

FALL 2026 COURSE CATALOG

Lifelong learning for adults of all ages.



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**FALL 2026
REGISTRATION OPENS**
Friday, August 7, 2026
8:30 a.m. CT

DATES TO REMEMBER

Fall 2026 Course Preview

Online with Zoom

Wednesday, August 5, at 1:30 p.m. CT

Winter 2027 Course Preview

Online with Zoom

Wednesday, December 2, 2026

Spring 2027 Course Preview

Online with Zoom

Wednesday, April 7, 2027

First Day of Fall 2026 Classes

September 8, 2026

First Day of Winter 2027 Classes

January 11, 2027

First Day of Spring 2027 Classes

May 3, 2027

OFFICE CONTACT INFORMATION

OLLI at Iowa State

205 South Walnut Avenue

Ames, IA 50010-6725

OLLI@iastate.edu

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

Monday – Friday, 8 a.m. – 5 p.m. CT

Heather Bristow, *Director*

515-294-5790 or hbristow@iastate.edu

Estelle Johnson, *Comms. Specialist*

515-294-8416 or estellej@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) offers lifelong learning and social experiences that spark curiosity, inspire connection, and fuel personal growth for adults of all ages. Members from all walks of life come together for engaging, non-credit courses - no tests, no grades - simply learning for the joy of learning.

As a non-profit organization, OLLI at Iowa State is committed to building a vibrant, welcoming community where enrichment is woven into every experience. With support from the Bernard Osher Foundation, the Osher National Resource Center, the Center for Excellence in Learning and Teaching (CELT), Iowa State University, and a dedicated network of volunteers and sponsors, OLLI at Iowa State strives to meet learners wherever they are.

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 adults pursuing learning later in life.

VALUES

Adaptability, Curiosity, Integrity, Knowledge, and Passion

MEMBERSHIP

OLLI at Iowa State welcomes adults of all ages and backgrounds to become a member – neither a college degree nor university affiliation required. And with our online programming, members can participate from wherever they may be.

An OLLI at Iowa State membership is only \$35 and covers one fiscal year (July 1 – June 30). Individuals may join at any time and are encouraged to renew each July. The online membership form can be found on the OLLI at Iowa State website. If you are unable to complete the form online, please contact the ISU Extension Registration Services Team at registrations@iastate.edu or (515) 294-6222 for assistance.

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)
- Stephens Auditorium Buy One Get One ticket offers to select shows

LEADERSHIP

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.

We invite you to share your time and talents in support of OLLI at Iowa State. Please reach out to the OLLI staff whenever you are interested in getting involved. Suggestions for course topics and ideas for engagement opportunities are always welcome.

OLLI AT IOWA STATE ADVISORY COUNCIL AND TEAMS 2026-2027

EXECUTIVE TEAM

Denise Vrchota, *Chair*

Beth Larabee, *Past-chair*

ADVISORY TEAMS

Community Engagement

Jane Cox, *Team Coordinator*

Cynthia Gaunt

Daniel Hartman

DeLores Hawkins

Michael Kitchell

Diane Rupp

Curriculum

Deanne Brill, *Team Coordinator*

Betty Barton

Mike Coveyou

Janet Gebler

Peter Hallock

Jay Hinkhouse

Beth Larabee

Judith Levings

Barbara Martin

Ron McFarland

Mike Meetz

Jim Nespor

Allan Orsborn

Jaci Peeler

Gale Prince

Sam Wormley

Finance

Jerry Holtan, *Team Coordinator*

Helen Jensen

Susan Johnson

PROJECT TEAMS

Evaluation

Marisue Hartung, *Team Coordinator*

Bob Bergmann

Duane Johnson

Barbara Louis

Kathy Vance

Program Development

Randy Larabee, *Team Coordinator*

Mary Richards

Technology

Heather Bristow, *Team Coordinator*

David Digby

Dean Stickrod

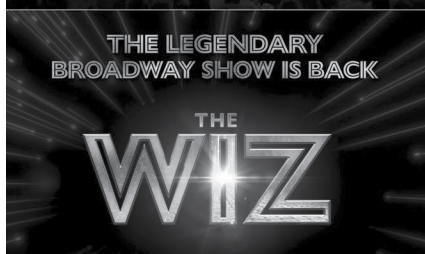
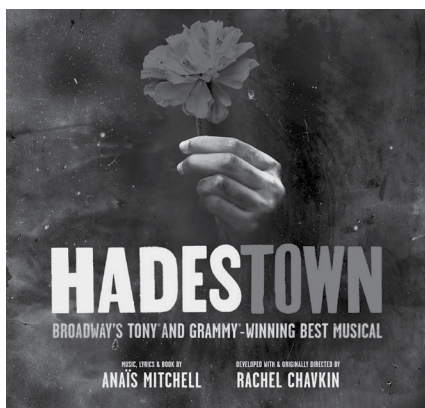
Gail Wiebke

Volunteer

Barbara Faidley, *Team Coordinator*

Ruth Barnett

Jeanne Rogert



2026-2027

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IOWA STATE UNIVERSITY | center.iastate.edu

REGISTRATION

Registration opens at **8:30 a.m. CT on Friday, August 7**. 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 ISU Extension Registration Services team
- 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.

If you register to attend in person, please do your best to be present for the class(es) to help OLLI at Iowa State staff welcome and support our instructors.

COURSE PREVIEW EVENT

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

Join us via Zoom on **Wednesday, August 5, 2026 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.

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.

COURSE DELIVERY METHODS

OLLI at Iowa State offers blended, hybrid, in-person, and online courses. Instructors and staff work together to determine the delivery method for their courses.

Multiple-week courses consist of weekly classes which occur on the same day of each week at the same time.

BLENDED

A multiple-week course where some classes are in-person, and others are online only.

IN-PERSON

A single or multiple-week course where attendees meet in person. Hearing assistance devices may be available.

IN-PERSON (HYBRID)

A single or multiple-week course where attendees meet in person while others meet online simultaneously. Hearing assistance devices may be available.

ONLINE (HYBRID)

A single or multiple-week course where attendees meet online via Zoom while others meet in person simultaneously.

ONLINE

A single or multiple-week course where attendees meet online via Zoom.

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.

Member-initiated cancellations are eligible for a refund less a \$10 processing fee. Should OLLI at Iowa State cancel a program due to low enrollment, medical necessity, or acts of nature, participants will receive a full refund.

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 complete the gift certificate request form. Gift certificate holders must contact the OLLI at Iowa State office to redeem them.

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!

2026 2027 SEASON CENTRAL IOWA *Symphony*

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

Uncharted Waters

Sunday, October 4, 2026, 3:00 PM

Featuring Nathan Dishman, *trombone*

Holiday Traditions

Saturday, December 5, 2026, 7:30 PM

Featuring Katherine Hensley, *soprano*

Young Artists Concert

Sunday, March 7, 2027, 3:00 PM

Featuring Young Artists Winners

Anniversary Array

Saturday, May 8, 2027, 7:30 PM

Featuring Thomas Hiniker, *heckelphone*

Join us for *Concert Conversations* 45 minutes before each performance when Maestro Eric McIntyre provides fascinating program background that will enhance your symphony experience!



cisymphony.org

info@cisymphony.org

Support from the Ames Commission on the Arts (COTA)

COURSES BY DAY

MONDAY

01 – Photography Tips and Techniques

02-P/Z – Continuing Care at Home: Smart Planning for the Years Ahead

TUESDAY

03 – Life, the Universe, and Everything

04 – Russia’s Large Territory in Asia: A Historical Review of the
Russian Imperial Expansion

05 – Who Regulates the Food Safety in the U.S.

06-P/Z – What in the World!?!

07 – Chinggis Khan’s Mongol Empire in the Past and the Mongols Today

08 – Launching Cyclone Civics: Teaching Democracy in Action

WEDNESDAY

09 – Mac Computers: Essentials and Support

10-P/Z – The Truth Behind the Vietnam War

OLLI Talk – Building Success On and Off the Court: Insight from ISU Men’s Basketball

OLLI Talk – Human Trafficking: Awareness, Prevention, and Action

OLLI Talk – Understanding Bonobos: Inside Ape Initiative

THURSDAY

11 – Science in the News

12-P/Z – Iowa in the Great Depression

13-P/Z – Healthy Longevity

14 – Living with a New Heart

15-P/Z – Iowa State in the 1890s: The Greatest Decade

16 – Learn to Draw

COURSES BY LOCATION

*P indicates in-person and Z indicates online for hybrid courses

GREEN HILLS

12-P – Iowa in the Great Depression

13-P – Healthy Longevity

OLLI Talk – Building Success On and Off the Court: Insight from ISU Men's Basketball

OLLI Talk – Understanding Bonobos: Inside Ape Initiative

LOYA'S LITTLE HOUSE BED & BREAKFAST

16 – Learn to Draw

NORTHRIDGE VILLAGE

10-P – The Truth Behind the Vietnam War

15-P – Iowa State in the 1890s: The Greatest Decade

SIXTY FORWARD CENTER

02-P – Continuing Care at Home: Smart Planning for the Years Ahead

06-P – What in the World!?!

08 – Launching Cyclone Civics: Teaching Democracy in Action

OLLI Talk – Human Trafficking: Awareness, Prevention, and Action

ONLINE WITH ZOOM

01 – Photography Tips and Techniques

02-Z – Continuing Care at Home: Smart Planning for the Years Ahead

03 – Life, the Universe, and Everything

04 – Russia's Large Territory in Asia:

A Historical Review of the Russian Imperial Expansion

05 – Who Regulates the Food Safety in the U.S.

06-Z – What in the World!?!

07 – Chinggis Khan's Mongol Empire in the Past and the Mongols Today

09 – Mac Computers: Essentials and Support (Drake)

10-Z – The Truth Behind the Vietnam War

11 – Science in the News

12-Z – Iowa in the Great Depression

13-Z – Healthy Longevity

14 – Living with a New Heart

15-Z – Iowa State in the 1890s: The Greatest Decade

OLLI Talk – Building Success On and Off the Court: Insight from ISU Men's Basketball

OLLI Talk – Understanding Bonobos: Inside Ape Initiative

PLEASE JOIN US

Ames Chamber Artists

2026-2027 Season

GOOD PEOPLE ALL

Fri. Dec. 11, 7:30 p.m.

Sat. Dec. 12, 3:00 p.m.

A concert of lovely, lively, and less familiar seasonal music. Throughout the Fall and culminating in our December concerts, we will partner with Ames organizations that work to relieve food insecurity in our community.



TEXT AND SOUND: WHEN MUSIC PAINTS A THOUSAND WORDS

Fri. May 21, 7:30 p.m.

Sat. May 22, 3:00 p.m.

A concert of stunning pieces in which the music is utterly and completely inspired by the text that is being set, and the text reaches new dimensions through music. Our performances will feature readers from literacy programs in Ames.



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AmesChamberArtists.org



Support provided by City of Ames Commission on the Arts

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 upon request, with the presenters' permission.

Building Success On and Off the Court: Insights from ISU Men's Basketball

Wednesday, September 9, 2026 | 2 – 3:30 p.m. CT | Online (Hybrid): Zoom

In-person (Hybrid): Community Room, Green Hills, 2205 Greens Hills Dr., Ames

Assistant coaches Diante Garrett and Micah Byars share insights from Iowa State's sustained success, including NCAA Tournament runs and conference championships. Blending Garrett's professional playing experience with Byars' long coaching tenure, they will discuss player development, team culture, and strategies for building winning programs. The session will also highlight mentoring student-athletes and preparing them for success beyond basketball, emphasizing leadership, academics, and personal growth.

Micah Byars is in his 15th season on Iowa State's men's basketball staff, contributing to one of the most successful eras in program history. During his tenure, the Cyclones have reached 11 NCAA Tournaments, won five Big 12 Tournament titles, and made multiple Sweet 16 appearances, including 2024. ISU has produced numerous All-Americans and all-conference honorees under his guidance. Byars, who oversees player development and academic success, previously coached at UCF and Chipola College and has extensive experience developing student-athletes on and off the court.

Diante Garrett is in his second season (2025–26) as an assistant coach for Iowa State, helping lead the Cyclones to a 25–10 record and NCAA Tournament appearance in 2024–25. A former standout at ISU (2007–11), Garrett earned All-Big 12 honors and led the conference in assists as a senior. He went on to a 12-year professional career, including time in the NBA with the Phoenix Suns and Utah Jazz and extensive international play, winning multiple championships. Garrett brings valuable experience in player development and high-level competition.

Human Trafficking: Awareness, Prevention, and Action

Wednesday, Sept. 16, 2026 | 2 – 3:30 p.m. CT

In-person Only: Beran Room, Sixty Forward, 205 S. Walnut Ave., Ames

Human trafficking is a form of modern-day slavery and a growing crime affecting our state, the nation, and the world. This presentation will include real-life examples of both sex and labor trafficking in Iowa, highlighting warning signs and red flags to help you recognize potential trafficking situations. With young people increasingly targeted online, it is crucial for parents, grandparents, and other caregivers to be informed and vigilant.

George Belitsos is the founder and former CEO of Youth and Shelter Services, Inc. (YSS) in Ames, Iowa, which supports troubled youth through various programs. Established in 1976, YSS grew under his leadership for 39 years, becoming a comprehensive service agency with 27 locations. Belitsos has received multiple awards for his contributions to child welfare and civil rights. He continues to advocate for youth and serves on several boards, including efforts against human trafficking.

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Understanding Bonobos: Inside Ape Initiative

Wednesday, Sept. 23, 2026 | 2 – 3:30 p.m. CT | Online (Hybrid): Zoom

In-person (Hybrid): Pine Room, Green Hills, 2205 Green Hills Dr., Ames

This talk will introduce the Ape Cognition and Conservation Initiative (Ape Initiative), an Iowa nonprofit, and the only research center in the world dedicated to studying and conserving bonobos - our closest living relatives. Through science, education, and outreach, Ape Initiative advances understanding of bonobo behavior while inspiring the next generation of scientists. Bonobos are endangered great apes native to the Democratic Republic of Congo, and are known for their intelligence, cooperation, and strong social bonds. By studying bonobos, we gain insight into human evolution and behavior—and the importance of protecting this remarkable species.

Amanda Epping is the Director of Operations at Ape Initiative, where she has overseen daily operations of the facility since 2017. Amanda works closely with Ape Initiative's collaborators from around the globe to support research initiatives, raise awareness about endangered apes, and mentor students dedicated to bonobo behavior and cognition. Amanda is passionate about sharing bonobos with her community - using their remarkable social lives to inspire curiosity, empathy, and conservation action.

COURSES

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

01 – Photography Tips and Techniques

Instructor: Sam Wormley

Six weeks: Monday, Sept. 14 - Oct. 26, 2026 (no class Oct. 5)

Cost: \$65

10 - 11:30 a.m. CT

Class Limit: 15

Online with Zoom

This class covers major principles of photography. In the simplest of terms, we work on capturing what you see and how you want to depict it. We will concentrate on the nuts and bolts of our cameras, composition, lighting, photojournalism, post-photo processing, sharing, backup, and storage. Each week we will share photos taken since the last class session.

Sam Wormley is a well-known local photographer who regularly contributes photographic services to the Central Iowa Symphony, Ames Town & Gown Chamber Music Association, Co-Motion Dance Theater, and photojournalism students at Iowa State.

02-P – Continuing Care at Home: Smart Planning for the Years Ahead

Instructors: Paige Healy and Austin Mortvedt

Six weeks: Monday, Sept. 14 - Oct. 26, 2026 (no class Oct. 5)

Cost: \$65

2 - 3:30 p.m. CT

Class Limit: 72

Hybrid (In-Person) Beran Room, Sixty Forward (205 S. Walnut Ave.)

This course offers an overview of aging in place and continuing care at home for adults 55+. Participants will explore how to prepare for the physical, financial, and social aspects of remaining at home as they age. Topics include home safety, fall prevention, daily wellness, long-term care coverage, social engagement, and planning for future needs. The course emphasizes informed decision-making and creating a practical plan that aligns with personal goals.

Paige Healy is a registered dietitian with more than eight years of experience in long-term care, specializing in nutrition for older adults and care coordination. Her work has focused on supporting health, independence, and quality of life through practical, sustainable strategies.

Austin Mortvedt is Executive Director of Home and Community-Based Services at Bethany Life. He leads programs that support aging in place, including LifeChoices at Bethany and Bethany at Home. With experience in nursing and long-term care, he is dedicated to helping older adults remain independent and well at home.

02-Z – Continuing Care at Home: Smart Planning for the Years Ahead 📖

Instructors: Paige Healy and Austin Mortvedt

Six weeks: Monday, Sept. 14 - Oct. 26, 2026 (no class Oct. 5)

Cost: \$65

2 - 3:30 p.m. CT

Class Limit: None

Hybrid (Online) with Zoom

See previous course listing for course description and instructor biographies.

03 – Life, the Universe, and Everything 📖

Instructor: Sam Wormley

Six weeks: Tuesday, Sept. 8 - Oct. 20, 2026 (no class Oct. 6)

Cost: \$65

10 - 11:30 a.m. CT

Class Limit: None

Online with Zoom

“Hello! I am David Kaplan, and I am not an expert. But I hope in this series to learn as much as possible and explain it to you the best way I can.” So began Quanta Magazine’s In Theory video series. We use these short videos to frame our discussions related to the science of Life, the Universe, and Everything.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes on computer security and Apple computers and mobile devices.

04 – Russia’s Large Territory in Asia: A Historical Review of the Russian Imperial Expansion 📖

Instructor: Ning Chia

One week: Tuesday, Oct. 27, 2026

Cost: \$25

10 - 11:30 a.m. CT

Class Limit: None

Online with Zoom

This course will review the history of territory expansion of the Romanov Russia (1613-1917). It will explain why 75% of the Russian population today lives in European Russia (West of the Ural Mountains), but 75% of the Russian territory is in the Asian continent (Siberia and the Far East). The course will also address Russia’s cultural and ethnic diversity based on imperial Russia’s territorial encroachment.

Ning Chia came from Beijing, China, with an undergraduate education in history. She received her M.A. from Illinois State University and her PhD from Johns Hopkins University. She was a history professor at Central College in Pella, Iowa, for 31 years before teaching for OLLI at Iowa State.

05 – Who Regulates the Food Safety in the U.S. 📺

Instructor: Gale Prince

Three weeks: Tuesday, Sept. 8 - Sept. 22, 2026

2 - 3:30 p.m. CT

Online with Zoom

Cost: \$50

Class Limit: 35

This course outlines food safety responsibilities across U.S. leadership and federal, state, and local agencies. We will learn about each group's responsibilities and how regulatory requirements protect the food on your plate. The history of regulations will be reviewed in light of current regulations. Imported food safety procedures will also be covered.

Gale Prince has more than 50 years experience in food safety and regulatory compliance across food manufacturing, retail, food service, and agricultural products. He was instrumental in developing nutrition labeling regulations and establishing food safety standards for retail and restaurant foods. Gale retired as Corporate Director of Regulatory Compliance for The Kroger Co., overseeing federal and state food law compliance. He provides domestic and international food safety consulting and serves as an expert witness.

06-P – What in the World?! 📺

Instructor: Jeff Schroeder

Three weeks: Tuesday, Sept. 29, Oct. 13, Oct. 20, 2026

2 - 3:30 p.m. CT

Hybrid (In-Person) Beran Room, Sixty Forward (205 S. Walnut Ave.)

Cost: \$50

Class Limit: 12

The course will examine world events as they happen. Jeff Schroeder will prepare lectures and moderate discussions on current global events. Emphasis will be on international topics of interest. Topics to be covered will be determined by unfolding events.

Jeff Schroeder has a bachelor's degree from Iowa State University, and a doctorate in comparative political economy from the University of Oregon. Jeff had a logistics career with Fritz Co. (a division of UPS). He teaches courses for Des Moines Area Community College from international business to international studies, while actively consulting on transportation security and global logistics projects.

06-Z – What in the World?! 📺

Instructor: Jeff Schroeder

Three weeks: Tuesday, Sept. 29, Oct. 13, Oct. 20, 2026

2 - 3:30 p.m. CT

Hybrid (Online) with Zoom

Cost: \$50

Class Limit: None

See previous course listing for course description and instructor biography.

07 – Chinggis Khan’s Mongol Empire in the Past and the Mongols Today

Instructor: Ning Chia

One week: Tuesday, Oct. 27, 2026

2 - 3:30 p.m. CT

Online with Zoom

Cost: \$25

Class Limit: None

This course explores the Mongol Empire of the 13th and 14th centuries, examining its four major parts: the Yuan dynasty in China, the Golden Horde in Russia, Central Asia, and the present Middle East. It also looks at Chinggis Khan’s heritage in the modern Mongol society, the nomadic way of life, Soviet-era influences, the Mongol relationship with the United States, and how nomads survive in the 21st century.

Ning Chia came from Beijing, China, with an undergraduate education in history. She received her M.A. from Illinois State University and her PhD from Johns Hopkins University. She was a history professor at Central College in Pella, Iowa, for 31 years before teaching for OLLI at Iowa State.

08 – Launching Cyclone Civics: Teaching Democracy in Action

Instructors: Karen M. Kedrowski and Kelly B. Shaw

Two weeks: Tuesday, Sept. 15 - Sept. 22, 2026

5:30 - 7 p.m. CT

In-Person: Beran Room, Sixty Forward (205 S. Walnut Ave.)

Cost: \$40

Class Limit: 72

This dynamic short course highlights the vision and impact of the Center for Cyclone Civics. Founded within the College of Liberal Arts and Sciences, the Center champions nonpartisan civic education and cutting-edge research on free speech while tackling critical gaps in civic knowledge and engagement. Led by Co-Directors Kelly Shaw and Karen Kedrowski, participants will build civic literacy, sharpen practical skills, and cultivate the habits essential for meaningful political participation.

Karen M. Kedrowski has been the director of the Carrie Chapman Catt Center for Women and Politics and a professor of political science at Iowa State University since 2019 and has served as co-director of Iowa State’s Center for Cyclone Civics since 2025.

Kelly B. Shaw has been a teaching professor at Iowa State University since 2011. He was named Associate Director for Cyclone Civics in 2024 and Co-Director of the Center for Cyclone Civics in 2025. He teaches courses in public policy and public administration, comparative politics, and American and state politics.

09 – Mac Computers: Essentials and Support

Instructor: Sam Wormley

Seven weeks: Wednesday, Sept. 9 - Oct. 28, 2026 (no class Oct. 7) Cost: \$70

10 - 11:30 a.m. CT

Class Limit: 35

Online with Zoom

We review the basic function and operation of the Mac operating system, essentials, and capabilities. Also emphasized will be privacy, security, interoperability with other Apple products, and addressing your needs. This course will be shared with OLLI at Drake.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes on computer security and Apple computers and mobile devices.

10-P – The Truth Behind the Vietnam War

Instructor: Chuck Achter

Four weeks: Wednesday, Sept. 30 - Oct. 28, 2026 (no class Oct. 7) Cost: \$55

2 - 3:30 p.m. CT

Class Limit: 35

Hybrid (In-Person) Northridge Village,
3300 George W. Carver Ave, Ames

We will look at how and why the United States became involved in a debatable war in Southeast Asia. With the help of several author's scholarly works, we will learn about how our leaders portrayed what was happening in Vietnam to the American public.

Chuck Achter has been a life long educator. He spent his career teaching and administrating in high schools and teaching at Iowa State University. He has been designing and teaching classes for OLLI for the past 8 years.

10-Z – The Truth Behind the Vietnam War

Instructor: Chuck Achter

Four weeks: Wednesday, Sept. 30 - Oct. 28, 2026 (no class Oct. 7) Cost: \$55

2 - 3:30 p.m. CT

Class Limit: None

Hybrid (Online) with Zoom

See previous course listing for course description and instructor biography.

11 – Science in the News 📖

Instructors: Mike Meetz and Sam Wormley

Eight weeks: Thursday, Sept. 10 - Oct. 29, 2026

9 - 10:30 a.m. CT

Online with Zoom

Cost: \$80

Class Limit: 35

Mike Meetz and Sam Wormley team up to provide a lively discussion with OLLI members about Science in the News. A deep understanding of science is not required to share and discuss recent Science in the News. This course will be shared with OLLI at Drake.

Mike Meetz retired from the Veterinary Diagnostic Laboratory at the Iowa State University College of Veterinary Medicine after 35 years as a scientist. An amateur naturalist, he volunteers for the National Park Service, Iowa DNR, and Story County Conservation Board. Meetz and his wife have reconstructed a 38-acre prairie.

Sam Wormley has degrees in mathematics and electrical engineering and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches OLLI classes on computer security and Apple computers and mobile devices.

12-P – Iowa in the Great Depression 📖

Instructor: Pamela Riney-Kehrberg

Two weeks: Thursday, Sept. 10 - Sept. 17, 2026

2 - 3:30 p.m. CT

Hybrid (In-Person) Community Room, Green Hills,
2205 Greens Hills Dr, Ames

Cost: \$40

Class Limit: 60

What was it like to live in 1930s Iowa? In this class we will be exploring how lowans of all types managed the hardest of hard times. The class will examine the experience of farming families, those in urban areas, as well as distinctive groups such as the Meskwaki. The discussion will be enriched by the photographic record of those years, which provides abundant examples of how lowans lived during those years.

Pamela Riney-Kehrberg is Distinguished Professor of History at Iowa State University, where she has taught since 2000. She is the author of *Rooted in Dust: Surviving Drought and Depression in Southwestern Kansas*, *Childhood on the Farm: Work, Play and Coming of Age in the Midwest*, *The Nature of Childhood: An Environmental History of Growing Up in America Since 1865*, and *When A Dream Dies: Iowa, Agriculture, and the Farm Crisis of the 1980s*. She is also the editor of the *Routledge History of Rural America*. In 2017, she became a Fellow of the Agricultural History Society.

12-Z - Iowa in the Great Depression 📖

Instructor: Pamela Riney-Kehrberg

Two weeks: Thursday, Sept. 10 - Sept. 17, 2026

2 - 3:30 p.m. CT

Hybrid (Online) with Zoom

Cost: \$40

Class Limit: None

See previous course listing for course description and instructor biography.

13-P – Healthy Longevity 📖

Instructor: Dr. Peter Martin

One week: Thursday, Sept. 24, 2026

2 - 3:30 p.m. CT

Hybrid (In-Person) Community Room,
Green Hills, 2205 Greens Hills Dr, Ames

Cost: \$25

Class Limit: 60

As more and more people live to a very old age, healthy longevity is one of our time's most pressing societal issues. Dr. Peter Martin's research with very old individuals has demonstrated several critical tasks that older adults face in very late life: optimizing physical health, daily functioning, good cognition, mental health, and happiness. Living a long life can be challenging, but it may also empower individuals to enjoy life at any age.

Dr. Peter Martin is University Professor of Human Development and Family Studies at Iowa State University. His research interests include longevity, personality, stress, coping, and well-being. He has served on a number of community boards, including Heartland of Story County, and the Northcrest and Bethany Life communities.

13-Z – Healthy Longevity 📖

Instructor: Dr. Peter Martin

One week: Thursday, Sept. 24, 2026

2 - 3:30 p.m. CT

Hybrid (Online) with Zoom

Cost: \$25

Class Limit: None

See previous course listing for course description and instructor biography.

14 – Living with a New Heart

Instructor: Ed Linz

One week: Thursday, Oct. 1, 2026

2 - 3:30 p.m. CT

Online with Zoom

Cost: \$25

Class Limit: None

In May 1991, Author Ed Linz received a bolt-out-of-the-blue diagnosis of a rare heart disease, cardiac sarcoidosis, and, although he had no symptoms, was given two years to live. Three years later, on the brink of death, he received a life-saving heart transplant. In his presentation, he recounts the emotional rollercoaster for him and his family, before, during, and for 30+ years following the transplant and lessons learned. He will also discuss steps a family can take to improve chances for survival upon receiving a “difficult” diagnosis.

Ed Linz, a 1965 graduate of the Naval Academy, is the author of nine books, most recently, three children’s books. He holds advanced degrees from Oxford University and George Mason University. The recipient of a heart transplant in 1994, he lives in Maine and Virginia.

15-P – Iowa State in the 1890s: The Greatest Decade

Instructor: Doug Biggs

One week: Thursday, Oct. 8, 2026

2 - 3:30 p.m. CT

Hybrid (In-Person) Northridge Village,
3300 George W. Carver Ave, Ames

Cost: \$25

Class Limit: 35

This course briefly considers the transformation of Iowa State and Ames from an isolated institution (both physical and educational) to a college of national and international significance as well as the transformation of Ames from a small, insignificant town to a bustling city. More than anything else one person and one business made this transformation possible. The person: William Beardshear, President of Iowa State College. The business: the Ames & College Railway (or the Dinky).

Doug Biggs grew up in Ames and holds a BA and an MA from Iowa State University in History. His PhD is in Medieval English History which he received from the University of Minnesota in 1996. He spent his career in the academy teaching history and doing administration before retiring. He has written extensively about the English Middle Ages and about Ames and Iowa State history.

15-Z – Iowa State in the 1890s: The Greatest Decade

Instructor: Doug Biggs

One week: Thursday, Oct. 8, 2026

2 - 3:30 p.m. CT

Hybrid (Online) with Zoom

Cost: \$25

Class Limit: None

See previous course listing for course description and instructor biography.

16 – Learn to Draw

Instructor: Dean Biechler

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

2 - 3:30 p.m. CT

In-person: Loya's Little House Bed & Breakfast;
56676 160th St, Ames

Cost: \$60

(cost of materials
included)

Class Limit: 20

Do you doodle or dabble at drawing? Think you can't draw, but would like to try? Drawing is complex, but this course may be for you. It will attempt to simplify the principles of drawing. It will cover the relationship between you, the paper, and the subject. Hopefully, the exploration with drawing will provide a better understanding of this relationship and the enjoyment of drawing. The participant will experience line drawing and simple value studies.

Dean Biechler is an artist/illustrator. He was employed by ISU for 42 years, 16 as a medical illustrator in the College of Veterinary Medicine and 26 years teaching beginning drawing and Biological Premedical Illustration courses. Biechler continues to own and operate his studio in the Skunk River Valley, Chichaqua Bend Studios.

NOTES

WELCOME ESTELLE JOHNSON



"I was raised to value lifelong learning, and that mindset has stayed with me. I believe there is no age limit on learning something new, and that our brains continue to grow and adapt throughout our lives. Education does not end when we earn a degree; rather, a degree marks the beginning of a lifelong process of learning, discovery, and personal growth," said Estelle Johnson, OLLI at Iowa State Communications Specialist.

Estelle began working with OLLI at Iowa State in early June 2026. "I am thrilled Estelle accepted the position, and I look forward to all we can accomplish along with the OLLI members, volunteers, and sponsors," shared Heather Bristow.

Heather and Estelle share an office at Sixty Forward in Ames. They encourage you to stop by and say "hello" if you are in the neighborhood.

GET SOCIAL

Stay connected with OLLI at Iowa State throughout the year by following us on social media. In addition to our Facebook page, we launched a new YouTube channel earlier this year and are actively developing fresh content to share. At the time of this catalog's publication, Course Preview videos, class recordings, and other programming are planned to be available on our YouTube channel. Be sure to find our pages, follow along, and check back regularly to see everything happening with OLLI at Iowa State.

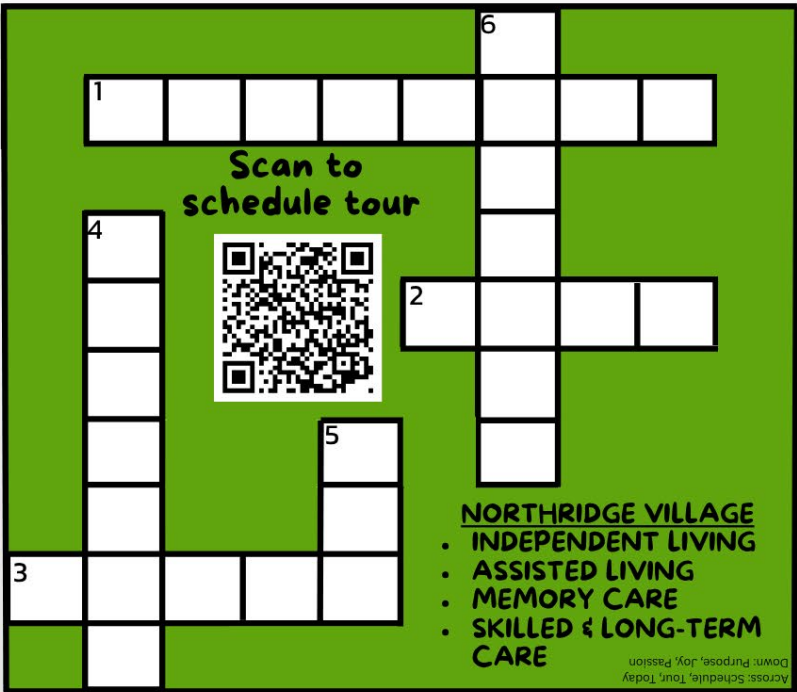
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ACROSS:

1. BOOK A TIME
2. A GUIDED WALK THROUGH
3. NOT TOMORROW, NOT YESTERDAY, BUT...

DOWN:

4. THE REASON TO GET UP EACH DAY
5. THE FEELING OF PURE HAPPINESS
6. DEEP LOVE FOR

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