

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



PRIORITY REGISTRATION BEGINS NOVEMBER 17

Winter 2026 Course Catalog

January 5 to March 13, 2026

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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

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Ashland, OR 97520

SOU Campbell Center (Office and Classrooms)

655 Frances Lane

Ashland, Oregon

Office Hours

Monday-Friday

9 a.m. to 4 p.m.



On the Cover

A winter scene at the upper duck pond in
Ashland's Lithia Park.

Cover and interior photos by Bob Palermini

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WINTER 2026 Course Catalog

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Financial sustainability is a community effort.
Help us reach our \$90,000 goal with a donation today!



Make your donation by check or
give online at **giving.sou.edu/olli**



Thank you for your generosity!

Donations to the OLLI Annual Fund support organizational operations and other areas of need.
Gifts to the OLLI Legacy Fund as well as planned gifts help support OLLI for years to come.
To learn more or to donate over the phone, contact the OLLI at SOU office at 541-552-6048.

OLLI Leadership 2025-2026

Council Directors

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Sarah Tisch, Vice President and
President-Elect
Myrna Hall, Treasurer
Mary Devlin, Secretary
Colet Allen, Director
Tony Davis, Director
Fernando Gapasin, Director
Ann Magill, Director
Tom Woosnam, Director

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Chair TBA

Curriculum
Ginny Blankinship and Anne
Coleman, Co-chairs

Finance
Myrna Hall, Chair

Fundraising
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Leadership Development
and Recruitment
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Membership
Chair TBA

Programs and Activities
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Venue and Technology
Lorraine Vail, Chair

OLLI at SOU Administration

Administrative Director
Heather Inghram

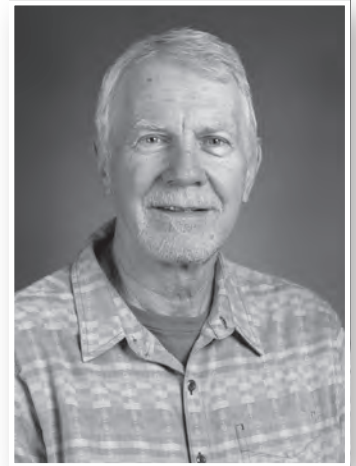
Office Assistant
Paige Jensen

Program Specialist
Megan Rutherford

Greetings From the OLLI Council President

The current academic year got off to a great start with over 150 courses being offered during fall term. As you'll see, this winter catalog continues to offer a great diversity and depth of courses. Here are a few items I want to share with you:

OLLI Leadership Academy. For the second year, we are offering an opportunity for members to learn more about how OLLI at SOU works and to discover the rewards of volunteering. This class is valuable because it goes through the big picture of the OLLI network—as well as how our specific OLLI works. You'll find the course description on page 10. We invite you all and hope to see many of you at the academy.



John Schuyler

International Trips. Check out our international trips for 2026: Africa in August offered by Collette Travel and a Christmas market cruise on the Rhine in November offered by Premier World Discovery. What a great way to see the world with your fellow OLLI members!

Supporting OLLI. We have an ongoing campaign requesting gifts to our Osher Annual Fund, as it is a vital component of keeping OLLI providing excellent courses at a relatively low cost. This year, we are also emphasizing the need for donations to the OLLI Legacy Fund, which is our local endowment supporting OLLI. Look for mailings in your mailbox or check out our donation page on the website.

OOOF. A talented cadre of fellow members is putting together a musical production being called OLLI OLLI Oxen Free! The production will hit the stage next spring. Keep your eyes and ears open for updates on what will be a lot of fun.

Sincerely,

John Schuyler
Council President, OLLI at SOU



There is always something new and interesting happening throughout the term. For the latest and greatest news, see the weekly Newsflash prepared by OLLI at SOU staff – it's always full of information you will want to know!

Join and register online at sou.edu/olli

- 1** **Join OLLI at SOU** if you are not yet a 2025-26 member. Visit the **Join/Renew** webpage or see page 55.
- 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.
- 4** Register for any courses that have space during **Open Registration**.

Important Dates & Closures	
Nov. 1–Dec. 3	Spring course proposal period
Nov. 4	Winter PDF Catalog posted online
Nov. 11	Veterans Day (closed)
Nov. 17–28	Winter Priority Registration
Nov. 18*	Council Meeting, 3:30–5:30 p.m.
Nov. 26–28	Thanksgiving Break (closed)
Dec. 5	Winter Priority Registration results emailed
Dec. 8	Winter Open Registration begins
Dec. 24–Jan. 1	Winter Break (closed)
Jan. 5	Winter Term begins
Jan. 19	Martin Luther King Jr. Day (closed)
Jan. 20*	Council Meeting 3:30–5:30 p.m.
Jan. 27	Volunteer Fair & Member Art Show
Feb. 17*	Council Meeting, 3:30–5:30 p.m.
Feb. 23–Mar. 6	Spring Priority Registration
Mar. 13	Spring Priority Registration results emailed
Mar. 13	Winter Term ends

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

Visit sou.edu/olli/news-events for our calendar and event details.

Course Identification for Registration

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

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

 **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 Lot 16 and at Grace Lutheran Church.



Medford

RCC/SOU Higher Education Center

101 S. Bartlett Street

Metered and street parking available.



Medford

Rogue Valley Manor Skyline Plaza

1 Skyline Drive

Free parking available in the Skyline Plaza parking lot.

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

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



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

Winter Excitement Awaits!

We at OLLI at SOU have some exciting new initiatives for you in 2026! In his letter, Council President John Schuyler touched on our continuing travel pilot program—with thrilling international destinations in Europe and Africa, along with local trips in our region. We are also launching a second pilot initiative: a partnership with Talent Maker City (TMC), a nonprofit organization that works to build a more connected, prosperous, and resilient community through hands-on creativity and innovative STEAM-based (science, technology, engineering, arts and math) learning.



Heather Inghram

Last winter term, Talent Maker City offered OLLI members two classes: Introduction to Ceramics and Introduction to Design. The Curriculum Committee and I were stunned when the ceramics class had a whopping 60 people interested! To this end, TMC has customized five courses tailored to our members for the upcoming winter and spring terms. The courses are held at the makerspace facility in Talent and have a per-session fee. The per-session fee to the general public is \$45, but OLLI and TMC are jointly offsetting the cost to members to take it down to \$25 per session.

Please also check out our enhanced member benefits, with special discounts offered through our SOU partners. For instance, all music performances except for the Tutunov Piano Series are free of charge through the Oregon Center for the Arts. OLLI members can get tickets to SOU theater performances for just \$5! Be sure to cheer on our phenomenal SOU athletics teams. Tickets for OLLI members range from \$2 to \$8 per game; just choose the “middle/high school/ OLLI” student price.

I look forward to seeing you on the OLLI campus!

Best,

Heather Inghram
Administrative Director, OLLI at SOU



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.
- ▶ Receive \$10 off Friends of the Hannon Library at SOU membership.
- ▶ 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 sou.edu/olli/get-involved/join for more information and to join today!

OLLI COURSES WINTER 2026

Courses are listed by day of the week, then chronologically by start date.
Course descriptions begin on Page 10.

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

In-person:  Online:  Hybrid: 

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
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Monday

Absolute Beginners American Mah-Jongg	REC325A-1	1/5	5	9-10:30	Jurta		39
Fiat Currency	SOC317M	1/5	6	10-11:30	Woosnam		47
Gutenberg to TikTok: Media History and Its Impact	HIST305A	1/5	4	10-noon	Meyer		19
A Beethoven Celebration: Symphonies 1-5	ARTS127	1/5	5	11-12:30	P. Evans		12
Farm to School, Farm to You	NAT323A	1/5	2	11-12:30	Slosberg & Waters Senf		30
Medically Necessary: Documents to Direct Care	LIFE319M	1/5	4	11-12:30	Haas		23
Plants and People, Part 1	STEM131A	1/5	8	11-12:30	Luckow		46
Broadway Musicals: Small Hits and Near Misses, Part 2	ARTS386A	1/5	7	1-3	Fishel		13
Introduction to Guitar Playing	ARTS309A	1/5	8	1-3	R. Walker		12
Readers Write Personal Narratives	ARTS186	1/5	6	2-3:30	Jaffe & Pratt		18
Pickleball: Absolute Beginners	REC102A	1/5	5	2:30-4	Frank		42
Absolute Beginners American Mah-Jongg	REC325A-2	1/5	5	3:30-5	Jurta		39
The Goddess Is Alive. Magic Is Afoot.	PERS354A	1/5	7	3:30-5:30	Felicity		37
Free the Ribs	MOV134A	1/12	6	2-3	Forest		28
Introduction to Tai Chi for Health and Longevity	MOV304A	1/12	6	3:30-4:30	Forest		28
Exploring Family Secrets	PERS250A	1/26	6	11-12:30	McClintock		33
Physics for Nonphysicists: Elementary Particle Zoo	STEM185A	1/26	6	11-12:30	J. Johnson		45
Knitting Stitches	REC105A	1/26	7	1-3	K. Johnson		40
The Life of the Prophet of Islam	HIST331M	1/26	6	1-3	Doyle		20
Pickleball: Advanced Beginners	REC304A	1/26	5	2:30-4	Frank		42
'Prophet Song': A Novel by Paul Lynch	LIT334A	2/2	5	1-2:30	Ormes		26

Tuesday

Hot News & Cool Views	SOC140	1/6	10	9-10:30	Vann		47
Killing for Coal: The Ludlow Massacre	HIST306A	1/6	6	9-10:30	Cannon		19
Medical Hazards in the Wilderness	NAT320M	1/6	9	9-10:30	Mendelson		31
Nonfiction Writing Workshop	ARTS178	1/6	10	9-10:30	Steinle		17
Introduction to Ceramics: Hand Building	ARTS389A	1/6	8	9:30-noon	Klinger		14
Passion for Printing	ARTS392A	1/6	8	9:30-noon	Godard		15
Beginning Guitar: Chords	ARTS321M	1/6	10	11-noon	Lawson		12
Exploring Crosswords	REC120	1/6	6	11-12:30	Weyer		39
Finding Love Through Online Dating	PERS329A	1/6	3	11-12:30	Gibson		34
'Playground': A Novel by Richard Powers	LIT333A	1/6	4	11-12:30	Chetron		25
'The Oxford Book of French Short Stories,' Part 2	LIT305A	1/6	5	11-12:30	Kelly		26
Be Scam Smart	LIFE307A	1/6	4	1-3	Twomey		22
Exploring Your Immune System	PERS351	1/6	5	1-3	Kalb		34
Film and Ideology in the 1950s	ARTS381A	1/6	8	1-2:30	Koerner		10
Becoming a Refugee: Six Ukrainian Women's Stories	PERS267	1/6	6	1:30-3:30	Paré		32
Knitting for Beginners: Continental Style	REC306A	1/6	3	3:30-5	Mallette		40

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Mindful Movement: Qigong and Stretching	MOV130	1/13	4	9-10:30	Raynolds		29
The Holocaust Through the Eyes of a Survivor	LIT135A	1/13	4	11-12:30	Lubliner		26
Venice's Golden Age: Politics, Society, Culture	HIST332A	1/13	7	1-3	Wetmore		20
Welcoming the Unwelcome	PERS356A	1/13	7	3:30-5	Sommer		38
Support for Living a Meaningful Life in Dark Times	PERS334A	1/20	7	1-3	Heilbroner		37
The Life of the Prophet of Islam	HIST331A	1/27	6	1-3	Doyle		20
Deeper Explorations Into Tolle's 'A New Earth'	PERS350A	2/3	5	11-12:30	Gibson		33
Garden for Beauty and Biodiversity	NAT102	2/3	5	11-12:30	McKenzie		30
Fundamentals of Investing	LIFE122A	2/10	4	11-12:30	Bleicker		23
Living With Wildfire: Community Solutions	NAT324	2/10	5	3:30-5:30	Sydoriak		31
Making Magical Mini-Scenes: Fairy Teacups and More	REC331A	2/17	3	1-3	Twomey		41
Older Drivers and Safety	LIFE320M	3/3	2	1-4:30	Wise		24

Wednesday

Beyond the Bug-Out Bag, 2026	LIFE114	1/7	6	9-10:30	Bateman		22
Caregiving for Alzheimer's: A Personal Journey	LIFE104	1/7	6	9-10:30	Harris		22
Introduction to Drones	STEM329A	1/7	4	9-10:30	Snow & Koonce		45
Learn How to Play Bridge	REC329A	1/7	10	9-10:30	Yates		41
Calculus From a Middle School Perspective	STEM310M	1/7	4	10-noon	Lubliner		44
13 Colonies: How They Got Their Shapes and Sizes	HIST308	1/7	7	11-noon	Reynolds		18
Beginning Bridge, Part 2	REC326A	1/7	10	11-12:30	Yates		39
Elephant Conservation in Thailand and Beyond	NAT322A	1/7	7	11-noon	Stegeman		30
Enjoy German!	LANG100A	1/7	10	11-12:30	Gorsch-Nies		21
Gentle Yoga	MOV100A	1/7	10	11-noon	C. Walker		28
On Stage	ARTS387A	1/7	6	11-12:30	Engel		13
AI-Assisted e-Book Stories: Your Life, Your Story	ARTS334A	1/7	8	1-3	M. Walker		16
Edgar Allan Poe	LIT335A	1/7	6	1-3	Dean		25
Evolution: From Darwin to DNA to Diversity	STEM327A	1/7	10	1-3	Ferguson		44
Kumihimo: Basic Japanese Braiding	REC310A	1/7	4	1-3	Foster		40
Lesbian Culture and Community: 1950s to the Present	SOC309	1/7	8	3:30-5:30	Felicity		47
Wines of the World	REC332A	1/7	6	3:30-5:30	Dawson		43
Creating a Cottage Garden With Permaculture	NAT321	1/7	6	6-7:30	McNab		29
Slowing Down to Live in a Beautiful Feeling	PERS359	1/14	3	9-10:30	Altman		36
Transitions	PERS355A	1/14	8	9-10:30	Fawcett		38
Americans in Paris in the 1920s	HIST329A	1/14	7	11-12:30	Rothschild		18
Personality Awareness and the Enneagram	PERS262M	1/14	8	11-1	Widup		35
Exploring Nearby Winter Trails on Cross-Country Skis	REC303A	1/14	6	2-3:30	Forest		39
Protecting Wildlife Species Around the World	STEM320A	1/21	6	1-2:30	Rucks		46
How to Write a Romance	ARTS308A	1/21	6	3:30-5	Portnoy		17
'Henry IV, Part One' and 'The Hollow Crown'	LIT332M	2/4	5	10-noon	Stitham		25
Kumihimo: Advanced Braiding With Beads	REC328A	2/4	4	1-3	Foster		40
Continuing Experiments in Artificial Intelligence	STEM304	2/11	5	1-2:30	Jarrard		44
Riding on the Magic Carpet of Divine Mind	PERS358	2/18	3	9-10:30	Altman		35
Jin Shin Jyutsu Self-Care Course	PERS330A	2/18	4	1-3	Frederick		35
Pet Portraits	ARTS388A-2	3/4	2	1-2:30	Wilkinson		17

Thursday

Fiat Currency	SOC317	1/8	6	9-10:30	Woosnam		47
Introduction to Bitcoin and Cryptocurrency	LIFE318A	1/8	10	9-10:30	Goulston		23

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Introduction to 3D Printing	STEM328A	1/8	4	9:30-noon	Schubert		14
Introduction to Sewing	REC327A	1/8	8	9:30-noon	Bastian		15
'I Am the Word'	PERS347	1/8	10	11-12:30	Ackroyd		34
Sailing by the Stars: Celestial Navigation	NAT325A	1/8	6	11-noon	LeVee		31
Teachings of Zen Buddhism: Thich Nhat Hanh	PERS353A	1/8	10	11-noon	Monjure		37
Death With Dignity and Medical Aid in Dying (MAID)	LIFE108A	1/8	3	1-2:30	Southworth		22
Organizing and Sharing Digital Photos Using iCloud	STEM136	1/8	5	1-3	Strudler		45
Origins of Modern Philosophy: Descartes to Marx	SOC341	1/8	10	1-3	Roby		48
The Great Depression: 'Isms' and the New Deal	HIST330A	1/8	7	1-3	Gapasin & Ben-Baruch		19
Tolkien: 'The Hobbit' and 'The Lord of the Rings'	LIT337A	1/8	10	1-3	Keeling		27
Gamache's World: Grey Wolf/Black Wolf	LIT336	1/8	2	2-3:30	Yucht		25
Co-Creating Authentic Connections	PERS349A	1/8	4	3:30-5	Raynolds		33
Connectivism: A 21st Century Learning Theory	SOC340A	1/8	5	3:30-5	B. Evans		46
The Power and the Glory: Auto Racing Up to WWII	HIST315A	1/8	5	3:30-5:30	J. Davis		20
Spiritual Cinema Afternoons	PERS352A	1/8	10	3:30-6	Marsak		36
Pickleball: Round-Robin Fundamentals Collective	REC305A	1/15	3	8:30-11:30	Frank		43
Cells: New Views at the Edge of Life	STEM326A	1/15	6	11-12:30	Kloetzel		44
Motown!	ARTS385	1/15	8	11-12:30	Caraher		12
OLLI at SOU Leadership Academy	LEAD100A	1/15	3	11-12:30	Schuyler & Tisch		10
Seven Simple Practices for Living in Wonder	PERS307A-1	1/15	7	1-2:30	Chapman		36
Landmark Brando Films	ARTS382	1/22	6	3:30-5	Steinle		10
Making Metal Clay Jewelry	ARTS391A	2/5	4	9:30-noon	Ruiz		15
'Henry IV, Part One' and 'The Hollow Crown'	LIT332	2/5	5	10-noon	Stitham		25
Breath-Powered Vitality: The Metabolic Blueprint	PERS357A	2/5	6	11-12:30	Flot		32
Citizens Guide to Our Fire Environment	NAT300	2/5	5	11-12:30	Kwart & Derezotes		29
Challenges of Imposed Personal Caregiving	PERS348	2/5	4	1-2:30	Wilson & Carrere		32
Online Treasures: Unique Web Portals	SOC324	2/5	3	2-3:30	Yucht		48
Cut-Up Poetry	ARTS112A	2/5	4	3:30-5	Ehrman		17

Friday

DIY FUNDamental Stock Analysis for Beginners	LIFE142	1/9	8	9-10:30	Couey & Smith		23
Pet Portraits	ARTS388A-1	1/9	2	9-10:30	Wilkinson		17
The Best of Alfred Hitchcock, Part 2	ARTS328	1/9	4	11-12:30	Sherwin		11
Vegetable Gardening in the Rogue Valley	REC112A	1/9	8	11-12:30	Koenig		43
Acting for Readers Theater	ARTS327A	1/9	10	1-3	Stephens & McMinimy		13
Adapt a Script for Readers Theater	ARTS300A	1/9	10	1-3	Stephens & McMinimy		13
Organizing and Sharing Digital Photos Using iCloud	STEM136A	1/9	5	1-3	Strudler		45
World Cinema: Exploring the Ties That Bind	ARTS383A	1/9	3	3:30-5	Vail		11
Sanskrit Chanting for the Love of It	PERS304A	1/16	6	11-12:30	Leviton		36
Seven Simple Practices for Living in Wonder	PERS307A-2	1/16	7	1-2:30	Chapman		36
Have Fun Learning About Birds	NAT128A	1/23	5	11-12:30	Rio		30
Inventing the Next Chapter of Your Life	PERS324A	1/23	7	3:30-5	Halpern		34
Learn to Play Go	REC109A	1/23	6	3:30-5	Moris & T. Davis		41
Beyond Basics: Watercolor and Negative Painting	ARTS235	1/30	6	1-3	Hawkins		16
Age-Friendly Health Literacy for Older Adults	SOC339A	2/20	3	1-2:30	Greenwell		46

Saturday

American Sign Language for Beginners Workshop	LANG173A	1/10	2	1-4	Scheppler		21
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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

Leading at OLLI

OLLI at SOU Leadership Academy

Have you ever wondered what it takes to offer nearly 300 courses a year, support over 165 volunteer instructors, run an Open House and other events as well as govern our organization and chart the future? The answer: OLLI volunteers. Are you looking for ways to give back and engage in the Southern Oregon/Northern California community? This three-session academy will show you a way to do that, with specific focus on leadership and volunteer opportunities at OLLI. We will cover the national history of OLLI and OLLI at SOU, and the descriptions and responsibilities of leadership and standing committees which include presentations from current and former leaders. The academy is led by the current OLLI Council president and vice president and is supported by Megan Rutherford, OLLI program specialist.

LEAD100A • 3 Sessions
Campbell Center—Room A
class size 30
Th • 11:00AM—12:30PM
1/15/2026—1/29/2026

INSTRUCTORS: John Schuyler, Sarah Tisch



Arts: Film/TV/Radio

NEW! Film and Ideology in the 1950s

This course is an introduction to the mindset of 1950s America, as seen through the great and not so great films of the era, including “The Day the Earth Stood Still,” “Them!,” “Blackboard Jungle” and others. The popular anxieties of the 1950s — fear of radiation, communist infiltration and juvenile delinquency, among others — will be on full display. Watching these films from today’s perspective will give students a new understanding not only of the 1950s, but of how popular films convey political messages intended to reinforce or subvert common social values. Due to time constraints, the class will not watch each film during class in its entirety. Students will receive a list of films to be shown if they want to watch the full movie prior to class.

ARTS381A • 8 Sessions
Campbell Center—Room C
class size 21
Tu • 1:00—2:30PM
1/6/2026—2/24/2026

INSTRUCTOR: Mark Koerner

NEW! Landmark Brando Films

This course explores the first films made by Marlon Brando, beginning in 1950. By viewing these seminal works, participants will discover how Brando developed as a cinematic performer. Each week, students are invited to watch a different Brando film on the internet at their convenience. Then the class will convene on Zoom and the instructor will introduce the film, highlighting the background of the filmmaker, the performers and key aspects of the film. Subsequently, the instructor and the class will discuss fresh impressions of each film’s cinematic techniques, the story issues raised in the films and how Brando’s performance (and the others) shaped the picture.

ARTS382 • 6 Sessions
Online
class size unlimited
Th • 3:30–5:00PM
1/22/2026–2/26/2026

INSTRUCTOR: Paul Steinle

NEW! The Best of Alfred Hitchcock, Part 2

In the 1940s and 1950s, Alfred Hitchcock was at his artistic and professional peak as a filmmaker. In this online course, we'll discuss eight Hitchcock films from that era, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key motifs. The course will build on last year's "Best of Hitchcock" course, but the first course is not a prerequisite — all are welcome! Join us for another lively trip into the fascinating, unsettling world of lovers, spies and voyeurs that Hitchcock created on film.

ARTS328 • 4 Sessions
Online
class size unlimited
F • 11:00AM–12:30PM
1/9/2026–1/30/2026

INSTRUCTOR: Jay Sherwin

NEW! World Cinema: Exploring the Ties That Bind

Family relationships are often a significant theme in film and often highlight the multifaceted nature of friendship, love, conflict, betrayal and forgiveness. In five award-winning narratives, European and Asian filmmakers explore the consequences of choices made within family settings, reflecting on how relationships can shape identity, moral values and, ultimately, destinies. The films will provide the content through which we can examine the influence of familial structures on character development and plot progression. Students are asked to view the films before the discussion.

NOTE: All five films are on the Criterion Channel. You can view all the films as many times as you like for a single-month fee of \$10.99. Also, if you are new to the Criterion Channel, you can view all films at no charge during a free 14-day trial.

ARTS383A • 3 Sessions
Campbell Center—Room E
class size 78
F • 3:30–5:00PM
1/9/2026–1/23/2026

INSTRUCTOR: Lorraine Vail



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Spring Course Proposals Accepted Nov. 1–Dec. 3

To join the list of prospective instructors to receive course-proposal deadline notices and training information, email Anne Coleman at apcoleman2019@gmail.com.

Arts: Music

A Beethoven Celebration: Symphonies 1–5 🎧

In this first of a series of six courses on the music of Beethoven in celebration of the 200th anniversary of his death in 2027, we'll look at and listen to his first five symphonies. We'll examine the history of these works and how they continue the symphonic developments of Haydn and Mozart. We'll see how they reflect Beethoven's innovative ideas and how the first five symphonies lay the groundwork for the last four. No previous knowledge is expected. The course will be mostly lectures, using PowerPoint and YouTube for musical examples.

NOTE: There is no class on Monday, Jan. 19. This course is part of an online share with OLLI at the University of Nevada Reno.

ARTS127 · 5 Sessions
Online
class size unlimited
M · 11:00AM–12:30PM
1/5/2026–2/9/2026

INSTRUCTOR: Peggy Evans

Beginning Guitar: Chords 🧑🧑

In this class, students will acquaint themselves with the parts of the guitar, string names, how to play a basic scale, how to tune a guitar, how to play basic guitar chords and possibly more advanced skills. A book on guitar chords is recommended but not required. The class includes learning how to play a few easy chords and, time permitting, more advanced chords. Students will have the option to learn a song of their choice. Class will include a workshop session. Some previous musical experience is helpful but not required.

NOTE: Students must provide their own guitars.

ARTS321M · 10 Sessions
Medford Higher Education Center—Room 118
class size 5
Tu · 11:00AM–12:00PM
1/6/2026–3/10/2026

INSTRUCTOR: William Lawson

Introduction to Guitar Playing 🧑🧑

Have you ever wanted to learn to play the guitar or improve your guitar playing skills? Did you take guitar lessons once but stop playing, intending to pick it up again someday? Then this guitar course may be for you. Students will be introduced to the most common chords

and a variety of playing techniques. In a few weeks, they will learn the skills to begin to create pleasing guitar music. Sessions will consist of lectures and demonstration followed by group practice. Students will have the opportunity to practice individually with guidance from the instructor. Participants should spend some time outside class reviewing and practicing the skills introduced during each session.

NOTE: Students must provide their own guitars. A music stand, guitar tuner, capo and picks would be helpful. There is no class on Monday, Jan. 19.

ARTS309A · 8 Sessions
Campbell Center—Room E
class size 21
M · 1:00–3:00PM
1/5/2026–3/2/2026

INSTRUCTOR: Randall Walker

NEW! Motown! 🎧

Motown changed the landscape of pop music. When founded by Berry Gordy in 1959 in Detroit, songs by black artists were often unheard and ignored by major recording labels. For the first time, a black-owned label developed, which fostered and supported the sounds of soul that changed America. This course will examine the roots of this label and the circumstances that led to this enormously influential sound. There will be a lot of music — and what music: The Supremes, Marvin Gaye, Smokey Robinson and the Miracles and much more!

ARTS385 · 8 Sessions
Online
class size unlimited
Th · 11:00AM–12:30PM
1/15/2026–3/5/2026

INSTRUCTOR: Denny Caraher



Arts: Theater

Acting for Readers Theater

In this acting course, participants will collaborate with students in the Adapt a Script for Readers Theater course to create and present a 10- to 15-minute staged performance, utilizing a radio/readers theater format. Students will learn about staging and blocking, as well as vocal techniques working with a professional voice coach. Class sessions will include lecture and discussion on the elements of putting together a dynamic readers theater production, as well as rehearsal time. The course will culminate in a readers theater performance before a live audience at SOU's Meese Auditorium. Some time spent outside of class will be necessary for participants to prepare their roles. Everyone is welcome, and no previous experience is required.

ARTS327A • 10 Sessions
Campbell Center—Room D
class size 16
F • 1:00—3:00PM
1/9/2026—3/13/2026

INSTRUCTORS: Daniel Stephens, Robbi McMinimy

Adapt a Script for Readers Theater

In this course, students will participate in the process of adapting a script from a short story or other genre into a 10- to 15-minute staged performance, utilizing a radio/readers theater format. The source script must come from a previously published work. Students will also have the opportunity to direct their project, as well as act in classmates' productions before a live audience at SOU's Meese Auditorium. Each class session will include lecture and discussion of script examples and script format. The course will culminate in a readers theater performance of each student's final script. This course will be taught in conjunction with Acting for Readers Theater. Research and script writing will require some work outside class. Everyone is welcome, and no previous experience is required.

ARTS300A • 10 Sessions
Campbell Center—Room C
class size 6
F • 1:00—3:00PM
1/9/2026—3/13/2026

INSTRUCTORS: Daniel Stephens, Robbi McMinimy

NEW! Broadway Musicals: Small Hits and Near Misses, Part 2

This course will review Broadway musicals that were hits of their time but are rarely produced anymore or, conversely, were considered failures in the initial run but are now considered minor classics. Whenever available, filmed productions of the original stage version will be used rather than less faithful Hollywood movie adaptations. Each session will feature a production video. Due to length, some productions will be divided into two sessions. Titles for this term include: "Kiss Me, Kate" (Porter), "Half a Sixpence" (Heneker), "Curtains" (Kander & Ebb) and "Lady in the Dark" (Weil & Gershwin). Time is allotted during each session for class discussion. Enrollment in Broadway Musicals, Part 1, is not a prerequisite.

NOTE: There is no class on Monday, Jan. 19.

ARTS386A • 7 Sessions
Campbell Center—Room D
class size 53
M • 1:00—3:00PM
1/5/2026—2/23/2026

INSTRUCTOR: Lee Fishel

NEW! On Stage

Do you have a desire to be on the stage, or do you have stage fright but think it might be worthwhile to overcome that fear? In this class what we mostly do is have fun! You will learn about and participate in several onstage activities, including storytelling, stand-up comedy, improv and acting. Get an insider's look into what it takes to be on stage. Don't fret, there will be no audience other than your classmates. There will be some lecture, but mostly you'll be working on the skills of writing and performing. Discover new horizons and build your confidence while you explore the art of storytelling, craft a joke and get comfortable being on a stage. It's exhilarating, enlightening, eye-opening and downright entertaining.

ARTS387A • 6 Sessions
Campbell Center—Room A
class size 28
W • 11:00AM—12:30PM
1/7/2026—2/11/2026

INSTRUCTOR: Robin Engel

Talent Maker City Winter 2026 Courses

Announcing a pilot program between OLLI at SOU and Talent Maker City

For this partnership in winter and spring 2026, Talent Maker City has applied for grants to reduce costs for OLLI members. OLLI at SOU has subsidized the facility rental fee to make these hands-on courses even more affordable to our members. Additionally, TMC offers payment plans to distribute course costs over time.



Please note: Payment for each course will need to be made directly to Talent Maker City after registration is processed. The cost of each course is noted in the description. A signed SOU liability waiver is needed for each course. 

All courses take place at:

Talent Maker City, 109 Talent Avenue

Public parking is available on Talent Avenue, Valley View Road, Market and Sieber streets.

NEW! Introduction to 3D Printing

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. Students will print objects and learn to decorate and modify them. Additional topics covered will include an introduction to high-tech 3D printing in space travel and other applications. No previous knowledge of 3D printing is needed to participate. Basic computer skills are required.

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

STEM328A • 4 Sessions

class size 6

Th • 9:30AM–12:00PM

1/8/2026–1/29/2026

INSTRUCTOR: Michael Schubert

NEW! Introduction to Ceramics: Hand Building

Discover the art of creating with clay in this hands-on, beginner-friendly ceramics course. Over eight weeks, students will explore the fundamentals of hand building techniques, including pinch, coil and slab construction, while learning how to shape, texture and join clay. The course will also cover surface decoration methods, glazing and an introduction to the firing process. Each week builds on core skills, guiding students from simple functional forms to more creative, sculptural projects. By the end of the course, participants will have completed a collection of unique



ceramic pieces and gained a strong foundation in working with clay. No prior experience is needed, just a willingness to get a little messy and experiment!

NOTE: Total cost to participate is \$200 (\$25 per session).

ARTS389A • 8 Sessions
class size 8
Tu • 9:30AM–12:00PM
1/6/2026–2/24/2026

INSTRUCTOR: Dawn Klinger

NEW! Introduction to Sewing

In this course, you will learn the basics of creating the sewing projects of your choice. The instructor will emphasize the development of basic sewing skills used to create apparel. We will focus on learning how to use the sewing machines, fabric and pattern selection, how to decode information on patterns, basic construction techniques, pressing skills and time-saving technologies and techniques. By the end of the course, you will have the basic skills to embark on your own creations with or without a pattern. Together we will create a sewing skills foundation that can help you in career opportunities or just sewing for yourself, friends and family.

NOTE: Total cost to participate is \$200 (\$25 per session).

REC327A • 8 Sessions
class size 6
Th • 9:30AM–12:00PM
1/8/2026–2/26/2026

INSTRUCTOR: Bec Bastian



NEW! Making Metal Clay Jewelry

Transform nature into sparkling silver! Discover the magic of turning leaves, flowers and found treasures into stunning, fine silver jewelry. In this hands-on class, you'll learn how to capture botanical textures and natural forms using art clay silver — a versatile fine silver clay. Create your own one-of-a-kind pendant inspired by the beauty of the world around you. No prior experience is needed — just your curiosity and a love of nature. Let your creativity take root and blossom into timeless silver pieces you'll be proud to wear or give as a gift.

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

ARTS391A • 4 Sessions
class size 8
Th • 9:30AM–12:00PM
2/5/2026–2/26/2026

INSTRUCTOR: Donna Ruiz

NEW! Passion for Printing

Develop a passion for printing in this hands-on art class that includes art, design and printmaking. We will focus on a variety of mediums; including cyanotype, gelli prints and screen printing. Each week students will learn different aspects of what makes a good design based on composition principles such as golden ratio, the rule of thirds and the use of positive and negative shapes. Students will learn how to digitize and edit designs for screen printing using an iPad. Additional printing methods will be introduced.

NOTE: Total cost to participate is \$200 (\$25 per session).

ARTS392A • 8 Sessions
class size 6
Tu • 9:30AM–12:00PM
1/6/2026–2/24/2026

INSTRUCTOR: Amy Godard



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Arts: Visual Arts

AI-Assisted e-Book Stories: Your Life, Your Story

Transform a memory into a meaningful short story in this eight-week course for photographer-storytellers. For those who have decades of rich experiences (and the photos to prove it) but struggle to share them meaningfully, this course will explore how to use multimedia e-books to accomplish that. Unlike traditional memoir writing, this course will focus on telling a single story as a relationship-building tool. Learn to select a personal experience that inspires, craft a short story that invites reflection, use personal photos and maybe short voice clips to enhance your text and host a follow-up conversation with readers. Come develop these essential skills for your third act. Leave a legacy of shared wisdom and connection that inspires long after your story has been told.

NOTE: Participants need their own late-model laptop (Mac preferred but Windows or Android also work with Book-Creator). Participants need to know how to copy and paste between documents, use the audio and video tools built into their laptops and how to access their digital photos. To use the AI prompts from the instructor, participants also need their own Claude AI account (the free version is fine).

ARTS334A • 8 Sessions

Campbell Center—Room A

class size 16

W • 1:00—3:00PM

1/7/2026—2/25/2026

INSTRUCTOR: Meri Walker

Beyond Basics: Watercolor and Negative Painting

Let's say you've moved beyond "total beginner" as a watercolor painter and are ready for a new challenge. You've been told to focus on major shapes and values to create good compositions, but you're not sure how. You've heard about negative space, but no one has shown you how to work with it. For many watercolorists, negative painting is the game-changing technique that helps them start seeing major shapes and understanding how to use the spaces in between them. Each live, two-hour Zoom class (with breaks) begins with a PowerPoint lecture, discussion and Q&A, followed by an in-class painting session. Outside class, plan to spend two-plus hours watching online videos, reading articles and painting. Experienced beginners and intermediate painters are welcome.

NOTE: Students will need to use a private Padlet online bulletin board and be able to download and print materials. The instructor will send a detailed syllabus, suggested supply list, instructions and outline drawings for projects. Students can use their existing watercolor materials. Additional material costs will vary.

ARTS235 · 6 Sessions

Online

class size 15

F · 1:00–3:00PM

1/30/2026–3/6/2026

INSTRUCTOR: Becky Hawkins

NEW! Pet Portraits

If you have a pet, you know the special place they hold in our homes and hearts. In this course, participants will learn to draw, then paint, a portrait of their pet using a favorite photo as a reference. Students will begin with pencils and then complete the picture in watercolors. A demonstration will be given, followed by step-by-step instructions. Portraits may include a background or just your pet as the main attraction. All materials will be provided; however, donations for the paper and art supplies would be appreciated. All levels of drawing experience and expertise are welcome. Come create an image of your dog, cat, parrot or what have you to be enjoyed for years.

ARTS388A-1 · 2 Sessions

Campbell Center—Room C

class size 21

F · 9:00–10:30AM

1/9/2026–1/16/2026

ARTS388A-2 · 2 Sessions

Campbell Center—Room C

class size 21

W · 1:00–2:30PM

3/4/2026–3/11/2026

INSTRUCTOR: Nancy Wilkinson

Arts: Writing

Cut-Up Poetry

Would you rather play Scrabble than Monopoly because you love the surprise of creating words from the letter tiles you choose? Magnify that joy and you'll have the experience of cut-up poetry. All participants receive an assortment of pages from a variety of books that range from poetry to recipes. Instead of choosing letter tiles, students pick words and phrases that speak to them from a page of text. Prompts and guidelines give students time to amass enough scraps to create a piece of writing. The juxtaposition available due to the different texts lends a certain nuance of magic to the creativity of the cut-up poem. Students may share their work with the class, but it's not required.

ARTS112A · 4 Sessions

Campbell Center—Room A

class size 25

Th · 3:30–5:00PM

2/5/2026–2/26/2026

INSTRUCTOR: Sallie Ehrman

How to Write a Romance

Romance might be thought of as “love science fiction.” We know it's not real, but it is such fun! The first class will start with learning about the basic concepts of a modern romance, followed by learning tools to uncover your hidden writing skills through free-form writing using sense memory tools. No experience in writing is required — just a pen, a notebook and a willingness to commit to 30 minutes of writing in the first class and up to one hour in the following classes. In the last class, students who so wish will share their writing.

ARTS308A · 6 Sessions

Campbell Center—Room A

class size 25

W · 3:30–5:00PM

1/21/2026–2/25/2026

INSTRUCTOR: Carmen Portnoy

Nonfiction Writing Workshop

This workshop is an introductory course offering practical training to enhance nonfiction writing skills. The storytelling techniques emphasized are applicable to memoir, historical articles, long-form journalism and book-length nonfiction, for both print or internet. Class materials include selected readings, posted online, that demonstrate key writing techniques practiced by successful, well-known authors. Students should expect to spend



six to eight hours a week reading assignments, writing and analyzing workshop writing submissions. Students are required to submit, for analysis, four 500- to 1,000-word writing samples by midnight, Fridays, using content derived from their experience. Students will read one another's work and share evaluations.

NOTE: "Bird by Bird" by Anne Lamott is assigned to be read by the end of the term.

ARTS178 · 10 Sessions

Online

class size 19

Tu · 9:00–10:30AM

1/6/2026–3/10/2026

INSTRUCTOR: Paul Steinle

Readers Write Personal Narratives

What stories from your life would you like to tell? This course in writing personal narratives is derived from the Readers Write section of The Sun literary magazine. We will review samples from past issues and write responses to the magazine's prompts. We will also look at upcoming topics, so students may submit works for publication. Students are expected to write one 400- to 800-word essay each week and share it on the interactive website Raider Moodle. Participants will respond to others' essays by answering the following questions to encourage supportive feedback: What did you notice? What struck you? How did you connect personally to the story? All students are welcome, regardless of writing experience. This course has been offered previously, but all writing prompts will be new.

NOTE: There is no class on Monday, Jan. 19.

ARTS186 · 6 Sessions

Online

class size 23

M · 2:00–3:30PM

1/5/2026–2/16/2026

INSTRUCTORS: Linda Jaffe, John Pratt

History

13 Colonies: How They Got Their Shapes and Sizes

Did the colony of Virginia ever cover about half of America? (Yes.) Did Massachusetts cover most of the rest? (Sort of.) And Carolina? Was it just one single colony at first and not split into a North and South? (That's right.) The book "How the States Got Their Shapes" by Mark Stein, examines these questions for all 50 states. This course looks at the first 13. It will serve as a prequel to "Battles of the American Revolution," taught at OLLI at SOU. How every colony got its shape and size has surprising factors, including wars, economics and politics. We'll learn all about them. The course will utilize PowerPoint slides of graphics and photographs prepared mostly by the instructor. The Mark Stein book is recommended but not required; other sources of information will also be included.

HIST308 · 7 Sessions

Online

class size unlimited

W · 11:00AM–12:00PM

1/7/2026–2/18/2026

INSTRUCTOR: Michael Reynolds

NEW! Americans in Paris in the 1920s

Per Ernest Hemingway, "If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast." Between the end of World War I and the 1929 stock market crash, Paris was a magnet for aspiring U.S. writers, artists and musicians. We will explore the reasons why they became expats for varying lengths of time, who they were, how they lived and what they accomplished. We will try to get some feel of the Paris scene, both in "Black Montmartre" on the Right Bank and in bohemian Montparnasse on the Left Bank. In addition to well-known figures such as F. Scott Fitzgerald, Man Ray, Josephine Baker and Aaron Copland, we will get to know many lesser but fascinating ones. The course combines lecture and discussion.

NOTE: Malcolm Cowley's "Exile's Return" is a required text. Assigned shorter texts, musical pieces and documentary films will be accessible online at no cost.

HIST329A · 7 Sessions
Campbell Center—Room E
class size 78
W · 11:00AM—12:30PM
1/14/2026—2/25/2026

INSTRUCTOR: Herbert Rothschild

NEW! Gutenberg to TikTok: Media History and Its Impact 🧑🧑

In 2024, the average U.S. consumer spent about 12 hours and 42 minutes daily with media. Most people know very little about the history of media or its economic and societal impacts. Over four classes, students will learn about the evolution of media from the invention of the printing press to everyone having a world of information at hand. No prior knowledge is required. There are no outside assignments or required reading. Topics: the origins of print, radio, TV, social media and the size of their audiences; how different types of media generate income; how media is or is not regulated; news versus journalism; an attempt to forecast what might be in the future for media. Discussion will be encouraged, but the course will not be about blame, anger, grievance, opinions or entertainment.

NOTE: There is no class on Monday, Jan. 19.

HIST305A · 4 Sessions
Campbell Center—Room D
class size 53
M · 10:00AM—12:00PM
1/5/2026—2/2/2026

INSTRUCTOR: Phil Meyer



NEW! Killing for Coal: The Ludlow Massacre 🧑🧑

The day after Orthodox Easter in 1914, Colorado National Guardsmen, who were secretly being paid by John D. Rockefeller Jr.'s Colorado Fuel and Iron Co., attacked and burned the tent encampment of striking coal miners and their families. The dead included women and young children. The Ludlow Massacre was the defining incident of the Colorado Coalfield War. Details of the strike will be examined along with the Ludlow Massacre, and why no one was ever held accountable for the deaths. The course will conclude with a look at current attempts by some of the richest men in America to prevent employees from forming unions and to roll back government enforcement of collective bargaining and worker protections.

HIST306A · 6 Sessions
Campbell Center—Room D
class size 53
Tu · 9:00—10:30AM
1/6/2026—2/10/2026

INSTRUCTOR: James Cannon

NEW! The Great Depression: 'Isms' and the New Deal 🧑🧑

This is the third class in a series describing events that help to explain today's America. We continue our investigation of how the two major U.S. political parties create policies that aggravate or mitigate the social impact caused by political and economic crisis. We look at selected events in an attempt to understand how various groups in society respond to domestic and international social, economic and political upheaval. The only requirement for this course is an interest in how historical events can shape the culture of America. The only caveat is to remember that we learn history from the events that historians choose to write about, and as historian Jill Lepore put it, "To write history is to make an argument by telling a story."

HIST330A · 7 Sessions
Campbell Center—Room D
class size 37
Th · 1:00—3:00PM
1/8/2026—2/19/2026

INSTRUCTORS: Fernando Gapasin, Benjamin Ben-Baruch

The Life of the Prophet of Islam 🧑🧑

Without knowledge of the life of the prophet of Islam, Muhammad, it is impossible to know the religion. Fortunately, Muslims were adamant about collecting facts about the life of the prophet and recorded them within 200 years of his death. They were scrupulous about doing so, requiring a reliable chain of attribution. These writings by early Muslims are known as the Hadith. These have been translated into English and form the core of this course. We'll also discuss the Quran, the holiest book of Islam, often called the single miracle of Islam. Class discussion will also include the practices of the religion, its factions and their history. Updated materials are included. Students should have an open mind to understand one of the world's major religions.

HIST331M · 6 Sessions
Medford Higher Education
Center—Room 118
class size 34
M · 1:00—3:00PM
1/26/2026—3/2/2026

HIST331A · 6 Sessions
Campbell Center—Room D
class size 53
Tu · 1:00—3:00PM
1/27/2026—3/3/2026

INSTRUCTOR: Terry Doyle

NEW! The Power and the Glory: Auto Racing Up to WWII 🧑🧑

Starting at the end of the 19th century, automobile racing replaced horse racing and bicycle racing, mainly due to the unpredictability and danger of it. Fortunes were made and lost on the track, and automobile companies came and went based on their performance. Constant innovations, year after year, made the cars go faster, rapidly exceeding 100 miles per hour by 1920, but also easier



to drive and with increased mileage (although that was not the goal). Women took the wheel as early as 1910 in some interesting events. By 1920, styling and streamlining began, and the automobile became a work of art as well as a functional mode of transportation. We'll explore the evolution of styling and speed, compare racing in Europe versus the U.S. and look at some of the dominant drivers and designers.

HIST315A · 5 Sessions
Campbell Center—Room D
class size 32
Th · 3:30—5:30PM
1/8/2026—2/5/2026

INSTRUCTOR: Joe Davis

NEW! Venice's Golden Age: Politics, Society, Culture 🧑🧑

This course explores the great period of Venetian history, from 1200 to 1600, when the city traded with the world, ruled the Aegean and saw the creation of monumental works of art and architecture that have amazed the world ever since. The origins of the city and Venetian society will be examined, with an appreciation of the amazing stability of its government. Topics include the works of the great Venetian painters and the patrician palaces on the Grand Canal. An understanding will be gained of how the Doge's Palace and the Basilica of St. Mark came to be. And finally, we will examine how and why the golden age came to an end and the afterglow that followed. This is a lecture course, in which there will be slides, videos and photos taken by the instructor on a recent trip to Venice.

HIST332A · 7 Sessions
Campbell Center—Room E
class size 78
Tu · 1:00—3:00PM
1/13/2026—2/24/2026

INSTRUCTOR: Bob Wetmore

Languages and Cultures

NEW! American Sign Language for Beginners Workshop

This two-part workshop introduces participants to ASL vocabulary, the fingerspelling alphabet and numbers, and basic grammar through a Deaf cultural lens. Participants should expect to engage in nonverbal, gestural communication through games and activities. Native signing/Deaf sign models shown in video clips will demonstrate concepts being taught, and participants will be shown interactive resources with which to practice at home. Vocabulary topics covered will include culturally informed introductions, family, career, emotions, colors, questions and verbs. While one may need several years to achieve fluency in ASL, this workshop for beginning signers will equip participants with resources to continue their signing journey indefinitely.

LANG173A • 2 Sessions
Campbell Center—Room A
class size 21
Sa • 1:00—4:00PM
1/10/2026—1/17/2026

INSTRUCTOR: Elizabeth Scheppeler

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 etymology of certain words will be discussed, and the rules of grammar will be explained on request. This term we will read the instructor's memoirs from 1992 and later.

LANG100A • 10 Sessions
Campbell Center—Room B
class size 16
W • 11:00AM—12:30PM
1/7/2026—3/11/2026

INSTRUCTOR: Udo Gorsch-Nies

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Nov. 30–Dec. 8**

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local/regional and domestic locations
will be added soon.***

Check out the OLLI website for complete trip details, the ability to make reservations, and to discover new trips:
sou.edu/olli/offerings/travel



Life Planning

Be Scam Smart

Hardly a day goes by without a suspicious or dubious call, email or text arriving on our phones or computers. How is one to know what's legitimate and what's a scam? This course will review common scams and alert you to warning signs to watch out for. It will cover issues that increase susceptibility to scams and will discuss strategies for planning ahead to prevent scam victimization. The course will include lectures, short videos and exercises. Learn tools to keep you and your friends safe from criminals who want to take your money.

LIFE307A • 4 Sessions
Campbell Center—Room A
class size 25
Tu • 1:00—3:00PM
1/6/2026—1/27/2026

INSTRUCTOR: Mary Twomey

Beyond the Bug-Out Bag, 2026

What would you do if an emergency happened right now? Preparing for an emergency is vital. The bug-out bag has 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 the 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 focus.

LIFE114 • 6 Sessions
Online
class size unlimited
W • 9:00—10:30AM
1/7/2026—2/11/2026

LIFE114A • 6 Sessions
Campbell Center—Room D
class size 53
W • 9:00—10:30AM
1/7/2026—2/11/2026

INSTRUCTOR: Bill Bateman

Caregiving for Alzheimer's: A Personal Journey

The stress of caregiving is a major concern for someone whose loved one has been diagnosed with dementia or Alzheimer's disease. This course will provide an overview of the issues, the impact of the diagnosis and the resources available to the caregiver. We will discuss coping strategies for the patient and caregiver. We will introduce specific issues typically discussed between the caregiver, loved one, lawyer and financial planner. These may include advance directives, end-of-life choices and their ethical issues, changes to a will or trust and strategies for dealing with medical expenses. Classes will consist of lectures with time for questions. The PowerPoint slides used will be sent out after each class.

LIFE104 • 6 Sessions
Online
class size unlimited
W • 9:00—10:30AM
1/7/2026—2/11/2026

INSTRUCTOR: Bill Harris

Death With Dignity and Medical Aid in Dying (MAID)

This course will examine Oregon's legal options for a humane and dignified death according to Oregon's Death With Dignity Act. The primary instructor is a physician and a MAID provider and consultant. In three 90-minute classroom sessions, lecture time will be minimized. Active student participation and questions will be encouraged. Vignettes and experiences of actual (anonymous) patients and death situations will be presented. Student reactions will be invited. Viewpoints of students who have moral reservations about MAID will be considered. There may be guest presentations by other experienced health care providers with knowledge of MAID, hospice and palliative care. Readings will be distributed via email before class. They are not required but may enhance students' learning.

LIFE108A • 3 Sessions
Campbell Center—Room C
class size 34
Th • 1:00—2:30PM
1/8/2026—1/22/2026

INSTRUCTOR: William Southworth

DIY FUNdamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and determine whether they are being sold at a fair price. We use the fundamental analysis methods as taught by BetterInvesting (www.betterinvesting.org) to over 5 million investors over the past 75 years. Learn how to form sound judgments, compare values between companies, make wise strategic portfolio choices, do research online and document your decisions. Students evaluate a company and practice articulating their judgments during workshops. This class combines lectures, activity workshops and one hour per week of outside video education and online tools practice. This class is a prerequisite for the spring course, DIY FUNdamental Stock Analysis: Beyond Beginners.

NOTE: Maximum benefits will be achieved by attending all eight sessions. Equities are for educational purposes only; no recommendations will be made. We do not present alternate investment strategies. Penny stocks, ADRs, ETFs, index funds, mutual funds, financial advisers, cryptocurrencies and foreign stocks will not be discussed. Newer Windows or Mac OS versions only.

LIFE142 · 8 Sessions
Online
class size 23
F · 9:00–10:30AM
1/9/2026–2/27/2026

INSTRUCTORS: Marcia Couey, Michael Smith

Fundamentals of Investing

In this mostly lecture class, we'll cover the basics of stocks, bonds, real estate and alternative investments before moving on to address how to combine various asset classes into a diversified portfolio. Investment vehicles such as mutual funds and exchange-traded funds will also be discussed, as well as passive versus active investing, market timing, investor behavior, socially responsible investing and tax considerations. At the end of the class students will have the tools to either do their own investing or be able to evaluate what their advisers are doing. No prior investing experience is required. Expect some class discussion and home assignments.

NOTE: The content provided in this class is for general informational and educational purposes only. It is not intended to provide specific financial, investment, tax or legal advice.

LIFE122A · 4 Sessions
Campbell Center—Room A
class size 34
Tu · 11:00AM–12:30PM
2/10/2026–3/3/2026

INSTRUCTOR: Kenji Bleicker

NEW! Introduction to Bitcoin and Cryptocurrency

This course is designed for students who know little to nothing about bitcoin and cryptocurrencies, although those who have some subject knowledge and want a deeper understanding are also welcome. By the end of the course, students can expect to have enough knowledge to procure, manage and sell their own bitcoin (if they desire), as well as to understand the basics of managing those assets. Students can also expect to gain a greater understanding of the role bitcoin plays in the world's political and monetary arenas, as well as the history of money and world economies. Each class will include instruction followed by group discussions and Q&A.

NOTE: This course is not recommended for “experts” in the cryptocurrency field.

LIFE318A · 10 Sessions
Campbell Center—Room C
class size 25
Th · 9:00–10:30AM
1/8/2026–3/12/2026

INSTRUCTOR: Dana Goulston

NEW! Medically Necessary: Documents to Direct Care

While many Oregonians have advance directives for health care, there are other documents they can use to help shape the kinds and extent of health care they want as they age. This course explores directives, health care representation, HIPAA rules, physicians' orders for life-sustaining treatment (POLST), and Oregon's Death With Dignity law to help students guide their own decision-making and care.

NOTE: There is no class on Monday, Jan. 19.

LIFE319M · 4 Sessions
Medford Higher Education Center—Room 118
class size 25
M · 11:00AM–12:30PM
1/5/2026–2/2/2026

INSTRUCTOR: Janay Haas



Photo credit: Bob Palermi

OLLI at SOU Land Acknowledgment

OLLI at SOU wants to take this moment to acknowledge that Southern Oregon University is located within the ancestral homelands of the Shasta, Takelma and Latgawa peoples, who lived here since time immemorial. These tribes were displaced during rapid Euro-American colonization, the Gold Rush and armed conflict between 1851 and 1856. In the 1850s, discovery of gold and settlement brought thousands of Euro-Americans to their lands, leading to warfare, epidemics, starvation and villages being burned. In 1853 the first of several treaties was signed, confederating these tribes and others together — who would then be referred to as the Rogue River Tribe. These treaties ceded most of their homelands to the United States, and in return they were guaranteed a permanent homeland reserved for them. At the end of the Rogue River Wars in 1856, these tribes and many other tribes from western Oregon were removed to the Siletz Reservation and the Grand Ronde Reservation. Today, the Confederated Tribes of Grand Ronde Community of Oregon (www.grandronde.org) and the Confederated Tribes of Siletz Indians (www.ctsi.nsn.us) are living descendants of the Takelma, Shasta and Latgawa peoples of this area. OLLI at SOU encourages you to learn about the land you reside on, and to join us in advocating for the inherent sovereignty of Indigenous people.

Older Drivers and Safety

Using research-backed strategies, the AARP Smart Driver course has been shown to significantly reduce the risk of accidents, boost knowledge of the current rules of the road, improve defensive driving techniques, and help you with safe vehicle operation in today's demanding driving environment. This course will focus on the vital relationship between the driver, vehicle and road, and look at how factors such as aging, medication and alcohol can affect 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: Required materials fee of \$20 to \$25 (discount for AARP members) includes a comprehensive 120-page Participant Guide to bolster learning and reinforce key concepts. Both days are required for course completion and insurance discount.

LIFE320M • 2 Sessions

Medford Higher Education Center—Room 118

class size 26

Tu, Th • 1:00—4:30PM

3/3/2026—3/5/2026

INSTRUCTOR: Daniel Wise

Literature

NEW! Edgar Allan Poe

Alcoholic, drug addict, madman? In this class, we will move beyond the myths to look at Poe as a literary critic, a poet, the father of detective fiction and, especially, as the author of gothic fiction and of the science fiction novella “The Narrative of Arthur Gordon Pym.” This is an opportunity to see Poe and the issues he raises in a new light. Emphasis will be on class discussion rather than lecture. Students will need to have access to all the works we are reading. Most are easily available in various texts and online. The instructor will use “The Portable Edgar Allan Poe,” ed. J. Gerald Kennedy (Penguin, 2006), and “The Narrative of Arthur Gordon Pym of Nantucket,” ed. Richard Kopley (Penguin, 1999).

LIT335A • 6 Sessions
Campbell Center—Room B
class size 19
W • 1:00—3:00PM
1/7/2026—2/11/2026

INSTRUCTOR: Sharon Dean

NEW! Gamache’s World: Grey Wolf/Black Wolf

In Louise Penny’s mystery novel “The Grey Wolf,” published in 2024, Chief Inspector Armand Gamache, Jean-Guy Beauvoir and Isabelle Lacoste must uncover what at first seems a domestic terrorist attack before realizing that it is an international conspiracy led by someone they called the Grey Wolf. In the follow-up novel, Gamache et al. realize that it is the Black Wolf — with powerful allies in law enforcement, industry, organized crime, even government — that they must find and bring to justice. Using lecture, discussion and PowerPoint slides, let’s explore both books and how the author uses standard mystery-writing elements to move the plots forward. Participants should read both books before the class starts.

NOTE: This course is part of an online share with OLLI at the University of Nevada Reno.

LIT336 • 2 Sessions
Online
class size 100
Th • 2:00—3:30PM
1/8/2026—1/15/2026

INSTRUCTOR: Alice Yucht

NEW! ‘Henry IV, Part One’ and ‘The Hollow Crown’

The four play sequence known as the Henriad is considered by many to be the crown jewel of Shakespeare’s history cycle. In the Middle Ages having no royal male heir led to awkward moments but having too many heirs meant disaster: The five sons of Edward III brought England 100 years of usurpations, murders and civil war, ending only in 1485 with the new Tudor dynasty. The familial and national tragedies portrayed in the plays based on this era continue to rivet audiences from—Richard II’s fecklessness through Henry V’s fleeting moments of martial glory to Richard III’s melodramatic villainy. This course will examine the play “Henry IV, Part One” (in the OSF ’26 season) in the context of the BBC series “The Hollow Crown.”

NOTE: Students should have access to a copy of the play and “The Hollow Crown” video series. As an option to private viewing, the four plays in the video series will be shown at Campbell Center on successive Fridays from 1 to 4 p.m. Jan. 30 and Feb. 6, 13, 20.

LIT332M • 5 Sessions
Rogue Valley Manor—
Skyline Plaza
class size 42
W • 10:00AM—12:00PM
2/4/2026—3/4/2026

LIT332 • 5 Sessions
Online
class size unlimited
Th • 10:00AM—12:00PM
2/5/2026—3/5/2026

INSTRUCTOR: Susan Stitham

NEW! ‘Playground’: A Novel by Richard Powers

“Playground” is a recent novel by Richard Powers, author of the Pulitzer Prize-winning “The Overstory.” In this new work, Powers focuses on the preservation of the oceans, their unspeakable beauty and mystery, and the impact that four unlikely lives have on their future. In “Playground,” the development of artificial intelligence tests the bonds of friendship among the main protagonists and challenges the interface between humans, the natural world and technology. One critic said that “Playground” does for the oceans what Powers did for trees in “The Overstory.” The course will be run as a discussion group. Expect to be engaged and to bring your own ideas and reactions to each session!

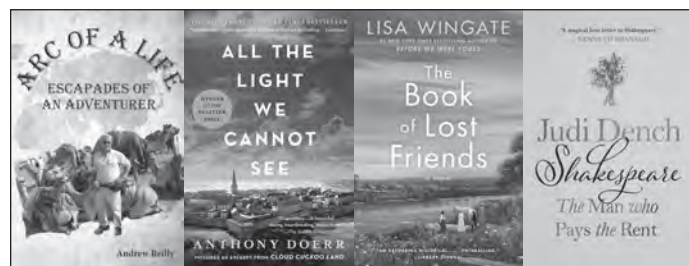
LIT333A • 4 Sessions
Campbell Center—Room C
class size 25
Tu • 11:00AM—12:30PM
1/6/2026—1/27/2026

INSTRUCTOR: Avram Chetron

NEW! ‘Prophet Song’: A Novel by Paul Lynch

“Prophet Song” is the 2023 Booker Prize winner by Irish novelist Paul Lynch. This gem of a novel, described as a “prophetic masterpiece” in the Washington Post, is a dystopian take on modern life. In lyrical prose 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 beginning of a totalitarian takeover of the country. 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. The flow of the narrative revealing the process of Eilish’s awakening to horror as she struggles to care for her young family is deftly handled and riveting.

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



Online Book Club SIG

Join fellow readers on Zoom the first Monday of each month, November through June, at 5 p.m. PST.

Upcoming selections are:

Dec. 1, 2025: *Arc of a Life: Escapades of an Adventurer* by Andrew Reilly

Jan. 5, 2026: *All the Light We Cannot See* by Anthony Doerr

Feb. 2, 2026: *The Book of Lost Friends* by Lisa Wingate

Mar. 2, 2026: *Shakespeare: The Man Who Pays the Rent* by Judi Dench and Brendan O’Hea



LIT334A • 5 Sessions
Campbell Center—Room B
class size 16
M • 1:00–2:30PM
2/2/2026–3/2/2026

INSTRUCTOR: Dorothy Ormes

The Holocaust Through the Eyes of a Survivor

Felicia Bornstein Lubliner, a survivor of ghettos and concentration camps (Auschwitz and Gross-Rosen) in Nazi-occupied Poland, wrote and spoke publicly afterward about her Holocaust experiences. Her son, the course instructor, invites you to delve into her written stories and oral presentations, published as “Only Hope: A Survivor’s Stories of the Holocaust.” Each story will be read aloud, either by the instructor or by students who have the book. Participants will be invited to share their reactions, questions and insights. We will discuss the historical context and lessons to be learned about that period, the universal human responses that the narratives evoke, and the relevance of the subject matter to challenges we face in modern times.

NOTE: Purchase of “Only Hope” is optional. It is available as a paperback book for \$15.99, as a Kindle download for \$5.99 and as an audiobook for \$6.95.

LIT135A • 4 Sessions
Campbell Center—Room E
class size 78
Tu • 11:00AM–12:30PM
1/13/2026–2/3/2026

INSTRUCTOR: Irv Lubliner

‘The Oxford Book of French Short Stories,’ Part 2

Welcome all to the second and final part of “The Oxford Book of French Short Stories” (in English translation). Spanning the centuries from the late 19th through the 20th, the collection features relatively well-known writers such as Annie Saumont, Simone de Beauvoir and Christiane Baroche. The stories take place in locations such as Quebec, Africa and the French Caribbean. Before each session, students will read three or four stories, which will then be discussed in a comfortable, inclusive classroom setting. This is a highly interactive class. Be prepared to speak up and engage in dialogue about all of the stories, so that we can enjoy and learn from the text and one another. We will be covering only the final 13 stories of the text.

NOTE: A copy of “The Oxford Book of French Short Stories,” edited by Elizabeth Fallaize, is required. Both new and used versions are available online, with used versions priced at about \$8.

LIT305A • 5 Sessions
Campbell Center—Room A
class size 26
Tu • 11:00AM—12:30PM
1/6/2026—2/3/2026

INSTRUCTOR: Timothy Kelly

NEW! Tolkien: ‘The Hobbit’ and ‘The Lord of the Rings’

“The Lord of the Rings” ranks as one of the most popular works of fiction of the 20th century, both in terms of sales and in reader surveys. Why? In this course we will read and discuss Tolkien’s masterpiece within the context of his career and its predecessor stories: “The Silmarillion” (small selections only), which Tolkien began in his early 20s during World War I, and “The Hobbit,” a tale he wrote for his children that gradually became linked with

his earlier work in “The Silmarillion” and led to “The Lord of the Rings.” We will consider the nature of fantasy as literature and what Tolkien’s work has to say about fate versus free will, hope versus despair, war, courage, sacrifice, compassion, mercy, power and the nature of evil.

NOTE: Any edition of “The Hobbit” or “The Lord of the Rings” will be fine. Participants should be prepared for a substantial amount of reading and may want to read ahead.

LIT337A • 10 Sessions
Campbell Center—Room A
class size 34
Th • 1:00—3:00PM
1/8/2026—3/12/2026

INSTRUCTOR: Kara Keeling

Ashland Parks & Recreation is going... **DIGITAL!**

The Fall 2025 guide was our last printed edition. Starting this winter, we’re going fully digital! You’ll still find the same great programs online, and we’ll continue to send seasonal emails with class info straight to your inbox.

The 2026 Winter/Spring Digital Guide launches mid-December—follow us on social media, visit our website, and sign up for the newsletter to stay in the loop!



Scan the QR Code to sign up for our newsletter, or go to ashlandparksandrec.org and click on “Subscribe to Parks & Rec Newsletter”

Questions? We are here to help! 541.488.5340 | parksinfo@ashlandoregon.gov

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.

Free the Ribs

This course explores the structure and primary movements of the 24 ribs 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 designed to create new patterns of behavior. Benefits may include improved breathing, less neck and shoulder pain, fewer backaches, improved ability to manage anxiety and stress, better circulation and a sense of comfort and ease throughout the whole self. It is beneficial to repeat this course.

NOTE: There is no class on Monday, Jan. 19.

MOV134A • 6 Sessions
Campbell Center—Room A
class size 10
M • 2:00—3:00PM
1/12/2026—2/23/2026

INSTRUCTOR: Moondance Forest

NEW! Gentle Yoga

Experience gentle yoga poses with moving meditation practices to release tension and improve overall strength. Yoga can improve well-being, and relieve stress. Learn how yoga makes your body feel better and brings peace and clarity to your mind. Simple breathing exercises and gentle yoga poses help you relieve stress and discomfort. Each session will be different, targeting alternating areas of the body. The entire course is filled with love, inspiration and creativity through soothing music, flowing movement and thoughtful readings shared in class. Yoga tune-up balls or two tennis balls will be used for the last 10 minutes in restorative postures finishing with the head, neck, shoulders and lower back. An ability to sit comfortably on a cushion or the floor is necessary.

MOV100A • 10 Sessions
The Grove, Gymnasium—1195 E. Main St.
class size 50
W • 11:00AM—12:00PM
1/7/2026—3/11/2026

INSTRUCTOR: Cindy Walker

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, tai chi. 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, and a martial arts sequence called Finished the Form as well as a basic knowledge of tai chi and the martial arts. Each time students take this previously offered course a deeper understanding of this lifelong practice is gained.

NOTE: There is no class on Monday, Jan. 19.

MOV304A • 6 Sessions
Campbell Center—Room A
class size 10
M • 3:30—4:30PM
1/12/2026—2/23/2026

INSTRUCTOR: Moondance Forest



Mindful Movement: Qigong and Stretching

This course is an introduction to qigong and simple stretching patterns. Movements will be taught both as physical and 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 to integrate into their daily routine. The exercises will challenge and enhance students' flexibility, balance and coordination. The classes will include social time with other students using breakout rooms.

NOTE: Students will have access to the instructor's videos on his YouTube channel. A DVD and digital material are available for purchase. Since this course is online and consists mostly of active movement, students must be prepared to take complete responsibility for their own physical well-being. Classes will not be recorded.

MOV130 • 4 Sessions
Online
class size unlimited
Tu • 9:00–10:30AM
1/13/2026–2/3/2026

INSTRUCTOR: Nando Raynolds

Nature

Citizens Guide to Our Fire Environment

Ever hear of Foehn winds? Similar to the Santa Ana winds in Southern California, they played an important role spreading the Alameda fire on Sept. 8, 2020, that destroyed more than 2,000 homes in the Rogue Valley. Wonder how to prioritize wildfire hazard reduction around your home? Do you know your evacuation route or what firefighters do after a fire discovery? This course will introduce you to basic fire behavior and weather as taught to firefighters so you can make informed decisions; it will illuminate what goes on during wildfires, prescribed burns and fire managed for resource benefit. Information on recent weather research will be provided through collaboration with a local meteorologist and include a more in-depth look at on-the-ground wildfire management.

NAT300 • 5 Sessions
Online
class size unlimited
Th • 11:00AM–12:30PM
2/5/2026–3/5/2026

NAT300A • 5 Sessions
Campbell Center—Room A
class size 34
Th • 11:00AM–12:30PM
2/5/2026–3/5/2026

INSTRUCTORS: Mary Kwart, Paul Derezotes

NEW! Creating a Cottage Garden With Permaculture

This beginner-friendly online course is designed for individuals with no prior gardening experience, offering an introduction to creating a beautiful and functional cottage garden through the lens of permaculture design. Whether you have acres of land, a small corner lot or even just a balcony or apartment space, this course will help you envision and plan a garden that suits your home and lifestyle. By the end of the course, you will have a personalized garden plan ready to implement once spring arrives — whether you are working with a few square feet or several acres. As this course is taught in winter, you'll have the time to prepare, gather materials and set yourself up for success when the growing season begins. Expect interactive learning, Q&A sessions and personalized guidance

NAT321 • 6 Sessions
Online
class size unlimited
W • 6:00–7:30PM
1/7/2026–2/11/2026

INSTRUCTOR: Lindsey McNab

NEW! Elephant Conservation in Thailand and Beyond 🧑🧑

This course provides an in-depth examination of the Asian elephant, with a focus on conservation challenges in Thailand and neighboring countries. While much public attention centers on the ethics of riding elephants, this course expands far beyond that issue to explore a deeper problem resulting from cultural symbolism, exploitation and the evolving role of elephants in Southeast Asia. Students will gain broad knowledge and advocacy tools, preparing them to make informed choices as travelers, educators and conservation allies. YouTube videos, the film “Love and Bananas,” and various articles will be required viewing and reading. All students are welcome, especially those who are interested in responsible and ethical animal tourism.

NAT322A • 7 Sessions
Campbell Center—Room D
class size 53
W • 11:00AM—12:00PM
1/7/2026—2/18/2026

INSTRUCTOR: Laura Stegeman

NEW! Farm to School, Farm to You 🧑🧑 📖

Come explore local food with us in two sessions. We'll start with a slide presentation with discussion and a short activity, then we dive in with a demonstration cooking project. This course will explore connecting with where your food comes from, building positive relationships with food, and using local, seasonal, budget-friendly produce. We'll share what farm to school is and what is happening in our region. Our style of education will utilize similar techniques we use with students: fun, interactive learning with opportunities for discussion, exploring new things and asking questions. This will be an opportunity to learn about growing, buying, cooking and enjoying food for yourself as well as ideas for engaging the young people in your life to share the joy of connecting with food.

NOTE: The second session on Jan. 12 will be a demonstration cooking class held at the Ashland Food Co-op, located at 237 N. First St., from 5:30 to 7 p.m. Efforts will be made to address individual food allergies and sensitivities; ingredients will be listed in a pre-course email to registered students.

NAT323A • 2 Sessions
Campbell Center—Room C
class size 24
M • 11:00AM—12:30PM
1/5/2026—1/12/2026

INSTRUCTORS: Rebecca Slosberg, Deanna Waters Senf

Garden for Beauty and Biodiversity 🖥️

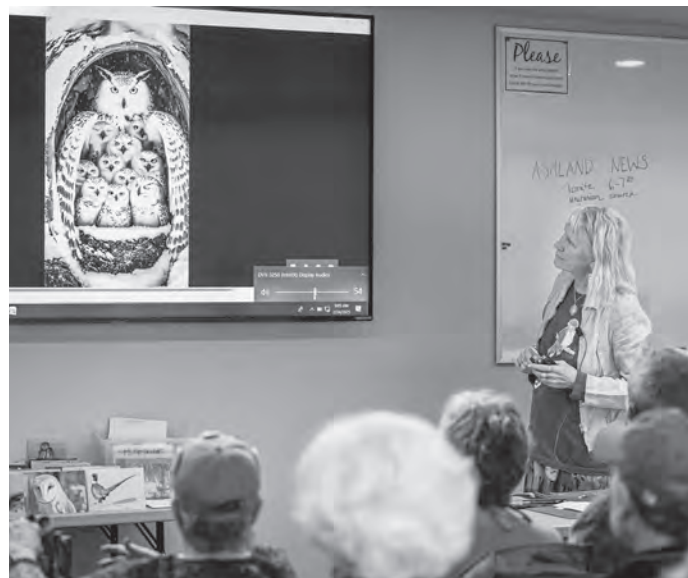
This is a lecture course presented from an artistic and amateur scientific point of view and designed to appeal to all levels of pollinator, bird, wildlife and general gardening enthusiasts. Students will be shown how to create multi-seasonal pollinator and wildlife habitat that will enhance not only the beauty of their property but also recreate the natural biodiversity of their communities. Students will learn the basics to qualify their garden for certification as a monarch butterfly way station or pollinator site. No need to have a garden to take this class. No textbook is required. Recommended reading and resources will be provided.

NAT102 • 5 Sessions
Online
class size unlimited
Tu • 11:00AM—12:30PM
2/3/2026—3/3/2026

INSTRUCTOR: Robin McKenzie

Have Fun Learning About Birds 🧑🧑

PowerPoint presentations are accompanied by facts, anecdotes, stories and poetry about mostly local birds and local places. This course will emphasize the birds that winter in the Rogue Valley but may also include birding in the Klamath Wildlife Refuge. Learning about birds is not just identification but also about their behavior and their songs and sounds. Photos and information for this course are always being updated. Each class invites an interactive approach, as we all have something to learn from one another. No prior knowledge is necessary. Come for



the beauty of the photos and the fun of learning about the birds that live around us. Curiosity is encouraged.

NAT128A • 5 Sessions
Campbell Center—Room E
class size 78
F • 11:00AM—12:30PM
1/23/2026—2/20/2026

INSTRUCTOR: Shannon Rio

NEW! Living With Wildfire: Community Solutions

This course explores how communities — not just individuals — can reduce wildfire risk and build resilience. Using the newly adopted Ashland Community Wildfire Protection Plan as a framework, students will engage in “local wildfire conversations” that combine education with participation. Topics include launching a local community-based partnership, reducing residential risk (with emphasis on renters and socially vulnerable households), responding to the insurance crisis, developing a wildfire-smart workforce and planning proactively for disaster recovery. By examining these initiatives, students will learn how inclusive, community-driven action can transform their community from a wildfire fuel source into a fuel break.

NAT324 • 5 Sessions
Online
class size unlimited
Tu • 3:30—5:30PM
2/10/2026—3/10/2026

NAT324A • 5 Sessions
Campbell Center—Room A
class size 34
Tu • 3:30—5:30PM
2/10/2026—3/10/2026

INSTRUCTOR: Charisse Sydoriak

Medical Hazards in the Wilderness

Living organisms have developed some unique methods to protect themselves in nature. The goal of this course is to discuss these adaptations (fangs, teeth, horns, venoms, toxins) and figure out how to avoid them being used on us! Via PowerPoint lectures, topics will include wild animal attacks, snakebites, insect toxins and plant families that produce poisonous or caustic agents. We'll also look at infectious critters carried by ticks, mosquitoes, biting flies and the use of biologic agents (bioterrorism). Fun in the sun and skin protection are important topics, but the most riveting talk is on parasites — those that can live, feed and breed in our bodies, robbing us of food and blood. Sharing personal stories will be encouraged! No prior medical knowledge is needed, just curiosity!

NAT320M • 9 Sessions
Medford Higher Education Center—Room 118
class size 34
Tu • 9:00—10:30AM
1/6/2026—3/3/2026

INSTRUCTOR: Jeri Mendelson

NEW! Sailing by the Stars: Celestial Navigation

This course will offer a basic understanding of celestial navigation and sailing. This method allowed early exploration of the world's oceans and is still useful today if modern technology fails. The stars, planets, sun and moon can be used to navigate. Through lecture and discussion, an understanding will be gained of how the night sky changes during the year and how observing the night sky from the Northern and Southern hemispheres differs dramatically. Discussions will include sea stories from the instructor's sailing in both hemispheres. The class will also be invited to share ocean experiences, and students will have a hands-on opportunity to examine a sextant. No prior knowledge is required, just a curiosity about sailing and using the natural elements as guides.

NOTE: No books are required; however, “The Stars” by H.A. Rey is a useful and enjoyable manual with illustrations and information on the constellations, planets and seasonal changes of the night sky.

NAT325A • 6 Sessions
Campbell Center—Room C
class size 34
Th • 11:00AM—12:00PM
1/8/2026—2/12/2026

INSTRUCTOR: Richard LeVee

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



ROGUE VALLEY
Manor

Personal Exploration

Becoming a Refugee: Six Ukrainian Women's Stories

What is the journey of a Ukrainian woman refugee? What was the experience of growing up in Soviet Ukraine? What is the impact of the transition from communism to a free Ukraine on the life of a Ukrainian woman and her family? Becoming a refugee involves a change of identity, loss of status and economic stability, and a descent into an unknown world. Through the stories of six Ukrainian refugee women living in Ashland, these questions will be explored within the larger context of Ukrainian history, women's spirituality, updates on recent changes in Ukraine and the refugee experience as a path of spiritual transformation.

NOTE: Required Text: "Displaced: The Ukrainian Refugee Experience" by Tamar Jacoby. Independently published (Sept. 9, 2022). ISBN-13: 979-8351886237

PERS267 · 6 Sessions

Online

class size 26

Tu · 1:30–3:30PM

1/6/2026–2/10/2026

INSTRUCTOR: Louise Paré



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NEW! Breath-Powered Vitality: The Metabolic Blueprint

Why obsess over kale and collagen while ignoring the foundations that make it all work? Every superfood and supplement depends on one catalyst — oxygen, optimally delivered through healthy breathing. This course reveals how proper breathing transforms your complete metabolic cycle, from fuel intake to waste elimination. Discover why healthy breathing 24/7 catalyzes cardiovascular, digestive, brain and metabolic health — while mouth breathing sabotages it, even if you eat well and exercise daily. Exercise with healthy breathing to amplify benefits and limit stress risks. You invest your time and money in proper food and ample exercise. Why not “invest-igate” in your breath and master the overlooked keys to metabolic health?

NOTE: This is a practical course exploring the different dimensions of your breath and respiratory functions. It is not a substitute for medical care of your conditions. You are responsible for your own participation.

PERS357 · 6 Sessions

Online

class size 42

Th · 11:00AM–12:30PM

2/5/2026–3/12/2026

INSTRUCTOR: Shawn Flot

PERS357A · 6 Sessions

Campbell Center—Room D

class size 47

Th · 11:00AM–12:30PM

2/5/2026–3/12/2026

NEW! Challenges of Imposed Personal Caregiving

This course will explore the challenges and sacrifices personal caregivers experience while caring for other individuals. The course will provide a venue for present and past caregivers to explore the demands of, and personal and emotional costs of, providing care to others. We will address challenges when one is the caregiver for ex-spouses, abusive parents or other unhealthy relationships. This course is interactive. The first session will explore the history of personal caregiving. The second session will focus on sacrifices made by personal caregivers. The third session will explore strategies to enhance self-care. The last session will focus on developing personal strategies for enhancing one's self-care during and after the time when one has provided personal caregiving.

PERS348 · 4 Sessions

Online

class size 11

Th · 1:00–2:30PM

2/5/2026–2/26/2026

INSTRUCTORS: Dwight Wilson, Cindy Carrere

PERS348M · 4 Sessions

Celia's House—217 S.

Modoc Ave., Medford

class size 11

Th · 1:00–2:30PM

2/5/2026–2/26/2026

NEW! Co-Creating Authentic Connections

This class is composed of structured interactions in larger and smaller groups, from dyads to the whole class. Participants will have the opportunity to learn about one another, share about their own lives and build skills and agreements that allow for deeper conversations and connections. The class will be a bit of encounter group blended with theater and team-building games, with a dash of improv. Expect to touch and be touched, both physically and emotionally. Feed your playful side and counteract feelings of isolation or loneliness. Come willing to take some risks, stretch yourself and make some new friends!

NOTE: Although this class shares some elements with growth-oriented therapy groups, it is not therapy. Participants should be able to manage their own experience and emotions in the class without needing help from others. A private continuation of this group will be available upon the conclusion of the class.

PERS349A • 4 Sessions
Campbell Center—Room B
class size 17
Th • 3:30—5:00PM
1/8/2026—1/29/2026

INSTRUCTOR: Nando Raynolds

Deeper Explorations Into Tolle's 'A New Earth'

Ready to expand into your next level of consciousness? In his book “A New Earth: Awakening to Your Life’s Purpose,” world acclaimed spiritualist Eckhart Tolle takes us beyond our own lives to show that we can create a new, more loving world. This involves a radical inner leap of consciousness from identification with ego to a new way of transformative thinking that few of us have achieved. In this highly interactive course, you will have opportunities to bring to the group specific Tolle passages that you would like the group to explore for clarification and deeper meanings. We will create a “collective consciousness” that uses members’ shared experiences and insights to reveal new interpretations of Tolle’s unique ideas for the evolution of human awareness.

NOTE: Students are encouraged to read the book before class meetings and make notes on topics to present for group discussion.

PERS350A • 5 Sessions
Campbell Center—Room B
class size 19
Tu • 11:00AM—12:30PM
2/3/2026—3/3/2026

INSTRUCTOR: Mark Gibson

Exploring Family Secrets

Most families have secrets that conceal shame-evoking histories and experiences. Many of them involve taboos about sex, criminal behavior, incarceration, war trauma, ancestry, race or other denied and hidden pasts. Some secrets hold less power over our lives, and others are so painful or would create so much pain for others that we keep them hidden. Decisions about concealment and truth-telling are often complicated and raise questions such as: “Who owns the secret?” and “Who has a right to know?” This is an academic exploration of the social and interpersonal dynamics in families that lead to secret-keeping, and the motivations behind secret-keeping and revealing. No one is expected to reveal secrets. Discussion formats will give participants freedom to share or opt out of sharing.

NOTE: Course materials are from psychological studies in family secrets, sociological looks at trends in culture, and diverse memoirists. Some discussions or materials could be evocative. Those with newly uncovered secrets or deeply painful secrets may wish to take another course. Course participants will read “The Secret Life of Families” by Evan Imber-Black.

PERS250A • 6 Sessions
Campbell Center—Room C
class size 25
M • 11:00AM—12:30PM
1/26/2026—3/2/2026

INSTRUCTOR: Karen McClintock

Shared Interest Groups



Create community around what you love! Start a SIG and connect with others who share your interests. Find out how on the OLLI website.



Exploring Your Immune System

Let's explore the immune system together in a step-by-step fashion to untangle its many mysteries, components and functions. Second only to the brain in complexity, this lifesaving system protects us daily from a world of threats, including viruses, bacteria, fungi, parasites and toxins. The better we understand the workings of our immune system, the better we can support its function and not weaken it. This is especially important now with all the misinformation being spread about vaccines and the many infectious diseases out there. This introductory, science-based Zoom course will use colorful and easy-to-understand slide presentations, lecture and some discussion with questions and answers.

PERS351 · 5 Sessions

Online

class size unlimited

Tu · 1:00–3:00PM

1/6/2026–2/3/2026

INSTRUCTOR: John Kalb

Finding Love Through Online Dating

In this comprehensive course, you will learn how to effectively use online dating services for presenting your “best” — a truthful and most appealing — self so that you will stand out from the crowd and attract the kinds of people you want for friendships and romance. We'll discuss how you can create an eye-catching written profile essay accompanied by top-quality photos that encourage men or women to learn more about you. We'll cover how you can get from the first contact to the first date (and beyond). Throughout the course you'll learn how to overcome your fear of rejection and effectively play the “numbers game” so that you meet interesting people who are aligned with many of your needs and interests.

NOTE: At the first session the author's book “How to Find Love Through Online Dating” will be available for optional purchase at a discounted price of \$15.

PERS329A · 3 Sessions

Campbell Center—Room B

class size 19

Tu · 11:00AM–12:30PM

1/6/2026–1/20/2026

INSTRUCTOR: Mark Gibson

NEW! ‘I Am the Word’

“I Am the Word” is a channeled book by spiritual author Paul Selig. The source of the material is a nonphysical collective called “The Guides,” ostensibly spiritual masters who are preparing our world for a major shift in consciousness. Some of the topics to be addressed and discussed include: cultivation of “Christ consciousness” (this is not religious, but a vibrational experience); our current time of cosmic change; releasing self-defeating patterns such as shame and fear; overcoming judgment of self and others; various aspects of love; addictions; and freedom from conditioning and cultural mandates. The material is not religious nor is it rigid dogma. The power of the message is inherent in the text, and the message is one of hope and transformation.

NOTE: The required book is readily available online.

PERS347 · 10 Sessions

Online

class size 21

Th · 11:00AM–12:30PM

1/8/2026–3/12/2026

INSTRUCTOR: Alan Ackroyd

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 increase satisfaction, provide a forum for exploring feelings, maintain equilibrium and reduce overall stress. This course 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. At any level of experience, students will learn new methods for dealing with the upheaval of change. We will create a community in which everyone feels safe to experiment, explore and try out possible new directions.

PERS324A · 7 Sessions

Campbell Center—Room A

class size 25

F · 3:30–5:00PM

1/23/2026–3/6/2026

INSTRUCTOR: Ruth Halpern

Jin Shin Jyutsu Self-Care Course

Jin shin jyutsu is an ancient, energetic healing art from Japan brought to the West in the 20th century. Similar to acupuncture, it uses simple and deeply effective hands-on techniques to stimulate “energy flows” within the body to restore balance in one’s system. Releasing accumulated tensions and stress allows the body to heal and rejuvenate naturally. In this self-care version, one gains a new awareness and sensitivity for listening closely to what one’s body is saying energetically, while one learns to treat and rebalance. As a daily practice, Jin Shin Jyutsu is known as a powerful tool for correcting emotional and physical imbalances as one’s skill grows.

NOTE: The three-book set of manuals, “Introducing Jin Shin Jyutsu Is” by Mary Burmeister from jsjinc.net (\$42), is required for this course.

PERS330A • 4 Sessions
Campbell Center—Room B
class size 19
W • 1:00–3:00PM
2/18/2026–3/11/2026

INSTRUCTOR: Sid Frederick

Personality Awareness and the Enneagram

We live in an age of personality and yet often are unaware of what it is, how it serves us and how we can, and often don’t, work with it. Our individual personalities both help us and hurt us, while others’ personalities may enchant or confuse. Using concepts from the Enneagram, adult development and mindfulness to provide a framework for building personality awareness, this course will explore how personality is formed, the key components of personality and their origins, and practices and tools for working with our own and others’ personalities. The Enneagram will be described with key principles detailed and put into a context that provides a framework for self-awareness, self-regulation and self-acceptance. Classes will include teachings, group discussions and breakout sessions.

PERS262M • 8 Sessions
Medford Higher Education Center—Room 118
class size 26
W • 11:00AM–1:00PM
1/14/2026–3/4/2026

INSTRUCTOR: David Widup

NEW! Riding on the Magic Carpet of Divine Mind

What if life was already carrying you with perfect intelligence? In this course, inspired by Sydney Banks’ Three Principles, we will explore the metaphor of the “magic carpet” as a way of understanding how Divine Mind supports us effortlessly. We will discover the relief of letting go of control, the peace of trusting life’s flow, and the joy of living more fully in the “beautiful feeling” at the heart of our true nature. Imagine riding a magic carpet that carries us effortlessly through life with no struggle. This course, based on Banks’ insights, invites us to explore what it means to live in that flow. We will reflect on the peace that comes when we stop steering and allow Divine Mind to guide. The journey is not about getting somewhere — it’s about enjoying the ride!

PERS358 • 3 Sessions
Online
class size 22
W • 9:00–10:30AM
2/18/2026–3/4/2026

INSTRUCTOR: Dan Altman

PERS358A • 3 Sessions
Campbell Center—Room B
class size 19
W • 9:00–10:30AM
2/18/2026–3/4/2026



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Sanskrit Chanting for the Love of It

Research shows amazing benefits of Sanskrit chanting — physical, mental and spiritual. An emphasis on Sanskrit pronunciation and phonetics enhances our experience. Even as Westerners, we can realize the many benefits of chanting in this rich traditional Vedic lineage of Bangalore, India. A brief overview of the Vedas will be followed by learning Sanskrit phonetics using the International Alphabet of Sanskrit Transliteration (IAST). Familiar English/Roman characters are used to help us produce sounds unfamiliar to Westerners. Each week we will review phonetics and then delve further as we learn and chant simple mantras together. Handouts are provided. This is an experiential course. Sanskrit chanting is for everyone! Bring your willingness to learn and be open to this beautiful practice.

PERS304A • 6 Sessions
Campbell Center—Room B
class size 16
F • 11:00AM—12:30PM
1/16/2026—2/20/2026

INSTRUCTOR: Peggy Leviton

Seven Simple Practices for Living in Wonder

Interested in cultivating a mind full of wonder? In this class you will learn and use seven rich, beloved practices adapted from Zen Buddhism for being alive in the moments of your ordinary day and drawing on mundane moments to cultivate wonder-mind. Students will explore the topic of wonder by engaging with self-designed experiences based on a framework of practices that will be offered in the course. Through sharing experiences, dialogue and applying the practices in your everyday life, you will end the course fully prepared to build upon your class experiences — you may find yourself living in wonder! No prior knowledge or experience is needed for this course. All are welcome!

PERS307A-1 • 7 Sessions
Campbell Center—Room B
class size 13
Th • 1:00—2:30PM
1/15/2026—2/26/2026

PERS307A-2 • 7 Sessions
Campbell Center—Room B
class size 13
F • 1:00—2:30PM
1/16/2026—2/27/2026

INSTRUCTOR: Beata Chapman

NEW! Slowing Down to Live in a Beautiful Feeling

Life often feels rushed and overwhelming, yet the pace we experience is created by the speed of our own thinking, not by life itself. Inspired by the teachings of Sydney Banks and the Three Principles, this course explores how slowing down opens the doorway to peace, clarity and “the beautiful feeling” of well-being. Through short videos with visionaries such as Banks, Joseph Bailey and Michael Neill, we’ll reflect on the nature of thought and the wisdom available to all of us. Syd Banks, during a profound mystical experience, discovered and shared the keys that allow us to directly experience our natural joy and inner peace. Join this exploration to discover a fresh perspective on living with more ease and contentment.

PERS359 • 3 Sessions
Online
class size 22
W • 9:00—10:30AM
1/14/2026—1/28/2026

PERS359A • 3 Sessions
Campbell Center—Room B
class size 19
W • 9:00—10:30AM
1/14/2026—1/28/2026

INSTRUCTOR: Dan Altman

NEW! Spiritual Cinema Afternoons

This 10-week series will introduce students to 10 very different films, ones that are on various spiritual or transformational topics, including: pilgrimage, forgiveness, the internet and technology, healing from childhood loss, a relationship with an octopus (!) and more. Each class begins with a short, guided meditation, teaching on an aspect of film studies, and an introduction to the film of the week. These vary in length from 84 to 118 minutes. We will discuss the movie at the beginning of the next week, paying attention to psychological and spiritual themes, motifs, archetypes, plot and character portrayal, and useful life lessons. There will be weekly study questions with (optional) homework. Movies will be announced the week before class starts. All are welcome!

NOTE: There will be subtitles with the foreign films (German, French, Spanish) and there will be no subtitles on the English-language films.

PERS352A • 10 Sessions
Campbell Center—Room E
class size 78
Th • 3:30—6:00PM
1/8/2026—3/12/2026

INSTRUCTOR: Carl Marsak

Support for Living a Meaningful Life in Dark Times

If you are in grief and fear about what is happening to the world, our planet and our beloved country, this course will offer a safe place to regroup and help one another live joyful, meaningful and engaged lives in hard times. This course offers a historical framework, personal sharing and experiential practices to help us become effective advocates for life. To fight for that life, we must drink deeply of it and become vehicles of nature's powerful capacity to heal itself. In a time of unchecked greed and power, nature is calling on us to find our belonging in the complex communion of mutual dependencies upon which all life depends: to become good citizens of the planet.

PERS334A • 7 Sessions
Campbell Center—Room B
class size 20
Tu • 1:00—3:00PM
1/20/2026—3/3/2026

INSTRUCTOR: Bob Heilbroner

NEW! Teachings of Zen Buddhism: Thich Nhat Hanh

This course focuses on Zen Buddhism as taught by the eminent Buddhist Thich Nhat Hanh in his book "The Other Shore." Class will begin with instruction on Zen meditation and a short period of meditation. Student volunteers and the instructor will read the book together and discuss the ideas contained in it. The instructor, a practicing Zen Buddhist, will facilitate class discussion and provide further insights into Zen Buddhism. No previous knowledge is required nor are there any physical requirements.

PERS353A • 10 Sessions
Campbell Center—Room B
class size 19
Th • 11:00AM—12:00PM
1/8/2026—3/12/2026

INSTRUCTOR: Don Honchi Sodo Monjure

NEW! The Goddess Is Alive. Magic Is Afoot.

Students will learn that ancient prehistoric cultures as well as practitioners and teachers of women's spirituality today celebrate/d a female goddess. You will read materials, discuss and have student presentations on scholars who illustrate the goddess as a giver of life, of sustenance, of agricultural plenty, a keeper in death and as a connection to the great cosmic cycles. We will discuss what a worldview that values equality in social relations and connectivity to the cycles of natures and the web of life could mean for us and our communities. No prior knowledge is needed. There will be in-person sharing and discussion.

NOTE: There is no class on Monday, Jan. 19.

PERS354A • 7 Sessions
Campbell Center—Room B
class size 19
M • 3:30—5:30PM
1/5/2026—2/23/2026

INSTRUCTOR: LauRose Felicity



2025-2026
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December 5, 2025
Eugene Skovorodnikov

March 13, 2026
Yoshio Hamano

April 28, 2026
Nikita Fitenko & Katerina Zaitseva

May 15, 2026
Pierluigi Camicia

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NEW! Transitions

Transitions can be difficult, long and unsettling. Where we are now in life took time to develop, and we keep adjusting over the span of a working and parenting life. Many of us had to put aside deeper life issues to successfully function with a career and family. The major theme in William Bridges' book "Transitions" is that we will, almost universally, need to spend some time in "the neutral zone," waiting until a new direction becomes apparent. This is challenging but necessary if one wants to take on a durable new direction and attitude toward the future. How one adapts to this neutral zone will affect the success of the new direction.

NOTE: Required reading: "Transitions: Making Sense of Life's Changes" by William Bridges. Read the first two chapters before class and continue reading throughout the course to facilitate awareness and maximize time in class.

PERS355A · 8 Sessions
Campbell Center—Room A
class size 26
W · 9:00—10:30AM
1/14/2026—3/4/2026

INSTRUCTOR: Matt Fawcett

NEW! Welcoming the Unwelcome

We will read and discuss the book "Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World" by Pema Chodron. Its 20 short chapters include "Overcoming Polarization," "The Fine Art of Failure," "The Path of Non-Rejecting," "How Not to Lose Heart" and "Imagine Life Without Ego." Each class will begin with a short, silent meditation, followed by discussion of the chapters for that week. Some writing may be involved. We may break into small groups or dyads.

NOTE: "Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World" by Pema Chodron is required.

PERS356A · 7 Sessions
Campbell Center—Room B
class size 18
Tu · 3:30—5:00PM
1/13/2026—2/24/2026

INSTRUCTOR: Julia Sommer

Volunteer with OLLI at SOU!

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Recreation

Absolute Beginners American Mah-jongg

This course is a one-week introductory “boot camp” for absolute beginners who want to learn the basics of playing American mah-jongg (AMJ). This five-day series of hands-on play and practice activities is limited to two tables of four or five students each. 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 this boot camp, students will understand the game materials, objectives and rules of play, and be ready to form a group of beginner players to continue their AMJ play. Each variation of mah-jongg (American, Chinese and Japanese Riichi) has a unique play style and set of rules.

NOTE: The required reference text is provided by the instructor. Text fee is \$10, payable at the first class, cash only, please. Please commit to the full week of classes. Missing one class can disrupt the learning experience for all participants. Class will meet in Room C on Jan. 6.

REC325A-1 • 5 Sessions
Campbell Center—Room A
class size 10
Daily • 9:00—10:30AM
1/5/2026—1/9/2026

REC325A-2 • 5 Sessions
Campbell Center—Room A
class size 10
Daily • 3:30—5:00PM
1/5/2026—1/9/2026

INSTRUCTOR: Rebecca Jurta

NEW! Beginning Bridge, Part 2

Bridge is a card game in which players can truly continue to learn something new forever. This course is geared toward people who know a little about the game, who have played before and are familiar with the basics of bidding. Now they want to improve their game. The focus will be on the fundamentals of the Standard American 5 Card Major bidding system, followed by some good strategies for both playing (such as how to “make” your contracts) and for defending (such as how to defeat the opponents’ contracts). All materials needed will be provided by the instructor.

REC326A • 10 Sessions
Campbell Center—Room C
class size 20
W • 11:00AM—12:30PM
1/7/2026—3/11/2026

INSTRUCTOR: Kemble Yates

Exploring Crosswords

Would you like to become better at enjoying, understanding and finishing crosswords — and impress your friends as a cruciverbalist? Besides being fun, crosswords have been shown to improve “cognitive reserve” and mental flexibility. We’ll look at other benefits of solving puzzles and some highlights of crossword history and culture. We will learn about different types of crosswords, discuss solving strategies and techniques, explore online sources and applications, and introduce the process of constructing crosswords. During each session, we’ll also solve and discuss crosswords as a group to improve our skills.

REC120 • 6 Sessions
Online
class size unlimited
Tu • 11:00AM—12:30PM
1/6/2026—2/10/2026

INSTRUCTOR: Steve Weyer

Exploring Nearby Winter Trails on Cross-Country Skis

Exploring the nearby winter trails on cross-country skis will provide a forum for 10 students to get together at a snow park close to Ashland. The first class will be held at Campbell Center, where we meet in person and begin to form community while assessing everyone’s understanding and abilities, check all gear, and get logistics for the next classes when we meet on the mountain. We’ll use the buddy system for safety on the snow and practice getting up and down from the ground. Slowing down will

Programs & Activities

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Beyond the classroom, OLLI offers talks, outings and activities that inform, inspire and connect.

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be promoted, as well as enjoying the scenery, breathing, releasing ambition and always reducing the effort. It's a way to feel your whole self in a new way while breathing the fresh, cool mountain air, learning from fellow students and seeing Mount McLoughlin in the distance.

NOTE: This is not an introduction to cross-country skiing. Students must be familiar, although not expert with the activity and know their physical abilities. Students must have their own gear or secure rentals. If snow or weather conditions are unfavorable, we'll hike the ski trail or reschedule. A seasonal Sno-Park pass (\$25), valid from April through November, is required to leave vehicles at snow parks. The first class session on Nov. 14 will be held at the Campbell Center in Room D.

REC303A • 6 Sessions
Field Trip
class size 10
W • 2:00–3:30PM
1/14/2026–2/18/2026

INSTRUCTOR: Moondance Forest

Knitting for Beginners: Continental Style

This course is for right- or left-handed absolute beginners, those who have tried knitting before but struggled with technique and tension, or for crocheters ready to try knitting. Starting from the basics, this class will teach my preferred method for Continental-style knitting, also called German, European, picking or left-hand knitting. Students will learn to cast on, knit, purl, tink, frog and bind off while knitting a series of beginner-level coasters.

NOTE: Knitting needles and other tools will be available to use for the duration of the class, and various yarns used for the beginner projects will be provided.

REC306A • 3 Sessions
Campbell Center—Room A
class size 12
Tu • 3:30–5:00PM
1/6/2026–1/20/2026

INSTRUCTOR: Margaret Mallette

Knitting Stitches

Make your knitting more interesting and challenging by learning a variety of new stitches. Topics covered will include knit and purl combination patterns, cables, plaits, bobbles, seed stitch, yarn-over and eyelet. Participants will make sample swatches of each stitch or technique, or, if desired, scarf “samplers.” This is an advanced beginner/intermediate level course; it is NOT a beginner's class. Participants must know basic knitting stitches: knit,

purl, cast on and bind off. Detailed information will be sent to registered participants.

REC105A • 7 Sessions
Campbell Center—Room C
class size 13
M • 1:00–3:00PM
1/26/2026–3/9/2026

INSTRUCTOR: Kay Johnson

NEW! Kumihimo: Advanced Braiding With Beads

You have learned basic kumihimo or Japanese braiding; now let's try it with beads! By adding beads, you can create a new dimension to the art of kumihimo braiding and transform a simple braid into an elegant piece of jewelry. We will use varying combinations of beads, resulting in a unique, distinctive look for each bracelet. We will explore different finishing methods for enhancing your bracelet. By the end of the class each student will have completed a beaded kumihimo bracelet. This is not a beginning kumihimo course. Knowledge of basic eight-cord round kumihimo is needed for this course.

NOTE: Cost for supplies is \$15 to \$40. A supply list will be provided prior to the first class.

REC328A • 4 Sessions
Campbell Center—Room C
class size 13
W • 1:00–3:00PM
2/4/2026–2/25/2026

INSTRUCTOR: Peggy Foster

Kumihimo: Basic 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, including jewelry making and home decor. Participants will learn the craft by starting out making a friendship bracelet. After that is mastered, they will move on to more advanced design and projects. Both new and returning students are welcome. We will try 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 • 4 Sessions
Campbell Center—Room C
class size 13
W • 1:00—3:00PM
1/7/2026—1/28/2026

INSTRUCTOR: Peggy Foster

Learn How to Play Bridge

Bridge is a rich card game that is challenging and fun. This course targets people who have never played bridge, people who are returning to the game after an absence and beginning players looking to improve their game. Using many prepared examples, students will learn how to bid, how to play and 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. The instructor will provide all materials needed for the course. There is no required homework or activities outside the class but students are welcome to play the game as much as they want between class sessions!

REC329A • 10 Sessions
Campbell Center—Room C
class size 20
W • 9:00—10:30AM
1/7/2026—3/11/2026

INSTRUCTOR: Kemble Yates

Learn to Play Go

The game of Go originated over 2,500 years ago in China and remains popular today throughout East Asia and the U.S. to a lesser extent. It's a two-player game of pure skill, with no element of chance involved. Its rules are simple and elegant, but the strategies and tactics are intricate and fascinating. We'll begin with the rules — no previous knowledge of the game is expected — and introduce some of the techniques for enjoyable and effective play. The class sessions will be a mix of presentation and practice with equipment provided. After this course you will be well equipped to play Go with friends or the local Ashland Go Club.

REC109A • 6 Sessions
Campbell Center—Room C
class size 25
F • 3:30—5:00PM
1/23/2026—2/27/2026

INSTRUCTORS: Thor Moris, Tony Davis

NEW! Making Magical Mini-Scenes: Fairy Teacups and More

Enchanting miniature fairy gardens in teacups, terrariums or other containers are fun to make for yourself or as gifts for others. This course will cover designing and assembling the scene in a container of the student's choice. Students will also learn to make certain elements from scratch (acorn birdhouses, anyone?). In the three class sessions, students will have the opportunity to make one or more garden scenes. Teacups and materials will be provided. No prior fairy experience is required.

NOTE: The course will not use live plants; instead, dried or artificial plants will be provided. A donation of \$5 to cover materials is suggested but not required.

REC331A • 3 Sessions
Campbell Center—Room A
class size 13
Tu • 1:00—3:00PM
2/17/2026—3/3/2026

INSTRUCTOR: Mary Twomey



Pickleball: Absolute Beginners

This course is designed for the person who wants 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 a day 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 the paddles, balls and instruction. Use of the Playtime scheduler will be covered as well as courts available in our area.

NOTE: If you have a mobility issue, this may not be the course for you. Please wear court shoes, bring a hat/visor and a hydrating drink. Eye protection is recommended. If we have inclement weather the class will be canceled.

REC102A · 5 Sessions

Lithia Park Pickleball Courts—Winburn Way

class size 20

Daily · 2:30—4:00PM

1/5/2026—1/9/2026

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. 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. There will be an emphasis on safety and sportsmanship. This skills-building class will focus on different types of serves; lobs; third shot drops or “drop shots” drives; partner communication; stacking; types of scoring; and identifying Bert, Ernie and Nasty Nelson. The last day will be a FUN round-robin in which each player will rotate play with all others. An instructor will be on each court to provide feedback.

NOTE: Please bring a paddle, court shoes, a hat or visor, snacks and a hydrating drink. Eye protection is recommended. Students must know the basic game, such as rules/usapickleball.org, court position, basic serve, return of serve, NVZ, calling “out” balls, safety and sportsmanship. If we have inclement weather the class will be canceled.



REC304A • 5 Sessions

Lithia Park Pickleball Courts—Winburn Way
class size 20
Daily • 2:30—4:00PM
1/26/2026—1/30/2026

INSTRUCTOR: Cori Frank

Pickleball: Round-Robin Fundamentals Collective

This fun and active course is for pickleball players who understand/play 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 three hours of play. Players will learn format, partnering, stacking, hand signals, types of scoring, bays, 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 rest breaks. You will be an active participant and connect with your partners to strategize using new techniques. This course is taught by experienced local players/Ashland Pickleball Club.

NOTE: Please bring a paddle, court shoes, a hat or visor, snacks and a hydrating drink. Eye protection is recommended. There is a \$3 fee for pickleballs payable to the instructor before the first class. Class dates are 1/15, 1/22 and 2/12.

REC305A • 3 Sessions

Lithia Park Pickleball Courts—Winburn Way
class size 20
Th • 8:30—11:30AM
1/15/2026—2/12/2026

INSTRUCTOR: Cori Frank

Vegetable Gardening in the Rogue Valley

This course will teach beginning gardeners and those new to the Rogue Valley to grow vegetables year-round, from seed selection to harvesting. The emphasis is on science-based information and “how to” demonstrations to enable students to grow a successful garden this year. More experienced gardeners may learn advanced techniques to improve their skills. Students will have reading assignments from the text “Garden Guide for the Rogue Valley: Vegetables, Berries and Melons.” Course topics include seed selection, seed starting, soil characteristics and improvement, growing cool- and warm-weather vegetables, controlling pests and diseases, fertilizing, irrigation, composting and much more! Classes include slides, lectures, class participation, demonstrations, equipment exhibits and Q&A.

NOTE: The required text is “Garden Guide for the Rogue Valley: Vegetables, Berries and Melons” by Jackson County Master Gardener Association OSU Extension, 2017. \$20 at local retailers (a list to be provided to registered students) or available from the library.

REC112A • 8 Sessions

Campbell Center—Room C
class size 34
F • 11:00AM—12:30PM
1/9/2026—2/27/2026

INSTRUCTOR: Susan Koenig

Wines of the World

This term’s course will introduce six new wine regions not covered in previous “Wines of the World” offerings. Lectures using PowerPoint and multimedia will cover the geography, climate, soils, history, varietals, labeling and regulatory structure of each region. We will taste four quality wines from that region and discuss our perceptions. No special knowledge is required but a passion for wine is recommended.

NOTE: A class fee will be charged to cover the cost of the premium wines we taste. The fee will be based on the cost of the wines but will not exceed \$120 per student. Students are required to pay the full fee, even if they expect to miss some classes.

REC332A • 6 Sessions

Campbell Center—Room C
class size 22
W • 3:30—5:30PM
1/7/2026—2/11/2026

INSTRUCTOR: Dan Dawson



Science, Technology, Engineering and Math

Calculus From a Middle School Perspective

Morris Kline, author of “Mathematics for the Nonmathematician,” wrote that “Calculus provides the framework for studying change,” making it the key to many scientific breakthroughs. Despite its importance, calculus often feels intimidating due to its departure from more familiar areas of math. This course aims to demystify calculus, making its concepts and applications clear and accessible to all. Consider this: We calculate average speed by dividing distance by time — covering 80 miles in two hours gives 40 mph. But what does it mean to travel exactly 62 mph at 3 p.m., with no time elapsing at that instant? This course will explore such questions and more. While a basic understanding of first-year algebra can be helpful, no prior knowledge is required. Let’s have fun doing math together!

STEM310M · 4 Sessions
Rogue Valley Manor—Skyline Plaza
class size 42
W · 10:00AM—12:00PM
1/7/2026—1/28/2026

INSTRUCTOR: Irv Lubliner

Cells: New Views at the Edge of Life

Cells are the fundamental building blocks of all living things. But today’s cells are NOT the cells your grandparents knew, nor even those you learned about back in school. Recent research has revealed amazing things about how cells arose, how their various internal parts (organelles) function, and how their genes (DNA regions) are controlled by types of RNAs unknown until recently. Might some single cells live for 100,000 years or longer? Even the ubiquitous AI has entered the scene: Can a computer-contrived “virtual cell” be used for drug design in silico, replacing time-consuming, laborious work with real living cells in petri dishes or within animal tissues? The course will comprise a potpourri of lectures on various topics in the recent biology of cells with directed discussion.

NOTE: No previous coursework in science is presumed or required.

STEM326A · 6 Sessions
Campbell Center—Room E
class size 78
Th · 11:00AM—12:30PM
1/15/2026—2/19/2026

INSTRUCTOR: John Kloetzel

Continuing Experiments in Artificial Intelligence

As artificial intelligence continues its rapid development, it is important that those interested in AI continue experimenting with current AI implementations. This seminar will include perspectives on pay-for-service products, including those produced by OpenAI (ChatGPT, DALL-E), Anthropic (Claude.AI), Google (Gemini, Gemma) and Microsoft (Copilot). The historical development of AI will be discussed. The primary focus will be on the use of AI in professional services, individual utilization, and will emphasize establishing personal and professional skills. The seminar is a continuation of the instructor’s prior OLLI offerings on AI. This is a Level II seminar. Participants must have some familiarity with artificial intelligence.

NOTE: Participants should be familiar with regular computer operations, including installing new programs and apps on computers and mobile devices.

STEM304 · 5 Sessions
Online
class size 53
W · 1:00—2:30PM
2/11/2026—3/11/2026

INSTRUCTOR: James Jarrard

Evolution: From Darwin to DNA to Diversity

This course will investigate the concepts of evolution from its early conception to current ideas. Topics covered are (1) evolutionary misconceptions; (2) the microevolutionary process of evolution through Darwinian natural selection; (3) the evidence supporting the theory of evolution, including paleontology, comparative anatomy, phylogenetics and molecular biology; (4) the genetic basis of evolutionary change, including genetic inheritance, sources of variation and population genetics; and (5) macroevolutionary patterns including descent with modification, adaptation and diversity. Instructional methods will include teacher-led presentations, class discussion and viewing of tutorials and videos.

STEM327A • 10 Sessions
Campbell Center—Room E
class size 78
W • 1:00—3:00PM
1/7/2026—3/11/2026

INSTRUCTOR: Dave Ferguson

Introduction to Drones

This course will focus on bringing beginning learners to the exciting world of drone operation. Over the span of the course, participants will learn how to safely and confidently operate beginner-friendly drones and gain insight into drone regulations and safety procedures. The course will also feature guest speakers from the fields of environmental science and military/defense, who will share how drones are used for conservation, disaster response, surveillance and strategic operations. No prior experience with drones or technology is required.

STEM329A • 4 Sessions
ScienceWorks Museum—1500 E. Main St.
class size 20
W • 9:00—10:30AM
1/7/2026—1/28/2026

INSTRUCTORS: Johnnie Snow, Liz Koonce



Organizing and Sharing Digital Photos Using iCloud

This course is designed to help participants take, organize, store, edit and share digital photos and videos. Emphasis will be on using Apple Photos on the iPhone, Mac and iCloud. Participants will learn to manage iCloud settings; store and share photos and videos; perform basic edits; play and modify memories; set up albums and slideshows; search and organize photos by person, location and activities; trim live photos, bursts and videos; and remove duplicate photos. Privacy and security issues will also be discussed. Participants should have a basic knowledge of taking digital photos, accessing the web and using online applications.

STEM136 • 5 Sessions
Online
class size 53
Th • 1:00—3:00PM
1/8/2026—2/5/2026

STEM136A • 5 Sessions
Campbell Center—Room A
class size 32
F • 1:00—3:00PM
1/9/2026—2/6/2026

INSTRUCTOR: Neal Strudler

Physics for Nonphysicists: Elementary Particle Zoo

Learn which elementary particles behave like fermions or bosons, interact strongly or electroweakly, are baryons or leptons, are elementary or composites (whatever all those odd terms mean), and which have fields (they all do). Learn about the colors of gluons. And what is the big deal with the Higgs boson? How do all these fit into the “Standard Model”? Learn how all this was discovered using tools, ranging from microscopes to the Large Hadron Collider. (What is a hadron?) Lectures, animations, videos and demonstrations will illustrate these and other awesome ideas. Questions are welcome anytime. If you don’t understand something, certainly others in the class don’t either. Just ask. We are all too old to be shy or embarrassed. Course materials will be posted on Moodle.

STEM185A • 6 Sessions
Campbell Center—Room E
class size 78
M • 11:00AM—12:30PM
1/26/2026—3/2/2026

INSTRUCTOR: John Johnson

Plants and People, Part 1

We often take plants for granted, but we shouldn't. 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, including the basics such as oxygen to breathe, food, shelter and clothing. We will also discuss the role of plant compounds as medicines and psychoactive/stimulating agents. 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.

NOTE: There is no class on Monday, Jan. 19.

STEM131A • 8 Sessions
Campbell Center—Room A
class size 26
M • 11:00AM—12:30PM
1/5/2026—3/2/2026

INSTRUCTOR: Melissa Luckow

Protecting Wildlife Species Around the World

From wolf reintroduction to invasive species, wildlife has influenced our lives throughout history. This course will examine some of the most challenging and often controversial historic and current wildlife management issues and explore possible solutions. The instructor will start with an overview of the history of human and wildlife interactions throughout the world and look at unique aspects of wildlife management in the United States. Efforts to protect critically endangered species, to implement species recovery and reintroduction programs, and to assess the impacts of introduced species on native wildlife will be covered. Topics will include threatened salmon runs in Alaska, endangered wildlife in Africa, wolf reintroduction in Colorado, pythons in Florida and more.

NOTE: Participants are encouraged (but not required) to read "A Sand County Almanac" by Aldo Leopold prior to the first class.

STEM320A • 6 Sessions
Campbell Center—Room D
class size 50
W • 1:00—2:30PM
1/21/2026—2/25/2026

INSTRUCTOR: Jeff Rucks

Social Sciences

Age-Friendly Health Literacy for Older Adults

This is a three-session class that promotes the 4M's framework of age-friendly health care. The 4 M's are an essential set of evidence-based practices of concern to the older adult: What Matters, Mobility, Medication and Mind/Mentation. Using this framework improves care, prevents avoidable harms, eliminates waste and includes the social determinants of health. It gives you the opportunity to be an effective partner with your health care team. Resource materials and worksheets will be included from the National Institute on Aging.

SOC339A • 3 Sessions
Campbell Center—Room A
class size 25
F • 1:00—2:30PM
2/20/2026—3/6/2026

INSTRUCTOR: Jennine Greenwell

Connectivism: A 21st Century Learning Theory

Once, learning was by word of mouth and from watching others. Then came the printing press, which not only changed the way people learned, it changed how people thought. Then along came audio in the form of radio and recordings, followed by visual modes, then computers. These all have changed the way we learn, and to a certain degree, the way we think. Several learning theories have complemented the role these technologies have played in our lives. Now we are in a digital age in which the internet and AI have a large impact. This five-week course will examine the various learning theories that have influenced teaching and learning, and will introduce connectivism, a theory for the digital age. There will be hands-on activities to illustrate these theories, and discussion will be encouraged.

SOC340A • 5 Sessions
Campbell Center—Room C
class size 25
Th • 3:30—5:00PM
1/8/2026—2/5/2026

INSTRUCTOR: Bruce Evans

Fiat Currency

We're often told, "We can't afford that program" or "The deficit will bankrupt our grandchildren." But is this true? Unlike households, the U.S. government issues its own money through the Federal Reserve — it doesn't need to "find" dollars before it spends them. That's what makes the dollar a fiat currency: It isn't backed by gold or any commodity, but instead by law and trust. This class cuts through myths about budgeting, deficits and debt to show how government spending really works. We'll separate fear from fact and explore how money creation shapes policy, inflation and our everyday lives.

NOTE: There is no class on Monday, Jan. 19.

SOC317M • 6 Sessions

Rogue Valley Manor—
Skyline Plaza
class size 42

M • 10:00–11:30AM

1/5/2026–2/16/2026

SOC317 • 6 Sessions

Online

class size unlimited

Th • 9:00–10:30AM

1/8/2026–2/12/2026

INSTRUCTOR: Tom Woosnam

Hot News & Cool Views

Hot News & Cool Views is an open-discussion forum to explore and discuss breaking news from Oregon and around the globe each week. 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 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 take our class again because it's better than a strong cup of coffee to get your week going!

SOC140 • 10 Sessions

Online

class size unlimited

Tu • 9:00–10:30AM

1/6/2026–3/10/2026

SOC140A • 10 Sessions

Campbell Center—Room A

class size 34

Tu • 9:00–10:30AM

1/6/2026–3/10/2026

INSTRUCTOR: Rick Vann

Lesbian Culture and Community: 1950s to the Present

This is a survey course that looks at lesbian culture, community and relationships from the 1950s to the present. It will cover butch/femme community, lesbian feminism of the 1970s to the present, including music festivals, the women in print movement, lesbian feminist art, philosophy, films, spirituality, poetry fiction and nonfiction. There will be videos of some of these community events. The course will also look at the struggle for legal equality in jobs, housing, public accommodations and familial relations. There will be optional presentations by students. Some evaluation of the current backlash against equality measures will be discussed.

NOTE: The main required text for this class is "Odd Girls and Twilight Lovers" by Lillian Faderman, available in public libraries and online.

SOC309 • 8 Sessions

Online

class size 20

W • 3:30–5:30PM

1/7/2026–2/25/2026

SOC309A • 8 Sessions

Campbell Center—Room B

class size 20

W • 3:30–5:30PM

1/7/2026–2/25/2026

INSTRUCTOR: LauRose Felicity

Online Treasures: Unique Web Portals

Thanks to modern technology and the web, we can now explore unique resources from the comfort of our own homes. Whether it's the history of baseball cards, Sondheim musicals or how holograms are made, there is an explanation and demonstration available somewhere online. Learn how to navigate free resources that may be new to you and understand how to search strategically to satisfy your curiosity. Each of the three sessions will focus on a different theme: Americana, artistic endeavors and mind expanders. No previous knowledge is needed — just a good internet connection. Digital handouts will include links to all the websites demonstrated.

NOTE: This course is part of an online share with OLLI at the University of Nevada Reno.

SOC324 • 3 Sessions

Online

class size 100

Th • 2:00–3:30PM

2/5/2026–2/19/2026

INSTRUCTOR: Alice Yucht

Origins of Modern Philosophy: Descartes to Marx

Although philosophy began in classical Greece, it was not until almost two millennia later in Europe that it began to take on some of its most distinctive modern features. This course will investigate how that modern phase of philosophical thinking began in the mid-17th century with the groundbreaking ideas of the French thinker René Descartes. We will then trace the evolution of modern ideas about knowledge, ethics and the nature of reality through a sequence of 18th and 19th century European thinkers, including Locke, Hume, Kant and Hegel. This class will be taught on Zoom, and no background in the subject is needed. Detailed notes will be provided for each lecture and questions are always welcome.

SOC341 • 10 Sessions

Online

class size 74

Th • 1:00–3:00PM

1/8/2026–3/12/2026

INSTRUCTOR: Ean Roby



Barry Vitcov John Ferris

Talk to Us

Conversations With
Southern Oregon Changemakers

Join us for lively conversations that inform and inspire. New guests are added each term—see the OLLI website for the latest schedule.



Instructor Biographies

Alan Ackroyd is a retired primary care physician who practiced medicine for about 35 years. He also has a master's degree in humanistic psychology. He has been a lifelong student of metaphysics, which he regards as the greatest mystery of the human experience.

Dan Altman is passionately interested in personal transformation, innate well-being and spiritual insight. He is a long-time teacher of many previous OLLI courses, including Finding Peace in Times of Chaos. A former software entrepreneur, Altman is also a writer, coach and owner of a neurofeedback practice in Ashland.

Bec Bastian has been sewing for over 30 years. While studying to become a certified K-8 teacher, she always had her sewing machine in tow. After teaching for over a decade, she built a sewing repair company that incorporated her passion for problem solving, revitalizing worn gear and supporting a more sustainable and feasible future.

Bill Bateman has been doing podcasts and trainings on emergency preparation for nine 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 has an MA in education from Columbia University and MAs in history and sociology from the University of Michigan. He has taught at the University of Michigan and Eastern Michigan University and previously at OLLI at SOU. He is a lifelong social justice activist and organizer.

Kenji Bleicker is a Certified Financial Planner professional and investment adviser. He holds degrees from UC Santa Cruz and the University of Michigan. Bleicker has been a financial adviser and CFP professional since 2010.

James Cannon is a retired criminal defense lawyer from Alaska. He is interested in Civil War history and some of the quirkiest and more obscure parts of 19th and 20th century American history. He has previously taught courses about the Gettysburg Campaign and the Pig War.

Denny Caraher has been writing songs for decades and has often taught OLLI courses related to music. His work has been featured on NPR. He has recorded several albums, and three of his recordings for children were awarded gold and silver medals from Parents' Choice. A former resident of Ashland, he now lives in Northampton, Massachusetts.

Cindy Carrere is the author of the upcoming book "The Revenge of Forgiveness — A Delicious Way to Finally Get Even." She has a degree in English and women's studies and is a freelance writer and artist. A certified coach who helps clients through difficult challenges, she put everything on pause to provide care for her own family members.

Beata Chapman has an MA in adult learning and a PhD in organizational psychology and has taught at universities, Buddhist centers and in corporate and nonprofit settings. As a Zen Buddhist and in her work with people who live with chronic

pain and illness, Chapman has been using and teaching these practices for 30-plus years.

Avram Chetron is a retired public school teacher who has taught OLLI classes about novels for many years. His teaching background and his love for books about the American experience in modern times stands him in good stead for guiding students to deepen their appreciation for literature and for the life lessons it offers.

Marcia Couey has 30 years of experience as a contract writer for the medical, financial, aerospace and technology sectors. She has a BA in English and an MBA in finance and marketing. She has been a passionate Business Intelligence instructor and volunteer in two BI chapters for more than 20 years and a member of the national BI Online Training Team for 10 years.

Joe Davis bought and restored his first car, a 1928 Model A, at age 16. Two close friends, one involved in formula racing and one in setting records at Bonneville Salt Flats, sustained his interest from an early age. After retiring from engineering, Davis started a prewar automobile restoration shop and put three cars on the field at Pebble Beach, California.

Tony Davis has taught several classes at OLLI, including an introduction to the game of Go. He learned how to play many years ago and was impressed with the simplicity and elegance of the rules. Over the last few years, he's gradually been improving his Go-playing skills.

Dan Dawson is a wine aficionado and is developing as a wine-maker and wine educator. With degrees in chemistry, Dawson worked for UC Santa Barbara for 40 years. He has been making wine and beer since 2018, worked the last few harvests at a local winery and recently passed his Certified Specialist of Wine exam.

Sharon Dean holds a PhD from the University of New Hampshire and is a professor emerita from Rivier University in New Hampshire. She has been teaching OLLI literature courses for over 10 years on such writers as Henry James, William Faulkner, F. Scott and Zelda Fitzgerald, Edith Wharton and Constance Fenimore Woolson.

Paul Derezotes is a certified consulting meteorologist and was an applied meteorologist for electric power engineering in Chicago. He taught courses in climate change for SOU and College of DuPage in Illinois and performed forensic meteorology consulting for law firms.

Terry Doyle is a professional researcher and world traveler who has studied Islam for many years, principally after 9/11. Doyle has presented a course on Islam at OLLI multiple times over the past 10 years, and he continues to learn and incorporate new information each time he teaches. He also teaches at Mountain Meadows and a local church.

Sallie Ehrman has taught Cut-Up Poetry for many years through OLLI. Her cut-up poems have received acclaim in literary magazines and contests. She has many notebooks full of cut-up poems she has created for decades.

INSTRUCTOR BIOGRAPHIES

Robin Engel has taught English, drama and storytelling to students of all ages and holds a master's degree in curriculum. She has written comedy and performed as a stand-up comedian. Engel recently moved to Oregon from Arizona, where she wrote stories and performed in story slams. Her last performance was the night before lockdown in 2020.

Bruce Evans has 40 years of education experience as a 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, where he applied connectivism in his courses.

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 (the University of Rochester). For over 50 years she has been an organist, a concert artist, a church musician and an educator.

Matt Fawcett's experience as a lawyer fostered a lifelong interest in developing an understanding about trauma, life issues and history. His work has led him to assist many people who were at critical points in their lives. He has had an early predisposition and orientation to this path.

LauRose Felicity has a JD and MSW and a CLAD teaching credential. She is a retired attorney, social worker and teacher and has taught students from age seven to postgraduate levels. She has been a lesbian cultural worker from the 1970s to the present and curates an Oregon Lesbian Herstory Archive.

Dave Ferguson has an MS in ecological biology from UC Davis. He has taught evolutionary biology for over 40 years at a variety of levels.

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 42nd Street Moon Musical Theater Company in San Francisco.

Shawn Flot has an MS in physical therapy, a BS in exercise physiology and is one of five U.S. Oxygen Advantage Master Instructors. Fueled by 30 years as a physical therapist and his expertise in exercise physiology and movement sciences, Flot seeks to bring clarity and passion to teaching that health can be accessed through practical means.

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.

Peggy Foster has been teaching crafts to children and adults for over 20 years. She grew up doing crafts from a young age, and learning new crafts has always been a part of her life. She is a certified adult learning facilitator with Girl Scouts of the USA. Foster has a bachelor's degree in recreation education from Utah State University.

Cori Frank is a retired health care professional who plays and teaches pickleball. She has participated in and organized tournaments, round-robins and jamborees. She developed and

teaches the youth program at the YMCA. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club.

Sid Frederick is a longtime professional jin shin jyutsu practitioner. She studied Asian modalities at the Acupressure Institute in Berkeley, California, and has a national certification in acupressure and oriental medicine. Today she is known as a healer specializing in resolving trauma and chronic illness who practices in Ashland.

Fernando Gapasin is a sociologist with a PhD from UC Santa Barbara. He has been on the faculty and taught at UCSB, Penn State, Yale, UCLA and the University of Oregon. He has taught history courses previously for OLLI. Gapasin is a nationally known labor author and union leader.

Mark Gibson has an MS in science from Cal State San Francisco and a life coaching certificate from CoachU. 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. Godard loves to travel and spend time in nature. She has been working at Talent Maker City for three years and has previously taught art to high school and elementary school students.

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 was 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.

Jennine Greenwell holds a master's degree in human services and a bachelor's degree in behavioral science. She earned a postgraduate certificate in behavioral health and aging. Greenwell is the older adult behavioral health specialist with Jackson County Health and Human Services and part of the Oregon Older Adult Behavioral Health Initiative.

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

Ruth Halpern is a serial self-reinventor, having lived chapters of her life as an instructor, facilitator, entrepreneur, CEO, technologist and family-maker. She has taught her class on life transitions at OLLI three times in the past year. Halpern creates safe, inclusive group experiences that lead to shared and personal insights.

Bill Harris has an MS in political science from the University of Oregon. After his wife was diagnosed with Alzheimer's disease, he started weekly Alzheimer's support groups for caregivers and patients in the Medford and Ashland areas. He and his wife were affiliated with the Oregon Alzheimer's Association. This is Harris' seventh year teaching.

Becky Hawkins has always created art. Midway in her 38-year career as an editor, she returned to college to earn a BFA in graphic design with extra courses in drawing and art history. She has studied watercolor in workshops and mentorships with prominent artists since 2008. She founded the OLLI Watercolor SIG in 2020 and still leads its meetings.

Bob Heilbroner brings a lifelong commitment to social, environmental and personal change to this course. He was a full-time activist and editor of Liberation News Service in the '60s and '70s, has an MA in environmental economics from UC Berkeley, and recently retired from 25 years as a mental health counselor.

Linda Jaffe holds BA, MBA and MFA degrees. She has taught OLLI writing, literature and dance courses. Jaffe is a published poet. She believes that creativity brings self-understanding, surprise and joy.

James Jarrard worked as a technology and information professional with the federal government for over 25 years. In the early 1990s he worked with the Advanced Research Projects Agency (ARPA) to transfer the internet from military to civilian application. He also worked as the Knowledge Management coordinator for the Peace Corps headquarters.

John Johnson has been teaching this series of physics courses at SOLIR/OLLI for a long time. He studied physics at Grinnell College, Carnegie Tech and Carnegie Mellon. During this time, he has interacted with neutrons and neutrinos, seniors and sophomores, protons and positrons, photons and fermions, antimatter and uncle matter and doesn't matter.

Kay Johnson is an experienced knitter who learned to knit while in college. She has knit a vast number of sweaters, socks, hats, scarves, afghans and baby clothes since then. She has taught several different courses (most several times) at OLLI/SOLIR. She continues to learn new things about knitting as she prepares to teach each course.

Rebecca Jurta started playing American mah-jongg a year ago and now plays weekly. She is 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 hands-on beginner play, she can help you learn AMJ.

John Kalb has over 40 years of experience as a wellness chiropractor. He completed his premed training at NYU, obtaining a BA in psychology and chemistry, then earned his MS in biology from the University at Buffalo. He has additional postgraduate training in immunology and gerontology. His goal is translating complex medical information into plain English.

Kara Keeling earned her PhD in Victorian literature from Indiana University. A children's and young adult literature specialist, she taught at Christopher Newport University in Virginia for 31 years and had the good fortune to teach a course on Tolkien 10 times.

Timothy Kelly has been with OLLI for over 15 years and has taught classes for several terms, including the course Live! Greatest American Speeches in History and many terms of short story classes. Kelly has written three stage plays and has performed at the Camelot Theatre, Oregon Stage Works and the Oregon Cabaret Theatre. He loves the short story format.

Dawn Klinger started her journey with clay in high school and continued her education at the University of Arizona, earning a BFA in sculpture and ceramics. She has worked in art education and special education and has participated in multiple art festivals and gallery shows around the country. In 2016, she opened Tagliaferro Ceramics, a local studio.

John Kloetzel obtained his PhD from Johns Hopkins University and taught a wide variety of university-level biology courses for 37 years. His research in cell biology (using protozoan cells) ranged from electron microscopy to gene sequencing. Since 2011 he has taught many OLLI courses related to cell and genetic biology.

Susan Koenig is a lifelong gardener who became a Master Gardener in 2016. She gardened in the Bay Area for more than 40 years and now has extensive ornamental and vegetable gardens and a small orchard. She teaches in the Master Gardener Practicum Program and speaks at local garden clubs. She has taught gardening at OLLI for five years.

Mark Koerner is a retired high school teacher who has a PhD in American history. His articles have appeared in the Portland Oregonian, the Oregon Historical Quarterly, the Wisconsin State Journal and over 30 other daily and weekly publications. He is the editor of the book "Windows on a War," available on Amazon.

Liz Koonce is the exhibits and facilities coordinator at ScienceWorks. Throughout her graduate studies and work as a landscape architect, she has used drones for site and vegetation analysis, photogrammetry and even to photograph wild horses. She is well versed in the ecological applications of drone technology and owns a drone for photography.

Mary Kwart worked for 30 years in federal wildfire management in the West and Alaska. She has planned and managed prescribed burns, acted as an incident commander Type 3 on wildfires, supervised collection of weather and fire behavior information and managed wildfires for resource benefit. Kwart has also conducted home wildfire risk assessments.

William Lawson has played guitar for over 50 years. He has written songs, recorded and released numerous albums and performs regularly. When young, he took guitar lessons and has taken guitar at SOU. He knows basic piano and drums, has studied voice and choir and has sung for several groups. He has also taught history and writing at OLLI.

Richard LeVee has extensive ocean sailing experience on sloops as well as square-rigged tall ships. His early years of sailing were before electronics, so he learned to sail by the stars and sun. LeVee loves time at sea and has a great appreciation and respect for the ocean. He has sailed about 20,000 nautical miles.

Peggy Leviton loves to explore the energetics and effects of Sanskrit chanting. She is a certificated Veda chanting teacher (Veda Studies Institute), has a master's in music, a BS in biochemistry and a diploma in integral sound healing. Leviton's personal chanting practice continues to be inspired by the group chants she has led locally for over seven years.

Irv Lubliner is excited to teach math, music and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust.

Melissa Luckow has a PhD from the University of Texas, Austin in plant biology. She is professor emerita from Cornell University and taught many graduate and undergraduate courses during her 29 years there. She has researched the evolution and taxonomy of tropical legumes, which required extensive field work in South America, Mexico and Madagascar.

Margaret Mallette first learned to knit as a teenager, but only after learning to knit Continental-style 20 years ago did she begin to speak knit. Always looking for project inspiration and trying to expand on her knowledge of techniques, she frequently browses yarn shops, the library and online. She especially enjoys learning from other knitters.

Carl Marsak, MA, is a teacher, writer and spiritual counselor. He has graduate degrees in religious studies (NYU) and social and cultural anthropology (California Institute of Integral Studies). He has been studying various forms of religion, spirituality and personal growth since the 1970s. Marsak lives in Ashland with his wife and dog, leading Enneagram workshops and retreats.

Karen McClintock, MDiv., PhD, served as an adjunct faculty member at SOU for 19 years while working as a psychologist in private practice. She has written a memoir and six books on secrets, shame and trauma.

Robin McKenzie is a landscape designer specializing in transforming urban gardens into sustainable ecosystems to benefit wildlife and people. An energetic speaker, she has done presentations for garden/civic groups throughout Oregon. She earned her BFA at the University of Colorado and considers garden design a fine art with nature as paint and the garden as her canvas.

Robbi McMinimy has a BFA in theater (directing); has 25 years of experience in directing, performing and technical theater; and has six years' experience performing readers theater. She has directed numerous short plays for a Medford senior theater acting company and has directed "Quartet" for Deja Vu Productions in Medford.

Lindsey McNab is an active Jackson County Master Gardener and has completed vocational training in professional gardening and landscape. She has years of experience working on and managing farms, gardens and greenhouses around the Midwest, and is currently the program manager at Freedom Farms, where she handles all aspects of crop production.

Jeri Mendelson's undergraduate degree is in wildlife management, followed by five years of field work abroad, a master's degree in the study of bats, medical school with a dermatology residency and then clinical practice for 23 years. She has a tropical medicine diploma (Baylor, 2016) and is on the faculty for Wilderness Medicine Seminars.

Phil Meyer, CEO of Southern Oregon PBS, has worked for more than 30 years in public media. The recipient of four Regional Emmy Awards, he is a past PBS Communication Professional of the Year. As an adjunct instructor at Indiana University for 11 years, Meyer taught promotion and marketing in telecommunications. He has taught at OLLI since 2023.

Don Honchi Sodō Monjure earned a BA in psychology from San Francisco State University. Having been a practicing Zen Buddhist for most of his adult life, Monjure received lay ordination in 2021 by Elihu Genmyo Smith, who received dharma transmission from JoJo Beck.

Thor Moris is an experienced Go player, who has played in Go clubs in Corvallis, Seattle and even New York. He holds a PhD in economics with experience teaching at the University of Washington.

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 a Master of Library and Information Science degree from Emporia State University and an MA in storytelling in education at East Tennessee State University. Her main interest is researching literature and folklore.

Louise Paré holds a PhD in women's spirituality from California Institute of Integral Studies and an MA in religious studies from Mundelein College in Chicago. She is an international women's spirituality and social justice educator and published writer with over 40 years of teaching experience. In 1997 she taught workshops at the Cherkasy Women's Center and researched in Kyiv and Cherkasy, Ukraine.

Carmen Portnoy is the owner of Blue Illumination Press, where she has published three books of romance, an additional novel, a book of short stories and two books of poetry. She retired in July 2021 after a long and gratifying career as a wealth management adviser.

John Pratt has taught a number of OLLI courses and participates in OLLI Improv. He is now a winegrower, writer and cook, having previously taught for 40 years. Teaching motivates him to write more, cook more and make more wine.

Nando Raynolds, MA, has worked in private practice in the Rogue Valley as a psychotherapist with couples and adults for 37 years. He has taught and practiced tai chi, karate, qigong and other mindful movement practices. This has included facilitating many groups and workshops. He is a published author in the counseling and martial arts fields.

Michael Reynolds has a BA in geography and a master's degree in architecture. He retired after a career in the U.S. Air Force and Air National Guard and again after a longer career in architecture, primarily designing public schools. He taught classes in both capacities. Reynolds has taught about the battles of the American Revolution at OLLI since 2016.

Shannon Rio is president of the Klamath Bird Observatory, a local science-based nonprofit, and engages in community education by teaching and guiding bird trips. She is committed to our community and volunteers at a number of other nonprofit organizations. Rio also teaches yoga and works at Planned Parenthood as a nurse practitioner.

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 the history of philosophy and the history of religions. Roby holds master's degrees in philosophy, religion and English.

Herbert Rothschild taught for 22 years in the English department at Louisiana State University and later at the University of Houston. Trained in textual studies at Yale (BA 1961) and Harvard (MA 1963, PhD 1966), Rothschild is the author of numerous scholarly articles. For the general reader he wrote a book on Shakespeare called "Profoundly Entertaining."

Jeff Rucks has a BS in wildlife management and an MS in supervision. His 40-year career included work for the U.S. Forest Service, the Bureau of Land Management and 27 years with the Colorado Division of Wildlife. He spent three years on the Peregrine Falcon Recovery Team. He also worked as a game warden, wildlife biologist and manager of outreach and education.

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 work in her home studio and other venues. She enjoys guiding others in working with metal clay and making wearable art.

Elizabeth Scheppler has known American Sign Language for 40 years. She holds degrees in interpreting for the deaf and theater arts, and has an advanced interpreter certification through the Board for Evaluation of Interpreters and Educational Interpreter Performance Assessment Certification. Scheppler taught high school and is currently an adjunct professor of ASL at SOU.

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 a certified drone pilot.

John Schuyler is OLLI Council president for 2025-26, past president of the Mount Shasta Trail Association, board member of the Siskiyou Land Trust and an OLLI instructor since 2018. He is a retired forester with a BS in forestry from UC Berkeley. Schuyler had a 32-year career with the USDA Forest Service.

Jay Sherwin is a writer and consultant who has been watching, studying and enjoying Hitchcock films for decades. He created a walking tour of Alfred Hitchcock's San Francisco that attracts Hitchcock fans from around the world, and he teaches courses on Hitchcock for OLLI programs, public libraries and other adult learning programs nationwide.

Rebecca Slosberg has an MS in environmental education from SOU. She has been working in the outdoor education realm for the last 27 years. As co-executive director at Rogue Valley Farm to School, she supports students in connecting with local food and their communities.

Michael Smith has been a pastry chef, property manager and purchasing agent. He holds a BS in earth and planetary science with a minor in mathematics from the University of New Mexico. He has been a BetterInvesting volunteer and web author for 10 years.

Johnnie Snow is the education manager at ScienceWorks Hands-On Museum in Ashland. She has spent the last 10 years in STEAM education for elementary, middle and high school students. In her role at ScienceWorks, she develops and maintains curriculum, facilitates educational programs and hopes to spark curiosity about the world around us.

Julia Sommer has practiced meditation for over 30 years. She received lay ordination at Berkeley Zen Center in 1999 and subsequently lived and practiced at the San Francisco Zen Center. She has led and practiced meditation in various settings in Ashland and beyond. Between 2010 and 2019 she led several OLLI discussion courses based on books.

William Southworth is a board-certified internal medicine physician with over 50 years of experience in primary care medicine in a variety of settings. He currently holds an emeritus Oregon medical license. Since 2016 he has specialized in Medical Aid in Dying and has worked with about 80 terminally ill patients.

Laura Stegeman, founder of Get Out There Tours, has decades of experience in tourism and a BA in marketing from Xavier University. After years with STA Travel and extensive global journeys, she focused on Thailand, where meeting Lek Chailert of Elephant Nature Park inspired her Elephant Ambassador Program, promoting ethical elephant experiences.

Paul Steinle, a journalist, documentary filmmaker, news media manager and journalism educator, has taught workshops in nonfiction writing and cinema appreciation at the graduate and undergraduate levels since 1992. Steinle co-authored two non-fiction books, wrote a "Professional Field Guide for Television News" and produced 10 TV documentaries.

Daniel Stephens has a BA in speech/theater and an MFA in dance. His experience includes 10 seasons dancing at OSF and 30 years teaching Shakespeare studies workshops at SOU. He has served as an adapter, director and performer at the Collaborative Theatre Project for the past nine years.

Susan Stitham has taught Shakespeare over six decades to students from ages 13 to 93 in classes from Maine to Alaska to Oregon. She thrives on the new insights discovered in every single class session.

Neal Strudler holds an MA in elementary education and a PhD in curriculum and instruction from the University of Oregon. A former elementary teacher, assistant principal and professor of technology and teacher education, he has enjoyed teaching a variety of OLLI courses, sharing his passion for helping others make the most of technology.

Charisse Sydoriak spent 35 years managing natural resources and fire in national parks and on public lands. She co-founded Ashland's Volunteer Wildfire Risk Assessment Program in 2021, co-authored the city's 2025 Community Wildfire Protection Plan, and now serves as executive director of the Ashland Wildfire Resilience Partnership.

Sarah Tisch is OLLI Council vice president 2025-26 and past chair of Women Organizing Change in Agriculture. With a PhD in political science, she is retired from 35 years of providing humanitarian services with the U.S. Agency for International Development, the U.S. State Department, the U.S. Millennium Challenge Corp. and private foundations.

Mary Twomey had a 30-year career in the field of elder justice, including time at the National Center on Elder Abuse and the federal Administration on Aging. She is passionate about keeping people safe from scammers. Twomey is also an enthusiastic crafter and loves nothing better than crafting with others who find the same delight in it.

Lorraine Vail has taught film and literature courses at OLLI for nine years. She has a BA from State University of New York at New Paltz and the University of Pennsylvania Wharton School. She has been a film screener and producer of the 2023 Ashland Independent Film Festival. She is excited to share these beautiful films with OLLI members.

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.

Cindy Walker is a movement therapist, registered yoga teacher and wellness coach with over 30 years of experience and exploration in the movement, yoga and wellness world. She teaches a variety of yoga styles, including vinyasa, kundalini, gentle, yin, restorative, chair and therapeutic, as well as several meditation practices.

Meri Walker has taught digital imaging and multimedia e-book making at OLLI for three years. She is committed to helping seniors tell personal stories and publish them as multimedia e-books to connect with loved ones for real-time conversations in these chaotic times. Walker has published 19 of her own e-books through Apple Books, with more to come.

Randall Walker is a retired K-12 music teacher from Northern California. He also taught music courses for adults through Shasta College. He is a graduate of Lewis & Clark College and received his teaching credential from Humboldt State University. Walker has played the guitar for over 60 years and lives in Talent.

Deanna Waters Senf completed culinary training in 1996 at Auckland Hotel and Chef's Training School in New Zealand/Aotearoa. She has cooked for almost three decades in a variety of dining establishments. She teaches elementary students in Rogue Valley Farm to School's harvest meal program and community cooking classes and specializes in farm-to-table menus.

Bob Wetmore has an MA in European history from UC Berkeley. He has taught multiple OLLI courses over the previous nine years, including courses in Roman history, ancient numismatics, wine experience of the ancients, sapiens (the history of our species) and the John F. Kennedy assassination.

Steve Weyer has been a cruciverbalist (crossword aficionado) since the 1990s. Since 2011, he's been offering courses about crosswords and other topics at OLLI. His crosswords appear twice a year for reading programs at Jackson County libraries, weekly in Ashland.news and nationally in the New York Times.

David Widup is a practicing Enneagram coach and teacher. He studied the Enneagram with Russ Hudson, is a graduate of the Chestnut Paes Enneagram Academy and is a certified guide. He is an accredited professional with the International Enneagram Association, certified coach from the Hudson Institute and accredited Enneagram Type coach.

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.

Dwight Wilson has an MA in nursing and is the executive director of Southern Oregon Friends of Hospice and Celia's House. He brings over 50 years of experience in managing long-term care, home care and hospice programs. He has worked with caregivers to navigate the challenges of caregiving and decision making around long-term care placement.

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 eight years and has also instructed with the Team Oregon Motorcycle Safety program.

Tom Woosnam has taught math and physics for 45 years, and he has guided students in developing critical thinking and making sense of complex ideas. These skills apply directly to understanding money and policy. To further prepare, he completed a 12-week macroeconomics course, blending fresh study with a lifetime of teaching experience.

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, travel, attending live music and playing bridge.

Alice Yucht has been a librarian, information skills educator and book discussion leader for over 50 years. Since 2012 she has been an instructor for the OLLI at the University of Nevada, Reno, offering programs on cyberskills and contemporary literature. Her lifelong mantra is: "Always be curious and discover something new every day."

Membership Form

Membership:
☐ new member
☐ renewing member

Member Information

First name	Middle initial	Last name
Date of birth	Day phone	Cell phone
Street address		☐ This is a change of address
City	State	Zip
Email address		☐ This is a change of email
Emergency contact		Phone
Relationship to member		☐ I want to opt out of receiving a print catalog

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- ☐ 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.

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

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.

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Card number: _____

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

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Note: You may pay by credit card over the phone at 541-552-6048. Mailing address: 1250 Siskiyou Blvd, Ashland, OR 97520. Street address: 655 Frances Lane, Ashland.

Please turn the page for the Course Request Form.

Course Request Form

Registration Tip

The online catalog at sou.edu/olli 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:

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Ashland, OR 97520

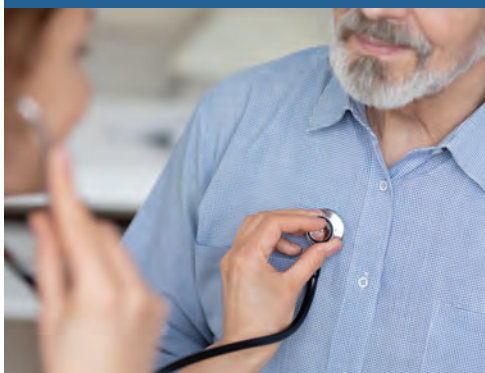
in person

SOU Campbell Center
655 Frances Lane
Ashland, Oregon

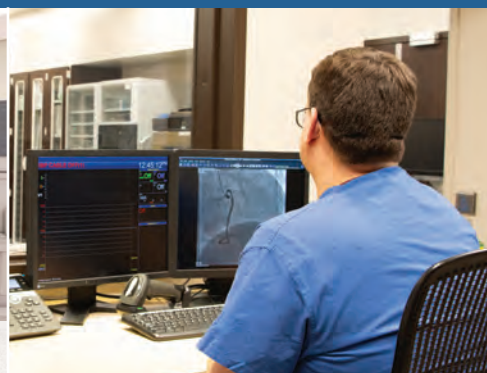


Expanding services for our community

The next phase of our cardiac expansion is underway at Rogue Regional Medical Center.

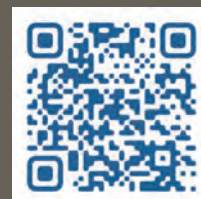


Rendering of a future cath lab.



Access to award-winning cardiac care didn't just happen. It's been built, supported and sustained by people like you—our community.

Since the first cardiac surgery in 1973, our teams have helped neighbors, families and friends live healthier, fuller lives. Now, with your continued support, we're expanding access to advanced, lifesaving care.



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we've built
together—
and help us go
even further.*

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