

The materials needed for art classes can be found on our website:

<http://www.coastal.edu/olli/materialist.html>

## ART, CRAFT, NEEDLEARTS AND PHOTOGRAPHY

### ART

#### **Acrylics (Painting) Class – Barnie Slice**

This class is designed for beginners and experienced artists alike and teaches painting techniques using acrylic paints. No materials are provided.

#### **Adult Coloring Craze – Kate Middleton**

You've probably heard about the hot new trend of adult coloring books with intricately detailed pages; it's a nice way to detox from your electronics. Come, bring your supplies and enjoy some "you time."

#### **Art in the Style of ... – Jan Garber**

Explore and create a work of art in the style of four prominent artists. Vincent Van Gogh stirs us to use expressive color to create a floral still-life in oil pastel. Claude Monet intrigues us to use tempera paint and small dashes of paint to design a landscape. Georgia O'Keefe will help us embrace details as we create a close-up version of a flower. Jackson Pollack inspires us to take risks as we create our own action painting.

#### **Basic Design and Drawing – Jolene Stinson Williams**

Each class will discuss and practice both subjects. Basic design is the arrangement of all parts of the artwork; drawing (for all levels) involves perspective, lights and shadows, texture, values, etc. All good art must start with a foundation of a correct drawing. Colored pencil students and others welcome.

#### **Basic Drawing Skills I and II – Michael Gay**

Conquer your fears and artist blocks; bring out your inner artist by learning to see and draw. Through lectures and in-class work with a little homework, you will gain confidence and improve your skills.

#### **Batik Workshop: Silk Scarf – Alice Estes**

Complete a silk scarf after learning color mixing, application of silk paints, how to transfer a pattern and use various resists on silk fabric. Add extra interest by texturing and highlighting with iridescent color. Finish by setting colors and resist. Materials provided for \$35 fee payable to instructor; it is due the first day of class.

### **Colored Pencil Techniques – Jolene Stinson Williams**

All levels welcome. The beauty of using colored pencils is that it takes so little to get started: pencils, paper and a few tools. Just pick up your pencil and begin. No mess or fuss! Interesting and realistic textures will be practiced using layering, burnishing and underpainting.

### **Creating Abstract Art – Joe DiSabatino**

This class will help you create original and expressive nonrepresentational paintings and drawings without self-judgment, fear or inhibitions. We'll explore the elements of abstract painting so you can take your creative process to the next level. We'll also look at the work of some of the best abstract painters to deepen our understanding and appreciation of modern art.

### **Discovery Art Group – Bernie Slice**

This class is designed to develop the skills of working artists who have been painting for at least a year. No painting materials are supplied.

### **Exploring the Similarities in Gothic and Modern Architecture – Bobbie Lawson**

Explore symbolic and structural similarities between magnificent Gothic cathedrals and awesome corporate towers of the modern era. We delve into cultural and historical contexts of these structures and their reflection of, and impact on, their respective societies. Interesting drama comes to light.

### **The Messages of Hope, Peace, Reconciliation and Love in Chagall's Work – Vivian R. Jacobson**

This one-hour lecture is devoted to the messages Marc Chagall sent in every one of his artworks. Chagall was also a poet and a writer; his writings will be integrated in a PowerPoint presentation. He was a genius at mosaics, tapestries, stained glass windows and other forms of art. This class will tell why Chagall was the greatest 20th century artist and so well loved by the entire world. The lecture will be followed by a 20-minute question and answer period. **OLLI FUNDRAISER**

### **Mixed Media Painting Techniques and Collage – Alice Estes**

Each student will be taught individually according to his or her painting level while discovering the fun of mixing different media (watercolor, acrylics, inks). Projects include combining various color media, exploring light and shadow contrast, masking, layering, stamping, splattering, rolling, highlighting, and salt and alcohol application. Materials list available.

### **More Italic Calligraphy – Barbara Brittain**

The students will be introduced to variations of italic calligraphy, from monoline to decorative flourishes. This will involve simple to extreme experimentation of the alphabet. The students need to be familiar with italic calligraphy.

### **Mosaic Basics – Simone Esquibel**

Learn the basics of mosaic art. While a beginners' level class, those with experience should find it fun as well. Participants will make a 12-by-12-inch mosaic with stained glass. The end result will be a mosaic to be used as a wall hanging or trivet. This workshop will take place over four consecutive days. Materials provided for \$60 fee payable to instructor; it is due the first day of class.

### **Mosaic Mirror – Simone Esquibel**

Mosaic a mirror to brighten up your home! This class is also suitable for beginners but if you have taken prior mosaic classes from Simone, you will learn new mosaic skills. This workshop will take place over four consecutive days. Materials provided for \$75 fee payable to instructor; it is due the first day of class.

### **Oil Painting: Basic Realism (all levels) – Jef Sturm**

The primary goals of this class are for students to be able to complete a painting on their own as well as to gain the confidence and knowledge to create any painting they desire without fear of failure. This class is taught in a quiet atmosphere so that an individual's concentration won't be compromised and is designed to help the beginner and experienced painter alike to learn or (re-learn as the case may be) the basics of painting realistically to create a work of art. This class will study object painting, still-life and landscape only.

### **Open Studio – Lillian Cotton**

Discover your inner artist through your choice of medium. Learn how to create contrast, rhythm, balance and composition. Color theory such as color relationships and how to mix colors will be discussed. Paint what you love. All levels welcomed.

### **Painting Street Scenes in Watercolor – Hank Pulkowski**

A street scene is a complicated subject, but painting one doesn't need to be, especially once you learn to turn "complicated" into "simplified" impressions of street scenes, based on the instructor's photos taken on his travels to London, Paris, Rome and other exotic locations. Students will also be given the opportunity to bring in their own travel photos for possible class paintings. This class will not be difficult for the intermediate painter, meaning that if you no longer consider yourself a beginner in watercolor, you are ready for this class!

### **Portrait Drawing I and II – Michael Gay**

Learn to draw portraits of friends and family, celebrities and the not-so-famous using tried and tested techniques for capturing a likeness. Prerequisite: Basic Drawing I & II or equivalent experience. Students can bring any drawing materials to first class; instructor will discuss materials in-depth at that time.

### **Stained Glass – Kathy Welde**

Enjoy a relaxed workshop where we come together to create beautiful pieces. Work in a supportive environment with the resources and advice you want and need. Learn the basics of glass cutting, grinding, polishing and placement followed by the development of the finer skills of design and foil soldering. All levels welcome. Many students return semester after semester to complete projects large and small. Many basic items are available from the instructor. Although tools are available in the classroom, students are encouraged to acquire their own as the class proceeds. Materials provided for fee payable to instructor.

### **(Ten) Famous Paintings to See Before You Die – Jolene Stinson Williams**

What are your favorite art paintings? The class will be viewing and discussing several famous painting lists from connoisseurs.

### **Urban Sketching I and II – Michael Gay**

Discover your world one drawing at a time. Learn to sketch people and places around you. Students can work in their preferred media: pencil, pen and ink with watercolor, colored pencils, etc. Bring any sketching materials and paper you have to the first class. The instructor will cover the many art material options open to you at that time.

### **Watercolor Painting – Susan Duke**

Discover your inner artist with individualized instruction, from beginner to advanced painting. Learn about color and mixing technique, design, composition and different methods of applying watercolor through demos and in-class projects. Techniques include washes, glazing, lifting paint and texture exploration, as well as broadening the palette and selecting subject matter.

### **Watercolor Painting – Alice Estes**

Discover the artist in you with individualized instruction to meet the needs of each student, from beginner to advanced. Learn all about color and mixing, technique, design, composition, and different methods of applying watercolor through demos and in-class projects. Techniques including washes, glazing, lifting paint and texture exploration, as well as broadening the palette and selecting subject matter.

### **Watercolor Painting – Bernie Slice**

This class is designed to teach the beginner and seasoned watercolor artist alike. All students' skills will be honed as they learn or deepen their knowledge of watercolor techniques. No materials supplied.

## **CRAFT**

### **Make Your Dream Dollhouse – Sue Ann Whittick**

Starting with a two-story, four-room dollhouse kit, participants will choose all the basic materials such as paint and wallpaper and construct then decorate their dollhouse. All needed supplies except furniture are included in the materials fee.

### **Weaving a Seaside Basket – Sue Ann Whittick**

After a brief overview of the history of baskets, including Lowcountry sweetgrass baskets, the participants will weave a rectangular or cylindrical basket from reeds and other natural materials (not sweetgrass). Students can decorate the basket rims with seashells and will learn about other decorating options. The class is suitable for beginning basket weavers. Materials provided for \$5 fee payable to instructor; it is due the first day of class.

## **NEEDLEARTS**

### **Beginning Quilting – Karen Fedor**

This class is about taking three pieces of fabric and turning them into a well-constructed quilt. During this class, you will learn quilting terms that you will need to become a quilter, as well as the basic steps of fabric selection, rotary cutting, quarter-inch seams, adding borders and finishing your quilt. You will learn from beginning to end how to make a quilt. After six weeks, you should have a completed top!

### **Knitting – Beginners to Advanced – Priscille Boisvert**

Beginners will learn to cast on and off, knit and purl, and start a project. Each student will be given individual attention. Intermediate and advanced students can pick their project (bring an unfinished project of choice to the first class). Yarn and supplies may be purchased from the instructor.

## **PHOTOGRAPHY**

### **Advanced Photography – David Fattaleh**

This is a photography course for beginner and intermediate photographers. All aspects of photography will be covered: composition, landscape, people, macro, light, image critique and Photoshop.

### **Basic Digital Photography – Paige Sawyer**

Learn camera functions, exposure, composition and lighting combined with ingredients for making good photographs. Bring your camera to class.

### **Digital SLR – Keith Jacobs**

This class will address basic usage of SLR digital cameras and lead students through manual operation exercises for the first four weeks, with concentration on compositional techniques for the second four weeks. Bring your own flash drive and camera.

### **Photo Safari – Paige Sawyer**

Explore Georgetown behind your camera with an award-winning photographer who knows the terrain intimately. We'll cover what to shoot and how to shoot, with additional in-class time to review and critique your images.

### **Photojournalism/Picture Stories – Keith Jacobs**

Learn how to shoot and assemble a photo package that tells a story from an award-winning photojournalist. Class will focus on capturing images in a candid style and putting coherent stories together. Bring your camera.

## **CLUBS AND SOCIETIES**

### **CLUBS**

#### **BOOK**

Book clubs meet once a month to discuss works selected by the group. Book selections are listed on the website and in the weekly e-Newsletter.

**Georgetown (G01)** the Georgetown Southern Writers Book Club, under the leadership of Ann Carlson and Sandra Quinn, is a book club of Southern writers. It meets once a month from 3 to 4:30 p.m.: 1/11, 2/1, 3/7, 4/4, 5/2.

**Conway (C01)** under the leadership of Susan Galante, this club meets year-round on the second Monday each month from 1 to 2:30 p.m.: 1/11, 2/8, 3/14, 4/11, 5/9.

**Litchfield (L01)** under the leadership of Anne Duncan, this is a contemporary book club that meets year-round on the fourth Monday each month from 10 a.m. to noon: 1/25, 2/22, 3/28, 4/25, 5/23.

**Litchfield (L02)** the Classic Book Club, led by John Hobson, meets on the first Thursday each month from 2 to 4 p.m.: 1/7, 2/4, 3/3, 4/7, 5/5.

**Myrtle Beach (M01)** under the leadership of John Hobson, this club meets year-round on the first Monday each month from 10 a.m. to noon: 1/4, 2/1, 3/7, 4/4, 5/2.

## **CURRENT EVENTS CLUBS**

**Middle East (Myrtle Beach)** is led by Samih Baalbaki and meets on alternate Wednesdays.

**The World (Litchfield)** is led by Bob Poirier and meets once a month.

## **FOREIGN LANGUAGE CLUBS**

**French Conversation Club (Myrtle Beach)** is led by Samih Baalbaki and meets alternate Wednesdays.

**Spanish Conversation Club (Myrtle Beach)** is led by Luz Greene and meets once a month.

## **GARDENING CLUBS**

**Academy of Gardening: Tips and Techniques (Conway)**, led by Carol Peeples, is an ongoing group that discusses topics and techniques related to gardening in Horry County. Seminars and hands-on projects are designed to inform and teach both casual and serious gardeners. Occasional field trips and guest speakers will supplement classroom activities. Prerequisite: Intro to Gardening. Meets twice a month on Wednesday at the Coastal Science Center from 10:15 to 11:45 a.m.

**Introduction to Gardening in Horry County (Conway)**, led by Faye Akers, is a two-semester club designed to introduce novice and “transplanted” gardeners to the unique challenges of gardening in Horry County. Discussions will cover all aspects of gardening in the South. Topics include local soil characteristics, plants that will (and will not) grow in this area, pests (insects, diseases, weeds), and dealing with our climate from the plant’s perspective. Meets every Wednesday in Conway from 9 to 10 a.m.

**Litchfield Academy of Gardening (Litchfield)** is led by Sue Mushock Myers and Anita Lampley. There are no prerequisites to participate. The club meets the first Tuesday of each month from 10 a.m. to noon.

## **INVESTMENT**

**Investor Education Club (Litchfield)** is led by Tim Miller and meets on the first Tuesday of each month from 6 to 7 p.m. Learn about the different kinds of financial investments, as well as the risks and rewards associated with each. Club participants will be able to more confidently construct an investment portfolio designed to meet your specific objectives and/or more intelligently work with a financial adviser in structuring your investment strategy. Come to share knowledge and experiences with other investors as part of a participative learning experience.

## TECHNOLOGY

**iPad Club (Myrtle Beach and Conway)**, led by Roy Frost, discusses items of interest to members such as updates, apps and software.

**iPad Club (Litchfield)**, led by Ed Robidoux, reviews and discovers apps and software updates.

**Mac Club (Litchfield)**, led by Ed Robidoux, meets monthly to review and discover apps and updates for Apple computers.

## TRAVEL

**Coastal Carolina Travel Clubs (Litchfield and Myrtle Beach)**, led by Bill and Judy Blackburn, meet the second Monday of the month.

## SOCIETIES

### BRIDGE

**Gilles Bridge Society (Conway)**, led by Wally Lasher, is a progressive rubber bridge group; it is **not** a club. Each player is asked to contribute 50 cents at each meeting to provide prize money. The format is unique for social bridge in that the same partner is retained throughout the evening and penalties for slow play are mitigated. Individuals without partners are welcome. The society has no affiliation with a national organization and meets every Thursday from 7 to 10 p.m. at the Coastal Science Center. Reservations must be made by the preceding Tuesday at 6:30 p.m. by calling 843-347-2339 or emailing [wlasher@hotmail.com](mailto:wlasher@hotmail.com).

## COMPUTERS AND TECHNOLOGY

### **Adobe Photoshop Creative Cloud – Ed Robidoux**

This course is designed to demystify Photoshop and Lightroom. We will work together step-by-step to learn post-processing of photos. Students must have solid computer skills and a laptop computer with Adobe Photoshop CC installed.

### **Computers for Absolute Beginners: Level 1 – Angela O’Sullivan**

This hands-on class is offered twice a week for ease of retention. We will cover terminology for hardware and software, mouse techniques and navigation of Windows. We will also begin to learn to use WordPad (edit/format/ save) and Paint (design) accessory programs and will cover the basics of printing. A flash drive is required.



### **Computers for Absolute Beginners: Level 2 – Angela O’Sullivan**

Building on skills learned in Level 1, students will advance their knowledge and hands-on editing skills (cut, copy and paste) in WordPad and drawing (Paint). If you have ever “lost” a file, this is the class for you as we will learn, understand and practice file management techniques. Explanations of techniques for personalizing your computer will be covered. A flash drive is required; students must have completed Level 1 or have commensurate knowledge of skills and components covered in that class.

### **Introduction to Wordpress – Charlie Engle**

Learn how to build a Web site from scratch using WordPress. The class will take you through the process of finding a Host provider, obtaining your URL (domain name), installing the WordPress software and designing a few pages of a web site. You will learn how to pick a theme, add images to your web page, and learn some of basic practices that will help you format your text. We will also show you how to create the Menus for your web, how to add more functionality using plug-ins and widgets and more. You are encouraged to bring a flash drive.

One reference for the class will be “WordPress: The Missing Manual.” Author: Matthew MacDonald. Publisher: O’Reilly. Purchasing the book for class is optional; however, it is a good book to purchase if you will be designing web pages or updating WordPress web pages.

### **iPhones and iPads: Advanced Functions – Carl DiLorenzo**

This class will cover advanced functions and features of Apple iPhones and iPads. In addition, we will cover tips and techniques for using these devices and advanced applications. This is a hands-on course and students will have the opportunity to practice on their own personal devices while they are learning. An iPhone or iPad is required and applicants must have completed Functions of iPhones and iPads or demonstrate their understanding of the basic functions of these devices.

### **iPhones and iPads: Functions – Carl DiLorenzo**

This class will cover 20 major functions and features of Apple iPhones and iPads. This is a hands-on course and students will have the opportunity to practice the functions on their own personal devices while they are learning. A comprehensive exercise guide will be provided to each student. An iPhone or iPad is required.

### **Using the Internet Level 1: World Wide Web – Angela O’Sullivan**

In this hands-on class, students will explore Internet browsers, search engines and directories, techniques for surfing and searching, creating bookmarks, and accessing help. We will copy and save certain webpage text and/or graphics, as well as discuss

copyright issues. The instructor will give explanations of accessing help and Internet settings or tools. Prerequisite: solid working knowledge of basic computer skills, such as is covered in Computers for Absolute Beginners, Levels 1 and 2. A flash drive is required.

### **Using the Internet Level 2: Email – Angela O’Sullivan**

A hands-on class where we will discuss different emailing options and set up your personal electronic mail account. Then students will learn to send, receive, flag, label, save and retrieve emails and attachments. They will also learn to manage contacts and set options. Prerequisite: Solid working knowledge of basic computer terminology and skills such as covered in Computers for Absolute Beginners Levels 1 and 2. A flash drive is required.

### **Web Design – Charlie Engle**

Learn how to build a Web site from scratch using WordPress. The class will take you through the process of finding a Host provider, obtaining your URL (domain name), installing the WordPress software and designing a few pages of a web site. You will learn how to pick a theme, add images to your web page, and learn some of basic practices that will help you format your text. We will also show you how to create the Menus for your web, how to add more functionality using plug-ins and widgets and more. You are encouraged to bring a flash drive.

One reference for the class will be “WordPress: The Missing Manual.” Author: Matthew MacDonald. Publisher: O’Reilly. Purchasing the book for class is optional; however, it is a good book to purchase if you will be designing web pages or updating WordPress web pages.

### **Windows: Beyond the Basics – Charlie Engle**

This course will review the main features of the new Windows 10 environment. We will explore the differences between Windows 10 and the older Windows XP, Windows 7 and Windows 8 environments. You will learn about the new web browser – Microsoft Edge and the new app named Cortana. We will also explore the file manager to show you how to organize and manage your files and review software apps that can help you improve your computing experience. Bring your questions to class and we will answer them. You are welcome to bring your laptop to class regardless of which Windows operating systems is installed. You are encouraged to bring a flash drive.

## DANCE, FILM, MUSIC AND THEATER

### DANCE

#### **Basic to Intermediate Shag – Sandra Lucas-Hyde**

The shag was designated as the official South Carolina state dance by Act 329 of 1984; it is performed to music known as beach music. Both the music and dance are structured on time signature and can be performed to almost any tempo, as long as the basic step is maintained and kept in time to the music. Come learn the steps and hear great music.

#### **Shimmy, Shake and Raqs I – Ellen Jampole**

Want to have fun? Want to be happy, not worried? Want to move, groove and work your core in a gentle manner? If you answered yes, this dance class is for you. Learn basic moves to belly dance in this introductory class. We'll touch on shimmies, hip lifts and hip twists. Learn to express your inner, exuberant self. As Vicki Baum says, "there are shortcuts to happiness, and dancing is one of them."

#### **Shimmy, Shake, and Raqs II and III – Ellen Jampole**

Want to continue to have a lot of fun, be happy, move, groove and work your core in a gentle manner? This follow-up course includes more drills and basic movements of belly dance. We'll learn shimmies, hip lifts, hip twists, hip circles, a routine and more. Keep on expressing your inner, exuberant self. Nietzsche felt a day without dance was a day wasted.

#### **Social Ballroom Dancing – Sandra Lucas-Hyde**

This is not your grandmother's ballroom dancing! Current and club-friendly, this course will enhance your social dancing by adding smooth, sexy, simple steps. You will have fun, improve your health and posture, and become more self-assured and confident on the dance floor. All dances are taught in an easy method everyone can learn. Cha-cha, tango, waltz, swing and more will bring out the dancer in you.

### FILM

#### **Current Trends in International Films – Josette Sharwell**

Only about 2 percent of all international films are distributed in commercial theaters in the U.S. This class is an opportunity to discuss some of the 98 percent not shown in our neighborhood theaters and to get acquainted with the latest trends in recent films made worldwide and the techniques of their directors.

### MUSIC

#### **The Art of Listening – Sarah Kelly**

“Listening” is the basic activity that leads to the love of music and to its understanding. An acquaintance with musical terms and concepts (the “language of music”) can help you grasp more clearly what you already hear in music. In this course, all music concepts we discuss will be illustrated by listening to examples from the classical repertoire.

### **The Bobby Darin Story: Beyond the Song – Phil Bruschi**

Although Bobby Darin has been gone for almost 40 years, his ongoing talent has withstood the test of time. A multifaceted entertainer, his hits ranged from rock to country to folk songs. He danced, sang and played drums, guitar, piano, vibes and harmonica. Bruschi’s tribute takes listeners through Darin’s early years, his nightclub act and the changes he went through in the 1960s; Bruschi performs many of Darin’s biggest hits. **OLLI FUNDRAISER**

### **Beethoven, Revolution and Romanticism – Sarah Kelly**

The music of Beethoven launched the most significant turning point in the history of Western music: the movement from obedience to stylized forms toward the unfettered expression of the human spirit. Spurred by the revolutionary climate of his time, Beethoven broke the molds of traditional musical forms and led the way to 19th century romanticism in music.

### **Beginners Piano Keyboard Lab – Paul Ondrus**

Bring your own keyboard (a few available in class) and learn the correct fingering, how to read music and how to really play. This class will be fun, filled with your energy and is for the true beginner.

### **The Black American Influence on American Music, 1840-1960 – Lloyd Kaplan**

America’s music would be vastly different had it not been exposed to the music of African-Americans. From the time of slavery, many white Americans have been fascinated with the music of the black population. Gradually, African-American music seeped into mainstream America’s music via minstrel songs, blues, ragtime, jazz, popular, Broadway and classical music. Discussions of these styles will be followed by the playing of CD recordings.

### **The Golden Age of the American Songbook – George Devens**

During these six weeks, you’ll hear Burt Bacharach; Hoagy Carmichael and friends Johnny Mercer, Frank Loesser and Burton Lane; the Beatles; Rodgers before Hammerstein and then “Oklahoma!”; Billy Joel; and George Gershwin and Harold Arlen.

### **Group Guitar: Boost the Brain and Express the Heart – Gary Assadourian**

Music has been proven to be a healing tool for the analytical left brain. A simple way of

learning notes, chords, melody and harmony gives the students easy access to playing the guitar. Bring your guitar; music book determined at first class.

### **Group Piano: Boost the Brain and Express the Heart – Gary Assadourian**

A whole brain approach balances the intuitive right brain and the analytical left brain. Students will be taught a simple way of learning notes, chords, melody and harmony that gives them easy access to getting around on the piano and the joy that this fulfilling experience provides. Bring your keyboard (a few available in class); music books determined at first class.

### **Group Ukulele: A Hawaiian Musical Adventure – Gary Assadourian**

A whole brain approach balances the intuitive right brain and the analytical left brain. A simple way of learning notes, chords, melody and harmony gives the students easy access to getting around “the world’s happiest instrument” and the joy that this fulfilling experience provides. Bring your ukulele; music book determined at first class.

### **The Muses to Mozart – Sarah Kelly**

Music is a universal language that gives valuable insight into the social, cultural and aesthetic traditions of different historical eras. This course will explore the history of Western music, from ancient times through the 18th century, with an emphasis on how music is a mirror of the events and ideals of its time.

### **Music and the Enlightenment – Sarah Kelly**

This course will focus the development of music from Vivaldi to Mozart. In particular, we will explore how Enlightenment philosophy, along with social and literary trends, impacted the musical culture of the 18th century.

### **Music at the Movies – Sarah Kelly**

From Beethoven to Cole Porter, the lives of famous composers provide rich and entertaining material for moviemakers. In this course, we’ll examine how the modern entertainment industry has combined fact and fiction to create intriguing dramas about historical composers and musicians. Each class session will consist of an introductory presentation, film viewing and class discussion.

### **Neil Diamond: Singer and Songwriter Tribute – Phil Bruschi**

In this musical biography, you can learn about Diamond’s career ups and downs, see a slideshow which includes video clips of interviews with Diamond, and hear some of his songs. Did you know Diamond has sold more than 125 million records and has had 10 No. 1 hit singles? Come learn more about the “Brooklyn Baritone.”

## **OLLI FUNDRAISER**

### **Opera Unmasked – Sarah Kelly**

Opera was the original multimedia extravaganza. First conceptualized in late 16th-century Italy, opera soon spread across Europe and captured imaginations with its spectacular showcasing of human emotions and human conflict. Through lectures, video performances, listening and class discussions, we'll explore the development of opera from its beginnings through the 19th century from a historical and cultural perspective.

## **EXCURSIONS**

Trips are listed **chronologically**. Please dress appropriately for the weather and wear comfortable shoes; you should consider a hat or head covering of some sort as well. If you are going to be walking, that needs to be taken into consideration. Bring a bottle of water as well as sunscreen.

### **JANUARY**

#### **23 (Saturday) Charleston Aquarium and Turtle Hospital**

This is the only South Carolina hospital for sick and injured sea turtles. Here we will learn about current patients and the extraordinary care provided for these endangered creatures. Afterward, we'll tour the Charleston Aquarium. Lunch will be at Fleet Landing.  
Activity Level 2

#### **27 (Wednesday) NC Aquarium at Fort Fisher**

This excursion promises to be exciting. It has a 93,000-square-foot building on a 23-acre site. All exhibits and restrooms are wheelchair/handicap accessible. The theme is aquatic and terrestrial habitats of the Cape Fear River basin and marine life from the Carolina coast. Signature animals include a rare albino alligator, loggerhead sea turtle, green moray eels and sharks. We will have a special behind-the-scenes peek at the aquarium. There is a gift shop on-site.

Activity Level 2

#### **29 (Friday) South Carolina State Museum**

We will enjoy four floors of South Carolina's diverse and exciting history through fascinating displays on dinosaurs, prehistoric fossils, the Revolutionary War, the Civil War, African-American history and more. You'll find South Carolina art featured across all four floors of exhibit galleries and you won't be able to miss the giant prehistoric megalodon shark replica. Lunch will be at the museum.

Activity Level 3

## **FEBRUARY**

### **6 (Saturday) Hunley Museum**

The first successful combat submarine, the Hunley, was not air-conditioned nor automatic and was built for people about 5 feet tall. She is an important part of Civil War history and was the first submarine to sink an enemy ship. Immediately afterward, she disappeared. Why? What happened? The tour will answer some of the questions and give real insight into the times.

Activity Level 3

### **17 (Wednesday) Camden: Springdale Race Track**

Camden has the distinction of being the oldest inland city in South Carolina. We will tour the Springdale Race Course, home of the spring Carolina Cup and the fall Colonial Cup steeplechase events. The racetrack is also home to a racehorse museum. We will also tour the town and discuss famous, historical figures from Camden.

Activity Level 5

## **MARCH**

### **2 (Wednesday) The Grove Mansion**

This 7,000-square-foot Victorian mansion exemplifies Marion's unique history. Part historic treasure, part museum, this is a working homestead with each room furnished with décor original to the house. It is one of the best documented properties in South Carolina; you can follow the lives of the outstanding people who lived here, hear the unusual story of the relationships between the Montgomery family and the African-Americans who served at The Grove, and examine the artifacts and photos from the Montgomery sons who participated in both world wars. The proprietors dress in period clothing to give tours. Lunch will be at Webster Manor in Mullins.

Activity Level 3

### **11 (Friday) Middleton Place**

Middleton Place is a National Historic Landmark and home to America's oldest landscaped gardens. Centuries-old camellias bloom in the winter months; azaleas flower on the hillside above the Rice Mill Pond in the spring. During the summer, kalmia, magnolias, crepe myrtles and roses accent the landscape which is beautiful all year round. The gardens have been planned so that something is in bloom throughout the year. Lunch will be at the restaurant on the grounds.

Activity Level 5

### **12 (Saturday) Skirmish at Gamble's Hotel**

Located near Florence, the Skirmish at Gamble's Hotel is more than a Civil War battle re-enactment. You will get an idea of what it was like to live in the 1860s in the South as there are "sutlers" (merchants selling historically appropriate wares), soldiers, food and cooking demonstrations, as well as a field hand's cabin to view. The home may be open for tours and there may be skilled craftsmen demonstrating historically appropriate crafts. The weather may be cold or warm; please check the weather and bring appropriate clothing as the battle takes place no matter the weather. **Please bring a chair for sitting.**

Activity Level 5

### **16 (Wednesday) Bellamy Mansion Museum**

This is one of North Carolina's most spectacular examples of antebellum architecture and is a mixture of neoclassical styles. After lunch at Elijah's Restaurant on the waterfront, we will walk the harbor walk and see the old Cotton Exchange, a shopping complex consisting of more than eight historical buildings dating back to the late 19th and early 20th centuries.

Activity Level 5

### **30 (Wednesday) Captain Rod's Plantation Boat Tour**

On this tour, we'll go up the Waccamaw River in Cap'n Rod's boat. We'll see lovely plantation homes, live oaks and avian wildlife in its natural habitat.

Activity Level 2

## **APRIL**

### **2 (Saturday) Millford Plantation**

Considered by many to be the finest example of Greek revival residential architecture in America, Millford Plantation was begun 1839 and finished in 1841. Surrounded by live oaks, magnolias and green lawns, Millford seems as though it might be part of a dream. Visitors must still drive on dirt roads and through moss-draped forests to reach the idyllic plantation.

Activity Level 4

### **8 (Friday) Pear Fryar Topiary Garden and the Button Museum**

Pearl Fryar has created a fantastic topiary garden. These living sculptures are the result of a great deal of love and horticultural knowledge. Many plants were rescued from compost piles at local nurseries and have thrived, becoming wonderful, perhaps abstract, shapes. Dalton Stevens' insomnia is to thank for this delightfully whimsical unique treat. He has sewn or glued buttons on anything that he could, from his guitar to his hearse. In addition to his fascination with buttons, he is also a musician. ***While there is no charge for admission to either place, a donation is sincerely appreciated at both.***



Activity Level 4

### **15 (Friday) Charleston Churches**

Charleston is known as the Holy City because it was one of the few places in the original 13 colonies that practiced religious tolerance. From the beginning, the city was a melting pot for people of all faiths, especially those who had been persecuted elsewhere because of their religious beliefs. We will visit First Scots Presbyterian, First Baptist, French Protestant (Huguenot), St. Michael's Episcopal and St. Philip's Episcopal Churches. ***While there is no charge for admission, a donation is sincerely appreciated at each church.***

Activity Level 4

### **20 (Wednesday) Magnolia Cemetery**

Now one of the most famous cemeteries in our state, Magnolia Cemetery was designed during a rural cemetery movement that crossed from Europe to America. It is the oldest public cemetery in Charleston, founded in 1849. Charlestonians would come to Magnolia to picnic, play and visit the dead. The cemetery continues as one of the best and most beautiful examples of rural and Victorian cemetery design in America.

Activity Level 5

### **28 (Thursday ) Anne Tilghman Boyce Coastal Reserve**

The Anne Tilghman Boyce Coastal Reserve, including Waties Island, is located on the northeast coast of South Carolina, just above Cherry Grove beach. The reserve is an outstanding example of an undeveloped complex of ocean frontage, fresh and saltwater marshes, tidal creeks, and upland woods. We will have a field workshop led by a marine science educator. Dress appropriately for being outside, bring sunscreen and water. Please bring a plastic bag or two as well so as to be able to pick up any litter so we can help protect this lovely reserve.

Activity Level 5

## **MAY**

### **4 (Wednesday) Charleston Tea Plantation and the Angel Oak**

Located on Wadmalaw Island, visitors learn firsthand how tea is made during an informative factory tour. We will also take a trolley ride through the tea fields, have lunch at the Tomato Shed Restaurant and visit the Angel Oak tree which is more than 1,000 years old.

Activity Level 3

## **FOREIGN LANGUAGES**

**Advanced Conversational Spanish – Luz Greene**

Advanced conversational Spanish for travel and the workplace, the class includes grammar, phonetics and pronunciation, reading, writing and speaking skills. Required text: “Spanish Pronouns and Prepositions” by Dorothy Richmond

**Basic Conversational Spanish – Luz Greene**

We will explore conversational Spanish for travel and the workplace, including reading, writing and speaking skills, grammar, phonetics and pronunciation. Required: “Easy Spanish Step-by-Step” by Barbara Bregstein.

**Intermediate Conversational Spanish – Luz Greene**

This is a continuation of conversational Spanish for travel and the workplace, including grammar, phonetics and pronunciation, reading, writing and speaking skills. Required text: “Intermediate Spanish Grammar” by Gilda Nissenberg

**Italian Conversation I – Sarah Kelly**

Advancing students and beginners alike will enjoy developing and expanding their conversational skills. Through role playing, questions and answers, and other engaging activities, increase your fluency and confidence in speaking and understanding Italian.

**Italian Conversation II – Sarah Kelly**

A continuation of Italian Conversation I, the emphasis is on building fluency and confidence in a variety of conversational situations.

**Italian Conversation III – Sarah Kelly**

This class is for students who wish to further build on their practical and functional use of spoken Italian. You will develop real insight into how the language works while boosting your confidence to speak.

**Italian for Travelers – Eleanor Ferrar**

An enjoyable and functional introduction to the Italian language, this course will focus on vocabulary building and conversation proficiency, as well as reading and listening comprehension. In particular, the rapid acquisition of a working vocabulary will enable you to quickly and easily construct sentences that will be useful in everyday life and travel situations. Class materials provided.

**Spanish for Travelers – Luz Greene**

This course builds on students’ prior knowledge of the Spanish language. The class will

include development of students' reading, writing and speaking skills.

## LITERATURE, PUBLISHING AND WRITING

### LITERATURE

#### PUBLISHING

##### **How to Publish: CreateSpace – Tibby Plants**

Learn how to format your manuscript with Microsoft Word and how to set up an account at CreateSpace. Get published!

##### **How to Publish: Kindle – Tibby Plants**

Learn how to format your manuscript for Kindle. Learn how to set up an account at Kindle Publishing. Get published!

##### **Self-Promotion for Authors: Building Your Platform Overview – Tibby Plants**

Have you published a book either in the traditional manner or are self-published? Are you in the process of publishing? Authors must connect with their readers. This workshop is an overview of a simple plan for authors of setting up a platform for self-promotion: creating a website as well as implementing social media to interact with readers and direct them to your work.

#### WRITING

##### **Creating Short Fiction: Writing For Your Reader – Richard Lutman**

In this supportive workshop, you will learn how to avoid the six most common pitfalls a writer experiences and how to plan and construct stories to catch the reader's interest. The workshop will include writing activities, handouts, brief discussions of writing techniques and critiques of your work. Students are encouraged to submit samples of their work.

##### **Creative Writing Roundtable – Tibby Plants**

We all tell stories, but how do we write them for others? In this class, you will be coached to discover how to begin a story and develop it for publication or personal enjoyment. Learn, share, and receive help and inspiration in a friendly, nurturing environment.

##### **How to Write a Good Poem – Joe DiSabatino**

In this course, you'll learn techniques that release the imagistic power of your right brain for writing poems that are fresh and original. We explore the essential poetic elements of language rhythms, creative tension, image and metaphor, recurrence, and revising as you learn to develop your own style of creative self-expression.

### **Making Your Memoir a Page Turner – Darlene Eichler**

The class is based on the premise that everyone has a story; they must learn how to tell it in a way to spark interest from readers. Students will be required to write vignettes for homework and read them in class. Lectures will explain the mechanics of good writing.

## **NATURE AND SCIENCE**

### **NATURE**

#### **Jewels of the Sea: Pearls, Coral and Seashells – Sue Ann Whittick**

Learn about the history and importance of pearls (tears of the mermaid) and coral and their contemporary use.

#### **Marvelous Gardens of Canada's Maritime Provinces – Richard Hull**

Join us on lavishly illustrated tours of the finest public gardens in Maritime Canada. Our neighbor to the north offers some amazing gardens, of which many of us are totally unaware. What better way to spend some winter mornings than by being introduced to these wonderful gardens? The history, design, unique plantings and special adaptations to a harsh climate of each garden will be considered. Come and be introduced to some beautiful places that you may find yourself wanting to visit. No text is required; extensive handouts will be distributed.

### **SCIENCE**

#### **From Arboreal Primates to Jerry Springer, the Evolution of Communication, Morality and Thinking – Austin M. Hitt**

In celebration of the 2016 International Darwin Day, this presentation will focus on the evolution of human thought and morality. Additionally, the implications of how humans have evolved to perceive and learn about the world, with a specific emphasis on the implications for developing a scientific perspective, will be discussed.

### **Introduction to Astrology – Jane Stenglein**

This course is an introduction to the subject of astrology. This class will focus on the signs of the Zodiac, their strong and weak qualities, and how those qualities can be used to enhance one's life. Students will learn about each sign's ruling planet, the astrological houses and the placement of planets within the houses. They will also learn how to set up an astrological chart and be introduced to the basics of chart interpretation.

### **Lunch and Learn with Coastal and Marine Systems Science – Faculty/Student**

Bring your own lunch and join in these science-based seminars led by School of Coastal and Marine Systems Science graduate students, faculty and/or staff. These one-hour discussions focusing on current research about coastal environments and processes where land, ocean, atmosphere and society interact will include plenty of time for questions and answers. Monthly sessions will be held from noon to 1 p.m. at the Myrtle Beach and Georgetown Education centers, and information on specific topics and presenters will be announced prior to the seminars.

## **PERSONAL GROWTH AND SKILLS**

### **FINANCE AND SERVICE**

#### **Estate Planning and Administration Basics for Everyone: A Comprehensive Primer – Gary Newman**

In three two-hour sessions, we'll touch all aspects beginning with introspection, moving to topics and criteria for decision-making, helpers and fiduciaries, forms of property ownership, and ending with records strategy. We'll examine legal tools and documents such as trusts applicable and legacy letters. We will finish with probate, distributions and closing. The content is not state-specific but includes some of South Carolina's legalities governing estate planning documents. Two guest speakers will be a practicing estate-affairs attorney and a former assistant probate judge from Horry County. Current copies of the moderator's draft minibook manuscript will be offered at the cost of duplication (approximately \$10.50) as a supplemental resource. Other appropriate publications may also be available, some free and some at their vendors' prices.

#### **Planned Giving Options and Advantages – Why Should I Consider a Planned Gift? – Gina Markland**

This class is designed to help students learn about the many options for making planned gifts as well as some of the advantages for making gifts during one's lifetime and/or after death. Topics will include the many types of planned gifts, as well as potential tax ramifications. The goal is to help students understand the basic premises of various planned gifts and how they may potentially work in the estate planning process. *What if*

*you could ...* Make a gift that will also create an income during your lifetime? Gift your house and still live in it until you are gone? Give an old insurance policy you no longer really need? Give away part of your IRA distributions and not pay taxes on them? Gift part of your estate upon your death? Name a charity as a beneficiary of your IRA or insurance policy? Why should you consider a planned gift instead of giving outright cash? Come explore the options.

### **Smart Managing for Elder Living Symposium – Gary Newman**

This is a wide-ranging symposium featuring a dozen expert, practicing professionals as guest presenters who will be sharing their knowledge of managing late-life, end-of-life and funeralities. There will be lectures, question-and-answer periods, and discussions over six two-hour sessions. Topics include mental health; suicide; caregiver/care receiver abuse; wealth management; financial strategies; elder law, inter vivos estate planning and surrogate fiduciary services; home living and health care; long-term care facilities; hospice; health, nutrition and longevity; Medicare/Medicaid as well as thanatology. Current copies of the moderator's draft minibook manuscript will be offered at the cost of duplication (approximately \$10.50) as a supplemental resource. Other appropriate publications may also be available; some free and some at their vendors' prices.

## **FITNESS**

### **General Exercise and Self-Defense**

#### **Ayurveda Lifestyle Weight-Loss Program – Pat Dunning**

The Ayurveda Lifestyle Weight-Loss Program (AWLP) is stunning in its simplicity, completeness and effectiveness. It is a holistic approach to understanding each individual's needs that are relevant at all levels of your body, mind and spirit. Your individual psycho-physical characteristics (genetic background, metabolism, biological patterns, diet, etc.) are unique and therefore a paramount consideration of your individualized journey toward health and wholeness. Based on your Ayurvedic dosha type (Vata, Pitta or Kapha) you will be able to tailor your AWLP requirements for successful weight loss.

#### **Exercise: Pilates – Pat Dunning**

This fitness class will help you create the body you've always wanted. Pilates exercises focus primarily on developing strong abs, strengthening the body without excess bulk and creating a sleek, toned body. The exercises are modified as necessary so that everybody can do them without strain or exhaustion.

#### **Self-Defense for Seniors – Danny Cross**

This class is designed to instill self-confidence through mental and physical training that will enable the participant to avoid questionable or dangerous situations through a higher sense of awareness and, if the situation cannot be avoided, have the ability to utilize self-defensive techniques. Wear comfortable clothing.

## TAI CHI

### **Taoist Tai Chi II – Elizabeth Hileman/Dwight Fee**

Taoist Tai Chi II is for those students past the beginning the study of tai chi who know the first 17 to 54 moves of the set. It is a complete and integrated exercise; the stretching and turning works all of the body's systems deeply, yet gently. The slow, rhythmic moves help to reduce tension and stress, improve circulation and balance, and increase strength and flexibility. Set leaders will separate more advanced students.

### **Taoist Tai Chi III and IV – Elizabeth Hileman/Dwight Fee**

Taoist Tai Chi III and IV is for those students who know 54+ moves or have completed the 108 movements of the set. Set leaders will separate more advanced students.

### **Taoist Tai Chi Beginners Class – Holly Uzun**

Taoist Tai Chi is a gentle yet thorough exercise consisting of a series of turning and stretching movements. It is simple to learn and benefits every system of the body, as well as mind and spirit. Beginners will learn the 108 movements of the Taoist Tai Chi set. Please wear comfortable clothes and flexible shoes. (The session beginning in March class is a continuation of the January session; students enrolling in the March session must be knowledgeable of tai chi.)

### **Taoist Tai Chi Continuing Class – Holly Uzun**

Taoist Tai Chi is a gentle yet thorough exercise consisting of a series of 108 turning and stretching movements. It is simple to learn and benefits every system of the body, as well as mind and spirit. Continuing students will work on improving their form and deepening their understanding of Taoist Tai Chi. Please wear comfortable clothes and flexible shoes.

## YOGA

### **Beginner's/Chair Yoga – Donna Carr**

In this class, we start our practice from a chair, working with the breath and linking breath with movement. The whole practice can be done from a chair with modifications given to students who would like to take the practice a little further physically. Each class ends in meditation done from the chair or the floor (bring a yoga mat).

### **Simply Yoga – Donna Carr**

This class will consist of breathing, asana and meditation to end class. We will work on different postures each week, depending on the needs of the class. All classes end with deep relaxation/guided meditations. A yoga mat is required for class. Wear comfortable clothing in layers to accommodate temperature variations in the room; limit food intake one to two hours before class; bring a blanket for savasana (meditation) and a block and strap (if possible).

### **Yoga Stretch – Cathy King**

Come learn how to stretch your muscles in a gentle way, using some beginner yoga postures. If we create a flexible spine, it allows the mind and heart to follow. Bring yoga mat, strap and blanket for savasana (relaxation).

## **ZUMBA**

### **ZUMBA GOLD/Toning – Barbara P. Melenik**

Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active older adult, the beginner participant and other special populations that may need modifications for success. It is exhilarating, easy and effective. It's great for the mind, body and soul. Toning sticks may be purchased for \$21 and are yours to keep.

## **GAMES**

### **Beginners Mah Jongg – Pat Thompson**

In this class, you will learn how to name and use the mah jongg (MJ) tiles to form MJ "hands" found on the National Mah Jongg League card. Each hand will be explained, so by the end of the class you will be familiar with the tiles, the card and the various hands presented therein. You will learn how to conduct the Charleston and how to play the game by the rules set forth by the National Mah Jongg League. To purchase the necessary card, please contact the league at [nationalmahjonggleague.org](http://nationalmahjonggleague.org). Bring the card with you to the first class.

### **Beginning Mah Jongg – Vicki Kron**

Students will learn how to read and understand all sections of the mah jongg (MJ) card, learn game terminology, name and identify suits and honor tiles, as well as distinguish which belong together. The class breaks into MJ groups, interprets the Chinese characters and symbols, and learns to build an MJ hand. Activities such as "building and breaking the wall," performing the Charleston and picking/discarding tiles allow the students to display their knowledge of how the tiles work together to form a winning



combination which leads to playing the game independently and learning strategies that lead to developing more complex hands. A current MJ card must be brought to the first class.

### **Beginning Mah Jongg – Carol Meldrom**

Similar to the Western card game of rummy, mah jongg is a game of skill, strategy and chance. The game is played with a set of 152 tiles based on Chinese characters and symbols, although some regional variations use a different number of tiles. Come learn what pungs, craks and dragons are. Contact the national Mah Jongg League at [nationalmahjonggleague.org](http://nationalmahjonggleague.org) and bring your official current rule card with you to the first class.

### **Beyond the Basics of Mah Jongg – Pat Thompson**

In this class you will learn how to hone the skills you learned in Beginners Mah Jongg, including how to select hands and change course as appropriate during either the Charleston or the course of the game. You will learn additional strategies for the Charleston and play of the game.

### **Mah Jongg: Beyond the Basics – Carol Meldrom**

Students must have a current mah jongg card. You do not need a mah jongg set, but if you have one you are welcome to bring it. You will learn about strategies for playing, how to play faster and how to be able to choose hands to play. This will prepare you to play in one of several venues for mah jongg in this area.

### **Mah Jongg: Beyond the Basics – Strategies to Become a Better Player – Vicki Kron**

Students experienced in the basics of mah jongg will learn tips and defensive strategies that will improve their ability and build confidence. By becoming more familiar with all of the hands, the players will judge by the exposed pungs, kongs, quints and sextets which combinations other players have selected; defensive play then comes into action. They will learn to analyze discards of other players and so formalize their own winning hand.

## **GENEALOGY**

### **Beginning Genealogy – Gail Reynolds**

Are you a genealogy “newbie” or looking for help in developing and organizing your family history research? This introductory course is designed to get you started in searching for your roots and help you develop an organizational process for tracing your family history. Materials needed: two-inch three-ring binder and a pack of dividers for

the first class. Recommended reference text: Croom, E. A. (2001). *Unpuzzling Your Past: The Best Selling Guide to Basic Genealogy*, 4th ed. F&W Publications. ISBN: 1558705562.

### **Googling Your Family History – Gail Reynolds**

Have you been researching your family using genealogy websites and experiencing frustration because you can't find the information on your family history? It's time to look "outside the genealogy box." This computer-based course is designed for genealogists who wish to use Google resources for genealogical applications. Bring your own genealogical information to class for use in your online research. While examples used will relate to genealogy, this course will also assist people who want to use Google for any type of research. Supplies needed: Flash drive and the following text: Cooke, Lisa L. (2015). *The Genealogist's Google Toolbox*, 2nd ed. Chapters 1-6 and 9-14. ISBN 978-0-9845229-0-3.

### **Heritage Quest Online – Gail Reynolds**

This free computer workshop will assist participants in the use of the Heritage Quest Online database to access digital images of Census records, Revolutionary War pension files and books to search for ancestors. This site has been updated and totally revamped. Georgetown and Horry County residents are asked to bring their county library card or a Chapin Memorial Library card to class. Students will need one of these three library cards to access this database from home.

### **Organize Your Family History – Christine Davis**

Are you a genealogist who needs strategies for organizing your family history research? This course will explore paper-based, computer and electronic-based systems typically used to organize genealogical research files and images. Participants will learn strategies including a) principles of organization for historical records; b) documenting positive/negative research; c) recording and filing surnames, census, cemetery, military, deeds/wills, etc.; d) research tools used for genealogy work in both paper and electronic formats and e) sharing and protecting your genealogical research. Bring your laptop (and flash drive) and get your family history material organized!

### **Researching Your Immigrant Ancestors – Gail Reynolds**

This course is designed to assist you in beginning research of your immigrant ancestors. This course will focus on first steps in searching for ancestors in country of origin, historical background and border changes of select countries; locating maps of various time periods; and websites for searching vital records and other family information. This course will use the Internet; it is important for class members to contact the instructor

([greynoldssc@gmail.com](mailto:greynoldssc@gmail.com)) before the first class so the course can be personalized to meet the needs of individual participants.

## **HEALTH**

### **Better Choices, Better Health Workshop – Stephen Firsing and Ellen Jampole**

Better Choices, Better Health is a workshop developed by Stanford University to help people management chronic health conditions such as arthritis, diabetes, emphysema, heart disease, high blood pressure, lupus, asthma, etc. The workshop is held once a week, for six weeks; each session lasts 2.5 hours. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation; 2) appropriate exercise for maintaining and improving strength, flexibility and endurance; 3) appropriate use of medications; 4) communicating effectively with family, friends and health professionals; 5) nutrition; 6) decision-making; and 7) how to evaluate new treatments. No materials are needed. Participants will receive a free copy of the companion book, “Living a Healthy Life with Chronic Conditions,” and an audio relaxation CD, “Relaxation for Mind and Body.”

### **Grief: Coping with Loss in Later Life – Bert Hayslip**

An overview of grief and loss in later life that includes a discussion on views about grief, methods of coping with loss, normal and problematic grief, and self-care. The emphasis will be on developing effective techniques for coping and grieving, with special emphasis on the individual grieving the loss of a spouse.

### **End-of-Life Preparedness Workshop – Donna Hutter**

Sometimes it's sudden. Sometimes there is time to prepare but the time is filled with health issues and the anxiety over the unknown. When a death happens, life is no longer the same. One way to make our passing easier for our survivors is to attend this workshop. The workbook “And Then There Was One” has more than 70 checklists and memory jogger pages. The workshop includes speakers: a lawyer, banker and hospice worker. While the workshop is free, required materials are provided for a \$29.95 fee payable to instructor; it is due the first day of class.

### **Goodness of Grains – Pam and Mandy Wilk**

In this workshop you will learn what gluten is, the impact it has on the body, about the ancient grains and their nutritional and anti-inflammatory benefits, as well as gain the confidence to experiment with all grain varieties. Participants will have the opportunity to sample and take home recipes prepared by certified nutrition coaches. You will

create both sweet and savory dishes. Materials (required) are provided for a \$5 fee payable to instructor; it is due the first day of class.

### **Health and Nutrition: Their Influence on Aging – Helen Christman**

This class examines the importance of proper nutrition for health as well as the importance of antioxidants. In addition, we will discuss the importance of exercise.

### **Healthy Living and Healthy Aging – Daphne Trent**

This series of four workshops is for those who want to take charge of their health. This scientifically proven plan helps adults understand how to reduce pain and inflammation, lower blood pressure and cholesterol, boost energy, sleep better, and prevent disease. The course is taught by a certified nutrition and health education educator. Materials (required book and workbook) are provided for a \$25 fee payable to instructor; it is due the first day of class.

### **Improving Your Memory: How to Remember Not to Forget – Bert Hayslip**

An overview of memory in later life. Techniques that everyone can use to improve their memory will be discussed.

### **Longevity and Healthy Aging – Pam Wilk**

This series of four workshops is for those who want to take charge of their health. This scientifically proven plan helps adults understand how to reduce pain and inflammation, lower blood pressure and cholesterol, boost energy, sleep better, and prevent disease. The course is taught by a certified nutrition and health education educator. Materials (required book and workbook) are provided for a \$25 fee payable to instructor; it is due the first day of class.

### **Suicide in Later Life – Bert Hayslip**

That older persons take their lives is an understudied and seldom discussed problem in our society. This course helps bring to light this issue – self-destructive behavior in later life with particular attention to older men and to veterans. In discussing this problem, the personal and societal causes of suicide in later life will be presented, stressing the development of helping skills and an understanding of risk factors aiding us in identifying older persons who may be considering ending their lives. Particular attention will be given to discussing a variety of means by which we can help to save older persons' lives.

### **Understanding Medicare – Stan and Terri Stephens**

This course will cover and clarify: 1) basics of Medicare, including Part A deductible, Part B deductible and definitions of skilled nursing/home health care and when these facilities or services are used; 2) beyond Medicare basics, including Medicare

supplements (how they operate/bill in relationship to Medicare) and reasons for choosing a Medicare supplement versus other plans available and 3) Medicare Advantage Plans, including defining the differences between a PFFS and a PPO, reasons for choosing an Advantage plan, and how they operate/bill in relationship to Medicare.

## **PERSONAL GROWTH**

### **Communication Workshop: Enrich Relationships with Improved Communication Skills – Pat Dunning**

This workshop is designed to help all people enrich their relationships with others by increased awareness and improved communication skills. In addition to friends, couples, parents/children or siblings, this workshop can also be effective for individuals. It focuses on the processes of effective interpersonal communication skills and frameworks that deal with day-to-day issues that will help you develop a better relationship with another person or with people in general. Topics consist of self-awareness, awareness of others, communication styles and building relationships. Sign up with a significant person in your life. Each week's topic includes communication exercises, skills, processes and frameworks reviews, as well as observations of self-recorded conversations. Materials (handouts) available for a \$5 fee payable to instructor; it is due the first day of class.

### **The Cycle of Change – Gina Montori**

Are you going through a significant change in your life? Death, divorce, retirement, career, relationship, health? Major life changes can feel like your world is turning upside down. Big changes are hard, but luckily, the process of a major life change follows a very predictable course. The Cycle of Change, which has been used by thousands of individuals, groups, organizations and even the government of an entire country, is like having a map to a new world, allowing you to predict some of the difficulties you'll encounter and preparing you to deal with them confidently and with less anguish.

### **Finding Your Own North Star – Gina Montori**

This eight-week class will be an intensive study of "Finding Your Own North Star: Claiming the Life You Were Meant to Live." You will be guided through exercises and offered time for discussion as well as questions and answers. This class is for anyone who wants more joy and satisfaction in their life, work, relationships or who simply wants to rediscover their purpose and passion. This is a great follow-up to "The Cycle of Change" workshop, but that is not a prerequisite to this course. Text required: Beck, Martha (2002). *Finding Your Own North Star: Claiming the Life You Were Meant to Live*. ISBN: 0-8129-3218-8.

### **Building an Effective Relationship between Parents and Their Adult Children – William Jordan**

A seminar/workshop designed to offer insight, methods, and solutions for either building or rebuilding a relationship with adult children. Topics include understanding the dynamics of changing roles; keys to identifying verbal missteps that have the potential to cause misunderstanding and hurt feelings; how to establish realistic goals related to effective working relationships.

### **SKILLS**

#### **AARP: Smart Driver Course – Judy Chamberlain, Ralph Edwards, Scott Johnson and Sandy Lempert**

This four-hour course teaches valuable defensive driving skills and provides a refresher on the rules of the road. The course was designed for mature drivers; however, any driver 25 years and older can participate. You may qualify for an auto insurance discount by completing the four-hour course (participants should check with their auto insurance agency). Materials (required workbook) are provided for \$15 (AARP members) or \$20 (non-AARP members); cash or check (payable to AARP) only; fee collected by instructor. Participants should bring their driver's license, AARP membership card (if applicable), payment and a light snack.

#### **Animal Care: For the Love of Your Pet – Lisa Aprea**

This five-week course offers instruction on how to take the very best care of your pet. Topics include training, behavior, first aid, medical care, grooming, exercise and feeding, as well as other animal care topics. Students will be able to ask questions pertaining to their pets and share their own stories as they relate to the topic.

#### **Animal Care: More Topics for Beginners – Lisa Aprea**

This five-week course offers additional instruction on animal care techniques in the areas of training, behavior, first aid, medical and ongoing care. This course is continuing beginner's level instruction and may be taken with or without having taken "Animal Care: For the Love of Your Pet."

## **PHILOSOPHY AND RELIGION**

### **PHILOSOPHY**

#### **The Lost Language of the Heart – Larry Gates**

The modern age has brought us science, technology and modern medicine. But it has come at a price. We have lost mythopoetic ways of expressing matters of heart. Without them there is no way to speak in any significant way about poetry, religion, literature, art, love and our deepest values. Without the lost language, we have no way of accessing either the deepest layers of ourselves or our inner being with other people and nature.

### **Nonviolence: A Spiritual Path – Larry Gates**

After examining the philosophical and religious roots of nonviolence, we will look at historical examples of successful and unsuccessful nonviolent movements. We will then consider nonviolence as a technique for resolving international, political and economic conflict. Finally, we will look at nonviolence as a way of living from day to day.

## **RELIGION**

### **The Five Women in the Genealogy of Jesus, the Christ – Lydia Barrows**

Genealogies, family heritage and human pedigrees were very important in determining the status and significance of an individual and his/her family. Within the genealogy of Christ, five women are listed whose stories were scandalous and criticized. We will study them and stories that surrounded their lives.

### **The Baha'i Faith and the Life of the Spirit – Becky Fairley, E. Alexandria Gore and James Fairley**

This course explains the Baha'i faith, its administration, founder, history, purpose and teachings, which include the oneness of God, humanity and religion; the elimination of prejudice; gender equality; the harmony of science and religion; investigation of the truth; and the nature and progression of the soul.

### **Carl Jung on Religion and Mysticism – Larry Gates**

Swiss psychologist Carl Jung suggested that religion – like language and the maternal instinct – is hard-wired into the human brain. We are born with a predisposition to endow life with meaning using inborn archetypes. This accounts for the similarities that are found in the belief systems, rituals and personal mystical experiences of all the world's religions.

### **Christianity and the Historical Jesus – Norm Whiteley**

Christianity has developed into the largest religion in the world based on the life, death and resurrection of Jesus. However, would the historical Jesus, if he returned today, approve of Christianity? Has the religion, which developed in the centuries after his death, closely followed his "kingdom of God" teachings or did it become something very different? These questions will be explored in the context of history.

### **The Highlights of 1 Kings – Lydia Barrows**

These were the best of times and the worst of times for Israel. Solomon builds and dedicates the great Holy Temple in Jerusalem. Solomon has a glorious reign until he yields to his own temptations. The kingdom is divided; the prophet Elijah emerges to warn Israel of captivity unless there is repentance.

### **The Highlights of 1 Samuel – Lydia Barrows**

The establishment of the kingdom of Israel begins with the book of Samuel. Samuel served as the last judge and was commissioned to anoint both Saul and later David over the united kingdom of Israel. The events recorded in this book cover a time period of about 115 years from the childhood of Samuel through the shaky years of Saul. We will be reminded of the great stories of David being a shepherd boy, overcoming the giant Goliath and being persecuted by Saul due to his jealousy.

### **The Highlights of 2 Samuel – Lydia Barrows**

Second Samuel describes the establishment of the “house of David” through which the promised Messiah will come. The main character in 2 Samuel is King David. David was described by God as a “man after God’s own heart,” not because he was perfect, but because he confessed his imperfections. We will discover that all men great and small have feet of clay as we witness David yield to temptations. Through his confession and repentance, David is restored to relationship with God even though he must suffer the consequences.

### **The Message in the Spring Feasts of Israel – Lydia Barrows**

We will study the mystery and majesty of these unique holidays that God appointed for His people to remember and observe. We start with an overview of all seven feasts and the importance of Sabbath and then focus on the four spring feasts which are Passover (Pesach), the Feasts of Unleavened Bread, First Fruits and Pentecost (Shavuot).

### **Religion in the Modern Public Square – Bill Warner**

Is there a place for religious influence on the public policy in our 21st century American democracy? If so, are there any limits, where are they and who sets them? In purposefully nontechnical terms, this course will examine the issues which have arisen, both historically and currently, in the search for mutual resolution and accommodation.

### **St. Francis of Assisi – Larry Gates**

Francis of Assisi is the patron saint of ecology, the poor and peacemaking. He abandoned upper-middle-class life to devote himself to the care of society’s outcasts. Francis was, some say, the only person to live exactly the way Jesus told his disciples to



live. The great British historian Arnold Toynbee once said: “Francis, the greatest man of the West, must be imitated by all of us, because his attitude is the only one that can save the Earth.”

## SOCIAL STUDIES

### SPECIAL EVENTS

#### **Current Events in the Middle East Weekly Discussion – Samih Baalbaki**

Each week before his classes, Samih will be leading a 30-minute discussion with the focus of evaluating major events taking place in the Middle East and relating them to the history, geography and politics of the area.

#### **Coffee, Donuts and Middle East Politics – Samih Baalbaki**

Join us in **Litchfield** or **Myrtle Beach** for almost monthly themed sessions consisting of a short presentation, questions and answers, and a general discussion all while sipping coffee and enjoying doughnuts. Attend in one location or in all locations, as it won't be exactly the same due to your participation. **This is a fundraiser for your OLLI @ CCU.**

#### **OLLI FUNDRAISER**

#### **Great Decisions – Dyer Institute for Leadership and Public Policy, OLLI and Department of Politics at Coastal Carolina University**

The Great Decisions lecture series is America's largest discussion program on world affairs. These events are free to the public, are all **Saturdays in February** and all will take place in the **MBEC Theater (Room 206)**. The coffee social begins at 9:30 a.m. each day with the presentation and discussion following from 10 a.m. to noon.

#### **Feb. 6: The Rise of the Islamic State in Iraq and Syria**

Dr. Joseph Fitsanakis, an intelligence expert and professor at Coastal Carolina University, will outline the rise of ISIS in the Middle East. The discussion will focus on understanding the conditions that led to the rise of ISIS in the Middle East and the current state of the organization, as well as the challenges it poses for America's foreign policy.

#### **Feb. 13: The Mind behind Islamic Extremism**

Dr. Suheir Daoud, a professor at Coastal Carolina University, will discuss how the majority of Muslims are not extremist and why Islamic extremism is the primary national security and human rights concern of the world today. Her presentation will help guide participants in understanding this ideology and the historical background that caused the rise of Islamic extremism.

### **Feb. 20: The Great Migration**

Dr. Scott Firsing, a teaching associate at Coastal Carolina University, will discuss the role of push/pull factors in the current culture of migration and lead attendees in a group discussion to understand global migration when considering complex factors such as conflict and national interests.

### **Feb 27: The United Nations**

Ambassador Paul Meyer, former permanent representative to the United Nations and the Conference on Disarmament in Geneva and current Canadian director-general of the Security and Intelligence Bureau, will speak on the role of the United Nations today, 70 years after its founding, and its future, given the challenges the institution faces. Topics of the talk may include peacekeeping, counterterrorism, nonproliferation and/or humanitarian intervention.

## **GEOGRAPHY**

### **Beginner's Geography – Jessica Handy**

We will study the geography of the world by examining countries' locations and capitals as well as performing a cultural analysis of all the regions of the world.

## **GOVERNMENT**

### **Economic Challenges Facing the U.S. – James O'Sullivan**

Does the U.S. have a bright economic future? There are major lessons to learn from the 2009 recession and global challenges to overcome.

### **Is the Syrian Crisis about to End? – Samih Baalbaki**

When we understand the root causes of the Syrian crisis and identify the main players (including Russia and Iran) and the motives for their involvement, we would be in a better position to decide whether the crisis is likely to be resolved in the near future.

### **Political Communications from Kennedy/Nixon to Obama/Romney – Greg Farmer**

"Fear and Loathing on the Campaign Trail '72" by the immortal Hunter S. Thompson takes the reader into the behind the scenes world of politics. This class is designed to do the same by exploring how communications is the key tool to that world. We will look at the ever-changing technologies and techniques used by campaigns to reach you, the voter, and make you think and react a certain way. Students will be asked to read the book "Game Change" by John Heilemann and Mark Halperin or view the movie. Optional reading, including the Thompson book, will be suggested. However, "Game Change" will be the basis for our discussions.

## **Should the U.S. Government Pressure Israel to Resume Active Negotiations with the Palestinian Authority? – Tom Young and Samih Baalbaki**

Tom Young will present the U.S. point of view. Samih Baalbaki will present the Middle Eastern/Arab point of view. Followed by discussion, questions and answers, and (hopefully) arrive at some “agreement.”

## **HISTORY**

### **Afternoon Tea – Sue Ann Whittick**

Come learn the history and traditions of afternoon tea parties. Then prepare three courses of food, set the tables and enjoy your afternoon tea party. Materials provided for a \$5 fee payable to instructor; it is due the first day of class.

### **British Social History 1850-1914 – Clark Wilburn**

This course surveys the social history of Great Britain from roughly 1850 until 1914, when Great Britain and its empire had their greatest impact on the world stage. The instructor will cover a basic political framework, but explorations of the important developments in science, fashion, music, art and architecture, and the social landscape as it evolved from the mid-Victorian to the Edwardian era will be the focus of the class. The class will include slides, photographs, video clips, and class discussion of the various topics and personalities.

### **Child Soldiers with ISIS – Samih Baalbaki**

ISIS has been actively recruiting children systematically, deliberately and actively indoctrinating and training hundreds (even thousands by some accounts) of them to be used as fighters, cooks, suicide bombers, human shields, messengers, spies or for sexual purposes. Where does ISIS get these boys and girls? We will explore that question as well as review the structured training strategy and the poor (almost inexistent) reintegration and rehabilitation programs for the few who escape ISIS. Followed by the film “Beasts of No Nation.”

### **The Crusades – Bob Poirier**

In this overview of 200 years of European attempts to recover the Holy Land after the area had been taken by the Seljuk Turks, we will analyze all nine crusades with an emphasis on the most important ones. In addition, we will study what were the results of these wars as well as examine their relationship to today’s world.

### **First Ladies – JoAnn Tufo**

From Martha Washington to Michelle Obama – learn family histories, their education, personal style and contributions not only of the first ladies but also of the women who

served as official hostesses in the White House. A special session will be devoted to domestic life in the presidential mansion, including children, staff and pets.

### **History and Mystery of Ben Franklin – JoAnn Tufo**

Enter the almost secret world of one of America's most fascinating founding fathers and one of the most famous men on Earth during his lifetime. Explore Franklin's life from birth to death, including highlights of some of his personal and professional relationships. Experience his creative genius and boundless drive to make the colonies the jewel in the British crown; relive the courageous journey toward American independence. The finale is "The Good Wife: Mrs. Benjamin Franklin."

### **History of the Charleston Renaissance 1915-1940 – Robin McCall**

After the tragedies of war, fires and earthquakes, the Charleston renaissance was a cultural renewal that took place just after World War I. We will study artists, musicians, writers and historians who fueled a revival that reshaped Charleston's destiny as she rose, like a phoenix from the ashes.

### **History of Modern Russia: Last Tsar to Present – Bob Poirier**

We will trace the background of Russia from its earliest days to modern times. Included will be the expansion of imperial Russia, the consolidation and expansion of the autocracy, World wars I and II, the Russian Revolution, the seven decades of Soviet history and the age of Putin. We will try to answer the question of whether or not the U.S. and Russia are returning to a Cold War footing.

### **History of the Cold War (1945-1990) – Bob Poirier**

This class will examine the Cold War from the Allied victory in WWII through the collapse of the Soviet Union. Particular attention will be paid to the characters and events shaping those years. This course is a logical follow-up to courses examining WWII.

### **Irish History Revisited: Its Modernizing Influence – James O'Sullivan**

Find out how the socioeconomic revolution in Ireland served to change Ireland and helped modernize Great Britain. The influences of the Irish diaspora will also be examined.

### **Ladies of the High Seas: Women in Piracy – JoAnn Tufo**

This course explores the few women in recorded history who broke into the viscous man's world of piracy. The difficulties of life on the sea and the gender roles assigned to the "Golden Age of Piracy" will be highlighted. A visit from "The Pirate Wife: Anne Bonny" will be included.

### **Laughing Ladies: Legends of American Comedy – Jo Ann Tufo**

Explore the lives of the women who have made America laugh through the past seven decades. The students will examine the lives of ladies who applied their talents to the stage, television and film. Among the comediennes and actresses discussed are Gracie Allen, Lucille Ball, Carol Burnett, Totie Fields, Joan Rivers, “Moms” Mabley and many more. Be prepared: Comedy is a very serious subject with a few laughs thrown in.

### **Lewis and Clark: Exploring America – Jessica Handy**

This course will examine the exploration by Lewis and Clark after the Louisiana Purchase. We will study the trails that they followed, what they discovered and what they encountered along the way.

### **Mountain Men and Frontier Women of the American West – David Soma**

Meet the mountain men and fur trappers who explored the American West and made it their business ... and the bold women who made the West their home.

### **Mysterious Civilizations of the Past – Kathleen Fair**

Some ancient civilizations and cities are holding on to their secrets. Archaeology tries to unravel the clues, but mysteries remain. Learn about some of the world’s least-known and most enigmatic civilizations as we explore mysterious places in southeast Asia, India, Africa, the Middle East and beyond.

### **Rice Plantations of the Waccamaw – Robin McCall**

Georgetown County in 1850 was the richest county in the United States. The rice planters perfected a method of growing rice there that brought them unbelievable wealth. In addition to the detailed information available in Alberta Lachicotte Quattlebaum’s “Georgetown Rice Plantations,” we will also explore plantation life, how rice was grown, why it was grown in Georgetown and not Horry County, as well as what a working plantation was like using other resources.

### **Russian History and Its Influence on the Culture of the People – Helen Christman**

Russian history’s influence on the modern culture of the Russian people is the focus of this class. Who are the Russians? Why are they what they are?

### **Significant Supreme Court Cases – Jessica Handy**

We will examine cases such as Marbury vs. Madison, Dred Scott vs. Sanford, Miranda vs. Arizona and New Jersey vs. TLO and the impact these significant rulings have had on the lives of American citizens.

### **The South for Northerners – Sue Mushock Myers**

Have you recently moved here and are having trouble adjusting to new ways of doing things? Perhaps it wasn't so recently, but you are still confused. Do you love the lushness of life here? If so, this course is directed at you. Let a Northerner who's been here for 40 years teach you about the ins and outs of living in the South ... and loving it. Learn some history, experience Southern food, see local treasures, explore some cemeteries and bring a whole new perspective to living here.

### **Spy Operations that Changed History – Joseph Fitsanakis**

This is a lecture series assessing the impact of selected spy operations throughout modern history, starting with World War II and ending with the death of al-Qaeda founder Osama bin Laden. Much of the class focuses on covert operations. Whether they succeed or fail in their mission, covert operations may become known to an adversary, or to the world at large, but the responsible governmental parties cannot always be traced or conclusively proven.

### **Understanding Terrorism – Joseph Fitsanakis**

A four-class lecture series examining the constantly changing landscape of contemporary unconventional security threats and the complex geopolitical identities of some of America's most notorious non-state adversaries, including al-Qaeda and the Islamic State of Iraq and Syria.

### **Untold Stories of the S.C. Civil Rights Movement – Jessica Handy**

The Civil Rights Movement was very active in South Carolina. We will cover events unknown to many, such as the Orangeburg massacres, the Freedom Riders and Brown vs. Board of Education. We will also learn about specific figures such as Harvey Gantt, Septima Clark and Modjeska Simpkins.

### **Wives, Lovers and Spies: Women of the Civil War – Jo Ann Tufo**

Discover the roles of women who represent both sides of the Civil War. This class explores the fascinating lives of the ladies who sometimes even crossed battle lines to support their cause. Included are interesting perspectives on the contributions of Sarah Emma Edmonds, Harriet Tubman, the Moon Sisters, Clara Barton and more. First Lady Mary Lincoln is also featured. Several women will be presented each week, concluding with a visit from Mrs. Lincoln herself.

### **Who Were the Founding Fathers? – Jessica Handy**

The men who shaped this country are now household names. We will examine how they rose to power as well as study their lives before and after their service to the new America.

**Women of Power – JoAnn Tufo**

This course explores the lives of women who have earned their right to fame and infamy because of their cultural and political power in both the old and new world order. Some of the women highlighted will be Nefertiti, Cleopatra, Queen Elizabeth I, Mary Queen of Scots, Catherine the Great, Queen Victoria, Mother Theresa, Eleanor Roosevelt, Oprah Winfrey, Indira Ghandi, Margaret Thatcher, Golda Meir and many more.

**Women’s Lives (or lack thereof!) Under the Taliban – Samih Baalbaki**

During the Islamic Emirate of Afghanistan (1996-2001), the Taliban systematically repressed all sectors of the population and denied even the most basic individual rights. Yet the Taliban's war against women was particularly appalling. Women were forced to disappear from public places, lost their jobs and therefore their livelihoods. Women were only allowed to appear (accompanied by a male) if fully covered by a burqa. Followed by Golden Globe-winner for Best Foreign Language Film “Osama.”