



**OLLI**  
AT YAVAPAI COLLEGE



**OLLI Sedona•Verde Valley**  
**Fall 1 2024**  
**Aug 26-Oct 7**



*Stay Curious, Stay Engaged—Join OLLI!*

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

Registration opens August 7

## From Your Joint OLLI Council

Welcome to the Fall 1 session of OLLI at Yavapai College! As always, our extraordinary team of volunteers has been working with YC staff to fill the OLLI catalog with a variety of classes and activities. Remember, your membership includes classes at the YC Prescott Campus, the YC Sedona Center, the YC Verde Valley Campus in Clarkdale, and offsite OLLI programming. There are plenty of ZOOM options as well, to help us all stay connected without having to go anywhere.

If you're a new member, look for the "Member Welcome" class (OZ-401-F124) to connect with current members and find out all the benefits that come with an OLLI membership. If you're not new, and you missed this class in the past, you're always welcome to sign up. You might be surprised at how much is offered that you never knew!

The volunteer Governing/Leadership Councils have been working diligently to keep our organization thriving. This session marks the end of my (Linda's) term as Chair of the OLLI Prescott Governing Council. It has been a pleasure to serve in leadership. I've been inspired by the commitment of my fellow council members, and the untiring dedication of volunteers and staff to keep our catalog filled with choices, to help our members feel connected and enriched, and to do all of it with the joy and satisfaction that comes from selfless giving. I also welcome Sharon Sherman as she begins her new role as the OLLI Sedona Verde Valley Leadership Chair and wish her the very best.

Thank you for the opportunity to serve our OLLI membership,

*Linda Neville*

Linda Neville  
Prescott OLLI  
Governing Council Chair



*Sharon Sherman*

Sharon Sherman  
Sedona•Verde Valley OLLI  
Leadership Council Chair



## MEMBERSHIP OPTIONS

**Multi-term OLLI Memberships cover all OLLI at YC locations!**

**Basic Annual Membership: \$65**  
Learning Groups (multi-session): \$35  
Workshops (one session): \$15

**Deluxe Annual Membership: \$185**  
Includes 20 free  
OLLI at YC courses

**Premium Unlimited Annual Membership: \$350**

Allows you to take as many OLLI at YC courses as you'd like-and **EARLY** registration!

**"Try Me" Membership: \$25 (OLLISV ONLY!)**

For new members only. Gives you access to one term of OLLISV courses. Learning Groups (multi-session) \$35, Workshops (one session): \$15



Learning group charges are refundable through the first week of courses. Workshop charges are refundable one week prior to the workshop.

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

## LOOKING AHEAD

Term	Span	<a href="#">Proposals</a> Accepted
Fall 2 2024	10/28-12/13	7/24-8/14
Winter 2025	1/27-3/14 (no classes during SIFF)	10/9-10/30

More important OLLISV dates can be found at

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

Table of Contents:	Pages
Classes by Day and Time	2-3
Class Descriptions	4-11
Trips	11
Free and Open to the Public	12
Special Interest Groups	13
OSHER Online Classes	14

# Classes by Day, Date & Time

Monday	Time	Location	Class	Facilitators
8/19-8/19	11:00-12:30	Prescott, Bldg. 31	Trip: Hidden Secrets of Yavapai College	P Berlowe
8/19-8/19	2:00-3:15	Online	I) Member Welcome (Zoom)	Mem. Eng. Cmte.
8/26-10/7	9:30-10:45	Online	25) American Nations Discussion - Part 1	D Dillon*, M Dillon*
8/26-10/7	10:45-12:15	Online/ Sedona	Living In The Cloud <i>*Offered in-person and online simultaneously*</i>	S Sherman
8/26-10/7	11:00-12:00	Online	32) New Ideas	B Brown*
8/26-10/7	1:00-2:30	Sedona	Spanish for Beginners (Mondays and Thursdays)	A Smith
8/26-9/30	2:30-4:30	Online/ Sedona	Current Economic Issues <i>*Offered in-person and online simultaneously*</i>	C Blum
Tuesday				
8/13	8:30-10:30	Offsite	Trip: Shaffer Farms	L Janowski*, A Mazella, R Anderson
8/20	8:30-10:30	Offsite	Trip: Urban Orchard	L Janowski*, A Mazella, R Anderson
8/27-10/1	9:00-10:30	V V C	Basic Astronomy-Our Night Sky	R Bohner
8/27	9:00-11:00	Sedona	Choosing a Healthy Diet Made Simple NEW!	L James
8/27	9:00-12:00	Sedona	Infectious Generosity: The Ultimate Idea Worth Spreading NEW!	P Friedman
8/27	9:00-12:00	Sedona	Medicare 101-Everything You Need To Know	D Fanter
8/27-10/1	9:00-10:30	V V C	Self-Defense for Seniors	B Plaskett
8/27-10/1	11:00-1:00	Online	63) Telling Your Stories	B Gunn*
8/27	11:00-1:00	Offsite	Trip: Picnic in the Vines, Painted Lady Vineyard	L Janowski*, A Mazella, R Anderson
8/27	1:00-3:00	V V C	Creme de la Creme NEW!	L Canepa
8/27	1:00-4:00	Sedona	Infectious Generosity: The Ultimate Idea Worth Spreading NEW!	P Friedman
8/27	1:00-4:00	Sedona	NARCAN Is A Must-Have for Every Household NEW!	B Plaskett
8/27-9/3	1:00-3:00	V V C	Transitioning An End of Life Journey	M Towne
9/3	9:00-11:00	Sedona	Arguments For and Against God's Existence	J Koepke
9/3	12:30-1:45	Online	18) Preserving Digital Photos	M Schulman, J Burke*
9/3	1:00-3:00	Sedona	Captain John Smith's Amazing Adventures NEW!	J Sutton
9/3	1:00-4:00	VOC	Papercraft Workshop - Pop-Out Card NEW!	N Rupert
9/3	1:00-3:00	V V C	Timeless Treasures: Sights and Tastes of UNESCO Sites NEW!	L Canepa
9/10	9:00-11:00	Sedona	Making Sense of the Medicare Nonsense <b>CANCELLED</b>	R Steinert
9/10	9:00-12:00	Sedona	So You've Always Wanted to Learn how to Fly? Find Out How NEW!	L Parker
9/10	1:00-3:00	V V C	70 Years on the Spectrum NEW!	J Machak
9/10	1:00-3:00	Sedona	Avoid Nursing Home + Uncovered Long-Term Care Cost	J Linford
9/10	1:00-4:00	VOC	Keeping a Commonplace Book	K Crandall
9/17	9:00-11:00	Sedona	Managing Pain Without Medications NEW!	L James
9/17	9:00-12:00	Sedona	New to Hiking? Come Find Your Happy Trails NEW!	M Combs
9/17	9:00-10:00	Online	Retirement by Design	M Fitzgerald
9/17	9:00-11:00	Offsite	Trip: Reverie Farmstead Tour	L Janowski*, A Mazella, R Anderson
9/17	9:00-12:00	Sedona	Trustworthy Elections NEW!	P Friedman
9/17	1:00-4:00	V V C	ADD for Older Minds	R Ebeling
9/17	1:00-4:00	V V C	Medicare 101-Everything You Need To Know	D Fanter
9/17	1:00-4:00	Sedona	Trustworthy Elections NEW!	P Friedman

Sedona=Sedona Center, V V C=Verde Valley Campus, VOC=Sedona Public Library-VOC, Online=Zoom



# Classes by Day, Date & Time

Tuesday cont.	Time	Location	Class	Facilitators
9/24	9:00-11:00	Sedona	Bisbee: The Alchemical City of the Borderlands NEW!	V Hancock
9/24	9:00-11:00	Sedona	Hiker Safety Learned with Verde Search And Rescue	T Anderson, D West
9/24	9:00-12:00	Sedona	Planning For Success NEW!	F Lewis
9/24	1:00-3:00	Sedona	Avoiding the Perilous Pitfalls of Probate	J Linford
9/24	1:00-3:00	Online	Feel Good Meditation Training NEW!	S Villaescusa
9/24	1:00-4:00	Sedona	Who was Solon? Athenian Constitutional Reformer of 600 BCE NEW!	B Solon, T Solon
Wednesday				
8/21	9:00-12:00	Online/ Sedona	Presenting with Impact <i>*Offered in-person and online simultaneously*</i>	C Everett
8/28	9:00-12:00	Sedona	UFOLOGY 101: A Scientific Perspective	B Solon
8/28	9:30-11:30	Offsite	Geological Creation of Arizona and Verde Valley	J Sutton
8/28	9:30-11:30	Online	23) Sacred Places, Sacred Foods	L Canepa
8/28-10/2	11:00-12:00	Online	38) Armchair Adventures	B Brown*
9/4	9:00-12:00	Sedona	Stories Around the Kitchen Table NEW!	C Kellogg
9/11	12:30-1:45	Online	17) Digital Asset Estate Planning	J Taylour, J Burke*
9/18	9:00-12:00	Sedona	Hinduism, a Perspective of an Active Practitioner	R Venkateswaran
9/18	9:00-12:00	Online/ Sedona	Music of Peace: A Hearing Experience NEW! <i>*Offered in-person and online simultaneously*</i>	C Blum
9/25	9:30-11:30	Offsite	Geological Creation of Arizona and Verde Valley	J Sutton
9/25	1:00-3:00	Sedona	Learn More About Facilitating NEW!	R Rokosz, L James
Thursday				
8/29-9/19	9:00-10:30	Sedona	Art and Soul - What Makes Great Art? NEW!	L Antonio
8/29-10/3	9:00-10:30	Offsite	Super Easy Hiking on Super Easy Terrain	B Plaskett
8/29-9/19	10:45-12:15	Sedona	Living Healthy in a Toxic World	L James
8/29-10/3	10:45-12:15	Sedona	Writing Your Memoirs	A Crosman
8/29	12:30-1:45	Online	A) Munch & Learn: Geronimo	S Srikanth
8/26-10/7	1:00-2:30	Sedona	Spanish for Beginners (Mondays and Thursdays)	A Smith
8/29-10/3	1:00-2:30	Sedona	Women Artists Throughout History NEW!	A Crosman
8/29-10/3	2:00-3:00	Online	15) Zooming into Zany: 6 Films, 6 Weeks	B Mains
8/29-10/3	2:45-4:15	Online	Crystals and Chakras: Your Guide To Energizing Your Life NEW!	D Archer
8/29-9/26	2:45-4:15	Online	Five Books Creating Universal Perspectives NEW!	L Macdonald
8/29-10/3	2:45-4:15	Sedona	How to Write, Edit and Get Your Book Published on Amazon KDP NEW!	G Mewes
8/29-10/3	2:45-4:15	Sedona	Music Masterpieces NEW!	A Crosman
9/5	12:30-1:45	Online	B) Munch & Learn: Drifting Continents- R U Kidding?!?	S Srikanth
9/12-9/26	9:00-10:30	Sedona	Disinformation: Is there a solution? NEW!	G Hart
9/12	12:30-1:45	Online	C) Munch & Learn: Fun Facts and Stories from "Manned" Space Flights	S Srikanth
9/12-9/19	1:00-3:00	Sedona	Transitioning An End of Life Journey	M Towne
9/19	12:30-1:45	Online	D)Munch & Learn: Dawn of the Great American Road Trip	R Arena*
9/26	12:30-1:45	Online	E) Munch & Learn: The History of Sports in Prescott	R Arena*
10/3	12:30-1:45	Online	F) Munch & Learn: Empowering Arizona's Voters: The Initiative and Referendum Process	K Boryca*
Email only				
		Email Only	30) Great Courses Potpourri (Email Only)	P Berlowe
		Email Only	12) Ode to Joy: Beethoven 9th Symphony	N Dubow*
		Email Only	13) Piano Sanctuary	N Dubow*

Sedona=Sedona Center, V V C=Verde Valley Campus, VOC=Sedona Public Library-VOC, Online=Zoom

# Class Descriptions

## ARTS & CRAFTS

### Papercraft Workshop - Pop-Out Card

Tue, 9/3 • 1:00-4:00 • \$15  
1 Meeting • VOC • OS-101-F124

**Facilitator: Nancy Rupert**

**NEW!** Isn't a handmade card always special? A "pop-out" card has great impact and there are many ways to make it uniquely your art. Learn the basic construction; you will be surprised at how easy it is. Then try a few additional steps and formats to go beyond the ordinary. All materials will be provided, just bring your ideas. There is no right or wrong, it's art! Class Material fee is \$2, which will be added to your registration order. **Limit: 10**

## ARTS-VISUAL & PERFORMING

### Art and Soul - What Makes Great Art?

Thu, 8/29-9/19 • 9:00-10:30 • \$35  
4 Meetings • Sedona Center • OS-102-F124

**Facilitator: Luminous Antonio**

**NEW!** Learn to understand modern, abstract and non-traditional art. Minimalism, abstract expressionism, environmental art, outsider art, conceptual & performance art can baffle an unaccustomed viewer. Why would an artist make this type of art and what makes it important or wonderful? We will explore these and other art movements as time permits-let's see what these artists are about and gain entry to their worlds. You will begin to develop an enriching art language & perspective.

### Music Masterpieces

Thu, 8/29-10/3 • 2:45-4:15 • \$35  
6 Meetings • Sedona Center • OS-103-F124

**Facilitator: Anne Crosman**

**NEW!** Music cleanses the mind and frees the soul. We'll listen to some of the world's greatest classical music composed by Bach, Mozart, Beethoven, Brahms, Dvorak, Franck, Mussorsky, Saint-Saens, Vaughan-Williams, Copland, Barber, and Bernstein. Thanks to YouTube, we'll watch performers close-up in their home concert halls. This is not an analytical class. We'll simply listen and briefly say how the music makes us feel. **Limit: 15**

### 12) Ode to Joy: Beethoven 9th Symphony

Email Only • \$15 • OZ-512-F124

**Facilitator: Nancy Dubow\***

Sign up and enjoy an illuminating lecture by Professor Robert Greenberg, followed by a magnificent performance of this transcendent symphony. This is an email only workshop - we will provide you with the links and some background information to help you enjoy this symphony at another level!

### 13) Piano Sanctuary

Email Only • \$15 • OZ-513-F124

**Facilitator: Nancy Dubow\***

Piano Sanctuary is a place for you to come for peace, refreshment, and renewal. Music of Beethoven, Liszt, Chopin, and more are performed by artists Lipatti, Cliburn, Gilels, and others. This primarily solo classical piano music is an uplifting treasure you can visit again and again.

### Women Artists Throughout History

Thu, 8/29-10/3 • 1:00-2:30 • \$35  
6 Meetings • Sedona Center • OS-104-F124

**Facilitator: Anne Crosman**

**NEW!** We will look at art by women from the Renaissance to the present. Many painted self-portraits, including Italian noblewoman Sofonisba Anguissola (1532-1625), whom Michelangelo admired and "informally mentored." Each country has its stars: Dutch Judith Leyster, Swiss Angelica Kauffman, French Elisabeth Louise Vigee LeBrun, Rosa Bonheur, Camille Claudel, and Berthe Morisot, Swedish Hilma af Klint, Mexican Frida Kahlo, Japanese Yayoi Kusama, and Americans Mary Cassatt and Georgia O'Keeffe. **Limit: 10**

### 15) Zooming into Zany: 6 Films, 6 Weeks

Thu, 8/29-10/3 • 2:00-3:00 • \$35  
6 Meetings • Online • OZ-515-F124

**Facilitator: Bill Mains**

Join us for a six-week online journey through some of the most hilarious films ever made! We'll meet on Zoom each Thursday afternoon to discuss a different movie, sharing laughs, insights, and our favorite moments. Here's a peek at what each week has in store: Week 1 -You Can't Take It with You (1938), Week 2 - Arsenic and Old Lace (1944), Week 3 - Airplane! (1980), Week 4 - Napoleon Dynamite (2004), Week 5 - Best in Show (2000), Week 6 - Some Like It Hot (1959). Watch the films on your own, then join the fun! **Limit: 15**

*Register early!*

# Class Descriptions

## COMPUTER & TECHNOLOGY

### Living In The Cloud

Mon, 8/26-10/7 • 10:45-12:15 • \$35  
 6 Meetings • Sedona Center • OS-105-F124 **\*\*or\*\***  
 6 Meetings • Online • OZ-105-F124

**Facilitator: Sharon Sherman**

The current tech revolution is the integration of “everything” through “the Cloud.” But just what IS The Cloud? Ride on the cloud to learn about cloud services, cloud storage, backup and sync, becoming clearer about the Internet, browsers, search technology. Study how phones and computers backup to the cloud, and data and info are accessed online. Visit the Internet of the Things and how you are already in that world with a look at AI & Virtual Reality. Get Smarter about your Smart World.

**\*Offered in-person and online simultaneously\***

### 17) Digital Asset Estate Planning

Wed, 9/11 • 12:30-1:45 • \$15  
 1 Meeting • Online • OZ-517-F124

**Facilitators: Judy Taylour and Jb Burke\***

This presentation covers many ways your identity can be stolen and how we can prevent that from happening after we are no longer here.

### 18) Preserving Digital Photos

Tue, 9/3 • 12:30-1:45 • \$15  
 1 Meeting • Online • OZ-518-F124

**Facilitators: Mark Schulman and Jb Burke\***

Digital photos should last forever. Digital photos don't fade with time and can protect against natural disasters like fire and floods.

### 19) Working with Windows - On to Windows 11

Tue, 9/17 • 2:00-4:00 • \$15  
 1 Meeting • Online • OZ-519-F124

**Facilitator: Jb Burke\***

Windows 10 and 11 are complex operating systems with many features and functions. Even if you've used Windows for a long time, there is still more to learn. So, do you want to learn how to improve your basic computer skills? How to make Windows run faster and smoother? Solve some PC problems all by yourself? Learn to use some helpful computer keyboard shortcuts? All of this and much, much more is in this easy-to-follow Working With Windows tutorial.

## FINANCE, ECONOMICS, & LAW

### Avoid Nursing Home + Uncovered Long-Term Care Cost

Tue, 9/10 • 1:00-3:00 • \$15  
 1 Meeting • Sedona Center • OS-106-F124

**Facilitator: Jon Linford**

The greatest financial threat to your retirement is uncovered Long-Term Care (LTC) expenses. Learn about what type of LTC coverage is right for you, and how to best plan and pay for it; what LTC costs are most overlooked; what legal documents are needed if you become incapacitated; and how to make sure that your estate plan will be carried out according to your wishes. We will also cover how to preserve your wealth and protect your legacy.

### Avoiding the Perilous Pitfalls of Probate

Tue, 9/24 • 1:00-3:00 • \$15  
 1 Meeting • Sedona Center • OS-107-F124

**Facilitator: Jon Linford**

Join us to unlock the power of proactive estate planning in avoiding the challenges of probate and securing your legacy. 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.

### Current Economic Issues

Mon, 8/26-9/30 • 2:30-4:30 • \$35  
 5 Meetings • Online • OZ-108-F124 **\*\*or\*\***  
 5 Meetings • Sedona Center • OS-108-F124

**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. **\*Offered in-person and online simultaneously\***

### Making Sense of the Medicare Nonsense

Tue, 9/10 • 9:00-11:00 • \$15  
 1 Meeting • Sedona Center • OS-109-F124

**Facilitator: Ryan Steinert**

This course will walk you through Medicare vs. Medicare Advantage, supplement plans, and Part D drug plans. It is presented using simple language so you can make the BEST Medicare decision for you!

# Class Descriptions

## Medicare 101-Everything You Need To Know

Tue, 8/27 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-110-F124 **\*\*or\*\***

Tue, 9/17 • 1:00-4:00 • \$15

1 Meeting • Verde Valley Campus • OV-111-F124

**Facilitator: 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.

## Retirement by Design

Tue, 9/17 • 9:00-10:00 • \$15

1 Meeting • Online • OZ-112-F124

**Facilitator: Matthew Fitzgerald**

Retirement by Design illustrates how you can help translate one's vision for retirement into tangible goals. Whether someone is 5 or 20 years from retirement, attendees will learn investment strategies to help design the retirement they want. You'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

## HEALTH & NUTRITION

### ADD for Older Minds

Tue, 9/17 • 1:00-4:00 • \$15

1 Meeting • Verde Valley Campus • OV-113-F124

**Facilitator: Rae Ebeling**

Are you scattered? Do you procrastinate? Is your "monkey mind" more active? Your thoughts, more confused? Worried about "losing it" mentally? ADD is not just for children and age can make ADD apparent in your life. Let's call it Attention Diversion Difficulties. I've come to realize I've had ADD my whole life, but previously I coped better so it wasn't obvious. Is this yet another challenge of aging? Based on books by Drs. Hallowell and Ratey, particularly "Delivered from Distraction".

### Choosing a Healthy Diet Made Simple

Tue, 8/27 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-114-F124

**Facilitator: Leslie James**

**NEW!** Various diets promise to be the best and healthiest, but the trend changes and different plans are rarely compatible. Come learn what the body really needs and how to choose nutrient dense foods to maximize nutrition while minimizing calories. Providing the body good fuel (and hydration) taps into the body's natural healing system.

## Creme de la Creme

Tue, 8/27 • 1:00-3:00 • \$15

1 Meeting • Verde Valley Campus • OV-115-F124

**Facilitator: Larry Canepa**

**NEW!** One of the biggest perks of traveling the world and experiencing new cultures is the ability to try new things, especially new cuisines. Foodies travel far and wide across the globe to find some of the world's best food internationally. From cheesy wood fired pizza in Italy to chili-covered grasshoppers in Mexico to spicy curries in Morocco, local foods can be both delicious and unusual. This food-tainment celebration explores some of the very best dishes of the world!

## Living Healthy in a Toxic World

Thu, 8/29-9/19 • 10:45-12:15 • \$35

4 Meetings • Sedona Center • OS-116-F124

**Facilitator: 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.

## Managing Pain Without Medications

Tue, 9/17 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-117-F124

**Facilitator: Leslie James**

**NEW!** There are a number of ways to reduce - even eliminate pain - without medication that physicians are unlikely to mention. Most can be self-administered, have little or no cost and no side effects! Come learn what might work for you or those you care about.

## 23) Sacred Places, Sacred Foods

Wed, 8/28 • 9:30-11:30 • \$15

1 Meeting • Online • OZ-523-F124

**Facilitator: Larry Canepa**

Everything about eating is a form of communication rich with meaning. Our attitudes, practices, and rituals surrounding food are a window into our fundamental beliefs about our world and ourselves. But when we look at the meaning of food, there is a power that goes much deeper than the physical level. The meaning of food, unique to each of us, is rooted deeply in the mental, emotional, and spiritual realms. Treat yourself to a look at the most sacred places on earth and the most sacred foods of mankind.



# Class Descriptions

## HEALTH & NUTRITION (cont.)

### Self-Defense for Seniors

Tue, 8/27-10/1 • 9:00-10:30 • \$35  
6 Meetings • Verde Valley Campus • OV-118-F124

**Facilitator: Bernard Plaskett**

This 50+ self-defense class consists of standing/sitting techniques that can save your life in threatening situations. From my 28-year experience in law enforcement, I have witnessed many seniors being taken advantage of, and even killed. This class will give you a few basic self-defense techniques to help you be prepared. Today, we can be attacked while walking your dog, on a hike, entering your home, car, on an airplane, restaurant and much more. Don't be a victim - take control! **Limit: 15**

### Transitioning An End of Life Journey

Tue, 8/27-9/3 • 1:00-3:00 • \$35  
2 Meetings • Verde Valley Campus • OV-119-F124 **\*\*or\*\***  
Thu, 9/12-9/19 • 1:00-3:00 • \$35  
2 Meetings • Sedona Center • OS-120-F124

**Facilitator: Mary Towne**

Join Mary as she takes you through the different stages of the end of life, and how you can assist your loved one during this time. So many questions, so much fear and uncertainty. Questions such as: is there pain during the transition from this earth, what is Hospice and how do I receive Hospice assistance? With Mary's 10 years as a "companion" for this journey, she has referrals to help you manage this challenging time.

## HISTORY & CURRENT AFFAIRS

### Bisbee: The Alchemical City of the Borderlands

Tue, 9/24 • 9:00-11:00 • \$15  
1 Meeting • Sedona Center • OS-121-F124

**Facilitator: Virgil Hancock**

**NEW!** This workshop will be an examination of "greater Bisbee" including environmental history, the history of the people who lived in the area, the mining history of the region, the history of violence, the importance of the fraternal societies, the Bisbee deportation and the transformation of Bisbee into a tourist town. Bisbee will be compared to other towns in Arizona including Jerome and Prescott.

### Captain John Smith's Amazing Adventures

Tue, 9/3 • 1:00-3:00 • \$15  
1 Meeting • Sedona Center • OS-122-F124

**Facilitator: John Sutton**

**NEW!** Meet the first forefather of the USA. Smith's true adventures of survival and accomplishments are likely the most extraordinary stories you will ever hear. Besides fighting in the crusades in his youth where he earned a coat of arms, Smith next helped establish the first English colony of Jamestown in 1607 and personally saved it from failure. He was befriended by Princess Pocahontas who saved him when he was captured. Come learn about Smith's fascinating but little-known life.

### Disinformation: Is there a solution?

Thu, 9/12-9/26 • 9:00-10:30 • \$35  
3 Meetings • Sedona Center • OS-123-F124

**Facilitator: Geni Hart**

**NEW!** One of the failures in communication in these times is disinformation. Through class discussion, examples you can bring, and looking at Barbara McQuide's book Attack From Within, we will try to come up with possible solutions.

### Infectious Generosity: The Ultimate Idea Worth Spreading

Tue, 8/27 • 9:00-12:00 • \$15  
1 Meeting • Sedona Center • OS-124-F124 **\*\*or\*\***  
Tue, 8/27 • 1:00-4:00 • \$15  
1 Meeting • Sedona Center • OS-125-F124

**Facilitator: Paul Friedman**

**NEW!** Chris Anderson, head of the TED Talks program, has integrated the ideas of the world's brightest and boldest thinkers into a plan that might well be our best hope for a peaceful and prosperous future. His new book shows how we can use our everyday lives and the internet to turn our world in a positive direction-based on principles we can see operating around us every day. You'll feel uplifted and inspired by learning his reasoning and practical methods for making this change happen. **Limit: 12**



## OLLI Class Locations

**YC Sedona Center**  
4215 Arts Village Dr, Sedona

**YC Verde Valley Campus**  
601 W Black Hills Dr, Clarkdale

**Sedona Public Library-Village of Oak Creek**  
25 W. Saddlehorn Road Big Park, Sedona

**Zoom class login and  
Offsite meeting details**  
are provided on your email registration  
sent from [lifelonglearning@cce.yc.edu](mailto:lifelonglearning@cce.yc.edu)



# Class Descriptions

## Trustworthy Elections

Tue, 9/17 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-126-F124 **\*\*or\*\***

Tue, 9/17 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-127-F124

**Facilitator: Paul Friedman**

**NEW!** Used to be, elections settled political competitions and winners moved on to governing. Now, many suspect elections of being rigged or stolen, and refuse to accept their results. Accusations rage on. What will happen in November-and in America's future? Reforms are needed to yield election results trusted by everyone. Many changes are being considered by citizen groups and think tanks across the country. We will find out what they are, explore their pros and cons, and decide for ourselves.

**Limit: 12**

## Who was Solon? Athenian Constitutional Reformer of 600 BCE

Tue, 9/24 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-128-F124

**Facilitators: Becky Solon and Tom Solon**

**NEW!** 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.

## 25) American Nations Discussion - Part 1

Mon, 8/26-10/7 • 9:30-10:45 • \$35

6 Meetings • Online • OZ-525-F124

**Facilitators: Deb Dillon\* and Mark Dillon\***

This class will discuss 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 I will cover the first 15 chapters of the book. **Limit: 12**

## 30) Great Courses Potpourri (Email Only)

Email Only • \$35 • OZ-530-F124

**Facilitator: Patricia Berlowe**

Over the years OLLI has purchased many titles from Great Courses. We have access to over 250 titles that can be streamed from your home. If you sign up for this class, you will be given access to the Prescott OLLI account, and can stream at will for the session. Learn about music, history, mindfulness, science and travel.

## 32) New Ideas

Mon, 8/26-10/7 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-532-F124

**Facilitator: Barbara Brown\***

Please join us on a journey into the world of new ideas. Each week we will explore a different subject from science, technology, space and current events.

## LOCAL INTEREST & TRAVEL

### 38) Armchair Adventures

Wed, 8/28-10/2 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-538-F124

**Facilitator: Barbara Brown\***

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

### Timeless Treasures: Sights and Tastes of UNESCO Sites

Tue, 9/3 • 1:00-3:00 • \$15

1 Meeting • Verde Valley Campus • OV-129-F124

**Facilitator: Larry Canepa**

**NEW!** Embark on a journey to discover some of the world's most extraordinary UNESCO World Heritage Sites. These locations, recognized for their cultural, historical, culinary significance, offer more than just stunning visuals; they are a celebration of our planet's diverse heritage and history. Each tells a unique story of the world's civilizations, tastes and natural history. This presentation delves into these remarkable sites, providing insights for an enriching travel and culinary experience.

## NATURE & THE OUTDOORS, ACTIVE MIND & BODY

### Hiker Safety Learned with Verde Search And Rescue

Tue, 9/24 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-130-F124

**Facilitators: Tim Anderson and Dondi West**

This course will teach aspects of hiker safety from the perspective of Verde Search and Rescue (VSAR) and their experience with numerous rescues in the Verde Valley. The presentation will review how you should prepare, what you should take with you, several options for navigation, and what do to if you do find yourself lost or injured, and in need of help. Several examples of actual rescues in Sedona area will be presented to illustrate the key points of hiker safety.

# Class Descriptions

## NATURE & THE OUTDOORS, ACTIVE MIND & BODY (cont.)

### New to Hiking? Come Find Your Happy Trails

Tue, 9/17 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-131-F124

**Facilitator: Marisa Combs**

**NEW!** This workshop is designed for new hikers and those who want to improve their hiking skills. Students will learn about etiquette, gear, safety, and more to enhance your time on the trails. Drawing on experience of our local Sedona trails and awareness of surroundings, Marisa will guide you as you become familiar with your abilities and interest in hiking. No experience in hiking is needed, just a love of the outdoors. Weather permitting, a hike is planned. Dress appropriately. **Limit: 15**

### Super Easy Hiking on Super Easy Terrain

Thu, 8/29-10/3 • 9:00-10:30 • \$35

6 Meetings • Offsite • OS-132-F124

**Facilitator: Bernard Plaskett**

Join me for a 1–3-mile easy trail hike with slight speed and elevation changes weekly. It's ok for beginners because you won't be dealing with very long, steep, or rocky conditions. You will walk at your own pace. Concentration is more geared to your cardio than elevation change and wonderful views. This class is a precursor to the Moderate & Strenuous Hiking. We will meet at the Centennial Trail Head for the entire learning group.

## PHILOSOPHY & RELIGION & UNEXPLAINED

### Arguments For and Against God's Existence

Tue, 9/3 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-133-F124

**Facilitator: Jack Koepke**

Theories about God's existence have a long history. We will discuss teleological arguments made by the early Greeks; intelligent design by Plato; moral arguments by Immanuel Kant; altruism from Charles Darwin; St. Anselm's ontological perspective; cosmological views from Plato and Aristotle; human consciousness and neuroscience; Pascal's wager; human suffering and death; transmutation of species and Man the Believer.

### Five Books Creating Universal Perspectives

Thu, 8/29-9/26 • 2:45-4:15 • \$35

5 Meetings • Online • OZ-134-F124

**Facilitator: Lorna Macdonald**

**NEW!** These 5 books belong to our global history. They advance spiritual growth with infusions of universal truth. Quietly, person to person, they raise human thought presenting profound wisdom and expanding our awareness of spirit. Each week I will share beautiful excerpts from each text. They include: Sekeley's Zend Avesta, The Divine Pyramider, The Hebraic Tongue Restored, Thomas Byrom's Dhammapada, and Chinmayananda's Bhagavad Geeta.

### Hinduism, a Perspective of an Active Practitioner

Wed, 9/18 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-135-F124

**Facilitator: Ramaswami Venkateswaran**

Come learn the basic tenets of Hinduism from a practicing Hindu. "Indologists" from the west came to India from the 16th century and used their Greco/Roman lenses to interpret the vast trove of Hindu scriptures. This view distorts the way a practicing Hindu views the Hindu scriptures. We will discuss this and other impacts, then look at the mystical and lyrical works of Tamil poets from the 6th-12th centuries.

## SCIENCE & MATH

### Basic Astronomy-Our Night Sky

Tue, 8/27-10/1 • 9:00-10:30 • \$35

6 Meetings • Verde Valley Campus • OV-136-F124

**Facilitator: Richard Bohner**

This course will cover what appears in our night sky including planets, the Milky Way, and constellations of the Fall/Winter and what lies within those constellations. This will include 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 observing session (weather permitting) to observe the material covered.

### Geological Creation of Arizona and Verde Valley

Wed, 8/28 • 9:30-11:30 • \$15

1 Meeting • Offsite • OV-137-F124 **\*\*or\*\***

Wed, 9/25 • 9:30-11:30 • \$15

1 Meeting • Offsite • OV-138-F124

**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 gold, silver, and gem deposits. Our tour of the museum will include discussions of its collection of ores and gems. Geologic changes of the Prescott and Verde Valley over time are revealed. **Attendees will pay an admission fee of \$5.00 directly to the Jerome State Historic Park. Limit: 15**

### UFOLOGY 101: A Scientific Perspective

Wed, 8/28 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-139-F124

**Facilitator: Becky Solon**

We will review a history of UFO-UAP organizations involved in case data evaluation. Basic concepts, definitions, and Ufology's background as an organized field of study will be covered. The top 10 UFO cases will be presented, with an accompanying list of books. 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 2010-2016. Includes an update. Student input will be welcomed.

**SELF-ENRICHMENT & LIFESTYLE**

**Class Descriptions**

**70 Years on the Spectrum**

Tue, 9/10 • 1:00-3:00 • \$15

1 Meeting • Verde Valley Campus • OV-140-F124

**Facilitator: Joel Machak**

**NEW!** At age 64, I discovered I was on the autism spectrum. Instantly, my life's anxieties, turmoil, and heartaches had an explanation. Its effects echoed from my earliest memories. This session will show what "autism level 1 requiring support" is like from the inside. Learn what it was like to spend nearly a lifetime not knowing what was wrong. But my story is also one of career perseverance, creativity, and resilience. Learn how I tackled most of the downside symptoms and came to enjoy the upsides.

**Crystals and Chakras: Your Guide To Energizing Your Life**

Thu, 8/29-10/3 • 2:45-4:15 • \$35

6 Meetings • Online • OZ-141-F124

**Facilitator: Darielle Archer**

**NEW!** In this course, you will explore the profound synergy among crystals, colors, and the chakra system, unlocking the secrets to vibrant living and holistic healing. Each week, we'll delve into a different aspect of the chakra system, guided by the shimmering light of crystals and the vibrant hues of the color spectrum. We will create crystal grids to improve your life.

**Feel Good Meditation Training**

Tue, 9/24 • 1:00-3:00 • \$15

1 Meeting • Online • OZ-142-F124

**Facilitator: Stephen Villaescusa**

**NEW!** 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.

**Music of Peace: A Hearing Experience**

Wed, 9/18 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-143-F124 **\*\*or\*\***

1 Meeting • Online • OZ-143-F124

**Facilitator: Charles Blum**

**NEW!** Music is often seen as a universal language. "Peace" is a nearly universal yet elusive goal for individuals and nations. To celebrate the International Day of Peace, we explore how music has been used to promote peaceful intentions. Together we will listen attentively (real hearing) to music from around the world, from Bach and Beethoven to Paul Simon and Joan Baez to R. Carlos Nakai and Hindu chants. The aim is to help participants better use music in their personal quest for peace. **\*Offered in-person or online simultaneously\***

**Planning For Success**

Tue, 9/24 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-144-F124

**Facilitator: Frank Lewis**

**NEW!** Every morning, we are given a brand-new day. Do we sometimes feel dread, anxiety, and lack of focus, or do we welcome every day with confidence and optimism? Take control of life with a proven success plan to shape and balance your physical and mental well-being with a hands-on workshop that will use classic, practical planning tools. This exciting exercise in Life Planning will create order and get rid of the mental clutter that keeps you from being the best you can be.

**So You've Always Wanted to Learn how to Fly? Find Out How**

Tue, 9/10 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-145-F124

**Facilitator: Lori Parker**

**NEW!** Whether you want to get your private pilot certificate or just want to see what it is like to fly a small plane, this workshop is for you! It is never too late to check off an experience from your bucket list. We will talk about what is required to earn a certificate and options on how to take an introductory flight above the beautiful skies of Sedona. Also, do you want to know more about kids 8-18 taking a free flight? We'll talk about that too. Join us for this exploratory session!

**Stories Around the Kitchen Table**

Wed, 9/4 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-146-F124

**Facilitator: Cheryl Kellogg**

**NEW!** All of us, men and women, have sat around a kitchen table telling stories. Telling stories can be funny, wise and/or healing. Today, there is a great hunger for connection and community, a place that feels safe enough for people to tell life stories without fear of being judged, abandoned or criticized. Telling stories can teach and heal, but they take time and patience in listening. Be prepared to tell a favorite story in your life that made you pause in joy, wonder or grief. We will listen.

**WRITING, LITERATURE & LANGUAGES**

**63) Telling Your Stories**

Tue, 8/27-10/1 • 11:00-1:00 • \$35

6 Meetings • Online • OZ-563-F124

**Facilitator: Becky Gunn\***

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. **Limit: 11**



## Class Descriptions

### WRITING, LITERATURE & LANGUAGES (cont.)

#### How to Write, Edit and Get Your Book Published on Amazon KDP

Thu, 8/29-10/3 • 2:45-4:15 • \$35  
6 Meetings • Sedona Center • OS-148-F124

**Facilitator: Gail Mewes**

**NEW!** If getting your book published is your dream, this class is for you! Gail Mewes is a self-published author who teaches writers the easy Amazon KDP system. You will learn how to set up your own FREE account on Amazon KDP, how to use Grammarly and AI to edit your work (or inspire you!), how to format your book into a digital work of art that will be accepted by the Amazon platform, how to create a free book cover, set your price, and collect those royalties! This is a fun, no pressure class.

#### Keeping a Commonplace Book

Tue, 9/10 • 1:00-4:00 • \$15  
1 Meeting • VOC • OS-149-F124

**Facilitator: Kristine Crandall**

Looking for a way to record quotes, anecdotes, book passages, observations — whatever comes up in daily life that inspires curiosity? Keeping a commonplace book may just be the ticket. It's a fascinating process for engaging with the world. Similar to a journal, it has its own specific origin and purposes. This course will explore benefits and ways of keeping a commonplace book, and the information you might compile, and includes practice using your commonplace book for writing projects.

#### Spanish for Beginners

Mon and Thu, 8/26-10/7 • 1:00-2:30 • \$35  
12 Meetings • Sedona Center • OS-151-F124

**Facilitator: Art Smith**

This is a basic course in Spanish for absolute beginners, as well as those who may have studied Spanish in the past and want to update and review their beginning Spanish skills. This course will be offered twice per week (Mondays and Thursdays) for 12 sessions. **Limit: 15**

#### Writing Your Memoirs

Thu, 8/29-10/3 • 10:45-12:15 • \$35  
6 Meetings • Sedona Center • OS-152-F124

**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. **Limit: 8**

## Trips

#### Trip: Hidden Secrets of Yavapai College

Mon, 8/19 • 11:00-12:30 • FREE  
1 Meeting • Meet at 31 • OP-702-F124

**Facilitator: Patricia Berlowe**

Join us for an exploration of all that Yavapai College's Prescott Campus has to offer! 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!

#### Trip: Picnic in the Vines, Painted Lady Vineyard

Tue, 8/27 • 11:00-1:00 • \$5  
1 Meeting • Offsite-Travel • OP-703-F124

**Facilitators: Lois Janowski\*, Angie Mazella, and Rennie Anderson**

The tour and picnic will take place at the Painted Lady Vineyard, an acre of land under Gewurztraminer vines (organically cultivated), planted in 2006. Bring your lunch and we will picnic on the property. No wine tasting or items to purchase will be available. \$10 donation at the tour plus a \$5 fee to support OLLI.

#### Trip: Reverie Farmstead Tour

Tue, 9/17 • 9:00-11:00 • \$5  
1 Meeting • Offsite-Travel • OP-704-F124

**Facilitators: Lois Janowski\*, Angie Mazella, and Rennie Anderson**

Jeff Schalaus will provide a tour of his small Prescott farmstead where he and his wife, Dorothy, raise vegetables and fruit along with laying hens. Over the past 30 years, Jeff has shifted emphasis from summer growing to year-round production, growing his own transplants, and managing predators. This 2-hour tour will require walking over uneven ground and standing for periods of time. \$10 donation at the farm plus a \$5 fee to support OLLI.

#### Trip: Shaffer Farms

Tue, 8/13 • 8:30-10:30 • \$5  
1 Meeting • Offsite-Travel • OP-705-F124

**Facilitators: Lois Janowski\*, Angie Mazella, and Rennie Anderson**

Schaffer Farms (a Certified Natural Grower) is a small, 6.5-acre family farm where every inch is used strategically. The family grows its own food (including grinding wheat and corn into flour and meal) and sells their produce at local farmers' markets. Produce will be available for sale following the tour. \$10 donation at the tour plus a \$5 fee to support OLLI.

#### Trip: Urban Orchard

Tue, 8/20 • 8:30-10:30 • \$5  
1 Meeting • Offsite-Travel • OP-706-F124

**Facilitators: Lois Janowski\*, Angie Mazella, and Rennie Anderson**

The Urban Orchards and Farm was developed by two master gardeners to educate people on how to grow fruit and vegetables in our urban backyards. Guests will see a creative design using available space, raised beds, fruit trees, composting, irrigation, and erosion control. Produce, jams, and plants will be available for purchase, but they are cash only. A second address (8 minutes driving time) will be available to tour at the end of the first site if guests want to see a 2nd space, this one with a significant slope—\$ 10 donation at the tour plus a \$5 fee to support OLLI.

## Free and Open to the Public Events

### A) Munch & Learn: Geronimo

Thu, 8/29 • 12:30-1:45 • FREE

Verde M-137 • OP-406-F124 OR Online • OZ-406-F124

#### Facilitator: *Shri Srikanth*

Jerry Geronimo Martin, great-great-grandson of the famed Apache warrior Geronimo, discusses the final years of Geronimo's life in captivity. Geronimo (1829-1909) was an Apache leader and medicine man best known for his fearlessness in resisting anyone, Mexican or American, who attempted to remove his people from their lands. He will discuss Geronimo's surrender and years in captivity until his death.

### B) Munch & Learn: Drifting Continents- R U Kidding?!?

Thu, 9/5 • 12:30-1:45 • FREE

Verde M-137 • OP-403-F124 OR Online • OZ-403-F124

#### Facilitator: *Shri Srikanth*

Scientific revolutions are rare. Derision was common when clues and claims about movable continents emerged. By the late 1960s, dynamic mechanisms sufficient to split ocean floors and move continents had led to a true revolution. Professor of Geology Ken Bork is pleased to discuss the birth and maturity of plate tectonics.

### C) Munch & Learn: Fun Facts and Stories from “Manned” Space Flights

Thu, 9/12 • 12:30-1:45 • FREE

Verde M-137 • OP-405-F124 OR Online • OZ-405-F124

#### Facilitator: *Shri Srikanth*

Come along on this fact-filled, fun space odyssey adventure with Rick Rokosz, who worked for Lockheed Martin and supported satellite programs and space shuttle launches. Hear topics about the astronauts, things they ate, pranks they pulled, what they said and did in orbit, the rockets that took them to space, and more. The highlight will be when attendees participate in a simulated mission count-down Readiness Call to launch.

### D) Munch & Learn: Dawn of the Great American Road Trip

Thu, 9/19 • 12:30-1:45 • FREE

Online • OZ-402-F124

#### Facilitator: *Rudy Arena\**

This will be a fun-filled, fast-paced history told by Jim Hinckley. In 1910 two pre-teen brothers rode their horses from Oklahoma to New York City, purchased a new automobile and drove it home. Edsel Ford, in 1915, traveled to California using the National Old Trails road. That same year Effie Hotchkiss and her mother became the first women to cross the county by motorcycle. Their adventures, and others, inspired thousands of people to take to the open road.

### E) Munch & Learn: The History of Sports in Prescott

Thu, 9/26 • 12:30-1:45 • Free

Prescott 3-119 • OP-407-F124 OR Online • OZ-407-F124

#### Facilitator: *Rudy Arena\**

Kelly Cordes, historian and a 4th generation member of the Cordes family will give a talk on 'The History of Sports in Prescott'. Kelly recently retired after 19 years of teaching in Prescott schools and has lectured before many groups extolling our Prescott history.

### F) Munch & Learn: Empowering Arizona's Voters: The Initiative and Referendum Process

Thu, 10/3 • 12:30-1:45 • FREE

Prescott 3-119 • OP-404-F124 OR Online • OZ-404-F124

#### Facilitator: *Kelly Boryca\**

What is Arizona's Initiative and Referendum process? What powers are granted to the citizens of Arizona to create new laws, change existing laws, or stop new laws? We will discuss the history of referendums & initiatives, how the process works, and their impact on our state constitution and laws. Presenters Diane McQueen & Tricia Powers, League of Women Voters.

### Learn More About Facilitating

Wed, 9/25 • 1:00-3:00 • FREE

1 Meeting • Sedona Center • OS-412-F124

#### Facilitators: *Rick Rokosz and Leslie James*

**NEW!** 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 discuss how to plan both in-person and online classes, and highlight the easy proposal process, tools and support available.

**Limit: 10**

### I) Member Welcome (Zoom)

Mon, 8/19 • 2:00-3:15 • FREE

1 Meeting • Online • OZ-401-F124

#### Facilitator: *Prescott Member Engagement Committee*

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, the cafeteria, and where your classroom is! Our Member Welcome will reveal the answers to these and many more questions. Bring a friend. We look forward to meeting you!

### NARCAN Is A Must-Have for Every Household

Tue, 8/27 • 1:00-4:00 • FREE

1 Meeting • Sedona Center • OS-413-F124

#### Facilitator: *Bernard Plaskett*

**NEW!** Attention all Seniors, a very alarming fact is that during 2022 to 2023, the state of Arizona has experienced a 600% increase in Opioid deaths amongst older adults aged 45-64. This is the second largest age group for overdoses. These numbers are continuing to climb with no end in sight. All that being said, this free-to-OLLI members workshop will give you some valuable information for your toolbox, along with a free life-saving double dose of NARCAN.

### Presenting with Impact

Wed, 8/21 • 9:00-12:00 • 1 Meeting

FREE AND OPEN TO THE PUBLIC

Sedona Center • OS-414-F124 OR Online • OZ-415-F124

#### Facilitator: *Curtis Everett*

Using research from notable educational psychologists, this workshop will provide a foundation allowing you to better frame and organize your message to resonate with your audience more fully - irrespective of whether you are presenting to an audience of 1000, or only five. It is appropriate for the most practiced presenter, as well as for those who are either inexperienced or terrified of presenting.



928 649 4275

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

## OLLI Special Interest Groups (SIGs)

### What is a SIG?

SIGs are on-going groups that are initiated and run by OLLI members to focus on a particular hobby or other interest. **SIGs are FREE and open to all OLLI members (unless otherwise noted).** The current SIGs are described below, along with contacts to get more information or join.

### TUESDAY TRIVIA

Join the fun! This drop-in group meets weekly on Zoom and is completely NON-competitive. We play some on-line trivia games, and all try to guess the answers together. Lots of laughs – especially at some of our wild guesses. No need to sign up or commit to coming weekly. Just join us when you can. For more information contact Bev Thurber at: [thuberbw@gmail.com](mailto:thuberbw@gmail.com) ZOOM LINK : <https://yavapai.zoom.us/j/92568199975?pwd=UFdLUDBsOVNNTXM1ZVFCK0RoT25Hdz09>

### GUITAR

This group is for all guitar experience and skill level guitar players. We meet 2 times a month in person and via Zoom. **Contact Michael Gunn for additional info or to get on our email reminder list at (928) 515-4105 or [michaeljohnngunn@gmail.com](mailto:michaeljohnngunn@gmail.com)**

### SOCIAL BRIDGE ONLINE

Members of this SIG play Bridge online weekly using the [Bridge Base Online](#) (BBO) website or apps. Any OLLI member with basic Bridge playing skills is welcome to join. Note that we do not teach beginners how to play Bridge. Occasionally, Bridge classes are offered by OLLI for that purpose. For more information about this SIG, or to join, **please contact Doug Adams via email at [ret2az09g@gmail.com](mailto:ret2az09g@gmail.com) or by phone at (928) 759-2363.**

### WRITE WHAT YOU WANT

The Creative Writing SIG gives people who love to write and want to share their writing an opportunity to do so. We meet via Zoom weekly. Six to ten people usually attend, You may read—or not read—a piece you have written. Pieces can be poetry, prose, memoir, fiction or non-fiction—all is grist for the mill except pornography and political statements. We welcome anyone who loves to write. To join us, send an **email to Jim Veney at: [jimeveney@gmail.com](mailto:jimeveney@gmail.com)**

### GOOD MORNING EMAIL GROUP

A short email every morning for weather, OLLI and current events, and a short video on many different subjects. To join or for more information contact: **Barbara Brown\* at [vacbrown@yahoo.com](mailto:vacbrown@yahoo.com)**

### OLLI Sedona•Verde Valley Book Club

A Special Interest Group book club for OLLI members who love to read and discuss what they have read. The club will primarily focus on fiction (popular fiction, science fiction, historical fiction, mysteries, classics), but will be open to all book types/genres once it has an established membership. We will meet in person only at the Sedona Center on the third Tuesday of the month. **Email Kate Anderson at [sedonaollibookclub@yahoo.com](mailto:sedonaollibookclub@yahoo.com) to enroll. Limit: 10**

### Widows Support Special Interest Group

Meet monthly to socialize with other OLLI member widows who have been through your journey. Share uplifting stories and problem-solve the many challenges for this unique phase of life. This Special Interest Group will meet in-person only on the first Wednesday of the month at the Sedona Center. **Email Gail Mewes at [artbygem@aol.com](mailto:artbygem@aol.com) to enroll.**



# Osher Online

in collaboration with Northwestern University  
School of Professional Studies

**Osher Online Fall 2024 9/30-12/7**  
**Registration Deadline 9/13**

*Additional fees apply, no matter your membership level*

## Architecture, Engineering, Design, and Technology

Wed, 10/2-11/6 • 8:00-9:30 • \$60

6 Meetings • Online • OZ-915-F124

Examine instances where architecture, design, and engineering are impacted by technological advances catalyzed by rivalry and conflict.

## Art Movements: Roaring '20s to Swinging '60s

Tue, 10/8-11/12 • 4:00-5:30 • \$60

6 Meetings • Online • OZ-913-F124

Explore how artists challenged and knocked down the walls of not only traditional art but the avant-garde art forms of the earlier 20th century.

## Gender and the Law

Thu, 10/3-11/7 • 8:00-9:30 • \$60

6 Meetings • Online • OZ-901-F124

Explore the relationship between law and justice in many areas that affect gender minority lives, focusing on US Supreme Court decisions.

## The Empowered Consumer

Thu, 10/10-11/14 • 12:00-1:30 • \$60

6 Meetings • Online • OZ-910-F124

In this course, we will offer a variety of resources to enhance your ability to make safe, sharp, and savvy purchasing decisions with sellers you can trust.

## First Ladies: More Than the Women Behind the Men

Mon, 9/30-11/4 • 12:00-1:30 • \$60

6 Meetings • Online • OZ-905-F124

From the birth of our country through the present, this course will explore the evolution of the role and the Office of First Lady.

## Peace Leadership

Tue, 10/1-11/5 • 10:00-11:30 • \$60

6 Meetings • Online • OZ-902-F124

Examine the elements of a construct known as “positive peace,” through the lens of peace activists working on the ground.

## Psychology Fundamentals

Tue, 10/8-11/12 • 8:00-9:30 • \$60

6 Meetings • Online • OZ-908-F124

We will learn more about how psychology can help us understand personalities and group dynamics.

## The Season of Sports Journalism

Sat, 10/5-11/9 • 8:00-9:30 • \$60

6 Meetings • Online • OZ-909-F124

As the world watches the best athletes on the planet during the Paris 2024 Summer Olympics, learn what it is like to cover those competitor.

## Who is Fredrick Law Olmsted?

Wed, 10/2-11/6 • 10:0-11:30 • \$60

6 Meetings • Online • OZ-912-F124

Olmsted was not only a landscape architect, but also a journalist, conservationist, farmer, and public servant.

## The Power of Introverts

Wed, 10/2-11/6 • 4:00-5:30 • \$60

6 Meetings • Online • OZ-903-F124

Discuss the power of introverts, the beautiful balance of relationships with extroverts, how we support and honor both personality types.

## Medieval Science: Exploring Insights & Discoveries

Mon, 9/30-11/4 • 4:00-5:30 • \$60

6 Meetings • Online • OZ-906-F124

Exploration of medieval scientific thought, encompassing various disciplines such as medicine, astronomy, and geography.

## Exploring Crosswords

Thu, 10/17-11/21 • 2:00-3:30 • \$60

6 Meetings • Online • OZ-914-F124

Learn about different types of crosswords, discuss solving strategies, explore online applications, and introduce the process of constructing crosswords.

## Wellness From Within

Tue, 10/8-11/12 • 12:00-1:30 • \$60

6 Meetings • Online • OZ-907-F124

Explore mental, spiritual, and physical health and wellness through discussion, brief meditation, creative writing, reading aloud, and plenty of humor.

## Language Myths Debunked

Mon, 10/14-11/18 • 2:00-3:30 • \$60

6 Meetings • Online • OZ-911-F124

Explore language diversity, language history, children’s language acquisition, adult language learning, animal and human communication.

## The Great Con: The Talented Mr. Ripley

Fri, 10/11-11/15 • 8:00-9:30 • \$60

6 Meetings • Online • OZ-904-F124

Tom Ripley’s story of fraud is one that confronts the reader to examine how far they would go to gain access into a world whose entry requires reinventing oneself to the point of moral collapse.

*Osher Online classes are offered to an exclusive number of OLLIs across the country—and ours is one of them! See full course descriptions at [www.yc.edu/osheronline](http://www.yc.edu/osheronline)  
Additional fees apply, no matter your membership level.*



OLLI at Yavapai College Sedona•Verde Valley  
1100 E Sheldon St  
Prescott, AZ 86301-3297

# Health and Wellness at 50+

with Gillian Troxel MSN, RN,  
Professor of Nursing at Yavapai College

~ ~ ~

A discussion on common health issues and  
improving physical and mental wellness in people over 50



at the OLLI Sedona•Verde Valley  
Fall Launch

Tuesday, August 20, 2:00 pm  
Sedona Center, Room 34

Registration Requested 928-649-4275, [www.yc.edu/olli](http://www.yc.edu/olli)







**OLLI**  
AT YAVAPAI COLLEGE

**Prescott**  
**Fall 1 2024**  
**Aug 26-Oct 7**



*Stay Curious, Stay Engaged—Join OLLI!*

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

Registration opens August 7



# Stay Curious, Stay Engaged... OLLI!

## Chair Corner

Welcome to the Fall 1 session of OLLI at Yavapai College! As always, our extraordinary team of volunteers has been working with YC staff to fill the OLLI catalog with a variety of classes and activities. Remember, your membership includes classes at the YC Prescott Campus, the YC Sedona Center, the YC Verde Valley Campus in Clarkdale, and offsite OLLI programming. There are plenty of ZOOM options as well, to help us all stay connected without having to go anywhere.

If you're a new member, look for the "Member Welcome" class to connect with current members and find out all the benefits that come with an OLLI membership. If you're not new, and you missed this class in the past, you're always welcome to sign up. You might be surprised at how much is offered that you never knew!

The volunteer Governing/Leadership Councils have been working diligently to keep our organization thriving. This session marks the end of Linda's term as Chair of the OLLI Prescott Governing Council. It has been a pleasure to serve in leadership. I've been inspired by the commitment of my fellow council members, and the untiring dedication of volunteers and staff to keep our catalog filled with choices, to help our members feel connected and enriched, and to do all of it with the joy and satisfaction that comes from selfless giving. I also welcome Sharon Sherman as she begins her new role as the OLLI Sedona Verde Valley Leadership Chair and wish her the very best.

Thank you for the opportunity to serve our OLLI membership,

*Linda Neville*

*Linda Neville, Outgoing Chair  
Prescott Governing Council*

*Sharon Sherman*

*Sharon Sherman, Chair  
Sedona/VV Council*

**Register: (928) 717-7634 or  
[www.yc.edu/prescottolli](http://www.yc.edu/prescottolli)**

## Membership Fee Options

All Membership levels cover 5 consecutive terms (one year), and include unlimited Munch and Learns and all offerings labeled A-Z.

**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.

*Memberships are not eligible for  
refunds or extensions.*

**Yavapai College Foundation**

**OLLI needs your support for scholar-  
ships for our members, special pro-  
jects, and preparing for our future  
growth, to give: [www.yc.edu/olli](http://www.yc.edu/olli)**

## Important Dates

**Fall 1:** Aug 26-Oct 7  
**Fall 2:** Oct 28-Dec 13

OLLI Staff  
Tricia Berlowe – Director  
Connie Varga – Admin Assistant  
Francis Beegle - Admin Assistant  
Jennifer Theroux - Admin Assistant  
Solaris Walsh - Admin Assistant

Table of Contents:	Pages
Grid	2-3
Free Offerings	4
Special Events & Sedona/VV Online Classes	5
Prescott Classes	6-10
OSHER Online Classes	11

Monday	Time	Loc	Class	Facilitator(s)
8/26-10/7	8:00-12:00	Offsite	43) Hike The Prescott Circle Trail	J Pillman, K Paris
8/26	9:30-10:30	30-126	60) Haiku and Limericks	M Crider
8/19	9:30-10:45	31-101	H) New Member Welcome	Mem Engage Com
8/26-10/7	9:30-10:45	Online	25) American Nations Discussion - Part 1	D Dillon*, M Dillon*
8/26-10/7	9:30-10:45	31-101	29) Geopolitical Blunders of the Twentieth Century	J Veney*
8/26-10/7	10:45-12:15	Online	Living in the Cloud	S Sherman
8/26-10/7	11:00-12:00	Online	32) New Ideas	B Brown*
8/26-10/7	11:00-12:15	31-101	36) What were the Wunderwaffe of WW II?	C Evans
8/26-10/7	12:30-1:45	31-101	22) Restaurant Reviews and Recommendations	J Velling*
8/26-10/7	12:30-2:00	3-119	31) Inside Stories of the National Air & Space Museum	D Baier
10/7	12:30-3:30	3-206	J) Narcan: A Must have for Every Household	B Plaskett
8/19	2:00-3:15	Online	I) Member Welcome (Zoom)	Mem Engage Com
9/9-9/16	2:00-4:00	31-102	2) Glitter Fun	R (blank)
9/30	2:00-4:00	3-271	57) Medicare Part D	K Boryca*
8/26-10/7	2:30-3:45	31-101	41) Chair Yoga And More (Monday)	C Young
8/26-9/30	2:30-4:30	Online	Current Economic Issues	C Blum
Tuesday				
8/27-10/1	8:30-9:45	30-126	59) Conversational Russian	N Almagambetova
9/17	9:00-10:00	Online	Retirement by Design	M Fitzgerald
9/10-9/24	9:30-10:45	31-101	52) Inspired Retired	L Zann
on-going	10:00-11:30	15-260	47) T'ai Chi Advanced (On-Going Only) <b>Closed to New Students</b>	A Chan*
8/27-10/1	11:00-1:00	31-101	27) Foreign Affairs: Events & Discussions	J Lowe*
8/27-10/1	11:00-1:00	Online	63) Telling Your Stories	B Gunn*
8/27-10/1	11:00-1:30	30-126	50) A Different Prime of Life: Spirituality in Aging (Tues)	N Van der Voort*, C Lee
8/27-10/1	12:30-1:45	3-203	28) Gaza: How did We get Here?	P Jones
8/27-9/24	12:30-1:45	4-118	39) Railroads of Yavapai County- a Raven's-Eye-View	F & P Proud
9/3	12:30-1:45	Online	18) Preserving Digital Photos	M Schulman, J Burke*
9/24	1:00-3:00	Online	Feel Good Meditation Training NEW!	S Villaescusa
9/17-10/1	2:00-3:30	4-118	20) You be the Judge (All New Cases!)	R Lee
8/27	2:00-4:00	4-118	40) Talk with the Captain about Fearful Flying	D Baier
8/27-10/1	2:00-4:00	31-101	37) World War II: Up Close And Personal	C Lovin*
9/10-9/24	2:00-4:00	31-102	21) Going With Your Gut	H Huffman
9/17	2:00-4:00	Online	19) Working with Windows - On to Windows 11	J Burke*
Wednesday				
8/28-10/2	7:30-10:00	Offsite	44) Moderate Hiking	L Neakrans, M Troester*
8/28-10/2	8:30-11:00	Offsite	45) Prescott Area Nature Walks	J Mangimeli
8/21	9:00-12:00	Online	Presenting with Impact	C Everett
9/18	9:00-12:00	Online	Music of Peace: A Hearing Experience NEW!	C Blum
		Online	16) Apple Mac Security <b>POSTPONED</b>	F Croft
8/28-9/11	9:30-10:45	31-102	55) Brain-Behavior Relationships	V Conner
8/28-10/2	9:30-11:30	31-101	8) Acting for Everyone	R Skidmore
8/28	9:30-11:30	Offsite	Trip: Geological Creation of Arizona and Verde Valley	J Sutton
8/28	9:30-11:30	Online	23) Sacred Places, Sacred Foods	L Canepa
9/25	9:30-11:30	Offsite	Trip: Geological Creation of Arizona and Verde	J Sutton
Starts 8/28	10:00-11:30	15-260	48) T'ai Chi for Beginners	A Chan*
8/28-10/2	11:00-12:00	Online	38) Armchair Adventures	B Brown*
8/28-10/2	11:00-12:30	31-102	3) Math and Magic	C Lovin*
9/11	12:30-1:45	Online	17) Digital Asset Estate Planning	J Taylour, J Burke*
9/4-10/2	2:00-3:30	3-270	34) Slow Walking the Constitution - Speech revisited	S Ashlock
8/28-10/2	2:00-4:00	31-101	5) Scrabble Fundamentals	T Green
9/4-10/2	2:00-4:00	3-205	54) Ancient Earth	D Hoffman*, J Kangal*
9/4-10/2	2:00-4:00	3-271	61) Memoir Writing Class	J Ashlock*
8/28-10/2	2:00-4:30	30-126	4) Omaha Hi/Lo 8 or Better Poker	K Paris

Thursday	Time	Loc	No July 4 Classes	Facilitator(s)
8/29-10/3	9:00-10:30	Sedona	Super Easy Hiking on Super Easy Terrain	B Plaskett
8/29-10/3	11:00-2:00	31-101	11) Movies of the Fabulous 50's	Reynolds/Baier/Manko
8/29	12:30-1:45	Online/Verde	A) Munch & Learn: Geronimo	S Srikanth
9/5	12:30-1:45	Online/Verde	B) Munch & Learn: Drifting Continents- R U Kidding?!?	S Srikanth
9/12	12:30-1:45	Online/Verde	C) Munch & Learn: Stories from "Manned" Space Flights	S Srikanth
9/19	12:30-1:45	Online Only	D) Munch & Learn: Dawn of the Great American Road Trip	R Arena**
9/26	12:30-1:45	3-119/Online	E) Munch & Learn: The History of Sports in Prescott	R Arena**
10/3	12:30-1:45	3-119/Online	F) Munch & Learn: Empowering Arizona's Voters: Referendums	K Boryca*
8/29-10/3	12:30-3:00	30-126	49) A Different Prime of Life: Spirituality in Aging (Thurs)	N Van der Voort*, C Lee
8/29-10/3	2:00-3:00	Online	15) Zooming into Zany: 6 Films, 6 Weeks	B Mains
8/29-10/3	2:00-3:30	3-271	14) Dynamic Duo of Comedy Part 2: Laurel and Hardy	M Lochte, K Lochte
9/5-9/26	2:00-3:30	3-205	62) Shakespeare's Much Ado About Nothing	J Ashlock*
8/29-9/12	2:00-4:00	4-118	6) Slow stitching	R Hatfield
8/29-9/5	2:00-4:00	31-102	56) The Science of Fingerprints	A Kells
8/29-10/3	2:30-3:45	31-101	42) Chair Yoga And More (Thursday)	C Young
8/29-10/3	2:45-4:15	Online	Crystals and Chakras: Your Guide To Energizing Your Life NEW!	D Archer
8/29-9/26	2:45-4:15	Online	Five Books Creating Universal Perspectives NEW!	L Macdonald

## Friday

8/16	9:30-10:45	31-101	G) Thinking About Facilitating	C Maxwell*
8/30-9/13	9:30-10:45	30-126	58) 10 Minute Originals: Writing Off the Top of My Head	M Schaffer*
8/30-10/4	9:30-11:30	31-102	1) 6 Crafts in 6 Weeks!	S Lavallee
9/27	9:30-12:30	30-126	53) The Karma of Forgiveness	M Karayan
8/30-10/4	10:00-12:00	31-101	35) Viewpoints	J Wilson*
8/16	11:00-12:15	31-101	New Facilitator Training	C Maxwell*
8/30-9/20	12:00-1:30	30-126	51) Facing the Mourning	M Huff
8/30-10/4	12:30-2:00	31-101	33) Recipes and Remembrances	K Lochte
8/30-10/4	2:00-4:00	3-271	26) Ancient Mesopotamia: Life in the Cradle of Civilization	J Jones*
8/30	2:00-4:00	31-102	9) David Hockney and the iPad	A Newton
9/13-10/4	2:00-4:00	30-126	7) Swoop!	L Neville
8/30-10/11	2:00-5:00	4-102	10) Foreign Films	L Danaher, A Lopez
8/30-10/4	4:00-5:30	31-101	46) Spring Forest Qi Gong	R Eshelman

## Email Only

Email Only	30) Great Courses Potpourri (Email Only)	P Berlowe
Email Only	12) Ode to Joy: Beethoven 9th Symphony	N Dubow*
Email Only	13) Piano Sanctuary	N Dubow*

## Trips

*extra fees apply, no matter your membership level*

8/13	8:30-10:30	Offsite	Trip: Shaffer Farms	Janowski*/Mazella*
8/20	8:30-10:30	Offsite	Trip: Urban Orchard	Janowski*/Mazella*
8/28 or 9/25	9:30-11:30	Offsite	Trip: Geological Creation of Arizona and Verde	J Sutton
8/27	11:00-1:00	Offsite	Valley Trip: Picnic in the Vines, Painted Lady	Janowski*/Mazella*
9/17	9:00-11:00	Offsite	Vineyard Trip: Reverie Farmstead Tour	Janowski*/Mazella*
8/19	11:00-12:30	Offsite	Trip: Hidden Secrets of Yavapai College	P Berlowe



From Fiber Arts to Guitar to Bridge to Mahjong – go to [www.yc.edu/SIG](http://www.yc.edu/SIG) to find out more about all the available Special Interest Groups!

*SIGS are free for current members.*



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

## **A) Munch & Learn: Geronimo**

Thu, 8/29 • 12:30-1:45 • FREE

Verde M-137 • OP-406-F124 **OR** Online • OZ-406-F124

### **Facilitator: Shri Srikanth**

Jerry Geronimo Martin, great-great-grandson of the famed Apache warrior Geronimo, discusses the final years of Geronimo's life in captivity. Geronimo (1829-1909) was an Apache leader and medicine man best known for his fearlessness in resisting anyone, Mexican or American, who attempted to remove his people from their lands. He will discuss Geronimo's surrender and years in captivity until his death.

## **B) Munch & Learn: Drifting Continents- RU Kidding?!?**

Thu, 9/5 • 12:30-1:45 • FREE

Verde M-137 • OP-403-F124 **OR** Online • OZ-403-F124

### **Facilitator: Shri Srikanth**

Scientific revolutions are rare. Derision was common when clues and claims about movable continents emerged. By the late 1960s, dynamic mechanisms sufficient to split ocean floors and move continents had led to a true revolution. Professor of Geology Ken Bork is pleased to discuss the birth and maturity of plate tectonics.

## **C) Munch & Learn: Fun Facts and Stories from “Manned” Space Flights**

Thu, 9/12 • 12:30-1:45 • FREE

Verde M-137 • OP-405-F124 **OR** Online • OZ-405-F124

### **Facilitator: Shri Srikanth**

Come along on this fact-filled, fun space odyssey adventure with Rick Rokosz, who worked for Lockheed Martin and supported satellite programs and space shuttle launches. Hear topics about the astronauts, things they ate, pranks they pulled, what they said and did in orbit, the rockets that took them to space, and more. The highlight will be when attendees participate in a simulated mission count-down Readiness Call to launch.

## **D) Munch & Learn: Dawn of the Great American Road Trip**

Thu, 9/19 • 12:30-1:45 • FREE

Online • OZ-402-F124

### **Facilitator: Rudy Arena\***

This will be a fun-filled, fast-paced history told by Jim Hinckley. In 1910 two pre-teen brothers rode their horses from Oklahoma to New York City, purchased a new automobile and drove it home. Edsel Ford, in 1915, traveled to California using the National Old Trails road. That same year Effie Hotchkiss and her mother became the first women to cross the county by motorcycle. Their adventures, and others, inspired thousands of people to take to the open road.

## **E) Munch & Learn: The History of Sports in Prescott**

Thu, 9/26 • 12:30-1:45 • FREE

Prescott 3-119 • OP-407-F124 **OR** Online • OZ-407-F124

### **Facilitator: Rudy Arena\***

Kelly Cordes, historian and a 4th generation member of the Cordes family will give a talk on 'The History of Sports in Prescott'. Kelly recently retired after 19 years of teaching in Prescott schools and has lectured before many groups extolling our Prescott history.

## **F) Munch & Learn: Empowering Arizona's Voters: The Initiative and Referendum Process**

Thu, 10/3 • 12:30-1:45 • FREE

Prescott 3-119 • OP-404-F124 **OR** Online • OZ-404-F124

### **Facilitator: Kelly Boryca\***

What is Arizona's Initiative and Referendum process? What powers are granted to the citizens of Arizona to create new laws, change existing laws, or stop new laws? We will discuss the history of referendums & initiatives, how the process works, and their impact on our state constitution and laws. Presenters Diane McQueen & Tricia Powers, League of Women Voters.

## **G) Thinking About Facilitating**

Fri, 8/16 • 9:30-10:45 • FREE

1 Meeting • Bldg. 31-101 • OP-411-F124

### **Facilitator: Chris Maxwell\*\***

For new facilitators who ready to start exploring the world of facilitating for OLLI! We will talk about how to plan both in person and online classes, options, and how to hold effective discussions.

## **New Member Welcome**

H) Mon, 8/19 • 9:30-10:45 • 31-101 • OP-410-F124

**OR** I) Mon, 8/19 • 2:00-3:15 • Online • OZ-401-F124

### **Facilitator: Member Engagement Committee**

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, meet people. Find out important details like parking, and the cafeteria! We will reveal the answers to these and many more questions. Bring a friend. We look forward to meeting you!

## **J) Narcan: A Must have for Every Household**

Mon, 10/7 • 12:30-3:30 • FREE

1 Meeting • Bldg. 3-206 • OP-408-F124

### **Facilitator: Bernard Plaskett**

Attention all Seniors: we are the second-largest age group for overdoses. This number is continuing to climb with no end in sight. We will give you valuable information for your toolbox, along with a free life-saving double dose of NARCAN.

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

**Trip: Hidden Secrets of Yavapai College**

Mon, 8/19 • 11:00-12:30 • FREE

1 Meeting • Bldg. Meet at 31 • OP-702-F124

**Facilitator: Patricia Berlowe**

Join us for an exploration of all that Yavapai College's Prescott Campus has to offer! Join us for a walking campus tour, starting in front of the OLLI Office, Building 31, and end our tour with lunch in the cafeteria. Wear comfortable shoes!

**Trip: Picnic in the Vines, Painted Lady Vineyard**

Tue, 8/27 • 11:00-1:00 • \$5 to OLLI

1 Meeting • Bldg. Offsite-Travel • OP-703-F124

**Facs: L Janowski\*, A Mazella, and R Anderson**

The tour and picnic will take place at the Painted Lady Vineyard, an acre of land under Gewurztraminer vines, a 45 minute drive. During the walking tour, Fiona will explain seasonal requirements of grape growing, pruning, irrigation, pest control, and harvest practices. Bring your brown-bag lunch, no wine tasting or items to purchase will be available. \$10 donation at the tour plus a \$5 fee to support OLLI.

**Trip: Reverie Farmstead Tour**

Tue, 9/17 • 9:00-11:00 • \$5 to OLLI

1 Meeting • Bldg. Offsite-Travel • OP-704-F124

**Facs: L Janowski\*, A Mazella, and R Anderson**

Jeff Schalau will provide a tour of his small Prescott farmstead where he and his wife, Dorothy, raise vegetables and fruit along with laying hens, a 10-minute drive. This 2-hour tour will require walking over uneven ground and standing for periods of time. No produce will be available for sale. \$10 donation at the farm plus a \$5 fee to support OLLI.

**Trip: Shaffer Farms**

Tue, 8/13 • 8:30-10:30 • \$5 to OLLI

1 Meeting • Bldg. Offsite-Travel • OP-705-F124

**Facs: L Janowski\*, A Mazella, and R Anderson**

Schaffer\* Farms (a Certified Natural Grower) is a small, 6.5-acre family farm where every inch is used strategically. Most plants are grown from seeds, saved from year to year, or cuttings. They grow carrots, radishes, okra, peas, squash, tomatoes, peppers, strawberries, blackberries, and fruit trees. Produce will be available for sale. \$10 donation at the farm plus a \$5 fee to support OLLI.

**Trip: Urban Orchard**

Tue, 8/20 • 8:30-10:30 • \$5 to OLLI

1 Meeting • Bldg. Offsite-Travel • OP-706-F124

**Facs: L Janowski\*, A Mazella, and R Anderson**

The Urban Orchards and Farm, a 15-minute drive from campus, was developed by two master gardeners to educate people on how to grow fruit and vegetables in our urban backyards. Guests will see a creative design using available space, raised beds, fruit trees, composting, irrigation, and erosion control. Produce, jams, and plants will be available for purchase (cash only.) A second address will be available to tour, this one with a significant slope. \$10 donation at the tour plus a \$5 fee to support OLLI.

**Trip: Geological Creation of Arizona and Verde Valley**

Wed, 8/28 • 9:30-11:30 • \$15 to OLLI

1 Meeting • Offsite in **Jerome** • OV-137-F124

Or

Wed, 9/25 • 9:30-11:30 • \$15 to OLLI

1 Meeting • Offsite in **Jerome** • OV-138-F124

**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 gold, silver, and gem deposits. Our tour of the museum will include discussions of its collection of ores and gems. Geologic changes of the Prescott and Verde Valley over time are revealed. \$5.00 admission fee to the Jerome State Historic Park.

**Bonus Free offering:**

**Presenting with Impact**

Wed, 8/21 • 9:00-12:00 • FREE

1 Meeting • Online • OZ-415-F124

**Facilitator: Curtis Everett**

Using research from notable educational psychologists, we will provide a foundation allowing you to better frame and organize your message to resonate with your audience. It is appropriate for the most practiced facilitators, as well as for those who are either inexperienced or anxious.

\*Master Facilitators who have offered 25 or more classes.

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

**ARTS & CRAFTS**

**1) 6 Crafts in 6 Weeks!**

Fri, 8/30-10/4 • 9:30-11:30 • \$35

6 Meetings • Bldg. 31-102 • OP-501-F124

**Facilitator: Stacess Lavallee**

Create a different craft project each week. Week 1- Card making. Week 2- Napkin Art: bring river rocks. Week 3- Indian Sticks: bring 5-7 sticks or a walking stick to paint. Week 4- Smash cans: bring coffee cans. Week 5- Picture Frames & Faux Decopaging: bring a cardboard box and material or clothes you no longer use. Week 6- Jewelry Making & Seed Bead Art: bring broken beaded jewelry to repurpose. \$20 fee to facilitator.

**2) Glitter Fun**

Mon, 9/9-9/16 • 2:00-4:00 • \$35

2 Meetings • Bldg. 31-102 • OP-502-F124

**Facilitator: Rachel Ayars**

Let's have some fun with Glitter! Using stamps with various mediums such as fantasy film, fantasy fiber, and fabric, then gluing glitter for enhancement, you can create beautiful embellishments. Please bring an apron, clear glue with a fine tip (Elmers, Glossy Accents), scissors, and object such as tiles, cards, vases, fabrics, paintings, or shoes you want to embellish with a glittered butterfly, flower, hummingbird, or dragonfly. Bring \$5 for materials.

**3) Math and Magic**

Wed, 8/28-10/2 • 11:00-12:30 • \$35

6 Meetings • Bldg. 31-102 • OP-503-F124

**Facilitator: Claxton Lovin\***

Professor of Mathematics Arthur T. Benjamin of Harvey Mudd College, who also performs as a professional magician, explains some of his favorite math-based showpieces, from card tricks to feats of mental calculation to geometric conundrums. This Great Courses lecture teaches you how to do dozens of tricks.



**4) Omaha Hi/Lo 8 or Better Poker**

Wed, 8/28-10/2 • 2:00-4:30 • \$35

6 Meetings • Bldg. 30-126 • OP-504-F124

**Facilitator: Ken Paris**

Learn to play Omaha Hi/Lo 8 or better poker. You will be introduced to poker terminology, ranking of poker hands, table action, when to bet, raise, and fold. Knowledge of playing poker is helpful but not mandatory. It would be advantageous if you could attend all (or at least most) of the classes so we could have a full table.

**5) Scrabble Fundamentals**

Wed, 8/28-10/2 • 2:00-4:00 • \$35

6 Meetings • Bldg. 31-101 • OP-505-F124

**Facilitator: Tom Green**

Scrabble is a popular word game consisting of forming interlocking words using letter tiles with various score values on a playing board. Words are scored by counting the points of letters used, adding in the effect of any premium squares. We will offer suggestions for improving your Scrabble skills and an opportunity to play with other class members.

**6) Slow Stitching**

Thu, 8/29-9/12 • 2:00-4:00 • \$35

3 Meetings • Bldg. 4-118 • OP-506-F124

**Facilitator: Ronda Hatfield**

Learn the meditative art of slow stitching. Old world Japan used this technique of using scraps to mend clothing, making the fabric stronger. In this class, we will make a small Wallet using fabric scraps and thread. Bring small scissors, a thimble, and pins. All other supplies and patterns will be provided. \$10 supply fee at first class.



**7) Swoop!**

Fri, 9/13-10/4 • 2:00-4:00 • \$35

4 Meetings • Bldg. 30-126 • OP-507-F124

**Facilitator: Linda Neville**

Swoop is an easy-to-learn card game with the perfect balance of strategy and luck. You'll learn how to play the first week, then return for more gameplay and lively conversation in the following weeks. (Players who already know the rules are welcome to sign up, as long as you're willing to be patient while new folks get comfortable with the game.) Note: starts on 9/13.

**ARTS-VISUAL & PERFORMING**

**8) Acting for Everyone**

Wed, 8/28-10/2 • 9:30-11:30 • \$35

6 Meetings • Bldg. 31-101 • OP-508-F124

**Facilitator: Randy 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.



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

**9) David Hockney and the iPad**

Fri, 8/30 • 2:00-4:00 • \$15

1 Meeting • Bldg. 31-102 • OP-509-F124

**Facilitator: Andrew Newton**

David Hockney is an English artist who became famous as a significant contributor to the Pop Art movement in the 1960s. We will focus on one of his most recent explorations, creating art with an iPad. During class, we will review videos of his major iPad creations, download the free software "Brushes," and watch instructive videos on how to use this software.

**10) Foreign Films**

Fri, 8/30-10/11 • 2:00-5:00 • \$35

6 Meetings • Bldg. 4-102 • OP-510-F124

**Facilitators: Lee Danaher and Armando Lopez**

We show recent films that have garnered international recognition. All are thought-provoking, with great acting. We also may include a relatively older film shown over the years in our collection. We show the film right through, take a brief break, and then have a discussion, which is part of the class. It's always interesting to hear the class members' impressions. Note: no class 9/27, class extended to 10/11.

**11) Movies of the Fabulous 50's**

Thu, 8/29-10/3 • 11:00-2:00 • \$35

6 Meetings • Bldg. 31-101 • OP-511-F124

**Facilitators: Cindy Reynolds, Don Baier, and Bonnie Manko**

It's Fall, and the return of another OLLI session takes us once again to the Movies! It's the Fabulous 50s! Comedy, drama, singing, dancing – this decade had all that and more. Henry Fonda, Jimmy Stewart, Marilyn Monroe, Jane Russell, James Cagney, and a host of stars from the last days of the Hollywood Studio system will grace our screen this time! Production notes, who could've had the part, and Watch-For's all return aplenty as we Have Fun At the Movies!!

**12) Ode to Joy: Beethoven 9th Symphony**

Email Only • \$15 • OZ-512-F124

**Facilitator: Nancy Dubow\***

Sign up and enjoy an illuminating lecture by Professor Robert Greenberg, followed by a magnificent performance of this transcendent symphony. This is an email only workshop - we will provide you with the links and some background information to help you enjoy this symphony at another level!

**13) Piano Sanctuary**

Email Only • \$15 • OZ-513-F124

**Facilitator: Nancy Dubow\***

Piano Sanctuary is a place for you to come for peace, refreshment, and renewal. Music of Beethoven, Liszt, Chopin, and more are performed by artists Lipatti, Cliburn, Gilels, and others. This primarily solo classical piano music is an uplifting treasure you can visit again and again.

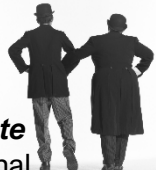
**14) The Original Dynamic Duo of Comedy Part 2: Laurel and Hardy (Stan and Ollie)**

Thu, 8/29-10/3 • 2:00-3:30 • \$35

6 Meetings • Bldg. 3-271 • OP-514-F124

**Facilitators: Mark Lochte and Karen Lochte**

Many think Laurel and Hardy were the original dynamic duo of comedy. Other comedians have imitated them, but they have no rivals. Their ability to utilize physical and verbal comedy is nothing short of genius! Learn about the classic comedy duo our parents grew up watching and watch some of their best works. Come laugh, learn, and reminisce about clean, comedic entertainment as "The Boys" entertain us. \*NEW films from summer.



**15) Zooming into Zany: 6 Films, 6 Weeks**

Thu, 8/29-10/3 • 2:00-3:00 • \$35

6 Meetings • Online • OZ-515-F124

**Facilitator: Bill Mains**

Join us for a six-week online journey through some of the most hilarious films ever made! We'll meet on Zoom each Thursday afternoon to discuss a different movie, sharing laughs, insights, and our favorite moments. Here's a peek at what each week has in store: *You Can't Take It with You* (1938), *Arsenic and Old Lace* (1944), *Airplane!* (1980), *Napoleon Dynamite* (2004), *Best in Show* (2000), and *Some Like It Hot* (1959). Watch the films on your own, then join the fun!

**COMPUTER & TECHNOLOGY**

**16) Apple Mac Security**

Wed, 9/4-9/18 • 9:30-10:30 • \$35

4 Meetings • Online • OZ-516-F124

**Facilitator: Frank Croft**

As our computers get more capable, so do the hackers. Are you really safe from their efforts to steal your data or infect others? If you have an Apple Mac computer, this course will take you through the biggest threats and teach you how to keep your Mac secure. Of course, no one is 100% safe, but the steps we will take in the class will significantly improve your chance of avoiding and surviving these threats.

Postponed until Fall 2

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

**Living in the Cloud**

Mon, 8/26-10/7 • 10:45-12:15 • \$35  
6 Meetings • Online • OZ-105-F124



**Facilitator: Sharon Sherman**

The current tech revolution is the integration of “everything” through “the Cloud.” But just what IS The Cloud? Learn about cloud services, cloud storage, backup and sync, becoming clearer about the Internet, browsers, search technology, and how phones and computers backup to the cloud, and data and info are accessed online.

**17) Digital Asset Estate Planning**

Wed, 9/11 • 12:30-1:45 • \$15  
1 Meeting • Online • OZ-517-F124

**Facilitators: Judy Tylour and Jb Burke\***

This presentation covers many ways your identity can be stolen and how we can prevent that from happening after we are no longer here.

**18) Preserving Digital Photos**

Tue, 9/3 • 12:30-1:45 • \$15  
1 Meeting • Online • OZ-518-F124

**Facilitators: Mark Schulman and JB Burke\***

Digital photos should last forever. Digital photos don't fade with time and can protect against natural disasters like fire and floods.

**19) Working with Windows - On to Windows 11**

Tue, 9/17 • 2:00-4:00 • \$15  
1 Meeting • Online • OZ-519-F124

**Facilitator: Jb Burke\***

Windows 10 and 11 are complex operating systems with many features and functions, there is always more to learn. Do you want to learn how to improve your basic computer skills? How to make Windows run faster and smoother? Solve some PC problems by yourself? Some helpful computer keyboard shortcuts? All of this and much, much more is in this easy-to-follow Working With Windows tutorial.

**FINANCE. ECONOMICS. & LAW**

**20) You be the Judge (All New Cases!)**

Tue, 9/17-10/1 • 2:00-3:30 • \$35  
3 Meetings • Bldg. 4-118 • OP-520-F124



**Facilitator: Ray Lee**

Learn about how judges are appointed and different challenging courtroom disputes. Ray was a trial lawyer before being appointed to the Maricopa County Superior Court. Hear case summaries & Arizona statutes applicable to each case; analyze the cases; participate in a lively discussion regarding the merits of each litigant; and then cast a vote.

**Current Economic Issues**

Mon, 8/26-9/30 • 2:30-4:30 • \$35  
5 Meetings • Online • OZ-108-F124

**Facilitator: Charles Blum**

By presenting relevant concepts and data, this on-going course aims to equip members to be educated consumers of news on a range of economic topics. Fact-driven, non-technical discussions do not require formal economics training.

**Retirement by Design**

Tue, 9/17 • 9:00-10:00 • \$15  
1 Meeting • Online • OZ-112-F124

**Facilitator: Matthew Fitzgerald**

Retirement by Design illustrates how you can help translate one's vision for retirement into tangible goals. Whether 5 or 20 years from retirement, attendees will learn investment strategies to help design retirement. Discuss how to add flexibility to your strategy to help handle unexpected events and how you can keep your strategy on track.

**HEALTH & NUTRITION**

**21) Going With Your Gut**

Tue, 9/10-9/24 • 2:00-4:00 • \$35  
3 Meetings • Bldg. 31-102 • OP-521-F124

**Facilitator: Holly Huffman**

Your body is teaming with millions of microorganisms known as your microbiome, found primarily in your gut. We'll examine these microorganisms' impact on our health and from probiotic-fermented foods. Learn how fermenting organisms in our bodies modulate our immune systems and overall well-being and the importance of probiotics. You'll get a tour of fermentation within and around us. Plus, demonstrations on how to make some tasty fermented treats.

**22) Restaurant Reviews and Recommendations**

Mon, 8/26-10/7 • 12:30-1:45 • \$35  
6 Meetings • Bldg. 31-101 • OP-522-F124

**Facilitator: Jeanne Velling\***

We dine, evaluate, and then report our findings in a fun classroom setting. Homework is easy! You can eat alone or with family, classmates, or friends. We'll check out new eateries and old favorites. This is a great way to interact with other OLLI members while eating your way through Fall 1!

**\*Master Facilitators who have offered 25 or more classes.**

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

**23) Sacred Places, Sacred Foods**

Wed, 8/28 • 9:30-11:30 • \$15

1 Meeting • Online • OZ-523-F124

**Facilitator: Larry Canepa**

Everything about eating is a form of communication rich with meaning. Our attitudes, practices, and rituals surrounding food are a window into our fundamental beliefs about our world and ourselves. But when we look at the meaning of food, there is a power that goes much deeper than the physical level. The meaning of food, unique to each of us, is rooted deeply in the mental, emotional, and spiritual realms. Treat yourself to a look at the most sacred places on earth and the most sacred foods of mankind.

**HISTORY & CURRENT AFFAIRS**

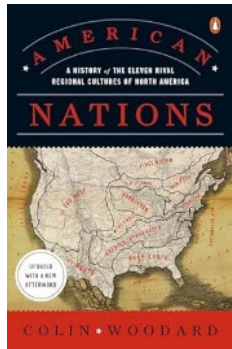
**25) American Nations Discussion - Part 1**

Mon, 8/26-10/7 • 9:30-10:45 • \$35

6 Meetings • Online • OZ-525-F124

**Facilitators: Deb & Mark Dillon\*\***

This class will discuss 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 I will cover the first 15 chapters of the book.



**26) Ancient Mesopotamia: Life in the Cradle of Civilization**

Fri, 8/30-10/4 • 2:00-4:00 • \$35

6 Meetings • Bldg. 3-271 • OP-526-F124

**Facilitator: Jerry Jones\***

This class explores the Mesopotamian world from the era of the first settlements more than 12,000 years ago to the earliest cities in the fourth millennium BCE. We'll end up in the 6th century BCE when the Persian Empire conquered Mesopotamia during the reign of Cyrus the Great. We will look at religion, kingship, society, agriculture, trade, justice, literature, art, warfare, daily life, and more. The documents, objects, and buildings that still survive give us a window into the lives of the people of the era.

**27) Foreign Affairs: Events & Discussions**

Tue, 8/27-10/1 • 11:00-1:00 • \$35

6 Meetings • Bldg. 31-101 • OP-527-F124

**Facilitator: John Lowe\***

This learning group continues our discussions about foreign affairs, major international events, and selected global issues of interest. The facilitator and volunteer guest speakers may use brief presentations to generate interactive discussions. We will review recent headlines, lesser-reported events, and updates on previous headlines. We will exchange ideas through interactive open discussions. Bring your point of view and share your opinions. Join the conversation!

**28) Gaza: How did We get Here?**

Tue, 8/27-10/1 • 12:30-1:45 • \$35

6 Meetings • Bldg. 3-203 • OP-528-F124

**Facilitator: Phil Jones**

A review of the evolution of Israel-Palestine relations over the years since 1948. The topics will include Zionism and the founding of Israel, the US decision to recognize the new state, the consequences for the pre-existing population, the wars (1948, 1956, 1967, 1973), the increasing capabilities of Muslim states in the region, and the intelligence failure of October 7, 2023.

**29) Geopolitical Blunders of the Twentieth Century**

Mon, 8/26-10/7 • 9:30-10:45 • \$35

6 Meetings • Bldg. 31-101 • OP-529-F124

**Facilitator: Jim Veney\***

History is rife with bad decisions by leaders we imagine should have known better. This course will examine six of these bad decisions of the Twentieth Century, including the Treaty of Versailles that ended the First World War, Operation Barbarossa, which saw Nazi Germany attack the Soviet Union, the Japanese attack on Pearl Harbor, the British partition of India, Chairman Mao's Great Leap Forward, the U.S. escalation of the Vietnam war.

**30) Great Courses Potpourri (Email Only)**

Email Only • \$35 • OZ-530-F124

**Facilitator: Patricia Berlowe**

Over the years OLLI has purchased many titles from Great Courses. We have access to over 250 titles that can be streamed from your home. If you sign up for this class, you will be given access to the Prescott OLLI account, and can stream at will for the session. Learn about music, history, mindfulness, science and travel.

**\*Master Facilitators who have offered 25 or more classes.**



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

**31) Inside Stories of the National Air & Space Museum - The "Air" side**

Mon, 8/26-10/7 • 12:30-2:00 • \$35  
6 Meetings • Bldg. 3-119 • OP-531-F124

**Facilitator: Don Baier**

The Wright Brothers, the Spirit of St. Louis, Amelia Earhart, and Glamorous Glennis—the Bell X-1 are included in the exploration of the wonders of Aviation Exhibits of the National Air & Space Museum. Don Baier, a Docent at the museum in Washington DC for more than 34 years, takes us on a journey into aviation with the greatest Pioneers of Flight. Inside the cockpit and the real stories of what happened, experience a bit of history from a new perspective, looking down from above.

**32) New Ideas**

Mon, 8/26-10/7 • 11:00-12:00 • \$35  
6 Meetings • Online • OZ-532-F124

**Facilitator: Barbara Brown\***

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

**33) Recipes and Remembrances**

Fri, 8/30-10/4 • 12:30-2:00 • \$35  
6 Meetings • Bldg. 31-101 • OP-533-F124

**Facilitator: Karen Lochte**

Do you have recipes that bring to mind happy times and good memories? Participants will make and bring a favorite dish for that week's category and email the facilitator a copy of the recipe. The class will taste and reminisce about favorite memories of each dish. By the end of class, each person will receive a folder with all the recipes and the memories that make each one a "keeper." A fee of \$3.00 is due at first class.



**34) Slow Walking the Constitution: Speech Revisited**

Wed, 9/4-10/2 • 2:00-3:30 • \$35  
5 Meetings • Bldg. 3-270 • OP-534-F124

**Facilitator: Steve Ashlock**

This class will focus on the freedom of Speech and the dramatic shifts in the Supreme Court decisions.

**35) Viewpoints**

Fri, 8/30-10/4 • 10:00-12:00 • \$35  
6 Meetings • Bldg. 31-101 • OP-535-F124

**Facilitator: Jack Wilson\***

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 can express their thoughts. Let us have a lively, entertaining, and, most of all, informative discussion.

**36) What Were the Wunderwaffe of WW II?**

Mon, 8/26-10/7 • 11:00-12:15 • \$35  
6 Meetings • Bldg. 31-101 • OP-536-F124

**Facilitator: Colin Evans**

1936 - 1945, some of the most cutting-edge pieces of technology were developed in Germany. Wunderwaffe or "Wonder Weapons/Miracle Weapons" were the most technologically advanced weapons ever developed during World War II. They would not be enough to save the German war effort but would spearhead a new technological age that would lead humanity to heights they had never thought possible. We will review the long-term utilization of these weapons and how they would affect future technological innovations.

**37) World War II: Up Close And Personal**

Tue, 8/27-10/1 • 2:00-4:00 • \$35  
6 Meetings • Bldg. 31-101 • OP-537-F124

**Facilitator: Claxton Lovin\***

World War II was one of the defining moments in modern history, a global conflagration that transformed the world. The story of the war is often told as a series of great campaigns by famous generals, dramatic turning points, and cataclysmic combat. But what about the millions of ordinary people—the citizens and soldiers whose names most of us don't know but whose impact rippled through every aspect of the war? Great Courses Professor Dr. Keith Huxen will enlighten us.

**38) Armchair Adventures**

Wed, 8/28-10/2 • 11:00-12:00 • \$35  
6 Meetings • Online • OZ-538-F124

**Facilitator: Barbara Brown\***

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

**LOCAL INTEREST & TRAVEL**

**39) Railroads of Yavapai County: A Raven's Eye View**

Tue, 8/27-9/24 • 12:30-1:45 • \$35  
5 Meetings • Bldg. 4-118 • OP-539-F124

**Facilitators: Frank Proud and Pat Adams-Proud**

Railroad's cheaper transportation costs brought growth and prosperity to the region. Roughly 70% is new class material. We'll have a good mix of history, old-school maps, RR-cows, train operations, trans-continental, Rt.66, the latest PTC signals, canyons, mines, museums, trestle replacements, and their effect on YC's economy. See where "Mother Nature" cut Prescott off from the outside world. You'll love the top-notch photography and many raven's-eye-view aerials. - All in fun-Loving humor.

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

**40) Talk with the Captain about Fearful Flying**

Tue, 8/27 • 2:00-4:00 • \$15

1 Meeting • Bldg. 4-118 • OP-540-F124

**Facilitator: Don Baier**

Whether we admit it or not, many of us have some Fear of Flying. Some wonder what all those noises are or what is happening. Others see the entire process laced with anxiety and concern or that the loss of control is disturbing. Understanding descriptions of what is going on, insights into flight operations, and learning coping mechanisms can help find comfort on the airplane. With 32 years of experience as a Commercial Airline pilot, as Captain for both US Airways and American Airlines, Don gives us a unique perspective on coping with what many find challenging.

**NATURE & THE OUTDOORS, ACTIVE MIND & BODY**

**Chair Yoga And More (Mon OR Thurs)**

41) Mon, 8/26-10/7 • 2:30-3:45 • \$35

6 Meetings • Bldg. 31-101 • OP-541-F124

OR

42) Thu, 8/29-10/3 • 2:30-3:45 • \$35

6 Meetings • Bldg. 31-101 • OP-542-F124

**Facilitator: Candice Young**

Our bodies are our vehicles throughout life. It is essential to maintain them. We will establish a strong body awareness with slow, controlled movements focusing on the following: balance, lengthening in the spine, symmetry, coordination, flexibility, and building core strength. As our bodies change with time, physical issues, and limitations, we must honor precisely where we are. Our bodies send us signals and warnings. If we learn to pay attention, we can avoid pain, downtime, and medications.

**43) Hike The Prescott Circle Trail**

Mon, 8/26-10/7 • 8:00-12:00 • \$35

6 Meetings • Bldg. Offsite-hiking • OP-543-F124

**Facilitators: John Pillman and Ken Paris**

The Prescott Circle Trail is a roughly 56-mile trail around the City of Prescott, divided into 11 segments. In this session, we will hike segments 1-6, ranging from 5-9 miles, and can contain some challenging terrain and elevation change. These are the PCT's prettiest and most challenging segments and are not beginning or easy hikes. Hikes range from 2 to 4+ hours. Hikes are all one-way so we will be carpooling every week. So strap on your hiking boots, grab your hiking sticks & join us in this great adventure.

**44) Moderate Hiking**

Wed, 8/28-10/2 • 7:30-10:00 • \$35

6 Meetings • Bldg. Offsite-hiking • OP-544-F124

**Facilitators: Lynn Neakrans and 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 must be in good physical condition and accustomed to hiking at higher elevations and temperatures. A hike description and directions to the trailhead will be emailed to participants before each hike.

**45) Prescott Area Nature Walks**

Wed, 8/28-10/2 • 8:30-11:00 • \$35

6 Meetings • Bldg. Offsite-hiking • OP-545-F124

**Facilitator: John Mangimeli**

A series of nature walks to understand and appreciate the variety of natural environments in the Prescott area. This is NOT a hiking group. Walks will be short (one mile maximum) and casually paced, with frequent stops to view and learn about what we see. Each week, we will explore a different environment: Ponderosa Pine forest, Pinyon-Juniper forest, desert grasslands, riparian areas, and lakes. Learn about each environment's flora, fauna, and natural processes. No dogs.

**46) Spring Forest Qi Gong**

Fri, 8/30-10/4 • 4:00-5:30 • \$35

6 Meetings • Bldg. 31-101 • OP-546-F124

**Facilitator: Richard Eshelman**

Learn Spring Forest Chi Gong, which cultivates healing Qi energy for optimum health and well-being. It promotes physical, emotional, and spiritual healing. The class will teach five standing movement postures. Each class session will be divided into three sections: (1) Small Universe Meditation (Seated), (2) Chanting Sound Meditation (Seated), (3) The five-movement postures can be performed sitting, standing, or lying down.

**Super Easy Hiking on Super Easy Terrain**

Thu, 8/29-10/3 • 9:00-10:30 • \$35

6 Meetings • Offsite in **Sedona** • OS-132-F124

**Facilitator: Bernard Plaskett**

Join me for a 1-3-mile easy trail hike with slight speed and elevation changes weekly. It's ok for beginners because you won't be dealing with very long, steep, or rocky conditions. You will walk at your own pace. Concentration is more geared to your cardio than elevation change and wonderful views. We will meet at the Centennial Trail Head in **Sedona**.

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

**48) T'ai Chi for Beginners**

Wed, 8/28 • 10:00-11:30 • \$35  
 Weekly • Bldg. 15-260 • OP-548-F124

**Facilitator: Arlo Chan\***

NOTE: Learning this Yang style long form requires a **six-MONTH** commitment. All members will be initially waitlisted, and must complete pre-registration steps by August 12, which will be emailed to you, prior approval by the facilitator is required. It is not a casual class, and is physically and mentally demanding. Regular practice outside of class is critical. A practitioner since 1975, with 25 years under Master Mary Chow, and teaching at his teacher's request since 2001, Arlo Chan has a direct, 5th-generation lineage to Yang Lu Chan, the founder of Yang Style t'ai chi. Students will be guided through all 108 Postures.

**PHILOSOPHY & RELIGION & UNEXPLAINED**

**Five Books Creating Universal Perspectives**

Thu, 8/29-9/26 • 2:45-4:15 • \$35  
 5 Meetings • Online • OZ-134-F124

**Facilitator: Lorna Macdonald**

These 5 books belong to our global history. They advance spiritual growth with infusions of universal truth. Quietly, person to person, they raise human thought presenting profound wisdom and expanding our awareness of spirit. Each week I will share beautiful excerpts from each text. They include: *Sekeley's Zend Avesta*, *The Divine Pymander*, *The Hebraic Tongue Restored*, *Thomas Byrom's Dhammapada*, and *Chinmayananda's Bhagavad Geeta*.

**A Different Prime of Life: Spirituality in Aging**

49) Thu, 8/29-10/3 • 12:30-3:00 • \$15  
 6 Meetings • Bldg. 30-126 • OP-549-F124

Or

50) Tue, 8/27-10/1 • 11:00-1:30 • \$15  
 6 Meetings • Bldg. 30-126 • OP-550-F124

**Facilitators: Nancy VanDerVoort\* & Carolyn Lee**

Class may particularly interest those not affiliated with a religion or a church community. Moving into an intentional and personally authentic spirituality is a primary focus for many senior adults. Yet there can sometimes be a sense of isolation, a yearning for open conversations, and an opportunity to feel heard. Participants will be provided a set of questions to live with and journal about between sessions and will come to each class prepared to share the insights that developed.

**51) Facing the Mourning**

Fri, 8/30-9/20 • 12:00-1:30 • \$35  
 4 Meetings • Bldg. 30-126 • OP-551-F124

**Facilitator: Mary Huff**

Facing the Mourning is a four-week, hands-on grief support group offering unique tools to help griever cope with the loss of a loved one regardless of when. I will provide a participant workbook/manual that covers the four-week program.

**52) Inspired Retired**

Tue, 9/10-9/24 • 9:30-10:45 • \$35  
 3 Meetings • Bldg. 31-101 • OP-552-F124

**Facilitator: Leslie Zann**

Retirement is one of life's most highly anticipated chapters, yet one of the least understood. "What are you going to do with YOU in retirement"? For many retirees, this part of the plan is vague. We will help you avoid or overcome the most common yet unexpected emotional pitfalls retirees face: loss of relationships, community, relevancy, & purpose. Join Leslie Zann as she takes you on a fun and compelling journey to discover what lights you up and how to draw those experiences into your life!

**53) The Karma of Forgiveness**

Fri, 9/27 • 9:30-12:30 • \$15  
 1 Meeting • Bldg. 30-126 • OP-553-F124

**Facilitator: Matt Karayan**

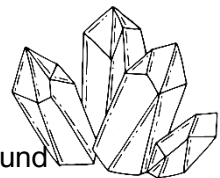
Karma is often thought of in negative ways, but it is neither good nor bad. It comes back through emotionally charged unresolved situations in our life. These situations are opportunities to undo fixed perceptions that make you stuck and give you feelings/emotions that block your peace of mind. We will talk about how we all get stuck and what part "real forgiveness" plays in getting unstuck so you can continue your journey to peace of mind.

**Crystals and Chakras: Your Guide To Energizing Your Life**

Thu, 8/29-10/3 • 2:45-4:15 • \$35  
 6 Meetings • Online • OZ-141-F124

**Facilitator: Darielle Archer**

In this course, you will explore the profound synergy among crystals, colors, and the chakra system, unlocking the secrets to vibrant living and holistic healing. Each week, we'll delve into a different aspect of the chakra system, guided by the shimmering light of crystals and the vibrant hues of the color spectrum. We will create crystal grids to improve your life.





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

**Feel Good Meditation Training**

Tue, 9/24 • 1:00-3:00 • \$15

1 Meeting • Online • OZ-142-F124

**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.

**Music of Peace: A Hearing Experience**

Wed, 9/18 • 9:00-12:00 • \$15

1 Meeting • Online • OZ-143-F124

**Facilitator: Charles Blum**

Music is often seen as a universal language. "Peace" is a nearly universal yet elusive goal for individuals and nations. To celebrate the International Day of Peace, we explore how music has been used to promote peaceful intentions. Together we will listen attentively (real hearing) to music from around the world, from Bach and Beethoven to Paul Simon and Joan Baez to R. Carlos Nakai and Hindu chants. The aim is to help participants better use music in their personal quest for peace.

**SCIENCE & MATH**

**54) Ancient Earth**

Wed, 9/4-10/2 • 2:00-4:00 • \$35

5 Meetings • Bldg. 3-205 •

OP-554-F124

**Facs: Dave Hoffman\* and Johanna Kangal\***

"Ancient Earth," a captivating PBS NOVA series, delves into the dramatic history of our planet, spanning its 4.5-billion-year existence. Through dazzlingly realistic animation based on cutting-edge research, each episode resurrects long-lost worlds that shaped Earth's evolution. Witness the transformation from a searing hellscape of molten lava to a lush, green, watery planet teeming with life. This series invites us to explore the ancient past that shaped our present.



**55) Brain-Behavior Relationships**

Wed, 8/28-9/11 • 9:30-10:45 • \$35

3 Meetings • Bldg. 31-102 • OP-555-F124

**Facilitator: Virginia Conner**

Dr. Conner is a neuropsychologist, and her job was to evaluate brain dysfunction when there were changes in behavior and personality due to a medical or neurological event—understanding what happened and why the individual is experiencing those changes and developing compensatory strategies to improve function. Day 1 - overview of the brain and how cognitive brain function can be evaluated. Day 2 - the basic units of the brain. Day 3 - look at dementias and brain anatomy related to specific behaviors.



**56) The Science of Fingerprints**

Thu, 8/29-9/5 • 2:00-4:00 • \$35

2 Meetings • Bldg. 31-102 • OP-556-F124

**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 a lecture, Q and A, and a hands-on segment.

**SOCIAL SECURITY & MEDICARE**

**57) Medicare Part D**

Mon, 9/30 • 2:00-4:00 • \$15

1 Meeting • Bldg. 3-271 • OP-557-F124

**Facilitator: Kelly Boryca\***

Medications are playing an increasingly important role in healthcare today. Your Medicare Part D plan should be reviewed annually to ensure you have the plan that best fits your current needs. Rolling over your current Part D plan yearly without checking other plans could cost you thousands of dollars. This class will review the basics of drug plans and how to select a cost-effective plan that works for you. Kelly has volunteered for the State Health Insurance Assistance Program (SHIP), counseling people on Medicare Part D for fifteen years.

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

WRITING, LITERATURE, & LANGUAGES

**58) 10 Minute Originals: Writing Off the Top of My Head**

Fri, 8/30-9/13 • 9:30-10:45 • \$35

3 Meetings • Bldg. 30-126 • OP-558-F124

**Facilitator: Mary Ann Schaffer\***

This class will present a wide range of thought-provoking questions, such as "It's winter, and you have just moved to North Dakota. Write a postcard that makes Californians jealous." You will have 8 minutes to write a response and read it aloud—no criticism, just fun.

**59) Conversational Russian**

Tue, 8/27-10/1 • 8:30-9:45 • \$35

6 Meetings • Bldg. 30-126 • OP-559-F124

**Facilitator: Nailya Almagambetova**

Are you planning to visit Russia but afraid of being "lost in translation" there? Do you want to surprise your Russian-speaking friends with your skills in conversing with them in Russian? Do you want to watch Russian movies in an original language? Do you want to learn Russian from a native Russian speaker in an informal, comfortable, and relaxed environment? Come to this class, Conversational Russian. No textbooks are required! Just bring your desire to learn the language spoken by more than 260 million people worldwide.

**60) Haiku and Limericks**

Mon, 8/26 • 9:30-10:30 • \$15

1 Meeting • Bldg. 30-126 • OP-560-F124

**Facilitator: Margie Crider**

A fun time learning and practicing writing Haiku, one of the simplest poetry forms and limericks, usually a silly poetry form. You will learn forms and practice to improve your skills and entertain your friends.

**61) Memoir Writing Class**

Wed, 9/4-10/2 • 2:00-4:00 • \$35

5 Meetings • Bldg. 3-271 • OP-561-F124

**Facilitator: Joann Ashlock\***

Ready to write your memoirs? This class is for you! Your stories may be for your family or for yourself to better understand your own history. You'll discover ways to organize your thoughts in memoir form using the "I" point of view. We'll practice some writing tips and receive supportive positive feedback from class members. New members are welcome!

**62) Shakespeare's Much Ado About Nothing**

Thu, 9/5-9/26 • 2:00-3:30 • \$35

4 Meetings • Bldg. 3-205 • OP-562-F124

**Facilitator: Joann Ashlock\***

It's Fall...We'll virtually travel to Messina, Italy to enjoy reading Shakespeare's comedy. We'll join a rollicking time with star-crossed lovers, a masked ball, deliciously wicked villains, and goofy clowns. After discussing an Act, we'll watch ayur eth Branagh and Emma Thompson, seasoned lovers, interact with a cast of characters unraveling all of their secrets. We'll read parts of the play and discover some lines to dazzle our friends and family! (Benedict: "Thou and I are too wise to woo peacefully.")

**63) Telling Your Stories**

Tue, 8/27-10/1 • 11:00-1:00 • \$35

6 Meetings • Online • OZ-563-F124

**Facilitator: Becky Gunn\***

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.





1100 E. Sheldon St. pmb 6912

Prescott, AZ 86301-3297



PRESCOTT | SEDONA | VERDE VALLEY

Registration Begins Aug 7



**Prescott  
Fall 1  
2024  
Schedule  
Aug 26– Oct 7**

**Osher Online**

in collaboration with Northwestern University  
School of Professional Studies

**Fall 2024 Reg Deadline 9/14**

*Additional Fees Apply*

*For more information, go to [www.yc.edu/olli](http://www.yc.edu/olli)*

**Fabulous Online offerings this fall, classes start 9/30**

Gender and the Law • Peace Leadership • The Power of Introverts • The Talented Mr. Ripley • First Ladies • Medieval Science • Wellness From Within • Psychology Fundamentals • The Season of Sports Journalism • The Empowered Consumer • Language Myths Debunked • Who is Fredrick Law Olmsted? • Art Movements 20th Century • Exploring Cross-words • Architecture, Engineering, Design, and Technology

**For more information: [www.yc.edu/osheronline](http://www.yc.edu/osheronline)**