



UNIVERSITY of HAWAII at MĀNOA
College of Social Sciences

Course Catalog

Spring 2026 Edition!

Feb 2 - Apr 18

In-person & Online Learning for adults 50+



Kaimana Beach & Lifeguard Stand, Margo Vittarelli, Original Watercolor 2020, story p. #

Engage your Mind, Enrich your Life!
Introductory Rate of \$50 for New Members!
Mānoa | Windward | Paki Hale | Outdoors | Online

Register Online
<https://olliuhm.org>
JOIN US!!

Priority Registration
Jan 5 - 19
Info: olliuhm@hawaii.edu

Welcome to OLLI-UHM Spring 2026

Enjoy learning in a relaxed, friendly environment—no exams, no grades—just the joy of discovery. Meet like-minded people, explore new topics, and take on fresh intellectual challenges.

This spring we're offering 72 classes and special events, including 32 brand-new offerings. Choose from 30 in-person classes (outdoors or at UH Mānoa, Windward CC, or Paki Hale) and 42 live online classes via Zoom.

Founded in 1996 by retired UH Mānoa professors and community members, OLLI-UHM is supported by a generous endowment from The Bernard Osher Foundation and by members' contributions, in partnership with the UH Mānoa College of Social Sciences.

OLLI Membership

Who can join: Anyone aged 50+

Spring Membership fees: \$50 new members / \$75 returning members. Membership gives access to about 3–5 classes per term, depending on availability, plus space-available extras, SIGs, and social events. Membership fees are usually non-refundable.

Online classes via Zoom

You don't need a Zoom account, but you'll need the Zoom app installed on your device (computer, tablet, or smartphone). Need a refresher? Join our Zoom Refresher on Jan 27, 12:00–12:30 pm ([RSVP](#))

Spring 2026 Key Dates

- Jan 5: Priority Request Registration begins.
- Jan 18: Spring Welcome Krauss Potluck 1-3 pm
- Jan 19: MLK Day. Priority Reg closes 7 pm HST
- Jan 22: Notification of class enrollment/waitlist status.
- Jan 23: Demo of Open Registration/Add to Cart
- Jan 26: Open Registration Begins
- Feb 2: CLASSES START
- Feb 16: Presidents Day
- Mar 16-20: Spring Break. No classes.
- Mar 26: Prince Kuhio Day. No classes.
- Apr 3: Good Friday. No classes.
- Apr 18: Last day of classes

Registration

We have two registration phases: **Priority-Request Registration (PRR)** and **Open Registration**.

Priority-Request Registration (Jan 5 - 19)

PRR lets you *request* and *rank* the classes you most want before seats are assigned. After PRR closes, our system enrolls members based on the rank order of each request.

- **Why it matters:** PRR is especially important for *limited-capacity classes* (in-person or intentionally small).
- **How to choose:** Rank smaller classes higher if they are important to you—this increases your chances of getting in.
- **Limits:**
 - You may rank **up to 5** of the 50+ offerings (including SIGs).
 - You cannot assign more than one class as #1.
 - Any priorities beyond 5 will be removed by the system.
- **Tip:** Classes with <15 seats → rank #1. Classes with no limit → safe to rank #5.
- **If full:** A waitlist is created in priority order.
- **Sorting date:** Jan 22.

Open Registration (starts Jan 26)

After PRR, you can add or drop classes *first-come, first-served* throughout the term, as long as space is available. Use the **Add to Cart** procedure.

Registration Help We offer several ways to get help, including [online resources](#), and orientations & trainings

Orientations & Trainings [RSVP](#)

- Jan 4: Priority Registration Overview
- Jan 27: Zoom Refresher 12-12:30 pm
- Jan 27: Class helper training 1-2 pm
- Jan 23: Open Reg/Add to Cart Demo 2 pm

How to Contact OLLI

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SUNDAY CLASSES

892. And the Nominees Are... IN PERSON Krauss Hall, UH Mānoa NEW

Instructor: Bob Speers, PhD

Dates: 5 Sundays, Feb 8 - Mar 8

Time: 2:00 – 3:30 pm

Location: UH Mānoa Krauss Hall 113B

Enrollment Limit: 12

Class Structure: Class participants will watch one film per week with each week's film chosen based on screening availability at local cinemas or via online streaming platforms.

NOTE: Some/all films may be available for viewing in local cinemas, if students prefer. Otherwise, all will be available for inexpensive rentals on several streaming platforms.

For films released in 2025, the awards season officially begins on **January 22, 2026**, when the Academy of Motion Picture Arts and Sciences announces the nominations for all categories—culminating on **March 15** with the 98th Academy Awards ceremony. Among the many Oscar categories, **Best Director** is often the clearest window into the creative process of filmmaking. Directors are frequently the true “auteurs,” shaping a film's vision, tone, and storytelling.

Beginning **February 8**, we will view and discuss each of the **five Best Director nominees**. Because nominations will not be announced until January 22, weekly selections will be determined based on theatrical or streaming availability.

Each session invites thoughtful, interactive discussion as we explore the strengths and limitations of each director's work. This class is designed as a conversation—participants are encouraged to share insights and engage with the films and one another.

916. Beginning* Classical Chinese Mahjong IN PERSON Krauss Hall, UH Mānoa

Instructor: Mike Fujita

Dates: 5 Sundays, Feb 8 - Mar 8

Time: 11:00 am – 1:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: 16

***Note:** Same class taught as CCMJ in the Fall; edited to designate difference from additional classes.

Mahjong is popular all over the world. The tactile sensuousness of the tiles and the social interaction are the best parts of the game. There are as many versions and rules as there are regions where Mahjong is played. We will learn the original Mahjong. We learn the history, the tiles, the object of the game, and how to play.

917. The Mahjong Diaspora: Global Variants and their Histories IN PERSON Krauss Hall, UH Mānoa NEW

Instructor: Mike Fujita

Dates: 5 Sundays, Feb 8 - Mar 8

Time: 1:30 - 3:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: 16

The Classical Chinese Mahjong rules were formalized in the middle of the 19th century. How has Mahjong spread around the world so rapidly and become so popular?

We will learn about the many other standardized forms of Mahjong - their histories, cultures, and scoring. We will cover American/Jewish MJ, Riichi, Hong Kong, Shanghai, 16-tile, 12-tile, Australian, British, and MCR. What are the implications on strategy if you are playing to a hand on a card or if only Fans are scored? Is there a form of Mahjong that is more closely aligned with probabilities?

918. Classic Chinese Mahjong: Beyond the Basics IN PERSON Krauss Hall, UH Mānoa NEW

Instructor: Mike Fujita

Dates: 5 Sundays, Mar 15 - Apr 12

Time: 11:00 am - 1:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: 16

You must have taken Beginning Classical Chinese Mahjong. This way we can jump directly into scoring and strategy.

893. Smart Games IN PERSON Krauss Hall, UH Mānoa

Instructor: Uyanga Batzogs, MBA, PhD

Dates: 4 Sundays, Mar 22 - Apr 12

Time: 1:30 – 3:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: 16

Want to have fun while becoming a little smarter?

This interactive class uses unique board and card games from Korea and Europe to explore different cultures while exercising the mind. These games differ from those commonly played in the U.S., challenging players' speed, critical thinking, math skills, and strategic thinking.

More than just mental exercise, the class offers a relaxed and social way to meet new people, learn fun cultural facts, and enjoy playing together in a welcoming group.

Uyanga, originally from Mongolia, founded *Quality Life*, a Ulaanbaatar-based nonprofit that launched Mongolia's first senior center, using board games as tools for learning and social connection. She earned her PhD from the University of Hawai'i at Mānoa's Thompson School of Social Work & Public Health, with a focus on older adults. She enjoys teaching board games and playing trivia with older adults in both Mongolia and Hawai'i.

MONDAY CLASSES

919. Roam If You Want To NEW

Instructor: Dan Devaney
Dates: 9 Mondays, Feb 2 - Apr 13 (no class 2/16, 3/16)
Time: 9:00 am – 12:00 pm
Location: Online via Zoom
Enrollment Limit: none

Hunter S. Thompson wrote: "Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming 'Wow! What a ride!'"

In this class, we will explore cinematic journeys as rites of passage, escape, quest, and self-reckoning. From the sun-chased waves of *The Endless Summer* to the revolutionary awakening of *The Motorcycle Diaries*, the grief-struck pilgrimage in *The Way*, and the quiet defiance of *The Straight Story*, these films transform physical travel into profound inner voyage. Whether by hot-air balloon (*Up*) or corporate jet turned soul-search (*Local Hero*), each story asks: What do we leave behind, what do we carry, and who do we become when the map runs out? A celebration of wandering souls on celluloid.

894. Zumba Gold Toning

Instructor: Robin Bush
Dates: 9 Mondays, Feb 2 - Apr 13 (no class 2/16, 3/16)
Time: 12:00 – 1:00 pm
Location: Online via Zoom
Enrollment Limit: None

***All participants must have completed a 2026 waiver prior to class.**

Zumba Gold Toning is similar to Zumba but we use 1lb Zumba Toning Sticks that also act as maracas. Don't have any? No problem! You can use 1, 2 or 3 pound dumbbells or not use weights at all. You'll find that the choreography is a little easier to follow than that of Zumba Gold classes and we sneak some toning motions into our dances. But don't worry, you'll still have fun!

Robin is a Computer Science Professor and Fitness instructor certified to teach many fitness modalities but Zumba is her first love. "I've been teaching in the real world for ten years and on Zoom for three years. I've taught 2500 classes on Zoom since March of 2020. Fitness saved my life. It will do wonderful things for you too." Questions? Email perobin@yahoo.com or call 808-949-2161.

920. Tropical Gardening

Instructor: Diana Duff
Dates: 8 Mon, Feb 2 - April 6 (no class 2/16, 3/16)
Time: 2:00 – 3:30 pm
Location: Online via Zoom
Enrollment Limit: 75

This class is designed to help people become better gardeners. This term will begin by covering gardening basics including soil, nutrition and watering. In the weeks following we will go through the identification of over 100 ornamental plants and edible flowers; we will also cover several ways of creating compost and will dedicate two classes to pruning techniques. The final two classes will cover gardening problem diagnosis and solutions. Note that specific topics in Tropical Gardening vary by term. The basics and problem-solving classes are offered every term; others rotate by term.

- 2/2 - Gardening Basics Building soil, adding nutrition and watering
- 2/9 - Edibles ID - herbs & veggies
- 2/16 - NO CLASS. President's Day

- 2/23 - Edibles ID – fruit, nuts, etc.
- 3/2 - Soil 101
- 3/9 - Soil part 2
- **3/16 - NO CLASS. Spring Break**
- 3/23 - Container / Apartment Gardening
- 3/30 - Diagnosing Plant Problems
- 4/6 - Solving Plant Problems

895. First Steps to Hiking IN PERSON

Instructor: Jennie Chadbourne

Dates: 4 Mondays, Mar 2-23

Time: 9:00 am -12:00 pm

Location: varies each week

Enrollment Limit: 16

***All participants must have completed a 2026 waiver prior to class.** Students **must** be able to walk 3 hours and carry a pack with their hiking supplies.

If you are new to hiking on Hawaii trails, it is recommended that you take this course prior to taking more advanced OLLI hiking classes. Hiking in Hawaii can be challenging even for experienced hikers who are not used to the terrain, climate, and weather conditions in our islands. This course will prepare you to go from walking in the neighborhood to hiking safely on Hawaii trails. You will learn what footwear and clothing is appropriate, how to assess the difficulty of a hike, and what supplies to bring in addition to food and water. Most importantly, you will learn how to assess your abilities against the difficulty of the hike.

Attendance at the first class is mandatory, unless you are a returning First Steps alumni. It is a 3-hour sit-down class covering essential information to prepare you to hike safely with the group. You'll build on your knowledge and skills each week. The beginner level hikes will become progressively more difficult each week as students progress with their hiking skills and fitness level. The instructor will email students the location and details of the hike a few days prior to class. *Mar 16 is during UH Spring Break but hiking classes can still meet.

896. Better Eyesight: A Natural Way NEW

Presenter: Melissa Yee

Dates: 5 Mondays Mar 9 - Apr 14 (no class Mar 16)

Time: 3:00 – 4:30 pm

Location: Online via Zoom

Enrollment Limit: 40

Do you have tired and dry eyes, blurred vision, watch

too many screens, need stronger prescriptions, sensitive to bright and flashing lights? Your eyes are muscles that need tender loving care! Learn Oriental acupuncture points, qi gong and eye strengthening exercises, and good daily habits with diet, herbs, and vitamins to nourish and protect your precious ocular organs. Feel the difference as we progress through the five informative classes.

TUESDAY CLASSES

921. Advanced Smartphone Photography: Adobe PS Express App IN PERSON Krauss Hall, UH Mānoa NEW

Instructor: Hawkins Biggins

Dates: 2 Tuesdays, Feb 3 - 10

Time: 8:00-11:00 am

Location: This unique course blends classroom work with outdoor walks.

Enrollment Limit: 12

Requirements: photo walks, ability to walk 2 miles quickly. All participants must have completed a 2026 waiver prior to class.

Prerequisite: Must have taken one of the following OLLI photo classes with the instructor: Lightroom, iPhone or Smartphone Photography, no exceptions

Instructor expectations: Only sign up if you can **attend every class.**

Equipment: Any smartphone with a camera.

Using the camera on your smartphone, this two-week class will utilize the Adobe App PS Express to create collages (week 1) and layered composite images (week 2). Each class session will begin with classroom instruction (1hr) followed by a photo walk (1hr) and return to the classroom to create using the tools together (1 hr). Because Adobe discontinued this app and the new app does not have these tools, you can only sign up for this class if you have the PS Express app already downloaded on your smartphone.

922. A History of Mathematics Part III: From the 12th to the 17th Century

Instructor: Pradip Kar

Dates: 8 Tuesdays Feb 3 - Mar 31 (no class 3/17)

Time: 10:00 – 11:30 am

Location: Online Zoom class, Last class in person Krauss Hall

Enrollment limit: 12

Prerequisites: Completion of History of mathematics parts I and II will be helpful but not essential

We will start with a brief review of *Part II*, followed by an exploration of major developments in mathematics from the 12th through the 17th centuries, told through the lives, ideas, and discoveries of key figures of the period. Topics include:

- Mathematics and Renaissance art, including perspective in painting; the lives and work of Luca Pacioli and Leonardo da Vinci
- Girolamo Cardano and the solution of the cubic equation; early ideas in probability
- René Descartes and Pierre Fermat and their contributions to coordinate geometry
- Fermat and Blaise Pascal on number theory, probability, infinite series, and fluid mechanics
- Astronomy “between heaven and earth”: Copernicus, Galileo, Tycho Brahe, and Kepler, and the laws governing terrestrial and celestial motion
- The independent development of calculus by Isaac Newton (“the method of fluxions”) and Gottfried Leibniz, including Newton’s binomial theorem and the unification of motion laws

Most topics will be developed through class discussions and solving problems (Keep a paper and pencil handy!).

897. Osteo-cise Bone Fitness

Instructor: Robin Bush

Dates: 10 Tue, Feb 3 - April 14 (no class 3/17)

Time: 11:00 – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2026 waiver prior to class.**

Osteo-Cise Bone Fitness is for anyone with Osteoporosis or Osteopenia—or anyone looking to prevent bone loss. The class focuses on deliberate, safe weight-bearing exercise to strengthen the muscles surrounding your bones, using long resistance ribbons

or tube bands. Expect to improve posture, balance, and agility to help prevent falls through both standing and seated movements. The session ends with floor stretches, with non-floor alternatives provided for those who prefer. Open to all ages and fitness levels, the class features strong, curated music designed to enhance both strength and mind-body connection. Bring a towel, water bottle, and mat. Support will be provided for anyone unable to do floor work.

923. Beginning Backgammon

Instructor: Mike Fujita

Dates: 7 Tue Feb 3 -Mar 24 (no class 3/17)

Time: TBD 2 hours 11:00 - 1:00 pm

Location: 1st class online via Zoom; then in person location TBD

Enrollment Limit: none

Prerequisites: No prior knowledge required

If ever you have tried to learn backgammon, then this course is for you. After 7 weeks you will feel comfortable sitting down and playing a game of backgammon. The first week is via Zoom and will teach you the rules and objective of the game. Weeks 2-7 are live and we will set up boards and teach you how to play.

In the past we had either one or two days of instruction via Zoom. Then you were set out on your own. If you didn't have someone to play with, then you probably didn't continue to play. We change all of this. this time around. After 6 weeks of live play, you might find a game of lifelong pleasure.

924. Beginning Ukulele IN PERSON Paki Hale

Instructor: Jason Tse

Dates: 10 Tue, Feb 3 - Apr 14 (no class 3/17)

Time: 10:00 - 11:00 am

Location: Paki Hale, 3840 Paki Avenue, 1st floor

Enrollment Limit: 15

Prerequisites: No experience necessary

Instrument: Options for obtaining ukuleles will be discussed prior to the beginning of class. It is preferable to use soprano ukuleles (the small ones), though any size will do.

The beginner level interactive course provides the basics of how to play the ukulele including basic strumming patterns and common chords before moving into techniques that can color your playing such as chucking, arpeggios, and how to read basic tablature. Students will leave the course being able to play

several songs, and with information on the history and culture of ukulele playing, as well as how to choose the perfect ukulele.

925. Ukulele Ensemble IN PERSON Paki Hale

Instructor: Jason Tse

Dates: 10 Tue, Feb 3 - Apr 14 (no class 3/17)

Time: 11:15 am – 12:15 pm

Location: Paki Hale, 3840 Paki Avenue, 1st floor

Enrollment Limit: 20

Skill Prerequisite: Ability to play basic ukulele

This course is designed to allow students who have taken Beginning Ukulele to progress further on the instrument and experience playing the ukulele in an ensemble setting. Students will become more familiar with plucking melodies and strumming chords while working together as an ensemble to play arias and chords, how to transpose, and analyzing songs. After this course, students will be able to determine the key of songs, change keys and sing familiar songs. There will be an optional informal performance at the end of class to celebrate everyone's learning! This course is designed to be the next step for those who have taken Beginning Ukulele, but those who also have experience playing the ukulele are welcome to join. The goal is for the class to end with an informal performance/potluck!

926. Ukulele Kanikapila IN PERSON Paki Hale

Instructor: Jason Tse

Dates: 10 Tue, Feb 3 - Apr 14 (no class 3/17)

Time: 12:30 - 1:30 pm

Location: Paki Hale, 3840 Paki Avenue, 1st floor

Enrollment Limit: 15

Prerequisites: Students are expected to already know how to read chord diagrams and play basic chords.

Instrument: For the Kanikapila course, people are expected to have their own ukulele already.

In this course, students will play a collection of popular and Hawaiian songs (in English) as a group. Each song will be able to be played with varying levels of strumming complexity, so students of different skill levels are able to play together. Students will be able to play songs with different strumming patterns depending on what they are comfortable with. This course is designed for people who were in the OLLI beginner and intermediate ukulele courses to continue their ukulele journey.

928. Russia from Lenin to Putin NEW

Instructor: Carol Zink, History BA, MBA

Dates: 7 Tuesdays, Feb 10 - Mar 31 (no class 3/17)

Time: 9:00 - 10:30 am

Location: Online via Zoom

Enrollment Limit: None

In this seven-session course, we examine twentieth- and twenty-first-century Russia, from Lenin to Putin. Topics include Russia's role in World War I and the Russian Revolutions; the formation of the USSR; social, economic, and foreign policies; World War II; the Cold War; the Soviet war in Afghanistan; and the current war in Ukraine.

We also explore the Soviet system, the collapse of the USSR, and the short-lived effort to establish a democratic state. The course concludes with an examination of present-day Russia and Vladimir Putin's efforts to reassert Russian power on the world stage.

Students who took the 10-week Russian history course in Fall 2021 should note that this course largely repeats earlier material, except for the final session, which extends through the war in Ukraine.

Carol Zink is a retired high school history teacher of Modern World and AP European History and currently teaches history courses for OLLIs in New Hampshire and Hawai'i. She supplements her teaching with Stanford Continuing Education coursework and ongoing study of geopolitical and historical topics. She is also a retired U.S. Navy Captain.

898. Smartphone Photography IN PERSON Krauss Hall, UH Mānoa and outside

Instructor: Hawkins Biggins

Dates: 4 Tuesdays, Feb 17 - Mar 10

Time: 8:00-11:00 am

Location: This unique course is in a blended format, meeting in-person at outdoor locations and UH Mānoa, Krauss Hall 112 in alternate weeks.

Enrollment Limit: 12

Requirements: photo walks, ability to walk 2-3 hours, up to 2 miles stopping frequently.

All participants must have completed a 2026 waiver prior to class.

Instructor expectations: Attendance required for all 4 sessions

Equipment: Any smartphone with a camera.

Technical Knowledge: Familiarity with your

smartphone and its functions is very helpful!

Using the camera on your smartphone, this photography class will focus on improving your creative vision through the process of taking and editing images. We will explore how to incorporate elements of photography (composition & light) to create stronger images. The classroom sessions will involve photo critiques and tips for editing your images on your smartphone. Although the focus of this class is not on the tech, familiarity with your smartphone functions is extremely helpful! Although any smartphone can be used, please note that additional tips will be offered to iPhone users.

930. Ukulele Music Theory IN PERSON Paki Hale

Instructor: Jason Tse

Dates: 8 Tue, Feb 17 - Apr 14 (no class 3/17)

Time: 2:00 - 3:00 pm

Location: Paki Hale, 3840 Paki Avenue, 1st floor

Enrolment Limit: 15

Skill Prerequisite: Ability to play basic ukulele

This course will explore the basic concepts of music theory as they pertain to the ukulele. These lessons will help explain the music we play and listen to as well as how to use music theory to enhance our playing. Concepts that we will explore include how to read scale of songs, use inversions to add extra color to chords, and figure out chords without needing a chord chart. Handouts will be given out as extra practice on the concepts learned in class.

927. Hollywood Best in Class, Phase One NEW

Instructor: Lloyd Lim

Dates: 8 Tues, Feb 17 - Apr 14 (no class Mar 17)

Time: 6:00-8:00 pm

Location: Online Zoom class

Enrollment Limit: 30

Film buff Lloyd Lim leads students in a Zoom viewing and discussion of eight films widely regarded as standouts in their respective genres.

- **Feb 17: Best Epic Romance:** *The Wind and the Lion* (1975), with Sean Connery and Candice Bergen.
- **Feb 24: Best Cop Film:** *Tequila Sunrise* (1988), with Mel Gibson, Kurt Russell, and Michelle Pfeiffer.
- **Mar 3: Best British Royals Film:** *Young Bess*

(1953), with Jean Simmons and Charles Laughton.

- **Mar 10: Best Roger Moore Bond Film:** *Live and Let Die* (1973), with Roger Moore and Jane Seymour.
- **Mar 17:** No class
- **Mar 24: Best Modern American Satire:** *Drop Dead Gorgeous* (1999), with Kirsten Dunst and Denise Richards.
- **Mar 31: Best Young Buddy Film:** *Smoke Signals* (1998), with Adam Beach and Evan Adams.
- **Apr 7: Best Pissed-Off Irish Lady Film:** *The Land of Saints and Sinners* (2023), with Liam Neeson and Kerry Condon.
- **Apr 14: Best Sports Film:** *Chariots of Fire* (1981), with Ian Charleson and Ben Cross.

899. Smartphone Photography & Book Making Workshop IN PERSON WCC

Instructors: Hawkins Biggins and Jane Raissle

Dates: 3 Tuesdays, Mar 24 - Apr 7

Time: 8:00 - 11:00 am

Location: WCC, Hale Na‘auao, Room 105

Enrollment Limit: 8

IMPORTANT NOTE: Please only sign up if you can attend all three class sessions—each class builds on the last, and missing a session will make it difficult to keep up. Mahalo!

Equipment needed: A smartphone camera and, for the book portion of the class a supply list will be sent before the class.

*All participants must have completed a 2026 waiver prior to class, and should be able to walk at a reasonable pace for a few hours as this class will involve a 2-3 mile photowalk on the first day of class (location TBD).

Join Hawkins Biggins and Jane Raissle for a three-session photo book workshop designed to guide you from creative exploration to a beautifully crafted “Explosion Book.”

For the first class we will go on a photo walk to explore the art of photography and learn how to improve your creative vision. The second class will entail a classroom session that will include a photo critique along with photo editing tips using your

smartphone photo app. For the third class you will select your favorite images, edit them and have them printed to bring to the third session where you will create an "Explosion Book" to display your photos. When opened, these small, square books "explode" into a series of squares and triangles. They are quite dramatic and invite the "reader" to interact with the content. A supply list will be provided before the final class.

929. Beguines, Saints, and Warriors: Remarkable Women Who Defied the Status Quo NEW

Instructor: Alexis Alexander, PhD

Dates: 4 Tuesdays, Mar 24 - Apr 14

Time: 4:00 – 5:30 pm

Location: Online via Zoom

Enrollment Limit: None

Have you ever heard of the Beguines? Are you familiar with the idea of "holy anorexia"? Are you intrigued by the stories of women who lived, fought, or worked as men? Across history, many "ordinary" women chose extraordinary paths—even in eras when their options were severely limited.

In this four-week class, we'll explore some of the most compelling and unconventional women from the medieval period through the post-American Civil War era, drawn from cultures around the world. We'll look at their achievements, their sacrifices, and the ways they challenged the constraints of their time.

No reading is required; all materials will be provided, along with suggestions for further exploration.

931. Artificial Intelligence 101: Hands-On Exploration for Curious Minds NEW

Instructor: Cynthia Perry

Dates: 2 Tuesdays Apr 7 & 14

Time: 9:00 – 10:30 am

Location: Online via Zoom

Enrollment Limit: None

Curious about artificial intelligence but not sure where to start? This interactive two-week class introduces you to AI tools like ChatGPT and beyond, showing you how they can be useful, entertaining, and even surprising. We'll discuss practical applications, creative uses, and ethical considerations, all in a fun and accessible way.

STUDENTS: the title and description for this class were created by ChatGPT! It even helped me write my biography.

Cynthia Perry has a BS in Applied Mathematics and an MBA, and spent her career in marketing analytics, competitive intelligence, and strategic planning. She is adept at making complex information easy to understand. An experienced Osher instructor, she has taught courses on political polling, big data, bionics, and Quaker history. Cynthia is a researcher at heart and was an early adopter of ChatGPT in her everyday life. Cynthia currently lives in Denver, where she enjoys teaching, writing, and silver smithing.

WEDNESDAY CLASSES

934. Easy, Easy Hikes NEW

Instructor: Mike Fujita

Dates: 10 Wednesdays, Feb 4 – Apr 15 (no class 3/18)

Time: Hikers meet at the trailhead at 9:00 a.m., unless indicated otherwise.

Location: Varies; see below.

Enrollment Limit: 16

Prerequisites: Must have either taken *First Steps to Hiking in Hawai'i* or have the recommendation of an OLLI hiking instructor.

Requirements: In addition to completing a 2026 waiver prior to class, participants must be able to walk at least 2 miles without difficulty and climb two flights of stairs with ease. Hikers should be comfortable on rough surfaces and prepared to carry a light day pack.

This course is designed to introduce novice hikers to hiking in Hawai'i through a series of genuinely easy, accessible outings. Our wild areas offer spectacular scenery and interesting plant life—both native and introduced—along with opportunities for exercise, companionship, and enjoyment of the solitude, peace, and tranquility of the mountains. I was invited into the OLLI-UHM program six years ago to help ensure the continuation of its hiking offerings, and I am pleased to carry on the tradition of *easy hikes*. Participants will be introduced to trail options that can be enjoyed safely and regularly, building confidence and familiarity with local hiking environments.

Prior to the start of the course, participants will receive background information on proper equipment and safety considerations, directions to each trailhead, and

a clear description of what to expect on each hike. Most hikes will take approximately 3–4 hours. Please note: some participants may feel able and eager to hike farther or faster than the group leader. For safety and group cohesion, patience is mandatory.

900. Intermediate Hiking for the Fit and Experienced Hiker IN PERSON

Instructor: Larry Lee

Dates: 6 Wednesdays, 2/4, 2/11, 2/25, 3/4, 4/8 and 4/15

Time: Hikes start at 9:00 a.m. Please meet at the trailhead before 9:00 a.m., unless indicated otherwise.

Location: Varies; see below.

Enrollment Limit: 15

All participants must have completed a 2026 waiver prior to class and must be physically fit enough to hike 3–4 miles over unimproved trails for up to 5 hours.

O‘ahu has many well-known hiking trails, some maintained by the state and others located on private land. Experienced hikers also know lesser-traveled routes that pass through more remote and pristine areas. Because some hikes take place in sensitive locations, posting hikes on social media and using or publicly sharing routes on AllTrails or Gaia is not permitted.

Hikes generally range from **3–4 miles** and typically run from **9:00 a.m. to mid-afternoon**, though exact ending times are unpredictable. Participants should plan to keep the afternoon free.

This class is intended for **fit, experienced hikers** who are comfortable with uneven terrain, narrow and unimproved trails, sustained elevation changes, and ridges with drop-offs. Hikes may include slippery conditions, stream crossings on slick rocks, and occasional use of ropes.

We hike **as a group**, and participants are expected to complete each hike in full; turning back early may not be possible or permitted. The goal is to offer fun, interesting, and challenging hikes that provide a solid workout and a strong sense of accomplishment for experienced hikers.

964. Visual Art influences of the 19 and 20th centuries NEW

Instructor: Catharine Bramkamp, M.A.

Dates: 4 Wednesdays Feb 4 - 25

Time: 10:00 - 11:00 am

Location: Online via Zoom

Enrollment Limit: none

Why do I care and why should you care? We view art and think oh the artist is painting a lovely flower or she has created an abstract arrangement. Artists live in the world and even if they remove themselves like Monet from the crash and burn of WWI or Georgia O’Keefe who fled NYC for the desert, you can run, but you can’t resist the pull of the embedded culture or new ideas. This is not a workshop but a study and exploration of the influences on visual artists and their art which in turn can help us understand how our beliefs and responses to what surrounds us informs our own work.

Artists respond and record world events and ideas even if they are unaware of it. Explore the influences of culture and ideas on your favorite artists.

Catharine is a world traveler, poet, and belly dancer. In her spare time, she serves as a writing coach and workshop facilitator. She has authored 27 fiction, non-fiction, and poetry books. She holds a MA in Creative Writing, her most recent book is *Out Loud - An Adventure in Writing for Women*.

936. From Sea to Shining Sea: Mexico, the United States, and the Birth of American Imperialism, 1810–1865 NEW

Instructor: Sidney Goldstein, M.A., English

Dates: 6 Wednesdays, Feb 4 - Mar 11

Time: 11:00 – 12:00 pm

Location: Online via Zoom

Enrollment Limit: 35

This course explores a pivotal but often overlooked era of American history. Many accounts jump from the War of 1812 directly to the Civil War, bypassing the Mexican-American War and the emergence of American exceptionalism and imperial expansion. During this period, the United States shifted from a nation of explorers and pioneers to a military power increasingly guided by a belief in its own destiny and superiority. These ideas helped shape the modern world and continue to influence American political culture and foreign policy today, including contemporary debates associated with the MAGA movement and recent U.S. foreign policy under Donald Trump.

- **Feb 4:** Mexico, the United States, and Texas
- **Feb 11:** The United States Emerges
- **Feb 18:** Manifest Destiny Leads to War
- **Feb 25:** The Mexican War
- **Mar 4:** The End of the War and Its Aftermath
- **Mar 11:** The Road to Civil War and the Reduction of Mexico

(Full topic details will appear on the website.)

901. Culinary Conversations

Presenter: Tom Sheeran

Date: 6 Wed, Feb 4, 18, Mar 4, 18*, Apr 1, 15

Time: 7:00 – 8:00 pm

Location: Online Zoom class

Enrollment Limit: 36

Requirements: Must like to eat.

We gather on Zoom on ALTERNATE weeks to explore food topics, share conversation, and stay connected. This 1-hour evening series is for those who share an interest or curiosity about food and all things culinary. There is no set plan other than what the group wishes to talk about that week - restaurants, recipes, cooking and baking, local food events - whatever. All are welcome to participate or just listen in. We encourage members to suggest or plan opportunities to dine together on some of the 'off' weeks – potlucks, happy hours, picnics, restaurant lunches, etc. *Tom has special dispensation from OLLI to meet during break.

902. Impromptu Writing Class

Facilitator: Esther Geil, BA, MS, MEd

Dates: 10 Wed, Feb 4 - Apr 15 (no class Mar 18)

Time: 7:00 - 8:15 pm [note new time!]

Location: Online via Zoom

Enrollment Limit: 8

Join our writing group designed for those who find writing valuable but struggle to make time for it. This isn't a class on how to write, but a space to help you actually write — with prompts to get started and the option to share your work. Sharing is always encouraged but never required, and it can help spark ideas and build a sense of encouragement and community. Each session follows a simple structure: receive a prompt (or choose your own topic), write for about ten minutes, then optionally share and receive feedback — which you can request in whatever form is most helpful to you. We'll repeat this cycle as time allows during the hour. No homework, no outside

reading — just show up and write.

932. Pacific Encounters Part 2: Living Traditions of Oceania

Instructor: John Fleckles, Ph.D.

Dates: 6 Wed, Mar 4 – Apr 15 (no class Mar 18)

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: None

This is Part 2 of *Pacific Encounters*, examining cultural travel through the instructor's photographic encounters with the peoples of remote Oceania. The course focuses on “living traditions”—the values, arts, and practices that continue to bind island communities together.

Islands and regions featured in Part 2 include Papua New Guinea, Fiji, Tonga, Tahiti, and North Island, New Zealand. Topics include ceremonies of communal life, traditions of social hierarchy, and Oceanic arts, with attention to their traditional spiritual roots. Lectures are illustrated with photographs and include interactive discussion. Part 1 need not be taken before Part 2.

- **Mar 4:** The Iatmul people of the Middle Sepik region of Papua New Guinea
- **Mar 11:** A journey through Lapita cultures from the Solomon Islands to New Caledonia
- **Mar 25:** Encountering the living traditions of Fijians
- **Apr 1:** Understanding the Kingdom of Tonga
- **Apr 8:** Travels in Tahiti and other islands of French Polynesia
- **Apr 15:** Encountering Māori culture in North Island, New Zealand

933. Travel Photography NEW

Instructor: Eli Vega

Dates: 5 Wed Mar 11- Apr 15 (no class Mar 18)

Time: 9:00 - 10:30 am

Location: Online via Zoom

Enrollment Limit: 10

Although many travelers use DSLR cameras, most topics in this course are also relevant to mobile devices. In this highly interactive course, you will learn about planning and logistics, basic gear, basic photography know-how, composition, storytelling, street photography, photographing local cultures, architecture, landscapes, iconic landmarks, and more!

Eli Vega is an award-winning photographer and author who has taught photography for more than thirty years. He has led field workshops in Rocky Mountain National Park and taught OLLI courses nationwide. Known for his belief that great photography emerges where creative vision and technical skill meet, Eli's classes are engaging, practical, and enjoyable.

THURSDAY CLASSES

935. Stay Hungry! Food in Cinema NEW

Instructor: Dan Devaney

Dates: 9 Thu Feb 5 - Apr 16 (no class 3/19, 26)

Time: 9:00 am – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

In this class, we will explore how food on screen is never just food—it is love, identity, memory, exile, and revelation. From the sacramental banquet of *Babette's Feast* and the joyful chaos of *Chef*, to the noodle-western playfulness of *Tampopo* and the quiet longing of *The Lunchbox*, these films reveal eating as a form of storytelling. We savor the warmth of *Eat Drink Man Woman*, the ambition of *Ratatouille*, and the comfort of *Julie & Julia*. We will also revisit *The Twilight Zone*. Through comedy, drama, documentary, and animation, this class asks: What are we really hungry for? Come hungry. Leave transformed.

903. Zumba Gold

Instructor: Robin Bush

Dates: 9 Thu Feb 5 - Apr 16 (no class 3/19, 26)

Time: 10:00 – 11:00 am

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2026 waiver prior to class.**

Zumba Gold is a low-impact version of Zumba dance fitness that keeps all of the fun. Plan to dance, sweat, and have a ton of fun. Zumba Gold is geared to active older adults but everyone is welcome. No dance experience is needed. You can expect a variety of music including Latin, Pop and K-Pop. Why try it? I do dance walk-throughs and even post videos of some dances so that everyone can do them. This is your hour to forget about all of the problems in the world and just dance together!

904. Interval Strength Training for Active Older Adults

Instructor: Robin Bush

Dates: 9 Thu Feb 5 - Apr 16 (no class 3/19, 26)

Time: 11:00 am – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2026 waiver prior to class.**

Interval Based Strength Training for Active Older Adults is a low-impact interval training class focusing on arm, leg and core strength. Each movement is done for 20 seconds followed by a rest for 10 seconds. It's repeated eight times, often with optional progressions or modifications, and then we move on to the next exercise. Interval based fitness is much more impactful than steady-state fitness. Alternating between aerobic and anaerobic intervals results in your body continuing to burn calories after the class has ended. This is an exceptionally efficient way to exercise that's very music driven and fun to do and counteracts the natural loss of muscle tone and strength associated with aging. Come get stronger with us! Supportive shoes, light weights, a bottle of water, and a chair without wheels are recommended.

937. Fables & Folklore Films NEW

Instructor: Jim Hesse, Musician, Actor

Dates: 5 Thursdays, Feb 5 – Mar 5

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

- **Feb 5: *Peter Pan*** Mary Martin stars in this NBC-TV special in her Emmy- and Tony-Award-winning performance in the 1960 family favorite, with Cyril Ritchard as Captain Hook.
- **Feb 12: *Alice in Wonderland*** A darker, modern twist on the classic tale as Alice returns to Wonderland at age 19. Johnny Depp's Mad Hatter and the Red Queen (Helena Bonham Carter) reshape a familiar story.
- **Feb 19: *Ever After*** A fresh take on Cinderella, starring Drew Barrymore as a strong-willed heroine, with Anjelica Huston as her formidable stepmother—and a nod to

Leonardo da Vinci.

- **Feb 26: *The Princess Bride*** A grandfather (Peter Falk) recounts a tale of true love and adventure to his sick grandson, featuring Princess Buttercup (Robin Wright) and the unforgettable Westley (Cary Elwes).
- **Mar 5: *The Fantastiks*** The Off-Broadway show in its closing show with memories of its history of past shows, & stars like Jerry Orbach, Liza Minnelli and F. Murray Abraham!

905. Practical Points for Pain Relief with Acupressure, Reflexology, and Healthy Living

Presenter: Melissa Yee

Dates: 5 Thursdays, Feb 5 - Mar 5

Time: 3:00 – 4:30 pm

Location: Online via Zoom

Enrollment Limit: 40

Learn powerful Master Points from Chinese Medicine and Korean and American Reflexology to boost your energy and immune system and reduce symptoms of various common health issues. We will address your individual concerns and help you help yourself to a happier healthier life.

- **Feb 5:** Basics of Koryo Korean Hand Acupuncture and American Hand Reflexology
- **Feb 12:** Foot Reflexology on top and bottom of feet
- **Feb 19:** Master points from Chinese acupuncture on upper body
- **Feb 26:** Master points from Chinese acupuncture on lower body
- **Mar 5:** Review of reflexology and how to improve your health/Addressing individual concerns and creating a protocol for daily routine.

Dr. Melissa Yee has a background in Chinese and bio-energetic medicine, acupuncture, acupressure, and massage. She has previously taught classes at Kapiolani Women's Center, Kaiser Permanente, and Kaimuki evening school.

938. Backgammon: Beyond Foundation

Instructor: Mike Fujita

Dates: 9 Thu, Feb 5 - Apr 16 no class Mar 19, 26)

Time: 9:00 – 11:00 am

Location: Online via Zoom

Enrollment Limit: none

It is preferable that you know the Game Plan framework for the game of Backgammon. I have taught this in previous semesters. If the Game Plan framework is new to you or if you need a refresher, then I will send you resources prior to each week's lesson to bring you up to speed. In this course we put our theories into practice. We learn pragmatic strategies for game play.

939. Let's Explore the Amazingly Adaptable Accordion Book NEW IN PERSON WCC NEW

Instructor: Jane Raissle

Dates: 8 Thursdays, Feb 5 - Apr 9 (no class 3/19, 26)

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Na'auao, Room 105

Enrollment Limit: 8

Student Supplied Tools & Materials: Paper in various weights, card stock, and heavy-weight cardboard (e.g., the back of a writing tablet) - details provided before each class. Pencil and eraser, a pair of scissors, an Exacto or Olfa knife, a self-healing cutting mat, a ruler with a metal edge, and a bone folder (or an expired gift card). Adhesives: glue stick, white glue, and double-sided tape (¼" wide), and a ½" inexpensive chip brush. Sewing supplies: a small awl or push pin, a needle, and thread (linen book thread, cotton crochet thread, or embroidery floss).

This eight week in-person bookmaking class begins with a focus on creating five books using an accordion (concertina) structure in a variety of styles and formats. Each of the first five weeks will also incorporate instruction in cover and closure options. Weeks six and seven emphasize time for designing your own book that incorporates all your favorite components, with the instructor available to assist with planning and problem-solving. The eighth week's focus is on creating a slip case for one of your books. Previous bookmaking experience is helpful but not required.

906. Writing a 'Legacy Letter'

Instructor: Jay Sherwin

Dates: 4 Thursdays, Feb 19 - Mar 12

Time: 9:00 – 10:30 am

Location: Online via Zoom

Enrollment Limit: 20

Your legal will bequeaths your valuables, but how do

you convey your values to your loved ones? A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and loved ones. This course includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

Jay Sherwin has practiced law, given away money for five charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy writing. Jay has extensive experience facilitating adult learning programs and he has taught this course for OLLI programs nationwide.

940. Food for Thought

Facilitator: Carole Mandryk, foodie, baker, chef
Dates: 6 Thu, Feb 19 - Apr 9 (no class Mar 19, 26)
Time: 9:00 – 10:30 am
Location: Online via Zoom
Enrollment Limit: 24

Food memories are part of the emotional narrative of our lives. Or perhaps, we just like to talk about what we like to eat, where we ate it, with whom we ate. We are excited to learn from each other. Where did you eat last night? Should we go? Come share your food experiences with us. We meet on Zoom plus one or more in-person get togethers for participants on Oahu.

907. Introduction to the Joy of Hiking IN PERSON

Instructor: Bobbie Foster
Dates: 6 Thursdays, Feb 26 - Apr 2
Time: 9:00 am - 1:00 pm
Location: Varies. Hikes meet at trailheads at 9:00 am
Enrollment Limit: 18

Requirements: All participants must have completed the 2026 waiver prior to class. Ideally, participants have taken the **First Steps to Hiking** or **Easy Hikes for Novice Hikers** classes. You do need a basic level of physical fitness and to be able to hike 3-4 hours going up and down hills.

Join this advanced beginner hiking class for an opportunity to unplug, slow down and connect with nature. In this class, we will explore a variety of trails on Oahu from ridges to valleys. We will go at a slow to moderate pace in order to enjoy the flowers, plants, trees and views along the trail. These will be advanced beginner hikes for the physically fit. Most hikes will usually take 3 to 4 hours. We will be hiking on trails that may be muddy, narrow, steep and slippery, so proper hiking gear is recommended and a gear list will be provided prior to the class.

Note: Some hiking classes do meet during Spring Break and State holidays.

941. Stephen Sondheim Songs Tribute NEW

Instructor: Jim Hesse, Musician, Actor
Dates: 4 Thu, Mar 12 - Apr 16 (no class Mar 19, 26)
Time: 1:00 – 3:00 pm
Location: Online via Zoom
Enrollment Limit: None

Mar 12: *A Funny Thing Happened on the Way to the Forum* Selections from the classic musical comedy starring Zero Mostel.

Apr 2: *A Little Night Music* Songs from the romantic musical starring Elizabeth Taylor, Diana Rigg, and Len Cariou.

Apr 9: *Sweeney Todd* Selections from the dark musical thriller featuring Johnny Depp and Helena Bonham Carter.

Apr 16: *Into the Woods* Songs from the Broadway favorite featuring Bernadette Peters and the original Broadway cast.

FRIDAY CLASSES

942. Landscape Photography NEW

Instructor: Eli Vega
Dates: 5 Fridays Feb 6 - Mar 6
Time: 9:00 - 10:30 am
Location: Online via Zoom
Enrollment Limit: 10

Required equipment: You must have access to a DSLR camera.

If you know the basics of photography and use a digital camera, this course is for you. In this highly interactive course, you will learn about landscape composition,

exposure, lenses, landscape equipment and accessories, depth-of-field, lighting, time & timing, photographing in different seasons, dealing with flare, shooting in snow, right brain landscapes, and more.

943. Topics in Astronomy and Oceanography IN PERSON

Instructor: Anthony Russo, PhD

Dates: 6 Fridays, Feb 6 - Mar 13

Time: 10:00 – 11:30 am

Location: Krauss 111

Enrollment Limit: 24

The course will discuss, among other subjects, formation and structure of the solar system, earth, oceans, and milky way. Special topics in oceanography will include ocean basins, atmosphere / ocean interaction, plate tectonics, and the use of bottom sediments to estimate past earth climate history.

Anthony Russo has a PhD in Oceanography from Florida Institute of Technology. He was a professor of Marine Sciences at Leeward Community College from 1970 to 2002, also teaching Astronomy at LCC for 10 years.

944. Reawakening Creativity through Watercolor NEW

Instructor: Cade Gibson

Dates: 8 Fri Feb 13 - Apr 17 (3/20, 4/3)

Time: 9:00 am – 10:30 am

Location: Online via Zoom

Enrollment limit: 16

Materials needed: 140-pound watercolor paper, watercolor brushes, watercolor paints

Although this class is suitable for both the experienced and the beginner watercolor student, students are expected to have a rudimentary knowledge of brushes, paper, and paints. In this class students will learn creative techniques that will inspire them to explore painting from their interests and experience instead of copying the instructor. Most paintings will be abstracts. Class is online.

Cade Gibson is a mostly self-taught artist. She has been teaching art to seniors for over 15 years. Cade's artistic philosophy is: "When learning to paint, enjoyment of the process is more important than the finished project."

945. Tea and Tales I: Short Stories from

England NEW

Instructor: Robert Weibezahl

Dates: 6 Fridays, Feb 6 - Mar 13

Time: 11:00 am – 12:30 pm

Location: Online via Zoom.

Enrollment Limit: 35

Course Text: *The Oxford Book of English Short Stories*, edited by A.S. Byatt, ISBN: 978-0199561605. Book is around \$20 online with many used copies available for less.

Revered as novelists, great English writers often have given less attention to the short story than their counterparts in America, Ireland or Russia. As we move "across the pond" in our ongoing exploration of the art of the story, we will delve into *The Oxford Book of English Short Stories*, discussing some of the finest examples of essential and lesser-known England-grown storytellers of the last 150 years: Dickens, Kipling, Hardy, Woolf, Waugh, Huxley, and many more. Participants read the stories in advance, then we discuss them within the context of their time, investigating both their "Englishness" and their universal themes. There is no prerequisite.

Robert Weibezahl, MA, is a writer, editor, critic, and publishing industry veteran who has worked with Nobel laureates, Pulitzer Prize winners, and countless bestselling authors. A columnist for *BookPage* for two decades, he is also a published novelist and award-winning, internationally-produced playwright. He teaches at Osher programs across the country.

946. Spies, Intelligence and Deception in Global Affairs

Instructor: Robert Weiner

Dates: 9 Fridays, Feb 6 - Apr 17 (no class 3/20, 4/3)

Time: 1:30 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: 40

Espionage is the second oldest profession. This course will focus on the evolution of spying from World War I to the current period of cyber-espionage. Intelligence tradecraft such as cut-outs, illegals, dead-drops, double agents and triple agents and famous spy cases will be included. The successes and failures of the US intelligence community, especially the CIA, as well as the KGB will be covered. The course will conclude with a discussion of the effects of politicization of the

US intelligence community on global affairs.

Prof. Weiner is a Center Associate at the Davis Center for Russian and Eurasian Studies, Harvard University, and brings limited firsthand experience with intelligence work from the Cold War era.

947. Voyages of Scientific Discovery and Exploration

Presenter: Tom Sheeran

Date: 7 Fridays, Feb 6 – Mar 27 (no class 3/20, 4/3)

Time: 11:00 am – 1:00 pm

Location: Online Zoom class

Enrollment Limit: None

This course will present an overview of important voyages in the 18th and 19th Centuries. These, including Captain Cook, Alexander von Humboldt, Charles Darwin and others, helped to establish the modern sciences of oceanography, marine biology, geology, and a host of related fields. The course will include a final session with the instructor's personal experiences crewing for 12 years on research vessels.

- 2/6 - Introduction to Western Science, Scientific Revolution, and Early European Voyages
- 2/13 - Sir Joseph Banks and Captain Cook: 1760's-1820
- 2/20 - Alexander von Humboldt: 1778-1859
- 2/27 - Charles Darwin and the Beagle: 1831-1836
- 3/6 - The Wilkes Expedition – US Exploring Expedition: 1838-1842
- 3/13 - The HMS Challenger Expedition: 1872-1876
- 3/27 - Sailing with Science: 1975-1987
- TBD - Field trip

SATURDAY CLASSES

948. Saturday Matinee Movies: Reel Justice NEW

Instructors: Paul Piper and Dan Devaney

Dates: 11 Saturdays Feb 7 - Apr 18

Time: 9:30 am – 1:30 pm

Location: Online via Zoom

Enrollment Limit: none

This course explores how films portray lawyers, litigants, and the pursuit of justice—or, at times, mere

financial gain—in classic courtroom and legal dramas. We examine enduring questions of truth, advocacy, moral responsibility, and the power—and limits—of legal institutions. Half of the films focus on civilian lawyers in the American legal system (“Lawyers”). Some attorneys emerge as idealistic crusaders, others as cynical or unscrupulous figures; together, these stories reveal the profession at its best and worst. Featured titles include *Just Mercy*, *Erin Brockovich*, and *A Civil Action*.

The other half examines military justice (“Military Justice?”), dramatizing courts-martial, war-crimes trials, and the tension between military discipline, legal process, and moral judgment. Spanning the 1880s to the 1950s, selections include *Breaker Morant*, *Paths of Glory*, and the 1951 *Playhouse 90* production of *Judgment at Nuremberg*. Unlike recent film series that grouped similar works, this course alternates weekly between the two themes, sharpening contrasts and highlighting recurring questions across radically different legal worlds.

949. Stitch Along with OLLI

Instructors: Joan Rembold and Debbie Day Sandobal

Dates: 6 Saturdays, Feb 7 - Apr 18 (meets biweekly)

Time: 9:30 – 11:30 am

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 15

Materials & Supplies: Threads and kits can be made available. Bring sharp scissors and magnification if needed.

Here is your chance to start the new year off right (2026 already?!!) We are here to help you finish (or start) your needlework project. Bring that piece of needlepoint, counted cross stitch, or stamped cross stitch piece that you've wanted to work on here with OLLI. This is your happy place to find supportive, friendly people and share ideas. Take time this year for yourself, the dishes can wait.

Joan has over 36 years of experience in the needlework industry, serving as Manager and later Manager/Part Owner at Fiddlesticks/Fiddlesticks Too. She has taught both beginning and advanced courses in cross stitch and needlepoint, often incorporating embroidery and stumpwork into her designs. For her, stitching isn't just an art — it's great therapy. Debbie has been cross stitching for decades but only recently learned needlepoint and Hardanger. She loves to stitch along

with others in locations far and wide. Join her and keep learning and creating.

908. Minding the Mind, Exploring the Nature of our own mind IN PERSON Krauss Hall, UH Mānoa

Instructor: Michael Zucker, former Peace Corps mbr

Dates: 4 Saturdays, Mar 28 - Apr 18

Time: 10:30 am - 12:00 pm

Location: UH Mānoa Krauss Hall 113B

Enrollment Limit: 10

It has been said that, if you want to understand your mind, sit down and observe it. This course will focus on the simple and basic tools and methods of Vipassana, or Insight Meditation, with the intention of establishing relaxed awareness and ease of mind in any situation. The objective is to feel comfortable in any circumstance without judging our experience as good or bad.

A portion of each class will be devoted to the meditation practice itself, followed by a teacher-lead discussion. Questions and sharing of experience will be encouraged.

Single Talks, Events, Field Trips & Shared Interest Groups (*SIGs) Descriptions

What is a Shared Interest Group?

Shared Interest Groups (SIGs) are a great way for OLLI members to continue lifelong learning beyond the classroom and form friendships with other members around shared interests. They are not instructional but are independent and self-directed, with members deciding where and when to meet and how the group will function. SIGs are open only to those who hold a current membership.

Sunday Events

950. Scratch & Print: No-Carve Foam Block Printing NEW IN PERSON KRAUSS HALL

Instructor: Margo Vitarelli

Date: 1 Sunday, Mar 15, 2026

Time: 10:00 am - 2:00 pm

Location: Krauss Hall, Room 112

Enrollment Limit: 12

Materials needed: The instructor will provide most supplies (paper, inks, rollers, plexiglass, and plates) for a \$15 materials fee (cash or check), payable on the first

day of class. Students should bring paper towels and hand wipes.

This is a hands-on introduction to a simple printmaking technique using styrofoam plates. This one-day class offers a creative and enjoyable experience in relief printmaking. Students will be able to create multiples of their one-color design. This safe and simple printmaking technique allows beginning printmakers to create a design of their choice resulting in framable art or greeting cards. At the end of class, you will go home with finished prints. Line drawings and art ideas will be available or bring your own.

Monday Talks, Events & SIGs

909. Rainbow Kupuna LGBTQ+ SIG

Facilitators: Rosemary Kyte & Winston Welch

Days: 1st and 3rd Mondays, with possibility of in-person meetings on the Fifth Monday of the month.

Time: 4:00 – 5:30 pm

Location: 1st and 3rd Online via Zoom

Enrollment limit: 12

Current Availability: Preference given to continuing members. If you are interested in the group, add it to your requests (it will show “waitlisted”), and you will be contacted by one of the facilitators.

Rainbow Kupuna LGBTQ+ is for members of the Lesbian, Gay, Bisexual, Transgender, Queer, Gender Non-Conforming, Two-Spirit and “the countless affirmative ways in which people choose to self-identify” as Sexual Orientation & Gender Identity (SOGI) minorities. This space allows us to share and understand our individual and collective journey with mutual support and respect for each of our unique experiences.

Tuesday Events & SIGs

910. OLLI Writers Circle

Days: 5 Tuesdays, Feb 3, 17, Mar 3, 24, Apr 7

Time: 1:30 – 3:30 pm

Facilitator: Yi-chuan Ching

Location: Online via Zoom

Enrollment limit: 8

Current Availability: Though previous participants are given first preference, prior participation does NOT guarantee a spot. If you are interested in the group, add it to your cart (it will show as “waitlisted”), and

you will be contacted by the facilitator.

Ours is not a class but a cooperative enterprise in which we share what we write and learn from each other's responses to our work. We meet every other week, reading our own work for reaction and comment. All types of writing are acceptable—memoirs, essays and rants, fiction, both short and long, poetry—pretty much anything except political diatribes. You will have a chance to submit work on a regular basis.

911. Gardening Walkabout: Edible Plants Nursery tour IN PERSON

Instructor: Diana Duff

Dates: Tuesday, Feb 24, 2026

Time: 10:00 am – 2:00 pm

Location: Waimanalo

Enrollment Limit: 15

*All participants must have completed a 2026 waiver prior to class.

We will likely visit Frankie's Nursery in Waimanalo and another nearby nursery that sells edible plants. Frankie's often offers us a tasting of tropical fruit and a tour of their tropical fruit nursery.

Wednesday Events & SIGS

912. Acrylic Painting Member Forum SIG*

Facilitator: Group led

Dates: 9 Wed, Feb 4 - Apr 15 (no class 3/18)

Time: 11:00 am – 12:30 pm

Location: Online via Zoom

Enrollment limit: 16

The Acrylic Painting Member Forum is a self-guided group. The weekly Zoom will provide a space for any acrylic painters, whether those who were students in our acrylic painting courses, or with their own experience, to come paint together and share ideas. Individuals work on their own projects and develop their own ideas and styles with thoughtful advice and feedback from other members in a friendly, supportive setting.

*See SIG/Shared Interest Group definition on p. 17.

951. Don't Toss That! 10 things to KEEP when Decluttering NEW

Presenter: Jamie Novak

Dates: Wednesday Feb 25, 2026

Time: 1:00 - 2:00 pm

Location: Online via Zoom

Enrollment Limit: none

Wait! Don't toss that! We all know decluttering is about getting rid of stuff. But expert organizer and author Jamie Novak says there are some surprising things you should keep. Log on and learn how to avoid regret when tidying up by holding onto these ten things. Then get a quick jumpstart during the program with a short live guided task followed by a Q&A.

952. A Photographic Journey Through the Himalayas NEW

Presenter: Maria Lowder

Date: Wednesday, Mar 11, 2026

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: None

A photographic exploration of Nepal, Sikkim, Bhutan, and Northern India. Through images from her travels, Maria introduces the landscapes, people, and cultural traditions that define the Himalayan region.

953. History of Curds & Whey NEW

Instructor: Carole Cancler

Date: 1 Wed Mar 25

Time: 2:00 - 3:30 pm

Location: Online via Zoom

Enrollment Limit: 30

In this talk, we explore 12,000 years of dairy history—from the domestication of livestock to the development of diverse dairying traditions around the world. We'll look at why most humans today (65–75%) naturally experience some level of lactose intolerance, and how a minority evolved lactase persistence through a later genetic mutation. The class examines when and where people domesticated cows, goats, buffaloes, sheep, camels, and yak, and how different cultures transformed milk into nutritious fermented foods such as yogurt and cheese. These innovations allowed lactose-intolerant populations to benefit from dairy and helped shape diets across continents.

954. Four Struggles for Preservation of Historic Sites in Hawaii NEW

Presenter: Phil Deters

Dates: Wednesday April 8, 2026

Time: 1:00-2:30 pm

Location: Online via Zoom

Enrollment Limit: none

Hawaii has faced many efforts to preserve buildings, structures, sites, landscapes, and objects significant to Hawaii's history. This class will survey the list and take a deeper look at the players, dynamics, politics, money, and passions involved in four of these. The goal of the class is to highlight these important examples, in the hope that future controversial preservation efforts can be seen in the broad expanse of Hawaii's history and resolution of past struggles.

Thursday Events & SIGs

913. Watercolor Artist Forum SIG

Facilitators: Group led

Dates: 9 Thurs Feb 5 - Apr 16 (no class 3/19, 26)

Time: 10:30 am – 12:30 pm

Location: Online via Zoom

Enrollment limit: 12

The Watercolor forum SIG is a self-guided learning group that meets weekly with discussions at the beginning and end of each session. Individuals work on their own projects and develop their own ideas and styles with thoughtful advice and feedback from other members in a friendly, supportive setting.

955. Two Great Romantic Piano Showpieces NEW

Instructor: Lloyd Lim

Date: Thursday, Mar 12, 2026

Time: 9:00 - 11:00 am

Location: Online Zoom class

Enrollment Limit: 30

Amateur pianist Lloyd Lim will use Zoom to discuss his favorite two piano sonatas from the Romantic era, the Chopin Sonata 2 in B-flat minor, and the Liszt Sonata in B minor. The format will be a 25-minute lecture on the Chopin Sonata followed by listening to it via YouTube. After a short break, the same approach with the Liszt Sonata. No homework will be assigned. No prior knowledge of classical music is assumed, but parts of the lecture will mean more to those with some such knowledge.

956. Gardening Walkabout: Container Plant Nurseries

Instructor: Diana Duff

Date: Thursday, Mar 26, 2026

Time: 10:00 am – 2:00 pm

Location: Honolulu

Enrollment Limit: 15

*All participants must have completed a 2026 waiver prior to class.

We will likely visit nurseries that specialize in container plants and/or containers

957. I'm Old, Where Do I Go Now??? NEW

Instructor: Skye Morrison and Hope Levy

Dates: Thu Apr 2, 2026

Time: 1:00 – 2:30 pm

Location: Online via Zoom

Enrollment Limit: None

Most of us want to continue to live at home throughout our lifespan, but we might not feel that it's easy or even possible, especially if we live alone.

So what are our choices? Let's look at the pros and cons of a variety of possibilities.

- *Retirement Community (moving back to the dorms!)
- *Aging in place: (what does that mean?)
- *The Village Model (Malama Village Hawaii)
- *Co-housing (Golden Girls Model)
- *Intentional Community (living together based on common interests and values)
- *Intergenerational Lifestyle (all the ohana under one roof!)

Skye Morrison, LSW, is the co-founder and director of Malama Village, a community approach to aging at home, with purpose, social connections and fun. Hope Levy, MA is a gerontologist and educator. She helps promote positive aging through lifelong learning. She is on the Advisory Council of Malama Village.

Friday Events & SIGs

914. OLLI Book Club & Discussion Group

Days: Feb 6, 27, Mar 27, Apr 17

Time: 3:00-4:30 pm

Facilitators: Group led

Location: Online via Zoom

Enrollment Limit: None

Looking for some thought-provoking conversations about books? In the OLLI Book Club, everyone has an

opportunity to contribute. The first book to be discussed Feb 6 is *Dream Hotel*, by Leila Lalani. Books for the rest of the term are chosen at each meeting. Bring suggested titles to discuss. We strive to select books available in libraries on Oahu.

958. Mānoa Garden Club: TBD IN PERSON

Instructor: Diana Duff

Date: Friday Mar 6

Time: 8:30 - 10:00 am

Location: Mānoa Gardens Elderly Housing, 2790 Kahaloa Drive [parking instructions TBA]

Enrollment Limit: 10

Garden Clubs happen on the first Friday of the month in the Community Room in Building 9 at Mānoa Gardens Elderly Housing, 2790 Kahaloa Drive. The topic for this first one is fertilizers.

***All participants must have completed a 2026 waiver prior to class**

959. Mānoa Garden Club: TBD IN PERSON

Instructor: Diana Duff

Date: Friday April 10

Time: 8:30 - 10:00 am

Location: Mānoa Gardens Elderly Housing, 2790 Kahaloa Drive [parking instructions TBA]

Enrollment Limit: 10

Garden Clubs happen on the first Friday of the month in the Community Room in Building 9 at Mānoa Gardens Elderly Housing, 2790 Kahaloa Drive

Saturday Events and SIGS

960. All You Need is Love: A Miniature Valentine's Day Scene in a Tin NEW IN PERSON Krauss Hall, UH Mānoa

Instructor: Frances Johnson

Date: 1 Saturday Feb 14

Time: 9:00 am - 12:00 pm

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 12

Materials & Supplies: A kit with all required materials is available from the instructor for \$20 (cash or check) on the day of class. Tools such as tweezers and scissors will be provided for use during class and must be returned to the instructor at the end of class.

Create a charming 2"x3" Valentine's Day-themed miniature scene – small enough to carry in your pocket

of purse. You'll craft a vision of a tiny world sure to delight family, friends and even curious strangers when you open it to share. Featuring lots of hearts, tiny sweet treats (cookies and candies), even some tiny Valentine's Day greeting cards and more, making this tin will be a true labor of love.

Frances learned to make small scenes from her mom, a gifted miniaturist, who initially worked in 1" scale (1"=1') but moved on to smaller scales. She embraced the smaller scale especially and recently began creating themed scenes in small metal tins. Themes include sunflowers, holidays, celebrations, life events, etc.

915. The Trees of UH Mānoa IN PERSON

Instructor: Mike Fujita

Date: 1 Saturday Mar 14

Time: 9:00 am – 12:00 pm

Location: Meet at the Duck Pond at Krauss Hall

Enrollment Limit: 12

***All participants must have completed a 2026 waiver prior to class**

The University of Hawaii at Mānoa campus is an accredited arboretum. We will walk the campus and learn about the amazing trees and plants.

961. Spring is Sprung! A Celebration of Spring in a Tin NEW IN PERSON Krauss Hall, UH Mānoa

Instructor: Frances Johnson

Date: 1 Saturday Mar 14

Time: 9:00 am - 12:00 pm

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 12

Materials & Supplies: A kit with all required materials is available from the instructor for \$20 (cash or check) on the day of class. Tools such as tweezers and scissors will be provided for use during class and must be returned to the instructor at the end of class.

Create a charming 2"x3" Spring-themed miniature scene - small enough to carry in your pocket or purse. You'll craft a vision of a tiny world sure to delight family, friends and even curious strangers when you open it to share. This delightful little tin will be bright and cheerful with spring colors and will feature lots of flowers, a bunny (or two), bees and butterflies.

962. Tea Time NEW IN PERSON Krauss Hall,

UH Mānoa

Instructor: Frances Johnson

Date: 1 Saturday Apr 11

Time: 9:00 am - 12:00 pm

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 12

Materials & Supplies: A kit with all required materials is available from the instructor for \$20 (cash or check) on the day of class. Tools such as tweezers and scissors will be provided for use during class and must be returned to the instructor at the end of class.

Create a charming 2"x3" miniature scene – small enough to carry in your pocket or purse. You'll craft a vision of a tiny world sure to delight family, friends and even curious strangers when you open it to share. For this celebration of tea, books and friendship, you will craft books (of course!), a proper tea service with accompanying sweet treats, and a lovely floral arrangement.

963. The Trees of Ala Moana Park NEW IN PERSON

Instructor: Mike Fujita

Date: 1 Saturday Apr 18

Time: 9:00 am – 12:00 pm

Location: Exact spot TBD by Mike

Enrollment Limit: 12

***All participants must have completed a 2026 waiver prior to class** and have the ability to do a gentle 3-hour walk.

Besides the requisite coconut palms there are banyans, baobabs, and sausage trees. The many trees at the Ala Moana Beach Park were each selected for a reason and we are going to explore what those reasons were.

Chinese Mahjong Free Play IN PERSON

Krauss Hall, UH Mānoa

Facilitator: Mike Fujita

Dates: 10 Sat, Feb 7 - Apr 18 (will not meet Mar 14)

Time: 9:30 am – 12:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: tbd

OLLI is making the room available Saturday mornings for free play for members. Contact will be via Mike.

This is not a class, but you must have taken, or currently be taking Chinese Mahjong with Mike.

Where is the Course Schedule?

The Spring 2026 Course Schedule by Day of the Week, which in past catalogs appeared in the center pages, is now available online. You may view the full schedule as a [searchable Google Sheet](#) or download a [printable PDF](#) version from the OLLI-UHM website. Both formats are kept up to date and reflect any late room or instructor changes.

FRONT COVER STORY

Margo Vitarelli, a frequent OLLI instructor, painted this work from life at Kaimana Beach at the start of the COVID-19 pandemic in 2020. With people hesitant to gather, the beach was unusually uncrowded—mostly locals, with very few tourists. A peaceful moment in an uncertain time.

Registration Tips & Help:

Remember that if you are a returning OLLI member your username is your email address. Need staff help with registration? Fill [out this form](#). Call the OLLI office at 808-956-2624

Orientations & Trainings [RSVP](#)

Jan 23: Demo of Open Registration/Add to Cart 2 pm

Jan 27: Zoom Training/Refresher 12-12:30 pm

Jan 27: Class helper & hosting training 1-2 pm

GET INVOLVED! Spring 2026 Class Helpers Needed!!

Support OLLI classes by [volunteering this fall](#). Training and mentorship provided.

- Zoom classes: help with chat, log-ins, and more—simple to advanced.
- In-person classes: assist with set-up, attendance, and other tasks.

Note on Paki Hale (Ukulele Classes)

This term, OLLI ukulele classes will be held at Paki Hale, 3840 Paki Ave. (96815), a community venue within Kapi'olani Park.

Limited on-site parking is available (approximately 12 stalls). Additional parking may be found along Paki Avenue, including metered stalls across the street and some free or time-limited parking further down the block. Please allow extra time to park and locate the classroom on the first floor. [[Location map](#)]

Getting to Krauss Hall at UH Mānoa

Parking and transportation at UH Mānoa are limited and complex. Please review the option that best applies to you before arriving

Where are we? Across Dole Street from the UH Law School.



Map is simplified; not all buildings shown or to scale.

[Detailed map](#)

Alternative Transportation Parking at UHM is limited and costly. Consider TheBus, carpooling or other real-time navigation tools when planning your trip

Rainbow Shuttle. New route connects Institute for Astronomy (IFA) on Woodlawn Drive with main campus. Free with UH ID for eligible students and staff

Ride Share Tips. Many UH buildings lack usable addresses for Uber, Lyft, and Handi-Van. Closest valid ones to Krauss: John Young Museum (2500 Dole St) and Art Building (2535 McCarthy Mall). Google Maps works if you search “Krauss Hall.”

[General commuter info](#)

Parking. No parking next to Krauss except weekends and State Holidays (unless athletic/special events). OLLI members are not eligible for permits; only visitor parking. See: UH commuter website

Lower Campus Visitor Parking. Zone 20 structure on Lower Campus Road (first right off Dole past University Ave) is closest. \$5 daily pass from kiosks. Cash not accepted. Kiosks staffed Mon–Fri, 5am–8pm. Often full by 10–11am. After parking, take elevator to 5th floor, cross Dole St at the crosswalk. Krauss will

be on your right. Enter courtyard, go around duck pond, and look for room 113

Upper Campus Visitor Parking. Visitor parking on the upper campus is limited and expensive during weekdays: \$3 per half-hour (6am–6pm), 3-hour max. Closest green-striped stalls are near Kuykendall Hall. Pay with the [JustPark app](#)—no kiosk receipt needed.

Parking Policies

Important: Parking rules are strictly enforced at UH Mānoa. Before driving or parking on campus, please familiarize yourself with [UH policies](#). Fines range from \$40–\$270. Park with aloha

Off Campus Parking. When parking off campus, please show your respect for the surrounding community by:

- Parking in legally designated areas
- Refraining from blocking driveways and roads
- Carpooling whenever possible;
- Arriving and departing quietly

Move with Aloha. UHM promotes safety and consideration for all those who use campus roadways: pedestrians, bicyclists, skateboarders, and motorists.

[See Move with Aloha brochure.](#)

Current as of 1.19.26. Updates to follow.