



OCTOBER-DECEMBER

Monday

[The Joyspan Project: Finding Genuine Joy in Retirement](#)

Instructor: Sally Marcus **DOW:** Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 9:30 AM-11:00 AM **Method:** Classroom

Retirement isn't the end of something - it's the beginning of one of life's richest chapters. What about building a life beyond money and good health? These years can - and should - be filled with growth, creativity, new experiences, fresh connections, and most of all... genuine joy. In this class, we will look at the evidence supporting a joyful life but mostly this is a class of ACTION, of experimenting with ideas to find ways that fill your joy buckets. It's a call to challenge yourself to explore, grow, create, learn, connect and be joyful for a lifetime.

[The Physics of Hope](#)

Instructor: Howard Page **DOW:** Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 10:00 AM-11:00 AM **Method:** Classroom

This course explores a surprising idea: hope is not simply optimism or wishful thinking. It may be rooted in the way reality itself works. The universe does not merely fall apart; under the right conditions, it also builds new forms of order. Particles become atoms. Atoms become stars. Chemistry becomes life. Cells become bodies. Minds create language, culture, morality, science, religion, and meaning. Based on Howard Page's book, *The Physics of Hope*, this seven-week course

uses stories, science, philosophy, and discussion to examine hierarchy, interaction, chaos, emergence, evolution, good and evil, science, spirituality, and religion. No background in physics or mathematics is required—only curiosity about how a world full of uncertainty can still be a world where new possibilities emerge. A copy of the manuscript for *The Physics of Hope* will be provided to participants as a PDF file.

[Jazz History: A Listener-s Guide, Part 6](#)

Instructor: James Rozzi **DOW:** Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 10:00 AM-12:00 PM **Method:** Classroom

At just over 100 years old, jazz has changed dramatically from its earliest roots in blues and New Orleans music to reflect the most tumultuous centuries in history. In Part 1 through 5, we explored jazz's beginnings through the 1960s hard bop—via recordings, written histories, photos, and videos. Part 6 will continue with the popularity of 1960s soul jazz through jazz's current, multi-cultural musical trends. Jazz is the most substantial of American art forms, our gift to the world. The aim of this course is to entertain while increasing understanding and accessibility. Please join us as we listen and discuss the evolution of this multi-faceted musical genre.

[Chair Yoga Monday](#)

Instructor: Nutan Ahuja **DOW:** Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 10:00 AM-11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on

the path to peace. These classes are a GREAT entry point for students OF ALL AGES AND ALL LEVELS.

Chair Yoga Monday

Instructor: Nutan Ahuja **DOW:** Monday

Dates: 12/7/2026-12/14/2026 **Wks:** 2

Times: 10:00 AM-11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace. These classes are a GREAT entry point for students OF ALL AGES AND ALL LEVELS.

The History of Election Controversy in the US: From the Constitution to Today

Instructor: Paul Zwier **DOW:** Monday

Dates: 10/5/2026-11/9/2026 **Wks:** 7

Times: 11:30 AM-12:30 PM **Method:** Classroom

This course examines the history of voting controversies in the United States from the Constitution's creation of the electoral system to the present. We will explore contested access to the ballot, voter suppression, fraud allegations, recounts, Electoral College disputes, and foreign interference. Case studies include Lyndon B. Johnson's disputed 1948 Senate primary; allegations surrounding John F. Kennedy's 1960 presidential victory; the 2000 Bush–Gore recount and *Bush v. Gore*; Russian interference in the 2016 election won by Donald Trump; and challenges to Joe Biden's 2020 victory, including claims rejected by courts and election officials. Using historical evidence, legal decisions, and official investigations, the course distinguishes documented interference from unproven allegations while considering how election disputes affect public trust and democratic institutions.

Gilbert and Sullivan Operettas

Instructor: Peter Edward Campos, Judith Costello

DOW: Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 11:30 AM-1:00 PM **Method:** Hyflex

Gilbert and Sullivan (G&S) produced some of the most iconic operettas in the Western musical canon, notably HMS Pinafore, The Pirates of Penzance, and the Mikado. Their other plays have had a mixed reception over the years, but many individual songs and tunes are still fondly remembered. In this class we will explore the origin, plot, characters, and selected songs from all the operettas, with more intensive examination for the Big Three. Each week we will feature aspects of the team's work, factors that stimulated or hindered their creativity, and contentious moments between the talent that almost ended this relationship prematurely. Of course, singing along will be encouraged with lyrics accompanying many of the songs, so feel free to indulge in person or on Zoom. Note: This 7-week course is very similar to previous G&S classes I've conducted over the years.

It's Your Story- Write On!

Instructor: Georgia Lee **DOW:** Monday

Dates: 10/5/2026-11/16/2026 **Wks:** 7

Times: 1:30 PM-3:00 PM **Method:** Classroom

From fun writing prompts and exercises, micro-memoirs and storytelling, we'll work on writing, whether to publish, leave a legacy for family and friends, or just for you. Writing a memoir, through long or short pieces, doesn't have to be overwhelming. We'll de-mystify it, through simple lectures, devices and techniques that make your story, action, character, settings and themes resonate with readers. Through writing, you'll make readers feel your pain and celebrate your joy. Even if you wish to simply leave a treasured legacy journal, you'll never regret recording the stories of your life. Prior writing experience is not necessary. In-class readings or critiques of your material are

encouraged but not required. The only requirement is a willingness to learn and explore the nuances of the events of your life.

Twelve Moral Tales in Film

Instructor: Robin Bernat **DOW:** Monday

Dates: 10/5/2026-11/9/2026 **Wks:** 6

Times: 3:00 PM-4:00 PM **Method:** Online

This six-week film discussion series, Twelve Moral Tales in Film, brings together twelve films that explore ethical conflict, memory, faith, responsibility, and the difficult choices that shape human lives. Spanning intimate personal dramas and larger historical reckonings, the series pairs works by internationally acclaimed directors to examine how cinema confronts questions of conscience, truth, sacrifice, and moral ambiguity. Through weekly screenings and conversation, participants will engage with films that challenge certainty and invite reflection on the complexities of human behavior and judgment.

Tuesday

Intermediate Italian 1

Instructor: Alessandra Brisotto **DOW:** Tuesday

Dates: 10/6/2026-11/17/2026 **Wks:** 7

Times: 9:30 AM-11:00 AM **Method:** Classroom

In this class students will learn ordinal numbers, more adjectives, new vocabulary, new expressions, some prepositions, and other common interrogative forms. They will also be able to learn and use the Present Perfect and the Imperfect Tenses. After this class, they will be able to understand and use familiar expressions and phrases, they will be able to interact in a simple way with other people.

Italian Beginner 1

Instructor: Antonella Giannasca **DOW:** Tuesday

Dates: 10/6/2026-11/17/2026 **Wks:** 7

Times: 10:00 AM-11:30 AM **Method:** Hybrid

Embark on your journey into the beautiful Italian language! This introductory course uses Italian Now! Level 1: L'Italiano d'oggi! (Barron's Foreign Language Guides, by Marcel Danesi) as the required textbook and is designed for those with little or no prior experience. Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar. Each week builds on the previous lessons, with the goal of mastering essential communication skills. After this class, students will be able to: Recognize and use familiar words in everyday situations, Make simple statements about themselves and their families, Ask and answer basic questions, Understand and use very basic phrases and common expressions, Introduce themselves and others, Exchange personal information such as where they live, who they know, and what they have, Interact in a simple way when others speak slowly and clearly, Conjugate the present tense of essere and avere, Use basic vocabulary for greetings, numbers, weather, days of the week, months, and seasons.

Between Two Oceans: The History and Future of the Panama Canal

Instructor: Jeff Milsteen **DOW:** Tuesday

Dates: 10/20/2026-11/10/2026 **Wks:** 4

Times: 10:00 AM-11:00 AM **Method:** Classroom

In its day, the Panama Canal was the most ambitious and expensive public works project ever undertaken. Thousands died in the effort to create a shortcut between the Atlantic and Pacific Oceans, a shortcut that has shaped global trade, naval strategy, and economic relationships between nations for over 100 years. In this class, we'll explore the fascinating history of the Panama Canal

and how its creation led to engineering and public health discoveries that continue to benefit us to this day. In addition, we'll consider the many challenges currently facing the canal, from the impact of climate change to other countries' desires to build competing canals to President Trump's announced intent to "take it back." Finally, Jeff will share photographs of his own recent experience transiting the historic Gatun Locks.

[Things You Didn't Learn About the Holocaust Era](#)

Instructor: Roy Sobelson **DOW:** Tuesday

Dates: 10/6/2026-11/17/2026 **Wks:** 7

Times: 10:00 AM-11:00 AM **Method:** Hyflex

This course explores lesser-known aspects of the Holocaust era, offering a deeper understanding beyond the commonly taught history. Topics include the dismantling of the Weimar Republic, the Nazis' use of propaganda, the influence of American laws on the Nuremberg Laws, Kristallnacht, the structure and function of ghettos and camps, the Nuremberg trials, and stories of lesser-known heroes.

[Investments & Estate Planning: The Critical Connection between Investment Strategy & Estate Planning](#)

Instructor: Angela Rehkop **DOW:** Tuesday

Dates: 11/10/2026-11/12/2026 **Wks:** 2

Times: 10:00 AM-12:00 PM **Method:** Classroom

Your investments and your estate plan are more connected than you may realize. This course explains how the choices you make with your money today—such as where and how you invest—can affect what happens to your wealth in the future. We'll discuss how estate planning tools like wills, trusts, and beneficiary designations work alongside your investment strategy to help you grow, protect, and pass on your assets. You'll also learn about tax-smart ways to transfer wealth, strategies for charitable giving, and steps you can take to prepare your loved ones for the future. By

the end, you'll understand how to bring your investment and estate plans together so your financial goals and legacy are aligned. Consecutive 2 day course.

[Practical Strategies for Building Healthy Habits and Breaking Unhelpful Ones](#)

Instructor: Robert Pawlicki **DOW:** Tuesday

Dates: 12/1/2026-12/8/2026 **Wks:** 2

Ties: 10:00 AM-11:00 AM **Method:** Classroom

Habits are at the heart of our well-being and happiness. Yet all of us have habits that are neither useful nor healthy—and most of us have struggled at one time or another to establish a good habit or break a stubborn one. Why are habits so difficult to change? And, more importantly, what actually works? Drawing on new research, recent books on the science of behavior change, and decades of clinical psychotherapy experience, Dr. Robert Pawlicki will explore practical strategies for gaining greater control over the habits that shape our lives. We'll examine why we repeatedly fall back into old patterns, why willpower alone often fails, and how small changes in our thinking, environment, and daily routines can produce surprisingly powerful results. The goal is not perfection. It is to discover realistic, practical ways to reduce habits that work against us and replace them with healthier, more rewarding alternatives—perhaps even a few that will make you smile.

[Geography & Geopolitics: Focus USA](#)

Instructor: June Converse **DOW:** Tuesday

Dates: 10/6/2026-10/27/2026 **Wks:** 4

Times: 11:30 AM-1:00 PM **Method:** Hyflex

Why do nations act the way they do? Why are some regions locked in conflict while others thrive? The answers often lie not in politics alone-but in geography. In this engaging and eye-opening class inspired by *Prisoners of Geography* by Tim Marshall, we'll explore how mountains, rivers, deserts, and coastlines quietly-but powerfully-

shape global events, national strategies, and the balance of power. Together, we'll take a guided journey across the United States to uncover how geography influences everything from war and peace to trade, culture, politics, and economic development. This course examines the diverse regions, landscapes, resources, and geographic features of the United States and explores how they have shaped the nation's history, economy, and role in the world. You do NOT need to purchase the book. Course includes a map for you to use with the class.

Bernard Malamud Short Stories: Ethics, Humor, and Humanity

Instructor: Jill Parks **DOW:** Tuesday

Dates: 10/6/2026-10/27/2026 **Wks:** 4

Times: 11:30 AM-1:00 PM **Method:** Classroom

This four-week discussion course explores the rich and deeply human short fiction of Bernard Malamud, one of the most important American writers of the twentieth century. Known for his moral complexity, compassion, humor, and unforgettable characters, Malamud wrote stories that examine suffering, redemption, loneliness, faith, and the search for human connection. Together we will read and discuss a selection of Malamud's most compelling stories, including *Take Pity*, *The First Seven Years*, *The Mourners*, *The Jewbird*, *The Silver Crown*, and others. Through lively discussion and close reading, we will consider the ethical dilemmas faced by ordinary people, as well as themes of Jewish identity, tradition, love, responsibility, and resilience. Book: *The Stories of Bernard Malamud* - Penguin Books - Used copies on AbeBooks

Advanced Italian 2

Instructor: Antonella Giannasca **DOW:** Tuesday

Dates: 10/6/2026-11/17/2026 **Wks:** 7

Times: 11:45 AM-12:15 PM **Method:** Hybrid

This is the final level of the language classes, where students can easily understand almost everything they hear or read. They can summarize information from various spoken and written sources, weaving arguments and accounts into a clear, coherent presentation. They're able to express themselves spontaneously, fluently, and precisely, picking up on even the subtlest shades of meaning in more complex situations.

ODD Geology

Instructor: Stephanie Slahor **DOW:** Tuesday

Dates: 11/3/2026-12/8/2026 **Wks:** 6

Times: 1:30 PM-3:00 PM **Method:** Online

Most of geology is concerned with oil deposits, tectonic plates, gems, and earthquakes, but there are many fascinating, unique and even mysterious aspects to geology which will be the focus of this course. We'll range through topics including speleothems, meteorites, minerals that fluoresce, coproliths, and much more as we savor the "oddities" in geology.

Basic Drawing for Beginners

Instructor: JP Khoshbin **DOW:** Tuesday

Dates: 12/1/2026-12/15/2026 **Wks:** 6

Times: 1:30 PM-3:00 PM **Method:** Classroom

This 3 day, 2 hrs. per day workshop will explore the basics of drawing and the understanding of shade, shadows, light on objects. We will explore perspective and the basic techniques in pencil sketching using Graphite pencils. The workshop will also explore the way to show a three-dimensional images on a two-dimensional picture plane by using shades, and shadows. Supplies listed online.

Wednesday

Magic, Mischief and Shakespeare

Instructor: Ross Friedman **DOW:** Wednesday

Dates: 10/7/2026-11/18/2026 **Wks:** 7

Times: 9:45 AM-11:15 AM **Method:** Classroom

Explore the magic, humor, romance, and timeless themes of Shakespeare through *The Tempest*, *A Midsummer Night's Dream*, and selections from other beloved plays. This engaging 7-week course will combine lively discussion and accessible readings to examine Shakespeare's unforgettable characters, language, and ideas about love, power, illusion, and human nature. Perfect for both longtime fans and those new to Shakespeare.

Exploring William Blake's Illustrations

Instructor: Liza E Davis **DOW:** Wednesday

Dates: 10/7/2026-11/11/2026 **Wks:** 6

Times: 10:00 AM-11:25 AM **Method:** Hyflex

English poet, artist, unorthodox Christian, and impassioned critic of political and religious authoritarianism, William Blake (1757–1827) etched his works onto plates he illustrated by hand, in most cases coloring them in before reproducing them. These illustrations may complement a poem's text or subtly qualify it, as they do in *Songs of Innocence* and *of Experience*. They may be devoted primarily to the text, as in *The Marriage of Heaven and Hell*—challenge enough to our analytical skills. Or they may stand alone as irreverent interpretations of famous figures, as in his etchings *Newton* and *Elohim Creating Adam*. We will explore all three of these approaches. The instructor will provide links to the readings and illustrations and will feature them throughout the PowerPoint presentation. Please note: We will also offer this class as an in-classroom section, however, in-classroom is still via Zoom, just from the OLLI Classroom, for those that want to participate in another class at OLLI in-person at 11:30AM

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **DOW:** Wednesday

Dates: 10/7/2026-11/18/2026 **Wks:** 7

Times: 10:00 AM-11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes wellbeing through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands, help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time.

Smart Tax and Investment Strategies for Retirement

Instructor: Angela Rehkop **DOW:** Wednesday

Dates: 11/4/2026-11/5/2026 **Wks:** 2

Times: 10:00 AM-12:00 PM **Method:** Classroom

Day 1: "Tax Planning in Retirement – Understanding How Taxes Really Work" How different types of retirement income are taxed (Social Security, pensions, IRAs, etc.), Tax brackets in retirement and their impact on withdrawal strategies, Managing Required Minimum Distributions (RMDs), Roth conversions, charitable giving, and other tax-savvy tools, Avoiding common tax pitfalls that reduce retirement income
Day 2: "Investment Fundamentals – Building Confidence and Clarity", Understanding the basic types of investments: stocks, bonds, mutual funds, ETFs, The role of diversification, risk, and return in a retirement portfolio, Balancing income needs with long-term growth, Simple strategies to stay informed and in control.

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **DOW:** Wednesday

Dates: 12/2/2026-12/9/2026 **Wks:** 2

Times: 10:00 AM-11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes wellbeing through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands, help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a great entry point for students of all ages and all levels.

Everyday Genetics

Instructor: Ed Stephenson **DOW:** Wednesday

Dates: 10/7/2026-11/11/2026 **Wks:** 6

Times: 11:30 AM-1:00 PM **Method:** Classroom

An introductory class in Genetics, taught using examples from everyday life. Topics to be covered include phenotypes and genotypes; basic heredity; DNA, proteins and how they work; human genetic diseases; the genetics of viruses and cancer; the use of DNA in forensics, human ancestry and deep human history; and other topics. All relevant background will be covered - you do not need to remember any part of the high school biology class that you took many years ago

Voice Acting for Everyone

Instructor: Sally Neal **DOW:** Wednesday

Dates: 10/7/2026-10/28/2026 **Wks:** 4

Times: 12:00 PM-2:00 PM **Method:** Online

We begin with an individual analysis of your natural speaking voice and how you use it with different audiences. As a group, we'll explore strengths and areas for growth. You'll perform provided scripts, discuss what worked and what didn't, and then try them again with guided direction. We'll also look at different communication goals—whether for sales, information sharing, documentary style, straightforward announcing, or company narration—and experiment with delivering scripts in a variety of styles. And we'll have fun along the way!

Fun With the Incredible iPhone Camera with AI Features

Instructor: Bob Siegmann **DOW:** Wednesday

Dates: 10/7/2026-11/11/2026 **Wks:** 6

Times: 1:30 PM-3:00 PM **Method:** Classroom

Ready to take your iPhone photography to the next level? This 6-week course (one and a half hours per week) is designed for users who are already comfortable with everyday iPhone photography and want to explore more advanced AI features. Each session dives into powerful camera functions, smart AI tools, and hidden shortcuts that can dramatically improve your photos. While we'll touch on key concepts from the beginner course, the focus here is deeper—helping you truly understand and use the iPhone's built-in AI and pro-level camera modes. Ready to take your iPhone photography to the next level? This 6-week course (one and a half hours per week) is designed for users who are already comfortable with everyday iPhone photography and want to explore more advanced AI features. Each session dives into powerful camera functions, smart AI tools, and hidden shortcuts that can dramatically improve your photos. While we'll touch on key concepts

from the beginner course, the focus here is deeper—helping you truly understand and use the iPhone’s built-in AI and pro-level camera modes. No prior class is required—just a willingness to experiment and learn! Each week includes practical take-home photo assignments, emailed in and reviewed anonymously in the next class. This helps you gain confidence and put your new skills to use right away.

Mid-century Modern: Some Poems of Dickinson and Whitman

Instructor: Greg Kelley **DOW:** Wednesday
Dates: 10/7/2026-11/18/2026 **Wks:** 7
Times: 1:30 PM-3:00 PM **Method:** Classroom
Emily Dickinson and Walt Whitman embodied the poetry of mid-nineteenth century America. For example, both were spurred by the transcendentalism of the century’s earlier generation. However, in differing ways, the poetry of each shows the way toward the twentieth-century. Whitman’s poems, with their songlike free verse and frank embrace of human physicality strayed far from the expectations of their time. Dickinson’s poems, with their stark versification, strange word choices, and unexpected ironies, continue to challenge. Both poets expressed defiance of imposed sexual and gender roles, Whitman with hints and more than hints of same sex desire, and Dickinson with the voice of an independent, unmarried woman in an age stymied by “the spinster problem.” Join us to explore the poetic qualities that continue to inspire readers and writers in our own time.

Rediscovering Women Artists from the Italian Renaissance

Instructor: Jane Herzig **DOW:** Wednesday
Dates: 10/7/2026-11/4/2026 **Wks:** 5
Times: 1:30 PM-3:00 PM **Method:** Hyflex
Rediscovered Women Artists from the Italian Renaissance is a five session course that comprises the first section of Art HERstory with Jane Keller Herzig. Session 1: Materials and Techniques - a survey of materials and techniques utilized by artists, starting with prehistoric cave paintings and ending in the 16th century. During this session we learn why, with the development of new materials and techniques, gaining artistic skills was extremely challenging for Renaissance women. Session 2: Where are the Women? - Throughout the Renaissance women painted and created magnificent groundbreaking pieces. In Giorgio Vasari's second edition "Lives of the Most Excellent Painters, Sculptors, and Architects", published in 1568, he included 4 women artists. After Vasari, women painted, sculpted, made prints, etc. and were often renowned; once they died, they and their work were either marginalized or totally forgotten. "Women Artists 1550 -1950" a groundbreaking exhibit that opened in Los Angeles in 1976 ignited interest in the brilliant women who had been lost to history. How lost artwork is coming to light is addressed in this session. Session 3: Sofonisba Anguissola c. 1532-1625. As a lady-in-waiting for Isabel de Valois, wife of Philip II of Spain, Anguissola was an eminent portrait painter in the King's court. How she achieved the goal and became renowned throughout Italy is captivating history. Session 4: Lavinia Fontana 1552-1614. Daughter of a Bolognese painter, Fontana was one of the most sought after and highly paid painters in all of 16th century Italy. Session 5: Artemisia Gentileschi 1593-1614. Rediscovered in 1916, and today considered one of the most eminent painters of the Baroque era. Artemisia's story and her artwork are compelling.

Going Out to India: The Evolution of the British Raj

Instructor: Michael McDavid **DOW:** Wednesday

Dates: 10/14/2026-11/4/2026 **Wks:** 4

Times: 1:30 PM-3:00 PM **Method:** Hyflex

In 1911 King George V of the United Kingdom was crowned Emperor of India at an elaborate ceremony in Delhi. This enthronement was the culmination of 400 years of British involvement in Indian affairs. By the middle of the 19th century the private British East India Company had gained nearly complete control over all of today's India, Pakistan, and Bangladesh. Following a revolt against the company in 1857, the British government assumed control of India and established a regime known as the "Raj". India became the "crown jewel" of the far-flung British empire for over 80 years. In this course we will examine the process of how the British gradually gained control of India beginning in 1608, some of the colorful characters involved, the reactions of the Indians to the British, and how the Indian empire unraveled in the 20th century.

Thursday

Modern American Landscape Painting:

1900-Present

Instructor: Bill Fletcher **DOW:** Thursday

Dates: 10/8/2026-11/19/2026 **Wks:** 7

Times: 10:00 AM-11:00 AM **Method:** Classroom

Modern American Landscape Painting: 1900 to the Present, 7 sessions, Oct 8th to Nov 20th, 10 am. From waves pounding on rocky shores to majestic mountains, from the verdant fields of bucolic farmsteads to welcoming village houses, and to towering skyscrapers and the vibrant life of the city, from gardens and parks to smoky monuments of industry, from lonesome roads to mighty bridges, these are some of the scenes of American landscapes we will see. We will note the different styles—realist, impressionist, expressionist, abstract, and more-- as we examine these different topics. We will note the different choices artists

make as they bring their visions to canvas or paper—what and what not to include, point of view, what kind of light, color scheme, and more. Appropriate historical notes will be made where relevant. The final meeting will include an epilogue and an opportunity for participants to see more works by their favorite artists.

What Did You Do in the War, Daddy-

Instructor: Lawrence H Saul **DOW:** Thursday

Dates: 10/15/2026-10/15/2026 **Wks:** 1

Times: 10:00 AM-12:00 PM **Method:** Classroom

The vast, overwhelming majority of Baby Boomers never knew what their fathers did in WWII. The simple reason is because the men of the Greatest Generation simply did not talk about their experiences, especially those who fought in combat. While the topic is limited primarily to the role that men played in the war, we will also look at the contributions of women. Our mothers often worked dangerous, yet vital jobs. This class is designed to help you find answers about your parents' WWII experience.

Watercolor, Basics & Beyond

Instructor: Jean Khoshbin **DOW:** Thursday

Dates: 10/8/2026-11/12/2026 **Wks:** 6

Times: 10:30 AM-12:30 PM **Method:** Classroom

Join JP for this six-session course that begins with a quick review of watercolor fundamentals, while focusing on techniques for creating atmospheric watercolor paintings. Participants will also explore learning from the master's by creating their own watercolor interpretations of classic works.

Psychological Theories and Approaches to Human Behavior

Instructor: Enid Carlin **DOW:** Thursday

Dates: 10/8/2026-11/12/2026 **Wks:** 6

Times: 11:30 AM-1:00 PM **Method:** Classroom

Why do people think, feel, and behave the way they do? This interactive six-week course explores a variety of psychological theories and approaches to understanding human behavior and how they relate to your own life experiences. Drawing upon decades of professional experience in counseling psychology, the instructor will introduce key concepts that help explain personality, motivation, relationships, emotional responses, and personal growth. Participants will be encouraged to reflect on their own experiences and share observations in a supportive group setting. Through discussion and guided exploration, the course aims to foster greater self-awareness, deeper understanding of others, and insight into the many factors that influence human behavior. No prior background in psychology is required—just a curiosity about what makes people tick.

Short Stories of the Heart from Literary Masters

Instructor: Jay Miller **DOW:** Thursday

Dates: 10/8/2026-11/12/2026 **Wks:** 6

Times: 11:30 AM-1:00 PM **Method:** Classroom

Did you know that James Joyce, Anton Chekhov, and Henry James—literary geniuses all—wrote short stories of love and heartbreak? They did, and those stories rank among their best. In this course we will explore them in depth, taking one or two stories per week. As with my other courses, this will be a discussion-based class, which is often the best way to understand what the author is trying to do. The stories will be available online for participants.

BROADWAY MUSICALS - A Fascinating History

Instructor: Emanuel Abramovits **DOW:** Thursday

Dates: 10/1/2026-11/5/2026 **Wks:** 6

Times: 1:30 PM-3:00 PM **Method:** Online

Musicals have been a major part of American theater, from the Tin Pan Alley-driven comedy works of the early part of the 20th century to the integrated musicals that flourished in the heyday years of midcentury America. We'll also explore book musicals, concept musicals, and the arrival of European mega-productions late in the century. We'll profile some of the theater world's leading composers, lyricists, writers, choreographers, directors, performers and will study some of the most unforgettable shows, like Oklahoma, My Fair Lady, Showboat, Guys and Dolls, Company, Hair, Cabaret, Rent, Wicked, Hamilton and many more.

Friday

Our **Enneagram series** begins with **Parts 1 & 2, which are required** and provide the foundation for understanding the nine personality types and your own patterns and motivations. From there, participants may choose from **additional optional classes** that explore specific Enneagram topics in greater depth. Follow-up meetups also provide an opportunity for those who have completed the foundational classes to reconnect, share experiences, and discuss how they may be applying what they have learned in their everyday lives.

[Enneagram Part 1 - Introduction & Path to Growth and Happiness](#)

Instructor: Tony Holmes **DOW:** Friday

Dates: 10/2/2026-10/2/2026 **Wks:** 1

Times: 10:00 AM-1:00 PM **Method:** Classroom

This course (Part 1) is a mandatory pre-requisite to taking any future Enneagram courses. The Enneagram course series must be taken in sequential order to ensure proper understanding and progression through the material. Part 1 focuses on the core Enneagram elements, and concepts, and provides real-life examples, in-class exercises, and an optional private online test to help determine your “type.” Making real improvement in your life begins with self-awareness and understanding others. This requires finding your “true self,” and learning how we all see the world through our own distorted lenses. By becoming aware and accepting of your unconscious fears, motivations, desires, and how you respond to stress, you can find your natural path to overcoming the obstacles holding you back from better relationships, decisions, purpose, and happiness. The “secret sauce” to unlocking life-changing personal growth and happiness is the Enneagram, which is a unique, powerful, and practical personality/self-development system that creates awareness of why we each uniquely - yet predictably - think, feel and behave as one of 9

common patterns or “types.” Understanding this “why” that is driving your behavior is the critical first step to improving your ability to manage your emotions, behavior, and life. Whether you seek a better relationship with your spouse/family/friends/colleagues, are working through a new life stage, or simply want to find your true self and happiness, this course will introduce the foundational concepts, real-life examples, and practical tools and exercises to find your “type,” and of how you can use the Enneagram to energize and transform your life in the way that matters most to you. Included in the course is a brief introduction to additional Enneagram elements (e.g. “instincts, wings, arrows, subtypes, levels of development, triads” etc.) for personal growth --- that will be explored in detail in the Part 2 course offered later.

[Enneagram Part 2 - Key Elements for Life Success and Happiness](#)

Instructor: Tony Holmes, MA **DOW:** Friday

Dates: 10/9/2026-10/9/2026 **Wks:** 1

Times: 10:00 AM-1:00 PM **Method:** Classroom

This course (Part 2) builds on the prerequisite Part 1 to provide additional core Enneagram elements that are key for “life success” and happiness. Part 2 details the powerful Enneagram concepts and tools (e.g. “instincts, wings, arrows, subtypes, levels of development, triads” etc.) that illustrates how to use the knowledge of your Enneagram “type” (identified in the Part 1 course) to improve relationships, manage emotions, find purpose, break “stuck” habits, reach your main goals, and achieve personal growth and happiness. Parts 1 & 2 are required for any additional Enneagram OLLI courses. Whether you seek a better relationship with your spouse/family/friends/colleagues, are working through a new life stage, or simply want to find your true self and happiness, this course will introduce the foundational concepts, real-life examples, and practical tools to use the Enneagram

to energize and transform your life in the way that matters most to you. We will also briefly identify other potential applications of the Enneagram and also solicit attendee feedback to identify those areas of interest for future classes.

[Moving Beyond Your Enneagram \(Pt3\) Type for Personal Growth](#)

Instructor: Tony Holmes, MA **DOW:** Friday

Dates: 10/16/2026-10/16/2026 **Wks:** 1

Times: 10:00 AM-1:00 PM **Method:** Classroom
Part 3 builds on the prerequisite Part 1 Introduction to the Enneagram (ideally, both Parts 1 and 2). It moves beyond simply knowing your “type” to using the Enneagram as a practical tool for self-improvement—across emotional, intellectual, and social dimensions. You’ll learn key steps for growth, including expanding self-awareness, addressing ego patterns that keep you “stuck,” and making positive changes to realize your potential. In an informal, interactive group setting, you’ll explore how to apply core Enneagram elements—type, arrows, wings, centers, instincts, triads, and levels of development—to create balance, overcome challenges, and strengthen underdeveloped qualities. We’ll also address type-specific growth traps that block progress toward meeting your needs, values, and purpose. Future courses will show how to apply the Enneagram to your top life priorities: building relationships, finding your true self, improving communication, and balancing real-world demands for sustained growth and happiness.

[Enneagram Part 4 Effective Relationships and Communication](#)

Instructor: Tony Holmes, MA **DOW:** Friday

Dates: 11/6/2026-11/6/2026 **Wks:** 1

Times: 10:00 AM-1:00 PM **Method:** Classroom
Part 4 builds on the required Part 1 Introduction Enneagram course and shows how to apply your

understanding of the Enneagram to enhance communication skills and nurture meaningful relationships. Move beyond simply knowing your personality type; harness Enneagram insights to help individuals and couples improve dialogue, navigate conflict, and cultivate empathy by recognizing core motivations—your own and those of people important in your life. Explore the unique communication patterns, motivations, fears, and blind spots of each type, including speaking styles, body language, common communication pitfalls, and emotional triggers that contribute to “stuck” relationships. This course features practical guides for active listening, building empathy for yourself and others, fostering openness, offering effective feedback, and quick communication tips tailored to each type. Discover how the Enneagram provides transformative insights into relationship dynamics and interpersonal communication with spouses, family, friends, and colleagues—cornerstones of personal growth, success, and lifelong happiness.

[The Enneagram Part 5: Finding Happiness, Purpose, and Your -True Self-](#)

Instructor: Tony Holmes, MA **DOW:** Friday

Dates: 11/13/2026-11/13/2026 **Wks:** 1

Times: 10:00 AM-1:00 PM **Method:** Classroom
Part 5 builds on the required Part 1 Introduction to the Enneagram course and explores what happens when the “growth map” of the Enneagram becomes confusing or even misleading. Whether for self-growth or helping others, the key is understanding how happiness, real-life challenges, and Enneagram growth interact—supporting or hindering one another—and how to bring them into alignment. This course highlights how our Enneagram type lens can distort reality, keeping us stuck in unhealthy patterns, false strategies, and “maze-like” loops that block happiness, purpose, and true growth. We’ll look at the tension between immediate life needs and deeper long-term goals, and how the ego type often prevents us from

seeing what's really driving our choices. Participants will learn practical tools to navigate these obstacles, move beyond type-based blind spots, make effective life-change decisions, and reclaim a clearer path toward happiness, purpose, and their true self.

Osher Online™

Osher Online brings together members from OLLIs across the country in engaging, live Zoom classes. Developed by the **Osher National Resource Center (NRC)** at Northwestern University, these courses are delivered by their program and supported by experienced moderators and technical staff.

Course Format & Details

Length: 6 weeks

Session Time: 1.5 hours per week

Format: Live via Zoom (*sessions are not recorded – live attendance required*)

Cost: \$75 per person, per course

Membership Requirement: You must hold an active **OLLI at Emory membership** to enroll.

Class Size: OLLI at Emory is limited to **13 seats per course**.

Refund Policy: No refunds will be issued **within 7 business days** of the course start date.

Art Detectives Forgery, Provenance, and the Science of Authentication

Instructor: Northwestern University (Osher Online NRC) **DOW:** Monday

Dates: 9/28/2026-11/2/2026 **Wks:** 6

Times: 10:00 AM-11:30 AM **Method:** Online

The public often sees the art world as the domain of wealth, trendsetters, and high rollers, yet deception lurks behind the façade. After weapons and drugs, art is the third most lucrative illicit trade, with reports suggesting that more than half of artworks are fake or misattributed. In this course, we will ask: When is a copy simply a copy, and when is it a forgery? What techniques do master forgers use? Does a collector hold true title, and how important is provenance? What can science

tell us about art authenticity? We will uncover riveting stories of criminal art activity, gallery closings, and master forgeries.

The British Family in Film: Heavy is the Head That Wears the Crown

Instructor: Northwestern University (Osher Online NRC) **DOW:** Monday

Dates: 9/28/2026-11/2/2026 **Wks:** 6

Times: 10:00 AM-11:30 AM **Method:** Online

This course examines royal succession through acclaimed British films that explore power not as ceremony, but as moral and political crisis. We will trace the monarchy's evolution from personal rule to institutional authority, beginning with the Plantagenet struggles in *Becket* (1964) and *The Lion in Winter* (1968). We will then examine the moral costs of kingship and the performance of national leadership through two Shakespeare adaptations: *Chimes at Midnight* (1965) and *Henry V* (1989). The course will conclude with the Tudor rupture: *A Man for All Seasons* (1966) and the consolidation of legitimacy *Elizabeth* (1998).

Mexico City: Empires, Revolutions, and Everyday Life

Instructor: Northwestern University (Osher Online NRC) **DOW:** Tuesday

Dates: 9/29/2026-11/3/2026 **Wks:** 6

Times: 10:00 AM-11:30 AM **Method:** Online

Mexicans celebrate a remarkable diversity of peoples, music, food, festivals, and historical traditions, expressed through fiestas that bring communities together across the calendar year. In this course, we will explore Mexico City as a cultural and historical crossroads shaped by centuries of continuity and change. We will trace the legacies of Indigenous civilizations, the transformations of Spanish colonial rule, the struggles for independence and revolution, and the emergence of modern democratic politics, culminating in the 2024 election of Mexico's first

woman president. We will see how culture, power, and celebration remain deeply intertwined in the life of this extraordinary city.

The Birth of the Beat Generation

Instructor: Northwestern University (Osher Online NRC) **DOW:** Tuesday

Dates: 9/29/2026-11/3/2026 **Wks:** 6

Times: 6:00 PM-7:30 PM **Method:** Online

In this course, we will examine the dramatic circumstances that gave rise to the Beat Generation in the 1940s. Together, we will examine three famous Beat works: *Howl and Other Poems* by Allen Ginsberg, *On the Road* by Jack Kerouac, and *Naked Lunch* by William S. Burroughs. We will focus on historical events involving Beat writers, important passages of Beat literature, and the literary movement that spawned the 1960s counterculture.

Sacred Mountains of the World

Instructor: Northwestern University (Osher Online NRC) **DOW:** Monday

Dates: 10/5/2026-11/9/2026 **Wks:** 6

Times: 12:00 PM-1:30 PM **Method:** Online

People throughout time and across cultures have looked to the mountains as powerful symbols. The Buddhists of the Himalayas, the Inca of the Andes, the Inuit of the far north, and the Romantics of Europe all created unique stories of what mountains mean and how they are to be approached. This course will provide an interdisciplinary exploration of the beliefs, traditions, and mythologies that have been inspired by the world's mountains. Through richly illustrated lectures, short readings, and open discussion, this course will open a window into the world's sacred mountains and encourage exploration of our relationship with the Earth's high and wild places.

The History and Experience of Route 66

Instructor: Northwestern University (Osher Online NRC) **DOW:** Monday

Dates: 10/5/2026-11/9/2026 **Wks:** 6

Times: 4:00 PM-5:30 PM **Method:** Online

Route 66 is as much an idea as it is a place. Since its creation in 1926, America's most famous highway has evolved from a 2,400-mile transportation corridor into a powerful symbol of nostalgia, travel, and the American road. Today, it functions as a kind of pilgrimage route, marked by neon signs, roadside attractions, and preserved motels, cafés, and gas stations. In this course, we will explore the history, cultural meaning, and enduring appeal of Route 66. Together, we will examine its origins, rise and decline, late-20th century revival, the role of nostalgia and car culture, preservation efforts, and the possible futures of this iconic highway.

Cults and New Religious Movements in America

Instructor: Northwestern University (Osher Online NRC) **DOW:** Tuesday

Dates: 10/6/2026-11/10/2026 **Wks:** 6

Times: 12:00 PM-1:30 PM **Method:** Online

America has provided fertile ground for new and alternative religions to sprout and grow. Some prosper and eventually become accepted as part of the normal religious landscape, some wither away and are forgotten, and some detonate, creating public scandal and in the worst cases, national tragedy. This course will examine New Religious Movements, popularly known as "cults", within the US context. We will examine these religious movements both from insider perspectives and outsider perceptions. We will analyze the history, practices, and beliefs of these organizations to better understand them and deconstruct misconceptions. This course covers the 18th and 19th centuries. to better understand them and deconstruct misconceptions. This course covers the 18th and 19th centuries.

The 60s Through the Great Speeches

Instructor: Northwestern University (Osher Online NRC) **DOW:** Friday

Dates: 10/9/2026-11/13/2026 **Wks:** 6

Times: 8:00 AM-9:30 AM **Method:** Online

The 1960s is a decade wrapped in myth and misunderstanding. In this course, we will cut through that haze by turning to something powerful and concrete: the speeches of the era. The times and the conditions demanded these significant speeches. Together, we will listen to the voices that moved a nation and shaped history. With recordings preserved through television, video, and YouTube, we will discover what these speeches still have to teach us today.

Living off The Laughter: History of Comedy in America

Instructor: Northwestern University (Osher Online NRC) **DOW:** Wednesday

Dates: 10/14/2026-11/18/2026 **Wks:** 6

Times: 12:00 PM-1:30 PM **Method:** Online

This course is a history class with a laugh track. We will analyze the significant periods and players of the 20th and 21st Centuries against their historic context and legacy, using humor as the platform. We will discuss how comedy was shaped by and responsive to American society, and how comedians influenced and shaped American life. We will cover Silent Films, Vaudeville, Radio, Screwball and Romantic Comedies, Comedy Teams, and the Golden Age of Television. We will study how America laughed in each generation, and how the change in American character and persona shaped how they laughed and what (and whom) they laughed at.

One Day Courses

The “Trust Me” Trap, Too Smart to be Scammed?

Instructor: Stuart Zola **DOW:** Thursday

Dates: 10/1/2026-10/1/2026 **Wks:** 1

Times: 11:30 AM-12:30 PM **Method:** Hyflex

World renowned neuroscientist and author Dr. Stuart Zola shares a compelling firsthand account of how two simple words, “trust me,” can cloud even the sharpest judgment. After publishing a children’s book, he follows a literary agent’s promise of national recognition, only to encounter troubling signs that raise a critical question: Is he on the path to success or caught in a carefully orchestrated scam? With insight and humor, Dr. Zola explores how easily persuasion can override reason. He reveals the warning signs he nearly missed, the circumstances that make us vulnerable to deception, and practical ways to recognize red flags and correct course. Engaging, informative, and surprisingly relatable, this is one talk you won’t want to miss. Trust him—really.

Painting for Fun: A Relaxing Creative Experience

Instructor: Sarah Gearhart **DOW:** Thursday

Dates: 10/1/2026-10/1/2026 **Wks:** 1

Times: 1:00 PM-3:00 PM **Method:** Classroom

This class is all about enjoying the process and having fun. No experience is necessary, just bring your enthusiasm and a desire to create something beautiful. We’ll provide all the materials you need, including canvases, paints, brushes, and more. It’s a perfect opportunity to unwind, tap into your artistic side, and share laughs and stories with others as you paint your way through the season! By the end of the class, you’ll leave with a finished painting and new friends who share your love of creativity.

[Endless Possibilities Necklace Workshop](#)

Instructor: Virginia Milner **DOW:** Tuesday

Dates: 10/6/2026-10/6/2026 **Wks:** 1

Times: 11:00 AM-1:00 PM **Method:** Classroom

Unleash your creativity as you combine memory wire, colorful beads, spacers, dangles, and chain to design a necklace that's uniquely yours. You'll learn easy techniques for creating balance, movement, and visual interest while finishing your piece with confidence. Perfect for beginners and experienced jewelry makers alike, this cheerful project is as enjoyable to make as it is to wear.

[Ikebana: Japanese Art of Flower Arrangement](#)

Instructor: Nutan Ahuja **DOW:** Thursday

Dates: 10/8/2026-10/8/2026 **Wks:** 1

Times: 1:00 PM-3:00 PM **Method:** Classroom

Ikebana, is an ancient Japanese art of flower arranging, guided by the desire to create harmony between flowers and their surroundings. More than merely decoration, the Ikebana way of flower arranging encourages to fully express by infusing each arrangement with a sense of space, motion, season, rhythm and emotion..

[First Aid, CPR, AED \(National Safety Council\)](#)

Instructor: Jim Spano **DOW:** Friday

Dates: 10/9/2026-10/9/2026 **Wks:** 1

Times: 9:30 AM-2:30 PM **Method:** Classroom

This hands-on practical basic life support course provides each participant receives the practical skills and knowledge using the 3 "C's" method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medically-qualified emergency responders. Each participant will receive a student book, 2-year certificate, and Instruction on how to use the "NSC FIRST AID" APP.

[Dreams Speak](#)

Instructor: Carolyn Stephens **DOW:** Monday

Dates: 10/12/2026-10/12/2026 **Wks:** 1

Times: 10:00 AM-11:00 AM **Method:** Classroom

You probably have some beloved garments that you have cherished for years—a precious gift from someone or a sentimental piece that brings back fond memories. Nothing lasts forever, but we can prolong the joy a little longer, save something from the landfill, or simply give an old garment a little "face-lift." In this class, participants will learn how to use simple embroidery stitches and a little imagination to mend beloved old clothes. You'll demonstrate how to embrace a tear and transform it from a scar into a symbol of resilience, time, and art—all while enjoying the relaxation and fun that comes with creating by hand. You can bring a piece of clothing you would like to resurrect to think of ideas. We will practice on other square pieces of material.

[Creative Visible Mending](#)

Instructor: Pen Sherwood **DOW:** Tuesday

Dates: 10/13/2026-10/13/2026 **Wks:** 1

Times: 11:00 AM-1:00 PM **Method:** Classroom

You probably have some beloved garments that you have cherished for years, a precious gift from someone or a sentimental piece that brings back fond memories. Old garments offer comfort, familiarity, and a sense of personal style. Nothing lasts forever, but we can prolong the joy a little longer, save something from the landfill, or simply give an old garment a little "face-lift."

In this class, participants will learn how to use simple embroidery stitches and a little imagination to mend beloved old clothes. You'll demonstrate how to embrace a tear and transform it from a scar into a symbol of resilience, time, and art—all while enjoying the relaxation and fun that comes with creating by hand. Create your own one-of-a-kind wearable art piece, using a needle, and a few stitches. Bring a piece of clothing you would like to resurrect to think of ideas. We will practice on other square pieces of material.

[The French Revolution](#)

Instructor: Lawrence H Saul **DOW:** Thursday

Dates: 10/29/2026-10/29/2026 **Wks:** 1

Times: 10:00 AM-12:00 PM **Method:** Classroom

The French Revolution was a period of significant political and social upheaval in France from 1789 to 1799, marked by the overthrow of the monarchy, the establishment of a republic, and radical changes in society. It was driven by economic hardship, social inequality, and Enlightenment ideals, leading to events like the storming of the Bastille and the Reign of Terror. This class is designed to be a brief overview with the goal of encouraging deeper study by the class participants.

[Painting for Fun: A Relaxing Creative Experience](#)

Instructor: Sarah Gearhart **DOW:** Tuesday

Dates: 11/3/2026-11/3/2026 **Wks:** 1

Times: 11:30 AM-1:30 PM **Method:** Classroom

This class is all about enjoying the process and having fun. No experience is necessary, just bring your enthusiasm and a desire to create something beautiful. We'll provide all the materials you need, including canvases, paints, brushes, and more. It's a perfect opportunity to unwind, tap into your artistic side, and share laughs and stories with others as you paint your way through the season! By the end of the class, you'll leave with a finished painting and new friends who share your love of creativity. Don't miss out on this warm and inviting class—it's sure to spark joy and inspire your inner artist!

[Napoleon and Napoleonic Tactics](#)

Instructor: Lawrence H Saul **DOW:** Thursday

Dates: 11/5/2026 **Wks:** 1

Times: 10:00 AM-12:00 PM **Method:** Classroom

The French Revolution was a period of significant political and social upheaval in France from 1789 to 1799, marked by the overthrow of the monarchy, the establishment of a republic, and radical changes in society. It was driven by economic hardship, social inequality, and Enlightenment

ideals, leading to events like the storming of the Bastille and the Reign of Terror. This class is designed to be a brief overview with the goal of encouraging deeper study by the class participants.

[Making the Most of your Medical Visit](#)

Instructor: Richard Mark **DOW:** Tuesday

Dates: 11/10/2026-11/10/2026 **Wks:** 1

Times: 11:30 AM-12:30 PM **Method:** Hyflex

Explore how you, as the patient, can play an important role in your medical care. Topics include the balance between medical guidelines and personalized care, the importance of taking responsibility for your own health, and strategies for making the most of your healthcare visits. Also, how effective communication between patient and physician builds a stronger partnerships can lead to better care.

[The Influence of Tech Money in Modern Politics](#)

Instructor: John Brown **DOW:** Tuesday

Dates: 11/10/2026-11/10/2026 **Wks:** 1

Times: 1:00 PM-3:30 PM **Method:** Classroom

It's an election year, and the landscape of political influence continues to evolve. While industries like tobacco and oil once dominated policy conversations, technology leaders and major investors now play an increasingly visible role. In this session, we will explore the rise of tech-driven political influence, examining where it comes from, how it operates, and what it may mean for public policy and everyday life. The discussion will include perspectives on recent election cycles, including 2016, 2022, and 2024, and encourage thoughtful conversation around the changing dynamics of modern politics.

[Ikebana: Japanese Art of Flower Arrangement](#)

Instructor: Nutan Ahuja **DOW:** Thursday

Dates: 11/12/2026-11/12/2026 **Wks:** 1 **OR**

Dates: 12/10/2026-12/10/2026 **Wks:** 1

Times: 1:00 PM-3:00 PM **Method:** Classroom

Ikebana, is an ancient Japanese art of flower arranging, guided by the desire to create harmony between flowers and their surroundings. More than merely decoration, the Ikebana way of flower arranging encourages to fully express by infusing each arrangement with a sense of space, motion, season, rhythm and emotion.

[National Safety Council Defensive Driving](#)

Instructor: Jim Spano **DOW:** Friday

Dates: 11/13/2026-11/13/2026 **Wks:** 1

Times: 9:30 AM-2:30 PM **Method:** Classroom

National Safety Council Defensive Driving Course: This course emphasizes the importance of personal responsibility in safe driving. Participants will learn the mental strategies and knowledge necessary to become defensive drivers. The class will cover the seven most common driving mistakes and strategies to avoid them, as well as the five key conditions that impact driving skills and reaction time. Completing the course may qualify participants for a discount on their auto insurance.

[The Savvy Traveler](#)

Instructor: Lawrence H Saul **DOW:** Thursday

Dates: 11/19/2026-11/19/2026 **Wks:** 1

Times: 10:00 AM-12:00 PM **Method:** Classroom

In many regards, travel has gotten difficult, challenging, tedious, and tiresome. There are ways to overcome the problems and find money-saving ways of making the trip more affordable. This class is designed to offer travel tips, pointers, and suggestions on how to plan, coordinate, and enjoy the "trip of a lifetime."

[Paint-Your-Pet](#)

Instructor: Sarah Gearhart **DOW:** Monday

Dates: 12/7/2026-12/7/2026 **Wks:** 1

Times: 11:00 AM-1:00 PM **Method:** Classroom

Grab your paintbrushes and let your creativity shine as you create a one-of-a-kind portrait that captures your pet's unique personality. Whether you're an experienced artist or picking up a paintbrush for the first time, this class is designed for all skill levels. To make the process fun and stress free, Sarah Gearhart of Gearhart Design Co. will pre-sketch your pet's portrait before class, so it's ready for you to paint when you arrive.

Registration Note: Participants must submit a photo of one pet at least one week before the class.

[Lunch and Learn The Oregon Trail](#)

Instructor: M Randle, G Flinchum **DOW:** Tuesday

Dates: 12/8/2026 **Wks:** 1

Times: 11:30 AM-2:00 PM **Method:** Classroom

Travel back in time as we explore the history of the Oregon Trail through the words of those who experienced it firsthand. This engaging Lunch & Learn examines why thousands of settlers headed west, the challenges they faced along the journey, and how their experiences helped shape the nation. Through diary entries and personal accounts, participants will gain a vivid glimpse into the hopes, hardships, triumphs, and tragedies of life on the trail while discovering what daily life was really like for families traveling by covered wagon.

Lunch will be part of the journey! As we learn, participants will enjoy a light lunch inspired by the simple foods pioneers might have eaten along the way. It's a fun and memorable way to experience a small taste of trail life while learning, connecting, and discussing one of America's most remarkable westward migrations.