

OLLI AT LSU

LEARNERS AGE 50 & ABOVE

FALL 2022



LIVE WELL. **LEARN FOREVER.**



LSU Online
& CONTINUING EDUCATION

Welcome to OLLI AT LSU. Join today!

The Osher Lifelong Learning Institute at LSU is one of a network of 124 university-affiliated lifelong learning programs supported by The Bernard Osher Foundation. The Osher Lifelong Learning Institute, or OLLI, offers non-credit educational programs specifically developed for adults who are ages 50 and older; university connection and university support; robust volunteer leadership and sound organizational structure; and a diverse repertoire of intellectually stimulating courses.

OLLI at LSU is now a program of LSU Online & Continuing Education. This new university division combines the Continuing Education programs with LSU Online credit degree programs, strengthening LSU's focus on engagement with off-campus and lifelong learners.

We invite anyone who is interested to become an OLLI at LSU member. Membership entitles you to register in as many courses, field trips, or special events as you like. For Fall 2022, we are offering virtual courses and in-person classes! Come learn with us!

Our mission is to foster lifelong learning and individual growth for learners age 50 and over by creating intellectually stimulating learning opportunities that enrich lives.

Membership

OLLI at LSU is open to anyone who meets its two requirements:

1. Is 50 years old and older; and
2. Enjoys learning!

The annual membership year is from July 1 to June 30. The membership fee is \$50. Membership fee is tax deductible. The fee covers the entire membership year, so join now to take advantage of this year's offerings. Membership entitles you to a wide range of benefits. An OLLI member may attend activities offered by any chapter within OLLI at LSU: Camellia City Chapter, Felicianas Chapter, or Lagniappe Chapter.

OLLI at LSU Benefits

- **Courses:** Experience learning something fun, challenging or amazing!
- **Field Trips:** Visit special places throughout Southern Louisiana and surrounding states.

- **Coffees:** Hear outstanding speakers on topics of current interest.
- **UREC discount:** Exercise at the UREC center on LSU campus at a discounted rate.
- **Lunch Bunch:** Enjoy lunch with other OLLI members. Meet up with friends and make new ones.
- **OLLI NEWS:** A weekly email newsletter listing upcoming OLLI activities and local interests.
- **Locations:** Programs offered at many locations throughout Southern Louisiana.
- **LSU School of Music and Dramatic Arts:** Pay same discounted rate as LSU students. Includes all events at LSU Student Union as well.
- **Campus Federal Credit Union:** Full membership privileges to OLLI members. Stop by one of their three branches in Baton Rouge (Main Branch at 3535 Nicholson Extension, Perkins Road Financial Center at 6230 Perkins Road,

or the LSU Union Branch), or visit their website at campusfederal.org.

- **Best of all Benefits:** Friendships and learning with other OLLI at LSU lifelong learning members!
- **Lunch and Learns:** Enjoy bringing a lunch and listening to a local speaker on various topics.

Inclement Weather and Class Cancellations

We sometimes have bad weather during the semesters and a class session may need to be canceled. We follow the St. Tammany Parish School System for the Camellia City Chapter, EBR Parish School System for Lagniappe Chapter, and the WFP School System for the Felicianas Chapter cancellations during the fall and spring semesters. Since schools are not in session during the summer, we follow the LSU's closing announcements (check online: www.lsu.edu). Zoom only classes will be held if local schools hold virtual classes.



COURSE CALENDARS

COURSES BEGIN SEPTEMBER 26

OLLI
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Camellia City Chapter Courses

IN-PERSON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Studio Talks with Artists 4:00 - 5:00 pm Various locations		Container Gardening 2:00 - 3:00 pm SREC	
	Introduction to Wine Tasting and Appreciation 5:00 - 6:00 pm The Wine Garden		Introduction to Wine Tasting and Appreciation 5:00 - 6:00 pm The Wine Garden	

Camellia City Chapter COURSE LOCATIONS:

- **SREC**, Slidell Regional Education Center, 1050 Gause Blvd
- **Swamp Girl Glass Blowing**, 1060 Front St
- **Plein Air Painting**, 34143 Lowry Lane
- **The Wine Garden**, 300 Robert St
- **Dunbar Studio**, 350 Faciane Lane

Felicianas Chapter Courses

IN-PERSON / HYBRID CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga On and Off the Mat 9:00 - 10:00 am Grace Episcopal	Basic Yoga 8:00 - 9:00 am Grace Episcopal	Beginning Yoga 9:00 - 10:00 am WFP Library	Basic Yoga 8:00 - 9:00 am Grace Episcopal	Beginning Yoga 9:00 - 10:00 am WFP Library
Travels Into Myths, Artistry, and the American West through Willa Cather's Short Stories 9:15 - 11:15 am WFP Library	Let's Cook with LSU AgCenter 10:00 am - 12:00 pm First Baptist Church	Line Dance 10:15 am - 12:15 pm WFP Library		Touring National Parks 10:15 am - 12:15 pm WFP Library
Basketmaking Techniques 1:00 - 4:00 pm First Baptist Church	French 1 1:00 - 3:00 pm WFP Library	Dancing for Couples 12:30 - 2:30 pm WFP Library	What Can We Learn from Federalist Papers 1:00 - 3:00 pm WFP Library	Introduction to International Politics 12:30 - 2:30 pm <i>Streamed at WFP Library</i>
	Bridge: Play of the Hand 1:00 - 4:00 pm WFP Library	Basic Drawing 1:00 - 3:30 pm First Baptist Church	Beginning Croquet 3:00 - 5:00 pm St. Francisville Inn (<i>first two classes</i>), Sports Park (<i>last three classes</i>)	
		Little Beauties: Microgreens and Edible Flowers 2:00 - 4:00 pm Westdome Nursery		
	The Black Lives Matter Movement 4:30 - 6:00 pm <i>Streamed at WFP Library</i>	Disasters: Past, Present, and Future 5:15 - 6:45 pm <i>Streamed at WFP Library</i>		

Felicianas Chapter COURSE LOCATIONS:

- **Grace Episcopal Church**, 11621 Ferdinand St
- **Westdome Nursery**, 10818 Wakefield Dr South
- **West Feliciana Parish Library**, 5114 Burnett Rd.

COURSE CALENDARS

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Lagniappe Chapter Courses

IN-PERSON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beginning Pickleball 9:00 - 11:00 am BREC Greenwood Community Park		Art: Deep Dive 9:00 - 11:00 am BUMC HYBRID	Survey of US History from the Seven Years War to the New Republic: 1754-1824 9:00 - 11:00 am BUMC HYBRID	
Smartphone Photography 9:15 - 11:15 am BUMC		Intermediate Pickleball 9:00 - 11:00 am BREC Greenwood Community Park		Beginning Bridge - Level 1 9:00 am - 12:00 pm The Claiborne Retirement Community
Basic Hatha Yoga 9:30 - 10:30 am First Christian Church	Who Knew Part II: Worship Centers of Baton Rouge 10:00 am - 12:00 pm Various locations	Basic Hatha Yoga 9:30 - 10:30 am First Christian Church		
All Things iPhone 11:30 am - 1:30 pm BUMC	An Introduction to the Foundational Religions of India: Hinduism, Jainism and Buddhism 11:30 am - 1:30 pm BUMC		The Total Nutrition Makeover 11:15 am - 12:15 pm BUMC HYBRID	
Life Writing 11:30 am - 1:30 pm BUMC	Colonialism: From Caesar's Rome to Putin's Russia 11:30 am - 1:30 pm BUMC HYBRID	So What! You're Over 50! Current Advances in Medicine and Surgery 11:30 am - 1:00 pm BUMC HYBRID		
When Memories Fade, Mastery Matters 12:30 - 2:00 pm St. James Place				Line Dance 12:30 - 2:30 pm Jeffie Jean Dance Studio
From Bombay to Cork: The Journal of a 19th Century Irishman 1:45 - 3:15 pm BUMC	Global Perspectives on the Collapse of the Spanish Empire 1:45 - 2:45 pm BUMC	Myths of the Romans: Ovid's Metamorphoses 1:30 - 3:30 pm BUMC HYBRID	The Faith of the Prophet Muhammad: Islam, It's Evolution and Practice 1:45 - 3:45 pm BUMC	Beginning Bridge - Level 2 1:00 - 4:00 pm The Claiborne Retirement Community
Fabulous Felines, Part 1 1:45 - 3:45 pm BUMC	Spanish for Beginners 1:45 - 3:45 pm BUMC	Travels with Charlie 1:30 - 3:30 pm BUMC	Fighting Crime with Technology 1:45 - 3:45 pm BUMC	
Travels Into Myths, Artistry, and the American West through Willa Cather's Short Stories 1:45 - 3:45 pm BUMC			A Fortieth Opera Season 1:45 - 3:45 pm BUMC	
Backyard Birdwatching 3:00 - 4:30 pm Hilltop Arboretum			Spanish for Intermediates 1:45 - 3:45 pm BUMC	
Beginning Crochet 4:00 - 6:00 pm The Claiborne Retirement Community		Knitting 101 4:00 - 6:00 pm The Claiborne Retirement Community		

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Lagniappe Chapter Courses

IN-PERSON CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Flicks and Food: Film Odysseys 6:30 - 9:00 pm Drusilla's Seafood Restaurant		Italian Wines for Thanksgiving and Christmas 6:30 - 8:00 pm Matherne's Market		

Lagniappe Chapter COURSE LOCATIONS:

- **Jeffie Jean Dance Studio**, 11600 S. Harrell's Ferry Rd
- **Drusilla Seafood Restaurant**, 3482 Drusilla
- **Broadmoor United Methodist Church**, 10230 Mollylea Dr.
- **Matherne's Market**, 440 Third St. Suite 100
- **BREC Greenwood Community**, Tennis Center, Baker, LA
- **The Claiborne at Baton Rouge**, 9511 Creekview Dr.
- **First Christian Church**, 8484 Old Hammond Hwy.
- **St. James Place Retirement Community**, 333 Lee Dr.
- **Hilltop Arboretum**, 11855 Highland Rd

Lagniappe Chapter Courses

HYBRID / ZOOM VIRTUAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Revolutions in Faith: Profiles from the Reformation Era 8:00 - 9:30 am		The Rise of the Civil Rights Movement 8:00 - 9:30 am	
		Art: Deep Dive 9:00 - 11:00 am HYBRID	Survey of US History from the Seven Years War to the New Republic: 1745-1824 9:00 - 11:00 am HYBRID	
	Latin American "Empires": The Incas and Aztecs 9:45 - 11:15 am		The Musicals of Cole Porter and Irving Berlin 9:00 - 11:00 am	
Art History Survey – Baroque Art 10:00 am - 11:00 am	Dorothy Parker and Her Dramatic and Hilarious Writing 11:30 am - 1:00 pm	So What! You're Over 50! Current Advances in Medicine and Surgery 11:30 am - 1:00 pm HYBRID	Exploring the Mississippi River 10:00 am - 12:00 pm	
Demystifying Common Medical Conditions 11:30 am - 1:00 pm	Colonialism: From Caesar's Rome to Putin's Russia 11:30 am - 1:30 pm HYBRID	Introduction to African Literature and Culture 1:00 - 2:00 pm	The Total Nutrition Makeover 11:15 am - 12:15 pm HYBRID	
	Witches and Witch Hunts, Past and Present 2:00 - 3:30 pm	Myths of the Romans: Ovid's Metamorphoses 1:30 - 3:30 pm HYBRID	"Educating the Eye (I)": Dante's Divine Comedy and our Journey Towards Wholeness 12:30 - 2:00 pm	Introduction to International Politics 12:30 - 2:30 pm <i>Also shown at WFP Library</i>
Campaigns and Elections 4:00 - 5:00 pm	The Black Lives Matter Movement 4:30 - 6:00 pm <i>Also shown at WFP Library</i>	Psychology of Aging 4:00 - 5:00 pm	Preventing Cognitive Decline As We Age 2:15 - 3:15 pm	
	Dinner Diplomacy 6:15 - 7:45 pm	Disasters: Past, Present, and Future 5:15 - 6:45 pm <i>Also shown at WFP Library</i>	Democracy in America: Volume I of Alexis de Tocqueville's <i>Magnum Opus</i> 5:00 - 7:00 pm	

Types Of Classes

We will be delivering our classes to you in the following ways:

- **In-person** – Classes will be offered at various locations in Baton Rouge, St. Francisville and Slidell. Registration will be limited to classroom capacity.
- **Zoom Online** – Classes will be offered online via the Zoom platform. Programs are not recorded and must be attended on the date and time listed. Zoom links will be sent a few days prior to the start of the class. If you register less than 24 hours prior to the start of the class, there is no guarantee that you will receive your Zoom link before the class starts.
- **Hybrid** – Classes will be offered in the classroom and online at the same time.



In-person class



Zoom class

Early Bird Special

Register online or by telephone to qualify for the Early Bird Special! Register from Monday, August 29 at 8:00 a.m. – Sunday, September 11 at 11:59 p.m. and pay the early bird fee. Beginning Monday, September 12 at 12:00 a.m., each course will increase by \$5. Courses with low enrollment as of Friday, September 16, may be canceled. If you register by September 16, and your course is canceled, you may either receive a refund or credit the course fee to another course (with no additional fees). Note: Credit and debit cards are the only methods of payment for registration and membership fees.

Photograph Policy

We often take pictures of OLLI participants and instructors for use in our print and electronic publications. If you do not want us to use your photograph, please notify the photographer at the event.

Volunteers Needed

Volunteer with OLLI at LSU! Are you interested in getting more involved with your chapter? Have you wondered how you can help with a course or an event? Osher Lifelong Learning Institutes are guided by members and are volunteer driven organizations! Our staff is dedicated but small, and volunteers are vital to the success, quality, and sustainability of the institute's programs. Your time, talents, and resources are valuable and greatly appreciated as we strive to offer high quality opportunities to the community. If you are interested, contact us at OLLI@outreach.lsu.edu.

Register online: online.lsu.edu/olli

• Contact OLLI at LSU: **225-578-2500**



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[FACEBOOK.COM/GROUPS/OLLI.LSU](https://facebook.com/groups/olli.lsu)

OSHER LIFELONG LEARNING INSTITUTE AT LSU

LSU Online & Continuing Education

340 E. Parker Boulevard., Baton Rouge, LA 70808

Phone: 225-578-2500

Website: online.lsu.edu/olli

Email: OLLI@outreach.lsu.edu

COURSE DESCRIPTIONS

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CAMELLIA CITY CHAPTER COURSE

 In-person class  Zoom class

NEW! Studio Talks with Artists

Would you like to see artists at work in their studios and be able to inquire as to their techniques or motivations? This is a series of informal, short presentations with a glimpse into three artists, their working environment, techniques, and their motivations. Each talk will be followed by optional question and discussion time. Whether you are on site or online, participants will see samples of the artist's work, processes when pertinent and have a front row seat as we discover their unique talents. You need not be an artist to have an interest in the arts, and the rich history of creative minds. If you happen to be an artist, these talks will surely stir the muse inside you.

Time & Dates: 4:00 p.m. – 5:00 p.m.
Tuesday, Oct. 11, 18, 25

Course Fee: \$15 (early bird - \$10)

Instructor: Charlotte Lowry Collins

Coordinator: Margo Guilott

Optional Supplies: Journal or Sketchbook to take notes

Locations: Dunbar Studio, Glass Blowing Studio, Pleain Air Painting and on Zoom

NEW! Container Gardening

Gardening (and gardeners) come in all shapes and sizes. Gardening in containers offers both new and experienced gardeners endless opportunities to create ornamental and/or edible gardens that can be customized to suit any location, budget, decor and gardener. The course will include information on selecting containers, soil, and plants. It will address many of the variables gardeners should consider as they dig into container gardening.

Time & Date: 2:00 p.m. – 3:00 p.m.
Thursday, Oct. 6

Course Fee: \$10 (early bird \$5)

Instructor: Susie Andres

Coordinator: TBD

Location: Slidell Regional Educational Center

NEW! Introduction to Wine Tasting and Appreciation

This is an exciting and in-depth study of wine from vine to table. We will examine grape varietals, grape growing, wine making, and wine tasting with an objective to discover and practice how to become a better wine taster and understand your own taste preferences.

Time & Dates: 5:00 p.m. – 6:00 p.m.

Tuesday & Thursday, Oct. 18, 20, 25, 27

Course Fee: \$35 (early bird \$30)

This includes all fees for wine sampling.

Instructor: Harsha Chacko

Coordinator: TBD

Location: The Wine Garden



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FELICIANAS CHAPTER COURSES



In-person class



Zoom class

SESSION I

Basic Yoga

Breathe, stretch & relax your way to a healthier life. No prior yoga experience is needed. When coming to class, please keep your talking to a minimum, remove your shoes, and leave your cell phone in the car. Come to class on an empty stomach, be early, bring a yoga mat, and wear comfortable clothing that does not impede your activity. This class meets twice a week continuously during the semester sessions & intersessions.

Time & Dates: 8:00 a.m. – 9:00 a.m.

Tuesday & Thursday, Sept. 27, 29, Oct. 4, 6, 11, 13, 18, 20, 25, 27, Nov. 1, 3, 8, 10, 15, 17, 22, 24, 29, Dec. 1, 6, 7

Course Fee: \$80 (early bird \$75)

Instructor: Owen Kemp

Coordinator: Georgia LaCour

Required Supplies: Yoga mat and comfortable clothes

Location: Grace Episcopal Church

NEW! Basic Drawing

A simple contour line drawing is basic to most art projects regardless of the medium. Various skills and techniques will be taught so that a drawing can be a launching pad for a finished work of art. The classes will include using light source, shading and perspective.

Time & Dates: 1:00 p.m. – 3:30 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26

Course Fee: \$45 (early bird \$40)

Instructor: Patti Smith

Coordinator: Stephanie Fontenot

Required Supplies: Pencil and Paper

Location: First Baptist Church

NEW! Basketmaking Techniques

Basket weaving is as old as the history of man. In this class participants will use commercially available basket reed made from the core of a tropical vine to weave three basic types of baskets. The baskets will incorporate different weaving techniques, various sizes and shapes of reed, and finishing touches like handles

and rim finishes. The techniques learned in the class will apply to other types of materials and provide a foundation for basket weaving with a variety of styles and materials.

Time & Dates: 1:00 p.m. – 4:00 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$95 (early bird \$90)

This fee includes all your supplies.

Instructor: Pamela Myers

Coordinator: Ed Lanius

Location: First Baptist Church

Beginning Croquet

You will learn the function and use of croquet equipment by hands on use. Learn the various croquet shots and when to use them. Employ your skills in a monitored game. Then you will be able to play with Panache members. There will be a social hour after each class, where questions will be answered. We'll finish the course playing a game with Panache members.

Time & Dates: 3:00 p.m. – 5:00 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27

Course Fee: \$40 (early bird \$35)

Instructor: Ernest Ayo

Coordinator: Sonia Ayo

Location: St. Francisville Inn first two classes, Sports Park last three classes.

Beginning Yoga

If you are interested in improved flexibility, balance, and strength, then Beginning yoga is for you. No prior experience necessary, yoga is beneficial for any age, any stage of fitness, and it is a great complement to any other activities from running and tennis to weight training. Come with your yoga mat wearing comfortable clothes and you will soon appreciate the all-around benefits of yoga: better breathing, less stress, and improved overall fitness.

Time & Dates: 9:00 a.m. – 10:00 a.m.

Tuesday & Friday, Sept. 28, 30, Oct. 5, 7,

12, 14, 19, 21, 26, 28, Nov. 2, 4, 9, 11, 16, 18, 23, 25, 30, Dec. 2, 7, 9

Course Fee: \$80 (early bird \$75)

Instructor: Jane Simmons

Coordinator: Carla Bowman

Required Supplies: Yoga mat available on Amazon, Target, and Wal-Mart.

Optional Supplies: Yoga block and yoga strap (instructor can order for those interested)

Location: West Feliciana Parish Library

NEW! The Black Lives Matter Movement – Streamed to the West Feliciana Parish Library

The course will grapple with three key areas of inquiry: the roots, ideology, and resistance to anti-Black racism while understanding the origins and rise of the Black Lives Matter Movement.

Time & Dates: 4:30 p.m. – 6:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Relius Johnson

Coordinator: Rich Hirsch

Location: West Feliciana Parish Library

Bridge: Play of the Hand

“Bridge: Play of the Hand” will use duplicate boards to play the same hand at each table at the same time. After each hand we will discuss the bidding, the opening lead, the count of winners and losers by the declarer, the plan of the defenders, and the execution of the plan. Each student will receive the Standard American Yellow Card booklet and convention card. In a round of four hands, each table position will be declarer once, dummy once and defender twice. All levels of skill are welcome and beginners with a basic knowledge are encouraged to enroll.

Time & Dates: 1:00 p.m. – 4:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$65 (early bird \$60)

Instructor: Ralph Schomburg

Coordinator: Dawn Hoyle

Location: West Feliciana Parish Library

Optional Supplies: *The Fun Way to Serious Bridge* by Harry Lambert

Dancing for Couples

Would you like to show off your best dance moves doing the Cha-cha, swing, waltz, Cajun 2-step, jitterbug and other

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FELICIANAS CHAPTER COURSES



In-person class



Zoom class

contemporary dances? Come learn traditional dances with a partner in a fun environment. Learn patterns that are syncopated to the rhythm of the music. It is recommended to sign up with a partner or friend, but it is not mandatory. This class will be invigorating and great exercise, so sign up today!

Time & Dates: 12:30 p.m. – 2:30 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Jerisse Grantham

Coordinator: Georgia LaCour

Location: West Feliciana Parish Library

NEW! Disasters: Past, Present, and Future - Streamed to the West Feliciana Parish Library



This course will be a guided investigation of historic, recent, and potential future disasters, and what these events reveal about persistent and divergent disaster perceptions and practices. Topics will include, "Why didn't the Romans rebuild Pompeii?", "What can be learned from the Antonine Plague of 165 A.D.?", "Modern Satellites: What they reveal about past and prospective landscapes." Lectures and discussions will center upon how the handling of historical disasters relates to the present and future, whether common themes can be identified over time, what the larger social-cultural implications might be, and finally, how current and past disaster experiences may influence dynamics and outcomes of what is ahead.

Time & Dates: 5:15 p.m. – 6:45 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Bethany Garfield

Coordinator: Rich Hirsch

Location: West Feliciana Parish Library

NEW! French I



This will be a beginning course on the French language formatted around the needs and requirements of the participants. The study of French requires familiarizing

students with three different aspects: speaking (forming the sounds of the language), translation (building vocabulary for items and actions), and syntax (putting that knowledge into a coherent sentence or expression). The group can choose to focus more on one aspect, or another as needed or to get a more general overview of all three.

Time & Dates: 1:00 p.m. – 3:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$45 (early bird \$40)

Instructor: Sally C Jones

Coordinator: Ed Lanius

Required Supplies: Any good French/English dictionary, pen or pencil, some type of pad or notebook, and index cards.

Location: West Feliciana Parish Library

NEW! Introduction to International Politics - Streamed to the West Feliciana Parish Library



This course will introduce you to studies of international relations (IR). The course will begin with a brief discussion of the international system and its evolution. We will spend the first half of the course covering basic concepts and theories of IR. In the second half, we will cover substantial issues such as conflict, cooperation, international organizations, and international political economy. By the end of the course, you should be able to use different frameworks of analysis to explain relations of states and other actors and be familiar with most relevant issues of international relations.

Time & Dates: 12:30 p.m. – 2:30 p.m.

Friday, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4

Course Fee: \$45 (early bird \$40)

Instructor: Ceren Keser

Coordinator: Rich Hirsch/Ed Lanius

Location: West Feliciana Parish Library

NEW! Let's Cook with LSU AgCenter



Explore how you can take an active role in making healthier choices at home and while eating out. Knowing how to make healthier food choices when cooking, shopping, and

eating is key to improving your nutrition. Learn how to prepare easy, healthful meals using one pot, a pressure cooker, a slow cooker/crockpot, and air fryer. These small, convenient appliances are ideal for the busy cook. Adding herbs and spices to your meals can add flavor and even help cut back on salt, fat, and sugar contents.

Time & Dates: 10:00 a.m. – 12:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$60 (early bird \$55)

This includes all your fees.

Instructor: Layne Langley

Coordinator: Dawn Hoyle

Location: First Baptist Church

Line Dance



Come have a great time showing off your best dance moves! Line dancing is a line of dancers executing a sequence of steps at the same time. It has a strong country music base, but has crossed over into music styles like disco, pop, Cajun, Latin, contemporary, & traditional. The balance of female and male dancers doesn't matter, so sign up for this fun course as either a single or couple today--don't delay!

Time & Dates: 10:15 a.m. – 12:15 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$45 (early bird \$40)

This includes all your fees.

Instructor: Jerisse Grantham

Coordinator: Georgia LaCour

Location: West Feliciana Parish Library

NEW! Little Beauties: Microgreens and Edible Flowers!



Visit a working farm that raises microgreens and edible flowers for restaurants. Learn about the world of these little beauties that enhance your meal at restaurants and then try your hand at raising some of these plants. There will be history and facts for your mind, tastes to entice your mouth, and lots of fun learning to use those special microgreens and flowers!

Time & Dates: 2:00 p.m. – 4:00 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

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FELICIANAS CHAPTER COURSES



In-person class



Zoom class

Course Fee: \$50 (early bird \$45)

This includes all your fees.

Instructor: Amy West

Coordinator: TBD

Location: Westdome Nursery

NEW! Touring National Parks



The 63 National Parks will be pictured and described with touring tips, maps, and stories of the various parks. Participants will also be asked to describe their favorite parks and briefly share stories and photos. The instructor will show photos of various parks as well as describing the groups and individuals whose passion and vision help create our National Park System.

Time & Dates: 10:15 a.m. – 12:15 p.m.

Friday, Sept. 30, Oct. 7, 14, 21, 28,
Nov. 4

Course Fee: \$45 (early bird \$40)

Instructor: Gail Chisum

Coordinator: TBD

Location: West Feliciana Parish Library

NEW! Travels into Myths, Artistry, and the American West through Willa Cather's Short Stories



Born in 1873 Willa Cather was an American writer who is best known for her novels *O Pioneers!* and *My Ántonia*. In 1923, she was awarded the Pulitzer Prize for *One of Ours*, a novel set during World War I, but Cather achieved recognition as a writer of the frontier and pioneer experience. Along with a keen sense of place, Cather's work includes references to ancient myths and examines the meaning of true artistry. The first class will be devoted to the background of Willa Cather's life and art.

Time & Dates: 9:15 a.m. – 11:15 a.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Olivia Pass

Coordinator: Margot Phillips

Required Supplies: The text for the class to read and discuss is *Collected Stories* by Willa Cather (ISBN: 0-679-73648-4). Copies of the text are available through public libraries, Conundrum Bookstore in

St. Francisville, Barnes and Noble in Baton Rouge, as well as Amazon and other sites on the Web.

Location: West Feliciana Parish Library

NEW! What Can We Learn from the Federalist Papers?



The Federalist Papers are 85 newspaper articles written in 1787-1788 by James Madison, Alexander Hamilton, and John Jay in support of the ratification of the newly drafted Constitution. We will discuss the political values of the authors, their arguments in support of ratification, and how their views have influenced the interpretation of the Constitution. We will also examine the arguments made by the opponents of the ratification of the Constitution.

Time & Dates: 1:00 p.m. – 3:00 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Jim Bolner

Coordinator: Steve Winham

Location: West Feliciana Parish Library

NEW! Yoga On and Off the Mat



Start off your week with a Monday morning easy yoga session. We will practice poses for flexibility, strength, and balance. Come with a beginner's mind and a mat; all levels are welcome. There are amazing insights that we can learn when we practice yoga. Just show up on your mat and be present.

Time & Dates: 9:00 a.m. – 10:00 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$25 (early bird \$20)

Instructor: Darlene Reaves

Coordinator: TBD

Required Supplies: Yoga mat can be ordered from Gaiam Official Yoga – Giam Yoga Gear (online)

Optional Supplies: Yoga blocks and strap can be ordered from same location as listed above.

Location: Grace Episcopal Church

SESSION II

Basic Yoga



Breathe, stretch, and relax your way to a healthier life. No prior yoga experience is needed. When coming to class, please keep your talking to a minimum, remove your shoes, and leave your cell phone in the car. Come to class on an empty stomach, be early, bring a yoga mat, and wear comfortable clothing that does not impede your activity. This class meets twice a week continuously during the semester sessions and intersessions.

Time & Dates: 8:00 a.m. – 9:00 a.m.

Tuesday & Thursday, Dec. 13, 15, 20, 22,
27, 29, Jan. 3, 5, 10, 12, 17, 19, 24, 26, 31,
Feb. 2, 7, 9, 14, 16, 21, 23

Course Fee: \$80 (early bird \$75)

Instructor: Owen Kemp

Coordinator: Georgia LaCour

Required Supplies: Yoga mat and comfortable clothes

Location: Grace Episcopal Church

Beginning Yoga



The yoga practiced in this course works for all levels and is very approachable for beginner students. The real focus is on breathing, increased flexibility and strength, balance, and overall body awareness.

Time & Dates: 9:00 a.m. – 10:00 a.m.

Wednesday & Friday, Dec. 14, 17, 21, 23,
28, 30, Jan. 4, 6, 11, 13, 18, 20, 25, 27,
Feb. 1, 3, 8, 10, 15, 17, 22, 24

Course Fee: \$80 (early bird \$75)

Instructor: Jane Simmons

Coordinator: Carla Bowman

Required Supplies: Yoga mat available on Amazon, Target, and Wal-Mart.

Optional Supplies: Yoga block and yoga strap (instructor can order for those interested)

Location: West Feliciana Parish Library

COURSE DESCRIPTIONS

COURSES BEGIN SEPTEMBER 26

OLLI
AT LSU

LSU Online
& CONTINUING EDUCATION

LAGNIAPPE CHAPTER COURSES

SESSION I

NEW! All Things iPhone

The iPhone is a highly capable, connected computer plus a great camera and GPS device. This detailed class covers the basic and intermediate topics. You'll learn how to use Siri for things that you may not have realized, configure the phone's alerts to see what's most important to you, make the most of its camera, learn many shortcuts to do things quickly and easily, backup all your data in case you lose your phone, make the most of the calendar and contacts, and share information with others and more.

Time & Dates: 11:30 a.m. – 1:30 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Tommy Draughn

Coordinator: Claire Fontenot

Required Supplies: iPhone running iOS 15 (iPhone 6 or greater)

Location: Broadmoor United Methodist Church

NEW! Art: Deep Dive

Do you speak Art? Does art say anything? Does Art have a purpose? How has the role of the artist shifted over time? What expectations do different eras have of the art of their own time? What does one age think of the accomplishments of its predecessors? For example, what did Renaissance intellectuals think of classical Greek art? Or of medieval art? What does it mean to seek beauty? What does contemporary art reveal to us about our own culture, our hopes, our fears? This class will explore questions such as these, ranging over many periods and places.

Time & Dates: 9:00 a.m. – 11:00 a.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Marchita Mauck

Coordinator: Claire Fontenot/Karen Egedy

Location: Broadmoor United Methodist Church and on Zoom

NEW! Art History Survey - Baroque Art

We will look at the "heavy hitters" of western art roughly between 1600-1700: These will include Caravaggio, the Bad Boy of art, Rubens who gave us "Rubenesque" ladies, Rembrandt and his many self-portraits, and many others!

Time & Dates: 10:00 a.m. – 11:00 a.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$25 (early bird \$20)

Instructor: Lee Randall

Coordinator: Bud Snowden

Location: Zoom Online

Backyard Birdwatching

This four-week course will cover: attracting birds to your yard, using binoculars and field guides, identification of common birds, all about hummingbirds, and information about the birdwatching resources in Louisiana.

Time & Dates: 3:00 p.m. – 4:30 p.m.

Monday, Sept. 19, 26, Oct. 3, 10

Course Fee: \$25 (early bird \$20)

Instructor: Jane Patterson

Coordinator: Jane Patterson

Location: Hilltop Arboretum

Basic Hatha Yoga

Reconnect and enrich your lifestyle by learning yoga poses while using your breath with movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength. Improve stamina and core stability. No prior yoga experience is necessary; however, you must be able to sit comfortably on your yoga mat on the floor to practice some poses. Ability to transition to standing from seated poses is necessary. Wear comfortable clothes, leave your shoes, cell phone, worries and the "outside world" to enjoy this class.

Time & Dates: 9:30 a.m. – 10:30 a.m.

Monday & Wednesday, Sept. 26, 28, Oct. 3, 5, 10, 12, 24, 26, 31, Nov. 2

Course Fee: \$75 (early bird \$70)

Instructor: Agnes Bickham

Coordinator: Fran Martin

Location: First Christian Church

 In-person class  Zoom class

Required Supplies: Yoga mat, Yoga block(s); Yoga strap. These can be purchased at Target, Walmart, TJ Maxx, Amazon, online yoga stores

Optional Supplies: Blanket, Towel

Beginning Bridge – Level 1 (Introduction)

People play bridge for one reason: because it's fun! This course will help beginners and social bridge players understand the basics of duplicate bridge. It's also a good refresher for people who used to play but have forgotten a few things. We will cover the basics of bidding and playing the hand, what makes duplicate different (and so fascinating!), defensive strategy, and common bidding conversations (aka "conventions"). At least half of every class will be spent playing bridge.

Time & Dates: 9:00 a.m. – 12:00 p.m.

Friday, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 18

Course Fee: \$90 (early bird \$85)

Instructor: Martha Robson

Coordinator: Martha Robson

Location: The Claiborne Retirement Community

Beginning Bridge – Level 2 (Play of the Hand)

The more you know about how to play bridge, the more fun it is! Whether your goal is to dominate in duplicate or to sweep your social games, this class will teach you what you need to know in a fun and supportive atmosphere. The course is for everyone with a basic knowledge of bridge skills, whether or not you have taken the OLLI Beginning Bridge class. We will cover long suits, big hands, competitive bidding, slams, and defense. At least half of every class will be spent playing bridge.

Time & Dates: 1:00 p.m. – 4:00 p.m.

Friday, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 18

Course Fee: \$90 (early bird \$85)

Instructor: Martha Robson

Coordinator: Martha Robson

Location: The Claiborne Retirement Community

COURSE DESCRIPTIONS

COURSES BEGIN SEPTEMBER 26

OLLI
AT LSU

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LAGNIAPPE CHAPTER COURSES

 In-person class  Zoom class

NEW! Beginning Crochet: Learn to Make Your Own Decor

This crochet class is perfect for beginners. Participants will learn basic crochet stitches and techniques, with guidance every step of the way! Together, we will each make our own home decor item. This fall, the item is a decorative throw pillow!

Time & Dates: 4:00 p.m. – 6:00 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Rachel Howatt

Coordinator: Rachel Howatt

Required Supplies: Aran weight yarn in 4-6 colors of your choice, a 14"x14" pillow insert, US Size G (4.5mm) crochet hook

Location: The Claiborne Retirement Community

Beginning Pickleball

Pickleball is a combination of tennis, ping pong and badminton. It's a very easy game to learn. It's an excellent social game, inexpensive, low impact but at the same time it challenges you to become mobile again while having fun with others. Equipment will be provided, or you can bring your own paddle. Court-style tennis shoes are strongly recommended.

Time & Dates: 9:00 a.m. – 11:00 a.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Robert Kelly

Coordinator: Kathy Gates

Optional Supplies: Lounge chair

Location: BREC Greenwood Community Park - Tennis Center Baker, LA

NEW! The Black Lives Matter Movement

The course will grapple with three key areas of inquiry: the roots, ideology, and resistance to anti-Black racism while understanding the origins and rise of the Black Lives Matter Movement.

Time & Dates: 4:30 p.m. – 6:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25,
Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Relius Johnson

Coordinator: Rich Hirsch

Location: Zoom Online

NEW! Campaigns and Elections

Campaigns and elections are at the core of our democracy. Voters garner information on whom they intend to vote for in a particular election as a function of the political campaign a candidate runs on. Subsequently, elections are the primary democratic process through which we elect our representatives. Besides the formal processes, campaigns and elections serve in American democracy, they produce informal information on the preferences of voters and the direction our country is headed. This course will focus primarily on the strategies that campaigns utilize to get their message across to voters and the effectiveness such strategies have on political participation. In addition, the course will provide a broad overview of the American electoral process at the national, state, and local level.

Time & Dates: 4:00 p.m. – 5:00 p.m.

Monday, Sept. 26, Oct. 3, 10, 17

Course Fee: \$20 (early bird \$15)

Instructor: Sean Whyard

Coordinator: Mary Lou Cutrera

Required Supplies: *Get Out The Vote: How to Increase Voter Turnout* by Donald P. Green & Alan S. Gerber; *Parties and Elections in America: The Electoral Process* by Mark D. Brewer & L. Sandy Maisel

Location: Zoom Online

NEW! Colonialism: From Caesar's Rome to Putin's Russia

The modern world has been shaped by the history of strongmen's grasping to expand their control of territories, peoples, and economies, with results in borders and cultures remaining despite some 20th-century decolonization. Today a few strongmen continue to grasp, especially Vladimir Putin in Chechnya, Caucasian Georgia, and Ukraine.

Time & Dates: 11:30 a.m. – 1:30 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25,
Nov. 1

Course Fee: \$45 (early bird \$40)

Instructor: Henry Bradsher

Coordinator: Claire Fontenot/Karen Egedy

Location: Broadmoor United Methodist Church and on Zoom

NEW! Democracy in America: Volume I of Alexis de Tocqueville's *Magnum Opus*

In this course, we will examine Volume I of Alexis de Tocqueville's most-read work, *Democracy in America*. In the 1830s, the French aristocrat toured the fledgling United States with the intention of studying its prisons. The scope of the work grew into a thorough study of the Antebellum United States as a whole. We will begin the course by examining de Tocqueville's life and American travels. Then, we will dive into the text, starting with page one of the introduction. The goal of this course is to help students understand de Tocqueville's circumstances and argument.

Time & Dates: 5:00 p.m. – 7:00 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Katie Bailey

Coordinator: Bud Snowden

Required Supplies: *Democracy in America* by Alexis de Tocqueville, translated and edited by Harvey C. Mansfield and Delba Winthrop

Location: Zoom Online

NEW! Demystifying Common Medical Conditions: A Layperson's Guide

Have you ever wanted to understand how diseases affect the body but thought you needed a medical degree to do so? Not anymore! This course will explain the science of common medical conditions in an easy-to-understand format. The discussions will include how diseases alter the normal function of the body and how the disease is diagnosed and treated. This information is geared to the person with little or no medical experience or knowledge.

Time & Dates: 11:30 a.m. – 1:00 p.m.

Monday, Sept. 26, Oct. 3, 10, 17

COURSE DESCRIPTIONS

COURSES BEGIN SEPTEMBER 26

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LAGNIAPPE CHAPTER COURSES

 In-person class  Zoom class

Course Fee: \$25 (early bird \$20)

Instructor: Dr. Dolores Gonthier

Coordinator: Karen Egedy

Location: Zoom Online

NEW! Dinner Diplomacy

Each week we will examine a state dinner or event from a different presidential administration using both primary and secondary sources. The goal is to understand how dining and entertaining played a key role in politics throughout American History. Special attention will be paid to the types of food served and how those choices affected domestic and international policies.

Time & Dates: 6:15 p.m. – 7:45 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Erica Gibson

Coordinator: Debbie Reynaud

Required Supplies: *Political Gastronomy* by Michael Lacombe. Available on Amazon

Location: Zoom Online

NEW! Disasters: Past, Present, and Future

This course will be a guided investigation of historic, recent, and potential future disasters, and what these events reveal about persistent and divergent disaster perceptions and practices. Topics will include, "Why didn't the Romans rebuild Pompeii?" and, "What can be learned from the Antonine Plague of 165 A.D.?" and, "Modern Satellites: What they reveal about past and prospective landscapes." Lectures and discussions will center upon how the handling of historical disasters relates to the present and future, whether common themes can be identified over time, what the larger social-cultural implications might be, and finally, how current and past disaster experiences may influence dynamics and outcomes of what is ahead.

Time & Dates: 5:15 p.m. – 6:45 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Bethany Garfield

Coordinator: Rich Hirsch

Location: Zoom Online

NEW! Dorothy Parker and Her Dramatic and Hilarious Writing

Dorothy Parker (1893-1967) was famous for her wit and wisdom, a century after her heyday in the roaring 1920s. Her prizewinning short stories, pithy verses, and expert one-liners amused and stunned her readers, and she's still quoted about glasses, swine, two-faced lovers, and what really matters. We'll read and chat about a dozen of her short stories about brats and brave hearts, fashion and folly, and the comic horrors of interior decoration.

Time & Dates: 11:30 a.m. – 1:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Emily Toth

Coordinator: Kathy Bosworth

Required Supplies: *Portable Dorothy Parker* by Dorothy Parker. Available at amazon.com, libraries, or online.

Location: Zoom Online

NEW! "Educating the Eye (I)": Dante's Divine Comedy and Our Journey Towards Wholeness

This course will introduce students to the power of Dante's story for life right here/right now. The Comedy is not an ancient, dead text but rather is alive and well, inviting readers to pursue the "examined life" within a spirit of "serious joy." Initially, we will explore C. S. Lewis's *A Grief Observed* as an epic journey stretching exercise, a mini journey so to speak, in preparation for joining Dante's pilgrimage. The following three classes will introduce *Inferno*, *Purgatorio*, and *Paradiso* respectively.

Time & Dates: 12:30 p.m. – 2:00 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20

Course Fee: \$25 (early bird \$20)

Instructor: Daniel Christian

Coordinator: Kathy Gates

Optional Supplies: *A Grief Observed* by C. S. Lewis, *Inferno/Purgatorio/Paradiso* by Dante Alighieri, translated by Allen Mandelbaum. Can be purchased in a local bookstore or online.

Location: Zoom Online

NEW! Exploring the Mississippi River

This multimedia course will explore the Mississippi River, the world's most fascinating river. You will have an opportunity to learn about the river and its history, culture, and landscape. Topics to be covered include the natural environment, Native Americans, archaeology, historic sites, museums, the colonial river, steamboats and navigation, flooding and flood control; and river culture, literature, and art. Enjoy a virtual trip down the river, illustrated by videos. Special attention is given to historic and natural sites along the river that you can visit.

Time & Dates: 10:00 a.m. – 12:00 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Edwin Lyon

Coordinator: Kathy Gates

Location: Zoom Online

NEW! Fabulous Felines, Part 1

From the tip of the nose to the top of the tail, you will learn what you need to know about these intriguing creatures. You will learn the things your veterinarian does not have the time to tell you. The instructor will answer your personal questions and discuss such topics as anatomy, the good, bad, and ugly of behavior and how to communicate with your cat all in attempt to make you "think like a cat." This humorous and informative class relies on a stunning slide presentation for greater understanding of the topics. The final class will be a field trip to Cat Haven where we will see the subjects of our study. You need not have a cat to enroll in this class.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24

Course Fee: \$40 (early bird \$35)

Instructor: Trish Kaplan

Coordinator: Donni Shields

Location: Broadmoor United Methodist Church

COURSE DESCRIPTIONS

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LAGNIAPPE CHAPTER COURSES



In-person class



Zoom class

NEW! The Faith of the Prophet Muhammad: Islam, Its Evolution and Practice

This will be a brief introduction to the second largest religious faith in the world: Islam. We will study the call of the Prophet Muhammad, the origins, and the evolution of the foundational beliefs of Islam. We will use DVDs to supplement and bring alive this dynamic faith that asserts belief in the one God of Abraham, Isaac and Jacob: and views Jesus as a great prophet.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Francis Vanderwall

Coordinator: Dr. Francis Vanderwall

Location: Broadmoor United Methodist Church

NEW! Fighting Crime with Technology

Local law enforcement and prosecutors are using the latest technology to catch and prosecute criminals, including violent and cyber criminals. Join us as we learn about the use of DNA, license plate readers, gun data bases, shot spotters, cell phone searches and social media. Hear what the Supreme Court has said about law enforcement's use of some of these tools. Speakers include DA Hillar Moore, Sheriff Sid Gautreaux, Asst. Dist. Attorney Dana Cummings, Asst. U.S. Attorney Alan Stevens, and LSU Law Professor Ray Lamonica. On the second day of class, we will tour the City Police Real Time Crime Center.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Linda Lightfoot

Coordinator: Jenny Hastings

Location: Broadmoor United Methodist Church

Flicks and Food: Film Odysseys

This semester we will view and discuss

three feature films whose plots revolve around characters traveling, willing or unwilling, and perhaps discover some inner journeys as well. The films will include "Sullivan's Travels" (dir. Preston Sturges, 1941), a comic masterpiece in which a successful Hollywood director sets out to live briefly as a tramp, hoping to gain a life experience that will prepare him to make a socially relevant drama. "O Brother Where Art Thou" (dir. Coen Bros., 2000) takes us on the adventures (or misadventures) of three escaped convicts on a quest to find some hidden loot, while keeping ahead of the relentless lawman pursuing them. A third film will be selected before the start of the semester.

Time & Dates: 6:30 p.m. – 9:00 p.m.

Monday, Sept. 26, Oct. 10, 24

Course Fee: \$165 (early bird \$160)

Instructor: Donald Beale

Coordinator: Karen Egedy

Location: Drusilla's Seafood Restaurant

A Fortieth Opera Season

Enjoy and learn about a different opera each week using DVDs and lectures. The operas will include Puccini's "La Bohème," Donizetti's "Lucia di Lammermoor," and Rossini's "La Cenerentola." Two classes will be determined later. Andreas Giger, Professor of Musicology at LSU, will present a class on Cilea's "Adriana Lecouvreur."

Time & Dates: 1:45 p.m. – 3:45 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Tommy Beard

Coordinator: Ken Nelson

Location: Broadmoor United Methodist Church

NEW! From Bombay to Cork: The Journal of a 19th Century Irishman

In this course, we will be reading from the journal of a 19th century Irishman that spans the five months of his trip home to Cork from Bombay. As an anonymous figure in history, the writer of this journal provides a unique layman's perspective of

the weather, travel conditions, ecological events, and interpersonal elements of 19th century nautical travel. We will be viewing both the original version of the journal (in digital form) as well as the provided transcript, adding elements of linguistic and graphological study into our exploration of this distinctive historical archive of travel writing.

Time & Dates: 1:45 p.m. – 3:15 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$35 (early bird \$30)

Instructor: Taylor Thompson

Coordinator: Steve Haines

Location: Broadmoor United Methodist Church

NEW! Global Perspectives on the Collapse of the Spanish Empire

Throughout this course, we will view and/or read a variety of texts from regions around the globe. This course is designed to investigate the creation, flourishing, decline, and collapse of the Spanish Empire. We will make inquiry into the conditions of counter-colonial movements and peoples from colonized territories, Spain, and other nations who bore witness.

Time & Dates: 1:45 p.m. – 2:45 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25,
Nov. 1

Course Fee: \$25 (early bird \$20)

Instructor: Meghan Hodges

Coordinator: Steve Haines

Required Supplies: *The Blockhouse* by Jose Diaz Fernandez (translation provided and available on Amazon), *Noli Me Tangere* by Rizal (Available on Amazon or anywhere you can get Penguin Classics), and *Chita: A Memory of Last Island* by Lafcadio Hearn (copy provided and available on Amazon)

Location: Broadmoor United Methodist Church

NEW! Intermediate Pickleball Instruction

Have you been playing Pickleball and are ready to improve your game? This class will teach you how to become a better Pickleball player.

LAGNIAPPE CHAPTER COURSES

 In-person class  Zoom class

Time & Dates: 9:00 a.m. – 11:00 a.m.
Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Robert Kelly

Coordinator: Kathy Gates

Location: BREC Greenwood Community
Park – Tennis Center, Baker, LA

NEW! Introduction to African Literature and Culture

This class invites students to learn about foundational African literatures and culture. With a concentration on West Africa, students will be taken on an exciting journey through the evolution of written literatures while also exploring the practice of orality and oral literatures of the African peoples. The class will feature folk tales, myths and legends from different countries and regions in West Africa, short stories that reveal the texture of contemporary African literatures, and selected film and music as expressions of African culture. It is a class that offers you a delicious slice of Africa in a way that differs from the stereotypical portrayal of the continent by the media.

Time & Dates: 1:00 p.m. – 2:00 p.m.
Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$25 (early bird \$20)

Instructor: Adanna L. Ogbonna-Oluikpe

Coordinator: Mary Lou Cutrera

Location: Zoom Online

NEW! Introduction to International Politics

This course will introduce you to studies of international relations (IR). The course will begin with a brief discussion of the international system and its evolution. We will spend the first half of the course covering basic concepts and theories of IR. In the second half, we will cover substantial issues such as conflict, cooperation, international organizations, and international political economy. By the end of the course, you should be able to use different frameworks of analysis to explain relations of states and other actors and be familiar with most relevant issues of international relations.

Time & Dates: 12:30 p.m. – 2:30 p.m.
Friday, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4
Course Fee: \$45 (early bird \$40)

Instructor: Ceren Keser
Coordinator: Rich Hirsch
Location: Zoom Online

NEW! An Introduction to the Foundational Religions of India: Hinduism, Jainism and Buddhism

A survey of the main Religions of India. Study the main beliefs of Hinduism, especially the wants of the human being, the four paths, the four Yogas and the four different kinds of people. Explore the four stations of life and other important Hindu beliefs. We will then learn about the Buddha and his Enlightenment, the four Noble Truths, the noble eight-fold path, Nirvana, the Sangha, bhakti, and the bodhisattva. We will end by examining the role of these two religions in the world today. We will also take a brief look at Jainism.

Time & Dates: 11:30 a.m. – 1:30 p.m.
Tuesday, Sept. 27, Oct. 4, 11, 18, 25,
Nov. 1

Course Fee: \$45 (early bird \$40)
Instructor: Dr. Francis Vanderwall
Coordinator: Dr. Francis Vanderwall
Required Supplies: *The Enduring Quest*



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by Francis W Vanderwall - Available at Amazon.com

Location: Broadmoor United Methodist Church

NEW! Italian Wines for Thanksgiving and Christmas



You're in a quandary trying to decide which wine to serve with your holiday dinner. Relax. Come learn about Italian wines by sampling different varieties. Antonio Molesini will bring his own unique perspective from years in the Italian wine business to continue to explore the world of Italian wine, both reds and whites. You will learn about the winemaking process and absorb something of the history, geography, and culture of Italy. You will sample six wines in each class and discuss the background and characteristics of each wine. Light snacks will be served to complement the wines.

Time & Dates: 6:30 p.m. – 8:00 p.m.

Wednesday, Nov. 16, Dec. 7

Course Fee: \$80 (early bird \$75)

Wines and snacks are included with this fee.

Instructor: Antonio Molesini

Coordinator: Hugh McClain

Location: Matherne's Market

NEW! Knitting 101



This knitting class is perfect for beginners. Participants will learn basic knitting stitches and techniques, with guidance every step of the way! Together, we will each make our own handknit accessory. This fall, the item is a hat!

Time & Dates: 4:00 p.m. – 6:00 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Rachel Howatt

Coordinator: Rachel Howatt

Required Supplies: US 8 (5mm) circular knitting needles (16" in length), US 5 (3.75mm) circular knitting needles (16" in length), One skein of Caron Simply Soft in color of your choice

Location: The Claiborne Retirement Community

NEW! Latin American "Empires": The Incas and Aztecs



In this course, you will compare the principal characteristics of two Latin American civilizations: the Incas and the Aztecs. You will be introduced to the history of each and analyze the aspects of their political, social and economic organizations as well as their culture. You'll also learn to recognize the elements of cultural continuity of the societies that now inhabit the territories. Analyze the main characteristics of each pre-Columbian civilization and identify similarities and differences. You will also examine the importance of both developments in modern groups.

Time & Dates: 9:45 a.m. – 11:15 a.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Elizabeth Cruzado Carranza

Coordinator: Debbie Reynaud

Location: Zoom Online

Life Writing



Don't put off telling your story. We'll give you tools to make your story compelling and interesting. We write and share our stories. Sometimes we laugh, sometimes we cry. Come join us!

Time & Dates: 11:30 a.m. – 1:30 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Versa Stickle

Coordinator: Myrna Bergeron

Required Supplies: Your preferred writing materials - Pen, paper, 3-ring binder or laptop/tablet

Location: Broadmoor United Methodist Church

Line Dance



Come have a great time showing off all your best dance moves. Line dancing is a line of dancers executing a sequence of steps at the same time. It has a strong country music base, but has crossed into music styles like disco, pop, Cajun, and Latin. In line dancing, the balance of male and female partners doesn't matter, so



In-person class



Zoom class

sign up for this course either as a single or a couple. The fun begins with "The Cupid Shuffle" and ends with "The Zydeco Bounce."

Time & Dates: 12:30 p.m. – 2:30 p.m.

Friday, Sept. 30, Oct. 7, 14, 21, 28, Nov. 4

Course Fee: \$45 (early bird \$40)

Instructor: Jerisse Grantham

Coordinator: Mackie Burt

Location: Jeffie Jean Dance Studio

The Musicals of Cole Porter and Irving Berlin



Cole Porter and Irving Berlin...they were alike in their prolific output and in the high ratio of hits they produced. At a time when most songwriters worked with lyricists who put words to their music, Porter and Berlin wrote both words and music for their compositions. Berlin wrote 17 complete scores for Broadway musicals and revues and contributed material to six more. Porter wrote over 30 stage and film musicals. His best work set standards of sophistication and wit seldom matched in the popular musical theater. Join us as we explore the lives and works of these two giants of Broadway.

Time & Dates: 9:00 a.m. – 11:00 a.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Brian Pope

Coordinator: Mary Lou Cutrera

Location: Zoom Online

NEW! Myths of the Romans: Ovid's *Metamorphoses*



As a poetic collection of famous Roman myths, the *Metamorphoses* is one of the most influential works in Western literature. Ovid includes many stories that are told nowhere else, and the result is a nearly complete look at Roman mythical history and cultural ideology. We will tell these stories anew and discuss their lasting importance as cultural artifacts and as explorations of human behavior. How do humans relate to and explain the world around them? How did the Romans in particular view themselves and the universe? These exciting, funny, and

COURSE DESCRIPTIONS

COURSES BEGIN SEPTEMBER 26

OLLI
AT LSU

LSU Online
& CONTINUING EDUCATION

LAGNIAPPE CHAPTER COURSES

magical tales will help us answer these questions as we explore what it means to be human in a complex world.

Time & Dates: 1:30 p.m. – 3:30 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Erica Daigle

Coordinator: Bud Snowden

Optional Supplies: Ovid, *Metamorphoses*—recommended edition: The New Annotated Edition, Indiana University Press, translated by Rolfe Humphries, 2018

Location: Broadmoor United Methodist Church and on Zoom

Preventing Cognitive Decline as We Age

This course will describe advances in our understanding of factors that keep our brains healthy. It will provide actionable steps that we can take to prevent memory loss in our senior years. The course will change the way you think about brain health even if you are at high risk of cognitive impairment. It will give guidance on risk assessment. A discussion of the recently developed Bredesen Protocol, a program that enhances cognition and, in some instances, reverses decline will be included.

Time & Dates: 2:15 p.m. – 3:15 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

Course Fee: \$25 (early bird \$20)

Instructor: Dr. Lawrence “Sal” Guidry

Coordinator: Kathy Gates

Location: Zoom Online

NEW! Psychology of Aging

A comprehensive overview of the psychological aspects of aging. Besides theories and principles of aging, we will discuss practical issues of importance for older adults. Topics will consist of aging research methods, neuroscience as a basis of adult development, advocating for comfortable living, attention and memory, personality, and healthy aging. No prior psychology experience will be necessary.

Time & Dates: 4:00 p.m. – 5:00 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26,
Nov. 2

Course Fee: \$25 (early bird \$20)

Instructor: Vincent Medina

Coordinator: Bernadine Johnson

Location: Zoom Online

NEW! Revolutions In Faith: Profiles from the Reformation Era

This set of lectures examines many of the key individuals and events that shaped the Reformation era from 1517 to 1648. Each lecture will revolve around a biographical sketch of a key figure such as Martin Luther, King Henry VIII of England, Queen Catherine de Medici of France, and Emperor Ferdinand II of the Holy Roman Empire. Key events covered will include the rise of Lutheranism, Henry VIII's dissolution of the monasteries, the Saint Bartholomew's Day Massacre, and the Thirty Years War

Key events covered will include the rise of Lutheranism, Henry VIII's dissolution of the monasteries, the Saint Bartholomew's Day Massacre, and the Thirty Years War

Time & Dates: 8:00 a.m. – 9:30 a.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Jared Day

Coordinator: Kathy Gates

Location: Zoom Online

NEW! The Rise of the Civil Rights Movement

In the 1950s and 1960s the Civil Rights Movement filled news headlines across the country. Students will explore the origins of the movement, well-known and lesser-known protests and activists of the 1950s and 1960s and examine how the movement intersected with other movements.

Time & Dates: 8:00 a.m. – 9:30 a.m.

Wednesday, Sept. 28, Oct., 12, 19, 26,
Nov. 2

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Relius Johnson

Coordinator: Kathy Gates

Location: Zoom Online

Smartphone Photography

Do you want to take great photos on your smart phone or iPad? Then this is the course for you! You'll learn about the

 In-person class  Zoom class

camera features on your specific phone/tablet and how to use those features to capture outstanding photos of people, nature and events. After completing this course, you will get tired of hearing, “I can't believe you took that picture with your phone.” The course is designed for students with more recent versions of the iPhone, Android and tablet devices.

Time & Dates: 9:15 a.m. – 11:15 a.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (early bird \$40)

Instructor: Tommy Draughn

Coordinator: Claire Fontenot

Required Supplies: Phone capable of taking pictures

Location: Broadmoor United Methodist Church



So What! You're Over 50! Current Advances in Medicine and Surgery

The purpose of this series is to bring physicians and other healthcare providers before OLLI class attendees to learn of various medical and surgical specialties, diagnosis and treatment of various human diseases, illnesses, and conditions as well as preventive and wellness measures. To date, there have been 68 speakers of different healthcare specialties who practice in the Greater Baton Rouge area that have come before these classes.

- Kelly J. Scrantz MD, Neurosurgery
- Jeannemarie Hinkle MD, Endocrinology
- Duane Superneau MD, Medical Genetist
- Breanna R. Campbell MD, Infectious Disease
- Dana Territo, Patient Educator, Dementia

LAGNIAPPE CHAPTER COURSES

 In-person class  Zoom class

specialist "Filling in the Gaps - Learning the Language of Dementia,"

- Elliot DeGravelles MD, Adult Psychiatry

Some speakers will be in-person at Broadmoor United Methodist Church, and some speakers will present over Zoom to accommodate their work schedules. Students who attend at BUMC will be able to see any Zoom presentations projected onto a screen, and students who attend via Zoom will be able to see the classroom presentations from their home.

Time & Dates: 1:30 p.m. – 3:30 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Course Fee: \$35 (early bird \$30)

Instructor: Dr. Trenton James

Coordinator: Claire Fontenot/Karen Egedy

Location: Broadmoor United Methodist Church and on Zoom

Spanish for Beginners

This course follows the beginning class offered last spring using the same book. Review and practice regular verbs as well as "ser", "estar" and "tener". Expand your knowledge of other verbs, as well as your Spanish vocabulary, as presented in the text. Continue practicing questions and answers both in speaking and in writing. Enhance your pronunciation and knowledge of the interesting cultures.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$45 (early bird \$40)

Instructor: Merrie Lee Logan

Coordinator: Merrie Lee Logan

Required Supplies: *Spanish Now! Level One*, 7th or 8th Ed., Barron's Published by Ruth Silverstein. Can be purchased at Barnes and Noble

Optional Supplies: A folder for handouts

Location: Broadmoor United Methodist Church

Spanish for Intermediates

This course follows the intermediate Spanish class offered last spring, using the same book. Continue practicing regular and irregular verbs in the present and past tenses. Expand your knowledge of grammar and vocabulary, as presented

in the text. Continued emphasis will be on questions and answers in both speaking and in writing. Present short speeches on designated topics while improving your communication skills.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Merrie Lee Logan

Coordinator: Merrie Lee Logan

Required Supplies: *Spanish Now! Level One*, 7th or 8th Ed., Barron's Published by Ruth Silverstein. Can be purchased at Barnes and Noble

Location: Broadmoor United Methodist Church

NEW! Survey of US History from the Seven Years War to the New Republic: 1754 – 1824

This is a multi-media survey of the cultural history of the United States from the Seven Years War to the Early Republic, covering the years 1754 to 1824. The class will probe the broad themes that shaped the experience of the American People during this tumultuous period. I will strive to draw your attention to the issues of race, gender, and class as a way of fully grasping the critical role people like you and me have played within the panorama that is the American experience.

Time & Dates: 9:00 a.m. – 11:00 a.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

Course Fee: \$45 (early bird \$40)

Instructor: Kevin Portz

Coordinator: Linda Gray/Karen Egedy

Location: Broadmoor United Methodist Church and on Zoom

The Total Nutrition Makeover

The Total Nutrition Makeover is a nutrition lifestyle challenge. Obesity and poor nutrition are major problems in our society today, and it affects almost everyone. We will cover all the modern nutrition confusion and controversies to give a clearer understanding of what the current

science on nutrition states through simple and easy to understand lessons. We will also cover effective methods to create a nutrition lifestyle that you love in this fast-paced food culture we live in today. The key to better health is good nutrition we'll help you develop the skills to get healthy foods in your day-to-day diet.

Time & Dates: 11:15 a.m. – 12:15 p.m.

Thursday, Sept. 29, Oct. 6, 13, 20, 27, Nov. 3

Course Fee: \$25 (early bird \$20)

Instructor: Kirk Vidrine

Coordinator: Claire Fontenot/Karen Egedy

Location: Broadmoor United Methodist Church and on Zoom

NEW! Travels into Myths, Artistry, and the American West through Willa Cather's Short Stories

Born in 1873 Willa Cather was an American writer who is best known for her novels *O Pioneers!* and *My Ántonia*. In 1923, she was awarded the Pulitzer Prize for *One of Ours*, a novel set during World War I, but Cather achieved recognition as a writer of the frontier and pioneer experience. Along with a keen sense of place, Cather's work includes references to ancient myths and examines the meaning of true artistry. The first class will be devoted to the background of Willa Cather's life and art.

Time & Dates: 1:45 p.m. – 3:45 p.m.

Monday, Sept. 26, Oct. 3, 10, 17, 24, 31

Course Fee: \$45 (Early Bird - \$40)

Instructor: Dr. Olivia Pass

Coordinator: Aline Creed

Required Supplies: The text for the class to read and discuss is *Collected Stories* by Willa Cather (ISBN: 0-679-73648-4). Copies of the text are available through public libraries, Conundrum Bookstore in St. Francisville, Barnes and Noble in Baton Rouge, as well as Amazon and other sites on the Web.

Location: Broadmoor United Methodist Church

NEW! Travels with Charlie

Come along and learn about a wide range of interesting people, places, and things. Classes will be filled with the instructor's

LAGNIAPPE CHAPTER COURSES

 In-person class  Zoom class

photographs, taken over many years, of subjects that captured his interest such as Charleston, South Carolina; Frederick Low Ohmsted, Frank Lloyd Wright; Plitvice Lakes, Croatia; the Galapagos Islands, Ecuador; Butchart Gardens, British Columbia; Colonial Williamsburg, the Grand Canyon; Louis and Clark; Japanese vs. Chinese gardens; John and William Bartram; and Columbus, Indiana.

Time & Dates: 1:30 p.m. – 3:30 p.m.

Wednesday, Sept. 28, Oct. 5, 12, 19, 26, Nov. 2

Course Fee: \$45 (early bird \$40)

Instructor: Dr. Charles Fryling

Coordinator: JoAnn Fryling

Location: Broadmoor United Methodist Church

NEW! When Memories Fade, Mastery Matters

Mom has Alzheimer's disease? Dad was just diagnosed with vascular dementia. How do I manage? What does Alzheimer's and dementia really mean? So many questions arise when a loved one struggles with cognitive impairment and subsequently receives a diagnosis of Alzheimer's disease or other dementia. Loved ones struggle to comprehend the disease and are often uncomfortable as the disease progresses. You'll learn the warning signs of Alzheimer's disease, decipher the distinction between Alzheimer's and dementia, and become more aware of the cognitive changes occurring in individuals they know.

Time & Dates: 12:30 p.m. – 2:00 p.m.

Monday, Oct. 3, 10, 17

Course Fee: \$20 (early bird \$15)

Instructor: Dana Territo

Coordinator: Brenda Dungan

Location: St. James Place

Who Knew Part II: Worship Centers of Baton Rouge

This course is designed for those who are interested in the beliefs of people who may be different from their own, and/or visiting historic churches in Baton Rouge. We will either carpool or drive on our own to the various worship centers.

1. St. Joseph's Cathedral in the Diocese of Baton Rouge.
2. St. James Episcopal Church was the home for four of Baton Rouge's main churches.
3. The beautiful Buddhist Meditation Center, where one of the monks will lead us through the peaceful sanctuary and grounds and educate us on the beliefs of Buddhism and briefly show us how to meditate.
4. Islamic Center of Baton Rouge. Islamic Center's leaders and Imam will discuss the basic tenets of Islam and guide us through the sanctuary.
5. We will also visit one of the city's synagogues. The rabbi will guide us through the symbolism of items in the sanctuary, the main holidays, and tenets of Judaism.
6. Possibly a Hindu temple or an Eastern Orthodox Church.

Time & Dates: 10:00 a.m. – 12:00 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$45 (early bird \$40)

Instructor: Sue Potts

Coordinator: Sue Potts

Location: Various houses of worship in Baton Rouge

NEW! Witches and Witch Hunts, Past and Present

Witches have been feared, hated, hunted, tortured, and killed for millennia — but why? What IS a witch, after all? This course will examine the origins and misconceptions about witchcraft, from Old Testament times through the European Inquisitions, as well as the Salem witch trials through the "Satanic Panics" of the late 20th Century, to the present. We'll also look at the current interest in witchcraft as a religious path.

Time & Dates: 2:00 p.m. – 3:30 p.m.

Tuesday, Sept. 27, Oct. 4, 11, 18, 25, Nov. 1

Course Fee: \$35 (early bird \$30)

Instructor: Sue Lincoln

Coordinator: Sue Lincoln

Required Supplies: *The Enemy Within: 2000 Years of Witch-Hunting in the Western World* by John Demos

Location: Zoom Online

SESSION II

Basic Hatha Yoga

Practice yoga and enrich your lifestyle by learning yoga poses and shapes while using your breath with movement. Breathe, stretch, and relax your way to improved posture, endurance, flexibility, and strength in this coed class. Wear comfortable clothes. No prior yoga experience is necessary. You must be able to sit comfortably on your yoga mat on the floor and able to transition to standing poses. Leave your shoes, cell phone and the "outside world" to enjoy this class.

Time & Dates: 9:30 a.m. – 10:30 a.m.

Monday & Wednesday, Nov. 7, 9, 14, 16, 28, 30, Dec. 5, 7, 12, 14, 19, 21

Course Fee: \$95 (early bird \$90)

Instructor: Agnes Bickham

Coordinator: Fran Martin

Location: First Christian Church

Required Supplies: Yoga mat, Yoga block(s); Yoga strap. These can be purchased at Target, Walmart, TJ Maxx, Amazon, online yoga stores

Optional Supplies: Blanket, Towel

Time & Dates: 9:30 a.m. – 10:30 a.m.

Monday & Wednesday, Jan. 9, 11, 18, 23, 25, 30, Feb. 1, 6, 8, 13, 15

Course Fee: \$90 (early bird \$85)

Instructor: Agnes Bickham

Coordinator: Fran Martin

Location: First Christian Church

Required Supplies: Yoga mat, Yoga block(s); Yoga strap. These can be purchased at Target, Walmart, TJ Maxx, Amazon, online yoga stores

Optional Supplies: Blanket, Towel



INSTRUCTOR BIOGRAPHIES

SUSIE ANDRES has a bachelor's and master's degrees from UNO. She worked in Special Education and after retirement, she took the Master Gardener class through LSU. Susie has enjoyed sharing her horticulture knowledge and continues to learn through many Master Gardener volunteer opportunities.

ERNEST AYO is the founder of Panache Croquet Club of St. Francisville. Of the four previous "Beginning Croquet" courses taught, we have former students as members. Mr. Ayo is a former Army officer ('66 - '72) Registered Pharmacist, RN, Nurse Anesthesiologist, CAP Pilot, now retired and living in St. Francisville.

KATIE BAILEY is a MLIS student at LSU who is originally from Columbus, OH. She graduated with a MA in American History and specializes in 19th Century American political history. She received her BA in History from Ashland University and graduated magna cum laude.

DONALD BEALE is Director, Online Distance Learning, for LSU Online & Continuing Educations. He also teaches courses in English and film.

THOMAS BEARD has a PhD from Duke University and is an alumni professor of economics at LSU. He has taught thirty-nine opera courses for the Lagniappe Chapter of OLLI at LSU and eight opera courses for the OLLI chapter at Auburn University.

AGNES BICKHAM is a Yoga Alliance ERYT with experience of 1,000+ teaching hours. She received her Yoga Teacher Certification from Shambhava School of Yoga in Kona, Hawaii. She has practiced and taught Hatha Yoga at various studios and venues in the Baton Rouge area. Agnes teaches yoga as a stabilizing practice that grounds students, promoting a sense of well-being, strength, confidence, balance, and joy

JIM BOLNER received his bachelor's degree in education from LSU, his master's from LSU in government, his Ph.D. in

political science at the Univ. of Virginia. He has taught at the Univ. of Alabama and the Univ. of Massachusetts at Amherst before coming to LSU in 1967.

As a foreign correspondent and later intelligence analyst, **HENRY BRADSHER** lived and worked in formerly colonial areas on six continents, and then lectured on cruises in all Seven Seas. As Associated Press bureau chief in Moscow, he knew Russia and Ukraine well. Adding to background on them with extensive reading and contacts with current specialists, his classes will end with Putin's aggressions.

HARSHA CHACKO is a Professor Emeritus of Hotel, Restaurant and Tourism Administration at the UNO where he taught for 33 years and has successfully completed the requirements for the Certified Specialist of Wine from the Society of Wine Educators. Dr. Chacko is the wine director for Bonne Cuvee Wine Tours, a company with a mission to provide wine educational experiences.

GAIL CHISUM graduated from high school in Pocomoke City, Maryland. He then graduated from Ouachita Baptist University with a BA in business. He was commissioned as a 2nd Lt. In the Army, he served in Vietnam and was honorably discharged as Captain. He is retired as Vice President of Sales with Farm Bureau Insurance.

DANIEL CHRISTIAN earned a MA in Theology from St. Mary's Seminary and University in Baltimore, MD. and has taught Dante for nearly forty (40) years. In addition, he delivered numerous public presentations on the Divine Comedy, mostly while living and teaching in Baltimore, MD. He also has published numerous essays about Dante in scholarly journals.

CHARLOTTE LOWRY COLLINS received art degrees from LSU and UNO, and an M.F.A. from Memphis College of Art. She was an Associate Professor of Art at Kennesaw State Univ. and taught at SELU. Charlotte is the Director of the Olde Towne Arts Center, and a founder/ board member

for the Krewe of Mona Lisa and MoonPie. She currently teaches Talented Arts at University View Academy.

ELIZABETH CRUZADO earned a PhD in Geography and Anthropology at LSU. She is a Peruvian anthropological archaeologist studying the development of complex societies in the Central Andes. She is interested in the entanglements between material culture, heritage preservation, and community outreach. Her dissertation examined the previously understudied Nivin region (north-central Peru) and integrating community members in archaeological activities and the preservation of cultural heritage.

ERICA DAIGLE, PhD, is a native of Louisiana and received her BS and MA from LSU. Her PhD work at the University of Iowa focused on English Renaissance literature (especially Shakespeare) and medical history. Erica has taught OLLI courses on Shakespeare, world mythology, film, and various topics from Renaissance literature.

JARED DAY, PhD, taught American history at Carnegie Mellon University in Pittsburgh for 16 years. His areas of expertise are U.S. political, urban, and cultural history as well as world history from the 15th century to the present. He now teaches at Three Rivers Community College in Norwich, CT.

Following his BS in Landscape Architecture from Syracuse Univ. and MS from the Graduate School of Design at Harvard Univ., **CHARLIE FRYLING** worked several years for an international landscape architecture firm. In 1967, he accepted a job at LSU and has been teaching in the School of Landscape Architecture ever since. During his driving trips across America, he has taken a wealth of photographs, which he uses to illustrate his lectures.

BETHANY GARFIELD, PhD LSU, is a disaster preparedness and relief specialist who's been taking life one disaster at a time since completing a Geography and Anthropology doctorate with a focus on disaster science and management. Bethany received a master's degree in journalism

INSTRUCTOR BIOGRAPHIES

and communications from the Univ. of Oregon. Bethany aspires to make people a little bit safer.

ERIKA GIBSON is a second year PhD student at Louisiana State University. She earned her MA in War and Society at Chapman University where her long-time love of Thomas Jefferson inspired her thesis on Jefferson's dining and entertaining practices as president. Her current research looks at the intersection of race, material culture, society, and politics in the formative years of the White House.

DOLORES GONTHIER, M.D., an internal medicine physician, contributes medical content to a company that develops physician board certification preparation materials and has consulted various groups to address healthcare system challenges. She practiced medicine and served as a medical director at a health insurance company. She completed medical school and residency in at the Univ. of Pittsburgh.

JERISSE GRANTHAM, owner of the Jeffie Jean Dance Studio, is a certified dance teacher. She earned her BS from LSU and has enjoyed teaching dance for more than 30 years. She is also a 20-year adjunct faculty member of Tulane University.

LAWRENCE "SAL" GUIDRY, PhD, has been a licensed psychologist for over 40 years. He was a staff psychologist at VA Medical Center for 27 years, a clinical associate psychology professor in the Dept. of Psychiatry at Tulane Medical School, and in the Dept. of Psychiatry at LSU Medical School.

MEGHAN HODGES is a doctoral student of Comparative Literature. She holds an MA in Hispanic Studies from LSU and wrote her thesis on representations of the declining Spanish Empire.

RACHEL HOWATT is a PhD Candidate in the English Department at LSU. She has been knitting and crocheting for 13 years and enjoys making sweaters, stuffed

animals, hats, socks, and everything in between.

TRENT JAMES is a board-certified family physician, retired from active practice.

DR. RELIUS JOHNSON is currently the Director of New Maverick Orientation and previously the Assistant Director of Multicultural Affairs at the University of Texas at Arlington. He is an alumnus of Texas A&M University Commerce and University of Central Arkansas.

SALLY JONES is a retired French and English teacher. She received a teaching degree from LSU and taught in EBR parish for 20 years. French was her major area of study and taught all levels in high school and middle school.

TRISH KAPLAN has a MA in Education from George Washington Univ. An advocate for cats and volunteer at Cat Haven, she delights in teaching people about them so that the two species can live in harmony with each other. You might find her researching or surfing the internet on feline topics. She once overheard a student say, "I've had cats for years, and I never knew that!"

ROBERT KELLY successfully completed courses required for professional pickleball registry. He has been playing pickleball for over 14 years and has won more than 200 medals in states like Louisiana, Alabama, Mississippi, Dallas, Minnesota, and Texas. Robert loves the game and looks forward to sharing its growth.

OWEN KEMP has been a yoga instructor for many years and received her yoga training through the Living Yoga program at the Barsana Dham Ashram in Austin, TX. She attended training sessions at the Omega Institute in Rhinebeck, NY & various venues around the country & internationally. Owen's style is best described as flow.

CEREN KESER is a PhD candidate in the Department of Political Science at

LSU. Before joining LSU, she received my bachelor's degree in International Relations with a double major in Economics from Işık Univ., Istanbul in 2017. Ceren's research area is International Political Economy with a specialization in trade politics. Her dissertation examines the role of interest groups in the formation of trade policy.

LAYNE LANGLEY is a graduate of ULL with a degree in Vocational Home Economics Education and a master's degree in Human Resources (a combination of nutrition and child and family studies). She also has a 4-H Youth Development Specialization. Layne is currently a Nutrition Agent with the LSU AgCenter. She delivers nutrition programs to adults and youth in West and East Feliciana Parishes.

Describing herself as a "recovering journalist," **SUE LINCOLN** is a retired news broadcaster who covered Louisiana state politics with NPR, LPB, Louisiana (Radio) Network, and the Bayou Brief. With minors in English, Sociology, History, and Women's and Gender Studies, she is an LSU grad. A lifelong feminist, she is a witch, and an ordained priestess with Covenant of the Goddess.

LINDA LIGHTFOOT has a BA from the University of Mississippi in journalism and political science. She is retired from The Advocate where she worked for 42 years, covering the judicial system, education and state politics before serving as executive editor for 15 years. She has put together 25 guest speakers courses for OLLI on issues important to Louisiana.

MERRIE LEE LOGAN, originally from Iowa, attended The University of Iowa and La Universidad Iberoamericana, before graduating from LSU with a degree in Spanish, French and English. She taught in public and private high schools for almost twenty years before joining the awesome OLLI family.

EDWIN LYON retired from a career as an archaeologist and historian for the U.S. Army Corps of Engineers in New Orleans. He received his Ph.D in history from

INSTRUCTOR BIOGRAPHIES

LSU, as well as his MA in anthropology. He taught Mississippi River courses in the evening at Tulane University for 10 years. He has been a cruise speaker for Mississippi River cruises from St. Paul to New Orleans.

MARCHITA MAUCK is a retired professor of Art History and Associate Dean of College of Art and Design, LSU. She has a PhD degree in Medieval Studies from Tulane University. She was a visiting professor at Yale University, Notre Dame University, and Chicago Theological Graduate Union. Marchita served as a Liturgical Design Consultant for new church and church renovation projects throughout the US.

VINCENT A. MEDINA is a fourth year in the Cognitive and Brain Sciences PhD program at LSU, researching sound and space perception. He earned an Aging Sciences BS from the Univ. of South Florida, and an Experimental Psychology MS from Seton Hall Univ. He was an intern for the U.S. Naval Research Laboratory at Stennis Space Center and U.S. Army Research Laboratory at Aberdeen Proving Grounds.

ANTONIO MOLESINI is an Italian wine specialist for Republic National Distributing Company. He is a native of Cortona, Tuscany, Italy and has conducted wine tastings and wine classes at various locations in Baton Rouge.

PAM MYERS is a retired extension agent with a master's degree in nutrition from LSU. She is currently a part-time fitness instructor. She taught a variety of topics in classes, workshops and seminars. Pam learned to make her first basket from a co-worker over 35 years ago and went on to learn other styles on her own, making baskets for craft fairs, as gifts, as donations and for her own use and pleasure.

ADANNA OGBONNA-OLUIKPE is pursuing a PhD in English Literature at LSU. She has a bachelor's degree in Mass Communication and a masters in English language and literature from the Univ. of Ibadan Nigeria. She currently teaches

introductory rhetoric and composition classes. Adonna is interested in Digital/New media studies, African and postcolonial studies, women studies, and Feminism(s).

OLIVIA PASS has a PhD in English and American literature from the University of Louisiana at Lafayette and two master's degrees from LSU—journalism and English. She taught high school English and journalism for 22 years before she began teaching on the university level. She enjoys both teaching and taking OLLI classes.

JANE PATTERSON started birding in 2005. She wanted to share what she was learning and started teaching classes and doing programs. She was honored at the National Audubon national conference in 2014 with the Dutcher award for outstanding service for her efforts in bird related education. Prior to becoming a birder, gardening was one of Jane's primary hobbies, so combining birding and gardening is one of her passions.

BRIAN POPE, MA, Univ. of Texas at Austin, performs the creative and hosting duties for Center Stage on WRKF-FM, a one-hour radio show that each week examines a topic or theme dealing with musical theater. He was inducted into the Theater BR's Hall of Fame in 2012. He has been an adjunct instructor at Northwestern State Univ. in Natchitoches where he teaches Musical Theater History and Literature.

KEVIN PORTZ holds a MA degree in history from the University of Texas at Dallas. A federal retiree who worked for the Social Security Administration, he is a former manager of the Baton Rouge Social Security District Office. Kevin served four years as an adjunct professor of history at Dallas College/Richland. He currently volunteers as a docent at the LSU Rural Life Museum.

SUE POTTS received a BS, masters and Educational Specialist in education from LSU. After teaching history for 40 years, she retired. Since retirement she has worked as a city guide for Visit Baton Rouge, the riverboats, the Old Governor's

Mansion, the Old State Capitol and the current Governor's Mansion.

LEE RANDALL was an Air Force Brat and went to high school in Alexandria, LA. She studied Art and Art History at LSU and graduated with a BA in 1979. She is a working artist, illustrates children's books, and builds one-of-a-kind puppets, as well as other commissioned work. Lee was an art teacher for 30 years, 24 of them at Runnels, where she also taught Art History.

DARLENE REAVES is a retired high school science teacher and current resident of St. Francisville. She has enjoyed taking yoga classes for over 40 years and has recently completed the online EdX course "The Science and Practice of Yoga."

MARTHA ROBSON loves to play bridge! A retired pastor, she has spent time playing at the bridge club in Metairie and online. She also believes that playing bridge is one of the best things you can do for your brain, and she loves helping people learn how to approach this complex and fascinating game.

RALPH SCHOMBURG has a BS in math and an MBA in finance. He worked for NASA in Houston, TX and retired as Assistant CFO, Johnson Space Center. He was a part-time math instructor at San Jacinto College. He is an avid bridge student and enthusiast.

A yoga instructor since summer of 2006, **JANE SIMMONS** obtained certification from The Living Yoga Program of Austin Texas. Further training and teaching have included workshops in New York, Baton Rouge, and Portugal, and have included students of all ages. Her approach to yoga has been inclusive, meeting the students at their level and making the best yoga accessible to all.

PATTI LEE SMITH graduated from Lima Senior High School and became a licensed practical nurse. She has taken various art and study courses.

VERSA STICKLE has degrees in English

INSTRUCTOR BIOGRAPHIES

and Library Science from the University of South Dakota and LSU. She enjoys writing and encouraging others to share their stories.

DANA TERRITO has been voluntarily writing weekly Alzheimer's Q&A Columns in The Advocate since 2013. She retired from Alzheimer's Services over three years ago. She is a graduate of the Religious Studies Institute at St. Benedict Seminary College and has professional certification from the New Orleans Archdiocesan Spirituality Institute in Spiritual Direction as well as a Certificate in Gerontology.

TAYLOR THOMPSON is a current English PhD student at LSU. In 2020 Taylor graduated with a BA in English from BYU-Idaho and will get his MA this fall. Taylor has experience teaching composition and literature courses at the undergraduate and technical college levels and enjoys teaching and discussing English and linguistic topics with others.

EMILY TOTH (PhD, Johns Hopkins) is in her second century of teaching about women writers and women's lives. Her published books include academic advice under "Ms. Mentor," biographies of Kate Chopin and Grace Metalious, and an award-winning Civil War novel.

FRANCIS W VANDERWALL, a theologian and author of six books in spirituality and psychology, was awarded his PhD by the Graduate Theological Union and his Master of Divinity from the Jesuit School of Theology at Berkeley. He is a professor emeritus from the Franciscan Univ. and has taught courses for OLLI over the last 10 years. He was a Jesuit for almost 30 years.

KIRK VIDRINE, owner of V-Well Solutions, has worked as a fitness professional for over 18 years. He developed and implemented wellness programs for Shell Oil. He has an undergraduate degree in dietetics and a MA in Human Nutrition from LSU. Kirk has performed research in

nutrition and body composition, bone health, and bio compounds, and has presented his research at national conferences.

AMY S. WEST is an educator with a BS Degree in Education from LSU. She is the owner and manager of Westdome Nursery which specializes in the production of microgreens and edible flowers. Amy has had a lifetime of interests in gardening and its benefits to one's health.

SEAN WHYARD is a PhD student in the Political Science Department at LSU. His research focus includes campaigns, parties, and voting behavior. He earned MA in Political Science at the University of West Florida - Summer 2021 and his BA in Political Science at the University of North Florida - Fall 2018.

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