthetic worlds of another. Our class will consider works from the Middle Ages to the present. **Dr. Ed Hafer** holds a BA in music history and literature from Indiana University of Pennsylvania and MM and PhD in historical musicology from the University of Illinois at Urbana-Champaign. He teaches music history at Southern Miss.

Beading to New Christmas Décor | \$25

Tuesday, November 14 | HB In-Person

12:00 p.m. - 3:00 p.m. | Seminar led by Terry Necaise

We will be creating a poinsettia-beaded cover for a 2 1/2" ornament. This cover is a beautiful adornment for plain Christmas ornaments. **Material cost included in course fee.** **Terry Necaise** is a retired school nutrition administrator with over twenty-four years working in Mississippi public schools. She received her BS in hotel and restaurant management from USM in 1983 and retired in 2010.

Country Music: "The Outlaw Movement" | \$10

Thursday, November 16 | In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Jim Dryden

These artists fought for creative freedom from the slick production and limiting structure of the Nashville establishment. Many had their roots in blues, honkytonk, and rockabilly. Add to this the "Bakersfield Sound" and you have the "Anti-Nashville" sound. Listen and we will learn together about Nelson, Jennings, Walker, Cash, Kristofferson, Coe, etc. **Jim Dryden** retired from a federal land management agency to Hattiesburg in 2009. His love of music and history has driven his desire to continue learning, especially the interesting background stories we don't often hear.

HEALTH AND FITNESS

***Yoga for "BFFs" - Balance, Flexibility and Function* | \$25 Each Term**

10:30 a.m. - 11:30 a.m. | HB In-Person

Term I: Tuesdays and Thursdays | September 5 - October 10 | No class Tuesday, September 12.

Term II: Tuesdays and Thursdays | October 17 - November 16

Five-Week Exercise Class led by Serina Carpenter

Research has shown that practicing yoga as little as two hours a week improves balance, flexibility and strength. Improved body awareness gained through regular practice has been linked to fewer falls, leading many fall prevention programs to include yoga. This program will use yoga postures and other exercise methods to improve physical health. **Serina Carpenter** earned a 200-hour yoga teaching training in 2017 and a 300-hour teaching training in 2019. She has taught multiple classes at The Yoga Room and the Family YMCA in Petal.

***Massage Therapy* | Half Hour—\$25 | One Hour—\$45**

Term I: Tuesdays and Thursdays | September 5 - October 5 | 1:30 p.m. and 3:00 p.m.

Wednesdays | September 6 - October 4 | 9:30 a.m. and 10:45 a.m.

Term II: Tuesdays and Thursdays | October 10 - November 16 | 1:30 p.m., 2:15 p.m. and 3:00 p.m.

Wednesdays | October 18 - November 15 | 9:30 a.m. and 10:45 a.m.

Massage Therapist—Serina Carpenter (LMT #2957)

Call the OLLI office to sign up for a thirty-minute (\$25) or one-hour (\$45) relaxing massage or a Thai foot massage (\$25) designed to meet one's individual needs. Yoga teacher and Licensed Massage Therapist (LMT) **Serina Carpenter** will wipe your tensions away! **Serina Carpenter** is a retired nurse and current yoga instructor. She completed massage therapy training at PRCC. She has completed all requirements of the Mississippi Board of Massage Therapy to practice as a LMT in Mississippi.

***Tai Chi for Health on Zoom* | \$25 Each Term**

9:30 a.m. - 10:30 a.m. | Zoom | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Susan Nodurft

The class is open to all participants of the 2020/2021 Zoom class or with permission of the instructor. Participants must be familiar with Dr. Lam's Tai Chi for Arthritis and Fall Prevention (40 Sun forms) and Tai Chi for Beginners (first 6 forms of the 24 Yang style Forms). Emphasis will be placed on advancing the practice and learning new forms. **Susan Nodurft** is a retired biology teacher. After retirement, she began the study and practice of Qigong/Tai Chi. She is certified by the Tai Chi for Health Institute to teach Dr. Paul Lam's medically and researched-based program, Tai Chi for Arthritis and Fall Prevention, as well as Tai Chi for Beginners. She also received certification from the Institute of Integral Qigong Tai Chi as a Tai Chi Easy practice leader.

***Morning Yoga* | \$25 Each Term**

10:30 a.m. - 11:30 a.m. | HB In-Person | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Stacey Ready

This class will introduce yoga concepts of meditation, breath control and basic asanas (poses or positions). Our goal is to evaluate and improve participant strength, flexibility and balance. The emphasis is on the functional practice of yoga, not the perfect pose. Whether you are new to yoga or experienced, come join us. A life-long yogi, **Stacey Ready** just completed her 200-hour yoga instructor training through YogaRenew and is excited to be teaching her first official yoga classes at OLLI!

***Chairobics* | \$25 Each Term**

12:00 p.m. - 1:00 p.m. | Zoom | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Valerie Webber

Chairobics combines fun and fitness while moving to music. This class is designed to increase muscle strength and range of movement as well as improve cardio-vascular health. Small hand weights and elastic bands are

used for toning. A chair is used for seated exercises and standing support. No on-the-floor exercises. **Valerie Webber** is a Southern Miss graduate with a BSBA and MBA. She is a life member of the USM Alumni Association and has worked in the accounting and finance industry and in IT.

Afternoon Yoga | \$25 Each Term

3:00 p.m. - 4:00 p.m. | HB In-Person | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Serina Carpenter

This class will introduce yoga concepts of meditation, breath control and basic asanas (poses or positions). Our goal is to evaluate and improve participant strength, flexibility and balance. The emphasis is on the functional practice of yoga, not the perfect pose. Whether you are new to yoga or experienced, come join us. **Serina Carpenter** is a retired RN, RYT500 and Licensed Massage Therapist. During her 300-hour yoga teacher training she taught the benefits of meditation and led meditation classes as well as receiving education in meditation. This class is to provide 4 experiences in meditation.

Tai Chi for Health and Balance | \$25 Each Term

4:15 p.m. - 5:15 p.m. | HB In-Person | Begins on Wednesday, September 6.

Term I: Mondays and Wednesdays | September 6 - October 9

Term II: Mondays and Wednesdays | October 16 - November 15

Five-Week Exercise Class led by Susan Nodurft

This class is designed for beginners and individuals who have had some previous Tai Chi experience. During the first term, students will be introduced to the fundamentals of the practice and learn an easy Tai Chi set emphasizing slow movement and balance. The second term will build on the fundamentals and introduce new forms and sets. **Susan Nodurft** is a retired biology teacher. After retirement she began the study and practice of Qigong/Tai Chi. She has been certified as through the Institute of Integral Qigong and Tai Chi and the Tai Chi for Health Institute.

Yoga for Health | \$15 Each Term

5:30 p.m. - 6:30 p.m. | HB In-Person | Begins on Wednesday, September 6.

Term I: Wednesdays | September 6 - October 4

Term II: Wednesdays | October 18 - November 15

Five-Week Exercise Class led by Serina Carpenter

One interpretation of Yoga is “union.” This refers to union of spirit, mind and body. During the evening practice we will focus on “letting go” of the physical and mental stress of the workday. Foundational yoga movements and breath work along with meditation will be used during this session. The practice will be adapted to those that attend. The same practice will be repeated each week for the entire session allowing participants to become familiar with the poses so that they can see improvement in their body movements and breath control. The goal is to improve flexibility, body awareness, strength and breathing. **Serina Carpenter** earned a 200-hour yoga teaching training in 2017 and a 300-hour teaching training in 2019. She has taught multiple classes at The Yoga Room and the Family YMCA in Petal.

Kickstart Your Week Yoga | \$15 Each Term

5:30 p.m. - 6:30 p.m. | HB In-Person

Term I: Mondays | September 11 - October 9

Term II: Mondays | October 16 - November 13

Five-Week Exercise Class led by Stacey Ready

Vinyasa Flow is a series of postures flowing one into the next designed as a “moving meditation.” Perfect after a Monday! Each class begins with a warm-up moving into a flow of postures and closes with a time of peaceful meditation. (Options for increasing or decreasing intensity of postures are given and props are supplied.) A life-long yogi, **Stacey Ready** just completed her 200-hour yoga instructor training through YogaRenew and is excited to be teaching her first official yoga classes at OLLI!

Practice Four Types of Meditation | \$20

Fridays, September 15 - October 6 | HB In-Person

2:30 p.m. - 3:30 p.m. | Four-Week Exercise Class led by Serina Carpenter

Each week for four weeks we will practice meditation in this course. Walking meditation, sound meditation, body relaxation and guided meditation are a few types. Wear comfortable clothes, bring your own mat, blanket, bolster and/or pillows or use OLLI's. (You may want to bring a pillowcase or towel for bolster.) This practice will require lying on your mat.

Sorting through the Medicare Madness | \$5

Term I: Tuesday, September 12 | 2:30 p.m. - 3:30 p.m.

Term II: Wednesday, October 18 | 9:30 a.m. - 10:30 a.m.

HB In-Person | Mini-Seminar led by Dr. Kathleen Lopinto Poole

Medicare can be confusing! Whether this is your first year on Medicare or you are trying to keep up with the changes, this class will cover the information you need to make informed decisions about your health plan.

We will cover basic Medicare Part A and B, Part D and Part C. You will get a chance to ask questions and get one-on-one with me if you need further assistance. **The second class is a repeat of the same content.**

Dr. Kathleen Lopinto Poole is the Pharmacy Manager at Walmart Pharmacy in Hattiesburg. She received her bachelor's at the University of Louisiana at Monroe, and her doctorate at the University of Florida.

Yin Yoga | \$20

Sundays, September 10 - October 8 | HB In-Person

4:00 p.m. - 5:00 p.m. | Five-Week Exercise Class led by Serina Carpenter

Yin Yoga was developed out of a need to stretch the deep structures of the body. It stretches muscles, fascia and tendons. The poses are performed on the mat, no standing poses. You will be encouraged to release all muscular effort, allow gravity and the weight of your body to create the stretch. Light massage will be used to enhance the postures. **Serina Carpenter** is a yoga teacher that has completed advance training in Yin Yoga. She has met requirements to be listed as a Yin instructor with Yin Yoga.

Golf the Right Way | \$70

Tuesdays, October 17 - November 14 | HB Meet-Up

2:30 p.m. - 3:30 p.m. | Five-Week Class led by Judd Brewer

Meet at Shadow Ridge Golf Club, 101 Shadow Lake Drive, Hattiesburg.

This class will teach you the basics of golf, so you can get off on the right foot in learning how to play correctly. You will learn the fundamentals and basics of the golf swing. Rules and proper golf etiquette will also be discussed in this course. So, come learn to "Golf the Right Way," so golf can be more fun and enjoyable for you. **Judd Brewer** is the head golf professional at Shadow Ridge Golf Club. He played golf collegiately at the University of Nebraska where he received a degree in Finance. After graduating from Nebraska, he played golf professionally on various mini-tours.

HUMANITIES

How We Got the Bible and What it Means on How We Should Use It | \$25

Wednesdays, September 6 - October 4 | HB In-Person

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Dr. Daniel C. Browning, Jr.

Most Judeo-Christian believers and institutions appeal to their scriptures as authoritative for doctrine and other truths, but often with only vague awareness of how they got it. This course will trace the origin and transmission of both the Hebrew Bible and Christian New Testament and explore what it means for their use.

Dr. Daniel C. Browning, Jr. holds a PhD in biblical archaeology and served as professor of religion and history for decades at William Carey University. He is currently 40 percent retired but serves as instructor of history, religion and geography at Pearl River Community College on the Forrest County Campus.

Ancient Mesopotamia: 9,000 to 1,600 BCE | \$15 Each Term

Thursdays | 9:30 a.m. - 10:30 a.m. | HB In-Person

Term I: September 7 - October 5

Term II: October 19 - November 16

Five-Week Class led by Dr. Marvin Kendrick

Join us for a review of the development of the first civil societies in the Tigris/Euphrates Valley. The Sumerian/Akkadian and successive civilizations are considered in the light of archeological and linguistic data. We will also discuss agricultural and technological advances and the development of written language and types of recorded texts. **Dr. Marvin Kendrick** taught at Yale University in 1964. With a degree from Harvard Divinity School, he returned to Yale and earned an MFA in the School of Art in 1980. Retiring to Hattiesburg, he taught art history in the Art and Design Department at USM.

***Lincoln's Last Trial* | \$10**

Monday, September 11 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Jeff Rimes

President Lincoln's last major trial before becoming president was a murder trial. Lincoln would likely not have been elected president but for this trial. **Jeff Rimes** is a practicing attorney licensed in Mississippi. He has a BA from William Carey University, a MDiv from New Orleans Baptist Theological Seminary and a JD from Mississippi College School of Law.

***Great Decisions on Foreign Policies: What Do "You" Think?* | \$50**

Term I: Mondays, September 11 - October 2 | 12:00 p.m. - 2:00 p.m.

Term II: Mondays, October 16 - November 6 | 9:30 a.m. - 11:30 a.m.

HB In-Person | Four-Week Class led by Dr. John Rachal

Great Decisions is a non-partisan, citizen-based national program offered through the Foreign Policy Association. Each week we will examine an issue introduced in a briefing book utilizing a Socratic, highly discussion-based format. Topics include China and the US, Climate Migration, Energy Geopolitics and War Crimes. Read the brief intros and come and engage in robust discussion! **Dr. John Rachal** is a retired professor of Adult Education at USM, with degrees in Philosophy, English and Adult Education. He enjoys the adult education nature of OLLI and has a variety of interests, including current events, domestic and foreign.

***I Have a Disability: You Have a Problem* | \$25**

Tuesdays, September 19 - October 3 | HB In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Three-Week Class led by Dr. Jim Siders

Participants will purchase and read a copy of *Hank and The Snowman*. Meetings will include short reflections building insight into character decisions and actions. A brief 1-2-page book review will be submitted on the second meeting and serve as a source of discussion. **Dr. Jim Siders**, EdD, is now a retired professor from USM in special education teacher preparation. In retirement, Jim began authoring novels which focus on individuals with disabilities. His stories propose to educate while entertaining.

***Pinebelt Unseen: Saying No to Human Trafficking in the Pinebelt* | \$10**

Monday, September 25 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Patricia Southerland

This will be a panel discussion of how human trafficking is taking place right here in the Pine Belt and the efforts to combat the practice. Featured panelists are members of Pinebelt Unseen as well as **Dr. Patricia Southerland** who is with the Center for Human Trafficking Research and Training at USM. **Dr. Patricia Southerland** is a Southern Miss alumna and former faculty member who serves in the Center for Human Trafficking Research and Training. She is also a law enforcement officer with experience working in human trafficking investigations, operations, policing, courts and corrections.

***Okla Humma, I Maya Moma Hoki (The Honorable People, in This Place We Have Remained)* | \$10**

Monday, October 2 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Tammy Greer

This class will discuss the Southeastern American Indian historical and contemporary experiences starting with the creation and migration stories, the mound building cultures, the removal of Natives from East to West of the Mississippi River and several eras of forced assimilation and acculturation that have had an impact on contemporary Native cultures. **Dr. Tammy Greer** is a member of the United Houma Nation and teaches at Southern Miss. As director of the Center for American Indian Research and Studies, she engages with Native communities across the Southeast to Southeastern Native cultures.

***Mississippi Politics: What to Expect in This Year's Statewide Elections and Going Forward* | \$5**

Monday, October 2 | HB In-Person

12:00 p.m. - 1:00 p.m. | Seminar led by Bobby Harrison

This class will provide a "deep dive" into this year's statewide elections in Mississippi and branch out to discuss how those November results could impact policy decisions in the state and future elections. **Bobby Harrison** is a senior political reporter for *Mississippi Today* and started covering politics and the Mississippi Legislature for the *Northeast Mississippi Daily Journal* (Tupelo) in 1995. Before then, he served as the *Daily Journal's* news editor. Harrison, a USM graduate, has covered the state's past seven gubernatorial elections.

Would You Be Interested? | \$10

Tuesday, October 3 | HB Meet-Up

9:30 a.m. - 11:30 a.m. | Seminar led by Prof. Lorraine Stuart

Meet at the Woods Room in the McCain Library, on the USM campus.

Often, potential donors and even manuscript vendors are unsure what material may interest a particular archive. Could that shoe box of letters in the back of an aunt's closet possibly be of interest? Discover how curators select materials for their collections and see some of the recent items acquired by Southern Miss Special Collections. You may leave thinking differently about your "old papers." **Professor Lorraine A. Stuart** has served as Head of Special Collections/Curator, Historical Manuscripts and Archives at Southern Miss since 2016. Previously, she directed the Museum of Fine Arts, Houston Archives (1995-2016).

Walking Tour of Historic Downtown Hattiesburg | \$10

Wednesday, October 18 | HB Meet-Up

2:30 p.m. - 4:00 p.m. | Seminar led by Carey Varnado

Meet at Cadence Bank, 100 Hardy Street, Hattiesburg.

This is a 90-minute walking tour of downtown Hattiesburg, featuring a discussion of the buildings as well as the people who have made our town interesting. Learn why the city is called the birthplace of rock and roll and about the Freedom Summer incident that resulted in a landmark US Supreme Court case and see historic photos. **Carey Varnado** is a local attorney with an interest in history. He has been leading tours of downtown Hattiesburg for several years.

Traveling the Mississippi Freedom Trail | \$10

Monday, October 23 | HB In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Annette Sowell

The freedom movement is defined as the struggle for Black political rights, equal opportunity and the fight against legal segregation. Travel along with Annette and visit some of the key components that comprise the Mississippi Freedom Trail. Our travel will be virtual as we view video and listen to the actual voices of those that changed the course of history of our great state. **Annette Sowell** spent her entire professional life working in Retail. Annette held marketing, buying and copywriting positions during a 30-year career at Sears Roebuck and Company. She then managed inventory for Marshalls and TJ Maxx for close to 19 years.

God Save the King! | \$15

Mondays, October 23 and 30 | HB In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Rev. Jon Caridad

This class is for those who (a) did not arise in time, (b) dozed or (c) didn't understand what was going on. Join us for an overview of the coronation of Charles III, its historical significance, rituals, traditions and participants. **Rev. Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical studies.

How the Bible Actually Works | \$25

Tuesdays, October 24 - November 21 | HB In-Person

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Bill Youngblood and Rev. Clint Gill

How does this ancient, ambiguous and diverse book work for people who look to it today for spiritual guidance? Israel conquered the city of Jericho but, have you ever wondered why the Bible says the Lord told Joshua to kill everything in the city including all the men, women, children and the animals with their swords? That sounds like war crimes. Author Peter Enns has a different take on that passage. **Bill Youngblood** is a retired United Methodist minister who graduated from the School of Theology at Emory University and served churches in Florida and Louisiana. He retired from the Louisiana Conference of the United Methodist Church in 2006. **Rev. Clint Gill** graduated from Southern Miss and Emory Seminary. He retired from the Mississippi United Methodist Conference after serving several churches including Parkway Heights United Methodist in Hattiesburg. He is a returning OLLI instructor.

Camp Shelby and the 442nd WWII Unit | \$10

Thursday, October 26 | HB Meet-Up

1:00 p.m. - 4:00 p.m.

Meet at the Mississippi Armed Forces Museum Building 850, Camp Shelby.

Meet OLLI members for a guided tour of the WWII 442nd Unit and the Museum. **MS Armed Forces Museum staff and volunteers**, some of them veterans themselves, will lead the tour during our visit. The focus will be the 442nd unit.

***The Rise of German Nazism and the American Connections* | \$10**

Monday, October 30 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Dolyene Davis

This course will examine the factors that existed in Germany following World War I that led to the rise of Nazism. Hitler, who was familiar with American history, justified some of his actions and policies based on laws that had been implemented in the United States. The final outcome of these German laws was the Holocaust. **Dolyene Davis** is a retired educator with over thirty years of teaching experience on both the secondary and university levels. She has received degrees from both USM and Mississippi State University.

***From Christianity to Paganism and Back Again with New Eyes* | \$15**

Thursdays, November 2 and 9 | HB In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Rev. Snowdancer Becker

After being "hatched" into Christianity and eventually becoming a Christian Minister, Snowdancer evolved into what some call post-Christianity. I know—heaven forbid! What is possible after Christianity? How about Christopaganism? How about following the historical Jesus over what Christianity has become?

Rev. Snowdancer Becker, aka Rev Jim Becker, is now retired and personal pronouns are fae/faer.

Snowdancer's working career involved being a professional musician and teacher, professional minister and service officer for school and vocational counselors in Mississippi.

LANGUAGE AND LITERATURE

***Choosing the Right Word: A Seminar on Creative Writing and Wittgenstein* | \$10**

Monday, October 16 | HB In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Murphy Little

In this seminar, *Choosing the Right Word: A Seminar on Creative Writing and Wittgenstein*, we will explore how "language-games" influence everyday lives and how writers should use that influence in their writing.

Murph Little is co-owner of The Author Shoppe, a bookstore in downtown Hattiesburg. He holds a Bachelor of Arts and Master of Arts from William Carey University and a Master of Divinity from Baylor University.

***This is the Morning: The Apocalyptic Imagination of C. S. Lewis* | \$25**

Wednesdays, October 18 - November 15 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ian Pittman

In this course, explore the work of C. S. Lewis, particularly as it concerns the apocalyptic. We will explore how Lewis envisions the end in his World War I poetry, his fantasy works and his cultural and apologetic commentaries and how that vision changed as he matured and interacts with both the volatile world around him and his modernist contemporaries. **Ian Pittman** is a PhD candidate in literature at USM specializing in C. S. Lewis and 20th century British literature. He is also an ordained minister and currently serves as Minister of Education and pianist at Kokomo Baptist Church.

***NetGalley: Free Pre-Published Books!* | \$10**

Tuesday, October 24 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Kay Guiles

Believe it or not, FREE eBooks are readily available from publishers in return for a brief review. Kay will take you through the steps to register at NetGalley, request pre-publication books in your chosen categories, and write reviews. If she can do it, anyone can. But you must excuse her—she has to dash off to read her new Jesmyn Ward novel. **Kay Guiles** is a former music teacher at Jones College and USM, current organist at Westminster Presbyterian Church and a voracious reader.

PERSONAL ENRICHMENT

***Southern Miss Football 101* | \$5**

Tuesday, August 29 | HB In-Person and Zoom

10:00 a.m. - 11:00 a.m. | Mini-Seminar led by Dr. Chris Croft

The presentation will provide an overview of Southern Miss Football including referee terms and signals, new college football updates, and Southern Miss football team preview. The session will detail the background information to assist the casual fan in better following the Golden Eagles football team this fall. **Dr. Chris Croft** is currently an Assistant Professor of Sport Management in the College of Business and Economic Development and School of Marketing at the University of Southern Mississippi.

Beginning Bridge, Part I | \$25

Tuesdays, September 5 - October 10 | HB In-Person | No class on September 12.

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ellen Davies

This course is for students who have never played bridge and those who played many years ago and are now rusty. We will cover the very basics of bidding and playing bridge. There will be time for lecture and plenty of time to play. **Ellen Davies** is a retired teacher and lawyer who has played bridge since she was a teenager. She has taken many bridge classes at OLLI and has taught many courses as well. There is always time for instruction and time for play.

Mastering the Flames: BBQ Tips and Tricks | \$30

Wednesday, September 6 and 13 | HB In-Person

9:30 a.m. - 11:30 p.m. | Two-Part Seminar led by Cedric Rogers

Unleash your inner grill master with this comprehensive class focusing on mastering the flames. Learn to control heat, achieve perfect grill marks and cook various meats to perfection. Whether you're a beginner or looking to refine your skills, this class will equip you with the expertise needed to become a BBQ expert. **Cedric Rogers** is the owner of Smokin' Charli. He is a graduate of Southern Miss with a degree in coaching and sports administration. He currently resides in Hattiesburg.

Fabulous Color for a Fabulous You! | \$35

Wednesday, September 13 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Catherine Nowicki

Color analysis has changed since the '80s, just like WE have! Learn in what ways it affects your looks, your home decor and how to pack for a trip using this fool-proof method. Join us for lots of fun, laughter and information. **Fee includes a color-personalized product.** **Catherine Nowicki** has been a certified color and image consultant since 1988. Catherine was trained by Color Me Beautiful and has a private studio in Laurel. She has helped hundreds of women and men feel better about themselves through color and style.

I Just Want to Know My Colors Once and For All! | \$60

Thursday, September 14 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Catherine Nowicki

This is a new workshop (with no lecture) for those women and men who just want to know what colors look best on them and want to walk away with their color swatches! This will be one OLLI person after another with individual analysis and enjoying watching others get their colors done, too! Lots of fun and Catherine will also answer questions. **Fee includes personalized swatch wallet of colors.** **Catherine Nowicki** has been a certified color and image consultant since 1988. She was trained by Color Me Beautiful and has a private studio in Laurel. Her services include color analysis, personal shopping, closet cleaning and figure/style analysis.

Green Dot Bystander Intervention Training | \$15

Mondays, September 18 and 25 | HB In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Kimberly Newell and Ashton Thompson

Green Dot is a bystander intervention strategy that teaches people how to recognize the warning signs of interpersonal violence and how to intervene safely and effectively. Trainings are interactive with activities and team competition used to help participants learn the tools needed to create safer communities for everyone to enjoy! **Kimberly Newell** is the executive director of The Shafer Center for Crisis Intervention. She has a BS in rehabilitation services and a MS in counseling psychology from Southern Miss. **Ashton Thompson** is a therapist and prevention educator the The Shafer Center for Crisis Intervention. She has a BS in criminal justice from Southern Miss in counseling psychology.

What are your FIVE WISHES? | \$10

Tuesday, September 19 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Nanci Youngblood

Conversations within families concerning health emergencies, declining health and end of life issues can be awkward. This seminar uses an excellent tool FIVE WISHES which presents five wishes on matters one would want family members or friends to know if and when one cannot speak for oneself. **One copy of the FIVE WISHES booklet will be provided at no cost. Additional copies are available for \$1 each.** **Nanci Youngblood** developed an interest in promoting conversations within the family about issues relating to aging and end of life issues as she initiated talks within her own family.

Join Us for a Delightful Journey into the World of Baking! | \$45

Tuesdays, September 19 and 26 | HB In-Person

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Tiffany Rogers

Whether you're a beginner or an experienced baker, this hands-on experience will take you on a journey to master the techniques of creating delectable cakes, cookies, pastries and more. From essential baking skills to advanced decorating techniques, you'll leave with a delightful repertoire of sweet creations to impress everyone around you. **Baking material cost included in course fee (and you will take them home).**

Tiffany Rogers is the owner of Sweetly Done, a specialty cakes and desserts in-home bakery. She is a 2002 graduate of Southern Miss, with dual degrees in child and family studies and fashion, and a minor in marketing.

SHOP! SHOP! SHOP! | \$35

Wednesday, September 20 | HB Meet-Up

10:00 a.m. - 12:00 p.m. | Seminar led by Catherine Nowicki

Meet at front door of TJ Maxx, 5024 Hardy Street, Hattiesburg.

Have you always wanted a personal shopper to advise you but not want to pay the big bucks? Do you love/hate to shop and find it makes you dizzy? Confused? Unsure of your purchases? Let Catherine guide and help you choose what to buy, what to stay away from-and why! **Course fee includes a personalized color product.** **Catherine Nowicki** has been a certified color/image consultant since 1988. Trained by Color Me Beautiful, she has a private studio in Laurel. She's helped hundreds of women/men feel better about themselves, gaining confidence through color and style.

Seances, Speaking to Specific Spirits | \$5

Monday, September 25 | HB In-Person

9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Connie Rainey

Come and explore "seances." We will explore the history, evolution and present seance beliefs. We may even explore doing a seance post class. You never know who (spirit) might show up. **Connie Rainey** is an active paranormal investigator. Communication with spirits takes many forms from card reading to Ouija boards and mediums.

Herb Serendipity! The Unexpected Pleasures with Herbs | \$50

Thursday, October 12 | HB Meet-Up

11:00 a.m. - 1:00 p.m. | Seminar led by Linda Franzo

Meet at The Kitchen Table, 3720 Hardy Street, Suite #3, Hattiesburg.

Enjoy a tasting menu with trendy herbal flavor inspirations to bring pizzaz to your plate from the garden. Learn how to grow, harvest and preserve your herbs. Recipes included. **Linda Franzo** is the instructor of *Passionate Platter* cooking classes and garden tours. She is a 25-year member of the *Herb Society of America*, an advanced master gardener of St. Tammany Parish and a food and history tour guide in New Orleans. Linda teaches "hands-on" seasonal cooking, garden-to-table, at her herb gardens, presents at *Petals from the Past*, in Jemison, Alabama, *The Kitchen Table*, in Hattiesburg, as well as many places around the country. She is an advocate for "edible school gardens," instructing children on garden techniques and how to cook the food they grow. She was featured on PBS *Cooking with Kids*, a 2004 *Southern Living* article and appeared on Nashville's *Crook & Chase* show. When she is not cooking or gardening, Linda likes biking, the beach, yoga and antiques. Linda has a vintage cottage home with themed herb gardens along the paths. She refers to herself as "The Herban Chick" and lives in the antique district in Slidell, Louisiana. Linda has cottage herb gardens, raises chickens and has been married to her husband, Rick, for 45 years. She has three sons, three daughters-in-love and eight grandchildren. You can follow Linda at www.instagram.com/passionate_platter/ or www.facebook.com/lindaann.franzo.3/. Linda puts herbal pizzazz in her food and passion in her gardens!

Beginning Bridge, Part II | \$25

Tuesdays, October 17 - November 14 | HB In-Person

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ellen Davies

This course is a continuation of Beginning Bridge. Students must have completed a beginning course or have played bridge for about one year. We will study basic bridge concepts and conventions. There will be a lecture with plenty of time left to play. **Ellen Davies** is a retired teacher and lawyer who has played bridge since she was a teenager. She has taken many bridge classes at OLLI and has taught many courses as well. There is always time for instruction and time for play.

Walk Like A Model | \$10

Tuesday, November 14 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Annette Sowell

Good posture is key to a model's grace, elegance and style. In fact, proper posture can even make your clothes fit better. And you too can learn to improve yours! We will also share some pastries and tea cakes as we sit properly in our chairs. Participants in this class will be eligible to model in a fashion show during our OLLI Holiday Social in December. Come and let your natural beauty shine! **Annette Sowell** spent her entire professional life working in Retail. She held marketing, buying and copywriting positions during a 30-year career at Sears Roebuck and Company. Annette then managed inventory for Marshalls and TJ Maxx for almost 19 years.

NATURE, SCIENCE AND TECHNOLOGY

Basics of Coding: From the Very Beginning | \$25

Wednesdays, September 6 - October 4 | HB In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dr. Allison Downing

We do not go through a single day without relying on computer codes. Is it as complex as it seems? How are K-12 students able to learn this at school? Use a simple tablet application to learn about coding one step at a time to control a robotic ball. Bring your tablet to class. **Dr. Allison Downing** is an assistant teaching professor in the Center for STEM Education at USM. She not only loves to learn about or how to do new things, but she also likes sharing new knowledge or skills with others.

What Happened to Pluto? | \$10

Monday, September 11 | HB In-Person and Zoom

12:00 p.m. - 2:00 p.m. | Seminar led by Dr. Christopher Sirola

Pluto was considered one of the nine planets in the solar system until 2006 when it was kicked out of the planet club. Why? What qualifies as a "planet" in the first place? We'll also review results from the New Horizons spacecraft flyby of Pluto in 2015 and discuss the possibility of another "9th" planet in the solar system. **Dr. Christopher Sirola** is an astrophysicist at USM. His research includes supermassive black holes and variable stars and he has written textbooks and lab manuals for physics and astronomy. He is also active in the training of K-12 science teachers.

The Innocence Project: Failure of Forensic Evidence | \$10

Monday, September 18 | HB In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Judge Tony Mazingo

Scientific evidence in the courtroom, once taken as gospel when presented by an "expert" in the field, directly led to the convictions of thousands. Whether you're politically liberal or conservative, you'll be moved by what has happened since real science caught up with the scientific "evidence" presented by expert witnesses. **Judge Tony Mazingo**, a senior circuit court judge and USM alumnus, presents his own personal journey as gatekeeper in the admissibility of scientific evidence in the dozens of trials he conducted in south Mississippi.

Chatbots | \$10

Monday, November 30 | HB In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Ralph Bisland

Chatbots are software applications designed to simulate conversations with human users, especially over the Internet. They are a rising component in the phenomenon of artificial intelligence. They are designed to provide the user with information on any topic the user desires. Chatbots work on any platform: Macs, PCs, Chromebooks, etc. **Dr. Ralph Bisland** retired from university teaching after 37 years of service at the rank of professor of computer science with specialty areas of software engineering, database management and the Internet. He has taught at OLLI since 2007, teaching mainly computer-related courses.

VPN: Virtual Private Networks | \$15

Mondays, September 25 and October 2 | HB In-Person

2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Ralph Bisland

This seminar will discuss what happens to your computer data when you use the Internet to transmit data, such as sending and receiving emails, checking your social media accounts, i.e., Facebook, TikTok, Netflix, etc., placing orders with vendors such as Amazon, viewing movies on media such as Netflix, etc. **Dr. Ralph Bisland** retired from university teaching after 37 years of service at the rank of professor of computer science with specialty areas of software engineering, database management and the Internet.

Super Earths! | \$10

Monday, October 16 | HB In-Person and Zoom

12:00 p.m. - 2:00 p.m. | Seminar led by Dr. Christopher Sirola

Astronomers first discovered planets orbiting other stars ("exoplanets") in the mid 1990s. We now know of thousands of exoplanets. An interesting class of planet that doesn't exist in our solar system is a "Super Earth", a rocky-metallic world several times more massive and larger across than the Earth. Could such worlds also harbor life? **Dr. Christopher Sirola** is an astrophysicist at USM. His research includes supermassive black holes and variable stars and he has written textbooks and lab manuals for physics and astronomy. He is also active in the training of K-12 science teachers.

From Gators to Sinkholes: Everglades Geologic History | \$10

Thursday, October 19 | In-Person and Zoom

2:30 p.m. - 4:30 p.m. | Seminar led by Jim Dryden

Let's explore the geology, culture and history of the Everglades and Biscayne National Parks. Everything about southern Florida is unique with its significant history and resources -- but will it be here 100 years from now? Hmmm! **Jim Dryden** retired from a federal land management agency to Hattiesburg in 2009. His love of music and history has driven his desire to continue learning, especially all the many interesting background stories we don't often hear.

Climate Change: "What's Love Got To Do With It?" | \$15

Tuesdays, October 31 and November 7 | In-Person and Zoom

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Dr. Karrie Pennington

The story of climate change -- what it is, how we got here and what we can do about it -- is a story of love and loss. It's love of our only home, Earth, of our children, grandchildren, all future generations as well as love of the beauty of the physical world and the rich diversity of life it sustains and loss of the stability that we expect Earth to support. **Dr. Karrie Pennington** is a retired soil scientist who has spent 35 years working in the fields of water resources and environmental issues.

TRAVEL

Paris, Versailles and the French Revolution | \$10

Tuesday, September 26 | HB In-Person and Zoom

9:30 a.m. - 11:30 a.m. | Seminar led by Steve Clyburn

The class will look at the main sites to visit in Paris, how to use the city transportation system, some helpful phrases and the Palace of Versailles. It will include historical facts about the city and Versailles with many pictures. We will also look at those occurrences that shaped the events leading to the French Revolution and share French recipes. **Steve Clyburn** has a master's degree in secondary education. He is a retired public high school teacher and has made five trips to Paris as a chaperone for students and adults.

Longleaf Tea Company | \$30

Friday, October 20 | HB Meet-Up

10:00 a.m. - 12:00 p.m.

Meet at Longleaf Tea Company, 185 Lower Myrick Rd, Laurel.

Longleaf Tea is special because it's one of the few products that is actually grown in the US. Most often, the process is splintered. Tea farmers will grow the tea, tea picking companies will pick the leaves and then tea makers make their own brews of tea. **Thomas and Hillary Steinwinder** are proud to say their entire product is made right here in Jones County from start to finish. The entire family and extended family hand-plots and hand-picks every tea leaf each season, and they process the tea and focus heavily on the quality. Every single batch has a little bit of a different flavor because it's made by hand in one place.

Visit Beaver Creek Botanicals | \$35

Friday, October 20 | HB Meet-Up

12:00 p.m. - 1:30 p.m. | Seminar led by Rhonda Phillips

Meet at Beaver Creek Distillery, 96B George W. King Road, Bassfield.

Meet-up with OLLI friends for a tasting—in Bassfield! Beaver Creek Botanicals are farm-crafted in the Piney Woods region of Mississippi, and their new American style spirits capture the essence of the natural beauty of the region. Bold and creative expressions of botanicals native to the South enhance the experience, whether drinking neat or mixed. **Pure water** along with **naturally raised botanicals** provide the basis of the spirits, infused with a dedication to providing a "top shelf" experience in each bottle. All of their products are naturally crafted, with no artificial flavors or colors added.

Living Two Miles High in the Andes of Bolivia | \$10

Wednesday, October 25 | HB In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Michael O'Neal and Dianne O'Neal

Vamos a Bolivia! The presenters will share their experiences of living on the Altiplano of Bolivia near Lake Titicaca and in La Paz. They will present information about the Aymara people and their Andean traditions, music and food, as well as their ancient history at Tiwanaku, a pre-Columbian cultural and religious site. Dr. Michael O'Neal is a retired family medicine physician who practiced in Kentucky and Hattiesburg. He lived in Bolivia for a term during medical school and has returned multiple times to lead medical mission teams. Dianne O'Neal is a retired teacher of high school English and English as a second language. She lived in La Paz, Bolivia, for a year, teaching English and has returned multiple times with mission teams.

Picasso Landscapes: Out of Bounds at the MS Museum of Art | \$80

Wednesday, November 15 | Field Trip

8:30 a.m. - 4:30 p.m.

For the 50th anniversary of the death of Picasso, join OLLI friends and travel to Jackson for a special exhibition. The Mississippi Museum of Art is honoring his legacy with the first exhibition to explore Picasso's deep engagement with landscape subjects and his expansive approach to this traditional genre. Presented by the American Federation of Arts (AFA), Picasso Landscapes: Out of Bounds explores Picasso's rich collection of landscapes.

SPECIAL INTEREST GROUPS (SIGs)

SIGs are free with your OLLI membership.

Below is the schedule for SIG meetings. Register annually in the fall to receive emails from the SIG host.

HB Art HB In-Person	1st Friday at 1:00 p.m.
GP Book Club Zoom Only	3rd Friday at 1:00 p.m.
HB Book Club HB In-Person and Zoom	2nd Friday at 10:00 a.m.
GP Crafting GP In-Person	2 nd and 4th Fridays at 9:30 a.m.
HB Crocheting HB In-Person	2nd Wednesday at 2:00 p.m.
GP Guitar GP In-Person	Tuesdays at 2:30 p.m.
HB Knitting HB In-Person	1st and 3rd Friday at 2:00 p.m.
HB Life Story and Poetry HB In-Person and Zoom	3rd Friday at 10:30 a.m.
HB MS Books and Authors HB In-Person and Zoom	4th Friday at 11:00 a.m.
GP Outdoors in South Mississippi GP In-Person	3rd Friday at 9:30 a.m.
HB Photography Zoom Only	1st and 3rd Fridays at 2:30 p.m.
GP Rummikub SIG GP In-Person	1st and 3rd Mondays at 2:00 p.m.
GP Ukulele GP In-Person	Thursdays at 2:30 p.m.
HB Ukulele HB In-Person	Fridays at 2:00 p.m.



OSHER LIFELONG LEARNING INSTITUTE

CONTACT INFORMATION

Hattiesburg

601.266.6554

olli@usm.edu

Physical: Peck House, 3601 Pearl Street

Mail: 118 College Drive, #5055

Hattiesburg, MS 39406

Monday - Friday

8:00 a.m. - 5:00 p.m.

Gulf Park

228.214.3277

maryann.herodes@usm.edu

Physical: N. Academic Building, Room 225

Mail: 730 E. Beach Boulevard

Long Beach, MS 39560

Monday - Friday

8:00 a.m. - 5:00 p.m.



FIND OLLI ONLINE

Website: www.usm.edu/olli

Course Catalog: www.campusce.net/usm

Facebook: www.facebook.com/OLLI.USM/

