



OSHER LIFELONG LEARNING INSTITUTE

WINTER 2025

IN THIS ISSUE:

Different ways to participate this term:

- In-person courses at the Cheezem Education Center, Clemson
- Evening courses at the Cheezem Education Center, Clemson
- Osher Online courses that allow you to participate from home
- Outdoor Adventures and Day Trips

NEW COURSE TITLES INCLUDE:

British Invasion Bands of the 1960s; Understanding the Probate System: Insights from the Bench; Self Defense for Women; Ruby Ridge, Waco, Oklahoma City; Introduction to Herb Gardening; The Secret Lives of Familiar Birds; Beginners Bridge and more!

NEW EXCURSION LOCATIONS INCLUDE:

National Weather Service, Greenville-Spartanburg, Greenwood Genetic Center, Hamilton at the Peace Center, the Georgia Aquarium and more!

The Cheezem Education Center is open Monday through Friday, 9:00 a.m. to 4:00 p.m.

Registration opens

December 16, 2024

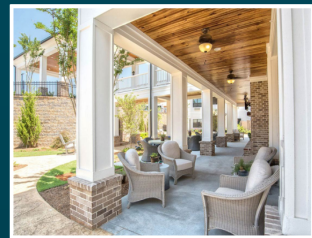
Register in person, by phone, by mail or online at: www.olliatclermson.org





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Volunteer Opportunities **AT OLLI**

Want to become involved in your OLLI? Please fill out the application form on our website at www.olliatclermson.org/volunteers. Volunteer power fuels OLLI at Clemson! Volunteers contribute the time, energy and effort that run this learning community. We rely on our volunteers to help us enrich and enhance the lives of those we serve in our community.

- Administrative Assistant
- Ambassador
- Classroom Assistant
- Course Instructor
- Excursion Leader
- Outdoor Adventure Group Leader
- Special Interest Group Facilitator
- Zoom Classroom Assistant

Remember it all starts with a volunteer application! Visit our website for more information at www.olliatclermson.org/volunteers.

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Get to Know Your **OLLI BOARD OF ADVISORS**

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CLEMSON
UNIVERSITY

The Board can be reached directly at cuolliboa@gmail.com.

CLEMSON OLLI PRESENTS

Spring Fling II

MAY

SUNDAY | 18 | 2-4 PM

CLEMSON OUTDOOR LAB

**LIVE BAND • SILENT AUCTION
LIVE DESSERT AUCTION
TEACUP RAFFLE • LAWN GAMES**

TICKETS GO ON SALE
EARLY JANUARY ON
THE OLLI WEBSITE
OPEN TO THE PUBLIC



ALL PROCEEDS BENEFIT CLEMSON OLLI



HEALTH SERIES

The following programs are free and open to public but require registration; please call 864-633-5242 to reserve your place. Please join us in thanking AnMed for making this health series possible.

Recent Advancements Provide Options for Many Afib Patients

Wednesday, January 15

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Atrial fibrillation, or Afib, is an irregular heart rhythm expected to afflict 12.1 million people in the U.S. by 2030. The older you get, the more you're at risk. Recent advancements in technology have provided new options for treatment. Learn what to know from **Dr. Ricky Henderson** of AnMed Arrhythmia.

Older People are More Likely to Suffer Gastrointestinal Issues

Wednesday, February 19

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Older people are more likely to suffer gastrointestinal issues. These issues can range from common problems to serious conditions. Learn how to best protect yourself and how to respond to issues from **Dr. David Wortham** of AnMed Gastroenterology.

Tactics and Treatment Help People Remain More Active

Wednesday, March 26

11:00 a.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

When a lifetime of activity threatens to accumulate into orthopedic issues, a few important steps – so to speak – can offer the best protection. Coping tactics and treatment options help millions of Americans. Learn what to keep in mind from **Dr. Andrew Hagenauer** of AnMed Orthopedics & Sports Medicine.



FINANCIAL SERIES

The following programs are free and open to public but require registration; please call 864-633-5242 to reserve your place. Please join us in thanking Founders Federal Credit Union for making this health series possible.

Fraud, Identity Theft, and Scams

Wednesday, February 12

3:00 p.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Learn how to spot spam, phishing, scams, social security fraud, check fraud and how to handle these situations.

Insurance

Wednesday, February 19

3:00 p.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

Insurance is a financial safety net that protects individuals from potential financial loss. There are several types of insurance, each serving different needs: home, auto, life, and personal insurance. Join us to discuss which insurances you may want to consider and how to understand the terms to ensure you're adequately protected against unexpected events.

Investing

Wednesday, February 26

3:00 p.m.

Cheezem Education Center

Free but registration is required; register by calling 864-633-5242.

This investor led session will cover brokerage accounts, 401ks, 529s, stocks, bonds, mutual funds, money markets, and everything in between.



FREE PROGRAMS *this Winter*



The following activities are open to all current OLLI Members and those with an interest in joining OLLI. All programs are free but require registration; call us at 864-633-5242 or visit our website at www.olliatclmson.org for more information.

Tech Talks

2nd Thursday of Each Month

January 9, February 13, March 13, and April 10

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but an appointment is required; call 864-633-5242 to make an appointment.

Have questions about your phone, tablet, laptop or other electronic device? Make a 30-minute appointment with a Pickens County Outreach Librarian for basic troubleshooting assistance.

New and Returning Member Orientation

Friday, January 24

1:00 p.m. to 2:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Whether you're new to Clemson OLLI or returning from a hiatus, this orientation illustrates how OLLI ticks, who is who and how you can be part of your regional lifelong learning program! Refreshments provided.

Discover Euchre

Thursday, January 30

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Curious about joining a Euchre group? Come learn more at our Euchre informational session! Euchre is a popular trick-taking card game typically played with four players in two-person partnerships. If you enjoy card games that blend luck and strategy with social interaction, Euchre could be a lot of fun for you! Whether you've never played or you're an experienced player, this session will give you an overview of Euchre and how you can get involved with this new Special Interest Group (SIG). You'll have the chance to meet fellow enthusiasts, ask questions, and discover how a SIG fosters a fun and supportive environment for all skill levels. Join us and find out how you can be part of the Euchre community!

New! South Carolina Ports: Economic Engine of the South

Thursday, January 30

1:30 p.m. to 2:30 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Have you ever wondered how a seaport operates or how South Carolina ports help attract new business investment to the State? Charleston Harbor serves as the centerpiece of the Lowcountry's beauty, and an economic engine for the State of South Carolina. And what role does the Inland Port, located in Greer near the Greenville-Spartanburg Airport, play in the export of thousands of cars from BMW? The State Ports Authority is home to the 8th largest container port in the country and generates more than 250,000 jobs and \$45 billion in economic activity each year. **Mike Hoffman**, Director of Inland Ports, will discuss the challenges and successes of the state ports.



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**OLLI provides life enrichment
and at this age, I appreciate
every little bit I can find.**

”

Dementia Dialogues

5 Tuesdays, February 4 to March 4

2:00 p.m. to 3:30 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

An estimated 50 million people worldwide have Alzheimer's disease, including over 6 million in the United States. This number is projected to rise to nearly 14 million by 2050. Although much research has been conducted on the cause and cure of Alzheimer's disease, little information is available about hands-on care.

Dementia Dialogues® provides the most current and practical information about how to care for people with dementia. This program is a nationally registered and evidence-informed, intervention program. Dementia Dialogues® is a 5-module training course designed to educate community members and caregivers (formal or informal) for persons who exhibit signs and symptoms of Alzheimer's disease and related dementias (ADRD). The modules cover valuable information and recommendations including an overview of dementia, strategies for effective communication, understanding the environment and ways to promote independence, addressing challenging behaviors, and creative problem solving.

Eunice Lehmacher, LISW-CP, has worked as a medical social worker and psychotherapist in Oconee County for more than 20 years. She specializes in geriatrics, dementia, depression and anxiety and has taught many classes on various mental health topics. Eunice enjoys leading interactive classes and support groups on a variety of mental health topics which help adults to make choices that can lead to a healthier life.

Know Diabetes by Heart

Thursday, March 13

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Know Diabetes by Heart is a health education program that helps you take charge of your health by learning the link between diabetes and heart disease. The program is sponsored by the American Heart Association and the American Diabetes Association, and it is delivered by Clemson Rural Health and Nutrition Extension agents. Through this program, participants learn about their risk for type II diabetes and heart disease as well as community resources to help support and maintain their health. After the program, there will be a cooking demonstration highlighting the simplicity of making a heart healthy and diabetes-friendly meal.

Kathryn Flynn is the Rural Health and Nutrition Extension Agent covering Oconee and Pickens Counties. Kathryn earned a Bachelor of Science in Biochemistry from Virginia Tech in 2013 and a Master of Public Health from Benedictine University in 2024. Through her work with Clemson Cooperative Extension, Kathryn focuses on providing health and nutrition education through chronic disease prevention and self-management programs.



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OLLI provides a valuable asset to the nearby community. There is a variety of subjects and an outstanding group of presenters.

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Where in the World will OLLI Go?



Up-to-date details for all travel programs can be found on the OLLI website, and you can pick up a flyer for each trip at the Cheezem Education Center. Bookings are taken by the individual travel companies; contact the specific company for questions and arrangements.

Discover Tuscany & Florence Information Session

Thursday, February 6

10:00 a.m. to 11:00 a.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Join us for an informative session all about OLLI's upcoming trip to Italy! Whether you're dreaming of exploring historic cities, savoring authentic Italian cuisine, or immersing yourself in Italy's rich culture and stunning landscapes, this session will give you all the details you need. We'll discuss itinerary options, local customs, and essential travel advice to ensure you're fully prepared for an unforgettable experience. Don't miss out on this opportunity to get excited and informed for an Italian journey!

Explore the World: Greece, Christmas on the Danube, and San Francisco Travel Preview

Thursday, February 20

2:00 p.m. to 3:00 p.m.

Cheezem Education Center

Free but registration is required; call 864-633-5242 to register.

Join us for an exciting information session to learn all about our upcoming trips to Greece, Christmas on the Danube, and San Francisco! Whether you're dreaming of exploring the ancient wonders of Greece, experiencing the festive magic of the Danube River during the holiday season, or discovering the vibrant culture and scenic beauty of San Francisco, this session will provide all the details you need. We'll cover trip itineraries, must-see highlights, and helpful travel tips to ensure you're ready for your next adventure. Don't miss out on the opportunity to ask questions and get insider insights into these unforgettable destinations!

A Culinary Journey Through Tuscany & Florence

9 Days - November 4 to 12, 2025

By Premier World Discovery

Double Occupancy: \$4,749 per person, includes roundtrip airfare from Greenville with \$100 booking discount

Single Occupancy: \$5,699 per person, includes roundtrip airfare from Greenville with \$100 booking discount

Activity Level: Challenging

Tour highlights include a 2-Night Stay in Florence; a 5-Night Stay in Tuscany; a Tuscan Estate Dinner; a pasta making and cooking class; wine tasting; a Sienna walking tour; dinner at a Tuscan farmhouse and winery; San Gimignano; gelato tasting; lunch at a local farmhouse; a Lake Trasimeno boat excursion; a visit to Island Maggiore with lunch and wine; a Florence, Italy guided walking tour and a visit to the Academy Gallery and the famous Statue of David.



Christmas Time on the Danube River

6 Days - December 1 to 6, 2025

By Mayflower Cruises & Tours

Double Occupancy: Starts at \$3,564 per person, includes \$399 roundtrip airfare from Greenville when booked by December 15, 2024

Single Occupancy: Starts at \$6,180 per person, includes \$399 roundtrip airfare from Greenville when booked by December 15, 2024

Activity Level: Active

Take off on a festive journey through Central Europe with an enchanting Christmas cruise starting from Vienna, Austria. Explore Vienna's magical Christmas markets and iconic landmarks like the Opera House and St. Stephen's Cathedral. In Bratislava, Slovakia, immerse yourself in the warm holiday spirit and discover charming Christmas markets nestled in historic squares. Budapest, Hungary, welcomes you with its lively atmosphere, stunning architecture and vibrant Christmas market offering traditional crafts and culinary delights. Indulge in a traditional Hungarian dinner and folk dancing before bidding farewell to this memorable Danube Christmas cruise. Depart with cherished memories of glittering markets and festive cheer.



Greece

9 Days - May 13 to 21, 2025

By Mayflower Cruises & Tours

Double Occupancy: \$5,748 per person, includes roundtrip airfare from Greenville

Single Occupancy: \$7,747 per person, includes roundtrip airfare from Greenville

Activity Level: Challenging

Embark on a journey steeped in ancient history and island charm, starting with Athens, Greece, a city with a history that dates back almost four millennia. Explore the iconic Parthenon atop the Acropolis and delve into the Acropolis Museum's treasures. Then, venture to Mykonos, the "Jewel of the Aegean," for a city tour showcasing its windmills and quaint villages. Discover the secrets of olives and olive oils before setting sail to Santorini, the "Black Pearl of the Aegean," known for its stunning vistas and picturesque villages. Enjoy leisurely days exploring before returning to Athens for a farewell dinner, concluding a memorable Greek adventure.

Domestic

San Francisco & Wine Country

5 Days - September 21 to 25, 2025

By Mayflower Cruises & Tours

Double Occupancy: \$4,098 per person, includes roundtrip airfare from Greenville

Single Occupancy: \$4,997 per person, includes roundtrip airfare from Greenville

Activity Level: Active

Arrive in San Francisco and settle in at Fisherman's Wharf. Day 2 explores iconic landmarks like Twin Peaks, Golden Gate Park and Chinatown followed by a Bay cruise and cable car ride. Enjoy dinner at Fisherman's Wharf. Day 3 highlights ventures to Napa Valley for a wine train journey and a tasting at Buena Vista Winery. Day 4 includes visits to the Kunde Family Winery, the Charles M. Schulz Museum and Sbragia Family Vineyards. The day ends with a special farewell dinner. Day 5 concludes the tour with memories of San Francisco and its surrounding wine country, heading home with cherished experiences.

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APRIL

Osher Online

in collaboration with Northwestern University
School of Professional Studies

The following courses are offered to Clemson OLLI Members as part of the national Osher Online project bringing stellar presenters to OLLIs across the country. Each course is offered live via Zoom – plan to participate from the comfort of home! And, in each session will be Members from several different OLLIs; each OLLI is limited to 13 seats per course. Each course is comprised of six, 90-minute sessions and will offer generous question and answer periods. Before each course, participants will be contacted by the Osher Online staff at Northwestern University with further instructions.

New! Buddhist Philosophy, Meditation, and Ritual: In India and Beyond

6 Tuesdays, January 21 to February 25

3:00 p.m. to 4:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

This course introduces the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings and their relationship to these three important domains, which interweave theory and practice. First, we will explore the historical figure of the Buddha. We will then examine the three phases of Indian Buddhist traditions: (1) Theravāda, which emphasizes ascetic ideals and monasticism; (2) Mahāyāna, which prioritizes compassion, wisdom, and the ideal of the bodhisattva; and (3) Vajrayāna, the tantric tradition that claims the human body as central to enlightenment and explores the relationship between each living being and the cosmos. We will explore the contrasts among the meditative and ritual practices across these three traditions and analyze how these practices reflect varying philosophies. We will discuss Buddhist iconography, ritual objects, and art.

Eileen Goddard is a lecturer and PhD student at the University of California Santa Barbara. Eileen's dissertation research focuses on the 16th century Gaudiya Vaisnava tradition and comparatively analyzes Indian religious constructions of "perfected" minds and bodies. Eileen's broader research interests include comparative Indian philosophy, Sanskrit literature and poetics, devotion (bhakti), perception, and gender and sexuality. Eileen completed her MA in Religion at Rutgers University and BA in Philosophy at The University of North Carolina at Chapel Hill.

New! Reclaiming Native Ground: Native America Since 1900

6 Wednesdays, January 22 to February 26

5:00 p.m. to 6:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

This course will explore Native American history in the late 19th and 20th centuries, a time punctuated by the violence of American expansion and consolidation, the boarding school systems that sought to erase Native cultures, and the effects of imperialism, which conspired to keep Native people in a subordinate status compared to their white neighbors. Yet, at this time, Native Nations began to rebuild and reclaim the United States as Native ground, drawing on ancient traditions to revitalize communities and fight for their rights in the American court system, the political system, and the court of public opinion. Together, we will explore how, in this history, Native peoples have proven themselves to be resilient and powerful.

Matt Jennings, PhD is on faculty at Middle Georgia State University. His research includes Native American history, early American history, and the history of violence. He has studied Thomas Paine's interactions with Native Americans and the roots of John Brown's ideas about violence. He is currently studying the relationship between Native American peoples and the mounds at Ocmulgee Mounds National Historical Park, and the intertwined history of tourism and archaeology at the site. He has published several books including *New Worlds of Violence*, *The Flower Hunter and the People*, and *Ocmulgee National Monument: A Concise History with Field Notes*.

New! Storytelling and Self

6 Thursdays, January 23 to February 27

7:00 p.m. to 8:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

In this course, we will explore the internal stories we tell ourselves and the external stories we tell others. Our internal stories define us, and our attitudes and emotions toward ourselves. Our external stories are outward-focused and lean toward a conversational resume, to some extent. We will consider our life as a series of chapters, or phases, and spend time investigating what our current story/stories are. We will also explore how we envision our future story. Our course will be interactive and discussion-based, and by the end of our six weeks together, participants will have a future story to share.

Jennifer (Jen) Baker, PhD is an expert in the interdependence of communication theory and

practice. She has been teaching communication courses for over 20 years, starting at the University of Texas at Austin, then the University of North Carolina at Greensboro, and now at Columbia College Chicago and Northwestern University. Baker has worked at a marketing company, an engineering firm, and a variety of educational institutions. She teaches practicum courses where she can champion both the theory of communication and the practical nature of interactions through the experiential learning model. Baker has been awarded a Distinguished Teaching Award and has been called the happiest professor that a student has ever known.

New! My Native Land in Memory: Stories of a Cuban Childhood



6 Fridays, January 24 to February 28

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Using Dr. Espín's memoir of childhood and adolescence, which was the recipient of the San Diego Book Award in 2021, we will discuss the Cuban political landscape in the mid-20th century. This memoir recreates a world that no longer exists: pre-revolutionary Cuba in the 1940s and 50s. Cuba's fraught history and political instability are interwoven with a personal story to create a web of history, family, and cultural analysis. This is a young woman's individual struggle for identity and independence against the background of the country's national struggle. Family photographs and site photographs will illustrate the details of the story. We will also explore the process and meaning of memory and memoir for authors and readers. Reading some excerpts will illuminate the narrative. It is not necessary to have read the memoir in advance.

Oliva M. Espín is Professor Emerita in the Department of Women's Studies at San Diego State University and the California School of Professional Psychology of Alliant International University. Espín was a pioneer in the practice and theory of feminist therapy with women from different cultural backgrounds, particularly immigrants and refugees. A native of Cuba, she received her BA in psychology from the University of Costa Rica and her PhD from the University of Florida. She did post-doctoral work at Harvard University with a fellowship from NIMH. Espín held the 2010 Fulbright Distinguished Chair in Gender Studies at the University of Klagenfurt, Austria. Her most recent book is *My Native Land in Memory: Stories of a Cuban Childhood*, winner of the 2021 San Diego Book Award.

New! Huck Finn's America

6 Mondays, January 27 to March 3

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Mark Twain's *Adventures of Huckleberry Finn* is often misunderstood as a boy's adventure book or merely a dialogue on race. Instead, this classic novel addresses youth violence and bad boys, schools and parents, and civil rights and minstrel shows. The novel, banned in New England, needs to be read and discussed anew for a better understanding of America, then and now. Join this course for a new and fresh analysis of this highly criticized and misunderstood novel.

Jeffrey Walker, Emeritus Professor of English at Oklahoma State, authored a critical study of the Revolutionary poet and traitor, Benjamin Church, edited collections of essays on Fenimore Cooper, co-edited the first scholarly edition of Cooper's 1821 bestseller *The Spy*, and is completing an edition of Cooper's unpublished letters. A Fulbright lecturer in Norway and Belgium, he won the Phoenix Award for outstanding graduate teaching, the A&S Outstanding Professor Award, and the Regents Distinguished Teaching Award. His teaching interests include American literature, Dickens, the history of the book, textual editing, comedy, mystery, and film.

New! Immigrants in America: Stories of Jazz, Blues, Rock, and Popular Culture



6 Mondays, January 27 to March 3

5:00 p.m. to 6:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

In this course, we will document the fertile interaction between minorities that transformed not only 20th century music but the entire entertainment industry. We will examine how minorities significantly impacted American popular culture and explore their contributions to various musical genres, record labels, booking agencies, venues, innovations, and production. With strong support from audiovisuals, anecdotes, and the instructor's decades of experience as a concert promoter working with some of the biggest names in the industry, we will learn about Irving Berlin, George Gershwin, Benny Goodman, Stan Getz, Norman Granz, Bob Dylan, Milt Gabler, Leonard Cohen, Lou Reed, Al Kooper, Adam Sandler, Avishai Cohen, Kiss, and many more.

Emanuel Abramovits, MBA, is a mechanical engineer and has also been a concert promoter for over two decades. He is directly involved in events by

international artists like Itzhak Perlman, Gustavo Dudamel, Sarah Brightman, Roger Hodgson, ASIA, Journey, Kenny G., and many more. Abramovits has designed and staged many original orchestral events, including an Event of the Year winner and several world premieres. He served as the cultural director at Union Israelita De Caracas from 2008 to 2019, releasing books and organizing film cycles, concerts, and art exhibits. He consistently teaches online and in-person across the US.

New! The Secret Lives of Familiar Birds

6 Wednesdays, January 29 to March 5

11:00 a.m. to 12:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

We share the earth with birds who live among us, yet they remain mysterious. In this course, we will examine the fascinating characteristics, habits, and lives of North American birds including how they keep warm; how they fly; when, why, and how they sing; and more. Our classes will be broken down into these categories: bird ancestry and anatomy; diet and nesting; flight and migration; threats; behavior and songs. We will cover birds of prey, songbirds, waterfowl, and the common loon. Join this interesting exploration of how birds live, move, breathe, and think.

Elizabeth Burnette attended Cornell University for a BS in engineering physics, then worked on Space Shuttle experiments at NASA's Jet Propulsion Laboratory. She then obtained a master's degree in Astrophysics from the University of Pittsburgh. Burnette has been teaching astrophysics, physics, and science for the OLLI at Pitt and is a returning Osher Online instructor.

New! The World of Musical Satire

6 Wednesdays, January 29 to March 5

7:00 p.m. to 8:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

Satire is one of the oldest forms of humor. Adding music seems to make it even more powerful. In early Germanic and Celtic societies, people who were mocked in songs would break out in boils and even commit suicide. In this course, we will explore the art of musical satire in a variety of genres, cultures, and eras, especially America since 1950. This multimedia course covers *Yankee Doodle*, Gilbert and Sullivan, the Gershwins, the Marx Brothers, Monty Python, *Saturday Night Live*, *South Park*, and *Key and Peele*. We will also cover a bountiful bevy of B's: Leonard Bernstein, the Beatles, Bo Burnham, and Bugs Bunny. Because satire is often dependent on social and historical events, this course is as much cultural

history as music appreciation. And while words are preeminent in musical satire, we will also discuss the music and its interactions with lyrics. But please—no students who are prone to boils.

David Misch is a former stand-up comedian, screenwriter (*Mork and Mindy*, *Saturday Night Live*, and *The Muppets Take Manhattan*), author (*Funny: The Book*, and *A Beginner's Guide To Corruption*), teacher (his own courses on comedy at USC and musical satire at UCLA) and lecturer at Yale, Columbia, the Smithsonian, 92Y (NYC), Oxford University, Trinity College Dublin, University of Sydney, VIEW Cinema (Italy), and Raindance Film Festival (London), Austin Film Festival, American Film Institute, Writers Guild of America, Sony, DreamWorks, Lucasfilm, Disney, Second City, Actors and Studio.

New! Whole-Person Health and Well-being: Innovative Care from the Osher Collaborative for Integrative Health

6 Fridays, January 31 to March 7

3:00 p.m. to 4:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

This course provides a unique opportunity to learn from the experts in the Osher Collaborative for Integrative Health, an international group of eleven academic health centers funded by The Bernard Osher Foundation to study, teach, and practice integrative healthcare. The eleven Osher Centers are located at highly respected medical schools and medical centers where they emphasize integrative healthcare approaches to promote health and well-being. Each Osher Center focuses on whole-person health and wellness using healing strategies such as acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, massage, meditation, physical activity, and nutrition.

In this course, Osher Collaborative practitioners, researchers, and educators will discuss the science behind integrative healthcare remedies and explain its impact.

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OLLI is a great benefit to both the University and the community.

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Activity Levels

Activity level rankings are provided for courses as appropriate; please consider your needs and abilities when registering for a specific program.

MA MODERATELY ACTIVE

These programs consist of some physical activity, such as equal parts walking and riding, sitting, or stopping.

MC MODERATELY CHALLENGING

These programs require a good deal of physical fitness and more physical activity. These programs may require, for example, a lot of walking on uneven terrain and/or up and down hills for long periods of time.

A ACTIVE

These programs require a fair amount of physical fitness and may require you to be active for up to three hours at a time. Many programs in the active category may require up to a mile of walking before taking a break and will likely cause you to break a bit of a sweat.

C CHALLENGING

These programs are for those who are comfortable with more strenuous activities, such as hiking for several miles on uneven terrain.

ON ZOOM

These programs are on Zoom and are indicated as such with this icon and a shaded background.

MEET THERE TRIPS

New! Tour of the SC Botanical Garden and the Historic Hunt Cabin

Monday, March 3

8:30 a.m. to 12:30 p.m.

SC Botanical Garden

Tuition: \$29

This tour lasts approximately two hours and enables visitors to explore our unique Natural Heritage Garden. You'll step back in time to when explorers first touched the coastal sands of the state, buffalo and wolves inhabited the Piedmont prairies, Native Americans managed the landscape with fire, and African Americans began to make beautiful baskets from local grasses. Enjoy this fascinating insight into the social, cultural and ecological history of South Carolina. Following the tour, we will visit the Hunt Cabin to learn about life in the Antebellum period. The Hunt family built this cabin in the early 1800's (c.1826) and lived in it with their growing family. Participants will learn about their lives, the lives of the enslaved people who lived on the property, and others in the nineteenth century upstate.

High Tea with Ella Lorton, a Dear Friend of the Clemson Family

Wednesday, March 19

4:00 p.m. to 5:30 p.m.

The Inn at Magnolia Hill, Pendleton

Tuition: \$49

The Clemson area is filled with exciting history. Miss Ella Lorton (Sheri Belk), a historical figure from the 1860s, would like to share that history by inviting OLLI members to her Pendleton home for a high tea and conversation. Over tea and treats, guests will listen to Miss Lorton's thoughts and journal entries written during the Great Conflict, The Civil War. Miss Lorton is directly connected with the Anna Maria and Thomas Green Clemson family and participants will tour the historic Pendleton property following the program.

Sheri Belk graduated from Clemson University with bachelor's and a master's degree in Elementary Education/Special Education. She is a nationally board certified teacher who taught in the South Carolina Public Schools for 33 years. She also presents, "Fort Hill Through the Eyes of Anna Maria Clemson." The Inn at Magnolia Hill began soon after the founding of Pendleton in 1791. Currently, the Inn is located at 181 East Queen Street and is operated by **Chris Murray**.

Split Creek Farms

Tuesday, April 1

Tour starts at 2:00 p.m.

Split Creek Farm, Anderson

Tuition: \$29

Much of the world's population drinks goat milk instead of cow milk, and goat milk products are growing in popularity. Visit our local goat farm to learn more! Topics of this farm tour include benefits of goat milk, different breeds of dairy goats, and the management of a herd. Interact with real dairy goats, herding dogs, and sample some of Split Creek's renowned products. We will also talk about sustainability, agriculture in South Carolina, and the Farm to Table movement. This is the time of the year to view and interact with baby goats and all their cute antics. You'll leave wanting one!

Susan Creamer, an avid gardener, photographer, and Master Naturalist, spent 30 years in the elementary school classroom. Her favorite years of her career were spent in a hands-on science lab. She was employed with Roper Mountain Science Center from 2002-2011. Now she enjoys working with OLLI, hiking, gardening, photography and life on Lake Hartwell.

DAY and HALF-DAY TRIPS

The American Revolution in the South: The Battle of the Cowpens

Lecture: Thursday, January 16 (1:00 p.m. to 3:00 p.m.) at Cheezem Education Center

Excursion: Friday, January 17 (10:00 a.m. to 5:00 p.m.) departs from Cheezem Education Center

Tuition: \$79 includes transportation and snacks

How did The Battle of The Cowpens impact the American Revolution? Many consider this event as the turning point in the reconquest of South Carolina from the British. Explore the background of the war, with an emphasis on the American Revolution in the South, as we spend time in the classroom looking at various battles fought in the Upstate, culminating with this historic event. The next day – the 244th anniversary of the conflict – see the battle through those who were present! Each class participant will select an individual significant in the battle and become that person for the day; we'll travel to the Cowpens National Battlefield on this commemorative day. Stand in the true footprints of the patriots and gain insight into what each may have experienced. Before returning to Clemson, we will stop for an on-your-own lunch. Snacks will be provided.

Lt. Col. (Retired) **Joel Rexford** is a graduate of SUNY Brockport, Central Michigan, Command and General Staff College, and the US Army War College. He has

led Civil War and American Revolutionary War staff rides for college and high school students as well as for OLLI at Clemson University.

New! Tour of the National Weather Service, Greenville-Spartanburg

Thursday, January 23

8:30 a.m. to 1:00 p.m.

Departs from Cheezem Education Center

Tuition: \$59 includes transportation

The National Weather Service (NWS) provides weather, water and climate data, forecasts and weather warnings. NWS plays a key role in protecting American lives and properties. Their local office is located in Greer and participants will have the opportunity to tour the facilities and gain insight into the activities meteorologists do daily and the technology employed.

MC

New! Leading the Upstate: Tour of Greenville-Spartanburg Airport

Thursday, February 6

11:30 a.m. to 4:30 p.m.

Departs from Cheezem Education Center

Tuition: \$59 includes transportation

The Greenville-Spartanburg International Airport, opened in 1962, is the third busiest airport in South Carolina. This airport covers 3,500 acres and has one runway. In addition to serving the thousands of customers that fly in and out every day, the airport has a major FedEx package facility and BMW has a cargo service, which supports the easy transfer of arriving parts to and from its manufacturing facility in Spartanburg. This tour will provide a history of GSP and tour of the facilities.

A

New! Genetic Progress: Exploring the Impact of Greenwood Genetic Center

Thursday, February 13

8:15 a.m. to 2:30 p.m.

Departs from Cheezem Education Center

Tuition: \$59 includes transportation

Established in 1974, The Greenwood Genetic Center (GGC) is a non-profit organization committed to advancing medical genetics and providing compassionate care for families impacted by genetic disorders from conception through adulthood. From its home base in Greenwood, GGC's expert team of clinicians and scientists offers comprehensive clinical genetic services, advanced diagnostic laboratory testing, educational programs, and impactful research initiatives. With a mission to develop preventative and curative therapies, GGC extends its reach across South Carolina, offering essential resources through satellite offices in Charleston, Columbia, Florence, and Greenville. The trip will include a presentation on the programs, activities, and impact of GGC followed by a tour of its state-of-the-art laboratories. Before returning to Clemson, we will stop for an on-your-own lunch.

MA

Lori Bassett, Director of Communications, at the Greenwood Genetic Center, will lead this presentation and tour.

New! *Hamilton* at the Peace Center

Tuesday, February 11

4:30 p.m. to 10:30 p.m.

Departs from Cheezem Education Center

Tuition: \$189 includes ticket in Founder's Circle seating and transportation

Hamilton is the epic saga that follows the rise of Founding Father Alexander Hamilton as he fights for honor, love, and a legacy that would shape the course of a nation. Based on Ron Chernow's acclaimed biography and set to a score that blends hip-hop, jazz, R&B, and Broadway, *Hamilton* has had a profound impact on culture, politics, and education. *Hamilton* features book, music, and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire. In addition to its 11 Tony Awards, it has won Grammy®, Olivier Awards, the Pulitzer Prize for Drama, and an unprecedented special citation from the Kennedy Center Honors. Dinner will be on your own downtown, with ample time to walk, shop, have dinner or grab a snack.

New! Behind the Seas: An Exclusive Oceanic Adventure at the Georgia Aquarium

Thursday, March 27

8:00 a.m. to 7:30 p.m.

Departs from Cheezem Education Center

Tuition: \$189 includes admission, guided tour, lunch, and transportation

Embark on an exclusive adventure at the Georgia Aquarium with their Behind the Seas tour, where you'll get a rare, behind-the-scenes glimpse into the magic that powers our aquatic wonderland. Go beyond the exhibits to discover the secrets of marine care, exhibit design, and the dedicated team that brings the underwater world to life. Perfect for marine enthusiasts, curious learners, or anyone eager to explore the inner workings of the aquarium's oceanic haven. This tour promises an unforgettable experience in the heart of the sea.

OUTDOOR ADVENTURES

Loon Watch on Lake Jocassee

Thursday, February 20

Rain Date: Monday, February 24

10:00 a.m. to 2:00 p.m.

Devils Fork State Park

Tuition: \$89

Lake Jocassee is both winter home and spring migration stop-over for a large, stable population of common loons, as well as a host of other winter waterbirds,

including Ring-billed and Bonaparte's gulls, Bald eagles and Horned grebes. The relatively small size of Jocassee makes the lake a perfect laboratory for loon research. Join the research's co-investigator, Brooks Wade, and Jocassee Wild Outdoor Education for a one-hour classroom presentation of cutting edge research on winter loon behavior and spring migration, followed by a 3 hour pontoon outing and discussion of these ongoing research projects. While observing these enigmatic birds in their freshwater winter environment, we'll also visit some of the beautiful waterfalls and wild rivers for which Lake Jocassee is so famous.

Brooks Wade is the host, guide and co-investigator for the ongoing research into the common loon on Lake Jocassee. Brooks' passion for loons brought the attention of the scientific community to Lake Jocassee.

Hikes in the Hills

4 Mondays, March 3 to 24

Rain Date: March 31

8:30 a.m. to approximately 4:00 p.m.

Itinerary provided one week before start date

Tuition: \$79

Enjoy interpreter-led hiking in the Piedmont of Upstate South Carolina and the Southern Appalachians of North Carolina and Georgia as we explore the rich biodiversity and geology of the region. We'll see waterfalls and soak in the views from scenic vistas as we explore our-changing landscapes. Participants should be able to walk four to five miles on uneven terrain.

March 3 – Hike the loop trail at **Eva Russell Heritage Preserve** for exceptional views from a granitic dome. Other features: Slickum Falls and Trout Lilies. Then head to the **Wattacoo Heritage Preserve** and hike a portion of the **Mountain Bridge Passage**. Features: Granitic dome plant community and waterfalls. (2-3 mi, moderate)

March 10 – Hike the rim trails at **Tallulah Gorge State Park**, GA. The gorge, 2 miles long, is considered one of the most spectacular canyons in the eastern U.S. (3 mi, moderate)

March 17 – Hike the trails at **DuPont State Forest** to view three spectacular waterfalls, Triple Falls, High Falls and Hooker Falls. (3.5 mi, moderate)

March 24 – Hike to **Station Cove Falls**. Features: Sweet Betsy Trillium which carpets the forest floor along with other early wildflowers, the 60-ft stepped, Station Cove Falls. (3 mi, moderate)

Jean Askew is an avid hiker and has been hiking with OLLI and other groups since moving back to the Upstate in 2008. She has an educational background in botany and forestry and completed the Upstate

MC

MA

Master Naturalist program in 2016. **Delsey Brown** moved back to the Upstate in 2016 and started exploring the area she left in 1983. She has been hiking with OLLI since 2017 and enjoys hiking with a group where everyone learns from each other.

The Fascinating History of the Oconee Bells

Thursday, March 6

Rain Date: Thursday, March 20

10:00 a.m. to 2:00 p.m.

Devils Fork State Park

Tuition: \$89

This pretty little plant shares a fascinating history with early explorers of the Jocassee Gorges... but the 'back story' of these men is as interesting as the discovery of the plant itself. Learn who these adventurers were, what led them to this unique place on earth, and what else they discovered here. Join us for a classroom introduction to Andre Michaux, Asa Gray, George Hyman, and others, followed by a 3-hour pontoon tour following Michaux's route into the wild terrain of the Jocassee Gorges. What to bring: lunch or snacks, appropriate layers of clothing, including windbreaker/raincoat, sensible close-toed shoes, binoculars, and a sense of wonder!

Kay Wade co-owns Jocassee Lake Tours with her husband Brooks. Together they founded Jocassee Wild Outdoor Education to offer students access to a wide range of nature studies in the "perfect outdoor classroom"- Lake Jocassee and the Jocassee Gorges. Kay is a professional writer and garden designer who is passionate about clean air, water and food.

New! Wild Mushroom Foray

Friday, March 21

9:30 a.m. to 12:30 p.m.

Itinerary provided one week before walk

Tuition: \$39

Join us for a fun mushroom hunt in the woods! Discover edible, poisonous, and medicinal mushrooms, learn how they grow, and explore their role in nature. After foraging, we'll identify our finds and discuss them. You'll take home edible mushrooms and learn how to cook them for a tasty meal. Bring your lunch and join the adventure!

Olga Katic grew up mushroom hunting in Bosnia and Hercegovina, learning to cook her finds on a wood stove with her family. Today, she owns Mushroom Mountain, producing edible and medicinal mushroom spawn, extracts, and honey under the Mycomatrix brand. Mushroom

Mountain also offers a Wild Mushroom Food Safety Certification Program, recognized by health departments in seven states and endorsed by the FDA.

DISCUSSION GROUPS

New! The Joys of Language

10 Wednesdays, January 29 to April 2

11:00 a.m. to 12:00 p.m.

Cheezem Education Center

Tuition: \$59

Why did the Ohio Supreme Court rule that "boneless chicken" can contain bones? Is "WILL I AM!" the longest "name sentence"? Is the portmanteau "alcoholiday" a three-martini lunch or a drunken vacation? Why is "salvage" a "kangaroo word"? [Answer: "save" is the "joey."] And is "Schadenfreude: the derivation of joy from the misfortunes of otters" the best dictionary typo ever? The answers to these "potato-chip questions" (because you can't survive on just one) will be answered in due course, but until then, hustle to your OLLI course-registration page and sign up for The Joys of Language. (Spoiler alert: It's not a Great Course or TED series yet, but I'm working on it.) Over ten classes, we'll take an intense but informal look at contemporary slang, jargon, dialect, catch phrases, folk etymologies, etc. in this all-new interactive course. Also featured will be hebdomadal proverbs, neologisms, and/or grammar/usage puzzlers. Come join us.

Skip Eisiminger is retired from the Clemson University English Department, where he taught History of the Language, Word Study, American Literature, interdisciplinary humanities, and creative writing for 42 years. He continues to publish in the *South Carolina Review*, *Weekly Hubris*, and *KYSO Flash*. He is the author of *Anecdotes and Antidotes* (Serving House Press, 2019).

New! Philosophy Plus: What America's Founders Learned from Antiquity

10 Thursdays, January 30 to April 3

1:30 p.m. to 3:00 p.m.

Cheezem Education Center

Tuition: \$69

This discussion group, now in its 19th year, is Clemson OLLI's longest running offering. Participants spend the first portion of class watching a video lecture, which leads to the lively discussion that follows. Videos are available to registrants anytime; each discussion is freestanding. Owing to the wide interests within the group, digressions are frequent. The ancient Greek and Roman worlds deeply

shaped the thinking of America's founders. In this course, you'll explore the ethos of classicism that permeated the founders' era and how the revolutionaries were influenced by ancient Greek and Roman political systems. You'll dig deeply into the classical thought of five of the iconic founders, and you'll learn how the Founding Fathers created a radically new political model based in the conception of equality.

Video lectures feature **Caroline Winterer**, the William Robertson Coe Professor History and American Studies at Stanford University. A discussion group member leads the conversation.

COURSES

Yoga

5 Tuesdays, January 28 to February 25

9:30 a.m. to 10:30 a.m.

Cheezem Education Center

Tuition: \$69

Have you ever regretted getting down on the floor to play with pets and/or grandchildren, wondering if you were ever getting up again? This five-session course incorporates yoga poses, exploratory "yoga-ish" strengthening exercises and functional movement work to increase your confidence and ability in moving through everyday activities. Methods to be better in tune with your body, such as brief meditations and breathwork, are also included. Bring a yoga mat (or let OLLI know you need to borrow one) and water bottle; wear comfortable flexible clothing.

Renee Gahan has been teaching yoga and meditation at Clemson University since 2011 and has taught in the broader community since 2002. Through her decades of teaching, study, and practice, she has developed a self-care toolbox for people of any age and background to feel better in their bodies, their relationships, and their lives.

Intermediate Tai Chi

10 Tuesdays, January 28 to April 1

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$119

Tai Chi (Taijiquan) is practiced widely around the world and is renowned as a system of training that enhances health, balance and well-being through a series of postures that are practiced slowly and with attention to alignment and relaxed movement. While many of the concepts go back to ancient times, the first complete forms are credited to the

Chen Village in China (from the 1700s). This intermediate class offers deeper insights and training of the 24 movement Yang Tai Chi form and more detail on the meditative and martial aspects of the system. At the instructor's request, students must have taken at least three sessions of OLLI's Tai Chi courses before signing up for Intermediate Tai Chi. Any exceptions must have instructor's permission.

Gary Carbone spent 35 years studying Tai Chi (Taijiquan), Xingyiquan, Bagua Zhang, Yiquan, Shaolin Kung Fu and Isshin Ryu Karate and is a seventh-generation lineage holder from Master Chen Jun Hao of Taiyuan, Shanxi Province, China. He loves sharing these arts with others.

New! Virtual Tour of Flanders Field

Tuesday, January 28

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$19

The West Flanders province in Belgium is less than the land area of Pickens and Oconee counties combined, yet it was in this small area that British forces alone suffered more combat deaths in the First World War than did the United States in all of the Second World War. In this presentation we will visit some of the military cemeteries, monuments, memorials and museums that distinguish the area as one of the most dreadful killing fields in the world. We will also virtually sample some of the region's gastronomic treats, including Flemish stew, mussels and fries, cheese and beer.

For 14 years **Stephen Wainscott** led a month-long study abroad program to Belgium where students learned about the First World War and visited numerous military sites in the West Flanders region and in France. He has also led a senior group on a tour of the area.

Decoding Tinnitus - Facts, Myths, and Pathways to Relief

Tuesday, January 28

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$19

In this conversation, we delve into the intricate realm of tinnitus—a condition impacting millions worldwide, entailing the perception of persistent sounds such as ringing, buzzing, or humming in the ear or head. While some endure this phenomenon without disruption, for others, it casts a profound shadow upon their quality of life. This course enlightens attendees on the anatomical intricacies and physiological underpinnings, the etiologies, and

explores an array of management options for tinnitus. We seek not only to educate but to infuse a sense of optimism and reassurance to those grappling with tinnitus.

Dr. Alexandra Tarvin, Board Certified in Audiology, specializes in hearing impairment, tinnitus, and auditory sensitivity disorders. Her dedication lies in empowering communities through comprehensive education on audiological care and evidence-based practice. The establishment of Elevate Audiology in 2018 marks her commitment to delivering patient-centric care and providing transparent treatment options within our community.

Tai Chi

10 Tuesdays, January 28 to April 1

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$119

Tai Chi (Taijiquan) is practiced widely around the world and is renowned as a system of training that enhances health, balance and well-being through a series of postures that are practiced slowly and with attention to alignment and relaxed movement. While many of the concepts go back to ancient times, the first complete forms are credited to the Chen Village in China (from the 1700s). The Tai Chi form known as "Tai Chi 24" will be taught form by form. The instructor will explain basic yet very important principles e.g., rooting, sung (relaxation) and six directions.

Gary Carbone spent 35 years studying Tai Chi (Taijiquan), Xingyiquan, Bagua Zhang, Yiquan, Shaolin Kung Fu and Isshin Ryu Karate and is a seventh-generation lineage holder from Master Chen Jun Hao of Taiyuan, Shanxi Province, China. He loves sharing these arts with others.

New! Digitizing Your Family History

3 Wednesdays, January 29 to February 12

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$39

In today's digital age, it's essential to consider what happens to your online presence after you're gone. In this session, we'll explore the concept of a Legacy Contact—an individual you designate to manage your accounts and digital assets. We'll discuss the to ensure your online accounts, cloud storage, subscriptions, and memberships are handled according to your wishes. Additionally, we'll delve into the significance of digitizing family photos and important documents to preserve them for future generations. By taking proactive steps to manage your digital legacy, you can protect your memories.

Loraine Smith has been a technology instructor for 27 years and has a passion for seeing her students stay connected to their family and friends. She offers a relaxed, fun approach to learning more about your iPhone/iPad and loves hearing "I didn't know that!" She earned her bachelor's degree in financial management from Clemson University in 1987.

Gardening Like a Painter: Some Thoughts on Garden Design

4 Wednesdays, January 29 to February 19

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$49

This course will feature the Pendleton gardens developed by Tom Pellett over a five-year period. Tom will present elements of design and color importance of appointing a digital executor theory as they relate to garden design. Using plants suitable for the Upstate, he will show how these can be arranged for the best visual effect. In the first class, the presentation will focus on the development of two sunny gardens over three years. The presentation in the second class will be on the development of two shade gardens over three years. The third class will feature a presentation of seasonal changes of seven gardens over winter and spring of 2024. The presentation in the fourth class will show seasonal changes of those gardens over summer and fall. Each presentation will be followed by a question-and-answer session. Class members will have the opportunity to ask questions about their own gardens.

As a professional garden designer for 45 years, **Tom Pellett** designed gardens in Austin, Greensboro, Memphis, north Mississippi and east Arkansas. He has been filling sketchbooks for more than 50 years and painting with watercolors for about 25 years. Tom's gardens have been featured in several books and periodicals. His bachelor's degree came from the California College of Art.

New! The Hanoverians: The Germanic Invasion of the British Monarchy

Thursday, January 30

6:30 p.m. to 8:15 p.m.

Cheezem Education Center

Tuition: \$19

When Queen Anne of Britain died in 1714, the question of royal succession became a matter of political drama. Her successor was George of Hanover—a distant relative who was unknown to the British people. Historian Carol Ann Lloyd-Stanger follows the long and complicated reigns of the kings named George, who overcame an uprising when they took the throne, navigated a Parliament seeking more power, and provided family drama equal to that of the Tudors. Not to mention George III

who lost the American colonies. Discover the decisions that brought this unlikely family to the British throne. Trace the politics of the Hanoverian dynasty, including a union between Britain and the northern German state, Hanoverian support of Britain's role in Europe, and the diminishing power of the monarchy along with the recognition of Robert Walpole as Britain's first "prime" minister. Learn how politics were sometimes overshadowed by personal drama, including an imprisoned queen, a royal birth on the run, and a queen consort locked out of the coronation ceremony. And explore the long-term impact of the Hanoverians as their final monarch, Victoria, ushers the nation into the modern era. **Note: Lloyd-Stanger will be presenting via Zoom as part of the Smithsonian Associates program.**

Carol Ann Lloyd-Stanger is the author of *The Tudors by Numbers* and *Courting the Virgin Queen*, published by Pen and Sword Books.

Conversational Spanish

6 Mondays, February 3 to March 10

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$59

Spanish Conversation is a medium to advanced conversation course designed for students who want to improve their communicative abilities in Spanish. With this goal in mind, the course will also provide exposure to the other language skills such as reading and listening comprehension, writing, vocabulary acquisition and socio-cultural competence which are integral to developing speaking fluency. Certain grammar points will be reviewed based on text and issues that arise in class.

For more than two decades, **Marta Fernandez-Wahlen** has dedicated her life to education, guiding students from elementary through university on their journey of lifelong learning. As an educator fluent in five languages, Marta understands the power of communication to open minds. Her passion is nurturing curiosity, critical thinking and discovery in students as they grow into engaged citizens of our diverse world. Marta finds fulfillment in awakening the love of learning and views her role as planting seeds that will continue to blossom throughout her students' lives.

New! Ruby Ridge, Waco, Oklahoma City

6 Mondays, February 3 to March 10

11:00 a.m. to 12:30 p.m.

Zoom Virtual Classroom

Tuition: \$59

During the span of three years, August 1992 to April 1995, the citizens of our nation witnessed the

assault of federal forces against United States civilians at three locations: Ruby Ridge, Waco, and Oklahoma City. These separate events have been linked by media reports and publications based on several themes: freedom, religion, and guns. From the distance of 30 years, we will explore the individuals and the decision making that led to so much death and destruction in the heartland of America. We will pierce the headlines of history and discover what really happened.

John Powers, who earned a master's degree in fine arts, is a writer and director with experience in theater and film. Drawing on recent United States history as source material for several productions, he has also developed this material into provocative classroom engagements, such as "Nixon and the Pentagon Papers," "1968: The Year That Rocked" and "Pearl Harbor Reconsidered." He has been an Osher Lifelong Learning Institute (OLLI) instructor since 2013.

New! Crafting Natural Remedies: Fire Cider & Elderberry Syrup

Monday, February 3

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$39 includes supplies

In this hands-on workshop, you'll learn how to make two powerful, time-honored remedies: fire cider and elderberry syrup. Fire cider is a tangy, spicy tonic known for its immune-boosting and detoxifying properties, while elderberry syrup is a sweet, soothing elixir renowned for its support in fighting colds and flu. Through step-by-step instructions, you'll explore the healing qualities of these ingredients, prepare your own batch of each to take home, and leave with the knowledge to continue making them at home. Whether you're a beginner or seasoned herbalist, this course offers practical skills to enhance your wellness toolkit.

Brooke Parrow is a Clinical Herbalist and Integrative Nutritionist with a passion for helping others achieve vibrant health and wellness. With years of experience in the wellness industry, she guides clients on a transformative journey toward holistic healing, incorporating herbs, nutrition, movement, and mindfulness. Brooke is dedicated to empowering individuals to take charge of their health by addressing the root causes of imbalances, rather than merely masking symptoms. Through her workshops and classes, she shares her deep knowledge of herbal medicine and natural health, providing practical tools and remedies to support both body and mind.

New! Beginners Bridge

5 Tuesdays, February 4 to March 4

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$59

The concepts and rules for bridge are easy to learn. Bridge can be a relaxing way to spend an evening or a challenging way to stretch your thinking. We will learn the game in easy steps using the book *Bridge for Everyone* by D.W. Crisfield as our guide. This will also make it possible to miss some classes and still participate using the book. We will start with the play of the cards and move on to concepts of bidding. There are only 16 words used in the bidding auction. What could be easier? At the conclusion you will be ready to join the Bridge Special Interest Group at OLLI or play with your friends over a few drinks. Bridge is one of the games that may help prevent dementia and is much easier to learn than other activities that decrease risk of dementia like learning a new language. Come join us for a few hours of learning and collegiality. It is suggested that participants purchase or download *Bridge for Everyone* by D.W. Crisfield."

David Potts is a lifelong bridge player with a split history having played in college and for a few years later and then not playing until retirement five years ago. David is the current Chair of the Board of Advisors for OLLI Clemson and dedicated to the goals of OLLI for education and social interaction.

March to Victory: Allied Actions After D-Day

5 Tuesdays, February 4 to March 4

10:00 a.m. to 1:00 p.m.

Cheezem Education Center

Tuition: \$69

Following the success of D-Day and the Campaign in Normandy, the Allies still had to liberate France, before they could concentrate on the Low Countries. We will take an intensive look at many of the actions of this pivotal timeframe for the battlefields of Europe during the Second World War. This course focuses on the ill-advised and tragic "Operation Market-Garden," an Allied attempt to drive through the Netherlands and into Germany, as well as the Battles of Aachen, the Huertgen Forest, and the Bulge, followed by the need to seize bridges over the Rhine, including the Bridge at Remagen.

Military historian and Colonel (retired) **Lawrence Saul** served for 37 years in the US Army, including tours in Germany, Holland, Belgium, England, Kosovo and other locations. He was one of the last veterans of the Vietnam War still serving on active duty when he retired in 2008. A dedicated OLLI volunteer instructor, Saul has taught more than 150 military history courses at Clemson, California State University

– San Marcos, Emory, the University of South Carolina – Bluffton, and the University of Georgia. Colonel Saul has a BA in History from Georgia State University as well as two master's degrees. He also has extensive experience as a Battlefield Tour Guide.

Estate Planning

2 Tuesdays, February 4 and 11

11:30 a.m. to 1:00 p.m.

Cheezem Education Center

Tuition: \$29

Review the most important elements of estate planning in South Carolina in this valuable discussion that includes vital subjects such as wills, trusts, powers of attorney, probate, estate taxation, and healthcare planning. The course will explain documents and techniques that every family should pursue as well as some that should be avoided. A question-and-answer session will follow each discussion. Plan to bring a pen and paper for copious notetaking.

William K. Hubbard attended Clemson University for his undergraduate studies in agricultural engineering and pursued law school at the University of South Carolina. His law practice focuses on estate planning, probate and trust related work. **Ashton R. Gottschall** attended the University of South Carolina Upstate for his undergraduate degree in political science and the University of South Carolina School of Law for his law degree. He focuses on estate planning and serving local business owners and entrepreneurs as general counsel.

New! Get Turned onto Woodturning

Tuesday, February 4

1:00 p.m. to 3:00 p.m.

John Sheets' Studio/Shop, Pendleton

Tuition: \$19

This introductory class is for those that are, or might be, interested in becoming familiar with the processes of woodturning. John will demonstrate both spindle and faceplate turning at his shop in Pendleton. Although this is primarily a demonstration class there will likely be an opportunity for a small bit of hands-on for each student, if they wish. In addition to basic turning technique, John will also discuss safety, equipment, sanding, embellishment with color and texture, and finishing. So, if you are thinking about woodturning as a possible hobby, or are just interested in seeing how it's done, come join us!

John Sheets has been a wood guy for 50 years, initially making 18th century and Shaker style furniture reproductions, but shifting his focus to woodturning for the last 20 years. He is a 4-year past president of the Mountaineer Woodturners in West Virginia and has taught many Road Scholar classes

at the Cedar Lakes Craft Center in Ripley, West Virginia. He has taught at Woodcraft stores and given individual lessons. Prior to relocating, he was a juried artist at Tamarack in Beckley, West Virginia, including acceptance in their fine art gallery. He has also been represented in several other galleries.

New! The *Bhagavad Gita*: Ancient Wisdom for Today's World

Tuesday, February 4

6:30 p.m. to 8:00 p.m.

Cheezem Education Center

Tuition: \$19

The *Bhagavad Gita*, along with the Bible and the Quran, is one of the most beloved sacred texts of the world. Graham M. Schweig illuminates some of the exquisite passages in this Hindu philosophical poem and examines their rich narrative context. He provides an overview of the story behind the text and its major themes and reveals how a work created around the 2nd century AD poignantly addresses the universal problems of the human condition: the intrinsically conflicted soul and the mix of happiness and suffering, goodness and evil, and beauty and horror the world holds. These dichotomies are symbolized by the dilemma of the protagonist Arjuna, whose heart is shattered as he is about to engage in a battle against evil that also pits him against those he loves. Experience how the *Bhagavad Gita*'s timeless voice of wisdom and compassion can speak to the challenges of the modern world. **Note: Schweig will be presenting via Zoom as part of the Smithsonian Associates program.**

Graham M. Schweig is a professor of religion at Christopher Newport University and published translator of the *Bhagavad Gita*.

New! British Invasion Bands of the 1960s

Wednesday, February 5

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$19

During this course, we will look at the factors behind the 1960s British Invasion and review some of the major bands involved - including the Beatles, Stones, the Who, the Kinks, and seven more. Our format will primarily be lecture with audio-visual aids.

David Howcroft, leader of this course, is a self-professed Rock music aficionado who lived in England for three years in the early 1960s. He had a Georgetown University radio show, produced several concerts, and managed a record store.

New! 250 Years: The Declaration of Independence

3 Thursdays, February 6 to 20

10:00 a.m. to 11:30 a.m.

Zoom Virtual Classroom

Tuition: \$39

Two hundred and fifty years ago the instrument to break from rule by a King and Parliament was written to create a noble experiment in democracy and rule by the people in the American colonies. It has stood the test of time with wars and civil strife. The signers pledged their lives, their fortunes, and scared honor. Many lost everything during the Revolution. We will look at 1776 the musical and movie as well. Join us in celebration of the Declaration. Suggested reading is *The Declaration pocket size*, *The Signers: the 56 Stories Behind the Declaration of Independence*, *Rescuing the Declaration of Independence*, and *Signing Their Lives Away*.

Russ Hutchins is a retired public school administrator. He holds an Ed.S. in school administration from Pittsburg State University, Kansas, and teaches for OLLI at The University of Kansas, OLLI at The University of West Virginia, and CALL at the College of Charleston.

New! Facciamo... Mangiamo...Parliamo... La Pizza!!!

Session A: Thursday, February 6

Session B: Thursday, February 13

12:30 p.m. to 4:30 p.m.

Cheezem Education Center

Tuition: \$39

Join Terie Dreussi-Smith in making unique pizza recipes completely from scratch! Throughout the session, renowned Conversational Italian Instructor Kathy McElvenny will teach Italian phrases in reference to everything pizza, famiglia and "La Bella Vita"! Participants will make the doughs and sauces with Terie's best and "quasi-secret" ingredients. Terie's Aunt Annie Dreussi's Italian dressing recipe will be back by popular demand to make a simple rustic salad. Toppings will include caramelized onions, mushrooms, the best Parmigiano Reggiano, figs and more! Terie has developed a special process for making very thin pizza crust that is easier on the carb count! We will make the thicker crust Roman pizza which requires a special pizza pan and dough recipe. No store-bought sauce here! Terie's Grandma Petraroli's-St. Anthony's Church unique and simple recipe for pizza sauce will be shared! To make the event even more interesting, il cuochi (the cooks) will also make a no-lumps-no-fail Alfredo sauce. Per certo, there is no "good life" without Il Dolci! Therefore, dessert pizza will also be on the menu. At last...MANGIAMO together!!! Terie and Kathy always bring a special surprise to make the good life bubble! Recipe books will be provided. Venire a tavola!

Terie Dreussi-Smith is a retired author, public speaker and teacher. She is an Italian American who is excited to pass on the depth of flavors and homemade - from scratch - Italian recipes of her mother's Southern Italian and Father's Northern Italian roots. Terie lives in Seneca, South Carolina where she enjoys hosting neighborhood dinners and Aperitivo Hour events. **Kathy McElvenny** lived in Genoa, Italy for four years and loves sharing her enthusiasm for speaking Italian and Italian culture.

Beginner Stained Glass

6 Weekdays, February 6, 7, 10, 11, 13, and 14

1:00 p.m. to 4:30 p.m.

Kathy Carroll's Studio, Seneca

Tuition: \$69

The earliest forms of glassmaking occurred nearly 3,000 years ago, and colored window glass dates back 1,350 years; yet our fascination with the art form continues. In this class, discover the secrets of creating your own masterpiece from glass, learn stained glass terminology and study the history of the art. Through hands-on practice, participants will become familiar with modern tools, equipment and techniques while each student fabricates a unique 9x18 inch-stained glass panel. This class requires standing and a certain amount of arm strength.

Favorite OLLI instructor **Kathy Carroll** has crafted with glass for more than 40 years. She has taken workshops and attended conferences in various locations throughout the United States and has worked with cold glass, slumped and fused glass and blown glass. She has taught stained glass classes, as well as created commissioned work.

New! Strength Loss: Why Does It Happen and What Can I Do About It?

Friday, February 7

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$19

The aging process is connected to widespread changes in the human body including loss of muscle mass and bone mass leading to a reduction of physical capacity over the years. However, aging is not the only cause of strength loss. This course will cover practical lifestyle changes to improve strength and wellness as well as specific exercise demonstrations to implement in your home exercise routine.

Jessica Francois is a board-certified clinical specialist in geriatric physical therapy. She has been practicing in the upstate South Carolina area for the past five years and is passionate about teaching health and wellness topics for seasoned adults.

Jan Van Eyck's "Adoration of the Mystic Lamb"

2 Mondays, February 10 and 17

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$29

The Ghent Altarpiece, formally titled "The Adoration of the Mystic Lamb," is considered by many art historians to be the most important painted artwork of all time. In addition to its mastery of the technique of oil painting, the Ghent Altarpiece represents the artistic "fulcrum" between the Middle Ages and the Renaissance. Renowned for its breathtaking realism, exquisite detail, and religious symbolism and iconography, it has been the victim of numerous crimes and misdeeds, including 13 thefts. Since its completion in 1432, this 24-panel work has been looted in three different wars, burned, dismembered, forged, smuggled, illegally sold, censored, attacked by iconoclasts, hunted by the Nazis, and rescued by Austrian double-agents. One of its panels, "The Just Judges," disappeared in 1934 and has never been recovered. The mystery of its whereabouts is to Belgians as the Kennedy assassination is to Americans.

Stephen Wainscott is a retired political science professor and director of Clemson's Honors College. He has visited Belgium 18 times, 14 as leader of a study abroad program. As a result, he has developed deep interests in Northern Renaissance art, the First World War, and the history and development of the European Union. In addition to his academic interests, he is an avid barbecue enthusiast.

The Liberty Ship: The Welded Wonder that Won WWII

Monday, February 10

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$19

The Battle of the Atlantic was a killing ground for merchant ships and sailors; at times one ship in four would not reach its destination. Something had to be done. In 1940 British naval architects designed a roomy, easily built ship that was beyond the capacities of the beleaguered, bombed, and overtaxed British shipyards. Americans took up production in huge, assembly line-style yards on the Pacific, Atlantic and Gulf coasts of the inestimable Liberty Ship, replacing some of those horrific losses. We will take a deep dive to look at these remarkable vessels, many of which, as surplus, resurrected several Allied merchant fleets and set the foundation for postwar economic reconstruction.

Alexander "Alex" Billinis is currently a lecturer at Clemson University's Honors College and Political Science Departments. He earned his master's degree in history at Clemson in 2022, and now he

is pursuing his PhD in digital history. He writes prolifically on historical and cultural topics. His career has spanned international banking, law, commercial real estate, and journalism. He and his family have lived in Serbia, Greece, and the United Kingdom in addition to the United States.

Our Celtic Heritage

2 Tuesdays, February 11 and 18

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$29

Along with the grandeur that was Rome and the glory that was Greece, there was a third great ancient European culture, the Celts (also known as Gauls). Caesar's implacable enemy, the Celts dwelt from Turkey to Spain, from the Danube to the Shannon, and were great innovators in technology, law, and democracy. They were also a less bellicose and more feminist culture than Greece and Rome. They gave us such heroes as Vercingetorix, Boudicca, and King Arthur. Their rich legacy lives on in many ways in Britain and the US - in legends and folk tales, songs and holidays, religion, and politics. Who knows, they are very likely a part of your family tree! The *Sister Fidelma* novels of Peter Tremayne, pseudonym for medieval historian Peter Beresford Ellis, are a fun way to explore Celtic culture in 7th century Ireland.

Holley Ulbrich is a frequent OLLI teacher. A retired economics professor at Clemson University, she has a longtime interest in British history and particularly the life and culture of her Celtic and religious forebears.

Edible Valentine Arrangement

Wednesday, February 12

Session A: 10:00 a.m. to 11:30 p.m.

Session B: 12:30 p.m. to 2:00 p.m.

Cheezem Education Center

Tuition: \$39

Chocolate has been considered an aphrodisiac food since the Aztecs, who believed it contains a substance that inflames desire and makes the beloved one more open to romance. Enjoy a lesson in the delights of crafting dipped chocolate treats in this interactive class! We will learn about tempering chocolate and will dip strawberries, pretzels and more. You will then create a delicious Valentine candy arrangement to take home or give to your sweetheart!

Susan Hansen has spent over 30 years creating and cooking all sorts of culinary delights in her kitchen, at Clemson OLLI and in various public eateries. She enjoys teaching others and bringing out each participant's "inner chef!"

New! Understanding Hospice and End of Life Decisions

Wednesday, February 12

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$19

This course provides a comprehensive overview of hospice care, designed for individuals seeking to understand the critical aspects of end-of-life care. Participants will learn about what hospice care entails, including its focus on comfort, pain management, and emotional support for patients with terminal illnesses. Key topics will include who typically pays for hospice services, including Medicare, Medicaid, and private insurance coverage, as well as how hospice differs from palliative care in terms of purpose and timing. The course will also guide you through recognizing when it is the right time for hospice, understanding the signs that indicate a patient may benefit from this type of care. Additionally, the course will cover the importance of communicating and documenting end-of-life wishes, such as advanced directives, to ensure that individual preferences are respected. This course is ideal for caregivers, family members, and anyone looking to better understand the options available for compassionate end-of-life care.

With 25 years of healthcare experience as a clinician, educator and administrator, **JoAnn Panza** has first-hand knowledge of the challenges of end-of-life decision making. During her 10-year career in hospice she provided education to physicians, nurses, social workers as well as patients and their families. She is a passionate advocate for advanced planning and decision making. She encourages everyone to understand hospice and the benefits it brings to end of life care.

New! Chinese Oracle Bones

Wednesday, February 12

6:45 p.m. to 8:15 p.m.

Cheezem Education Center

Tuition: \$19

The oracle bones found in Yinxu (the "ruins of Yin") represent the earliest surviving records of Chinese script and have yielded unique insights into customs during the reign of the kings of the once-legendary Shang dynasty. Oracle bones are ox bones and tortoise shells used for divination. Historian Justin M. Jacobs recounts the fascinating history of the accidental discovery of what was once thought to be dragon bones at the turn of the 20th century and provides a new picture of Chinese civilization at the dawn of history—one filled with human sacrifice, communion with the supernatural world, and powerful women involved in military campaigns.

Note: Jacobs will be presenting via Zoom as part of the Smithsonian Associates program.

Justin M. Jacobs is a professor of history at American University.

New! All Things Plants

Thursday, February 13

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Tuition: \$19

In this class, you'll learn valuable gardening tips and techniques from Sharon McMahan, a seasoned gardener with a passion for native plants, perennials, and shrubs. Through this course, Sharon will share her wealth of horticulture knowledge, guiding you through the essential practices to help your plants thrive. Expect to learn how to avoid common mistakes, care for a variety of plants, and cultivate a garden that tells your unique story.

Sharon McMahan's gardening journey began with a few houseplants in her dorm room, but after retiring from a tech career, she turned her passion for plants into a full-time endeavor. She dove into gardening by taking courses through the Clemson Extension office, attending local gardening talks, and exploring online seminars – all while purchasing a wide variety of plants. Sharon's expertise grew as she expanded her knowledge and hands-on experience, and today, she runs a business focused on native plants, perennials, and shrubs for southeastern gardens.

New! Italian Stars and Directors of the Economic Boom

Thursday, February 13

12:30 p.m. to 2:00 p.m.

Zoom Virtual Classroom

Tuition: \$19

This course will look at the cultural shock of Italy's "economic boom" and the visual landscapes that filmmakers created to address it. Directors such as Fellini, Antonioni, Visconti etc. embodied the new perspectives by analyzing the new individual and societal challenges. Film stars such as Vitti, Mastroianni, and Sandrelli emerged during this period to provide new sensibilities and new instruments to understand the state crisis. Students will be asked to a) conjure up alternate ending(s) of one film from the syllabus; b) find in the Hollywood or other film traditions works that can relate to the issues presented in films from the syllabus; c) write a short scenario with characters and situations capturing a society in transition.

Luca Barattoni is Associate Professor of World Cinema at Clemson University, department of Interdisciplinary Studies. He has a Ph.D. in Italian Studies from UNC-Chapel Hill and has published extensively on Italian, Russian, and World Cinema.

New! How Tax Planning Changes Through Four Stages of Retirement

Monday, February 17

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$19

Do you know how tax planning changes through different stages of retirement? In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for expenses. It is important to apply the tax code in an organized and efficient way. Join us to learn how to create a retirement tax strategy. You will learn: the critical tax questions to answer before retirement; the surprises that often make retirement more expensive; the four stages of retirement and important tax actions in each stage, including tricky IRA challenges; mistakes to avoid when it comes to investments, health care, and estate planning and much more.

Since 2010, Amanda Stillwell has been working with the complexities individuals and their families face while entering and during retirement. While working in home health and hospice, she saw first-hand the hardships faced when individuals do not know how to access their benefits or when they do not have an appropriate plan in place. Now as a Series 65 fiduciary and licensed insurance broker she is able to utilize her past experience to help families prepare.

New! Women Who Helped Win WWII: The Homefront and The Battlefield

2 Wednesdays, February 19 and 26

11:00 a.m. to 1:00 p.m.

Cheezem Education Center

Tuition: \$29

From the farms and factories on the Homefront to battlefield nurses and codebreakers, we will take a look at the often forgotten, but incredibly important, roles women played during the Second World War.

As a child, JoAnn Panza grew up in a community of Hungarian Jews who survived the horrors of concentration camps. As an adult in the healthcare profession, she had the privilege of treating many WWII veterans. The accounts of their experiences inspired many years of independent research. It is JoAnn's desire to share the story of the role of women in WWII.

New! Wild America: National Park Ecosystems

Monday, February 24

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$19

Through a stunning collection of images and vivid descriptions, we embark on a visual journey across the 400+ National Park Service units, exploring the remarkable diversity and beauty of America's protected ecosystems. From coast to coast, we traverse soaring mountains, vast deserts, lush wetlands, sweeping prairies, and serene lakeshores. Along the way, we venture into Alaska's pristine wilderness and the sun-drenched, tropical islands of the Pacific, uncovering dramatic vistas and hidden gems where the untamed spirit of wild America thrives. Experience the raw beauty of these diverse landscapes and the unspoiled corners of the country that showcase nature in its most awe-inspiring form.

David Kroese left a 25-year career in the corporate world to pursue his personal interests, becoming one of fewer than a hundred people known to have visited all 425+ National Park Service units in December 2017. Over the past decade, David has logged over 1,500 visits and 5,000 trail miles exploring NPS sites across the country. David wrote of his experiences in the first published narrative through all the NPS sites, *The Centennial: A Journey through America's National Park System*. David shares his enthusiasm for our park system in speaking engagements across the country and is currently working on his next book, *Amidst the Icons: Hidden Gems of America's National Park System*.

New! Genealogy 101

Tuesday, February 25 and Wednesday, February 26

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$29

These two sessions will cover how to do genealogy research, what are primary and secondary sources, how to find an ancestor's maiden name, and so much more. The second session will cover how to do research on various websites. Handouts will be provided to cover all the ins and outs of genealogy research and how to navigate various useful websites.

Nan Jones has a B.A. from Wake Forest College and a Master of Education and History degree from UNC Charlotte. She served three years on the National Council for the Social Studies and was an officer at the state level for six years. She has taught genealogy classes through OLLI, Clemson African-American Art Museum, Artist Loft, Tamassee DAR School, and Oconee Heritage Center.

New! Great Performing Perennials for the Upstate

Tuesday, February 25

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$19

Would you like to add a low maintenance color and texture to your garden that will endure for years and years? You need to know about perennials! We will learn when to plant them, how to care for them, how to divide them, how to use them in the garden, and which ones are best for sun and shade and in between. We will even explore using perennials in containers. It's all things perennial! Come join us for this fun and informative class!

After more than 30 years as a professional grower and surveying hundreds of private and public gardens, **Jeanne Guidi** formed G&G Designs, LLC to put her considerable plant knowledge to use helping homeowners with attractive design solutions and wise plant selections.

New! Understanding the Probate System: Insights from the Bench

Wednesday, February 26

2:00 p.m. to 3:30 p.m.

Cheezem Education Center

Tuition: \$19

This course will provide a comprehensive overview of probate, its process, and the associated legal matters handled by the Pickens County Probate office. We will start by defining probate, explaining how it involves the legal process of administering a decedent's estate, ensuring debts are settled, and assets are distributed to heirs. The presentation will cover the following key topics: handling all matters related to a decedent's estate; protecting minors and incapacitated persons through guardianship or conservatorship proceedings; addressing matters concerning trusts; issuing marriage licenses and performing marriage ceremonies; managing involuntary commitment proceedings; and pursuing wrongful death and survival actions. We'll also guide you on how to access necessary forms, when to reach out to our office for assistance, and the general timeline for probate and related processes. This session will include time for participants to ask specific questions and gain further insights into the topics covered. By the end of the presentation, attendees will have a clearer understanding of the probate process and know how to navigate related legal matters efficiently.

Employees from the Pickens County Probate Court will lead this informational session.

New! The Black Hills National Parks

Thursday, February 27

1:00 p.m. to 2:30 p.m.

Zoom Virtual Classroom

Tuition: \$19

Embark on a captivating journey through the six iconic national park sites of the Black Hills, each showcasing its unique natural wonders and cultural significance. From the dramatic landscapes of Badlands National Park to the awe-inspiring carvings of Mount Rushmore, this tour delves into the heart of the region's diverse ecosystems, geological marvels, and historical landmarks. Explore the underground chambers of Wind Cave National Park, the deep caverns of Jewel Cave National Monument, and the enduring legacy of the Minuteman Missile National Historic Site. Finally, stand in the shadow of the ancient monolith at Devils Tower National Monument, a sacred and awe-inspiring site. Discover the endearing qualities and primary resources that make these parks treasures of the Black Hills.

David Kroese left a 25-year career in the corporate world to pursue his personal interests, becoming one of fewer than a hundred people known to have visited all 425+ National Park Service units in December 2017. Over the past decade, David has logged over 1,500 visits and 5,000 trail miles exploring NPS sites across the country. David wrote of his experiences in the first published narrative through all the NPS sites, *The Centennial: A Journey through America's National Park System*. David shares his enthusiasm for our park system in speaking engagements across the country and is currently working on his next book, *Amidst the Icons: Hidden Gems of America's National Park System*.



people of any age and background to feel better in their bodies, their relationships, and their lives.

Uncovering Your Legacy

4 Wednesdays, March 5 to 26

10:00 a.m. to 12:00 p.m.

Cheezem Education Center

Tuition: \$49

Developmental psychologist Erik Erikson referred to the eighth stage of human development from ages 65 to death as, "Integrity versus Despair." As we reflect on our lives, integrity comes from owning our gifts, talents, and impact on the world, knowing we have made a difference, touching lives in our unique way. Unacknowledged acts of kindness and compassion, big and small, questioning our influence here, can leave us in despair. Through group discussion, dyads, and writing prompts, we will gather up our purpose and know our goodness. We will identify interludes, people, and actions taken that held more significance than we realized. This will reveal a legacy that we can share with our loved ones and embrace as our own personal contribution to the planet, a cherished gift to ourselves and others. Students will need to bring writing materials, a pen, journal, and/or paper.

Di Ucci, MA Ed., RN, Master Certified Life Coach has spent over four decades assisting people through challenging life transitions as an educator, mediator, trainer, nurse, and life coach. She has taught in Elder Hostel, and given interactive presentations on legacy at Senior Solutions, Walhalla Library, Keowee Place Assisted Living, and the Senior Gathering in Seneca. Di was Director of Nursing in a North Carolina Retirement Community and has facilitated numerous discussions on aging issues throughout her beloved human services career. She is also a writer and published her novel in 2019.

Meditation

5 Tuesdays, March 4 to April 1

9:30 a.m. to 10:30 a.m.

Cheezem Education Center

Tuition: \$69

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. At this time, our minds are often scattered and confused. Come join us in person at the Cheezem Education Center to practice meditation for an hour.

Renee Gahan has been teaching yoga and meditation at Clemson University since 2011 and has taught in the broader community since 2002. Through her decades of teaching, study, and practice, she has developed a self-care toolbox for

New! Tapas: A Spanish Small Plates Cooking Class

Session A: Wednesday, March 5

Session B: Wednesday, March 19

11:00 a.m. to 2:00 p.m.

Cheezem Education Center

Tuition: \$49

Join us to learn how to create a variety of delicious Spanish small plates perfect for any occasion! We'll explore traditional and modern tapas recipes, from savory patatas bravas, to flavorful meat dishes and vibrant vegetable creations. Susan Hansen will guide you through the techniques and ingredients needed to master these bite-sized delights, giving you the skills to bring the taste of Spain to your own kitchen. Perfect for beginners and seasoned cooks alike, this course promises a fun and flavorful culinary experience!

Susan Hansen has spent over 30 years creating and cooking all sorts of culinary delights in her kitchen, at Clemson OLLI and in various public eateries. She enjoys teaching others and bringing out each participant's "inner chef!"

New! Self Defense for Women

Thursday, March 13

10:30 a.m. to 5:30 p.m. (30-minute lunch break)

Cheezem Education Center

Tuition: \$39

The Rape Aggression Defense (R.A.D.) Women's Self-Defense program provides a truly holistic approach to self-defense education, supporting the necessity of continuous learning in order to provide realistic options for each population as they go through life. This course enables participants through hands-on training and teaches them how to take an active role in their own self-defense and psychological well-being. Nationally certified instructors provide students with information on physical and non-physical defense options as well as insight into the mindset of an attacker.

This course instruction is facilitated by **certified R.A.D. instructors** supported by a network of dedicated professionals who honor one another's student through their unique Lifetime Return and Practice Policy.

New! Introduction to Herb Gardening

Monday, March 17

6:00 p.m. to 7:30 p.m.

Cheezem Education Center

Tuition: \$29

Whether you're dreaming of fresh basil for your homemade pesto, mint for your morning tea, or lavender to add a calming scent to your home, this workshop is the perfect place to start. We'll dive into the basics of choosing the right herbs, understanding their needs, and how to care for them so they thrive. Together, we'll explore simple tips and tricks to make your herb garden flourish, bringing a touch of nature's magic to your daily life.

Hunter Gibson is a dedicated functional herbalist and founder of Cattle Creek Ranch. With five certifications in herbalism and ongoing training as a Clinical Herbalist, Hunter combines her expertise in medicinal plants with a passion for holistic living. She also teaches organic homesteading, covering topics like gardening, food preservation, and fermentation. Through Cattle Creek Ranch, Hunter educates others on the healing power of nature, empowering them to embrace a natural, healthful lifestyle by harnessing the benefits of herbal medicine and sustainable practices.

Busting the Myth that Orchids are Difficult to Keep Alive

Thursday, March 20

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$19

Do you love those beautiful orchids that you find in grocery stores and garden centers? Are you one of the many who feel that you cannot keep your orchid alive, much less flourishing? If your answers are yes, here's your opportunity to learn the basics of selecting a healthy orchid for purchase, how to care for it when you get it home, and how to re-pot it when it is ready for a fresh makeover. Participants should bring one or two of their own orchids for inspection and re-potting together.

Julie Voss has been an orchid hobbyist for over 15 years. She started with five Home Depot orchids; her collection has grown to over 100 plants including a wide variety of orchid species. Julie joined the Blue Ridge Orchid Society in 2012 when she moved from Wisconsin to Seneca and currently serves as the Vice President. She has given numerous presentations and workshops to other orchid lovers in an effort to help them be more successful in selecting and caring for orchids.

New! Knowledge is Power! Elder Law, Estate Planning and avoiding SCAMS!

2 Mondays, March 24 and 31

9:00 a.m. to 10:30 a.m.

Cheezem Education Center

Tuition: \$29

Carol Johnson will discuss why estate plans for seniors or those who are retiring (but still young at heart!) would differ substantially from estate plans done for those still working and earning. In this day and age, financial scams and "pig butchering" (yes, it's really a term) are on the rise targeting those of us who are most vulnerable and who don't have the resources to recover from such attacks. Knowledge is power! Knowing what to look for and how to avoid becoming a scam-victim is key to protecting your assets. David Chudyk will speak to what your investment advisor can do to help you be on the lookout for and avoid scams.

Carol Anne Johnson is an elder law and estate planning attorney with a major focus on special needs planning, Medicare/Medicaid and long-term care planning for the elderly and disabled. She practices in both South Carolina and Florida, and is a frequent lecturer, educating other attorneys about estate planning and special needs trusts on behalf of the South Carolina Bar Association. Since 2003, **David Chudyk**, Certified Financial Planner™ has been helping clients make the right financial decisions for the reasons that are important to

them. Chudyk believes that "how we handle our money should positively impact our lives and the lives of those around us."

The Brooklyn Bridge: An Ageless Icon

Monday, March 24

11:00 a.m. to 12:30 p.m.

Cheezem Education Center

Tuition: \$19

The Brooklyn Bridge is an American icon, still in its glory after more than 140 years. The construction is as amazing today as it was back then, and in this course, we see the many pictures and diagrams showing how brave were the Roeblings - father, then son, and then wife - to even dare to undertake such a mammoth project. The story's great; so's the construction. The photos show it.

Myles Standish, Ph.D. in astronomy from Yale, spent most of his career at Caltech's Jet Propulsion Laboratory, providing accurate planetary positions to the spacecraft navigation team as well as to the world's major almanac offices. He has spoken at professional meetings, astronomy departments, civic groups, and was a guest lecturer on the Queen Mary II. Asteroid "3420 Standish" was named in his honor.

Osteoporosis: What Should I Be Doing to Prevent Further Bone Loss?

Friday, March 28

10:00 a.m. to 11:30 a.m.

Cheezem Education Center

Tuition: \$19

Osteoporosis is a disease affecting approximately 10 million Americans, and accounts for more than two million broken bones each year. Yet it has no obvious symptoms! In this course, we will explore what an osteoporosis diagnosis means for you or your loved ones. We will also address common questions by reviewing exercise recommendations, nutrition, and movement techniques focused on preventing injury and bone loss.

Jessica Francois is a board-certified clinical specialist in geriatric physical therapy. She has been practicing in the upstate South Carolina area for the past five years and is passionate about teaching health and wellness topics for seasoned adults.

The Panama Canal: Amazing History, Marvelous Engineering

Wednesday, April 2

1:00 p.m. to 2:30 p.m.

Cheezem Education Center

Tuition: \$19

The story of the Panama Canal has it all: a unique cast of characters, the costly railroad, the tragedy of the French disaster, lethal diseases, sleazy politics, the United States carrying a "Big Stick," the American triumph, and above all, fascinating engineering. This talk will give the whole story, amply illustrated with pictures and photographs.

Myles Standish, Ph.D. in astronomy from Yale, spent most of his career at Caltech's Jet Propulsion Laboratory, providing accurate planetary positions to the spacecraft navigation team as well as to the world's major almanac offices. He has spoken at professional meetings, astronomy departments, civic groups, and was a guest lecturer on the Queen Mary II. Asteroid "3420 Standish" was named in his honor.

Code of Conduct

FOR MEMBERS AND INSTRUCTORS OF OLLI

AT CLEMSON UNIVERSITY

OLLI at CU is a community of intellectually active mature adults. Membership entails mutual respect among members and instructors as they pursue knowledge and explore individual interests. Failure to treat ideas, viewpoints, the classroom environment and interests of other members of the community with respect and civility compromises the intellectual climate at OLLI, and cannot be tolerated. The OLLI administration and volunteer leadership are responsible for ensuring that the Code of Conduct is being followed in all OLLI-sponsored programs.

This OLLI at CU Code of Conduct is congruent with that for students at Clemson University (www.clemson.edu/administration/student-affairs/student-handbook/code-of-conduct) in promoting behavior that enables enlightened discourse among individuals.

SIGS SPECIAL INTEREST GROUP MEETINGS

ACOUSTIC CIRCLE

Every Monday, 10:00 a.m. at the Cheezem Education Center

Facilitator: Chris Sally
(chrissally999@yahoo.com)

Join this fun, friendly group for guitarists to play and socialize together. All skill levels are welcome - just bring your own guitar and a desire to collaborate! The focus of the group will be on acoustic blues, folk, and singer/songwriter. We can't wait to make music together.

ART GROUP

Every Monday, 1:00 p.m.
at the Cheezem Education Center
Facilitator: Diana Carnes (dianacmail@aol.com)

This "open studio" is a place and time for everyone-aspiring to confirmed artists to meet once a week to play with new approaches to their craft. We share techniques, engage in a variety of media challenges and possibly bring in experts in unusual specialties. We EXPLORE art in many varieties!

BACKGAMMON GROUP

Every Wednesday, 10:00 a.m.
at the Cheezem Education Center
Facilitator: Glen Moulder
(gmoulder41@gmail.com)

Explore strategies, enhance your skills, and connect with fellow enthusiasts! Whether you're a beginner or a seasoned player, we meet weekly for friendly games, discussions, and tournaments. Discover the joy of backgammon in a welcoming community!



BOOK CLUB

1st Friday Each Month, 10:00 a.m.
at the Cheezem Education Center
Facilitator: Maureen Williamson
(williamsonmj@att.net)

Our books are selected by group vote and selections include fiction and nonfiction, contemporary and classic. Discussion is informal and participation is encouraged. See the SIG page on the OLLI website for upcoming book selections.

BRIDGE GROUP

Every Monday and Thursday, 10:00 a.m.
at the Cheezem Education Center
Facilitator: Peg Mahan (pmah2209@bellsouth.net)
Join in on this popular card game in a relaxed, friendly environment.

BUNCO

Last Wednesday Each Month, 1:00 p.m.
at Everlan (Patrick Square)
Facilitator: Carol Helander (antiqueguy@gmail.com)
This entertaining dice game is easy to learn, anyone can play! Light refreshments will be provided; \$5 cash per person to play. RSVPs appreciated.

GARDENING GROUP

1st Wednesday Each Month, 3:00 p.m.
at the Cheezem Education Center
Facilitator: Susan Creamer (smcreamergmail.com)
Share ideas, learn from others about gardening techniques, soil, plants, design and more - broaden your knowledge and find support from other gardeners who have similar challenges with their Upstate landscape. The group also enjoys speakers on various gardening topics and occasional field trips.

MAH JONGG - INTERMEDIATE TO ADVANCED

Every Tuesday, 12:30 p.m.
at the Cheezem Education Center
Facilitator: Janice Dieter (dieterjw@yahoo.com)
The Mah Jongg Special Interest Group (Intermediate to Advanced) (SIG) exclusively plays American Mah Jongg. To participate, you must already know how to play American Mah Jongg well without instruction. The group uses only the Official National Mah Jongg League Playing Card from the National Mah Jongg League, Inc (based in New York, NY), which you will need to participate. Other card formats are not accepted. Students who have completed OLLI's Beginning Mah Jongg course can participate to improve their skills and play with the group. Interested OLLI members should reach out to the facilitator prior to attending.

NEEDLES AND THREADS

Every Wednesday, 1:30 p.m.

at the Cheezem Education Center

Facilitator: Nan Jones (jones4927@bellsouth.net)

Join this support group for “thread-heads” to work on your favorite projects in a collaborative atmosphere.

PICKLEBALL

Every Friday at Nettles Park (Clemson)

Facilitators: Lauris and Mary Jane Ames

(mames10579@aol.com, laurisames@aol.com)

Time varies: reach out to the facilitators to confirm

Join the many who are enjoying this fast-growing fitness activity! We play on specially lined tennis courts at Nettles Park. This group is open to all OLLI Members and is appropriate for players of all levels! Instruction and loaner equipment will be available to newcomers. Group does not meet in the rain.

TRIVIA

4th Friday Each Month, 10:00 a.m.

at the Cheezem Education Center

Facilitator: Skip Eisiminger (esterli2@bellsouth.net)

This trivia is not a Jeopardy clone; it involves no buzzers, no clocks, and no pressure to perform or speak in public. The winners of the two sets of questions receive the prize pot. All money collected from the night is split between the two winners! \$2.00 per person- cash at the door only.

WATERCOLOR GROUP

Every Thursday, 1:00 p.m.

at the Cheezem Education Center

Facilitator: Trish Davis (trishkaydavis@gmail.com)

This group's goal is to paint watercolor paintings using a variety of papers and techniques, to share ideas and prompts and to have fun painting together.

WRITERS' GROUP

Group 1: 1st and 3rd Friday Each Month, 10:00 a.m. at the Cheezem Education Center. Group is currently at capacity.

Facilitator: Paula Appling (upst8hiker@gmail.com)

Group 2: 2nd and 4th Friday Each Month, 10:00 a.m. at the Cheezem Education Center. Group is currently at capacity.

Facilitator: Elaine Faithful (belainefaithful@gmail.com)

Group 3: 1st and 3rd Thursday Each Month, 1:00 p.m. at the Cheezem Education Center. Contact the facilitator before attending.

Facilitator: Paula Appling (upst8hiker@gmail.com)



“

OLLI is great. Keeps me active mentally—physically— and socially. The perfect mix for staying healthy as I age.

”



A gift of any amount to **OLLI at Clemson University** will help us to provide a unique array of activities and educational opportunities for our members. Your support plays a pivotal role in promoting lifelong learning, helping us provide nearly 350 different programs to our community. We rely on donors to keep our annual membership fee low and to provide a quality curriculum to our students — your support keeps these programs running.

Take the opportunity to make a gift today and help us foster a culture of lifelong learning!

Help elevate OLLI at
CLEMSON
UNIVERSITY



Make an IRA Qualified Charitable Distribution (QCD) today!

Create the possibility to shape and advance OLLI's future by seeing your generosity in action. If you have an IRA and are 70 1/2 or older, you may donate tax-free from your IRA in direct support of OLLI as well as other University initiatives.

The IRA Qualified Charitable Distribution (QCD) provides several benefits. It allows individuals 70 1/2 and older to transfer up to \$100,000 annually from an IRA directly to a qualified charity. You pay no taxes on the transfer, and your gift to Clemson will make a meaningful impact on the lives of our students. This may also help you meet your Required Minimum Distribution (RMD), the minimum amount you must withdraw from your retirement account(s) to satisfy federal tax rules.

To make your IRA Qualified Charitable Distribution (QCD) gift, simply reach out to your IRA plan administrator or account custodian to make a gift from your IRA to OLLI at Clemson University.

**Please contact
the Annual Giving
Office with any
questions.**

Ann Batson Smith '82, M '85 | Executive Director of Annual Giving

P.O. Box 1889

Clemson, S.C. 29633-1889

864-656-5895

annsmit@clemson.edu

MEMBERSHIP AND REGISTRATION FORM WINTER 2025

Please complete this form, even if you think we have this information on file.

Name _____

Street Address: _____

City/State/Zip: _____

Phone: _____ Email Address: _____

How did you hear about us? _____

Gender: ☐ Female ☐ Male Date of Birth (Month, Year) _____

Catalog Format: ☐ Email Catalog ☐ U.S. Mail Catalog

Email Communication: ☐ Yes ☐ No

Your name, mailing and email addresses will be published in the password-protected online OLLI Member directory.

☐ Check this box if you would like to opt out of the directory.

Emergency Contact Name: _____

Emergency Contact Phone Number: _____

Please note: Each member of a couple must submit a separate form to ensure proper registration.

Half Year Membership Fee (Memberships purchased now are valid through June 30, 2025.)

I am a NEW OLLI member and paying my first membership fee (\$32) \$ _____

I am renewing my lapsed OLLI membership (\$32) \$ _____

If you are unsure about your membership status, please call the OLLI office at 864-633-5242.

Courses

Course Name _____ Tuition: \$ _____

Course Name _____ Tuition: \$ _____

Course Name _____ Tuition: \$ _____

Donation

Please accept this gift to the Clemson University Foundation on behalf of OLLI at Clemson University.

Please note that 100% of your gift goes to OLLI. Gift: \$ _____

Total Enclosed: \$ _____

Payment Information

☐ Check enclosed (payable to OLLI at Clemson University)

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card #: _____ Expiration Date: _____ CVC: _____

Cardholder's Name: _____

MEMBERSHIP AND REGISTRATION FORM WINTER 2025

Please complete this form, even if you think we have this information on file.

Name _____

Street Address: _____

City/State/Zip: _____

Phone: _____ Email Address: _____

How did you hear about us? _____

Gender: ☐ Female ☐ Male Date of Birth (Month, Year) _____

Catalog Format: ☐ Email Catalog ☐ U.S. Mail Catalog

Email Communication: ☐ Yes ☐ No

Your name, mailing and email addresses will be published in the password-protected online OLLI Member directory.

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☐ Check enclosed (payable to OLLI at Clemson University)

☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Card #: _____ Expiration Date: _____ CVC: _____

Cardholder's Name: _____

REGISTRATION INFORMATION

4 Easy Ways to Register

- **Online:** www.olliatclermson.org, click the link “online registration” (credit card payment only)
- **By Phone:** 864-633-5242 (credit card payment only)
- **By Mail:** 100 Thomas Green Blvd. Clemson, SC 29631 (check or credit card payment)
- **In Person** at the Cheezem Education Center, Monday through Friday, 9:00 a.m. to 4:00 p.m. (cash, check or credit card payment)

Refund/Cancellation

If you must cancel your registration in an OLLI Course, a full or partial refund may be available to you. Our current refund procedures are listed on our website, www.olliatclermson.org, under the registration tab. All Members are encouraged to review this information when registering. If an OLLI Course is cancelled, you will receive a full refund. Payments made by cash and check will be refunded as course credit in your OLLI account; payments made by credit card will be refunded to the credit card.

Wait List

If the Course you have requested has filled prior to receiving your registration, you will automatically be placed on a waiting list for the Course. Should space become available, you will be contacted and given the opportunity to enroll. You will not be charged for the Course until you are enrolled.

Liability Waivers

OLLI members who are enrolled in higher risk Courses may be required to sign Waiver and Release of Liability Forms before participating. For more information, visit our website, www.olliatclermson.org.

Accessibility

OLLI at Clemson University is committed to an inclusive and accessible environment for all OLLI Members, and as a Clemson University Institute, follows the spirit of Student Accessibility Services, which can be found at www.clemson.edu/academics/studentaccess. If you have questions about accessibility for a Course, please contact the OLLI office at olli@clemson.edu or 864-633-5242; all correspondence will be confidential.

Graduate Research

On occasion, Clemson University faculty and students are interested in working with OLLI Members on research projects specific to engaged aging. Opportunities to participate in such studies will be announced to the OLLI membership via the weekly e-newsletter, and your personal involvement is entirely at your discretion. We do not share your contact information with any group or individual.

Membership Fees

A nonrefundable membership is required to participate in OLLI Courses and activities. The OLLI Member Year begins July 1 and ends June 30 of each year. The membership fee for a full year is \$50; a half year membership (January to June) is \$32.

Scholarships

Financial assistance may be available for current OLLI Members; for more information, visit our website, www.olliatclermson.org.

Inclement Weather

OLLI follows the Clemson University inclement weather policy. When Clemson University is closed due to inclement weather, all OLLI activities are cancelled or postponed to a later date.

Charles K. Cheezem Education Center

As a Clemson University facility, the Center is tobacco-free and follows campus facility policies.



**OSHER LIFELONG
LEARNING INSTITUTE**

OLLI at Clemson University
100 Thomas Green Blvd.
Clemson, SC 29631

Phone: 864-633-5242
Email: olli@clemson.edu
www.olliatclemson.org

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Our residents love living life at **Clemson Downs**! They enjoy fun, food, and fellowship on our beautiful 38-acre wooded and pastoral campus.

Clemson Downs is a locally owned continuing care retirement community offering **Independent Living, Assisted Living, Memory, and Skilled Nursing Care** designed to meet your or your loved one's care level needs.



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