



OLLI
AT YAVAPAI COLLEGE

Sedona•Verde Valley
Fall 2 2024
Oct 28-Dec 13



Stay Curious, Stay Engaged—Join OLLI
www.yc.edu/ollisvregister Registration opens October 9

From Your Joint OLLI Council

Welcome to our Fall 2 session! It's the perfect time to enjoy the beautiful fall season and take advantage of classes before the holiday and winter season arrive. OLLI at Yavapai College offers a wide variety of classes to enrich your mental and physical well-being at an incredible price, along with social engagement and a community that supports longevity and wellness.

Check out our exciting programming at all locations and online. We offer both one-day and multi-session classes. Members can also participate in our Special Interest Groups in Sedona, Prescott, and online. Our annual membership packages offer tremendous value!

We're thrilled to welcome Andy Newton to our OLLI leadership. After retiring and moving to Arizona three years ago, Andy quickly 'discovered' OLLI. Impressed by what OLLI offers, he began facilitating classes last year—finding it much easier than expected with the support provided. Andy then increased his involvement by joining the Prescott Governing Council, and now serves as its Chair.

We're fortunate to have many dedicated volunteers working together to expand our program options for all Yavapai County members. There's truly something for everyone at OLLI!

Andy Newton

Andy Newton
Prescott OLLI
Governing Council Chair



Sharon Sherman

Sharon Sherman
Sedona•Verde Valley OLLI
Leadership Council Chair



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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.

OLLI Class Locations

YC Sedona Center

4215 Arts Village Dr, Sedona

YC Verde Valley Campus

601 W Black Hills Dr, Clarkdale

Zoom class logins, Prescott Trips and Offsite meeting details

are provided on your email registration sent from lifelonglearning@cce.yc.edu

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Prescott Area Trips

Trips are open to all OLLI at YC members and are held in and around the Prescott vicinity. Additional fees are paid on site. **See details of the trips online at www.yc.edu/ollisvregister.** These trips fill up quickly so register early!

#48 Trip: Broken Horn D Ranch Tour (Prescott)

Tue, 11/19 • 9:00-11:00 • \$5+\$10
1 Meeting • Offsite • OP-751-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson
See the cattle, tour the ranch by hay wagon,...

#49 Trip: Christmas at Sharlot Hall Museum - Living History Tour (Prescott)

Tue, 11/26 • 10:00-12:00 • \$5+\$15
1 Meeting • Offsite • OP-752-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson
OLLI-members-only Sharlot Hall Museum tour after the courthouse tree lighting ceremony...

#50 Trip: Indigenous People Museum Tour and Storytelling (Prescott)

Thu, 12/5 • 10:00-12:00 • \$5+\$5
1 Meeting • Offsite • OP-753-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson
Guided tour the only museum in the Prescott area devoted to the culture and art of Native people...

#51 Trip: Watson Woods Riparian Preserve– Restoration Tour (Prescott)

Tue, 11/12 • 9:00-11:00 • \$5+\$3+\$15
1 Meeting • Offsite • OP-754-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson
Guided tour along the Granite Creek riparian gallery forest focusing on natural and human history as well as ecological restoration efforts...

See more detail at www.yc.edu/ollisvregister

Classes by Day, Date & Time

Monday	Time	Location	Class (meetings) *****NO CLASSES MONDAY, 11/11*****	Facilitators
10/28-12/2	8:00-11:00	Offsite	#54 Hike The Prescott Circle Trail (6)	J Pillman, K Paris
10/28	9:00-11:00	Online	Best Hikes in our NPS: West of the Rockies NEW! (1)	D Kroese
10/28	9:00-12:00	Sed	How to Build Muscle and Strength as an Older Adult NEW! (1)	T Brennan
10/28	9:00-11:00	Sed	Making Friends With Stress (1)	L James
10/28	9:00-11:30	Sed	Zoom 101-Get Comfortable with Video Conferencing NEW! (1)	S Sherman
10/28-11/14	1:00-2:30	Offsite	Learn to Play Pickleball Beginners (Mondays+11/14) in Sedona (3)	C Sturgeon
10/28-12/9	9:30-10:45	Online	#31 American Nations Discussion - Part 2 (6)	D DillonM Dillon
10/28-12/9	11:00-12:00	Online	#38 New Ideas (6)	B Brown
10/28-12/9	2:00-3:30	Online	#62 Introduction to the Seven Hermetic Principles (6)	D Freeman
10/28-12/9	2:45-4:45	Sed/ Online	Current Economic Issues (5) *offered in-person and online simultaneously*	C Blum
11/4	8:00-12:00	Offsite	Geological Field Trip Red Mountain (Flagstaff) (1)	E Pratt
11/4	9:00-11:00	Sed	What Makes Communication So Difficult? (1)	L James
11/4	9:00-12:00	Sed/ Online	Zoom 201 - Instructor Assistant for Zoom Class NEW! (1) *offered in-person and online simultaneously*	S Sherman
11/4	1:00-4:00	Sed	Regreening the World's Deserts NEW! (1)	K Truskowski
11/18	9:00-12:00	Sed	Medicare 101 - Everything You Need To Know (1)	D Fanter
11/18	9:00-11:00	Sed	No. And Can It Really Be a Complete Sentence? (1)	L James
11/18	9:00-12:00	Online	Zoom 301 - Become An Effective Zoom Host NEW! (1)	S Sherman
11/18	1:00-3:00	Sed	Hiker Safety Learned with Verde Search And Rescue (1)	T Anderson, D West
Tuesday				
10/29-12/10	9:00-10:30	Sed	Art and Architecture in Spain NEW! (6)	A Smith
10/29-11/12	9:00-11:00	Sed	History of Christianity NEW! (0)	J Koepke
10/29-11/5	9:00-10:30	Sed	Transitioning: An End of Life Journey (2)	M Towne
10/29-11/19	10:45-12:15	VVC	From Pen To Publish NEW! (4)	S Stoltz
10/29-12/10	10:45-12:15	Offsite	Silent Nature Walks (Sedona) (6)	A Crosman
10/29	12:30-2:00	Online	#16 Home Automation – An Introduction (1)	B James, J Burke
10/29	1:00-4:00	Sed	Black Holes Demystified NEW! (1)	S Srikanth
10/29	1:00-3:00	Sed	Experience The Mentalist and The Medium (1)	F Osborn, D Osborn
10/29	1:00-4:00	VVC	Medicare 101 - Everything You Need To Know (1)	D Fanter
11/5	9:00-12:00	VVC	The Planets NEW! (1)	R Bohner
11/5-12/10	10:45-12:15	Sed	Writing Our Way to Bliss (5)	M Entin
11/5	1:00-3:00	Sed	Avoiding the Perilous Pitfalls of Probate (1)	J Linfoord
11/5	1:00-4:00	Sed	Understand Do-It-Yourself Small Home Repairs NEW! (1)	D Pollock
11/12	9:00-12:00	Online	Origin of Art: A Dilettante’s Vision (0)	K Bork
11/12	9:00-11:00	Offsite	#51 Trip: Watson Woods Riparian Preserve– Restoration Tour (Prescott) (1)	L Janowski, A Mazella, R Anderson
11/12	1:00-3:00	Online	Retirement by Design (1)	M Fitzgerald
11/12-11/19	1:00-2:30	VVC	Transitioning: An End of Life Journey (2)	M Towne

Sed=Sedona Center, V V C=Verde Valley Campus, Online=Zoom

Classes by Day, Date & Time

Tuesday, cont.	Time	Location	Class (meetings)	Facilitators
11/19	9:00-11:00	Offsite	#48 Trip: Broken Horn D Ranch Tour (Prescott) (1)	L Janowski, A Mazella,
11/19	1:00-3:00	Sed	Deadly Mistakes in Estate Planning (1)	J Linford
11/19	1:00-3:00	Sed	Planning and Executing Your Own Travel (1)	L Brinton
11/19	1:00-3:00	Sed	The Ascent of Information NEW! (1)	B Haizmann
11/26	10:00-12:00	Offsite	#49 Trip: Christmas at Sharlot Hall Museum - Living History Tour (Prescott) (1)	L Janowski, A Mazella, R Anderson
Wednesday				
10/30-12/11	8:00-10:30	Offsite	#55 Moderate Hiking (Prescott) (6)	L Neakrans, M Troester
10/30-12/4	8:00-10:30	Offsite	#56 Slow Hiking (Prescott) (5)	E Wisneski
10/30-12/11	9:00-10:30	Sed	Science News and Views (6)	B Haizmann, J Black
10/30-11/20	10:45-12:15	Sed	Historical Context of the 2024 Election NEW! (3)	A Herschkowitz
10/30-12/11	10:45-12:15	Sed	So You Always Wanted to Write a Book NEW! (6)	D Coleman
10/30-12/11	11:00-12:00	Online	#45 Armchair Adventures (6)	B Brown
Thursday				
10/24	2:00-3:30	Online	#D Improve your Zoom Skills (1)	P Berlowe, M Troester
10/31-12/12	9:30-10:30	Sed	Beginner Line Dance NEW! (6)	S Gebler
10/31-12/12	9:30-10:45	Online	#47 Travel Destinations (6)	B Maxwell, D Dillon
10/31-12/12	10:45-12:15	Sed	Make 'Em Laugh: The Best of American Comedy NEW! (6)	P Friedman
10/31-12/12	11:00-12:30	VVC	The Blues Eclectic NEW! (6)	R Grafe
10/31-11/14	1:00-2:30	Offsite	Learn to Play Pickleball Beginners (Thursdays) in Sedona (3)	C Sturgeon
10/31-12/12	2:00-3:00	Online	#12 Love and Espionage: Beyond Bond (6)	B Mains
10/31-12/12	2:45-4:15	Sed	Best TED Talks 2020 – 2024 NEW! (6)	P Friedman
10/31-12/12	2:45-4:15	Sed	Music Masterpieces (6)	A Crosman
10/31-12/12	2:45-4:15	Sed	No Rules Quilting NEW! (6)	G Mewes
10/31-12/5	2:45-4:15	VVC	What To Do When a Long-term Care Need Arises NEW! (5)	W Trezise
11/7	2:00-3:30	Online	#21 Social Media for Seniors (1)	J Taylour, J Burke
11/14	8:30-12:30	Offsite	Explore the USGS Astrogeology Science Center (Flagstaff) NEW! (1)	E Pratt
11/14-11/21	12:30-2:00	Online	#13 Photo Organization - Simple and Done (2)	C Soong-Tang
11/14	2:00-4:00	Online	#17 How the Electrical Telegraph Changed the World (1)	J Burke
11/21	9:00-12:00	Sed	Make Your Photos Shine with Lightroom NEW! (1)	W Wood
11/21	1:00-4:00	Sed/ Online	JFK's Quest for Peace NEW! (1) *offered in-person and online simultaneously*	C Blum
12/5	10:00-12:00	Offsite	#50 Trip: Indigenous People Museum Tour and Storytelling (Prescott) (1)	L Janowski, A Mazella, R Anderson
12/12	1:00-4:00	Sed/ Online	Nobel Peace Prize: The winner is ... NEW! (1) *offered in-person and online simultaneously*	C Blum
Friday/Saturday/Email Only				
11/1-11/22	11:00-12:15	Online	#15 Apple Mac Security (4)	F Croft
11/15-12/13	9:30-10:45	Online	#23 TED Talks Online Version (4)	C Maxwell
11/23	11:00-12:00	Offsite	#K Community Chat Series with the Arizona Philharmonic (1)	M Flurry
Email Only		Email Only	#9 Eroica Beethoven 3rd Symphony (Email Only) (1)	N Dubow
Email Only		Email Only	#36 Great Courses Potpourri (Email Only) (6)	P Berlowe

Sed=Sedona Center, V V C=Verde Valley Campus, Online=Zoom

Class Descriptions

ARTS & CRAFTS

Make Your Photos Shine with Lightroom

Thu, 11/21 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-201-F224

Facilitator: William Wood

NEW! Lightroom is a popular photo development software, used by professionals and amateurs. You will learn how to use this app and how to develop your photos using other programs, such as Apple photo and cell phones. We will explore basic photography techniques and learn how to use cameras and how to organize your photos. Amaze your friends and family with majestic images you have made.

No Rules Quilting

Thu, 10/31-12/12 • 2:45-4:15 • \$35

6 Meetings • Sedona Center • OS-202-F224

Facilitator: Gail Mewes

NEW! Join us for a wonderful, stress-free quilting experience! Gail Mewes has developed this fun quilting course to teach you how to make gorgeous heirloom-quality quilts without machines, quilting gadgets or expensive tools. All you need is a pair of scissors, needle and thread and fabric you can find around your house or at a resale shop. Enjoy those crisp fall evenings while relaxing with a beautiful work-in-progress quilt. Gentle warning: your children may fight over who gets to keep it!

ARTS-VISUAL & PERFORMING

Art and Architecture in Spain

Tue, 10/29-12/10 • 9:00-10:30 • \$35

6 Meetings • Sedona Center • OS-203-F224

Facilitator: Art Smith

NEW! Spain has a rich history of art and architecture dating back for millennia. Beginning with the cave paintings of Northern Spain and ending with Picasso and Sorolla, we'll discuss the painting, sculpture and architecture of Spain and Portugal. Along the way we will visit the Alhambra, the cathedrals of Leon and Sevilla, the Prado in Madrid and the Gulbenkian in Lisbon. We will also touch on the most important literary works in Spanish and Portuguese.

Beginner Line Dance

Thu, 10/31-12/12 • 9:30-10:30 • \$35

6 Meetings • Sedona Center • OS-204-F224

Facilitator: Sally Gebler

NEW! These beginner-level line dance classes are a fun and easy way to get your heart pumping AND improve your mental acuity. This social dance style requires no partner or experience. Line dancing is an easy form of dance and a great way to get a good workout, improve posture and coordination, balance, and mood. As you learn iconic, urban, and soul line dances, you will discover that dancing is the best medicine! Wear smooth-soled shoes and bring water for this enjoyable learning experience! **Limit: 10**

#9 Eroica Beethoven 3rd Symphony (Email Only)

Email Only • \$15 • OZ-609-F224

Facilitator: Nancy Dubow*

An illuminating lecture by Professor Robert Greenberg is followed by a magnificent performance of this breakthrough symphony, which "parallels Beethoven's own life in its heroic battle with and ultimate triumph over adversity." Robert Greenberg.

#12 Love and Espionage: Beyond Bond

Thu, 10/31-12/12 • 2:00-3:00 • \$35

6 Meetings • Online • OZ-612-F224

Facilitator: Bill Mains

Join us for a six-week film discussion class exploring romantic spy movies outside the iconic James Bond franchise. We start with Hitchcock's classic film "Notorious" (1946), followed by the intense "Three Days of the Condor" (1975) and the modern "Conspiracy Theory" (1997). Next is the high-energy "The Bourne Identity" (2002), with "True Lies" (1994) offering a fun twist. We conclude with the charming "Charade" (1963). Discover how these films blend romance and espionage in unique ways. **Limit: 15**

Make 'Em Laugh: The Best of American Comedy

Thu, 10/31-12/12 • 10:45-12:15 • \$35

6 Meetings • Sedona Center • OS-205-F224

Facilitator: Paul Friedman

NEW! Comedians have brought us wit, joy, and insight over the decades of our lives, using a wide variety of styles—from ingenious physical shtick to snappy wisecracks and biting satire. We'll review—through video clips of comic performances and interviews with the comedians we've all loved—the many ways they made us laugh. Prepare to be entertained by some of the funniest moments in American humor and to learn how they reflected and illuminated the times through which we all have lived.

Music Masterpieces

Thu, 10/31-12/12 • 2:45-4:15 • \$35

6 Meetings • Sedona Center • OS-206-F224

Facilitator: Anne Crozman

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**

Class Descriptions

ARTS-VISUAL & PERFORMING cont.

Origin of Art: A Dilettante's Vision

Tue, 11/12 • 9:00-12:00 • \$15

1 Meeting • Online • OZ-207-F224

Facilitator: Ken Bork

Join our Zoom discussion to explore one of the most significant questions of our species: the Origin of Art. Art history is a favorite avocation of Ken Bork. This fascinating workshop will begin with examples from the Paleolithic Age (50,000-12,000 years ago) and move into the Neolithic and Bronze Age.

#13 Photo Organization - Simple and Done

Thu, 11/14-11/21 • 12:30-2:00 • \$35

2 Meetings • Online • OZ-613-F224

Facilitator: Celeste Soong-Tang

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

The Blues Eclectic

Thu, 10/31-12/12 • 11:00-12:30 • \$35

6 Meetings • Verde Valley Campus • OV-208-F224

Facilitator: Ron Grafe

NEW! Come along on a journey through time and space...to a smoke filled juke joint in Holly Springs, Mississippi, to a street corner on Royal Street in New Orleans, to a raucous south side bar in Chicago, to the shifting sands of Mali and all the way to Timbuktu and Royal Albert Hall in London. It Will Get Loud.

COMPUTER & TECHNOLOGY

#15 Apple Mac Security

Fri, 11/1-11/22 • 11:00-12:15 • \$35

4 Meetings • Online • OZ-615-F224

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 that you communicate with? 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.

#16 Home Automation – An Introduction

Tue, 10/29 • 12:30-2:00 • \$15

1 Meeting • Online • OZ-616-F224

Facilitators: Bill James, JB Burke*

Learn how Home Automation technology allows us to control our connected devices and appliances using our Smartphone or Tablet from a central hub. We will explain how to set up a system using widely available home automation devices. Do home automation devices listen in on you? Can your devices be hacked, and how can you prevent that? Bill will answer these questions and more, making it easier to take the first step to automate your home and get a better price for it when you sell.

#17 How the Electrical Telegraph Changed the World

Thu, 11/14 • 2:00-4:00 • \$15

1 Meeting • Online • OZ-617-F224

Facilitator: JB Burke*

The 1800's saw the birth of the telegraph. This remarkable technology transformed the world, shrank vast distances into mere dots and dashes, and allowed instantaneous communication over long distances. We'll see its impact on many aspects of life, commerce, news, warfare, and society. It'll help you appreciate the telegraph's pivotal role in shaping our modern world, setting the stage for today's digital age. Don't miss this fascinating story of the telegraph and its immense effect on our lives.

#21 Social Media for Seniors

Thu, 11/7 • 2:00-3:30 • \$15

1 Meeting • Online • OZ-621-F224

Facilitators: Judy Taylour*, JB Burke*

Social Media for Seniors. What is social media? Do you want to find old friends, make new friends, and keep up with what your children and grandchildren are doing? This presentation will cover what to share and not to share, how often to post, and more. Plus, social media, doctors say, is also healthy—it keeps seniors mentally and socially vital.

#23 TED Talks Online Version

Fri, 11/15-12/13 • 9:30-10:45 • \$35

4 Meetings • Online • OZ-623-F224

Facilitator: Chris Maxwell*

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

Class Descriptions

COMPUTER & TECHNOLOGY cont.

Zoom 101 - Get Comfortable with Video Conferencing

Mon, 10/28 • 9:00-11:30 • \$15

1 Meeting • Sedona Center • OS-209-F224

Facilitator: Sharon Sherman

NEW! Perhaps you are finally ready to video conference, or you would like to become more familiar with the basics of using Zoom, the most popular free video conferencing tool. Zoom allows you more options in learning and life. It lets you stay connected to others, anywhere in the world. In this class you will learn essential features, such as operations, and tips using a cell phone, tablet, or computer. This is a hands-on training. PC loaners are available. Come Zoom with us in this very basic class!

FINANCE, ECONOMICS, & LAW

Avoiding the Perilous Pitfalls of Probate

Tue, 11/5 • 1:00-3:00 • \$15

1 Meeting • Sedona Center • OS-210-F224

Facilitator: Jon Linford

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

Current Economic Issues

Mon, 10/28-12/9 • 2:45-4:45 • \$35

5 Meetings • Sedona Center • OS-211-F224 **or**

5 Meetings • Online • OZ-211-F224

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***

Deadly Mistakes in Estate Planning

Tue, 11/19 • 1:00-3:00 • \$15

1 Meeting • Sedona Center • OS-212-F224

Facilitator: Jon Linford

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

Medicare 101 - Everything You Need To Know

Tue, 10/29 • 1:00-4:00 • \$15

1 Meeting • Verde Valley Campus • OV-213-F224 **or**

Mon, 11/18 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-214-F224

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, 11/12 • 1:00-3:00 • \$15

1 Meeting • Online • OZ-215-F224

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.

What To Do When a Long-term Care Need Arises

Thu, 10/31-12/5 • 2:45-4:15 • \$35

5 Meetings • Verde Valley Campus • OV-216-F224

Facilitator: William Trezise

NEW! This class will cover what a long-term care event could look like. We will discuss what the costs of that event may involve and discuss some ways that you can prepare for it, both before and after it happens.

HEALTH & NUTRITION

How to Build Muscle and Strength as an Older Adult

Mon, 10/28 • 9:00-12:00 • \$15

1 Meeting • Sedona Center • OS-217-F224

Facilitator: Thomas Brennan

NEW! It is much safer and more comfortable living with a strong body. We can participate in activities that might otherwise be out of reach and live a more vibrant life. Specific information on how an older adult can safely build and maintain muscle and strength will be presented in a simple and understandable format. This will include information about diet and exercise presented in a lecture and discussion format with some demonstrations.

Class Descriptions

HEALTH & NUTRITION cont.

Making Friends With Stress

Mon, 10/28 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-218-F224

Facilitator: Leslie James

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

Transitioning: An End of Life Journey

Tue, 10/29-11/5 • 9:00-10:30 • \$35

2 Meetings • Sedona Center • OS-220-F224 ** or**

Tue, 11/12-11/19 • 1:00-2:30 • \$35

2 Meetings • Verde Valley Campus • OV-221-F224

Facilitator: Mary Towne

Have you wondered what you will experience when your time on earth is at an end? What are the physical signs and stages of the last several months, weeks, days and hours of your journey? What changes might we expect in eating, sleeping, communication? Learn from someone who has shared this confusing and fearful experience for 9 years as a "companion" for that "journey home." Where to get assistance during this time and the importance of caring for yourself will also be discussed.

HISTORY & CURRENT AFFAIRS

#31 American Nations Discussion - Part 2

Mon, 10/28-12/9 • 9:30-10:45 • \$35

6 Meetings • Online • OZ-631-F224

Facilitators: Deb Dillon*, 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. We will cover Chapter 15 - Epilogue. **Limit: 12**

#36 Great Courses Potpourri (Email Only)

Email Only • \$35

6 Meetings • Email Only • OZ-636-F224

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.

Historical Context of the 2024 Election

Wed, 10/30-11/20 • 10:45-12:15 • \$35

3 Meetings • Sedona Center • OS-222-F224

Facilitator: Andy Herschkowitz

NEW! This 2024 election will be another unique event in American political history. Let's look at this election by: 1) reviewing past campaigns and elections; 2) examining this year's results; and 3) speculating on what the outcome might portend for the future. As always, discussion is welcomed. **Class will meet three times however it will skip Nov 6 meeting and resume on Nov 13.**

JFK's Quest for Peace

Thu, 11/21 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-223-F224 **or**

1 Meeting • Online • OZ-223-F224

Facilitator: Charles Blum

NEW! After the brush with Armageddon during the 1962 Cuban missile crisis, President John Kennedy set about to elaborate a new relationship with the Soviet Union, to bring the Vietnam War to an early end, and seek ways to end the Cold War. We will view JFK's inaugural address, a masterpiece of Cold War rhetoric, and contrast it with his 1963 Peace Speech and his address to the UN. In today's global world, Kennedy's evolving insights into the peace process are as relevant as ever. ***Offered in-person and online simultaneously***

#38 New Ideas

Mon, 10/28-12/9 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-638-F224

Facilitator: Barbara Brown*

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

LOOKING AHEAD		
Term	Span	Proposals Accepted
Winter 2025	1/27-3/14 (no classes during SIFF)	10/9-10/30
Spring 2025	4/7-5/15	12/9-1/29
More important OLLISV dates can be found at www.yc.edu/ollisvdates		

Class Descriptions

HISTORY & CURRENT AFFAIRS cont.

Nobel Peace Prize: The winner is ...

Thu, 12/12 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-224-F224 **or**

1 Meeting • Online • OZ-224-F224

Facilitator: Charles Blum

NEW! Of the 285 nominees, who will win this year's Nobel Peace Prize on Tuesday, December 10? What did she/he/they did to merit the honor? This workshop will review the criteria used by the Nobel Committee, the pattern of awards in recent years, and the accomplishments of this year's winner(s). Then we will view the December 10 ceremony in Oslo, including the laureate's lecture (with English subtitles if needed). **Registration for this class closes 11/21. *Offered in-person and online simultaneously***

Regreening the World's Deserts

Mon, 11/4 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-225-F224

Facilitator: Karen Truskowski

NEW! Grasslands play a critical role in stabilizing soil and seventy percent are now considered degraded and turning into desert. Is it possible to green the world's deserts in a profitable way while feeding people? We will explore methods being used here in the US and around the world. We will delve into agricultural practices that degrade the soil and practices that enhance it. How we treat our land and soil is fundamental to the survival of modern society.

LOCAL INTEREST & TRAVEL

#45 Armchair Adventures

Wed, 10/30-12/11 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-645-F224

Facilitator: Barbara Brown*

Join us to 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.

Planning and Executing Your Own Travel

Tue, 11/19 • 1:00-3:00 • \$15

1 Meeting • Sedona Center • OS-226-F224

Facilitator: Louise Brinton

Tired of tours not really meeting your specific needs? It is now easier than ever to plan your own trips, thanks to a multitude of available online and other resources. With a facilitator who has visited more than 100 countries for work and play, we will discuss ways to plan and execute independent travel, both in the U.S. and abroad. Come prepared to learn and share useful hints to ensure cost-effective trips tailored to your specific interests and activities.

#47 Travel Destinations

Thu, 10/31-12/12 • 9:30-10:45 • \$35

6 Meetings • Online • OZ-647-F224

Facilitators: Bill Maxwell* Deb Dillon*

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

NATURE & THE OUTDOORS, ACTIVE MIND & BODY

Best Hikes in our NPS: West of the Rockies

Mon, 10/28 • 9:00-11:00 • \$15

1 Meeting • Online • OZ-227-F224

Facilitator: David Kroese

NEW! From Acadia to America Samoa, Alaska to the Caribbean, some 21,000 miles of trails wind through our national park system. We will share pictures and reflections on some favorite day hikes from over 430 National Park Service units. In part one, we feature hikes west of the Rocky Mountain region.

#54 Hike The Prescott Circle Trail

Mon, 10/28-12/2 • 8:00-11:00 • \$35

6 Meetings • Offsite • OP-650-F224

Facilitators: John Pillman, Ken Paris

This term we will be hiking the final 5 segments of the PCT, ranging from 4.5 to 8 miles, and find an additional hike for the 6th week. Participants should have a history of good health and hiking in higher elevations. We will be hiking at a moderate pace of about 2.5 mph with frequent breaks. Meeting places will be different every week and meeting sites will be emailed to participants each week. So lace up your boots, grab your sticks and a hat and join us for some fantastic hiking. Note: we will hike on 11/11 and the Monday of Thanksgiving week. **Limit: 15**

Hiker Safety Learned with Verde Search And Rescue

Mon, 11/18 • 1:00-3:00 • \$15

1 Meeting • Sedona Center • OS-228-F224

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 to do if you 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

Learn to Play Pickleball Beginners (Mondays+11/14) (Sedona)

Mon/Thu, 10/28,11/4,11/14 • 1:00-2:30 • \$35
3 Meetings • Offsite • OS-229-F224 **or**

Learn to Play Pickleball Beginners (Thursdays) (Sedona)

Thu, 10/31,11/7,11/14 • 1:00-2:30 • \$35
3 Meetings • Offsite • OS-230-F224

Facilitator: *Christine Sturgeon*

This course is designed to introduce new adult learners to the game of pickleball. We will cover basic strokes, scoring, pickleball equipment, rules, and how to play the game. The class is taught by a certified instructor.

Participants are strongly encouraged to wear court shoes, protective eyewear and sign a liability waiver at the beginning of the workshop. Class will be held in Sedona. Come out and have some fun! (Note: OS-229-F224 is two Mondays and one Thursday.)

#55 Moderate Hiking (Prescott)

Wed, 10/30-12/11 • 8:00-10:30 • \$35
6 Meetings • Offsite • OP-651-F224

Facilitators: *Lynn Neakrans, Mark Troester**

Join us on moderate hikes of up to 5 miles on rocky and sometimes steep terrain and experience the beauty and diversity of some of the many trails in our area. You 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. **Limit: 15**

Silent Nature Walks (Sedona)

Tue, 10/29-12/10 • 10:45-12:15 • \$35
6 Meetings • Offsite • OS-231-F224

Facilitator: *Anne Crosman*

We will meet at Sedona OLLI and walk silently on several nearby paths. Wear comfortable shoes and bring a small notebook to record sights, smells, and thoughts. At the end of the 45-minute walk, we'll talk about what we saw and felt.

#56 Slow Hiking (Prescott)

Wed, 10/30-12/4 • 8:00-10:30 • \$35
5 Meetings • Offsite • OP-652-F224

Facilitator: *Ed Wisneski**

Have you found yourself far behind a group after the first 10 minutes of a hike? You catch up at the first rest stop, and everyone immediately starts hiking before you can catch your breath. If you are comfortable hiking 2-5 miles with intermittent elevation gains but prefer a more leisurely pace, this class is for you. It's not for beginners. Hikes will cover Granite and Spence basins, Katahn, Thumb Butte, & Pioneer Park Red loops. Note: class may start at 9 am, depending on the weather—sturdy hiking shoes & water are required.

PHILOSOPHY & RELIGION & UNEXPLAINED

Experience The Mentalist and The Medium

Tue, 10/29 • 1:00-3:00 • \$15
1 Meeting • Sedona Center • OS-233-F224

Facilitators: *Fred Osborn and Debbie Osborn*

Experience a captivating demonstration of mentalism and mediumship with Dred (Fred Osborn) and Amber (Debbie Osborn). With your participation and interaction (and permission), Dred will take a ride through your mind, extracting random information from your thoughts! By holding an object of yours, Amber will demonstrate how energy retains information about you. She will give psychic or mediumistic messages for some attendees, time permitting.

History of Christianity

Tue, 10/29-11/12 • 9:00-11:00 • \$35
3 Meetings • Sedona Center • OS-234-F224

Facilitator: *Jack Koepke*

NEW! Join us on an enriching adventure into seldom explored areas of early Christian history across many regions. We'll begin with the Egyptian Goddess Maat, personification of truth and justice. We'll examine how patriarchal and covenant monotheism affects us to the present day. Through Schweitzer's Search for the Historical Jesus and eschatology, we'll seek to uncover the New Testament message of Jesus. We'll also consider the significance of ancient manuscripts lost and found. And so much more!

#62 Introduction to the Seven Hermetic Principles

Mon, 10/28-12/9 • 2:00-3:30 • \$35
6 Meetings • Online • OZ-658-F224

Facilitator: *DeeDee Freeman**

The Seven Hermetic Principles, introduced in a 1908 book titled "The Kybalion," can be found in all the world's organized religions. This esoteric knowledge defines the ancient hermetic art of mental alchemy. By studying The Kybalion, you can change your reality by changing your mind! Following the book and related videos, we will be introduced to the wisdom tradition of Hermes Trismegistus. NOTE: The book is available on Amazon or as a free PDF at: <http://www.kybalion.org/TheKybalion.pdf>

Stay Connected!
Stay Healthy!
Stay Engaged!

Class Descriptions Limit: 15

SCIENCE & MATH

Black Holes Demystified

Tue, 10/29 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-235-F224

Facilitator: Shri Srikanth

NEW! Black holes are among the most mysterious cosmic objects, much studied but not fully understood. Predicted by Einstein's theory a hundred years ago, they have only been confirmed in the past decades. In this session we will discuss what is a black hole, how they form, where they exist, what happens when you approach and then enter a black hole, how long do they last and a host of other questions and issues.

Explore the USGS Astrogeology Science Center (Flagstaff)

Thu, 11/14 • 8:30-12:30 • \$15

1 Meeting • Offsite • OS-236-F224

Facilitator: Ernie Pratt

NEW! Ernie Pratt will lead an interested group to the USGS Astrogeology Center in Flagstaff. We will be met by a planetary research scientist and shown various scale models of spacecraft and discuss current and past missions and research results. We will walk down the center's hallways which are filled with large posters illustrating the scientific work being done at the center.

Limit: 12

Geological Field Trip Red Mountain (Flagstaff)

Mon, 11/4 • 8:00-12:00 • \$15

1 Meeting • Offsite • OS-237-F224

Facilitator: Ernie Pratt

Join us for a geological field trip to Red Mountain led by Ernie and Lynn Pratt. It includes an easy 3-mile geologically descriptive hike. We will discuss the Red Mountain volcano and its formation, study the resulting rocks and minerals, and learn about the area's unique geomorphological features. Participants must be able to hike 3 miles comfortably, including a little elevation gain. It is a 90-minute drive each way. Carpooling is possible if needed. **Limit: 12**

Science News and Views

Wed, 10/30-12/11 • 9:00-10:30 • \$35

6 Meetings • Sedona Center • OS-238-F224

Facilitators: Bob Haizmann and John Black

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

The Ascent of Information

Tue, 11/19 • 1:00-3:00 • \$15

1 Meeting • Sedona Center • OS-239-F224

Facilitator: Bob Haizmann

NEW! We are swamped by a constant stream of information. But what is information? Surprisingly recent answers to this question are profound. Information is considered a fundamental part of the universe. Only living creatures use information. Only humans have created information outside of body and mind, including language and technology. And soon the amount of energy used to generate information for humans will exceed all other energy used on Earth. Discover the fascinating subject of information.

The Planets

Tue, 11/5 • 9:00-12:00 • \$15

1 Meeting • Verde Valley Campus • OV-240-F224

Facilitator: Richard Bohner

NEW! Come explore the planets of our Solar System. We will look at each of the major planets and what makes them unique. We will also look at a few of the Dwarf Planets. After completing this workshop, you will be able to identify each planet by sight and have a few facts that make them different from each other. This workshop will correspond to several of the planets that will be visible in the Autumn sky.

SELF-ENRICHMENT & LIFESTYLE

Best TED Talks 2020 – 2024

Thu, 10/31-12/12 • 2:45-4:15 • \$35

6 Meetings • Sedona Center • OS-241-F224

Facilitator: Paul Friedman

NEW! TED talks provide life-improving "ideas worth sharing" presented by the most brilliant, creative, successful, and talented individuals alive today. Each is delivered in a dynamic, engaging manner, in about 15 minutes. At each class session, we will watch three TED talks (chosen by class members from a menu of what the facilitator believes are the best talks delivered between 2020 and 2024). Each talk will be followed by a thoughtful discussion of the ideas presented.

No. And Can It Really Be a Complete Sentence?

Mon, 11/18 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-242-F224

Facilitator: Leslie James

Do you have trouble saying "No" even when there is a legitimate reason? And STILL feel guilty? Come realize you have the right to say NO without excuses and extensive explanations. Learn about setting appropriate boundaries that will strengthen your sense of self – and even enhance relationships with others.

Class Descriptions

SELF-ENRICHMENT & LIFESTYLE cont.

Understand Do-It-Yourself Small Home Repairs

Tue, 11/5 • 1:00-4:00 • \$15

1 Meeting • Sedona Center • OS-243-F224

Facilitator: Dave Pollock

NEW! Let's explore painting, plumbing, electrical, and roofing repairs. Handle leaky faucets, running toilets, water shut-offs, preventing drain problems, switch, receptacle and light replacements, and main power shut-offs. Know your fuse box. For paint, pick colors, prep, select brushes and rollers, apply masking, learn techniques, and dispose of unused paint. For roofs, repair small leaks, patch, analyze problems, and know when to replace. Don't get taken by disreputable contractors!

What Makes Communication So Difficult?

Mon, 11/4 • 9:00-11:00 • \$15

1 Meeting • Sedona Center • OS-244-F224

Facilitator: Leslie James

Do you ever feel unheard? Wonder about the reaction you get? Swallow what you'd like to say? Have the same conversation over and over? Get asked a question you just answered? Have a person do something very different than what you requested? Come learn about the challenges of getting someone to understand a message exactly like you are envisioning it, and learn ways to phrase things that are respectful both to yourself and to the listener.

WRITING, LITERATURE & LANGUAGES

Writing Our Way to Bliss

Tue, 11/5-12/10 • 10:45-12:15 • \$35

5 Meetings • Sedona Center • OS-246-F224

Facilitator: Martha Entin

This class offers us an opportunity to reflect and ponder some deep questions, while honoring our own inner voice. Each week we will be invited to answer important questions of Life, Love and Being. Digging deep to find our own profound meaning and truths, we will write toward clarity and inspiration. Writing and sharing together without judgment or critique, we learn and grow, building trust and loving kindness, and listening with respect and an open heart. All are welcome. **Limit: 10**

From Pen To Publish

Tue, 10/29-11/19 • 10:45-12:15 • \$35

4 Meetings • Verde Valley Campus • OV-247-F224

Facilitator: Susan Stoltz

NEW! Think you have a book in you? This class will help you take that book from pen to publish. Over the 4 weeks of the class, we will cover outlining and composition, the importance of research and revision, and working with an illustrator. Next, we will discuss formatting tools for print and digital editions, and then the pros and cons of self-publishing versus traditional publishing. We will finish with methods of marketing (Amazon is not the only way!) and how to be an effective presenter.

So You Always Wanted to Write a Book

Wed, 10/30-12/11 • 10:45-12:15 • \$35

6 Meetings • Sedona Center • OS-250-F224

Facilitator: Donald Paul Coleman

NEW! Join this class to learn how to write a book, starting with inspiration and ending with publication. During this 6-week course you will learn the art and craft of writing, accompanied by practical strategies, editing practices and publishing tips. Bring paper and pen and come prepared to write! **Limit: 10**

Free and Open to the Public Classes

Zoom 201 - Instructor Assistant for Zoom Class

Mon, 11/4 • 9:00-12:00

1 Meeting • Sedona Center • OS-451-F224 **or**

Online • OZ-451-F224

Facilitator: Sharon Sherman

NEW! If you are a more experienced participant, let's dig deeper into features such as managing participants, chat, reactions, audio and video nuances, sharing, and controls. Review essential controls, especially concerning audio or video. Experience breakout rooms, polls, and backgrounds. Review signing up for a free account, downloading apps on multiple devices, and signing in with a meeting ID. Prepare to be an OLLI instructor assistant for a Zoom class. ***Offered in-person and online simultaneously***

Zoom 301 - Become An Effective Zoom Host

Mon, 11/18 • 9:00-12:00

1 Meeting • Online • OZ-452-F224

Facilitator: Sharon Sherman

NEW! Be an effective Zoom host! Review the key functions of hosting: scheduling meetings, creating ad-hoc meetings, managing admits and participants, using chat including document uploads, recording, and dive deep into sharing. Learn about essential settings and managing audio and video, especially when sharing media. Share troubleshooting approaches, working with an assistant, and presenting tips. Great for anyone who wants to host a web conference.

#K Community Chat Series with the Arizona Philharmonic (Prescott area)

Sat, 11/23 • 11:00-12:00

1 Meeting • Offsite • OP-453-F224

Facilitator: Maria Flurry

The week before each Arizona Philharmonic season's Sunday performance, I will facilitate the conductors and/or soloists for the concert and meet with the community to share insights into the upcoming music as well as their craft and passions. Q and A wraps up each session. The sessions will be held at the Ruth Street Theater on the campus of Prescott High School. The talk is free, OLLI members will need to purchase tickets to the performance through <https://azphil.org/>.

#D Improve your Zoom Skills

Thu, 10/24 • 2:00-3:30

1 Meeting • Online • OZ-454-F224

Facilitators: Patricia Berlowe, Mark Troester*

Want to feel more comfortable in Zoom? Sometimes struggle with the sound? Video? We will start with the basics, and then move to more complex tools like sharing, running videos in zoom, and even break out rooms if there is interest. **Limit: 15**

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 (Online)

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 ZOOM LINK : <https://yavapai.zoom.us/j/92568199975?pwd=UFdLUDBsOVNNTXM1ZVFCK0RoT25Hdz09>

GUITAR (Prescott)

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**

SOCIAL BRIDGE ONLINE (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 or by phone at (928) 759-2363.**

WRITE WHAT YOU WANT (Prescott)

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**

GOOD MORNING EMAIL GROUP (Email Only)

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 yacbrown@yahoo.com**

OLLI SEDONA•VERDE VALLEY BOOK CLUB (Sedona)

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 to enroll. Limit: 10**

Widows Support Special Interest Group (Sedona)

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 to enroll.**

Memoir Writing Special Interest Group (Sedona)

Everyone has a fascinating life story. Put it down on paper and I'll guide you through the rough spots. I'll also edit your copy. **Email Anne Crosman at annecrosma@aol.com to enroll.**

OLLI Munch & Learn

Thursdays, 12:30-1:45pm during OLLI sessions



A free and open to the public lunch time presentation on a wide variety of topics. Thursdays, 12:30 to 1:45pm, locations within descriptions. **Registration is required** – 928-717-7634, 928-649-4275 or www.yc.edu/ollisvregister

Look Again: The Power of Noticing What Is Always There

Thu, 10/31 • Verde Campus • OV-462-F224 **or**
Online • OZ-462-F224

Facilitators: Shri Srikanth, Paul Friedman

No matter how beneficial or harmful, what's familiar gradually disappears from conscious awareness. We "habituate;" we stop appreciating what's wonderful in our lives. Learn how to see your world anew, to regain sensitivity to the great things in your life, and to what should be changed, based on research reported by MIT prof Tali Sharot and Harvard prof Cass Sunstein on how to "dishabituate" or reignite your ability to see, feel, and assess what's good and what you can improve.

Tiny Pluto has a Big Heart

Thu, 11/7 • Verde Campus • OV-463-F224 **or**
Online • OZ-463-F224

Facilitators: Shri Srikanth, Diane Phelps Budden, Kevin Schindler

The discovery of Pluto in 1930 at Lowell Observatory in Flagstaff brought Arizona and the observatory to the public's attention, and they fell in love with this little planet. Diane will discuss Clyde W. Tombaugh's early years when he developed a passion for astronomy. Kevin will share the breathtaking details of Pluto's surface revealed by the New Horizons flyby mission. He also will explain why Pluto was downgraded to a dwarf planet and why Arizona made Pluto the state planet.

2024 - History's Biggest Election Year

Thu, 11/14 • Verde Campus • OV-461-F224 **or**
Online • OZ-461-F224

Facilitator: Shri Srikanth

Worldwide, more people have voted in 2024 than in any year in history. Political scientist Andy Herschkowitz will briefly summarize elections abroad, analyze the US election campaign and results, and then speculate on what the consequences may be going forward. Discussion will follow.

Everything That's New for Medicare in 2025

Thu, 11/21 • Online • OZ-456-F224

Facilitator: Kelly Boryca

Learn about what is changing in Medicare in 2025, as presented by Jana Bays, Medicare Benefits Supervisor for the Northern Arizona Council of Governments. Information on Medicare premium changes and Social Security cost of living increases, Medicare Advantage plans (restrictions, enhancements, or decreased benefits), and Congressional legislation and its potential impact. Also, learn about the federally funded SHIP program and the SMP programs that can help seniors with their Medicare costs.

The Human Heart

Thu, 12/5 • Online • OZ-458-F224

Facilitator: Rudy Arena*

Retired heart specialist Richard McFaul will present a factual discussion on the heart and the circulation system: how this vital organ performs, what keeps it going, and what factors cause it to decline. Understanding how the heart works will lessen the chances of having it fail.

Missing in Action

Thu, 12/12 • Online • OZ-457-F224

Facilitator: Rudy Arena*

Missing In Action... these three words chill the blood of their survivors. Clayton Kuhles specializes in finding downed US military aircraft and recovering the personnel who were aboard. Since his first discovery in 2002 of a missing aircraft on the Burma/China border, Clayton has found and identified 29 aircraft and 296 MIA personnel.

Munch & Learn programs will be held at the locations specified within the descriptions above. The YC Verde Valley Campus is at 601 W Black Hills Drive, Clarkdale, and the YC Prescott Campus is at 1100 E Sheldon Street, Prescott. Zoom links to presentations can be found in your registration receipt.



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

OLLI SPECIAL INTEREST GROUPS FREE FOR OLLI MEMBERS!

BOOK CLUB

NEXT BOOKS:



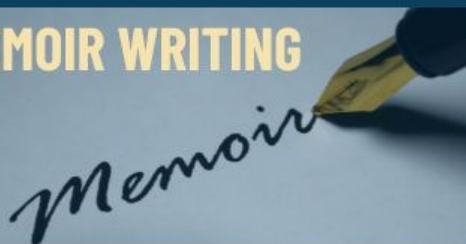
Join the Book Club anytime!
Meets on the third Tuesday every month, 10-11am
To participate or questions,
please email Kate at:
Sedonaollibookclub@yahoo.com



WIDOWS SUPPORT

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 to enroll.*

MEMOIR WRITING



Everyone has a fascinating life story. Put it down on paper and I'll guide you through the rough spots. I'll also edit your copy. Meets Thursday mornings at the Sedona Center. *Email Anne Crosman at annecrosma@aol.com.*



OLLI
AT YAVAPAI COLLEGE

Prescott
Fall 2 2024
Oct 28-Dec 13



Stay Curious, Stay Engaged—Join OLLI!

www.yc.edu/olli

Registration opens October 9

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Welcome to our Fall 2 session! It's the perfect time to enjoy the beautiful fall season and take advantage of classes before the holiday and winter season arrive. OLLI at Yavapai College offers a wide variety of classes to enrich your mental and physical well-being at an incredible price, along with social engagement and a community that supports longevity and wellness.

Check out our exciting programming at all locations and online. We offer both one-day and multi-session classes. Members can also participate in our Special Interest Groups in Sedona, Prescott, and online. Our annual membership packages offer tremendous value!

We're thrilled to welcome our new Prescott Chair, Andy Newton. After retiring and moving to Arizona three years ago, Andy quickly 'discovered' OLLI. Impressed by what OLLI offers, he began facilitating classes last year—finding it much easier than expected with the support provided. Andy then increased his involvement by joining the Prescott Governing Council, and now serves as its Chair.

We're fortunate to have many dedicated volunteers working together to expand our program options for all Yavapai County members. There's truly something for everyone at OLLI!

Andy Newton

Andy Newton, Chair
Prescott Governing Council

Sharon Sherman

Sharon Sherman, Chair
Sedona/VV Council

**Register: (928) 717-7634 or
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 scholarships for our members, special projects, and preparing for our future growth, to give: www.yc.edu/olli

Important Dates

Fall 2: Oct 28-Dec 13
Winter: Jan 27-March 14
Spring: April 4-May 16

OLLI Staff

Tricia Berlowe – Director
Connie Varga – Admin Assistant
Francis Beegle – Admin Assistant
Jennifer Theroux – Admin Assistant
Solaris Walsh – Admin Assistant
Cheri Baumgarten – Admin Assistant
Colin Evans – Admin Assistant

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Monday	Time	Loc	NO Classes Veteran's Day Monday 11/11	Facilitator(s)
10/28-12/2	8:00-11:00	Offsite	#54 Hike the Prescott Circle Trail	J Pillman, K Paris
10/28	9:00-11:00	Online	Best Hikes in our NPS: West of the Rockies	D Kroese
11/4	9:00-12:00	Online	Zoom 201 - Instructor Assistant for Zoom Class	S Sherman
11/18	9:00-12:00	Online	Zoom 301 - Become An Effective Zoom Host	S Sherman
10/28-12/9	9:30-10:45	Online	#31 American Nations Discussion - Part 2	D Dillon*, M Dillon*
10/28-12/9	11:00-12:00	Online	#38 New Ideas	B Brown*
10/21	11:00-12:15	Bldg. 31-101	#C Member Welcome	M Committee
10/28-12/9	11:00-12:15	Bldg. 30-126	#68 10 Minute Originals: Writing Off the Top of My Head	M Schaffer*, L Kolbe
10/28-12/9	11:00-12:15	Bldg. 31-101	#27 Restaurant Reviews and Recommendations (Monday)	J Velling
11/4-12/9	12:30-2:00	Bldg. 31-101	#35 Frederick Douglass	E Wisneski*
10/28-11/14	1:00-2:30	Offsite	Learn to Play Pickleball Beginners (Mondays+11/14) in Sedona	C Sturgeon
10/28-12/9	2:00-3:30	Online	#62 Introduction to the Seven Hermetic Principles	D Freeman*
12/9	2:00-3:30	Bldg. 31-102	#18 Hybrid & Electric Vehicles...Pro's and a few cons	G Stein
10/28-12/9	2:30-3:45	Bldg. 31-101	#52 Chair Yoga and More (Mon)	C Young
10/28-12/9	2:45-4:45	Online	Current Economic Issues	C Blum
10/28-12/9	4:00-5:15	Bldg. 31-101	#29 Spring Forest Chi Gong	R Eshelman
Tuesday	No Classes Thanksgiving Tuesday 11/26			
10/29-12/10	8:30-9:45	Bldg. 30-126	#69 Conversational Russian	N Almagambetova
11/12	9:00-12:00	Online	Origin of Art: A Dilettante's Vision	K Bork
10/29-12/10	9:30-11:30	Bldg. 3-271	#20 Introduction to Apple iPhone	DRothgery*, MAlbertson
10/29-12/3	10:00-1:00	Bldg. 30-126	#59 A Different Prime of Life: Spirituality in Aging	N Van der Voort, C Lee
10/29-12/10	10:45-12:15	Offsite	Silent Nature Walks (Sedona)	A Crosman
10/29-12/10	11:00-1:00	Bldg. 31-101	#34 Foreign Affairs: Events & Discussions	J Lowe*
10/29	12:30-2:00	Online	#16 Home Automation – An Introduction	B James, J Burke*
11/12	1:00-3:00	Online	Retirement by Design	M Fitzgerald
10/29-12/10	2:00-4:00	Bldg. 31-101	#44 World War II - Up Close & Personal - Part 2	C Lovin*
11/5-11/19	2:00-4:00	Bldg. 4-102	#43 When We Left Earth-Inside Stories Air & Space Museum	D Baier
12/10	2:00-4:00	Bldg. 3-119	#46 Sri Lanka	C Maxwell
11/5-11/7	2:00-4:00	Bldg. 31-102	#1 Fabric Collage: Holiday fun (Tues,Wed,Thurs)	J Riggerbach, E Wing
10/29-11/12	2:00-4:30	Bldg. 3-271	#25 Evolutionary Misfits	K Law, R Branstrator
10/29-12/10	5:00-6:00	Bldg. 15-260	#7 Beginning East Coast Swing and Foxtrot	R Eshelman, J Stone
Wednesday	No Classes Thanksgiving Wednesday 11/27			
10/30-12/11	8:00-10:30	Offsite	#55 Moderate Hiking (Prescott)	L Neakrans, M Troester*
10/30-12/4	8:00-10:30	Offsite	#56 Slow Hiking (Prescott)	E Wisneski*
10/30-11/20	9:30-10:45	Bldg. 31-102	#24 Dedicated to Decluttering	J Watson
10/30-12/4	9:30-10:45	Bldg. 31-101	#33 Coming of Age in Somalia	J Thurber
10/30-12/11	9:30-11:30	Bldg. 30-126	#6 Acting for Everyone	R Skidmore
10/30-12/11	11:00-12:00	Online	#45 Armchair Adventures	B Brown
10/30-12/11	11:00-12:15	Bldg. 31-101	#28 Restaurant Reviews and Recommendations (Wednesday)	J Velling
10/30-12/11	11:00-12:15	Bldg. 31-102	#63 Overcoming the Road-Blocks to Effective Listening	F Kester
10/30-11/20	12:30-1:30	Bldg. 31-102	#26 Holiday Meals and Memories	B Thurber, M Schaffer
10/30-11/6	12:30-2:00	Bldg. 31-101	#64 Transitioning: An End of Life Journey	M Towne
11/6,11/12,12/4	12:30-2:00	Bldg. 3-119	#39 Prescott History, a Refresher Class	J Krizek
10/30-11/6	12:30-2:30	Bldg. 3-203	#37 Henry VIII, Six Wives, Girlfriends, & the Reformation	R Forte
10/30-11/20	2:00-3:30	Bldg. 3-271	#40 Slow Walking the Constitution - Immigration	SAshlock,Throckmorton
10/30-12/4	2:00-4:00	Bldg. 3-270	#70 Memoir Writing Class	J Ashlock*
10/30-12/11	2:00-4:00	Bldg. 4-102	#66 The Evidence for Modern Physics	D Hoffman*, J Kangal*
11/13-11/20	2:00-4:00	Bldg. 31-101	#67 The Science of Fingerprints	A Kells
10/30-12/11	2:00-4:30	Bldg. 30-126	#5 Texas Hold'em poker	K Paris
10/30	2:00-4:30	Bldg. 3-205	#61 Good Conversations	C Cramm, D Cady

Thursday	Time	Loc	No Classes Thanksgiving Thursday 11/28	Facilitator(s)
10/31-12/12	9:00-10:30	SEDONA	Super Easy Hiking on Super Easy Terrain in Sedona	B Plaskett
10/31-12/12	9:30-10:45	Online	#47 Travel Destinations	B Maxwell, D Dillon
10/31	12:30-1:45	Online	#E Munch & Learn: Look Again: The Power of Noticing	S Srikanth, P Friedman
11/7	12:30-1:45	Online	#F Munch & Learn: Tiny Pluto has a Big Heart	S Srikanth
11/14	12:30-1:45	Online	#G Munch & Learn: 2024 - History's Biggest Election Year	S Srikanth
11/21	12:30-1:45	Online	#H Munch & Learn: Everything That's New for Medicare in 2025	K Boryca*
12/5	12:30-1:45	Bldg. 3-119	#I Munch & Learn: The Human Heart	R Arena*
12/12	12:30-1:45	Bldg. 3-119	#J Munch & Learn: Missing in Action	R Arena*
11/14-11/21	12:30-2:00	Online	#13 Photo Organization - Simple and Done	C Soong-Tang
10/31-11/14	1:00-2:30	SEDONA	Learn to Play Pickleball Beginners (Thursdays) in Sedona	C Sturgeon
11/21	1:00-4:00	Online	JFK's Quest for Peace	C Blum
12/12	1:00-4:00	Online	Nobel Peace Prize: The winner is ...	C Blum
10/31-11/14	2:00-3:00	Bldg. 4-118	#60 A Taste of Judaism	S Schanerman
10/31-12/12	2:00-3:00	Online	#12 Love and Espionage: Beyond Bond	B Mains
10/24	2:00-3:30	Online	#D Improve your Zoom Skills	P Berlowe, M Troester*
10/31-12/12	2:00-3:30	Bldg. 15-260	#8 English Country Dancing	S Taylor
11/7	2:00-3:30	Online	#21 Social Media for Seniors	J Taylour, J Burke
10/31-11/21	2:00-4:00	Bldg. 30-126	#4 Swoop!	L Neville
10/31	2:00-4:00	Bldg. 4-102	#14 The Most Monsters in a Movie	A Newton
11/14	2:00-4:00	Online	#17 How the Electrical Telegraph Changed the World	J Burke
10/31-12/12	2:30-3:45	Bldg. 31-101	#52 Chair Yoga and More (Thurs)	C Young

Friday No Classes Thanksgiving Friday 11/29

11/1-12/13	9:00-11:00	Bldg. 31-102	#3 Let's Play Bridge	D Dimmel, D White
11/1-11/22	9:30-10:30	Bldg. 4-102	#10 Exploring Artists Lives of Innovation and Inspiration	Prescott Art Docents
10/18	9:30-10:45	Bldg. 31-101	#B Thinking About Facilitating	C Maxwell
11/1-12/13	9:30-10:45	Bldg. 3-203	#30 A Republic If You Can Keep It: Constitu. Conversations	Dekker, Montoya, Swain-
11/1-12/13	9:30-10:45	Bldg. 4-118	#41 Tracing the Railroad through Prescott	T McColloch
11/15-12/13	9:30-10:45	Online	#23 TED Talks Online Version	C Maxwell
11/1-12/13	10:00-12:00	Bldg. 31-101	#42 Viewpoints	J Wilson
11/1-11/22	11:00-12:15	Online	#15 Apple Mac Security	F Croft
11/1-11/8	11:00-12:15	Bldg. 4-102	#65 Supersonic Flight: Fast Airplanes & Sonic Booms	P April
11/1-11/15	12:30-1:45	Bldg. 31-101	#19 Intro to Smart Home Devices and Amazon Alexa	R Riggerbach
11/15-12/13	12:30-1:45	Bldg. 4-102	#22 TED Talks	C Maxwell
11/1-12/13	2:00-4:00	Bldg. 3-271	#32 Ancient Mesopotamia: Life in the Cradle of Civilization Pt 2	J Jones
11/8-12/13	2:00-4:00	Bldg. 31-102	#2 Holiday Quilling	E Wing
11/1-12/13	2:00-5:00	Bldg. 4-102	#11 Foreign Films	L Danaher, A Lopez

Email Only

		Email Only	#36 Great Courses Potpourri	P Berlowe
		Email Only	#9 Eroica Beethoven 3rd Symphony	N Dubow*

Trips *extra fees apply, no matter your membership level*

11/4	8:00-12:00	FLAGSTAFF	Geological Field Trip Red Mountain	E Pratt
11/12	9:00-11:00	PRESCOTT	#51 Trip: Watson Woods Riparian Preserve- Restoration Tour	L Janowski, A Mazella*
11/14	8:30-12:30	FLAGSTAFF	Explore the USGS Astrogeology Science Center	E Pratt
11/19	9:00-11:00	PRESCOTT	#48 Trip: Broken Horn D Ranch Tour	L Janowski, A Mazella*
11/26	10:00-12:00	PRESCOTT	#49 Trip: Christmas at Sharlot Hall Museum- Living History Tour	L Janowski, A Mazella*
12/5	10:00-12:00	PRESCOTT	#50 Trip: Indigenous People Museum Tour and Storytelling	L Janowski, A Mazella*



From Fiber Arts to Guitar to Bridge to Mahjong – go to 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

#B Thinking About Facilitating

Fri, 10/18 • 9:30-10:45 • FREE & OPEN
1 Meeting • Bldg. 31-101 • OP-460-F224

Facilitator: Chris Maxwell*

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 in person and online classes highlighting the support available.

#C Member Welcome

Mon, 10/21 • 11:00-12:15 • FREE & OPEN
1 Meeting • Bldg. 31-101 • OP-455-F224

Facilitator: Member Engagement Committee

Did you know that OLLI is more than a classroom? Whether new or a continuing member, join us to hear about all OLLI offers, how to get involved, meet people. Also, find out important details like parking, the cafeteria, and classroom locations! We will reveal the answers to these and many more questions. We look forward to meeting you!

#D Improve your Zoom Skills

Thu, 10/24 • 2:00-3:30 • FREE & OPEN
1 Meeting • Online • OZ-454-F224

Facilitators: Patricia Berlowe, Mark Troester*

Want to feel more comfortable in Zoom? Sometimes struggle with the sound? Video? We will start with the basics, and then move to more complex tools like sharing, running videos in zoom, and even break out rooms if there is interest.

#E Munch & Learn: Look Again: The Power of Noticing What Is Always There

Thu, 10/31-10/31 • 12:30-1:45 • FREE & OPEN
1 Meeting • Online • OZ-462-F224

Facilitators: Shri Srikanth, Paul Friedman

No matter how beneficial or harmful, what's familiar gradually disappears from conscious awareness. We "habituate;" we stop appreciating what's wonderful in our lives. Learn how to see your world anew, based on research reported by MIT prof Tali Sharot and Harvard prof Cass Sunstein on how to "dishabituate" your ability to see, feel, and assess what's good and what you can improve.

#F Munch & Learn: Tiny Pluto has a Big Heart

Thu, 11/7-11/7 • 12:30-1:45 • FREE & OPEN
1 Meeting • Online • OZ-463-F224

Facilitators: S Srikanth, D Budden, K Schindler

The discovery of Pluto in 1930 at Lowell Observatory in Flagstaff brought Arizona and the observatory to the public's attention, and they fell in love with this little planet. Diane will discuss Clyde W. Tombaugh's early years. Kevin will share the breathtaking details of Pluto's surface revealed by the New Horizons flyby mission, why Pluto was downgraded and why Arizona made Pluto the state planet.

#G Munch & Learn: 2024 - History's Biggest Election Year

Thu, 11/14 • 12:30-1:45 • FREE & OPEN
1 Meeting • Online • OZ-461-F224

Facilitator: Shri Srikanth

Worldwide, more people have voted in 2024 than in any year in history. Political scientist Andy Herschkowitz will briefly summarize elections abroad, analyze the US election campaign and results, and then speculate on what the consequences may be going forward. Discussion will follow.

#H Munch & Learn: Everything That's New for Medicare in 2025

Thu, 11/21 • 12:30-1:45 • FREE & OPEN
1 Meeting • Online • OZ-456-F224

Facilitator: Kelly Boryca

Learn about what is changing in Medicare in 2025, as presented by Jana Bays, Medicare Benefits Supervisor for the Northern Arizona Council of Governments. Information on Medicare premium changes and Social Security cost of living increases, Medicare Advantage plans (restrictions, enhancements, or decreased benefits), and Congressional legislation and its potential impact. Also, learn about the federally funded SHIP program and the SMP programs that can help seniors with their medicare costs.

#I Munch & Learn: The Human Heart

Thu, 12/5 • 12:30-1:45 • FREE & OPEN
1 Meeting • Online • OZ-458-F224

Facilitator: Rudy Arena*

Retired heart specialist Richard McFaul will present a factual discussion on the heart and the circulation system: how this vital organ performs, what keeps it going, and what factors cause it to decline. Understanding how the heart works will lessen the chances of having it fail.

#J Munch & Learn: Missing in Action

Thu, 12/12 • 12:30-1:45 • FREE & OPEN
1 Meeting • Bldg. 3-119 • OP-457-F224
1 Meeting • Online • OZ-457-F224

Facilitator: Rudy Arena*

Missing In Action... these three words chill the blood of their survivors. Clayton Kuhles specializes in finding downed US military aircraft and recovering the personnel who were aboard. Since his first discovery in 2002 of a missing aircraft on the Burma/China border, Clayton has found and identified 29 aircraft and 296 MIA personnel.

Zoom 201 - Instructor Assistant for Zoom Class

Mon, 11/4 • 9:00-12:00 • FREE & OPEN
1 Meeting • Online • OZ-451-F224

AND

Zoom 301 - Become An Effective Zoom Host

Mon, 11/18 • 9:00-12:00 • FREE & OPEN
1 Meeting • Online • OZ-452-F224

Facilitator: Sharon Sherman

View complete descriptions on our registration website.

Registration: www.yc.edu/OLLI

#48 Trip: Broken Horn D Ranch Tour (Prescott)

Tue, 11/19 • 9:00-11:00 • \$5

1 Meeting • Offsite • OP-751-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson

Broken Horn D Ranch in Williamson Valley is a 45-minutes from YC College. Dave Pawel and Kim McElroy raise Corriente cattle and produce 100% grass-fed Criollo beef on 4,300 acres. All the beef comes from animals born and raised on the ranch, spending their days in pastures grazing on native grasses. Cattle are handled quietly from horseback and are processed locally at Perkinsville Processing in Chino. Criollo beef comes from cattle of Spanish origin. These cattle are incredibly well adapted to the hot, arid Arizona climate. Beef cuts may be available for sale at the end of the tour, cash only. Tour of the ranch will be by hay wagon. \$10 donation at the start of the tour in addition to the \$5 fee to OLLI.

#49 Trip: Christmas at Sharlot Hall Museum - Living History Tour (Prescott)

Tue, 11/26 • 10:00-12:00 • \$5

1 Meeting • Offsite • OP-752-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson

Every year the Sharlot Hall Museum gives a Christmas living history tour after the courthouse tree lighting ceremony. This year, they have agreed to give the tour for OLLI members. Join us for this special event. We will be accompanied by docents in costume who will give us a guided tour of the print shop, the blacksmith shop, the ranch house, and the Freemont house. \$15 Admission fee to the Museum in addition to the \$5 fee to OLLI.

#50 Trip: Indigenous People Museum Tour and Storytelling (Prescott)

Thu, 12/5 • 10:00-12:00 • \$5

1 Meeting • Offsite • OP-753-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson

This is the only museum in the greater Prescott area devoted to the culture and art of Native people. OLLI guests will tour the museum, which includes pre-historic, historic, and contemporary examples of Indian cultural and artistic material from the southwestern United States and northern Mexico, while listening to Native American traditional stories told by Manuel Lucero, the museum's director. \$5 Admission fee to the Museum in addition to the \$5 fee to OLLI.

#51 Trip: Watson Woods Riparian Preserve–Restoration Tour (Prescott)

Tue, 11/12 • 9:00-11:00 • \$5

1 Meeting • Offsite • OP-754-F224

Facilitators: Lois Janowski, Angie Mazella*, Rennie Anderson

OLLI participants will tour the cottonwood/willow riparian gallery forest along Granite Creek and learn about the natural and human history of the area as well as about ecological restoration efforts in the Preserve. Michael Byrd, Executive Director of Prescott Creeks Preservation Association, will be our guide. Location: Watson Woods Riparian Preserve/Peavine Trail parking lot. A city parking fee of \$3/vehicle is required. Donation of \$15, payable at the beginning of the tour, in addition to the \$5 registration fee to support OLLI. Must be able to navigate steps and uneven terrain.

Explore the USGS Astrogeology Science Center (Flagstaff)

Thu, 11/14 • 8:30-12:30 • \$15

1 Meeting • Offsite • OS-236-F224

Facilitator: Ernie Pratt

Ernie Pratt will lead an interested group to the USGS Astrogeology Center in Flagstaff. We will be met by a planetary research scientist and shown various scale models of spacecraft and discuss current and past missions and research results. We will walk down the center's hallways which are filled with large posters illustrating the scientific work being done at the center.

Geological Field Trip Red Mountain (Flagstaff)

Mon, 11/4 • 8:00-12:00 • \$15

1 Meeting • Offsite • OS-237-F224

Facilitators: Ernie and Lynn Pratt

Join us for a geological field trip to Red Mountain led by Ernie and Lynn Pratt. It includes an easy 3-mile geologically descriptive hike. We will discuss the Red Mountain volcano and its formation, study the resulting rocks and minerals, and learn about the area's unique geomorphological features. Participants must be able to hike 3 miles comfortably, including a little elevation gain. It is a 90-minute drive each way.

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

Registration: www.yc.edu/OLLI

ARTS & CRAFTS

#1 Fabric Collage: Holiday Fun (Tues,Wed,Thurs)

Tue, 11/5-11/7 • 2:00-4:00 • \$35

3 Meetings • Bldg. 31-102 • OP-601-F224

Facilitators: Judy Riggerbach, Eleanor Wing*

Use your imagination to create personalized holiday cards and abstract compositions using scraps of fabric, paper, and glue. Bring cloth scissors, tweezers, and cuticle-size scissors, plus enthusiasm for thinking outside the box. An assortment of new holiday fabric, glue, paper & envelopes will be given to each person. \$10 supply fee first class.

#2 Holiday Quilling

Fri, 11/8-12/13 • 2:00-4:00 • \$35

5 Meetings • Bldg. 31-102 • OP-602-F224

Facilitator: Eleanor Wing

Quill beautiful holiday cards, ornaments, and decorations. Patterns and materials provided for selected projects. Quilling tools not provided. \$10 supply fee. (Prerequisite: Beginning Quilling)

#3 Let's Play Bridge

Fri, 11/1-12/13 • 9:00-11:00 • \$35

6 Meetings • Bldg. 31-102 • OP-603-F224

Facilitators: Don Dimmel, Darcy White

Casual supervised bridge play for people who have a basic knowledge of bridge and are interested in improving their game. Discussion of bidding and playing strategies will also be part of the class.

#4 Swoop!

Thu, 10/31-11/21 • 2:00-4:00 • \$35

4 Meetings • Bldg. 30-126 • OP-604-F224

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, as long as you're patient with new folks.)

#5 Texas Hold'em poker

Wed, 10/30-12/11 • 2:00-4:30 • \$35

6 Meetings • Bldg. 30-126 • OP-605-F224

Facilitator: Ken Paris

Learn to play Texas Hold'em poker - the world's most popular game. Learn poker terminology, ranking of hands, table action, when to bet, raise, and fold. We will play tournament games, and you should be comfortable playing at any hold'em table. Knowledge of playing poker is helpful but optional. Please be able to attend all (or at least most) of the classes so we'll have a full table.



ARTS-VISUAL & PERFORMING

#6 Acting for Everyone

Wed, 10/30-12/11 • 9:30-11:30 • \$35

6 Meetings • Bldg. 30-126 • OP-606-F224

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.

#7 Beginning East Coast Swing and Foxtrot

Tue, 10/29-12/10 • 5:00-6:00 • \$35

6 Meetings • Bldg. 15-260 • OP-607-F224

Facilitators: Richard Eshelman, Jill Stone

In the beginning East Coast swing dance class, you will learn the basic steps in East Coast swing (single, double, and triple) 6, 6-count swing, and 8-swing, along with basic turns and progressively difficult patterns. We will also teach the basic steps and turns in Foxtrot as well. Dance shoes, leather-soled or soft-soled shoes preferred. No street shoes, please.

#8 English Country Dancing

Thu, 10/31-12/12 • 2:00-3:30 • \$35

6 Meetings • Bldg. 15-260 • OP-608-F224

Facilitator: Susan Taylor

English Country Dance (ECD) is the sort of dancing you've seen in Jane Austen movies. It's fun, friendly, not too strenuous, and doesn't require dance experience. This form of dance involves two or more couples dancing a series of patterns in a variety of formations like circles, squares, and two long lines. Whether the music is jaunty or lyrical, historical or contemporary, you will enjoy moving to music in this "on-your-feet" and social class. No partner required. \$5.00 fee to facilitator.

#9 Eroica Beethoven 3rd Symphony (Email Only)

Email Only • \$15

1 Meeting • Email Only • OZ-609-F224

Facilitator: Nancy Dubow*

An illuminating lecture by Professor Robert Greenberg is followed by a magnificent performance of this breakthrough symphony, which "parallels Beethoven's own life in its heroic battle with and ultimate triumph over adversity." Robert Greenberg.

Registration: www.yc.edu/OLLI

#10 4 Great Artists, 4 Unique Visions

Fri, 11/1-11/22 • 9:30-10:30 • \$35
4 Meetings • Bldg. 4-102 • OP-610-F224

Facilitators: Prescott Art Docents

This illustrated series describes artists within historical context, personal growth and artistic innovations, exploring: John Singer Sargent: Confounding the Critics; Monet: the Persistent Magician; 7 Mexican Artists and poet Octavio Paz; and Matisse: Master of Color.

#11 Foreign Films

Fri, 11/1-12/13 • 2:00-5:00 • \$35
6 Meetings • Bldg. 4-102 • OP-611-F224

Facilitators: Lee Danaher, 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, then hear the class members' impressions.

#12 Love and Espionage: Beyond Bond

Thu, 10/31-12/12 • 2:00-3:00 • \$35
6 Meetings • Online • OZ-612-F224

Facilitator: Bill Mains

Join us for a six-week film discussion class exploring romantic spy movies outside the iconic James Bond franchise. We start with Hitchcock's classic film *Notorious* (1946), followed by the intense *Three Days of the Condor* (1975) and the modern *Conspiracy Theory* (1997). Next is the high-energy *The Bourne Identity* (2002), with *True Lies* (1994) offering a fun twist. We conclude with the charming *Charade* (1963).

Origin of Art: A Dilettante's Vision

Tue, 11/12 • 9:00-12:00 • \$15
1 Meeting • Online • OZ-207-F224

Facilitator: Ken Bork

Join our Zoom discussion to explore one of the most significant questions of our species: the Origin of Art, a favorite avocation of Ken Bork. This fascinating workshop will begin with examples from the Paleolithic Age (50,000-12,000 years ago) and move into the Neolithic and Bronze Age.

#13 Photo Organization - Simple and Done

Thu, 11/14-11/21 • 12:30-2:00 • \$35
2 Meetings • Online • OZ-613-F224

Facilitator: Celeste Soong-Tang

Imagine your photos organized in one place, permanently and safely, and you can find any photo in seconds! We will talk about digitizing old media, cloud storage, software for creating photo projects,

and photo restoration. You will learn techniques you can use with any photo management system. Enjoy your photos again and leave a legacy through photos and stories in a simple, manageable, and stress-free way.

#14 The Most Monsters in a Movie

Thu, 10/31 • 2:00-4:00 • \$15
1 Meeting • Bldg. 4-102 • OP-614-F224

Facilitator: Andy Newton

Come in costume and join us as we watch and discuss *A Cabin in the Woods*. This R-rated movie from 2011 has a rotten tomato score of 92%. As an R-rated movie, expect lots of blood (gallons), monsters (too many to count), deaths (also too many to count), and F-bombs (56 actually, and a pretty good script). This creative movie is considered a sci-fi/horror/comedy—lots to enjoy and discuss.

COMPUTER & TECHNOLOGY

#15 Apple Mac Security

Fri, 11/1-11/22 • 11:00-12:15 • \$35
4 Meetings • Online • OZ-615-F224

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 that you communicate with? 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.

#16 Home Automation – An Introduction

Tue, 10/29 • 12:30-2:00 • \$15
1 Meeting • Online • OZ-616-F224

Facilitators: Bill James, JB Burke*

Learn how Home Automation technology allows us to control our connected devices and appliances using our Smartphone or Tablet from a central hub. We will explain how to set up a system using widely available home automation devices. Do home automation devices listen in on you? Can your devices be hacked, and how can you prevent that? Bill will answer these questions and more, making it easier to take the first step to automate your home and get a better price for it when you sell.

*Master Facilitators who have offered 25 or more classes.

Registration: www.yc.edu/OLLI

#17 How the Electrical Telegraph Changed the World

Thu, 11/14 • 2:00-4:00 • \$15
1 Meeting • Online • OZ-617-F224

Facilitator: JB Burke*

The 1800's saw the birth of the telegraph. This remarkable technology transformed the world, shrank vast distances into mere dots and dashes, and allowed instantaneous communication over. We'll see its impact on many aspects of life, commerce, news, warfare, and society. Don't miss this fascinating story of the telegraph and its immense effect on our lives.

#18 Hybrid & Electric Vehicles...Pro's and a few cons

Mon, 12/9 • 2:00-3:30 • \$15
1 Meeting • Bldg. 31-102 • OP-618-F224

Facilitator: Greg Stein

Fewer and fewer gas-powered vehicles are being sold in the U.S., and in a few short years, none will be available. Yet people are avoiding EVs and hybrids for the most part, mainly because of misconceptions or inaccurate information. We'll discuss misconceptions and the reality, and offer resources for additional education.

#19 Intro to Smart Home Devices and Alexa

Fri, 11/1-11/15 • 12:30-1:45 • \$35
3 Meetings • Bldg. 31-101 • OP-619-F224

Facilitator: Rod Riegenbach

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

#20 Introduction to Apple iPhone

Tue, 10/29-12/10 • 9:30-11:30 • \$35
6 Meetings • Bldg. 3-271 • OP-620-F224

Facilitators: Dave Rothgery*, Mary Albertson

This class is for Beginners to the Apple iPhone model 12 and newer and those who want to learn more about the basics of primary applications and how to use them. Your iPhone should be at iOS Release 17 for this class. We will cover dozens of the phone's settings, including security settings and apps like phone, camera, messaging, email, calendar, iCloud, web access, Siri, and Find My, as well as adding, moving, and deleting apps. The class size is limited to allow more interaction and focus.

#21 Social Media for Seniors

Thu, 11/7 • 2:00-3:30 • \$15
1 Meeting • Online • OZ-621-F224

Facilitators: Judy Taylour, JB Burke*

What is social media? Do you want to find old friends, make new friends, and keep up with what your grandchildren are doing? This presentation will cover what to share and not to share, how often to post, and more. Plus, social media, doctors say, keeps seniors mentally and socially vital.

#22 TED Talks

Fri, 11/15-12/13 • 12:30-1:45 • \$35
4 Meetings • Bldg. 4-102 • OP-622-F224

Facilitator: Chris Maxwell*

TED is a nonprofit devoted to spreading ideas via short powerful talks on a variety of topics. You'll receive an email with links to the 3-5 TED talks you need to watch BEFORE our scheduled discussion, plus background information, additional resources, and questions to keep in mind while viewing the talks ON YOUR OWN. Then we'll meet in person to discuss the thought provoking, innovative, and inspiring talks.

#23 TED Talks Online Version

Fri, 11/15-12/13 • 9:30-10:45 • \$35
4 Meetings • Online • OZ-623-F224

Facilitator: Chris Maxwell*

See #22 - Then we'll meet over **Zoom** to discuss.

FINANCE, ECONOMICS, & LAW

Current Economic Issues

Mon, 10/28-12/9 • 2:45-4:45 • \$35
5 Meetings • Online • OZ-211-F224

Facilitator: Charles Blum

By presenting relevant concepts and data, this class 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 required.

Retirement by Design

Tue, 11/12 • 1:00-3:00 • \$15
1 Meeting • Online • OZ-215-F224

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.

Registration: www.yc.edu/OLLI

HEALTH & NUTRITION

#24 Dedicated to Decluttering

Wed, 10/30-11/20 • 9:30-10:45 • \$35
4 Meetings • Bldg. 31-102 • OP-624-F224

Facilitator: Julia Watson

Are you frustrated about decluttering but ready to take action? Caveat: Enroll only if pledging to attend ALL sessions and complete the HOMEWORK; each class contains ACTION steps. You will have specific steps to move forward each week toward decluttering – and we will validate your victories. Concentration areas are closets and cabinets. In a month's time, you will congratulate yourself for being dedicated; let's tidy up together!

#25 Evolutionary Misfits

Tue, 10/29-11/12 • 2:00-4:30 • \$35
3 Meetings • Bldg. 3-271 • OP-625-F224

Facilitators: Kristen Law, Robert Branstrator

Has natural selection dealt us a bad hand? Shouldn't we have become healthier? Why do we get sick at all? The disconnect between our slow rate of biological evolution and the rapid rate of cultural evolution holds some answers to our present health concerns. This science-based class will discuss problems caused by this disconnect and potential ways to mitigate risk.



#26 Holiday Meals and Memories

Wed, 10/30-11/20 • 12:30-1:30 • \$35
4 Meetings • Bldg. 31-102 • OP-626-F224

Facilitators: Bev Thurber, MaryAnn Schaffer*

The holiday season is fast approaching, making most of us think of food! In this class, we will share food, memories, and laughter for four different holidays: Halloween, Thanksgiving, Hanukkah/Christmas, and New Year. Class members will each be assigned one week to bring a holiday dish to share. There's no need to be a master chef! Come have fun as we reminisce, taste yummy food, share recipes, and make new friends.

#27 Restaurant Reviews & Recommendations (Mon)

Mon, 10/28-12/9 • 11:00-12:15 • \$35
6 Meetings • Bldg. 31-101 • OP-627-F224

OR

#28 Restaurant Reviews & Recommendations (Wed)

Wed, 10/30-12/11 • 11:00-12:15 • \$35
6 Meetings • Bldg. 31-101 • OP-628-F224

Facilitator: Jeanne Velling*

There's lots of restaurants and eateries in Prescott and the surrounding area. We're checking them out and sharing our opinions in a fun filled socially

engaging class. Be prepared to put on a pound or two just in time for the holidays!!!

#29 Spring Forest Chi Gong

Mon, 10/28-12/9 • 4:00-5:15 • \$35
6 Meetings • Bldg. 31-101 • OP-629-F224

Facilitator: Richard Eshelman

This class will teach students Spring Forest Chi Gong, which cultivates healing Chi energy for optimum health and well-being. SF Chi Gong promotes physical, emotional, and spiritual healing. The class will teach five standing movement postures essential to Spring Forest Chi Gong. 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.

HISTORY & CURRENT AFFAIRS

#30 A Republic If You Can Keep It: Constitutional Conversations

Fri, 11/1-12/13 • 9:30-10:45 • \$35
6 Meetings • Bldg. 3-203 • OP-630-F224

Facilitators: Lori Dekker, Brandon Montoya, Barbara Swain-Estes

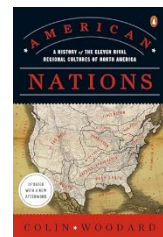
Let's go on an exhilarating journey through key concepts of the Constitution & constitutional law and their impact on our daily lives. From right to privacy and free speech to state/federal balance of power, explore how constitutional principles influence healthcare, education, civil rights & more. Discover how these foundational ideas shape society and protect freedoms. Join us for respectful, thoughtful discussions that may challenge your perceptions and deepen your understanding.

#31 American Nations Discussion - Part 2

Mon, 10/28-12/9 • 9:30-10:45 • \$35
6 Meetings • Online • OZ-631-F224

Facilitators: Deb Dillon*, 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. We will cover Chapter 15 - Epilogue.



*Master Facilitators who have offered 25 or more classes.

Registration: www.yc.edu/OLLI

#32 Ancient Mesopotamia: Cradle of Civilization Pt 2

Fri, 11/1-12/13 • 2:00-4:00 • \$35

6 Meetings • Bldg. 3-271 • OP-632-F224

Facilitator: Jerry Jones*

Explore 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. Explore 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.

#33 Coming of Age in Somalia

Wed, 10/30-12/4 • 9:30-10:45 • \$35

5 Meetings • Bldg. 31-101 • OP-633-F224

Facilitator: Jerry Thurber

Having lived in Somalia in the 1960's this course is a personal journey of life in Somalia. It will include the history of the country, the people and culture, the age of the Somali Pirates and the country's outlook for the future. We'll also talk about being charged by a Rhino, bitten by a hippo and diving in the waters of the Indian Ocean.

#34 Foreign Affairs: Events & Discussions

Tue, 10/29-12/10 • 11:00-1:00 • \$35

6 Meetings • Bldg. 31-101 • OP-634-F224

Facilitator: John Lowe

This learning group continues our interactive discussions about foreign affairs, major international events, and selected global issues of interest. The facilitator and guests use brief presentations to generate discussion. We review recent headlines, and lesser-reported events. We exchange ideas through open talks. Bring your viewpoint and share opinions. Join the conversation!

#35 Frederick Douglass

Mon, 11/4-12/9 • 12:30-2:00 • \$35

5 Meetings • Bldg. 31-101 • OP-635-F224

Facilitator: Ed Wisneski

The class covers Frederick Douglass's improbable rise from an illiterate slave to the most prominent American civil rights leader of the 19th century. Elements of his transformation will be examined: runaway slave, abolitionist, social reformer, author of three autobiographies, orator, newspaper publisher, Civil War recruiter, friend of John Brown and Abraham Lincoln, and statesman. David Blight, author of the Pulitzer Prize-winning biography of Douglass, will provide commentary and a lecture.

#36 Great Courses Potpourri (Email Only)

Email Only • \$35

6 Meetings • Email Only • OZ-636-F224

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.

#37 Henry VIII, Six Wives, Several Girlfriends, and the Reformation

Wed, 10/30-11/6 • 12:30-2:30 • \$35

2 Meetings • Bldg. 3-203 • OP-637-F224

Facilitator: Robert Forte

This class will summarize Henry VIII and how his personal life affected the Reformation (Protestant revolt against the Catholic Church) in England and changed Europe forever. The course is in two segments - Henry's personal life and the English Reformation. We will watch two videos, one on Henry and his six wives and girlfriends and the other on how one of his marriages led to a split with the Catholic Church, making him the head of the Church of England instead of the Pope. Between and after the videos, we will have an open class discussion.

JFK's Quest for Peace

Thu, 11/21 • 1:00-4:00 • \$15

1 Meeting • Online • OZ-223-F224

Facilitator: Charles Blum

After the brush with Armageddon during the 1962 Cuban missile crisis, President John Kennedy set about to elaborate a new relationship with the Soviet Union, to bring the Vietnam War to an early end, and seek ways to end the Cold War. We will view JFK's inaugural address, a masterpiece of Cold War rhetoric, and contrast it with his 1963 Peace Speech and his address to the UN. In today's global world, Kennedy's evolving insights into the peace process are as relevant as ever. **Limit: 0**

#38 New Ideas

Mon, 10/28-12/9 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-638-F224

Facilitator: Barbara Brown*

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

Registration: www.yc.edu/OLLI

Nobel Peace Prize: The winner is ...

Thu, 12/12 • 1:00-4:00 • \$15

1 Meeting • Online • OZ-224-F224

Facilitator: Charles Blum

Of the 285 nominees, who will win this year's Nobel Peace Prize on Tuesday, December 10? What did she/he/they do to merit the honor? This workshop will review the criteria, the pattern of awards in recent years, and the accomplishments of this year's winner(s). Then we will view the December 10 ceremony in Oslo, including the laureate's lecture (with English subtitles if needed).

Registration for this class closes 11/21.

#39 Prescott History, a Refresher Class

Wed, 11/6, 11/12 & 12/4 • 12:30-2:00 • \$35

3 Meetings • Bldg. 3-119 • OP-639-F224

Facilitator: John Krizek

Kelly Cordes will speak on 11/6 on the Founding Fathers of Prescott, and other key names in our history, Whipple, Goodwin, McCormick, Gurley, and their roles in shaping the community we love; Stuart Rosebrook will speak on 11/20 on the status and plans of Sharlot Hall Museum, and Prescott's prominent and historic role in the film industry; Brad Courtney will present on 12/4 on Whiskey Row, the Earp brothers & Doc Holliday connections, and the latest updates on the early history of our town.

#40 Slow Walking the Constitution - Immigration

Wed, 10/30-11/20 • 2:00-3:30 • \$35

4 Meetings • Bldg. 3-271 • OP-640-F224

Facilitators: Steve Ashlock, D Throckmorton

We will review some Supreme Court cases. The primary focus of this session will be on people; those travelers seeking what many of us take for granted. We anticipate guest speakers from Phoenix. For the last class, I may schedule an immigration attorney.

#41 Tracing the Railroad through Prescott

Fri, 11/1-12/13 • 9:30-10:45 • \$35

6 Meetings • Bldg. 4-118 • OP-641-F224

Facilitator: Thomas McColloch

The Santa Fe railroad originally came through Prescott, but in 1962 a bypass was constructed to route the tracks outside the city. The downtown passenger depot and truss bridge are two remaining landmarks of the original route. Portions of the former roadbed remain as hiking trails, though in some areas the old roadbed is hard to find. Follow along as we trace the path of the former roadbed, and see the many bridges and culverts that still exist today.

#42 Viewpoints

Fri, 11/1-12/13 • 10:00-12:00 • \$35

6 Meetings • Bldg. 31-101 • OP-642-F224

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.

#43 When We Left Earth-Inside Stories of the National Air & Space Museum

Tue, 11/5-11/19 • 2:00-4:00 • \$35

3 Meetings • Bldg. 4-102 • OP-643-F224

Facilitator: Don Baier

One of America's greatest achievements was the Landing on the Moon. In an age with no cellphones, personal computers, or GPS, we left the Earth to land on and explore the Moon. Don Baier, a Docent at the Air & Space Museum for 34 years, shows us the people and hardware of the MERCURY, GEMINI, and APOLLO programs. With pictures and video "Inside" the programs and spacecraft will teach us about the amazing journey of - When We Left Earth.

#44 World War II - Up Close & Personal - Part 2

Tue, 10/29-12/10 • 2:00-4:00 • \$35

6 Meetings • Bldg. 31-101 • OP-644-F224

Facilitator: Claxton Lovin*

World War II was one of the defining moments in modern history, a global conflagration that transformed the world through battles, shifting alliances, and horrors unlike anything in recorded history. 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?

LOCAL INTEREST & TRAVEL

#45 Armchair Adventures

Wed, 10/30-12/11 • 11:00-12:00 • \$35

6 Meetings • Online • OZ-645-F224

Facilitator: Barbara Brown*

Join us to 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.

Registration: www.yc.edu/OLLI

#46 Sri Lanka

Tue, 12/10 • 2:00-4:00 • \$15
1 Meeting • Bldg. 3-119 • OP-646-F224

Facilitator: Chris Maxwell*

For those who want to learn more about Sri Lanka, the island nation formerly known as Ceylon located off the southern coast of India, but want to avoid having to fly almost 36 hours to get there – here’s your chance! Learn about the island’s culture, wildlife, history, geography, and people as I share our explorations and photos taken during our spring three-week adventure.

#47 Travel Destinations

Thu, 10/31-12/12 • 9:30-10:45 • \$35
6 Meetings • Online • OZ-647-F224

Facilitators: Bill Maxwell* Deb Dillon*

Whether you are an armchair traveler or someone who never unpacks, come and join us to travel to destinations worldwide. We will explore everything from exotic locations to points of interest in the USA. Expect to experience nature, adventure, exotic locations, and history. Maybe you will find some new destinations to add to your bucket list!



Best Hikes in our NPS: West of the Rockies

Mon, 10/28 • 9:00-11:00 • \$15
1 Meeting • Online • OZ-227-F224

Facilitator: David Kroese

From Acadia to America Samoa, Alaska to the Caribbean, some 21,000 miles of trails wind through our national park system. We will share pictures and reflections on some favorite day hikes from over 430 National Park Service units. We feature hikes west of the Rocky Mountain region.

NATURE & THE OUTDOORS, ACTIVE MIND & BODY

#52 Chair Yoga and More (Mon)

Mon, 10/28-12/9 • 2:30-3:45 • \$35
6 Meetings • Bldg. 31-101 • OP-648-F224

OR

#53 Chair Yoga and More (Thurs)

Thu, 10/31-12/12 • 2:30-3:45 • \$35
6 Meetings • Bldg. 31-101 • OP-649-F224

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. If we learn to pay attention to our limitations that come with age, we can avoid pain, downtime, and medications.

#54 Hike the Prescott Circle Trail

Mon, 10/28-12/2 • 8:00-11:00 • \$35
6 Meetings • Offsite • OP-650-F224

Facilitators: John Pillman, Ken Paris

This term we will be hiking the final 5 segments of the PCT, ranging from 4.5 to 8 miles, and find an additional hike for the 6th week. Participants should have a history of good health and hiking in higher elevations. We will be hiking at a moderate pace of about 2.5 mph with frequent breaks. Meeting places will be different every week and meeting sites will be emailed to participants each week. So lace up your boots, grab your sticks and a hat and join us for some fantastic hiking. Note: we will hike on 11/11 and the Monday of Thanksgiving week.

Learn to Play Pickleball Beginners (SEDONA)

Mon, 10/28-11/14 • 1:00-2:30 • \$35
3 Meetings • Offsite • OS-229-F224

OR

Learn to Play Pickleball Beginners (SEDONA)

Thu, 10/31-11/14 • 1:00-2:30 • \$35
3 Meetings • Offsite • OS-230-F224

Facilitator: Christine Sturgeon

This course is designed to introduce new adult learners to the game of pickleball. We will cover basic strokes, scoring, pickleball equipment, rules, and how to play the game. Participants are strongly encouraged to wear court shoes, protective eyewear and sign a liability waiver at the beginning of the workshop. Class will be held in Sedona.

#55 Moderate Hiking (Prescott)

Wed, 10/30-12/11 • 8:00-10:30 • \$35
6 Meetings • Offsite • OP-651-F224

Facilitators: Lynn Neakrans, Mark Troester*

Join us on moderate hikes of up to 5 miles on rocky and sometimes steep terrain and experience the beauty and diversity of some of the many trails in our area. You 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.

Silent Nature Walks (SEDONA)

Tue, 10/29-12/10 • 10:45-12:15 • \$35
6 Meetings • Offsite • OS-231-F224

Facilitator: Anne Crosman

We will meet at Sedona OLLI and walk silently on several nearby paths. Wear comfortable shoes and bring a small notebook to record sights, smells, and thoughts. At the end of the 45-minute walk, we'll talk about what we saw and felt.

Registration: www.yc.edu/OLLI

#56 Slow Hiking (Prescott)

Wed, 10/30-12/4 • 8:00-10:30 • \$35
5 Meetings • Offsite • OP-652-F224

Facilitator: Ed Wisneski*

Have you found yourself far behind a group after the first 10 minutes of a hike? You catch up at the first rest stop, and everyone immediately starts hiking before you can catch your breath. If you are comfortable hiking 2-5 miles with intermittent elevation gains but prefer a more leisurely pace, this class is for you. It's not for beginners. Hikes will cover Granite and Spence basins, Katahn, Thumb Butte, & Pioneer Park Red loops. Note: class may start at 9 am, depending on the weather—sturdy hiking shoes & water are required.

Super Easy Hiking on Easy Terrain (SEDONA)

Thu, 10/31-12/12 • 9:00-10:30 • \$35
6 Meetings • Offsite • OS-232-F224

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 and focus on your cardio and the wonderful views. This class is a precursor to the Moderate & Strenuous Hiking. Dress appropriately - hiking boots, pack with snacks, and water.

PHILOSOPHY & RELIGION & UNEXPLAINED

#59 A Different Prime of Life: Spirituality in Aging

Tue, 10/29-12/3 • 10:00-1:00 • \$35
5 Meetings • Bldg. 30-126 • OP-655-F224

Facilitators: Nancy Van der Voort, 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.

#60 A Taste of Judaism

Thu, 10/31-11/14 • 2:00-3:00 • \$35
3 Meetings • Bldg. 4-118 • OP-656-F224

Facilitator: Susan Schanerman

Three sessions will explore Judaism: Holidays and Life Cycle; History and Important Jewish Texts; and God and Spirituality.

#61 Good Conversations

Wed, 10/30 • 2:00-4:30 • \$15
1 Meeting • Bldg. 3-205 • OP-657-F224

Facilitators: Charles Cramm, Denise Cady

Do you relish a good conversation? This class offers tips and techniques for having more meaningful conversations with friends, family, and even STRANGERS!!! Good conversations can elevate your mood, banish loneliness, and spark creativity. There will be ample time for one-on-one practice to improve your conversation skills.

#62 Introduction to the Seven Hermetic Principles

Mon, 10/28-12/9 • 2:00-3:30 • \$35
6 Meetings • Online • OZ-658-F224

Facilitator: DeeDee Freeman*

The Seven Hermetic Principles, introduced in a 1908 book titled *The Kybalion*, can be found in all the world's organized religions. This esoteric knowledge defines the ancient hermetic art of mental alchemy. By studying *The Kybalion*, you can change your reality by changing your mind! Following the book and related videos, we will be introduced to the wisdom tradition of Hermes Trismegistus. NOTE: The book is available on Amazon or as a free downloadable PDF.

#63 Overcoming the Road-Blocks to Effective Listening

Wed, 10/30-12/11 • 11:00-12:15 • \$35
6 Meetings • Bldg. 31-102 • OP-659-F224

Facilitator: Frederick Kester

This class is about uncovering our often unconscious habits when listening to others. We will explore those habits through discussion and exercises and give examples of how we can more effectively respond to others. Also presented will be the strategies to strengthen our resolve to truly listen. Many of these strategies are taken from philosophy or the study of the concepts from the spiritual realm.

#64 Transitioning: An End of Life Journey

Wed, 10/30-11/6 • 12:30-2:00 • \$35
2 Meetings • Bldg. 31-101 • OP-660-F224

Facilitator: Mary Towne

Have you ever wondered what you, a loved one, or someone you care about will experience when your time on Earth has ended? So many questions. Why won't my loved one eat? Why do they sleep so much or barely talk? What are the physical signs and stages of this journey? Join Mary, who has shared this confusing and sometimes fearful experience throughout her nine years as a "companion" for that "journey home."

Registration: www.yc.edu/OLLI

SCIENCE & MATH

#65 Supersonic Flight: Fast Airplanes & Sonic Booms

Fri, 11/1-11/8 • 11:00-12:15 • \$35

2 Meetings • Bldg. 4-102 • OP-661-F224

Facilitator: Paul April

America charged blindly into the supersonic era, knowing virtually nothing about supersonic flight. No one had ever been there before. A Bell X-1 aircraft, launched in 1947, was a “brute force” approach to breaking the sound barrier. Thus began a race to design & build aircraft that could fly faster than a speeding bullet. Retired USAF Lt. Col. Paul April brings to life the 1950’s & 60’s aircraft that made supersonic flight history, along with the technology that advanced the science.

#66 The Evidence for Modern Physics: How we Know What we Know

Wed, 10/30-12/11 • 2:00-4:00 • \$35

6 Meetings • Bldg. 4-102 • OP-662-F224

Facilitators: Dave Hoffman*, Johanna Kangal*

Physicists delve into the microcosm of our universe, studying the invisible forces that hold it together, governed by rules only they know. They make claims that are often counterintuitive and seemingly outlandish. Professor Don Lincoln will guide us through some of these claims about our cosmos, including understanding the nature and structure of our Milky Way and the trillions of incredibly far distant galaxies and the billions of stars in each.

#67 The Science of Fingerprints

Wed, 11/13-11/20 • 2:00-4:00 • \$35

2 Meetings • Bldg. 31-101 • OP-663-F224

Facilitator: Ann Kells

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

WRITING, LITERATURE, & LANGUAGES

#68 10 Minute Originals: Writing Off the Top of My Head

Mon, 10/28-12/9 • 11:00-12:15 • \$35

6 Meetings • Bldg. 30-126 • OP-664-F224

Facilitators: Mary Ann Schaffer*, Lisa Kolbe

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.

#69 Conversational Russian

Tue, 10/29-12/10 • 8:30-9:45 • \$35

6 Meetings • Bldg. 30-126 • OP-665-F224

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 by conversing with them in Russian? Do you want to learn Russian from a native Russian speaker in an informal, comfortable, and relaxed environment? Come to this Conversational Russian class. No textbooks are required! Just your desire to learn the language spoken by more than 260 million people worldwide.

#70 Memoir Writing Class

Wed, 10/30-12/4 • 2:00-4:00 • \$35

5 Meetings • Bldg. 3-270 • OP-667-F224

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!



From Fiber Arts to Guitar to Bridge to Mahjong – go to

www.yc.edu/SIG

to find out more about all the available Special Interest Groups!

SIGS are free for current members.



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Registration Begins Oct 9

Prescott

Fall 2 2024

Schedule

Oct 28—Dec 13



Jane Reti

SPEAKER SERIES

Prescott's 1st Lieutenant

Ernest A. Love

Presented by Don Baier

Saturday, November 2, 9:30-11:30am

Yavapai College Building 19 Community Room

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

