Free and Open to the Public OLLI Events

JANUARY

ONLY HOPE: MY MOTHER AND THE HOLOCAUST BROUGHT TO LIGHT
Thursday, January 7
2 p.m. – 3:30 p.m.
Zoom link: https://us02web.zoom.us/j/82221778725?pwd=OTNyQUZYNVhlTmhzNnU5MGhRVVhLZz09
Meeting ID: 822 2177 8725
Passcode: 690035
Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from Only Hope: A Survivor’s Stories of the Holocaust, shedding light on his mother’s experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. This is followed by a Q & A session. The book can be purchased at www.onlyhopebook.com

INSTRUCTOR: IRV LUBLINER teaches math, music, and literature classes for the OLLI program at Southern Oregon University, where he also serves on the Council of Directors. An emeritus professor specializing in mathematics education, he taught for 40 years and led seminars for math teachers in 39 states. In 2019, he created Felabra Press and published his mother’s writing about her experiences during the Holocaust, the book that will serve as the theme for this presentation.

PYRAMIDS 101: THE BASICS
Monday, January 11
1 p.m. – 2:30 p.m.
Zoom link: https://us02web.zoom.us/j/86459029505?pwd=VUdNK1JCTh2emFGeR4eVVnQ3M3Zz09
Meeting ID: 864 5902 9505
Passcode: 132347
Pyramids are some of the most fascinating and mysterious structures ever known to man. Explore the early role of pyramids in the lives and traditions of ancient cultures and the people who lived among them. Learn basic pyramid concepts, distinct geographical characteristics, symbolism, and preservation strategies, along with a glance at the most recent scientific research findings.

INSTRUCTOR: CYNTHIA BLESOE is a creative storyteller. As a futurist, Cynthia seeks cutting-edge stories that expand our understanding of human potential in all sectors of society. She is an award-winning executive producer, writer, and wellness practitioner with a passion for teaching.

OPTIMIZING BRAIN WELLNESS AND THE MEDITERRANEAN DIET
Thursday, January 14
10 a.m. – Noon
This course will educate individuals about their brain health. In their presentation, Maureen covers the five simple brain healthy interventions, brain anatomy and physiology, stress on the brain, and the importance of hydration. Kim Baretta will join her to provide a detailed review of the Mediterranean diet (one of the five brain health interventions) with specific suggestions as to how to incorporate into your daily meal planning. This will include ingredient substitutions, cooking techniques and delicious inspired recipes.

INSTRUCTOR: MAUREEN GLEASON is a Brain Health Specialist at Memory Matters. She is a graduate of the University of South Carolina and is a Certified Health Educator. She is passionate about educating the community on brain health and positive lifestyle changes.

ITALIAN FOOD AND CULTURE WITH DR. BOB LEFAVI
Tuesday, January 12 – 7 p.m. – 9 p.m.
Tuesday, January 19 – 12:30 p.m. – 2:30 p.m.
Tuesday, January 26 – 12:30 p.m. – 2:30 p.m.
Zoom link: https://us02web.zoom.us/j/89899731762?pwd=bitvYXJMU052TG1xRE9zcTBPN1dsZz09
Meeting ID: 898 9973 1762
Passcode: 461528

Join Dr. Bob LeFavi as he recounts the many lessons on food and culture his groups have learned over 30 study abroad trips to Italy. Dr. LeFavi, an Italian citizen and Beaufort Campus dean with expertise in the Mediterranean Diet, will highlight authentic Italian cuisine and its preparation, emphasizing health and regional specialties. He will then be joined via Zoom by colleagues in Siena and Verona as they highlight the wonderful foods, history and culture of Tuscany and Veneto – two of the most beautiful regions in all of Italy.

INSTRUCTOR: ROBERT LEFAVI, PH.D is the Dean at USCB Beaufort Campus, an author, and entrepreneur responsible for developing key relationships with officials, community leaders and residents of Beaufort County. He holds a BS in Health Education, Master of Business Administration and Divinity as well as a Ph. D. and a Doctor of Ministry. He maintains dual citizenship with Italy and the U.S. and serves as the liaison for the sister city agreement that links Hilton Head Island with Verona, Italy

COOKING DEMONSTRATION WITH CHARLIE’S L’ETOILE VERTE CHEF JOSH - PREPARING FLOUNDER SAUTÉED MEUNIERE
Friday, January 22
3 p.m. – 4 p.m.
Zoom link: https://us02web.zoom.us/j/84662213246?pwd=bnNzdDhRZGJEQ2g2bGNOSnFKMTNCUT09
Meeting ID: 846 6221 3246
Passcode: 645053

Join Chef Castillo as he prepares Flounder Sautéed Meuniere, a dish you will be able prepare and make in your own kitchen. Sommelier Margaret Pearman will share her wine suggestions.
Visit www.uscb.edu/olli for ingredient list and recipe. Optional: Pre-order ingredient kit from Charlie’s.