



# OSHER LIFELONG LEARNING INSTITUTE

# SPRING 2025

## IN THIS ISSUE:

Different ways to participate this term:

- In-person courses at the Cheezem Education Center, Clemson
- Evening courses at the Cheezem Education Center, Clemson
- Osher Online courses that allow you to participate from home
- Outdoor Adventures and Day Trips

## NEW COURSE TITLES INCLUDE:

*Sound Wellness: Using Music and Sound to Retune and Balance Life; Beneficial Insects in the Garden; Women: The Forgotten "Men" in History; An Introduction to Astrophotography; Navigating the Digital World Together; Gangster of Capitalism: The Smedley Butler Saga; Five Element Qi Gong and more!*

## NEW EXCURSION LOCATIONS INCLUDE:

Bob Jones University, Twin Creeks Lavendar Farm, Bad Creek Hydroelectric Station, Kentwood, Clemson University Herbarium and more!

The Cheezem Education Center is open Monday through Friday, 9:00 a.m. to 4:00 p.m.

**Registration opens**

*March 19, 2025*

Register in person, by phone, by mail or online at: [www.olliatclemson.org](http://www.olliatclemson.org)





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# Brick by Brick:

## Constructing America's Identities

Join us for the second edition of our five-week summer book series at the Charles K. Cheezem Education Center! The series features authors who focus on expanding America's story in the world of historic structures.

### SAVE THE DATES

**June 17, 24**

**July 8, 22, 29**

More information and registration coming soon.



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**"RELAXING NOT TAXING"**

## CLEMSON OLLI WRITERS

**AS LOCAL AS IT GETS**

We invite you to enjoy an evening of prose and poetry readings.

**Tuesday, April 15, 2025**  
**6:00 p.m. to 7:45 p.m.**

**Cheezem Education Center**  
100 Thomas Green Blvd. Clemson

Local writers will present poems and prose excerpts from their original writings.

5 open mic spots available.  
Limited to 5 minutes each.

Light food and drinks provided.

Free, call 864-633-5242 to register!

## Save the Date

### 2025 ANNUAL MEMBERSHIP MEETING

Wednesday, June 18

3:00 p.m. Social Time

3:30 p.m. Business Meeting

4:00 p.m. Guest Speaker

Kite Hill Brewery, Patrick Square Town Center

Featured Speaker: Dr. Otis Pickett



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# Spring Fling II

MAY

SUNDAY

18

2-4 PM

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# AnMed HEALTH SERIES

The following programs are free and open to public but require registration; please call 864-633-5242 to reserve your place. Please join us in thanking AnMed for making this health series possible.

## **GERD is a Word (Sort Of) That Older People Should Know**

Wednesday, April 9

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

GERD, or gastroesophageal reflux disease, is quite common for older people – and they can face more severe complications though they tend to have fewer symptoms. What’s more, evaluation and treatment are different for older people. Learn more about what to consider and the options there might be from Dr. Paul Frassinelli of AnMed Piedmont Surgical - Anderson.

## **Aortic Aneurysms Can Develop Without Symptoms**

Wednesday, May 21

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Aortic aneurysms are bulges in weak spots of the aorta, the largest artery in your body. They are more common in men and become increasingly common with older age. Some people have them and don’t even know it. If they rupture, though, they can be life-threatening. Learn what to know and do from Dr. John Muhonen II of AnMed Vascular Surgery.

## **Respiratory Diseases Require Expert Attention**

Wednesday, June 11

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Respiratory diseases can become more prevalent in adults over age 55. Learn what you should know, what you should consider, and what you can do if you’re having trouble from Dr. Megan McClam of AnMed Pulmonary & Sleep Medicine.

# *Get to Know Your* OLLI BOARD OF ADVISORS



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UNIVERSITY

David Potts, Chair  
Dave Sabo, Vice Chair  
Sheryl Donovan, Past Chair  
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Gaines Hutcheson, At-Large Member  
Bob McAlpine, At-Large Member  
Sue Schneider, At-Large Member  
Kim Warne, At-Large Member

The Board can be reached directly at [cuolliboa@gmail.com](mailto:cuolliboa@gmail.com).



# FREE PROGRAMS *this Spring*



The following activities are open to all current OLLI Members and those with an interest in joining OLLI. All programs are free but require registration; call us at 864-633-5242 or visit our website at [www.olliatclmson.org](http://www.olliatclmson.org) for more information.

## **Tech Talks**

2nd Thursday of Each Month

April 10, May 8, and June 12

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but an appointment is required; call 864-633-5242 to make an appointment.

Have questions about your phone, tablet, laptop or other electronic device? Make a 30-minute appointment with a Pickens County Outreach Librarian for basic troubleshooting assistance.

## **New and Returning Member Orientation**

Friday, April 11

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Whether you're new to Clemson OLLI or returning from a hiatus, this orientation illustrates how OLLI ticks, who is who and how you can be part of your regional lifelong learning program! Refreshments provided.

## **Make a Difference in Pickens County Schools**

Monday, April 21

1:00 p.m. to 2:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Get ready to make a powerful impact on the lives of students in the Pickens County School District! Your time, expertise, and compassion have the potential to transform futures. Join us for an exciting and informative session on how YOU can get involved as a mentor, tutor, or volunteer. Hear directly from School District Superintendent Dr. Danny Merck as he shares incredible opportunities to help shape the next generation. Together, we can make a lasting difference!

## **Creative Solutions with Skip Eisiminger**

Monday, April 28

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

A recent OLLI salon class was particularly fun. It was called "Creative Solutions," and it involved among other things questions such as the following: 1. If you were trapped in a blizzard while driving a herd of oxen in 1888, what would you do? [Kill the largest, gut it, and crawl inside. The cowhand survived but had to be helped out of his shelter because the hide froze.] 2. If you're the pastor of a church today needing to raise revenue, and your church has a steeple, what do you do? [Rent the steeple to a wireless company; one Massachusetts church earned \$74,000/yr. in 2006.] 3. If you were Booker T. Washington in 1880 and wanted to build a university, what did you do if you had no bricks? [Hock your gold pocket watch, buy a kiln, and bake the first bricks for Tuskegee University.] In each case, Skip will describe a real predicament that someone faced or is facing; then ask for solutions from the audience, and then he'll briefly describe what really happened. If anything said reminds someone of something similar, all the better. This free OLLI lecture/discussion should last about an hour.



## **Long Distance Grandparenting - Keeping the Connection Alive**

Tuesday, May 6

2:00 p.m. to 3:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Becoming a grandparent is a joyous occasion as we usher in a new generation to our family. Depending on our proximity to our grandchild, it can present its own set of challenges. Let us gather together and share creative ideas to keep that connection alive.

## **Stop the Bleed**

Thursday, May 15

10:30 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

This “Stop the Bleed” program is a life-saving educational initiative designed to empower individuals with the knowledge and skills needed to respond effectively in the critical minutes following a traumatic injury. “Stop the Bleed” isn’t just a program; it’s a movement that empowers you with essential bleeding control techniques. If you have a qualifying medical background, join us to register to become an instructor, taking this life-saving information back to your workplaces and community to teach and train others.

**Meredith Wood**, is the Upstate Region Medical Reserve Corps (MRC) Specialist for the DPH, in the Bureau of Emergency Preparedness and Response (BEPR). She has a B.A. in Sociology, a background in Respiratory Therapy, and is certified as a Stop the Bleed instructor. The **MRC** is a national volunteer program with specific training for preparation to respond during disasters and non-emergency public health activities and to assist in educating the community we live in. It is made up of medical and non-medical volunteers. Meredith will teach the course and then, with assistance from other MRC Volunteers, have the hands-on skills check-off afterward for certification.

## **Medicare 101 – Get The Facts**

Wednesday, June 11

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Are you or a loved one turning 65 and getting ready to sign up for Medicare? Are you already on Medicare and would like to learn more about your Medicare options? Wondering how to find your way through the maze of Medicare? Medicare Assurance Group, LLC invites you to attend this course to learn more about Medicare and your health plan options. During our Medicare 101 session you will learn the differences between Medicare and other health coverage, what Original Medicare is, and are other options including whether original Medicare is enough health coverage; what Medicare Parts A, B, C & D include prescriptions covered; how much coverage costs and deadlines to enroll. This class is designed to be an informational seminar with ample opportunity for individual questions.

**Lauren Hawkins**, a native of South Carolina, graduated Magna Cum Laude from Augusta University with a bachelor’s degree in health services. As a licensed, independent insurance broker, Lauren is passionate about helping others and has a special interest in the Medicare arena of healthcare. Lauren holds her Department of Insurance (DOI) Health Insurance license in South Carolina, Georgia and Connecticut.

**Kim McGuire** is the co-founder and principal of Medicare Assurance Group. She has more than 25 years of experience in the healthcare field. Kim holds a bachelor’s degree in health administration from Quinnipiac University and master’s degree in public administration with concentration on health policy and management from New York University. In addition, Kim is currently pursuing a doctorate in Business Administration specializing in Health Care Administration from Northcentral University.

# Where in the World will OLLI Go?



Up-to-date details for all travel programs can be found on the OLLI website, and you can pick up a flyer for each trip at the Cheezem Education Center. Bookings are taken by the individual travel companies; contact the specific company for questions and arrangements.

## **A Culinary Journey Through Tuscany & Florence**

9 Days - November 4 to 12, 2025

By Premier World Discovery

**Double Occupancy:** \$4,749 per person, includes roundtrip airfare from Greenville with \$100 booking discount

**Single Occupancy:** \$5,699 per person, includes roundtrip airfare from Greenville with \$100 booking discount

**Activity Level:** Challenging

Tour highlights include a 2-Night Stay in Florence; a 5-Night Stay in Tuscany; a Tuscan Estate Dinner; a pasta making and cooking class; wine tasting; a Sienna walking tour; dinner at a Tuscan farmhouse and winery; San Gimignano; gelato tasting; lunch at a local farmhouse; a Lake Trasimeno boat excursion; a visit to Island Maggiore with lunch and wine; a Florence, Italy guided walking tour and a visit to the Academy Gallery and the famous Statue of David.

## **Christmas Time on the Danube River**

6 Days - December 1 to 6, 2025

By Mayflower Cruises & Tours

**Double Occupancy:** Starts at \$3,564 per person

**Single Occupancy:** Starts at \$6,180 per person

**Activity Level:** Active

Take off on a festive journey through Central Europe with an enchanting Christmas cruise starting from Vienna, Austria. Explore Vienna's magical Christmas markets and iconic landmarks like the Opera House and St. Stephen's Cathedral. In Bratislava, Slovakia, immerse yourself in the warm holiday spirit and discover charming Christmas markets nestled in historic squares. Budapest, Hungary, welcomes you with its lively atmosphere, stunning architecture and vibrant Christmas market offering traditional crafts and culinary delights. Indulge in a traditional Hungarian dinner and folk dancing before bidding farewell to this memorable Danube Christmas cruise. Depart with cherished memories of glittering markets and festive cheer.





# DOMESTIC

## San Francisco & Wine Country

5 Days - September 21 to 25, 2025

By Mayflower Cruises & Tours

Double Occupancy: \$4,098 per person, includes roundtrip airfare from Greenville

Single Occupancy: \$4,997 per person, includes roundtrip airfare from Greenville

Activity Level: Active

Arrive in San Francisco and settle in at Fisherman's Wharf. Day 2 explores iconic landmarks like Twin Peaks, Golden Gate Park and Chinatown followed by a Bay cruise and cable car ride. Enjoy dinner at Fisherman's Wharf. Day 3 ventures to Napa Valley for a wine train journey and a tasting at Buena Vista Winery. Day 4 includes visits to the Kunde Family Winery, the Charles M. Schulz Museum and Sbragia Family Vineyards. The day ends with a special farewell dinner. Day 5 concludes the tour with memories of San Francisco and its surrounding wine country, as you head home with cherished experiences.



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<b>9</b> Acoustic Circle Bridge Group Art Group Euchre	<b>10</b> Mah Jongg	<b>11</b> Backgammon Group Medicare 101 - Get The Facts (p. 7) AnMed Health Series: Respiratory Diseases (p. 5) The Incredible Voyage of Ernest Shackleton (p. 32) Euchre Fall Prevention and Recovery (p. 32) Needles and Threads	<b>12</b> Twin Creeks Lavender Farm (p. 18) Bridge Group Tech Talks (p. 6) Beginner Stained Glass (p. 32) Euchre Watercolor Group Writers Group 2	<b>13</b> Pickleball Mastering Asian Flavors: Hands-On Cooking (p. 19) Euchre
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“

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in collaboration with Northwestern University  
School of Professional Studies

The following courses are offered to Clemson OLLI Members as part of the national Osher Online project bringing stellar presenters to OLLIs' across the country. Each course is offered live via Zoom – plan to participate from the comfort of home! And, in each session will be Members from several different OLLIs; each OLLI is limited to 13 seats per course. Each course is comprised of six, 90-minute sessions and will offer generous question and answer periods. Before each course, participants will be contacted by the Osher Online staff at Northwestern University with further instructions.

## **New! Women: The Forgotten "Men" in History**

6 Mondays, March 31 to May 5

3:00 p.m. to 4:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Many individuals contribute to history but never get their due. Women and other marginalized groups traditionally received less ink in history books than the "great men" of history who were mainly white males. This course looks at nine women (three each session) whose achievements are not commonly known. Among the nine women are a scientist, a winner of the Nobel Peace Prize, a pioneering pilot, a suffragist, a candidate for the US presidency, an activist for women's and African American's rights, a British anthropologist, and a pioneering politician from the Western US.

**Diana Carlin**, PhD is Professor Emerita of communication at Saint Louis University. For 30 years, she has taught courses on and written about First Ladies. She is the co-author of *U.S. First Ladies: Making History and Leaving Legacies* and *Remember the First Ladies: America's History-Making Women*. Carlin has published articles and book chapters on a variety of First Ladies and researches and writes on the topics of women in politics, presidential communication, and political debate.

## **New! Bonsai, An Ancient Art in Modern Times**

6 Mondays, March 31 to May 5

7:00 pm. To 8:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Bonsai is a centuries-old practice of training trees in containers to resemble those in nature. In this course, we will explore the key components of bonsai:

horticulture, design, and technical skills. By the end of the course, you will understand how to maintain a healthy tree, develop your own design style, and apply essential techniques. Whether you are new to bonsai, have experience, or are simply curious, this course will guide you through the fundamentals of this fascinating art form.

**Chris Baker** has worked with bonsai for over 18 years, beginning as an enthusiast with a passion for horticulture and nature. His career shifted after a meeting with bonsai curator Jack Sustic at the U.S. National Arboretum in 2010, leading him to volunteer and eventually study with bonsai master Tohru Suzuki in Japan. In 2014, Baker became the first full-time curator of the Chicago Botanic Garden's bonsai collection. He serves as President of the North American Bonsai Federation and is on the board of the World Bonsai Friendship Federation.

## **New! The Soundtrack of Rock & Pop in the 50s & 60s: The Magic of the Brill Building Era**

6 Tuesdays, April 1 to May 6

5:00 p.m. to 6:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

The adventure begins in New York City, where the echoes of Tin Pan Alley's Great American Songbook still resound. We witness a new generation of talented songwriters, singers, and groups, who filled the airwaves and shaped the soundtrack of our lives. This course is a journey into the melodies, stories, and vibrant personalities behind the Brill Building era of the late 1950s and 1960s. We will discuss the music of legendary songwriters such as Carole King & Gerry Goffin, Neil Sedaka & Howard Greenfield, Barry Mann & Cynthia Weil, Phil Spector, Jerry Leiber & Mike Stoller, Ellie Greenwich & Jeff Barry, Burt Bacharach & Hal David, Neil Diamond, and others. Together we will rediscover the tunes from Elvis Presley, the Coasters, Dion and the Belmonts, the Drifters, Dionne Warwick, the Ronettes, the Shirelles, the Animals, the Monkees, Manfred Mann, Andy Williams, the unforgettable Righteous Brothers, and many others.

**Michael Agron**, a passionate music aficionado, grew up in Los Angeles, the heart of the recording and entertainment industry. While his early love for music inspired dreams of becoming a recording engineer, his career took a different path into entrepreneurship and high tech with companies like Apple and Oracle, including founding a webinar and digital marketing agency. Over the past fourteen semesters, Agron's deep passion for music and entertainment has led him to deliver distinct and engaging seminars

for Sacramento State University's Renaissance Society, as well as numerous lifelong learning organizations across the nation.

### **New! Future Proofing Your Healthspan and Longevity**

6 Wednesdays, April 2 to May 7

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Longevity comes down to one simple truth: our ability to weather the inevitable challenges life unexpectedly drops in our lap. Resilience is our ticket to extended healthspan. Western society is entering a phase of significant transformation that will change how we age. This course is a condensed version of Fulton's *Whealthspan* Masterclass which focuses on the five foundations for extending healthspan and looks at societal changes that will impact all of us. We will distill the latest and most relevant age-related science for a general audience and explain the strategies for optimal outcomes that fit a wide range of cultures and values.

**Scott Fulton** is recognized internationally as a "Redeemer" in the positive aging space. Accustomed to big systems engineering challenges, Fulton focuses his research on improving adult aging outcomes. He teaches Lifestyle Medicine and Aging, is an American College of Lifestyle Medicine member, sits on the prestigious True Health Initiative Council, and is past president of the National Aging in Place Council. His critically acclaimed book, *WHEALTHSPAN*, *More Years, More Moments, More Money*, hit #1 on Amazon, and he is known for creating the MEDAC system for optimal aging. Fulton is a multiple Ironman triathlete and lives in a demonstration home he recently designed and built for the future of optimal aging across a lifespan.

### **New! Russia Beyond Russians**

6 Thursdays, April 3 to May 8

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

This course focuses on recent events in Russia and the post-Soviet space, many of which stem from enduring ethnic tensions. The Russian Federation is home to 180 nationalities, many of which have long been in conflict. We will examine how the Russian state—under the Tsars, Soviets, and President Vladimir Putin—has sought to impose uniformity, often diminishing ethnic groups. Through a historical lens, we will explore the struggles of these groups, from peaceful movements like the Circassian movement to violent resistance like Chechnya. Contemporary Russian culture, including music, cinema, cuisine, and humor, will also be discussed to illuminate current events.

**Asya Pereltsvaig**, PhD, received a degree in English and History from the Hebrew University of Jerusalem and a PhD in Linguistics from McGill University. She taught at Yale and Stanford and has been teaching in lifelong education programs since 2010. Her expertise is in language and history, and the relationship between them. Her most recent book is *Languages of the World: An Introduction*, 4th edition.

### **New! Car Crazy: 1950s Onward**

6 Wednesdays, April 9 to May 14

7:00 p.m. to 8:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

In this course, we will explore key eras of automotive history, as a way of understanding the profound impact cars have on society and culture. We will discuss the role of influential designers, the creation of iconic vehicles like the Ford Mustang and Chevrolet Corvette, and the appeal of visionary concept cars like the Ford Nucleon – all of which highlight the creativity and innovation of each era. We will discuss how global car cultures, from America's muscle cars to Japan's futuristic designs, reflect the unique identities and values of their societies. These vehicles have become symbols of creativity, status, and technological progress. Whether it's Germany's precision-engineered sports cars or Italy's exquisitely crafted performance masterpieces, each region brings its own distinct flavor to the world of automotive design. Learn how the worldwide car scene showcases the diversity of human innovation and cultural expression, cementing automobiles as both a tool of progress and a reflection of societal evolution.

**Pandora Paúl**, former curator at America's Automotive Trust and LeMay America's Car Museum in Tacoma, Washington, enjoyed driving her father's red '59 Convertible Corvette, her mom's '70 Opel GT, and cruising in her own '77 Malibu Classic station wagon. Her career has included both work and play in museum education, training, and curation. Paúl was part of the team at the San Diego Automotive Museum who created award-winning exhibits. She has served on the Board of Directors of the National Association of Automobile Museums. She loves to showcase vehicles that have not been seen before. She believes that automobiles are snapshots of our culture, and she enjoys interpreting cars in unique ways that inspire conversation and create wonder and awe.



## New! Neurology in a Nutshell: The Brain Explained



6 Thursdays, April 10 to May 15

3:00 p.m. to 4:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

This course begins by unraveling the mysteries of the brain. We will explore how to navigate the complex and fragmented healthcare system and discuss strategies for advocating for personalized care. In addition to simplifying common neurological conditions—such as headaches, dizziness, stroke, Parkinson’s disease, and memory loss—we will examine testing and imaging of the nervous system. The course will also focus on illness prevention through healthy lifestyles and provide an intimate discussion of end-of-life issues.

**Dr. Paul Schanfield**, a retired neurologist from Minnesota, practiced privately for 40 years before retiring in 2015. He continues to teach medical students and residents as a Clinical Professor of Neurology at the University of Minnesota. In 2017, he was recognized as the first-ever Community Educator of the Month by the University of Neurology. A perennial Minneapolis/St. Paul “Top Doctor” since 1992, Dr. Schanfield has received numerous teaching awards, including the 2018 Community Teacher of the Year from United Family Medicine Residents.

## New! Virtuosos in Classical Music



6 Wednesdays, April 16 to May 21

5:00 p.m. to 6:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Using anecdotes, stories, humor, and audiovisuals, we will explore the legacy and artistry of influential performers whose technical brilliance, richness of tone, and showmanship have shaped music history. We will contrast performers who strike a balance between showmanship, intensity, passion, and bold elegance. We will examine talents whose impressive ability, charisma, and distinctive sound have captivated audiences in the last 150 years like Arthur Rubinstein, Jascha Heifetz, Vladimir Horowitz, Yuja Wang, Itzhak Perlman, Anne-Sophie Mutter, and Lang Lang. We will also explore emerging talents such as Alma Deutscher.

**Emanuel Abramovits**, MBA, is a mechanical engineer and has also been a concert promoter for over two decades. He is directly involved in events by international artists like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G., and many more. Abramovits has designed and staged many original orchestral events, including an Event of the Year winner and several world premieres. He served as the cultural director at Union Israelita De Caracas from 2008 to 2019, releasing books and organizing film cycles, concerts, and art exhibits.



## Activity Levels

Activity level rankings are provided for courses as appropriate; please consider your needs and abilities when registering for a specific program.



### MODERATELY ACTIVE

These programs consist of some physical activity, such as equal parts walking and riding, sitting, or stopping.



### MODERATELY CHALLENGING

These programs require a good deal of physical fitness and more physical activity. These programs may require, for example, a lot of walking on uneven terrain and/or up and down hills for long periods of time.



### ACTIVE

These programs require a fair amount of physical fitness and may require you to be active for up to three hours at a time. Many programs in the active category may require up to a mile of walking before taking a break and will likely cause you to break a bit of a sweat.



### CHALLENGING

These programs are for those who are comfortable with more strenuous activities, such as hiking for several miles on uneven terrain.



### ON ZOOM

These programs are on Zoom and are indicated as such with this icon and a shaded background.

# CLEMSON UNIVERSITY

## 101 TOURS

### Explore the Universe

Monday, April 28

5:30 p.m. to 7:00 p.m.

Clemson University Planetarium, Clemson University Campus

**Tuition: \$25**

Visit the Clemson University Planetarium and see a presentation of phenomenal images taken from the James Webb Space Telescope. The Webb Telescope has been capturing incredibly sharp images of the universe for more than two years and those images show intricate structures within distant galaxies providing a level of detail never seen before. Spend an evening enjoying this presentation of amazing images of the night sky.

### Timeless Plants: Preserving for Generations

Thursday, May 15

9:30 a.m. to 11:30 a.m.

Departs from Cheezem Education Center

**Tuition: \$25 includes transportation**

Did you ever press a summer flower in a book? Like a special time capsule, Clemson University has more than 100,000 plant specimens that have been carefully preserved and stored for research, teaching, and outreach. This collection was first organized 100 years ago and is one of the largest in the state. This tour has limited spaces to view this fabulous collection.

### An Inside Look at Brooks Center for the Performing Arts

Thursday, June 19

4:30 p.m. to 5:30 p.m.

Brooks Center for the Performing Arts, Clemson University Campus

**Tuition: \$25**

Go behind the scenes on a guided tour of the Brooks Center for Performing Arts that will include a history of the Center and a look inside the facilities, as well as an overview of the Performing Arts majors and works of performing arts students. This tour lasts one hour and requires moderate standing and walking.

## MAKER'S TOUR SERIES

### New! There's a Beach Somewhere ...

Wednesday, April 16

Tour starts at 2:00 p.m.

Swamp Fox Distilling, Pendleton

**Tuition: \$40 includes tasting and appetizers**

Imagine yourself on a beach in the Caribbean Islands as you come for a tour and tasting at Swamp Fox Distilling in Pendleton, South Carolina. This family owned and operated rum distillery is the home of the handcrafted "Pure Corruption" rum line. Enjoy an afternoon of sipping!

### A Visit to Kentwool's Development, Testing and Manufacturing Center

Thursday, April 24

9:15 a.m. to 12:45 p.m.

Departs from Cheezem Education Center

**Tuition: \$25 includes transportation**

Kentwool was established in 1843 in Philadelphia and has been manufacturing high quality worsted merino wool yarns in the U.S. In 1954, it set up shop in Pickens County. This company has been navigating the ever-changing textile market for nearly 200 years and is known as a reliable partner to its customers. Kentwool's supply chain is 100% USA sourced and its products are "Always Made in America." Come visit a remarkable textile company.

### New! Visit and Tour of the Twin Creeks Lavender Farm

Thursday, June 12

9:30 a.m. to 1:30 p.m.

Departs from Cheezem Education Center

**Tuition: \$30 includes transportation**

Let's visit Twin Creeks Lavender Farm, a family-owned, 100-year-old farm nestled in the picturesque Williamston, South Carolina countryside. Once a cattle ranch, the farm now grows a variety of fragrant and culinary lavender, including Gros Bleu, Grosso, French Provence, Royal Velvet, Violet Intrigue, Super Blue, and Melissa—all organically cultivated without pesticides or herbicides. We'll explore beautiful lavender fields and leave time to shop choosing from home handcrafted, all-natural products made right on the farm. From essential oils to bath salts, you'll enjoy the timeless aroma and serenity of Twin Creeks.

# DAY and HALF-DAY TRIPS

## **Living Gallery: This Same Jesus at Bob Jones University**

Thursday, April 17

3:00 p.m. to 7:00 p.m.

Departs from Cheezem Education Center

**Tuition: \$50 includes admission and transportation**

Discover a boldly unique, dramatic presentation of sacred masterworks of art depicting Christ's ministry and passion. Have you ever seen a work of art that looked so real that the characters almost seem to breathe? In *Living Gallery*, the characters in the larger-than-life paintings, sculptures and stained glass are real. The unique *Living Gallery* program reveals the safe haven from the storms of life through a compelling drama, beautiful music, and life-sized masterworks of art filled with real people. The program includes sculptures, a Rembrandt etching, *Christ and the Samaritan Woman* by Francois de Troy, and stained glass by Louis Comfort Tiffany.

## **New! Power in Motion: Exploring the Bad Creek**

### **Hydroelectric Station**

Wednesday, April 30

7:30 a.m. to 1:00 p.m.

Departs from Cheezem Education Center

**Tuition: \$45 includes transportation**

Experience the power and engineering marvel of the Bad Creek Hydroelectric Station on this fascinating tour. Set against the backdrop of gently sloping mountains and serene sapphire-blue waters, discover how Duke Energy carved through tons of granite to create this modern-day wonder. Learn how the station generates electricity by harnessing the force of water, with water rushing through tunnels to spin turbines that power the grid. Explore the intricate systems that allow the station to store and generate energy efficiently and gain insight into the balance between renewable energy sources like solar and hydroelectric power.

## **New! Mastering Asian Flavors: A Hands-On Course in Restaurant-Quality Home Cooking**

Friday, June 13

10:00 a.m. to 3:00 p.m.

Departs from Cheezem Education Center

**Tuition: \$130 includes class and transportation**

In this hands-on course, CHI's (Truist Culinary & Hospitality Innovation Center) chef-instructor

will guide you step-by-step through home-cooking techniques that achieve restaurant-quality results. You'll explore a variety of dishes from different Asian cuisines, ensuring a diverse and flavorful experience. Learn to make delicious General Tso Chicken and Orange Beef, and roll your very own egg rolls, controlling every detail from salt and spice levels to the proteins and vegetables your family loves. Discover the secrets to creating authentic Pad Thai, balancing sweet, sour, and savory flavors for a perfect dish. Additionally, you'll learn techniques for making quick and delicious stir fry, focusing on achieving the perfect texture and flavor.

# OUTDOOR ADVENTURES

## **Hikes in the Hills**

4 Mondays, April 14, 21, May 26, and June 2

**Rain date: Monday, June 9**

**Start and end times vary**

**Itinerary provided one week before starting date**

**Tuition: \$79**

Enjoy interpreter-led hiking in the Piedmont of Upstate South Carolina and the Southern Appalachians of North Carolina and Georgia as we explore the rich biodiversity and geology of the region. We'll see waterfalls and soak in the views from scenic vistas as we explore our changing landscapes. Participants should be able to walk four to five miles on uneven terrain.

**April 14** - Hike the out-and-back Peach Orchard Branch trail to see trillium and other spring wildflowers. (Easy 4-mile hike)

**April 21** - Hike to Virginia Hawkins Falls, out-and-back, in the Jocassee Gorges. Special features: wildflowers and 30-foot cascading falls (Moderately strenuous, 3 to 4-mile)

**May 26** - Hike the Winding Stairs Trail in the Sumter National Forest. Special feature: 75-foot Miuka Falls. (Easy 3.5-mile trail)

**June 2** - Hike a 3-mile loop in Panthertown Valley from the Saltrock Gap Trailhead. Experience the remoteness of this mountain valley as trails weave around streams and seepage areas passing by Granny Burrell Falls, Frolictown Falls and Wilderness Falls. (Moderate)

**Jean Askew** is an avid hiker and has been hiking with OLLI and other groups since moving back to the Upstate in 2008. She has an educational background in botany and forestry and completed the Upstate Master Naturalist program in 2016. **Delsey Brown** moved back to the Upstate in 2016 and started exploring the area she left in 1983. She has been hiking with OLLI since 2017 and enjoys hiking with a group where everyone learns from each other.

### Zip Lining in Keowee Toxaway

Friday, May 2

9:30 a.m. to 12:30 p.m.

Upstate Zipline, Sunset

Tuition: \$130

Zip lining is for the young and the young at heart! In between learning about zip line design and engineering, participants will ride zip lines reaching as high as 120 feet above the forest floor and spanning up to 2,000 feet in length. The day includes 10 zip lines, one suspended bridge, and three short nature walks. This allows participants to fully appreciate the mountains, the trees, the lake and all that this area has to offer. They will also hear some natural history along the way! Those who are 5 feet 6 inches tall or shorter can weigh no more than 250 pounds. Participants who are 5 feet 7 inches tall and taller must weigh no more than 275 pounds.

Owner **Robert Nickell** has been in the zip line industry for more than 15 years. During this zip line tour, he will share his experiences in building and running zip lines around the world.

### Bloom Time on Lake Jocassee

Thursday, May 8

Rain date: Monday, May 12

10:00 a.m. to 1:00 p.m.

Devils Fork State Park, Salem

Tuition: \$75

Come take a relaxing 3-hour pontoon boat excursion to explore the beauty of Lake Jocassee in May, when flowers surround the sparkling waterfalls and when birds and butterflies dip in and out of quiet coves. You'll see why the Jocassee Gorges is known as a global biological hotspot! Free park admission for all SC State Park Palmetto Pass holders; others pay \$8 per adult and \$5 per senior, ages 65 and up.

**Kay Wade** co-owns Jocassee Lake Tours with her husband, Brooks. She has worked as a professional

gardener and garden designer from the NC Mountains to the Florida coast and back to the mountains of South Carolina. She has written extensively on environmental and ecological challenges. She and her husband founded Jocassee Wild Outdoor Education to offer students of all ages access to a wide range of nature studies by accessing the perfect outdoor classroom - the Jocassee Gorges - by way of the blue avenue of beautiful Lake Jocassee.

## DISCUSSION GROUPS

### New! A Patchwork of Poems

10 Wednesdays, April 16 to June 18

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Tuition: \$59

Someone compared a poem to compost, saying that to build a heap of the stuff, one needs to pile up a hillock of organic and inorganic matter to get a spadeful of soil. My goal is ten spadefuls of 'soil' for the garden that grows in your skull—one for each hour-long class. Recent work by Kate Barnes, Emily Fragos, Stephen Dunn, and George Bilgere will be featured among a host of others. As is the case with all OLLI classes, there are no tests to take or papers to submit, but if you'd like the class to discuss one of your poems or one by another poet, don't hesitate to submit it. I'll do my best to work it into what I have planned. This is not a lecture-based course; instead, we will discuss the works on hand that you or I bring to the class, but no one is under any pressure to speak. "Patchwork" classes have always been fun and enlightening; this time around should be no different.

**Skip Eisiminger** is retired from the Clemson University English Department, where he taught History of the Language, Word Study, American Literature, interdisciplinary humanities, and creative writing for 42 years. He continues to publish in the *South Carolina Review*, *Weekly Hubris*, and *KYSO Flash*. He is the author of *Anecdotes and Antidotes* (Serving House Press, 2019).

## **Philosophy Plus: What America's Founders Learned from Antiquity**

10 Thursdays, April 17 to June 19

1:30 p.m. to 3:00 p.m.

Cheezem Education Center

**Tuition: \$69**

This discussion group, now in its 19th year, is Clemson OLLI's longest running offering. Participants spend the first portion of class watching a video lecture, which leads to the lively discussion that follows. Videos are available to registrants anytime; each discussion is freestanding. Owing to the wide interests within the group, digressions are frequent. This term's topic is, "What America's Founders Learned from Antiquity." The ancient Greek and Roman worlds deeply shaped the thinking of America's founders. In this course, you'll explore the ethos of classicism that permeated the founders' era and how the revolutionaries identified with the ancient Roman republic. You'll dig deeply into the classical thought of five of the iconic founders, and you'll learn how the Founding Fathers created a radically new political model based in the conception of equality.

Video lectures feature **Caroline Winterer**, the William Robertson Coe Professor History and American Studies at Stanford University. A discussion group member leads the conversation.

## **COURSES**

### **New! Healthy & Hearty Quick Breads: A Culinary Nutrition Workshop**

Tuesday, April 15

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

**Tuition: \$39**

Join us for a fun and flavorful exploration of quick bread recipes, focusing on healthy, fiber-rich ingredients. Learn how to enhance your home baking by applying simple, practical nutrition-based recipe modifications in class. Sample a variety of quick breads, snack foods, and breakfast treats, with a special emphasis on hearty grains. You'll also take home a complete recipe set for the day, along with a guide to modifying recipes for healthier, more nutritious results.

Shae Cole is a graduate nutrition science student at Clemson University and will present with **Dr. Marge Condrasky**, LRD, and Certified Culinary Educator, Emeritus Faculty Food Nutrition and Packaging Sciences Department.

### **Intermediate Tai Chi**

10 Tuesdays, April 15 to June 17

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

**Tuition: \$119**

Tai Chi (Taijiquan) is practiced widely around the world and is renowned as a system of training that enhances health, balance and well-being through a series of postures that are practiced slowly, with attention to alignment and relaxed movement. While many of the concepts go back to ancient times, the first complete forms are credited to the Chen Village in China (from the 1700s). This intermediate class offers deeper insights and training of the 24 movement Yang Tai Chi form and more detail on the meditative and martial aspects of the system. At the instructor's request, students must have taken at least three sessions of OLLI's Tai Chi courses before signing up for Intermediate Tai Chi. Any exception must have instructor's permission.

**Gary Carbone** spent 35 years studying Tai Chi (Taijiquan), Xingyiquan, Bagua Zhang, Yiquan, Shaolin Kung Fu and Isshin Ryu Karate and is a seventh-generation lineage holder from Master Chen Jun Hao of Taiyuan, Shanxi Province, China. He loves sharing these arts with others.

### **Tai Chi**

10 Tuesdays, April 15 to June 17

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

**Tuition: \$119**

Tai Chi (Taijiquan) is practiced widely around the world and is renowned as a system of training that enhances health, balance and well-being through a series of postures that are practiced slowly, with attention to alignment and relaxed movement. While many of the concepts go back to ancient times, the first complete forms are credited to the Chen Village in China (from the 1700s). The Tai Chi form known as "Tai Chi 24" will be taught form by form. The instructor will explain basic yet very important principles e.g., rooting, sung (relaxation), and six directions.

Gary Carbone spent 35 years studying Tai Chi (Taijiquan), Xingyiquan, Bagua Zhang, Yiquan, Shaolin Kung Fu and Isshin Ryu Karate and is a seventh-generation lineage holder from Master Chen Jun Hao of Taiyuan, Shanxi Province, China. He loves sharing these arts with others.

### **New! Navigating the Digital World Together**

4 Wednesdays, April 16 to May 7

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$49

In this course, you'll explore four essential topics to enhance your tech skills.

- Useful Apps You'll Love: Discover top apps for managing daily tasks, staying connected, and enhancing your life—easy to use and perfect for seniors.
- Artificial Intelligence and ChatGPT: Learn how AI can simplify tasks and how to use ChatGPT for fun, learning, or problem-solving.
- Security and Privacy Online: Understand key steps to protect your personal information and stay safe while browsing, shopping, or socializing online.
- Digital Photography: Master your Apple iPhone to take beautiful photos, organize your pictures, and share them with family and friends.

With 34 years of experience in the technology field, **Loraine Smith** has built a strong foundation in understanding the ever-evolving digital world. For the past 14 years, Loraine has owned and operated a company dedicated to meeting the unique tech needs of adults. Passionate about helping retirees embrace technology, Loraine offers both group classes and private instruction designed to make digital tools accessible and easy to navigate. Whether it's mastering your Apple smartphone, online safety, or staying connected with family, she is committed to providing personalized, patient, and approachable guidance to adults, ensuring they feel confident and empowered in the digital age.

### **New! Ranking the U.S. 2025! "Top Ten" Lists!**

Wednesday, April 16

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$19

Where does the U.S. compare in meeting the challenges that exist in 2025? We will examine some 20 topics including: taxes, economy, environment, education, energy, healthcare, climate change, immigration, safety, prosperity, music, personal happiness, et al. The "Top 10" format provides a quick "snapshot" of the U.S. rank relative to other nations. Our sources are international surveys by highly credible and impartial world-wide organizations. This is the 4th annual edition for the program and includes three discussion breaks. A complete pdf copy will be supplied in advance.

**Doug Stowell** is a consumer and political polling veteran in both United States and European Union markets. His career includes Market Research Director for the Xerox Corp., U.S. Clients Director for the United Kingdom polling firm NOP, Ltd in London and Senior Polling Executive for Wirthlin Worldwide in Washington, D.C. He launched Market Resource Associates in 2008 and conducts opinion research on global issues today. He is a member of the Furman University OLLI and conducts Zoom programs for more than 80 organizations worldwide.

### **An Introduction to Astrophotography**

3 Wednesdays, April 16 to 30 - a photography session and follow-up photo viewing session will be scheduled during class.

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$39

The ability to photograph what is in the night sky reveals wondrous objects the human eye cannot see. This course offers an introduction to the basics of depending on the type and quality of images being astrophotography. Previously the cost of the hobby ranged from no added expense using basic DSLRs and tripods to thousands of dollars for equipment, sought. The evolution of smart telescopes now allows much simpler and much more affordable options. This course will cover the basics of nighttime imaging during the first three classes.

There will then be a session under the stars, using both a traditional telescope rig and a smart telescope, with a demonstration of how the images taken are brought to life in session five. There will be, by necessity, some uncertainty of when the night under the stars will be held, since we will need a night that is clear of cloud cover. At minimum, a basic understanding of digital photographic principles is helpful but not required. There will be a break in the class schedule which will give you time to purchase gear if you wish, but this will not be required.

**Bill Griffith** has been learning the art of astrophotography since early 2021. During this time, his experience has continued to evolve from simple Milky Way photography to more challenging deep space photography using a variety of hardware and software.

### **New! Five Element Qigong**

10 Wednesdays, April 16 to June 18

2:00 p.m. to 3:30 p.m.

Cheezem Education Center

Tuition: \$119

Traditional Chinese Medicine (TCM) incorporates five elements—Metal, Water, Wood, Fire, and Earth—into its approach to health and wellness. When combined with specific movement and breathing techniques, this practice becomes Qigong. The movements in Qigong target various body systems and promote overall health, acting as a holistic tonic for the body. The practice ranges from stationary movements to more dynamic stepping patterns, allowing you to engage in slow, meditative practices for balance or more vigorous movements for an anaerobic workout.

**Gary Carbone** spent 35 years studying Tai Chi (Taijiquan), Xingyiquan, Bagua Zhang, Yiquan, Shaolin Kung Fu and Isshin Ryu Karate and is a seventh-generation lineage holder from Master Chen Jun Hao of Taiyuan, Shanxi Province, China. He loves sharing these arts with others.

### **New! How the Mexican War Transformed America**

Thursday, April 17

6:30 p.m. to 7:45 p.m.

Cheezem Education Center

Tuition: \$19

Note: O'Donnell will be presenting via Zoom as part of the Smithsonian Associates program.

Few today are aware of the war between the United States and Mexico (1846–48), except that it led to the acquisition of a vast tract of land that became California, Arizona, New Mexico, and parts of several other states. But this forgotten conflict transformed the nation by triggering a major national political crisis over the issue of slavery that pushed it closer to civil war. It also led to the Gold Rush of 1849, an event that had a major impact on the national economy as well as American political culture. Historian **Edward T. O'Donnell** explores these consequences, as well as the details of the war itself.



“

**OLLI classes keep my mind in gear. Gives old heads something to think about.**

”

## **New! Beyond Diet and Exercise: Unlocking the Science Behind Injectable Weight Loss Drugs**

Tuesday, April 22

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

**Tuition: \$19**

If you've been struggling with weight loss, but skeptical about the new medical treatments that seem to be changing the game, this presentation is for you!

During this session, we will discuss the new class of injectable medications, including GLP-1s, GIPs, and SGLT2 inhibitors, (otherwise known as Ozempic and Mounjaro) that can help with weight loss and improve overall health. We'll break down how these medications work, their benefits, potential side effects, and what you should know if you're considering them.

**Tara Wright** is a seasoned nurse with extensive experience in the field, she has built a solid foundation in clinical practice while expanding her leadership and evidence-based decision-making skills during her time at Clemson University. She holds a doctorate in Nursing Practice (DNP) from Clemson University. Tara is driven by a deep commitment to functional health and holistic prevention. She is dedicated to advancing patient advocacy through healthcare policy and, as an Advanced Care Provider, Tara plans to continue her work with national organizations to implement meaningful change and foster trust and understanding between providers and the communities they serve.

## **New! Beneficial Insects in the Garden**

Tuesday, April 22

3:00 p.m. to 4:30 p.m.

Cheezem Education Center

**Tuition: \$19**

We are most often concerned with undesirable insects in the garden; however, there are many insects that perform beneficial services for the garden. Come explore how to interact with and identify beneficial insects that are important to us and have functions in the garden with Urban Horticulture Extension agent LayLa Burgess. You never know, your whole world view of insects may change.

Extension Agent, **LayLa Burgess**, provides research-based information regarding landscaping, gardening, plant health, household pests, food safety and preservation, nutrition, physical activity and health.

She is also the current Master Gardener Coordinator for Anderson, Oconee and Pickens counties.

## **New! Introduction to Islam**

10 Tuesdays, April 22 to June 24

3:00 p.m. to 4:00 p.m.

Zoom Virtual Classroom

**Tuition: \$59**

If you've ever had questions about Islam, this course is for you! The influence of Islam in the world we live in cannot be ignored. It brings inspiration and meaning to over one billion people worldwide. At the same time, misunderstandings about Islam abound. In Introduction to Islam, you will explore the full sweep of the religion of Islam. Your instructor, Hammad Ahmad, a theologian and an Imam, will answer your critiques and most essential questions about the second-largest and fastest-growing religion in the world. You will begin with the basic tenets of Islam, followed by its sources (Quran, Sunnah, and Hadith), the life of Muhammad, and a brief history of Islam. Next, you will analyze the main Islamic sects and their origin, the concept of Jihad in Islam, and the history of the Israel-Palestine conflict. You will be able to learn about the Islamic understanding of Jesus, Mary, and the People of the Book. Finally, you will discuss Islam in the current world. Ideal for beginners, this course answers questions of particular concern to Christians who care about the West's relation with Islam. Listening to and discussing the topics will broaden your capacity for inter-religious dialogue and understanding of Abrahamic religions. In the end, you will emerge with a deeper understanding of Islam's history, teachings, and practice. This is an essential course for thoughtful citizens.

**Hammad Ahmad** was born in Sierra Leone and raised in Toronto, Canada. He has been serving as a theologian and Imam of the Ahmadiyya Muslim Community since 2011 and has been stationed in various cities of Canada, as well as in Pakistan, and in a remote rural village in Uganda. He has been serving in various cities of the United States of America since 2013, and is currently serving as Imam of Baitul Ata Mosque in Norcross, Georgia since 2019.





## **New! George Washington and the Origins of**

### **Executive Power**

Tuesday, April 22

7:00 p.m. to 8:15 p.m.

Cheezem Education Center

Tuition: \$19

**Note: Brunzman will be presenting via Zoom as part of the Smithsonian Associates program.**

George Washington not only played a vital role in framing the Constitution as the president of the Philadelphia Convention, he also put the document into practice as America's first leader.

**Denver Brunzman**, a professor of history at George Washington University, explores the origins of executive power through the writings and actions of the United States' first president. Brunzman delves into how the father of the country managed to balance establishing a strong executive office while still assiduously obeying the legal limits of power.

## **New! That's Italian!**

4 Mondays, April 28 to May 19

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$49

The story of Italian Americans in the United States is one of remarkable resilience, determination, and achievement. From their early days as immigrants searching for a better life to their present-day successes, Italian traditions and customs have become an integral part of the American fabric. By listening to the folk songs that accompanied that monumental migration in the 1800's and 1900's, we will learn what was important to them: desire to succeed, missing their roots, reconstructing their own "Little Italy" by leaning on the traditions that cemented the ties that bind them together, such as revering their saints, keeping their songs and music, their food and wines, and their family values.

**Marina Viotto Joyce** is a native Italian who moved to the United States 50 years ago. She returns to Italy to visit family and friends once a year giving her an opportunity to keep an eye on the constantly changing society. She enjoys sharing her passion and appreciation of Italy with others.

## **New! The Problematic Nature of Christian Nationalism**

4 Mondays, April 28 to May 19

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$49

The recent rise of Christian nationalism in the U.S. challenges all Americans to examine critically our history and convictions. In this course, we will look at the ways Christian nationalism is currently manifested in the U.S. and explore its historical and theological roots. Central to our analysis will be a focus on how Christian nationalism contradicts basic tenets of both American democracy and the Christian faith. The course will combine instructor presentations with participant discussion. The following resources provide good background for the subject: Steven K. Green's *Inventing a Christian America* (Oxford University Press, 2015), Julie J. Ingersoll's *Building God's Kingdom* (Oxford University Press, 2015), and *The Barmen Declaration* – <https://creedsandconfessions.org/barmen-declaration.html>.

The Reverend **John S. Nieman** is an Episcopal priest who served congregations in NJ, MI, ME, and SC (Holy Trinity, Clemson) during 38 years of ordained ministry. He enjoys exploring the intersection between faith and the public square. In his work as a pastor, preacher, and teacher, he has been committed to helping people reflect on the cultural and social implications of their faith. The rise of Christian nationalism in the U.S. is an important issue that he believes requires a critical response from faith leaders. **Bob Green** is Alumni Distinguished Professor of Education Emeritus, Clemson University. He holds degrees in history and education. He taught at Clemson for 37 years during which he published books, articles, and essays in U.S. History. One particular interest was the role of religion as it intersected with U.S. social, cultural, political, and Constitutional aspects of the nation's experience. He served for several years on the Board of the Upstate South Carolina chapter of Americans United for the Separation of Church and State.

## **New! Herbal Solutions for Mind, Body, and Focus: A Three-Part Wellness Journey**

Join us for a transformative three-session course where you'll discover the healing power of herbs for a balanced, healthier life. Each session includes samples of various herbal preparations and recipes so you can begin to build your own medicine chest!

### **Herbs for Stress and Anxiety**

Monday, April 28

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Discover the healing power of herbs as you learn practical strategies for promotion, relaxation, and supporting the nervous system. Students will make and take home an herbal tea blend.

### **Herbs for Digestion and Gut Health**

Monday, May 19

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Explore various herbs that can aid your digestion and promote optimal gut health. Learn natural solutions to combat common ailments such as heart burn, bloating, and cramping. Students will make and take home their own bitters formula.

### **Herbs for Focus and Memory**

Monday, June 16

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Discover how herbs can help you focus, enhance memory and improve cognition. Whether you're a student, professional, or simply seeking sharper mental clarity, this class offers valuable insights to boost your brainpower naturally. Students will make and take home their own brain boosting bliss balls.

#### **Tuition:**

- One session - \$30
- Two sessions - \$55
- Three sessions - \$80

**Brooke Parrow** is a Clinical Herbalist and Integrative Nutritionist with a passion for helping others achieve vibrant health and wellness. With years of experience in the wellness industry, she guides clients on a transformative journey toward holistic healing, incorporating herbs, nutrition, movement, and mindfulness. Brooke is dedicated to empowering individuals to take charge of their health by addressing the root causes of imbalances, rather than merely masking symptoms. Through her workshops and classes, she shares her deep knowledge of herbal medicine and natural health, providing practical tools and remedies to support both body and mind.

### **New! Unlocking South Carolina's History: Explore the Rich Resources of the Historical Society**

Monday, April 28

2:00 p.m. to 3:30 p.m.

Cheezem Education Center

**Tuition: \$19**

More than a museum, library, or archives, the South Carolina Historical Society is a treasury of knowledge to be discovered. As the state's oldest historical society and its largest private manuscript repository, the museum serves as an invaluable and unique asset to historians and genealogists who seek information concerning the history of our state, and the role of their families in that history. Join us to discover how you can utilize their online and in-person resources!

**Molly I. Silliman**, Senior Archivist at The South Carolina Historical Society will lead this program.

### **Yoga**

8 Tuesdays, April 29 to June 17

9:30 a.m. to 10:30 a.m.

Cheezem Education Center

**Tuition: \$89**

This course has progressed over the years but continues to incorporate yoga poses, exploratory "yoga-ish" strengthening exercises and functional movement work to increase your confidence and ability in moving through everyday activities. Currently we are exploring how to increase mobility in the hips and improve balance through using chairs as a prop. The sequencing can challenge active students and adapt for those who need to stay seated. Methods to be better in tune with your body, such as brief meditation and breathwork, are also included. Bring a yoga mat (or let OLLI know you need to borrow one) and a water bottle; wear comfortable flexible clothing.

**Renee Gahan** has been teaching yoga and meditation at Clemson University since 2011 and has taught in the broader community since 2002. Through her decades of teaching, study, and practice, she has developed a self-care toolbox for people of any age and background to feel better in their bodies, their relationships, and their lives.

## **Tapas: A Spanish Small Plates Cooking Class**

Session A: Tuesday, April 29

Session B: Tuesday, May 13

11:00 a.m. to 2:00 p.m.

Cheezem Education Center

Tuition: \$49

Join us to learn how to create a variety of delicious Spanish small plates perfect for any occasion! We'll explore traditional and modern tapas recipes, from savory patatas bravas, to flavorful meat dishes and vibrant vegetable creations. Susan Hansen will guide you through the techniques and ingredients needed to master these bite-sized delights, giving you the skills to bring the taste of Spain to your own kitchen. Perfect for beginners and seasoned cooks alike, this course promises a fun and flavorful culinary experience! **Please note that this is a repeat of the Winter 2025 course.**

**Susan Hansen** has spent over 30 years creating and cooking all sorts of culinary delights in her kitchen, at Clemson OLLI and in various public eateries. She enjoys teaching others and bringing out each participant's "inner chef!"

## **New! Thomas Paine: Revolutions of a Founding Father**

Wednesday, April 30

6:30 p.m. to 8:00 p.m.

Cheezem Education Center

Tuition: \$19

**Note: Bell will be presenting via Zoom as part of the Smithsonian Associates program.**

When Thomas Paine died in June 1809, only a dozen people came to his funeral. The burial service was held in Westchester County near the 250-acre farm gifted to Paine by the people of the state of New York in gratitude for his role in stirring the American Revolution. The site of Paine's funeral wasn't hard to find or difficult to reach, yet not a single political leader attended. **Richard Bell**, a professor of history at the University of Maryland, examines Paine's meteoric rise to celebrity status during the American Revolution and his equally dramatic fall from grace in the decades afterward. Bell illuminates Paine's humble origins and his extraordinary gift for political argument. He explains why Paine's *Common Sense* (1776) sold so many copies and why that 46-page pamphlet is credited with catalyzing a mass movement driven by

the cause of independence. Bell also explores the surprisingly bitter backlash Paine experienced when he published the 1791 manifesto *The Declaration of the Rights of Man and of the Citizen* in support of the social and political extremism of the French Revolution and *The Age of Reason*, his 1794 defense of deism, reason, and free thought. Once lionized as our most relatable and revolutionary founding father, according to Bell, Paine died a pariah: too radical and uncompromising for the cautious new country he had helped call into being.

## **Meditation**

7 Thursdays, May 1 to June 19

(No session on May 15)

9:30 a.m. to 10:30 a.m.

Cheezem Education Center

Tuition: \$79

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. At this time, our minds are often scattered and confused. Come join us in person at the Cheezem Education Center to practice meditation for an hour.

**Renee Gahan** has been teaching yoga and meditation at Clemson University since 2011 and has taught in the broader community since 2002. Through her decades of teaching, study, and practice, she has developed a self-care toolbox for people of any age and background to feel better in their bodies, their relationships, and their lives.

## **New! Growing Mushrooms in Your Garden as Plant Companions**

Thursday, May 1

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$19

Explore the fascinating symbiotic relationship between King Stropharia mushrooms and your garden! Discover how these delicious mushrooms can enrich your soil and enhance your plant growth. Join us for a hands-on demonstration on planting King Stropharia in your garden and grab your own mushroom spawn to kickstart your mushroom growing adventure!

**Olga Katic** grew up mushroom hunting in Bosnia and Hercegovina, learning to cook her finds on a wood stove with her family. Today, she owns Mushroom Mountain, producing edible and medicinal mushroom spawn, extracts, and honey under the Mycomatrix brand. Mushroom Mountain also offers a Wild Mushroom Food Safety Certification Program, recognized by health departments in seven states and endorsed by the FDA.

### **New! Our Frenemy: The Corporation**

2 Thursdays, May 1 and 8

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$29

In this course, you'll explore the complex and evolving relationship between corporations and governments, spanning from Roman times to the present day. You'll examine how corporations were originally established to collaborate with governments in various economic activities, while also often acting as both partners and adversaries. Key topics will include outsourcing and accountability, corporate "personhood," property rights, taxation, the challenges faced by national governments in regulating multinational corporations, and the significant influence corporations have on public policy and government legislation. Throughout the course, you'll gain insight into the historical and ongoing tensions that shape the interaction between corporations and governments worldwide.

**Holley Ulbrich** has taught in many areas in her almost 20 years teaching for OLLI at Clemson, but political economy is her most favorite. As an economist specializing in public sector economics and focused on the legal and cultural context in which public policy is made and administered, Holley has studied extensively the history and changing role of corporations as a major player in both the private and public sectors.

### **New! Gangster of Capitalism: The Smedley Butler Saga**

6 Mondays, May 5, 12, 19; June 2, 9, and 16

11:00 a.m. to 12:30 p.m.

Zoom Virtual Classroom

Tuition: \$69

Smedley Butler (USMC) was the most celebrated

warfighter of his time. Wherever the U.S. flag went, he went in nearly every overseas conflict from 1898 through WWII. Butler blazed a path for an empire: annexing the Philippines and the land of the Panama Canal; leading troops in China; invading and occupying Cuba, Nicaragua, Haiti, and Mexico. In retirement, Butler turned against war and the bankers, declaring "I was a racketeer for capitalism." But the bankers had one more job for Butler: overthrow the new administration of Franklin Roosevelt in 1933. Join us in this journey of American history through the scholarship of Jonathan Katz and Jules Archer.

**John Powers**, who earned a master's degree in fine arts, is a writer and director with experience in theater and film. Drawing on recent United States history as source material for several productions, he has also developed this material into provocative classroom engagements, such as "Nixon and the Pentagon Papers," "1968: The Year That Rocked," and "Pearl Harbor Reconsidered." He has been an Osher Lifelong Learning Institute (OLLI) instructor since 2013.

### **New! The Power of One in Steven Spielberg's *Saving Private Ryan***

Monday, May 5

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$19

In Steven Spielberg's Academy Award winning, *Schindler's List* (1993), a character quotes from scripture: "He who saves a life saves the world entire." In a scene-by-scene analysis utilizing PowerPoint and film clips, we will take a deep dive in exploring variations on this theme in Steven Spielberg's Academy Award winning *Saving Private Ryan* (1997). Through the eyes of the common soldier in the battlefield with special emphasis on dialogue and action that reveals the inner beliefs and moral choices of the main characters, we will discover how the world is or isn't saved. Registrants are expected to have watched *Saving Private Ryan* before the first class. Available rental, subscription and/or free streaming sources for it will be provided a week before the first week of class.

**Bernard Epps**, Butch as he likes to be called, received his undergraduate degree from Loyola Marymount University graduating cum laude as an award-winning film production major and received his masters degree from the University of California Los Angeles (UCLA) School of Film and Television graduate Producers

Program where he focused on story development and worked with screenwriters. At UCLA, he served as academic liaison to the Master in Fine Art Producers Program active film industry faculty including studio heads, development executives and others.

### **New! Ten Tax Strategies to Thrive in 2025**

Tuesday, May 6

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

**Tuition: \$19**

The only two certainties in life are death and taxes. For some people, death is the preferred option. For the rest of us, there are ways to take advantage of recent changes in tax legislation to keep more of what it has taken decades to obtain. Most people can find better uses for their money than sending it to DC every year, so this class will look at ten strategies to do just that. We'll discuss:

- Why the IRA is just an IOU to the IRS. We'll learn advantaged ways to move money out of your IRA.
- Why delaying required minimum distributions on IRAs may not be the smartest move for you.
- How the order in which you take distributions from your various retirement accounts can increase the longevity of your money by as much as 12 years.
- What will happen to your tax rates if the Tax Cuts and Jobs Act of 2017 is allowed to expire on December 31st.
- Tax-advantaged alternatives for income from your non-qualified accounts.
- Ways to advantaged lifetime income through charitable giving.
- How to leave your family a blessed rather than a tax curse when your flight leaves.

**Neal Angel** serves as a financial planner and investment advisor with AngelRoyce Wealth Advisors in Greenville, SC. He has advised thousands of families as a speaker on current retirement issues.

### **New! The NASA Landolt Space Mission**

Tuesday, May 6

7:00 p.m. to 9:00 p.m.

Cheezem Education Center

**Tuition: \$19**

**Note: Plavchan and Parks will be presenting via**

### **Zoom as part of the Smithsonian Associates**

**program.** George Mason University will be the home of the recently approved NASA Landolt space mission that will put an artificial star into orbit around Earth. It will allow scientists to calibrate telescopes and more accurately measure the brightnesses of stars, whether nearby or exploding in far-off galaxies. By establishing highly accurate brightness measurements of photon rates, the mission will help advance humanity's understanding of several challenging questions in astrophysics, including the speed and acceleration of the expansion of the universe. The science associated with the mission and what astronomers hope to learn from it are explained by **Peter Plavchan**, the mission's principal investigator and associate professor of physics and astronomy at George Mason University. Following the talk and a question-and-answer period, **Rob Parks**, director of the George Mason Observatory, brings the skies to you with remote control of the university observatory, weather permitting.

### **New! Sound Wellness: Using Music and Sound to Retune and Balance Life**

3 Wednesdays, May 7, 14, and 21

9:00 a.m. to 10:30 a.m.

Cheezem Education Center

**Tuition: \$39**

In this transformative class, we'll explore how sound and music can be a tool to give our lives balance, calmness, and relieve stress. We will learn from ancient wisdom and modern practices of how frequencies, rhythms, and tones affect our mind, body, and spirit. Through guided listening, mindful practices, and sound techniques, students will reconnect with the world around them and cultivate practices that offer peace, a renewed self-awareness, and compassion. This course is for ALL - musicians, music lovers, or those simply curious about the power of sound!

**Christy Williamson** is a lifelong music lover. She has played guitar for more than 35 years and what she calls "therapeutic songwriting" for 30 years. Christy is the owner of InTune Rhythm where she's taught hundreds of people a mindful way to play guitar and ukulele over the last 15 years. Along with being a music and vocal coach, she has studied mindfulness since 2012. Combining that with a background in psychology and work in the social work field, Christy is now on a mission to help

people experience the holistic power of music. She's made her home in Pendleton for the last 20 years with her husband, two amazing children, and a house full of pets. Christy also teaches Simply Sound classes regularly at Green Heart Awakening Wellness Lab in Pendleton.

### **New! Bridging the Political Divide**

Wednesday, May 7

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Tuition: \$19

The divisiveness in our country is palpable. We all see it...feel it. Many of us have discussed politics among those with different views. Such attempts often lead to anger or, minimally, withdrawal or avoidance. Braver Angels is a national organization dedicated to bringing Americans together to bridge the partisan divide. It has a proven successful approach to engagement with those of other beliefs and opinions. This educational program will provide participants with knowledge, skills, and tools to have productive conversations across political divides.

**Eric Ireland**, Co-Chair of the Palmetto Alliance of Braver Angels (PABA) who has served in leadership positions in many non-profit and community organizations, and **Erin Oeth**, Co-Chair of PABA and professional in field of group facilitation with a focus on bridging divides, will lead the event. For Women Only - Tools to Ensure Successful

### **For Women Only – Tools to Ensure Successful Lifetime Retirement Income and Quality of Life**

Thursday, May 8

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$19

Women often face unique financial issues in retirement and benefit from specific knowledge that can positively impact their quality of life. Learn why women make more savvy investors than men, why traditional financial planning rules no longer apply in retirement and the alternative planning strategies that provide predictable income while ensuring additional income to preserve your quality of life into your nineties. We will also discuss divorce and why you should not “wash your ex's Social Security benefits right out of your hair,” as well as Social Security benefit rules for wives of deceased spouses.

**Neal Angel** serves as a financial planner and investment advisor with AngelRoyce Wealth Advisors in Greenville, SC. He has advised thousands of families as a speaker on current retirement issues.

### **New! Demystifying Cataracts**

Monday, May 12

5:00 p.m. to 6:30 p.m.

Cheezem Education Center

Tuition: \$19

What is a cataract? How do you treat cataracts? How do you know when a cataract is ready for surgery? Come hear an expert discuss these areas of concern and more as we demystify cataracts with Dr. David Williams, a local ophthalmologist and Clemson graduate.

**Dr. David Williams** was born in Orangeburg, SC, and grew up in Lexington. He earned a B.S. in Biological Sciences from Clemson University and a M.D. from the Medical University of South Carolina through the U.S. Navy Health Profession Scholarship Program. After finishing a family medicine internship at the Naval Hospital Jacksonville, FL, he graduated from the Naval Aerospace Medical Institute and went on to serve as a U.S. Naval Flight surgeon for F-18 Fighter Attack Squadron VMFA(AW)-533, stationed at the Marine Corps Air Station Beaufort, SC. Following his Naval service, Dr. Williams completed his ophthalmology training at the University of South Carolina PRISMA Health in Columbia. He and his wife, Mollie, and their two children are excited to be back in Greenville where Mollie grew up.

### **New! Mindful Walking**

Tuesday, May 13

2:00 p.m. to 3:30 p.m.

Cheezem Education Center

Tuition: \$19

Learn to use walking, something you do every day, as a way to relax. We'll practice three mindful walking techniques (hopefully two outside, weather permitting) and learn how our bodies and our connection to the Earth can be used as a way to relieve stress.

**Eunice Lehmacher**, LISW-CP, has worked as a medical social worker and psychotherapist in Oconee County for more than 20 years. She specializes in geriatrics, dementia, depression and anxiety and has taught many classes on various mental health topics.

Eunice enjoys leading interactive classes and support groups on a variety of mental health topics which help adults to make choices that can lead to a healthier life.

**New! Easter Island**

Wednesday, May 14

6:45 p.m. to 8:15 p.m.

Cheezem Education Center

Tuition: \$19

**Note: Jacobs will be presenting via Zoom as part of the Smithsonian Associates program.**

The instantly recognizable moai statues of remote Easter Island pay silent tribute to the extraordinary seafaring skills of Polynesian migrants and their inventive stewardship of an ecologically fragile island. The rediscovery of Easter Island by Western explorers in the modern era has given rise to spirited debates about how its original settlers reached such a distant location, how they were able to carve such large, mysterious statues, and how the statues were transported. Historian Justin M. Jacobs draws on the latest scholarship and theories to explain how these giant statues came to dominate the most remote inhabited island in the world.

Justin M. Jacobs is a professor of history at American University.

**New! Umiaks, Triremes, Gondolas and Royal Barges: A History of Paddled Watercraft**

Thursday, May 22

9:00 a.m. to 10:30 a.m.

Cheezem Education Center

Tuition: \$19

Since humanity began living near water, they found ways of getting on the water for exploration, transportation, food gathering, and war. Before sail or power, people resorted to paddled watercraft constructed from locally found materials. Almost every ancient culture developed paddled watercraft. A timeline will be provided showing different watercraft at different times by different cultures. Julius Caesar mentioned seeing Britons with boats; Herodotus mentioned seeing boats in Egypt. These craft have been with us for thousands of years.



**It's great and very important to my intellectual and social life!**



These boats were vital to discovery and the local economy. These different types of watercraft will be discussed: Indian war canoes, pirogues, royal barges, Greek trimarenes, Long Island fishing dorys, Inuit hunting kayaks, modern kayaks, racing crew boats, and standup paddle boards. Paintings and photographs will be included.

Glen Moulder has always been drawn to water, whether it's sailing, power boating, or paddling. His canoe and kayak experience spans over 30 years, with his first exposure to canoeing in high school. Glen has owned numerous kayaks and paddled in various states and countries. At one point, he was an active member of the Houston Kayak Fishing Club, participating in overnight trips once a month. More recently, he has owned and fished from a hybrid kayak specifically rigged for fishing. In addition to Glen's passion for water activities, he is also an amateur historian and has extensive experience in public speaking from his previous career.

**New! The Art of Flavor: Exploring Salts, Spices, Teas, and Herbs**

4 Fridays, May 30 to June 20

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$49

In this course, students will dive into the fascinating world of salts, spices, teas, sugars, spice blends, and herbs. We'll explore their rich histories, cultural significance, and health benefits. Students will learn how to enhance their culinary creations with these ingredients, understanding how different salts, spices, and herbs can transform flavor profiles. Hands-on activities will include tasting sessions, brewing teas, and preparing simple dishes to showcase the power of these ingredients. By the end of the course, students will gain practical knowledge and a deeper appreciation for the ingredients that elevate everyday meals.

Justin Smith and Valerie Bartett have run The Spice and Tea Exchange in Greenville since 2018. Prior to this, they spent four years at the company's distribution center. As lifelong food enthusiasts and flavor advocates, they have hands-on experience with spices, teas, and culinary techniques, making them well-suited to teach courses on flavor exploration and culinary arts.

## **Endurance: The Incredible Voyage of Ernest Shackleton**

Wednesday, June 11

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

**Tuition: \$19**

HMS Endurance sank in the Weddell Sea off the coast of Antarctica, leaving 28 men with three small lifeboats alone on the ice. From their tale, one will understand the following quote: “For scientific discovery give me Scott; for speed and efficiency of travel give me Amundsen; but when disaster strikes and all hope is gone, get down on your knees and pray for Shackleton.” One of the most incredible (true) stories of our time. In 2022, unbelievably, the ship was found and photographed on the bottom of the Weddell Sea off the coast of Antarctica.

**Myles Standish**, Ph.D. in astronomy from Yale, spent most of his career at Caltech’s Jet Propulsion Laboratory, providing accurate planetary positions to the spacecraft navigation team as well as to the world’s major almanac offices. He has spoken at professional meetings, astronomy departments, civic groups, and was a guest lecturer on the Queen Mary II. Asteroid “3420 Standish” was named in his honor.

## **New! Strong and Steady: Fall Prevention and Recovery**

Wednesday, June 11

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

**Tuition: \$19**

You may know that falls are a common experience for people as they age. What you may not know is that learning HOW to fall and having the knowledge to get back up independently is possible through proper instruction. This lecture and hands on experience will take you through statistics on why falls happen and who is predisposed to falling. In the second part of the class, we will get on the ground, learn to get back up, and learn to fall safely. With the guidance of three Physical Therapists, you will leave this course feeling more confident and have tools to work on becoming safer on your feet. If you don't feel comfortable actually moving with us, we encourage you to still attend and gain the knowledge.

**Elisa Turner** owns AMP Physical Therapy and Performance in Clemson, SC with her husband. She is passionate about helping people with their physical therapy and personal wellness needs.

**Matthew Turner** recently graduated from South College with his Doctorate of Physical Therapy. He is now a Licensed Physical Therapist at AMP Physical Therapy & Performance in Clemson.

Matthew's background in exercise physiology and strength and conditioning makes him an ideal PT with an emphasis on hands-on treatment and progressive exercise to keep his clients working towards their goals. **Jessica Francois** is a board-certified clinical specialist in geriatric physical therapy. She has been practicing in the upstate South Carolina area for the past five years and is passionate about teaching health and wellness topics for seasoned adults.

## **Beginner Stained Glass**

6 Weekdays, June 12, 13, 16, 17, 19, and 20

1:00 p.m. to 4:30 p.m.

Kathy Carroll’s Studio, Seneca

**Tuition: \$69**

The earliest forms of glassmaking occurred nearly 3,000 years ago, and colored window glass dates back 1,350 years; yet our fascination with the art form continues. In this class, discover the secrets of creating your own masterpiece from glass, learn stained glass terminology and study the history of the art. Through hands-on practice, participants will become familiar with modern tools, equipment and techniques while each student fabricates a unique 9x18 inch-stained glass panel. This class requires standing and a certain amount of arm strength.

Favorite OLLI instructor **Kathy Carroll** has crafted with glass for more than 40 years. She has taken workshops and attended conferences in various locations throughout the United States and has worked with cold glass, slumped and fused glass, and blown glass. She has taught stained glass classes, as well as created commissioned work.

## **Time, Calendars, and Clocks**

Monday, June 16

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

**Tuition: \$19**

The question, “What time is it?” has evolved from



perhaps the crudest of any measurements (dawn - noon - dusk) to possibly the most precise and accurate measurements in the history of mankind. There is great variety in how the different methods worked and why they were important, each replacing its predecessor as the accuracy kept improving. The descriptions will be non-technical and will be liberally illustrated.

**Myles Standish**, Ph.D. in astronomy from Yale, spent most of his career at Caltech's Jet Propulsion Laboratory, providing accurate planetary positions to the spacecraft navigation team as well as to the world's major almanac offices. He has spoken at professional meetings, astronomy departments, civic groups, and was a guest lecturer on the Queen Mary II. Asteroid "3420 Standish" was named in his honor.

### **Beginning Fly Fishing**

**2 Tuesdays and 2 Thursdays, June 17, 19, 24, and 26**

**10:00 a.m. to 12:00 p.m.**

**Cheezem Education Center**

**Tuition: \$49**

Learn from the experts! Instructors for "Beginning Fly Fishing" are members of the Chattooga River Chapter of Trout Unlimited. Classroom topics include equipment, techniques, fly-fishing knots, safety and conservation. When learning casting, participants will have one instructor for every two or three students. The fourth session culminates in a daylong fishing experience on a local trout stream. All equipment (except wading boots and waders) will be provided. Wading boots and waders are recommended but not required. Students can wade in running shoes and wool socks. This course is "moderately challenging" because participants will be standing and walking in running water, climbing over slick rocks, etc. A South Carolina fishing license is required prior to fishing day.

Experienced fly fisherman **Tom McInnis** and his cadre, all are members of Trout Unlimited, will conduct this course.

### **New! Nuclear Power Today**

**2 Thursdays, June 19 and 26**

**11:00 a.m. to 12:30 p.m.**

**Cheezem Education Center**

**Tuition: \$29**

The peaceful use of nuclear energy can be very beneficial to society. If implemented properly, the use of it to generate electricity can be both economical and environmentally responsible. The technology is robust and reliable, but it can be unforgiving. Use of nuclear power requires constant vigilance through its' entire lifecycle. This program will explore basic topics such as nuclear fission, power plant design, nuclear operations, facility security, disposal, and emergency response.

In 2019, **Anthony Gody** retired from the United States Nuclear Regulatory Commission with 42 years of nuclear experience. Anthony began his nuclear career in the United States Navy as a Reactor Operator and, after receiving his Commission as a Naval Officer, was qualified to operate and maintain a Naval Nuclear Power Plant. His career took him to the United States Nuclear Regulatory Commission where he served in progressively more responsible roles which culminated in being a Deputy Director for nuclear power plant construction oversight, then Director of the United States Nuclear Fuel Facility oversight program, and finally Director of the Division of Reactor Safety oversight program for the southeast.

## *Code of Conduct*

**FOR MEMBERS AND INSTRUCTORS OF OLLI  
AT CLEMSON UNIVERSITY**

OLLI at CU is a community of intellectually active mature adults. Membership entails mutual respect among members and instructors as they pursue knowledge and explore individual interests. Failure to treat ideas, viewpoints, the classroom environment and interests of other members of the community with respect and civility compromises the intellectual climate at OLLI, and cannot be tolerated. The OLLI administration and volunteer leadership are responsible for ensuring that the Code of Conduct is being followed in all OLLI-sponsored programs.

This OLLI at CU Code of Conduct is congruent with that for students at Clemson University ([www.clemson.edu/administration/student-affairs/student-handbook/code-of-conduct](http://www.clemson.edu/administration/student-affairs/student-handbook/code-of-conduct)) in promoting behavior that enables enlightened discourse among individuals.

# SIGS SPECIAL INTEREST GROUP MEETINGS

## **ACOUSTIC CIRCLE**

Every Monday, 10:00 a.m. at the Cheezem Education Center

Facilitator: Chris Sally  
([chrissally999@yahoo.com](mailto:chrissally999@yahoo.com))

Join this fun, friendly group for guitarists to play and socialize together. All skill levels are welcome - just bring your own guitar and a desire to collaborate! The focus of the group will be on acoustic blues, folk, and singer/songwriter. We can't wait to make music together.

## **ART GROUP**

Every Monday, 1:00 p.m.  
at the Cheezem Education Center  
Facilitator: Diana Carnes ([dianacmail@aol.com](mailto:dianacmail@aol.com))

This "open studio" is a place and time for everyone - aspiring to confirmed artists to meet once a week to play with new approaches to their craft. We share techniques, engage in a variety of media challenges and possibly bring in experts in unusual specialties. We EXPLORE art in many varieties!

## **BACKGAMMON GROUP**

Every Wednesday, 10:00 a.m.  
at the Cheezem Education Center  
Facilitator: Glen Moulder  
([gmoulder41@gmail.com](mailto:gmoulder41@gmail.com))

Explore strategies, enhance your skills, and connect with fellow enthusiasts! Whether you're a beginner or a seasoned player, we meet weekly for friendly games, discussions, and tournaments. Discover the joy of backgammon in a welcoming community!

## **BOOK CLUB**

1st Friday Each Month, 10:00 a.m.  
at the Cheezem Education Center  
Facilitator: Maureen Williamson  
([williamsonmj@att.net](mailto:williamsonmj@att.net))

Our books are selected by group vote and selections include fiction and nonfiction, contemporary and classic. Discussion is informal and participation is encouraged. See the SIG page on the OLLI website for upcoming book selections.

## **BRIDGE GROUP**

Every Monday and Thursday, 10:00 a.m.  
at the Cheezem Education Center  
Facilitator: Peg Mahan ([pmah2209@bellsouth.net](mailto:pmah2209@bellsouth.net))  
Join in on this popular card game in a relaxed, friendly environment.

## **BUNCO**

Last Wednesday Each Month, 1:00 p.m.  
at Everlan (Patrick Square)  
Facilitator: Carol Helander ([antiqueguy@gmail.com](mailto:antiqueguy@gmail.com))  
This entertaining dice game is easy to learn, anyone can play! Light refreshments will be provided; \$5 cash per person to play. RSVPs appreciated.

## **EUCHRE**

Every Monday, Wednesday, Thursday, and Friday, 1:00 p.m. at the Cheezem Education Center  
Facilitator: C.E. Addis ([cedaddis@aol.com](mailto:cedaddis@aol.com))  
Whether you're a seasoned player or a beginner, this group offers a welcoming space to learn strategies, share tips, and engage in friendly Euchre competition.

## **GARDENING GROUP**

1st Wednesday Each Month, 3:00 p.m.  
at the Cheezem Education Center  
Facilitator: Susan Creamer ([smcreamer@gmail.com](mailto:smcreamer@gmail.com))  
Share ideas, learn from others about gardening techniques, soil, plants, design and more - broaden your knowledge and find support from other gardeners who have similar challenges with their Upstate landscape. The group also enjoys speakers on various gardening topics and occasional field trips.



## **MAH JONGG - INTERMEDIATE TO ADVANCED**

**Every Tuesday, 12:30 p.m.**

**at the Cheezem Education Center**

**Facilitator: Janice Dieter (dieterjw@yahoo.com)**

The Mah Jongg Special Interest Group (Intermediate to Advanced) (SIG) exclusively plays American Mah Jongg. To participate, you must already know how to play American Mah Jongg well without instruction.

The group uses only the Official National Mah Jongg League Playing Card from the National Mah Jongg League, Inc (based in New York, NY), which you will need to participate. Other card formats are not accepted. Students who have completed OLLI's Beginning Mah Jongg course can participate to improve their skills and play with the group. Interested OLLI members should reach out to the facilitator prior to attending.

## **NEEDLES AND THREADS**

**Every Wednesday, 1:30 p.m.**

**at the Cheezem Education Center**

**Facilitator: Nan Jones (jones4927@bellsouth.net)**

Join this support group for "thread-heads" to work on your favorite projects in a collaborative atmosphere.

## **PICKLEBALL**

**Every Friday at Nettles Park (Clemson)**

**Facilitators: Lauris and Mary Jane Ames**

**(mames10579@aol.com, laurisames@aol.com)**

**Time varies: reach out to the facilitators to confirm**

Join the many who are enjoying this fast-growing fitness activity! We play on specially lined tennis courts at Nettles Park. This group is open to all OLLI Members and is appropriate for players of all levels! Instruction and loaner equipment will be available to newcomers. Group does not meet in the rain.

## **TRIVIA**

**4th Friday Each Month, 10:00 a.m.**

**at the Cheezem Education Center**

**Facilitator: Skip Eisiminger (esterli2@bellsouth.net)**

This trivia is not a Jeopardy clone; it involves no buzzers, no clocks, and no pressure to perform or speak in public. The winners of the two sets of questions receive the prize pot. All money collected from the night is split between the two winners! \$2.00 per person- cash at the door only.

## **WATERCOLOR GROUP**

**Every Thursday, 1:00 p.m.**

**at the Cheezem Education Center**

**Facilitator: Trish Davis (trishkaydavis@gmail.com)**

This group's goal is to paint watercolor paintings using a variety of papers and techniques, to share ideas and prompts and to have fun painting together.

## **WRITERS' GROUP**

**Group 1:** 1st and 3rd Friday Each Month, 10:00 a.m. at the Cheezem Education Center. Group is currently at capacity.

**Facilitator: Paula Appling (upst8hiker@gmail.com)**

**Group 2:** 2nd and 4th Thursday Each Month, 1:00 p.m. at the Cheezem Education Center. Contact the facilitator before attending.

**Facilitator: Elaine Faithful (belainefaitful@gmail.com)**

“

**Members really respect each other's opinions & interactions. Always take away something that surprises me!**

”





**OSHER LIFELONG  
LEARNING INSTITUTE**



Office of the  
**PROVOST**

A gift of any amount to OLLI at Clemson University will help us to provide a unique array of activities and educational opportunities for our members. Your support plays a pivotal role in promoting lifelong learning, helping us provide nearly 350 different programs to our community. We rely on donors to keep our annual membership fee low and to provide a quality curriculum to our students -your support keeps these programs running.

Take the opportunity to make a gift today and help us foster a culture of lifelong learning!

Help elevate OLLI at  
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UNIVERSITY

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**Dr. Robert H. Jones**

To honor Executive Vice President for Academic Affairs and Provost Robert H. Jones for his steadfast support of the Osher Lifelong Learning Institute (OLLI) at Clemson University, this endowment has been established to ensure the continued growth and success of OLLI. Your gift of any amount will help to ensure growth and opportunities for lifelong learning into the future.

To make your gift today, scan the below QR code.



Ann Batson Smith '82, M '85 I Executive Director of Annual Giving

Please contact  
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[annsmi@clemson.edu](mailto:annsmi@clemson.edu)

# MEMBERSHIP AND REGISTRATION FORM SPRING 2025

Please complete this form, even if you think we have this information on file.

Name \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Gender:  Female  Male Date of Birth (Month, Year) \_\_\_\_\_

Catalog Format:  Email Catalog  U.S. Mail Catalog

Email Communication:  Yes  No

Your name, mailing and email addresses will be published in the password-protected online OLLI Member directory.

Check this box if you would like to opt out of the directory.

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

**Please note:** Each member of a couple must submit a separate form to ensure proper registration.

---

## Half Year Membership Fee (Memberships purchased now are valid through June 30, 2025.)

I am a NEW OLLI member and paying my first membership fee (\$32) \$ \_\_\_\_\_

I am renewing my lapsed OLLI membership (\$32) \$ \_\_\_\_\_

If you are unsure about your membership status, please call the OLLI office at 864-633-5242.

## Courses

Course Name \_\_\_\_\_ Tuition: \$ \_\_\_\_\_

Course Name \_\_\_\_\_ Tuition: \$ \_\_\_\_\_

Course Name \_\_\_\_\_ Tuition: \$ \_\_\_\_\_

## Donation

Please accept this gift to the Clemson University Foundation on behalf of OLLI at Clemson University.

Please note that 100% of your gift goes to OLLI. Gift: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

## Payment Information

Check enclosed (payable to OLLI at Clemson University)

Visa  MasterCard  Discover  American Express

Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

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Name \_\_\_\_\_

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Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

# REGISTRATION INFORMATION

## 4 Easy Ways to Register

- **Online:** [www.olliatclermson.org](http://www.olliatclermson.org), click the link “online registration” (credit card payment only)
- **By Phone:** 864-633-5242 (credit card payment only)
- **By Mail:** 100 Thomas Green Blvd. Clemson, SC 29631 (check or credit card payment)
- **In Person** at the Cheezem Education Center, Monday through Friday, 9:00 a.m. to 4:00 p.m. (cash, check or credit card payment)

## Refund/Cancellation

If you must cancel your registration in an OLLI Course, a full or partial refund may be available to you. Our current refund procedures are listed on our website, [www.olliatclermson.org](http://www.olliatclermson.org), under the registration tab. All Members are encouraged to review this information when registering. If an OLLI Course is cancelled, you will receive a full refund. Payments made by cash and check will be refunded as course credit in your OLLI account; payments made by credit card will be refunded to the credit card.

## Wait List

If the Course you have requested has filled prior to receiving your registration, you will automatically be placed on a waiting list for the Course. Should space become available, you will be contacted and given the opportunity to enroll. You will not be charged for the Course until you are enrolled.

## Liability Waivers

OLLI members who are enrolled in higher risk Courses may be required to sign Waiver and Release of Liability Forms before participating. For more information, visit our website, [www.olliatclermson.org](http://www.olliatclermson.org).

## Accessibility

OLLI at Clemson University is committed to an inclusive and accessible environment for all OLLI Members, and as a Clemson University Institute, follows the spirit of Student Accessibility Services, which can be found at [www.clemson.edu/academics/studentaccess](http://www.clemson.edu/academics/studentaccess). If you have questions about accessibility for a Course, please contact the OLLI office at [olli@clemson.edu](mailto:olli@clemson.edu) or 864-633-5242; all correspondence will be confidential.

## Graduate Research

On occasion, Clemson University faculty and students are interested in working with OLLI Members on research projects specific to engaged aging. Opportunities to participate in such studies will be announced to the OLLI membership via the weekly e-newsletter, and your personal involvement is entirely at your discretion. We do not share your contact information with any group or individual.

## Membership Fees

A nonrefundable membership is required to participate in OLLI Courses and activities. The OLLI Member Year begins July 1 and ends June 30 of each year. The membership fee for a full year is \$50 (subject to change with prior notification); a half year membership (January to June) is \$32.

## Scholarships

Financial assistance may be available for current OLLI Members; for more information, visit our website, [www.olliatclermson.org](http://www.olliatclermson.org).

## Inclement Weather

OLLI follows the Clemson University inclement weather policy. When Clemson University is closed due to inclement weather, all OLLI activities are cancelled or postponed to a later date.

## Charles K. Cheezem Education Center

As a Clemson University facility, the Center is tobacco-free and follows campus facility policies.



# OSHER LIFELONG LEARNING INSTITUTE

OLLI at Clemson University  
100 Thomas Green Blvd.  
Clemson, SC 29631

Phone: 864-633-5242  
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[www.olliatclemson.org](http://www.olliatclemson.org)

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