



Osher Lifelong Learning Institute

AUBURN UNIVERSITY

FALL 2026



reINVENT RETIREMENT!

www.aum.edu/OLLI



AUBURN UNIVERSITY
AT MONTGOMERY

CONTINUING EDUCATION

About OLLI at AUM

Research on aging stresses the importance of keeping your body and mind moving to slow the growth of diseases of all kinds. That is where OLLI at Auburn University at Montgomery plays an instrumental part. The **Osher Lifelong Learning Institute (OLLI)** is part of a national network of 120 institutes connected to major colleges or universities across the country. The program is now serving more than 100,000 senior adults each year who want to remain lifelong learners.

The Osher Lifelong Learning Institute (OLLI) at Auburn University at Montgomery is a membership program designed especially for retirees/senior adults. Membership benefits include:

- AUM library borrowing privileges
- Invitation to attend AUM OLLI lunch presentations and bonus opportunities
- Eligibility to join the AUM Wellness Center at a discounted rate
- Free admission to AUM athletic events
- Opportunity to attend OLLI at AUM field trips
- Free admission to Theatre AUM productions
- Discount on single tickets at the Alabama Shakespeare Festival
- Free AUM OLLI ID card

Fees:

Membership Fees per year: \$40.00

Course Fees per term: \$50.00

Summer Mini-term Fee: \$25.00

REGISTER ONLINE

WWW.AUM.EDU/OLLI



Fall Class Schedule

September 14 – November 06, 2026

MONDAY		
10:00-11:30 AM	12:45-2:15 PM	2:30-4:00 PM
Pain Management with Tai Chi, Ruth DeRamus	Writing (and Printing) Your Favorite Family Memories, Nancy Grisham Anderson	Theatre Appreciation, Mike Winkelman
Near-Death Experiences (NDE), Gary Kennington	Irregular Warfare Since 1945, William T. Dean	
	Game Time	Game Time

TUESDAY		
10:00-11:30 AM	12:45-2:15 PM	2:30-4:00 PM
Card Making (paper class), Muffin Hand	Zentangle, Suzie Smith and Muffin Hand	Connections 4, Jim Barber and Herb Shivers
Brain Bowl, Lynda Smitherman	Good Rockin' Tonight: A Survey of Early Rock Music, Mark Benson	Introduction to Modern Bridge, Dale Baskett
Introduction to Tai Chi, Wayne Mills and Susan Smith (class also meets Thursdays at 10:00 a.m.)		

WEDNESDAY		
10:00-11:30 AM	12:45-2:15 PM	2:30-4:00 PM
Investing in Residential Real Estate, Bo Goodson	Line Dance for Fun and Flexibility, Krista Leamon	

THURSDAY		
10:00-11:30 AM	12:45-2:15 PM	2:30-4:00 PM
Introduction to Tai Chi, Wayne Mills and Susan Smith (class also meets Tuesdays at 10:00 a.m.)	Game Time	Game Time
Mah Jongg for Beginners, Dorothy Andrews, Vicky Benton, and Jackie Armstrong		

Registration for Fall 2026 Term - Tuesday, September 01, 2026
Fall Open House - Tuesday, September 01, 2026, 10:00 a.m. - Noon
Holiday Market - Thursday, December 03, 2026, 10:00 a.m. - Noon
Holiday Potluck - Thursday, December 03, 2026, Noon - 1:30 p.m.
OLLI Shares - TBA

Workshops

(Please Register)



One-day Workshop: Tips on Using Your Phone

This hands-on workshop is designed to help you learn more about how the iPhone or Android phone can keep you connected and provide access to convenient tools. We will provide some of our favorite tips and then will provide time for you to get help individually on whatever question you have.

Friday, October 09, 2026

10:00 a.m. - Noon

Instructors: Lynn Stallings and AUM Honors Students

One-day Workshop: Building A Better Biscuit: Simple Secrets to Southern Biscuit Making

Learn the basics of making tender, fluffy Southern biscuits from scratch with Stacey Little, creator of Southern Bite. In this hands-on class in Stacey's test kitchen, he will walk participants through the simple

ingredients, techniques, and tips that make all the difference, from choosing the right flour and fat to mixing, folding, cutting, and baking. Whether you're a beginner or just want to improve your biscuit game, this class will help take the mystery out of biscuit making and give you the confidence to make them at home. (Detailed directions will be provided to participants closer to the date of the workshop.)

Materials fee: \$45.00 (due to the instructor at the workshop)

Limited enrollment: 8 participants

Wednesday, October 14, 2026

10:00 a.m. - Noon

Instructor: Stacey Little

Two-day Workshop: Financial Wellness in Retirement

We will cover elements of a financial plan: managing risk, retirement distributions, leaving a legacy, budgeting, the different ways our growth is taxed, the importance of being invested in the market, and reducing taxes in retirement.

Thursdays, October 08 and 15, 2026

10:00 - 11:30 a.m.

Instructor: Julie Anne Lindsey

Bonus Opportunities

(Please Register)

AUM OLLI Book Discussion Group

Readers gather to discuss a designated book. Sometimes discussions and references carry over from one session to another, but OLLI members may attend any one or all of the sessions.

Fall reading list:

- September 15 - Virginia Evans, *The Correspondent*
- October 06 - Donna Everhart, *The Forgiving Kind*
- October 20 - Louise Erdrich, *The Mighty Red*
- November 03 - Elizabeth Strout, *Tell Me Everything*

First and Third Tuesdays of each month during the term, 10:00 - 11:30 a.m.

Discussion Leader: Nancy Grisham Anderson

Selma - Dallas County Book Group

Readers gather at the Selma - Dallas County Library to discuss a designated book. Sometimes discussions and references carry over from one session to another, but OLLI members may attend any one or all of the sessions.

- September 8 - Elizabeth Strout, *Tell Me Everything*
- October 13 - Louise Erdrich, *The Mighty Red*
- November 10 - Vanessa Diffenbach, *The Language of Flowers*

Second Tuesday of each month during the fall term, 2:00 - 4:00 p.m.

Discussion Leader: Nancy Grisham Anderson

Lunch Presentations

(Please Register)

How to Enroll and Pay Online

Come learn how to enroll and pay online for OLLI courses. This presentation will be before the registration starts for next term so members will be able to register online.

Limited enrollment: 16 participants

Monday, August 24, 2026

11:35 a.m. - 12:35 p.m.

Kelly Davis, Coordinator, Continuing Education

Chancellor Carl Stockton Meets with AUM OLLI

Chancellor Stockton annually meets with members of AUM OLLI to bring them up-to-date on current initiatives at AUM and to answer questions.

Monday, October 05, 2026

11:35 a.m. - 12:35 p.m.

Chancellor Carl Stockton

The Stories Our Recipes Tell: How Southern Food, Family Recipes, and the Supper Table Preserve the People and Places We Love

Join Stacey Little, creator of Southern Bite, for a heartfelt and humorous look at how Southern food traditions, family recipes, church cookbooks, and the supper table help preserve our stories. Through personal memories and reflections on Southern food culture, Stacey will explore why the recipes we pass down are often about much more than ingredients. They are connections to the people, places, and moments that shaped us.

Wednesday, October 07, 2026

11:35 a.m. - 12:35 p.m.

Stacey Little, author and chef

Bonanza: The Klondike Gold Rush of 1897-1899

In July 1897, two ships from Alaska arrived in Seattle and Portland carrying large amounts of gold. The Klondike gold rush "stampede" was on! As the news of the Klondike River strikes hit the world, nearly 100,000 people sought to go north. The principal routes were via Skagway, Alaska, then north to the Canadian Yukon,

or via Nome, Alaska, and then down the Yukon River to Dawson City in Canada. Possibly 12,000 people got into the gold fields, but very few actually became rich.

Wednesday, October 14, 2026

11:35 a.m. - 12:35 p.m.

Lawrence Grinter

HERO Service Dogs

Alabama developed the first statewide facility dog program in the world, and other states and countries are now following our lead. This presentation/training session will discuss how various criminal justice agencies use certified facility dogs with victims during the investigation and prosecution of a crime. A facility dog will be present for the session.

Wednesday, October 21, 2026

11:35 a.m. - 12:35 p.m.

Tamara Martin, HERO Coordinator
Office of Prosecution Services

Reading Our Lives

For a number of terms, AUM OLLI members have participated in the class entitled "Writing Workshop: Writing (and Printing) Your Favorite Family Memories." Now, in addition to printing their family stories, they have decided to share them with other OLLI members by reading them at a lunch presentation. Attend this lunch presentation to learn what your fellow OLLI members have been working on in class.

Wednesday, October 28, 2026

11:35 a.m. - 12:35 p.m.

Nancy Grisham Anderson, instructor, and
Students from "Writing Our Lives"

A Trip to Costa Rica

Costa Rica, a beautiful country in Latin America, offers a great variety of natural beauties, from five volcanoes and tropical forests to a large variety of animals. I lived there for seven years, and I enjoy going back to visit often.

Tuesday, November 03, 2026

11:35 a.m. - 12:35 p.m.

Maria Luisa Ardon

Field Trips

(Please Register)

U.S. 250th Birthday: Visiting Our Pasts

This field trip will be a continuation of the celebration of our country's 250th anniversary. We will tour the Alabama State Capitol in the morning and then take the bus to Old Alabama Town. There we will have lunch, with entertainment by Karren Pell and Tim Henderson, and tour that venue. There will be opportunities to shop in the gift shops both at the Capitol and Old Alabama Town. Both tours will require walking.

Fee (covers transportation, lunch, and entrance fee): \$30.00 (non-refundable)

Limited enrollment: 34 participants

Deadline for registering: October 9, 2026

Friday, October 23, 2026

9:30 a.m. - 3:30 p.m.

Camden: Lunch at Gaines Ridge and Holiday Shopping at Black Belt Treasures

We will have lunch at Camden's Gaines Ridge Dinner Club, a pre-Civil War house re-purposed as a restaurant, to enjoy good food, holiday decorations, and storytelling. Then we will go to Black Belt Treasures Cultural Arts Center for holiday shopping. Visit the websites of both locations to see what the trip will feature: www.wilcoxwebworks.com/gr/ and www.BlackBeltTreasures.com. Both locations will require walking.

Fee (covers transportation and lunch): \$58.00 (non-refundable)

Limited enrollment: 34 participants

Deadline for registering: November 11, 2026

Friday, November 20, 2026

9:30 a.m. - 4:30 p.m.

Class Descriptions

(Please Register)

Pain Management with Tai Chi

This course is designed using specific adaptive moves that have been developed over centuries to deal with pain relief. Individuals will engage in standing, sitting, and walking adaptive activities. Please wear comfortable clothes and flat shoes, and bring two one-pound weights or two water bottles filled with water. The class improves balance, posture, strength flexibility, circulation, and calmness.

Limited enrollment: 16 participants

September 14 - November 02, 2026

Mondays, 10:00 - 11:30 a.m.

Instructor: Ruth DeRamus

Near-Death Experiences (NDE)

Millions of individuals across the globe have had these experiences. The International Association for Near-Death Studies (IANDS) says, "The NDE is an intense awareness, sense, or experience of otherworldliness, whether pleasant or unpleasant, that happens to people who are at the edge of death. It is of such a magnitude that most experiencers are deeply affected,

many to the point of making significant changes in their lives because of what happened to them. After effects often last lifelong and can intensify over time." This course will focus on two major works in the field of NDE research: David Suich, author of *God Took My Clothes*, and Dr. P. M. H. Atwater, author of *Near-Death Experiences: The Rest of the Story*.

September 14 - November 02, 2026

Mondays, 10:00 - 11:30 a.m.

Instructor: Gary Kennington

Writing (and Printing) Your Favorite Family Memories

Are there family stories you need to preserve and share with members of your family? Start collecting your family stories. Illustrate them with family pictures, and print them for Christmas gifts or other special occasions. Participate in this informal writing workshop to start your collection.

September 14 - November 02, 2026

Mondays, 12:45 a.m. - 2:15 p.m.

Instructor: Nancy Grisham Anderson

Class Descriptions

(Please Register)

Irregular Warfare Since 1945

This course will cover counter-insurgency, foreign informal defense, and unconventional warfare. It will look at British and French campaigns in Africa and Asia until 1962. The U.S. in Viet Nam will be examined. The use of air and land power in Afghanistan and Iraq will be in the last part of the course.

September 14 - November 02, 2026

Mondays, 12:45 a.m. - 2:15 p.m.

Instructor: William Dean

Game Time

AUM OLLI members who register for this "course" will have access to room 220 on Mondays and Thursdays to play any table game of their choosing. Members are responsible for organizing their own group of OLLI members, and they must provide their own game equipment. Members must also register as with all other courses. Card tables are available on a first-come, first-serve basis. Since these are two different classes, you must register for one or both. (Game Time continues between terms. Participants must be OLLI members and registered from the most recent term to participate.)

Limited enrollment: 24 participants

September 14 - November 05, 2026

Mondays and Thursdays, 12:45 - 4:00 p.m.

Theatre Appreciation

A study of periods, genres, and production techniques with emphasis on developing a critical awareness and appreciation of the theatre. We will read significant plays throughout history and discuss how society affected them and vice versa. The course will also create an awareness of local productions.

September 14 - November 02, 2026

Mondays, 2:30 - 4:00 p.m.

Instructor: Mike Winkelman



Card Making (paper class)

We will be using recycled magazines and card stock to make "one of a kind" cards. We will use pop-ups, torn paper, stamps, and other materials.

Limited enrollment: 12 participants

Materials fee: \$10.00 (cash only) to be paid to the instructor on the first day of class

September 15 - November 03, 2026

Tuesdays, 10:00 - 11:30 a.m.

Instructor: Muffin Hand

Brain Bowl

Brain Bowl, Brain Bowl - come and play along! Happy thinkers and guessers - everyone belongs! Learn a little, laugh a lot, and discover something new. Brain Bowl is the place to be. We'll save a seat for you.

September 15 - November 03, 2026

Tuesdays, 10:00 - 11:30 a.m.

Instructor: Lynda Smitherman

Class Descriptions

(Please Register)



Introduction to Tai Chi

The course is an introduction to the ancient Chinese practice of moving meditation designed to improve all aspects of personal health. Regular practice of Tai Chi has been shown to improve balance, reduce the likelihood of falls, improve immune function, reduce stress, and lower blood pressure, among many other benefits. Anyone who is able to walk is able to practice Tai Chi. Clothing that allows for comfortable movement and reasonably flat shoes are recommended. Practice works best on a floor that is not carpeted, but it can be performed on carpets with a low pile.

Limited enrollment: 20

September 15 - November 05, 2026

Tuesdays and Thursdays, 10:00 - 11:30 a.m.

Instructors: Wayne Mills and Susan Smith

Zentangle

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. In this class, participants will learn several different Zentangle patterns and use them to create finished designs. Zentangle patterns appear complicated and difficult but are actually made with simple pen strokes that are repeated, such as curved lines (C), straight lines (=), circles (o), and wavy lines (~). Just bring yourself and be prepared to relax and explore this beautiful art form created by Rick Roberts and Maria Thomas.

Limited enrollment: 12 participants

Materials fee: \$20.00 (cash only) to be paid on the first day of class

September 15 - November 03, 2026

Tuesdays, 12:45 - 2:15 p.m.

Instructors: Suzie Smith, CZT14, and Muffin Hand

Good Rockin' Tonight: A Survey of Early Rock Music

Rock music historian Reebee Garafalo once noted that "Broadly speaking, the emergence of Rock 'n' Roll in the 1950s and its ultimate triumph in the 1960s as America's popular music represents a shift in musical culture from European-derived [musical] values to African-American values." We will trace this shift from the end of the Second World War (1945) to about 1970, examining African-American blues, rhythm and blues, early rock, and finally the many subcategories of 1960s rock.

September 15 - November 03, 2026

Tuesdays, 12:45 - 2:15 p.m.

Instructor: Mark Benson

Connections 4

This course will finish Season 3 and cover other related information found online done more recently than Season 3.

The series of presentations discusses the history of science and invention and demonstrates how various discoveries, scientific achievements, and historical world events were built from one another, how in a sort of ripple effect, modern technology and things we take for granted while living our lives today evolved from a very modest beginning, hundreds or thousands of years ago.

September 15 - November 03, 2026

Tuesdays, 2:30 - 4:00 p.m.

Instructors: Jim Barber and Herb Shivers



Class Descriptions

(Please Register)



Introduction to Modern Bridge

This beginning course in contract bridge for the 21st Century is designed to allow participants to play with any partner and in any type of bridge game, such as home style, Chicago, Duplicate, and On-Line. Basic foundations of the game from hand evaluation, auctions, and play techniques will be the focus of the course as they apply to all styles of the game. It is designed as a starter course but can also help those who wish a basic refresher for the game of bridge.

Limited enrollment: 16 participants

September 15 - November 03, 2026

Tuesdays, 2:30 - 4:00 p.m.

Instructor: Dale Baskett

Investing in Residential Real Estate

This is a course to instruct individuals about investing in residential property - selection, rental guidelines, lease requirements, tax structure, maintenance tips, and tax-free exchange requirements.

September 16 - November 04, 2026

Wednesdays, 10:00 - 11:30 a.m.

Instructor: Bo Goodson

Line Dance for Fun and Flexibility

This class will present the basics of line dance and will draw on a variety of musical styles and rhythms. We will begin each session with a gentle

warm-up and then learn dance steps, which will be used in several dances. Each class will end with a set of easy seated stretches. Participants should wear comfortable clothes and flat shoes. Mobility without assistance is required for this class.

Limited Enrollment: 16 participants

September 16 - November 04, 2026

Wednesdays, 12:45 - 2:15 p.m.

Instructor: Krista Leamon

Mah Jongg for Beginners

American Mah Jongg is a game of both skill and chance that uses decorative tiles to construct hands developed annually by the National Mah Jongg League (NMJL). It is social and rewarding as well as mentally challenging. As it requires some mastery, each class builds upon the prior one, making attendance at all classes essential. Participants will get a good start on basic skills, rules, and etiquette. This class is for absolute beginners who have had no prior introduction to the game. Entering students must provide their own 2026 NMJL cards (large print) that can be ordered for \$15.00 @ www.nationalmahjonggleague.org (212-246-3052).

Limited Enrollment: 12 participants

September 17 - November 05, 2026

Thursdays, 10:00 - Noon

Vicky Benton, Dorothy Andrews, and Jackie Armstrong



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