



May-August 2023 Program

OLLI Membership is required to attend any OLLI Courses or Trips

Osher Lifelong Learning Institute at Indiana State University

Phone: 812-237-9040

E-mail: olli@indstate.edu

Annual Membership \$40 (September 2022 - August 2023)

Summer Only Membership \$5 (May - August 2023)

Fitness Courses

Water Aerobics

Dates: Wednesdays & Fridays

Session 1: June 7, 9, 14, 16, 21, 23, 28 & 30

Session 2: July 5, 7, 12, 14, 19, 21, 26 & 28

Time: 10:00 - 11:00 AM

Place: ISU, Student Recreation Center 601 N. 6th St., Terre Haute

Cost: \$40 per session of 8 classes



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

Functional Strength

Dates: Tuesdays & Thursdays

Session 1: June 6, 8, 13, 15, 20, 22, 27 & 29

Session 2: July 6, 11, 13, 18, 20, 25 & 27

Time: 10:00 - 11:00 AM

Place: ISU, Student Recreation Center 601 N. 6th St., Terre Haute

Cost: Session 1- \$40 (8 classes)

Session 2- \$35 (7 classes)



Age is not a barrier to having fun and getting a great workout in. OLLI Functional Strength is designed to optimize your daily life by rebuilding muscle mass, increasing cardio, and improving balance! Designed for all fitness levels, this class will include a large variety of exercise formats and equipment that challenges your whole body. This class is guided by an instructor, but still allows you to work at your own pace and intensity through the given exercises. Feel stronger and never get bored with this fun-filled fitness class. Don't forget your water bottle!

Courses

Honey Bee Research

With Aaron C. Gooley, Ph.D, Associate Wildlife Biologist, Assistant Professor at Indiana State University, Department of Biology, Wildlife Ecology & Eco-toxicology Lab

Date: Tuesday, May 2, 2023

Time: 1:30 - 3:30 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$5

Dr. Aaron Gooley, Assistant Professor in the Department of Biology and a beekeeper, will discuss his ongoing research regarding the association between honey bee nutritional status and exposure to insecticides. Along with Dr. Zuyi Gooley, they plan on investigating apiaries in Indiana and surrounding areas to improve the basic understanding of how diet relates to colony health. They hope their research can improve management practices for bees and show that pesticide exposure may alter the bee's fatty acid composition which affects their functional activity and metabolism.



Being Prepared in an Emergency

With Vigo County Emergency Management Agency Staff

Date: Thursday, May 4, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: FREE

Do you want to be a survivor or a victim of an emergency or disaster? Would like to learn how to build your emergency "bucket"? In 95% of all emergencies the bystander provides the first assistance on scene. Would you know what to do? Vigo County Emergency Management Agency staff will discuss what the agency does and how to prepare for the unexpected.



Courses

The United States Supreme Court 2022-2023: Legal Questions and Controversy

With Anne D' Orazio, J.D., Ph. D

Dates: Fridays, May 5 & 12, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$10



Could this term of the US Supreme Court be more dramatic than last year? It is hard to imagine but with a docket from race-conscious admissions policies at Harvard College to “transformative” visual arts in the marketplace, it certainly will be contentious. Add to these the prospect of highly-charged arguments over “originalism” and the addition of the first Black woman justice and we can expect to see the Court in the spotlight again as we come close to the end of the 2022-2023 term when the most potentially inflammatory decisions will be announced.

The class will start with a review of the federal court system and the role the Constitution gave to the highest judicial body posing the perennial question: How did the Supreme Court garner so much power when its origin story is so modest? Armed with historical context, we will proceed to probe the contributions of landmark cases over the Court’s 300 plus years of decision-making before launching into a dissection of select disputes from the 60 or so cases the Justices will deliberate this term. A combination of lecture, discussion and film clips will accompany our journey into the world of the Judicial Branch of the United States. Materials will include the US Constitution, Court decisions and handouts on the structure of the federal court system, historical chronologies of Court decisions and a glossary of legal terms.

Suffering Sobriety: Addiction and Recovery in Japan

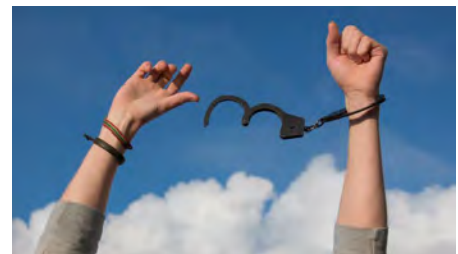
With Dr. Paul Christensen, Associate Professor of Anthropology, Rose-Hulman Institute of Technology

Date: Tuesday, May 16, 2023

Time: 3:00 - 4:30 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: FREE



Japan is widely permissive of alcohol consumption and drunkenness. Simultaneously, narcotic use is met with severe stigma and harsh punishments. Together these opposing views create a society that is antagonistic in its perception and treatment of those trying to stop using and live recovery. The result is a place where self-identified addicts struggle to make their lives fit the dictates of recovery programs imported outside Japan while fearful of being labeled and treated as a stigmatized figure. Such a situation is also the opposite of the message put forward by recovery groups, leaving Japan's addicts in an impossible situation as they work to manage their condition in a society that does not recognize its validity.

Courses

Using City Directories in Research

With Casey Pfeiffer, Director of the Indiana State Public Library

Date: Saturday, May 20, 2023

Time: 10:30 AM - 12:00 PM

Place: Vigo County History Museum Auditorium, 929 Wabash Ave., Terre Haute

Cost: FREE to OLLI members- No Registration Required

The often forgotten city directories with wonderful advertisements have been destroyed by homeowners, businesses, and institutions when phone books became popular. Fortunately, the Vigo County History Museum has a collection from the 1800's to the printing of phone books. City Directories offer much information of the occupation, residence and family on a particular street in a particular city. Print financing was supported by local advertisers and the advertising is, in itself, a good source for research in family history and social and historical research.



The Jewish Ghetto of Venice from 1516 to 1797 and Beyond A Study in Marginalization and Liberation

With Anne D' Orazio, J.D., Ph. D

Dates: Fridays, June 2 & 9, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$10



On March 29, 1516, the Doge of the Venetian Senate proclaimed the establishment of a section of Venice, an island in the northcentral part of the collection of islands which comprised the Republic, that would house and contain the almost 1,000 Jews who inhabited the territory. The place chosen for this segregated population was the site of an old, unused foundry, “geto,” in Venetian Italian, and most likely the origin of the word which was also spelled getto or ghetto. Iron gates at the openings to the canals that distinguish Venice were locked at night and opened in the morning by guards to ensure that the inhabitants would not leave the area. For next 281 years, the ghetto functioned as a marginalized city within a city. In the aftermath of the French Revolution, the army of Napoleon marched across northern Italy liberating the ghettos in the name of the slogans of the Revolution, Liberty, Equality, Fraternity.

This class will explore the reasons for the institution of the ghetto, the relations of the inhabitants to each other and to the Venetians and its broader cultural significance. The disturbing and growing manifestation of Anti-Semitism will be central to the story. The class will also focus on the concept and reality of the isolation of any population by a dominant power structure, whether Venice, Soweto or Harlem. Materials for the course will include lecture outlines, handouts of readings, video clips and excerpts from a play about the Ghetto.

Courses

True Crime: How K-9's Helped Crack the Case

With the Vigo County Search and Rescue Team, Jason Fisher, Vigo County Sheriff Detective, and Robin Stanifer, SAR Handler



Dates: Tuesdays, June 6 & 13, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$10

June 6, 2023- Introduction to Search and Rescue

Get a up close and personal look into what it takes to be a handler with Vigo County Search and Rescue. You will meet some of the K9's of Vigo County Search and Rescue and learn what they do to protect and serve the community in times of need. We will go over how a K9's nose works and how we have learned to interpret their behavior. There are three disciplines Vigo County SAR uses Trailing, Wide Area Search, and Human Remains Detection. Handlers will go over what their discipline is and how we utilize them in a search for a missing or lost person. Vigo County SAR will perform a demonstration of how a Human Remains Detection K9 works in a real world scenario.

June 13, 2023- Cold Case File of The Enzert Lewis Homicide

Vigo County Sheriff's Detective Jason Fisher will profile the Murder Investigation of Enzert Lewis who was convicted of killing his wife Allyson Elmi-Lewis in 2012. Vigo County Search and Rescue handler Robin Stanifer will go over how her K9 was called upon to assist in a murder investigation.

The National Road in Vigo County: A Postcard Tour of Wabash Avenue

With John Becker, Co-authored "Terre Haute and Vigo County in Vintage Postcards"

Date: Saturday, June 10, 2023

Time: 10:30 AM - 12:00 PM

Place: Vigo County History Museum Auditorium, 929 Wabash Ave., Terre Haute

Cost: FREE to OLLI members- No Registration Required

Step back in time and take a historic and vicarious trip on the National Road through postcards from Illinois to the Clay county line. John Becker, a longtime postcard collector, will guide you through the history and sites along the way. Sit back and enjoy the journey while John explains, with his numerous picture post cards, the historical route of the famous former Cumberland road. The focus will be on the road traversed from Illinois through Terre Haute and to Clay County in our surrounding Wabash Valley, though the National Road extended further both east and west.



Courses

Pickle Ball Basics

With Lori Vancza, OLLI member and Pickle Ball Enthusiast

Date: Wednesday, June 14, 2023

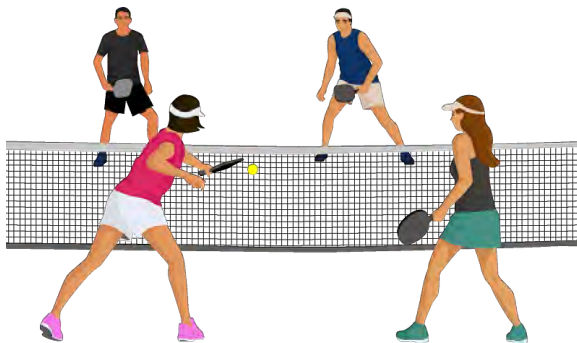
Time: 10:00 - 11:30 AM

Place: ISU Pickle ball Courts (North of CHHS)

Cost: \$5

RSVP: June 7, 2023

Have you heard about Pickle ball? It's not a new sport, but one that is growing rapidly in popularity. Pickle ball was invented in 1965 by 3 dads whose kids were bored of the usual summertime activities. This popular sport combines the elements of ping-pong, badminton, and tennis and can be enjoyed by all ages and skill levels. Join us on the ISU pickle ball courts as we learn the rules, practice the basic skills, and even play a game or two. All equipment will be provided. Please wear comfortable shoes and bring your own water.



Fraud Training: Detection and Prevention

With First Farmers Bank & Trust

Date: Thursday, June 15, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$5

Fraud is one of the largest losses an individual can incur. Learn how to protect yourself, your family and your assets. From fraud detection to identity theft, learn how to spot a scammer and recover quickly.



Courses

The Hidden History of Terre Haute

With Logan Knight, Special Collections Librarian and Historian, Vigo County Public Library

Date: Thursday, June 22, 2023

Time: 1:30 - 3:00 PM

Place: Vigo County Public Library, Meeting Room A & C (lower level)

Cost: \$5

What made Emancipation Day in 1888 significant? Which Terre Haute mayor spent six years in federal prison and why? Do you know who "the bear driver" is? Uncover local legends, important events, and infamous people that are foundational to Terre Haute's history but are not widely discussed today at *The Hidden History of Terre Haute*.



Learning as a Way of Life for Retirees

With Wei He, Ph. D, Associate Professor of Management, Indiana State University

Date: Friday, June 30, 2023

Time: 1:00 - 3:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$5



Most OLLI members can attest to the importance of lifelong learning which is why they continue to pursue knowledge and stay engaged. Some benefits retirees have include time to explore interesting subjects, mental stimulation through in depth study and discussion, and staying socially engaged with others. Dr. Wei He has researched this topic for many years and will discuss his findings on why learning should be a way of life for retirees.



Courses

Maggie Delaney: An Irish Indentured Servant, Bound Away

With Carol and Frank Jarboe

Date: Sunday, July 9, 2023

Time: 2:00 - 3:30 PM

Place: Vigo County History Museum Auditorium, 929 Wabash Ave., Terre Haute

Cost: FREE to OLLI members- No Registration Required

This is one program you do not want to miss! It is a part of history that few know. Carol Jarboe and her husband, Frank, will present a costumed reenactment of Maggie's journey from Ireland to the new continent as an Irish indentured servant. Her husband, Frank, who portrays Pastor John, is a supporting part of the story.

For years, Carol Jarboe has been researching and mastering her live performances of fictional character Maggie Delaney, an Irish indentured servant who gains passage to the new world, only to lose her family in the process. Maggie's tale will bring to light the difficult and heroic journey that many of our ancestors took to secure themselves in a new land and give us a legacy.

Both Carol and Frank Jarboe have portrayed unknown history that shaped lives, social and historical culture and events throughout the U.S.



Community Emergency Response Team

With Vigo County EMA Team

Dates: Thursdays, July 13, 20, 27, August 3, 10, 17, 24, 31, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$10

RSVP: June 29, 2023

The Community Emergency Response Team (CERT) program offers training for you to use in the event of a natural disaster or emergency. This nationwide program is taught by professional responders and includes hands on activities. This unique opportunity will allow you to serve as a community volunteer or simply use the skills for your own personal safety and preparedness. Topics to be covered in these classes include:

- Identify and anticipate hazards
- Reduce fire hazards in the home and workplace
- Extinguish small fires (hands on training with use of a fire extinguishers)
- How to assist emergency responders
- How to conduct light search & rescue
- Basic first aid and medical triage
- How to reduce survivor stress.



Courses

Fire Safety Basics

With the Terre Haute Fire Department



Date: Friday, July 14, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: FREE

Home fires are the most common type of emergency in the United States and can cause deaths, injuries and property loss within minutes of breaking out. According to the National Fire Protection Association, adults over the age of 65 are twice as likely to be killed or injured by fires compared to the general population. By age 75, the risk increases to three times that of the general population.

Are YOU prepared if your house catches fire?

Join the Terre Haute Fire Department as they teach OLLI members some fire safety basics and how to prepare for emergencies. You will learn what to do before, during and after a fire. Prepare now to protect yourself, your loved ones and your home.



Cutting the Cable: The Ins and Outs of Streaming TV

With Bruce McLaren, Indiana State University, Professor Emeritus

Dates: Fridays, July 21 & 28, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Federal Hall, Room 302

Cost: \$10

RSVP: July 13, 2023



Ever wanted to “cut the cable”? Many families in the Wabash Valley have done this to save money and make viewing entertainment on their television more convenient.

This course will cover the evolution of TV entertainment, transitioning from over-the-air with a rabbit-ears antenna to cable/satellite plans to streaming content over the Internet directly to the HD port in your television. Learn the advantages of streaming television and compare the cost with cable TV plans. We will cover the requirements for streaming TV and various streaming methods. You will see how to hook it up on a typical television. Bruce will demonstrate streaming using YouTube TV and compare it with other streaming TV services.

Courses

Dining With Diabetes

With Gail Wright, Vigo County Purdue Extension Health and Human Sciences Educator

Date: Tuesdays, August 1, 8, 15, and 22, 2023

Time: 2:00 - 4:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$15

RSVP: July 25, 2023

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start?

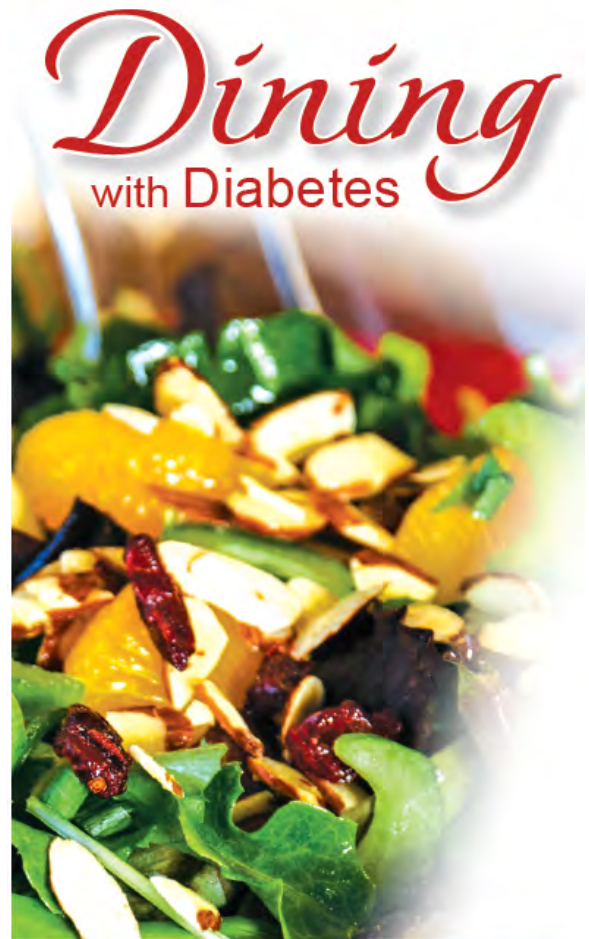
The Dining with Diabetes program can help!

- Dining with Diabetes consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk), family members, caregivers, and support persons are invited to participate. Learn new ways to live well with diabetes.

Dining with Diabetes is taught by trained and caring educators. The program includes:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support — connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes

Spinach Lasagna



You will learn about:

- reading food labels
- using a variety of sweeteners
- using seasoning to replace salt
- the role of fiber in the diet
- the difference between various types of fat
- the importance of exercise
- setting personal goals to manage your diabetes

. . . and more!

Courses

Philosophy in *The Twilight Zone*

With Dr. Kevin Bolinger, Indiana State University, Department of Teaching and Learning

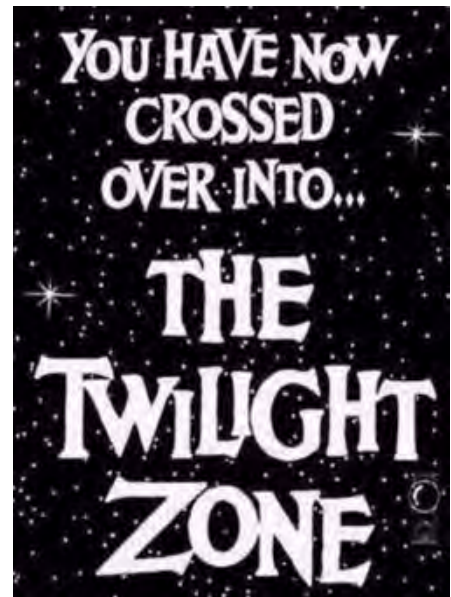
Dates: Fridays, August 4 and 11, 2023

Time: 10:00 AM - 12:00 PM

Place: ISU, Cunningham Memorial Library, Room 028

Cost: \$10

This course will examine process of ethical decision making through reflection and discussion of philosophical dilemmas presented on the Twilight Zone television show. Ethics is not merely what is good or what is bad, virtue and vice, but often requires decisions of the greater good or lesser evil. The course will introduce you to great thinkers in the field of moral philosophy and explore topics such as honesty, loyalty, love, and faithfulness, as well as narcissism, prejudice, and vanity.



Probing in Probates for Ancestral Clues

With Donna Adams, Sullivan County Historian and head of the Genealogy and History Department at Sullivan County Library

Date: Saturday, August 12, 2023

Time: 10:30 AM - 12:00 PM

Place: Vigo County History Museum Auditorium, 929 Wabash Ave., Terre Haute

Cost: FREE to OLLI members- No Registration Required

Some probate records for various states are now online; however, a trip to a county court house to research family probate records might just reveal more clues than you expected. Probate records include wills, estate inventories, sales, petitions, bonds, receipts and guardianships among other items.

Past probate records are mirrors of the place and time that an ancestor lived. One can find family members, relationships, friends and exclusions. The land, the possessions and sales of such provide a clue to the status of an ancestor's monetary worth at the time.

These are basic clues, but there are so many more pieces of information that gives the family researcher a perspective of an ancestor's life and personality.



Special Events

Highland Lawn Walking Tour

With Mike Lunsford

Date: Friday, May 5, 2023
Time: 10:00 AM - 12:00 PM
Place: Highland Lawn Cemetery,
4420 Wabash Ave., Terre Haute, IN
Cost: \$10
RSVP: April 28, 2023



Join writer and photographer Mike Lunsford on Friday, May 5 for yet another walk through historic Highland Lawn Cemetery. This spring, Mike will take walkers through the west side of Highland with visits to sites that have become steeped in local history and legend. This tour

will emphasize stops at many of the burial grounds' most fascinating residents: five-time Socialist presidential candidate, Eugene Debs; local physician and world traveler, Dr. Frank Wiedemann; pioneer aviation and nursing figure, Ellen Church Marshall; poet and philosopher, Max Ehrmann; adventurer and geologist, John Collett; groundbreaking architect, Juliet Peddle; spiritualist physician, Allen Pence, and many, many more... Wear durable walking shoes; bottles of water and snacks will be provided.

Farrington Grove Chorale

With Dr. Mark Carlisle

Date: Friday, May 5, 2023
Time: 7:00 PM
Place: St. Stephen's Episcopal Church,
215 N 7th St., Terre Haute
Cost: FREE- No Registration Required



The Farrington Grove Chorale conducted by Mark Carlisle will perform a concert consisting both sacred and secular works. The chorale includes 22 singers from the Terre Haute area, many of who are professional musicians and music educators, but all 22 have sung in choirs most of their lives. The concert will include a variety of styles of music from light ballads to an eclectic selection of acapella sacred music. It will be something for everyone to enjoy in the beautiful setting of St. Stephen's Episcopal Church. The Chorale is accompanied by Susan Farris, Music Director at the Presbyterian Church in Paris, Illinois.

Dr. Carlisle teaches music at Indiana State University. He received a Bachelor of Music Education degree from Wittenberg University, a Master of Music degree from the University of Michigan, and the Doctor of Musical Arts degree from the University of Texas at Austin.

Special Events

Crystal Bridges, Memphis and More!

Date: Tuesday- Friday, May 9-12, 2023

Time: Bus loads at 7:00 AM at Parking Lot D Extension, 9th & Eagle St.

Place: ISU Parking Lot D Extension, 9th St. and Eagle St., Terre Haute

Cost: \$949 per person, 2 P/Room

\$888 per person, 3P/Room

\$858 per person, 4/Room

\$1131 per person, 1 P/Room

SWOPE
ART MUSEUM

RSVP: April 1, 2023

Join OLLI and Swope Art Museum on a four-day bus trip to see Crystal Bridges Museum of American Art, a world-class collection of American art, stunning architecture and 120 acres of Ozark forest with five miles of trails. Guided tours of the museum as well as a Frank Lloyd Wright tour, the Walmart Museum and other sights in Bentonville, Arkansas, home of Walmart and the Walton Family. Also, a tour of the famous Peel Museum and Botanical Gardens and dinner at a local favorite. An overnight stop in Memphis to visit the Metal Museum, see the ducks at the Peabody Hotel and an evening out on Beale Street if you wish. On the way home, a meal in beautiful Ozark, Missouri.



Crystal Bridges
Museum of American Art



Campus Tour of Rose Hulman Institute of Technology

With Courtney Valmore, SGA President and RHIT student

Date: Thursday, May 11, 2023

Time: 3:00 - 4:00 PM

Place: Rose Hulman Institute of Technology,
(Park in the Visitor's Lot behind Hatfield Hall)

Cost: \$10

RSVP: May 3, 2023



Tour the Rose-Hulman campus to see their New Academic Building (first WELL certified structure in Indiana), Branam and Kremer Innovation centers for students, Hatfield Hall, White Chapel and Student Union. The tour begins at Hatfield Hall so be sure to park in the visitor's lot directly behind the building. Wear comfortable shoes and be prepared to walk approximately 1- 1.5 miles. You may also drive from building to building, but parking may be limited. Water and granola bars included.



Special Events

Toyota/Evansville

Date: Thursday, May 18, 2023

Time: Bus loads at 7:00 AM. Return around 7:30 PM

Place: Westminster Village North Parking Lot,
1120 Davis Dr., Terre Haute

Cost: \$156.00

RSVP: May 1, 2023



Ready to enjoy a day on the road?? We are heading to Evansville and touring the Reitz Home Museum. It is noted as one of the country's finest examples of French Second Empire architecture and is the only Victorian House Museum situated in the heart of downtown Evansville. Next, time to enjoy some old-world Italian cuisine. Lunch with us at Angelo's located on Main St. in Evansville. After filling our bellies, we head to Princeton, IN and spend the afternoon watching the sparks fly as you take a tram tour through the Toyota Manufacturing Facility and observe the production system up close. Zoom in and out of the assembly line and observe the fast-paced workplace. Last but not least, let's enjoy the springtime Azalea Path Arboretum & Botanical Garden with beautiful colors filling our walk. Sign-up today!

Price includes round trip transportation aboard a deluxe motor coach from Terre Haute, Indiana, to Evansville, IN; One (1) meal provided at Angelo's located in downtown Evansville; Admission to Reitz Home; Azalea Path; Toyota plant tour with applicable group tax and gratuity on above inclusions.

She Loves Me (Musical)

Music by Jerry Bock; Book by Joe Masteroff; Lyrics by Sheldon Harnick

Date: Friday, May 19, 2023

Time: 8:00 - 10:00 PM

Place: Community Theater of Terre Haute, 1431 S. 25th St.,

Cost: \$21

RSVP: May 11, 2023

Set in a 1930s European perfumery, we meet shop clerks, Amalia and Georg, who, more often than not, don't see eye to eye. After both respond to a "lonely hearts advertisement" in the newspaper, they now live for the love letters that they exchange, but the identity of their admirers remains unknown. Join Amalia and Georg to discover the identity of their true loves... and all the twists and turns along the way!



Special Events

MetLive: Don Giovanni

Date: Saturday, May 20, 2023

Time: 12:55 - 4:15 PM

Place: AMC Classic Terre Haute Theater, 3153 S. 3rd St.

Cost: \$25

RSVP: May 12, 2023

Tony Award--winning director of Broadway's *A View from the Bridge* and *West Side Story*, Ivo van Hove makes a major Met debut with a new take on Mozart's tragicomedy, re-setting the familiar tale of deceit and damnation in an abstract architectural landscape and shining a light into the dark corners of the story and its characters. Maestro Nathalie Stutzmann makes her Met debut conducting a star-studded cast led by baritone Peter Mattei as a magnetic Don Giovanni, alongside the Leporello of bass-baritone Adam Plachetka.

3 HR 15 MIN NR



Potsticker and Dumpling Making Cooking Class

With Gabby and Wyatt Sons, Sons Spice Co.

Date: Tuesday, May 23, 2023

Time: 1:00 - 3:00 PM

Place: ISU, Health and Human Services Building, Foods Lab, B-29

Cost: \$35

RSVP: May 15, 2023

During the class, we will walk you through everything you need to know about the world of dumplings! You will begin the class by making your very own dough. Throughout the class, you will taste-test various dumplings / potstickers before making your own filling. Then, it will be your turn to fill and fold your dumplings and learn 5 different folding techniques along the way. At the end, you'll be able to cook your creations to enjoy or take home along with the recipes.



Special Events

District 6 Market Tour

With Austin and Kristin Witt

Date: Tuesday, May 23, 2023

Time: 5:00 - 6:00 PM

Place: District 6 Market, 8708 St. Rd. 46,
Terre Haute, IN

Cost: \$10

RSVP: May 15, 2023



OLLI members will tour District 6 Market, a full-service garden center and farmer's market located on the outskirts of Riley, IN. This family-owned farm produces over 400 varieties of annuals, 300 perennials, and 150 types of vegetables and herbs each year. See the new additions to the farm, learn about the struggles of owning a local garden center, and hear about what is planned for the future. OLLI members will be provided with bottled water to stay cool on this tour. Wear comfortable shoes as walking will be on uneven terrain.



Waapaahsiki Siippiwi Mounds Historical Park Tour

With the Park's Volunteers

Date: Friday, May 26, 2023

Time: 10:00 AM - 12:00 PM

Place: Waapaahsiki Siippiwi Mounds Historical Park, 9098 West
County Road 825 North, Fairbanks, IN

Cost: \$10

RSVP: May 18, 2023

The Miami Indians of Indiana called the Wabash River, “Waapaahsiki Siippiwi” which translates to “The reflective waters of the Wabash River”, which was a reference to the glistening reflective qualities of the river bottom that in places consisted of sandstone. According to historical records and archaeological research, this cultural Mound site appears to date back to the Late Woodland Era, A.D. 500- 1650, pre-European contact. Records show the Miami, Wea, Piankashaw, Kickapoo, Delaware, and Shawnee tribes were present along the river hunting and trading what is now the Wabash Valley. OLLI members will meet at this historic site for a tour, history lesson, and drum ceremony. Wear comfortable shoes as the terrain is uneven.



Special Events

Exotic Feline Rescue Center Tour

Date: Friday, June 2, 2023

Time: 10:00 - 11:30 AM

Place: Exotic Feline Rescue Center, 2221 E. Ashboro Rd., Centerpoint, IN

Cost: \$15

RSVP: May 26, 2023

Come learn about the furry residents who call Center Point's Exotic Feline Rescue Center home! Enjoy a guided walking tour lasting about an hour. During this tour, you'll learn about the rescue stories of these mighty creatures from privately owned "pets" to retired circus animals. You'll also learn how the EFRC takes care of these animals and how you can help! Wear comfortable shoes. Bottled water will be provided.



****This walking tour is slow-paced on a gravel path.**

Terre Haute Community Band Performances

Dates: Saturdays, June- August

Time: 8:00 - 9:00 PM

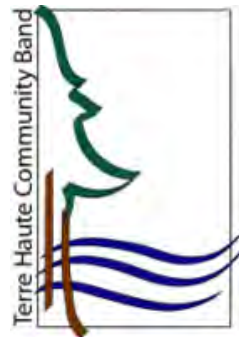
Place: Fairbanks Park, 1st and Oak St.,
Terre Haute

Cost: FREE- No Registration Required

The Terre Haute Community Band is an organization composed of volunteer musicians from Terre Haute, Indiana, and surrounding communities in the Wabash Valley. The Terre Haute Community Band was formed in 1999. Prior to that time the Terre Haute Concert Band performed in city parks.

Now in our 24th season, the band presents free outdoor summer concerts in Fairbanks Park on the banks of the Wabash River.

We invite you to bring a lawn chair or blanket to sit on and join us for an evening of music.



Performance Dates

June 3, 2023

June 17, 2023

July 1, 2023

July 4, 2023*

July 15, 2023

July 29, 2023

August 12, 2023

***Tuesday- 4th of July
Celebration**

Special Events

Tour of Rose-Hulman Art Facilities

With Christy Brinkman-Robertson
Art Curator, RHIT



Date: Thursday, June 8, 2023

Time: 1:00 - 3:00 PM

Place: Rose-Hulman, 5500 Wabash Ave., Terre Haute, IN

Cost: \$10

RSVP: June 1, 2023

OLLI members will visit two art exhibits on Rose-Hulman's campus: Neil Garrison's exhibit and the Tri Kappa Art Collection.

Most of Garrison's work can be categorized under the umbrella of surrealism and a literary style known as "Portmanteau," which combines two or more unrelated images in order to achieve unique and sometimes whimsical results. He also likes to create original images by joining words and images.

The Tri-Kappa Art Collection of Indiana artists is valuable and unique. Started in 1932, the collection contains over 100 artworks by almost as many artists. The value of the collection has increased since then. After years of traveling all over the state, it was found necessary to permanently house the collection. As a result of an all-chapter poll in 1973, the chapters voted to loan nearly every painting to Rose-Hulman Institute of Technology. The works would be reframed and restored if necessary, insured, and hung permanently in the John Logan Library, which is hailed as a fire-proof building. A few paintings have been added to the collection in the library since 1973.

Soda Fountain Talk: The Importance of Vitamin D

With Lynn Hostetler, owner of Lynn's Pharmacy and head Pharmacist

Date: Friday, June 16, 2023

Time: 1:30 - 3:30 PM

Place: Lynn's Pharmacy, 22 W National Ave., Brazil, IN

Cost: \$10

RSVP: June 9, 2023

OLLI members will meet at the old-fashioned soda fountain found in Lynn's Pharmacy for a special treat and talk. Revel in the nostalgia of the antique fixtures, stainless steel soda fountain with oak front, and décor while enjoying a flavored coke, old-fashioned root beer float, or milkshake. The owner and head pharmacist, Lynn Hostetler, will discuss the importance of Vitamin D. Many Americans believe eating fortified foods will provide them with enough vitamin D, but many times they are found to be deficient in this very important nutrient. Learn what vitamin D does in your body, the best ways to boost your levels, and how being deficient can impact your overall health and wellbeing.



Special Events

History, Magic & Mindtrippers!

Date: Tuesday, June 20, 2023

Time: Bus loads at 8:45 AM. Return at 7:00 PM

Place: Westminster Village North Parking Lot, 1120 Davis Dr.,

Cost: \$206

RSVP: May 20, 2023



Indianapolis is our destination but let's do something different! The Indiana Historical Society is one of the top attractions in town and next year, they have added an Eva Kor exhibit. Explore how Kor's life and legacy teach us about the horrors of the Holocaust and the power of an individual to make change, the exhibit includes never-before-seen artifacts and images, original film footage from award-winning documentarian Ted Green, a virtual reality experience that transports visitors to Auschwitz and includes Eva's own voice recounting her experiences there. Lunch at Bucca de Beppo's is included. Then we then head to The Mind Tripping Show which is the longest running live theatre show in Indianapolis. It is an intimate, interactive, theatrical show. Mind Reading, Influence, Psychological Illusions, and Comedy all come together to create a fantastic afternoon of delightful fun.

Last, but not least, at the corner of Massachusetts Avenue and College in Indianapolis lies the Bottleworks District, a combination of buildings originally home to the Coca-Cola Bottling Company of Indianapolis. The district has become a historic location that has slowly been evolving as a place for visitors to stay, eat, and be entertained. We will grab a bite to eat for dinner, shop around and head back to home.

Middle Eastern Lunch and Learn

With Cathy Azar, Owner of Saratoga Restaurant

Date: Monday, June 26, 2023

Time: 11:00 AM - 1:00 PM

Place: Saratoga Restaurant, 431 Wabash Ave.

Cost: \$30

RSVP: June 16, 2023



OLLI members will learn about traditional Middle Eastern cuisine and then enjoying the following items:

Hummus - Batinjen Makdoos - Olives - Labneh - Bread
(Chick Pea Dip – Walnut & Garlic Stuffed Eggplant – Yogurt
Cheese Spread)

Tabouleh- (a lovely salad of finely chopped parsley, green onions,
fresh mint, tomatoes and bulgar wheat dressed in a lemon
vinaigrette)

Kibby Saneeyee (baked kibby)

Roz 'ma Lube (rice topped with a zesty green bean sauce
Sfeeha (savory meat pie)

Waraq 'inib mihshee or Yubruk (stuffed grape leaves)
Laban (yogurt)

Khobaz (this will be a variety of my favorite breads)
Hiloo (dessert)

Special Events

Making Curry Class

With Gabby and Wyatt Sons, Sons Spice Co.

Date: Tuesday, June 27, 2023

Time: 1:00 - 3:00 PM

Place: ISU, Health and Human
Services Building, Foods Lab, B-29

Cost: \$35

RSVP: June 20, 2023



Participants will not only learn about this worldly staple but will cook their very own curry from choosing their spices to building their flavor foundation one ingredient at a time. At the end, students will be able to enjoy their creation along with rice and naan bread!



Summer Garden Tour

With Phil Ewoldsen & David Rose

Date: Thursday, July 6, 2023

Time: Tour 1-10:00 AM - 12:00 PM

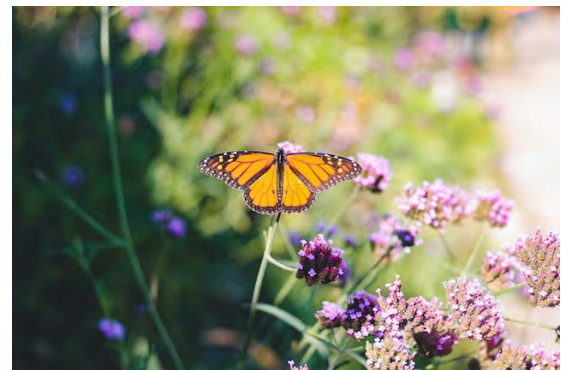
Tour 2- 7:00 - 9:00 PM

Place: 5744 Mesa Court, Terre Haute

Cost: \$10

RSVP: June 28, 2023

Phil and David would like to welcome you to their gardens. They have extensive perennial beds with bulbs and plants blooming almost year round depending on Mother Nature. Their garden includes shrub beds, berries, veggies, a small orchard, tropical plants set out for summer, interesting and unusual sculptures, a trellis and a sand bed featuring plants from a wonderful nursery in Santa Fe, NM. This tour will look at their garden in the summer. Come and hear how they designed and built the gardens, then sit in the patios areas and enjoy light refreshments.



Special Events

Wabash Valley Railroad Museum Tour

With Railroad Enthusiasts



Date: Tuesday, July 11, 2023

Time: 7:00 - 8:00 PM

Place: Wabash Valley Railroad Museum, 1316 Plum St., Terre Haute

Cost: \$10

RSVP: June 30, 2023

Whether your interests lie in the past or the present, the WVRM has functional displays that will interest you. Get a feeling for railroading in the 1880s as you visit our vintage TH&I freight depot, or take a look at modern mainline operations from our elevated train-watching platform, dedicated to the memory of Society Charter Member and Haley operator Clee J. Sprague.

The WVRM is a place where railroad history comes alive. Visitors are welcomed and encouraged to roll up their sleeves and see what it was like to work on the railroad for themselves.

Learn how to line up a train in one of the towers. Sit at the operator's desk and fill out a train order. If you're feeling bold, you can even brush up on your Morse code! At the WVRM, we understand that trying things for yourself is half the fun!

... and for the historian, our museum includes original documents, rare photographs, and authentic railroad hardware.

Fermentation Fun

With Megan & Anthony Gossett, Owners of FermFresh

Date: Wednesday, July 12, 2023

Time: 1:00 - 3:00 PM

Place: FermFresh, 2170 N 13th St., Terre Haute

Cost: \$25

RSVP: July 5, 2023

Come and learn about fermentation, including the process, health benefits, and types of products made using this ancient food processing method. The earliest record of fermentation dates back as far as 6000 B.C. and has been used in nearly every civilization since. After we learn about the process and products, we will sample them. Enjoy sauerkraut samples and a flight of kombucha.



Special Events

Saturn Petcare Tour

Date: Thursday, July 13, 2023
Time: 10:00 AM - 12:00 PM
Place: Saturn Petcare, 93 Dallas Dr., Terre Haute, IN 47802
Cost: \$10
RSVP: July 5, 2023

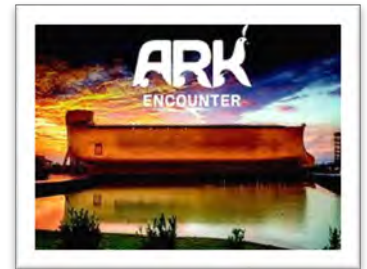


Saturn Petcare, Inc located in the industrial park in Southern Vigo County has more than 30 years of experience and expertise in the pet food industry. This location opened in 2019 and employs over 200 individuals in the production of wet food for cats and dogs. OLLI members will get to tour the facility and see what is involved in the production of pet food.

*****All participants must wear long pants and closed-toed shoes in order to attend the tour. Other safety gear will be provided and required to enter the facility.**

Ark & Cincinnati, OH

Dates: Tuesday- Wednesday, July 18-19, 2023
Time: Bus Loads at 6:30 AM, Return home at 5:30- 7:00 PM on July 19
Place: IUOE 841 Operators Union, 6801 S US Hwy 41, Terre Haute, IN (Park on south side by brown shed)
Cost: \$384 per person, 2 per room; \$356 per person, 3 per room; \$342 per person 4 per room; \$468 per person, 1 per room
RSVP: June 15, 2023



Get ready to learn all about one of the biggest stories in the Bible with an educational trip to the Ark Encounter. The one-of-a-kind museum in Petersburg, KY, features a full-size replica of Noah's Ark where visitors can learn all the details of the ark, life on the ark, animals on the ark, and more. There's also much more to do at the Encounter including exhibits, presentations, zip-lining and a zoo. After seeing all that we want to see, we head to the city of Cincinnati. Relax with a warm summer breeze. Step aboard for amazing views from the Belle of Cincinnati. Whether in the climate-controlled areas or the open-air upper decks, during the dining cruise, you're sure to appreciate the relaxing pace of river life while checking out the skyline of the Queen City. On Day 2, we start at the unique American Sign Museum. This spot is dedicated to the art and history of commercial signs and sign making. The American Sign Museum is proud to be the largest public museum dedicated to signs in the United States. Next, our step-on guide hops on the motor coach and shares all the sites and sounds of the city from ballparks to stadiums to bridges and everything else in between. Our last stop is lunch at Ohio's oldest continuously operated public market and one of Cincinnati's most cherished institutions, Findlay Market. What a nice variety!

Price includes round trip transportation aboard a deluxe motor coach from Terre Haute, IN to Williamstown, KY & Cincinnati, OH, one (1) night lodging with continental breakfast and baggage handling, two (2) main meals, admission to The Ark experience, B&B Riverboat Cruise, Sign Museum, Cincinnati Step-on Guide city tour and applicable group tax and gratuity on above inclusions.

Special Events

Cake Making & Decorating

With Gabby and Wyatt Sons, Sons Spice Co.

Date: Tuesday, July 25, 2023

Time: 1:00 - 3:00 PM

Place: ISU, Health and Human Services Building, Foods Lab, B-29

Cost: \$35

RSVP: July 17, 2023

Join us for an afternoon full of fun as you brush up on your decorating and piping skills with a scratch made Swiss roll cake as your canvas. Throughout the class, we will walk you through cake baking basics, piping techniques, and then it will be your turn to get creative and roll / decorate your very own cake. At the end, you'll be able to take your creation home!



Sophisticated Ladies

With Beef and Boards Dinner Theater

Date: Wednesday, August 2, 2023

Time: Bus loads at 9:30 AM

Place: Westminster Village North Parking Lot
1120 Davis Dr., Terre Haute, IN

Cost: \$153

RSVP: July 5, 2023



The musical legacy of The Duke is celebrated in this stylish and brassy retrospective, taking audiences from Ellington's early days at The Cotton Club through his widening acceptance around the world. It's a high-stepping salute inspired by the glamorous nightlife and sensuous high life of a man who lived to love. Enjoy hits like "Minnie the Mooch" "It Don't Mean a Thing" and "Sophisticated Ladies."

Price includes round trip transportation aboard a deluxe motor coach from Terre Haute, IN to Indianapolis, IN.; Admission, buffet meal and reserved seating for the Beef & Boards production of "Sophisticated Ladies," plus all applicable group tax and gratuity on above inclusions.

Special Events

Ditzler Orchard Tour

With Judith Ditzler, Owner

Date: Thursday, August 3, 2023

Time: 10:00 AM - 12:00 PM

Place: Ditzler Orchard, 8902 S. 625 W., Rosedale, IN

Cost: \$10

RSVP: July 26, 2023

Join us at Ditzler's Orchard for a special wagon tour of the farm. Blackberries and peaches will be available for purchase along with sweet corn and other veggies. Ditzler Orchard has been family owned and operated since 1972. They are committed to enhancing biodiversity in our region as well as public awareness of the benefit of regional food production creating a family friendly farm experience for residents of Parke and surrounding counties. They endeavor to produce the best quality fruit in carefully managed fields by use of best practice in pest control and old fashioned hard work.

****Wear comfortable shoes. The terrain is uneven and not suitable for assistive walking devices.**



Alpaca Encounter

With Mary Riley, Operations Director at White Violet Center for Eco-Justice

Date: Wednesday, August 9, 2023

Time: 1:00 - 3:00 PM

Place: White Violet Center, 1 Sisters of Providence, St. Mary of the Woods, IN (Meet at the Farm Store)

Cost: \$25

RSVP: August 2, 2023

Visit the famous alpaca herd at Saint Mary of the Woods and get up close and personal with this amazing animal. Learn why they are so beneficial to the White Violet Center for Eco-Justice's USDA- certified organic farm. Learn about their magnificent fiber, how it comes from the animal and is transformed into luxurious textiles. Create a fiber craft to take home!



Special Events

Kindred Roots Farm Tour and Tasting

With Josh Mason, Owner of Kindred Roots

Date: Friday, August 18, 2023

Time: 9:00 - 10:30 AM

Place: Kindred Roots Farm, 3279 E. Margaret Dr., Terre Haute, IN

Cost: \$15

RSVP: August 10, 2023

Join us for a tour of Kindred Roots Farm, formerly known as "The Pickery". Meet the new owners and learn about their passion for growing high quality organic produce.

"There is a better way to eat. We can let our food be our medicine and our medicine be our food. Our farm is willing to do our part within this system by providing nutritionally dense vegetables and horticultural products for you and your family. The Wabash Valley deserves access to great food." -Kindred Roots Farm

After the tour, we will taste samples of their produce with side by side comparisons of grocery store counterparts. See if you can taste the difference!



Pierogi Making Class

With Gabby and Wyatt Sons, Sons Spice Co.

Date: Monday, August 28, 2023

Time: 1:00 - 3:00 PM

Place: ISU, Health and Human Services Building, Foods Lab, B-29

Cost: \$35

RSVP: August 18, 2023

Join us for an afternoon full of fun as we show you how to make this Polish delicacy! Together, students will make their very own dough and create a customized filling, choosing from a plethora of add-ins for their pierogies. Students will enjoy a sampling of various pierogies before making theirs.



Wednesday Presentations

Train Your Brain: Nutrition, Neurobics, and Notable Ways to Keep Your Brain Healthy

With Gail Wright, Purdue Extension Health & Human Sciences Educator

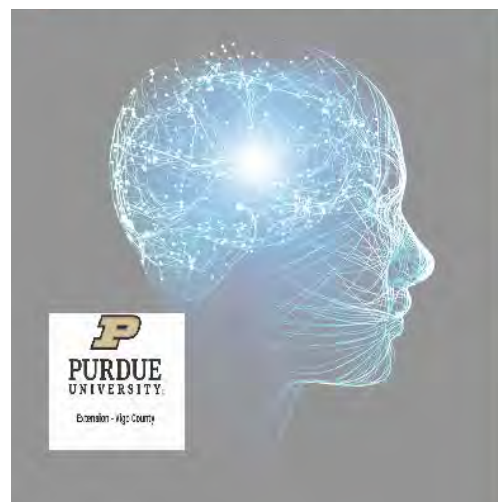
Date: Wednesday, May 3, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE - No Registration Required

Learn more about dementia, Alzheimer's, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health. Discover how adopting multiple healthy lifestyle choices, including a healthy diet, not smoking, regular exercise, cognitive stimulation, and social interactions, may decrease risks of cognitive decline and dementia.



Stroke Recognition

With Beth Harrison and Special Guest

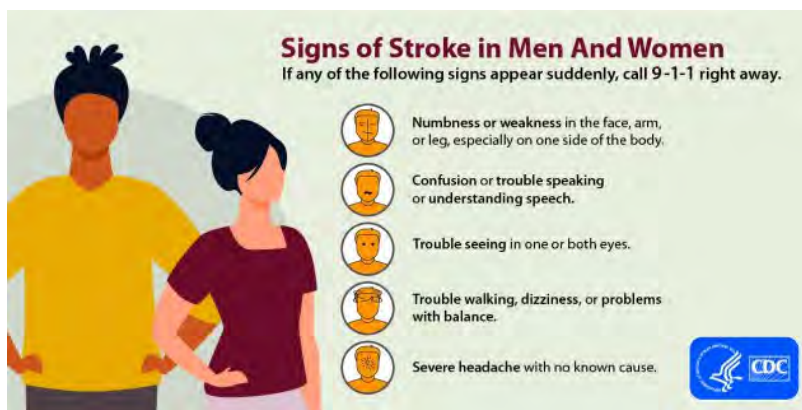
Date: Wednesday, May 10, 2023

Time: 1:30 - 3:00 PM

Place: Landsbaum Center, 1433 N. 6 1/2 St., Terre Haute

Cost: FREE - No Registration Required

A stroke is the leading cause of death in the United States and a major cause of serious disability for adults. It is also preventable and treatable. Join Beth Harrison as she discusses how to recognize the signs and symptoms of a stroke.



Swope Plein Air: Works in the Collection

With Amy MacLennan, Curator at Swope Art Museum

Date: Wednesday, May 17, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE- No Registration Required

This presentation will introduce the concept of plein air painting, discuss its history and works from the Swope collection. In addition, the curator will talk about the upcoming Swope Plein Air event and exhibition in June 2023.



Wednesday Presentations

Cardiopulmonary Rehab and Wellness

Shannon Jones, BSN, RN & Julee Dennis, RN, Wellness Director

Date: Wednesday, May 24, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive,
Terre Haute Community Room

Cost: FREE- No Registration



The cardiac rehab program at Horizon Health is specifically designed to meet the individual needs of each patient recovering from a variety of cardiac conditions occurring in the last 12 months. Conditions include Heart failure, Heart attack, Coronary artery bypass surgery, Stable angina pectoris, Heart valve repair/replacement, Heart or heart-lung transplant, Angioplasty and Arrhythmia

There are three phases of cardiac rehab:

- Phase 2 - Begins after hospital discharge and focuses on aerobic exercise, education, and counseling for 12 – 36 weeks. Phase 2 is staffed by our cardiac nurses who monitor patients via telemetry, take vitals, and instruct in safe exercise progression utilizing the rehab department equipment.
- Phase 3 - Supervised cardiac weight training and aerobic exercise following Phase 2, with vitals monitored throughout exercise.

Drive-In Movie History

With Brent Barnhart, Owner and Operator of 5 movie theaters including 2 drive-ins

Date: Wednesday, May 31, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute,
IN- Community Room

Cost: FREE - No Registration Required

The first drive-in movie theater opened in 1933 and quickly became an icon of American culture. The popularity of drive-in theaters grew after World War II and became a favorite pastime for teenagers, couples, and families alike. By the 1970s, drive-in movie theaters started seeing a decline for several reasons. In fact, there are fewer than 300 drive-ins across the U.S., so we are very fortunate to have one in operation in Terre Haute. Join Brent Barnhart, owner of KJB Theaters, as he discusses the history of drive-in movie theaters and what it's like to own and operate the Moon-Lite Drive-in (Terre Haute) and Starlite Drive-In (Bloomington).



Wednesday Presentations

Rainscaping

With Tabby Flinn, Purdue Extension Agriculture & Natural Resources Educator

Date: Wednesday, June 7, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute, IN Community Room

Cost: FREE - No Registration Required

Join Tabby Flinn with Purdue Extension in learning how rainscaping can improve water quality, enhance landscaping, and add native plants to your garden!



A promotional graphic for a rainscaping event. At the top is a photograph of a garden with a small waterfall and various colorful plants. Below this is a circular portrait of a woman, Tabby Flinn. The word 'RAINSCAPING' is written in large, bold, green letters. Below it, the question 'What can rainscaping do?' is followed by three bullet points, each with a checkmark: 'Capture storm water', 'Reduce Pollution', and 'Enhance the landscape'. Below the bullet points is a small illustration of a green seedling growing from a mound of dark soil. At the bottom, the text 'Join us in learning how rainscaping can improve the quality of water in your area, enhance your landscape, and incorporate native plants into your garden!' is followed by the event details: 'June 7th 1:30pm', 'Westminster Village', and '1120 E Davis Dr, Terre Haute, IN 47802'. The Purdue University logo and 'Extension VIGO COUNTY' are also present.

Two Things Can Be True

With Amy MacLennan, Curator at Swope Art Museum

Date: Wednesday, June 21, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute, IN Community Room

Cost: FREE - No Registration Required



A presentation on Susan Bryant's interest in the dualities in our lives, and how they might be explored and expressed through landscape and hand gestures is made visible in this series of photographs presented in a two-part exhibition. Part I uses hands as metaphors for prayer and grace, receiving and acceptance, healing and recovery and the duality of letting go and being held. The beauty of light in the landscapes of Part II may serve to guide us through times of change and uncertainty.



Wednesday Presentations

Parkinson's BIG & LOUD Program

With Brenda Stevens, MS, CCC/SLP and Sheryle S. Hendry, PTA

Date: Wednesday, June 28, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute, IN Community Room

Cost: FREE - No Registration Required



Two programs at Horizon Health help individuals with Parkinson's disease improve their quality of life--LSVT Big & Loud. These programs are designed to improve speech and body movement, which the disease primarily affects. The programs are led by certified licensed therapists in Horizon Health's Rehabilitation Services Department.

"LSVT BIG" Program

This one-on-one physical therapy program focuses on improving body movements. This involves refining smaller movements, such as self-care, to larger movements like getting up from a sofa or maintaining balance while walking. The program's guiding principle is "Think BIG!" as it reteaches patients how normal movement should feel.

"LSVT LOUD" Program

This program is considered the "gold standard" of speech treatment for people with Parkinson's disease. The one-on-one sessions improve communication by helping the patient speak with a voice and volume that is easy for others to hear and understand.

Exercises help strengthen the voice box (larynx), speech system, and "reset" the patient's perception of how loud he or she is speaking. As a result, patients can experience better articulation, changes in swallowing, improved facial expressions while talking, and even speech-related brain changes.

Staying Active at Every Age

With Gail Wright, Purdue Extension Health & Human Sciences Educator

Date: Wednesday, July 5, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute, IN Community Room

Cost: FREE - No Registration Required



Extension - Health and Human Sciences

Learn why all kinds of physical activity are important for your body and your mind. Discover ways to become more flexible, improve your balance, and increase your strength from the comfort of your chair. Please wear comfortable clothing and shoes if you would like to practice a few ways of movement.



Wednesday Presentations

The Art of Adze

With Amy MacLennan, Curator at Swope Art Museum



Date: Wednesday, July 19, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE - No Registration Required

Presentation on the work of an exceptional group of local green wood carvers, these accomplished artisans source their material from the hardwood forests of southern Indiana.



Staying Positive As We Age

With William Elliott, Ph.D, CCHP

Date: Wednesday, July 26, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute

Cost: FREE - No Registration Required



HORIZON
HEALTH

Dr. Elliot will discuss ways of staying positive as we get older. He is a licensed clinical psychologist. He has 45 years of behavioral health experience, primarily in the criminal justice system.

He has worked for the Illinois/Indiana Department of Corrections and the Federal Bureau of Prisons in Terre Haute. For the past several years, he has been a consultant to behavioral health professionals throughout the country.

Dr. Elliott also provides counseling services for Horizon Health's Employee Assistance Program in conjunction with the Human Resources Center of Edgar and Clark Counties (HRC).

Native Reptiles & Amphibians

With Tabby Flinn, Purdue Extension Agriculture & Natural Resources Educator

Date: Wednesday, August 2, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute, IN- Community Room

Cost: FREE- No Registration Required

Join Tabby Flinn with Purdue Extension to learn about native species of reptiles and amphibians. Learn how to attract native species to your area, how you can protect them, and get some hands on experience with some reptiles and amphibians!



Wednesday Presentations

Swope Plein Air Exhibition

With Amy MacLennan, Curator at Swope Art Museum

Date: Wednesday, August 16, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE - No Registration Required

SWOPE
ART MUSEUM



This presentation is on the Swope Plein Air event and participating artists. Award winning artworks and the exhibition at the Swope will be presented.

Sycamore Pain & Wellness

With Daxton Duncan, APRN, FNP and Debra Hills, APRN, PMHNP

Date: Wednesday, August 23, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE - No Registration Required



HORIZON
HEALTH

Sycamore Pain & Wellness is the Wabash Valley's premier pain management group. The service complements pain management services offered in Paris, Illinois. In addition to pain management, Sycamore Pain & Wellness provides behavioral health, weight management, and bone health and wellness services. Sycamore Pain & Wellness is led by Dr. Thomas Pendergast, a well-known Terre Haute native who began his pain management practice 14 years ago. Come hear what Sycamore Pain and Wellness has to offer these from two of it's specialized providers.

A Tour of the Orchestra- 2023- 2024 Season Overview

With Samantha Johnson-Helms, THSO Executive Director & Principal Clarinet

Date: Wednesday, May 30, 2023

Time: 1:30 - 3:00 PM

Place: Westminster Village, 1120 E. Davis Drive, Terre Haute Community Room

Cost: FREE- No Registration Required



The 2023- 2024 Season is set and the THSO can't wait to tell you about their amazing schedule. Join Samantha Johnson-Helms, THSO Executive Director & Principal Clarinet, for an overview of the THSO's 98th season complete with audio clips of great music and the historical context of the pieces performed. You will not want to miss this special preview.

Thank You Partners and Sponsors



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LEARNING OPPORTUNITY

We partner with Indiana State University's Osher Lifelong Learning Institute to sponsor and host a series of Wednesday lectures.

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Extension - Health and Human Sciences



HORIZON
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