



*Society for  
Lifelong Learning*

# **SPRING 2026 NEWSLETTER**

## **LOOK INSIDE TO FIND:**

- Important Dates
- All about SLL
- Membership Information
- Spring Course Guide
- Advisory Board and Committees
- Spring Course Calendar

### **Society for Lifelong Learning at WKU (SLL)**

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 or 270-745-2640 | Email: [SLL@WKU.EDU](mailto:SLL@WKU.EDU)

Website: [wku.edu/sll](http://wku.edu/sll)

**Spring Term Dates: March 23 – May 15**

**REGISTRATION FOR SPRING TERM BEGINS**  
**TUESDAY, MARCH 10<sup>th</sup> @ 8AM**  
**(ONLINE AND IN PERSON)**

### **MISSION STATEMENT**

*The Society for Lifelong Learning at WKU (SLL) is a university-supported membership organization whose mission is to provide opportunities for adults 50 and better to further their knowledge in both academic and recreational pursuits and to share their experiences and interests with other members.*

### **Fees**

**Annual Membership**                      **\$200 (Spring and Fall 2026 Terms)**

**Single Term membership**              **\$125 (Spring 2026 Term)**

*Annual and Single Term members may attend unlimited SLL classes, activities, and events. Additional fees may apply for travel programs and some course materials.*

**Flex Membership**                      **\$25 (Spring 2026 Term, plus a per-class charge)**

*Flex members pay a per-class fee (varies by course). Flex members may also attend SLL activities and events. Additional fees may apply for travel programs and some course materials.*

### **WKU Masking Guidelines**

Masks are optional on WKU's campus. Members of the WKU Community are encouraged to continue to engage in safety measures they feel best protect themselves, including wearing masks if they so choose.

### **Locations**

Most SLL classes are offered at the Knicely Conference Center, 2355 Nashville Road, Bowling Green, KY 42101. The conference center is easily accessible and has an abundance of free parking available to SLL. Some classes may take place off-site at various locations within the community.

**Join SLL or Renew your membership at [wku.edu/sll/membership.php](http://wku.edu/sll/membership.php)  
or by calling the SLL office at 270-745-1912 or 270-745-2640**

**Registration for Classes Opens**  
**Tuesday, March 10<sup>th</sup> @ 8am**  
**Spring Term Dates: March 23 – May 15**  
**Online and in person**

**VERY IMPORTANT – PLEASE READ**

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

**When Registering for Classes:**

- Some classes will be meeting at the same time; only sign up for one of them
- If a class is full, get on the waiting list in case someone drops out
- If you sign up for a class and then find you cannot attend, let us know and we will drop you from the roster
- Make a list of classes you like and review it before signing up
- Check dates and times of classes for conflicts with appointments and other obligations
- Ask us about a class if you need more information
- Get ready to have a fun term with your SLL friends!

# Spring 2026 Term Course Guide

## A Brief History of the Motown Sound

The artists, the writers, and the songs that made Motown a success will be introduced and discussed, including examples of some of the greatest hits and outstanding musicians of the era.

- Instructor: John Martin
- Day & Dates: Tuesday, April 21 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Brief History of Stax Records

This session explores the history and legacy of Stax Records. Founded in the late 1950s, Stax defined the gritty "Memphis Sound" of Southern soul.

- Instructor: John Martin
- Day & Dates: Tuesday, April 28 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Literary Club Experience: A Walk in the Park

In the style of a literary club, this class will feature the book, *A Walk in the Park: The True Story of a Spectacular Misadventure in the Grand Canyon*, by Kevin Fedarko. Although the class will touch on geology, the focus will be on the author's trek through the canyon, including his initial hubris and his growing enlightenment. Reading the book will not be required. If you have visited the Colorado River's stunning landscape, bring your memories and stories to contribute to the discussion.

- Instructor: Jean Nehm
- Day & Dates: Tuesday, April 14 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Jean Nehm taught English at WKU until her retirement in 2016. She is a 31-year member of the Browning Club, one of Bowling Green's oldest literary clubs.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Agatha Christie: "My Dear Miss Marple"

Join Jane Marple as she knits, sips tea, and enjoys homemade wine while solving six murders in her 'fluffy' manner. Each session will showcase one actress in one film. Each week, class members will receive an info packet highlighting the upcoming actress and film. No reading will be required, but books will be available for borrowing.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, March 26 – April 30 (six sessions)
- Time: 1:00 – 3:00 (NOTE: this is an extended time class)
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton is a retired secondary school teacher. This will be her third discussion in the Agatha Christie series. As a long time SLL enthusiast, she eagerly looks forward to each term, especially sharing the Agatha Christie legacy.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## All about Medicare

This class will present an overview of Medicare parts A, B, C & D including the enrollment periods and the various plan options. The information in this class will smooth the process for an individual signing on for the first time and be helpful to Medicare veterans as well.

- Instructor: Kim Fry Johnson
- Day & Dates: Wednesday, April 29 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kim Fry Johnson has worked in the insurance industry for 25 years, including with Cigna as a manager for 13 years. She is the owner of Medicare Plan Advisor, LLC.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## All about WKU Public Media

Attendees will learn about their local PBS and NPR affiliate station and the inner workings of television and radio broadcasting. From the history of WKU Public Media, to basic camera operation and producing local news articles, this course will provide insight into all things WKU Public Media!

- Instructor: Elizabeth Bates
- Day & Dates: Friday, April 3(session one); Tuesday, April 7 – 14 (sessions two and three)
- Time: 11:00 – 12:30 (all sessions)
- Locations: WKU Public Media, Academic Complex Room 243 (session one)  
Knicely Conference Center (sessions two and three)

Instructor Bio:

Elizabeth Bates is WKU Public Media's Member Services Manager, assisting donors, planning community events, tracking donations, and more. She graduated from WKU in 2019 with a degree in Broadcasting. While with WKU Public Media she has led initiatives such as One Small Step, which seeks to bring the community together despite our many differences.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Apostles of Nonviolence

Leo Tolstoy, Mohandas Gandhi, and Martin Luther King Jr. represent a historical lineage of nonviolent resistance to social and political injustice. This continuity is marked by Gandhi's correspondence with Tolstoy and King's later pilgrimage to India to honor Gandhi. While their methods aligned, how did their individual philosophies differ, and where did their distinct rationales converge?

- Instructor: Olin Joynton
- Day & Dates: Tuesday – Thursday, May 5 – 7 (three sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** all sessions will meet in the same week

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before becoming president of Alpena Community College in Michigan in 2004. After retiring in 2015 he and his wife Patricia have roamed to be near family, and are currently enjoying life in Poplar Bluff, MO.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Basic Line Dance

This class features the most popular dances performed at musical and festive events, including the Electric Slide, Cupid Shuffle, and Mustang Sally. Beyond the music, participants will discover how line dancing serves as a group activity that promotes both mental and physical fitness. Come learn the basics and join the fun!

- Instructor: Belle Rush
- Day & Dates: Wednesday, March 25, April 1, April 15- May 13 (seven sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** this class does not meet on April 8th

Instructor Bio:

Belle Rush is a retired teacher and WKU alumna who is officially "all-in" on pickleball. She spends her days balancing family life with her quest to stay active and keep her brain cells firing.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

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## **Beginner/Intermediate Watercolor Painting using Workbooks**

Join us for a fun and relaxing watercolor class using watercolor workbooks. Each workbook will have 12 projects that include step-by-step instructions, suggestions for a color palette, and outlined sketches on watercolor paper. Each week, you will complete one project in class, with additional instructions on techniques. One project will be assigned as homework. This course is appropriate for beginner or intermediate painters.

- Instructor: Sonia Young
- Day & Dates: Wednesday, March 25 – April 29 (six sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center
- Supply Fee: \$20 (watercolor workbook and paints) to be paid at registration

Instructor Bio:

Sonia Young is a physical therapist and professor of Physical Therapy at WKU. Outside the classroom, she channels her creativity into watercolor painting and pottery. She enjoys sharing her artistic skills with others and designs fun and accessible approaches for art classes.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## **Beginning Plant Identification**

We will examine samples of plants in class to determine how to classify and identify some of our local species of trees, bushes, and wildflowers. Participants are invited to join free nature hikes on Tuesdays and Thursdays at Mammoth Cave National Park. More details will be given in class.

- Instructor: Steve Kistler
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Steve Kistler is a retired science teacher and a lifelong naturalist. He maintains a nature website, the Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing at every opportunity.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## **Bird Identification and Attracting Birds**

In class, participants will learn how to identify Kentucky birds using distinguishing field marks and behaviors. Ways to attract birds to your backyard will be included.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, March 24 – April 7 (three sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio: Knicely Conference Center

Blaine Ferrell is Dean Emeritus of Ogden College of Science and Engineering at WKU. He has served as President of the Kentucky Academy of Science and the Kentucky Ornithological Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Birding in the Field

The class will visit several local sites including Mammoth Cave National Park to search for birds. The first session meets at Knicely Conference Center at the regular class time and thereafter will meet earlier at designated locations.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, April 14 – May 5 (four sessions)
- Time: 9:00 a.m. (session one); earlier times thereafter at offsite locations
- Location: Knicely Conference Center (session one) and offsite (sessions two, three, and four)

Instructor Bio:

Blaine Ferrell has been a member of Kentucky Ornithological Society for 50 years and has served as president. He has taught ornithology and annually participates as well as leads the local Christmas Bird and Breeding counts with the Audubon Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Birds, Humans, and Other Living Things Along the Border

During two different visits to the Rio Grande Valley of Texas March/April 2019 and Nov 2019/Feb 2020, Lisa Dalporto and John Forman volunteered with the Catholic Charities Humanitarian Respite Center based in McAllen, Texas. Their time there was an incredibly difficult, rewarding, and eye-opening experience. The presenters will discuss the inspiration behind their return for a second term and reflect on how their journey evolved far beyond their original expectations.

- Instructor: Lisa Dalporto, John Forman
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Dalporto has worked as a nurse-midwife, wellness director, and counselor for incarcerated people. Her travel experiences include Africa, and Europe as well as United States border areas.

John Forman, a retired engineer, worked for Kaiser, ALCOA, and Logan Aluminum. His travels via plane, boats, caravans, and bicycles include Africa, routes to Alaska, US national parks, and border lands of the United States.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Bowling Green Novelists and Kentucky Settings

Three Bowling Green writers will lead discussions of their recent novels, with a particular emphasis on the local and regional settings that inspired their fictional worlds. Participants will read *The Evolution of the Gospelettes* by Tammy Oberhausen for session one, *Try Not to Breathe* by David Bell for session two, and *The Chaperone* by M Hendrix for session three. The sessions are spread out during the term to allow plenty of reading time before each one.

- Instructors: Tammy Oberhausen, David Bell, Molly McCaffrey
- Day & Dates: Wednesday, March 25, April 15, and May 6 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center
- Book Fee: \$40 (three novels) to be paid at registration

Instructor Bio:

Tammy Oberhausen is a graduate of WKU and holds an MFA in Creative Writing from Spalding University. Her first novel, *The Evolution of the Gospelettes*, was named a Foreword INDIES Book of the Year in 2025.

David Bell is the New York Times bestselling author of seventeen novels and professor of English at WKU.

M Hendrix is the award-winning author of *The Chaperone*, *You Belong to Us*, and *How to Survive Graduate School*. She earned her MA from Miami University and her PhD from the University of Cincinnati.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Canasta: The Card Game

Canasta card-game fun begins with four players per table. Participants will receive a sheet of simple rules to follow during play and each table will have an experienced player to guide them on this adventure. Both new to the game and experienced players, will find enjoyment. Session one will cover explanation of play with exposed hand practice play. Session two will review, have Q & A, learn about scoring, and play with unexposed hands. Sessions three and four will be for enhancing your scores while playing for fun.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton has hosted game events for SLL, family, and friends and enjoys the camaraderie as well as challenges of game playing. She and friends will guide participants through the rules of canasta. Guest helper/ volunteers will be introduced at the beginning of session one. Helpers: Susan Moran, Barbara Ehling, Blinda Burchard and Sandy Otto.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Current Events Series

*This new series will cover six major current events topics. Members will sign up for each topic individually when registering for classes.*

Instructor: David Keeling

Day, Date, and Time: See individual sessions below

Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

## Current Events: From Bolivarian Independence to Socialist Collapse: The Venezuela Sagas

This class traces the geo-historical development of Venezuela from Spanish Colonial territory, through independence, and to the current political environment of social disorder.

- Day & Dates: Tuesday, April 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Current Events: The Monroe Doctrine Becomes the Donroe Doctrine: Implications for Latin America

This class session will examine the current relationships between the U.S. and Latin America in the context of recent geopolitical events in the region.

- Day & Dates: Thursday, April 16 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Iran: From Cradle of Civilization to Regional Pariah**

We will trace the rise of ancient Persia to modern Iran, the Islamic revolution, and the country's role in regional affairs.

- Day & Dates: Tuesday, April 28 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: The Middle East: Regional Tensions, Israel, Iran, and Proxy Conflicts**

Come and join us as we examine the contemporary Middle East in the aftermath of the ongoing Israeli War, the role of theocracy, and threats from regional actors.

- Day & Dates: Thursday, April 30 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: What's so Special about Greenland and Why does the U. S. want to Annex the Island?**

We will follow the rise of current rhetoric about acquiring Greenland, why it is considered "vital to U.S. security," and what the long-term implications might be of this policy.

- Day & Dates: Tuesday, May 12 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Security in the Arctic Basin: Geopolitical Arguments about Control of the Region**

Participants will explore the perceived importance of the Arctic Basin by surrounding countries, and why security concerns have become the driving force of regional geopolitics.

- Day & Dates: Thursday, May 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## Discerning Reality: Critical Thinking and Disinformation

How do we sift fact from fiction in a world that bombards us with information? This course will help to develop the critical thinking skills necessary to navigate news, advertising, and political discourse. We will examine the psychology of money, consumer manipulation, and the misleading narratives found in mainstream and social media, empowering you to analyze information objectively and identify modern scams.

- Instructor: Matt Foraker
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Matt Foraker conducts statistical research at WKU for the Institutional Research Department. He has taught a variety of math courses for the Department of Mathematics and a course in critical thinking and discerning reality for the Honors College at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## First Kentucky Brigade, Later Known as the "Orphan Brigade" 1861-65

Leading up to the Civil War, Kentuckians navigated a path between union sides, rebel sides, and mediation. Both houses of the legislature voted for neutrality in May 1861. Once the war began, many regiments were organized, both blue and gray. This class will explore the rise of the First Kentucky Brigade, led by former Vice President John C. Breckinridge. We will examine the roots, key battles, and personal stories of the men in this legendary unit – better known to history as the "Orphan Brigade."

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling around the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history shows and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## For Your Health: The Fitness Facility at BG Parks and Recreation

Join us for a tour of the BGPR Fitness Facility, a state-of-the-art center with something for every fitness level. Explore our cardio and exercise machines, free weights, racquetball courts, and saunas, and learn more about our fitness classes, including the popular *SilverSneakers* program. Your visit will include brief demonstrations and a presentation on the vital role of strength, flexibility, and cardio health in maintaining an active lifestyle as we age.

- Instructors: Frank Lamanna, Derick Fair
- Day & Dates: Friday, April 10 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: BG Parks & Rec Offices and Gymnasium, 225 East 3<sup>rd</sup> Avenue

Instructor Bios:

Frank Lamanna is a Certified Personal Trainer and *SilverSneakers* instructor. He started his career in California and has managed our BG city program for more than twenty years. Derick Fair is a Certified Personal Trainer and Fitness Coordinator at the facility.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Fostering Personal Growth Through Strengths-based Development

Participants in this class will discover a revolutionary path to personal growth using their CliftonStrengths Assessment results. Developed by Gallup, this tool identifies your natural patterns of thinking, feeling, and behaving. Unlike traditional personality tests that focus on fixing weaknesses, CliftonStrengths is rooted in positive psychology; it identifies your innate talents and helps you focus on what you already do best. By learning to tap into these natural strengths, you will become a more efficient, confident, self-directed and hopeful version of yourself.

- Instructor: Phil Eason
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- NOTE: Participants will also pay a discounted (\$20) fee to complete an online CliftonStrengths Assessment (to be paid online by each participant before taking the assessment)

### Instructor Bio:

Phil Eason earned his undergraduate degree from WKU and has held numerous leadership positions throughout his career, including teacher, football coach, high school principal, and motivational speaker. As a Gallup-Certified Strengths Coach, he has developed and led various workshops on using a strengths-based approach for personal and professional growth.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Get Your Kicks on Route 66

As the song goes, "It winds from Chicago to LA, more than 2,000 miles all the way. Get your kicks on Route 66." Commissioned in 1926, "The Mother Road" (also known as "The Main Street of America") offered an adventure through our nation's rich history and geography. This class features a wealth of photos and some interesting stories – the good, bad, and ugly. Come take another look at America!

- Instructor: Michael Trapasso
- Day & Dates: Thursday, May 14 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Michael Trapasso is Professor Emeritus of Geography and Curator of the College Heights Weather Instrument Museum at WKU. Having walked all seven continents, he has photographed significant and enigmatic geographical sites. He has traveled to all 50 states studying the geography and history of our country as well.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

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## Gold Leafing Basics 101

The ancient art of gold leafing is used in current times on selected art objects. It can be applied to wood, cardboard, concrete, large jewelry, plastic, ceramics, or small frames, so carefully choose the item you want to use and bring it to the first session for approval. You will also need newspaper to put under your work, scissors, and a microfiber buffing cloth.

- Instructor: Judi Adams
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 1:00 – 3:00 p.m. (extended class time)
- Location: Knicely Conference Center
- Supply Fee: \$12 to be paid at registration

Instructor Bio:

Judi Adams is a Kentucky native who earned a BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida teaching 20 years at the recreation area of The Villages, Florida teaching adults. The Villages is a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Habitat for Humanity: What is it? How does it work?

For 36 years in Bowling Green and 50 years worldwide, Habitat for Humanity has helped families build strength, stability, and self-reliance through homeownership. This course explores the local housing crisis, how Habitat selects homeowners, and the innovative ways homes are funded and built. Participants will gain first-hand insight into why community involvement is essential to Habitat's success.

- Instructor: Brent Oglesbee
- Day & Dates: Tuesday, April 7 (session one), Monday, April 13 – 20 (sessions two and three)
- Time: 9:00 – 10:30 a.m. (all sessions)
- Location: Knicely Conference Center (session one), Habitat site, Regis O'Connor Blvd (sessions two and three)

Instructor Bio:

Brent Oglesbee is Professor Emeritus in the WKU Department of Art. He has had the honor of working as a Core Volunteer at Habitat for three years and believes others would appreciate the experience if given the opportunity to learn about and help this organization.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Holistic Mental, Emotional & Behavioral Well-being

This course will focus on the systemic nature of our mental, emotional, and relational well-being. Students will learn how their nervous, endocrine, immune, and muscular skeletal systems interact to shape and sustain mental, emotional, and behavioral patterns. By introducing a "whole-systems" science model, the course provides practical lifestyle tools designed to enhance bio-psycho-social-spiritual health.

- Instructor: Jill Sauerheber
- Day & Dates: Monday, April 6, and April 20 (two sessions)
- Time: 9:00 – 11:00 (extended time)
- Location: via Zoom from home to join this class. Zoom link will be emailed to each registrant.

Instructor Bio:

Jill Sauerheber has been a licensed professional clinical counselor since 1999 and a college professor since 2004. She is certified in EMDR and Brainspotting, a Somatic Experiencing Practitioner, and a Certified Brain Health Professional. She is also trained through the Institute of Functional Medicine. She has presented at international, national and regional conferences since 2000.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Inside Downtown BGKY Series: Craft, Culture and Community

*Discover Downtown Bowling Green through an exclusive SLL experience. These three behind-the-scenes classes invite participants into seven unique downtown businesses to create, taste, and build alongside local experts. Each two-hour class rotates small groups through immersive activities. Every class offers hands-on learning and a take-home creation capturing downtown's creativity, craft, and community.*

**NOTE:** Due to the small enrollment size of these three downtown sessions, we ask that you only register for one to allow as many of our members to enjoy what downtown has to offer.

## Inside Downtown BGKY: Yoga, Art, and Wine

For this class, participants will enjoy a mini health and well-being session at Lucky Dog Yoga, a custom private frame shop tour at Barbara Stewart Interiors, and a walking/tasting tour at Bowling Green's smallest wine shop, Staircase Wine Shop.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 6 (one session)
- Time: 1:00 – 3:00 p.m.
- Location: Downtown BG
- Supply Fee: There is a \$5 wine tasting fee to be paid directly to the wine shop on the day of this class.
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into three groups of six and rotate from one of the experiences to the next every 30 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Gems, Heritage, and Curiosities

For this class, participants will take a metalworking shop and BG heritage tour of historic items at Morris Jewelry. Then the owners of the Amothecary oddities retail shop will demonstrate artful bug-pinning and mounting.

- Facilitator: Telia Butler
- Day & Dates: Friday, April 10 (one session)
- Time: 9:00 – 11:00 (extended time)
- Location: Downtown BG
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Candles, Artists, and Brews

This class will include candle pouring at Candle Makers on the Square followed by a mini brewery tour and beer sampling at White Squirrel Brewery.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 27 (one session)
- Time: 1:00 – 3:00 (extended time)
- Location: Downtown BG
- Supply Fee: There is a \$10 fee for the candle pouring and a \$10 beer sampling fee (each to be paid to the businesses on the day of class)
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Intro to Medical Ethics

This two-session class examines four moral theories: Utilitarianism, Deontology, Virtue ethics, and Care ethics and four principles of Medical Ethics: Autonomy, Beneficence, Non-maleficence, and Justice. Participants will discuss the application of these theories and principles to case studies.

- Instructor: Katy Attanasi Barker
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker earned her doctorate at Vanderbilt in Religion (Christian Ethics) in 2009. She has taught in various settings in higher education and worked in church and non-profit organizations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Introduction to Global Literature

This course utilizes short stories, poems, and a novel to explore global culture through literature. It offers an excellent opportunity to discuss narratives from various countries, fostering rich dialogue about different cultural contexts and experiences. Students will learn to think critically within a global framework, examining how literature reflects and shapes identities.

- Instructor: Birhanu Gessese
- Day & Dates: Thursday, April 2 – May 14 (seven sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- Required: *Thousand Cranes* by Yasunari Kawabata (students purchase own copy online or in store)

Instructor Bio:

Birhanu “Mr. G” Gessese is a scholar and creative writer from Addis Ababa, Ethiopia. He has an M.F.A. in Creative Writing from WKU and a B.A. in English Literature from Kenyon College. Drawing from his diasporic experiences, his works explore the delicate and entwined relationship between language and identity. He is currently a part-time instructor in the Department of English at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Is that a Harp?

Come learn the basics of the lovely harp: how it works, its sound and method of tuning, and what it adds to an orchestra. A live demonstration will be included.

- Instructor: Katy Attanasi Barker
- Day & Dates: Wednesday, March 25 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker has been a harpist for several decades, performing at everything from birthday parties to weddings to high-profile special events. The most notable venue of her career was the U. S. Supreme Court , where she performed for the Horatio Alger Award.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Local Resources for Alzheimer's, Parkinson's and Seniors

This session provides an overview of community resources for those navigating Alzheimer's and Parkinson's. Participants will receive a list of local contacts and practical guidance on how to access support. We will also dedicate time to discussing the vital needs of caregivers.

- Instructor: Jill Steffey
- Day & Dates: Thursday, March 26 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jill Steffey is the founder of Pieces of Hope Movement and Memory Center. She is a personal trainer certified in Alzheimer's and Parkinson's. Part of her ministry is to provide resources for caregivers.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Mahjong 101

Mahjong 101 is a fun, beginner-friendly course that introduces the basics of American Mahjong in a relaxed social setting. You will learn the tiles, rules, and rhythm of the game through instruction and guided play, along with a brief look at its history.

- Instructor: Mary Lynn Wooters
- Day & Dates: Tuesday, March 24 – April 14 (four sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Mary Lynn Wooters has lived in Bowling Green for eight years. A former schoolteacher and active volunteer in her children's schools, she now volunteers locally, hosts a monthly book club, and teaches Mahjong.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**Spring Term Dates: March 23 – May 15**

## **My Life as a Former FBI Agent: Dateline, a Book, and a Movie**

A retired FBI Special Agent will recount his role in what was, at the time, the largest price-fixing investigation in Bureau history! This high-stakes case—featured on Dateline NBC—inspired both a true-crime book and the 2009 movie, *The Informant!* starring Matt Damon. In the first session, we will screen the film (runtime: 1 hour 41 minutes); you are welcome to bring a lunch or snack to enjoy during the viewing. The second session features retired lead agent Brian D. Shepherd, who will share his firsthand experiences and insights from the investigation.

- Instructor: Brian Shepherd
- Day & Dates: Tuesday, May 5 – 12 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Brian D. Shepherd, a retired FBI Special Agent, was born in Kankakee, Illinois, and is a graduate of Northern Illinois University. He joined the FBI in 1972, graduating as a Special Agent in 1976.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## **Old and New: Notre Dame Cathedral**

Following the catastrophic April 15, 2019 fire that destroyed Notre Dame's spire and roof, the ambitious \$1 billion restoration involved more than 2,000 global artisans. While the cathedral officially reopened to the public on December 8, 2024, critical work continues. This session presents the final stages of the reconstruction, which is scheduled for completion this year.

- Instructor: Krystol Stinson
- Day & Dates: Thursday, May 14 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **Persuasion: Jane Austen's Great Final Novel**

Join us to discuss key aspects of Austen's *Persuasion* (1817). We will look into the Regency time period, including social classes, economics for women, the military role of several characters, and historical guideposts. The two sessions will explore background and context, followed by a dive into favorite passages of the novel.

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling in the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Protection and Safety Series: Scams, Fraud, Identity Theft and More

*We are all targets for invasions that can harm us – physically, mentally, financially, and worse. These three classes will equip you to be better prepared for what may come your way at any moment. Knowledge is stronger than fear. Get prepared now.*

## Protection and Safety: The Scam Landscape: Staying Safe

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you with resources and tools to help spot and avoid these risks. You have the power to fight back. This class will arm you with the latest information to protect you and your family.

- Instructor: Gary Adkins
- Day & Dates: Wednesday, March 25 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Gary Adkins is the AARP KY State President, a former Assistant Commonwealth Attorney, a former staff attorney for KY Dept of Financial Institutions, a former adjunct faculty for Morehead State University, a U. S. Army veteran, and trained attorney with the North American Securities Administration Association on litigation skills.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: Protecting Seniors from Scams and Fraud

This class will include information about services offered by the Attorney General division of Senior Protection and Mediations. What were the most common scam, fraud, and identify theft tactics used in Kentucky and the USA in 2025? Learn how to protect yourself and what steps to take if you or a loved one are a victim.

- Instructor: Shellie May
- Day & Dates: Wednesday, April 22 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Shellie May is the Executive Director of the Office of Senior Protection and Mediations in the Kentucky Attorney General's Office. She assists consumers with scams, fraud, and identity theft; conducts workshops and seminars for senior citizen groups, businesses, and civic organizations on these crucial issues; and educates Kentuckians on their rights and responsibilities. She has over 20 years of advocating on behalf of those in need.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: How to Stop Scams: Pause, Check, and Protect

Learn how to recognize and avoid scams before they cost you time, money, and personal information. We will cover common scams, key warning signs, and how scammers try to gain your trust. You'll learn why it's important to pause, check, and protect before taking action and when and where to report scams.

- Instructor: Tasha Stewart
- Day & Dates: Thursday, April 30 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tasha Stewart is the information officer at the KY Department of Financial Institutions. She works to encourage sound financial decisions through education and empowerment. She also serves as the secretary for the KY Jumpstart Coalition and serves on two North American Securities Administration Association Committees. She is passionate about helping Kentuckians protect their hard-earned money.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Recent Archaeological Discoveries at Pompeii

Come find out about the fascinating discoveries made at Pompeii in the last three years. Ongoing excavations continue to reveal more about life in ancient Rome both before and after the devastating eruption of Mount Vesuvius in 79 AD.

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

## Renaissance Europe Art and Artifacts at the Museum

Join WKU History Professor Dr. Katherine Reetzke, KY Museum Collections Curator Bryan Morey and Education Curator Dr. Christy Spurlock for an up-close exploration of an amazing collection of art and artifacts from Renaissance Europe. The Renaissance was one of Europe's most significant historical periods and is often characterized by the magnificent outpouring of art, literature, and scientific developments witnessed from the 15th through the 17th centuries.

- Instructors: Katherine Reetzke, Bryan Morey, Christy Spurlock
- Day & Dates: Friday, March 27 (one session)
- Time: 2:30 – 3:30 p.m.
- Location: Kentucky Museum, 1472 Kentucky Street

Instructor Bios:

Katie Reetzke is a WKU History Professor. Bryan Morey is the KY Museum Collections Curator. Christy Spurlock is the KY Museum Education Curator.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Senior Care: Planning Before Panic

Presented by Pathways Senior Care Advisors and other trusted experts, this class will help seniors and their families make informed decisions before a crisis occurs. We will discuss proactive planning, organizing finances, understanding dementia, and exploring care options such as in-home care and senior living communities. Attendees will leave with practical guidance, clarity, and the confidence to plan with purpose.

- Instructor: Stacy Carter, Joanie Evans, Jenny Jacobs, Jenni Van Buren
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Stacy Carter is owner of Pathways Senior Care Advisors, with over 10 years' experience helping seniors transition from home to assisted living communities. She has lived in Bowling Green since 1980 and has a passion for the local community.

Joanie Evens is a Daily Money Manager with Creating Financial Order who has been a CPA and financial trainer for many years. She will lead a financial inventory workshop, and each participant will go home with a financial inventory binder. **NOTE:** The \$25 fee for the financial binder will be paid to Joanie on the day of her session.

Jenny Jacobs started Defying Dementia to work with people living with dementia. She will speak about signs, symptoms, and care strategies for coping with this disease.

Jenni Van Buren is the outreach coordinator with Timesavers Caregiving. She will discuss the differences between in-home care and home health along with how to get assistance in your home as you age.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Senior Preparedness: The Forum

This class comprises seven sessions as follows:

### Session One: Crisis Management & Self-Preparedness

Law enforcement representatives from KSP, WCSO, and BGPD discuss agency functions and citizen interaction in the crisis context.

### Session Two: Crisis Management & Self-Preparedness

Fire Department and Emergency Services discuss agency functions and citizen interaction in the crisis context.

### Session Three: Senior Wellness: Physical and Cognitive Health

Physical and cognitive well-being/anti-dementia strategies will be presented by a physical therapist and a speech language pathologist.

### Session Four: Insurance Clinic

Make sure you have proper insurance coverage in place for home, auto, and travel.

### Session Five: Senior Cybersecurity

Learn cutting edge strategies to protect yourself from digital, electronic, and AI crimes.

### Session Six: Systems Collapse: Personal Preparedness for When it Hits the Fan

Special guest Richard Duarte of Miami, Florida presents on sheltering in place and bugging out. Mr. Duarte lived through Hurricane Andrew.

### Session Seven: Practical Self-Protection

Mike Breen explains how to avoid being a crime victim in public and at home.

- Instructor and Facilitator: Mike Breen
- Day & Dates: Wednesday, April 1 – May 13 (seven sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bio:

Mike Breen has spent the last 10 years studying, planning and training for preparedness, with a focus on encountering and managing unknown contacts on the street.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Shakespeare Behind Bars: "The Tempest"

SLL's annual spring Shakespeare class will once again follow the performance schedule of the "Shakespeare Behind Bars" players at Luther Lockett prison in La Grange, Kentucky. This year the play is "The Tempest." There will be two introductory sessions at Knicely to study the play in preparation for attending the Monday, April 20 performance together. We will conclude with a final class session on April 23 to discuss our responses to the experience. You are welcome to register for the class even if you do not plan on attending the performance.

- Instructor: Lloyd Davies
- Day & Dates: Thursday, April 9 – 23 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Lloyd Davies is a retired WKU professor of literature. He has taught numerous courses for SLL, including "A Descent into the Underground," "Poetry and Birds" with Valerie Brown and "In the Garden of Poetry" with Janeen Grohsmeyer.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Something in the Air of Kentucky that Makes a Man a Soldier

Presented by a costumed living history character portraying an antebellum militia colonel, this program surveys the history of the Kentucky militia, National Guard, and related military organizations from the frontier era through the Second World War. During this time, KY troops fought a half-century war against Native Americans and their British allies, participated in all the nation's conflicts, served as domestic peacekeepers, and became cornerstones in the state's social life.

- Instructor: Nicky Hughes
- Day & Dates: Tuesday, May 5 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Nicky Hughes is former Curator of the Kentucky Military History Museum; Museums Division Manager, Kentucky Historical Society; Curator of Historic Sites, City of Frankfort, KY; WKU graduate.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Career of Dr. Kelly Thompson, President of WKU, 1955-69.

Our presenter, Justice Kelly Thompson Jr. of the Kentucky Supreme Court grew up as "Little Kelly". His father, Dr. Kelly Thompson, was known as "Big Kelly". Because Eastern Airlines had a promotion that "children fly free", Little Kelly accompanied Big Kelly on many business trips as a child. Childhood memories and observations about the growth of WKU will offer insights into the personal career of Dr. Kelly Thompson, who served as President of WKU from 1955-69.

- Instructor: Kelly Thompson
- Day & Dates: Tuesday, May 5 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kelly Thompson Jr. currently serves as a Justice on the Kentucky Supreme Court. His judicial career includes 16 years on the Kentucky Court of Appeals (2007–2023) before his election to the high court. Prior to the bench, he served as the Chief Public Advocate for the 8th Judicial District from 1976 to 1999 and was a veteran trial lawyer, conducting over 500 jury trials in state and federal courts.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Cloud Pour: A Fluid Art Technique

If you are not a master of brush strokes – don't worry, neither am I! This class is perfect for you. We will be thinning down acrylic paints to a pourable consistency to create stunning masterpieces that you will want to hang on your walls. Don't think you can do it? Sign up and let me prove you wrong!

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 15 (one session)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 to be paid at registration

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Life of a Can: Aluminum Recycling and Regional Options**

Laura Haury from Logan Aluminum, Inc. and the Metals Innovation Initiative will present information on the Life of a Can, the aluminum can life cycle and the importance of metals recycling. She will also provide an overview of the current community programs and options available for recycling and waste management in our region.

- Instructor: Laura Haury
- Day & Dates: Tuesday, April 21 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### **Instructor Bio:**

Laura Haury recently retired from Logan Aluminum where she served as Senior Environmental Engineer. She focused on water quality, waste management, and recycling/sustainability efforts and provided environmental compliance leadership to the manufacturing operations at Logan through the course of several major expansions. Laura has now taken on a new role as Sustainability Project Coordinator with Metals Innovation Initiative (MI2) in Bowling Green and now concentrates on recycling efforts and environmental education.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Magic of Radio: WWHR-FM and You Can Be on the Air!**

WWHR-FM (Revolution 91.7) has been the student-run radio station at WKU for 30 years, serving the Bowling Green area with alternative music and student talent. This two-hour class will explain how radio stations operate today generally and the specifics of WWHR-FM. In addition, we'll bring everyone into the studio with the opportunity to do a "break" live on-air! It's a chance to learn about the magic of radio behind the scenes and even become the DJ you always thought you could be!

- Instructor: Ed Cohen
- Day & Dates: Monday, April 27 (one session)
- Time: 6:00 – 8:00 p.m. (extended time)
- Location: WWHR-FM, Room 344 Jody Richards Hall, Normal Street, WKU Campus

### **Instructor Bio:**

Ed Cohen is adjunct faculty in the Department of Broadcast Communications at WKU and the faculty advisor to WWHR-FM. He has been in the broadcast business for over 40 years in important positions with major radio groups and audience measurement companies. He also writes a weekly column for an industry news website dedicated to the radio and broadcasting business. Additional instructors may include our student general manager, Rachel Comella, and our student program director, Ian Lewis.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## The Summit Process

This course explores five essential pillars of retirement, built on a simple truth: the strategies used to climb the mountain (accumulation) are vastly different from those needed to descend safely (distribution). We will provide a comprehensive roadmap covering income planning, investment planning, tax strategies, asset protection planning, and legacy planning. A workbook will be provided.

- Instructors: Allen Costellow, Caleb Costellow
- Day & Dates: Thursday, March 26 – April 16 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bios:

Allen Costellow is a licensed financial professional who can offer investment advice and insurance products and services. He has passed life, health and series 65 securities exam and is a Chartered Financial Consultant. He spends his time between his business, his farm, and traveling with his lovely wife, Glenda.

Although he started in the financial industry by following in his father's footsteps, Caleb Costellow's true inspiration comes from the ability to help clients through pivotal moments and see the positive impact financial planning can have on their lives. With 18 years' experience, he brings a wealth of expertise and a deep passion to helping his clients.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## This Is Your Life! Philosophy of Aging and the Life Review

Join Dr. Anton's undergraduate students in their Philosophy of Old Age course and learn about the Life Review process. All participants will read Elizabeth Marshall Thomas's *Growing Old: Notes on Aging with Something Like Grace*, a short, exciting, reflective autobiography of an amazing woman in her late eighties. Meet with the group weekly to discuss this author's journey living among different peoples and animal groups all over the world as she chronicled their communities and cultures. In addition, students will interview SLL members about their lives.

- Instructor: Audrey Anton
- Day & Dates: Tuesday, March 24 – April 28 (six sessions)
- Time: 12:45 – 2:05 p.m. (adjusted to WKU student class time)
- Location: Knicely Conference Center (using Zoom in the SLL classroom to join the WKU students in their classroom)
- Required: *Growing Old: Notes on Aging with Something Like Grace*

### Instructor Bio:

Audrey Anton is a Professor of Philosophy at WKU. Her research areas include Ethics, Ancient Philosophy, and Philosophical Gerontology. Before turning to philosophy, Audrey studied Gerontology as an undergraduate and spent a year on a Fulbright fellowship in the Republic of Ecuador interviewing elders about their lives and interactions with other generations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

# Travel Journals

Each session will feature a different presenter talking about their personal travels – near and far – as they share photos, stories, and more. Where will you go after hearing about their adventures? Members will register for each session individually rather than as a whole series. Days and times vary for each one.

## Travel Journal: Austria

This presentation covers a two-week trip my wife, Susan, and I took in September of 2025. We visited Vienna, the capital of Austria, Bratislava, nearby capital of Slovakia, and Salzburg, located near the border with Germany at the foot of the Alps. We will look at specific things we enjoyed the most and offer other recommendations. Please bring anything you would like to share about your own trips to this region.

- Instructor: Tim Brotherton
- Day & Dates: Tuesday, April 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired army officer and teacher. He and his wife Susan live in Auburn with two dogs. They try to go to Europe every year because they enjoy it so much. Their trip to Vienna and Salzburg was great. When not traveling, they split their time between home and Michigan to visit their children.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising East Africa and Madagascar

This program features photos of big game, lemurs, birds, and historical sites from my wonderful trip to East Africa last year.

- Instructor: Jane Barthelme
- Day & Dates: Tuesday, April 21 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jane Barthelme has been an SLL Member for 10 years and served on its Advisory Board as chair and is a current board member-at-large. She is a frequent traveler to Madagascar for lemur sightings.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband

Explore historic trade routes, get highlights of the pirates who preyed on Spanish flotillas, and learn about the modern Blue Riband race for the fastest Atlantic crossing.

- Instructor: David Keeling
- Day & Dates: Tuesday, May 5 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Exploring Spain's Mediterranean Coast

Learn about three important Spanish cities - Sevilla, Malaga, and Barcelona – as David traces their foundation and development to become classic Mediterranean destinations.

- Instructor: David Keeling
- Day & Dates: Thursday, April 23 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Sailing to Philadelphia: Peopling the Americas Before and After 1492

In this session, we follow new genetic science about the early migration routes to the Americas, the distribution of societies thereafter, and the post-1492 settlement by Europeans.

- Instructor: David Keeling
- Day & Dates: Thursday, May 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: The Land Down Under: Melbourne and Sydney

This presentation compares the evolution of Australia's two major cities and highlights their cultural and physical contexts.

- Instructor: David Keeling
- Day & Dates: Tuesday, April 21 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Three Months in New Zealand

Come along on a virtual trip through the beautiful natural landscapes of New Zealand, from tropical rainforests and thermal areas on the North Island to the Southern Alps and Fiordland of the South Island. We'll look at the history and culture of both the Māori indigenous people and the Europeans who arrived in 1642 with the Dutch explorer Abel Tasman but did not begin colonizing until the early 1800s after the voyages of Captain James Cook.

- Instructor: Judith and Tom Hoover
- Day & Dates: Tuesday, April 28 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Judith Hoover earned her Ph.D. from Indiana University. She has taught at IU, Austin Peay, Vanderbilt, Waikato University in Hamilton, New Zealand, and at WKU. She and Tom enjoy travel and gardening. Since retirement in 2007 she has published two novels, "Beyond Monongah" and "Hardship and Hope".

Tom Hoover has spent his career as an auditor, office manager, and small business owner and operator. He and Judith operate the Wren's Nest Bed and Breakfast in Russellville, KY.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Tournament of Roses Festival, Pasadena, CA

Hear all about the Tournament of Roses Festival in Pasadena, including attending the parade, band festival, and other activities. The highlight of the trip was decorating floats for the Rose Parade.

- Instructor: Molly Wilson
- Day & Dates: Thursday, March 26 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Molly Wilson retired after 42 years in public education to travel. While most trips have been international, decorating floats for the Rose Parade was a bucket list item for a long time. It finally happened!

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Understanding Your Emotions

This course offers an introduction to understanding and managing your emotions, understanding the emotions of others and the elements of CBT (cognitive behavior therapy). Your beliefs and self-talk primarily determine your emotions and are more important than the bad events you experience. You will learn this approach through guided analysis of video scenes.

- Instructor: Lynn Clark
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lynn Clark is a Professor Emeritus of Psychology who taught at WKU for 37 years. He is also a retired licensed clinical psychologist of 49 years. He has also taught at Boston University's overseas program, worked for Lifeskills, Inc. for 10 years, and done evaluations for Social Security and Vocational Rehabilitation. His books are in eight languages.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Update on BG Resource Connections Village

Most of us would prefer to stay in our homes as we age, but we face many challenges. The BG Resource Connections Village is a new non-profit group of volunteers and staff coordinating area resources for older adults who want to age in place. They will disseminate information, answer questions, and refer people to vetted service providers. Our Village is now sponsored by CREATE and has an office in the WKU Innovation Center. Lots going on!

- Instructor: Maryanne Datesman
- Day & Dates: Thursday, March 26 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Maryanne Datesman taught and administered English as a Second Language (ESL) programs at several universities. She is a founding member and the current Vice President of the BG Resource Connections Village, a non-profit organization dedicated to empowering older adults to thrive in their homes and remain active within their communities.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Watercolor Painting: A Beautiful Seaside

If you have had some experience using watercolors, you will be able to complete this frame-worthy project. You will learn to mask out a section for the sun, complete the sea and splashing waves with a graded wash, do a two-tone wash for the sky, and use a new brush (script brush) to make sweeping brush strokes for the foliage. Leaving the sand white with no paint, you will learn to spatter color on the page to create the sand. Bring your watercolor supplies.

- Instructor: Judi Adams
- Day & Dates: Wednesday, April 22 – May 13 (four sessions)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 (to be paid when signing up for this class)

### Instructor Bio:

Judi Adams is a Kentucky native earning her BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida where she taught adults for 20 years at the recreation area of The Village, a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

# **MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS**

## **Travel Meeting**

### **2026 Trip to Portugal and 2027 Trips Revealed**

**Monday, March 30, 2026, 11:00 a.m.**

**Knicely Conference Center – room 113**

***Light refreshments will be served***

It's not too late to sign up for the 2026 trip to Portugal. Join us to see and hear details about this November travel opportunity. Your SLL Board has selected two trips with Collette in 2027. The dates and details will be released at this meeting. Limited seats have been reserved for SLL members and their travel companions.

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## **LIFE AS THE KENTUCKY HEADHUNTERS AND OTHER STORIES with Greg Martin**

**Wednesday, April 15, 2026, at 5:30 p.m.**

**Knicely Conference Center – Auditorium**

***Open to SLL Members, SLL Instructors, and the Community***

Please join us for an evening with Greg Martin, lead guitarist of The Kentucky Headhunters. Hear about the history of the band, what famous musicians they have worked with, where they have performed, awards they have won, and so much more. This band that began in Edmonton, Kentucky has made its mark near and far. The band has a strong fan base, and we hope to see some of them at this event. Please help us spread the word. There is no cost to attend this event. This is a presentation; the band will not be performing.

# **SLL ADVISORY BOARD & COMMITTEES**

## **Advisory Board**

*The governing body of the SLL is the Advisory Board composed of six members elected by the general membership, with two being elected per year in rotation and serving a three-year term; board-appointed chair/co-chairs of the four standing committees; and the Program Director who serves without vote as ex-officio and is the liaison between SLL and the University.*

Cathy Fox, Chair  
Nancy Bussiere  
Libby Davies  
Jan Funk  
Ken Kuehn  
Bonnie Pinkerton  
Derek Olive, Ex-Officio

Jane Barthelme  
Becky Cann  
John Forman  
Olin Joynton  
Scott Nehm  
Timothy Simpson

## **Curriculum Committee**

*The Curriculum Committee makes course and instructor selections. They coordinate with the SLL staff to set course times and locations, edit course publication materials, and make recommendations for course costs. Any SLL member may serve on this committee.*

Libby Davies, Co-Chair  
Howard Bailey  
Mike Breen  
Jan Funk  
Bruce Hazelton  
Ernie VanHooser

Ken Kuehn, Co-Chair  
Debbie Breen  
John Forman  
Larry Gildersleeve  
David Lee

## **Finance Committee**

*The Finance Committee monitors expenses, recommends appropriate membership fees, and oversees the SLL Operating Plan – annual and long-term. Any SLL member may serve on the committee.*

Scott Nehm, Chair  
John Forman  
Bob Nylin

## **Membership Relations Committee**

*The Membership Relations Committee supports SLL by recruiting and retaining members through speaking engagements, social gatherings, day trips, events, and other activities. The committee provides opportunities for members and their guests to gather outside of spring and fall terms. These include taking tours (wineries, historic sites, breweries, church renovations, distilleries, and more), attending events as a group (concerts, performances, sporting events, etc.), and other educational and social activities. Any SLL member may serve on this committee.*

Becky Cann, Co-Chair  
Debbie Breen  
Ann Esterle  
Vicki Gregory  
Sharon Spall

Bonnie Pinkerton, Co-Chair  
Sarah Budde  
Cathy Fox  
Lynn Kinnaman

## **Volunteer Committee**

*The Volunteer Committee provides classroom assistance to instructors, helps with onsite events, and assists with activities and functions of the SLL. Assistance may be in the form of table decorations for events, taking photos during classes and events, coordinating activities with the Membership Relations Committee, and more. Any SLL member may serve on this committee.*

Nancy Bussiere, Chair  
Patsy Bowman  
Greg Bussiere  
Sidney Cann  
Lisa Dalporto  
Cathy Fox  
Deb Myers  
Ernie VanHooser

Jane Barthelme  
Valerie Brown  
Becky Cann  
Pam Coe  
John Forman  
Sue Meyer  
Bonnie Pinkerton  
Molly Wilson

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Tuesday Classes

| 9:00 – 10:30                                                                                                                                                                                                                                                                                                                                                                                           | 11:00 – 12:30                                                                                                                                                                                                                                                               | 11:00 – 1:00                                     | 12:45 – 2:05                                               | 1:30 – 3:00                                       | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5:30 – 7:00                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bird Identification and Attracting Birds</b><br>3/24-4/7<br><br><b>Habitat for Humanity</b><br>4/7 (session1)<br><br><b>A Literary Club Experience: A Walk in the Park</b><br>4/14<br><br><b>Birding in the Field</b><br>4/14-5/5<br><br><b>The Life of a Can: Aluminum Recycling and Regional Options</b><br>4/21<br><br><b>Something in the Air of Kentucky that Makes a Man a Soldier</b><br>5/5 | <b>Birds, Humans and Other Living Thing,</b><br>3/24-3/31<br><br><b>All about WKU Public Radio</b><br>4/7-4/14 (sessions 2 & 3)<br><br><b>Travel Journal: Cruising East Africa and Madagascar</b><br>4/21<br><br><b>Travel Journal: Three Months in New Zealand</b><br>4/28 | <b>My Life as a Former FBI Agent</b><br>5/5-5/12 | <b>This is Your Life: Philosophy of Aging</b><br>3/24-4/28 | <b>Apostles of Nonviolence</b><br>5/5 (session 1) | <b>Intro to Medical Ethics</b><br>3/24-3/31<br><br><b>Travel Journal: Austria</b><br>4/7<br><br><b>Current Events: From Bolivarian Independence to Socialist Collapse</b><br>4/14<br><br><b>Travel Journal: The Land Down Under</b><br>4/21<br><br><b>Current Events: Iran: From Cradle of Civilization to Regional Pariah</b><br>4/28<br><br><b>Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband</b><br>5/5<br><br><b>Current Events: What's so Special about Greenland and Why does the U.S. Want to Annex the Island?</b><br>5/12 | <b>Mahjong 101</b><br>3/24-4/14<br><br><b>A Brief History of the Motown Sound</b><br>4/21<br><br><b>A Brief History of Stax Records</b><br>4/28<br><br><b>The Career of Dr. Kelly Thompson, President of WKU 1955-1969</b><br>5/5 |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Wednesday Classes

| 9:00 – 10:30                                                                                                                              | 11:00 – 12:30                                                                                                                                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                                                                                                                     | 1:30 – 3:00                                                                                                                                                                                                                                                 | 3:30 – 5:00                                                                                                                                                             | 5:30 – 7:00                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Beginner/Intermediate Watercolor Painting Using Workbooks, 3/25-4/29</b></p> <p><b>Senior Preparedness: The Forum, 4/1-5/13</b></p> | <p><b>Beginning Plant Identification 3/25-4/8</b></p> <p><b>Bowling Green Novelists and Kentucky Settings 3/25, 4/15, 5/6</b></p> <p><b>Recent Archeological Discoveries at Pompeii 4/1-4/8</b></p> <p><b>Persuasion: Jane Austen's Great Final Novel 4/15-4/22</b></p> <p><b>Protection and Safety: Protecting Seniors from Scams and Fraud 4/22</b></p> <p><b>All about Medicare 4/29</b></p> | <p><b>Gold Leafing Basics 101 3/25-4/8</b></p> <p><b>The Cloud Pour: A Fluid Art Technique 4/15</b></p> <p><b>Watercolor: A Beautiful Seaside 4/22-5/13</b></p> | <p><b>Protection and Safety: The Scam Landscape: Staying Safe 3/25</b></p> <p><b>First Kentucky Brigade: Later the Orphan Brigade 4/1-4/8</b></p> <p><b>Understanding Your Emotions 4/15-4/22</b></p> <p><b>Apostles of Nonviolence 5/6 (session 2)</b></p> | <p><b>Basic Line Dance 3/25, 4/1, 4/15-5/13</b></p> <p><b>Is That a Harp? 3/25</b></p> <p><b>Discerning Reality: Critical Thinking and Disinformation 4/22-4/29</b></p> | <p><b>Life as The Kentucky Headhunters and Other Stories 4/15</b></p> <p><b>Fostering a Growth Mindset Using Strengths-Based Development 4/22-4/29</b></p> |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Thursday Classes

| 9:00 – 10:30                                                                                                  | 11:00 – 12:30                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                        | 1:30 – 3:00                                                                                                        | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5:30 – 7:00                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Summit Process</b><br/>3/26-4/16</p> <p><b>Senior Care: Planning Before Panic</b><br/>4/23-5/14</p> | <p><b>Update on BG Resource Connections Village</b><br/>3/26</p> <p><b>Shakespeare Behind Bars: “The Tempest”</b><br/>4/9-4/23</p> <p><b>Protection and Safety: How to Stop Scams: Pause, Check, and Protect</b><br/>4/30</p> <p><b>Get Your Kicks on Route 66</b><br/>5/14</p> | <p><b>Agatha Christie: “My Dear Mrs. Marple”</b><br/>3/26-4/30</p> | <p><b>Apostles of Nonviolence</b><br/>5/7 (session 3)</p> <p><b>Old and New: Notre Dame Cathedral</b><br/>5/14</p> | <p><b>Travel Journal: Tournament of Roses Festival Pasadena, CA</b><br/>3/26</p> <p><b>Current Events: The Monroe Doctrine Becomes the Donroe Doctrine</b><br/>4/16</p> <p><b>Canasta: The Card Game</b><br/>4/23-5/14</p> <p><b>Travel Journal: Exploring Spain's Mediterranean Coast</b><br/>4/23</p> <p><b>Current Events: The Middle East Regional Tensions</b><br/>4/30</p> <p><b>Travel Journal: Sailing to Philadelphia</b><br/>5/7</p> <p><b>Current Events: Security in the Arctic Basin</b><br/>5/14</p> | <p><b>Local Resources for Alzheimer's, Parkinson's and Seniors</b><br/>3/26</p> <p><b>Introduction to Global Literature</b><br/>4/2-5/14</p> |

# Spring 2026 SLL Course Calendar – Via Zoom and Offsite

## Monday Classes

| 9:00 – 10:30                                       | 9:00 – 11:00                                                                   | 11:00 – 12:30                      | 1:00 – 3:00                                                                                                            | 6:00 – 8:00                                                          |
|----------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Habitat for Humanity<br>4/13-4/20 (sessions 2 & 3) | Holistic Mental, Emotional<br>& Behavioral Wellbeing<br>via Zoom<br>4/6 & 4/20 | Collette Travel<br>Meeting<br>3/30 | Inside Downtown BG -<br>Yoga, Art and Wine<br>4/6<br><br>Inside Downtown BGKY -<br>Candles, Artists, and Brews<br>4/27 | The Magic of Radio:<br>WWHR-FM and You Can Be<br>on the Air!<br>4/27 |

## Friday Classes

| 9:00 – 11:00                                                   | 11:00 -12:30                                  | 1:30 – 3:00                                                           | 2:30 – 3:30                                                   |
|----------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
| Inside Downtown BG - Gems,<br>Heritage and Curiosities<br>4/10 | All about WKU Public Media<br>4/3 (session 1) | Your Health: The Fitness Facility at<br>BG Parks & Recreation<br>4/10 | Renaissance Europe Art and<br>Artifacts at the Museum<br>3/27 |



*Society for  
Lifelong Learning*

# **SPRING 2026 NEWSLETTER**

## **LOOK INSIDE TO FIND:**

- Important Dates
- All about SLL
- Membership Information
- Spring Course Guide
- Advisory Board and Committees
- Spring Course Calendar

### **Society for Lifelong Learning at WKU (SLL)**

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 or 270-745-2640 | Email: [SLL@WKU.EDU](mailto:SLL@WKU.EDU)

Website: [wku.edu/sll](http://wku.edu/sll)

# Spring Term Dates: March 23 – May 15

## REGISTRATION FOR SPRING TERM BEGINS **TUESDAY, MARCH 10<sup>th</sup> @ 8AM** (ONLINE AND IN PERSON)

### MISSION STATEMENT

*The Society for Lifelong Learning at WKU (SLL) is a university-supported membership organization whose mission is to provide opportunities for adults 50 and better to further their knowledge in both academic and recreational pursuits and to share their experiences and interests with other members.*

### Fees

**Annual Membership**                      **\$200 (Spring and Fall 2026 Terms)**

**Single Term membership**              **\$125 (Spring 2026 Term)**

*Annual and Single Term members may attend unlimited SLL classes, activities, and events. Additional fees may apply for travel programs and some course materials.*

**Flex Membership**                      **\$25 (Spring 2026 Term, plus a per-class charge)**

*Flex members pay a per-class fee (varies by course). Flex members may also attend SLL activities and events. Additional fees may apply for travel programs and some course materials.*

### WKU Masking Guidelines

Masks are optional on WKU's campus. Members of the WKU Community are encouraged to continue to engage in safety measures they feel best protect themselves, including wearing masks if they so choose.

### Locations

Most SLL classes are offered at the Knicely Conference Center, 2355 Nashville Road, Bowling Green, KY 42101. The conference center is easily accessible and has an abundance of free parking available to SLL. Some classes may take place off-site at various locations within the community.

**Join SLL or Renew your membership at [wku.edu/sll/membership.php](http://wku.edu/sll/membership.php)  
or by calling the SLL office at 270-745-1912 or 270-745-2640**

**Registration for Classes Opens**  
**Tuesday, March 10<sup>th</sup> @ 8am**  
**Spring Term Dates: March 23 – May 15**  
**Online and in person**

**VERY IMPORTANT – PLEASE READ**

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

**When Registering for Classes:**

- Some classes will be meeting at the same time; only sign up for one of them
- If a class is full, get on the waiting list in case someone drops out
- If you sign up for a class and then find you cannot attend, let us know and we will drop you from the roster
- Make a list of classes you like and review it before signing up
- Check dates and times of classes for conflicts with appointments and other obligations
- Ask us about a class if you need more information
- Get ready to have a fun term with your SLL friends!

# Spring 2026 Term Course Guide

## A Brief History of the Motown Sound

The artists, the writers, and the songs that made Motown a success will be introduced and discussed, including examples of some of the greatest hits and outstanding musicians of the era.

- Instructor: John Martin
- Day & Dates: Tuesday, April 21 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Brief History of Stax Records

This session explores the history and legacy of Stax Records. Founded in the late 1950s, Stax defined the gritty "Memphis Sound" of Southern soul.

- Instructor: John Martin
- Day & Dates: Tuesday, April 28 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Literary Club Experience: A Walk in the Park

In the style of a literary club, this class will feature the book, *A Walk in the Park: The True Story of a Spectacular Misadventure in the Grand Canyon*, by Kevin Fedarko. Although the class will touch on geology, the focus will be on the author's trek through the canyon, including his initial hubris and his growing enlightenment. Reading the book will not be required. If you have visited the Colorado River's stunning landscape, bring your memories and stories to contribute to the discussion.

- Instructor: Jean Nehm
- Day & Dates: Tuesday, April 14 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Jean Nehm taught English at WKU until her retirement in 2016. She is a 31-year member of the Browning Club, one of Bowling Green's oldest literary clubs.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Agatha Christie: "My Dear Miss Marple"

Join Jane Marple as she knits, sips tea, and enjoys homemade wine while solving six murders in her 'fluffy' manner. Each session will showcase one actress in one film. Each week, class members will receive an info packet highlighting the upcoming actress and film. No reading will be required, but books will be available for borrowing.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, March 26 – April 30 (six sessions)
- Time: 1:00 – 3:00 (NOTE: this is an extended time class)
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton is a retired secondary school teacher. This will be her third discussion in the Agatha Christie series. As a long time SLL enthusiast, she eagerly looks forward to each term, especially sharing the Agatha Christie legacy.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## All about Medicare

This class will present an overview of Medicare parts A, B, C & D including the enrollment periods and the various plan options. The information in this class will smooth the process for an individual signing on for the first time and be helpful to Medicare veterans as well.

- Instructor: Kim Fry Johnson
- Day & Dates: Wednesday, April 29 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kim Fry Johnson has worked in the insurance industry for 25 years, including with Cigna as a manager for 13 years. She is the owner of Medicare Plan Advisor, LLC.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## All about WKU Public Media

Attendees will learn about their local PBS and NPR affiliate station and the inner workings of television and radio broadcasting. From the history of WKU Public Media, to basic camera operation and producing local news articles, this course will provide insight into all things WKU Public Media!

- Instructor: Elizabeth Bates
- Day & Dates: Friday, April 3(session one); Tuesday, April 7 – 14 (sessions two and three)
- Time: 11:00 – 12:30 (all sessions)
- Locations: WKU Public Media, Academic Complex Room 243 (session one)  
Knicely Conference Center (sessions two and three)

Instructor Bio:

Elizabeth Bates is WKU Public Media's Member Services Manager, assisting donors, planning community events, tracking donations, and more. She graduated from WKU in 2019 with a degree in Broadcasting. While with WKU Public Media she has led initiatives such as One Small Step, which seeks to bring the community together despite our many differences.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Apostles of Nonviolence

Leo Tolstoy, Mohandas Gandhi, and Martin Luther King Jr. represent a historical lineage of nonviolent resistance to social and political injustice. This continuity is marked by Gandhi's correspondence with Tolstoy and King's later pilgrimage to India to honor Gandhi. While their methods aligned, how did their individual philosophies differ, and where did their distinct rationales converge?

- Instructor: Olin Joynton
- Day & Dates: Tuesday – Thursday, May 5 – 7 (three sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** all sessions will meet in the same week

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before becoming president of Alpena Community College in Michigan in 2004. After retiring in 2015 he and his wife Patricia have roamed to be near family, and are currently enjoying life in Poplar Bluff, MO.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Basic Line Dance

This class features the most popular dances performed at musical and festive events, including the Electric Slide, Cupid Shuffle, and Mustang Sally. Beyond the music, participants will discover how line dancing serves as a group activity that promotes both mental and physical fitness. Come learn the basics and join the fun!

- Instructor: Belle Rush
- Day & Dates: Wednesday, March 25, April 1, April 15- May 13 (seven sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** this class does not meet on April 8th

Instructor Bio:

Belle Rush is a retired teacher and WKU alumna who is officially "all-in" on pickleball. She spends her days balancing family life with her quest to stay active and keep her brain cells firing.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

## **Beginner/Intermediate Watercolor Painting using Workbooks**

Join us for a fun and relaxing watercolor class using watercolor workbooks. Each workbook will have 12 projects that include step-by-step instructions, suggestions for a color palette, and outlined sketches on watercolor paper. Each week, you will complete one project in class, with additional instructions on techniques. One project will be assigned as homework. This course is appropriate for beginner or intermediate painters.

- Instructor: Sonia Young
- Day & Dates: Wednesday, March 25 – April 29 (six sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center
- Supply Fee: \$20 (watercolor workbook and paints) to be paid at registration

Instructor Bio:

Sonia Young is a physical therapist and professor of Physical Therapy at WKU. Outside the classroom, she channels her creativity into watercolor painting and pottery. She enjoys sharing her artistic skills with others and designs fun and accessible approaches for art classes.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## **Beginning Plant Identification**

We will examine samples of plants in class to determine how to classify and identify some of our local species of trees, bushes, and wildflowers. Participants are invited to join free nature hikes on Tuesdays and Thursdays at Mammoth Cave National Park. More details will be given in class.

- Instructor: Steve Kistler
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Steve Kistler is a retired science teacher and a lifelong naturalist. He maintains a nature website, the Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing at every opportunity.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## **Bird Identification and Attracting Birds**

In class, participants will learn how to identify Kentucky birds using distinguishing field marks and behaviors. Ways to attract birds to your backyard will be included.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, March 24 – April 7 (three sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio: Knicely Conference Center

Blaine Ferrell is Dean Emeritus of Ogden College of Science and Engineering at WKU. He has served as President of the Kentucky Academy of Science and the Kentucky Ornithological Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Birding in the Field

The class will visit several local sites including Mammoth Cave National Park to search for birds. The first session meets at Knicely Conference Center at the regular class time and thereafter will meet earlier at designated locations.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, April 14 – May 5 (four sessions)
- Time: 9:00 a.m. (session one); earlier times thereafter at offsite locations
- Location: Knicely Conference Center (session one) and offsite (sessions two, three, and four)

Instructor Bio:

Blaine Ferrell has been a member of Kentucky Ornithological Society for 50 years and has served as president. He has taught ornithology and annually participates as well as leads the local Christmas Bird and Breeding counts with the Audubon Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Birds, Humans, and Other Living Things Along the Border

During two different visits to the Rio Grande Valley of Texas March/April 2019 and Nov 2019/Feb 2020, Lisa Dalporto and John Forman volunteered with the Catholic Charities Humanitarian Respite Center based in McAllen, Texas. Their time there was an incredibly difficult, rewarding, and eye-opening experience. The presenters will discuss the inspiration behind their return for a second term and reflect on how their journey evolved far beyond their original expectations.

- Instructor: Lisa Dalporto, John Forman
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Dalporto has worked as a nurse-midwife, wellness director, and counselor for incarcerated people. Her travel experiences include Africa, and Europe as well as United States border areas.

John Forman, a retired engineer, worked for Kaiser, ALCOA, and Logan Aluminum. His travels via plane, boats, caravans, and bicycles include Africa, routes to Alaska, US national parks, and border lands of the United States.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Bowling Green Novelists and Kentucky Settings

Three Bowling Green writers will lead discussions of their recent novels, with a particular emphasis on the local and regional settings that inspired their fictional worlds. Participants will read *The Evolution of the Gospelettes* by Tammy Oberhausen for session one, *Try Not to Breathe* by David Bell for session two, and *The Chaperone* by M Hendrix for session three. The sessions are spread out during the term to allow plenty of reading time before each one.

- Instructors: Tammy Oberhausen, David Bell, Molly McCaffrey
- Day & Dates: Wednesday, March 25, April 15, and May 6 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center
- Book Fee: \$40 (three novels) to be paid at registration

Instructor Bio:

Tammy Oberhausen is a graduate of WKU and holds an MFA in Creative Writing from Spalding University. Her first novel, *The Evolution of the Gospelettes*, was named a Foreword INDIES Book of the Year in 2025.

David Bell is the New York Times bestselling author of seventeen novels and professor of English at WKU.

M Hendrix is the award-winning author of *The Chaperone*, *You Belong to Us*, and *How to Survive Graduate School*. She earned her MA from Miami University and her PhD from the University of Cincinnati.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Canasta: The Card Game

Canasta card-game fun begins with four players per table. Participants will receive a sheet of simple rules to follow during play and each table will have an experienced player to guide them on this adventure. Both new to the game and experienced players, will find enjoyment. Session one will cover explanation of play with exposed hand practice play. Session two will review, have Q & A, learn about scoring, and play with unexposed hands. Sessions three and four will be for enhancing your scores while playing for fun.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton has hosted game events for SLL, family, and friends and enjoys the camaraderie as well as challenges of game playing. She and friends will guide participants through the rules of canasta. Guest helper/ volunteers will be introduced at the beginning of session one. Helpers: Susan Moran, Barbara Ehling, Blinda Burchard and Sandy Otto.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Current Events Series

*This new series will cover six major current events topics. Members will sign up for each topic individually when registering for classes.*

Instructor: David Keeling

Day, Date, and Time: See individual sessions below

Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

## Current Events: From Bolivarian Independence to Socialist Collapse: The Venezuela Sagas

This class traces the geo-historical development of Venezuela from Spanish Colonial territory, through independence, and to the current political environment of social disorder.

- Day & Dates: Tuesday, April 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Current Events: The Monroe Doctrine Becomes the Donroe Doctrine: Implications for Latin America

This class session will examine the current relationships between the U.S. and Latin America in the context of recent geopolitical events in the region.

- Day & Dates: Thursday, April 16 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Iran: From Cradle of Civilization to Regional Pariah**

We will trace the rise of ancient Persia to modern Iran, the Islamic revolution, and the country's role in regional affairs.

- Day & Dates: Tuesday, April 28 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: The Middle East: Regional Tensions, Israel, Iran, and Proxy Conflicts**

Come and join us as we examine the contemporary Middle East in the aftermath of the ongoing Israeli War, the role of theocracy, and threats from regional actors.

- Day & Dates: Thursday, April 30 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: What's so Special about Greenland and Why does the U. S. want to Annex the Island?**

We will follow the rise of current rhetoric about acquiring Greenland, why it is considered “vital to U.S. security,” and what the long-term implications might be of this policy.

- Day & Dates: Tuesday, May 12 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Security in the Arctic Basin: Geopolitical Arguments about Control of the Region**

Participants will explore the perceived importance of the Arctic Basin by surrounding countries, and why security concerns have become the driving force of regional geopolitics.

- Day & Dates: Thursday, May 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## Discerning Reality: Critical Thinking and Disinformation

How do we sift fact from fiction in a world that bombards us with information? This course will help to develop the critical thinking skills necessary to navigate news, advertising, and political discourse. We will examine the psychology of money, consumer manipulation, and the misleading narratives found in mainstream and social media, empowering you to analyze information objectively and identify modern scams.

- Instructor: Matt Foraker
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Matt Foraker conducts statistical research at WKU for the Institutional Research Department. He has taught a variety of math courses for the Department of Mathematics and a course in critical thinking and discerning reality for the Honors College at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## First Kentucky Brigade, Later Known as the "Orphan Brigade" 1861-65

Leading up to the Civil War, Kentuckians navigated a path between union sides, rebel sides, and mediation. Both houses of the legislature voted for neutrality in May 1861. Once the war began, many regiments were organized, both blue and gray. This class will explore the rise of the First Kentucky Brigade, led by former Vice President John C. Breckinridge. We will examine the roots, key battles, and personal stories of the men in this legendary unit – better known to history as the "Orphan Brigade."

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling around the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history shows and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## For Your Health: The Fitness Facility at BG Parks and Recreation

Join us for a tour of the BGPR Fitness Facility, a state-of-the-art center with something for every fitness level. Explore our cardio and exercise machines, free weights, racquetball courts, and saunas, and learn more about our fitness classes, including the popular *SilverSneakers* program. Your visit will include brief demonstrations and a presentation on the vital role of strength, flexibility, and cardio health in maintaining an active lifestyle as we age.

- Instructors: Frank Lamanna, Derick Fair
- Day & Dates: Friday, April 10 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: BG Parks & Rec Offices and Gymnasium, 225 East 3<sup>rd</sup> Avenue

Instructor Bios:

Frank Lamanna is a Certified Personal Trainer and *SilverSneakers* instructor. He started his career in California and has managed our BG city program for more than twenty years. Derick Fair is a Certified Personal Trainer and Fitness Coordinator at the facility.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Fostering Personal Growth Through Strengths-based Development

Participants in this class will discover a revolutionary path to personal growth using their CliftonStrengths Assessment results. Developed by Gallup, this tool identifies your natural patterns of thinking, feeling, and behaving. Unlike traditional personality tests that focus on fixing weaknesses, CliftonStrengths is rooted in positive psychology; it identifies your innate talents and helps you focus on what you already do best. By learning to tap into these natural strengths, you will become a more efficient, confident, self-directed and hopeful version of yourself.

- Instructor: Phil Eason
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- NOTE: Participants will also pay a discounted (\$20) fee to complete an online CliftonStrengths Assessment (to be paid online by each participant before taking the assessment)

### Instructor Bio:

Phil Eason earned his undergraduate degree from WKU and has held numerous leadership positions throughout his career, including teacher, football coach, high school principal, and motivational speaker. As a Gallup-Certified Strengths Coach, he has developed and led various workshops on using a strengths-based approach for personal and professional growth.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Get Your Kicks on Route 66

As the song goes, "It winds from Chicago to LA, more than 2,000 miles all the way. Get your kicks on Route 66." Commissioned in 1926, "The Mother Road" (also known as "The Main Street of America") offered an adventure through our nation's rich history and geography. This class features a wealth of photos and some interesting stories – the good, bad, and ugly. Come take another look at America!

- Instructor: Michael Trapasso
- Day & Dates: Thursday, May 14 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Michael Trapasso is Professor Emeritus of Geography and Curator of the College Heights Weather Instrument Museum at WKU. Having walked all seven continents, he has photographed significant and enigmatic geographical sites. He has traveled to all 50 states studying the geography and history of our country as well.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

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## Gold Leafing Basics 101

The ancient art of gold leafing is used in current times on selected art objects. It can be applied to wood, cardboard, concrete, large jewelry, plastic, ceramics, or small frames, so carefully choose the item you want to use and bring it to the first session for approval. You will also need newspaper to put under your work, scissors, and a microfiber buffing cloth.

- Instructor: Judi Adams
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 1:00 – 3:00 p.m. (extended class time)
- Location: Knicely Conference Center
- Supply Fee: \$12 to be paid at registration

Instructor Bio:

Judi Adams is a Kentucky native who earned a BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida teaching 20 years at the recreation area of The Villages, Florida teaching adults. The Villages is a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Habitat for Humanity: What is it? How does it work?

For 36 years in Bowling Green and 50 years worldwide, Habitat for Humanity has helped families build strength, stability, and self-reliance through homeownership. This course explores the local housing crisis, how Habitat selects homeowners, and the innovative ways homes are funded and built. Participants will gain first-hand insight into why community involvement is essential to Habitat's success.

- Instructor: Brent Oglesbee
- Day & Dates: Tuesday, April 7 (session one), Monday, April 13 – 20 (sessions two and three)
- Time: 9:00 – 10:30 a.m. (all sessions)
- Location: Knicely Conference Center (session one), Habitat site, Regis O'Connor Blvd (sessions two and three)

Instructor Bio:

Brent Oglesbee is Professor Emeritus in the WKU Department of Art. He has had the honor of working as a Core Volunteer at Habitat for three years and believes others would appreciate the experience if given the opportunity to learn about and help this organization.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Holistic Mental, Emotional & Behavioral Well-being

This course will focus on the systemic nature of our mental, emotional, and relational well-being. Students will learn how their nervous, endocrine, immune, and muscular skeletal systems interact to shape and sustain mental, emotional, and behavioral patterns. By introducing a "whole-systems" science model, the course provides practical lifestyle tools designed to enhance bio-psycho-social-spiritual health.

- Instructor: Jill Sauerheber
- Day & Dates: Monday, April 6, and April 20 (two sessions)
- Time: 9:00 – 11:00 (extended time)
- Location: via Zoom from home to join this class. Zoom link will be emailed to each registrant.

Instructor Bio:

Jill Sauerheber has been a licensed professional clinical counselor since 1999 and a college professor since 2004. She is certified in EMDR and Brainspotting, a Somatic Experiencing Practitioner, and a Certified Brain Health Professional. She is also trained through the Institute of Functional Medicine. She has presented at international, national and regional conferences since 2000.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Inside Downtown BGKY Series: Craft, Culture and Community

*Discover Downtown Bowling Green through an exclusive SLL experience. These three behind-the-scenes classes invite participants into seven unique downtown businesses to create, taste, and build alongside local experts. Each two-hour class rotates small groups through immersive activities. Every class offers hands-on learning and a take-home creation capturing downtown's creativity, craft, and community.*

**NOTE:** Due to the small enrollment size of these three downtown sessions, we ask that you only register for one to allow as many of our members to enjoy what downtown has to offer.

## Inside Downtown BGKY: Yoga, Art, and Wine

For this class, participants will enjoy a mini health and well-being session at Lucky Dog Yoga, a custom private frame shop tour at Barbara Stewart Interiors, and a walking/tasting tour at Bowling Green's smallest wine shop, Staircase Wine Shop.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 6 (one session)
- Time: 1:00 – 3:00 p.m.
- Location: Downtown BG
- Supply Fee: There is a \$5 wine tasting fee to be paid directly to the wine shop on the day of this class.
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into three groups of six and rotate from one of the experiences to the next every 30 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Gems, Heritage, and Curiosities

For this class, participants will take a metalworking shop and BG heritage tour of historic items at Morris Jewelry. Then the owners of the Amothecary oddities retail shop will demonstrate artful bug-pinning and mounting.

- Facilitator: Telia Butler
- Day & Dates: Friday, April 10 (one session)
- Time: 9:00 – 11:00 (extended time)
- Location: Downtown BG
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Candles, Artists, and Brews

This class will include candle pouring at Candle Makers on the Square followed by a mini brewery tour and beer sampling at White Squirrel Brewery.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 27 (one session)
- Time: 1:00 – 3:00 (extended time)
- Location: Downtown BG
- Supply Fee: There is a \$10 fee for the candle pouring and a \$10 beer sampling fee (each to be paid to the businesses on the day of class)
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Intro to Medical Ethics

This two-session class examines four moral theories: Utilitarianism, Deontology, Virtue ethics, and Care ethics and four principles of Medical Ethics: Autonomy, Beneficence, Non-maleficence, and Justice. Participants will discuss the application of these theories and principles to case studies.

- Instructor: Katy Attanasi Barker
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker earned her doctorate at Vanderbilt in Religion (Christian Ethics) in 2009. She has taught in various settings in higher education and worked in church and non-profit organizations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Introduction to Global Literature

This course utilizes short stories, poems, and a novel to explore global culture through literature. It offers an excellent opportunity to discuss narratives from various countries, fostering rich dialogue about different cultural contexts and experiences. Students will learn to think critically within a global framework, examining how literature reflects and shapes identities.

- Instructor: Birhanu Gessese
- Day & Dates: Thursday, April 2 – May 14 (seven sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- Required: *Thousand Cranes* by Yasunari Kawabata (students purchase own copy online or in store)

Instructor Bio:

Birhanu “Mr. G” Gessese is a scholar and creative writer from Addis Ababa, Ethiopia. He has an M.F.A. in Creative Writing from WKU and a B.A. in English Literature from Kenyon College. Drawing from his diasporic experiences, his works explore the delicate and entwined relationship between language and identity. He is currently a part-time instructor in the Department of English at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Is that a Harp?

Come learn the basics of the lovely harp: how it works, its sound and method of tuning, and what it adds to an orchestra. A live demonstration will be included.

- Instructor: Katy Attanasi Barker
- Day & Dates: Wednesday, March 25 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker has been a harpist for several decades, performing at everything from birthday parties to weddings to high-profile special events. The most notable venue of her career was the U. S. Supreme Court , where she performed for the Horatio Alger Award.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Local Resources for Alzheimer's, Parkinson's and Seniors

This session provides an overview of community resources for those navigating Alzheimer's and Parkinson's. Participants will receive a list of local contacts and practical guidance on how to access support. We will also dedicate time to discussing the vital needs of caregivers.

- Instructor: Jill Steffey
- Day & Dates: Thursday, March 26 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jill Steffey is the founder of Pieces of Hope Movement and Memory Center. She is a personal trainer certified in Alzheimer's and Parkinson's. Part of her ministry is to provide resources for caregivers.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Mahjong 101

Mahjong 101 is a fun, beginner-friendly course that introduces the basics of American Mahjong in a relaxed social setting. You will learn the tiles, rules, and rhythm of the game through instruction and guided play, along with a brief look at its history.

- Instructor: Mary Lynn Wooters
- Day & Dates: Tuesday, March 24 – April 14 (four sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Mary Lynn Wooters has lived in Bowling Green for eight years. A former schoolteacher and active volunteer in her children's schools, she now volunteers locally, hosts a monthly book club, and teaches Mahjong.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**Spring Term Dates: March 23 – May 15**

## **My Life as a Former FBI Agent: Dateline, a Book, and a Movie**

A retired FBI Special Agent will recount his role in what was, at the time, the largest price-fixing investigation in Bureau history! This high-stakes case—featured on Dateline NBC—inspired both a true-crime book and the 2009 movie, *The Informant!* starring Matt Damon. In the first session, we will screen the film (runtime: 1 hour 41 minutes); you are welcome to bring a lunch or snack to enjoy during the viewing. The second session features retired lead agent Brian D. Shepherd, who will share his firsthand experiences and insights from the investigation.

- Instructor: Brian Shepherd
- Day & Dates: Tuesday, May 5 – 12 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Brian D. Shepherd, a retired FBI Special Agent, was born in Kankakee, Illinois, and is a graduate of Northern Illinois University. He joined the FBI in 1972, graduating as a Special Agent in 1976.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## **Old and New: Notre Dame Cathedral**

Following the catastrophic April 15, 2019 fire that destroyed Notre Dame's spire and roof, the ambitious \$1 billion restoration involved more than 2,000 global artisans. While the cathedral officially reopened to the public on December 8, 2024, critical work continues. This session presents the final stages of the reconstruction, which is scheduled for completion this year.

- Instructor: Krystol Stinson
- Day & Dates: Thursday, May 14 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **Persuasion: Jane Austen's Great Final Novel**

Join us to discuss key aspects of Austen's *Persuasion* (1817). We will look into the Regency time period, including social classes, economics for women, the military role of several characters, and historical guideposts. The two sessions will explore background and context, followed by a dive into favorite passages of the novel.

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling in the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Protection and Safety Series: Scams, Fraud, Identity Theft and More

*We are all targets for invasions that can harm us – physically, mentally, financially, and worse. These three classes will equip you to be better prepared for what may come your way at any moment. Knowledge is stronger than fear. Get prepared now.*

## Protection and Safety: The Scam Landscape: Staying Safe

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you with resources and tools to help spot and avoid these risks. You have the power to fight back. This class will arm you with the latest information to protect you and your family.

- Instructor: Gary Adkins
- Day & Dates: Wednesday, March 25 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Gary Adkins is the AARP KY State President, a former Assistant Commonwealth Attorney, a former staff attorney for KY Dept of Financial Institutions, a former adjunct faculty for Morehead State University, a U. S. Army veteran, and trained attorney with the North American Securities Administration Association on litigation skills.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: Protecting Seniors from Scams and Fraud

This class will include information about services offered by the Attorney General division of Senior Protection and Mediations. What were the most common scam, fraud, and identify theft tactics used in Kentucky and the USA in 2025? Learn how to protect yourself and what steps to take if you or a loved one are a victim.

- Instructor: Shellie May
- Day & Dates: Wednesday, April 22 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Shellie May is the Executive Director of the Office of Senior Protection and Mediations in the Kentucky Attorney General's Office. She assists consumers with scams, fraud, and identity theft; conducts workshops and seminars for senior citizen groups, businesses, and civic organizations on these crucial issues; and educates Kentuckians on their rights and responsibilities. She has over 20 years of advocating on behalf of those in need.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: How to Stop Scams: Pause, Check, and Protect

Learn how to recognize and avoid scams before they cost you time, money, and personal information. We will cover common scams, key warning signs, and how scammers try to gain your trust. You'll learn why it's important to pause, check, and protect before taking action and when and where to report scams.

- Instructor: Tasha Stewart
- Day & Dates: Thursday, April 30 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tasha Stewart is the information officer at the KY Department of Financial Institutions. She works to encourage sound financial decisions through education and empowerment. She also serves as the secretary for the KY Jumpstart Coalition and serves on two North American Securities Administration Association Committees. She is passionate about helping Kentuckians protect their hard-earned money.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Recent Archaeological Discoveries at Pompeii

Come find out about the fascinating discoveries made at Pompeii in the last three years. Ongoing excavations continue to reveal more about life in ancient Rome both before and after the devastating eruption of Mount Vesuvius in 79 AD.

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

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## Renaissance Europe Art and Artifacts at the Museum

Join WKU History Professor Dr. Katherine Reetzke, KY Museum Collections Curator Bryan Morey and Education Curator Dr. Christy Spurlock for an up-close exploration of an amazing collection of art and artifacts from Renaissance Europe. The Renaissance was one of Europe's most significant historical periods and is often characterized by the magnificent outpouring of art, literature, and scientific developments witnessed from the 15th through the 17th centuries.

- Instructors: Katherine Reetzke, Bryan Morey, Christy Spurlock
- Day & Dates: Friday, March 27 (one session)
- Time: 2:30 – 3:30 p.m.
- Location: Kentucky Museum, 1472 Kentucky Street

Instructor Bios:

Katie Reetzke is a WKU History Professor. Bryan Morey is the KY Museum Collections Curator. Christy Spurlock is the KY Museum Education Curator.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Senior Care: Planning Before Panic

Presented by Pathways Senior Care Advisors and other trusted experts, this class will help seniors and their families make informed decisions before a crisis occurs. We will discuss proactive planning, organizing finances, understanding dementia, and exploring care options such as in-home care and senior living communities. Attendees will leave with practical guidance, clarity, and the confidence to plan with purpose.

- Instructor: Stacy Carter, Joanie Evans, Jenny Jacobs, Jenni Van Buren
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Stacy Carter is owner of Pathways Senior Care Advisors, with over 10 years' experience helping seniors transition from home to assisted living communities. She has lived in Bowling Green since 1980 and has a passion for the local community.

Joanie Evens is a Daily Money Manager with Creating Financial Order who has been a CPA and financial trainer for many years. She will lead a financial inventory workshop, and each participant will go home with a financial inventory binder. **NOTE:** The \$25 fee for the financial binder will be paid to Joanie on the day of her session.

Jenny Jacobs started Defying Dementia to work with people living with dementia. She will speak about signs, symptoms, and care strategies for coping with this disease.

Jenni Van Buren is the outreach coordinator with Timesavers Caregiving. She will discuss the differences between in-home care and home health along with how to get assistance in your home as you age.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Senior Preparedness: The Forum

This class comprises seven sessions as follows:

### Session One: Crisis Management & Self-Preparedness

Law enforcement representatives from KSP, WCSO, and BGPD discuss agency functions and citizen interaction in the crisis context.

### Session Two: Crisis Management & Self-Preparedness

Fire Department and Emergency Services discuss agency functions and citizen interaction in the crisis context.

### Session Three: Senior Wellness: Physical and Cognitive Health

Physical and cognitive well-being/anti-dementia strategies will be presented by a physical therapist and a speech language pathologist.

### Session Four: Insurance Clinic

Make sure you have proper insurance coverage in place for home, auto, and travel.

### Session Five: Senior Cybersecurity

Learn cutting edge strategies to protect yourself from digital, electronic, and AI crimes.

### Session Six: Systems Collapse: Personal Preparedness for When it Hits the Fan

Special guest Richard Duarte of Miami, Florida presents on sheltering in place and bugging out. Mr. Duarte lived through Hurricane Andrew.

### Session Seven: Practical Self-Protection

Mike Breen explains how to avoid being a crime victim in public and at home.

- Instructor and Facilitator: Mike Breen
- Day & Dates: Wednesday, April 1 – May 13 (seven sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bio:

Mike Breen has spent the last 10 years studying, planning and training for preparedness, with a focus on encountering and managing unknown contacts on the street.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Shakespeare Behind Bars: "The Tempest"

SLL's annual spring Shakespeare class will once again follow the performance schedule of the "Shakespeare Behind Bars" players at Luther Lockett prison in La Grange, Kentucky. This year the play is "The Tempest." There will be two introductory sessions at Knicely to study the play in preparation for attending the Monday, April 20 performance together. We will conclude with a final class session on April 23 to discuss our responses to the experience. You are welcome to register for the class even if you do not plan on attending the performance.

- Instructor: Lloyd Davies
- Day & Dates: Thursday, April 9 – 23 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Lloyd Davies is a retired WKU professor of literature. He has taught numerous courses for SLL, including "A Descent into the Underground," "Poetry and Birds" with Valerie Brown and "In the Garden of Poetry" with Janeen Grohsmeyer.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Something in the Air of Kentucky that Makes a Man a Soldier

Presented by a costumed living history character portraying an antebellum militia colonel, this program surveys the history of the Kentucky militia, National Guard, and related military organizations from the frontier era through the Second World War. During this time, KY troops fought a half-century war against Native Americans and their British allies, participated in all the nation's conflicts, served as domestic peacekeepers, and became cornerstones in the state's social life.

- Instructor: Nicky Hughes
- Day & Dates: Tuesday, May 5 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Nicky Hughes is former Curator of the Kentucky Military History Museum; Museums Division Manager, Kentucky Historical Society; Curator of Historic Sites, City of Frankfort, KY; WKU graduate.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Career of Dr. Kelly Thompson, President of WKU, 1955-69.

Our presenter, Justice Kelly Thompson Jr. of the Kentucky Supreme Court grew up as "Little Kelly". His father, Dr. Kelly Thompson, was known as "Big Kelly". Because Eastern Airlines had a promotion that "children fly free", Little Kelly accompanied Big Kelly on many business trips as a child. Childhood memories and observations about the growth of WKU will offer insights into the personal career of Dr. Kelly Thompson, who served as President of WKU from 1955-69.

- Instructor: Kelly Thompson
- Day & Dates: Tuesday, May 5 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kelly Thompson Jr. currently serves as a Justice on the Kentucky Supreme Court. His judicial career includes 16 years on the Kentucky Court of Appeals (2007–2023) before his election to the high court. Prior to the bench, he served as the Chief Public Advocate for the 8th Judicial District from 1976 to 1999 and was a veteran trial lawyer, conducting over 500 jury trials in state and federal courts.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Cloud Pour: A Fluid Art Technique

If you are not a master of brush strokes – don't worry, neither am I! This class is perfect for you. We will be thinning down acrylic paints to a pourable consistency to create stunning masterpieces that you will want to hang on your walls. Don't think you can do it? Sign up and let me prove you wrong!

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 15 (one session)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 to be paid at registration

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Life of a Can: Aluminum Recycling and Regional Options**

Laura Haury from Logan Aluminum, Inc. and the Metals Innovation Initiative will present information on the Life of a Can, the aluminum can life cycle and the importance of metals recycling. She will also provide an overview of the current community programs and options available for recycling and waste management in our region.

- Instructor: Laura Haury
- Day & Dates: Tuesday, April 21 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### **Instructor Bio:**

Laura Haury recently retired from Logan Aluminum where she served as Senior Environmental Engineer. She focused on water quality, waste management, and recycling/sustainability efforts and provided environmental compliance leadership to the manufacturing operations at Logan through the course of several major expansions. Laura has now taken on a new role as Sustainability Project Coordinator with Metals Innovation Initiative (MI2) in Bowling Green and now concentrates on recycling efforts and environmental education.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Magic of Radio: WWHR-FM and You Can Be on the Air!**

WWHR-FM (Revolution 91.7) has been the student-run radio station at WKU for 30 years, serving the Bowling Green area with alternative music and student talent. This two-hour class will explain how radio stations operate today generally and the specifics of WWHR-FM. In addition, we'll bring everyone into the studio with the opportunity to do a "break" live on-air! It's a chance to learn about the magic of radio behind the scenes and even become the DJ you always thought you could be!

- Instructor: Ed Cohen
- Day & Dates: Monday, April 27 (one session)
- Time: 6:00 – 8:00 p.m. (extended time)
- Location: WWHR-FM, Room 344 Jody Richards Hall, Normal Street, WKU Campus

### **Instructor Bio:**

Ed Cohen is adjunct faculty in the Department of Broadcast Communications at WKU and the faculty advisor to WWHR-FM. He has been in the broadcast business for over 40 years in important positions with major radio groups and audience measurement companies. He also writes a weekly column for an industry news website dedicated to the radio and broadcasting business. Additional instructors may include our student general manager, Rachel Comella, and our student program director, Ian Lewis.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## The Summit Process

This course explores five essential pillars of retirement, built on a simple truth: the strategies used to climb the mountain (accumulation) are vastly different from those needed to descend safely (distribution). We will provide a comprehensive roadmap covering income planning, investment planning, tax strategies, asset protection planning, and legacy planning. A workbook will be provided.

- Instructors: Allen Costellow, Caleb Costellow
- Day & Dates: Thursday, March 26 – April 16 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bios:

Allen Costellow is a licensed financial professional who can offer investment advice and insurance products and services. He has passed life, health and series 65 securities exam and is a Chartered Financial Consultant. He spends his time between his business, his farm, and traveling with his lovely wife, Glenda.

Although he started in the financial industry by following in his father's footsteps, Caleb Costellow's true inspiration comes from the ability to help clients through pivotal moments and see the positive impact financial planning can have on their lives. With 18 years' experience, he brings a wealth of expertise and a deep passion to helping his clients.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## This Is Your Life! Philosophy of Aging and the Life Review

Join Dr. Anton's undergraduate students in their Philosophy of Old Age course and learn about the Life Review process. All participants will read Elizabeth Marshall Thomas's *Growing Old: Notes on Aging with Something Like Grace*, a short, exciting, reflective autobiography of an amazing woman in her late eighties. Meet with the group weekly to discuss this author's journey living among different peoples and animal groups all over the world as she chronicled their communities and cultures. In addition, students will interview SLL members about their lives.

- Instructor: Audrey Anton
- Day & Dates: Tuesday, March 24 – April 28 (six sessions)
- Time: 12:45 – 2:05 p.m. (adjusted to WKU student class time)
- Location: Knicely Conference Center (using Zoom in the SLL classroom to join the WKU students in their classroom)
- Required: *Growing Old: Notes on Aging with Something Like Grace*

### Instructor Bio:

Audrey Anton is a Professor of Philosophy at WKU. Her research areas include Ethics, Ancient Philosophy, and Philosophical Gerontology. Before turning to philosophy, Audrey studied Gerontology as an undergraduate and spent a year on a Fulbright fellowship in the Republic of Ecuador interviewing elders about their lives and interactions with other generations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

# Travel Journals

Each session will feature a different presenter talking about their personal travels – near and far – as they share photos, stories, and more. Where will you go after hearing about their adventures? Members will register for each session individually rather than as a whole series. Days and times vary for each one.

## Travel Journal: Austria

This presentation covers a two-week trip my wife, Susan, and I took in September of 2025. We visited Vienna, the capital of Austria, Bratislava, nearby capital of Slovakia, and Salzburg, located near the border with Germany at the foot of the Alps. We will look at specific things we enjoyed the most and offer other recommendations. Please bring anything you would like to share about your own trips to this region.

- Instructor: Tim Brotherton
- Day & Dates: Tuesday, April 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired army officer and teacher. He and his wife Susan live in Auburn with two dogs. They try to go to Europe every year because they enjoy it so much. Their trip to Vienna and Salzburg was great. When not traveling, they split their time between home and Michigan to visit their children.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising East Africa and Madagascar

This program features photos of big game, lemurs, birds, and historical sites from my wonderful trip to East Africa last year.

- Instructor: Jane Barthelme
- Day & Dates: Tuesday, April 21 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jane Barthelme has been an SLL Member for 10 years and served on its Advisory Board as chair and is a current board member-at-large. She is a frequent traveler to Madagascar for lemur sightings.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband

Explore historic trade routes, get highlights of the pirates who preyed on Spanish flotillas, and learn about the modern Blue Riband race for the fastest Atlantic crossing.

- Instructor: David Keeling
- Day & Dates: Tuesday, May 5 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Exploring Spain's Mediterranean Coast

Learn about three important Spanish cities - Sevilla, Malaga, and Barcelona – as David traces their foundation and development to become classic Mediterranean destinations.

- Instructor: David Keeling
- Day & Dates: Thursday, April 23 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Sailing to Philadelphia: Peopling the Americas Before and After 1492

In this session, we follow new genetic science about the early migration routes to the Americas, the distribution of societies thereafter, and the post-1492 settlement by Europeans.

- Instructor: David Keeling
- Day & Dates: Thursday, May 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: The Land Down Under: Melbourne and Sydney

This presentation compares the evolution of Australia's two major cities and highlights their cultural and physical contexts.

- Instructor: David Keeling
- Day & Dates: Tuesday, April 21 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Three Months in New Zealand

Come along on a virtual trip through the beautiful natural landscapes of New Zealand, from tropical rainforests and thermal areas on the North Island to the Southern Alps and Fiordland of the South Island. We'll look at the history and culture of both the Māori indigenous people and the Europeans who arrived in 1642 with the Dutch explorer Abel Tasman but did not begin colonizing until the early 1800s after the voyages of Captain James Cook.

- Instructor: Judith and Tom Hoover
- Day & Dates: Tuesday, April 28 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Judith Hoover earned her Ph.D. from Indiana University. She has taught at IU, Austin Peay, Vanderbilt, Waikato University in Hamilton, New Zealand, and at WKU. She and Tom enjoy travel and gardening. Since retirement in 2007 she has published two novels, "Beyond Monongah" and "Hardship and Hope".

Tom Hoover has spent his career as an auditor, office manager, and small business owner and operator. He and Judith operate the Wren's Nest Bed and Breakfast in Russellville, KY.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Tournament of Roses Festival, Pasadena, CA

Hear all about the Tournament of Roses Festival in Pasadena, including attending the parade, band festival, and other activities. The highlight of the trip was decorating floats for the Rose Parade.

- Instructor: Molly Wilson
- Day & Dates: Thursday, March 26 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Molly Wilson retired after 42 years in public education to travel. While most trips have been international, decorating floats for the Rose Parade was a bucket list item for a long time. It finally happened!

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Understanding Your Emotions

This course offers an introduction to understanding and managing your emotions, understanding the emotions of others and the elements of CBT (cognitive behavior therapy). Your beliefs and self-talk primarily determine your emotions and are more important than the bad events you experience. You will learn this approach through guided analysis of video scenes.

- Instructor: Lynn Clark
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lynn Clark is a Professor Emeritus of Psychology who taught at WKU for 37 years. He is also a retired licensed clinical psychologist of 49 years. He has also taught at Boston University's overseas program, worked for Lifeskills, Inc. for 10 years, and done evaluations for Social Security and Vocational Rehabilitation. His books are in eight languages.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Update on BG Resource Connections Village

Most of us would prefer to stay in our homes as we age, but we face many challenges. The BG Resource Connections Village is a new non-profit group of volunteers and staff coordinating area resources for older adults who want to age in place. They will disseminate information, answer questions, and refer people to vetted service providers. Our Village is now sponsored by CREATE and has an office in the WKU Innovation Center. Lots going on!

- Instructor: Maryanne Datesman
- Day & Dates: Thursday, March 26 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Maryanne Datesman taught and administered English as a Second Language (ESL) programs at several universities. She is a founding member and the current Vice President of the BG Resource Connections Village, a non-profit organization dedicated to empowering older adults to thrive in their homes and remain active within their communities.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Watercolor Painting: A Beautiful Seaside

If you have had some experience using watercolors, you will be able to complete this frame-worthy project. You will learn to mask out a section for the sun, complete the sea and splashing waves with a graded wash, do a two-tone wash for the sky, and use a new brush (script brush) to make sweeping brush strokes for the foliage. Leaving the sand white with no paint, you will learn to spatter color on the page to create the sand. Bring your watercolor supplies.

- Instructor: Judi Adams
- Day & Dates: Wednesday, April 22 – May 13 (four sessions)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 (to be paid when signing up for this class)

### Instructor Bio:

Judi Adams is a Kentucky native earning her BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida where she taught adults for 20 years at the recreation area of The Village, a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

# **MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS**

## **Travel Meeting**

### **2026 Trip to Portugal and 2027 Trips Revealed**

**Monday, March 30, 2026, 11:00 a.m.**

**Knicely Conference Center – room 113**

***Light refreshments will be served***

It's not too late to sign up for the 2026 trip to Portugal. Join us to see and hear details about this November travel opportunity. Your SLL Board has selected two trips with Collette in 2027. The dates and details will be released at this meeting. Limited seats have been reserved for SLL members and their travel companions.

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## **LIFE AS THE KENTUCKY HEADHUNTERS AND OTHER STORIES with Greg Martin**

**Wednesday, April 15, 2026, at 5:30 p.m.**

**Knicely Conference Center – Auditorium**

***Open to SLL Members, SLL Instructors, and the Community***

Please join us for an evening with Greg Martin, lead guitarist of The Kentucky Headhunters. Hear about the history of the band, what famous musicians they have worked with, where they have performed, awards they have won, and so much more. This band that began in Edmonton, Kentucky has made its mark near and far. The band has a strong fan base, and we hope to see some of them at this event. Please help us spread the word. There is no cost to attend this event. This is a presentation; the band will not be performing.

# **SLL ADVISORY BOARD & COMMITTEES**

## **Advisory Board**

*The governing body of the SLL is the Advisory Board composed of six members elected by the general membership, with two being elected per year in rotation and serving a three-year term; board-appointed chair/co-chairs of the four standing committees; and the Program Director who serves without vote as ex-officio and is the liaison between SLL and the University.*

Cathy Fox, Chair  
Nancy Bussiere  
Libby Davies  
Jan Funk  
Ken Kuehn  
Bonnie Pinkerton  
Derek Olive, Ex-Officio

Jane Barthelme  
Becky Cann  
John Forman  
Olin Joynton  
Scott Nehm  
Timothy Simpson

## **Curriculum Committee**

*The Curriculum Committee makes course and instructor selections. They coordinate with the SLL staff to set course times and locations, edit course publication materials, and make recommendations for course costs. Any SLL member may serve on this committee.*

Libby Davies, Co-Chair  
Howard Bailey  
Mike Breen  
Jan Funk  
Bruce Hazelton  
Ernie VanHooser

Ken Kuehn, Co-Chair  
Debbie Breen  
John Forman  
Larry Gildersleeve  
David Lee

## **Finance Committee**

*The Finance Committee monitors expenses, recommends appropriate membership fees, and oversees the SLL Operating Plan – annual and long-term. Any SLL member may serve on the committee.*

Scott Nehm, Chair  
John Forman  
Bob Nylin

## **Membership Relations Committee**

*The Membership Relations Committee supports SLL by recruiting and retaining members through speaking engagements, social gatherings, day trips, events, and other activities. The committee provides opportunities for members and their guests to gather outside of spring and fall terms. These include taking tours (wineries, historic sites, breweries, church renovations, distilleries, and more), attending events as a group (concerts, performances, sporting events, etc.), and other educational and social activities. Any SLL member may serve on this committee.*

Becky Cann, Co-Chair  
Debbie Breen  
Ann Esterle  
Vicki Gregory  
Sharon Spall

Bonnie Pinkerton, Co-Chair  
Sarah Budde  
Cathy Fox  
Lynn Kinnaman

## **Volunteer Committee**

*The Volunteer Committee provides classroom assistance to instructors, helps with onsite events, and assists with activities and functions of the SLL. Assistance may be in the form of table decorations for events, taking photos during classes and events, coordinating activities with the Membership Relations Committee, and more. Any SLL member may serve on this committee.*

Nancy Bussiere, Chair  
Patsy Bowman  
Greg Bussiere  
Sidney Cann  
Lisa Dalporto  
Cathy Fox  
Deb Myers  
Ernie VanHooser

Jane Barthelme  
Valerie Brown  
Becky Cann  
Pam Coe  
John Forman  
Sue Meyer  
Bonnie Pinkerton  
Molly Wilson

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Tuesday Classes

| 9:00 – 10:30                                                                                                                                                                                                                                                                                                                                                                                                        | 11:00 – 12:30                                                                                                                                                                                                                                                                              | 11:00 – 1:00                                             | 12:45 – 2:05                                                       | 1:30 – 3:00                                               | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5:30 – 7:00                                                                                                                                                                                                                                  |
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| <p><b>Bird Identification and Attracting Birds</b><br/>3/24-4/7</p> <p><b>Habitat for Humanity</b><br/>4/7 (session1)</p> <p><b>A Literary Club Experience: A Walk in the Park</b><br/>4/14</p> <p><b>Birding in the Field</b><br/>4/14-5/5</p> <p><b>The Life of a Can: Aluminum Recycling and Regional Options</b><br/>4/21</p> <p><b>Something in the Air of Kentucky that Makes a Man a Soldier</b><br/>5/5</p> | <p><b>Birds, Humans and Other Living Thing,</b><br/>3/24-3/31</p> <p><b>All about WKU Public Radio</b><br/>4/7-4/14 (sessions 2 &amp; 3)</p> <p><b>Travel Journal: Cruising East Africa and Madagascar</b><br/>4/21</p> <p><b>Travel Journal: Three Months in New Zealand</b><br/>4/28</p> | <p><b>My Life as a Former FBI Agent</b><br/>5/5-5/12</p> | <p><b>This is Your Life: Philosophy of Aging</b><br/>3/24-4/28</p> | <p><b>Apostles of Nonviolence</b><br/>5/5 (session 1)</p> | <p><b>Intro to Medical Ethics</b><br/>3/24-3/31</p> <p><b>Travel Journal: Austria</b><br/>4/7</p> <p><b>Current Events: From Bolivarian Independence to Socialist Collapse</b><br/>4/14</p> <p><b>Travel Journal: The Land Down Under</b><br/>4/21</p> <p><b>Current Events: Iran: From Cradle of Civilization to Regional Pariah</b><br/>4/28</p> <p><b>Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband</b><br/>5/5</p> <p><b>Current Events: What's so Special about Greenland and Why does the U.S. Want to Annex the Island?</b><br/>5/12</p> | <p><b>Mahjong 101</b><br/>3/24-4/14</p> <p><b>A Brief History of the Motown Sound</b><br/>4/21</p> <p><b>A Brief History of Stax Records</b><br/>4/28</p> <p><b>The Career of Dr. Kelly Thompson, President of WKU 1955-1969</b><br/>5/5</p> |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Wednesday Classes

| 9:00 – 10:30                                                                                                                              | 11:00 – 12:30                                                                                                                                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                                                                                                                     | 1:30 – 3:00                                                                                                                                                                                                                                                 | 3:30 – 5:00                                                                                                                                                             | 5:30 – 7:00                                                                                                                                                |
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| <p><b>Beginner/Intermediate Watercolor Painting Using Workbooks, 3/25-4/29</b></p> <p><b>Senior Preparedness: The Forum, 4/1-5/13</b></p> | <p><b>Beginning Plant Identification 3/25-4/8</b></p> <p><b>Bowling Green Novelists and Kentucky Settings 3/25, 4/15, 5/6</b></p> <p><b>Recent Archeological Discoveries at Pompeii 4/1-4/8</b></p> <p><b>Persuasion: Jane Austen's Great Final Novel 4/15-4/22</b></p> <p><b>Protection and Safety: Protecting Seniors from Scams and Fraud 4/22</b></p> <p><b>All about Medicare 4/29</b></p> | <p><b>Gold Leafing Basics 101 3/25-4/8</b></p> <p><b>The Cloud Pour: A Fluid Art Technique 4/15</b></p> <p><b>Watercolor: A Beautiful Seaside 4/22-5/13</b></p> | <p><b>Protection and Safety: The Scam Landscape: Staying Safe 3/25</b></p> <p><b>First Kentucky Brigade: Later the Orphan Brigade 4/1-4/8</b></p> <p><b>Understanding Your Emotions 4/15-4/22</b></p> <p><b>Apostles of Nonviolence 5/6 (session 2)</b></p> | <p><b>Basic Line Dance 3/25, 4/1, 4/15-5/13</b></p> <p><b>Is That a Harp? 3/25</b></p> <p><b>Discerning Reality: Critical Thinking and Disinformation 4/22-4/29</b></p> | <p><b>Life as The Kentucky Headhunters and Other Stories 4/15</b></p> <p><b>Fostering a Growth Mindset Using Strengths-Based Development 4/22-4/29</b></p> |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Thursday Classes

| 9:00 – 10:30                                                                                                  | 11:00 – 12:30                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                        | 1:30 – 3:00                                                                                                        | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5:30 – 7:00                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Summit Process</b><br/>3/26-4/16</p> <p><b>Senior Care: Planning Before Panic</b><br/>4/23-5/14</p> | <p><b>Update on BG Resource Connections Village</b><br/>3/26</p> <p><b>Shakespeare Behind Bars: “The Tempest”</b><br/>4/9-4/23</p> <p><b>Protection and Safety: How to Stop Scams: Pause, Check, and Protect</b><br/>4/30</p> <p><b>Get Your Kicks on Route 66</b><br/>5/14</p> | <p><b>Agatha Christie: “My Dear Mrs. Marple”</b><br/>3/26-4/30</p> | <p><b>Apostles of Nonviolence</b><br/>5/7 (session 3)</p> <p><b>Old and New: Notre Dame Cathedral</b><br/>5/14</p> | <p><b>Travel Journal: Tournament of Roses Festival Pasadena, CA</b><br/>3/26</p> <p><b>Current Events: The Monroe Doctrine Becomes the Donroe Doctrine</b><br/>4/16</p> <p><b>Canasta: The Card Game</b><br/>4/23-5/14</p> <p><b>Travel Journal: Exploring Spain's Mediterranean Coast</b><br/>4/23</p> <p><b>Current Events: The Middle East Regional Tensions</b><br/>4/30</p> <p><b>Travel Journal: Sailing to Philadelphia</b><br/>5/7</p> <p><b>Current Events: Security in the Arctic Basin</b><br/>5/14</p> | <p><b>Local Resources for Alzheimer's, Parkinson's and Seniors</b><br/>3/26</p> <p><b>Introduction to Global Literature</b><br/>4/2-5/14</p> |

# Spring 2026 SLL Course Calendar – Via Zoom and Offsite

## Monday Classes

| 9:00 – 10:30                                       | 9:00 – 11:00                                                                   | 11:00 – 12:30                      | 1:00 – 3:00                                                                                                            | 6:00 – 8:00                                                          |
|----------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Habitat for Humanity<br>4/13-4/20 (sessions 2 & 3) | Holistic Mental, Emotional<br>& Behavioral Wellbeing<br>via Zoom<br>4/6 & 4/20 | Collette Travel<br>Meeting<br>3/30 | Inside Downtown BG -<br>Yoga, Art and Wine<br>4/6<br><br>Inside Downtown BGKY -<br>Candles, Artists, and Brews<br>4/27 | The Magic of Radio:<br>WWHR-FM and You Can Be<br>on the Air!<br>4/27 |

## Friday Classes

| 9:00 – 11:00                                                   | 11:00 -12:30                                  | 1:30 – 3:00                                                           | 2:30 – 3:30                                                   |
|----------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
| Inside Downtown BG - Gems,<br>Heritage and Curiosities<br>4/10 | All about WKU Public Media<br>4/3 (session 1) | Your Health: The Fitness Facility at<br>BG Parks & Recreation<br>4/10 | Renaissance Europe Art and<br>Artifacts at the Museum<br>3/27 |



*Society for  
Lifelong Learning*

# **SPRING 2026 NEWSLETTER**

## **LOOK INSIDE TO FIND:**

- Important Dates
- All about SLL
- Membership Information
- Spring Course Guide
- Advisory Board and Committees
- Spring Course Calendar

### **Society for Lifelong Learning at WKU (SLL)**

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 or 270-745-2640 | Email: [SLL@WKU.EDU](mailto:SLL@WKU.EDU)

Website: [wku.edu/sll](http://wku.edu/sll)

# Spring Term Dates: March 23 – May 15

## REGISTRATION FOR SPRING TERM BEGINS **TUESDAY, MARCH 10<sup>th</sup> @ 8AM** (ONLINE AND IN PERSON)

### MISSION STATEMENT

*The Society for Lifelong Learning at WKU (SLL) is a university-supported membership organization whose mission is to provide opportunities for adults 50 and better to further their knowledge in both academic and recreational pursuits and to share their experiences and interests with other members.*

### Fees

**Annual Membership**                      **\$200 (Spring and Fall 2026 Terms)**

**Single Term membership**              **\$125 (Spring 2026 Term)**

*Annual and Single Term members may attend unlimited SLL classes, activities, and events. Additional fees may apply for travel programs and some course materials.*

**Flex Membership**                      **\$25 (Spring 2026 Term, plus a per-class charge)**

*Flex members pay a per-class fee (varies by course). Flex members may also attend SLL activities and events. Additional fees may apply for travel programs and some course materials.*

### WKU Masking Guidelines

Masks are optional on WKU's campus. Members of the WKU Community are encouraged to continue to engage in safety measures they feel best protect themselves, including wearing masks if they so choose.

### Locations

Most SLL classes are offered at the Knicely Conference Center, 2355 Nashville Road, Bowling Green, KY 42101. The conference center is easily accessible and has an abundance of free parking available to SLL. Some classes may take place off-site at various locations within the community.

**Join SLL or Renew your membership at [wku.edu/sll/membership.php](http://wku.edu/sll/membership.php)  
or by calling the SLL office at 270-745-1912 or 270-745-2640**

**Registration for Classes Opens**  
**Tuesday, March 10<sup>th</sup> @ 8am**  
**Spring Term Dates: March 23 – May 15**  
**Online and in person**

**VERY IMPORTANT – PLEASE READ**

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

**When Registering for Classes:**

- Some classes will be meeting at the same time; only sign up for one of them
- If a class is full, get on the waiting list in case someone drops out
- If you sign up for a class and then find you cannot attend, let us know and we will drop you from the roster
- Make a list of classes you like and review it before signing up
- Check dates and times of classes for conflicts with appointments and other obligations
- Ask us about a class if you need more information
- Get ready to have a fun term with your SLL friends!

# Spring 2026 Term Course Guide

## A Brief History of the Motown Sound

The artists, the writers, and the songs that made Motown a success will be introduced and discussed, including examples of some of the greatest hits and outstanding musicians of the era.

- Instructor: John Martin
- Day & Dates: Tuesday, April 21 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Brief History of Stax Records

This session explores the history and legacy of Stax Records. Founded in the late 1950s, Stax defined the gritty "Memphis Sound" of Southern soul.

- Instructor: John Martin
- Day & Dates: Tuesday, April 28 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Literary Club Experience: A Walk in the Park

In the style of a literary club, this class will feature the book, *A Walk in the Park: The True Story of a Spectacular Misadventure in the Grand Canyon*, by Kevin Fedarko. Although the class will touch on geology, the focus will be on the author's trek through the canyon, including his initial hubris and his growing enlightenment. Reading the book will not be required. If you have visited the Colorado River's stunning landscape, bring your memories and stories to contribute to the discussion.

- Instructor: Jean Nehm
- Day & Dates: Tuesday, April 14 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Jean Nehm taught English at WKU until her retirement in 2016. She is a 31-year member of the Browning Club, one of Bowling Green's oldest literary clubs.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Agatha Christie: "My Dear Miss Marple"

Join Jane Marple as she knits, sips tea, and enjoys homemade wine while solving six murders in her 'fluffy' manner. Each session will showcase one actress in one film. Each week, class members will receive an info packet highlighting the upcoming actress and film. No reading will be required, but books will be available for borrowing.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, March 26 – April 30 (six sessions)
- Time: 1:00 – 3:00 (NOTE: this is an extended time class)
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton is a retired secondary school teacher. This will be her third discussion in the Agatha Christie series. As a long time SLL enthusiast, she eagerly looks forward to each term, especially sharing the Agatha Christie legacy.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## All about Medicare

This class will present an overview of Medicare parts A, B, C & D including the enrollment periods and the various plan options. The information in this class will smooth the process for an individual signing on for the first time and be helpful to Medicare veterans as well.

- Instructor: Kim Fry Johnson
- Day & Dates: Wednesday, April 29 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kim Fry Johnson has worked in the insurance industry for 25 years, including with Cigna as a manager for 13 years. She is the owner of Medicare Plan Advisor, LLC.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## All about WKU Public Media

Attendees will learn about their local PBS and NPR affiliate station and the inner workings of television and radio broadcasting. From the history of WKU Public Media, to basic camera operation and producing local news articles, this course will provide insight into all things WKU Public Media!

- Instructor: Elizabeth Bates
- Day & Dates: Friday, April 3(session one); Tuesday, April 7 – 14 (sessions two and three)
- Time: 11:00 – 12:30 (all sessions)
- Locations: WKU Public Media, Academic Complex Room 243 (session one)  
Knicely Conference Center (sessions two and three)

Instructor Bio:

Elizabeth Bates is WKU Public Media's Member Services Manager, assisting donors, planning community events, tracking donations, and more. She graduated from WKU in 2019 with a degree in Broadcasting. While with WKU Public Media she has led initiatives such as One Small Step, which seeks to bring the community together despite our many differences.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Apostles of Nonviolence

Leo Tolstoy, Mohandas Gandhi, and Martin Luther King Jr. represent a historical lineage of nonviolent resistance to social and political injustice. This continuity is marked by Gandhi's correspondence with Tolstoy and King's later pilgrimage to India to honor Gandhi. While their methods aligned, how did their individual philosophies differ, and where did their distinct rationales converge?

- Instructor: Olin Joynton
- Day & Dates: Tuesday – Thursday, May 5 – 7 (three sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** all sessions will meet in the same week

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before becoming president of Alpena Community College in Michigan in 2004. After retiring in 2015 he and his wife Patricia have roamed to be near family, and are currently enjoying life in Poplar Bluff, MO.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Basic Line Dance

This class features the most popular dances performed at musical and festive events, including the Electric Slide, Cupid Shuffle, and Mustang Sally. Beyond the music, participants will discover how line dancing serves as a group activity that promotes both mental and physical fitness. Come learn the basics and join the fun!

- Instructor: Belle Rush
- Day & Dates: Wednesday, March 25, April 1, April 15- May 13 (seven sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** this class does not meet on April 8th

Instructor Bio:

Belle Rush is a retired teacher and WKU alumna who is officially "all-in" on pickleball. She spends her days balancing family life with her quest to stay active and keep her brain cells firing.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

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## **Beginner/Intermediate Watercolor Painting using Workbooks**

Join us for a fun and relaxing watercolor class using watercolor workbooks. Each workbook will have 12 projects that include step-by-step instructions, suggestions for a color palette, and outlined sketches on watercolor paper. Each week, you will complete one project in class, with additional instructions on techniques. One project will be assigned as homework. This course is appropriate for beginner or intermediate painters.

- Instructor: Sonia Young
- Day & Dates: Wednesday, March 25 – April 29 (six sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center
- Supply Fee: \$20 (watercolor workbook and paints) to be paid at registration

Instructor Bio:

Sonia Young is a physical therapist and professor of Physical Therapy at WKU. Outside the classroom, she channels her creativity into watercolor painting and pottery. She enjoys sharing her artistic skills with others and designs fun and accessible approaches for art classes.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## **Beginning Plant Identification**

We will examine samples of plants in class to determine how to classify and identify some of our local species of trees, bushes, and wildflowers. Participants are invited to join free nature hikes on Tuesdays and Thursdays at Mammoth Cave National Park. More details will be given in class.

- Instructor: Steve Kistler
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Steve Kistler is a retired science teacher and a lifelong naturalist. He maintains a nature website, the Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing at every opportunity.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## **Bird Identification and Attracting Birds**

In class, participants will learn how to identify Kentucky birds using distinguishing field marks and behaviors. Ways to attract birds to your backyard will be included.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, March 24 – April 7 (three sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio: Knicely Conference Center

Blaine Ferrell is Dean Emeritus of Ogden College of Science and Engineering at WKU. He has served as President of the Kentucky Academy of Science and the Kentucky Ornithological Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Birding in the Field

The class will visit several local sites including Mammoth Cave National Park to search for birds. The first session meets at Knicely Conference Center at the regular class time and thereafter will meet earlier at designated locations.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, April 14 – May 5 (four sessions)
- Time: 9:00 a.m. (session one); earlier times thereafter at offsite locations
- Location: Knicely Conference Center (session one) and offsite (sessions two, three, and four)

Instructor Bio:

Blaine Ferrell has been a member of Kentucky Ornithological Society for 50 years and has served as president. He has taught ornithology and annually participates as well as leads the local Christmas Bird and Breeding counts with the Audubon Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Birds, Humans, and Other Living Things Along the Border

During two different visits to the Rio Grande Valley of Texas March/April 2019 and Nov 2019/Feb 2020, Lisa Dalporto and John Forman volunteered with the Catholic Charities Humanitarian Respite Center based in McAllen, Texas. Their time there was an incredibly difficult, rewarding, and eye-opening experience. The presenters will discuss the inspiration behind their return for a second term and reflect on how their journey evolved far beyond their original expectations.

- Instructor: Lisa Dalporto, John Forman
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Dalporto has worked as a nurse-midwife, wellness director, and counselor for incarcerated people. Her travel experiences include Africa, and Europe as well as United States border areas.

John Forman, a retired engineer, worked for Kaiser, ALCOA, and Logan Aluminum. His travels via plane, boats, caravans, and bicycles include Africa, routes to Alaska, US national parks, and border lands of the United States.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Bowling Green Novelists and Kentucky Settings

Three Bowling Green writers will lead discussions of their recent novels, with a particular emphasis on the local and regional settings that inspired their fictional worlds. Participants will read *The Evolution of the Gospelettes* by Tammy Oberhausen for session one, *Try Not to Breathe* by David Bell for session two, and *The Chaperone* by M Hendrix for session three. The sessions are spread out during the term to allow plenty of reading time before each one.

- Instructors: Tammy Oberhausen, David Bell, Molly McCaffrey
- Day & Dates: Wednesday, March 25, April 15, and May 6 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center
- Book Fee: \$40 (three novels) to be paid at registration

Instructor Bio:

Tammy Oberhausen is a graduate of WKU and holds an MFA in Creative Writing from Spalding University. Her first novel, *The Evolution of the Gospelettes*, was named a Foreword INDIES Book of the Year in 2025.

David Bell is the New York Times bestselling author of seventeen novels and professor of English at WKU.

M Hendrix is the award-winning author of *The Chaperone*, *You Belong to Us*, and *How to Survive Graduate School*. She earned her MA from Miami University and her PhD from the University of Cincinnati.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Canasta: The Card Game

Canasta card-game fun begins with four players per table. Participants will receive a sheet of simple rules to follow during play and each table will have an experienced player to guide them on this adventure. Both new to the game and experienced players, will find enjoyment. Session one will cover explanation of play with exposed hand practice play. Session two will review, have Q & A, learn about scoring, and play with unexposed hands. Sessions three and four will be for enhancing your scores while playing for fun.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton has hosted game events for SLL, family, and friends and enjoys the camaraderie as well as challenges of game playing. She and friends will guide participants through the rules of canasta. Guest helper/ volunteers will be introduced at the beginning of session one. Helpers: Susan Moran, Barbara Ehling, Blinda Burchard and Sandy Otto.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Current Events Series

*This new series will cover six major current events topics. Members will sign up for each topic individually when registering for classes.*

Instructor: David Keeling

Day, Date, and Time: See individual sessions below

Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

## Current Events: From Bolivarian Independence to Socialist Collapse: The Venezuela Sagas

This class traces the geo-historical development of Venezuela from Spanish Colonial territory, through independence, and to the current political environment of social disorder.

- Day & Dates: Tuesday, April 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Current Events: The Monroe Doctrine Becomes the Donroe Doctrine: Implications for Latin America

This class session will examine the current relationships between the U.S. and Latin America in the context of recent geopolitical events in the region.

- Day & Dates: Thursday, April 16 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Iran: From Cradle of Civilization to Regional Pariah**

We will trace the rise of ancient Persia to modern Iran, the Islamic revolution, and the country's role in regional affairs.

- Day & Dates: Tuesday, April 28 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: The Middle East: Regional Tensions, Israel, Iran, and Proxy Conflicts**

Come and join us as we examine the contemporary Middle East in the aftermath of the ongoing Israeli War, the role of theocracy, and threats from regional actors.

- Day & Dates: Thursday, April 30 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: What's so Special about Greenland and Why does the U. S. want to Annex the Island?**

We will follow the rise of current rhetoric about acquiring Greenland, why it is considered "vital to U.S. security," and what the long-term implications might be of this policy.

- Day & Dates: Tuesday, May 12 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Security in the Arctic Basin: Geopolitical Arguments about Control of the Region**

Participants will explore the perceived importance of the Arctic Basin by surrounding countries, and why security concerns have become the driving force of regional geopolitics.

- Day & Dates: Thursday, May 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## Discerning Reality: Critical Thinking and Disinformation

How do we sift fact from fiction in a world that bombards us with information? This course will help to develop the critical thinking skills necessary to navigate news, advertising, and political discourse. We will examine the psychology of money, consumer manipulation, and the misleading narratives found in mainstream and social media, empowering you to analyze information objectively and identify modern scams.

- Instructor: Matt Foraker
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Matt Foraker conducts statistical research at WKU for the Institutional Research Department. He has taught a variety of math courses for the Department of Mathematics and a course in critical thinking and discerning reality for the Honors College at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## First Kentucky Brigade, Later Known as the "Orphan Brigade" 1861-65

Leading up to the Civil War, Kentuckians navigated a path between union sides, rebel sides, and mediation. Both houses of the legislature voted for neutrality in May 1861. Once the war began, many regiments were organized, both blue and gray. This class will explore the rise of the First Kentucky Brigade, led by former Vice President John C. Breckinridge. We will examine the roots, key battles, and personal stories of the men in this legendary unit – better known to history as the "Orphan Brigade."

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling around the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history shows and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## For Your Health: The Fitness Facility at BG Parks and Recreation

Join us for a tour of the BGPR Fitness Facility, a state-of-the-art center with something for every fitness level. Explore our cardio and exercise machines, free weights, racquetball courts, and saunas, and learn more about our fitness classes, including the popular *SilverSneakers* program. Your visit will include brief demonstrations and a presentation on the vital role of strength, flexibility, and cardio health in maintaining an active lifestyle as we age.

- Instructors: Frank Lamanna, Derick Fair
- Day & Dates: Friday, April 10 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: BG Parks & Rec Offices and Gymnasium, 225 East 3<sup>rd</sup> Avenue

Instructor Bios:

Frank Lamanna is a Certified Personal Trainer and *SilverSneakers* instructor. He started his career in California and has managed our BG city program for more than twenty years. Derick Fair is a Certified Personal Trainer and Fitness Coordinator at the facility.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Fostering Personal Growth Through Strengths-based Development

Participants in this class will discover a revolutionary path to personal growth using their CliftonStrengths Assessment results. Developed by Gallup, this tool identifies your natural patterns of thinking, feeling, and behaving. Unlike traditional personality tests that focus on fixing weaknesses, CliftonStrengths is rooted in positive psychology; it identifies your innate talents and helps you focus on what you already do best. By learning to tap into these natural strengths, you will become a more efficient, confident, self-directed and hopeful version of yourself.

- Instructor: Phil Eason
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- NOTE: Participants will also pay a discounted (\$20) fee to complete an online CliftonStrengths Assessment (to be paid online by each participant before taking the assessment)

### Instructor Bio:

Phil Eason earned his undergraduate degree from WKU and has held numerous leadership positions throughout his career, including teacher, football coach, high school principal, and motivational speaker. As a Gallup-Certified Strengths Coach, he has developed and led various workshops on using a strengths-based approach for personal and professional growth.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Get Your Kicks on Route 66

As the song goes, "It winds from Chicago to LA, more than 2,000 miles all the way. Get your kicks on Route 66." Commissioned in 1926, "The Mother Road" (also known as "The Main Street of America") offered an adventure through our nation's rich history and geography. This class features a wealth of photos and some interesting stories – the good, bad, and ugly. Come take another look at America!

- Instructor: Michael Trapasso
- Day & Dates: Thursday, May 14 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Michael Trapasso is Professor Emeritus of Geography and Curator of the College Heights Weather Instrument Museum at WKU. Having walked all seven continents, he has photographed significant and enigmatic geographical sites. He has traveled to all 50 states studying the geography and history of our country as well.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

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## Gold Leafing Basics 101

The ancient art of gold leafing is used in current times on selected art objects. It can be applied to wood, cardboard, concrete, large jewelry, plastic, ceramics, or small frames, so carefully choose the item you want to use and bring it to the first session for approval. You will also need newspaper to put under your work, scissors, and a microfiber buffing cloth.

- Instructor: Judi Adams
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 1:00 – 3:00 p.m. (extended class time)
- Location: Knicely Conference Center
- Supply Fee: \$12 to be paid at registration

Instructor Bio:

Judi Adams is a Kentucky native who earned a BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida teaching 20 years at the recreation area of The Villages, Florida teaching adults. The Villages is a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Habitat for Humanity: What is it? How does it work?

For 36 years in Bowling Green and 50 years worldwide, Habitat for Humanity has helped families build strength, stability, and self-reliance through homeownership. This course explores the local housing crisis, how Habitat selects homeowners, and the innovative ways homes are funded and built. Participants will gain first-hand insight into why community involvement is essential to Habitat's success.

- Instructor: Brent Oglesbee
- Day & Dates: Tuesday, April 7 (session one), Monday, April 13 – 20 (sessions two and three)
- Time: 9:00 – 10:30 a.m. (all sessions)
- Location: Knicely Conference Center (session one), Habitat site, Regis O'Connor Blvd (sessions two and three)

Instructor Bio:

Brent Oglesbee is Professor Emeritus in the WKU Department of Art. He has had the honor of working as a Core Volunteer at Habitat for three years and believes others would appreciate the experience if given the opportunity to learn about and help this organization.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Holistic Mental, Emotional & Behavioral Well-being

This course will focus on the systemic nature of our mental, emotional, and relational well-being. Students will learn how their nervous, endocrine, immune, and muscular skeletal systems interact to shape and sustain mental, emotional, and behavioral patterns. By introducing a "whole-systems" science model, the course provides practical lifestyle tools designed to enhance bio-psycho-social-spiritual health.

- Instructor: Jill Sauerheber
- Day & Dates: Monday, April 6, and April 20 (two sessions)
- Time: 9:00 – 11:00 (extended time)
- Location: via Zoom from home to join this class. Zoom link will be emailed to each registrant.

Instructor Bio:

Jill Sauerheber has been a licensed professional clinical counselor since 1999 and a college professor since 2004. She is certified in EMDR and Brainspotting, a Somatic Experiencing Practitioner, and a Certified Brain Health Professional. She is also trained through the Institute of Functional Medicine. She has presented at international, national and regional conferences since 2000.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Inside Downtown BGKY Series: Craft, Culture and Community

*Discover Downtown Bowling Green through an exclusive SLL experience. These three behind-the-scenes classes invite participants into seven unique downtown businesses to create, taste, and build alongside local experts. Each two-hour class rotates small groups through immersive activities. Every class offers hands-on learning and a take-home creation capturing downtown's creativity, craft, and community.*

**NOTE:** Due to the small enrollment size of these three downtown sessions, we ask that you only register for one to allow as many of our members to enjoy what downtown has to offer.

## Inside Downtown BGKY: Yoga, Art, and Wine

For this class, participants will enjoy a mini health and well-being session at Lucky Dog Yoga, a custom private frame shop tour at Barbara Stewart Interiors, and a walking/tasting tour at Bowling Green's smallest wine shop, Staircase Wine Shop.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 6 (one session)
- Time: 1:00 – 3:00 p.m.
- Location: Downtown BG
- Supply Fee: There is a \$5 wine tasting fee to be paid directly to the wine shop on the day of this class.
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into three groups of six and rotate from one of the experiences to the next every 30 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Gems, Heritage, and Curiosities

For this class, participants will take a metalworking shop and BG heritage tour of historic items at Morris Jewelry. Then the owners of the Amothecary oddities retail shop will demonstrate artful bug-pinning and mounting.

- Facilitator: Telia Butler
- Day & Dates: Friday, April 10 (one session)
- Time: 9:00 – 11:00 (extended time)
- Location: Downtown BG
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Candles, Artists, and Brews

This class will include candle pouring at Candle Makers on the Square followed by a mini brewery tour and beer sampling at White Squirrel Brewery.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 27 (one session)
- Time: 1:00 – 3:00 (extended time)
- Location: Downtown BG
- Supply Fee: There is a \$10 fee for the candle pouring and a \$10 beer sampling fee (each to be paid to the businesses on the day of class)
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Intro to Medical Ethics

This two-session class examines four moral theories: Utilitarianism, Deontology, Virtue ethics, and Care ethics and four principles of Medical Ethics: Autonomy, Beneficence, Non-maleficence, and Justice. Participants will discuss the application of these theories and principles to case studies.

- Instructor: Katy Attanasi Barker
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker earned her doctorate at Vanderbilt in Religion (Christian Ethics) in 2009. She has taught in various settings in higher education and worked in church and non-profit organizations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Introduction to Global Literature

This course utilizes short stories, poems, and a novel to explore global culture through literature. It offers an excellent opportunity to discuss narratives from various countries, fostering rich dialogue about different cultural contexts and experiences. Students will learn to think critically within a global framework, examining how literature reflects and shapes identities.

- Instructor: Birhanu Gessese
- Day & Dates: Thursday, April 2 – May 14 (seven sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- Required: *Thousand Cranes* by Yasunari Kawabata (students purchase own copy online or in store)

Instructor Bio:

Birhanu “Mr. G” Gessese is a scholar and creative writer from Addis Ababa, Ethiopia. He has an M.F.A. in Creative Writing from WKU and a B.A. in English Literature from Kenyon College. Drawing from his diasporic experiences, his works explore the delicate and entwined relationship between language and identity. He is currently a part-time instructor in the Department of English at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Is that a Harp?

Come learn the basics of the lovely harp: how it works, its sound and method of tuning, and what it adds to an orchestra. A live demonstration will be included.

- Instructor: Katy Attanasi Barker
- Day & Dates: Wednesday, March 25 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker has been a harpist for several decades, performing at everything from birthday parties to weddings to high-profile special events. The most notable venue of her career was the U. S. Supreme Court , where she performed for the Horatio Alger Award.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Local Resources for Alzheimer's, Parkinson's and Seniors

This session provides an overview of community resources for those navigating Alzheimer's and Parkinson's. Participants will receive a list of local contacts and practical guidance on how to access support. We will also dedicate time to discussing the vital needs of caregivers.

- Instructor: Jill Steffey
- Day & Dates: Thursday, March 26 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jill Steffey is the founder of Pieces of Hope Movement and Memory Center. She is a personal trainer certified in Alzheimer's and Parkinson's. Part of her ministry is to provide resources for caregivers.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Mahjong 101

Mahjong 101 is a fun, beginner-friendly course that introduces the basics of American Mahjong in a relaxed social setting. You will learn the tiles, rules, and rhythm of the game through instruction and guided play, along with a brief look at its history.

- Instructor: Mary Lynn Wooters
- Day & Dates: Tuesday, March 24 – April 14 (four sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Mary Lynn Wooters has lived in Bowling Green for eight years. A former schoolteacher and active volunteer in her children's schools, she now volunteers locally, hosts a monthly book club, and teaches Mahjong.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**Spring Term Dates: March 23 – May 15**

## **My Life as a Former FBI Agent: Dateline, a Book, and a Movie**

A retired FBI Special Agent will recount his role in what was, at the time, the largest price-fixing investigation in Bureau history! This high-stakes case—featured on Dateline NBC—inspired both a true-crime book and the 2009 movie, *The Informant!* starring Matt Damon. In the first session, we will screen the film (runtime: 1 hour 41 minutes); you are welcome to bring a lunch or snack to enjoy during the viewing. The second session features retired lead agent Brian D. Shepherd, who will share his firsthand experiences and insights from the investigation.

- Instructor: Brian Shepherd
- Day & Dates: Tuesday, May 5 – 12 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Brian D. Shepherd, a retired FBI Special Agent, was born in Kankakee, Illinois, and is a graduate of Northern Illinois University. He joined the FBI in 1972, graduating as a Special Agent in 1976.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## **Old and New: Notre Dame Cathedral**

Following the catastrophic April 15, 2019 fire that destroyed Notre Dame's spire and roof, the ambitious \$1 billion restoration involved more than 2,000 global artisans. While the cathedral officially reopened to the public on December 8, 2024, critical work continues. This session presents the final stages of the reconstruction, which is scheduled for completion this year.

- Instructor: Krystol Stinson
- Day & Dates: Thursday, May 14 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **Persuasion: Jane Austen's Great Final Novel**

Join us to discuss key aspects of Austen's *Persuasion* (1817). We will look into the Regency time period, including social classes, economics for women, the military role of several characters, and historical guideposts. The two sessions will explore background and context, followed by a dive into favorite passages of the novel.

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling in the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Protection and Safety Series: Scams, Fraud, Identity Theft and More

*We are all targets for invasions that can harm us – physically, mentally, financially, and worse. These three classes will equip you to be better prepared for what may come your way at any moment. Knowledge is stronger than fear. Get prepared now.*

## Protection and Safety: The Scam Landscape: Staying Safe

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you with resources and tools to help spot and avoid these risks. You have the power to fight back. This class will arm you with the latest information to protect you and your family.

- Instructor: Gary Adkins
- Day & Dates: Wednesday, March 25 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Gary Adkins is the AARP KY State President, a former Assistant Commonwealth Attorney, a former staff attorney for KY Dept of Financial Institutions, a former adjunct faculty for Morehead State University, a U. S. Army veteran, and trained attorney with the North American Securities Administration Association on litigation skills.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: Protecting Seniors from Scams and Fraud

This class will include information about services offered by the Attorney General division of Senior Protection and Mediations. What were the most common scam, fraud, and identify theft tactics used in Kentucky and the USA in 2025? Learn how to protect yourself and what steps to take if you or a loved one are a victim.

- Instructor: Shellie May
- Day & Dates: Wednesday, April 22 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Shellie May is the Executive Director of the Office of Senior Protection and Mediations in the Kentucky Attorney General's Office. She assists consumers with scams, fraud, and identity theft; conducts workshops and seminars for senior citizen groups, businesses, and civic organizations on these crucial issues; and educates Kentuckians on their rights and responsibilities. She has over 20 years of advocating on behalf of those in need.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: How to Stop Scams: Pause, Check, and Protect

Learn how to recognize and avoid scams before they cost you time, money, and personal information. We will cover common scams, key warning signs, and how scammers try to gain your trust. You'll learn why it's important to pause, check, and protect before taking action and when and where to report scams.

- Instructor: Tasha Stewart
- Day & Dates: Thursday, April 30 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tasha Stewart is the information officer at the KY Department of Financial Institutions. She works to encourage sound financial decisions through education and empowerment. She also serves as the secretary for the KY Jumpstart Coalition and serves on two North American Securities Administration Association Committees. She is passionate about helping Kentuckians protect their hard-earned money.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Recent Archaeological Discoveries at Pompeii

Come find out about the fascinating discoveries made at Pompeii in the last three years. Ongoing excavations continue to reveal more about life in ancient Rome both before and after the devastating eruption of Mount Vesuvius in 79 AD.

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

## Renaissance Europe Art and Artifacts at the Museum

Join WKU History Professor Dr. Katherine Reetzke, KY Museum Collections Curator Bryan Morey and Education Curator Dr. Christy Spurlock for an up-close exploration of an amazing collection of art and artifacts from Renaissance Europe. The Renaissance was one of Europe's most significant historical periods and is often characterized by the magnificent outpouring of art, literature, and scientific developments witnessed from the 15th through the 17th centuries.

- Instructors: Katherine Reetzke, Bryan Morey, Christy Spurlock
- Day & Dates: Friday, March 27 (one session)
- Time: 2:30 – 3:30 p.m.
- Location: Kentucky Museum, 1472 Kentucky Street

Instructor Bios:

Katie Reetzke is a WKU History Professor. Bryan Morey is the KY Museum Collections Curator. Christy Spurlock is the KY Museum Education Curator.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Senior Care: Planning Before Panic

Presented by Pathways Senior Care Advisors and other trusted experts, this class will help seniors and their families make informed decisions before a crisis occurs. We will discuss proactive planning, organizing finances, understanding dementia, and exploring care options such as in-home care and senior living communities. Attendees will leave with practical guidance, clarity, and the confidence to plan with purpose.

- Instructor: Stacy Carter, Joanie Evans, Jenny Jacobs, Jenni Van Buren
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Stacy Carter is owner of Pathways Senior Care Advisors, with over 10 years' experience helping seniors transition from home to assisted living communities. She has lived in Bowling Green since 1980 and has a passion for the local community.

Joanie Evens is a Daily Money Manager with Creating Financial Order who has been a CPA and financial trainer for many years. She will lead a financial inventory workshop, and each participant will go home with a financial inventory binder. **NOTE:** The \$25 fee for the financial binder will be paid to Joanie on the day of her session.

Jenny Jacobs started Defying Dementia to work with people living with dementia. She will speak about signs, symptoms, and care strategies for coping with this disease.

Jenni Van Buren is the outreach coordinator with Timesavers Caregiving. She will discuss the differences between in-home care and home health along with how to get assistance in your home as you age.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Senior Preparedness: The Forum

This class comprises seven sessions as follows:

### Session One: Crisis Management & Self-Preparedness

Law enforcement representatives from KSP, WCSO, and BGPD discuss agency functions and citizen interaction in the crisis context.

### Session Two: Crisis Management & Self-Preparedness

Fire Department and Emergency Services discuss agency functions and citizen interaction in the crisis context.

### Session Three: Senior Wellness: Physical and Cognitive Health

Physical and cognitive well-being/anti-dementia strategies will be presented by a physical therapist and a speech language pathologist.

### Session Four: Insurance Clinic

Make sure you have proper insurance coverage in place for home, auto, and travel.

### Session Five: Senior Cybersecurity

Learn cutting edge strategies to protect yourself from digital, electronic, and AI crimes.

### Session Six: Systems Collapse: Personal Preparedness for When it Hits the Fan

Special guest Richard Duarte of Miami, Florida presents on sheltering in place and bugging out. Mr. Duarte lived through Hurricane Andrew.

### Session Seven: Practical Self-Protection

Mike Breen explains how to avoid being a crime victim in public and at home.

- Instructor and Facilitator: Mike Breen
- Day & Dates: Wednesday, April 1 – May 13 (seven sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bio:

Mike Breen has spent the last 10 years studying, planning and training for preparedness, with a focus on encountering and managing unknown contacts on the street.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Shakespeare Behind Bars: "The Tempest"

SLL's annual spring Shakespeare class will once again follow the performance schedule of the "Shakespeare Behind Bars" players at Luther Lockett prison in La Grange, Kentucky. This year the play is "The Tempest." There will be two introductory sessions at Knicely to study the play in preparation for attending the Monday, April 20 performance together. We will conclude with a final class session on April 23 to discuss our responses to the experience. You are welcome to register for the class even if you do not plan on attending the performance.

- Instructor: Lloyd Davies
- Day & Dates: Thursday, April 9 – 23 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Lloyd Davies is a retired WKU professor of literature. He has taught numerous courses for SLL, including "A Descent into the Underground," "Poetry and Birds" with Valerie Brown and "In the Garden of Poetry" with Janeen Grohsmeyer.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Something in the Air of Kentucky that Makes a Man a Soldier

Presented by a costumed living history character portraying an antebellum militia colonel, this program surveys the history of the Kentucky militia, National Guard, and related military organizations from the frontier era through the Second World War. During this time, KY troops fought a half-century war against Native Americans and their British allies, participated in all the nation's conflicts, served as domestic peacekeepers, and became cornerstones in the state's social life.

- Instructor: Nicky Hughes
- Day & Dates: Tuesday, May 5 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Nicky Hughes is former Curator of the Kentucky Military History Museum; Museums Division Manager, Kentucky Historical Society; Curator of Historic Sites, City of Frankfort, KY; WKU graduate.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Career of Dr. Kelly Thompson, President of WKU, 1955-69.

Our presenter, Justice Kelly Thompson Jr. of the Kentucky Supreme Court grew up as "Little Kelly". His father, Dr. Kelly Thompson, was known as "Big Kelly". Because Eastern Airlines had a promotion that "children fly free", Little Kelly accompanied Big Kelly on many business trips as a child. Childhood memories and observations about the growth of WKU will offer insights into the personal career of Dr. Kelly Thompson, who served as President of WKU from 1955-69.

- Instructor: Kelly Thompson
- Day & Dates: Tuesday, May 5 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kelly Thompson Jr. currently serves as a Justice on the Kentucky Supreme Court. His judicial career includes 16 years on the Kentucky Court of Appeals (2007–2023) before his election to the high court. Prior to the bench, he served as the Chief Public Advocate for the 8th Judicial District from 1976 to 1999 and was a veteran trial lawyer, conducting over 500 jury trials in state and federal courts.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Cloud Pour: A Fluid Art Technique

If you are not a master of brush strokes – don't worry, neither am I! This class is perfect for you. We will be thinning down acrylic paints to a pourable consistency to create stunning masterpieces that you will want to hang on your walls. Don't think you can do it? Sign up and let me prove you wrong!

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 15 (one session)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 to be paid at registration

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Life of a Can: Aluminum Recycling and Regional Options**

Laura Haury from Logan Aluminum, Inc. and the Metals Innovation Initiative will present information on the Life of a Can, the aluminum can life cycle and the importance of metals recycling. She will also provide an overview of the current community programs and options available for recycling and waste management in our region.

- Instructor: Laura Haury
- Day & Dates: Tuesday, April 21 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### **Instructor Bio:**

Laura Haury recently retired from Logan Aluminum where she served as Senior Environmental Engineer. She focused on water quality, waste management, and recycling/sustainability efforts and provided environmental compliance leadership to the manufacturing operations at Logan through the course of several major expansions. Laura has now taken on a new role as Sustainability Project Coordinator with Metals Innovation Initiative (MI2) in Bowling Green and now concentrates on recycling efforts and environmental education.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Magic of Radio: WWHR-FM and You Can Be on the Air!**

WWHR-FM (Revolution 91.7) has been the student-run radio station at WKU for 30 years, serving the Bowling Green area with alternative music and student talent. This two-hour class will explain how radio stations operate today generally and the specifics of WWHR-FM. In addition, we'll bring everyone into the studio with the opportunity to do a "break" live on-air! It's a chance to learn about the magic of radio behind the scenes and even become the DJ you always thought you could be!

- Instructor: Ed Cohen
- Day & Dates: Monday, April 27 (one session)
- Time: 6:00 – 8:00 p.m. (extended time)
- Location: WWHR-FM, Room 344 Jody Richards Hall, Normal Street, WKU Campus

### **Instructor Bio:**

Ed Cohen is adjunct faculty in the Department of Broadcast Communications at WKU and the faculty advisor to WWHR-FM. He has been in the broadcast business for over 40 years in important positions with major radio groups and audience measurement companies. He also writes a weekly column for an industry news website dedicated to the radio and broadcasting business. Additional instructors may include our student general manager, Rachel Comella, and our student program director, Ian Lewis.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## The Summit Process

This course explores five essential pillars of retirement, built on a simple truth: the strategies used to climb the mountain (accumulation) are vastly different from those needed to descend safely (distribution). We will provide a comprehensive roadmap covering income planning, investment planning, tax strategies, asset protection planning, and legacy planning. A workbook will be provided.

- Instructors: Allen Costellow, Caleb Costellow
- Day & Dates: Thursday, March 26 – April 16 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bios:

Allen Costellow is a licensed financial professional who can offer investment advice and insurance products and services. He has passed life, health and series 65 securities exam and is a Chartered Financial Consultant. He spends his time between his business, his farm, and traveling with his lovely wife, Glenda.

Although he started in the financial industry by following in his father's footsteps, Caleb Costellow's true inspiration comes from the ability to help clients through pivotal moments and see the positive impact financial planning can have on their lives. With 18 years' experience, he brings a wealth of expertise and a deep passion to helping his clients.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## This Is Your Life! Philosophy of Aging and the Life Review

Join Dr. Anton's undergraduate students in their Philosophy of Old Age course and learn about the Life Review process. All participants will read Elizabeth Marshall Thomas's *Growing Old: Notes on Aging with Something Like Grace*, a short, exciting, reflective autobiography of an amazing woman in her late eighties. Meet with the group weekly to discuss this author's journey living among different peoples and animal groups all over the world as she chronicled their communities and cultures. In addition, students will interview SLL members about their lives.

- Instructor: Audrey Anton
- Day & Dates: Tuesday, March 24 – April 28 (six sessions)
- Time: 12:45 – 2:05 p.m. (adjusted to WKU student class time)
- Location: Knicely Conference Center (using Zoom in the SLL classroom to join the WKU students in their classroom)
- Required: *Growing Old: Notes on Aging with Something Like Grace*

### Instructor Bio:

Audrey Anton is a Professor of Philosophy at WKU. Her research areas include Ethics, Ancient Philosophy, and Philosophical Gerontology. Before turning to philosophy, Audrey studied Gerontology as an undergraduate and spent a year on a Fulbright fellowship in the Republic of Ecuador interviewing elders about their lives and interactions with other generations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

# Travel Journals

Each session will feature a different presenter talking about their personal travels – near and far – as they share photos, stories, and more. Where will you go after hearing about their adventures? Members will register for each session individually rather than as a whole series. Days and times vary for each one.

## Travel Journal: Austria

This presentation covers a two-week trip my wife, Susan, and I took in September of 2025. We visited Vienna, the capital of Austria, Bratislava, nearby capital of Slovakia, and Salzburg, located near the border with Germany at the foot of the Alps. We will look at specific things we enjoyed the most and offer other recommendations. Please bring anything you would like to share about your own trips to this region.

- Instructor: Tim Brotherton
- Day & Dates: Tuesday, April 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired army officer and teacher. He and his wife Susan live in Auburn with two dogs. They try to go to Europe every year because they enjoy it so much. Their trip to Vienna and Salzburg was great. When not traveling, they split their time between home and Michigan to visit their children.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising East Africa and Madagascar

This program features photos of big game, lemurs, birds, and historical sites from my wonderful trip to East Africa last year.

- Instructor: Jane Barthelme
- Day & Dates: Tuesday, April 21 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jane Barthelme has been an SLL Member for 10 years and served on its Advisory Board as chair and is a current board member-at-large. She is a frequent traveler to Madagascar for lemur sightings.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband

Explore historic trade routes, get highlights of the pirates who preyed on Spanish flotillas, and learn about the modern Blue Riband race for the fastest Atlantic crossing.

- Instructor: David Keeling
- Day & Dates: Tuesday, May 5 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Exploring Spain's Mediterranean Coast

Learn about three important Spanish cities - Sevilla, Malaga, and Barcelona – as David traces their foundation and development to become classic Mediterranean destinations.

- Instructor: David Keeling
- Day & Dates: Thursday, April 23 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Sailing to Philadelphia: Peopling the Americas Before and After 1492

In this session, we follow new genetic science about the early migration routes to the Americas, the distribution of societies thereafter, and the post-1492 settlement by Europeans.

- Instructor: David Keeling
- Day & Dates: Thursday, May 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: The Land Down Under: Melbourne and Sydney

This presentation compares the evolution of Australia's two major cities and highlights their cultural and physical contexts.

- Instructor: David Keeling
- Day & Dates: Tuesday, April 21 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Three Months in New Zealand

Come along on a virtual trip through the beautiful natural landscapes of New Zealand, from tropical rainforests and thermal areas on the North Island to the Southern Alps and Fiordland of the South Island. We'll look at the history and culture of both the Māori indigenous people and the Europeans who arrived in 1642 with the Dutch explorer Abel Tasman but did not begin colonizing until the early 1800s after the voyages of Captain James Cook.

- Instructor: Judith and Tom Hoover
- Day & Dates: Tuesday, April 28 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Judith Hoover earned her Ph.D. from Indiana University. She has taught at IU, Austin Peay, Vanderbilt, Waikato University in Hamilton, New Zealand, and at WKU. She and Tom enjoy travel and gardening. Since retirement in 2007 she has published two novels, "Beyond Monongah" and "Hardship and Hope".

Tom Hoover has spent his career as an auditor, office manager, and small business owner and operator. He and Judith operate the Wren's Nest Bed and Breakfast in Russellville, KY.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Tournament of Roses Festival, Pasadena, CA

Hear all about the Tournament of Roses Festival in Pasadena, including attending the parade, band festival, and other activities. The highlight of the trip was decorating floats for the Rose Parade.

- Instructor: Molly Wilson
- Day & Dates: Thursday, March 26 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Molly Wilson retired after 42 years in public education to travel. While most trips have been international, decorating floats for the Rose Parade was a bucket list item for a long time. It finally happened!

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Understanding Your Emotions

This course offers an introduction to understanding and managing your emotions, understanding the emotions of others and the elements of CBT (cognitive behavior therapy). Your beliefs and self-talk primarily determine your emotions and are more important than the bad events you experience. You will learn this approach through guided analysis of video scenes.

- Instructor: Lynn Clark
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lynn Clark is a Professor Emeritus of Psychology who taught at WKU for 37 years. He is also a retired licensed clinical psychologist of 49 years. He has also taught at Boston University's overseas program, worked for Lifeskills, Inc. for 10 years, and done evaluations for Social Security and Vocational Rehabilitation. His books are in eight languages.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Update on BG Resource Connections Village

Most of us would prefer to stay in our homes as we age, but we face many challenges. The BG Resource Connections Village is a new non-profit group of volunteers and staff coordinating area resources for older adults who want to age in place. They will disseminate information, answer questions, and refer people to vetted service providers. Our Village is now sponsored by CREATE and has an office in the WKU Innovation Center. Lots going on!

- Instructor: Maryanne Datesman
- Day & Dates: Thursday, March 26 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Maryanne Datesman taught and administered English as a Second Language (ESL) programs at several universities. She is a founding member and the current Vice President of the BG Resource Connections Village, a non-profit organization dedicated to empowering older adults to thrive in their homes and remain active within their communities.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Watercolor Painting: A Beautiful Seaside

If you have had some experience using watercolors, you will be able to complete this frame-worthy project. You will learn to mask out a section for the sun, complete the sea and splashing waves with a graded wash, do a two-tone wash for the sky, and use a new brush (script brush) to make sweeping brush strokes for the foliage. Leaving the sand white with no paint, you will learn to spatter color on the page to create the sand. Bring your watercolor supplies.

- Instructor: Judi Adams
- Day & Dates: Wednesday, April 22 – May 13 (four sessions)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 (to be paid when signing up for this class)

### Instructor Bio:

Judi Adams is a Kentucky native earning her BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida where she taught adults for 20 years at the recreation area of The Village, a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

# **MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS**

## **Travel Meeting**

### **2026 Trip to Portugal and 2027 Trips Revealed**

**Monday, March 30, 2026, 11:00 a.m.**

**Knicely Conference Center – room 113**

***Light refreshments will be served***

It's not too late to sign up for the 2026 trip to Portugal. Join us to see and hear details about this November travel opportunity. Your SLL Board has selected two trips with Collette in 2027. The dates and details will be released at this meeting. Limited seats have been reserved for SLL members and their travel companions.

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## **LIFE AS THE KENTUCKY HEADHUNTERS AND OTHER STORIES with Greg Martin**

**Wednesday, April 15, 2026, at 5:30 p.m.**

**Knicely Conference Center – Auditorium**

***Open to SLL Members, SLL Instructors, and the Community***

Please join us for an evening with Greg Martin, lead guitarist of The Kentucky Headhunters. Hear about the history of the band, what famous musicians they have worked with, where they have performed, awards they have won, and so much more. This band that began in Edmonton, Kentucky has made its mark near and far. The band has a strong fan base, and we hope to see some of them at this event. Please help us spread the word. There is no cost to attend this event. This is a presentation; the band will not be performing.

# **SLL ADVISORY BOARD & COMMITTEES**

## **Advisory Board**

*The governing body of the SLL is the Advisory Board composed of six members elected by the general membership, with two being elected per year in rotation and serving a three-year term; board-appointed chair/co-chairs of the four standing committees; and the Program Director who serves without vote as ex-officio and is the liaison between SLL and the University.*

Cathy Fox, Chair  
Nancy Bussiere  
Libby Davies  
Jan Funk  
Ken Kuehn  
Bonnie Pinkerton  
Derek Olive, Ex-Officio

Jane Barthelme  
Becky Cann  
John Forman  
Olin Joynton  
Scott Nehm  
Timothy Simpson

## **Curriculum Committee**

*The Curriculum Committee makes course and instructor selections. They coordinate with the SLL staff to set course times and locations, edit course publication materials, and make recommendations for course costs. Any SLL member may serve on this committee.*

Libby Davies, Co-Chair  
Howard Bailey  
Mike Breen  
Jan Funk  
Bruce Hazelton  
Ernie VanHooser

Ken Kuehn, Co-Chair  
Debbie Breen  
John Forman  
Larry Gildersleeve  
David Lee

## **Finance Committee**

*The Finance Committee monitors expenses, recommends appropriate membership fees, and oversees the SLL Operating Plan – annual and long-term. Any SLL member may serve on the committee.*

Scott Nehm, Chair  
John Forman  
Bob Nylin

## **Membership Relations Committee**

*The Membership Relations Committee supports SLL by recruiting and retaining members through speaking engagements, social gatherings, day trips, events, and other activities. The committee provides opportunities for members and their guests to gather outside of spring and fall terms. These include taking tours (wineries, historic sites, breweries, church renovations, distilleries, and more), attending events as a group (concerts, performances, sporting events, etc.), and other educational and social activities. Any SLL member may serve on this committee.*

Becky Cann, Co-Chair  
Debbie Breen  
Ann Esterle  
Vicki Gregory  
Sharon Spall

Bonnie Pinkerton, Co-Chair  
Sarah Budde  
Cathy Fox  
Lynn Kinnaman

## **Volunteer Committee**

*The Volunteer Committee provides classroom assistance to instructors, helps with onsite events, and assists with activities and functions of the SLL. Assistance may be in the form of table decorations for events, taking photos during classes and events, coordinating activities with the Membership Relations Committee, and more. Any SLL member may serve on this committee.*

Nancy Bussiere, Chair  
Patsy Bowman  
Greg Bussiere  
Sidney Cann  
Lisa Dalporto  
Cathy Fox  
Deb Myers  
Ernie VanHooser

Jane Barthelme  
Valerie Brown  
Becky Cann  
Pam Coe  
John Forman  
Sue Meyer  
Bonnie Pinkerton  
Molly Wilson

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Tuesday Classes

| 9:00 – 10:30                                                                                                                                                                                                                                                                                                                                                                                           | 11:00 – 12:30                                                                                                                                                                                                                                                               | 11:00 – 1:00                                     | 12:45 – 2:05                                               | 1:30 – 3:00                                       | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5:30 – 7:00                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bird Identification and Attracting Birds</b><br>3/24-4/7<br><br><b>Habitat for Humanity</b><br>4/7 (session1)<br><br><b>A Literary Club Experience: A Walk in the Park</b><br>4/14<br><br><b>Birding in the Field</b><br>4/14-5/5<br><br><b>The Life of a Can: Aluminum Recycling and Regional Options</b><br>4/21<br><br><b>Something in the Air of Kentucky that Makes a Man a Soldier</b><br>5/5 | <b>Birds, Humans and Other Living Thing,</b><br>3/24-3/31<br><br><b>All about WKU Public Radio</b><br>4/7-4/14 (sessions 2 & 3)<br><br><b>Travel Journal: Cruising East Africa and Madagascar</b><br>4/21<br><br><b>Travel Journal: Three Months in New Zealand</b><br>4/28 | <b>My Life as a Former FBI Agent</b><br>5/5-5/12 | <b>This is Your Life: Philosophy of Aging</b><br>3/24-4/28 | <b>Apostles of Nonviolence</b><br>5/5 (session 1) | <b>Intro to Medical Ethics</b><br>3/24-3/31<br><br><b>Travel Journal: Austria</b><br>4/7<br><br><b>Current Events: From Bolivarian Independence to Socialist Collapse</b><br>4/14<br><br><b>Travel Journal: The Land Down Under</b><br>4/21<br><br><b>Current Events: Iran: From Cradle of Civilization to Regional Pariah</b><br>4/28<br><br><b>Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband</b><br>5/5<br><br><b>Current Events: What's so Special about Greenland and Why does the U.S. Want to Annex the Island?</b><br>5/12 | <b>Mahjong 101</b><br>3/24-4/14<br><br><b>A Brief History of the Motown Sound</b><br>4/21<br><br><b>A Brief History of Stax Records</b><br>4/28<br><br><b>The Career of Dr. Kelly Thompson, President of WKU 1955-1969</b><br>5/5 |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Wednesday Classes

| 9:00 – 10:30                                                                                                                              | 11:00 – 12:30                                                                                                                                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                                                                                                                     | 1:30 – 3:00                                                                                                                                                                                                                                                 | 3:30 – 5:00                                                                                                                                                             | 5:30 – 7:00                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Beginner/Intermediate Watercolor Painting Using Workbooks, 3/25-4/29</b></p> <p><b>Senior Preparedness: The Forum, 4/1-5/13</b></p> | <p><b>Beginning Plant Identification 3/25-4/8</b></p> <p><b>Bowling Green Novelists and Kentucky Settings 3/25, 4/15, 5/6</b></p> <p><b>Recent Archeological Discoveries at Pompeii 4/1-4/8</b></p> <p><b>Persuasion: Jane Austen's Great Final Novel 4/15-4/22</b></p> <p><b>Protection and Safety: Protecting Seniors from Scams and Fraud 4/22</b></p> <p><b>All about Medicare 4/29</b></p> | <p><b>Gold Leafing Basics 101 3/25-4/8</b></p> <p><b>The Cloud Pour: A Fluid Art Technique 4/15</b></p> <p><b>Watercolor: A Beautiful Seaside 4/22-5/13</b></p> | <p><b>Protection and Safety: The Scam Landscape: Staying Safe 3/25</b></p> <p><b>First Kentucky Brigade: Later the Orphan Brigade 4/1-4/8</b></p> <p><b>Understanding Your Emotions 4/15-4/22</b></p> <p><b>Apostles of Nonviolence 5/6 (session 2)</b></p> | <p><b>Basic Line Dance 3/25, 4/1, 4/15-5/13</b></p> <p><b>Is That a Harp? 3/25</b></p> <p><b>Discerning Reality: Critical Thinking and Disinformation 4/22-4/29</b></p> | <p><b>Life as The Kentucky Headhunters and Other Stories 4/15</b></p> <p><b>Fostering a Growth Mindset Using Strengths-Based Development 4/22-4/29</b></p> |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Thursday Classes

| 9:00 – 10:30                                                                                                  | 11:00 – 12:30                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                        | 1:30 – 3:00                                                                                                        | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5:30 – 7:00                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Summit Process</b><br/>3/26-4/16</p> <p><b>Senior Care: Planning Before Panic</b><br/>4/23-5/14</p> | <p><b>Update on BG Resource Connections Village</b><br/>3/26</p> <p><b>Shakespeare Behind Bars: “The Tempest”</b><br/>4/9-4/23</p> <p><b>Protection and Safety: How to Stop Scams: Pause, Check, and Protect</b><br/>4/30</p> <p><b>Get Your Kicks on Route 66</b><br/>5/14</p> | <p><b>Agatha Christie: “My Dear Mrs. Marple”</b><br/>3/26-4/30</p> | <p><b>Apostles of Nonviolence</b><br/>5/7 (session 3)</p> <p><b>Old and New: Notre Dame Cathedral</b><br/>5/14</p> | <p><b>Travel Journal: Tournament of Roses Festival Pasadena, CA</b><br/>3/26</p> <p><b>Current Events: The Monroe Doctrine Becomes the Donroe Doctrine</b><br/>4/16</p> <p><b>Canasta: The Card Game</b><br/>4/23-5/14</p> <p><b>Travel Journal: Exploring Spain's Mediterranean Coast</b><br/>4/23</p> <p><b>Current Events: The Middle East Regional Tensions</b><br/>4/30</p> <p><b>Travel Journal: Sailing to Philadelphia</b><br/>5/7</p> <p><b>Current Events: Security in the Arctic Basin</b><br/>5/14</p> | <p><b>Local Resources for Alzheimer's, Parkinson's and Seniors</b><br/>3/26</p> <p><b>Introduction to Global Literature</b><br/>4/2-5/14</p> |

# Spring 2026 SLL Course Calendar – Via Zoom and Offsite

## Monday Classes

| 9:00 – 10:30                                       | 9:00 – 11:00                                                                   | 11:00 – 12:30                      | 1:00 – 3:00                                                                                                            | 6:00 – 8:00                                                          |
|----------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Habitat for Humanity<br>4/13-4/20 (sessions 2 & 3) | Holistic Mental, Emotional<br>& Behavioral Wellbeing<br>via Zoom<br>4/6 & 4/20 | Collette Travel<br>Meeting<br>3/30 | Inside Downtown BG -<br>Yoga, Art and Wine<br>4/6<br><br>Inside Downtown BGKY -<br>Candles, Artists, and Brews<br>4/27 | The Magic of Radio:<br>WWHR-FM and You Can Be<br>on the Air!<br>4/27 |

## Friday Classes

| 9:00 – 11:00                                                   | 11:00 -12:30                                  | 1:30 – 3:00                                                           | 2:30 – 3:30                                                   |
|----------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
| Inside Downtown BG - Gems,<br>Heritage and Curiosities<br>4/10 | All about WKU Public Media<br>4/3 (session 1) | Your Health: The Fitness Facility at<br>BG Parks & Recreation<br>4/10 | Renaissance Europe Art and<br>Artifacts at the Museum<br>3/27 |



*Society for  
Lifelong Learning*

# **SPRING 2026 NEWSLETTER**

## **LOOK INSIDE TO FIND:**

- Important Dates
- All about SLL
- Membership Information
- Spring Course Guide
- Advisory Board and Committees
- Spring Course Calendar

### **Society for Lifelong Learning at WKU (SLL)**

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 or 270-745-2640 | Email: [SLL@WKU.EDU](mailto:SLL@WKU.EDU)

Website: [wku.edu/sll](http://wku.edu/sll)

# Spring Term Dates: March 23 – May 15

## REGISTRATION FOR SPRING TERM BEGINS **TUESDAY, MARCH 10<sup>th</sup> @ 8AM** (ONLINE AND IN PERSON)

### MISSION STATEMENT

*The Society for Lifelong Learning at WKU (SLL) is a university-supported membership organization whose mission is to provide opportunities for adults 50 and better to further their knowledge in both academic and recreational pursuits and to share their experiences and interests with other members.*

### Fees

**Annual Membership**                      **\$200 (Spring and Fall 2026 Terms)**

**Single Term membership**              **\$125 (Spring 2026 Term)**

*Annual and Single Term members may attend unlimited SLL classes, activities, and events. Additional fees may apply for travel programs and some course materials.*

**Flex Membership**                      **\$25 (Spring 2026 Term, plus a per-class charge)**

*Flex members pay a per-class fee (varies by course). Flex members may also attend SLL activities and events. Additional fees may apply for travel programs and some course materials.*

### WKU Masking Guidelines

Masks are optional on WKU's campus. Members of the WKU Community are encouraged to continue to engage in safety measures they feel best protect themselves, including wearing masks if they so choose.

### Locations

Most SLL classes are offered at the Knicely Conference Center, 2355 Nashville Road, Bowling Green, KY 42101. The conference center is easily accessible and has an abundance of free parking available to SLL. Some classes may take place off-site at various locations within the community.

**Join SLL or Renew your membership at [wku.edu/sll/membership.php](http://wku.edu/sll/membership.php)  
or by calling the SLL office at 270-745-1912 or 270-745-2640**

**Registration for Classes Opens**  
**Tuesday, March 10<sup>th</sup> @ 8am**  
**Spring Term Dates: March 23 – May 15**  
**Online and in person**

**VERY IMPORTANT – PLEASE READ**

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

**When Registering for Classes:**

- Some classes will be meeting at the same time; only sign up for one of them
- If a class is full, get on the waiting list in case someone drops out
- If you sign up for a class and then find you cannot attend, let us know and we will drop you from the roster
- Make a list of classes you like and review it before signing up
- Check dates and times of classes for conflicts with appointments and other obligations
- Ask us about a class if you need more information
- Get ready to have a fun term with your SLL friends!

# Spring 2026 Term Course Guide

## A Brief History of the Motown Sound

The artists, the writers, and the songs that made Motown a success will be introduced and discussed, including examples of some of the greatest hits and outstanding musicians of the era.

- Instructor: John Martin
- Day & Dates: Tuesday, April 21 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Brief History of Stax Records

This session explores the history and legacy of Stax Records. Founded in the late 1950s, Stax defined the gritty "Memphis Sound" of Southern soul.

- Instructor: John Martin
- Day & Dates: Tuesday, April 28 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

John Martin is a senior Instructor of guitar in the Music Department at WKU and a well-known local musician.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## A Literary Club Experience: A Walk in the Park

In the style of a literary club, this class will feature the book, *A Walk in the Park: The True Story of a Spectacular Misadventure in the Grand Canyon*, by Kevin Fedarko. Although the class will touch on geology, the focus will be on the author's trek through the canyon, including his initial hubris and his growing enlightenment. Reading the book will not be required. If you have visited the Colorado River's stunning landscape, bring your memories and stories to contribute to the discussion.

- Instructor: Jean Nehm
- Day & Dates: Tuesday, April 14 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Jean Nehm taught English at WKU until her retirement in 2016. She is a 31-year member of the Browning Club, one of Bowling Green's oldest literary clubs.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Agatha Christie: "My Dear Miss Marple"

Join Jane Marple as she knits, sips tea, and enjoys homemade wine while solving six murders in her 'fluffy' manner. Each session will showcase one actress in one film. Each week, class members will receive an info packet highlighting the upcoming actress and film. No reading will be required, but books will be available for borrowing.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, March 26 – April 30 (six sessions)
- Time: 1:00 – 3:00 (NOTE: this is an extended time class)
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton is a retired secondary school teacher. This will be her third discussion in the Agatha Christie series. As a long time SLL enthusiast, she eagerly looks forward to each term, especially sharing the Agatha Christie legacy.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## All about Medicare

This class will present an overview of Medicare parts A, B, C & D including the enrollment periods and the various plan options. The information in this class will smooth the process for an individual signing on for the first time and be helpful to Medicare veterans as well.

- Instructor: Kim Fry Johnson
- Day & Dates: Wednesday, April 29 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kim Fry Johnson has worked in the insurance industry for 25 years, including with Cigna as a manager for 13 years. She is the owner of Medicare Plan Advisor, LLC.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## All about WKU Public Media

Attendees will learn about their local PBS and NPR affiliate station and the inner workings of television and radio broadcasting. From the history of WKU Public Media, to basic camera operation and producing local news articles, this course will provide insight into all things WKU Public Media!

- Instructor: Elizabeth Bates
- Day & Dates: Friday, April 3(session one); Tuesday, April 7 – 14 (sessions two and three)
- Time: 11:00 – 12:30 (all sessions)
- Locations: WKU Public Media, Academic Complex Room 243 (session one)  
Knicely Conference Center (sessions two and three)

Instructor Bio:

Elizabeth Bates is WKU Public Media's Member Services Manager, assisting donors, planning community events, tracking donations, and more. She graduated from WKU in 2019 with a degree in Broadcasting. While with WKU Public Media she has led initiatives such as One Small Step, which seeks to bring the community together despite our many differences.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Apostles of Nonviolence

Leo Tolstoy, Mohandas Gandhi, and Martin Luther King Jr. represent a historical lineage of nonviolent resistance to social and political injustice. This continuity is marked by Gandhi's correspondence with Tolstoy and King's later pilgrimage to India to honor Gandhi. While their methods aligned, how did their individual philosophies differ, and where did their distinct rationales converge?

- Instructor: Olin Joynton
- Day & Dates: Tuesday – Thursday, May 5 – 7 (three sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** all sessions will meet in the same week

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before becoming president of Alpena Community College in Michigan in 2004. After retiring in 2015 he and his wife Patricia have roamed to be near family, and are currently enjoying life in Poplar Bluff, MO.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Basic Line Dance

This class features the most popular dances performed at musical and festive events, including the Electric Slide, Cupid Shuffle, and Mustang Sally. Beyond the music, participants will discover how line dancing serves as a group activity that promotes both mental and physical fitness. Come learn the basics and join the fun!

- Instructor: Belle Rush
- Day & Dates: Wednesday, March 25, April 1, April 15- May 13 (seven sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** this class does not meet on April 8th

Instructor Bio:

Belle Rush is a retired teacher and WKU alumna who is officially "all-in" on pickleball. She spends her days balancing family life with her quest to stay active and keep her brain cells firing.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

## **Beginner/Intermediate Watercolor Painting using Workbooks**

Join us for a fun and relaxing watercolor class using watercolor workbooks. Each workbook will have 12 projects that include step-by-step instructions, suggestions for a color palette, and outlined sketches on watercolor paper. Each week, you will complete one project in class, with additional instructions on techniques. One project will be assigned as homework. This course is appropriate for beginner or intermediate painters.

- Instructor: Sonia Young
- Day & Dates: Wednesday, March 25 – April 29 (six sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center
- Supply Fee: \$20 (watercolor workbook and paints) to be paid at registration

Instructor Bio:

Sonia Young is a physical therapist and professor of Physical Therapy at WKU. Outside the classroom, she channels her creativity into watercolor painting and pottery. She enjoys sharing her artistic skills with others and designs fun and accessible approaches for art classes.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

## **Beginning Plant Identification**

We will examine samples of plants in class to determine how to classify and identify some of our local species of trees, bushes, and wildflowers. Participants are invited to join free nature hikes on Tuesdays and Thursdays at Mammoth Cave National Park. More details will be given in class.

- Instructor: Steve Kistler
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Steve Kistler is a retired science teacher and a lifelong naturalist. He maintains a nature website, the Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing at every opportunity.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## **Bird Identification and Attracting Birds**

In class, participants will learn how to identify Kentucky birds using distinguishing field marks and behaviors. Ways to attract birds to your backyard will be included.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, March 24 – April 7 (three sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio: Knicely Conference Center

Blaine Ferrell is Dean Emeritus of Ogden College of Science and Engineering at WKU. He has served as President of the Kentucky Academy of Science and the Kentucky Ornithological Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Birding in the Field

The class will visit several local sites including Mammoth Cave National Park to search for birds. The first session meets at Knicely Conference Center at the regular class time and thereafter will meet earlier at designated locations.

- Instructor: Blaine Ferrell
- Day & Dates: Tuesday, April 14 – May 5 (four sessions)
- Time: 9:00 a.m. (session one); earlier times thereafter at offsite locations
- Location: Knicely Conference Center (session one) and offsite (sessions two, three, and four)

Instructor Bio:

Blaine Ferrell has been a member of Kentucky Ornithological Society for 50 years and has served as president. He has taught ornithology and annually participates as well as leads the local Christmas Bird and Breeding counts with the Audubon Society.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Birds, Humans, and Other Living Things Along the Border

During two different visits to the Rio Grande Valley of Texas March/April 2019 and Nov 2019/Feb 2020, Lisa Dalporto and John Forman volunteered with the Catholic Charities Humanitarian Respite Center based in McAllen, Texas. Their time there was an incredibly difficult, rewarding, and eye-opening experience. The presenters will discuss the inspiration behind their return for a second term and reflect on how their journey evolved far beyond their original expectations.

- Instructor: Lisa Dalporto, John Forman
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Dalporto has worked as a nurse-midwife, wellness director, and counselor for incarcerated people. Her travel experiences include Africa, and Europe as well as United States border areas.

John Forman, a retired engineer, worked for Kaiser, ALCOA, and Logan Aluminum. His travels via plane, boats, caravans, and bicycles include Africa, routes to Alaska, US national parks, and border lands of the United States.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Bowling Green Novelists and Kentucky Settings

Three Bowling Green writers will lead discussions of their recent novels, with a particular emphasis on the local and regional settings that inspired their fictional worlds. Participants will read *The Evolution of the Gospelettes* by Tammy Oberhausen for session one, *Try Not to Breathe* by David Bell for session two, and *The Chaperone* by M Hendrix for session three. The sessions are spread out during the term to allow plenty of reading time before each one.

- Instructors: Tammy Oberhausen, David Bell, Molly McCaffrey
- Day & Dates: Wednesday, March 25, April 15, and May 6 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center
- Book Fee: \$40 (three novels) to be paid at registration

Instructor Bio:

Tammy Oberhausen is a graduate of WKU and holds an MFA in Creative Writing from Spalding University. Her first novel, *The Evolution of the Gospelettes*, was named a Foreword INDIES Book of the Year in 2025.

David Bell is the New York Times bestselling author of seventeen novels and professor of English at WKU.

M Hendrix is the award-winning author of *The Chaperone*, *You Belong to Us*, and *How to Survive Graduate School*. She earned her MA from Miami University and her PhD from the University of Cincinnati.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Canasta: The Card Game

Canasta card-game fun begins with four players per table. Participants will receive a sheet of simple rules to follow during play and each table will have an experienced player to guide them on this adventure. Both new to the game and experienced players, will find enjoyment. Session one will cover explanation of play with exposed hand practice play. Session two will review, have Q & A, learn about scoring, and play with unexposed hands. Sessions three and four will be for enhancing your scores while playing for fun.

- Instructor: Sandra Hazelton
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton has hosted game events for SLL, family, and friends and enjoys the camaraderie as well as challenges of game playing. She and friends will guide participants through the rules of canasta. Guest helper/ volunteers will be introduced at the beginning of session one. Helpers: Susan Moran, Barbara Ehling, Blinda Burchard and Sandy Otto.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Current Events Series

*This new series will cover six major current events topics. Members will sign up for each topic individually when registering for classes.*

Instructor: David Keeling

Day, Date, and Time: See individual sessions below

Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

## Current Events: From Bolivarian Independence to Socialist Collapse: The Venezuela Sagas

This class traces the geo-historical development of Venezuela from Spanish Colonial territory, through independence, and to the current political environment of social disorder.

- Day & Dates: Tuesday, April 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Current Events: The Monroe Doctrine Becomes the Donroe Doctrine: Implications for Latin America

This class session will examine the current relationships between the U.S. and Latin America in the context of recent geopolitical events in the region.

- Day & Dates: Thursday, April 16 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Iran: From Cradle of Civilization to Regional Pariah**

We will trace the rise of ancient Persia to modern Iran, the Islamic revolution, and the country's role in regional affairs.

- Day & Dates: Tuesday, April 28 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: The Middle East: Regional Tensions, Israel, Iran, and Proxy Conflicts**

Come and join us as we examine the contemporary Middle East in the aftermath of the ongoing Israeli War, the role of theocracy, and threats from regional actors.

- Day & Dates: Thursday, April 30 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: What's so Special about Greenland and Why does the U. S. want to Annex the Island?**

We will follow the rise of current rhetoric about acquiring Greenland, why it is considered "vital to U.S. security," and what the long-term implications might be of this policy.

- Day & Dates: Tuesday, May 12 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

### **Current Events: Security in the Arctic Basin: Geopolitical Arguments about Control of the Region**

Participants will explore the perceived importance of the Arctic Basin by surrounding countries, and why security concerns have become the driving force of regional geopolitics.

- Day & Dates: Thursday, May 14 (one session)
- Time: 3:30 – 5:00 p.m.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## Discerning Reality: Critical Thinking and Disinformation

How do we sift fact from fiction in a world that bombards us with information? This course will help to develop the critical thinking skills necessary to navigate news, advertising, and political discourse. We will examine the psychology of money, consumer manipulation, and the misleading narratives found in mainstream and social media, empowering you to analyze information objectively and identify modern scams.

- Instructor: Matt Foraker
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Matt Foraker conducts statistical research at WKU for the Institutional Research Department. He has taught a variety of math courses for the Department of Mathematics and a course in critical thinking and discerning reality for the Honors College at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## First Kentucky Brigade, Later Known as the "Orphan Brigade" 1861-65

Leading up to the Civil War, Kentuckians navigated a path between union sides, rebel sides, and mediation. Both houses of the legislature voted for neutrality in May 1861. Once the war began, many regiments were organized, both blue and gray. This class will explore the rise of the First Kentucky Brigade, led by former Vice President John C. Breckinridge. We will examine the roots, key battles, and personal stories of the men in this legendary unit – better known to history as the "Orphan Brigade."

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling around the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history shows and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## For Your Health: The Fitness Facility at BG Parks and Recreation

Join us for a tour of the BGPR Fitness Facility, a state-of-the-art center with something for every fitness level. Explore our cardio and exercise machines, free weights, racquetball courts, and saunas, and learn more about our fitness classes, including the popular *SilverSneakers* program. Your visit will include brief demonstrations and a presentation on the vital role of strength, flexibility, and cardio health in maintaining an active lifestyle as we age.

- Instructors: Frank Lamanna, Derick Fair
- Day & Dates: Friday, April 10 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: BG Parks & Rec Offices and Gymnasium, 225 East 3<sup>rd</sup> Avenue

Instructor Bios:

Frank Lamanna is a Certified Personal Trainer and *SilverSneakers* instructor. He started his career in California and has managed our BG city program for more than twenty years. Derick Fair is a Certified Personal Trainer and Fitness Coordinator at the facility.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Fostering Personal Growth Through Strengths-based Development

Participants in this class will discover a revolutionary path to personal growth using their CliftonStrengths Assessment results. Developed by Gallup, this tool identifies your natural patterns of thinking, feeling, and behaving. Unlike traditional personality tests that focus on fixing weaknesses, CliftonStrengths is rooted in positive psychology; it identifies your innate talents and helps you focus on what you already do best. By learning to tap into these natural strengths, you will become a more efficient, confident, self-directed and hopeful version of yourself.

- Instructor: Phil Eason
- Day & Dates: Wednesday, April 22 – 29 (two sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- NOTE: Participants will also pay a discounted (\$20) fee to complete an online CliftonStrengths Assessment (to be paid online by each participant before taking the assessment)

### Instructor Bio:

Phil Eason earned his undergraduate degree from WKU and has held numerous leadership positions throughout his career, including teacher, football coach, high school principal, and motivational speaker. As a Gallup-Certified Strengths Coach, he has developed and led various workshops on using a strengths-based approach for personal and professional growth.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Get Your Kicks on Route 66

As the song goes, "It winds from Chicago to LA, more than 2,000 miles all the way. Get your kicks on Route 66." Commissioned in 1926, "The Mother Road" (also known as "The Main Street of America") offered an adventure through our nation's rich history and geography. This class features a wealth of photos and some interesting stories – the good, bad, and ugly. Come take another look at America!

- Instructor: Michael Trapasso
- Day & Dates: Thursday, May 14 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Michael Trapasso is Professor Emeritus of Geography and Curator of the College Heights Weather Instrument Museum at WKU. Having walked all seven continents, he has photographed significant and enigmatic geographical sites. He has traveled to all 50 states studying the geography and history of our country as well.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

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## Gold Leafing Basics 101

The ancient art of gold leafing is used in current times on selected art objects. It can be applied to wood, cardboard, concrete, large jewelry, plastic, ceramics, or small frames, so carefully choose the item you want to use and bring it to the first session for approval. You will also need newspaper to put under your work, scissors, and a microfiber buffing cloth.

- Instructor: Judi Adams
- Day & Dates: Wednesday, March 25 – April 8 (three sessions)
- Time: 1:00 – 3:00 p.m. (extended class time)
- Location: Knicely Conference Center
- Supply Fee: \$12 to be paid at registration

Instructor Bio:

Judi Adams is a Kentucky native who earned a BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida teaching 20 years at the recreation area of The Villages, Florida teaching adults. The Villages is a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Habitat for Humanity: What is it? How does it work?

For 36 years in Bowling Green and 50 years worldwide, Habitat for Humanity has helped families build strength, stability, and self-reliance through homeownership. This course explores the local housing crisis, how Habitat selects homeowners, and the innovative ways homes are funded and built. Participants will gain first-hand insight into why community involvement is essential to Habitat's success.

- Instructor: Brent Oglesbee
- Day & Dates: Tuesday, April 7 (session one), Monday, April 13 – 20 (sessions two and three)
- Time: 9:00 – 10:30 a.m. (all sessions)
- Location: Knicely Conference Center (session one), Habitat site, Regis O'Connor Blvd (sessions two and three)

Instructor Bio:

Brent Oglesbee is Professor Emeritus in the WKU Department of Art. He has had the honor of working as a Core Volunteer at Habitat for three years and believes others would appreciate the experience if given the opportunity to learn about and help this organization.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Holistic Mental, Emotional & Behavioral Well-being

This course will focus on the systemic nature of our mental, emotional, and relational well-being. Students will learn how their nervous, endocrine, immune, and muscular skeletal systems interact to shape and sustain mental, emotional, and behavioral patterns. By introducing a "whole-systems" science model, the course provides practical lifestyle tools designed to enhance bio-psycho-social-spiritual health.

- Instructor: Jill Sauerheber
- Day & Dates: Monday, April 6, and April 20 (two sessions)
- Time: 9:00 – 11:00 (extended time)
- Location: via Zoom from home to join this class. Zoom link will be emailed to each registrant.

Instructor Bio:

Jill Sauerheber has been a licensed professional clinical counselor since 1999 and a college professor since 2004. She is certified in EMDR and Brainspotting, a Somatic Experiencing Practitioner, and a Certified Brain Health Professional. She is also trained through the Institute of Functional Medicine. She has presented at international, national and regional conferences since 2000.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Inside Downtown BGKY Series: Craft, Culture and Community

*Discover Downtown Bowling Green through an exclusive SLL experience. These three behind-the-scenes classes invite participants into seven unique downtown businesses to create, taste, and build alongside local experts. Each two-hour class rotates small groups through immersive activities. Every class offers hands-on learning and a take-home creation capturing downtown's creativity, craft, and community.*

**NOTE:** Due to the small enrollment size of these three downtown sessions, we ask that you only register for one to allow as many of our members to enjoy what downtown has to offer.

## Inside Downtown BGKY: Yoga, Art, and Wine

For this class, participants will enjoy a mini health and well-being session at Lucky Dog Yoga, a custom private frame shop tour at Barbara Stewart Interiors, and a walking/tasting tour at Bowling Green's smallest wine shop, Staircase Wine Shop.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 6 (one session)
- Time: 1:00 – 3:00 p.m.
- Location: Downtown BG
- Supply Fee: There is a \$5 wine tasting fee to be paid directly to the wine shop on the day of this class.
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into three groups of six and rotate from one of the experiences to the next every 30 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Gems, Heritage, and Curiosities

For this class, participants will take a metalworking shop and BG heritage tour of historic items at Morris Jewelry. Then the owners of the Amothecary oddities retail shop will demonstrate artful bug-pinning and mounting.

- Facilitator: Telia Butler
- Day & Dates: Friday, April 10 (one session)
- Time: 9:00 – 11:00 (extended time)
- Location: Downtown BG
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Inside Downtown BGKY: Candles, Artists, and Brews

This class will include candle pouring at Candle Makers on the Square followed by a mini brewery tour and beer sampling at White Squirrel Brewery.

- Facilitator: Telia Butler
- Day & Dates: Monday, April 27 (one session)
- Time: 1:00 – 3:00 (extended time)
- Location: Downtown BG
- Supply Fee: There is a \$10 fee for the candle pouring and a \$10 beer sampling fee (each to be paid to the businesses on the day of class)
- **NOTE:** Class Size is limited to eighteen participants. You will be divided into two groups of nine and rotate from one of the experiences to the next every 45 minutes to allow all to visit each location.

Instructor Bio:

Organized by Telia Butler who is the Downtown Development Coordinator for the city of Bowling Green.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Intro to Medical Ethics

This two-session class examines four moral theories: Utilitarianism, Deontology, Virtue ethics, and Care ethics and four principles of Medical Ethics: Autonomy, Beneficence, Non-maleficence, and Justice. Participants will discuss the application of these theories and principles to case studies.

- Instructor: Katy Attanasi Barker
- Day & Dates: Tuesday, March 24 – 31 (two sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker earned her doctorate at Vanderbilt in Religion (Christian Ethics) in 2009. She has taught in various settings in higher education and worked in church and non-profit organizations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Introduction to Global Literature

This course utilizes short stories, poems, and a novel to explore global culture through literature. It offers an excellent opportunity to discuss narratives from various countries, fostering rich dialogue about different cultural contexts and experiences. Students will learn to think critically within a global framework, examining how literature reflects and shapes identities.

- Instructor: Birhanu Gessese
- Day & Dates: Thursday, April 2 – May 14 (seven sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center
- Required: *Thousand Cranes* by Yasunari Kawabata (students purchase own copy online or in store)

Instructor Bio:

Birhanu “Mr. G” Gessese is a scholar and creative writer from Addis Ababa, Ethiopia. He has an M.F.A. in Creative Writing from WKU and a B.A. in English Literature from Kenyon College. Drawing from his diasporic experiences, his works explore the delicate and entwined relationship between language and identity. He is currently a part-time instructor in the Department of English at WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Is that a Harp?

Come learn the basics of the lovely harp: how it works, its sound and method of tuning, and what it adds to an orchestra. A live demonstration will be included.

- Instructor: Katy Attanasi Barker
- Day & Dates: Wednesday, March 25 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Katy Attanasi Barker has been a harpist for several decades, performing at everything from birthday parties to weddings to high-profile special events. The most notable venue of her career was the U. S. Supreme Court , where she performed for the Horatio Alger Award.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Local Resources for Alzheimer's, Parkinson's and Seniors

This session provides an overview of community resources for those navigating Alzheimer's and Parkinson's. Participants will receive a list of local contacts and practical guidance on how to access support. We will also dedicate time to discussing the vital needs of caregivers.

- Instructor: Jill Steffey
- Day & Dates: Thursday, March 26 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jill Steffey is the founder of Pieces of Hope Movement and Memory Center. She is a personal trainer certified in Alzheimer's and Parkinson's. Part of her ministry is to provide resources for caregivers.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Mahjong 101

Mahjong 101 is a fun, beginner-friendly course that introduces the basics of American Mahjong in a relaxed social setting. You will learn the tiles, rules, and rhythm of the game through instruction and guided play, along with a brief look at its history.

- Instructor: Mary Lynn Wooters
- Day & Dates: Tuesday, March 24 – April 14 (four sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Mary Lynn Wooters has lived in Bowling Green for eight years. A former schoolteacher and active volunteer in her children's schools, she now volunteers locally, hosts a monthly book club, and teaches Mahjong.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

**Spring Term Dates: March 23 – May 15**

## **My Life as a Former FBI Agent: Dateline, a Book, and a Movie**

A retired FBI Special Agent will recount his role in what was, at the time, the largest price-fixing investigation in Bureau history! This high-stakes case—featured on Dateline NBC—inspired both a true-crime book and the 2009 movie, *The Informant!* starring Matt Damon. In the first session, we will screen the film (runtime: 1 hour 41 minutes); you are welcome to bring a lunch or snack to enjoy during the viewing. The second session features retired lead agent Brian D. Shepherd, who will share his firsthand experiences and insights from the investigation.

- Instructor: Brian Shepherd
- Day & Dates: Tuesday, May 5 – 12 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Brian D. Shepherd, a retired FBI Special Agent, was born in Kankakee, Illinois, and is a graduate of Northern Illinois University. He joined the FBI in 1972, graduating as a Special Agent in 1976.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## **Old and New: Notre Dame Cathedral**

Following the catastrophic April 15, 2019 fire that destroyed Notre Dame's spire and roof, the ambitious \$1 billion restoration involved more than 2,000 global artisans. While the cathedral officially reopened to the public on December 8, 2024, critical work continues. This session presents the final stages of the reconstruction, which is scheduled for completion this year.

- Instructor: Krystol Stinson
- Day & Dates: Thursday, May 14 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **Persuasion: Jane Austen's Great Final Novel**

Join us to discuss key aspects of Austen's *Persuasion* (1817). We will look into the Regency time period, including social classes, economics for women, the military role of several characters, and historical guideposts. The two sessions will explore background and context, followed by a dive into favorite passages of the novel.

- Instructor: Tim Brotherton
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Army infantry officer and teacher in the English Department at WKU. Currently, he lives with his wife and two dogs in Auburn, Kentucky. When not traveling in the US and Europe, they split their time between Michigan and Kentucky. Tim enjoys military history and investigating military topics.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

# Protection and Safety Series: Scams, Fraud, Identity Theft and More

*We are all targets for invasions that can harm us – physically, mentally, financially, and worse. These three classes will equip you to be better prepared for what may come your way at any moment. Knowledge is stronger than fear. Get prepared now.*

## Protection and Safety: The Scam Landscape: Staying Safe

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you with resources and tools to help spot and avoid these risks. You have the power to fight back. This class will arm you with the latest information to protect you and your family.

- Instructor: Gary Adkins
- Day & Dates: Wednesday, March 25 (one session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Gary Adkins is the AARP KY State President, a former Assistant Commonwealth Attorney, a former staff attorney for KY Dept of Financial Institutions, a former adjunct faculty for Morehead State University, a U. S. Army veteran, and trained attorney with the North American Securities Administration Association on litigation skills.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: Protecting Seniors from Scams and Fraud

This class will include information about services offered by the Attorney General division of Senior Protection and Mediations. What were the most common scam, fraud, and identify theft tactics used in Kentucky and the USA in 2025? Learn how to protect yourself and what steps to take if you or a loved one are a victim.

- Instructor: Shellie May
- Day & Dates: Wednesday, April 22 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Shellie May is the Executive Director of the Office of Senior Protection and Mediations in the Kentucky Attorney General's Office. She assists consumers with scams, fraud, and identity theft; conducts workshops and seminars for senior citizen groups, businesses, and civic organizations on these crucial issues; and educates Kentuckians on their rights and responsibilities. She has over 20 years of advocating on behalf of those in need.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Protection and Safety: How to Stop Scams: Pause, Check, and Protect

Learn how to recognize and avoid scams before they cost you time, money, and personal information. We will cover common scams, key warning signs, and how scammers try to gain your trust. You'll learn why it's important to pause, check, and protect before taking action and when and where to report scams.

- Instructor: Tasha Stewart
- Day & Dates: Thursday, April 30 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tasha Stewart is the information officer at the KY Department of Financial Institutions. She works to encourage sound financial decisions through education and empowerment. She also serves as the secretary for the KY Jumpstart Coalition and serves on two North American Securities Administration Association Committees. She is passionate about helping Kentuckians protect their hard-earned money.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Recent Archaeological Discoveries at Pompeii

Come find out about the fascinating discoveries made at Pompeii in the last three years. Ongoing excavations continue to reveal more about life in ancient Rome both before and after the devastating eruption of Mount Vesuvius in 79 AD.

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 1 – 8 (two sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

**WKU'S SPRING BREAK IS March 16-20. WKU OFFICES WILL BE CLOSED WEDNESDAY – FRIDAY, MARCH 18-20. IN PERSON REGISTRATIONS WILL NOT BE AVAILABLE, ONLY ONLINE DURING THOSE THREE DAYS. REGISTRATIONS WILL BE MONITORED DURING THE CLOSING. YOUR PATIENCE AND UNDERSTANDING ARE APPRECIATED.**

## Renaissance Europe Art and Artifacts at the Museum

Join WKU History Professor Dr. Katherine Reetzke, KY Museum Collections Curator Bryan Morey and Education Curator Dr. Christy Spurlock for an up-close exploration of an amazing collection of art and artifacts from Renaissance Europe. The Renaissance was one of Europe's most significant historical periods and is often characterized by the magnificent outpouring of art, literature, and scientific developments witnessed from the 15th through the 17th centuries.

- Instructors: Katherine Reetzke, Bryan Morey, Christy Spurlock
- Day & Dates: Friday, March 27 (one session)
- Time: 2:30 – 3:30 p.m.
- Location: Kentucky Museum, 1472 Kentucky Street

Instructor Bios:

Katie Reetzke is a WKU History Professor. Bryan Morey is the KY Museum Collections Curator. Christy Spurlock is the KY Museum Education Curator.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Senior Care: Planning Before Panic

Presented by Pathways Senior Care Advisors and other trusted experts, this class will help seniors and their families make informed decisions before a crisis occurs. We will discuss proactive planning, organizing finances, understanding dementia, and exploring care options such as in-home care and senior living communities. Attendees will leave with practical guidance, clarity, and the confidence to plan with purpose.

- Instructor: Stacy Carter, Joanie Evans, Jenny Jacobs, Jenni Van Buren
- Day & Dates: Thursday, April 23 – May 14 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Stacy Carter is owner of Pathways Senior Care Advisors, with over 10 years' experience helping seniors transition from home to assisted living communities. She has lived in Bowling Green since 1980 and has a passion for the local community.

Joanie Evens is a Daily Money Manager with Creating Financial Order who has been a CPA and financial trainer for many years. She will lead a financial inventory workshop, and each participant will go home with a financial inventory binder. **NOTE:** The \$25 fee for the financial binder will be paid to Joanie on the day of her session.

Jenny Jacobs started Defying Dementia to work with people living with dementia. She will speak about signs, symptoms, and care strategies for coping with this disease.

Jenni Van Buren is the outreach coordinator with Timesavers Caregiving. She will discuss the differences between in-home care and home health along with how to get assistance in your home as you age.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## Senior Preparedness: The Forum

This class comprises seven sessions as follows:

### Session One: Crisis Management & Self-Preparedness

Law enforcement representatives from KSP, WCSO, and BGPD discuss agency functions and citizen interaction in the crisis context.

### Session Two: Crisis Management & Self-Preparedness

Fire Department and Emergency Services discuss agency functions and citizen interaction in the crisis context.

### Session Three: Senior Wellness: Physical and Cognitive Health

Physical and cognitive well-being/anti-dementia strategies will be presented by a physical therapist and a speech language pathologist.

### Session Four: Insurance Clinic

Make sure you have proper insurance coverage in place for home, auto, and travel.

### Session Five: Senior Cybersecurity

Learn cutting edge strategies to protect yourself from digital, electronic, and AI crimes.

### Session Six: Systems Collapse: Personal Preparedness for When it Hits the Fan

Special guest Richard Duarte of Miami, Florida presents on sheltering in place and bugging out. Mr. Duarte lived through Hurricane Andrew.

### Session Seven: Practical Self-Protection

Mike Breen explains how to avoid being a crime victim in public and at home.

- Instructor and Facilitator: Mike Breen
- Day & Dates: Wednesday, April 1 – May 13 (seven sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bio:

Mike Breen has spent the last 10 years studying, planning and training for preparedness, with a focus on encountering and managing unknown contacts on the street.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$63*

## Shakespeare Behind Bars: "The Tempest"

SLL's annual spring Shakespeare class will once again follow the performance schedule of the "Shakespeare Behind Bars" players at Luther Lockett prison in La Grange, Kentucky. This year the play is "The Tempest." There will be two introductory sessions at Knicely to study the play in preparation for attending the Monday, April 20 performance together. We will conclude with a final class session on April 23 to discuss our responses to the experience. You are welcome to register for the class even if you do not plan on attending the performance.

- Instructor: Lloyd Davies
- Day & Dates: Thursday, April 9 – 23 (three sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

### Instructor Bio:

Lloyd Davies is a retired WKU professor of literature. He has taught numerous courses for SLL, including "A Descent into the Underground," "Poetry and Birds" with Valerie Brown and "In the Garden of Poetry" with Janeen Grohsmeyer.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$27*

## Something in the Air of Kentucky that Makes a Man a Soldier

Presented by a costumed living history character portraying an antebellum militia colonel, this program surveys the history of the Kentucky militia, National Guard, and related military organizations from the frontier era through the Second World War. During this time, KY troops fought a half-century war against Native Americans and their British allies, participated in all the nation's conflicts, served as domestic peacekeepers, and became cornerstones in the state's social life.

- Instructor: Nicky Hughes
- Day & Dates: Tuesday, May 5 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Nicky Hughes is former Curator of the Kentucky Military History Museum; Museums Division Manager, Kentucky Historical Society; Curator of Historic Sites, City of Frankfort, KY; WKU graduate.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Career of Dr. Kelly Thompson, President of WKU, 1955-69.

Our presenter, Justice Kelly Thompson Jr. of the Kentucky Supreme Court grew up as "Little Kelly". His father, Dr. Kelly Thompson, was known as "Big Kelly". Because Eastern Airlines had a promotion that "children fly free", Little Kelly accompanied Big Kelly on many business trips as a child. Childhood memories and observations about the growth of WKU will offer insights into the personal career of Dr. Kelly Thompson, who served as President of WKU from 1955-69.

- Instructor: Kelly Thompson
- Day & Dates: Tuesday, May 5 (one session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Kelly Thompson Jr. currently serves as a Justice on the Kentucky Supreme Court. His judicial career includes 16 years on the Kentucky Court of Appeals (2007–2023) before his election to the high court. Prior to the bench, he served as the Chief Public Advocate for the 8th Judicial District from 1976 to 1999 and was a veteran trial lawyer, conducting over 500 jury trials in state and federal courts.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## The Cloud Pour: A Fluid Art Technique

If you are not a master of brush strokes – don't worry, neither am I! This class is perfect for you. We will be thinning down acrylic paints to a pourable consistency to create stunning masterpieces that you will want to hang on your walls. Don't think you can do it? Sign up and let me prove you wrong!

- Instructor: Krystol Stinson
- Day & Dates: Wednesday, April 15 (one session)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 to be paid at registration

Instructor Bio:

Krystol Stinson was active in the US Navy and now, does what she wants to do. In 2013, she earned a degree in creative writing and history from WKU.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Life of a Can: Aluminum Recycling and Regional Options**

Laura Haury from Logan Aluminum, Inc. and the Metals Innovation Initiative will present information on the Life of a Can, the aluminum can life cycle and the importance of metals recycling. She will also provide an overview of the current community programs and options available for recycling and waste management in our region.

- Instructor: Laura Haury
- Day & Dates: Tuesday, April 21 (one session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### **Instructor Bio:**

Laura Haury recently retired from Logan Aluminum where she served as Senior Environmental Engineer. She focused on water quality, waste management, and recycling/sustainability efforts and provided environmental compliance leadership to the manufacturing operations at Logan through the course of several major expansions. Laura has now taken on a new role as Sustainability Project Coordinator with Metals Innovation Initiative (MI2) in Bowling Green and now concentrates on recycling efforts and environmental education.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## **The Magic of Radio: WWHR-FM and You Can Be on the Air!**

WWHR-FM (Revolution 91.7) has been the student-run radio station at WKU for 30 years, serving the Bowling Green area with alternative music and student talent. This two-hour class will explain how radio stations operate today generally and the specifics of WWHR-FM. In addition, we'll bring everyone into the studio with the opportunity to do a "break" live on-air! It's a chance to learn about the magic of radio behind the scenes and even become the DJ you always thought you could be!

- Instructor: Ed Cohen
- Day & Dates: Monday, April 27 (one session)
- Time: 6:00 – 8:00 p.m. (extended time)
- Location: WWHR-FM, Room 344 Jody Richards Hall, Normal Street, WKU Campus

### **Instructor Bio:**

Ed Cohen is adjunct faculty in the Department of Broadcast Communications at WKU and the faculty advisor to WWHR-FM. He has been in the broadcast business for over 40 years in important positions with major radio groups and audience measurement companies. He also writes a weekly column for an industry news website dedicated to the radio and broadcasting business. Additional instructors may include our student general manager, Rachel Comella, and our student program director, Ian Lewis.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

**Spring Term Dates: March 23 – May 15**

## The Summit Process

This course explores five essential pillars of retirement, built on a simple truth: the strategies used to climb the mountain (accumulation) are vastly different from those needed to descend safely (distribution). We will provide a comprehensive roadmap covering income planning, investment planning, tax strategies, asset protection planning, and legacy planning. A workbook will be provided.

- Instructors: Allen Costellow, Caleb Costellow
- Day & Dates: Thursday, March 26 – April 16 (four sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

### Instructor Bios:

Allen Costellow is a licensed financial professional who can offer investment advice and insurance products and services. He has passed life, health and series 65 securities exam and is a Chartered Financial Consultant. He spends his time between his business, his farm, and traveling with his lovely wife, Glenda.

Although he started in the financial industry by following in his father's footsteps, Caleb Costellow's true inspiration comes from the ability to help clients through pivotal moments and see the positive impact financial planning can have on their lives. With 18 years' experience, he brings a wealth of expertise and a deep passion to helping his clients.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

## This Is Your Life! Philosophy of Aging and the Life Review

Join Dr. Anton's undergraduate students in their Philosophy of Old Age course and learn about the Life Review process. All participants will read Elizabeth Marshall Thomas's *Growing Old: Notes on Aging with Something Like Grace*, a short, exciting, reflective autobiography of an amazing woman in her late eighties. Meet with the group weekly to discuss this author's journey living among different peoples and animal groups all over the world as she chronicled their communities and cultures. In addition, students will interview SLL members about their lives.

- Instructor: Audrey Anton
- Day & Dates: Tuesday, March 24 – April 28 (six sessions)
- Time: 12:45 – 2:05 p.m. (adjusted to WKU student class time)
- Location: Knicely Conference Center (using Zoom in the SLL classroom to join the WKU students in their classroom)
- Required: *Growing Old: Notes on Aging with Something Like Grace*

### Instructor Bio:

Audrey Anton is a Professor of Philosophy at WKU. Her research areas include Ethics, Ancient Philosophy, and Philosophical Gerontology. Before turning to philosophy, Audrey studied Gerontology as an undergraduate and spent a year on a Fulbright fellowship in the Republic of Ecuador interviewing elders about their lives and interactions with other generations.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$54*

# Travel Journals

Each session will feature a different presenter talking about their personal travels – near and far – as they share photos, stories, and more. Where will you go after hearing about their adventures? Members will register for each session individually rather than as a whole series. Days and times vary for each one.

## Travel Journal: Austria

This presentation covers a two-week trip my wife, Susan, and I took in September of 2025. We visited Vienna, the capital of Austria, Bratislava, nearby capital of Slovakia, and Salzburg, located near the border with Germany at the foot of the Alps. We will look at specific things we enjoyed the most and offer other recommendations. Please bring anything you would like to share about your own trips to this region.

- Instructor: Tim Brotherton
- Day & Dates: Tuesday, April 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired army officer and teacher. He and his wife Susan live in Auburn with two dogs. They try to go to Europe every year because they enjoy it so much. Their trip to Vienna and Salzburg was great. When not traveling, they split their time between home and Michigan to visit their children.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising East Africa and Madagascar

This program features photos of big game, lemurs, birds, and historical sites from my wonderful trip to East Africa last year.

- Instructor: Jane Barthelme
- Day & Dates: Tuesday, April 21 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jane Barthelme has been an SLL Member for 10 years and served on its Advisory Board as chair and is a current board member-at-large. She is a frequent traveler to Madagascar for lemur sightings.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband

Explore historic trade routes, get highlights of the pirates who preyed on Spanish flotillas, and learn about the modern Blue Riband race for the fastest Atlantic crossing.

- Instructor: David Keeling
- Day & Dates: Tuesday, May 5 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Exploring Spain's Mediterranean Coast

Learn about three important Spanish cities - Sevilla, Malaga, and Barcelona – as David traces their foundation and development to become classic Mediterranean destinations.

- Instructor: David Keeling
- Day & Dates: Thursday, April 23 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Sailing to Philadelphia: Peopling the Americas Before and After 1492

In this session, we follow new genetic science about the early migration routes to the Americas, the distribution of societies thereafter, and the post-1492 settlement by Europeans.

- Instructor: David Keeling
- Day & Dates: Thursday, May 7 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: The Land Down Under: Melbourne and Sydney

This presentation compares the evolution of Australia's two major cities and highlights their cultural and physical contexts.

- Instructor: David Keeling
- Day & Dates: Tuesday, April 21 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

David Keeling is a University Distinguished Professor Emeritus of Cultural Geography from WKU who now travels the world as a guest lecturer with a private tour company. He has traveled to more than 130 countries and continues to do so as he gains more knowledge about these countries and their cultures.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Three Months in New Zealand

Come along on a virtual trip through the beautiful natural landscapes of New Zealand, from tropical rainforests and thermal areas on the North Island to the Southern Alps and Fiordland of the South Island. We'll look at the history and culture of both the Māori indigenous people and the Europeans who arrived in 1642 with the Dutch explorer Abel Tasman but did not begin colonizing until the early 1800s after the voyages of Captain James Cook.

- Instructor: Judith and Tom Hoover
- Day & Dates: Tuesday, April 28 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Judith Hoover earned her Ph.D. from Indiana University. She has taught at IU, Austin Peay, Vanderbilt, Waikato University in Hamilton, New Zealand, and at WKU. She and Tom enjoy travel and gardening. Since retirement in 2007 she has published two novels, "Beyond Monongah" and "Hardship and Hope".

Tom Hoover has spent his career as an auditor, office manager, and small business owner and operator. He and Judith operate the Wren's Nest Bed and Breakfast in Russellville, KY.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Travel Journal: Tournament of Roses Festival, Pasadena, CA

Hear all about the Tournament of Roses Festival in Pasadena, including attending the parade, band festival, and other activities. The highlight of the trip was decorating floats for the Rose Parade.

- Instructor: Molly Wilson
- Day & Dates: Thursday, March 26 (one session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Molly Wilson retired after 42 years in public education to travel. While most trips have been international, decorating floats for the Rose Parade was a bucket list item for a long time. It finally happened!

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Understanding Your Emotions

This course offers an introduction to understanding and managing your emotions, understanding the emotions of others and the elements of CBT (cognitive behavior therapy). Your beliefs and self-talk primarily determine your emotions and are more important than the bad events you experience. You will learn this approach through guided analysis of video scenes.

- Instructor: Lynn Clark
- Day & Dates: Wednesday, April 15 – 22 (two sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lynn Clark is a Professor Emeritus of Psychology who taught at WKU for 37 years. He is also a retired licensed clinical psychologist of 49 years. He has also taught at Boston University's overseas program, worked for Lifeskills, Inc. for 10 years, and done evaluations for Social Security and Vocational Rehabilitation. His books are in eight languages.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$18*

## Update on BG Resource Connections Village

Most of us would prefer to stay in our homes as we age, but we face many challenges. The BG Resource Connections Village is a new non-profit group of volunteers and staff coordinating area resources for older adults who want to age in place. They will disseminate information, answer questions, and refer people to vetted service providers. Our Village is now sponsored by CREATE and has an office in the WKU Innovation Center. Lots going on!

- Instructor: Maryanne Datesman
- Day & Dates: Thursday, March 26 (one session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Maryanne Datesman taught and administered English as a Second Language (ESL) programs at several universities. She is a founding member and the current Vice President of the BG Resource Connections Village, a non-profit organization dedicated to empowering older adults to thrive in their homes and remain active within their communities.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$9*

## Watercolor Painting: A Beautiful Seaside

If you have had some experience using watercolors, you will be able to complete this frame-worthy project. You will learn to mask out a section for the sun, complete the sea and splashing waves with a graded wash, do a two-tone wash for the sky, and use a new brush (script brush) to make sweeping brush strokes for the foliage. Leaving the sand white with no paint, you will learn to spatter color on the page to create the sand. Bring your watercolor supplies.

- Instructor: Judi Adams
- Day & Dates: Wednesday, April 22 – May 13 (four sessions)
- Time: 1:00 – 3:00 p.m. (extended time)
- Location: Knicely Conference Center
- Supply Fee: \$10 (to be paid when signing up for this class)

Instructor Bio:

Judi Adams is a Kentucky native earning her BA and MA at WKU. She taught in Kentucky for 27 years then moved to Florida where she taught adults for 20 years at the recreation area of The Village, a 55+ city of about 160,000 people.

*Annual/Single Term Member: \$0 Flex Member Course Fee: \$36*

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# **MARK YOUR CALENDAR FOR THESE SPECIAL EVENTS**

## **Travel Meeting**

### **2026 Trip to Portugal and 2027 Trips Revealed**

**Monday, March 30, 2026, 11:00 a.m.**

**Knicely Conference Center – room 113**

***Light refreshments will be served***

It's not too late to sign up for the 2026 trip to Portugal. Join us to see and hear details about this November travel opportunity. Your SLL Board has selected two trips with Collette in 2027. The dates and details will be released at this meeting. Limited seats have been reserved for SLL members and their travel companions.

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## **LIFE AS THE KENTUCKY HEADHUNTERS AND OTHER STORIES with Greg Martin**

**Wednesday, April 15, 2026, at 5:30 p.m.**

**Knicely Conference Center – Auditorium**

***Open to SLL Members, SLL Instructors, and the Community***

Please join us for an evening with Greg Martin, lead guitarist of The Kentucky Headhunters. Hear about the history of the band, what famous musicians they have worked with, where they have performed, awards they have won, and so much more. This band that began in Edmonton, Kentucky has made its mark near and far. The band has a strong fan base, and we hope to see some of them at this event. Please help us spread the word. There is no cost to attend this event. This is a presentation; the band will not be performing.

# **SLL ADVISORY BOARD & COMMITTEES**

## **Advisory Board**

*The governing body of the SLL is the Advisory Board composed of six members elected by the general membership, with two being elected per year in rotation and serving a three-year term; board-appointed chair/co-chairs of the four standing committees; and the Program Director who serves without vote as ex-officio and is the liaison between SLL and the University.*

Cathy Fox, Chair  
Nancy Bussiere  
Libby Davies  
Jan Funk  
Ken Kuehn  
Bonnie Pinkerton  
Derek Olive, Ex-Officio

Jane Barthelme  
Becky Cann  
John Forman  
Olin Joynton  
Scott Nehm  
Timothy Simpson

## **Curriculum Committee**

*The Curriculum Committee makes course and instructor selections. They coordinate with the SLL staff to set course times and locations, edit course publication materials, and make recommendations for course costs. Any SLL member may serve on this committee.*

Libby Davies, Co-Chair  
Howard Bailey  
Mike Breen  
Jan Funk  
Bruce Hazelton  
Ernie VanHooser

Ken Kuehn, Co-Chair  
Debbie Breen  
John Forman  
Larry Gildersleeve  
David Lee

## **Finance Committee**

*The Finance Committee monitors expenses, recommends appropriate membership fees, and oversees the SLL Operating Plan – annual and long-term. Any SLL member may serve on the committee.*

Scott Nehm, Chair  
John Forman  
Bob Nylin

## **Membership Relations Committee**

*The Membership Relations Committee supports SLL by recruiting and retaining members through speaking engagements, social gatherings, day trips, events, and other activities. The committee provides opportunities for members and their guests to gather outside of spring and fall terms. These include taking tours (wineries, historic sites, breweries, church renovations, distilleries, and more), attending events as a group (concerts, performances, sporting events, etc.), and other educational and social activities. Any SLL member may serve on this committee.*

Becky Cann, Co-Chair  
Debbie Breen  
Ann Esterle  
Vicki Gregory  
Sharon Spall

Bonnie Pinkerton, Co-Chair  
Sarah Budde  
Cathy Fox  
Lynn Kinnaman

## **Volunteer Committee**

*The Volunteer Committee provides classroom assistance to instructors, helps with onsite events, and assists with activities and functions of the SLL. Assistance may be in the form of table decorations for events, taking photos during classes and events, coordinating activities with the Membership Relations Committee, and more. Any SLL member may serve on this committee.*

Nancy Bussiere, Chair  
Patsy Bowman  
Greg Bussiere  
Sidney Cann  
Lisa Dalporto  
Cathy Fox  
Deb Myers  
Ernie VanHooser

Jane Barthelme  
Valerie Brown  
Becky Cann  
Pam Coe  
John Forman  
Sue Meyer  
Bonnie Pinkerton  
Molly Wilson

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Tuesday Classes

| 9:00 – 10:30                                                                                                                                                                                                                                                                                                                                                                                           | 11:00 – 12:30                                                                                                                                                                                                                                                               | 11:00 – 1:00                                     | 12:45 – 2:05                                               | 1:30 – 3:00                                       | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 5:30 – 7:00                                                                                                                                                                                                                       |
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| <b>Bird Identification and Attracting Birds</b><br>3/24-4/7<br><br><b>Habitat for Humanity</b><br>4/7 (session1)<br><br><b>A Literary Club Experience: A Walk in the Park</b><br>4/14<br><br><b>Birding in the Field</b><br>4/14-5/5<br><br><b>The Life of a Can: Aluminum Recycling and Regional Options</b><br>4/21<br><br><b>Something in the Air of Kentucky that Makes a Man a Soldier</b><br>5/5 | <b>Birds, Humans and Other Living Thing,</b><br>3/24-3/31<br><br><b>All about WKU Public Radio</b><br>4/7-4/14 (sessions 2 & 3)<br><br><b>Travel Journal: Cruising East Africa and Madagascar</b><br>4/21<br><br><b>Travel Journal: Three Months in New Zealand</b><br>4/28 | <b>My Life as a Former FBI Agent</b><br>5/5-5/12 | <b>This is Your Life: Philosophy of Aging</b><br>3/24-4/28 | <b>Apostles of Nonviolence</b><br>5/5 (session 1) | <b>Intro to Medical Ethics</b><br>3/24-3/31<br><br><b>Travel Journal: Austria</b><br>4/7<br><br><b>Current Events: From Bolivarian Independence to Socialist Collapse</b><br>4/14<br><br><b>Travel Journal: The Land Down Under</b><br>4/21<br><br><b>Current Events: Iran: From Cradle of Civilization to Regional Pariah</b><br>4/28<br><br><b>Travel Journal: Cruising the Atlantic Ocean: Trade, Pirates, and the Blue Riband</b><br>5/5<br><br><b>Current Events: What's so Special about Greenland and Why does the U.S. Want to Annex the Island?</b><br>5/12 | <b>Mahjong 101</b><br>3/24-4/14<br><br><b>A Brief History of the Motown Sound</b><br>4/21<br><br><b>A Brief History of Stax Records</b><br>4/28<br><br><b>The Career of Dr. Kelly Thompson, President of WKU 1955-1969</b><br>5/5 |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Wednesday Classes

| 9:00 – 10:30                                                                                                                              | 11:00 – 12:30                                                                                                                                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                                                                                                                     | 1:30 – 3:00                                                                                                                                                                                                                                                 | 3:30 – 5:00                                                                                                                                                             | 5:30 – 7:00                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Beginner/Intermediate Watercolor Painting Using Workbooks, 3/25-4/29</b></p> <p><b>Senior Preparedness: The Forum, 4/1-5/13</b></p> | <p><b>Beginning Plant Identification 3/25-4/8</b></p> <p><b>Bowling Green Novelists and Kentucky Settings 3/25, 4/15, 5/6</b></p> <p><b>Recent Archeological Discoveries at Pompeii 4/1-4/8</b></p> <p><b>Persuasion: Jane Austen's Great Final Novel 4/15-4/22</b></p> <p><b>Protection and Safety: Protecting Seniors from Scams and Fraud 4/22</b></p> <p><b>All about Medicare 4/29</b></p> | <p><b>Gold Leafing Basics 101 3/25-4/8</b></p> <p><b>The Cloud Pour: A Fluid Art Technique 4/15</b></p> <p><b>Watercolor: A Beautiful Seaside 4/22-5/13</b></p> | <p><b>Protection and Safety: The Scam Landscape: Staying Safe 3/25</b></p> <p><b>First Kentucky Brigade: Later the Orphan Brigade 4/1-4/8</b></p> <p><b>Understanding Your Emotions 4/15-4/22</b></p> <p><b>Apostles of Nonviolence 5/6 (session 2)</b></p> | <p><b>Basic Line Dance 3/25, 4/1, 4/15-5/13</b></p> <p><b>Is That a Harp? 3/25</b></p> <p><b>Discerning Reality: Critical Thinking and Disinformation 4/22-4/29</b></p> | <p><b>Life as The Kentucky Headhunters and Other Stories 4/15</b></p> <p><b>Fostering a Growth Mindset Using Strengths-Based Development 4/22-4/29</b></p> |

# Spring 2026 SLL Course Calendar – Onsite at Knicely

## Thursday Classes

| 9:00 – 10:30                                                                                                  | 11:00 – 12:30                                                                                                                                                                                                                                                                   | 1:00 – 3:00                                                        | 1:30 – 3:00                                                                                                        | 3:30 – 5:00                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5:30 – 7:00                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The Summit Process</b><br/>3/26-4/16</p> <p><b>Senior Care: Planning Before Panic</b><br/>4/23-5/14</p> | <p><b>Update on BG Resource Connections Village</b><br/>3/26</p> <p><b>Shakespeare Behind Bars: “The Tempest”</b><br/>4/9-4/23</p> <p><b>Protection and Safety: How to Stop Scams: Pause, Check, and Protect</b><br/>4/30</p> <p><b>Get Your Kicks on Route 66</b><br/>5/14</p> | <p><b>Agatha Christie: “My Dear Mrs. Marple”</b><br/>3/26-4/30</p> | <p><b>Apostles of Nonviolence</b><br/>5/7 (session 3)</p> <p><b>Old and New: Notre Dame Cathedral</b><br/>5/14</p> | <p><b>Travel Journal: Tournament of Roses Festival Pasadena, CA</b><br/>3/26</p> <p><b>Current Events: The Monroe Doctrine Becomes the Donroe Doctrine</b><br/>4/16</p> <p><b>Canasta: The Card Game</b><br/>4/23-5/14</p> <p><b>Travel Journal: Exploring Spain's Mediterranean Coast</b><br/>4/23</p> <p><b>Current Events: The Middle East Regional Tensions</b><br/>4/30</p> <p><b>Travel Journal: Sailing to Philadelphia</b><br/>5/7</p> <p><b>Current Events: Security in the Arctic Basin</b><br/>5/14</p> | <p><b>Local Resources for Alzheimer's, Parkinson's and Seniors</b><br/>3/26</p> <p><b>Introduction to Global Literature</b><br/>4/2-5/14</p> |

# Spring 2026 SLL Course Calendar – Via Zoom and Offsite

## Monday Classes

| 9:00 – 10:30                                       | 9:00 – 11:00                                                                   | 11:00 – 12:30                      | 1:00 – 3:00                                                                                                            | 6:00 – 8:00                                                          |
|----------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|
| Habitat for Humanity<br>4/13-4/20 (sessions 2 & 3) | Holistic Mental, Emotional<br>& Behavioral Wellbeing<br>via Zoom<br>4/6 & 4/20 | Collette Travel<br>Meeting<br>3/30 | Inside Downtown BG -<br>Yoga, Art and Wine<br>4/6<br><br>Inside Downtown BGKY -<br>Candles, Artists, and Brews<br>4/27 | The Magic of Radio:<br>WWHR-FM and You Can Be<br>on the Air!<br>4/27 |

## Friday Classes

| 9:00 – 11:00                                                   | 11:00 -12:30                                  | 1:30 – 3:00                                                           | 2:30 – 3:30                                                   |
|----------------------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------|
| Inside Downtown BG - Gems,<br>Heritage and Curiosities<br>4/10 | All about WKU Public Media<br>4/3 (session 1) | Your Health: The Fitness Facility at<br>BG Parks & Recreation<br>4/10 | Renaissance Europe Art and<br>Artifacts at the Museum<br>3/27 |