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# OLLI TIMES

NEWS AND INFORMATION FROM THE MEMBERS AND STAFF TO THE MEMBERSHIP

[www.oli.fsu.edu](http://www.oli.fsu.edu)

AUGUST-SEPTEMBER 2018

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## **OLLI SETS VISIT TO BLACK HISTORY AND CIVIL RIGHTS SITES IN ALABAMA FOR FEBRUARY 2019**

OLLI members will have the opportunity to visit seven important Black History and Civil Rights sites in Tuskegee and Montgomery, Alabama, on February 7-9, 2019. This tour is under the auspices of the Inclusivity Committee. OLLI members who register during the fall registration will receive assistance with carpooling arrangements and information about lodging and meals.

The registration fee of \$31 covers admission to the Legacy Museum and Memorial for Peace and Justice, Civil Rights Museum and Monument, Dexter Avenue Parsonage, and Rosa Parks Museum in Montgomery. There is no admission fee for the Tuskegee Airmen's Museum, George Washington Carver Museum, and the Booker T. Washington home and monument in Tuskegee, Alabama. There will also be an

opportunity to attend a performance at the Alabama Shakespeare Festival on Saturday evening February 9 for those who wish to stay an extra night in Montgomery.

The Tuskegee Airmen were America's first black military pilots and their support personnel. The Tuskegee Airmen National Historic Site at Moton Field in Tuskegee, Alabama, commemorates and interprets the heroic actions of the Tuskegee Airmen during World War II. Tuskegee is also home to the Tuskegee Institute National Historic Site, which includes The Oaks, Booker T. Washington's home, and the Carver Museum honoring George Washington Carver, a renowned educator, scientist, artist, and humanitarian. Carver was also an innovator and idealist, who devoted his life to research and finding practical

alternatives for improving agriculture and the economic condition of African-Americans in the South. One of his many

The second and third days of the OLLI tour will focus on sites in Montgomery, Alabama that are central to the Civil Rights Movement. Those sites include the Civil Rights Museum and Monument, Dexter Avenue Parsonage, and Rosa Parks Museum, as well as the recently dedicated Legacy Museum and Memorial for Peace and Justice.

achievements was introducing more than 300 uses for the peanut.

OLLI members can register for the Tuskegee-Montgomery Black History Tour during online fall registration. Look for it on the OLLI website under Activities.

This tour will also be featured at the OLLI Travel Club's meeting on September 7, 2018 at 11:00 a.m. at the Eastside Branch of the Leon County Library on Pedrick Road.



## ...FROM THE PEPPER INSTITUTE

The Pepper Institute on Aging and Public Policy – with support from the Claude Pepper Center, the College of Social Sciences and Public Policy, and Osher Lifelong Learning at FSU – sponsors weekly “Aging Today” segments on 88.9, WFSU-FM NPR.

Airing each Tuesday at 3:04 p.m., the one-minute segments highlight critical aging-related trends, issues, and policies, with an emphasis on social science research. Here's a recent Aging Today question:

## HOW MUCH DOES ASSISTED LIVING COST?

By Lisa Rill, Research Faculty at the Claude Pepper Center

Assisted living facilities – or ALFs – provide care to people who are mainly independent – but need help with some daily activities. They are the fastest-growing sector of the long-term care industry. But ALFs are not an option for all older adults, particularly those with fewer economic

resources. The average cost is \$3,600 a month – or over \$43,000 a year. This cost is paid primarily by residents – or their family members. Medicare – the health insurance program for Americans 65 and older – does not pay for assisted living. Medicaid – the health insurance program for disabled persons and those with very limited financial resources – provides little help. ALFs rarely

accept payment from Medicaid. Most residents spend-down their resources – until they become eligible for Medicaid. Then they move to a nursing home that accepts Medicaid.

To be eligible for Medicaid in Florida, an individual can have no more than about \$2,000 in assets.

If you have an idea for an Aging Today question, send it to [aging@fsu.edu](mailto:aging@fsu.edu)

## **OLLI REGISTRATION BEGINS THURSDAY SEPTEMBER 13<sup>TH</sup> AT 1 P.M.**

### **Here's How to Register for OLLI Membership, Classes and Activities**

#### **Ways to Register!**

\*Online at [www.oli.fsu.edu](http://www.oli.fsu.edu). Choose "Registration" on the homepage. (Payment can be made by credit card or check.)

\*Call the Helpline for online assistance: 850-644-1347 from 1 p.m. to 4 p.m. on Thursday, September 13.

\*Come to the Online Registration Assistance Lab, Pepper Center, Computer Lab, Room 263 from 1 p.m. to 4 p.m. on Thursday, September 13.

\*By phone, please call the OLLI office at 850-644-3520 or 850-644-7947. Staff can only accept payment by check following phone registration. Checks must be payable to Florida State University.

Registration opens at 1 p.m. on Thursday, September 13, at [www.oli.fsu.edu](http://www.oli.fsu.edu). If you do not have an OLLI account, you can create one, free of charge, prior to the registration date.

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#### **COST:**

Annual membership is \$95 per person. Individual Semester membership is \$60 per person. Class fees range from \$FREE to \$95. Activity fees vary. **If you are a resident of Westminster Oaks or Allegro and want to purchase the resident OLLI package, contact JoAnn LaMaster (Westminster Oaks) or Cheryl Hebert (Allegro).**

To register choose the "Registration" button on the OLLI homepage. After you sign in or create a new account you will be on the Course Catalog Page, select the "Click Here for **MEMBERSHIP**" category and choose a membership type and then select "Add to Cart". You MUST select a membership type FIRST. If you do not, *shopping carts* for classes and activities will **not** appear. If you have forgotten either your password or username, you may reset them online or call the OLLI offices for assistance.

If you want to purchase a **CLASS**, please select “Return to Course Catalog.” You can either look for a class by Subject Area or “All Classes” as listed under the “Classes” heading. Once you select a category you will see a list of classes. Select the class you want and then click “Add to Cart.” If you are not signed into your account or did not add a Membership to your cart, “Add to Cart” will not appear! Payments can be

made by credit card (MC, VISA, AMEX, DISCOVER) or by check made payable to Florida State University. After you complete the order registration, you will receive a confirmation by email. If you are making a payment by check, your registration will be pending (Registered Not Paid) until payment is received by OLLI staff. Checks should be mailed to the OLLI office at 636 W. Call St., Tallahassee, FL 32306-1121.

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If you want to purchase or sign up for an **ACTIVITY**, please select a category from the “Activities” heading on the Course Catalog page. Online registration is required for all Cultural & Arts Activities, Social Activities and Field Trips (except for Get Happy With OLLI and the Dedman Dinner), regardless of whether they are free or there is a charge. Please know that upon registering, some events will require an online payment, no payment at all, or a small fee at the location. In all cases you must sign up online! You can either look for an activity by category or “All Activities.” Once you select a category you will see a list of activities. Select the one you want and then click “Add to Cart.” If you are not signed into your account, or membership is not in your cart, “Add to Cart” will not appear!

Payments can be made by credit card (MC, VISA, AMEX, DISCOVER) or by check made payable to Florida State University. After you complete the order registration, you will receive a confirmation by email. If you are making a payment by check, your registration will be pending (Registered Not Paid) until payment is received by OLLI staff. Checks should be mailed to the OLLI office at 636 W. Call St., Tallahassee, FL 32306-1121. You will also be able to purchase a **PARKING PASS** online (under “Bits and Pieces”), should you need one. After purchase of a parking pass, you will receive an email confirmation, which you must print and place on your driver’s side dashboard. If you are taking a Thursday evening class at FSU, you will **not** need to purchase a parking pass. Lots open at 5:30 p.m.

# FUNDRAISING: GENEROSITY TO OLLI PAYS OFF

OLLI nametags....you wear them to identify yourself as a member of the Osher Lifelong Learning Institute at FSU. You depend on others wearing them, just in case you don't know (or have temporarily forgotten) a classmate's name.

Now, as OLLI's Fall 2018 Semester is nearly ready to kick off, those handy nametags will tell you something else: they'll recognize members' generosity toward OLLI at FSU.

See a garnet sticker on a nametag? That member has donated up to \$999 to help sustain OLLI's excellence. See a gold sticker? That member has donated \$1000 or more to benefit OLLI.

Another thing you can learn from those gold stickers: anyone who is sporting gold has qualified to register early for OLLI classes. As a benefit of their generosity, OLLI members at the gold level don't have to worry about classes being filled before they can register.

That's just one of the features of OLLI's new recognition program to honor the generosity of our members.

Among the types of recognition for legacy gifts, pledges and annual gifts are:

- Early registration for classes, depending on the amount of the gift.

Members who donate \$1000 on an annual basis qualify for early registration. Members who donate \$10,000 on a cumulative basis qualify for early registration for as long as they are members.

- Invitations to annual donor events offered by OLLI, the FSU College of Social Sciences, as well as university-level celebrations, depending on amount of gift.
- Inclusion on honor rolls -- FSU, College of Social Sciences and OLLI - depending on the amount of gift
- Recognition from FSU President Thrasher, dean of the College of Social Sciences and/or the director of OLLI, depending on the amount of gift.
- OLLI pin and garnet and gold stickers for name badges, depending on the amount of the gift.

You can learn more about specific benefits associated with contribution levels and how to contribute at <https://olli.fsu.edu/support-olli-fsu>.

Contributions to OLLI can be made in a variety of ways, including outright gifts on an annual or ongoing basis; including OLLI at FSU in an estate plan; a charitable gift annuity, which provides income; naming OLLI at FSU as a beneficiary of a life

insurance policy; or a tax-wise gift from a retirement plan or IRA, among many options.

By investing in the future of OLLI, supporters can help expand course offerings, lecture series and other activities, maintain affordable membership fees and tuition rates, increase the salaries of esteemed instructors, and support scholarships for deserving students. Donors can designate their support

for specific projects or items, based on the amount of their contribution.

Details about giving to OLLI are available by contacting Debra Herman, 850-644-3520, [dherman@fsu.edu](mailto:dherman@fsu.edu), or the FSU Foundation Office of Gift Planning, 850-644-0753, [giftplanning@foundation.fsu.edu](mailto:giftplanning@foundation.fsu.edu)

## **OLLI SCHEDULES TOUR OF STATE ARCHIVES FOR OCTOBER**

OLLI has scheduled a tour of the State Archives of Florida for Friday, October 19, from 2 to 4 p.m. The group will be taken on a behind-the-scenes tour of the State Archives of Florida, including the “stacks” area where the massive collection of over 55,000 cubic feet of records is housed.

The staff will include some of the state archives’ “treasures” in their presentation, as well as some examples of unique sources for genealogical research that generally aren’t available online.

The facility is fully ADA-compliant; every room on the tour will be accessible by elevator and ramp. If you register and this activity is closed, get on the “wait list” as we may be able to add additional groups.

There is no cost for this tour; however, the group is capped at 15.

Registration deadline is October 10 Contact Randy Soule, 989-482-5640, [firemanrandy18@gmail.com](mailto:firemanrandy18@gmail.com).

## **OLLI TOUR OF "TALKING TOMBSTONES" SCHEDULED FOR NOVEMBER**

There will be a November 9 guided tour of the historic portion of the St. John’s Cemetery followed by a classroom PowerPoint presentation at the church. The presentation will highlight the contributions

of the early territorial founders of St. John’s Episcopal Church not only toward the establishment of their early mission church but to the state of Florida as well.

Many of the graves date back to the early 1800s. Carl Stauffer, in his book *God Willing (1984)*, linked the establishment of St. John's to the chain of events which can best be described in "Christianity's epic struggle to gain a strong foothold in Florida which began in 1513 when Juan Ponce de Leon discovered Florida. The early beginnings of the church were preceded by bloodshed and human suffering until the final phase when St. John's was incorporated as a parish in the act passed by Florida's Legislative Council on October 30, 1829.

The "Talking Tombstones" tour for OLLI members will highlight the on-going research efforts by the history survey team. The stories that each of the graves are revealing today indicate that while the early

pioneers clearly harbored a longing for corporate worship, they were often caught up in the grim realities of their own daily existence. The PowerPoint presentation will describe selected family stories that demonstrate how a "tiny mission evolved into a large, dynamic downtown parish after surviving frontier hardships, the ravages of war, yellow fever epidemics, a disastrous fire, hard times and internal strife."

Please join us at 9:30 a.m. to hear the stories provided by the "talking tombstones" and the importance they play today in the future of a viable downtown Tallahassee parish.

For further information, contact Randy Soule, (989) 482-5640 or [firemanrandy18@gmail.com](mailto:firemanrandy18@gmail.com)

## **OLLI SETS FIELD TRIP TO PENSACOLA NAVAL AIR STATION IN NOVEMBER**

OLLI's field trip coordinator Randy Soule has arranged for a field trip to, and tour aboard, the Naval Air Station in Pensacola, Florida for Friday, November 2, 2018.

The air station is the cradle of Naval, Marine and Coast Guard aviation since 1914, and is the home of the Navy's flight demonstration team, the famed Blue Angels.

There is no fee for this tour, which begins at 9:30 a.m., C.S.T. The facility is wheelchair-accessible. Those wishing to attend must register online at [olli.fsu.edu](http://olli.fsu.edu) before the October 29 deadline. For further information, contact Randy Soule, (989) 482-5640 or [firemanrandy18@gmail.com](mailto:firemanrandy18@gmail.com)



# TRAVEL CLUB NOTES MEETING SCHEDULE; TRAVEL OPPORTUNITIES FOR 2019

The OLLI Travel Club is looking forward to an exciting 2019 travel schedule! With the Inclusivity Committee, we will celebrate Black History on a trip to Montgomery and Tuskegee in February 2019.

There will be a Study-Abroad trip to Italy in June, and a trip to the Emerald Isle (Ireland) in August.

The Travel Club meetings scheduled for Fall:

**Friday, September 7** - Montgomery-Tuskegee Trip Presented by the OLLI Inclusivity Committee--11:00 a.m. at the Eastside Library. You will sign up for this trip during Fall registration!

**October 12** - "Shades of Ireland"--Jack Brinson, OLLI's Collette Representative, presents "Shades of Ireland"--11:00 at the Eastside Library.

**EDITOR'S NOTE:** THE DEADLINE FOR THE NEXT EDITION OF THE OLLI TIMES (OCTOBER) WILL BE SEPTEMBER 25, WITH NOTICES ON THE 15TH AND 20TH OF THE MONTH. THE DEADLINE

12:30 - 3:00 Iceland Travelers meet to find out important information about our December 2018 trip to Iceland. Same location

**November 9** - "Armchair Travel" (Topic TBA)--3:00 at the Eastside Library

We look forward to seeing you at the Travel Club meetings!

## THE EASTSIDE BRANCH OF THE LEON COUNTY LIBRARY

1583 Pedrick Road  
Tallahassee, Florida 32317  
850.606.2750

FOR ALL FUTURE EDITIONS WILL BE THE 25TH OF EACH MONTH, WITH NOTICES ON THE 15TH AND 20TH OF THE PRECEDING MONTH. PLEASE CHECK THE CALENDAR ON THE OLLI WEBSITE.

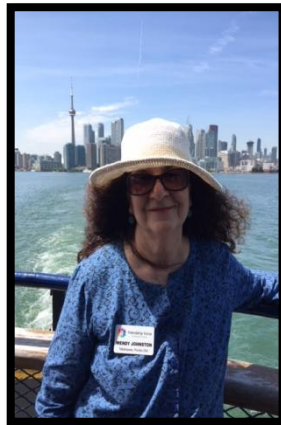


# FRIENDSHIP FORCE VISITS CANADA; ANNOUNCES NEXT MEETING

The OLLI Friendship Force club had a wonderful, adventurous visit to Toronto and Haliburton, Canada, like exploring outhouses, enjoying a ferry ride to Ward Island along the Toronto skyline, seeing Toronto from the CN Tower Skypod, tasting the flavors of Ontario and enjoying a pancake breakfast with maple syrup made

on the grounds of the restaurant. (See photos below)

The club's next meeting will be on Friday, September 21, at 3 p.m. at the Northeast Library on Thomasville Road. The members will discuss the visit to Brazil in July 2019.



## "GET HAPPY WITH OLLI" SETS SUMMER SCHEDULE

"Get Happy With OLLI" will continue through the summer months. "Get Happy" meets Wednesday afternoon for a social event that brings members and friends together at restaurants across Tallahassee for good times. During classes, OLLI members don't always get to know fellow members. These weekly get-togethers provide a way to get to know each other outside of the classroom. These are very informal events; you pay for your own drinks and dinner. Happy hour starts at 5. The restaurants are located all over Tallahassee; however, they must be able to accommodate about 30 people, have adequate parking and be open to serving large groups.

Some of the restaurants where you will find OLLI members and friends--and perhaps one or more instructors--include McGowan's, Peppers, Table 23, Cafe Taverna, Little Italy, Momo's, Olive Garden, Carrabba's, Miller's Ale House, Backwood Bistro and Island

Wings. The social value of Get Happy can't be understated. "Get Happy is where new friends are made." "The people you meet in class you will get to know better if you come to 'Get Happy.'" "It is great.

You meet very interesting people and have stimulating conversation." "If you enjoy meeting people like you, laughing and just having a great time, you will love 'Get Happy.'" These are just a few quotes from those who attended once and have become regulars.

For more Get Happy information, check the OLLI website calendar, [olli.fsu.edu](http://olli.fsu.edu) or contact Denise Zabelski-Sever at [gethappyolli@gmail.com](mailto:gethappyolli@gmail.com) The schedule for August is as follows: August 22--**Prime Time**, 1921 West Tennessee Street; August 29--**Harry's**, 301 S. Bronough Street.

Check the calendar for future Get Happys.

## BOOK CLUB RESUMES REGULAR SCHEDULE IN SEPTEMBER

The Book Club is returning to its regular schedule in September. Ten wonderful books have been chosen for the upcoming year, starting in September with Jessica Shattuck's *Women in the Castle*. Other selections include: *Big Little Lies* by Liane Moriarty, *Killers of the Flower Moon: The Osage Murders and the Birth of The FBI* by

David Gann; *The Light Between Oceans* by M.L. Stedman and *Beartown* by Frederick Backman.

The Book Club will continue to meet on the second Wednesday of each month at noon at the main library and at 4:00pm at Westminster Oaks.

# THE OLLI LIMELIGHT SHINES ON...

This month, the OLLI limelight focuses on **Jan Smith**, who is Chair, Culture & Arts Subcommittee; and **Ramona Bowman**, who is Representative for the Society of Past Presidents and Chair of the Noon Book Club. To get to know Jan and Ramona better, the Times asked them to answer the following questions:

**JAN SMITH**



**1. What was your occupation or profession, and for how long?**

Attorney, 37 years. I Last worked as an Assistant Attorney General in the Florida Attorney General's Office as Director of the Lemon Law Arbitration Division. When new cars go bad, it is not pretty!!

**2. What brought you to OLLI?**

A friend who retired before me told me about it as a great way to continue learning and stay active. I enjoyed my first class, which was a French wine-tasting class, and was hooked! I decided to get more involved

and signed up to help Cheryl Naylor on the Culture & Arts Committee and became chair after Cheryl. Debbie Gibson and Marie Clewis round out our Arts & Culture Trio!!

**3. What is your favorite TV show?**

Masterpiece Mystery, PBS; I also love Game of Thrones and am intrigued by WestWorld. I binge watch Outlander when there are Starz watchathons!!

**4. What is your favorite movie?**

All the Hobbit movies, The Maltese Falcon, Star Trek IV, and Silverado, and I enjoy

seeing the Marvel and DC universes come to life on screen!

**5. What is your favorite thing to do in Tallahassee?**

I enjoy going to the many arts and cultural activities that thrive in Tallahassee and the surrounding area! I love spending quality time with friends – something I didn't have much time to do while I was working.

**6. What book are you currently reading?**

eBook: House of Cards Trilogy by Michael Dobbs; hardcover: The Outsider by Stephen King. Reading these while I await the arrival of the latest Louise Penny mystery!

**7. What is your hobby?**

I don't really have one single hobby. I love to read, and garden and I love singing in The Tallahassee Community Chorus, where I volunteer as the Board President, which keeps me plenty busy!

**8. Where would you like to go on a dream vacation?**

There are so many places I want to go, I don't really have a "dream vacation"! I would love to be able to vacation in space! However, since that is probably beyond even a dream, I'd also love to spend a couple of months or three rambling around the Italian countryside! I am really looking forward to the Iceland trip!!

**9. People would be surprised if they knew this about me.....**

I love Science Fiction, all things Star Trek and I'm a bit of a gadget nerd!

## **RAMONA BOWMAN**



### **1. What was your occupation or profession, and for how long?**

34 years in the high school classroom in Hillsborough County, FL (3 yrs), Montgomery County, MD (27 yrs), Florida State University (4 yrs)

### **2. What brought you to OLLI?**

Desire to meet others who appreciated and participated in life-long learning; to have company in doing so myself.

### **3. What is your favorite TV show?**

60 Minutes

### **4. What is your favorite movie?**

Musicals, such as The Sound of Music, The Music Man, My Fair Lady, South Pacific, Fiddler on the Roof, even Mama Mia -- hard to choose one -- many others I also loved.

### **5. What is your favorite thing to do in Tallahassee?**

Go to musical events done by students in the College of Music at FSU -- also enjoy women's basket ball.

### **6. What book are you currently reading?**

Just finished Women in the Castle; currently reading In the Shadow of Statues by Mitch Landrieu

### **7. What is your hobby?**

Reading, working in yard, traveling, keeping in touch with old friends

### **8. Where would you like to go on a dream vacation?**

Probably to the far-east --India, China

### **9. People would be surprised if they knew this about me.....**

People who know me, probably wouldn't be surprised at much; I'm fairly transparent.



# SPECIAL TO THE TIMES

## FAVORITE ACTIVITIES OF RETIREES: HOW DO YOU COMPARE?

By Emily Branson, Staff Writer  
U.S. News

Retirees enjoy significantly more free time than the rest of the population. People ages 65 to 74 spend 6.78 hours engaged in leisure activities on the typical weekday, and those ages 75 and older get 7.35 hours of leisure time daily, according to the 2013 American Time Use Survey by the Bureau of Labor Statistics. The entire population ages 15 and older gets an average of 4.74 hours of

leisure time per weekday. Here's how retirees are spending their surplus of free time:

**Watching TV.** Retirees spend over half of their leisure time watching TV. People ages 65 to 74 watch 3.92 hours of TV on weekdays, and those 75 and older tune in for an average of 4.15 hours each day. That's over an hour more than the 2.57 hours of TV the overall population watches daily.

**Reading.** Retirees ages 75 and older spend nearly an hour each day reading, and people ages 65 to 74 read for three quarters of an hour each day. Younger people typically spend less time reading, averaging about a third of an hour daily.

**Relaxing.** Some people become more

thoughtful and reflective with age. Seniors ages 75 and older spend nearly three quarters of an hour each day relaxing and thinking, compared to 22 minutes among people ages 65 to 74 and 18 minutes among the population overall.

**Lingering over meals.** Working people sometimes need to rush through meals, while retirees get a few extra minutes to enjoy them. Retirees 65 to 74 spend an hour and 25 minutes each day eating and drinking, compared to an hour and 14 minutes among all Americans.

**Shopping.** Retirees are less hurried in their shopping for groceries, gas and other consumer goods, spending 49 minutes per day shopping in retirement, compared to 45 minutes among everyone else. This shopping time includes purchases in a store, via telephone and online.

**House and garden projects.** Gardening and do-it-yourself home improvement projects are common retirement hobbies. Seniors ages 65 to 74 do household activities including housework, cooking, vehicle maintenance, pet care and lawn and garden work for 2.45 hours per day, versus the 1.78 hours daily the overall population spends on household chores.

**Working.** Seniors ages 65 to 74 continue to spend over an hour per day working, but that number drops to an average of just 23 minutes of work for pay each day after age 75. Americans ages 15 and older spend much more time at work, averaging 3 and a half hours each weekday.

**Volunteering.** Retirees participate in volunteer, civic and religious activities for over half an hour each day, compared to about a third of an hour for all adults. Civic activities include jury duty and court appearances as well as voting or attending town hall meetings. Religious activities could involve attending services, participating in affiliated choirs or youth groups and engaging in personal religious

practices such as praying.

**Sleeping.** You can finally toss your alarm clock in retirement, and perhaps some retirees do. Seniors ages 75 and older spend over 10 hours per day sleeping or engaged in personal care activities such as bathing and dressing, compared to 9.5 hours per day for the population overall.

Retirees spend below average amounts of time caring for children and other household members and working. Instead, they gain several hours of leisure time as well as time to linger slightly longer over meals, shopping and household chores.

## WHY LIFELONG LEARNING?

Your quest for knowledge doesn't have to end at the classroom door, or even after you've donned the tassel and gown. Make education a part of your adult life and reap the professional and personal benefits of an insatiably curious mind. It's never too late to start! Begin your journey today with this article about making lifelong learning an essential part of your life.

Lifelong Learning refers to the voluntary decision to enroll in educational courses or to study a topic on one's volition. While the term may seem to apply especially to those who have already earned a college degree or entered the workforce, lifelong learning is vital for everybody, no matter the age or

level of education. The courses and activities taken on by the lifelong learner may culminate in some kind of certificate, etc.

A lifetime of learning can keep both the body and mind in shape. Research has suggested that continued cognitive activity has a positive effect on brain cells and helps promote mental sharpness, especially for senior citizens. Physically, lifelong learning can entail taking exercise or dance classes, learning how to swim or even picking up a new sport. It includes learning ways to stay active that are enjoyable for you--good news if you can't stand the treadmill!

In any case, taking up a class or hobby can be a social activity as well as an educational



one. You can make friends with similar interests and get involved with the communities you care about, curbing loneliness and stress. Your avocation may bring opportunities for travel, giving you a chance to see more of the world, to experience life in another culture and to gain perspective on your own. Lifelong learning means exploring the things that make you tick, expanding your horizons and becoming an active participant in your personal and professional life.

Maybe you've taken up an interest in photography, carpentry or archaeology. Was

it your childhood dream to learn how to figure-skate or fly a plane (or both)? Perhaps you always wanted to learn a different language--or even a computer language--but during college, you just couldn't stomach the idea of 6:00 AM Japanese?

Lifelong learning enriches your life with the things that spark your curiosity, simply because you want to know *how*, *what* or *why*. The subject may be personally significant (e.g., learning about genealogy to trace your family roots), but you do not need to be enrolled in a formal degree program to develop your own interests.

# ANNOUNCEMENTS

## WANT TO BE A CLASS HOST?

Have you ever thought about being a Class Host? If you have taken classes, you're aware that one of the important ways OLLL welcomes new and returning OLLI members is by having a host for each class. Being a Class Host gives you the opportunity to get to know your classmates and provide an important service to OLLI. Class Host

Training will be held on October 4th immediately following the New Member Welcome. This training will give you important information about this volunteer opportunity and new updates on safety at FSU. If you are interested or would like more information, email Harriet Waas at [waas01@comcast.net](mailto:waas01@comcast.net).

## EVENTS

### GULLAH-GECHEE

The Anderson Brickler Gallery, that was recently opened by Dr. Celeste Hart, is collaborating with the Riley Historic Museum and Cultural Center to present exhibits about the Gullah-Gechee culture of

### EXHIBIT

the "Sea Islands". The Riley House exhibit of Gullah-Gechee culture will continue until the end of November. On **September 21st** at 6:30 p.m., Dr. LaVerne Wells-Bowie, faculty of the School of Architecture and Engineering Technology

at Florida A&M University, will have an exhibit and lecture at the Anderson Brickler Gallery on Gullah Architecture: A Language of Intercultural Processes. LaVerne Wells-Bowie is a professor at the School of Architecture and Engineering Technology at FAMU. She is a graduate of the University of California, Berkeley and California College of Arts and Crafts. She has held the position of Mickel Endowed Chair in the School of Architecture at Clemson University. Grants and awards have included a National Endowment for the Arts, National Endowment for the Humanities, a Fulbright Fellowship, McKnight Fellowship EPA Grant and several teaching awards. Her familial roots have shaped her academic interest in the Gullah Sea Islands

The Anderson Brickler Gallery is located at 1705 S. Adams St. (Lower Level) Tallahassee.

**STAFF ANNOUNCEMENT: If your address has changed since last August, please go to the OLLI website and update your profile. Select REGISTRATION, sign in to your existing account, select My Account, and then select My Profile,**

**HOLOCAUST EDUCATION RESOURCE COUNCIL (HERC)**

On **October 26th at 1 p.m. at the FSU Askew Student Life Center**, HERC will have a showing of the movie “Schindler’s List” to commemorate the 25th anniversary of its release. The movie is free and open to the public. Address: 942 Learning Way, Tallahassee. The HERC’s annual remembrance dinner will be held October 26th at the Turnbull Center. For more information, the website is: [www.holocaustresources.org](http://www.holocaustresources.org).

**COLLEGE OF SOCIAL SCIENCE AND PUBLIC POLICY LECTURE SERIES**

“Local Organizations Supporting Aging-In-Place: What can we learn?” Tuesday, **September 11th** from 5:30-6:30 p.m. **Backwood Bistro**, 401 East Tennessee St. (corner of Gadsden St.)

**make any changes and then be sure to click Save Changes! We want to be sure you receive your Fall catalog – expect it during the last week of August!**

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