



AT IOWA STATE UNIVERSITY™

## NEWSLETTER

OCTOBER 2025

# Letter from OLLI Council Chair

Hello, or should I say Goedendag,

My husband and I are travelling, and today is our first day in Amsterdam. I am learning a few words in the Dutch language and meeting new people. My favorite aunt was from Holland, and I have always wanted to experience the landscape and culture that produced such a special person. Autumn is in full swing here, as it is in Iowa. Even though I am traveling now, I took advantage of fall courses by participating in September classes. I am looking forward to Jane Cox's course "Memories of You," and was thrilled to find out that it will be recorded. This meant I could still sign up and enjoy it later this month once I return home. Recorded courses are easy to access and a wonderful resource when there are scheduling conflicts. Registration stays open throughout the whole six weeks. If you wish to add additional courses, please do.

**Happy learning,**

**Beth Larabee, OLLI Advisory Council Chair**



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& Like us on Facebook: [olliatisu](https://www.facebook.com/olliatisu)

To become a Friend of OLLI at Iowa State by a show of financial support, please go to <https://isu.foundation/olli> and select the Friends of OLLI at Iowa State fund.



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Details: [Ameschamberartists.org](https://ameschamberartists.org)

### Awake!

Fri. Dec. 12, 7:30 p.m.  
Sat. Dec. 13, 3:00 p.m.

Featuring Des Moines  
Symphony Orchestra  
players. Performing Bach's  
*Wachet auf, ruft uns die  
Stimme* & a cappella works.

### Across the Water

Sat. May 16, 7:30 p.m.  
Sun. June 7, 3:00 p.m.

In collaboration with Irish  
Tenor Michael Londra.  
Performing traditional  
music from Ireland  
& North America.

# New Registration System

The OLLI at Iowa State staff would like to thank the OLLI members for their support and understanding as we transition to a new registration system. While changing to a new system always presents challenges, by staff and members working together, we were able to minimize the number of challenges drastically.

Now that most members have created their accounts in the new system, they have more control over their registrations. If you have changes to your registration (adding more courses, or canceling ones you registered for), you will need to click the blue Edit Order button in the confirmation email you received when you initially registered.

After you log in, you may add or remove courses as needed:

- To cancel a registration, simply remove the checkmark before the title of the course. The system will generate a credit on your account to use in the future. If you prefer to receive a refund, contact the ISU Extension Registration Services team via email at [registrations@iastate.edu](mailto:registrations@iastate.edu) or via phone (515) 294-6222.
- To add a course, do not change anything in the list of your courses; simply click the Edit button under your name. Choose your selection and process your payment (you will only be charged for what you are adding).

If you have any issues with the forms or how to process changes, please contact the ISU Extension Registration Services team via email at [registrations@iastate.edu](mailto:registrations@iastate.edu) or via phone (515) 294-6222. They are very responsive and will be able to assist you better than the OLLI at Iowa State staff.

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## OLLI at Iowa State Membership

Curiosity doesn't come with an age limit—and neither does the joy of learning. OLLI at Iowa State invites adults of all ages to become members and explore new ideas, deepen their knowledge, and connect with a dynamic community of fellow learners. Whether you're diving into history, exploring the arts, mastering technology, or simply seeking meaningful conversations, OLLI offers a rich variety of courses, events, and experiences designed to inspire and engage. Joining OLLI means joining a movement that celebrates lifelong learning—where every adult is welcome to grow, discover, and thrive.

OLLI at Iowa State membership benefits for 2025-2026 include:

- Connection to a community of enthusiastic learners
- Access to quality non-credit educational opportunities (priced separately)
- Nine OLLI Talk programs with no cost (\$225 value)
- Monthly newsletter
- Weekly Friday emails during class sessions about the next week's activities
- Ames Chamber Artists **complimentary** pair of concert tickets (\$30 value)
- Central Iowa Symphony **complimentary** pair of concert tickets (\$40 value)
- ISU Library card for use at Parks Library for \$5 (non-ISU retiree, Iowa residents only) (\$15 value)
- Octagon Center for the Arts **10% discount** off a purchase of \$25 or more
- Stephens Auditorium **Buy One Get One** ticket offers to select shows

To become an OLLI at Iowa State member or to renew your membership, visit our website at <https://olli.iastate.edu/> to complete the online membership form. Or you may contact Heather Bristow (see her contact information on the last page of this newsletter).

# Fall Term Updates

We are halfway through the OLLI at Iowa State fall term, which is not as stressful as midterms in high school or college. That's the beauty of the OLLI network; there are no tests and no grades, simply learning for the joy of learning.

If you haven't yet registered for fall courses, do not fear, [registration is still open](#). There are several courses that start in the second half of the fall term. But don't wait too long, you know what they say, "Time flies when you're having fun!"

Some of the courses that will begin in October are:

- 23-P/Z - Before You Donate
  - 24 - Where on Earth is the U.S.? - Are We in the Top-10?
  - 27 - Strengthening Our Community With AARP Iowa
  - 28 - Navigating the Medical World in the 21st Century
  - 31 - Russia's Large Territory in Asia: A History Review of the Russian Imperial Expansion
  - 32 - Counterfeit Consumer Goods and Health Concerns
  - 34 - The Mongol Empire in World History and the Mongols Today
  - 35 - Sabermetrics: Rethinking Performance in Baseball, Other Sports, and Life
  - 38 - Memories of You
  - FT2 - Building & Flying Airplanes Tours
  - FT3 - Meskwaki Tribal Settlement Visit
  - Talk3-Z - OLLI Talk: Evolving from Edisonian: The Imperative of Modeling
- Courses 15 - Labyrinth Coffee & 25 - Geocaching have been postponed to the spring 2026 term.*

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## OLLI at Iowa State Volunteer Teams

"Teamwork makes the dream work," so they say, and at OLLI at Iowa State, it is no different. Our volunteer teams work directly with staff to imagine, create, and support the quality programming and social engagements we have come to know and love.

Are you looking for a way to give back? OLLI at Iowa State believes everyone has something to offer, and we welcome anyone who is willing to do so. Below is a list of our volunteer teams with brief descriptions of their purpose. Please contact the OLLI at Iowa State staff if you would like to explore these opportunities.

### Advisory Teams

- Community Engagement – works to create engaging activities and promotional efforts to support OLLI at Iowa State, meets monthly
- Curriculum – coordinates instructors and course topics for three terms each year, meets monthly
- Finance – assists with budgeting and presenting financial reports to the OLLI Advisory Council

### Project Teams

- Evaluation – develops and reviews evaluations, meets as needed
- Project Development - coordinates initiatives related to the strategic plan, meets as needed
- Technology – learns and assists in setting up equipment for in-person classes, meets as needed
- Volunteer – coordinates volunteers to assist with activities, meets as needed



## November Pop-Up Classes

While scheduling fall courses, a couple classes were proposed that had direct ties to events in the month of November. The curriculum team felt it would be significant to schedule these classes as pop-ups closer to the dates associated with the topic. We hope you will consider registering for these classes. Each class has its own registration form.

### [World War II and the Common Man: The Story of Three Young Men and Their Experience](#)

Thursday, Nov. 6, 2025

10:30 a.m. – 12 p.m. CT, \$25

Online with Zoom

As Tom Brokaw said in his book, “The Greatest Generation,” “We took young, ordinary Americans and asked of them extraordinary service, sacrifice, and heroics.” This is the firsthand story of three men and their experience during the Battle of the Bulge, and what it was like for American women during the war.

**Chuck Achter** has been a lifelong educator and has taught OLLI classes for the past eight years.

### [Don't Let Germs Crash the Party: Holiday Food Safety Guidance](#)

Monday, Nov. 17, 2025

1 – 2:30 p.m. CT, \$25

Online with Zoom

Family holiday dinners too often become memorable events: “Remember that Thanksgiving when we all got sick from...” This class will discuss key food preparation steps to prevent foodborne illness at the family holiday dinner and in handling leftovers.

**Gale Prince** is an ISU Graduate with over 55 years of experience in food safety and regulatory compliance in the food industry. He has a long list of actual holiday food preparation procedures that have resulted in historical memories of family foodborne illness outbreaks from holiday dinners.





## Rock On in Retirement Symposium

The 13th annual Rock on in Retirement Symposium will be hosted at the ISU Alumni Center by the ISU Retirees Association on Thursday, October 30, 2025, starting at 8:30 a.m. CT and concluding at noon. It will be an energizing morning dedicated to exploring how movement, mindfulness, and practical strategies can support vibrant living in retirement.

This year's symposium centers on the theme Easy Ways to Be Fit in Retirement, and throughout the morning, you'll hear from two passionate experts who are committed to helping older adults stay active, independent, and well. Dr. Colleen Schwartz and Abbie Coniglio will guide us through a series of engaging presentations that blend science, community insight, and hands-on experience.

Together, they'll share simple ways to incorporate physical activity into daily life, drawing from national guidelines and their work with the Story County Fall Prevention Coalition. You'll learn how movement—whether seated, standing, or supported by a chair—can be a powerful tool for maintaining strength, balance, and confidence. Special attention will be given to fall prevention, with evidence-based techniques demonstrated and explained in a way that's both accessible and empowering.

You'll also be introduced to programs like Walk With Ease and tai chi for arthritis, and explore how yoga and chair yoga can enhance both physical stability and mental clarity. From footwear recommendations to new technologies like apps and wearable devices, Colleen and Abbie will offer practical tools to help you stay safe and active.

We invite you to participate at your own pace, ask questions, and enjoy the sense of community that makes Rock On such a special gathering. Whether you come to learn, move, or simply connect, we hope you will leave feeling inspired and equipped to keep rocking on.

Those who plan to attend online will receive a link to download the symposium packet. Those attending in person will pick up their packet on the day of the event.

Please thank these sponsors whose support makes this event free for participants:



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# Share OLLI at Iowa State

It may only be October, but we all know how quickly the holidays sneak up! This year, consider giving something more meaningful than a material gift—give the gift of lifelong learning with OLLI at Iowa State.

You choose the amount, and your loved one chooses how to use it. With both in-person and online programs available, anyone can join in—no matter where they are. Simply complete the [online Gift Certificate form](#) and the OLLI at Iowa State staff will contact you to complete the order.



**GREEN HILLS™**

**“Move to Green Hills before you think you need to. You’ll appreciate this community so much when you do!”**  
— Paul & Ardeth Rietz

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**WORLD BALLET COMPANY**  
**THE GREAT GATSBY BALLET**  
OCTOBER 9 at 7:00 PM  
STEPHENS AUDITORIUM

**The Addams Family**  
A MUSICAL COMEDY  
OCTOBER 19 at 7:30 PM  
STEPHENS AUDITORIUM

TO LEARN MORE AND GET TICKETS, VISIT [WWW.CENTER.IASTATE.EDU](http://WWW.CENTER.IASTATE.EDU)



## Mark Your Calendars!

### First Friday Coffee

Friday, Oct. 3, 2025, starting at 9 a.m. CT

Sixty Forward Center, 205 S. Walnut Ave., Ames

[Online with Zoom](#)

We hope you can join us for the October First Friday Coffee. Heather will be in attendance to give some updates. Sara Marcketti, Assistant Provost and Executive Director of CELT (Heather’s new supervisor), also plans to attend.



### Winter 2026 Course Preview

Wednesday, Dec. 10, 2025, starting at 1:30 p.m. CT

Online with Zoom

We hope you will join us online for the OLLI at Iowa State Winter 2026 Course Preview. The winter instructors will be invited to offer a 90-second preview of what they will be teaching. The Zoom link will be available on the events page of our website the day of the event.

### Central Iowa Symphony

Meditations and Celebrations

Saturday, Oct. 4, 2025, 7:30 p.m.

Concert Conversations with Eric McIntyre at 6:45 p.m. CT

October also ushers in the start of the Central Iowa Symphony Concert Series, opening with a cornucopia of colorful music, from the contemplative to the exuberant. Samuel Coleridge-Taylor’s orchestral version of a vigorous Haitian dance is contrasted with Frederick Delius’s soothing *Two Aquarelles*, which is likewise perfectly paired with the Iowa premiere of Judith Weir’s *Still, Glowing*. Acacia Scott sparkles as featured soloist on an instrument we rarely see at the front of the orchestra in Glière’s *Harp Concerto*, and the whole program is brought to a thrilling conclusion with Rossini’s well-loved *William Tell Overture*.

We hope you will consider using the two complimentary tickets the symphony provides OLLI at Iowa State members to attend this event.

# Mark Your Calendars!

Please click this link to purchase tickets:

<https://www.center.iastate.edu/companypartners/>

## Stephens Auditorium

The first chance to use your Buy One Get One ticket offer is in October. To purchase your tickets, complete the voucher you received in your membership letter and return it to Stephens Auditorium by mail (see the address at the bottom of the voucher), or you can call (515) 294-2479 for assistance.



### **iLuminate - Friday, Oct. 17, 2025, 6:30 p.m. CT**

From the moment the lights fade to darkness, you are transported into another world... another dimension, where the music moves you and the visuals are unlike anything you've ever seen. Welcome to the world of iLuminate, named "Best New Act in America" by America's Got Talent in 2011. iLuminate features a brilliant cast of the country's top dancers performing to energetic music – including top Pop and Rock hits from the 70s, 80s, and 90s, a little jazz, a little

Latin, a little hip hop, and more. The dancers are outfitted with customized LED suits synced to iLuminate's proprietary software to create extraordinary lighting effects with each of the phenomenally choreographed dance moves.

This mind-blowing, multi-sensory experience is completely unique and incomparable to any other stage spectacular as the dancers perform dynamic routines and illusions on a darkened stage. As the show progresses, each scene creates a new "room" inside "Club iLuminate" where an exhilarating blend of music, dance, illusion, technology, and comedy comes to life for an experience that's sure to be the most fun you'll ever have in the dark.



### **World Ballet Company: The Great Gatsby Ballet - \*\*Special Offer\*\* - Thursday, Oct. 9, 2025, 7 p.m. CT**

While reviewing the list of shows for this year, I asked Tammy Koolbeck if this ballet could be included as a follow-up event to the course about the Great Gatsby Ron Palumbo offered through OLLI at Iowa State. Due to deadlines, we were not able to make this happen. However, the ballet company is pleased to offer 10% off individual tickets or buy three get one free (25% off a 4-ticket

purchase). Tammy also invited Ron to be the Cafe Speaker before the performance.

Experience the glitz, glamor, and tragic romance of F. Scott Fitzgerald's timeless novel LIVE on stage, featuring a multinational cast, lustrous hand-crafted costumes, and sweeping Art Deco-inspired sets, brought to life by WBC's all-star creative team.

World Ballet Company's "The Great Gatsby" is the must-see show of the season. Dress to impress, raise a glass, and get swept away in an unforgettable night of elegance, drama, and breathtaking artistry.

Duration: 2 hours (including 20-minute intermission)

Audience: For ages 8 & over

WBC Website: <https://worldballetcompany.com/ames>

**World Ballet Company**  
**Ballet Everywhere, Ballet For All.**

# OLLI at ISU Advisory Council & Teams 2025-2026

The OLLI at Iowa State Advisory Council includes the executive team and coordinators of the Advisory Teams. OLLI staff and Project Team Coordinators serve in an ex-officio capacity. Feel free to visit with any of these individuals about course ideas, volunteer opportunities, and any additional programming comments.

## Executive Team

Beth Larabee, *Chair*  
Denise Vrchota, *Chair-elect*

Peter Hallock  
Barbara Helland  
Jay Hinkhouse  
Barbara Martin  
Ron McFarland  
Mike Meetz  
Gale Prince  
Ronda Stingley  
Sam Wormley

Jan Lee  
Barbara Louis  
Diana Shonrock  
Kathy Vance

## Advisory Teams

### COMMUNITY ENGAGEMENT

Jane Cox, *Team Coordinator*  
Cynthia Gaunt  
DeLores Hawkins  
Michael Kitchell

### PROGRAM DEVELOPMENT

Randy Larabee, *Team Coordinator*  
Mary Richards  
Mary Wells

### CURRICULUM

Denise Vrchota, *Team Coordinator*  
Betty Barton  
Deanne Brill  
Tom Carlson  
Mike Coveyou  
Andrea Dorn  
Janet Gebler

### FINANCE

Jerry Holtan, *Team Coordinator*  
Helen Jensen  
LeRoy Kester

### TECHNOLOGY

Heather Bristow, *Team Coordinator*  
David Digby  
Dean Stickrod  
Gail Wiebke

## Project Teams

### EVALUATION

Marisue Hartung, *Team Coordinator*  
Robert Bergmann

### VOLUNTEER

Barbara Faidley, *Team Coordinator*  
Ruth Barnett

## Scheduled Meetings

All OLLI at Iowa State members are welcome to attend any team meetings. If you would like to join us for a meeting, please contact the OLLI at Iowa State staff.

### Council

No meeting

### Community Engagement Team

To be determined

### Curriculum Team

Thursday, Oct. 2, 3 – 4:30 p.m. CT

## Contact Information

### Office Hours

Monday - Friday 8 a.m. - 5 p.m. CT  
Heather Bristow, Director | [hbristow@iastate.edu](mailto:hbristow@iastate.edu)  
(515) 294-5790 | [www.oli.iastate.edu](http://www.oli.iastate.edu)

## MISSION

OLLI at Iowa State nurtures a joyful community of lifelong learning for adults of all ages. We offer non-credit educational courses and social experiences that spark curiosity, connection, and personal growth, specially designed for mature learners.

## VISION

To be recognized as the premier, volunteer-based organization of lifelong learning experiences.

## VAULES

Adaptability, Curiosity, Integrity, Knowledge, Passion

## GOALS

- To continue to offer quality classes and experiences led by excellent leaders
- To expand the base from which OLLI participants are drawn
- To strive for financial security and sustainable growth