



UNIVERSITY of HAWAII<sup>®</sup> at MĀNOA  
College of Social Sciences

# Course Catalog

## Summer 2025 Edition!

Jun 2 - Aug 9

**In-person & Online Learning for adults 50+**



*Original Watercolor "Windward Side" by Kit Cameron*

**Engage your Mind, Enrich your Life!**  
**Introductory Rate of \$50 for New Members!**

**Mānoa | Windward | Outdoors | Online**

**Register Online**  
**[olliuhm.org](http://olliuhm.org)**  
**JOIN US!!**

**Open Registration**  
**May 19th - July 15**  
**Info: [olliuhm@hawaii.edu](mailto:olliuhm@hawaii.edu)**

# Welcome to OLLI-UHM Summer 2025!

We are excited to offer 50+ classes and special events (20+ new ones!) this summer! We remain primarily online via Zoom with 30% of summer courses in-person, whether outdoors, or in classroom spaces at UH Mānoa, Kapiolani, Leeward and Windward Community College!

Enjoy learning in a relaxed environment without exams or grades. Join OLLI-UHM and meet like-minded peers interested in pursuing intellectual challenges. Established in 1996 by a group of retired UHM professors and community elders, this award-winning program is underwritten by a generous endowment from The Bernard Osher Foundation of San Francisco and supported by members' contributions and the UHM College of Social Sciences.

## OLLI Membership Information

Anyone aged 50 or older is eligible to join OLLI and take courses. A Summer Membership (new members \$50, returning members \$75) lets you enroll in at least three courses based on your priority choices. After the sorting has run, all members may add additional non-priority courses on a space-available basis. Membership fees are ordinarily non-refundable.

## Online classes via Zoom

A Zoom account isn't required to attend a class session, but you do need to download the app to your device, laptop or desktop, tablet, or smartphone. Need a Zoom refresher? Attend a **Zoom training session** on Wed, May 21 at 12-1 pm [RSVP](#)

## Summer 2025 Key Dates

May 4: **Zoom Open House** 1:00-3:00 pm  
May 5: Catalog available online  
May 6: Priority Request Registration begins 9:00 am  
May 18: Welcome Potluck. In person Krauss Hall  
May 19: Priority Request Registration Closes 7:00 pm  
May 22: Sorting program runs; notification of class enrollment and waitlist status.  
May 26: MEMORIAL DAY. Office closed.  
May 27: Open Registration Begins 10:00 am  
Jun 2: CLASSES START  
Jun 11: King Kamehameha Day. No classes  
Jul 4: Independence Day. No classes

# Registration

There are two phases to our registration process. **Priority-Request Registration (PRR)** and **Open Registration**.

**Priority-Request Registration** (May 6 – 19) is a pre-registration process that allows you to request and prioritize the classes you **most** want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in person or purposely keep the class size small. It is important to **give small capacity classes a higher priority if they are important to you**. If a class fills, a waiting list is started and ordered by the next priority assigned.

**Note:** You can prioritize *up to five* of ANY of the 50+ offerings (including the SIGs!) in the catalog. Decide which 5 classes you MOST want to attend and request those.

**Prioritize strategically!** Classes with limits of <15 should be ranked #1 to maximize your chances. Classes with no limits on enrollment can be safely ranked #5. Priorities given to more than 5 courses will be deleted and you cannot rank more than one class #1. You must choose. The sorting runs on May 22.

## Open Registration

During Open Registration (starting May 27) you can continue to add (and drop) classes first come, first served on a space-available basis throughout the term using the Add to Cart procedure. Sound confusing?

## [REGISTRATION HELP](#)

### **Orientations & Trainings** [RSVP](#)

May 12: Registration Q&A 12-1  
May 23: Open Registration Demo 12-1  
May 28: Class helper & hosting training 12-1  
May 29: Zoom refresher training 12-1; Instructor Lumens & OLLI protocols overview 1-2

### **How to Contact OLLI**

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Website: [olliuhm.org](http://olliuhm.org)

# OLLI Course Descriptions

## SUNDAY CLASSES

### 801. Authoritarianism and Resistance: What we can know about it and why **NEW**

**Instructor:** Jean Rosenfeld, PhD.

**Dates:** 8 Sundays, Jun 8 - Jul 27

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

**Location:** Krauss Hall, Room 112

**Enrollment Limit:** 20

This course examines the recent history of authoritarianism and resistance in various countries. We will explore different forms of authoritarianism through the work of scholars like Robert O. Paxton and Hannah Arendt, and study examples of resistance, such as Dietrich Bonhoeffer and Alexei Navalny. Our materials include readings and films available on streaming platforms. We'll also discuss psychological experiments by Stanley Milgram and Philip Zimbardo on obedience to authority. Classes will feature lectures and discussions based on books and films, including Navalny's memoir *Patriot*, which chronicles his anti-corruption movement in the context of Vladimir Putin's rise after the USSR's collapse. Students are encouraged to bring their knowledge and source material to class as well. Our goal is to understand how and why authoritarian movements emerge—especially from democratic or potentially democratic systems—and why people support or resist them.

Dr. Rosenfeld is a historian of religion, ideology, and political violence, with a focus on extremist movements, the radical right, and charismatic authoritarian leaders.

### 756. Learning American Mahjong **IN PERSON Krauss Hall, Mānoa**

**Instructor:** Mark Steiner

**Dates:** 8 Sundays, Jun 15 - Aug 3

**Time:** 10:00 am – 12:30 pm

**Location:** Krauss Hall, Room 111

**Enrollment Limit:** 16

**Supplies:** Please bring your own 2025 Laminated Rules Card (\$15 for the large size) available at [nationalmahjonggleague.org](http://nationalmahjonggleague.org). The 2025 card will be valid until at least April 2026. New players should order this in advance. (Paper copies will be available in case you do not receive yours in time.)

This is a Beginners Class to learn AMERICAN Mahjong. No previous experience is required. You will learn about Equipment, Rules, Setup, Terminology, Basics of Play, and some tips. After we cover the basics in the first 2 classes, you will participate in playing the game for the rest of the course with assistance from the instructor and others. After the first 3 classes, intermediate players (from my previous classes) may join our classroom to play and you may choose to play with them when you feel up to it. That session #4 will include a brief review for the benefit of all. Please bring your own game set to the first class, if you have one. You also will be introduced to an online version you can subscribe to - for playing against a computer, your friends, or random strangers.

Mark has taught Mahjong both online and at OLLI, co-taught the *Fun Games* class, and hosts semi-monthly Mahjong Meetups on the Windward side and monthly board and card game nights.

### 757. American Mahjong for Intermediate Players **IN PERSON Krauss Hall, UH Mānoa**

**Instructor:** Mark Steiner

**Dates:** 5 Sundays, Jul 6 - Aug 3

**Time:** 10:00 am – 12:30 pm

**Location:** Krauss Hall, Room 111

**Enrollment Limit:** 8

**Supplies:** Please bring your own game set to the first class, if you have one, as well as your own 2025 Laminated Rules Card (\$15 for the large size) available at [nationalmahjonggleague.org](http://nationalmahjonggleague.org).

This class is for those looking to advance their American Mahjong skills. It serves as a refresher and offers practice with the game's finer points, helping you play confidently with experienced players. Completion of the previous beginner class or prior experience with American Mahjong is required. After a brief review of equipment, rules, setup, terminology, and play basics, students will break into table groups. Note that this course starts after the third session of the Beginners class, and then runs alongside that course in the same room.

## MONDAY CLASSES

### 781. Contemporary Economic Policy Issues

**Facilitator:** Geoffrey Woglom, Ph.D, Econ, Yale

**Dates:** 5 Mondays, Jun 2 - 30

**Time:** 9:00 – 10:30 am  
**Location:** Online via Zoom  
**Enrollment Limit:** none

Economics plays a central role in the functioning of every aspect of society. This course addresses a set of prominent policy issues where economics is at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Lectures will be standalone, taught by a subject matter expert – all of whom have a Ph.D. in Economics. Potential topics include Climate Change, Healthcare Economics, Economic Inequality, and many more. The topics presented will be determined by what is most topical at the time of the course. No reading is required prior to the lectures.

Geoffrey Woglom is Professor of Economics, emeritus, at Amherst College, where he taught for over 40 years. During his career he has been an economic consultant for the IMF, the Federal Reserve Board and Federal Reserve Bank of Boston. He received his PhD in economics from Yale University. He is currently a Director at the National Economic Education Delegation.

## **802. Monday Morning Movies: Watching the Detectives NEW**

**Instructor:** Dan Devaney  
**Dates:** 10 Mondays, Jun 2 - Aug 4  
**Time:** 9:00 am – 12:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** none

This course will explore the world of investigation across diverse cultures and genres. This eclectic collection features private and police detectives, spies, and unconventional sleuths as they unravel mysteries in the United States, Europe, and Asia. From gritty urban streets to exotic locales, each film offers a unique lens on the art of detection—some deadly serious, others delightfully comedic. Expect the unexpected. Spanning classic to modern films, and global perspectives, this journey delves into the minds of investigators—professional or otherwise—as they confront crime, deception, and human nature. Perfect for cinephiles and mystery lovers, this series celebrates the timeless allure of cracking cases, blending suspense, humor, and cultural richness into an unforgettable cinematic experience.

Films will include *The Maltese Falcon* (1941), *High and Low* (1963), and *Who Framed Roger Rabbit* (1988).

## **758. Zumba Gold Toning**

**Instructor:** Robin Bush  
**Dates:** 10 Mondays, Jun 2 - Aug 4  
**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! Questions? Email [pcrobin@yahoo.com](mailto:pcrobin@yahoo.com) or call 808-949-2161.

## **782. Symphonic Music: Guided YouTube Listening NEW**

**Instructor:** Lloyd Lim  
**Dates:** 7 Mondays, Jun 16 - Jul 28  
**Time:** 11:00 - 11:45 am  
**Location:** Online Zoom class  
**Enrollment Limit:** 30

Amateur pianist Lloyd will give “prompts” for at home YouTube listening in the field of symphonic music. What is meant by “prompts?” In class, he will show short excerpts from videos of complete symphonies with first-rate performers. Students may then choose what videos to listen to in full length (and when) on their own time. Because listening to symphonic music is time-consuming, it is understood that students may not be able to watch videos as “homework” for the next class.

## **755. Tropical Gardening**

**Instructor:** Diana Duff  
**Dates:** 8 Mondays, Jun 16 - Aug 4  
**Time:** 2:00 – 3:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 75

This term will cover gardening basics including soil, nutrition and watering, plus botany basics, propagation

techniques, pest ID and control, native Hawaiian plants and problem diagnosis and solutions. Note that specific topics in Tropical Gardening vary by term, basics and problem solving are offered every term, others rotate by term.

**6/16 - Gardening in Hawaii** the basics: soil, nutrition, water

**6/23 - Botany – Sex in the Garden** plant physiology & reproduction

**6/30 - Plant Propagation: Sexual & Asexual** – with seeds, cuttings, layers & grafts

**7/7 - Pest ID** identifying weeds, insects & diseases

**7/14 - Pest Control** organic methods for controlling weeds, insects & diseases

**7/21 - Hawaiian Heritage Plants** identification of plants native to Hawaii

**7/28 - Diagnosing Plant Problems** figuring out what is wrong with your plants

**8/4 - Solving Plant Problems** group discussion of plant problems & solutions

### **803. Brain Boosters: Fun & Engaging Games for Sharper Thinking NEW**

**Instructor:** Hope Levy, MA, MA

**Dates:** 4 Mondays Jul 7 - 28

**Time:** 12:00 – 1:00 pm

**Location:** Online via Zoom

**Enrollment Limit:** 25

Give your brain a workout with this engaging online class designed to enhance memory, focus, and problem-solving skills. Through a mix of interactive brain games, puzzles, and mental exercises, each week you'll challenge your cognitive abilities while having fun in a supportive setting. You'll discover strategies to keep your mind sharp and learn practical ways to integrate mental stimulation into everyday life.

## **TUESDAY CLASSES**

### **761. Introduction to Coastal Ecosystems**

**Instructor:** Athline Clark

**Dates:** 4 Tuesdays Jun 3 – 24 for Zoom lectures

**Time:** 9:00 – 10:30 am

**Location:** Online via Zoom

**Enrollment Limit:** 35

**NOTE:** Admission to the course does not guarantee a spot on the fieldtrips. See related Coastal Ecosystems fieldtrip descriptions pp. 18-19.

Hawaii's beaches, coral reefs, and rocky shorelines are culturally significant, biologically rich, and economically important. In this course you will learn an overview about the plants and animals that make up these ecosystems, their biodiversity, cultural significance and geological parameters. The course will focus on beach sand dunes, sandy beaches, rocky intertidal shorelines and coral reefs. The four sessions will be taught via zoom with follow up opportunities to participate in field trips to do hands-on learning about the sites visited and discussed on-line. While the field trips are not mandatory, taking the four on-line learning sessions is a pre-requisite to participation in the field trips.

Athline Clark, born and raised in Hawaii, recently retired as the National Oceanic and Atmospheric Administration's (NOAA) Superintendent for the Papahānaumokuākea Marine National Monument. Prior to joining NOAA in 2015, Athline worked with the U.S. Army Corps of Engineers as a Project Manager overseeing national priority projects in ecosystem restoration, watershed planning and flood reduction. She is also an Adjunct Faculty at Chaminade University and serves in an advisory capacity on several sustainable development boards.

### **783 An Ocean View IN PERSON**

**Instructor:** Anthony Russo, PhD

**Dates:** 5 Tuesdays, Jun 3 - Jul 1

**Time:** 11:00 am – 12:30 pm

**Location:** Krauss Hall 111

**Enrollment Limit:** 24

An Ocean View examines the ocean's essential role in maintaining life on earth. We look at the geological forces that shape and change the ocean floor. Seawater and pure water have unique properties that are necessary for life in the ocean. The motion of the ocean water by currents, waves and tides help moderate the planet's temperature. The special nature of the marine environment helps maintain a unique ecosystem abundant and diverse with living creatures.

MS UH Manoa, PhD. Florida Institute of Oceanography. His research deals mainly with the structure and function of marine communities and the effects of pollution stress on their abundance and diversity.

### **762. Osteo-cise Bone Fitness**

**Instructor:** Robin Bush

**Dates:** 10 Tue, Jun 3 - Aug 5

**Time:** 11:00 – 12:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** None  
**\*All participants must have completed a 2025 waiver prior to class.**

This class for anyone who has Osteoporosis or Osteopenia. It's also for anyone who wants to prevent bone loss. We will be doing deliberate, safe weight bearing exercise. We'll work out the muscles surrounding your bones to build strength using long resistance ribbon or tube bands. We'll build core strength to properly support the spine. We'll work on posture, balance and agility to prevent falls. You'll be standing, sitting and working on the floor. If you absolutely can't get on the floor, I'll meet with you to provide accommodations. We use long, flat resistance bands or tube bands. Questions? Reach out to Robin at [pcrobin@yahoo.com](mailto:pcrobin@yahoo.com) or 808-949-2161.

### **784. The True Believer in Conflicted Times** **POSTPONED TO FALL 2025**

**Instructor:** Les Ozawa, BA, MA English UH Mānoa,  
**Dates:** 4 Tuesdays, Jun 3 – 24  
**Time:** 12:00 – 1:30  
**Location:** Online via Zoom  
**Enrollment Limit:** 20

~~Two books have been influential in my thinking of the person in conflicted societies: Man's Search for Meaning, and The True Believer. I recently finished reading another book, Last Night I Dreamed of Peace, a diary of a young North Vietnamese physician during the Vietnam War, whose wartime diary (April 1968–June 1970) was recovered after she was killed, and unknown until published in Vietnam in 2005, and translated and published in the US in 2007. I haven't read the former two books for many years and would like to re-read them with this other book by Dang (her last name) Thuy Tram. Some copies may be available in public libraries, but they can be purchased used off the internet. See expanded description online.~~

~~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.~~

### **800. 3-Day Virtual Writing & Publishing Retreat** **NEW**

**Presenter:** Jamie Novak

**Dates:** June 3, 4, 5 (Tue, Wed, Thu)  
**Time:** 11:00 - 12:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 25

Log on and learn options to get your manuscript or picture book published. See where to find a literary agent – easily and at no cost. Work on your query letter and proposal in a comfortable space where you are invited to share your work for live feedback. **Note:** class meets three days in a row.

### **764. Impromptu Writing**

**Facilitator:** Esther Geil, BA, MS, MEd  
**Dates:** 10 Tuesdays, Jun 3 - Aug 5  
**Time:** 7:00 pm - 8:15 pm  
**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. All the writing is done during class session, and there is neither reading nor writing assigned that is required to be done outside of class. 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.

### **785. Smartphone Photography & Book Making Workshop (KCC)** **FULL**

**Instructors:** Hawkins Biggins and Jane Raissle  
**Dates:** 3 Tuesdays, Jun 10 - 24  
**Time:** 8:00 - 11:00 am  
**Location:** In person, KCC Olapa 205  
**Enrollment Limit:** 8

**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 Raissel 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.

### **786. Modern Calligraphy Art Therapy** **Revised**

**Instructor:** Sylvia Schiada, BFA, Graphic Design

**Dates:** 8 Tuesdays, Jun 17 - Aug 5

**Time:** 9:30 – 11:30 am

**Location:** Online via Zoom

**Enrollment Limit:** 25

**Prerequisite skills:** PreReq of Brush & Pointed Pen helpful; beginners who can write cursive

If you took Brush & Pointed Pen Calligraphy classes, you will learn how to modernize your writing. However, if you can print legibly, you are welcome to join us as we combine watercolors with writing, while practicing slow drawing techniques meant to empower your creativity. Individuals don't need experience to benefit from art therapy as the focus is on the creative process and stress reduction. Please email Sylvia for a list of materials needed for class at [alohacalligraphy@gmail.com](mailto:alohacalligraphy@gmail.com)

### **787. Hollywood Sci-Fi: Five Key Concepts** **NEW**

**Instructor:** Lloyd Lim

**Dates:** 8 Tuesdays, Jun 17 – Aug 5

**Time:** 6:00-8:30 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. Warning: Most of the films are R-rated.

Writer and film buff Lloyd Lim leads students in a Zoom viewing of seven (7) sci-fi films, using five key concepts: the mad scientist; alien intruders; space exploration; time travel, and the end of a world. (a) In *Flatliners*, medical students experiment with artificially

induced death and resuscitation; (b) In *The Day of the Dolphin*, a marine biologist tries to make dolphins smart enough to speak; (c) In *The Village of the Damned*, a doctor must find out why the women of his village got pregnant—at the same time; (d) In *Predator*, a team of mercenaries led by a tough guy enters the jungle on a rescue mission and encounters an alien hunter; (e) In *Annihilation*, a team led by a doctor investigates a strange distortion field; (f) In *Star Trek*, Kirk and Spock encounter Romulans traveling through time; (g) In *Melancholia*, a wedding is held for a woman with mental health issues as a planet approaches the Earth. Bonus film TBD.

### **765. First Steps to Hiking FULL**

**Instructor:** Jennie Chadbourne

**Dates:** 4 Tuesdays, July 1 – 29 (no class July 15)

**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.

### **788. Famous Queens of England NEW**

**Instructor:** Alexis Alexander

**Dates:** 6 Tuesdays, Jul 1 - Aug 5

**Time:** 4:00 – 5:30 pm

**Location:** Online via Zoom

**Enrollment Limit:** None

This course will highlight the most interesting Queens and Princesses of England from the Time of the

Plantagenets. Achievements, victories and scandals will all be grist for our mill. Although the focus will be on the personal, rather than the political, all events will also be presented in the context of the major events of the times. Come and join us for an immersion into the historical waters of women's experiences.

## WEDNESDAY CLASSES

### 767. Easy Hikes for Novice Hikers **FULL**

**Instructor:** John B. Hall, Prof. Emeritus, Microbiology

**Dates:** 6 Wednesdays, Jun 4 - Jul 9

**Time:** Hikers meet at the trailhead at 7:00 a.m. unless indicated otherwise. Class does meet on July 4.

**Location:** Varies, see below.

**Enrollment Limit:** 16

**\*In addition to completion of a 2025 waiver prior to class, all participants should be able to walk at least 2 miles without difficulty and climb 2 flights of stairs with ease.**

The course is designed to introduce novice hikers to hiking in Hawai'i. Participants should be able to walk at least 2 miles without difficulty and climb 2 flights of stairs with ease. They should be comfortable on rough surfaces and be prepared to carry a light day pack. Our wild areas offer spectacular scenery, and interesting plant life, native and introduced. We will enjoy a great chance to exercise and share companionship amidst the solitude, peace, and tranquility of the mountains. Prior to the start of class, the group will receive background information on proper equipment and safety considerations, instructions for reaching a trailhead for each hike, and a description of what to expect on the hike. We will do easy hikes to give members a sample of the kinds of adventures available in our mountains. Most hikes will usually take 3 to 4 hours. Be advised that many of you will be able and anxious to hike further and faster than the Leader can; patience is mandatory!

### 812. Mindfulness in Motion - Chi-Kung Sitting Style

**Instructor:** Mac Lewman

**Dates:** Wednesdays Jun 4 - Aug 6 (no class June 11)

**Time:** 8:30 am - 9:30 am

**Location:** Windward Community College. The class is conducted on the lawn in front of Hale Mānaleo. There is parallel parking on the road above (behind) Hale Na'auao. When you enter the campus, it is best to go

to the right and follow the road to the back of the campus so that you are going the correct direction for parking. Parking is only on one side of the road. It's a 1-minute walk from the parking stalls to the class.

**Enrollment Limit:** 20 participants

**Requirements:** Bring a beach towel or mat and a sitting pillow (provided if needed).

**Note:** All participants must submit a completed 2025 waiver before attending.

This outdoor class blends meditative practices with physical strengthening exercises designed to enhance mobility, improve energy flow (Chi), and support graceful aging.

15 mins standing meditation exercises.

15 mins downward meditation exercises.

30 mins sitting in-motion chi-kung meditation.

All exercises include mindfulness and meditation. All mindfulness is a form of meditation and all meditation includes mindfulness. Meditation is connecting deeper with oneself as part of the infinite universe.

### 768. Intermediate Hikes for the Experienced and Fit: Wednesday w/ Larry Lee **IN PERSON**

**Instructor:** Larry Lee

**Dates:** 6 Wednesdays, Jun 4 - Jul 9

**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 around 2:00 pm.

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.

## **769. Learning American Mahjong IN PERSON WCC**

**Instructor:** Mark Steiner

**Dates:** 8 Wednesdays, Jun 18 - Aug 6

**Time:** 10:00 am – 12:30 pm

**Location:** Windward Community College, Hale Kuhina, Room 114

**Enrollment Limit:** 12

**Supplies:** Please bring your own 2025 Laminated Rules Card (\$15 for the large size) available at [nationalmahjongleague.org](http://nationalmahjongleague.org). The 2025 used for this class will be valid until at least April 2026. New players should order this in advance. (Paper copies will be available in case you do not receive yours in time.)

Join our American Mahjong class for beginners & novices! With or without prior experience. If you're fairly new to the game, this course is perfect for a refresher. You'll learn everything from the equipment and rules to the setup, terminology, and basics of the game, as well as some strategic tips. The first two sessions cover the essentials; by the third, you'll be playing the game, teaming up with others or going solo. Additional novices skip the first 3 sessions and then join from the fourth session onwards, offering additional partners to play with. The fourth session starts with a quick recap followed by playing.

Bring your own MJ set if you have one and we'll check if you can use it for this version. Also get ready to explore an online version to play against computers, friends, or new opponents. Newcomers are encouraged to attend the first three classes for a full grounding in the game. If you're a returning beginner, feel free to join us again at any session to refresh your memory and refine your skills.

## **790. Ukulele Ensemble IP KCC FULL**

**Instructor:** Jason Tse

**Dates:** 6 Wednesdays June 18 - July 23

**Time:** 11:00 am – 12:00 pm

**Location:** Kapiolani Community College, Olapa 205

**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!

## **789. Ukulele Kanikapila IP KCC FULL**

**Instructor:** Jason Tse

**Dates:** 6 Wednesdays June 18 - July 23

**Time:** 12:30 – 1:30 pm

**Location:** Kapiolani Community College, Olapa 205

**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.

## **805. Ukulele Music Theory IP KCC FULL**

**Instructor:** Jason Tse

**Dates:** 5 Wednesdays June 18 - July 16

**Time:** 2:00 – 3:00 pm

**Location:** Kapiolani Community College, Olapa 205

**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 scaof 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.

## 770. Culinary Conversations

**Presenter:** Tom Sheeran

**Date:** 4 Wed, Jun 25, Jul 9, 23, Aug 6

**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 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. NOTE - we are continuing the every-other-week schedule this term, with possible options to dine together on some of the 'off' weeks. All are welcome to participate in the conversation or just listen in. Tom is a self-described food junkie avoiding recovery.

## 791. Frost, Eliot & Stevens, Early 20<sup>th</sup> Century Poets **NEW**

**Instructor:** Dave Johnson, BA Yale, JD Harvard Law

**Dates:** 3 Wednesdays, July 9, 16 & 23

**Time:** 2:00 – 4:00 pm

**Location:** Zoom

**Enrollment Limit:** none

Before the first class, members will receive an e-mail handout including all of the poems we will discuss in the course. Our 3 poets, Robert Frost (1874-1963), T. S. Eliot (1888-1965), and Wallace Stevens (1879-1955), were writing during the early 20<sup>th</sup> century, and each took a very different approach to writing poetry. These major poets' works will be discussed as follows:

**July 9:** Robert Frost

**July 16:** T. S. Eliot

**July 23:** Wallace Stevens

Their poetry is fascinating and challenging. I will provide a brief biography of each writer, and discuss each of their writing characteristics. Our main focus will be on the e-mailed poems, the ideas and feelings they convey, and the techniques their poets use. I will ask for volunteers to read aloud poems or parts of poems. We will be devoting most of our time to discussing these poems. Zoom Whiteboards will probably be used to show the poems and their readers

as they are read aloud and discussed. 20<sup>th</sup> century poetry is not for wimps. Don't be concerned if you don't understand some of it. Keep going, and you will find it interesting.

## 808. Creating Interactive Stories with NASA Data **NEW FULL**

**Instructor:** Cassie Soeffing

**Date:** 2 Wednesdays, Jul 30 and Aug 6

**Time:** 9:00 – 10:00 am

**Location:** Zoom

**Enrollment Limit:** 10

Have you been on a trip and taken many photos, wondering, now what? Learn how to create a beautiful, interactive story that combines your photos, and stories, with maps to bring your trip to life. In this virtual 2-3 session class, you'll discover how to use digital tools to craft engaging narratives and share them online with friends and family. To add depth and excitement to your travel stories, we'll explore simple ways to incorporate NASA's publicly available Earth imagery and data. In this class we'll use NASA WorldView to include satellite images of the regions you visited. This is a resource that is beginner-friendly and accessible through any web browser, making it easy for you to enhance your story with stunning visuals and scientific context.

Prior to the first class,

1. create your free NASA WorldView account:

<https://urs.earthdata.nasa.gov/users/new> using your email address.

2. Visit <https://storymaps.arcgis.com> and create an ArcGIS Public Account

3. It would also be helpful if your digital photographs are organized in one online folder for easy access during the sessions.

Cassie Soeffing is a senior science educator at the Institute for Global Environmental Strategies, campaign coordinator for GLOBE Mission Mosquito, and member of the GLOBE Observer team. She is also a SciStarter Ambassador and active leader in the citizen science community, including teaching courses in citizen science for Osher Lifelong Learning Institutes.

## 806. Plants with a Purpose: Cultural uses of Hawaii's plants **NEW**

**Instructor:** Margo Vitarelli

**Date:** 2 Wednesdays, Jul 30 and Aug 6

**Time:** 11:00 am - 12:00 pm

**Location:** Zoom  
**Enrollment Limit:** none

What plants arrived in Hawaii before any human set foot on the islands? And how did they get here? Which plants did the Polynesians choose to bring with them when they arrived by canoe? and why? Discover plants that were and still are used as medicines, dyes, tools, clothing, and body decoration and for religious ceremonies. Learning about these plants gives us insights into and a deeper understanding of the Hawaiian culture, diet, artifacts, traditions, beliefs and way of life. Know your surroundings.

Before retirement Margo Vitarelli, a Pacific art educator with experience as a museum curator, exhibition designer and art instructor was the Education Director at the Manoa Heritage Center, a Hawaiian cultural/historical site and botanical garden in Honolulu. She designed garden tours for students and the community, featuring the plants of Hawaii, with a special focus on their cultural uses.

## THURSDAY CLASSES

### 724. Real to Reel 3

**Instructor:** Sue Nance, Amer Studies, BA, MA, ABD  
**Dates:** 10 Thu Jun 5 - Aug 7  
**Time:** 9:00 am – 12:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** None

Per requests, more documentaries. As I have in the past, I will be spending a day in California, with my friend Bob, the “documentarian.” As an Academy member, he has ALL of this year’s films, from which this year’s Oscar will be chosen. I will have lunch and this incredible opportunity to see them and choose some of the semester’s films, which I will receive, hopefully, after the Oscars. Others from local sources, as usual.

### 772. Interval Strength Training for Active Older Adults

**Instructor:** Robin Bush  
**Dates:** 10 Thu Jun 5 - Aug 7  
**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. A movement or exercise is done for 20 seconds followed by a rest for 10 seconds. It's repeated eight times, often with optional progressions or modifications. That constitutes a "Tabata" (a format created in Japan). We rest for 30 seconds then move to the next Tabata. Classes are constructed with 10-12 Tabatas focusing on arm, leg and core strength. We'll also do some cardio. Supportive shoes, light weights, a bottle of water, and a chair without wheels are recommended. The magic of this class is that crossing 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.

### 793. Late Nights with Jack Paar **NEW**

**Instructor:** Jim Hesse, Musician, Actor  
**Dates:** 5 Thursdays, Jun 5 - Jul 3  
**Time:** 1:00 – 3:00 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** None

**Jun 5:** *Smart Television with Jack Paar*. PBS Documentary with guests Cassius Clay (Mohammad Ali), Liberace, Fidel Castro, Bill Cosby, The Muppets  
**Jun 12:** *Full Episode December 11, 1963*. With Judy Garland & Robert Morley!  
**Jun 19:** *In Their Own Words: Pope Francis*. A man who was on his way to shaking up one of the oldest institutions.  
**Jun 26:** *Chuck Berry*. The unmatched talent from the father of rock and roll.  
**Jul 3:** *Diana, Princess of Wales*. The inspirational journey of a woman who defied expectations!

## Summer 2025 Class Volunteers Needed!!

Opportunities to assist during either Zoom or in-person classes include taking attendance, monitoring the chat box, and noticing members who wish to ask a question to helping with room set-up. Come help your lifelong learning community! Training and mentoring provided.

**Come join us!**

# Summer 2025 Course Schedule by Day of the Week

| #                        | Day/CourseTitle                                                                         | Instructor      | Starts  | Ends    | Time                         | wks | Limit | p  |
|--------------------------|-----------------------------------------------------------------------------------------|-----------------|---------|---------|------------------------------|-----|-------|----|
| <b>SUNDAY COURSES</b>    |                                                                                         |                 |         |         |                              |     |       |    |
| 801                      | Authoritarianism and Resistance: What we can know about it and why <b>NEW IN PERSON</b> | Rosenfeld       | 6/8/25  | 7/27/25 | 1:30 - 3:00 PM               | 8   | 16/o  | 3  |
| 756                      | Learning American Mahjong, Krauss Hall, Manoa <b>IP</b>                                 | Steiner         | 6/15/25 | 8/3/25  | 10:00 - 12:30 PM             | 8   | 12    | 3  |
| 757                      | American Mahjong for Intermediate Players, Krauss <b>IP</b>                             | Steiner         | 7/6/25  | 8/3/25  | 10:00 - 12:30 PM             | 5   | 12    | 3  |
| <b>MONDAY COURSES</b>    |                                                                                         |                 |         |         |                              |     |       |    |
| 781                      | Contemporary Economic Policy Issues                                                     | Woglom          | 6/2/25  | 6/30/25 | 9:00 - 10:30 AM              | 5   | na    | 3  |
| 802                      | Monday Morning Movies: Watching the Detectives <b>NEW</b>                               | Devaney         | 6/2/25  | 8/4/25  | 9:00 - 12:00 PM              | 10  | na    | 4  |
| 758                      | Zumba Gold Toning <b>*Waiver</b>                                                        | Bush            | 6/2/25  | 8/4/25  | 12:00 - 1:00 PM              | 10  | na    | 4  |
| 782                      | Symphonic Music: Guided YouTube Listening <b>NEW</b>                                    | Lim             | 6/16/25 | 7/28/25 | 11:00 - 11:45 AM             | 7   | 30    | 4  |
| 755                      | Tropical Gardening                                                                      | Duff            | 6/16/25 | 8/4/25  | 2:00 - 3:30 PM               | 8   | 65    | 4  |
| 803                      | Brain Boosters: Fun & Engaging Games for Sharper Thinking <b>NEW FULL</b>               | Levy            | 7/7/25  | 7/28/25 | 12:00 - 1:00 PM              | 4   | 25    | 5  |
| <b>TUESDAY COURSES</b>   |                                                                                         |                 |         |         |                              |     |       |    |
| 761                      | Introduction to Coastal Ecosystems                                                      | Clark           | 6/3/25  | 6/24/25 | 9:00 - 10:30 AM              | 4   | 35    | 5  |
| 783                      | An Ocean View <b>IP Krauss Hall</b>                                                     | Russo           | 6/3/25  | 7/1/25  | 11:00 - 12:30 PM             | 5   | 24    | 5  |
| 762                      | Osteo-cise Bone Fitness <b>*Waiver</b>                                                  | Bush            | 6/3/25  | 8/5/25  | 11:00 - 12:00 PM             | 10  | na    | 5  |
| 800                      | 3-Day Virtual Writing & Publishing Retreat T, W, Th <b>NEW</b>                          | Novak           | 6/3/25  | 6/5/25  | 11:00 AM - 12:00 PM T, W, Th | 3   | 25    | 6  |
| 764                      | Impromptu Writing                                                                       | Geil            | 6/3/25  | 8/5/25  | 7:00 - 8:15 PM               | 10  | 8     | 6  |
| 785                      | Smartphone Photography & Book Making Workshop (KCC) <b>IP *Waiver FULL</b>              | Biggins/Raissle | 6/10/25 | 6/24/25 | 8:00 - 11:00 AM              | 3   | 8     | 6  |
| 786                      | Modern Calligraphy Art Therapy                                                          | Schiada         | 6/17/25 | 8/5/25  | 9:30 - 11:30 AM              | 8   | 35    | 7  |
| 787                      | Hollywood Sci-Fi: Five Key Concepts <b>NEW</b>                                          | Lim             | 6/17/25 | 8/5/25  | 6:00 - 8:30 PM               | 8   | 30    | 7  |
| 765                      | First Steps to Begin Hiking <b>IP Waiver FULL</b>                                       | Chadbourn       | 7/1/25  | 7/29/25 | 9:00 A - 12:00 PM            | 4   | 16    | 7  |
| 788                      | Famous Queens of England <b>NEW</b>                                                     | Alexander       | 7/1/25  | 8/5/25  | 4:00 - 5:30 PM               | 6   | na    | 7  |
| <b>WEDNESDAY COURSES</b> |                                                                                         |                 |         |         |                              |     |       |    |
| 767                      | Easy Hikes for Novice Hikers <b>IP *Waiver FULL</b>                                     | Hall            | 6/4/25  | 7/9/25  | 7:00 - 11:00 AM              | 6   | 16    | 8  |
| 812                      | Mindfulness in Motion: Chi-Kung Sitting Style <b>IP *Waiver</b>                         | Lewman          | 6/4/25  | 8/6/25  | 8:30 - 9:30 AM               | 9   | 12    | 8  |
| 768                      | Intermediate Hikes for the Experienced and Fit <b>IP *Waiver</b>                        | Lee             | 6/4/25  | 7/9/25  | 9:00 - 2:00 PM               | 6   | 16    | 8  |
| 769                      | Learning American Mahjong WCC <b>IP</b>                                                 | Steiner         | 6/18/25 | 8/6/25  | 10:00 - 12:30 PM             | 8   | 12    | 9  |
| 790                      | Ukulele Ensemble KCC <b>IP FULL</b>                                                     | Tse             | 6/18/25 | 7/23/25 | 11:00 - 12:00 PM             | 6   | 15    | 9  |
| 789                      | Ukulele Kanikapila KCC <b>IP FULL</b>                                                   | Tse             | 6/18/25 | 7/23/25 | 12:30 - 1:30 PM              | 6   | 15    | 9  |
| 805                      | Ukulele Music Theory KCC <b>IP FULL</b>                                                 | Tse             | 6/18/25 | 7/16/25 | 2:00 - 3:00 PM               | 5   | 15    | 9  |
| 770                      | Culinary Conversations                                                                  | Sheeran         | 6/25/25 | 8/6/25  | 7:00 - 8:00 PM               | 4   | 36    | 10 |
| 791                      | Frost, Eliot & Stevens, Early 20th Century Poets <b>NEW</b>                             | Johnson         | 7/9/25  | 7/23/25 | 2:00 - 4:00 PM               | 3   | na    | 10 |
| 808                      | Creating Interactive Stories with NASA Data <b>NEW FULL</b>                             | Soeffing        | 7/30/25 | 8/6/25  | 9:00 - 10:00 AM              | 2   | 10    | 10 |
| 806                      | Plants with a Purpose: Cultural uses of Hawaii's plants <b>NEW</b>                      | Vitarelli       | 7/30/25 | 8/6/25  | 11:00 - 12:00 PM             | 2   | na    | 10 |

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## Summer 2025 Course Schedule by Day of the Week continued

| THURSDAY COURSES |                                                                                                                                                  |                     |         |         |                  |    |    |    |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------|---------|------------------|----|----|----|
| 724              | Real To Reel 3 NEW                                                                                                                               | Nance               | 6/5/25  | 8/7/25  | 9:00 - 12:00 PM  | 10 | na | 11 |
| 772              | Interval Strength Training for Active Older Adults <b>*Waiver</b>                                                                                | Bush                | 6/5/25  | 8/7/25  | 11:00 - 12:00 PM | 10 | na | 11 |
| 793              | Late Nights with Jack Paar <b>NEW</b>                                                                                                            | Hesse               | 6/5/25  | 7/3/25  | 1:00 - 3:00 PM   | 5  | na | 11 |
| 773              | Introduction to the Joy of Hiking <b>IP *Waiver FULL</b>                                                                                         | Foster              | 6/12/25 | 7/17/25 | 9:00 - 1:00 PM   | 6  | 16 | 14 |
| 774              | Food For Thought                                                                                                                                 | Mandryk             | 6/19/25 | 7/24/25 | 9:00 - 10:30 AM  | 6  | 24 | 14 |
| 794              | Smartphone Photography & Book Making Workshop (WCC) <b>IP *Waiver FULL</b>                                                                       | Biggins/<br>Raissle | 7/3/25  | 7/17/25 | 8:30 - 11:30 AM  | 3  | 8  | 14 |
| 795              | The Great Musicals of the Fifties <b>NEW</b>                                                                                                     | Hesse               | 7/10/25 | 8/7/25  | 1:00 - 3:00 PM   | 5  | na | 14 |
| 807              | Mastering Mindset: Stoicism, CBT, and Emotional Resilience for Seniors <b>NEW FULL</b>                                                           | Johnson             | 7/10/25 | 8/7/25  | 6:00 - 7:30 PM   | 5  | 12 | 15 |
| FRIDAY COURSES   |                                                                                                                                                  |                     |         |         |                  |    |    |    |
| 809              | Mindfulness in Motion - Chi-Kung Sitting Style <b>IP *Waiver</b>                                                                                 | Lewman              | 6/6/25  | 8/8/25  | 8:30 - 9:30 AM   | 9  | 12 | 15 |
| 775              | Zumba Gold <b>*Waiver</b>                                                                                                                        | Bush                | 6/6/25  | 8/8/25  | 12:00 - 1:00 PM  | 9  | na | 15 |
| 796              | US Foreign Policy, Global issues, and World Order <b>NEW</b>                                                                                     | Weiner              | 6/6/25  | 8/8/25  | 1:30 - 3:00 PM   | 10 | 40 | 15 |
| 777              | The 20th Century American Short Story III <b>NEW</b>                                                                                             | Weibezahl           | 6/13/25 | 8/1/25  | 11:00 - 12:30 PM | 6  | 35 | 16 |
| 797              | Let's listen to French Opera <b>NEW</b>                                                                                                          | Williams            | 6/13/25 | 8/8/25  | 2:00 - 4:00 PM   | 9  | 35 | 16 |
| 778              | Advanced Adventure Hikes for the Experienced and Fit: Friday w/ Larry Lee <b>IP *Waiver</b>                                                      | Lee                 | 7/4/25  | 8/8/25  | 9:00 - 3:00 PM   | 6  | 16 | 16 |
| 798              | World War I: From 1914 to 1917                                                                                                                   | Sheeran             | 7/11/25 | 8/8/25  | 11:00 - 1:00 PM  | 5  | na | 17 |
| SATURDAY COURSES |                                                                                                                                                  |                     |         |         |                  |    |    |    |
| 810              | Meditation & Tai Chi <b>IPL *Waiver</b>                                                                                                          | Lewman              | 6/7/25  | 8/9/25  | 8:30 - 9:30 AM   | 10 | 12 | 17 |
| 811              | Mindfulness in Motion: Chi-Kung Sitting Style <b>IPL *Waiver</b>                                                                                 | Lewman              | 6/7/25  | 8/9/25  | 9:45 - 10:45 AM  | 10 | 12 | 17 |
| 799              | Saturday Matinee Films in Two Parts: 1) Hawai'i on Film: History, Culture, and Storytelling and 2) On the Right Track: Trains in Film <b>NEW</b> | Piper               | 6/7/25  | 8/9/25  | 9:30 - 1:30 PM   | 10 | na | 17 |

| Summer 2025 Single Events, Field Trips, Shared Interest Groups |                                                                                                                 |             |         |         |                  |    |    |    |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------|---------|---------|------------------|----|----|----|
| MONDAY                                                         |                                                                                                                 |             |         |         |                  |    |    |    |
| 760                                                            | Brain Health: A Use It Or Lose It Strategy                                                                      | Levy        | 6/30/25 | 6/30/25 | 12:00 - 1:30 PM  | 1  | 25 | 18 |
| 759                                                            | Rainbow Kupuna LGBTQ+ SIG                                                                                       | Welch       | 6/2/25  | 8/11/25 | 4:00 - 5:30 PM   | 6  | 12 | 18 |
| 779                                                            | Coastal Ecosystems FT 1: Introduction to Rocky Intertidal Ecosystems, Sandy Beaches and Sand Dunes <b>IP *W</b> | Clark       | 7/7/25  | 7/7/25  | 8:30 - 11:00 AM  | 1  | 12 | 18 |
| TUESDAY Events, Field Trips, SIGs, Etc                         |                                                                                                                 |             |         |         |                  |    |    |    |
| 763                                                            | OLLI Writers Circle <b>FULL</b>                                                                                 | Ching       | 6/3/25  | 7/29/25 | 1:30 - 3:30 PM   | 5  | 8  | 18 |
| 780                                                            | Coastal Ecosystems FT 2: Exploration of Coral Reefs <b>IP *Waiver</b>                                           | Clark       | 7/15/25 | 7/15/25 | 8:00 - 11:00 AM  | 1  | 12 | 19 |
| 804                                                            | Hawaii's State Budget: Policy, Politics, Procedures <b>NEW</b>                                                  | Johnston    | 7/22/25 | 7/22/25 | 2:00 - 4:00 PM   | 1  | na | 19 |
| WEDNESDAY Events, Field Trips, SIGs, Etc                       |                                                                                                                 |             |         |         |                  |    |    |    |
| 766                                                            | Acrylic Painting Member Forum SIG*                                                                              | Facilitator | 6/4/25  | 8/6/25  | 11:00 - 12:30 PM | 9  | 16 | 19 |
| 792                                                            | Gardening Walkabout: Native Hawaiian Plant nurseries <b>IP *Waiver FULL</b>                                     | Duff        | 7/23/25 | 7/23/25 | 10:00 - 2:00 PM  | 1  | 15 | 19 |
| THURSDAY Events, Field Trips, SIGs, Etc                        |                                                                                                                 |             |         |         |                  |    |    |    |
| 771                                                            | Watercolor Artist Forum SIG                                                                                     | Facilitator | 6/5/25  | 8/7/25  | 10:30 - 12:30 PM | 10 | 16 | 19 |
| FRIDAY Events, Field Trips, SIGs, Etc                          |                                                                                                                 |             |         |         |                  |    |    |    |
| 776                                                            | OLLI Book Club & Discussion Group                                                                               | Facilitator | 6/6/25  | 8/8/25  | 3:00 - 4:30 PM   | 4  | na | 20 |

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## THURSDAY CLASSES cont...

### 773. Introduction to the Joy of Hiking

**FULL**

**Instructor:** Bobbie Foster

**Dates:** 6 Thursdays, Jun 12 - Jul 17

**Time:** 9:00 am - 1:00 pm

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

**Enrollment Limit:** 16

**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.

### 774. Food for Thought

**Facilitator:** Carole Mandryk, foodie, baker, chef

**Dates:** 6 Thursdays, Jun 19 - Jul 24

**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.

### 794. Smartphone Photography & Book Making Workshop (WCC) **NEW FULL**

**Instructors:** Hawkins Biggins and Jane Raissle

**Dates:** 3 Thursdays, July 3 - 17

**Time:** 8:30 - 11:30 am

**Location:** In person, WCC Hale Kunia, 112

**Enrollment Limit:** 8

**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.

### 795. The Great Musicals of the Fifties **NEW**

**Instructor:** Jim Hesse, Musician, Actor

**Dates:** 5 Thursdays, Jul 10 - Aug 7

**Time:** 1:00 – 3:00 pm

**Location:** Online via Zoom

**Enrollment Limit:** None

**Jul 10:** *The Music Man* with Robert Preston & Shirley Jones and Ronny Howard, Buddy Hackett & Hermione Gingold

**Jul 17:** *Once Upon a Mattress* with Carol Burnett., Tracey Ullman. Tommy Smothers & Matthew Morrison

**Jul 24:** *The Pajama Game* with Doris Day, John Riatt and members of the Original Broadway Cast

**Jul 31:** *Hello Dolly* with Barbra Streisand, Walter Matthau & Michael Crawford

**Aug 7:** *My Fair Lady* with Audrey Hepburn, Rex Harrison & Jeremy Brett

## **807. Mastering Mindset: Stoicism, CBT, and Emotional Resilience for Seniors **NEW FULL****

**Instructor:** Annette Johnson, MA Counseling

**Dates:** 5 Thursdays, Jul 10 - Aug 7

**Time:** 6:00 – 7:30 pm

**Location:** Online via Zoom

**Enrollment Limit:** 12

This five-session course introduces seniors to the timeless wisdom of Stoic philosophy and the practical tools of Cognitive Behavioral Therapy (CBT) to enhance emotional resilience and well-being. Participants will explore how mindset shapes emotions and outcomes, engage in thought-provoking discussions, and practice hands-on exercises to implement these principles in daily life. Each session is designed to be 1/3 lecture, 1/3 interactive discussion, and 1/3 guided activity for real-world application.

Anneke is interested in teaching stoic philosophy, mental toughness and resilience and transforming lives through the power of changing our thoughts and perceptions. She also owns a group telehealth practice based out of North Carolina and works as a military contractor providing counseling services to active-duty military and their families in the Hawaii and Pacific regions.

## **FRIDAY CLASSES**

### **809. Mindfulness in Motion - Chi-Kung Sitting Style**

**Instructor:** Mac Lewman

**Dates:** Fridays Jun 6 - Aug 8 (no class July 4)

**Time:** 8:30 am - 9:30 am

**Location:** Kapiolani Park across from Kaimana Beach about 100 yards into the park in the shade of one of the huge old trees.

**Enrollment Limit:** 20 participants

**Requirements:** Bring a beach towel or mat and a sitting pillow (provided if needed).

**Note:** All participants must submit a completed 2025 waiver before attending.

This outdoor class blends meditative practices with physical strengthening exercises designed to enhance mobility, improve energy flow (Chi), and support graceful aging.

15 mins standing meditation exercises.

15 mins downward meditation exercises.

30 mins sitting in-motion chi-kung meditation.

All exercises include mindfulness and meditation. All mindfulness is a form of meditation and all meditation includes mindfulness. Meditation is connecting deeper with oneself as part of the infinite universe.

### **775. Zumba Gold**

**Instructor:** Robin Bush

**Dates:** 9 Fridays Jun 6 - Aug 8 (no class 7/4)

**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!

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](mailto:pcrobin@yahoo.com) or call 808-949-2161.

### **796. US Foreign Policy, Global issues, and World Order **NEW****

**Instructor:** Robert Weiner

**Dates:** 9 Fridays, Jun 6 - Aug 8

**Time:** 1:30 – 3:00 pm

**Location:** Online via Zoom

**Enrollment Limit:** 40

This course will deal with the grand strategy and major dimensions and doctrines of US foreign policy, such as: isolationism, internationalism, realism, and idealism, since the origin of the Republic. Emphasis will be placed on contemporary global issues such as: war, the global economy (tariffs and trade), pandemics, terrorism, foreign aid, climate change, human rights, global democratization, China, Russia, North Korea,

Iran, and the European Union. The course will focus on whether America is a declining power or whether it is possible to "Make America Great Again." There will be plenty of time for comments and questions.

Robert Weiner taught courses on global affairs at the University of Massachusetts for a number of years and is the editor of six books about Global Issues.

### **777. The 20th Century American Short Story III NEW**

**Instructor:** Robert Weibezahl

**Dates:** 6 Fridays, Jun 13 - Aug 1 (no class Jul 4, 11)

**Time:** 11:00 am – 12:30 pm

**Location:** Online via Zoom.

**Enrollment Limit:** 35

**Course Texts:** Best American Short Stories of the Century, edited by John Updike. 978-0395843673. Currently \$12.50 on Amazon (list price is \$22.00). Lots of used copies available from online sellers as well.

Join the exploration of the short story as we delve into the *Best American Short Stories of the Century*, selected by John Updike. This session, we will concentrate on stories from the last part of the century (1973-1999) by both well-known and less-remembered writers. Participants read the stories in advance, then we discuss them within the context of their time, investigating multiple American and universal themes. There is no prerequisite.

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

### **797. Let's listen to French Opera NEW**

**Instructor:** Gordon Williams

**Dates:** 8 Fridays Jun 13 - Aug 8 (no class Jul 4)

**Time:** 2:00 – 4:00 pm

**Location:** Online via Zoom

**Enrollment Limit:** 50

The word 'opera' is Italian and over the past few years I have presented courses on Italian, German and American opera for OLLI-UHM. But what have French composers contributed to the repertoire? This course of lecture-discussions will ask how French opera differs from other operatic traditions. What are

its unique qualities and how does French opera broaden our palette? We'll go back to Lully and Rameau and a tradition of incorporating dance; consider the spectacle of 'grand opera' in Meyerbeer, and examine the impressionistic revolution of Debussy's *Pelléas et Mélisande*. How might recent work exhibit traditional French characteristics? And we won't forget *Carmen* and *Faust*.

### **778. Advanced Adventure Hikes for the Experienced and Fit: Friday w/ Larry Lee IN PERSON**

**Instructor:** Larry Lee

**Dates:** 6 Fridays, Jul 4 - Aug 8

**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:** 16

**\*All participants must have completed a 2025 waiver prior to class, and MUST be physically fit enough to hike at least 6 hours and 5 to 7 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 5-7 miles. Hikes start at 9:00 am and usually end around 3:00 pm. Participants should be experienced and fit hikers used to uneven terrain, narrow and unimproved trails, and capable of handling challenging ups and downs and ridges with drop-offs.

Hikes may involve slippery trails, hauling oneself up and down by ropes, and multiple stream crossings on slippery rocks. Merely hiking trails such as (or similar to) Aiea Loop, Kaena Point, and Kuliouou State Trail does not necessarily mean you qualify for this course. The average speed is medium to fast. 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.

## 798. World War I: From 1914 to 1917

**Instructor:** Tom Sheeran

**Dates:** 5 Fridays, Jul 11 - Aug 8

**Time:** 11:00 am - 1:00 pm

**Location:** Online via Zoom

**Enrollment Limit:** None

**Skill Requirements:** Able to get on line without having to call instructor for tech support.

This series picks up at the end of 1914 with the deadlock of trench warfare and takes us through the major battles on many different fronts that failed to produce a decisive victory for either side. We then look in depth at the US entry into the war in 1917 and also in depth at the two Russian revolutions in 1917 and their withdrawal from the war. In the concluding series in the Fall 2025 term we will see the final battles, the armistice, the Versailles Peace Conference, and the tragic results of this great conflict.

Slide lectures on Zoom with time for Q&A. A list of suggested resources will be provided and weekly handouts showing slide bullet points.

## SATURDAY CLASSES

### 810. Meditation & Tai Chi

**Instructor:** Mac Lewman

**Dates:** 10 Saturdays June 7 – Aug 9

**Time:** 8:30 am - 9:30 am

**Location:** Leeward Community College, in the grass area next to the Leeward Theater.

**Enrollment Limit:** 20 participants

**Requirements:** Bring a beach towel or mat and a sitting pillow (provided if needed).

**Note: All participants must submit a completed 2025 waiver before attending.**

15 mins...Standing meditation exercises.

45 mins... Mindfulness in motion - Tai-Chi short form.

The long form takes years to learn. This short form is designed to provide the deepest and most fun movements in each of the 4 sections. Each section can be a complete practice in and of itself.

### 811. Mindfulness in Motion - Chi-Kung Sitting Style

**Instructor:** Mac Lewman

**Dates:** 10 Saturdays June 7 – Aug 9

**Time:** 9:45 am – 10:45 am

**Location:** Leeward Community College, in the grass area next to the Leeward Theater.

**Enrollment Limit:** 20 participants

**Requirements:** Bring a beach towel or mat and a sitting pillow (provided if needed).

**Note: All participants must submit a completed 2025 waiver before attending.**

15 mins standing meditation exercises.

15 mins downward meditation exercises.

30 mins sitting in motion chi-kung meditation.

## 799. Saturday Matinee Films in Two Parts: 1) Hawai'i on Film: History, Culture, and Storytelling, and 2) On the Right Track: Trains in Film **NEW**

**Instructors:** Paul Piper and Dan Devaney

**Dates:** 10 Saturdays, Jun 7 - Aug 9

**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: Hawai'i on Film: History, Culture, and Storytelling

We explore the rich history, cultural values, and pivotal moments of Hawai'i through the lens of film. From historical events and legendary figures to contemporary issues and iconic stories set in the islands, we will use cinema as a powerful tool for reflection and discussion. While many of us are familiar with life in Hawai'i, this class offers a chance to deepen our understanding and appreciation of the people, places, and narratives that have shaped—and continue to shape—our island home. Films include: *Hawaii* (1966), and *Honolulu 100 Years in the Making* (2006).

### Part 2: On the Right Track: Trains in Film

The second half of the course takes to the tracks, exploring how trains serve as dynamic backdrops in action, comedy, romance, drama, crime, and thriller films. More than just a setting, trains drive stories of innocence lost, journeys of self-discovery, love found,

work endured, and destinies changed—all unfolding across a variety of cultures and landscapes. From pulse-pounding suspense to heartfelt moments, these films reveal how movement through space often mirrors emotional or personal transformation. Films will include: Hitchcock's *Strangers on a Train* (1951) and Richard Linklater's *Before Sunrise* (1995).

## 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.

## Monday Talks, Events & SIGs

### 760. Brain: A Use It or Lose It Strategy

**Instructor:** Hope Levy, MA, MA  
**Dates:** Monday Jun 30  
**Time:** 12:00 – 1:30 pm  
**Location:** Online via Zoom  
**Enrollment Limit:** 24

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.

### 759. Rainbow Kupuna LGBTQ+ SIG

**Facilitators:** Winston Welch & Rosemary Kyte  
**Day:** First and third Mondays, starting June 2; with possibility of in-person meetings on the Fifth Monday of the month (e.g., Jun 30).  
**Time:** 4:00 – 5:30 pm  
**Location:** 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.

### 779. Coastal Ecosystems Fieldtrip: Introduction to Rocky Intertidal Ecosystems, Sandy Beaches and Sand Dunes **IN PERSON**

**Instructor:** Athline Clark, MA  
**Date:** Monday July 7, 2025  
**Time:** 8:00 – 11:00 1m  
**Location:** TBA  
**Enrollment Limit:** 12  
**Prerequisites:** **MUST be enrolled in and attend Introduction to Coastal Ecosystems Zoom lectures.**  
**\*All participants must have completed a 2025 waiver prior to class.** This field trip will require the ability to walk over uneven terrain along the shoreline for up to 2 miles.

Participants will analyze the types of plants and animals found in tide pools, discover the many types of organisms that make up a sandy beach and visit a protected sand dune system to study the plants and animals that are a part of this ecosystem. The field trip will be approximately four hours long and will include hands on activities to better understand the incredible diversity that compromises these ecosystems. Participants will be provided more details on what to bring, where to meet and what will be accomplished during the field trip upon confirmation of your registration in the fieldtrip.

## Tuesday Events & SIGs

### 763. OLLI Writers Circle **FULL**

**Days:** 5 Tuesdays, Jun 3, 17, Jul 1, 15, 29  
**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.

### **780. Coastal Ecosystems Fieldtrip: Exploration of Coral Reefs IN PERSON**

**Instructor:** Athline Clark

**Date:** Tuesday July 15, 2025

**Time:** 8:00 – 11:00 am

**Location:** Kaneohe Bay

**Enrollment Limit:** 12

**Prerequisites:** MUST be enrolled in and attend Introduction to Coastal Ecosystems Zoom lectures.

**\*All participants must have completed a 2025 waiver prior to class.** Participants should plan on getting wet and being able to put their face in the water with a mask on.

In this field trip we will wade across a coral reef flat to the reef edge stopping along the way to identify various plants and animals that comprise the coral reef. We will start at a site that allows clear views of the various types of reefs found in Kaneohe Bay to provide an overview of the site. Participants should plan on getting wet and being able to put their face in the water with a mask on. We do not plan to be in water that is more than chest deep. The field trip will last approximately 3 hours. Participants will be provided more details on what to bring, where to meet and what will be accomplished during the field trip upon confirmation of registration for the fieldtrip.

### **804. Hawaii's State Budget: Policy, Politics, & Procedures NEW**

**Presenter:** Laurel Johnston

**Date:** Tuesday, July 22, 2025

**Time:** 2:00 – 4:00

**Location:** Online Zoom class

**Enrollment Limit:** Unlimited

A 2-hour lecture that is modified from a graduate level budget course offered to UH Manoa Public Administration Students. State Budget 101 for

beginners that covers how law, administrative procedures, and politics influence the development, adoption, and implementation of the State of Hawaii's executive budget. Retired Director of Finance, State of Hawaii, Former UH Systems Budget Director, Former Asst. Superintendent for Budgeting, Hawaii DOE

## **Wednesday Events & SIGS**

### **766. Acrylic Painting Member Forum SIG\***

**Facilitator:** Group led

**Dates:** 9 Wednesdays, Jun 4 - Aug 6 (no class Jun 11)

**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. #.

### **792. Gardening Walkabout: Native Hawaiian Plant Nurseries FULL**

**Instructor:** Diana Duff

**Date:** Wednesday, Jul 23

**Time:** 10:00 am – 2:00 pm

**Location:** Honolulu

**Enrollment Limit:** 15

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

We will be touring nurseries to learn about plants native to Hawaii. Be prepared to be part of a carpool. Bring a brown bag lunch.

## **Thursday Events & SIGs**

### **771. Watercolor Artist Forum SIG**

**Facilitators:** Group led

**Dates:** 12 Thurs Jun 5 - Aug 7

**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.

## Friday Events & SIGs

### 776. OLLI Book Club & Discussion Group

**Days:** Jun 6, 27, Jul 18, Aug 8

**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 June 6 is *Frozen River* by Ariel Lawhon. 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.

## 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

May 7: Registration Q&A 12-1

May 18: Welcome Potluck and Q&A. In person at Krauss Hall

May 23: Open Registration/Add Cart Demo 12-1

May 29: Zoom refresher training 12-1; Instructor Lumens & OLLI protocols overview 1-2

May 30: Class helper & hosting training 12-1

## Kit Cameron Front Cover Story

The front cover is graced by an original watercolor painting, *Windward Side*, done by Kit Cameron. Kit, a former instructor for OLLI, (both in-person at Krauss Hall in the pre-COVID days, and online) explains "There is a little beach next to the pink house in Waimanalo where we used to go a lot. (Google maps tells me it is called Kaupo Beach Park.) That's where I

took the picture that I made into the painting, The painting is not very big, about 12" by 15".

## Ted Visaya Back Cover Story

Original 16 x 20" acrylic painted by Ted Visaya in 2023. This vibrant colorful still-life composition celebrates food, cooking, and ingredients familiar to our island home.

## GET INVOLVED! Summer 2025 Class Volunteers Needed!!

Opportunities to assist during either Zoom or in-person classes include taking attendance, monitoring the chat box, and noticing members who wish to ask a question to helping with room set-up. Come help your lifelong learning community! Training and mentoring provided.

### Come join us!

## CORRECTIONS & CLARIFICATIONS in course information

**#807. Mastering Mindset: Stoicism, CBT, and Emotional Resilience for Seniors** has a limit of 12

**#804. Hawaii's State Budget: Policy, Politics, & Procedures** is unlimited

**#801.** Course title revised **Authoritarianism and Resistance: What we can know about it and why**. Class will only meet in person

**#800. 3-Day Virtual Writing & Publishing Retreat** meets on 3 consecutive days June 3, 4, 5 11:00 am - 12:00 pm

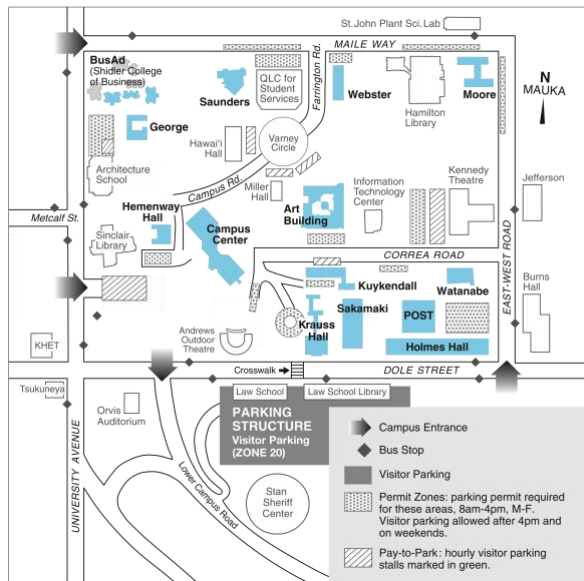
**#786. Modern Calligraphy Art Therapy for -** meets 2 hours 9:30-11:30 am.

**#787. Hollywood Sci-Fi: Five Key Concepts** is 8 sessions, ending Aug 5

Ongoing corrections will be posted online.

# Getting to Krauss Hall at UH Mānoa

**Where are we?** Easiest answer: Across Dole Street from the UH Law School



Simplified map of campus. Not all buildings shown. Distances and buildings are not to scale. For a detailed campus map, go to <https://map.hawaii.edu/manoa/>

Comprehensive information on getting to and around UHM: [www.manoa.hawaii.edu/commuter](http://www.manoa.hawaii.edu/commuter)

## Alternatives to Parking

Parking at UHM can be tricky and costly. Consider taking TheBus or car-pooling. There are no Rainbow Shuttles during the summer for getting around campus.

## TheBus

**How to get to UH on TheBus** (excellent brochure): [http://www.thebus.org/Fare/U-Pass\\_UHM\\_Flyer.pdf](http://www.thebus.org/Fare/U-Pass_UHM_Flyer.pdf)

The official Honolulu bus tracking app available on iTunes shows bus riders where the bus is and when it will pick them up on the UHM campus.

## Ride Share TIPS

Many UH buildings lack the accurate street addresses needed by Lyft, Uber, and Handi-Van Drivers to book rides. The closest buildings to Krauss with actual addresses are the John Young Art Museum (2500 Dole St), and the Art Building (2535 McCarthy Mall). Google maps does accurately locate Krauss if you search on “Krauss Hall.”

## PARKING

There is NO parking (accessible or otherwise) adjacent to Krauss Hall except on weekends (Sat and Sun) and State Holidays (unless there are Athletic or special events). OLLI members are not eligible to be permit holders, and can only park as **visitors**.

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

## Lower Campus Visitor Parking

The Zone 20 Lower Campus Parking structure on Lower Campus Road (first right off Dole Street past the University Avenue and Dole Street intersection) is the closest parking to Krauss Hall. Drivers wishing to enter the Zone 20 parking structure may pay the daily fee of \$5 at the entry kiosks to lower campus.

**Important: Cash is no longer be accepted at the parking kiosks. Please plan accordingly.** The kiosks will be staffed Monday – Friday from 5am – 8pm. However, parking structures on campus often reach full capacity by 10-11am and may turn you away. After parking, take the elevator to the 5<sup>th</sup> floor of the structure, cross Dole Street at the crosswalk, and you will see Krauss Hall on your right. Enter the center courtyard, walk around the duck pond and look for Krauss 113.

## Upper Campus Visitor Parking

Visitor parking on the upper campus is limited and expensive: **\$3 per half-hour** (6am – 4pm) with a 3-hour maximum. Parking from 4pm - midnight is **\$1 per hour** in any unreserved stall on upper campus. View locations of green striped visitor stalls [here](#). The closest green stalls to Krauss are near Kuykendall Hall. The new *JustPark* app will simplify paying for these spaces - you will no longer have to obtain a physical receipt at a parking kiosk. More information at <https://manoa.hawaii.edu/commuter/visitors/>

## Parking Policies

<https://manoa.hawaii.edu/commuter/parking-policies/>

**Parking Violation Fines** range from \$40 to \$260! 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

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| 809                                  | Mindfulness in Motion - C-KS Style                        | 15 |
| 811                                  | Mindfulness in Motion - C-KS Style                        | 17 |
| 812                                  | Mindfulness in Motion - C-KS Style                        | 8  |
| 762                                  | Osteo-cise Bone Fitness                                   | 5  |
| 759                                  | Rainbow Kupuna LGBTQ+ SIG                                 | 18 |
| 775                                  | Zumba Gold                                                | 15 |
| 758                                  | Zumba Gold Toning                                         | 4  |

## ADDITIONAL INFORMATION

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

Participants in eighteen classes: 758, 762, 765, 767, 768, 772, 773, 775, 778, 779, 780, 785, 792, 794, 809, 810, 811, 812 (marked by an asterisk in the schedule of courses) require a 2025 Waiver to be on file in the OLLI office. If you submitted a 2025 Waiver in the Spring 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](mailto:wbarr@hawaii.edu), or call 808-956-2624

Classes that may require advance reading OR acquiring materials before or during class (including texts) include: 756, 757, 763, 766, 769, 771, 776, 777, 785, 786, 789, 794, 800, 801, 805.

## DID YOU KNOW?

On our new website [olliuhm.org](http://olliuhm.org), on the home page you will see:



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If you click on Summer Program, and scroll down you will see the Summer catalog in a format that allows you to view it one page at a time RIGHT THERE in the website. You can also download a full pdf as always - but seeing the catalog right on the website is quite convenient!



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College of Social Sciences

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University of Hawai'i at Mānoa  
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*Original Acrylic painting by Teodoro Visaya, 2023*

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**What are you passionate about?**  
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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](mailto:mandryk@hawaii.edu)

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Open to pp. 12-13 for full schedule of classes and events.

\*Catalog current as of 5.30.2025. Updates and corrections will be posted online at [olliuhm.org](http://olliuhm.org)