



# OLLI

# at Vanderbilt

*Where Curiosity Meets Community | Courses for Adults 50 and Older*

## FALL 2025

**Registration Opens**  
Monday, August 25

**Registration Deadline**  
Sunday, September 28

**First Day of Classes**  
Tuesday, October 2



# Welcome to the Fall Term at OLLI at Vanderbilt



As the seasons change and fall settles in with its crisp mornings and vibrant colors, we're excited to welcome you to another engaging term at the Osher Lifelong Learning Institute at Vanderbilt University—**Where Curiosity Meets Community**.

This fall, our entire OLLI leadership team—including staff, instructors and the Advisory Council—is thrilled to present an inspiring lineup of courses and activities that reflect the spirit of lifelong learning and connection. Whether you're diving into science, history, literature, music or exploring global perspectives through our highly requested new course on India, we're confident you'll find something to spark your curiosity.

We're offering **two writing courses this term**—one in-person and one online—to meet learners where they are. A very popular **Tai Chi instructor is returning** with another energizing class, and by popular demand, we're introducing a **Mahjong course**. From deep discussions in the humanities to hands-on learning, you'll find a full and enriching schedule this fall—including continued access to **Osher Online**, which features high-quality virtual classes from instructors across the country.

Beyond the classroom, there's more than ever happening at OLLI! Join us for a variety of **Lunch & Learn sessions**, exciting **special events** and our **Fall Open House**—a wonderful way to meet fellow members, instructors and staff in a fun, relaxed setting. Our **Shared Interest Groups** are growing, offering regular opportunities to connect over common hobbies and interests. If you've ever considered leading a group or launching a new one, now is the perfect time to get involved.

We're also introducing some fresh ways to show your OLLI pride! Keep an eye out for **new OLLI swag** and **permanent name tags** that help foster recognition and connection at in-person events.

In everything we do, we aim to celebrate the stories and experiences that make our community unique. This fall, we invite you to **share your OLLI story**—how you got involved, what you've learned and the connections you've made in our growing **OLLI at Vanderbilt Facebook Group**.

Thank you for making OLLI such a vibrant and welcoming community. Your participation, your curiosity and your willingness to connect are what make this program so special. Here's to a season of learning, laughter and community. We can't wait to see you this fall!

— *Tara Hamilton, Jenelle Spicer and the OLLI at Vanderbilt Advisory Council*

## MISSION STATEMENT

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

## MEMBER BENEFITS

*(Attending class within calendar year)*

- 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
- **More benefits to come in the future!**

## CONTACT US

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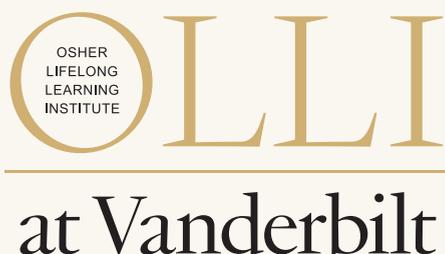
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# Ways to Register

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## ONLINE

1. Visit [vanderbilt.edu/olli](http://vanderbilt.edu/olli).
2. Choose your course(s).
3. Log in to your account or create an account.
4. Complete your course 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 hold checks for deposit until the second week of the course.
  - 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.
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## 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.

# Fall 2025 Schedule-at-a-Glance

Time	Course	Type	Dates
<b>SUNDAYS</b>			
11 A.M. – 12:15 P.M.	<b>OLLI Steel Drum Beginner</b>		10/5–11/16
1–2:15 P.M.	<b>OLLI Steel Drum Advanced</b>		10/5–11/16
2:30–3:45 P.M.	<b>OLLI Steel Drum Intermediate</b>		10/5–11/16
<b>MONDAYS</b>			
2–3:30 P.M.	<b>The Life and Times of Nikola Tesla</b>		10/6–11/10
9–10:30 A.M.	<b>Birding for a Better World: Finding Joy and Community in Nature</b>		10/13–11/17
9:30–11 A.M.	<b>India, Pakistan and Bangladesh Since Independence</b>		10/13–11/17
11:30 A.M. – 1 P.M.	<b>NBC at 100: Proud as a Peacock</b>		10/13–11/17
12–1:30 P.M.	<b>The Power of One in Steven Spielberg Films</b>		10/20–11/24
<b>TUESDAYS</b>			
10–11:30 A.M.	<b>OLLI Chorale</b>		10/7–11/18
6–7:30 P.M.	<b>The African American Military Experience: From Revolution to Civil Rights</b>		10/7–11/11
10–11:30 A.M.	<b>History of Museums and World's Fairs</b>		10/14–11/18
12–1:30 P.M.	<b>Inequality and Economic Policy</b>		10/14–11/18
12–1:30 P.M.	<b>Let's Mahjong! A Six-Week Beginner Course</b>		10/14–11/18
1–2:30 P.M.	<b>The Brain in Health and Disease</b>		10/14–11/18
2–3:30 P.M.	<b>Understanding Politics Through a Psychological Lens</b>		10/14–11/18
2:30–4 P.M.	<b>Spooky Season Through a Literary Lens: Dissecting Archetypes Associated with Halloween</b>		10/14–11/18
4–5:30 P.M.	<b>American History in Six Songs (Approximately)</b>		10/14–11/18
<b>WEDNESDAYS</b>			
9–10:30 A.M.	<b>Six Birding Hot Spots in Nashville</b>		10/15–11/19
9:30–11 A.M.	<b>The British Invasion: British Bands Influenced by American Blues and Rock and Roll</b>		10/15–11/19
10–11:30 A.M.	<b>Alexander Graham Bell and the Telephone, 150 Years Later</b>		10/15–11/19
12–1:30 P.M.	<b>From Forecasts to Folklore: Weather Demystified</b>		10/15–11/19
1:45–2:45 P.M.	<b>Tai Chi for Health, Balance and Relaxation</b>		10/15–11/19
2–3:30 P.M.	<b>Intro to Pastels and Creating Pet Portraits</b>		10/15–11/19

Time	Course	Type	Dates
<b>THURSDAYS</b>			
11 A.M. – 12:30 P.M.	<b>Telling Your Story: A Deep Dive into Memoir Writing</b>		10/2–11/20
2–3:30 P.M.	<b>How to Write a Memoir</b>		10/2–11/20
2–3:30 P.M.	<b>Impressionism: Color Light and Leisure</b>		10/9–11/13
6–7:30 P.M.	<b>Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas</b>		10/9–11/13
10–11:15 A.M.	<b>Beginner Ukulele</b>		10/16–11/20
10–11:30 A.M.	<b>Health Care in Crisis: The Coming Revolution and What It Means for You</b>		10/16–11/20
10–11:30 A.M.	<b>In Darwin's Footsteps: A Journey to the Galapagos</b>		10/16–11/20
11:45–1 P.M.	<b>Intermediate Ukulele</b>		10/16–11/20
12–1 P.M.	<b>Gentle Yoga</b>		10/16–11/20
12–1:30 P.M.	<b>Languages of the World</b>		10/16–11/20

*All classes are listed in Central Time.*

### COURSE ICON KEY

-  **In-Person** – These courses are conducted in person at various locations in Nashville. These classes are not recorded.
-  **Online via Zoom** – These courses are conducted by OLLI at Vanderbilt online via Zoom. These classes are typically recorded, but there are exceptions. Check the course description to see if the course is recorded.
-  **Osher Online** – Osher Online offers online courses for OLLI members across the country. You will be joining an online classroom space that includes fellow OLLI members from across the United States. These courses are created and delivered by the Osher National Resource Center at Northwestern University through their online website platform. NRC staff will provide all content, moderators and technical assistance. These classes are not recorded.

# Fall 2025 Course Descriptions

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## SUNDAYS

### OLLI Steel Drum Beginner

Sundays, October 5 – November 16

**Time:** 11 A.M.–12:15 P.M. CT | **Cost:** \$100

**Location:** 🎭 Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

**Instructor:** Mat Britain

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). Success and enjoyment in the band, as well as the band’s success, are dependent on regular attendance. Everyone in the band plays an important role. Please make every effort to attend each class. 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. There is a concert component with this course.

Enrollment is limited to 14 participants.  
This class is not recorded.

**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. He is an All-American percussionist with a global perspective that permeates his grooves, style and musicianship.

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### OLLI Steel Drum Advanced

Sundays, October 5 – November 16

**Time:** 1–2:15 P.M. CT | **Cost:** \$100

**Location:** 🎭 Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

**Instructor:** Mat Britain

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. Success and enjoyment in the band, as well as the band’s success, are 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 ability to hear and repeat rhythms are helpful; willingness to practice before class is recommended if needed.

Enrollment is limited to 14 participants.  
This class is not recorded.

**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. He is an All-American percussionist with a global perspective that permeates his grooves, style and musicianship.

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## OLLI Steel Drum Intermediate

Sundays, October 5 – November 16

**Time:** 2:30–3:45 P.M. CT | **Cost:** \$100

**Location:** 🏠 Blair School of Music, Vanderbilt University, 2400 Blakemore Ave.

**Instructor:** Mat Britain

For those who have grasped the basics, this band will refine 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. Success and enjoyment in the band, as well as the band's success, are 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. There is a concert component to this course.

Enrollment is limited to 14 participants. This class is not recorded.

**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. He is an All-American percussionist with a global perspective that permeates his grooves, style and musicianship.



## MONDAYS

### The Life and Times of Nikola Tesla

Mondays, October 6–November 10

**Time:** 2–3:30 P.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Marc Seifer

This course traces the life and innovations of Nikola Tesla, from his early years and university studies to his groundbreaking work in electricity and wireless technology. We will explore his collaborations and rivalries, including his work with Thomas Edison and his partnership with George Westinghouse, which led to the lighting of the 1893 Chicago World's Fair. Key topics include Tesla's Tel automaton invention, his wireless experiments and his race against Marconi in the development of radio. We will examine the Wharncliffe–Tesla's ambitious wireless transmission tower, his work during World War I with Telefunken, and his interactions with Franklin Roosevelt. We will conclude with Tesla's later-life invention of the particle beam weapon, his negotiations to sell it to the Allies during World War II, and the mystery surrounding his secret papers after his death.

Enrollment is limited to 13 participants. This class is not recorded.

**Marc Seifer** is the author of more than 100 articles and a dozen books, including the acclaimed *Wizard: The Life and Times of Nikola Tesla*, *Ozone Therapy for the Treatment of Viruses* and *Tesla: Wizard at War*. A frequent speaker on Tesla and technological history, Seifer has lectured at every International Tesla Conference and has presented at such institutions as the Federal Reserve Bank of Boston, Lucasfilm's Industrial Light & Magic, West Point Military Academy and the United Nations. His work has been featured in many major publications and has appeared on the BBC, NPR and in *The Tesla Files* five-part History Channel series that has aired in 40 countries.

### Birding for a Better World: Finding Joy and Community in Nature

Mondays, October 13–November 17

**Time:** 9–10:30 A.M. CT | **Cost:** \$60

**Location:**  Warner Park BIRD Center with possible field trips to other locations

**Instructor:** Stacy Elliott

Do you need to identify birds by sight and sound to be a “birder”? Must you know how to use binoculars, wake up at dawn and wear khaki? This describes what one might think of as a traditional birdwatcher, but it's not the only way to be a “birder.” In *Birding for a Better World*, Molly Adams and Sydney Golden Anderson offer refreshing guidelines and debunk common myths about birdwatching that we will explore in this course.

Students will practice using binoculars, field guides and other assistive devices provided through an Audubon in Action Grant. Learn about the health benefits of birdwatching and try birding activities such as nature journaling, slow birding and forest bathing while considering the ecological challenges birds face and how to take actionable steps. All levels are welcome.

Enrollment is limited to 20 participants. This class is not recorded.

**Stacy Elliott** holds a master of social work with more than 30 years of experience creating innovative strategies for helping others thrive. She currently focuses on inclusive, accessible birding with the motto: Love birds, love people. As an adjunct professor at Belmont University, she developed two research courses: Consider the Birds of the Air and NatureRx. Additionally, she is the faculty adviser for Belmont Bird Club, has served five years on the local Audubon chapter board and is a founding member of Bird Safe Nashville. She finds birdwatching is a practice of sanctuary, healing and community. She began birding while supporting her mother during breast cancer treatment, leading her to share mindful birding with students, colleagues, friends and at-risk populations. She watches birds daily and has completed 1,000 days in a row on eBird. She starts most mornings birding as she begins managing care for her daughter, who has been bedbound for over a year.



## India, Pakistan and Bangladesh Since Independence

Mondays, October 13 – November 17

**Time:** 9:30–11 A.M. CT | **Cost:** \$60

**Location:** 🏡 Second Presbyterian Church, 3511 Belmont Blvd.

**Instructor:** Art Echerd

Today, the combined populations of India, Pakistan and Bangladesh make up almost one fourth of humanity. India recently surpassed China as the most populous nation, while Pakistan has overtaken Brazil as the fifth most populous country. Despite its smaller size, Bangladesh now ranks eighth in population, exceeding that of all of Russia. Now the political, economic and cultural influence of these three nations is aligning with their demographic weight. This course explores the modern history of the Asian subcontinent, examining interactions among these societies since gaining independence from Britain in 1947. We will discuss the struggle for independence, the decision to partition British India and the separate paths taken by each country in the postcolonial era. We'll also

examine the growing importance of religion in the politics of these countries and discuss the roles of India, Pakistan and Bangladesh in the world moving forward.

Enrollment is limited to 100 participants. This class is not recorded.

**Art Echerd** holds a doctorate in history from the University of North Carolina, and he has taught at UNC, Campbell University and Peace College. He taught history at Harpeth Hall, where he has served as a department head and taught Advanced Placement courses in European History, World History and Comparative Politics, as well as courses in Religions of the World and Contemporary History. He has also led classes on Genocide in the Modern Era, Radical Islam and Contemporary Africa. Recognized with the Tennessee Humanities Council Outstanding Teacher Award in 1990, he held Harpeth Hall's Hofstead Chair in the Humanities from 1997 to 2000. He has taught several adult classes on topics such as antisemitism, the Armenian genocide, modern Iran, the rise of ISIS and more. His approach to teaching is based on promoting cultural literacy and fostering a sense of shared humanity among students.

## NBC at 100: Proud as a Peacock

Mondays, October 13 – November 17

**Time:** 11:30 A.M. – 1 P.M. CT | **Cost:** \$60

**Location:** 🏠 Second Presbyterian Church, 3511 Belmont Blvd.

**Instructor:** Jim McKairnes

As we approach the centennial of NBC, the first television network founded in 1926 by the Radio Corporation of America, this course presents a video-heavy overview of a century's worth of programming. From its radio roots to today's streaming portfolio, NBC has been a leader in many innovations, including the launch of color TV with *Bonanza*, and establishing key shows outside of prime time like *The Tonight Show*, *Today* and *NBC News Overnight*. We'll examine the recalibrations of crime drama with series like *Police Story*, *Hill Street Blues* and *Miami Vice*, and evolution of sitcoms with *Seinfeld*, *The Office* and *Parks and Recreation*, as well as the introduction of the made-for-TV-movie genre in the 1960s. This engaging and fast-moving course highlights key moments and figures in NBC's history, including David Sarnoff and David Letterman, and how it all came together to change the country as it changed TV.

Enrollment is limited to 50 participants.  
This class is not recorded.

**Jim McKairnes** is a former longtime LA-based CBS executive who writes and teaches about TV history. He has served on the faculties of DePaul University, Temple University and Middle Tennessee State University. In 2021 he was an on-air commentator for the eight-hour CNN documentary series *History of the Sitcom*. He lives in Knoxville and teaches at several OLLI campuses around the country.

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## The Power of One in Steven Spielberg Films

Mondays, October 20 – November 24

**Time:** 12–1:30 P.M. CT | **Cost:** \$75

**Location:** 🖥️ Osher Online

**Instructor:** Bernard “Butch” Epps

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.” Through scene-by-scene analysis, this course explores variations on this theme across a selection of Spielberg films. With a focus on dialogue and action that reveal characters' inner beliefs and moral choices, we will examine how the world is saved – or not. We will analyze the following films: *Close Encounters of the Third Kind*, *Lincoln*, *Bridge of Spies*, *Saving Private Ryan*, *Munich*, and *Schindler's List*.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Bernard “Butch” Epps** earned his undergraduate degree from Loyola Marymount University, graduating *cum laude* as an award-winning film production major. He received his MFA from the UCLA School of Film and Television's graduate Producers Program, where he specialized in story development and working with screenwriters. At UCLA, he served as academic liaison to the MFA Producers Program faculty, including studio heads, development executives and industry professionals. He has taught film appreciation courses with a strong emphasis on story analysis.

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## TUESDAYS



### OLLI Chorale

Tuesdays, October 7 – November 18

**Time:** 10–11:30 A.M. CT | **Cost:** \$70

**Location:** 🏛️ St. George Episcopal Church, 4715 Harding Pike

**Instructor:** Mary Combs

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.

Enrollment is limited to 50 participants. This class is not recorded.

**Mary Combs** has 40 years of experience directing choirs and musical groups in college, school, church, theater 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. She 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 live in Bellevue.

### The African American Military Experience: From Revolution to Civil Rights

Tuesdays, October 7 – November 11

**Time:** 6–7:30 P.M. CT | **Cost:** \$75

**Location:** 🖥️ Osher Online

**Instructor:** John Langellier

African Americans have served in every U.S. military conflict, fighting for their country and for their own rights. From Black patriots in the Revolutionary War to the 180,000 African Americans who fought for the Union in the Civil War, their contributions have shaped American history. After the war, Black soldiers gained congressional approval to enlist in the peacetime Army, leading to the formation of the “Buffalo Soldiers.” This course traces their service from the War of 1812 to World War II, highlighting their valor in conflicts abroad and their struggle against segregation and discrimination at home. It is the story of their resilience, sacrifice and fight for equality in a nation that often failed to recognize their service.

Enrollment is limited to 13 participants. This class is not recorded.

**John Langellier** has spent decades researching African Americans in the U.S. military, beginning in the 1960s. His work includes articles and books such as *More Work Than Glory: Buffalo Soldiers in the United States Army, 1866–1916* and *Buffalo Soldiers in Arizona*, and an extensive National Park Service study on Buffalo Soldiers from the Eastern Seaboard to Hawaii. He has consulted and produced documentaries on African Americans in the armed forces for A&E and PBS, curated museum exhibits, developed curricula and delivered programs across the U.S. and Europe.



## History of Museums and World's Fairs

Tuesdays, October 14–November 18

**Time:** 10–11:30 A.M. CT | **Cost:** \$60

**Location:** 🏛️ West End United Methodist Church, 2200 West End Ave.

**Instructor:** Susan Dine

In 1897, the Tennessee Centennial Exposition drew thousands by railroad, with the Parthenon structure as its centerpiece. The expo showcased other countries, new inventions, performers and architectural recreations from around the world, representing “edutainment” at its finest. Today, tourists visit the remnant of this expo in the afterimage of the Parthenon building.

This course will contextualize these “remnants” throughout the country—even the world. Such expos were deeply intertwined with the development of modern museums, which saw its “golden age” in the United States in the 20th century. We will explore the histories of museums, World's Fairs and Expos, covering topics such as the early development of collections, museums as national projects, World's Fairs and global encounters, representation techniques and effects and more. We will visit the Parthenon in Nashville and the Vanderbilt University Museum of Art.

Enrollment is limited to 25 participants.  
This class is not recorded.

**Susan Dine**, a senior lecturer at Vanderbilt University, researches and teaches about Asian art history and museum studies. Her research areas are premodern Japanese art history (particularly Buddhist visual cultures), Ainu art and museum studies, histories and practice with a focus on accessibility. She is currently engaged in several projects, including co-curating multiple exhibitions—one for the Vanderbilt University Museum of Art called *Scent*—and a book project on representations of museums in blockbuster movies from the 1980s to today.

## Inequality and Economic Policy

Tuesdays, October 14–November 18

**Time:** 12–1:30 P.M. CT | **Cost:** \$75

**Location:** 🖥️ Osher Online

**Instructor:** Geof Woglom

Economics plays a central role in every aspect of society. This course examines the causes and potential solutions to inequality in the U.S. from an economic perspective. We will explore the history of different types of inequality, the underlying data and evidence, and the policy levers available to address these issues. Each lecture, led by a subject matter expert with a Ph.D. in economics, will stand alone. Topics may include climate change, health care economics, economic inequality, economic mobility, discrimination in public policy and the wealth gap.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Geof Woglom** is professor emeritus of economics at Amherst College, where he taught for more than 40 years. He has held visiting positions at Cambridge, Harvard and the London School of Economics, and he was a Fulbright Scholar at the University of the Western Cape in Cape Town and at Nanjing University. He has served as an economic consultant for the International Monetary Fund, the Federal Reserve Board and the Federal Reserve Bank of Boston.





## Let's Mahjong! A Six-Week Beginner Course

Tuesdays, October 14–November 18

**Time:** 12–1:30 P.M. CT | **Cost:** \$80

**Location:** 🏛️ Second Presbyterian Church, 3511 Belmont Blvd.

**Instructor:** Joy Marini

American Mahjong, also called Mah Jongg, is a fast-paced, brain-boosting tile game based on the traditional game developed in 19th-century China. Played with four people racing to build specific tile combinations, it's a blend of strategy, memory, pattern recognition and fun.

This beginner-friendly course will teach you everything you need to confidently join a game. Over six lively, hands-on lessons, you'll learn the rules, tile sets, game flow and strategy behind this timeless favorite. Learn how to read the Mahjong card, navigate the Charleston (the unique tile-passing ritual) and develop your playing style.

By the end of the course, you'll be ready to join local games and host your own Mahjong night.

All materials are provided, and you will receive your own card to keep. If you'd like to lead or participate in a Mahjong Shared Interest Group, please let us know.

Enrollment is limited to 24 participants. This class is not recorded.

**Joy Marini** started out curious about American Mahjong and just a little confused, but quickly fell in love with the challenge, strategy and community that come with playing. She now hosts regular games and teaches new players, building a growing Mahjong circle that's as much about laughter as it is about learning. In the classroom, she creates a fun, relaxed space for beginners to gain confidence and fall in love with the game, just like she did. She loves watching the "aha!" moments when new players grasp the rhythm of the game. She emphasizes that you don't need to be a lifelong player to enjoy Mahjong—all it takes is one game to get hooked. A member of the Mahjong Instructors' Guild and an Oh My Mahjong teacher, she is a former physician assistant, corporate leader at Johnson & Johnson and a global health advocate for mothers and children.



## The Brain in Health and Disease

Tuesdays, October 14–November 18

**Time:** 1–2:30 P.M. CT | **Cost:** \$60

**Location:**  Online via Zoom

**Instructors:** Vanderbilt Researchers

The brain is central to everything we do and who we are. In this series, a group of Vanderbilt's outstanding researchers will give you an insider's view of brain topics they study. Weekly topics will include the vision and brain injury, how neurons communicate, how we learn and the effects of our interactions with the world, brain disorders, cannabis and music. We will discuss the brain's fundamental workings and role in shaping our day-to-day activities.

Enrollment is limited to 300 participants. This class is recorded.

Course Organizer **Lisa Monteggia** is the Barlow Family Director of the Vanderbilt Brain Institute and a professor of pharmacology, psychiatry and psychology at Vanderbilt. She specializes in the understanding of molecular mechanisms of psychiatric disorders and their treatment.

**Ariel Deutch** is the James C. Blakemore Chair in Psychiatry and Behavioral Sciences Emeritus at Vanderbilt University Medical

Center. His long-standing research program focuses on understanding the role of dopamine in the brain and how it is critically involved in psychiatric disorders.

**Kristen Gilliland** is the president and executive director of 22 Forever. She will discuss the ever-growing statewide legalization of medical and recreational cannabis (marijuana) which has led to an increase in its use among older adults in the United States. This presentation will delve into the science and safety of cannabis products today and how higher potency cannabis products impact the brain, particularly over age 65.

**Miriam Lense** is an associate professor of otolaryngology and director of the Music Cognition Lab at Vanderbilt and will discuss music and the brain.

**Tonia Rex** is the Marlene and Spencer Hays Director of Translational Research, research director and vice chair for Basic and Translational Research, and professor of ophthalmology and visual sciences at Vanderbilt. She studies mechanisms and neuroprotective strategies in complex neurodegenerations of the visual system including glaucoma and trauma.

**Various Vanderbilt University graduate students** will also present their work related to brain function and memory during this course.

## Understanding Politics Through a Psychological Lens

Tuesdays, October 14–November 18

**Time:** 2–3:30 P.M. CT | **Cost:** \$60

**Location:** 🏡 West End United Methodist Church, 2200 West End Ave.

**Instructor:** Ashleigh Maxcey

This course explores how our thoughts, feelings and behaviors influence—and are influenced by—the political world around us. We'll look at the psychological roots of political beliefs, decisions and identities, and examine how group dynamics, emotions and biases play a role in shaping political attitudes and actions. Using ideas from cognitive science, social science, clinical psychology and neuroscience, we'll connect theory to real-world issues like leadership, voting and policy. By the end of the course, students will understand key psychological concepts related to politics, analyze what drives political behavior and discuss how these insights impact campaigns, public opinion and policy outcomes.

Enrollment is limited to 50 participants. This class is not recorded.

**Ashleigh Maxcey** is a senior lecturer and research assistant professor in the Department of Psychology at Vanderbilt. She earned her Ph.D. and M.A. from the University of Iowa in cognition and perception and her B.A. from Purdue University. At Vanderbilt she teaches undergraduate and graduate courses in research methods, statistics, positive psychology, political psychology and general psychology. She has a passion for igniting an interest in psychology in students of all ages and bridging topics to applications outside the classroom. Outside class, she enjoys activities with friends she has made through the Vanderbilt Woman's Club, losing Scrabble to her oldest son, walking the family dog with her middle daughter and watching her youngest son swim.



## Spooky Season Through a Literary Lens: Dissecting Archetypes Associated with Halloween

Tuesdays, October 14–November 18

**Time:** 2:30–4 P.M. CT | **Cost:** \$60

**Location:** 🖥️ Online via Zoom

**Instructor:** Jennie Miller

Prepare for Halloween by exploring classic characters and common tropes in their origins. We'll begin with a short history of the holiday as celebrated in America, then read myriad works that inspired cultural amalgamations. Together, we'll read Mary Shelley's *Frankenstein*, Washington Irving's *The Legend of Sleepy Hollow*, and a collection of Edgar Allan Poe's poetry and short stories, among other short tales. We'll talk about prominent archetypal characters and settings, such as the Mad Scientist, the Monster, the Ghost, the Witch, the forest, the cemetery, the Gothic castle and other elements that make up the macabre atmosphere of historical and modern-day Halloween. We'll look at how pop culture infiltrated the holiday, embracing some literary elements accurately while entirely distorting others. Come enjoy the fun parts of English class without writing academic essays or taking lengthy exams.

Enrollment is limited to 100 participants. This class is recorded.

**Jennie Miller** was a columnist, features writer and editor for 25 years at the *Chattanooga Times Free Press*, the former *Amarillo Magazine*, and *West Knoxville Lifestyle* before focusing solely on teaching high school and college-level literature and composition. Her areas of expertise include British Romanticism, American Dark Romanticism and creative writing. She holds a bachelor's degree from Middle Tennessee State University and a master's from Tiffin University. In her spare time, she nurtures a mixture of interests. She loves traveling and studying a few specialized topics, such as Anglo-Saxon England, semiotics and pop culture, and ancient storytelling. She's a big fan (and stockholder) of the Green Bay Packers, as well as a follower of Formula 1. She lives in the foothills of the Great Smoky Mountains.

## American History in Six Songs (Approximately)

Tuesdays, October 14–November 18

**Time:** 4–5:30 P.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Matt Jennings

Whether you're in Macon, Memphis, Muscle Shoals or Massapequa, music matters, and our varied musical heritage is one of the best ways to understand crucial moments in American history. This course will explore Indigenous expressions, colonial invasion, forced African migration, and the cultural shifts of the 19th, 20th and 21st centuries. Through the interplay of genres and traditions, we'll examine how music captures the evolving American experience.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Matt Jennings** is professor of history at Middle Georgia State University. He has authored several books on Native American and local history, including *New Worlds of Violence*, *The Flower Hunter* and *The People and Ocmulgee National Monument: A Brief History with Field Notes* (with poet Gordon Johnston). While he specializes in Native American history, he teaches in a variety of fields, including the history of music in America (perhaps as a way of compensating for his sporadic, and sophomore, efforts on the guitar, mandolin and banjo).

Did you know? Course fees only cover *some* of our operating expenses.



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Gifts to OLLI's Annual Fund support organizational operations and other areas of need. Your donation is 100% tax deductible and your contribution is truly appreciated.

## WEDNESDAYS



### Six Birding Hot Spots in Nashville

Wednesdays, October 15–November 19

**Time:** 9–10:30 A.M. CT | **Cost:** \$60

**Location:** 🌳 Various Locations

Note: This class may have a two-hour session in certain locations. Instructions will be given ahead of time.

**Instructor:** Stacy Elliott

Based on data from Cornell Lab of Ornithology's eBird database, the Nashville Chapter of the Tennessee Ornithological Society, etc., we will visit some of Nashville's most acclaimed birding hot spots. Additionally, we will learn about tools like eBird, Merlin, the Audubon app, iNaturalist, dBird and BirdCast to help identify, track and record birds. Binoculars and field guides will be provided via an Audubon in Action Grant.

Enrollment is limited to 20 participants. This class is not recorded.

**Stacy Elliott** holds a master of social work with more than 30 years of experience creating innovative strategies for helping others thrive. She currently focuses on inclusive, accessible birding with the motto: Love birds, love people. As an adjunct professor at Belmont University, she developed two research courses: Consider the Birds of the Air and NatureRx. She also is the faculty adviser for Belmont Bird Club, has served five years on the local Audubon chapter board and is a founding member of Bird Safe Nashville. She finds birdwatching is a practice of sanctuary, healing and community. She began birding while supporting her mother during breast cancer treatment, leading her to share mindful birding with students, colleagues, friends and at-risk populations. She watches birds daily and has completed 1,000 days in a row on eBird. She starts most mornings birding as she begins managing care for her daughter, who has been bedbound for over a year.

### The British Invasion: British Bands Influenced by American Blues and Rock and Roll

Wednesdays, October 15–November 19

**Time:** 9:30–11 A.M. CT | **Cost:** \$60

**Location:** 🖥️ Online via Zoom

**Instructor:** Robert Fry

On Feb. 9, 1964, the Beatles played the Ed Sullivan Show. With an estimated 73 million viewers, their performance, followed by 32 concert dates throughout North America, initiated what the U.S. media referred to as the British Invasion. This "invasion" resulted in British bands—The Beatles, The Rolling Stones, The Who, The Yardbirds, The Zombies, The Kinks, etc.—who had been influenced by and found success in borrowing from American blues and rock and roll, greatly impacting, in turn, the American popular music sound and industry. With an emphasis on songs, albums and artists, this class will explore the British Invasion's roots, legacy and influence on the development and transformation of the global popular music soundscape.

Enrollment is limited to 300 participants. This class is recorded.

**Robert Fry** is a principal senior lecturer in musicology and ethnomusicology at Vanderbilt University's Blair School of Music, where he teaches courses in global music, popular music, fandom and music tourism. His research focuses on tourism and the role of fandom in the production of a musical place, which he has written about in articles, edited volumes, and his book, *Performing Nashville: Music Tourism and Country Music's Main Street*.



## Alexander Graham Bell and the Telephone, 150 Years Later

Wednesdays, October 15–November 19

**Time:** 10–11:30 A.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Bernie Carlson

More than any other invention of the past 150 years, the telephone has transformed how we communicate and conduct business. But how was it invented, and why did it have such a profound impact? This course explores Alexander Graham Bell's groundbreaking 1875 concept for transmitting sound over an electric wire, his struggles to commercialize the telephone with his father-in-law, Gardiner Hubbard, and his rivalry with inventors Elisha Gray and Thomas Edison. We will also examine the rise and fall of AT&T as a corporate giant and the evolution from wired networks to today's cellular and smartphone technologies.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Bernie Carlson** is Vaughan Professor Emeritus of Humanities at the University of Virginia and an expert on invention, entrepreneurship and the role of technology in society. He has received the Sally Hacker Prize from the Society for the History of Technology and the William Middleton Prize from the Institute of Electrical and Electronics Engineers. He also filmed *Understanding the Inventions that Changed the World*. Now based in Ireland, he directs the M.S. program in innovation at University of Galway, where he trains adult learners in product development, startups and sustainable farming.

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## From Forecasts to Folklore: Weather Demystified

Wednesdays, October 15–November 19

**Time:** 12–1:30 P.M. CT | **Cost:** \$60

**Location:**  Second Presbyterian Church, 3511 Belmont Blvd.

**Instructor:** Bree Sunshine Smith

Get ready to unpack the science, spectacle and stories behind some of the most mystifying meteorology in Middle Tennessee. We'll kick things off with a field trip to the National Weather Service to watch a real weather balloon launch—these high-flying data collectors are the unsung heroes of forecasting.

Each week brings a new weather adventure, including a dive deep into hurricanes and the evolution of tornado forecasting in the U.S. We'll learn how meteorologists predict winter storms, and we'll explore the folklore that gives weather its character—like why some say a ring around the moon means rain is on the way. To wrap it up, we'll take a spin through radar—how it works, what it sees and the quirky things it sometimes picks up, like bug clouds, birds and maybe a UFO.

Enrollment is limited to 100 participants.  
This class is not recorded.

**Bree Sunshine Smith** is an Emmy Award-winning meteorologist accredited by the American Meteorological Society and The National Weather Association. She blends fun, facts and a little mischief to make weather feel more personal and less like your fifth grade science textbook. She's served as an emcee, speaker and weather educator for 15 years. She is known for blending humor, heart and high-level science for every class she teaches.

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## Tai Chi for Health, Balance and Relaxation

Wednesdays, October 15–November 19

**Time:** 1:45–2:45 P.M. CT | **Cost:** \$60

**Location:** 🏠 Second Presbyterian Church, 3511 Belmont Blvd. **OR**

📺 Online via Zoom

**Instructor:** Peter Hodes

Tai Chi is an easy-to-learn routine that improves health, balance and relaxation. This low-impact exercise can easily be done by everyone including seniors, people with illnesses and injuries, and even small children. In fact, it is a great exercise for these types of people due to the extraordinary health benefits that result from continued efforts.

No special clothing or equipment is needed. Students can expect gentle movements with no sweating or straining. This course is appropriate for beginners or those with experience. We will learn about body alignment, gravity, motion and power. Students will practice deep breathing and strategies for relaxing and reducing anxiety. We'll have fun and enjoy getting healthy together.

Enrollment is limited to 50 in-person participants and 100 online participants. This class is not recorded.

**Peter Hodes** has always been interested in martial arts and in Asian culture. After graduating from the University of Florida with a degree in Asian studies and studying abroad in Japan, he began practicing tai chi chuan in 1990 on a beach of Thailand. Beginning with a two-day workshop, he stayed for three additional weeks, training daily and learning the traditional Yang-style tai chi of Professor Cheng Man-Ching.

In 2017, he sold his company and, on a whim, began teaching tai chi classes in Nashville. The classes were an unexpected success and have continued to grow and expand since then. Now, he is a full-time tai chi teacher and a strong advocate for this amazing, healthy and relaxing activity. He is “old school” Nashville, having attended H.G. Hill Elementary School and graduated from University School of Nashville in 1985.

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## Intro to Pastels and Creating Pet Portraits

Wednesdays, October 15–November 19

**Time:** 2–3:30 P.M. CT | **Cost:** \$60

**Location:** 🏠 Residential Home in Brentwood

**Instructor:** Sandra L. Harris

Learn to create realistic pet portraits and enjoy the world of pastel painting. In this course, you will apply fundamental pastel painting principles such as edges, values, layering, underpainting and fine detail using pastel pencils. We will paint together each class using the same image of a pet dog or cat to create a very realistic portrait. Students will also learn how to easily mat and frame artwork inexpensively. Through this course, you will realize that painting animals is one of the most rewarding yet challenging art forms, as it requires representing a three-dimensional form on a flat surface. But with instruction and practice, it can be done quite quickly. This course is suitable for beginner and intermediate artists. An art supply list will be provided for students to purchase on their own before class begins.

Enrollment is limited to 12 participants. This class is not recorded.

**Sandra L. Harris** works primarily in oil and pastel, specializing in landscapes, wildlife and pet portraits that resonate with serene emotion and fine detail. Her commitment to expressing the glory of God's creation is evident throughout her body of work. Harris has exhibited in respected venues such as the Cumberland Society Juried Show, the Belle Meade Plantation Juried Show and Trailside Juried Small Works Show in Jackson, Wyoming. She was featured on the cover of *The Saturday Evening Post* and was recognized as a featured artist by Artsy Shark. What sets her apart in contemporary realism is the fusion of technical discipline with spiritual meaning. Her works go beyond depiction to offer viewers a visual prayer—images that invite meditation on peace, guidance and divine presence. Her focus on animals as vessels of calm and clarity, rendered with tenderness and careful observation, results in paintings that are both visually captivating and emotionally resonant.

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## THURSDAYS

### Telling Your Story: A Deep Dive into Memoir Writing

Thursdays, October 2–November 20

**Time:** 11 A.M.–12:30 P.M. CT | **Cost:** \$100

**Location:** 🏛️ Second Presbyterian Church, 3511 Belmont Blvd.

**Instructor:** Miriam Mimms

“The past is never dead. It’s not even past.”

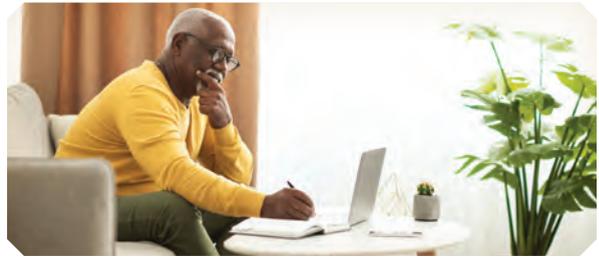
– William Faulkner

Everyone has a story to tell about their past. Writing our personal stories helps us make sense of that past and allows us to share meaningful memories with loved ones. If you’re ready to tell yours—even if only to yourself—this introduction to memoir writing may be the nudge you need.

In this generative, eight-week course, we will assemble a tool kit of practical techniques for beginning and more practiced writers. We’ll explore works of notable memoirists, discuss elements that can enliven personal storytelling and develop strategies to strengthen the voice of our lived experiences. Topics include authenticity, ethics, the use of AI and publishing. Participants will aim to complete a chapter-length memoir, sharing prompted writings and workshopping their piece in a supportive setting. Reading and writing assignments are strongly encouraged but optional. A laptop or notebook is needed.

Enrollment is limited to 20 participants. This class is not recorded.

**Miriam Mimms** is a writer, memoirist, poet and editor. Her writing has been published in print, her poetry received The Academy of American Poets Prize at Vanderbilt Honorable Mention, and the Sewanee Writers’ Conference awarded her a residency in fiction writing. She holds the master of liberal arts and science degree from Vanderbilt University with dual concentrations in creative writing and creative arts, as well as a certificate in college teaching from the Vanderbilt Center for Teaching. A seasoned workshop leader, her approach to facilitating writing groups is supportive, encouraging and collaborative. When not working on her latest writing project, she can be found enhancing green space and sustainability initiatives as a commissioner of beautification and environment for the city of Nashville.



### How to Write a Memoir

Thursdays, October 2–November 20

**Time:** 2–3:30 P.M. CT | **Cost:** \$100

**Location:** 🖥️ Online via Zoom

**Instructor:** Carole Webb Moore-Slater

This eight-week course focuses on the crafting of a short memoir that centers on a specific event or time in the author’s life. This creative nonfiction series provides practical guidance to inspire participants to write a personal or family memoir one story at a time. Conducted over Zoom, this interactive and supportive class includes writing exercises during class and at home while encouraging participants to share their insights. The first five classes provide instruction on writing techniques and crafting personal stories before transitioning to a writers’ group format for the last three sessions. Each student is encouraged to complete a short memoir to share in classes six, seven and eight, where the group will offer constructive feedback. Completing a short memoir is an achievable and meaningful accomplishment, and sharing it with friends or family could be the best gift you ever give.

Enrollment is limited to 20 participants. This class is recorded.

**Carole Webb Moore-Slater** is an author, writing instructor and community speaker. She has published several books, including *Letters from the Heart 1943–1946* and a children’s book called *Dana Doesn’t Like Guns Anymore*. She has written articles for various local, state and national magazines. With a strong passion for memoir writing, she has been teaching classes regularly since 2019 for OLLI at Vanderbilt. She has a background in special education and social work, along with a personal interest in writing. Before she retired, she held leadership roles in the disability field, most recently at the Vanderbilt Kennedy Center’s University Center for Excellence in Developmental Disabilities Education, Research and Service.

## Impressionism: Color Light and Leisure

Thursdays, October 9–November 13

**Time:** 2–3:30 P.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Lauren Weingarden

Impressionist painters revolutionized art with a new style that emphasized changing atmospheric effects and luminous color harmonies. Their unblended brushstrokes of pure color and simple compositions broke dramatically with traditional pictorial techniques. Rejecting historical, mythological and religious themes, they instead focused on the rapidly shifting aspects of modern life—capturing scenes from the countryside, the home and the city. This course examines the work of Monet, Renoir, Degas, Cassatt and Morisot from the 1860s to the 1910s, exploring their stylistic and technical innovations, personal lives, and the cultural forces shaping their artistry. Participants will gain an enhanced ability to experience nature and artistic depictions of it with a newly developed sensory, coloristic and immersive awareness.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Lauren Weingarden** is professor emerita of art history at Florida State University. Weingarden's publications explore the interrelations of literature and visual arts in 19th-century cultural contexts. She is the author of several scholarly books and articles on the American architect Louis Sullivan and on French art and literature, particularly Charles Baudelaire and Édouard Anet. Her interdisciplinary work includes developing an embodied aesthetic model through which art viewers re-experience artists' immersive encounters with modernity's fragmentation and nature's transience—a perspective that deeply informs her teachings on Impressionism.

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## Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas

Thursdays, October 9–November 13

**Time:** 6–7:30 P.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Anna Lardinois

Beneath the surface of the Great Lakes lie thousands of shipwrecks, each with a story to tell. This course brings these lost vessels back to life through vivid storytelling and historical exploration. We'll examine the tragic sinking of the *Lady Elgin*, the haunting legacy of the *Eastland*, the mystery of the *Western Reserve* and the enduring legend of the *Edmund Fitzgerald*, along with other unforgettable wrecks that shaped Great Lakes history. More than just maritime history, this course uncovers the human stories behind these disasters, the forces that doomed them and the myths that linger today.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Anna Lardinois** is an author, storyteller and history enthusiast with a passion for uncovering dramatic and often chilling tales from the past. She is the author of *Shipwrecks of the Great Lakes: Tragedies and Legacies from the Inland Seas* and more than a dozen books on history, folklore and ghost legends. She founded an award-winning tour company specializing in haunted history and previously served as the Pfister Hotel narrator, chronicling stories from Milwaukee's most historic hotel. She has hosted the radio show *Haunted Heartland* and currently leads an online publication focused on entrepreneurship in Wisconsin.

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## Beginner Ukulele

Thursdays, October 16 – November 20

**Time:** 10–11:15 A.M. CT | **Cost:** \$60

**Location:** 🏡 West End United Methodist Church, 2200 West End Ave.

**Instructor:** Theresa Romack

This six-week course is designed to introduce the group to the ukulele and group singing. Participants will learn the basics of tuning, strumming, chords and, of course, a few songs. Each week builds on the previous one, with ample time for practice and review. Ukuleles will be provided for all participants.

Enrollment is limited to 20 participants. This class is not recorded.

**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. She 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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## Health Care in Crisis: The Coming Revolution and What It Means for You

Thursdays, October 16 – November 20

**Time:** 10–11:30 A.M. CT | **Cost:** \$60

**Location:** 🏡 West End United Methodist Church, 2200 West End Ave.

**Instructor:** Steve Lindstrom

The American health care system is under growing strain – consuming more than 18 percent of GDP, yet often failing to deliver consistent, high-quality outcomes. As patients, caregivers or voters, we are stakeholders in a complex and expensive system that is increasingly unsustainable.

This course explores the key challenges and emerging innovations reshaping U.S. health care. Guided by industry executives Steve Lindstrom and Dr. Peter Person each session begins with a data-driven briefing on current trends or breaking health care news, followed by a facilitated discussion to spark questions and informed debate. Participants will receive brief pre-reading materials to provide context for the week's topic.

This isn't a lecture series – it's a forum for engaged, informed discussion. Whether you're a patient or caregiver or simply curious, you'll leave with sharper insights and a clearer view of the future of health care.

Enrollment is limited to 50 participants. This class is not recorded.

**Steve Lindstrom** brings more than 40 years of executive leadership in health care, having served as president of high-growth HMOs and a social innovation company delivering care to underserved populations. An entrepreneur at heart, he founded four companies – from an early health care dotcom venture to a physician practice management firm. His work with the SilverSneakers fitness program brought him to Tennessee and connected him to the Vanderbilt community. Steve holds an MBA from the Thunderbird School of Global Management and taught graduate entrepreneurship for seven years at the University of Arizona. His career reflects a deep commitment to innovation, equity and lifelong learning.

**Dr. Peter E. Person** is a board-certified internal medicine physician and seasoned health care executive. As CEO of Essentia Health from 2004 to 2015, he led the organization's growth from a single hospital and multispecialty clinic into a five-state regional health system with 14 hospitals, 24 clinics and 16,000 employees. He holds an M.D. from the University of Minnesota, completed his residency at the Mayo Clinic, and earned an MBA from the University of St. Thomas. He has served on multiple boards and is published in the areas of health care economics, physician leadership and governance. He is widely respected for his expertise in integrated delivery systems and strategic growth.

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## In Darwin's Footsteps: A Journey to the Galapagos

Thursdays, October 16 – November 20

**Time:** 10–11:30 A.M. CT | **Cost:** \$75

**Location:**  Osher Online

**Instructor:** Eric Simon

From 1831 to 1836, Charles Darwin circumnavigated the globe aboard the *HMS Beagle*. In the Galapagos Islands and elsewhere, Darwin collected data that, after decades of study and reflection, formed part of the basis for his publication *On the Origin of Species*. The ideas presented in that volume remain the foundation of all modern biological thought. Drawing upon original source materials and the instructor's photos, this course will present the historical and cultural context of Darwin's era, follow the five-year journey, discuss how Darwin came to his ideas and explain his theories in detail.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Eric Simon**, professor of biology at New England College, received his Ph.D. in biochemistry from Harvard University. An avid traveler and award-winning nature photographer, he leads educational international trips to destinations including Belize, the Galapagos, Tanzania, Cuba, the Amazon River and Patagonia. He is the author of a widely used series of college biology textbooks with more than 2 million books in print that help teach biology to students in more than 40 countries.

## Intermediate Ukulele

Thursdays, October 16 – November 20

**Time:** 11:45-1 P.M. CT | **Cost:** \$60

**Location:**  West End United Methodist Church, 2200 West End Ave.

**Instructor:** Theresa Romack

This six-week course is designed for players who already have basic ukulele skills and their own instrument. Participants will expand their chord vocabulary, explore new strumming and picking patterns, and build confidence playing in different keys and styles. Emphasis will be placed on group playing and singing, with more challenging songs introduced each week. Students should be comfortable with fundamental chords and strumming before enrolling. You must have your own instrument to enroll.

Enrollment is limited to 20 participants.  
This class is not recorded.

**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. She 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.



## Gentle Yoga

Thursdays, October 16 – November 20

**Time:** 12–1 P.M. CT | **Cost:** \$60

**Location:** 🏡 West End United Methodist Church, 2200 West End Ave.

**Instructor:** Staci Smith

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.

Enrollment is limited to 20 participants.  
This class is not recorded.

**Staci Smith** is a certified yoga teacher with more than five years of teaching experience and 25 years of personal practice. She is dedicated to creating a welcoming, inclusive and accessible environment in each class, encouraging students of all levels to explore their practice and cultivate mindfulness. She offers modifications to ensure everyone feels comfortable and empowered on their journey. Outside of teaching, she enjoys hiking, photography, rock hunting and gardening. She wholeheartedly believes that yoga is a way of life that fosters connection, unconditional love and inner peace.

## Languages of the World

Thursdays, October 16 – November 20

**Time:** 12–1:30 P.M. CT | **Cost:** \$75

**Location:** 🖥️ Osher Online

**Instructor:** Asya Pereltsvaig

Explore the world's linguistic diversity. With more than 7,000 languages spoken today, their variety offers insight into the evolution of human language, thought and civilization. This course examines how languages develop, change and interact over time. Through a journey across six mystery locations—one per week—we will uncover the historical relationships among languages and the migrations, splits and connections that have shaped them. By studying the languages spoken in these regions, we will gain a deeper understanding of human history and what it means to be human.

Enrollment is limited to 13 participants.  
This class is not recorded.

**Asya Pereltsvaig** earned her undergraduate degree in English and history from the Hebrew University of Jerusalem and a Ph.D. in linguistics from McGill University. She has taught at Yale and Stanford. An expert in language, history and their intersections, she is the author of *Languages of the World: An Introduction*. Outside the classroom, she finds joy in sailing and hiking with her family, embracing the beauty of nature to inspire her work. Her dynamic combination of professional knowledge and personal interests creates a vibrant learning environment for her students, making her classes not just informative but also an engaging experience. Her dedication to educating others about the benefits of aromatherapy reflects her belief in its transformative power for individuals and communities alike.



# Fall 2025 Registration Form

**FOR MAIL ONLY**

**Online Registration is fast and the best way to ensure your spot in class. Registration deadline is **September 28, 2025**. Form and payment must be received by this date.**

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

Name \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_  Home  Cell

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

Email address \_\_\_\_\_

Returning Member  New Member: If new member, referred by \_\_\_\_\_

☛ **Select the courses you'd like to register for in the left column.**

Register	Course	Cost
<input type="checkbox"/>	OLLI Steel Drum Beginner	\$100
<input type="checkbox"/>	OLLI Steel Drum Advanced	\$100
<input type="checkbox"/>	OLLI Steel Drum Intermediate	\$100
<input type="checkbox"/>	The Life and Times of Nikola Tesla	\$75
<input type="checkbox"/>	Birding for a Better World: Finding Joy and Community in Nature	\$60
<input type="checkbox"/>	India, Pakistan and Bangladesh Since Independence	\$60
<input type="checkbox"/>	NBC at 100: Proud as a Peacock	\$60
<input type="checkbox"/>	The Power of One in Steven Spielberg Films	\$75
<input type="checkbox"/>	OLLI Chorale	\$70
<input type="checkbox"/>	The African American Military Experience: From Revolution to Civil Rights	\$75
<input type="checkbox"/>	History of Museums and World's Fairs	\$60
<input type="checkbox"/>	Inequality and Economic Policy	\$75
<input type="checkbox"/>	Let's Mahjong! A Six-Week Beginner Course	\$80
<input type="checkbox"/>	Understanding Politics Through a Psychological Lens	\$60
<input type="checkbox"/>	Spooky Season Through a Literary Lens: Dissecting Archetypes Associated with Halloween	\$60
<input type="checkbox"/>	American History in Six Songs (Approximately)	\$75
<input type="checkbox"/>	Six Birding Hot Spots in Nashville	\$60
<input type="checkbox"/>	The British Invasion: British Bands Influenced by American Blues and Rock and Roll	\$60
<input type="checkbox"/>	Alexander Graham Bell and the Telephone, 150 Years Later	\$75
<input type="checkbox"/>	From Forecasts to Folklore: Weather Demystified	\$60

Continued on the next page.

Register	Course	Cost
<input type="checkbox"/>	Tai Chi for Health, Balance and Relaxation	\$60
<input type="checkbox"/>	Intro to Pastels and Creating Pet Portraits	\$60
<input type="checkbox"/>	Telling Your Story: A Deep Dive into Memoir Writing	\$100
<input type="checkbox"/>	How to Write a Memoir	\$100
<input type="checkbox"/>	Impressionism: Color Light and Leisure	\$75
<input type="checkbox"/>	Legendary Shipwrecks of the Great Lakes: Tales from the Inland Seas	\$75
<input type="checkbox"/>	Beginner Ukulele	\$60
<input type="checkbox"/>	Health Care in Crisis: The Coming Revolution and What It Means for You	\$60
<input type="checkbox"/>	In Darwin's Footsteps: A Journey to the Galapagos	\$75
<input type="checkbox"/>	Intermediate Ukulele	\$60
<input type="checkbox"/>	Gentle Yoga	\$60
<input type="checkbox"/>	Languages of the World	\$75

**TOTAL: \$** \_\_\_\_\_



## Fall 2025 Registration

## *Beyond the Classroom*

### SHARED INTEREST GROUPS

Looking for new ways to engage with your OLLI peers? Consider joining one of our Shared Interest Groups! Visit [vanderbilt.edu/olli/shared-interest-groups](https://vanderbilt.edu/olli/shared-interest-groups) to learn how.



### SPECIAL EVENTS

Looking for exciting events around town to enjoy with OLLI peers? Please make sure you are receiving our monthly newsletter and pay close to attention to our website and emails.

### JOIN OUR COMMUNITY

Stay connected! Want the latest news and opportunities from OLLI at Vanderbilt delivered straight to your inbox? Subscribe at [vanderbilt.edu/olli](https://vanderbilt.edu/olli).

# Policies and Procedures

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## **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 Facebook page, 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.

OLLI programs are canceled when Davidson County Public Schools are closed to students because of adverse weather. Davidson County Public Schools' delays in opening do not affect OLLI's schedule. If Davidson County schools close early due to impending weather, we typically do not cancel classes, but please look for an email from our office under those circumstances. Zoom courses/lectures may be able to continue despite adverse weather, and decisions on Zoom courses/lectures will be made on a case-by-case basis; look for an email from the OLLI office on the day of the lecture/class.

## **NAME BADGES - NEW**

A permanent name badge is now made available to all members who are enrolled for in-person activities, including courses, SIGs, special events, etc. We ask that you wear your name badge at ALL OLLI events. We will provide the first name badge for free. If you lose or misplace your name badge, you can receive a new one for a donation of \$25. Wearing your name badge is required, and classroom assistants, SIG leaders and other volunteers will be checking for them. Please make sure your name badge is visible when entering class or joining an activity.

## **PHOTO WAIVER**

By registering for an OLLI program either online, over the phone or in person, participants give permission to Vanderbilt University to take and publish photographs, video, audio or other impressions of their image or voice (collectively "photographs"). Participants will not be compensated for any photographs or other likeness that may be used in this capacity. To opt out of accepting the photo waiver, email [OsherVU@vanderbilt.edu](mailto:OsherVU@vanderbilt.edu).

## **COST STRUCTURE**

Courses are individually priced. Costs are listed in the course descriptions and on the registration page of this catalog. They will also be listed online as you register for courses. There will be no discounts, gift cards or scholarships for Osher Online courses.

## **GIFT CERTIFICATES**

Give the gift of learning! Gift certificates make great presents for birthdays, holidays or other special events. Email [OsherVU@vanderbilt.edu](mailto:OsherVU@vanderbilt.edu) for more information.

## **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 the cost of 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 others' 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.

## **ADDITIONAL POLICIES**

By registering for a course, lecture, study trip or event, participants agree to hold Vanderbilt University and its employees harmless in the event of personal injuries, accidents, property damage, delays, and losses of any kind.

OLLI is a unit of Vanderbilt University's Division of Government and Community Relations. The information shared and/or opinions expressed in courses and lectures are those of the individual presenters. The ultimate responsibility for any decision made or actions taken based on the information provided rests with the member.



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