INSTITUTE FOR LEARNING IN RETIREMENT

SPRING 2020

Course Listing & Schedule
January 27 – March 20, 2020

Orientation & Luncheon
January 22, 2020

UNA is an Equal Opportunity/Equal Access Institution. Please pass this on or copy it for others.

www.una.edu/professionaldevelopment
Call 1-800-825-5862, Ex. 4862
(256) 765-4862

Registered Today!

UNA Box 5036
Florence, AL 35632-0001
(256) 765-4862

UNA is an Equal Opportunity/Equal Access Institution.
Spring 2020 Schedule
January 27 – March 20, 2020 • UNA East Campus

MONDAYS

9:00 - 10:10am  Potpourri • Led by John Sworm
                 Health In Aging • Led by Phyllis Shoemaker

10:35 - 11:45am  Byways of Language & Literature • Led by Dr. Dennis Balch
                 Winston Churchill • Led by Ron Helgemo

12:30 - 1:40pm  Here, There and Everywhere • Led by Robin Armstrong & Howard Zeff
                Food: A Cultural Culinary History • Led by Nora Dailey
                TED Talks • Led by Susan Daniel

WEDNESDAYS

9:00 - 10:10am  Enjoying The Arts • Led by Elizabeth Renault

10:35 - 11:45am  The Great Books: Short Story Omnibus • Led by Nancy Belue
                 Rockets, NASA and Space • Led by Rob Martin
                 Community Conversations • Led by Nancy Gonce

11:45am – 3:30pm ‘Round Town – Field Trips • Led by Robin Armstrong & Howard Zeff

12:30 - 1:40pm  Outstanding People & Events In American History • Led by John Messamore

FRIDAYS

8:45 am - 4:30 pm  Day Trippin’ • Led by Robin Armstrong & Howard Zeff

9:00 - 10:10am  A Science Mosaic • Led by Dr. David Currott
                 Interfaith Discussions • Led by Dr. Jacqueline Osborne

10:35 - 11:45am  Psychology Today • Led by Carol Shaw
                  The Great Debate – The American Constitution 1787 - 1788 • Led by Jean Mammen

12:30 - 1:40pm  Unscripted Discussions • Led by John Messamore
                 Gardens & Architecture • Led by Pam Arias Messamore

OFFICERS

President: John Messamore
Vice-President: Dr. Dennis Balch

COMMITTEE CHAIRS

2019-2020 LEADERSHIP

Course Leader Facilitator: Jean Mammen
Travel: Robin Armstrong
Social: Chris Johnson
Sunshine: Anne Petty
Technology: Dave Kennebeck

COUNCIL

Three Year Term: Anita Cobb, Linda Kennedy, Kay Meredith, Anne C. Smith
Two Year Term: Robin Armstrong, Larry Gautney, Dave Kennebeck, Jean Mammen
One Year Term: Barbara Sherr, Phyllis Shoemaker, Nelda Tarbet, Howard Zeff
COURSE DESCRIPTIONS

Potpourri
Viking Mission to Mars - John Sw orm; Spending in Retirement and Weathering Volatility - Dr. William C ale; Letters from Japan - Jacqueline Osborne; SCUBA, Boats & The Sea - John Sw orm

Course Format: Videos with Discussion • Course Leader: John Sw orm
Course Dates: Monday – January 27, February 3, 10, 17 • Course Time: 9:00 – 10:00 am

Health In Aging
Speakers presenting and discussing Health pertaining to Senior Citizens. A subject dear to all our hearts.

Course Format: Presentation, discussion • Course Leader: Phyllis Shoemaker
Course Dates: Monday – February 24, March 2, 9, 16 • Course Time: 9:00 – 10:10 am

Byways of Language and Literature
Literary topics that inform, entertain and delight! Wendell Berry hour; the “Witch of Wall Street”; the history of cold; Barry Lopez, scientist’s mind, poet’s heart.

Course Format: Presentation, discussion • Course Leader: Dennis Balch
Course Dates: Monday – January 27, February 3, 10, 17 • Course Time: 10:35 – 11:45 am

Winston Churchill
This class continues our review of the life and times of Sir Winston Churchill. The emphasis this semester is on Churchill’s “wilderness years” when he risked his career and reputation desperately warning his country- and the world- of the threat from the NA ZI menace.

Course Format: Great Courses Video & Discussion • Course Leader: Ron Helgem o
Course Dates: Monday – February 24, March 2, 9, 16 • Course Time: 10:35 – 11:45 am

Here, There & Everywhere
David & Judy Hood music, Race-’project Say Something’, Origin of Money, Musical history of the Statue of Liberty, Falconry, Police K9 Unit, ILR History & Personality based on Birth Order.

Course Format: Presentation, discussion • Course Leader: Robin Armstrong & Howard Zeff
Course Dates: Mondays • Course Time: 12:30 – 1:40 pm

Food: A Cultural Culinary History
This course explores the history of how humans have produced, cooked, and consumed food throughout history all over the world.

Course Format: Video, Discussion and Food Samples • Course Leader: Nora Dailey
Course Dates: Monday – January 27, February 10, 24, March 9 • Course Time: 1:50 – 3:00 pm

TED Talks
Talks by leading thinkers around the world. Laughter and humor are just plain fun. But they’re actually even better than that! We all seek happiness, but what is it really? Can we create it for ourselves? There are so many benefits to taming your wandering mind.

Course Format: Presentation, discussion • Course Leader: Susan Daniel
Course Dates: Monday – February 3, 17, March 2, 16 • Course Time: 1:50 – 3:00 pm

Enjoying The Arts
The class will enjoy exploring hidden women artists of the Renaissance; artists and science; various forms of sculpture; architectural wonders; textile and fiber arts; and famous artists.

Course Format: Presentation, videos, discussion • Course Leader: Elizabeth Renault
Course Dates: Wednesdays • Course Time: 9:00 – 10:10 am

The Great Books: Short Story Omnibus
Participants will read and critically discuss the following works from the Great Books Short Story Omnibus: “A City of Church” by Donald Barthelme (required reading for first class), “True Love” by Don Shea, “Bullit” by Kim Church, “The Doctor” by Ann Hood, “Blind Fish” by Melanie Rae Thon, “My Date with the Neandertal Woman” by David Sael, “After Caravaggio’s Sacrifice of Isaac,” and the novella: Tom Outland’s Story by Willa Cather. Generally, selections are online or may be purchased in a used copy of Short Story Omnibus.

Course Format: Reading & Discussion • Course Leader: Nancy T. Belue
Course Dates: Wednesdays • Course Time: 10:30 – 11:45 am

Rockets, NASA and Space
Why are rockets and rocket science such a big deal and should they be? Rocket Science Made Easy; Rocket Science Gone Wrong; Rocket Science Miracles; Rocket Science: Do we need it?

Course Format: Presentation, discussion • Course Leader: Rob Martin
Course Dates: Wednesdays - January 22, 29, February 5, 12 • Course Time: 10:35 – 11:45 am

Community Conversations
Conversations about upcoming programs that will be a part of discussions related to our cultural life in the Muscle Shoals

Course Format: Presentation, discussion • Course Leader: Nancy C. Gonce
Course Dates: Wednesday – February 26, March 4, 11, 18 • Course Time: 10:35 – 11:45 am

‘Round Town
Tours with speakers include: North American Lighting; Glenn Rikard Art & Craft Studio; Florence Water Treatment Plant and Veterans/River Heritage Parks & Trails

Course Format: Tour • Course Leader: Robin Armstrong & Howard Zeff
Course Dates: February 5, 19, March 4, 18 • Course Time: 11:45 am - 3:30 pm

Outstanding People & Events in American History
Dr. Thomas Ott details a Haitian slave’s journey. Dr. Tim Collins ponders, “Can Socialism Save America?” Dr. Yvette Collin speaks on Native American horses and Indigenous Archeology. Relive Memphis’ Stax records.

Course Format: Presentation, discussion, book signings and video
Course Leader: John Messamore
Course Dates: January 29, February 12, 26, March 11
Course Time: 12:30 – 1:40 pm

A Science Mosaic
“Space Travel 101” - David Curott; “Women In Science” - William C ale; “New York City Adapts to a Rising Sea” - Larry Gautney

Course Format: Presentation, videos, discussion • Course Leader: David Curott
Course Dates: Fridays – January 31, February 7, 14 • Course Time: 9:00 – 10:10 am

Interfaith Discussions
The Interfaith class fosters dialogue between people of different religious traditions, exploring similarities and differences at both individual and institutional levels. Dialogue promotes understanding of different religions or beliefs to increase interpersonal and intercultural understanding.

Course Format: Presentation, discussion, short program • Course Leader: Jacqueline Osborne
Course Dates: Fridays - February 28, March 6, 13, 20 • Course Time: 9:00 – 10:10 am

Psychology Today
Information on signs and systems of mental disorders and how a clinician decides on a diagnosis. Learn a variety of techniques that have been used in counseling sessions. Discussion on how to keep your sanity during difficult times.

Course Format: Presentation, Q & A • Course Leader: Carol Shaw, MA, LPC
Course Dates: Fridays - January 31, February 7, 14 • Course Time: 10:35 – 11:45 am

The Great Debate – The American Constitution 1787-1788
The goal of this course is to illuminate the original foundations of our American civic culture by reenacting the Great Debate, from 1787 to 1788, over ratification of the proposed constitution.

Course Format: Great Course Lecture, Discussion • Course Leader: Jean Mamm en
Course Dates: Fridays – February 28, March 6, 13, 20 • Course Time: 10:35 – 11:45 am

Unscripted Discussions
A moderated, lively open discussion of student-selected topics and current events. Share accumulated wisdom, humor, and opinions. Know your ILR students better and find out what they Really think…

Course Format: Open Discussion, minimal presentation • Course Leader: John Messamore
Course Dates: Fridays – January 31, February 7, 14 • Course Time: 12:30 – 1:40 pm

Gardens & Architecture
Explore gardens for history, architecture, and culture using BBC’s Gardener’s World videos (Monty Don), Master Gardener tips, and more. ILR Gardeners are sure to keep this series interesting to all.

Course Format: BBC Gardener’s World videos, Discussion
Course Leader: Pam Arias Messamore
Course Dates: Fridays - February 29, March 6, 13, 20 • Course Time: 12:30 – 1:40 pm

Day Trippin’
Guided Tour of Historic Decatur: Old State Bank, Carnegie Visual Arts Center, Railroad Depot Museum and Morgan County Archives.

Course Format: Tour • Course Leader: Robin Armstrong & Howard Zeff
Course Date: Friday - February 21 • Course Time: 8:45 am - 4:30 pm
PLEASE JOIN US FOR OUR SEMESTER ORIENTATION, PREVIEW & LUNCHEON!
Wednesday, January 22, 11:00 am in the UNA East Campus Building, 1640 Tune Ave., Florence. Members please bring a covered dish. Board meeting following lunch if needed.

WHAT IS THE INSTITUTE FOR LEARNING IN RETIREMENT (ILR)?
The ILR is a member led group that determines all activities from course planning to social events. Most discussion groups are led by members. The ILR is an organization of active mature men and women who seek continued intellectual and social stimulation. Regardless of your educational background or work experience, we invite you to try us out without committing to a membership! There are no tests, grades, or prerequisites!

THE INSTITUTE FOR LEARNING IN RETIREMENT IS FOR:
Anyone interested in making new friends and growing & stimulating their mind in an educational environment!

WHAT ARE THE BENEFITS TO BEING AN ILR MEMBER?
For only $70 a semester, joining ILR entitles you to:
- Attend any or all of the courses you would like that are listed in this brochure
- Social Events
- Trips (extra cost may be associated)
- ILR Members receive a 10% discount on UNA Continuing Education Courses.

Simply fill out the registration form located below and mail with your check. Class size is limited in some cases, so register early! If you are interested in attending a regular credit course, there is a Senior Scholar program which is administered through the UNA Office of Admissions (256-765-4608).

FAST & EASY REGISTRATION
Pre-registration is requested so we can be prepared for your attendance.

BY PHONE
Our registration office is open from 8 a.m. to 4:30 p.m. Monday through Friday. We accept Discover, MasterCard and Visa. Call (256)765-4862 or 1(800)-825-5862, ext. 4862.

IN PERSON
During our office hours, come by our office in the UNA East Campus Building (formerly Powell School), 1640 Tune Avenue, Florence. Please have correct change.

MAIL
Complete the attached registration form and mail with your check or credit card information (don’t mail cash) to Center for Learning & Professional Development, UNA Box 5036, University of North Alabama, Florence, Alabama 35632-0001.

Registration Form
If registering more than one person, please list additional names and information on an attached sheet or duplicate this form.

Name ________________________________
Mailing Address ________________________________
City ____________________ State ______________ Zip ____________
Phone: (Day) ___________________ (Evening) _____________
Mobile ___________________ Email _______________________

Spring 2020 Courses
- Potpourri
- Health In Aging
- Byways of Language & Literature
- Winston Churchill
- Here, There & Everywhere
- Food: A Cultural Culinary History
- TED Talks
- Enjoying The Arts
- The Great Books: Short Story Omnibus
- Community Conversations
- ‘Round Town – Field Trips
- Rockets, NASA & Space
- Outstanding People & Events In American History
- A Science Mosaic
- Interfaith Discussions
- Psychology Today
- The Great Debate – The American Constitution 1787 - 1788
- Unscripted Discussions
- Gardens & Architecture
- Day Trippin’

Please Register me for:
☑ Spring Term 2020, $70

Payment Method:
☑ Purchase Order ☐ Money Order ☐ Visa
☐ MasterCard ☐ Discover

Credit Card # ________________________________
Expiration Date ___________________________ Verification # ___________________________
Authorized Signature ___________________________

Please make as many copies of this form as you need.