FALL 2024 CATALOG

OSHER LIFELONG LEARNING INSTITUTE
Where Curious Minds Gather

OSHER LIFELONG LEARNING INSTITUTE

Fall Registration: August 5-30, 2024
Session 1: September 3–October 11
Session 2: October 28–December 13
Welcome! It’s OLLI’s Fall Season of Possibilities!

For many of us, Fall is the start of a new school year. It has been a time to start learning new things again. That hasn’t changed at OLLI. Fall brings us more opportunities to delve into new topics, get creative, stay active and connect with other curious minds. My life has been enriched by members and I look forward to seeing your renewed and new memberships along with class attendance this Fall. This is a time in our lives to take advantage of what OLLI offers. Come and meet our volunteers, relax into learning, engage and stay for the people. Welcome!

Karen Fraser
OLLI Advisory Board Chair
krfraser@utep.edu

The Bernard Osher Foundation makes grants and endowment gifts to colleges, universities and other nonprofit organizations in four program areas: post-secondary scholarships, lifelong learning institutes for seasoned adults, select integrative medicine programs, and arts and educational organizations. Osher Lifelong Learning Institutes are found on the campuses of 125 colleges and universities from Maine to Hawaii and Alaska. The Foundation also supports the National Resource Center for the Osher Lifelong Learning Institutes at Northwestern University.

Welcome to OLLI Fall 2024.
Our Catalog is filled with new opportunities for you!

Learning and Curiosity Never Get Old.
Add a spark and new friendships to your life.

Members tell us they come for the intellectual stimulation of the courses and activities, and stay for the people.

Become a Member. Renew or join for $50.
Enjoy two fall sessions over 12 weeks. Fall term registration: $100
Register online at utep.edu/olli or mail in your registration form.

Our members love OLLI. So will you!

New Lecture Series and Tours for Fall!

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National Learning Opportunities With Osher Online Classes
Watch for announcements on these 6-week courses that are nationally offered to a select group of OLLI members.
OLLI CLUBS and SPECIAL INTEREST GROUPS

Bridge club
Every Monday beginning September 9: 10:30 a.m.-Noon
Bridge is the ultimate card game, featuring strategy, teamwork and fun. For beginners or those who want to brush up their game. Taught by Phil Andersen. Meet weekly at the El Paso Bridge Club at 2216 Yandell Dr., El Paso, TX 79903.

Yoga Discovery club
Every Tuesday: 9:30-10:30 a.m.
Zoom in once a week and ease into some gentle yoga and conversation with fellow yoga enthusiasts and OLLI instructor, Phyllis Price. This is a special time for discovery.

Photography club
Every Wednesday: 10-11:30 a.m.
Continue capturing the moment and share your photos and discoveries. Participate via Zoom and meet up for field trips.

Italian club
Every Wednesday: 5-6 p.m.
Ciao! Get into the flow of the Italian language. Zoom in and practice. This is a good place to start for beginners. Then take the Italian classes.

Brown Bag Book Review club
Second Thursday of each month: Noon-1 p.m.
Are you an avid reader? Bring your lunch to the OLLI lounge and share your good (or not so good) reads with fellow members.

Folk Guitar/Folk Music club
First Tuesday of each month: 2 p.m.
Bring your guitar and enjoy strumming with the group. Meet at the Rio Grande Cancer Foundation at 616 N. Virginia St., Suite D, El Paso, TX 79902. The emphasis is on fun!

French club
Every Friday: Noon-1 p.m.

Film and Wine club
Every other Friday: 4:30-6 p.m.
End your week with a bit of fun! Get on Zoom for happy hour and a film with your OLLI hosts.

The OLLI Pickleball club
Tuesdays and Thursdays: 4:15-5:30 p.m.
at the Memorial Gym Auxiliary Gym; announcements will be made if additional court times become available.

- OLLI Membership and Pickleball Club registration are required.
- Courts will be available during OLLI sessions to members on a first come, first served basis.
- Players must provide their own equipment (i.e. paddle and balls) and all pickleball court rules and etiquette apply.
- Beginner instruction is available on the first Tuesday of the month.
- Parking is available at the parking garage/transfer station located at N. Mesa St. and Glory Rd. The parking fee at the time of this publication is $1/hour. For OLLI members with SB7 parking passes, it is a 5-minute walk to Memorial Gym.
- Pickleball may not be available during Fall camps.

Online Session

ZOOM IN: PRACTICE WITH FUN

Wednesday, August 28 1:30-3 p.m.

- Online
Are you new to Zoom or do you need to dust off the rustiness and get back into the practice of Zooming in? Join us in a Zoom classroom to practice Zoom skills and have some fun. Facilitated by the OLLI staff.

OLLI members pose after a pickleball tournament.

FALL 2024 REGISTRATION Event

Tuesday, August 13

OLLI Lounge and Office
Suite 209, Miners Hall at UTEP
1-4:30 p.m.

RSVP for parking passes

Come in person and register early with the assistance of our volunteers and staff!

Have a cup of coffee or tea and enjoy a snack while you register.

Membership has its benefits!

The activities on this page are available to all OLLI members even if you are not registered for courses. For more information about our OLLI annual membership fees, go to page 19.
FITNESS AND FUN
- Fitness Workout: Senior Circuit
- Exercise - Session One
- Walkercise: Session One - Tuesdays
- Walkercise: Session One - Friday Hill Climbs
- En Garde! Fencing Fun: Session One
- Line Dancing: Session One

HANDBS-ON ARTS
- Crochet/Knitting Therapy
- Capture the Moment With a Smartphone
- Metal Embossing/Repujado
- Still Life and Landscape Painting
- In the Style of Modern Artists
- Realism to Expressionism in Portrait

HEALTH AND WELLNESS
- Fall Prevention Training: Learn the Right Moves
- Getting to Know Yourself | A
- Getting to Know Yourself | Managing
- Getting to Know Yourself | The Six Domains of Self-Care: Nurturing Ourselves Holistically

HUMANITIES
- Documentaries and Discussion
- Caring Connections | What Happens
- When Creativity and Collaboration Are Seen as Birthrights
- Threads of Faith and Religious Beliefs
- Life as a "Christian": I Know A Guy
- Threads of Faith and Religious Beliefs
- Introduction to the Bahá’í Faith
- Threads of Faith and Religious Beliefs
- The Religious Society of Friends: Quakerism - Past, Present and Future
- Threads of Faith and Religious Beliefs
- Buddhism 101: Basic Principles

INTERGENERATIONAL OPPORTUNITIES
- Noon Tech Support Event
- Afternoon Tech Support Event
- OLLI Meets Technology and the Intergenerational Co-Learning/Co-Solving Experience
- Intergenerational Brainstorm: Seniors
- Generations Meet-Up: Intergenerational

LANGUAGES
- Guanajuato and Its Legends
- French Conversation: Session One
- Progetto Italiano: Session One
- Basic Spanish in Fun Daily Life Situations

LITERATURE
- Charles Dickens: “A Tale of Two Cities” - Part One

MIND, BODY, SPIRIT
- Wu-Style Tai Chi: First Half of the First
- Chair-Assisted Yoga: Session One
- Meditation: Tending the Mental Garden
- You-Can-Do-It Yoga With Phyllis
- Mindful Bodywork: Session One
- Wellness From Within Ongoing Series

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More OPPORTUNITIES TO LEARN
OSHER COURSES OFFERED NATIONALLY

The Osher National Resource Center has developed a set of online courses offered at a national level that are complementary to our local OLLI programs.

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See page 13 for courses.
Courses are listed as online, on campus, or on site at a specific location. Some courses are offered in more than one format and others are in the form of on-site tours.

- Online
- On campus
- On site

Courses that take place anywhere other than on campus are also designated as on-site courses with addresses included in the descriptions.

**1:30-2:45 p.m.**

**On campus**

- **Afternoon Tech Support Event | 9/9, 9/16 and 9/23**
  - Soyean Lee
  - See page 10 for course description.

**2-4:15 p.m.**

**On campus/Online**

- **Forensic Science in Law Enforcement: Fingerprinting, Crime Scene Sketching and Photographing**
  - Ashley Rosiles
  - Bonafide CSI Ashley Rosiles, supervisor for the El Paso County Sheriff’s Office Crime Scene Unit, takes you through the forensic science of law enforcement. Learn about the process of producing fingerprint evidence, and the use of sketches and photographs during a crime scene search. The term “fingerprint” will be used throughout to refer to the friction ridge skin that covers the palmar surfaces of the hands and the plantar surfaces of the feet. This is a 2-week course with classes on 9/9, 9/16, 9/23, 9/30 and 10/7.

**3:15-4:30 p.m.**

**On campus**

- **Capture the Moment With a Smartphone**
  - Young Lee
  - Capturing moments with your smartphone is a truly special experience. You can record your fun moments together through photos and videos and reminisce about them later. The hands-on experience will also allow participants to use a free photo editor to create amazing photos. Students must have an Android or iPhone. This is a 5-week course with classes on 9/9, 9/16, 9/23, 9/30 and 10/7.

**3:15-4:30 p.m.**

**On campus/Online**

- **Baroque Art and the Counter-Reformation**
  - Nico Cooper
  - The Protestant Reformation had an enormous impact on the Catholic Church, and one of these effects was the Baroque art movement. Part of the Counter-Reformation, this dramatic art style was developed to capture the hearts and minds of the common people with intense, emotional and dark imagery. The artists of this period took Renaissance art to its extreme, and sometimes lived extreme lifestyles too; e.g. Caravaggio, Bernini and Velázquez.

**3:15-4:30 p.m.**

**On site**

- **Fingerprints, Crime Scene Sketching and Photographing**
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- **Photojournalism: Photographers Who Changed History**
  - Fred Eiland
  - The beginning of modern photojournalism began in 1925. This course will provide a look (through video, photographs and lectures) at some of the most famous photojournalists and their influence on the world around them. It will cover photojournalism from its beginnings to its place in today’s modern world.

- **Guanajuato and Its Legends**
  - Viridiana Vidaña
  - Have you heard of the Callejón del Beso (Alley of the Kiss)? In this class, we will discover Guanajuato (Mexico) via the use of leyendas (legends). This class will dive into tragedy, drama and suspense: you do not want to miss it! Adventure awaits!

- **The Negro Baseball League and the Memphis Red Sox**
  - Al Reeves
  - Baseball first became organized in the 1860s. In 1920, a small handful of Black players took the diamond alongside their white teammates and created the Negro National League (NNL). In 1937, the Memphis Red Sox, one of the eight founding members of this league, took the first NNL title. The league deteriorated in 1951 but is remembered in the Baseball Hall of Fame. Follow the highlights of this baseball history. This is a single lecture on 9/23.

**4:15-6 p.m.**

**On campus**

- **Intuitive or Mindful Eating**
  - Jackie Cordova
  - What food choices do you make and why? Do you stop and notice the colors and textures? Do you enjoy the flavors? Do you feel pleasure in the taste? Do you respect your body? The class will talk about mindful eating and enjoying textures, flavors and colors in the recipes that you will try. Then, students will learn some tips to pause and enjoy a dish. Classes meet at Wine Attitude in the Shoppes at Solana, 750 Sunland Park Dr., Suite G06, El Paso, TX 79912. A $5 fee at the class supports samplings.
TUESDAYS | START DATE: Sept. 3
10-11:15 a.m.

On site

Walkercise Session One: Tuesdays
Kevin Blain
Get your steps in! Walk on! Instructor Kevin Blain will lead this group in various Walkercise activities in different locations around El Paso.

1:30-2:45 p.m.

Online

Chair-Assisted Yoga: Session One
John Kuberka
Chair-Assisted Yoga allows us to sit sometimes, as well as stand sometimes, using the chair for balance or as a prop. It is an excellent way to build core strength, increase flexibility and improve balance. Also, regular practice reduces anxiety and stress, improves circulation, helps lower blood pressure and protects joints. Chair Yoga gets you moving and breathing.

On campus

En Garde! Fencing Fun: Session One
Nancy Johnson
Move your body and engage your mind while having fun and learning the Olympic sport of fencing. Fencing develops coordination, improves balance, enhances mood and reduces stress. All ages and abilities are welcome to learn the history, rules, footwork and hand drills in a safe environment. Fencing, the only sport where you can make new friends and take a stab at them! The class meets at Memorial Gym.

French Conversation: Session One
Jean-Claude Linossi
Learn to speak French. Read stories in French from an assigned book and discuss the content of the stories in French with the instructor and other students. Knowledge of the French language is a plus. Students will be required to buy the book necessary for this course.

Metal Embossing/Repujado
Romy Hawkins Saenz
Metal embossing (aka repujado in Spanish or repousse in French) is the ancient art of manipulating soft metals, such as aluminum, copper, pewter or brass, entirely by hand with special tools to create unique works of art. New students learn basic techniques, while advanced students review intermediate to advanced techniques. A beginner project kit will be available for $15 at the first class. This course is bilingual with a maximum of 16 students. This is a 12-week course with classes that are two hours long. There is an additional fee of $45 for this course.

3:15-4:30 p.m.

On campus

Fall Prevention Training: Learn the Right Moves
Pablo Estrada
If you were to fall, would you know how to get back up? Who would help you get back up? What if you’re alone and you fall, do you have a plan of action? Participants and family/caregivers will go through the steps to prevent a fall, establish a fall recovery plan of action and actively participate in the steps to get up off the ground. This is a 3-week course with classes on 9/3, 9/10 and 9/17.

On campus/Online

Meditation: Tending the Mental Garden
Lynn Provenzano
Learn to create self-awareness in the present moment. Develop an understanding of meditation and learn the art of merging meditation with mindfulness to benefit physical, mental and emotional well-being. This course addresses the laws of meditation and provides simple methods for meditation as a tool for healthier daily living.

Lecture Series | Getting to Know Yourself: Exploring Options for Quality of Life

A Strength-Based Approach Promoting Physical and Mental Health | 10/8
Beatrice Lee
See page 12 for course description.

WEDNESDAYS | START DATE: Sept. 4
10-11:30 a.m.

On site

EL PASO HISTORY TOURS | El Paso and the Wild, Wild West
Prince McKenzie & Ron Leiman
See page 11 for course descriptions for the following tours:

Old El Paso Theaters | 9/18
Gunfighters and Soiled Doves | 9/25
The Texas Rangers of El Paso | 10/2
The Mexican Revolution in the Pass | 10/9

1:30-2:45 p.m.

On campus

Line Dancing: Session One
Eugenia Gonzalez-Nicholson
Anyone can enjoy line dancing. Line dancing is an invigorating, low-impact class. The synchronized and choreographed dances are broken down into easy repeating steps before each dance and then music is added for a total line dance experience. The class is fun and energetic. Line dance will: burn calories, improve breathing and strengthen the heart, increase coordination and balance, and increase confidence. The class meets at Centennial Museum. This is a 4-week course starting on 9/18.

OLLI Meets Technology and the Intergenerational Co-Learning/Co-Solving Experience
Soyean Lee
See page 10 for course description.

On campus/Online

How Did Japanese Art Influence Impressionism, Post-impressionism and Modernism?
Kathleen Key
Join this class for beautiful and uplifting art! Study how Japanese woodblock prints—ukiyo-e—influenced major art movements in Europe and America such as Impressionism, Post-Impressionism and Modernism, from artists such as Claude Monet, Vincent van Gogh, James McNeill Whistler and Georgia O’Keeffe! This is a 4-week course with classes on 9/4, 9/11, 9/18 and 9/25.

Criminal Street Gangs
José P. Jiménez
According to the Department of Justice, there are over one million gang members in the United States and over 20,000 gangs. El Paso is not immune from this phenomenon and the borderland is within its reach. Most ethnic groups have representation in this gang world. Learn about this underworld and its culture and criminal behavior. This is a 2-week course with classes on 9/4 and 9/11.

FALL 2024 REGISTRATION Event
Tuesday, August 13 | 1-4:30 p.m.
See page 3 for more details.

FOR REGISTRATION
See page 19 for complete registration information. Classes are subject to cancellation.
FALL 2024 | Session One

1:30-2:45 p.m. (cont.)

- Murder, Shanghaied and the Mexican American War: A Belgian’s Crucible
  José P. Jiménez
  Some Europeans migrated to the United States through the Texas coast. In Belgium, Anton Diederck Dutchover witnessed a murder, ended up on a merchant ship and eventually found himself in the Mexican American War where he fought General Santa Anna’s army. After a tour as a stagecoach guard, he would face more challenges in early Ft. Davis, Texas, where he would eventually settle. Follow this man’s journey with one of his descendants. This is a 3-week course with classes on 9/18, 9/25 and 10/2.

- Charles Dickens: “A Tale of Two Cities” - Part One
  James Mortimore
  Charles Dickens (1812-1870) is one of the greatest writers of the English language. His novel, “A Tale of Two Cities” was first published as installments in Dickens’ “All the Year Round” from April to November 1859. To this day, it remains in print and is one of Dickens’ most widely read novels. The novel vividly interweaves epic historical drama with personal tragedy. From London to Paris, the reader will be held by the mastery of our greatest storyteller.

3:15-4:30 p.m.

On campus/Online

- Speak Easy to Me
  Alfredo Arroyo
  The prohibition of alcohol consumption in the U.S. lasted between 1920 and 1933. Enacted by the 18th Amendment to the Constitution, it was repealed by the 21st Amendment. We will examine the history of this American period with attention to the causes behind both events. Attention will be given to the challenges of enforcement and to American ingenuity in resistance to the law.

- Disputed Presidential Elections in American History
  Charles Martin
  As the 2024 presidential election approaches, the official results of the 2020 contest are still disputed by millions of Americans, many of whom bitterly insist that this election was “stolen.” Is this current hyperpartisanship unique to our times, or has it existed previously? To answer this question, the class will examine the evolution of presidential elections, starting with the first major crisis of democracy in 1800 and continuing through the elections of 1824, 1860, 1876, 2000 and 2020. This is a 5-week course with classes on 9/4, 9/11, 9/18, 9/25 and 10/2.

Lecture Series | Caring Connections

- Sustainable and Just Futures | 9/18
  Fernanda Lugo
  See page 12 for course description.

- FreshStart: Kelly Center for Hunger Relief | 9/25
  Warren Goodell & Brenda Estrada
  See page 12 for course description.

- CASA: Court Appointed Special Advocates | 10/2
  Raquel Rodriguez
  See page 12 for course description.

THURSDAYS | START DATE: Sept. 5

9:30-10:45 a.m.

On campus

- You-Can-Do-It Yoga With Phyllis: Session One
  Phyllis Price
  Join Phyllis for yoga designed for OLLI. What you won’t do: put your foot behind your head. What you will: 1) listen to your body’s wisdom; 2) practice yoga postures adapted for OLLI ages and bodies by your 84-year-old instructor; 3) build more strength, flexibility, focus, well-being; 4) counteract stiff joints, text neck, “dowager’s hump,” even depression and anxiety; 5) learn breathing practices to enhance lung capacity, organ health, balanced emotions; 6) meditate with relaxation exercises that conclude practice. Classes will meet in Memorial Gym.

11 a.m.-noon

Online

- Mindful Bodywork: Session One
  Wolf Carter
  Improve your energy by mindfully working the less used areas of the body, expanding your mobility, creating balance and building body awareness. Exercises are specifically designed to address any level of physical ability.

1:30-2:45 p.m.

Online

- Human and Civil Rights Movement Towards Disability Law and Inclusion
  Mara Perez
  The 60s Civil Rights Movement inspired historically oppressed groups seeking equality and inclusion. Lacking status prompted strong leaders to emerge from the disability community. They recognized the power of their united force. Key efforts benefitting those living with disabilities will be highlighted. Lecture, visual aids, film suggestions, plus open discussion will foster awareness of opportunities and laws that have led to independence and social inclusion of persons with disabilities of all ages, including the elderly.

Lecture Series | Getting to Know Yourself: Exploring Options for Quality of Life

- Nutritional Supplements and Medications | 9/4
  Gary McCrory
  See page 12 for course description.

- Managing Anxiety Through Qigong | 9/11
  Mónica Gómez
  See page 12 for course description.

On campus

- Intergenerational Brain Storm: Seniors With Seniors
  Carolina Valencia
  See page 10 for course description.

On campus/Online

- “We Love Lucy”: Part One
  Catherine Dickason
  From B-movie queen to radio to the greatest career in television, the interest in Lucille Ball is as intense today as ever! She was a great influence on popular culture and beloved by generations of fans. Her face is still the most recognized on planet Earth. Join the class for a journey into the embodiment of a great American Dream story. Self-made millionaire, comic genius, movie studio owner and one of the most iconic comedians of all time. This is LUCY!

Lecture Series | Caring Connections

- What Happens When Creativity and Collaboration Are Seen as Birthrights? | 9/5
  Laurie Marshall
  See page 12 for course description.

- Securing Your Legacy: Estate Planning and Your Beloved Pets | 9/12
  Deb Benedict
  See page 12 for course description.

Lecture Series | Getting to Know Yourself: Exploring Options for Quality of Life

- The Six Domains of Self-Care: Nurturing Ourselves Holistically | 9/19
  Georgina Sanchez
  See page 12 for course description.

On site

- Wellness From Within Ongoing Series
  Mónica Gómez
  Wellness From Within is a series of workshops exploring mental, spiritual and physical health and wellness. Students will engage in lively discussion, brief meditation, writing and reading aloud. The stand-alone workshops change periodically and cover the impact of creativity, stress, words, self-care, change, boundaries and more. Students who repeat the series discover new insights every time! Classes are bilingual and will meet at the Rio Grande Cancer Foundation at 616 N. Virginia St., El Paso, TX 79902. This course is sponsored by the Rio Grande Cancer Foundation. This is a 3-week course with classes on 9/26, 10/3 and 10/10.
3:15-4:30 p.m.

Online

Progetto Italiano: Session One
Silvia Portillo Koch

This course is the continuation of the spring OLLI classes. The book is “Corso Multimediale di Lingua e Cultiva Italiana, Livello Elementare A1-A2 Libro Dello Studente.” Participants will continue to learn and practice Italian. Beginners should consider joining the Wednesday afternoon OLLI Italian Club.

On campus/Online

French Culture: Cathedrals
Jean-Claude Linossi

France’s cathedrals are notable. Learn about the Notre Dame of Strasbourg in Alsace, the Cathédrale Saint-Étienne in Metz of Lorraine, and the Sainte-Cécile Cathedral in Albi of Southern France. This is a 3-week course with classes on 9/26, 10/3 and 10/10.

The Jailhouse Rock
Mayra Childress and Alvino Hernandez

This course is a realistic examination of Texas’ four-part correctional system. The class will study correction’s most controversial component, the death penalty. Other topics compare jails and prisons, probation and parole, and we include discussion on the complexity of running a modern-day jail facility and laws that apply to keeping prisoners. By the time the course finishes, participants will be convinced it’s better to check in at a Motel 6 for the night rather than a lock-up.

FRIDAYS | START DATE: Sept. 6
9-11 a.m.

Online

Still Life and Landscape Painting
Rosario Ponte

During this course, students will learn drawing, composition, color names and mixing them, study of values, understanding color temperatures, and finally what is more important, “how to see.” In navigating the artistic field, the mind expands into multiple dimensions. Students will be guided, in detail, from the beginning to the end of the session. This is a 12-week course with classes that are two hours long. The class has a minimum of 10 and a maximum of 15 students. There is an additional $45 fee for this course.

10-11:15 a.m.

On site

Walkercise: Session One - Friday Hill Climbs
Kevin Blain

Get more challenging steps in! Walk on! Instructor Kevin Blain will lead this group in various Walkercise activities in different locations around El Paso.

1-3 p.m.

On campus

In the Style of Modern Artists
Davinia Miraval

This class will explore the different techniques to create abstract paintings in the style of a specific artist. Looking at influences like Picasso, Van Gogh, Miró, Kandinsky, Monet and others, enjoy the application of paint and the process of painting these artists went through. Paint your own subject using the techniques of these masters of the 20th century. Freedom is the key. This is a 12-week course with classes that are two hours long. The class has a minimum of 10 and a maximum of 15 students. There is an additional $45 fee for this course. Classes meet at Fox Fine Arts.

1:30-2:45 p.m.

Online

Dungeon Delving: More Dungeon Synth Discussion
Joe Miller

Building from the last iteration, this class will delve more into dungeon synth and discover new artists and new kinds of sounds. Your instructor will also give a musician’s perspective from interviews he has conducted on how an album is created, from concept to release. Do you dare enter the dungeon? This is a single lecture on 9/6.

On campus/Online

Science for the Rest of Us: Session One
Jame Ackerman

Are you curious about different topics related to science? View science videos on topics, such as astronomy, geology, biology and engineering followed by class discussions. This is a 5-week course with classes on 9/6, 9/13, 9/20, 9/27 and 10/4.

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On campus/Online

Science for the Rest of Us: Session One
Jame Ackerman

Are you curious about different topics related to science? View science videos on topics, such as astronomy, geology, biology and engineering followed by class discussions. This is a 5-week course with classes on 9/6, 9/13, 9/20, 9/27 and 10/4.

LECTURE SERIES | Threads of Faith and Religious Beliefs

Life as a “Christian”: I Know A Guy | 9/12
Rev. Daniel Cave

See page 10 for course description.

Introduction to the Bahá’í Faith | 9/19
Armin Jezari

See page 10 for course description.

The Religious Society of Friends: Quakerism - Past, Present and Future | 9/26
Laurie Marshall

See page 10 for course description.

Great Orchestral Performances: Leonard Bernstein
Steve Schiller

Enjoy video presentations of historic Bernstein orchestral performances such as (a) Bernstein conducting the Boston Symphony in 1974 at Lincoln Center. The class will analyze Maestro Bernstein’s amazingly easy to follow and musically expressive conducting technique throughout the performance. (b) Videos of Bernstein and the New York Philharmonic Young People’s Concerts. (c) Other videos may include the 1974 performance of Mahler Symphony #2 by Bernstein and the London Symphony Orchestra. Instructor Steve Schiller performed with Maestro Bernstein with three different orchestras during the 1970s. This is a 5-week course with classes on 9/5, 9/12, 9/19, 10/3 and 10/10.

TAP INTO THE WEALTH OF INTERGENERATIONAL SHARING WITH UTEP STUDENTS IN SESSIONS ONE AND TWO.

Meet-ups over 12 weeks TBD by participants.

See page 10 for course description.

Buddhism 101: Basic Principles | 10/11
Helga Carrión

See page 10 for course description.

Basic Spanish in Fun Daily Life Situations
Cristina Bueno Gorena

Learn basic Spanish vocabulary for beginners to use in fun daily life situations and problem solving.

LECTURE SERIES | Threads of Faith and Religious Beliefs

SELF-DIRECIONADO | LOOPS OF OUR VESSEL

Meet-ups over 12 weeks TBD by participants.

See page 10 for course description.

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LECTURE SERIES | Threads of Faith and Religious Beliefs

Buddhism 101: Basic Principles | 10/11
Helga Carrión

See page 10 for course description.

1:30-3:30 p.m.

Online

Realism to Expressionism in Portrait Painting
R. Maximos Ayoub

Go on a journey exploring different approaches in portrait painting. Learn to depict objective reality with emphasis on details and depict your own feelings and express something about yourself. Despite Realism and Expressionism being quite different, they often go hand in hand to tell a story. Upon completing this course, students will have a better understanding that helps in creating a signature style. This is a 12-week course with classes that are two hours long. The class has a minimum of 10 and a maximum of 15 students. There is an additional $45 fee for this course.

Saturdays | START DATE: Sept. 7
9-10:30 a.m.

FIELD TRIPS | Natural Excursions

Useful Plants Walk: Ardovino’s Desert Crossing | 9/14
Eric Kappus

See page 11 for course description.

Earthquakes of El Paso Field Trip | 10/5
Eric Kappus

See page 11 for course description.
Listen to religious leaders for a better understanding of the philosophies of faith and various religious teachings.

**SESSION ONE**

**Thursday, September 12 at 3:15 p.m.**
- **Life as a "Christian": I Know A Guy**
  Rev. Daniel Cave
  Father Daniel Cave of St. Luke’s Episcopal Church shares his views. He states: “I am a "Christian." What does that mean and what doesn’t it mean? How has that changed over time. If you have questions, "I know a Guy."

**Thursday, September 19 at 3:15 p.m.**
- **Introduction to the Bahá’í Faith**
  Armin Jezari
  The Bahá’í Faith is the youngest world religion and the second-most geographically widespread. It teaches the oneness of God, the unity of humanity and the essential harmony of religion. Bahá’ís reside in virtually every country in the world, representing some 2,100 indigenous tribes, races and ethnic groups. The class will briefly cover the history, teachings, administration and activities of the Bahá’í Faith and the Bahá’í International Community.

**Thursday, September 26 at 3:15 p.m.**
- **The Religious Society of Friends: Quakerism - Past, Present and Future**
  Laurie Marshall
  Laurie Marshall, a birthright Friend raised in Pittsburgh, PA, will share the historical origins of Quakerism, its role in abolition of slavery, the unintentional consequences of Quaker involvement with indigenous residential schools and solitary confinements, their relationship with conscientious objection to fighting in war, inspiring Quaker literature by Jan de Hartog, and her personal journey of Quakerism that has informed her life’s work. She will also share what’s happening with Quakerism now and what the future might hold. There will be time for silence and questions.

**Friday, October 11 at 1:30 p.m.**
- **Buddhism 101: Basic Principles**
  Helga Carrion
  Embark on a journey to explore the basic teachings and practices of one of the world’s oldest religions. Buddhism, originating over 2,600 years ago in ancient India, offers timeless wisdom and practical guidance for living a meaningful and compassionate life. Delve into the core principles of Buddhism, experience a brief meditation session together, allow the cultivation of mindfulness, and connect with the present moment—a fundamental aspect of Buddhist practice.

**SESSION TWO**

**Monday, October 28 at 1:30 p.m.**
- **Fundamentals of Islam: Islam 101**
  Yehia Ibrahim
  Develop a basic understanding of Islam through analysis of the history of Arabia before Islam, the changes after Islam and classroom discussion. Audiences are men and women of all ages and faiths who are interested in learning more about Islamic history, religion and Muslims.

**Monday, November 4 at 1:30 p.m.**
- **Faith and Beliefs: Church of Jesus Christ of Latter-day Saints**
  Wayne Carabajal
  Learn about the details of the faith and religious beliefs of the Church of Jesus Christ of Latter-day Saints as well as what the congregation does for the community at UT and across El Paso. Questions? Go ahead and ask.

**Monday, November 11 at 1:30 p.m.**
- **Basic Judaism**
  Scott Rosenberg
  Learn the basic tenets of the Jewish faith. What books are most important? What role does the Bible play in Jewish living? Learn about Jewish holidays and religious practice. Learn about different types of Judaism and the Jewish community here in the borderland.

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**OLLI MEETS TECHNOLOGY AND THE INTERGENERATIONAL CO-LEARNING/CO-SOLVING EXPERIENCE**

**Sooyeon Lee**
UX refers to user experience in technology-human interaction. This class invites OLLI students to be UX researchers and designers who will understand how senior users feel when using a tech product and AI tools. Under the partnership with a UTEP RWS 3359 Technical Writing, OLLI students will solve a technology problem with a UTEP student and collaborate as co-researchers to propose a better design and advocate for senior users, based on human-centered design principles. Bring your tech device, tech-relevant questions, curiosity regarding AI and experiences to the class. No tech skills needed.

**SESSIONS ONE & TWO**

Meet-ups over 12 weeks TBD by participants
- **Generations Meet-Up: Intergenerational Wealth**
  Tafari Nugent
  How did you come to really know yourself? How did life’s experiences shape you into today’s person? Share your story with a UTEP student who is tasked with discovery and contribute to intergenerational wealth and knowledge exchange through meet-ups and interviews. Discover the insights that bridge generations.

**VOLUNTEER AT OILL**

*We Welcome Volunteers!*

OLLI is a community of members over the age of 50 who love to learn and grow. We rely on volunteers. You can give a little or a lot of your time in any of these ways or in a way that’s unique to you. Contact Karen Fraser, OLLI Volunteer Coordinator, to ask about volunteering: 915.747.6280

See page 17 for more details
SESSION ONE

Wednesday, September 18 at 10 a.m.

▲ Old El Paso Theaters
Meet in the Foundation Room of the El Paso Community Foundation, located in the historic Mills Building (303 N. Oregon St.). As the El Paso boomtown became a city, entertainment expanded from saloons, brothels, and horse races in the streets, to vaudeville theaters and opera houses. Some of those were converted to silent movie houses for family entertainment. The “talkies” brought on a boom in motion picture theater construction as the “Golden Age of Cinema” arrived in El Paso. The film production industries of Hollywood, New York City and Mexico City created film distribution systems that attracted English and Spanish audiences.

Wednesday, September 25 at 10 a.m.

▲ Gunfighters and Soiled Doves
Meet downtown and tour the sites of two of the most famous gunfights in El Paso’s history. Then stand on El Paso St. and visualize “Four Dead Men in Five Seconds” and Dallas Stoudenmire’s skills with a six-shooter. Stand on San Antonio St. outside of the Acme Saloon where John Wesley Hardin said, “Brown, you’ve got four sixes to beat” as John Selman started shooting. In between, the group will discuss the lawmen, gunfighters and soiled doves of El Paso. There will be stories of Bloody Utah Street and the Mansion.

Wednesday, October 2 at 10 a.m.

▲ The Texas Rangers of El Paso
Meet on Old County Rd. in Ysleta at the site of the Texas Rangers Corral and Bunkhouse. The group will talk about the Texas Rangers and Texas Ranger Stations in El Paso. The Texas Rangers arrived in El Paso during the second Salt War and left after Mexican Revolution. Then drive to the Mission Valley Visitor Center at the corner of N. Zaragoza Rd. and Alameda Ave. and discuss the early times of the county up until El Paso stole the county seat in 1883.

Wednesday, October 9 at 10 a.m.

▲ The Mexican Revolution in the Pass
The meeting place for this tour will be announced. The Revolution began with the Battle of Juárez in 1911. As other battles across Northern Chihuahua and Sonora drove thousands of refugees across the river, U.S. Army units were deployed along the border to keep the warfare from crossing over. Ft. Bliss was transformed to the largest cavalry post in U.S. history. El Paso merchants sold provisions to several factions when they held Juárez. By 1915, most U.S. citizens had fled Mexico. Ft. Bliss was the Command Center for the Punitive Expeditionary Force after Pancho Villa attacked Columbus, New Mexico. We will visit the Madero campsite by the River and Pancho Villa’s "stash house" in the Union Plaza.

SESSION TWO

Wednesday, October 30 at 10 a.m.

▲ First Downtown Churches and Synagogues
Meet at the Holocaust Museum (715 N. Oregon St.). Several Protestant churches and the first Catholic Church were built within a block of the County Courthouse. As the surrounding neighborhoods developed, trolley lines encouraged some churches to move farther out. As the economy grew, Jewish merchants and businessmen working on both sides of the river built synagogues and temples in downtown El Paso. As the population grew, many churches and synagogues opened schools. A Jewish teacher brought the kindergarten.

Wednesday, November 6 at 10 a.m.

▲ Civic Organizations and the Woman’s Club of El Paso
Meet at the Woman’s Club of El Paso at 1400 N. Mesa St. The Woman’s Club was founded in 1899. O. H. Thorman designed the building in 1915 and it was constructed by H.T. Ponsford and Sons in 1916. The group will discuss the projects and the women who were influential in "taming and civilizing" El Paso. The group will also discuss other civic organizations including the Pioneer Association, founded in 1904.

Wednesday, November 13 at 10 a.m.

▲ County Schools of El Paso
Meet at Hidden Valley Park (200 Coconuts Tree Ln., El Paso, TX 79915) in the Lower Valley. The park is south and east of Ascarate School at 7090 Alameda Ave. and is on the Playa Drain Trl. The group will discuss the county school system from the 1870s through the county public schools and founding of the Ysleta Independent School District in 1937. Then drive east on Alameda Ave. past Porcher Farm/Cesar Chavez Academy (7814 Alameda Ave.), past Cadwallader School (7988 Alameda Ave.) to Ysleta High School (8600 Alameda Ave.). The group will discuss the Trost school buildings on the Alameda Corridor/Bankhead Highway/State Highway 20.

Wednesday, November 20 at 10 a.m.

▲ Ft. Bliss Museums and Historic Structures
Meet at the Old Ft. Bliss Replica Cultural Center (5054 Pershing Rd.). After visiting the historic replica of the first Ft. Bliss (1854-68), the group will review the special-purpose historic buildings along the parade field and several constructed in the 1890s from hand-cut stone from Mt. Franklin quarries. Then drive to the Museum of the First Armored Division (1735 Marshall Rd.) and review the history of the U.S. Army in West Texas since 1854. All visitors must register for a pass at the Visitor Center, Buffalo Soldier Gate, at the south end of Airway Blvd. Proof of citizenship or Texas driver’s license is required.

FIELD TRIPS

SESSION ONE

Saturday, September 14 at 9 a.m.

▲ Useful Plants Walk: Ardovino’s Desert Crossing
Eric Kappus
Take a leisurely stroll around the grounds of Ardovino’s Desert Crossing and Farmers Market. Learn about several common desert plants and their uses, as well as about some other useful landscaping plants. Make sure to wear sturdy shoes and a hat, and feel free to join the group at the Farmers Market before, as well as for brunch in the restaurant after!

Saturday, October 5 at 9 a.m.

▲ Earthquakes of El Paso Field Trip
Eric Kappus
Learn about the earthquake history of El Paso. This is a field trip in northeast El Paso, with three stops to see evidence of the last BIG earthquake in our region. See the geologic evidence for past earthquakes and learn about recent research into this exciting and scary topic! Meet at the picnic area on Woodrow Bean Transmountain Rd. near the Archaeology Museum. The co-leader for this field trip is Dr. Goodell from UTEP Geology.

SESSION TWO

Saturday, November 2 at 9 a.m.

▲ Kilbourne Hole Volcanic Crater
Eric Kappus
Join a field trip to visit Kilbourne Hole volcanic crater in Doña Ana County, NM. This famous volcano is where the Apollo astronauts trained, and the bimuthal peridot can be found everywhere! The group will caravan in high-clearance vehicles only and hiking isn’t required. Meet at Rudy’s BBQ on Artcraft Rd. at 9 a.m. with a full tank of gas. Bring water, a snack and sturdy shoes.
Caring Connections

The sense of caring when there is focus on a mission makes for a strong and connected community. Catch a glimpse of what is at work here in the borderland.

Session One

Wednesday, September 18 at 3:15 p.m.

- Sustainable and Just Futures
  Fernanda Lugo
  Become a knowledgeable and active participant in our societal shift to a future based on justice and sustainability, leveraging community power for regeneration and resilience in the face of our changing climate. This is an embodied practice, based on years of environmental and economic justice activism. Activate your unique self to be a catalyst for a planet where future generations not only understand the complexities of environmental challenges but actively engage in creating innovative, scalable solutions that lead to lasting positive change.

Wednesday, September 25 at 3:15 p.m.

- FreshStart: Kelly Center for Hunger Relief
  Warren Goodell & Brenda Estrada
  The Kelly Center for Hunger Relief offers more support than a food pantry. Its FreshStart Program is a national model for providing “More Than Food” to those experiencing hunger and food insecurity. The program serves more than 300 individuals each year. It empowers clients to achieve a food-secure and self-sufficient life by providing Wrap-Around Assistance. It is a customized match of each client’s needs to both in-house and community services, combined with coaching, classes and case management support. Learn more about Kelly’s service and its positive impact on the community.

Thursday, September 5 at 1:30 p.m.

- What Happens When Creativity and Collaboration Are Seen as Birthrights?
  Laurie Marshall
  This lecture focuses on building Martin Luther King’s beloved community through creative collaborations. Laurie Marshall, founder of Unity Through Creativity Foundation, shares several Peace Building Through Art processes, including the international Singing Tree Mural Project, which integrates peace literacy with hands-on creation to envision success to community heartbreak. Everyone will be invited to make art and no experience is necessary.

Thursday, September 12 at 1:30 p.m.

- Securing Your Legacy: Estate Planning and Your Beloved Pets
  Deb Benedict
  Our pets hold a special place in our hearts. They are cherished members of our families, offering unconditional love and companionship throughout their lives. As loving pet owners, it’s our responsibility to safeguard their well-being, even when we are no longer by their side. One crucial way to ensure their future is by creating a will and crafting a plan for their future care. This class will help you identify important things to think about as you create your estate plan.

Getting to Know Yourself: Exploring Options

For Quality of Life

What is it that we know and don’t know about ourselves? We experience physical, mental, and emotional changes and challenges in our lifetimes. What now? Explore options that can affect your quality of life.

Session One

Wednesday, September 4 at 3:15 p.m.

- Nutritional Supplements and Medications
  Gary McCrory
  What are nutritional supplements? Gary McCrory, pharmacist, discusses their roles and their interactions with prescription medications.

Wednesday, September 11 at 3:15 p.m.

- Managing Anxiety Through Qigong
  Mónica Gómez
  Anxiety is a form of stress that can affect physical and mental health. The ancient Chinese art of Qigong or energy work (related to the martial art of T’ai Chi) provides simple methods for relieving anxiety and restoring a sense of balance and well-being. Understanding the yin/yang symbol and how it relates to overall health, performing easy exercises standing or seated, and focusing on internal health are all components of this useful presentation.

Thursday, September 19 at 1:30 p.m.

- The Six Domains of Self-Care: Nurturing Ourselves Holistically
  Georgina Sanchez
  Self-care is a key component of functioning and well-being, a preventive action to protect one’s most important asset: health. However, it is often neglected during stressful times, exposing the body to the detrimental manifestations of stress and decreasing the immune system’s capacity. The lecture aims to foster holistic self-care across six domains: awareness, flexibility, physical health, balance, relational health and spirituality.

Tuesday, October 8 at 1:30 p.m.

- A Strength-Based Approach Promoting Physical and Mental Health
  Beatrice Lee
  Join Dr. Lee, assistant professor of Rehabilitation Sciences at UTEP, to discuss how to promote physical health and mental health outcomes using a strength-based approach. Dr. Lee’s research focuses on neurological disorders like multiple sclerosis.

Thursday, November 7 at 1:30 p.m.

- Chronic Pain: Current Knowledge, Clinical Presentation and Non-Pharmacological Treatments
  Kosaku Aoyagi
  What is the current knowledge of chronic pain with major underlying mechanisms? The attendees will learn the basic chronic pain mechanisms, their clinical symptomatic presentations and potential non-pharmacological treatments.

Session Two

Friday, November 15 at 3:15 p.m.

- Ballroom Dance: Benefits for Seniors
  Mando Rodriguez
  Many people with the lifelong desire to dance aren't dancing! This class can get you started. Ballroom dance has been shown to improve wellness in many ways, from cardiovascular health to increased lung capacity, but there’s so much more to gain in mental and social health from this particular form of exercise. Learn exactly how to go about stepping on the dance floor and join El Paso’s rich dance community. Meet at the Shundo Ballroom Dance Studio at 120 Paragon Ln., El Paso, TX 79912.

Thursday, November 2 at 3:15 p.m.

- FreshStart: Kelly Center for Hunger Relief
  Warren Goodell & Brenda Estrada
  The Kelly Center for Hunger Relief offers more support than a food pantry. Its FreshStart Program is a national model for providing “More Than Food” to those experiencing hunger and food insecurity. The program serves more than 300 individuals each year. It empowers clients to achieve a food-secure and self-sufficient life by providing Wrap-Around Assistance. It is a customized match of each client’s needs to both in-house and community services, combined with coaching, classes and case management support. Learn more about Kelly’s service and its positive impact on the community.

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More opportunities to learn! The Osher National Resource Center offers another set of online courses that complement our local OLLI programs. Watch for announcements regarding these national Osher courses with access to amazing instructors. You must be an OLLI member to participate in these courses. All courses are offered over a 6-week period. Each Osher Online course has a $60 fee.

**Mondays, September 30-November 4 | 5 p.m.**
**Medieval Science: Exploring Insights and Discoveries**
Instructor: Ilya Dines, Ph.D.  
This course provides a comprehensive exploration of medieval scientific thought, encompassing various disciplines such as medicine, astronomy and geography. This journey promises intellectual enrichment and offers a unique opportunity to engage with historical methodologies and scientific concepts, fostering a deeper understanding of the medieval worldview.

**Wednesdays, October 2-November 6 | 11 a.m.**
**Who is Frederick Law Olmsted? An Examination of This Visionary’s Life, Work and Living Legacy**
Instructor: Dede Petri, J.D.  
Study the multifaceted life, career and legacy of famed landscape architect Frederick Law Olmsted who was also a journalist, conservationist, farmer and public servant. Five experts will lead an examination of the work of Olmsted and his firm, that over 100 years, literally designed the American landscape. The Olmsted firm, operated for nearly 50 years after Olmsted’s death; there, his sons carried on their father’s work and professionalized the field of landscape architecture. 2024 marks the 125th birthday of the American Society of Landscape Architects, which they founded.

**Tuesdays, October 8-December 12 | 5 p.m.**
**Art Movements From the Roaring '20s to the Swinging '60s**
Instructor: Eleanor Schrader  
The 20th century was a time of social and political changes that brought about varied responses in the art world. Through the confusing images of the Abstract Expressionists to the playfulness of Pop Art, we will explore how artists challenged and knocked down the walls of not only traditional art but the heretofore avant-garde art forms of the earlier 20th century.

**Tuesdays, October 15-November 19 | 9 a.m.**
**The Swinging '60s**
Instructor: Ilya Dines, Ph.D.  
The 20th century was a time of social and political changes that brought about varied responses in the art world. Through the confusing images of the Abstract Expressionists to the playfulness of Pop Art, we will explore how artists challenged and knocked down the walls of not only traditional art but the heretofore avant-garde art forms of the earlier 20th century.

**Thursdays, October 21-November 22 | 1 p.m.**
**Architecture, Engineering, Design and Technology: Case Studies from the Past, Present and Future**
Instructor: John Zukowski, Ph.D.  
This course presents case studies in the history of architecture, civil and structural engineering and industrial design. Specific design and building types will be discussed and in each session we will explore the past, present and future possibilities. The case studies will refer to design and construction technology of their eras and place them in sociocultural and political contexts. Students will generally be in a pro-seminar format with each lecture followed by discussion. The course will examine instances where architecture, design, and engineering are impacted by technological advances catalyzed by rivalry and conflict—military, political, or economic/commercial—and overall motivations related to wealth and power as much as to design, scientific or engineering advances.

**Register online at utep.edu/olli or call the OLLI office at 915-747-6280 for assistance.**
**MONDAYS | START DATE: Oct. 28**

**10-11 a.m.**

**Online**

- **Fitness Workout: Senior Circuit**

  Terrence Johnson

  Get moving from the comfort of your home with empowerment in Senior Circuit Exercise. This one-hour workout consists of body weight exercises circuits that are meant to improve cardiovascular fitness and strength; fall prevention drills and exercises to improve strength and endurance, and exercise routines, education tips and drills that are meant to help you lower your risk of falling and enhance your quality of life. In addition to mindfulness exercises, there are movement and educational strategies that can help you improve your ability to withstand stress, develop resilience, and maintain and improve your memory and mental health.

  **1:30-2:45 p.m.**

  **On campus**

  - **Wu-Style T’ai Chi: Second Half of the First Section**

    Steve Barowsky

    This course is an introduction to the Wu style of T’ai Chi. It has compact, precise, circular movements. The movements are based in highly developed body mechanics and internal energy (chi) flows. It is very effective for maintaining and improving physical and mental health. The practice is also very useful for reducing stress. This session covers the second half of the first section.

  **On campus/Online**

  - **My World War II Journey With the Soldado Raso (Buck Private)**

    Cynthia Alvarez

    About 500,000 to one million Tejanos fought overseas during WWII. Tejanos showed remarkable tenacity and patriotism during the Italian Campaign and especially at the Bloody Rapido in the Liri Valley during January 1944. This is about the unbelievable courage of Tejanos from Marfa, Alpine, Presidio and El Paso who lived to tell their stories. Now you have to tell yours because no one else will. History is for the bold who dare.

**LECTURE SERIES | Threads of Faith and Religious Beliefs**

- **Fundamentals of Islam: Islam 101 | 10/28**

  Yehia Ibrahim

  See page 10 for course description.

- **Faith and Beliefs: Church of Jesus Christ of Latter-day Saints | 11/4**

  Wayne Carabajal

  See page 10 for course description.

- **Basic Judaism | 11/11**

  Scott Rosenberg

  See page 10 for course description.

**TUESDAYS | START DATE: Oct. 29**

**10-11:15 a.m.**

**On site**

- **Fad Diets: What Are They?**

  Jackie Cordova

  How many diets are there? What are they about? What is their source of information? What are their myths and facts? How were they created? Are they harmful or beneficial? What do the Atkins, South Beach, Keto and the Zone diets have in common? What do the Master Cleanse, Juice Fasting and Cabbage diets have in common? Learn the answers to these questions and try out some of the recipes from these diets. Classes meet at Wine Attitude in the Shoppes at Solana, 750 Sunland Park Dr., Suite G06, El Paso, TX 79912. A $5 fee at the class supports samplings.

**1:30-2:45 p.m.**

**Online**

- **Chair-Assisted Yoga: Session Two**

  John Kuberka

  Chair-Assisted Yoga allows us to sit sometimes, as well as stand sometimes, using the chair for balance or as a prop. It is an excellent way to build core strength, increase flexibility and improve balance. Also, regular practice reduces anxiety and stress, improves circulation, helps lower blood pressure and protects joints. Chair Yoga gets you moving and breathing.

**3:15-4:30 p.m.**

**On campus/Online**

- **Borderland Mines, Mountains and Myths**

  David Varela

  Explore El Paso’s legendary past starting in the Spanish Era and navigate through the region’s most famous myths and ghost stories. Further explore the local schools, homes and folklore.

- **Spanish Lyrics for Your Soul: Grammar for Your Brain**

  Viridiana Vidaña

  Learning a language can be challenging, yet music provides us the opportunity to engage with words and context. In this class, learn Spanish by reviewing the lyrics of iconic songs that have touched many souls. Join the fun, sing the notes and delight your soul!
FALL SESSION 2

This course is hybrid but in-person attendance is recommended for workshops with original material and visiting local comics, and share tips for writing and performing stand-up comedy.

1:30-3:30 p.m.

Online

Metal Embossing/Repujado
Romy Hawkins Saenz
This course is continued from Session One.

3:15-4:30 p.m.

On campus

Fall Prevention Training: Learn the Right Moves
If you were to fall, would you know how to get back up? Who would help you get back up? What if you’re alone and you fall, do you have a plan of action? Participants and family/caregivers will go through the steps to prevent a fall, establish a fall recovery plan of action, and actively participate in the steps to get up off the ground. This is a 3-week course with classes on 10/29, 11/5 and 11/12.

On campus/Online

Meditation: Overcoming Its Thieves
Lynn Provenzano
Quiet your mind. The mind often wanders in its moments of stillness to the point of distraction. What happens in meditation then? Uncover these distractions—the thieves of meditation—and discover the discipline and benefits of meditating for a healthier outlook on life.

On campus/Online

Stand-up Comedy
Aurolyn Luykx
Have you ever watched a comedian and thought “I could do that?” This course is for aspiring comics as well as aficionados of the genre. We will explore key moments and shifting trends in the history of stand-up, share and analyze selections from our favorite comics, and share tips for writing and performing our own material. There will be opportunities for workshopping original material and visiting local comedy clubs depending on student interest. This on campus is hybrid but in-person attendance is encouraged.

WEDNESDAYS | START DATE: Oct. 30

10-11:30 a.m.

EL PASO HISTORY TOURS | El Paso and the Wild, Wild West
Prince McKenzie & Ron Leiman

On site

First Downtown Churches and Synagogues | 10/30
See page 11 for course description.

Civic Organizations and the Woman’s Club of El Paso | 11/6
See page 11 for course description.

County Schools of El Paso | 11/13
See page 11 for course description.

Ft. Bliss Museums and Historic Structures | 11/20
See page 11 for course description.

1:30-2:45 p.m.

On campus

Line Dancing: Session Two
Eugenia Gonzalez-Nicholson
Anyone can enjoy line dancing. Line dancing is an invigorating low-impact class. The synchronized and choreographed dances are broken down into easy repeating steps before each dance and then music is added for a total line dance experience. The class is fun and energetic. Line dance will: burn calories, improve breathing and strengthen the heart, increase coordination and balance, and increase confidence. Classes meet at Centennial Museum.

On campus/Online

How Did Georgia O’Keeffe Become America’s Greatest Artist?
Kathleen Key
Georgia O’Keeffe was an exceptional woman and an exceptional artist. From her earliest days in Wisconsin, Virginia and West Texas, to her last days in Santa Fe, New Mexico at the age of 98, she was a force to be reckoned with! Not many artists can fascinate us for six lectures, but Georgia O’Keeffe’s life and artwork can. Even her clothes and fashion have been studied by scholars. Join this class to learn about the incredible Georgia O’Keeffe.

On campus/Online

The Nile’s Gift for Scientists of Today
William Key
Using instrumentation installed by ancient Egyptian engineers, the flood levels of the Nile were meticulously recorded by Mameluke bureaucrats thousands of years later. Napoleon’s savants recognized the importance of this data and showed the Egyptians how to document and record it in French. Then British hydrologists, over a century later, uncovered this data and made it available to the world. This set of flood levels is the longest consecutive climate change data recorded by man. This is a 4-week course with classes on 10/30, 11/6, 11/13 and 11/20.

3:15-4:30 p.m.

On campus

Start a Vlog From Your Smartphone
Young Lee
Create a fun vlog using photos and videos saved on your smartphone. Vlogs share special moments in our daily lives, exploring travel destinations, finding delicious food, and meeting new people through videos. This is a guide to video blogging from beginner to YouTube. This is a 5-week course with classes on 11/6, 11/13, 11/20, 12/4 and 12/11.

On campus/Online

Charles Dickens: “A Tale of Two Cities” - Part Two
James Mortimore
Continue with the reading and discussion of one of Dickens’ best loved novels, “A Tale of Two Cities” (1859). This remarkable story grippingly depicts the lives of two men enmeshed through their love of a woman caught in the maelstrom of the French Revolution. One of only two historical novels Dickens ever wrote, it remains in many readers minds his greatest work. This course continues the class’s survey of Dickens’ best fiction.

On campus/Online

Surrealism: Re-Interpreting Reality
Nico Cooper
Using dreams, the subconscious and non-linear thinking as inspiration, Surrealism broke down many barriers in art of the 20th century. It was a direct precursor to movements as distinct as Dada, Abstract Expressionism, and Conceptual Art, and it offered an entry ground for many of the most important artists of the century. Learn about the style, conceptualization and techniques of artists including Salvador Dalí, René Magritte, Man Ray and more.

FALL 2024 REGISTRATION Event
Tuesday, August 13
1-4:30 p.m.

See page 3 for more details.
On campus

- **You-Can-Do-It Yoga With Phyllis: Session Two**
  Phyllis Price
  Join Phyllis for yoga designed for OLLI. What you won't do: put your foot behind your head. What you will: 1) listen to your body's wisdom; 2) practice yoga poses adapted for OLLI ages and bodies by your 84-year-old instructor; 3) build more strength, flexibility, focus, well-being; 4) counteract stiff joints, text neck, "dowager's hump," even depression and anxiety; 5) learn breathing practices to enhance lung capacity, organ health, balanced emotions; 6) meditate with relaxation exercises that conclude practice. Classes will meet in Memorial Gym. There is no class on 11/7.

**11 a.m.-noon**

**Online**

- **Mindful Bodywork: Session Two**
  Wolf Carter
  Improve your energy by mindfully working the less used areas of the body, expanding your mobility, creating balance, and building body awareness. Exercises are specifically designed to address any level of physical ability.

**1:30-2:45 p.m.**

**On campus**

- **Photography Field Trips**
  Fred Eiland
  Join this class to visit different and unique settings that challenge your photographic skills. Visit new activities in different locations around El Paso. Kevin Blain will lead this group in various Walkercise activities in different locations around El Paso.

**On campus/Online**

- **"We Love Lucy": Part Two**
  Catherine Dickason
  From the 1950s and beyond, we'll explore the continuing domination of Lucille Ball's primetime TV success and ownership of the lucrative Desilu Studios. Her later movies and projects will be explored, as well as her turbulent relationships and life stories.

- **The Early Careers of Edvard Munch, Piet Mondrian and Edward Hopper**
  Marie Livingston
  Three artists from the 20th century had an impact on the art of that century. Their later works are familiar but what were they doing early in their careers? These lectures will explore this time in their lives and try to offer some insight into the evolving nature of their art. This is a 3-week course with classes on 11/21, 12/5 and 12/12.

**FRIDAYS | START DATE: Nov. 1**

**9-11 a.m.**

**Online**

- **Still Life and Landscape Painting**
  Rosario Ponte
  This is a stand-alone workshop focused on the exploration of new painting techniques. Participants will engage in lively discussion, exploring mental, spiritual and physical health and wellness. They will then practice this new knowledge by creating their own artwork. This class is sponsored by the Rio Grande Cancer Foundation.

**On site**

- **Walkercise: Session Two - Friday Hill Climbs**
  Kevin Blain
  Get even more challenging steps in! Walk on! Instructors Kevin Blain will lead this group in various Walkercise activities in different locations around El Paso.

**1-3 p.m.**

**On campus**

- **In the Style of Modern Artists**
  Davinia Miraval
  This course is continued from Session One.

**1:30-2:45 p.m.**

**On campus/Online**

- **I Love You to Death**
  Alfredo Arroyo
  We tend to think about serial killers as lonely characters marginalized by society and acting alone. Some crave companionship and love and find a partner with whom to share their deepest most horrible urges. This is a study of couples who share the most horrible urge to kill. They shared love, companionship and murder.

- **Spanish Forum: Language in Action**
  Cristina Bueno Goren
  Learn and improve your Spanish in a fun way. This is a forum to practice the Spanish language with conversations on different themes, reading stories and singing songs while learning basic rules in grammar. This is a 5-week course starting on 11/8.

- **Transcendentalism: The Major Works of Ralph Waldo Emerson and Henry David Thoreau**
  Luis Carlos Rodriguez
  This course looks at and discusses the major works of two of Transcendentalism's major thinkers: Ralph Waldo Emerson and Henry David Thoreau. Classes will focus on Emerson's works, "Self-Reliance" and "The Over-Soul", and Thoreau's works, "Walden" and "Civil Disobedience," and include discussions on how their work was influenced by German Romanticism and the Eastern Religions. Explore how these two thinkers influenced the New Thought, Religious Science and Unitarianism movements.

**1:30-3:30 p.m.**

**Online**

- **Realism to Expressionism in Portrait Painting**
  R. Maximos Ayoub
  This course is continued from Session One.

**3:15-4:30 p.m.**

**Lecture Series | Getting to Know Yourself: Exploring Options for Quality of Life**

**On campus**

- **Ballroom Dance: Benefits for Seniors**
  Mando Rodriguez
  See page 12 for course description.

**FIELD TRIPS | Natural Excursions**

**On site**

- **Kilbourne Hole Volcanic Crater**
  Eric Kappus
  See page 11 for course description.
An amazing group of OLLI members support our OLLI office, classes, events and services.

Each one reach one! Spread the word about OLLI.

Bring a new member to OLLI and receive a discount toward your next registration. See page 19 for details.

VOLUNTEER AT OLLI

WE WELCOME VOLUNTEERS!

OLLI is a community of members over the age of 50 who love to learn and grow. We rely on volunteers. You can give a little or a lot of your time in any of these ways or in a way that’s unique to you.

OFFICE ASSISTANCE

• Make and return phone calls
• Assist with applications, registrations and filing
• Organize the OLLI library
• Participate in projects

HOSPITALITY

• Help OLLI stay connected; invite members into clubs and activities, or be a greeter
• Welcome new members
• Get involved in events

SERVING ON COMMITTEES

• Help build the curriculum
• Write articles or find photos for bulletins and newsletters
• Be a part of building membership
• Join an active committee supporting OLLI’s growth and service to our community

CLASSROOM AND TECH ASSISTANCE

• Host Zoom links and classes
• Take class attendance
• Provide technical assistance to OLLI students

BUILDING COMMUNITY

• Serve as a spokesperson for OLLI
• Distribute catalogs
• Make contacts and promote the value of OLLI programs

VOLUNTEERING ADDS TO THE BENEFITS OF OLLI. VOLUNTEER TODAY TO

• Keep our program affordable
• Work together with old and new friends
• Try something new
• Teach a class or give a lecture
• Share your skills
• Be part of the present for the future

Contact Karen Fraser, OLLI Volunteer Coordinator, to ask about volunteering: 915.747.6280.
MINER GOLD CARD
Active registrations with your Miner Gold Card provide you with access to UTEP services plus available student discounts on campus and in the community.

The UTEP campus is open and fully operational. If you have a Miner Gold Card that needs to be updated to student status or you have not yet received a Miner Gold Card purchased in the previous term, contact the office for instructions on how to get your new card.

Go Miners!

Visit OLLI at:
Miners Hall, Suite 209
500 W. University Ave.
El Paso, TX 79968-0602
Office hours: 1-5 p.m., M-F
www.utep.edu/olli/

Contact us:
Phone: 915.747.6280
Email: olli@utep.edu
@elpasoolli
@ollielpaso

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All information in this Fall 2024 publication has been checked and verified to the best of the department’s ability; the program cannot be held responsible for any mistake or omission in this publication.

Graphic design by Kimberly A. Guerrero and Claudia Cornejo.
Editing by Arathi Kylasam

All photos used in this publication are courtesy of Osher Lifelong Learning Institute at UTEP and Extended University’s Marketing Department.
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# Registration Information

## Fall Registration Fee: $100

(Additional fees apply to specific courses with extended class times)

- Register for as many OLLI at UTEP classes as you can fit in your schedule.
- The Miner Gold Card is available to OLLI members for $7.50. Ask about the benefits of this UTEP ID card.
- All classes are online, on campus, hybrid or on site. Please refer to course designations in this catalog. OLLI uses Zoom for online classes. Volunteers and staff are available to assist you.
- Classes may be added or dropped after registration without penalty. Contact the office with requests.
- **Each one reach one!** Bring a New Member Discount: Sponsor ONE NEW member and receive a $45 credit toward your registration fee. Share the benefits and help OLLI grow. Discounts apply after new members are verified and will appear as a credit on your membership account.

**Course Cancellation Policy:** Classes that do not meet minimum registration numbers are subject to cancellation.

## PAYMENT

**Check # ___________________**  
Make checks payable to OLLI at UTEP.

**Credit Card:**  
- [ ] MC  
- [ ] VISA  
- [ ] AMEX  
- [ ] DISCOVER

**Card No.** ______________________________  
**Exp. Date:** __ / ____  
**CVV:** ________________

**Do you need an SB7 Parking Pass?**  
- [ ] YES  
- [ ] NO  
**License Plate # and State:** ___________________  
**Vehicle Make:** ___________________  
**Vehicle Model:** ___________________  
**Color:** ___________________  
**Year:** ____________  
**Driver’s License #:** ___________________  
**State:** ___________________

**Would you like to purchase a Sun Bowl Parking Garage (SBG) Parking Permit?**  
- [ ] YES  
- [ ] NO  
**Contact the OLLI office at olli@utep.edu to purchase a permit. An OLLI representative will contact you to process the SBG permit application and take payment. An SBG permit for Fall 2024 is $350 and good until August 15, 2025. Multiple vehicles can be assigned to a single permit.**

## REGISTRATION FEES

<table>
<thead>
<tr>
<th>Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>$50</td>
</tr>
<tr>
<td>Fall 2024 Course Registration Fee</td>
<td>$100</td>
</tr>
<tr>
<td>Miner Gold Card Fee</td>
<td>$7.50</td>
</tr>
<tr>
<td>Additional Art Class Fee</td>
<td>$45</td>
</tr>
<tr>
<td>Osher Online Course Fee</td>
<td>$60</td>
</tr>
<tr>
<td>Sun Bowl Parking Garage Permit</td>
<td>$350</td>
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<tr>
<td>Donation to OLLI</td>
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</tbody>
</table>

*Additional fees may be paid to the instructor based on supplies given to students.

**TOTAL**

## How did you hear about us?

<table>
<thead>
<tr>
<th>Bring a New Member discount. Whom did you bring?</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Provide the name of the new member here:</td>
<td></td>
</tr>
</tbody>
</table>

Receive a $45 credit for bringing a new member to OLLI. Discounts apply after new members are verified and will appear as a credit on your membership account.

## Note

- ANNUAL MEMBERSHIP FEE is $50 for September 1 through August 31; membership fees are not pro-rated.
- Donation to OLLI gratefully accepts donations to continue bringing quality programs to members.
- Registration Information:
  - Register online at [utep.edu/oll](http://utep.edu/oll)
  - For assistance, leave a message at 915.747.6280.
  - BY MAIL
    - Fill out one registration form per person and send it with a check, money order and/or credit card information to:
      - Osher Lifelong Learning Institute
      - Miners Hall, Suite 209
      - 500 W. University Ave.
      - El Paso, Texas 79968-0602
      - Make checks payable to OLLI at UTEP.
  - IN PERSON/BY APPOINTMENT
    - Contact the OLLI office to schedule an appointment. Staff will be available to take calls from 1-5 p.m., starting August 5, 2024. Appointments will be scheduled between 1 and 4:30 p.m. Registrations will not be taken over the phone or by email.
    - * New or renewing members must include the annual membership fee with their registrations.*

## Registration August 5-30, 2024
<table>
<thead>
<tr>
<th>Course Title</th>
<th>Time</th>
<th>On campus</th>
<th>Online</th>
<th>On site/ Tour</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Workout: Senior Circuit Exercise - Session One</td>
<td>10:11 a.m.</td>
<td>✔</td>
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<tr>
<td>Noon Tech Support Event</td>
<td>Noon-1:30 p.m.</td>
<td>✔</td>
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<tr>
<td>Afternoon Tech Support Event</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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<tr>
<td>Wu-Style T’ai Chi: First Half of the First Section</td>
<td>1:30-2:45 p.m.</td>
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<tr>
<td>Baroque Art and the Counter-Reformation</td>
<td>1:30-2:45 p.m.</td>
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</tr>
<tr>
<td>Crochet/Knitting Therapy</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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<tr>
<td>Intuitive or Mindful Eating</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Forensic Science in Law Enforcement: Fingerprinting, Crime Scene Sketching</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Photojournalism: Photographers Who Changed History</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Guanajuato and its Legends</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
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<tr>
<td>The Negro Baseball League and the Memphis Red Sox</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
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<tr>
<td>Capture the Moment With a Smartphone</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
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</tr>
<tr>
<td>Walkercise: Session One - Tuesdays</td>
<td>10:11:15 a.m.</td>
<td>✔</td>
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</tr>
<tr>
<td>French Conversation: Session One</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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</tr>
<tr>
<td>En Gard! Fencing Fun: Session One</td>
<td>1:30-2:45 p.m.</td>
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<tr>
<td>Chair-Assisted Yoga: Session One</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Getting to Know Yourself</td>
<td>A Strength-Based Approach Promoting Physical and Mental Health</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Metal Embossing/Repujado</td>
<td>1:30-3:30 p.m.</td>
<td>✔</td>
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<tr>
<td>Meditation: Tending the Mental Garden</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
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</tr>
<tr>
<td>Documentaries and Discussion</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Fall Prevention Training: Learn the Right Moves</td>
<td>3:15-4:30 p.m.</td>
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</tr>
<tr>
<td>El Paso History Tours</td>
<td>Old El Paso Theaters</td>
<td>10:11-30 a.m.</td>
<td>✔</td>
<td>✔</td>
<td>Tour: 9/18</td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>Gunfighters and Soiled Doves</td>
<td>10:11-30 a.m.</td>
<td>✔</td>
<td>✔</td>
<td>Tour: 9/25</td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>The Texas Rangers of El Paso</td>
<td>10:11-30 a.m.</td>
<td>✔</td>
<td>✔</td>
<td>Tour: 10/2</td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>The Mexican Revolution in the Pass</td>
<td>10:11-30 a.m.</td>
<td>✔</td>
<td>✔</td>
<td>Tour: 10/9</td>
</tr>
<tr>
<td>How Did Japanese Art Influence Impressionism, Post-impressionism and Modernism?</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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<tr>
<td>Criminal Street Gangs</td>
<td>1:30-2:45 p.m.</td>
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<tr>
<td>Murder, Shanghaied and the Mexican American War: A Belgian’s Crucible</td>
<td>1:30-2:45 p.m.</td>
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<tr>
<td>Line Dancing: Session One</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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<tr>
<td>Charles Dickens: &quot;A Tale of Two Cities&quot; - Part One</td>
<td>1:30-2:45 p.m.</td>
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<tr>
<td>OLLI Meets Technology and the Intergenerational Co-Learning/Co-Solving Experience</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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</tr>
<tr>
<td>Speak Easy to Me</td>
<td>3:15-4:30 p.m.</td>
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</tr>
<tr>
<td>Disputed Presidential Elections in American History</td>
<td>3:15-4:30 p.m.</td>
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</tr>
<tr>
<td>Getting to Know Yourself</td>
<td>Nutritional Supplements and Medications</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Getting to Know Yourself</td>
<td>Managing Anxiety Through Qigong</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Caring Connections</td>
<td>Sustainable and Just Futures</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Caring Connections</td>
<td>FreshStart: Kelly Center for Hunger Relief</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Caring Connections</td>
<td>CASA: Court Appointed Special Advocates</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
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<tr>
<td>You-Can-Do-It Yoga With Phyllis: Session One</td>
<td>9:30-10:45 a.m.</td>
<td>✔</td>
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<tr>
<td>Mindful Bodywork: Session One</td>
<td>11 a.m.-noon</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Wellness From Within Ongoing Series</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>Human and Civil Rights Movement Towards Disability Law and Inclusion</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
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<tr>
<td>&quot;We Love Lucy&quot;: Part One</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
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<tr>
<td>The Early Careers of Calder, Chagall and Matisse</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Intergenerational Brainstorm: Seniors With Seniors</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caring Connections</td>
<td>What Happens When Creativity and Collaboration Are Seen as Birthrights?</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Caring Connections</td>
<td>Securing Your Legacy: Estate Planning and Your Beloved Pets</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Getting to Know Yourself</td>
<td>The Six Domains of Self-Care: Nurturing Ourselves Holistically</td>
<td>1:30-2:45 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>French Culture: Cathedrals</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Jailhouse Rock</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Great Orchestral Performances: Leonard Bernstein</td>
<td>3:15-4:30 p.m.</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please note: Courses may have minimum and/or maximum requirements. Courses may have waiting lists.
### FALL 2024 | COURSE REGISTRATION FORM

#### SESSION ONE: September 3-October 11, 2024

Monday courses are 5 weeks long.

▲ Please CIRCLE THE ASTERISK of the course you are interested in.

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Time</th>
<th>On campus</th>
<th>Online</th>
<th>On site/ Tour</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Progetto Italiano: Session One</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Buddhism 101: Basic Principles</td>
<td>1:30-2:45 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 10/11</td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Introduction to the Bahá’í Faith</td>
<td>3:15-4:30 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 9/19</td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>The Religious Society of Friends: Quakerism - Past, Present and Future</td>
<td>3:15-4:30 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 9/26</td>
</tr>
<tr>
<td>Still Life and Landscape Painting</td>
<td>9-11 a.m.</td>
<td></td>
<td>★</td>
<td></td>
<td>2 hours, 12 weeks, $45 fee</td>
</tr>
<tr>
<td>Walkercise: Session One - Friday Hill Climbs</td>
<td>10-11:15 a.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Class meets at various locations around El Paso</td>
</tr>
<tr>
<td>In the Style of Modern Artists</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>2 hours, 12 weeks, $45 fee; classes meet at Fox Fine Arts</td>
</tr>
<tr>
<td>Dungeon Delving: More Dungeon Synth Discussion</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 9/6</td>
</tr>
<tr>
<td>Science for the Rest of Us: Session One</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>5 weeks: 9/6, 9/13, 9/20, 9/27, 10/4</td>
</tr>
<tr>
<td>Lone Stars of David</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Spanish in Fun Daily Life Situations</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Fundamentals of Islam: Islam 101</td>
<td>1:30-2:45 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 10/28</td>
</tr>
<tr>
<td>Realism to Expressionism in Portrait Painting</td>
<td>1:30-3:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>2 hours, 12 weeks, $45 fee</td>
</tr>
<tr>
<td>Natural Excursions</td>
<td>Useful Plants Walk: Aridvino’s Desert Crossing</td>
<td>9:10:30 a.m.</td>
<td>★</td>
<td></td>
<td>Tour: 9/14</td>
</tr>
<tr>
<td>Natural Excursions</td>
<td>Earthquakes of El Paso Field Trip</td>
<td>9-10:30 a.m.</td>
<td>★</td>
<td></td>
<td>Tour: 10/5</td>
</tr>
<tr>
<td>Generations Meet-up: Intergenerational Wealth</td>
<td>TBD</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Meet-ups TBD by participants over 12 weeks</td>
</tr>
</tbody>
</table>

#### FALL 2024 | COURSE REGISTRATION FORM

#### SESSION TWO: October 28-December 13, 2024

No classes Thanksgiving week.

▲ Please CIRCLE THE ASTERISK of the course you are interested in.

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Time</th>
<th>On campus</th>
<th>Online</th>
<th>On site/ Tour</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Workout: Senior Circuit Exercise - Session Two</td>
<td>10-11 a.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>My World War II Journey With the Soldado Razo (Buck Private)</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wu-Style T’ai Chi: Second Half of the First Section</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Writing Your Memoir: Past Lives Lived</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★</td>
<td></td>
<td>Classes meet at the Rio Grande Cancer Foundation</td>
</tr>
<tr>
<td>Grundtvig and the School for Life</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Fundamentals of Islam: Islam 101</td>
<td>1:30-2:45 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 10/28</td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Faith and Beliefs: Church of Jesus Christ of Latter-day Saints</td>
<td>1:30-2:45 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 11/4</td>
</tr>
<tr>
<td>Threads of Faith and Religious Beliefs</td>
<td>Basic Judaism</td>
<td>1:30-2:45 p.m.</td>
<td>★ ★</td>
<td></td>
<td>Single lecture: 11/11</td>
</tr>
<tr>
<td>Fad Diets: What Are They?</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Class meets at Wine Attitude</td>
</tr>
<tr>
<td>Borderland Mines, Mountains and Myths</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spanish Lyrics for Your Soul: Grammar for Your Brain</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>From the Toltecs to Ixtlan: “The Four Agreements” vs. “Journey to Ixtlan”</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walkercise: Session Two - Tuesdays</td>
<td>10-11:15 a.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Class meets at various locations around El Paso</td>
</tr>
<tr>
<td>French Conversation: Session Two</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Class meets at Memorial Gym</td>
</tr>
<tr>
<td>En Garde! Fencing Fun: Session Two</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair-Assisted Yoga: Session Two</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Qigong for Health</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Metal Embossing/Repujado</td>
<td>1:30-3:30 p.m.</td>
<td></td>
<td>★</td>
<td></td>
<td>Continued from Session One; 2 hours, 12 weeks, $45 fee</td>
</tr>
<tr>
<td>Meditation: Overcoming Its Thieves</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stand-up Comedy</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall Prevention Training: Learn the Right Moves</td>
<td>3:15-4:30 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>3 weeks: 10/29, 11/5, 11/12</td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>First Downtown Churches and Synagogues</td>
<td>10:11:30 a.m.</td>
<td></td>
<td>★</td>
<td></td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>Civic Organizations and the Woman’s Club of El Paso</td>
<td>10-11:30 a.m.</td>
<td></td>
<td>★</td>
<td></td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>County Schools of El Paso</td>
<td>10-11:30 a.m.</td>
<td></td>
<td>★</td>
<td></td>
</tr>
<tr>
<td>El Paso History Tours</td>
<td>Ft. Bliss Museums and Historic Structures</td>
<td>10-11:30 a.m.</td>
<td></td>
<td>★</td>
<td></td>
</tr>
<tr>
<td>How Did Georgia O’Keeffe Become America’s Greatest Artist?</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td>Class meets at Centennial Museum</td>
</tr>
<tr>
<td>Line Dancing: Session Two</td>
<td>1:30-2:45 p.m.</td>
<td></td>
<td>★ ★</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
OLLI gratefully partners with the Rio Grande Cancer Foundation (RGCF) and thanks them for their support for instructors, classes and classrooms.

Thanks to the Rotary Club of El Paso for contributing to the printing of this catalog.

OLLI at UTEP gratefully acknowledges the Woman’s Department of the El Paso Chamber of Commerce for their generous gift in support of the OLLI program.

Thanks to OLLI members for their generous support in donations, volunteerism and commitment to learning.

“Since I started to volunteer at OLLI, I have met so many interesting people who bring positive outlooks to the world.”

-Mirna Naylor, OLLI member
You must be an OLLI member for parking benefits. Your parking hangers or decal permits are good through August 15, 2025. Consider carpooling or ridesharing to get to campus. It’s easier on your wallet AND the planet!

OLLI students may do one of two things:

1. Park free of charge in remote lot SB7 on Sun Bowl Dr. The WEST shuttle will take you directly to Miners Hall, where OLLI has its offices and holds most classes. You will need a permit to put on your windshield; this will identify you as an OLLI student. If you do not have a decal permit, please apply for one at the OLLI office.

2. You may choose to purchase an annual permit to park in the Sun Bowl Parking Garage (SBG). The SBG is located across from Miners Hall. To purchase an SBG permit, you must fill out a parking request form when you register. Contact the OLLI office to do this. The SBG parking permit for Fall 2024 is $350 and is good until August 15, 2025.

Note: Drivers are responsible for keeping permits visible on the dashboard or they may be cited. OLLI will not be responsible for parking citations.

Scan QR code to view a digital representation of the UTEP campus map. https://www.utep.edu/map/

For more information about parking, scan the QR code below or visit: www.utep.edu/parking-and-transportation/
OLLI is an adventure! You meet new and amazing people who bring experiences and perspectives to our lives that renew and refresh us. We’re challenged to keep learning and growing, even in “la tercera edad.”

-Irene Medina, OLLI member

LEARNING NEVER GETS OLD

Be part of the Osher Lifelong Learning network of adults 50+ who are interested in being intellectually and creatively active, and staying connected.

Our members love OLLI. So will you!

Front cover: “Monarch Butterfly” watercolor by Michael Faulkner, OLLI member.