



AT THE  
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# OLLI TIMES

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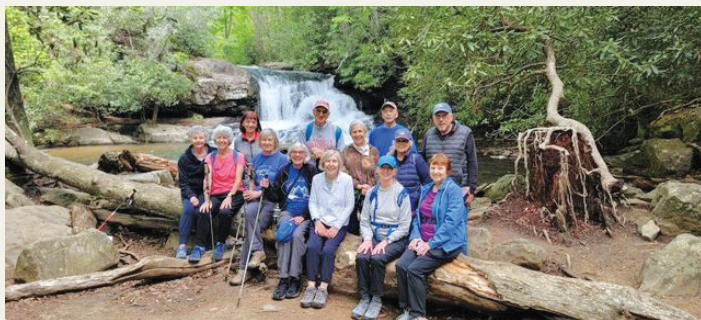
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## THE HAPPY HIKERS SIG

*By Malcolm Richardson*



Members of the Happy Hikers SIG enjoy two hikes a month at local and regional trails, like this one at Hemlock Falls in the Moccasin Creek State Park in Clayton, GA. (Photo/C. Fischer)

Why are the Happy Hikers *happy*? Members of the Happy Hikers SIG ramble through some of the most spectacular scenery in our region while led by a fellow SIG member. They move along at their own agreeable pace, determined by the abilities of those who show up for the walk.

The hiking trails are chosen for variety. Many are close by, usually an hour and a half away or less, like Cook's Trail at Sandy Creek Park in Athens, Oconee Heritage Park (near Watkinsville), or Fort Yargo State Park (near Winder). The group has also gone to Amicalola Falls State Park (the Hike Inn Trail), the ominously named but friendly and nearby Hard Labor State Park, or Richard B. Russell State Park near Elberton.

Other trips are a bit farther, like to Bryson City, NC, or Tallulah Gorge and the Warwoman Dell area, both near Clayton. Some are overnight, but you don't have to worry about packing mosquito netting or bear repellent. Hikers stay relaxingly in a local hotel like the lovely 200 Main in Highlands, NC. Happy Hour can bring the day to a pleasant and collegial

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## A FESTIVE JOURNEY THROUGH MONTREAL AND QUEBEC CITY

*By Jennifer Shaikun*

*Embark on a magical winter journey through Montreal and Quebec City, where European charm meets North American vibrancy amidst the joyous holiday season.*

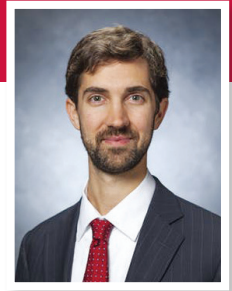


Your adventure begins in Montreal, a city seamlessly blending French heritage with a modern, cosmopolitan flair. Upon arrival, you'll be greeted by your tour director and settle into the Fairmont The Queen Elizabeth Hotel for a two-night stay.

Immerse yourself in Montreal with a comprehensive city tour. Marvel at the grandeur of Notre Dame Cathedral and the inspiring architecture of St. Joseph's Oratory. Stroll through the historic Jacques Cartier Square, alive with the buzz of local life. Ascend Mount Royal for breathtaking panoramic vistas of the cityscape, a perfect photo opportunity. Then, delve into the fascinating Underground City, the RÉSO, a unique network of shops and restaurants. As evening descends, savor a delightful dinner in Old Town Montreal, with its 17th- and 18th-century architecture, cobblestone streets, and twinkling holiday lights.

The following day enjoy a picturesque journey via Rail Canada train to Quebec City, often called the "Paris of

*Continued on page 2*



**Tim Meehan**

### The OLLI Building: Our Neighbors in River's Crossing

River's Crossing has been the home of OLLI for some 25 years. Our predecessor, the Learning in Retirement program, moved here with the support of Richard Lynch, who was associate dean for the College of Education at the time. However, we are not alone in this building, and you may have wondered who else shares space with us. We have the honor of sharing the building with a variety of departments and institutes from across UGA.

Firstly, there are two College of Education departments: Lifelong Education and Policy (LEAP) and Workforce Education and Instructional Technology (WEIT) – the latter sharing the first-floor corridor with us.

On the lower floor, there are two College of Family and Consumer Sciences departments: the Institute of Human Development and Disability, and Human Development and Family Science.

We also have two child- focused departments: on the ground floor is a pre-K program from Family and Consumer Sciences; and the Center for Autism and Behavioral Research (CABER) from the College of Education occupies the annex and other rooms, especially during the summer.

Many of the departments cater to postgraduate education and therefore need more classrooms during the evening rather than during the day, giving OLLI more flexible room arrangements. We are very lucky to have such wonderful space, provided for us at no cost by the College of Education, as well as a college staff member, John Nelson, who helps us with IT, and our UGA building maintenance crew. A couple of years ago we were also lucky to have hearing loops installed in two of the main classrooms (135 and 136), an addition that has enabled us to help OLLI members who are harder of hearing.

If you happen to have some time before or after class, why not come and enjoy the break room, great for ongoing discussions. We were even able to use this spacious room for our rained-in Picnic in the Park last month. Although we don't have a coffee machine, there are vending machines if you get hungry.

We are certainly lucky to have this building to call home for 25 years of lifelong learners, and we thank the Mary Frances Early College of Education for its support.

## MONTREAL

*Continued from page 1*

North America." This UNESCO World Heritage site, dramatically carved into bluffs overlooking the St. Lawrence River, is a remarkably preserved gem. After you check into the world-renowned Fairmont Chateau Frontenac Hotel, the remainder of the day is yours to wander through narrow cobblestone streets, admire the ancient stone buildings and fortifications, and soak in the distinct French Canadian culture.

Embark on a Quebec City tour, discovering highlights of both Old and New Quebec, North America's only walled city. Visit the historic Plains of Abraham, the imposing Citadel, and enjoy stunning views of the St. Lawrence River. Journey to the sacred St. Anne de Beaupre Shrine, a pilgrimage site for more than 350 years, renowned for

its artistic masterpieces and rich history. Continue your cultural exploration at the Albert Gilles Copper Museum, witnessing copper's transformation into exquisite art. Finally, prepare to be awestruck by the magnificent Montmorency Falls, towering 98 feet higher than Niagara Falls! Return to Quebec City in the evening, ready to enjoy its festive atmosphere at your leisure.

Your last full day brings a sweet treat – a delightful Sugar Shack Demonstration, celebrating all things maple. In the afternoon, be transported to a European Christmas wonderland at the German-inspired Old Québec Christmas Market. Ranked among the world's top 15 holiday destinations by CNN, this market recreates the enchanting atmosphere of traditional European Christmas markets with twinkling lights and festive decorations. As the day winds down, share stories and laughter over a farewell dinner with your fellow travelers.



## HAPPY HIKERS

*Continued from page 1*

close. The days of the week are varied so that everyone has an opportunity to hike rather than to accommodate fixed appointments and other activities.

The SIG plans two hikes a month, led by different members who preview the hike for members, provide a write-up about it, and then lead the hike. The leader also reminds hikers of necessary equipment, like hiking poles. The SIG has planning meetings in January (for January-early June hikes) and August (for September-December hikes). No SIG hikes are held in the hot months of late June, July and August.

Each hike is chosen to suit the preferences of those going, including length and difficulty. The goal is to find hikes that are classified as no more difficult than “moderate.” SIG members range from novice hikers to the highly experienced. Usually two or three are new on each hike, so don’t feel shy about showing up.

Hikers walk according to the desired hiking pace, and a faster group waits for the slower one at set intervals. While many drive to the location individually, anyone who would like to carpool could post on OLLI Comm to see if other members are interested.

The Happy Hikers was started in 2011 by Iris Miracle. Sue Flemming and Jackie Rains are now co-leaders of

the group, coordinating the activities and managing the Happy Hikers web site. They look forward to seeing you on the trail.



The Happy Hikers SIG members stop for a photo along a creekside trail at the Thomas Farm Preserve in Watkinsville. (Photo/D. Crane)

After your memorable journey through the festive landscapes and vibrant cultures of Montreal and Quebec City, it’s time to bid *au revoir*.



Photo/Nino H. Photography, Getty Images

**More information  
about the Montreal  
and Quebec tour**



## LOOKING FOR A SIG TO JOIN?

*Find Shared Interest Groups  
you may be interested in joining at*

**OLLI FEST**  
**Saturday, Aug. 2**  
**10am-2pm**  
**River’s Crossing**







**Garden Enthusiasts SIG**  
(P. Smagorinsky)



**Cooking for a Lifetime Class**  
(J. Shaikun)

**We are**  
**OLLI**  
OSHER  
LIFELONG  
LEARNING  
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**England Gardens Trip**  
(D. Jacobson)



**Flash Mob Coffee SIG**  
(C. Snyder)





5 Pillars of Islam Class – Gwinnett Campus  
(T. Meehan)



Hospitality Committee  
(P. Dixen)



Free Trade Lunch & Learn  
(J. Shaikun)



OLLI Picnic  
(M. Horton-Caricofe)



OLLI SPONSOR:  
a•bridge: Aging Life Care  
Management

By Martha McFerron

Our July OLLI sponsor, a•bridge: Aging Life Care Management, provides a “Positive Approach to Care” (PAC). The group is led by a nationally certified independent consultant, Abbie Vogt, MS, CMC, PAC-C, and provides help for families, clients, or decision-makers as a “bridge” joining the many difficult choices relating to age and/or disability. Teepa Snow, well-known dementia expert and trainer, developed the curriculum offered by this holistic care management agency in Athens that is client-focused and results-motivated.

Clients and their authorized representatives can expect to collaborate with an a.bridge staff person on developing a plan of care, coordinating and checking ongoing care management services, receiving regular updates from the care team, and engaging in transparent, ethical billing. Among the services offered by a.bridge are elder care management, special needs advocacy, caregiver coaching, and solo aging and proactive planning.

The eight specialist areas of Aging Life Care Management include advocacy, crisis intervention, families, financial, health and disability, housing, legal, and local resources. Utilizing a legal Aging Life Care manager reduces the confusion, stress, and time required when



choosing healthcare services for a loved one. Comprehensive assessment, care coordination, and advocacy ensure peace of mind in the search for safety and quality care.

Regardless of your role, having direction from a PAC agency is especially helpful to those who are long-distance caregivers for an Athens resident. Out-of-town family can count on a.bridge to provide peace of mind by finding resources, creating a plan, and coordinating care. A professional advocate, guardian, or special needs trust administrator can receive fiduciary guidance from an a•bridge care manager. This assistance includes ongoing care coordination, navigating disease-specific challenges, professional needs evaluation, and other issues. For an aging senior it is a great help being connected to the best coordinated services. A spousal caregiver is offered the opportunity for non-judgmental and open conversation and to be given advice tailored to personal needs.

More detailed information about the wide range of services offered is available online at [abridgelifecare.com](http://abridgelifecare.com) or by calling (706) 810-3203 in Athens.

OLLI Showcase: July 31, 11:30AM-1:00PM @ UGA Gwinnett Campus

*Thank you OLLI partner and sponsors  
for your continued support.*

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University of Georgia Mary Frances Early College of Education

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a•bridge: Aging Life Care Management  
Boom Magazine  
Celebration Village  
Fortson, Bentley, and Griffin, P.A.  
Live Oak Caregivers  
SCORE  
Shelly Magruder, Coldwell Banker Upchurch Realty

Total Joint Specialists  
Trumps Catering  
University of Georgia Speech and Hearing Clinic  
University of Georgia Center for Continuing  
Education & Hotel  
Wesley Woods of Athens  
WUGA Radio

## WHAT YOU SAID!

*Member Quotes Taken from  
Class Surveys*



### **Artificial Intelligence: History, Accomplishments, and Philosophical and Moral Questions**

"These were terrific presenters! They gauged the understanding range among the class participants and were good in their responses to questions. The presentation was interesting and informative."

### **Exercise and You: A Big Picture Look at Fitness Across Your Lifespan**

"Very good information about exercise and health for seniors. Gave me a good perspective and expectation. Presenter and slides were a wealth of information. I would take any class she has. Her knowledge was evident in the information. Enjoyed it very much!"

### **India Rising**

"This presentation was an excellent history lesson on India. It was very interesting and informative. The presenter did a superb job explaining any and all aspects and questions about Indian culture. Thoroughly enjoyable and engaging!"

### **Beyond Typhoid Mary: Typhoid Fever's Long Trail Through History**

"Nan's presentations are so engaging and fascinating. Her enthusiasm for sharing her extensive knowledge with us is infectious!"

### **Beyond the Frame: Discovering the Georgia Museum of Art**

"This class was wonderful. The instructor was so knowledgeable about the paintings and about the culture in which they were painted. She was a delight—smart, articulate and funny. Thoroughly enjoyed it."

### **THANK YOU TO OUR CONTRIBUTORS IN THIS ISSUE:**

*Jennifer Shaikun*

*Martha McFerron*

*Tim Meehan*

*Malcolm Richardson*

## **CONGRATULATIONS to this year's volunteer award recipients!**

**Sustained Service Award:**  
Chuck Murphy, Cher Snyder

**Outstanding Achievement Award:**  
Glover Housman, Lisa Myers

**Outstanding Presenter Award:**  
Joe Frank, Tom Keene

**OLLI Scholar Award:**  
Bruce and Karen Menke

## Get Ready for Fall Classes!



[olli.uga.edu/catalog](https://olli.uga.edu/catalog)



### **Purchase Your OLLI Merchandise!**

#### **Clothing:**

Polos, bomber jackets, and short- and long-sleeved shirts

#### **Accessories:**

Totes, leatherette journal, insulated tumbler





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