

OLLI Sedona - Verde Valley, AZ

FALL 2 2022 CLASS CATALOG

Oct. 24 - Dec. 9 • 6 weeks

(no classes Nov. 11 and Thanksgiving week)

**REGISTER
NOW!**

registration begins
Monday, Oct. 3rd
registration closes
Friday, Nov. 18



www.yc.edu/OLLISedonaVerde



OLLI
Yavapai
COLLEGE

Classes for Seasoned Adults with Curious Minds and Hearts

OLLI FALL 2 2022 GREETINGS FROM OLLI'S LEADERSHIP CHAIR



Hooray for Fall!!

With summer's heat hopefully in the rear-view mirror, we look forward to the cooler days and nights of fall. YOUR OLLI has prepared a wonderful array of offerings to pique your interest in this reflective season of the year.

We continually strive to grow our offerings with more opportunities and more ways to engage all our OLLI friends and facilitators in Sedona, the Verde Valley, and Prescott too.

This Fall 2 Catalog contains offerings that can be found at the Sedona Center, the Verde Valley Campus in Clarkdale, the Sedona Public Library in the Village of Oak Creek, along with many programs offered at our sister OLLI in Prescott. Oh, and don't overlook the offerings via Zoom as well. Please see our [registration website](#) for information.

As with any learning environment, variety is the name of the game. We continue to offer that and more with emerging OLLI community events being added.

Take advantage of what we have to offer and encourage a friend or neighbor to become an OLLI member and join you in a course or two!

Please go to www.yc.edu/ollisvregister to register.

[Sign up for our newsletter](#) and we will keep you updated about programs and events.

Yours in Service,

Rick

Rick Rokosz

*Sedona • Verde Valley OLLI
Leadership Council Chair*

OLLI FALL 2 2022 BECOME A MEMBER OF OLLI

ABOUT US

The **Osher Lifelong Learning Institute** at Yavapai College was founded in 2003 with a grant given by the Bernard Osher Foundation to provide learning experiences for those 50 years and better. The Osher Foundation now supports 125 Osher institutes housed in colleges and universities in all 50 states. OLLI at Yavapai College is one of only five community [two-year] colleges to have an OLLI program.

OLLI is a member-led program, organized by a volunteer council. In addition to being able to **attend learning programs and social activities**, OLLI members may enhance their participation by **volunteering** [see page 5] for leadership positions, serving as committee members, administrative services, teaching, and much more. Volunteering can provide a sense of ownership while having fun meeting friends and serving together.

Most importantly, **OLLI provides an environment where its members can learn, grow and connect with one another** in an atmosphere designed for our community.

MEMBERSHIP BENEFITS

- Participate in senior-friendly learning programs, encouraging active involvement and sharing
- Free “members only” workshops and courses offered each term
- Opportunity to teach classes and workshops
- Meet in person and online to connect with peers actively involved in lifelong learning
- Enjoy social activities with fellow OLLI members.
- Engage in a variety of rewarding volunteer opportunities
- Access to the Yavapai College library on the Verde Valley Campus
- Enroll in Yavapai College courses and receive 50% tuition discount. More info [HERE](#).
- YC Fitness Room discount [see page 26]

SCHOLARSHIPS FOR CLASSES

Membership scholarships for tuition assistance are available on a limited basis. Complete the **scholarship form** to apply:

www.yc.edu/OLLISVScholarship

OLLI MEMBERSHIP PACKAGES AND COURSE FEES

Basic Annual Membership: \$50

[for 5 consecutive terms]

Gives you access to OLLI classes and workshops at à la carte pricing:

Learning Groups: \$35 each

Workshops: \$15 each

Deluxe Annual Membership: \$165

[for 5 consecutive terms]

Includes 12 free classes and workshops from the Sedona•Verde Valley catalog.

PREMIUM ANNUAL MEMBERSHIP: \$225

[for 5 consecutive terms]

Includes 12 free classes. With this membership, you can choose classes and workshops from BOTH the Sedona•Verde Valley and Prescott OLLI catalogs.

Unlimited Annual Membership: \$350

[for 5 consecutive terms]

The “all you can eat” option. This membership allows you to take **as many courses as you’d like** from **both** the Sedona•Verde Valley and Prescott catalogs at no additional charge.

“Try Me” Membership: \$20

[for new members only]

Gives you access to **one term** of OLLI classes and programs at à la carte pricing. In addition, you can convert your current-term “Try Me” membership to an annual membership and only pay the cost difference between the two memberships! This offer is valid only during the term in which the “Try Me” membership is purchased, and before the term’s registration closes. Call the OLLI office today!

NOTE:

Membership is required to take OLLI classes and workshops.

OLLI FALL 2 2022 REGISTER FOR CLASSES

FALL 2 2022 REGISTRATION FOR MEMBERSHIP & CLASSES

Registration for Fall 2 classes opens Monday, **October 3rd**. An active OLLI membership is required to register. Online registration is suggested.

TO REGISTER ONLINE:

1. Visit: www.yc.edu/ollisvregister
2. Sign in
3. Verify your membership status under “My Account”
4. If your membership isn’t current, add a membership package to your cart
5. Select courses
6. Check out

TO REGISTER BY PHONE:

- Call 928.649.4275

LOOKING AHEAD

WINTER 2023

JANUARY 23–MARCH 10

*6 Week Term • No classes Feb. 20–24
class proposals due October 19*

SPRING 2023

APRIL 3–MAY 12

*6 Week Term
class proposals due January 3*

- The course proposal form can be found at: www.yc.edu/ollisvproposals
- Information about teaching can be found at: www.yc.edu/ollisvteach
- If you are interested in teaching combo classes, or being a Zoom assistant, training is available. Register at: www.yc.edu/OLLIcombotraining
- Questions? email ollisv@yc.edu or call 928.649.4275

OLLI CAMPUS LOCATIONS

SEDONA CENTER

4215 Arts Village Dr
Sedona, AZ 86336

VERDE VALLEY CAMPUS

601 Black Hills Dr (OLLI office: I-117)
Clarkdale, AZ 86324

SEDONA PUBLIC LIBRARY in the VILLAGE OF OAK CREEK

25 West Saddlehorn Road
Sedona, AZ 86351

OLLI OFFERS BOTH ONLINE AND IN PERSON CLASSES

Our facilitators present a broad palette of classes for both **online and face-to-face** learning at the Sedona Center, at the Verde Valley Campus in Clarkdale, and in Prescott. All on-campus and offsite classes must adhere to current Yavapai College COVID-19 protocols.

To best accommodate your preferences, watch for more **combo classes** – which are offered **simultaneously in person and online via Zoom** – in upcoming terms.

ONLINE CLASS EXCHANGE WITH OLLI PRESCOTT

Our online class exchange with OLLI Prescott continues this term. **OLLI Sedona•Verde Valley members can sign up for any Prescott classes.** No additional membership dues are required.

Simply select the courses you’d like – from either campus. For Unlimited and Premium members, Prescott courses are free as part of your free courses package. Basic and Deluxe members pay the à la carte course fees. **Prescott offers many free workshops that OLLI Sedona•Verde Valley members can partake in.**

Questions? Just email us at ollisv@yc.edu or call us at 928.649.4275.

OLLI FALL 2 2022 VOLUNTEER OPPORTUNITIES

VOLUNTEER

OLLI is a member-supported organization and we depend on volunteers to provide peer-learning and program support. We need our members to participate in determining the path for our OLLI. We invite all OLLI members with inquisitive minds who practice critical thinking skills and enjoy having fun to join us:

- **OLLI Ambassador**
- **Leadership Council**
- **Committees:**
 - Curriculum
 - Faculty Development
 - Fundraising
 - Marketing
 - Memberships and Recruiting
 - Nominating
 - Policies & Procedures
 - Strategic & Operational
 - Volunteer Engagement
- **Facilitators**

FIND OUT MORE:

Visit www.yc.edu/ollisvinvolved and click on "Get Involved."

BECOME AN OLLI AMBASSADOR

Ambassadors are greeters who assist, greet, and support OLLI students, facilitators, and friends at the Sedona Center, Verde Valley Campus, and at off-campus special events.

Receive an OLLI T-shirt and a Yavapai College personalized name tag!

To become an OLLI Ambassador,

email: OLLISV@yc.edu



HELP SHAPE OLLI'S FUTURE

OLLI is member-led, member-driven organization. All members are encouraged to participate in helping determine OLLI's direction as we move forward.

■ CURRICULUM COMMITTEE

Come shape the future of OLLI curriculum and participate in facilitator recruitment, course selection approval, and support of instructors.

Meets the 4th Wednesday of most months in person and online via Zoom.

Upcoming dates:

- **October 26 • 2:00–3:30 pm**
Sedona Center, Room 39 or via Zoom

■ LEADERSHIP COUNCIL

Council members play an important role in the planning and implementation of OLLI programs and activities, influence the OLLI culture, and are the face of OLLI in the community.

Meets the 2nd Wednesday of every other month in person and online via Zoom.

Next meeting:

- **November 9 • 2:30–4:00 pm**
Verde Valley Campus, Room I-118 or online via Zoom

OLLI LEADERSHIP COUNCIL

- Darielle Archer
- Kohava Benatar
- John Black
- Charles Blum
- Anne Crosman
- Marj Haas
- Sheri Hauser [Secretary]
- Bill Johnson
- Rick Rokosz [Chair]
- Sharon Sherman [Vice Chair]

COMMITTEE CHAIRS

- Linda LaBarbera [Curriculum]
- Charles Blum [Strategic & Operational]
- Sharon Sherman [Faculty Development]

OLLI FALL 2 2022 FREE CLASSES & EVENTS

FREE! OLLI MEMBER TECH HELP

Yavapai College Library staff are available at no charge to help OLLI members and facilitators with basic computer skills, software programs, and research assistance.*

Please call the YC Library at 928.634.6541 and request an appointment with Alaina (Library's Tech Support person)

**Does not include cybersecurity or troubleshooting computers.*

FREE AND OPEN TO THE PUBLIC

OLLI MUNCH & LEARN

Thursdays at 12:30 pm
via Zoom from Prescott campus

This is a series of six FREE community events in which you are encouraged to join us online and listen to community leaders and subject matter experts.

See program details on page 27.

OLLI FALL 2 2022 FREE CLASSES FOR MEMBERS ONLY

- Medicare 101: Everything You Need To Know About Medicare
- Making Sense of the Medicare Nonsense

ZOOM TECHNOLOGY

All OLLI members are encouraged to take Prescott's FREE *Zoom for Beginners* class (see page 30). In addition to the class, you can watch some Zoom "how to" videos [HERE](#).



The Joy of Learning

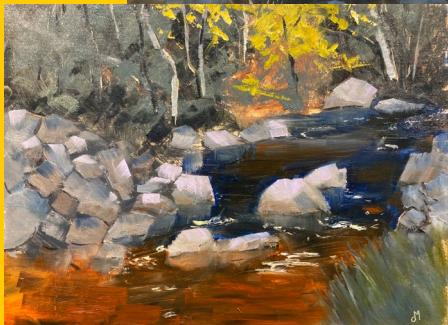
All 3-6 Week Learning Groups	only \$35
All 1-Day Workshops	only \$15
All OLLI Brown Bag Speakers	FREE
Most Prescott Zoom Workshops	FREE

OLLI FALL 2 2022 WHAT'S NEW

ARTIST SHOWCASE

OLLI's Artist of the Month is David Raymond Marsh

Visit the Sedona Center
to view his landscape paintings



Born and raised in Massachusetts, David divides his time between Amherst and Orleans, Massachusetts and Sedona, Arizona. After careers in pediatrics, public health, and global health, he “retired” to capture and interpret the beauty of creation through representational landscape painting. He was happily surprised to learn of the outsized role of “science” in creating beauty – color theory, composition rules, the physics of light and paint application, the chemistry and toxicology of paint, the physiology and psychology of color perception, and more.

When science, esthetics, and the soul converge to approximate beauty, perhaps it's a glimpse into the mind of God! David has exhibited in Clarkdale, Cottonwood, Prescott and Sedona, AZ and in Holyoke, MA. His wife, Christie, loves fly-fishing, kayaking, and camping, which facilitates planning trips but triples the luggage!

OLLI FALL 2 2022 NEW CLASSES

- 2022 Midterm Election Results and Analysis
- Art Clay: Advanced Techniques in Silver
- Art Clay: Dream Weaver Silver & Moonstone
- Basic Astronomy: The Planets
- Benefits of, and Creative Ways to Share Kindness
- Boating Lake Powell
- Coffee to Build Community [and Save Democracy]
- Courageous Conversations: Families and Politics
- Creative Drawing
- Empowerment Rhythms
- From Chaos To Clutter Free With Feng Shui
- Getting Your Legal House in Order
- Guatemala Life and Travel
- Introduction To Remote Viewing
- Kay and Ken Consider Recent Non-Fiction
- Lagerstätten: Spectacular Fossil Sites of the World
- Language: Use it Colorfully
- Learn to Laugh: Ho, ho, ha, ha, ha!
- Lend “A Hand Up!”: Help RRHS Students Go to College
- Making Friends With Stress
- The Maxims of Public Speaking
- Renewing American Democracy and Citizenship
- The Rise of Totalitarianism
- Surrealism Comes To Sedona
- Tech for Life
- Writing Our Way to Bliss

OLLI FALL 2 2022

CLASSES BY TOPICS

ACTIVE MIND & BODY*

- Empowerment Rhythms
- Finding the Heart of Yoga
- Learn To Play Pickleball Beginners Workshop
- Yoga, Meditation, and Self-Healing

ARTS & CRAFTS

- Art Clay: Advanced Techniques in Silver
- Art Clay: Dream Weaver Silver & Moonstone
- Creative Drawing

ARTS: VISUAL & PERFORMING

- Amazing Music from Around the World
- Carmen, The Opera
- Surrealism Comes To Sedona

COMPUTER & TECHNOLOGY

- Tech for Life

FINANCE, ECONOMICS & LAW

- Current Economic Issues, Part IV
- Deadly Mistakes in Estate Planning
- Getting Your Legal House in Order
- Protect Yourself From Scams and Fraud
- What Happens When You Die

HEALTH & NUTRITION

- Healthier Aging
- Learn to Laugh: Ho, Ho, Ha, Ha, Ha!
- Living Healthy in a Toxic World
- Making Friends With Stress

HISTORY & CURRENT AFFAIRS

- 2022 Midterm Election Results and Analysis
- Exploring Notre Dame and Other Famous Cathedrals
- The Nobel Peace Prize: Past and Future
- “Out of Spain” – The Spanish Connection
- Renewing American Democracy and Citizenship
- Voice of Jerusalem

LOCAL INTEREST

- Coffee to Build Community (and Save Democracy)
- Lend “A Hand Up!”: Help RRHS Students Go to College

PHILOSOPHY, RELIGION & UNEXPLAINED

- Experience Mentalism
- Introduction To Remote Viewing
- The Rise of Totalitarianism

SCIENCE & MATH

- Basic Astronomy: The Planets
- Geological Field Trip Red Mountain
- Geomorphology of Sedona and the Verde Valley
- Lagerstätten: Spectacular Fossil Sites of the World
- Science News and Views

* *Waiver required for activity classes.*

OLLI FALL 2 2022 CLASSES BY TOPICS

SELF-ENRICHMENT & LIFESTYLE

- Behavioral Styles
- Benefits Of and Creative Ways to Share Kindness
- Compartmentalization: One at a Time
- Courageous Conversations: Families and Politics
- Create Holiday Harmony With Feng Shui
- From Chaos To Clutter Free With Feng Shui
- Habits: Make, Break, and Keep Them
- Implementing Change
- Managing Stress
- The Maxims of Public Speaking
- Tackling Tough Problems
- Twenty Five-Hour Day: How to Save Time
- Writing Our Way to Bliss

SOCIAL SECURITY & MEDICARE

- Making Sense of the Medicare Nonsense
- Medicare 101: Everything You Need To Know About Medicare

TRAVEL

- Boating Lake Powell
- Guatemala Life and Travel

WRITING, LITERATURE, & LANGUAGES

- Book Publishing: Where to Start
- Kay and Ken Consider Recent Non-Fiction
- Language: Use it Colorfully
- Spanish For Beginners
- Writing Your Memoirs

SUPPORT *Your* LOCAL OLLI

SUPPORTING OLLI IS EASY!

Just select the way you want to give. All donations are tax-deductible.

■ **300 CLUB SUSTAINERS SOCIETY** ensures OLLI Sedona/Verde Valley continues to be a life-changing experience for our members well into the future.

■ **EXCELLENCE IN EDUCATION FUND** supports OLLI's operating expenses and fund member-driven initiatives.

■ **SCHOLARSHIP FUND** provides tuition assistance to those interested in OLLI programming and who find the fees above their means.

■ **SEDONA • VERDE VALLEY ENDOWMENT**, established in December 2020, serves as an annuity to fund OLLI in Sedona and the Verde Valley.

■ **SEDONA • VERDE VALLEY LEGACY GIVING ACCOUNT** helps OLLI remain a vibrant network of engaged learners with opportunities for everyone in our community through your legacy contribution.

www.yc.edu/ollisvdonate

OLLI Sedona • Verde Valley
928.649.4275

**REGISTRATION CLOSES
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022

No classes Nov. 11 and Thanksgiving week

CLASSES BY DAY, DATE & TIME

starts	time	location	class	SKU	sessions
MONDAY					
10/24	9:00 – 1:00	Sed	Art Clay: Dream Weaver Silver & Moonstone NEW!	S-303-F222	1
10/24	9:00 – 11:00	Sed	Making Friends With Stress NEW!	S-363-F222	1
10/24	10:45 – 12:15	Sed	Spanish For Beginners (meets Mon & Wed)	S-165-F222	12
10/24	1:00 – 2:30	Sed	Carmen, The Opera	S-145-F222	6
10/24	2:45 – 4:15	Sed	Current Economic Issues, Part IV	S-149-F222	6
10/31	9:00 – 1:00	Offsite	Geological Field Trip Red Mountain	S-335-F222	1
10/31	9:00 – 11:00	Online	Habits: Make, Break, and Keep Them	Z-345-F222	1
10/31	10:45 – 12:15	Online	From Chaos To Clutter Free With Feng Shui NEW!	Z-151-F222	5
11/7	9:00 – 11:00	Online	Implementing Change	Z-347-F222	1
11/7	9:00 – 11:00	Sed	Geomorphology of Sedona and the Verde Valley	S-337-F222	1
11/14	9:00 – 1:00	Sed	Art Clay: Advanced Techniques in Silver NEW!	S-139-F222	3
11/14	1:00 – 4:30	Sed	Courageous Conversations: Families and Politics NEW!	S-321-F222	1
TUESDAY					
10/25	9:00 – 10:30	Sed	Book Publishing: Where to Start	S-143-F222	4
10/25	9:00 – 10:30	Sed	Amazing Music from Around the World	S-137-F222	5
10/25	10:45 – 12:15	Sed	Writing Our Way to Bliss NEW!	S-179-F222	5
10/25	10:45 – 12:15	Sed	The Nobel Peace Prize: Past and Future	S-173C-F222	6
		Online	The Nobel Peace Prize: Past and Future	Z-175C-F222	6
10/25	10:45 – 12:15	VVC	The Maxims of Public Speaking NEW!	V-171-F222	4
10/25	1:00 – 2:30	VVC	The Rise of Totalitarianism NEW!	V-177-F222	3
10/25	2:45 – 4:15	Sed	Tech for Life NEW!	S-167C-F222	4
		Online	Tech for Life NEW!	Z-169C-F222	4
11/1	9:00 – 10:30	VVC	Basic Astronomy: The Planets NEW!	V-141-F222	5
11/1	1:00 – 4:00	Sed	Experience Mentalism	S-329-F222	1
11/8	1:00 – 3:00	Online	Behavioral Styles	Z-305-F222	1
11/8	1:00 – 4:00	VOC	Medicare 101: Everything You Need To Know About Medicare	S-827-F222	1
11/15	9:00 – 11:00	VVC	Coffee to Build Community (and Save Democracy) NEW!	V-315-F222	1
11/15	1:00 – 3:00	Sed	Protect Yourself From Scams and Fraud	S-369-F222	1
11/15	1:00 – 3:00	Sed	2022 Midterm Election Results and Analysis NEW!	S-301-F222	1
11/15	1:00 – 3:00	Online	Tackling Tough Problems	Z-373-F222	1

LOCATIONS: Sed = Sedona Center
 Online = online via Zoom
 VOC = Sedona Public Library, Village of Oak Creek
 VVC = Verde Valley Campus, Clarkdale
 CV = Camp Verde

OLLI FALL 2 2022

No classes Nov. 11 and Thanksgiving week

CLASSES BY DAY, DATE & TIME

starts	time	location	class	SKU	sessions
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WEDNESDAY

10/26	9:00 – 10:30	Sed	Science News and Views	S-163-F222	6
10/26	9:00 – 12:00	Offsite	Learn To Play Pickleball Beginners Workshop	S-357-F222	1
10/26	10:45 – 12:15	Sed	Renewing American Democracy and Citizenship NEW!	S-161-F222	6
11/2	9:00 – 11:00	Online	Twenty Five-Hour Day: How to Save Time	Z-375-F222	1
11/2	10:45 – 12:15	Online	Healthier Aging	Z-153-F222	5
11/16	1:00 – 3:00	VOC	Coffee to Build Community (and Save Democracy) NEW!	S-317-F222	1

THURSDAY

10/27	9:00 – 12:00	Sed	Medicare 101: Everything You Need To Know About Medicare	S-823-F222	1
10/27	9:00 – 12:00	Sed	Getting Your Legal House in Order NEW!	S-339-F222	1
10/27	10:45 – 12:15	Sed	Writing Your Memoirs	S-181-F222	6
10/27	1:00 – 3:00	Sed	Introduction To Remote Viewing NEW!	S-349-F222	1
10/27	1:00 – 2:30	Sed	Learn to Laugh: Ho, Ho, Ha, Ha, Ha! NEW!	S-155-F222	6
10/27	2:45 – 4:15	Sed	Yoga, Meditation, and Self-Healing	S-183-F222	6
10/27	2:45 – 4:15	Sed	Lend “A Hand Up!”: Help RRHS Students Go to College NEW!	S-157-F222	6
11/3	9:00 – 11:00	Sed	Making Sense of the Medicare Nonsense	S-821-F222	1
11/3	9:00 – 12:00	Sed	Kay and Ken Consider Recent Non-Fiction NEW!	S-351-F222	1
11/3	1:00 – 3:00	CV	Boating Lake Powell NEW!	CV-309C-F222	1
		Online	Boating Lake Powell NEW!	Z-311C-F222	1
11/10	9:00 – 11:00	Online	Managing Stress	Z-365-F222	1
11/10	10:45 – 12:15	Sed	Living Healthy in a Toxic World	S-159-F222	4
11/10	1:00 – 4:00	Sed	Benefits Of and Creative Ways to Share Kindness NEW!	S-307-F222	1
11/17	9:00 – 12:00	Online	Getting Your Legal House in Order NEW!	Z-341-F222	1
11/17	1:00 – 4:00	Sed	Lagerstätten: Spectacular Fossil Sites of the World NEW!	S-353-F222	1

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OLLI FALL 2 2022

No classes Nov. 11 and Thanksgiving week

CLASSES BY DAY, DATE & TIME

starts	time	location	class	SKU	sessions
FRIDAY					
10/28	9:00 – 11:00	Online	Create Holiday Harmony With Feng Shui	Z-323-F222	1
10/28	9:00 – 12:00	Offsite	Learn To Play Pickleball Beginners Workshop	S-359-F222	1
10/28	9:00 – 12:00	VVC	Guatemala Life and Travel NEW!	V-343-F222	1
10/28	10:45 – 12:15	VVC	Creative Drawing NEW!	V-147-F222	5
10/28	1:00 – 3:00	Sed	Deadly Mistakes in Estate Planning	S-325-F222	1
10/28	1:00 – 3:00	VVC	“Out of Spain” – The Spanish Connection	V-367-F222	1
10/28	1:00 – 3:00	Sed	Language: Use it Colorfully NEW!	S-355-F222	1
11/4	9:00 – 12:00	VVC	Medicare 101: Everything You Need To Know About Medicare	V-825-F222	1
11/4	9:00 – 12:00	Sed	Finding the Heart of Yoga	S-333-F222	1
11/4	1:00 – 3:00	Online	Compartmentalization: One at a Time	Z-319-F222	1
11/4	1:00 – 3:00	VVC	Voice of Jerusalem	V-377-F222	1
11/18	9:00 – 11:00	VVC	Empowerment Rhythms NEW!	V-327-F222	1
11/18	9:00 – 11:00	Sed	Coffee to Build Community (and Save Democracy) NEW!	S-313-F222	1
11/18	1:00 – 4:00	Sed	Exploring Notre Dame and Other Famous Cathedrals	S-331-F222	1
11/18	1:00 – 3:00	Sed	What Happens When You Die	S-379-F222	1
SATURDAY					
10/29	2:00 – 4:00	Offsite	Surrealism Comes To Sedona NEW!	S-371-F222	1
11/5	9:00 – 12:00	Offsite	Learn To Play Pickleball Beginners Workshop	S-361-F222	1

LOCATIONS: Sed = Sedona Center
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Learn a New Skill!
 Spark Your Creativity!
 Make New Friends!

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ 2022 Midterm Election Results and Analysis (S-301-F222)

with Andy Herschkowitz

NEW! Midterm elections not only provide a snapshot of what the American voters are thinking, but also help set the stage for the next presidential race. Join us for a review of the 2022 election results, and a discussion of what they might portend for the future.

Class minimum: 8.

Tue, Nov 15 • 1:00 – 3:00

Sedona Center

Workshop • 1 Session • \$15

■ Amazing Music from Around the World (S-137-F222)

with Jeff Bush and Bob Haizmann

Join us as we explore amazing music from around the world. Topics will include an introduction to world music and investigations into Brazilian Samba and Bossa Nova, Trinidadian Steel Band, Spanish Flamenco, Chinese Orchestra, Indonesian Gamelan, and more. Classes will include plenty of listening, historical/cultural information and a variety of video examples. Bring open ears and plenty of curiosity!

Class minimum: 3.

Tue, Oct 25–Nov 29 • 9:00–10:30

Sedona Center

Learning Group • 5 Sessions • \$35

■ Art Clay: Advanced Techniques in Silver (S-139-F222)

with Noelle Karacsonyi

NEW! Open to students who have had at least two previous art clay classes. The course is three days, and will include four different silver projects. You will construct a hollow bead pendant, glass cabochon earrings, overlay silver on a bisque, and “keum-boo” [attaching gold leaf]. You will be able to fine finish projects by polishing, using patina and assembling jewelry. Materials fee of \$160 includes: use of tools, 70g art clay silver, bisque, cabochons and silver findings.

Class minimum: 2. Class maximum: 6.

Mon, Nov 14–Nov 28 • 9:00–1:00

Sedona Center

Learning Group • 3 Sessions • \$35

■ Art Clay: Dream Weaver Silver & Moonstone (S-303-F222)

with Noelle Karacsonyi

NEW! Moonstone enhances psychic perception and dreams. To play with this theme, we will have fun using Art Clay Fine Silver Paper Type, which we will weave into a pair of earrings. We will add a small moonstone and attach a bezel cup. Class includes instructor’s use of tools. Materials fee of \$50, payable to the instructor. You will receive 15g of Art Clay Paper Type, 10g of AC Fine Silver, 1 6 x 4mm moonstone, a fine silver bezel cup, and silver findings.

Class minimum: 2. Class maximum: 6.

Mon, Oct 24 • 9:00–1:00

Sedona Center

Workshop • 1 Session • \$15

■ Basic Astronomy: The Planets (V-141-F222)

with Richard Bohner

NEW! In this episode of Basic Astronomy, we will look at several of the planets in our solar system. In November, several planets will be in good position to observe. There will be four classroom lecture sessions [11/1, 11/8, 11/15, 11/29] and one evening session during the week of 12/6. Bring a notebook to class to record details. Previous students are invited to register for this detailed look at our planets.

Tue, Nov 1–Dec 6 • 9:00–10:30

Verde Valley Campus

Learning Group • 5 Sessions • \$35

CANCELLATION AND REFUND POLICY

Learning Group fees are refundable through the first week of courses. Workshop fees are refundable one week prior to the workshop. All requests for dropped courses must be submitted in writing or by email to:

ollisv@yc.edu

Memberships are not refundable. Registration in any Yavapai College course indicates understanding of this policy and agreement by the registrant to adhere to this policy and all other Yavapai College policies.

OLLI FALL 2 2022

CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Behavioral Styles [Z-305-F222]

with Rick Rokosz

This course examines various leadership styles and behavioral modes. Included are easy-to-understand materials to help individuals to be more effective when interacting with others in any personal or business environment.

Class minimum: 3. Class maximum: 10.

Tue, Nov 8 • 1:00–3:00

Online via Zoom

Workshop • 1 Session • \$15

■ Benefits Of and Creative Ways to Share Kindness [S-307-F222]

with Christine Schneider and Joy Sinnott

NEW! SedonaKind is a local non-profit whose mission is to encourage acts of kindness, large and small, locally and around the world. We will discuss the emotional and physical benefits of being kind and how the simplest acts of kindness have a rippling effect that can spread across the globe. During class, we will have fun with “make-and-take” projects and you will leave with a goodie bag of items and new ideas on sharing kindness.

Class minimum: 7.

Thu, Nov 10 • 1:00–4:00

Sedona Center

Workshop • 1 Session • \$15

■ Boating Lake Powell

with Sheri Hauser and Paul Hauser

NEW! Lake Powell is a large, scenic reservoir on the Colorado River in Utah and Arizona with over 2000 miles of shoreline. It is a major vacation destination visited by approximately two million people every year. This class will focus on boating Lake Powell, especially during these low water times. We will touch on how to camp and kayak, launching, renting houseboats, and marina services at both ends of the 100-mile lake.

Class minimum: 4.

This combo class is being offered simultaneously in person and via Zoom

Camp Verde [CV-309C-F222]

Online via Zoom [Z-311C-F222]

Thu, Nov 3 • 1:00–3:00

Workshop • 1 Session • \$15

■ Book Publishing: Where to Start [S-143-F222]

with Sheri Hauser

What is the process of publishing and printing a book? This class will cover everything from the notebook to the bound page: selecting a subject, figuring out the best title, and options for publishing. Bring your ideas and we will open the floor to discuss helping you make your book a success. The last 20 minutes of each session will be reserved for ‘live interviews’ with four authors selected from the class recounting their experiences.

Class minimum: 4.

Tue, Oct 25–Nov 15 • 9:00–10:30

Sedona Center

Learning Group • 4 Sessions • \$35

■ Carmen, The Opera [S-145-F222]

with Art Smith

Carmen, written in the 1870s by French composer Georges Bizet, is one of the most popular of all operas. Set in Sevilla, Spain, it is the story of a love triangle between a gypsy girl, a soldier and a matador. We will watch the movie version of Carmen, filmed on location in Spain and starring Julia Migenes as Carmen and Placido Domingo as Don Jose. We will also listen to jazz versions of some of the arias, recorded by the jazz guitarist, Barney Kessell, as well as some concert performances.

Class minimum: 5.

Mon, Oct 24–Dec 5 • 1:00–2:30

Sedona Center

Learning Group • 6 Sessions • \$35

**REGISTRATION CLOSING
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Coffee to Build Community (and Save Democracy)

with Paul Friedman and Robin Low

NEW! Do you want to talk with a neighbor from a different background and perspective? We'll share dialogue tips and match you with a conversational partner different from you for coffee [or whatever]. Post-workshop, you're welcome to join Coffee Hosts – a team of individuals curious enough to have frank, respectful conversations with neighbors from other political, ethnic, age & faith groups. Our goal is to initiate connections among thoughtful people who wouldn't otherwise meet.

Class maximum: 6.

Tue, Nov 15 • 9:00–11:00
Verde Valley Campus (V-315-F222)
Workshop • 1 Session • \$15

Wed, Nov 16 • 1:00–3:00
VOC (S-317-F222)
Workshop • 1 Session • \$15

Fri, Nov 18 • 9:00–11:00
Sedona Center (S-313-F222)
Workshop • 1 Session • \$15

■ Compartmentalization: One at a Time (Z-319-F222)

with Rick Rokosz

Compartmentalization – a great way to address success by taking on multiple efforts one at a time. You will learn the whys and wherefores of this technique and observe how to successfully complete tasks by sorting through multiple requests to focus on one thing at a time. The facilitator has compiled a set of information from his research, and will present this information along with his personal experience using the technique.

Class minimum: 3. Class maximum: 10.

Fri, Nov 4 • 1:00–3:00
Online via Zoom
Workshop • 1 Session • \$15

■ Courageous Conversations: Families and Politics (S-321-F222)

*with Carol Russell, Lori Dekker, and
Barbara Swain Estes*

NEW! Families are becoming casualties of our toxic polarized environment. Family members are having nasty political arguments, avoiding each other, or even cutting off lifetime relationships. If you want to preserve important family bonds while still being true to your values and political beliefs, this workshop is for you! Although the focus is on family relationships, you can use strategies in this workshop with any loved one. You'll have some fun in this workshop – it won't all be serious.

Class minimum: 6.

Mon, Nov 14 • 1:00–4:30
Sedona Center
Workshop • 1 Session • \$15

OLLI CAFÉ HOURS

• Verde Café hours are Mon–Thurs:

10–11am: coffee and pastries
11am–2pm: full lunch menu

• Sedona Café hours are Wednesdays:

8–10:30 am: coffee and pastries

■ Create Holiday Harmony With Feng Shui (Z-323-F222)

with Darielle Archer

Feng Shui expert, Darielle, shares how easily we can create Holiday Harmony. Tame that clutter, create more time, and be ready for guests at anytime. Enjoy, share, laugh, and have time with your family and friends this holiday. Change your environment with simple steps that will give your home a new look and feel, with time to enjoy your holidays. With a few adjustments, go from ho-hum to WOW! Create new, positive experiences. Make this the year to feel love, acceptance, and respect.

Class minimum: 2.

Fri, Oct 28 • 9:00–11:00
Online via Zoom
Workshop • 1 Session • \$15

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Creative Drawing (V-147-F222)

with Rae Ebeling

NEW! You say “but I can’t draw!” If you can hold a pencil, you can create all sorts of images, real or imaginary, figurative or abstract. You will also discover more about how you see things and just enjoy a relaxing, meditative activity. Bring notebook, pencils, colored pencils or pens (no paints).

Class minimum: 3.

Fri, Oct 28–Dec 9 • 10:45–12:15

Verde Valley Campus

Learning Group • 5 Sessions • \$35

■ Current Economic Issues, Part IV (S-149-F222)

with Charles Blum and Richard Abbott

By presenting relevant concepts and data, this ongoing course aims to equip each participant to be an educated consumer of news on a wide range of economic topics. Discussions will be fact-driven and nontechnical; no formal economics training is required.

Class minimum: 10.

Mon, Oct 24–Dec 5 • 2:45–4:15

Sedona Center

Learning Group • 6 Sessions • \$35

■ Deadly Mistakes in Estate Planning (S-325-F222)

with Jon Linford

Considering everything your plan can and should do for you and your loved ones, you may not know where to start to ensure that your finished plan will work as intended. Join attorney Jon Linford as he discusses how to avoid planning mistakes in the common issues that individuals and families face when creating an estate plan, including probate, law changes, nursing home costs, capital gains tax, retirement plans, divorce, health care documents, and sharing your desires with your loved ones.

Class minimum: 3.

Fri, Oct 28 • 1:00–3:00

Sedona Center

Workshop • 1 Session • \$15

■ Empowerment Rhythms (V-327-F222)

with Lansing Day

NEW! This course will explore and practice a Rhythmical modality we call “Walk and Breathe Two-Step.” During this walking practice, we sync the rhythms of breathing and walking together. It is a kind of simple, fun two-step dance. One can add a silent mantra, in the exhale, to supercharge the transformative effects. The purpose of the practice is to generate a feeling of groundedness, joyfulness and peace, awakening oneself to new possibilities of self-actualization and purposefulness.

Fri, Nov 18 • 9:00–11:00

Verde Valley Campus

Workshop • 1 Session • \$15

OLLI FALL 2 2022 ZOOM CLASSES

- Behavioral Styles
- Boating Lake Powell
- Compartmentalization: One at a Time
- Create Holiday Harmony With Feng Shui
- From Chaos To Clutter Free With Feng Shui
- Getting Your Legal House in Order
- Habits: Make, Break, and Keep Them
- Healthier Aging
- Implementing Change
- Managing Stress
- Tackling Tough Problems
- Tech for Life
- The Nobel Peace Prize: Past and Future
- Twenty Five-Hour Day: How to Save Time

OLLI FALL 2 2022

CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Experience Mentalism (S-329-F222)

with Fred Osborn

Have an experience which is thoroughly captivating and expands possibilities beyond imagined boundaries. Fred (Fred Osborn) takes his audience on a ride through their minds with participation and interaction. He can pull random information from each person's thoughts, including addresses, names of pets, and even birthdays!

Class minimum: 5.

Tue, Nov 1 • 1:00–4:00

Sedona Center

Workshop • 1 Session • \$15

■ Exploring Notre Dame and Other Famous Cathedrals (S-331-F222)

with Marjorie Haas

Stepping inside a cathedral lifts the spirit to experience architecture, art, and music. Cathedrals have served as sites of religious, political, cultural, and economic importance. This workshop uses the Great Courses Program as an historic guide to European cathedrals. The post-fire restoration of the Cathedral of Notre Dame will be updated. Our own Washington National Cathedral and other cathedrals around the world are also visited. Music of the holiday season in cathedrals will be featured.

Class minimum: 5.

Fri, Nov 18 • 1:00–4:00

Sedona Center

Workshop • 1 Session • \$15

■ Finding the Heart of Yoga (S-333-F222)

with Genie Bramlett and Jennifer Ramos

Finding the Heart of Yoga is a workshop for all levels. Our open discussion and demonstration will include the history and philosophy of Yoga. Participants are encouraged to share insights, resistances, or misconceptions about their yoga journey. The workshop will include breathwork, guided meditation, and the experience of chanting.

Class minimum: 10.

Fri, Nov 4 • 9:00–12:00

Sedona Center

Workshop • 1 Session • \$15

■ From Chaos To Clutter Free With Feng Shui (Z-151-F222)

with Darielle Archer

NEW! Feng Shui expert Darielle will guide you on the basics. Leave the chaos and clutter with simple steps. The ancient Chinese science of Feng Shui attends to nine areas of life: Family, Wealth, Health, Fame, Children, Creativity, Marriage, Knowledge, and Career/Life Journey. An imbalance in one or more areas in your life may be magnified by your home or office environment. Feng Shui restores balance to the affected area. The results can be subtle, remarkable, and in many cases, instantaneous.

Mon, Oct 31–Dec 5 • 10:45–12:15

Online via Zoom

Learning Group • 5 Sessions • \$35

■ Geological Field Trip Red Mountain (S-335-F222)

with Ernie Pratt

This geological field trip to Red Mountain [90-minute drive each way] includes an easy 3-mile descriptive hike. We will discuss the Red Mountain volcano and its formation, study the resulting rocks and minerals, and learn about the area's unique geomorphological features. One must be able to comfortably hike three miles, including a little elevation gain. Those who wish to carpool will meet at 7:30 AM. Masks may be required when carpooling with non-housemates. Other restrictions may develop.

Class minimum: 3. Class maximum: 12.

Mon, Oct 31 • 9:00–1:00

Offsite

Workshop • 1 Session • \$15

**REGISTRATION CLOSING
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Geomorphology of Sedona and the Verde Valley (S-337-F222)

with Mike Ward

This workshop will illustrate how the landscape around us came into being, focusing on the nearly inconceivable scope of geologic time and powerful massiveness of geologic forces. PowerPoint animations will show the nearly 440 million years during which our area experienced 10,000 feet of sedimentary deposition, uplifting, faulting, volcanic activity and most importantly, 80 million years of tectonic uplifting (laramide orogeny), followed by almost unimaginable massive erosion.

Class minimum: 10.

Mon, Nov 7 • 9:00–11:00

Sedona Center

Workshop • 1 Session • \$15

■ Getting Your Legal House in Order

with Jim Molans and Bob Haizmann

NEW! This workshop provides a checklist of subjects and ideas which the student might discuss with his/her attorney or financial planner to make those meetings more meaningful. Included in the topics to be examined are the basics of wills, trusts, and estate planning, insurance, Medicare and health plans, protecting yourself from debt, powers of attorney, and medical directives. No legal advice will be provided.

Thu, Oct 27 • 9:00–12:00

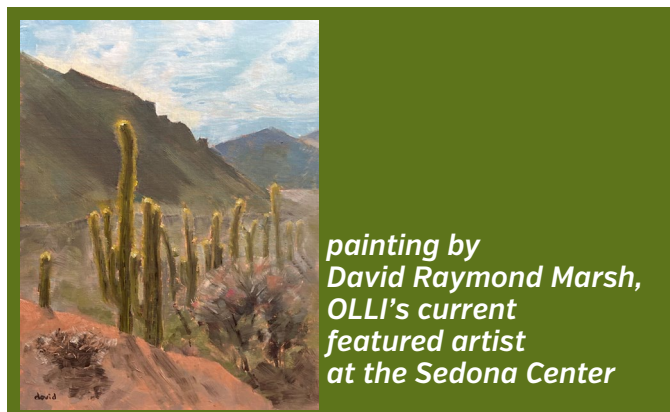
Sedona Center (S-339-F222)

Workshop • 1 Session • \$15

Thu, Nov 17 • 9:00–12:00

Online via Zoom (Z-341-F222)

Workshop • 1 Session • \$15



*painting by
David Raymond Marsh,
OLLI's current
featured artist
at the Sedona Center*

■ Guatemala Life and Travel (V-343-F222)

with Gail Basham

NEW! Guatemala is called the Land of the Eternal Spring. Why? Let's take a brief look at its history and current life, explore its attractions, and examine travel options, costs and cautions. I'll discuss my 20 years of experience traveling and working with groups addressing work, health, education and sanitation issues, and share what I know about Antigua, Chichicastenango and Lake Atitlan. Textiles and customs are especially rich in the Mayan world. Bring your curiosity.

Class minimum: 6.

Fri, Oct 28 • 9:00–12:00

Verde Valley Campus

Workshop • 1 Session • \$15

■ Habits: Make, Break, and Keep Them

(Z-345-F222)

with Rick Rokosz

This course takes an in-depth look at why we routinely do what we do and provides information on how to break a bad habit, replace it with a good one and keep it alive. The information will be presented from easy-to-understand slides, copies of which are available from the presenter upon request.

Class minimum: 3. Class maximum: 10.

Mon, Oct 31 • 9:00–11:00

Online via Zoom

Workshop • 1 Session • \$15

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Classes for Seasoned Adults with Curious Minds & Hearts

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Healthier Aging (Z-153-F222)

with Suzette Lawrence

Learn and apply proven, anti-aging strategies that are 100% beneficial to the aging body. Improve immune function, reduce blood pressure, balance blood sugar levels, improve your heart, lung and kidney function, digestive health, energy, muscles, joints, bones, skin, and eyes. Apply what you will learn to optimize your aging process. Our focus over this 5-week interactive learning group will be to help you become a better you!

Class minimum: 5.

Wed, Nov 2–Dec 7 • 10:45–12:15

Online via Zoom

Learning Group • 5 Sessions • \$35

■ Implementing Change (Z-347-F222)

with Rick Rokosz

This course is designed to help individuals bring about change. Students will be shown a process and will be given a tool that was developed by the author based on his extensive research on the subject.

Class minimum: 3. Class maximum: 10.

Mon, Nov 7 • 9:00–11:00

Online via Zoom

Workshop • 1 Session • \$15

■ Introduction To Remote Viewing (S-349-F222)

with Dane Spotts

NEW! This workshop will introduce you to the skill of Technical Remote Viewing. This advanced intel-gathering technology was originally developed at Stanford Research Institute as a military intelligence/spy tool during the cold war. Declassified in 1995, PSI TECH then re-purposed the protocols for personal, corporate and financial intelligence applications. Remote viewing can download information (past, present or future) using just your mind, pen and paper. Use it to uncover your optimum future.

Class minimum: 10.

Thu, Oct 27 • 1:00–3:00

Sedona Center

Workshop • 1 Session • \$15

■ Kay and Ken Consider Recent Non-Fiction (S-351-F222)

with Ken Bork and Kay Bork

NEW! Non-fiction books have allure for some, but not all, readers. Three years ago, we [a librarian and a geologist] enjoyed presenting an OLLI Workshop on the topic. Given the rich set of non-fiction works in the last few years, we think that a reprise is in order. We will comment on our current “Fav Five,” and then open the floor for group discussion. NO prior reading is required.

Class minimum: 10.

Thu, Nov 3 • 9:00–12:00

Sedona Center

Workshop • 1 Session • \$15

■ Lagerstätten: Spectacular Fossil Sites of the World (S-353-F222)

with Ken Bork

NEW! Lagerstätten, a German term used worldwide, refers to geologic beds that contain exceptional fossils. We will discuss how they are formed and key information that they provide. We will then take a tour of classic sites around the world. Famous examples, among many others of note, include the Burgess Shale, the Solnhofen Limestone, and La Brea Tar Pits.

Class minimum: 10.

Thu, Nov 17 • 1:00–4:00

Sedona Center

Workshop • 1 Session • \$15

■ Language: Use it Colorfully (S-355-F222)

with Anne Crosman

NEW! We will learn new phrases and review old ones... to make our speech more vibrant. We will look at words from England, France, Germany, Italy, Spain, Israel, and other countries, and see how they have become part of our rich American language. Bring your list of favorite words and sayings.

Class minimum: 5. Class maximum: 10.

Fri, Oct 28 • 1:00–3:00

Sedona Center

Workshop • 1 Session • \$15

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Learn to Laugh: Ho, Ho, Ha, Ha, Ha! [S-155-F222]

with Anne Crosman and Tay Perry

NEW! We will learn to laugh with a series of mild exercises and lots of belly laughs, while chanting, “Ho, ho, ha, ha, ha.” This is a form of Laughter Yoga begun in India and practiced all over the world. Laughter Yoga stimulates the body’s circulation and endorphins, and creates a relaxed mind and body.

Class minimum: 5.

Thu, Oct 27–Dec 8 • 1:00–2:30

Sedona Center

Learning Group • 6 Sessions • \$35

■ Learn To Play Pickleball Beginners Workshop

with Christine Sturgeon

This three-hour workshop is designed to introduce new adult learners to the game of pickleball. Each session will cover court basics, rules and scoring, basic strokes and how to play the game. Participants are strongly encouraged to wear court shoes and protective eyewear, and will sign a liability waiver at the beginning of the workshop. Though offered multiple times this term, please sign up only for one session.

Class minimum: 4. Class maximum: 6.

Wed, Oct 26 • 9:00–12:00

Offsite [S-357-F222]

Fri, Oct 28 • 9:00–12:00

Offsite [S-359-F222]

Sat, Nov 5 • 9:00–12:00

Offsite [S-361-F222]

Workshop • 1 Session • \$15

■ Lend “A Hand Up!”: Help RRHS Students Go to College [S-157-F222]

with Paul Friedman and Carole Harlow

NEW! Post-secondary education can be life-shaping for young people. Most rely on their parents’ guidance, but some parents need assistance. Therefore, a team of caring local residents will step up to partner with Red Rock H.S. staff in assisting students to complete the paperwork needed to gain college admission and secure funding. Want to make a big difference in a young person’s life? This class will provide what you need to know. We will meet 1-1 with students. Join us on the “A Hand Up” team!

Class minimum: 6.

Thu, Oct 27–Dec 8 • 2:45–4:15

Sedona Center

Learning Group • 6 Sessions • \$35

■ Living Healthy in a Toxic World [S-159-F222]

with Leslie James

What do toxins do in the body? After learning some symptoms, we will look at the sources of toxins – some may be surprising! In order to avoid as much toxicity as possible, we’ll examine product label terminology, use websites that assist in identifying the level of toxicity in products, and identify products that have few or no toxins. We will also learn to transform toxic thoughts and discuss how to maintain habits that build good health. A self-assessment is included.

Thu, Nov 10–Dec 8 • 10:45–12:15

Sedona Center

Learning Group • 4 Sessions • \$35

■ Making Friends With Stress [S-363-F222]

with Leslie James

NEW! Stress is rampant these days! It is so common to feel overwhelmed, tired, and depressed. And it never seems to go away! Do you want to feel happier and have more energy? Come learn some new approaches for how to manage and transform stress so there can be more joy in your life!

Mon, Oct 24 • 9:00–11:00

Sedona Center

Workshop • 1 Session • \$15

**REGISTRATION CLOSES
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Making Sense of the Medicare Nonsense (S-821-F222)

with Ryan Steinert

This course will walk you through Medicare vs. Medicare Advantage, supplement plans, and part D drug plans in plain, simple language so you can make the BEST Medicare decision for you!

FREE TO OLLI MEMBERS

Thu, Nov 3 • 9:00–11:00

Sedona Center

Workshop • 1 Session • FREE

■ Managing Stress (Z-365-F222)

with Rick Rokosz

This workshop examines the various types of stress we encounter in our lives, at work, and at home. We will address both the causes of stress, and how to control and keep it in check using several life balance coping techniques. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Class minimum: 3. Class maximum: 10.

Thu, Nov 10 • 9:00–11:00

Online via Zoom

Workshop • 1 Session • \$15

■ The Maxims of Public Speaking (V-171-F222)

with Mark Aksamit

NEW! Why does public speaking have to be so difficult and complicated? We will review outlines of the basic public oration principles. This class offers a tangible way of taking your speech presentation skills to the next level, and will include handouts as well as classroom participation.

Tue, Oct 25–Nov 15 • 10:45–12:15

Verde Valley Campus

Learning Group • 4 Sessions • \$35

■ Medicare 101: Everything You Need To Know About Medicare

with Denny Fanter

This workshop discusses what Medicare Parts A and B will and will not pay for. We will examine how Medicare Advantage plans and Medicare supplemental insurance will protect against major financial loss, and how Part D prescription drug plans work. All overheads used in this class are provided to students as handouts.

**ALL SESSIONS ARE
FREE TO OLLI MEMBERS**

Thu, Oct 27 • 9:00–12:00

Sedona Center (S-823-F222)

Workshop • 1 Session • FREE

Fri, Nov 4 • 9:00–12:00

Verde Valley Campus (V-825-F222)

Workshop • 1 Session • FREE

Tue, Nov 8 • 1:00–4:00

VOC (S-827-F222)

Workshop • 1 Session • FREE

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Classes for Seasoned Adults with Curious Minds and Hearts

**REGISTRATION CLOSSES
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022

CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ **The Nobel Peace Prize: Past and Future** *with Charles Blum*

The 2022 Nobel Peace Prize laureate(s) will be announced October 7. This course will cover how Nobel Peace Prizes are awarded; who gets them and why; which awards have been most controversial and which most inspiring; and the relevance of the award in a violent world. The class will view and discuss several acceptance speeches that are relevant to this year's award.

Class minimum: 10.

This combo class is being offered simultaneously in person and via Zoom

Sedona Center [S-173C-F222]
Online via Zoom [Z-175C-F222]

Tue, Oct 25–Dec 6 • 10:45–12:15
Learning Group • 6 Sessions • \$35

■ **“Out of Spain” – The Spanish Connection** **[V-367-F222]**

with Kohava Benatar

We will watch and discuss the one-hour documentary *“Out Of Spain 1492”–The Spanish Connection*. As narrated by Yitzhak Navon, the fifth president of Israel and a scion of Spanish Jewish exiles, we will hear the story of Sephardic Jews from the Iberian Peninsula.

Class minimum: 5.

Fri, Oct 28 • 1:00–3:00
Verde Valley Campus
Workshop • 1 Session • \$15

■ **Protect Yourself From Scams and Fraud** **[S-369-F222]**

with Linda Vitale

Would you recognize a scam before you lost money? Would you know if a hacker broke into your bank account? Did you really win the lottery? Are you being romanced by a con artist? Does your computer really have a virus? Is that actually the IRS calling? Do you know what to do if you fall victim to ID theft? Join me for a class that will answer these questions and much more. Learn the behaviors that put you at risk for ID Theft and how to take preventative action. Awareness is your secret weapon!

Class minimum: 10.

Tue, Nov 15 • 1:00–3:00
Sedona Center
Workshop • 1 Session • \$15

■ **Renewing American Democracy and Citizenship** **[S-161-F222]**

with Charles Blum and Paul Friedman

NEW! Citizens and politicians on both sides of the aisle agree: our political system is increasingly dysfunctional and untrustworthy. The American Academy of Arts and Sciences recently commissioned a panel of 35 experts to diagnose our difficulties and recommend ways to renew America's constitutional democracy. The group proposed innovations in six major areas of civic life. You'll learn about them, examine and discuss them, and leave with many exciting new ideas for enhancing our country's future.

Class minimum: 6.

Wed, Oct 26–Dec 7 • 10:45–12:15
Sedona Center
Learning Group • 6 Sessions • \$35

■ **The Rise of Totalitarianism** **[V-177-F222]**

with Mark Aksamit

NEW! Join us, and compare two historic novels, George Orwell's "1984," and Aldous Huxley's "Brave New World," during lively lectures with class participation. We will examine both their similarities and differences. In recent years, much attention has been given to these great works of dystopian thought. This class offers free handouts.

Tue, Oct 25–Nov 8 • 1:00–2:30
Verde Valley Campus
Learning Group • 3 Sessions • \$35

■ **Science News and Views** **[S-163-F222]**

with Bob Haizmann and John Black

Whether you are a scientist, an engineer, a mathematician, or simply someone with an interest in science, come and get a better understanding of recent scientific developments and their potential impact on society. Each week, members of the class will discuss science topics in a way that makes it easy for all to understand. Class members will also be encouraged to bring in interesting science articles for open-class discussions.

Class minimum: 10.

Wed, Oct 26–Dec 7 • 9:00–10:30
Sedona Center
Learning Group • 6 Sessions • \$35

OLLI FALL 2 2022 CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Spanish For Beginners (S-165-F222)

with Art Smith

This is a basic course in Spanish for absolute beginners, or for those who may have studied Spanish in the past and want to update and review their beginning Spanish skills.

Class minimum: 5.

Note: meets Mondays & Wednesdays for 6 weeks

Mon, Oct 24–Dec 7 • 10:45–12:15

Sedona Center

Learning Group • 12 Sessions • \$35

■ Surrealism Comes To Sedona (S-371-F222)

with Mark Rownd and Kay Bork

NEW! Students will visit the private museum housed in the Sedona home built by Surrealist artists Max Ernst and Dorothea Tanning. Directions to the meeting location will be provided to participants several days beforehand.

Class minimum: 2. Class maximum: 6.

Sat, Oct 29 • 2:00–4:00

Offsite

Workshop • 1 Session • \$15

■ Tackling Tough Problems (Z-373-F222)

with Rick Rokosz

This course will provide coping techniques on how to manage tough problems, both routine as well as those that are critical and urgently need to be addressed. The course will also identify various types of individuals, and how they respond when confronted with a tough problem. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Class minimum: 3. Class maximum: 10.

Tue, Nov 15 • 1:00–3:00

Online via Zoom

Workshop • 1 Session • \$15

■ Tech for Life

with Sharon Sherman

NEW! So much to choose from! Learn more about home tech. Shop for a new computer, peripherals, storage, or router. Explore the right smart phone, VOIP and landlines, charging gadgets and systems interconnectivity. Learn about the “Internet of Things” (light bulbs, cameras, etc.), and how to protect your privacy. Exist with just a smartphone, printer, and tablet. Review electrical, surge protectors, lighting, and ergonomics. Enjoy being more informed and adventurous. Let’s explore!

Class minimum: 3.

This combo class is being offered simultaneously in person and via Zoom

Sedona Center (S-167C-F222)

Online via Zoom (Z-169C-F222)

Tue, Oct 25–Nov 15 • 2:45–4:15

Learning Group • 4 Sessions • \$35

■ Twenty Five-Hour Day: How to Save Time (Z-375-F222)

with Rick Rokosz

This course will provide numerous tips and techniques on how to recapture time and become better organized to meet the challenges of the day, be it at work or at home. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Class minimum: 3. Class maximum: 10.

Wed, Nov 2 • 9:00–11:00

Online via Zoom

Workshop • 1 Session • \$15

**REGISTRATION CLOSES
FRIDAY, NOVEMBER 18**

Register Now!

OLLI FALL 2 2022

CLASS DESCRIPTIONS

No classes Nov. 11 and Thanksgiving week

■ Voice of Jerusalem (V-377-F222)

with Kohava Benatar

Jerusalem is a holy place for three religions, a controversial capital city, and the focus of dreams both realized and shattered through the years. Yehoram Gaon asks what lies ahead. Does the nostalgic song “Jerusalem of Old” still exist? We will watch and discuss a documentary consisting of interviews of people from all walks of life, interwoven with beautiful songs of Jerusalem and stunning cinematography.

Class minimum: 5.

Fri, Nov 4 • 1:00–3:00

Verde Valley Campus

Workshop • 1 Session • \$15

■ What Happens When You Die (S-379-F222)

with Jon Linford

Learn the answers to questions like... What can trust documents do for you in the event of divorce, remarriage, or incapacity? How do you receive government benefits and pay for long-term care? How do you eliminate or minimize state and federal estate, income, and capital gains taxes? What is living probate, and why is it important to avoid? What is death probate, and why does it tear families apart? How do you put a living trust into action after a death?

Class minimum: 3.

Fri, Nov 18 • 1:00–3:00

Sedona Center

Workshop • 1 Session • \$15

■ Writing Our Way to Bliss (S-179-F222)

with Martha Entin

NEW! Each week, we are invited to answer important questions of Life, Love and Being. Digging deep to find our own profound meaning and truths, we will write toward clarity and inspiration. Trusting our inner wisdom, we will write and share without judgment or critique, listening with respect and a heart wide open. This class offers us an opportunity to reflect and ponder, while honoring our own inner voice. New and experienced writers are all welcome.

Class minimum: 3. Class maximum: 10.

Tue, Oct 25–Nov 29 • 10:45–12:15

Sedona Center

Learning Group • 5 Sessions • \$35

■ Writing Your Memoirs (S-181-F222)

with Anne Crosman

Organize your thoughts, photos, artwork, letters, diaries, and emails. We will write in class and at home—yes, homework! Bring paper, pen, and/or laptop. Your first chapter will be on your grandparents, second chapter on your parents, then chapters about your life divided into 15-year segments. Writing topics will be suggested, and your work edited. You may read your work aloud to the class, if you like.

Class minimum: 2. Class maximum: 8.

Thu, Oct 27–Dec 8 • 10:45–12:15

Sedona Center

Learning Group • 6 Sessions • \$35

■ Yoga, Meditation, and Self-Healing (S-183-F222)

with Anne Crosman

We will greet each other, center ourselves, deep breathe, do 40 minutes of gentle yoga stretches and 20 minutes of relaxation and meditation on the floor. Bring a mat, and enjoy the bliss of becoming one in mind, body, and spirit.

Class minimum: 2. Class maximum: 8.

Thu, Oct 27–Dec 8 • 2:45–4:15

Sedona Center

Learning Group • 6 Sessions • \$35



JOIN THE OLLI 300 CLUB

Members of the OLLI 300 Club Sustainers Society provide ongoing support to ensure OLLI Sedona • Verde Valley continues to be a life-changing experience for our members well into the future.

**300 Club Members donate \$25 per month (\$300 per year)
Our goal is 300 supporters x \$300 which will produce
\$90,000 each year to benefit our OLLI Reserve Fund**

PLEASE JOIN US NOW:

- Visit: yc.edu/ollisvdonate
- Scroll down and click on: **OLLI 300 Club Sustainers Society**
- Fill in the online donation form



OLLI 300 Club Sustainers Society Benefits:

- Convenient monthly charges to your credit card
- Your contribution is active until you say otherwise, giving you complete control
- Immediate acknowledgement of your gift makes claiming your IRS tax deduction easy
- Certificate commemorating your 300 Club Sustainer Society membership
- Recognition on the OLLI website, in the newsletter and catalogs

**For more information, contact OLLI in Sedona • Verde Valley:
928.649.4275 • ollisv@yc.edu**

THANK YOU FOR SUPPORTING *Your* LOCAL OLLI!

Fall Term 2 MEMBERSHIP MINGLE



*Get to know your OLLI leaders,
staff, members, and friends!
Meet us at the YC Café!*

VERDE VALLEY CAFÉ

Tuesday, November 1
10:00-11:00 am
Verde Valley Campus, Bldg. F

YC PATISSERIE

Wednesday, November 9
8:30-9:30 am
Sedona Center, Room 9

OLLI MEMBER BENEFIT: SPECIAL RATE AT YC FITNESS ROOM



OLLI members now have access to the Yavapai College fitness room on the Verde Valley Campus at a special “OLLI Member” rate.

Member cost:
\$20/semester (Aug. 15–Dec. 10, 2022)

Location:
YC Verde Campus, Bldg. I, room 136

Hours:
Monday–Thursday:
8:30 am–1:00 pm & 3:30–6:00 pm

Questions?
Please contact Bobbi Evans:
Bobbi.Evans@yc.edu • 928-634-6511



OLLI FALL 2 2022

MUNCH & LEARN PROGRAMS

Via Zoom from OLLI's Prescott Campus

THURSDAY AFTERNOONS • 12:30 – 1:45 pm
FREE AND OPEN TO THE PUBLIC via Zoom • limit: 60

facilitated by Rudy Arena

Oct. 27: E) Aging & Balance

Beth Brehio has been a leader in the field of wellness in the tri-city area for over 20 years. She held the position of Wellness Coordinator for the VA and oversaw the weight management program for veterans. She is a registered Dietetic Technician as well as a certified Health Coach, Personal Trainer and Yoga teacher. She is now a Health and Wellness Specialist for the NACOG Area Agency on Aging bringing evidence-based programs on aging to older adults and a Matter of Balance training along with being an exercise specialist.

Or EE) in 31-101 • Limit: 30

Nov. 3: F) The Renaissance Man

Mike Rothmiller has been described as a true Renaissance Man. He will discuss his many years of producing and hosting documentary television productions for ESPN, PBS, ABC and others. Mike will cover the ins and outs and difficulties of making documentaries produced "in the field," and will detail some of his most challenging and exciting filming adventures. He will include defying death in the Amazon and his interactions with caimans, poisonous snakes and lightning. In addition, he will talk of flying with the Navy's Blue Angels, cave diving in the Yucatan, swimming with and catching sharks by hand and many more adventures. Whew! Buckle up!!

Or FF) in 31-101 • Limit: 30

Nov. 10: G) Christmas In Prescott

Drew Desmond has spent many an hour researching the history of Prescott and has written two books covering its history. The subject of his talk will be *The History of Christmas in Prescott*, and how it started. Prescott has often been called Arizona's Christmas City because it becomes a magical destination during the wintertime when over 100 trees in the Plaza and surrounding the courthouse are lighted, and Santa makes his appearance in a horse-drawn carriage. We have often been compared to the small-town feel of Bedford Falls in the movie *It's a Wonderful Life*.

Or GG) in 31-101 • Limit: 30

Nov. 17: H) Stroke Awareness

Erin Aafedt of Mt. Valley Rehab Hospital helps people regain their communication skills, swallowing skills and thinking skills. As a speech-language pathologist, she works with people who have suffered strokes, traumatic brain injuries, Parkinson's Disease, multiple sclerosis, mild cognitive impairment, as well as a variety of other neurological conditions. This presentation will be about the signs and symptoms of two types of strokes, ways to lessen your chances of having one, and an explanation of the different types of therapies one may need if they have a stroke.

Or HH) in 31-101 • Limit: 30

Dec. 1: I) Hiking To Amazing Places

Nigel Reynolds has always been an explorer, born and educated in England, and has traveled extensively in Europe, Turkey and Morocco. In 1967, he emigrated to the States, and has lived in Arizona since 1978 and in Prescott for over 22 years. He is an active hiker and has written a popular booklet entitled *Guide to the Prescott Circle Trail*, and for the last four years has written a bi-weekly article, *Amazing Places*, for the Sunday edition of the Daily Courier. He will talk about some of his favorite places and show photos of some of these amazing places so you can imagine being there and exploring with him.

Or II) in 31-101 • Limit: 30

Dec. 8: J) Japanese American National Museum

The mission of the Japanese American National Museum is to promote understanding of America's ethnic and cultural diversity by sharing the richness and range of the Japanese-American experience. This guided historical visual presentation will chronologically explore the Japanese-America experiences from the 1860's through the post-war era, with an emphasis on the WWII incarceration experience. We will have an internee of one of the concentration camps speak to us of his experiences. **Note: \$10 fee for this virtual field trip.**

Or JJ) in 31-101 • Limit: 30

All M&L presentations will be on Zoom. Those who haven't Zoomed can observe the Zoom presentation in 31-101 (registration REQUIRED.)

OLLI FALL 2 2022

PRESCOTT CLASS DESCRIPTIONS

available to OLLI Sedona • Verde Valley members via Zoom

MULTI WEEK COURSES

45) Telling Your Stories:**Writing Your Memoirs****Tuesday, 10/25-12/6, 11am-1pm****Location: Zoom Limit: 10 \$35****Facilitator: Becky Gunn***

One way of remembering events in your life is by writing them down. In doing so, you tell your story. In a supportive and constructive environment, each week, class participants will write a short thematic essay about their lives. We will share our pieces and provide friendly feedback. This class is for those wishing to begin to write their 'memoirs' and for those who have previously taken the *Writing Memoirs* class.

46) Flash Fiction Writing**Wednesday, 10/26-12/7, 11am-12:15pm****Location: Zoom Limit: 12 \$35****Facilitator: Jerry D Thurber, Marjorie Schiering**

The goal of this class is to learn about writing Flash Fiction stories that can be as short as 6 words or as long as 700 words. One famous 6-word story attributed to Hemmingway reads: "For Sale: baby shoes, never worn." So much can be said in so few words and this course will help us find our "inner Hemmingway." This course will be arranged in six sessions. The first session is an overview of Flash Fiction [F.F.], and session 2 through 6 will focus on specific F.F. genres. For each session, the participants' will be asked to write a Flash Fiction story in the genre or style suggested for that week's class. Short articles or videos may be used to provide more detail about the writing styles. Each class member, including the facilitators, will read their stories in class. A discussion ensues that provides positive, supportive feedback.

47) And the Nominees for Best Actress are...**Thursday, 10/27-12/8, 2-3pm****Location: Zoom Limit: 15 \$35****Facilitator: Bill Mains**

And the nominees for best actress are...? So many memorable performances of so many fine actresses in so many movies to choose from. An impossible task, yes... but it could be wonderful to explore. Despite the fact that women's roles in

movies have not always been the typical strong, heroic, triumphant characters that their male counterparts were offered to play, women have risen above the written page and repeatedly turned in exquisite performances imbuing their characters with complexity and power, yet with subtlety and nuance. First week is an intro to the class structure and each other, and a preview of the first film. Then each week, watch a film on your own to discuss on Zoom. The movies on the bill (in no particular order) are: *Moonstruck*, *Silkwood*, *Postcards From The Edge*, *Julie & Julia* and *Whale Rider*.

48) New Ideas**Wednesday, 10/26-12/7, 11am-12pm****Location: Zoom Limit: 50 \$35****Facilitator: Barbara Brown***

Please join me on a journey into the world of ideas. Each week, we will explore a different subject: History, Science, Space, the Human Body, Art Architecture, Current Concerns or even Aging. No week will be the same. You will receive the video links on Saturday and then we'll meet the next week for an optional Zoom discussion.

50) American Nations Discussion, Part 2**Monday, 10/24, 10/31, 11/21, 11/28, 12/5, 12/12
9:30-10:45am****Location: Zoom Limit: 20 \$35****Facilitator: Deb Dillon*, Mark Dillon**

This class will continue discussion of the book *American Nations: A History of the Eleven Rival Regional Cultures of North America*, by Colin Woodard. The book offers insight into America's myriad regional identities and how conflicts between them have shaped our past and are molding our future. Class participants will need a copy of the book and will be expected to read approximately 30 pages before each class. Part 2 will cover Chapter 16 through the Epilogue. Class members who did not participate in Part 1 should plan to read Chapters 1-15 prior to the first class. Please note the specific dates for this class; these dates may be adjusted.

OLLI FALL 2 2022

PRESCOTT CLASS DESCRIPTIONS

available to OLLI Sedona • Verde Valley members via Zoom

MULTI WEEK COURSES

51) An Introduction to the Seven Hermetic Principles of the Kybalion

Monday, 10/24-12/5, 2-3:30pm
Location: Zoom Limit: 15 \$35
Facilitator: DeeDee Freeman

The Seven Hermetic Principles were first introduced to the public in 1908, in a little book written by the Three Initiates called *The Kybalion*. While these principles were never intended to become a philosophy or doctrine, their influence can be found in all the world's organized religions. This esoteric knowledge, originally passed on orally "from lips to ear," defines the ancient hermetic art of mental alchemy and the mastery of mental forces. By studying *the Seven Hermetic Principles of The Kybalion*, you can learn how to change your reality by changing your mind! Following the book and related videos, we will learn the history of the *Seven Hermetic Principles*, and get an introduction to the wisdom tradition of Hermes Trismegistus. NOTE: The book is available on Amazon, or as a free PDF at: <http://www.kybalion.org/TheKybalion.pdf>

52) Armchair Adventures

Monday, 10/24-12/5, 11am-12pm
Location: Zoom Limit: 50 \$35
Facilitator: Barbara Brown*

We'll travel the world without passports, expense, long airport lines or fatigue. We will explore cultures, history and do lots of sightseeing on the wonderful planet of ours. We'll see new places every session.

53) Chef's Choice!

Friday, 10/28-11/18 (no 11/11), 11am-1pm
Location: Zoom Limit: 25 \$35
Facilitator: Larry Canepa

Chef Canepa has offered six blockbuster classes for us so far on topics that range from the legendary food of Europe, to super foods, to the spice trade. Chef has over 50 presentations he is prepared to share. The first week will be Chef's choice, and then the class may get the chance to vote on the other two weeks.

54) Fun in the Zoom Kitchen

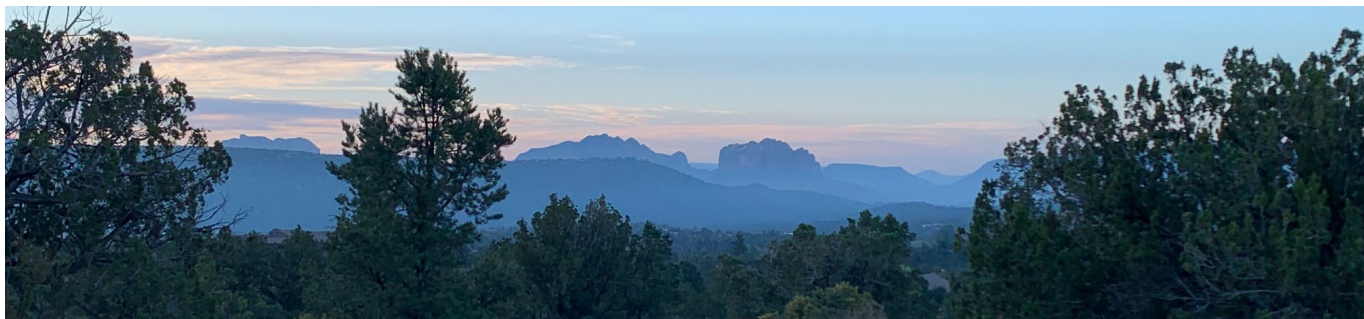
Tuesday, 10/25-12/6, 2-3pm
Location: Zoom Limit: 20 \$35
Facilitator: Marge Rubin

We cook at home and share our creations via Zoom. Most importantly, we socialize and have plenty of laughs. THERE IS HOMEWORK! Your presentation is based on the theme of the week. No judgments are made and your cooking expertise is not a factor. Remember: A recipe is just a suggestion!

55) Midweek Guided Meditation

Wednesday, 10/26-12/7, 12:30-1:15pm
Location: Zoom Limit: 20 \$35
Facilitator: DeeDee Freeman

Back by popular demand, this midweek guided meditation is intended to give participants a much needed break and simply relax. There are no books or suggested reading. Each week, we will briefly discuss the meditation topic and experience a relaxing 30-minute guided meditation. The guided meditations will include "Loving Kindness," "Heart-Mind Coherence," "Creating an Inner Sanctuary," and special requests from the participants.



OLLI FALL 2 2022

PRESCOTT CLASS DESCRIPTIONS

available to OLLI Sedona • Verde Valley members via Zoom

FREE WORKSHOPS & CLASSES

B) Zoom for Beginners

Tuesday, 10/18, 2-3:15pm

Location: Zoom Limit: 30 FREE

Facilitator: Mark Troester, Tina Leydon

We grew up dreaming of the “video phones” of the future. Well... they are here! Jump on this Zoom class to demystify Zoom so you can video chat with your friends and family... without embarrassing yourself or feeling self-conscious. You will learn the basics of using Zoom, and must know features, common problems and quick fixes. Discover tips to look good on video and much more! You will need to download the Zoom app prior to class then click on the Zoom link that will be emailed to you. You can use Zoom on a computer, smart phone or tablet.

C) Welcome to OLLI!

Wednesday, 10/19, 2-3pm

Location: Zoom Limit: 20 FREE

Facilitator: Membership Engagement Committee

Join us for a repeat of Workshop A, but this time on Zoom!

K) Vivaldi's Four Seasons

Location: Email Only Limit: 40 FREE

Facilitator: Nancy Dubow

Our workshop explores Vivaldi's Four Seasons—a perennial favorite with audiences everywhere—through a lecture, articles, and an outstanding performance by Anne-Sophie Mutter. We also have a wonderful bonus in Max Richter's tribute to Vivaldi's masterpiece which Richter entitled “Recomposed.”

L) Shindig!

Location: Email Only Limit: 40 FREE

Facilitator: Nancy Dubow

Shindig! was an American musical variety series which aired on ABC from September 16, 1964 to January 8, 1966. Hosted by Jimmy O'Neill, the show featured “British invasion” bands, including the Beatles, and performers such as The Who and Cilla Black. Many popular performers of the day played on *Shindig!* including Tina Turner, Lesley Gore, Bo Diddley, Sonny and Cher, The Beach Boys, James Brown, Jackie Wilson, The Supremes, and The Ronettes. Join us for a celebration of some great music and dancing as seen on *Shindig!*



OLLI NEEDS YOU!



Volunteer forms available in the office
or online at: www.yc.edu/ollisvVolApp

Interested in Becoming an OLLI Instructor?

Our dedicated volunteer instructors are at the heart of OLLI Sedona•Verde Valley.


While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on their areas of passion, interest or expertise. We encourage creativity in course content.

Class Proposal Acceptance Dates:

- Winter Term: September 20 to October 19
- Spring Term: December 5 to January 3

Class Proposals may be submitted at: www.yc.edu/ollisvproposals





OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

AT YAVAPAI COLLEGE

Prescott Schedule

Fall 2 Session

Oct 24 - Dec 9

2022

www.yc.edu/prescottolli

Welcome to Prescott OLLI

Vision: Extending and improving the quality of life.

Mission: Providing lifelong learning and social connections.

Register: 928-717-7634 or www.yc.edu/prescottolli

Membership Fee Options

Annual **Basic Membership** for \$65 includes unlimited free 1-day workshops, multi-week classes are \$35 each.

Annual **Deluxe Membership** for \$165 includes 20 free multi-week classes per year from the Prescott offerings, and unlimited 1-day workshops.

Annual **OLLI Premium Membership (Deluxe Plus)** for \$205, includes the Deluxe Membership PLUS all the offerings from the Sedona/Verde Valley OLLI included in your 20 classes per year.

Annual **OLLI Unlimited Membership** for \$350, includes *unlimited* classes and workshops from Prescott and Sedona/VV OLLI offerings.

6-Week **Welcome Membership** for new members only, \$25 includes a one session membership with one free class and unlimited 1-day workshops.

Memberships are not eligible for refunds or extensions.

Important Dates

Fall 2: Oct 24 - Dec 9

Winter: Jan 22 - Mar 3

Spring: April 3- May 12

OLLI Staff

Tricia Berlowe – Director

Patty Winkels – Admin Assistant

Connie Varga – Admin Assistant

Cover Photo by Chris Maxwell

Photo theme: Fall!

Message from your OLLI Governing Council Chair Jerry Thurber

Did you know that OLLI is a volunteer run organization? Together with the great staff who help you every day, volunteers have the responsibility to put together the content that makes OLLI such an interesting organization. The classes, activities, and events you see in the schedules every session are the result of many wonderful volunteers who make OLLI the great place that it is.

OLLI has several committees that support the OLLI mission. The Curriculum Committee puts together the schedule each session, the Social Committee sponsors all our social events, the Technology Committee supports our classrooms, develops technical course offerings, and explores technology to help OLLI, the Membership Engagement Committee helps members get the most out of their OLLI membership, and our Special Programs Committee puts on the Interludes, Field Trips, and Special Interest Groups. We also have committees helping with OLLI finance and marketing. Volunteers make up our Governing Council as well.

And of course, volunteers facilitate our classes, run our Special Interest Groups (SIGs), serve as Ambassadors and Tech Ambassadors, keep our weekly Tuesday Trivia and monthly Book Club going. Volunteering at OLLI is both fun and rewarding. Consider becoming an OLLI Volunteer.

Want to learn more? Email us at prescottolli@yc.edu, Call the OLLI office at (928) 717-7634, or fill out the form under the volunteer section of the OLLI website and someone will contact you.

In the meantime, enjoy the great opportunities our volunteers have brought you for the Fall 2 Session.



Photo by Sara DeRouchey

Prescott OLLI Fall 2

**Master Facilitator (Facilitator who has offered 25 or more classes and workshops)*

Monday	Time	Class (no classes 11/11 or week of Thanksgiving)		Location
10/24-12/5	8-11am	43) Hike the Prescott Circle Trail	J Pillman, K Paris	Offsite
10/24-12/5	9:30-10:45am	27) Heredity, Genetics and Eugenics	J Veney*	31-101
11/7-12/5	9:30-10:45am	37) Restaurant Review for Fun!	J Velling	19-225
10/24-12/12	9:30-10:45am	50) American Nations Discussion Pt 2	D Dillon*, M Dillon*	Zoom
10/24-12/5	9:30-11:30am	30) Beginners iPhone	D Rothgery*	19-223
10/24-11/28	11am-12pm	4) Mastering Your Camera	L Padgett	31-102
10/24-12/5	11am-12pm	52) Armchair Adventures	B Brown*	Zoom
10/31-11/14	11am-12:15pm	10) 10 Minute Originals: Writing off the Top	M Schaffer, J Schaffer	30-126
10/24-12/5	11am-12:15pm	21) Mikhail Gorbachev's Russia	M Munchinsky	31-101
10/24-10/31	11am-12:30pm	23) Going Home: An End of Life Journey	M Towne	19-225
10/24-11/14	12:30-1:45pm	31) Reincarnating an Old Computer	OLLI Tech Committee	31-101
10/24-11/7	2-3:15pm	14) The True Believer	R Branstrator	30-126
10/24-12/5	2-3:30pm	51) An Introduction to the Seven Hermetic Principles	D Freeman	Zoom
11/28-12/5	2-4pm	39) Sugar Cookie Holiday Ornaments	J Norcross	31-102
Tuesday				
10/25-11/15	8-9:15am	13) Passionate Advocacy!	J Watson	30-126
10/25-12/6	9-11:30am	2) Exploring the Creative Process: Artisans	J Rigenbach	31-101/Offsite
11/1-11/15	9:30-10:30am	15) Reverse Mortgages	S Burks	19-225
10/25-12/6	9:30-10:45am	19) Our Navajo Neighbors	D Stringham	4-102
10/25-11/15	9:30-10:45am	33) Everything Plant-Based - Let's Do it!	D Bixler	4-118
11/15	9:30-11am	U) Silk Flower Arranging	C Kureshy	31-102
10/18	10-11:15am	A) Welcome to OLLI!	Membership	31-101
10/25-12/6	10-11:30am	41) T'ai Chi - Advanced (On-Going Only)	A Chan	15-260
10/25-12/6	11am-12:15pm	8) Stories You'll Never Forget	J Velling, A Mazella	19-225
10/25-12/6	11am-1pm	12) Foreign Affairs: Discussions and More	J Lowe	31-101
10/25-12/6	11am-1pm	45) Telling Your Stories Writing Your Memoirs	B Gunn*	Zoom
10/25-12/6	2-3pm	54) Fun in the Zoom Kitchen	M Rubin*	Zoom
12/6	2-3pm	M) Riders Reads: The House in the Cerulean Sea	W Hoots	31-102
10/25-11/10	2-3:15pm	16) The Rise of China Pt 1 (Tues&Thurs)	P Jones	3-203
11/15-12/8	2-3:15pm	17) The Rise of China Pt 2 (Tues&Thurs)	P Jones	3-203
10/18	2-3:15pm	B) Zoom for Beginners	M Troester, T Leydon	Zoom
11/15	2-3:15pm	P) Medicare Made Easy	K Boryca	31-102
10/25-12/6	2-3:30pm	22) Dead Sea Scrolls	A Funke	31-101
10/25-11/15	2-4pm	25) Introduction to Dimensions of Consciousness	S Wilkes	3-271
Wednesday				
10/26-12/7	8-10:30am	42) Moderate Hiking	L Neakrans, M Troester	Offsite
10/26-11/30	9:30am-12pm	5) Telling a Story with Your Photography	L Padgett	31-102
10/26-12/7	9:30-11:30am	3) Acting for Everyone	R Skidmore	31-101
10/26-12/7	9:30-10:30am	34) Gardening with Native Plants	K Dickinson	30-126
10/26-12/7	10-11:30am	40) T'ai Chi For Beginners (On-Going Students only)	A Chan	15-260
10/26-12/7	11am-12pm	7) Basic Conversational Spanish	M Dellinger	3-205
10/26-12/7	11am-12pm	48) New Ideas	B Brown*	Zoom
10/26-12/7	11am-12:15pm	46) Flash Fiction Writing	J Thurber, M Schiering	Zoom
10/26-12/7	12:30-1:15pm	55) Midweek Guided Meditation	D Freeman	Zoom

To Register or for more information: www.yc.edu/PrescottOLLI or 928-717-7634

Prescott OLLI Fall 2

**Master Facilitator (Facilitator who has offered 25 or more classes and workshops)*

Wed Cont.	Time	Class (no classes 11/11 or week of Thanksgiving)		Location
10/19	2-3pm	C) Welcome to OLLI! (Zoom)	Membership	Zoom
10/26-12/7	2-4pm	9) Memoir Writing	J Ashlock	3-203
10/26-11/16	2-4pm	20) Tracing the Railroad through Prescott	T McColloch	31-101
10/26-12/7	2-4pm	28) Geologic Wonders of the Earth Pt 2	D Hoffman*, J Kangal*	4-102
10/26-12/7	2-4:30pm	36) Poker Omaha Hi Lo/Texas Hold 'Em	P Harder	30-126
10/26	2-4pm	N) A Prequel to the Why of Thinking	L Paul	3-271
Thursday				
10/27	9-10am	D) Thinking About Facilitating	D Dillon*	31-101
11/17	9:30a-12:30p	S) Courageous Conversations - Families & Politics	C Russell, L Dekker	31-102
12/1	9:30a-12:30p	R) Courageous Conversations -Depolarizing Within	C Russell, B Swain	31-102
10/27-12/8	12-2pm	1) Beginning Guitar	M Dillon*, M Shannon	30-126
10/27	12:30-1:45pm	E) or EE) M&L: Aging & Balance	R Arena*	Zoom/31-101
11/3	12:30-1:45pm	F) or FF) M&L: The Renaissance Man	R Arena*	Zoom/31-101
11/10	12:30-1:45pm	G) or GG) M&L: Christmas In Prescott	R Arena*	Zoom/31-101
11/17	12:30-1:45pm	H) or HH) M&L: Stroke Awareness	R Arena*	Zoom/31-101
12/1	12:30-1:45pm	I) or II) M&L: Hiking To Amazing Places	R Arena*	Zoom/31-101
12/8	12:30-1:45pm	J) or JJ) M&L: Japanese American Museum	R Arena*	Zoom/31-101
10/27-12/8	2-3pm	47) And the Nominees for Best Actress are...	B Mains	Zoom
10/27-12/8	2-4pm	38) How to Play Chess	T Green	31-101
12/8	2-4pm	O) File Management for Beginners	C Maxwell*	4-102
10/25-11/10	2-3:15pm	16) The Rise of China Pt 1 (Tues&Thurs)	P Jones	3-203
11/15-12/8	2-3:15pm	17) The Rise of China Pt 2 (Tues&Thurs)	P Jones	3-203
11/10	2:30-4pm	Q) League of Women Voters: Conversing w/ Other Side	A Sawyer	3-119
Friday		No Classes 11/11		
10/28-12/9	8:30am-12pm	44) Strenuous Hiking	L Garnes, J Anderson	Offsite
10/28-11/4	9:30-10:45am	29) Intro to Smart Home Devices	R Riggerbach	3-271
10/28-12/2	9:30-10:45am	32) Monitoring Your Health w/ Apple Watch & iPhone	F Croft, J Acquavella	31-102
10/28-12/2	9:30-11:30am	24) The Four Noble Truths	R Lane	4-118
10/28-12/9	10am-12pm	11) Viewpoints	J Wilson, Y.T. Kangal*	31-101
10/28-12/9	11am-12pm	35) Disrupting Aging Pt 2	D Waldorf	4-102
11/4	11am-12:15p	T) Yavapai Conversations - Hope and Peace	P Berlowe	30-126
10/28-11/18	11am-1pm	53) Chef's Choice!	L Canepa	Zoom
10/28-12/2	12:30-2:30pm	18) Memories of a Holocaust Survivor	E Basch, R Turet	31-101
10/28-12/9	1-4pm	6) Foreign Films	K Amdurer, L Garret*	4-102
10/28-12/9	2-4pm	26) Intuition/Psychic Development	M Melanson	30-126
Email Only				
		49) Great Courses Potpourri (Email Only)	P Berlowe	Email Only
		K) Vivaldi's Four Seasons	N Dubow*	Email Only
		L) Shindig!	N Dubow*	Email Only
Field Trips				
11/8	10am-12pm	W) Behind the Scenes Zoo Tour & Lunch	A Mazella*, L Janowski	Offsite
10/18	11:30am-1pm	V) Hidden Secrets of Yavapai College	P Berlowe	Front of 31

To Register or for more information: www.yc.edu/PrescottOLLI or 928-717-7634

PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

1) Beginning Guitar

Thursday, 10/27-12/8, 12-2pm

Location: 30-126 Limit: 10

Facilitators: *Mark Dillon**, *Michael Shannon*

If you'd like more music in your life, this class might be for you. The group is intended for those who have never played guitar, or have just basic knowledge (you know a few chords, have had a few lessons, or have played a few songs, etc.). If you played long ago, and would like to start again, we can help! Our emphasis is on having fun and moving forward at a pace comfortable for you. We will teach you to make the most of your playing time so that you learn both the mental and physical aspects of playing in less time. If you don't have access to a guitar, there is a local vendor that usually has some "rent-to-own" guitars available; contact the OLLI office. If you are unsure about the playability of your guitar, we'd be happy to meet with you in advance to give you an honest opinion.

2) Exploring the Creative Process: Unique Artisans of Prescott & Prescott Valley

Tuesday, 10/25-12/6, 9-11:30am

Location: 31-101/Offsite Limit: 12

Facilitator: *Judy Riegenbach*

Feast your eyes on a Smorgasbord of art forms presented by six local artists, each working in a different style of art; Contemporary, Native American, sculpture, floral design, murals and Western boot design. In addition to showing examples of their personal creations, they will discuss and demonstrate various aspects of how their art style is created. In most cases, the class will meet at the artists' studio. Please provide your own transportation. Be prepared to come away with a greater appreciation of how artists transform their ideas and imagination into a personal masterpiece. Note: The first 2 weeks will be in the classroom, 9-10:45. The next 4 weeks will be in the community, we will meet at 9:30-11:30. Meeting locations will be shared with participants.

3) Acting for Everyone

Wednesday, 10/26-12/7, 9:30-11:30am

Location: 31-101 Limit: 15

Facilitator: *Randy W Skidmore*

Taught by a local actor, this class will introduce you to all forms of acting. Students will work individually and together on scenes performed for the class. Memorization won't be required but will be encouraged. All class activities and exercises will be geared towards inclusion and comfort level. The class is guaranteed to raise your self confidence, reveal hidden abilities and help you appreciate the skills of fine actors.

**Master Facilitator, has offered 25 or more classes and workshops*

4) Mastering Your Camera

Monday, 10/24-11/28, 11am-12pm

Location: 31-102 Limit: 15

Facilitator: *Larry Padgett*

"I wish I could do more with my camera." All those dials and buttons can be a bit overwhelming, not to mention the terms that fly about during photographers' conversations. This course is designed to provide you with the mastery of your phenomenal device for creating art, memories, documentaries, movies and more. When you complete the five week program, you will be comfortable with and in command of your camera's many features. Equally important, you will have the technical foundation to take almost any other photography class. Prerequisite: A camera with the ability to adjust shutter speed, aperture and iso. Questions about your camera meeting the requirement? contact Larry@aperture64.com. No phone cameras.

5) Telling a Story with Your Photography

Wednesday, 10/26-11/30, 9:30am-12pm

Location: 31-102 Limit: 15

Facilitator: *Larry Padgett*

This class is for photographers who are already comfortable with the basics of photography and want to expand or fine tune their creative skills. The emphasis is creating images that incorporate captivating compositions. Each week participants will use one of their images to be part of their 6-page photo-story. In addition to discussing compositional elements, participants will learn how to critique their work. This class is for those who are already comfortable with and use the basic photographic principles. Its goal is to learn how to create images that tell a story, capture an emotion, exhibit a scenic wonder combining exposure, composition and other essential photographic skills. This is an interim level class, between the beginner and advanced levels. Prerequisites: A digital camera with independent aperture, shutter speed and ISO settings; being comfortable with making exposure adjustments using the three settings. If not, consider taking Class #4.

6) Foreign Films

Friday, 10/28-12/9 (no 11/11), 1-4pm

Location: 4-102 Limit: 50

Facilitators: *Krys Moskal Amdurer, Lydia Garret**

The Foreign Films learning group will show mostly award winning and fairly recent films. All films are thought-provoking and serious, balanced with more lighthearted selections. The films will be shown straight through, with a short break before discussion. The class objective is to share views and insights into the film's subject matter and other aspects of cinema. We count on you to participate, enjoy good acting, cinematography, life situations and share your questions and interpretations with the class.

PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

7) Basic Conversational Spanish

Wednesday, 10/26-12/7, 11am-12pm

Location: 3-205 Limit: 15

Facilitator: Mary Ann Dellinger, PhD

Aimed at learners with no or little knowledge of Spanish, this class is designed to facilitate competence in very basic survival Spanish. By the end of the course, participants should be able to: introduce yourself and others; use numbers from 1-1000 in the context of personal contact information, travel, and monetary transactions; describe, order, and purchase food; and give and get directions between locations.

8) Stories You'll Never Forget (but may want to!)

Tuesday, 10/25-12/6, 11am-12:15pm

Location: 19-225 Limit: 24

Facilitators: Jeanne Velling, Angie Mazella*

This class will feature YOU sharing memories and laughter of some of your worst experiences. Tell us about your worst car buying experience, worst date, worst restaurant experience. This just begins to give you an idea of our class. Come and share a fun time with us!

9) Memoir Writing

Wednesday, 10/26-12/7, 2-4pm

Location: 3-203 Limit: 10

Facilitator: Joann Ashlock

Have you thought about writing your memoirs for yourself, your family, or to better understand your history, your life? This class is for you! We'll discover topics, themes and writing tips to help you write your stories. Each week, we'll explore ways to develop the use of senses, specific details, scene and dialogue. Class members have remarked that they have shared their memoirs with family members to find that new connections are made and relationships renewed. We'll share our memoirs in class; participants are invited to give their positive, friendly and constructive feedback. Priority enrollment will be given to returning students.

10) 10 Minute Originals: Writing off the Top of My Head

Monday, 10/31 -11/14, 11am-12:15pm

Location: 30-126 Limit: 12

Facilitators: Mary Ann Schaffer, Joe Schaffer

This class is built around a wide range of thought-provoking and off-beat questions, such as: it is winter and you have just moved to North Dakota; write a postcard that makes Californians jealous; or write a eulogy for a relative you can't stand. You will have 10 minutes to write your response, and then share what you have written. No criticism allowed and, of course, no grades! No previous writing experience necessary, just a desire to be creative, enjoy some thoughtful discussion and have some fun. Enjoy an hour or so of stimulating ideas and mind wanderings that require some unique thinking. Do you dare?

11) Viewpoints

Friday, 10/28-12/9 (no 11/11), 10am-12pm

Location: 31-101 Limit: 18

Facilitators: Jack Wilson, Y. "Turk" Kangal*

Aristotle says, "it is the mark of an educated mind to be able to entertain a thought without accepting it." No idea, belief, or opinion is out of bounds in this class, and everyone is allowed to express his or her thoughts. Let us have a lively, entertaining and, most of all, informative discussion.

12) Foreign Affairs: Discussions and More

Tuesday, 10/25-12/6, 11am-1pm

Location: 31-101 Limit: 30

Facilitator: John Lowe

This learning group continues our discussions about foreign affairs and major issues. The facilitator and volunteer guest speakers will use brief presentations to generate interactive discussions about major global issues and topics of interest. We will discuss current foreign affairs by reviewing the current headlines, lesser-reported events, and updates on previous headlines, as well as cover selected issues and topics in more detail. We will exchange ideas through open discussions. Bring your viewpoint and share your opinions. Join the conversation!

13) Passionate Advocacy!

Tuesday, 10/25-11/15, 8-9:15am

Location: 30-126 Limit: 12

Facilitator: Julia Watson

Are you committed to championing a cause? Does your passion inspire others to act? Come to learn advanced communication skills to maximize your impact! No matter what you advocate for – our environment, education for the next generation, or civic action – these sessions will provide enhanced and powerful abilities to add to your toolbox. Your true passion can influence others with these significant practices.

14) The True Believer

Monday, 10/24-11/7, 2-3:15pm

Location: 30-126 Limit: 10

Facilitator: Robert Branstrator

A review of Eric Hoffer's classic 1951 book *The True Believer*, an inquiry into the nature of mass movements as relevant today as it was to explain 1930s Germany.

**Master Facilitator, has offered 25 or more classes and workshops*

15) Reverse Mortgages: Remodeling Retirement

Tuesday, 11/1-11/15, 9:30-10:30am

Location: 19-225 Limit: 30

Facilitator: Scott Burks

Retirement planning has traditionally excluded housing wealth. Today, with volatile investment and interest rate markets, more individuals are taking a fresh look at reverse mortgages to help meet their long-term goals. In this three-session study we will read and review two nationally recognized reverse mortgage authors and watch the training provided by the Official Education Partner of the Financial Planning Association. Subjects to be covered include how a reverse mortgage works with a review of eligibility, costs, misconceptions, safeguards, and several case studies. We will cover how to manage long term care costs, delay social security, and address the bad reputation of reverse mortgages. We will wrap up with a powerful presentation on "A new discovery in risk reduction." Books will be provided at no charge for this course. Scott Burks has over 25 years of financial and banking experience and is currently one of 200 Certified Reverse Mortgage Professionals (CRMP) Nationwide.

16) The Rise of China Pt 1

Tuesday&Thursday, 10/25-11/10, 2-3:15pm

Location: 3-203 Limit: 25

Facilitator: Phil Jones

How do the Chinese people perceive their history and culture? What does Stanford scholar Fukuyama mean when he calls China the first modern state? This course will examine the formation of the Chinese state and the Han system of rule, the Confucian concept of state power, the dynastic pattern of rule, the tributary system of foreign relations and the decline of the imperial system and rise of warlords. The course will also cover China's century of humiliation, which drives China's perception of its role in the world today.

17) The Rise of China Pt 2

Tuesday&Thursday, 11/15-12/8, 2-3:15pm

Location: 3-203 Limit: 25

Facilitator: Phil Jones

The course will cover Communist China from the foundation of the Chinese Communist Party, the Maoist revolution, Japanese invasion, civil war, birth of Communist China, and US-China relations since 1949 to today.

18) Memories of a Holocaust Survivor

Friday, 10/28-12/2, 12:30-2:30pm

Location: 31-101 Limit: 30

Facilitators: Esther Basch, Rachel Turet

Witnesses to the history of World War II are becoming increasingly smaller in number with the passing of time. Esther Basch survived internment in Auschwitz, and after the war she met and married Joseph Basch, a fellow survivor. In 1996, Steven Spielberg used proceeds from his film Schindler's List to hire interviewers who taped conversations with many Holocaust survivors, including Esther and Joseph. Joseph passed away many years ago, but Esther, a fellow OLLI member, is here and would like to share the interviews and their history with us all. Telling the story of the Holocaust is a shared, unspoken commitment amongst survivors to possibly, hopefully, prevent history from repeating itself. We will watch the interviews, and field questions.

19) Our Navajo Neighbors

Tuesday, 10/25-12/6, 9:30-10:45am

Location: 4-102 Limit: 50

Facilitator: Dirk Stringham

Navajo Land is among the most scenic in the world! How much do we know about the unique culture of the people who live there? In this class we will explore the history, culture, and challenges of our nearly 300,000 neighbors to the north. We will study the 400 mile "Long Walk" to reclaim their homeland and how the "Code Talkers" became heroes of World War II. We will see how their culture and lifestyle has produced beautiful art, jewelry and rugs, as well as the conditions that made Covid 19 a serious problem. The class is founded on 40 years of visiting The Navajo Nation, a long-time friendship with a traditional Navajo family, and extensive reading.

20) Tracing the Railroad through Prescott

Wednesday, 10/26-11/16, 2-4pm

Location: 31-101 Limit: 30

Facilitator: Thomas McColloch

The Santa Fe, Prescott and Phoenix Railway started operation in 1895, running from Ashfork to Phoenix. It originally came through Prescott, but in 1962 a bypass was constructed to route the tracks west of the city. The downtown passenger depot and the truss bridge are two remaining landmarks to remind us that the tracks were once in town. A portion of the former roadbed remains as the Peavine hiking trail, but locally there was another 50 miles of railroad that was abandoned. In some areas of the city there is no evidence of the former roadbed, but in other areas much of the old roadbed still exists and it can be located by reading the old railroad maps. Follow along as we trace the path of the former roadbed, and see the many bridges and culverts that still exist today to mark the way.

PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

21) Mikhail Gorbachev's Russia

Monday, 10/24-12/5, 11am-12:15pm
Location: 31-101 Limit: 26

Facilitator: Mel (Miloslav) Munchinsky

This course will focus on current domestic and world issues. How does a country move from authoritarian to democratic governance, censorship to transparency and free speech, a planned to a free market economy? We will examine how nations can move from brinksmanship to mutually beneficial relationships leading to global peace. Gorbachev addressed these issues, articulating forward looking ideas designed to create better domestic and international policies and programs.

22) Dead Sea Scrolls

Tuesday, 10/25-12/6, 2-3:30pm
Location: 31-101 Limit: 30

Facilitator: Axel Funke

In 1947 the discovery of the Dead Sea Scrolls in the Judean Desert near Qumran was labeled the greatest discovery of ancient manuscripts in modern times. This may be an overstatement. However, the scrolls are considered one of the most important finds in the history of archaeology, and they have great historical, religious, and linguistic significance. They include the oldest surviving manuscripts of entire books later included in the Old Testament. We will explore this intriguing topic with Professor Gary Rendsburg of Rutgers University in a series of Lectures that are part of Great Courses on video.

23) Going Home: An End of Life Journey

Monday, 10/24-10/31, 11am-12:30pm
Location: 19-225 Limit: 25

Facilitator: Mary Towne

Have you ever wondered what you will experience when your time on earth has come to an end? Many of us have experienced or will experience the loss of a loved one or someone we care about. So many questions, so much confusion. Why won't my loved one eat? Why do they sleep so much or barely talk? What are the physical signs and stages of this remarkable journey? Discover the answers to these perplexing questions. Join Mary, who has shared this confusing and sometimes fearful experience throughout her 9 years as a "companion" for that "journey home." She will share what she has learned and experienced as this starts and comes to an end. Questions such as where can I get assistance during this time and the importance of caring for yourself will be discussed.

**Recruit a NEW OLLI member at the Deluxe level, receive a \$25 voucher!
See the office.**

24) The Four Noble Truths

Friday, 10/28,11/4,11/18,12/2, 9:30-11:30am
Location: 4-118 Limit: 20

Facilitator: Rand Lane

Using several lectures from Great Courses on Buddhism as well as discussions of related transcriptions from numerous books, these classes will present a brief history of the Buddha, his faith in reason and his conclusions as explained in the Four Noble Truths.

25) Introduction to Dimensions of Consciousness

Tuesday, 10/25-11/15, 2-4pm
Location: 3-271 Limit: 20

Facilitator: Sue Wilkes

The concept of consciousness is shifting as we move from head to heart – from the one dimensional materialistic view of reality to a world view of interconnected dimensions that have been long known to the world's great spiritual traditions. This class is an overview of the ancient paradigms and the emerging scientific understandings that support them. We will touch upon multiple aspects, including consciousness, the soul, the light body, the intelligence of the heart, the chakra system, guides & angels, archetypes & astrology, noetic (direct) knowing, mythology & fairy tales, the role of the breath, incense, the Imaginal Realm, meditation and more. Each meeting will include basic concepts, experiential exercises and handouts, as well as additional resources and practices. You are invited to join us, bringing an open mind and an open heart!

26) Intuition/Psychic Development

Friday, 10/28-12/9 (no 11/11), 2-4pm
Location: 30-126 Limit: 10

Facilitator: Mary Melanson

Learn how to tap into your innate spiritual gifts. You will learn what Intuitive and Psychic energy is, how to feel it, and the different tools and techniques to use in the process. You will learn to hear that little voice in your head and trust it. This class will be an introduction on how to use and access your natural gifts. Using best practices we will consider among many approaches - muscle responses, the use of pendulum movements, crystals, and essential oils. Asking questions is encouraged. Learn what your strongest gifts are and how to hone them while discovering your other gifts.



Photo by Mel Munchinsky

To Register or for more information: www.yc.edu/PrescottOLLI or 928-717-7634

PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

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27) Heredity, Genetics and Eugenics: The Good the Bad and the Ugly

Monday, 10/24-12/5, 9:30-10:45am

Location: 31-101 Limit: 25

Facilitator: Jim Veney*

Throughout history people have struggled to understand how characteristics get passed on from parent to child. This course will examine the progress of this struggle from Aristotle to the current age of DNA sequencing and designer babies. Along the way we will look at the collapse of the Hapsburg Dynasty, Mendel growing his first pea plants, Darwin formulating the theory of evolution and his cousin Galton creating the term eugenics to "improve" the race, to Goddard and the Kallikak family, to the Nazi interpretation of eugenics, to Crick and Watson and their description of DNA, and to the present when nearly one hundred percent of the human genome has been mapped. The class will be conducted with a combination of video presentations and class discussion.

28) Geologic Wonders of the Earth Pt 2

Wednesday, 10/26-12/7, 2-4pm

Location: 4-102 Limit: 50

Facilitators: Dave Hoffman*, Johanna Kangal*

Travel to 36 of Planet Earth's most amazing natural wonders, guided by Earth and Planetary Sciences Professor, Michael Wyssession. Explore each visually spectacular site and learn the forces and geological science behind its creation. Hear the stories of the effects on people, their history and their culture. Get travel tips plus five additional places to see the geological phenomenon. Part 2 includes Cave of Crystals, Great Blue Hole/Sinkholes, Karst Landscapes, Bryce Canyon, Uluru/Ayers Rock, Devil's Tower, Antarctica, Columbia Glacier, Fiord lands National Park, Rock of Gibraltar, Bay of Fundy/Tides and Hawaii.

29) Intro to Smart Home Devices

Friday, 10/28-11/4, 9:30-10:45am

Location: 3-271 Limit: 20

Facilitator: Rod Riggerbach

Get your home up to speed with smart home devices. You'll learn about the features of Amazon's smart speakers and the Alexa digital assistant app. We'll talk to Alexa and catch up on the most recent innovations. With this in-person class, you'll learn how to set up an Amazon smart speaker and use Alexa to add more interest to your daily life. You'll never forget an appointment once Alexa knows your routine.

30) Beginners iPhone for Seniors

Monday, 10/24-12/5, 9:30-11:30am

Location: 19-223 Limit: 20

Facilitator: Dave Rothgery*

This class is for beginners to the Apple iPhone and will cover the basics of iPhone use. This is a hands-on class requiring you to bring your iPhone to class. Your iPhone must be at iOS Release 15 or 16, operating system. You must know your Apple ID and password. The class size is limited to allow more interaction and focus.

31) Reincarnating an Old Computer

Monday, 10/24-11/14, 12:30-1:45pm

Location: 31-101 Limit: 9

Facilitators: OLLI Tech Committee

Good news! Your old computer may still have a secure and productive life with a new operating system (OS)! ChromeOS Flex is a new, light weight, secure OS from Google that can rejuvenate many older computers and laptops by replacing the old OS. Google introduced this new, supported, software as a way to rejuvenate, rather than discard, old computers. The OLLI Tech Committee can help you try converting your older PC or Mac to ChromeOS Flex and have it live another day. Depending on the computer, you can even test and use the FLEX OS before deciding to replace the old OS. Let's figure it out together.

32) Monitoring Your Health with Apple Watch & iPhone

Friday, 10/28-12/2 (no 11/11), 9:30-10:45am

Location: 31-102 Limit: 12

Facilitators: Frank Croft, John Acquavella

The Health App for the Apple iPhone was first released in 2014 and created a great place to begin to gather all your health records. The first Apple Watch was release in 2015 which began the collection of heart rate and movement statistics. Apple has continued adding other health related sensors to the watch, and expanded the Health App on the iPhone to include the measurements those sensors are collecting, as well as records from other doctors and specialists. This class will explore these measurements and how to get more from them and understand the information. You must have an Apple Watch Series 4 or later running WatchOS Version 9 and an Apple iPhone 8 or later running iOS 16.

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PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

33) Everything Plant-Based - Let's Do it!

Tuesday, 10/25-11/15, 9:30-10:45am

Location: 4-118 Limit: 20

Facilitator: Dory Bixler

Do you want to make a change in your life or just need more info on how to do it? Using my 20 years of experience being plant-based and over 15 years being a vegetarian, I will share with the class how it all started, why it is great for your health and the planet along with how to do it. We will cover healthy resources from the medical experts, nutrients, meal prep, easy meals, travel, shopping as well as how to entertain guests. We will watch a few of my favorite chefs in action and introduce you to a world that is easier to navigate than you may have thought. An optional grocery store tour and potluck will be discussed during the class.

34) Gardening with Native Plants

Wednesday, 10/26-12/7, 9:30-10:30am

Location: 30-126 Limit: 12

Facilitator: Kathy Dickinson

You can transform your garden into a haven for birds, bees and butterflies, while conserving water and ending dependence on fertilizers. There are hundreds of gorgeous native plants that also provide food, nesting material and shelter for many species of wildlife. Students will assess and map their garden space, learn the basics of planting, tending, and propagating native plants and learn to replicate nature's gardening approach.

35) Disrupting Aging Pt 2

Friday, 10/28-12/9 (no 11/11), 11am-12pm

Location: 4-102 Limit: 30

Facilitator: David Waldorf

Drawing from a series of TED Talks on "Ideas About Aging", as well as other resources, this class focuses on our approach to aging and changing the historical view of the aging process; changing the rules about aging. After an overview session outlining the subject area, each class will begin with a 10-15 minute TED Talk (or other short videos) followed by group discussion of the ideas presented, including aging in place, taking control of your health, your plan for the next phase of what is becoming an extended life, working into "retirement" years and other pertinent topics. Attendance in Disrupting Aging Part 1 isn't required to attend and enjoy Part 2.

36) Poker Omaha Hi Lo/Texas Hold 'Em

Wednesday, 10/26-12/7, 2-4:30pm

Location: 30-126 Limit: 10

Facilitator: Pat Harder

Knowledge of playing poker is a must. Omaha is a complicated poker game. In this class you will learn how the game of Omaha Hi Lo is played in casinos. We will

also, with class input, mix in some Texas Hold 'Em as well. You will be introduced to poker terminology, ranking of poker hands, table action and other rules of the game. You will learn when to bet, raise and fold the cards that are dealt to you. By the end of the session you will have played in live and tournament games for fun.

37) Restaurant Review - For Fun!

Monday, 11/7-12/5, 9:30-10:45am

Location: 19-225 Limit: 20

Facilitator: Jeanne Velling

Join us for a fun time reviewing area eateries. No shaming allowed, just a review of where you ate, what you ate, did you dine with anyone, cost versus service and more, especially Would You Go Back? We are looking for recommendations of our most fun, delicious and adventurous places to dine!

38) How to Play Chess

Thursday, 10/27-12/8, 2-4pm

Location: 31-101 Limit: 20

Facilitator: Tom Green

The game of chess has delighted players and fans for 1500 years. The game is easy to learn and promises a lifetime of pleasure. Studies have shown that playing chess improves concentration and study habits and keeps older minds sharp, while an appreciation of chess culture offers further layers of enjoyment. In this introductory class you will learn the rules of chess, how to win a game, how to make the opening moves and some basic tactics.

39) Sugar Cookie Holiday/Christmas Ornaments

Monday, 11/28-12/5, 2-4pm

Location: 31-102 Limit: 14

Facilitator: Jill Norcross

These darling little wool felt ornaments are the best kind of cookie! No mess in the kitchen, no calories and no crumbs! Use them to decorate a seasonal tree or wreath, arrange on a pretty plate for a centerpiece, or put on a bamboo stem for a faux cookie bouquet. The possibilities are endless! Note: \$5 fee to be paid to the facilitator for supplies.



Photo by Frank Croft

PRESCOTT OLLI Fall 2: IN-PERSON CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

40) T'ai Chi For Beginners (On-Going only)

Wednesday, 10/26-12/7, 10-11:30am

Location: 15-260 Limit: 12

Facilitator: Arlo Chan

Yang Style Long Form (108 postures.) With 47 years of practice, 25 years under Master Mary Chow, and 21 years of teaching experience, Arlo Chan has a 5th generation, direct lineage to Yang Lu Chan, the founder of Yang Style T'ai Chi. Learn this gentle and powerful art in a dynamic group setting. Observers are always welcome. NOTE: Requires a six-month commitment and active participation.

41) T'ai Chi - Advanced (On-Going Only)

Tuesday, 10/25-12/6, 10-11:30am

Location: 15-260 Limit: 12

Facilitator: Arlo Chan

See #40.

42) Moderate Hiking

Wednesday, 10/26-12/7, 8-10:30am

Location: Offsite Limit: 15

Facilitators: Lynn Neakrans, Mark Troester

Join us on moderate hikes of up to 5 miles on rocky and sometimes steep terrain and experience the beauty and diversity of some of the many trails in our area. You will need to be in good physical condition and accustomed to hiking at higher elevations. Wear a hat and sunscreen and bring plenty of water and a hiking stick. For comfort and enjoyment, wear comfortable boots and dress in layers appropriate for the weather. A description of the hike and directions to the trailhead will be emailed to participants before each hike.

43) Hike the Prescott Circle Trail

Monday, 10/24-12/5, 8-11am

Location: Offsite Limit: 15

Facilitators: John Pillman, Ken Paris

The PCT is a roughly 56 mile trail that encircles Prescott, divided into 11 segments. During the last session we hiked the first 6 and will now finish hiking the rest. These are easier hikes than the first 6 but range from 4.5-7 miles. These trails go through the Dells area and the beautiful chaparral near Pioneer Park, ending up near Williamson Valley Road. Each week you will receive an email which will include something about the hike and the exact location and time to meet. So put on your hiking shoes and join us on this wonderful adventure.

44) Strenuous Hiking

Friday, 10/28-12/9 (no 11/11), 8:30am-12pm

Location: Offsite Limit: 16

Facilitators: Lisa Garnes, Joslyn Anderson

Join us and enjoy one of the most beautiful times of the year to be outdoors and hiking! It is essential that you be accustomed to hiking 6-8 miles on uneven, rocky and sometimes steep terrain. We will be hiking at a moderate pace with regular brief stops and a short break. Our hikes will typically last approximately 3 hours - plus travel time to the hike's start location. Hikes are usually in the Prescott area although a hike may be offered out of town, e.g. Sedona, or Cottonwood. The meeting place and description of each hike will be emailed to you before that week's hike. We hope you will join us!

Yavapai College Performing Arts Center

Fall 2022 Season

For tickets, call (928) 776.2000 or visit: www.ycpac.com

Righteous Brothers Oct 15

Blue-eyed soul pioneer and Rock 'n Roll Hall of Famer Bill Medley – with new partner Bucky Heard – rekindles the Brothers' greatest hits: *Unchained Melody*, *That Lovin' Feeling*, and Medley's Grammy-winning *Dirty Dancing* theme, *The Time of My Life*.

Brian Chartrand Quartet Oct 21

A favorite at YCPAC's Concerts on the Green, the Brian Chartrand Quartet mixes soulful original songs with an amazing set list that has thrilled crowds everywhere from Phoenix's Crescent Ballroom to Carnegie Hall.

Hello, Dolly! Nov 3 – 20

Pop legend Toni Tennille takes the Prescott stage as the mischievous 19th Century matchmaker Dolly Levi, who turns New York society on its ear juggling young love, old money, adventure, joy and loneliness "before the parade passes by."

Prescott OLLI Fall 2: ONLINE CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

45) Telling Your Stories: Writing Your Memoirs

Tuesday, 10/25-12/6, 11am-1pm

Location: Zoom Limit: 10

Facilitator: Becky Gunn*

One way of remembering events in your life is by writing them down. In doing so, you tell your story. In a supportive and constructive environment, each week class participants will write a short thematic essay about their lives. We will share our pieces and provide friendly feedback. This class is for those wishing to begin to write their 'memoirs' and for those who have previously taken the Writing Your Memoirs class.

46) Flash Fiction Writing

Wednesday, 10/26-12/7, 11am-12:15pm

Location: Zoom Limit: 12

Facilitators: Jerry D Thurber, Marjorie Schiering

The goal of this class is to learn about writing Flash Fiction stories that can be as short as 6 words or as long as 700 words. One famous 6 word story attributed to Hemmingway reads: "For Sale: baby shoes, never worn." So much can be said in so few words and this course will help us find our "inner Hemmingway." This course will be arranged in six sessions. The first session is an overview of Flash Fiction (F.F.), and session 2 through 6 will focus on specific F.F. genres. For each session, the participants' will be asked to write a Flash Fiction story in the genre or style suggested for that week's class. Short articles or videos may be used to provide more detail about the writing styles. Each class member, including the facilitators, will read their stories in class. A discussion ensues that provides positive, supportive feedback.

47) And the Nominees for Best Actress are...

Thursday, 10/27-12/8, 2-3pm

Location: Zoom Limit: 15

Facilitator: Bill Mains

And the nominees for best actress are...? So many memorable performances of so many fine actresses in so many movies to choose from. An impossible task yes, but it could be wonderful to explore. Despite the fact that women's roles in movies have not always been the typical strong, heroic, triumphant characters that their male counterparts were offered to play, women have risen above the written page and repeatedly turned in exquisite performances imbuing their characters with complexity and power yet with subtlety and nuance. First week is an intro to the class structure and each other, and a preview of the first film. Then each week watch a film on your own to discuss on Zoom. The movies on the bill (in no particular order) are: Moonstruck, Silkwood, Postcards From The Edge, Julie and Julia and Whale Rider.

***Master Facilitator, has offered 25 or more classes and workshops**

48) New Ideas

Wednesday, 10/26-12/7, 11am-12pm

Location: Zoom Limit: 50

Facilitator: Barbara Brown*

Please join me on a journey into the world of ideas. Each week we will explore a different subject: History, Science, Space, the Human Body, Art Architecture, Current Concerns or even Aging. No week will be the same. You will receive the video links on Saturday and then we'll meet the next week for an optional Zoom discussion.

49) Great Courses Potpourri (Email Only)

Location: Email Only Limit: 30

Facilitator: Patricia Berlowe

Over the years OLLI has purchased many titles from Great Courses for our classes. We have access to over 250 titles that can be streamed from your home. You will be given access to the Prescott OLLI account, and can stream at will for the session. There is music, history, mindfulness, science and travel. Although we won't meet to discuss in a formal way, you could certainly collaborate with friends, pick titles and discuss on your own!

50) American Nations Discussion Pt 2

Monday, 10/24&31, 11/21&28, 12/5&12, 9:30-10:45am

Location: Zoom Limit: 20

Facilitators: Deb Dillon*, Mark Dillon*

This class will continue the discussion of the book *American Nations: A History of the Eleven Rival Regional Cultures of North America*, by Colin Woodard. The book offers insight into America's myriad regional identities and how conflicts between them have shaped our past and are molding our future. Class participants will need a copy of the book and will be expected to read approximately 30 pages before each class. Part 2 will cover Chapter 16 through the Epilogue. Class members who did not participate in Part 1 should plan to read Chapters 1-15 prior to the first class. Note the dates for this class; date may be adjusted.

51) An Introduction to the Seven Hermetic Principles of the Kybalion

Monday, 10/24-12/5, 2-3:30pm

Location: Zoom Limit: 15

Facilitator: DeeDee Freeman

The Seven Hermetic Principles were first introduced to the public in 1908, in a little book written by the Three Initiates called *The Kybalion*. While these principles were never intended to become a philosophy or doctrine, their influence can be found in all the world's organized religions. This esoteric knowledge, originally passed on orally "from lips to ear," defines the ancient hermetic art of mental alchemy and the mastery of mental forces. By studying you can learn how to change your reality by changing your mind! Following the book and related videos, we will learn the history of the Seven Hermetic Principles, and get an introduction to the wisdom tradition of Hermes Trismegistus. Available on Amazon, or as a free PDF at: <http://www.kybalion.org/TheKybalion.pdf>

Prescott OLLI Fall 2: ONLINE CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

52) Armchair Adventures

Monday, 10/24-12/5, 11am-12pm

Location: Zoom Limit: 50

Facilitator: Barbara Brown*

We'll travel the world without passports, expense, long airport lines or fatigue. We will explore cultures, history and do lots of sightseeing on the wonderful planet of ours.

We'll see new places every session.

53) Chef's Choice!

Friday, 10/28-11/18 (no 11/11), 11am-1pm

Location: Zoom Limit: 25

Facilitator: Larry Canepa

Chef Canepa has offered 6 block-buster classes for us so far on topics that range from the legendary food of Europe, to super foods, to the spice trade. Chef has over 50 presentations he is prepared to share. The first week will be Chef's choice, and then the class may get the chance to vote on the other two weeks.

54) Fun in the Zoom Kitchen

Tuesday, 10/25-12/6, 2-3pm

Location: Zoom Limit: 20

Facilitator: Marge Rubin*

We cook at home and share our creations via Zoom. Most importantly, we socialize and have plenty of laughs.

THERE IS HOMEWORK! Your presentation is based on the theme of the week. No judgments are made and your cooking expertise is not a factor. Remember: A recipe is just a suggestion!

55) Midweek Guided Meditation

Wednesday, 10/26-12/7, 12:30-1:15pm

Location: Zoom Limit: 20

Facilitator: DeeDee Freeman

Back by popular demand, this midweek guided meditation is intended to give participants a much needed break and simply relax. There are no books or suggested reading.

Each week we will briefly discuss the meditation topic and experience a relaxing 30 minute guided meditation. The guided meditations will include "Loving Kindness", "Heart-Mind Coherence", "Creating an Inner Sanctuary" and special requests from the participants.

SEDONA/VV OLLI ONLINE CLASSES

Current Prescott OLLI Members are welcome to enroll, most membership levels pay \$35/class or \$15/workshop

Behavioral Styles (Z-305-F222) with Rick Rokosz
NEW! This course examines various leadership styles and behavioral modes. Included are easy-to-understand materials to help individuals to be more effective when interacting with others in any personal or business environment. **Class minimum: 3. Class maximum: 10.**

**Tue Nov 8 • 1:00 PM - 3:00 PM Online
Workshop • 1 Session • \$15**

Boating Lake Powell (Z-311C-F222) with Sheri & Paul Hauser

NEW! Lake Powell is a large, scenic reservoir on the Colorado River in Utah and Arizona with over 2000 miles of shoreline. It is a major vacation destination visited by approximately two million people every year. This class will focus on boating Lake Powell, especially during these low water times. We will touch on how to camp and kayak, launching, renting houseboats, and marina services at both ends of the 100-mile lake. **Class minimum: 4.**

**Thu Nov 3 • 1:00 PM - 3:00 PM Online
Workshop • 1 Session • \$15**

Compartmentalization - One at a Time (Z-319-F222) with Rick Rokosz

NEW! Compartmentalization - a great way to address success by taking on multiple efforts one at a time. You will learn the whys and wherefores of this technique and observe how to successfully complete tasks by sorting through multiple requests to focus on one thing at a time. The facilitator has compiled a set of information from his research, and will present this information along with his personal experience using the technique. **Class minimum: 3. Class maximum: 10.**

**Fri Nov 4 • 1:00 PM - 3:00 PM Online
Workshop • 1 Session • \$15**

Create Holiday Harmony With Feng Shui (Z-323-F222) with Darielle Archer

NEW! Feng Shui expert, Darielle, shares how easily we can create Holiday Harmony. Tame that clutter, create more time, and be ready for guests at anytime. Enjoy, share, laugh, and have time with your family and friends this holiday. Change your environment with simple steps that will give your home a new look and feel, with time to enjoy your holidays. With a few adjustments, go from ho-hum to WOW! Create new, positive experiences. Make this the year to feel love, acceptance, and respect. **Class minimum: 2.**

**Fri Oct 28 • 9:00 AM - 11:00 AM Online
Workshop • 1 Session • \$15**

From Chaos To Clutter Free With Feng Shui (Z-151-F222)

with Darielle Archer

NEW! Feng Shui expert Darielle will guide you on the basics. Leave the chaos and clutter with simple steps. The ancient Chinese science of Feng Shui attends to nine areas of life: Family, Wealth, Health, Fame, Children/Creativity, Marriage, Knowledge, and Career/Life Journey. An imbalance in one or more areas in your life may be magnified by your home or office environment. Feng Shui restores balance to the affected area. The results can be subtle, remarkable, and in many cases, instantaneous.

**Mon Oct 31 - Mon Dec 5 • 10:45 AM - 12:15 PM
Online
Learning Group • 5 Sessions • \$35**

Prescott OLLI Fall 2: ONLINE CLASSES

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

SEDONA/VV OLLI ONLINE CLASSES

Current Prescott OLLI Members are welcome to enroll, most membership levels pay \$35/class or \$15/workshop

Getting Your Legal House in Order (Z-341C-F222)

with Jim Molans and Bob Haizmann

NEW! This workshop provides a checklist of subjects and ideas which the student might discuss with his/her attorney or financial planner to make those meetings more meaningful. Included in the topics to be examined are the basics of wills, trusts, and estate planning, insurance, Medicare and health plans, protecting yourself from debt, powers of attorney, and medical directives. No legal advice will be provided.

Thu Nov 17 • 9:00 AM - 12:00 PM Online Workshop • 1 Session • \$15

Habits-Make, Break, and Keep Them (Z-345-F222)

with Rick Rokosz

NEW! This course takes an in-depth look at why we routinely do what we do and provides information on how to break a bad habit, replace it with a good one and keep it alive. The information will be presented from easy-to-understand slides, copies of which are available from the presenter upon request. **Class minimum: 3. Class maximum: 10.**

Mon Oct 31 • 9:00 AM - 11:00 AM Online Workshop • 1 Session • \$15

Healthier Aging (Z-153-F222) with Suzette Lawrence

NEW! Learn and apply proven, anti-aging strategies that are 100% beneficial to the aging body. Improve immune function, reduce blood pressure, balance blood sugar levels, improve your heart, lung and kidney function, digestive health, energy, muscles, joints, bones, skin, and eyes. Apply what you will learn to optimize your aging process. Our focus over this 5-week interactive learning group will be to help you become a better you! **Class minimum: 5.**

Wed Nov 2 - Wed Dec 7 • 10:45 AM - 12:15 PM Online Learning Group • 5 Sessions • \$35

Implementing Change (Z-347-F222)

with Rick Rokosz

NEW! This course is designed to help individuals bring about change. Students will be shown a process and will be given a tool that was developed by the author based on his extensive research on the subject. **Class minimum: 3. Class maximum: 10.**

Mon Nov 7 • 9:00 AM - 11:00 AM Online Workshop • 1 Session • \$15

Managing Stress (Z-365-F222) with Rick Rokosz

NEW! This workshop examines the various types of stress we encounter in our lives, at work, and at home. We will address both the causes of stress, and how to control and keep it in check using several life balance coping techniques. The information will be presented from easy-

to-understand slides, copies of which will be made available by the presenter. **Class minimum: 3. Class maximum: 10.**

Thu Nov 10 • 9:00 AM - 11:00 AM Online Workshop • 1 Session • \$15

Tackling Tough Problems (Z-373-F222) with Rick Rokosz

NEW! This course will provide coping techniques on how to manage tough problems, both routine as well as those that are critical and urgently need to be addressed. The course will also identify various types of individuals, and how they respond when confronted with a tough problem. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter. **Class minimum: 3. Class maximum: 10.**

Tue Nov 15 • 1:00 PM - 3:00 PM Online Workshop • 1 Session • \$15

Tech for Life (Z-169C-F222) with Sharon Sherman

NEW! So much to choose from! Learn more about home tech. Shop for a new computer, peripherals, storage, or router. Explore the right smart phone, VOIP and landlines, charging gadgets and systems interconnectivity. Learn about the "Internet of the Things" (light bulbs, cameras, etc.), and how to protect your privacy. Exist with just a smartphone, printer, and tablet. Review electrical, surge protectors, lighting, and ergonomics. Enjoy being more informed and adventurous. Let's explore! **Class minimum: 3.**

Tue Oct 25 - Tue Nov 15 • 2:45 PM - 4:15 PM Online Learning Group • 4 Sessions • \$35

The Nobel Peace Prize - Past and Future (Z-175C-F222) with Charles Blum

The 2022 Nobel Peace Prize laureate(s) will be announced October 7. This course will cover how Nobel Peace Prizes are awarded; who gets them and why; which awards have been most controversial and which most inspiring; and the relevance of the award in a violent world. The class will view and discuss several acceptance speeches that are relevant to this year's award. **Class minimum: 10.**

Tue Oct 25 - Tue Dec 6 • 10:45 AM - 12:15 PM Online Learning Group • 6 Sessions • \$35

Twenty Five-Hour Day - How to Save Time (Z-375-F222)

with Rick Rokosz

NEW! This course will provide numerous tips and techniques on how to recapture time and become better organized to meet the challenges of the day, be it at work or at home. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter. **Class minimum: 3. Class maximum: 10.**

Wed Nov 2 • 9:00 AM - 11:00 AM Online Workshop • 1 Session • \$15

Prescott OLLI Fall 2 ONE-DAY WORKSHOPS

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

A) Welcome to OLLI!

Tuesday, 10/18, 10-11:15am

Location: 31-101 Limit: 30

Facilitator: Membership Engagement Committee

Recently joined OLLI? Did you know it is more than a classroom? Come learn more about all OLLI has to offer, how to get involved and meet people. Find out all the important details like parking, the cafeteria and where your classroom is! The answers to these and many more questions will be revealed in our New Member Welcome. Bring a friend. We look forward to meeting you!

B) Zoom for Beginners

Tuesday, 10/18, 2-3:15pm

Location: Zoom Limit: 30

Facilitators: Mark Troester, Tina Leydon

We grew up dreaming of the "video phones" of the future. Well...they are here! Jump on this Zoom class to de-mystify Zoom so you can video chat with your friends and family...without embarrassing yourself or feeling self-conscious. You will learn the basics of using Zoom, and must know features, common problems and quick fixes. Discover tips to look good on video and much more! You will need to download the Zoom app prior to class then click on the Zoom link from the email. You can use Zoom on a computer, smart phone or tablet.

C) Welcome to OLLI! (Zoom)

Wednesday, 10/19, 2-3pm

Location: Zoom Limit: 20

Facilitator: Membership Engagement Committee

Join us for a repeat of Workshop A, but this time on Zoom!

D) Thinking About Facilitating

Thursday, 10/27, 9-10am

Location: 31-101 Limit: 15

Facilitator: Deb Dillon*

This workshop is for new facilitators who are ready to start exploring the world of facilitating for OLLI and experienced facilitators who might want to try something new. We will talk about how to plan both in person and online classes. We will show you all the tools OLLI has to offer.

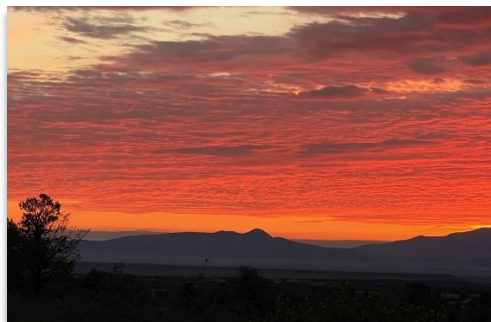


Photo by Lois Stingham

All M&L presentations will be on Zoom, those who haven't Zoomed can observe the Zoom presentation in 31-101 (registration REQUIRED.)

E) Munch & Learn: Aging & Balance

Thursday, 10/27, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

Beth Brehio has been a leader in the field of wellness in the tri-city area for over 20 years. She held the position of Wellness Coordinator for the VA and oversaw the weight management program for veterans. She is a registered Dietetic Technician as well as a certified Health Coach, Personal Trainer and Yoga teacher. She is now a Health and Wellness Specialist for the NACOG Area Agency on Aging bringing evidence-based programs on aging to older adults and a Matter of Balance training along with being an exercise specialist.

Or EE) M&L: Aging & Balance in 31-101 Limit 30

F) Munch & Learn: The Renaissance Man

Thursday, 11/3, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

Mike Rothmiller has been described as a true Renaissance Man. He will discuss his many years of producing and hosting documentary television productions for ESPN, PBS, ABC and others. Mike will cover the ins and outs and difficulties of making documentaries produced in the field, and will detail some of his most challenging filming adventures. He will include defying death in the Amazon and his interactions with caimans, poisonous snakes and lightning. He will talk of flying with the Navy's Blue Angels, cave diving in the Yucatan, swimming with and catching sharks by hand and many more adventures. Whew! Buckle up!!

Or FF) M&L: Renaissance Man in 31-101 Limit 30

G) Munch & Learn: Christmas In Prescott

Thursday, 11/10, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

Drew Desmond has spent many an hour researching the history of Prescott and has written two books covering its history. The subject of his talk will be the history of Christmas in Prescott, and how it started. Prescott has often been called Arizona's Christmas City because it becomes a magical destination during the wintertime when over 100 trees in the Plaza and surrounding the courthouse are lighted, and Santa makes his appearance in a horse-drawn carriage. We have often been compared to the small-town feel of Bedford Falls in the movie *It's a Wonderful Life*.

Or GG) M&L: Christmas in Prescott in 31-101

Prescott OLLI Fall 2: ONE-DAY WORKSHOPS

Note: No Classes Veteran's Day, 11/11, or the week of Thanksgiving

H) Munch & Learn: Stroke Awareness

Thursday, 11/17, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

Erin Aafedt of Mt. Valley Rehab Hospital helps people regain their communication skills, swallowing skills and thinking skills. As a speech-language pathologist she works with people who have suffered strokes, traumatic brain injuries, Parkinson's Disease, multiple sclerosis, mild cognitive impairment, as well as a variety of other neurological conditions. This presentation will be about the signs and symptoms of two types of strokes, ways to lessen your chances of having one, and an explanation of the different types of therapies one may need if they have a stroke.

Or HH) M&L: Stroke Awareness in 31-101 Limit 30

I) Munch & Learn: Hiking To Amazing Places

Thursday, 12/1, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

Nigel Reynolds has always been an explorer, born and educated in England, and has traveled extensively in Europe, Turkey and Morocco. In 1967 he emigrated to the States, and has lived in Arizona since 1978 and in Prescott for over 22 years. He is an active hiker and has written a popular booklet entitled *Guide to the Prescott Circle Trail*, and for the last four years has written a bi-weekly article, "Amazing Places" for the Sunday edition of the *Daily Courier*. He will talk about some of his favorite places and show photos of some of these amazing places so you can imagine being there and exploring with him.

Or II) M&L: Hiking to Amazing Places in 31-101

J) Munch & Learn: Japanese American National Museum

Thursday, 12/8, 12:30-1:45pm

Location: Zoom Limit: 60

Facilitator: Rudy Arena*

The mission of the Japanese American National Museum is to promote understanding of America's ethnic and cultural diversity by sharing the richness and range of the Japanese-American experience. This guided historical visual presentation will chronologically explore the Japanese-America experiences from the 1860's through the post-war era, with an emphasis on the WWII incarceration experience. We will have an internee of one of the concentration camps speak to us of his experiences. **Note:** \$10 fee for this virtual field trip.

Or JJ) M&L: Japanese American Museum in 31-101

K) Vivaldi's Four Seasons

Location: Email Only Limit: 40

Facilitator: Nancy Dubow*

Our workshop explores Vivaldi's Four Seasons, a perennial favorite, through a lecture, articles, and an outstanding performance by Anne-Sophie Mutter. We also have a wonderful bonus in Max Richter's tribute to Vivaldi's masterpiece which Richter entitled "Recomposed."

L) Shindig!

Location: Email Only Limit: 40

Facilitator: Nancy Dubow*

Shindig! was an American musical variety series which aired on ABC from September 1964 to January 1966. Hosted by Jimmy O'Neill, the show featured "British invasion" bands, including the Beatles, and performers such as The Who and Cilla Black. Many popular performers of the day played on *Shindig!* including Tina Turner, Lesley Gore, Bo Diddley, Sonny and Cher, The Beach Boys, James Brown, Jackie Wilson, The Supremes and The Ronettes. Join us for a celebration of some great music and dancing as seen on *Shindig!*

M) Riders Reads: *The House in the Cerulean Sea*

Tuesday, 12/6, 2-3pm

Location: 31-102 Limit: 15

Facilitator: Winnie Hoots

Join us to discuss this year's Riders Read, *The House of the Cerulean Sea* by TJ Klune. Linus Baker leads a quiet, solitary life. At forty, he lives in a tiny house with a devious cat and his old records. As a Case Worker at the Department of Magical Youth, he spends his days overseeing the well-being of children in government-sanctioned orphanages. An enchanting story, masterfully told, *The House in the Cerulean Sea* is about the profound experience of discovering an unlikely family in an unexpected place, and realizing that family is yours. OLLI has a limited number of copies to loan.

N) A Prequel to the Why of Thinking

Wednesday, 10/26, 2-4pm

Location: 3-271 Limit: 20

Facilitator: Larry Paul

In *Destruction and Creation* Col. Boyd writes, "To comprehend and cope with our environment we develop mental patterns or concepts of meaning. The purpose of this paper is to sketch out how we destroy and create these patterns. In this sense, the discussion also literally shows why we cannot avoid this kind of activity." This class will focus on the underlying ideas of D&C and why the USMC has used it as the foundation for their doctrines on learning, education, and thinking. This course is a bridge between two previous lectures but can be seen as a stand-alone presentation. Some short videos will be provided as background before the class.

O) File Management for Beginners

Thursday, 12/8, 2-4pm

Location: 4-102 Limit: 40

Facilitator: Chris Maxwell*

Do you have problems finding files or photos on your computer? If your desktop is cluttered with icons, your email inbox is overflowing, or you have trouble finding what you are looking for on your device(s) - this class is for you! Learn the basics for organizing information, regardless of what platform you are using.

P) Medicare Made Easy

Tuesday, 11/15, 2-3:15pm

Location: 31-102 Limit: 15

Facilitator: Kelly Boryca

Enrolling in Medicare for the first time can be both overwhelming and confusing. This class will walk you through your options by explaining advantage plans, traditional Medicare parts A and B, supplements, also called Medigap plans and drug plans (part D). The instructor has been counseling people on Medicare for ten years as a volunteer for the State Health Insurance Assistance Program (SHIP). Plenty of time for Q&A. You should leave the class better informed and more confident about enrolling in Medicare.

Q) League of Women Voters: Conversing with the Other Side

Thursday, 11/10, 2:30-4pm

Location: 3-119 Limit: 50

Facilitator: Annie Sawyer

How can we keep our cool and maintain good will when we talk with persons on the other side of the political divide? Do we increasingly avoid contact with certain friends and family members because of this split? In this session we will discuss what is meant by "civil discourse" and why it matters. Presenters will offer resources from organizations such as Braver Angels that can help us learn to use more respectful, judgment-free communication. Such skills can help us to keep relationships warm and to even form new relationships that broaden viewpoints, both ours and maybe those of others. Please join us at this public session, a collaboration of Yavapai OLLI and the League of Women Voters, as together we seek to build a more unified community and nation.

R) Courageous Conversations - Depolarizing Within

Thursday, 12/1, 9:30am-12:30pm

Location: 31-102 Limit: 16

Facilitators: Carol Russell, Barbara Swain Estes

This workshop is designed to foster skills to help us lessen the effects of our own inner polarization in our political conversations. By "polarization," we are not

referring to disagreements over issues or philosophy. These are a healthy part of political engagement! Rather, we will be looking at how we regard and talk about large groups of ordinary people on the other side of the political aisle. Even with deep differences among us, come learn how you can help foster respect for others who have different beliefs, as well as for yourself, while remaining true to your own beliefs and values. In this workshop, you will learn how to be more aware of your own "inner polarizer;" how to be critical without demonizing, dismissing, or stereotyping large swaths of our fellow citizens; and what kind of strategies are helpful for intervening constructively in social conversations with like-minded peers when these conversations veer into contempt and ridicule for people who hold other political views.

S) Courageous Conversations - Families and Politics

Thursday, 11/17, 9:30am-12:30pm

Location: 31-102 Limit: 16

Facilitators: Carol Russell, Lori Dekker

Family relationships are becoming casualties of our toxic polarized environment. Family members are having nasty political arguments, avoiding each other, or even cutting off lifetime relationships. This workshop will show you how to talk about politics with your loved ones in a way that brings us closer together — not farther apart. If you want to preserve important family bonds while still being true to your values and political beliefs, this workshop is for you! Although the focus is on family relationships, you can use strategies in this workshop with any loved one. You'll laugh and have some fun in this workshop—it won't all be serious.

T) Yavapai Conversations - Hope and Peace

Friday, 11/4, 11am-12:15pm

Location: 30-126 Limit: 8

Facilitator: Patricia Berlowe

This is an opportunity to share your thoughts on hope and peace, using the structure created by Living Room Conversations.

U) Silk Flower Arranging

Tuesday, 11/15, 9:30-11am

Location: 31-102 Limit: 10

Facilitator: Cecile Kureshy

The Facilitator will provide floral materials, containers, and tools. If desired, student can bring their own silk flowers/container. Students are required to bring glue gun/sticks and a small wire cutter. Supply fee is \$15 payable to the facilitator.

V) Hidden Secrets of Yavapai College

Tuesday, 10/18, 11:30am-1pm
 Location: Front of 31 Limit: 30

Facilitator: Patricia Berlowe

Join us for an exploration of all that Yavapai College's Prescott Campus has to offer! Did you know we have an Art Gallery? A post office the public can use? A beautiful sculpture garden? Join us for a walking tour of the campus, and learn all the hidden secrets! We will start our tour in front of the OLLI Office, Building 31 and end our tour with lunch in the cafeteria (on your own). Dress for the weather and wear comfortable shoes!

W) Behind the Scenes Zoo Tour & Brown Bag Lunch

Tuesday, 11/8, 10am-12pm
 Location: Offsite Limit: 30

Facilitators: Angie Mazella*, Lois Janowski

Behind the Scenes Tour of the Prescott Heritage Park Zoological Sanctuary with Dyan Kruse, Educational Director. Have you ever wondered where the animals come from, who takes care of them and feeds them? Here is your chance to find out. There will also be a brown bag lunch in the ramada afterwards. With the mission of "Conservation through Education," Heritage Park Zoological Sanctuary, situated on ten acres north of Prescott and overlooking Willow Lake provides a unique and up-close experience with animals that visitors may see nowhere else. The animals at Heritage Park Zoological Sanctuary all have a story and lesson to teach. We will learn the behinds the scene history and operation of the Zoo. There is a \$5 fee to OLLI. Zoo entrance fee is \$12, Zoo members are free.

Prescott OLLI SPECIAL INTEREST GROUPS (SIGs)

FREE for all current OLLI members.

Speculative & Fantastic Fiction Max Fogleman, mtfogleman@gmail.com

Book Club Sharon Walsh, sharon.walsh@gmail.com

Guitar Players Group Michael Gunn, mjgunn@att.net

Social Bridge Online Doug Adams, ret2az09g@gmail.com, 928-759-2363

Photography Barbara Leonard, barbaraeleonard@gmail.com

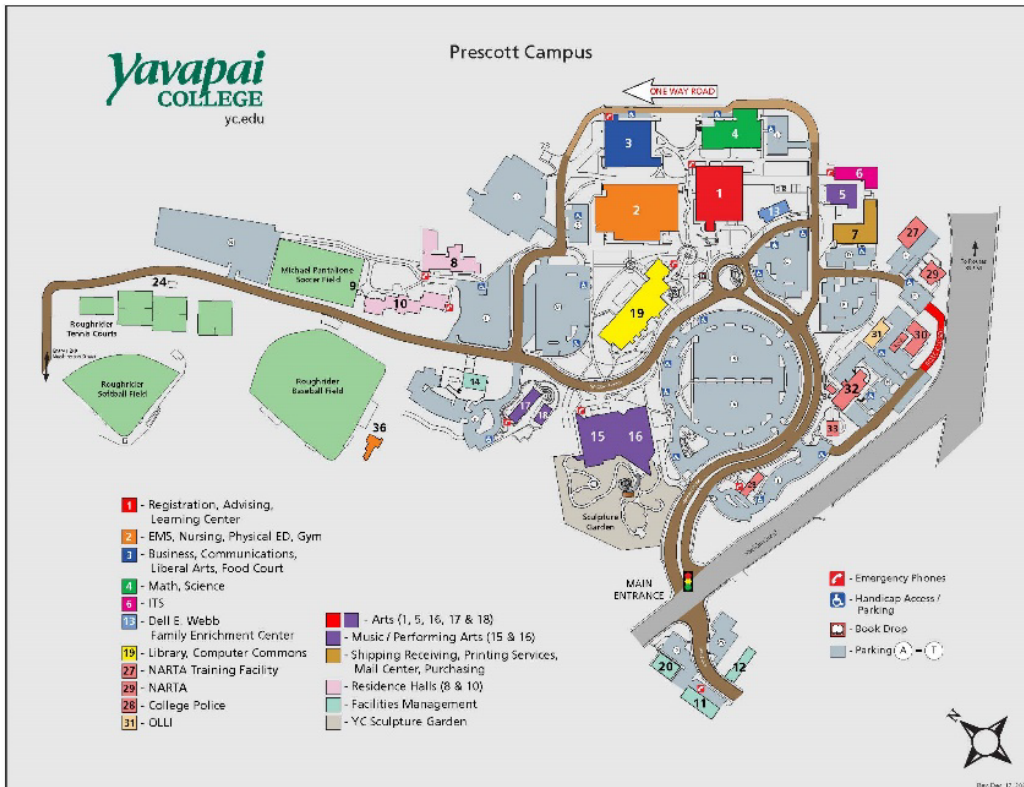
Write What You Want Jim Veney, jimeveney@gmail.com

Courageous Conversations, Nancy Van der Voort, 928-273-2466, nvandervoort27@gmail.com

Prescott MAC USERS Group (PMUG*) in partnership w/OLLI, info@pmug.us (*extra fee)

Stem Susan Gerhart, slger123@gmail.com

Chess Tom Green, tagreen@owu.edu



To Register or for more information: www.yc.edu/PrescottOLLI or 928-717-7634



Photo by Ed Wisneski



Photo by Bill Maxwell



Photo by Judy Rigenbach



Photo by Dirk Stringham

Thanks to all the OLLI members who submitted photos for this catalog. We had so many beautiful photos, we will be featuring some in our weekly announcements!



Photo by Gaylord Norcross



Photo by Rita Wuehrmann

Yavapai COLLEGE

Osher Lifelong Learning Institute
1100 E. Sheldon St. pmb 6912
Prescott, AZ 86301-3297



Prescott Schedule

Fall 2 Session

Oct 24 - Dec 9

2022

(928) 717-7634

www.yc.edu/prescottolli

Photo by Dicy Apperson