
Friday Lecture Series

**Selected Fridays, 12:15-1:15 p.m., FREE to OLLI-USF members and their guests.
SOME OF OUR LECTURES ARE FACE-TO-FACE, OTHERS ARE ONLINE**

The Friday Lecture Series features a variety of speakers who discuss and address current issues of interest. These informal free lectures are a great way to introduce your friends to OLLI-USF.

Call 813-974-5848 or register online at www.usfseniors.org for login information.

The Potentialist: Your Future in the New Reality

The next 30 years will include a seismic shift in well-known institutions – government, education, religion and news media. Author **Ben Lytle** has written a Future Shock for the 21st century, explaining how we can thrive during these rapid changes by becoming Potentialists. He covers how technology will impact human abilities and our world, what we can expect regarding careers, healthcare and wealth, and how we can redefine success, residency, and retirement.

Fri 12:15 PM - 1:15 PM • 1/13/2023 • 1 mtg • Online

Food Insecurity: Its Impact upon Seniors

Even though the U.S. is a food rich country with a strong healthcare system, millions of Americans experience food insecurity and poor health. What can be done about this? **David Himmelgreen**, professor of Anthropology and director of the Center for the Advancement of Food Security and Healthy Communities at USF, explores the connection between food insecurity and health and provides examples of programs in Tampa Bay aimed at reducing food insecurity among people with chronic conditions such as diabetes and hypertension.

Fri 12:15 PM - 1:15 PM • 1/20/2023 • 1 mtg • Online

So You Want to Write a Memoir

The desire to make meaning from our lives may reside in our DNA. Unlike autobiography, which covers the whole life, memoir focuses on a particular part of that life – a marriage, a loss, an adventure – some event that still carries an emotional charge. This lecture will introduce you to the elements of the craft while inspiring you to begin your own story. **Mary-Lou Weisman**, the author of three memoirs, has taught memoir writing at The New School at NYU's Tisch School of the Arts.

Fri 12:15 PM - 1:15 PM • 2/3/2023 • 1 mtg • Online

Intimacy, Sex and Aging

You may not know what you think you know! In the Friday Lecture on February 10, **William Yarber**, Senior Scientist at the Kinsey Institute for Sex Research, will speak via Zoom, dispelling widely held assumptions on sex, intimacy and aging. There will be a follow-up class, one session and in-person, on Monday, Feb 13th: Ron Hammerle, a former Interuniversity Traveling Scholar at the Kinsey Institute will address anonymous questions submitted following Dr. Yarber's lecture.

Fri 12:15 PM - 1:15 PM • 2/10/2023 • 1 mtg • Online

Healthcare: Empower Yourself

Knowledge is power and is key in making better decisions. Review the practice of healthcare with **Alfred Kindt**, Senior Coding Consultant and Clinical Fraud Investigator for Optum. Learn how to navigate the process, how to protect yourself from fraud, and clarify your patient rights. Equip yourself to make more informed decisions about your healthcare.

Fri 12:15 PM - 1:15 PM • 2/17/2023 • 1 mtg • Canterbury Tower

Only Hope: My Mother and the Holocaust

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland, powerful stories published by her son. **Irving Lubliner**, professor emeritus at Southern Oregon University, will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*. Learn about the Holocaust through the eyes of a survivor, as well as how the instructor, the child of two survivors, was impacted by his parents' experiences.

Fri 12:15 PM - 1:45 PM • 2/24/2023 • 1 mtg • Online

Post-Brexit UK

In the post-Brexit world, what options are open to the United Kingdom? **Susan Northcutt**, a retired USF professor, discusses four options: status quo, independence for the nations of UK, re-entry to the European Union and constructing a "Singapore on the Thames." With a new government and a new monarch, the country faces daunting challenges as it recovers from Brexit.

Fri 12:15 PM - 1:15 PM • 3/3/2023 • 1 mtg • Arbor Terrace at Citrus Park Independent Living

The Role of Alt-Weekly Reporting in Tampa Bay

Gain an insight into the role of alt-weekly reporting from **Justin Garcia**, a reporter with Creative Loafing Tampa Bay, an alt-weekly newspaper that has been covering local issues since 1988. He writes about many subjects, from Tampa City Hall to law enforcement, housing, environmental issues and feature stories about interesting people. Garcia has freelanced for the USA Today Network, The Nation, Investigative Reporters and Editor's Journal, and other news outlets.

Fri 12:15 PM - 1:15 PM • 3/10/2023-3/10/2023 • 1 mtg • Unisen Senior Living

More to Life than More: A Memoir of Misunderstanding, Learning, and Loss

Alan Pesky is an entrepreneur who entered retirement by founding the Lee Pesky Learning Center 25 years ago after the sudden death of his son Lee. At 87, Alan is publishing a book about how his loss became the catalyst for the nonprofit that has since touched thousands of young lives. The Learning Center begins with the premise that "everyone learns differently" and offers a lifeline to parents and children, and to researchers who hope to develop strategic and self-directed learners.

Fri 12:15 PM - 1:15 PM • 3/17/2023 • 1 mtg(s) • Online

From Healthcare CEO Changemaker to Thriller Author

Tim Norbeck was a longtime leader in the healthcare industry who became a writer when he retired in 2020. Join him for highlights of his career as CEO of the Connecticut State Medical Society and his pivot into writing in a moderated Q and A. Norbeck will read from his latest book, a fast-paced thriller called *No Time for Mercy*. (Available online for \$14.99 or less)

Fri 12:15 PM - 1:15 PM • 3/24/2023 • 1 mtg • Online

From Hangovers to Happy

Just going to have one and don't remember how you got home? Ever honestly want to quit but find you cannot stop? This was **Karen Roberts'** story too. She will share how she developed a happy sober life of 30 years. Roberts is a retired management consultant, teaches at OLLI, and is an active participant in her community. Her happy hour is now a happy life.

Fri 12:15 PM - 1:15 PM • 4/14/2023 • 1 mtg(s) • Arbor Terrace at Citrus Park Independent Living

Making Dynamic Connections All Over Tampa Bay

How does he do it? How can I do it? Renowned Tampa networker, **Ron Weaver**, will draw on his civic associations and community connections to explain how to build significant relationships to enhance both your social engagements and professional life. Ron is a well-known attorney with Stearns Weaver Miller and was recently awarded the Luminary Award by the Junior League and WEDU for Lifetime Achievement in Community Involvement.

Fri 12:15 PM - 1:15 PM • 4/21/2023 • 1 mtg(s) • Unisen Senior Living