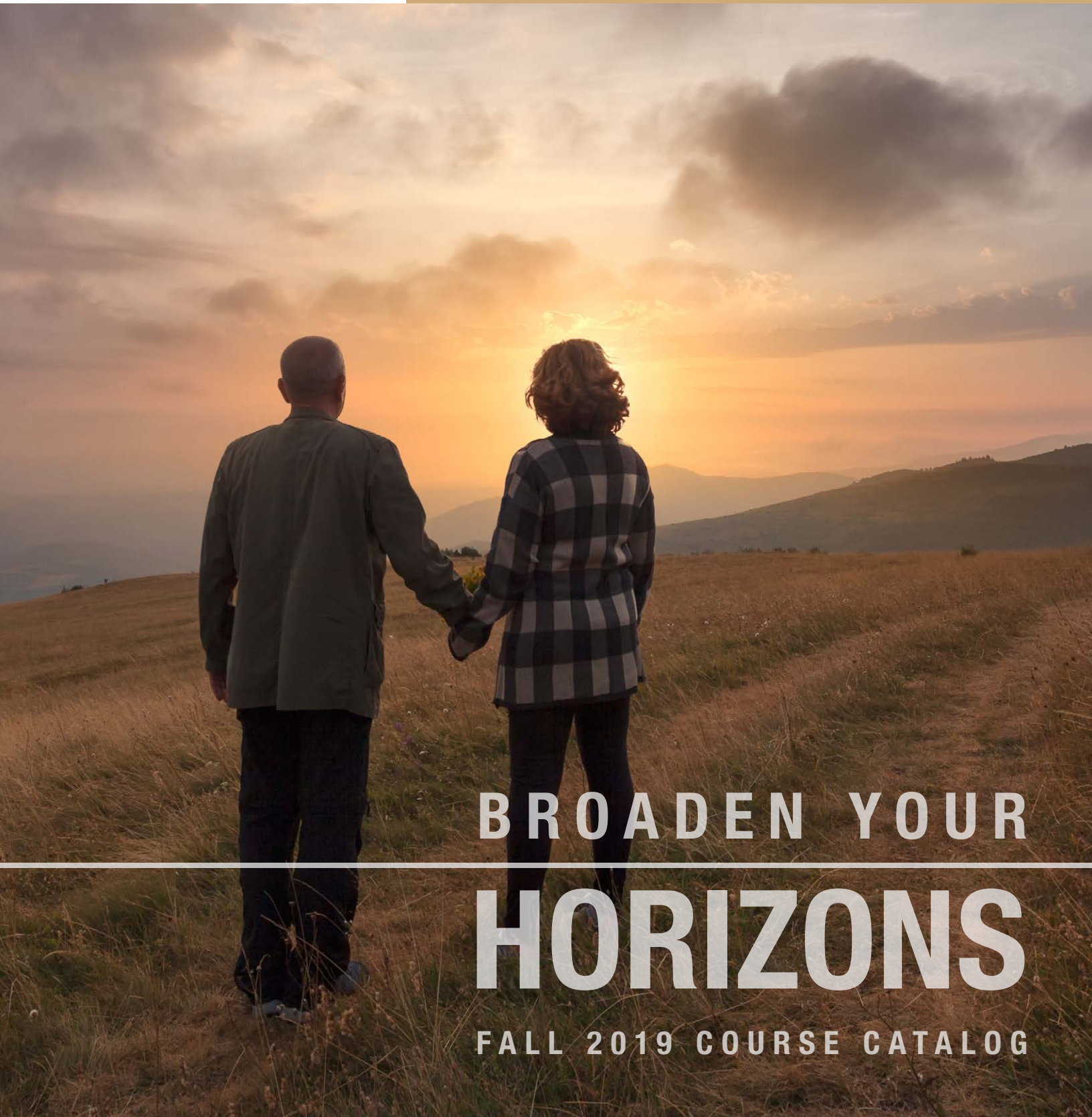


Hill Country

Highland Lakes • Fredericksburg



BROADEN YOUR
HORIZONS

FALL 2019 COURSE CATALOG

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OLLI Office Hours

Fredericksburg
 2818 East U.S. Hwy 290, Fredericksburg, TX
 Monday-Thursday Noon-5 p.m.
 (830) 990-4948

Highland Lakes
 806 Steve Hawkins Pkwy, Marble Falls, TX
 Tuesday-Friday 9 a.m.-2 p.m.
 (830) 693-0478

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

www.lli.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.



LLI
 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 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 120 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 \$30 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.

Where is the OLLI office?

Our offices are located in the TTU Higher Education Teaching Sites at 2818 East U.S. Hwy 290, Fredericksburg, Texas, and 806 Steve Hawkins Pkwy, Marble Falls, Texas. Our email is oli.hillcountry@ttu.edu, and our phone numbers are (830) 990-4948 for Fredericksburg and (830) 693-0478 for Highland Lakes. Our phone stays busy each semester, so if you reach voicemail, it is likely the staff is on another phone call or has a visitor in the office. Please leave a message, and your call will be returned as quickly as possible by an employee or a volunteer.

Our No-Solicitation Policy

OLLI class rosters will not be used for solicitation purposes. Any personal information regarding OLLI members such as phone numbers, e-mail or mailing addresses are considered private and not for release without specific permission by the member. The OLLI classroom setting will also not be used for promotion of personally marketed products. However, instructors who are authors may have their books available for display or purchase after class if the book is related to the subject matter of the class. Please contact the OLLI office if you need clarification of this policy.

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.

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.

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Fall Kickoff Events

Don't miss these special OLLI events where you can meet other members, learn about additional ways to get involved and be first in line to register for fall classes.

Highland Lakes Fall 2019 Kickoff

We cordially invite you to enjoy an evening discovering the exciting fall classes hosted by OLLI Highland Lakes. Join us as we celebrate this new semester filled with fun, food, fellowship and an overview of course offerings which will focus on many topics. Hors d'oeuvres will be served while our presenters share information about their classes. Participants can then explore the exciting new catalog offerings. Be sure to RSVP by August 31 to reserve your space as we begin a new semester of opportunities to learn and interact in our wonderful Highland Lakes community. To register online for both the kickoff party and classes: visit www.oli.ttu.edu, email sarah.amos@ttu.edu or call (830) 693-0478.

Date: September 5
Day/Time: Thursday, 5:30-7:30 p.m.
Fee: FREE
Location: Hidden Falls Golf Club
220 Meadowlakes Drive, Meadowlakes

Fredericksburg Fall 2019 Kickoff

Lifelong learners age 50 and older are invited to help kick off the fall 2019 semester of the Osher Lifelong Learning Institute (OLLI) in Fredericksburg. The kickoff event will be on Friday, September 6 and begins with a social at 5:30 p.m., followed by a seated dinner at 6 p.m. The program includes sneak previews of upcoming classes, with guests having the opportunity to sign up for their favorites. The cost to attend the kickoff, including meal, speakers and door prizes, is \$35 per person. Seating is limited, and RSVPs are due by Friday, August 30. To register online for both the kickoff party and classes: visit www.oli.ttu.edu, email alice.boyd@ttu.edu or call (830) 990-4948.

Date: September 6
Day/Time: Friday, 5:30-8 p.m.
Fee: \$35
Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Highland Lakes Classes

806 Steve Hawkins Pkwy, Marble Falls, Texas

Private Art Museums in Our Midst

Private art museums are opening across the globe, not only with dedicated initiatives and fascinating variety, but also with astounding architecture. What defines a private art museum? We will introduce the concept and the motivations for this rapid growth on the global cultural landscape. A collection of images will offer a look at some of the most dramatic projects worldwide and highlight those existing within the state of Texas.

Instructors: Lorraine Benini has a Bachelor of Arts in Anthropology and English from the University of South Florida. She also received a master's from the University of Florida. She has been working in fine arts for 40 years.

Carolyn Bates received a Bachelor of Science at the University of Texas and a graduate degree in Architecture and Interior Design. She practiced both residential and commercial architectural space planning and design for 32 years with her own firm.

Date: September 12

Day/Time: Thursday, 10-11:30 a.m.

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Make the Best Sandwich Ever: And It's Healthy, Too!

A recent survey found that more than half of Americans eat at least one sandwich every day, but not all sandwiches are good for you. Sandwiches can be full of sodium and sugar. Luckily, there are simple ways to cut out the bad stuff without compromising on taste; and your sandwich can be full of all the right nutrients instead. We will discuss nine ways to create a healthier sandwich and, best of all, we get to eat our class creations.

Instructor: Michelle Devaney is the owner of Hey Diddle Diddle Catering & EO's. She has been cooking for over 40 years and started her own catering company 17 years ago. She led a meals-to-go program for over four years and caters single-serve meals for elderly couples and singles. Additionally, Devaney is a certified health coach, and essential oil and CBD instructor.

Date: September 17

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

Fee: \$20

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Drones: Future Directions and Security

What are drones doing for us today? Parcel delivery? Disaster assistance? Commercial and public services? What will drones be capable of in the future? What are the concerns of the aviation industry? Join us to learn more about drones and help us fly them on site as part of the class.

Instructors: Adam Hahn and Traeger Fuhrmann are co-founders of Wingman Imagery based in Fredericksburg. They utilize drones for aerial video and photography, agriculture, and industry use. In addition Hahn and Fuhrmann have launched a successful drone training program.

Date: September 18

Day/Time: Wednesday, 9:30-11 a.m.

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Your Adventure Begins Here! Planning Trips to the Texas State Parks

Join us as we learn about the more than 90 state parks that are within the great state of Texas. We will focus on the parks in the Hill Country to help you plan those special day trips. We will discuss programs, passes and how to make reservations. You will receive a state park guide and a list of the many special places you will want to add to your list of "must-see" parks.

Instructor: Thomas Wilhelm is the marketing and branding manager for the State Parks division of Texas Parks and Wildlife. He oversees the promotion of the State Parks system of more than 90 parks, historical sites and natural areas. He was accredited as a certified tourism executive in 2014 and is a recipient of the Texas Travel Industry Association's 2016 Rising Star award.

Date: September 26

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Photography: Take Your Best Shots!

If you want to learn how to take your photos to the next level, this is the class for you. We will discuss camera settings, light and composition. Whether you are photographing a stunning field of bluebonnets, the breathtaking landscapes of the hill country, or your sweet grandchildren, we will help you develop skills and knowledge to elevate your images. Join us as we journey to master the art of photography.

Instructor: Jenna Petty has been a professional photographer for almost a decade. She has a love for couples and weddings. Her desire is to tell meaningful stories in a beautiful way and feels so honored to be involved in some of the most intimate moments in people's lives.

Date: October 1

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Stitching with Gal Pals: Working and Playing with Wool

Participants will multi-task by felting and dyeing wool at the same time, without chemicals, using crock pots. While waiting for the surprise colors of wool to cook, participants will learn and practice basic hand applique stitches, then embellish with a variety of other threads. Class registration fee includes wool for applique, threads, needles, several helpful notions, and a Judy Moore Pullen original design. Sweet treats will be provided. Space is limited so register today.

Instructor: Judy Moore Pullen has co-authored four quilt-related books and authored a fifth. She wrote for "The Wool Street Journal" for 10 years. Moore conducted six quilt-making missions to Mexico, teaching women to make quilts for their families or as a possible income source. While owning and operating the Wool 'N' Cotton Shop in San Angelo, she started a Quilts for Children quilting group which continues today.

Date: October 2

Day/Time: Wednesday, 9:30-11:30 a.m.

Fee: \$20

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Prescription for Defeat: Effect of Hitler's Health on the Outcome of World War II

Despite his death over 70 years ago, Adolf Hitler continues to spark controversy. Inexplicably, der Führer advanced by a year or two, the long-planned German invasion of the Soviet Union. He also instigated a baffling delay for reinforcing the German defenders on D-Day. These strategic errors, among other events and issues, ultimately cost Germany the war. This class will consider those military blunders in light of Hitler's ticking sense of his approaching mortality due to his neurological and cardiac disease.

Instructor: Tom Hutton, M.D., Ph.D., served as professor and vice-chairman of the Department of Medical and Surgical Neurology at Texas Tech School of Medicine and past president of the Texas Neurological Society. His award-winning book titled "Carrying the Black Bag: A Neurologist's Bedside Tales" from which this story is taken, is published by Texas Tech University Press. Books will be available for purchase and signing.

Date: October 3

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Historic Texas Ranches: The King Ranch

Learn about the 825,000 acres owned by one family for 150 years. The King Ranch was founded by the iconic Richard King, a rough-and-tumble runaway who, at age nine, stowed away on a ship in New York harbor and never looked back. The fascinating story of how King put together so much land and held on to it so long is told by Ray Hensarling, a rancher himself, and an amateur historian who has studied the King Ranch for 25 years.

Instructor: Ray Hensarling was born in Beaumont, Texas, and graduated from Lamar University in 1969 with a political science degree and a minor in history. He went on to graduate from South Texas College of Law in Houston in 1974 and practiced law in Houston for 20 years. He retired to farm and ranch near Woodville in 1992 and now splits time between the ranch and Galveston.

Date: October 8

Day/Time: Tuesday, 10-11:30 a.m.

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

The Impact of Dentistry on Our Systemic Health

Dr. Stuart Nunnally will provide attendees with an overview of holistic dentistry and the impact of dentistry on our systemic health. He will present information related to biocompatible dental restorations, root canal procedures, jaw bone lesions, and periodontal disease. The class will provide an opportunity to learn more about how you can impact the quality of your health as well as keep that beautiful smile!

Instructor: Dr. Stuart Nunnally maintains an integrative biological dental practice in Marble Falls. He is board-certified in naturopathic medicine and integrative biological dental medicine.

Date: October 9

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Riedel Performance Series: Wine Tasting in the Proper Glass

Come sample wines from the Riedel Performance Series of wine glasses which was a winner of the Tableware International 2019 Award of Excellence. The Performances Series' unique optic impact adds a pleasing visual aspect to the bowl and increases the inner surface area, allowing the wine to open and fully show every aroma and subtle nuance. You will learn glass etiquette as you experience the difference that this stemware can make in your wine enjoyment. Each guest will enjoy a variety of cheese, crackers, chocolate and wine while learning the difference that a Riedel glass can make in your wine-tasting experience. Class fee includes a four-piece Riedel Performance Tasting Set, a \$118 retail value. You may order additional Riedel items at a very substantial savings. Space is limited.

Instructor: Forrest "Buzz" Whalen has been a Riedel brand ambassador and trainer since 1994.

Date: October 10

Day/Time: Thursday, 4:30-6 p.m.

Fee: \$70 (includes Riedel Performance Tasting Set)

Location: 112 Main Street, Marble Falls

Black Mold after the Floods...What's Next?

Recent floods have exposed a need to better understand issues related to mold identification and appropriate remediation. In addition to identification and remediation of black mold categories, we will discuss the required paperwork to be completed after a major disaster flood, and how and where to find a person who is certified and qualified to perform mold remediation, water mitigation and the correct licensure and job titles for mold contractors in the state of Texas. Frequently asked questions and concerns related to the recent floods in the Highland Lakes area will be addressed.

Instructor: Anthony Allbritain is the founder of the Micro Institute and a partner in National Mold Advisor. He has been a licensed mold contractor for Texas since 2005 and a licensed mold consultant and trainer for Texas since 2011.

Date: October 16

Day/Time: Wednesday, 10-11:30 a.m.

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Benini: Life of An Artist

Attendees will meet Benini and have a guided tour of MUSEOBENINI just south of Marble Falls. You will see Benini's paintings from the '60s through the current day; including, the roses he painted for more than 20 years, the surrealist and symbolic works of the '80s, the geometries of the '90s, recent paintings of a more abstract nature and much more.

Instructor: Benini was born in Imola, Italy in 1941. To date, he has had 163, mostly solo, exhibitions and he continues to exhibit primarily in universities, museums and public institutions.

Date: October 17

Day/Time: Thursday, 3-4:30 p.m.

Fee: \$15 for OLLI members; \$30 for non-members

Location: MUSEOBENINI La Luna e Le Stelle Ranch 3440 East FM 2147, Marble Falls



The Use of Carbon Dioxide for Enhancing Oil Recovery

Join us as we discuss the risks and benefits of carbon dioxide. Why can it decaffeinate coffee beans? Are soda machines dangerous? How about carbon dioxide pipelines? We will discuss the exploding myths and how scientists determine the risk to humans from carbon dioxide. Join the discussion about the future of coal power plants and the facts about natural carbon dioxide versus capturing man-made carbon dioxide. This class will provide food for thought about the future of developments in this important and controversial area.

Instructor: Ian Duncan has been on the geology faculty at Washington University in St. Louis, Mo. and Southern Methodist University in Dallas. He is currently a research scientist at the University of Texas' Bureau of Economic Geology. He also leads a team working on improving oil recovery rates.

Date: October 23

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



It's a Social Media World: Let's #GetStarted!

Join the world of social media and learn how to use Facebook, Instagram, Twitter and Snapchat. This class will help you take the next step to fully using your cell phone and enjoying the fun connections you can make using social media. So, download the apps, get your account set up, and bring your cell phone as we #getstarted.

Instructor: Stefanie Suggs, co-owner of Home Automation Company, has worked in technology for many years. She currently works with installation and training for businesses and individuals in maintenance and use of cell phones, computers and total home technology systems.

Date: October 24

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Russia and the United States: Relations in a Global Cyber Age

Since the reign of Peter the Great, a major theme of Russian history has been to catch up and overtake the West. The 19th century tsars began a major drive to industrialize, Stalin's followed with a Five-Year Plan emphasizing heavy industrial development and technology, and now Putin has militarized technological and cyber resources in an attempt to return Russia to its former great power status. The recent impact to America's cyber infrastructure of Russia's efforts is still being assessed.

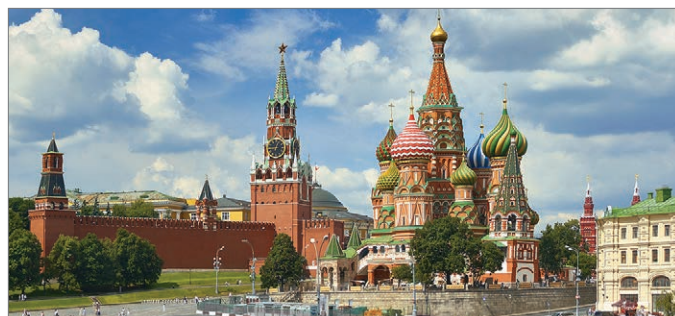
Instructor: Carole Buchanan Ph.D., received a B.A. from Trinity University, M.A. and Ph.D. in history at Indiana University, Bloomington, Illinois; post-doctoral year at the University of California Berkley. She taught history for 30 years at the secondary and college levels, training teachers how to teach advanced placement and world history.

Date: October 29

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Origins of Inhumanity: Dissecting Murder

What is the source of man's inhumanity to man? Are criminals born with an unrestrainable hyperaggressive predisposition? Join the exploration of the origins of criminal and violent behavior in people and how the courts deal with them. The class will dissect real murder cases to uncover factors and causes.

Instructor: Sarah-Nicole Partin, MSPH, is a forensic epidemiologist. She works on death penalty cases in the mitigation stage, non-capital murder cases and child abuse cases. She practices in any death penalty state, including Texas, Oklahoma and Missouri.

Date: October 31

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Japanese Landscape Gardens as Works of Art

“Art Tells the Time!” Specifically, the art of landscape gardens reveals assumptions of time in which humans relate to nature. As one would expect, the landscape gardens at the Palace of Versailles indicate Louis XIV’s control over nature, the nobility, the government and the whole of France. The Japanese landscape garden, on the other hand, indicates how humans relate to nature in order to achieve personal tranquility and serenity. Connecting reasons and resources in landscape gardening can reveal amazing achievements, once you know what to look for!

Instructor: Ray Buchanan, Ph.D., has taught history in East Africa, at Southern Methodist University and Greenhill School in Dallas. He specializes in the inclusion of art and architecture as a primary source for the study of major periods of European history.

Date: November 5

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Aggie Spirit: Confederate Veterans and The Texas Military Institute

On May 15, 1864, 257 young cadets marched into battle at New Market. This snapshot of history will help inspire and shed light on some of the remarkable accomplishments of a few of those individuals. From that brave group, 10 sacrificed their lives for their cause, 13 led distinguished lives in the great state of Texas, one held the high seat of governor, one became a U.S. senator, another man was chosen to be an ambassador, still another served as a U.S. supreme court justice; all of them were Texans. Come learn their stories and legacy.

Instructor: Mark E. McCary is a veteran of the United States Air Force Reserves. An attorney in private practice with his wife Mandy at the law firm of McCary & McCary, P.C.

Date: November 7

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

A Naturalist Perspective on Fracking

Join the conversation as we discuss the historical background of peak oil, fracking technology and directional drilling. We will examine the processes, the water and materials required, as well as the leasing and regulations involved in the fracking process. Most importantly, we will discuss the earthquake risks, groundwater impact, and the many unknowns to be learned. You will want to be part of the discussion as we answer the most important question: Where do we go from here?

Instructor: Charles Beierle currently works in a consulting capacity as a geoscientist. After completing a bachelor’s in geology from the University of Missouri, he began working as a cartographer/photo analyst in a defense mapping agency. He later earned a master’s in geodesy from Purdue University and a master’s in geology from the University of Missouri. He worked as a research geophysicist for ARCO, interpretation geophysicist for USGS Pacific OCS, and as a physical scientist/geodesist in defense mapping.

Date: November 12

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

The People’s Court

The “People’s Court”, or the Justice Court, is typically the first encounter that many people have with the judicial system. We will discuss the parameters of this court and what type of issues are addressed there; as well as, the perspective of the Justice Court using statutes, myths and stories to illustrate the actions of the court.

Instructor: Judge Bebe Rocha is serving a second term as the Justice of the Peace, Pct. 1 in Llano County. She has a bachelor’s in criminal justice. She has served as a Child Protective Services caseworker and a juvenile probation officer with the state police. She has also served in various positions related to her current position during her 25-year career in criminal civil experience.

Date: November 13

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

Fee: \$15 for OLLI members;

\$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



CASA: Superheroes Among Us

Each year millions of children from birth through age 17 face hardships and need help and support outside of their family structure to survive and ultimately thrive. Step into the role of a secret superhero as we walk through the process and see how these children are supported to move from survival to achieving success through the caring support of such superheroes among us. You may be surprised by the many ways you can directly and indirectly support these children through their difficult journey.

Instructor: Diana L. Tryon is currently the recruiting and training manager for Court Appointed Special Advocates (CASA) in the Highland Lakes area. She has a bachelor's in accounting and post graduate work in public utility management. Much of her work career has been in the public utility industry in management roles. Since 2017, she has worked with the Highland Lakes CASA.

Date: November 14

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Birds and Bird Watching in the Hill Country

Join Sherry as she leads a discussion of birds and bird watching in the Hill Country. The dialogue will include such topics as the difference between seed-eating and insect-eating birds, city nesters, residents, migrants and summer or winter visitors. Additionally, she will show examples of feeders and discuss plantings, feeding and providing water for birds. She will also discuss and show examples of binoculars, scopes, field guides, smart phone apps and record-keeping for the many bird watchers among us. Join the fun and learn about the beautiful feathered friends in our midst.

Instructor: Sherry Bixler moved from New Mexico 10 years ago where she was the Audubon Christmas bird count compiler for 25 years. As a volunteer, she leads monthly bird surveys at Inks Dam National Fishery at Henry and Honey Creek State Natural Area. She also leads the monthly bird walk which precedes the Highland Lakes Bird and Wildflower Society meetings in Burnet. Additionally she provides ranch bird surveys for property owners who have the wildlife tax status and leads master naturalists field trips to various parts of the state.

Date: November 19

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



It's All About Chocolate! Hands-on Truffle Making

Imagine back when the Aztecs lived and chocolate was either currency or a ceremonial sipping chocolate. Today chocolate comes in many shapes and flavors and, besides being delicious, has many health benefits. This class will explore a little of the history of chocolate and its many benefits and uses. We will make flavored ganache and use it to make mouthwatering truffles to be eaten, of course, by the class participants! We will also make fresh coffee to pair with our truffles. After class, participants are invited to come back to the kitchen in the Horseshoe Bay Equestrian Center to share chocolate kits and visit the special chocolate kitchen.

Instructor: Holli Beckwith is a self-made chocolatier, living and working in Horseshoe Bay. In 2008, she was given an opportunity to follow her dream of making fine chocolates. She has been producing chocolate since that time, as well as providing classes, events, catering and pop-up shops. She also participates in large events such as the Texas 2 Main Chocolate Trail Tour discovering more chocolate and some most noteworthy chocolatiers.

Date: November 21

Day/Time: Thursday, 10-11:30 a.m.

Fee: \$20

Location: Texas Tech University Higher Education Teaching Site at Marble Falls

Destress, Declutter and Get Organized Today

Join us to learn how to organize your home's spaces, end-of-life documents and the processes to prepare for life's emergencies. Being more organized and prepared helps end the overwhelming feeling caused by clutter and silences the nagging question, "What if...?" Give yourself and your family a great gift by getting organized today. Bring your concerns and thoughts about what you would like to improve and participate in a fun stress-free class!

Instructor: Stacey Leal has been certified by FEMA in Incident Command System (ICS) and has over 22 years of experience with the federal government service dealing with emergency situations. She is naturally organized and is the proud owner of Golden Genie Organizing, helping people every day using her organizing skills.

Date: December 3

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Marble Falls



Deck the Halls with OLLI II: The Stories Behind Our Favorite Christmas Songs

It's the most wonderful time of year and one of the most musical as well! It never fails, every Christmas season we are surrounded by our favorite and familiar carols and holiday songs. Join Larry Hess as he shares some of the backstories behind the music we all know so well. Even if you didn't attend part one, you will still enjoy this class. Christmas sweaters are encouraged, and holiday drinks and appetizers will be enjoyed!

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

Date: December 5

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

Fee: \$20

Location: First Baptist Church
901 La Ventana Marble Falls

Fredericksburg Classes

2818 East U.S. Hwy 290, Fredericksburg, Texas

What's Your Story?

It's never too late, or too early, to start collecting your personal and family stories. The problem, oftentimes, is how to get to them and how to collect them. And then there are questions about how to preserve them and pass them on. This class will teach you ways to collect and preserve family histories.

Instructor: Donna Ingham, Ph.D., is a mostly retired college professor turned writer and storyteller. A part-time instructor for Texas Tech in the Hill Country, she is also a touring artist with the Texas Commission on the Arts. She has five books and five spoken word CDs to her credit.

Date: September 16

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Six Thinking Hats: A Tool to Sharpen Your Thinking

To help us accomplish our tasks quicker and easier, we use tools, such as a computer, a hammer, or a cookbook, for our everyday activities. But how many of us consider using a tool for our thinking to make better decisions in less time? In this workshop, learn to separate your thinking into six perspectives by mentally wearing and switching "hats." These skills are simple to learn and practical to use!

Instructor: Lisa Bargsley holds an MBA degree from the University of Texas at Austin and has been licensed as a CPA in Texas since 1994. Today, she is a small business CPA, consultant and trainer in the central Texas area. Bargsley also conducts various training classes as an instructor for the University of Texas at Austin Center for Professional Education, which partners with the City of Austin Small Business Program.

Date: September 17

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Overview of Rural Health Care and the Impact on Hill Country Residents

The one constant in health care, as with every business in our community, is change. Change can be incremental and ongoing, challenging businesses to improve with each new day. Change can also be transformational, driven by broad industry trends, competitive forces and rising customer expectations, which require Hill Country Memorial (HCM) to perform not only better but differently.

Today HCM, like all of health care, is confronting the need for both incremental as well as transformational change for continued success. It is not easy because the forces driving change are coming from all directions. Join HCM CEO Jayne Pope, and Executive Director of HCM Brand and Foundation Amanda Stevens as they explore the ever-changing rural health care climate and the impact of those changes on Hill Country residents.

Instructors: Jayne Pope, RN, FACHE, MBA, is the chief executive officer for Hill Country Memorial Health System, a 2014 Malcolm Baldrige National Quality Award recipient. She is a member of the Texas Hospital Associations Board of Trustees, and a board member of the Texas Organization of Rural and Community Hospitals. Pope was recognized by Becker's Hospital Review as one of America's 60 rural hospital CEOs to know for six consecutive years, 2013 through 2018.

Amanda Stevens, MBA, CFRE, is the executive director of HCM Brand and Foundation. In 2005, she left her work in Chengdu, Sichuan, China, to return home to Fredericksburg, Texas. She is a certified fundraising executive and has her MBA in ethical leadership from Schreiner University. In 2018, Stevens was recognized by the Association for Healthcare Philanthropy as one of its inaugural 40 Under 40 leaders in health care development.

Date: September 18

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



The Fascinating Honeybee

The honeybee is responsible for making possible a lot of the food we eat. Learn how the bee colony works as a macro-organism to survive and thrive, how it reproduces on the individual bee level, but also reproduces itself on the colony level. Participants will find out how bees use dance language and pheromones as a communication tool. Discover how bees are loyal to a flower and are very efficient at pollination. Scout bees find lucrative nectar and pollen sites calculating factors such as wind speed, distance, quality of the nectar and quantity of the flowers. Learn how they convince the other bees through a voting system to forage exact places.

Instructors: Lolita and Joe Bader are Texas Advanced Master Beekeepers. They manage around 100 colonies of bees in the Sisterdale/Boerne/Fredericksburg area and the Mathis, Texas area. The Baders also facilitate the Fredericksburg Area Beekeepers group.

Date: September 23

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Tips and Tricks for Your Apple iPhone, from Old Guy New Tech

Larry Hess, who you may know from his pop music classes, has created a YouTube channel (Old Guy New Tech 101) for tips and tricks and "how-to's" for Apple devices. He hopes to help older adults get the most from their Apple products. Bring your Apple iPhone (sorry, no Android or Microsoft) and join us as he demonstrates several features already included on your iPhone, features you may find very useful. Attendees are encouraged to update their phone's software prior to the class. Don't worry... attendees will get a handout with directions to recreate the tips after they leave the class. Come learn some new technology fun!



Instructor: Larry Hess, M.M., is a retired Lubbock Independent School District 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: September 25

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Texas Singularities

Clay Coppedge will talk to the class about his journey to becoming an “accidental” writer of Texana (that is, the history and culture of Texas) and the types of histories to which he’s drawn. He will read a couple of his stories as examples and finish with plenty of time for questions and answers.

Instructor: Clay Coppedge has worked for various newspapers in Central Texas for the last 35 years as a sportswriter, feature writer, and farm and ranch writer. His work has appeared in a wide range of national and regional publications; such as Texas Co-Op Power, Texas Highways, Field & Stream, Progressive Farmer and others. He has published four books of Texana as well as a memoir about driving a cab in Austin in the late ’70s and early ’80s.

Date: October 1

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Managing Your Digital Photo Collection

Do you have digital photos scattered everywhere? Don’t risk losing your memories due to changing technology. Whether the photos are in your computer, your phone, on CDs, or memory cards, learn how to consolidate them all in one place! You’ll even hear about options to send in any slides or film to be digitized. This hands-on class will walk you through the process of gathering your photos in an online storage account where you can enjoy them, create photo books and other projects, and share them with others. You will need a laptop computer, tablet or smartphone for this class. Please bring your device fully charged.

Instructor: Dionne Merriott, owner of Captured Memories Photo Solutions, has been working with people since 1995 to organize and enjoy their personal and business photos. With the heart of a teacher, she will show you how you can gather, celebrate and share your memories with your family and friends. She is married with three grown sons and a daughter in high school, so she has organized many of her own family memories. She is a charter member of the Association of Professional Photo Organizers.

Date: October 3

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Hershey Ranch: The Largest Piece of Protected Land in Gillespie County

Join Andrew Sansom, Ph.D., as he walks us through the history of the Hershey Ranch. He and others have worked for decades on the preservation and restoration of the property, including the restoration of a home built in 1857. When the home was burned in 2003, only the limestone walls remained. Sansom will also talk to participants about the ranch’s 1,565-acre natural environment and the habitat management activities which involve the permanent protection of the land as well as other contemporary issues.

Instructor: Andrew Sansom is one of Texas’ leading conservationists. He is a former executive director of the Texas Parks and Wildlife Department and of the Texas Nature Conservancy. For his commitment to the management and protection of natural resources, he is the recipient of many prestigious awards from several conservation foundations and agencies. Sansom is a distinguished alumnus of Austin College and Texas Tech University. He now serves as professor of practice in geography and is founder of The Meadows Center for Water and the Environment at Texas State University.

Date: October 5

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Hershey Ranch
2528 Hershey Ranch Road, Stonewall
Capacity: 25 (Please bring a chair.)

A Mature Person's Guide to the Opera: Two Puccinis for the Price of One

In a continuation of the series of classes that introduce members to the great operas, this fall we have the opportunity to see two of Giacomo Puccini's most famous operas – "Turandot" and "Madama Butterfly." In addition to learning about the plots and characters, this class will explore opera conventions and the verismo style of these Puccini operas. These operas will be performed by the Metropolitan Opera of New York City in their "Live at the Met" series and can be seen in local theaters this fall.

Instructor: James Klein, Ph.D., is a retired music professor and professional conductor who has over forty years' experience in orchestra and opera performances.

Date: October 8

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Altstadt Brewery Tour

"Altstadt" is German for "old town," and the Altstadt Brewery is a perfect addition to the culture and future of Fredericksburg. Germany's beer purity law, or Reinheitsgebot, was passed in 1516 and allowed only simple ingredients in German beer: barley, hops, water and later, yeast. Come tour the Altstadt Brewery, learn about brewing German-style beers and taste German brewing at its best.

Instructors: Craig Rowan fell in love with the brewing industry in 2008 at the Abita Brewing Company in Abita Springs, Louisiana. Over the years, he studied at the World Brewing Academy in Chicago and worked his way to brewing for the largest brewery in the Southeast. In 2017, he was hired at Altstadt to build the cellaring program and recipe development; recently, he was promoted to head brewer and now oversees all aspects of production in the facility.

Jon Austin Vance found brewing through the Eastfield Journeyman Brewer Program in 2016. In August of that year, he was brought on at Altstadt to develop the laboratory and quality control programs. He has since taken over the majority of brewhouse operations and yeast management and helps with every part of the brewing process.

Date: October 9

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Altstadt Brewery,
6120 US Hwy. 290 East, Fredericksburg

Understanding Health Care Advance Directives

We all hope it never happens, but if we are ever unable to make our wishes known because of illness or injury, advance directives will communicate those wishes for us. These important legal documents are designed to help patients plan which medical treatments are the best personal choice for them, and make those choices known if ever communication becomes difficult or impossible. Directives to physicians, medical power of attorney and HIPAA release forms will all be available at this class. The out-of-hospital DNR and the in-hospital DNR will also be discussed. If you anticipate filling out the available forms on the day of the presentation, please bring the names, addresses, and phone numbers of the important, trusted people whom you will choose as your decision makers.

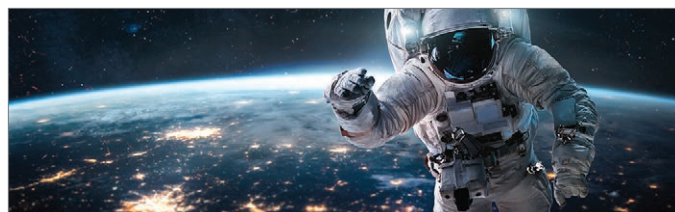
Instructor: Linda Simonsen has been employed at Hill Country Memorial Hospital for over 25 years. She has held several positions at the hospital, all of them centered around working with senior adults. She is currently the chair of Christian Job Corps of Gillespie County and participates as a teacher in their jail ministry.

Date: October 10

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Living My Dream: An Astronaut's Tale

Join us as astronaut Shane Kimbrough shares his experiences living, working and learning on the International Space Station and during his multiple spacewalks. He will also provide information about NASA and its current and future missions.

Instructor: R. Shane Kimbrough (Col., U.S. Army, Ret.) NASA astronaut, was selected by NASA in 2004. He completed his first spaceflight in 2008 on Space Shuttle Endeavour, where he spent almost 16 days on the mission to expand the crew living the mission, he performed two spacewalks. Kimbrough also flew on the Expedition 49/50 mission where he performed four spacewalks and has now logged in a total of 189 days in space.

Date: October 14

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Human Trafficking and Murder

Back by popular demand, Sarah-Nicole Partin will draw on another case study from death row that revolves around human trafficking. The class will delve into human trafficking and examine a real case that resulted in murder. As a jury would, explore the elements that lead to homicide in this escalating industry.

Instructor: Sarah-Nicole Partin, MSPH, is a forensic epidemiologist. She works on death-penalty cases in the mitigation stage, non-capital murder cases and child abuse cases. She practices in any death-penalty state, including Texas, Oklahoma and Missouri.

Date: October 16

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



The Importance of Alliances: The U.S., East Asia, and a Rising China

After the Pacific and Korean Wars, the United States established an alliance system in East Asia that helped maintain peace and security in the region, allowing our allies to expand their international trade, experience rapid economic growth, and bring unprecedented levels of prosperity not only to their populations but also to the populations of other U.S. allies in Asia. This alliance has been challenged by a rising China which is shifting the region's power dynamics. This course will explore the implications of this challenge and what it means for the interests of the United States in the region and the long-established, U.S.-led international order.

Instructor: Dennis Patterson received his Ph.D. in political science from the University of California, Los Angeles. He has lived in Japan and has been conducting research in Japan and South Korea for over 30 years. This class is taken from his sixth book (to be published in 2019), which addresses the importance of the East Asian Alliance in the context of a rising China.

Date: October 17

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Flavorful and Fun Vegetarian Cooking

To celebrate the harvest season, Chef Leslie Washburne will explore the benefits of vegetarian and vegan cooking. She will share her easy-to-follow recipes that showcase how plant-based cooking can be flavorful and filling. Not only will the evening consist of learning how to cook healthy meals, but participants will also be able to enjoy tasting those delicious freshly made items.

Instructor: Leslie Washburne is a classically trained chef who received her culinary degree from The Art Institute of Dallas, and her certification in macrobiotic cooking from the Kushi Institute. Washburne has been teaching vegetarian and vegan cooking for 20 years. She is the owner of Hoffman Haus, and she and her family own Otto's German Bistro, Tubby's Ice House, La Bergerie Wine Market and Ranch Road Roasters.

Date: October 22

Day/Time: Tuesday, 6-8 p.m.

Fee: \$55 for OLLI members; \$110 for non-members (Fee includes a sampling of prepared dishes.)

Location: Hoffman Haus

601 E. San Antonio, Fredericksburg



The History and Development of the Peach Industry in Gillespie County

Learn about the peach industry in Gillespie County from A. J. Loth. He will talk about the development of the Fruit Growers' Co-op and the opportunities and challenges that growers and the industry faced during in the '60s, '70s and '80s. Cool hours, freezes, hail, transportation, markets, decline in acreage, and other the issues that affect growers will be discussed.

Instructor: A. J. Loth, known to many as "Coach" was born in Fredericksburg in 1930. He was a teacher and coach, and served in the Korean conflict. Loth was the assistant manager of the Gillespie County Fruit Growers' Co-op for three decades. He is the namesake for the annual A.J. Loth Relays held in Fredericksburg.

Date: October 23

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Texas Wines from French Grape Varieties - Ooh La La!

A wide range of grape varieties have adapted to the climates of Texas wine-growing regions and can survive the capricious Texas weather. A number of these grape varieties originated along the Mediterranean coast of France, Spain and Italy. Many of the most popular wines currently produced in Texas are made with native French varieties, some well-known and others not so much. This class will explore the origins and characteristics of these grape varieties, how they have adapted to Texas, and what some of them taste like when handled by top Texas grape growers and wine makers. Wines and cheeses will accompany the class lecture and discussion.

Instructor: Carl Hudson, a native Texan, has been involved with wine for over 40 years. He earned a Ph.D. in organic chemistry from The University of Texas at Austin and worked as a research scientist in the petroleum industry for 30 years. During this period, he organized wine tasting groups, managed restaurant wine programs and actively participated in grape growing and wine making for 11 years. Drawn back to Texas after full retirement, Hudson became a wine educator for 4.0 Cellars in Fredericksburg, started writing for wine blog sites and serves on several committees for key Texas wine organizations. In 2017, he earned the coveted Certified Specialist of Wine (CSW) certification from the Society of Wine Educators. In 2018, Hudson was presented the Wine Writer of the Year Award by the Texas Wine and Grape Growers Association.

Date: October 24

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

Fee: \$30 for OLLI members; \$60 for non-members (Fee includes lecture, wine and cheese.)

Location: 4.0 Cellars

10354 E US 290, Fredericksburg

The Story of Two Admirals

In 1905 young Chester Nimitz was assigned sea duty with the Pacific fleet upon graduation from the Naval Academy. Within months, the fleet was in Tokyo harbor in recognition of Japan's naval victory over Russia in the Russo-Japanese war. The Japanese fleet under Admiral Heihachirō Tōgō had destroyed two-thirds of the Russian fleet. As a representative of the U.S. fleet, Nimitz was selected to attend the emperor's celebration honoring Admiral Togo. There Nimitz and Togo met, and their meeting had a lasting influence on Nimitz for the rest of his life. Relatively few Americans know that Nimitz honored a Japanese admiral and that Admiral Nimitz is now honored in Japan in several places. This program will feature photos taken in Japan that connect the dots between these two heroes.

Instructor: Joseph Cavanaugh, former director of the National Museum of the Pacific War for 18 years, has worked closely with the Japanese on various activities. He led a tour of local students to Japan in 2018 where they visited the places connecting Admiral Nimitz to Admiral Togo. He holds a history degree from the University of Arkansas at Fayetteville.

Date: October 29

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

China – a Modern Nation Creating Its Past

Conventional wisdom in the U.S. has been that the Chinese invented paper and the compass, among other things. However, recent Japanese research raises questions about this narrative, including the original “Land and Maritime Silk Roads” and its relation to the new version now promoted by China. Professor Nozomu Ishiwi is a visiting Japanese scholar at the National Museum of the Pacific War in Fredericksburg, and an authority on ancient East-Asian documents. His research has shown documents that dispute Chinese historical claims. He has a fascinating story to tell about links between the East and West, papyrus in China, the compass in the East China Sea and Indian Ocean, and modern claims.

Instructor: Professor Nozomu Ishiwi, Nagasaki Junshin Catholic University in Japan, is an expert on ancient Asian language texts. He is doing research on what was written centuries ago about the history and influences of China, Japan and other East Asian nations. He will be a visiting scholar at the National Museum of the Pacific War in Fredericksburg until the spring of 2020.

Date: October 30

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

The Animals in Our Families!

This is not a class about how to deal with your brother-in-law! Rather, it is about the relationships we have with the domesticated animals who live in our houses as “members” of our family. We will review the extent of pet ownership of different animals (cats, dogs, birds, etc.) and the popularity of different breeds in the U.S. We will also explore how our relationships with our pets have changed since these animals moved indoors with us. Finally, we will outline the kinds of roles these pets play in our physical and emotional lives.

Instructor: Marye Tharp, Ph.D., is a retired associate professor of business/marketing having taught at the University of Texas, Emerson College and Shriner University.

Date: November 5

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Anti-Gravity Yoga

This class will cover two types of anti-gravity yoga: AntiGravity Fundamentals and AntiGravity Restorative. Using the Harrison Hammock, the fundamentals class incorporates a series of movements designed to decompress the spine and align the body from head to toe while stretching and strengthening muscles. AntiGravity Restorative is the gentle, healing side of AntiGravity yoga. This method focuses the mind through guided visualizations as it takes the body through a series of gentle gyrokinetic motions featuring various forms of flowing spinal traction. Taught in a sequential flow to music, the method incorporates various movements to open the hips and spine.

Instructors: Nettie Joseph (Antoinette van Heugten) is a former international lawyer and published author. She has practiced yoga for many years but became inspired by Patty Williamson’s AntiGravity class and is now a certified AntiGravity instructor. Recently, Joseph received her certification in children’s hammock yoga with an emphasis on sensory integration, executive functioning, mindfulness and play! Patty Williamson has practiced yoga and meditation for over 30 years. She has several certifications in exercise and wellness and has also received training at the Integrative Medicine Conference at MD Anderson Cancer Center. She is passionate about teaching people tools to alleviate suffering, whether physical, mental, emotional or spiritual. Williamson is committed to her local community and is involved in innovative fitness and mind-body retreats around the world. Her motto is “Outer strength, inner bliss.”

Date: November 14

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Lizard Dreaming Yoga, 733 Brehmer Lane, Units 1 & 2, Fredericksburg

You Know You’re in Trouble When the Buzzards Start Circling

Walk, don’t run. Eat this, not that. Take this, not that. Get this test done, get that procedure done. Do this, not that. With so much advice to be had, how do we know what’s best for each of us to do? Guiding the conversation to direct the person, Dr. Michael Dennis will bring his years of expertise with him as he gives his basic guidelines to good health, for they are as unique as the individual.

Instructor: Michael Dennis, M.D., earned his bachelor’s in biology from The University of Texas at Austin in 1975, received his M.D. from the University of Texas Southwestern Medical School in Dallas in 1980. Now retired from family practice, he teaches anatomy and physiology for Central Texas College in Fredericksburg.

Date: November 19

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg



Deck the Halls with OLLI: The Stories Behind Our Favorite Christmas Songs

It’s the most wonderful time of year and one of the most musical as well! It never fails, every Christmas season we are surrounded by our favorite and familiar carols and holiday songs. Join Larry Hess as he shares some of the back stories behind the music we all know so well.

Christmas sweaters (ugly or not) are encouraged, and holiday drinks and appetizers will be available!

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: December 4

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

Fee: \$15 for OLLI members; \$30 for non-members

Location: Texas Tech University Higher Education Teaching Site at Fredericksburg

Fall 2019 Class Summary – Hill Country

Class	Page	Date	Day	Time	Member Non-Member		Location
					Fee	Fee	
Highland Lakes Fall 2019 Kickoff	4	9/5	Thu	5:30-7:30 p.m.	Free	Free	Meadowlakes
Fredericksburg Fall 2019 Kickoff	4	9/6	Fri	5:30-8 p.m.	\$35	\$35	Fredericksburg
Private Art Museums in Our Midst	5	9/12	Thu	10-11:30 a.m.	\$15	\$30	Marble Falls
What's Your Story?	11	9/16	Mon	2-3:30 p.m.	\$15	\$30	Fredericksburg
Make the Best Sandwich Ever: And It's Healthy, Too!	5	9/17	Tue	2-3:30 p.m.	\$20	\$20	Marble Falls
Six Thinking Hats: A Tool to Sharpen Your Thinking	11	9/17	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
Drones: Future Directions and Security	5	9/18	Wed	9:30-11 a.m.	\$15	\$30	Marble Falls
Overview of Rural Health Care and the Impact on Hill Country Residents	12	9/18	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
The Fascinating Honeybee	12	9/23	Mon	2-3:30 p.m.	\$15	\$30	Fredericksburg
Tips and Tricks for Your Apple iPhone, from Old Guy New Tech	13	9/25	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
Your Adventure Begins Here! Planning Trips to the Texas State Parks	5	9/26	Thu	2-3:30 p.m.	\$15	\$30	Marble Falls
Photography: Take Your Best Shots!	6	10/1	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
Texas Singularities	13	10/1	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
Stitching with Gal Pals: Working and Playing with Wool	6	10/2	Wed	9:30-11:30 a.m.	\$20	\$20	Marble Falls
Prescription for Defeat: Effect of Hitler's Health on the Outcome of World War II	6	10/3	Thu	2-3:30 p.m.	\$15	\$30	Marble Falls
Managing Your Digital Photo Collection	13	10/3	Thu	2-3:30 p.m.	\$15	\$30	Fredericksburg
Hershey Ranch: The Largest Piece of Protected Land in Gillespie County	13	10/5	Sat	2-3:30 p.m.	\$15	\$30	Stonewall
Historic Texas Ranches: The King Ranch	6	10/8	Tue	10-11:30 a.m.	\$15	\$30	Marble Falls
A Mature Person's Guide to the Opera: Two Puccinis for the Price of One	14	10/8	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
The Impact of Dentistry on Our Systemic Health	7	10/9	Wed	2-3:30 p.m.	\$15	\$30	Marble Falls
Altstadt Brewery Tour	14	10/9	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
Riedel Performance Series: Wine Tasting in the Proper Glass	7	10/10	Thu	4:30-6 p.m.	\$70	\$70	Marble Falls
Understanding Health Care Advance Directives	14	10/10	Thu	2-3:30 p.m.	\$15	\$30	Fredericksburg
Living My Dream: An Astronaut's Tale	14	10/14	Mon	2-3:30 p.m.	\$15	\$30	Fredericksburg
Black Mold after the Floods...What's Next?	7	10/16	Wed	10-11:30 a.m.	\$15	\$30	Marble Falls
Human Trafficking and Murder	15	10/16	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
Benini: Life of An Artist	7	10/17	Thu	3-4:30 p.m.	\$15	\$30	Marble Falls
The Importance of Alliances: The U.S., East Asia, and a Rising China	15	10/17	Thu	2-3:30 p.m.	\$15	\$30	Fredericksburg
Flavorful and Fun Vegetarian Cooking	15	10/22	Tue	6-8 p.m.	\$55	\$110	Fredericksburg
The Use of Carbon Dioxide for Enhancing Oil Recovery	8	10/23	Wed	2-3:30 p.m.	\$15	\$30	Marble Falls
The History and Development of the Peach Industry in Gillespie County	15	10/23	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
It's a Social Media World: Let's Get Started!	8	10/24	Thu	2-3:30 p.m.	\$15	\$30	Marble Falls
Texas Wines from French Grape Varieties - Ooh La La!	16	10/24	Thu	2-3:30 p.m.	\$30	\$60	Fredericksburg
Russia and the United States: Relations in a Global Cyber Age	8	10/29	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
Connecting the Dots in History: The Story of Two Admirals	16	10/29	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
China – a Modern Nation Creating Its Past	16	10/30	Wed	2-3:30 p.m.	\$15	\$30	Fredericksburg
Origins of Inhumanity: Dissecting Murder	8	10/31	Thu	2-3:30 p.m.	\$15	\$30	Marble Falls
Japanese Landscape Gardens as Works of Art	9	11/5	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
The Animals in Our Families!	17	11/5	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
Aggie Spirit: Confederate Veterans and The Texas Military Institute	9	11/7	Thu	2-3:30 p.m.	\$15	\$30	Marble Falls
A Naturalist Perspective on Fracking	9	11/12	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
The People's Court	9	11/13	Wed	2-3:30 p.m.	\$15	\$30	Marble Falls
CASA: Superheroes Among Us	10	11/14	Thu	2-2:30 p.m.	\$15	\$30	Marble Falls
Anti-Gravity Yoga	17	11/14	Thu	2-3:30 p.m.	\$15	\$30	Fredericksburg
Birds and Bird Watching in the Hill Country	10	11/19	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
You Know You're in Trouble When the Buzzards Start Circling	17	11/19	Tue	2-3:30 p.m.	\$15	\$30	Fredericksburg
It's All About Chocolate! Hands-on Truffle Making	10	11/21	Thu	10-11:30 a.m.	\$20	\$20	Marble Falls
Destress, Declutter and Get Organized Today	11	12/3	Tue	2-3:30 p.m.	\$15	\$30	Marble Falls
Deck the Halls with OLLI: The Stories Behind Our Favorite Christmas Songs	17	12/4	Wed	2-4 p.m.	\$15	\$30	Fredericksburg
Deck the Halls with OLLI II: The Stories Behind Our Favorite Christmas Songs	11	12/5	Thu	2-4 p.m.	\$20	\$20	Marble Falls

Membership and Registration Form – Hill Country

— 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.lli.ttu.edu. We accept Visa, Discover and MasterCard.

or

- 2 Mail or send this completed form with check payable to OLLI at TTU to:
OLLI
2818 East U.S. Hwy 290
Fredericksburg, TX 78624

or

OLLI
806 Steve Hawkins Pkwy
Marble Falls, TX 78654

— 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 (\$30/person for 12 months)	_____	\$ _____
_____	GRAND TOTAL	_____	\$ _____

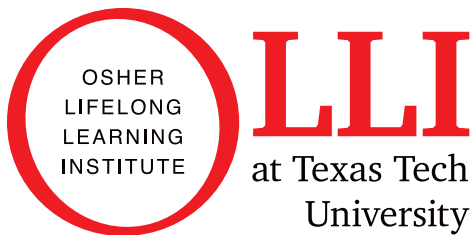
— PAYMENT INFORMATION —

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

Check or money order (payable to OLLI at TTU). Mail this completed form with check to your OLLI office:
OLLI | TTU Higher Education Teaching Site at Fredericksburg | 2818 East U.S. Hwy 290 | Fredericksburg, TX 78624
OLLI | TTU Higher Education Teaching Site at Highland Lakes | 806 Steve Hawkins Pkwy | Marble Falls, TX 78654

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

Fredericksburg: (830) 990-4948 – Mon.-Thu., Noon-5 p.m. | Highland Lakes: (830) 693-0478 – Tue.-Fri., 9 a.m.-2 p.m.



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