



## Institute for Learning in Retirement

### Oak Hammock

*at the University of Florida®*

*Serving the Gainesville Community and Beyond*

The Institute for Learning in Retirement is dedicated to the enjoyment and continual learning of its members. The courses described in this bulletin are the result of the work of many dedicated volunteers from both Oak Hammock and the broader community.

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**Cultivate Your Mind!**

**Term Begins Jan. 12-Feb. 25**

### Message from the Chair

Each term, the ILR Curriculum Committee creates an inspired lineup of courses—bold, engaging, and wonderfully diverse. Winter 2026 is no exception. Here's a glimpse of what's ahead:

- Understanding Pain – A much-requested, six-session deep dive led by experts who explain why pain is so challenging and what new treatments are on the horizon.
- USA @ 250 Years – A compelling look at “The Unfinished Revolution,” raising timely and thought-provoking questions about our nation’s past and present.
- Ancient Cultures of the Old World – Seven fascinating lectures connecting ancient history to our world today.
- Weather and History – Discover how weather events have altered the course of human history—often in surprising ways.
- Sunday Afternoon Events – A powerful exploration of antisemitism and restrictive housing covenants, issues with echoes far beyond 1947’s “Gentleman’s Agreement.”
- Winter “One”ders – Two lively series of single-session programs—short, bright, and full of variety.
- Contemporary Short Stories – Back by popular demand! Enrollment is limited to twenty, so claim your spot early.

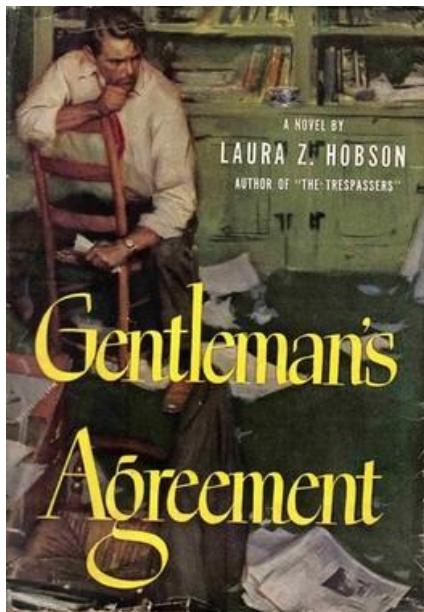
It's all here at the ILR and we want you to JOIN us.

Enthusiastically yours,

Henri Logan, PhD  
ILR Board Chair

# ILR Showcase Event:

# Gentleman's Agreement



and the woman behind the bestselling novel  
turned academy award winning film  
Facilitators: Dick Martin and Karen Miller

The ILR and the UF Bud Shorstein Center for Jewish Studies are sponsoring a two-part presentation by Professor Rachel Gordan on Laura Hobson and her novel "Gentlemen's Agreement," shedding light on antisemitism and restrictive covenants in housing. Professor Gordan, whose latest book was published in 2024 by Oxford University Press, was awarded an NEH Public Scholars Fellowship in NYC during the 2024-2025 year to research and write her next book.

The ILR will present the film starring Gregory Peck twice, first in the Oak Room on Sunday, January 25 and again on Sunday, February 1, 2026 at 1:00 pm. Professor Gordan will share with us the story behind the 1947 movie on Sunday, February 1, 2026 at 3:00 pm, in the Oak Room. Participants who prefer to watch the movie on their own can certainly do that but you would not want to miss the Sunday, February 1st session with Professor Gordan.

"Return to the Land" is a community organization currently operating in Arkansas that seeks to restrict membership to Christian whites (see NY Times August 19, 2025). Although Gentlemen's Agreement was published in 1947, the story is all too current.

**Movie Screening:** (entire film will be shown at each screening)  
**Sunday**, January 25, 2026, movie screening starting at 1:00 pm, in the Oak Room.  
**Sunday**, February 1, 2026, movie screening starting at 1:00 pm, in the Oak Room.

## Presentation & Discussion:

**Sunday**, February 1, 2026, presentation by Professor Gordan at 3:00 pm, in the Oak Room.



# Winter “One”ders 1

## Mondays at 10:00 am in the Oak Room



### January 12 An Overview of China-Africa Relations

**Speaker:** **Dr. Agnes Ngoma Leslie, Master Lecturer and Outreach Director at the UF Center for African Studies**

**Facilitator:** **Jacob U'Mofe Gordon**

Brief History of the relationship. What's in it for Africa and China? Challenges and Opportunities. What are the main tenets of the relationship?

### January 19 How Africans Shape Relations with China

**Speaker:** **Dr. Agnes Ngoma Leslie, Master Lecturer and Outreach Director at the UF Center for African Studies**

**Facilitator:** **Jacob U'Mofe Gordon**

This session will explore Africa's active role in shaping the relationship with China. It will examine how African countries can benefit from the relationship.

### January 26 Breaking of the University

**Speaker:** **Danaya Wright**

**Facilitator:** **Danaya Wright and Dale Campbell**

This session will explore the current state of universities in today's academic environment. With the funding cuts, the enrollment cliff, the loss of public confidence, the high cost of tuition, and attacks on shared governance, universities are having a day of reckoning. This session will explore these pressures.

### February 2 Traveling through the Panama Canal

**Speaker:** **Kenneth Puckett, Captain and Panama Canal Ship Pilot, Retired**

**Facilitator:** **Rick Gold**

Last summer, Captain Puckett examined the history of the Panama Canal Zone for ILR. In this presentation, he will share the experience of a commercial vessel pilot traveling through the canal.

### February 9 John Locke: Philosopher of the American Revolution

**Speaker:** **Jeffrey Collins, Professor and Interim Associate Director, UF Hamilton School for Classical and Civic Education**

**Facilitator:** **Rick Gold**

The great English political theorist John Locke is often thought to have been a major influence over the minds of the American revolutionaries and Founding Fathers. This talk will explore the often surprising nature of that Lockean influence.

### February 16 Two Countries, One Passion: Root Canals

**Speaker:** **Dr. Mauricio Basso, DDS, MS, endodontics Associates**

**Facilitator:** **Phyllis Saarinen**

Growing up in Brazil, Dr. Basso invested in a medical specialty that brought him to Gainesville, Florida. Besides his successful life story, he will share the changes in endodontic techniques that offer an end to the terror fraught in the phrase "Root Canals."

### February 23 Cultural Sites of North America: A Backroads Guide to Small Museums and Other Local Treasures

**Speakers:** **Ronnie Lovler, former Journalist for CNN and Gainesville Sun, Adjunct Professor at the UF College of Journalism**

**Dixie Neilson, former Director of the Matheson History Museum and Collections Manager at the Harn Museum of Art**

**Facilitator:** **Rick Gold**

Ronnie Lovler and Dixie Neilson will present their new book, *Cultural Sites of North Florida*, which highlights 43 intriguing, little-known destinations in the northern part of the Florida peninsula that demonstrate the uniqueness of this area or the state.

# Ancient Cultures of the Old World

Mondays at **1:00 pm** in the Oak Room

Facilitator: **Phyllis Saarinen**



## January 12 The Balkan Neolithic

**Speaker: Florin Curta, Professor, Department of History, University of Florida**

If the “Neolithic Revolution” implies dramatic changes in human society, then the introduction of agriculture is a key component of that transformation and the earliest evidence for the Neolithic in Europe is from the Balkans (present-day Greece).

## January 19 The Eastern Mediterranean Bronze Age and Its Collapse

**Speaker: Alice Crowe, Assistant Professor, Department of Classics, Florida State University**

We will explore the Late Bronze Age East Mediterranean (c. 1600-1200 BCE) and how this remarkable, multicultural world—bound by international diplomacy and trade networks spanning Central Asia to Sicily, Nubia to the Baltic suffered dramatic collapse around 1200 BCE.

## January 26 The Grand Civilization of Pharaonic Egypt

**Speaker: Phyllis Saarinen**

Temporary settlements along the Nile from 6,000 BCE presaged the Neolithic and ultimately the Pharaonic civilization and its role in the East Mediterranean Bronze Age and the Iron Age that followed.

## February 2 Etruscans, Romans and Gauls: Ancient Rivalries and Historic Interconnections on the Italian Peninsula

**Speaker: Mary Ann Eaverly, Professor Emerita, Classics Department, UF**

We will explore the influence of both Etruscan culture and the threat of “Barbarian” invasion on ancient Rome.

## February 9 Cycles of Destruction in Mesopotamian City States: Evidence from a Palace in the Kurdistan Region of Iraq

**Speaker: Tiffany Earley-Spadoni, Associate Professor, Department of History, UCF**

Excavations at two destruction levels of the palace illuminate how repeated conflict shaped the final centuries of the Middle Bronze Age city-state system.

## February 16 Trade Winds and Cross Winds in India’s Post-Bronze Age Contacts

**Speaker: Vasudha Narayanan, Distinguished Professor, Department of Religion, University of Florida**

India enjoyed a flourishing trade and cultural exchange with the Greco-Roman Empire and Southeast Asian civilizations. We will discuss the exchange of philosophy, material culture and science in four vignettes.

## February 23 China’s Lengthy History and Its Enduring Relevance

**Speaker: Mario Poceski, Professor, Department of Religion, University of Florida**

An overview of China’s long and fascinating history will underscore the importance of knowing China’s past in order to understand its present.

# USA @ 250 Years: The Unfinished Revolution

Tuesdays at 10:00am in the Oak Room  
 Speaker: Richard MacMaster, PhD History  
 Facilitator: Rick Gold



The American Revolution gave birth to a free and independent United States of America. Did its unfulfilled promises leave problems unresolved even today? It depends on how we interpret the causes and consequences of 1776.

## January 13 (Re) Interpreting the Revolution 1926-2025

Scholars have understood the origin and meaning of the American Revolution in different ways over the last hundred years. Different interpretations shed fresh light on the events of 1776 and their legacy for our time.

## January 20 How United Was It?

Fear of power centralized in Parliament led the Continental Congress to frame a weak central government in the Articles of Confederation with no executive, no judiciary, and no power to tax or raise an army or regulate commerce. This left a legacy of state's rights and distrust of the federal government and federal judiciary.

## January 27 How Democratic Was It?

State constitutions adopted in 1776 eliminated restrictions on voting and officeholding, but traditional elites immediately fought back. The cost of war fell disproportionately on small farmers who sought a remedy in the legislature to no avail. The struggle for one-citizen-one-vote has continued through two centuries.

## February 3 Westward the Wagons

As settlers moved into the lands of indigenous people conflict was inevitable. From the beginning, an increasingly racialized attitude shaped American policy.

## February 10 Created Equal?

During the Revolution and immediately afterward Northern states adopted extremely gradual emancipation for children of slaves born after a certain date, but this ground to a halt by 1785. Slavery and efforts to limit the rights of Free Blacks left a bitter legacy that persists.

## February 17 Welcoming Newcomers?

The Pennsylvania Constitution of 1776 guaranteed the right of immigration, and the Declaration of Independence blamed King George for restricting immigration. By 1798 Congress adopted laws to limit immigration and deport aliens. Hostility to foreigners has followed each new wave of immigrants and supported racialized policy.

# Special Note!

The ILR Winter Term runs from January 12-February 25 (beginning and ending date may vary depending on availability of speakers and course material).

All programs are available **LIVE**, unless otherwise specified, in the scheduled rooms and via ZOOM.

## German Language Tuesdays in Conference Room A Instructor: Barbara Johnston

### Intermediate German:

Tuesdays 11:00 am-12:00 pm

Students should have a basic knowledge of German. The emphasis is on reading to improve vocabulary and learning basic grammar concepts.

Sprechen Sie  
Deutsch?

Ja!

### Advanced German:

Tuesdays 1:30 pm-2:30 pm

Students should have a competent knowledge of German. The emphasis is on reading to improve vocabulary and conversation.



# Let's Talk about the Weather: Meteorology and the Science of Weather

Tuesdays at 1:30 pm in the Oak Room

Facilitator: Jane Brockmann



We are taught a little about meteorology nearly every day as we listen to the weather forecast. Despite this familiarity with the terminology, many of us have little understanding of the underlying causes of weather changes or the science of weather forecasting. In this course we will address these issues with two lectures on weather predictions and how forecasts are put together. This will be followed by lectures on droughts, lightning, resilience to extreme weather, and how weather has influenced history.

## January 13 Your Daily Weather Forecast

**Speaker: Tim Miller, Chief Meteorologist, WUFT and Florida Public Radio Emergency Network**

Tim Miller will explain how a weather forecast is put together and the importance of the Florida emergency network.

## January 20 Drought in Florida

**Speaker: Johanna Engstrom, Assistant Professor, Department of Geography**

What are the causes and effects of drought in Florida? What factors contribute to making our state vulnerable to drought? How does Florida's drought vulnerability compare to that of other states?

## January 27 Your Weather Watchdog: The National Weather Service

**Speaker: Ben Nelson, Meteorologist, National Weather Bureau, Jacksonville, FL**

Ben Nelson highlights the "Science plus Service" formula that comprises the National Weather Service.

How do meteorologists turn weather observations into forecasts that are used by the public and safety officials such as emergency managers? What weather hazards are most likely to affect you as a resident of North Central Florida, and what can you do to be better prepared season by season?

## February 3 Weather and History

**Speakers: Bob Palmer, PhD, and Jerry Kirkpatrick, JD, LLM**

Weather has been a dominant factor in many important historical events. A cold snap in Florida led to the 1986 explosion of the Space Shuttle Challenger. Atlantic storms caused the Pilgrims to settle in Massachusetts rather than Virginia. Weather has also been an important factor in planning and executing military campaigns as well as affecting their outcomes. In World War II, weather determined June 6, 1944 as the date for the Normandy invasion, and it also determined the fate of an American fleet operating against Japan toward the end of the war.

## February 10 Preventing Wind Damage

**Speaker: David Prevatt, Professor, School of Sustainable Infrastructure & Environment, Department of Civil & Coastal Engineering, UF**

Dr. Prevatt will discuss recent Florida storms and how residential structures perform in high wind events. He uses field assessments and laboratory experimental research and analysis to understand how and why structures are affected by wind storms and what can be done to reduce wind damage and improve structural resilience.

## February 17 Lightning!

**Speaker: Ziqin Din, Post-Doctoral Fellow and Co-PI, Lightning Research Lab, Department of Electric and Computer Engineering, UF**

Florida is the lightning capital of the US with more people killed by lightning than in any other state. What is lightning, what are the different types of lightning and what are the causes of so much lightning in Florida?

# Short Stories

**Wednesdays at 10:00 am in the Acorn Room**

**Facilitators: Laura Berns, Deborah Dean, and Elisabeth Virnstein**



**In-Person Only; Enrollment limited to 20**

(A waitlist will be created)

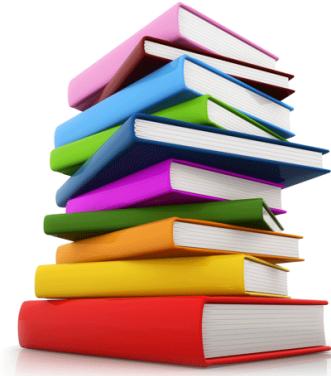
We will explore a diverse collection of contemporary short stories, with two or three stories each week that share a common theme. Participants are strongly encouraged to read the stories in advance and to join in the discussion.

All the short stories are in one collection, *The Best Short Stories 2024: The O. Henry Prize Winners*, with the selections made by Amor Towles. The book is available from Amazon, with the paperback version for \$17 and the Kindle version for \$14. There are a few donated copies available that you may be able to obtain by contacting Mohini, ILR Coordinator.

This is a repeat of the short story course offered in the fall of 2025. It is being offered a second time because there was a waitlist. Those who were on the waitlist in the fall term, as well as others who are interested, need to sign up for the winter session.

**January 14      Theme: A Moment of Awakening**

Short Stories: *The Import* by Jai Chakrabarti and *Didi* by Amber Caron



**January 21      Theme: Dealing with Loss**

Short Stories: *Orphans* by Brad Felver and *The Dark* by Jess Walter

**January 28      Theme: Troubled Family Relationships**

Short Stories: *Seeing through Maps* by Madeline Fitch, *The Paper Artist* by E.K. Ota, and *Hiding Spot* by Caroline Kim

**February 4      No Class**

**February 11      Theme: Social Engagement**

Short Stories: *The Home Visit* by Morris Collins and *The Honor of Your Presence* by Dave Eggers

**February 18      Theme: Modern Life**

Short Stories: *The Last Grownup* by Allegra Goodman and *The Castle of Rose Tellin* by Kate DeCamillo

**February 25      Theme: Life on the Economic Edge**

Short Stories: *Serranos* by Francisco Gonzalez, *The Room-Service Waiter* by Tom Crewe, and *Junior* by Katherine Stutzman



# Winter “One”ders 2

## Wednesdays at 10:00 am in the Oak Room



### January 14 Silk Use for Wounds

**Speaker:** **Whitney Stoppel, Associate Professor, Wertheim Lab for Engineering Excellence, Department of Chemical Engineering, College of Engineering, UF**

**Facilitator:** **Jane Brockmann**

Dr. Stoppel will describe her research on silk proteins from moths. The silk from these insects is now being used for pharmaceutical products that improve tissue repair and muscle rehabilitation. Her research uses genetic engineering techniques to tailor the sequence and structure of the silk fiber produced by the moth to make the silk more effective in health care applications.

### January 21 Caste in South Asia and Around the World

**Speaker:** **Rick Gold, Board Director, International Commission for Dalit Rights**

**Facilitator:** **Rick Gold**

Caste discrimination based on ancestry and work afflicts societies in many parts of the world. Since its founding, the US has been a victim of the interplay between caste and race discrimination. Rick Gold will share lessons learned in fighting caste discrimination.

### January 28 No Class

### February 4 Rage, Refusal, and the 1992 Los Angeles Riots

**Speaker:** **Stacey Liou, Assistant Professor, Department of Political Science, UF**

**Facilitator:** **Rick Gold**

What makes a street gathering a riot instead of a protest? Focusing on the feelings of anger associated with the 1992 Los Angeles riot, this talk shows that emotion is central to the ways we distinguish between political and non-political forms of collective action.

### February 11 Write a Love Letter to Your Grandchildren

**Speaker:** **Ellen Siegel, Climate Specialist, The Cleo Institute, UF**

**Facilitator:** **Ellen Siegel**

Come explore the United Nations' 17 Sustainable Development Goals through the gentle lens of legacy—our love letter to the generations who will follow us. In this hope-filled interactive program, Ellen Siegel weaves story, wonder, and conversation to illuminate how each goal shapes the world our grandchildren will inherit—and how, in every season of life, we can still help create a future worthy of their dreams.

### February 18 The Five Principles of Athenian Democracy

**Speaker:** **Chrysostomos (Chrys) Kostopoulos, Co-Director, Center for Greek Studies at UF, Faculty Member of the Center for European Studies faculty, Assistant Professor of Modern Greek**

**Facilitator:** **Sheila Dickison**

This talk introduces the five fundamentals of Athenian democracy and explores how they have shaped one of history's earliest and most innovative systems of government. Drawing on key institutions and practices, this class highlights how the Athenians balanced citizen participation, accountability, and the rule of law.



# The Swing Era

**(In-Person ONLY, ZOOM unavailable)**  
**Thursdays 10:00 am in the Oak Room**  
**Presenter: Gary Langford**  
**Facilitator: Don McGlothlin**

Following the format of the recent popular ILR Broadway Musicals and The Circus classes, this offering will focus on an award-winning Ken Burns documentary that tells the history of jazz music in the United States. In addition to the video, each class session will include Q&A with our resident “jazzer,” opportunities to share memories, trivia games, etc.



### **January 15 Gumbo to 1917**

Jazz begins in New Orleans, nineteenth century America's most cosmopolitan city, where the sound of marching bands, Italian opera, Caribbean rhythms, and minstrel shows fills the streets with a richly diverse musical culture. Here, in the 1890s, African-American musicians create a new music out of these ingredients by mixing in ragtime syncopations and the soulful feeling of the blues. Personalities include: Sidney Bechet, Buddy Bolden, Freddy Keppard, Jelly Roll Morton, Nick La Rocca.

### **January 22 The Gift 1917-1924**

As the Roaring Twenties accelerate, Paul Whiteman, a white bandleader, sells millions of records playing a sweet, symphonic jazz. Louis Armstrong comes to New York, adding his improvisational brilliance to the band's new sound - and soon Armstrong is showing the whole world how to swing. New personalities include: Louis Armstrong, Duke Ellington, Fletcher Henderson, King Oliver, Willie Smith, and Paul Whiteman.

### **January 29 Our Language 1924-1928**

As the stock market continues to soar, jazz is everywhere in America, and now, for the first time soloists and singers take center stage, transforming the music with their distinctive voices and the unique stories they have to tell. New personalities include: Bix Beiderbecke, Benny Goodman, Earl Hines, Artie Shaw, Bessie Smith, and Ethel Waters.

### **February 5 The True Welcome 1929-1935**

America enters a decade of economic desperation, as the Stock Market collapses and the Great Depression begins. Factories go silent, farms fall into decay, and a quarter of the nation's workforce is jobless. In these dark times, jazz is called upon to lift the spirits of a frightened country, and finds itself poised for a decade of explosive growth. New personalities include: John Hammond, Fletcher Henderson, Billy Rose, Art Tatum, Fats Waller, and Chick Webb.

### **February 12 Swing: Pure Pleasure 1935-1937**

As the Great Depression drags on, jazz comes as close as it has ever come to being America's popular music. New personalities include: Jimmie Lunceford, Glenn Miller, and Teddy Wilson.

### **February 19 Swing: The Velocity of Celebration 1937-1939**

As the 1930's come to a close, Swing-mania is still going strong, but some fans are saying success has made the music too predictable. Their ears are tuned to a new sound - pulsing, stomping, suffused with the blues. New personalities include: Count Basie, Harry Edison, Ella Fitzgerald, Coleman Hawkins, Billie Holiday, Jo Jones, Mary Lou Williams, and Lester Young.



# Round Table Discussion in the Algonquin Genre

Thursdays at 10:00 am in the Multipurpose Room

Moderators: Rick Gold, Dick Suttor

## Enrollment Limit 30

The Algonquin Round Table was a group of New York City writers, critics, actors, and wits. Gathering initially as part of a practical joke, members of "The Vicious Circle," as they dubbed themselves, met for lunch each day at the Algonquin Hotel from 1919 until roughly 1929. At these luncheons, they engaged in wisecracks, wordplay, and witticisms that, through the newspaper columns of Round Table members, were disseminated across the country.

ILR's Hybrid (in-person or ZOOM, your choice) Round Table is a forum for discussion of topics of mutual interest, particularly of current events. Participants bring their interests, opinions and expertise to the table and engage in spirited, though respectful, debate. Topics are determined jointly by participants, who must be registered to participate in this class.

### ILR in Action



# Oak Hammock Chamber Players

Thursdays 1:00 pm in the Acorn Room  
 Facilitators: Cheryl Poe and Don McGlothlin  
 Director: Gary Langford

**(In-Person ONLY, ZOOM Unavailable)**

The Oak Hammock Chamber Players are instrumental musicians who enjoy playing music with others. We welcome people who play or who have once played orchestral instruments. There are no auditions and some of our musicians have not played in over 50 years before joining the group. If you do not have an instrument, we can recommend local places where you might rent one. We can also recommend private music teachers for those who would like to improve their technique. Music is typically provided in digital format. You would have to bring your own music stand to each session.

Most of our selections come from the classical repertoire, but we also play traditional pieces, show tunes, and seasonal music. We learn not only about our music, but also about musical technique and both the discipline and fun of making music with others. We normally give two concerts a year at Oak Hammock.

We are very fortunate to have retired UF music professor, band director, and jazz music expert Gary Langford as our music director. We are members of the New Horizons International Music Association, which is a support network for adult musicians. For more information, go to [www.newhorizonsmusic.org](http://www.newhorizonsmusic.org).

*If you plan to register for this course for the first time, please contact Cheryl Poe (cheryltonipoe@gmail.com or 352-316-0886) or Don McGlothlin (mcgloth@ufl.edu or 352-562-1740) to discuss your musical experience.*



**Visit us on our Social media pages**



<https://www.youtube.com/@ilrlearninghut>



<https://www.facebook.com/ILR352>



<https://www.instagram.com/ilratuf/>

# PAIN: Where Does It Hurt? Why?

Thursdays 1:30 pm in the Oak Room

Facilitators: Pushpa Kalra and Roger Fillingim



Pain is a universal phenomenon, yet it varies from one individual to the next in symptoms and management. It not only limits daily activities but also speeds up aging. Backpain is one of the most common and debilitating musculoskeletal disorders. How is it treated? How does pain affect aging? What is the relationship between pain and sleep? Why is it so difficult to treat pain? Would controlled breathing alleviate pain? What are the new non-opioid drugs in development? These are some of the questions that will be addressed by experts from the UF Pain Research and Intervention Center for Excellence (PRICE) and the Center for Advanced Pain Therapeutics and Research (CAPToR).

## January 15 This will Hurt Me more than it Hurts You

**Speaker:** Roger Fillingim, PhD, Distinguished Professor and Associate Dean, UF College of Dentistry and Director PRICE

Pain is a nearly universal experience but also one of the costliest health conditions in the world. One of the most vexing challenges in managing pain is that each individual's pain experience is so unique. This presentation will discuss these individual differences in pain and how they affect pain treatment.

## January 22 When Pain Makes Us Older: The Hidden Cycle of Aging

**Speaker:** Yenisel Cruz-Almeida, PhD, Professor and Associate Director PRICE, UF College of Dentistry

Pain does more than limit daily activities; it can speed up the very processes that make us age. At the same time, aging tissues, nerves, and immune systems make older adults more susceptible to pain. This talk will unpack this hidden cycle, show why some people age faster under the burden of pain, and discuss emerging strategies to break the loop and promote healthier aging.

## January 29 Back Chat: Why your Spine is such a Pain in the ... Back

**Speaker:** Mark Bishop, PT, PhD, Professor and Program Director, UF CPHHP and Director UF Center for Pain Rehabilitation Research

Back pain is one of the most common reasons that a person seeks non-emergent care. This is in part due to the fact that back pain is also one of the most common musculoskeletal disorders, but there are other reasons as well. Why is it so common, and what can be done? This presentation will discuss the functional anatomy of the back, pelvis and hips, and personal and environmental factors impacting the experience of back pain.

## February 5 The Sleep-Pain Connection in Aging: What Science Is Teaching Us

**Speaker:** Soamy Montesino-Goicolea, PhD, Research Assistant Professor UF College of Dentistry

Sleep and pain are two common challenges in older adulthood, and research shows they are closely connected. This talk will explore what scientists are learning about the interaction between sleep and pain as we age, and how changes in the brain and body may explain these shared experiences in later life.

## February 12 Integrative Health Interventions for Pain

**Speaker:** Steven Pratscher, PhD, Research Assistant Professor, UF College of Dentistry

This presentation will provide an overview of different integrative health approaches for chronic pain. There will be a major focus on breathing or breathwork interventions and their potential as novel treatments for chronic pain.

## February 19 New Pain Drugs on the Horizon-Why We're Stuck (and What's Next)

**Speaker:** Rajesh Khanna, PhD, Professor of Pharmacology and Director CAPToR, UF College of Medicine

Chronic pain patients still rely on decades-old drugs: opioids (risky), limited NSAIDs, and dizzying gabapentinoids. Despite massive research investment, almost no truly new pain medicines have reached clinics in 20+ years. This talk explains – plainly – why pain drug discovery has failed so often, how regulatory changes reshaped the field, and why old targets keep falling short. I'll end with real hope: innovative, non-opioid therapies from our University of Florida labs that fix nerve signaling instead of just masking pain – molecules poised to advance to human trials.

# Law and the Movies

Fridays 1:30 pm in the Oak Room

Facilitators: Karen Miller and Dick Martin



**In Person Only**



Before each movie there will be a brief introduction by our guest lecturer. Each movie will be screened in its entirety, after which the guest lecturer will lead a discussion.

## January 16 The Descendants

**Speaker:** Amy Hogue of Sandberg Phoenix will discuss the estate planning issues raised in the film.

“The Descendants” stars George Clooney and Beau Bridges and will inspire all who watch it to visit Hawaii. The movie will offer an explanation to those who did not attend law school and a refresher course to those who did of “The Rule Against Perpetuities” which is an important consideration in estate planning. “The Descendants” movie was very well received both critically and commercially and was nominated for numerous awards.

## January 23 The Father

**Speaker:** Shannon Miller of Miller Elder Law will make a return appearance to the ILR to lead the discussion.

“The Father,” starring Anthony Hopkins as an 80-year-old man who is determined to live his life independently. The film won multiple awards including Best Actor in a Leading Role and Best Adapted Screenplay as well as a nomination for Best Actress in a Supporting Role.

## January 30 Up for Grabs

**Speaker:** Professor Danaya Wright of UF Law will lead the discussion.

For the sports fans in Gainesville, “Up for Grabs” is described as a “comedic documentary” about the ball hit by Barry Bonds for his record setting 73<sup>rd</sup> home run in the 2001 MLB season. The ball was claimed both by the person who said he had caught the ball which was stolen from him and by the man who held it up for the cameras when the crowd cleared. This movie discussing Popov v. Hayashi will be of interest even to those who are not sports fans.

## February 6 The Grand Budapest Hotel

**Speaker:** Professor Lee-Ford Tritt of UF Law will lead the discussion.

“The Grand Budapest Hotel” is a star-studded film with Tilda Swinton, Ralph Fiennes and Edward Norton among many others. It takes place in a fictional European country and involves a valuable painting, a murder and the ensuing fight to absolve the wrongly accused of the murder as well as over the estate of the victim. Both the New York Times and Rolling Stone ranked it in 2025 as one of the top 100 films of the 21<sup>st</sup> century.

## February 13 The Post

**Speaker:** Professor Lyrissa Lidsky of UF Law will lead the discussion.

“The Post” starring Meryl Streep and Tom Hanks and directed by Steven Spielberg tells the story of the fight for the First Amendment waged to bring the story of the Pentagon Papers to the public. The Supreme Court ultimately ruled 6-3 in favor of the newspapers but following its ruling, the Washington Post was barred from the White House by President Nixon.

## February 20 Three Chaplains

**Speaker:** Jerry Kirkpatrick, retired Navy Judge Advocate General will lead the discussion.

“Three Chaplains” is a PBS documentary discussing the complex role of Muslim chaplains in the Armed Forces supporting the religious rights of all service members along with chaplains of other faiths.

# How to Register!

## 2 Ways to Register for classes: Online or by Mail



### 1. Online REGISTRATION and PAYMENT:

After reviewing the bulletin, click on the Registration Link below, select your class choices and then press SUBMIT!

You will see a screen that says your registration is complete.

#### Online payment and registration link:

<https://www.oakhammock.org/ilr/register-for-a-class/>

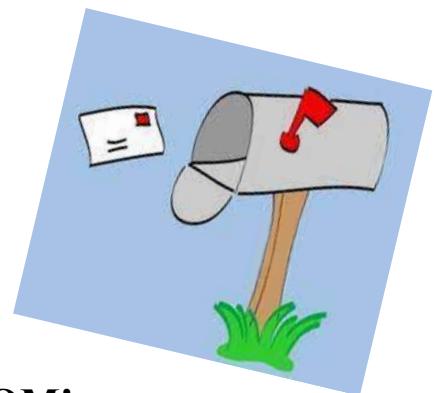
- **2026 Membership Dues are \$20 for those who are not residents of Oak Hammock or Canopy Club members.**
- **If you have a credit voucher, please do not pay online. Attach your credit voucher to your registration with your check.**
- **Everyone who registers must pay for their classes, including Oak Hammock residents, Canopy Club members, Village residents, Gainesville & surrounding areas, and Out-of-State residents.**

### 2. Register and Pay by Mail:

Print the registration form by clicking on the email attachment.

Complete the information and mail to:

**ILR at Oak Hammock  
5100 SW 25th Blvd.  
Gainesville, FL 32608  
Attention: Mohini Stevens**



**SEE YOU SOON—IN CLASS OR ON ZOOM!**

Please call Mohini at 352-548-1009 if you have any questions **Or**  
**ILR@oakhammock.org**

# Registration in Person

**Participant 1:**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone (with area code) \_\_\_\_\_

Email Address (Preferred) \_\_\_\_\_

**Participant 2:**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone (with area code) \_\_\_\_\_

Email Address (Preferred) \_\_\_\_\_

Street Address **(only if new address)** \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

**Participant 1 Selection:**

- ILR Showcase: Gentleman's Agreement
- Winter "One"ders 1       Winter "One"ders 2
- Ancient Cultures       The Swing Era
- USA @250 Years       Round Table Discussion
- Intermediate German       OH Chamber Players
- Advanced German       Pain:
- Meteorology       Law and the Movies
- Short Stories

**Participant 2 Selection:**

- ILR Showcase: Gentleman's Agreement
- Winter "One"ders 1       Winter "One"ders 2
- Ancient Cultures       The Swing Era
- USA @250 Years       Round Table Discussion
- Intermediate German       OH Chamber Players
- Advanced German       Pain:
- Meteorology       Law and the Movies
- Short Stories

## 2026 Annual Membership Dues (\$20) are due (January 1-December 31)

- \*Annual Dues for **Oak Hammock Residents and Canopy members** are paid for by OH.

1 course only: \$10.00 per person, 2 courses: \$20.00 per person, 3 or more courses: \$30.00 per person

\$ \_\_\_\_\_ + \$ \_\_\_\_\_ = \$ \_\_\_\_\_

**2026 Dues**

**Class Fees**

**Total Due**

**PAYMENT INFORMATION:**

Check       Cash

Make checks payable to:

And mail to:

**ILR at Oak Hammock  
5100 SW 25 Blvd.  
Gainesville, FL 32608  
Attention: Mohini Stevens**

Please select one of the following:

- Oak Hammock Resident \_\_\_\_\_
- Canopy Resident \_\_\_\_\_
- The Village at Gainesville \_\_\_\_\_
- Gainesville, FL and nearby \_\_\_\_\_
- Out-of-state Resident \_\_\_\_\_

Visit the website at [www.oakhammock.org/ilr](http://www.oakhammock.org/ilr)  
Facebook page <https://www.facebook.com/ILR352>  
Call Mohini at 352-548-1009  
or email [ILR@oakhammock.org](mailto:ILR@oakhammock.org) for more information.



ILR is maintaining a [YouTube channel](#) where previously recorded class sessions may be viewed.

#### **NEW STEP-BY-STEP INSTRUCTIONS**

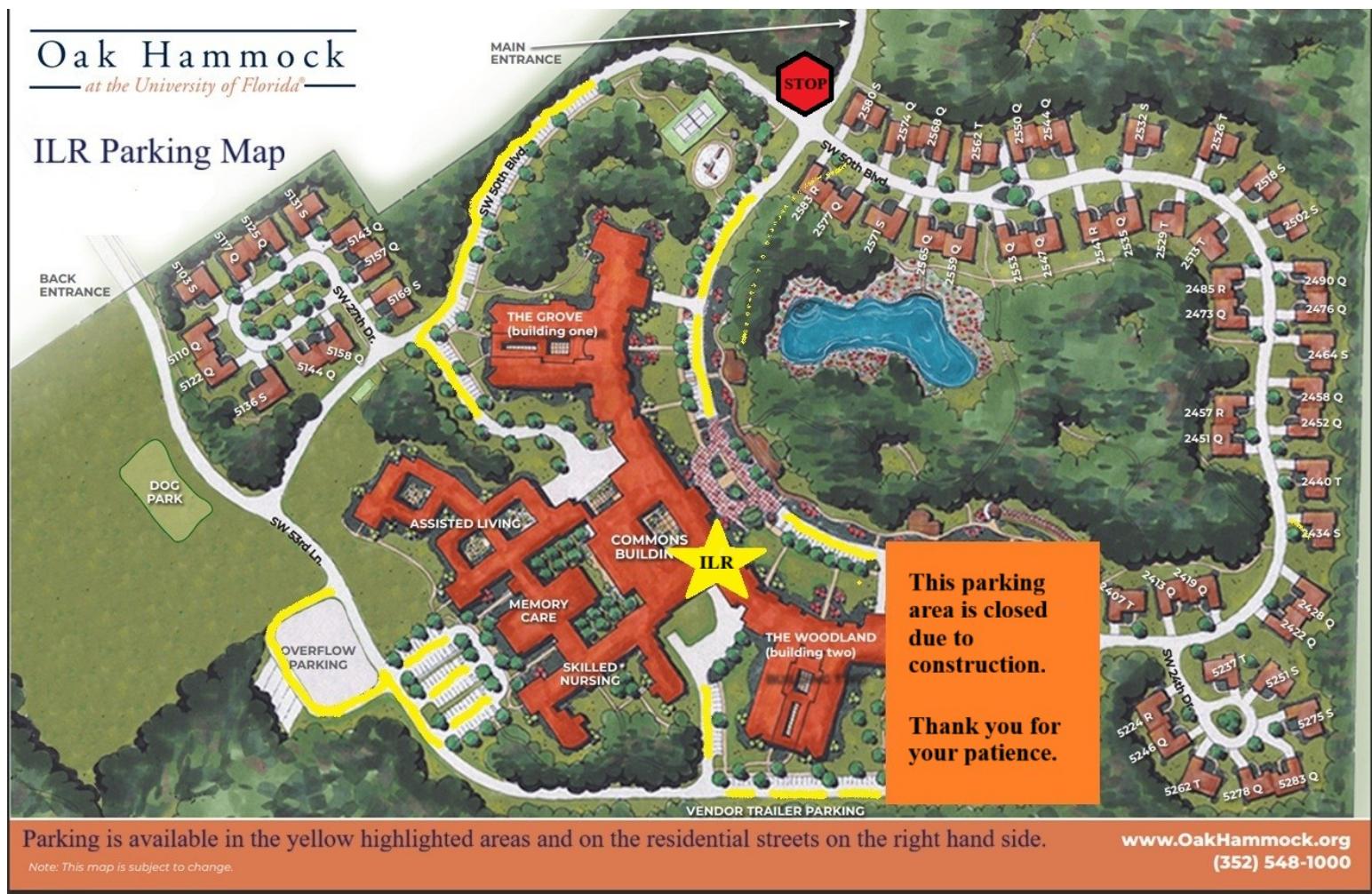
1. Click the link: <https://www.youtube.com/@ilrlearninghut> or enter the url.
2. This will show you all the courses for which we have recorded lectures.
3. Find the course you are interested in, and then click on “Playlist” from the main tabs. This will display all the recorded lectures for that course.
4. Click on the lecture you wish to see...and off you go.
5. To return to “View Full Playlist,” menu, click on the black arrow pointing left, in the upper margin. You can now repeat the process to view other lectures for that or other courses.
6. If you do not see a recorded lecture you want to view, contact Mohini.

**ILR is dedicated to continuing its quality programs. If you have ideas for the Curriculum Committee on topics or exemplary speakers you'd like to hear from, please contact Mohini.**

*We look forward to your suggestions and participation, either as a class participant or on one of our Curriculum Committees. Thank you for your continued support, encouragement and participation in ILR.*

## Location and Parking

Oak Hammock is located on SW 25<sup>th</sup> Terr. off SW Williston Road between SW 34th St. and SW 23<sup>rd</sup> St. GPS often directs people to the back gate where you will not be able to enter; please come in the front entrance where there is a sign for Oak Hammock and where there is a stoplight on Williston Road. Oak Hammock is a gated community; please tell the security person at the gate that you are an ILR member. After entering you will drive down a winding road through the woods that ends at a 4-way stop. Go straight ahead or follow signs that will guide you to additional parking.



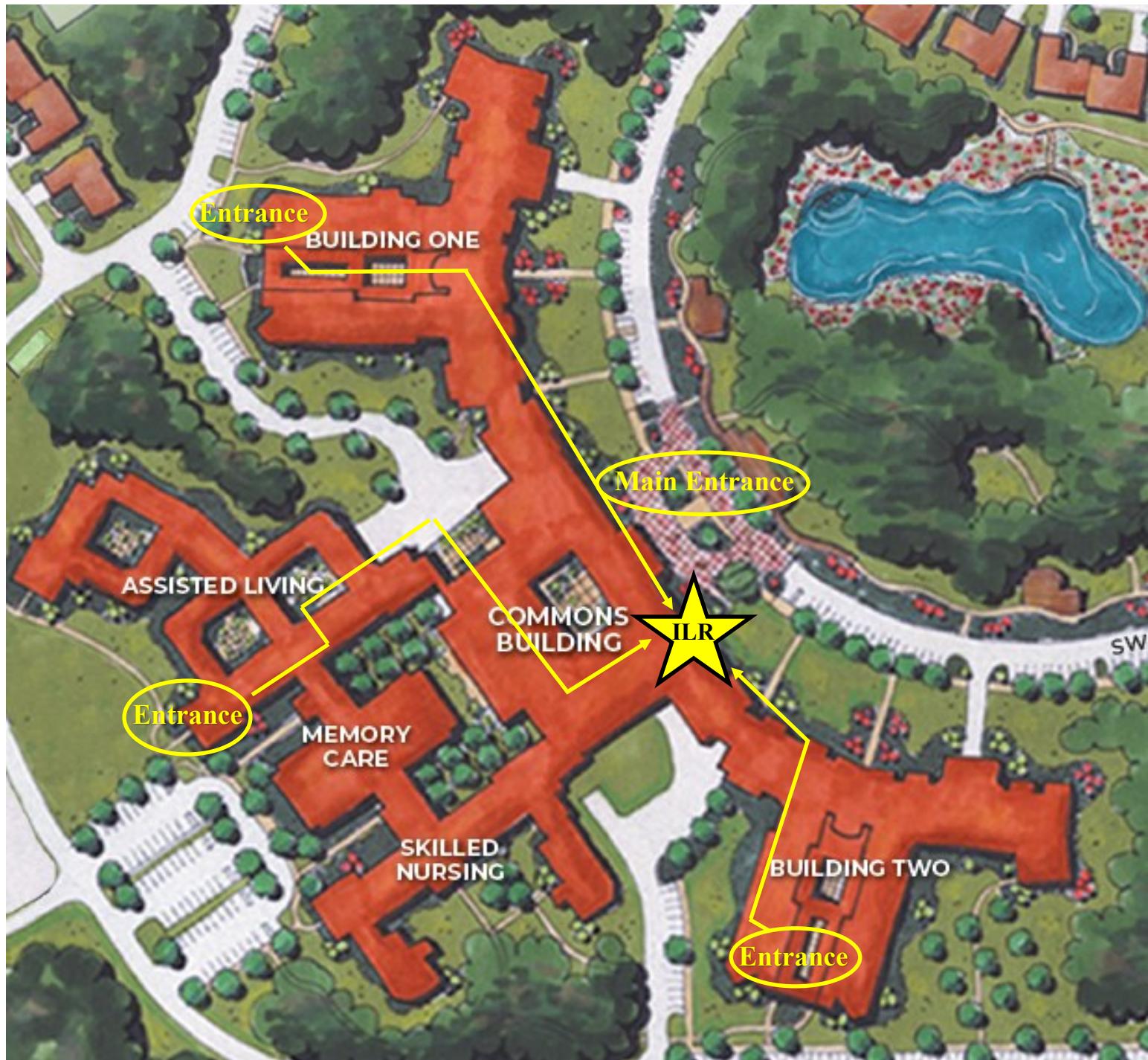
Parking is available in the yellow highlighted areas and on the residential streets on the right hand side.

[www.OakHammock.org](http://www.OakHammock.org)  
(352) 548-1000

The next page will include an interior map to show you how to navigate through the building to the ILR classes.

# How to locate ILR rooms

If you choose to park behind the Health pavilion, this is a map of alternate routes to our ILR rooms. There will be signs located by the parking and inside of the buildings to guide you to the classes.





**Institute for Learning  
in Retirement**

**Oak Hammock**  
*at the University of Florida®*

*Serving the Gainesville Community and Beyond*

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Sheila Dickison**

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**Chair**

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**Committee Members:**

**Joe Berkow, Laura Berns, Dale Campbell, Sheila Dickison, Skip Everitt, Claire Germain, Jacob U'Mofe Gordon, Diane Haines, Pushpa Kalra, Bobbi Korner, Richard MacMaster, Bob Palmer, Tom Pearson, Ken Rand, Phyllis Saarinen, Ellen Siegel, Bob Virnstein, Elisabeth Virnstein, Walter Wynn**