September 2020
Program Offerings

Membership is required
- $40 Annual membership fee
  (September 1, 2020 - August 31, 2021)
- $20 Fall only membership fee
  (September 1, 2020 - December 31, 2020)

Osher Lifelong Learning Institute at Indiana State University
Phone: 812-237-9040      Web Site: www.indstate.edu/olli      E-mail: olli@indstate.edu

Courses

**Australia Mysteries Series: Emily Tempest**
With Michelle Bennett, OLLI at ISU Program Administrator

Date:
- Thursdays, September 3 & 10, 2020 (In person)
- Thursdays, September 17 & 24, 2020 (Zoom)

Time: 2 - 4 PM
Place: ISU, TBA
Cost: $10 (In person); $6 (Zoom)

Come explore the world down under with a mystery series by Adrian Hyland featuring Emily Tempest. Emily is a feisty part-aboriginal woman who left home to get an education and has since traveled abroad. She returns to Moonlight Downs in the first book in the two part series titled “Moonlight Downs.” Within hours of her arrival, an old friend is murdered and mutilated. The police suspect a rogue aborigine, but Emily starts to doubt his guilt. In the second book titled “Gunshot Road” Emily is now an Aborigional Community Police Officer investigating a murder at the Green Swamp Well Roadhouse where the main suspect is an old friend of Emily’s father.

**Peopling of the Americas**
With Elmer Guerri

Date: Mondays, September 14 & 21, 2020
(In person & Zoom)

Time: 10 AM - 12 PM
Place: ISU, TBA
Cost: $10 (In person); $6 (Zoom)

Who were the first Americans, and when and from where did they arrive? New discoveries have shattered the long-held paradigm that humans first arrived in the Americas only 10,000 years ago. The OLLI course will examine variations of the Bering land bridge migration out of Siberia, possible migration of a Solutrean Ice Age seafaring people from the Iberian Peninsula from east to west along the icy shoreline of the North Atlantic, a possible northern Pacific coastal migration along the icy shoreline “kelp highway” and a “Three Stage Colonization Model”. New technologies will be discussed, such as improved DNA analyses, sequencing of human genomes, ethnolinguistics, underwater archaeology, and advances in radiometric and geologic dating.

The course will include a live telephone interview with Dr. Michael R. Waters, Director of the Center for the Study of the First Americans, Texas A&M University, who will discuss his cutting-edge field work.

**Water Aerobics**

Date: Session 1 Mondays & Wednesdays September 2, 9, 14, 16, 21, 23, 28, & 30
  Session 2 Tuesdays & Thursdays, September 3, 8, 10, 15, 17, 22, 24, & 29
Time: 9:30 - 10:30 AM
Place: ISU, Student Recreation Center 601 N. 6th St. Terre Haute, IN
Cost: $40

Water aerobics is a moderate to intense aerobic exercise in the water that will give you all the great benefits of a cardio workout with some muscle conditioning and strengthening without the impact on the joints you get from traditional land aerobics. It is a flexible class that allows you to work at your own pace. All exercise is done in shallow water with no swimming required. Participants must wear swimsuits. Participants will have use of a locker in the Student Recreation Center, but will need to bring their own locks.
Virtual Tours

Swope Art Museum Virtual Tour: Highlights from the Permanent Collection John Roger Cox
With Hilda Andres, Director of Community Engagement for the Swope Art Museum
Date: Monday, September 14, 2020 (Zoom only)
Time: 2 - 3 PM
Place: Zoom link will be sent to those registered
Cost: $3

How much do you know about John Roger Cox. Did you know that he was the first Director of the Swope Art Museum? The Swope currently has on display three paintings by John Roger Cox that Hilda Andres, the Director of Community Engagement for the Swope Art Museum, will show us and maybe tell us a few stories about the museum.

A Tour of the Orchestra – The Clarinet
With Samantha Johnson-Hems, Executive Director and Principal Clarinet for Terre Haute Symphony Orchestra
Date: Tuesday, September 22, 2020 (Zoom only)
Time: 1 - 2:30 PM
Place: Zoom link will be sent to those registered
Cost: $3

Join Samantha Johnson-Helms, Executive Director and Principal Clarinet of the Terre Haute Symphony Orchestra, as she discusses the clarinet and its role in the woodwind section of a symphony orchestra. Learn about the instrument’s physics, origin and history, as well as hear excerpts from the symphony’s upcoming season Explore GREAT Music: Where will the music take you? The class will close with a short solo performance from Samantha and a question and answer session.

Vigo County History Center Virtual Tour: Vigo Women Vote: 100 Years
With Susan Tingley, Executive Director for the Vigo County Historical Society & Museum
Date: Monday, September 28, 2020 (Zoom only)
Time: 2 - 3 PM
Place: Zoom link will be sent to those registered
Cost: $3

Have you seen the new Women’s Suffrage Exhibit at he History Museum? Who were the Vigo Suffragists? Come and learn how women right here in Terre Haute were making history 100 years ago.

Swope Art Museum

Terre Haute Symphony Orchestra

Vigo County History Center
Wednesday Presentations

**Hidden History of Terre Haute**
With Tim Crumrin, President of Historiker Consulting
Date: Wednesday, September 2, 2020
(In person & Zoom)
Time: 1:30 - 3 PM
Place: ISU, TBA
Cost: FREE but registration is required

All towns have their hidden stories some barely remembered, some unknown and some willingly forgotten. Join Tim Crumrin as he highlights some of the stories from his newest book Hidden History of Terre Haute. This book tells a wide range of those hidden histories, from sports to entertainment, from disasters to crimes and from innovators to those on the edges of society. The hidden history of Terre Haute is no longer so

**The Virtual Symphony: Performance Innovations during a Pandemic**
With Samantha Johnson-Helms, Executive Director of the Terre Haute Symphony Orchestra
Date: Wednesday, September 16, 2020
(In person & Zoom)
Time: 1:30 - 3 PM
Place: ISU, TBA
Cost: FREE but registration is required

Join Samantha Johnson-Helms, Executive Director and Principal Clarinet of the Terre Haute Symphony Orchestra, as she discusses the creative innovations our hometown symphony is developing during the COVID-19 pandemic. Although the symphony is currently still planning to perform their regular season, things can change at a moment’s notice. Get an inside look into the virtual content the symphony is planning to launch and how it is created. She will also share the orchestra’s plans for a virtual OLLI class introducing students to each instrument in the orchestra featuring the talented professionals from the THSO. In addition, Samantha will introduce the new and exciting 2020-2021 Season, Explore GREAT Music: Where will the music take you?

**Happiness Hormones**
With Danielle Bryan, Spiritual Leadership Coach and Meditation and Breathwork Guide
Date: Wednesday, September 9, 2020
(In person & Zoom)
Time: 1:30 - 3 PM
Place: ISU, TBA
Cost: FREE but registration is required

"The "Happiness Hormones" workshop is an experience in understanding happiness hormones & how they affect our bodies. Over the course of 90 minutes we will navigate your 4 "feel good" brain chemicals, how to access them, and why they are important for overall health & wellness. This workshop is great for anyone new to meditation, mindfulness & wellness. Join Danielle Bryan, Spiritual Leadership Coach and Meditation and Breathwork Guide, for this transformative experience, together!"

**Healthy Living for your Brain & Body: Tips from the Latest Research**
With Stephanie Laskey, Program Director for the Alzheimer's Association, Greater Indiana Chapter
Date: Wednesday, September 23, 2020
(In person & Zoom)
Time: 1:30 - 3 PM
Place: ISU, TBA
Cost: FREE but registration is required

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Vigo County Public Library**
With Adult Services Librarian from Vigo County Public Library
Date: Wednesday, September 30, 2020 (In person maximum 6 & Zoom)
Time: 1:30 - 3 PM
Place: ISU, TBA
Cost: FREE

Access to print and digital books, movies, and magazines are standard Library resources — even during a pandemic. Learn about the Library and how its impact generates positive change in the community. Learn about the Library’s agility and commitment to serve your intellectual, recreational, and civic needs as we navigate these uncertain times together.
Thank You Sponsors!