



January Explorations 2026

January 13 – 23
OLLI at the University of Delaware

Session Catalog

JANUARY EXPLORATIONS 2026: Week One

Tuesday, January 13th 10:00 am

**EXPLORING GREEN HILL FARM/
“GOODSTAY” AND
ITS FASCINATING PEOPLE**

History of Arsht Hall series #1 of 4
Instructor: John Barineau

Length: 90 minutes

Discover the Green Hill Farm/ “Goodstay” campus’s history from 17th century Swedish settlers through the duPonts, on the route of the Underground Railroad, its glorious farmstead, cows and apples, architecture, creating the Green Hill Presbyterian Church and Wilmington Country Club, and some of its fascinating residents. This is a 4-part series detailing the history of the property that Arsht Hall now stands. Attend one or all

WRITING YOUR OWN OBITUARY

Instructor: Rae Tyson

2 Session Class (1/13 & 1/20)

Length: 60 minutes

There is no better person to summarize your life than you. And that is why you should write your own obituary. This workshop will help guide that writing journey. THIS IS A TWO SESSION CLASS. PARTICIPANTS NEED TO ATTEND BOTH CLASSES IN THE SERIES.

**EMPOWERING THE NEXT
GENERATION: DIAMOND CHALLENGE
VIRTUAL JUDGING**

Instructor: Maggie Nelson

Length: 60 minutes

Learn how to support the next generation of entrepreneurs as a Diamond Challenge virtual judge. This session outlines the commitment, process, and impact of volunteering, showing you how your insight helps students turn ideas into real change.

Tuesday, January 13th 1:00 pm

75 YEARS AT THE WINTER GARDEN

Instructor: Tom Powderly

Length: 90 minutes

One of only 3 Broadway playhouses located directly on Broadway, the Winter Garden has hosted many of the theatre’s most iconic moments for over a century. Its size and prime location make it a very desirable home for musicals. From high flying Peter Pan to the groundbreaking West Side Story to Barbra Streisand’s Funny Girl and on to the 18-year residency of Lloyd Webber’s Cats, the Winter Garden’s stage has hosted legendary performers in unforgettable shows. Join us as we revisit some great moments from this historic theatre’s last 75 years.

BINGE JESUS IN “THE CHOSEN”

Instructor: Deborah Brown

Length: 60 minutes

Let’s share some videos from the show “The Chosen”.

WINTER POEMS

Instructor: Paul Huey-Burns

2 Session Class (1/13 & 1/20)

Length: 60 minutes

“For the listener, who listens in the snow/
And, nothing himself, beholds/ Nothing
that is not there and the nothing that is.”
 (“The Snow Man,” Wallace Stevens). We’ll
enjoy this and other “winter” poems.
 “There’s a certain Slant of light,” Emily
 Dickinson? “On Winter’s Margin,” Mary
 Oliver? Other favorites? THIS IS A TWO
SESSION CLASS. PARTICIPANTS NEED
TO ATTEND BOTH CLASSES IN THE
SERIES

JANUARY EXPLORATIONS 2026: Week One

Wednesday, January 14th 10 am

BOTTOMS UP! HISTORY OF AMERICAN WHISKEY *Instructor: James DeMartino* 2 Session Class (1/14 & 1/21)

Length: 90 minutes

The class will cover the development of American whiskey from its origins during our colonial days to Prohibition through to the present. Discussion will include culture, customs, and social issues. The class will also discuss the impact of the whiskey industry on legislation and commercial law. THIS IS A TWO SESSION CLASS. PARTICIPANTS NEED TO ATTEND BOTH CLASSES IN THE SERIES

NEWS AS STORYTELLING - PREVIEW OF "THE NEWS STORY" SPRING OFFERING

Instructor: Andrea Westerinen

Length: 60 minutes

Today's news isn't just about reporting facts about creating compelling stories that engage/enrage and influence audiences. This talk discusses storytelling and how news has evolved from facts to "stories". As an example, we examine and compare/contrast 4 current news articles in depth.

FRONTIERS FOR HEALTHY AGING

Instructor: Reid Kellogg

Length: 90 minutes

The biological processes that determine how our bodies age has become a major area of research. Join us for a quick review of the new science of aging.

Wednesday, January 14th 1:00 pm

AUTOBIOGRAPHY OF A YOGI: YOGANANDA'S LIFE AND TEACHINGS *Instructor: Gary Soulsman*

2 Session class (1/14 & 1/21)

Length: 90 minutes

An introduction to one of the great Indian/American spiritual teachers of the 20th century: Paramahansa Yogananda and why his book, Autobiography of a Yogi, is considered a classic. Using video, lecture, Q&A, and meditation, we'll explore how his synthesis of Eastern mysticism and Western science shaped modern meditation, interfaith dialogue, and practical inner transformation for older adults. THIS IS A TWO SESSION CLASS. PARTICIPANTS NEED TO ATTEND BOTH CLASSES IN THE SERIES

THE I'S HAVE IT

Instructor: Sondra Weidman

2 Session Class (1/14 & 1/21)

Length: 120 minutes

We will watch the movies Interstellar and Inception.

SO, YOU WANT TO BE AN OLLI INSTRUCTOR?

Instructor: Rose Greer

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

JANUARY EXPLORATIONS 2026: Week One

Thursday, January 15th 10:00 am

SONGS FOR AMERICANS

Instructor: Robert Ehrlich

Length: 90 minutes

Listen to songs that express the achievements and aspirations of our pluralistic nation. Selected songs taken from folk music, videos and Broadway musicals.

AN INTRODUCTION TO AMERICAN SIGN LANGUAGE (ASL)

Instructor: Trudie Thompson

Length: 60 minutes

An introduction to ASL. Let's learn together!

A BIRTHDAY TRIBUTE TO MARTIN LUTHER KING, JR.

Instructor: Daniel Pritchett

Length: 90 minutes

On January 15, the 97th anniversary of his birth, we will look back at the tragically brief life and the powerfully eloquent words of the man who, through nonviolent, peaceful, but forceful protest and resistance, led another "American Revolution" that changed our country forever.

PHYSIOLOGY OF SLEEP, WAKE, AND DREAMS

Instructor: Michael Salvatore

Length: 90 minutes

This class is about what we do for a third of our lives. What is sleep? Why do we sleep? How do we sleep? What are the functions of sleep? Why do we get sleepy and how do we wake up? How does age affect sleep? What are dreams? Why do we dream? Do dreams have a function? What happens when we don't sleep? How can we improve our sleep?

Thursday, January 15th 1:00 pm

MAGIC WITH MATH

Instructor: Mitchell Kaplan

Length: 60 minutes

Magicians use many methods for creating tricks. This presentation will show you one's based on math. Have a deck of cards, paper, pencil and a calculator or use the calculator on your phone. You will be able to do tricks and fool yourself.

HOWARD PYLE. LIFE AT GREEN HILL FARM AND BEYOND

History of Arsht Hall Series #2 of 4

Instructor: Judy Filipkowski, Bonnie White

Length: 60 minutes

In the Green Hill house lived the great artist Howard Pyle, who was one of America's most popular illustrators and authors at the end of the 19th century. During his lifetime Pyle would create more than 3000 illustrations for leading periodicals of the day and illustrate over 200 books. He had a lasting influence on a number of artists who became notable in their own right, including N. C. Wyeth, Frank Schoonover, Thornton Oakley, Allen Tupper True, Stanley Arthurs, and numerous others studied under him. This is a 4-part series detailing the history of the property that Arsht Hall now stands. Attend one or all.

MAXAMAZING YOUR RETIREMENT

Instructor: Len Hayduchok

2 Sessions (1/15 & 1/22)

Length: 60 minutes

MaxAMAZING™ Your Retirement empowers retirees to create enjoyment and meaning beyond financial security. Discover transformative techniques from Best-Selling author to create a more fulfilling retirement. Learn how the Life/Money System can help you prioritize your life goals in this engaging presentation. This is a two-session series.

JANUARY EXPLORATIONS 2026: Week One

Friday, January 16th 10:00 am

OLLI ON THE GO: SUBMITTING OLLI TRAVEL REQUESTS FOR YOUR CLASS

Instructor: Michelle Butler

Length: 60 minutes

Turn your class into an adventure! This short session walks instructors (and potential instructors) through the simple process of proposing day trips or long-weekend excursions that connect directly to their courses. Learn how to complete the online OLLI Travel Request Form and hear tips for coordinating with the Statewide Travel Committee to bring your ideas to life.

**ELLEN DUPONT AND ROBERT WHEELWRIGHT AND GOODSTAY
*History of Arsht Hall Series #3 of 4***

Instructor: Jean Spraker

Length: 60 minutes

We will learn about the celebrated residents of “Goodstay”, Ellen duPont, a native of Kentucky who was an art collector and a noted painter in both watercolors and oils. And Robert Wheelwright, an accomplished artist and noted landscape architect who founded the UPenn architectural landscape school. They married and lived at Goodstay in Wilmington, where they restored and enhanced the Tudor-style gardens. Gardens and flowers were among Wheelwright’s favorite subjects. This is a 4-part series detailing the history of the property that Arsht Hall now stands. Attend one or all.

JANUARY EXPLORATIONS 2026: Week Two

Tuesday, January 20th 10:00 am

MALS PRESENTS!

Instructor: Rebecca Worley

Length: 90 minutes

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

TED TALKS AND TRIVIA

Instructor: Carolyn Stankiewicz

2 sessions (1/20 & 1/22)

Length: 90 minutes

Engaging TED Talks with breakout rooms for discussion. General Trivia guaranteed to entertain and inform you on various topics. *Each session stands alone: different trivia different videos*

WRITING YOUR OWN OBITUARY

Instructor: Rae Tyson

2 Sessions (1/13 & 1/20)

Length: 60 minutes

There is no better person to summarize your life than you. And that is why you should write your own obituary. This workshop will help guide that writing journey. *This is a two-part session. Participants need to attend BOTH sessions.*

Tuesday, January 20th 1:00 pm

ENERGY KINESIOLOGY - HEALING THE BODY BY SHIFTING ITS ENERGY

Instructor: Carol Pollio

Length: 90 minutes

Many long-standing health problems are caused by energetic blockages - chronic pain, constant low energy, stuck weight, and autoimmune conditions. What happens when energy is shifted? It opens up the flow of energy to the entire body, releasing the blockages, interrupting pain signals, disrupting disease, releasing trapped emotions, and improving health.

THE NEW YORK CITY SUBWAY: THEN AND NOW

Instructor: Tom Powderly

Length: 60 minutes

While elevated trains had been operating in New York City since 1878, the blizzard of 1888 confirmed the need for an underground transit system. New York's first subway line opened in 1904 and ran from City Hall to 145th Street. Three different companies operated the subway system until they were consolidated under City control after World War II. Today's subway offers 472 stations along a 248-mile route system and carries over 2 billion passengers per year. Come along for a ride.

WINTER POEMS

Instructor: Paul Huey-Burns

2 Sessions (1/13 & 1/20)

Length: 60 minutes

"For the listener, who listens in the snow/
And, nothing himself, beholds/ Nothing
that is not there and the nothing that is."
("The Snow Man," Wallace Stevens). We'll
enjoy this and other "winter" poems.
"There's a certain Slant of light," Emily
Dickinson? "On Winter's Margin," Mary
Oliver? Other favorites? THIS IS A TWO
SESSION CLASS.

JANUARY EXPLORATIONS 2026: Week Two

Wednesday, January 21st 10 am

SUSTAINABILITY SOLUTIONS

Instructor: Melanie Moser

Length: 60 minutes

People all over the world are creating unique solutions to sustainability problems. From demanding connectivity for a village in Germany, to using fungi for toxic clean-ups, we will explore these upbeat resolutions aimed at a more livable and environmentally sustainable community.

BOTTOMS UP! HISTORY OF AMERICAN WHISKEY

Instructor: James DeMartino

2 Sessions (1/14 & 1/21)

Length: 90 minutes

The class will cover the development of American whiskey from its origins during our colonial days to Prohibition through to the present. Discussion will include culture, customs, and social issues. The class will also discuss the impact of the whiskey industry on legislation and commercial law. THIS IS A TWO SESSION CLASS. PARTICIPANTS NEED TO ATTEND BOTH CLASSES IN THE SERIES

“AGING WITH CONNECTION: THE ANTIDOTE TO LONELINESS”

Instructor: Joseph Anastasio, LCSW

Length: 90 minutes

Feeling a little too much alone time? Join us for a lively look at loneliness—why it happens, what it means, and how to turn isolation into inspiration! With wisdom from Dr. Vivek Murthy and a dose of self-compassion, we'll explore simple ways to feel more connected and uplifted.

Wednesday, January 21st 1:00 pm

AUTOBIOGRAPHY OF A YOGI: YOGANANDA'S LIFE AND TEACHINGS

Instructor: Gary Soulsman

2 Sessions (1/14 & 1/21)

Length: 90 minutes

An introduction to one of the great Indian/American spiritual teachers of the 20th century: Paramahansa Yogananda and why his book, *Autobiography of a Yogi*, is considered a classic. Using video, lecture, Q&A, and meditation, we'll explore how his synthesis of Eastern mysticism and Western science shaped modern meditation, interfaith dialogue, and practical inner transformation for older adults. THIS IS A TWO SESSION CLASS. PARTICIPANTS NEED TO ATTEND BOTH CLASSES IN THE SERIES

THE I'S HAVE IT

Instructor: Sondra Weidman

2 Sessions (1/14 & 1/21)

Length: 120 minutes

We will watch the movies *Interstellar* and *Inception*. THIS IS A TWO SESSION CLASS.

LIVING AMONG THE 32 VOLCANOS: JOIN AMY LIVE FROM GUATEMALA

Instructor: Lynne Seligman and Amy Schuren

Length: 60 minutes

Amy will be calling in from Xela Guatemala to talk about her daily life and work in mountainous rural areas in the midst of Guatemala's 32 Volcanos. Amy will discuss cultural, environmental, economic, and social dimensions of daily life there, and end with a focus on the challenges families with young children face.

JANUARY EXPLORATIONS 2026: Week Two

Thursday, January 22nd 10:00 am

GREAT SONGS FOR THE MOVIES

Instructor: Daniel Pritchett

Length: 90 minutes

In this class, we will listen to the wonderful music---and view the terrific lyrics---of some of the greatest songs ever written for motion pictures. These will include selections from the 1930's through the 1990's.

DELAWARE END OF LIFE OPTIONS ACT AND YOU

Instructor: Michael Salvatore

Length: 60 minutes

The Delaware End-of-Life Options Act allows a terminally ill patient to self-administer life-ending medication. This class will discuss the arguments of both the bill's proponents and opponents. What are their concerns? What are the ethical issues? Importantly, what should you consider in thinking about this law for yourself, for your loved ones, and your friends. This class will discuss the psychological impact of suffering and the Medical Ethics involved. The goal of this class is to provide the information necessary for making a thoughtful consideration of the potential implications of this bill on you and your community.

TED TALKS AND TRIVIA

Instructor: Carolyn Stankiewicz

2 sessions (1/20 & 1/22)

Length: 90 minutes

Engaging TED Talks with breakout rooms for discussion. General Trivia guaranteed to entertain and inform you on various topics. *Each session stands alone: different trivia, different videos*

Thursday, January 22nd 1:00 pm

THE HISTORY OF THE ACADEMY OF LIFELONG LEARNING IN WILMINGTON

History of Arsht Hall Series #4 of 4

Instructor: Susan Leininger

Length: 60 minutes

Learn about the creation and flourishing of the Academy of Lifelong Learning in the former Wilmington Country Clubhouse, the remarkable S. Samuel and Roxanne Cannon Arsht and the creation of Arsht Hall, to today. Add your stories!

LITERARY ANNIVERSARY: AGATHA CHRISTIE

Instructor: Emily Ginder

Length: 120 minutes

We have three Agatha Christie anniversaries in 2026. She died 50 years ago, but her books live on. 2026 will also celebrate the 100th year publication of *The Murder of Roger Ackroyd* as well as the mysterious 11-day disappearance of Agatha Christie. Please read "The Murder of Roger Ackroyd" for the class.

THE 8 WEEKS MBSR PROGRAM AT OLLI (MINDFULNESS-BASED STRESS REDUCTION)

Instructor: Genie Floyd

Length: 60 minutes

This one-hour presentation will provide an overview of the 8-week MBSR program offered during OLLI's upcoming Spring 2025 semester. This online course is modeled after the highly researched MBSR program created by Jon Kabat-Zinn in 1979 and currently taught worldwide at many universities and medical centers.

MAXAMAZING YOUR RETIREMENT

Instructor: Len Hayduchok

2 Sessions (1/15 & 1/22)

Length: 60 minutes

See 1/14 for full description. THIS IS A TWO SESSION CLASS.

JANUARY EXPLORATIONS 2026: Week Two

Friday, January 23rd 10:00 am

OLLI BENEFITS

Instructor: Brian Medina

Length: 60 minutes

Learn about all the benefits that are included in OLLI membership!

CLIMATE CHANGE AND DELAWARE

Instructor: Rae Tyson

Length: 60 minutes

As communities throughout Delaware deal with rising water levels, this session will examine the causes and possible solutions.

OLLI January Explorations Participant Guide

Thank you for joining OLLI's January Explorations. Below are important details to help you prepare for your sessions. Registration begins on December 4 at 11 a.m. Participants register for the entire session, not each individual class. Links for ALL the classes will be sent to each registrant during the week of January 5. Attend one (or all) based on YOUR schedule! All classes are live classes held in the online modality only. January exploration classes will NOT be recorded for return viewing.

Zoom Access

- **Links Provided:** Links for ALL the classes will be sent to each registrant during the week of January 5. Attend one (or all) based on YOUR schedule!
 - **Check Your Email:** Please ensure your email address on file is correct and check your inbox (and spam folder) for the message.
 - **One Link Per Session:** Each class will have its own unique Zoom link.
 - **Same Password for ALL classes.** The password will be provided in the link email.
-

How to Log Into Zoom

1. **Download Zoom:**
 - Visit <https://zoom.us/download> and install the Zoom application on your computer, tablet, or smartphone.
 2. **Join Your Session:**
 - Click the Zoom link provided in your email.
 - If prompted, enter your name and email.
 3. **Enable Audio & Video:**
 - Select "Join with Computer Audio."
 - Turn on your camera if you wish to be seen. Please note that if your camera is on, you CAN be seen by the other participants. Please be aware of your surroundings and behavior.
 4. **Test Beforehand:**
 - Use Zoom's test meeting at <https://zoom.us/test> to check your audio and video.
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Zoom Etiquette

- **Arrive Early:** Log in 5–10 minutes before the session starts.
 - **Mute When Not Speaking:** Keep your microphone muted unless you are speaking to reduce background noise.
 - **Use Chat for Questions:** Post questions in the chat box if/when the instructor requests.
 - **Be Respectful:** Avoid interrupting others and keep comments relevant.
 - **Technical Issues:** If you lose connection, rejoin using the same link.
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Need Help?

- For technical assistance, email olli-online@udel.edu.
- For program questions, contact the OLLI office at 302-573-4417.

For technical issues, please contact olli-online@udel.edu. Registration begins on 12/4/25.

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
Wednesday	Jan 14	1:00 pm	Winter Poems (Session 1 of 2)	Paul Huey-Burns
		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
Thursday	Jan 15	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
		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
Friday	Jan 16	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
		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
Tuesday	Jan 20	10:00 am	Ellen duPont and Robert Wheelwright and "Goodstay" (Arsht Hall Series 3 of 4)	Jean Spraker
		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
Wednesday	Jan 21	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
		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
Thursday	Jan 22	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
		10:00 am	Great Songs for the Movies	Daniel Pritchett
		10:00 am	Delaware End of Life Options Act and You	Michael Salvatore
Friday	Jan 23	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