

Osher Lifelong Learning Institute *at UK, Lexington*

Offering learning opportunities for adults 50+

2017 SUMMER CATALOG

Save The Dates!

May 4th

10 a.m. Summer Courses
Online Preview

May 8th

10 a.m. Early Bird
Member Registration
Opens Online and by Mail

May 17th

10 a.m. Public
Registration Opens

August 1st

10 a.m.
2017-2018 Membership
Opens for New and
Returning Members

August 8th

10 a.m. Fall 2017 Course
Registration Opens

 Office of
Lifelong Learning



REGISTRATION INFORMATION

Registration Windows For:

- ◆ **Current Members**
Early Bird Registration Opens Tuesday, May 8 at 10 a.m.
- ◆ **Not a Member Yet? (Pro-rated Summer Membership \$15)**
Public Registration Opens Tuesday, May 17 at 10 a.m.

Registration is online or by mail only.

Payment methods differ:

- ◆ Online registrations - credit card only
- ◆ Mailed registrations - check & money order only

To Prepare for Registration “Going Live”

1. Locate your Username and Password. Reset Password, as needed. (See FAQs on online reg. website below for details.)
2. Review the OLLI Online Registration Website. We have upgraded to enable the use of phones and tablets. An updated Step-by-Step online manual is available at:
www.uky.edu/OLLI “How to Register”
3. Review registration policies and procedures on page 7 and online.
4. For additional assistance, email or call the OLLI Office in advance. Phone lines will be busy on registration days.
5. Preview classes when they become available and note the date your registration window opens.
6. When your registration window opens, progress quickly through the process, class space is not held while in the shopping cart.

OLLI at UK Office & Websites:

Main Site with Online Directions & Links www.uky.edu/OLLI
Online Registration Website <http://uky.augusoft.net/>
OLLI at UK Office (859) 257-2656, Toll free (866) 602-5862

CULTURE

Bad Boy of Baroque: The Tempestuous Life and Revolutionary Art of Caravaggio Course Fee: \$25

Instructor: Michael Worley, Tuesdays & Thursdays, June 6 - 29, 11:30 - 1:30 p.m., Lexington Senior Center. Caravaggio (1571-1610) was the most important, progressive and influential painter of the 17th century, and he has become perhaps the most popular "old master." He introduced a revolutionary technique that involved painting directly on canvas without preparatory drawings. He anticipated modernism in several other ways, mainly, in his radical reshaping of tradition. We will follow his tempestuous life as we explore the majority of his works within the context of the art scene in early Baroque Rome. In this class we will discover the many layers of reading, analyzing, and interpreting a work of art. **Limit 38**

Picturing America with the Smithsonian American Art Museum Course Fee: \$25

Instructor: Multiple Presenters from the Smithsonian, Thursdays, July 6 - 27, 1:30 - 3 p.m., Lexington Senior Center. Artists give us a unique window on American life, reflecting the cultural, social and political climate of the time in which they work. OLLI Scholars will examine America through the eyes of artists in four highly interactive discussion-based sessions: To See Is To Think, Early America, Wars at Home and Abroad, and Contemporary Life. Leveraging the Museum's tremendous digitized collection, online assets, and strong scholarship, participants and Smithsonian American Art Museum presenters will work together to uncover and discuss a variety of topics explored by artists throughout American history. **Limit 30**

HEALTH & WELLNESS

Advanced Beginning Line Dancing Course Fee: \$25

Instructor: Shirley Bryan, Wednesdays, June 14 - July 26, 12:30 - 2 p.m., Central Baptist Church (Gym). Let's dance! After learning and reviewing beginner line dance steps and technique we'll challenge our brains and bodies to remember step combinations to a variety of musical styles. All styles of music and dance will be used. This class is for those with prior Line Dance experience. **Limit 40**

Line Dancing Course Fee: \$25 each

Instructor: Mimi Ilgaz, Legacy All Sports (Upstairs Studio). Dancing maintains and strengthens muscles, improves coordination and cardiovascular function, and relaxes the body, mind, and emotions...and it's fun. Wear tennis shoes (no hard soles) & comfy clothes. **Note:** Intermediate & Advanced levels require Instructor approval.

Mondays & Thursdays, June 5 – July 27

Improver: 9 - 9:50 a.m. Limit 50

Intermediate: 10 - 10:50 a.m. Limit 50

Advanced: 11 - 12 p.m. Limit 35

Tuesdays, June 6 - July 25 (No Class July 4)

Intermediate: 12:30 - 2:30 p.m. Limit 50

OLLI Fitness Course Fee: \$25

Instructors: Josette Garstka & Robin Kelty, M W F, June 5 - July 28, (No Class June 12 - 16 and July 3) 11:30 - 12:30 p.m., Crestwood Christian Church (Gym). Aerobics and strength training to improve fitness, cardio respiratory endurance, muscle strength/endurance, flexibility, and body composition. Emphasis on movement for specific purposes and choosing your exercise intensity level daily. Bring: water bottle, weights, yoga mat. Floor exercises can be done in chairs. **Limit 85**

Slow Flow Yoga Course Fee: \$25

Instructor: Josette Garstka, T & TH, June 6 - July 27, (No Class June 13 & 15 and July 4) 11:30 - 12:30 p.m., Crestwood Christian Church (Gym). This class will be a Vinyasa style yoga class connecting breath to movement. We will begin each day with short breathing and meditation exercises, moving into Sun Salutations. Each day will include a practice of basic yoga postures and how to link these with our breath to create a balance between the mind and body. Many options will be offered for the postures so all levels can participate. In each class we will incorporate core exercises for strength, stretching to increase our flexibility, balance work and relaxation postures for stress release. **Limit 85**

Taoist Tai Chi**Course Fee: \$25**

Instructor: Tony Stallins, Thursdays, June 8 - July 6, 2 - 3:30 p.m., Temple Adath Israel (Social Hall). In this short introductory class, we will learn the first 108 moves of the Taoist Tai Chi set. Tai Chi can reduce stress and bring a wide range of health benefits to the muscular, skeletal and circulatory systems. No experience required. Wear loose, comfortable clothing & shoes. **Limit 35**

OUT OF THE BOX**A Course Is Born****No Course Fee**

Instructor: Penny Lamb, Wednesday, June 7 - July 26, 1:30 - 3:30 p.m., Tates Creek Branch, Lexington Public Library (Small Conference Room). A Course Is Born is a journey of discovery. Over eight weeks you pick an idea - or more than one - and we will start creating your OLLI course. This is a working class. You'll get help deciding on a format, identifying research materials and making effective presentations. At the end of the course, you will have an outline for your course, and we will have a lot of fun. If there's an OLLI course you really, really want to take, but we haven't offered it yet, maybe we're waiting for you to lead it! **Limit 10**

Lexington Industry Tour: The Corporate, The Local and The Non-Profit**Course Fee: \$25**

Facilitator: Joey Conrad, Fridays, June 23 - July 28, 2 - 4 p.m., Lexington Senior Center & Various Locations. Lexington is well known for being the home of legendary horses and bourbon, but what other industries make this exciting city great? This course will explore some of the other industries (corporate, local and non-profit) that help shape the culture of Lexington. The course will be a combination of presentations and tours. Tour locations will include: Ale-8-One Factory Tour, Food Chain Tour and a Local Lex Food Tour. **Limit 24**

SCIENCE & ENVIRONMENT**Street Drugs****Course Fee: \$25**

Instructor: Diane Vance, Mondays, June 5 - 19, 11:30 - 1:30 p.m., Lexington Senior Center. Special K. Gym Candy. Abyssian tea. Grass. Ice. Magic Mushrooms. No, this is not a course about food. They are the names of street drugs. This course will describe the characteristics and overall effects of the five main classes of street drugs, along with common behaviors that result. Some specific drugs that will be discussed include heroin, fentanyl, cocaine, methamphetamine, the many forms of Cannabis (marijuana) now available, and others. The information about the chemistry of the drugs and their effects on the brain will be descriptive and at a basic level, so no science background is required. **Limit 30**

VISUAL ARTS**Drawing & Painting in the Botanical Style****Course Fee: \$25**

Instructor: Pat Lawrence, Thursdays, July 6 - 27, 2 - 4 p.m., Crestwood Christian Church. Botanical style drawing and painting of local flowers helps you learn more about flora in our area, both botanically and artistically. We will gather on days 85 degrees or less at the Arboretum, but usually meet in the comfort of the classroom. There will be a short lesson on a particular flower and how to draw it, and then we will paint with our hearts. **Limit 20**

DAY TRIPS: CIVIL WAR WALKING TOURS WITH PHIL MAXSON
(Register for each separately, no course fee)

Saturday, June 3: 10 a.m. Downtown Walking Tour Meet downtown (TBA) to visit 22 historic antebellum and Civil War sites. Tour will cover 2 miles and last 2 - 2.5 hours, walking and standing over manmade and natural terrains. There will be a break at Gratz Park, more than halfway into the walking tour. **Limit 20**

Saturday, June 3: 2 p.m. Lexington Cemetery Walking Tour We will visit the grave sites of several individuals, including 7 generals, important to the period before and during the Civil War. Tour will cover 1 mile and last 1 - 1.5 hours, walking and standing the entire time, over uneven ground, up & down hills, manmade & natural terrains. **Limit 20**

SIG: SHARED INTEREST GROUPS

(No Course Fee)

Genealogy: Where Did I Come From? Facilitator: Bax McClure, 2nd & 4th Thursdays of the month beginning June 8, 1 - 3 p.m., Eastside Branch, Lexington Public Library. Genealogy is more interesting and easier to learn when others are available to discuss topics, share knowledge and search for answers together. The focus of this SIG is to learn more ways to find our ancestors and about the various types of software available to store our work. We will also explore methods of sourcing and documenting our finds. Occasionally, we will attend classes offered by others, visit libraries or other genealogy-related facilities. **Limit 15**

Inspiring OLLI Facilitator: Diana Lockridge, Fridays June 9 - July 28, 9 - 11 a.m., Lexington Senior Center. This summer SIG will offer time to step away from our crazy schedules and focus on our health and the good in this world. Each week we will begin with activities, created by SIG Members, such as exercising by the lake, walking the arboretum, visiting a garden or museum. During the second half of each session, time will be reserved for the sharing of inspirational stories. Each SIG Member will be responsible for spotlighting an individual who has truly made a difference in a life, in their community, in the world. Throughout the 8 weeks, we'll take a break from stress and together discover new ways to rejuvenate, re-energize and to inspire. **Limit 32**

Lifelong Philosophy Facilitator: Jim Carigan, Fridays, beginning June 2, 9:45 - 11:45 a.m., Eastside Branch, Lexington Public Library. We will explore a multitude of topics throughout the Summer. Members will be involved in the content and design of each meeting. Leadership will rotate on special topics, discussions based on a group common experience such as a movie, a book, a television episode/series, or specific historical events and characters. **Limit 10**

Writer's Group 2.0 By Demand Facilitator: Kempa Turner, 1st & 3rd Thursdays beginning June 1, 1 -3 p.m. at Tates Creek Branch, Lexington Public Library. This SIG is designed for writers of any format who are interested in coming together as a group to learn from each other. We will share our writings and inspire each other as we work on common lessons and personal pursuits. Each meeting we will begin with an introduction to a tip or topic and end with a writing prompt for the next meeting. **Limit 8**

UK WELLNESS OPPORTUNITIES

OLLI Members may participate in the wellness opportunities at the following UK rec. facilities on campus.

***OLLI Members are subject to all facility rules & regulations.**

1. **Register** with OLLI and bring your 2016-2017 OLLI Key Tag to gain admittance.
2. **Summer 2017 Risk Release (RR)** must be completed and received by OLLI Office prior to participation.
3. **Parking:** Contact UK parking at 257-5757 for information on parking locations & fees.

Johnson Recreational Center (JRC) - Begins June 5

UK Student Fee is payable to JRC

Typical hours (watch for variations): M - F 6 a.m. - 9 p.m., Saturday 9 a.m. - 9 p.m., Sunday 12 - 4 p.m. OLLI Scholars may join for the UK student fee payable to the JRC. JRC is located on Complex Drive. For more information visit: www.uky.edu/recwell/johnson-center

Lancaster Aquatic Center - Begins June 5

No Additional Fee

Lap swim during the summer is typically available: M - F 11:15 - 1:15 p.m. & 5:15 - 7 p.m., Saturday & Sunday 12:15 - 2:15 p.m. Register with OLLI, then upon approval, request a swipe card in the pool lobby by showing your OLLI Member Key Tag. LAC is located on the corner of University & Complex Dr., a block from Cooper Dr. Note: Watch event schedule online, times may vary due to UK events. For more information visit: www.uky.edu/recwell/aquatics

OLLI at UK SUMMER 2017 - 4 STEP - REGISTRATION FORM

* Registration is Online or by Mail only *

* Please return this entire page with payment *

* ALL Members are required to complete the 2017 Summer Risk Release Form *

STEP 1: Member Contact Info (please print)

Name _____ Email _____ Birth date _____

Address _____ City _____ Zip+4 _____ Phone _____

Emergency contact _____ Relationship _____ Phone _____

Volunteer Opportunities: Would you like to serve as a volunteer for OLLI at UK? There are lots of ways to get involved! Please mark your preferences below and our Volunteer Chair will be in touch.

Committee Short Term As Needed
 Specific Event Long Term

STEP 2: Complete the Summer Risk Release on the back of this form.

STEP 3: Fill in the course request form below.

Title of Courses, SIGs, Special Events Be sure to specify exact course requesting.	Fees
I am already a 2016 - 2017 Member	<input type="checkbox"/>
I am not a member and want to join for Summer \$15.00	\$
	\$
	\$
	\$
	\$
TOTAL	\$
I would like to offer the following donation to support the OLLI at UK A letter of receipt will be mailed.	\$
TOTAL AMOUNT ENCLOSED	\$

STEP 4: Please make your check payable to **OLLI at UK** & mail with completed form to:
OLLI at UK, UK Ligon House, 658 S. Limestone, Lexington, KY 40506-0442

For internal use only : Date recv'd _____ Fee paid \$ _____ Check # _____ Cash \$ _____
 G/C# _____ Photo Consent Rec'd _____ Risk Release Rec'd _____ A/L _____ Trans# _____ Date _____

OLLI AT UK RISK RELEASE FORM

2017 SUMMER SEMESTER

All Members and Guests are required to sign prior to participation.

PRIOR TO PARTICIPATION

in the OLLI at UK Summer 2017 Courses, Programs, Shared Interest Groups, Travel, Projects, Field Trips and Day Trips, Volunteer and Community Engagement Activities, UK Lancaster Aquatic Center Swim and UK Johnson Recreation Center, All OLLI at UK Members and Guests are required to complete and sign the risk release form below.

PHYSICIAN APPROVAL

I hereby understand that I am advised to consult my physician and obtain his/her approval before beginning OLLI at UK Courses, Programs, Shared Interest Groups, Travel, Projects, Field Trips and Day Trips, Volunteer and Community Engagement Activities, UK Lancaster Aquatic Center Swim and UK Johnson Recreation Center during the Summer 2017 OLLI semester. I have no known physical contraindications that would restrict me from participating in these activities.

ASSUMPTION OF RISK AND GENERAL WAIVER OF ALL CLAIMS

I am aware of the hazards inherent in my involvement in the variety of OLLI at UK Courses, Programs, Shared Interest Groups, Travel, Projects, Field Trips and Day Trips, Volunteer and Community Engagement Activities, UK Lancaster Aquatic Center Swim and UK Johnson Recreation Center, and the need for me to ensure my health status and ability to participate in the variety of opportunities made available to OLLI at UK Members and Guests. I am responsible for my own health and I assume all responsibility for avoiding any activity that I and/or my physician do not feel comfortable I can or should perform. In consideration of the opportunity to participate in the OLLI at UK, I, for myself, my heirs, successors or assigns, hereby assume any and all risks and hazards attendant to my involvement in OLLI at UK and waive any claim that I might have. In further consideration of being afforded the opportunity to participate in the OLLI at UK, I, for myself, my heirs, successors or assigns, hereby release and hold harmless the University of Kentucky, its Board of Trustees, agents, servants, and employees, expressly including but not limited to instructors, assistants, facilitators, students and volunteers, from any and all claims, demands, causes of action or damages which may accrue on account of bodily or personal injury, property damage, or death arising from the aforesaid activities.

Print name, sign, and date:

Name (printed) _____

Signature _____ **Date** _____

REGISTRATION INFORMATION

DIRECTIONS TO REGISTER ONLINE:

1. **Early Bird Registration opens:** Monday, May 8 at 10 a.m. **Public Registration Opens:** Wednesday, May 17 at 10a.m.
2. **Visit** www.uky.edu/OLLI for the Online Registration Step-by-Step Guide.
3. After reading instructions, **click** on the link to the online registration site: <http://uky.augusoft.net>
4. **Read** through FAQs for important information.
Note: Online registrants will be able to view and print their confirmation information immediately after registering. Receipts and confirmation letters will automatically be emailed.

DIRECTIONS TO REGISTER BY MAIL:

Note: To assist those registering by mail, 38% of spaces in each class will be held for mailed registrations.

1. **Write in each course/SIG** you are requesting on the Registration Form, page 5. Please print clearly.
2. **Enter each fee individually. Note that class fees will differ.**
3. **For New Members the Summer Prorated Membership fee (\$15) is listed on the form.** This fee covers your membership for the Summer 2017 semester. **Returning members:** just check the box.
4. ****Semester Risk Release (RR), page 6. All members must complete and sign the OLLI Risk Release every semester prior to participation.** It is located on the back of the registration form.
5. **Payment -** Make checks to “**OLLI at UK**” for the total amount due.
6. **Mail right away.** Courses fill quickly! Be sure to include **our 9 digit zip code** for faster receipt **40506-0442**.
7. **Registrations are sorted** by postmark prior to processing daily.
8. **Membership and registration fees paid in full** will be processed immediately in order of receipt.
 - **If payments do not match registrations**, paperwork will be returned promptly to allow for quick adjustments and resubmission. Space cannot be held.
 - **Please double check amounts.** We really don't want to send any registrations back!
9. **Confirmation** letters will be sent to those registering by mail. Check the bottom of the confirmation statement for important information. If you do not receive a mailed response to your request for registration within 2 weeks, please contact the OLLI Office. Please check your email and your online profile. Mailed registrations processed in the OLLI Office will also prompt automatic emails for registrations and wait lists.
10. Lanyards, nametags and member key tags will be given to Instructors and will be handed out at the first class.
11. **Please note:** If you have an “**out of town hold**” on your mail delivery, the Post Office will not deliver the catalog and will automatically return it to the OLLI.

IMPORTANT INFORMATION YOU NEED TO KNOW!

- **Membership in the OLLI at UK is contingent upon following the policies and procedures of the OLLI at UK and our Host Locations. See the OLLI at UK Member Handbook for details:**
www.uky.edu/OLLI
- **Please be advised that courses have limited space and will fill quickly!**
- **Request to register does not guarantee enrollment.**
- **Instructors cannot override OLLI registration procedures. Please call the OLLI Office for assistance.**

REFUND POLICY: Refunds will be given only if courses are already filled or OLLI at UK cancels the course. Wait lists are kept for each course. If you are on the wait list and do not get into your requested course, we will refund your course fee once we determine no spaces will become available, or upon request. If the course you requested is full, you may request another. Refunds of course fees are not available for students who have enrolled, but were unable to attend. **Membership fees are non-refundable.**

University of Kentucky
Osher Lifelong Learning Institute at UK
Office of Lifelong Learning
658 S. Limestone - Ligon House
Lexington KY 40506-0442

Return Service Requested

Osher Lifelong Learning Institute (OLLI) at UK

OLLI at UK offers educational and enrichment courses, programs and events created for dynamic lifelong learners aged 50+ who are continually searching for exciting topics and exploring new opportunities in learning!

**For more information, contact the OLLI Office:
(859) 257-2656 or Toll Free (866) 602-5862
or visit www.uky.edu/OLLI**

OLLI at UK... Where Curiosity Never Retires!