



# CRUISIN' INTO FALL WITH OLLI

Art credit: Marty Broadus Turnbo  
OLLI Member and Instructor



at The University of  
Southern Mississippi

Are you 50 or older and seeking opportunities to engage in innovative and enriching programs in an inclusive environment with others who share similar interests? Join OLLI Southern Miss today!

*Learn for a lifetime.*

### Annual Membership Fee

**\$50 Hattiesburg**

**\$40 Gulf Park**

**\$30 USM Faculty and Staff**

**\$30 Zoom Only**



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Contact your local OLLI office for Zoom instructions. Zoom links will be emailed the afternoon before class.

## IMPORTANT INFORMATION

**MEMBERSHIP AND CLASS REGISTRATION** | Email and online registration will begin Wednesday, August 28 at 9 a.m. Phone registration will open Thursday, August 29 at 9 a.m. Walk-in registration will open Friday, August 30 at 9 a.m. Courses begin Monday, September 9 and will be held in person and/or Zoom. You may email your course selections to [maryann.herodes@usm.edu](mailto:maryann.herodes@usm.edu) (Gulf Park | GP) and [tay.baucum@usm.edu](mailto:tay.baucum@usm.edu) (Hattiesburg | HB), register online at [www.campusce.net/usm](http://www.campusce.net/usm) or call either office to request registration, 228.214.3277 or 601.266.6554.

**REGISTRATION OPTIONS** | We prefer members to register using the online system at [www.campusce.net/usm](http://www.campusce.net/usm). If it is not feasible for you to register online, you may email your class registration list to one of the email addresses above or call the office nearest you and a staff member will enroll you when phone registration begins. You may visit your local OLLI office to register after all other registration options are underway. However, to increase the likelihood of securing a spot in your preferred classes, email and online registration are better options. Mail your checks to **OLLI, 118 College Drive #5055, Hattiesburg, MS, 39406**.

**CLASS CANCELLATION POLICY** | OLLI reserves the right to cancel any class at any time for any reason.

**COMMUNICATIONS** | We email an "OLLI Update" weekly or as needed to keep you informed of upcoming events and cancellations. If you have given us an email address but are not receiving emails, add [olliengage@lists.usm.edu](mailto:olliengage@lists.usm.edu) and [paula.mathis@usm.edu](mailto:paula.mathis@usm.edu) to your email address book. Also, check your junk or spam folder if you are not receiving emails from OLLI. If you find an OLLI message in the folder, mark it "not SPAM" and/or move it to your inbox. This is the best way to stay informed of current and upcoming activities.

**PARKING** | Parking lots for the Hattiesburg campus are provided on N. 37th Avenue between Pearl Street and Montague Boulevard. Handicapped-accessible parking is available in that lot and at the building entrance on 36th Avenue. **For our Gulf Park campus**, parking is available in any lot by **permit only**. You **MUST** email [maryann.herodes@usm.edu](mailto:maryann.herodes@usm.edu) to register your vehicle. No permit is required to park in the Hattiesburg OLLI lots.

**INCLEMENT WEATHER** | OLLI follows the policy of The University of Southern Mississippi in times of inclement weather. If USM closes either the Gulf Park or Hattiesburg campus because of weather conditions, OLLI will also cancel classes. Rely on trusted news sources when the National Weather Service issues a storm watch or warning. Please do not risk traveling until danger has passed.

### **PAYMENTS AND REFUNDS**

**How should I pay?** | A number of payment options are available: 1) pay online with a credit card at the time you enroll in classes, 2) mail a check to your local OLLI office (mailing addresses available at the end of this guide), 3) place a check in a payment drop box at your local OLLI office, 4) pay with exact cash in Hattiesburg (not an option on Gulf Park campus) or a credit card in your local OLLI office. To protect your financial information, OLLI staff cannot accept credit card details by email or over the phone. **NOTE**: Payments are due within seven business days of registering or your place may be forfeited.

**What happens if I paid for a class and it is cancelled?** | When a class, seminar or field trip is cancelled, all members are notified by phone or email and OLLI staff will credit your OLLI account the amount paid.

**May I request a refund?** | A refund may be granted if a class is cancelled, or if you notify OLLI you wish to withdraw from a course at least seven days prior to the class start date. If you paid with a credit card, the refund will be credited to your card. Other payment forms require completion of University paperwork, including a W-9 form, to obtain a refund. Otherwise, all credits will be credited to your OLLI account, not refunded. OLLI credits may not be used for membership dues, nor may membership dues be refunded.

**May I use credits from semester to semester?** | We will gladly apply your credits to pay for classes, seminars and field trips in a future semester. Members may not use credits toward membership dues.

**What happens if I cannot attend a class, seminar or field trip?** | If you cancel at least seven days prior to a class, seminar, or field trip, a credit will be issued for future registrations. If you choose not to attend a course or field trip without contacting the office seven days in advance of the event, no credit or refund will be issued.

**EMERGENCIES AT OLLI** | Should you suffer a medical emergency while attending an OLLI program (e.g., seminar, class, field trip, meet-up, pop-up or special event) or while in any building connected to OLLI (the Peck House, classrooms on the Long Beach campus or off-site locations), we are **required** to contact emergency services.

**COMMITMENT TO DATA SECURITY** | Southern Miss is dedicated to preventing unauthorized information access, maintaining information accuracy and ensuring the appropriate use of information. We strive to have appropriate physical, electronic and managerial safeguards to secure the information we collect in all formats: on paper, electronically and verbally. Security practices are consistent with the policies of the University, the laws and regulatory practices of the state of Mississippi and multiple federal agencies.

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**NOTE**: Member information will be shared with OLLI Staff and the OLLI Membership Committees. Also, OLLI reserves the right to take photographs or videos during the operation of any program and to use them, whether taken by a representative of OLLI or by other participants, for administrative and promotional purposes. By enrolling in an OLLI program, participants agree to allow their images and names, if visible, to be used in such. Participants who prefer their images not be used are asked to contact the OLLI office at 601.266.6554.



## SPECIAL EVENTS

### *What's Going on in Hattiesburg: An Update*

Thursday, August 15 | HB In-Person | Free and Open to the Public  
10:00 a.m. - 11:00 a.m. | Event led by Mayor Toby Barker

Come hear the latest developments in our city and bring those questions you have been eager to ask for Q and A. At age 25, **Toby Barker** was elected to the Mississippi House of Representatives to represent District 102. At that time, he became the youngest legislator and first millennial elected to the House. Now, he serves as the 35th Mayor of Hattiesburg.



### *Southern Miss Football Season Preview*

Thursday, August 22 | HB In-Person | Free and Open to the Public  
2:00 p.m. - 3:00 p.m. | Event led by Dr. Chris Croft

The presentation will provide a preview of the Southern Miss Football 2024 season including a team overview, player features, schedule breakdown and referee terms and signals. The session will detail the background information to assist the casual fan in better following the Golden Eagles football team this fall. **Dr. Chris Croft** is an associate professor of sport management in the College of Business and Economic Development and School of Marketing at The University of Southern Mississippi. Croft has been involved in intercollegiate athletics and higher education as a basketball coach, college administrator and assistant professor.



### *Music We Grew Up On—The British Invasion*

Thursday, September 5 | HB In-Person | Free and Open to the Public  
2:30 p.m. - 4:30 p.m. | Event led by Jim Dryden

Time for another gathering of music fans to help kick off our fall term. This is the latest (third) in our series to remember and rediscover the music and musicians that helped shape our formative years. Jim Dryden will lead us back to an earlier time where we can all share the stories, laughs and (sometimes) tears of those early days. **Jim Dryden** retired from a federal land management agency to Hattiesburg in 2009. His love of music and history has driven his desire to continue learning, especially all the many interesting background stories we don't often hear.



### *Three Men and a Babe Murder Mystery Dinner Theatre*

Thursday, September 19 | HB In-Person | \$65  
5:00 p.m. - 7:00 p.m. | Event led by The Detectives

Prepare to laugh as "The Detectives Comedy Dinner Theatre" guides us through an interactive comedic event in which guests enjoy a three-course meal including a murder mystery to solve. Part sitcom and part crime drama, dinner will be a unique experience. It's up to audience members to determine the guilty party, the motive and how the murder was committed. Come solve the mystery of Three Men and a Babe!



### *Cruisin with OLLI | No Charge*

Monday, October 7 | GP In-Person

3:00 p.m. - 5:00 p.m. | Group Gather Organized by the Curriculum Committee

Join fellow OLLI members and friends for fun and camaraderie on the Great Lawn.

**Bring** a cool car or just a chair and stay for the Long Beach Cruisin' the Coast festivities. **Bring** snacks to share with other members. **Optional:** Walk or drive down to the harbor for the parade and city events.



***Tales of Justice and Redemption in Mississippi* | Free and Open to the Public**

**Thursday, October 17 | HB In-Person**

**10:00 a.m. - 11:00 a.m. | Event led by Jerry Mitchell**

Investigative reporter Jerry Mitchell shares how some of the nation's most notorious murders, including the Mississippi Burning case, came to be punished decades later, thanks to the courage of the families, prosecutors and others.

**Jerry Mitchell** is the founder of the Mississippi Center for Investigative Reporting and, prior to that, worked 30 years for the Clarion-Ledger. His stories helped lead to the convictions of Klansmen in the 1963 assassination of MS NAACP official Medgar Evers, the 1963 bombing of a Birmingham church that killed four Black girls and the 1964 slayings of civil rights workers James Chaney, Andy Goodman and Mickey Schwerner. His work also led to the 2016 conviction of Felix Vail, the oldest conviction in a serial killer case in U.S. history. Mitchell won a \$500,000 MacArthur "genius" grant and more than 30 other national awards. He was also a Pulitzer Prize finalist.



***Classic Car Art Exhibit and Reception* /Free and Open to the Public**

**Exhibit | October 1 - 31 | 7:30 a.m. - 7:00 p.m. | GP Library 3<sup>rd</sup> Floor**

**Reception | Friday, October 25 | 11:00 a.m. - 12:00 p.m. | GP In-Person**

**Artist Marty Turnbo**

Join OLLI friends in celebrating beautiful classic car artwork. She will have 12 pieces on display the entire month of October on the Gulf Park campus Library on the 3rd Floor. Light refreshments will be provided at the reception. **Marty Broadus Turnbo** is a retired art and drama teacher from Oak Grove and is a longtime member of the South MS Art Association.



***Possible Effects of Mississippi River Diversions on the Mississippi Sound***

**Free and Open to the Public**

**Wednesday, November 20 | GP In-Person**

**10:30 a.m. - 11:30 p.m. | Seminar led by Dr. Moby Solangi**

The Mission of the Mississippi Sound Coalition is to restore and protect the ecosystem of the Mississippi Sound Estuary and the way of life and economies of coastal communities that depend on it, based on good science and fair public policy. They seek win-win solutions, preferably by legislation, with litigation when necessary. Their scientific research, public education and advocacy are focused primarily on ways and means to avoid or mitigate harm. **Dr. Moby Solangi** is the President and Executive Director of the Institute for Marine Mammal Studies. Dr. Solangi received his PhD in marine biology from The University of Southern Mississippi in 1980. He is currently the chair of the Mississippi Sound Coalition's Science Committee.



***OLLI Celebrates at the Harbor Lights Winter Festival* | Dutch Treat**

**Thursday, December 5 | GP Meet-Up**

**5:30 p.m. - 7:30 p.m. | Group Gather Organized by Curriculum Committee**

**Meet at Gulfport Harbor, 2269 Jones Park Drive, Gulfport.**

It is the 10th anniversary of the Gulfport Harbor Lights Winter Festival—the "most magical show in Mississippi!" We will meet at the festival and enjoy the amazing holiday lights, including riding the train and visiting the showcase.

**Entry fee is Dutch treat.** You may choose to have a meal, holiday snack or ride the amusement rides,

**Dutch treat.**



***Holiday Social* | No Charge**

**Thursday, December 12 | GP In-Person**

**11:00 a.m. - 12:30 p.m. | Group Gather Organized by Social Committee**

Join OLLI for our holiday social and please **bring** your favorite dish (Last name A-M savory and N-Z dessert). Also, **bring** a wrapped ornament if you would like to participate in the gift exchange



# GULF PARK

## ARTS

### *Intermediate Drawing | \$30*

Tuesdays, September 10 - October 8 | GP In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Marty Turnbo

Get ready to draw your pets, a landscape, a 3-D street scene, self-portraits and more with colored pencils and Sharpies. Beginner Drawing is recommended but not required. **Supply List:** #2 pencil mechanical pencil (optional), eraser, colored pencils, Sharpie with two tips (fine and medium), small drawing pad, 10-12 sheets of copy paper. **Marty Broadus Turnbo** is a retired art and drama teacher from Oak Grove and is a longtime member of the South MS Art Association.

### *Let's Play the Ukulele | \$30*

Wednesdays, September 11 - October 9 | GP Meet-Up

2:30 p.m. - 4:30 p.m. | Five-Week Class led by Gina Aguilar

Meet at First United Methodist Church, 208 Pine Street, Long Beach.

In this class OLLI members will come to understand the ukulele as a musical instrument, learn to read ukulele chords and play while reading the chords. Left-handed members will need left-handed ukuleles.

**Supply List:** Concert, tenor or baritone (with GCEA strings) ukulele, ukulele tuner (used before class begins) and music stand. **Gina Aguilar** is retired and has taught ukulele to OLLI members on a regular basis. Playing the guitar and the ukulele are two of her hobbies.

### *Pumpkin Pottery Creation | \$45*

Monday, September 16 | GP Meet-Up

10:00 a.m. - 12:00 p.m. | Seminar led by Museum Pottery Instructor

Meet at the Ohr-O'Keefe Museum Pottery Studio, 386 Beach Boulevard, Biloxi.

Perfect for a beautiful handmade gift or decoration for your home. Come spend a few hours in our studio and create a spooky pumpkin out of clay. No experience is needed, and students will be guided by our instructors through the process step by step. Your class fee includes all glazes, firing, and instruction, and your work will be ready to pick up in 2 weeks. **Material cost is included in the course fee.**

### *Vibrant Autumn Leaves in Colored Pencil | \$15*

Thursday, October 3 | GP In-Person

12:00 p.m. - 4:00 p.m. | Extended Seminar led by Dr. Tammy Gragg

Immerse yourself in the beauty of autumn foliage as we explore the art of colored pencil drawing. Learn to capture the beauty of autumn leaves using layering and embossing techniques with colored pencils. No prior drawing experience is necessary—just bring your enthusiasm and a willingness to experiment with color and texture. There will be a 30-minute lunch break, so please bring a sack lunch, snacks, and beverage. **Supply List:** Colored pencils in autumn hues, a sheet of 8X10 or 9X12 paper (Strathmore Bristol smooth or vellum, or hot pressed watercolor paper are good options), a few sheets of copy paper, tracing paper, graphite pencils (HB or 2B), erasers (kneaded and plastic), embossing tool (optional), colored pencil blender, masking or artist tape, drawing board or other solid surface on which to attach your paper (should be a little larger than the paper you will be drawing on). **Dr. Tammy Gragg** is a retired nurse practitioner and artist working mainly in watercolor and colored pencil. She studied art at Mississippi Gulf Coast Community College, the New York Academy of Art and University of North Carolina. She is an active member of the Gulf Coast Art Association and the American Society of the Botanical Artists.

### *Let's Plan an Art Exhibit at USM Gulf Park | No Charge*

Tuesday, October 22 | GP In-Person

12:00 p.m. - 1:00 p.m. | Meeting led by Curriculum Committee

Come join our exhibition team! Interested members will meet to discuss and plan an art exhibit that will take place at the Gulf Park Campus.

### ***The Art of Crochet | \$25***

**Wednesdays, October 23 - November 13 | GP In-Person**

**12:00 p.m. - 2:00 p.m. | Four-Week Class led by Renee Winn**

In this class students will learn how to create essential, sustainable and beautiful crochet accessories that are useful and fun to make. The extended objective is to expose beginners to this skill, infusing a love for crochet while promoting good cognitive health. Students will learn how to choose yarn, crochet a foundation chain, basic stitches, yarn join, bind off, weave-in ends, block finished piece and abbreviation and definitions. **Supply List:** Crochet hook size 5.5 and crochet stitch markers. **Yarn will be supplied.** **Renée Winn** is a former pre-school teacher with a passion for art, crafting and sustainable living. For many years she has shared her crocheting talent with others (Boys and Girls Club, church, private lessons and social media). Maintaining a natural lifestyle, Renée is a true fiber artist creating beautiful pieces of work for personal enrichment and everyday use.

### ***Beginning Guitar | \$25***

**Wednesdays, October 23 - November 13 | GP Meet-Up**

**2:30 p.m. - 4:30 p.m. | Four-Week Class led by Pat Noonan**

**Meet at First United Methodist Church, 208 Pine Street, Long Beach.**

Participants will learn to play the guitar with chords, strumming and picking methods, from simple folk songs to more complex renditions toward the end of the class. Students must provide an adult instrument and tuning mechanism. We will start with simple fun songs and will learn two or three chords each session, which will be repeated in following songs with a new chord added each time we meet. Folk songs are most easily played as a beginner. Plan to practice at home at least one hour daily. Your fingers and grip will become stronger and the callouses will form in time so that playing becomes more comfortable. Please **Note:** You must have an adult acoustic guitar, preferably a small size instrument (3/4) if purchasing, as the large ones are harder for women and beginners to play. A notebook for the songs, a stand and a capo are helpful. Picks are optional. If you would like the instructor's input before buying an instrument, please contact her at [patn44@yahoo.com](mailto:patn44@yahoo.com). If they already have an instrument there are ways to make the larger size workable. We will not have the ability to plug in electric guitars or amplifiers. **Pat Noonan** PMHNP retired is an artist, guitar player, ukelele player, sailor and camper who has recently taken up golf. She has taught guitar and ukelele in the past through OLLI. She is an alumna of The University of Southern Mississippi and the University of South Alabama and retired from the State of Alabama after teaching nursing and nurse practitioner courses at the University of South Alabama, Mobile.

### ***Perpetual Nature Journaling: Capturing Outdoor Discoveries with Creativity and Structure | \$5***

**Tuesday, November 12 | GP In-Person**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Dr. Tammy Gragg**

Embark on a journey of artistic exploration and connection with the natural world through perpetual nature journaling, a structured technique to visually document outdoor discoveries on a regular basis. Whether you're a seasoned artist seeking new inspiration or a nature enthusiast looking to deepen your connection with the environment, this presentation offers a wealth of knowledge and practical tips to start your perpetual journaling practice. **Dr. Tammy Gragg** is a retired nurse practitioner and artist working mainly in watercolor and colored pencil. She studied art at Mississippi Gulf Coast Community College, the New York Academy of Art and University of North Carolina. She is an active member of the Gulf Coast Art Association and the American Society of the Botanical Artists.

### ***Christmas Tree Pottery Creation | \$45***

**Monday, November 18 | GP Meet-Up**

**10:00 a.m. - 12:00 p.m. | Seminar led by Museum Pottery Instructor**

**Meet at the Ohr-O'Keefe Museum Pottery Studio, 386 Beach Boulevard, Biloxi.**

Come spend a few hours on our beautiful campus and create a Christmas tree out of clay. This piece will be perfect for a beautiful handmade gift or decoration for your home. No experience is needed and students will be guided by our instructors through the process step by step. Your work will be ready to pick up in two weeks. **Material cost is included in the course fee.**

### ***Decoupage Collages | \$20***

**Monday, November 11 and 18 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Lorraine Magrath**

Learn the art of decoupage with a modern twist. Decoupage is decorating an object by gluing colored paper cutouts onto the object. Use this technique to enhance journals, make cards and plaques and decorate any object. Bring old magazines or colorful pictures to make your treasure. **Supply List:** Magazines and pictures, scissors, foam paint brush and object to decorate. **Dr. Lorraine Magrath** is an accounting professor and crafting enthusiast who recently returned home to Biloxi from Troy, Alabama.

### ***Holiday Craft, Cookie Swap and More | \$15***

**Tuesday, December 10 | GP In-Person**

**12:00 p.m. -2:00 p.m. | Seminar led by Michelle Magrath Greene and Dr. Christi Magrath**

Join us for a cookie and treats swap (baked or store bought/individually bagged). We will exchange fun seasonal stories, play some cheery games and make an easy holiday craft. **Bring** individually wrapped treats to share with the class and an ornament for "show and tell." Ugly sweaters or t-shirts are encouraged.

**Michelle Magrath Green** is an avid crafter who loves holiday fun. **Dr. Christi Magrath** is excited to help spread holiday cheer.

## **EATING YOUR WAY THROUGH OLLI**

### ***Mangiamo Luncheon | Dutch Treat***

**Friday, September 13 | GP Meet-Up**

**11:00 a.m. - 12:30 p.m. | Lunch with OLLI Friends**

**Meet at Mangiamo, 1423 Magnolia Street, Suite A, Gulfport.**

Join OLLI friends for yummy Italian cuisine. **Dutch treat.**

### ***Fresh Juicy From a Coboosy Luncheon | Dutch Treat***

**Friday, October 11 | GP Meet-Up**

**11:00 a.m. - 12:30 p.m. | Lunch with OLLI Friends**

**Meet at The Juicy Caboosy, 407 Mason Avenue, Long Beach.**

Join OLLI at The Juicy Caboosy, the best outdoor spot for fresh juice and the fresh breeze (think beer garden with a cocktail twist)! **Dutch treat.**

### ***Flavorful Food That Will Fool You | \$20***

**Monday, October 28 | GP Meet-Up**

**11:00 a.m. - 1:00 pm. | Seminar led by Robert Stinson**

**Meet at Salute, 15th Place, 1712 15th Street, Gulfport.**

The premise of this class is to demonstrate that one should "USE THIS—NOT THAT. " Come learn how to use fresh herbs, vegetables and salt-free stock instead of salted foods, fatty additives and carbohydrate-heavy foods. The chef will prepare Shrimp Fra Diavolo Zoodle with a marinara sauce. You will also be able to sample his creation. **Sampling food is included in the fee.** **Robert Stinson** is executive chef and owner of three award-winning restaurants on the Mississippi Gulf Coast. His spectrum of work has spanned from five-star dining at the Windsor Court Hotel Grill Room, to managing the highest volume restaurant in the world, Orlando Planet Hollywood.

### ***Coterie Restaurant & Oyster Bar Luncheon | Dutch Treat***

**Friday, November 8 | GP Meet-Up**

**11:00 a.m. - 12:30 p.m. | Lunch with OLLI Friends**

**Meet at Coterie, 300 Beach Boulevard East, Long Beach.**

Join OLLI friends for a tasty seafood experience. **Dutch treat.**



## HEALTH AND FITNESS

### *Reading and Understanding the Medicare Summary Notice* | \$5

Monday, September 9 | GP In-Person

12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Gina Aguilar

Members should bring a copy of their Medicare Summary Notice (MSN) to this seminar to learn the terminologies in the notice, identify critical pieces of information and acquire an understanding of appeal rights. **Gina Aguilar's** Medicare experience spans over a period of twenty years in the areas of customer service, fraud, abuse and appeals. She was in a leadership role for sixteen years.

### *Tai Chi Chih for the Beginner* | \$30 Each Term

Tuesdays and Thursdays | GP In-Person

Term I: September 10 - October 10

Term II: October 22 - November 26 (Class will not meet November 14)

8:30 a.m. - 9:30 a.m. | Exercise Class led by Susie Pham

This class is for newcomers and will teach traditional physical meditative practice. It is designed to build strength, improve health and flexibility, reduce stress and increase energy flow. **Susie Pham** has practiced Tai Chi for years and was trained by Grand Master Shi DeRu, 31st generation descendant of the Shaolin Temple.

### *Intermediate Tai Chi Chih* | \$30 Each Term

Tuesdays and Thursdays | GP In-Person

Term I: September 10 - October 10

Term II: October 22 - November 21

9:45 a.m. - 10:45 a.m. | Exercise Class led by Susie Pham

This class is for those who have previously taken Tai Chi Chih for the Beginner. This class will teach traditional physical meditative practice. It is designed to build strength, improve health and flexibility, reduce stress and increase energy flow. **Susie Pham** has practiced Tai Chi for years and was trained by Grand Master Shi DeRu, 31st generation descendant of the Shaolin Temple.

### *It's NOT Dementia!* | \$10

Wednesday, September 11 | GP In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Jan Vinita White

There are at least twenty conditions that mimic dementia. Known as Pseudo-Dementia, these common conditions are preventable, treatable and reversible. Mental decline is not inevitable and older adults can make lifestyle changes to promote lifelong independence and optimum brain functioning. **Dr. Jan Vinita White** is a gerontologist, consultant, aging authority, writer, speaker and researcher on the biological, psychological and social issues of health and aging. For fourteen years she has been advancing this conversation through her blog post, which has attracted a global following.

### *Slow Flow Yoga* | \$20 Each Term

Wednesdays | GP In-Person

Term I: September 11 - October 9

Term II: October 23 - November 27, No class November 20

4:00 p.m. - 5:00 p.m. | Exercise Class led by Amy White

What Is Slow Flow Yoga? It is a gentle, meditative style focusing on moving slowly and mindfully through various poses. It's a great style of yoga for beginners who want to slow down and focus on their breath and movement. Slow Flow Yoga can also help to improve flexibility, strength and balance as well as to increase mindfulness and body awareness. Supply List: Yoga mat or towel and yoga blocks (optional). **Amy White** is a teacher with twenty-three years of educational experience. She has been enrolled from January 2023 to June 2024 in a Yoga Certification with an emphasis on social-emotional support. She has her Yoga Certification through Yoga Alliance (June 2024), 200-hour Yoga Teacher Certification (CYT 200) and a gold-standard international yoga teacher certification.

***Navigating Medicare: State Health Insurance Program Assistance (SHIP) Can Help | \$5***

**Monday, September 23 | GP In-Person**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Cecellia Parker**

It is time to do your yearly Medicare review. Medicare Open Enrollment is October 15 through December 7. Open Enrollment is your time to review your Medicare health and drug coverage and decide if you want to make changes. Medicare cost and benefits can change each year so comparing your options could help you find better coverage or save money. SHIP counseling is free, unbiased, confidential and available to anyone. **Cecellia Parker** works at South Mississippi Planning and Development District (SMPDD), the designated Area Agency on Aging (AAA) for the South MS region. One of the AAA services is State Health Insurance Program Assistance also known as SHIP. Cecellia has served the southern district as the certified SHIP Coordinator for the past four years. She is also a certified community resource specialist.

***Unleashing Inner Peace: A Dive into NeuroEmotional Technique (NET) | \$10***

**Monday, October 21 | Zoom**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Sasha Tran**

Join us for a fun lecture on NeuroEmotional Technique (NET), perfect for those curious about new ways to improve health. We'll explain how NET connects emotions, physical well-being and shows you how it can help reduce stress and improve your life. This easy-to-understand session will teach simple techniques to feel better and live healthier. Whether you're new to NET or looking for practical tips, this lecture is for you! **Dr. Sasha Tran** is a chiropractor and an advocate for her patients and the people around her. She specializes in the mind/body connection with a unique chiropractic technique called Applied Kinesiology and Neuro-Emotional Technique.

***Healthy Aging: Self-Care, Self-Love, Diet, Movement and Saving the Pelvic Floor | \$10***

**Monday, November 4 | GP In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Betty Sue O'Brian**

This class will introduce participants (men or women) to self-massage techniques, tapping, bouncing, Emotional Freedom Technique and fascia release. We will do meditation practice and breath-work. Come have some fun learning about how to enjoy taking care of yourself as you grow in wisdom and years! **Betty Sue O'Brian** holds a master's degree from USM and is a retired instructor. She became a traditional naturopath and iridologist after retirement. She presents worldwide on topics relating to natural health and wellness. If you would like to know more about her, check out her websites, [www.bettysueobrian.com](http://www.bettysueobrian.com) and [www.iridologyacademy.org](http://www.iridologyacademy.org).

***Aging: Fact-vs-Fiction | \$10***

**Wednesday, November 6 | GP In-Person**

**9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Jan Vinita White**

What is reality and what is myth? In this engaging seminar participants will examine and discuss myths of aging, urban legends, ageist beliefs, folklore, misconceptions and stereotypes and we'll develop strategies for self-advocacy, promotion of successful aging and reducing ageism. **Dr. Jan Vinita White** is a gerontologist, consultant, aging authority, writer, speaker and researcher on the biological, psychological and social issues of health and aging. For fourteen years she has been advancing this conversation through her blog post, which has attracted a global following.

## **HUMANITIES**

***Midwifery: A Labor of Love through the Ages | \$10***

**Wednesday, September 18 | GP In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Jamie Stanfield**

Midwifery is one of the oldest professions in the world. They have a rich history of mentoring and teaching their selected pupils. Learn about how midwives existed in society from antiquity to the modern era. We will complete this course with a discussion on the work of Mississippi midwives and their important contribution to Mississippi communities in the twentieth century. **Jamie Stanfield** is the head of Gulf Coast Libraries at Southern Miss. She has a master's in library science and a second master's in history. Her specialization era is WWII and the Cold War. Jamie studies the history of medicine and is especially interested in the history of midwifery. She also enjoys teaching with graphic novels.

***Gulf Park By the Sea: A History of Gulf Park College for Women (1917-1971) | \$10***

**Wednesday, September 25 | GP In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Allisa Beck**

Gulf Park College for Women operated on the site of what is now The University of Southern Mississippi's Gulf Park Campus in Long Beach. This lecture will present a photographic history of the college as well as a tour of the archives room at the Gulf Coast Library. **Allisa Beck** is the Arts and Sciences Librarian at the Southern Miss Gulf Coast Library. Her interests include local history, the RMS Titanic and all things film.

***Visit Waveland's Ground Zero Hurricane Museum | \$5***

**Thursday, September 26 | GP Meet-Up**

**10:00 a.m. - 11:00 a.m. | Tour led by Bernie Cullen**

***Meet at Waveland's Ground Zero Hurricane Museum, 335 Coleman Avenue, Waveland.***

The Ground Zero Hurricane Museum is housed in an historical building that was once the the Old Waveland School, built in 1929. Come discover permanent exhibits of Hurricane Katrina, featuring a rare quilt collection, oral history room, artifacts, a hurricane simulator, and more. Grab a sandwich, smash burger or a delicious dessert at the Sugar Pops Baking Company inside the museum as a **Dutch Treat**. **Bernie Cullen** is a retired RN with many years of leadership and educational experience. She holds a Bachelor's of Science from William Carey University and Master's of Science in Nursing from the University of South Alabama. Bernie is an active community volunteer and co-chair for Relay for Life and Board Chair for the Museum.

***History of OLLI at Southern Miss | \$10***

**Monday, September 30 | GP In-Person**

**9:30 a.m. - 11:30 a.m. | Seminar led by Sue Pace**

Come learn from the founder herself how OLLI at USM has evolved. She will take us from the beginning of the Institute for Learning in Retirement (ILR) to the current Osher Lifelong Learning Institute. **Sue Pace** holds a master of science degree from Oklahoma State University. She is the founder of ILR/OLLI and former director of Continuing Education at USM.

***Ministry on the Margins | \$10***

**Wednesday, October 2 | GP In-Person**

**9:30 a.m. - 11:30 a.m. | Seminar led by David Gauthier**

Often away from family or friends for years or decades, those incarcerated in our local prisons and jails are caught up in a system that seems to lack any sense of justice. Can their lives and outcomes be changed, one person at a time, by a faith-based ministry? Walk into the prison with me as I relate my experiences in bringing hope and change to lives in Mississippi prisons and jails through this ministry. **Dave Gauthier** is the Director for RCIA and Religious Education Coordinator for St. Thomas the Apostle Parish in Long Beach, Mississippi. Since retiring from a long shipyard career in 2018, he has worked extensively in ministry in both jail and prison environments.

***The Chautauqua Movement | \$5***

**Tuesday, October 15 | GP Zoom**

**11:00 a.m. - 12:00 p.m. | Mini-Seminar led by Frank Gwaltney**

Come learn about The Chautauqua Trail. The Chautauqua Trail is a group of organizations and individuals committed to the communication and implementation of the Chautauqua concept of building community by supporting all persons in the development of their full potential intellectually, spiritually, emotionally and physically. We will discuss how the movement began by Lewis Miller and Rev. John Vincent in Chautauqua, New York, with roots in the Civil War, how the idea spread and the present and future of Chautauquas in North America. **Frank Gwaltney** graduated from Rutgers College with a major in German and minors in mathematics and English. He coached football for thirty years and women's volleyball for four years. He became involved in the Chautauqua history/Network/Trail through his summers in Ocean Park, Maine. The Chautauqua Network changed its name to The Chautauqua Trail in the mid 1990s. He has been president of The Chautauqua Trail annually since the late 1990s.

***Ancient History: How and When Did That Happen? | \$30***

**Thursdays, October 24 - November 21 | GP In-Person**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Rev. Jon Caridad**

Ancient history is the foundation for all of civilization and culture! This course includes a careful study of the progress of civilization from the time of prehistoric man to the founding of the Greek Empire. Participants should be prepared to take notes, discuss and learn. This is the first course in a three-course cycle that will open the doors on the foundations of culture. "This is not your grandfather's history course!" **Rev. Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical study.

***Heroic Tales of Antarctic Survival: The Exploits of Shackleton and Mawson* | \$10**

**Monday, October 28 | Zoom**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dave Reed**

During the Heroic Age of Antarctic Exploration, there were many stories of men surviving the extreme conditions in Antarctica. Come learn about the expeditions of Ernest Shackleton and Douglas Mawson, two of the greatest survival stories in Antarctica. **Dave Reed** worked as a hydrologist and river forecaster for the National Weather Service for thirty-two years. Since his retirement he has enjoyed traveling and pursuing his hobbies of bird watching and bird photography.

***The Manning Family Dynasty* | \$10**

**Tuesday, October 29 | GP In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Michelle Magrath Greene**

Let's celebrate the southern football royal family. We will join together to hear and tell stories of the athletic escapades and societal impact of Archie, Olivia, Peyton, Eli, Cooper and Archie. They all have amazing tales to be shared. **Michelle Magrath Greene** is returning home to the Coast after decades in Alabama. She enjoys football, crafts and is excited to return home.

***Come Out, Come Out, Wherever You Are: Explanations of Exorcism* | \$10**

**Thursday, October 31 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Rev. Jon Caridad**

Exorcism has been a significant rite practically since the beginnings of organized Christianity. We will look at the origins of the rite, the faith that prompts the use of the rite, the ways in which the rite has been kidnapped by superstition and whether it is relevant in the 21st century Church. **Rev. Jon Caridad** is a retired Episcopal priest with extensive experience in education, ancient history and biblical study.

***Intriguing History of Gulfport Seabees* | Free**

**Thursday, November 21 | GP In-Person**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Bob Smith**

Come learn about the Naval Construction Battalion (Gulfport Seabees) and their history. We will discuss their skills, deployments, training and lifetime commitments. Honor the past, build your future! Bring your questions! **Bob Smith** is a retired UTCS and civil service ordinance manager for the US Atlantic Fleet Seabees. He is currently the vessel projects manager for the Navy Seabee Foundation in Gulfport. He conducts tours of the Heritage Center Museum.

## **LANGUAGES AND LITERATURE**

***Flash Writing Your Memoirs for Posterity and Immortality!* | \$30**

**Wednesdays, September 11 - October 9 | GP In-Person**

**12:00 p.m. - 2:00 p.m. | Five-Week Class led by Deborah Tainsh**

This class will provide a fun, supportive setting and put you at ease using simple flash and micro writing techniques and the five senses to write your personal and family stories! Whether writing for your grandkids, your legacy, or possible publication, this encouraging workshop will honor the life you've lived and perhaps launch the book you've always wanted. Deborah will share her publishing experiences and how you can also publish. **Deb Tainsh** studied creative writing at Irvine Valley College, Irvine, CA. She is an award-winning author of a personal memoir, *Heart of a Hawk*, and a collection of military family stories, *Surviving the Folded Flag*. She is a contributing author to the *Chicken Soup for the Soul* publications and is an accomplished creative writing workshop facilitator.

***There is No Fate But What We Make for Ourselves: Dystopian Worlds in Literature and Film* | \$5**

**Monday, October 21 | GP In-Person and Zoom**

**9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Allisa Beck**

Join us in a discussion of the various themes and stories in classic dystopian novels, which relates to an imagined world of society where people lead dehumanized and fearful lives. The movies discussed will include '1984,' 'The Handmaid's Tale,' and 'The Hunger Games,' and films such as 'A Clockwork Orange,' 'Escape From New York,' 'Planet of the Apes,' and 'Blade Runner.' **Allisa Beck** is the Arts and Sciences Librarian at Southern Miss Gulf Coast Library. Her interests include local history, the RMS Titanic, and all things film.



### ***Classic Literature in Graphic Novels* | \$5**

**Wednesday, October 23 | GP In-Person and Zoom**

**9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Jamie Stanfield**

Do you remember reading classic works by authors such as Shakespeare, Mary Shelley or Bram Stoker? Were you ever overwhelmed by some of these works, either by their sheer volume or their words? Come learn how to use graphic novels as introductions to classic literature. These provide an excellent starting point or perhaps a refresher on the story you read years ago. Graphic novels incorporate pictures and words, which helps increase learning. **Jamie Stanfield** is the head of Gulf Coast Libraries at Southern Miss. She has a master's in library science and a second master's in history. Her specialization era is WWII and the Cold War. Jamie studies the history of medicine and is especially interested in the history of midwifery. She also enjoys teaching with graphic novels.

### ***"The Last Good Light: A Southern Memoir:" An Author's View* | \$10**

**Monday, October 28 | GP In-Person**

**9:30 a.m. - 11:30 a.m. | Seminar led by Linda Barnes**

Come learn about the author's life as a teenager in the 1960's on the Mississippi Gulf Coast and in the French Quarter of New Orleans, connected by a sense of place and the personalities that frame her experiences. We will also explore the importance of southern memoir and personal story-telling. **Linda Barnes** is a military wife, entrepreneur, speaker and author of *The Last Good Light: A Southern Memoir*. She attended the University of Arkansas, South Arkansas University and has lived in multiple states and foreign destinations such as Haiti and Abu Dhabi.

### ***Writing is Freedom!* | \$10**

**Tuesdays, November 12 and 19 | GP In-Person**

**2:30 p.m. - 3:30 p.m. | Two-Part Mini-Seminar led by Leslie Muzingo**

**Session One:** Business writing—can't write a clear business letter? Need to fight your insurance company or other business? Learn how to clearly present the facts and win. This course shows the power of the written word. **Session Two:** Fiction Writing—have you dreamed of writing stories but don't know where to begin? Are you already writing but don't know how to get published? This course will start you on your way to becoming an author. **Leslie Muzingo** is a published fiction writer whose work appears in over 15 anthologies. She is a retired attorney who taught legal writing while in law school, was a high school English teacher prior to that and, as an attorney, practiced Title III law which had her teaching senior citizens and healthcare providers how the law applied to them.

## **NATURE, SCIENCE AND TECHNOLOGY**

### ***The Last Days of the Dinosaurs* | \$10**

**Thursday, September 12 | GP In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Craig Huch**

Come learn what happened to the dinosaurs after the asteroid impact. Learn why the plant-eating dinosaurs and the meat-eaters died. We will also discuss what dinosaurs were present at that time and what the fossil records show regarding the decline of the dinosaurs toward the end of their reign. **Craig Huch** is retired with a bachelor's degree in applied biology from the Georgia Institute of Technology. Craig has had a lifelong fascination with dinosaurs and joined the staff of the University of New Orleans Geology Department in 1996. He was appointed the director of the Vertebrate Paleontology Lab, preparing dinosaur bones from the Lance Creek Formation of Wyoming. Craig has been giving lectures on dinosaurs for over twenty years.

### ***The Virtues of Ignorance: Appreciating Uncertainty in Science and the Limits of Knowledge* | \$15**

**Mondays, September 16 and 23 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by James Rigney**

Science has increased our knowledge of nature to an astonishing degree and enabled technologies that have exponentially increased our standard of living. But our partial knowledge has also increased our power to unintentionally do harm. We will explore the benefits of a humble recognition of the limits of our knowledge and its application. (The phrase *The Virtues of Ignorance* is taken from the 2008 book of essays edited by Vitek and Jackson). **James Rigney** is a meteorologist and oceanographer who served 31 years with the Naval Oceanographic Office, retiring as NAVO's Chief Scientist. His weekly weather columns can be found online at The Sea Coast Echo.

***Milestones of Medicine: The 25 Greatest Discoveries That Revolutionized Human Health* | \$15**

**Thursdays, September 19 and 26 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Ron Bruni**

Embark on an extraordinary journey through the annals of medical history, where ground-breaking discoveries have transformed our understanding of the human body and paved the way for life-altering treatments. From the pioneering work of ancient physicians to the cutting-edge advancements of modern science, this captivating seminar unveils the stories behind the 25 most remarkable medical breakthroughs that have profoundly impacted our well-being. **Dr. Ron Bruni** is a pediatrician who recently retired after fifty years of private practice at Bruni Pediatric Clinic with his son, Tim Bruni, MD. He earned his BA in pre-med at Seton Hall University in 1963 and a MD and his internship residency from Georgetown in 1967.

***Ruby-Throated Hummingbirds' Fall Migration* | \$5**

**Monday, September 16 | GP In-Person and Zoom**

**1:00 p.m. - 2:00 p.m. | Mini-Seminar led by John Lipscomb**

This class involves learning about the fall migration of the ruby-throated hummingbird. These are the vast majority of the hummingbirds that we see as they pass through to Mexico and Central America in the late summer and early fall. We will talk about identification, migration routes, feeders and plants. The class is designed to learn and share your experiences about this spectacular annual migration event. **John Lipscomb** is a Master Naturalist residing on the Mississippi Gulf Coast. He has been involved with birding most of his life. This presentation on hummingbirds covers basics on identification, migration and attracting them.

***Ship Island Excursions Dolphin Watching Tour* | \$35**

**Friday, October 4 | GP Meet-Up**

**4:30 p.m. - 6:00 p.m. | Boat Ride**

**Meet at Ship Island Excursions, 1040 23rd Avenue, Gulfport.**

Come aboard for a 90-minute shoreline cruise on a quest for Atlantic bottle-nose dolphins. Snack bar service available on board. No outside food or drinks permitted. Please arrive 30 minutes before departure time.

***Barrier Islands of Mississippi* | \$10**

**Thursday, October 31 | GP In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Pat Alford**

This class will discuss the Barrier Islands of Cat, Ship, Horn, Petit Bois, Round and Isle of Capri. The barrier islands are an asset to the Mississippi Gulf Coast because of their nature, recreational activities, historical structures and first line of defense from hurricanes for the coast of Mississippi from hurricanes. **Pat Alford** retired after forty-two years as a science teacher and administrator. He is a master volunteer ranger for the National Park Service and has taught several classes and led several tours for OLLI.

<p><b><u>PERSONAL ENRICHMENT</u></b></p>
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***Gardening in the Fall* | \$5**

**Monday, September 23 | GP Meet-Up**

**9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Polly Cuevas**

**Meet at Pine Hills Nursery, 7434 Cuevas Road, Pass Christian.**

Come learn how to create and care for a successful garden throughout the fall while visiting Pine Hills Nursery. Polly will teach you how to keep your plants and flowers in bloom through the fall. She will share the plants that thrive in the cooler months. **Polly Cuevas** has been manager at Pine Hills Nursery since its beginning in 1986.

***Confident Interior Design and Decor* | \$10**

**Monday, October 21 | GP In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Janice Jenkins**

Come enjoy a hands-on workshop including basic ideas for adapting design in your current or future home. We will discuss concepts to enhance your lifestyle and comforts, such as making a small rooms appear larger, bringing nature indoors, furniture placement and the uses of color and texture. **Janice Jenkins** is a retired family consumer science teacher and interior design consultant with Sears. She has volunteered with the Mississippi State University Extension Service and the American Red Cross.

***A Woman's Softball Journey Before and After Title IX | \$5***

**Wednesday, October 30 | GP In-Person**

**9:30 a.m. - 10:30 a.m. | Mini-Seminar led by Cathy Taylor**

Come hear firsthand the softball life of an extraordinary athlete. This pioneer will tell you how hard it was for a woman to get recognition in sports. **Cathy Taylor** started playing softball at nine years old and still plays today for a seventy-plus women's slow-pitch team that travels the country. She played for the Women's Professional Softball Association (WPSA) and has coached recreation teams, middle school, high school, college and travel teams.

***Fast-Paced Overview of all things Insurance | \$10***

**Wednesday, November 13 | GP In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Angelyn Treutel Zeringue**

How does insurance work and protect you and your auto, home and business? What do the different coverages protect? How do you read an insurance policy contract? Why does it cost so much, and how do you save money on the rates? When should you file or not file a claim? What insurance coverages do you need at different points in your life? This class will answer these questions and more. We will also discuss the purpose of insurance, elements of insurance contracts and practical applications. **Angelyn Treutel Zeringue** is a Trusted Choice independent insurance agent and president of SouthGroup Insurance covering the Southeast USA. She holds designations of CPA, PWCAM, CBIA. Angelyn is active in community associations, nonprofits, economic development and supports numerous STEM and youth leadership development programs.

***Make New Friends with Rummikub | \$10***

**Thursday, November 14 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Gina Stanton**

This seminar is a brief overview of the game and demonstration by current players. We will discuss the rules and possible variations in play and give students a chance to try their hand. This is an individual game or can be played by two or up to six at a table. We hope to establish a regular play group if there is interest. **Gina Stanton** is a retired legal assistant from Louisiana. She was also a wildlife rehabilitator and was involved in pet rescue. She has now taken up playing Rummikub with friends and would like to encourage others to enjoy the game.

<b><u>TRAVEL</u></b>
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***Healing the Divide through Facing Our History***

**Single Occupancy \$TBD | Double Occupancy \$TBD**

**Wednesday and Thursday, October 9 and 10 | GP Field Trip**

**Leave: 7:30 a.m. - Return: 6:30 p.m. | Field Trip**

Using head and heart, the field trip to the Montgomery, Alabama Legacy Sites will immerse participants in the data and experiences of our shared history around race. The two-day tour will include the Legacy Museum, The National Museum for Peace and Justice and the Freedom Monument Sculpture Park. Discussion and reflection times will be both structured and informal. The goal is to promote racial equity and justice through healing. **Bus, hotel and museum fees are included in course fee. Meals are Dutch treat.**

***Alternatives to Driving: Transportation Options on the Coast | \$10***

**Thursday, November 7 | GP In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Christi Magrath**

Need to get somewhere when driving isn't an option? Popular driving alternatives for transportation include public transportation, medical transport services, rentable small transports, and ride-share services. Taking the bus, catching a Lyft, renting a bike and booking a train ride are all options on the Coast. Join in a review of transportation services include a "how to" guide for riding the bus, Lyft, Uber, taxis, airport transportation and booking a bus or train trip. **Dr. Christi Magrath** is a retired professor who loves science and art. She has disabilities that limit driving and is excited to share her experience with getting places using alternative transportation.

# HATTIESBURG

## ARTS

### *Everything (Almost) You Ever Wanted to Know About Different Art Mediums | \$10*

Wednesday, September 11 | HB In-Person

12:00 p.m. - 2:00 p.m. | Seminar led by Dana Stratton

This class is an infomercial to introduce you to gouache, watercolors, colored pencils, charcoal and whatever else we can squeeze in to whet your appetite for future OLLI classes in studio arts. A short demonstration of each medium will be attempted in hopes of encouraging you to let loose and follow your art to new and exciting classes! **Dana Stratton** has been teaching studio art and art history classes at OLLI since 2000 and just can't seem to stop. She is a published illustrator and an active participant in a variety of art shows and loves to gossip about the lives (and sometimes the loves) of artists of the past.

### *It's Never Too Late To (NOT) Act Your Age! | \$20*

Thursdays, September 12, 19 and 26 | HB In-Person

2:30 p.m. - 4:30 p.m. | Three-Week Class led by Sherri Marengo

Do you love to have a great time with friends? Do you love to make people laugh? If so, senior acting is a wonderful place to start. Stage veteran **Sherri Marengo** will walk you through backstage and front of house in live theatre, using props and costumes, improv, speaking skills, stage tech and more fun creativity. Readers Theatre uses scripts so there's no memorization and we 'chair act', so no walking around the stage. Be ready to create a show for your fans! **Sherri Marengo** is a twenty-five year veteran of stage and community theatre in the Pine Belt. She is the founder and director of Legacy Actors Theatre Experience (better L.A.T.E. than never). In her acting classes, participants learn creative writing, improv, speaking skills and more using props and costumes.

### *Techniques in Watercolor | \$30*

Thursdays, September 12 - October 10 | HB In-Person

12:00 p.m. - 2:00 p.m. | Five-Week Class led by Evelyn Timidaiki

This class is taught with discussion, demonstration and student practice of demonstrated techniques. We will cover color, the color wheel and techniques like scraping, splattering and alcohol drops. The different techniques will be demonstrated and the students will practice the technique. **Supply List:** Artist tape, quality paints, quality paper (140 pounds), color wheel, masking fluid or frisket, round brushes in small, medium and large size, large flat brush, water container, pencil artist eraser, transfer paper or light box pallet, paper towels without a design, Kleenex, natural sponge, Q-tips and board to support painting. **Evelyn Timidaiki** is a former biology teacher with 33 years of experience. She is a five-time published author with The Wild Rose Press and her classes are hands-on with ample opportunity for class questions and individual practice.

### *Crocheting for Fun | \$15 Each Term*

Thursdays | HB In-Person

Term I: September 12 and 19

Term II: November 14 and 21

12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Sherry Dryden

Learn a new craft or renew one from your childhood; beginners are always welcome. Learn to read patterns, new techniques and/or new stitches while making a small basket with cotton yarn. **Supply List:** Crochet hook (4.00 or 5.00 mm) and cotton yarn (solid light colors). **Sherry Dryden** is a retired loan officer and supervisor for a credit union in Maryland. She has been a crafter since a young age. She was taught to crochet and embroider by her mother and grandmother.

### *Drawing/Acrylics I and II | \$30 Each Term*

2:30 p.m. - 4:30 p.m. | HB In-Person

Term I: Wednesdays, September 11 - October 9

Term II: Mondays, October 21 - November 18

Five-Week Class led by Marty Broadus Turnbo

In this class during Term I, learn drawing skills first then add acrylics. Learn to add shading with color, one-point perspective and enlarging. In Term II, enhance your drawings with 2-point perspective and add painting with acrylics. **Marty Broadus Turnbo** is a retired art and drama teacher from Oak Grove and a longtime member of the South MS Art Association.



***Silk Ribbon Embroidery Christmas Ornament | \$20***

**Monday, September 16 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Kay Guiles**

Silk ribbon embroidery is absolutely beautiful but surprisingly quick, easy and very forgiving. In this class you will learn how to use a basic stitch to make a floral design which can be used for a Christmas ornament or a pendant. **The class kit will supply everything including a lovely metal frame, silk ribbons, fabric, needles and threads. Please bring your scissors.** Kay Guiles is a retired music instructor at Jones College who has had a lifelong interest in needle arts. During the 90s, she published heirloom sewing patterns, wrote for *Creative Needle* and *Sew Beautiful* and taught needlework and specialty sewing classes throughout the US.

***Telling Stories With Quilts and Taking the Mystery Out of Quilt Blocks | \$10***

**Tuesday, September 17 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Martha Ginn and Linda Ginn**

Quilts have a lot to say about themselves. Some are happy, some are historic and sometimes they are just full of shape, color and nostalgia. Come and learn about some favorite quilt blocks and see how they are put together. **Martha Ginn** is well-known for her artistry in contemporary fiber arts and traditional quilt-making. Her quilts have been featured in exhibits across the US and China and in books and magazines. A founder of Pine Belt Quilters and The Mississippi Quilt Association, she is also a member of South Miss Art Association, Southern Fiber Artists and the Meistersingers. **Linda Ginn** has been quilting since 2017 and enjoys making traditional quilts. She is a retired catalog librarian and office administrator. Horses, cats and birds are among her favorite creatures and she enjoys reading and listening to books and she recently rejoined Meistersingers.

***Monday Matinee at OLLI | \$10***

**Monday, September 23 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Movie**

Join OLLI members to watch *Cinema Paradiso*, the 1989 Academy Award-Winning Movie for Best Foreign Film. Subtitles and snacks will be provided.

***Quilling: Creating Decorative Designs Using Paper and Glue | \$15***

**Monday and Wednesday, September 23 and 25 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Lynn Morris**

Learn how to roll and shape paper strips to create art pieces and decorative borders. We will complete a quilled Christmas card to send or frame. Each participant will receive a quilling tool to keep and use on future projects. **All supplies are included in course fee.** Lynn Morris discovered a love for crafting when her thirty-year teaching career ended. Her search for innovative yet inexpensive crafting ideas has led to numerous projects and gifts galore.

***Fold Your Stress Away with Origami | \$10***

**Thursday, September 26 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Drs. Benny and June Hornsby**

Participants will learn several of the basic origami folds and, as time permits, will construct a swan, butterfly, sailboat, cat, samurai hat, jumping frog, flapping bird, crane, tulip with stem and a box to put them in. If there's enough karma in the room, a mandala will also be constructed. **Origami paper will be provided.** Dr. Benny Hornsby is a retired Navy captain who has traveled extensively and who has long used origami, the Japanese art of paper folding, to relax and meditate. He is also a longtime columnist for the *Hattiesburg American* and the *Pine Belt News*. Professor Emerita Dr. June G. Hornsby retired from William Carey University in 2018 after 26 years of service.

***What's American about American Art | \$10***

**Tuesdays, October 1 and 8 | HB In-Person and Zoom**

**12:00 p.m. - 1:00 p.m. | Two-Part Mini-Seminar led by Dr. Richard Lewis**

From Colonial times, American artists have fixated on expressing national identity. Landscapes and portraits of venerable patriots offered distinctly American tropes in the 19th century. In the 20th century, the Abstract Expressionists connected their action paintings to the radical freedom and democracy offered only in America. Join us in this course where we will focus on varied concepts of "Americanness" expressed by visual artists, 1760-2024, through discussion. Dr. Richard Lewis, a curator, educator and administrator, has worked at institutions like the National Gallery of Art, Middlebury College, The Mariners' Museum, the MAX and The University of Southern Mississippi. He has a doctorate in art history, has taught numerous courses in museum studies, art history, communication and library science and has curated over 100 exhibitions.

***A New Bunch of Holiday Cards | \$20***

**Tuesday, October 1 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Karen and Aimee Cotton**

In this seminar, we will make eight greeting cards (two each of four different designs). Fall and Christmas will be featured but you just never know. All supplies are provided including envelopes for mailing. Have a fun afternoon and go home with cards to send to friends. **Karen LeBeau** is a retired kindergarten teacher who dabbles in various crafts. **Aimee Cotton** (Karen's daughter) has been an OLLI member for two years. She has enjoyed paper crafts for many years.

***Cell Phone Photography | \$45***

**Thursdays, October 3 and 10 | HB Meet-Up**

**12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Betty Press**

**Meet at Singing River Art Studio, 100 West 4<sup>th</sup> Street, Suite 20, Hattiesburg.**

Many people now take photos with their phones without knowing how to use all the features available on the latest models. In this seminar you will learn all the basics of iPhone photography in this course as well as plenty of tips and tricks to use during everyday shooting to make your photos stand out from the rest. We will also discuss post processing apps, such as Snapseed and Instagram, where we can share our photos. This course is best for people who have an iPhone 10 and above. **Betty Press** was formerly a photography instructor in the USM Art Department and is a member of the Hattiesburg Women's Art Collective. She has published several books, exhibits regularly and is represented at the Singing River Art Studio. Her website is [bettypress.com](http://bettypress.com), Instagram is @bettypress and @singingriverartstudio.

***Renaissance Madrigals: Serious, Silly and Saucy | \$10***

**Monday, October 7 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Ed Hafer**

A madrigal is a work (generally) for unaccompanied singers made popular in sixteenth-century Italy and England. They can be based on lofty poetry with high-minded intentions or just the opposite. Our course will look at a brief history of the genre, accompanied by good tunes and the occasional naughty nymph and shepherd. **Dr. Ed Hafer** holds a BA in Music History and Literature from Indiana University of Pennsylvania and an MM and PhD in Historical Musicology from the University of Illinois at Urbana-Champaign. He teaches music history at Southern Miss.

***Yeah! Yeah! Yeah! The Fab Four | \$10***

**Thursday, October 23 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Jim Dryden**

Learn the life, time and tragedies of a major musical influence for many of us—The Beatles. Let's all have fun and rock with some of the finest music of the 60s and 70s. From "The Fab Four" to musical icons—yeah! **Jim Dryden** has lived in 11 states, cruising to all kinds of music as he worked and explored this country with his very tolerant wife, Sherry. His love of music may only be matched by his love of stories and trivia. Like many others, he grew up listening to his tiny transistor radio under his pillow after his mom told him to go to bed.

***Downtown Murals: A Walking Tour | \$10***

**Wednesday, October 9 | HB Meet-Up**

**12:00 p.m. - 2:00 p.m. | Seminar led by Catherine Parker Edmonson**

**Meet at the Saenger Theater, 201 Forrest Street, Hattiesburg.**

Visit Hattiesburg's murals while walking downtown with friends. Make sure you wear comfy shoes and bring money for our stop at Southbound Bagels for coffee. We will check out the Pocket Museum and discuss the artists who are bringing color to our fair city's walls. Learn how art activates public space and plays an important part in our downtown's revitalization. **Catherine Edmonson** is an art historian with two decades' experience. While working at Christie's Auction House in New York City, her tasks ranged from counting silverware to shutting down Fifth Avenue when a pesky bookcase required extraction. An active member of the Hattiesburg Alliance for Public Art, Catherine is committed to downtown Hattiesburg's success.

***Capturing Memories: Photo Transfer Painting Workshop | \$80***

**Monday, October 21 | HB Meet-Up**

**9:30 a.m. - 12:30 p.m. | Seminar led by Andrea Kostyal**

**Meet at Singing River Art Studio, 100 West 4<sup>th</sup> Street, Suite 20, Hattiesburg.**

In this hands-on three-hour workshop, create a fun painting using the photo transfer technique on canvas. **Supplies are included in course fee.** This class is open to beginners as well as professional artists and you will need to bring a digital format of a photograph. Photos on your I-phone are great or send a high-quality digital image to [andrea.kostyal@gmail.com](mailto:andrea.kostyal@gmail.com). **Andrea Kostyal** is a studio artist living in Hattiesburg. She is cofounder of the Singing River Art Studio. Her paintings have been invited to solo and group exhibitions at museums and many galleries nationwide and she teaches workshops on her unique photo transfer technique for organizations and groups around the state.

***French Impressionism: More than Meets the Eye | \$30***

**Tuesdays, October 22 - November 19 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dr. Richard Lewis**

Explore how French Impressionism departed from academic norms, emphasized capturing fleeting light and focused on 'trivial' subjects. Join lectures to delve into its origins, evolution, influence on art and enduring appeal. Topics include Impressionism's stylistic innovations, the connection to Japanese prints and photography, why Impressionism resonates so deeply with Americans and its lasting significance in the art world. **Richard Lewis**, a curator, educator and administrator, has worked at institutions like the National Gallery of Art, Middlebury College, The Mariners' Museum, the MAX and USM. He has a doctorate in art history, has taught numerous courses in museum studies, art history, communication and library science, and has curated over 100 exhibitions.

***Looking and Seeing: Anatomy of a Still Life | \$30***

**Wednesdays, October 23 - November 20 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Five-Week Class led by Dana Stratton**

In this class, we will explore the ingredients of a still life as well as approaches. You may work in whatever media you are most comfortable (color or black and white). **Bring your own supplies.** Day one will be lots of talking and most of the remaining days will be studio time with Dana available for any questions. **Dana Stratton** has been teaching studio art and art history classes at OLLI since 2000 and just can't seem to stop. She is a published illustrator and an active participant in a variety of art shows and loves to gossip about the lives (and sometimes the loves) of artists of the past.

***Learn the Beautiful Art of Calligraphy | \$30***

**Thursdays, October 24 - November 21 | HB In-Person**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Harriette Suggs**

Come learn the correct way to hold the calligraphy pen in order to make the thin and broad lines in each letter. You will also learn each of the pieces to form each letter and in both Old English and Gothic lettering. **Supply List:** Calligraphy pen with two or three different size nibs. **Harriette Suggs** has been teaching calligraphy for 40 years in continuing adult education schools in South Carolina and Virginia. She has lettered wedding invitations, birth announcements, table place cards and Bible family tree pages. She enjoys teaching others and makes it easy.

***Landscape Painting in Watercolor | \$30***

**Thursdays, October 24 - November 21 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Five-Week Class led by Evelyn Timidaiski**

In this course you will utilize various techniques to paint landscapes in watercolor. We will break down aspects of landscapes into simple components and each part will be discussed, demonstrated and worked on individually by participants. There is ample opportunity for sharing if comfortable. **Evelyn Timidaiski** is a former biology teacher with 33 years of experience. She is a five-time published author with The Wild Rose Press and her classes are hands-on with ample opportunity for class questions and individual practice. Students share their work if they are comfortable.

*Have Kilt, Will Travel: The Great Highland Bagpipes in South Mississippi and Beyond* | \$5

Monday, October 28 | HB In-Person and Zoom

2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Jessie Mathias

Part history, part storytelling and part demonstration, this class will offer a glimpse into the unique experience of being a bagpiper in south Mississippi and will demonstrate the fascinating and unusual instrument, the Great Highland Bagpipe. **Jessie Mathias** is from a big USM family and attended USM as a nontraditional student of German. Jessie has played the bagpipes for 30 years all over the world but, now the executive director of a therapeutic equestrian center, Jessie mostly plays the pipes recreationally but for decades she played for weddings, funerals, ceremonies and other events.

*Rice Paper Lanterns - A Glowing Gift Idea* | \$15

Tuesday and Thursday, October 29 and 31 | HB In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Lynn Morris

Join us to use paper mache techniques with rice paper which creates a translucent finish allowing light to shine through lanterns of varying sizes and shapes. Pressed flowers and Christmas accents will be furnished to use as accents on the surface, making these perfect holiday gifts. **All supplies are included in course fee.** **Lynn Morris** discovered a love for crafting when her thirty-year teaching career ended. Her search for innovative yet inexpensive crafting ideas has led to numerous projects and gifts galore.

## HEALTH AND FITNESS

*Tai Chi for Health on Zoom* | \$30 Each Term

Mondays and Wednesdays | Zoom Only

Term I: September 9 - October 9

Term II: October 21 - November 20

9:30 a.m. - 10:30 a.m. | Five-Week Exercise Class led by Susan Nodurft

This class is open to all participants of the 2020-21 Zoom class or with permission of the instructor. Participants must be familiar with Dr. Lam's Tai Chi for Arthritis and Fall Prevention (40 Sun forms) and Tai Chi for Beginners (first 6 forms of the 24 Yang style Forms). Emphasis will be placed on advancing the practice and learning new forms. **Susan Nodurft** is a retired biology teacher. After retirement she began the study and practice of Qigong/Tai Chi. She has been certified through the Institute of Integral Qigong and Tai Chi and the Tai Chi for Health Institute.

*Yoga for BFFs* | \$45 Each Term

Mondays, Wednesdays and Fridays | HB In-Person

Term I: September 9 - October 11

Term II: October 21 - November 22

10:30 a.m. - 11:30 a.m. | Five-Week Exercise Class led by Serina Carpenter

Research has shown that practicing yoga as little as two hours a week improves balance, flexibility and strength. Improved body awareness gained through regular practice has been linked to fewer falls, leading many fall prevention programs to include yoga. This program will use yoga postures and other exercise methods to improve physical health. **Serina Carpenter** is a returning OLLI instructor and an RYT500 instructor who has taught multiple classes at various sites in Hattiesburg. As a retired nurse she enjoys research-based benefits of yoga practice and enjoys sharing this with others. One of her favorite quotes is "as the teacher she is a guide on the side, not the sage on the stage!"

*Meditation for a Younger Me* | \$20 Each Term

Mondays, Wednesdays and Fridays | HB In-Person

Term I: September 9 - October 11

Term II: October 21 - November 22

11:45 p.m. - 12:15 p.m. | Five-Week Exercise Seminar led by Serina Carpenter

In this seminar, each session will explore two types of research-based meditation each session that are used to improve cognitive function. The first class we will review the methods to be used and have class discussion. The remaining sessions will allow each participant to explore their personal experience in an effort to find the best individual practice that can be maintained. Meditation has been shown in multiple studies to improve concentration, relaxation, mindfulness and cognition. It is never too late to learn about and practice meditation to improve our health. **Serina Carpenter** is a retired neuroscience nurse who has witnessed the research, interest and popularity of meditation grow.



***Massage Therapy* | Half hour \$25 | Full hour \$45 | Appointments unconfirmed until payment received.**

**Mondays and Wednesdays | HB In-Person**

**Term I: September 9 - October 9**

**Term II: October 21 - November 20**

**1:30 p.m. - 2:30 p.m. or 3:00 p.m. - 4:00 p.m.**

**Massage Therapist—Serina Carpenter (LMT #2957)**

***Choose ½ hour or hour massage. Contact the OLLI office to schedule a massage.***

Sign up for a thirty-minute or one-hour relaxing massage designed to meet one's individual needs. Yoga teacher and certified Massage Therapist Serina Carpenter will wipe your tensions away! Contact the OLLI office for reservations. **Serina Carpenter** is a retired nurse and current yoga instructor. She completed massage therapy training at PRCC and all requirements of the Mississippi Board of Massage Therapy to practice as a LMT in Mississippi.

***Beginning Tai Chi for Health and Balance* | \$30 Each Term**

**Mondays and Wednesdays | HB In-Person**

**Term I: September 9 - October 9**

**Term II: October 21 - November 20**

**4:00 p.m. - 5:00 p.m. | Five-Week Exercise Class led by Susan Nodurft**

This class is designed for beginners and those who may have previous experience and simply wish to maintain this gentle practice for health and balance. In the first term, students will be introduced to the fundamentals of Tai Chi and learn an easy, step-by-step set of movements created by Dr. Paul Lam. The second term builds on the first adding additional movements to the set taught in the first term. It is recommended that potential participants sign up for both terms. After retiring from teaching in 2007, **Susan Nodurft** began the study and practice of Qigong/Tai Chi. She has been teaching this gentle practice for over 10 years. Susan is certified through the Institute of Integral Qigong and Tai Chi (Dr. Roger Jahnke) and the Tai Chi for Health Institute (Dr. Paul Lam).

***Music, Math and Movement* | \$20 Each Term**

**Tuesdays | HB In-Person**

**Term I: September 10 - October 8**

**Term II: October 22 - November 19**

**9:15 a.m. - 10:15 a.m. | Five-Week Exercise Class led by Dr. Haiyan Tian**

We often find a piece of music so pleasing that we want to dance with it. So why don't we do some simple body movements to go with the beautiful music flows? You will feel refreshed and happy at the end of the exercise. We look at the movements with the eyes of a mathematician. Let us move along with western and oriental melodies. **Dr. Haiyan Tian** is a professor of mathematics at The University of Southern Mississippi. She was also the director for the 2009-2017 USM Summer Math Institutes funded by the U.S. Department of Education and Mississippi Institutions of Higher Learning. Besides math, she has a passion for music and movements.

***Yoga for Every "Body" - Mixed Level Yoga* | \$30 Each Term**

**Tuesdays and Thursdays | HB In-Person**

**Term I: September 10 - October 10**

**Term II: October 22 - November 21**

**10:30 a.m. - 11:30 a.m. | Five-Week Exercise Class led by Stacey Ready**

Throughout this mixed-level class you will be invited to experience each pose with self-awareness as well as awareness of safe alignment while enjoying yourself! This class will allow advanced students to deepen their practice, and modifications of poses will be offered both visually and through detailed vocal cues allowing Level I students to advance their practice while honoring their growth. (Warm up, standing poses/balance, cooldown)-HAVE FUN! **Stacey Ready** is a returning yoga instructor at OLLI. A lifelong yoga enthusiast, upon retiring from Southern Miss, she decided to become a certified yoga instructor and has enjoyed every moment. In addition to teaching at OLLI, she is a frequent substitute instructor at both Hattiesburg and Petal YMCA's.

***Alzheimer's: Where Are We Now? | \$5***

**Tuesday, October 8 | HB In-Person and Zoom**

**2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Ronald Schwartz**

Join us to discuss the importance of early Alzheimer's intervention as well as prevention strategies involving potentially modifiable risk factors. We will review current treatments, including Legembi® and similar monoclonal antibodies and look ahead to new research studies with AD vaccines and other alternatives. **Ronald L. Schwartz, MD**, started the Hattiesburg Clinic Memory Center in 2001. His clinical practice is focused on patients with neurocognitive deficits, primarily related to Alzheimer's disease and other forms of dementia. Dr. Schwartz also serves as Principal Investigator for clinical research trials focused on an early Alzheimer's population.

***Chairobics | \$30 Each Term***

**Wednesdays and Thursdays | HB Zoom**

**Term I: September 11 - October 10**

**Term II: October 23 - November 21**

**12:00 p.m. - 1:00 p.m. | Five-Week Exercise Class led by Valerie Webber**

Chairobics combines fun and fitness while moving to music. This class is designed to increase muscle strength and range of movement as well as improve cardiovascular health. Small hand weights and elastic bands are used for toning and a chair is used for seated exercises and standing support. There are no on-the-floor exercises. **Valerie Webber** is a Southern Miss graduate with a BSBA and MBA. She is a life member of the USM Alumni Association has worked in the accounting and finance industry and in IT.

***Yoga in the Afternoon | \$30 Each Term***

**Tuesdays and Thursdays | HB In-Person**

**Term I: September 10 - October 10**

**Term II: October 22 - November 21**

**3:00 p.m. - 4:00 p.m. | Five-Week Exercise Class led by Serina Carpenter**

This class will introduce yoga concepts of meditation, breath control and basic asanas (poses or positions). Our goal is to evaluate and improve participant strength, flexibility and balance. The emphasis is on the functional practice of yoga, not the perfect pose. Whether you are new to yoga or experienced, come join us. "It's your mat and it's your yoga." We will focus on postures and mobility. **Serina Carpenter** earned a 200-hour yoga teaching training in 2017 and a 300-hour teacher training in 2019. She has taught multiple classes at the Yoga Room and The Family YMCA in Petal.

***Hone your Healer Within | \$20 Each Term***

**Saturdays | HB In-Person**

**Term I: September 14 - October 12**

**Term II: October 26 - November 23**

**10:00 a.m. - 11:00 a.m. | Five-Week Exercise Class led by Brigid Elchos**

Are you interested in optimizing your own innate healing ability to enhance your health and well-being? Do you want to reduce stress, improve your balance, boost heart health, support immune system function and improve mental focus? If so, this class is for you! The intention of the class is to use scientifically proven personal practices such as yoga, tai chi, qigong, mindfulness and breathwork to improve your quality of life. **Brigid Elchos** is a nurse, massage therapist and registered yoga teacher who holds certifications for Laughter Yoga, breathwork and meditation. She is also a certified Tai Chi Easy and Medical Qigong Practice Leader. Brigid has extensively studied mindfulness for stress management and various other health conditions.

***Mild Cognitive Impairment due to Alzheimer's: A Battle Plan | \$10***

**Wednesdays, September 18 and 25 | HB In-Person and Zoom**

**2:30 p.m. - 3:30 p.m. | Two-Part Mini-Seminar led by Serina Carpenter**

A recently published research article indicated that a person had the potential to decrease their risk, to stabilize or to possibly reverse MCI (mild cognitive impairment) through intensive lifestyle changes. This course will provide an overview of MCI related to Alzheimer's dementia but more importantly will expose the participants to lifestyle changes addressed in this research article that they may consider. **Serina Carpenter** is a retired neuroscience nurse. Her MSN degree required statistics and her coursework included 17 critical reviews of published research in neuroscience. She enjoyed this experience and has sought research-based lifestyle changes for her personal well-being and to adapt in her yoga classes.

***Dementia; Living the Disappointment | \$5***

**Thursday, September 19 | HB In-Person and Zoom**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Dr. Jim Siders**

In this seminar, we will hear the instructor's self-introduction and reaction to his diagnosis by a neurosurgeon will be provided. We will review the progression of diagnostic processes and the different types of dementia will be delivered as well as treatment options. A verdict for treatment will be revealed before the session will be opened for questions. **Dr. Jim Siders** is a retired professor of special education from The University of Southern Mississippi and The University of Alabama. In addition to his teaching responsibilities, half of his 40-year career in higher education was in a variety of administrative positions. Recently, after a PET scan, Jim was diagnosed with dementia.

***"Healthy Aging Month" Health and Wellness Fair | No Charge***

**Wednesday, September 11 | HB In-Person**

**1:00 p.m. - 4:00 p.m. | Health Fair led by Lee Ann Newman**

Come to the Health and Wellness Fair during "Healthy Aging Month" with health and wellness vendors, USM nursing students and USM social worker students. Vendors include home health, hospitals, clinics, YMCA, SMPDD, home care agencies, adult day care facilities, nursing homes, assisted living communities, etc... and 30 vendors to distribute information. Nursing students will take blood pressure. **Lee Ann Newman** is the Publisher for the Seniors Blue Book of Southern Mississippi.

***AWAKENING: Cracking the Code on Dementia thru Sustainable Lifestyle Changes | \$15***

**Thursdays, October 3 and 10 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Veronica Calliet and Dr. Andrea Espinoza**

Join us for this comprehensive interactive series consisting of a Virtual Dementia Sensory Simulation and lectures to educate caregivers dealing with the impact of a loved one diagnosed with dementia. We will also highlight proven scientific strategies to minimize and/or reverse the effects of dementia through lifestyle changes and improve the overall quality of life. **Veronica Calliet** is a registered nurse and a Certified Montessori Dementia Care Practitioner with over 25 years of clinical expertise in the area of dementia. She provides consultation, training and resources to caregivers to improve the quality of life for their loved ones living with a dementia diagnosis. **Dr. Andrea Espinoza** is board-certified in Pulmonary Medicine, Critical Care Medicine and Internal Medicine. She is also certified in Lifestyle Medicine, supporting patients to manage or reverse chronic diseases and improve quality of life and use self-care amid busy lives.

***Navigating Medicare: State Health Insurance Program Assistance (SHIP) Can Help | \$5***

**Monday, October 7 | HB In-Person**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Cecellia Parker**

It's time to do your yearly Medicare review. Medicare Open Enrollment is October 15 through December 7. Open Enrollment is your time to review your Medicare health and drug coverage and decide if you want to make changes. Medicare costs and benefits can change each year so comparing your options could help you find better coverage or save money. SHIP counseling is free, unbiased, confidential and available to anyone. **Cecellia Parker** works at South Mississippi Planning and Development District (SMPDD), the designated Area Agency on Aging (AAA) for the South MS region. One of the AAA services is State Health Insurance Program Assistance also known as SHIP. Cecellia has served the southern district as the certified SHIP Coordinator for the past four years and is also a certified community resource specialist.

***Healthy Eating: What's In, What's Out, What's Suspect and How to Tell the Difference | \$15***

**Wednesdays, October 23 and 30 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Kathy Yadrick**

In this class we will look at healthy eating patterns that lower risk of chronic disease, as well as popular diets that may or may not be beneficial for health. We will also identify reliable websites for health and nutrition information and share ideas about cooking and eating healthy for singles and couples. **Kathy Yadrick** is a retired USM professor of nutrition who enjoys cooking, eating, trying new foods and encouraging healthy eating.

***Introduction to Pickleball | \$10***

**Thursday, November 7 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Patricia Barney**

This course is for everyone—no experience necessary. Basic rules, scoring, game play and strokes will be covered. Athletic (closed toe) shoes required—no sandals (Tennis or pickleball shoes preferred). Athletic clothing suggested. **Patricia Barney** is a USPTA and PPR certified pickleball professional. She has taught pickleball for five years in Louisiana and Mississippi and, currently, is the Hattiesburg/Petal YMCA pickleball instructor.

### ***Skincare at Any Age!* | \$10**

**Monday, November 11 | HB In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Heather Darby**

Let's discuss all the options for younger-looking skin. In this seminar, we will discuss both options at home and more invasive options available by a doctor. What procedures and skincare work and what are the true results? Get truthful options and answers to your questions. **Heather Darby** has been a registered nurse for 18 years; she is also a permanent makeup artist specializing in medical and cosmetic tattooing. She owns her own business in Hattiesburg called Pigments Permanent Cosmetics and works at Meridian Plastic Surgery.

## **HUMANITIES**

### ***History of OLLI at Southern Miss* | \$10**

**Monday, September 23 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Sue Pace**

Come learn from the founder herself how OLLI at USM has evolved. **Sue Pace** will take us from the beginning of the Institute for Learning in Retirement (ILR) to the current Osher Lifelong Learning Institute. Sue Pace holds a Master of Science degree from Oklahoma State University. She is the founder of ILR/OLLI and former director of Continuing Education at USM.

### ***The Contributions of Black Women in Hattiesburg During World War II* | \$20**

**Tuesdays, September 10, 17 and 24 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Three-Week Class led by Jerra Runnels**

Changing the public memory of WWII to include the contributions of black women is a current trend in how historians study WWII. This in-depth course will look at the many ways black women in Hattiesburg contributed to the war and the lasting impact these women had on their community. We will see how black women, through their volunteer work at the Sixth Street USO and the work opportunities at Camp Shelby, tirelessly worked for Double Victory. **Jerra Runnels** is a retired court administrator and proud USM alumni with two master's degrees in History (War and Society) (2024) and Criminal Justice (1997). She enjoys researching women, race, gender and sexuality during war and is the leader of the Hub City Beers Women's History Book Club.

### ***A Will for Grace: A Voice We Can't Afford to Lose* | \$30**

**Wednesdays, September 11 - October 9 | HB In-Person (Will not meet 9/18; make up TBD.)**

**9:30 a.m. - 11:30 a.m. | Four-Week Class led by Rev. Brett Harris**

A century ago, one of Mississippi's most influential voices was born, yet when asked, many people have never heard of Will Campbell. Will Davis Campbell was a Baptist minister, lecturer and activist who was a Southern white supporter of African-American civil rights. Campbell was also an author, most notably for his autobiographical work *Brother to a Dragonfly*. USM preserves Campbell's voice through a collection of papers at McCain Library. We will explore the experiences that shaped Campbell's voice, the words he shared on the page and from the pulpit and some of his collected works at USM. Come learn about this voice calling from the past to help us shape a better future. **Rev. Brett Harris** is the creator of the podcast *God Knows Where* and is a former director of OLLI. He now works in communications and development with the Alliance of Baptists, a fellowship of people of faith formed by a long tradition of historic Baptist freedoms. He lives in Laurel with his family.

### ***Living with Purpose in a Polarizing World* | \$5**

**Wednesday, September 11 | HB In-Person**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by Randy Pope**

No one doubts that our culture is polarized politically, but in other ways as well. We tend to think that this period of polarization is unusual, but that is not the case historically in our country or elsewhere, nor was it the case in biblical times. Many, if not most, of the characters in both the Old and New Testament lived in polarizing times. How did they navigate that tension, holding to their faith and values, yet seeking the "welfare of the city"—as Jeremiah encouraged the Jewish exiles in Babylon to do? And what lessons can we apply to our lives in the 21st century from their examples? Join us in this mini-seminar to explore these questions. **Randy Pope** has practiced law for 45 years in his hometown of Hattiesburg and has served as City Attorney since 2017. Randy is a graduate of The University of Southern Mississippi, the University of Mississippi School of Law and Gordon-Conwell Theological Seminary. He is the founding President of the C. S. Lewis Society of South Mississippi.



***Ancient Mesopotamia* | \$15 Each Term**

**Thursdays | HB In-Person**

**Term I | September 12 - October 10**

**Term II | October 24 - November 21**

**9:30 a.m. - 10:30 a.m. | Five-Week Class led by Dr. Marvin Kendrick**

This course will be a review of the palace cultures of Troy, Mycenae and Knossos. We will pay particular attention to Levantine and Near Eastern affinities of Cretan, Cycladic and Anatolian cultural horizons. The earliest scripts and alphabets used for writing in Greek will be covered, as well as the mythic origins of epic and tragedy. This class will be a review of the factors which produced the earliest city-state and its spread to Egypt on the Nile and Harappan on the Indus. We will discuss how agriculture and irrigation between the Tigris and Euphrates were settled in the light of extensive archaeological excavations. We will also discuss the relation between the biblical accounts and earliest creation and flood stories extant in cuneiform scripts. **Dr. Marvin Kendrick** held a tenure track position from 1964 - 1971 at Yale University. With a degree from Harvard Divinity School, he returned to Yale and earned an MFA in the School of Art in 1980. Retiring to Hattiesburg, he taught art history in the Art and Design Department at USM.

***Uncovering P.D. East: An Introduction to a Forgotten Civil Rights Loner* | \$10**

**Monday, September 16 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by William Browning**

P.D. East was a south Mississippi native who used his newspaper, *The Petal Paper*, to fight injustice during the civil rights era. Sometimes he fought through with satirical columns that mocked white racists. Other times he fought with heartfelt pleas for equality. His unique stand gained his paper subscribers from across the nation but led to him being ostracized in Hattiesburg, where he lived. This seminar is an introduction to his life and work. **William Browning** is a Mississippi-based journalist who has written for *Smithsonian*, *Columbia Journalism Review*, *The New Republic*, *Guideposts*, *The Paris Review* and other regional and national publications. He is also a current graduate student in history at The University of Southern Mississippi.

***Guess Who's Coming to Dinner . . . With the President* | \$15**

**Tuesdays, November 5 and 12 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Annette Sowell**

Some of the most significant moments in American history occurred over meals with the President as he broke bread with both friends and foes. We'll go into the "rooms where it happened," discuss the foods that were served and explore how those choices affected food policy around the world. We'll eat cookies made from a First Lady's prize-winning recipe. But we'll pass on Eisenhower's squirrel stew. Oh, if you guessed Sidney Poitier, gold star for you! **Annette Sowell** is a retiree from the retail corporate world. She spent many years helping to drive sales at Sears, Roebuck, T J Maxx and Marshalls. When she retired, her journey led her from Texas to Hattiesburg where she found purpose and friendship at OLLI.

***Forrest County: A Major Battleground in the Civil Rights Movement* | \$15**

**Tuesdays, September 24 and October 1 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Glenda Funchess**

This seminar will be an overview of the civil rights movement in Forrest County. **Dr. Glenda Funchess** is employed with the Mississippi Center for Legal Services as the Regional Managing Attorney and they represent economically disadvantaged individuals in 11 counties in the Pine Belt Area.

***A Brief Survey of South Mississippi Railroad History While Riding the Rails on a Train Trip* | \$60**

**Wednesday, September 25 | HB Field Trip** **TRIP FULL - WAIT LIST ONLY**

**11:00 a.m. - 6:00 p.m. | Seminar led by Rev. David Price**

Ride Amtrak's *CRESCENT* from Hattiesburg to Meridian and return. Lunch presentation on Mississippi Railroads while dining at Weidmann's Restaurant in Meridian. **Cost of pre fixe lunch included in course fee.** **Rev. David Price** is a retired United Methodist minister and graduate of USM and the Candler School of Theology at Emory University. He is a lifelong devotee of railroads with a focus on their history in Mississippi and a student of the steam locomotive. Rev. Price is also author and co-author of two books on the subject.

***My Story by Jim Robertson | \$10***

**Thursday, September 26 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Jim Robertson**

Come join OLLI friends to learn how a single experience affected who Dr. Jim Robertson is, what he believes and what he has accomplished. Dr. Jim Robertson earned multiple college degrees and became a professor despite a tragic auto accident in 1960 that blinded him at age 20. He has written several books, including his autobiography, *Beyond Darkness*. Robertson and his wife Linda have taught Sunday School at Parkway Heights Church for 55 years.

***Billie Holiday: Jazz Singer | \$10***

**Monday, September 30 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Meredith Coleman McGee**

In this seminar, we will discuss Billie Holiday's legacy in the context of jazz and music history presented in the book *Billie Holiday: Jazz Singer*. We will enjoy some songs, too! Meredith Coleman McGee, a poet, book publisher, book collector, lecturer, résumé writer and small business owner, is the author of six full-length books and seven children's books which include: *Billie Holiday: Jazz Singer*, *Every Inch Love Will*, *Midnight Moon*, *Odyssey*, *James Meredith: Warrior and the America That Created Him* and more.

***Visiting and Living at a Trappist Monastery | \$5***

**Monday, September 30 | HB In-Person and Zoom**

**9:30 a.m. - 10:30 a.m. | Mini-Seminar led by George Ramsay**

Join us to learn about more than 100 Christian monasteries in the United States; 17 of those are Trappist. Most monasteries offer free food and lodging to travelers, although donations are usually given. The Trappist monks pray seven times a day and work four hours per day. Come take an insider's view of the Trappist life. This five-minute YouTube video shows some of a monk's life: *The Story of Trappist Caskets and Monks of New Melleray Abbey*. <https://m.youtube.com/watch?v=TkYQMgcSASs>. George Ramsay received a BS in chemistry from USM and BS and MS in chemical engineering from Georgia Tech. After retiring at age 49, George became a Trappist monk.

***Policing the Pine Belt: The Homelessness Dilemma | \$10***

**Monday, September 30 | HB In-Person and Zoom**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. April Overman**

This course examines the complex issue of urban homelessness. While homelessness seems to simply be a matter of helping people find homes, the root causes of our urban homelessness problem run much deeper than mere housing. The seminar will examine the connections between mental illness, substance abuse, justice involvement, and homelessness. We will survey the many programs designed to address the causes of homelessness. Dr. April Overman is a retired law enforcement officer with extensive experience in homeless outreach efforts. She has also worked in the mental health field and is a nationally recognized drug recognition expert. She holds a PhD in urban studies and is also a licensed attorney.

***Music: How It Started and Where It's Going! | \$10***

**Wednesday, October 9 | HB In-Person**

**9:30 a.m. - 11:30 a.m. | Seminar led by Kay Guiles**

We live in a world with an endless supply of music but that's not always been the case. Have you ever wondered just how music began? If so, this class might be for you. Different cultures supplied us with different sounds, instruments and musical practices. This class will look at the music from these areas and its influence on our sounds today. We'll see how it evolved into our diverse and fascinating music. Kay Guiles retired as a music instructor at Jones College and continues working in the music community as a church organist, recitalist, teacher and performer for FestivalSouth.

***Does The Constitution Still Matter Part 2 | \$10***

**Wednesday, October 9 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Michael Adelman**

This seminar will include a review of recent US Supreme Court decisions, including immunity, Chevron, post-Roe, etc., and their impact on American history, politics, culture and an analysis of the present US Supreme Court, including a projection of future Supreme Court decisions. Michael Adelman is a graduate of the University of Michigan (1962; BA with Honors) and the University of Michigan Law School (1967; Juris Doctor Cum Laude). He has practiced in Mississippi for over 30 years in both trial level and appellate courts, and in both state and federal courts.

***Tell Me About The Resurrection* | \$30**

**Tuesday, October 22 - November 19 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Five-Week Class led by Jan Siesling**

The lecture series proposes an art historian's outlook on the early days of Christianity. Why did it survive from day one to become a worldwide ideology? 1. The Holy Shroud (or the Shroud of Turin). 2. Who was Jesus of Nazareth? The Gospels: History, Legend, Fiction. 3. The Last Supper and Eleusis. Christ and Dionysus. 4. The Mother of God. 5. Early Saints. **Jan Siesling** is an art historian and writer of many books. He is a former professor at the USM Art Department and a former director of the USM Art Museum. His forthcoming books are *Van Gogh's Novel* and *A Modern Iconography of Christian Art*.

***The Mississippi Legislature: Congressional Redistricting* | \$15**

**Tuesdays, October 22 and 29 | HB In-Person and Zoom**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Ronnie Shows**

This course will center on the history and impact of redistricting in Mississippi. A native of Moselle, **Ronnie Shows** was elected to the US Congress in 1998 and served until 2003. Prior to his election to the office of Circuit Clerk in Jefferson Davis County in 1976, he worked as an educator. He earned degrees from Southern Miss in education and political science.

***An Introduction to Judaism* | \$30**

**Wednesday, October 23 - November 20 | HB In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Howard Fromkin**

This course will be an overview of Judaism. The following topics will be included: What is Judaism, Jewish faith and practice, Judaism through the ages, Judaism in the modern age and more. **Howard Fromkin** is a retired USM employee who worked as a grant administrator. He has been the Lay Leader of Temple B'nai Israel in Hattiesburg since 2015. He is a graduate of the University of Massachusetts-Boston.

***The National Guard -- America's Soldiers* | \$30**

**Thursdays, October 24 - November 21 | HB In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Dr. Andrew Wiest**

This course will look at the history of the National Guard in the United States, especially its story since 2000, which is the subject of Dr. Wiest's new book. The course will include military veteran speakers and will also focus on the formation of the new Center of the Study of the National Guard at Southern Miss. **Dr. Andrew Wiest** is a nationally-known historian, author and documentarian. He specializes in the history of the Vietnam War and is now researching the Mississippi National Guard in the war in Iraq. He has several major books to his credit. Most germane to this class is *The Boys of 67: Charlie Company's War in Vietnam*, which was also the subject of the Emmy-nominated documentary *Brothers in War* for the National Geographic Channel.

***A History of NATO* | \$10**

**Monday, November 4 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Dr. Heather Stur**

This seminar will provide an overview of the history of the North Atlantic Treaty Organization—NATO—from its founding in the aftermath of World War II to the present issues regarding NATO membership. **Heather Marie Stur, PhD**, is professor of history at The University of Southern Mississippi and co-director of the Dale Center for the Study of War and Society. She is the author of four books, including *21 Days to Baghdad: General Buford Blount and the 3rd Infantry Division in the Iraq War* (Osprey Publishing, 2023).

***Researching and Writing Local History* | \$10**

**Monday, November 11 | HB In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Benjamin Morris**

This two-hour seminar is devoted to the practice of researching and writing local history, with a focus on Hattiesburg and south Mississippi. Taught by a Hattiesburg historian, hour one of this class will offer an overview of area archives and resources for students undertaking a research project, and hour two will cover the nuts and bolts of crafting a book proposal for a publisher. Both beginning and more experienced students are welcome. A native of Hattiesburg, **Dr. Benjamin Morris** is the author of four books of poetry and nonfiction, including *Hattiesburg, Mississippi: A History of the Hub City* (Arcadia, 2014), and *The Singing River* (forthcoming, Belle Point Press, 2025). He last taught at OLLI in 2015.

## LANGUAGES AND LITERATURE

### *Woodstock Nation: The Vietnam Antiwar Movement in American Fiction* | \$10

Wednesday, September 11 | HB In-Person

2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Maureen Ryan

Fifty-some years after the American war in Vietnam and the Homefront movement that protested—and helped to end—it, attitudes about American combatants and contemporary Vietnam have evolved. But, arguably, perceptions of the mostly young Americans who opposed the war remain the same; to many Americans today, antiwar protesters were naïve, deluded adolescents. To many people, Jane Fonda will always be Hanoi Jane. We will look at the fiction about the peace movement, published between the late 1980s and 2006; narratives that have reflected and contributed to America's postwar reckoning with its ideological naysayers. Dr. Maureen Ryan retired from The University of Southern Mississippi, where she was a professor of english and served as Dean of the Honors College and, later, the College of Arts and Letters. Her teaching and scholarly work focused on the literature of the Vietnam War and, more broadly, 20th C. American literature.

### *2024 Mississippi Book Festival* | \$35

Saturday, September 14 | HB Field Trip

8:00 a.m. - 6:00 p.m. | Field Trip

Travel to Jackson to the Capitol's stately rooms and nearby Galloway Church as venues for distinguished panelists. The streets in-between transform into a bustling marketplace for booksellers, and the grounds and Capitol Rotunda become a hub of lively exchange. The festival brings the written word to festive life with authors, panel discussions, book signings, family-friendly activities, food trucks and live music.

### *The Writings of Bill Bryson* | \$10

Monday, September 23 | HB In-Person

9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Joseph Parker

Bill Bryson is an Anglo-American writer whose works are extraordinarily diverse. This class is intended to whet the appetite of those who are new to Bryson's writing. His works are thought-provoking and entertaining. Dr. Joseph Parker is a retired professor of political science at USM.

## NATURE, SCIENCE AND TECHNOLOGY

### *Throw a Fly at a Fish in Nature's Playground* | \$30 Each Term (plus one-time \$25 flyfishing kit)

Mondays, September 9 - October 7 | HB In-Person

9:30 a.m. - 11:30 a.m. | Five-Week Class led by Buster Wolfe

Join us for four instructional and tutorial classes for tying knots and fishing differences in saltwater, warm water and cold water. Learn flyfishing historical references, geographical flyfishing differences, fly line and fly rod size differences and which flies for which fish. Buster Wolfe is a retired newspaperman with a 45-year career spanning three states, including outdoor writer in Tupelo, Hattiesburg, Columbia, Selma, Alabama, Monroe, Louisiana and for *Mississippi Magazine*.

### *Outing to the Gopher Tortoise Headstart at Camp Shelby* | \$10

Monday, September 16 | HB Meet-Up

9:30 a.m. - 11:30 a.m. | Seminar led by Sid Godfrey

Meet at Camp Shelby Main Gate, Lee Avenue, Hattiesburg.

Meet OLLI members at the Gopher Tortoise Headstart at Camp Shelby to see the process used to preserve these amazing creatures. After experts rescue the tortoise eggs and hatch them, the gopher tortoises will spend the next two years in a warm, well-lit, predator-free, safe environment. The larger and more resilient tortoises are released to their natural habitat. Camp Shelby and The Nature Conservancy have been saving gopher tortoises for years. Sid Godfrey is a Wildlife Biologist for The Nature Conservancy and is passionate about wildlife ecology and management, specifically for reptiles and amphibians. His goal is to improve our understanding and conservation of wildlife through targeted research. He currently works with the Gopher Turtle Headstart at Camp Shelby.

***Building Relationships in the Digital Age: Engaging and Communicating for Lifelong Learning* | \$10**

**Tuesdays, September 17 and 24 | HB In-Person and Zoom**

**9:30 a.m. - 10:30 a.m. | Two-Part Mini-Seminar led by Dr. Jae-Hwa Shin and Dr. Richard Lewis**

This course introduces the fundamentals of public relations in the digital age. Participants will learn how to effectively communicate and engage with various audiences through modern PR strategies, including AI, social media management, crafting compelling messages, media relations, and community outreach. This class empowers lifelong learners to leverage PR techniques and skills for personal projects, community involvement, or new ventures. **Jae-Hwa Shin, PhD, MPH, MBA, APR**, has served as public relations sequence head, PR master's program coordinator, and faculty advisor for the USM PRSSA Chapter and the National Millennial and Gen Z Community, with a decade of professional experience. She is the Chair of the NCA PR Division as a productive researcher with numerous publications. **Dr. Richard Lewis**, a curator, educator and administrator, has worked at institutions like the National Gallery of Art, Middlebury College, The Mariners' Museum, the MAX and USM. He has a doctorate in art history, has taught numerous courses in museum studies, art history, communication and library science and has curated over 100 exhibitions.

***Herbarium 101: Preparing Plant Museum Specimens* | \$15**

**Tuesdays, September 17 and 24 | HB Meet-Up**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Mac Alford**

**Meet at Lake Thoreau Environmental Center, 150 Lake Thoreau Road, Hattiesburg.**

Participants in this course will tour and learn about the herbarium (dried plant museum) of USM and how it and other herbaria are used in scientific studies. Participants will then learn best practices for preparing their own museum specimens, which can then be donated for study, kept as personal collections, records or even framed as pieces of natural art. Everyone will prepare at least one specimen that they may keep.

**Supplies are provided.** **Dr. Mac Alford** is professor of botany and curator of the Herbarium at The University of Southern Mississippi. A native of Liberty, Mississippi, Dr. Alford has taught at USM for 19 years.

***Grain to Bottle: The Story of Spirits* | \$15**

**Wednesday, September 18 | HB In-Person**

**2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Brady Raanes**

How is Scotch whiskey different from bourbon? Is mezcal just smoky tequila? What is gin made from? The class will sample different liquors while learning about the differences in taste, smell and production methods that make each spirit unique and enjoyable. As a Certified Specialist of Spirits, Brady will walk you through the fascinating stories and differences behind various drinks in an entertaining and intoxicating way! **Brady Raanes** serves as Director of Investment Strategy and Financial Advisor at Raanes and Oliver Capital Advisors in Hattiesburg. In his spare time, he helps his wife with her retail store, the Little Wine Shoppe. Brady is a Certified Specialist of Spirits and holds a Level Two certification in spirits from the Wine and Spirits Education Trust (WSET).

***Ruby-Throated Hummingbirds Fall Migration* | \$5**

**Monday, September 23 | HB In-Person and Zoom**

**12:00 p.m. - 1:00 p.m. | Mini-Seminar led by John Lipscomb**

This class involves learning about the Fall migration of the ruby-throated hummingbird. These are the vast majority of the hummingbirds that we see as they pass through to Mexico and Central America in the late summer and early fall. We will talk about identification, migration routes, feeders and plants. The class is designed to teach and share your experiences about this spectacular annual migration event. **John Lipscomb** is a Master Naturalist residing on the Mississippi Gulf Coast. He has been involved with birding most of his life. This presentation on hummingbirds will cover basics on identification, migration and how to attract them.

***Explore the World and Your Local Community Through Geocaching!* | \$10**

**Monday, September 23 | HB In-Person and Zoom**

**12:00 p.m. - 2:00 p.m. | Seminar led by Shawn Harris**

Let's go Geocaching! Geocaching is an outdoor recreational activity using a GPS-enabled device (i.e. a smartphone) to hide and seek containers—called geocaches—at specific locations marked by coordinates. It's a real-world scavenger hunt enjoyed by millions of people worldwide! Learn more about Geocaching and the Hattiesburg GeoTour, one of 100 custom collections of caches worldwide and the first and only GeoTour in Mississippi! **Shawn Harris** is Vice President and Commercial Banker at Hancock Whitney with over 18 years of experience in the financial services industry. Active in the community, Shawn has served in leadership roles for several community organizations and, with a passion for connecting people, considers community service one of his strongest callings.

***Deep Learning and Language AI: Past, Present and Future | \$5***

**Tuesday, October 22 | HB In-Person and Zoom**

**2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Bikramjit Banerjee**

Deep learning has revolutionized the automated understanding of information in all major modalities: image/video, speech and text. Many of these products—e.g., large language models—are currently transforming business, culture and society in profound ways. Yet, these models lack fundamental abilities such as planning and an understanding of causality. In this mini-seminar, we will discuss recent advances and the future trajectory of this revolutionary process. **Dr. Bikramjit Banerjee** received a PhD in computer science from Tulane University in 2006 and is currently a professor of computer science at USM. His research interest is in the broad area of distributed AI, particularly learning and planning in multi-agent systems. His research has been sponsored by federal agencies NASA, DHS, ARO, NSF, AFOSR, AFRL, etc.

***Chickens and Eggs! | \$10***

**Monday, October 7 | HB In-Person**

**10:00 a.m. - 12:00 p.m. | Seminar led by Kim Sanford**

Learn all there is to know about backyard chickens and specialty chicken breeds. This course will provide information about starting your own backyard flock, chicken care and basic incubation. Participants will be able to interact with chicks, chickens and learn the basics of egg production. **Kim Sanford** is a national board-certified teacher and educational coach with 30 years public school teaching experience in Florida, Georgia and Mississippi. She also owns a specialty chicken farm in Runnelstown. Sanford Farms specializes in seven exotic breeds of chickens. Kim sells chicks, chickens and eggs.

***Searching for the Lost: My Experience Locally and Along the Texas-Mexico Border | \$10***

**Wednesday, October 9 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. Jennifer Sutton**

Travel with Jennifer and her Search and Rescue Canine Kovu to the Texas-Mexican border as they join the Brooks County Sheriff's Department to search for migrants lost while attempting to cross the border. She will discuss the process of searching for lost migrants, the efforts to reunite deceased migrants with their loved ones and the humanitarian crisis along the border. In addition, practical tips will be provided if you are faced with a search for a missing family member. **Kovu** is a 5-year-old Belgian Malinois and has been a partner in Search and Rescue for four years. **Jennifer Sutton, DVM, MBA** is a graduate of Millsaps College, LSU School of Veterinary Medicine and LSU Shreveport. She has been a veterinarian for more than 20 years with much of her practice in Emergency Medicine. In addition, she serves as a handler and trainer for a cadaver-certified search and rescue canine and is a team member for Alabama Task Force I, FEMA deployable Team and founding member of Jackson County K9 Search, Rescue and Recovery.

***A Trip to Triple R Farms | \$20***

**Wednesday, October 23 | HB Meet-Up**

**11:00 a.m. - 1:00 p.m. | Seminar**

**Meet at Triple R Farms, 282 Ralph Rawls Road, Hattiesburg.**

The Smith family was ready to leave the subdivision life behind, so they bought some land, sold their home and decided they would go back to their childhood roots, which is how Triple R Farms was born. Named after the road on which it is located, Ralph Rawls Road, the farm is designed to offer the experience to families, groups and schools. Visit the farm and see what's happening.

***Amazing Baby Listener! Deaf Babies Hear with Cochlear Implants | \$10***

**Tuesday, October 29 | HB In-Person and Zoom**

**9:30 a.m. - 11:30 a.m. | Seminar led by Dr. Marietta Paterson**

Babies hear in utero, and at birth, the normal hearing infant is already tuned-in to mother's voice. Infants born with hearing loss are already behind in listening development so it is urgent to identify them and give the brain access to sound through technology. Cochlear implants can provide profoundly deaf babies with amazing listening potential. This class will explain the identification process and how cochlear implants work with babies. **Dr. Marietta Paterson** retired from USM as an associate professor in speech and hearing sciences and Director of the Teacher of the Deaf Training Programs. She taught at universities in the US, Canada and Australia, where she did a clinical fellowship in cochlear implantation. She has been Principal and Director of two service programs for deaf children.



***The Virtues of Ignorance: Appreciating Uncertainty in Science and the Limits of Knowledge* | \$15**

**Wednesdays, October 30 and November 6 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by James Rigney**

Science has increased our knowledge of nature to an astonishing degree and enabled technologies that have exponentially increased our standard of living. But our partial knowledge has also increased our power to unintentionally do harm. We will explore the benefits of a humble recognition of the limits of our knowledge and its application. (The phrase *The Virtues of Ignorance* is taken from the 2008 book of essays edited by Vitek and Jackson.) **James Rigney** is a meteorologist and oceanographer who served 31 years with the Naval Oceanographic Office, retiring as NAVO's Chief Scientist. His weekly weather columns can be found online at *The Sea Coast Echo*.

***Horses as Heroes, Helpers, and Healers: Therapy Horses and the People They Serve* | \$10**

**Tuesday, November 5 | HB Meet-Up**

**2:30 p.m. - 4:30 p.m. | Seminar led by Jessie Mathias**

**Meet at Worthy Stables, 502 Sheeplo Loop, Petal.**

Therapeutic riding and therapeutic horsemanship are just two of the incredible family of Equine-Assisted Services offered at Worthy Stables. Serving individuals with a broad range of disabilities and exceptionalities, the therapy horses at Worthy Stables have special stories to tell. This meet-up will introduce participants to the facility, some of the volunteers, and, most importantly, its amazing animal therapists. **Jessie Mathias** is part of a big USM family. Her dad was a professor of polymer science for more than 40 years, her mom was a theatre major and Jessie and her son studied foreign languages at Southern. Jessie has been in the field of Equine Assisted Activities and Therapies for 15 years. She is the Executive Director of Worthy Stables in Petal.

***Up Close and Personal with the Hattiesburg Zoo* | \$25**

**Thursday, November 7 | HB Meet-Up**

**10:00 a.m. - 12:00 p.m. | Seminar led by Angel Pittman**

**Meet at the Hattiesburg Zoo, 107 S. 17<sup>th</sup> Avenue, Hattiesburg.**

The Hattiesburg Zoo is a small 12-acre zoo located within Kamper Park in Hattiesburg and is operated by the Hattiesburg Convention Commission. Join us for a ride on the train, animal encounter and a behind-the-scenes view of the zoo.

***Assateague Island National Seashore and Chincoteague National Wildlife Refuge* | \$10**

**Tuesday, November 19 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Seminar led by Jim Dryden**

Let's explore the geology, history and life along this mid-Atlantic coastline. Life on Assateague Island and surrounding area have adapted to an existence on the move with changing landscapes . . . and, of course, the "wild ponies." **Jim Dryden** grew up in Dayton, Ohio. He earned a bachelor's degree in geology and environmental studies. Jim's career spanned 31 years with the US Bureau of Land Management in positions of archaeology, geology and management. He retired as Deputy Director of Fish, Wildlife and Endangered Species and lead climate change coordinator.

***Homesteading 101: All About Backyard Chickens* | \$10**

**Wednesday, November 20 | HB In-Person and Zoom**

**2:30 p.m. - 4:30 p.m. | Seminar led by Dr. April Overman**

Are you interested in gathering eggs from your backyard coop, but aren't sure where to start? This course will provide a general overview of backyard chicken keeping. We will look at the different types and breeds of chickens, the purposes for each and the design of standard coops. **Dr. April Overman** is a retired law enforcement officer who holds a PhD in Urban Studies and a JD. After retiring, Dr. Overman moved to a mini farm and began raising chickens, ducks and crops. She currently raises a breed of chicken with known resistance to avian flu.



## PERSONAL ENRICHMENT

### ***Life 101: Estate Planning Basics* | \$10**

**Monday, September 9 | HB In-Person and Zoom**

**2:30 p.m. - 4:30 p.m. | Seminar led by Daniel Barton and Robert Jackson, Sr.**

Estate Planning can be a big, hairy subject for many folks. However, it doesn't have to be! An estate plan is simply a collection of your assets (home, car, retirement, 'stuff', etc.) and what happens to those when you're gone. What plans do you have in place? What are the next steps? Can your estate impact others in a meaningful way? Come find out! **Daniel Barton** is the Senior Planned Giving Officer at the USM Foundation. He is a resource for donors who wish to designate an estate gift such as a will, bequest, trust, real estate, beneficiary designation, life insurance etc. to an area of USM meaningful to them. **Robert Jackson, Sr.** is an attorney with Jackson, Tullos and Rogers, PLLC with areas of practice in Estate Planning, Taxation Law and Probate and Estate Administration.

### ***Supervised Bridge* | \$30**

**Tuesdays, September 10 - October 8 | HB In-Person**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ellen Davies**

In this course, we will study the finer points of bridge that lifelong bridge players have learned from experience. All students will be invited to offer their own tips and secrets. **Note:** This course is recommended for those who have played bridge for approximately two years. **Ellen Davies** is a retired teacher and lawyer who started playing bridge as a teenager. She has taken many bridge classes at OLLI and has taught many courses as well. There is always time for instruction and for play.

### ***Beginning Bridge, I and II* | \$30 Each Term**

**Thursdays | HB In-Person**

**Term I: September 12 - October 10**

**Term II: October 24 - November 21**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ellen Davies**

This course is for students who have never played bridge or for those who played many years ago and are now rusty. We will cover the very basics of bidding and playing bridge. **NOTE:** Experienced bridge players are not guaranteed a seat but will be placed on a waitlist. **Ellen Davies** is a retired teacher and lawyer who started playing bridge as a teenager. She has taken many bridge classes at OLLI and has taught many courses as well. There is always time for instruction and for play.

### ***Discover Your Fabulous Colors...then Shop with Them!* | \$90**

**Wednesday, September 25 and October 2 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Catherine Nowicki**

**The first class will meet at OLLI; for the second class, meet at TJ Maxx, 5024 Hardy Street, Hattiesburg.**

This new workshop was SO popular last semester (no lecture) that Catherine decided to teach it again! This is for those women and men who just want to know what colors look best on them and walk away with their color swatches in hand! Enjoy watching others get their colors done as well as you, one after the other! It's lots of fun and Catherine will answer questions. **Course fee includes a personalized swatch wallet of colors.** Catherine Nowicki has been a certified color and image consultant since 1988. She was trained by Color Me Beautiful and has a private studio in Laurel. Her services include color analysis, personal shopping, closet cleaning and figure/style analysis. She has helped hundreds of people feel better about themselves through color and style.

### ***ORGANIZATION: Boost Your Mood and Productivity* | \$10**

**Tuesdays, October 1 and 8 | HB In-Person**

**9:30 a.m. - 10:30 a.m. | Two-Part Mini-Seminar led by Kim Dawsey**

Want to refresh your soul, boost your mood and productivity? Many scientific studies have shown how organizing your environment can do just that. Let's get started by learning how to decrease the perils of clutter and organize what you truly value and love. Make the space in which you live, work or play more peaceful and refreshing. Strategies and tips will be given as well as a time to share your ideas with others and ask questions. After 28 years of teaching, **Kim Dawsey** has been an OLLI member for 12 years. Serving in committee positions as well as on the executive board has been a source of joy and purpose in her life. As a child of God, she strives to serve Him in all she does, including helping to declutter and arrange home environments that may cause stress or confusion.

***Behind-the-Scenes Interactive Experience at Magnolia Soap and Bath | \$40***

**Tuesday, October 1 | HB Meet-Up**

**12:00 p.m. - 2:00 p.m. | Seminar led by Jenny Bolster and Emma Painter**

**Meet at Magnolia Soap and Bath, 3705 Hardy Street, Suite 20, Hattiesburg.**

In this seminar, students will learn about Magnolia Soap and Bath and their products. In addition, they will sample and make and take several products. A native of New Orleans, **Jenny Bolster** has been a resident of Hattiesburg for 22 years. She and her husband, Travis, have four children. Jenny was a homemaker before opening Magnolia Soap and Bath Hattiesburg. After one-on-one training in the original Magnolia in New Albany, Mississippi, Jenny opened and trained her staff including her manager, Emma Painter. **Emma Painter** is a USM graduate where she received a BS in marketing and is currently studying for a master's degree in communication. Emma has been working at Magnolia since it opened in 2022.

***Herbal Fall Harvest Tasting | \$50***

**Thursday, October 17 | HB Meet-Up**

**11:00 a.m. - 1:00 p.m. | Seminar led by Linda Franzo**

**Meet at The Kitchen Table, 3720 Hardy Street, Suite #3, Hattiesburg.**

Let's harvest, preserve and plant herbs! Fall is a favorite time to grow cool season herbs and create pestos, herbal vinegars, butters and more. Come enjoy the herbal tasting and get some herbal ideas for the holidays. **Linda Franzo** is the instructor of *Passionate Platter* cooking classes and garden tours. She is a 25-year member of the *Herb Society of America*, an advanced master gardener of St. Tammany Parrish and a food and history tour guide in New Orleans. Linda teaches "hands-on" seasonal cooking, garden-to-table, at her herb gardens, presents at *Petals from the Past*, in Jemison, Alabama, *The Kitchen Table*, in Hattiesburg, as well as many places around the country. She is an advocate for "edible school gardens," instructing children on garden techniques and how to cook the food they grow.

***Strategies for Bridge | \$30***

**Tuesdays, October 22 - November 19 | HB In-Person**

**9:30 a.m. - 11:30 a.m. | Five-Week Class led by Ellen Davies**

In this course, we will review basic bridge rules and practices; additionally, we will discuss a few of the simpler bridge conventions. Students should have taken at least two bridge courses or played bridge for at least a year. **Note:** Students who have not taken this course before will be offered the first available seats. **Ellen Davies** is a retired teacher and lawyer who started playing bridge as a teenager. She has taken many bridge classes at OLLI and has taught many courses as well. There is always time for instruction and for play.

***Are You an Inventor, Artist or Writer? Protect with Patents, Copyrights and Trademarks | \$5***

**Thursday, October 24 | HB In-Person and Zoom**

**2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Dr. Robert Lochhead**

This mini-seminar will be an introduction to patents, copyrights and trademarks. What they are, what they do and what they don't do. **Professor Emeritus Robert Lochhead** retired from Directorship of the School of Polymers. Dr. Lochhead is a prolific inventor who has acted as an expert to cases before the Patent Office. His inventions include hand sanitizers, long-life batteries, sports sunscreen and many others.

***Counted Cross-Stitch for Fun | \$15***

**Tuesdays, October 29 and November 5 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Two-Part Seminar led by Terry Buchanan**

Did you once do counted cross-stitch in another life? Join us if you did cross-stitch or have always wanted to learn. We will complete at least one small project. **Supply List:** Glasses for close-up work if needed, sewing needles and scissors (specific cross stitch needles are available at Walmart or use any that you can thread). **Terry Buchanan** is a retired public school teacher from Maine. She has been attending OLLI since 2019 and has been creating counted cross stitching since 1980.

***Makeup For Seniors: How to Flatter the Mature Face Beautifully! | \$40***

**Wednesday, October 30 | HB In-Person**

**12:00 p.m. - 2:00 p.m. | Seminar led by Catherine Nowicki**

**Overflow from the first course will meet the same day from 2:30 p.m. - 4:30 p.m.**

This new course will cover everything from skin care prep to the final stroke of lipstick! Learn what kinds of skin products to use and why, how to properly apply foundation to prevent settling in creases and wrinkles, where to place blush, how to keep lipstick from smearing and how to fix thinning brows and lashes. Catherine will answer questions as she demonstrates and covers the importance of correct color knowledge.

**Fee includes a personalized makeup product.** Catherine Nowicki has been a certified color and image consultant since 1988. She was trained by Color Me Beautiful and has a private studio in Laurel. She has helped hundreds of women and men feel and look better through color. Her services include color analysis, personal shopping, closet cleaning and figure and style analysis.

***Afternoon Tea at the Ross Mansion | \$60***

**Monday, November 4 | HB Meet-Up**

**12:00 p.m. - 2:00 p.m. | Seminar**

***Meet at The Ross Mansion, 416 Bay Street, Hattiesburg.***

Join OLLI members at the Ross Mansion for Afternoon Tea and enjoy "Authentic memorabilia...seasonal menu of multiple courses served on fine china...the large verandah...stroll(ing) the 300 foot garden walk."

*Mississippi Magazine, May/June 2024 pg. 144.*

***Revisiting The Judgment of Paris: An Experiential Wine Tasting | \$10***

**Monday, November 4 | HB In-Person**

**2:30 p.m. - 3:30 p.m. | Mini-Seminar led by Christen Raanes**

In 1976, a blind taste test of American wines versus French wines known as The Judgment of Paris was conducted. This historical event became THE defining moment in American wine history. At this mini-seminar, we'll conduct our own semi-blind wine tasting of American versus French wines. We'll taste six wines, in three categories: Sparkling, Pinot Noir and Cabernet Sauvignon. What wine do you think will take top honors at this revisionist tasting? **Christen Raanes** is a Certified Specialist of Wine and holds the Diploma in Wines from the Wine and Spirits Education Trust. Christen opened in The Little Wine Shoppe in Hattiesburg in June of 2021, where they hold over 150 different wine tastings annually. She is passionate about sharing her love of wines with others in a fun and experiential way.

## **TRAVEL**

***African Safari—Kenya | \$15***

**Mondays, September 30 and October 7 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Mary Lux**

Come learn a little about Kenya and the Maasai people and view many pictures of animals—and a few plants. **Mary Lux** is a retired USM professor who is making the most of retirement by traveling as much as possible.

***Japanese Art and Culture: A Quick Trip Across the World | \$10***

**Thursdays, September 26 and October 3 | HB In-Person and Zoom**

**12:00 p.m. - 1:00 p.m. | Two-Part Mini-Seminar led by Catherine Parker Edmonson**

How comfortable is a kimono? Why don't Japanese teacups have handles? Is origami something people actually make? Why does it seem like everything in Japan is cute? Learn the answer to these questions and more as we explore Japanese culture—food, lifestyle, art and architecture. We will "visit" shrines and discuss Zen rock gardens. Expect to leave class with a new appreciation for an ancient culture plus your own origami sculpture. **Catherine Parker Edmonson** is an art historian and writer who is an adjunct instructor in Art History at USM. She advocates that everyone deserves a well-balanced visual diet. Travel is an important part of her life and she has visited over 34 countries.

***African Safari—Tanzania | \$15***

**Mondays, November 11 and 18 | HB In-Person**

**2:30 p.m. - 4:30 p.m. | Two-Part Seminar led by Dr. Mary Lux**

Join us to learn a little about Tanzania and its people. View many images of animals and a few plant and geological features. **Mary Lux** is a retired USM professor who is making the most of retirement by traveling as much as possible.

## SPECIAL INTEREST GROUPS (SIGs)

The current schedule for SIGs is below. Your OLLI membership must be current to participate in a SIG. Also, to receive emails with the Zoom joining details, you must be registered in the SIG.

HB Art   In-Person	1 <sup>st</sup> Friday at 1:00 p.m.
GP Basic Mahjong   GP In-Person	Wednesdays at 1:30 p.m.
GP Book Club   Zoom	3 <sup>rd</sup> Friday at 1:00 p.m.
GP “Caste” Book Discussion   GP In-Person.	4 <sup>th</sup> Wednesday at 12:00 p.m.
HB Book Club   In-Person/Zoom	2 <sup>nd</sup> Friday at 10:00 a.m.
GP Crafting   In-Person	2 <sup>nd</sup> Fridays/Month at 9:00 a.m.
HB Crocheting   In-Person	2 <sup>nd</sup> Wednesday at 2:00 p.m.
HB Life Story and Poetry   In-Person/Zoom	3 <sup>rd</sup> Friday at 10:30 a.m.
GP Marvelous Mahjong   GP In-Person	1 <sup>st</sup> Wednesday at 1:00 p.m.
HB MS Books and Authors   In-Person/Zoom	4 <sup>th</sup> Friday at 11:00 a.m.
GP Outdoors in South Mississippi   In-Person	Dates chosen quarterly.
HB Photography   Zoom	1 <sup>st</sup> and 3 <sup>rd</sup> Fridays at 2:30 p.m.
GP Rummikub SIG   GP In-Person	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays at 2 p.m.
GP Stringed Instrument   GP Meet-Up	Tuesdays at 2:30 p.m.
GP Ukulele   GP Meet-Up	Thursdays at 2:30 p.m.
HB Ukulele   In-Person	Fridays at 2:00 p.m.

# OSHER LIFELONG LEARNING INSTITUTE

## CONTACT INFORMATION

### Hattiesburg

601.266.6554

olli@usm.edu

**Physical:** Peck House, 3601 Pearl Street

**Mail:** 118 College Drive, #5055

Hattiesburg, MS 39406

Monday - Friday

8 a.m. - 5 p.m.

### Gulf Park

228.214.3277

maryann.herodes@usm.edu

**Physical:** N. Academic Bldg., Room 225

**Mail:** 730 E. Beach Boulevard

Long Beach, MS 39560

Monday - Friday

8 a.m. - 5 p.m.



## FIND OLLI ONLINE

Website: [www.usm.edu/olli](http://www.usm.edu/olli)

Course Catalog: [www.campusce.net/usm](http://www.campusce.net/usm)

Facebook: [www.facebook.com/OLLI.USM/](https://www.facebook.com/OLLI.USM/)

