

OSHER LIFELONG LEARNING INSTITUTE AT AQUINAS COLLEGE

COURSE CATALOG
WINTER 2025
JANUARY 20 — MARCH 28

REGISTRATION OPENS **JANUARY 8, 2025**



AQUINAS
COLLEGE

Cover Art:
OLLI Member **Rodney Martin**
Norðurljós, 2023
Digital Photograph

4 EASY STEPS TO OLLI COURSE PARTICIPATION

STEP 1: Join OLLI.

If you have not already renewed or joined, please know **membership is required to participate in OLLI courses**. OLLI membership is now universal, featuring one pricing plan for all members. Unless otherwise specified, the fee to register for each session is only **\$10.00**.

Prorated OLLI Membership Rate (now through March 15, 2025):

\$60.00 per person

Annual memberships may be purchased by visiting aquinas.edu/olli-membership.

STEP 2: Review the Course Catalog.

Courses are offered in a series of three terms, each featuring its own course catalog.

Fall: September – December

Winter: January – March

Spring: April – June

Please read descriptions, note dates, times, and locations, and consult your personal calendar before enrolling. OLLI courses are offered with various numbers of sessions.

NEW FOR WINTER 2025! À LA CARTE REGISTRATION!

All sessions may be selected individually. You may register for any or all sessions in a course with multiple sessions.

STEP 3: Register online.

Winter 2025 Course Registration opens
WEDNESDAY, January 8, 2025, at 9:00am

ALL course registrations are completed online via this link: aquinas.edu/olli-courses.

You may also scan the QR code to the right to register on a mobile device. ►

The registration page will remain open throughout the term so you can register for additional open courses at any time.

When on the online registration page, read the instructions, follow the prompts, and make your selections. Capacity limits will be listed alongside each course, so if you cannot select a particular option, the capacity limit has likely been reached. To be added to the waitlist for a specific course, please email olli@aquinas.edu.



Register carefully as there are **NO MONETARY REFUNDS** for courses you later cannot attend. If you need to cancel, notify the OLLI office **48 hours** prior to the scheduled session time to receive a coupon code redeemable for any future session in the 2024-2025 year. Courses canceled or rescheduled by OLLI are also eligible for course credit via coupon codes. Existing coupon codes from previously canceled or rescheduled classes may be entered at the bottom of the registration page. When done, select "SAVE REGISTRANT" to register another person or to continue to the "Billing" section.

Having trouble accessing the online registration page? Are you and computers a bad mix?

Contact the OLLI Office at **616.632.2430** or visit us in person to register. Please do not email registrations.

STEP 4: Submit payment.

Complete the requested billing information and select "SUBMIT". Registration is not complete until you pay and receive a printed or emailed confirmation.

EXPLORING THE COURSE CATALOG

The **Winter 2025** Course Catalog has been redesigned, again, based on OLLI member feedback. Offerings continue to include standard, 90-minute courses as well as OLLI Experiences that take learning beyond the classroom (see **Pages 6 and 7**). Returning this term is the Pantlind Series, a signature seminar series that features several different presenters speaking on a shared topic (see **Pages 4 and 5**). A full term calendar is prominently featured in the fold of the catalog.

An example of the course listing format is explained below. ▼

1 HISTORY & POLITICS

2 Beyond the Vault: The Evolution of Credit Unions and Banking

3 Presented by: Andy Kempf, MBA

4 The first credit union in the United States was started in a church basement, and now federally insured credit unions serve over 140 million members nationwide. From those humble beginnings to the digital banking age, unpack the century-long evolution from counting coins to tapping apps in the not-for-profit banking industry. This course will examine current issues facing the future of credit unions like cybersecurity, competition from national and international banks, recent bank failures, and regulatory compliance. So, crack open your piggy bank, look under your mattress, and venture beyond the vault to explore the history and operations of financial cooperatives. You'll leave feeling richer—in knowledge, at least!

3 **Andy Kempf** is the CEO of 4Front Credit Union, a leading financial solutions provider serving over 100,000 members in northern and western Michigan. He holds a BSBA in finance from Central Michigan University and an MBA from Walsh College. Kempf's career began in commercial lending, and he previously served as CEO of both Preferred Credit Union and Members Credit Union.

5 Date: **MON, Feb 10, 2025**

6 Time: **1:30pm – 3:00pm**

7 Location: **Donnelly Center**

8 Event Fee: **\$0.00**

1 **Course Category.** OLLI courses are divided into three categories based on content.

ARTS & CULTURE — Art, Film, Humanities, Languages, Literature, Music, Religion, Sports, Travel

HISTORY & POLITICS — Business, Current Events, Economics, Education, History, Political Science

SCIENCE & TECHNOLOGY — Biology, Botany, Environmental Science, Health, Medicine, Technology, Zoology

2 **Course Title.** Abridged “short titles” are featured on the online registration page and Winter 2025 calendar for simplicity.

3 **Presenter.** Presenters are identified alongside their respective courses. **NEW FOR WINTER 2025!** For your convenience, full presenter biographies are featured directly below the course description.

4 **Course Description.** Courses are described in detail. Courses with multiple sessions may feature individual session details and dates. **NEW FOR WINTER 2025!** You may register for any or all sessions in a course with multiple sessions.

5 **Course Date.** Dates of all sessions are listed. Following the Pantlind Series and OLLI Experiences, courses are listed in the catalog in chronological order based on their first session date. Explore the full term calendar on **Pages 12 and 13**.

6 **Course Time.** Courses are 90 minutes in duration, and offered at 9:30am or 1:30pm, unless otherwise specified.

7 **Course Location.** Courses are primarily offered on the campus of Aquinas College, unless otherwise specified. See the OLLI map featuring the **Browne Center** and the **Donnelly Center** (and their specific addresses) on **Page 13**. Some courses are offered virtually via Zoom. Virtual courses are designated by this icon. ► 

8 **Fees / Limits.** Course fees are **\$10.00 per session**, unless otherwise specified. Some may feature enrollment capacity limits set by the presenter or location.

THE PANTLIND SERIES: THE PHARMACY

Named for former OLLI director Sheila Pantlind, the **Pantlind Series** features several different presenters speaking on a shared topic. It reflects the original programming structure of the Emeritus College, the predecessor to OLLI at Aquinas, founded in 1975. Courses are listed chronologically.

The pharmacy is open. Pharmacies are rapidly evolving to address some of society's most pressing medical challenges. This series explores innovative treatments for obesity and HIV, new FDA-approved Alzheimer's medications, potential solutions to the opioid crisis, and the specialized world of compounding pharmacies. These advancements are reshaping the way we approach care and offering hope for healthier futures.

Ozempic® and the Future of Obesity Treatment

Presented by: Celia Egan, MD

According to the Centers for Disease Control and Prevention (CDC), more than 40% of American adults are obese. But a groundbreaking class of medications, originally designed for diabetes management, is transforming the treatment of obesity by leveraging natural hormone-based therapy to promote weight loss. This course explores the science behind branded therapies like Ozempic® and Wegovy®, their effectiveness in treating obesity-related chronic conditions like heart disease and sleep apnea, and their potential to reshape societal views on health and body image. Go beyond the marketing campaigns to gain insight into this expanding class of drugs, their mechanisms of action and side effects, and the challenge of their cost and accessibility.

Celia Egan is the director of obesity medicine and metabolic health at true. Women's Health. She earned a BS in biochemistry from the University of Michigan and an MD from New York Medical College. Dr. Egan is a member of the Obesity Medicine Association and certified by the American Board of Obesity Medicine. As a physician with specialized training in medical weight management, she brings a judgement-free, holistic approach to metabolic health and wellness.

Date: **TUE, Jan 21, 2025**
Time: **1:30pm - 3:00pm**
Location: **Donnelly Center**



▲ Will Medicare and Medicaid soon cover weight loss medication?

A Local Response to the Opioid Crisis

Presented by: Steve Alsum and Catherine Kelly

It is estimated that nearly 3,000 people died from drug overdoses in Michigan in 2023, but experts say the increased availability of naloxone, also known as Narcan®, a drug that can reverse opioid overdoses if administered correctly and in time, has contributed to a recent decline in drug-related deaths in the state. This course provides a comprehensive overview of the opioid crisis—and its impact on West Michigan—with a specific focus on how fentanyl and other substances are affecting the drug supply, what occurs during an opioid overdose, and how local harm reduction strategies, led by the Grand Rapids Red Project, are complementing life-saving medical interventions.

Steve Alsum is the executive director of the Grand Rapids Red Project, having served the organization in various roles since 2007. He has a BS in mathematics from Grand Valley State University. Alsum believes access to healthcare is a basic human right, and he is dedicated to the availability of harm reduction interventions.

Catherine Kelly is an MDHHS-certified recovery coach and program development manager at the Grand Rapids Red Project. She coordinates the organization's overdose education and naloxone distribution program, providing overdose prevention, harm reduction, and drug policy education to professionals and community members.

Date: **MON, Jan 27, 2025**
Time: **1:30pm - 3:00pm**
Location: **Browne Center**



THE PANTLIND SERIES: THE PHARMACY

A New Era in HIV Treatment

Presented by: Jamie Alan, PhD, PharmD

On June 5, 1981, the CDC published a report that described a deadly disease affecting five previously healthy young men in Los Angeles. In the four decades since HIV was identified and later linked to AIDS, the treatment of the virus has evolved significantly. Explore this treatment evolution from early approaches focused on prevention through condom use and education—albeit limited by stigma and a lack of medical understanding—to the introduction of AZT to slow disease progression and revolutionary antiretroviral therapy to reduce viral loads. Today, advancements like once-daily medications, pre-exposure prophylaxis (PrEP) for prevention, and ongoing research into potential cures offer hope for slowing the epidemic and transforming HIV from a deadly disease into a manageable chronic condition.

Jamie Alan is a registered pharmacist and an associate professor of pharmacology and toxicology at the College of Human Medicine at Michigan State University, where she has an active National Institutes of Health (NIH)-funded lab. She received a PharmD from Ohio Northern University and a PhD in pharmacology from the University of North Carolina at Chapel Hill. Professor Alan is passionate about gender-affirming care and serves as a board member of the Grand Rapids LGBTQ+ Healthcare Consortium.

Date: **THU, Feb 27, 2025**

Time: **1:30pm - 3:00pm**

Location: **ZOOM**

The Quest to Slow Alzheimer's

Presented by: David Morgan, PhD

Continued advancements in Alzheimer's research over the past 25 years have recently culminated in the FDA's full approval of the drugs Kisunla™ and Leqembi® that can slow disease progression by reducing amyloid plaques in the brain. Examine why these treatments, while promising, are not cures, their effectiveness in early-stage disease, and the potential side effects that may limit their use. Rarely, however, is any disorder treated with a single class of drugs. Reflect upon the complexity of this devastating disease and discover other emerging therapies with new mechanisms of action that are currently in clinical trials.

David Morgan is an MSU Foundation Professor of translational neuroscience and director of the Michigan State University College of Human Medicine's Alzheimer's Alliance. He earned an MS and PhD in neuroscience from Northwestern University before completing post-doctoral research at the University of Southern California (USC). Dr. Morgan is an internationally-recognized author whose research interests include aging and brain function, focusing on developing and testing treatments for Alzheimer's dementia.

Date: **THU, Mar 6, 2025**

Time: **1:30pm - 3:00pm**

Location: **Donnelly Center**

Compounding Pharmacy Solutions

Presented by: Romena Haddad, PharmD

Returning to a process that predates mass drug manufacturing, compounding pharmacies don't just fill prescriptions, they create custom medications that meet a patient's specific needs, such as unique dosages, forms, or allergen-free options not regularly available in standard products. Go behind the counter to see how medications are made. Explore current trends in compounding, the risks and benefits of personalized medications, the role of the FDA and laws regulating the process, and veterinary solutions for non-human patients.

Romena Haddad is a registered pharmacist at Valiant Compounding Pharmacy in Ypsilanti, Michigan. She has an undergraduate degree from Eastern Michigan University and a PharmD from the University of Tennessee Health Science Center College of Pharmacy. Dr. Haddad's professional passions are specialty and transplant pharmacology.

Date: **TUE, Mar 25, 2025**

Time: **1:30pm - 3:00pm**

Location: **ZOOM**

OLLI EXPERIENCES

OLLI Experiences are special, limited-enrollment opportunities that take learning beyond the classroom. These interactive events often meet off campus, feature non-standard pricing, and may take place outside standard course times.

This Is Where I Stand Discussion Group (Part I and Part II)

Facilitated by: Dave Kampfschulte, MEd

Join OLLI's longstanding, facilitated discussion group where participants engage in thoughtful dialogue on current issues, ethical dilemmas, and the meanings of significant words and phrases. This forum encourages you to explore or reinforce your own belief system while gaining a deeper understanding of differing perspectives. Where do you stand?

PART I
 Dates: **WED, Feb 5, 12, and 19, 2025** (3 sessions)
 Time: **11:30am - 1:00pm**
 Location: **Browne Center**
 Event Fee: **\$30.00**
 Limit: **16**

PART II
 Dates: **WED, Mar 12, 19, and 26, 2025** (3 sessions)
 Time: **11:30am - 1:00pm**
 Location: **Browne Center**
 Event Fee: **\$30.00**
 Limit: **16**

*OLLI member **Dave Kampfschulte** is an author, keynote speaker, and founder of Amazing Circles Workshops. He received a BA from Michigan State University and an MEd from Grand Valley State University. Kampfschulte is a retired, award-winning educator.*

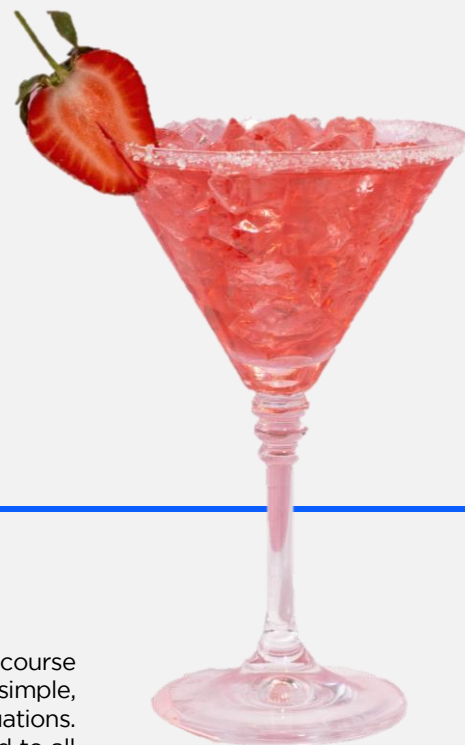
Valentine's Day Mocktail Happy Hour

Presented by: Katy McAvoy

Shake up a tasty and elegant mocktail perfect for any Valentine's Day celebration. This hands-on mixology experience will provide all of the ingredients and instructions necessary to craft the perfect romantic drink and dessert pairing for you and that special someone.

***Katy McAvoy** is the author, photographer, content creator, and recipe developer behind mittengirl.com, a website designed to make crafting drinks less intimidating and help the beginning mixologist host the tastiest happy hour ever.*

Date: **THU, Feb 13, 2025**
 Time: **1:30pm - 3:00pm**
 Location: **Donnelly Center**
 Event Fee: **\$25.00**
 Limit: **24**



Self-Defense for Seniors

Presented by: Chris Wilks

Empower yourself with practical skills and confidence in this interactive self-defense course designed specifically for older adults. Blend situational awareness, verbal de-escalation, and simple, effective techniques from boxing, martial arts, and jiu-jitsu to stay safe in everyday situations. Whether you want to kick butt or just explore a new form of exercise, actions will be tailored to all fitness levels, ages, or perceived limitations in a supportive environment.

***Chris Wilks** is a world champion martial artist, master-level instructor, and referee. A graduate of Western Michigan University, he joined the United States Specialty Sports Association (USSSA) karate team in 2014. Chris is a financial advisor with Regal Financial Group and an adjunct professor of movement science at Grand Valley State University.*

Date: **WED, Mar 5, 2025**
 Time: **11:30am - 1:00pm**
 Location: **Donnelly Center**
 Event Fee: **\$10.00**
 Limit: **30**

OLLI EXPERIENCES

A Historical Tour of the Sweet House

Facilitated by: Carol Dodge

Welcome to the historic Sweet House! Join a guided, historical tour of the venerable, 160-year-old Italianate mansion in the heart of downtown Grand Rapids. Originally built for Martin Luther Sweet, a mayor and leading figure in the early development of the Furniture City, each room of the Sweet House is preserved and filled with treasures and stories. Experience the beauty and history of this showcase home with its elaborate architecture, craftsmanship, antiques, fine art, imported fireplace, dining table—from which four U.S. presidents have eaten, and much more.

NOTE: Limited, FREE parking is available at the Sweet House venue with overflow parking available at 28 Lafayette Avenue SE.

Carol Dodge is an author, historian, docent, and founding member of the Sweet House Foundation. A Grand Rapids native, she has been an active member of the Women's City Club for nearly forty years, once serving as the organization's president.

Date: **WED, Mar 19, 2025**
 Time: **1:30pm - 3:00pm**
 Location: **Sweet House**
254 Fulton Street E, Grand Rapids, MI 49503
 Event Fee: **\$10.00**
 Limit: **30**



▲ The Sweet House was built in the mid-1860s.

FREE COURSE

HISTORY & POLITICS

Beyond the Vault: The Evolution of Credit Unions and Banking

Presented by: Andy Kempf, MBA

The first credit union in the United States was started in a church basement, and now federally insured credit unions serve over 140 million members nationwide. From those humble beginnings to the digital banking age, unpack the century-long evolution from counting coins to tapping apps in the not-for-profit banking industry. This course will examine current issues facing the future of credit unions like cybersecurity, competition from national and international banks, recent bank failures, and regulatory compliance. So, crack open your piggy bank, look under your mattress, and venture beyond the vault to explore the history and operations of financial cooperatives. You'll leave feeling richer—in knowledge, at least!

NOTE: This course is FREE and open to learners of all ages.

Andy Kempf is the CEO of 4Front Credit Union, a leading financial solutions provider serving over 100,000 members in northern and western Michigan. He holds a BSBA in finance from Central Michigan University and an MBA from Walsh College. Kempf's career began in commercial lending, and he previously served as CEO of both Preferred Credit Union and Members Credit Union.

Date: **MON, Feb 10, 2025**
 Time: **1:30pm - 3:00pm**
 Location: **Donnelly Center**
 Event Fee: **\$0.00**



OLLI COURSES

OLLI Courses are 90 minutes in duration and begin at either 9:30am or 1:30pm. Standard course fees apply.

HISTORY & POLITICS

The Road to Revolution: America, 1763-1776 [zoom](#)

Presented by: Richard Bell, PhD

In 1763, proud to be members of the British Empire and fight shoulder to shoulder with redcoat soldiers, colonists in towns and cities across America toasted King George, his ministers, and his military. In New York City, grateful colonists erected a statue to their king, a testament to the belief that their future lay with him. But by July 9, 1776, a crowd of American soldiers tore down this same statue, and melted down its precious lead into musket balls to fire at the king's army. Delegates in Philadelphia had finalized the Declaration of Independence just five days earlier, and the two sides were now at war. Explore this tumultuous period through four extraordinary events that turned thirteen loyal British colonies into a united confederation willing to go to war to achieve independence.

Jan 21, 2025: Stamps and Mobs — The Stamp Act was not supposed to be controversial, but when Parliament authorized this new tax on the commercial use of paper in 1765, it sparked protests that forged common cause between merchants and consumers.

Jan 28, 2025: Redcoats and Snowballs — In 1768, Parliament sent four redcoat regiments to Boston to keep the peace. After two years of escalating provocations between the occupiers and the residents of the struggling port city, the powder keg finally exploded when, on March 5, 1770, a fistfight and a stray snowball triggered a shoot-out that left five local men dead in the street.

Feb 4, 2025: Tea and Tar — The imperial crisis sprang back to life in December 1773 when a team of working men acting on behalf of leading smugglers like John Hancock threw cases of East India Company tea into Boston's muddy harbor. Later known as the Tea Party, this act of property destruction and terrorism poisoned relations between Crown and colonies as never before.

Feb 11, 2025: Hearts and Minds — Following the Tea Party, most colonists still hoped for a peaceful reconciliation with King George. But that was about to change. Focusing upon the propaganda efforts of a small group of patriots, examine why ordinary people—not just in Boston, but across twelve other mainland colonies—finally embraced armed resistance and the cause of independence.

Richard Bell is a critically-acclaimed author and award-winning professor of early American history at the University of Maryland, College Park. He received a BA from the University of Cambridge in his native England before earning an MA and PhD in history from Harvard University. Bell serves as a trustee of the Maryland Center for History and Culture.

Dates: **TUE, Jan 21, 28, Feb 4, and 11, 2025** (4 sessions)
 Time: **9:30am - 11:00am**
 Location: **ZOOM**

▼ This iconic 1846 lithograph was titled *The Destruction of Tea at Boston Harbor* because the phrase “Boston Tea Party” had not yet become standard.



OLLI COURSES

HISTORY & POLITICS

My German Story

Presented by: Barbara Carvill, PhD

Vergangenheitsbewältigung is a uniquely German concept which translates to “coping with the past.” Can a society collectively atone for past crimes and improve even though doing so is a difficult process? Can an individual? Explore this concept through the personal memories of a young girl whose family was torn apart by war and Nazi extremism.

Jan 22, 2025: Life Before Zero Hour — Barbara was born in 1940. Meet her Christian grandparents who embraced Nazi ideology; her great uncle, a medical doctor and high-ranking SS officer; and her father, a toy factory owner and a soldier in Hitler’s unsuccessful invasion of the Soviet Union. Why was this far-right movement so attractive to them?

Jan 29, 2025: Life After Zero Hour — Following Germany’s surrender, Barbara’s village was occupied by the Allies and then by Soviet forces, her father’s toy factory was nationalized, and her grandmother and great uncle underwent a “denazification” process before she and her family fled from East Germany to the West under the cover of night.

Barbara Carvill is a professor emerita of German at Calvin University. Born in Nazi Germany, she later received an MA in French and German from the University of Hamburg and a PhD from the University of Toronto before relocating to Grand Rapids in 1978.

Dates: **WED, Jan 22 and 29, 2025** (2 sessions)
Time: **9:30am – 11:00am**
Location: **Browne Center**

ARTS & CULTURE

Comedy! Crime! Chaos! The Cinema of the Coen Brothers

zoom

Presented by: Karen Davis

Over the past four decades, the Coen Brothers have established themselves as one of Hollywood’s most iconoclastic producer/writer/director duos. Their films have masterfully embraced, subverted, and parodied classic genres—from Westerns and B-movies to musicals and even horror—often blending multiple styles into a single work. Known for their inimitable scriptwriting and their unforgettable characters who feel as though they’ve always been part of American pop culture, the Coens have crafted an imaginative cinematic legacy. This course highlights four films from Joel and Ethan Coen, with a focus on their signature “caper comedy” style.

Jan 22, 2025: The Hudsucker Proxy (1994) — A brilliant homage to the classic screwball comedy that follows a naive mailroom clerk’s meteoric rise to CEO of a massive company.

Jan 29, 2025: Fargo (1996) — A fiendishly clever thriller that unravels a botched kidnapping scheme in snowy Minnesota, where greed and incompetence collide, and a resourceful pregnant police chief seeks justice.

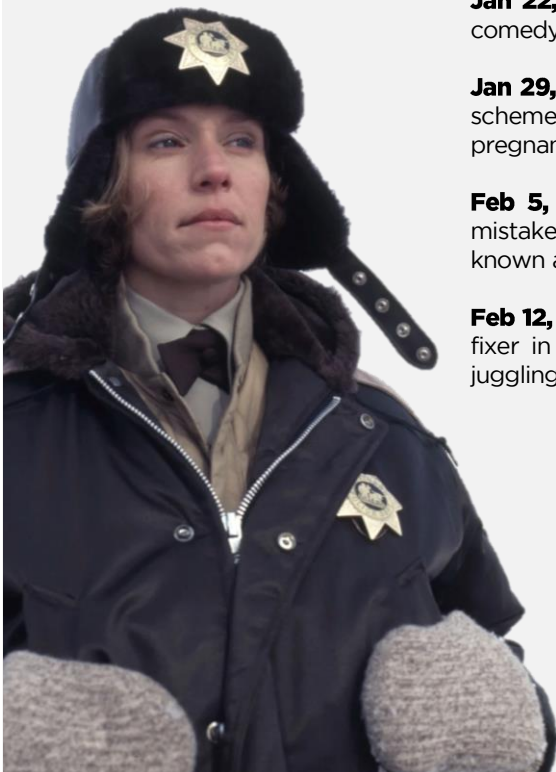
Feb 5, 2025: The Big Lebowski (1998) — A hilariously quirky cult comedy-thriller about mistaken identity, bowling, nihilistic Austrians, a prized floor rug, and an easygoing slacker known as “The Dude.”

Feb 12, 2025: Hail, Caesar! (2016) — A rollicking ensemble comedy that follows a Hollywood fixer in the 1950s as he scrambles to solve the mystery of a kidnapped movie star while juggling the chaos of the studio system.

NOTE: Participants are encouraged to access and screen the selected films before each session.

Karen Davis is a professor emerita of cinematic arts and technology at California State University Monterey Bay. Armed with an encyclopedic knowledge of Hollywood, she serves as the senior film programmer emerita and program consultant for the Mill Valley Film Festival.

Dates: **WED, Jan 22, 29, Feb 5, and 12, 2025** (4 sessions)
Time: **1:30pm – 3:00pm**
Location: **zoom**



OLLI COURSES

ARTS & CULTURE

Art Before Words

Presented by: Henry Luttikhuizen, PhD

To paraphrase art historian Otto Pächt's quip on the opening chapter of Genesis, "In the beginning was the image, and then, the word." This course unearths the creation of visual imagery long before the advent of writing, examining the cave paintings and sculptures of the Paleolithic (Old Stone Age) and Neolithic (New Stone Age) periods. Explore not only what these ancient works look like but also the reasons behind their creation, considering their cultural significance and physical contexts. By focusing on the earliest surviving art, this course aims to spark more questions than it answers, encouraging a deeper curiosity about humanity's first artistic expressions.

Jan 23, 2025: The Problem With Origins Is They Always Come First — While it's impossible to pinpoint a single moment in time when art was invented, look through the lens of ancient myth to uncover the earliest examples of symbolic and artistic expression.

Jan 30, 2025: Art Without Walls — Continue to explore the Paleolithic period through the interpretation of cave paintings.

Feb 6, 2025: Circles and Planes — Examine early Neolithic innovations and the transformative technologies that made the construction of monumental structures possible.

Feb 13, 2025: Early Writing — Preview nascent writing systems that transformed Neolithic cultures into more advanced civilizations.

Henry Luttikhuizen is the scholar-in-residence at Grand Valley State University and professor emeritus of art history at Calvin University, his alma mater. He received an MPhil from the Institute for Christian Studies (Toronto) and an MA and PhD from the University of Virginia. Professor Luttikhuizen is the author of numerous books and scholarly articles, and he has visited several prehistoric sites in Europe.

Dates: **THU, Jan 23, 30, Feb 6, and 13, 2025** (4 sessions)
 Time: **9:30am - 11:00am**
 Location: **Browne Center**

▼ Estimated to be up to 20,000 years old, the Lascaux Cave Paintings in southern France are known for their quality, size, and sophistication.



ARTS & CULTURE

Shades of Russia: The Symbolism of the Color Red [zoom](#)

Presented by: Carole Veldman Rudie, MA

Through the centuries, Russian visual culture has imbued the color red with a range of symbolic meanings. While its significance predates the Soviet era, the color took on distinct and specialized connotations during that time. Identify how red became such a powerful symbol by examining both its historical evolution and the cultural context that shaped its meaning.

Carol Veldman Rudie is the coordinator of outreach education and lead docent at the Museum of Russian Art in Minneapolis, Minnesota. She holds an MA from the University of Minnesota where she later did further graduate work that included art history.

Date: **THU, Jan 23, 2025**
 Time: **1:30pm - 3:00pm**
 Location: **ZOOM**

OLLI COURSES

HISTORY & POLITICS

The Pugnacious Peninsula: Michigan's Regional Wars as Bookends to Statehood

Presented by: Michael Stevens, PhD

Lying at the edge of the frontier and far from the seat of the federal government, Michigan had a rather tempestuous military history in the early 19th century, as its citizens often took matters into their own hands. Both in its territorial iteration, and then as a newly-minted state within the Union, Michigan exhibited an independent spirit—full of military adventures and misadventures—that would sometimes break out into definite pugnacity. Wolverine-like, indeed!

Jan 27, 2025: Michigan vs. Native Americans — Explore the early history of Michigan in colonial times and as part of the Old Northwest—specifically, the territory's military machinations during the American Revolution and the War of 1812—as well as early conflicts with the Native Americans, and a strong hand in the Black Hawk War of 1832.

Feb 3, 2025: Michigan vs. Ohio — Clearly the Wolverine-Buckeye rivalry extends beyond college football. This session will focus on the famed Toledo War of 1835, when the Michigan Territory, bristling for statehood and reputation against its well-established neighbor to the south, entered into a tense military standoff with Ohio troops over the highly-coveted Toledo Strip. A blow-by-blow (there weren't many blows, actually) account of the conflict may conclude its topographical implications more consequential, including recalibrating the southern terminus of Lake Michigan and lifting the Upper Peninsula wholesale from the Wisconsin Territory.

Feb 10, 2025: Michigan vs. Canada — Discover a little-known but intriguing conflict in which Michigan was embroiled soon after statehood, when the Michigan militia fought a border campaign against the troops of British Canada, with the new American citizens seeking to help Canadian rebels gain their own independence from British rule. This conflict, stretching from late 1838 into 1839, nearly fomented a melt-down in diplomatic relations between the US and Great Britain.

Michael Stevens is a long-time English professor, author, and independent scholar. He holds a BS in biblical studies from Baptist Bible College, an MA in liberal studies from St. John's College, and a PhD in literature from the University of Dallas. Stevens's scholarship focuses on American literature, Civil War-era history, and Grand Rapids' own baseball legend Wally Pipp.

Dates: **MON, Jan 27, Feb 3, and 10, 2025** (3 sessions)
 Times: **9:30am - 11:00am**
 Location: **Browne Center**

ARTS & CULTURE

Talkies Film Series

Presented by: Ian MacNeil

Lights, camera, ACTION! This series features screenings of thought-provoking films from various genres followed by guided discussions that analyze characters, story, themes, and technical elements.

Jan 28, 2025: tick, tick... BOOM! (2021) directed by Lin-Manuel Miranda — On the brink of turning 30, a promising theater composer navigates love, friendship, and the pressure to create something great before time runs out.

Feb 18, 2025: Can You Ever Forgive Me? (2018) directed by Marielle Heller — When a bestselling celebrity biographer is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception.

Mar 18, 2025: Thelma (2024) directed by Josh Margolin — After getting duped by a phone scammer pretending to be her grandson, a 93-year-old grandmother teams up with a friend (and his motorized scooter) for a wild adventure to take back what's hers.

Ian MacNeil is the director of the Osher Lifelong Learning Institute (OLLI) at Aquinas College. He earned a BS in mathematics and political science from Aquinas College, where he developed a passion for movies.

Dates: **TUE, Jan 28, Feb 18, and Mar 18, 2025** (3 sessions)
 Times: **3:30pm - 6:00pm**
 Location: **Browne Center**

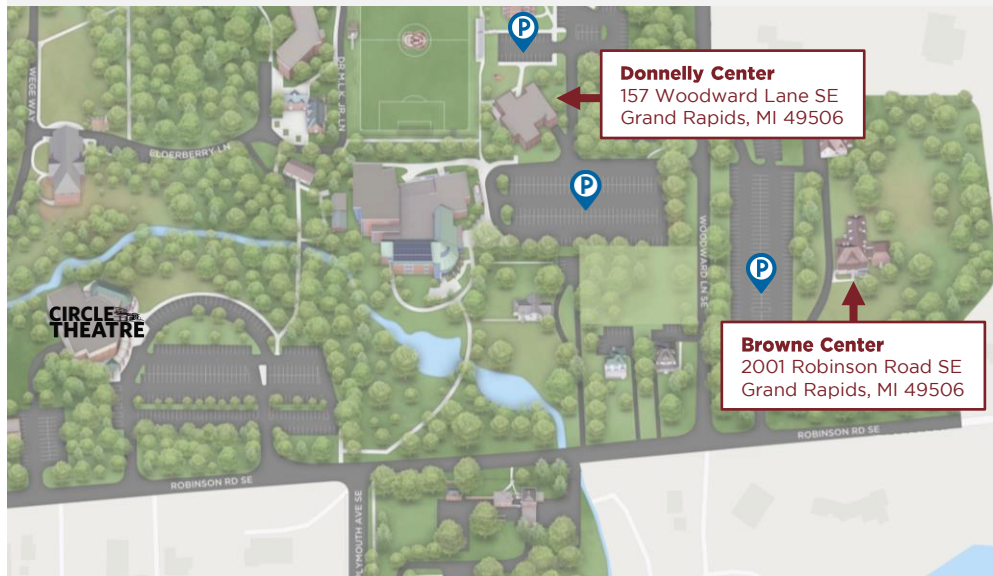


WINTER 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 - DECEMBER OLLI CLOSED	31 OLLI CLOSED	1 - JANUARY OLLI CLOSED	2 OLLI CLOSED	3 OLLI CLOSED
6	7	8 WINTER 2025 REGISTRATION OPENS 9:00AM aquinas.edu/olli-courses	9	10 OLLI CLOSED
13	14	15	16	17 OLLI CLOSED
20	21 9:30AM — ZOOM Road to Revolution (p. 8) 1:30PM — Donnelly Ozempic and Obesity (p. 4)	22 9:30am — Browne Center My German Story (p. 9) 1:30PM — ZOOM Cinema of the Coen Brothers (p. 9)	23 9:30am — Browne Art Before Words (p. 10) 1:30PM — ZOOM Shades of Russia (p. 10)	24 OLLI CLOSED
27 9:30AM — Browne Pugnacious Peninsula (p. 11) 1:30PM — Browne Response to the Opioid Crisis (p. 4)	28 9:30AM — ZOOM Road to Revolution (p. 8) 1:30PM — ZOOM Magic of Motown (p. 14) 3:30PM — Browne Talkies Film Series (p. 11) <i>tick, tick... BOOM!</i>	29 9:30am — Browne Center My German Story (p. 9) 1:30PM — ZOOM Cinema of the Coen Brothers (p. 9)	30 9:30am — Browne Art Before Words (p. 10) 1:30PM — Browne OLLI Readers Series (p. 15) <i>Hell of a Book</i>	31 9:30AM — Browne US Vice Presidents (p. 16)
3 - FEBRUARY 9:30AM — Browne Pugnacious Peninsula (p. 11) 1:30PM — Browne Islam in West Michigan (p. 16)	4 9:30AM — ZOOM Road to Revolution (p. 8) 1:30PM — ZOOM Magic of Motown (p. 14)	5 11:30AM — Browne This Is Where I Stand (p. 6) 1:30PM — ZOOM Cinema of the Coen Brothers (p. 9)	6 9:30am — Browne Art Before Words (p. 10) 1:30PM — ZOOM Black Migration in Michigan (p. 16)	7 9:30AM — Browne US Vice Presidents (p. 16)
10 9:30AM — Browne Pugnacious Peninsula (p. 11) 1:30PM — Donnelly Beyond the Vault (p. 7)	11 9:30AM — ZOOM Road to Revolution (p. 8) 1:30PM — ZOOM Magic of Motown (p. 14)	12 9:30AM — Donnelly Israel-Palestine (p. 17) 11:30AM — Browne This Is Where I Stand (p. 6) 1:30PM — ZOOM Cinema of the Coen Brothers (p. 9)	13 9:30am — Browne Art Before Words (p. 10) 1:30PM — Donnelly Mocktail Happy Hour (p. 6)	14 9:30AM — Browne Potential of Doodling (p.17)
17 9:30AM — Donnelly Rhythm and Revolution (p. 18) 1:30PM — Browne Avian Flu in Michigan (p. 18)	18 9:30AM — Donnelly Whose Story? (p. 19) 1:30PM — ZOOM Magic of Motown (p. 14) 3:30PM — Browne Talkies Film Series (p. 11) <i>Can You Ever Forgive Me?</i>	19 9:30AM — Donnelly Israel-Palestine (p. 17) 11:30AM — Browne This Is Where I Stand (p. 6) 1:30PM — Browne Yooper Talk (p. 19)	20 9:30am — Donnelly Dynamics of Attachment (p. 19) 1:30PM — Browne OLLI Readers Series (p. 15) <i>Remarkably Bright Creatures</i>	21 9:30AM — Browne OLLI's Oscar Party (p.20)
24 9:30AM — ZOOM Rhythm and Revolution (p. 18) 1:30PM — ZOOM Growing Up Western (p. 20)	25 9:30AM — Donnelly Whose Story? (p. 19) 1:30PM — ZOOM Magic of Motown (p. 14)	26 9:30AM — Donnelly Israel-Palestine (p. 17)	27 1:30PM — ZOOM A New Era in HIV Treatment (p. 5)	28 9:30AM — Browne OLLI's Oscar Party (p.20)

WINTER 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 - MARCH 9:30AM — Donnelly Rhythm and Revolution (p. 18) 1:30PM — ZOOM Growing Up Western (p. 20)	4 9:30AM — Donnelly Whose Story? (p. 19) 1:30PM — ZOOM Magic of Motown (p. 14)	5 9:30AM — Donnelly Israel-Palestine (p. 17) 11:30AM — Donnelly Self-Defense for Seniors (p. 6)	6 9:30am — Browne First Rock & Roll Record (p. 21) 1:30PM — Donnelly Quest to Slow Alzheimer's (p. 5)	7 9:30AM — Browne OLLI's Oscar Party (p.20)
10 9:30AM — ZOOM Rhythm and Revolution (p. 18) 1:30PM — ZOOM Growing Up Western (p. 20)	11 1:30PM — ZOOM Final Hours of the <i>Titanic</i> (p. 21)	12 9:30AM — Browne History of Fashion (p. 21) 11:30AM — Browne This Is Where I Stand (p. 6) 1:30PM — Donnelly American Whig Party (p. 22)	13 9:30am — Browne First Rock & Roll Record (p. 21)	14 9:30AM — Donnelly Bureaucrats and Budgets (p.22)
17 9:30AM — Donnelly Rhythm and Revolution (p. 18) 1:30PM — ZOOM Growing Up Western (p. 20)	18 1:30PM — ZOOM Final Hours of the <i>Titanic</i> (p. 21) 3:30PM — Browne Talkies Film Series (p. 11) <i>Thelma</i>	19 9:30AM — Browne History of Fashion (p. 21) 11:30AM — Browne This Is Where I Stand (p. 6) 1:30PM — Sweet House Sweet House Tour (p. 7)	20 9:30am — Browne Immune System (p. 23) 1:30PM — Browne OLLI Readers Series (p. 15) <i>The Dream Builders</i>	21 9:30AM — Donnelly Bureaucrats and Budgets (p.22)
24 9:30AM — ZOOM Rhythm and Revolution (p. 18) 1:30PM — Browne Pioneers in Healing (p. 23)	25 1:30PM — ZOOM Compounding Pharmacies (p. 5)	26 11:30AM — Browne This Is Where I Stand (p. 6) SPRING 2025 REGISTRATION OPENS 9:00AM aquinas.edu/olli-courses	27 1:30PM — Donnelly Decluttering and Organizing (p. 23)	28 9:30AM — Donnelly Bureaucrats and Budgets (p.22)
31	1 - APRIL	2	3	4 OLLI CLOSED
7 SPRING 2025 COURSES BEGIN	8	9	10	11



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OLLI COURSES

ARTS & CULTURE

The Magic of Motown: Music, History, and Legacy [zoom](#)

Presented by: Mike Agron

In 1964, Martha Reeves called out around the world with a question: “Are you ready for a brand new beat?” By the mid-1960s, however, audiences were not only ready, but enthusiastic for the music emanating from the Motor City. This course chronicles twenty-five transformative years of Motown’s iconic artists, ubiquitous songs, and innovative production techniques that broke racial barriers, shattered industry records, and shaped the sound of a generation. Through engaging discussions and multimedia, participants will uncover the stories behind legendary hits and the people who made them. Celebrate Motown’s enduring legacy and societal impact with music that’s guaranteed to leave you dancing in the street.

Jan 28, 2025: Berry Gordy’s Vision — See how Motown’s visionary leader set the stage for a revolutionary sound in the early years of “Hitsville U.S.A.”

Feb 4, 2025: Songwriters, Producers, and Early Touring — Examine Gordy’s creative strategies to broaden Motown’s reach beyond Detroit that spawned massive hits from 1962 to 1963.

Feb 11, 2025: Artistic Development and Quality Control — Gordy’s “Blueprint for Success” emphasized artistic growth and rigorous quality standards to deliver consistent, chart-topping results.

Feb 18, 2025: Overcoming Segregation — Motown’s southern tour exposed them to segregation’s harsh realities but strengthened their resolve to expand their reach.

Feb 25, 2025: Adapting to Change — As cultural tides shifted and talent sought new opportunities, Motown evolved to stay relevant in the late 1960s.

Mar 4, 2025: Yesterday, Today, Forever — Motown’s relocation to Los Angeles and new musical directions marked the end of an era and the beginning of a new chapter.

Mike Agron is an executive webinar producer and co-founder of WebAttract, LLC, a webinar marketing agency. He grew up in Los Angeles, the heart of the recording and entertainment industry (and early source of his passion for music), before attending the University of California, Long Beach.

Dates: **TUE, Jan 28, Feb 4, 11, 18, 25, and Mar 4, 2025** (6 sessions)
Time: **1:30pm – 3:00pm**
Location: **[ZOOM](#)**

▼ The Supremes (Mary Wilson, Diana Ross, and Florence Ballard) were Motown’s most commercially successful act.



OLLI COURSES

ARTS & CULTURE

OLLI Readers Series

Facilitated by: Susan Kohloff, MPA, Sue Jeffrey, and Becky Knack, PhD

In this series, OLLI members and guests select their favorite books and lead lively, monthly discussions. Participants are expected to read each book before the discussion. Most selections are available at local libraries or through online booksellers.

Jan 30, 2025: *Hell of a Book* (2021) by Jason Mott — A Black author on a chaotic book tour navigates surreal encounters and his own unraveling reality. His bestselling novel tells the story of Soot, a young Black boy grappling with the aftermath of a racially motivated tragedy. As their narratives converge, unravel secrets about identity, memory, and the haunting legacy of racism in America. *Discussion Leader: Susan Kohloff*

Susan Kohloff is a program administrator at the Osher Lifelong Learning Institute (OLLI) at Aquinas College. She has a BS from Aquinas College and an MPA from Grand Valley State University. In a previous life, Kohloff served as an administrator and deputy warden with the Michigan Department of Corrections.

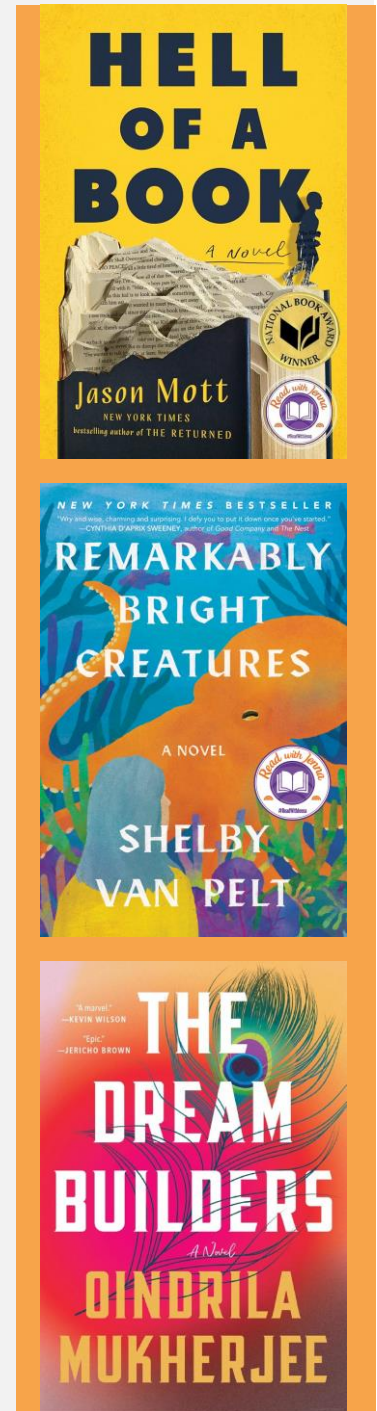
Feb 20, 2025: *Remarkably Bright Creatures* (2022) by Shelby Van Pelt — Tova is a cleaning woman who works at a local aquarium to pass the time since the death of her husband. She soon forms an unlikely, yet tender friendship with the aquarium's giant octopus who just may help her uncover details about her son's mysterious disappearance thirty years earlier. *Discussion Leader: Sue Jeffrey*

OLLI member Sue Jeffrey is a retired marketing executive from Amway Corporation. She earned a BA from Spring Arbor University. An avid reader, she has been a member of the OLLI at Aquinas College community since 2007.

Mar 20, 2025: *The Dream Builders* (2023) by Oindrila Mukherjee — After living in the US for years, a woman returns to her hometown in India after her mother's death, only to find the city transformed by rapid development and ambition. As she reconnects with old friends and navigates her estranged relationships, she uncovers hidden tensions and personal betrayals amidst the glittering façade of wealth and progress. *Discussion Leader: Becky Knack, PhD*

OLLI member Becky Knack is a retired English teacher and debate coach. She received a PhD from the University of Michigan. Since her over 20-year career in public education, she has served on numerous community organization boards including her current tenure on the OLLI Advisory Council.

Dates: **THU, Jan 30, Feb 20, and Mar 20, 2025** (3 sessions)
Time: **1:30pm - 3:00pm**
Location: **Browne Center**
Limit: **20**



GIVE TO HELP US GROW!

For 50 years, OLLI at Aquinas College has been a source of lifelong learning, curiosity, and connection in our community. Join us in honoring this milestone by supporting the future of our beloved program. We have renamed our Annual Fund Drive the **GIVE2GROW** campaign because a gift of any size can make a difference in the sustainability and growth of OLLI at Aquinas College. Your contributions can support the OLLI scholarship fund—expanding lifelong learning opportunities for everyone; support engaging presenters and courses; or support much-needed technology improvements in our classroom spaces—like tools to simulcast in-person courses to virtual audiences.

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Thank you!



OLLI COURSES

HISTORY & POLITICS

The Untold Stories of US Vice Presidents

Presented by: Lu Paletta, MBA

For much of its existence, the office of vice president was seen as little more than a minor position. John Adams called the vice presidency “the most insignificant office that ever the invention of man contrived or his imagination conceived.” The vice president only has two official roles enumerated in the Constitution: succeed the president if they die, resign, or are removed from office; and preside over the Senate, casting a vote only to break ties. However, in recent history, the significance of the vice president has expanded with each successive administration—and each has a story to tell. Which VP resigned to take a seat in the US Senate? Which VP was sworn in by his own father? Which VP co-wrote a Billboard number-one hit single? This course is your history lesson of the now fifty US vice presidents, their ambition, their election or succession, and their mission to transform the office from runner-up to running mate.

*OLLI member **Lu Paletta** is a retired financial advisor and adjunct professor of business at Aquinas College. She earned an MBA from Western Michigan University, but her real passion is American history, having authored numerous books and articles on the American presidency.*

Dates: **FRI, Jan 31 and Feb 7, 2025** (2 sessions)
Time: **9:30am - 11:00am**
Location: **Browne Center**

ARTS & CULTURE

Faith and Community: The Role of Islam in West Michigan

Presented by: Sharif Sahibzada, PhD

Just two blocks from the intersection of Burton Street and Kalamazoo Avenue sits a small, unassuming building. This *masjid*, or mosque, has been the local landing point for thousands of Muslim immigrants to Grand Rapids for nearly forty years. Discover the vital role of the masjid as a hub of worship, education, interfaith dialogue, cultural understanding, and community building. Additionally, explore how the fundamentals of the Muslim faith, the teachings of the Qur'an, and the core practices of Islam form a foundation for this faith-filled mission.

***Sharif Sahibzada** is the imam (spiritual leader) and director of the Islamic Center of Grand Rapids, the first mosque and Islamic center in West Michigan. Raised in Pakistan, Dr. Sahibzada graduated from seminary and earned a masters in Islamic studies and Oriental languages and a PhD from the University of Leeds in England. He was a professor at the International Islamic University in Islamabad before accepting the role of imam and relocating to Grand Rapids in 2001.*

Date: **MON, Feb 3, 2025**
Time: **1:30pm - 3:00pm**
Location: **Browne Center**

HISTORY & POLITICS

Michigan Roots: Early Black Migration in Michigan

Presented by: Rozlyn Kelly, JD

Trace the migration of Blacks to Michigan in the late 19th century prior to the Great Migration from the South. Discover the origins of significant African American communities that developed in cities like Marquette, Midland, Detroit, and Grand Rapids, and examine how migration patterns were influenced by factors such as economic opportunity, industrialization, and the promise of a better life.

***Rozlyn Kelly** is a retired attorney with over twenty years of genealogical research experience focused on African American ancestry in the Midwest and Canada. She has a BA in communication and an MA in urban counseling from Michigan State University and a JD from the Elisabeth Haub School of Law at Pace University. Kelly is the president of the Farmington Genealogical Society and serves on the executive board of the Michigan Genealogical Council.*

Date: **THU, Feb 6, 2025**
Time: **1:30pm - 3:00pm**
Location: **ZOOM**

OLLI COURSES

HISTORY & POLITICS

Historical and Religious Perspectives on Israel-Palestine

Presented by: Martin Spence, PhD

The Israeli-Palestinian conflict is one of the most enduring and contentious geopolitical issues in modern history. First, trace the historical roots of this complex battle over land and self-determination from the decline of the Ottoman Empire to the turbulent creation of the modern state of Israel in 1948—and further into the digital age. Analyze the rise of Jewish and Arab nationalism as well the impact of the World Wars and British imperialism on the politics and stability of the region. Then, identify how Western Christian perspectives, including Christian Zionism, end times theology, and religious nationalism, have influenced the continuation of the conflict.

Feb 12, 2025: What's At Stake — Identify the core issues of the conflict with a broad historical survey of the key people, places, and faiths involved from ancient times to the nineteenth century.

Feb 19, 2025: The Jewish State — Dissect the convergence of Eastern and Western worlds, nationalism, and global warfare that led to the establishment of the modern and sovereign state of Israel. How did Christianity evolve in response?

Feb 26, 2025: The Divide — Unpack the local, regional, and international impacts of the Israel-Palestine relationship in the context of late-twentieth-century global history.

Mar 5, 2025: American Identity — Consider the intersection of decades of United States policy and attitudes toward the conflict with various American and Christian identities.

Martin Spence is the co-director of the Calvin Wayfinder Project and an adjunct professor of history at Calvin University. He holds an MA and PhD in history from the University of Oxford in his native England. Professor Spence specializes in British and North American religion, culture, and identity.

Dates: **WED, Feb 12, 19, 26, and Mar 5, 2025** (4 sessions)
Time: **9:30am – 11:00am**
Location: **Donnelly Center**



▲ Israeli prime minister Yitzhak Rabin, American president Bill Clinton, and Palestinian political leader Yasser Arafat in 1993.

ARTS & CULTURE

The Unexpected Potential of Doodling

Presented by: Sophia Lentine

Doodling is something many of us do absentmindedly in the margins of our notes, but untapped potential lies behind it. Discover how doodling can positively impact your mental health and creative thinking. This collaborative, hands-on workshop will put pen to paper, provide examples of when doodling can be best used in personal and professional settings, and showcase intentional doodling methods to bring creative ideas to life.

Sophia Lentine is a third-year student at Aquinas College majoring in English writing and minoring in studio art. Diagnosed with a learning disability at a young age, she found doodling a versatile and accessible method to help her and other people tap into their creative potential and expand their creative thinking.

Date: **FRI, Feb 14, 2025**
Time: **9:30am – 11:00am**
Location: **Browne Center**



OLLI COURSES

ARTS & CULTURE

Rhythm and Revolution: Hip Hop's Roots, Rise, and Influence

Presented by: Fred Johnson III, PhD

"You are now about to witness the strength of street knowledge." N.W.A's opening proclamation in "Straight Outta Compton" highlights their role in educating and empowering their audience through music that spoke directly to the realities of urban life. Those realities—police brutality, racial inequality, and systemic oppression—formed the foundation of a worldwide phenomenon that emerged in the Bronx during the early 1970s. Pioneers like Grandmaster Flash redefined music through DJing techniques that gave rise to rap as an art form. Follow the journey of hip hop as it moved from block parties to the mainstream with groundbreaking tracks like "Rapper's Delight" before exploding in popularity during the 1980s and 1990s. In this hypnotizing series, see how innovative storytelling blended social and political themes championed by artists such as Public Enemy, Tupac Shakur, and Nas, and uncover how hip hop became both a voice for marginalized communities and a dominant cultural force.

DONNELLY

Feb 17, 2025: Motown, Gil Scott, Graffiti, and Bronx Fires — People dealing with crises in America's inner cities was nothing new, but their new artistic response caught everyone by surprise.

zoom

Feb 24, 2025: Rakim's Golden Age Gave Way to Sugarhill Then the Gangstas — As America celebrated winning the Cold War, lyrics spoke to a plague that was leaving some communities uninhabitable.

DONNELLY

Mar 3, 2025: The Wrath of C. Delores Tucker — Many maligned her for lambasting aspects of the culture that had been created, but she stood her ground and sounded the alarm.

zoom

Mar 10, 2025: Tupac, Biggie, and a Shortage of California Love — They personified all that was possible while serving as a cautionary tale about the perils of power and unrestrained hubris.

DONNELLY

Mar 17, 2025: Going Global — Commercial success magnetized the art form in a way that suddenly made sense, especially when it came to dollars and cents.

zoom

Mar 24, 2025: A Brave New (and Occasionally Painful) World — As the 21st century moved into its second decade, no one could deny the critical and commercial success of hip hop, nor its consequences.

Fred Johnson III is the Guy Vander Jagt '53 Professor of History at Hope College. He earned a BS from Bowie State University and an MA and PhD from Kent State University. Prior to his career in higher education, Professor Johnson served in the United States Marine Corps. His primary field of study is 19th-century US History, specifically the Civil War, but he also co-authored Tupac Shakur: The Life and Times of an American Icon.

Dates: **MON, Feb 17, 24, Mar 3, 10, 17, and 24, 2025** (6 sessions)

Time: **9:30am – 11:00am**

Location: **Donnelly Center / ZOOM**

SCIENCE & TECHNOLOGY

Avian Flu in Michigan

Presented by: Nate Engle, MPA

Highly pathogenic avian influenza (HPAI), commonly called "avian flu," is a virus primarily spread by migratory waterfowl that can infect domestic poultry, dairy cattle, and even humans. In 2024, Michigan bore the brunt of a particularly virulent outbreak of avian flu that actively continues to pose a threat. How have state officials and agencies responded to this crisis? What biosecurity mechanisms and preventative measures are in place to control the spread? How will this outbreak continue to impact Michigan farmers, commerce, and consumers?

Nate Engle is the director of community engagement for the Michigan Department of Agriculture and Rural Development (MDARD). He earned a BS in urban and regional planning from Michigan State University, an MPA from Grand Valley State University, and holds several technical and leadership certificates. Engle grew up on a fifth generation, small family farm in Michigan's Osceola County.

Date: **MON, Feb 17, 2025**

Time: **1:30pm – 3:00pm**

Location: **Browne Center**



OLLI COURSES

HISTORY & POLITICS

Whose Story? History, Memory, and Memorial

Presented by: Gary Stark, PhD

Discuss challenging, philosophical questions about how we shape the past through the nature and study of history, the role of individual and shared memories, and the act of creating memorials to what used to be. Because the study (and writing) of history always involves some subjectivity, we all see the past differently, which frequently sparks controversy.

Feb 18, 2025: History — What qualifies as “historical fact”? Can the past be studied objectively? Why do historians disagree about history and constantly seem to revise or “rewrite” it? Is that a good or bad thing? Are there “laws” or “lessons” in history?

Feb 25, 2025: Memory — What role does memory play in our self-identity, and what happens when we lose that (e.g., amnesia or dementia)? Is there such a thing as “collective memory”? Are those who forget history doomed to repeat it?

Mar 4, 2025: Memorial — How do different groups, societies, and generations memorialize important events from their past? How are physical objects (plaques, statues, monuments, etc.) used to preserve historical memories? What from history should be commemorated, and what should not?

***Gary Stark** is a professor emeritus of history and former dean of the Division of Arts & Humanities at Grand Valley State University. He received a BA in international studies from Hamline University and a PhD in European history from Johns Hopkins University. A specialist on Germany, Professor Stark is an award-winning educator and author.*

Dates: **TUE, Feb 18, 25, and Mar 4, 2025** (3 sessions)
Time: **9:30am – 11:00am**
Location: **Donnelly Center**

ARTS & CULTURE

Yooper Talk: The Development of a Dialect

Presented by: Kathryn Remlinger, PhD

“Dats some nice weather we’re having, eh?” The Upper Peninsula of Michigan—known as “the UP”—is historically, geographically, and culturally distinct. Struggles over land, labor, and language during the last 150 years have shaped the variety of English spoken by resident “Yoopers,” as well as how they are viewed by outsiders—and themselves. Discuss the history and development of “Yooper Talk” and how a dialect becomes a recognizable and valuable commodity, emblazoned on t-shirts, coffee mugs, and bumper stickers.

***Kathryn Remlinger** is an author and professor emerita of English at Grand Valley State University where she taught linguistics, writing, and gender studies. She has an MA in English from Morehead State University, and a PhD in rhetoric and technical communication from Michigan Technological University. Professor Remlinger’s research focuses on how people use language to claim ethnic identities.*

Date: **WED, Feb 19, 2025**
Time: **1:30pm – 3:00pm**
Location: **Browne Center**

SCIENCE & TECHNOLOGY

The Bonds We Build: The Dynamics of Attachment Theory

Presented by: Terry Keller, PhD

Why are we the way we are? Studies show early life experiences shape emotional bonds and influence relationships throughout our lives. This interactive course explores the science of connection through the lens of attachment theory and compares various attachment styles and their impacts on adult relationships. Through discussion and reflection, learners will gain insights into their own attachment patterns as well as those of their parents, children, and grandchildren.

***Terry Keller** is the provost and vice president for academic affairs at Aquinas College. A graduate of Aquinas College, he earned an MSW from Saint Louis University, and PhD in social work from Michigan State University. Dr. Keller is a Licensed Master Social Worker (LMSW), therapist, and professor whose research interests focus on early interactions between parents and their young children.*

Date: **THU, Feb 20, 2025**
Time: **9:30am – 11:00pm**
Location: **Donnelly Center**

OLLI COURSES

ARTS & CULTURE

OLLI's 11th Annual Oscar Party

Presented by: Ian MacNeil

Roll out the red carpet, grab some popcorn, cast your ballots, and join the discussion of this year's Academy Award nominees. Make your predictions on who *will* win, who *should* win, and who should have been nominated, as films like *Anora*, *The Brutalist*, *Conclave*, *Dune: Part Two*, *Emilia Pérez*, *Sing Sing*, and *Wicked* compete for the film industry's most coveted accolades.

Feb 21, 2025 — This session will explore the history of the Academy Awards, examine its competitive categories, and profile five of the ten Best Picture nominees.

Feb 28, 2025 — Course participants will profile the remaining five Best Picture nominees, dissect the Academy's preferential voting system, and cast their ballots for OLLI's own Best Picture winner.

Mar 7, 2025 — The final session will review the actual ceremony's results, compare and contrast them with early predictions, discuss broadcast notes, and recognize Oscar history-makers.

Ian MacNeil is the director of the Osher Lifelong Learning Institute (OLLI) at Aquinas College. He earned a BS in mathematics and political science from Aquinas College, where he developed a passion for movies.

Dates: **FRI, Feb 21, 28, and Mar 7, 2025** (3 sessions)
Times: **9:30am – 11:00am**
Location: **Browne Center**



HISTORY & POLITICS

Growing Up Western: Myths, Legends, and the American Dream zoom

Presented by: James Pagliasotti

The American West is a concept steeped in mythology from the gilded lore of cowboys and Indians to the rugged individualist—tall in the saddle, taming the wilderness, and prying a living from the land. But how has this mythology impacted our collective American identity, and is it true? Drawing from a city boy's experiences growing up in the contemporary West, living with the Blackfeet people, and buying movie star Gary Cooper's home, explore the American origin story and the dichotomy between romanticized legend and brutal reality. Westward ho!

Feb 24, 2025 — How has mythology and mythic imagination impacted our view of American history? Does expansionism framed by the hero's journey change the stories we tell ourselves and future generations?

Mar 3, 2025 — Who is responsible for making the legends? Who is responsible for continuing them? From "Natty" Bumppo to the myth of the Noble savage, how have dime novels and Western films explained the struggle between freedom and civilization?

Mar 10, 2025 — How have we reckoned with changing views of a perceived "enemy"? What can we learn from the rich panoply of diverse Indigenous Peoples in North America?

Mar 17, 2025 — What can be learned about our glamorized version of the modern West from living in Gary Cooper's home? How do we acknowledge the consequences of an economy built on extractive industries and exploitation?

James Pagliasotti is a writer, business consultant, and native of Colorado who has had the pleasure and challenges of growing up Western. His varied career includes roles as a columnist for The Denver Post and contributor to Rolling Stone, radio personality, owner of a Native American art gallery, policy director for the State of Colorado, and aerospace policy executive.

Dates: **MON, Feb 24, Mar 3, 10, and 17, 2025** (4 sessions)
Time: **1:30pm – 3:00pm**
Location: **ZOOM**

OLLI COURSES

ARTS & CULTURE

What Was the First Rock & Roll Record?

Presented by: Jon VanderPloeg

Rock & roll was born out of many converging streams, but they came together in a river of attitude, race, rhythm, rebellion, gospel, and counterculture still flowing through our DNA. Identifying the genre's "first" record may be a fool's errand, but the question has been discussed and debated by a variety of authorities—musicians, recording artists, music producers, historians, record collectors, and fans. And now, it's time to join the debate! Consider conventional wisdom and outlier opinion in an attempt to answer this titular question while listening to the music of Big Mama Thornton and the "Godmother of Rock & Roll" Sister Rosetta Tharpe.

*OLLI member **Jon VanderPloeg** is a lifelong music fan and record collector. Celebrating his fiftieth year of legal practice, he serves as of counsel at Hilger Hammond, PC.*

Dates: **THU, Mar 6 and 13, 2025** (2 sessions)
Time: **9:30am – 11:00am**
Location: **Browne Center**

HISTORY & POLITICS

Collision and Catastrophe: The Final Hours of the *RMS Titanic*

Presented by: Ross Mumford and Sheryl Rinkol

On April 14, 1912, the *RMS Titanic* fatally struck an iceberg. In just two hours and forty minutes, the maiden voyage of the largest, most luxurious ship in the world suddenly became the greatest maritime disaster in history. See the tragedy through the eyes of its survivors, and discover why this story has continued to captivate the world ever since.

Mar 11, 2025: The Fateful Night — Trace the events leading up to the Titanic's collision with the iceberg by analyzing a minute-by-minute timeline, warnings, and the crew's early actions.

Mar 18, 2025: Sinking of the *Titanic* — Explore the evacuation response of passengers and crew alike as they sent distress calls and launched lifeboats while the 883-foot vessel sank into the frigid waters of the North Atlantic.

***Ross Mumford** is the education coordinator for E/M Group, a provider of museum-quality exhibitions around the world. A graduate of Nebraska Wesleyan University, he began his career as a 4th grade teacher before transitioning into grant-funded Titanic education.*

***Sheryl Rinkol** is an author and the director of Titanic education and engagement for E/M Group. A former high school English teacher, she has studied and taught the Titanic story for over forty years.*

Dates: **TUE, Mar 11 and 18, 2025** (2 sessions)
Time: **1:30pm – 3:00pm**
Location: **ZOOM**

ARTS & CULTURE

The History of Fashion: The Age of Revolution

Presented by: Suzanne Eberle, PhD

In this continuing series, the turn of the 19th century comes into focus. The period from 1785 to 1820 was full of major sartorial changes, driven by revolutionary philosophical ideas and socio-political events. Explore how and why both men and women of this time rejected vivid color, ornament, and extravagance in favor of an elegant new understatement in fashion.

*OLLI member **Suzanne Eberle** is a professor emerita of art history at Kendall College of Art and Design of Ferris State University, where she taught for over four decades before retiring in 2020. She earned a BA and PhD in art history from the University of Detroit Mercy. Professor Eberle also serves on the Art Advisory Committee and Education Committee at the Frederik Meijer Gardens & Sculpture Park and on the Arts Advisory Council of the Raclin Murphy Museum of Art at the University of Notre Dame.*

Dates: **WED, Mar 12 and 19, 2025** (2 sessions)
Times: **9:30am – 11:00am**
Location: **Browne Center**

OLLI COURSES

HISTORY & POLITICS

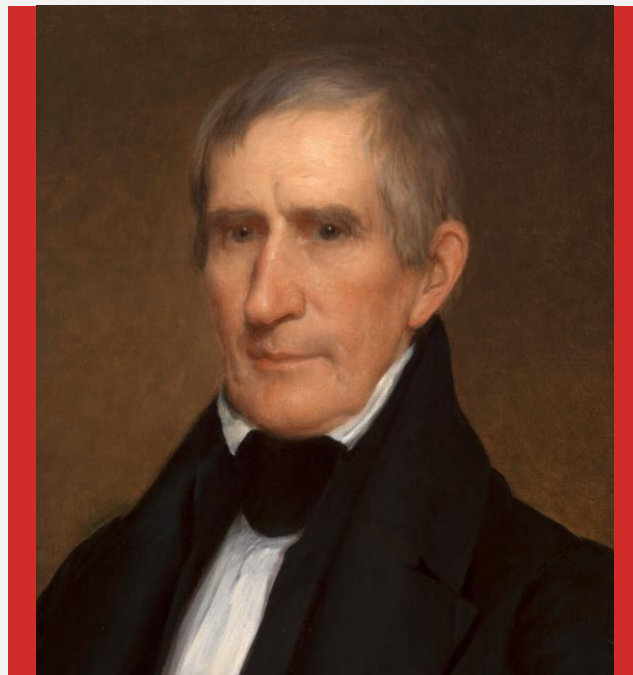
A Party of Opposition: The American Whig Party

Presented by: Matthew Daley, PhD

The American Whig Party emerged as a response to the perceived power and danger of President Andrew Jackson in 1833. They and their counterparts, the Democratic Party, represented mass political organizations able to generate loyalty and coherent political platforms as well as mobilize voters. While the Whigs believed in economic development and infrastructure, they took a skeptical view of westward Manifest Destiny and were divided over slavery. Often ignored and seldom discussed despite claiming four US presidents, the Whigs' ideas wouldn't bear fruit until after the Civil War, making them an interesting window into American politics of the nineteenth century.

Matthew Daley is a professor of history at Grand Valley State University. He earned a BA in history from the University of Detroit Mercy, an MA in history from Wayne State University, and a PhD in history from Bowling Green State University. A former archivist, Professor Daley has contributed to museum exhibits throughout the Great Lakes region and serves on the boards of both the Grand Rapids Historical Society and the Grand Rapids Historical Commission.

Date: **WED, Mar 12, 2025**
Time: **1:30pm – 3:00pm**
Location: **Donnelly Center**



▲ William Henry Harrison was the first Whig president, serving only 31 days before his death in 1841.

HISTORY & POLITICS

Bureaucrats and Budgets: Understanding the Federal Workforce

Presented by: Amy Webber, MA

Discussions during the 2024 presidential election highlighted the importance—and vulnerability—of the federal workforce. Why were federal employees targeted with such zeal? Why did some believe that changing federal employment standards would transform entire agencies? By examining these questions, and others, identify the potential consequences of reforms like those proposed in Project 2025.

Mar 14, 2025 — What is the “swamp”? Break down the bureaucracy by defining cabinet-level officials, departments, appointees, employees, and federal contractors. Explore the classification system for the federal workforce with particular emphasis on how positions are categorized by grade and role. How will changes to employee classifications, such as those outlined in Project 2025, significantly alter the structure and function of government departments?

Mar 21, 2025 — Analyze the impact of changing administrations on department efficiency, leadership dynamics, and policy direction. How might proposed changes to classifications affect unions that represent federal employees, specifically as they relate to concerns over job security, collective bargaining, and workforce rights?

Mar 28, 2025 — As citizens, taxpayers, and voters, what should we know about the federal budget, continuing resolutions, and government shutdowns? Why does Congress struggle with the federal budget? How is the federal budget—currently at \$5.8 trillion—determined, managed, and disbursed?

Amy Webber is the director of the Hope Academy of Senior Professionals (HASP) at Hope College. She earned an MA in criminology and criminal justice from the University of Memphis. Webber spent two decades as both a federal government contractor and employee including terms at the Departments of Defense, Housing and Urban Development, State, Justice, and Commerce.

Dates: **FRI, Mar 14, 21, and 28, 2025** (3 sessions)
Time: **9:30am – 11:00am**
Location: **Donnelly Center**

OLLI COURSES

SCIENCE & TECHNOLOGY

How The Immune System Does Its Job

Presented by: Dave Evans, MS

Your immune system is like a stealthy superhero, constantly defending your body from invisible threats—but where is it, and how does it work? This course will identify the key parts and processes that protect you from bacteria, viruses, and more while exploring what it really means to “boost” your immune system with healthy food and medications. Also, discuss what happens when things go awry, like with allergies or autoimmune conditions, to gain a new appreciation for this unsung hero of your health.

*OLLI member **Dave Evans** is a retired research scientist. He earned an MS in zoology from the University of Wisconsin-Milwaukee and spent forty years as a protein and molecular biologist.*

Date: **THU, Mar 20, 2025**
 Time: **9:30am – 11:00am**
 Location: **Browne Center**

SCIENCE & TECHNOLOGY

Pioneers in Healing: Women in Early Modern Healthcare

Presented by: Karin Maag, PhD

Step back in time to uncover the courage, ingenuity, and resilience of women who shaped early modern healthcare. From apothecaries crafting remedies to barber-surgeons performing procedures and healers providing physical and spiritual care, women played vital roles in their communities. Explore how they acquired their skills, navigated societal norms, and made lasting impacts on the health and well-being of those they served.

***Karin Maag** is the director of the H. Henry Meeter Center for Calvin Studies at Calvin University. She earned a BA from Concordia University (Montreal) and an MPhil and PhD in Reformation history from the University of St Andrews (Scotland). Maag is an author, and she currently serves as adjunct faculty at the Calvin Theological Seminary.*

Date: **MON, Mar 24, 2025**
 Time: **1:30pm – 3:00pm**
 Location: **Browne Center**

ARTS & CULTURE

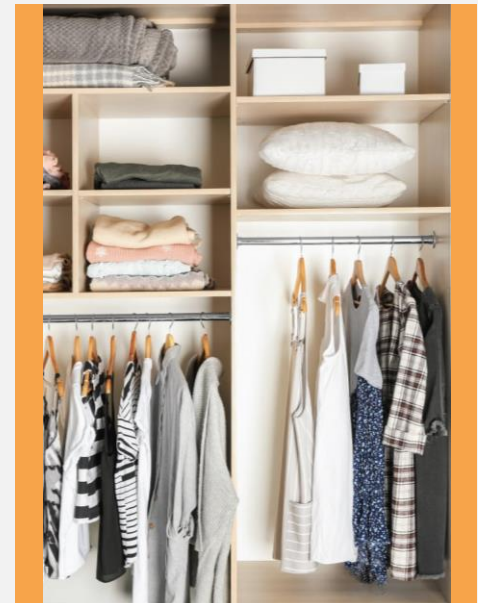
Sparkling Joy: The Japanese Art of Decluttering and Organizing

Presented by: Mabel Heitmeier

Are you ready to say goodbye to clutter, stress, and hours spent cleaning “joyless” items? This interactive workshop is designed to help you identify what you value in life and discard the rest with full confidence. Explore the basics of the KonMari Method™, a revolutionary home organizing system made popular by Marie Kondo’s bestselling book *The Life-Changing Magic of Tidying Up*, and practice its signature folding techniques to help simplify clothing storage. Jump start your tidying journey and spark joy in your life!

***Mabel Heitmeier** is the founder of Spark Joy in MI and a certified master organizing consultant trained by tidying expert Marie Kondo. Inspired by small space organization since her childhood in Hong Kong and frequent travels around the world, she is passionate about helping people to get organized and live their ideal lifestyle.*

Date: **THU, Mar 27, 2025**
 Time: **1:30pm – 3:00pm**
 Location: **Donnelly Center**



▲ How clean is your closet?



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Ian MacNeil, Director

Susan Kohloff, Program Administrator

Corey Boehm, Program Administrator



WINTER 2025

JANUARY 20 – MARCH 28

REGISTRATION OPENS **JANUARY 8, 2025**

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