



Updated: Feb. 27, 2025

SPRING 2025 NEWSLETTER

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Society for Lifelong Learning at WKU (SLL)

2355 Nashville Road

Bowling Green, KY 42101

Phone: 270-745-1912 | Email: SLL@WKU.EDU

Website: wku.edu/sll

Spring Term Dates: March 17 – May 9

REGISTRATION FOR SPRING TERM BEGINS
TUESDAY, MARCH 4 @ 8AM
(ONLINE, BY PHONE 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 2025 Terms)**

Single Term membership **\$125 (Spring 2025 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 2025 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
or by calling the SLL office at 270-745-1912**

Spring 2025 Term Course Guide

Registration for Classes Opens

Tuesday, March 4th @ 8am

Spring Term Dates: March 17 – May 9

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

Agatha Christie is Pleased to Meet You!

Join our conversation of Agatha Christie's life and body of work through stories, videos, voice recordings, and photos. Whether you are a fan or simply curious, she invites you to travel with her on her 85-year journey. Rumor has it that Poirot, Miss Marple and her other fictional friends will join her and are looking forward to meeting you!

- Instructor: Sandra Hazelton
- Day: Thursday, March 20 – April 24 (6 sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Sandra Hazelton discovered Agatha Christie when she was 12 years old and has been a fan ever since. As a high school teacher, she used Christie's '*And Then There Were None*' in an English class. Sandra says, "You can read Christie books on so many levels!"

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

Aging in Place: Staying Safe and Happy at Home

This course explores how seniors can continue to live safely and independently at home. Participants will learn practical strategies for home modifications, health management, and using technology to enhance daily living. Topics include preventing falls, creating accessible spaces, and finding community resources.

- Instructor: Lisa Kearny
- Day: Thursday, March 20 – April 3 (3 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

The following individuals will be presenting during this course: Tiffany Wood (Home Instead), Cathy Fugate (Community Action), Alex Trabue (Tabulated), Jenny Jacobs (Defying Dementia), and Lisa Kearny (Age in Place).

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

All Aboard for a Trolley Tour of Historic Bowling Green

Experience a narrated tour of historic Bowling Green from the comfort of a climate-controlled trolley car. This will be our classroom as we travel through town learning about and seeing some of the interesting historic sites. The tour begins at the National Corvette Museum where there is ample parking available. Leave your car, board the trolley, and enjoy the ride! We will stop for a short break at the Historic RailPark & Train Museum then board the trolley again and complete the tour.

- Karen Shaneyfelt, Facilitator
- Friday, May 2 (1 session)
- 10:00 – 11:30 a.m.
- National Corvette Museum
- Cost \$12 per person (due at registration)
- **NOTE:** There is no flex member course fee for this class.

America Sign Language

This class is an introduction to Deaf Culture and American Sign Language. Phrases and sentences will be taught using a functional/notional approach. Useful ways to communicate with Deaf individuals, such as introducing oneself, sharing personal information, and fingerspelling one's name will be presented. The goal is to develop a respect for the unique culture and language to the Deaf ASL user.

- Instructor: Rosalind Spillman
- Day: Thursday, March 27 – April 10 (3 sessions)
- Time: 11:00a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Rosalind Spillman has an MA and Rank I with certification in Reading and LBD from WKU. She taught Special Education (Learning and Behavior Disorders) for thirty years in the Bowling Green City Schools and after retirement, she taught ASL for 12 years at WKU Glasgow and 8 years at SKYCTC. She is Interpreter for the Deaf at First Baptist Church, Bowling Green.

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

Basic Disease Development

We will review basic anatomy and physiology of the body systems with the goal of understanding how common health disorders develop. Information is provided at the most basic level and common disorders are discussed in general terms. Non-specific disease treatments will be included, and you will receive helpful PowerPoint handouts.

- Instructor: Carrie Morgan
- Day: Thursday, March 20 -May 8 (8 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Carrie Morgan holds a master's degree in nursing from Vanderbilt, a Doctorate in Nursing from WKU and is a retired Nurse Practitioner after 20 years. She taught nursing classes at WKU, UK and U of L at the undergraduate and graduate levels and made many small-group presentations on various health disorders.

Annual/Single Term Member: \$0 Flex Member Course Fee: \$72

Beginning African American Genealogy

This course is an introduction to learning about resources and overcoming obstacles in researching the genealogy of your African American ancestors.

- Instructor: Nancy Richey
- Day: Monday, March 31 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: WKU Special Collections Library, second floor of Raymond Cravens Library, 1547 Normal Street
- **NOTE:** Parking instructions will be given in detail to each participant.

Instructor Bio:

Nancy Richey holds degrees in Library Science and specializes in Genealogy and Local History. She also offers research assistance and instruction on how to use library research materials.

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

Beginning Plant Identification

We will learn how plants are classified and how to identify some of our local species of trees, bushes, and wildflowers. The instructor will bring samples for the class to examine. Class members are invited to join additional free hikes offered at Mammoth Cave National Park.

- Instructor: Steve Kistler
- Day: Wednesday, April 2 – 16 (3 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 has built and maintains the websites of Mammoth Cave Area Birds and Mammoth Cave Area Flora. He and his wife enjoy birding and botanizing all over the U.S.

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

BikeWalkBG Offerings

BikeWalkBG is a movement that encourages safe and enjoyable biking and walking for all of Bowling Green. BikeWalkBG is powered by citizens but is carried out by multiple agencies in many different facets. This course will describe ways that you can become active and involved with our activities, events, meetings, and offerings. The course will include handouts and a 30–40-minute walk on the adjacent greenway.

- Instructor: Natasha Smith, Carroll Duckworth
- Day: Wednesday, April 23 (1 session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Natasha Smith is a Warren County native and WKU graduate. She is a Coordinator with BikeWalkBG and is one of the developers of the Bike Education program available to local schools.

Carroll Duckworth is the Metropolitan Transportation Organization (MPO) Coordinator with the City County Planning Commission (CCPC). He chairs the MPO Bicycle & Pedestrian Advisory Committee (BPAC).

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

Bird Identification for Beginners

In the classroom, you will learn to identify the birds of Kentucky by their distinguishing features, field marks, and vocalization and how to narrow your choices down quickly.

- Instructor: Blaine Ferrell
- Day: Tuesday, March 18 – April 1 (3 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Blaine Ferrell is Dean Emeritus of Ogden College at WKU. He has been a member of the Kentucky Ornithological Society for 50 years and served as their president. He has taught Ornithology and annually leads the local Christmas and Breeding Bird counts for the Audubon Society.

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

Birding in the Field

We will visit several local sites including Mammoth Cave National Park to search for birds. We will meet at Knicely Conference Center the first week at the regular class time, thereafter we will meet earlier.

- Instructor: Blaine Ferrell
- Day: Tuesday, April 15 – May 6 (4 sessions)
- Time: 9:00 a.m. for session one (sessions 2-4 will meet at offsite locations earlier)
- Location: Knicely Conference Center and local birding locations

Instructor Bio:

Blaine Ferrell is Dean Emeritus of Ogden College at WKU. He has been a member of the Kentucky Ornithological Society for 50 years and served as their president. He has taught Ornithology and annually leads the local Christmas and Breeding Bird counts for the Audubon Society.

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

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

Book Club: *Poverty, by America* (Matthew Desmond)

This class takes up the question of why poverty persists in America, as set forth by Pulitzer Prize winning author Matthew Desmond. We will discuss Desmond's claims about the ways poverty could be alleviated and the barriers to implementing needed policy changes. Special attention will be paid to the tensions and opportunities facing our local community.

- Instructor: Katy Barker
- Day: Tuesday, April 15 – May 6 (4 sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center
- Required: *Poverty, By America* by Matthew Desmond (available online and at bookstores)

Instructor Bio:

Katy Attanasi Barker earned her master's degrees from Harvard University and her PhD in Christian Ethics from Vanderbilt. Since then, she has worked as a professor, an editor, a harpist, a pastor, and a non-profit development coordinator.

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

Boredom to Brilliance

Boredom is not a lack of things to do but a lack of compelling things to do. Tapping into your brilliance through the creative method can be a very fulfilling experience. Timothy Simpson will guide you through this process using his book, *Boredom to Brilliance* as a source of reference. It will be a workshop experience where participants experiment with the ideas presented.

- Instructor: Tim Simpson
- Day: Tuesday, March 18 – April 8 (4 sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Timothy Simpson holds a Bachelor of Music from WKU and a Master of Music from The Eastman School of Music. He has had a 20+ year career as an operatic tenor soloist in German and European opera companies.

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

Business Showcases

Beginning in the spring term 2025, the curriculum committee began a new series for SLL members. Business Showcase classes give participants the opportunity to learn more about local and area businesses, where they are, what they do, who they serve, and how they impact the community. Here are the Business Showcase classes for spring term:

Business Showcase: Houchens Industries (HFG)

In this classroom presentation, Mr. Greg Rush, President of Houchens Food Group, will guide us through the history, and organization of Houchens Industries while offering his insights into their Food Group Division. From its beginning in 1917 in nearby Barren County, KY, Houchens now employs more than 15,000 people across 14 states in what Forbes magazine lists as one of the largest 100% employee-owned companies in the world.

- Instructor: Greg Rush
- Day: Wednesday, March 19 (1 session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Greg Rush has a bachelor's degree in accounting from WKU and more than 35 years' experience in retail including the past 15 years with Houchens. He is a seasoned executive board member who is driven by the mission of enhancing customer experience and supporting local communities. Greg served for 11 years on the Board of the Boys & Girls Clubs of Bowling Green including two as Chairman. He later served three years as President of the Kentucky Area Council, Boys & Girls Clubs of America.

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

Business Showcase: Logan Aluminum, Inc.

Logan Aluminum, Inc. (LA) located forty miles west of Bowling Green was founded in 1983. They are the largest can sheet facility in North America producing 45% of the beverage can sheet stock for the U.S. market. The 1,000+ acre campus employs 1,400 people and is a fully integrated manufacturer with operational areas in recycling, casting, rolling and finishing to produce high-quality products for the beverage can and automotive industries. Logan Aluminum representatives involved in the presentation will provide a variety of audio/visual aspects as well as Q & A time.

- Instructor: John Forman
- Day: Wednesday, March 26 (1 session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Facilitator, John Forman retired after forty years in construction and the aluminum industry that included Kaiser, ALCOA, and Logan Aluminum. His assignments in engineering, maintenance, production, finance and plant construction exposed him to the wide array of manufacturing steps involved in aluminum processing and a multitude of end-product uses.

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

Business Showcase: Trace Die Cast Facility Tour

Trace Die Cast is a leading North American full-service aluminum die casting manufacturer offering technology and innovation while delivering technically challenging, high-pressure die casting and machine solutions for the global automotive industry. The facility consists of 44 casting machines and 70 plus CNC machines producing components for internal combustion vehicles as well as hybrid and electric vehicles. Advanced design assistance and 3D modeling capabilities are also available as requested by their customers.

- Instructor: Kent Guthrie
- Day: Friday, April 11 (1 session)
- Time: 10:00 a.m. - Noon
- Location: Trace Die Cast, 140 Graham Avenue

Instructor Bio:

Kent Guthrie, Vice President of Facilities at Trace Die Cast, has worked with facilitator John Forman to make this tour offering to SLL members. Others will be introduced to the group on the day of the tour.

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

Chair Yoga

Join us for a gentle chair yoga session that engages all parts of the body. We will include instruction on breathing exercises and incorporating a routine at home. Perfect for beginners and experienced practitioners.

- Instructor: Lisa Kearny
- Day: Tuesday, March 25 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Kearney has been teaching yoga for more than 10 years. She is a certified Occupational Therapist and offers yoga therapy as a component of her OT practice.

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

Collections, Community, and Corvettes

In this session SLL participants will join Collections and Exhibit staff at the National Corvette Museum to learn how the museum collects, preserves, and exhibits the history of the Corvette. This will involve a talk with Dr. Katie McClurkin about the mission of the museum, a visit to the Archives with archivist Madison Rippey, and a walk through the galleries with curator Bryan Gabel. This will be a 2-hour session.

- Instructor: Katie McClurkin
- Day: Monday, April 7 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: Corvette Museum, 350 Corvette Drive

Instructor Bio:

Katie McClurkin is a Public Historian. She joined the Collections Team at the National Corvette Museum as Sr. Collections Manager in 2025 after teaching at WKU for several years in the Department of History.

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

Crafting the Future of American Architecture

In Victorian Britain, the Arts and Crafts Movement reacted to the excesses of industrial capitalism by seeking a return to craftsmanship. In the United States, it influenced a wide range of social reformers, designers, craftspeople and architects, including Louis Sullivan, Gustav Stickley, Elbert Hubbard, Frank Lloyd Wright and Julia Morgan, and set in motion general trends such as settlement schools and Arts and Crafts bungalows. This class will explore the British roots of the movement, its American expressions and its influence on Modernism.

- Instructors: Eileen Starr, Tim Evans
- Day: Tuesday, March 18 – April 8 (4 sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Eileen Starr has a background in history, architectural history and historic preservation. She has worked as a museum director and a historic preservation professional in several parts of the U.S. Tim Evans is a retired professor of Folk Studies at WKU. He has taught and studied American architectural history and the Arts and Crafts Movement.

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

Explore WKU Tour: College Heights Weather Instrument Museum

College Heights Weather Station was established on the WKU campus in 1932. Serving primarily as a teaching laboratory for meteorology students, the station continued through the administration of three directors, only to fall to advances in technology (the Kentucky MESONET). The College Heights Weather Instrument Museum is a testament to that Station, and the instruments used to monitor the atmosphere through time. Take a trip down memory lane and see how it was all done in the "old days."

- Instructor: Michael Trapasso
- Day: Monday, March 24 (1 session)
- Time: Select only one time slot: 5:00 p.m., 6:00 p.m., or 7:00p.m.
- Location: WKU College Heights Weather Instrument Museum, EST Building

Instructor Bio:

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

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

Following in the Footsteps of the Lewis and Clark Expedition

Join us for a virtual journey of canoeing and hiking in Northern Montana. Retrace one of the famous portions of the Lewis and Clark Expedition - the White Cliffs section of the Upper Missouri River. Enjoy the undisturbed beauty much as Lewis and Clark would have experienced more than 200 years ago and learn about the Expedition's travel.

- Instructor: Ernie VanHooser
- Day: Wednesday, April 2 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Ernie VanHooser is a retired attorney and mediator. He is an amateur photographer, outdoor enthusiast and history buff. Ernie has taught several classes for SLL and other organizations.

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

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

Freedom of Simplicity

Based on the book *Freedom of Simplicity* by Richard Foster, this class is an intensive look at the biblically based discipline of simplicity. It includes a look at the Old and New Testament teaching on simplicity as well as inward and outward holiness through an ecumenical approach.

- Instructor: Mike Breen
- Day: Tuesday, April 8 – 22 (3 sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Mike Breen is an attorney and has been harassing insurance companies and corporations for 40 years. In 1985 he had a radical encounter with myth, and in 2003 with the Christ image. He received an MA degree in Religion at Reformed Theological Seminary in 2014. He tries to sip the Kool Aid and not gulp it.

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

From Idea to Screen

Instructor William Battle takes ideas and turns them into segments on the news for WBKO. In this class, he will share how he became a broadcast journalist, explain how an idea becomes an interview and demonstrate how the interview makes it to the screen. A live interview will be taken with one student, go through the editing process and emerge as a final product.

- Instructor: William Battle
- Day: Thursday, March 20 (1 session)
- Time: 11:00 a.m. -12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

William Battle has been a multimedia journalist at WBKO for the past three years. He came to WBKO after serving 23 years in the US Army. William produces the 'Hometown Hero' segment and is the reporter for Logan County. William is also the social media administrator for Western State Hospital and produces their training and educational films.

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

From One Troubadour to Another: The Magic of Linda Ronstadt

American troubadour, Teresa, takes you on an experiential journey of both music and word, to help you understand the genius of Linda Ronstadt. Having sold over 100 million records worldwide, the depth and breadth of Ronstadt's artistry and wide range of genres has helped pave the way for many generations of female artists. This unconventional and dazzling format of 'Keynote' and 'Concert' will entertain and enlighten!

- Instructor: Teresa Suber
- Day: Tuesday, April 22 (1 session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Teresa Suber is a former Sony Music recording artist, a seven-time College Entertainer and Female Vocalist of the Year and has taken bows on the stages of prominent venues at home, abroad, and even outer space. She has written captivating mainstream music and songs for NASA, Southwest Airlines, and the Girl Scouts. Teresa also fronts the renowned Linda Ronstadt Tribute Band, *Long Long Time*, paying great homage to Ms. Ronstadt.

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

Great Decisions 2025

Four topics of the *Great Decisions 2025* will be discussed during this shorter course period. The topics each session will be U.S. Leadership in the World Economy; India: Between China, the West, and the Global South; The Future of NATO and European Security; and American Foreign Policy in the Middle East.

- Instructor: David Keeling
- Day: Thursday, April 10 – May 1 (4 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** Each participant who would like a copy of the *Great Decisions 2025* booklet is responsible for purchasing it. The SLL office will not have copies available for purchase.

Instructor Bio:

David Keeling is a Distinguished University 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: \$36

Greek Mythology

A four-week class will cover the essential Greek myths, with special attention to their relevance to ancient Greek cultures and thought.

- Instructor: Joe Glaser
- Day: Wednesday, April 16 – May 7 (4 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

During a long career in WKU's English Department, Joe Glaser taught classes in English Renaissance and Greek and Roman literature, along with composition and linguistics.

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

History on the Hill: The Roots of WKU

History on the Hill traces the story of WKU from its late 19th century beginnings to the present day. We will look at how the legacy of the Civil War era shaped the roots of WKU and how the remarkable promoter/educator Henry Hardin Cherry molded the values of the institution he ultimately planted on Vinegar Hill. We will meet the people--some prominent, some not—who built WKU over the years, and share our own experiences that are also part of the WKU story.

- Instructor: David Lee
- Day: Tuesday, April 8 – 15 (2 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

David Lee was a member of the WKU History Department for more than 40 years. Now retired, he is WKU Provost Emeritus and serves as University Historian.

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

Interpersonal Communication Post 2024 Election

Communication among families, social groups, neighbors, and friends has seemingly become more difficult since the most recent election cycle. In many unfortunate circumstances, friendly talk has simply stopped as we see the "others" as uninformed, ignorant, or even evil. In this class, we will explore the effects of this lack of communication and seek solutions based on principles of effective interpersonal communication.

- Instructor: Judith Hoover
- Day: Tuesday, March 18 – 25 (2 sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Judith Hoover taught interpersonal and group discussion at Indiana University, Austin Peay, Vanderbilt, WKU and Waikato University in New Zealand. She retired from WKU in 2007 and is now a communication consultant in organizational teamwork. She has published three textbooks, many academic articles and two novels.

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

Introduction to Artificial Intelligence

Join us to learn about Artificial Intelligence (AI) and how it will change everyday life. This course is for curious learners interested in understanding how AI works, its practical uses, and ways to protect yourself from online scams.

- Instructor: Thad Crews
- Day: Tuesday, April 22-29 (2 sessions)
- Time: 1:30 -3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Thad Crews Jr., a long-time professor at WKU, has more than three decades of experience developing AI systems for education and industry.

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

Introduction to Coffee Roasting

This single session at Ridley Roasthouse will explore the stages of the coffee roasting process. We will look at coffee beans from around the world, discuss the various processing methods, conduct a live coffee roasting session, plus compare the beans before and after they have been roasted. The class will include a discussion of current coffee culture and the different types of brewing methods.

- Instructor, Ben Ridley
- Day: Monday, April 14 (1 session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Ridley Roasthouse, 400 E. Main Avenue, Suite #110, Bowling Green (Pushin Building, enter the roasthouse on the side street of the building)

Instructor Bio:

Ben Ridley started Ridley Roasthouse Coffee Company with his wife, Chrissi, after they went to roasting school in Minneapolis in 2017. Their specialty coffee roasting company supplies retail establishments and families throughout Kentucky and beyond.

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

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

Let's Paint Together: Watercolor Flowers & Wreaths

Join us for a fun and relaxing watercolor class to explore the beauty of flowers and wreaths. Whether you are a beginner or looking to improve your skills, you will be guided step-by-step in creating vibrant floral designs. Learn essential watercolor techniques, from blending and layering to brush control. By the end of class, you will leave with your own unique artwork and the confidence to keep painting at home.

- Instructor: Sonia Young
- Day: Tuesday, March 18 – 25 (2 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center
- Supply Fee: \$25 (painting supply kit will contain enough for several painting classes; if taking both painting classes, you only need one supply kit; may be purchased in the SLL office)
- **NOTE:** An example painting for this class may be seen in the SLL office.

Instructor Bio:

Sonia Young is a physical therapist and tenured professor at WKU in the physical therapy department. Outside the classroom, she channels her creativity into watercolor painting and enjoys sharing her artistic skills with others by offering fun and approachable classes.

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

Letters to the Editor

In this one-session class you will learn the elements of writing effective letters to the editor with particular reference to the Bowling Green Daily News.

- Instructor: Joe Glaser
- Day: Wednesday, April 9 (1 session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

During a long career in WKU's English Department, Joe Glaser taught classes in English Renaissance and Greek and Roman literature, along with composition and linguistics. He is a frequent contributor to the editorial page.

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

Maintaining Movement Independence

Falling is the leading cause of injury in adults over 50. In this class, we will discuss fall prevention, and a variety of ways individuals can ensure better mobility, strength, and balance to help achieve their goal of continuing independence into the future.

- Instructor: Suzanne Leach
- Day: Thursday, April 17 (1 session)
- Time: 11:00 a.m. -12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Suzanne Leach opened the Rehabilitation & Performance Institute Bowling Green location in Fall 2022. She holds a Doctor of Physical Therapy from the University of Evansville and is a Board-Certified Orthopedic Specialist in Selective Functional Movement Systems, Y-Balance Testing, Functional Dry Needling, and pelvic floor rehab. Suzanne believes in a holistic approach to care and that people are at their best when they are moving and doing the things they love.

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

Memoir Writing

Have you ever wanted to tell your life story but weren't sure how to start? In this class, we will discuss how to gather your memories, choose your audience, structure your story, and write a memoir that is lively and evocative. We will do a lot of writing exercises in class, share our ideas and stories with each other, and talk about examples of memoirs we have enjoyed reading. No previous writing experience necessary.

- Instructor: Erika Solberg
- Day: Thursday, April 3 – May 8 (6 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Erika Solberg is a book coach, ghostwriter, and freelance writer. With a BA in English from Yale University and an MFA in creative writing from Louisiana State University, she has taught writing to students ranging from elementary school to college.

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

More Pet Peeves of Driving in Bowling Green

Are you frustrated with Bowling Green traffic? As a former behind-the-wheel Driver Education instructor, my goal is to reach every SLL member with my observations and suggestions in order to reduce your driving stress. We will discuss how to survive tricky driving scenarios properly and legally and diagram several intersections and roadways around town learning how to best navigate them.

- Instructor: Bruce Hazelton
- Day: Tuesday, March 18 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Bruce Hazelton is a past SLL instructor who taught Driver Education in Wisconsin. During almost 10 years in Bowling Green, he has observed that local motorists lack important driving skills. He wants to make all SLL members safer on our roads and help to reduce their drive times.

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

Naval Theory in the Great Pacific War 1941- 45

In world history, the campaign against Japan by the allied nations was among the most complex. This class will focus on the Imperial Japanese Navy's theory of a "naval fleet decisive battle," called "Kantai Kessen," which originated from the ideas of American historian Alfred Thayer Mahan. We will discuss how the surprise attack on Pearl Harbor and other reverses in the first six months, resulted in a significantly different American response to Japan's naval actions.

- Instructor: Tim Brotherton
- Day: Wednesday, March 19 (1 session)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Infantry officer and former WKU faculty who now lives with his wife in Auburn. Since studying at West Point, he enjoys reading about military history and historical fiction.

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

Nutrition

Do you know what serving sizes are? Do you know what you should be eating in your golden years? Do you know what different "diets" really mean? Do you monitor what you eat every day? I can help you answer all these questions.

- Instructor: Jill Steffey
- Day: Wednesday, April 16 (1 session)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Jill Steffey is a certified nutritionist. She can explain food and how it works in your body. She cannot write meal plans but does suggest foods for specific issues. She runs *Pieces of Hope*, a movement and memory center for people with Alzheimer's, Dementia, Parkinson's and special needs. She retrains the brain and works the body, while helping with nutrition for these issues.

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

Philosophical Foundations of Classical Liberalism

Subtitled *Let Freedom Ring*, this class will explore theory and practice for extending personal liberty as far as possible. The first session will focus on freedoms enjoyed by citizens of ancient Athens, the cradle of democracy, and touch on the Magna Carta. The second will cover writings of John Locke, called the father of liberalism, and their influence on the founders of our country. In the third we will look at argumentation in *On Liberty* by John Stuart Mill, then end with a session on contemporary libertarianism.

- Instructor: Olin Joynton
- Day: Tuesday, March 18 – April 8 (4 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Olin Joynton taught philosophy at community colleges in Texas and Wyoming before becoming president of Alpena Community College in Michigan in 2004. Since retiring in 2015, he and his wife, Patricia, move around to be near family, arriving in Bowling Green four years ago.

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

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

Preserving Family Treasures

Photographs fade and paper ages. What steps can you take to care for diaries, photographs, scrapbooks, furniture, silver, etc.? This class highlights how to properly care for, handle, display, and preserve family treasures.

- Instructor: Nancy Richey, Joe Shankweiler
- Day: Tuesday, April 29 (1 session)
- Time: 5:30 – 7:00 p.m.
- Location: WKU Special Collections Library, second floor of Raymond Cravens Library, 1547 Normal Street
- **NOTE:** Parking instructions will be given in details to each participant.

Instructor Bio:

Assistant Professor Joe Shankweiler holds an MLS specializing in Rare Book and Manuscript Librarianship.

Professor Nancy Richey holds degrees in Library Science and specializes in Genealogy and Local History. She also offers research assistance and instruction on how to use library research materials.

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

Remembering Jim Crow: Segregation Then and Now

This class will give a clear explanation of second-class citizenship that was legally established in 1877 and is resurfacing in 2025. We will discuss life in the post-civil war era, including education, housing, hotels, jobs, and entertainment. Other topics past and present will include low funding to schools, Uncle Toms, taking Black History out of libraries, defunding public schools, and critical race theory. Is history repeating itself in America?

- Instructor: Howard Bailey
- Day: Wednesday, April 30 – May 7 (2 sessions)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Howard Bailey retired as Vice President of Student Affairs at WKU after more than 40 years of service to the university. He remains an activist in the Bowling Green community and at the state level. He has an extensive background in race relations and continues teaching and training on the subject.

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

Road to Zanzibar

Bob Hope and Bing Crosby got it wrong! Together we will explore this exotic island off the coast of East Africa and learn the real story. For centuries this island has been occupied by various nations. As a source of valuable spices, Zanzibar evolved into a vital port of global commerce. The involvement of the Zanzibari in the slave trade made inroads to the African interior, creating the routes which were later used by both Dr. David Livingston and Henry M Stanley who began their journeys from Zanzibar.

- Instructor: Michael Trapasso
- Day: Wednesday, March 26 (1 session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Instructor Bios:

Michael Trapasso is an Emeritus Professor 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 also travelled to all 50 states studying the geography and history of our country.

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

Shakespeare Behind Bars: Macbeth

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. This year the play is Macbeth. There will be three introductory sessions at Knicely to study the play in preparation for attending the Monday, April 21 performance together. Online reservations open in March.

- Instructor: Lloyd Davies
- Day: Tuesday, April 1 – 15 (3 sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center
- **NOTE:** Special registration instructions will be given in detail to each participant.

Instructor Bios:

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," and "Poetry and Flowers."

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

Starry Tales: Looking at the Spring Sky

From the beginning of time people have marveled at the stars and recognized they formed patterns. Find your way around tonight's sky in this interactive experience. Examine star patterns in the current sky and create your own stories--as your ancestors did--to help remember these patterns. This hour and a half workshop takes place in the Hardin Planetarium on the WKU campus.

- Instructor: Chris Chandler, Ronn Kistler
- Day: Monday, March 17 (1 session)
- Time: 5:00 – 6:30 p.m.
- Location: WKU Hardin Planetarium

Instructor Bio:

Chris Chandler is the coordinator and presenter at the Hardin planetarium. He is responsible for all shows created and performed for both the general public and for school audiences. Ronn Kistler is the Facilitator for this class.

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

Staying in Your Home: It Takes a Village!

As we age, we face new challenges for maintaining our independence and staying in our homes. Although Bowling Green has many helpful programs to support us, they may lack coordination, cooperation, and easy access. The Village Movement offers a model for one-stop shopping for the support, comradery, and services we need, from figuring out our phones to changing ceiling light bulbs and getting rides after dark, with members helping members. Do we need a Village here?

- Instructor: Maryanne Datesman, Karen Foley
- Day: Wednesday, March 19 – 26 (2 sessions)
- Time: 1:30 -3:00 p.m.
- Location: Knicely Conference Center

Instructor Bios:

A previous SLL presenter, Maryanne Datesman taught in and administered English as a Second Language programs in several universities. She is a member of the Village to Village Network and has been working to organize a Bowling Green Village.

Coordinator of the “Discovering Bowling Green” SLL series and recently retired from the City of Bowling Green, Karen Foley is a founder of the Age Friendly Bowling Green initiative and executive director for HOTEL INC, a non-profit organization located in the Delafield neighborhood, a community with many older adults.

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

Stupid Wars Part 2: The Black Patch

In the early part of the twentieth century, Western Kentucky was the site of a series of attacks by guerilla fighters all in the name of tobacco. We will explore why the "Night Riders" came into being, what their aims were, and how peace ultimately returned to the region.

- Instructor: Janet Cobb
- Day: Wednesday, March 26 – April 2 (2 sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bios:

Janet Cobb is an amateur historian and retired accountant who was inspired to teach by learning in another SLL class about "silly wars." Her first topic in this series was, "Stupid Wars, Part One: The Pig War."

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

Taking Your Yoga Practice to a Studio

In this single session, we will meet at a new, specialized downtown yoga studio. We will begin with a 45-minute yoga class, take a break, and then discuss yoga options in Bowling Green. Participants will have time to share what they are looking for in a yoga studio as we explore the best fit for each person. Please wear comfortable clothing—mats and chairs will be provided.

- Instructor: Angie Jones
- Day: Monday, April 21 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: 308 East Main Avenue, Bowling Green

Instructor Bio:

Angie Jones has been practicing yoga for 20 years and teaching for nearly 14 years. In 2011, she co-founded 4yoga, a drop-in community yoga studio where she still teaches. To expand our community's yoga options for students and teachers alike, she recently founded a new studio.

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

Tariffs: The Pros and Cons

You have all heard of President Trump's plan to add 25% or more of tariffs to goods imported into the United States. But do you know how these tariffs are developed, calculated and applied? This two-session course will introduce you to the "Industry of Tariffs and Trade". The first session will introduce you to the HTSUSA (Harmonized Tariff System of the United States.) The second session will explain how these tariffs are applied on both imported and exported goods. At the end you will be able to take a complex system and think about its impact on things you buy.

- Instructor: Richard Collins
- Day: Thursday, April 3 – 10 (2 sessions)
- Time: 5:30 – 7:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Richard Collins earned a BS in Marine Transportation at Kings Point (USMMA) and an MBA in Finance and Marketing from Northwestern University. He has been a licensed USCG Ship captain, a US Naval Officer, and an executive at several large international trading companies where he focused on import-export manufacturing, logistics, and finance.

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

The Summit Process

Everyone who dreams of a satisfying and successful retirement wonders what they need to reach their financial summit and how they can successfully navigate back down. We will cover five key areas necessary to reach Summit and descend without running out of money.

- Instructor: Allen Costellow
- Day: Wednesday, April 16 – 30 (3 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Allen Costellow is a native of Russellville and the founder of Kentucky Financial Services where he creates a warm, family-like atmosphere for his clients. He and Glenda, his wife of 25 years, have five kids and seven grandkids. They live in Smiths Grove with their Weimaraner Clementine.

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

They Call Me Mama Lisa

In 2008, using her skills as a nurse-midwife, Lisa Dalporto spent four months teaching Traditional Birth Attendants (TBAs) in a remote region of Ghana. This presentation will feature the stories of the TBAs who, without medical training, electricity or running water, deliver babies of the community. Working with them and their tribal leaders, Lisa taught lifesaving skills and how to advocate for themselves in the local health system where they were often treated with scorn and disrespect. In return, they taught Lisa how to find courage and even happiness when life presents serious challenges.

- Instructor: Lisa Dalporto
- Day: Thursday, May 1
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Lisa Dalporto has enjoyed several careers, but mainly identifies as a nurse-midwife, wellness director, and counselor for incarcerated people. She has a taste for adventure and travel. She is a longtime member of SLL and together with her husband, John Forman, has given several presentations about their travels.

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

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: **Atlantic Islands: Madeira and the Canaries**

This travel talk takes us on an exploration of these eastern Atlantic islands that are part of Portugal and Spain respectively, with an overview of their settlement history and geography.

- Instructor: David Keeling
- Day: Tuesday, April 29 (1 session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Presenter Bio:

David Keeling is a Distinguished University 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: Pilgrimage in India: From the Golden Temple to Dharamshala

This presenter's journey will take you from Kolkata to Armristar's Golden Temple (Sikh) to Norbulinka Tibetan Cultural Institute, then Triund Trek in the Himalayan foothills to the Dalai Llama's ashram in Dharamshala, where he lives in exile. The presentation offers stunning views of some of India's most sacred and spiritually active sites.

- Instructor: Deborah Logan
- Day: Thursday, May 8 (1 session)
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Presenter Bio:

Deborah Logan retired from WKU's English Department in 2021. Her field is Victorian Literature. She hiked part of the Camino de Santiago in 2023 and again in 2024.

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

Travel Journal: Populating the Americas: 1492 Before and After

We will explore the question of how the Americas were populated historically and the consequences of European colonization.

- Instructor: David Keeling
- Day: Tuesday, April 22 (1 session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Presenter Bio:

David Keeling is a Distinguished University 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 the Norwegian Fjords

This travel talk takes us on a journey through several towns and villages along the beautiful Norwegian coast from Bergen to Trondheim, with a focus on their settlement history and geography.

- Instructor: David Keeling
- Day: Tuesday, April 15 (1 session)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Presenter Bio:

David Keeling is a Distinguished University 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: Silk Road Journey: Uzbekistan Today

What is it like to visit Uzbekistan? Join us for highlights of a folk arts tour of Uzbekistan led by Marilyn Romatka of Taproot Folk Arts. We'll provide an orientation to the geography and history of this growing nation, illustrated by photos of its UNESCO World Heritage sites. You will also learn about the lively cultivation of traditional arts, including silk production, ikat weaving, suzani embroidery, ceramics, knife-smithing, and the making of large tandir bread ovens.

- Instructors: Laura McGee, Juergen Zirnstien
- Day: Thursday, May 1
- Time: 11:00 a.m. – 12:30 p.m.
- Location: Knicely Conference Center

Presenter Bio:

Laura Green McGee, Ph.D., taught German at WKU. She now creates wearable and wall art on silk in her studio in downtown Bowling Green and travels the world.

Juergen Zirnstien was born in Bruehl, near Heidelberg, Germany. He spent his career in the metals industry in Germany and the U.S. He currently serves on the Board of the Unitarian Universalist Church of Bowling Green and is active in the Mankind Project.

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

Triumph and Tragedy in 35 years: Meriwether Lewis

Best known for his leadership of the "Corps of Discovery," Meriwether Lewis is a complex and fascinating study in human character. This session will examine a few of the most interesting characteristics and experiences of a young Army captain who became one of the most celebrated men of his age. He was an outdoorsman, Indian advocate, Army officer, Presidential Secretary, Governor, and leader of the most famous expedition in US history, but it remains difficult to reconcile his mysterious death at age 35 with the major accomplishment of an almost impossible task.

- Instructor: Tim Brotherton
- Day: Wednesday, April 9 (1 session)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Infantry officer and former WKU faculty member. He and his wife love to read, travel and learn more about America and the world.

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

Wargames: How They are Used for Planning Strategy and for Public Entertainment

Simulations or wargames have long been used as training aids to prepare military personnel for real battlefield situations, as well as in popular games of military strategy. Following a brief review of war gaming, starting with Kriegsspiel (1824), we will participate in two different WWII scenarios, creating and deploying land, sea and air forces, and testing strategic objectives against other countries. This seminar has a direct tie-in to my March 19 class, Naval Theory in the Great Pacific War.

- Instructor: Tim Brotherton
- Day: Thursday, April 3 and 10 (2 sessions)
- Time: 1:30 – 3:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Tim Brotherton is a retired Infantry officer and former WKU faculty member. He now lives with his wife in Auburn, KY. Since studying at West Point, he enjoys reading about military history and historical fiction.

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

Watercolor for Beginner and Intermediate

Always wanted to paint? Was Art your favorite class in school? Well, now is your chance to learn basic techniques of watercolor in a fun and informative class. We will draw in a simple scene, paint a sky with foreground and background, add trees like our friend Bob Ross, and water in the lake with reflections. You will have a beautiful watercolor scene to frame when finished.

Instructor: Judi Adams

- Day: Wednesday, April 16 – May 7 (4 sessions)
- Time: **Extended:** 1:00 – 3:00 p.m.
- Location: Knicely Conference Center
- Supply Fee: \$25 (painting supply kit will contain enough for several painting classes; if taking both painting classes, you only need one supply kit; may be purchased in the SLL office)
- **NOTE:** An example painting for this class may be seen in the SLL office.

Instructor Bio:

Judi Adams is a Kentucky native who earned bachelor's and master's degrees at WKU. She taught in Kentucky for 27 years then moved to The Villages, Florida, where she taught adults for 20 years.

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

Why Opera?

Many people have never been to an opera nor know an opera singer. Timothy Simpson will share his perspective on opera from his career as a leading tenor in German theaters. Attending an opera is often a daunting experience for newbies; this class will provide an overview of the opera scene and help participants connect with the art form.

- Instructor: Tim Simpson
- Day: Tuesday, April 22 – May 6 (3 sessions)
- Time: 9:00 – 10:30 a.m.
- Location: Knicely Conference Center

Instructor Bio:

Timothy Simpson holds a Bachelor of Music from WKU and a Master of Music from The Eastman School of Music. He has had a 20+ year career as an operatic tenor soloist in German and European opera companies.

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

Yoga for Bone Health

In this 4-week series, we will explore how practicing yoga can support us as we age. We will focus on 12 poses that have been shown to improve spine and femur bone density, with time for questions at the end of each session. Students should wear comfortable clothing and bring their own mat if they intend to do poses reclining on the floor. However, coming to the floor is not required.

- Instructor: Angie Jones
- Day: Tuesday, March 18 – April 8 (4 sessions)
- Time: 3:30 – 5:00 p.m.
- Location: Knicely Conference Center

Instructor Bio:

Angie Jones has been practicing yoga for 20 years and teaching for nearly 14 years. A retired WKU faculty member, her yoga credentials include being an E-RYT 200, an RYT 500, and a YACEP (continuing education provider). She has trained in Bowling Green, Nashville, and at the Duke Integrative Medicine Center.

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

PLEASE NOTE: Class schedules are subject to change. We will update the course guide as needed.

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.

Jane Barthelme, Chair
Nancy Bussiere
Libby Davies
Olin Joynton
Carrie Morgan
Bonnie Pinkerton
Derek Olive, Ex-Officio

Cathy Fox, Vice Chair
Becky Cann
John Forman
Ken Kuehn
Scott Nehm
Ernie VanHooser

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
Larry Gildersleeve
Ernie VanHooser

Ken Kuehn, Co-Chair
Debbie Breen
John Forman
Terri Hinton

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

Cathy Fox

Terri Hinton

Mike Morgeson

JoAnn Ryan

Sharon Spall

Bonnie Pinkerton, Co-Chair

Ann Esterle

Vicki Gregory

Kathee Morgeson

Joan Norris

Robert Ryan

Chrys Wilson

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

Brenda Bush

Becky Cann

Pam Coe

Lisa Dalporto

John Forman

Jan Kissler

Sue Meyer

Audrey Neely

Ernie VanHooser

Jan Woitas

Dana Zeghers

Patsy Bowman

Greg Bussiere

Sidney Cann

Ed Cohan

Beth D'Eramo

Cathy Fox

Bill Leonard

Deb Myers

Bonnie Pinkerton

Molly Wilson

Sonia Young

Spring 2025 Onsite (at Knicely) Course Calendar

	9:00 – 10:30	11:00 – 12:30	1:30 – 3:00	3:30 – 5:00	5:30 – 7:00
TUESDAY	Bird Identification for Beginners March 18 – April 1 (3 sessions) Philosophical Foundations of Classical Liberalism March 18 – April 8 (4 sessions) History on the Hill: The Roots of WKU April 8 – 15 (2 sessions) Birding in the Field April 15 – May 6 (4 sessions) Why Opera? April 22 – May 6 (3 sessions)	Crafting the Future of American Architecture March 18 – April 8 (4 sessions) Freedom of Simplicity April 8 – 22 (3 sessions) Book Club: Poverty, by America April 15 – May 6 (4 sessions)	More Pet Peeves of Driving in Bowling Green March 18 (1 session) Chair Yoga March 25 (1 session) Interpersonal Communication Post 2024 Election March 18 – 25 (2 sessions) Shakespeare Behind Bars: Macbeth April 1 – 15 (3 sessions) Introduction to Artificial Intelligence April 22 – 29 (2 sessions)	Let's Paint Together: Watercolor Flowers & Wreaths March 18 – 25 (2 sessions) Yoga for Bone Health March 18 – April 8 (4 sessions) Travel Journal: Sailing the Norwegian Fjords April 15 (1 session) Travel Journal: Populating the Americas April 22 (1 session) Travel Journal: Atlantic Islands: Madeira and the Canaries April 29 (1 session)	Boredom to Brilliance March 18 – April 8 (4 sessions) From One Troubadour to Another: The Magic of Linda Ronstadt April 22 (1 session) Preserving Family Treasures April 29 (1 session)
WEDNESDAY	Naval Theory in the Great Pacific War 1941-45 March 19 (1 session) Business Showcase: Logan Aluminum March 26 (1 session) The Summit Process April 16 – 30 (3 sessions)	Road to Zanzibar March 26 (1 session) Basic Plant Identification April 2 – 16 (3 sessions) BikeWalkBG Offerings April 23 (1 session) Remembering Jim Crow: Segregation Then and Now April 30 – May 7 (2 sessions)	Staying in Your Home: It Takes a Village! March 19 – 26 (2 sessions) Following the Footsteps of the Lewis and Clark Expedition April 2 (1 session) Triumph and Tragedy in 35 years: Meriwether Lewis April 9 (1 session) Watercolor for Beginner and Intermediate April 16 – May 7 (4 sessions) NOTE: Ext. time 1 - 3	Business Showcase: Houchens Industries March 19 (1 session) Stupid Wars Part Two: The Black Patch March 26 – April 2 (2 sessions) Letters to the Editor April 9 (1 session) Greek Mythology April 16 – May 7 (4 sessions)	Nutrition April 16 (1 session)
THURSDAY	Basic Disease Development March 20 – May 8 (8 sessions)	From Idea to Screen March 20 (1 session) American Sign Language March 27 – April 10 (3 sessions) Maintaining Movement Independence April 17 (1 session) Travel Journal: Silk Road Journey May 1 (1 session) Travel Journal: Pilgrimage to India May 8 (1 session)	Agatha Christie is Please to Meet You March 20 – April 24 (6 sessions) Wargames: How They are Used for Planning Strategy and for Public Entertainment April 3 – 10 (2 sessions) They Call Me Mama Lisa May 1 (1 session)	Aging in Place: Staying Safe and Happy at Home March 20 – April 3 (3 sessions) Memoir Writing April 3 – May 8 (4 sessions) Great Decision 2025 April 10 – May 1 (4 sessions)	Tariffs: The Pros and Cons April 3 – 10 (2 sessions)

Spring 2025 Offsite (at various locations) Course Calendar

	9:00 – 10:30	11:00 – 12:30	1:30 – 3:00	3:30 – 5:00	5:30 – 7:00
MONDAY		Introduction to Coffee Roasting April 14 (1 session)	Beginning African American Genealogy March 31 (1 session) Collections, Community, and Corvette April 7 (1 session) Taking Your Yoga Practice to a Studio April 21 (1 session)		Starry Tales: Looking at the Spring Sky March 17 (1 session) Explore WKU Tour: College Heights Weather Instrument Museum March 24 NOTE: choose one time slot: 5pm, 6pm, or 7pm
FRIDAY		Business Showcase: Trace Die Cast Facility Tour April 11 (1 session) NOTE: 10am to Noon All Aboard for a Trolley Tour of Historic Bowling Green May 2 (1 sessions)			