

LEARN. ENGAGE. TOGETHER.

FALL 2023

# OLLI at UNLV



[OLLI.unlv.edu](https://olli.unlv.edu)

UNLV | OSHER LIFELONG  
LEARNING INSTITUTE





## OLLI at UNLV Member Spotlight

### Dr. Richard Berman

*Instructor since 2014*

*Member since 2013*

Following my career in community mental health and a post-retirement coda teaching over 150 college and university courses, the prospect of retiring was daunting. **I wanted to keep on helping people and I hadn't yet had my fill of teaching. OLLI became a viable option to volunteer and to teach.** Retirement fulfilled.

I have now instructed over 14 OLLI courses including "Neurotics, Psychotics, and Sociopaths", "Cruising 101", "Native Americans of the Southwest", and "Aging Well". OLLI students rock! Yes, compared to typical 20 something year-old college students, OLLI students are curious and eager to learn. Many young students are there simply because their parents told them they had to be there.

When I taught at several universities, I had a few MARS (mature adult

returning students) in my classes. They always set the bar high for the younger students. **Imagine teaching at OLLI. What a treat! You have a classroom full of MARS.**

When my wife and I moved to Henderson 22 years ago, we purchased a home in Sun City Anthem. We sold that home two years ago and moved to Carnegie Heights, a community building for active adults over 55. Carnegie had many of the pieces in place for aging well including comfortable apartments for restorative sleep, a fitness center with strength and movement classes, a regularly changing menu for healthy nutrition and of course, a community of seniors for socialization. Yes, social connectiveness is one of the five pillars supporting longevity.

Four pillars were already in place that support aging well, but the fifth pillar was missing. The fifth pillar has to do with keeping the brain challenged, and ongoing lifelong learning fits that definition. To meet that goal, I met with Carnegie administration and presented a written proposal to establish

"Carnegie College". The College was launched in January 2022, and offers 2 to 3 lectures each month featuring experts from many fields. Subjects include history, health, and entertainment to name a few. There is no homework, and there are no tests. The College is marketed as "entertaining education". It is structured in such a manner that, upon attending 16 to 20 lectures per year, student-residents can progress from freshman status all the way to senior status. Additionally, a graduation ceremony takes place every January. OLLI's own Rob Levrant was the keynote speaker for the first graduation ceremony in January 2023. Carnegie Heights may well be the only residence of its kind to have such a structured learning experience in place. I view Carnegie College as OLLI's little brother.

I may or may not become one of our country's centenarians. Currently, there are about 90,000. However, I am doing all that gerontologists suggest I should be doing to live to be 100. **Thank you, OLLI, for assisting me in my quest.**



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## CONTACT INFORMATION

**UNLV Paradise Campus** 851 E. Tropicana Ave., Bldg. 500, Las Vegas, NV 89119  
**Office hours:** 8am-4pm, Monday-Friday; Closed university holidays  
**Tel:** 702-774-OLLI (6554)   **Web:** OLLI.unlv.edu   **Email:** olliatunlv@unlv.edu

## COVER FEATURE

John & Vicky Birkland, OLLI member's since 2012, Instructor's since 2018.  
Special "thank you" to David Weinstein for cover, spotlight and contributing photography.



*Bernard and Barbro Osher*

## OLLI at UNLV is Made Possible by The Bernard Osher Foundation

The Bernard Osher Foundation is a philanthropic organization that supports higher education and the arts. The foundation supports a growing national network of over 125 lifelong learning institutes for retired and semi-retired adults within colleges and universities.

This network of Osher Lifelong Learning Institutes (OLLI) brings the joy of learning and personal fulfillment to its membership.



UNLV's lifelong learning program joined the Osher network in 2006 and has grown with the foundation's guidance. OLLI at UNLV thanks the Bernard Osher Foundation for its continued support including more than \$2 million in endowment funding.

## About OLLI at UNLV

The Osher Lifelong Learning Institute at the University of Nevada, Las Vegas (OLLI at UNLV) is a member-driven learning community of more than 1,100 retired and semi-retired adults. Our members continue a lifetime of learning by contributing to a program rich in content, shared interests, and life experiences. In addition to our regularly scheduled classes, OLLI at UNLV offers a variety of special events, shared interest groups, and other member activities. Our community is comprised of individuals from all backgrounds, there are no education requirements to participate in classes and activities—simply a desire to share in new experiences and construct knowledge. Each of our classes is led by a group of dedicated OLLI at UNLV volunteers who bring a lifetime of personal and professional experience and passion to their classrooms. Our volunteer-led classes (over 250 for the year) cover a wide range of topics at our UNLV Paradise campus, multiple satellite locations throughout the Las Vegas valley, and virtual learning platform. For more information about OLLI at UNLV and how you can take advantage of the annual membership which gets you a full year of classes (Fall, Spring & Summer) for only \$219 or Fall for \$105, please call 702-774-OLLI (6554).

### A MESSAGE FROM THE OLLI DIRECTOR

**Welcome to OLLI at UNLV for the fall of 2023!** Whether you are a new or returning member, you are coming to us at the start of an exciting new academic year. OLLI at UNLV is an iconic, self-sustaining, and accessible community of lifelong learners. This year, our volunteer instructors will offer classes on topics ranging from America's Great Lakes to Alzheimer's Disease, from Empowering Your Health to Basic Algebra. In addition to classes, our members have the opportunity to participate in a number of shared interest groups such as Book Club, Quizcats, OLLI at the Movies, and C.A.M.P.O.

This fall semester will be one of new beginnings as we launch our Campus & Community speakers series with old favorites and new classes, as well as bittersweet endings as we gather for one last term at the Paradise Campus which has served us well for many years. We look forward to seeing you this semester and helping you get the most out of your membership.

**Robert Levrant, Ph.D.,** *Director*

### 2022-23 STEERING COUNCIL MEMBERS

**Elena Cieslak,** Chair

**Linda Edgeworth,** Secretary

**Keith McMillen,** The Gayle Mason Community Outreach Committee Chair

**Susan Waldman,** Educational Programming Committee Chair

**Fran Smith,** Fundraising Committee Chair

**Jennifer Neeman,** Member Enrichment Committee Chair

**Julie Franco,** Volunteerism Chair

### OLLI AT UNLV ADMINISTRATIVE TEAM

**Dr. Robert Levrant,** Director

**Beth Davis,** Program Manager

**Lynne Boone,** Program Support

**Risa Federico,** Health Science Liaison

**Dr. James Altman,** Project and Program Coordinator

**Justine Batista,** Student Assistant

All are available at (702-774-6554) or  
OLLIatUNLV@unlv.edu



# Maximize Your Membership

OLLI at UNLV members have access to so much more than our classes! Members can get involved in a wide variety of interest groups and special events. Nurture your interest in current events, attend shows and exhibits, read and discuss thought-provoking books, and perfect your artistic skills. For the latest schedules and information on upcoming events, make sure you sign up for the e-newsletter, [olli.unlv.edu](http://olli.unlv.edu).

 <b>MEMBER FEES</b>	MEMBERSHIP TYPE	PRICE
	<b>Annual Membership (Fall 2023, Spring 2024 &amp; Summer 2024)</b> Can be purchased between July 1 and October 29, 2023	\$219
	<b>Fall 2023 Membership</b> Can be purchased between July 1 and October 29, 2023	\$105
<i>OLLI at UNLV has a membership fee refund policy. For more information, please go to <a href="http://olli.unlv.edu/about/faq">olli.unlv.edu/about/faq</a> or call 702-774-6554.</i>		

## OLL ABOUT OLLI

All new and continuing members are invited to join the OLLI Steering Council and Member Enrichment Committee for our fall OLL About OLLI event on Wednesday, September 13, 2023 from 12:30-1pm via zoom and from 1-1:30pm in person on Paradise Campus, Room 512. All members will be sent a Zoom link at the beginning of the semester to participate. You will learn about the history of the Osher Lifelong Learning Institute, the founding of our OLLI community, how to maximize your participation in OLLI at UNLV, member benefits and more. If you are not yet a member and would like to join us to learn about OLLI at UNLV, please email [olliatunlv@unlv.edu](mailto:olliatunlv@unlv.edu). Visit page 5 for more information.

## CURRICULUM RALLY

Calling all members! This is your chance! Rally with your fellow members in a discussion of potential classes, topics, and find a hidden passion to teach. Our Fall Curriculum Rally will be held during Lunch & Learn on Tuesday, September 19, 2023 from 1:00-1:30pm, Room 512.

## LUNCH AND LEARN

Join your fellow members on Tuesday afternoons from 1-1:30pm in Room 512 on the Paradise Campus to hear from a variety of Guest Speakers on interesting topics! Start off with the Curriculum Rally on 9/19/23 and join us again on 10/3/23 for a presentation by Nevada Senior Services. On 10/17/23, Ari Medeck from Champions for CASA will be here to tell us about their program and volunteer options. Join us 10/24/23 for a presentation on Master Gardening/Introduction to Native Plants, from Gail Brandys of the UNR Cooperative Extension. On November 7th we will have a presentation for Dignity Health & Aetna on "What you didn't know about Medicare and didn't know who to ask" and making changes to your policy. We will close out with Susie Sernoe's presentation about Overdose Prevention on 11/14/23. Bring your lunch and listen to some engaging speakers.

All Lunch and Learn sessions are open to OLLI at UNLV members and community guests. No registration required. Presentation details will be sent in the electronic weekly newsletter.

## SPECIAL EVENTS

OLLI at UNLV is happy to bring the following special events on varied topics to our members. Please attend those which interest you. More detailed information about signing up and location details will be sent out through our weekly electronic emails. September 19th, the Brain Health & You: Memory & Movement event brings together free memory and balance assessments with the opportunity to ask a panel of experts any questions you have on movement and memory as you age! Anybody is able to sign up for either or both parts of this event, brought to you by UNLV and Touro University Nevada. Eric Schimmoeller, from UNLV, will present a three part series on Planned Giving at the Foundation on the following dates and topics: 9/21/23 What has Congress Done for You: Secure Act 2.0, 10/5/23 Make UNLV Write You a Check and 10/26/23 It's Your Money...Keep It: Control Your Cash and Assets While Giving. Dinner will be provided. Watch for sign up instructions. Another exciting Brain Health and You event will take place on 12/14/23 at Dr. Arturo Rando-Grillot Recital Hall, UNLV Main Campus, 11:30am-1:30pm. Join us for Music and Brain Health. Watch for more information coming your way soon.

## MEMBER LIBRARY

OLLI at UNLV members have the opportunity to access a wide collection of Great Courses DVDs, textbooks, puzzles, CDs, and more. If you would like to check out one of our 100+ DVDs or textbooks, visit the OLLI at UNLV member library at the Paradise campus in Building 500. Additionally, members have online access to more than 100 Great Courses on subjects ranging from art to history and more to view from home. Current members can access these Great Courses at [classes.oli.unlv.edu](https://classes.oli.unlv.edu).

## ELECTRONIC NEWSLETTERS

OLLI at UNLV sends weekly member emails and special electronic communications to provide updated information, upcoming events, and more. If you would like to receive these emails, please call 702-774-6554 or visit [oli.unlv.edu](https://oli.unlv.edu) to sign up today.

## SHARED INTEREST GROUPS

In addition to the many classes offered by OLLI at UNLV, we have a growing number of Shared Interest Groups (SIGs). Members are welcome to join these groups at no additional cost to increase their involvement in the community and beyond. To learn more about the SIGs available this fall, please visit page 6 and 7.

## REBEL CARD

OLLI at UNLV members can sign up for a UNLV RebelCard for a one-time fee of \$25. Use your RebelCard to access the UNLV Lied Library, computer labs, and other campus resources (university guidelines permitting). A RebelCard also gives members student rates or early access for UNLV Performing Arts productions, athletic events, lecture series, and other campus events. Restaurants and businesses near campus often offer student discounts, so always ask. More information is available at [unlv.edu/rebelcard](https://unlv.edu/rebelcard). To obtain a Rebel Card, you will need to bring your member badge with a current semester sticker or your payment receipt to the RebelCard office.



## OLLI AT UNLV RULES OF COURTESY

- Instructor sets the format for the class
- Each person's opinion counts
- Everyone participates; no one dominates
- It's okay to disagree, but not to be disagreeable
- Speak positively, stay focused
- Help begin and end on time
- During Zoom discussion groups turn off your microphone when you are not speaking
- When stepping away from your virtual discussion group, turn off your camera
- Use the Raise Hand feature when participating in an online discussion group

*Please consult the member handbook for more information.*

# JOIN US THIS FALL FOR OLLI AT UNLV CLASSES!

**Step 1** Join or Renew Your OLLI at UNLV Membership right online while making your class selections, [olli.unlv.edu](http://olli.unlv.edu). Brand new to OLLI? Create an account here as well, or simply log on if you already have an account. Or contact our information desk, 702-895-3394, or visit Building 100 in-person to renew (Mon-Fri, 9am-5pm). You may also mail in your form, p 40. Mail the form and payment (please do not send cash) to: OLLI at UNLV, 4505 S. Maryland Parkway, Box 452002, Las Vegas, NV 89154-2002.

The membership fee for the 2023 fall semester is \$105. **Please join or renew by Friday, August 25, 2023, to receive your semester parking permit and name badge or updated badge sticker before the semester begins.** Members who pay after August 25, can pick up their parking permit and name badge or sticker at the information desk on Paradise campus (Building 100).

**Step 2** Choose Your Classes as soon as you would like at the class selection link: [olli.unlv.edu](http://olli.unlv.edu). If you would like to add a class you may do so at the same link or by calling the Information desk, 702-895-3394, or visit Building 100 in person, or email [OLLIatUNLV@unlv.edu](mailto:OLLIatUNLV@unlv.edu). To drop a class you must either call the Information desk, 702-895-3394, or email OLLI, [OLLIatUNLV@unlv.edu](mailto:OLLIatUNLV@unlv.edu).

**Step 3** Sign the OLLI Membership Waiver and Code of Conduct. You must complete signing before you are able to proceed to the checkout.

**Step 4** Click "Proceed to Checkout" to review your order and access the payment portal. **DO NOT** click "Cancel and Log Off" or your selections will be erased.

**Step 5** Review your order and click on "Payment Service" so you can be directed to the payment portal to enter your credit card information. Click "Continue" at the bottom of the page for your payment information to be submitted. If you have already paid your membership previously, no payment information will be collected.

**Step 6** Attend OLLI at UNLV classes and enjoy the experience of Lifelong Learning!

Class confirmation emails will be sent out immediately upon your submission of class selections. Please retain this confirmation for your records. It will be your listing of classes and will also include the semester zoom links for any virtual classes you select. **Both in-person and online classes begin Monday, September 11, 2023.**

DATE	EVENT	TIME
Jul 21	Last Day of Summer Semester	
Aug 19	Fall Open House, UNLV Student Union	10am-12pm
Sep 4	Labor Day/OLLI Offices Closed	
Sep 11	First Day of Fall 2023 Semester/Classes begin	
Oct 11	Spring Proposals Due	
Oct 27	Nevada Day/OLLI Offices Closed/No classes	
Nov 11	Veterans' Day Observed/OLLI Offices Closed/No classes	
Nov 17	Last Day of Fall Semester	
Nov 23 & 24	Thanksgiving & Family Day/OLLI Offices Closed	



FALL 2023  
CALENDAR

## BE OUR GUEST



## BRING A GUEST

**Interested in learning more about OLLI at UNLV?** Join us for one session of two different classes of your choice in order to experience the OLLI at UNLV program first hand. Pick a class that interests you and call our office at 702-774-6554, email [olliatunlv@unlv.edu](mailto:olliatunlv@unlv.edu), or stop by the information desk at Paradise Campus, Building 100 for more information on how you can be a guest in our in-person or virtual classes.

**Already a member?** Refer a friend to OLLI at UNLV and share your love of learning. For every registered new member you refer, you will receive a \$25 membership fee credit for the following term (up to 3 referral credits per term). Help spread the word and start earning your referral credits today.



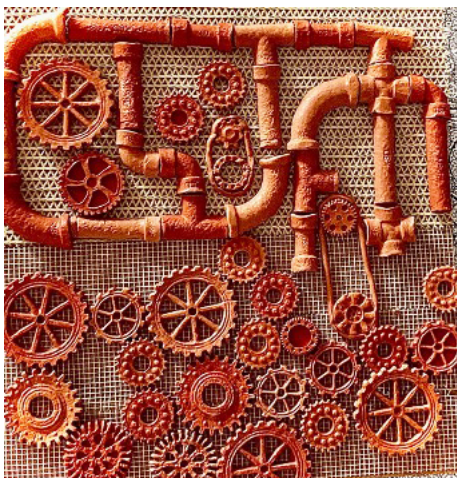
# Shared Interest Groups

In addition to the many classes offered by OLLI at UNLV, we offer several Shared Interest Groups (SIGs). Members are welcome to join these groups at no additional cost to increase their involvement in the community and beyond. Members are encouraged to sign up for any SIGs at [olli.unlv.edu/join](https://olli.unlv.edu/join), however, we welcome members at any time they choose to participate in these exciting activities. We have adjusted the times slightly so that everyone will have the opportunity to take part.

## C.A.M.P. O (IN-PERSON)

**Fridays, 1-3:30 pm, Paradise Campus, Room 512**

The Mission of C.A.M.P. O is for OLLI artists to come together in collaboration and creation of Original Art. Sounds interesting to you? Join in on Fridays from 1-3:30 pm. This is a great chance to show off or develop your skills. Below are a few of the types of projects we might work on:

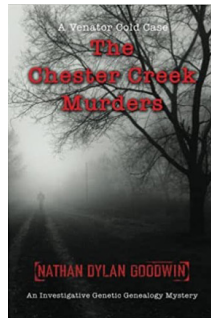


Sep 15 | Sep 22 | Sep 29 | Oct 6 | Oct 13 | Oct 20 | Nov 3 | Nov 17

## BOOK CLUB (VIRTUAL)

**Third Monday of the Month, 12:45-1:45 pm**

Come dive into a new book every 3rd Monday of the Month on Zoom. Talk about the books with open discussion and guided questions to reflect on what's been read with your fellow members. To sign up visit <https://olli.unlv.edu/join>.

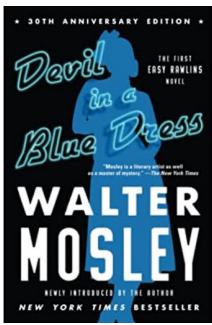


**Sep 18 | *The Chester Creek Murders* by Nathan Dylan Goodwin**

When Detective Clayton Tyler is tasked with reviewing the formidable archives of unsolved homicides in his police department's vaults, he settles on one particular cold case from the 1980s: The Chester Creek Murders. Three young women were brutally murdered—their bodies dumped in Chester Creek, Delaware County—by a serial killer who has confounded a slew of detectives and evaded capture for over thirty-eight years. With no new leads or information at his disposal, the detective contacts Venator for help, a company that uses cutting-edge investigative genetic genealogy to profile perpetrators solely from DNA evidence. Taking on the case, Madison Scott-Barnhart and her small team at Venator must use their forensic genealogical expertise to attempt finally to bring the serial killer to justice. Madison, meanwhile, has to weigh professional and personal issues carefully, including the looming five-year anniversary of her husband's disappearance.



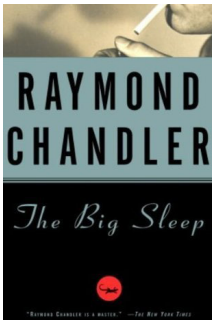




**Oct 16 | Devil in a Blue Dress by Walter Mosley**

Easy Rawlins, a black war veteran, has just been fired from his job at a defense factory plant. Drinking in his friend's bar, he's wondering how he'll manage to make ends meet, when a white man in a linen suit approaches him and offers him good money if Easy will simply locate Miss

Daphne Money, a missing blonde beauty known to frequent black jazz clubs. Easy has no idea that by taking this job, his life is about to change forever.



**Nov 13 | The Big Sleep by Raymond Chandler**

A dying millionaire hires private eye Philip Marlowe to handle the blackmailer of one of his two troublesome daughters, and Marlowe finds himself involved with more than extortion. Kidnapping, pornography, seduction, and murder are just a few of the complications he gets caught up in.

### OLLI QUIZCATS (VIRTUAL)

**First & Third Thursdays, 12:45-1:45 pm**

Enjoy trivia games? Join the OLLI at UNLV trivia crew, the OLLI Quizcats! This is a pressure free space where you can answer questions individually and keep track of your own score just for fun. There's a large variety of categories and difficulties, so everyone will have a chance to feel wise. The top three scorers from each meeting will achieve everlasting fame as their names will be included in the OLLI e-newsletter the following week. The group meets twice a month virtually beginning Thursday, September 21, from 12:45-1:45 pm.

**Sep 21 | Oct 5 | Oct 19 | Nov 2 | Nov 16**



### OLLI AT THE MOVIES (IN-PERSON)

**Third Fridays of every Month, 1-3:30 pm, Room 511**



Join us the third Friday of each month to see exciting films on OLLI's big screens! Reflect on each film and discuss themes and thoughts of the movie while spending quality time with fellow members.

Network .....	Sep 15
Young Frankenstein .....	Oct 20
State and Main .....	Nov 17
The Holiday .....	Dec 8
Citizen Kane .....	Jan 19
Moonstruck .....	Feb 16



### Send Us Your Shared Interest Group Ideas!

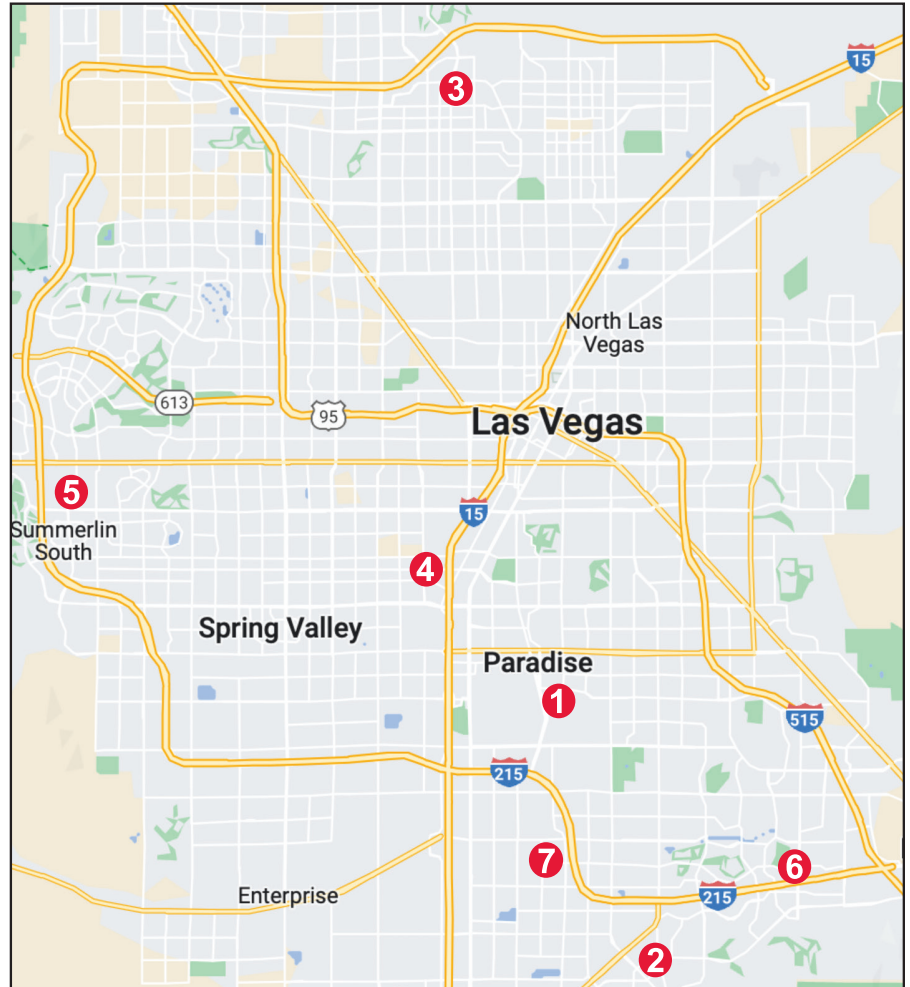
SIGs are organized by members to create a space to share passions beyond the classroom. Our SIGs provide options to appeal to a wide variety of interests. Other OLLI's offer SIGs on topics from conversational French to Finance, Mah Jongg to Meditation, Italian to Improv, Bridge to Bocce. If you have an idea for a Shared Interest Group you would like to lead, let us know at [olliatunlv@unlv.edu](mailto:olliatunlv@unlv.edu).



# OLLI Campus Locations

OLLI at UNLV has some wonderful Satellite locations we are able to partner with. Consider taking one of the interesting classes being offered at one!

- 1. UNLV Paradise Campus**  
851 E. Tropicana Avenue  
Las Vegas, NV, 89119  
(across from the  
Thomas & Mack Center)
- 2. Carnegie Heights  
at Henderson**  
525 Carnegie Street  
Henderson, NV, 89052
- 3. Aliante Library**  
2400 Deer Springs Way  
North Las Vegas, NV, 89084
- 4. Las Vegas Meadows**  
2900 S. Valley View Boulevard  
Las Vegas, NV, 89102
- 5. Las Ventanas  
Retirement Community**  
10401 W. Charleston Boulevard  
Las Vegas, NV, 89135
- 6. Revel Nevada**  
1525 Wigwam Pkwy.,  
Henderson, NV 89074
- 7. UNR Cooperative Extension**  
8050 Paradise Rd., Ste. 100  
Las Vegas, NV, 89123



UNR Cooperative Extension











Las Ventanas







# Class Listing by Subject

This fall, OLLI at UNLV will be offering classes at the Paradise campus, multiple satellite locations, and on our virtual platform. Members have access to unlimited classes both online and in person for one membership fee. Please note space may be limited based on classroom capacity and other factors.

## CREATIVE ARTS

 Advanced Watercolor (Beard) .....	35
 Art for Beginners (Law) .....	32
 Color Book (Ballejos) .....	32
 Colored Pencil: A Fine Art (Giniger) .....	13
 Crochet & Knit (Boone) .....	18
 Introduction to Watercolor (Beard) .....	34
 Pastels, Sticks & Pencils (Giniger) .....	20
 Pen & Ink Doodling/Sketching (Hoyt) .....	32


















## CURRENT EVENTS

 Critical Thinking in the Age of Social Media and Artificial Intelligence (Gibbons) .....	22
 Professor's Choice (B. Davis) *Campus & Community Speaker Series .....	34
 Soapbox (Edgeworth & Winters) *Campus & Community Speaker Series .....	11
 TED Talks (McMillen) .....	19






## FILM & TELEVISION

 Cowboy Bebop: Anime Space Adventure-Comedy! (Turner) .....	28
 Female Comedians-Past and Present (Ross) .....	21
 Fright Night with the Universal Studio Monsters (McMillen) .....	16
 Seinfeld: Seasons 1-7 (J. Patton) .....	27
 Tea Time TV Series: Bonanza, The Cartwright Family (Malburg) .....	34
 The Twilight Zone (Mysliborski) .....	17
 TRUMBO (Hartnett) .....	20

## HEALTH & WELLNESS

 Aging Mastery Program (Grossman) .....	25
 Alzheimer's Disease: The Great Brain Robbery (Peterson) .....	32
 Empower Your Health (Federico) *Campus & Community Speaker Series .....	23
   Managing Chronic Pain (Davis & Domingo) .....	19, 24, 35
   Managing Diabetes (Davis & Domingo) ..	15, 22, 30
 Map Your Way Through Medicare (Reid & Corzine) ..	23
 Powerful Tools for Caregivers (McGrail & Williams) ..	28
 So You Think You Can Belly Dance Like an Egyptian? (Foster & Cravenn) .....	17
 Solve the Ostomy Mystery (Hume) .....	30
 The ABCs Of Medicare: What You Really Need to Know (Weston) .....	24
 The Mental Health Crisis in America (Ort) .....	14
 Whole-Food, Plant-Based, Low-Fat Eating for Diabetics but GREAT for Anyone (Faye) .....	36
 Yin Yoga (Reynolds & Johnson) .....	29

## HISTORY & CULTURAL STUDIES

 Apollo Redux: How He Went to the Moon (Peters) ....	28
  Harlem Renaissance: An Introduction (F. Smith & Addis) .....	24, 31
 History of the American Circus (Biggerstaff & Abderrahman) .....	13
 Middle Ages (Howarth) .....	22
 Social Justice in the United States (Kouffman & Traylor) .....	12
 Ten Years in Ten Hours: The 1910's (Merritt) .....	12
 The Legislative Process (Chan & Kouffman) *Campus & Community Speaker Series .....	29
 The Quest Continues: What is it About a Door (Hippert) .....	19
 The Vikings (Birkland) .....	20

### Icon Key



Paradise Campus



Virtual Learning via Zoom



Satellite Location

## LITERATURE & WRITING

🌐 A View of African American Culture through Stories (B. Wilkin) .....	25
🏛️ Author Techniques 101 (J. Wilkins).....	21
🌐 Bringing Meaning with Writing (Boling).....	27
🏛️ Browsing in the Language Universe (Fournier) .....	33
📍 Creative Writing (Benelli & Miller) .....	15
🏛️ Samuel Clemens: The Life & Works of Mark Twain (Mysliborski) .....	36
🏛️ The Art of Writing Haiku Poetry (Robinson).....	14
🌐 Writer's Critique, Ink (Kram) .....	28
🏛️ Writing Your Memoir (M. Patton) .....	26

## MUSIC & THEATER

🌐 🏛️ Celebrating Musical Theatre: "I Can't Do it Alone" (Ewing).....	15, 16
🏛️ Jazz Appreciation and More (Feldberg) .....	27
🏛️ Jewish American Playwrights: From Yiddish Theater to Today (Royer).....	21
🏛️ Tin Pan Alley Giants (Addis).....	29
📍 Ukulele Workshop (Clyde) Las Vegas Meadows .....	25

## PEOPLE, GEOGRAPHY & CULTURE

🏛️ America's Treasures (F. Smith & Team).....	32
🏛️ Armchair Bucket List: Exploring UNESCO World Heritage Sites (V. Birkland & Team).....	25
🏛️ 🌐 Countries, Cultures, & Current Issues (Reafs) ...	26, 31
🌐 Fraud 101: The Most Common Types of Scams & How to Avoid Them (Franco & Page) .....	24
🏛️ "In all the World, No Trip Like This": America's Great Lakes (Hippert) .....	11
🏛️ Genealogy & Family History Basics (Louis).....	17
🏛️ Generations (Wood).....	13
🌐 Gray Matters: Critical Thinking for Seniors Part I (Knapp).....	16
🏛️ Journey Into Senior Housing (Valentin).....	23
🏛️ More Unruly Women who Dared to Speak Up & Act Out: Part II (Jackson) .....	13
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# FALL 2023 CLASSES

Classes are either in-person at the  Paradise Campus,  Satellite Location or online through our  virtual learning platform.

## MONDAY

### "IN ALL THE WORLD, NO TRIP LIKE THIS" AMERICA'S GREAT LAKES

Welcome aboard! This class sets sail to explore the remarkable history of the Great Lakes—all five of them. From the early fur trading in the 17th century to the economic powerhouse that annually moves more than 143.5 million metric tons of cargo valued at \$15.2 billion through the Great Lakes-St. Lawrence Seaway, its history merits attention. Innovation and invention were the hallmarks of regional development, and, there is more. One unique activity that emerged in the late 19th/early 20th century provided an economic boost to the port communities—steam powered passenger ships. Cruising the Great Lakes became a destination that enabled weary urban dwellers the opportunity to escape the stifling summer heat of the Midwest and East Coast, to relax and destress, and breathe fresh air.

**Paradise Campus Room 401**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Amelia Hippert has a M.A. in history from the University of California, Riverside. During her 30-year academic career she was an adjunct faculty member at Mt. San Jacinto College and DQ University at Soboba, and a lecturer at California State University, San Bernardino. She also worked for California's Employment Development Department where she coordinated programs to assist unemployed professionals. She has extensive nonprofit leadership and board experience. Hippert taught history classes for OLLI at the University of California, Riverside before moving to Las Vegas in 2014.

### SOAP BOX

Soapbox features a guest speaker each week, chosen for their expertise and perspectives on a broad range of topics drawn from the headlines and relevant to the lives of Nevadans. Government, business, and other community leaders will provide the latest news on political, social, and environmental challenges; arts and culture; and community service opportunities. "That's Your Opinion" debates will be incorporated into Soapbox. This class allows us to dig a little deeper into the news stories of the day with vibrant, open discussion strongly encouraged. Part of the Campus & Community Speaker Series.

**Paradise Campus Room 511**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Linda Edgeworth is a senior consultant specializing in domestic and international election law and administration. She has led international observation missions, performed election analyses, and provided direct assistance to election management bodies in 39 countries. She was the Director of Elections in Bosnia and Herzegovina and rebuilt the voter rolls and election systems after the war. She was Deputy Director for elections in Alaska in charge of election operations, procedural development, federal compliance, and public information. She has also consulted in several states and counties in the United States and has been a speaker and facilitator at many election-related conferences domestically and abroad.

Mark Love retired to Las Vegas in 2017 after teaching American Air Force children in the Azores for 6 years. and in England for 28 years. He co-taught a course on Modern Board Games for UNLV-OLLI in the Spring of 2020. Mark majored in political science and was an active campaign volunteer for a Presidential candidate in the 2020 Nevada caucus.

## zoom | Best practices for classes and meetings

- ▶ Be aware of your background and lighting. If possible, try to have light in front of you, rather than behind you.
- ▶ Try to have a neutral calm background, clear of distractions.
- ▶ Turn your microphone off until you would like to speak as background noise can be distracting.
- ▶ Make sure to turn off or silence your cell phone, just like you would during an in-person class.



## **BOOK SMART COURSE THROUGH JUDAISM'S MOST IMPORTANT TITLES AND THE AUTHORS**

A panoramic overview of 3000 years of Jewish learning, this course introduces you to the works that earned us the title 'The People of The Book'. You will experience the different genres that shape Jewish life, including Tanach, Midrash, Talmud, Halachah, Philosophy, Kabbalah, Musar, Chasidism, and meet the influential personalities who drove thirty centuries of Jewish scholarship. Whether you're meeting these texts for the first time or as a seasoned scholar, this course will inform and enrich all your Jewish learning.

### **Paradise Campus Room 301**

**Monday, September 11 - November 13, 2023** 10 week class  
**TIME: 9:10-10:45AM**

Instructor: While Rabbi Tzvi Bronchtein was a young student in Talmudic seminary, he traveled to FSU where he was active in community service and adult education. After completing his B.A. in Talmudic law, he obtained rabbinical ordination in 2004 from the Central Rabbinical Seminary in New York. In 2005 he and his wife moved to Las Vegas where he was appointed co-director of the Chabad Jewish Center at UNLV.

## **WHO'S AGING FOR SH\*TS AND GIGGLES?**

Answer: No one should be Aging for Sh\*ts and Giggles. We should be aging with intention. In this class, we'll collectively create new narratives about aging while sharing thoughts, suggestions, and ideas for: living empowered and free, de-weaponizing aging, reimagining aging as a gift and not a punishment, defusing the mindset that fuels ageism, changing negative aging attitudes into positive aging beliefs, normalizing getting old, and dismantling the notion that Anti-Aging signifies The Beauty and Aging represents The Beast. Class is fun and interactive with lots of takeaways. Bring your aging perceptions, interpretations, opinions, concerns, and discoveries to class for discussion.

### **Online Delivery**

**Monday, September 11 - October 23, 2023** 7 week class  
**TIME: 10:30-11:30AM**

Instructor: Pat Landaker owns Living La Vida Senior and Ageless Aging, senior lifestyle brands offering programs and support services. She's a Certified Senior Advisor (CSA). She serves on the CSA Certification Council, the American Society on Aging (ASA) Social Impact and Innovation Council, the City of Henderson Senior Citizens Advisory Commission, writes columns for Vegas Voice Magazine, and hosts aging programs.

## **TEN YEARS IN TEN HOURS: THE 1910S**

The 1910s was a pivotal decade, defined by great change, full of endings and beginnings, and punctuated by terrible eruptions of mass death from war and disease. Nobody emerged from the decade feeling that life in 1920's was very much like life in 1910's. So much had changed; innocence lost, societal and cultural assumptions replaced, many tens of millions of lives had been lost, and nothing would be the same again. Come join us as we examine how the 1910's propelled the world into our modern era.

### **Online Delivery**

**Monday, September 11 - November 13, 2023** 10 week class  
**TIME: 10:30AM-12PM**

Instructor: After earning degrees in computer science and math from Cornell and UC San Diego, Susan Merritt spent the majority of her career in the world of technology as a data scientist helping biotech scientists manage their laboratory data. Far from being a tech geek dwelling in the cyber world, Merritt has a love of nature and a drive to explore. In her free time, she has traveled to remote locations all over the globe, on all seven continents.

## **SOCIAL JUSTICE IN THE UNITED STATES**

This class will discuss the rise of Anti-Semitism and hate crimes perpetuated against Jews, Blacks, LGBTQ, AAPI and other minority groups in the United States. There will be an array of topics discussed, such as the definition of a hate crime, examples of hate crimes, slogans, logos and symbols used, how hate crimes spread, recruitment techniques and the lessons learned from history. We will also look at the methods that can be used to identify, report and prevent hate crimes.

### **Paradise Campus Room 511**

**Monday, September 11 - November 13, 2023** 10 week class  
**TIME: 11-12:45AM**

Tony Kouffman has a B.A. and M.A. in political science and history. He spent 30 years in the apparel industry, manufacturing women's and children's clothes. Kouffman is very interested in his-tory. He has been an enthusiastic member of OLLI at UNLV since 2006.

Fran Traylor is a retired U.S. Naval officer and federal government employee. She has done ex-tensive travel both domestically and internationally. She has served on numerous national and state boards, municipal and civic associations, community volunteer organizations, and federal campaigns.

"I have enjoyed OLLI very much, having taken a broad spectrum of fun, interesting and intriguing classes. I highly recommend it to anyone who wants to engage their brains and meet some wonderful folks."

**Debra McCracken, Member since 2020**

## III COLORED PENCIL, A FINE ART

Colored pencil is a luminous art medium that allows many layers of color to depict brilliant light. Colored pencils are highly pigmented and have a smooth, buttery lay down. Whether the artist is trying to create a composition that is pointillist and textured, or photo-realistic and highly blended, this versatile medium satisfies a wide range of artistic styles.

**Paradise Campus Room 401**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Nancy Giniger is a graduate of Fashion Institute of Technology with a double major in fashion design and art and advertising. She worked as a children's clothing designer in New York City before moving to Mexico City. Giniger studied pastel portrait painting in Mexico City and in San Miguel Allende at the Art Institute.

## III GENERATIONS

Excerpt from *Generations—The Real Differences Between Gen Z, Millennials, Gen X, Boomers, and Silents and What They Mean for America's Future* by Jean M. Twenge, PhD. The U.S. is currently populated by six generations: Silents (1925-1945), Boomers (1946-1964), Gen X (1965-1979), Millennials (1980-1994), Gen Z (1995-2012), and an unnamed generation born after 2013. The breakneck speed of cultural change means that growing up today is a completely different experience from growing up in the 1950s or the 1980's or even the 2000's. At a time when generational conflict is at a level not seen since the 1960's, separating the myths from the reality of generations is more important than ever.

**Paradise Campus Room 300**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Mike Wood settled in Las Vegas and joined OLLI at UNLV in 2008 after 40 years as a rolling stone that included a career as a CPA, corporate manager, and 10 years in the Marine Corps. He finds participation with the OLLI at UNLV members in sessions on history, economics, politics, and philosophy to be just the thing to keep "the little gray cells" active and engaged.



## III HISTORY OF THE AMERICAN CIRCUS

What has happened to our circus? From the very earliest acrobats to the present-day Cirque shows, the circus has been around for thousands of years in one form or another. In this class we hope to not only entertain you, but also to enlighten you with the enduring life and joy of the circus. The history of the American circus is the history of America and our developing country. As settlers moved west, so did the circus. Bringing to the far corners of the country, traveling circuses with their exotic animals, aerialists and especially equestrians, were always welcomed by throngs of people. Come join the fun, life really is a circus.

**Paradise Campus Room 301**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Jan Biggerstaff is a retired circus performer. Jan enthusiastically chose the circus as her career. She worked, performed and raised a family while living the circus life. Jan understands the circus from inside out. She served as a past president of the Circus Fans Association.

Beverly Abderrahman is also a retired circus performer. Beverly was "born into" the circus business. Beverly raised a family while working and performing with the circus. She has great knowledge about this topic. Beverly remains an active CFA (Circus Fans Association) Board member.

## III MORE UNRULY WOMEN WHO DARED TO SPEAK UP & ACT OUT: PART TWO

Historian, Arthur M. Schlesinger, Jr. once wrote, "Women have made up half the human race but you could never tell that by looking at the books historians write". This course is a continuation of the Unruly Women spring program and will present a NEW list of famous, infamous and obscure American women, who refused to conform to the norms of their time period. Many names may not be familiar but their stories are unforgettable. They risked their reputations, their freedom and even their lives to achieve their goals in life. See what lengths these women went through in support of their beliefs. No need to have attended the spring program to enjoy this course and yes, gentlemen are welcome.

**Paradise Campus Room 512**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Vernice S. Jackson holds a B.A. in Communications and a M.S. in Organizational Development and Analysis. She retired after a long career as a Training & Development Professional and Career Consultant in multiple industries. She has taught numerous college courses. In addition, she is a founding member of Women in History and a docent at the National Museum of African American History and Culture.



## **THE GILDED AGE IN THREE PARTS 1877-1900**

This class will explore the Gilded Age. Although this time period is thought to be only about the very rich, we will look at three components of the time. These are the very rich, the rise of labor, and the Native American situation. The class will consist of lecture, video and discussion.

### **Aliante Library**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 11AM-1PM**

Instructor: Mel Lazarus is a retired history and law teacher at both the high school and college level. He has a bachelor's degree in economics from Boston University, a J.D. from Suffolk University Law School in Boston, and a Certificate in Advanced Graduate Studies in school administration from Fitchburg State College. He is originally from Massachusetts, and has served on various town committees including the Wareham School committee.

## **EPIDEMIOLOGY FOR THE NON SCIENTIST**

The COVID pandemic caused a significant disruption in society. While we were dealing with a new and evolving virus, poor communications from political and public health leaders contributed to the uncertainty. A lack of understanding of the principles of epidemiology at all levels of society exacerbated the problem. This course's purpose is to provide a better understanding of the factors that contribute to the spread of a disease in a community and to work through the steps in evaluating hazards and determining risks. An important takeaway from the course will be the understanding of how we can attribute an outcome to a specific cause.

### **Paradise Campus Room 401**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: George Byrns is an Emeritus Professor at Illinois State University and had been a member of the faculty since 1999. Before coming to the university, he had a 25-year career working for the Indian Health Service as an Environmental Health Officer. He earned a Ph.D. in 2000 from the Johns Hopkins University in Occupational and Environmental Health, an MPH in Environmental Health from the University of Minnesota in 1977, and a BS in Environmental Health from Colorado State University in 1972.

## **THE ART OF WRITING HAIKU POETRY**

Explore the origins and history of beautiful poetry known as haiku. Create your own timeless expressions of mere moments in nature (as well as human nature); so brief, they can be described in a breath, in 3 or less lines, sometimes only 1 or 2 words. Chinese and Japanese poet-philosophers of the 14th (even earlier) through 19th centuries became masters or teachers of what we now know as short form poetry. Today its world-wide popularity has no cultural nor language boundaries. If you are taking this class for the first time, you will have an introduction to a new and fascinating poetry world. If you're returning, interesting explorations are in store.

### **Paradise Campus Room 300**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Jackie Maugh Robinson has to her credit, a few contest wins, almost 400 hundred haiku accepted by print and online anthologies/journals and way more than a thousand rejected by those same publication's discerning editors. Haiku has become a passion. Having volunteered to be an instructor for OLLI, Jackie has found teaching a new avocation.

## **THE MENTAL HEALTH CRISIS IN AMERICA**

There is a mental health crisis in America, but not enough attention has been paid to it. The demand for mental healthcare is overwhelming our mental healthcare system. Mental healthcare professionals across the U.S. are unable to take on new patients, and hospitals are seeing a growing backlog in providing inpatient and outpatient mental health services. In this class we will cover a variety of topics that relate to the mental health crisis in the U.S. such as teenage suicide, the opioid crisis, dementia, PTSD, and the impact of COVID on mental health. We'll also have guest speakers, such as psychiatrists, psychologists, and social workers, from local leading-edge institutions like the Kirk Kerkorian School of Medicine, the Cleveland Clinic Lou Ruvo Center for Brain Health, and UNLV, who will add their expertise to the class, including in-sights on the latest research and treatment approaches related to mental health.

### **Paradise Campus Room 512**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Ed Ort started his career as a physicist working on a Mariner mission to Mars. He later gravitated to computer software, where he was a software developer, web content developer, and writer. Aside from the techie side of his life, Ort is a lifelong sports fan. Some of his earliest memories are watching Brooklyn Dodger baseball games with his father on his family's little black and white television. His interest in sports also extends to its impact on society as a whole.



## **WORLD'S WORST DISASTERS: NATURAL & MAN-MADE CATASTROPHES THROUGH HISTORY**

Throughout history people have suffered from catastrophic natural disasters, including earthquakes, volcanoes, extreme weather, and disease. Some have resulted in horrific loss of life. There have also been disasters caused by humankind itself, such as fires, accidents, and technological failures. This class will examine some of the worst of these events over the centuries, looking at their causes, consequences, and impact. While these disasters may be both depressing and morbidly fascinating, the good news is that humanity has continued to thrive despite them.

### **Paradise Campus Room 511**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: David Lavery moved to Las Vegas from Delaware when he retired in 2018. Since becoming an OLLI member, he has enjoyed a wide range of classes as well as leading "That's YOUR Opinion". Dave has had a continuing passion for travel beginning with his first trip abroad forty years ago. He has been to over 50 countries, and likes learning about new places almost as much as seeing them.

## **MANAGING DIABETES**

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! You will learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more!

### **Paradise Campus Room 301**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 1:45AM-3:30PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.

## **CELEBRATING MUSICAL THEATRE: "I CAN'T DO IT ALONE"**

Sometimes a composer/lyricist team gets together, makes magic and stays together for life. Sometimes a team can hit gold, but move on to work with other people immediately. Sometimes it only takes one person to write the music & lyrics. But no show is ever put together with one person doing all the work by themselves! This semester we will look at the many combinations of collaborative artists who make American Musical Theatre what it is! As usual, we will spend a portion of every session looking at what is happening currently on Broadway in NY, on the West End in London, and right here in Las Vegas. Then we will move on to the rich history of American Musical Theatre!

### **Online Delivery**

**Monday, September 11 - November 13, 2023** 9 week class

**TIME: 2-3:30PM**

Instructor: Bruce Ewing is a native of Suffern, NY and is a graduate of the Hartt School of Music, Hartford, CT. He most recently toured the country in The Phat Pack (winner of Best Of Vegas: Best All-Around Performers). Ewing co-created The Phat Pack while appearing in Phantom: The Las Vegas Spectacular at the Venetian. Before Phantom, he appeared as Jinx in Forever Plaid at the Gold Coast, as well as four years as Jinx and Sparky in Forever Plaid at the Flamingo Hotel & Casino. Before Vegas, Ewing worked all over the country with credits including national tours of Forever Plaid (Jinx/Frankie Sparky), City of Angels (Jimmy Powers), Grand Hotel (Erik and understudy for the Baron), and Ziegfeld: A Night at the Follies (production tenor). Ewing has recorded four solo CDs and is currently music director at Community Lutheran Church of Las Vegas.

## **CREATIVE WRITING**

Explore personal narratives, poems, and fictional short stories in a friendly and sociable atmosphere. Develop your ideas and concepts, and present your work via various writing exercises, positive critiques, and discussions. Special emphasis will be put on dialogue, writing with emotion, various forms of poetry, scene creation, and hooking the reader. This class welcomes the writer at any and all levels.

### **Aliante Library**

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 2-4PM**

Instructor: Barbara Miller is an avid reader and shares her insightful constructive criticism. She moved to Las Vegas from New York, where she ran a large cosmetics firm and a catering business. In Las Vegas, she ran an orthopedic office for eighteen years. She now has the time to pursue her passion for writing.

Diane Crane Benelli is a twelfth generation native of Manhattan and has lived in Las Vegas for ten years. She has been published in the The New York Biographical and Genealogical Society Record and has edited several books for publication.

## GRAY MATTERS: CRITICAL THINKING FOR SENIORS PART I

Having good critical thinking skills is a necessity in our current society. What is true? What is real? People are always trying to convince us to buy their products or their ideas. This class is about how we can make the best decisions based on what we know from scientific research. We will explore topics together looking at what is factual information and what is opinion. There will be a heavy emphasis on logical biases and psychology. This class extends over the whole year with different topics in the fall and in the spring. We will have a one hour presentation online with a PowerPoint filled with links that will be sent to everyone after that class.

### Online Delivery

**Monday, September 11 - November 13, 2023** 10 week class

**TIME: 2-3:30PM**

Instructor: Gail Knapp retired after teaching psychology for almost 40 years in a Michigan community college. She moved to Las Vegas to escape the snow and because she had fallen in love with the city during a regular summer visit for a conference about the topics in this class. It is that interest that sparked the creation of a skepticism class that has been part of the OLLI for the past nine years. Knapp's academic work includes earning psychology degrees from Stony Brook and Hofstra Universities in New York and a Ph.D. from Michigan State University. She passed the examination to become a professionally registered parliamentarian twenty years ago, and she earned a J.D. and passed the Michigan bar at age 62.



## TUESDAY

### CELEBRATING MUSICAL THEATRE: "I CAN'T DO IT ALONE"

Sometimes a composer/lyricist team gets together, makes magic and stays together for life. Sometimes a team can hit gold, but move on to work with other people immediately. Sometimes it only takes one person to write the music & lyrics. But no show is ever put together with one person doing all the work by themselves! This semester we will look at the many combinations of collaborative artists who make American Musical Theatre what it is! As usual, we will spend a portion of every session looking at what is happening currently on Broadway in NY, on the West End in London, and right here in Las Vegas. Then we will move on to the rich history of American Musical Theatre!

**Paradise Campus Room 511**

**Tuesday, September 12 - November 14, 2023** 9 week class

**TIME: 9-10:45AM**

Instructor: Bruce Ewing is a native of Suffern, NY and is a graduate of the Hartt School of Music, Hartford, CT. He most recently toured the country in The Phat Pack (winner of Best Of Vegas: Best All-Around Performers). Ewing co-created The Phat Pack while appearing in Phantom: The Las Vegas Spectacular at the Venetian. Before Phantom, he appeared as Jinx in Forever Plaid at the Gold Coast, as well as four years as Jinx and Sparky in Forever Plaid at the Flamingo Hotel & Casino. Before Vegas, Ewing worked all over the country with credits including national tours of Forever Plaid (Jinx/Frankie Sparky), City of Angels (Jimmy Powers), Grand Hotel (Erik and understudy for the Baron), and Ziegfeld: A Night at the Follies (production tenor). Ewing has recorded four solo CDs and is currently music director at Community Lutheran Church of Las Vegas.

### FRIGHT NIGHT WITH THE UNIVERSAL STUDIO MONSTERS

In the 30's and 40's Universal Studios introduced 5 scary monsters to movie audiences. Frankenstein's monster, Dracula, The Mummy, The Invisible Man, and the Wolf Man. We will watch the first appearance of each of these characters as well as a sequel. We will also look at many of the actors and crew that made these milestone films.

**Paradise Campus Room 301**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Keith McMillen is a 20-year resident of Las Vegas. He is a retired software engineer who worked in many areas, including the Department of Defense, hospitals, HMOs, small business, and early internet providers. McMillen is a life-long fan of old movies, especially B movies and Saturday serials. He has been a newspaper reporter, a middle school instructor, and a middle school academic coach in LEGO robotics competitions.

## **III GENEALOGY AND FAMILY HISTORY BASICS**

Join in this exciting journey into yesteryear! Methods and techniques to explore your ancestral family, who they were and how they lived will be discussed. You may find why you are who you are. Everyone has family stories and legends but are they true? Are you really descended from royalty? Was my great grandpa really a banker or a bank robber? We will go through practice exercises, explore the possibilities in the USA and sometimes offer clues for the "old country". The study of genealogy and family history is exciting and can be surprising. Come join the adventure! Students are encouraged to apply course information to locate and expand their own family history and genealogical tree. We will use the genealogy research process to assure accuracy and validity of your family history. Enhance skills for methods and resources to find the facts about family. Identify types of records including governmental and legal types of records as well as family and historical sources and artifacts that have your family information. Evaluate validity and accuracy of information one finds. Explore ways to present information found for family and you to enjoy and appreciate your lineage.

### **Paradise Campus Room 300**

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Margaret Louis has many years of experience researching family history in the Midwest USA and Germany, and has traced family lines to the 1600s. She has taught classes on genealogy topics and published two family history related books. Louis holds National Certification from the National Genealogical Society.

"OLLI is simply the BEST! Everything about it is fun, exciting, educational, and to be a part of it is pure joy. You get to meet so many wonderful people from all kinds of backgrounds and walks of life. The teachers are all top notch in their respective fields. Their curriculum is very diverse so it is easy to find something that will interest you. I cannot think of anything better, more worth it, more enjoyable or more satisfying than being a part of this awesome community. There are just not enough words... I love it!"

**James (Jim) Weaver, Member since 2018**

## **III SO YOU THINK YOU CAN BELLY DANCE LIKE AN EGYPTIAN?**

This beautiful art form is all about mind, body and spirit! Enjoy learning a creative cultural dance while enhancing stamina and awareness of body image. This is an opportunity to understand and combine middle eastern music with Egyptian belly dance steps. This art form will help you to maintain flexibility, muscle tone and bone strength. And keep you physically fit. Come and enjoy the fun! Keep dancing!

### **Paradise Campus Room 133**

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: June has been studying belly dance for over 20 years with various teachers here in Las Vegas and other places and is a part of several belly dance troupes. She will assist Mercedes and bring hip scarves and veils for students to use in the class.

Mercedes Dorothea Foster is 78 years young and a retired Advanced Practice Registered Nurse. She is a show producer, choreographer, Egyptian Belly Dance instructor and Afro-Brazilian Samba Dance instructor from Brooklyn, NY. She has been belly dancing since May 1989 and has performed professionally around the world. She taught belly dance for eleven years in Honolulu, Hawaii and at the historic Doolittle Community Center, in Las Vegas, Nevada for ten years. Mercedes was invited to dance and then, subsequently, taught various dance forms for two years at the Speeding Theater Over 55, in Las Vegas. Her dance style is described as Egyptian Style Belly Dance and Afro-Brazilian style Samba. She has been teaching dance techniques, combinations, and choreography off and on since 1998. Mercedes teaches various forms of dance because it is lots of fun and it keeps her physically fit.

## **III THE TWILIGHT ZONE**

This class examines five years of the Twilight Zone through discussion of various episodes. Discover what stories were decades ahead of their time and explore the meaning of each story. We will also examine the life of Rod Sterling himself.

### **Paradise Campus Room 401**

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Dan Mysliborski retired from Ocean Spray Manufacturing in 2011. He has been a Las Vegas resident since 1992 and a student at OLLI at UNLV since 2013. He graduated from DeSales University in 1980 with an accounting degree. Mysliborski is a fan of television from the 50s and 60s and has enjoyed Twilight Zone since its original broadcast in 1959.



## YOU GOTTA HAVE FAITH

As part of the Campus and Community speaker series this class will focus on all different religions, history and holidays and beliefs and how they intermingle. We will have speakers from all areas of faith to speak to religion and how it applies to the events of today. Come learn and hear from the leaders of many Las Vegas/Henderson religious institutions.

### **Paradise Campus Room 512**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Carolyn Fowler completed her BS and M.Ed. in Post-Secondary Adult Education and Workforce Education at UNLV. She has been a teacher/professor at Community Colleges in Southern California and here at CSN for a total of 31+ years. Carolyn has lived in the Las Vegas Valley for almost 31 years, has 5 grandchildren and has attended OLLI classes since 2015.

Lynda is from Milwaukee Wisconsin. She has lived and worked in Chicago, Los Angeles, Israel, San Diego, Virginia Beach and for the last 30 years Las Vegas. Her BFA in Acting from the Chicago Arts Institute, gave her the discipline to work as the Director of Sales and Service for start-ups of Cable TV and Wireless phones for 25 years. After volunteering for Vegas Metro and the Lu Ruvo Cleveland Clinic for Brain Health. She found her happiness as an OLLI Student and volunteer in 2016.

## MASTERING YOUR DIGITAL LIFE

Take charge of your online life by learning the basics of managing your devices and online access. Find out how to set up your browser and device for safety and privacy, adjust to your accessibility needs, and personalize. Learn tips and tricks to expertly manage your email, calendar, and storage. Evaluate what is real and what is not when you are online. Search techniques will enable faster and more effective search results and allow you to access great, free content, even inside the Hidden Web. Manage your digital afterlife (yes, there is one!). Finally, we will explore the newest tech ChatBots, artificial intelligence (A.I.) software.

### **Online Delivery**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 9-10AM**

Instructor: Sarah (Bebe) Brechner holds a MLIS degree in Library and Information Science and a Certificate in Competitive Intelligence from the University of Toronto. She retired in 2019 from ProQuest, a global information industry company, after more than 30 years in the library and information industry. An expert in online information, she has developed and managed information databases of primary and secondary resources, including in the fields of oral history, ethnic and gender studies, performing arts, and literature. Before her retirement Brechner traveled extensively for business, visiting universities and libraries throughout North America and Europe. She relocated to Las Vegas in 2016. Her passion is information literacy and the accessibility of online information sources.

## PARABLES OF TODAY: UNDERSTANDING CHRISTIANITY THROUGH ENTERTAINMENT

Jesus used stories, "parables," to help his followers remember his teachings. His tales of The Good Samaritan and The Prodigal Son are considered two of the most popular short stories of all time. Intentionally or not, all forms of pop culture contain lessons which help us understand Jesus' teachings today. Members will not only enjoy watching these examples (popcorn has appeared in the past and multiplied, like Jesus feeding the 5,000), they also will learn how to discern parables on their own.

### **Online Delivery**

**Tuesday, September 12 - October 24, 2023** 7 week class

**TIME: 9-10AM**

Instructor: Bob Blaskey works at St. Viator and St. Francis de Sales School, where he directs drama ministry groups and teaches classes in the Catholic faith. He has been a guest speaker at various houses of worship with his Parables of Today message. He received his degree in political science from UNLV. Four of the faith-based dramatic videos he wrote and directed received the Silver Angel Award, given by Excellence in Media for "works of outstanding moral, ethical, and/or social impact." He is the author of Curtain Up!, a book about creating a drama ministry, published by Harcourt Religion. He was also a columnist for Religion Teachers Journal and has published several skits.

## CROCHET & KNIT

This is a hands-on workshop designed to improve skills by completing projects. Knowledge of how to crochet single, half double, double, and triple crochet or knit garter, purl, stockinette and cable stitches is required. You will need two (2) light colored skeins of yarn to practice; and a three ring binder or folder. Patterns will be provided.

### **Online Delivery**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 10:30AM-12PM**

Instructor: Lynne Boone has been teaching crochet classes at OLLI at UNLV since 2013. She is also the moderator of the OLLI at UNLV book club since November 2012. Boone graduated with a B.A. in English from Xavier University of Louisiana in 1984.



## THE QUEST CONTINUES: WHAT IS IT ABOUT A DOOR?

Have you given much thought to the concept of a door? Stepping into an office revolving door? Have you wondered who came up with the idea? And, what about hinges—why three instead of two? Clearly, a door can be a welcoming sign of hospitality or a barrier of entry. It could be an animal hide stretched across an opening or a rock rolled into place as Fred Flintstone might have used. Its style has evolved over many centuries and in many cultures. The materials used are as varied as the historical era they represent. This course will expand your appreciation of a patio door you slide or the remote control that opens your garage door. Doors are everywhere.

### Online Delivery

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 10:30AM-12PM**

Instructor: Amelia Hippert has a M.A. in history from the University of California, Riverside. During her 30-year academic career she was an adjunct faculty member at Mt. San Jacinto College and DQ University at Soboba, and a lecturer at California State University, San Bernardino. She also worked for California's Employment Development Department where she coordinated programs to assist unemployed professionals. She has extensive nonprofit leadership and board experience. Hippert taught history classes for OLLI at the University of California, Riverside before moving to Las Vegas in 2014.

## MANAGING CHRONIC PAIN

It's time to feel better, move more, reduce pain, and enjoy life! This chronic pain self-management workshop teaches techniques to overcome ongoing issues associated with chronic pain. Become a proactive participant in your own physical and emotional wellness by taking an integrated approach that includes nutrition, exercise, stress reduction, problem solving, communication strategies, positive thinking, and goal setting as part of a comprehensive, integrated pain management plan.

### Revel Nevada Independent Living Community

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 10AM-12PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.

## TED TALKS

Come on in and enjoy some expert presentations on current topics, followed by a rousing discussion. New topics each week. Do Schools Kill Creativity? How Do Great Leaders Inspire Action? Or maybe you have a topic? No preparation required. We will watch all the videos in person. Hope to see you in class!

### Paradise Campus Room 512

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 11-12:45AM**

Instructor: Keith McMillen is a 20-year resident of Las Vegas. He is a retired software engineer who worked in many areas, including the Department of Defense, hospitals, HMOs, small business, and early internet providers. McMillen is a life-long fan of old movies, especially B movies and Saturday serials. He has been a newspaper reporter, a middle school instructor, and a middle school academic coach in LEGO robotics competitions.

## MYSTERIES OF THE MICROSCOPIC WORLD

No background in science? Mysteries of the Microscopic World teaches you all the biology you need to understand! Cells as the basic unit of life, DNA as the amazingly versatile genetic code, the immune system as an almost miraculous arsenal of defenses, and other features of the tiny domain where microbes thrive. Professor Fleury weaves these and many other stories into a spellbinding narrative that takes you from the germ theory of disease to germ warfare, from the challenges of being small to the advantages of infecting through a "vector" intermediary, from ancient prokaryotes to the latest probiotics.

### Paradise Campus Room 300

**Tuesday, September 12 - November 14, 2023** 10 week class  
**TIME: 11AM-12:45PM**

Instructor: Dale Cox has degrees in civil engineering, radio electronics, and liberal arts. He spent the majority of his career at the Nevada Test Site, where his primary responsibility was to oversee preparations for tests. Cox was a staff member of the University of California at Los Alamos, NM. He retired from Los Alamos National Laboratory. He has honorable discharges from both the Army and Air Force.



## PASTELS, STICKS & PENCILS

Brilliant color that does not yellow with time, a velvety matte surface unlike any other medium, dry color that is capable of a range of effects—these characteristics are distinctive to pastels. Pastel drawings and paintings are stunningly beautiful, with rich textures and deep colors. Pastel's look and feel results from the medium's composition, a blend of finely-ground pigment and white extender coalesced with a minimal amount of binder (the latter merely enough to enable the artist to grasp the stick of color between the fingers yet crumble when stroked across a support). It is this powdery property that accounts for the delicate surface of works executed in pastel. Be prepared to get dirty and do wear old clothes or a cover up!

**Paradise Campus Room 133**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Nancy Giniger is a graduate of Fashion Institute of Technology with a double major in fashion design and art and advertising. She worked as a children's clothing designer in New York City before moving to Mexico City. Giniger studied pastel portrait painting in Mexico City and in San Miguel Allende at the Art Institute.

## THE VIKINGS

Learn about the role of The Vikings in forming Latin Christendom, particularly in Western Europe. We will look at the many roles the Vikings played: warriors, merchants, artists, kings, raiders, seafarers, shipbuilders and creators of marvelous literary sagas and myths. Join me on this Norse Great Courses Journey.

**Paradise Campus Room 401**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Born and raised in Seattle, John Birkland holds a B.A. in humanities from Washington State University, the real Cougars. He served in the U.S. Army in Germany as a transportation specialist when not skiing, traveling, or sampling the different brews. He spent 40 years in the transportation business, the last 20 years employed by Department of Energy (DOE) contractors, shipping hazardous and radioactive materials at the Hanford Nuclear Reservation in Washington state and then at the Nevada Test Site. Upon retirement he came to OLLI for the watercolor painting classes; he still struggles with that thankless art form.

"Interesting instructors. Interesting subjects. Always great to keep learning new things."

**Rose Marie Pickell, Member since 2014**

## TRUMBO

Although Dalton Trumbo is best known as the man who broke the blacklist, he gave us something far more lasting through his deeply-humanist screenplays. Whether it be a woman determined to live life on her own terms (Kitty Foyle), or a boy fighting to protect the thing he loves most (The Brave One), Trumbo imbued his characters with tremendous courage and dignity. In so doing, he often challenged us to look to the best in ourselves. Defying the blacklist was only one part of Dalton Trumbo's life. By discussing films made over the course of his lengthy career, this class will explore Trumbo's political as well as creative legacies.

**Paradise Campus Room 511**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Danielle Hartnett holds a degree in film from USC, where she worked with renowned film scholar Drew Casper and several blacklisted filmmakers. While on work study in the film library, she looked for any opportunity to steal a moment in the Warner Bros Special Collections, where she would linger over publicity stills of James Cagney and Humphrey Bogart. She spent a brief time working in Hollywood before pursuing a master's degree in English literature. Hartnett is a published film reviewer. She has taught several classes at OLLI at UNLV, including classes on the Hollywood Blacklist, the History of the Early Gangster Film, and the Films of the Cold War.

## ACCOMPLISHED CAREER CENTER OF EXCELLENCE PART I

This is geared toward professionals either just entering retirement or those in later retirement. The purpose of the center is to share your expertise with professionals of other professions and those in the community at large. This course is meant to enrich present retirement. The course will also show the group how to enrich their own emotional and physical wellness in the next phase of their life. The course will also focus on opportunities and skills in the areas of serving on boards, mentoring, volunteering, and future learning. This course is divided into two terms Fall and Spring too gain the full scope of personal and professional development.

**Paradise Campus Room 301**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Dr. Daniel Berman is the Founder and CEO of the Community Healthcare Innovations. In addition, he has been helping people later in life reinvent their life after retiring from their positions. He has been coaching and working with retired healthcare professionals and other professionals to find fulfillment in the next phase of their lives.



## III AUTHOR TECHNIQUES 101

Want to learn how to organize material, use correct point of view, show a story with words and choose the best possible characters for your written work? This creative writing class will help you do all of that! Plus give you some great "opening hooks" to gain reader interest, help you self-edit your work and really establish a "Writer's Platform". Bring along a laptop with some of your work, or printed/written copies, or start as a new writer in this class.

**Paradise Campus Room 300**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Jo Wilkins, Chief Executive Officer and Acquisitions Editor for Mystic Publishers, Inc., runs the companies Ink & Quill Publishers (general genres) and NewLink Publishing (Horror, Sci-Fi and Fantasy), and Vision Novels, for authors who want to self-publish without a vanity press. She co-authors, the Tyranny Series (Sci-Fi) and one murder mystery. She has published in over 20 anthologies and essays, and on KNPR's "Making NV Home". She taught beginning and intermediate writing for the City of Henderson.

## III FEMALE COMEDIANS: PAST & PRESENT

We will learn about the life and work of a variety of prominent female comedians—both comedic actors, like Lucille Ball, Carol Burnett and Betty White, and stand-up comics like Moms Mabley, Phyllis Diller, and Joan Rivers. In each class we will view a sampling of their performances and, hopefully, and most importantly, we will laugh out loud!

**Paradise Campus Room 511**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Terry Ross earned a B.S. in Bus. Admin from Northwestern University and a J.D. from DePaul University. She is a CPA and worked for Arthur Young & Co. (now Ernst & Young). As a lawyer, she joined Sidley & Austin, where she represented large commercial lenders in leveraged buy-out transactions. Despite what sounds like a boring career, she has a well-developed sense of humor and loves to laugh. She and husband, Walter Knorr, have been seasonal residents of Vegas and OLLI members since 2018.



## III JEWISH AMERICAN PLAYWRIGHTS: FROM YIDDISH THEATER TO TODAY

This class will explore the Jewish American experience as reflected in the contributions of Jewish playwrights from the Yiddish Theater to contemporary plays. We will look at the brilliant work of writers such as Arthur Miller, David Mamet, and Tony Kushner and discuss how their Jewish background affected their work. Is there a difference between a Jewish playwright and a playwright who happens to be Jewish? Does the rich, diverse tapestry of Jewish theater fully reflect the complexities, triumphs and struggles of being Jewish in America?

**Paradise Campus Room 512**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Dr. Royer earned her Ph.D. at the University of Oregon and taught at the University of Nebraska, Kearney and several community colleges. As a second generation Jew, from the suburbs of New York, Ellen's Jewish identity has influenced the plays she chose to read, see and direct. From Wendy Wasserstein's comedy, "Isn't It Romantic?" to the gut wrenching holocaust drama, "Good," Ellen directed plays while she was a college professor that grappled with what it means to be a Jew in America.

## III THE EMERGENCE OF THE EUROPEAN RENAISSANCE: CULTURAL INTERACTIONS BETWEEN EUROPEANS AND MUSLIMS

Other terms in the definition relate to cultural expressions like the arts, literature and learning, which include the sciences. These refer to cultural manifestations or characteristics that we group according to their style and content, as well as the time in which they were made. Renaissance arts and culture have a certain "look and feel". Two adjectives tell us more about their content and appearance: "classical" and "humanistic". Classical is a term used to describe the styles and learning of the ancient Greeks and Romans. Sometimes it implies ancient knowledge from other cultures as well. "Humanism" is an intriguing term specific to the Renaissance, which contains the root "human", a culturally universal term. Understanding both of these terms will require more elaboration. They will appear in several sections of this unit. Both are areas of interest to recent historians.

**Paradise Campus Room 401**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Imam Al Aziz Eddebarh has a Ph.D. in environmental sciences. His religious training combines a traditional Islamic education in Morocco and Islamic chaplaincy from the Hartford Seminary in the U.S. He retired from Los Alamos National Laboratory where he worked on complex projects such as nuclear contamination cleanup and international nuclear diplomacy for nuclear non-proliferation. Eddebarh has been a social activist and religious leader. He has traveled around the globe and has special interest in educating the Muslim community about the importance of Masjid Al-Aqsa. He has worked since his arrival to the U.S. in 1979 on promoting accurate understanding of Islam and Muslims. His passion is to work with others in the faith community to nurture a pluralistic environment.



## **MANAGING DIABETES**

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! You will learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more!

### **Online Delivery**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 2-3:30PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.

## **MIDDLE AGES**

Using Great Courses lectures delivered by Professor Emerita Joyce Salisbury, University of Wisconsin-Green Bay, this class will examine middle ages around the world. Professor Salisbury received the 'Outstanding Teaching' and 'Professor of the Year' awards from her university. Following your viewing of the Great Courses lecture, each week will be augmented with group questions and information on the theme.

### **Online Delivery**

**Tuesday, September 12 - November 14, 2023** 10 week class

**TIME: 2-3:30PM**

Instructor: Hilary Howarth, M.Ed., has taught an eclectic list of classes for OLLI at UNLV including Oral Storytelling; History of India; Hamilton: The Man, The Musical; Modern Board Games; and Warriors, Queens and Intellectuals. Howarth's first professional job was teaching English in Taiwan. Since then, she has worked for a variety of international organizations including the YMCA, nonprofits like the Lung Association, the University of Washington, and ended her career as an entrepreneur with a small business.

## **WEDNESDAY**

## **CRITICAL THINKING IN THE AGE OF SOCIAL MEDIA & ARTIFICIAL INTELLIGENCE**

We prefer stories to statistics. We seek to confirm, not to question our ideas. We don't understand the role of chance and probability in shaping events. We cannot comprehend very large numbers. We use heuristics (mental short cuts) and misperceive our world. We are deliberately deceived when things are presented to us using framing and anchoring. We have faulty memories. Social media has algorithms that intensify these errors. Artificial intelligence (AI) may weaken our inclination and ability to engage critical thinking. Can we apply critical thinking to some societal problems today?

### **Paradise Campus Room 512**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Robert V. Gibbons, MD, MPH, FACP served in the Army Medical Corps for over 26 years retiring as a Colonel. His army career gave him unique opportunities in teaching, research, and leadership while working in diverse medical positions. His interest in public health and preventive medicine led him to train as an Epidemic Intelligence Service Officer at the Centers for Disease Control and Prevention (CDC). In this and future research Gibbons worked closely with multidisciplinary teams including veterinarians, nurses and laboratory scientists. At the completion of his CDC training he transitioned to the Walter Reed Army Institute of Research (WRAIR) for three years where he focused on experimental dengue vaccine studies. He served for nine years at the Armed Forces Research Institute of Medical Sciences (AFRIMS), a joint laboratory with the Royal Thai Army, working primarily in Thailand, Nepal, and the Philippines but also Bhutan, Laos, the Maldives, and Vietnam in training and improving their laboratories' capabilities. Additionally, Gibbons coordinated with the World Health Organization, Department of State, CDC, NIH, non-governmental organizations, foreign ministries of health and military, industry, and Universities, conducting field, vaccines, diagnostic, and surveillance studies.





### **III EMPOWER YOUR HEALTH**

Become empowered and inspired to take control of your health in this exciting speaker series class! Throughout this course, speakers from various fields will share their knowledge, insights, and personal experiences to provide updates on current research news and practical tips and strategies for making healthier choices. This class will cover a range of topics, including nutrition, fitness, mental health, disease prevention, overall well-being, and more. Empower Your Health is a health-based speaker series class and part of the Campus & Community speaker collection.

#### **Paradise Campus Room 511**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Risa Federico is the Community-Outreach and Research Recruitment Specialist for the UNLV Department of Brain Health and the Health Sciences Liaison for OLLI at UNLV. She has been with UNLV since 2015 and is currently working on her Master's in Public Health.

### **III JOURNEY INTO SENIOR HOUSING**

The course will offer a step-by-step guide to choosing the right care option for loved ones. It will cover types of care settings, availability, and cost, how to select and pay for one. Students will create budgets, timelines, pros and cons of selling and keeping real estate. Students will gain an understanding into Medicare and Medicaid coverage, Aid-in-Attendance and in general have an understanding of the Nevada system of care and resources for aging adults.

#### **Paradise Campus Room 300**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Dora Valentin is a licensed Residential Facility Administrator with a degree in Masters of Higher Education, and a BS in Marketing. Prior to a career in the care for elderly, Dora had a career in university management, which included extensive time spent in training and presenting to both staff, students and community members on various topics. Dora is an excellent educator with over 15 years of experience in developing training courses and facilitating them.

### **III MAP YOUR WAY THROUGH MEDICARE**

Medicare is a national healthcare program that affects more than 63 million people in the US. Do you know how it works? Are you getting the most from your benefits? Medicare is confusing, but it doesn't have to be. Be armed to take control of your care and benefits with our free and unbiased information. The Medicare Assistance Program (MAP) was designed to educate, empower and assist Medicare beneficiaries, their families and caregivers by providing free, unbiased, and personalized Medicare information, to increase awareness of Medicare fraud, errors, and abuse and to provide information about cost savings programs available to low income beneficiaries. Together we can MAP our way through Medicare.

#### **Paradise Campus Room 301**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Maria Reid is a semi-retired human resources professional who began volunteering for MAP in 2020. She has become a Level 2 Benefits Counselor and our Events Coordinator. As a Level 2 Benefits counselor, Reid is able to assist in the explanation of Medicare, plan comparisons and enrollments, provide referrals to other services and report Medicare fraud, errors and abuse. She has one son and loves to host Sunday dinners for all her family.

Christy Corzine is a retired casino pit supervisor and substitute elementary teacher for CCSD. She came into the MAP program after taking the UNLV OLLI class 'MAP Your Way Through Medicare' in the spring of 2022. So intrigued by what she learned in the class, she became a MAP volunteer in the summer of 2022, and was soon hired as a per diem MAP counselor. Her interest in navigating the Medicare system along with her passion for helping people, make her a great addition to the MAP program.

### **III RECREATIONAL CARD PLAYING**

Even if you haven't touched a deck of playing cards in years, you will enjoy this class. The games are easy to learn and enjoyable to play. Compete against fellow OLLI at UNLV members in a friendly atmosphere. Our purpose, besides defeating our opponents, is to socialize and to have fun. To begin your day with excitement and camaraderie, come join us for a thrilling morning of card playing.

#### **Paradise Campus Room 401**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Frank Davio worked for Rheingold Brewery in Brooklyn, New York as a truck driver and for Southwest Airlines in Las Vegas as a ramp agent. He was raised in a social club culture and has been playing cards for recreation most of his life. Though he now occasionally plays cards online, Davio knows there is nothing that compares with the fun, entertainment, and excitement of playing cards in the flesh.



## **FRAUD 101: THE MOST COMMON TYPES OF SCAMS AND HOW TO AVOID THEM**

AARP Nevada advocates on behalf of the 50+ in Nevada and educates on issues affecting these individuals. Ten weeks of topics with speakers ranging from the Godfather of the Dark Web to the Lead Attorney for the Federal Trade Commission who will address all types of fraud and scams and offer up ways to keep yourself and your identity safe.

### **Online Delivery**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 9-10AM**

Instructor: Riley Franco has over ten years of experience spanning the nonprofit and small business sectors with a diverse background including program development, case management, community outreach and engagement, evidence-based program facilitation, training development, volunteer recruitment, management and appreciation, event planning and coordination, marketing and fundraising, and development of collaborative partnerships to reach organizational goals.

## **THE ABCS OF MEDICARE: WHAT YOU REALLY NEED TO KNOW**

Medicare changes every year. Keeping up with these changes can be overwhelming and confusing, but it does not have to be. Learn about how Medicare insurance works, as well as how the constant changes affect you. Too many Medicare recipients are unaware of the incredible benefits to which they are entitled, such as thousands of dollars in comprehensive dental coverage, free over-the-counter products, personal emergency response systems, and even a grocery allowance in some cases. In Clark County alone, there are tens of thousands of seniors on Medicare who have never updated their plans. Many of the older plans do not offer these benefits like the newer plans do. Join us in a fun and engaging learning environment to increase your knowledge about your Medicare healthcare options in Clark County.

### **Online Delivery**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 9-10AM**

Instructor: Adam Weston is a licensed insurance agent for The Medicare Store, a subdivision of Nuvo Health, one of the largest and most trusted insurance agencies in Nevada. Adam moved to Las Vegas shortly after graduating from the University of California, Santa Barbara. He is passionate about helping seniors in the Clark County community through education and volunteering. Weston is experienced in teaching Medicare classes in a university setting as well as in senior centers and 55+ communities. He speaks English, Spanish, French, Portuguese, and Hebrew. He is currently studying Russian and would like to master Chinese in the future. Serving his community in multiple languages is something he is truly passionate about.

Michelle Weston is a licensed insurance agent for The Medicare Hub, a subdivision of Nuvo Health, one of the largest and most trusted insurance agencies in Nevada. Weston was born in Johannesburg, South Africa, but grew up in Southern California. She graduated from UCLA in international relations. She is a proud graduate of Leadership Las Vegas, Class of 2020, and holds the title of Ms. Senior South Africa–Universe. When she is not helping the senior community with Medicare, you can find her painting in her studio. Weston has a passion for fine arts and teaches a variety of different mediums.

## **HARLEM RENAISSANCE: AN INTRODUCTION**

A hundred years ago, Harlem became a swinging, lively section of NYC. Art, music, dance, and literature flourished. This period, starting after WWI and going until the mid 30's, became known as the Harlem Renaissance. This course will provide an introduction to this awakening and some of the African Americans in the visual, musical and literary arts. Stars we still value today.

### **Carnegie Heights at Henderson**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 9-11AM**

Instructor: Fran Smith holds a B.A. in political science and an M.A. in international relations. Her first career was on Capitol Hill as a Congressional aide. Her second was in housing development in Honolulu. And her third was nonprofit management. After retiring, she returned to her love of learning through OLLI at UNLV. Although she has no professional art experience, she minored in art history and has pursued her love of art all her adult life through travel.

Jane Addis has taught at OLLI at UNLV as part of the team for American Treasures and has fallen into the 'fun' of conducting a solo class on Will Rogers. Addis has had a lifelong interest in him and has visited several of the places he worked and lived.

## **MANAGING CHRONIC PAIN**

It's time to feel better, move more, reduce pain, and enjoy life! This chronic pain self-management workshop teaches techniques to overcome ongoing issues associated with chronic pain. Become a proactive participant in your own physical and emotional wellness by taking an integrated approach that includes nutrition, exercise, stress reduction, problem solving, communication strategies, positive thinking, and goal setting as part of a comprehensive, integrated pain management plan.

### **Online Delivery**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 10:30AM-12:30PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.



## A VIEW OF AFRICAN AMERICAN CULTURE THROUGH STORIES

Selected stories, some original, all rich in African American history and traditions presented by the instructor. The "storyteller" will give an explanation of various aspects of culture as she reinterrupts each story. Students will present questions and participate in discussions at each session.

### Online Delivery

**Wednesday, September 13 - October 18, 2023** 6 week class

**TIME: 10:30AM-12PM**

Instructor: Binnie Tate Wilkin is a writer and professional storyteller. At the virtual conference of the National Storytelling Network 2021, she received an ORACLE award for storytelling excellence in the Western Region of the U.S. Stories recorded in December 2020, for the Neon Museum of Las Vegas are currently being used in CCUSD schools. Wilkin practiced storytelling as a Children's Specialist and Minority Services Coordinator for public libraries. Storytelling was also among the subjects she taught in prominent Library Schools including Columbia University and UCLA. Her book published by Roman and Littlefield, A Life in Storytelling contains instructional materials on the art of storytelling.

## UKULELE WORKSHOP

This workshop for experienced ukulele players will regularly introduce new music. We will play and sing as a whole group, and also as soloists, duets, trios, and other small groups. Students are encouraged to suggest songs to learn. Each student is expected to own and bring a copy of The Ultimate Ukulele Fakebook (ISBN: 9781495070402). Additionally, students must provide their own ukulele, tuner, and tabletop music stand. It is expected that students have completed the OLLI at UNLV Ukulele for Beginners class, or have had equivalent private instruction and familiarity with their instrument.

### Las Vegas Meadows

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 10AM-12PM**

Instructor: Niels Clyde has been a student of several disciplines of spiritual principles for many years. His interest in ancient sages and their teachings has enabled him to facilitate several study groups. Clyde added teaching ukulele in 2013. OLLI at UNLV has provided a unique opportunity for Clyde to share his experience in a multimedia environment.

Judy Nelson has lived in Las Vegas since 1989. She is a retired Department of Defense employee and spent 20 years working at Nellis AFB. Her interest in ukulele began at age nine when she found an old ukulele book in her dad's garage and taught herself some chords on a \$6 ukulele. She moved on to learn guitar a few years later, playing from books. Nelson didn't play ukulele again until 2010, when she joined the Ukulele Club of Las Vegas. She is currently the organizer of UCLV and the Ninth Isle Ukulele Club.

## AGING MASTERY PROGRAM

Using the expertise that the University of Nevada, Reno (UNR) Extension offers, from Health & Nutrition and Horticulture to the Family Resilience and Small Business Program and everything in between, the Healthy Aging program can connect you with the resources you need as you navigate life as an older adult. The course will be lead by Ellen Grossman, program manager for the University of Nevada, Reno/Sanford Center for Aging/Nevada Geriatric Education Center at UNR Extension and will feature guest speakers and faculty.

### UNR Extension

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:30PM**

Instructor: Ellen Grossman has dedicated over 20 years of her expertise in the non-profit field with over 17 years specifically devoted to the health and wellbeing of older adults and their caregivers. Ellen is currently a program manager for the University of Nevada, Reno/Sanford Center for Aging/Nevada Geriatric Education Center where she is coordinating with Nevada Aging and Disability Services Division/Nevada Care Connection to develop a comprehensive Resource Navigator Certification Training Program.

## ARMCHAIR BUCKET LIST: EXPLORING UNESCO WORLD HERITAGE SITES

Come along with our team of "hosts" as we join Justin M. Jacobs, PhD, in his "Great Courses" exploration of 20 UNESCO World Heritage Sites, including the Taj Mahal, the Great Barrier Reef, Machu Picchu, the Redwood Forests, and Ancient Thebes.

### Paradise Campus Room 401

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Vicky Birkland has shared a serendipitous life with husband John for nearly 50 years together. She taught in her native Washington state, California, Guam, Brunei, and Germany. She worked in a variety of roles at the Hanford Nuclear Reservation before working at, and retiring from, the Nevada Test Site. A love of the Smithsonian museums and history inspired the creation of this course exploring the Smithsonian's artifacts and their stories. When they are not in OLLI classes or travelling, the Birklands enjoy the culture and fun of Las Vegas.

## III COUNTRIES, CULTURES & CURRENT ISSUES

Returning to Africa again this semester we will continue around the Gulf of Guinea to Cameroon, Equatorial Guinea, Gabon and Republic of Congo. Historical evolution with settlement of new ethnic groups with many languages, customs & modern development will be discussed. More rain—more forests and forest animals. How do the people make their living in this region of the vast continent? How have the governments evolved and function? Join the journey!

**Paradise Campus Room 300**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Muree Reafs begins her 10th year of teaching for OLLI. Reafs has been teaching Countries, Cultures & Current issues for 9 years & Our Nation for 2 years. Participants have said the classes make each place come alive & refresh history of the times & events. Come join this semester's trips to the west coast of central Africa and the southwest states of the evolving United States.

## III THE BUSINESS SIDE OF SPORTS

Las Vegas has added four professional sports franchises to its roster in quick succession, joining minor league baseball and UNLV's NCAA Division 1 squads. Our long-standing minor league baseball team has re-branded into the Aviators and set attendance records at its new home field. Suddenly, we have many more games, a new arena and two stadiums, over 250 pro athletes, coaches, and staffers, plus additional media, hype, tax revenue, and exposure for our city. There is a lot going on away from the ice, the court, the pitch, and the \$1.9 billion stadium. Can a market this size—with all its uniqueness and diversions—sustain so many teams and events? What's going to happen now that the Raiders have arrived? Each class we will examine the business behind our new and old teams and look at the inner workings that few fans ever think about. See how each team targets both residents and visitors in the Vegas market. Get to know who the local sports business "players" are. We will also discuss the big stories on the national sports business scene.

**Paradise Campus Room 512**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: With 40 years' experience in all facets of the sports industry, Doug Verb is one of the country's most successful executives for new sports and league "start-ups." With expertise in strategic organization, media, promotion, event creation/management, mediation, and staff building, he served as a consultant to many sports organizations, agencies, and venues. As founder of ACTION Sports America, he developed and managed sales promotions with all the major pro leagues and college conferences and owns international proprietary products. Verb was part of groups that started three pro sports leagues, was president of pro soccer's Chicago Sting, and spent 10 years as a TV executive and sportswriter.

## III THE TRUTH ABOUT HAPPINESS

This class will teach students how to take control of their own happiness, especially when facing life's biggest challenges. Students will learn how to improve relationships with friends, family members and most importantly the relationship with oneself. Designed to reduce emotions such as worrying, anxiety, stress and anger, the class offers empowering, life-changing content that will enable students to experience more happiness, regardless of their circumstances. Topics include: the importance of happiness, the definition of happiness, improving relationships with others and oneself, and how to be happy regardless of what "happens" to you.

**Paradise Campus Room 511**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Rebecca L. Norrington is a Happiness Specialist, Inner Peace Practitioner, Speaker, Author, Fitness Instructor & Radio/TV host. She has a bachelor of Science in Psychology along with decades of studying human behavior.

## III WRITING YOUR MEMOIR

You have wanted to write your life story for years, but don't know where to start. In this class you will learn how to begin, use prompts to keep you going, and get feedback in how you are doing. We will be working in small groups, writing in class, and sharing our stories.

**Paradise Campus Room 301**

**Wednesday, September 13 - November 15, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Martine Patton has a Master's in English, wrote her thesis on famed diarist Anais Nin, and has taught memoir writing at UNLV and at OLLI.

"First, the class instructors are always very prepared and deliver the class material very professionally. Second, the interaction between the students and instructor is great and interesting. Third, the sharing the same classroom with students that are highly educated, experienced and opinionated sometimes to a fault is extremely interesting and educational."

**Charles Thomas, Member since 2018**

## **III CULTIVATING CONTEMPLATIVE PRACTICES IN A CHAOTIC WORLD**

These sessions will cover a variety of spiritual and contemplative practices across all traditions. All your senses will be engaged as you learn about and practice these calming activities that can give you respite from the swirling hurricanes of the change we face in these times. Learn how to soothe your soul with breath prayers, chanting, Lectio Divina, Soul Collage, mandala art, spiritual journaling, spiritual companioning just to name a few. Open your heart and find the eye of the storm where you can rest at ease along with a like-minded community by using these practices. Come and regenerate.

### **Paradise Campus Room 512**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 1:45-3:30PM**

Instructor: Julia Pizzi has many years of experience as a senior Human Resources leader in business assisting people in finding their special talents. She cherishes the inherent goodness and wisdom of men, women and children's human spirit. Today working with the Interfaith Contemplative Center as well as a Reiki Master, she holds that firm belief of inherent goodness even more deeply. During my lifetime I have cultivated both the education of the mind and the development of the Spirit within.

## **III JAZZ APPRECIATION & MORE**

Build your knowledge and shared appreciation of jazz, one of America's greatest art forms. Jazz Appreciation at OLLI blends lectures and documentaries on jazz history with discussions of the influence jazz had on popular music, guest speakers from the local jazz community, and of course our very popular live performances. The topic will be approached as a journey through the music world, highlighting the birth of jazz and how it continues to develop and evolve through time. Gain insight into the creative works and lives of the innovators of this music, and listen to examples of their work. Live performances arranged through connections with Las Vegas Jazz Society and local Las Vegas musicians always make this a vibrant, enjoyable course.

### **Paradise Campus Room 511**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 1:45-3:30PM**

Instructor: Sonia Feldberg is a published writer with BAs in Communications and film studies and a MA in Cultural Communications from UNLV. Feldberg grew up in a musical home; her father was a concert violinist with the Detroit Symphony and her mother an opera singer. She played multiple instruments, but dance and live music are her passion. Living in Las Vegas for 45 years, her fondest memory is tap dancing and teaching for tap legends Maceo Anderson and Prince Spencer of the Step Brothers. Jazz was and always is the genre of choice in her home and multiple dance routines along with the American Songbook.

## **III SEINFELD: SEASONS 1 -7**

Shows from season 1 through season 7 will be viewed during the term. Students will see how the shows progress over the 7 years. Seinfeld shows reflect inconsequential small things in life that are blown out of proportion. The episodes will be viewed and related materials will be provided for review. You will see the show about nothing and why it is rated as one of the best comedies.

### **Paradise Campus Room 300**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 1:45-3:30PM**

Instructor: Jim Patton watched the Seinfeld series from its inception in 1989 through the final show in 1998. He still watches reruns, to his wife's chagrin, whenever they air. He earned undergraduate and graduate degrees in Minnesota prior to packing the family and moving to Thailand to take a job with the U.S. Air Force. He set up off-duty education programs at various bases and conducted classes in test preparation and interviewing skills.

## **BRINGING MEANING WITH WRITING**

The writing style Terri learned from Laurie Wagner is called Wild Writing™. It is "come as you are, write with abandon, and just keep writing. It involves reading selected poems with possible lines for writing motivation. Each class will open with a few moments of quiet reflection for remembrance of someone in our lives we may be missing. There will be three poems shared each class, with writing time allotted after each poem. Voluntary sharing after each writing segment will be included. In this style of writing we are allowed to be free of our inner critic and need for perfection.

### **Online Delivery**

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 2-3:30PM**

Instructor: Terri Boling is a retired and repurposing classroom teacher and school counselor, and a lifelong learner. She enjoys OLLI classes, and loves to write! Boling recently participated in two separate trainings: Grief Educator Certification with David Kessler; and, Wild Writing™ Teacher Training with Laurie Wagner. Boling would like to combine these two efforts into this OLLI class.





## WRITER'S CRITIQUE, INK

Gather to have your writing read and critiqued by your peers. Class participation will include both submitting your work and providing positive feedback and editing suggestions for the other members of the class. Each class member will have the opportunity to present their work at least every other week. Fiction, non-fiction, poetry, essay, or editorial—all forms can be presented for review. Evaluation will be based on both content and grammar, with positive praise and constructive criticism included. Subject matter is not to be critiqued.

### Online Delivery

**Wednesday, September 13 - November 15, 2023** 10 week class  
**TIME: 2-3:30PM**

Instructor: Richard Kram is the author of a published novel and book of poems. He holds a B.S. in mathematics and electrical engineering from Duke University. Kram performed brain surgery on small primates during his two years of post-graduate work in neuropsychology. His eclectic interests served him well as VP of Systems and Software Engineering for a consulting firm, where anti-submarine warfare (ASW), kidney dialysis, and Naval war games were among his areas of expertise.

## THURSDAY

### APOLLO REDUX: HOW WE WENT TO THE MOON

The class will continue from where it left off in Spring 2023. We'll begin with a recap of key events starting with Sputnik to President Kennedy's commitment to a lunar landing and safe return before the end of the decade (1969), to the awarding of a contract to begin to build the Apollo spacecraft. Fred was a NASA Project Engineer in the Apollo Program Office during all the years covered in this course. Easily understandable slides will describe the program and be enhanced by personal experiences and analyses. This course is an "insider's view" of what made the Apollo Program what has often been described as the "greatest technical achievement of the 20th century."

### Paradise Campus Room 512

**Thursday, September 14 - November 16, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Fred Peters spent the majority of his 40-year career with NASA's Johnson Space Center working on its manned spacecraft program. He is an aeronautical engineer with an MBA, and has been a frequent lecturer on the manned space program. He was a project engineer during the Skylab program and was responsible for planning and scheduling during the Space Shuttle and Space Station programs. He completed all but the dissertation for his Ph.D. in public administration.

### COWBOY BEBOP: ANIME SPACE ADVENTURE-COMEDY!

Cowboy Bebop: Anime space adventure-comedy with social commentary and Yoko Kanno's great score. Space bounty hunters skirt the law to bring in big bounties. Result: an empty pantry. Great characters, including Spike, ex-gang member; Jet, a former cop; Ed, a teenage hacker; Ein, a highly intelligent Corgi, and Faye, a scheming girl hiding from a huge medical debt. You'll see the slums of Mars, a Las Vegas casino on a space station, and a "wild west" on a moon of Jupiter. We will look at 20 selected episodes, with discussion of the social analysis slyly tucked into the adventure and gangland rivalries. This is Director Watanabe's 1996 masterpiece on 2022 HD discs.

### Paradise Campus Room 300

**Thursday, September 14 - November 16, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Bruce Turner has been interested in Japanese animation (anime) since he saw the first black and white Astro Boy series in 1963. He finds the quirks of Japanese animators and cartoonists (mangaka) to be fascinating—their social commentary is often rather sophisticated, even in series that are silly on the surface. He has 3,000+ anime series and movies in his DVD collection. He is a retired transportation planner currently a part time instructor at UNLV.

### POWERFUL TOOLS FOR CAREGIVERS

If you are taking care of an adult relative, partner, friend, or parents, this class offers skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. You will walk away feeling refreshed and more confident in your role. Let us teach you how to put life back in your life. Topics include: emotional management—reduce guilt, anger, and depression; self-confidence—increase confidence in coping with daily demands; self-care—increase exercise, relaxation, and medical check-ups; and local services—discover helpful resources.

### Paradise Campus Room 301

**Thursday, September 14 - November 16, 2023** 10 week class  
**TIME: 9-10:45AM**

Instructor: Mary Jean Williams, OP, has an MA of Science in Education and a Certificate in Applied Theology. She has been involved in education for many decades in elementary, secondary, and teacher education. For nine years, she served as an assistant superintendent of education. These last five years Mary Jean has been a volunteer at Dignity Health, St. Rose Dominican and is active in the Senior Peer Counseling program. She enjoys interacting with others in opportunities to improve their life.

Kathleen (Katie) McGrail, OP, has an M.A. in counseling and a master's degree in theology. She has been an educator, across all levels, for several decades, seven of those years teaching in Kenya, East Africa. For the past 10 years, McGrail has been with Dignity Health-St. Rose Dominican. She was formerly Vice President of Mission Integration and is presently a health educator in the Community Health/Outreach programs. She is also active in the Senior Peer Counseling program. McGrail previously taught with OLLI at UNLV, on campus, in the Stanford Chronic Disease Self-Management course. She has a strong interest in the healing ministry—body, mind and spirit—and sharing that with others.

## III THE LEGISLATIVE PROCESS

In recent years, there has been heightened interest in politics and the political process, and this interest does not seem to be abating. In this era of multiple cable TV stations, media outlets and the social media, it is easy to forget that the primary responsibilities of a legislator are to pass a budget and enact laws that protect the safety, health and welfare of the general public. Learn about the Legislature and the legislative process and then hear from some great political speakers. This class is part of the Campus & Community speaker series.

**Paradise Campus Room 511**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Fong Chan is a retired lawyer from New York. He holds a Law degree from St. John's University. Fong practiced most of his legal career in State and City governmental agencies. He served as Counsel to NYS Assembly committee and was counsel to the Chair of the Committee. He also served as Legislative Director to the NYC Comptroller.

## GLOBE TIN PAN ALLEY GIANTS

Tin Pan Alley Giants will travel back to when and why Tin Pan Alley became a dominate influence on composers and music publishers. Learn about composers and lyricists who played in Tin Pan Alley; music we know and still love today by such greats as George M. Cohan, Irving Berlin, Ira and George Gershwin, Oscar Hammerstein II, Cole Porter, Dorothy Fields and more will be presented.

**Paradise Campus Room 401**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Jane Addis has taught at OLLI at UNLV as part of the team for American Treasures and has fallen into the 'fun' of conducting a solo class on Will Rogers. Addis has had a lifelong interest in him and has visited several of the places he worked and lived.

## III YIN YOGA

Yin yoga is a meditative practice in which yoga poses are held for 3-5 minutes at a time. This practice integrates mindfulness, as each pose is a meditation. Gradual and complete stretches build pliability in connective tissues, most notably the fascia. Stretching along the acupuncture meridians will improve the flow of energy in asana practice and allow you to sit comfortably for longer periods. Yin yoga is steady, passive, provides balance, and reduces stress—all excellent for the senior period of life

**Paradise Campus Room 133**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 9-10:45AM**

Instructor: Pam Reynolds is a certified White Lotus yoga instructor, having practiced for over 30 years. While living in Detroit she introduced hundreds of people to yoga through her company Yoga in the City. Upon moving to Las Vegas in 2001, she conducted after-school workshops for teachers as well as incorporated yoga in her classroom for behavior modification. She has a regular practice at TruFusion.

Marcia Johnson has taken teacher training workshops at TruFusion. She is a practicing Yin Yoga student.

## GLOBE LET'S GO RV'ING WITH NACHO & FRIENDS

This class will explore all aspects of the RV lifestyle. We will start with examining the many types of RV's and how to choose the correct RV for you and your family. You will learn about the equipment you need to use, including how to watch TV and get internet access. Do you need a tow vehicle? Do you want to take your pets with you on your trips? We will investigate how to find campgrounds and how to save money on trips.

**Online Delivery**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 9-10AM**

Instructor: Mark and his wife Alexis have been Rv'ing for four years. They have taken trips all around the United States, making many mistakes at first, but learning from each experience. There is nothing like living and cooking outdoors and visiting our great national parks. Their experience would not have been complete without the company of Nacho and his furry friends.



## SOLVE THE OSTOMY MYSTERY

Do you know what an Ostomy Surgery is? Well, most folks don't. Yet there are approximately 100,000 surgeries done annually in the United States. There are 725,000 to one million people in the United States who currently have an Ostomy. If you happen to be one of those people, it probably was a shock for you and your family. A lot of emotions come into play like why me, denial, anger, bargaining, depression, and then hopefully acceptance. Most people don't know how to manage an Ostomy. It becomes very overwhelming to say the least. Come join us to "Solve the Ostomy Mystery".

### Online Delivery

**Thursday, September 14 - October 26, 2023** 7 week class

**TIME: 9-10AM**

Instructor: Dawn Hume is a retired nurse who has a Certification in Ostomy Management. She was chosen as Nurse Mentor of The Year at UMCSN, and was selected as a March of Dimes recipient honoring Nursing Excellence. This class not only explains what an Ostomy is, but goes into detail on how to manage an Ostomy (Ileostomy, Colostomy, or Urostomy). "Solve the Ostomy Mystery" will help spread Ostomy awareness to the public, provide helpful information to Ostomates, their friends, and family.

## EVERYTHING YOU WANTED TO KNOW ABOUT BASIC ALGEBRA BUT WERE AFRAID TO ASK

The first basic algebra class is the most important of all mathematics courses because algebra is needed to do all other advanced mathematics classes, including geometry! Basic algebra is similar to arithmetic because it uses the four basic operations of arithmetic plus numerals. However, arithmetic only uses arithmetic processes and numerals, and algebra is more generalized and uses variables and other unknowns. Hence algebra is much more powerful than arithmetic in describing relationships among numerals and unknown quantities. Certainly, algebra provides a deeper understanding not only of mathematics, but also of the world in which we live.

### Paradise Campus Room 301

**Thursday, September 14 - November 30, 2023** 12 week class

**TIME: 11AM-12:45PM**

Instructor: Jennifer Neeman holds a B.S. in "pure" mathematics with minors in physics and secondary education from Temple University in Philadelphia. She also has master's degrees in both educational psychology and curriculum and supervision. Neeman retired from teaching mathematics after 40 years in middle schools, high schools, colleges, and universities in Pennsylvania and New Jersey. She has written the mathematics curricula for three different school systems in New Jersey. She was also an assistant principal and guidance counselor.

## HOW TO PLAN AND DEVELOP A STRATEGIC PLAN FOR RETIREMENT

Focusing on professional, recreational, and personal goals rather than on financial objectives, participants will learn that the focus of life is not retirement, but rather a reframing and rewiring of goals for the next phase of life. At the end of the class, each participant will have a strategic plan for this next phase.

### Las Ventanas Retirement Community

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1-3PM**

Instructor: Dr. Daniel Berman is the Founder and CEO of the Community Healthcare Innovations. In addition, he has been helping people later in life reinvent their life after retiring from their positions. He has been coaching and working with retired healthcare professionals and other professionals to find fulfillment in the next phase of their lives.

## MANAGING DIABETES

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! You will learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more!

### Aliante Library

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1-3PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.





## **NATIVE AMERICANS OF THE SOUTHWEST: ALL ABOUT AMERICAN INDIANS**

Examine the rich culture and history of the Native American nations of America's southwest. The Navajo Nation, at over 27,000 square miles the largest federally-recognized Native American territory in the U.S., will be highlighted in this short six-week course. Time will also be dedicated to study of the Apache, Hopi, and Zuni nations. As time permits, other pueblo cultures of the southwest will be reviewed. In addition to lecture and discussion, some films will be shown.

### **Carnegie Heights at Henderson**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1-3PM**

Instructor: As a young man, Richard chose to fulfill his military obligation by working as a social worker on the Navajo Reservation. It was that experience that moved him to learn about other indigenous cultures of the Southwest. With an appreciation for Native American culture, Richard brings his experience, his passion, and his respect for all things Native American to this course focusing on a select group of Native American tribal nations of the Southwest.

## **COUNTRIES, CULTURES & CURRENT ISSUES**

Returning to Africa again this semester we will continue around the Gulf of Guinea to Cameroon, Equatorial Guinea, Gabon and Republic of Congo. Historical evolution with settlement of new ethnic groups with many languages, customs & modern development will be discussed. More rain—more forests and forest animals. How do the people make their living in this region of the vast continent? How have the governments evolved and function? Join the journey!

### **Online Delivery**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 10:30AM-12PM**

Instructor: Muree Reafs begins her 10th year of teaching for OLLI. Reafs has been teaching Countries, Cultures & Current issues for 9 years & Our Nation for 2 years. Participants have said the classes make each place come alive & refresh history of the times & events. Come join this semester's trips to the west coast of central Africa and the southwest states of the evolving United States.

"Participating in OLLI classes has been a major bright spot in my life. Learning new things and making new friends are great benefits."

**Iva Hinkelman, Member since 2013**

## **TURNING A NEGATIVE INTO A POSITIVE**

Reframe your thoughts so you can better appreciate all the great things happening in your life. Sometimes we get into a cycle of focusing on the challenges of our lives and forget that we are also surrounded by positive things happening every day all around us. Most of us can use some time during the week to focus on turning negative thoughts into positive actions and at the same time meet new people and have some laughs. Join others who have the willingness to look at life and participate in the positivity process.

### **Online Delivery**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 10:30AM-12PM**

Instructor: EJ Levine has been a writer since first grade when she learned the alphabet! Her writing strengths include the advertising, promotion, and publicity of products. She also enjoys writing about thoughts and present conditions. While working for the editors of several different publishing companies, she attended night school at City College of New York, The New School of Advertising of Manhattan, and Hunter All Girls College in Manhattan. The 1994 earthquake in Los Angeles changed Levine's world and brought a new perspective on life. She and her husband retired in 1999 and moved to Sun City, Summerlin in Las Vegas. She enjoys helping people become positive human beings as an OLLI at UNLV instructor.

## **HARLEM RENAISSANCE: AN INTRODUCTION**

A hundred years ago, Harlem became a swinging, lively section of NYC. Art, music, dance, and literature flourished. This period, starting after WWI and going until the mid 30's, became known as the Harlem Renaissance. This course will provide an introduction to this awakening and some of the African Americans in the visual, musical and literary arts. Stars we still value today.

### **Paradise Campus Room 512**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 11-12:45AM**

Instructor: Fran Smith holds a B.A. in political science and an M.A. in international relations. Her first career was on Capitol Hill as a Congressional aide. Her second was in housing development in Honolulu. And her third was nonprofit management. After retiring, she returned to her love of learning through OLLI at UNLV. Although she has no professional art experience, she minored in art history and has pursued her love of art all her adult life through travel.

Jane Addis has taught at OLLI at UNLV as part of the team for American Treasures and has fallen into the 'fun' of conducting a solo class on Will Rogers. Addis has had a lifelong interest in him and has visited several of the places he worked and lived.

## ALZHEIMER'S DISEASE: THE GREAT BRAIN ROBBERY

Curriculum designed by the Alzheimer's Association including topics such as the 10 Early Signs, having those "difficult conversations" about getting a diagnosis, when to stop driving, legal and financial planning; communicating effectively, managing behaviors, caregiver self-care, and living with dementia, plus latest in research and treatment. Guest speakers may be invited to share information and expertise.

**Paradise Campus Room 401**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Amy Moore Peterson is a retired teacher and literacy specialist for CCSD. She is a volunteer with the Alzheimer's Association, facilitating caregiver support groups, dementia educations, and she advocates for Alzheimer's legislation at the state and national levels. Amy was a full time caregiver for her husband with younger age onset Alzheimer's disease.

## COLOR BOOK

Express your artistic side and learn how to use different art media to highlight and give dimension to your color books. Explore the different types of color book paper and discover how different textures create new works.

**Paradise Campus Room 300**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Rita Ballejos retired from the Army after serving 23 years. She has worked as a cook in Las Vegas at various hotels and retired as a master cook. In attending OLLI, the arts became a passion and carried over into the teaching of art in various forms.

## PEN & INK DOODLING/SKETCHING

Can you hold a pen? Draw a line with it? If you answered yes, you can "doodle/sketch". A doodle is a casual scribble. A sketch is a quick, rough drawing. Anyone can doodle/sketch. No experience needed. Only an ink pen (ball point, roller, felt, gel, whatever) and a piece of paper (typing, drawing, individual sheet or book) is necessary. Learn how to get started, use some basic drawing principles to create interest and perhaps end up with a doodle/sketch that you may want to do something with, find meaning in, want to keep, or want to throw away.

**Paradise Campus Room 301**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 11AM-12:45PM**

Instructor: Richard "Dick" Hoyt retired from UNLV in 2010 and in 2014 became an OLLI student. Having occasionally studied and dabbled in art he started a daily drawing project in 2015. The result is several completed drawing books and over 2600 individual pen and ink doodles/sketches/drawings. The daily project continues.

## AMERICA'S TREASURES

America is filled with treasures, natural wonders, remarkable people, beautiful buildings, marvelous music. In this course, each week a different member of the America's Treasures team will share with you an instructor's choice of our national gems. You may hear about a unique artist, a group of star singers, an outstanding museum or a favorite site. You will meet treasures you never heard of and learn more about those you already know.

**Paradise Campus Room 512**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Fran Smith holds a B.A. in political science and an M.A. in international relations. Her first career was on Capitol Hill as a Congressional aide. Her second was in housing development in Honolulu. And her third was nonprofit management. After retiring, she returned to her love of learning through OLLI at UNLV. Although she has no professional art experience, she minored in art history and has pursued her love of art all her adult life through travel.

## ART FOR BEGINNERS

This is the ultimate beginner class for the new budding artist looking to become either part of "The OLLI Art Community" or just looking to have some fun while allowing art to become a part of their life. With a focus on drawing, we will also have a basic "taste" of other mediums in an effort to see which art avenue you would like to pursue. This is a fun class with a Cornucopia of information to allow art to become your newest passion. Please don't feel intimidated if you are "brand new" to art because with the style that Johnny uses, along with an ever changing syllabus, everyone will share that special feeling of being a brand new artist again. This is where the fun is!

**Paradise Campus Room 511**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Johnny Law has been a proud member of OLLI for almost 10 years now and has no signs of slowing down! It was his first Art Class when he found out that he had a little bit of Artistic Talent and moved from Student to Instructor and has Instructed an Art Class, as well as a few other Art related classes, almost every Semester over the years. It's his deep passion for Art that makes his classes so personal, fun and unique for the Beginners and Experienced Artists of the Art Community.

## **BROWSING IN THE LANGUAGE UNIVERSE**

Language is arguably man's most distinguishing trait. "Homo loquens" (talkative man) would be a more apt classification than "Homo sapiens" (wise man); from cradle to grave we never shut up, but how often are we wise? The science of linguistics studies the origin and evolution of languages, their sound systems, writing systems, grammatical constructs, semantics, and social context. Our class will "browse" through this field, settling on topics that may be surprising, amusing, enlightening, or just plain cool. Does your language control the way you think? What is special about creole languages? How does English grammar differ from what you were taught in school? What weird and wonderful features can we find in other languages? Do Eskimos really have a gazillion words for snow? Course material will include excerpts from Great Courses lectures by linguist John McWhorter, video clips from internet blogs, and summaries prepared by the instructor from a variety of sources.

**Paradise Campus Room 301**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Art Fournier encountered computers at Nerd Central (also known as MIT) in the 1960s, and went on to a career creating and maintaining software for the Air Force, private companies, and municipal government. Information technology has evolved so fast, however, that he has no clue what is wrong with your laptop. Fournier has been a Las Vegas resident for forty-plus years, qualifying him as a native by local standards. Ever the dilettante, he is delighted that OLLI at UNLV makes it possible to explore a wide range of topics without doing any actual work.

## **CHARITABLE GIVING: WHAT TO KNOW**

Do you contribute to charitable organizations? What do you know about them? To make you a more savvy donor, this course will discuss mission statement, marketing and outreach, IRS compliance, planned giving, and lay leadership development.

**Paradise Campus Room 401**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: Bernice Friedman currently serves on the national board of Jewish National Fund-USA. She has been a member of the board for JFSA, Jewish Nevada Women's Philanthropy, and Touro University.

## **MORE FUN TAKING PICTURES: ADVANCED DIGITAL PHOTOGRAPHY**

Now that we have learned the basics of digital photography, let's have some more fun! This is not for beginners and students should know all the basics about their camera and equipment. We will experiment with different lighting, events and locations to build your confidence and portfolios. Join me for some fun photo sessions and experiential photography. Field trips to locations will be offered. Bring any equipment, lenses, tripods, etc. you would like to work with. No phone cameras for this class.

**Paradise Campus Room 300**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 1:45-3:30PM**

Instructor: David Weinstein has been a professional photographer in Las Vegas for the past 30 years. While his passions are in stage/theater and macro photography (...hey, gotta make a living) and he has photographed an untold number of weddings and Bar Mitzvahs. In the 1980's he was a group leader for the beginner group in the Nevada Camera Club and a co-leader in the Explorers photography post.

## **INTRODUCTION TO GNOSTICISM & THE GOSPEL OF MARY OF MAGDALA**

This is an introduction to the Gnostic Gospels and Gnosticism that will provide a foundation for the study, analysis, and discussion of the Gospel of Mary of Magdala. The course will focus on understanding the Historical Jesus from a female perspective and her relationship with Jesus and the Apostles. The course will focus on the finding of the Gospel of Mary and how its contents can be useful and valid in understanding the teachings of the Historical Jesus.

**Online Delivery**

**Thursday, September 14 - November 16, 2023** 10 week class

**TIME: 2-3:30PM**

Instructor: Dr. Eduardo Jesus Arismendi-Pardi is a Professor Emeritus of Mathematics and author of many publications. He received a doctorate in mathematics education from Nova Southeastern University. Dr. Arismendi-Pardi is in the ordination process in the United Church of Christ and is working on the M.Div. degree in Revelation Theology. Dr. Arismendi-Pardi resides in Henderson, Nevada with his wife, Cheryl.

"I believe that one is never too old for learning. Mutual interests with others in similar age. Various experiences, for many, making lasting friendships. UNLV/ OLLI is known to have a moderate tuition, which easily covers across most economic boundaries. These are among several reasons why I enjoy OLLI."

**Elizabeth Spikes, Member since 2014**



## OUR NATION: STATE BY STATE

After the Mexican American War, 1848 and the treaty with Britain for Oregon Country, 1849, the people and the congress set about creating states from these vast territories. The 1850s saw the pace increase with many developments in industry, transportation, and immigration. We begin this Fall with the decade of the 1860s: New Territories, New States, Civil War & pulling the country back together again. Was your state established in this decade? Join the discussion of the events of this period of Our Nation's growth & development.

### Online Delivery

**Thursday, September 14 - November 16, 2023** 10 week class  
**TIME: 2-3:30PM**

Instructor: Muree Reafs begins her 10th year of teaching for OLLI. Reafs has been teaching Countries, Cultures & Current issues for 9 years & Our Nation for 2 years. Participants have said the classes make each place come alive & refresh history of the times & events. Come join this semester's trips to the west coast of central Africa and the southwest states of the evolving United States.

## FRIDAY

## INTRODUCTION TO WATERCOLOR

Did you ever want to try using watercolor? Here's your chance! We will look at essential materials, some basic art principles, and explore different techniques. All you need are some supplies, a bit of water, a willingness to try a new adventure, and a sense of humor! We'll do some painting every week, so put on your artist's hat and let's go!

### Paradise Campus Room 512

**Friday, September 15 - November 17, 2023** 8 week class  
**TIME: 9-10:45AM**

Instructor: Jean Beard is an experienced trainer, and an amateur watercolorist who only started painting after retirement. She has taken classes and workshops from prominent artists, and stresses the fun in creating art. Jean admits she often learns more from her students than the other way around!

"Many very interesting classes to choose from, interesting and fun classmates, instructors and office personnel. A chance to volunteer and give back to OLLI. I have always enjoyed meeting and chatting with those I meet in the coffee room."

**Lynda Israel, Member since 2016**



## PROFESSOR'S CHOICE

Professors Choice connects members of OLLI at UNLV to the research, scholarship, and creative activity of our university, which achieved the highest recognition as a top 130 research university in the United States. Learn about the latest endeavors from top faculty and administrators from UNLV's many areas of study, or another university. Maybe a law professor, a representative from the Barrick Museum of Art, or a coach who just finished a great season? Get ready for some great speakers! Part of the Campus & Community speaker series.

### Paradise Campus Room 511

**Friday, September 15 - November 17, 2023** 8 week class  
**TIME: 9-10:45AM**

Instructor: Beth Davis is the OLLI Program Manager. She has a varied background in many areas of business. Her first job was working the back end of a photography studio. She has trained for three companies and has taught classes to Girl Scouts and youth groups in the past. She is looking forward to hosting the class.

## TEATIME TV SERIES: BONANZA, THE CARTWRIGHT FAMILY

This TV series was watched by many, young and old, gents and the ladies. We will view 15 classic episodes, biographies and a photo gallery. We will discover "unbelievable" facts about this TV series, that you never knew. The cast of characters will come back into our lives, as if they never left. Ben, Adam, Hoss & Lil' Joe.

### Paradise Campus Room 401

**Friday, September 15 - November 17, 2023** 8 week class  
**TIME: 9-10:45AM**

Instructor: Teri Malburg has been with OLLI for a number of semesters, and has enjoyed every moment, as a student and instructor. She enjoys hearing from her fellow peers and always learns from their experiences at OLLI or their personal adventures. Teri enjoys sharing smiles at OLLI, and most of all, receiving a smile back! She also volunteers with one of our partners in the community, Dept of Justice-Truancy Program, which has given her the opportunity to help young children.

## TECHNOLOGY IN 2023

"I have senior parents and I know how hard technology is for them being they grew up in a time when today's technology did not exist. I also hate to know that Seniors may be taken advantage of due to not having the knowledge of today's technology. I want to help our Senior Community." Come learn how to use your phone and other devices, set alarms and passwords, work through email, use wifi and bluetooth, Facetime, QR codes and more!

**Paradise Campus Room 300**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 9-10:45AM**

Instructor: Joey Sassaman has been a Las Vegas resident for the past 7 years. Born and raised in Queens, New York, Joey attended City University of New York – Queens College and has a bachelor's degree in economics. Helping people has always been a passion of hers and early in her career decided she wanted to stay in Health Care. For the past 17 years Joey has held many roles in Health Care. Some of her most current roles have been Compliance Officer for Sunrise Hospital and now Lead Director of Dual Eligible Programs for Aetna/CVS Health. When Joey is not working, she spends time with her husband and their 3 dogs.

## CULTIVATING CONTEMPLATIVE PRACTICES IN A CHAOTIC WORLD

These sessions will cover a variety of spiritual and contemplative practices across all traditions. All your senses will be engaged as you learn about and practice these calming activities that can give you respite from the swirling hurricanes of the change we face in these times. Learn how to soothe your soul with breath prayers, chanting, Lectio Divina, Soul Collage, mandala art, spiritual journalling, spiritual companioning just to name a few. Open your heart and find the eye of the storm where you can rest at ease along with a like-minded community by using these practices. Come and regenerate.

**Las Ventanas Retirement Community**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 10AM-12PM**

Instructor: Julia Pizzi has many years of experience as a senior Human Resources leader in business assisting people in finding their special talents. She cherishes the inherent goodness and wisdom of men, women and children's human spirit. Today working with the Interfaith Contemplative Center as well as a Reiki Master, she holds that firm belief of inherent goodness even more deeply. During my lifetime I have cultivated both the education of the mind and the development of the Spirit within.

## ADVANCED WATERCOLOR

This class will challenge experienced painters as we work to hone our skills and stretch our limits. Each week there will be a still life or photo for participants to study and interpret. Use it as an inspiration, or branch out on your own. The primary goal will be to enjoy ourselves! Please note that we will not be covering any beginning techniques in this class. Please sign up for the introduction class: Introduction to Watercolor.

**Paradise Campus Room 512**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 11AM-12:45PM**

Instructor: Jean Beard is an experienced trainer, and an amateur watercolorist who only started painting after retirement. She has taken classes and workshops from prominent artists, and stresses the fun in creating art. Jean admits she often learns more from her students than the other way around!

## MANAGING CHRONIC PAIN

It's time to feel better, move more, reduce pain, and enjoy life! This chronic pain self-management workshop teaches techniques to overcome ongoing issues associated with chronic pain. Become a proactive participant in your own physical and emotional wellness by taking an integrated approach that includes nutrition, exercise, stress reduction, problem solving, communication strategies, positive thinking, and goal setting as part of a comprehensive, integrated pain management plan.

**Paradise Campus Room 301**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 11AM-12:45PM**

Instructor: Dignity Health's Richard Davis received his B.A. from the University of San Francisco in 1981. He excels in community outreach and is a requested conference speaker and a published writer on health care issues. Davis is a certified trainer and facilitator for Adult Mental Health First Aid Training. He assists in the promotion, implementation and delivery of all health self-management workshops in association with community partner organizations. Davis won the "Humankindness" award in 2019.

Casey Lyn Domingo is Health Programs Manager at St. Rose Dominican Hospitals WomensCare and Community Outreach Centers.



### III OUR NATION: STATE BY STATE

After the Mexican American War, 1848 and the treaty with Britain for Oregon Country, 1849, the people and the congress set about creating states from these vast territories. The 1850s saw the pace increase with many developments in industry, transportation, and immigration. We begin this Fall with the decade of the 1860s: New Territories, New States, Civil War & pulling the country back together again. Was your state established in this decade? Join the discussion of the events of this period of Our Nation's growth & development.

**Paradise Campus Room 401**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 11AM-12:45PM**

Instructor: Muree Reafs begins her 10th year of teaching for OLLI. Reafs has been teaching Countries, Cultures & Current issues for 9 years & Our Nation for 2 years. Participants have said the classes make each place come alive & refresh history of the times & events. Come join this semester's trips to the west coast of central Africa and the southwest states of the evolving United States.

### III SAMUEL CLEMENS: THE LIFE & WORKS OF MARK TWAIN

Mark Twain: an icon of the 1800's is one of the first true celebrities of America. We will be looking at his dual identities, researching his life and times and many of his major works. How did Mark Twain get his name and where did his explorations of our country take him?

**Paradise Campus Room 511**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 11AM-12:45PM**

Instructor: Dan Mysliborski retired from Ocean Spray Manufacturing in 2011. He has been a Las Vegas resident since 1992 and a student at OLLI at UNLV since 2013. He graduated from DeSales University in 1980 with an accounting degree. Mysliborski is a fan of television from the 50s and 60s and has enjoyed Twilight Zone since its original broadcast in 1959.

### III WHOLE-FOOD PLANT-BASED LOW-FAT EATING FOR DIABETICS - TYPE 1 OR TYPE 2

Have you heard that food is medicine? Have you thought about including more plants and less processed foods in your diet? Putting effort into learning about plant-based eating really made a difference, in my lab results and weight, and the way I feel. Because I was diagnosed as an insulin dependent diabetic late in life, I focused on the most effective and healthy way to manage diabetes. Insulin-resistance is the culprit in many chronic health conditions and eating plant-based can reduce inflammation as well as help our emotional and physical well-being. I would like to share this information with you and help you change your eating habits and improve your labs and generally feel better.

**Paradise Campus Room 300**

**Friday, September 15 - November 17, 2023** 8 week class

**TIME: 11AM-12:45PM**

Instructor: Nancy Faye is a Retired Licensed Clinical Social Worker who was diagnosed with Type 1 (insulin dependent) Diabetes in her early 70's. It was a shock to her system. She learned a lot about diabetes, insulin and food. During Covid she was consumed with changing her eating habits to whole-food plant-based low-fat on the recommendation of her doctor and the Mastering Diabetes Program. Her health improved as well as her lab results. She would like to share her knowledge with you.



**Come to  
OLLI at UNLV!**

**REFER A FRIEND  
AND RECEIVE \$25 OFF YOUR  
MEMBERSHIP!**

For each referral, up to three per semester, you can receive a \$25 discount. So why not bring a friend...or three...to join OLLI at UNLV?





# 2023 PHONE-A-THON

Saturday, Nov 4 & Monday, Nov 6-Wednesday, Nov 8



The **Phone-a-Thon** has been a valuable opportunity for both growth and community building for OLLI at UNLV and our members. The annual fundraiser is a unique collaboration among OLLI's membership, the administrative team, and the UNLV Foundation, helping cement the relationship between our institute and the university as a whole.

In addition to serving as OLLI at UNLV's largest fundraiser, the Phone-a-Thon also serves as a strong community builder for the members. For our volunteer leaders, the Phone-a-Thon is a chance to talk to members they have not seen in a while, as well as get to know new members and listen to their experiences. In addition to

generating revenue to improve our member experience, the Phone-a-Thon provides valuable feedback to guide and grow our program.

Phone-a-thon donations have had a tremendous impact on our learning community both inside and out of the classrooms, including renovations of our coffee room, computer lab, and library, upgraded classroom technology and furniture, and member scholarships. This year's Phone-a-Thon donations will go towards securing a technology maintenance fund as we prepare for our move into our new building, as well as scholarships to remove financial barriers toward OLLI participation.

For more information, contact Rob Levrant, OLLI at UNLV Director, at [robert.levrant@unlv.edu](mailto:robert.levrant@unlv.edu) or 702-774-6554. To volunteer for our Phone-a-Thon, please complete the volunteer form, page 39, or contact: [OLLIatUNLV@unlv.edu](mailto:OLLIatUNLV@unlv.edu). *Thank you.*

# When You



# We All Grow!

### **Volunteers are so important to OLLI at UNLV!**

They instruct our classes, support our members, promote our goals and mission, fundraise, help with planning and communication and also with tasks around our Administrative Office.

### **We LOVE and NEED Volunteers Year-Round!**

We welcome you to sign up to help whenever you can.

Have some extra time between classes, stop by and sign some Birthday cards or stuff some envelopes! Love to talk to people, volunteer to call prospective new OLLI members or answer phones in our office. Like to greet people and

let them know what is “happening” at OLLI, sign up to be a Coffee Room Host. If you are a Tech Savvy individual, volunteer to be a Classroom Host, in person or virtually. Only have a limited amount of time to give? We need help at Open House and Phone A Thon. We will also be very busy getting ready to move into our new building. We welcome any help with the move too! We really have something for everyone and we love to have you around.

Our Volunteer Form can be found right on page 39. We also have copies in our Administrative Office and in the classrooms.



*Thank you to our  
current volunteers and  
welcome to  
our new  
ones!!*





# VOLUNTEER FORM

olli.unlv.edu

Contact Information	
Name	
	(Last) (First)
Phone Number	Email Address

## I WOULD LIKE TO CONTRIBUTE TO OLLI AT UNLV BY BEING A...

- Administrative Volunteer** – Assist the OLLI at UNLV Administrative Team with answering phones, making copies, & being the front line of customer service on campus. Additionally, Administrative Volunteers have the opportunity to provide information to prospective members and input data into our collection systems.
- Birthday Club** – Volunteers will write birthday cards monthly to celebrate our members' special day.
- Classroom Host** – Volunteers will assist their Instructor with taking attendance, turning rosters in for updating throughout the semester, and making announcements. Tech-savvy? You can also assist those who may need a little help with A/V equipment.
- Coffee Room Host** – Coffee Hosts are some of OLLI at UNLV's most important volunteers! They ensure all members have access to fresh coffee throughout the day as well as assist with maintenance of the member areas. Coffee Hosts are scheduled Monday through Friday, in the morning to make coffee and in the afternoon to prepare for the following morning. Coffee Hosts will greet and let members know "what's going on around OLLI" including events and important dates.
- Envelope Stuffer** – Volunteers assist with member mailings at the end of each semester to prepare for the next. Or throughout the semester for special events.
- Open House** – Help promote all that OLLI at UNLV has to offer to more than 500 current & prospective members who can meet instructors, pay their membership, and sign-up for semester events.
- Phone-a-thon** – Make phone calls and encourage the OLLI at UNLV membership to support our growing program! Suggested script, refreshments, and training are provided.
- Other** – \_\_\_\_\_
- Other** – \_\_\_\_\_

Return this completed form by visiting the OLLI Administrative Team at 851 E. Tropicana Building 500, Monday through Friday 8am to 3pm.

UNLV | OSHER LIFELONG LEARNING INSTITUTE



**THANK YOU!**

## Thank You Volunteers!

Whether it's helping at Open House, making coffee, or answering phones in the office, it's our dedicated volunteers that help us succeed.

**From everyone here at OLLI... Thank you!**





## FALL 2023 MEMBERSHIP FORM



702-774-OLLI



olliatunlv@unlv.edu



olli.unlv.edu

Name		
	(Last)	(First) (Middle Initial)
Badge FIRST Name		
Street Address		
City/ST/Zip Code		
	(City)	(State) (Zip Code)
Day Phone		Email Address:
Emergency Contact	(Name)	(Phone)
Is this your first class with OLLI at UNLV? <input type="checkbox"/> YES <input type="checkbox"/> NO		
If no, does your student record need to be updated? <input type="checkbox"/> YES <input type="checkbox"/> NO		
<input type="checkbox"/> I would like to OPT OUT of the OLLI member directory		
How did you learn about the OLLI at UNLV program?		
<input type="checkbox"/> Catalog <input type="checkbox"/> Website <input type="checkbox"/> Advertisement <input type="checkbox"/> Other:		
<input type="checkbox"/> Referred by another OLLI at UNLV member		Referring Member's Name:

<input type="checkbox"/> Fee of \$219 for Annual Membership (Fall 2023, Spring 2024, Summer 2024 available Jul 1-Oct 29)
<input type="checkbox"/> Fee of \$105 for Fall 2023 Membership (available Jul 1-Oct 29)

*\*Note: A portion of the membership fee may be used to provide food and beverage for OLLI at UNLV social events, meetings and programs.*

<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> AMEX <input type="checkbox"/> Discover	Card Number:	CVV:	Exp. Date:
	Cardholder Name:		
	Cardholder Signature:		
<input type="checkbox"/> Check/ Money Order	Please make checks or money orders out to <b>BOARD OF REGENTS</b> <i>*Note: DEO does not accept cash as a form of payment for class registrations and purchasing of parking permits.</i>		

### 4 Easy Ways to Join or Renew Your Membership

<b>Online</b>	Register online by visiting <a href="http://OLLI.unlv.edu/join">OLLI.unlv.edu/join</a>
<b>By Phone</b>	Call the information desk at 702-895-3394 Monday through Friday, 8am to 5pm.
<b>In Person</b>	Visit the information desk at 851 E. Tropicana, Monday through Friday 8am to 5pm
<b>By Mail</b>	Mail this form with your payment (please do not send cash) to: OLLI at UNLV, 4505 S. Maryland Parkway, Box 452002, Las Vegas, NV 89154-2002

# TEACH for OLLI at UNLV

Get involved and share your **talent**, **knowledge**, and **passion** with our community of life-long learners by teaching a class!

**Fall Potential  
Instructor Meeting**  
September 22, 2023, 1-3 pm

**Spring 2024  
class proposal deadline**  
October 11, 2023



Pat Landaker, OLLI Instructor since 2021.

**Submitting a proposal to teach with OLLI at UNLV is easy!** Use our online class proposal form at [olli.unlv.edu/instructor-resources](http://olli.unlv.edu/instructor-resources) to submit all the details of your pro-posed class. To show our appreciation, instructors receive a free membership during each se-mester they teach. To propose a class, please simply provide your contact information, class title, a brief description, and three different day and time preferences. There are no requirements other than a passion for sharing and constructing knowledge with your peers!

Not sure what you want to teach? Come to our Curriculum Rally Lunch and Learn on Tuesday, September 19, 2023 and discuss some great topics! You may even leave with the outline of your class.

We invite you to join us Friday, September 22, 2023 from 1 pm until 3 pm via Zoom for our Potential Instructor Information Session! You will have the chance to learn about teaching with OLLI, the proposal process, and tips for engaging your class. To sign up for the information session, please email [olliatunlv@unlv.edu](mailto:olliatunlv@unlv.edu).

For information or assistance, please contact the OLLI at UNLV Administrative Team at [olliatunlv@unlv.edu](mailto:olliatunlv@unlv.edu) or 702-774-6554.

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*UNLV is an Equal Opportunity/Equal Access/Affirmative Action Institution*



## OLLI AT UNLV FALL 2023 OPEN HOUSE

**Saturday, August 19, 2023, 10 am-12pm**  
**2nd Floor UNLV Student Union**

Stop by our Open House to learn more about the OLLI at UNLV program and the upcoming term. You will have an opportunity to speak with instructors, mingle with current members, and join OLLI at UNLV or renew your membership and select classes if you haven't already done so. Lots of times you will speak with an instructor in person and decide to add a class! This is a great time to learn more about the OLLI experience so plan to attend. No RSVP required. Event is open to the community.

**For more information: 702-774-6554, [OLLIatUNLV@unlv.edu](mailto:OLLIatUNLV@unlv.edu) or visit our website: [OLLI.unlv.edu](http://OLLI.unlv.edu)**



## SPRING 2024 OPEN HOUSE

**DATE and LOCATION TBA**

We are excited to be making our BIG move into our new OLLI home shortly. Our building is currently under reconstruction and we look forward to welcoming you in the Spring. Watch for updates for day and time in your email.