

Abilene

Climb new heights.



FALL 2018 COURSE CATALOG

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OLLI Office Hours

Monday-Thursday 9 a.m.-5 p.m.
Friday 9 a.m.-Noon

*Please check our website and
monthly electronic newsletters for
holiday or other closing dates.*

www.oli.ttu.edu

Welcome to the Osher Lifelong Learning Institute at Texas Tech University!



At Texas Tech University, we aspire to provide students an experience that is transformative, one that promotes intellectual curiosity, and promotes life-long learning.

The Osher Lifelong Learning Institute at Texas Tech University embodies these attributes. It offers unique opportunities for local citizens of more than 50 years of age who have a common interest in continuing their learning experiences

and intellectual stimulation in an organization of like-minded people who value the joy of learning.

Many individuals have taken advantage of the offerings afforded through this exciting program. Courses are developed by peers with the goal of providing a high quality learning experience accessible to all. In addition, OLLI membership provides an opportunity for social interaction and new friendships with members who bring a lifetime of personal and professional experience to class.

I welcome and encourage your participation in this program that will provide opportunities to grow intellectually and socially.

Sincerely,

Lawrence Schovanec, Ph.D.
President.



OLLI
at Texas Tech
University

The Osher Foundation

The Bernard Osher Foundation, headquartered in San Francisco, was founded in 1977 by Bernard Osher, a respected businessman and community leader. The

Foundation seeks to improve quality of life through support for higher education and the arts. Mr. Osher is a community-oriented businessman whose philanthropy created Osher Lifelong Learning Institutes (OLLI) across the country. Our OLLI is in a network of 121 lifelong learning programs on university and college campuses across the country, with at least one grantee in each of the 50 states and the District of Columbia.

OLLI owes its existence to Bernard and Barbro Osher, whose vision and continuing moral and financial support of lifelong learning is unprecedented and unparalleled. We are very fortunate and proud to have an OLLI at Texas Tech University.

Our Mission

The mission of Osher Lifelong Learning Institute (OLLI) at Texas Tech University is to provide enjoyable and stimulating non-credit learning and cultural opportunities for its members.

What is Osher Lifelong Learning Institute (OLLI)?

OLLI began as a continuing education program at Texas Tech University in 2002-2003 as Texas Tech Lifelong Learning. In 2008, endowment support was received from the Bernard Osher Foundation. In recognition of its affiliation with the Osher Foundation and as one of 121 such institutes nationwide, Texas Tech Lifelong Learning was re-named Osher Lifelong Learning Institute (OLLI) at Texas Tech University. We are self-sustaining, supported through membership dues, class fees, an endowment from the Bernard Osher Foundation, donations and in-kind support from Texas Tech University. *No tests, no grades, no research papers – just intellectual stimulation.*

What are the requirements to join?

Everyone age 50 and older may join.
The only prerequisite is a desire to learn.

What does membership cost?

Membership is \$35 per person, valid for a year from date of purchase, and does not include cost of individual courses.

Who teaches OLLI classes?

Most of our classes are taught by distinguished professors, both active and retired. Other **Instructors** are experts in their fields, university doctoral students or OLLI members. There is one common denominator: they teach because they enjoy education and OLLI students.

How do I sign up?

Below are the methods to register for memberships, classes and other events:

- Register securely online at www.oli.ttu.edu. We accept VISA, MasterCard and Discover.
- Mail a completed registration form with a check. The form can be found in this catalog or printed from www.oli.ttu.edu. See form for details.



What if I have to cancel my registration?

Because space in classes is limited, please let the office know as soon as possible if you need to cancel a class registration. It is important that you are aware that canceling any class requiring bus transportation, food or supplies will result in loss of the registration fee unless the member is able to find a replacement to attend in their place.

For all other classes, we ask that members let us know of their cancellation at least four days in advance to be eligible to receive a credit transfer to be applied to another class or a refund. Members may also choose to donate their refund if they wish to support OLLI operations. We do provide full refunds on a case-by-case basis for illness, medical emergencies etc. Membership fees cannot be credited or refunded.

What happens for weather or other emergency cancellations?

OLLI follows the same policy as Texas Tech University for cancellations because of weather or other acts of nature or emergencies. If TTU classes are canceled, OLLI classes are also canceled. Postings can be found at www.emergency.ttu.edu as well as on local television or radio stations. OLLI reserves the right to substitute **Instructors**, rearrange class schedules, or cancel classes because of low enrollment or illness. In case of class cancellation or a schedule change, you will be notified and may receive a credit for another class in the same semester or a refund.

OLLI Fall Kickoff Event

Lifelong learners age 50 and older can discover what the fall semester has to offer by joining us for the fall kickoff event at the historic Swenson House in Abilene. We invite you to join us for hors d'oeuvres while our presenters share information about their classes and then explore the exciting new catalog offerings. Be sure to RSVP by August 31st to reserve your space as we begin a new fall semester of opportunities to learn in our wonderful Abilene area. To register online for both the kickoff party and classes; visit www.lli.ttu.edu, email lli@ttu.edu or call (806) 742-6554.

Date: September 11, 2018

Day/Time: Tuesday, 5:30-7 p.m.

Fee: FREE

Location: 1726 Swenson St, Abilene, TX 79603

Determining the Value of Your Personal Treasures

We all have something that we treasure for one reason or another. Would you like to know what it's worth? Come learn from Tom Craig how antiques and other prized items are valued. You are encouraged to bring one item to be discussed and appraised by Tom. He will also provide an online resource to help you determine the approximate value of your other treasures.

Instructor: Tom Craig is the co-owner of The Antique Station which opened in 2000 across from Frontier Texas. He has purchased and sold antiques since he was 10 years old and now, in keeping with the times, buys and sells online. Tom retired from the Abilene Christian University as director of student productions and organizations position in March 2018.

Date: September 18, 2018

Day: Tuesday, 2:00-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601

Da Vinci Robotic Surgery

Come learn how the da Vinci Robotic System gives surgeons more real time information about a patient's condition during surgery and the ability to perform that surgery less invasively than ever before. Your instructor, Josh Snead, will discuss how patients benefit from this technology and how doctors learn to use it safely and effectively. A local surgeon, Dr. Leigh Taliaferro, will share his experiences with, and evaluation of, the da Vinci Robotic System.

Instructors: Josh Snead has been the clinical representative for Intuitive Surgical, maker of the da Vinci Surgical System, for almost six years. He provides hands-on training for surgeons as they learn to effectively utilize this resource. Josh is a graduate of Abilene Christian University. Dr. Leigh Taliaferro is an Abilene surgeon who is affiliated with Hendrick Health System. He received his medical degree from Texas Tech University Health Sciences Center School of Medicine and has been in practice for more than 20 years.

Date: September 27, 2018

Day/Time: Thursday, 2-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601

Decluttering and Organizing

There comes a time when we all need to declutter and get organized. Sometimes the organizing is preparation for an upcoming trip, other times it is that closet that has been calling you for decluttering and organizing. And then there are those digital pictures and documents that keep piling up. Come join Marianne Wood as she covers organizing for travel, closet decluttering, digital organization and more.

Instructor: Marianne Wood has a Bachelor of Fine Arts in Interior Design from Texas Tech and an all-level art certificate. She has honed her organizational skills teaching at Hardin-Simmons University and working in several museums as an art educator, curator and director. Marianne works for photographer Bill Wright.

Date: October 1, 2018

Day/Time: Monday, 2-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601

Pop Music of the 1950s

Larry Hess is a music maven who has studied and taught music for over 30 years in West Texas. Join Larry as he takes us back the music era of the 1950s. From pop crooners, to rhythm and blues singers, to early rock and roll...we will examine it all. We may even make a side trip to country and folk artists. A toe-tapping time is guaranteed! Poodle skirts and duck tails are optional.

Instructor: Larry Hess, M.M., is a retired Lubbock ISD educator and an OLLI member. He is also a professional musician, having retired after 30 years as a percussionist with the Lubbock Symphony Orchestra.

Date: October 9, 2018

Day: Tuesday, 2:00-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601

Paramount Theater Tour, Cypress Street Social Hour and a Movie

The historic Paramount Theater in downtown Abilene, opened on May 18, 1930. Horace O. Wooten financed the theater which was constructed adjacent to his Hotel Wooten. The Spanish-Moorish interior includes a domed ceiling with passing clouds and twinkling stars. In 1986-87, the theater underwent a complete restoration and now holds the prestigious Texas Award for Historic Preservation from the Texas Historical Commission. Our tour includes a backstage view, as well as highlights in the history of the landmark theater. Our guide is Executive Director George Levesque.

Following the tour, we will walk one block down Cypress Street to another Abilene landmark, the Cypress Street Station for wine and hors d'oeuvres. Then we will return to Paramount for a showing of Alfred Hitchcock's "Rear Window," with introduction and comments by Robert Holliday, Abilene's renowned film historian.

Date: October 12, 2018

Day/Time: Friday, 4 p.m.-end of movie

Fee: \$25 (includes food and wine/beer)

Location: Paramount Theater, 352 Cypress Street
Cypress Street Station, 158 Cypress Street



The Ways Technology Can Make Your Life Easier, Not Harder

We often decry the complexity of our computerized lives, but computers and smart phones can make many things easier. Come to this class to learn how to keep up with a shared schedule using an online calendar, remember everything easily using Evernote and much more. The phrase "There's an app for that" was coined because software developers are trying to solve your problems. Come to this class and let Ron help you find useful solutions and avoid technology that just makes things harder.

Instructor: Ron Davis has spent two decades as a Mac programmer, working on everything from anti-virus software to compilers. He now has his own software and consulting company, Reactuate Software, where he solves people's problems with iPhones, Macs and the web.

Date: October 16, 2018

Day/Time: Tuesday, 2-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC
1718 Pine Street, Abilene, TX 79601

Debunking Myths About Alzheimer's

Do you sometimes feel like your memory is not what it used to be? Forgetting where the keys are? Can't remember special dates? Difficulty calculating or processing? All too often, we just claim these moments are due to aging. Perhaps. But what if these are early warning signs of unhealthy aging impacting our brains? Join us to examine what dementia/Alzheimer's is, different types of cognitive decline, and what can be done to prevent and/or reverse cognitive decline.

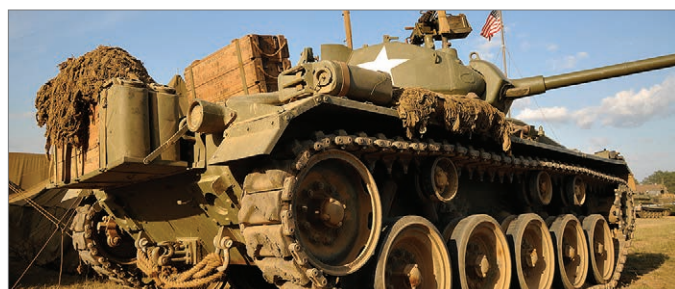
Instructor: Cheryl Benoit, M.S., is chief wellness officer of PforymWELL, certified in MPI protocol reversal of cognitive decline American college of sport medicine, a certified exercise physiologist, and certified in the Bale Doneen method of prevention of stroke, cardiovascular disease and diabetes.

Date: October 25, 2018

Day/Time: Thursday, 2-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC
1718 Pine Street, Abilene, TX 79601



Remembering Their Service and Valor

"We saw it, we smelled it, we liberated it. It did happen!" Learn about the causes and effects of the Holocaust as explained through the lens of the narrative perspective based on the personal experiences of veterans of the U. S. Army 12th Armored Division who liberated Holocaust survivors. The program will include a tour of the museum and other World War II subject matter.

Instructor: William "Bill" Lenches, M.A., is a retired U.S. Air Force master sergeant with a master's in history who is the executive director and curator for the 12th Armored Division Memorial Museum in Abilene. Bill is a World War II historian and expert on the 12th Armored Division. He provided expert commentary in the 2018 National Geographic series "Hitler's Last Stand" that presents the role the 12th Armored Division played in the final stage of World War II.

Date: November 1, 2018

Day/Time: Thursday, 2-3:30 p.m.

Fee: \$15

Location: 12th Armored Division Memorial Museum
1289 N. 2nd Street, Abilene, TX 79601

International Cuisine Lunch at TSTC Culinary Art School

Please join us for a delicious lunch presented by the students of the Culinary Art School at Texas State Technical College (TSTC). This event showcases the classical cooking skills mastered by these new culinary artists who will prepare international and ethnic cuisines for your enjoyment. We will learn about this wonderful program that provides a practical bridge between academic culinary arts and real-world practices.

Instructor: Culinary Lead Instructor Kayleen Mills has over 20 years of experience in the hospitality industry. She has an Associate in Applied Science in Culinary Arts from Le Cordon Bleu in Chicago and has been an instructor at TSTC for the past five years. Kaylee also serves as an academic adviser for the Culinary Art Program, helping students explore their academic interests and career options.

Date: November 7, 2018

Day/Time: Wednesday, Noon – 1:30 p.m.

Fee: \$15

Location: TSTC Culinary Arts

901 N. 1st Street, Abilene, TX 79601

We Are Better Together

What are the crime rates for Abilene and how is your police department helping control and prevent crimes? Chief of Police Stan Standridge will identify and dispel some common misperceptions about the Abilene Police Department (APD) and discuss how the APD measures and improves its performance. Bring your questions for the Chief and learn how you can partner with APD community policing practices that make this a safer community for everyone. We are better together.

Instructor: Police Chief Stan Standridge joined the Abilene Police Department in 1995 and has served as a patrol officer, sergeant, lieutenant and assistant police chief. He has also served as an Internal Affairs investigator and SWAT team leader. Chief Standridge provides advanced ethics, leadership and active shooter training. He co-founded Brothers in Blue, a support group for police employees. Chief Standridge served in the United States Air Force as a security specialist and graduated from the FBI National Academy and the Leadership Command College.

Date: November 15, 2018

Day/Time: Thursday, 2-4 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601

Getting Yourself Ready for The Holidays

The most wonderful time of the year may also be one of the more stressful times for all of us and our family and friends. How can we take care of ourselves and maintain our mental health during the holidays and throughout the year? Join Tracy Fleet for an informative and interactive discussion about the most common mental health concerns we may encounter during this time in our lives.

Instructor: Tracy Fleet, LPC-S, is the clinical director and co-founder of Life Renovations in Abilene. He has 10 years of experience within the mental health field and is extremely passionate about helping others.

Date: November 29, 2018

Day/Time: Thursday, 2-3:30 p.m.

Fee: \$15

Location: Abilene TTUHSC

1718 Pine Street, Abilene, TX 79601



Candlelight Christmas at the Swenson

The Christmas season brings many reasons to celebrate and gather. Swenson House Historical Society is cordially inviting the Abilene OLLI group to their Candlelight Swenson House Christmas Party. Experience the holiday magic of Christmas in this elegantly decorated 1910 home. Invitations will be mailed to OLLI members.

Date: December 6, 2018

Day/Time: Thursday, (Time TBD)

Fee: Free

Location: 1726 Swenson St, Abilene, TX 79603

Membership and Registration Form – Abilene



— EASY WAYS TO REGISTER —

Please provide ALL participant information for each individual, including full address and telephone number. Your email is very important to us, so please include it, if you have one. Providing an email address allows you to receive newsletters, updates and notices in advance.

- 1** Enroll online using a credit card at www.oli.ttu.edu. We accept Visa, Discover and MasterCard.

or

- 2** Mail this completed form with check (payable to OLLI at TTU) to:
OLLI
P.O. Box 45095
Lubbock, TX 79409-5095

— PARTICIPANT INFORMATION (First Person) —

Name: _____ Email Address: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Primary Phone: _____ Birthday: (Month) _____ (Day) _____
Are you a member? ☐ Yes ☐ No Age: ☐ 50-59 ☐ 60-69 ☐ 70-75 ☐ 75+
How did you hear about OLLI? _____ Work Status: ☐ Working ☐ Semi-retired ☐ Retired

— PARTICIPANT INFORMATION (Second Person) —

Name: _____ Email Address: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____
Primary Phone: _____ Birthday: (Month) _____ (Day) _____
Are you a member? ☐ Yes ☐ No Age: ☐ 50-59 ☐ 60-69 ☐ 70-75 ☐ 75+
How did you hear about OLLI? _____ Work Status: ☐ Working ☐ Semi-retired ☐ Retired

— MEMBERSHIP AND PROGRAM REGISTRATION —

Participant Name(s)	Program Title	Program Date(s)	Fee
_____			\$ _____
_____			\$ _____
_____			\$ _____
_____			\$ _____
_____			\$ _____
_____	Membership (\$35/person for 12 months)		\$ _____
_____	GRAND TOTAL		\$ _____

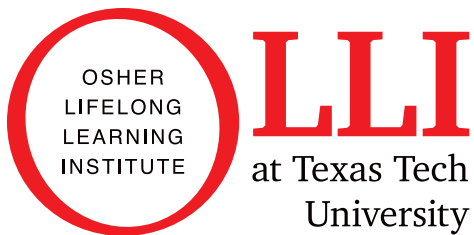
— PAYMENT INFORMATION —

Enroll online using a credit card at www.oli.ttu.edu. We accept Discover, MasterCard, and Visa.

Check or money order (payable to OLLI at TTU). Mail this completed form with check to:
OLLI | P.O. Box 45095 | Lubbock, TX 79409-5095

OLLI would appreciate any donations. You may donate online at: www.oli.ttu.edu or send a check payable to OLLI at TTU.

(806) 742-6554 | Mon.-Thurs. 9 a.m.-5 p.m., Fri. 9 a.m.-Noon



Texas Tech University
Osher Lifelong Learning Institute (OLLI)
Box 45095
Lubbock, Texas 79410-5095

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