**Revolutionary Russia: Background for Today** with Jim Buxton  
Tues & Wed, Sept 26 & 27 | 1:00PM-2:30PM | $35

This course will not take us through the invasion of Ukraine by Russia, but it will shed light on the enormous underlying tensions between the two. We will review the growth of revolutionary movements in Russia and the effects of WWI on Russia. We will be dealing with the revolution(s) of 1917, the rise of Lenin, the end of the Romanov dynasty, and the Communist era through Gorbachev. There will be attempts to understand Russians who may not support Vladimir Putin but who do support the notion that Ukraine should be part of Russia.

**Costa Rica** with Jim Buxton  
Friday, September 29 | 9:30AM-11:30AM | $15

Why are there so many Hondurans, Guatemalans, Salvadorans, and Nicaraguans fleeing to the U.S. while there are so few "Ticans" doing so? Why were El Salvador, Nicaragua, Honduras, and Guatemala in civil war during the Cold War, while Costa Rica was at peace? This Central American country is very different from the others! It is one of the "happiest" countries in the world, according to the United Nations World Happiness Report. How? Why? Its people have the highest life expectancies in Latin America, equal the USA! Environmental awards! Education awards! Biodiversity awards!!? Join this class, and you might just find yourself touring, or living, there!

**A.I. Anxiety** with Etta Zasloff, Bill Meisner, Barbara Findley, Barbara Nicholson  
Thursdays, October 5, 12, 19, 26 | 9:30AM-11:00AM | $45

In 2019, when OLLI members were studying artificial intelligence (A.I.), they asked, "What is it?" In 2020 we learned more. In 2023 we're looking for guardrails. This sudden and unanticipated speed of AI development has us now where we thought we'd be in 20 years. Even as we celebrate human imagination and ingenuity, it is vital to discuss unintended consequences, including the possible dangers of AI. Runaway technology growth could result in unimaginable changes to human life, society, and civilization. It's important to keep informed about the rapid developments in technology, as they affect our lives daily . . . like it or not.

In conjunction with the OLLI Technology Committee, class participants will form a group to research applications of AI that cause anxiety, examining the positives and negatives. Each class member will bring sources of information about AI to share with the group. This will lead to robust discussion and springboard ideas for future study.

**GMAIL Tips and Tricks (for Windows/Chromebook users)** with Peter Stetson  
Thursdays, October 10 & 17 | 10:00AM-11:30AM | $35 **Must have basic computer skills**

Learn the basics of G Mail. How to compose, send, and reply to an email. Organizing your emails into folders and blocking spam emails. Create a unique signature to end each email.

See Instructor Bios online.
**Anesthesia: Its History and Uses** with James Wishart  
Tuesday, October 24 | 10:00AM-11:30AM | $15

We will begin with a brief history of the development of anesthesia, with an emphasis on the nursing pioneers who were instrumental in its development. James Wishart will then discuss his experiences as both a provider of anesthesia and as a surgical patient. He’ll also touch on certain illnesses that can lead one to an anesthesia experience; specifically, movement disorders, such as Parkinson’s disease and essential tremor.

**NEW SESSIONS ADDED:**

**The Art of the iPhone** with Jan Armor  
Fridays, Dec 8, 15, 22 | 10:00AM-11:30AM | $40

Want to get the most out of your iPhone camera? We will learn how to create stunning landscape and architecture photos, take good macro (close-up) photos, capture unobtrusive candid images, and take photos in the dark of night. We will also discuss using selected camera apps to extend control over your iPhone, how to synch with the Apple and/or Google cloud so your photos are available across all your devices, and how to move, share, and save pictures, including moving images between iPhone, iPad, and computer. Finally, we will explore many hidden features in the Apple Photos app as well as available gear and gadgets that can make your mobile life easier.

**Lifestyle Factors and Your Aging Brain** with John Robinson  
Wednesday, December 13 | 10:00AM-11:30AM | $15

Research is showing that you can do a lot to prevent and even reverse the effects of brain aging by changing your ways. There is a growing list of potentially modifiable lifestyle practices, such as changes in diet and exercise, which can slow or accelerate brain aging and affect your risk of dementia. We will discuss some real-world examples of behavior change strategies and how you can “customize” a health-promoting lifestyle that is sustainable and fits your unique interests and situation.

Log on to your OLLI account to register or call 401-874-4197.

**LET’S TALK TECHNOLOGY—September**

**Exploring A.I. (Artificial Intelligence)**  
Thursday, Sept 28 | 11:30AM-1:00PM | Free

This discussion is being led by Technology Committee members Bill Meisner and Etta Zasloff. You may Zoom from home or join us in the classroom to Zoom together.

The Tech Committee invites you to join this month’s OLLI Extra, *Let’s Talk Technology* conversation on *Exploring A.I. (Artificial Intelligence)*. Find out what all the talk is about. Get a peek at this fast-growing technology and how it affects our daily life. Join this discussion with members of our Technology Committee as they share their knowledge and how they utilize it. This is an introductory presentation. A more in-depth course, *A.I. Anxiety* is being offered starting on Thursday, Oct.5.

**ARE YOU RECEIVING OLLI EMAILS?**

If you are not receiving email from OLLI, please let us know. We send out our weekly email news every Monday morning and occasional special announcements. In addition, if you are on a wait list and we add a new section of the class, you will receive a notification to call the office to register. When we schedule a new session of a class, we always give our waitlist members first priority in registering.