



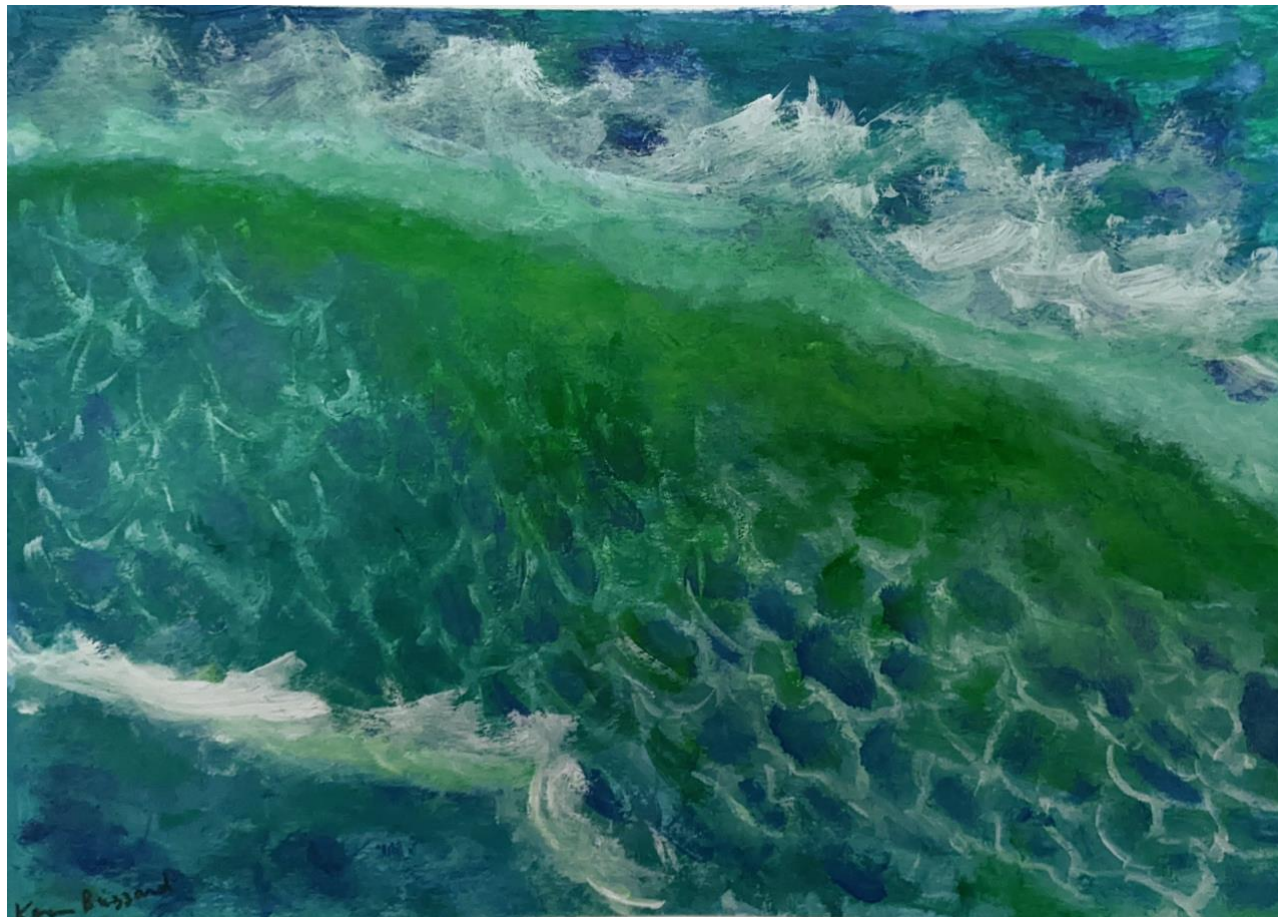
UNIVERSITY of HAWAII[®] at MĀNOA
College of Social Sciences

Course Catalog

Fall 2025 Edition!

Sep 22 - Dec 13

In-person & Online Learning for adults 50+



Ocean by Karen Buzzard, Original Acrylic 2022, story p. 25

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

Open Reg thru Nov 14
New classes every week
olliuhm.org



Welcome to OLLI-UHM Fall 2025!

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 fall we're offering **75+ classes and special events**—including **40+ brand-new offerings**, and welcome **4 new instructors**. We have 34 in-person classes outdoors or at UH Mānoa, Windward CC, or Pāki Hale, with 45 online classes live 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+**

Fall Membership fees: \$50 new members / \$75 returning members. Membership gives access to 3-5 classes, plus space-available extras, SIGs, and social events. Membership fees are ordinarily **non-refundable**

Online classes via Zoom

You don't need a Zoom account to attend, but you'll need the Zoom app installed on your device (computer, tablet, or smartphone).

Need a refresher? Join our Zoom training session:

Date: Wed, Sep 17, 12:00–12:30 pm [RSVP](#)

Fall 2025 Key Dates

Aug 24: Zoom Open House & Priority Registration Overview 1:00-3:00 pm.

Aug 25: Priority --Request Registration begins

Sep 8: Priority-Request Registration Closes 7pm HST

Sep 11: Sorting program runs; notification of class enrollment/waitlist status.

Sep 14 Welcome Potluck. In-person Krauss Hall

Sep 15: Open Registration Begins 9 am

Sep 22: CLASSES START

Nov 11: Veterans Day. No classes.

Nov 27-28: Thanksgiving Break. No classes.

Dec 13: Last day of Fall classes.

Registration

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

Priority-Request Registration (Aug 25 – Sep 8)

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 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 deleted.
- **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:** Sep 11.

Open Registration (starts Sep 15)

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.

Full Fall 2025 Classes

Need help? [Registration Help](#)

Orientations & Trainings [RSVP](#)

Aug 24: Priority Registration Overview

Sep 12: Open Reg/Add to Cart Demo 3 pm

Sep 17: Zoom Training/Refresher 12-12:30 pm

Sep 17: OLLI instructor protocols 12:30 - 1pm

Sep 17: Class helper & hosting training 1-2 pm

How to Contact OLLI

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OLLI Course Descriptions

SUNDAY CLASSES

873. The Films of Stanley Kubrick: A Retrospective **NEW IN PERSON** Krauss Hall, UH Mānoa

Instructor: Bob Speers, PhD

Dates: 8 Sundays, Oct 5 – Nov 23

Time: 2:00 – 3:30 pm

Location: UH Mānoa Krauss Hall 113B

Enrollment Limit: 12

Class Structure: Participants will view each week's film via streaming services 1–2 days before meeting in-person on Sunday for discussion. **NOTE:** Fandango at Home requires no monthly membership fee. Movies can be individually rented for between \$2.99 – \$3.99.

Stanley Kubrick is widely regarded as one of the greatest American film directors. From the 1960s through the 1980s, he created memorable films with such innovative technique that they are still studied today for his mastery of image and sound. Starting with an overview documentary, we will then review the last seven of Kubrick's masterpieces, from *Dr. Strangelove* to *Eyes Wide Shut*, focusing on one film per session. Together, we will attempt a critical analysis of each film's merits and limitations.

This class is designed as an interactive discussion rather than a lecture. Participants are expected to contribute thoughtful commentary to the group process. Think of it as a film club where everyone watches the movie before coming together to talk about it.

10/5: *Stanley Kubrick: A Life in Pictures*

10/12: *Dr. Strangelove*

10/19: *2001: A Space Odyssey*

10/26: *A Clockwork Orange*

11/2: *Barry Lyndon*

11/9: *The Shining*

11/16: *Full Metal Jacket*

11/23: *Eyes Wide Shut*

Dr. Speers is a retired psychologist and film buff. He is the founder and chairperson of the Honolulu Film Critics Group. A frequent attendee at international film festivals, he is also a screener for the Honolulu International Film Festival.

845. History of Pickles **IN PERSON** Krauss Hall, UH Mānoa

Instructor: Carole Cancler

Dates: 4 Sundays, Oct 19 - Nov 9

Time: 1:00 - 2:30 pm

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 30

Repeat of last year's class with minor adjustments. The first 3 weeks covers the history of pickle-making around the world. The 4th week is optional for sharing where people can bring in pickles they have made--several did this last time, and it was great fun. In this class, attendees get an overview of pickling methods and explore the world of pickled vegetables (and a few fruits).

This is not a demonstration or hands-on class. It is primarily a history and culture class from the perspective of pickling. We cover pickle-making throughout history in cultures around the world. We explore the science of pickles...what makes a pickle, a pickle? We examine several methods for making fermented pickles and the relatively modern "fresh" pickle using vinegar, lemon juice, or other acids to preserve foods.

A list of more than 80 pickle recipes from around the world (with links) is also provided. The recipes use the full range of pickling methods with an emphasis on produce grown in Hawai'i, including avocado, cabbage, corn, cucumber, eggplant, tomato, ginger, mango, okra, pineapple, tomatoes, and other common vegetables.

889. Classical Chinese Mahjong **NEW IN PERSON** Krauss Hall, UH Mānoa **FULL**

Instructor: Mike Fujita

Dates: 6 Sundays, Nov 2 – Dec 7

Time: 11:00 am – 1:00 pm

Location: UH Mānoa, Krauss Hall 111

Enrollment Limit: 16

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. This Japanese/Okinawan will teach Classical Chinese Mahjong

813. Smart Games IN PERSON Krauss Hall, UH Mānoa

Presenter: Uyanga Batzogs, MBA, PhD
Dates: 4 Sundays, Nov 16 - Dec 7
Time: 1:30 – 3:00 pm
Location: UH Mānoa, Krauss Hall 111
Enrollment Limit: 16

Do you want to have fun and become smarter by playing unique games while you learn fun facts about different countries and cultures? Come to our smart games class! We use board games and cards from Korea and Europe, which make these games different from typical board/card games common in America. They test speed, critical thinking, math, and other important factors in intellectual functions. More than that though, they're fun and a great way to meet new people and make friends!

Uyanga, from Mongolia, founded *Quality Life*, a Ulaanbaatar-based non-profit that started Mongolia's first senior center, using board games as tools for socializing and learning. She earned her PhD from the UH Thompson School of Social Work and Public Health, focusing on older adults. Uyanga enjoys teaching board games and playing trivia with older adults in Mongolia and Hawai'i.

MONDAY CLASSES

846. Monday Morning Movies: Happy! **NEW**

Instructor: Dan Devaney
Dates: 12 Mondays, Sep 22 - Dec 8
Time: 9:00 am – 12:00 pm
Location: Online via Zoom
Enrollment Limit: none

Clap along if you feel like happiness is the truth (Because I'm happy) Clap along if you know what happiness is to you (Because I'm happy) Clap along if you feel like that's what you wanna do --Pharrell Williams

This course aims to present what most people will consider to be "happy movies", those that have lighthearted, joyful content with minimal tension or drama, emphasizing humor, fun, or carefree moments. It prioritizes general cheerfulness and avoids heavy emotional drama. People may disagree whether a particular movie is a happy film. For example, although some critics describe *Life is Beautiful* (1997)

as a "happy film", we will not be showing it. The films we will show include *Amélie* (2001), *It Happened One Night* (1934), *My Cousin Vinny* (1992), and *A Night at the Opera* (1935).

847. A History of Mathematics Part II: From the Alexandrine Greeks through the New World and the Orient

Instructor: Pradip Kar
Dates: 8 Mondays, Sep 22 - Nov 10
Time: 10:00 – 11:30 am
Location: Online Zoom class,
Enrollment limit: 12

Mathematics has a fascinating history and captures many significant milestones in human progress. It was loved by the practicing mathematicians and loathed by many who both hated and feared its power. In Part II we will continue to explore the quest for knowledge and disciplined enquiry into “the most elaborated and sophisticated of the sciences”. We will first review materials from Part 1 (presented last spring) including: abstraction; methods of reasoning; inductive and deductive logic; axioms and the formal proof. Most topics are developed through class discussions and solving problems. (Bring a paper and pencil, and note that the problems will be new). Then we cover the contributions of the Alexandrine Greeks. Using the results of Euclid's geometry; basics of trigonometry; charting the heavens and earth. Beginnings of astronomy: Eudoxus, Hipparchus, Ptolemy and formulating a theory of planetary motion New world civilizations such as the Mayas and the Aztecs; Orient and middle east (India, China, the Arabs, and Persians) after the decline of Greek society

Reference Books:

1. A Concise History of Mathematics by Dick Struik
2. Journey through Genius by William Dunham
3. Mathematics for the Non- Mathematician by Morris Kline

814. Zumba Gold Toning

Instructor: Robin Bush
Dates: 12 Mondays, Sep 22 - Dec 8
Time: 12:00 – 1:00 pm
Location: Online via Zoom
Enrollment Limit: None
***All participants must have completed a 2025 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 pcrobin@yahoo.com or call 808-949-2161.

870. Introduction to Handmade Books NEW IN PERSON WCC FULL

Instructor: Jane Raissle

Dates: 4 Mondays, Sep 22 - Oct 13

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Kuhina, Room 114

Enrollment Limit: 8

Student Supplied Materials: Plain paper (copy paper, writing paper, or sketch-weight paper), colored card stock, pencil and eraser, a pair of scissors, an Exacto or Olfa knife, self-healing cutting mat, ruler with a metal edge, bone folder (or substitute an expired credit card or hotel key card), binder clips (small), adhesives: glue stick, white glue, double-sided tape (¼" wide), sewing supplies: 4 needles and thread (linen or embroidery), a small awl (can substitute a push pin), and a ½-1" brush for glue (inexpensive). Details about materials for covers and content will be shared in advance of each project.

This in-person, hands-on class presents four handmade book structures, one in each class. The course is designed to introduce, then review and expand the skills needed to create a variety of sewn books. In addition to the opportunities for learning and practicing these book-binding techniques, class discussions provide time to share ideas for modifications, adding content, surface design treatments, and other embellishments.

815. Tropical Gardening

Instructor: Diana Duff

Dates: 8 Mon, Sep 22 - Dec 1 (no class 10/13, 20, 27)

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.

9/22 - Gardening Basics Building soil, adding nutrition and watering

9/29 - Ornamentals ID Identifying 50+ ground covers, vines & shrubs

10/6 – Ornamentals ID Identifying 50+ shrubs & trees

10/13, 20, 27 No Class

11/3 - Amendments & Fertilizers for soil and plant health

11/10 - Pruning 1 – basics of pruning

11/17 - Pruning 2 Situations and demonstrations

11/24 - Diagnosing Plant Problems Steps to diagnose problems

12/1 - Solving Plant Problems Ways to solve problems

816. First Steps to Hiking IN PERSON FULL

Instructor: Jennie Chadbourne

Dates: 4 Mondays, Oct 20 - Nov 10

Time: 9:00 am -12:00 pm

Location: varies each week

Enrollment Limit: 16

***All participants must complete a 2025 waiver prior to class. Must be able to walk 2 to 3 hours.**

If you are new to the OLLI program then it is recommended that you take this course prior to taking other 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.

The first class is informational and will cover basic information to help prepare you to hike. You'll build on your knowledge and skills each week. The beginner level hikes will become progressively more difficult each week due to the terrain and distance. The instructor will email students the location and details of the hike a few days prior to class.

848. Public Remarks: Best Practices NEW

Instructor: Lloyd Lim

Dates: 4 Mondays, Oct 20 - Nov 10

Time: 12:00 - 12:45 pm

Location: Online Zoom class

Enrollment Limit: 30

Instructor expectations: There is no homework, class attendance is the only expectation. There will be emailed items, but these will have a decidedly optional feel.

Public speaking is a top fear for most people. But now and then we may be asked to give brief remarks at a birthday, wedding, employee last day party, a funeral, or a business or political schmooze event. We will discuss best practice tips including being brief, preparation, credibility vs authenticity, speaking notes, handling anxiety, ways to improve your delivery and speaking voice, argumentation, and the pros and cons of humor. Taught by Lloyd Lim, who worked in government, law & business, and who has taught a variety of subjects.

871. Introduction to Book Binding for Visual Artists and Photographers NEW IN PERSON WCC FULL

Instructor: Jane Raissle

Dates: 4 Mondays, Oct 20 - Nov 10

Time: 1:00 pm - 4:00 pm

Location: Windward Community College, Hale Kuhina, Room 114

Enrollment Limit: 8

Student Supplied Tools & Materials: Student-Supplied Materials: Colored card stock, pencil and eraser, a pair of scissors, an Exacto (or Olfa) knife, a self-healing cutting mat, a ruler with a metal edge, a bone folder (or substitute an expired credit card or hotel key card), adhesives: glue stick, white glue, and/or double-sided tape (1/4" wide), and a small (1/2-1") brush for glue (inexpensive!). Details about materials for covers and content (photos or artwork) will be shared in advance of each project.

During this in-person, hands-on class, students will create three folded book structures designed to display visual art (Explosion Book, Single Flag Album, Multi-Flag Artist Book). This course is designed to introduce, then review, and expand the skills needed to create a variety of books. The lessons are cumulative so skills build from one day to the next. No prior experience in book making is required; however, consistent attendance is necessary.

849. Health, Happiness and the Creative Impulse NEW

Instructor: Catharine Bramkamp, M.A.

Dates: 4 Mondays Nov 3 - 24

Time: 9:30 - 10:30 am

Location: Online via Zoom

Enrollment Limit: none

Come get an infusion of joy and purpose. Through discussion, writing and lecture we will investigate the creative impulses that can lead to a new creative passion or unearth a long buried one. This is a workshop and participatory class.

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*.

888. Calligraphy: Beautiful Writing NEW IN PERSON WCC FULL

Instructor: Michael Brezel

Dates: 4 Mondays, Nov 17 - Dec 8

Time: 9:30 am - 12:30 pm

Location: Windward Community College, Hale Kuhina, Room 114

Enrollment Limit: 12

Supplies: Students will receive online material and information about tools prior to first class.

A short introduction into Western Calligraphy, its history, evolution, how you can express yourself with beautiful handwriting, the appreciation of the English alphabet, its history and how to draw letterforms.

Michael has taught Calligraphy classes in Philadelphia, Santa Cruz CA, and Kamuela at Open Universities (no college credit). He studied calligraphy in Oregon with master calligrapher Lloyd Reynolds (1970). His degree is in Anthropology and believes handwriting is all about being human.

TUESDAY CLASSES

817. Smartphone Photography IN PERSON Krauss Hall, UH Mānoa and outside **FULL**

Instructor: Hawkins Biggins

Dates: 4 Tuesdays, Sep 23 - Oct 14

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 3 miles. **All participants must complete a 2025 waiver prior to class.**

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

Equipment: Any smartphone with a camera.

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.

~~818. On Oahu's Trails: An Overview of Hawai'i's Natural History~~ **CANCELLED**

Presenter: Mike Fujita

Dates: ~~6 Tuesdays, Sep 23 – Oct 28~~

Time: ~~Field trips meet at the trailhead at 9:00 am unless indicated otherwise.~~

Location: ~~Varies, see below.~~

Enrollment Limit: 16

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

Requirements: ~~In addition to completion of a 2025 waiver prior to class, all participants must have the ability to hike 5 miles and be able to walk for 4 hours. For our safety we will all hike together as one group.~~

~~Each hike is chosen to best illustrate our lesson for the week. We hike. We take a break halfway to our farthest point and start the lesson. We hike. We break for lunch (or elevenses) at the farthest point of our hike and continue the lesson. We hike back, stopping~~

~~halfway to complete the lesson. Then we complete our hike. Though the hikes will not be difficult, you will have to be able to hike to where we will have our discussion in our outdoor classroom. Topics and hikes include:~~

~~Sep 23: Geology at the Old Pali Road~~

~~Sep 30: Terrestrial Native Species at Puu Ohia Mānoa Cliffs Trail~~

~~Oct 7: Marine Native Species; Polynesians at Hanauma Bay Rim~~

~~Oct 14: Ethnobotany at Lyon Arboretum~~

~~Oct 21: Western Contact at Kaena Point~~

~~Oct 28: Conservation at Palikea~~

819. Osteo-cise Bone Fitness

Instructor: Robin Bush

Dates: 11 Tue, Sep 23 - Dec 9 (no class 11/11)

Time: 11:00 – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2025 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.

820. Impromptu Writing Class

Facilitator: Esther Geil, BA, MS, MEd

Dates: 11 Tuesdays, Sep 23 - Dec 9 (no class 11/11)

Time: 10:00 - 11:15 am [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.

821. Pacific Encounters Part 1: Living Traditions of Oceania

Instructor: John Fleckles, Ph.D.
Dates: 6 Tuesdays Sep 23 - Oct 28
Time: 2:00 - 3:30 pm
Location: Online via Zoom
Enrollment Limit: None

Based on my travels to Pacific islands beyond Hawaii. Islands included in Part 1 are Solomons, Vanuatu, Samoa, Fiji, Papua New Guinea [Huli people] and the Marquesas where instructor (with camera) has traveled/led tours for 25 years. Included are ceremonies of communal life, social hierarchy traditions and Oceanic arts, including traditional spiritual roots. Lecture with photos and interactive. Six weeks with one session per week. Part 2 to be offered in Spring 2026

9/23: The Huli People of the Tari Highlands of Papua New Guinea
9/30: A Journey through Lapita Cultures from the Solomon Islands to New Caledonia
10/7: Encountering Living Traditions on Vanua Levu island, Fiji
10/14: Living Traditions of Fa'a Samoa on Manono Island, Samoa
10/21: A Journey through the Marquesas Islands, French Polynesia
Oct 28: The Mysteries of Rapa Nui [Easter Island]

850. The Windsors: from the beginning to Queen Elizabeth II NEW

Instructor: Alexis Alexander, PhD
Dates: 4 Tuesdays, Sep 23 - Oct 14
Time: 4:00 – 5:30 pm
Location: Online via Zoom
Enrollment Limit: None

From WWI to the present, the Windsor's have been a fascinating part of the history of Great Britain and Europe. The tale of the family is full of lore, mystery and plenty of scandal. From George V to his granddaughter Elizabeth there is much of interest for

the armchair historian. We will look at how the dynasty came to be and at just how much can go wrong on a personal level in a seemingly successful reign of over a century. Join us for plenty of back stairs gossip and "tea" about this famous family.

851. Hollywood: Two Pathfinder Directors (Ford & Capra) NEW

Instructors: Lloyd Lim and Sidney Goldstein
Dates: 7 Tues, Sep 23 - Nov 18 (no class 10/14, 11/11)
Time: 6:00-8:30 pm
Location: Online Zoom class
Enrollment Limit: 30

Writers and film buffs Sid Goldstein and Lloyd Lim will lead students in a Zoom viewing of films by two American directors who set us on a path: John Ford and Frank Capra. They told distinctly American stories, and in doing so, helped define our cultural identity. This isn't just a trip down memory lane. These films inform our current struggles with "Americanism."

Sep 23: *The Quiet Man* (1952) with John Wayne & Maureen O'Hara. Directed by John Ford. A spunky woman is wooed by an independent man. Filmed in Ireland. (129 min).

Sep 30: *Mr. Deeds Goes to Town* (1936) with Gary Cooper & Jean Arthur. Directed by Frank Capra. A small-town man comes to a new town and meets a street-wise reporter. (116 min.)

Oct 7: *My Darling Clementine* (1946) with Henry Fonda, Victor Mature & Cathy Downs. Directed by John Ford. Wyatt Earp and Doc Holliday meet in Tombstone and get into a feud. (97 min.)

Oct 14: No Class

Oct 21: *Mr. Smith Goes to Washington* (1939) with Jimmy Stewart, Jean Arthur & Claude Rains. Directed by Frank Capra. An idealistic young man goes to D.C. and meets romance and political corruption. (130 min.)

Oct 28: *Cheyenne Autumn* (1964) with Richard Widmark, Carroll Baker & Karl Malden. Directed by John Ford. A Union cavalry officer oversees the process of sending Native Americans to a reservation. (154 min.)

Nov 4: Discussion class. Duration should be less than one hour.

Nov 11: No Class (Veteran's Day)

Nov 18: *State of the Union* (1948) with Spencer Tracy, Katherine Hepburn & Angela Lansbury. Directed by Frank Capra. An ambitious Washington D.C. couple plans an ascent to power. (123 min)

822. Beginning Ukulele Tuesdays IN PERSON Paki Hale FULL

Instructor: Jason Tse

Dates: 10 Tue, Sep 30 - Dec 9 (no class 11/11)

Time: 10:00 - 11:00 am

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

Enrolment 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.

823. Ukulele Ensemble IN PERSON Paki Hale FULL

Instructor: Jason Tse

Dates: 10 Tuesdays Sep 30 - Dec 9

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 ales 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!

830. Ukulele Kanikapila IN PERSON Paki Hale FULL

Instructor: Jason Tse

Dates: 9 Tue, Sep 30 - Dec 9 (no class 10/7, 11/11)

Time: 12:30 - 1:30 pm

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

Enrolment 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.

826. Ukulele Music Theory IN PERSON Paki Hale FULL

Instructor: Jason Tse

Dates: 8 Tuesdays Oct 14 - Dec 9

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.

824. Advanced iPhone Photography IN PERSON Krauss Hall, UH Mānoa and outside FULL

Instructor: Hawkins Biggins

Dates: 4 Tuesdays, Oct 28 - Nov 18

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: Ability to walk 2-3 hours, up to 3 miles on our photo walks. **All participants must complete a 2025 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 your iPhone, this class will focus on taking the art of photography to the next level. We will incorporate elements of photography that we learned in previous classes (composition, light & lines) and explore in depth the iPhone's Portrait Mode and Live Mode (Long Exposure & Intentional Camera Movement (ICM)). We will utilize the iPhone photo app to edit our images.

852. Fascism NEW

Instructor: Carol Zink, History BA, MBA

Dates: 4 Tuesdays, Nov 18 - Dec 9

Time: 9:00 - 10:30 am

Location: Online via Zoom

Enrollment Limit: None

The term 'fascist' is often bandied about and frequently used to dismiss the actions and ideas of those with whom we disagree. But what, exactly, is fascism? How did it manifest in the 20th Century, and is it present in regimes and/or ideas in the 21st century? This course will examine the basic ideas of fascism and the development and actions of fascist governments of Italy and Germany from the 1920's to the 1940's, and of Spain from 1939 to 1975. We will then turn to modern manifestations of fascist ideas and policies in the 21st century. The course will have no assigned reading, but a list of recommended sources will be provided.

Carol Zink, a retired high school history teacher of Modern World and AP European History, teaches history courses for OLLIs in New Hampshire and Hawaii. She supplements her knowledge with Stanford Continuing Education courses on a wide variety of geopolitical and historical topics, and books. She is also a retired Navy Captain, grandmother of five, community volunteer, online tutor, and an avid hiker, kayaker, swimmer, and chef. She usually divides her time between New Hampshire and California, with occasional stints with the grandkids in Hawaii

853. Charles Dickens' Little Dorrit: Autobiography and Social Satire NEW IN PERSON Krauss Hall, UH Mānoa

Instructor: Joe O'Mealy, Retired English Prof, UH-Mānoa, PhD in English, Stanford University

Dates: 4 Tuesdays, Nov 18 – Dec 9

Time: 2:00 pm – 3:30 pm

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 20

Text: Participants will need to have a copy of Little Dorrit, on paper or electronic

Reading: Please read the first thirteen (13) chapters BEFORE our first meeting, Nov 18.

Little Dorrit (1857) is one of Dickens's great Late Period novels, along with Bleak House and Great Expectations, though often overshadowed by them. It is his powerful presentation of Victorian society as both literal and metaphoric Prison, leavened with some of his most telling satire and comedy (the Circumlocution Office, Flora Finching). George Bernard Shaw said that reading Little Dorrit converted him to socialism.

We will read the novel closely over four weeks.

Because it is a long novel, we must make the best use possible of our four meetings. I will lecture of course but group discussion will be key to successful meetings.

825. Smartphone Photography & Book Making Workshop IN PERSON Krauss Hall, UH Mānoa FULL

Instructors: Hawkins Biggins and Jane Raissle

Dates: 3 Tuesdays, Nov 25 - Dec 9

Time: 8:00 - 11:00 am

Location: UH Mānoa, Krauss Hall 112

Enrollment Limit: 8

IMPORTANT NOTE: The first session is the week of Thanksgiving, please only sign up for this workshop if you can attend all three class dates. If you miss a class you will fall behind and will not be able to catch 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 2025 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 this three-session photo-book workshop. 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 accordion style folding book. Move beyond the photo album and create an accordion style folding book to display your favorite photos. A supply list will be provided before the final class.

WEDNESDAY CLASSES

886. Beginning Digital Photography (a) NEW FULL

Instructor: Eli Vega
Dates: 5 Wednesdays Sep 24 - Oct 22
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 use a camera for your photography, this course is for you. In this highly interactive course, you will learn the basics, like those dials on your camera; those mysterious menu items; composition; f/stops, shutter speeds, & the exposure meter and how they all work together; ISO and White Balance; Different types of lenses; the #1 solution to the #1 problem in photography; and more! You will also receive feedback on your photos.

Eli Vega, an award-winning photographer and author, has taught photography for thirty years, including field workshops in Rocky Mountain National Park, and classes for OLLI (Osher Lifelong Learning Institute) throughout the country. Eli is known for his two mantras: “The best photography is found where creative aesthetics and technical know-how meet,” and “I don’t see with my eyes. I see with my imagination.” It’s easy to see how he makes his classes and workshops casual, engaging, and fun.

854. Topics and Conversations in Aging NEW HYBRID

Moderator: Michael Cheang, DrPH
Dates: 3 Wednesdays, Sep 24 - Oct 8

Time: 11:00 am -12:30 pm
Location: UH Mānoa, Krauss Hall 112 & via Zoom
Enrollment Limit: In person 24/ via Zoom none

Featured guests with fascinating careers share their stories, followed by conversations with OLLI attendees. Each session concludes with the moderator highlighting key points and linking them to concepts and theories of aging.

Sep 24: Paul Piper — Reflections on a business career, family life with six adopted children, and the joys and challenges along the way.
Oct 1: Ginny Tanji — Changing Life Roles: From librarian to world traveler, retiree, and beyond.
Oct 8: Helen & Ginger Carey — On careers in computer science during a male-dominated era.

827. Culinary Conversations

Presenter: Tom Sheeran
Date: 6 Wed, Sep 24, Oct 8, 22, Nov 5, 19, Dec 3
Time: 7:00 – 8:00 pm
Location: Online Zoom class
Enrollment Limit: 36

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.

855. Aeschylus Sophocles Euripides' Oresteia Plays NEW

Instructor: Dave Johnson, BA Yale, JD Harvard Law
Dates: 4 Wednesdays, Oct 1, 15, 29, Nov 12
Time: 2:00 – 4:00 pm
Location: Online Zoom class
Enrollment Limit: none

We will read and discuss 7 plays by the great classic Greek tragic playwrights related to aspects of the Greek Oresteia myth. These plays are Aeschylus' Agamemnon, The Libation Bearers, and The Eumenides; Sophocles' Electra; and Euripides' Electra, Iphigenia at Aulis, and Orestes. We will consider all aspects of these plays and pay particular attention to

the playwrights' choices of portions of the myth and their variations on that myth.

The Oresteia myth is an extraordinarily intense emotional, violent and murderous generational family story, which continues to attract great playwrights in modern times, e.g. Eugene O'Neill's *Mourning Becomes Electra* and Jean Paul Sartre's *Les Mouches* (The Flies). We will have 4 classes, one every other week. The first giving some background on Greek tragic drama and discussing Agamemnon. The next 3 sessions will each discuss 2 more of our plays.

856. The Individual in a Conflicted Society **NEW**

Instructor: Les Ozawa, BA, MA English UH-Mānoa,
Dates: 6 Wed, Oct 8 - Nov 12
Time: 11:00 am - 12:30 pm
Location: Online via Zoom
Enrollment Limit: 20

Beliefs commonly held by people are the sticky nodes of webs that bind people (and societies) together. They may be doctrinal (like those of the Roman Catholic Church, Southern Baptist Convention or Wahabi Sunni Islam, etc.), or conceptual, like the belief that "all men are created equal". Beliefs can be the means of identity, to provide entry and participation in a given society. Beliefs can also spur ostracism, rejection, and even death. Is there something besides belief that sustains some people to live affirmatively, even when they have no realistic hope to survive that day or the next?

Excerpts from two short books will be the basis to discuss the individual in a conflicted society. Some copies of these books may be available in public libraries, but they can be purchased used, through the internet: *Man's Search for Meaning*, by Viktor Frank, a Nazi concentration camp survivor, and *Last Night I Dreamed of Peace*, a diary kept by Dang Thuy Tram, a North Vietnamese physician who died during the Vietnam War,

Les Ozawa, retired from the U.S. civil service, worked for the Army and Navy in public affairs in Honolulu, Alaska, Oregon, California and North Carolina. Not a scholar, he likes to read widely, mostly about culture and history.

887. Beginning Digital Photography (b) **NEW FULL**

Instructor: Eli Vega
Dates: 5 Wednesdays Nov 5 - Dec 3
Time: 9:00 - 10:30 am
Location: Online via Zoom
Enrolment Limit: 10
Required equipment: You must have access to a DSLR camera.

If you use a camera for your photography, this course is for you. In this highly interactive course, you will learn the basics, like those dials on your camera; those mysterious menu items; composition; f/stops, shutter speeds, & the exposure meter and how they all work together; ISO and White Balance; Different types of lenses; the #1 solution to the #1 problem in photography; and more! You will also receive feedback on your photos.

828. Intermediate Hikes for the Experienced and Fit: Wednesday w/ Lee **IN PERSON FULL**

Instructor: Larry Lee
Dates: 6 Wednesdays, Nov 5 - Dec 10
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 2025 waiver prior to class, and MUST be physically fit enough to hike 5 hours and 3 to 4 miles over unimproved trails.**

There are many well-known trails on O'ahu, some maintained by the state and others under private jurisdiction. In addition, experienced hikers know of many obscure less traveled trails that often pass through more pristine wilderness. Because hikes are sometimes in sensitive areas, posting hikes on social media and the use of AllTrails and public sharing of Gaia will not be allowed. Depending on the ability of the group, hikes will average between 3-4 miles. Hikes start at 9:00 am and usually end between 2:00 - 3:00 pm. Because ending times are unpredictable, making other plans for the afternoon is not recommended. Participants should be in fit condition and experienced with uneven terrain, narrow and unimproved trails, extended ups and downs, and ridges with drop-offs. Hikes may also involve slippery trails, use of ropes, and stream crossings on slippery rocks. We hike as a group and hikers are expected to complete hikes

without turning back early, which may not be possible or allowed. The goal is to provide fun, interesting and challenging hikes that will leave experienced and fit hikers with a good workout and a feeling of accomplishment.

THURSDAY CLASSES

857. OLLI's Thursday Morning Movies: A Fresh Ensemble of Film Lovers **NEW**

Presenters: Assorted TBD

Dates: 11 Thu Sep 25 - Dec 11 (no class Nov 27)

Time: 9:00 am – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

Join us every Thursday from 9 a.m. to 12 p.m. for a new chapter of our beloved movie class, now known as OLLI's Thursday Morning Movies. Starting this fall, we're embracing a community approach. Each week will feature a different presenter or guest sponsor sharing a handpicked film, all chosen and scheduled in advance to offer a diverse, engaging lineup. Expect a season of cinematic exploration and lively discussion, all from the comfort of your own screen.

831. Interval Strength Training for Active Older Adults

Instructor: Robin Bush

Dates: 11 Thu Sep 25 - Dec 11 (no class 11/27)

Time: 11:00 am – 12:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2025 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.

858. Ken Burns' JAZZ

Instructor: Jim Hesse, Musician, Actor

Dates: 6 Thursdays, Sep 25 - Oct 30

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

Sep 25: *Gumbo* Beginnings to 1917 New Orleans from 1890s Jazz blends every kind of music into a mix called Gumbo Soup.

Oct 2: *The Gift* 1917-24 Louis Armstrong goes to Chicago and Duke Ellington to New York; the uproarious Jazz Age is in full swing.

Oct 9: *Our Language* 1924-28 - Bessie Smith & Louis Armstrong prove that Jazz is art for everyone and the Jazz sound is everywhere.

Oct 16: *The True Welcome* 1929-35 - Big Band Music & Benny Goodman gives birth to Swing Era and Harlem's Dance Halls spread across the land

Oct 23: *Swing: Pure Pleasure* 1935-37 Tommy Dorsey. Glenn Miller. Artie Shaw became matinee idols. Vocalists like Billie Holiday emerges as the greatest female singer.

Oct 30: *The Velocity of Celebration* 1937-39 Count Basie and Ella Fitzgerald, are startling new voices and sounds.

832. Good Health Head to Toe, the Chinese Way!

Presenter: Melissa Yee

Dates: 6 Thursdays, Sep 25 - Oct 30

Time: 3:00 – 4:30 pm

Location: Online via Zoom

Enrollment Limit: 40

Together we'll explore basic principles and possibilities of Oriental Medicine, acupuncture and acupressure, and microsystems which can be applied to improve your health and outlook in daily life. Learn about the 5 elements, Yin and Yang, coupled organs, twelve meridians and how to strengthen your Qi, or spirit. Balance your energy by stimulating different body areas with acupressure and gentle massage. We go from your head to your feet to see how to improve circulation, mental clarity, daily habits, diet, and lifestyle. Get ready to be healthier, happier and more harmonious!

Sep 25: Basics of Traditional Chinese Medicine (TCM), acupuncture, the organ clock, Four Gates (4 acupuncture points) to balance upper and lower body.

Oct 2: Meridians of the Head, Face, and Ear Reflexology; Scalp Master Reflex Points.

Fall 2025 Course Schedule by Day of the Week

	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p.
SUNDAY COURSES								
873	The Films of Stanley Kubrick	Speers	10/5/25	11/23/25	2 - 3:30 pm	8	12	3
845	History of Pickles	Cancler	10/19/25	11/9/25	2- 1:30 PM	4	30	3
889	Classical Chinese Mahjong FULL	Fujita	11/2/25	12/7/25	11 am - 1 pm	6	16	3
813	Smart Games	Batzogs	11/16/25	12/7/25	1:30 - 3 pm	4	16	4
MONDAY COURSES								
846	Monday Morning Movies: Happy!	Devaney	9/22/25	12/8/2025	9 AM - 12 PM	12	na	4
847	A History of Mathematics Pt II:	Kar	9/22/25	11/10/25	10-11:30	8	12	4
814	Zumba Gold Toning W	Bush	9/22/25	12/8/2025	12 - 1 PM	12	na	4
870	Introduction to Handmade Books F	Raissle	9/22/25	10/13/25	1 - 4 PM	4	8	5
815	Tropical Gardening	Duff	9/22/25	12/1/25	2 - 3:30 PM	8	65	5
816	First Steps to Begin Hiking WF	Chadbourne	10/20/25	11/10/25	9 AM - 12 PM	4	16	5
848	Public Remarks: Best Practices	Lim	10/20/25	11/10/25	12- 12:45 PM	4	24	6
871	Introduction to Book Binding for Visual Artists and Photographers F	Raissle	10/20/25	11/10/25	1 - 4 PM	4	8	6
849	Health, Happiness and the Creative Impulse.	Bramkamp	11/3/25	11/24/25	9:30-10:30 am	4	na	6
888	Calligraphy: Beautiful Writing F	Brezel	11/17/25	12/8/25	10 AM - 1 PM	4	12	6
TUESDAY COURSES								
817	Smartphone Photography W F	Biggins	9/23/25	10/14/25	8 - 11 am	4	12	7
848	On Oahu's Trails: CANCELLED	Fujita	9/23/25	11/28/25	9 am - 1 pm	6	16	7
819	OsteoCise Bone Fitness W	Bush	9/23/25	12/9/25	11 AM -12PM	11	na	7
820	Impromptu Writing Class	Geil	9/23/25	12/9/25	10 - 11:15 am	11	8	7
821	Pacific Encounters Part 1: Living	Fleckles	9/23/25	10/28/25	2 -3:30pm	6	na	8
850	The Windsors	Alexander	9/23/25	10/14/25	4 - 5:30 PM	4	na	8
851	Hollywood: 2 Pathfinder Directors	Lim/Goldstein	9/23/25	11/18/25	6 - 8:30 PM	7	30	8
822	Beginning Ukulele FULL	Tse	9/30/25	12/9/25	10 - 11 am	10	15	9
823	Ukulele Ensemble FULL	Tse	9/30/25	12/9/25	11:15 am- 12:15 pm	10	20	9
830	Ukulele Kanikapila FULL	Tse	9/30/25	12/9/25	12:30-1:30 pm	9	15	9
826	Ukulele Music Theory FULL	Tse	10/14/25	12/9/25	2 - 3:00 pm	8	15	9
824	Advance iPhone Photography WF	Biggins	10/28/25	11/18/25	8 - 11:00 am	4	12	9
852	Fascism	Zink	11/18/25	12/9/25	9 -10:30 AM	4	na	10
853	Charles Dickens' Little Dorrit: Autobiography and Social Satire	O'Mealy	11/18/25	12/9/25	2 -3:30pm	4	20	10
825	Smartphone Photography & Book Making Workshop W FULL	Biggins/Raissle	11/25/25	12/9/25	8-11:00 am	3	8	10
WEDNESDAY COURSES								
886	Beginning Digital Photography(a) F	Vega	9/24/25	10/22/25	9 - 10:30 AM	5	10	11
854	Topics & Conversations in Aging	Cheang	9/24/25	10/8/25	11 am - 12:30 pm	3	na	11
827	Culinary Conversations	Sheeran	9/24/25	12/3/25	7 - 8:00 PM	6	36	11
855	Aeschylus Sophocles Euripides' Oresteia Plays	Johnson	10/1/25	11/12/25	2 - 4:00 PM	4	na	11
856	The Individual in a Conflicted Society	Ozawa	10/8/25	11/12/25	11:00 am - 12:30 pm	6	20	12

887	Beginning Digital Photography(b)	Vega	11/5/25	12/3/25	9:00-10:30 AM	6	10	12
828	Intermediate Hikes Wednesdays w/ Larry Lee W FULL	Lee	11/5/25	12/10/25	9:00 AM - 2:00 PM	6	16	12

Day/Course Title		Instructor	Starts	Ends	Time	wks	Limit	p.
THURSDAY COURSES								
857	OLLI's Thursday Morning Movies	Assorted	9/25/25	12/11/25	9 AM - 12 PM	11	na	13
831	Interval Strength Training for Active Older Adults W	Bush	9/25/25	12/11/25	11AM - 12PM	11	na	13
858	Ken Burns' JAZZ	Hesse	9/25/25	10/30/25	1 - 3:00 PM	6	na	13
832	Good Health Head to Toe, the Chinese Way!	Yee	9/25/25	10/30/25	3:00-4:30 pm	6	40	13
859	Backgammon: Foundation	Fujita	10/2/25	12/11/25	9:00-11:00 am	10	na	17
833	Food For Thought	Mandryk	10/16/2025	11/20/25	9:00-10:30 AM	6	24	17
834	Intro to the Joy of Hiking W FULL	Foster	10/30/25	12/11/25	9 AM-1 PM	6	16	17
875	The Power of Kindness	Carey	11/6/25	11/13/25	11 AM- 12:30 PM	2	35	18
860	Here comes Christmas!	Hesse	11/6/2025	12/11/25	1 - 3 PM	5	na	18
872	Better Eyesight: A Natural Way F	Yee	11/6/2025	12/11/25	3 - 4:30 pm	5	40	18
Day/Course Title		Instructor	Starts	Ends	Time	wks	Limit	p.
FRIDAY COURSES								
861	Creative Watercolor Techniques FULL	Gibson	9/26/25	12/12/25	9:00-10:00 am	11	24	18
835	Zumba Gold W	Bush	9/26/25	12/12/25	12 - 1:00 PM	11	na	18
862	Between the Wars: America 1917—1941 through the Lens of Short Fiction	Weibezahl	9/26/25	10/31/25	1:00 - 2:30 PM	6	35	19
863	Russian Foreign Policy	Weiner	9/26/25	12/5/25	1:30 - 3:00 PM	9	40	19
864	How Music Reflects Culture	Williams	10/31/25	12/12/25	3:00 - 5:00 pm	6	35	19
865	World War I: 1918 and the Peace to end all Peace	Sheeran	11/14/25	12/12/25	11 am-1:00 pm	4	na	19
874	The Power of Critical Thinking	Carey	10/10/25	10/31/15	11 am- 12:30 pm	4	35	20
Day/Course Title		Instructor	Starts	Ends	Time	wks	Limit	p.
SATURDAY COURSES								
866	Saturday Matinee Films in Two Parts: 1) Films We Loved, and 2) So You Wanna be in Pictures	Piper	9/27/25	12/13/25	9 AM - 12 PM	12	na	20
867	Minding the Mind, Exploring the Nature of our own mind	Zucker	9/27/25	10/25/25	10:30 am -12 pm	4	10	20
876	Counted Cross Stitch for Beginners and Intermediates	Rembold	11/15/25	12/13/25	9 - 11 am	4	8	20

NOTE: Some titles abbreviated; full titles listed in catalog and online. In person classes are noted by IP, **N** = new class. *If IP not indicated, classes are via Zoom.* Days of the week are sorted by calendar date, then time of day.

Waiver (W)= class requiring 2025 waiver on file with OLLI office. If you submitted a 2025 Waiver in the Spring or Summer term, you are covered for the year. You do not need to submit another one. Not sure if you did? Email Ninia Barr at wbarr@hawaii.edu, or call 808-956-2624

CHECK THAT YOUR CLASS TIME HAS NOT CHANGED SINCE THE FIRST CATALOG VERSION!

Fall 2025 Single Talks, Events, Field Trips, Shared Interest Groups Schedule

	Day/Course Title	Instructor	Starts	Ends	Time	wks	Limit	p.
SUNDAY EVENTS ETC								
836	How to Make the Best Damn Apple You'll Ever Eat! FULL	Zink	12/7/25	12/7/25	12 - 3 pm	1	12	21
MONDAY EVENTS ETC								
837	Rainbow Kupuna LGBTQ+ SIG	Kyte	9/22/25	12/1/25	4:00 PM - 5:30 PM	6	12	21
868	How to Be Your Own Professional Organizer	Novak	10/6/25	10/6/25	10 - 11:00 am	1	na	22
838	Brain Health: A Use-It-Or-Lose-It Strategy	Levy	10/13/25	10/13/25	12:00 - 1:00	1	30	22
879	A Creative Game: From Doodling to Art	Vitarelli	10/20/25	10/20/25	2:00 - 4:00 pm	1	na	22
TUESDAY EVENTS ETC								
839	OLLI Writers Circle FULL	Ching	9/23/25	12/2/25	1:30 - 3:30 PM	6	8	22
WEDNESDAY EVENTS ETC								
882	The Soothing Forest: Meditate in Nature with John Hall (1) OVER	Hall	9/24/25	9/24/25	7:30 - 9:30 am	1	12	22
840	Acrylic Painting Member Forum SIG*	Facilitator	9/24/25	12/10/25	11:00 AM - 12:30 PM	12	16	23
885	Highlights of South America	Lowder	10/8/25	10/8/25	2:00 - 4:00 PM	1	na	23
883	The Soothing Forest: Meditate in Nature with John Hall (2) FULL	Hall	10/22/25	10/22/25	7:30 - 9:30 am	1	12	23
884	The Soothing Forest: Meditate in Nature with John Hall (3) FULL	Hall	11/19/25	11/19/25	7:30 - 9:30 am	1	12	23
881	History of Famine	Cancler	11/19/25	11/19/25	2:00 - 3:30 PM	1	30	23
841	Gardening Walkabout: Hands on Pruning	Duff	11/26/25	11/26/25	10 am - 2:00 pm	1	15	23
THURSDAY EVENTS ETC								
869	Learn Backgammon in One Day!	Fujita	9/25/25	9/25/25	9 - 11:00 am	1	na	24
842	Watercolor Artist Forum SIG	Facilitator	9/25/25	12/11/25	10:30 AM - 12:30 PM	11	16	24
843	Gardening Walkabout: Ornamental Nurseries	Duff	11/6/25	11/6/25	10 am- 2:00 pm	1	15	24
FRIDAY EVENTS ETC								
844	OLLI Book Club & Discussion Group	Facilitator	9/26/25	12/12/25	3 PM - 4:30 PM	4	na	24
890	Mānoa Garden Club: Fertilizers FULL	Duff	11/7/25	11/7/25	8:30 - 10:00 am	1	10	24
891	Mānoa Garden Club: Manoa Community Garden Tour	Duff	12/5/25	12/5/25	8:30 - 10:00 am	1	10	24
SATURDAY EVENTS ETC								
880	The Trees of UH Manoa FULL	Fujita	10/25/25	10/25/25	9 am - 12:00 pm	1	12	24
877	You Are My Sunshine: A Miniature Sunflower Scene in a Tin	Johnson	11/15/25	11/15/25	9 am - 12:00 pm	1	12	25
878	A Small Life: Christmas Scene in Miniature	Johnson	12/6/25	12/6/25	9 am - 12:00 pm	1	12	25

THURSDAY CLASSES, continued...

Oct 9: Tongue Observation, Biological Dental Chart relating organs to each tooth, Diet - Keep it simple

Oct 16: Abdominal and Back Meridians, Stimulation, Cleansings and Detox

Oct 23: Leg Meridians, Toe & Foot Observation, Care & Stimulation, Basic Foot Reflexology

Oct 30: Review and questions and answer session

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.

859. Backgammon: Foundation

Instructor: Mike Fujita

Dates: 10 Thu, Oct 2 - Dec 11 (no class Nov 27)

Time: 9:00 – 11:00 am

Location: Online via Zoom

Enrollment Limit: none

Prerequisites: Complete the one-day course

Backgammon: Learn on Sep 25, or watch this video:

[Backgammon Video](#).

Course Structure

Each weekly lesson includes:

Assessment – A pre-class puzzle set, sent about a week before, based on real DailyGammon matches.

Zoom Class – Expert instruction and practice with material for both beginners and advanced players.

Regardless of your level, there is something for everyone to learn.

Post-Lesson Quiz – A self-paced quiz to test and reinforce learning. Retake as needed. Links to class video clips for review.

Format of Zoom Classes

Introduction – Review the rules and foundational basics of the week's topic.

Mini Lessons – Short, focused segments on key points.

Interactive Practice – Solve puzzles, discuss answers, and refine strategies.

Advanced Techniques – Concepts and skills used by expert players.

Breaks – Two short breaks.

For Beginners – First hour focuses on building a solid foundation.

For Advanced Players – Dive deeper into intermediate and expert-level strategies to enhance your skills.

Note: All classes are recorded and available for on-demand viewing.

Additional Resources – Extra explanations and materials to deepen understanding

833. Food for Thought

Facilitator: Carole Mandryk, foodie, baker, chef

Dates: 6 Thursdays, Oct 16 - Nov 20

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.

834. Introduction to the Joy of Hiking IN PERSON **FULL**

Instructor: Bobbie Foster

Dates: 6 Thursdays, Oct 30 - Dec 11 (no hike 11/27)

Time: 9:00 am - 12:00 pm

Location: Varies. Hikes meet at trailheads at 9:00 am

Enrollment Limit: 18

Requirements: All participants must have completed the 2025 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. These will be advanced beginner hikes for the physically fit.

Join this 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 so we can enjoy the flowers, plants, trees, and views along the trail. 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. A gear list will be provided prior to the class.

875. The Power of Kindness **NEW**

Instructor: Helen Carey

Dates: 2 Thursdays, Nov 6 - 13

Time: 11:00 am- 12:30 pm

Location: Online via Zoom

Enrollment Limit: 35

Kindness is a lifelong strength that connects us, uplifts others, and brings meaning to everyday life. In this course, we'll explore how simple acts of kindness—toward others and ourselves—can enhance well-being, deepen relationships, and create a lasting ripple effect. Through discussion, shared stories, and simple practices, we'll celebrate the wisdom and impact of kindness.

860. Here comes Christmas! **NEW**

Instructor: Jim Hesse, Musician, Actor

Dates: 5 Thursdays, Nov 6 - Dec 11 (no class Nov 27)

Time: 1:00 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: None

Nov 6: *Robert Shaw*, & the choral artistry of the man who introduces his style of remarkable Choral Music.

Nov 13: *Christmas Carols from Cambridge* The Choir of Clare College in Cambridge, England Familiar carols and the rare Personet Hodie (TT-42:50)

Nov 20: *Tchaikovsky's Nutcracker Ballet* A new story for the E.T.A. Hoffman's famous Holiday version (and after Thanksgiving)

Nov 27: NO CLASS

Dec 4: *The Muppet Christmas Carol* Over 100 favorite Muppet characters present Dickens' story of Scrooge (Played by Michael Caine) and Kermit's Bob Cratchit.

Dec 11: *The Man Who Invented Christmas* Dan Stevens is Charles Dickens and the late Christopher Plummer is the wicked Ebenezer Scrooge with Jonathan Pryce.

872. Better Eyesight: A Natural Way **NEW**

Presenter: Melissa Yee

Dates: 5 Thursdays, Nov 6 - Dec 11 (no class Nov 27)

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 acupressure 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.

FRIDAY CLASSES

861. Creative Watercolor Techniques **NEW FULL**

Instructor: Cade Gibson

Dates: 11 Fri Sep 26 - Dec 12 (no class Nov 28)

Time: 9:00 am – 10:00 am

Location: Online via Zoom

Enrollment limit: 24

Materials: Art supplies run less than \$100. Students will be provided a list prior to the first day of class.

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 techniques that will inspire them to explore painting from their interests and experience instead of copying the instructor. 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."

835. Zumba Gold

Instructor: Robin Bush

Dates: 11 Fridays Sep 26 - Dec 12 (no class 11/28)

Time: 12:00 – 1:00 pm

Location: Online via Zoom

Enrollment Limit: None

***All participants must have completed a 2025 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!

862. Between the Wars: America 1917—1941 through the Lens of Short Fiction **NEW**

Instructor: Robert Weibezahl

Dates: 6 Fridays, Sep 26 - Oct 31

Time: 1:00 – 2:30 pm

Location: Online via Zoom.

Enrollment Limit: 35

Course Texts: All available on the Library of America website or as pdfs from the instructor.

The period between the world wars witnessed dramatic changes in the social fabric of the United States. In this literary discussion class over Zoom, we will read short stories from this period of transition and explore the ways they reflect and the culture of the times and depict the ways society was changing forever. Stories will encompass a wide array of styles and genres, from literary works of Fitzgerald and Anderson to the humor of Thurber and Lardner, and include work from the Harlem Renaissance, Southern voices, and even dip into noir, science fiction and horror. Participants should read the assigned stories before each class session. Active participation in the discussion is encouraged in a friendly, stimulating setting.

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.

863. Russian Foreign Policy **NEW**

Instructor: Robert Weiner

Dates: 10 Fridays, Sep 26 - Dec 5 (no class 11/28)

Time: 1:30 – 3:00 pm

Location: Online via Zoom

Enrollment Limit: 40

The course will focus on the historical evolution, theoretical basis, and current challenges which Russia faces in the international system. It will cover the Soviet collapse in 1991 to the present. Emphasis will be placed on relations between Russia and the US, European-Russian relations, the Russo-Ukrainian war, Russia's relations with China, North Korea, the Middle East, and Africa.

Prof Weiner is a Center Associate at the Davis Center for Russian and Eurasian Studies, Harvard University;

and is currently working on a book about the Russo-Ukrainian War.

864. How Music Reflects Culture

Instructor: Gordon Williams

Dates: 6 Fridays, Oct 31 - Dec 12 (no class 11/28)

Time: 3:00 – 5:00 pm

Location: Online via Zoom

Enrollment Limit: 50

To what extent does a tradition of music reflect the outlook of its host culture? This is a question we'll consider as we look at Non-Western musics such as Indian and Indonesian music, consider how Native American, Australian Aboriginal and Papuan-New Guinean song reconciles those peoples to their landscapes; look at contemporary phenomena such as K-Pop, and consider how the various Western genres reflect different ways of looking at the world. A symphony constructs a sense of achievement, victory - even, according to some writers, colonization. How do jazz and Country music differ? And how might the vast range of American music reflect its host country? We'll consider the words of songs and their relationship to other musical elements and examine different ways of structuring music. As well, we'll examine our own individual 'songprint' and how that might tell us where we fit in our world.

865. World War I: 1918 and the Peace to end all Peace

Instructor: Tom Sheeran

Dates: 4 Fridays, Nov 14 - Dec 12 (no class 11/28)

Time: 11:00 am - 1:00 pm

Location: Online via Zoom

Enrollment Limit: None

We will conclude our year-long study of World War I with 4 sessions. The first will look at the direct and long-term impacts the war had on the US. The second addresses the US contributions to the fighting, the final battles, and the armistice that ended the fighting in the West in 1918. Session 3 will look at the Paris Peace Conference of 1919 and the Versailles treaty that resulted, while the 4th session will examine the war in the Mideast and the influence that the results of that conflict continue to have today. Four 2-hour Zoom presentations with PowerPoint slides and opportunities for questions and discussion. A handout of references and resources will be provided in advance of the first session.

874. The Power of Critical Thinking **NEW**

Instructor: Helen Carey
Dates: 4 Fridays Oct 10 - 31
Time: 11:00 am- 12:30 pm
Location: Online via Zoom
Enrollment Limit: 35

The Power of Critical Thinking is a friendly, engaging course to help confidently navigate today's information-rich world. We will look at the many everyday areas where critical thinking is useful, such as evaluating media messages, making smart shopping decisions, and understanding the role of artificial intelligence in everyday life. This course builds practical skills for questioning assumptions, spotting misleading claims, and making informed choices. No prior experience needed—just curiosity and an open mind.

Helen Carey was an Information Technology specialist at the University of Hawai'i providing technical support for faculty, staff and students and taught computer classes for 25 years. Afterwards, she worked as an actuarial analyst and independent consultant.

SATURDAY CLASSES

866. Saturday Matinee Films in Two Parts: 1) Films We Loved, and 2) So You Wanna be in Pictures **NEW**

Instructors: Paul Piper and Dan Devaney
Dates: 12 Saturdays Sep 27 - Dec 13
Time: 9:30 am – 1:30 pm
Location: Online via Zoom
Enrollment Limit: none

Dan and Paul again team up to offer a two-part program of films for the Saturday Matinee crowd. Lists of and detailed information about the films will be sent out before the first class. Come join us to enjoy the selected films, as well the interesting discussions. We will typically finish by about 12:00 noon, unless a film is unusually long.

Part 1: Films We Loved

We will show films that pleased us enough to make them worth watching again and again. In other words, films we absolutely loved. The majority of the films will make you feel good, and a few will touch your heart. The films will include: *Footloose* (1984), *My Big Fat Greek Wedding* (2002), and *Galaxy Quest* (1999).

Part 2: So You Wanna be in Pictures

The second half of the course explores Hollywood's glamour and struggles, delving into the allure and challenges of stardom through iconic films. These works reveal the pursuit of fame, capturing the emotional highs and lows of chasing dreams while exposing Hollywood's myths and realities. From the vibrant joy of *Singin' in the Rain* (1952), to the sharp satire of *Sunset Boulevard* (1950) exposing Hollywood's darker side, to the personal and professional chaos of filmmaking in *Day for Night* (1973), this course offers a diverse and engaging cinematic journey

867. 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, Sep 27 - Oct 25 (no class 10/11)
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.

876. Counted Cross Stitch for Beginners and Intermediates **NEW IN PERSON** **Krauss Hall, UH Mānoa**

Instructor: Joan Rembold
Dates: 4 Saturdays, Nov 15 – Dec 13 (no class 11/29)
Time: 9:00 – 11:00 am
Location: UH Mānoa, Krauss Hall 112
Enrollment Limit: 8
Materials & Supplies: A kit including fabric, needle, floss and the pattern is available from the instructor for \$10 (cash or check) on the first day of class. Bring sharp scissors and magnification if needed.

Discover the joy of counted cross stitch while learning the essential tools and techniques. You'll practice finding the center of your design, plying your thread, starting with neat X's, and adding backstitching to bring definition and detail to your work. With each stitch, watch your design come to life and experience the relaxing rhythm of this timeless craft.

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. Joan has also studied with national designers at The National Needlework Association trade shows. For her, stitching isn't just an art — it's great therapy.

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 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

836. How to Make the Best Damn Apple Pie You'll Ever Eat! IN PERSON WCC **FULL**

Instructor: Carol Zink, BA, MBA, Pastry Maker

Date: Sunday Dec 7, 2025

Time: 12:00 - 3:00 pm

Location: Windward Community College [Room TBD]

Enrollment Limit: 12

Fees: \$25 materials fee to be paid by cash or check at the start of the class. A list of materials you will need to bring to class will be provided (peeler, paring knife, bowls, measuring cups, etc.).

Come learn how to bake an apple pie from scratch, including the crust. Yes, you too can create a pie that will have your friends and family requesting you as the

baker from now on! The instructor will supply the food materials and a pie plate, and participants will be sent a list of kitchen implements to bring to class (peeler, parer, rolling pin, etc.). Even if you've never peeled an apple or rolled a pie crust, you will leave with a tasty pie ready to freeze for later use or bake now. You will be standing, cooking and working for most of the class. Please wear comfortable shoes, have long hair tied back, and bring an apron unless you don't mind flour on your shirt.

Monday Talks, Events & SIGs

837. Rainbow Kupuna TQ+ SIG

Facilitators: Rosemary Kyte & Winston Welch

Day: 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.

868. How to Be Your Own Professional Organizer **NEW**

Presenter: Jamie Novak

Dates: 1 Monday October 6

Time: 10:00 - 11:00 am

Location: Online via Zoom

Enrollment Limit: none

Get a fresh start this fall by decluttering like a pro! Wondering what an organizer would tackle first? Log on and learn insider secrets from an industry expert. See how to make fast progress to declutter your home with lasting results. Follow along with a live mini task during the program and start your own expert resource list.

838. Brain: A Use It or Lose It Strategy

Instructor: Hope Levy, MA, MA

Dates: Monday Oct 13

Time: 12:00 – 1:30 pm

Location: Online via Zoom

Enrollment Limit: 30

If you are looking to maintain and even enhance your cognitive function, join Hope Levy, gerontologist, and educator, to discover the ingredients of cognitive health. Learn how to integrate the ingredients into your life in creative ways to design your own healthy brain recipe. And be ready for some fun brain teasers along the way.

879. A Creative Game: From Doodling to Art

Instructor: Margo Vitarelli

Date: 1 Monday, Oct 20, 2025

Time: 2:00 - 4:00 pm

Location: Online Zoom class

Enrollment Limit: none

Materials needed: colored pencils, pencil sharpener, 2 sheets of sketch paper (8.5 X 11 or larger), ruler, and a Sharpie (fine tip black marker).

Join us in this entertaining one session collaborative coloring game inspired by postmodern artist Sol LeWitt. He provided the concept, known as *The Conceptual Art Game*, then collaborated with others to actually produce the work. In this simple game, all the participants receive the same set of instructions, one by one, but execute them according to their own interpretations. In the end you have an unexpected and intriguing work of art that YOU have created.

Tuesday Events & SIGs

839. OLLI Writers Circle

Days: 6 Tuesdays, Sep 23, Oct 7, 21, Nov 4, 18, Dec 2

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.

Wednesday Events & SIGS

882. The Soothing Forest: Meditate in Nature with John Hall (Sep 24) **NEW IN PERSON Sep 24 OVER**

Facilitator: John B. Hall, Prof. Emeritus, Microbiology

Date: Wed Sep 24

Time: 7:30 - 9:30 am

Location: Varies, TBD. Enrollees will be emailed.

Enrollment Limit: 10

Recommendations: Since we’ll be sitting for a while, bring something comfortable to sit on. Mosquito repellent may be essential, and it’s wise to have something to keep dry if one of the sensations we encounter includes falling raindrops

***In addition to completion of a 2025 waiver prior to class, all participants should be able to walk at least 1 mile without difficulty.**

We will walk into the forest—or perhaps to a beach—to find a quiet spot where we can relax in nature, connect with a small group of like-minded people, and take in the beauty of our surroundings. We’ll begin by sitting in a circle and introducing ourselves. You’re welcome to share something meaningful about yourself, but this is entirely voluntary. Next, we’ll sit quietly for about 15 minutes, simply sensing the world around us—the smells, the sounds, the feel of the wind, birdsong, rushing water or waves. Perhaps even the rocks beneath you, if you haven’t brought enough padding. While this is generally a quiet time, you’re free to comment if something strongly moves you.

We’ll then spend about half an hour in meditation. This is a simple practice—if you’re new to it, this is a good time to begin. I’m a beginner myself and can help you get started. Others with more experience are encouraged to share what they know. At the end, feel free to share your thoughts about the experience. Then, we’ll return to our cars.

840. Acrylic Painting Member Forum SIG*

Facilitator: Group led

Dates: 12 Wednesdays, Sep 24 - Dec 10

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. 21.

885. Highlights of South America NEW

Presenter: Maria Lowder

Date: Wednesday, Oct 8, 2025

Time: 2:00 – 4:00 pm

Location: Online via Zoom

Enrollment Limit: None

South America spans many varied climates and geographical features. We will visit the Galápagos Islands, explore some of the Andes, Ecuador, Peru, Chile, Argentina, Brazil, the Amazon Basin and Patagonia. Along the way we can learn about the Incas and their amazing culture. And more!

883. The Soothing Forest: Meditate in Nature with John Hall (Oct 22) IP OVER

Facilitator: John B. Hall, Prof. Emeritus,
Microbiology

Date: Wed Oct 22

See full description above, p. 22

884. The Soothing Forest: Meditate in Nature with John Hall (Nov 19) IP FULL

Facilitator: John B. Hall, Prof. Emeritus,
Microbiology

Date: Wed Nov 19

See full description above, p. 22

881. History of Famine NEW

Instructor: Carole Cancler

Date: 1 Wed Nov 19

Time: 2:00 - 3:30 pm

Location: Online via Zoom

Enrollment Limit: 30

Discusses the various causes of food scarcity and famines throughout history, including “traditional” famines from natural causes and “non-traditional” famines that are human made. Examines the nutrition of famine—what is starvation and how long does it take to die from it? Details some of the significant famines throughout history and where food scarcity is happening today. Provides a list of survival foods that people used throughout history, locations, and cultures. Suggests foods for emergency supply kits in Hawai‘i. Lists some international and domestic organizations providing food assistance today.

841. Gardening Walkabout: Hands on Pruning IN PERSON FULL

Instructor: Diana Duff

Date: Wed, Nov 26, 2025

Time: 10:00 am – 2:00 pm

Location: TBA

Enrollment Limit: 15

***All participants must have completed a 2025 waiver prior to class.**

Nursery tour focusing on hands on pruning.

Thursday Events & SIGs

869. Learn Backgammon in One Day!

Instructor: Mike Fujita

Dates: 1 Thursday Sep 25

Time: 9:00 - 11:00 am

Location: Online via Zoom

Enrollment Limit: none

Prerequisites: No prior knowledge required

Learn how to play backgammon in a day! After you take this one-day course you will be able to play the game of backgammon. You will play well enough to laugh and find joy.

Backgammon is fun. Backgammon is serious. Backgammon is one of the oldest games we know. Archeologists have discovered games that are 5,000 years old. Why is it still one of the top five board games in the world with chess, Monopoly, checkers, and Scrabble? Perhaps the reason is because backgammon is easy to learn and at the same time profound.

Backgammon brings OLLI students together once a week. We have a thriving backgammon community that meets alternately on the windward and leeward sides.

To live a fulfilling life it helps to make strong social connections, stay mentally challenged, and exercise for your health. Over the past two years I have seen how backgammon satisfies the first of these two. In backgammon you only dance when you are stuck on the bar. Mike learned this game over 40 years ago and is still attempting to fully understand it.

842. Watercolor Artist Forum SIG

Facilitators: Group led
Dates: 11 Thurs Sep 25 - Dec 11
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.

843. Gardening Walkabout: Ornamental Nurseries **IN PERSON**

Instructor: Diana Duff
Date: Thursday, Nov 6
Time: 10:00 am – 2:00 pm
Location: TBA
Enrollment Limit: 15

***All participants must have completed a 2025 waiver prior to class**

We will be touring nurseries to learn about ornamental plants. Be prepared to be part of a carpool.

Friday Events & SIGs

844. OLLI Book Club & Discussion Group

Days: Sep 26, Oct 17, Nov 14, Dec 12

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 Sep 26 is *James*, by Everett Ruess. 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.

890. Mānoa Garden Club: Fertilizers **NEW IN PERSON FULL**

Instructor: Diana Duff

Date: Friday Nov 7

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 2025 waiver prior to class**

891. Mānoa Garden Club: Mānoa Community Garden Tour **NEW IN PERSON**

Instructor: Diana Duff

Date: Friday Dec 5

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

880. The Trees of UH Mānoa **NEW IN PERSON FULL**

Instructor: Mike Fujita

Date: 1 Saturday Oct 25

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 2025 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.

877. You Are My Sunshine: A Miniature Sunflower Scene in a Tin **NEW IN PERSON** **Krauss Hall, UH Mānoa**

Instructor: Frances Johnson

Date: 1 Saturday Nov 15

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 \$30 (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 2.25"x3.5" sunflower-themed miniature scene tucked inside a lidded tin — small enough to carry in your pocket or purse. You'll craft a tiny world sure to delight family, friends, and even curious strangers when you open it to share. Sunflowers are among the most beloved flowers – they are easy to grow, last a long while and make us happy just to see them! This tin will have everything needed for a miniature sunflower bonanza – the flowers themselves, watering can, seed packets, a watermelon birdhouse and more

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.

878. A Small Life: Christmas Scene in Miniature **NEW IN PERSON** **Krauss Hall, UH Mānoa**

Instructor: Frances Johnson

Date: 1 Saturday Dec 6

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 \$30 (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" Christmas-themed miniature scene tucked inside a lidded tin — small enough to carry in your pocket or purse. You'll craft a tiny world sure to delight family, friends, and even curious strangers when you open it to share. From images of Santa to miniature wrapped gifts, Christmas ornaments, candy and cookies, this little tin will be a confection to treasure.

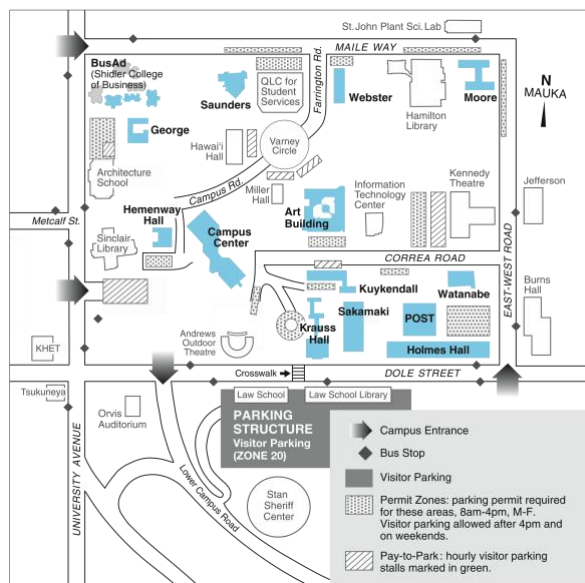
FRONT COVER STORY

Karen Buzzard was thrilled we wanted her painting for our Fall 2025 cover. She writes, "This painting is acrylic on 18x24 watercolor paper from 2022. I had just moved to Hawaii from New Jersey following my retirement and was experiencing all the angst of relocating to a new place where I knew no one and at the same time giving up the place in the world I had known as a university professor of communication. Inspired by the many moods of the ocean, I attempted to capture the ocean's serenity, yet the sense of power beneath the calm. The constant ebb and flow of ocean waves symbolize the ups and downs of life. Waves rise and fall, sometimes gently, sometimes with great force. This metaphor reminds us that life is full of fluctuations and that we must navigate both the calm and the storms."

Getting to Krauss Hall at UH Mānoa

Where are we?

Across Dole Street from the UH Law School.



Map is simplified; not all buildings shown or to scale. Full map: <https://map.hawaii.edu/manoa/>.

Alternative Transportation

Parking at UHM is limited and costly. Consider TheBus or carpooling.

TheBus

Rider guide: [U-Pass UHM Flyer.pdf](#) has outdated route info but best visual map with UH bus stops. Download HEA-TheBus, or DaBus2 - the Oahu Bus App for real-time bus arrival information.

Rainbow Shuttle

[New route connects Institute for Astronomy \(IFA\) in Mānoa 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:

<https://manoa.hawaii.edu/commuter/>.

Parking

No parking (including accessible) next to Krauss except weekends and State Holidays (unless athletic/special events). OLLI members are not eligible for permits; only visitor parking. Info: <https://manoa.hawaii.edu/commuter/visitors/>

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, and you will see 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. More info: <https://manoa.hawaii.edu/commuter/visitors/>.

Parking Policies

Before driving or parking on campus, please familiarize yourself with [UH Mānoa's Parking Regulations](#).

Parking violation 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. [Download the Move with Aloha brochure](#).

Information re Paki Hale

This term our ukulele classes will be held at Paki Hale, 3840 Paki Ave, 96815. Originally built by High Chief Paki in the 1850s, the former estate grounds are now owned and maintained as a community venue by the City & County of Honolulu as part of Kapi‘olani Park.

[Link to Paki Hale/Kapiolani Park location map](#)

There are 12+ parking stalls on site. Additional spaces are available along Paki Avenue, including **metered stalls directly across the street** and **some free/timed parking further down the block**. Please allow extra time to find a spot and locate the classroom on the first floor.

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](#)

Aug 24: Priority Registration Overview

Sep 12: Demo of Open Registration/Add to Cart 3 pm

Sep 17: Zoom Training/Refresher 12-12:30 pm

Sep 17: OLLI instructor protocols 12:30 - 1pm

Sep 17: Class helper & hosting training 1-2 pm

GET INVOLVED!

Fall 2025

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.
- **Hybrid classes:** extra help especially welcome!

[Come join us!](#)

Course Corrections/edits

Significant changes since the first draft of the catalog include:

Fall Ukulele classes will be held at Paki Hale, instead of KCC

Thursday classes at WCC have been moved to Mondays at WCC

Six classes on Saturdays have new adjusted times (and in one case was moved to Sunday).

Note: There will be **no OLLI classes on Oct 11, Nov 8, or Nov 29** due to UH athletic events and parking restrictions.

818. On Oahu's Trails: An Overview of Hawai'i's Natural History has been CANCELLED

889. Classical Chinese Mahjong IN PERSON Krauss Hall, UH Mānoa has been rescheduled to Sundays, Nov 2 - Dec 7, 11:00 am – 1:00 pm

All dates and times in this catalog and online are correct as of 10.1.25.

Full Fall 2025 Classes



UNIVERSITY of HAWAII* at MĀNOA
College of Social Sciences

Osher Lifelong Learning Institute
University of Hawai'i at Mānoa
PMB #460, 2440 Campus Road
Honolulu, HI 96822
808-956-0654
olliuhm@hawaii.edu

Join us at OLLI, where education is ageless! Enjoy our affordable, non-credit program designed for adults aged 50+

Fall 2025 Term is September 22 - December 13

Introductory rate of \$50 for NEW members!

Spread Aloha with Give Aloha



Help OLLI raise funds! Give Aloha will run throughout the month of September at all Foodland, Foodland Farms and Sack N Save stores. At checkout, you can donate any amount (up to \$249) by giving the OLLI organization code 77147. A portion of each gift made with a registered Maika'i account will be matched by Foodland.

Our Organization Code is 77147

Thank you for your support!

Help OLLI GROW!

What are you passionate about?

Come share it with us!

Are you interested in instructing or facilitating an OLLI course? Do you know anyone who might be? If so, please contact OLLI Director, Carole Mandryk at 956-8224, mandryk@hawaii.edu

olliuhm@hawaii.edu 808-956-2624

Indulge your curiosity with over 75+ Classes | 40+ New Offerings

Film & Music | Literature & History | Painting & Writing | Science & Technology |
Wellness & Fitness | Gardening & More!

Open to pp. 14-16 for full schedule of classes and events.

*Catalog current as of 10.1.2025. Updates and corrections will be posted online at olliuhm.org