



**OLLI**  
AT YAVAPAI COLLEGE

**Sedona•Verde Valley**  
**Spring 2025**  
**April 7 - May 16**



**Stay Curious, Stay Engaged - Join OLLI!**  
**[www.yc.edu/olli](http://www.yc.edu/olli) registration opens March 12**

# Stay Curious, Stay Engaged... OLLI!

## Chair Corner

### Why does OLLI need money?

OLLI at Yavapai College is fortunate in so many ways. The college provides classrooms, offices, tech support, copy services, accounting... You get the picture. OLLI also has an endowment, provided by the Osher Foundation (hence our name) that covers about one third of our expenses.

While we are a volunteer organization, we have dedicated staff, operational costs, and we subsidize various programs and scholarships for our members. We maintain a balanced budget and the Leadership Council reviews it quarterly. Fundraising is essential for our financial health. If you're inspired to support OLLI Prescott, please consider making a charitable contribution using the link below:

[www.yc.edu/ollidonate](http://www.yc.edu/ollidonate)

Did you know if you have required minimum distributions from an IRA, you can donate directly to OLLI through the Yavapai College Foundation, and avoid paying taxes on that portion of your distribution?

We invite you to consider making a one-time donation or joining our 360 club! You can set up a monthly donation of \$30 as an automatic charge, and help OLLI continue its important mission in serving the retired community in Yavapai County!

*Andy Newton (GC)*

Andy Newton, Chair  
Prescott Governing Council

*Sharon Sherman*

Sharon Sherman, Chair  
Sedona/VV Council

**Register: (928) 649-4275 or  
[www.yc.edu/olli](http://www.yc.edu/olli)**

## Membership Fee Options

Most Membership levels cover 5 consecutive terms (one year), and include unlimited Munch and Learns. Osher Online classes are \$60 each, no matter your membership level.

**Basic Membership** for \$65,  
multi-week classes are \$35, 1-day classes are \$15.

**Deluxe Membership** for \$185  
includes 20 free multi-week and 1-day classes per year from both Prescott & Sedona/Verde Valley.

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

**One Session (6-week) Membership**  
for \$25, multi-week classes are \$35, 1-day classes are \$15.

*Memberships are not eligible for refunds or extensions. Classes are refundable through the first week, 1 day offerings are refundable up to one week prior.*

## Yavapai College Foundation

**OLLI needs your support for scholarships for our members, special projects, and preparing for our future growth, to give:**  
[www.yc.edu/ollidonate](http://www.yc.edu/ollidonate)

## Important Dates

**Spring:** April 4-May 16  
**Summer:** June 23-July 24

## OLLI Staff

Tricia Berlowe – Director  
Danielle Gervasio – Admin Assistant  
Solaris Walsh – Admin Assistant  
Cheri Baumgarten – Admin Assistant  
Colin Evans – Admin Assistant  
Glennis Yazzie – Admin Assistant  
Francis Beegle – Admin Assistant

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OLLI Sedona • Verde Valley Spring 2025				Classes by Day, Time and Date	
Monday	Time	Building	Room	Class	Facilitator(s)
4/14	9:30 - 11:30	Sedona Center - 34		#G Journey Beyond: Death, Bardo, and Rebirth	G Phuntsho
3/24	10:00 - 11:30	Sedona Center - 34		#A Paul Friedman's "Last Lecture" - Later-in-Life Learning	P Friedman
4/14	10:00 - 11:30	Zoom		#55 Jimmy Carter and Our National Park System	D Kroese
4/14	10:00 - 12:00	Sedona Center - 28		#94 Geological Creation of Arizona and Verde Valley	J Sutton
4/7 - 5/12	10:30 - 12:00	Zoom		#49 New Ideas	B Brown*
4/14 - 5/5	10:45 - 12:15	Sedona Center - 29		#38 Acupressure for Self Care	D Ackerman
4/28	11:00 - 12:00	Verde - Bldg.G - 106		#26 How Do I Use This Thing?	K Schauwecker
3/31 - 5/5	12:00 - 1:30	Zoom		Women: The Forgotten "Men" in History \$	D Carlin
4/14	1:00 - 4:00	Sedona Center - 40		#F Effective PowerPoint Presentations	T Ginn, J Black
3/31 - 5/5	2:00 - 3:30	Zoom		The Essential Jane Austen \$	J Wells
4/7 - 5/12	2:00 - 4:00	Sedona Center - 28		#60 Current Economic Issues (In Person)	C Blum
4/7 - 5/12	2:00 - 3:30	Zoom		#85 The New Science of Consciousness Survival	D Freeman
3/31 - 5/5	4:00 - 5:30	Zoom		Bonsai, An Ancient Art in Modern Times \$	C Baker
Tuesday					
4/1 - 5/6	8:00 - 9:30	Zoom		Mainstreaming the Margins: A History of LGBTQ+ \$	A Kocurek
4/8 - 4/29	9:30 - 10:45	Zoom		#24 TED Talks Online Version	C Maxwell*
4/8 - 5/13	10:00 - 11:30	Verde - Bldg.G - 107		#95 Basic Astronomy: Our Night Sky	R Bohner
4/8 - 5/13	10:00 - 11:30	Zoom		Cinema in Transition: Exploring Change through Films \$	J Fackenthal
4/15	10:00 - 12:00	Sedona Center - 28		#62 Political Ideologies and their Impacts	A Herschkowitz
4/8 - 5/6	10:45 - 12:15	Sedona Center - 39		#107 Writing Our Way to Bliss	M Entin
4/8 - 5/13	11:00 - 1:00	Zoom		#110 Telling Our Stories	B Gunn (GC)*
4/15	12:00 - 1:15	VOC Library	Javelina	#106 Experiential Workshop in Sound Healing	H Polansky
4/22	12:00 - 3:00	VOC Library	Javelina	#58 Update on World Economy	C Blum
4/1 - 5/6	12:00 - 1:30	Zoom		Jinas, Jīvas & The Three Jewels: The Jain Tradition \$	E Goddard
4/8 - 5/13	12:30 - 1:15	Zoom		#39 Your Awesome Body	H Huffman
4/22	12:30 - 2:30	Zoom		#21 Protecting Your PC	J Burke*, C Taylor
5/6	12:30 - 2:30	Zoom		#20 Intro to Home Automation	J Burke*, J Rogan
4/8	1:00 - 3:00	Sedona Center - 29		#102 Sustainable Style: The Art of Resale Fashion	B Klein
4/8	1:00 - 3:00	Offsite	Camp Verde	#70 Verde Valley Archaeology Center and Museum Trip	TBA
4/8	1:00 - 3:00	Sedona Center - 28		#33 US Tariffs	J Koepke
4/15	1:00 - 4:00	Sedona Center - 34		#96 Artificial Intelligence – What, Why and What for	S Srikanth
4/22 - 4/29	1:00 - 3:00	Sedona Center - 29		#91 The Science of Fingerprints	A Kells
4/22	1:00 - 3:00	Zoom		#104 Feel Good and Awe Meditation	S Villaescusa
4/22	1:00 - 4:00	Sedona Center - 39		#61 Where Buildings Come From: On the Origins of Style	T Solon
4/29	1:00 - 4:00	Sedona Center - 28		#45 Who was Solon? On the Origins of Democracy	T Solon, B Solon
5/6	1:00 - 3:00	Sedona Center - 29		<b>Cancelled</b> #89 Experience The Mentalist and The Medium	FOsborn, AOsborn
4/1 - 5/6	2:00 - 3:30	Zoom		The Soundtrack of Rock & Pop in the 50s & 60s \$	M Agron
4/1	2:30 - 3:30	Zoom		#D Member Welcome (Zoom)	B Thurber
4/8	2:00 - 4:00	Zoom		#25 Android Smartphone Tips & Tricks	J Burke*

**\$ Osher ONLINE in partnership with Northwestern University—extra fees apply for ALL OLLI Memberships.**

**OLLI Sedona • Verde Valley Spring 2025**
**Classes by Day, Time and Date**
**Wednesday**

4/16 - 4/30	9:30 - 10:30	Zoom	#27 Artificial Intelligence: A Case Study	J Thurber (GC)
4/9 - 4/16	10:00 - 12:00	Sedona Center -34	#73 Sedona's Desert Varnish and Ancient Art	BHaizmann,TLikens
4/9	10:00 - 12:00	Sedona Center -28	#105 Spring Cleaning	L James
4/2 - 5/7	10:00 - 11:30	Zoom	Future Proofing Your Healthspan and Longevity \$	S Fulton
4/9 - 5/14	10:30 - 12:30	Sedona Center -29	#109 Readin' & Writin': Loving and Creating Poetry	J Pickett
4/9 - 5/14	10:30 - 12:00	Zoom	#67 Armchair Adventures	B Brown*
4/2 - 5/7	12:00 - 1:30	Zoom	Crossword Puzzle Creation \$	S Weyer
4/9	1:00 - 4:00	Sedona Center -34	#99 Amazing World of Fish	T Ginn
4/9 - 4/16	1:00 - 2:30	Zoom	#19 Photo Organization: Simple and Done	C Soong-Tang
4/16	1:00 - 2:30	Sedona Center -28	#32 Deadly Mistakes in Estate Planning	J Linford
4/23 - 5/14	1:00 - 2:30	Sedona Center -28	#65 Humanity: The Past 100 Years	A Herschkowitz
4/23	1:00 - 4:00	Sedona Center -29	#82 Making Peace Possible	J Pickett, C Blum
4/16 - 5/21	2:00 - 3:30	Zoom	Virtuosos in Classical Music \$	E Abramovits
4/9 - 5/14	4:00 - 5:30	Zoom	Car Crazy: 1950s Onward \$	P Paul

**Thursday**

4/10 - 5/8	9:30 - 10:45	Zoom	#71 Travel Destinations	BMaxwell*, DDillon*
4/17	9:30 - 12:30	Sedona Center -29	#83 Ufology 101: A Scientific Perspective	R Solon, B Solon
4/3 - 5/8	10:00 - 11:30	Zoom	Russia Beyond Russians \$	A Pereltsvaig
4/10 - 5/15	10:45 - 12:15	Sedona Center -15	#112 Writing Your Memoirs	A Crosman
4/10 - 5/15	12:00 - 1:00	Verde - Bldg.I -137	#81 Yoga Slow Flow	N Roman
4/10 - 5/15	12:00 - 1:30	Zoom	Neurology in a Nutshell: The Brain Explained \$	P Schanfield
4/10	12:30 - 2:30	Zoom	#23 Protect Yourself from ID Theft	J Burke*, J Taylour
4/10	12:30 - 1:45	Verde - Bldg.M - 137 or Zoom	#J/#K Munch & Learn: Aging in Reverse	S Srikanth
4/17	12:30 - 1:45	Sedona Center - 34 or Zoom	#L/#M Munch & Learn: Upper Verde River	S Srikanth
4/24	12:30 - 1:45	Verde - Bldg.M - 137 or Zoom	#N/#O Munch & Learn: Artificial Intelligence	S Srikanth
5/1	12:30 - 1:45	Prescott Bldg 4 - 102 or Zoom	#P/#Q Munch & Learn: The Electoral College	K Boryca*
5/8	12:30 - 1:45	Prescott Bldg 4 - 102 or Zoom	#R/#S Munch & Learn: Advance Directives/Long-Term Care	K Boryca*
5/15	12:30 - 1:45	Prescott Bldg 4 - 102 or Zoom	#T/#U Munch & Learn: Judge Krista Carman	R Arena*
4/10	1:00 - 2:30	Sedona Center -28	#31 Avoiding the Perilous Pitfalls of Probate	J Linford
4/17	1:00 - 4:00	Sedona Center -29	#37 Introduction to Healing Touch	D Ackerman
4/3 - 5/8	2:00 - 3:30	Zoom	Science Charcuterie \$	K Hendrickson
4/10 - 5/15	2:00 - 3:15	Zoom	#15 Tom Hanks: Cinematic Journey Through Excellence	B Mains
4/10	2:00 - 4:00	Verde - Bldg.I -138	#92 Geological Creation of Arizona and Verde Valley	J Sutton
5/1	2:00 - 5:00	Verde - Bldg.I -138	#101 Home Maintenance and Repair How-to	D Pollock

**Friday**

4/11 - 5/16	10:00 - 11:30	Zoom	<i>Bella Napoli: Italy's (Other) "Eternal City" \$</i>	A Antonucci,
4/11 - 5/16	12:30 - 2:00	Zoom	#40 Energy First Aid-Activate Your Healing Abilities	D Archer
4/11 - 5/16	1:00 - 3:00	Zoom	#59 Current Economic Issues (Zoom)	C Blum
4/18 - 4/25	2:00 - 3:00	Zoom	#28 Free and Easy: Streaming Movies Online	B Mains

**Email Only**

#11 Triumph over Adversity:Beethoven's Symphony no. 5	N Dubow*
#12 In Concert with Pianist Josef Hofmann	N Dubow*
#52 Great Courses Potpourri	P Berlowe

## FREE OFFERINGS

### #A Paul Friedman's "Last Lecture" Our Later-in-Life Learning

Mon, 3/24 • 10:00-11:30 • Free

1 Meeting • Sedona Center-34 • OS-401-SP25

**Facilitator: Paul Friedman**

Please join us for a final talk by our beloved Paul Friedman, before he moves out of the area, which he's calling "Our Later-in-Life Learning." He will tie it to his two decades with OLLI, so we will revisit some past, great memories, and look to the future. Come for inspiration, to see old friends, and to make new ones!

### #D Member Welcome (Zoom)

Tues, 4/1 • 2:30-3:30 • Free

1 Meeting • Zoom • OZP-404-SP25

**Facilitator: Bev Thurber**

Did you know that OLLI is more than a classroom? Whether brand new or a continuing member, join us to hear about all OLLI offers, how to get involved, and meet people. Also, find out important details like parking, food options on campus, and finding your classroom! Our Member Welcome will reveal the answers to these and many more questions. Bring a friend. We look forward to meeting you!

### #F Effective PowerPoint Presentations

Mon, 4/14 • 1:00-4:00 • Free

1 Meeting • Sedona Center-40 • OS-406-SP25

**Facilitators: Tom Ginn, John Black**

This workshop will provide guidance to OLLI facilitators and others who wish to improve their presentation slides. We will discuss what makes an effective slide for OLLI classes and highlight observations of problem slides. This will include such aspects as selection of fonts, text areas, slide format and insertion of photo/chart areas. The workshop will include specific discussions of effective slides as well as real-time demonstrations of important functions in the PowerPoint software.

### #G Journey Beyond: Death, Bardo, and Rebirth

Mon, 4/14 • 9:30-11:30 • Free

1 Meeting • Sedona Center-34 • OS-407-SP25

**Facilitator: Geshe Phuntsho**

Venerable Geshe Phuntsho explores the Tibetan Buddhist view on death, the intermediate state (Bardo), and rebirth. This program offers profound teachings to navigate death's uncertainties and embrace rebirth,

providing practical guidance for preparation. Participants will gain clarity, comfort, and spiritual insight, deepening their understanding of existence beyond death as part of life's ongoing journey.

### Munch & Learn: Aging in Reverse

Thurs, 4/10 • 12:30-1:45 • Free

#J • Zoom • OZV-410-SP25

#K • Verde Campus Bldg.M-137 • OV-411-SP25

**Facilitator: Shri Srikanth**

This informative educational presentation by Dr. Perry Baker, Dean at Yavapai College, reviews recent research in the fields of epigenetics and the applied science of longevity to discover how lifestyle and behavior impact our genes and influence our aging. We will focus on practical applications and "bio-hacks" being used today to slow down aging and extend healthy lifespan.

### Munch & Learn: Upper Verde River

Thurs, 4/17 • 12:30-1:45 • Free

#L • Sedona Center-34 • OS-412-SP25

#M • Zoom • OZS-413-SP25

**Facilitator: Shri Srikanth**

Gary Beverly, Chair of the Sierra Club Yavapai Group, has worked for 20 years to protect the Verde River, a jewel in the southwest. Little known and underappreciated, the upper Verde contains some of Arizona's best surviving riparian habitats that support many species protected by the Endangered Species Act. Yet, groundwater pumping and climate change threaten the river's existence. National, state, and local conservation groups are actively working to protect the upper Verde.

### Munch & Learn: Artificial Intelligence

Thurs, 4/24 • 12:30-1:45 • Free

#N • Verde Campus Bldg.M-137 • OV-414-SP25

#O • Zoom • OZV-415-SP25

**Facilitator: Shri Srikanth**

Artificial Intelligence (AI) has burst upon the scene overnight. Its potential is seen by some as a great boon while others see it as an existential threat. Robyn Bryce and Kathleen Tallman with Yavapai College, and Shri Srikanth from OLLI, will discuss the rise of AI, a basic understanding of how it works, the pros and cons of technology and its current state. We will also discuss the application of AI in education. Yavapai College is in the forefront of this new technology.

Registration: [www.yc.edu/OLLI](http://www.yc.edu/OLLI)

## Munch & Learn: The Electoral College

Thurs, 5/1 • 12:30-1:45 • Free

#P • Prescott Bldg 4-102 • OP-416-SP25

#Q • Zoom • OZP-417-SP25

**Facilitator: Kelly Boryca**

Lorraine West, the current president of the local chapter of the League of Women Voters, shares her knowledge about the electoral college. In this class we will be presenting the origins of the electoral college, and the changes made to it over time. We will look at the reasons people support or oppose it. Lastly, we will discuss alternatives to the electoral college including the popular vote for president, and the National Popular Vote Compact.

## Munch & Learn: Advance Directives & Long-Term Care

Thurs, 5/8 • 12:30-1:45 • Free

#R • Prescott Bldg 4-102 • OP-418-SP25

#S • Zoom • OZP-419-SP25

**Facilitator: Kelly Boryca**

Melissa Henak, an Elder Care Advisor with Jackson White Elder Law since 2009, will present an overview of advance directives, guardianship/conservatorship, estate planning, and probate. We will also be discussing, how to better understand and navigate long-term care benefits, including those available through ALTCS (Arizona Long-Term Care System).

## Munch & Learn: Judge Krista Carman

Thurs, 5/15 • 12:30-1:45 • Free

#T • Zoom • OZP-420-SP25

#U • Prescott Bldg 4-102 • OP-421-SP25

**Facilitator: Rudy Arena**

Judge Krista Carman wears many hats: she is a member of the Yavapai Superior Court and an active member of Prescott's local community. Today her talk will be about the Superior Court, the judges and the process of selections and appointments to the Superior Court. She will speak about the criminal justice system and will include an overview of the Arizona Court structure as well as the current Chief Justice of the Arizona Court's Strategic Plan for the courts.

## ARTS-VISUAL & PERFORMING

### #11 Triumph over Adversity: Beethoven's Symphony no. 5

Email Only • OZP-211-SP25 • \$15

**Facilitator: Nancy Dubow**

Two stellar lectures by Robert Greenberg will forever change how you listen to and appreciate this iconic symphony. A great performance and extras round out this amazing presentation of this magnificent masterpiece.

### #12 In Concert with Pianist Josef Hofmann

Email Only • OZP-212-SP25 • \$15

**Facilitator: Nancy Dubow**

Attend an amazing piano recital given by one of the lions of the piano. Our program includes Beethoven's Waldstein Sonata and selections by Schumann, Chopin, and encores. Program notes about Hofmann and the music, and bonus music add to your enjoyment.

### #15 Tom Hanks: A Cinematic Journey Through Excellence

Thurs, 4/10-5/15 • 2:00-3:15 • \$35

6 Meetings • Zoom • OZP-215-SP25

**Facilitator: Bill Mains**

Dive into six great films featuring Tom Hanks. This six-week course spotlights Hanks' diverse characters, from leaders, heroes and advocates for justice to flawed but redemptive human beings. This course offers an intimate look at Hanks' unique contributions to cinema while fostering spirited discussions among participants. Movies are Sully (2016), Greyhound (2020), News of the World (2020), Bridge of Spies (2015), The Green Mile (1999), Philadelphia (1993). Movies are watched on your own.

## COMPUTER & TECHNOLOGY

### #19 Photo Organization: Simple and Done

Wed, 4/9-4/16 • 1:00-2:30 • \$35

2 Meetings • Zoom • OZP-219-SP25

**Facilitator: Celeste Soong-Tang**

Imagine your photos organized in one place, permanently, safely, and being able to find any photo in a matter of seconds. This includes old slides and movies. We will talk about digitizing old media, cloud storage, software for creating photo projects and photo restoration. You will learn techniques you can use with any photo management system. Begin to enjoy your photos again and leave a legacy through photos and stories in a way that is simple, manageable, and stress free.



Registration: [www.yc.edu/OLLI](http://www.yc.edu/OLLI)

## COMPUTER & TECHNOLOGY Cont.

### #20 Intro to Home Automation

Tues, 5/6 • 12:30-2:30 • \$15

1 Meeting • Zoom • OZP-220-SP25

**Facilitators:** *JB Burke, Jerry Rogan*

Introduction to Home Automation. In this presentation, you can learn how simple it is to use home automation for your safety and security with a minimal investment of under \$200. If time allows, we may also look a step or two further.

### #21 Protecting Your PC

Tues, 4/22 • 12:30-2:30 • \$15

1 Meeting • Zoom • OZP-221-SP25

**Facilitators:** *JB Burke, Chris Taylor*

The average time it takes for an unprotected computer to be compromised after connecting to the Internet is under 15 minutes, don't let it be yours. Chris Taylor, President of the Ottawa PC Users' Group will show you the simple steps you need to take to keep your PC from being hacked. And best of all, it can be done for free.

### #23 Protect Yourself from ID Theft

Thurs, 4/10 • 12:30-2:30 • \$15

1 Meeting • Zoom • OZP-223-SP25

**Facilitators:** *JB Burke, Judy T aylour*

Protect Yourself from ID Theft. Identity theft is a serious crime. It happens when someone uses information about you without your permission. Judy's presentation covers how your ID can be stolen, how to help prevent it, and what to do if you become a victim.

### #24 TED Talks Online Version

Tues, 4/8-4/29 • 9:30-10:45 • \$35

4 Meetings • Zoom • OZP-224-SP25

**Facilitator:** *Chris Maxwell*

TED is devoted to spreading ideas via short powerful talks on a variety of topics. You'll receive an email with links to the 3-5 TED talks you need to watch before our scheduled discussion, background information, and questions to keep in mind while viewing the talks on your own. Then we'll meet over Zoom to discuss the thought provoking, innovative, and inspiring talks.



### OLLI Special Interest Groups (SIGs)

Free for OLLI members!  
Join one or start your own!

More information:  
[www.yc.edu/sig](http://www.yc.edu/sig)

### #25 Android Smartphone Tips & Tricks

Tues, 4/8 • 2:00-4:00 • \$15

1 Meeting • Zoom • OZP-225-SP25

**Facilitator:** *JB Burke*

The world of Android smartphones (pocket computers) advances quickly. New apps are introduced (many of them free), new features are delivered via updates to the Android OS and new security threats are identified. In addition, many of the existing features are hidden or just not well advertised. JB will bring you the latest hints & tips to get the best out of your Android smartphone, including security, keyboard tricks, performance help, Google Lens, connecting to your PC and many other topics.

### #26 How Do I Use This Thing?

Mon, 4/28 • 11:00-12:00 • \$15

1 Meeting • Verde Campus Bldg.G-106 • OV-226-SP25

**Facilitator:** *Karly Schauwecker*

Are you baffled by the features on your new smart phone, laptop or tablet? Back by popular demand, Dr. Karly Way Schauwecker is facilitating a session to partner her psychology students with OLLI participants for one-on-one tech tutoring. Bring your tech questions to this session, and we will spend the entire workshop addressing your questions. There is also an opportunity to be interviewed for credit students' final projects.

### #27 Artificial Intelligence: A Case Study

Wed, 4/16-4/30 • 9:30-10:30 • \$35

3 Meetings • Zoom • OZP-227-SP25

**Facilitator:** *Jerry Thurber (GC)*

A laymen's exploration of A.I. and why we might (or might not) care. What does AI mean, how will it affect jobs, products, services and, most concerningly, our personal data privacy. Five years ago, the facilitator teamed with the former head of the Machine Learning Lab at Stanford to start a company using AI to help predict job success. Using this experience as a "case study" this course will explain, in terms we can all understand, what AI means and what it might mean for us.

### #28 Free and Easy: Streaming Movies Online

Fri, 4/18-4/25 • 2:00-3:00 • \$35

2 Meetings • Zoom • OZP-228-SP25

**Facilitator:** *Bill Mains*

Stream free movies online with ease! Learn how to watch free movies online in this two-session Zoom class! Session 1 covers the tools Reel good and Just Watch to find movies, plus free services like Tubi, Free vee, and YouTube Movies. Session 2 explores Pluto and Plex streaming services.

## FINANCE, ECONOMICS & LAW

### #31 Avoiding the Perilous Pitfalls of Probate

Thurs, 4/10 • 1:00-2:30 • \$15

1 Meeting • Sedona Center-28 • OS-231-SP25

**Facilitator: Jon Linford**

Join us to unlock the power of proactive estate planning and avoid the challenges of probate. Discover the pivotal role of estate planning in sidestepping probate complexities. Learn to wield control over asset distribution and to leverage trust mechanisms to ensure efficient, private, and cost-effective asset transfer.

### #32 Deadly Mistakes in Estate Planning

Wed, 4/16 • 1:00-2:30 • \$15

1 Meeting • Sedona Center-28 • OS-232-SP25

**Facilitator: Jon Linford**

Creating an estate plan that effectively addresses your needs and those of your loved ones can be challenging. If you're unsure where to begin, join attorney Jon Linford for an insightful discussion on how to avoid common mistakes in estate planning. He will cover a range of topics, including probate, changes in the law, nursing home costs, capital gains tax, retirement plans, divorce, healthcare documents, and how to communicate your wishes to your loved ones.

### #33 US Tariffs

Tues, 4/8 • 1:00-3:00 • \$15

1 Meeting • Sedona Center-28 • OS-233-SP25

**Facilitator: Jack Koepke**

We'll discuss the history and purpose of US tariffs. Abraham Lincoln, "Give us a protective tariff and we will have the greatest nation on earth." Did past high US tariffs increase our GDP, protect US industries and workers, cause retaliation, lead to the Great Depression? How to define global Free Trade? Does the US need higher tariffs now? And if so, on which countries and what products?

## HEALTH & NUTRITION

### #37 Introduction to Healing Touch

Thurs, 4/17 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-29 • OS-237-SP25

**Facilitator: Donna Ackerman**

Healing Touch is a gentle, holistic approach to health and healing. The goal is to restore harmony and balance to the human energy system through a heart-centered

practice using light touch and connecting with your body. Enhance your life and the lives of those around you through understanding the energetic world in which we live. Learn about the human energy system and simple techniques that you can use to promote body-mind-spirit healing.

### #38 Acupressure for Self Care

Mon, 4/14-5/5 • 10:45-12:15 • \$35

4 Meetings • Sedona Center-29 • OS-238-SP25

**Facilitator: Donna Ackerman**

Tap into your inner wisdom and healing potential by experiencing the benefits of acupressure, a practice that reaches back further than acupuncture itself. Learn several self-care protocols of applying gentle pressure to specific points on the body. Acupressure assists in promoting holistic well-being and relaxation, and a variety of conditions.

### #39 Your Awesome Body

Tues, 4/8-5/13 • 12:30-1:15 • \$35

6 Meetings • Zoom • OZP-239-SP25

**Facilitator: Holly Huffman**

Our bodies are designed to maintain health and function. Every cell contains an innate intelligence to maintain balance even when faced with episodic stressors by possessing the resilience and vital reserves to combat challenges. If stress becomes chronic and unresolved it will cause imbalances, loss of function, and ultimately disease. We will look at how our bodies are designed to maintain wellness, the effect of imbalances, and how to restore and maintain vitality as nature intended.

### #40 Energy First Aid-Activate Your Healing Abilities

Fri, 4/11-5/16 • 12:30-2:00 • \$35

6 Meetings • Zoom • OZS-240-SP25

**Facilitator: Darielle Archer**

Learn how to create a healing mindset and stop Energy Vampires from draining you. Let Darielle's Energy First Aid system help protect you from symptoms like sudden tiredness, brain fog, and low energy. Boost your energy quickly by scanning your body using the "turn down the pain and turn up your energy" technique. Employ the power of color for pain and release the imprinting and associations that keep you stuck. Experience how amazing you truly are.



## HISTORY & CURRENT AFFAIRS

### #45 Who was Solon? On the Origins of Democracy

Tues, 4/29 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-28 • OS-245-SP25

**Facilitators: Tom Solon, Becky Solon**

Learn about the origins of democracy: how the Athenian lawgiver Solon (638-559 BCE), one of the seven sages of ancient Greece, made democratic constitutional reforms to Draco's harsh laws that were novel in their own time but still relevant today. Learn how our American democracy, its founding principles, public architecture, legislative bodies and Western Civilization owe their origins in important ways to Ancient Athens and Greek culture, achievements, philosophy, science and technology.

### #47 High Places: Prehistoric Hilltop Architecture

Tues, 4/15 • 2:00-4:00 • \$15

1 Meeting • Prescott Bldg 3-119 • OP-247-SP25

**Facilitators: Michael Kellett, Jennie Tutone**

Join the Natural History Institute and OLLI for a talk by archeologist Michael Kellett, who will share his original research on the Prescott Culture area. His research involves drone imagery and 3-D modeling from over 60 hilltop sites and spatial analysis using GIS. Kellett examines whether the diversity of form in hilltop architecture indicates a diversity of site functions. Discover this innovative archaeological research where modern technology investigates the past. **Note:** Prescott.

### #48 Prehistoric Obsidian Exchange in Central Arizona

Tues, 4/22 • 2:00-4:00 • \$15

1 Meeting • Prescott Bldg 3-119 • OP-248-SP25

**Facilitator: Michael Kellett Jennie Tutone**

Join the Natural History Institute and OLLI for a talk by archaeologist Michael Kellett on his research on obsidian trade routes among prehistoric peoples in West-Central Arizona. Kellett will discuss his findings on obsidian acquisition in the Northern and Southern Sinagua, Prescott, and Cohonina cultures. **Note:** in Prescott.

### #49 New Ideas

Mon, 4/7-5/12 • 10:30-12:00 • \$35

6 Meetings • Zoom • OZP-249-SP25

**Facilitator: Barbara Brown**

Please join us on a journey into the world of new ideas. We will explore a different subject each week from science, technology, space, the arts and culture.

### #52 Great Courses Potpourri

Email Only • OZP-252-SP25 • \$35

**Facilitator: Patricia Berlowe**

We have access to over 250 Great Courses 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.

### #55 Jimmy Carter and Our National Park System

Mon, 4/14 • 10:00-11:30 • \$15

1 Meeting • Zoom • OZS-255-SP25

**Facilitator: David Kroese**

No president has had a greater lasting impact on our national parks than Jimmy Carter. The U.S. National Park System doubled in acreage during the Carter administration, the only presidential term to see over fifty new NPS units created spanning a remarkable collection of diverse natural and historical resources.

### #58 Update on World Economy

Tues, 4/22 • 12:00-3:00 • \$15

1 Meeting • VOC Library-Javelina Room • OS-258-SP25

**Facilitator: Charles Blum**

Who's growing? Who's not? We will examine the latest economic and demographic data and discuss what factors are driving change around the world, with an emphasis on the largest countries and blocs. Data sheets will be distributed in advance and complemented by maps and graphs shown during the class discussion.

### #59 Current Economic Issues (Zoom)

Fri, 4/11-5/16 • 1:00-3:00 • \$35

5 Meetings • Zoom • OZS-259-SP25

**Facilitator: Charles Blum**

By presenting relevant concepts and data, this on-going 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. **Note:** This class will skip Friday April 25.

### #60 Current Economic Issues (In Person)

Mon, 4/7-5/12 • 2:00-4:00 • \$35

5 Meetings • Sedona Center-28 • OS-260-SP25

**Facilitator: Charles Blum**

By presenting relevant concepts and data, this on-going 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. **Note:** This class will skip Monday April 28.

Registration: [www.yc.edu/OLLI](http://www.yc.edu/OLLI)

## #61 Where Buildings Come From: On the Origins of Style

Tues, 4/22 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-39 • OS-261-SP25

**Facilitator: Tom Solon**

Building design is inherently derivative. Context, natural resources and vernacular building traditions play a role in defining a culture's monuments and architecture. While "form follows function" offers one clue as to the origins of style; aesthetics were historically in the hands of a "master builder." Learn how Architectural Styles owe their origins to pragmatic and aesthetic traditions in order to achieve "firmness, commodity and delight," i.e., "architecture" versus just "construction."

## #62 Political Ideologies and their Impacts

Tues, 4/15 • 10:00-12:00 • \$15

1 Meeting • Sedona Center-28 • OS-262-SP25

**Facilitator: Andy Herschkowitz**

The ideological slogans familiar in political debate ("conservative," "liberal," etc.) are not always as clear as they may appear. Let's review the ideas behind some of the most common terms and the history of their use. We'll also look at some of the difficulties the American political system has in accommodating the diversity of our political opinions.

## #65 Humanity: The Past 100 Years

Wed, 4/23-5/14 • 1:00-2:30 • \$35

4 Meetings • Sedona Center-28 • OS-265-SP25

**Facilitator: Andy Herschkowitz**

Get some perspective on today's world by journeying through the significant events and trends in politics, economics, culture, science and technology of the past 100 years viewed both in historical context and their relevance for today. We'll note the many surprising twists, turns and ironies of humanity's path, and reflect on the hopes and dangers which may lay ahead.

### LOCAL INTEREST & TRAVEL

## #67 Armchair Adventures

Wed, 4/9-5/14 • 10:30-12:00 • \$35

6 Meetings • Zoom • OZP-267-SP25

**Facilitator: Barbara Brown**

Join us to travel the world without passports, expense, long lines at airports, cathedrals or fatigue. We will explore cultures, history and do lots of sightseeing.

## #70 Verde Valley Archaeology Center and Museum Trip

Tues, 4/8 • 1:00-3:00 • \$15

1 Meeting • Museum in Camp Verde • OS-270-SP25

**Facilitator: TBA**

A behind the scenes tour of the Verde Valley Archaeology Center and Museum! The VVAC's mission is to preserve archaeological sites and collections, to curate the collections locally, and to make them available for research and education; to develop partnerships with American Indians, cultural groups and the communities we serve; and to foster a deeper understanding of prehistory and American Indian history in the Verde Valley through the science of archaeology.

## #71 Travel Destinations

Thurs, 4/10-5/8 • 9:30-10:45 • \$35

5 Meetings • Zoom • OZP-271-SP25

**Facilitators: Bill Maxwell, Deb Dillon**

Whether you are an armchair traveler or someone who never unpacks, come and join Deb & Bill to travel to destinations around the world. We will spend the 5 weeks exploring everything from exotic locations to points of interest in the USA. Expect to experience: nature, adventure, exotic locations, and history. Deb & Bill will try to provide information as well as fun stories about their experiences traveling the world. Maybe you will find some new destinations to add to your bucket list.

## #73 Sedona's Desert Varnish and Ancient Art

Wed, 4/9-4/16 • 10:00-12:00 • \$35

2 Meetings • Sedona Center-34 • OS-273-SP25

**Facilitators: Bob Haizmann, Tom Likens**

This class explores the ancient rock art of the Sedona and Verde Valley, examining its cultural, spiritual, and historical meanings. Learn how these images were made and the stories they tell about the beliefs of ancient peoples. We'll also discuss the recent scientific discovery that the rock surface is alive. Colonies of microbes are responsible for "desert varnish" – the mineral-stained coating that serves as a canvas for petroglyphs. The second meeting will be on Wednesday April 16th at 10am for a field trip to an archeological site. Details to be provided by the facilitators closer to class date.

Registration: [www.yc.edu/OLLI](http://www.yc.edu/OLLI)

## NATURE & THE OUTDOORS, ACTIVE MIND & BODY

### #81 Yoga Slow Flow

Thurs, 4/10-5/15 • 12:00-1:00 • \$35

6 Meetings • Verde Campus Bldg.I-137 • OV-281-SP25

**Facilitator: Nancy Roman**

Slow Flow Yoga is an approachable beginner/intermediate-level practice. Here you will explore yoga philosophy concepts and follow alignment cues to link your breath to movement through a series of flowing sequences. A full array of postures is explored with time spent in destination poses to foster steadiness. The practice concludes with a meditative rest. Students attending this class should bring their own yoga mat and yoga blocks for support as needed.

## PHILOSOPHY & RELIGION & UNEXPLAINED

### #82 Making Peace Possible

Wed, 4/23 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-29 • OS-282-SP25

**Facilitators: Jahnay Pickett, Charles Blum**

We come together in this class, reviewing some historical moments and music in 20th Century World Peace movements and end by asking ourselves if a concept of peace is possible "to me" in these challenging times. We conclude the workshop with a Peace Circle "talking stick" discussion and meditation. When we uplift ourselves, we uplift each other and the world. Namaste.

### #83 Ufology 101: A Scientific Perspective

Thurs, 4/17 • 9:30-12:30 • \$15

1 Meeting • Sedona Center-29 • OS-283-SP25

**Facilitators: Rebecca Solon, Becky Solon**

This class will cover a history of UFO-UAP organizations involved in case data evaluation, and some basic concepts, definitions and background of Ufology as an organized field of study. It will also cover the top 10 UFO cases, with an accompanying list of books and cases. I will discuss my own experience as a Field Investigator of statewide MUFON reports for the Mutual UFO Network, and my experiences as Director of the Sedona MUFON Chapter 20010-2016, while welcoming participants' experiences.

### #85 The New Science of Consciousness Survival

Mon, 4/7-5/12 • 2:00-3:30 • \$35

6 Meetings • Zoom • OZP-285-SP25

**Facilitator: DeeDee Freeman**

Scientist Dr. Alan Hugenot had a near death experience in his 20s, sparking a lifelong investigation into consciousness survival. In his book he clearly explains how Quantum Theory provides the scientific basis for this, and how it refutes the First Principles of Newtonian Physics. His conclusions are based on scientific research into past lives, evidential mediumship and remote viewing. Following his book and related videos, we'll explore how this impacts our understanding the material world.

## CANCELLED

### #89 Experience The Mentalist and The Medium

~~Tues, 5/6 • 1:00-3:00 • \$15~~

~~1 Meeting • Sedona Center-29 • OS-289-SP25~~

**Facilitators: Fred Osborn, Amber Osborn**

Cancelled - we will try to reschedule for the future.

## SCIENCE & MATH

### #91 The Science of Fingerprints

Tues, 4/22-4/29 • 1:00-3:00 • \$35

2 Meetings • Sedona Center-29 • OS-291-SP25

**Facilitator: Ann Kells**

Enter the world of forensic science as we explore the use of fingerprints when solving crimes. How are fingerprints formed, and how can we use them as a means of identification? Discussion will include how fingerprints are recorded/preserved, how they are compared, and how AFIS works. Participants will learn to record and analyze their own fingerprints. This class includes lecture, Q and A and a hands-on segment.

Registration: [www.yc.edu/OLLI](http://www.yc.edu/OLLI)

## #92 Geological Creation of Arizona and Verde Valley (Verde Campus)

Thurs, 4/10 • 2:00-4:00 • \$15

1 Meeting • Verde Campus Bldg.I-138 • OV-292-SP25

**Facilitator: John Sutton**

This fascinating program will reveal how the land mass of Arizona was formed by island arcs attaching to a recently formed land mass. We'll examine the unique geologic processes that created Arizona's very large copper, gold, and silver deposits. Geologic changes of the Prescott and Verde Valley over time are revealed.

## #94 Geological Creation of Arizona and Verde Valley (Sedona)

Mon, 4/14 • 10:00-12:00 • \$15

1 Meeting • Sedona Center-28 • OS-294-SP25

**Facilitator: John Sutton**

See #92 – note this is in Sedona.

## #95 Basic Astronomy: Our Night Sky

Tues, 4/8-5/13 • 10:00-11:30 • \$35

6 Meetings • Verde Campus Bldg.G-107 • OV-295-SP25

**Facilitator: Richard Bohner**

This course will cover what appears in our night sky! This includes planets, the Milky Way, and constellations of the Fall/Winter, as well as what lies within those constellations like star clusters, nebula, and neighboring galaxies. I will also cover optical equipment for use in observing the night sky, such as binoculars, small telescopes, and larger telescopes. Included is an evening session (weather permitting) to observe the material we covered together.

## #96 Artificial Intelligence – What, Why and What for

Tues, 4/15 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-34 • OS-296-SP25

**Facilitator: Shri Srikanth**

The AI hype machine is in full throttle. Is it the panacea or is it an existential threat to humanity? In this workshop we will discuss the foundations of AI, where we are currently in the development of AI, the vast expenditures and efforts underway to make it a reality. The current and potential applications of AI in a variety of fields, the pros and cons of AI and what safeguards we need to realize the positives and constrain the negatives of AI will be discussed.

## #99 Amazing World of Fish

Wed, 4/9 • 1:00-4:00 • \$15

1 Meeting • Sedona Center-34 • OS-299-SP25

**Facilitator: Tom Ginn**

Fish are the most numerous species of vertebrate animals on earth. In this workshop, we will discuss how fish evolved to be so diverse, including how fish live in both fresh and saltwater, the many ways that fish reproduce, how some fish breathe air and how some fish fly. We will also discuss rare and interesting fish, the most beautiful fish, and the largest and smallest species.

Finally, we will evaluate the best kinds of fish available as seafood in the Sedona area.

### SELF-ENRICHMENT & LIFESTYLE

## #101 Home Maintenance and Repair How-to

Thurs, 5/1 • 2:00-5:00 • \$15

1 Meeting • Verde Campus Bldg.I-138 • OV-301-SP25

**Facilitator: Dave Pollock**

With Dave's 30+ years of handyman experience, you'll be getting some valuable insights. Whether you're tackling simple repairs or trying to decide if you should DIY or call in a professional, he can guide you through all kinds of tasks—from fixing leaky faucets and running toilets to handling electrical issues. Do you have a specific issue in your home that you need help with? Dave would be happy to dive into any details you'd like to discuss!

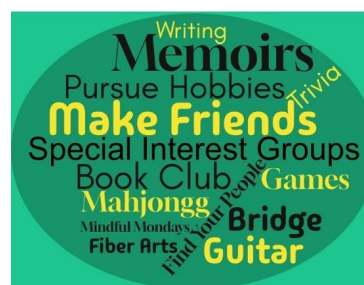
## #102 Sustainable Style: The Art of Resale Fashion

Tues, 4/8 • 1:00-3:00 • \$15

1 Meeting • Sedona Center-29 • OS-302-SP25

**Facilitator: Betsy Klein**

Discover how shopping resale can elevate your wardrobe while positively impacting the environment. In this interactive class, we'll explore eye-opening stats on fashion's environmental effects, learn to curate a wardrobe that reflects your style, and practice styling everyday items creatively. Join us for an inspiring session on blending fashion, sustainability, and individuality!



### OLLI Special Interest Groups (SIGs)

Free for OLLI members!  
Join one or start your own!

More information:  
[www.yc.edu/sig](http://www.yc.edu/sig)

## SELF-ENRICHMENT & LIFESTYLE

### #104 Feel Good and Awe Meditation

Tues, 4/22 • 1:00-3:00 • \$15

1 Meeting • Zoom • OZS-304-SP25

**Facilitator: Stephen Villaescusa**

Many people believe meditation is difficult or boring. Mindfulness is about building attentional skills: concentration, sensory clarity, and equanimity. Fundamentally, it's about happiness. And it can be easy when you practice on things you are passionate about. Mindfulness practice deepens when you bring it into everyday life. Feel-good micro hits, from a few seconds to minutes, activate positive neurotransmitters and diminish cortisol. They rewire your nervous system. Come learn to rewire.

### #105 Spring Cleaning

Wed, 4/9 • 10:00-12:00 • \$15

1 Meeting • Sedona Center-28 • OS-305-SP25

**Facilitator: Leslie James**

Spring is almost here, time to clean out old dust, dirt and clutter from our physical spaces. It's also a great time to identify and transform habits, beliefs and self talk that no longer serve us. Come learn how to clear mind clutter to make room for more peace and invited growth.

### #106 Experiential Workshop in Sound Healing

Tues, 4/15 • 12:00-1:15 • \$15

1 Meeting • VOC Library-Javelina Room • OS-306-SP25

**Facilitator: Harta Dunia Polansky**

Join us for a transformative 75-minute experiential workshop where we'll explore the healing power of sound. Whether you're new to sound healing or a seasoned practitioner, this session is designed to guide you through the deep, restorative effects of sound vibrations. We will cover an Introduction to Sound Healing: Learn about the ancient practice of sound therapy and its benefits for mind, body, and spirit. We will also discover the instruments: Explore various vibroacoustic instruments commonly used in sound baths, such as singing bowls, gongs, and tuning forks.

### #107 Writing Our Way to Bliss

Tues, 4/8-5/6 • 10:45-12:15 • \$35

5 Meetings • Sedona Center-39 • OS-307-SP25

**Facilitator: Martha Entin**

This class offers us an opportunity to reflect and ponder some deep questions, while honoring our own inner voice. Each week we will be 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. Writing and sharing together without judgment or critique, we learn and grow, building trust and loving kindness, and listening with respect and an open heart. All are welcome.

## WRITING, LITERATURE & LANGUAGES

### #109 Readin' & Writin': Loving and Creating Poetry

Wed, 4/9-5/14 • 10:30-12:30 • \$35

6 Meetings • Sedona Center-29 • OS-309-SP25

**Facilitator: Jahnay Pickett**

We continue in a playful setting, picking up where we left off; exploring culturally rich eras' outpouring of ideas and poetry. Having explored the chivalry, idealism and spirit of the Troubadours, Bushido Haiku, and Persian Sufism, we now turn to England and the Elizabethans, the Romance Poets, and the Imagists. Creating and discussing our own works, this class aims to uplift and engender our creative expression, while having a marvelous time.

### #110 Telling Our Stories

Tues, 4/8-5/13 • 11:00-1:00 • \$35

6 Meetings • Zoom • OZP-310-SP25

**Facilitator: Becky Gunn (GC)**

Memoir writing begins with writing down your life's stories. Each week participants write a short thematic story. We read them aloud and then receive constructive comments. We create a safe and confidential environment where we hear and appreciate our stories.

### #112 Writing Your Memoirs

Thurs, 4/10-5/15 • 10:45-12:15 • \$35

6 Meetings • Sedona Center-15 • OS-312-SP25

**Facilitator: 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.



# **OLLI Spring: Osher Online Classes in Partnership with Northwestern University**

**Registration:** [www.yc.edu/OLLI](http://www.yc.edu/OLLI) Enrollment Deadline 3/24 **Extra fees apply for ALL membership levels**

## **Bella Napoli: Italy's (Other) "Eternal City"**

Fri, 4/11-5/16 • 10:00-11:30 • \$60

6 Meetings • Zoom • OZ-901-SP25

We will examine la storia e tradizioni of bella Napoli—a city famously pieno di contradizione (“full of contradictions”). Aimed at students and travelers alike.

## **Bonsai, An Ancient Art in Modern Times**

Mon, 3/31-5/5 • 4:00-5:30 • \$60

7 Meetings • Zoom • OZ-902-SP25

Bonsai is a centuries-old practice of training trees in containers to resemble those in nature. We will explore the key components of bonsai: horticulture, design, and technical skills.

## **Car Crazy: 1950s Onward**

Wed, 4/9-5/14 • 4:00-5:30 • \$60

8 Meetings • Zoom • OZ-903-SP25

We will explore key eras of automotive history, as a way of understanding the profound impact cars have on society and culture.

## **Cinema in Transition: Change through Films**

Tues, 4/8-5/13 • 10:00-11:30 • \$60

9 Meetings • Zoom • OZ-904-SP25

An introduction to film movements and styles. We will watch several classic films, discussing film genres, film history, and how films are made.

## **Crossword Puzzle Creation**

Wed, 4/2-5/7 • 12:00-1:30 • \$60

10 Meetings • Zoom • OZ-905-SP25

For those who want to construct their own crosswords, those who are simply curious about the process, and those who want to be better solvers

## **Future Proofing Your Healthspan and Longevity**

Wed, 4/2-5/7 • 10:00-11:30 • \$60

11 Meetings • Zoom • OZ-906-SP25

Resilience is our ticket to extended healthspan. A condensed version of Fulton's Whealthspan Masterclass focusing on five foundations for extending healthspan.

## **The Jain Tradition and Its Legacy of Non-violence**

Tues, 4/1-5/6 • 12:00-1:30 • \$60

12 Meetings • Zoom • OZ-907-SP25

An introduction to Jain traditions and their historical roots in South Asia from the time of Mahāvīra (fifth century BCE) to the present.

## **Mainstreaming Margins: History of LGBTQ+**

Tues, 4/1-5/6 • 8:00-9:30 • \$60

13 Meetings • Zoom • OZ-908-SP25

We will immerse ourselves in the intricate history of LGBTQ+ Americans, examining political organizations, cultural contributions, and profound ways they have helped shape the nation.

## **Neurology in a Nutshell: The Brain Explained**

Thurs, 4/10-5/15 • 12:00-1:30 • \$60

14 Meetings • Zoom • OZ-909-SP25

This course begins by unraveling the mysteries of the brain, simplifying common neurological conditions, with a focus on illness prevention through healthy lifestyles.

## **Russia Beyond Russians**

Thurs, 4/3-5/8 • 10:00-11:30 • \$60

15 Meetings • Zoom • OZ-910-SP25

This course focuses on recent events in Russia and the post-Soviet space, many of which stem from enduring ethnic tensions of the 180 nationalities in Russia

## **Science Charcuterie**

Thurs, 4/3-5/8 • 2:00-3:30 • \$60

16 Meetings • Zoom • OZ-911-SP25

This will be a six-week romp through science including a little bit of color theory, a morsel of genetic testing science, a dash of airplane physics, and more.

## **The Essential Jane Austen**

Mon, 3/31-5/5 • 2:00-3:30 • \$60

17 Meetings • Zoom • OZ-912-SP25

In honor of Jane Austen's 250th birthday in 2025, we will explore her life, works, and legacy from a fresh perspective.

## **The Soundtrack of Rock & Pop in the 50s & 60s**

Tues, 4/1-5/6 • 2:00-3:30 • \$60

18 Meetings • Zoom • OZ-913-SP25

This course is a journey into the melodies, stories, and vibrant personalities behind the Brill Building era of the late 1950s and 1960s.

## **Virtuosos in Classical Music**

Wed, 4/16-5/21 • 2:00-3:30 • \$60

19 Meetings • Zoom • OZ-914-SP25

Using anecdotes, stories, humor, and audiovisuals, we will explore the legacy and artistry of influential performers whose technical brilliance, richness of tone, and showmanship have shaped music history.

## **Women: The Forgotten "Men" in History**

Mon, 3/31-5/5 • 12:00-1:30 • \$60

20 Meetings • Zoom • OZ-915-SP25

This course looks at nine women, whose achievements are not commonly known. Among the nine women are a scientist, a winner of the Nobel Peace Prize, a pioneering pilot, a suffragist, a candidate for the US presidency, an activist for women's and African-American's rights, a British anthropologist, and a pioneering politician from the Western US.

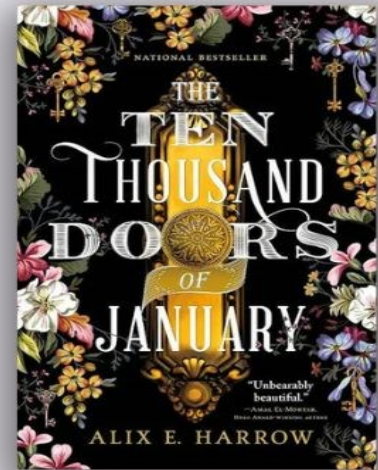
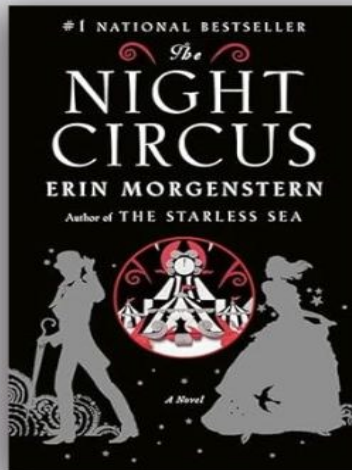
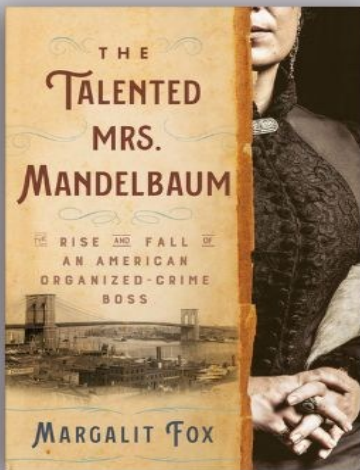
### **Osher Online classes enrollment**

**deadline March 24**, note classes start a week before Yavapai College OLLI classes start

OLLI SPECIAL INTEREST GROUPS FREE FOR OLLI MEMBERS!

## BOOK CLUB

NEXT BOOKS FOR 2025:



Join the Book Club anytime!  
Meets on the third Tuesday every month, 10-11am  
To participate or questions,  
please email Kate at: [Sedonaollibookclub@yahoo.com](mailto:Sedonaollibookclub@yahoo.com)



## LAST LECTURE WITH PAUL FRIEDMAN

### *Our Later-in-Life Learning*

Monday, March 24, 10-11:30  
Yavapai College Sedona Center  
4215 Arts Village Dr

*Please join us for a final talk by our beloved Paul Friedman, before he moves out of the area, which he's calling "Our Later-in-Life Learning." He will tie it to his two decades with OLLI, so we will revisit some past, great memories, and look to the future. Come for inspiration, to see old friends, and to make new ones!*

Free and open to the public - register at  
[www/yc.edu/olli](http://www/yc.edu/olli) or call 928-649-4275





4215 Arts Village Dr  
Sedona, AZ 86336



Sedona•Verde Valley  
Spring 2025  
April 7 - May 16



[www.yc.edu/olli](http://www.yc.edu/olli)  
registration opens March 12



**SOCIAL EVENT OF THE SEASON!**



**ARVEL BIRD**

**LIVE AT OLLI**  
**MARCH 28, 3-6PM**  
YAVAPAI COLLEGE SEDONA CENTER

**HORS D'OEUVRES, FRIENDS AND MUSIC!**

CELTC INDIAN, IS A REFLECTION OF ARVEL BIRD'S MIXED-BLOOD AMERICAN INDIAN AND CELTIC HERITAGES (S. PIAUTE/CLAN KENNEDY SCOTLAND OR PAIUTE/METIS). WITH HIS VIOLIN, FIDDLE, NATIVE FLUTES AND IRISH WHISTLES, ARVEL WEAVES A POWERFUL TAPESTRY OF MUSIC AND STORIES OF HIS ORIGINAL COMPOSITIONS.

RSVP REQUIRED - OLLI MEMBERS ARE WELCOME TO BRING A FRIEND!

928-649-4275 OR [WWW.YC.EDU/OLLI](http://WWW.YC.EDU/OLLI)