Osher Lifelong Learning Institute

Program

OLLI at UA is a membership program that is member planned and member managed. Member participation and volunteerism are the fuels for the success of OLLI at UA. This new academic cooperative provides mature adults with opportunities for intellectual stimulation, cultural development, and social interaction.

OLLI at UA educational programs are centered on courses developed by and often taught by its members, who volunteer their time and talents to share their knowledge and interests with other members. You’ll find no homework, no exams, no required college degree, no age threshold (and no academic credits) - just learning for the pure joy of learning.

Benefits of Being a Member

- Intellectual, cultural and social interaction in a member-governed organization
- Opportunity to increase knowledge and explore new interests where learning is fun
- Bonuses- presentations on an unlimited variety of topics
- Field Trips- visiting places of interest
- Socials and special events
- Free parking for members
- UA library card privileges
- UA Action Card
- Participation in OLLI Special Interests Groups
- Meeting and enjoying peers actively involved in lifelong learning
- Engagement in senior-friendly learning
- Invitations to campus lectures and presentations

Why Lifelong Learning?

- A survey sponsored by AARP and the National Retired Teachers Association confirmed that there is interest in Lifelong Learning among adults older than 50.
- When asked why they wanted to learn, over 90% stated that they want to keep up with what is going on in the world, to increase their spiritual and personal growth,
and to experience the sheer joy of learning something new.

Six Most Popular Learning Activities for Adults:

- Learning more about a hobby or pastime
- Learning advanced skills
- Getting more enjoyment or pleasure out of life
- Having a healthy diet and nutrition
- Measuring personal health status
- Reducing stress

Learning for a longer life

- Besides broadening your knowledge, research has shown that adults who stay active intellectually are also healthier and more socially balanced.
- There are other studies that state that keeping your brain busy helps fight off effects of age on memory and perception and may possibly slow the development of Alzheimer’s disease and other forms of dementia.

Have you ever thought about teaching or leading a course?

(Contact Richard Rhone, Ed.D., email rrhone8@comcast.net)

- Many adults choose to learn through teaching.
- A retired professor of Rutgers University Academy stated that finding professors is not difficult because many are attracted to the variety of courses to teach.
- You choose your curriculum.