Monday
Modern Patchwork Quilt Making
9:00 am - 11:30 am
9/10, 9/17, 9/24, 10/1, 10/8 & 10/15
The standard patchwork designs are feeling the effects of today’s modern designs. This class is designed for quilters with all the knowledge and skill for basic quilting and the desire to learn new techniques. You can choose to make a crib, wall or larger size quilt using this modern pattern. All participants will refresh their skills with Half-Square Triangle blocks (HSTs) that are used for this minimalist design. Contrasting color fabrics will insure your quilt has that modern eye-catching appearance. Supplies will be needed. Skill Level: Intermediate
Instructor: Mrs. Deloris Thomas
Location: City Center 4th Floor

Monday
Line Dancing for Fun
New Students
10:30 am-11:30am
Returning Students
11:30 am - 12:30 pm
9/10, 9/17, 9/24, 10/1, 10/8 & 10/15
If you know little or nothing about line dancing, this course is for you! Come learn some basic steps and a few simple dances that will get you started on the path to great fun and fitness. Sign up to make new friends, stimulate your mind, build your confidence and move your body!
Instructor: Mrs. Wanda Gardner
Location: Student Center Aerobics Room

Monday
Basic Quilt Making
12:30 pm - 2:30 pm
9/10, 9/17, 9/24, 10/1, 10/8 & 10/15
If you have ever wanted to learn to quilt but have never done so, this class is for you. When you join this class you will learn all of the basics of quilt making, and at the end of the session, you will have constructed your very first quilt. You will learn the basics of using the color wheel in the selecting of colors for your quilt. The class will teach the how-to of cutting, using a rotary cutter, acrylic ruler, and cutting mat; sewing the cut shapes together to make a beautiful quilt top; choosing batting for your quilt, and how to put the quilt top, batting and backing together. This an exciting and fun-filled class. All of the participants will take an amazing journey into the world of quilts, and will enjoy each step along the way. Supplies will be needed. Skill Level: Beginner
Instructor: Mrs. Deloris Thomas
Location: City Center 4th Floor

Tuesday
Decorating with style
10:00 am - 11:00 am
9/11, 9/18, 9/25, 10/2, 10/9 & 10/16
If you have always wanted to make decorations for your table, door, home or special occasions, this is the class for you. You will learn to make every day and special occasion centerpieces, door wreathes, decorative tissue boxes, decorate with balloons and more. Class members will determine which or how many of these projects will be done in this class. No prior knowledge or skills required, just lots of creativity. Supplies are required.
Instructor: Ms. Marilyn Foster
Location: W.O. Lawton Building, Room 206

Navigating the Internet
11:30 am - 12:30 pm
9/11, 9/18, 9/25, 10/2, 10/9 & 10/16
Course introduces specific tools, techniques and skill sets that will enable participants to successfully inquire, browse, and surf and or “google” most any subject or topic. Extensive classroom activities and exercises will offer the student the confidence required to use their choice of web browsers, search engines and bookmarks. Internet vulnerability, security and safety concerns are introduced and the necessary precautions are discussed at length.
Instructor: Mr. Melvin Hill
Location: W.O. Lawton Building, Room 207
Fall Session 2018

Tour the Peabody Collection
10:30 am -11:30 am
October 9, 2019
The Peabody Collection established in 1904, is a special collection in the Harvey Library. The collection consists of books and other materials in all subject areas by and about African Americans and other people of African descent throughout the world. The Library collection is strong in African American history, civil rights movements in the United States, literature by African American authors and pamphlets by authors on slavery, emancipation and the African American experience in the United States.

Instructor: Ms. Gladys Bell
Location: William R. Harvey Library, 3rd Floor

Hampton University Museum Tour & Lunch at the Holly Tree
11:00 am - 12:00 pm
September 19, 2018
Hampton University Museum has a history of representing diverse world cultures with objects that have been gathered by faculty, students, and friends of the school who sought understanding of other cultures. As the oldest African American Museum in the country, the collection has had an important significance providing vital cultural resources.

Guide: Ms. Crystal Johnson
Location: Hampton University Museum

Wednesday
Genealogy
“Digging up Roots”
9:30 am - 10:30 am
9/12, 9/19, 9/26, 10/3, 10/10 & 10/17
This class is a continuation of learning strategies and techniques for tracing and documenting family history through family documents, oral history, personal memories, public records, the Internet, and other resources. Ideas for preserving family records and history will also be discussed in this class.

Instructor: Mrs. Stephanie Thomas
Location: W.O Lawton Building, Room 207

Wednesday
Yoga for Everyone
11:00 am - 12:00 pm
9/12, 9/19, 9/26, 10/3, 10/10 & 10/17
This class focuses on fundamental yoga poses to increase strength, balance, and flexibility. Modifications are given to allow everyone to practice at their own personal level. Breath work and meditation combined with the asana (poses) make this class a rich time of practice. You will need a yoga mat for this class.

Instructor: Ms. Alice McAdory
Location: Student Center Aerobics Room

Yoga for Everyone

Hypertension and Diabetes in seniors
Free Seminar
11:30 am - 12:30 pm
September 26, 2018
Instructor: Dr. Frances Gray
Location: W.O. Lawton Building, Room 205

CPR
October 3, 2018
10:00 am - 12:00 pm
"This course provides comprehensive study of the Cardiopulmonary Resuscitation and the use of an AED (Automated External Defibrillator) and procedures used in emergency response. Also, the course provides techniques to relieve an individual suffering from a foreign body object (chocking). Successful completion of this course will satisfy the in-class instructor-led portion to national CPR certification."

Instructor: Ms. Cathy Green
Location: W.O. Lawton Building, Room 205

Yoga for Everyone
This class focuses on fundamental yoga poses to increase strength, balance, and flexibility. Modifications are given to allow everyone to practice at their own personal level. Breath work and meditation combined with the asana (poses) make this class a rich time of practice. You will need a yoga mat for this class.

**Instructor:** Ms. Alice McAdory  
**Location:** City Center 4th Floor

### Thursday

**iPhone Explorers**  
11:00am – 12:00pm  
9/13, 9/20, 9/27, 10/4, 10/11 & 10/18  
Are you interested in exploring and learning more about your iPhone? Students will learn how to get the most out of using their iPhones. Workshop will include but is not limited to: downloading apps and graphics, GPS directions, utilizing Siri, making notes, making voice memos, face time, checking your email, and other fun stuff.  
**Prerequisite:** iPhone 6 TO 8

**Instructor:** Mrs. A. Delores Minor  
**Location:** W.O Lawton Building, Room 208

### Thursday

**Google It!**  
11:00am – 12:00pm  
9/13, 9/20, 9/27, 10/4, 10/11 & 10/18  
Google is probably best known as a search engine called Google Chrome. Google provides many services to perform many various tasks for your phone or tablet. Learn some of the most popular services available with Google account.

**Instructor:** Ms. Jackie Barrett  
**Location:** W.O. Lawton Building, Room 207

### Thursday

**Beginning Spanish**  
1:00 pm - 2:00 pm  
9/13, 9/20, 9/27, 10/4, 10/11 & 10/18

This course is designed for beginning students, who want to continue learning the basics of speaking Spanish.

**Instructor:** Mrs. Julia Hughey  
**Location:** W.O Lawton Building, Room 206

### Thursday

**Intermediate Spanish**  
11:30 am - 12:30 pm  
9/13, 9/20, 9/27, 10/4, 10/11 & 10/18

This class is designed for those who have a basic background in Spanish pronunciation, grammar and vocabulary.

**Instructor:** Mrs. Julia Hughey  
**Location:** W.O Lawton Building, Room 206

### Friday

**Economics, War, Politics, Mass Media**  
10:00 am - 12:00 pm  
9/14, 9/21, 9/28, 10/5, 10/12 & 10/19  
In these sessions we will continue to explore the historical barriers the Blacks face to full participation in American Society through the nine areas identified by Neely Fuller, Jr. economics, education, entertainment, labor, law, politics, religion, sex, and war. We will review the varied solutions posed by noted experts and discuss the feasibility and implications of becoming engaged in systemic change. We will continue to reference the texts used in the prior sessions and other selected texts, articles, and videos.

**Instructor:** Mr. Kenneth Elazier  
**Location:** W.O. Lawton Building, Room 206

### Friday

**Watercolor**  
1:00 pm - 2:15 pm  
9/14, 9/21, 9/28, 10/5, 10/12 & 10/19  
This class is a wonderful stress reliever for beginners and a great creativity buster for an experienced artist. You will be introduced to the
contemporary art exploring a wide range of mixed media techniques and experimental approaches. No prior knowledge or skills required, just lots of creativity. Supplies at your choice: Prints, photographs, colored paper, fabric, acrylic paint, your unfinished projects could be the perfect source for your new art.

**Instructor:** Mrs. Oskana Davis  
**Location:** W.O. Lawton Building, Room 205

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### Friday

**Casual Gourmet Cooking Class**  
**Culinary Institute of Virginia**

**11:00 am – 1:00 pm**  
**October 12, 2018**

With Casual Gourmet, guest of all experience levels will learn to prepare a tasteful healthy cuisine. From beginner to whiz, their Chef Instructors can help you learn or refine techniques, so even a good can be a great cook! Learn has never been this much fun, hands on, and tasty!

**Instructor:** Chef Mary Cook  
**Location:** City Center: 11850 Merchants Walk, Newport News, VA 23606  
$20.00 admission per person

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### Friday

**Paint Party**  
**September 21, 2018**  
**12:00 pm - 2:00 pm**

Osher is offering a completely different kind of art experience that is more like fun art, not fine art, and is suited to anyone who has never picked up a paintbrush.

**Artist:** Ms. Crystal Johnson  
**Location:** Hampton University Museum  
$20 admission per person (Lunch included)

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### Movie Day

**Queen of Katwe**  
**September 28, 2018**  
**1:00 pm - 2:15 pm**

Living in the slum of Katwe in Kampala, Uganda, is a constant struggle for 10-year-old Phiona (Madina Nalwanga) and her family. Her world changes one day when she meets Robert Katende (David Oyelowo), a missionary who teaches children how to play chess. Phiona becomes fascinated with the game and soon becomes a top player under Katende’s guidance. Her success in local competitions and tournaments opens the door to a bright future and a golden chance to escape from a life of poverty.

**Location:** Student Center Movie Theater  
$4 Admission per person

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**DONATIONS:** OLLI at Hampton University appreciates donations of any kind. Donations support our scholarship fund, allow us to purchase equipment or other learning materials, and help sustain the organization. Visit our website, [http://cecs.hamptonu.edu/olli/](http://cecs.hamptonu.edu/olli/)

Or call 727-5434 for more information.

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**You may also register for classes online:**


**By mail or In-person**

*Please register as soon as possible; each class is dependent on the number of students registered.*
Fall Session 2018

Travel with OLLI at Hampton University

Nauticus

September 12, 2018

Travel with us to New York City

October 11 - October 14, 2018

November 12, 2018

Albuquerque Balloon Festival & U.S. National Parks

October 4 – October 15, 2019