

THE OLLI

News for the members of the Osher Lifelong Learning Institute at UAH

INSIDER

DECEMBER 2020 ISSUE



Osher
Lifelong Learning
Institute **at UAH**

Wilson Hall Room 113, Huntsville, AL 35899 | 256.824.6183 | OLLI.info@uah.edu | Osher.uah.edu

DECEMBER 2020 - JANUARY 2021

Sign up for each event by clicking "online". All bonuses/events are through Zoom videoconferencing. You will receive an email with the Zoom meeting invitation one business day prior. There is a limited capacity per event.

Dec 2 | Wed | 10:00 am | [Online](#) **Overbooked**

Join fellow OLLI members as they share reviews and recommendations of various books. If you are interested in sharing your own, contact Janet at jrev1988@gmail.com.

Sign up [online](#) for this event.
Hosted by Janet Reville.

Dec 4 | Fri | 11:00 am | [Online](#) **Bonus: Trails for Healing - Walking the Camino and More**

Have you wondered why people enjoy being surrounded by wilderness and walk hundreds of miles through sunshine, cold and rain? Do you know why many soldiers commit to "walking off the war"? Through photographs and stories, learn how walking in nature can help you feel at home in the world, heal from trauma, and focus on happiness and well-being.

Sign up [online](#) for the bonus lecture.
Presented by Rev. Dale Clem

Dec 7 | Mon | 9:00 am | \$10 | [Online](#) **Special Course: Alexander von Humboldt and the US - Art, Nature, and Culture**

Learn about Alexander von Humboldt through a special exhibit with a docent from The Smithsonian American Art Museum. Humboldt was one of the most influential figures of the nineteenth century. His lively exchange of ideas about the arts, science, politics and exploration, with influential figures helped shape American perceptions of nature.

Register [online](#) for the one session course at \$10.
Taught by Lee Ann Lawch, Docent at the Smithsonian

Dec 8 | Tues | 1:00 pm | [Online](#) **Conversation on Racism and Bias**

Discuss and exchange ideas, experiences, and resources on eliminating racial inequality in a welcoming environment. Sign up [online](#) for the Zoom discussion.

Hosted by Nancy Darnall, OLLI at UAH Member

Dec 11 | Fri | 2:00 am | [Online](#) **Watch Party: Most Likely to Succeed**

Do you have Amazon Prime? If so, grab your popcorn and join us for this documentary. In 2007, four teenagers from disparate backgrounds are voted "Most Likely to Succeed" during their senior year. Filmed over a ten-year period and directed by award winning photographer, watch as they chart their own version of success.

Sign up [online](#) for the watch party. You will receive an email with the link one business day prior.

Presented by Ale Pacheco, OLLI at UAH Program Manager

Dec 16 | Wed | 10:00 am | [Online](#) **Virtual Winter Open House**

Learn more about the courses being offered in the winter term with discipline chairs and instructors. Discover more about Zoom features, training sessions, and Google Classroom. Get together with OLLI members and friends and family. We will also have some door prizes!

Sign up [online](#) for the open house on Zoom.
Presented by OLLI at UAH Curriculum Committee
Open To OLLI Members and Guests

Dec 18 | Fri | 11:00 am | [Online](#) **Virtual Holiday Gathering**

Join us for a fun morning of holiday spirit. Members will get to play holiday-themed trivia, share your favorite holiday traditions, and participate in some line dancing. Wear your favorite tacky sweater, bring your hot chocolate and favorite cookies and enjoy a morning with fellow OLLI members

Sign up [online](#) for the holiday gathering on Zoom.
Presented by OLLI at UAH Social Committee

Jan 5 | Tues | 4:00 pm | \$35 | [Online](#) **Special Course: Shake and Pour - Learning Mixology**

Join us to learn the essential elements behind making different cocktails using vodka, rum, and whiskey from your own home. This course will teach you new skills to be used now and for years to come. Once you've mastered your bartending skills, you will make any drink imaginable. Members will receive recipes for each cocktail and an ingredient list prior to each session.

Register [online](#) for the three session course at \$35.
Taught by Talina Acklin, Licensed ABC Mixologist

**KEEP UP WITH THE LATEST
EVENTS AT
[OSHER.UAH.EDU/OLLIEVENTS](https://osher.uah.edu/ollievents)**

LOOKING FORWARD



It is December — time for holiday cookies, trimming the tree, planning the holiday feast, and, of course, presents.

It is also time to look forward to the new year and what it will bring. While I admit that in my lifetime this has been a most bizarre year, we

made it through, and now is the time to put it behind us and go forward.

On January 19th, the winter term will begin with new classes and bonus programs. I know that John Mason and the Curriculum Committee have been hard at work getting everything ready, so check out the winter course guide and plan to participate in the open house later this month.

Janet Reville has taken up the task of heading the Nominating Committee for new board members. You will hear more about this in upcoming issues. If you want to become more involved in the direction OLLI will be taking in the future, this is a good place to start.

While we still cannot get together, physically, for activities, the Social Committee has some fun things planned to do by Zoom. Check it out.

Also, don't forget our annual photo contest. Entries must be submitted by April 1, 2021.

Of course, your editorial team continues to work to bring you interesting and informative articles for upcoming issues.

As this year ends and we look forward to 2021, I want to leave you with a passage from a poem I read years ago. Although the name of the poem and the author escape me, the words are as true today as they were when I first read them.

*... for yesterday is but a dream and tomorrow only a vision,
but today well lived makes every yesterday a dream of
happiness and every tomorrow a vision of hope. ...*

Happy Holidays, OLLI!

**Liz Kocir, Steve Stewart, Sue Chatham,
Glen Adams, Kathryn Cataldo
OLLI Insider Editorial Team**

Share Your Quarantine Story!

Tell us what you
have been up to
during this time.

Submit your story to
OLLINewsletter@uah.edu
by the 17th of
each month.

JOIN THE OLLI BOARD OF DIRECTORS 2021-2024

GET INVOLVED WITH
OLLI BY BECOMING A
BOD MEMBER.

More info coming on the next newsletter,
but the nomination form is
available now!

[Click on the image to fill out the form.](#)

FROM THE PRESIDENT

THANK YOU FOR A GREAT YEAR



for the winter term.

We are all getting more accustomed to the Zoom platform. I don't know about you, but it is much easier now than it was when I first took it for a test drive with my granddaughter in March. Our staff has been anchoring most of the Zoom class responsibilities, but we are making plans to try to take some of the load off them. We will be recruiting and training classroom facilitators to support the Zoom platform during classes.

Our OLLI has been significantly impacted by the COVID-19 pandemic, but our people have pulled together to make the best of the circumstances we are in. It seems like it was just a few days ago when we met and decided, for personal safety, to cancel the spring term. Thankfully, we are seeing a light at the end of the tunnel with the preliminary data for the vaccines being very positive. I don't know about you, but I am ready to give one of the vaccines a test drive.

Having said this, we are currently planning to maintain our OLLI courses online. With the demographics of our members, we simply cannot take the risk of having classes in person, but we will get there eventually. Please be patient as we continue to navigate through this pandemic.

I would like to take a moment to thank our College of Professional Studies staff. They have been nothing less than superstars, helping us navigate the transition from in-person to online classes. I have never seen such happy, hard-working people in my life as our staff has been through this process. When you get a chance, drop them a note and tell them how much you appreciate their hard work and support.

I would also like to thank our Curriculum Committee; they have done an outstanding job finding courses and instructors that have been nothing less than top-quality. Many of our long-term instructors have not been comfortable with transitioning to online, so your committee identified new instructors and provided support and

training to some of our traditional instructors to help them navigate the Zoom process. They have literally turned their whole process on a dime to adapt our OLLI organization to the COVID-19 world. Thank you for a job well done.

I would also like to thank those of you who have given to our OLLI Support Fund. That fund helps tremendously with the support of our OLLI program. If you have not given, please consider making a contribution.

Typically, we would have a holiday party at the Jackson Center or some similar facility. We would be able to greet each other, hold hands, talk, dance and hug as we celebrated the holiday season and another successful OLLI year coming to a close.

We obviously cannot do that this year, but I encourage each of you to exchange pleasantries and virtual hugs with your OLLI friends on our upcoming events. We are a very close group. We miss each other, miss the coffee in the lounge, and miss the discussions around the lunch tables.

Just remember, this pandemic will come to an end. When it does, we will have a gathering and celebration that will be so large and bright we will put all these issues that have strained us into the past and will turn us toward a bright future.

I once worked for a company that had a slogan that said, **"Pride in the past, faith in the future, the best is yet to come."** I believe that is true for our OLLI. Happy Holidays!

Thank you!

David Styers
President, OLLI at UAH Board of Directors

Give the gift of learning

Share the OLLI at UAH experience with family and friends!

Phone the **UAH CPS Registration Office** at 256.824.6010 or go to **Osher.uah.edu/GiftMembership**

'TWAS THE WEEK BEFORE CHRISTMAS

'Twas the week before Christmas, when all through the town
Folks waited for OLLI's next term to come 'round;
Computers were open, and people did stare,
Waiting for the catalog that soon would be there;
While I sent my emails to discipline chairs
Burned up the ether asking, "Where are they? Where?"
And then in a twinkling, in my email archives,
The first new proposals began to arrive;
Now Econ, now History, now Language, now Arts,
The more you pour in, then the sooner we start!
From Monday through Thursday plus the Friday bonus,
Our team has excelled, and again they have shown us
That OLLI at UAH stands out without equal,
And always outshines its peers and its prequels.
With a wink of their eyes and a twist of their heads,
The CPS staff put that catalog to bed.
They spoke not a word, but went straight to their work,
And filled out the schedules, no duties they shirked,
And pushing the "Send" key, that schedule it flew,
To the inboxes of Jimmy and Cliffy and Sue.
But I heard them exclaim with a small bit of sass —
"Happy Holidays to all, and we'll see you in class!"

And with this, and with my sincere apologies to Clement Clarke Moore, I bid you adieu for 2020. Also, Winter 2021 registration is officially open. The term starts on January 19th and goes through March 12th. To find more information on the amazing courses we have lined up, please visit [Osher.uah.edu/OLLICatalog](https://osher.uah.edu/OLLICatalog). We hope you can join us at our Winter Virtual Open House on **Wednesday, December 16th at 10:00 am** to register for courses, meet with instructors and discipline chairs, and the chance to win some prizes!

John Mason
VP of Curriculum, OLLI at UAH Board of Directors



COURSE SPOTLIGHT

Winter 2021 will start on January 19th! Course start dates and lengths vary throughout the term. They will either meet once a week, twice a week or be workshop style. You can register for courses at [Osher.uah.edu/OLLIRegistration](https://osher.uah.edu/OLLIRegistration). We hope you can join us virtually in the winter!



The Paradox of Femininity

1/26-3/2 • T • 1:00 - 2:30 pm • 6 sessions • D West • \$35

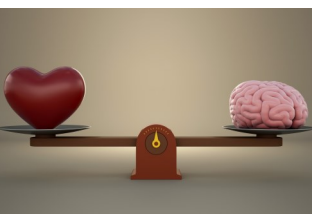
NEW Explore critical questions about portrayals of the female nude, a prevalent subject throughout European and American art. Do justifications of representing the nude as natural, beautiful, and traditional hold up to critical awareness of the subjugation of women and objectification of their bodies throughout history? How do we reconcile the heroic persona of artists with their mistreatment and abuse of women in their lives, whether models, muses, lovers, or wives? Join us to discover the answers to these questions!



A Spiritual Dip into Nature

1/26-2/23 • T • 10:30 am - noon • 5 sessions • Dr. S Jones • \$30

NEW Review the elements of the Pope Francis 2015 Encyclical, seeking to understand and encourage our own informed and responsible stewardship of sister and Mother Earth. Explore and discuss implications for ourselves and the rich wilderness and nature of north Alabama.



Intricacies of the Mind: Self-Regulation

2/10-3/3 • W • 8:30 - 10:00 am • 4 sessions • Dr. B Confer • \$25

NEW Is self-regulation the most challenging aspect facing the human mind? Discover basic research findings in self-control of emotions, energy states, thoughts, and behaviors. Learn practical applications on how to maintain marital equilibrium and regulating emotions through these findings.



UAH: Through the Years

2/18-3/11 • Th • 5:00 - 6:30 pm • 4 sessions • D TeGantvoort • \$25

NEW How did UAH become its own University? How did the Charger end up being its mascot? Find out the answer to these questions as you discover more about The University of Alabama in Huntsville (UAH) from its humble beginnings in the 1940s to its unprecedented growth in the present day.

FUND DEVELOPMENT COMMITTEE

OLLI SUPPORTS YOU AND NEEDS YOUR SUPPORT



These are extraordinary times we are living in, and while there are so many uncertainties in our lives right now, one thing is certain — we have each other and OLLI at UAH for support!

One of the most basic human needs is to feel that you belong and you're part of a larger tribe. OLLI is our tribe: a group of lifelong learners who value education and social interaction as part of our aging process.

Hopefully, you have taken advantage of the many online opportunities OLLI has provided over these last few months. If you have, you will agree the events and classes have helped us to feel connected to each other and to our community.

If you haven't yet joined in online, I encourage you to give it a try — it's not complicated, and the benefits are boundless! Taking the time to check in with other OLLI members is a way to check on yourself — a type of self-care we know is so important these days.

Having control over our own surroundings is another human need. Obviously, that one is a bit harder these days because most of our activity is reliant on the current status of a virus.

But there are some things we can control — our own physical, mental, and emotional status (at least to some degree). I think we can all agree our outlook is always brighter when we can maintain a strong sense of hope and positive vision for the future. One way to gain control is to choose to keep that hope burning bright — for our OLLI "tribe."

You probably received a letter on the mail recently asking for a financial donation to OLLI at UAH. If you already returned the donation card, or went online to donate, thank you. If you haven't taken action yet, we encourage you to make your donation soon.

"Fortuitously, Judy and I retired to a location with an OLLI program near at hand," OLLI member and instructor Dr. Steve Jones said. "We donate to OLLI at UAH because quality adult education adds value to our lives!"

We need your support to keep our OLLI community together at UAH. Making your contribution adds your voice to our message of hope for lifelong learning. Please give to the OLLI at UAH Support Fund today!

Janet Reville
Fund Development Committee Chair

Did you know the **CARES Act** could provide additional benefits when you donate to OLLI?

Don't miss out on this opportunity by contributing to the **OLLI at UAH Support Fund**, as we work together on maintaining and sustaining our community of lifelong learners now, and for years to come.

SOME BENEFITS INCLUDE:

- Non-itemizers will be able to claim a charitable deduction of up to \$300 for cash donations made in 2020
- Deduct cash gifts to the extent of their entire adjusted gross income in 2020 and more!

WAYS TO CONTRIBUTE:

DONATE ONLINE:

osher.uah.edu/DonateOLLI,
Select OLLI SUPPORT FUND

BY MAIL: UAH Foundation —
OLLI SUPPORT FUND,
Shelbie King Hall,
3rd Floor, Hsv, AL 35899

LEGACY GIVING: UAH Foundation
256.824.GIVE



SOCIAL COMMITTEE

HAVE FUN! PREPARE FOR THE HOLIDAYS WITH OLLI



The Social Committee has planned some fun events to get ready for the holiday season and keep us all entertained during the break.

On Wednesday, **December 2nd**, at **10:00 am**, Janet Reville will host another session of *Overbooked*.

At this event, members will have the opportunity to share recommendations and reviews of their favorite books. Please contact Janet at jrev1988@gmail.com if you are interested in sharing your books. If you just want to participate and learn more about some books please register for the event [HERE](#).

This will be a good chance to get gift ideas for the readers in your family.

To get into the holiday spirit, we will get together through Zoom for some fun activities on **Friday, December 18th at 11:00 am**.

Wear your tacky sweater and join us for holiday-themed trivia, line dancing led by Fathia Hardy, cookie recipe sharing, and a review of some wonderful children's books for Christmas gifting.

So, bake those cookies, send the recipe to Ale Pacheco, at OLLI.info@uah.edu and join us for a fun time! You can sign-up for the event [HERE](#).

Marilynn Szecholda
Social Committee Chair

JOIN US FOR

Overbooked

AN EVENT TO SHARE BOOK RECOMMENDATIONS WITH FELLOW OLLI MEMBERS

12/2/20 | M | 10:00 am

Interested in sharing?
Contact Janet Reville at jrev1988@gmail.com



[Click on the image to register for the event.](#)



Join us for a

HOLIDAY GATHERING

12/18/20 | F | 11:00 am

WEAR A TACKY SWETER, PLAY HOLIDAY TRIVIA, AND MORE!

[CLICK ON THE IMAGE TO REGISTER.](#)

SIGN UP FOR TRAVELS IN 2021 AND BEYOND



Hello, fellow OLLI members!

My, my, my — where has the time gone? This year will soon be over, and I can't say I will miss it! Hope all is well with you.

The Philadelphia Art Trip is scheduled for June 6-11, 2021. Prices are \$1,649 per person double and \$2,239 per

person single. You can begin enrolling by calling Road Scholar at 1-800-322-5315 and referencing Program No. 23179. Please note you are an OLLI member. We sure hope we can fill this with at least 22 people again.

The Southwest National Parks trip will take place Aug. 22-Sept. 2, 2021. If you are interested in this trip — and we are trying to make this an OLLI-exclusive trip with 43 travelers — please call Grand Circle Travel at 1-800-597-2452. The prices are \$3,875 per person double with air from Huntsville or \$3,195 per person double for the trip only. Singles run a bit more, and there are only two single rooms left. This will probably open to other travelers by the end of January if more OLLI members have not registered. The South America trip has been canceled.

Also, there may be a Danube River cruise. We are looking at the spring of 2022, with participation open to various OLLIs.

You may contact me at bbkoval@aol.com.

Betty Koval
Travel Committee Chair



A NEW YEAR IS ALMOST HERE



It is a little crazy to think we are one month away from 2021. This year has passed by so quickly, but I am thankful to know that even through the circumstances OLLI has remained strong and we have still been able to continue courses and programming virtually.

During December and January, we have many activities, bonuses, social events and courses you can participate in while we wait for the winter term to begin on January 19th. The two courses we have planned for you are the following: *Alexander von Humboldt and the US: Art, Nature, and Culture* and *Shake and Pour: Learning Mixology*. You can find more information on the ads on this page and the OLLI website. Both courses have a flat rate fee and do not require the winter term registration fee. Also, please note these are not included on the 20% discount of four or more courses at once.

We hope you can join us for these courses and that you are already getting registered for winter term. We miss seeing you on campus, but we are glad you can join us virtually. We hope you have a wonderful Holiday break and that you can see your families even if it's only online. We thank all of you for staying with us this year and continuing to make OLLI the wonderful organization it is.

Happy Holidays!

Ale Pacheco
OLLI at UAH Program Manager




Learn about the most famous man you may have never heard of.

Alexander von Humboldt and the US: Art, Nature, and Culture

12/7 • M • 9:00 – 10:30 am (1 session) • L Lawch

Learn about Alexander von Humboldt through a special exhibit with a docent from The Smithsonian American Art Museum. Humboldt was one of the most influential figures of the nineteenth century. His lively exchange of ideas about the arts, science, politics, and exploration, with influential figures such as Thomas Jefferson and Charles Willson Peale, helped shape American perceptions of nature and the way American cultural identity became grounded in our relationship with the environment.

Register at [Osher.uah.edu/Smithsonian](https://osher.uah.edu/Smithsonian)



Shake and Pour: Learning Mixology

Who is Ready for a Drink?

1/5, 1/12, 1/19 • T • 4:00 – 5:00 pm • (3 sessions) • T Acklin

Explore the essential elements behind making different cocktails. Once you've mastered your bartending skills, you can make any drink imaginable. Members will receive recipes and an ingredient list prior to each session.

Register at [Osher.uah.edu/Mixology](https://osher.uah.edu/Mixology)

\$35

Winter term registration not required.

MEMBER SPOTLIGHT

JEFF DELMAS EXPLAINS THE MYSTERIES OF MATH AND THE SKY

Probability and modeling...Number theory....For many OLLI students, these subjects are mysteries that seem unapproachable. But there is hope of understanding, thanks to OLLI's Jeff Delmas, who has taught courses not only on those subjects but also on astronomy, using his experience as an engineer and an amateur astronomer.

Jeff grew up in Pascagoula, Mississippi, where his father's side of the family had lived since the late 1700s. His father was an accountant, and his mother did drafting and graphic illustrations. He had a large extended family there and many family friends.

Sputnik launched two months after Jeff was born, so he grew up along with the space program. As a young boy, Jeff developed an interest in astronomy and the budding space program. He was encouraged by Sister Mary Phillip, his teacher for Grades 4 through 6.

"I'd say that her encouragement that I might one day be able to work in the space program spurred me to learn all I could about science," he said.

Jeff entered Millsaps College in Jackson, Mississippi, as a physics major, but switched to math "because the Math Department ran the computer, a Digital Equipment Corporation PDP-8. I had never seen a computer prior to Millsaps, and this one was open to any student to do anything they wanted 24 hours a day. My roommate and I spent many evenings in the computer room playing primitive games like Lunar Lander."

Eventually they began writing their own games.

Millsaps participated in a 3-2 program where students went three years there and two years at an engineering school, enabling them to earn two degrees. Jeff spent two summers working for the Corps of Engineers, where he first learned about structural analysis. This led to his decision to focus on structural engineering when he began his two years at Georgia Tech. He ended up with a math degree from Millsaps and a civil engineering degree from Georgia Tech.

In 1980, Jeff achieved his dream of working in the space program when he was hired by McDonnell Douglas to work on Spacelab payload analysis.

"I received a bit of notoriety there when I wrote an interactive program around a library of matrix manipulation subroutines that was used in our analysis efforts, saving engineers the time and effort of writing custom Fortran programs for each set of manipulations they wanted to do," he said.

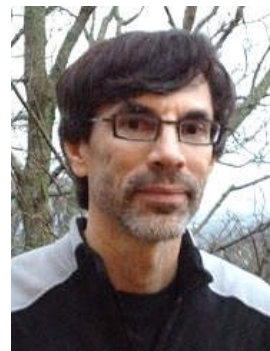
Jeff discovered he loved writing software more than structural engineering, which led to a job in 1983 at Intergraph with the finite modeling group. Eventually he would manage the group.

In 1993, Intergraph embraced the new Windows NT operating system and Jeff was named the manager of the Mechanical CAD Drafting Development Group on the Solid Edge product.

"I had little experience in mechanical engineering drawings, but learned along the way to appreciate the rigor and discipline of drawing production.

"In 1998 our division of Intergraph was sold to become part of Unigraphics, which eventually became part of Siemens. I remained in software development management until retirement."

When Jeff retired in 2017, he was primed to jump into OLLI.



Jeff Delmas

(continued on the next page)

MEMBER SPOTLIGHT

JEFF DELMAS EXPLAINS THE MYSTERIES OF MATH AND THE SKY CONTINUED

"I always wanted to continue my education, and I really liked the OLLI method. OLLI has introduced me to many interesting people. I was once taking an OLLI physics course and noticed that several students seemed to know much more than me — or at least the right questions to ask. I later learned that at least one or two students were professional physicists."

After his first year at OLLI, Jeff volunteered to teach two courses: "Number Theory" and "Practical Astronomy." This year he taught "Probability and Modeling" via Zoom.

What exactly are number theory and probability and modeling?

"Number theory is the branch of mathematics devoted primarily to the study of the integers, primes, integer functions and properties of numbers. It also gets into ratios of integers, or rational numbers, and concepts of infinity and properties of 'different sizes' of infinities. Yes, some infinities are 'bigger' than others!

"Probability pervades life in many, many ways. Quantum mechanics, the nature of light and elementary particles, is rooted in probability density functions. Werner Heisenberg said, 'Atoms or elementary particles themselves are not real; they form a world of potentialities or possibilities rather than one of things or facts,' yet quantum theory has proven to be the most accurate predictive scientific theory ever devised.

"Much of modern machine learning uses Bayesian Inferencing, which is a form of progressively increasing epistemological certainty about a subject given known 'training' data that may even be changing continually."

When Jeff is not working with OLLI, he also serves as the observatory director at the Von Braun Astronomical Society.

"I am a lifelong amateur astronomer and telescope maker," he said. "My love of engineering results in a love of making and modifying telescopes as much as I enjoy observing and imaging. Modern amateur astronomy has progressed considerably due to low-cost electronics, robotic control, and great advancements in digital camera technology."

Jeff is currently heading the effort to upgrade the observatory's Swanson 21-inch diameter telescope built in the '60s with modern direct drive motors and absolute encoders. This will bring the telescope up to research grade level.

Jeff hopes to develop future OLLI courses on applied mathematics that incorporate software development.

Jeff and his wife, Deb, have been together since the early 1980s. They currently live in a home they designed with the help of an architect friend on the northwest side of Monte Sano, along with their faithful cat, Zoe, who stays busy keeping the chipmunks at bay.

Thanks for all you do for OLLI, Jeff.

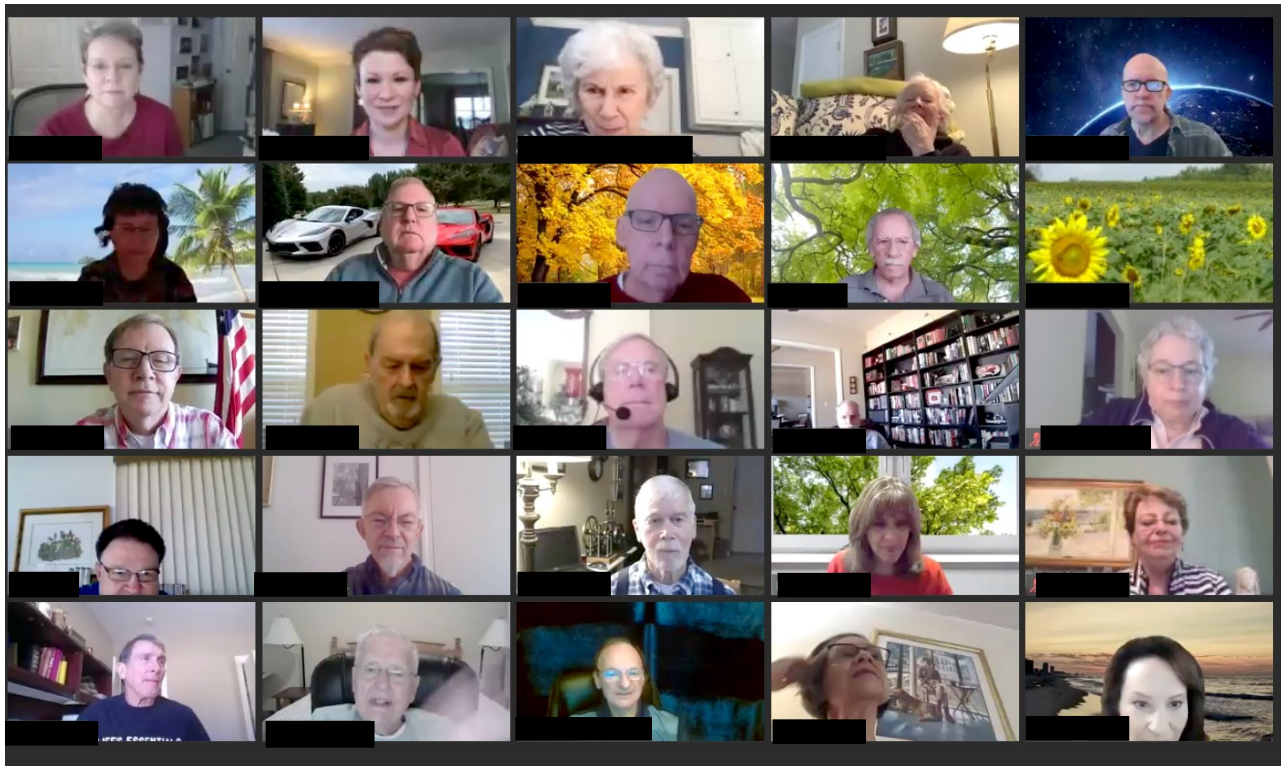
Written by Glen Adams



Jeff teaching for OLLI.

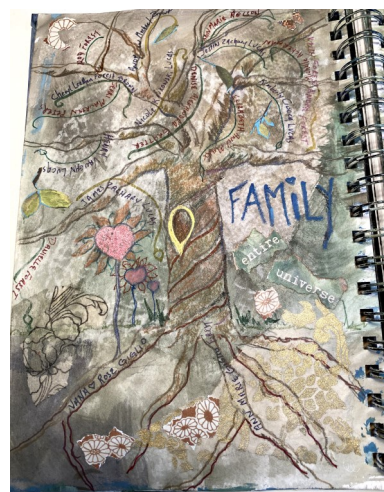
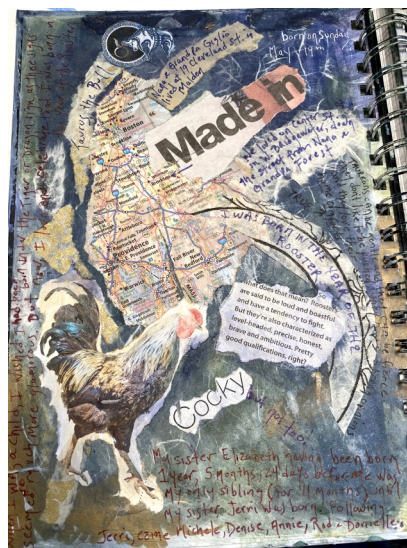
OLLI MEMBERS THANK THEIR TEACHERS

OLLI members gathered on Zoom for a virtual Teacher Appreciation Day on November 13th, to recognize the amazing instructors who volunteered their time to teach for OLLI at UAH this fall term.



JOURNALING TELLS THE STORY OF A LIFE

Cheryl Brown created these pages in her art journal, drawing on what she learned in a fall 2020 online OLLI course called “Art Journaling Your Life Story.” The first page is her cover, and the others “are beginning to tell the story of my life,” Cheryl said. The teacher was Monica Yother, an artist and graphic designer who paints, journals and hosts workshops and painting parties in her studio at Lowe Mill Arts & Entertainment, a cultural complex located in a former textile mill in Huntsville. Monica will be teaching another art journaling course this upcoming winter term: *A Travel Art Journal*. To find more information visit Osher.uah.edu/OLLICatalog



THE LAST WORD



VIRTUAL BONUS
**TRAILS FOR HEALING:
WALKING THE CAMINO
AND MORE**

presented by
Rev. Dale Clem

12/4/20 | F
11:00 AM

CLICK ON THE IMAGE TO REGISTER

Conversations on Racism and Bias

12/8/20 | T | 1:00 pm



Click on the image to register.

Join us for an Amazon Prime watch
party featuring

Most Likely to Succeed

12/11/20 | F | 2:00 pm

Click on the image to register.

RENEW YOUR OLLI AT UAH MEMBERSHIP

CONTINUE TO ENJOY THE
ONLINE COURSES, BONUSES
AND SOCIAL EVENTS!

Three ways to renew:



ONLINE AT
[OSHER.UAH.EDU](https://osher.uah.edu)



PHONE US AT
256.824.6010



MAIL
REGISTRATION
FORM FOUND
ONLINE