



Live well. Learn forever.

OSHER
LIFELONG
LEARNING
INSTITUTE

2006

Years

2016

Join the celebration!

2016 Spring enrollment opens March 14



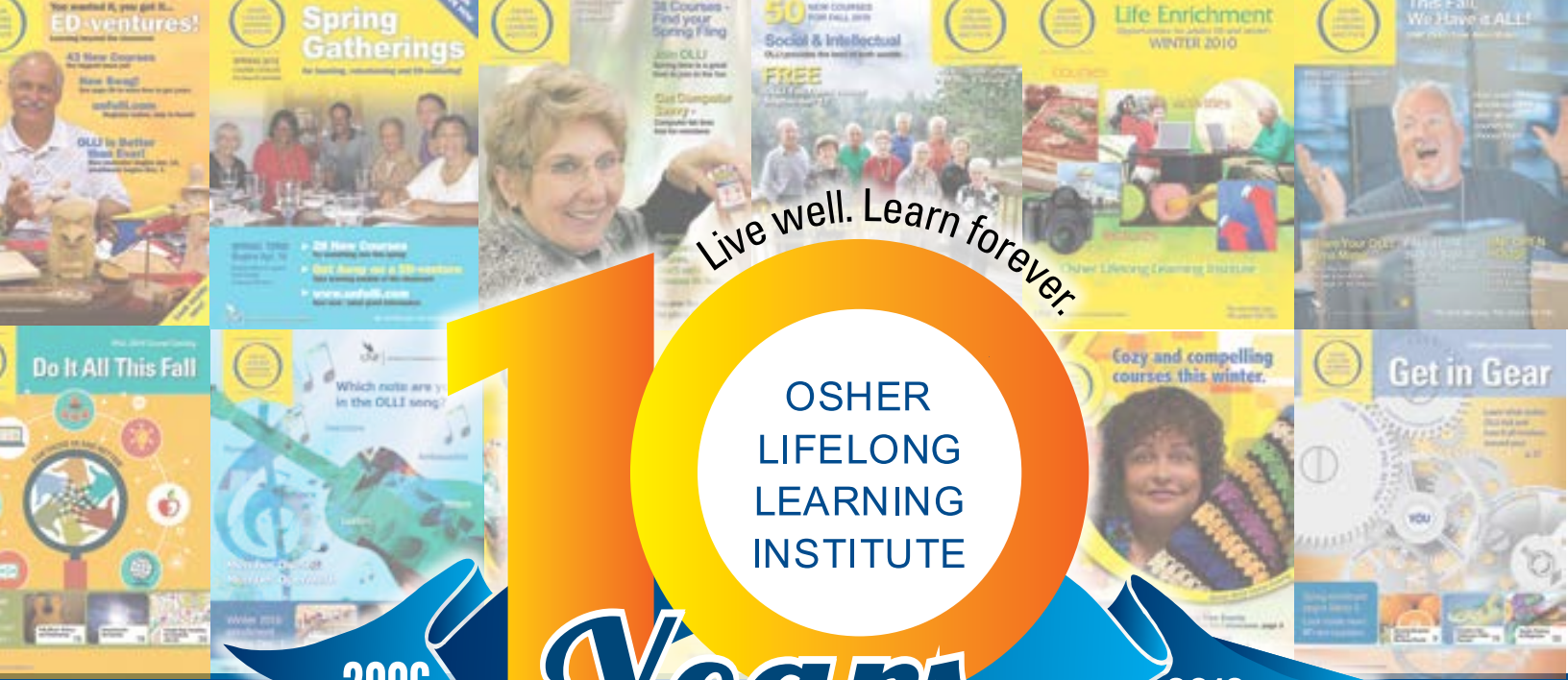
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2006

Years

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— SAVE THE DATE —

Monday, April 4, noon to 2 p.m.

OLLI 10th Anniversary Celebration Member Luncheon

Details coming soon!

*Clara May,
we wish you well!*

Clara May has served the Osher Lifelong Learning Institute (OLLI) since 2007. She's helped the program grow from a handful of members to 1,400+! She has provided supported to numerous OLLI members. We know she will be truly missed. Clara has decided to retire to spend time with her family. We wish her years of happiness in the next phase of her life.



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April 11 – May 9, 9:30 to 11:30 a.m.

08 **NEW** **TED TALKS: EDUCATION AND LEARNING**
April 11 – May 2, 11:30 a.m. to 1 p.m.

08 **NEW** **A HISTORY OF MATHEMATICS**
April 11 – May 2, 11:30 a.m. to 1 p.m.

08 **GETTING IN TOUCH WITH YOUR INNER
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April 11 – May 2, 1:30 to 3 p.m.

08 **FACIAL FITNESS: EXERCISES FOR THE FACE
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April 18, April 22, April 25 and April 29, 9:30 to 11 a.m.

09 **NEW** **MASTER THE MASTERS: THE ADVENTURES
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April 18 and May 16, 1:30 to 3 p.m.

09 **RETURNING TO OUR ROOTS: AN INTRODUCTION
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April 25 – May 16, 11:30 a.m. to 1 p.m.

09 **THOMAS JEFFERSON: AN AMERICAN ORIGINAL**
April 25 – May 23, 11:30 a.m. to 1 p.m.

09 **THE GREAT AGE OF VIENNA: BEETHOVEN,
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May 2 – 16, 9:30 to 11 a.m.

09 **NEW** **INTERNATIONAL VOLUNTEER
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May 2 – 9, 9:30 to 11 a.m.

09 **INSHORE FISHING**
May 2, 11:30 a.m. to 1 p.m.

10 **NEW** **PHOTOGRAPHERS WALKABOUT:
ST. AUGUSTINE ALLIGATOR FARM
ZOOLOGICAL PARK**
May 9, 9 to 11 a.m.

10 **NEGOTIATION SKILLS FOR RETIREES**
May 9 – 23, 1:30 to 3 p.m.

10 **HAPPINESS**
June 6 – 27, 9:30 to 11 a.m.

10 **NEW** **INTERMEDIATE PHOTOGRAPHER'S
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June 6 – 20, 9:30 to 11 a.m.

10 **INVESTING FOR THOSE WHO DO NOT WANT
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June 6 – 20, 1:30 to 3 p.m.

10 **NEW** **MAXIMIZING YOUR DOCTOR VISITS**
June 6, 11:30 a.m. to 1 p.m.

11 **MEDICARE 101**
June 13, 11:30 a.m. to 1 p.m.

11 **CLAY SCULPTING FOR BEGINNERS**
Aug. 22 – 26, 9 a.m. to 2 p.m.



**Programs are organized
by weekday, then listed
in the following order:**



- Calendar date
- Time of day
- Alphabetical by title
- Partner campus programs are indicated with a yellow box like this one.

*Programs take place at the University of North
Florida unless stated otherwise.
12000 Alumni Drive, Jacksonville, FL 32224*

TUESDAY

- 11 CURRENT EVENT**
 April 5 to May 31, 9:30 to 11:30 a.m. **OR**
 June 7 to July 26, 9:30 to 11:30 a.m. **OR**
 Aug. 2 to Sept. 20, 9:30 to 11:30 a.m.
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 April 5 – May 3, 9:30 to 11 a.m.
- 11 BRIDGE III**
 April 5 – May 24, 10 a.m. to noon
- 12 NEW WHAT HAPPENED?**
 April 5 – May 24, 10 a.m. to noon
- 12 NEW 2-SUITED BRIDGE BIDDING**
 April 5 – May 24, 1 to 3 p.m.
- 12 MAKING YOUR YARD A LIFE GARDEN FOR FLYING FLOWERS, MELODIES AND YOU**
 April 12 – 19, 9:30 to 11 a.m.
- 12 NEW SEX, MONEY AND VENGEANCE: MOTIVATIONS FOR MURDER IN MYSTERIES**
 April 12 – May 17, 9:30 to 11 a.m.
- 12 I JUST BOUGHT AN APPLE COMPUTER. NOW WHAT?**
 April 12 – 19, 11:30 a.m. to 1 p.m.
- 12 CREATIVITY FOR RETIREES**
 April 12 – May 10, 1:30 to 3 p.m.
- 13 NEW FENG SHUI EYES LOOK AT ART**
 April 12 – May 10, 1:30 to 3 p.m.
- 13 NEW HERBAL HOME REMEDIES**
 April 12 – 26, 1:30 to 3 p.m.
- 13 NEW EXPLORE ST. MARYS, GEORGIA: HISTORY, NATURE AND CULTURE**
ED-venture 
 April 19, 11:30 a.m. to April 20 at 5 p.m.
- 13 IPHONE OR IPAD: MAKE THEM WORK FOR YOU**
 April 26 – May 3, 11:30 a.m. to 1 p.m.
- 13 NEW KEEP ON SMILING – JOIN THE OLLI COMEDY GANG**
 April 19 – 26, 11:30 a.m. to 1 p.m.
- 14 NEW INTERIOR DECORATING WITH YOUR STYLE IN MIND!**
 May 3 – 24, 9:30 to 11 a.m.
- 14 NEW LEARN TO LISTEN TO JAZZ**
 May 3, 11:30 a.m. to 1 p.m.
- 14 NEW NORTH FLORIDA FOLK MUSIC: HISTORY AND TRADITION**
 May 3 – 17, 1:30 to 3 p.m.
- 14 DIGITAL PHOTOGRAPHY ON YOUR IPHONE OR IPAD**
 May 10 – 17, 11:30 a.m. to 1 p.m.
- 14 NEW EARLY POLITICAL HISTORY OF THE CONSTITUTION**
 May 17 – June 21, 11:30 a.m. to 1 p.m.
- 15 NEW A BRIEF HISTORY OF U.S. INTELLIGENCE**
 May 17, 1:30 to 3 p.m. **OR** June 14, 10:30 a.m. to noon
- 15 IPAD AND IPHONE WORD PROCESSING OPTIONS**
 May 24 – 31, 11:30 a.m. to 1 p.m.
- 15 IMOVIE FOR YOUR IPHONE OR IPAD**
 June 7 – 14, 11:30 a.m. to 1 p.m.
- 15 NEW WHERE DID THOSE SWEET BABIES GO? GRANDPARENTING ADOLESCENTS IN 2016**
 June 7 – 21, 11:30 a.m. to 1 p.m.
- 15 NEW DISCOVER THE WORDLESS LANGUAGE OF OUR BODIES: UNDERSTAND NONVERBAL COMMUNICATION**
 June 7 – July 12, 1 to 2:30 p.m.
- 15 THE MOVIES: OUR ENDURING PASSION**
 June 14 – July 20, 9:30 to 11 a.m.
- 16 NEW BOOMERPRENEUR BUSINESS ACADEMY**
 June 21 and 22, 10 a.m. to 3 p.m.

WEDNESDAY

- 16** **NEW** **CONSCIOUS AGING**
March 23 – May 11, 9:30 to 11:30 a.m.
- 17** **NEW** **BRIDGING THE CLASSICAL AND THE ROMANTIC: THE MUSIC OF LUDWIG VAN BEETHOVEN**
April 13 – May 18, 9:30 to 11 a.m.
- 17** **NEW** **HIKE INTO HISTORY: CAMP MILTON HISTORIC PRESERVE AND A HISTORIC FLORIDA HOMESTEAD**
ED-venture 
April 13, 10 a.m. to Noon
- 17** **INVESTMENT BASICS**
April 13 **OR** June 8 **OR** Aug. 10, 11:30 a.m. to 1 p.m.
- 17** **WATERCOLOR AND WATERMEDIA**
April 13 – 27, 1:30 to 3 p.m.
- 17** **NEW** **APPLE USERS GROUP**
April 20 **OR** May 18 **OR** June 15 **OR** July 20 **OR** Aug. 17,
1:30 to 3 p.m.
- 17** **ZEN BUDDHISM: A PERSONAL PERSPECTIVE**
May 4 – June 8, 9:30 to 11 a.m.
- 18** **NEW** **VISIT RAYONIER ADVANCED MATERIALS**
ED-venture 
May 4, 10 to 11:30 a.m.
- 18** **NEW** **FIGHTING GRAVITY: BASIC STRUCTURAL ENGINEERING**
May 4 – 25, 11:30 a.m. to 1 p.m.
- 18** **NEW** **POETS' WORKSHOP**
May 4 – June 8, 11:30 a.m. to 1 p.m.
- 18** **NEW** **SUCCESSFULLY MANAGE YOUR DIABETES**
May 4 – 25, 11:30 a.m. to 1 p.m.



The Osher Lifelong Learning Institute at the University of North Florida Continuing Education started in 2006 with 160 members. In 10 years, the OLLI membership has grown to more than 1400 thanks to hundreds of volunteers.

- 18** **NEW** **UNDERSTANDING ELECTRONIC MEDICAL RECORDS: ESSENTIALS FOR PATIENTS AND FAMILIES**
May 4 – 23, 11:30 a.m. to 1:30 p.m.
- 18** **NEW** **KOREA: HISTORY, CULTURE AND INDUSTRY**
May 4, 1:30 to 3:30 p.m.
- 18** **CROSSING THE ST. JOHNS**
May 11 – 18, 1:30 to 3 p.m.
- 19** **SUCCESSFUL LIFE TRANSITIONS**
May 11 – 18, 9:30 to 11 a.m.
- 19** **CELEBRATE GRANDPARENTING**
May 11 – 25, 10 a.m. to noon
- 19** **NEW** **CULTURE AND RELIGION IN ASIA: THE DEVELOPMENT OF CHRISTIANITY IN KOREA**
May 11 – June 1, 10 to 11:30 a.m.






THURSDAY

- 19 **MEMORY IMPROVEMENT**
May 11 – 25, 10 a.m. to noon
- 19 **SPEED READING**
May 11 – 25, 1 to 3 p.m.
- 19 **ACRYLIC LAYERING AND COLLAGE**
May 11 – 25, 1:30 to 3 p.m.
- 20 **NEW BEHIND THE SCENES IN ST. AUGUSTINE: FLORIDA NATIONAL GUARD HEADQUARTERS AND CEMETERY**
ED-venture
May 18, 10 to 11:30 a.m.
- 20 **NEW THE BIG BANDS: LATIN MUSIC INVASION OF THE 1930s, 40s AND 50s**
May 25 – July 20, 3 to 4:30 p.m.
- 20 **MANAGING YOUR HEALTHCARE RISKS IN RETIREMENT**
June 1 – 15, 9:30 to 11 a.m.
- 20 **NEW CONTAINER GARDENING: OLD AND NEW IDEAS**
July 6, 1:30 to 3 p.m.
- 21 **NEW VERTICAL GARDENING: A NEW OPTION FOR THE HOME GARDENER**
July 13, 1:30 to 3 p.m.
- 21 **NEW RUNNING THE VOODOO DOWN: THE MUSICAL INNOVATIONS OF MILES DAVIS**
July 13 – Aug. 16 9:30 to 11 a.m.
- 21 **NEW IF YOU DON'T DO IT, NOBODY WILL: ORGANIZING AND PRESERVING YOUR FAMILY HISTORY**
July 20 – Aug. 3, 11:30 a.m. to 1 p.m.

- 21 **NEW THE CURRENT STATE OF THE U.S. ECONOMY AND A LOOK FORWARD**
April 7 – 14, 9:30 to 11 a.m.
- 21 **NEW DISCOVER THE KARPELES MANUSCRIPT LIBRARY MUSEUM: HISTORIC MANUSCRIPTS AND CONTEMPORARY ART**
ED-venture
April 7, 10 a.m. to noon
- 21 **BUILDING AMERICA: RAILROADS IN AMERICAN HISTORY**
April 7 – May 12, 1:30 to 3 p.m.
- 22 **NEW EXPLORE MAGGIE'S HERB FARM**
ED-venture
April 14, 10:30 to 11:30 a.m.
- 22 **NEW VEGETARIAN COOKING**
April 14 – May 5, 11:30 a.m. to 1 p.m.
- 22 **NEW IMMERSE YOURSELF IN FRENCH!**
April 21 **OR** May 12 **OR** June 2 **OR** June 23 **OR** July 21 **OR** Aug. 11, 9:30 a.m. to 3 p.m.
- 22 **NEW AMERICAN HISTORY AND CIVICS LITERACY**
April 21, 11:30 a.m. to 1 p.m.
- 22 **IMMIGRATION: WHO, HOW, WHEN AND FROM WHERE**
April 21 – May 5, 11:30 a.m. to 1 p.m.
- 23 **DISCOVER SALLY CORPORATION**
ED-venture
April 28, 10 to 11 a.m.
- 23 **NEW A FLORIDIAN'S GUIDE TO INSURANCE PART I: HOMEOWNER'S AND AUTO INSURANCE**
May 5 – 12, 9:30 to 11 a.m.
- 23 **A VIEW OF THE CRIMINAL JUSTICE SYSTEM**
May 5 – June 9, 9:30 to 11 a.m.
- 23 **JUST WHAT WERE THEY THINKING?**
May 5 – June 16, 9:30 to 11 a.m.





Enroll in OLLI programs
online at www.unfolli.com
or call (904) 620-4200.

- 23 STRESS MANAGEMENT TO IMPROVE YOUR HEALTH AND YOUR LIFE**
May 5 – 26, 11:30 a.m. to 1 p.m.
- 24 NEW TOP 50 IPAD OR IPHONE TIPS AND TRICKS**
May 5 – 12, 11:30 a.m. to 1 p.m.
- 24 NEW APPLIQUE ARTISTRY**
May 5 – 26, 1:30 to 3:30 p.m.
- 24 DISCOVER OLD ARLINGTON**
ED-venture 
May 12, 8:30 a.m. to 12:15 p.m.
- 24 NEW POEMS OF THE SOUTH: ART, HISTORY AND THE NATURAL BEAUTY OF FLORIDA'S EAST COAST**
May 12, 10:30 a.m. to noon
- 24 NEW A FLORIDIAN'S GUIDE TO INSURANCE PART II: HEALTH, LIFE, LONG-TERM CARE AND ANNUITIES**
May 19 – June 9, 9:30 to 11 a.m.
- 24 NEW EXPLORE TILLIE FOWLER REGIONAL PARK AND NATURE CENTER**
ED-venture 
May 26, 10 a.m. to noon
- 25 NEW WRITING BELIEVABLE FICTION CHARACTERS**
June 2 – 30, 2 to 3:30 p.m.
- 25 NEW CRUISE TO CUMBERLAND ISLAND**
ED-venture 
June 9, 10:30 a.m. to 12:30 p.m.
- 25 NEW APPLE TV**
June 9, 11:30 a.m. to 1 p.m.
- 25 THE OCEANS: TWO-THIRDS OF OUR WORLD**
ED-venture 
July 14 – Aug. 4, 1:30 to 3 p.m.
- 25 NEW BEHIND THE SCENES: TOUR OF THE FEDERAL RESERVE BANK**
ED-venture 
July 20, 1 to 2:30 p.m.



- 25 DISCOVER JAXPORT**
ED-venture 
Aug. 18, 10 to 11 a.m.

FRIDAY

- 26 NEW STETSON KENNEDY'S BELUTHAHATCHEE: THE STORIED HOME OF A STORIED MAN**
ED-venture 
April 1, 10 a.m. to noon
- 26 NEW GREAT DECISIONS 2016**
April 8 – May 27, 9:30 to 11 a.m.
- 26 NEW INSIDE 2016 PRESIDENTIAL POLITICS**
April 8 – 29, 1 to 3 p.m.
- 26 MAH JONGG FOR BEGINNERS**
April 22 – June 3, 1 to 3 p.m.
- 26 URBAN EXPLORATION: DOWNTOWN ARCHITECTURAL WALKING TOUR**
ED-venture 
May 6, 10 to 11:30 a.m.
- 27 REDISCOVERING THE LABYRINTH AS A REFLECTIVE PRACTICE**
May 20, 10 a.m. to noon
- 27 GULLAH-GEECHEE: FLORIDA'S SOUTHERN ROUTE TO FREEDOM**
June 3 – 24, 1 to 2:30 p.m.

2016 Spring and Summer OLLI Programs at UNF

Programs take place at the University of North Florida unless otherwise noted with a highlighted yellow box. The location will be in red.

MONDAY

NEW STUDIO PAINTING: OILS AND ACRYLICS

April 4 – June 13, 11 a.m. to 1 p.m.
10 sessions, \$85

Enhance your studio painting skills. Experiment with painting techniques. Explore the use of color. Whether you are a beginner or seasoned artist, this is an opportunity for studio time and expert critique.

Instructor: Maureen Kirschhofer, p. 33

NEW GUIDED AUTOBIOGRAPHY: PART I

April 11 – May 9, 9:30 to 11:30 a.m.
5 sessions, \$50

Mobilize your amazing life story as a powerful tool for your ongoing personal and spiritual development. Explore the central themes in your life to give new meaning to the past, present and future. Anticipate possible new directions. The class format encompasses guided exercises and time to share in small group setting.

Required: Journal or tablet for writing two pages during each class

Facilitator: Kathleen Triebwasser, p. 36

NEW TED TALKS: EDUCATION AND LEARNING

April 11 – May 2, 11:30 a.m. to 1 p.m.
4 sessions, \$35

We, along with the media are obsessed with schooling and education. Those topics have become fodder for all sorts of ideas and blame sharing in political arenas. Gather with other OLLI members to listen to and discuss what a variety of TED presenters from around the world are saying about schooling, learning and education.

Facilitator: Chuck Watson, p. 37

NEW A HISTORY OF MATHEMATICS

April 11 – May 2, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Transform your knowledge of the history of our numbers, arithmetic, algebra and geometry in this general knowledge class. Learn about mathematics from the ancient world of Babylon, Egypt, Greece and Rome, the Middle Ages and Renaissance through the nineteenth century. Discover the important contributions of Gerolamo Cardano, Rene Descartes and other key figures. Instructor provides detailed notes.

Instructor: Alan Gleit, p. 30

GETTING IN TOUCH WITH YOUR INNER COOKIE OR BAKING AS AN ADVANCED FORM OF MEDITATION

April 11 – May 2, 1:30 to 3 p.m.
4 sessions, \$35

Cooking may be your vocation or avocation. Discover how cooking can be a way to alleviate stress, solve problems, relax and perhaps even improve mental health. If you enjoy baking as a form of relaxation or would like to learn how, this class fits the bill. Gather to learn about each other and ourselves as well as increase your recipe files.

Instructor: Chuck Watson, p. 37

FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK

April 18, April 22, April 25 and April 29, 9:30 to 11 a.m.
4 sessions, \$35

Physical exercises are an important part of keeping our bodies fit. However, many people neglect the muscles in the neck and face. Discover the importance of neck and facial fitness. Various exercises will be demonstrated by the instructor or via DVD, with time for students to practice each exercise. Most exercises take less than one minute to complete. Students will be encouraged to practice at home. Exercising facial muscles can tone and firm the face while stimulating blood flow and circulation, resulting in a healthy, refreshed look: a natural face lift.

Instructor: Evelyn Anchondo, p. 28

MASTER THE MASTERS: THE ADVENTURES WITH A SYMPHONIC DETECTIVE

April 18 and May 16, 1:30 to 3 p.m.
2 sessions, \$25

A collaboration with Beaches Residents Actively Supporting the Symphony (BRASS) and the Jacksonville Symphony Orchestra (JSym).

Maximize your enjoyment of JSym's 2015-16 season, with classes explaining each concert in its Masterworks Series. The Monday prior to the weekend's concert performance, you will analyze the symphony and its composer. Learn about musical and performance elements, time and place relevant to the music and the composer, and the people and politics surrounding the composer and his music. Cameo appearances by symphony musicians and singers bring the music alive in an engaging, interactive format.

April 18: Beethoven and Bruckner
May 16: Beethoven's Symphony No. 9

Instructor: Lynne Radcliffe, p. 35

RETURNING TO OUR ROOTS: AN INTRODUCTION TO NATUROPATHIC MEDICINE

April 25 – May 16, 11:30 a.m. to 1 p.m..
4 sessions, \$35

Transform your knowledge of natural health and wellness. Explore naturopathic medicine, a distinct primary healthcare profession that emphasizes prevention, treatment and optimal health using natural therapies such as nutrition, herbs, homeopathy and physical manipulation.

Instructors: Analisa Jahna, p. 32 and Todd Robinson, p. 35

THOMAS JEFFERSON: AN AMERICAN ORIGINAL

April 25 – May 23, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Thomas Jefferson, our third president of the U.S., is widely considered one of the most brilliant of the Founding Fathers. He was the primary author of the Declaration of Independence, founder of the University of Virginia, writer of the Virginia Statute for Religious Freedom and a successful president. He was also a great inventor and architect. Jefferson has come under fire in recent years for his record on the issue of slavery and his suspected affair with Sally Hemings. Join us as we endeavor to get to know Mr. Jefferson in many of his own words.

Required: "The Autobiography of Thomas Jefferson"

Instructor: Joe O'Shields, p. 34



THE GREAT AGE OF VIENNA: BEETHOVEN, SCHUBERT AND BRAHMS

May 2 – 16, 9:30 to 11 a.m.
3 sessions, \$30

Discover Vienna's history and culture through an exploration of its music, as well as the lives and careers of the outstanding composers who lived there. Enrich your music appreciation through lecture, discussion listening with an expert.

Instructor: Merrill Jay Palmer, p. 34

NEW INTERNATIONAL VOLUNTEER VACATIONS

May 2 – 9, 9:30 to 11 a.m.
2 sessions, \$25

Discover the possibilities of combining international travel with volunteering. Learn about the experiences of two OLLI members in China, India and Israel. Learn about the variety of volunteering experiences, volunteer roles, benefits and planning for a successful and rewarding experience.

Instructors: Gail Greenfield, p. 30 and Stanley Greenfield, p. 30

INSHORE FISHING

May 2, 11:30 a.m. to 1 p.m.
1 session, \$15

North Florida is one of the best inshore fisheries in the world! Learn how to get started or hone your skills as an inshore fisher. From targeted species, to rod and reel selection, line, knot tying, lures, tackle and techniques, discover how to catch more fish!

Instructor: Rory Gregg, p. 30

Monday Continued

**NEW PHOTOGRAPHERS WALKABOUT:
ST. AUGUSTINE ALLIGATOR FARM ZOOLOGICAL PARK**

Location: 999 Anastasia Blvd., St. Augustine, FL 32080
May 9, 9 to 11 a.m.
1 session, \$25 (excludes venue admission)

Do you have passions for birds and photography? Discover the joy of experiencing an amazing natural rookery that photographers travel great distances to visit. A seasoned photographer and master naturalist is your guide as you enjoy the rewards of working in an internationally acclaimed bird sanctuary, practice your techniques or desire advice. Share camaraderie and debrief with other OLLI photographers at the venue and at the optional Dutch treat lunch following the program.

Note: An alternative date may be announced depending on weather conditions.

Required: Digital camera, student paid admission to the St. Augustine Alligator Farm upon arrival, dress for the weather including comfortable shoes for moderate walking

Instructor: Gary Whiting, p. 37

NEGOTIATION SKILLS FOR RETIREES

May 9 – 23, 1:30 to 3 p.m.
3 sessions, \$30

Learn how to separate the problem from the relationship when discussing issues with family members. Increase your confidence working with contractors and other service providers. Discover the diverse ways to negotiate and strategize when making big-ticket purchases. Protect your interests by doing careful research upfront. Enjoy fun exercises that will help you assess your negotiating style and how to leverage it when trying to get a good deal.

Instructor: Terry Jones, p. 32

HAPPINESS

June 6 – 27, 9:30 to 11 a.m.
4 sessions, \$35

Transform your knowledge of happiness through the wisdom of the ancients and academic studies about the keys to happiness. Improve your happiness quotient through practice exercises.

Instructor: Robert Black, p. 28

NEW INTERMEDIATE PHOTOGRAPHER'S CLINIC

June 6 – 20, 9:30 to 11 a.m.
3 sessions, \$30

Are you a photography enthusiast who wants to learn more? Explore advanced composition techniques, exposure compensation for different light situations and focus challenges. Grasp a better understanding of camera functions. Program format includes sharing, discussion of technique and artistic impression. Enjoy a field trip to a local venue with a seasoned photographer-mentor who provides advice or guidance as you practice on-site techniques.

Required: Bring a camera (digital SLR, mirror less camera, or point and shoot with manual exposure capabilities) and manual to class

Instructor: Gary Whiting, p. 37

INVESTING FOR THOSE WHO DO NOT WANT TO THINK ABOUT IT

June 6 – 20, 1:30 to 3 p.m.
3 sessions, \$30

Conquer the bad and ugly of investing. Increase your knowledge of investment products. Act to create a practical diversified portfolio that does not require further attention.

Instructor: Robert Black, p. 28

NEW MAXIMIZING YOUR DOCTOR VISITS

June 6, 11:30 a.m. to 1 p.m.
1 session, \$15

Transform the positive impact of your doctor visits. Stretch beyond the cycle of checkup or illness to diagnosis and prescription to cure. Anticipate making a list of your questions, the doctors' answers, treatment options and results you wish to achieve. Increase your stake as a healthcare consumer.

Instructor: Rory Gregg, p. 30



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online at www.unfolli.com
or call (904) 620-4200.

MEDICARE 101

June 13, 11:30 a.m. to 1 p.m.
1 session, \$15

Increase your knowledge of Medicare basics, including its history and what the alphabet of its parts (A, B, C and D) mean. Examine the costs associated with original Medicare. Understand the annual election or enrollment period. Discover useful resources to gain confidence in making decisions for yourself or a loved one.

Instructor: Rory Gregg, p. 30

CLAY SCULPTING FOR BEGINNERS

Aug. 22 – 26, 9 a.m. to 2 p.m.
5 sessions, \$150

Connect with your inner artist. Learn basic sculpture techniques. Grasp the structure of the face and head working from reference sources rather than a live model. Create a full-sized clay bust in this week-long class.

Required: \$55 payable to instructor for booklet, clay, wooden armature and basic tools. Student supplied plastic crate approximately 12 inches tall, misting water bottle, two old kitchen towels and an oversized cup

Instructor: Glenn Ross, p. 35

Programs cover a wide variety of interests including topical lectures, skill instruction, subject-matter appreciation, exploration and much more. More than half of the programs each term are first-time offerings.



CURRENT EVENTS

April 5 – May 31, 9:30 to 11:30 a.m.
9 sessions, \$75 **OR**

June 7 – July 26, 9:30 to 11:30 a.m.
8 sessions, \$70 **OR**

Aug. 2 – Sept. 20, 9:30 to 11:30 a.m.
8 sessions, \$70

In this lively course, students discuss topics of interest drawn from readings and other media of the day. Each week, students bring at least one newsworthy article of interest to present to the class. The facilitator assists by keeping the discussion of the topic open and on track.

Facilitator: Howard Hodor, p. 31

SPRING CLEANING OR ORGANIZING: GIVING THE LEFT SIDE OF YOUR BRAIN A TURN

April 5 – May 3, 9:30 to 11 a.m. (No class April 26)
4 sessions, \$35

Simplify your life. Learn how to organize things in your kitchen, home office, closets and more. A guest speaker addresses a relevant topic.

Instructor: Karen Backilman, p. 28

BRIDGE III

April 5 – May 24, 10 a.m. to noon
8 sessions, \$70

Learn to play bridge in this continuation of the series. Focus on play of the hand and bidding in the modern game.

Prerequisite: Beginning Bridge I or II or a general understanding of the standard American system

Required: Audrey Grant and the American Contract Bridge League (ACBL) text, "Play of the Hand in the 21st Century" available at Amazon.com

Instructor: John Reeve, p. 35

Tuesday Continued

NEW WHAT HAPPENED?

April 5 – May 24, 10 a.m. to noon
8 sessions, \$70

Explore and discuss current event topics. Our goal is spirited, respectful dialog based on topics you recommend and reading material recommended by the instructor. Consensus is not always possible, but everybody will have some laughs and emerge better informed.

Facilitator: Samuel Hart, p. 31

NEW 2-SUITED BRIDGE BIDDING

April 5 – May 24, 1 to 3 p.m.
8 sessions, \$70

Transform your bidding success through what are known as the Unusual Notrump and Michaels Cuebids. Designed for intermediate and advanced players, this class will help you gain a competitive edge.

Required: Strong understanding of Standard American bidding system, including Stayman, Transfers, Gerber and Weak Two Bids

Instructor: John Reeve, p. 35

MAKING YOUR YARD A LIFE GARDEN FOR FLYING FLOWERS, MELODIES AND YOU

April 12 – 19, 9:30 to 11 a.m.
Field trip to Native Park: April 26, 9:30 to 11 a.m.
3 sessions, \$30

Boost your knowledge of butterflies, bees and birds that visit our region. Discover why they are important. Learn to select and care for the plants, vines, shrubs and trees that will make your yard vibrate with life.

Recommended: Doug Tallamy, "Bringing Nature Home: How You Can Sustain Wildlife with Native Plants"

Instructor: Sally Steinauer, p. 36

NEW SEX, MONEY AND VENGEANCE: MOTIVATIONS FOR MURDER IN MYSTERIES

April 12 – May 17, 9:30 to 11 a.m.
6 sessions, \$45

Transform your understanding of the essential elements in well-regarded murder mysteries. Class format includes lectures, book critiques and congenial group discussions, as well as experiential and interactive activities.

Instructor: Robert Gold, p. 30

I JUST BOUGHT AN APPLE COMPUTER. NOW WHAT?

April 12 – 19, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Stretch your knowledge about your Mac and its setup. Learn about system preference settings, disk utilities, basic security and must-have apps. Improve your skills for moving and managing files. Customize the machine for your needs and to your liking. Familiarize yourself with the latest version OS X and what may also apply to older Mac operating systems.

Recommended: Bring your Mac to class

Instructor: John See, p. 36

CREATIVITY FOR RETIREES

April 12 – May 10, 1:30 to 3 p.m.
5 sessions, \$40

Discover your second act in this high-energy, hands-on seminar. Experience a smorgasbord of idea generation techniques to explore your retirement opportunities. Explore how collaboration can spur new ideas, ways to overcome biases and mindsets and clarify a problem at hand. Devise fresh new ways of understanding issues in an intellectually liberating atmosphere. Develop new approaches to examine and maximize your happiness in this important life stage.

Recommended: "A Whack on the Side of the Head" by Roger Von Oech, George Willett and Nolan Bushnell and "Thinkertoys: A Handbook of Business Creativity" by Michael Michalko

Instructor: Edward Mickolus, p. 34



Enroll in OLLI programs
online at www.unfolli.com
or call (904) 620-4200.



NEW FENG SHUI EYES LOOK AT ART

April 12 – May 10, 1:30 to 3 p.m.
5 sessions, \$40

Connect with ancient wisdom to improve modern living through the art of placing your object d'art, mirrors, memorabilia, photographs and works of art. Learn how meaning and symbolic values will enhance your space with Feng Shui tools and basic principles. Create your personal myth with iconic motifs.

Required: Completion of Discover the Secrets of Feng Shui, student purchased three-ring notebook for materials supplied in class, and home or office floor plan or footprint

Instructor: Gabriele Van Zon, p. 36

NEW HERBAL HOME REMEDIES

April 12 – 26, 1:30 to 3 p.m.
3 sessions, \$30

Increase your arsenal of home remedies. Discover herbs and herbal recipes that address common complaints including coughs, colds, scrapes, burns, digestion woes and headaches among others.

Required: \$35 materials fee payable to the instructor

Instructor: Libby Jennison, p. 32

NEW EXPLORE ST. MARYS, GEORGIA: HISTORY, NATURE AND CULTURE

ED-venture

April 19, 11:30 a.m. to April 20 at 5 p.m.
\$250 per person (includes hotel, 1 dinner, 1 breakfast, 1 boxed lunch, ferry and programming)

Enrich your experience of our area's unique coastal resources through OLLI's first overnight ED-venture! Your friendly, relaxed trip begins with a Dutch treat lunch followed by an overview of the area's history via informative exhibits and a film at St. Marys Visitor Center. Check-in at the waterfront Riverview Hotel precedes a walking tour of the historic district. Learn about the area from Jerry Brandon, one of the hotel's proprietors and a descendant of its earliest owners at happy hour. Enjoy free time after dinner to explore local shops and charming architecture. Following a good night's rest and a hearty breakfast, grab your boxed lunch and get aboard the ferry for a land tour of Cumberland Island. Additional activities recommended for those arriving before or staying on after the arranged program.

Coordinators: Dennis Navin, p. 34 and Linda Ward, p. 37

IPHONE OR IPAD: MAKE THEM WORK FOR YOU

April 26 – May 3, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Accelerate your understanding of your iOS devices and the amazing things you can do with them. Begin by learning to manage and customize all options in the settings app. Boost your knowledge about keeping your devices secure and managing your long list of passwords with the free app 1Password.

Instructor: John See, p. 36

NEW KEEP ON SMILING – JOIN THE OLLI COMEDY GANG

April 19 – 26, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Learn to be happier, healthier and smile more. A good laugh – even a real chuckle – can make you feel better and is even good for your health. We can't guarantee you will be booked at a hot comedy club, but you can be assured that this new course will put a smile on your face and leave you with a belly-shaking bit of humor you can share with friends and family. In this class, you will learn to be happier, healthier and smile more. Public speaking, broadcasting and movies are also components.

Instructor: Jerry Chiappetta, p. 28



ED-ventures are immersion learning experiences outside the classroom.

Tuesday Continued

NEW INTERIOR DECORATING WITH YOUR STYLE IN MIND!

May 3 – 24, 9:30 to 11 a.m.
4 sessions, \$35

Learn how to decorate in ways that reflect you and your personality. Intensify your development of a personal style. Transform your spaces by incorporating your treasures with renewed interest.

Required: Photographs of rooms you want to redecorate

Instructor: Marlene Kenney, p. 32

NEW LEARN TO LISTEN TO JAZZ

May 3, 11:30 a.m. to 1 p.m.
1 session, \$15

Jazz musicians play the songs we know and love. Why does it sound as if they are playing random notes and ideas? Are they playing together? Are they even playing the same song? Learn how to listen to jazz. Clear up common misconceptions about America's great art form. You may even find yourself listening to jazz more often!

Instructor: Barry Greene, p. 30

NEW NORTH FLORIDA FOLK MUSIC: HISTORY AND TRADITION

May 3 – 17, 1:30 to 3 p.m.
3 sessions, \$30

Enhance your knowledge of our area through an exploration of folk music and its history. Gather to learn about the songs, songwriters and performers heard at festivals, folk clubs, campfires and living rooms. Enrich your appreciation of music of the heart and soul that reveal truths about life, joy and struggle. Enjoy music and video clips as well as some live music. You'll be invited to sing along. Bring a guitar, banjo, harmonica or another instrument to help make the music.

Recommended: Ron Johnson, "North Florida Folk Music"

Instructor: Al Poindexter, p. 34

DIGITAL PHOTOGRAPHY ON YOUR IPHONE OR IPAD

May 10 – 17, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Resist the impulse to carry around that big, cumbersome digital camera. Master your iPhone or iPad camera and learn how to take the best pictures possible. Review basic photography tips and focus on free or inexpensive apps to help make your built-in camera work better. Learn how to edit, enhance and store your pictures using free apps, including Apple Photo Library, Darkroom, Photoshop Express and Flickr.

Instructor: John See, p. 36

NEW EARLY POLITICAL HISTORY OF THE CONSTITUTION

May 17 – June 21, 11:30 a.m. to 1 p.m.
6 sessions, \$45

LOCATION: FLEET LANDING

The U.S. Constitution is a superbly crafted political instrument grounded in the process of political compromise. Its adoption, and then its permanency were not by any means assured. Learn about the Constitution's convention, ratification and early implementation. While political compromise around the questions of states' rights and slavery failed and gave rise to the Civil War, the Constitution endured and continues to endure as an important mechanism to limit the government and protect citizens' rights.

Required: Copy of U.S. Constitution and Bill of Rights

Instructor: Tracy Danese, p. 29



1 Fleet Landing Blvd.
Atlantic Beach, FL 32233
(at Mayport Rd.)



DID YOUR KNOW?
Fleet Landing is an OLLI partner campus.
Thank you Fleet Landing!

NEW A BRIEF HISTORY OF U.S. INTELLIGENCE

May 17, 1:30 to 3 p.m.
1 session (each), \$15

Transform your understanding of the history of U.S. intelligence, from George Washington and Benjamin Franklin's day to ours. Your instructor is a 33-year veteran CIA officer who shares themes underlying American intelligence, as well as the roles and functions of those in the intelligence community. Intensify your knowledge of what spies, techs and analysts do. Learn how intelligence informs policymakers responding to threats that the U.S. faces now and in the coming decades.

Instructor: Edward Micklous, p. 34

NEW A BRIEF HISTORY OF U.S. INTELLIGENCE

June 14, 10:30 a.m. to noon

LOCATION: GLENMOOR

1 session (each), \$15

Please see the description above.

Instructor: Edward Micklous, p. 34

iPAD AND iPHONE WORD PROCESSING OPTIONS

May 24 – 31, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Unleash your iPad or iPhone's power as a personal productivity device. Learn about Pages, Apple's easy-you-use word processing app, new Microsoft Office apps and Google Drive apps. Maximize your understanding of major word processing apps, what they do, and how to share and print your documents.

Instructor: John See, p. 36

iMOVIE FOR YOUR iPHONE OR iPAD

June 7 – 14, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Have you seen the iMovie app on your iPad or iPhone? Learn what it can do and how it works. Create fantastic movies to share your travels or other significant events with your family and friends.

Instructor: John See, p. 36

**NEW WHERE DID THOSE SWEET BABIES GO?
GRANDPARENTING ADOLESCENTS IN 2016**

June 7 – 21, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Overcome roadblocks in your relationships with adolescent grandchildren. Their appearances and outlooks may have changed, but in many ways they are the same people. Explore the various stages of human development with a focus on adolescence and its specific traits and needs. Take a trip down memory lane to your early teen years. Hands-on activities encourage conversation, as well as foster support and understanding with your grandchildren.

Required: \$5 materials fee payable to instructor

Instructor: Mary Ann Harper, p. 31

**NEW DISCOVER THE WORDLESS LANGUAGE OF OUR
BODIES: UNDERSTAND NONVERBAL COMMUNICATION**

June 7 – July 12, 1 to 2:30 p.m.

6 sessions, \$45

LOCATION: FLEET LANDING

Learn about the meaning of body language. What do we convey when we use our hands, press our lips into a thin line or spread them into a smile, frown or grimace, meet the eyes of others or avoid them? Why do we prefer some handshakes more than others? What does it mean when we cross our legs? Explore our body language and acquire insights about that of others.

Instructor: Jelena Gill, p. 30

THE MOVIES: OUR ENDURING PASSION

June 14 – July 20, 9:30 to 11 a.m.

6 sessions, \$45

In the 1890s, in France and America, the motion picture camera and flexible celluloid film were developed. Within 10 years the movies were being shown in more than a dozen countries. Follow the history of filmmaking, techniques and stars from those early days through the early 1930s and the addition of sound.

Instructor: Kenneth McMillan, p. 34

Tuesday Continued

NEW BOOMERPRENEUR BUSINESS ACADEMY

June 21 and 22, 10 a.m. to 3 p.m.
2 sessions, \$45 (excludes lunch)

A collaboration with the Florida Small Business Development Center at UNF

Transform the next phase of your working life. Achieve your dream of starting a business or taking your business to the next level. Create a roadmap for business success through an understanding of basic requirements, planning, finances and accessing capital and marketing concepts. All sessions are taught by credentialed, expert professionals.

DAY 1:

STARTUP Your Own Business, 10 a.m. to noon

Discover the seven basic requirements to begin. Select an idea. Test the market. Acquire capital. Write a plan. Turn to experts for help. Understand legal requirements. Put it all together.

Business Plan Success, 1 to 3 p.m.

Evaluate the feasibility of starting a business. Decide whether to seek financing. Create your roadmap for the future. Learn how to develop your business plan, a tool required to develop and communicate a solid business model.

DAY 2:

Business Financing, 10 a.m. to noon

Transform your understanding of financing, appropriate types (debt or equity) and sources. Learn about the Small Business Administration (SBA) guaranteed loan program and what banks look for when evaluating your loan package.

Your Marketing Toolbox, 1 to 3 p.m.

Accelerate your success in achieving your business goals. Learn to connect your product or service to the right audiences through the right channels. Boost your knowledge of marketing concepts including grassroots marketing, traditional marketing methods, online and social media tools, public relations and networking. A basic toolkit is provided to get you started!

Instructors: Florida Small Business Development Center staff and consultants, p. 29



DID YOU KNOW?

OLLI at UNF is one of 118 OLLIs in a national network.

WEDNESDAY

NEW CONSCIOUS AGING

March 23 – May 11, 9:30 to 11:30 a.m.
8 sessions, \$70

Explore your beliefs about aging. Develop self-compassion. Reflect on what gives meaning to your life. Connect with others interested in humane aging. Reduce fear and increase acceptance of death as a part of life. Exploration focuses on what you already know through small group breakout conversations, sharing individual and collective wisdom, learning practices for understanding aging and charting your personal roadmap for aging.

Each session involves exploration of your own inner guidance, reflection on inspirational ideas and the personal questions these generate for you, activities that help the group listen to each other's insights and small group conversations that allow each person to share their thoughts and ideas. Most sessions include some free writing to help you explore your own experiences and see what life has brought you so far. This course is a platform to explore your own experience and reflect on what is similar and different in the experiences of others in an aging society; it is not a platform for spiritual guidance or group therapy.

Required: \$40 payable to instructor for "Conscious Aging" workbook

Instructor: Roger Cochran, p. 28

NEW BRIDGING THE CLASSICAL AND THE ROMANTIC: THE MUSIC OF LUDWIG VAN BEETHOVEN

April 13 – May 18, 9:30 to 11 a.m.
6 sessions, \$45

Ludwig van Beethoven came of age in Europe as profound changes in thought, politics, economics and daily life were underway. While his early works were grounded in the late 18th century classical style, his pioneering works contributed to the definition of the romantic style of the early 19th century. By the time of Beethoven's death, the stage was set for revolutions to occur throughout Europe. Learn why and how Mary Shelley's "Frankenstein" is relevant.

The course focuses on Beethoven's music and its place in the age of Romanticism. Improve your understanding of the composer's early, middle and late career stages and composing idioms including symphonies, piano concertos and sonatas, and string quartets among others. Teaching format includes history presentation, music appreciation and discussion.

Recommend: "Frankenstein; Or, the Modern Prometheus" by Mary Shelley and "The Ninth: Beethoven and the World in 1824" by Harvey Sachs

Instructor: Kenneth Hoffman, p. 32

NEW HIKE INTO HISTORY: CAMP MILTON HISTORIC PRESERVE AND A HISTORIC FLORIDA HOMESTEAD

ED-venture 

April 13, 10 a.m. to noon (excludes lunch)
1 session, \$25

Discover the nationally recognized historic site of a Civil War fortification that became the eastern state's military headquarters for the Confederate States of America (CSA). Named for Florida's Governor John Milton, the camp housed 6,000 infantry, 1,500 cavalry and 430 pieces of light artillery. Step back in time with a visit to a Cracker cabin built there in 1884. Once relocated to make way for a naval outlying landing field, the cabin was recently returned to the homestead site and is currently undergoing renovations. Enjoy a mile of paved trails and boardwalks. Bring a picnic lunch to debrief with fellow OLLI members.

Required: Dress for the weather including closed-toe walking shoes and a hat

Recommended: Binoculars, camera, walking stick, insect spray and water

Coordinator: Diane Dyal, p. 29

INVESTMENT BASICS

April 13 **OR** June 8 **OR** Aug. 10, 11:30 a.m. to 1 p.m.
1 session (each), \$15

Interested in investing, but not sure where to start? Improve your knowledge of the investment process and its vehicles. Grasp important points regarding stock evaluation.

Instructor: Charles Drysdale, p. 29

WATERCOLOR AND WATERMEDIA

April 13 – 27, 1:30 to 3 p.m.
3 sessions, \$30

Learn to paint with watercolor and acrylic paints using flat, round, fan and round stencil brushes. Employ innovative visual techniques with household materials such as plastic wrap, tissue paper and cheesecloth.

Required: Instructor-provided supply list

Instructor: Bonnie Yales-Gibson, p. 37

NEW APPLE USERS GROUP

April 20 **OR** May 18 **OR** June 15 **OR** July 20 **OR** Aug. 17,
1:30 to 3 p.m.
1 session (each), **FREE member benefit**

Gather with other Apple technology users. Maximize your technology product's potential. Get your questions answered in a friendly, relaxed environment.

Facilitator: John See, p. 36

ZEN BUDDHISM: A PERSONAL PERSPECTIVE

May 4 – June 8, 9:30 to 11 a.m.
6 sessions, \$45

Intensify your understanding of the basic tenants of Buddhism and related concepts with an emphasis on Zen Buddhism. Discover the history of the Buddha and Buddhism, the organization of the Buddhist religion, meditation practices and current trends in the U.S. Questions and discussion welcome.

Instructor: Bill Mayhew, p. 34



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Wednesday Continued

NEW VISIT RAYONIER ADVANCED MATERIALS

ED-venture 

May 4, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Intensify your knowledge of Northeast Florida’s commercial development. Rayonier’s Fernandina Beach plant has roots in the area’s long history of lumber production and processing. Built in 1937, it employs 300 and produces 160,000 metric tons of soft wood cellulose found in specialty goods including diapers, air filters, sponges, make up and LCD screens. Visit rayonieram.com for more information.

Required: Closed toe leather shoes (no canvas, athletic shoes or sandals), slacks or skirts (no shorts or tank tops), cameras prohibited. Not handicapped accessible.

Coordinator: Cynthia Kastner, p. 32

NEW FIGHTING GRAVITY: BASIC STRUCTURAL ENGINEERING

May 4 – 25, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Improve your understanding of basic structural engineering techniques. Gravity is a natural phenomenon by which all things with mass are brought towards one another. On Earth, gravity makes things want to fall down. Structural engineers may not know exactly how gravity works, but they have developed robust tools to prevent things from falling down.

Instructor: Joe Varon, p. 36

NEW POETS’ WORKSHOP

May 4 – June 8, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Gather to create a supportive community of OLLI poets. Share your work with others. Learn to critique the work of others. Discuss how to get your poetry published. Facilitator is a working poet who participates right along with you.

Required: Bring your work in progress to class

Facilitator: Connie McAuliffe, p. 34

NEW SUCCESSFULLY MANAGE YOUR DIABETES

May 4 – 25, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Maximize your success in controlling your blood sugar. Enhance your knowledge of the self-care behaviors that lead to better health outcomes. Focus on physiology, disease management, and potential complications. Learn new self-care approaches from other healthcare disciplines. Increase personal resolve through healthy eating, problem solving and effective coping.

Instructor: Debra Wilson, p. 37

NEW UNDERSTANDING ELECTRONIC MEDICAL RECORDS: ESSENTIALS FOR PATIENTS AND FAMILIES

May 4 – 23, 11:30 a.m. to 1:30 p.m.
4 sessions, \$35

Stretch your understanding of today’s world of healthcare information and management systems. Explore the uses of electronic medical records (EMRs). What information is in your record? How can you communicate with your physician using the EMR? Is it safe? What are the benefits? Learn about patient portals and health information exchanges. Discover how to manage your healthcare more effectively.

Instructor: Mary Gray, p. 30

NEW KOREA: HISTORY, CULTURE AND INDUSTRY

May 4, 1:30 to 3:30 p.m.
1 session, \$15

Intensify your knowledge of the world’s seventh largest exporter. Screen documentary films about its art and industrial achievements. Enjoy light refreshments served by gracious hosts in traditional attire.

Instructors: Korean Spirit and Culture Promotion Project, p. 33

CROSSING THE ST. JOHNS

May 11 – 18, 1:30 to 3 p.m.
2 sessions, \$25

Transform your knowledge of the seven bridges that cross our river. Learn about their namesakes, structures, spans and heights. Compare our bridges with other famous bridges.

Instructor: Joe Varon, p. 36

SUCCESSFUL LIFE TRANSITIONS

May 11 – 18, 9:30 to 11 a.m.
2 sessions, \$25

Explore practical steps to tackle your transition to retirement and master other late-in-life events such as divorce, loss of a spouse and long-term care needs. Discussion will focus on specific measures you can take in advance to understand and ease the impact, including accessing available resources. Using lecture, open discussion and case study, this class examines the financial, legal and public benefit resources available to help those in transition.

Instructor: Bill Laird, p. 33

NEW CULTURE AND RELIGION IN ASIA: THE DEVELOPMENT OF CHRISTIANITY IN KOREA

May 11 – June 1, 10 to 11:30 a.m.
4 sessions, \$35

LOCATION: WESTMINSTER WOODS

Christianity came to Korea as a missionary religion in 1774 for the Catholics and in 1884 for the Protestants. Learn how Christianity encountered the religious and ethical traditions of Asia in Korea with varying degrees of success. Catholics confronted the Confucian worldview. Protestants resisted the Japanese Shinto shrine worship. Pentecostals interacted with Shamanism and the spirit world. Today Christians and Buddhists face a dilemma over the respective roles of culture and religion in Korean society. Discover how Korea provides an ongoing example of interfaith relations in contemporary Asia.

Required: “Korean Theology in Historical Perspective” by Daniel J. Adams

Instructors: Carol Chou Adams (Chou Fang-Lan) and Daniel Adams, p. 28



25 State Rd. 13, Jacksonville, FL 32259 (Julington Creek)



DID YOUR KNOW?

Westminster Woods is an OLLI partner campus.
Thank you Westminster Woods!

CELEBRATE GRANDPARENTING

May 11 – 25, 10 a.m. to noon
3 sessions, \$35

Calling all grandparents! Accelerate bonding and building memories that last a lifetime. Discover the importance of unconditional acceptance and the power of play, as well your best and most influential roles. Explore appropriate discipline and spoiling. Stretch your story telling language skills. Learn about helpful resources.

Instructor: Rob Groleau, p. 31

MEMORY IMPROVEMENT

May 11 – 25, 10 a.m. to noon
3 sessions, \$40

Create mental pictures to retain passwords, names, facts, jokes, to-do lists, birthdays or any important information. Learn how your brain works and to harness its power in this highly interactive program. The instructor's previous programs resulted in students achieving 80 to 90 percent success in remembering facts and names.

Instructor: Frederick B. Lee, p. 33

SPEED READING

May 11 – 25, 1 to 3 p.m.
3 sessions, \$40

Expand your reading speed and comprehension. Discover ways to get to core ideas and information faster. Develop techniques to separate important ideas from less important ones. Conquer your needs and interests through more than 100 training exercises.

Required: \$10 materials fee payable to the instructor

Instructor: Frederick B. Lee, p. 33

ACRYLIC LAYERING AND COLLAGE

May 11 – 25, 1:30 to 3 p.m.
3 sessions, \$30

Create exciting collages from your favorite magazine clippings. Discover how to layer with acrylics, mediums, gels and pastes, and self-made papers.

Required: Instructor-provided supply list.

Instructor: Bonnie Yales-Gibson, p. 37

Wednesday Continued

NEW BEHIND THE SCENES IN ST. AUGUSTINE: FLORIDA NATIONAL GUARD HEADQUARTERS AND CEMETERY

ED-venture ➡

May 18, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Stretch your knowledge about St. Augustine. The State Arsenal, formerly St. Francis Barracks, occupies a site on which a Franciscan monastery was constructed in 1588. The barracks constructed between 1724 and 1755 were occupied by the British in 1763. The King's Bakery survives from that era. The U.S. gained possession of the property in 1821. The barracks remained an active Army installation until 1900, except for a brief interlude during the Civil War when it, like the rest of St. Augustine, was a Confederate possession. In 1921, Congress turned the property over to the State of Florida for use as the State Arsenal. The first burial took place in the adjacent cemetery in 1828. Most early burials were soldiers who died during the Indian War. Today, the property headquarters the Florida National Guard, Florida Army National Guard, the Florida Air National Guard and their respective staffs. Handicap accessible via ramps. Debrief over lunch at a nearby restaurant.

Required: Dress for the weather, casual attire and comfortable shoes. Cameras are welcome

Recommended: "Sacred Ground" by Greg Moore, National Guard historian, tells the stories of 10 men buried in the cemetery who fought in 10 different conflicts

Coordinator: Kathy Marquis, p. 33



There is always something new to discover when you are an OLLI member.

NEW THE BIG BANDS: LATIN MUSIC INVASION OF THE 1930s, 40s AND 50s

May 25 – July 20, 3 to 4:30 p.m.
9 sessions, \$60

LOCATION: FLEET LANDING

Transform your appreciation of the genre, its diverse influences and its cultural impact. Discover diverse influences including European, Middle Eastern, African and Amerindian traditions. Increase your knowledge of the composers, band leaders, performers, instruments and musical forms that express the panoply of colors, sounds and rhythms.

Instructor: Joseph Fittipaldi, p. 29

MANAGING YOUR HEALTHCARE RISKS IN RETIREMENT

June 1 – 15, 9:30 to 11 a.m.
3 sessions, \$30

Improve your understanding of methods to effectively manage your healthcare risks in retirement. Explore long-term care and Medicare planning, as well as dental and vision planning through case studies highlighting products, pricing and underwriting.

Instructor: Michael Harper, p. 31

NEW CONTAINER GARDENING: OLD AND NEW IDEAS

July 6, 1:30 to 3 p.m.
1 session, \$15

Energize your garden or patio with creative planting and water management solutions. Learn to select, plant and maintain containers. Consider container selection, environmental factors, grooming and watering.

Instructor: Mary Longanbach, p. 33

NEW VERTICAL GARDENING: A NEW OPTION FOR THE HOME GARDENER

July 13, 1:30 to 3 p.m.
1 session, \$15

Have limited space? Tired of hunching over or stooping to harvest or monitor pests? Ignite your design creativity. Discover the beauty and benefits of vertical gardening. Learn what to plant, where to plant and how to maintain a vertical garden.

Instructor: Mary Longanbach, p. 33

NEW RUNNING THE VOODOO DOWN: THE MUSICAL INNOVATIONS OF MILES DAVIS

July 13 – Aug. 16, 9:30 to 11 a.m.
6 sessions, \$45

Jazz genius Miles Davis redefined several jazz styles. In the late 1940s, he was a trumpeter with bebop titan Charlie Parker. Davis’s groundbreaking recording, “The Birth of the Cool,” exchanged the bebop aesthetic of frenetic speeds for a more relaxed, laid back musical style. For three decades, he pioneered the jazz styles of hard bop, modal jazz, free form jazz and electric jazz-rock. Davis surrounded himself with the hippest young jazz players including John Coltrane, Herbie Hancock and Wayne Shorter, who went on to become jazz legends in their own rights.

Instructor: Kenneth Hoffman, p. 32

NEW IF YOU DON’T DO IT, NOBODY WILL: ORGANIZING AND PRESERVING YOUR FAMILY HISTORY

July 20 – Aug. 3, 11:30 a.m. to 1 p.m.
3 sessions, \$30

You cherish your old family letters, photographs and historical documents, but lack the motivation to take them out of the shoeboxes and organize them. Ignite your desire to start! Learn how to move from old boxes in a closet to creating an organized collection that will give your treasures value to the next generation. This class will be both a demonstration of systems and hands-on techniques to get you started preserving your own family history for future generations.

Instructor: Judi Frazier, p. 30



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NEW THE CURRENT STATE OF THE U.S. ECONOMY AND A LOOK FORWARD

April 7 – 14, 9:30 to 11 a.m.
2 sessions, \$25

Transform your knowledge of the metrics that determine the current state of the economy. Stretch your understanding of the major issues affecting the economy and possible outcomes. Anticipate possible outlooks for the next 12 months. Instructor provides detailed notes to each student.

Instructor: Joseph Steinman, p. 36

NEW DISCOVER THE KARPELES MANUSCRIPT LIBRARY MUSEUM: HISTORIC MANUSCRIPTS AND CONTEMPORARY ART

ED-venture

April 7, 10 a.m. to noon (excludes lunch)
1 session, \$25

Increase your appreciation of two local treasures. Rick Minor, director of Karpeles Manuscript Library Museum, is your guide through the development and exhibits of Karpeles Manuscript Library Museum. Jacksonville’s museum is one of 10 nationally that presents the private collection of David and Marsha Karpeles, the world’s largest of its type.

Internationally acclaimed local artist, Susanne Schuenke, offers a tour of her work exhibited at the Karpeles. OLLI members may be familiar with one of her commissioned works, “Give Me Wings!” displayed in the Davis building the Mayo Clinic in Jacksonville.

Recommended: Debrief over a Dutch treat lunch at a local venue

Coordinator: Laurel Conderman, p. 29

BUILDING AMERICA: RAILROADS IN AMERICAN HISTORY

April 7 – May 12, 1:30 to 3 p.m.
6 sessions, \$45

Learn how railroads have fascinated young and old alike for nearly two centuries, through war and peace. They enabled American economic growth, as well as shaped laws and transportation policy. Discover the many aspects of the railroad industry’s contribution to America. Stretch your understanding of the current outlook for railroads, their operations and technology.

Instructor: Tom Schmidt, p. 36

Thursday Continued

NEW EXPLORE MAGGIE'S HERB FARM

ED-venture 

April 14, 10:30 to 11:30 a.m. (excludes lunch)
1 session (each), \$25

Boost your knowledge of a local source of medicinal and culinary herbs in a workshop format. Experience the vitality of a working farm including the sights and sounds of colorful butterflies, birds, free range chickens and a splashing fountain. Sample an herbal tea. Bring a brown bag lunch to enjoy under the shade of cedar trees or motor to Outback Crab Shack for a Dutch treat lunch. Rekindle your experience by visiting the farm's stand at the Riverside Arts Market.

Required: Walking on level grass, ground and greenhouse floors, dress for the weather including sunscreen, outdoor walking shoes and a hat. Cameras welcome. Wheelchair accessible if the ground is dry

Coordinator: Pamela Keramati, p. 32

NEW VEGETARIAN COOKING

April 14 – May 5, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Discover nutritious culinary options that will tickle your taste buds. Learn health and disease prevention benefits of this style of cooking and its components. Stretch your knowledge of creative ways to use the vegetables, plant proteins, herbs and spices you love or will become acquainted with in this course.

Instructor: Shashi Sathe, p. 35



Enroll early to ensure your spot in the programs you want.

NEW IMMERSE YOURSELF IN FRENCH!

April 21 **OR** May 12 **OR** June 2 **OR** June 23 **OR** July 21 **OR** Aug. 11, 9:30 a.m. to 3 p.m.

1 session (each), \$50

Listen, speak and use French in a variety of authentic, fun-filled activities. Play a game. Sing a song. Work in teams to design an advertisement for your favorite French product. Learn how to shift your brain into thinking in French. Improve your fluency and confidence at every level of proficiency while having fun. New activities in each session. Meet new friends over lunch. Bring a brown-bag lunch. Enroll for each session separately.

Instructor: Anne-Marie Laine, p. 33

NEW AMERICAN HISTORY AND CIVICS LITERACY

April 21, 11:30 a.m. to 1 p.m.
1 session, \$15

Only 12 percent of high school seniors are proficient in American history and civics. College seniors at 50 large and small institutions received an average grade of F when tested. A *Newsweek* poll revealed that 70 percent of American adults did not know the U.S. Constitution is the supreme law of the land. Improve or refresh your knowledge and help others develop a solid foundation of the subject.

Recommended: Class participation and instructor's book "American History in No Time" available for purchase in class

Instructor: Randolph G. Russell, p. 35

IMMIGRATION: WHO, HOW, WHEN AND FROM WHERE

April 21 – May 5, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Learn how, why or when your family decided to make the difficult journey from the old country to a new land. Intensify your family research by learning about the resources that can help you find your family during their migration.

Required: Computer literacy and a basic knowledge of genealogy

Recommended: "They Came in Ships" by John Phillip Colletta

Instructor: Barbara Kiersh, p. 33



Try a new activity or interest today!

DISCOVER SALLY CORPORATION

ED-venture 

April 28, 10 to 11 a.m. (excludes lunch)
1 session, \$25

Discover a global animatronics leader headquartered right here in Jacksonville. Learn how family entertainment is created, from concept to installation. Increase your knowledge of the process from design, sculpting, fabrication, costuming, scripting, lighting and controls. The unique blend of art and engineering results in theme park rides and shows, as well as elements on parade floats such as singing trees and roaring lions. Visit sallycorp.com for a preview. Debrief over a Dutch treat lunch.

Recommended: Comfortable shoes, as some walking is required, dress in layers

Coordinator: Cynthia Kastner, p. 32

NEW A FLORIDIAN'S GUIDE TO INSURANCE PART I: HOMEOWNER'S AND AUTO INSURANCE

May 5 – 12, 9:30 to 11 a.m.
2 sessions, \$25

Florida's ever-changing insurance marketplace can create increased risk, as well as offer greater protection than other states. Are you adequately insured for possible hurricane or sink-hole damage? What special considerations should you consider for auto insurance in Florida? Learn to evaluate potential traps that may be looming and how to avoid them. Fortify your future from unwarranted claims. Maximize your knowledge of available discounts on homeowner's and auto insurance.

Recommended: Enroll in Part II to address health, life, long-term care and annuities

Instructor: Benjamin Wuerffel, p. 37

A VIEW OF THE CRIMINAL JUSTICE SYSTEM

May 5 – June 9, 9:30 to 11 a.m.
6 sessions, \$45

Learn about criminal trials through the personal experiences and stories of a former Chicago police officer, criminal attorney and judge. Special emphasis is placed on the Constitution and its impact on every aspect from detention and arrest, right to speedy trial and adequate defense, rules of evidence, trial by jury and much more.

Instructor: William O'Malley, p. 34

JUST WHAT WERE THEY THINKING?

May 5 – June 16, 9:30 to 11 a.m.
8 sessions, \$55

Discover what we can learn from Sigmund Freud, Leo Tolstoy, William James, Alexis de Tocqueville, Maxim Gorky, Thucydides and others. In this highly participatory class, you answer questions from the leader's guide, take a turn as a moderator and share your thoughts, insights and reflections. This is the first in a series of Great Books courses. Each term's course is new and independent from the others. You're expected to read 20-30 pages per week. A new series of Great Books will be offered each term.

Required: "Introduction to Great Books First Series" and "Leader's Guide" from www.store.greatbooks.org (Grades 9-12)

Facilitator: To be announced

STRESS MANAGEMENT TO IMPROVE YOUR HEALTH AND YOUR LIFE

May 5 – 26, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Empower yourself. Control your perceptions of and responses to stressors. Improve respiration, pulse, digestion, blood sugar and perspiration. Learn to read your body to reduce or eliminate stress-induced aches, pains and migraines. Discover techniques for correct diaphragmatic breathing. Increase your body's positive blood flow. Maximize progressive muscle relaxation, autogenic training, imagery and biofeedback skills. Integrate stress management in your healthcare. This highly interactive class provides aids you can use every day.

Instructor: Inge Thompson, p. 36

Thursday Continued

NEW TOP 50 iPad OR iPhone TIPS AND TRICKS

May 5 – 12, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Maximize your iPhone or iPad's potential. Bring your device along and try them out yourself.

Instructor: John See, p. 36

NEW APPLIQUE ARTISTRY

May 5 – 26, 1:30 to 3:30 p.m.
4 sessions, \$40

Learn the fundamentals of hand appliqué by stitching a pillow topper. Preparation for this project makes it extremely portable and travel friendly, a great take-along project. Learn to make pointy points, smooth curves, skinny stems and round circles.

Required: \$45 payable to the instructor for pattern, covered pillow, printed instructions and fabrics. Student purchase of "Applique & Embroidery Fundamentals" by Janice Vaine. List for student-purchased supplies e-mailed prior to class.

Recommended: Sisters' Garden pattern by Janice Vaine

Instructor: Janice Vaine, p. 36

DISCOVER OLD ARLINGTON

ED-venture 

May 12, 8:30 a.m. to 12:15 p.m. (excludes lunch)
1 session, \$65

Maximize your knowledge of local history and culture on this motor coach tour of Old Arlington. Anticipate a rich tapestry of accomplished historical personalities, striking views and fine period architecture. Travel through time the Empire Point, Clifton and Oak Haven neighborhoods. Visit the plantation cemetery where Anna Kingsley, the wife of Zephaniah Kingsley of Kingsley Plantation, is buried. Enjoy a Dutch treat lunch after the tour.

Coordinator: Stan Porter, p. 35

NEW POEMS OF THE SOUTH: ART, HISTORY AND THE NATURAL BEAUTY OF FLORIDA'S EAST COAST

May 12, 10:30 a.m. to noon
1 session, \$15

LOCATION: GLENMOOR

Stimulate your appreciation of the natural world's beauty and restorative powers. Explore nature's cycles and resiliency, and link them to our own through poetry and its imagery. An acclaimed local poet shares her work.

Instructor: Mary Deno-Yeck, p. 29

NEW A FLORIDIAN'S GUIDE TO INSURANCE PART II: HEALTH, LIFE, LONG-TERM CARE AND ANNUITIES

May 19 – June 9, 9:30 to 11 a.m.
4 sessions, \$35

Learn more about Florida's insurance marketplace. Find out about ways to best protect your health and retirement savings. Explore plans, coverage and optimal age to begin coverage. A long-term care expert will join the class on that topic. Questions and discussion are encouraged.

Recommended: Enroll in Part I to address homeowner's and auto insurance

Instructor: Benjamin Wuerffel, p. 37

NEW EXPLORE TILLIE FOWLER REGIONAL PARK AND NATURE CENTER

ED-venture 

May 26, 10 a.m. to noon (excludes lunch)
1 session, \$25

Discover one of Jacksonville's largest and most beautiful parks. The former site of WWI's Camp Johnston now supports songbirds, bald eagles, ospreys, deer, fox, raccoons, armadillos and possum as well as reptiles, butterflies and a wide variety of flora. Enjoy a classroom discussion focused on the unique habitat and history of the area. Hike a trail to an observation tower that provides treetop level views of the area. Enjoy a Dutch treat lunch or bring your picnic lunch and debrief with fellow OLLI members.

Required: Ability to walk two miles including some unpaved trails, closed-toe walking shoes, dress for the weather. Some trails are wheelchair accessible

Recommended: Binoculars, camera, walking stick, insect spray, water and a hat

Coordinator: Diane Dyal, p. 29

NEW WRITING BELIEVABLE FICTION CHARACTERS

June 2 – 30, 2 to 3:30 p.m.
5 sessions, \$40

Learn how to create characters that come alive on the page. Show your reader who these people are. Let them care about the individuals in your story. Allow the characters to drive your tale to a logical conclusion.

Instructor: Jan Kuchler, p. 33

NEW CRUISE TO CUMBERLAND ISLAND

ED-venture 

June 9, 10:30 a.m. to 12:30 p.m. (excludes lunch)
1 session, \$45

Intensify your knowledge of Amelia and Cumberland islands' rich history. Learn about the area's extensive wildlife. Cruise encompasses views of, and stories about Fernandina Beach's shrimp boats, historic Old Towne and Ft. Clinch as well as Cumberland Island's wild horses, the Carnegie family's Dungeness Mansion and the Greyfield Inn. Historians on board share stories that define the area's colorful character and illuminate colorful characters. Enjoy a Dutch treat lunch and free time in Fernandina Beach after the cruise. Cameras are welcome.

Note: Very little walking is required. Handicapped accessible restrooms onboard. Cruise does not include land tour of Cumberland Island

Required: Dress for cruise including non-slip shoes, sunscreen and hat

Coordinator: Linda Ward, p. 37

NEW APPLE TV

June 9, 11:30 a.m. to 1 p.m.
1 session, \$15

What is an Apple TV? How does it work? How much does it cost? Can I cut my cable cord? Will it save me any money? Are there any other options for steaming TV available? How do they work? These questions and many more are discussed in context demonstrating the latest version of Apple TV.

Instructor: John See, p. 36

THE OCEANS: TWO-THIRDS OF OUR WORLD

July 14 – Aug. 4, 1:30 to 3 p.m.
4 sessions, \$35

Discover the physics behind basic ocean functions, including waves, tides and currents. Learn about the flora and fauna of the depths. Course content will be presented free of jargon, using graphics and animations designed for clarity and comprehension. Question and discussion are encouraged to make the learning experience an enjoyable one.

Instructor: Bob Schiffner, p. 35

NEW BEHIND THE SCENES: TOUR OF THE FEDERAL RESERVE BANK

ED-venture 

July 20, 1 to 2:30 p.m. (excludes lunch)
1 session, \$25

Intensify your understanding of the central bank system, as well as the Fed's purpose and operations. Tour the local branch. Learn about its regional and national affiliations. Don't miss this Too Big To Fail experience. Gather for a Dutch treat lunch prior to your tour.

Coordinator: Madeline Jorgensen, p. 32

DISCOVER JAXPORT

ED-venture 

Aug. 18, 10 to 11 a.m. (excludes lunch)
1 session, \$25

Transform your knowledge of one of our area's major economic engines. JAXPORT develops, manages and markets publicly-owned facilities to promote the growth of maritime and related industries in Jacksonville and beyond. Tour Blount Island and the cruise terminal by bus. Watch the port at work through its cargo ships, cargo, cranes, containers, wharfs and warehouses. Enjoy a Dutch treat lunch at the Sanddollar Restaurant.

Required: Driver's license numbers and dates of birth will be collected at the time of enrollment and provided to the port's security staff. Government-issued identification required on the day of the tour. All tour participants must go through the port's security checkpoint. Cameras are allowed

Coordinator: Madeline Jorgensen, p. 32

**NEW STETSON KENNEDY'S BELUTHAHATCHEE:
THE STORIED HOME OF A STORIED MAN****ED-venture** 

April 1, 10 a.m. to noon (excludes lunch)
1 session, \$25

Gather at the landmark property of a treasured Florida author, folklorist and human rights activist. Situated within 70 acres that Stetson Kennedy purchased in 1948, the current four acre park is a wildlife refuge, native plant preserve and rookery. American folk balladeer Woody Guthrie was Kennedy's friend and a frequent visitor. He created more than 80 songs while in residence, inspired by both Kennedy's work and the property's unique sense of place. Learn about the National Literary Landmark's exhibition, archive and programming plans that will focus on Florida's traditional culture, as well as the lives and work of Kennedy, Guthrie and naturalist William Bartram. Debrief with fellow OLLI members over lunch.

Coordinator: Stan Porter, p. 35

NEW GREAT DECISIONS 2016

April 8 – May 27, 9:30 to 11 a.m.
8 sessions, \$55

Stretch your knowledge of current affairs with an in-depth discussion on specific national and international topics of current foreign policy concern. Topics include: the Middle East, the rise of ISIS, the future of Kurdistan, migration, the Koreas, climate change, the United Nations, and Cuba and the U.S. Each session begins with a 30-minute film of expert commentary, followed by one hour of highly participatory collegial discussion. Weekly preparation involves advance reading of 10 to 12 pages from the course booklet and supplemental reading materials provided by course facilitators via e-mail.

Required: "Great Decisions 2016" available online from the Foreign Policy Association's bookstore (www.fpa.org) or by calling (212) 481-8100. Enrolled students must purchase the booklet at least two weeks prior to the first session

Facilitators: John Fischer, p. 29, Samuel Hart, p. 31 and Michael Shore, p. 36

NEW INSIDE 2016 PRESIDENTIAL POLITICS

April 8 – 29, 1 to 3 p.m.
4 sessions, \$40

Maximize your understanding of Florida's role in the presidential race. Accelerate your understanding of the mechanics and why every election is the same with different players and positions on the field. Your guide for this lively class is an insider with 30 years' experience as a campaign staff member. He promises a bipartisan approach.

Instructor: Derek Hankerson Boyd, p. 31

MAH JONGG FOR BEGINNERS

April 22 – June 3 (no class May 13, May 27), 1 to 3 p.m.
5 sessions, \$50

Enjoy a fascinating rummy-like game that is played with tiles rather than cards. Mah Jongg originated in China and dates back to the time of Confucius. Originally played by the ruling classes, the game's popularity in the west exploded in the 1920s. Acquire the knowledge and skills you need to compete in this popular pastime.

Required: Advance purchase of 2016 National Mah Jongg League card (\$9) by calling (212) 246-3052 or online at www.nationalmahjonggleague.org.

Instructor: Denice Goldberg, p. 30

**URBAN EXPLORATION: DOWNTOWN ARCHITECTURAL
WALKING TOUR****ED-venture** 

May 6, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Discover architectural and historical gems including repurposed buildings around or near Hemming Park. MOCA's Curator of Collections, Ben Thompson is your expert guide. Visit the Confederate Monument, Snyder Memorial Methodist Church, St. James Building, The Seminole Club, Greenleaf and Crosby Building, Western Union Telegraph Company Building and others. Join us for a Dutch treat lunch at Café NOLA after the tour.

Required: Ability to walk and stand for two hours, dress for the weather and wear comfortable shoes. Transportation is on your own

Coordinator: Billie Hayward, p. 31

REDISCOVERING THE LABYRINTH AS A REFLECTIVE PRACTICE

May 20, 10 a.m. to noon (excludes lunch)
1 session, \$25

Location: Omnisara Labyrinth and Gardens,
414 Third Avenue North, Jacksonville Beach

Explore history, philosophy, significance and uses of the labyrinth, an ancient pattern found in many cultures around the world for millennia. Use the experience of walking this simple, ancient path with a Veriditas-trained facilitator as a way to quiet the mind, recover balance in life, and encourage meditation, insight, self-reflection and stress reduction. Discussion, question and answer will enhance your experience. Debrief over a Dutch treat lunch.

Recommended: Comfortable shoes, a journal or sketchpad to record your thoughts and feelings, Lauren Artress "Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice"

Required: Transportation is on your own, logistical instructions provided

Facilitator: Sam Hall, p. 31

GULLAH-GEECHEE: FLORIDA'S SOUTHERN ROUTE TO FREEDOM

June 3 – 24, 1 to 2:30 p.m.
4 sessions, \$35

LOCATION: GLENMOOR

Intensify your knowledge of the impact of West African culture in St. Augustine and elsewhere in the state. Travel from 15th century Spain to European conflicts, New World exploration, the Spanish and British colonial eras and statehood. Learn about the interactions of other ethnic groups and nationalities that contributed to Florida's flourishing. Enjoy guest lecturers and film screenings.

Recommended: "Belonging: The Civil War South You Never Knew" by Judith Shearer and Derek Boyd Hankerson, "Fort Mose: And the Story of the Man Who Built the First Free Black Settlement" by Glennette Turner, "Fort Mose: Colonial America's Black Fortress of Freedom" by Deagan, MacMahon, and "Florida's Negro War: Black Seminoles and the Second Seminole War 1835-1842" by Anthony Dixon

Instructor: Derek Boyd Hankerson, p. 31

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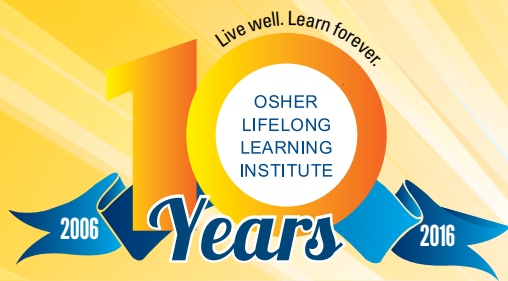
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DID YOUR KNOW?
Glenmoor is an OLLI
partner campus.
Thank you Glenmoor!



All OLLI members are Owner/Operators. That means you can take an active roll in what you want your OLLI to be.



2016 Spring and Summer OLLI Faculty

*Special thanks to our volunteer instructors -
they are paid with our appreciation!*

Carol Chou Adams (Chou Fang-Lan) and **Daniel Adams** are a husband and wife team with extensive teaching experience in the United States and Asia. Rev. Carol Chou Adams and Rev. Daniel Adams spent a combined 37 years in Taiwan and Korea working as educators. They have also served as visiting professors and special lecturers in Myanmar (Burma), Hong Kong, Japan, Thailand, Indonesia and Malaysia.

Avid travelers, they have visited 73 countries, where they always sought out centers of religious devotion and places of cultural and archeological interest. Carol is a graduate of Tainan Theological College, Elmhurst College (B.A., L.H.D.), the University of Dubuque Theological Seminary (M.Div.), Presbyterian School of Christian Education (M.A.) and the Southeast Asia Graduate School of Theology (Th.D.). Daniel holds degrees from Seattle Pacific University (B.A.), the University of Dubuque Theological Seminary (M.Div.), Soochow University in Taiwan (M.A.) and Aquinas Institute of Theology (Ph.D.).

Culture and Religion in Asia: The Development of Christianity in Korea, p. 19

Evelyn Anchondo is originally from El Paso, Tex. and retired from federal law enforcement with more than 30 years of service. She was the assistant to the director of volunteer services with an AIDS organization in El Paso and was involved with an AIDS organization in Jacksonville. Anchondo has provided one-on-one literacy tutoring in both cities. She has been interested in healthy living for a long time and enjoys regular exercise to stay and look healthy.

Facial Fitness: Exercises for the Face and Neck, p. 8

Karen Backilman completed her undergraduate work in psychology at Simmons College and has master's degrees from Harvard and UNF. She has taught regular and special education, and served as teacher, media specialist and principal with the Duval County Public Schools. One of her jobs as principal was to help new principals get organized. Karen has taught OLLI classes in knitting and mystery books.

Spring Cleaning or Organizing: Giving the Left Side of Your Brain a Turn, p. 11

Robert Black was a captain in the U.S. Air Force, a corporate executive and an entrepreneur. He has a B.S. in chemistry and holds M.S., E.E., P.E. degrees and an M.B.A. in finance from the University of Akron. He is an honorary member of the Financial Management Association. While Black is neither a broker nor a financial adviser, he has been investing for more than 50 years and manages his own portfolio. His wide-ranging personal interests include Southeast Asia, Tao, Buddhism, Christianity and the literature of happiness.

Happiness, p. 10

Investing for Those Who Do Not Want to Think about It, p. 10

Jerry Chiappetta produced scores of television programs, corporate films and videos. He is a former newspaper editor, radio host and television news writer and broadcaster. Chiappetta has published more than 400 national magazine stories, written, hosted and served as the producer of approximately 800 half-hour syndicated television programs. Most of his work has aired on ESPN and various regional networks. Chiappetta has published several books; one reader of his "Modern ABCs of Ice Fishing" followed instructions and caught 500 pounds of ice. Chiappetta is also a multi-engine instrument-rated pilot.

Keep On Smiling – Join the OLLI Comedy Gang, p. 13

Roger Cochran received his Ph.D. in medical sociology and gerontology following remission from Stage IV colon cancer 25 years ago. He has 30 years of consciousness training through his experience with Zen meditation, as a Zen lay practice leader and a Conscious Aging facilitator. Cochran consults with healthcare organizations that want to add new services for their community. He participated in Jacksonville Community Council Inc. (JCCI) inquiries on aging and mental health. Cochran served on the board of Elder Source (the Area Agency on Aging) and several religious organizations.

Conscious Aging, p. 16



Enroll in OLLI programs
online at www.unfolli.com
or call (904) 620-4200.



We love our OLLI faculty. Each term, more than 300 OLLI volunteers share their knowledge and interests.

Laurel Conderman worked for more than 15 years as office manager in the Department of Pediatrics, University of Florida in Jacksonville before retiring in 2013. Her great enthusiasm for UNF OLLI ED-ventures led her to volunteer with the team. Conderman also volunteers with the annual Congenital Heart Walk and her neighborhood civic association. She especially enjoys exploring our area's beautiful parks and natural places. Discover the Karpeles Manuscript Library Museum: Historic Manuscripts and Contemporary Art, p. 21

Tracy Danese, a Jacksonville native, is a retired attorney and utility executive. He received his B.S. from the U.S. Merchant Marine Academy, J.D. from the University of Florida, and M.A. and Ph.D. in American history from Florida State University. He was an adjunct professor of history at Jacksonville University for several years. Early Political History of the Constitution, p. 14

Mary Deno-Yeck pursued an early career path in teaching, followed by a mid-life change in direction, becoming a licensed MSW, working as a therapist in psychiatric hospitals and clinics, special schools and in a large institution for the developmentally disabled in New York state. She follows a lifelong interest in writing poetry in retirement. Deno-Yeck attended the Breadloaf Writers' Conference in Vermont, the Colrain Poetry Conference in Massachusetts and works locally with a poet-critic group in Ponte Vedra. Her major focus is on helping poets find their individual voice. Poems of the South: Art, History and the Natural Beauty of Florida's East Coast through Poetry, p. 24

Charles Drysdale has more than 34 years of experience in the securities industry specializing in fee-based custom portfolio management for individuals. His motto is "The markets have been here before. Let me share what I have learned." Investment Basics, p. 17

Diane Dyal is a Jacksonville native who enjoys learning about the history of our area and sharing what she has learned with others in our community. In 2001, Diane was fortunate to be involved in the formation of Untamed Adventures, an outdoor adventure group for women. She volunteers with UNF OLLI to encourage members to learn more about the wonderful paradise called Florida. Prior to retiring, Diane worked in management for more than 30 years with Frank Griffin Motors. Explore Tillie Fowler Regional Park and Nature Center, p. 24 Hike into History: Camp Milton Historic Preserve and a Historic Florida Homestead, p. 17

John Fischer is a retired management consultant who has been a news aficionado since high school. His professional work in factory management, technology and human resources required extensive domestic and international travel and periodic relocations. His lifelong hobby has been reading: books, newspapers and journals with an emphasis on politics, governance, economics, demographics and culture. However, win or lose, time is always reserved for the Detroit Tigers. Great Decisions 2016, p. 26

Joseph Fittipaldi started his teaching career at Boston University. After a stint in education, he worked as a lobbyist in Trenton, N.J. and Washington, D.C. He later spent 20 years in domestic and international sales as director general for a medical device manufacturer. He finished his career as VP for a medical publisher. Upon his retirement, he renewed his passion for Big Band music. His Sunset Beach Ballroom Show was a Friday night staple on WPCA-FM in Amery, Wis. Joe has been a Big Band enthusiast since he can remember. From his first music lesson in 1947, he specialized in the big band standards. His father was a vocalist with the Ted Weems Orchestra, which influenced Joe's choice of music. The Big Bands: Latin Music Invasion of the 1930s, 40s and 50s, p. 20

The Florida Small Business Development Center (FSBDC) at the University of North Florida provides management assistance and training to prospective or existing small-business owners in Alachua, Baker, Bradford, Clay, Citrus, Columbia, Dixie, Duval, Gilchrist, Hamilton, Lafayette, Levy, Marion, Nassau, Putnam, St. Johns, Suwannee and Union counties. The FSBDC is designated by statute as the state's principal provider of business assistance, to positively impact the area's economic growth and stability. Boomerpreneur Business Academy, p. 16

Judi Frazier began her career as a bookstore manager, changed fields, and spent the next 30 years as a Dental Hygienist. Her retirement in 2012 has enabled her to devote more time to her hobby of genealogy. During the last 20 years, she has developed some simple organizing systems to preserve all the family photos, letters and documents she has inherited. She is eager to share her passion for family history and lessons learned to aid you in preserving your family's history.

If You Don't Do It, Nobody Will: Organizing and Preserving Your Family History, p. 21

Jelena Gill was born and raised in Belgrade, Yugoslavia. She earned a Ph.D. in mathematics from the University of Belgrade. She moved to the U.S. in 1981 and taught at Michigan State University. Gill started teaching lifelong learning programs after retiring. She taught lifelong learning programs in North Carolina and Fort Myers, Fla.

Discover the Wordless Language of Our Bodies: Understand Nonverbal Communication, p. 15

Alan Gleit received his Ph.D. from Stanford in mathematics with a minor in physics. He was a professor for many years in various departments, including mathematics and statistics at multiple universities. Following his career as a tenured professor, he started a second career in risk management working for several large financial institutions.

A History of Mathematics, p. 8

Robert L. Gold is a retired history professor, writer, speaker and lifelong reader of murder mysteries. He has written a colonial city series of murder mysteries set in Savannah, St. Augustine and New Orleans, as well as historical works and a variety of other published articles, columns and stories in journals, magazines, newsletters and newspapers.

Sex, Money and Vengeance: Motivations for Murder in Mysteries, p. 12

Denice Goldberg is passionate about Mah Jongg. She has been playing twice a week for 10 years. She's eager to share the game with others.

Mah Jongg for Beginners, p. 26

Mary Gray has 26 years of professional nursing experience in Colorado, including 10 years as a nursing faculty and three years as a member of the Colorado State Board of Nursing. Since moving to Florida, she has 15 years of experience implementing electronic medical records (EMRs) for Nemours Children's Clinic and Ascension Health (St. Vincent's). Gray's team of trainers and analysts implemented the EMR for the St. Vincent's physician network. Now retired, she enjoys gardening, cooking and visiting grandchildren.

Understanding Electronic Medical Records: Essentials for Patients and Families, p. 18

Barry Greene began playing guitar at the age of 10 in 1971. Since then he has developed into a world-class guitarist, arranger and composer. Greene has recorded or performed with many well-known artists in the United States and Europe, recorded several CDs, and published books and eBooks. He is currently a professor of jazz guitar at UNF, where he has taught since 1995. Greene teaches a guitar ensemble, applied guitar and several audio technology courses. His series of video jazz guitar lessons is gaining worldwide recognition.

Learn to Listen to Jazz, p. 14

Gail Greenfield is a retired registered nurse. She and her husband, Stanley, love to travel the world seeking unique experiences. Combining volunteer work with their travels provided them with opportunities to fully immerse themselves in the life of the country they were visiting.

International Volunteer Vacations, p. 9

Stanley B. Greenfield is a retired insurance and financial consultant who has lectured about financial matters worldwide. He served as an adjunct professor at several universities and published thousands of articles. Greenfield and his wife, Gail, love to travel the world seeking unique experiences. Combining volunteer work with their travels provided them with opportunities to fully immerse themselves in the life of the country they were visiting.

International Volunteer Vacations, p. 9

Rory Gregg is passionate about working in the healthcare industry as a licensed agent for Humana and thrives daily on serving his members to the fullest. He is a Medicare expert and holds national and state licensing for health, life and annuities. Gregg is also a tournament angler and fishing guide with more than 30 years of local inshore fishing knowledge and experience. Additionally, he is a writer for two regional outdoor publications, a seminar host and appears on national television broadcasts.

Inshore Fishing, p. 9

Maximizing Your Doctor Visits, p. 10

Medicare 101, p. 11



Being an OLLI member is like having an OLLI family.

Rob Groleau is a father of four boys and grandfather of eight. He is a former teacher who provided family and spiritual support in the Army National Guard's chaplaincy. Groleau planned and conducted numerous parenting workshops designed to aid parents and strengthen family relationships. *Celebrate Grandparenting*, p. 19

Sam Hall is a founding member and community outreach director of Omnisara Labyrinth and Gardens in Jacksonville Beach, Fla. He is a Veriditas-trained facilitator and ordained as an interfaith minister from One Spirit Interfaith Seminary in New York City. Hall focuses on men's spirituality using the labyrinth as a template for discussions, workshops and retreats. He has a degree in biology and chemistry. *Rediscovering the Labyrinth as a Reflective Practice*, p. 27

Derek Boyd Hankerson conducts primary research, publishes and presents programs on American history including topics on the African diaspora, the great migration on Africans in new world, and Florida's rich international, multi-cultural history. In 27 years of government service, he served in the administrations of Ronald Reagan, George H.W. Bush, George W. Bush and Richard Cheney. Hankerson also worked for the state of Pennsylvania and the St. Johns County Board of County Commissioners. He is a founding member and producer of Freebooters Productions (FRP), an independent film and digital production company in St. Augustine. During the last 14 years, Hankerson created marketing campaigns, as well as produced and co-produced documentary films. His educational training and curriculum programs include topics related to the Gullah-Geechee cultural heritage and the Underground Railroad that brought enslaved peoples to Spanish Florida. In addition, Hankerson is a catalyst connecting the First Coast to Fort Mose, the National Park Service Underground Railroad Network, Freedom Project and the Gullah-Geechee Cultural Heritage Corridor. He continues to work on documentary film projects, film festivals and publications. *Gullah-Geechee: Florida's Southern Route to Freedom*, p. 27
Inside 2016 sPresidential Politics, p. 26

Mary Ann Harper is a University of Delaware Blue Hen, with more than 35 years in education as a classroom teacher, an administrator and a workforce development corporate trainer. She served all ages from newborns through community college students, employees, parents and senior citizens. She retired from North Carolina public schools and moved with husband, Michael, to Atlantic Beach in 2013. Harper was inspired by her three grandchildren to develop this term's OLLI class. *Where Did Those Sweet Babies Go? Grandparenting Adolescents* in 2016, p. 15

Michael Harper is a vice president of Wolf Retirement Navigation in Jacksonville specializing in long-term care and Medicare planning. He was vice president of underwriting at Colonial Life and chief underwriter of AFLAC U.S. He worked in risk management for 41 years, specializing in home office life and health underwriting, insurance regulation, insurance operations and product development. *Managing Your Healthcare Risks in Retirement*, p. 20

Samuel Hart has experience as a soldier, diplomat and teacher. He holds degrees from the University of Mississippi, the Fletcher School of Law and Diplomacy and Vanderbilt University. He also attended the John F. Kennedy School of Government at Harvard. His military experience includes duty as a paratrooper and general's aide. For 27 years, he was a diplomat with the U.S. Department of State, serving overseas in Latin America, Southeast Asia and the Middle East. From 1982 through 1985, he served as U.S. ambassador to Ecuador. Since his retirement from the State Department, Sam has been a business consultant and lecturer on American foreign policy at numerous colleges and universities and for 15 years on cruise ships. Hart is active in the World Affairs Council and other volunteer organizations. *Great Decisions 2016*, p. 26
What Happened?, p. 12

Billie Hayward became a full-time community volunteer after a career as psychiatric clinical nurse specialist. She contributes her time and talents to the arts and OLLI at UNF. *Urban Exploration: Downtown Architectural Walking Tour*, p. 26

Howard Hodor retired after 35 years in commercial and residential real estate development. He served as founding chairman of Gainesville's Council for Economic Outreach and received the governor's appointment to the Southern Growth Policy Board and Florida Council of 100. Hodor served as administrative committee chairman of the board that founded Enterprise Florida. At the request of the governor, he assumed the responsibilities of president and CEO of that organization for 18 months. *Current Events*, p. 11

Ken Hoffman is a retired software development consultant for major financial firms. He earned a B.A. in philosophy from Fairleigh Dickinson University. Being a resident of Jacksonville since 2004, Hoffman has completed two-thirds of the credits required to receive an M.A. in American political and social history from UNF. He specializes in slavery and abolitionism from the colonial period to the ratification of the 13th amendment, as well as aspects of the American Civil War. Hoffman's other research interests include the antebellum period, Native American history, colonial Puritans and Quakers, the U.S. Constitution and the politics of the early Republic. He has been a music aficionado since his teens and now teaches courses in 19th and 20th century classical music and the history of jazz. Since moving to the South, Hoffman's steadfast loyalty to the New York Yankees is now balanced with a sincere appreciation of barbecued ribs, collard greens and corn bread. Visit his history blog at jaxhistorian.blogspot.com.
 Bridging the Classical and the Romantic: The Music of Ludwig Van Beethoven, p. 17
 Running the Voodoo Down: The Musical Innovations of Miles Davis, p. 21

Analisa Jahna has a doctorate degree in naturopathic medicine from National College of Natural Medicine. She offers naturopathic consultations in downtown Atlantic Beach, specializing in women's health and pediatrics.
 Returning to Our Roots: An Introduction to Naturopathic Medicine, p. 9

Libby Jennison is a practicing community herbalist, Ashtanga yoga instructor and birth doula, who loves to share her practices with others in the community. In addition to helping clients on healing journeys, Jennison has a passion for building the herbal community in Jacksonville.
 Herbal Home Remedies, p. 13

Terry Jones has a background in communications, business administration and law. She gave numerous presentations throughout her career and as a graduate instructor teaching leadership classes. She writes speeches for others and has conducted speaking workshops for corporate speakers' bureaus.
 Negotiation Skills for Retirees, p. 10



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Madeline Jorgensen is a founding member of OLLI at UNF. She served on its advisory board and led its activities committee. As a member of the ED-ventures Team, she continues to pursue her passion for organizing interesting field trips for OLLI members.
 Behind the Scenes: Tour of the Federal Reserve Bank, p. 25
 Discover JAXPORT, p. 25

Cynthia Kastner moved to Jacksonville in 2004 from New Jersey. She was a lawyer for AT&T, Western Electric and Lucent Technologies for 25 years. She is chair of the Board of Trustees at Christ United Methodist Church in Neptune Beach. Kastner served on the architectural review board for Queens Harbour and as vice president for activities for First Coast Newcomers. She received a B.A. in economics from Rutgers University and a J.D. from Seaton Hall Law School.
 Discover Sally Corporation, p. 23
 Visit Rayonier Advanced Materials, p. 18

Marlene Kenney is a retired human resources director with a lifelong passion for interior design and decorating. Relocation to several states encouraged her to learn to decorate in ways that reflect her location and her personal style. As director of administration, Kenney was instrumental in redecorating the common areas and hallways of a retirement community in Albuquerque, N.M. In retirement, she created Room Rescuer, a service that helps clients resolve their decorating dilemmas by repurposing their furnishings.
 Interior Decorating with Your Style in Mind!, p. 14
 Studio Painting: Oils and Acrylics, p. 8

Pamela Keramati retired after teaching children in grades K through 8 for 38 years. She continues to teach as a substitute for the pleasure of working with children and supporting public education. Keramati, an outdoor enthusiast and nature lover, is a member of the Sierra Club who enjoys hiking.
 Explore Maggie's Herb Farm, p. 22

Barbara Kiersh is a retired genealogy librarian with the Jacksonville Public Library. She studied with the National Genealogical Society and has enjoyed family research for more than 20 years.

Immigration: Who, How, When and From Where, p. 22

Maureen Kirschhofer began her working career as an art teacher in Buffalo, N.Y., after completing her B.F.A. at the University of Rochester and an M.S. in art education at the State University College at Buffalo. In 1981, she began a new career as an insurance agent for the Paul Revere Company. A Chartered Life Underwriter since 1991, Maureen has had a distinguished career in insurance and financial planning. She has held many positions and received many honors on local, state and national levels, including president of the Jacksonville Society of Financial Planners.

Studio Painting: Oil and Acrylics, p. 8

Korean Spirit and Culture Promotion Project is a non-for-profit organization that was established in 2005 to promote Korean history and culture. Their headquarters are in Seoul, Korea with branches are in New York, New Jersey, Georgia, California, Germany and the United Kingdom.

Korea: History, Culture and Industry, p. 18

Jan Kuchler writes romances and mysteries as Janet Cooper. Her four romance novels are currently available via Amazon Kindle. Two historical romances set in the late 18th century titled "Loving My Enemy" and "Independence," a time-travel romance, "Another Chance" and a contemporary mystery romance, "Secrets in the Low Country." Kuchler is currently working on "Murder in the Low Country." When she was a child, her sisters told her she did not know truth from fiction – a very good beginning for a fiction writer.

Writing Believable Fiction Characters, p. 25

Anne-Marie Lainé was born and raised in France. As an educator, she has taught students of all ages and grade levels in France, Canada and the U.S. She holds a B.S. in science and education from Université du Québec Montréal and a master's degree in education from Curry College in Massachusetts. Lainé enjoys teaching water aerobics in the St. Augustine area.

Immerse Yourself in French!, p. 22

Bill Laird is a financial adviser for DHG Wealth Advisors' Jacksonville office. He is one of only 1,300 individuals nationwide to hold both the Certified Financial Planner and Chartered Financial Analyst certifications. Laird has 16 years of experience in the wealth management industry, specializing in assisting clients through major life transition events such as retirement, divorce, death and long-term care decisions. A 2015 graduate of Leadership Jacksonville program, Laird was

recently honored as one of Jacksonville's Top 40 Under 40 by the Jacksonville Business Journal. Laird is married with two children and has lived in Clay County since 1999.

Successful Retirement Transitions, p. 19

Frederick B. Lee is happily retired but loves teaching and speaking. He is president and owner of an educational institute devoted to brain training, memory improvement and speed reading.

Memory Improvement, p. 19

Speed Reading, p. 19

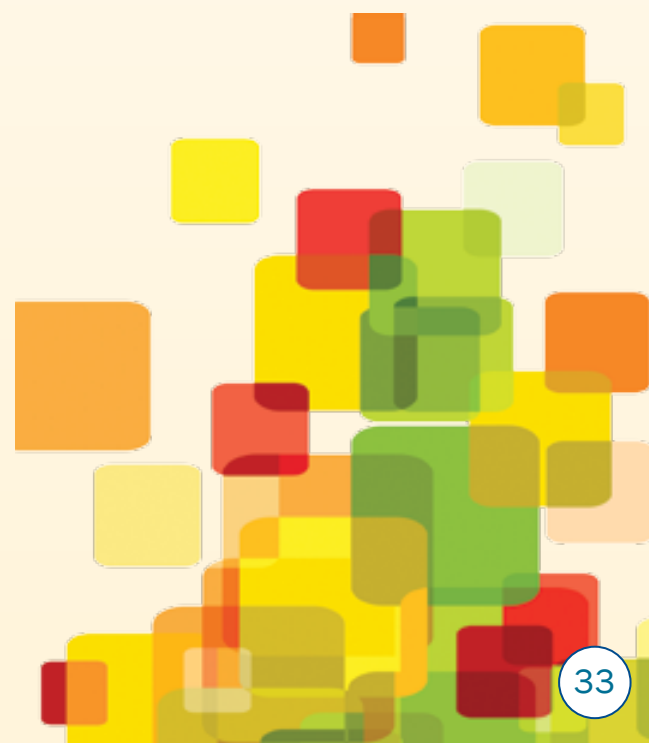
Mary Longanbach has been a Florida master gardener for six years and was a West Virginia master gardener for five years. She worked in the greenhouse at West Virginia University and is presently a member of the Master Gardener's Speaker's Bureau giving talks at various libraries around the city, to garden circles and various clubs. She is also a master gardener volunteer at the Duval County Extension Demonstration Gardens in Mandarin.

Container Gardening: Old and New Ideas, p. 20

Vertical Gardening: A New Option for the Home Gardener, p. 21

Kathy Marquis is an Army brat who grew up all over the world. She married a Navy pilot and got to see even more. As a result, she developed a love of history and other cultures. She and her husband moved to the heart of downtown St. Augustine in 2000. Living in the oldest city in the U.S. has been a perfect fit. She enjoys sharing interesting sites in the city with fellow OLLI members. Marquis is a graduate of FSU and UNF and had a career in teaching, most recently at the Florida School for the Deaf and Blind in St. Augustine.

Behind the Scenes in St. Augustine: Florida National Guard Headquarters and Cemetery, p. 20



Bill Mayhew has been a serious student and practitioner of Zen Buddhism since he retired from business 18 years ago. His teacher is Eido Shimano Roshi of Dia Bosatso Zendo, a Rinzai Zen monastery in the mountains of New York. Mayhew an affiliate of the North Carolina Zen Center for the last 10 years and participates in sesshins, silent weeklong meditation retreats.

Zen Buddhism: A Personal Perspective, p. 17

Connie McAuliffe is a retired management consultant and college instructor. Her area of expertise in business and education is communication. She holds a B.A. in English from Bucknell University in Lewisburg, Pa. and an M.Ed. from Cabrini College in Radnor, Pa. Connie is a lifelong, avid reader, has spent time as a journalist and continues to write both fiction and poetry.

Poets' Workshop, p. 18

Kenneth McMillan was a professor in the University of North Florida's Department of Art and Design where, for 30 years, he taught Aesthetics, Art of the 20th Century, Art Since 1940, Ceramics/Sculpture and 3D Design. He is a former chairperson of that department. Although teaching full time, he was able to travel extensively and these experiences add a passion to his teaching. As a retiree, he is now producing art and researching and serving as a volunteer teacher for the St. John's Cultural Council and the O.U.R. Communities in Schools Program of St. Johns County.

The Movies: Our Enduring Passion, p. 15

Edward Mickolus says he snuck off with a Ph.D. from Yale University before they noticed it was missing. He was an analyst, operations officer and manager at the CIA for 33 years. He taught creativity and other techniques at the CIA, the FBI Academy and a host of other federal agencies. He runs Vinyard Software, Inc. and is the author of 24 books including "The Secret Book of CIA Humor." Mickolus will autograph any book you'd like, but he prefers to sign those he actually wrote. He is a recovering standup comic.

A Brief History of U.S Intelligence, p. 15

Creativity for Retirees, p. 12

Dennis Navin retired in 2006, after running a business in upstate New York. While in New York, Navin was on the board of directors of the Ingersoll Home, an assisted living facility. After retiring, he moved to Tucson, Ariz. where he volunteered at Habitat for Humanity and Tucson Medical Center. Navin believes in giving back to his community and enjoys being involved with OLLI at UNF.

Explore St. Marys, Georgia: History, Nature and Culture, p. 13

William O'Malley is a retired Chicago Circuit Court judge, a former defense attorney and Chicago police officer. He holds a degree from Loyola University of Chicago and has his J.D. from Chicago Kent College.

A View of the Criminal Justice System, p. 23

Joe O'Shields is a practicing lawyer in Jacksonville. He has a lifelong love of history and earned degrees in that discipline from the University of South Carolina (B.A.) and UNF (M.A.). He is an active communicant at St. John's Episcopal Cathedral, has mentored an Education for Ministry class for 12 years and practices as a spiritual director. O'Shields enjoys riding his bicycle, practicing yoga and being a grandfather.

Thomas Jefferson: An American Original, p. 9

Merrill Jay Palmer retired in 2006 after 31 years as the director of Choral Activities at the University of North Florida. In addition to his choral responsibilities at UNF, he also taught classes in conducting, music history, theory, voice and humanities. He chaired the Department of Fine Arts from 1981 to 1984. Palmer also served as director of Adult Music at Palms Presbyterian Church in Jacksonville Beach, Fla., for more than 27 years, retiring from that position in 2003. Palmers was an adjudicator, clinician and guest conductor for FMEA, Six Flags, Inc. in Georgia and Texas, the Florida Conference of the United Methodist Church and the New York State School Music Association. He led UNF choirs that toured Europe and sang in Notre Dame Cathedral, Paris, St. Thomas and St. Nicolai churches in Leipzig, Santa Maria Novella, Florence and Martinu Hall in the Academy of Performing Arts in Prague among many others. The UNF choirs he led performed in Charleston, Atlanta, Savannah, Palm Coast, Orlando, Tampa and numerous Jacksonville venues.

The Great Age of Vienna: Beethoven, Schubert and Brahms, p. 9

Al Poindexter is a folk singer, songwriter and collector of Florida folklore. His artistry focuses on Florida legends, colorful characters and backwater places. Poindexter won the St. John's River Keeper songwriting contest in Sept. 2014 for his song "St Johns River Houseboat." He performs at folk festivals, libraries, cafes and other venues around North Florida.

North Florida Folk Music: History and Tradition, p. 14

Stan Porter is a retired computer tech who enjoys art, architecture, walking, biking and reading. While living in Neptune Beach, he was a volunteer at BEAM, a food bank in the beaches area. He and his wife recently relocated to the Riverside area where they are regulars on the RAM ride, a Riverside Arts Market community bike ride that rides to coffee shops in the downtown, Springfield, San Marco and Riverside/Avondale neighborhoods. Porter is a longtime member of OLLI and currently serves on the ED-venture team.

Discover Old Arlington, p. 24

Stetson Kennedy's Beluthahatchee: The Storied Home of a Storied Man, p. 26

Lynne Radcliffe is a musical educator, performer and composer. She currently serves as director of music at St. Paul's-by-the-Sea Episcopal Church in Jacksonville Beach, as well as program coordinator and teacher at First Coast Community Music School. She serves on the boards of the Beaches Fine Arts Series and BRASS. Radcliffe is a regular contributor to "Encore!," the magazine of the Jacksonville Symphony Orchestra, as well as a former host of "WJCT Presents the JSO." Radcliffe received a bachelor's degree in music for piano performance from Memphis State University and took graduate courses in musicology at the University of Memphis.

Master the Masters: The Adventures with a Symphonic Detective, p. 9

John Reeve retired from the advertising and publishing industry. A Silver Life Master with more than 1,700 Master Points, John frequently competes in regional and national bridge tournaments.

2-Suited Bridge Bidding, p. 12

Beginning Bridge III, p. 11

Todd Robinson is a graduate of Bastyr University and holds a doctorate in naturopathic medicine. He offers naturopathic consultations in Jacksonville Beach, specializing in naturopathic cancer support.

Returning to Our Roots: An Introduction to Naturopathic Medicine, p. 9

Glenn Ross has been an OLLI member for five years and now teaches in the program. He is president of AllEnergy LLC, a company he started in 2004. As a technical consulting firm, the primary focus of AllEnergy is dispute resolution, mediation, contract interpretation and renegotiation for energy companies. Ross has worked with clients throughout North America, the United Kingdom, Japan and Europe. He has a B.S. in electrical engineering and an M.B.A.

Clay Sculpting for Beginners, p. 11

Randolph G. Russell began writing the first, unpublished version of "American History in No Time" for his children, after realizing they did not know many things he assumed they were learning in school. In the course of his research, Russell learned of a pervasive lack of knowledge of basic American history and civics. The published work is a more sophisticated text that has been used in a number of colleges, while remaining easily understood by younger readers. Russell is an accomplished musician who has performed throughout the U.S. and in Europe. In business, he held a number of financial management positions with companies in Florida and Georgia. Russell holds degrees from the University of Miami and the University of Florida.

American History and Civics Literacy, p. 22

Shashi Sathe was born in India and came to the United States in 1971 to pursue her graduate studies. She has lived in several regions of the U.S. and Mexico but chose to retire in Jacksonville.

Vegetarian Cooking, p. 22

Bob Schiffner holds a B.S. in engineering from Penn State and an M.S. in geophysics from the United States Naval Postgraduate School, with a dual major in meteorology and oceanography. He retired as an aviator on several aircraft carriers after 20 years in the U.S. Navy. After retirement, Schiffner worked 25 years for Price Waterhouse Coopers and other major management companies in the data processing arena. During his last six years of employment, he traveled the world as the computer games system manager for the International Special Olympics competitions. Since retirement, he has taught at several community colleges and is currently on the staff at Embry Riddle Aeronautical University and at St. Johns River State College.

The Oceans: Two-Thirds of Our World, p. 25



Tom Schmidt is a retired railroad executive. He holds an M.A. in history from the University of North Florida and has taught American history as an adjunct professor at both UNF and Florida State College at Jacksonville.

Building America: Railroads in American History, p. 21

John See has extensive experience working with Apple computers and software. Prior to retirement, he was a K-12 teacher, college instructor, school district technology coordinator, a district information technology manager, and, in Minnesota, a department of education technology specialist who assisted schools and teachers with their technology training needs. He designs websites for small businesses around the U.S. and facilitates an Apple users group in Del Webb, Ponte Vedra.

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iPhone or iPad: Make Them Work for You, p. 13

Top 50 iPad or iPhone Tips and Tricks, p. 24

Michael Shore has been an instructor since UNF OLLI's earliest days. He specializes in classes about technology, American culture and politics. He is a former journalist and a retired IBM director of media relations.

Great Decisions 2016, p. 26

Sally Steinauer is a Florida master naturalist. She has been a member of the Florida Native Plant Society for nine years and currently serves as president of the local Ixia chapter. Steinauer is a co-leader of the chapter's restoration of Jacksonville's Native Plant Park. In 2013 she received the St. Johns Riverkeeper/Riverside Avondale Preservation award for Outstanding River Friendly Yard of the Year.

Making Your Yard a Life Garden for Flying Flowers, Melodies and You, p. 12

Joseph Steinman is originally from Philadelphia, Pa. and holds a B.S. and M.S. in chemical engineering, and an M.B.A. and doctorate in finance. Early in his career, he worked in research for NASA on the space shuttle. Later he spent 19 years in

private industry in various financial and general management positions in the United States, Europe and East Africa. He served on the finance faculty of a university in Switzerland for 12 years and UNF for seven years. He has consulted for management throughout the world.

The Current State of the U.S. Economy and a Look Forward, p. 21

Inge Thompson has a B.A. and an M.A. in music. Singing is her first love. Thompson's 1953 marriage to a Jacksonville native led her into the restaurant business and management of two well-known venues, Hargraves Steak House and Florida Grill. After attaining an M.S. in health education from UNF, she worked in Memorial Hospital's rehabilitation unit.

Stress Management to Improve Your Health and Your Life: Part I, p. 23

Kathleen F. Triebwasser, a licensed marriage and family therapist for more than 25 years, is a life and wellness coach. She has expertise in self-discovery and self-empowerment coaching. Triebwasser's passion is personal history research and writing. She is the co-owner of O.P.A.L. (Ordinary People Amazing Lives Productions).

Guided Autobiography: Part I, p. 8

Janice Vaine is a hand applique, embroidery and quilt author, designer and teacher. She began stitching at the age of five when her mother passed down her love of needle and thread. In 2004, Vaine's passion for needlework blossomed into her pattern company, The Graham Cracker Collection. Since then, she has published 58 patterns for needle art enthusiasts and authored six books on hand appliqué and embroidery.

Applique Artistry, p. 24

Gabriele Van Zon is a feng shui master and faculty member of the Feng Shui Institute of America. Her website fengshuiuniversal.com offers free newsletters and blogs. Van Zon has been teaching and consulting for 15 years.

Feng Shui Eyes Look At Art, p. 13

Joe Varon is a retired structural engineer. He was chief engineer for Haskell, a leading design-build firm, and taught structures in the Construction Management Department at UNF as an adjunct professor.

Crossing the St. Johns, p.18

Fighting Gravity, Basic Structural Engineering, p. 18



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Linda Ward graduated from Wake Forest University with a B.A. in French and a love of travel. She lived in Asia and in Europe for 15 years, where she enjoyed learning about each different city and country. Ward has lived in Jacksonville for the last nine years. She was an accounting specialist at Merrill Lynch prior to retiring. She continues to enjoy world travel and exploring Jacksonville and the surrounding area.

Cruise to Cumberland Island, p. 25
Explore St. Marys, Georgia: History, Nature and Culture, p. 13

Chuck Watson is a retired teacher, school administrator and professor. He holds degrees from the University of Evansville, The University of Colorado and East Carolina University. His career has been focused on improving learning for all children, especially those living in areas with high rates of poverty, improving math and science literacy at all levels, creating meaningfully powerful environments for middle school children and working toward social justice for all. He is a recognized author, a winner of many teaching awards, a passionate birder and golfer. Watson has found baking cookies and other pastries to be a welcome relief from stress as an advanced form of meditation.

Getting In Touch With Your Inner Cookie or Baking As An Advanced Form of Meditation, p. 8
TED Talks: Education and Learning, p. 8

Gary Whiting has a B.S.B.A. in marketing. He is a certified University of Florida/IFAS Florida master naturalist and freelance photographer. A former Fortune 500 marketing executive, Whiting is currently pursuing his personal vision. A dedicated film photographer since the age of 12, his passions are creating unique images and sharing his love of nature and photography. Whiting pursues his interests in photography while cruising Florida waters with his wife and

two dogs. He also works part-time at Wild Birds Unlimited. Intermediate Photographer's Clinic, p. 10
Photographers Walkabout: St. Augustine Alligator Farm Zoological Park, p. 10

Debra Wilson is a registered nurse and certified diabetes educator with more than 20 years' experience in diabetes management care. She is an active member of the American Association of Diabetes Educators, American Diabetes Association and Juvenile Diabetes Research Foundation. Wilson's passions include teaching, travel and being a new grandmother.

Successfully Manage Your Diabetes, p. 18

Benjamin M. Wuerffel is a CFP® and an AIF® accredited investment fiduciary and works as a financial adviser with Capital Analysts of Jacksonville, Fla., Inc. He has extensive experience in comprehensive financial planning and alongside business owners, professionals, retirees and others, focuses on attaining financial freedom.

A Floridian's Guide to Insurance Part I: Homeowner's and Auto Insurance, p. 23
A Floridian's Guide to Insurance Part II: Health, Life, Long-term Care and Annuities, p. 24

Bonnie Yales-Gibson is a visual artist whose paintings, collages and fiber works are inspired by both her extensive travel and her vision for a peaceful, harmonious world. Yales-Gibson taught enrichment programs on celebrity cruises for 12 years and currently enjoys teaching at Ponte Vedra Cultural Center.

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