

**January Explorations 2026**  
**Course Schedule by Day**

Day	Date	Time	Title	Instructor
Tuesday	Jan 13	10:00 am	Exploring Green Hill Farm/"Goodstay" and its Fascinating People (Arsht Hall Series 1 of 4)	John Barineau
		10:00 am	Writing Your Own Obituary (Session 1 of 2)	Rae Tyson
		10:00 am	Empowering the Next Generation: Diamond Challenge Virtual Judging	Maggie Nelson
		1:00 pm	75 Years at the Winter Garden	Tom Powderly
		1:00 pm	Binge Jesus in "The Chosen"	Deborah Brown
		1:00 pm	Winter Poems (Session 1 of 2)	Paul Huey-Burns
Wednesday	Jan 14	10:00 am	Bottoms Up! History of American Whiskey (Session 1 of 2)	James DeMartino
		10:00 am	News as Storytelling	Andrea Westerinen
		10:00 am	Frontiers for Healthy Aging	Reid Kellogg
		1:00 pm	Autobiography of a Yogi (Session 1 of 2)	Gary Soulsman
		1:00 pm	The I's Have It (Session 1 of 2)	Sondra Weidman
		1:00 pm	So, You Want to be an OLLI Instructor?	Rose Greer
Thursday	Jan 15	10:00 am	Songs for Americans	Robert Ehrlich
		10:00 am	Introduction to American Sign Language	Trudie Thompson
		10:00 am	A Birthday Tribute to Martin Luther King, Jr.	Daniel Pritchett
		10:00 am	Physiology of Sleep, Wake, and Dreams	Michael Salvatore
		1:00 pm	Magic with Math	Mitchell Kaplan
		1:00 pm	MaxAmazing Your Retirement (Session 1 of 2)	Len Hayduchok
Friday	Jan 16	1:00 pm	Howard Pyle: Life at Green Hill Farm (Arsht Hall Series 2 of 4)	Judy Filipkowski & Bonnie White
		10:00 am	OLLI on the Go: Submitting Travel Requests	Michelle Butler
		10:00 am	Ellen duPont and Robert Wheelwright and "Goodstay" (Arsht Hall Series 3 of 4)	Jean Spraker
Tuesday	Jan 20	10:00 am	MALS Presents!	Rebecca Worley
		10:00 am	TED Talks and Trivia (Session 1 of 2)	Carolyn Stankiewicz
		10:00 am	Writing Your Own Obituary (Session 2 of 2)	Rae Tyson
		1:00 pm	Energy Kinesiology	Carol Pollio
		1:00 pm	The New York City Subway: Then and Now	Tom Powderly
		1:00 pm	Winter Poems (Session 2 of 2)	Paul Huey-Burns
Wednesday	Jan 21	10:00 am	Sustainability Solutions	Melanie Moser
		10:00 am	Bottoms Up! History of American Whiskey (Session 2 of 2)	James DeMartino
		10:00 am	Aging with Connection	Joseph Anastasio
		1:00 pm	Autobiography of a Yogi (Session 2 of 2)	Gary Soulsman
		1:00 pm	The I's Have It (Session 1 of 2)	Sondra Weidman
		1:00 pm	Living Among the 32 Volcanos	Lynne Seligman & Amy Schuren
Thursday	Jan 22	10:00 am	Great Songs for the Movies	Daniel Pritchett
		10:00 am	Delaware End of Life Options Act and You	Michael Salvatore
		10:00 am	TED Talks and Trivia (Session 2 of 2)	Carolyn Stankiewicz
		1:00 pm	The History of the Academy of LLL in Wilmington (Arsht Hall Series 4 of 4)	Susan Leininger
		1:00 pm	Literary Anniversary: Agatha Christie	Emily Ginder
		1:00 pm	The 8 Weeks MBSR Program at OLLI	Genie Floyd
		1:00 pm	MaxAmazing Your Retirement (Session 2 of 2)	Len Hayduchok
Friday	Jan 23	10:00 am	OLLI Benefits	Brian Medina
		10:00 am	Climate Change and Delaware	Rae Tyson