INSTITUTE FOR LEARNING IN RETIREMENT
SPRING 2023
Course Listing & Schedule
January 23 – March 17
Orientation & Luncheon
January 18, 2023
## Spring 2023 Schedule

**January 23 – March 17, 2023 • UNA East Campus**

### MONDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Leader(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:00 am</td>
<td>Ancient Civilizations of North America • Led by Jean Mammen</td>
<td></td>
</tr>
<tr>
<td>9:30 - 10:30 am</td>
<td>Healthy Aging: Accepting the Joys &amp; Challenges of Aging • Led by Linda Austin</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:40 am</td>
<td>Space Telescopes • Led By Rob Martin</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Native American Culture and Religion • Led by Jacquie Osborne</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>The BRAIN • Led by David Curott</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Great Mathematicians of the 17th &amp; 18th Centuries • Led by Ed Yeilding</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Readers’ Choice • Led by Dennis Balch</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Bio-Videos • Led by John Sworm</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>In the Forests and About Water • Led by Richard Hudiburg</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Essentials of Tai Chi and Qigong • Led by Dennis Balch</td>
<td></td>
</tr>
</tbody>
</table>

### WEDNESDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Leader(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:00 am</td>
<td>Enjoying The Arts • Led by Elizabeth Renault</td>
<td></td>
</tr>
<tr>
<td>9:00 - 10:00 am</td>
<td>Byways of Language and Literature • Led by Dennis Balch</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:40 am</td>
<td>The Great Books: Counterparts &amp; Immigrant Voices • Led by Nancy Belue</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:40 am</td>
<td>Shoals Conversations • Led by Nancy Gonce</td>
<td></td>
</tr>
<tr>
<td>11:45 am – TBD</td>
<td>Afternoons Out! (March 8) • Led by Margaret &amp; Mike Dooley</td>
<td></td>
</tr>
<tr>
<td>11:45 am – TBD</td>
<td>All Over The Map • Led by Susan Daniel</td>
<td></td>
</tr>
</tbody>
</table>

### FRIDAYS

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Leader(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:00 am</td>
<td>Potpourri • Led by John Sworm</td>
<td></td>
</tr>
<tr>
<td>9:00 - 10:00 am</td>
<td>Fresh Voices: ILR Members Presenting For The First Time! • Led by Susan Farris</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:40 am</td>
<td>Perception &amp; Deception • Led by David Daniel</td>
<td></td>
</tr>
<tr>
<td>10:30 - 11:40 am</td>
<td>History of the Central Intelligence Agency • Led by Ron Helgemo</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>When Films Were Golden • Led by Arlene &amp; Steve Merry</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Interfaith Book Discussion Group • Led by Jacquie Osborne</td>
<td></td>
</tr>
<tr>
<td>12:15 - 1:25 pm</td>
<td>Hidden Facets • Led by Susan Daniel</td>
<td></td>
</tr>
<tr>
<td>12:00 pm – TBD</td>
<td>Afternoons Out! (February 3) • Led by Margaret &amp; Mike Dooley</td>
<td></td>
</tr>
<tr>
<td>12:00 pm – TBD</td>
<td>Culinary Lunch (February 10) • Led by Susan Daniel</td>
<td></td>
</tr>
</tbody>
</table>

---

### OFFICERS

- **President:** Susan Daniel  
- **Vice-President:** Susan Farris

### COMMITTEE CHAIRS

- **Course Leader Facilitator:** Jean Mammen & Carole Dabbs  
- **Travel:** Mike & Margaret Dooley  
- **Social:** Chris Johnson, Cheryl Elshoff, Charlene Liddy, Linda Felks, Marie Hester & Linda Kennedy  
- **Sunshine:** Dianne Freeze  
- **Technology:** Dennis Balch, Larry Gautney, Richard Hudiburg, Gilbert Renault  
- **Time:** Kay Durrett, Ron DiNella, Albert & Dianne Freeze

### COUNCIL

- **Three Year Term:** Dennis Balch, Lucy Crosby, John Harris, Kris Seabol  
- **Two Year Term:** Linda Austin, Deb Barnes, Emily Kelley, Rob Martin  
- **One Year Term:** David Curott, Nora Dailey, John Messamore, Howard Zeff

---

**LIKE US @UNAsILR**
Course Dates: Wed 3/1, 3/8, 3/15   Course Time: 9:00 – 10:00 am

Healthy Aging: Accepting the Joys & Challenges of Aging
Two experts in their fields will share information about our hearts and lungs. Dr. Will Brewer, UNA Nursing faculty, will discuss atrial fibrillation and the early signs of stroke. Kevin Taylor, respiratory therapist at Helen Keller Hospital, will talk about how we can all breathe better.
Course Format: Presentation, Discussion   Course Leader: Jean Mammen
Course Dates: Mon 1/23, 1/30, 2/6, 2/13   Course Time: 9:00-10:00 am

Space Telescopes
There has been a lot of activity in the space community lately, both in the US and the rest of the world. First, we’ll show the progress of the other space faring nations and what programs they plan in the future. Then we’ll review the US plans for space travel and exploration of the moon and Mars and how we plan to get there and back (or not??). Herr Heiner and I will also talk about the benefits of all this space stuff. Are we really space explorers, trying to figure out our place in this huge universe or are we just looking for another place to live?
Course Format: Presentation, discussion   Course Leader: Rob Martin
Course Dates: Mon 3/6, 3/13   Course Time: 9:00 – 10:00 am

Native American Culture and Religion
Native American culture in the South (Phyllis Shoemaker) and Native American Religions
Course Format: Lecture and video   Course Leader: Jacqui Osborne
Course Dates: Mon 1/23, 1/30, 2/6, 2/13   Course Time: 10:30 – 11:40 am

The Brain
Dr. Norden, Professor of Neuroscience, Vanderbilt Univ., leads us to understand the unique properties of the brain that provide us with consciousness, language, emotion, etc.
Course Format: Presentation, discussion   Course Leader: Dr. David Currott
Course Dates: Mon 2/20, 2/27, 3/6, 3/13   Course Time: 10:30 – 11:40 am

Great Mathematicians of the 17th & 18th Centuries
Dr William Dunham of the Great Courses is a captivating story teller of the personal lives of famous mathematicians and the elegance and beauty of their brilliant achievements.
Course Format: Great Courses Video Presentations   Course Leader: Ed Veidling
Course Dates: Mon 1/23, 1/30, 2/6, 2/13   Course Time: 12:15 – 1:25 pm

Readers’ Choice
A new shared inquiry reading group. Readings are confirmed by the group at the end of preceding semesters and may include poetry, long or short fiction, or nonfiction.
Course Format: Presentation, discussion   Course Leader: Dennis Balch
Course Dates: Mon 1/23, 1/30, 2/6, 2/13   Course Time: 12:15 – 1:25 pm

Bio-Videos
Bio-videos will be shown of David Daniel & Carolyn Waterman, interviewed by Nancy Gonci
Course Format: Video, Discussion   Course Leader: John Sworm
Course Dates: Mon 2/20, 2/27, 3/6, 3/13   Course Time: 12:15 – 1:25 pm

In the Forests and About Water
Topic I: Shinrin-Yoku: Forest Bathing
Topic II: Focus on changes in water availability around the world.
Course Format: Presentation   Course Leader: Richard Hudiburg
Course Dates: Mon 3/6, 3/13   Course Time: 12:15 – 1:25 pm

Essentials of Tai Chi and Qigong
Great Courses video lectures by David-Dorian Ross, International Master Tai Chi Instructor. Introduction to the practice, history, benefits, and philosophy of tai chi and qigong.
Course Format: Video, discussion   Course Leader: Dennis Balch
Course Dates: Mon 2/20, 2/27, 3/6, 3/13   Course Time: 12:15 – 1:25 pm

Enjoying the Arts
Art Nouveau and Art Deco turn of the 20th Century and the roaring 20’s; Peter Cart Faberge and his Magnificent Eggs; Chicano Arts & Culture of East LA; Austrian Painter Gustav Klimpt best known for his gold painting & Nazi Controversy discussion.
Course Format: Presentation, discussion   Course Leader: Elizabeth Renault
Course Dates: Wed 1/25, 2/1, 2/8, 2/15   Course Time: 9:00-10:00 am

Byways of Language and Literature
Topics that inform, entertain and delight! Links in global supply chains, the Harlan Renaissance, some tall tales of two rascals—Til Eulenspiegel and Jack.
Course Format: Presentation, discussion   Course Leader: Dennis Balch
Course Dates: Wed 3/1, 3/8, 3/15   Course Time: 9:00 – 10:00 am

The Great Books: COUNTERPARTS and IMMIGRANT VOICES
Participants will read and then critically discuss the following works from the books: from COUNTERPARTS: “To the Memory of My Beloved, the Author Mr. William Shakespeare”; “What is an Author?”; “The Immoderation of that”, “Now We are Five”; from IMMIGRANT VOICES: “Letting Go to America”; “Absence”; “Mother the Big”; "The Bees, Part I"; “Grandmother’s Garden”
Selections are online or may be purchased in a new or used copy of the book.
Course Format: Presentation, discussion   Course Leader: Nancy Belue
Course Dates: Wed 1/25, 2/1, 2/8, 2/15   Course Time: 10:30 – 11:40 am

Memory Holes
Three forgotten but consequential episodes in American history: the Yazoo Land Scandal of 1795, the Wilmington Coup of 1898, and the Great Wall Street scandal of 1905.
Course Format: Presentation, discussion   Course Leader: Tom Osborne
Course Dates: Wed 3/1, 3/8, 3/15   Course Time: 10:30 – 11:40 am

All Over The Map
Guest speakers will talk about drones, the history and the future of food, the geography of wine, beer and cocktails and the national parks.
Course Format: Presentation, Discussion   Course Leader: Susan Daniel
Course Dates: Wed 1/25, 2/1, 2/8, 2/15, 3/1, 3/8, 3/15   Course Time: 12:15-1:25 pm

Potpourri
Small Nuclear Reactor Virtues, Tim Kelley Band will play for ILR & The History of Photography
Course Format: Power Point, Discussion, Music   Course Leader: John Sworm
Course Dates: Fri 1/27, 2/10, 2/17   Course Time: 9:00 – 10:00 am

Fresh Voices: ILR Members Presenting For The First Time!
Emily Kelley dishes up women chefs; Fred Joly buzzes about honeybees and beekeeping; Charles Wickwire calls “all aboard” for railroads. Join us for these “fresh voices” and more!
Course Format: Presentation, Discussion   Course Leader: Susan Farris
Course Dates: Fri 2/24, 3/3, 3/10, 3/17   Course Time: 9:00 – 10:00 am

Perception & Deception
In-depth look at Presidential dishonesty and its cost over the last 90 years - Focus on FDR, JFK, LBJ, and Reagan; Two films directed by Clint Eastwood which showed two different perspectives of the 1945 Battle of Iwo Jima; The use of Magical illusion and deception by the British during WWII & a special guest visitor to challenge your perception
Course Format: Presentation, discussion, video   Course Leader: David Daniel
Course Dates: Fri 2/27, 3/10, 3/17   Course Time: 10:30 – 11:40 am

Interfaith Book Discussion Group
“The Triumph of Christianity: How a Forbidden Religion Swept the World”, by Bart Ehrman
Course Format: Discussion   Course Leader: Jacqui Osborne
Course Dates: Fri 2/24, 3/3, 3/10, 3/17   Course Time: 10:30 – 11:40 am

When Films Were Golden
Come join us as we watch what are considered by critics some of the best movies of the Golden Age of Movies, 1930 to 1960. Some classics we plan to watch are “Citizen Kane”, “Laura”, “Meet Me in St. Louis”, “Some Like It Hot” & “Stagecoach”
Course Format: Movie   Course Leaders: Arlene and Steve Merry
Course Dates: Fri 1/27, 2/17, 2/24, 3/3, 3/10   Course Time: 12:15 pm – TBD

Hidden Hazards
This will be an enjoyable exercise in finding out more about our friends. Please submit 5 facts about yourself that most others don’t know and David Daniel will create a multi-media presentation.
Course Format: Presentation   Course Leader: Susan Daniel
Course Dates: Fri 3/7, 3/14, 3/21   Course Time: 12:15 pm – TBD

Culinary Lunch
Our enthusiastic and talented culinary students will once again be creating a lovely lunch for us! This semester their theme will be Valentine’s Day. Extra fee and sign up required.
Course Format: Luncheon   Course Leader: Susan Daniel
Course Dates: Mon 2/6, 2/13   Course Time: 11:45 am – TBD
THE INSTITUTE FOR LEARNING IN RETIREMENT

PLEASE JOIN US FOR OUR SEMESTER ORIENTATION & LUNCHEON!
Wednesday, January 18 at 11:15 a.m., in the UNA East Campus Building, 1640 Tune Ave., Florence.

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 Office of Regional Engagement, 541 West College Street, Florence, AL. 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 __________________________
Birthday (Optional) __________________________

Please Register me for: ☐ Spring Term 2023, $70
Payment Method:
☐ Check Enclosed (payable to UNA) Please include course name on lower left side of check.
☐ 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.