

INSTITUTE FOR LEARNING IN RETIREMENT SPRING 2023

Course Listing
& Schedule

January 23 –
March 17

Orientation & Luncheon

January 18, 2023



Register Today!
Call 1-800-825-5862, Ext. 4862
or (256) 765-4862
www.una.edu/professionaldevelopment
Please pass this on or copy it for other
colleagues who may be interested.
UNA is an Equal Opportunity/Equal Access Institution

University of North Alabama
Center for Learning &
Professional Development
UNA Box 5036
Florence, AL 35632-0001
(256) 765-4862
800-825-5862, Ext. 4862



The Institute for Learning in Retirement

Spring 2023 Schedule

January 23 – March 17, 2023 • UNA East Campus

MONDAYS

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

WEDNESDAYS

9:00 - 10:00 am	Enjoying The Arts • Led by Elizabeth Renault Byways of Language and Literature • Led by Dennis Balch
10:30 - 11:40 am	The Great Books: Counterparts & Immigrant Voices • Led by Nancy Belue Shoals Conversations • Led by Nancy Gonce Memory Holes • Led by Tom Osborne
12:15 - 1:25 pm	All Over The Map • Led by Susan Daniel
11:45 am – TBD	Afternoons Out! (March 8) • Led by Margaret & Mike Dooley

FRIDAYS

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

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

2022-2023
LEADERSHIP



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COURSE DESCRIPTIONS

Ancient Civilizations of North America

Centuries before European contact, virtually every yardstick used to define civilizations existed in North America. There were some largely populated cities with finely built houses, palaces, temples, and wide public plazas with roads connecting them across hundreds of miles. Complete the Mississippi Era (1300-1500), evaluate De Soto versus Mississippians, Venture into the Southwest beginning in the 1300's, Evolution of the Basketmaker Culture 1500BC to 750 AD

Course Format: Presentation, Video, Discussion • **Course Leader:** Jean Mammen

Course Dates: Mon 1/23, 1/30, 2/6, 2/13 • **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:** Linda Austin

Course Dates: Mon 2/20, 2/27 • **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:** Jacque 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 Curott

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 Yeilding

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

Biography videos will be shown of David Daniel & Carolyn Waterman, interviewed by Nancy Gonce

Course Format: Video, Discussion • **Course Leader:** John Sworm

Course Dates: Mon 2/20, 2/27 • **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 Klimt best known for his gold painting & Nazi Controversy discussion.

Course Format: Presentation, discussion • **Course Leader:** Elizabeth Renaut

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 Ifat"; "Now We are Five"; from IMMIGRANT VOICES: "Letting Go to America"; "Absence"; "Mother the Big"; "The Bees, Part 1"; "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, 3/1, 3/8, 3/15 • **Course Time:** 10:30 – 11:40 am

Shoals Conversations

Shoals Writers Guild and their mission; Florence City Schools' curriculum designed to encourage participation in community; Lauderdale County Regional Public Library programs; Florence Parks & Recreation Department encourage use with special events, tourists, partnerships & programming in the community

Course Format: Presentation, discussion • **Course Leader:** Nancy Gonce

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, 3/15 • **Course Time:** 12:15-1:25 pm

Potpouri

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 1/27, 2/10, 2/17 • **Course Time:** 10:30 – 11:40 am

A History of Central Intelligence Agency

We will continue to examine the early years of the CIA with the Cold War years

Course Format: Presentation, Video, Discussion • **Course Leader:** Ron Helgemo

Course Dates: Fri 2/24, 3/3, 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:** Jacque 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 Facets

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 3/17 • **Course Time:** 12:15 pm – TBD

Afternoons Out!

Last semester we heard about the Port of Florence and the UNA Planetarium, but we still have lots to learn, so we'll visit and find out some more!

Course Format: Outing • **Course Leaders:** Margaret & Mike Dooley

Course Dates: Fri 2/3 & Wed 3/8 • **Course Time:** 11:45 am – 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: Fri 2/10 • **Course Time:** 11:30 am – TBD

Learning About Robotics! - All Day Trip

We're visiting the Robotics Institute in Tanner to learn about the 'magic' of robots and how they do what they do.

Course Format: Outing • **Course Leaders:** Margaret & Mike Dooley • **Course Date:** Wednesday – February 22 • **Course Time:** All Day - 9:00 am Departure Time

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).



RETIREMENT
AHEAD

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.