

OLLI

SESSION TWO

CLASSES BEGIN
NOVEMBER 1

OSHER LIFELONG LEARNING INSTITUTE

ZOOM!

**LIVE, ONLINE
CLASSES!**

GREAT

CLASSES

WITH YOUR

FAVORITE

INSTRUCTORS!

JOIN TODAY! CLUB OLLI

2





All fall courses will be delivered online using Zoom, since the Sierra College campuses are closed.

Fall Semester

- The fall semester is comprised of two sessions:
 - September 14-October 31 and November 1-December 11.
 - Tuition is only \$50 per person per session.
 - When registered for a session you may take as many courses as you like!
 - You do not need to register for individual courses within each session.

Calendar of Courses and Zoom Links

- Upon registering, you will receive a week-by-week calendar of courses which will be an easy reference guide for you to use.
- Each Friday you will receive an email for the following week's courses. This will happen every week through Session 1 and 2.
 - The email will include course information and the Zoom links to each course.
 - For example: for courses beginning the week of September 14th, you will receive an email on Friday, September 11th for all the courses September 14-18.
 - Some instructors will have student handouts which will be attached to the weekly emails too.
- On the day/time of a course you want to attend, you will select the corresponding link which will take you to the course.

Membership and Registration Information

- Membership and Registration Form is available on OLLI's website at www.sierracollege.edu/olli
- You may pay by credit card or check.
- Please complete the registration form and return it in one of the following ways:
 - Complete, save and then scan or email an attachment to: olli@sierracollege.edu
 - Complete, print and mail copy to:
 - OLLI at Sierra College, 316 Vernon St, Suite 257, Roseville, CA 95678

Please do OLLI a favor

- Share OLLI at Sierra College with your friends and family so they too can join our fabulous program.
- An annual membership with OLLI at Sierra College is only \$20 per person. The academic year begins in fall of 2020 and runs through spring and summer of 2021.



Osher Lifelong Learning Institute at Sierra College

Fall Zooming

Club OLLI Fall 2020 Course Registration and Membership Form

- Current Member
- New Member - \$20 per person

STUDENT INFORMATION					
1 st Member:	Last	First	Middle Initial		
2 nd Member:	Last	First	Middle Initial		
Address:	Street	City	State	Zip	
Telephone:	1 st Member:		1 st Member:		
Email:	1 st Member:		2 nd Member		

SUBMIT REGISTRATION FORM	
By Scan	Scan this form with credit card information and email to: olli@sierracollege.edu
By Mail	Mail this form with payment to: OLLI at Sierra College, 316 Vernon Street, Suite 257, Roseville, CA 95678

SESSIONS	COURSE	DATES	SESSION FEE	1 st Member	2 nd Member
Session 1	Fall Special 1 - Zoom Courses	9/14 - 10/31	Club580 - \$50	\$	\$
Session 2	Fall Special 2 - Zoom Courses	11/1 - 12/11	Club590 - \$50	\$	\$
If you are not a current member, please join (\$20 each)			Club010 - \$20	\$	\$
			TOTAL PAID: \$		

PAYMENT INFORMATION (Please Choose One of the Following Methods):		
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	Card Number:	Exp. Date:
	Cardholder Name:	
	Cardholder Signature:	Amount Charged to Card \$
<input type="checkbox"/> Check	Please make checks or money orders payable to: OLLI at Sierra College	

Fall 2020 Zoom Course Schedule – Session 2

Arts and Humanities

Art Deco - Art and Design

Art Deco is an art movement associated with the luxury of the 1920s and 1930s. It eclectically combined the artistic and industrial into a modern and distinctive style. We will look at art, fashion, fabric, jewelry, advertisement illustrations, architecture, and everyday items. The Art Deco influences continue today.

Teri Umhauer

11/2 only Mon 1:00-3:00 pm

Introduction to Eastern Religions II

A brief introduction to the religious beliefs, practices, and values of Eastern Religious Traditions, including Hinduism, Buddhism, Taoism and Confucianism. We will explore the history of each of these religions, as well as their philosophy, mythology, rituals, practices, beliefs, and values. Special consideration will be given to the impact of these traditions on the modern western world.

Jason File

11/6-12/11 Fri 2:00-3:30 pm
no class 11/27

Our Capitol's Art

We know the Capitol in WDC is home to Congress, but it is also a repository of art history, and how we see ourselves as a nation is reflected through the art. Please join me to explore the beauty of our U.S. Capitol through the architecture, paintings, carvings, and sculptures throughout this historic building.

Janet Rankin

12/3-12/10 Thur 10:00-12:00 pm

Astronomy

History of Astronomy

How in the world did scientists determine how far away are the little pinpoints of light in the night sky? How big are stars? How old are they? What are they made of? This class will provide an overview of the history of astronomy, with biographical sketches of famous astronomers, from ancient Egypt to contemporary explorers of the Cosmos. Workings of astronomical instruments will be illustrated, from a stick to fashion a sundial to the Hubble Space Telescope.

Kent Penwarden

11/5-11/12 Thur 10:00-12:00 pm

Business

Investment & Money Management Series

This course will be organized into a four-part lecture series to build your understanding of investment and money management. We will establish a framework to advance your knowledge of financial concepts, investment principles, asset classes, and vehicles; discuss savings strategies; discuss spending strategies and other ways to potentially mitigate risk and maintain a consistent standard of living in retirement; explore historic market volatility and ways to potentially mitigate the effects of volatility on your portfolio. (1) Intro to Investing 11/18 (2) When to Invest in Active vs. Passive Strategies - 11/25 (3) Market Performance - 12/2 (4) Market Corrections - 12/9

Brandon Montalvo

11/18-12/9 Wed 2:00-4:00 pm

Fall 2020 Zoom Course Schedule – Session 2

Communications

Gender Communication

This short course is about the relationship between gender and communication. First, students will self-reflect on their own gender identities and consider the role gender plays in their interpersonal, social, and public interactions. Students will also explore various theories and patterns of verbal and nonverbal gender communication, identify and discuss social influences on gender development, and through interactive dialogue and class activities, examine the ways in which gender communication has shifted and evolved over time. Be prepared for a lively class!

Tara Franks

11/12 only Thur 1:00-3:00 pm

Genealogy

Google for Genealogy

Find more genealogy records and clues for your ancestors, faster, when you use special Google search techniques. Learn how to find your search terms in uploaded documents and PDF files, how to find books on specific places or surnames, and more. We will also discuss Google Books, Alerts, Images and possibly Google Earth. Be sure to print the handout ahead of class so you can follow along as the presenter demonstrates the techniques listed.

Susan Rogers

11/18 only Wed 10:00-12:00 pm

Using FamilySearch.org for Genealogy Research

FamilySearch.org is the largest free genealogy records archive on the internet, with more than 7 billion name-searchable records from around the world: vital records, census, military, land, probate, and more. Many more records are available to browse as images (like looking at microfilm, only online). Learn tips and strategies for using this valuable site to find your ancestors and build your family tree. Includes handout.

Susan Rogers

12/3 only Thur 2:00-4:00 pm

Geography

The Galapagos

This course will discuss the history and present state of the Galapagos Islands from their discovery to the modern day. We will see what the government of Ecuador and the people of the Galapagos islands have done well and what they could have done better to protect their fragile land. We will reflect on the lessons we can take from them to protect our fragile land of the California foothills.

Louise Johnson

12/8 only Tue 1:00-3:00 pm

The Utah Parks: Lessons from a Fragile Land

This course will describe the geology, plants, and animals of the red rock Utah Parks - both state and national. We will examine the decisions of the State of Utah and the federal government to see what has been done well and what could have been done better to preserve these fragile lands. A discussion of the history and current state of extraction mining will be examined and the implications for our Gold Country communities will be discussed.

Louise Johnson

12/7 only Mon 1:00-3:00 pm

Fall 2020 Zoom Course Schedule – Session 2

Government and Politics

Climate Change, National Security and Geopolitics

Climate change is a global threat requiring an unprecedented, coordinated global response. Are we up to the challenge? What happens when one nation, acting in its own interests, builds dams and blocks water flows to its neighbors? How will the world respond to hundreds of millions of climate refugees? To island nations disappearing? Global economic disruption? Pandemics? Competition for arctic resources? Global food shortages? We will take a close look at these and other security threats heading our way.

Steven Browning

11/3-12/8 Tue 10:00-12:00 pm
no class 11/24

Post-Election Analysis

"It's over! This class will explore election day data and polling data to see who got it right and how. We will also examine the best post-election analysis articles and get ready for the Electoral College vote. The class will explore key House, Senate and, the all-important, Presidential Race.

Terence McAteer

11/6-12/11 Fri 10:30-12:00 pm
no class 11/27

History

"Hamilton" the Musical: Annotated

This course is part history and part music! We will listen to the music of the Tony Award winning Best Musical- "Hamilton". The music will be annotated with brief stories about the life of Alexander Hamilton. This Founding Father led a marvelous life full of fame, fortune, intrigue, and a tragic early demise. What a fun way to learn history-- through music!

Terence McAteer

11/24 only Tue 10:00-12:00 pm
12/10 only Thur 3:30-5:30 pm

Cheers! The History of Prohibition

Just over 100 years ago, the Eighteenth Amendment to the United States Constitution was adopted which prohibited the production, sale, and transport of "intoxicating liquors." This course will examine the social pressure to create Prohibition, passage of the Volstead Act and the twelve years of which America lived without legal liquor. This is a "sobering" look at America's "great experiment" which, of course, failed miserably.

Terence McAteer

11/2-11/9 Mon 4:00-6:00 pm
11/30-12/7 Mon 10:00-12:00 pm

First Thanksgiving: 400 Years Since the Pilgrims Landed (1620-2020)

This class will provide the basis for a fabulous conversation at Thanksgiving Dinner. This is all things Pilgrim as this year marks their 400 years since that First Thanksgiving at the Plymouth Bay Colony. In this two-hour class, we will understand the plight of the Pilgrims in the Old World and their voyage to the New World. Furthermore, this class will provide a true history of their hardships in Massachusetts, the first Thanksgiving and their relations with the local tribal communities.

Terence McAteer

11/19 only Thur 3:00-5:00 pm
11/23 only Mon 4:00-6:00 pm

Fall 2020 Zoom Course Schedule – Session 2

Hidden History: Dueling and Violence in Congress and the March to the Civil War

During the three decades leading up to the Civil War, the Capitol in Washington DC was home to violent battles and physical conflict. The politics of today seem angry and divisive, but they're nothing compared to the bloody battles that took place among Senators and Congressmen in and out of their legislative chambers. From threats, flipped desks, and fisticuffs to drawn pistols and Bowie knives, regional politics became a greater and greater threat to the unity of the young nation. Unchecked, the violence spilled out of the city to secret dueling spots, where proud gentlemen settled slights with guns at ten paces. Central to all the conflicts were regional differences around the issue of slavery. Complicated rituals of the "gentlemen's duel" were well known among Southerners, but confounding and intimidating to Northerners, allowing Southern states to have their way in Legislative chambers. The work of Professor Joanne Freeman of Yale University will be the source of our investigation.

Joan Griffin

11/2-11/23 Mon 10:00-12:00 pm

History of the White House China Collection

How did the tradition of the official White House china begin? How did it become the First Lady's responsibility to choose or design the pattern? How do politics affect the china selection? Who saved the disappearing dishes and created the first display of the collection? When is the china used and how many dishes does a person really need? We'll answer these questions and so many more, and we'll get a good look at the first, the latest, the gaudiest, the most artistic, the most controversial. And we'll give credit where credit is due to those who protected the fragile pieces through two centuries.

Joan Griffin

12/10 only Thur 1:00-3:00 pm

How Did I Not Know That! Pt 2: *The New Jim Crow*

Part 2 – During this class we will read and discuss Michelle Alexander's award-winning book *The New Jim Crow*, which the SF Chronicle called "the bible of a social movement." I will augment our discussions with film clips and articles.

Joan Griffin

11/5-12/3 Thur 10:00-12:00 pm
no class 11/12, 11/26

It's All Greek to Me! - Classical Greece

According to Socrates, "Wisdom begins in wonder." In this course we'll "wonder" about the contributions of the classical age of Greece to Western Culture which are varied and far-reaching. We'll come to understand how the cultural influences of Classical Greece were carried beyond their borders and their time and are still influencing us today. The topics we'll explore will include (but not be limited to) philosophy, literature, theatre, art, and architecture.

Janet Rankin

11/10-12/1 Tue 1:00-3:00 pm

JFK Assassination: Lingering Doubts, Conflicting Facts

A majority of Americans alive in 1963 still do not believe the Warren Report. A second Congressional inquiry suggested there likely was a conspiracy. Many key witnesses met strange deaths after JFK died. They could not all be coincidences. Roger Peterson has met and talked with several people who witnessed the assassination. He has published three articles on the case, two in AMERICAN HISTORY magazine.

Roger Peterson

11/19 only Thur 10:00-12:00 pm

Fall 2020 Zoom Course Schedule – Session 2

The Fantastical History of Swastika

Around 10,000 BCE, a human carved a distinctive design onto a bone. This is the oldest known swastika, and for centuries it was held in esteemed symbolism by the ancient Druids, Celts, Teutonic Knights and Nordic tribes. The swastika (from Sanskrit, meaning well-being) has been a symbol of peace and joy thousands of years. Prior to 1920, the swastika was a popular design in the west; many native American tribes had the swastika woven in their blankets, baskets, and painted on pottery. This class will explore the fantastical journey taken by this organic design and its ignoble end in Germany.

Gopal Kapur

11/4 only Wed 10:00-12:00 pm

The History, Myths, and Rituals of India

From Mark Twain to Einstein to Ralph Waldo Emerson, who said of India, "It's the voice of an old intelligence," people have been intrigued, mystified, and confounded by all that she is. Albert Einstein observed, "We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made." This class will also touch on India's relationship with the British and what makes India such a mystery—even to her own people—where every 50 miles or so, dialects, beliefs, food, and clothing can change.

Gopal Kapur

11/9-11/30 Mon 1:00-3:00 pm

The Irish in America

Slainte! (To Your Health in Gaelic) This class will explore and celebrate the history of the Irish in America. The Scotch-Irish arrived first and moved to Appalachia then came the Potato Famine hoards to the inner cities in the 1850's. We will delve into the anti- Irish Catholic movements such as the Know Nothing Party and the Knights of the White Camelia through to the 1960 election of JFK. We'll also enjoy some tales, and Irish/American music along the way. We all have a wee bit of Irish (blarney) in all of us!

Terence McAteer

11/3-11/5 Tue/Wed/Thur 2:00-4:00 pm
11/25-12/9 Wed 9:00-11:00 am

Literature and Writing

Living Literary History: On and Off the Road with the Beats

It was 1957 and Jack Kerouac's novel, *On the Road*, broke all the rules. Conservative post WW II society didn't know what hit it, and the movement predating the Swinging Sixties was born. Cathy Cassady (daughter of Neal Cassady, inspiration for Kerouac's character, Dean Moriarty), will reveal her insider's view of the challenges and perks experienced by her family as a result of their association with the so-called "Beats." Cathy will reveal what was going on at home while Neal and Jack were "on the road." The second-class meeting will feature the unacknowledged accomplishments of her mother, Carolyn Cassady, whose talents were overshadowed by the Beat guys.

Cathy Cassady

11/10-11/17 Tue 12:30-2:00 pm

Fall 2020 Zoom Course Schedule – Session 2

Music

The History of Rock: The Sixties

Take an entertaining and informative journey through the decade that redefined rock. You'll hear great music, watch videos featuring rock, pop, and soul legends and learn their compelling personal stories. This class will cover: the British Invasion (Kinks, Animals, Dusty Springfield, Dave Clark 5, Who, Yardbirds, Donovan); the Sound of California (Creedence Clearwater, Janis Joplin, Jefferson Airplane, Santana, Byrds, Doors, CSN); Soul music giants (Temptations, Marvin Gaye, Aretha Franklin, Otis Redding,); the classic pop of the Beach Boys, Mamas & Papas, and Lovin Spoonful; electric guitar heroes (Jimi Hendrix, Eric Clapton, Led Zeppelin); and singer-songwriters (Bob Dylan, Simon and Garfunkel).

David Anderson

11/6-12/11 Fri 2:00-4:00 pm

no class 11/27

Travel Tuesday

Sit back, relax, and take a tour with us of places around the world every Tuesday afternoon at 3:30pm.

Ireland - Susan Rogers

11/10 only Tue 3:30-5:00 pm

Venice and Rome - Janet Rankin

11/17 only Tue 3:30-4:30 pm

A Lincoln Highway Road Trip - Joan Griffin

11/24 only Tue 3:30-4:30 pm

Portugal - Janet Rankin

12/1 only Tue 3:30-4:30 pm

Jerusalem - Terence McAteer

12/8 only Tue 3:30-4:30 pm

Wellness

Body Tone and Tune-up

Are you looking for a movement class that is designed to stretch and strengthen your muscles, “unlock” and move stiff joints, increase your range of motion, build endurance, improve your balance, and increase blood flow? Then look no further. This class incorporates modern dance movements with yoga and Pilates-type exercise to stimulate your body from head-to-toe with beautiful music. You will experience a greater ease of movement overall as we apply body physiology and osteopathic principles to wake up and bring health to every part of your body. Students have indicated they experience less body pain and more energy after this workout. All age groups are welcome.

Kathrin Wilson

11/2-12/9 Mon / Wed 9:00-9:50 am

no class 11/11

Qigong

An introduction to Qigong. This is a form of gentle, flowing, meditative movement. It is simple and easy to learn. It integrates movement with mindfulness and cultivates the body's vital energy. This simple practice brings ease and well-being by reducing your stress and calming your nervous system. These easy exercises do not require a change of clothes, special place, equipment, or skills. All levels are welcome!

11/6-12/11 Fri 9:00-9:50 am

no class 11/27

Fall 2020 Zoom Course Schedule – Session 2

Tai Chi

Tai Chi is a gentle and graceful movement class designed to build better balance, coordination and focus in older adults. Students are encouraged to wear loose comfortable clothing. Our program features the Yang Long Form.

Anney Siegel-Wamsat

11/3-12/10 Tue / Thur 9:00-9:50 am
no class 11/26

Yoga Nidra

Yoga Nidra is a state of deep relaxation of the body while the mind remains awake and aware. It is helpful in stress reduction, health improvement and visualization. In this class, the instructor will guide you through this meditation and teach you how to access it yourself. The only physical requirement is that participants must be able to get down to and up from the floor and be able to rest quietly for about 45 minutes. Wear comfortable clothing and bring a yoga mat or blanket to lie on and a pillow for your head.

Louise Johnson

11/18-12/2 Wed 1:00-1:50 pm