Osher Lifelong Learning Institute
Summer Catalog 2020

June 22 - August 12
Registration Begins June 1 at 8:00 a.m.
Registration Details Inside Catalog

(717) 771-4015
oll@york.psu.edu
oll@york.psu.edu
From the Director

Welcome to OLLI at Penn State York’s Summer 2020 Catalog! I don’t think I can express the overwhelming challenges that have been posed to our country, our county, and OLLI since mid-March in any way that you haven’t already heard. OLLI has not been what we all knew it to be since our inception in 2007. However, we have met this obstacle with resilience, adaptability, and a continued desire to learn. While there has been a learning curve for all with online learning, the service that we provide to those 50 and better will not stop due to this pandemic. If Curiosity Never Retires, then I must do my best as director of OLLI at Penn State York to continue your lifelong learning.

Our summer semester is always open to members and nonmembers. It is a way to introduce those who are not familiar with OLLI to the wonderful (and low-cost) courses that we provide. The pandemic has not changed this practice. In fact, OLLI could have a role in many more lives when made accessible to the homes of York Countians during this time of isolation and social distancing. So, invite your friends, family members, and neighbors to OLLI’s summer semester!

Our summer semester is always smaller than our fall and spring semesters. Our catalog is similarly reduced. For detailed information about registering for courses, membership, the history of OLLI, volunteering opportunities, and much more, please go to our website at olli.york.psu.edu.

Cordially,
Jennifer Geubtner-May, Ed.D.
jgm14@psu.edu

COST OF SUMMER COURSES

A single-session course from OLLI at York is $8, a two-session course is $16
A single-session course from OLLI at University Park is $10, two-session courses are $15, and triple (or more) courses are $20

This catalog only highlights OLLI York courses.
OLLI UP’s catalog will be sent to your email separately.
Membership Assistance
If your budget is feeling a pinch, and that is keeping you from registering for a course, we can help. The generosity of some of our members has made it possible for us to provide assistance. The process is easy. Just tell the director that you would like to use some membership assistance money. We don’t ask for proof of need and we won’t ask any questions. Just ask, we want to see you at OLLI.

How to Register for Courses
Registering for OLLI at York Courses
Go to olli.york.psu.edu and click on the “Register for Courses” button or [click here]. Select “Summer 2020” semester.

If you are not an OLLI York member, you will still have to create a username and password when registering for courses. Please save these for future registrations.

If registering by mail, use the form at the end of this catalog. You may not bring it to the OLLI office at Penn State York since we are telecommuting due to COVID-19. You must mail it to the address on the form.

By phone. Using a major credit card, call the Outreach Noncredit Registration Office at 814-867-4973. Payment by major credit card is preferred. *Noncredit Registration Office hours are Monday–Friday, 8:00 a.m. to 5:00 p.m.

Registering for OLLI at University Park Courses
You must be an OLLI York member to register for OLLI UP courses.

Before registering for any OLLI UP course, you must first email Doris Mack at OLLI UP (dmm82@psu.edu) to have your OLLI UP reciprocal membership account set up. She will let you know when your account is ready and will send you information on getting your login information. You will then be able to login to the OLLI UP registration web site ([https://reg127.imperisoft.com/PennStateOlli/Search/Registration.aspx](https://reg127.imperisoft.com/PennStateOlli/Search/Registration.aspx)) and sign up for classes.

After Registration
Once you have registered for course, you will receive our standard confirmation email for the courses in which you are enrolled.

Information you will need to access the online courses (including the Zoom link) will be emailed to you by the end of the business day prior to the course start date.

After June 1, you can register for courses anytime until 3:30 p.m. the business day prior to the course.
Information about Zoom
OLLI summer courses will be held over Zoom, Penn State’s video conferencing and online learning platform. Zoom is a centrally supported video conferencing platform that provides high definition, interactive collaboration tools for communication. To access Zoom you will need a laptop or desktop, tablet, or smartphone.
The following equipment will enhance your experience:
**Web camera:** A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you don't have access to a web camera, you will still be able to see the instructor.
**Microphone:** This will let you be heard during the class. You don't need fancy equipment.
**Charger:** Charging your device during class will ensure that you do not have an unexpected power outage interrupting your learning.
*Note that some instructors set-up Zoom webinars (vs. meetings) and you will not have the ability to see other participants. In addition, your audio may be automatically muted by the instructor but will still be able to hear the instructor.*

Online Learning Etiquette
- Find a quiet space without interruptions/background noise.
- Join early; up to 5 minutes before the webinar start time.
- Have your video on unless you are experiencing connection issues.
- We ask that you do not share course links with individuals not registered for the course.

OLLI at Penn State has various safety measures to ensure unexpected guests do not attend Zoom webinars.
INTRODUCTORY ZOOM SESSIONS
Do you want to make sure you are set up correctly with Zoom prior to courses? Register for one of these free sessions:
Thursday, May 28, at 11:00 a.m.
Thursday, June 4, at 9:00 a.m.
Tuesday, June 9, at 10:00 a.m.
Thursday, June 18, at 10:00 a.m.
Friday, June 26, at 9:30 a.m.
Registration is open through our website/registration in ProClass. Login to your account. Use search options to select the spring semester, choose Zoom Open Sessions, and click Search to view available sessions. You may also call the OLLI office to register.

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<tr>
<th>Zoom Webinar vs. Zoom Meeting</th>
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<td><strong>Zoom Webinar</strong></td>
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<td><strong>June 22</strong>&lt;br&gt;12:30-2:00 p.m.&lt;br&gt;TED Talk Discussion Group: Are Older People Happier?</td>
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<td><strong>June 29</strong>&lt;br&gt;11:00: a.m.-1:00 p.m.&lt;br&gt;Safer People Safer Places</td>
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<td><strong>July 6</strong>&lt;br&gt;9:00-10:30 a.m.&lt;br&gt;Criminal Justice Reform</td>
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<td><strong>August 10</strong>&lt;br&gt;12:30-2:00 p.m.&lt;br&gt;TED Talk Discussion Group: Facing the Future Without Fear</td>
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<td><strong>August 11</strong>&lt;br&gt;11:00 a.m.-12:30 p.m.&lt;br&gt;Book Club: Circe</td>
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**COURSE OFFERINGS**

**TED Talk Discussion Group**

*Are Older People Happier?*

**Date:** Monday, June 22  
**Time:** 12:30–2:00 p.m.

**Fee:** $8  
**Instructor:** Sonya Bloom  
**To Register:** [Click Here](#)

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (20 minutes or less). TED began in 1984 as a conference where topics from science to business to global issues are presented in more than 100 languages. We select one or two TED Talks for each OLLI session, watch the videos together, and then Sonya Bloom will lead a discussion on the topic. Sonya Bloom has facilitated TED Talk discussions for OLLI for several years.

**Book Club**

*The Dearly Beloved* by Cara Wall  
**Date:** Tuesday, June 23  
**Time:** 11:00 a.m.-12:30 p.m.  
**Fee:** $8  
**Discussion Leader:** Pat McGrath  
**To Register:** [Click Here](#)

Charles and Lily, James and Nan. They meet in Greenwich Village in 1963 when Charles and James are jointly hired to steward the historic Third Presbyterian Church through turbulent times. Their personal differences, however, threaten to tear them apart.

Pat McGrath is an inveterate reader and has led the OLLI Book Discussion courses for many years. She began facilitating Video Discussion Courses (VDC) in winter 2020.

**How to Lie with Maps**  
**Date:** Wednesday, June 24  
**Time:** 9:00–10:30 a.m.  
**Fee:** $8  
**Instructor:** Steve Beck  
**To Register:** [Click Here](#)

Mark Monmonier's book, *How to Lie with Maps*, originally published to wide acclaim, teaches us how to evaluate maps critically and promotes a healthy skepticism about these easy-to-manipulate models of reality. Monmonier shows that, despite their immense value, maps lie. In fact, they must. Based on this book, this class will examine the myriad ways that technology offers new opportunities for cartographic mischief, deception, and propaganda.

Stephen Beck has more than thirty years of professional experience in the use of geospatial technologies by creating, analyzing, and publishing geographic data in the form of digital maps and web pages. He
has also taught in this field on the college level.

**History and Adversity**

**Date:** Thursday, June 25  
**Time:** 11:00 a.m.-12:30 p.m.  
**Fee:** $8  
**Instructor:** Jim McClure  
**To Register:** [Click Here](#)

Jim McClure will talk on other significant times of worry endured by York Countians through history and how York County has shown resilience in adversity. We are in unparalleled times with COVID-19 virus, but this is certainly not the first time we have been challenged with adversity of events seemingly outside our control. In time, COVID-19 will join the significant moments from our past that challenged every man, woman, and child in York County.

McClure’s presentation will cover a sampling of these difficult times and how the community responded. At this moment of crisis, we can gain strength from countless York County residents who endured through other challenging moments in York County’s past. He will explore how our ancestors battled through wars and rumors of wars and against deadly epidemics of our past. Words like polio, the Spanish Flu, yellow and scarlet fever, and smallpox just to name a few are now, at least locally, somewhat for the history books, but they had their own time of stress, uncertainty, and fear. What lessons can we learn about from our forebears – both what worked and what needed work in times of crisis. In fighting through this COVID-19 pandemic, we can appreciate and learn from those that faced other daunting challenges.

McClure retired as editor of the *York Daily Record* (YDR) in April 2019 after 30 years with them and has been enjoying his passion for research and writing about York County history. In addition to his leadership of the Daily Record, he served as Atlantic Region editor for the USA Today Network, overseeing six newsrooms in Pennsylvania, Delaware, and Maryland. He is the author or coauthor of seven books on York County history and moderates the Retro York Facebook Group. McClure holds a master’s degree in American Studies from Penn State Harrisburg, where his research focused on York County journalism history.

**Developing a Home Workout Program**

**Date:** Friday, June 26  
**Time:** 11:00 a.m.-12:00 p.m.  
**Fee:** $8  
**Instructor:** Zach Detwiler  
**To Register:** [Click Here](#)

An effective workout doesn’t have to require fancy equipment or a gym membership. With a few small and inexpensive pieces of equipment you can put together an
effective home workout program. This course will cover everything you need to know about working out from home, including how to complete basic exercises, adapt exercises to individual needs, and choose affordable equipment worth investing in.

Zach Detwiler has been a Certified Personal Trainer in the York area for the past seven years with an emphasis on helping active, older adults maintain optimal health as they age. He owns Thrive Fitness, LLC which offers personal training services in-home, outdoors, and virtually.

**Safer People Safer Places – LGBTQ+ Foundations Workshop**
**Date:** Monday, June 29  
**Time:** 11:00 a.m.-1:00 p.m.  
**Fee:** $8  
**Instructor:** Sonya Wilmoth  
**To Register:** [Click Here](#)  

The Safer People Safer Places foundations workshop provides a baseline knowledge for understanding and addressing sexual and gender diversity. Through the workshop, participants discuss a variety of topics that will help them become a better ally and provide support to members of the LGBTQ+ community. After attending the Foundations workshop, participants will be able to define and describe common concepts and language relating to sexuality and gender; explore the experience of homophobia, heterosexism and genderism; and identify specific actions to create welcoming, affirming and inclusive spaces for people marginalized by their sexuality and/or gender. After completing the Foundations workshop, participants will be able to display the Safer People Safer Places decal as well as be listed on our online resource page as a network member.

Wilmoth began her role as assistant director at the LGBTQA Student Resource Center at Penn State, University Park campus, in January of 2013. She received her bachelor of arts in English from LaSalle University and a master of science in Administration with a concentration in Sports and Athletic Administration in 1995 from West Chester University. Prior to working at Penn State, Wilmoth worked in athletics at the University of North Florida as head softball coach and an adjunct professor.

**Myths and Facts of Mental Health**
**Date:** Tuesday, June 30  
**Time:** 9:00-10:30a.m.  
**Fee:** $8  
**Instructor:** Eugene Botanov, Ph.D.  
**To Register:** [Click Here](#)  

Is depression caused by a chemical imbalance? Is a mental disorder diagnosis forever? Can you tell the difference between a mental health myth and fact? Learn the
most up-to-date science about mental health disorders and treatments.

Botanov is a licensed clinical psychologist and assistant professor at Penn State York. He is interested in clinical science, particularly in relation to depression and suicide. This includes the efficacy and effectiveness of health interventions and mechanisms of change. Meaning, he seeks to understand not only what interventions work but also how they work.

**Mining History in Adams, York, and Lancaster Counties**

**Date:** Thursday, July 2  
**Time:** 9:00-10:30 a.m.  
**Fee:** $8  
**Instructor:** Jeri Jones  
**To Register:** [Click Here](#)

Learn what rocks and minerals were removed from Adams, York, and Lancaster counties for our benefit. Jeri Jones will pick out some of the major mines and quarries in the area from historic times to the present. You may be amazed what mineral resources were in this area other than limestone and iron ore.

Jeri Jones has been teaching geology and astronomy classes at OLLI since 2008. He holds a degree in geo-archaeology and has been studying local geology for thirty-eight years. He has written numerous articles and books about these topics.

**Criminal Justice Reform**

**Date:** Monday, July 6  
**Time:** 9:00-10:30 a.m.  
**Fee:** $8  
**Instructor:** Ray Manus  
**To Register:** [Click Here](#)

Did Michael Flynn plead guilty to a crime he did not commit to avoid a punishment he does not deserve? The special prosecutor used an obscure law, altered documents, and concealed exculpatory evidence. The $% million in legal fees and a negotiated plea has kept Flynn out of prison. This course will examine the facts that have been revealed after many people formed opinions.

Ray Manus was employed by the New York City Police Department from 1968-99. He remarks that as a student, teacher, and practitioner, he has noticed reform efforts change with new administrations.

Humans developed this catalog. There will be errors!
Un-gendering Our Expectations: Gendered Scripts and Violence
Date: Wednesday, July 8
Time: 9:00-10:30 a.m.
Fee: $8
Instructor: Becca Geiger
To Register: Click Here

Gendered expectations and stereotypes go beyond the colors pink and blue. These gendered expectations and stereotypes extend throughout our lives, influencing the majors and professions individuals choose to pursue as well as how people act in romantic and intimate relationships, including sexual relationships. Gendered romantic and sexual scripts lead to problematic attitudes that excuse, enable, and permit relationship and sexual violence, contributing to rape culture. Learn about these gendered stereotypes and scripts and how you can actively work to prevent violence by disrupting these attitudes and norms.

Geiger serves as the assistant director of Penn State’s Gender Equity Center. Becca received a master of Social Work (MSW) and graduate certificate in Women and Gender Studies from University of South Carolina. She started her prevention education career in secondary schools with Sexual Trauma Services of the Midlands before transitioning to work with college populations. After working at Eastern Kentucky University and Bucknell University, Geiger arrived at Penn State in January 2020. She provides support, advocacy, for victim survivors of power-based interpersonal violence while overseeing the education and outreach staff and the Center's educational programs.

TED Talk Discussion Group
Is Outer Space a Place?
Date: Monday, July 13
Time: 12:30–2:00 p.m.
Fee: $8
Instructor: Sonya Bloom
To Register: Click Here

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (20 minutes or less). TED began in 1984 as a conference where topics from science to business to global issues are presented in more than 100 languages. We select one or two TED Talks for each OLLI session, watch the videos together, and then Sonya Bloom will lead a discussion on the topic. Sonya Bloom has facilitated TED Talk discussions for OLLI for several years.
Book Club
*As Bright as Heaven* by Susan Meissner
**Date:** Tuesday, July 14  
**Time:** 11:00-12:30 p.m.  
**Fee:** $8  
**Discussion Leader:** Pat McGrath  
**To Register:** [Click Here](#)

From the acclaimed author of *A Fall of Marigolds* and *A Bridge Across the Ocean* comes a new novel set in Philadelphia during the Spanish flu epidemic of 1918, which tells the story of a family reborn through loss and love.

Pat McGrath is an inveterate reader and has led the OLLI book discussion courses for many years. She began facilitating Video Discussion Courses (VDC) in winter 2020.

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Video Discussion
100th Anniversary of the Negro Baseball League  
**Date:** Tuesday, July 21  
**Time:** 12:30-3:00 p.m.  
**Fee:** $8  
**Discussion Leader:** Pat McGrath  
**To Register:** [Click Here](#)

After a viewing of Ken Burns’ documentary *Baseball: Inning 5, Shadow Ball*, we will discuss the significance of the Negro Baseball League in America.

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There’s Nothing Sexual About It: Sexual Harassment and the ‘isms  
**Date:** Thursday, July 23  
**Time:** 9:00-10:30 a.m.  
**Fee:** $8  
**Instructor:** Becca Geiger  
**To Register:** [Click Here](#)

Is it flirting, is it a compliment, or is it harassment? There is quite a bit of myths and misconceptions around sexual harassment, what it is and what are its root causes. In this session, we will explore the power and control element at the root of sexual harassment and how it is a tool to oppress individuals who do not conform to dominant identities and cultures. We will discuss how sexual harassment serves as a tool of gender and identity policing for individuals who step outside their socially prescribed and constructed roles, with a focus on LGBTQ communities.

(See earlier bio.)
Human Trafficking in Your Community: How to Identify It and What to Do
Date: Wednesday, July 29
Time: 9:00-10:30 a.m.
Fee: $8
Instructor: Shari Kim, Ph.D.
To Register: Click Here

Pennsylvania has the ninth highest level of human trafficking in the country; and York County is a hotspot. This course will teach participants how to identify trafficking in their communities and how to respond. The different types of trafficking, what puts someone at risk to be trafficked, and common ways people are trafficked will be covered. Participants will have a clear understanding of ways to respond to trafficking without causing further risk to themselves or to the victims.

Kim is the founder of Susquehanna Valley Community Mental Health Services, which is a mental health clinic specializing in treatment of complex trauma, human trafficking, and sexual exploitation. She is also the chair behavioral health workgroup for the York County Human Trafficking Task Force and chair, human trafficking subcommittee for the Pennsylvania Psychological Association.

OLLI still needs volunteers! We could actually use extra volunteers as we journey through this novel phenomenon of online learning! Look for details in OLLI’s weekly e-newsletter.

Sleep for Health
Date: Tuesday, August 4
Time: 12:30-2:00 p.m.
Fee: $8
Instructor: Orfeu Buxton, Ph.D.
To Register: Click Here

Through research we are learning more about the benefits of sleep across the lifespan, especially as we age. Dr. Buxton will discuss the benefits of sleep and ways to improve sleep health.

Buxton is a professor of biobehavioral health and a faculty affiliate in the Center for Healthy Aging at Penn State, University Park campus.
Prisoners of Geography  
**Date:** Wednesday, August 5 and 12  
**Time:** 9:00-10:30 a.m.  
**Fee:** $16  
**Instructor:** Steve Beck  
**To Register:** [Click Here](#)  

Have you ever wondered why Vladimir Putin is so obsessed with Crimea? Why China's power base continues to expand outward? Why the United States was destined to be a global superpower? All world leaders are constrained by geography. Their choices are limited by mountains, rivers, seas, and concrete. Yes, to follow world events you need to understand people, ideas, and movements—but if you don’t know geography, you'll never have the full picture. This course will examine several examples of how and why several nations and their leaders, have been impacted by geographic realities; some even to the extent of being held prisoner by these realities. This is the essence of the term "geopolitics". Subjects will include Russia, USA, and China but also nations of Africa, the Middle East, and others.

Stephen Beck has more than thirty years of professional experience in the use of geospatial technologies by creating, analyzing, and publishing geographic data in the form of digital maps and web pages. has also taught in this field at the college level.

TED Talk Discussion Group  
**Facing the Future Without Fear**  
**Date:** Monday, August 10  
**Time:** 12:30–2:00 p.m.  
**Fee:** $8  
**Instructor:** Sonya Bloom  
**To Register:** [Click Here](#)  

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (20 minutes or less). TED began in 1984 as a conference where topics from science to business to global issues are presented in more than 100 languages. We select one or two TED Talks for each OLLI session, watch the videos together, and then Sonya Bloom will lead a discussion on the topic. Sonya Bloom has facilitated TED Talk discussions for OLLI for several years.

Don't want to be left out of something OLLI-related? Read our weekly e-newsletter! It is delivered to your email every Wednesday afternoon and is FULL of information about OLLI courses, members, special and social events, as well as community happenings.
Book Club
*Circe* by Madeline Miller

**Date:** Tuesday, August 11  
**Time:** 11:00 a.m.-12:30 p.m.  
**Fee:** $8  
**Discussion Leader:** Pat McGrath  
**To Register:** [Click Here](#)

Circe is a strange child—not powerful, like her father, nor viciously alluring like her mother. Turning to the world of mortals for companionship, she discovers that she does possess power—the power of witchcraft, which can transform rivals into monsters and menace the gods.

Pat McGrath is an inveterate reader and has led the OLLI book discussion courses for many years. She began facilitating Video Discussion Courses (VDC) in winter 2020.

Instructions for registration are on page 3. If you need assistance, please email or call Ann Krepps, [aek190@psu.edu](mailto:aek190@psu.edu) or 717-771-4015. A mail-in registration form is located on the next page.

Information about membership, membership renewal, as well as our fall semester is located on the last page of this catalog, page 17.

OLLI volunteers will continue to coordinate innovative and fun things to do (virtually of course,) to bring OLLI members together during our summer semester. These events will be FREE and will be promoted in our weekly e-newsletter.
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<tr>
<th>OLLI AT YORK SUMMER SEMESTER REGISTRATION</th>
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SIGNATURE REQUIRED for Registration (If not signed, the registration office will not be able to process your registration.)

ACKNOWLEDGEMENT OF RISK, RELEASE OF LIABILITY, AND VIDEO/PHOTO CONSENT

I affirm that I am freely and willingly participating in the programming and activities offered by the Osher Lifelong Learning Institute at The Pennsylvania State University (“Program”). In consideration of my participation in the Program, I agree, on behalf of myself and my executors, heirs, assigns, and any other person claiming by, under, or through me, as follows:

1. I understand and acknowledge that participating in the Program involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. I recognize that I have the option to not participate in these activities instead of encountering these inherent risks. I knowingly and voluntarily accept, incur, and assume all risks of any injuries, damages, or harm which arise during or result from my participation in the Program, even if arising from the negligence of the program or others.

2. I consent to The Pennsylvania State University (“Penn State”), its trustees, affiliates, officers, employees, agents (collectively, “Penn State Representatives”), to photograph, video record, or audio record me engaging in activities at the Program (the “Materials”). Without expectation of compensation or other remuneration, now or in the future, I hereby grant Penn State, the irrevocable right and license to use, reproduce, adapt, modify, distribute, display or otherwise exploit the Materials for promotional or educational purposes.

3. I hereby release and forever discharge Penn State, Penn State Representatives and their insurers of any responsibility or liability of any nature to me for any personal injuries, death, property damage, other harm that I may suffer or incur either directly or indirectly as a result of my participation in the Program or use of the Materials.

I HAVE CAREFULLY READ AND REVIEWED THIS ACKNOWLEDGEMENT OF RISK, RELEASE OF LIABILITY, AND VIDEO/PHOTOGRAPH CONSENT. I UNDERSTAND IT FULLY AND I EXECUTE IT VOLUNTARILY WITH THE INTENT TO BE LEGALLY BOUND.

Signature: ___________________________  Participant’s Printed Name: ___________________________  Date: ___________________________
We hope that you enjoy your summer courses!

Our Fall 2020 Catalog will be released in July.

Registration for fall semester opens to OLLI York members two weeks prior to nonmembers, on August 4.
Nonmember registration opens on August 18.
Our fall semester begins Tuesday, September 8.

Information about OLLI York Membership
OLLI membership: Dues are $50 a year on a rolling basis. A membership is valid for 365 days from the day you join. Membership can be renewed no sooner than 30 days before your current membership expires.

a. Membership enables members to pay a reduced price ($8) for most single-session courses.
b. Nonmembers may take up to three one-session courses for $15 a course during the fall and spring semesters. After three courses as a nonmember, you must become an OLLI member to continue to take courses.
c. There are many memberships due for renewal in July and August.
d. OLLI will operate in fall, whether in-person or online. Members will still get two-weeks advance scheduling.

While the OLLI staff is telecommuting, there are only two ways to become a member or renew your membership:

a. On our website, olli.york.psu.edu, click the Membership tab.
b. Complete the form on page 16 and send a check to the address on that form.
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