

Osher Lifelong Learning Institute
OLLI *at* **SOU**
Southern Oregon University



PRIORITY REGISTRATION BEGINS AUGUST 10

Fall 2026 Course Catalog

September 14 to November 20, 2026

olli.sou.edu • 541.552.6048 • olli@sou.edu

Come for the Classes, Stay for the Connections

SOUTHERN OREGON'S PREMIER LIFE PLAN COMMUNITY

The heart of Southern Oregon. Ask a dozen people where to find it and you'll get a dozen answers. But, of course, Rogue Valley Manor might just be the correct answer. Not only is there so much to do both on campus and off, but it also has the nicest, most incredible group of residents you could ever meet.

Come see for yourself. Call or go online to schedule a visit.



1200 Mira Mar Avenue • Medford
(541) 210-5246 • RogueValleyManor.org

Rogue Valley Manor is a resident centered,
non profit Pacific Retirement Services community
and an equal housing opportunity.

Osher Lifelong Learning Institute

OLLI *at* SOU

Southern Oregon University

Contacting OLLI at SOU

Phone: 541-552-6048

Email: olli@sou.edu

Web: olli.sou.edu

Mailing Address

1250 Siskiyou Blvd.

Ashland, OR 97520

SOU Campbell Center (Office and Classrooms)

655 Frances Lane

Ashland, Oregon

Academic Year Office Hours

Monday–Friday

9 a.m. to 4 p.m.

Summer Office Hours

Monday–Thursday

9 a.m. to 3 p.m.



On the Cover

Churchill Hall, SOU's oldest building, was constructed in 1926. Photo by Bob Palermini.

Interior photos by Bob Palermini and Nathan Dwyer.

Catalog Staff

Editor: Jim Coleman

Assistant Editors: Judy LaVally, Denise Landre

Curriculum Committee: Ginny Blankinship
& Anne Coleman, Co-Chairs

Graphic Design: David Ruppe, Impact Publications

FALL 2026 Course Catalog

CATALOG CONTENTS

OLLI Council President's Letter.....	3
Registration Guide and Important Dates	4
OLLI Director's Letter and Member Benefits	6
Course Schedule	7
Course Descriptions	
Arts: Film/TV/Radio	11
Arts: Music	12
Arts: Theater	14
Arts: Visual Arts	16
Arts: Writing	18
History	20
Languages and Cultures	24
Life Planning	26
Literature	30
Movement	32
Nature	36
Personal Exploration	38
Recreation	45
Science, Technology, Engineering and Mathematics	50
Social Sciences	54
Talent Maker City	57
Instructor Biographies	60
Membership Form	71
Course Request Form	72
One-Credit & Volunteer	73

Annual Donations

FY	2022	2023	2024	2025	2026	2027
Amount	\$46k	\$53k	\$81k	\$87k	\$92k	?

OLLi
OSHER
LIFELONG
LEARNING
INSTITUTE
Southern OREGON UNIVERSITY

Donate online at
giving.sou.edu/olli

Gifts to OLLI's Annual Fund support organizational operations and other areas of need.
Thank you for your generosity!

SHARE YOUR PASSION!

Teach with OLLI at SOU

- Use your special knowledge to connect with others.
- Learn as you teach — explore new topics!
- No teaching experience or membership required.
- Create your own course, on Zoom or in person.

For details,
scan the
QR code.

Winter 2027 Course Proposals Accepted August 1-31

Join the list of prospective instructors to receive information about orientation and training.
Email Anne Coleman at apcoleman2019@gmail.com.

OLLI Leadership 2026–27

Council Directors

Sarah Tisch, President
Tom Woosnam, Vice President
and President-Elect
Tony Davis, Treasurer
Susan Plass, Secretary
Fernando Gapasin, Director
Myrna Hall, Director
Anne Hartridge, Director
John Schuyler, Director
Kevin Talbert, Director

Standing Committees

Communications
Chair TBA
Connections and Outreach
MaryBeth Limpert, Chair
Curriculum
Ginny Blankinship and Anne
Coleman, Co-chairs
Finance
Tony Davis, Chair
Fundraising
Dwight Wilson, Chair
Leadership Development
and Recruitment
Sarah Tisch, Chair
Programs and Activities
Karla Langland, Chair
Travel
Myrna Hall, Chair
Venue and Technology
Lorraine Vail, Chair

OLLI at SOU Administration

Administrative Director
Heather Inghram
Program Assistant
Linda Powell
Program Specialist
Megan Rutherford

Greetings From the OLLI Council President

It is that time again after our summer fun—welcome back to OLLI at SOU for the 2026 Fall Term. As a member-focused organization, there are many different opportunities to engage with OLLI, whether as a student, instructor or volunteer.

As you may be aware, much of the work of OLLI at SOU is done by volunteers, including this beautiful catalog, which comes out three times a year. In 2025 we researched volunteerism and revamped the way we recruit volunteers. We hope this results in more members finding ways to support and work with us.

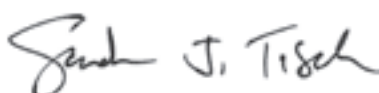
The 2026–27 year promises to be another great year for OLLI. Here are a few items I want to share:

- To foster a respectful, inclusive community, we have refreshed our OLLI Code of Conduct, which is posted on our website under the Resources page. You'll see more references to the Code of Conduct in our classrooms as well.
- Thanks to the diligent work of volunteers over the past two years to research and explore different travel vendors — and after some trial runs here in the region — we have elevated the Travel Pilot Project to a standing committee. We have three international trips planned for 2027 and will be announcing trips within the region as they come up. The new Travel Committee is chaired by Myrna Hall.
- To better serve members, we have combined our existing Events team and Membership Committee, now called Connections and Outreach. It is chaired by MaryBeth Limpert.
- This year is the second of five for the implementation of the 2030 Strategic Plan. Our goals are to make OLLI more sustainable and structurally sound, provide quality curriculum and facilitate social connections within our communities. The OLLI at SOU Council is prioritizing our work based on the goals, strategies and opportunities in the Strategic Plan

Our website has all our latest information and news and is regularly updated. Based on member feedback, we continue to streamline the onlineregistration process and hope you use it this fall. Please be sure to read the Newsflash, sent on Monday mornings, as it contains the latest news and any important updates.

As you know, SOU has undergone a major reset and is implementing its new Vitality Plan. Every eligible OLLI member who opts into the one-credit program provides additional funds to SOU. More information can be found on the inside back cover of this catalog. We urge you to participate in the one-credit program to provide SOU with support through this transition period.

In appreciation of the OLLI at SOU community,



Sarah Tisch
2026–27 Council President, OLLI at SOU



Sarah Tisch

Join and register online at olli.sou.edu

1

Join OLLI at SOU if you are not yet a 2026-27 member.

Visit the **Join/Renew** webpage or see pg. 71.



Find our registration tutorial videos at youtube.com/@OLLIatSOU

2

Submit up to your three most-wanted courses during **Priority Registration**.

This increases the chances of getting what you want but is no guarantee. Enter requests in preferred order.

3

Receive the status of your **Priority Registration** requests by email.



View the OLLI at SOU calendar at olli.sou.edu/news-events

4

Register for any courses that have space during **Open Registration**.

Important Dates & Closures

Wednesday, July 29	Fall PDF Catalog posted online
Aug. 1-31	Winter Term course proposal period
Monday, Aug. 10	Fall Priority Registration begins (9 a.m.)
Wednesday, Aug. 12	OLLI at SOU Open House (1-4 p.m.)
Friday, Aug. 21	Fall Priority Registration ends (4 p.m.)
Friday, Aug. 28	Fall priority registration results emailed
Monday, Aug. 31	Fall Open Registration begins (9 a.m.)
Monday, Sept. 7	Labor Day (closed)
Monday, Sept. 14	Fall Term begins
Tuesday, Sept. 15	OLLI at SOU Council Meeting (3:30 p.m.)
Saturday, Sept. 26	Back to School All Member Breakfast (9-11 a.m.)
Tuesday, Oct. 20	OLLI at SOU Council Meeting (3:30 p.m.)
Nov. 1-Dec. 3	Spring Term course proposal period
Tuesday, Nov. 10	Winter PDF Catalog posted online
Wednesday, Nov. 11	Veterans Day (closed)
Monday, Nov. 16	Winter Priority Registration begins (9 a.m.)
Tuesday, Nov. 17	OLLI at SOU Council Meeting (3:30 p.m.)
Friday, Nov. 20	Fall Term ends

* Council meetings are open to all OLLI at SOU members. Email olli@sou.edu for the agenda and Zoom link.

Course Identification and Locations

 **In-person** course numbers include a letter at the end that denotes where the course meets.

A = Ashland/Talent **M** = Medford/Jacksonville

 **Online** course numbers do not have a letter.

 **Hybrid** courses offer simultaneous in-person and online participation options. Register for the one option that you prefer. The in-person section has a letter at the end of the course number (SOC139A). The online section does not have a letter at the end (SOC139).

 Indicates the course requires a signed liability waiver.

Primary Course Locations



Ashland

SOU Campbell Center
655 Frances Lane
Street parking available;
free parking in SOU Lots
15 and 16 and at Grace
Lutheran Church.



Medford

Rogue Valley Manor Skyline Plaza
1 Skyline Drive
Free parking available in the
Skyline Plaza parking lot.



Medford

RCC/SOU Higher
Education Center
101 S. Bartlett St
Metered and street
parking available.



Talent

Talent Maker City
109 Talent Ave.
Public parking is available
on Talent Ave, Valley View Road,
Market and Seiber streets.

Addresses for courses held at other locations are included in each course description.

 Parking guides and directions are available on our website: olli.sou.edu/about/contact

OLLI and SOU: The Path Forward

You may have noticed that the cover photo of this catalog edition features Churchill Hall, the building that houses SOU's administration. The choice to feature SOU was deliberate: OLLI stands in support of our host institution, especially during these challenging times.

OLLI at SOU is a *self-sustaining* program of SOU and an affiliate of the SOU Foundation. Two \$1 million philanthropic gifts from the Osher Foundation (made in 2009 and 2011) are now valued at \$3 million, enabling OLLI's sustainability. These dollars are what makes OLLI at SOU such an incredible program; no state or federal dollars are used to operate OLLI.

Because OLLI is part of SOU, we have access to its systems, operating expertise and facilities. Things like classrooms and office space, parking, information technology services, accounting and finance, human resources and facilities oversight of the Campbell Center are what make this partnership so valuable.

Be assured that OLLI at SOU is here to stay.

Beyond your membership in OLLI, we encourage you to consider supporting the university as it navigates through the transformation outlined in the Vitality Plan:

- Donate to The Vitality Fund, which supports the greatest needs of the university.
- Connect with everyone you know about the value of an SOU education.
- Attend an athletic event, concert, theatrical production, lecture or the Schneider Museum of Art.
- Become a Raider Advocate to lend your voice in Salem.

We know that a thriving OLLI makes for a thriving SOU, and we appreciate all of your support.

Our best,

Janet Fratella

Vice President of University Advancement and
Executive Director, SOU Foundation

Heather Inghram
OLLI at SOU Administrative Director



Janet Fratella



Heather Inghram



Southern OREGON UNIVERSITY

MEMBERSHIP BENEFITS

*Come for the classes,
Stay for the connections*

- ▶ Attend members-only social events throughout the year.
- ▶ Partake in one-time presentations and exciting activities.
- ▶ Participate in Shared Interest Groups and Talk to Us interviews.
- ▶ Unlock access to 300-plus courses over three terms.
- ▶ Learn from passionate instructors without the pressure of tests or grades.
- ▶ Embark on local, national and international travel adventures.
- ▶ Check out SOU Hannon Library materials free through the one-credit program.
- ▶ Utilize the Student Recreation Center as a community member: recreation.sou.edu.
- ▶ Purchase \$5 tickets to OCA theater performances by visiting oca.sou.edu and choosing "OLLI" at checkout.
- ▶ Enjoy \$2 to \$8 tickets to SOU athletic events (ticket price varies depending on sport) at souraiders.com. Choose "OLLI" at checkout.
- ▶ Engage in OLLI at SOU to bring what you want to see!

OREGON
CENTER FOR THE ARTS
AT SOUTHERN OREGON UNIVERSITY



Visit olli.sou.edu/get-involved/join for
more information and to join today!

OLLI COURSES FALL 2026

Courses are listed by day of the week, then chronologically by start date.
Course descriptions begin on Page 11.

For the most up-to-date information on courses, visit the online course catalog at olli.sou.edu.

In-person:  Online:  Hybrid: 

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Monday							
Bridge 1: Learn How to Play	REC321A	9/14	10	9-10:30	Yates & Houtkooper		45
Estate Planning: Introduction to Wills and Trusts	LIFE144M	9/14	3	9-10:30	Bucy		27
Surviving: Beyond the Bug-Out Bag	LIFE114A	9/14	6	9-10:30	Bateman		29
The Original Teddy Bear	HIST349A	9/14	4	9-10:30	Schuyler		23
The Maritime World	HIST348M	9/14	4	10-noon	Anderson		22
Awakening Your Innate Health and Wisdom	PERS374A	9/14	5	11-12:30	Altman		38
Bridge 2: Improving Your Game	REC326A	9/14	10	11-12:30	Yates & Houtkooper		45
Playful Art 3	ARTS311A	9/14	4	11-12:30	Fields & Esposito		17
Broadway Musicals: Small Hits and Near Misses, Part 4	ARTS363A	9/14	5	12:30-3	Fishel		14
Bridge 3: Tips for Advancing Players	REC339A	9/14	10	1-3	Yates & Houtkooper		46
Inspiring Future OLLI at SOU Instructors	PERS380A	9/14	6	1-2:30	Loftus		41
Intermediate Guitar Playing	ARTS420A	9/14	8	1-3	R. Walker & Thomassen		13
Free the Shoulders, Arms and Hands	MOV146A	9/14	6	2-3	Forest		33
Pickleball: Absolute Beginners	REC103A	9/14	5	2:30-4	Frank		48
Introduction to Tai Chi for Health and Longevity	MOV144A	9/14	6	3:30-4:30	Forest		34
Movies That Inspired Me	ARTS416A	9/14	10	3:30-6	Ackroyd		11
Wine Growing in the Rogue Valley	STEM318A	9/14	6	3:30-5	Pratt		53
Introduction to Permaculture Gardening	NAT321	9/14	4	5:30-7	McNab		37
The History and Evolution of the English Language	HIST346	9/21	6	11-12:30	Engel		22
The Positive Power of Play and Laughter	MOV318A	9/21	7	4-5:30	Joy		35
Revisiting Our Founding Documents	HIST344A	9/28	2	9-10:30	Frohnmayr		21
Pickleball: Advanced Beginners	REC137A	9/28	5	2:30-4	Frank		48
Improv Basics: Level 1	ARTS424A	9/28	5	3-5	Molacek		15
Medically Necessary: Documents to Direct Care	LIFE319M	10/5	4	9-10:30	Haas		27
America Through the Lens of Ken Burns	ARTS415A	10/5	5	11-noon	Meyer		11
Physical Astronomy	STEM334A	10/12	6	11-12:30	Johnson		52
Psilocybin 101 for Older Adults	PERS381A	10/19	2	11-12:30	Brodine		42
'Tuck Everlasting' at 50	LIT345A	10/19	3	11-12:30	Spence		32
A Bird in the Hand Is Worth a Poem	NAT130A	10/19	5	3:30-5	Rio		36
Estate Planning: Introduction to Wills and Trusts	LIFE144A	10/26	3	9-10:30	Bucy		27
Qigong, Breathwork and Mobility	MOV324A	10/26	3	11-12:30	Kriemelman		34
American Mah-Jongg for Absolute Beginners	REC318A	10/26	5	1:30-3	Jurta		45
'Ragtime,' a Contemporary Allegory	LIT343	11/2	4	2-3:30	Yucht		31
Older Drivers and Safety	LIFE308A	11/16	2	9-12:30	Wise		28
Tuesday							
Anthropologist Luther Cressman and Oregon	NAT328A	9/15	4	9-10:30	Cassel		36
Hot News & Cool Views	SOC139A	9/15	10	9-10:30	Vann		54

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Medieval Music, Darkness Into Light	ARTS422A	9/15	4	9-noon	O'Scannell		13
Transitions	PERS355A	9/15	7	9-10:30	Fawcett		43
100 Years of Best American Short Stories, Part 1	LIT104A	9/15	8	11-12:30	Kelly		30
Exploring Family Secrets	PERS250A	9/15	5	11-12:30	McClintock		40
Front Porch Music	ARTS307M	9/15	7	11-12:30	Hale		12
Is It Matriarchy Yet? Feminist Activism From 1970 to Now	HIST342A	9/15	9	11-1	Felicity		20
Antidote for the Wounded Feminine Consciousness	PERS372M	9/15	4	1-2:30	Tate		38
Art With Paper: Collage Workshop	ARTS349A	9/15	2	1-3:30	Cavecche		16
Beginning Crochet: Make an Amigurumi	REC338A	9/15	4	1-3	Brantley		45
Dancing Through Time	MOV316A	9/15	10	1-2:30	Stephens		33
Scenes of Ancient Rome: History, Politics and Culture	HIST105A	9/15	6	1-3	Wetmore		21
The Salon: A Women's Wisdom Circle	PERS367M	9/15	10	1-3	Decerrini		43
Unraveling the Mysteries of Consciousness	PERS273	9/15	5	1-3	Kalb		44
Women of Ukraine: Resisting, Hoping, Resilient	PERS315	9/15	6	1:30-3:30	Paré		44
Find Your Swing: Swing Dancing	MOV323A	9/15	8	3-4	Tanner		33
Nature Journaling in Your Backyard and Beyond	NAT319A	9/15	3	3:30-5:30	Laidlaw		37
Weimar Cinema: Shadow to Light, Silent to Sound	HIST352A	9/15	10	3:30-5:30	Guy		24
Understanding Medicare: The ABCs (and D)	LIFE120A	9/22	2	3:30-5	B. Foster		30
Nuclear Energy: The Past Is Prologue	STEM208	9/29	8	11-12:30	Kastenberg		52
The Building of the Burma Road (Ledo) to China	HIST305A	9/29	8	3:30-5:30	J. Davis		22
Mindful Movement	MOV125	10/6	4	9-10:30	Raynolds		34
Ink-credibly Fantastic	ARTS430A	10/6	4	9:30-noon	Godard		57
Introduction to Ceramics: Handbuilding	ARTS325A	10/6	4	9:30-noon	Morgan		57
Natural Deathcare Solutions to Cremation in 2026	LIFE324M	10/6	2	10-noon	Cunningham & Murphy		28
Staying Vertical: The Realities of Aging in Place	LIFE326A	10/6	2	11-12:30	Gautam & Waldman		29
To Dance Is Happiness: Stretches at the Barrel!	MOV320	10/6	4	11-noon	Gaumond Hyrst		35
From Page to Stage: The Ashland New Plays Festival	ARTS423A	10/6	3	1-3	Rabinov		14
The Music of Béla Bartók	ARTS121A	10/6	5	1-3	T. Davis		14
Three Questions: Histories of Science	HIST336A	10/6	6	3:30-5	Drury		23
Cryptocurrency for Beginners: Starting With Bitcoin	LIFE318A	10/13	6	9-10:30	Goulston		26
Scoundrels Rule the World — Rejoice!	ARTS426A	10/13	5	9-10:30	Graybill		15
The Curious Painter	ARTS433A	10/13	6	9:30-noon	Dvora		59
Fiat Currency	SOC317A	10/13	6	11-12:30	Woosnam		54
Accessible Meditation	PERS308A	10/13	6	3:30-5	Huffman		38
Knitting Beyond the Basics: Techniques and Tips	REC312A	10/13	5	3:30-5	Mallette		46
Animal and Fairy Stories	NAT326A	10/20	5	11-12:30	Shor		36
Retirement and Your Money: What You Should Know	LIFE121A	10/20	3	11-12:30	Bleicker		28
Travel Sketching Simplified	ARTS357A	10/20	9	1-3	Barnes		18
Hawks! Eagles! Falcons!	NAT135A	10/27	4	9-10	Ashford		37
Writing 'Faction' for Children	ARTS436M	10/27	4	9-10:30	R. Young		19
Better Travel Photography	ARTS428A	10/27	3	1-3	Palermi		16
Introduction to Ceramics: The Potter's Wheel	ARTS389A	11/3	4	9:30-noon	Morgan		58
Learning Lino Cut	ARTS431A	11/3	4	9:30-noon	Godard		58
End-of-Life Healthcare Options	LIFE322A	11/10	2	1-2:30	Rostykus		26

Wednesday

Chakra Wisdom: Exploring the Energy Within	PERS343A	9/16	9	9-10	Zengia		39
Freud, Adler and Jung	PERS378A	9/16	5	9-10:30	Fawcett		40

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Home Maintenance and Repair	LIFE312A	9/16	9	9-10:30	Hrdlicka		27
Microsoft Word for PCs: Tips and Tricks	STEM312A	9/16	8	9-10:30	Campbell		51
Restoring Stream Habitats in the Rogue River	STEM335A	9/23	4	9-10:30	Dean & J. Williams		52
The Constitution in Everyday Life	SOC146-1	9/16	4	9-10	Massie		56
The Original Teddy Bear	HIST349M	9/16	4	10-11:30	Schuyler		23
Art of the Byzantine Empire	ARTS348A	9/16	7	11-12:30	Renwick		16
English Country Dance	MOV106A	9/16	7	11-12:30	Friendly		33
Enjoy German!	LANG109A	9/16	9	11-12:30	Gorsch-Nies		24
Senior Living Road Map: Navigating the Journey	LIFE325M	9/16	6	11-12:30	Godin		29
The Constitution in Everyday Life	SOC146-2	9/16	4	11-noon	Massie		56
Thin Layers of Mist: Japanese Poetic Forms	ARTS434	9/16	5	11-12:30	Jaffe		18
Tired of Saying Yes When You Mean No?	PERS383A	9/16	6	11-12:30	Kenworthy		43
Slow Down to Run Fast	REC323A	9/16	5	11:30-12:15	Forest		49
Screen Time or Real Time? Reclaiming Us	SOC345A	9/16	6	1-3	M. Walker		55
Social Singing	ARTS318A	9/16	7	1-2:30	Friendly		13
The Comedy Classics of the Marx Brothers	ARTS417A	9/16	7	1-2:30	D. Ferguson		12
Elements of Our Lives: The Periodic Table	STEM142M	9/16	6	3:30-5	Pratum		50
How to Think Clearly: Fallacies and Disinformation	SOC348A	9/16	8	3:30-5	Smith		55
Memory, Neuroscience, Metacognition and Verse	STEM192A	9/16	8	3:30-5:30	Jessup		51
Observational Drawing: The Art of Seeing	ARTS432A	9/16	7	3:30-5:30	Maitland-Gholson		17
Scrabble for Word Lovers	REC342A	9/16	6	3:30-5:30	Adams		49
U.S. Gilded Age/Progressive Era	HIST351A	9/16	8	3:30-5:30	Gapasin & Ben-Baruch		24
It's Your Money: Financial Decisions in Retirement	LIFE323A	10/7	5	11-12:30	Langland		27
When My Mind Wanders: Memoir Writing	ARTS435A	10/7	6	1-3	Ferdman		19
Adventures in Travel	LANG105	10/7	4	3:30-5	T. Davis		24
Three Questions: Histories of Science	HIST336	10/7	6	3:30-5	Drury		23
Endless War and Debt: Why? A Contrarian View	SOC347A	10/21	3	11-12:30	Kohler		54
The American Civil War	HIST345	11/4	3	2-3:30	N. Ferguson		21

Thursday

Natural Burial: The Greenest Way to Go	LIFE112	9/17	3	9-10:30	B. Williams		28
Wild-Writing Circle	PERS368A	9/17	4	9-10:30	Neuberger		44
The History of Jewish Anti-Zionism	HIST347A	9/17	8	10:30-12:30	Ben-Baruch		22
Crosswords Practicum	REC100	9/17	6	11-12:30	Weyer		46
French Caroling	LANG177A	9/17	10	11-12:30	Kohler		25
How to Connect With Anyone	PERS362A	9/17	5	11-12:30	Mueller		41
Revolutionary Patience in the Gospel of Mark	SOC349M	9/17	10	11-12:30	Nourse		55
'This Vast Enterprise': Lewis and Clark Revisited	LIT344A	9/17	4	11-12:30	Chetron		32
Ancient Philosophy's Turbulent Birth	HIST341	9/17	10	1-3	Roby		20
Bob Dylan in Eight Albums	ARTS419	9/17	8	1-2:30	Caraher		12
Relevant History of U.S. Union Movement	HIST343A	9/17	5	1-3	Gapasin		21
American Labor in Film and Television	HIST340A	9/17	5	3:30-5:45	Koerner		20
Exploring Google Workspace: A Guided Tour	STEM332A	9/17	6	3:30-5:30	Jahn		50
Spiritual Teachers for a Troubled Age	PERS172A	9/17	10	3:30-5:30	Marsak		42
The Baha'i Faith: Model and Catalyst for Social Change	SOC341A	9/17	5	3:30-5	D. Young		56
All Creatures Great and Small: Drawing and Painting	ARTS427A-1	9/24	3	9-10:30	Wilkinson		16
Russian Poetry in Russian	LANG106A	9/24	9	9-10:30	Levitt & Taylor		25
East Meets West: A Taoist Perspective	PERS377A	9/24	2	1-3	Wood		40

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Stress Relief: Deep Relaxation and Wisdom Teaching	PERS309A	9/24	5	1-3	Hubler		42
The Other Lincoln-Douglass 'Debates'	HIST350A	9/24	6	1-3	Stitham		23
AI for Lifelong Learning	STEM330A	9/24	6	3:30-5	B. Evans		50
2026 Midterm Elections	SOC351A	10/1	7	11-noon	Runkel		54
Dye-lightful	ARTS429A	10/1	5	9:30-noon	Acord		57
Introduction to Turning on the Lathe	ARTS407A	9/24	4	9:30-noon	Weston		58
Metal Clay Jewelry Making	ARTS408A	10/1	4	9:30-noon	Ruiz		59
Improv: Level 2	ARTS425A	10/1	5	1-3	Molacek		15
The Godfather: The Don of Effective Communication	SOC350A	10/8	3	1-2:30	Sullivan		56
Pickleball: Round-Robin FUNdamentals Collective	REC313A	10/15	3	8:30-noon	Frank		49
The Art of the Essay	LIT347A	10/15	6	11-12:30	Christy		31
Knit an Emotional Support Chicken	REC340A	10/15	5	1-2:30	Bailey & Colvin		46
Plants and People, Part 2	STEM306A	10/22	5	9-10:30	Luckow		52
3D Printing for Beginners	STEM331A	10/22	4	9:30-noon	Schubert		57
Awakening Your Innate Health and Wisdom	PERS374	10/22	5	11-12:30	Altman		38
Healing Your Guilt and Shame	PERS379A	10/22	4	11-12:30	Gibson		41
'Prophet Song' by Paul Lynch	LIT334	10/22	5	11-12:30	Ormes		31
Anthems for Outsiders, Part 2	ARTS393A	10/22	3	3:30-6	Woosnam		11
Stained Glass for Beginners	ARTS406A	10/29	4	9:30-noon	R. Evans		59
The Possible Human Spirit	PERS382A	11/5	3	3:30-5:30	Kaufman		42

Friday

Joy of Singing: Vocal Techniques at Any Age	ARTS421A	9/18	8	10-noon	Hodge		13
Choosing the Peace Ability Mindset	PERS375A	9/18	10	10:30-12:30	Hering		39
Kumihimo: Beginning Japanese Braiding	REC310A	9/18	5	10:30-12:30	P. Foster		47
A Beethoven Celebration: Chamber Music	ARTS418	9/18	5	11-12:30	P. Evans		12
Anytime, Anywhere Meditation	PERS373	9/18	6	1-2:30	S. Davis		38
Using Apple Apps and iCloud: An Introduction	STEM174A	9/18	5	1-3	Strudler		53
Dystopia: You Don't Want to Go There	LIT346A	9/18	6	1-3	Devlin		30
Learn to Play Go	REC109A	9/18	6	3:30-5:30	T. Morris & T. Davis		47
All Creatures Great and Small: Drawing and Painting	ARTS427A-2	9/25	3	1-2:30	Wilkinson		16
The Other Lincoln-Douglass 'Debates'	HIST350	9/25	6	1-3	Stitham		23
Compassionate Yoga	MOV322A	10/2	4	9-10:15	Warmerdam		32
2026 Midterm Elections	SOC351M	10/2	7	11-noon	Runkel		54
End-of-Life Care and Caregiver Preparation	LIFE107M	10/2	4	1-2:30	Wilson		26
Inventing the Next Chapter of Your Life	PERS324A	10/2	6	3:30-5	Halpern		41
The Curious Rambler: Exploring Ashland's Parks	MOV325A	10/9	4	9-11	Moore		34
Color Your World in Three Easy Steps	PERS376A	10/16	3	1-2:30	Decerrini		39
Let's Tangle: Introduction to Zentangle	ARTS351A	10/23	5	10:30-12:30	Cleckner		17
Let's Juggle!	REC341A	10/30	4	1-2:30	Richards-Dinger		48
See Like a Geologist: The Landscapes of Northern Spain	STEM121A	11/6	3	1-3	Grove		53
Vision Boards: Designing Your Future	PERS384A	11/6	2	1-2:30	Decerrini		44
Introduction to IIIF	STEM333A	11/6	3	3:30-5	Taylor		51

Saturday

Brain Agility Lab	MOV321A	9/19	4	1-2	E. Morris		32
-------------------	---------	------	---	-----	-----------	---	----

Course Descriptions

One or more of these courses may present aspects of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI at SOU or Southern Oregon University. Please read the course descriptions and notes carefully before registering and contact the OLLI office if you have questions or concerns.



indicates the course requires a signed liability waiver prior to participation

Arts: Film/TV/Radio

NEW! America Through the Lens of Ken Burns

Ken Burns has been making documentary films for 50 years. Since the Academy Award-nominated “Brooklyn Bridge” in 1981, Burns has gone on to direct and produce some of the most acclaimed historical documentaries ever made. This course will explore recurring themes of Burns’ lifetime of work, rather than covering events chronologically. We will view film clips ranging from less than a minute in length to just over eight minutes. By showcasing how the legacies of individuals and events can ripple through time, the clips encourage all learners to consider context and the importance of knowing our history and to develop stronger critical thinking skills. The clips make connections across time and film, drawing attention to the bigger picture.

ARTS415A • 5 Sessions
Campbell Center – Room D
class size 53
M • 11:00AM–12:00PM
10/5/2026–11/2/2026

INSTRUCTOR: Phil Meyer

Anthems for Outsiders, Part 2

Three films. Three generations of outsiders. Three unforgettable soundtracks. In “Easy Rider” (1969), two free spirits hit the open road and discover how little America loves its dreamers. In “This Is Spinal Tap” (1984), a legendary rock band faces the cruel truth that the world stopped listening; they just haven’t noticed yet. In “The Big Chill” (1983), former idealists reunite and reckon with the compromises that turned outsiders into insiders. Together these films trace an arc from countercultural defiance to comic self-delusion to hard-won wisdom — each set to music that defined a generation. Every session will include a PowerPoint analysis of the film, a viewing of the film and then discussion. Come for the nostalgia. Stay for the conversation.

ARTS393A • 3 Sessions
Campbell Center – Room D
class size 53
Th • 3:30–6:00PM
10/22/2026–11/5/2026

INSTRUCTOR: Tom Woosnam

NEW! Movies That Inspired Me

This course presents films that are widely considered to be inspirational and have been well received by the general public as well as by movie critics. These films are from the 1980s onward, with most having been produced within the last 10 to 15 years. There are no overtly religious themes, but all could be loosely labeled spiritual in the broadest sense. The following films will be shown in class: “Departures,” “Cast Away,” “Billy Elliot,” “Searching for Sugar Man,” “Queen of Katwe,” “Ghostlight” (2024), “Dead Poets Society,” “Won’t You Be My Neighbor?,” “Coda” and “Chariots of Fire.” Discussion will follow. There is no requirement to take this class other than a love for movies that have depth and emotional appeal.

ARTS416A • 10 Sessions
Campbell Center – Room E
class size 78
M • 3:30–6:00PM
9/14/2026–11/16/2026

INSTRUCTOR: Alan Ackroyd

NEW! The Comedy Classics of the Marx Brothers

Delight in the Marx Brothers' zany anarchic comedy as they subvert authority, challenge social hierarchies and expose the absurdity of established institutions (government, high society, academia). The course will meet for seven sessions, viewing one Marx Brothers film per class. The films will be: "Duck Soup," "A Night at the Opera," "Horse Feathers," "Animal Crackers," "Monkey Business," "A Day at the Races" and "The Cocoanuts." Each film will be followed by a class discussion.

ARTS417A · 7 Sessions
Campbell Center – Room D
class size 53
W · 1:00–2:30PM
9/16/2026–10/28/2026

INSTRUCTOR: Dave Ferguson

Arts: Music

NEW! A Beethoven Celebration: Chamber Music

This is the third in a six-course series on the music of Beethoven, held in commemoration of the 200th anniversary of his death in 1827. We'll look at and listen to several of his chamber works, including several string quartets, to explore how Beethoven expanded and changed traditional chamber music forms. No previous knowledge is expected. The course will be mostly lectures, using PowerPoint and YouTube for musical examples.

ARTS418 · 5 Sessions
Online
class size 299
F · 11:00AM–12:30PM
9/18/2026–10/16/2026

INSTRUCTOR: Peggy Evans

NEW! Bob Dylan in Eight Albums

The world of Bob Dylan's music is so vast as to seem almost impenetrable. How does one even begin? This class will focus on eight individual albums; each represents a separate chapter in Dylan's recording career. At the beginning of the term, enrolled students will receive a list of the eight records we will cover, and each week we will discuss and listen to some of the songs on the respective albums. Students will be encouraged to listen to the albums before we meet.

ARTS419 · 8 Sessions
Online
class size 299
Th · 1:00–2:30PM
9/17/2026–11/5/2026

INSTRUCTOR: Denny Caraher

Front Porch Music

We won't actually be playing on our front porches, but we WILL be playing the kind of music that's fun to perform at parties or informal gatherings with like-minded musicians. Students are asked to bring song charts with chord markings and lyrics to teach to the group, and everybody will play and sing. Songs should be easily accessible, easy to learn and fun to play! Instruments will typically be guitar, banjo, keyboard, mandolin, ukulele, harmonica, bass and fiddle. Students should be able to play basic chords in the keys of C, A, G, and D and have a tuner for their instrument. No music-reading ability is required. New and former students are welcome.

OLLI Member Discounts Available



OREGON CENTER FOR THE ARTS
AT SOUTHERN OREGON UNIVERSITY

oca.sou.edu 541.552.6348
sou.universitytickets.com boxoffice@sou.edu

Follow us
@ocaforsou

ARTS307M • 7 Sessions

Medford Higher Education Center – Room 118
class size 12

Tu • 11:00AM–12:30PM

9/15/2026–10/27/2026

INSTRUCTOR: Norman Hale

NEW! Intermediate Guitar Playing

If you can already play basic guitar chords and would like to learn new techniques to make your guitar playing more interesting, this course may be for you. It will introduce the fundamentals of rhythmic playing, moving bass lines, various strumming and picking techniques, bar chords, chords used in jazz, understanding blues, music theory for guitar players, pentatonic scales, blues scales and melodic playing. One goal will be to help you become more comfortable playing with other guitar players and to even consider performing at an open mic!

NOTE: A study guide will be mailed before the first session and posted on the Raider Moodle communications platform. Students should provide their own guitar, guitar tuner and capo. A music stand may also be useful in class and at home.

ARTS420A • 8 Sessions

Campbell Center – Room E
class size 21

M • 1:00–3:00PM

9/14/2026–11/2/2026

INSTRUCTORS: Randall Walker, Tom Thomassen

NEW! Joy of Singing:
Vocal Techniques at Any Age

Whether students are at the beginning of their singing journeys or rediscovering the joys of singing, participants will learn healthy and sustainable vocal techniques that will keep them singing for a lifetime! Each class begins with a lesson on the “Four Pillars of Singing” — breathing, support, resonance and vowel production — based on voice science research. Singers learn exercises that build these skills and then how to apply them in song. The course is designed for beginning vocalists or those refreshing their knowledge. This is a highly interactive class, and students will start working on songs in the first session. Participants will need to practice daily outside class to make progress.

NOTE: Students will need an iPhone or iPad to play songs.

ARTS421A • 8 Sessions

Campbell Center – Room E
class size 12

F • 10:00AM–12:00PM

9/18/2026–11/6/2026

INSTRUCTOR: Liz Hodge

NEW! Medieval Music, Darkness
Into Light

This four-week course of three-hour classes each week is for music appreciators and musicians alike. The instructor will lead the class through Western music from the 11th through the 15th centuries with an eye to historic performance practice. Subjects covered will include medieval modes, neumes and notational systems, instruments and repertoire from known and anonymous composers. Reading music is not a prerequisite to this course, as we'll learn the music together by rote. Each class will have time at the end for the lab, an instructor-led hands-on demonstration and workshop using special medieval instruments from the instructor's collection. This course is aimed at all levels of musical proficiency.

ARTS422A • 4 Sessions

Campbell Center – Room E
class size 53

Tu • 9:00AM–12:00PM

9/15/2026–10/6/2026

INSTRUCTOR: Pat O'Scannell

Social Singing

Singing together is one of the more joyful things in life. Come sing in an informal session, no matter your experience or skill. We'll sing traditional songs with fine choruses and refrains — sea songs, work songs, drinking songs, love songs, shanties, silly songs and easy rounds from the U.S., Canada and England. Some songs from previous terms may repeat and some will be new. Chorus tunes will be taught by ear, and all singing will be done a cappella. Most chorus words will be provided.

ARTS318A • 7 Sessions

Campbell Center – Room E
class size 63

W • 1:00–2:30PM

9/16/2026–10/28/2026

INSTRUCTOR: Brooke Friendly

The Music of Béla Bartók 🧑🧑🧑

Béla Bartók (1881-1945) was a leading composer of the first half of the 20th century whose symphonic and chamber music is still widely performed. A convinced modernist, his musical inspiration nonetheless stems equally from the vanishing world of traditional Balkan folk music, which he was among the first to document for the wider world. In the five sessions of this course, we'll explore his lyrical and original voice as expressed in works such as *Music for Strings, Percussion and Celesta*, his piano concertos and his six masterful string quartets. In addition, as Bartók's *Concerto for Orchestra* is to be performed by the Rogue Valley Symphony in October, we'll devote particular attention to this piece, one of his best known and best liked works.

ARTS121A • 5 Sessions
Campbell Center – Room E
class size 63
Tu • 1:00–3:00PM
10/6/2026–11/3/2026

INSTRUCTOR: Tony Davis

Arts: Theater

Broadway Musicals: Small Hits and Near Misses, Part 4 🧑🧑🧑

This course will review some Broadway musicals that were hits of their time that are rarely produced anymore or, conversely, were considered failures in their initial run but are now considered minor classics. Each session will feature a full-length video with a discussion following. When available, filmed productions of the original stage version will be used rather than less faithful Hollywood movie adaptations. Titles for this term will include: “A Funny Thing Happened on the Way to the Forum,” “Bye Bye Birdie,” “Kismet,” “Barnum” and “On the Town.” Enrollment in the preceding Parts 1-3 of this course is not a prerequisite.

ARTS363A • 5 Sessions
Campbell Center – Room D
class size 53
M • 12:30–3:00PM
9/14/2026–10/12/2026

INSTRUCTOR: Lee Fishel

NEW! From Page to Stage: The Ashland New Plays Festival 🧑🧑🧑

The Ashland New Plays Festival receives about 350 scripts annually in its quest to discover, develop and promote new plays. Through a community-based reading process, the festival selects four plays for professional staged readings. Course participants will read aloud and evaluate the first act of each of the four to explore character development, themes, structure and cultural foundations shaping each work. They will gain insight into how dramatic worlds and meaning are created and prepare for talkbacks with the playwrights. The four first acts will be sent to students prior to the first session. Two sessions will be held prior to the festival, with one session post-festival, for students to compare the experience of reading the plays versus hearing them read by professional actors.

NOTE: Festival tickets can be purchased at ashlandnewplays.org. Individual plays are \$25, or \$100 for all four.

ARTS423A • 3 Sessions
Campbell Center – Room C
class size 34
Tu • 1:00–3:00PM
10/6/2026–10/20/2026

INSTRUCTOR: Maia Rabinov



Join Friends of Hannon Library (FHL) and enjoy borrowing privileges, on-site research services, and our 2026–27 lecture series—plus feel pride in supporting SOU's main academic library!

Become a member online at giving.sou.edu/joinfhl 

Upcoming FHL events:

October 8, 2026, 5–6 p.m.
Challenged Books: Why Every Voice Matters

November 12, 2026, 5–6 p.m.
Libraries and Free Speech in Polarizing Times

January 14, 2027, 6–8 p.m.
The William Stafford Birthday Reading

Improv Basics: Level 1

This five-session course introduces students to the core principles of improvisational theater in a friendly, low-pressure environment designed specifically for older adults. Students will learn foundational improv skills: active listening; “yes, and” collaboration; simple character choices; emotional expression; and basic storytelling. Instructions will be delivered through short demonstrations, guided group activities, partner exercises and supportive discussion. Activities will include warm-ups, ensemble games, simple scene work and structured storytelling exercises that emphasize connection, creativity and play. No prior theater or improv experience is expected.

NOTE: This is the same course as “Improv for Beginners: Yes, And ...With Friends” that was offered Spring Term 2026.

ARTS424A • 5 Sessions

The Grove, Gymnasium – 1195 E. Main St.
class size 15
M • 3:00–5:00PM
9/28/2026–10/26/2026

INSTRUCTOR: Larry Molacek

NEW! Improv: Level 2

This course expands participants’ improvisational skills through structured activities, guided scene work and supportive ensemble practice. Students will explore character development, emotional point of view, status interactions, story structure and multi-person scenes while strengthening listening, collaboration and spontaneity. Instruction includes demonstrations, warm-ups, partner and group exercises, and short scenes that encourage creative risk taking without performance pressure. No theater background is required; however, comfort with basic improv concepts is required. The course emphasizes relationship-centered, narrative-driven improv rather than comedy technique. Each session follows a consistent structure of warm-up, focused skill exploration, applied activities and reflection.

NOTE: Students should have mastered beginning improv skills prior to taking this class.

ARTS425A • 5 Sessions

The Grove, Gymnasium – 1195 E. Main St.
class size 15
Th • 1:00–3:00PM
10/1/2026–10/29/2026

INSTRUCTOR: Larry Molacek

NEW! Scoundrels Rule the World — Rejoice!

For one of Shakespeare’s closest friends and rivals Ben Jonson, most men were basically crooks, con men or cuckolds; and most women were bawds, backbiters or social climbers. He knew of what he wrote. He was a jail-bird. He was a convicted murderer and a suspected traitor. Unlike Shakespeare, Jonson believed the purpose of comedy was to “make men better.” So Jonson, to shame Londoners, reveled in rubbing their noses in the iniquities of their contemporary life. And they enjoyed this rubbing no less! From 1598 to 1616, he regaled London with some of the greatest comedies ever written in English: “Volpone,” “The Alchemist,” “The Silent Woman” and “Bartholomew Fair,” among others. If you believe that scoundrels rule our world, you already have a leg up to appreciate Jonson.

NOTE: No text is required, but there will be a field trip to Hannon Library to view the first editions of Jonson’s two collected “workes” (1616 and 1641).

ARTS426A • 5 Sessions

Campbell Center – Room D
class size 53
Tu • 9:00–10:30AM
10/13/2026–11/10/2026

INSTRUCTOR: Robert Graybill



Arts: Visual Arts

NEW! All Creatures Great and Small: Drawing and Painting

In this course participants will learn to draw and paint wild animals. Using photographs as references, students will first work with pencils, then complete their pictures in watercolor. Step-by-step instruction, including demonstrations, will be given, and the instructor will share samples of her own work. The instructor will provide chalk pastels, watercolors and brushes; students should bring their own watercolor paper and a sketchbook. A small donation for art supplies would be appreciated. Students are always encouraged to draw/paint at home and bring in their work to share with the class. All levels of drawing experience and expertise are welcome.

ARTS427A-1

3 Sessions

Campbell Center – Room C
class size 21

Th • 9:00–10:30AM

9/24/2026–10/8/2026

ARTS427A-2

3 Sessions

Campbell Center – Room C
class size 21

F • 1:00–2:30PM

9/25/2026–10/9/2026

INSTRUCTOR: Nancy Wilkinson

Art of the Byzantine Empire

The Byzantine Empire, 330-1453 C.E., was centered in Constantinople (modern Istanbul) where religious and imperial themes were combined to reflect the “caesaro-papism” of that culture. Byzantine art differs from earlier Greco-Roman art in that it is interested in depicting the unseen, spiritual world — the intangible world of heaven. Rather than the depth and naturalism of the classical world, Byzantine art portrayed flatness and mystery in shimmering gold. We will survey this world: from its beginning in Ravenna and Constantinople, through the development of central-planned cross-in-square churches in Greece, to ivory and gold luxury items, to St. Mark’s Basilica in Venice, and on to 14th-century frescoes in Constantinople that influenced the Italian Renaissance. This is a lecture course.

ARTS348A • 7 Sessions

Campbell Center – Room E
class size 78

W • 11:00AM–12:30PM

9/16/2026–10/28/2026

INSTRUCTOR: Allison Renwick

Art With Paper: Collage Workshop

Creating collages is a freeing, fresh way of creating compositions, whether they stand on their own or become sketches for other artwork. Working with recycled, purchased, found and hand-painted papers, students will learn to think outside the box to hone their art-making skills. We will start with the basics: cutting, gluing and exploring the elements of a composition. Demonstrations will be given on ways to select and combine papers and on working in multiples. Students will explore color, line, space, shape, texture and value and will start by creating small postcard-sized collage pieces. At the end of the workshop, participants will have images they can glue into their scrapbooks/sketchbooks. The course is geared to students of all experience levels.

NOTE: There is a \$5 per student materials fee.

ARTS349A • 2 Sessions

Campbell Center – Room C
class size 13

Tu, Th • 1:00–3:30PM

9/15/2026–9/17/2026

INSTRUCTOR: Jan Cavecche

NEW! Better Travel Photography

Do you return from a memorable trip only to find that your photos don’t capture what it was really like to be there? This practical three-session class explores how to create stronger, more engaging travel photographs with any camera, from smartphones to professional systems. From planning your trip to printing the final image, you’ll learn how to work with the best light, improve composition and recognize the moments that tell the story of a place. The class focuses on observation, timing and visual storytelling rather than technical camera settings, making it ideal for photographers of all experience levels who want to create images that preserve both the sights and the experience of travel.

ARTS428A • 3 Sessions

Campbell Center – Room D
class size 53

Tu • 1:00–3:00PM

10/27/2026–11/10/2026

INSTRUCTOR: Bob Palermini

Let's Tangle: Introduction to Zentangle

If you can hold a pencil, you can do this. Zentangle comes from the words “Zen” and “tangle” (entangled, interwoven) and combines creativity with meditation. Zentangle is an easy method to learn because it consists of structured patterns. Stroke by stroke, simple lines are repeated onto paper. With every line, you can dive further into the world of tangles. In a short time, tangles turn into amazing 3D, graphic, elaborate and beautiful tiles. They are unplanned, abstract, black and white. Zentangle calms, relaxes, and is fun.

NOTE: Students should be prepared with pens, other drawing supplies and Zentangle tiles. A complete materials list will be sent to registered students. Depending on personal preferences and supplies already owned, the cost could range from \$20 to \$45.

ARTS351A · 5 Sessions
Campbell Center – Room C
class size 24
F · 10:30AM–12:30PM
10/23/2026–11/20/2026

INSTRUCTOR: Joann Cleckner

NEW! Observational Drawing: The Art of Seeing

If you have ever tried to draw, and said, “I can’t make my hand do what’s in my head,” then you are not alone. No matter how often art teachers tell students that drawing is not the only gateway to art making, that powerful “gateway” belief persists. So to create an accurate representation of what you see, our strategy will be to slow down and learn to see what is there — searching out lines, shapes, textures, shade, shadow and color variations that create the illusion of depth on a flat surface. Through short lecture/discussions, demonstrations, drawing activities and practice, the instructor will be your “guide on the side,” asking and answering questions in a positive, supportive learning environment. Fun is also allowed.

NOTE: It is imperative to attend the first class. Please do not register if you are unable to do this. There will be a \$10 materials fee. All materials will be provided.

ARTS432A · 7 Sessions
Campbell Center – Room C
class size 22
W · 3:30–5:30PM
9/16/2026–10/28/2026

INSTRUCTOR: Jane Maitland-Gholson

Playful Art 3

Think you don’t have artistic talent? We are all artists! Come play, explore and discover your own unique creativity. Surprise yourself with our fun, playful art exercises. Make a maze; express yourself through painting, drawing, collage and words on 4-by-4-inch wooden boards. Challenge yourself to try geometric drawing and use Paul Klee’s saying, “A line is a dot that went for a walk” — to complete three-line drawings. Bring your enthusiasm and willingness to allow your inner child/artist to emerge. Playful Art 3 encourages you to experience the mystery of imagination and being open to curiosity with exercises, media and techniques that are different from what was taught in Playful Art 1 and 2. We will provide ideas and suggestions as you work. No art experience is required.

NOTE: A materials fee of \$10 is due at the first class. A materials list, a brief description of class content and list of materials provided will be sent to registered students.

ARTS311A · 4 Sessions
Campbell Center – Room A
class size 21
M · 11:00AM–12:30PM
9/14/2026–10/5/2026

INSTRUCTORS: Geri Esposito, Fran Fields



SCHNEIDER MUSEUM of ART
AT SOUTHERN OREGON UNIVERSITY

-  Rotating Exhibitions Featuring Contemporary Artists
-  Tuesday – Saturday 10AM to 4PM
-  555 Indiana Street Ashland, OR 97520
-  FREE Admission Suggested \$5 donation

More information:
sma.sou.edu
sma@sou.edu
 541.552.6245
[@schneidermoa](https://schneidermoa.org)



NEW! Travel Sketching Simplified 🧑🧑

Travel sketching can be for your next trip to Rome or for looking out your kitchen window on a snowy winter's day. Your sketches will give you immediate connection with scenes and everlasting memories. The course will teach members how to find hidden artistic selves and to apply knowledge gained to drawing and sketching scenes found while traveling or at home. Students will learn basic art concepts and apply them using simple tools such as pencil, pen and watercolor. Instruction will focus on the importance of using a small array of colors to yield vast arrays of colorful paintings. No prior drawing experience is required. Each student should come to the first class ready to work and have fun!

NOTE: Students will be provided with a materials list and suggested reference material. This course will meet twice a week on Tuesdays and Thursdays.

ARTS357A · 9 Sessions
Campbell Center – Room A
class size 25
Tu, Th · 1:00–3:00PM
10/20/2026–11/17/2026

INSTRUCTOR: Bruce Barnes

Arts: Writing**NEW! Thin Layers of Mist:
Japanese Poetic Forms** 📖

In this writing course, we will first examine the structure, concision and imagery that Japanese poetry affords. Specifically, we will consider four classic forms: haiku, tanka, haibun and renga. We will discuss a variety of mentor poems to better understand structure, appropriate themes and, most importantly, the paradox between apparent simplicity and the profound meaning that is conveyed. Each session will include a brief lecture on a particular form, reading and discussion of selected mentor poems, brief in-class exercises when time allows, and the sharing of students' poetry in a supportive and inclusive setting. Students will have outside writing assignments each week. All levels of writing experience are welcome.

ARTS434 · 5 Sessions
Online
class size 12
W · 11:00AM–12:30PM
9/16/2026–10/14/2026

INSTRUCTOR: Linda Jaffe



NEW! When My Mind Wanders: Memoir Writing

This course will focus on writing creative, nonfiction short essays with an emphasis on memoir writing. Throughout six weeks, students will delve into their pasts and write their own stories. Students should expect to learn how to transform their memories and experiences into written essays that others can understand and enjoy. Students will also learn how to brainstorm topics, organize ideas, create meaningful dialogue, write clear characters, describe experiences, develop settings and revise their work within a supportive setting. Class time will be devoted to discussions of published and student essays and lessons related to the craft of writing. Students will write a two-page essay at home each week. Beginning and experienced writers are welcome.

NOTE: There is no class on Nov. 11.

ARTS435A • 6 Sessions
Campbell Center – Room C
class size 11
W • 1:00–3:00PM
10/7/2026–11/18/2026

INSTRUCTOR: Ida Ferdman

NEW! Writing ‘Faction’ for Children

Do you have a person or topic you think children might be interested in reading about? Writing a book could be the way to share an interesting subject. In this course, we will explore the wonderful world of “faction” — a portmanteau of fact and fiction, a genre that uses real documented historical events or figures as a foundation for a fictional narrative. Books will be written with the 8- to 12-year-old age group in mind. Participants will conceive and develop their words into a manuscript for a 32-page picture book. Art will not be required. Our small writing community will encourage, support and provide feedback. Writing will be done outside class; class sessions will be spent collaborating. This class is appropriate for both experienced and inexperienced writers.

ARTS436M • 4 Sessions
Medford Higher Education Center – Room 118
class size 10
Tu • 9:00–10:30AM
10/27/2026–11/17/2026

INSTRUCTOR: Robert Young



Get a behind-the-scenes look at SOU athletics straight from the coaches and athletes in our monthly one-hour programs.

The Raider Fans SIG is so fun! Each session you meet the coach and students from one of SOU's teams, both those you follow today and ones that are new to you.

Plus, both men's and women's sports are represented.

— Christine Fernlund

Aug. 10 – Sports Administration with
Bobby Heiken, Associate Athletic
Director, and Josh McDermott, Assistant
Athletic Director for Sports Information

Aug. 24 – Football Coach Berk Brown

Sept. 14 – Men's and Women's Soccer Coaches
Davie Carmichael and Jenni Rosenberg

Oct. 12 – Volleyball Coach Josh Rohlfing

Nov. 9 – Women's Basketball Coach

Dec. 14 – Men's Basketball Coach Matt Zosel

Register for OLLI Raider Fans one time
and participate all year.

olli.sou.edu/offerings/shared-interest-groups
or call the OLLI office at 541-552-6048

If you're curious about what drives student-athletes and how coaches encourage and mentor them, or simply want to be inspired by stories of dedication and resilience, I encourage you to join us! — Irv Lubliner



History

NEW! American Labor in Film and Television

This course explores how unions, workers and collective action have been represented across mainstream cinema and network television. The recurring narratives that shape popular understandings of organized labor will be examined through screenings of films such as “On the Waterfront,” “Norma Rae,” “F.I.S.T.” and “Blue Collar,” along with selected television fare: episodes of “The Untouchables” and “The Simpsons.” Central to the course is “what Hollywood has done to unions” — how storytelling conventions have alternately dramatized, simplified, vilified or romanticized labor struggles. While this course will not emphasize literature or economics, some discussion of important books about unions will be featured, as well as a look at post-1945 labor history.

HIST340A · 5 Sessions
Campbell Center – Room D
class size 26
Th · 3:30–5:45PM
9/17/2026–10/15/2026

INSTRUCTOR: Mark Koerner

NEW! Ancient Philosophy’s Turbulent Birth

Textbooks say philosophy began at Athens with the conversations of Socrates, dialogues of Plato and books of Aristotle, each using logic to solve philosophical questions. But philosophy began earlier — in the work of an intriguing assortment of thinkers from around the Greek world, who lived too early to get the memo from Socrates and his friends about how logic alone ought to be a philosopher’s best friend. These earlier thinkers ushered in a period of intellectual creativity, which didn’t calm down until after the later work of Socrates and his philosophical successors. This online course investigates philosophy’s early years by meeting these early thinkers on their own terms. No knowledge of the subject is needed to enjoy this class. Written lecture notes will be furnished in advance.

HIST341 · 10 Sessions
Online
class size 79
Th · 1:00–3:00PM
9/17/2026–11/19/2026

INSTRUCTOR: Ean Roby

NEW! Is It Matriarchy Yet? Feminist Activism From 1970 to Now

This class is a review of the herstory of the feminist movement from the 1970s to the present. It will include readings by authors who were founding mothers and current theorists, along with legal material. Topics are: women’s economic and professional participation and equality; family rights for heterosexual and LGB partners and parents; the Take Back the Night movement; and changes in proof of sexual violence against women and girls. The life of female artists in print, music, film and paintings will also be explored. Are their varied sex/race/class and sexuality perspectives represented in the arts? Has the decline in women’s bookstores affected female writers and readers? And do current legislation, policies and cases protect the legal class of women and girls? Come learn more and join the dialogue!

NOTE: There will be required readings, but most will be scanned or copied and circulated.

HIST342A · 9 Sessions
Campbell Center – Room B
class size 19
Tu · 11:00AM–1:00PM
9/15/2026–11/10/2026

INSTRUCTOR: LauRose D. Felicity



NEW! Relevant History of U.S. Union Movement

This course will ask participants a question: “For the sake of democracy, do unions matter?” Notable events, from the inception of the American union movement to the present time, will be examined to help participants answer the question. All events will be studied in the historical context in which they occurred, including how unions started as local alliances that brought different trades and working communities together for their collective interests; unions’ role during Reconstruction, the Gilded Age, the Great Depression, Civil Rights and Neoliberal America. Despite the instructor’s pro-union bias, every attempt will be made to provide different perspectives about the historical events described. Suggested reading: “A History of America in Ten Strikes” by Erik Loomis.

HIST343A · 5 Sessions
Campbell Center – Room A
class size 26
Th · 1:00–3:00PM
9/17/2026–10/15/2026

INSTRUCTOR: Fernando Gapasin

Revisiting Our Founding Documents

The Constitution is the supreme law of the land. All courts, states and people are bound by it. The Declaration of Independence is our fundamental ethical document. It contains our aspirations as a nation. Both the Constitution and the Declaration are flawed documents. How are they functioning today? The fundamentals of both are being challenged today. What role do “we the people” have in understanding and dealing with these seminal pieces of our lives as citizens? No prior knowledge is required, although it would be helpful to have read the body of the Constitution (it is short — only about seven pages) with the Bill of Rights (the first 10 amendments) and the Declaration, beforehand. Participants of all political, ethical and societal viewpoints are welcome to this discussion.

HIST344A · 2 Sessions
Campbell Center – Room E
class size 78
M · 9:00–10:30AM
9/28/2026–10/5/2026

INSTRUCTOR: John Frohnmayer

Scenes of Ancient Rome: History, Politics and Culture

This course is the first of a two-part account of the civilization of ancient Rome. We will begin by viewing Rome within the context of the Mediterranean world and explore how and why the Romans became dominant on the Italian peninsula. We will consider the daily life of the Romans at work and play and how Rome functioned as a city. Next, we will examine the structure of Roman politics and the forces that led to the destruction of the Roman Republic and the rise of the autocracy that ruled Rome for 500 years. We will consider the Romans’ accomplishments in building projects, from temples to aqueducts to the road network that spanned the empire. We will conclude with an understanding of how Rome conquered the Mediterranean world and beyond.

HIST105A · 6 Sessions
Campbell Center – Room D
class size 53
Tu · 1:00–3:00PM
9/15/2026–10/20/2026

INSTRUCTOR: Bob Wetmore

NEW! The American Civil War

This course is the beginning of a multiyear discussion of the 1850-1880 Civil War era. Although war was not inevitable, it became increasingly likely as 1850s “influencers” in both the North and South drew ever-deepening lines in the sand. Three topics will be addressed: 1) Past and Preludes: What were the social and political conditions that created this contested monument in our national historical consciousness? 2) Abolitionists and Fire-Eaters: Both proslavery and antislavery politicians and preachers enlisted the Bible in their efforts to disentangle a knotty institution tightly wound in the nation’s identity, and 3) Widening Chasms and Existential Crises: By the early 1850s, the rifts in American society had widened so considerably that compromise seemed impossible to achieve.

NOTE: The course will meet on three nonconsecutive Wednesdays: Nov. 4, Nov. 18 and Dec. 2. This course is shared with OLLI at the University of Nevada, Reno. Please note that the last session of the course extends beyond the OLLI at SOU term.

HIST345 · 3 Sessions
Online
class size 74
W · 2:00–3:30PM
11/4/2026–12/2/2026

INSTRUCTOR: Neal Ferguson

The Building of the Burma Road (Ledo) to China

This class will explore the war in Asia, the Burma Road, FDR, Truman, Chiang Kai-shek and his missionary-surgeon wife, Dr. Seagraves, the Japanese Empire — and why the China Burma India theater was created. All these people, places and events will be woven into a story that will deepen your knowledge and interest in this part of the world and in this time in history. Several love stories of real people who witnessed and lived through this chaotic era will be told. A newly published book brings many of these events to life. Old newsreels and newly found photographs will enhance the telling of these stories and show the sacrifice these people made to make the world a better place. Drama and questioning are also useful tools to keep one's attention. All will be used in this class, along with audiovisual presentations.

HIST305A · 8 Sessions
Campbell Center – Room B
class size 19
Tu · 3:30–5:30PM
9/29/2026–11/17/2026

INSTRUCTOR: Joe Davis

The History and Evolution of the English Language

Why is the English language so absurd, yet it is the language most often spoken around the world? Why are so many words pronounced differently, but spelled the same? Based on the antics of Bill Bryson, Richard Lederer, Gabe Henry and others, we will journey through history to find out why in the world K-N-I-G-H-T has so many silent letters. There is a logic to the language. There are reasons why English is so crazy, and you can discover some of the mysteries here. We will delve into the theories about how human language developed, based on extensive archeological and other scientific research. This course will explore how Homo sapiens differs from other species of the Homo genus and how we compare to other primates. Language was the pivotal development that changed the world.

HIST346 · 6 Sessions
Online
class size 299
M · 11:00AM–12:30PM
9/21/2026–10/26/2026

INSTRUCTOR: Robin Engel

NEW! The History of Jewish Anti-Zionism

This is neither a current events class nor a place to debate politics. The course is an attempt to present a history of Jewish anti-Zionism since its origins in the late 19th century. What anti-Zionism is will be explored and discussed, as well as whether its current growth represents a schism or merely a dissenting political ideological current within the American Jewish community. (Only future historians will be able to reach any conclusions.) The relative merits of Zionism and anti-Zionism will not be debated, and whether anti-Zionism is antisemitism will not be discussed. (It isn't!) The history and nature of Jewish anti-Zionism will be analyzed and discussed as an intellectual, religious and social movement.

NOTE: Short readings of material that can be found online will be assigned.

HIST347A · 8 Sessions
Campbell Center – Room D
class size 53
Th · 10:30AM–12:30PM
9/17/2026–11/5/2026

INSTRUCTOR: Benjamin Ben-Baruch

NEW! The Maritime World

Students will gain insight into the importance of the maritime world in our modern civilization. Maritime affairs are at the foundation of our economy and national security. Any disruption of that service by conflict, piracy, blockades or environmental regulations affects the stability of our economy. Maritime security is important for protecting supply chains, energy flows and national resilience. Students will learn about today's maritime choke points and how nations use maritime presence to project power. The course will also examine the lighter side of maritime history, from the songs of the sea to the peculiar maritime-based phrases that illuminate our language. The instructor will regrettably be unable to comply with any student requests for course materials due to copyright.

HIST348M · 4 Sessions
Rogue Valley Manor – Skyline Plaza
class size 44
M · 10:00AM–12:00PM
9/14/2026–10/5/2026

INSTRUCTOR: Thomas Anderson

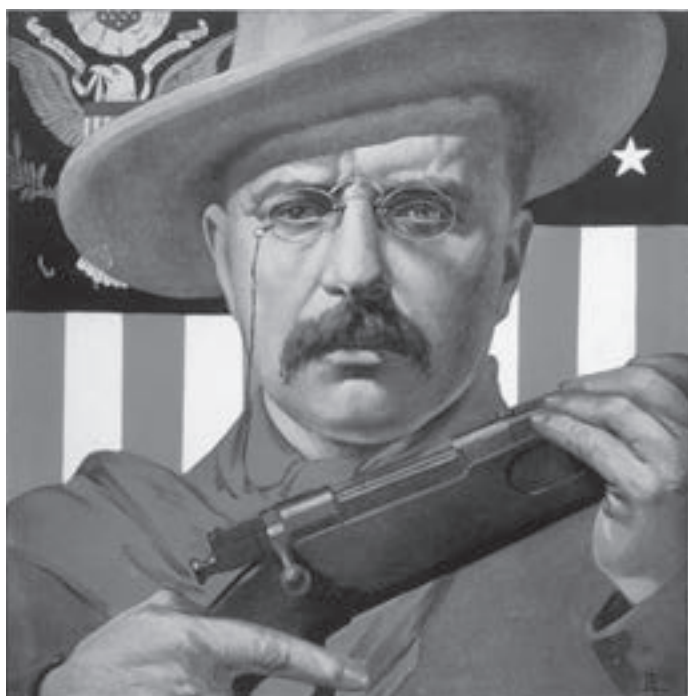
NEW! The Original Teddy Bear 🧑🧑🧑

Theodore Roosevelt is anything but boring. A man of many hats, he was a naturalist, cowboy, soldier, governor, president, trust-breaker, big game hunter and explorer. He was made vice president because party officials thought that he would drift into obscurity and never be heard from again. As president, he would challenge visitors to a boxing match. He once was shot by a potential assassin yet continued his campaign speech for an hour before seeking medical care. He went camping with John Muir and then reunited Yosemite Valley with the surrounding national park. He also dabbled in eugenics and held racist views. This course looks at the story of this American: from the streets of New York City to the jungles of the Amazon. Classes will include lectures, slides and videos.

HIST349A · 4 Sessions
Campbell Center – Room A
class size 34
M · 9:00–10:30AM
9/14/2026–10/5/2026

HIST349M · 4 Sessions
Rogue Valley Manor–
Skyline Plaza
class size 47
W · 10:00–11:30AM
9/16/2026–10/7/2026

INSTRUCTOR: John Schuyler

**NEW! The Other Lincoln–Douglass ‘Debates’** 🧑🧑🧑💻

Abraham Lincoln’s iconic speeches are well studied. However, in a time when public speakers were like rock stars, Lincoln’s contemporary Frederick Douglass was generally considered the best orator of his age. Both self-made men, their complicated relationship went through stages, from enmity to friendship, and changed our country’s history. Although we will look at that relationship and its consequences as context, in this course our focus will be on close examination of the speeches and writings of Douglass, which, unfortunately, are far less known to us than the deathless words of Lincoln. Studying Douglass’ astonishing life and particularly his soaring words spoken amid adversity, can offer us hope and inspiration in our own tumultuous times.

NOTE: The instructor will provide copies of the speeches to be discussed.

HIST350A · 6 Sessions
Campbell Center – Room D
class size 50
Th · 1:00–3:00PM
9/24/2026–10/29/2026

HIST350 · 6 Sessions
Online
class size 299
F · 1:00–3:00PM
9/25/2026–10/30/2026

INSTRUCTOR: Susan Stitham

Three Questions: Histories of Science 🧑🧑🧑💻

This course presents three mini-histories of science, each centering on a question that has intrigued humanity for millennia: 1) How old is the Earth? 2) Are there beings on the heavenly bodies? 3) How do we find our way? (Map-making and direction-finding.) In each session we trace the history of answers to one of these questions from the Classical period to our present-day understandings. The trail leads to some fascinating nooks and crannies of both science and history. (Thomas Jefferson’s obsession with mammoths, for one.) We also explore how scientific thought was shaped by nonscientific beliefs that answered these questions with radically different assumptions and logic. Class sessions will consist of lectures with PowerPoint presentations and time for discussion and Q&A.

NOTE: The online section of this course will not meet on Nov. 11.

HIST336A · 6 Sessions
Campbell Center – Room D
class size 53
Tu · 3:30–5:00PM
10/6/2026–11/10/2026

HIST336 · 6 Sessions
Online
class size 99
W · 3:30–5:00PM
10/7/2026–11/18/2026

INSTRUCTOR: David Drury

NEW! U.S. Gilded Age/Progressive Era

This course will cover U.S. history from 1877 to 1929. White men and women, African Americans, Chicanx, Native Americans, immigrants and workers organized to reform the chaos created by unregulated capitalism. How the different political forces responded, both to the chaos and to the reform movements, will be examined. The rapid acceleration of unregulated industrial and finance capital after the Civil War created wealth for a very few and poverty and misery for many. The American advances westward under the banner of “Manifest Destiny” expanded opportunity for some and genocide for First Nations. There were 18 major recessions and depressions from 1865 to 1929. The requirement for the course is interest in the intersection of history and today.

HIST351A • 8 Sessions
Campbell Center – Room D
class size 53
W • 3:30–5:30PM
9/16/2026–11/4/2026

INSTRUCTORS: Fernando Gapasin, Benjamin Ben-Baruch

NEW! Weimar Cinema: Shadow to Light, Silent to Sound

Students will explore the short-lived political and cultural flowering of Germany’s Weimar Republic, 1919-1933. View cinema masterpieces that inspired the best of Hollywood and the world for more than a century. From murder to horror, farseeing science fiction to steamy romance and tragedy — these films that straddle the silent-to-sound technology divide remain superbly entertaining. Do they have anything to teach us in still-troubled times? In the brief space between two devastating world wars, a fragile experiment in democracy that produced these treasures was crushed. Around the world in the 21st century, emerging and older democracies are threatened. Come simply for superb entertainment. Linger a little longer to discuss troubling questions, or not!

NOTE: There is no required text for this class, but “Weimar Cinema: An Essential Guide to Classic Films of the Era,” edited by Noah Issenberg, is highly recommended.

HIST352A • 10 Sessions
Campbell Center – Room E
class size 78
Tu • 3:30–5:30PM
9/15/2026–11/17/2026

INSTRUCTOR: Daniel Guy

Languages and Cultures

Adventures in Travel

This course features four presentations about interesting travel experiences in Asia and Latin America. Four different presenters will share their journeys to Sri Lanka, Indonesia, Costa Rica and Argentina. Each presentation will be about 90 minutes via Zoom, with opportunities for questions and discussion.

LANG105 • 4 Sessions
Online
class size 299
W • 3:30–5:00PM
10/7/2026–10/28/2026

INSTRUCTOR: Tony Davis

Enjoy German!

This is a previously taught course with new content that aims to broaden a student’s vocabulary and understanding of today’s spoken German. The class reads, checks for understanding and comments on selected readings. This term we will read and discuss the instructor’s memoirs from 1992 and later. The etymology of certain words will be discussed as well, and the rules of grammar will be explained on request. Occasionally, we will read and analyze German poetry or other culturally appropriate material.

NOTE: There is no class on Nov. 11.

LANG109A • 9 Sessions
Campbell Center – Room B
class size 16
W • 11:00AM–12:30PM
9/16/2026–11/18/2026

INSTRUCTOR: Udo Gorsch-Nies

French Caroling 🧑🧑🧑

This course is all about singing Christmas Carols in French, with most selections having the exact same melodies familiar in many languages. “Silent Night” becomes “Douce Nuit,” “O Holy Night” becomes “Minuit Chrétiens,” “Little Drummer Boy” becomes “Enfant au Tambour,” “Winter Wonderland” becomes “Bonhomme Hiver,” “Little Toy Trains” becomes “Petit Garçon/Petite Fille,” “Bring a Torch” becomes “Un Flambeau.” Usually, we end up with eight or 10, including some very simple rounds, which are good warm-ups to help get beginners started. Strong interest and willingness to practice are more important than French background. There are no requirements beyond the joy of singing in a group with familiar tunes in a group setting.

LANG177A • 10 Sessions
Campbell Center – Room E
class size 78
Th • 11:00AM–12:30PM
9/17/2026–11/19/2026

INSTRUCTOR: Louis Urban Kohler

Russian Poetry in Russian 🧑🧑🧑

Anyone who knows the Cyrillic alphabet can enjoy Russian poetry. Join in reading aloud from poets such as Aleksander Pushkin, Mikhail Lermontov and Aleksander Blok. All poems will be online as text and audio. In each class, we will translate a poem, touching on the vocabulary and grammar necessary for understanding how it means what it means. We will then read the poems aloud together and discuss them. We will sing some of the poems that have been set to music or were written as songs, including favorites from earlier OLLI classes. This is not a deep literature class. The point is to enjoy making the sounds of Russian and appreciate how they interact with its meaning. Students who enjoyed “The Cyrillic Alphabet” or “Russian: Focus on Pronunciation” in Spring Term 2026 are encouraged to enroll.

NOTE: Students at all levels are welcome. “The Poetry Reader for Russian Learners,” free at russianpoetry.yale.edu, will provide many of the poems. The free online “Introduction to the Russian Language” at Mezhdunami.org will help with grammar.

LANG106A • 9 Sessions
Campbell Center – Room B
class size 19
Th • 9:00–10:30AM
9/24/2026–11/19/2026

INSTRUCTORS: Marcus Levitt, Alice Taylor



Barry Vitcov

John Ferris

Talk to Us

Conversations With Southern Oregon Changemakers

In this popular Zoom interview series, retired attorney John Ferris and retired educator Barry Vitcov explore the experiences, insights, and motivations of influential Southern Oregon leaders making a difference in the Rogue Valley.

Sept. 21, 4 p.m.

Rick Bailey, President of SOU

Oct. 19, 4 p.m.

Sabrina Cotta, Ashland City Manager

Nov. 16, 4 p.m.

TBD

**Register once
for all monthly
interviews!**



Life Planning

Cryptocurrency for Beginners: Starting With Bitcoin

What is cryptocurrency? Join us and find out. This course is primarily for those who know little to nothing about cryptocurrencies (of which bitcoin is the most well-known). Each session will include in-class instruction using PowerPoint slide presentations and video clips followed by group discussions. We will review the history of money and world economies. You can expect to gain a greater understanding of the role cryptocurrencies are now playing in the world's geopolitical and monetary arenas, focusing particularly on the role the U.S. is and will be playing and how it might affect us. By the end of the course you can expect to have a basic understanding of cryptocurrencies, as well as to have enough knowledge to procure and manage your own bitcoin.

DISCLAIMER AND LIABILITY WAIVER: This course is for educational purposes only and does not constitute financial, tax, or legal advice. By enrolling, you assume all investment risks and agree to hold Southern Oregon University and its representatives harmless from any financial losses, damages or claims.

LIFE318A • 6 Sessions
Campbell Center – Room C
class size 34
Tu • 9:00–10:30AM
10/13/2026–11/17/2026

INSTRUCTOR: Dana Goulston



End-of-Life Care and Caregiver Preparation

This four-session course will focus on important services and support one can receive when providing end-of-life care to a loved one. The importance of self-care during this process will be reinforced during the course. There will be ample time for discussion and questions. Topics will include: 1) Importance of completing advance directives and having the discussion; 2) Importance of caregiver self-care and use of resources; 3) Stages of dying and the use of hospice, palliative and home care; and 4) Importance of recognizing grief and understanding the process of such. A tour of Celia's House, a residential hospice facility in Medford, is included. The course is open to any student who wishes to gain an understanding in preparing for this phase of life.

LIFE107 • 4 Sessions
Online
class size 21
F • 1:00–2:30PM
10/2/2026–10/23/2026

LIFE107M • 4 Sessions
Celia's House—217 S.
Modoc Ave., Medford
class size 21
F • 1:00–2:30PM
10/2/2026–10/23/2026

INSTRUCTOR: Dwight Wilson

NEW! End-of-Life Healthcare Options

This course will examine and allow for discussion of end-of-life healthcare options including palliative care, hospice, medical aid in dying (MAID), the Oregon Death With Dignity Act (DWDA), Voluntarily Stopping Eating & Drinking (VSED), POLST and advance directives. Two 90-minute sessions will allow for lectures and case presentations on these topics as well as adequate time for discussion and questions. The primary presenter is an Oregon physician with experience in family and emergency medicine, EMS medical direction and end-of-life care. Some topics may be covered in presentations from other experienced and knowledgeable local healthcare providers.

NOTE: This is an educational course, and no specific medical advice, services, care or prescriptions will be provided to attendees.

LIFE322A • 2 Sessions
Campbell Center – Room C
class size 25
Tu • 1:00–2:30PM
11/10/2026–11/17/2026

INSTRUCTOR: Paul Rostykus

Estate Planning: Introduction to Wills and Trusts

This course introduces the fundamentals of Oregon estate planning, which includes wills, trusts, durable powers of attorney, incapacity planning, guardianships, conservatorships, POLST (Physician Orders for Life-Sustaining Treatment) and advance healthcare directives. Students will learn how assets are transferred, how incapacity is managed, and the basics of probate, trust administration and the Oregon estate tax. Instruction includes lectures, discussion and practical examples. Topics include fiduciary roles, decision-making authority and planning strategies. No prior legal knowledge is required. This course presents a general legal perspective and is structured as lectures followed by guided discussion and real-world scenarios.

LIFE144M · 3 Sessions
Medford Higher Education
Center – Room 118
class size 34
M · 9:00–10:30AM
9/14/2026–9/28/2026

LIFE144A · 3 Sessions
Campbell Center – Room D
class size 50
M · 9:00–10:30AM
10/26/2026–11/9/2026

INSTRUCTOR: Scott Bucy

Home Maintenance and Repair

This course is designed for those with little or no knowledge of maintaining and repairing a home. You'll learn how water, gas and electricity enter a home and how to shut them off; how to change the filter in your furnace; and how to clean the coils on your refrigerator. We'll talk about how to replace a light switch and outlet, fix door problems, plumbing and electricity, and what tools to have. You'll learn what to watch out for outside the home, such as clogged gutters, water leaks, siding damage and invasive vegetation. We'll discuss the advantages and disadvantages of buying through big-box stores versus independent merchants, how to choose a contractor and not get cheated, and other issues in maintenance and repair. Class members will have a chance to raise issues specific to their homes.

NOTE: There is no class on Nov. 11.

LIFE312A · 9 Sessions
Campbell Center – Room D
class size 53
W · 9:00–10:30AM
9/16/2026–11/18/2026

INSTRUCTOR: Mitch Hrdlicka

NEW! It's Your Money: Financial Decisions in Retirement

Retirement brings a new set of financial decisions — and opportunities. This course explores practical strategies for managing money in retirement with greater confidence and clarity. Through lectures and discussion, we will cover topics such as retirement income planning, investment management, Social Security claiming strategies, Roth conversions, required minimum distributions, tax planning, charitable giving and insurance considerations. How to evaluate financial advisers and common retirement risks will also be discussed. The course is designed for those who want a better understanding of how the various pieces of retirement finance fit together. No prior financial background is required. Participants are encouraged to ask questions, share experiences and learn from one another.

DISCLAIMER AND LIABILITY WAIVER: This course is for educational purposes only and does not constitute financial, tax, or legal advice. By enrolling, you assume all investment risks and agree to hold Southern Oregon University and its representatives harmless from any financial losses, damages or claims.

LIFE323A · 5 Sessions
Campbell Center – Room D
class size 53
W · 11:00AM–12:30PM
10/7/2026–11/4/2026

INSTRUCTOR: Karla Langland

Medically Necessary: Documents to Direct Care

While many Oregonians have advance directives for healthcare, there are other documents they can use to help shape the kinds and extent of healthcare they want as they age. This course explores directives, healthcare representation, HIPAA rules, Physician's Orders for Life-Sustaining Treatment (POLST) and Oregon's Death With Dignity law to help students guide their own decision-making and care. There will be four in-class discussions with PowerPoint slides and handouts and some recommended reading (none required).

LIFE319M · 4 Sessions
Medford Higher Education Center – Room 118
class size 34
M · 9:00–10:30AM
10/5/2026–10/26/2026

INSTRUCTOR: Janay Haas

NEW! Natural Burial: The Greenest Way to Go

This course will introduce participants to natural burial (aka green, eco, conservation or forest burial) and empower them to make value-aligned choices for after-death care. Attendees will learn what industry standards and environmental practices make “green” burial so green, as well as what natural burials look like and entail. The course also covers prearrangement considerations, including Oregon’s legal requirements for making final disposition designations. Finally, a field trip invites participants to explore some of the Rogue Valley’s natural burial options.

LIFE112 · 3 Sessions

Online

class size 299

Th · 9:00–10:30AM

9/17/2026–10/1/2026

INSTRUCTOR: Bethany Williams

NEW! Natural Deathcare Solutions to Cremation in 2026

This class will provide an overview of the various choices in natural deathcare and why natural and conservation burials are the only sustainable solution based on scientific data. The class will discuss the public health and environmental concerns raised by cremation, alkaline hydrolysis, human composting and ocean/sky burials. Students will be encouraged to document their deathcare wishes and will be introduced to the Advance Natural Deathcare Directive, the four available regional choices and the four tasks of natural deathcare.

NOTE: This course is being offered in partnership with the Rogue Valley Manor. Seating will be shared equally with 20 seats for OLLI at SOU members and 20 for Manor residents.

LIFE324M · 2 Sessions

Rogue Valley Manor—Skyline Plaza

class size 20

Tu, Th · 10:00AM–12:00PM

10/6/2026–10/8/2026

INSTRUCTORS: Diana Cunningham, Michael Murphy

Older Drivers and Safety

This course is based on the AARP Smart Driver course, which has been shown to significantly reduce older drivers’ risk of collision. It will help you become more proficient in the current rules of the road, improve your defensive driving techniques and help you with safe vehicle operation in today’s demanding driving environment. The course will focus on the vital relationship between the driver, vehicle and road, and look at how factors such as aging, medications and alcohol can impact driving. You’ll also learn about the latest vehicle safety features and technological advancements. Importantly, you will learn how to identify when it’s no longer safe to drive and how to find alternative travel options. This course may qualify you for a multiyear discount on your auto insurance.

NOTE: A required materials fee of \$20 to \$25 (discount for AARP members) includes a comprehensive 120-page Participant Guide. Both days are required for course completion and insurance discount. The fee will be collected on the first day by cash or check made out to AARP. Credit cards will not be accepted.

LIFE308A · 2 Sessions

Campbell Center – Room A

class size 25

M, W · 9:00AM–12:30PM

11/16/2026–11/18/2026

INSTRUCTOR: Daniel Wise

Retirement and Your Money: What You Should Know

“I’m worried about running out of money.” “I need to get my finances organized.” “I want to make sure I’m making good financial decisions.” If you have made any of these statements recently, this class may help you feel more secure. We will cover the basics in each of the six main areas of financial planning including: financial position (preparing a net worth statement); insurance (including long-term care); taxes (how to minimize them); retirement planning (Social Security, taking withdrawals and how to know how long your money will last); investments (basics of asset allocation) and estate planning (wills, trusts, etc.).

DISCLAIMER AND LIABILITY WAIVER: This course is for educational purposes only and does not constitute financial, tax, or legal advice. By enrolling, you assume all investment risks and agree to hold Southern Oregon University and its representatives harmless from any financial losses, damages or claims.

LIFE121A • 3 Sessions
Campbell Center – Room C
class size 34
Tu • 11:00AM–12:30PM
10/20/2026–11/3/2026

INSTRUCTOR: Kenji Bleicker

NEW! Senior Living Road Map: Navigating the Journey

If you haven't planned for care that 70% of us over age 65 will need, this course is for you. It explores the key decisions and conversations that arise as we age and as we provide support for aging loved ones. Learn about aging in place and community-based options, financial and legal considerations, downsizing kindly and having hard conversations. Experience engaging interactions, discussions, hear about real-life examples and get the practical tools needed for evaluating options and planning ahead. A field trip to a senior living community provides an opportunity to observe and apply what is learned in class. Guest speakers include a home care professional, an estate planning attorney, a downsizing specialist and others who will provide critical information and enlightening perspectives.

NOTE: Suggested reading prior to class: "Being Mortal" by Atul Gawande. We will be mining the lessons of "Being Mortal," as it is so relatable to our course conversations.

LIFE325M • 6 Sessions
Medford Higher Education Center – Room 112
class size 53
W • 11:00AM–12:30PM
9/16/2026–10/21/2026

INSTRUCTOR: Belinda Godin

NEW! Staying Vertical: The Realities of Aging in Place

If making modest changes to your home could prevent a life-altering fall, would you do it? Nearly 90% of older adults want to age in place, yet most houses aren't built to support that. Falling is the primary reason people lose their independence. This two-part course bridges the gaps between your personal health, your preferences and your home's design. Session 1 explores clinical and personal realities: how medications, vision changes and chronic conditions can increase fall risk. Session 2 focuses on the physical environment: identifying safety hazards and implementing a range of solutions. Co-taught by a certified aging life-care manager and a certified aging-in-place engineer, this class provides a practical road map to help you "stay vertical" and age in place safely.

LIFE326A • 2 Sessions
Campbell Center – Room D
class size 50
Tu • 11:00AM–12:30PM
10/6/2026–10/13/2026

INSTRUCTORS: Sudhir Gautam, Ellen Waldman

Surviving: Beyond the Bug-Out Bag

What would you do if an emergency happened right now? Preparing for that emergency is vital. The bug-out bag has long since evolved from a backpack with water and granola bars to a comprehensive plan for caring for yourself and your family. This course is evolving with it. The goal of this course is twofold: to help you prepare to be self-sufficient until help arrives, even if that is weeks away, and to provide the knowledge and foundation to use your supplies successfully both during and after the emergency. We will look beyond prepping to topics such as situational awareness and conflict avoidance. This course specifically focuses on children and seniors. This is not a quick fix — it is a long-term undertaking that will require your time and planning.

LIFE114 • 6 Sessions
Online
class size 299
M • 9:00–10:30AM
9/14/2026–10/19/2026

LIFE114A • 6 Sessions
Campbell Center – Room D
class size 53
M • 9:00–10:30AM
9/14/2026–10/19/2026

INSTRUCTOR: Bill Bateman

Understanding Medicare: The ABCs (and D)

This course will inform students on the basics of Medicare as well as specific and locally relevant current Medicare topics. Through lecture and interactive discussion, the instructor, a highly trained Medicare counselor, will provide valuable information to ensure that attendees and their loved ones are getting the most out of their Medicare coverage. Topics include Medicare Parts A and B, Medicare Advantage versus Medigap, the prescription drug plan (Part D), annual reevaluation of plans, tips for finding a provider, coverage limitations or exclusions, and local resources for assistance. The course will help prepare soon-to-be eligible or current beneficiaries for the Medicare open-enrollment period that begins every Oct. 15.

LIFE120A · 2 Sessions
Campbell Center – Room C
class size 34
Tu · 3:30–5:00PM
9/22/2026–9/29/2026

INSTRUCTOR: Becky Foster



ijpr.org
JPR | Jefferson Public Radio
Scan me!

Keeping you connected...

Jefferson Public Radio provides a connection to the people, events and ideas that shape the Rogue Valley, our region and our world. We believe that informed people make better citizens. We believe music is a vital connection to the human spirit. Learn more at www.ijpr.org or scan the QR code above.

Stay Tuned...

News & Information 102.3 FM · 1230 AM
Classics & News 88.3 FM · 90.1 FM
Rhythm & News 89.1 FM

Literature

100 Years of Best American Short Stories, Part 1

Welcome to a study of “100 Years of the Best American Short Stories” edited by Moore and Pitlor. This course provides a deep dive into some of the finest short stories ever published. Authors include Ernest Hemingway, F. Scott Fitzgerald and Joyce Carol Oates, to name a few. Before each session, students will read three designated submissions from the short-story anthology and then discuss them in class. We will be covering the first 20 stories, which explore a wide variety of settings, characters and intentions — wrapped in fascinating topics. This is a highly interactive class. Be ready to speak up and engage in dialogue about all the stories so that students and teacher alike may enjoy and learn from this text and from each other.

NOTE: A copy of “100 Years of the Best American Short Stories,” edited by Lorrie Moore and Heidi Pitlor, is required. It is available, new or used (for as low as \$7). This is a new course and a new book. The same book will be used for subsequent courses through Fall 2027.

LIT104A · 8 Sessions
Campbell Center – Room A
class size 26
Tu · 11:00AM–12:30PM
9/15/2026–11/3/2026

INSTRUCTOR: Timothy Kelly

NEW! Dystopia: You Don’t Want to Go There

Dystopian literature makes us look at our world in a different, and usually dark, way and asks significant philosophical questions about ecological disaster, social control and dehumanization. We will explore three different dystopian universes in novels and compare them to their expression in films. The films we will watch in class are: “On the Beach,” “Blade Runner” and “Never Let Me Go.” Students will read a new book every other week and then see the film in class. The rest of the class will be discussion with some brief comments by the instructor. No prior knowledge is expected.

NOTE: Books required: “On the Beach” by Nevil Shute; “Do Androids Dream of Electric Sheep?” by Philip K. Dick; and “Never Let Me Go” by Kazuo Ishiguro. Please read any edition of “On the Beach” before the second class. Books are available from Bloomsbury Books and online used bookstores.

LIT346A · 6 Sessions
Campbell Center – Room A
class size 34
F · 1:00–3:00PM
9/18/2026–10/23/2026

INSTRUCTOR: Mary Devlin

‘Prophet Song’ by Paul Lynch

“Prophet Song” is the 2023 Booker Prize winner by Irish novelist Paul Lynch. This gem of a novel was described as a “prophetic masterpiece” in the Washington Post. Through lyrical prose, Paul Lynch slowly reveals a horrific scenario through the experience of his protagonist Eilish, a scientist and mother of four, whose husband, a union organizer, is “disappeared” at the start of a hostile government takeover of Ireland. Described in the New York Times as coming “at a moment when the fear it addresses is daily in the news,” this novel is not an easy read, and yet it is essential. Students will read portions of the novel each week and discuss their responses to the unraveling of Eilish’s life. Students may find a glimmer of hope when introduced to the hidden mythic elements in the narrative.

NOTE: Students are encouraged to read the entire novel before the course begins.

LIT334 · 5 Sessions
Online
class size 25
Th · 11:00AM–12:30PM
10/22/2026–11/19/2026

INSTRUCTOR: Dorothy Ormes

NEW! ‘Ragtime,’ a Contemporary Allegory

Published in 1975, E.L. Doctorow’s “Ragtime” explores themes of race, class and the rise of consumer culture in the early 20th century across a wide variety of fictional and historical characters living in a world on the cusp of change. The intertwined storylines follow three families — a white upper-class family, Jewish immigrants and an African American couple with a newborn baby — as they search for belonging in a rapidly changing America. Using lectures, discussions and even music, we will examine both the times depicted in the novel and the societal factors that were at work when it was written. Fifty years have passed since “Ragtime” was published, yet its themes are still relevant: the complex drive for progress, the search for meaning and the struggle for freedom and peace.

NOTE: Participants should read the novel before the course begins. This course is part of an online share with OLLI at the University of Nevada, Reno. The last session of the course extends beyond the OLLI at SOU term.

LIT343 · 4 Sessions
Online
class size 74
M · 2:00–3:30PM
11/2/2026–11/23/2026

INSTRUCTOR: Alice Yucht

NEW! The Art of the Essay

What does it mean to think on the page? The personal essay — one of literature’s most intimate and flexible forms — has been shaping minds since Montaigne confessed his way through 16th-century France. From Bacon’s crisp observations to Baldwin’s searing witness to modern editorial pages and posts on Substack, the essay has always been used by writers to figure things out in public. In this course, we’ll trace that rich tradition while immersing ourselves in “The Best American Essays 2025,” the freshest voices grappling with memory, identity, science, grief and wonder. We’ll ask what the essay does that no other form can: how it earns digression, wears research lightly and turns uncertainty into art. The course will include lectures, discussion and recommended reading.

NOTE: The course will include readings from “The Best American Essays 2025,” edited by Jia Tolentino, as well as online readings. Each class will have one required reading and two more recommended.

LIT347A · 6 Sessions
Campbell Center – Room A
class size 34
Th · 11:00AM–12:30PM
10/15/2026–11/19/2026

INSTRUCTOR: Paul Christy

NEW! 'This Vast Enterprise': Lewis and Clark Revisited

"This Vast Enterprise," by Craig Fehrman, is a recently published work that examines the Lewis and Clark expedition in the light of some new discoveries with a focus on historical detail that is unprecedented. We learn a great deal about the lives and characters of many of the members of the expedition and the innumerable trials and crises they endured. We also delve into the politics of the Jeffersonian period, read of the differences among Native American tribes, and get a deeper understanding of Lewis, Clark, Sacajawea and many leaders of the tribes they met. The class will be a group discussion, and students are encouraged to bring their own questions and issues to the group.

NOTE: The required text is "This Vast Enterprise," by Craig Fehrman, from Avid Reader Press, April 2026. It is \$35 in hardcover and is available at Bloomsbury Books at a 20% discount. Audio and e-book editions are acceptable. No previous knowledge of the subject is required.

LIT344A · 4 Sessions
Campbell Center – Room A
class size 25
Th · 11:00AM–12:30PM
9/17/2026–10/8/2026

INSTRUCTOR: Avram Chetron

NEW! 'Tuck Everlasting' at 50

Are the Tucks blessed or cursed by eternal life? In this course we will delve into the interesting questions that have made Natalie Babbitt's novel "Tuck Everlasting" an enduring favorite of both children and adults. First, we will get an overview of magical realism for children, then look at Babbitt's biography and bibliography. Session 2 will be an in-depth discussion of the novel and the themes that especially resonate with adults. For Session 3, students will have an opportunity to read and report on another title by Babbitt or by another children's fantasy author. The course will appeal most to students who enjoy informal learning and lively book discussions.

NOTE: Students are encouraged to read the entire novel before the second session.

LIT345A · 3 Sessions
Talent Library – 101 Home St., Talent
class size 16
M · 11:00AM–12:30PM
10/19/2026–11/2/2026

INSTRUCTOR: Karen Spence

Movement

These are physically active classes. Please consult your doctor before beginning any new program of physical exercise. All movement courses require a signed liability waiver before participating.

NEW! Brain Agility Lab

The Brain Agility Lab is based on brain training developed by Ryann Glatt at the Pacific Neuroscience Institute in Southern California. Designed for a social rather than clinical setting, the challenging games and activities make it fun, and the benefits multiply. Dual-tasking in the form of partner and group games supports increased neuroplasticity, creating new neurons and synapses by using different parts of the brain at the same time. Think of bouncing a ball while counting backward from 100 by threes. The goal isn't to do it correctly; it's to struggle and have fun.

NOTE: Students should be able to walk without assistance, turn their head without getting dizzy and be able to do light activity consisting of standing and walking for an hour.

MOV321A · 4 Sessions
AgeSmart Fitness – 474 Russell St., #102, Ashland
class size 12
Sa · 1:00–2:00PM
9/19/2026–10/10/2026

INSTRUCTOR: Elizabeth Morris

NEW! Compassionate Yoga

This course is an introduction to practicing yoga with an emphasis on compassion. It is a therapeutic approach to yoga, which gives students insight and awareness into how they breathe, how their bodies move and where they compensate. Students are invited to listen to their bodies during warm-up movements and poses and to avoid discomfort or pain. Each body is unique, and each person has different areas of discomfort. With compassionate awareness and being gentle with oneself, movement can improve and compensation patterns can change. This often results in better function and feeling better overall. Participants need to bring a yoga mat and be able to get on and off the floor.

MOV322A · 4 Sessions
The Grove, Gymnasium – 1195 E. Main St.
class size 13
F · 9:00–10:15AM
10/2/2026–10/23/2026

INSTRUCTOR: Ineke Warmerdam

Dancing Through Time

Students will learn and practice dances of England, France and Italy that date from the Renaissance and Baroque periods and the late 18th century. At each class, participants will actively engage in a physical warm-up and targeted dance techniques. They will have ample time to practice the dances' movements as they are taught. The warm-up is to prepare the body to move and dance. The techniques will break down the steps and movements needed to perform each dance and note how those steps evolved over time. Different dances will be taught than in previous versions of this course. No partner or prior dance background is required to participate.

NOTE: This is an active, physical class and we will be on our feet 90 minutes. Know your limitations.

MOV316A · 10 Sessions

The Grove, Gymnasium – 1195 E. Main St.

class size 21

Tu · 1:00–2:30PM

9/15/2026–11/17/2026

INSTRUCTOR: Daniel Stephens

English Country Dance

From lyrical to lively, silly to sublime, English country dance dates from the 1600s. Discover dances of Jane Austen's time as well as newly composed dances. Learn about the cultural aspects and history of this joyful living tradition as you enjoy moving to beautiful music. This is an on-your-feet and social class. No partner is necessary.

MOV106A · 7 Sessions

DanceSpace – 280 E. Hersey St., #10

class size 47

W · 11:00AM–12:30PM

9/16/2026–10/28/2026

INSTRUCTOR: Brooke Friendly

NEW! Find Your Swing: Swing Dancing

Come to this class ready to move your feet to a swing beat! We will have fun exploring East Coast Swing and Lindy Hop with music by Count Basie and other swing musicians. These are partner dances, but you do not need a partner to attend. We will all be partners for one another. Solo jazz dance and styling will be sprinkled in as class warm-ups. Join us for all the benefits that social dance has to offer — mental and physical exercise, socializing and fun! No prior dance experience is needed.

MOV323A · 8 Sessions

The Grove, Gymnasium – 1195 E. Main St.

class size 53

Tu · 3:00–4:00PM

9/15/2026–11/3/2026

INSTRUCTOR: Wendy Tanner

Free the Shoulders, Arms and Hands

This course explores the structure and primary movements of the shoulders, arms and hands, and how they are connected to the entire skeletal system. Each class features a lesson involving gentle movements, done slowly with minimal effort while paying attention to one's own personal experience. Students will be guided through easy, novel movement sequences, exploring and discovering ways of moving that activate the neuroplasticity of the brain. The lessons are safe, fun puzzles for the nervous system and brain, and are designed to create new patterns of behavior. Benefits may include less neck and shoulder pain and enhanced rib and spine mobility for ease in turning, reaching and breathing. It is beneficial to repeat this course.

MOV146A · 6 Sessions

Campbell Center – Room A

class size 11

M · 2:00–3:00PM

9/14/2026–10/19/2026

INSTRUCTOR: Moondance Forest

Introduction to Tai Chi for Health and Longevity

Learn a complete tai chi form for health and longevity that can be done anywhere and is adaptable for all ages, body types and abilities. No previous experience is necessary. Reduce pain and stress, improve balance, increase focus and find comfortable ways to move while gaining benefits from a 3,000-year-old Chinese movement form. When students finish the course, they will have three tools for dealing with change, transition and life in general. These tools include the Tai Chi 17 Form (movements from a Yang short form), a martial arts sequence called Finished the Form, and a basic knowledge of tai chi and the martial arts. Each time students repeat this course, a deeper understanding of this lifelong practice can be gained.

MOV144A • 6 Sessions
Campbell Center – Room A
class size 11
M • 3:30–4:30PM
9/14/2026–10/19/2026

INSTRUCTOR: Moondance Forest

Mindful Movement

This course is an introduction to qigong and simple stretching patterns. Movements will be taught both as physical, energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required. Participants should come as they are, ready to have fun with others! Although qigong can be studied for a lifetime, this brief series will give you a taste of the practices. Students will learn a set of simple movements that can be integrated into their daily routine. Students will also have access to videos on the instructor's YouTube channel, and a DVD and digital material are available for purchase. The exercises will challenge and enhance flexibility, balance, and coordination.

NOTE: This is an active class, and students need to be able to move comfortably in a home space. Students need to be able to lie down on and get up from the floor. Since this course is online, students must be prepared to take complete responsibility for their own physical well-being.

MOV125 • 4 Sessions
Online
class size 299
Tu • 9:00–10:30AM
10/6/2026–10/27/2026

INSTRUCTOR: Nando Raynolds

NEW! Qigong, Breathwork and Mobility

Shen Yun Lung Qigong, “spirit of the eternal dragon,” is a nine-posture Yin form composed of slow, soft movements designed to increase the body's flow of energy. Qigong is a combination of breath, movement and meditation. It is a gentle practice that helps tonify the nervous system, tranquilize the mind and enhance blood flow. This introductory course will include Taoist warm-ups and breathwork techniques to relieve tension in the mind and body. These are longevity practices that can be done occasionally or daily, if desired, and are designed for a lifetime. There will be handouts and visual aids to facilitate independent practice.

MOV324A • 3 Sessions
Campbell Center – Room A
class size 21
M • 11:00AM–12:30PM
10/26/2026–11/9/2026

INSTRUCTOR: Matthew Kriemelman

NEW! The Curious Rambler: Exploring Ashland's Parks

Come join fellow OLLI members and friendly local guides for relaxed weekly walks through some of Ashland's most beautiful places. Each 90-minute outing follows easy routes that have little elevation gain, leaving plenty of time to enjoy the scenery, take photos, watch birds, notice the changing seasons and get to know one another. A different guide will lead each walk, sharing stories and insights about the area's history, plants, wildlife and other local treasures. Afterward, those who wish can continue the conversation over coffee or tea at a nearby cafe. Possible destinations include Lithia Park, Hargadine Cemetery, Ashland Pond and North Mountain Park. Participants will receive weekly directions and meeting details by email. Come explore Ashland with us!

NOTE: The walks are not intended to be aerobic; however, it is important that participants be reasonably fit and have good balance.

MOV325A • 4 Sessions
Field Trip
class size 13
F • 9:00–11:00AM
10/9/2026–10/30/2026

INSTRUCTOR: Lucy Moore

The Positive Power of Play and Laughter

We don't stop playing because we grow old; we grow old because we stop playing! This class offers an opportunity to reawaken your inner child, reduce your stress level, exercise your body, sharpen your mental and physical reflexes and laugh a lot! Drawing on games from childhood, theater, new games and movement game sources, this is a time to have fun through interactive playful movement. Use your creativity, wit and voice; stimulate your brain with quick-thinking mind challenges; and sharpen your ability to respond quickly. All this helps to keep our brains sharp. Time for improvisation through skits, mime and comedy will be included — with no competition and no judgment — just taking time to laugh, play and have fun, knowing that play and laughter are healing. It's recess again!

NOTE: Good health and the ability to move well and to get up and down are requirements for this class, which will involve a lot of movement and some spurts of running. No experience is necessary. To build class connection, full attendance is appreciated for the seven weeks.

MOV318A · 7 Sessions

Bellview Grange – 1050 Tolman Creek Rd.
class size 37
M · 4:00–5:30PM
9/21/2026–11/2/2026

INSTRUCTOR: Pamala Joy

To Dance Is Happiness: Stretches at the Barre!

The ballet barre is how professional dancers start their day. Often referred to as a “warm-up,” it brings blood flow to the small and large muscles of the body. A simple ballet barre, including stretches, will bring students to a new level of wellness, body awareness and confidence. During the four sessions, participants will learn about the eight progressive elements of barre work, including ballet stretches focusing on posture, strength, flexibility and artistry using household items as a ballet barre. While we are practicing the ballet stretches, the instructor will share notions specific to ballet, including those of French ballet from the Opéra de Paris, discuss ballet history of the Romantic ballet era (1830-1850) and share techniques in the art of ballet from around the world.

NOTE: Participants should be able to stand on their feet for one hour. Bring a mat or blanket for floor stretches. All students are encouraged to practice at their own pace. No prior experience is necessary.

MOV320 · 4 Sessions

Online
class size 14
Tu · 11:00AM–12:00PM
10/6/2026–10/27/2026

INSTRUCTOR: Diane Gaumond Hyrst



WE'VE GONE DIGITAL!

Our Community Playguide is now fully digital.
Scan the QR code to connect with our offerings for the whole family, including Fitness Activities, Senior Programs, Music Lessons, Nature Center Classes and more!



ASHLAND SENIOR CENTER



NATURE CENTER



VOLUNTEERING



ACTIVITIES AND EVENTS



**ASHLAND PARKS
AND RECREATION**

**SUBSCRIBE TO OUR
FREE PARKS & REC
NEWSLETTER:**



Nature

A Bird in the Hand Is Worth a Poem

PowerPoint presentations that include stories and facts are shared with an emphasis on birding in the Rogue Valley and around the region. The members of the class are invited to share their stories and information. Topics are chosen that best fit the time of year and the interests of the folks who come to the class. No experience or prior knowledge is needed. Rather, it is a class that invites curiosity and engagement with nature and community. Poetry is interwoven throughout. Topics may include fall birding, connecting birding with poetry, mindful birding and learning about how birds get their common and Latin names. Generally, we focus on birds' behaviors and how we can connect with them and all of nature and how we can take care of the nature that we love.

NAT130A · 5 Sessions

SOU Art Building – Meese Auditorium

class size 105

M · 3:30–5:00PM

10/19/2026–11/16/2026

INSTRUCTOR: Shannon Rio

NEW! Animal and Fairy Stories

Relax, have fun, and enjoy heartfelt stories about animals — both domestic and wild. Through these tales, you'll experience the unique love, wisdom and presence that animals offer, while possibly reconnecting with meaningful encounters from your own life. Intuitive messages from animals will be shared and you will be guided through gentle visualizations to help you access your inner connection with animals. Together, these experiences will be explored

through group discussions and Q&A, creating a supportive space for reflection. You'll also hear lighthearted instructor-written fairy stories that use animal characters as metaphors for life's lessons. This class is designed to awaken the soul, spark curiosity and deepen your appreciation for the many ways animals touch our lives.

NAT326A · 5 Sessions

Campbell Center – Room D

class size 32

Tu · 11:00AM–12:30PM

10/20/2026–11/17/2026

INSTRUCTOR: Barbara Shor

NEW! Anthropologist Luther Cressman and Oregon

This course will track the earliest history of humans in Oregon by taking a closer look at the remarkable research and theories of anthropologist Luther Cressman. Cressman traveled to the University of Oregon in 1929, researching archaeological artifacts. He discovered the famous Fort Rock sandals in Eastern Oregon underneath ash deposited by Mount Mazama's eruption 7,600 years earlier. Carbon-14 data testing later confirmed that the Fort Rock sandals were more than 9,000 years old and the oldest of similar artifacts in North America. This discovery proved that Oregon's human occupation dated to 12,750 years ago, well before Mazama's eruption. The significance of carbon-14 dating, as well as changes in both climate and sociological conditions, will be examined.

NAT328A · 4 Sessions

Campbell Center – Room D

class size 53

Tu · 9:00–10:30AM

9/15/2026–10/6/2026

INSTRUCTOR: Bonnie Cassel



Hawks! Eagles! Falcons!

This is a survey course in the natural history of hawks, eagles and falcons. We will discuss the taxonomy, anatomy and behavior of these charismatic animals. Students will become familiar with the raptor “lifestyle” (hunting, courtship, interaction with other species), thereby gaining an appreciation for these birds of prey. Lectures will be augmented by a couple of brief videos. Prerequisite: A curiosity about our natural world. This course is being offered just prior to the arrival of Southern Oregon’s wintering raptors. Students will learn how and where to find these beautiful creatures.

NAT135A • 4 Sessions
Campbell Center – Room E
class size 78
Tu • 9:00–10:00AM
10/27/2026–11/17/2026

INSTRUCTOR: Dick Ashford

NEW! Introduction to Permaculture Gardening

Permaculture offers a system of garden design based in ethics, with principles centered on meeting human needs while working with, not against, nature. This course will introduce students to this system and demonstrate how to utilize it to garden in a way that is practical, sustainable and fits into any available home space. You will learn how permaculture is both regenerative and sustainable; how it can reduce the need for human input; and how it efficiently uses available energy while creating no waste. Come and learn how permaculture can offer a new perspective on home gardening and why this is important in today’s changing landscape. This course will be offered via Zoom and will be a combination of lecture and discussion. All levels of previous knowledge on the subject are welcome.

NAT321 • 4 Sessions
Online
class size 299
M • 5:30–7:00PM
9/14/2026–10/5/2026

INSTRUCTOR: Lindsey McNab

Nature Journaling in Your Backyard and Beyond

Slow down, tune in, be amazed: Join us to experience the magic of nature journaling using a simple flexible framework that you can use anywhere, any time. Whether you are art-phobic or you are a plein-air painter, whether you are a scientist or a poet or both or neither, this course is for you — this approach to journaling is adaptable and accessible for everyone. All you need is a pencil and your curiosity! The course includes three two-hour sessions. The first session will be indoors on the SOU campus, with a short trip outside. The second session will be primarily outdoors on the SOU campus. The third session will visit Pompadour Bluff, a preserve near Ashland owned by the Southern Oregon Land Conservancy, for journaling on the land. Each session will include a mix of instruction, journaling time and group discussion.

NOTE: Participants will need to bring a journal or notebook and a pencil or pen to each session. This course will include short, slow walks on the SOU campus (on sidewalks) and at a nature preserve (on a rustic unpaved road). Participants must be able to sit on a bench, in a camping chair or on the ground for journaling.

NAT319A • 3 Sessions
Campbell Center – Room A
class size 21
Tu • 3:30–5:30PM
9/15/2026–9/29/2026

INSTRUCTOR: Tara Laidlaw

**Thank you for allowing OLLI at SOU
to use the Rogue Valley Manor
facilities for classes.**



Personal Exploration

Accessible Meditation

Have you ever wondered how you might feel stable and more at ease in unstable and uncertain times? This six-week course, for the novice as well as for the seasoned meditator, is designed to be user-friendly and devoid of any ideological framework. It aims to integrate the practice of meditation seamlessly into ordinary life. It's an invitation to quiet an overactive mind, regulate and calm your nervous system and follow your curiosity down the yellow brick road of your inner world, as well as to better understand how we all create our subjective experience. Each class will include discussion, guidance and lengthening periods of meditative practice.

NOTE: Participants from previous classes are welcome to repeat this class. It is quite useful to deepen the meditation experience.

PERS308A • 6 Sessions
Campbell Center – Room A
class size 26
Tu • 3:30–5:00PM
10/13/2026–11/17/2026

INSTRUCTOR: Thomas Huffman

NEW! Antidote for the Wounded Feminine Consciousness

From history and herstory to heresy, Karen Tate discusses aspects of sacred feminine liberation theology that might be most crucial for humanity's healing and evolution. How one comes to discover Goddess might determine what one learns — and does not learn — about the Great She. Discover the divine feminine as deity, archetype and ideal in this course that uses lecture, discussion, activities, slides and some meditations.

PERS372M • 4 Sessions
Medford Higher Education Center – Room 118
class size 36
Tu • 1:00–2:30PM
9/15/2026–10/6/2026

INSTRUCTOR: Karen Tate

NEW! Anytime, Anywhere Meditation

Do you want to meditate, but think it's too hard? Do you think you have to be in a quiet room or have special tools or cushions? Then this class is for you! Meditation doesn't mean trying to force your mind to be quiet. Instead, you can learn to be friends with your thoughts and emotions. This six-week online class consists of short talks, videos, guided meditations and group discussions with time for questions. You are welcome, whether you have been meditating for decades or are brand new to meditation. You'll learn very short, easy meditation practices that you can do anywhere, anytime, in any situation. These practices will support you to be more present, kind and curious in your daily life.

PERS373 • 6 Sessions
Online
class size 26
F • 1:00–2:30PM
9/18/2026–10/23/2026

INSTRUCTOR: Shawn Davis

NEW! Awakening Your Innate Health and Wisdom

Sydney Banks, a Scottish welder working in Vancouver, B.C., had a profound mystical experience that transformed his life. Banks traveled the world teaching at universities, writing books and sharing about the principles he discovered. We will explore two novels of his, inspired by a Three Principles global community course: "Second Chance" and "In Quest of the Pearl." Students are not required to read the books, because we will watch video excerpts of Three Principles teachers reading and discussing passages. These delightful, enchanting books follow Richard, a troubled man dealing with a terminal diagnosis, pain, grief and depression as he vacations on Maui. He meets a mentor, Jonathan, and their rich conversations evoke deep feelings of peace.

NOTE: This course is based upon two books by Sydney Banks, "Second Chance" and "In Quest of the Pearl." Both books are available from the Jackson County Library Hoopla website as audiobooks. The instructor also has copies he can loan to students in the class.

PERS374A • 5 Sessions
Campbell Center – Room B
class size 21
M • 11:00AM–12:30PM
9/14/2026–10/12/2026

PERS374 • 5 Sessions
Online
class size 21
Th • 11:00AM–12:30PM
10/22/2026–11/19/2026

INSTRUCTOR: Dan Altman

Chakra Wisdom: Exploring the Energy Within

This nine-week course explores the chakra system and its relationship to emotional, mental, physical and spiritual well-being. Students will learn the function of each major chakra, common signs of balance and imbalance, and practical techniques for supporting overall well-being through greater self-awareness. Topics include the energetic body, the seven primary chakras, the aura, grounding practices, meditation, and the connection between thoughts, emotions and energy. Instruction will include lectures, group discussion, guided exercises and experiential activities designed to help participants better understand and apply the concepts presented. The course is presented from an energy-healing perspective while encouraging personal exploration.

NOTE: No prior knowledge or experience is required. Participants are encouraged to bring a notebook or journal for personal reflection. All participation is voluntary and may be adapted to individual comfort levels. There is no class on Nov. 11.

PERS343A • 9 Sessions
Campbell Center – Room C
class size 34
W • 9:00–10:00AM
9/16/2026–11/18/2026

INSTRUCTOR: Azragaura Zengia

Choosing the Peace Ability Mindset

Most people want peace in their lives but many do not even know how to define it or create it. The book “The Peace Ability Mindset: Your Ultimate Guide to Practical Peace and Personal Wellbeing” by Reba J. Parker describes what peace is and how to create it in one’s life. Participants will become familiar with the peace ability mindset as Parker writes about teaching it in various settings — including in a police academy. She shares how students most benefited from learning nonviolent communication (NVC). Because of the importance of creating the peace ability mindset, the instructor will focus the second half of each session on activities to develop NVC skills.

NOTE: Suggested book purchase: “The Peace Ability Mindset: Your Ultimate Guide to Practical Peace and Personal Wellbeing” by Reba J. Parker. If participants have NVC cards they are encouraged to bring them.

PERS375A • 10 Sessions
Campbell Center – Room A
class size 13
F • 10:30AM–12:30PM
9/18/2026–11/20/2026

INSTRUCTOR: Kathleen Hering

NEW! Color Your World in Three Easy Steps

Are you living your life in color? Color Your World is a short lecture/discussion series designed to give you tools for using color to enhance mood and well-being, inside and out. Session 1, Eat the Rainbow, helps you tantalize your taste buds, boost nutrition and increase mealtime enjoyment. Session 2, Closet Creations, is all about capsules, collections and creating your personal style. Session 3, Room Redos, is about small tweaks or total transformations for home decor that reflect you. Bring your current color dilemmas, projects and successes so we can learn from one another. Bonus: Session 3 includes a home decor exchange.

PERS376A • 3 Sessions
Campbell Center – Room C
class size 25
F • 1:00–2:30PM
10/16/2026–10/30/2026

INSTRUCTOR: Julianna Decerrini

NEW! East Meets West: A Taoist Perspective

Step inside a circle of calm where the softest things in the universe can overcome the hardest, and discover Taoism as both a living philosophy and a practical toolkit for well-being. In this two-session introduction the instructor, a Taoist priest and founder of the School of Tao Chi, will demonstrate the living, working knowledge and application of Taoism in modern life. Applying ancient knowledge to our modern world through living practice and drawing on Taoism's core ideas of yield-and-overcome and non-action with purpose, students will be shown the usefulness of this philosophy in modern life. Questions will be encouraged at the end of each class.

PERS377A · 2 Sessions
Campbell Center – Room C
class size 34
Th · 1:00–3:00PM
9/24/2026–10/1/2026

INSTRUCTOR: Franklin Wood

Exploring Family Secrets

Every family carries secrets. This course explores family secrets from psychological and sociological perspectives. In our tell-all era, what secrets are kept and which are exposed? As we age, what do we do with secrets we have kept our whole lives? Ancestry explorations through DNA provide us with evidence of our origins and paternity/maternity. What do we do with those results? How do secrets interfere with relational closeness or distance? How are cultural secrets surrounding sexuality, immigration and war trauma steeped in shame and protected by shame? These are the areas of exploration for this class. Our core textbook walks us step by step through an exploration of whether to expose a secret and asks, “Whose secret is it?”

NOTE: The textbook, Evan Imber-Black's “The Secret Life of Families” (Bantam Books 1999) is still timely today and available through online sources for less than \$20. Additional books in the bibliography are optional.

PERS250A · 5 Sessions
Campbell Center – Room C
class size 26
Tu · 11:00AM–12:30PM
9/15/2026–10/13/2026

INSTRUCTOR: Karen McClintock

NEW! Freud, Adler and Jung

This course will provide an understanding of the founders of modern psychology and a historical context of how modern psychology came about. Each founder had a valid and practical approach to appreciating human psychological health. The perspective that will be used is historical, seeing each founder as a practical observer of the human condition from their own perspective and the conditions that drove their search for meaning and health. The course format will be lecture with questions but not excessive debate. The aim is to have students appreciate how the three different approaches are complementary, not exclusive — rather like three brothers whose work complements one another's.

NOTE: Students should have some basic information about Jung and Freud. Jung's autobiography, “Memories, Dreams and Reflections” and “The Basic Writings of Sigmund Freud” are helpful, but not necessary.

PERS378A · 5 Sessions
Campbell Center – Room B
class size 20
W · 9:00–10:30AM
9/16/2026–10/14/2026

INSTRUCTOR: Matt Fawcett

Programs & Activities

MORE TO EXPLORE:

Learning at OLLI extends far beyond the classroom! Explore the various programs and activities that inspire curiosity and foster connection. Check the OLLI website and weekly Newsflash for the latest offerings.



NEW! Healing Your Guilt and Shame

In this highly interactive wisdom-sharing course, you will be introduced to personal growth techniques that can help you to relieve the emotional pain you carry from feeling guilty, shameful or embarrassed about yourself. The backbone of the course will be discussions of the academic understandings of how guilt, shame and embarrassment originate and persist in our minds. We'll examine specific issues (body shame, deceit, low self-esteem) that participants want to resolve. Powerful "ah-ha!" moments will help everyone to transform negative self-judgment into self-compassion and to remain on your path of authenticity guiding you to a shame-free future of expanded clarity and freedom. Sensitive subjects will be discussed, but participation in discussion is always voluntary.

PERS379A • 4 Sessions
Campbell Center – Room B
class size 19
Th • 11:00AM–12:30PM
10/22/2026–11/12/2026

INSTRUCTOR: Mark Gibson

How to Connect With Anyone

We appear to be as polarized as ever. According to David Brooks, author of "How to Know a Person," it doesn't take much to connect with a stranger. The best attitude is to be open, confident and curious. Listen closely for a vulnerability that they share. Try sharing a similar vulnerability to develop a deeper connection with them. During classes, we will learn how to handle tough conversations. Get into the "zone" with anyone, whether a stranger or acquaintance. Make new friends! The course will use "How to Know a Person" by David Brooks along with books by Charles Duhigg ("Supercommunicators") and Emily Kasriel ("Deep Listening"). The course will be taught over five lectures. Discussions will be guided by PowerPoint presentations. Optional conversational exercises will be provided

PERS362A • 5 Sessions
Campbell Center – Room B
class size 21
Th • 11:00AM–12:30PM
9/17/2026–10/15/2026

INSTRUCTOR: Tysen Mueller

NEW! Inspiring Future OLLI at SOU Instructors

Me? Teach an OLLI course? Yes, you have unique life experiences to share, just as other instructors who teach courses throughout a term do. In this course, the instructor will share her life experiences in detail, including travel, hobbies, and social and political activities with the hope that students will share theirs. Together we will talk about our interests and histories of courses taken at OLLI at SOU. OLLI courses come from an individual's experience, knowledge and passion for a topic. Hopefully, this time together will lead students to a desire to teach an OLLI course in the future.

PERS380A • 6 Sessions
Campbell Center – Room B
class size 19
M • 1:00–2:30PM
9/14/2026–10/19/2026

INSTRUCTOR: Mitzi Loftus

Inventing the Next Chapter of Your Life

Facing a major life change? Retirement? Empty nest? Divorce? New job? During big transitions, having a framework for self-reflection can help us increase satisfaction, provide a forum for exploring feelings, maintain equilibrium and reduce overall stress. Ruth Halpern will introduce processes for identifying values, goals and activities that will help make your transition, with all its challenges, into an opportunity to live more expansively. We'll use an assortment of techniques, including journaling, doodling, improv games, group discussion, and brief stories and lectures.

NOTE: Ruth Halpern's Transitions Workbook will be available for optional purchase for \$25.

PERS324A • 6 Sessions
Campbell Center – Room A
class size 21
F • 3:30–5:00PM
10/2/2026–11/6/2026

INSTRUCTOR: Ruth Halpern

NEW! Psilocybin 101 for Older Adults

This course provides a calm and supportive introduction for older adults who are curious about psilocybin. Participants will learn about safety, preparation and what to consider when exploring psilocybin. Through open discussion and reflection, participants are welcome to ask questions and to follow their curiosity in a respectful and comfortable environment. This course is educational in nature and is not intended as therapy or medical guidance. Participants are encouraged to seek licensed professional support for personal or clinical concerns.

PERS381A · 2 Sessions
Campbell Center – Room B
class size 19
M · 11:00AM–12:30PM
10/19/2026–10/26/2026

INSTRUCTOR: Karlinne Michele Brodine

Spiritual Teachers for a Troubled Age

This class will explore and discuss four famous spiritual teachers: Ram Dass, Thich Nhat Hanh, Rumi and Jane Goodall. Each class will include a short meditation, teachings, Q&A, class discussion, and time for tea and cookies. There will be several documentary films. Breakout groups will be held on weeks 3, 5, 7 and 9. We will be studying and discussing the life and core teachings of each figure, his or her place in history, and their lasting impact on the world. This is designed to be a course in comparative religion, spirituality and philosophy. Therefore, a diverse range of ideas, understandings and responses — positive, negative and neutral — will be examined and considered in a safe space. There will be optional reading assignments and suggested homework. All are welcome!

PERS172A · 10 Sessions
Campbell Center – Room E
class size 78
Th · 3:30–5:30PM
9/17/2026–11/19/2026

INSTRUCTOR: Carl Marsak

Stress Relief: Deep Relaxation and Wisdom Teaching

Come and enjoy stress melting away with the deep relaxation of Lisa's guidance that will be integrated with recordings of great contemporary spiritual teachers such as Alan Watts, Ram Dass, Eckhart Tolle and Shinzen Young. The focus will be on cultivating equanimity with challenging circumstances, both personal and collective, and connecting to your own inner resources for letting go when holding on is too difficult. This focus also greatly helps with accessing and trusting your inner wisdom and intuition for healing and peace of body and mind. No previous experience with meditation is necessary. No specific belief system is necessary.

PERS309A · 5 Sessions
Campbell Center – Room E
class size 47
Th · 1:00–3:00PM
9/24/2026–10/22/2026

INSTRUCTOR: Lisa Hubler

NEW! The Possible Human Spirit

This course explores a practical model of the human spirit through three knowing centers: the Ego Center (sense of self and identity), the Heart Center (compassion and connection) and the Control Center (awareness, decision-making and action). Students will examine how life experiences shape these centers and influence behavior. The course also introduces the God-Soul as a source of wisdom and explores how its interaction with the human spirit can foster transformation. Participants will identify patterns of alignment and imbalance through discussion, reflection and small breakout groups. Class members may well leave with a clearer internal map of how they function and insight into how to live with greater empathy and intention.

PERS382A · 3 Sessions
Campbell Center – Room A
class size 21
Th · 3:30–5:30PM
11/5/2026–11/19/2026

INSTRUCTOR: Ronnie Kaufman

The Salon: A Women's Wisdom Circle

Share ideas, make new friends and celebrate women in an updated answer to the salons of the French Enlightenment. Find common ground and camaraderie with other women via conversation and intellectual stimulation using modern pop culture as the catalyst for discussion— like a book club, but with films. At the first meeting, students will jointly select themes, which can range from angels to zeitgeist, diving deep into topics that touch women across ages, cultures, communities and circumstances. Weekly emails will include film titles and links to quotes, articles, visual artistic works and music that will become touchstones to recall personal stories and insights to share in discussions at the following sessions. Classes may include a short meditation.

NOTE: Students will watch one to two films weekly at home before class, chosen from current selections on Netflix, Amazon Prime and/or other popular streaming services available via free trials.

PERS367M • 10 Sessions
Jacksonville Library – 340 W. C St., Jacksonville
class size 16
Tu • 1:00–3:00PM
9/15/2026–11/17/2026

INSTRUCTOR: Julianna Decerrini

Tired of Saying Yes When You Mean No?

How often do you automatically say yes when you really want to say no? This course is an invitation to people-pleasers who are ready to slow down and explore what's true for them. Through somatic and grounding practices, nervous system education, journaling, playful exploration and circle discussion, everyone will have the opportunity to develop self-awareness tools, deepen understanding of their own patterns, and begin to reconnect with what they actually feel and need. Weather permitting, some sessions will meet outdoors in nature. No prior experience or knowledge required — only a willingness to show up. Topics include understanding people-pleasing patterns, nervous system basics, body-based regulation tools, self-compassion and play. Bring a notebook for time to journal.

NOTE: Between sessions, participants will be offered an optional reflection prompt to carry into their week. These prompts are invitations to notice and observe — not assignments. Students will share thoughts and experiences as they are comfortable.

PERS383A • 6 Sessions
Campbell Center – Room C
class size 16
W • 11:00AM–12:30PM
9/16/2026–10/21/2026

INSTRUCTOR: Jennifer Jo Kenworthy

Transitions

Each of us goes through important major changes in our lives, requiring us to adapt and accept the new realities that life presents. Because of the nature of our individual lives, no blueprint is available. Instead, we need to see what we are facing and make the necessary adaptations to what life presents to us. Each class will start with watching a short video to set the theme, after which there will be questions and discussion. The purpose is to encourage attendees to ask their own questions of themselves and direct their own ongoing resolutions.

NOTE: This course will be based on the book “Transitions” by William Bridges, which is required reading. Read the first two chapters before class and continue reading throughout the course to maximize the use of time in class.

PERS355A • 7 Sessions
Campbell Center – Room B
class size 10
Tu • 9:00–10:30AM
9/15/2026–10/27/2026

INSTRUCTOR: Matt Fawcett

Unraveling the Mysteries of Consciousness

Explore the greatest mystery in science and philosophy: consciousness. Everything we know, love and experience — including our sense of self — depends on it. How does the physical brain, the most complex object in the known universe, create our inner world of subjective awareness? We'll unravel the leading theories of consciousness (including quantum theories) and examine why it even exists. Additional topics include out-of-body experiences, near-death experiences, psychedelics and free will. This science-based course, with excursions into metaphysics and Buddhist philosophy, uses full-color slides, lecture, discussion and Q&A. No prerequisites — just bring your curious, conscious mind!

PERS273 • 5 Sessions
Online
class size 299
Tu • 1:00–3:00PM
9/15/2026–10/13/2026

INSTRUCTOR: John Kalb

NEW! Vision Boards: Designing Your Future

Step away from tech and text. This is old school Instagram — with Intention. Learn to harness the power of visualization to create positive change in your life as we peruse concepts found in “The Secret” by Rhonda Byrne and “Notes From the Universe” by Mike Dooley, with more on his website tut.com. Discover the many ways to make a vision board that is your perfectly personal Pinterest on paper. Create a unique, tangible visual reference for your future life using resources such as old magazines, junk mail, package wrappings and greeting cards. (Hint: Start collecting now). Add bling or keep it simple. Gather, share and cut paper materials in Session 1. Glue at home and come back to share your creations in Session 2. It's up to you to design your future!

NOTE: Supplies will be explained in the precourse email. There is no class on Nov. 13.

PERS384A • 2 Sessions
Campbell Center – Room C
class size 25
F • 1:00–2:30PM
11/6/2026–11/20/2026

INSTRUCTOR: Julianna Decerrini

Wild-Writing Circle

Wild writing is about coming home to ourselves, a loose and freeing technique to write about what is authentic in our lives. It's a safe harbor where members will write to prompts from three easily understood poems. The instructor will read a poem, offer a few jump-off lines, read the poem again, and ask students to write as freely as possible with the pen never leaving the page — just say yes to whatever arises. Participants will write for up to 15 minutes per poem, and then they will read what they have written. Students will listen to one another without any comment, critique or cross talk. What's written in the room will stay in the room. It's a come-as-you-are party, whether one has lots of creative writing experience or none, a place where perfectionism is left at the door.

NOTE: New poems and prompts will be offered this term, so previous students are welcome to take the course again.

PERS368A • 4 Sessions
Campbell Center – Room A
class size 9
Th • 9:00–10:30AM
9/17/2026–10/8/2026

INSTRUCTOR: Steve Neuberger

Women of Ukraine: Resisting, Hoping, Resilient

Storytelling is a form of justice. Using the WOW Woman and the “Inside Ukraine” series, this class will shine the spotlight on a broad spectrum of Ukrainian women's lives, including the brave and defiant Ukrainian women defending their right to live and prosper on their own land and those doing what they must for liberation. This exploration will be framed within the larger context of Ukrainian history and women's spirituality as a path of spiritual transformation. Classes will include readings from WOW Woman and “Inside Ukraine,” lecture, discussion and ritual circles.

NOTE: Suggested homework: read “Women and War: Letters From Ukraine to the Free World” by Aurelie Bros and WOW Woman (wowwoman.com/ukraine). Reflective writing and/or journaling are also suggested.

PERS315 • 6 Sessions
Online
class size 25
Tu • 1:30–3:30PM
9/15/2026–10/20/2026

INSTRUCTOR: Louise Paré

Recreation

American Mah-Jongg for Absolute Beginners

This course is a one-week introductory boot camp geared for absolute beginners who want to learn the basics of playing American Mah-Jongg. This boot camp is a one-week, five-day series of hands-on play and practice activities and is limited to two tables of four or five students at each table. Instruction will cover the game materials and the rules of play. This is not for people who have played before and want to get back into the game. Intermediate or advanced game play strategies are not part of this activity. At the conclusion of the boot camp, students will understand the game materials, objectives and rules of play, and be ready to form a group of beginners to continue their AMJ play.

NOTE: The required reference text is provided by the instructor. The text fee is \$10, payable at the first class, cash only. Please commit to the full week of classes. Missing one class can disrupt the learning experience for all participants.

REC318A • 5 Sessions
Campbell Center – Room B
class size 10
Daily • 1:30–3:00PM
10/26/2026–10/30/2026

INSTRUCTOR: Rebecca Jurta

NEW! Beginning Crochet: Make an Amigurumi

Are you interested in learning to crochet? Come join us! We will learn the easiest stitch in the crochet world — the single crochet — and the magic circle. We'll then combine those to make what's called an amigurumi, which is a small stuffed doll, creature, ball or cat toy. Join us for a fun afternoon of crafting for four weeks this fall and come away with a great holiday gift for your loved one (or kitty-cat)! Part of each class will be teaching via live video, followed by work on students' projects.

NOTE: Enrolled students will receive a list of recommended materials and yarn options.

REC338A • 4 Sessions
Campbell Center – Room A
class size 25
Tu • 1:00–3:00PM
9/15/2026–10/6/2026

INSTRUCTOR: Kathy Brantley

Bridge 1: Learn How to Play

Bridge is a rich card game that is challenging and fun. This course is for people who have never played bridge, people who are returning to the game after a long absence and beginners looking to improve their game. Using many prepared examples, students will learn how to bid and how to play, along with many tips for advancing beyond the basics of the game. Most class days will include playing some full hands of bridge with guidance from the instructor.

REC321A • 10 Sessions
Campbell Center – Room C
class size 21
M • 9:00–10:30AM
9/14/2026–11/16/2026

INSTRUCTORS: Kemble Yates, Rolf Houtkooper

Bridge 2: Improving Your Game

You can truly learn something new about the game of bridge forever. This course is geared for people who know a little about the game — they have played before and are familiar with the basics of bidding — and now want to improve their game. The focus will be on the fundamentals of the Standard American Five Card bidding system, followed by some good strategies for both playing (i.e., how to “make” your contracts) and for defending (i.e., how to defeat the opponents' contracts).

REC326A • 10 Sessions
Campbell Center – Room C
class size 21
M • 11:00AM–12:30PM
9/14/2026–11/16/2026

INSTRUCTORS: Kemble Yates, Rolf Houtkooper

NEW! Bridge 3: Tips for Advancing Players

This course will cover a number of tips for players already familiar with the basics of the game of bridge. The ideal student is familiar with the content of my first two courses: Learn How to Play Bridge and Beginning Bridge 2. That is, some knowledge of the basics of the Standard American Five Card Major bidding system are assumed — though they will be reviewed during the course. Examples of topics include special uses of doubling, slam conventions, competitive bidding situations, opening leads guidelines, and general declarer and defensive strategies. Each class session will include a minimum of 45 minutes of students playing bridge hands.

REC339A • 10 Sessions
Campbell Center – Room C
class size 21
M • 1:00–3:00PM
9/14/2026–11/16/2026

INSTRUCTORS: Kemble Yates, Rolf Houtkooper

Crosswords Practicum

Exercise your brain and have fun. In this practice-only course, we will solve word puzzles together on a shared screen — primarily regular crosswords of various theme types and levels of difficulty from different sources. We may also explore “variety” word puzzles such as acrostics and petal puzzles, and perhaps U.K.-style cryptics, depending on student interest. Solving tips, unusual clues and interesting themes and features will be highlighted and discussed. All levels of ability and students of earlier crossword courses are welcome.

REC100 • 6 Sessions
Online
class size 21
Th • 11:00AM–12:30PM
9/17/2026–10/22/2026

INSTRUCTOR: Steve Weyer



NEW! Knit an Emotional Support Chicken

Want to use up stashed yarn? Want to get a start on knitting presents for the holidays? Need something to snuggle in your life? This class will teach knitters tips and techniques such as short rows, various increases and mattress stitch while creating a small fun project — an Emotional Support Chicken! This is a great course for using up bits of yarn you have on hand and learning knitting skills applicable to other projects. Students need to know how to cast on, knit, purl and bind off comfortably. Beginning knitting will not be taught.

NOTE: Students will need to purchase the pattern (\$6.50) and view the final product at theknittingtreela.com; select Emotional Support Chicken kit. Stuffing, eyes, and red and yellow yarn (for the wattle, crown and beak) will be provided for a materials fee of \$3 to \$5.

REC340A • 5 Sessions
Campbell Center – Room C
class size 21
Th • 1:00–2:30PM
10/15/2026–11/12/2026

INSTRUCTORS: Jessica Bailey, Penny Colvin

Knitting Beyond the Basics: Techniques and Tips

Broaden your knitting skills by joining this knit-along and create a pair of wrist warmers and a pair of fingerless gloves. Participants will knit in class and on their own between classes as they learn techniques and tips for modifying simple patterns with some of the many options for the cast on, bind off, ribbing, charted stitch patterns and duplicate stitch. This is an advanced beginner/intermediate level course. Since we will not be going over the basics of knitting, participants must already know how to knit, purl, cast on and bind off.

NOTE: Instructions for a gauge swatch to be completed before the first class, as well as yarn, needles and other material requirements will be sent by email.

REC312A • 5 Sessions
Campbell Center – Room C
class size 13
Tu • 3:30–5:00PM
10/13/2026–11/10/2026

INSTRUCTOR: Margaret Mallette

Kumihimo: Beginning Japanese Braiding

What is kumihimo? The word means “gathered threads” and involves using a multistrand cord or string known as the “koma.” Originally used for practical purposes such as securing armor and clothing, kumihimo now serves many decorative functions like jewelry making and home decor. Participants will learn the craft by making a friendship bracelet. After that is mastered, they will move on to more advanced designs and projects. Both new and returning students are welcome. We will try both simple and advanced designs to keep everyone engaged.

NOTE: This is round, not square, kumihimo. A supply list will be sent to registered students prior to the first class. The cost of supplies may range from \$15 to \$40, depending on the project.

REC310A • 5 Sessions
Campbell Center – Room C
class size 14
F • 10:30AM–12:30PM
9/18/2026–10/16/2026

INSTRUCTOR: Peggy Foster

Learn to Play Go

Go is an ancient strategy game where two players alternate placing black and white stones on the board to control territory. Positioning, spatial relations and imagination are core elements of the game. Although it is simple in rules, it is complex in dynamics and interactions. By learning to play the game, you learn a bit about yourself and have fun along the way! The course will start at the beginner level, introducing the rules of the game, key concepts, ways to play, how to learn more and, finally, reviewing a master’s game.

NOTE: Go equipment will be provided but you may bring a personal set if you wish. There is no class on Oct. 2 and Oct. 9.

REC109A • 6 Sessions
Campbell Center – Room C
class size 32
F • 3:30–5:30PM
9/18/2026–11/6/2026

INSTRUCTORS: Thor Morris, Tony Davis



TRAVEL

WITH OLLI AT SOU

Enhance and extend your lifelong learning through travel with OLLI at SOU. Details on our engaging local, domestic and international trips can be found at olli.sou.edu/offerings/travel.

Featured 2027 Trips

**Burgundy & Provence, France
River Cruise**
May 11–19

**Mackinac Island,
The Grand Hotel & Niagara Falls**
June 11–18

Treasures of Ireland
September 21–29




NEW! Let's Juggle!

Students will be introduced to the art of juggling two, three or more balls. Everyone is welcome; whether you have never touched a juggling ball or you can juggle already, you will make progress on your juggling journey. We will start each class with warm-up activities to prepare our bodies and minds for learning, progress to instructor's demonstrations of new skills and spend lots of time on coached practice. Skills will be scaffolded as appropriate, with various activities to help your learning. If you wish to make quicker progress, suggestions for outside practice will be given. Students will actively participate during class, which includes bending over to retrieve dropped balls. Tables will be available to juggle over to reduce the effort of picking up.

NOTE: Equipment will be provided for use during class. Students are encouraged to bring their own juggling balls, if they have them. If you would like to take home one of the sets we use in class, they will be \$15-\$20. Recommended: 120- to 135-gram, 65-70 mm thuds or beanbags, from a quality company like Renegade or Firetoys.

REC341A • 4 Sessions
Campbell Center – Room A
class size 16
F • 1:00–2:30PM
10/30/2026–11/20/2026

INSTRUCTOR: Kari Richards-Dinger

Pickleball: Absolute Beginners

This course is designed for those who want to learn the fundamentals of the fastest growing sport in America. It is played by all age groups and physical abilities in recreational or tournament play. Join the fun, led by experienced instructors from the Ashland Oregon Pickleball Club. We will meet for 1½ hours for five consecutive afternoons. Beginning players will learn the basics: choosing a paddle, paddle position, serving, return of serve, dinking, drills, scoring and calling “out balls.” You might meet “Nasty Nelson!” An emphasis will be placed on safety, court etiquette and sportsmanship. AOPC will provide paddles, balls and instruction. Information on courts in the Rogue Valley will be included.

NOTE: Please wear court shoes and a hat or visor and bring a hydrating drink. Protective eyewear is recommended. In the event of inclement weather, the class will be canceled.

REC103A • 5 Sessions
Lithia Park Pickleball Courts – Winburn Way
class size 20
Daily • 2:30–4:00PM
9/14/2026–9/18/2026

INSTRUCTOR: Cori Frank

**Pickleball:
Advanced Beginners**

This course is designed for students who have taken the Absolute Beginners Pickleball course or have a rudimentary knowledge of the game. It will be taught by seasoned instructors who are experienced players and members of the Ashland Oregon Pickleball Club. Expect to build on the basic game to include advanced strategy in play. We will meet at Lithia Park pickleball courts for 1½ hours a day for five consecutive days. The emphasis will be on safety, playing by USA pickleball rules and sportsmanship. This skills-building course will focus on serves, third-shot drops (drop shots), drives, lobs, partner communication and types of scoring, and on understanding Bert, Ernie and Nasty Nelson. The last day will be a fun and fast-paced round-robin, in which all players will rotate.

NOTE: Please bring your favorite paddle, wear court shoes and a hat or visor and bring a hydrating drink. Eye protection is recommended. If we have inclement weather, the class will be canceled.

REC137A • 5 Sessions
Lithia Park Pickleball Courts – Winburn Way
class size 20
Daily • 2:30–4:00PM
9/28/2026–10/2/2026

INSTRUCTOR: Cori Frank

Pickleball: Round-Robin FUNdamentals Collective



This fun and active course is for pickleball players who understand the game and want to meet players through a rotation/competitive type of play. All levels of players are welcome. There will be three classes during the term, each with 3½ hours of play. Players will learn format, partnering, stacking, hand signals, types of scoring, byes, types of pickleballs and when to utilize them. Timing and numbering of rotations will be taught with an emphasis on safety. Six games will be played in each class, with frequent rest breaks. You will be an active participant and connect with your partner in strategizing your game plan. This course is taught by experienced local players from the Ashland Oregon Pickleball Club.

NOTE: This course will be at Lithia Park pickleball courts; court numbers 1-4 have been reserved from 8 a.m. to noon. Bring your favorite paddle and a hydrating drink and wear court shoes and a hat or visor. Eye protection is recommended. In the event of inclement weather, we will cancel. There is a \$3 fee for pickleballs, payable to the instructor. Class dates are 10/15, 10/29 and 11/19.

REC313A • 3 Sessions

Lithia Park Pickleball Courts – Winburn Way
class size 20
Th • 8:30AM–12:00PM
10/15/2026–11/19/2026

INSTRUCTOR: Cori Frank

NEW! Scrabble for Word Lovers



Did you know, when two people play, winning at Scrabble over time is roughly 80% skill and 20% luck? Strategy and logical thought matter as much as vocabulary. Each class session will start out with tips on strategy and some useful words, then you will get a chance to play Scrabble with another student. Both beginners and expert players are welcome.

NOTE: There will be no class session on Oct. 14. Students who have “The Official Scrabble Players Dictionary” (7th edition) and a Scrabble set should bring them to class.

REC342A • 6 Sessions

Campbell Center – Room A
class size 24
W • 3:30–5:30PM
9/16/2026–10/28/2026

INSTRUCTOR: Fran Adams

Slow Down to Run Fast



This course will introduce practices of mindfulness while running/walking that will encourage students to look not just at speed and toward the end of the run, but more importantly, to enjoy the journey — each component of it, sensing how you feel and your joy and pleasure in the routine. These principles are based on martial arts and the Feldenkrais Method. Students will be guided to explore novel, unusual movement sequences done slowly with minimal effort and with the intention to activate the neuroplasticity of the brain. Slow Down to Run Fast steers individuals to understand their own movement patterns/habits and introduces new options for moving. The course is adaptable for those who are aware of their limitations and will feel confident on the beautiful SOU asphalt track.

REC323A • 5 Sessions

SOU Track—1465 Webster St.
class size 11
W • 11:30AM–12:15PM
9/16/2026–10/14/2026

INSTRUCTOR: Moondance Forest



Shared Interest Groups

Connect with fellow OLLI members through SIGs centered around hobbies, activities and lifelong learning. Don't see a group that matches your interests? Start one! Visit the website to explore current SIGs and learn more.



Science, Technology, Engineering and Math

AI for Lifelong Learning

Artificial Intelligence is shaping how we think, write and learn. This hands-on course explores how tools like ChatGPT, Claude and Gemini can serve as tutors, guides and personal learning companions. Participants will experiment with prompts, compare AI and Google searches, explore multiple perspectives and design a personal learning plan. Each session combines short presentations, live demonstrations and AI application exercises. Topics include how AI “learns,” effective prompt writing, creativity, research and everyday uses of AI. No experience with AI or technology is required beyond familiarity with computers — just curiosity and a willingness to explore how intelligent tools can enhance lifelong learning.

NOTE: Students must bring a laptop or tablet computer to use during class.

STEM330A • 6 Sessions
Campbell Center – Room C
class size 34
Th • 3:30–5:00PM
9/24/2026–10/29/2026

INSTRUCTOR: Bruce Evans

Elements of Our Lives: The Periodic Table

The periodic table is one of the iconic symbols of our knowledge of the world around us. This course has three very general topics: how chemists think about elements (atoms), how the periodic table came about and what it means, and what are some of the significant chemical elements and how they are involved in our lives, locally and globally. This is primarily a lecture course and may include some simple demonstrations, if possible. No prior background is required. Those with at least some high school-level chemistry will find some of this a review. The material covered in the course will come from a variety of sources, but no textbook will be required. Students will be given handouts summarizing various aspects of each lecture, which will also be available to download.

NOTE: The course, last taught in Spring 2025, will be updated with new information and will also spend more time on the role of some elements, such as rare earth

elements, in global conflicts. This course will be given at the Jacksonville Library Naverson Room, which is easily accessible with ample parking.

STEM142M • 6 Sessions
Jacksonville Library – 340 W C St., Jacksonville
class size 16
W • 3:30–5:00PM
9/16/2026–10/21/2026

INSTRUCTOR: Tom Pratum

NEW! Exploring Google Workspace: A Guided Tour

Ready to feel more at home in the cloud? We will explore Google Workspace through demonstrations and hands-on activities, turning digital “how-to” into “I’ve got this.” Bring your laptop (essential) and phone. Apple, Windows and Android devices are welcome. Learn how Google applications seamlessly connect across devices. We will explore the essentials from securing your Google account and mastering Gmail to organizing your files in Drive and digital memories in Photos. We will also examine how to build clean, well-formatted documents, organize data in spreadsheets and craft engaging presentations. Our final topic includes time-management tips using Google Calendar. You are invited to explore the possibilities and gain the confidence to stay connected in today’s fast-paced digital world.

NOTE: Students must have an active, accessible Google account to participate in class. Those without an account or who cannot access their account or need assistance to ensure their account is set up properly (secure) must attend class Session 1. Those who can confidently access their Google account need not attend Session 1. Formal instruction will begin in Session 2.

STEM332A • 6 Sessions
Campbell Center – Room A
class size 21
Th • 3:30–5:30PM
9/17/2026–10/22/2026

INSTRUCTOR: Barry Jahn

NEW! Introduction to IIIF

The International Image Interoperability Framework (IIIF) might be just what you have been looking for, if you appreciate looking very closely at images and sharing them with others. IIIF, a set of open standards for delivering high-quality, attributed digital objects online at scale, has been adopted by hundreds of institutions. From photos of cell structures in the Wellcome Collection to details of manuscripts in the British Library, IIIF can provide excellent zoomable images, facilitate sharing and annotating details while preserving connections to the original images. Students will explore how to access the vast variety of images accessible in IIIF, share them with viewers like Mirador, annotate them and include the results in presentations (like teaching at OLLI).

NOTE: All the materials used in the course are available at no cost online.

STEM333A · 3 Sessions
Campbell Center – Room A
class size 34
F · 3:30–5:00PM
11/6/2026–11/20/2026

INSTRUCTOR: Alice Taylor

NEW! Memory, Neuroscience, Metacognition and Verse

Memorizing long passages of verse is an ancient bardic art, engaging multiple brain processes and exercising neural circuits involved in heightened attention and cognitive flow. Introspection of thought during memory creation and recall improves memorization skill. This course explores cognitive neuroscience and metacognition of long-term memory formation via lectures and disciplined practice in memorizing verse or playscript. Students develop practice routines and record progress in journals to prepare for in-class performance of selected verse. Skilled practice integrates multiple components of memory as recitation is animated with voice, gesture, mental images, emotion, story and meaning. Lectures cover brain function and cognitive neurosciences of learning, memory and metacognition.

NOTE: The only prerequisites are interest in neuroscience of memory and intention to develop skill in memorizing verse or playscript. The course is fundamentally participatory. Every class meeting includes memory practice activities. The course is designed for and welcomes students of all abilities and experience with memorization. The first meeting is essential orientation for work in the course.

STEM192A · 8 Sessions
Campbell Center – Room E
class size 26
W · 3:30–5:30PM
9/16/2026–11/4/2026

INSTRUCTOR: Steven Jessup

Microsoft Word for PCs: Tips and Tricks

Word is a powerful word processing program, but many users are either unfamiliar with or reluctant to use the wide range of features it offers. The course will start with a quick review of basic features, then move on to more advanced techniques. Topics covered will be: page layouts and advanced spacing options; types of tabs and indents; bullets and numbering; footnotes, endnotes, headers/footers and page numbering; how to insert shapes, pictures and symbols; and how to create an index. Additional topics will include using find and replace; creating styles and templates; creating and using columns versus tables; and using bookmarks and splitting windows. This course is for those who already have some familiarity using the Microsoft Word program. It is not for beginners.

NOTE: This course uses Microsoft Word for PCs. It is not for Chromebook or Apple users. Students must have a PC with Windows 11. They should be comfortable using the Windows 11 environment, including downloading and saving files from emails. Students will use a mouse during class. Those without a mouse may borrow one from the instructor.

STEM312A · 8 Sessions
Campbell Center – Room A
class size 13
W · 9:00–10:30AM
9/16/2026–11/4/2026

INSTRUCTOR: Holly Campbell

Nuclear Energy: The Past Is Prologue

The existential crisis we face due to global climate change and the copious need for data center electricity has brought renewed interest in nuclear energy. Recent advances in fission reactor technology such as small modular reactors (SMRs) and in plasma and fusion reactor science (the “breakeven” experiment at Lawrence Livermore National Laboratory) hold promise for achieving these needs. In this course students will learn: 1) the history and context for nuclear energy; 2) fundamental physics of radioactivity, fission and fusion; 3) how nuclear reactors work; 4) safety, risk and licensing; 5) recycling and radioactive waste disposal; 6) current developments for advanced fission and fusion systems; 7) sociopolitical and socioeconomic issues; and 8) resource and supply chain issues.

NOTE: A scientific or technical background is not required for this course. All are welcome!

STEM208 · 8 Sessions

Online

class size 26

Tu · 11:00AM–12:30PM

9/29/2026–11/17/2026

INSTRUCTOR: William Kastenber

NEW! Physical Astronomy

How do we know what we know about our universe with all its galaxies, stars, planets? How did it form following the Big Bang? How do all these old and new telescopes work? How do we measure time and distance? How do stars form and evolve? What are gravity waves and black holes? This course will examine these topics that have no practical use for most but are fun to learn about anyway. The course will be taught using PowerPoint presentations and other visual and audio material. As much time as necessary will be devoted to your questions. Not included in the course: space exploration, planetary geology, extra-terrestrial life, astrology, constellations and star positions, or exoplanets.

STEM334A · 6 Sessions

Campbell Center – Room E

class size 78

M · 11:00AM–12:30PM

10/12/2026–11/16/2026

INSTRUCTOR: John Johnson

Plants and People, Part 2

The goal of this course is to foster an appreciation for the importance of plants in our daily lives. We will examine how plants contribute to our lives and well-being beyond the basics such as oxygen to breathe, food, shelter and clothing. The course will introduce some scientific concepts and terminology relating to plant structures and functions as well as economic and historical aspects of plant use. The format will be interactive lectures; plant material will be brought in periodically to demonstrate particular concepts. This course is a continuation of Plants and People, Part 1, and will cover topics not included in the first part such as medicinal and psychoactive plants, spices, fermentation and stimulating beverages. Students do not need to have taken Part 1

STEM306A · 5 Sessions

Campbell Center – Room C

class size 30

Th · 9:00–10:30AM

10/22/2026–11/19/2026

INSTRUCTOR: Melissa Luckow

NEW! Restoring Stream Habitats in the Rogue River

This course will provide an understanding of how watersheds affect our rivers and how we can restore them to help plants, animals and humans. The first three class sessions will be lectures and discussions, starting with an explanation of how watersheds affect our rivers and their water quality. This will be followed by an explanation of how streams behave and change over time and how those changes affect habitats. A focused discussion on the life cycles and needs of salmonids and other aquatic organisms will be followed by techniques for improving stream habitats. The fourth session will be an optional, but strongly encouraged, half-day field trip to Bear Creek to see restoration in action. No prior knowledge or experience is required, and no homework is expected.

NOTE: The field trip will take four hours, including travel time and visits to two different sites to provide a unique opportunity to view stream reaches before and after restoration. Participants must provide their own transportation and may arrange to carpool. Participants need to be able to walk safely on uneven ground, for no more than a mile.

STEM335A · 4 Sessions

Campbell Center – Room E

class size 40

W · 9:00–10:30AM

9/23/2026–10/14/2026

INSTRUCTORS: Stan Dean, Jack Williams

NEW! See Like a Geologist: The Landscapes of Northern Spain

Northern Spain is a geologic wonderland that is easily explored because of its accessible coastline and mountain exposures. This course will focus on three areas, how they formed and how to visit them: 1) Los Picos de Europa, a National Park in Cantabria Province, where limestone peaks were formed during the Paleozoic Era and uplifted during the collision between Africa and Europe that also created the Alps. This province also contains an abundance of Paleolithic rock art. 2) The Dinosaur Coast in Asturias Province, where many types of dinosaurs roamed during the Jurassic Period. 3) The Basque Geopark in the Basque Country, where 60 million years of geologic history, including the end-of-Cretaceous mass extinction, are exposed along 20 km of spectacular coastline.

STEM121 • 3 Sessions

Online

class size 74

F • 1:00–3:00PM

11/6/2026–11/20/2026

STEM121A • 3 Sessions

Campbell Center – Room E

class size 76

F • 1:00–3:00PM

11/6/2026–11/20/2026

INSTRUCTOR: Karen Grove

Using Apple Apps and iCloud: An Introduction

This course helps participants use iCloud to sync, organize and share information across Apple devices. Students will learn the benefits of cloud-based apps, how to set up and sync applications, ways to share information while controlling access and important privacy and security practices. Apps introduced include: Mail for managing multiple email accounts, Calendar, Notes, Reminders, Photos, Find My, iCloud Drive and Files, and Passwords. We'll also explore shared features across apps and provide a practical foundation for using them together effectively. Students should have basic familiarity with the iPhone or other Apple devices.

STEM174A • 5 Sessions

Campbell Center – Room D

class size 40

F • 1:00–3:00PM

9/18/2026–10/16/2026

INSTRUCTOR: Neal Strudler

Wine Growing in the Rogue Valley

Have you ever wondered what it would be like to plant and develop your own vineyard in the Rogue Valley? This course will give you an idea of what is involved, from the science of choosing a site and varieties to plant to the financial ramifications of the current wine market. You will hear about the heartbreak of early frost and vine viruses as well as the joys of making wine from grapes you have grown and sharing it with friends. If you enjoy wine tasting, every class will include a tasting of wine made from fruit grown in the instructor's vineyard. The final class will involve a field trip to the vineyard.

NOTE: The field trip to the vineyard will occur during the regular class time. Students will provide their own transportation or carpool and meet at the vineyard. Those who choose to walk around in the vineyard must be able to walk safely over uneven ground. However, walking in the vineyard is not required. There is no class on Oct. 12.

STEM318A • 6 Sessions

Campbell Center – Room C

class size 25

M • 3:30–5:00PM

9/14/2026–10/26/2026

INSTRUCTOR: John Pratt



Social Sciences

2026 Midterm Elections

Who will control the U.S. House of Representatives and the U.S. Senate in the last two years of President Trump's administration? That will be the major topic of this course. We'll also discuss some major state governor races, certainly including Oregon and California. Election laws, campaign spending and developing issues will also be topics for classes. All viewpoints will be welcome. No background information is essential for participants, only an interest in our country.

SOC351A · 7 Sessions
Campbell Center – Room C
class size 34
Th · 11:00AM–12:00PM
10/1/2026–11/12/2026

SOC351M · 7 Sessions
Medford Higher Education
Center – Room 118
class size 37
F · 11:00AM–12:00PM
10/2/2026–11/13/2026

INSTRUCTOR: David Runkel

NEW! Endless War and Debt: Why? A Contrarian View

Have you wondered why our economy works very well for a tiny elite and is increasingly difficult for most of us? Did you know Canada had a very successful and very different economic system from 1938 to 1973? That success story was abruptly cut short. Many highly credentialed economists have contrarian views, including Jeffrey Sachs, Herman Daly, Michael Hudson and Richard Werner. And you may also be concerned about why we have war after war. Globally, we have as many as 100 conflicts at once! Many retired military leaders openly criticize the permanent war agendas, and yet our leaders do not listen. We will call upon retired military officers Scott Ritter, Karen Kwiatkowsky, Douglas Macgregor and others to explain why these endless wars happen. The class will use a lecture format, with the third session open.

SOC347A · 3 Sessions
Campbell Center – Room A
class size 34
W · 11:00AM–12:30PM
10/21/2026–11/4/2026

INSTRUCTOR: Louis Urban Kohler

Fiat Currency

Where does government money come from — and where does it go? This six-class course challenges the most common myth in economic life: that the federal government runs like a household budget. Starting from first principles, we will explore what fiat currency actually is, how money is created, and what separates a currency issuer (the federal government) from a currency user (everyone else). We will unpack the national “debt,” inflation, sectoral balances and the role of taxes in funding federal spending. Along the way we’ll screen “Finding the Money,” Stephanie Kelton’s documentary on modern monetary theory. No economics background is required — just curiosity and a willingness to question what you’ve been told.

SOC317A · 6 Sessions
Campbell Center – Room E
class size 78
Tu · 11:00AM–12:30PM
10/13/2026–11/17/2026

INSTRUCTOR: Tom Woosnam

Hot News & Cool Views

Hot News & Cool Views is an open discussion forum to explore and discuss each week's breaking news, from Oregon to around the globe. All views and opinions are not only welcome but essential for lively discussion in the group. We cover a wide range of topics, including politics, climate change, technology and medicine. An agenda with articles to read will be sent to you prior to each class. Students are encouraged to send in topics and news articles to add to each week's agenda. Please join us for a sizzling hot journey around the world with our fast, fun and sometimes controversial class, whose success is largely a product of the wisdom, knowledge and experience of our great group. Many people take our class again because it's better than a strong cup of coffee to get your week going!

SOC139 · 10 Sessions
Online
class size 299
Tu · 9:00–10:30AM
9/15/2026–11/17/2026

SOC139A · 10 Sessions
Campbell Center – Room A
class size 32
Tu · 9:00–10:30AM
9/15/2026–11/17/2026

INSTRUCTOR: Rick Vann

NEW! How to Think Clearly: Fallacies and Disinformation

We are awash in information, and a growing share of it is engineered to deceive, distract or inflame. This eight-week course offers a practical tool kit for recognizing flawed reasoning, identifying disinformation and thinking more clearly in daily life. We will work through the cognitive biases that make all of us vulnerable, the logical fallacies that appear in news and political speech, the tactics behind modern disinformation campaigns and the new challenge of AI-generated content. Each 60- to 90-minute session blends short lectures with group discussion and hands-on analysis of real examples drawn from across the political spectrum. No prior background is required — bring curiosity, examples from your own week and a willingness to examine your own thinking alongside others.

SOC348A • 8 Sessions
Campbell Center – Room B
class size 19
W • 3:30–5:00PM
9/16/2026–11/4/2026

INSTRUCTOR: Sean Smith

NEW! Revolutionary Patience in the Gospel of Mark

This course will introduce students to the concept of political theology using the Gospel of Mark as an example of standing in the breach between temple and court collusion while exercising nonviolent resistance toward authoritarian power. Americans have been taught that church and state should be separate, but religion and politics have experienced a lover's quarrel throughout history. We will look at Pope Leo XIV as an example. While the course has a Christian biblical slant, it will be of general interest. All viewpoints are welcome. The instructor will facilitate class discussion of five or six pages of assigned readings from his unpublished manuscript during each class. Students are encouraged to bring personal experience to bear. Seating will model a class oval.

SOC349M • 10 Sessions
Medford Higher Education Center – Room 118
class size 23
Th • 11:00AM–12:30PM
9/17/2026–11/19/2026

INSTRUCTOR: Richard Nourse

Screen Time or Real Time? Reclaiming Us

You remember what a real conversation feels like — the kind where someone looks you in the eye, loses track of time and says something they couldn't have texted. You've felt that disappearing. So have the people you love. This six-week course uses MIT researcher Dr. Sherry Turkle's landmark book "Reclaiming Conversation" to name what's being lost and to practice getting it back. Not by giving up your phone. By understanding what screens can and can't give us and learning small, specific moves that restore depth to the relationships that matter most. Each session combines brief readings, paired conversation practice and private reflection. No preaching. No technology shaming. Just six weeks of honest, skilled, senior-to-senior exploration of the most human thing we do: talk to each other.

NOTE: Required reading: "Reclaiming Conversation" by Sherry Turkle; any edition is acceptable. Participants' basic knowledge and use of digital communication tools and devices is required. Expect weekly readings and discussions.

SOC345A • 6 Sessions
Campbell Center – Room A
class size 30
W • 1:00–3:00PM
9/16/2026–10/21/2026

INSTRUCTOR: Meri Walker



The Baha'i Faith: Model and Catalyst for Social Change

As organized religion has rapidly declined in the last 50 years, the Baha'i community has experienced an 800% increase in growth. We will explore the dramatic shifts in the under-reported contemporary story of the decline in organized religion and what insights the Baha'i faith is offering and modeling as a catalyst for religion to become a cooperative, constructive agent for social change and global community. Reasons for the decline in organized religion will be examined from the perspective of former congregants, members, academics and the Baha'i community model. There will be ample time for discussion prompted by a sequence of sequential framing questions. The class will use a Keynote format and recorded guest lectures by pundits, such as David Brooks.

SOC341A • 5 Sessions
Campbell Center – Room B
class size 19
Th • 3:30–5:00PM
9/17/2026–10/15/2026

INSTRUCTOR: David Young

The Constitution in Everyday Life

We are experiencing challenges to our democracy that we have not had since the Civil War. Unfortunately, many of us can no longer identify the constitutional issues that are being threatened. The purpose of this class is to identify the current developments that present a direct challenge to our democracy and why they do. We will be looking at current events but the prism through which we will study these events is the U.S. Constitution.

SOC146-1 • 4 Sessions
Online
class size 32
W • 9:00–10:00AM
9/16/2026–10/7/2026

SOC146-2 • 4 Sessions
Online
class size 32
W • 11:00AM–12:00PM
9/16/2026–10/7/2026

INSTRUCTOR: Betsy Massie

NEW! The Godfather: The Don of Effective Communication

Join the Godfather for an offer you can't refuse on improving your communication skills! About 45 minutes of "The Godfather" will be shown in the first session and referenced in the following sessions. Vito Corleone is the world's foremost expert on clear messaging. The resulting discussion will center on managing the principles of people, place, perspective, power, peerage and preparation. The instructor has experience in using these principles to improve communication, and he will use them to direct discussions. There will be some directed homework.

SOC350A • 3 Sessions
Campbell Center – Room B
class size 16
Th • 1:00–2:30PM
10/8/2026–10/22/2026

INSTRUCTOR: Michael Sullivan



OLLI at SOU at Talent Maker City

109 Talent Ave.
Talent, Oregon

Public parking is available on Talent Ave., Valley View Road, Market and Seiber streets.

*Courses are subsidized by TMC grants and facility rental paid by OLLI at SOU

Please note: Payment for each course should be made directly to Talent Maker City after registration is processed. Registration fees are noted in the course description, include the cost of all course materials and are nonrefundable. All courses require a signed liability waiver before participating.



3D Printing for Beginners

This is a beginning course in 3D printing. Students will learn about the history of 3D printing, its uses and how it works. The many types of 3D printers and the wide range of materials that can be used for printing will be discussed. As part of the actual printing process, students will use 3D modeling software to access existing files of 3D models for printing 3D objects. Toward the end of the course, students will work on customizing and printing a 3D printed bobblehead or light box. Students will learn how to set up the 3D printer, change filaments and perform basic maintenance. No prior experience is required. Participants should be comfortable following directions to navigate computer software.

NOTE: Total cost to participate is \$112 (\$28 per session).

STEM331A • 4 Sessions

Talent Maker City

class size 5

Th • 9:30AM–12:00PM

10/22/2026–11/12/2026

INSTRUCTOR: Michael Schubert

NEW! Dye-lightful

Join us as we harvest from our community dye garden and fix living color onto natural fibers! Students will be harvesting natural botanicals from our dye garden that the previous OLLI participants helped grow from seed and plant. Projects will also use some dye materials that are purchased from a woman-owned dye supply company in Washington. In this five-week series, you will learn the basics of natural dyes while using indigo on napkins, bundle dye techniques on socks and marigold dyestuff on bandanas.

NOTE: Total cost to participate is \$140 (\$28 per session).

ARTS429A • 5 Sessions

Talent Maker City

class size 6

Th • 9:30AM–12:00PM

10/1/2026–10/29/2026

INSTRUCTOR: Molly Acord

NEW! Ink-credibly Fantastic

In this course you will learn about the art of serigraphy, aka screen printing. Students will practice three different techniques for making screen prints and look at the work of screen printing legend Corita Kent. Learn about the screen filler/drawing fluid technique, Grafix Dura-lar drawing technique and screen stencil making. You will come away with your own unique prints on paper and fabric!

NOTE: Total cost to participate is \$112 (\$28 per session).

ARTS430A • 4 Sessions

Talent Maker City

class size 6

Tu • 9:30AM–12:00PM

10/6/2026–10/27/2026

INSTRUCTOR: Amy Godard

NEW! Introduction to Ceramics: Handbuilding

Explore the fundamentals of clay and handbuilding in this beginner-friendly clay class. During the four weeks, students will learn pinch, coil and slab construction techniques. Surface decoration methods, glazing and an introduction to the firing process will also be covered. No previous experience in clay is needed, just a desire to play and explore.

NOTE: Total cost to participate is \$112 (\$28 per session).



TALENT MAKER CITY

**Hands on learning
for curious minds
of all ages**



FIBER ARTS



WOODSHOP



CERAMICS



TECH ROOM



SCREENPRINTING

**MAKE. LEARN.
BUILD COMMUNITY.**

See our full calendar of makerspace
workshops at

www.talentmakercity.org

109 Talent Ave.



(541) 897-4477

YOU + MAKE + TALENT

ARTS325A • 4 Sessions

Talent Maker City

class size 8

Tu • 9:30AM–12:00PM

10/6/2026–10/27/2026

INSTRUCTOR: Bonnie Morgan

NEW! Introduction to Ceramics: The Potter's Wheel

If you have ever watched a solid lump of clay take form on a potter's wheel, it looks like magic, but really it is just a skill that can be practiced and learned. Over four weeks, students will learn the fundamental steps of throwing: preparing the clay, centering, opening, pulling the clay into a cylinder and shaping. We will also cover trimming and glazing. This course is designed for students with no experience or those who want to refine their skills.

NOTE: The total cost to participate is \$112 (\$28 per session).

ARTS389A • 4 Sessions

Talent Maker City

class size 8

Tu • 9:30AM–12:00PM

11/3/2026–11/24/2026

INSTRUCTOR: Bonnie Morgan

Introduction to Turning on the Lathe

Discover the joy of shaping wood on the lathe in this hands-on introductory course. You'll learn the fundamentals of safe lathe operation and tool selection, the principles of spindle and face plate turning, and essential turning techniques while practicing on a variety of small projects. This is a project-directed class. Students will leave with projects reflecting their learned skills. No prior experience is required — just curiosity and a willingness to try something new.

NOTE: The total cost to participate is \$100 (\$25 per session).

ARTS407A • 4 Sessions

Talent Maker City

class size 5

Th • 9:30AM–12:00PM

9/24/2026–10/15/2026

INSTRUCTOR: John Weston

Learning Lino Cut

In this course you will learn the basics of relief printmaking. Students will learn design tips and tricks to make a dynamic print, proper tool usage and cleanup, and how to successfully transfer a design. Instructor Amy Godard will guide you through the process of creating your own

one-color relief prints that can be made into cards or limited-edition prints.

NOTE: Total cost to participate is \$112 (\$28 per session).

ARTS431A • 4 Sessions

Talent Maker City

class size 6

Tu • 9:30AM–12:00PM

11/3/2026–11/24/2026

INSTRUCTOR: Amy Godard

Metal Clay Jewelry Making

Transform nature into metal clay jewelry! Discover the magic of turning leaves, flowers and found treasures into stunning jewelry. In this hands-on course, participants will learn how to capture botanical textures and natural forms using Art Clay bronze, copper and silver — all versatile metal clays. Create your own one-of-a-kind pendant, earrings or charms inspired by the beauty of the world around you. No prior experience is needed — just your curiosity and a love of nature and wearable art. Let your creativity take root and blossom into timeless jewelry you'll be proud to wear.

NOTE: The total cost to participate is \$120 (\$30 per session).

ARTS408A • 4 Sessions

Talent Maker City

class size 8

Th • 9:30AM–12:00PM

10/1/2026–10/22/2026

INSTRUCTOR: Donna Ruiz

Stained Glass for Beginners

Explore the timeless art of stained glass in this beginner-friendly, hands-on class. Over four weeks, you will learn the essentials of the copper foil method, including

choosing patterns, cutting glass, foiling, soldering and finishing your piece. Guided step-by-step, you will create your own stained-glass artwork to take home while gaining confidence with the tools, materials and techniques of the craft. No prior experience is necessary.

NOTE: The total cost to participate is \$132 (\$33 per session).

ARTS406A • 4 Sessions

Talent Maker City

class size 6

Th • 9:30AM–12:00PM

10/29/2026–11/19/2026

INSTRUCTOR: Rick Evans

NEW! The Curious Painter

If you've been wanting to dive into a rainbow of color, this class is for you! No prior art experience is necessary. We will work with tempera/gouache paint on large-scale art paper in a welcoming studio environment, one that is free of judgment and critique. Process painting invites artists and nonartists alike to step toward the blank canvas and discover the richness that emerges from within. Imagination, intuition and creativity flow as we follow the energy of the creative process.

NOTE: Total cost to participate is \$168 (\$28 per session).

ARTS433A • 6 Sessions

Talent Maker City

class size 8

Tu • 9:30AM–12:00PM

10/13/2026–11/17/2026

INSTRUCTOR: Sharon Dvora



Instructor Biographies

ALAN ACKROYD is a retired primary care physician who practiced medicine for approximately 35 years. He also holds an MA in humanistic psychology. He has taught several OLLI classes on spiritual topics as well as inspirational films. Ackroyd is a life-long student of metaphysics, which he regards as the greatest mystery of the human experience.

MOLLY ACORD lives in Talent with her husband and three children. She loves the intersection of business and craft and has built two small businesses. She loves all forms of art, but you will most likely find her in the fiber arts department at Talent Maker City.

FRAN ADAMS enjoys sharing with others what she has learned about Scrabble over the years.

DAN ALTMAN has taught various courses at OLLI centered around what is called The Three Principles. He is passionately interested in awakening, transformation and well-being. Prior to his immersion in the world of spirituality, he was a software entrepreneur. He enjoys writing, coaching and working with neurofeedback clients.

THOMAS ANDERSON is a retired Navy captain. His current research interests include contemporary maritime affairs and the future of the international maritime community. He has a series of original presentations about the maritime world that have been presented to cruise ship audiences around the world. Academic degrees include BS, MS, PhD, MD and MPH.

DICK ASHFORD is emeritus director of the Klamath Bird Observatory and past chair of the American Birding Association. He has studied diurnal raptors for decades and leads hawk-watching outings in Oregon and California. He taught the Advanced Hawk Identification workshop at the Winter Wings Festival in Klamath Falls for 15 years.

JESSICA BAILEY has been knitting for over 50 years and has made more sweaters, shawls, hats and cowls than she can count. She has worked in four yarn stores and has a deep knowledge of knitting and yarn. She loves learning and teaching knitting techniques. Bailey knits daily, always having several projects on the needles at one time.

BRUCE BARNES has taught Travel Sketching courses for OLLI several times. Barnes' instructional approach, which works well for all levels of art students, is simple and direct. He is a retired engineer who left corporate life decades ago to pursue his love of watercolor painting, along with fly-fishing, skiing, tennis and travel.

BILL BATEMAN is a returning OLLI instructor, podcast producer and trainer in emergency preparedness for 10 years. He has had hands-on experience with multiple natural disasters. He retired from SOU as an instructional designer for the Center for the Advancement of Teaching and Learning. Bateman was a teacher and corporate trainer for 35 years.

BENJAMIN BEN-BARUCH is a Jewish educator and historical sociologist, with a BA from Hebrew University and graduate degrees in education (Columbia University), sociology and history (University of Michigan). He had a fellowship at the Jewish

Theological Seminary, was director of three Hebrew schools and has taught at universities in Michigan and OLLI.

KENJI BLEICKER, certified financial planner, is a local financial planner and investment adviser. He holds degrees from UC Santa Cruz and the University of Michigan. Bleicker has been a financial adviser and certified financial planner professional since 2010.

KATHY BRANTLEY has degrees in mechanical engineering and geology from Caltech, but she's drifted off the academic path and is now a perpetual crafter. She has previously taught quilting and sewing but is now teaching crocheting. She prefers to teach in videos, both to allow students to see what she is working on and to prevent herself from tossing a word salad.

KARLINNE MICHELE BRODINE, BSN, RN, brings over 26 years of nursing experience, including the past decade in adult behavioral health. Her approach is grounded in presence, listening and creating a safe, supportive environment. She is a licensed psilocybin facilitator in Oregon.

SCOTT BUCY is an Oregon attorney focused on estate planning and elder law. Prior to moving to Oregon nine years ago, he spent 22 years in Vail, Colorado. In his practice of law, he emphasizes client education, which empowers clients to make informed legal decisions.

HOLLY CAMPBELL has multiple university degrees in education. She taught MS Word and Excel classes for 13 years at Rogue Community College and five years at New Horizons Computer Learning Center, where she earned her Microsoft Office Specialist certification. She uses Word and Excel daily in her creative writing.

DENNY CARAHER has spent years crafting lyrics and writing music for many styles of songs. His award-winning work has been featured on NPR and Garrison Keillor's Writers Almanac. He has taught many music-related courses for OLLI.

BONNIE CASSEL taught history to high school and community college students for many years in California. She also served as a trustee for a large school district. Upon retiring, Cassel began a new career as a seasonal interpretative park ranger at Crater Lake National Park. She has worked at many national parks, including Yellowstone and Yosemite.

JAN CAVECCHIE holds an arts degree from UC Santa Barbara. She is a seasoned graphic designer and visual artist. She has taught fine art at the city college level and loves teaching small workshops. She has co-curated large art shows and has shown her work in galleries in California and Oregon.

AVRAM CHETRON is a retired public school teacher who has taught OLLI courses about novels for many years. His experience teaching and his love for books about the American experience stand him in good stead for guiding students to deepen their appreciation for literature and for the life lessons it offers.

PAUL CHRISTY has been active in OLLI since 2016 as an instructor, volunteer and council member. He retired to the Rogue Valley after serving as a federal government executive at seven agencies in Washington, where he also spent much free time volunteering at museums, including the National Portrait Gallery.

JOANN CLECKNER has taken art, quilting, Zentangle and book-binding classes for over 20 years. After retiring, she completed the 36th Zentangle Teacher Training to earn a CZT certificate. Being a CZT (Certified Zentangle Teacher) ensures the Zentangle philosophy and quality are maintained.

PENNY COLVIN has over 65 years of experience in knitting and specializes in stranded color work patterns. She is an avid and daily knitter who usually knits for her kids and grandkids. You can find her working on multiple projects at once.

DIANA CUNNINGHAM, NP, is trained as a naturopathic physician. Education is one of its practices. With a postdoc in homeopathic medicine in Edinburgh, she has 23 years of practice. Now retired, she continues to provide community education about the 25-year natural deathcare movement, on which her book and a decade of research is based.

JOE DAVIS, like his father, is a civil engineer who delights in stories of how mankind overcame insurmountable odds to be successful. This class is taught out of respect and love of his father. As a supervisor, manager and eventually CEO, teaching has been part of the job description. This will be Davis' fourth OLLI course.

SHAWN DAVIS was introduced to the Tergar tradition after 30 years of trying to establish a daily practice. In a month, she had developed a regular daily meditation habit. In 2020 she joined the leadership team of the Tergar Meditation Community of Medford. In 2025 she graduated from a yearlong program to teach Anytime, Anywhere Meditation.

TONY DAVIS has taught several courses at OLLI, ranging from human language to AI to music to the game of Go. His academic training was in linguistics; he then worked for a couple of decades on language processing in predecessors of today's AI systems. In 2016 he moved to Ashland, where he enjoys traveling and spending time in nature.

STAN DEAN is an environmental engineer with experience in municipal water facilities, water quality and environmental regulations. Since retiring, Stan has dedicated his time to natural resources conservation. He is currently on the boards of the Rogue River Watershed Council and the Jackson Soil and Water Conservation District.

JULIANNA DECERRINI worked in women's fashion, home design, mental health and small-business coaching. She holds advanced degrees in English, linguistics and hospitality management. A former creativity coach and English teacher, she specializes in using connection, color and creativity as the tools to discover and become one's best self.

MARY DEVLIN has a BA in literature and an MA in teaching from Lewis & Clark College. She received an MLS from the University of Oregon. She has taught many courses for adults — predominantly on communications skills. She first encountered dystopian literature in grade school with Pat Frank's "Alas, Babylon."

DAVID DRURY has a master's degree in city planning and a doctorate in anthropology. A lifelong history buff and fan of good storytelling, he has been a lecturer at UC Berkeley and the University of Hawaii at Hilo. At OLLI, Drury has taught courses on pirates, the Roaring '20s, epidemics and the Camino de Santiago.

SHARON DVORA is an artist and art educator with 20 years of experience sharing her passion for creativity, art and process painting with students of all ages. She is a trained facilitator of process painting with Stewart Cubley of Process Arts (processarts.com).

ROBIN ENGEL had a 30-year career teaching English language arts across all grade levels and has also taught a variety of OLLI classes at SOU and at Arizona universities. She holds a master's degree in curriculum and instruction and an endorsement in gifted education. Engel has two grandchildren and is a recent transplant to Ashland.

GERI ESPOSITO has taught chair yoga and vision board classes at OLLI for over 20 years. She started art journaling to experiment with collage, watercolor, acrylic painting, writing and drawing. A member of two art groups, Esposito likes to dabble and learn new art processes. Her art brings her joy and is whimsical, colorful and spontaneous.

BRUCE EVANS has 40 years of education experience as teacher, instructor, researcher and consultant. His graduate work focused on learning theory in general and second language acquisition specifically. Evans recently taught at the University of Oregon. Lately he has explored and developed AI and has become very proficient in its use.

PEGGY EVANS, SOU professor emerita of music, has taught music courses, including OLLI courses, for many years. She holds degrees from Chatham University, the University of Michigan and the Eastman School of Music, University of Rochester. For over 50 years she has been an organist, a concert artist, a church musician and an educator.

RICK EVANS received a BA in art from Southern Oregon State College in 1980. Since 1998, Evans has been a full-time professional artist. In addition to stained glass, Evans has worked in a variety of media, including oil and watercolor painting — most recently working "en plein air," ceramics, metal, blacksmithing and broom making.

MATT FAWCETT's experience as a lawyer assisting a great number of people at critical points in their lives sparked a lifelong interest in developing an increasing understanding about trauma, life issues and history. He has had an early predisposition and interest in psychology.

LAUROSE D. FELICITY, BA, JD, MSW and MED, is a retired feminist attorney, social worker and teacher. She has been in the feminist movement since 1973. Her educational credential is in multicultural language and academic development. Her MSW thesis was on women's participation in nontraditional (male-dominant) white-collar professions.

IDA FERDMAN holds a BA and an MA in English and was a tenured college English professor for 20 years. She has written two novels and countless memoir essays. Ever devoted to the crafts of writing and teaching, Ferdman enjoys helping others transform their experiences into written memories that they and their families will treasure always.

DAVE FERGUSON has taught a variety of OLLI courses over the years in a wide array of disciplines. Courses taught include: The Evolutionary Psychology of Morality, Walt Whitman's "Song of Myself" and OLLI Goes to AIFF. Ferguson will be teaching The Comedy Classics of the Marx Brothers to bring a little levity to the world.

NEAL FERGUSON is professor emeritus of history at University of Nevada, Reno, where he taught modern British and European history. He was instrumental in founding the Eldercollege/OLLI at UNR in 1983. Since 1990 he has taught multiyear courses for OLLI on World War I and World War II.

FRAN FIELDS has been drawing and painting since 2020. In the early 2000s, she operated an online retail business showcasing Southern Oregon photographers. She has sold pieces locally and conducted darkroom, photography and hand-tinting workshops. Fields participates in a monthly art group and regularly attends art classes to expand her skills.

LEE FISHEL has a BA in political science from UC Santa Barbara, where he also studied extensively in classical theater. He has worked as a professional actor in Southern California and served on the board of directors of the 42nd Street Moon Musical Theater Company in San Francisco.

MOONDANCE FOREST has an MEd in physiology and sports medicine and a BA in PE and dance/movement. She has taught at universities, wellness centers, elder hostels and seminars for over 35 years. She completed Feldenkrais teacher training in 2015 and is certified (1989) to teach "Ch'ang Style T'ai-Chi-Ch'uan Short Form" by Chi-Hsiu D. Weng, 1987.

BECKY FOSTER volunteers with the Senior Health Insurance Benefits Assistance (SHIBA) program, counseling beneficiaries on how to navigate Medicare. She did similar work in the Bay Area for six years. She has a master's degree in public health from UC Berkeley.

PEGGY FOSTER has been teaching Kumihimo, Japanese braiding, at OLLI for several years. She has taught crafts to youths and adults for over 25 years. Foster enjoys sharing and teaching hands-on arts and crafts to all. She has a BS in recreation from Utah State University.

CORI FRANK, a member of the Ashland Senior Advisory Committee, is a retired healthcare professional who has been playing and teaching pickleball for a number of years. She has participated in and organized tournaments, round-robins and jamborees. She also developed and teaches the youth program at Ashland YMCA and all OLLI pickleball courses.

BROOKE FRIENDLY has taught English country dance since 1981 and has been singing since she was a child. She teaches dance and leads social singing sessions at workshops and events throughout North America, England and Australia. Her website is brookefriendlydance.com.

JOHN FROHNMAYER has degrees in American history, Christian ethics and law from Stanford, the University of Chicago and the University of Oregon. He was a trial lawyer for over 25 years and chairman of the National Endowment for the Arts during the first Bush administration. He is the author of 10 books: six nonfiction and four novels.

FERNANDO GAPASIN is a sociologist with a PhD from UC Santa Barbara. He is a retired professor and author. A 60-year veteran of the U.S. Labor Movement and a Civil Rights activist, he has taught at OLLI previously.

DIANE GAUMOND HYRST's journey in dance has led her from student to ballerina, teacher, master teacher, choreographer and to becoming the artistic director of Ballet Rogue (1996-2009), formerly known as the State Ballet of Oregon. Hyrst worked with dancers in the Rogue Valley from 1980 to 2020.

SUDHIR GAUTAM, founder of the Care Steward, is a professional engineer, dual-certified aging life-care professional and certified aging-in-place specialist. He bridges clinical care and structural home safety, providing objective guidance to mitigate fall risks and support safe, independent aging.

MARK GIBSON has an MS in science from San Francisco State University and a life coaching certificate from Coach U. Within life coaching, he specializes in fearless living and truth facilitation. He has authored three books: "Living Unconditional Love," "How to Find Love Through Online Dating" and "Truth Is the Path to Freedom."

AMY GODARD is an artist and educator from Southern Oregon. She has been printing since 2005 and has a degree in art and Spanish from the University of Oregon. Goddard loves to travel and spend time in nature. She has been working at Talent Maker City for three years and previously taught art to high school and elementary school students.

BELINDA GODIN is a senior living adviser, placement specialist, educator, speaker and home safety specialist. Her senior living insider knowledge and firsthand experience provides clarity for the conversations and decisions we all need to be having now, versus later. Godin is a local connector and speaks regularly to audiences in the valley.

UDO GORSCH-NIES is a native German speaker who has taught German classes at SOLIR/OLLI since 2005. He immigrated to the U.S. in 1992 and became a citizen in 2004. His academic background is in high energy/elementary particle physics. Professionally, he worked in computing, systems analysis and computer systems validation in the EU and the U.S.

DANA GOULSTON has been in the field of information technology for over 40 years, and in the cryptocurrency space since 2019, when he joined a bitcoin group in Ashland. He has been a leader in a Florida bitcoin group for the past two years. He's a published author, lecturer and course developer in IT, project management, psychology and child autism.

ROBERT GRAYBILL has a master's degree in theater/drama. In earlier lives, he was a dinner theater performer, a newspaper editor, a schoolteacher, a technical writer at Los Alamos National Laboratory and the president of a community theater that is still in existence. He has taught at OLLI since 2013.

KAREN GROVE is a geologist with a PhD from Stanford University. She was a professor of geosciences at San Francisco State University for 26 years, during which she taught a wide variety of courses and did research focused on sedimentation and tectonics. She now focuses on traveling to interesting geologic locations and reporting on what she finds there.

DANIEL GUY has taught at OLLI since 2012 on the history of war, conflicts and their aftermaths, French cooking and international cinema. A graduate of Oregon State University with a degree in history and a reserve commission in infantry, he also engaged in a civilian career in retail management while raising two amazing daughters with Vicki Guy.

JANAY HAAS is a former Older Americans Act legal services developer for the state of Oregon and has advised hundreds of older clients about healthcare options over the past 30 years. She is the author of the Oregon State Bar's "Legal Issues for Older Adults." Haas has trained lawyers and caregivers about healthcare rights.

NORMAN HALE has been playing guitar for 30 years and likes nothing better than to play music with friends. He has degrees in literature and film from the University of Oregon and has taught at the college level. He believes in music's power to draw people together. He thinks of his role in these sessions more as a facilitator than an instructor.

RUTH HALPERN is a serial self-reinventor. She has facilitated workshops in personal narrative and storytelling, journaling, creating comics and using computers for participants of all ages. She brings her facilitations skills, mentoring and playfulness to her OLLI courses.

KATHLEEN HERING is a lifelong environmental/social justice activist in the Quaker tradition. Hering was credentialed to teach in 14 subject areas in California. She has taken over 30 hours of training in nonviolent communication (NVC). She has led small groups in learning about NVC as well as nature and meditation classes at OLLI.

LIZ HODGE holds an MA in vocal performance. She has taught vocal technique for 30-plus years. A self-confessed voice science nerd using research-based vocal techniques, Hodge teaches private voice lessons and engages in ongoing professional training. Her approach presents academic concepts as relatable, applicable and fun practice points.

ROLF HOUTKOOPER is a retired educator. He organized bridge tournaments and served on ethics and rules committees in the Netherlands, where he played for over 30 years. He is now a certified American Contract Bridge League teacher and club director. He has served on sectional, regional and North American Bridge Championship committees. He has a BS from Alkmaar and a BS from the University of Amsterdam.

MITCH HRDLICKA began doing home repairs and maintenance at an early age. Upon retiring from a position as a major-crimes detective with 31 years in law enforcement, he built homes for Habitat for Humanity. He had a handyman business (Mitch'll Fix-It) for over 20 years. He is currently the technical director for the Rogue Theater Company in Ashland.

LISA HUBLER is a meditation teacher and hypnotherapist with over 25 years of experience in mindfulness, Rinzai Zen and yoga. Her naturally calming voice and background in singing and literature bring musicality and poetry to her guidance. She has a degree in English and American literature from USC.

THOMAS HUFFMAN, MSSW, is a retired psychotherapist. He worked for 50 years with individuals, families, couples and groups. A lifelong meditator, he studied Zen intensively for seven years and mindfulness for an additional three years at Naropa University in Boulder, Colorado.

LINDA JAFFE holds an MFA in writing. She has been published in numerous literary journals and has published a chapbook with two other poets. Jaffe served as poetry editor for a literary journal at UC Berkeley and has taught numerous writing and literature courses at OLLI. She believes that creativity brings self-understanding, surprise and joy.

BARRY JAHN is a former teacher, instructional coach, adjunct professor and school board chair. His services reflect a lifelong commitment to researching and integrating emerging technologies to enhance teaching and learning. He is dedicated to helping lifelong learners explore and navigate the evolving digital landscape with curiosity and ease.

STEVEN JESSUP has a PhD from the University of Michigan, department of ecology and evolutionary biology. He has three decades of experience teaching undergraduate and graduate science courses. His teaching has included curricula covering metacognition and positive psychology of learning. He has practiced verse memorization for as long as he can remember.

JOHN JOHNSON has taught courses about physics and music at OLLI/SOLIR for many years. He is qualified to teach these courses in spite of his education at Grinnell College and Carnegie Institute of Technology.

PAMALA JOY has performed and taught in 16 countries with a focus on theater, clowning, mime and street performance. With a degree in speech and theater and years of experience in community theater arts, Pamala taught in European universities, arts centers and her own school in Italy, using humor, games and play as tools for growth and well-being.

REBECCA JURTA started playing American Mah-Jongg (AMJ) two years ago and now plays weekly. She's not an expert, but the early hands-on play instruction, coupled with a reference text, helped her gain the confidence to join a group of seasoned players. Using similar guided practice lessons and beginner play, she will help other OLLI members learn AMJ.

JOHN KALB has 40-plus years of experience as a chiropractor and wellness coach. He has a BA from NYU in psychology and chemistry, an MS from the University at Buffalo in biology, and a DC degree from the University of Western States. He has taken numerous postgraduate courses in psychology and neuroscience. This is his 15th year teaching at OLLI.

WILLIAM KASTENBERG, PhD, is distinguished professor of nuclear engineering, emeritus at UC Berkeley. His teaching and research interests include nuclear reactor analysis and safety, risk analysis applied to advanced technological systems and severe natural phenomena, and ethics in an age of existential crises.

RONNIE KAUFMAN has taught multiple courses at OLLI, including Journey Between Heart and Soul. His diverse background in film, technology, entrepreneurship, coaching and nonprofit leadership informs a lifelong exploration of meaning, purpose and personal growth. He invites participants to discover the possible human spirit within themselves.

TIMOTHY KELLY has been with OLLI for over 15 years and has taught classes beginning in 2013. These include Live! Greatest American Speeches in History and many terms of short story classes. Kelly has written three stage plays and performed at Camelot and Cabaret theatres. He loves the short story format.

JENNIFER JO KENWORTHY is an accredited certified coach and former mental health coach at Lyra Health and has over 2,500 client sessions. Her own healing journey informs everything she teaches. She draws from internal family systems, somatic practices and nervous system education to help people reconnect with themselves.

MARK KOERNER has a PhD in American history. He is a retired high school teacher and the editor of a book, "Windows on a War" (2021). His articles have appeared in the Oregon Historical Quarterly, the Wisconsin State Journal and the St. Louis Post-Dispatch, among other publications. He has worked full-time as a union organizer.

LOUIS URBAN KOHLER, (Monsieur Louis, for French singing, Urban for serious courses) has presented two kinds of classes at OLLI over the years since 2010, seeking to balance concern for humankind over issues such as war and debt with a light and joyful side expressed by joining our voices in song. Kohler sings in four tongues.

MATTHEW KRIEMELMAN has been teaching Shen Yun Lung Qi-gong for over 20 years. He studied at the Lohan School of Shaolin in Las Vegas under Sifu John Votaw and has been training in Systema (a Russian martial art) under Martin Wheeler for 15 years. Kriemelman is also a professional drummer who has worked in the Rogue Valley since 2011.

TARA LAIDLAW has worked in outdoor and place-based education for 20 years and currently serves as the Southern Oregon Land Conservancy's Community-Centered Conservation director. She holds a bachelor's degree from Stanford University and an MAEd in natural science and environmental education from Hamline University.

KARLA LANGLAND is passionate about personal finance matters and admits that if she could go back to her undergraduate years, she would probably major in accounting — an admission that baffles her husband. Although her professional career was spent in the Army, it was her own retirement that sparked a deep interest in retirement finance.

MARCUS LEVITT is professor emeritus of Russian at USC. He has spent more than six years in Russia and the USSR. He has written, translated and edited extensively. The first volume of his collaboration with colleagues in Russia on a critical edition of the 18th-century poet Aleksandr Sumarokov has just been published, with more volumes to come.

MITZI LOFTUS brings a lifetime of experience to her OLLI students as a nonagenarian, minority person, experienced public school instructor, world traveler and curious human being. Since 2006, she has taught many OLLI courses in a variety of subjects. She is an observer of people, places and past and current history.

MELISSA LUCKOW has a PhD in plant biology from the University of Texas at Austin. She is a professor emerita from Cornell University and taught many courses at the graduate and undergraduate level during her 29 years there. She also researched the evolution and taxonomy of tropical legumes, which required extensive fieldwork.

JANE MAITLAND-GHOLSON holds a BS, an MA and doctorate in art education. She taught art in public schools, a learning crucible. In 1984 she joined the University of Oregon art education faculty as an assistant and then as a tenured associate professor, teaching aspiring art teachers. Art and Visual Literacy was her favorite course to teach.

MARGARET MALLETT first learned to knit as a teenager, but only after learning to knit continental style 20 years ago did she begin to see it as both an art and a language. She enjoys knitting with friends and the creative challenge of expanding her knowledge of techniques while preparing courses to teach others.

CARL MARSAK has taught at OLLI since 2010. He has MA degrees in religious studies (NYU) and social and cultural anthropology (California Institute of Integral Studies). His classes have included: Mystics, Saints and Sages; Spiritual Cinema Afternoons; The Enneagram of Personality; Cross-Cultural Shamanism; and The Spiritual Dimensions of Aging.

BETSY MASSIE taught U.S. history and the U.S. Constitution to 11th- and 12th-grade alternative students. She has taught OLLI courses focused on the Constitution in our everyday lives for over seven years. In addition, she has prepared and delivered a Ted Talk on the Constitution titled "Use It, or Lose It."

KAREN MCCLINTOCK, MDiv., PhD, was formerly a psychologist in private practice and is a retired adjunct professor at SOU. She continues to work as an educator in the fields of family systems and trauma care. Her memoir, "My Father's Closet," describes her family secret.

LINDSEY MCNAB is the program manager for Freedom Farms. She sits on the executive board for both the Oregon Master Gardener Association and the Jackson County Master Gardeners and holds a master's degree from Missouri State University. She is passionate about sharing her knowledge with others and empowering future generations to connect with the land.

PHIL MEYER, CEO of Southern Oregon PBS, has worked for over 30 years in public media. The recipient of four Regional Emmy Awards, he is a past PBS Communications Professional of the Year award recipient. As an adjunct instructor at Indiana University, Meyer taught an upper-division course for 11 years. He has taught OLLI courses since 2023.

LARRY MOLACEK is an experienced improviser, facilitator and workshop designer whose work centers on making creativity accessible, enjoyable and confidence-building for adults of all ages. His teaching is grounded in the belief that improv is not about being funny on command, but about listening deeply and supporting one another.

LUCY MOORE is an avid walker and hiker and spends as much time as possible outdoors exploring the natural treasures in our Ashland community. She is a retired educator and holds an MEd in educational leadership from Chapman University. Moore will facilitate each class session, accompanied by an expert guide for each walk.

BONNIE MORGAN has been exploring clay for over 50 years. Most of that time has been as a production potter producing both thrown and handbuilt work. Currently she shows her work at the artist collective Ashland Art Works. She is a founding member of Clayfolk and is the facilitator of the Community Art Space at Ashland Art Works.

ELIZABETH MORRIS is a certified personal trainer specializing in balance, functional aging and brain training. She has taught strength and balance at the Ashland Senior Center for three years and previously worked as a certified personal trainer in Washington. Morris has certifications in personal training, balance training and brain training.

THOR MORRIS is an economist who's been playing Go for many years in locations such as Corvallis, Seattle and even New York City.

TYSEN MUELLER has a continuing interest in psychology and sociology. He has taught OLLI courses on How to Talk With Anyone, Effective Decision Making and Reducing Your Attention Deficit. He has BS and MA degrees in physics.

MICHAEL MURPHY, CFA, graduated from Harvard University with a degree in economics. He is editor of the California Technology Stock Newsletter, a successful tech/biotech bimonthly offering. He is also treasurer for the Friends of Cathedral Trees Sanctuary, where he provides free education with his "Natural Deathcare Guidebook" for natural planning.

STEVE NEUBERGER, MSW, is a retired union and community organizer. He began wild writing during the pandemic and completed wild-writing teacher training with Laurie Wagner in June 2025. Neuberger offers wild-writing sessions in person and online for small and large groups that benefit nonprofit organizations.

RICHARD NOURSE is a retired Presbyterian clergyman who majored in political science at the college level and attained both master's and doctoral degrees in biblical studies and political theology. He has recently completed an unpublished manuscript using the Gospel of Mark, which will be a source for the study of nonviolent resistance.

DOROTHY ORMES has taught academic library research methods for 20 years and was the subject specialist for English and creative writing at SOU from 2011 to 2020. She received an MLIS from Emporia State University and an MA in storytelling in education from East Tennessee State University. Her main interest is researching literature and folklore.

PAT O'SCANNELL is a well-known musician and musical director. She holds a degree in music from UC Riverside. She worked as a multi-instrumentalist and singer at OSF for 30 years and as a musical director for the Green Shows for 20 years. O'Scannell's arrangements have won international acclaim, and her music has been heard on NPR worldwide.

BOB PALERMINI is a photographer with a background in photojournalism and visual storytelling. Since moving to Ashland, his photographs have appeared regularly in local publications and have been used by many local organizations. He teaches approachable photography classes for photographers of all skill levels.

LOUISE PARÉ holds a PhD in women's spirituality from California Institute of Integral Studies and is an international women's spirituality educator and published writer. She has over 40 years of teaching experience integrating social justice, Ukrainian feminism and women's spirituality. She taught workshops at Cherkasy Women's Center and researched in Kyiv and Cherkasy, Ukraine.

JOHN PRATT was an English teacher in California for 40 years and then moved to Southern Oregon and planted a vineyard. He has taught OLLI classes on poetry, winegrowing, writing and cooking.

TOM PRATUM obtained his PhD in physical chemistry at UC Berkeley and taught chemistry at the undergraduate level for over 10 years. He was also a research scientist in an academic setting for 15 years. He is currently an affiliate faculty member in chemistry at SOU. After nine years here, Tom and his wife, Peggy, continue to enjoy the Rogue Valley.

MAIA RABINOV holds degrees in theater education and holistic health and is a licensed California therapist. She taught theater and play production at the high school level, worked as stage manager for Will Geer's theater, taught in adult degree programs, and currently serves as reader, leader and board member for the Ashland New Plays Festival.

NANDO RAYNOLDS, MA, has studied and taught tai chi, karate, kenpo, escrima, qigong, massage and contact improvisation dance over the last 45 years. He is an author in the counseling and martial arts fields. He works in private practice as a psychotherapist with couples and adults.

ALLISON RENWICK has BA and MA degrees in art history from the University of Oregon. She taught community college art history and drawing in Portland for 30 years before retiring to Ashland in 1998 and joining SOLIR, now OLLI. In addition to Western art history, she has taught PowerPoint courses at OLLI.

KARI RICHARDS-DINGER is a retired community college math teacher. More importantly, she is also a retired performer and trainer at the Great Y Circus. During a 15-year tenure, her main acts were juggling and acro, but she dabbled in unicycle, hand-balancing, teeterboard and diabolo. She is excited to share one of her favorite circus arts with you!

SHANNON RIO is president of the Klamath Bird Observatory, a local science-based nonprofit that protects birds and nature, and she engages in community education through teaching and guiding bird trips. She believes that connection with birds and all of nature makes for a rich life journey.

EAN ROBY is professor emeritus at Ohlone College in Fremont, California, where he taught for 34 years. He regularly teaches courses at OLLI on such topics as ancient history, the history of philosophy and the history of religions.

PAUL ROSTYKUS, MD, MPH, has lived for nearly 40 years in Southern Oregon, where he primarily practiced emergency medicine and EMS medical direction. Since retirement from active practice he has helped with COVID vaccination clinics, provided educational presentations and been the consulting physician for patients seeking Medical Aid in Dying.

DONNA RUIZ studied at the University of Wisconsin, exploring a range of art courses. She continues to hone her skills through workshops on silver metal clay works, in which she holds two certifications. Ruiz teaches and shares her works in her home studio and other venues. She enjoys guiding others in working with metal clay and making wearable art.

DAVID RUNKEL reported on the Congress for the Philadelphia Bulletin, lobbied for the Commonwealth of Pennsylvania, and served as the communications director for the House Banking and Financial Services Committee. While acting director of the Institute of Politics at Harvard's Kennedy School, he directed a program for new Congress members.

MICHAEL SCHUBERT has a two-year degree in engineering materials and a BA in business management. He has more than 40 years of experience in manufacturing and served as president of the boards of Surface Mount Technology and the Society of Plastics Engineers. He is the owner of Eastvale3D and is a certified drone pilot.

JOHN SCHUYLER is a retired forester who received a BS in forestry from UC Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California and Arizona — working in timber management, recreation, minerals, planning and administration.

BARBARA SHOR is a professional animal communicator and retired veterinarian. She has been a national speaker, workshop facilitator and author of two books about elephants and whales. Her most recent book is "Soul of the Wild: The Wisdom of Elephants." She co-hosts a podcast, "Animals and Us: Voices of a New Paradigm," which is now in its fifth year.

SEAN SMITH holds an MA in practical philosophy and applied ethics. He has presented on ethics and AI, consulted with the city of Ashland on its AI usage guidelines, and serves on Ashland's Social Equity and Racial Justice Advisory Committee and the boards of OHRA and SOPride. He founded Ikusa Marketing, an ethical marketing agency.

KAREN SPENCE was the children's services manager for the Yakima Valley Libraries system for much of her career. She also taught children's literature at Heritage College, Toppenish, Washington. She has led book discussions for all ages, and one of her retirement pleasures is sharing her love of children's books with fellow OLLI students.

DANIEL STEPHENS has a BA in speech/theatre from SOU and an MFA in dance from Southern Methodist University with a master's thesis in Renaissance dance. Daniel has studied and performed Baroque dance for over 30 years and performed in the OSF Green Show for nine seasons. Daniel has also taught workshops for the Shakespeare studies program.

SUSAN STITHAM retired in 2003 after 40 years teaching high school English and European history in Maine and Alaska. She then discovered the pleasures of studying American history with OLLI students. Helping people enjoy Shakespeare's plays is a lifelong passion. She is grateful to OLLI at SOU for making it possible for her to do both.

NEAL STRUDLER holds a PhD in curriculum and instruction with a focus on educational technology from the University of Oregon. A former teacher, assistant principal and university professor, he has taught OLLI courses since 2017, helping others gain confidence and skill using technology.

MICHAEL SULLIVAN is a retired Army colonel with extensive experience in managing preparations for and participation in sensitive multinational meetings between senior military and other government officials. He has assisted in planning receptions for social events associated with those meetings.

WENDY TANNER found her love of dance by dancing solo to her favorite bands. Through this introduction to dance, she was led to find partner dancing. After learning salsa and swing, she transitioned into learning many social dances, including swing, Lindy, rumba, salsa, waltz, foxtrot and bachata. Her goal is to share this passion with others.

KAREN TATE is a retired ordained interfaith minister and now a speaker and author who has been teaching about the Divine Feminine since 2005. She has hosted the podcast Voices of the Sacred Feminine since 2009 and can be seen in numerous YouTube videos and viewed in the documentary film "Femme: Women Healing the World."

ALICE TAYLOR has spent years in Russia and the USSR doing her own research in art history and accompanying her husband, Marcus Levitt. A longtime online teacher, she is interested in how to access and share images online and excited at the potential of the International Image Interoperability Framework (IIIF).

TOM THOMASSEN has played the guitar since the age of 14. He has degrees in math, computer science and economics from Long Beach State and San Jose State universities and an MBA from UC Berkeley. He retired from a career as a software engineer and now has time to play the guitar as much as he wants. He plays with various performing groups in the Rogue Valley.

RICK VANN is a retired corporate executive from the food service industry. In addition to four decades of experience in the corporate world and a business degree from San Diego State University, Vann brings enthusiasm and organization to Hot News & Cool Views.

ELLEN WALDMAN, MA, CMC, is a certified aging life care manager and founder of Senior Options LLC. With extensive experience navigating the medical, legal and behavioral challenges of aging, she guides families and educates professionals on best practices for safe, independent living.

MERI WALKER has studied and consulted on human communication for the last 55 years. She has a BA in English and philosophy from the University of Georgia and an MA in communication from the University of Texas at Austin. She spent four decades teaching and facilitating leadership conversations and team collaboration in product/program development.

RANDALL WALKER is a retired public school music teacher who taught instrumental, choral and classroom music, K-12, and guitar classes for adults at the community college level in Northern California. He is a graduate of Lewis & Clark College and Humboldt State University. He has over 60 years of guitar playing experience.

INEKE WARMERDAM has been teaching yoga from her private studio and on Zoom for 20 years. She received her 500-hour yoga training at Kripalu in Massachusetts. This training was followed by studies of restorative and Yin yoga and a yoga therapy intensive course. Her instructions are clear and precise, with suggestions for modifications when needed.

JOHN WESTON is a certified Oregon state teacher with endorsements in industrial arts and career technical education. In 2006, he started a custom woodworking business, Weston Woodworking. Weston is passionate about teaching, and he can often be found in the Talent Maker City wood shop teaching staff, students and community members how to build and create with wood.

BOB WETMORE earned a master's degree in European history from UC Berkeley. Over the past 10 years he has taught courses at OLLI on Roman civilization, Venice in the Golden Age, ancient numismatics, wine culture in ancient times and Homo Sapiens: The Story of Our Species, as well as an examination of the assassination of President John Kennedy.

STEVE WEYER has been developing software since the 1960s and solving crosswords since the 1990s. Since 2010, he has offered OLLI courses about computer security and privacy, internet history, disaster preparedness and solving and constructing crosswords. Steve is crossword editor for Ashland.news.

NANCY WILKINSON holds an MA in art education. She has taught art in public schools and has held art workshops in Arizona, New Zealand and Costa Rica. Wilkinson has taught a number of art courses at OLLI, and she continues to teach in her home art studio in Ashland.

BETHANY WILLIAMS is the cemetery manager at the Forest Conservation Burial Ground. Bethany is motivated to help people make final disposition choices that reflect their values and resonate with their spirits.

JACK WILLIAMS, PhD, is an aquatic ecologist and restoration biologist with a focus on native fishes of the American West. He worked for the U.S. Fish and Wildlife Service, the Bureau of Land Management and the U.S. Forest Service. He has more than 30 years of experience with stream restoration and is currently on the board of the Rogue River Watershed Council.

DWIGHT WILSON is a registered nurse and is the executive director of Southern Oregon Friends of Hospice and administrator of Celia's House. He comes with experience in managing and providing palliative and hospice care. He has directed home, hospice and extended-care programs.

DANIEL WISE has an MA in education from California Lutheran College and an MBA from Cal Poly San Luis Obispo. He has been teaching for over 40 years in adult and childhood education settings. He has taught the AARP Smart Driver class for 11 years and has also helped make safer drivers with the Team Oregon Motorcycle Safety program.

FRANKLIN WOOD has been a Taoist priest and teacher for over 50 years. His experience includes teaching Taoism at OLLI at the University of Oregon, Glendale Community College in Arizona, Leeward Community College in Hawaii and the University of Alaska. He was also an adjunct faculty lecturer on Eastern Philosophy of Taoism at the University of Alaska.

TOM WOOSNAM holds a BSc in physics from Imperial College, London, and an MA in math and science education from Stanford. He is a retired high school physics teacher with 45 years of teaching experience. Woosnam has taught regularly at OLLI on such topics as physics in everyday life, the Shakespeare authorship question, fiat currency and movies.

KEMBLE YATES is a professor emeritus of mathematics at SOU. He has played bridge for over 50 years and is a Sapphire Life Master in the American Contract Bridge League. Since his retirement in 2022, he has actively pursued his passions: hiking, traveling, attending live music events and playing bridge.

DAVID YOUNG has had a lifelong interest in comparative religion and is committed to the emergence of global community as a welcoming home for all religions and all people free of prejudice and alive with gender equality. He is a fifth-generation Oregonian.

ROBERT YOUNG (realwriting.us) is the author of 33 books for children, both fiction and faction. Topics for his books reflect his many interests and curiosities, including history, collecting, sports, bullying and chewing gum. Robert has worked as a classroom teacher, language arts specialist and writing consultant.

ALICE YUCHT has been a professional librarian, information skills educator and book discussion leader for over 50 years. She is a format-agnostic infovore. Since 2012 she has been actively involved with the OLLI at the University of Nevada, Reno, offering programs on cyber-skills and contemporary literature.

AZRAGAURA ZENGIA is an energy alignment adviser, Reiki Master, and founder of Modest Mystic Healing. Their passion for teaching comes from a personal healing journey that revealed the powerful connection between our thoughts, emotions, energy and overall well-being. Zengia helps individuals understand their energetic systems and release blockages.

OLLI Annual Fund 2025-2026

Donations to the Annual Fund support OLLI at SOU's operating budget, which help keep our membership fees low and program quality high.



Alan Ackroyd
Loraine Albertson
Joseph Alexander and Janine Clayton
Pat Alexander
George Alexander
Colet Allen
Andre Allen
Dan Altman
Allan and Linda Anderson
Patty Anderson
Ann Anderson
Mary Ann Bergman
Terry Ansnes and Anne Bellegia
Margie Arighi
John Ashmore
Beth Aspedon
John and Nancy AufderHeide
Jackie Bachman
David and Jackie Baker
Bruce and John Barnes
Ron and Tracy Bass
Marlene Baty
Cheryl Bentley
Jeannine Bertrand
Susan Bettinger
Helga Binder
Gretchen Bingea
Archie and Georgi Blake
Ginny and Tom Blankinship
Sol and Binny Blechman
Ingrid Le Bleu
Ruth Bondinell
Marilyn Brady
Pat and Richard Brewer
David Brown and Linda Hammer-Brown
Stephen Brown
Marnia and Robert Brownell
Annette Buchanan
Sandy Burd
Terry Burgess
Nancy Burnham
Rosalie and Paul Caffrey
Marie Callaway
Kori Calvert
Kathryn Campbell and Peter Finkle
Phil and Carol Campbell
Jack G. Cannon and Jamie McLean
Marianne Carroll
Annette Carter
Nancy Casazza
Jack Catton
Allison Cellars and Mark Edy
Avram Chetron and Blaire Finney

Dr. Claudia Clark
Sandra Claypool and Brian Conrad
Joann Cleckner
Judy Clinton
Cynthia Cohen
James and Anne Coleman
Judith Cope
Teresa and Leroy Coppedge
Marcia Couey
Kathleen Craig and Russ Turnbull
Rachel and David Cross
Ron and Susan Crowell
Colleen Curran
Peter Curren
Janet and Bert Davis
Sharon Dean
Sid and Karen DeBoer
Fred Dellarose
Kathleen Denzer
Ken Deveney
Mary Devlin and Norman Hale
Agnieskza and Katherine Dobiecka
Toni Dockter
Janet Dolan
Margaret Dole and Don Walton
Nancy Dollarhide
Ellen Downes
Thomas Eckert
Cliff and Carolyn Edwards
Shelley Eisenman
John Engelhardt and Diane Williams
Peg Evans
Mary Dawn Fallon
Christine and Earl Feldman
Sandy Felton
Phyllis Fernlund
Christine Fernlund
Mindy and John Ferris
Fran Fields
Erin and Edward Finklea
Mark Fischer
Lynne Foley
John and Lynne Forsyth
John Frohnmayer
Fernando Gapasin
Andrea Gay
Betsy Gentry
Matthew George
Carol and Ronald Gervais
Lynn and Howard Getzoff
Virginia Gibbons
Jack and Jennifer Gibbs
Mary W. Gillespie

Cheryl and Mark Goodman-Morris
Bill Gorman
Mary Ellen Gordian
Udo Gorsch-Nies and Sabina Nies
Barbara and Eric Gramento
Bill Gray
Robert Graybill
Karen Grove and Jay Ach
Susan Gunn-Schaefer
Daniel Guy
Myrna and Charlie Hall
Elaine Hamlin
Richard Harding
Mark Harling
Bernie and Makiko Hartman
Anne Hartridge
Elaine Hebert
Nancy Heltzel
William and Suzanne Hering
Mark Hess
Betty Heycke
Teddie and Robert Hight
Carol and Bob Hirt
Jeanne Hoadley
Christopher Hoeber
Marjorie Hoelt
Dennis Holean
Ric Holt and Lorna Forbes
Sharon Hopkins
Martha Howard-Bullen
Nancy and Roger Howe
Carol Huffman
Florence Hutchison
Edward Hyde and Meghan MacDonald
Heather Inghram
Charles Isen
Jean Jacobsen
Linda Jaffe
James Jarrard and Maureen Wilson-Jarrard
Thomas and Anne Johnson
Robert and Michelle Johnson
Kay and John Johnson
Anita Joplin
Marcy and Scott Jordan
Pete and Beverly Jorgensen
Joan Kaplan
Rich and Christi Karchmer
Patrice Kaska
Ronnie Kaufman
Kara Keeling
Philip Keene
Mary Kay King
Victoria King

Rickey King
 Barbara Klein
 John and Judy Kloetzel
 Carol and Philip Koszyk
 Jeff LaLande
 Joan Lamont
 Tom and Lynn Lamoree
 James and Judy LaVally
 Cathe Ledford and Randall Walker
 Diedre Lemp
 Karen Leng
 Quin Ley
 John and Janice Limb
 MaryBeth and Terry Limpert
 Lynne Lithgow
 Barbara and Randy Lovre
 Irving Lubliner and Joanne Kliejunas
 Samantha MacDonald
 Laurel Madrone
 Ann Marie Magill
 Dave Maher
 Margaret and Raymond Mallette
 Kate Manbert
 John and Nancy Maurer
 Jeanette McCartney
 Lynn and William McDonald
 Kevin and Melissa McLoughlin
 Robbi McMinimy
 Marcia and James McNamara
 Kathy McNeill
 Kathleen Meddock
 Michael Meshek and Vanessa George
 Candace Michael
 Susan Miler and David Doi
 Julia Milliken
 Carol Mockridge
 Teresa Montgomery and David Kennedy
 Tam and Barbara Moore
 Janet Murphy
 Deborah Narrigan
 Mary Nelson
 Jean O'Donnell
 Mary O'Kief
 Karen Olsen
 Donald and Elizabeth Olson
 Michael O'Neill
 Dotty Ormes
 Galen and Rae Otto
 Tracy and Bob Palermini
 Tim Parker
 Margaret Pashko
 Kim Passini-Akhtar
 Kathryn Passmore
 Colleen and Kent Patrick-Riley
 Marilyn and Bill Patterson
 Sally and George Peterson
 Michael and Anne Petrovich
 Joyce and William Pfohl
 Gail and Francis Plowman
 Robert and Linda Price
 Raja Rao
 Dr. John Rennick and Judith Rennick
 Allison Renwick

Phyllis Reynolds
 Chuck Rhine
 Mary Rice
 George Rice
 Toni Richmond
 Marsha Rideout
 Donald Riehlman
 Dayna Rodden
 Carol Rosenberg
 Joan and Frank Rote
 Denise and Jeff Rucks
 David Runkel
 Susan Rust
 Rosalie Rybka
 Larry and Linda Sabala
 Barbara Schack
 Juliana Schallhorn
 John Schuyler and Priscila Franco
 Colleen Searle
 Christine Sears
 Julia and Ray Seidler
 Christine and Robert Sellman
 Barbara Semack
 Jack and Sarah Seybold
 Michael Silversher
 George and Kay Simmons
 Richard and Laura Simonds
 Doris Sjolund
 Greg and Eileen Skoog
 Vanya and Earle Sloan
 Ruth Sloan
 Michael Smith and Karen McClintock
 Britt and Mindy Smith
 Maxine Smith
 Becky Snow
 Medora Sobottka
 Elsie Sodano
 Susan Sorem
 Darlene and Bill Southworth
 Linda and Robert Spence
 John Stadelman
 Catherine Steigerwald
 Paul Steinle and Sara Brown
 Daniel and Ann Louise Stephens
 Susan Stitham
 Les Stone
 Lucy Strasburg
 JoAnne Strom
 Neal Strudler and Jeanette Stewart
 Susan Sullivan
 Gillian and Susan Swarbrick
 Arlene Tayloe
 Judith Taylor and Marvis Forst
 Alice Taylor and Marcus Levitt
 Susan and William Taylor
 Kay Teeters
 Sandy and Larry Theis
 Janet Thomas
 Wayne Thomas and Carole Brown
 Penny and Steve Thorpe
 Sarah Tisch
 Karena Toal
 Bill and Barbara Tricarico

Charlotte Trumbull
 Bettijane Twiss
 Mary Twomey and Carol Yaggy
 Lorraine Vail and Ed Smith
 Stella Veretnik
 Lisa Verner
 Karl Vischer
 Ingrid and Ron Voss
 Diane Vranes
 David Walker
 Joann Watkins
 Linda West
 Philip Westergaard and Rosalie Wolff
 Sandra Wetzel
 Milicent Wewerka
 Steve Weyer and Maria Geigel
 Steve and Karen Whalen
 Kathryn Whyte
 Vicki Williams
 James Williams
 Bennie Williams
 Julie and Dwight Wilson
 Dickie Wilson
 Joe and Michael Wirth
 Vince Wixon
 Shannon Wolff
 Julia and Tom Woosnam
 Lillia Young
 Deb Yturalde
 Verna and Steven Yungen
 Elisabeth Zinser

We work hard to ensure all donor names
 are included. If your name has been
 inadvertently left off, please let us know
 by emailing olli@sou.edu.





Thank You to Our 2025-26 Volunteers

This past year brought many opportunities for growth. As always, your flexibility and willingness to adapt to meet the needs of OLLI at SOU made for an exceptionally rewarding year. Your generosity and commitment to this community are noticed and appreciated by OLLI members, staff and fellow volunteers. Thank you!

Alan Ackroyd	Betty Camner	Cliff Edwards
Molly Acord	Kathy Campbell	Ginny Egan
Pat Alexander	Holly Campbell	Kenneth Ehrlich
Colet Allen	Jerry Campbell	Sallie Ehrman
Dan Altman	James Cannon	Marty Eldridge
Scout Ames	Denny Caraher	Robin Engel
Elizabeth Anderson	Cindy Carrere	Geri Esposito
Thomas Anderson	Jan Cavecche	Bruce Evans
Thomas W. Anderson	Beata Chapman	Peggy Evans
Lora Andreatta	Avram Chetron	Rick Evans
Kathy Apple	Claire Chiaravalle	Roselyn Faith
Viki Ashford	Andrea Childreth	Matt Fawcett
Dick Ashford	Berryman	LauRose Felicity
Marion	Teresina Christy	Sandy Felton
Assenmacher	Sandra Claypool	Dave Ferguson
Joyce Avery	Joann Cleckner	John Ferris
Jackie Bachman	Diana Clennan	Fran Fields
Jessica Bailey	Anne Coleman	Lee Fishel
Barb Barasa	Jim Coleman	Shawn Flot
Bruce Barnes	Penny Colvin	Leonie Mikele
Linda Barnett	Kym Compeau	Fogle
John Barth	Kani Comstock	Lynne Foley
Bill Bateman	Mary Conn-Fitch	Moondance Forest
Helene Becker	Kathy Conway	Becky Foster
Christine Beekman	Teri Coppedge	Peggy Foster
Anne Bellegia	Shannon Cornish	Dan Fowler
Benjamin Ben-Baruch	Sabrina Cotta	Michael Framson
Jim Berns	Marcia Couey	Cori Frank
Anne Billeter	Diane Crothers	Sid Frederick
Kenji Bleicker	Karen Culver	Elisa Friedlander
Belmira Borg	Tony Davis	Brooke Friendly
Crystal Bosbach	Joe Davis	John Frohnmayer
Stephen Bosbach	Dan Dawson	Linda Gamble
Marilyn Brady	Sharon Dean	Fernando Gapasin
Kathy Brantley	Julianne Decerrini	Diane Gaumont
Mark Broder	Diane DeMerritt	Hyrst
Deborah Brown	Paul Derezotes	Matthew George
Janie Burcart	Mary Devlin	Mark Gibson
Sandy Burd	Ellen Downes	Amy Godard
Nancy Burnham	Jim Doyle	Marta Gomez
Jim Burns	Terry Doyle	Robert Good
Kori Calvert	David Drury	Mark Goodman-
	Ginny Dugan	Morris
	Jim Earley	Cheryl Goodman-
	Thomas Eckert	Morris
		Mary Ellen Gordian

Udo Gorsch-Nies	William Lawson	Trent Phillis	Bon Stewart
Dana Goulston	Yvonne Yeung	Susan Plass	Susan Stitham
Robert Graybill	Richard LeVee	Scott Ploss	Allison Stone
Jennine Greenwood	Peggy Leviton	Kathryn Poethig	Neal Strudler
Liz Greenwood	Marcus Levitt	John Pratt	Mike Sullivan
Karen Grove	MaryBeth Limpert	Cathy Prazenica	JoAnn Sustrick
Daniel Guy	Terry Limpert	Susan Kay Preslar	Susan Swarbrick
Janay Haas	Mitzi Loftus	Nando Raynolds	Charisse Sydoriak
Norman Hale	Irv Lubliner	Andrew Reilly	Kevin Talbert
Myrna Hall	Melissa Luckow	Beth Remington	Bettykay Taylor
Charles Hall	Ann Magil	Allison Renwick	Alice Taylor
Ruth Halpern	Jane Maitland-Gholson	Michael Reynolds	Lorenzo Taylor
Catherine Hammond	Margaret Mallette	Gregory Rhoades	Saundra Theis
Mark Harling	Kate Manbert	Barbara Richard	Allen
Bill Harris	Nitsa	Shannon Rio	Thomashefsky
Anne Hartridge	Marcandonatou	Ron Robbins	Penny Thorpe
Becky Hawkins	Carl Marsak	Jeff Roberts	Coral Thorsen
Elaine Hebert	Betsy Massie	Lynn Roberts	Sarah Tisch
Bob Heilbronner	Debbie Matson	Ean Roby	Mary Twomey
Sandra Hendrickson	Karen McClintock	Cyd Ropp	John Tyler
Kathleen Hering	Amy McCoy	Carol Rosenberg	Kathy Uhtoff
Kim Hermanson	Jan McCoy	Kim Rosmaier	Lorraine Vail
Nancy Heyerman	William McDonald	Herbert Rothschild	Sarah Vaile
Mitch Hrdlicka	Robin McKenzie	Howard Jay Rubin	Helene Vala
Lisa Hubler	Stacy McMillin	Denise Rucks	Ginger van der Linden
Carol Huffman	Robbi McMinimy	Jeff Rucks	Rick Vann
Thomas Huffman	Lindsey McNab	Carol Rudie	Diana Versluis
Larry Hunter	Jeri Mendelson	Donna Ruiz	Sooney Viani
Richard Jacquot	Phil Meyer	John Rumps	Diane Victor
Linda Jaffe	Anna Miles	David Runkel	Karl Vischer
James Jarrard	Carol Mockridge	Kathy Sager	Randall Walker
Debra Johnson	Larry Molacek	Asadour Santourian	Cindy Walker
John Johnson	Don Honchi Sodo	Barbara Schack	Meri Walker
Kay Johnson	Monjure	Elizabeth Scheppeler	Rick Wasserman
Alan Journet	Dwaine Montes	Mycro Schroeder	Deanna Waters
Pamala Joy	Lucy Moore	Michael Schubert	Senf
Rebecca Jurta	Tam Moore	John Schuyler	Dan Wells
John Kalb	Sherrill Morgan	Cary Schwarz	John Weston
William Kastenberger	Thor Morris	Jeff Seideman	Bob Wetmore
Ronnie Kaufman	Roylon Mortensen	Barb Settles	Steve Weyer
Kara Keeling	Tysen Mueller	Jack Seybold	Nancy Wilkinson
Timothy Kelly	Louisa Nahem	Sarah Seybold	Dwight Wilson
Martina Klein	Clay Nelson	Paul Sheldon	Maureen Wilson-Jarrard
Barbara Klein	Steve Neuberger	Ursula Shepherd	Daniel Wise
Joanne Kliejunas	Dianne Oberhansly	Jay Sherwin	Shannon Wolff
Dawn Klinger	Lisa Odegaard	Morgan Silbaugh	Stan Woods
John Kloetzel	Charlotte O'Hare	Laura Simonds	Kathleen Woods
Kim Knoll	Dotty Ormes	Richard Simonds	Kathy Woods
Susan Koenig	Michelle Ortiz	Ruth Sloan	Tom Woosnam
Mark Koerner	Patricia O'Scannell	Rebecca Slosberg	Shelly Wujek
Urban Kohler	Tracy Palermini	Ed Smith	Jerry Wujek
Liz Koonce	Bob Palermini	Michael Smith	Eve Wurtele
Kimberly Kovacs	Louise Paré	Becky Snow	Jeff Wyatt
Andrew Kramer	Margaret Pashko	Johnnie Snow	Kemble Yates
Laura Kramer	Kim Passini	William Southworth	David Young
Ron Kramer	Colleen Patrick-Riley	Karen Spence	Deb Yturralde
Cathy Kreisman	Mary Ann Perry	Nancy Steele	Alice Yucht
Laurie Kurutz	Susanne Petermann	Laura Stegeman	Azragaura Zengia
Mary Kwart	Judith Peterson	Paul Steinle	
Tara Laidlaw		Daniel Stephens	
Jeff LaLande			
Denise Landre			
John Lane			
Karla Langland			
Stephanie Lash			
Sally Lau			
Megan Laurenti			
Judy LaVally			

With so many volunteers and the variety of ways that you contribute to OLLI, we may have inadvertently omitted some names. If your name is missing, please accept our sincere apologies for the oversight, and contact Program Specialist Megan Rutherford at olli@sou.edu or 541-552-6583 so we can correct the error. Thank you for your understanding.

Membership Form

Membership:
☐ new member
☐ renewing member

Member Information

First name	Middle initial	Last name
Date of birth	Day phone	Cell phone
☐ I would like a printed name badge. ☐ I want to opt out of being mailed a printed catalog.		
Street address		
City	State	Zip
Email address		
Emergency contact	Phone	Relationship

Required Info

Code of Conduct

☐ I agree to abide by the OLLI at SOU Code of Conduct.
(Agreement is required to participate in OLLI at SOU. Copies of the code are online and in the OLLI office.)

One-Credit Program – I am 65+, have been an Oregon resident for at least 12 months, and want to participate in the one-credit program to help SOU get additional funding.

☐ Yes ☐ No ☐ Not Eligible **If yes:** Have you completed a bachelor's degree or higher? ☐ Yes ☐ No ☐ Decline

Volunteering

☐ I might be interested in volunteering! Please have the Program Specialist contact me.
☐ I am already volunteering and satisfied with my role.
☐ I just want to take classes for now.

Payment and Donation Options

The OLLI at SOU membership fee is nonrefundable.

The membership fee may be combined with a donation. Checks and credit cards are accepted.
 Please contact the OLLI office for information about membership fee financial assistance.

Annual membership payment @ \$150 per person: \$ _____

I want to support the OLLI at SOU annual fund with my tax deductible gift of: \$ _____

☐ Please keep my gift anonymous

Total payment amount (membership fee + annual fund donation): \$ _____
 (TOTAL)

To pay by check: Make check payable to "OLLI at SOU".

OLLI is an affiliate of the SOU Foundation. OLLI's federal tax I.D. number is 23-7030910.

To pay by credit card: ☐ VISA ☐ MasterCard

Card number: _____

Expiration date: / **3- or 4-digit security number on back of card:** _____

Signature: _____

Please turn the page for the Course Request Form.

NOTE: Call 541-552-6048 to pay by credit card over the phone. Mailing address: OLLI at SOU, 1250 Siskiyou Blvd, Ashland, OR 97520. Street address: 655 Frances Lane, Ashland.

Course Request Form

Registration Tip

The online catalog at **olli.sou.edu** has the most up-to-date registration information and is the fastest way to register. Please allow up to three business days for paper request forms to be processed.

Name	Phone
Email	☐ This is a change of email

Priority Registration

This phase of registration increases your chances of getting the course(s) you want (but is no guarantee). Enter requests in preferred order below. Results are emailed to members.

Note: Please ensure that the course number has the correct letter at the end for an in-person class.

A = Ashland/Talent, M = Medford – for example, PERS310A. No letter at the end = online course – for example, SOC130.

Choice	Course Number	Course Title
1		
2		
3		

Open Registration

During Open Registration, you may register for any course(s) that have space until they are closed to registration. Enter in any order above. If a course is full, you will be added to the waitlist. Please use a separate form for each member.

If you are unable to register online, please complete this form and return it one of two ways:

by mail

OLLI at SOU
1250 Siskiyou Blvd.
Ashland, OR 97520

in person

SOU Campbell Center
655 Frances Lane
Ashland, Oregon

SUPPORT Southern OREGON UNIVERSITY through OLLI's One-Credit Program!

OLLI at SOU members who:

- ♦ Are at least 65 years or older
- ♦ Have lived in Oregon for at least 12 months

can help SOU receive funding as a "one-credit" student!



Members who meet these requirements and opt in receive one elective credit per OLLI at SOU course. These members are enrolled as "non-degree seeking" students of SOU.

There is no additional fee or time

commitment: just indicate "yes" to the one-credit question on the membership form or when you are joining as a member online.

OLLI members who participate are eligible to check out materials from the expansive collection within SOU's Hannon Library. Participants just have to show photo ID at the circulation desk.

We encourage anyone who is eligible to participate!

Find Your Fit!

Every volunteer makes a difference.



Find the fit that matches your interest, energy and schedule from the areas below:



Community
& People



Creative &
Storytelling



Organizing &
Planning



Active &
Hands-on



Flexible &
Open

Fill out the Volunteer Interest Form on our webpage or contact Megan Rutherford at olli@sou.edu, 541-552-6048.





Southern OREGON UNIVERSITY

1250 Siskiyou Blvd., Ashland, OR 97520

NON-PROFIT ORG
US POSTAGE
PAID
Southern Oregon
University



OLLI at SOU Open House

Wednesday, August 12 • 1–4 p.m.

SOU Stevenson Union, 1118 Siskiyou Blvd., Ashland

**Thank You
to Our Event
Sponsors!**



SCAN TO REGISTER



Register today! visit olli.sou.edu/open-house or call 541-552-6048