

OLLI AT VANDERBILT

Osher Lifelong Learning Institute at Vanderbilt

Courses for Adults 50 and Older

SPRING 2025

Registration Opens

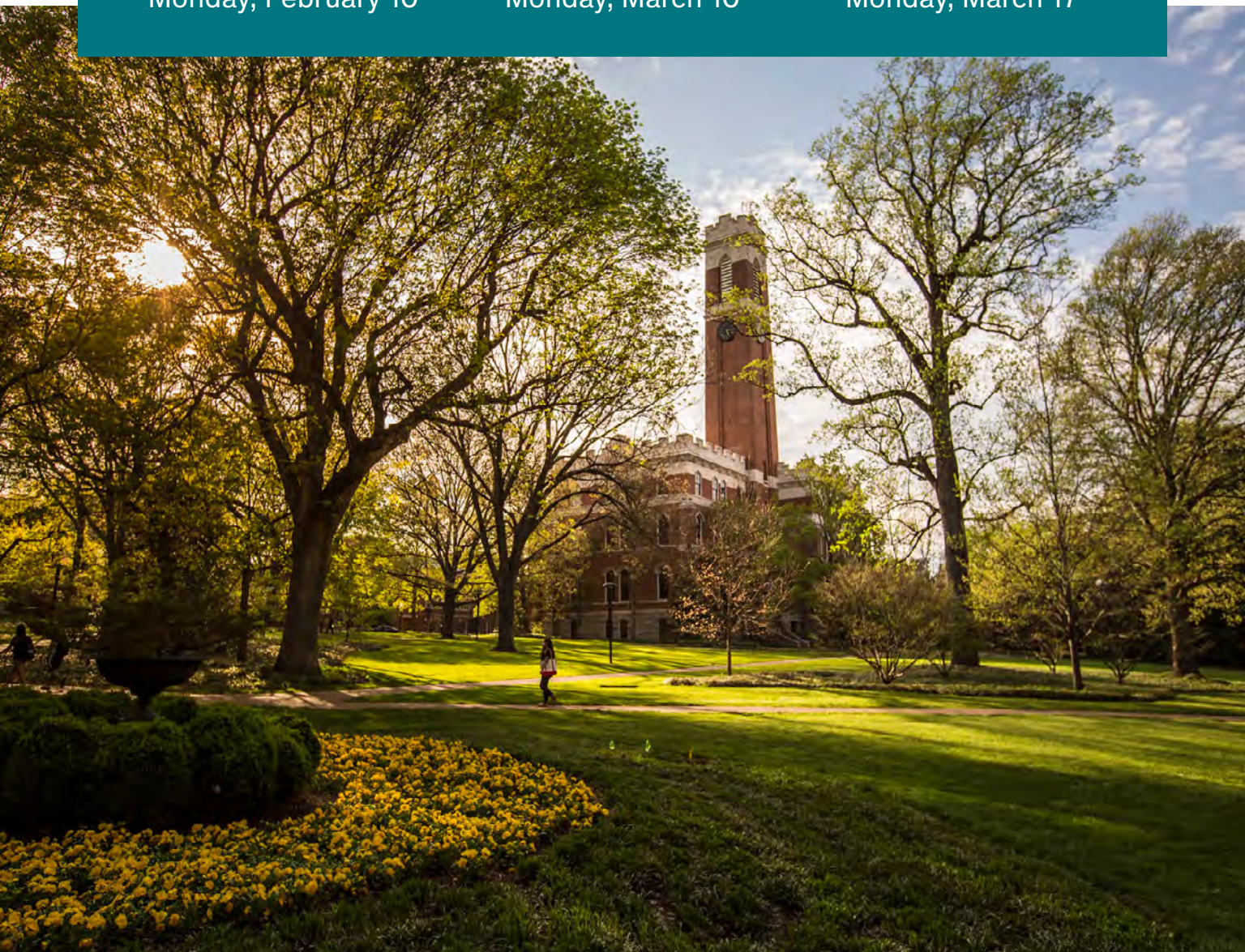
Monday, February 10

Registration Deadline

Monday, March 10

First Day of Classes

Monday, March 17



Team Welcome



Tara Hamilton
Director



Jenelle Spicer
Senior Program Coordinator

Welcome to the Osher Lifelong Learning Institute at Vanderbilt! We have many exciting things planned as we continue toward our goal of maintaining a high-quality program

with an active and engaged membership. Our non-credit courses delve into such topics as history, religion, science, politics, current events, wellness, and the arts. In addition to attending courses and events, membership provides an excellent opportunity to form new friendships.

MISSION STATEMENT

OLLI at Vanderbilt helps adults over 50 rediscover the joy of learning and build community through diverse social interaction.

MEMBER BENEFITS

- Attend courses
- Participate in all special events and day trips
- Stay informed about other Vanderbilt activities and educational opportunities
- Participate in our Shared Interest Groups
- No membership fee

CONTACT US

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Osher Lifelong Learning
Institute at Vanderbilt

University

PMB 407760

2301 Vanderbilt Place

Nashville, TN 37240-7760

Academic Calendar

SPRING 2025

REGISTRATION OPENS

Monday, February 10

REGISTRATION DEADLINE

Monday, March 10

FIRST DAY OF CLASSES

Monday, March 17

SUMMER 2025

REGISTRATION OPENS

Monday, June 9

REGISTRATION DEADLINE

Monday, July 7

FIRST DAY OF CLASSES

Monday, July 14

FALL 2025

REGISTRATION OPENS

Monday, August 25

REGISTRATION DEADLINE

Monday, September 29

FIRST DAY OF CLASSES

Sunday, October 5

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Ways To Register

ONLINE

1. Visit vanderbilt.edu/olli
2. Select your course(s) from the online course catalog
3. Log in to your account or create an account (*I am a new user*) if applicable
4. Complete your registration

IMPORTANT NOTES

- For your safety, your credit card will not be saved in our registration system.
- You are not fully registered for a course until payment has been received.
- We can accept registrations by phone; however, **please do not call and leave your credit card information on a voicemail**. Please allow 24 hours for us to respond to voicemails.

MAIL

Send completed registration form and payment by check to the following address:


OLLI at Vanderbilt
PMB 407760
2301 Vanderbilt Place
Nashville, TN 37240

Note: This is not our physical address.





IMPORTANT NOTES

- We hold checks for deposit until the second week of the course.
- You are not fully registered for a course until payment has been received.

Spring 2025 Schedule-at-a-Glance

BEGINS	DAY	TIME	COURSE & INSTRUCTOR	LOCATION	FEE	PAGE
3/17	MON	9:00 a.m.	Birding for a Better World: Finding Joy and Community in Nature Instructor: Stacy Elliot	Warner Park 	\$60	5
3/17	MON	10:00 a.m.	Intermediate Ukulele Instructor: Theresa Romack	St. Georges Episcopal Church 	\$60	6
3/17	MON	2:00 p.m.	The Movies that defined us...Boomers and their Movies Instructor: David B. Hinton	Online via Zoom 	\$60	7
3/18	TUE	10:00 a.m.	OLLI Chorale Instructor: Mary Combs	St. Georges Episcopal Church 	\$70	8
3/18	TUE	10:00 a.m.	End of Life, Aging and the Paradox of Physical Decline and Spiritual Growth Instructor: Larry Churchill	Online via Zoom 	\$60	9
3/18	TUE	2:00 p.m.	Great Decisions Instructor: Keith Simmons	West End United Methodist Church 	\$60	10
3/19	WED	9:00 a.m.	6 Birding Hot Spots in Nashville Instructor: Stacy Elliot	Various Locations 	\$60	11
3/19	WED	9:30 a.m.	The Future of Nashville Instructor: Bill Purcell	St. Georges Episcopal Church 	\$60	12
3/19	WED	2:00 p.m.	Reading Shakespeare with Film 4 Instructor: Russ Heldman	Online via Zoom 	\$60	13
3/20	THU	10:00 a.m.	Religious and Political Questions in Albert Camus' Novel, <i>The Plague</i> Instructor: Victor Judge	West End United Methodist Church 	\$60	14
3/20	THU	10:00 a.m.	Introduction to Watercolor Painting Instructor: Art Witulski	Online via Zoom 	\$60	15
3/20	THU	12:00 p.m.	Gentle Yoga Instructor: Staci Smith	West End United Methodist Church 	\$60	16
3/20	THU	2:00 p.m.	How to Write a Memoir Instructor: Carole Webb Moore-Slater	Online via Zoom 	\$100	17

*All class times are Central Time

BEGINS	DAY	TIME	COURSE & INSTRUCTOR	LOGATION	FEE	PAGE
3/23	SUN	11:00 a.m.	OLLI Steel Drum Band – BEGINNER Instructor: Mat Britain	Blair School of Music Vanderbilt Uni. 	\$100	18
3/23	SUN	1:00 p.m.	OLLI Steel Drum Band – ADVANCED Instructor: Mat Britain	Blair School of Music Vanderbilt Uni. 	\$100	19
3/23	SUN	2:30 p.m.	OLLI Steel Drum Band – INTERMEDIATE Instructor: Mat Britain	Blair School of Music Vanderbilt Uni. 	\$100	20
3/24	MON	10:00 a.m.	Tai Chi Instructor: Cindy Hui-Lo	West End United Methodist Church 	\$60	21

Spring 2025 Course Descriptions



INSTRUCTOR:

Stacy Elliot, *Adjunct Instructor for Honors Scholars Collaborative, Belmont University*

DATES:

Mondays, March 17, 24, 31; April 7, 14, 21

TIME:

9 a.m. – 10:15 a.m. CT

LOCATION:

Warner Park BIRD Center
(possible trips to other locations)

FEE: \$60

BIRDING FOR A BETTER WORLD: FINDING JOY AND COMMUNITY IN NATURE

Do you have to be able to identify birds by sight and sound to be a “birder”? Do you have to know how to use binoculars? Must you wake up at the crack of dawn and wear khaki too? This describes what one might think of as a traditional birdwatcher but it's not the only way to be a “birder.” In the book *Birding for a Better World*, Molly Adams and Sydney Golden offer some refreshing guidelines and debunk common myths about birdwatching that we will explore in this course. We will learn about the health benefits of birdwatching, how inclusive, affirming, and joyful birding can be, journaling tips, information on the ecological challenges facing birds plus actionable steps, and practice using binoculars, and field guides (provided via an Audubon in Action Grant).

Course enrollment is limited to 20 participants. All skill levels welcome. This class is not recorded.

STACY ELLIOT

With 30-plus years' experience as a social worker creating innovative strategies that provide paths helping others thrive, Elliot is currently focusing on inclusive, accessible birding with the motto: “Love birds, Love people.” She teaches as an adjunct professor at Belmont University in the Honors Scholars Collaborative program, having developed two research courses: Consider the Birds of the Air and NatureRx. Additionally, she is the faculty advisor for Belmont Bird Club, serves on the Cumberland-Harpeth Audubon Board, and is a founding member of Bird Safe Nashville.

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**INSTRUCTOR:**

Theresa Romack, *Teaching Artist*

DATES:

Mondays, March 17, 24, 31; April 7, 14, 21

TIME:

10 a.m. – 11:15 a.m. CT

LOCATION:

St. George's Episcopal Church,
4715 Harding Pike

FEE: \$60

INTERMEDIATE UKULELE

Take your ukulele playing to the next level! This intermediate course is tailored for players who have a solid foundation in beginner-level ukulele techniques and are ready to explore more complex musical possibilities. Whether you're looking to expand your skills or add depth to your playing, this course offers the perfect next step on your ukulele journey. In this course, you'll build your chord vocabulary beyond basic open chords with shapes like Dm, D7, D, Em, E7, A, and more. You'll learn advanced strumming patterns to add variety and rhythm to your playing and learn the fundamentals of fingerpicking to enhance your musical expression. Additionally, you'll dive into basic music theory to understand chord progressions and how they work, giving you greater insight into the songs you love to play.

Course enrollment is limited to 20 participants.

This class is not recorded.

THERESA ROMACK

Theresa Romack graduated from Miami University of Ohio with a bachelor's degree in zoology and a minor in piano performance. She then studied contemporary writing and production and vocal performance on a talent scholarship at Berklee College of Music. Her passion for education started when she was given 10 private piano lessons during her junior year of high school. Romack has completed professional development courses in education, music, and instruction. She has experience working with students of all ages and in various capacities, as well as private and group piano, voice, guitar, and ukulele instruction. From 2021 to 2023, She taught general music, bucket drumming, and ukulele at LEAD Cameron Middle School in Nashville, Tennessee.

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INSTRUCTOR:

David B. Hinton

DATES:

Mondays, March 17, 24, 31; April 7, 14, 21

TIME:

2 p.m. – 3:15 p.m. CT

LOCATION:

Online via Zoom

FEE: \$60

**THE MOVIES THAT DEFINED US...
BOOMERS AND THEIR MOVIES**

As a generation, Baby Boomers spanned two critical periods of American film history: the era of the big Hollywood studios followed by independent films and filmmakers. And as the movie industry transitioned from studio films for a broad audience to indie films targeted at a youthful audience, the Boomers embraced movies that won their hearts and minds and helped define their generation. And certain movies became indelibly imprinted in their psyches. *The Graduate*, *Dr. Zhivago*, *2001: A Space Odyssey*, *Harold and Maude*, *Bonnie and Clyde*, and *The Big Chill* who can forget these movies? Why did these movies impact us so much? And just as important, why have they stayed with us today? This class will be more than a trip down memory lane, it will be an exploration of the meaning of our memories. Course members will be encouraged to participate in lively class discussions!

***Course enrollment is limited to 300 participants.
This class is recorded.***

DAVID B. HINTON

David B. Hinton has a Ph.D. from Vanderbilt University and taught film history at Vanderbilt for 13 years. He is the author of “Celluloid Ivy: Higher Education in the Movies 1960-1990” and “The Films of Leni Riefenstahl.”

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INSTRUCTOR:

Mary Combs, *Choral Director and Educator*

DATES:

Tuesdays, March 18, 25; April 1, 8, 15, 22, 29

Please note this is a seven week course.

TIME:

10 a.m. – 11:30 a.m. CT

LOCATION:

St. George's Episcopal Church,
4715 Harding Pike

FEE: \$70

OLLI CHORALE

This seven-week course will instruct singers in blending tones, vocal techniques, singing in harmony, and in musicianship as well as prepare the participants to perform a few songs for an audience. The goal for the overall experience is to have fun while making beautiful music together. Be aware that some side effects may occur such as spontaneous happiness, increased memory and motor function, social connection, and movement of the feet and head.

Since singing skills build on each other, attendance at each class is encouraged, barring signs of illness, for participants to benefit most from this seven-week course.

Course enrollment is limited to 50 participants. This class is not recorded.

MARY COMBS

Mary Combs has 40 years' experience directing choirs and musical groups in college, school, church, theatre, and community settings. As a teacher in public and private schools and as director of church choirs, she has worked with all levels of vocal experience and a wide variety of musical backgrounds. As founder and director of the South Cheatham Choral Society, she is known for her talent for guiding singers in developing a "choral sound" while exploring a wide range of musical genres and styles. Mrs. Combs graduated with a degree in music education from Lynchburg College in Virginia, with a major in voice. She and her husband, Jody (retired associate dean of libraries at Vanderbilt), have two sons and reside in Bellevue.

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INSTRUCTOR:

Larry R. Churchill, *Professor Emeritus of Medical Ethics, Vanderbilt University*

DATES:

Tuesdays, March 18, 25; April 1, 8, 15, 22

TIME:

10 a.m. – 11:15 a.m. CT

LOCATION:

Online via Zoom

FEE: \$60

END OF LIFE, AGING AND THE PARADOX OF PHYSICAL DECLINE AND SPIRITUAL GROWTH

A terminally ill patient once said to me, “This cancer has saved my life.” This is not unusual for dying persons, as well as those facing the limitations and diminishment of old age. In this class we will explore the rich and seemingly paradoxical possibilities for aging and dying, with a focus on the cultural tendency to deny aging and death, and the resources for flourishing in these inevitable life passages. We will draw from religious, spiritual and philosophical traditions, literature and poetry, social science, and our own personal experiences in relating to these markers on life’s journey.

Course enrollment is limited to 300 participants. This class is recorded.

LARRY R. CHURCHILL

Larry R. Churchill is professor emeritus medical ethics, Vanderbilt University Medical Center. He played a major role in developing two bioethics programs at Vanderbilt and the University of North Carolina at Chapel Hill. He is a member of the National Academy of Medicine and a fellow of The Hastings Center. He is the author of seven books, including most recently *Ethics for Everyone: A Skills-Based Approach*, *Bioethics Reenvisioned: A Path Toward Health Justice* with Nancy King and Gail Henerson and a forthcoming volume with Elizabeth Lanphier, *Bioethical Responsibilities in 21st Century Crises*. Churchill’s work has been featured in popular media such as USA Today, The New York Times, Bill Moyers’ Journal, and the Alex Gibney documentary *Money-Driven Medicine*. This is the seventh time Churchill has offered an OLLI at Vanderbilt course.

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GREAT DECISIONS

1918 • FOREIGN POLICY ASSOCIATION

2025 EDITION



INSTRUCTOR:

Keith Simmons, *Attorney and managing partner at Bass, Berry & Sims, Distinguished Professor of History and Professor of Political Science and European Studies, Vanderbilt University*

DATES:

Tuesdays, March 18, 25; April 1, 8, 15, 22

TIME:

2 p.m. – 3:15 p.m. CT

LOCATION:

West End United Methodist Church, 2200 West End Avenue

FEE: \$60

GREAT DECISIONS 2025

Great Decisions is built around an annual publication of the Foreign Policy Association, an organization founded in 1918 dedicated to inspiring the American public to learn more about the world. The Great Decisions publication contains eight chapters, each focused on a different foreign policy issue or subject of international importance written by experts in the field. This course will discuss six of the eight topics and be facilitated by Keith Simmons. Many of the sessions will have an expert co-facilitator. Participants are expected to read and be prepared to discuss the topics covered by the publication and under discussion in each class. A syllabus will be sent to all registrants prior to the first class.

Course enrollment is limited to 140.

This class is not recorded.

Class materials:

Great Decisions book available for purchase in print or as an e-book.

Print editions

[Foreign Policy Association](#)

E-Book

[Barnes and Noble](#)

[Kobo](#)

[Apple Books](#)

[Amazon](#)

KEITH SIMMONS

Keith Simmons is retired from the practice of law in Nashville. At the time of his retirement, he was the managing partner of Bass, Berry & Sims, a large multi-practice firm located in Nashville, Knoxville, Memphis, and Washington, DC. During his tenure with Bass, Berry & Sims, he served as chair of the board of Lex Mundi, an international association of the world's leading independent law firms representing over 125 countries of the world. He has a bachelor of science in economics from the University of Kentucky, a master of science in economics from South Dakota State University and a law degree from Vanderbilt University.

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**INSTRUCTOR:**

Stacy Elliot, Adjunct Instructor for Honors Scholars Collaborative, Belmont University

DATES:

Wednesdays, March 19, 26; April 2, 9, 16, 23

TIME:

9 a.m. – 10:15 a.m. CT

LOCATION:

Various locations
(Wild Birds Unlimited, Centennial Park, Shelby Bottoms Nature Center, Warner Park Nature Center, Beaman Park, Radnor Lake)

FEE: \$60

SIX BIRDING HOT SPOTS IN NASHVILLE

Using data from sources including Cornell Lab of Ornithology's eBird database, Tennessee Ornithological Society – Nashville Chapter and others, we will visit some of Nashville's most acclaimed birding hot spots and learn from local experts what makes these places so attractive to birds. Additionally, we will learn about tools like eBird, Merlin, Audubon app, iNaturalist, dBird and BirdCast to help identify, track and record birds.

Course enrollment is limited to 18 participants, intermediate birders with some binocular experience. This class is not recorded.

STACY ELLIOT

With 30-plus years' experience as a social worker creating innovative strategies that provide paths helping others thrive, Elliot is currently focusing on inclusive, accessible birding with the motto: "Love birds, Love people." She teaches as an adjunct professor at Belmont University in the Honors Scholars Collaborative program, having developed two research courses: Consider the Birds of the Air and NatureRx. Additionally, she is the faculty advisor for Belmont Bird Club, serves on the Cumberland-Harpeth Audubon Board, and is a founding member of Bird Safe Nashville. When she is not outside enjoying nature, she is likely to be caring for her disabled daughter or prescreening films for the Nashville Film Festival.

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INSTRUCTOR:

Bill Purcell, *Adjunct Professor of Public Policy, Mayor of Nashville (1999-2007)*

DATES:

Wednesdays, 19, 26; April 2, 9, 16, 23* **April 23 class will begin at 9 a.m. and will end promptly at 10:15 a.m. Please plan accordingly.*

TIME:

9:30 a.m. – 10:45 a.m. CT

LOCATION:

St. George's Episcopal Church, 4715 Harding Pike

FEE: \$60

THE FUTURE OF NASHVILLE

To know where we can and will go as a city, we need to have a clear understanding of where we are right now. To see that place clearly requires a shared understanding of how we arrived where we are. The course begins with the basic, formal commitment of its people to the city - our incorporation in 1806. After reviewing the first two centuries, the course will focus on the primary civic functions of education, public safety, and quality of life. We will then turn to the needs and policy decisions now pending, those expected or required and, finally, what should happen for as far into the future as we may choose to look - or can see.

Course enrollment is limited to 200 participants. This class is not recorded.

Optional class materials:

Hot, Hot Chicken: A Nashville Story - Rachel Louise Martin (may be found online or at local and national booksellers)

BILL PURCELL

Bill Purcell has spent more than 40 years in law, public service and higher education. For more than a decade he has taught the undergraduate public policy classes on Cities in the 21st Century and Public Advocacy. He is the founding dean of the College of Public Service at Tennessee State University and was the director of the Institute of Politics and a lecturer at the Harvard Kennedy School. During his eight-year tenure as mayor of the Metropolitan Government of Nashville and Davidson County, the city saw unprecedented economic expansion. During his decade in the General Assembly, he sponsored and passed legislation undertaking major reforms in Tennessee's schools, courtrooms, industrial plants and boardrooms, criminal and juvenile justice, hospitals and voting booths.

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**INSTRUCTOR:**

Russ Heldman, *Educator and Community Speaker*

DATES:

Wednesdays, March 19, 26; April 2, 9, 16, 23

TIME:

2 p.m. – 3:15 p.m. CT

LOCATION:

Online via Zoom

FEE: \$60

READING SHAKESPEARE WITH FILM 4

This course will continue our exploration of plays of William Shakespeare. Texts and scenes from films to be included in Part 4 are *Romeo and Juliet*, *As You Like It*, *Troilus and Cressida*, and *The Winter's Tale*. A syllabus with links to the plays from the Folger Shakespeare Library will be provided. Attending any previous Reading Shakespeare with Film course is NOT a prerequisite for attending Part 4. All levels of familiarity with the works of William Shakespeare are welcome! Special guests having performed in Kenneth Branagh's 2024 *King Lear* are expected to join some of the discussions; therefore, *King Lear* in part will be included. As always, various bits and pieces from other films of Shakespeare's plays, to be announced, will be included. Also, this course will be aided by Tina Packer's book *Women of Will: The Remarkable Evolution of Shakespeare's Female Characters* (2016).

Course enrollment is limited to 300 participants. This class is recorded except when licensing or artist preference prevents recording.

Optional class materials:

Women of Will: The Remarkable Evolution of Shakespeare's Female Characters - Tina Packer (may be found online or at local and national booksellers)

RUSS HELDMAN

Russ Heldman has been a speaker and presenter of the plays of William Shakespeare by text and film to adults in the Middle Tennessee area since graduating from Vanderbilt University with a master of liberal arts and science degree in 2000. He has also received a 1979 B.A. and 1982 J.D. from Vanderbilt University. In addition to Reading Shakespeare with Film, Heldman has developed other popular courses using works of Shakespeare and film to explore certain topics and characters and to shed light on the human condition: Shakespeare and Faith; Shakespeare and Lent: Ashes to Resurrection; Shakespeare and the Law; Shakespeare and the Weight of the Crown and Shakespeare and Bob Dylan.

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**INSTRUCTOR:**

Victor Judge, Assistant Dean for Academic Affairs and Lecturer in Literature and Religion for Vanderbilt University Divinity School

DATES:

Thursdays, March 20, 27; April 3, 10, 17, 24

TIME:

10 a.m. – 11:15 a.m. CT

LOCATION:

West End United Methodist Church, 2200 West End Avenue

FEE: \$60

THE RELIGIOUS AND POLITICAL QUESTIONS IN ALBERT CAMUS' NOVEL, *THE PLAGUE*

Upon the commencement of World War II, the French literary artist Albert Camus wrote in his notebook, “The reign of beasts has begun,” and the radical evil that disrupted civilization would become the subject of his novel *The Plague*, published in 1947. During our study of the novel, we shall consider how an outbreak of inguinal fever in an Algerian seaport becomes the setting upon which Camus conceives a religious and political allegory for the multifarious “plagues” confronting humankind. We also shall examine the ways in which the novel offers us a model of resistance against the social conditions that encourage the outbreak of plagues. A primary focus of our study also will be Camus’ representation of the institutional church during a time of plague.

Course enrollment is limited to 40 participants. This class is not recorded.

Class materials:

The recommended edition of *The Plague* is the translation in English by Stuart Gilbert.

VICTOR JUDGE

Victor Judge serves as the assistant dean for academic affairs at Vanderbilt University Divinity School where he also is a lecturer in literature and religion. His courses include seminars on the religious questions in the writings of Flannery O’Connor, Albert Camus, William Faulkner, Emily Dickinson, John Donne, and Gerard Manley Hopkins, S.J., as well as a class in writing creatively about religion. For 12 years he served as the editor for the Divinity School’s journal, *The Spire*, and his poems have been published in *Habersham Review* and in *The Orchards Poetry Journal*. He holds both baccalaureate and graduate degrees in English from George Peabody College and has been affiliated with the Osher Institute since 1996.

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INSTRUCTOR:

Art Witulski, *Research Professor of Electrical Engineering*

DATES:

Thursdays, March 20, 27; April 3, 10, 17, 24

TIME:

10 a.m. – 11:15 a.m. CT

LOCATION:

Online via Zoom

FEE: \$60

INTRODUCTION TO WATERCOLOR AND ART FUNDAMENTALS

Watercolor painting is very popular due to the low price of entry and the ease of getting good results quickly. In this course I will explain my approach to watercolors, beginning with the basics of watercolor paints, palettes, brushes, and paper. Then we will cover several watercolor techniques, including wet-on-wet, wet brush-on-dry paper, etc. The basics of color and the color wheel will be introduced, as well as how to pick a good photo for a reference and alter it so it is more suitable as a painting subject. Most of the subjects will be landscapes, but the principles will apply to painting other subjects such as still-life or people as well. ***A supply list will be provided. This class is recorded.*** Course objectives include:

- Equip students with knowledge of different aspects of watercolor painting including:
- How to scale your painting up from a small reference subject or photo to a large painting
- Framing for a finished product
- Enabling the student to be productive on their own as a watercolorist

ART WITULSKI

Arthur F. Witulski (or “Art,” ironically), is a research professor of electrical engineering at Vanderbilt. About 20 years ago he took a class called “Drawing on the Right Side of the Brain,” and has been drawing and painting ever since. His journey has taken him through pencil and ink drawing, and acrylic, oil, and watercolor painting. He has been interested in the Urban Sketching movement, as well as plein air, the practice of painting outside, for the last several years. He has also taught workshops on color theory and creativity, a Vanderbilt Commons Seminar on Learning how to keep a sketch journal for Vanderbilt first-year students, and two previous courses for the Vanderbilt OLLI program on how to keep a sketchbook and watercolor painting.

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**INSTRUCTOR:**

Staci Smith, *Certified Yoga Instructor*

DATES:

Thursdays, March 20, 27; April 3, 10, 17, 24

TIME:

12 p.m. – 1:15 p.m. CT

LOCATION:

West End United Methodist Church, 2200 West End Avenue

FEE: \$60

GENTLE YOGA

This gentle yoga class is designed to promote flexibility, balance, and mindfulness. Each class will feature slow, flowing movements and gentle stretches suitable for all levels. Some mats will be available to borrow.

Course enrollment is limited to 25 participants. This class is not recorded.

STACI SMITH

Staci Smith is a certified yoga teacher with more than five years of teaching experience and 25 years of personal practice. She strives to make each class welcoming, inclusive and accessible —allowing students to explore their practice and cultivate mindfulness. Outside of teaching, she enjoys hiking, photography, rock hunting, and gardening. She wholeheartedly believes yoga is a way of life that promotes connection, unconditional love and inner peace.

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**INSTRUCTOR:**

Carole Webb Moore-Slater,
Educator and Community Speaker

DATES:

Thursdays, March 20, 27; April 3,
10, 17, 24

TIME:

2 p.m. – 3:30 p.m. CT

LOCATION:

Online via Zoom

FEE: \$100

HOW TO WRITE A MEMOIR

A memoir is creative nonfiction that relies on memories from your life experiences. This eight-week writing series provides practical information to motivate and inspire each participant to write a personal or family memoir one story at a time. Information includes organizational guidelines when planning a story and writing tips to bring characters to life as a story unfolds. There will be writing exercises during class, and each participant will be encouraged to write a short memoir to share with the class toward the end of this series, with kind feedback provided by classmates. We will learn from each other. Never doubt that your story matters because sharing it with friends or family could be the best gift you ever give.

***Course enrollment is limited to 14 participants.
This class is recorded.***

CAROLE WEBB MOORE-SLATER

Carole Webb Moore-Slater has authored several books, including a memoir titled *Letters from the Heart, 1943–1946*. She has also penned a child's book and contributed articles to local, state and national magazines and other publications. She has a deep passion for memoir writing and has taught regularly at OLLI at Vanderbilt since 2019. Classes have been successfully conducted over Zoom, attracting participants nationwide who have shared their stories and writing perspectives. She has a personal interest in writing and an educational background in special education and social work. Before retiring she held leadership positions in the disability field, most recently at the Vanderbilt Kennedy Center.

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**INSTRUCTOR:**

Mat Britain, *Director, OLLI Steel Drum Band*

DATES:

Sundays, March 23, 30; April 6, 13, 27; May 4

**NOTE: There is no class on Sunday, April 20*

TIME:

11 a.m. – 12:15 p.m. CT

LOCATION:

Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

FEE: \$100

OLLI STEEL DRUM BAND – BEGINNER

This musical journey to the Caribbean is a hands-on experience where you will learn how to play the steel drums. During the seven-week term, we will approach proper playing techniques, which we will apply by learning a song. History of the art form and its birthplace will be discussed in class, along with easy “homework” assignments (short YouTube videos, articles, listening examples). Your success and enjoyment in the band, as well as the band's success, is dependent on regular attendance. Everyone in the band plays an important role. Please make every effort to attend each class. Come join us for a low-stress, fun musical adventure! Recommendations for enrollment: no musical experience needed but helpful; able to stand for 60-75 minutes; reasonable mobility in fingers, wrists, and arms; willingness to practice before class recommended if needed.

Course enrollment is limited to 14 participants. This class is not recorded.

MAT BRITAIN

Mat Britain has pursued his love of percussion from the plains of Kansas to the island of Trinidad. He has traveled numerous times to Trinidad and performed with the Amoco/BP Renegades Steel Band at the prestigious Panorama Festival. Living in Nashville, Tennessee, he directs the Vanderbilt University Steel Drum Band program and leads his professional steel band Deep Grooves. Britain is indeed an All-American percussionist with a global perspective that permeates his grooves, style, and musicianship.

[Register Now](#)

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**INSTRUCTOR:**

Mat Britain, *Director, OLLI Steel Drum Band*

DATES:

Sundays, March 23, 30; April 6, 13, 27; May 4

**NOTE: There is no class on Sunday, April 20*

TIME:

1 p.m. – 2:15 p.m. CT

LOCATION:

Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

FEE: \$100

OLLI STEEL DRUM BAND – ADVANCED

After excelling in the beginner and intermediate bands, you will approach music that is more difficult. We will implement more advanced musical terminology and playing techniques. This group often performs in the Vanderbilt Steel Bands Concert at Blair School of Music. Your success and enjoyment in the band, as well as the band's success, is dependent on regular attendance. Everyone in the band plays an important role. Please make every effort to attend each class. Recommendations for enrollment: prerequisite of the beginner and intermediate levels is required unless instructor permission is granted through invitation or a short audition; reading music is very helpful but not essential as long as you learn quickly by ear; strong rhythmic comprehension is helpful; understanding the concepts of underlying pulse and syncopation, and being able to hear and repeat rhythms are helpful; willingness to practice before class is recommended if needed.

Course enrollment is limited to 14 participants. This class is not recorded.

MAT BRITAIN

Mat Britain has pursued his love of percussion from the plains of Kansas to the island of Trinidad. He has traveled numerous times to Trinidad and performed with the Amoco/BP Renegades Steel Band at the prestigious Panorama Festival. Living in Nashville, Tennessee, he directs the Vanderbilt University Steel Drum Band program and leads his professional steel band Deep Grooves. Britain is indeed an All-American percussionist with a global perspective that permeates his grooves, style, and musicianship.

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**INSTRUCTOR:**

Mat Britain, *Director, OLLI Steel Drum Band*

DATES:

Sundays, March 23, 30; April 6, 13, 27; May 4

**NOTE: There is no class on Sunday, April 20*

TIME:

2:30 p.m. – 3:45 p.m. CT

LOCATION:

Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

FEE: \$100

OLLI STEEL DRUM BAND – INTERMEDIATE

For those who have grasped the basics, this band will refine the basics and techniques on the steel pans. We will work on slightly more difficult music and dive deeper into the culture of Trinidad and the steel band art form. Your success and enjoyment in the band, as well as the band's success, is dependent on regular attendance. Everyone in the band plays an important role. Please make every effort to attend each class. Recommendations for enrollment: prerequisite of the beginner level is required unless instructor permission is granted through invitation or a short audition; reading music is helpful but not essential; able to stand for 60-75 minutes; reasonable mobility in fingers, wrists, and arms; willingness to practice before class recommended if needed.

Course enrollment is limited to 14 participants. This class is not recorded.

MAT BRITAIN

Mat Britain has pursued his love of percussion from the plains of Kansas to the island of Trinidad. He has traveled numerous times to Trinidad and performed with the Amoco/BP Renegades Steel Band at the prestigious Panorama Festival. Living in Nashville, Tennessee, he directs the Vanderbilt University Steel Drum Band program and leads his professional steel band Deep Grooves. Britain is indeed an All-American percussionist with a global perspective that permeates his grooves, style, and musicianship.

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**INSTRUCTOR:**

Cindy Hui-Lo

DATES:

Mondays, March 24, 31; April 7, 14, 21, 28

TIME:

10 a.m. – 11:15 a.m. CT

LOCATION:

West End United Methodist Church, 2200 West End Avenue

FEE: \$60

TAI CHI

This course is designed to facilitate regulation of the whole self, including mobility, connection and attention. Appropriate for those comfortable moving on their own. Each class will feature slow and flowing movements and is suitable for all levels.

***Course enrollment is limited to 25 participants.
This class is not recorded.***

CINDY HUI-LO

Cindy Hui-Lio is a certified Tai Chi and Qigong instructor at the Osher Center for Integrative Health at Vanderbilt and an adjunct assistant professor in Wellness at the Vanderbilt Blair School of Music. She earned her master and doctoral degrees in Instruction and administration while obtaining a graduate certificate in human-technology interaction at the University of Kentucky. Hui-Lio synthesized three decades of Tai Chi practice, continuing Tai Chi education in US and in China, self-hypnosis for pain training, mindfulness training, and diverse academic experiences in her group teaching and one-on-one consult. She is interested in facilitating the self-exploratory process of connecting with and living in the body at various phases of life for chronic health conditions and preventive care.

[Register Now](#)

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Spring 2025 Registration Form

FOR MAIL ONLY

Online Registration is fast and the best way to ensure your spot in class.

Registration deadline is March 10, 2025. Form and payment must be received by this date.

Name _____

Street Address _____

City _____ State _____ ZIP _____

Phone _____ Home Cell

It is important that you provide us with an email address in order to receive course updates.

Email address _____

Returning Member New Member If new member, referred by _____

Select the courses you'd like to register for below.

REGISTER	COURSE	FEE
	Birding for a Better World: Finding Joy and Community in Nature	\$60
	End of Life, Aging and the Paradox of Physical Decline and Spiritual Growth	\$60
	Gentle Yoga	\$60
	Great Decisions	\$60
	How to Write a Memoir	\$100
	Intermediate Ukulele	\$60
	Introduction to Watercolor and Art Fundamentals	\$60
	OLLI Chorale	\$70
	OLLI Steel Drum – Advanced	\$100

REGISTER	COURSE	FEE
	OLLI Steel Drum – Beginner	\$100
	OLLI Steel Drum – Intermediate	\$100
	Reading Shakespeare with Film 4	\$60
	Six Birding Hot Spots in Nashville	\$60
	Tai Chi	\$60
	The Future of Nashville	\$60
	The Movies that Defined Us ... Boomers and Their Movies	\$60
	The Religious and Political Questions in Albert Camus' Novel, <i>The Plague</i>	\$60
TOTAL \$		_____

Spring 2025 Registration **Beyond the Classroom**

We are compiling a list of members who are interested in OLLI Shared Interest Groups and volunteer opportunities. Please indicate your interest by checking the corresponding item(s) below and return with your mail registration form or visit the website/ways to give to express interest in volunteering.

Name _____ Phone _____

Email Address _____

Shared Interest Groups

Looking for new ways to engage with your OLLI peers? Shared Interest Groups (SIGs) are an opportunity to meet outside of the classroom with those who share a common interest. They are intended to offer a smaller and more hands-on experience than traditional OLLI classes. The size and nature of the groups will vary.

SIGs are free and open to all active OLLI members, which is anyone who registers for a class or event during the academic year from September 1 through August 31. They are led and maintained by OLLI members.



Policies and Procedures

Class Cancellation Policy

On rare occasions, we are forced to cancel classes for unforeseen circumstances. Should this occur, we will post a notice on our [website](#) and emails will be sent to enrolled members. For this reason, it is **EXTREMELY IMPORTANT** for all students to provide us with an up-to-date email address and to check your email on a regular basis.

Fee Structure

Courses are individually priced. Fees are listed on the Schedule-at-a-Glance and in the course descriptions.

Gift Certificates

Give the gift of learning! Gift certificates make great presents for birthdays, holidays, or other special events. Email OsherVU@Vanderbilt.edu for more information.

Name Badges

A name badge for the current term will be available at the first day of class at the registration table along with lanyards. Wearing the current term's name badge is required and classroom assistants will be enforcing this policy. Please make sure your name badge is visible when entering class.

Refund Policy

Due to the low cost at which these courses are offered and the additional cost it would take to process a refund, no refunds are given to those who wish to withdraw. Members can transfer into another course (in the same term, in the same price tier) on a space-available basis or receive credit to apply to a future course.

Scholarship Program

OLLI is pleased to provide financial assistance for members who may be otherwise unable to take part in our OLLI community.

Code of Conduct

OLLI at Vanderbilt's goal is to create environments that maximize the learning experience for all members. Many of our programs offer a forum for the lively and sometimes passionate exchange of views.

To that end, our learning community follows principles of courtesy and mutual respect that promote reasoned discourse and intellectual honesty. Opposing viewpoints are honored and appreciated to preserve the dignity of others.

Violations may include, but are not limited to: denigrating other's views or opinions, threatening behaviors, offensive or abusive language, disruptive classroom conduct, sexual harassment or discrimination, and monopolizing discussions. Personal attacks will not be tolerated.

Members who do not or cannot adhere to these principles may be removed from class and/or activities and denied the privilege of future participation.



VANDERBILT UNIVERSITY

In compliance with federal law, including the provisions of Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Education Amendment of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, the ADA Amendments Act of 2008, Executive Order 11246, the Vietnam Era Veterans Readjustment Assistance Act of 1974 as amended by the Jobs for Veterans Act, and the Uniformed Services Employment and Reemployment Rights Act, as amended, and the Genetic Information Nondiscrimination Act of 2008, Vanderbilt University does not discriminate against individuals on the basis of their race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, military service, covered veterans status, or genetic information in its administration of educational policies, programs, or activities; admissions policies; scholarship and loan programs; athletic or other university-administered programs; or employment. In addition, the university does not discriminate against individuals on the basis of their gender expression. Requests for information, inquiries or complaints should be directed to these offices: Equal Opportunity and Access Office eoavanderbilt.edu, telephone 615-343-9336; Title IX Office, Mary Roy, Director and Title IX Coordinator, titleix@vanderbilt.edu, telephone 615-343-9004, and Student Access, Jamie Bojarski, Director studentaccess@vanderbilt.edu; telephone 615-343-9727.