



OLLI • SUMMER 2023 Kent/Sussex | Wilmington | Online

Serving adults 50+ throughout Delaware and the region

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Where friends meet to learn!

THIS SUMMER



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Join us for fun and learning this summer!

Enrich your life with OLLI

Whether you're a new or returning member, an instructor, volunteer or all of the above, we invite you to join us for an exciting semester of great classes, camaraderie and a fun environment at OLLI. Come enrich your life at OLLI!

- Learn for the fun of it. No tests, no pressure.
- Build new friendships.
- Enjoy travel and social opportunities.
- Share your passion by teaching.
- Stay physically active and mentally sharp.
- One low registration fee unlimited courses. Financial assistance available.



OLLI members join us from all over! Delaware residence not required.

Save the dates—join us this fall! More than 300 classes online and in person at locations throughout the state!

FALL CLASSES START-September 5; registration available August 3 OPEN HOUSES-August 7-9, Dover, Lewes, Ocean View, Wilmington olli.udel.edu/open-house

Course Formats

OLLI courses are offered in a variety of formats. Please double-check your course selections to verify that you're registering for your desired format.

IN-PERSON—Course is held in an OLLI classroom or at a partner location as scheduled at the location listed with the course description.

ON-SITE/ONLINE HYBRID—Course is held in-person with an online section joining virtually. In-person participants may join virtually when their schedule requires; however, due to space constraints, students enrolled in the online section do not hold a seat in the in-person class. Register for the appropriate section. Technical requirements are listed for online participation. **ONLINE**—Course is held entirely online via Zoom videoconferencing. Technical requirements are listed only if the course requires more than OLLI's standard recommendation—any device screen with audio and video. Top tips:



Check your technology and internet access before registering. Refunds will not be issued for personal technology malfunctions.

Take advantage of free Zoom training to participate effectively and enjoy your online classes.



Plan for a realistic schedule—avoid scheduling immediately-consecutive online classes.

SUMMER 2023 COURSES

OLLI Kent/Sussex · OLLI Wilmington · OLLI Online



SUMMER 2023 REGISTRATION

- ✓ One UD OLLI registration fee
- ✓ As many classes as you like
- ✓ Any UD OLLI location or program

The fee for summer OLLI registration is \$95, which includes unlimited enrollment in any combination of in-person and online classes, including all UD OLLI locations throughout Delaware. Some course descriptions may list an additional fee for supplies, or a partner fee. There is no cost for parking at UD OLLI locations.

OLLI summer classes take place **July 5-27**, most classes meeting once weekly on



Tuesdays, Wednesdays or Thursdays. Online registration begins **June 1.**

Please carefully note the course location of each offering, indicated by the icons representing New Castle, Kent and Sussex County locations, as well as online classes.

IN-PERSON PARTICIPATION GUIDELINES

The University of Delaware and the OLLI program are committed to hosting in-person programs in a safe, healthy environment. While OLLI participants will no longer be required to provide proof of full vaccination in order to attend in-person classes, UD strongly recommends that all students, faculty and staff remain up-to-date with COVID-19 vaccination as defined by the Centers for Disease Control and Prevention. Guidelines are subject to change in accordance with current UD health guidelines. For details, visit **olli.udel.edu/in-person**.

OLLI LOCATIONS

Wilmington (Arsht Hall)-2700 Pennsylvania Avenue

Dover (Wyoming Church)–216 Wyoming Mill Road

Lewes (Trinity Faith Education Building)– 15516 New Road

Ocean View (Ocean View Community Center)– 32 West Avenue

UD OLLI Online–Online classes offered via Zoom videoconferencing. Free training provided.

FOR DETAILS, VISIT OLLI.UDEL.EDU

THE ARTS

ART HISTORY AND APPRECIATION

GOLDEN AGE OF AMERICAN ILLUSTRATION

Arsht Hall, Wilmington (A216) Wednesday 12:45–2 p.m. 7/5/2023–7/26/2023 Instructor: Stuart Siegell Number of class sessions: 4 · Class limit: 30 Course format: Lecture

The 50 years straddling 1900 are considered to be a golden age in American illustration, when the main methods of communication were newspapers, magazines and books. We review major illustrators of that time period, many of which were nationally known personalities, and explore how Wilmington was a major hub for illustration.

FINE ARTS

BEGINNER'S WATERCOLOR WITH THE ART STUDIO*



UD OLLI Online (B211–06) Wednesday 10:45 a.m.–noon

7/5/2023–7/26/2023 Instructors: Karen Berstler, Nicole Sexton Number of class sessions: 4 · Class limit: 15 Course format: Active (Hands-on/physical movement) Additional fee: **Please note that this course requires an additional fee of \$40 payable to the Art Studio. A payment link will be sent to class members prior to the first class.**

Students learn a variety of watercolor techniques and how to apply them to a painting. Techniques include washes, wet-on-wet brushwork, dry brushwork, glazing and color mixing. Students practice techniques during each class, completing a small example of each, then take what they have learned to create a complete painting. A supply list is provided for students to purchase before the beginning of class. Class is offered in partnership with The Art Studio, the arts education center of New Castle County's Department of Community Services.

All class fees are included with your registration except where noted.

PERFORMING ARTS APPRECIATION

BEST OF ROCK AND SOUL

UD OLLI Online (CA255–06)

Wednesday 12:45–3 p.m. 7/5/2023-7/26/2023

Instructor: Jerry Grant Number of class sessions: 4 Course format: Discussion, Video Based

We show four classic rock and/or soul music documentaries. The T.A.M.I. Show presents live 1964 performances from James Brown, The Rolling Stones, Marvin Gaye and others. The Wrecking Crew profiles Los Angeles session musicians who played behind hit recordings of The Beach Boys, The Ronettes, Glen Campbell and more. Summer of Soul captures live 1969 performances by Gladys Knight, Sly & the Family Stone, Nina Simone and others. The film 20 Feet from Stardom salutes great backup singers from the 1960s and 1970s.

BROADWAY: THE TONY AWARD WINNERS

Arsht Hall, Wilmington (CA270) Wednesday 10:45 a.m.-noon

7/5/2023-7/26/2023 Instructor: Thomas Powderly Number of class sessions: 4 · Class limit: 35 Course format: Discussion, Lecture, Video Based

The Antoinette Perry Awards for distinguished achievement in the Broadway theatre, better known as the "Tonys" have been presented annually since 1947. Learn about the history of these awards as we watch clips honoring actors, choreographers, composers and other stage professionals from the past 75 Broadway seasons.

DIFFERENT PRODUCTIONS OF LE NOZZE **DI FIGARO***



UD OLLI Online (CA268–06) Tuesday 10:45 a.m.-noon

7/11/2023-7/25/2023 Instructor: Larry Peterson Number of class sessions: 3 Course format: Video Based

We view then discuss the Glyndebourne opera house production, Ponnelle-directed film and Theatre des Champs-Elysees production of Le Nozze di Figaro by Wolfgang Amadeus Mozart.

TRISTAN UND ISOLDE: THE ULTIMATE OPERA?*

UD OLLI Online (CA269-06) Wednesday 10:45 a.m.-noon 7/5/2023-7/26/2023 Instructor: Robert Violette Number of class sessions: 4 Course format: Discussion, Lecture, Video Based

Richard Wagner's masterpiece "Tristan und Isolde" is our focus. Join us even if you are brand new to Waaner's operas, or new to opera. This is about listening, discovering and reflecting upon some of the most powerful vocal music ever. The video we watch is from a live performance with very qualified performers.

PERFORMING ARTS PARTICIPATION

FOLK DANCE WITH A PARACHUTE

Arsht Hall, Wilmington (CP261) Thursday 9–10:15 a.m. 7/6/2023-7/27/2023 Instructor: Lorraine Cohn Number of class sessions: 4 · Class limit: 40 Course format: Active (Hands-on/physical movement)

Improve arm strength and posture while learning dances with the movement of the parachute done in unison to feel as though everyone is moving together.

HUMANITIES

GENERAL STUDIES

BEGINNER BRIDGE



🔺 Tuesday 9:30 a.m.—noon

7/11/2023-7/25/2023 Instructor: Catherine Kennedy Number of class sessions: 3 · Class limit: 12 Course format: Active (Hands-on/physical movement)

Each student deals cards and learns to play and bid with a partner, with partners rotated around the table so players can experience different playing styles. We cover only basic bridge, so students can leave class and play at home. It is recommended that students have prior experience plaving card games that involve "trick" taking, and understand the hierarchy of a deck of cards, i.e., aces higher than kings, kings higher than queens, etc.

BEGINNER TRAIN DOMINOES

Trinity Faith Education Building (D254) Wednesday 9:30 a.m.—noon

7/5/2023–7/26/2023 Instructor: Catherine Kennedy Number of class sessions: 4 Class limit: 12 Course format: Active (Hands-on/physical movement)

Learn and play this fun dominoes game with us! We cover how to select the first player, line up selected tiles and use the bone yard, as well as the options for playing round one and the rules for playing doubles. Students develop strategies for playing offense and defense and explore the options for score keeping.

LOW AND SLOW BBQ: AMERICA'S CUISINE

Arsht Hall, Wilmington (D229) Thursday 10:45 a.m.–noon 7/6/2023–7/27/2023 Instructor: Jeffrey Chambers Number of class sessions: 4 · Class limit: 20 Course format: Discussion, Lecture

This class covers barbecue meats, regional styles and flavorings, kinds of barbecue smokers and controlling fire. Short-cook and long-cook techniques and barbecue specialties are explained. The course concludes with information on barbecue competitions and resources.

NEW YORK CITY: 10 UNIQUE VIEWS, VOLUME 1*

UD OLLI Online: On demand (D236–07) Flexible-viewing is on your own schedule

Instructors: Thomas Powderly, Peter Harrigan, Sharon Rosen Number of class sessions: 11

Course format: Discussion, Lecture, Video Based

New York City has always been a fascinating place with countless stories to be told. Ten OLLI members each deliver a session on a unique aspect of New York life, based on personal interest, experience and expertise. Topics include history, architecture and engineering marvels, theatre and the arts, neighborhoods and more. This is a pre-recorded version of D236 originally taught in fall 2022. View this class on your own schedule. Viewing link is emailed to participants prior to the session start.

THOUGHT PROVOKING TED TALKS AND TRIVIA



Wednesday 9–10:15 a.m. 7/5/2023–7/26/2023

Instructor: Carolyn Stankiewicz Number of class sessions: 4

Course format: Discussion, Lecture, Video Based *Tech requirements:* Audio and video with monitor or screen of 12" or more

We cover four previously shown TED Talks. Class features breakout rooms for discussion, general knowledge trivia and some fun videos. All points of view are respected and welcomed for this class. You are required to have audio and visual capabilities on your device, with your live video shown. Please note that smartphones, including iPhones, are not compatible for this course. Participants should be familiar with how to use Zoom's virtual raised hand, chat and mute features.

TODAY'S TECHNOLOGIES AND HOW THEY IMPACT YOU

UD OLLI Online: On demand (D233–07) Flexible–viewing is on your own schedule Instructor: Paul Collins Number of class sessions: 5 Course format: Discussion, Lecture

Each session, we examine technology issues that affect everyday life and offer options for dealing with them. Topics include cutting the TV cable, solar energy, wind energy, electric vehicles and the smart home. This is a pre-recorded version of D233 originally taught in fall 2022. View this class on your own schedule. Viewing link is emailed to participants prior to the session start.

BIRDHOUSE BUILD

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Arsht Hall, Wilmington (D261)

Thursday 10:45 a.m.-noon changed to Wednesday 7/6/2023-7/27/2023

Instructors: Jim Hainer, Sylvia Adams Number of class sessions: 4 · Class limit: 10 Course format: Active (Hands-on/physical movement)

Participants build one or more (as time permits) wooden birdhouses with a focus on bluebird and wren houses. Advanced woodworking skills are not required, but participants should be comfortable with using hand tools. Instructors provide instructions and guidance.

HISTORY

RABINDRA'S SEVENTIETH BIRTHDAY

Trinity Faith Education Building (G315–01) Class limit: 40 UD OLLI Online (G315–06)

Class limit: unlimited

Wednesday 12:45-2 p.m.

7/5/2023–7/26/2023 Instructor: Katherine Henn Number of class sessions: 4 Course format: Discussion, Lecture, Video Based Tech requirements for online section: Any screen

While Rabindranath Tagore is known to the Englishspeaking world for his capture of the 1913 Nobel Prize in literature, his presence on the world stage influenced education, art, music, politics, religion, science, philosophy and more. This course examines *The Golden Book of Tagore*, edited by Ramananda Chatterjee and sponsored by Gandhi, Albert Einstein, Kostis Palamas and Romain Rolland, containing tributes to Tagore from key people in the 1931 world as he celebrated his 70th birthday. This is a hybridonline course: one section meets on-site; one is online only.

DELAWARE'S SUSSEX COUNTY*

UD OLLI Online (G265–06)

Wednesday 10:45 a.m.-noon

7/5/2023–7/26/2023 Instructor: Burton Cutting Number of class sessions: 4 Course format: Discussion, Lecture

Over 4.5 billion years in the making, Sussex County, first settled by Native Americans then colonized by Europeans, has been fought over by kings, aristocrats, loyalists, mariners, farmers, developers and others. Home to the Nanticoke Tribe and the Nicholite religion, it is now a destination for birders and tourists.

EUROPEAN RADICALISM: MARX'S COMMUNISM

Arsht Hall, Wilmington (G318) Thursday 9–10:15 a.m.

7/6/2023–7/27/2023 Instructor: John Bullock Number of class sessions: 4 Course format: Lecture

In this class we discuss the basis for the communist worldview and how economics and class conflict drive events and change. The labor theory of value, not market theory, makes workers central. Capitalism's own operations drive workers to violent revolution. Marx's ideal society comes about.

GANDHI AND CHURCHILL: THE EPIC RIVALRY

Arsht Hall, Wilmington (G319) Wednesday 9–10:15 a.m. 7/5/2023–7/26/2023 Instructor: Pradip Khaladkar Number of class sessions: 4 Course format: Lecture

Mahatma Gandhi and Winston Churchill defined an era of the late 19th century and the first half of the 20th through their rivalry, as Churchill endeavored to hang on to the British Empire while Gandhi tried to end it. This class elaborates on this rivalry as described in a book of the same title by Arthur Herman, who posits that these two protagonists had more in common than the world realized.

MACEDONIA BEFORE ALEXANDER WAS GREAT

UD OLLI Online (G316–06) Thursday 9–10:15 a.m. 7/6/2023–7/27/2023 Instructor: Robert Ehrlich Number of class sessions: 4 Course format: Lecture, Video Based Tech requirements: Audio and video with monitor or screen of 12" or more

Many Greeks called them barbarians, but the Macedonian leaders we discuss identified as Greek and adopted Greek culture. We follow the men and women who made Macedonia a power in the Greek world with a focus on the reign of Philip II, father of Alexander.

MODERN FRANCE: 1958 TO PRESENT

Arsht Hall, Wilmington (G320) Wednesday 10:45 a.m.–noon 7/5/2023–7/26/2023 Instructor: William Lawrence Number of class sessions: 4 Course format: Discussion, Lecture

A book recently published in France focuses on the rivalry between the elected president and the appointed prime minister. It describes events that the instructor lived through, revealing answers to long-perplexing questions and covering "the good, the bad and the ugly." Both Francophiles and Francophobes should find grist for their respective mills. We discuss the functions and dysfunctions of the French government while making comparisons where appropriate to our own.

ORIENT EXPRESS: THE TRAIN, THE LEGEND, THE BRAND

UD OLLI Online (G317–06) Tuesday 10:45 a.m.–noon

7/11/2023–7/25/2023 Instructor: Thomas Powderly Number of class sessions: 3 · Class limit: 50 Course format: Lecture

Tech requirements: Audio and video with monitor or screen of 12" or more

Since 1883, the name Orient Express has been synonymous with luxury travel, romance and intrigue. In the postwar years as the train became outmoded, deteriorated, and finally disappeared, its global aura grew via mystery novels and all-star movies. Since 1982, a restored train has continued to offer passage on board historic carriages. Now the Orient Express brand is being reborn, reimagined and maximized, offering a new generation of travelers experiential travel products of the highest quality.

ORPHAN TRAIN MOVEMENT 1854–1929

Arsht Hall, Wilmington (G321–01) Tuesday 9–10:15 a.m. 7/11/2023–7/25/2023 Instructor: Donna Nordmark Aviles Number of class sessions: 3 · Class limit: 30 Course format: Discussion, Lecture

Learn the history of this 75-year social experiment, now recognized as our nation's first foster care system. This movement transported 250,000 homeless children from the streets of east coast cities to farming communities in the Midwest in search of homes. Each class delves into a specific aspect of this era, including social reformers of the 19th century, placing agencies (their missions and practices), and first-person accounts of actual orphan train riders.

PHILADELPHIA: WORKSHOP OF THE WORLD

Arsht Hall, Wilmington (G322) Thursday 10:45 a.m.–noon

7/6/2023–7/27/2023 Instructor: Judy Filipkowski Number of class sessions: 4 · Class limit: 24 Course format: Lecture

Philadelphia has been a center of industry since the early 1700s. The busy port and railroads were important to the continued development of the city's many industries. This is the place where democracy was born along with chocolate, trains, lace and umbrellas as well as hats, saws and sweaters. Today, it is a city of historical sites, museums, theatres, technology, medicine and universities.

SADDLE AND HARNESS

Trinity Faith Education Building (G314–01)

Class limit: 40

UD OLLI Online (G314–06)

Class limit: unlimited Wednesday 9–10:15 a.m.

7/5/2023–7/26/2023 Instructor: Ray Glick Number of class sessions: 4 Course format: Lecture

Three million horses and mules were inducted into service for the Civil War. Estimates are that only 1,500,000 survived. The operations of both armies depended upon them for mobility, supply and combat. This is a hybrid-online course: one section meets on-site; one is online only.

SHROUD OF TURIN

UD OLLI Online (G266–06) Thursday 10:45 a.m.–noon 7/6/2023–7/27/2023 Instructor: Raymond Hain Number of class sessions: 4 Course format: Lecture

This course traces the known and circumstantial history of the shroud, covers the science to attest to its authenticity and includes a discussion of the image formation.

LITERATURE

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AFRICAN AMERICAN FEMALE WRITERS OF THE 20TH CENTURY***

UD OLLI Online (H275–06) Wednesday 12:45–2:15 p.m. 7/5/2023–7/26/2023 Instructor: Emily Ginder Number of class sessions: 4

Course format: Discussion, Lecture, Video Based We read and discuss different types of literature written

by African American women during the 20th century. The books range from memoir to science fiction. We read the following in publication order, beginning with Passing by Nella Larsen and followed by Their Eyes Were Watching God by Zora Neale Hurston, I Know Why the Caged Bird Sings by Maya Angelou and Kindred by Octavia E. Butler.

BOOK CLUB: CODE TALKER, A NOVEL ABOUT THE NAVAJO MARINES OF WORLD WAR TWO

UD OLLI Online (H278–06)

Tuesday 10:45 a.m.-noon

7/5/2023–7/25/2023 Instructor: Bobbi Neaton Number of class sessions: 3 · Class limit: 23 Course format: Discussion, Lecture Required text: Code Talker, Joseph Bruchac, ISBN 0-14-240596-5

Please join in the discussion of this remarkable, although fictional, telling of the life and service of a young Navajo boy, Ned Begay, age 16, who joins the U.S. Marine Corps to become a code talker. Although this is a historical fiction novel, there are many topics that deserve to be brought forward and provoke thought and conversation.

"CONFESSIONS"-THE POETRY OF ROBERT LOWELL*

Arsht Hall, Wilmington (H279) Wednesday 9–10:15 a.m.

7/11/2023–7/25/2023 Instructor: William Walsh Number of class sessions: 4 · Class limit: 20 Course format: Discussion, Lecture Required texts: Life Studies, ISBN-13: 978-0-374-53096-9 and For The Union Dead, ISBN-10: 0-374-53096-3, both by Robert Lowell

This course examines the distinct, yet surprisingly interrelated themes of "family, madness and history/History" in the later so-called "confessional poetry" of Robert Lowell.

POETS: SYLVIA PLATH AND TED HUGHES*

UD OLLI Online (H276–06)

Thursday 10:45 a.m.–noon 7/6/2023–7/27/2023 Instructor: Marion Ehrlich Number of class sessions: 4 · Class limit: 25 Course format: Discussion, Lecture

We read and discuss selected poems of this married pair of poets who wrote so differently from one another, and who are both considered to be among the greatest poets of the 20th century.

TEEN BOOKS FOR ADULTS**

UD OLLI Online (H236–06) Wednesday 9–10:15 a.m.

7/11/2023–7/25/2023 Instructor: Peggy Dillner Number of class sessions: 4 Course format: Discussion

Get a taste of young adult literature by reading and discussing four books published for teens. How well is each written, what topics are addressed and who is the audience? Addressing the theme of "challenges," we read the following required texts: *Victory. Stand!: Raising My Fist for Justice* by Tommie Smith, et al. (ISBN 978-1-424-05215-9), The Words We Keep by Erin Stewart (ISBN 978-1984848895), *All My Rage* by Sabaa Tahir (ISBN 978-0593202364), and *In the Wild Light* by Jeff Zentner (ISBN 978-1-5247-2027-8).

PHILOSOPHY AND RELIGION

BE STILL AND KNOW THAT I AM GOD



UD OLLI Online (J236)

Wednesday 10:45–noon 7/5/2023–7/26/2023 Instructor: Toni Worsham Number of class sessions: 4 · Class limit: 12 Course format: Discussion

Once, when a reporter asked Mother Teresa how she prayed, she replied, "I become still and listen to God." The reporter excitedly asked, "and what does God say?" She smilingly replied, "He listens to me." In our noisy world, external stillness is very hard to find, and quieting our hearts and minds so we can hear the voice of God is even harder. Yet, stillness is essential to hearing God's voice as He teaches us "to know, love and serve" Him. How to achieve this is the purpose of this course.

STILLNESS SPEAKS BY ECKHART TOLLE*

UD OLLI Online (J223–06)

🧮 Wednesday 10:45 a.m.–noon

7/5/2023–7/26/2023 Instructor: Deborah Brown Number of class sessions: 4 · Class limit: 15 Course format: Discussion Tech requirements: Audio and video with monitor or screen of 12" or more Required text: Stillness Speaks, Eckhart Tolle, ISBN 1-57731-400-x Class participants read three chapters a week of Stillness

Speaks by Eckhart Tolle and discuss salient points or questions in class. Class participants should acquire a copy of the book and read the introduction and first two chapters prior to the first class.

WRITING

WRITING A LEGACY LETTER*

UD OLLI Online (K214–06) Thursday 10:45 a.m.-noon 7/6/2023-7/27/2023

Instructor: Jay Sherwin Number of class sessions: 4 · Class limit: 25 Course format: Discussion Lecture

A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for family and friends. This course includes discussion and brief writing exercises; it offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

WRITING MEMOIRS*

UD OLLI Online (K205–06)

Wednesday 9–10:15 a.m. 7/5/2023-7/26/2023 Instructor: Rae Tyson Number of class sessions: 4 · Class limit: 25 Course format: Discussion

As a means of preserving your personal legacy, memoirs have become one of the most popular forms of creative expression. But crafting a good memoir can be a challenge. To guide that journey, this course helps you master and practice the art of writing a good, readable memoir.

INFORMATION **TECHNOLOGY**

GOOGLE SEARCH MAGIC

Trinity Faith Education Building (L220–01)

Class limit: 30

UD OLLI Online (L220–06) Class limit: unlimited

Wednesday 10:45 a.m.-noon

7/5/2023-8/2/2023 Instructor: Linda McSweenev Number of class sessions: 4 Course format: Discussion, Lecture, Video Based

Most of us Google multiple times a day with varying success. In this course, we explore how to be smarter searchers by using some tips and tricks that take advantage of Google's top-secret search algorithm. We start with the

basics and advance to expert tips and tricks to find the best answers to our questions. Of course, it's not really magiciust some tried and true strategies to find high-auglity results. More course info is available via https://sites.google.com/ view/searchmagic/home. This is a hybrid-online course: one section meets on-site; one is online only. NOTE: No class will be held 7/19.

MICROSOFT EXCEL: SPECIAL TOPICS*

Arsht Hall, Wilmington (L218) Wednesday 10:45 a.m.-noon 7/5/2023-7/26/2023 Instructors: Phillip Weinberg, Reg Herzog Number of class sessions: 4 · Class limit: 12 Course format: Lecture, Active/Hands On Prerequisite: Students should have a basic knowledge of Excel

Students learn about sparklines, pivot tables, what-if analysis, IF/AND/NOT/OR functions and macros.

LANGUAGES

GERMAN: ENJOY LEARNING!*

UD OLLI Online (O262-06) Wednesday 12:45-2 p.m.

7/5/2023-7/26/2023

Instructor: Udo Gorsch-Nies Number of class sessions: 4 · Class limit: 15

Course format: Discussion, Lecture

Tech requirements: Audio and video with monitor or screen of 12" or more

Prerequisite: Students should have a basic knowledge of German

This course aims at broadening a student's vocabulary and understanding of the day-to-day German language spoken today. The etymology of certain words are discussed, and the rules of grammar explained upon request. This session we read selected chapters of the instructor's memoirs, covering his months under Soviet occupation in Germany in 1945.

ITALIAN IS FUN*



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f Arsht Hall, Wilmington (O241) Wednesday 10:45 a.m.-noon

7/5/2023-7/26/2023

Instructor: Annie Gilmour

Number of class sessions: 4 · Class limit: 30 Course format: Lecture Required text: Italian is Fun by Concetta Giuliano and Heywood Wald

This is a beginning course in which we learn vocabulary,

pronunciation and the basic structure of the Italian language. An aria from an Italian opera is shared each week. Cultural information and simple phrases, useful when traveling, are included as well. The required textbook may be ordered from perfectionlearning.com or amazon.com.

MATH AND SCIENCES

LIFE SCIENCES

BLESS YOUR HEART: REDUCE THE RISK OF CARDIOVASCULAR DISEASE

Arsht Hall, Wilmington (P223) Wednesday 10:45 a.m.–noon

7/5/2023–7/26/2023 Instructor: Hisham Sherif Number of class sessions: 4 Course format: Discussion, Lecture

Explore national and international evidence-based recommendations for reducing the risk for cardiovascular disease. Lectures are PowerPoint presentations aiming to stimulate and promote audience discussion. Topics include: The Big Chill: Lifestyle Modifications; Recipe for Disaster: Diet, Nutrition and Cardiovascular Disease; Walk It Off: Exercise and Cardiovascular Health; and The Mind Job: Strategies to Reduce Risk for Stroke.

DR WHO? HEALTHCARE ACROSS THE AGES

Arsht Hall, Wilmington (P263–06) Wednesday 9–10:15 a.m. 7/5/2023–7/26/2023 Instructor: Hisham Sherif

Number of class sessions: 4 Course format: Discussion, Lecture

Learn how healthcare has emerged and evolved since ancient times into its present form. As healthcare gets more advanced and complex, several issues still persist, including trust, public awareness and access and outcome disparities. We discuss the evolution of healthcare, education and professionalism, patient-centered quality healthcare and policy and regulatory aspects.

NATURE IN SUMMER AT ASHLAND

Wilmington Off-Site (P224) Thursday 9–10:15 a.m.

7/6/2023–7/27/2023 Instructor: Joe Sebastiani Number of class sessions: 4 · Class limit: 20 Course format: Active/Hands On

Additional fee: This course requires an additional fee of \$48 payable to The Delaware Nature Society. A payment link will be sent to class members prior to the first class.

Enjoy learning about the natural world in the outdoors at Ashland Nature Center. Naturalists guide you on walks to discover nesting birds, summer wildflowers, insects you should know, trees and shrubs and the aquatic environment. Through hands-on investigation of the natural world, you gain a greater understanding and appreciation of the environment, inspiring you to get back out on your own. New to nature study? No problem, our study is at a beginner's level.

HEALTH AND WELLNESS

ENGLISH COUNTRY DANCE

Ocean View Town Hall (Q207) Wednesday 2–3:30 p.m. 7/5/2023–7/26/2023 Instructors: Carol West, Dan Bilharz Number of class sessions: 4 · Class limit: 20 Course format: Active

Come enjoy the dance form America grew up with. It's been fun for more than three centuries, and it's easy to learn! If you can walk and smile, you can do this kind of dance. The caller explains all the moves and walks you through the dance before it starts, then continues to prompt you as the dance goes on. Dances focus on the group, not the individual. We customarily change partners after each dance, so we get to dance with lots of different people. We're a friendly group! It's easy, and there's the music!

RELAXING SUMMER YOGA

Arsht Hall, Wilmington (Q261) Wednesday 9–10:15 a.m.

7/5/2023–7/26/2023 Instructor: Barbara Bareford Number of class sessions: 4 · Class limit: 60 Course format: Active (Hands-on/physical movement)

Experience relaxing summer yoga. Participants are required to bring a yoga mat and have the ability to descend and rise from mat.

PHYSICAL SCIENCES AND MATH

ELECTRIC VEHICLE REVOLUTION

UD OLLI Online: On demand (R229–07) Flexible-viewing is on your own schedule Instructor: Charles Carter Number of class sessions: 5 Course format: Discussion, Lecture

Electric vehicles (EV) are coming, ready or not. Electric cars predate internal combustion engines. Clara Ford found her husband's product dirty and noisy and drove a succession of Detroit Electrics 1908-1914. Course highlights batteryelectric vehicles but also covers plug-in hybrids, EV history, pros/cons of ownership, barriers to adoption (real and over-hyped), environmental impact, science behind their efficiency and evaluation of available EVs. This on-demand class is a recorded version of the class originally taught in fall 2022. View this class on your own schedule. Viewing link is emailed to participants prior to the session start.

WHY WE LOVE NATURE

UD OLLI Online (R230–06)

Tuesday 9–10:15 a.m. 7/11/2023–7/25/2023 Instructor: Jorge Cruz Number of class sessions: 3 Course format: Discussion, Lecture, Video Based Tech requirements: Any screen

All about nature, from trees and plants and their purpose and everything that inhabits them.

ECONOMICS, FINANCE, POLITICAL SCIENCE, LAW

ELDER LAW AND ESTATE PLANNING



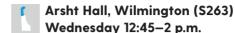
UD OLLI Online (S209–06)

Thursday 9–10:15 a.m. 7/6/2023–7/27/2023 Instructors: Michele Procino-Wells, Amber Woodland Number of class sessions: 4 Course format: Lecture

Estate planning organizes your affairs to accomplish longrange goals for yourself and your family. We explore the three stages of estate planning, clarify the role of a power of attorney, unravel the probate process and explain the use of trusts to avoid probate. This class also covers personal property memorandums, jointly owned assets and appropriate beneficiary designations as well as the ethics surrounding asset protection planning.

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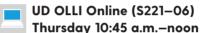
HEALTHCARE'S TRIPLE AIM: COST, QUALITY AND ACCESS



7/5/2023–7/26/2023 Instructor: James Caldas Number of class sessions: 4 · Class limit: 24 Course format: Discussion, Lecture, Video Based

This course addresses the three critical considerations in the assessment of a nation's healthcare system. We review and discuss the concept, meaning and performance measures of each dimension and create an understanding of the healthcare systems in the U.S. and other developed countries.

PREPARING AND SELLING YOUR HOME FOR MAXIMUM PROFIT



7/6/2023–7/27/2023 Instructor: David Harrell Number of class sessions: 4 · Class limit: 25 Course format: Discussion, Lecture

This course assists people in preparing for and executing the sale of their current home. It gives special attention to seniors needing to sell their property and how to deal with all of their excess possessions, along with the best ways to prepare their home through various improvements. The content applies to those wanting to use a Realtor and those who want to sell the home themselves. Much of the material comes from the instructor's book, *Selling Your Home for Maximum Profit*.

UNITED STATES SUPREME COURT DECISIONS 2023

Arsht Hall, Wilmington (S264) Wednesday 12:45–2 p.m.

7/5/2023–7/26/2023 Instructor: Claire Sullivan Number of class sessions: 4 · Class limit: 24 Course format: Discussion, Lecture

The U.S. Supreme Court usually offers its annual decisions in June or July. This course focuses on the 2023 decisions; their background; the decisions themselves; and the possible political, social and cultural consequences. The class procedures are based on studying the information, sharing ideas, discussing and debating future possibilities. There are DVDs, short lectures and class discussions.

Hours of outside preparation: *0-1 **1-2 ***2 or more

SPECIAL EVENTS

CONVERSATION AND CULINARY ADVICE WITH CHEF ALEX NEATON

OLLI Kent/Sussex off-site (SPEC508) Wednesday 11 a.m.-3 p.m.

7/12/2023

Instructors: Bobbi Neaton, Deb Roberts, Alex Neaton, Number of class sessions: 1 · Class limit: 10 Course format: Discussion, Lecture, Active, Hands On Additional fee: **There is an additional \$15 class materials fee due on the day of the session.**

Please join Chef Alex Neaton from Longwood Gardens for a casual cooking session and discussion of farm-to-table dishes. The menu depends somewhat on availability, but plenty of food, drink and great conversation are certain. This is a one-day, four-hour session held in an off-site residence kitchen in Dover.

ONE-DAY DELAWARE DISCOVERY: TALES, TOURS, TEA

Wyoming Church (SPEC507)

Thursday 9:30 a.m.-4 p.m.

7/27/2023

Instructor: Patricia Thompson

Number of class sessions: 1 · Class limit: 30 Course format: Discussion, Lecture, Active, Hands On Food and fees: Bring \$10 (exact change) for a catered light lunch of assorted Capriotti's sandwiches and fruit, served after class at our Wyoming Church class location. Bring your own beverage for lunch and additional funds for other modest fees or purchases on our tour, such as refreshments at Cobalt Manor.

Whether new to Delaware or a long-standing resident, join us for a day of discovery about central Delaware's sights and delights and a guided tour of a nearby historic town. In the morning, we learn about the area's history, people, customs and attractions in the classroom. After lunch, we head out in our own cars and meet for a "Secrets of Historic Smyrna" tour. This walking tour with select indoor visits includes the restored Smyrna Opera House, the Smyrna Museum, diverse historic buildings, and a glimpse of Belmont Hall, home (ca. 1773) of noted Revolutionary-era statesman Lt. Col. Thomas Collins. We conclude with refreshments at the inviting Elizabeth Esther Café at Cobalt Manor. Carpooling and comfortable walking shoes are recommended. Class instructor is a Certified Delaware Tourism Ambassador.

MARINE MAMMALS AND SEA TURTLES OF THE DELAWARE COAST

Trinity Faith Education Building (SPEC509–01) Class limit: 50

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UD OLLI Online (SPEC509–06)

Class limit: unlimited

Thursday 1–2:30 p.m. 7/27/2023

Instructor: Suzanne Thurman Number of class sessions: 1 Course format: Discussion, Lecture

More than 36 different species of marine mammals and sea turtles appear annually along Delaware's tiny coastline. Observers note large whales, dolphins, porpoises, seals and sea turtles at different times of the year along the coast, bays and inland waterways of Delaware. This program includes species identification, insights into behavior, and adaptations and conservation efforts for these endangered and threatened species. We discuss strandings and the role of the Marine Education, Research and Rehabilitation Institute (MERR) as Delaware's official stranding response organization. This is a hybrid-online course: one section meets on-site; one is online only.

UD OLLI, Summer 2023 | Kent/Sussex | Wilmington | Online

SUMMER 2023 INSTRUCTORS

ADAMS, SYLVIA-A.S., industrial engineering, Delaware Technical Community College, B.S., business administration, Goldey-Beacom College. Retired from DuPont as research associate in quality assurance. Hobbies include home décor, gardening and traveling. (P262–W)

BAREFORD. BARBARA-B.S., State University of New York at Cortland. Yoga student for more than 10 years. Taught voga for OLLI summer session and at the Unitarian Church. (Q261–W)

BERSTLER. KAREN-Has been drawing and painting for as long as she can remember. Fascinated with people, their personal stories and what makes us all tick as human beings. Loves creating paintings that are both fun and meaningful, sharing them with the world and, hopefully, leaving the space she has occupied a bit more beautiful than it was before she arrived. (B211-OO)

BILHARZ, DAN-Retired from the information technology industry after spending 30 years in development and management. Introduced to English country dance by his wife at OLLI in 2015 and has enjoyed dancing and teaching dancing ever since. (Q207-KS)

BROWN, DEBORAH-M.Ed., George Mason University. Avid follower of Eckhart Tolle. A life coach certified by the International Coach Academy and Transformational Presence Coaching. (J223-OO)

BULLOCK, JOHN-A.B., St. Joseph's University; M.A., University of Pennsylvania. Retired from Northwestern State University of Louisiana, Western Washington University, Holy Family University and Villanova University. (G318-W)

CALDAS, JAMES-M.B.A./M.P.H., Columbia University. Retired following a career in healthcare leadership, which included serving as the ChristianaCare

THANK YOU OLLI INSTRUCTORS!

Volunteer instructors are at the heart of the OLLI program

As an academic membership cooperative, OLLI's volunteer instructors develop and teach the classes that are at the heart of our lifelona learning program. Their efforts and participation are key to the vitality and success of this academic cooperative.

All OLLI instructors are listed in this section, with a code indicating which OLLI location or format in which they teach their courses-UD OLLI Online, OLLI Kent/Sussex or OLLI Wilmington.

chief operating officer for 15 years before leaving to assume the role of president, Washington Hospital Center. Passionate advocate for access to quality healthcare. (S263-W)

CARTER, CHARLES-Electrical engineering degrees, NC State University. Interests include electronics, physics, computers, computer networks, ice skating and brewing beer. He retired in 2015 after a 43-year career in research and development organizations. (R229-OO)

CHAMBERS, JEFFREY-A backyard BBQ cook for about 30 years, with BBQ roots in North Carolina barbeque. Has been a Kansas City Barbeque Society certified master BBQ judge for 10 years and a contest representative for two years. (D229-W)

COHN, LORRAINE-Has been teaching recreational international folk dancing in communities and summer camps for adults and children since 1975. Learned most of the dances directly from the choreographers at workshops for dance teachers on the East Coast. Also worked as an occupational therapist. (CP261)

COLLINS, PAUL-Resident of Lewes since 2011 and active with OLLI since 2012. Currently serves on OLLI Sussex Council and as chair of Development Committee.

With his wife, participates in historical reenactments with the Lewes Historical Society, and during the summer races sailboats with the Lewes Yacht Club. (D233-OO)

CRUZ, JORGE–Veterinarian by profession, early on decided to pursue a passion for all nature. (R230–OO)

CUTTING, BURTON-Retired

financial/commodity analyst; taught college courses and published research on the futures/options markets. Avocation for decades has been American colonial history, which includes support for the Princeton Battlefield Society (New Jersey) and the New Netherland Institute (New York). (G265-OO)

DILLNER, PEGGY-Retired director of the University of Delaware's Education Resource Center, young adult literature instructor and coordinator of the school library program at the University of Delaware until June 2012. Prior to UD, spent 32 years working in Delaware public schools, mostly as a school librarian. (H236–W)

EHRLICH, MARION-B.A., political science, Hunter College; M.A., public administration, University of Delaware. Retired senior investigator, U.S. Department of Labor. (H276–OO) _____

EHRLICH, ROBERT–M.S., environmental engineering, University of Delaware; Ph.D., physics, Rutgers University. Research in biochemistry and environmental chemistry at University of Delaware. Editor of OLLI-Wilmington Newsletter. (G316–OO)

FILIPKOWSKI, JUDY–M.S., M.A., Temple University. Judy is a Philadelphia native and retired teacher, an architectural tour guide in Philadelphia for over 10 years, where she loved giving tours, combining architecture and history. She has been a guide at the Delaware Art Museum and Rockwood Museum. (G322–W)

GILMOUR, ANNIE DUGAN–B.A. plus 30, French and Spanish, University of Delaware. Studied Italian at West Chester University and the Puccini Institute in Viareggio, Italy. Retired secondary teacher. Taught French and Spanish for 30 years and Italian for 15 years. Other interests include opera, reading, traveling and foreign films. (O241–W)

GINDER, EMILY–B.A., sociology, University of South Florida. Former homeschooling mom who brings her enthusiasm for history and literature to class. Teaches lifelong learners at Bergen Community College and the Institute of New Dimensions (IND). Moderates a book club on Goodreads, an online discussion site. (H275–OO)

GLICK, RAY–Holds a degree in veterinary medicine from The Ohio State University and is a graduate of the Stanford University Executive Publishers Program. His historical and teaching interests are in the American Civil War and the settling of the American West. (G314–KS)

GORSCH-NIES, UDO–M.S., elementary particles, Bonn, Germany, 1966. CERN, Geneva, Switzerland, 1973 analyst-incharge, Control Data Berlin. (O262–00)

GRANT, JERRY–B.A., University of Delaware; J.D., Widener School of Law. Host of soul and rhythm and blues radio program on WVUD-FM for 40 years. Former record store owner and occasional rock band member. (CA255–OO)

HAIN, RAYMOND-B.S., aeronautical engineering; master's degrees in

philosophy and military studies in airpower. Spent 26 years in the Air Force. Have been a docent at Seattle's Museum of Flight and the Smithsonian National Air and Space Museum. Spent 26 years as an Air Force officer. (G266–OO)

HAINER, JIM-M.D., Marquette University, internal medicine and MPH, University of Washington. Pharmaceutical industry cardiovascular clinical research and development. Hobbies include wooden boat building, repair of neglected wooden furniture, and trees. (P262–W)

HARRELL, DAVID–B.S., A.S., University of Delaware. Licensed Broker and Realtor serving Delaware and Pennsylvania who has been selling real estate since 1997. Author of Selling Your Home for Maximum Profit, which was published in March 2020. (S221–OO)

HARRIGAN, PETER–B.S., finance, Siena College; executive leadership program, University of Maryland. Retired Lockheed Martin Corporation, communications executive. Former reporter, editor with the Staten Island Advance, where assignments included state government correspondent. (D236–OO)

HENN, KATHERINE–Taught graduate and undergraduate courses in medical ethics, history, philosophy and religion. Ph.D. (with distinction), M.Phil., Caspersen School of Graduate Studies, Drew University; M.A., College of St. Elizabeth; B.A., summa cum laude, Seton Hall University. (G315–KS)

HERZOG, REG–B.S., math education, State University College at Buffalo, NY. U.S. Air Force (1969–73). Public school math teacher in upstate New York. Adjunct instructor at SUNY Cortland. Computer tech at Buncombe County Schools, North Carolina. Interests include genealogy, computers, photography and travel. (L218–W)

KENNEDY, CATHERINE–B.A., Temple University; M.B.A., University of Dallas. Retired software engineer from the finance/securities sector. Hobbies include anything about electric transportation (cars, bikes), woodworking and playing bridge. (D228–KS, D254–KS)

KHALADKAR, PRADIP–B.S., M.S., chemical engineering. Retired from DuPont after 37 years and MTI (Materials

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Technology Institute consortium) after five years. Lifelong interest in history in general and South Asian history in particular. (G319–W)

LAWRENCE, WILLIAM–B.A., international relations, Stanford University; M.B.A., international business, Wharton School of the University of Pennsylvania. Manager, foreign exchange, Hercules. Three years in France as student and U.S. Army; three years in Belgium, Hercules Europe. (G320–W)

MCSWEENEY, LINDA-Retired librarian and college instructor with a B.S. in geology from Dickinson College and an MLIS from Rutgers. Worked in college and school libraries, served as president for two library associations, and recently retired from teaching at the University of Vermont before moving to Lewes. (L220-KS)

NEATON, ALEX–12 years of culinary experience in restaurants in the northern Delaware area, including The Green Room, The Rail and Bella Coast, and six years at Longwood Gardens, including two as chef de cuisine. (SPEC508–KS)

NEATON, BOBBI–B.A., sociology, Western Maryland College; co-owner and operator of businesses in Dover, Delaware, for 35 years. Lover of literature and history. (H278–OO, SPEC508)

NORDMARK AVILES, DONNA–Member, National Orphan Train Historical Society's speakers bureau as well as the Delaware Humanities. As a direct descendent, has extensive knowledge of the orphan train era and is passionate about sharing this important piece of our nation's history. Past instructor in Kent county and Wilmington OLLI programs. (G321–W)

PETERSON, LARRY–Retired University of Delaware professor of music; former chair of UD music department; former Air Force captain; member of OLLI Piano Duo with John Quintus. (CA268–OO)

POWDERLY, THOMAS–B.S., M.P.S., C.T.C. A 50+ year career in the travel industry has not only permitted him to see the world via every conceivable mode of transport, but also allowed him to indulge his passion for live theatre on both sides of the Atlantic. He enjoys

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sharing memories of both with OLLI members. (CA270–W, D236–OO, G317–OO)

PROCINO-WELLS, MICHELE–B.A., Penn State University; J.D., Widener University School of Law; master of laws degree in taxation, Villanova University School of Law. (S209–OO)

ROBERTS, DEBRA–Ed.S., M.S., counseling and student personnel services, SUNY Albany; B.A., English literature, art history, SUNY Binghamton. Retired counselor, Delaware Technical and Community College, Terry Campus. (SPEC508)

ROSEN, SHARON–Sharon became an OLLI member in 2020 and began contributing her time as a virtual class assistant. She graduated from the City College of New York and has master's degrees from Hunter College. (D236–OO)

SEBASTIANI, JOE–Director of adult engagement, has been employed by the Delaware Nature Society since 1998, regularly leading adult programs into the field and online and has guided ecotours regionally, as well as internationally for the organization. (P224–W)

SEXTON, NICOLE–Coordinator for The Art Studio of the New Castle County Department of Community Services. (B211–OO)

SHERIF, HISHAM–Retired surgeon with 30+ years of clinical and research experience in cardiovascular medicine and surgery. Strong advocate of better education and awareness of healthcare information as the basis for better decisions toward improved individual and community health. (P223–W, P263–W)

SHERWIN, JAY–Has practiced law, given away money for five different charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters and ethical wills. Jay has online teaching experience for OLLI programs nationwide. (K214–OO)

SIEGELL, STUART–Doctorate in chemical engineering, Columbia University. Retired from DuPont after 36 years in research and development and manufacturing. Museum guide at the Delaware Art Museum. Has taught many courses in history, art history and culture. (A216–W)

STANKIEWICZ, CAROLYN–B.S., business management, Neumann University; M.A., liberal studies plus advanced courses, University of Delaware. Explores the world from astronomy to zoology. Has done extensive travel both domestic and foreign. Enjoys foreign films and trivia challenges. Taught over 20 semesters at OLLI. (D255–OO)

SULLIVAN, CLAIRE–B.A., history, University of New Hampshire; M.A., educational planning, Syracuse University. Teaching and consulting responsibilities in Finland, Germany, Slovakia and Japan. Teacher and administrator at kindergarten to university level in the United States. Facilitated past OLLI programs on Islam, American government, immigration and others. Still have time to tend to a garden. (S264–W)

THOMPSON, PATRICIA–M.A., English, University of Delaware; M.Ed., counseling and administration, Wilmington University; B.A., English and education, College of William and Mary. Certified life coach. A retired teacher, enjoys family fun, writing, meditating and the arts. (SPEC507–KS)

THURMAN, SUZANNE–Founder and executive director of the Marine Education, Research and Rehabilitation (MERR) Institute. (SPEC509)

TYSON, RAE–Professional writer and teacher for over 40 years. His nonfiction work has been published by Random House and others. One of his fictional short stories was published recently by Cat and Mouse Press in Rehoboth Beach. Has been teaching at OLLI since 2014. (K205–OO)

VIOLETTE, ROBERT–Has enjoyed a life of singing the leading roles in the operas of Mozart, Verdi, Puccini, Strauss and Wagner, as well as some contemporary composers. Each composer taught him how to listen, understand and appreciate their own language. (CA269–OO)

WALSH, WILLIAM–Ph.D., philosophy, The New School of Social Research, B.S., and B.A., philosophy and political science,

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King's College, Wilkes-Barre, PA. Loves literature, poetry and film. (H279–W)

WEINBERG, PHILLIP–B.S., chemical engineering, City College of New York; M.S., chemical engineering, Northwestern University. Employed entire career with DuPont. Member of OLLI Wilmington Council for two, three-year terms and current OLLI Wilmington finance committee chair. (L218–W)

WEST, CAROL–Discovered the joys of English Country Dance through beloved OLLI mentors and has expanded dance classes and events to the Dover OLLI and beyond. Avid music lover. Plays violin with Southern Delaware Orchestra (SODELO). Taught high school math in Maryland for 25 years. (Q207–KS)

WOODLAND, AMBER B.–B.A., Flagler College; J.D., Regent University School of Law. (S209–OO)

WORSHAM, TONI–Ph.D., English. Educator for 40 years. Taught elementary through graduate school levels. Has done extensive research in cognitive studies and thinking improvement techniques. During her years as a nun and thereafter, has studied spiritual teachings and focused exclusively on offering classes on spiritual growth since 2006. (J236–OO)



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OLLI SUMMER 2023

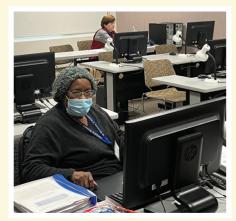
June 1 – Online registration begins
Week of July 5 – Drop/add and late registration available
July 5-27 – OLLI summer classes in session, in-person and online.
Most classes meet once weekly on Tuesdays, Wednesdays or Thursdays.







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