

JANUARY EXPLORATIONS

Jan. 16-26, 2024



TUESDAY, JANUARY 16, 2024

Tuesday, Jan. 16th - 10:00 to 11:30 a.m.

Become a More Discerning News Consumer (Session 1)

Instructor: Pete Harrigan

Description: The non-stop barrage of "news" from traditional outlets, social media and now even AI makes it more difficult than ever to determine what's real and what's not. We take a look at how news is gathered, or sometimes faked, and what you can do to sort through the noise.

Tuesday, Jan. 16th - 10:00 to 11:00 a.m.

How the Brain Ages

Instructor: Michael A Salvatore, MD

Description: From before birth and until death our brains are ever-changing, ever-compensating. This course covers how young brains adapt to growth and how old brains compensate for atrophy. Along the way we visit middle-aged brains and discuss the tragedy of older brains: dementia.

Tuesday, Jan. 16th - 10:00 to 11:00 a.m.

Campus Virtual Tree Walks - Week 1

Instructor: Jim Hainer and others

Description: Join an OLLI tree club member for a virtual walk among the campus trees. Week one features trees primarily on the campus east of Arshat Hall.

Tuesday, Jan. 16th - 1:00 to 2:30 p.m.

Overview of the Human Language

Instructor: Trudie Thompson

Description: What is human language and where did it come from? Do all humans have language? What about other animals? How many human languages are there, and how do we distinguish one from another? How do languages develop and change? What are language families? Does language influence the way we think?

Tuesday, Jan. 16th - 1:00 to 2:30 p.m.

Philadelphia's Gilded Age

Instructor: Judy Filipkowski

Description: Two mansions in Philadelphia built by trolley tycoons, Widener and Elkins; a story of wealth and tragedy, trolleys and art.

Tuesday, Jan. 16th - 1:00 to 2:00 p.m.

The Magic of the Eclipse

Instructor: Gary Letcher

Description: On April 8, 2024, a total eclipse of the sun sweeps across the United States from Texas to Vermont. It's an event not to be missed! OLLI veteran instructor Gary Letcher is pleased to present "The Magic of the Eclipse," telling the story of solar eclipses in history and literature. This is decidedly not a science lecture, but, rather, engages participants in the visceral impact of standing in the shadow of the moon.

WEDNESDAY, JANUARY 17, 2024

Wed, Jan. 17th - 10:00 to 11:30 a.m.

Alfred Hitchcock's San Francisco

Instructor: Jay Sherwin

Description: Alfred Hitchcock loved San Francisco and some of his best films were shot on location there. In this virtual tour, you see some memorable scenes from classic Hitchcock movies filmed in the San Francisco Bay Area and hear great stories about how and why Hitchcock chose those locations.

Wed, Jan. 17th - 10:00 to 11:30 a.m.

Taking the First Step to becoming an OLLI Instructor (Session 1)

Instructor: Rose Greer

Description: This class is designed for people who might be interested in teaching a class at OLLI.

Wed, Jan. 17th - 10:00 to 11:30 a.m.

Ocean Liner Disasters: 4 Tragic Tales

Instructor: Tom Powderly

Description: Long part of the lore of ocean travel, disasters at sea have captured the public's interest and imagination for centuries. These tragic events have inspired tales of mystery, treachery, heroism and cowardice. We will look at the fascinating stories of four events. Some are famous, some infamous, some long forgotten, some barely ever known to the general public.

Wed, Jan. 17th - 1:00 to 2:30 p.m.

It's Not Where You Start: Great Sings from Broadway Flops

Instructor: Tom Powderly

Description: New Broadway musicals can fail for many different reasons. Often a flop results from a lack of common vision among the various members of the creative team. But it is not uncommon to find a beautiful song or two lost in the rubble of a Broadway flop. Some find a successful popular afterlife of their own and others remain hidden gems, known only to the Broadway cognoscenti.

Wed, Jan. 17th - 1:00 to 2:00 p.m.

Emily Dickinson: Poet & Enigma (Session 1)

Instructor: Patricia Thompson

Description: By examining key factors about the life, times and relationships and select poems of Emily Dickinson (1830-86), we seek insight into this reclusive, rule-breaking poet. Why is there a resurgence of interest in her today? Does she share any common ground with Emerson, Thoreau, H. B. Stowe, Whitman and other influential writers, or is she a pure original? What do her poems -- indeed poetry in general -- offer us today?

Wed, Jan. 17th - 1:00 to 2:00 p.m.

The Science of Weight Gain

Instructor: Raymond G Troxler

Description: Course Description Pending

THURSDAY, JANUARY 18, 2024

Thursday, Jan. 18th - 10:00 to 11:00 a.m.

Vincent Van Gogh: His Life, His Art (Session 1)

Instructor: Jim O'Leary

Description: Before moving to southern France and painting his best-known works, Van Gogh experimented with various styles of painting, much of it dramatically different from his later works. We follow his travels, see where he lived and worked and explore the evolution of his art.

Thursday, Jan. 18th - 10:00 to 11:00 a.m.

Eckhart Tolle's Greatest Hits (Session 1)

Instructor: Deborah E. Brown

Description: We discuss five of the theme Eckhart Tolle's visits and revisits in his three most popular books: "The Power of Now," "A New Earth," and "Stillness Speaks."

Thursday, Jan. 18th - 10:00 to 11:00 a.m.

Writing Your Own Obituary (Session 1)

Instructor: Rae Tyson

Description: You are uniquely qualified to decide how you want to be remembered.

Thursday, Jan. 18th - 1:00 to 2:00 p.m.

The Western's Rise in 19th and 20th Century (Session 1)

Instructor: Joan M. Miller

Description: The presentation discusses the Western story from its beginning in the 19th century to its explosion and popularity in the 20th century, as well as its decline in the late 20th century.

Thursday, Jan. 18th - 1:00 to 2:30 p.m.

iPhone Essentials: Topics you may have forgotten or never knew

Instructor: Barbee Kiker

Description: Learn how to use the app library, change what you are backing up, organize your apps, check your battery, send a text message to a group and use visual lookup. We look at all this and more. This is a lecture class for iPhones only. Handouts are available.

Thursday, Jan. 18th - 1:00 to 2:30 p.m.

Healing with Sound

Instructor: Dr. Carol Pollino

Description: Learn about the many ways sound can be used in healing trauma, grief, ancestral lines and one's energetic body. We explore tools such as weighted and unweighted tuning forks, singing bowls, solfeggio tubes, chimes, drums and other percussion instruments.

FRIDAY, JANUARY 19, 2024

Friday, Jan. 19th - 10:00 to 11:00 a.m.

NestWatch: Monitoring Bird Nests for Science

Instructor: Joe Sebastiani

Description: Learn how to collect data on nesting birds for the Cornell Lab of Ornithology's NestWatch program, especially those that nest in bird boxes.

Friday, Jan. 19th - 10:00 to 11:30 a.m.

Seniors Acting Up!

Instructor: Heather Pleasants

Description: It's NEVER TOO LATE to GET IN THE ACT! Acting Class for Older Adults 55+! It's never too late to be in the spotlight! Whether you are new to acting or a seasoned pro, we welcome all to explore and enjoy the Craft/Art of acting! Learn improv, acting exercises, character development, voice/speech, emotional recall, theatrical readings, blocking, scene development, comic timing and much more! No lines/scripts to memorize— no physical requirements— no worries! Only requirement is for you to be open, willing to learn and have fun!

Friday, Jan. 19th - 10:00 to 11:30 a.m.

How to be Bolder, not Older

Instructor: Debra Cooper

Description: This is for you if you are looking for: How to reimagine and reframe yourself, Strategies on letting go of limiting beliefs, Tools on how to make bids for connection in relationships and networking, and Learn to write a new story and start a new chapter with your genuine message

TUESDAY, JANUARY 23, 2024

Tuesday, Jan. 23rd - 10:00 to 11:30 a.m.

Become a More Discerning News Consumer (Session 2)

Instructor: Pete Harrigan

Description: The non-stop barrage of "news" from traditional outlets, social media and now even AI makes it more difficult than ever to determine what's real and what's not. We take a look at how news is gathered, or sometimes faked, and what you can do to sort through the noise.

Tuesday, Jan. 23rd - 10:00 to 11:00 a.m.

Ethics of End of Life Care

Instructor: Michael A Salvatore, MD

Description: This lecture discusses the ethics that can guide the sick and their caregivers through the bewildering maze of physical and emotional suffering that can accompany end stage disease. Beyond ethics, practical steps that can lessen the anguish of the dying and their loved ones are discussed: palliative care vs, hospice care, living wills vs. DMOST forms, etc. Some suffering is inevitable in sickness but unnecessary suffering is not.

Tuesday, Jan. 23rd - 10:00 to 11:00 a.m.

Campus Virtual Tree Walks - Week 2

Instructor: Jim Hainer and others

Description: Join an OLLI tree club member for a virtual walk among the campus trees. Walks one and two feature trees primarily on the campus east of Arsht Hall. Walks three and four traverse areas west of Arsht Hall.

Tuesday, Jan. 23rd - 1:00 to 2:30 p.m.

History of the English Language Instructor: Trudie Thompson

Description: English is a Germanic language, but through the centuries has borrowed from many different languages, giving English a large and diverse vocabulary, a fairly simplified grammar and odd spelling constructions. English has borrowed from French, Norse, Latin, Greek and many other languages, and has been adopted in and adapted to many different countries worldwide.

Tuesday, Jan. 23rd - 1:00 to 2:30 p.m.

Louis Kahn: Philadelphia Architect

Instructor: Judy Filipkowski

Description: Louis Kahn of Philadelphia, a teacher, philosopher and designer of monuments in brick and stone, light and shadow from Philadelphia to Pakistan. In 1974, called America's Foremost Architect.

Tuesday, Jan. 23rd - 1:00 to 2:30 p.m.

FILM: The Winding Stream: The Carters, The Cashes and the Course of Country Music

Instructor: Jerry Grant

Description: The Winding Stream documents the history of the Carter family, one of the first groups from the Appalachian foothills to record commercially produced country music. They popularized country and folk music standards like "Can the Circle Be Unbroken," "Wildwood Flower" and "Keep on the Sunny Side." Johnny Cash, his wife June Carter Cash and daughter Roseanne Cash help tell the story along with John Prine, George Jones, the Nitty Gritty Dirt Band and other notables.

WEDNESDAY, JANUARY 24, 2024

Wed, Jan. 24th - 10:00 to 11:30 a.m.

Taking the First Step (Session 2)

Instructor: Rose Greer

Description: This class is designed for people who might be interested in teaching a class at OLLI.

Wed, Jan. 24th - 10:00 a.m. to 12:00 p.m.

Making Peace with Tucson

Instructor: Susan Dion

Description: A solo 12,000-mile 30-day Amtrak rail pass during a pandemic ignited a two-year journey with 7,000 more miles. The U.S.'s spectacular routes: Empire Builder, Zephyr, Southwest Chief, Sunset Ltd., Coast Starlight, Crescent. Explorations of Glacier, Seattle, San Francisco, Glenwood Springs, Flagstaff and more. A brief morning stop in sunny Tucson shattered the peace and altered the path.

Wed, Jan. 24th - 10:00 to 11:30 a.m.

TED Talks and Trivia

Instructor: Carolyn Stankiewicz

Description: Three popular TED Talks are shown and discussed. Also, for some fun—general trivia questions.

Wed, Jan. 24th - 1:00 to 2:30 p.m.

Come Rain or Come Shine (Metaphorically speaking!)

Instructor: Tom Powderly

Description: “You are the sunshine of my life.” “My teardrops fell like rain.” “The wind beneath my wings.” Composers have often used weather as a metaphor for life’s ups and downs. Whether the weather is stormy or sunny, these classic performances of great songs leave you singing in the rain.....or shine.

Wed, Jan. 24th - 1:00 to 2:00pm

Emily Dickinson: Poet and Enigma (Session 2)

Instructor: Patricia Thompson

Description: By examining key factors about the life, times, relationships, and select poems of Emily Dickinson (1830-86), we seek insight into this reclusive, rule-breaking poet. Why is there a resurgence of interest in her today? Does she share any common ground with Emerson, Thoreau, H. B. Stowe, Whitman and other influential writers, or is she a pure original? What do her poems—indeed poetry in general—offer us today?

Wed, Jan. 24th - 1:00 to 2:30 p.m.

Around the World in Less than 80 Days

Instructor: Robert Ehrlich

Description: Two real American women vie to best the record of the fictional Londoner, Phileas Fogg. Their media sponsors hope to engage public interest and improve their circulation.

THURSDAY, JANUARY 25, 2024

Thursday, Jan. 25th - 10:00 to 11:00 a.m.

Vincent Van Gogh: His Life, His Art (Session 2)

Instructor: Jim O'Leary

Description: Before moving to southern France and painting his best-known works, Van Gogh experimented with various styles of painting, much of it dramatically different from his later works. We follow his travels, see where he lived and worked and explore the evolution of his art.

Thursday, Jan. 25th - 10:00 to 11:00 a.m.

Eckhart Tolle's Greatest Hits (Session 2)

Instructor: Deborah E. Brown

Description: We discuss five of the theme Eckhart Tolle's visits and revisits in his three most popular books, "The Power of Now," "A New Earth" and "Stillness Speaks."

Thursday, Jan. 25th - 10:00 to 11:00 a.m.

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Instructor: Rae Tyson

Description: You are uniquely qualified to decide how you want to be remembered.

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Instructor: Joan M. Miller

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Thursday, Jan. 25th - 1:00 to 2:30 p.m.

OLLI Gathers Plastics! Be Part of the Eco Team's Recycling Program.

Instructor: Judy Winters, Mark Mendelson

Description: A new OLLI plastic collection initiative at the Wilmington campus is coming soon. Learn how you can become part of the Eco Team's recycling program by participating in OLLI Gathers Plastics! An important relationship the OLLI Eco Team developed with a local post-consumer plastics recycling company is explained within the context of the overall drive toward a more circular economy.

Thursday, Jan. 25th - 1:00 to 2:30 p.m.

Shaken, Not Stirred: James Bond's World

Instructor: Chris Bassett

Description: Since the debut of Ian Fleming's James Bond, 007, in Casino Royale in 1953, there have been 14 Fleming Bond books and 27 movies. We explore the man, the myth and the movies. "Diamonds are Forever" and, perhaps, so is James Bond.

FRIDAY, JANUARY 26, 2024

Friday, Jan. 26th - 10:00 to 11:00 a.m.

MALS Presents!

Instructor: Becky Worley

Description: In this class, students and alumni from the UD Master of Arts in Liberal Studies program (MALS) present their research. MALS is an interdisciplinary program that provides participants the flexibility to follow their academic passions. The topics vary (as the academic interests of both OLLI and MALS students do!) Participants should look forward to curated, intellectually stimulating presentations and ample opportunity for questions and discussions.

Friday, Jan. 26th - 10:00 to 11:30 a.m.

Climate 101

Instructor: Marissa McClenton

Description: Most of us understand that climate change is real and happening, but do you know what actually caused it? In the presentation, we will dive into the causes of climate change, present and impacts, and discuss who will be impacted the most.

Friday, Jan. 26th - 10:00 to 11:30 a.m.

Cooking for One

Instructor: Food Bank of Delaware

Description: Learn tips and skills on how to cook for one. Recipe ideas and how to make meals easily!