



OLLI

AT IOWA STATE UNIVERSITY™

WINTER 2026 COURSE CATALOG

Lifelong learning for adults of all ages.



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**WINTER 2026
REGISTRATION OPENS**
Friday, Dec. 12, 2025
8:30 a.m. CT

DATES TO REMEMBER

Winter 2026 Course Preview

Online with Zoom
December 10, 2025

First Day of Winter 2026 Classes

January 12, 2026

Spring 2026 Course Preview

Online with Zoom
March 4, 2026

First Day of Spring 2026 Classes

April 6, 2026

OFFICE CONTACT INFORMATION

2624 Howe Hall, 537 Bissell Rd
Ames, IA 50011-1096
Monday - Friday, 8 a.m. - 5 p.m. CT

Heather Bristow, *Director*

515-294-5790 or
hbristow@iastate.edu



<https://olli.iastate.edu/>

Course details are subject to change and may not be updated in this printed catalog.
Visit our website for the latest information.

Views and opinions expressed by course and/or event participants, including instructors and presenters, are those of the individual and do not represent views, opinions, or policies of OLLI at Iowa State, CELT, or Iowa State University.

ABOUT OLLI

The Osher Lifelong Learning Institute at Iowa State University (OLLI at Iowa State) is a non-profit membership organization committed to providing engaging, non-credit educational and social experiences for adults of all ages in a welcoming, stress-free environment. Backed by the Bernard Osher Foundation, the Center for Excellence in Learning and Teaching (CELT), Iowa State University, and a dedicated network of volunteers and sponsors, OLLI at Iowa State nurtures a joyful community of lifelong learners. Both members and instructors may enjoy learning for the joy of learning—free from tests, grades, or pressure—fueled by curiosity, connection, and personal enrichment.

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.

VALUES

Adaptability, Curiosity, Integrity, Knowledge, and Passion

MEMBERSHIP

Adults of all ages may join OLLI at Iowa State. Members from all backgrounds are welcome; neither a college education nor previous affiliation with a college is required.

Membership is valid from July 1 through June 30 of the following year. Individuals may join at any time and are asked to renew their membership each July.

To become a member, visit our website and pay the \$35 membership fee through our online membership form. If you cannot complete the online form, contact the OLLI at Iowa State staff for assistance (see page 3 for the Office Contact Information).

Once your OLLI at Iowa State membership is active, we invite you to take advantage of our lifelong learning experiences as well as these additional benefits:

- Connection to a community of enthusiastic learners
- Access to quality non-credit educational opportunities (priced separately)
- Nine OLLI Talks programs at no cost (\$225 value)
- Monthly newsletter delivered to your email
- Weekly Friday emails during course terms 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 on a purchase of \$25 or more
- Stephens Auditorium Buy One Get One ticket offers to select shows

LEADERSHIP

OLLI AT IOWA STATE ADVISORY COUNCIL AND TEAMS 2025-2026

The OLLI at Iowa State Advisory Council includes the Executive Team and team 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*

ADVISORY TEAMS

Community Engagement

Jane Cox, *Team Coordinator*

Cynthia Gaunt

DeLores Hawkins

Michael Kitchell

Curriculum

Denise Vrchota, *Team Coordinator*

Betty Barton

Deanne Brill

Tom Carlson

Mike Coveyou

Andrea Dorn

Janet Gebler

Peter Hallock

Barbara Helland

Jay Hinkhouse

Barbara Martin

Ron McFarland

Mike Meetz

Gale Prince

Ronda Stingley

Sam Wormley

Finance

Jerry Holtan, *Team Coordinator*

Helen Jensen

LeRoy Kester

PROJECT TEAMS

Evaluation

Marisue Hartung, *Team Coordinator*

Jan Lee

Barbara Louis

Diana Shonrock

Kathy Vance

Program Development

Randy Larabee, *Team Coordinator*

Mary Richards

Mary Wells

Technology

Heather Bristow, *Team Coordinator*

David Digby

Dean Stickrod

Gail Wiebke

Volunteer

Barbara Faidley, *Team Coordinator*

Ruth Barnett



2025-2026

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REGISTRATION

Registration opens at **8:30 a.m. CT on Friday, Dec. 12**. You must be a current OLLI at Iowa State member to register for courses.

- The registration form is managed by the ISU Extension Registration Services team, who may be reached at registrations@iastate.edu or 515-294-6222
- If you are unable to register online, contact the OLLI at Iowa State staff
- If you have a gift certificate to redeem, contact the OLLI at Iowa State staff
- Registrations are processed in the order they are received

To register for OLLI at Iowa State courses, visit our website's Course Information page to complete the online registration form.

Registration Confirmation

- All registrants will receive an email confirmation of their courses. If you do not receive this communication, contact the OLLI at Iowa State staff.
- Attendance instructions and details for each course you register for will be emailed to you on **the Friday before your course begins**. Please contact the office if you do not receive the instructions.

COURSE PREVIEW EVENT

The OLLI at Iowa State instructors will be invited to present a 90-second preview of their upcoming course at the Winter 2026 Course Preview Event.

Join us via Zoom on Wednesday, Dec. 10, 2025 at 1:30 p.m. CT. The link will be available on the Events Page of our website.

A recording will be made available on the Course Information page of our website after the event, allowing you to watch it at your convenience.

COURSE DELIVERY METHODS

Winter 2026 OLLI at Iowa State courses will be delivered exclusively online via Zoom. This format ensures uninterrupted access to engaging lifelong learning opportunities throughout the season—unlocking the joy of learning with no worries about inclement weather or hazardous travel conditions.

WHAT YOU NEED FOR ZOOM

- A high-speed internet connection
- A computer, smartphone, iPhone, or iPad with speakers
- You may also use your phone to call in as if on a conference call
- A camera and microphone on your device are optional
- Note: you DO NOT need your own Zoom account to participate

CANCELATIONS AND REFUNDS

OLLI membership fees are non-refundable. A credit for the amount of canceled registration fees will be retained on your account for use toward future courses. If you prefer to receive a refund, contact the ISU Extension Registration Services team at registrations@iastate.edu to request the refund. A \$10 service fee will be retained for registrations canceled before the first week of classes. Cancellations received after classes begin will not be issued a refund.

Cancellations initiated by OLLI at Iowa State will be communicated via email or phone and are eligible for a full refund, regardless of timing.

SCHOLARSHIP PROGRAM

Are you, or someone you know, interested in lifelong learning but feel you are not able to cover all the costs associated with following your curiosity?

OLLI at Iowa State aims to provide lifelong learning opportunities for adults of all ages. Anyone interested in a scholarship is encouraged to contact the OLLI at Iowa State staff or complete the Scholarship Opportunities form on our website. OLLI at Iowa State staff will contact all applicants to continue the application process. The names of individuals who apply for or receive a scholarship will be kept confidential.

FRIENDS OF OLLI AT IOWA STATE

In addition to support from the Bernard Osher Foundation, CELT, and ISU, OLLI at Iowa State receives contributions from individuals who are passionate about lifelong learning, also known as Friends of OLLI at Iowa State. These contributions assist in fulfilling the needs of lifelong learners today and in the future. These funds have been and will continue to be used to:

- Support technology needs for all courses
- Send a member to the Osher National Conference every 18 months
- Provide supplies for lectures, courses, day trips, and field trips
- Support the scholarship program

To become a Friend of OLLI at Iowa State, please go to <https://isu.foundation/olli> and select the Friends of OLLI at Iowa State fund (or you may use the QR code on this page).

Please contact the OLLI at Iowa State staff if you are considering giving a major gift, naming OLLI in your will, or as a beneficiary of any assets.



We will also be happy to visit with anyone interested in the volunteering opportunities with our program. We thank you for your support!

GIFT CERTIFICATES

With an OLLI at Iowa State gift certificate, you can give the priceless gifts of lifelong learning, meaningful conversations, and new friendships with other OLLI members. Don't forget about your out-of-town family and friends. With our online programming, anyone, anywhere, can participate.

Visit our website to purchase a gift certificate for any occasion in any amount. Gift certificate holders must contact the OLLI at Iowa State office to redeem them.



"UNDERCOVER RABBIT" PHOTO BY MARY PEPPER

2025 2026 SEASON

CENTRAL IOWA *Symphony*

Performances at Ames City Auditorium • Ames, IA
Eric McIntyre, Music Director and Conductor

Meditations and Celebrations

Saturday, Oct. 4, 2025, 7:30pm

Featuring Acacia Scott, *harp*

Strumming in the Season

Saturday, Dec. 6, 2025, 7:30pm

Featuring Alex Aldridge, *guitar*

Young Artists Concert

Sunday, March 1, 2026, 3:00pm

Featuring Young Artists Winners
and the Gilbert High School Choir

Fireworks Fiesta

Saturday, May 2, 2026, 7:30pm

Featuring Mei-Hsuan Huang, *piano*

Please join Eric McIntyre for *Concert Conversations*
45 minutes prior to each performance
for an engaging and informative program that is
certain to enhance your symphony experience!



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Support from the Ames Commission on the Arts (COTA)



COURSES BY DAY

MONDAY

- 01 – Physical Activity and Aging Study
- 02 – Understanding Global Climate Change
- 03 – Ames Celebrates the Nation's Centennial
- 04 – Lessons from the Great Depression
- 05 – Benjamin Franklin—The Wise and Witty Founding Father
- 06 – Volunteer Community Radio; Learn to Interview/Produce Your Own Program
- 07 – Only Hope: My Mother and the Holocaust Brought to Light

TUESDAY

- 08 – The Growth of Presidential Powers in Foreign Policy-Making
- 09 – It's Not What You Said! It's How You Said It!
The Role of Nonverbal Communication in Our Interactions
- 10 – Nineteenth Century Europe, 1815-1914
- 11 – Demystifying AI
- 12 – Mediterranean Diet (Science and Recipes)
- 13 – Yikes (Data Breaches, Compromised Accounts, etc.)
- 14 – Spotlight on Ames Non-Profits

WEDNESDAY

- 15 – Cover Crops: Green Fields, Clear Water
- 16 – Managing Your Digital Stuff
- 17 – Beyond the Game: How Athletics Academic Services
Shape the Lives and Futures of Iowa State Athletes
- 18 – Understanding Iowa's Emerging Water Crisis
- 19 – Parkinson's Disease and Dementia: Normal Aging vs. Differential Diagnoses
- 20 – AI and The Human Future
- 21 – Authentic Italian Home Cooking: Valentine's Day Dinner

THURSDAY

- 22 – Advancing Food Safety Awareness for People Over 50
- 23 – Discussion About Ultra-Processed Foods
- 24 – From Icons to Perestroika: A History of Visual Culture
- OLLI Talk – McFarland Park Lake Restoration Project
- OLLI Talk - From Avian Influenza to Innovation: Updates from the ISU VDL
- OLLI Talk – A Life After ISU
- Let's Talk OLLI

COURSES BY LOCATION

OLLI at Iowa State Courses during the winter 2026 term are online only.

LET'S TALK OLLI

Presenter: Heather Bristow | Thursday, Feb. 5, 2026 | 3 – 4:30 p.m. CT | Online with Zoom

Join OLLI at Iowa State Director, Heather Bristow, to learn more about OLLI at Iowa State and the national OLLI network. Let's Talk OLLI will be offered once during each term to raise awareness of the OLLI network, encourage participation, and foster a community through direct connection with OLLI at Iowa State staff and members.

OLLI TALKS PROGRAMS

OLLI Talks are free to all current OLLI at Iowa State members. Not a current member? See the Membership section of this catalog to learn how to join.

The Friday before an OLLI Talk, OLLI at Iowa State members will receive a Zoom link via email. The link will also be available on the events page of the OLLI at Iowa State website. Recordings will be made available to OLLI at Iowa State members, with the presenters' permission.

McFarland Park Lake Restoration Project

Speaker: Pat Shehan | Thursday, Jan. 15, 2026 | 3 – 4:30 p.m. CT

After 75 years, McFarland Park Lake was ready for some improvements. This talk will cover the entire restoration project, from start to finish. Items such as nutrient issues, access to the water, and fish population renovation will be discussed.

Pat Shehan has been an outdoors person since before he could walk. Years of being outdoors hunting and fishing led him to pursue a career in outdoor management. He has over 26 years of experience in all aspects of outdoor recreation from Law Enforcement through Habitat, Fishery, and Wildlife Management. This project is a prime example why he wanted to get into this field.

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From Avian Influenza to Innovation: Updates from the ISU VDL

Speaker: Rodger Main | Thursday, Jan. 22, 2026 | 3 – 4:30 p.m. CT | Online with Zoom

The Iowa State University Veterinary Diagnostic Lab (ISU VDL) plays an active role on the frontlines of U.S. animal agriculture processing approximately 130,000 diagnostic case submissions and conducting more than 1.7 million diagnostic assays annually. This OLLI Talk will provide insight into the current goings on at the ISU VDL, the VDL's role in supporting responses to diseases such as High-Path Avian Influenza, and an update on the new VDL Building currently under construction.

Rodger Main, DVM, PhD serves as a Professor and Director of the ISU VDL. A team of 30 faculty and 155 technical staff at the ISU VDL are broadly recognized for their collective work in service as being among the preeminent food animal centered veterinary diagnostic labs in North America.

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A Life After ISU

Speaker: George Strawn | Thursday, Jan. 29, 2026 | 3 – 4:30 p.m. CT | Online with Zoom

A temporary appointment to the NSF turned into an unexpected mid-career change. The (still continuing!) saga of a computer science life at NSF, OSTP, NAS, and with some European connections will be briefly outlined. The topics encountered along the way include the Internet, Open Science, and FAIR data.

After receiving his PhD in mathematics from ISU in 1969, **George Strawn**, in the 1980s, served as the Computer Science department chair and ISU Computation Center Director. In the 1990s, he went to NSF to oversee the Internet emergence and has subsequently served in various positions at NSF, OSTP, and NAS.



AMES

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Friday, December 12, 2025, 7:30 pm
Saturday, December 13, 2025, 3:00 pm

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



Across the Water

Saturday, May 16, 2025, 7:30 pm
Sunday, June 7, 2025, 3:00 pm

In collaboration with Irish Tenor Michael
Londra. Performing traditional music
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Details: [Ameschamberartists.org](https://ameschamberartists.org)

COURSES

The Course Descriptions section indicates recorded courses with , if not recorded with .

01 - Physical Activity and Aging Study

Instructor: Elizabeth Lefferts

One week: Monday, Jan. 12, 2026

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$25

Class limit: 55+

This course will discuss the Physical Activity and Aging Study (PAAS), a longitudinal open cohort study that seeks to shed light on the many relationships that exist between physical activity, health, disease, and mortality in older adults. Within the course, we will dive into the study rationale and the importance of physical activity throughout the lifespan. We will additionally cover the health assessments performed and discuss some of the recent findings from PAAS.

Elizabeth Lefferts began as an athletic trainer, then pursued chronic disease prevention through lifestyle behaviors. Inspired by her family's health experiences, she joined ISU's PAAS study in 2015, returned in 2020 as Data Manager, and became Principal Investigator in 2024, focusing on the impact of aging and exercise on disease trajectories.

02 - Understanding Global Climate Change

Instructor: Sam Wormley

Four weeks: Monday, Feb. 2 - 23, 2026

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$55

Class limit: 35

This course will provide an overview of what climatologists have learned about our changing climate. We avoid the political rhetoric and look at what the science says. The goal is for each of us to better understand what is happening to the climate, why, and how we will live with the changes. Members from OLLI at Drake are also invited to this course.

Sam Wormley is a retired Associate Scientist and Principal Investigator, CNDE/IPRT/AL at Iowa State. He also served as an Adjunct Professor of Astronomy at Marshalltown Community College for 17 years. He regularly teaches science and technology classes for OLLI at Iowa State.

03 - Ames Celebrates the Nation's Centennial

Instructor: Peter Hallock

One week: Monday, Jan. 26, 2026

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$25

Class limit: 35

Our nation celebrated its first 100 years in 1876, just 12 years after the town of Ames, Iowa had been laid out. Learn what Ames was like at that time and what the local folk did to celebrate the national birthday.

Peter Hallock, a native of Kewanee, Illinois—hometown of a few early Ames founders—has a keen interest in Ames history. Peter's mother graduated from Iowa State, and he had a long career with the Iowa D.O.T. It wasn't until he moved to Ames and settled in Old Town that he discovered his passion for local history. Now he's endlessly enthusiastic about it.

04 - Lessons from the Great Depression

Instructor: Ed Linz

Two weeks: Monday, Feb. 2 - 9, 2026

11 a.m. - 12:30 p.m. CT

Online with Zoom

Cost: \$40

Class limit: 55+

This interactive course examines the events of the 1920s that led to the Great Depression, drawing parallels to the 2020s. We'll examine the 1930s political and economic conditions and early World War II through firsthand accounts of the lives of a diverse group of Americans during this turbulent era. Questions and comments will be encouraged throughout the course.

Ed Linz, a 1965 graduate of the Naval Academy, is the author of eight books including works on the Great Depression, the Vietnam War, a novel, and, most recently, three children's books. He holds advanced degrees from Oxford University and George Mason University and lives in Maine and Virginia.

05 - Benjamin Franklin – The Wise and Witty Founding Father 📺

Instructor: Jane Cox

One week: Monday, Feb. 16, 2026

Cost: \$25

11 a.m. - 12:30 p.m. CT

Class limit: 55+

Online with Zoom

Benjamin Franklin was the 15th of 17 children. When he was 17, he ran away from home to Philadelphia, where he began to teach himself. And the rest, as they say, is history. When he was in his 80s, he maintained that he was so happy with his life that he would like to live it again, exactly as it had transpired. This will be the first in a three-part series about the Founding Fathers. This course will be shared with OLLI at UTMB.

Jane Cox is a professor emerita at Iowa State and has taught a variety of OLLI classes. A great-aunt of hers was taken as a baby by her father to watch the funeral train of Abraham Lincoln pass by. Jane began to see history as something that connects us all.

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06 - Volunteer Community Radio; Learn to Interview/Produce Your Own Program 📺

Instructors: Lynne Carey, Anne Kinzel, Mike Meetz,
Michael Murphy, and Pat Schlarbaum

Three weeks: Monday, Jan. 26 - Feb. 9, 2026

Cost: \$50

1 - 2:30 p.m. CT

Class limit: 25

Online with Zoom

Have you ever wondered what is involved in producing a radio broadcast? Here is an opportunity to learn from the staff of KHOI 89.1 FM, an Ames non-profit, volunteer-driven community radio station that allows everyone to share their talents. You will learn what happens behind the scenes of program production. We welcome all members of our community to participate, and before you know it, you too might find your niche within KHOI's radio family.

Lynne Carey retired from Ames Public Library after 36 years, serves as the KHOI Board president, committee member, Local Talk producer, and community advocate.

Anne Kinzel is a legal and policy expert who has shaped healthcare access in Iowa and California, taught globally, led landmark litigation, and now advances agricultural research at Iowa State. She also serves on the KHOI Board of Directors.

Mike Meetz retired from the Veterinary Diagnostic Laboratory at the ISU College of Veterinary Medicine after 35 years as a scientist specializing in animal viral diagnostics, quality assurance, and laboratory safety. Meetz currently hosts, cohosts, and produces several KHOI locally produced programs.

Michael Murphy has over 20 years' experience in community radio, including producing, hosting, operations, engineering, and management. Murphy is currently the KHOI Station Manager.

Pat Schlarbaum, Citizen of the Natural World, retired after 33 years as a biology technician with the Iowa Department of Natural Resources, Wildlife Diversity Program. Schlarbaum hosts locally produced programs and is a member of KHOI's Board.

07 - Only Hope: My Mother and the Holocaust Brought to Light

Instructor: Irv Lubliner

One week: Monday, Feb. 16, 2026

Cost: \$25

3 - 5 p.m. CT

Class limit: 55+

Online with Zoom

Before her death in 1974, Felicia Bornstein Lubliner wrote about her harrowing experiences in ghettos and concentration camps in Nazi-occupied Poland. Her son, who compiled and published her writings, will present excerpts from “Only Hope: A Survivor’s Stories of the Holocaust,” highlighting her resilience and indomitable spirit, his perspective as a child of Holocaust survivors, and his process in bringing the book to fruition. Audience questions will be welcomed during and after his presentation.

Irv Lubliner, Professor Emeritus at Southern Oregon University, taught mathematics for 40 years—at all levels, kindergarten through graduate school. Since retiring in 2014, he has published his mother’s writings and dedicated himself to sharing her powerful Holocaust stories through hundreds of presentations for teen and adult audiences nationwide.

08 - The Growth of Presidential Powers in Foreign Policy-Making

Instructor: James McCormick

Two weeks: Tuesday, Jan. 13 - 20, 2026

Cost: \$40

9 - 10:30 a.m. CT

Class limit: 25

Online with Zoom

Presidential powers in directing U.S. foreign policy have grown dramatically over the course of the 250 years of the American Republic. This growth stems from historical, structural, bureaucratic, and individual factors within the American government. This course outlines the evolution of this executive expansion over time, especially since World War II. While Congress and the courts have attempted to rein in these executive powers in recent decades, they have met with limited success.

James M. McCormick is an ISU emeritus professor of political science, retiring in 2023 after 48 years. His area was foreign policy and international relations. He authored seven editions of *American Foreign Policy and Process* and numerous foreign policy articles, as well as editing *The Domestic Sources of American Foreign Policy*.

09 - It's Not What You Said! It's How You Said It! The Role of Nonverbal Communication in Our Interactions With Others

Instructor: Denise Vrchota

Three weeks: Tuesday, Jan. 27 - Feb. 10, 2026

Cost: \$50

9 - 10:30 a.m. CT

Class limit: 55+

Online with Zoom

Experts believe our nonverbal communication, or the ways we communicate exclusive of verbal messages, contributes the majority of meaning in our interactions with others. This course will explore the basic principles of nonverbal communication, present information about the subcodes we use to communicate nonverbally, and provide suggestions about ways to manage our sending and receiving of nonverbal messages.

Denise Vrchota is a Teaching Professor Emerita, retiring from ISU after 45 years in the Communication Studies Program. She earned her PhD in Adult Learning Theory. She continues to contribute to ISU by offering communication seminars and serving in other capacities through the Graduate College.

10 - Nineteenth Century Europe, 1815-1914

Instructor: Doug Biggs

Six weeks: Tuesday, Jan.13 - Feb. 17, 2026

Cost: \$65

11 a.m. - 12:30 p.m. CT

Class limit: 55+

Online with Zoom

This course explores the “Long Nineteenth Century,” spanning from Napoleon’s fall to the outbreak of the Great War. Topics include the rise of liberal democracies, the shift of European monarchies toward representative institutions by 1914, the emergence of trade unions, imperialism, and the formation of nation-states. There will be lots of pictures of pretty places to visit as well.

Doug Biggs holds a Ph.D. in Medieval History from the University of Minnesota (Twin Cities). His research specialty is 14th-century and early 14th-century England, but he taught a wide range of periods across his career.

11 - Demystifying AI

Instructor: Sree Nilakanta

Four weeks: Tuesday, Jan. 13 - Feb. 3, 2026

Cost: \$55

1 - 2:30 p.m. CT

Class limit 55+

Online with Zoom

The course will provide a layperson's understanding of Generative Artificial Intelligence (Gen AI). It will show how to use freely available Gen AI tools to build exciting and useful applications. The course will require hands-on participation.

Sree Nilakanta is an Emeritus Associate Professor in the Ivy College of Business at Iowa State University. At ISU since 1986, he has led the creation of both the undergraduate and graduate Management Information System and the Business Analytics majors. He is also a serial entrepreneur.

12 - Mediterranean Diet (Science and Recipes)

Instructor: Sam Wormley

One week: Tuesday, Feb. 10, 2026

Cost: \$25

1 - 2:30 p.m. CT

Class limit: 35

Online with Zoom

The Mediterranean Diet is supported by robust scientific evidence demonstrating its numerous health benefits. Its emphasis on whole, unprocessed foods and healthy fats makes it a sustainable and effective approach to maintaining and improving overall health. We dig into the science and even provide resources for healthy, tasty recipes.

Sam Wormley is a retired Associate Scientist and Principal Investigator, CNDE/IPRT/AL at Iowa State. He also served as an Adjunct Professor of Astronomy at Marshalltown Community College for 17 years. He regularly teaches science and technology classes for OLLI at Iowa State.

13 - Yikes (Data Breaches, Compromised Accounts, etc.)

Instructor: Sam Wormley

One week: Tuesday, Feb. 17, 2026

Cost: \$25

1 - 2:30 p.m. CT

Class limit: 35

Online with Zoom

Information about you is in the hands of the bad guys. This OLLI course is meant to help you live safely and securely in a world of compromised personal data.

Sam Wormley is a retired Associate Scientist and Principal Investigator, CNDE/IPRT/AL at Iowa State. He also served as an Adjunct Professor of Astronomy at Marshalltown Community College for 17 years. He regularly teaches science and technology classes for OLLI at Iowa State.

14 - Spotlight on Ames Non-Profits

Instructor: Melissa Muschick

Three weeks: Tuesday, Jan. 13 - 27, 2026

3 - 4:30 p.m. CT

Online with Zoom

Cost: \$50

Class limit: 55+

Discover the impact of local non-profits shaping Ames and Story County. This course highlights organizations making a difference, including Discover Ames, Boys & Girls Club, Friendship Ark, Story County Community Foundation, and YSS. Learn their missions, hear stories of community impact, and explore ways to get involved. Whether you're new to the area or a long-time resident, you'll leave with a deeper connection to the community you call home.

Melissa Muschick is the Director of Partner & Community Engagement at Discover Ames, a local non-profit tourism agency. A Nevada, Iowa native and mother of two, she's deeply committed to community service. Her involvement spans City Council, Friendship Ark Homes, Booster Board, Young Professionals, The Ames Foundation, and countless other committees and volunteer roles. In 2023 alone, she logged 500+ volunteer hours.

15 - Cover Crops: Green Fields, Clear Water

Instructors: Ethan Thies and Liz Ripley

One week: Wednesday, Jan. 21, 2026

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$25

Class limit: 55+

What is growing in the green fields early in the spring? Those are cover crops, a conservation practice that helps protect water quality and improve soil health. This course will cover the benefits that cover crops provide, the management considerations for implementing cover crops in Iowa's cropping systems, and how to talk with tenants about cover cropping.

Ethan Thies is the ISU Extension and Outreach Conservation Field Specialist, where he promotes conservation practices across the state and assists the Midwest Cover Crop Council, providing cover crop information to the Midwest and Canada. As a watershed coordinator, he has helped farmers and landowners implement cover crops on their land.

Liz Ripley is the conservation and cover crop outreach specialist with the Iowa Learning Farms and Water Rocks! Originally from a farm in Butler County, Ripley earned a bachelor's degree in agricultural business-economics from Iowa State University and a master's degree in agricultural economics at the University of Nebraska-Lincoln.

16 - Managing Your Digital Stuff

Instructor: Sam Wormley

Four weeks: Wednesday, Jan. 28 - Feb. 18, 2026

Cost: \$55

9 - 10:30 a.m. CT

Class limit: 35

Online with Zoom

Email, photos, videos, podcasts, apps, etc. can quickly get out of hand and become overwhelming. This course provides guidelines, best practices, and tips to help you stay on top of things that accumulate on your smartphones, tablets, and computers. It goes without saying that when we are connected to the internet, we need to pay attention to Security and Privacy. But we should also practice good digital housekeeping to reduce stress, increase efficiency, and simplify life.

Sam Wormley is a retired Associate Scientist and Principal Investigator, CNDE/IPRT/AL at Iowa State. He also served as an Adjunct Professor of Astronomy at Marshalltown Community College for 17 years. He regularly teaches science and technology classes for OLLI at Iowa State.

17 - Beyond the Game: How Athletics Academic Services Shape the Lives and Futures of Iowa State Athletes

Instructor: Amber Giese

One week: Wednesday, Jan. 14, 2026

Cost: \$25

1 - 2:30 p.m. CT

Class limit: 25

Online with Zoom

What does it take for student-athletes to succeed in the classroom and on the field? This course provides an inside look at the academic, support planning, and life skills programming that help prepare Cyclone student-athletes for graduation and life beyond sports. Discover how discipline, resilience, and support shape the futures of these young men and women.

Amber Giese was named Director of Athletics Academic Services (AAS) for the ISU Athletics Department in the fall of 2017. The AAS oversees all aspects related to academic development and success for over 450 student-athletes at ISU. Under her leadership, student-athletes at Iowa State have posted the highest grade-point average (3.37) and academic progress rate on record.

18 - Understanding Iowa's Emerging Water Crisis

Instructor: Adam Shriver

Three weeks: Wednesday, Jan. 21 - Feb. 4, 2026

Cost: \$50

1 - 2:30 p.m. CT

Class limit: 25

Online with Zoom

Iowa's incredible soil and abundant water resources have made it one of the most important agricultural regions in the world. But now, almost every day we are met with stories about environmental and public health problems caused by pollution in our waterways, from lawn watering bans to massive fish kills to weekly advisories not to swim. This course will examine the agricultural contributions to Iowa's water challenges as well as ideas for addressing these challenges.

Adam Shriver, Director of Wellness and Nutrition at the Harkin Institute, focuses on sustainable agriculture's impact on water quality. He promotes farming practices that protect soil and water health, supporting public wellness. Holding a Ph.D. from Washington University, he's held fellowships at Penn, UBC, and Oxford in ethics and food systems.

19 - Parkinson's Disease and Dementia: Normal Aging vs. Differential Diagnoses

Instructor: Michael Kitchell

Two weeks: Wednesday, Feb. 11 - 18, 2026

Cost: \$40

1 - 2:30 p.m. CT

Class limit: 45

Online with Zoom

Participants will learn about the types of dementia vs. normal memory glitches, as well as tremor, Parkinson's Disease, and many variations and diseases with gait and movement abnormalities.

Michael Kitchell is a retired board-certified neurologist with 44 years of experience. He spent his career helping patients with types of dementia, as well as Parkinson's Disease, tremors, and other movement disorders.

20 - AI and The Human Future

Instructor: Scott Samuelson

Two weeks: Wednesday, Jan. 21 - 28, 2026

Cost: \$40

3 - 4:30 p.m. CT

Class limit: 55+

Online with Zoom

This course focuses on the big ethical and philosophical issues surrounding artificial intelligence. What exactly is AI? What are the biggest promises and perils? What does the future of humanity hold as we move through this technological revolution? Neither pro-AI nor anti-AI, this course is intended to get people thinking more deeply about the central issues raised by the new technology and how they might relate to it in their own lives.

Scott Samuelson holds a joint position at Iowa State University in Philosophy & Religious Studies and Extension and Outreach. The author of three books, including “The Deepest Human Life: An Introduction to Philosophy for Everyone,” he’s currently part of the Ethical AI Workshop with the Translational Center at ISU.

21 - Authentic Italian Home Cooking: Valentine’s Day Dinner

Instructor: Phyllis Lyte

One week: Wednesday, Feb. 4, 2026

Cost: \$25

3 - 4:30 p.m. CT

Class limit: 55+

Online with Zoom

Authentic Italian Home Cooking, Italian Valentine’s Day Dinner is designed for everyone who loves everything about Italian food and who crave authentic, tested recipes that will not disappoint. Whether you are a time honored chef or a novice cook, join us as one big, happy Italian family to learn authentic & easy classic recipes like Italian Wedding Soup, Manicotti, and Chocolate Gelato with Kisses. This course will be shared with OLLI at UTMB.

Phyllis Lyte is delighted to return with another Italian Home Cooking class, part of the series Authentic Italian Home Cooking. She has collected recipes while travelling extensively, and her recipe collection is overflowing! Having developed culinary classes for adults and children, these recipes are simple to follow, budget-friendly, and use everyday ingredients.

22 - Advancing Food Safety Awareness for People Over 50

Instructor: Gale Prince

Three weeks: Thursday, Jan. 15 - 29, 2026

Cost: \$50

9 - 10:30 a.m. CT

Class limit: 35

Online with Zoom

As we age, changes in immunity, diet, and household routines increase the risk of foodborne illness. This course offers practical food safety guidance—from shopping and storage to cooking and handling leftovers—focused on preventing illness and protecting older adults and their families.

Gale Prince is an ISU graduate with over 50 years' experience in managing food safety programs for major retailers and food manufacturers. This includes product formulations, food manufacturing practices, food labeling, food retailing operations, and food safety auditing. This requires knowledge in microbiology, chemistry, and nutrition. His expertise has been recognized by the food industry, the regulatory community, and academia.

23 - Discussion About Ultra-Processed Foods

Instructor: Gale Prince

Two weeks: Thursday, Feb. 12 - 19, 2026

Cost: \$40

9 - 10:30 a.m. CT

Class limit: 25

Online with Zoom

This course explores social media's influence on the term "Ultra-Processed" foods, its undefined status in the U.S., and the evolution of food processing. We'll examine how modern production meets consumer demands and discuss ways to balance convenience, safety, and nutrition—offering practical tips for recognizing alternatives and making informed food choices.

Gale Prince is an ISU graduate with over 50 years' experience in managing food safety programs for major retailers and food manufacturers. This includes product formulations, food manufacturing practices, food labeling, food retailing operations, and food safety auditing. This requires knowledge in microbiology, chemistry, and nutrition. His expertise has been recognized by the food industry, the regulatory community, and academia.

24 - From Icons to Perestroika: A History of Visual Culture

Instructor: Carol Veldman Rudie

Six weeks: Thursday, Jan. 15 - Feb. 19, 2026

Cost: \$65

11 a.m. - 12:30 p.m. CT

Class limit: 55+

Online with Zoom

Immerse yourself in this visually expressive world, which begins in the Russian Empire, expands into the Soviet Union, and creates variety. As history and art intermingle, the layers of culture illustrate how complex the Russia of yesterday was.

Carol Veldman Rudie uses her college teaching skills to research and present background on the Russian Empire and Soviet art and culture. She is a museum guide at The Museum of Russian Art and has recently retired as its education outreach coordinator. Her MA is from the University of Minnesota, and she subsequently did graduate work that included Art History.

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