



OLLI
AT YAVAPAI COLLEGE

Sedona/Verde Valley Winter 2025 Jan 27-March 14



Stay Curious, Stay Engaged—Join OLLI!
www.yc.edu/olli Registration opens Dec 18

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Fellow and soon to be OLLI-ITES,
The air is cold and the daylight hours are few. Hope you received an OLLI membership over the Holidays. If not, you can still sign up for a membership on your own. We know the January chill makes it pretty tempting to just stay inside and hibernate like one of those big brown bears. Well, you have not read the great OLLI catalog offerings we have for this winter session!

We have a wide variety of topics, offered on many days of the week, many offered with ZOOM, and self-paced engagement. We are also offering a winter special – Osher Online classes, offered through our collaboration with Northwestern University School of Professional Studies, will only be \$50 per class for all membership levels. There is a terrific variety of zoom offerings beyond those in our already rich Yavapai College OLLI schedule!

We have also added international travel to our mix – as of this printing there are a few spots left for our October 2025 trip to the Canadian Maritimes. Go to www.yc.edu/ollitravel for more info.

Meet old friends and make new friends, enjoy the many opportunities to stay in shape mind, body and soul. Follow the instructions in the catalog to become a member, select an offering, and ask a buddy to join. Treat yourself!

Andy Newton

Andy Newton, Chair
Prescott Governing Council

Sharon Sherman

Sharon Sherman, Chair
Sedona/VV Council

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

Membership Fee Options

Most Membership levels cover 5 consecutive terms (one year), and include unlimited Munch and Learns. Osher Online classes are \$50 each, no matter your membership level.

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

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

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

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

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

Yavapai College Foundation

OLLI needs your support for scholarships for our members, special projects, and preparing for our future growth, to give:
www.yc.edu/olli

Important Dates

Winter: Jan 27-March 14

Spring: April 4-May 16

OLLI Staff

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

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OLLI at Yavapai College Sedona Verde Valley Winter 2025

Classes by Day, Time and Date

Monday	Time	Building Room	Class	Facilitator(s)
1/27	9:00-10:30	Zoom	#42 The American Revolution in our National Parks	D Kroese
2/10	10:00-12:00	Sedona Center -28	#53 Is the Constitution Showing Its Age?	A Herschkowitz
1/27-3/3	11:00-12:00	Zoom	#40 New Ideas	B Brown
1/27-3/3	11:00-12:30	Osher Zoom	NRC Huck Finn's America \$	J Walker
1/27	1:00-4:00	Sedona Center -40	#26 Mental Health First Aid	M Haas
2/3	1:00-4:00	Sedona Center -39	#24 Medicare 101 - Everything you need to know	D Fanter
1/27-3/3	2:00-3:30	Zoom	#65 Intro to the Seven Hermetic Principles	D Freeman
1/27-3/10	2:30-4:30	Zoom	#38 Current Economic Issues (Zoom)	C Blum
1/27-3/10	2:30-4:30	Sedona Center -28	#39 Current Economic Issues (In Person)	C Blum
1/27-3/3	3:00-4:30	Osher Zoom	Stories of Jazz, Blues, Rock, and Popular Culture \$	E Abramovits
1/27-3/3	5:00-6:30	Osher Zoom	Color & Symbolism in Art History \$	E Schrader
Tuesday				
1/28-3/4	9:00-10:30	Verde G -107	#76 Backyard Astronomy - Our Night Sky	R Bohner
1/28-3/6	9:00-10:30	Verde G -104	#93 Spanish for Beginners (Tues & Thurs)	A Smith
1/28-3/4	9:00-10:30	Osher Zoom	Modern War: What Is It Good For? \$	J Rice
1/28-2/4	10:00-11:00	Verde G -102	#44 The Free Speech Movement	M Axamit
2/4-2/11	10:45-12:15	Sedona Center -40	#11 Bach, Beethoven, and Way Beyond!	M Haas
1/14-2/18	11:00-12:30	Osher Zoom	The Transcendentalists and Their Worlds \$	A Antonucci
1/28-3/4	11:00-1:00	Zoom	#94 Telling Your Stories	B Gunn
1/21-2/25	1:00-2:30	Osher Zoom	Buddhist Philosophy, Meditation, and Ritual \$	E Goddard
1/28-2/4	1:00-2:00	Verde i -138	#68 The Rise of Totalitarianism	M Axamit
1/28-2/25	1:00-2:30	VOC Library Javelina	#92 Winter in Poetic Form	K Crandall
2/4	1:00-3:00	Sedona Center -28	#58 Get More Bookings For Your Short-term Rental!	A Sever
1/28-3/11	1:00-3:00	Sedona Center -29	#95 Readin' & Writin': Loving and Creating Poetry	J Pickett
1/28-2/4	1:30-3:30	Zoom	#13 Photo Organization: Simple and Done	C Soong-Tang
1/28	1:00-3:00	Sedona Center -28	#69 Language and Truth	J Koepke
1/28	1:00-4:00	Verde i -125	#22 Medicare 101 - Everything you need to know (Verde Valley Campus)	D Fanter
2/11	1:00-3:00	Verde G -104	#32 Dr. Joe Dispenza's Healing Teachings	A Lovelight
2/11	1:00-3:00	Sedona Center -28	#71 Axial Age-Spiritual Foundations of Humanity	J Koepke
2/18	1:00-4:00	Verde G -106	#35 Introduction to Healing Touch	D Ackerman
2/18	1:00-4:00	Sedona Center -28	#36 Mindset Matters: How Thoughts Influence Well-Being	D Forsythe, I Griffith
1/21	2:00-3:15	Zoom	#C Member Welcome (Zoom)	B Thurber
1/28-3/4	2:45-4:15	Zoom	#85 Crystals And Chakras Part 2	D Archer
1/28-3/4	3:00-4:30	Osher Zoom	A Tourists Tour of the Wider Universe \$	A Fraknoi
1/14-2/18	5:00-6:30	Osher Zoom	A History of the Post Office in the US \$	C Nappo

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

OLLI at Yavapai College Sedona Verde Valley Winter 2025**Classes by Day, Time and Date****Wednesday**

1/29-3/5	9:00-10:30	Osher Zoom	The Secret Lives of Familiar Birds \$	E Burnette
2/19	10:00-11:30	Sedona Center -40	#87 Perspective is EVERYTHING!	L James
2/6	10:00-12:00	Sedona Center -34	#82 Living as a Human in a Digital World	B Haizmann, S Schupack
1/29-3/12	10:30-12:00	Sedona Center -34	#77 Science News and Views	B Haizmann, J Black
1/29-2/19	10:45-12:15	Zoom	#14 Excel at Excel and Spreadsheets (Zoom)	S Sherman
1/29-2/19	10:45-12:15	Sedona Center -28	#15 Excel at Excel and Spreadsheets (In Person)	S Sherman
1/29-3/5	11:00-12:00	Zoom	#57 Armchair Adventures	B Brown
2/26	12:00-1:30	Zoom	#21 Touring the Web: Post Election 2024 Edition	J Burke
2/5	1:00-2:00	Sedona Center -29	#25 Deadly Mistakes in Estate Planning	J Linford
1/29	1:00-3:00	Sedona Center -28	#E Learn More About Facilitating	C Blum, L James
1/29	1:00-3:00	Sedona Center -29	#23 Avoiding the Perilous Pitfalls of Probate	J Linford
2/19	1:00-4:00	Sedona Center -34	#84 Journeys to the Sacred Sea of Siberia	T Ginn
1/22-2/26	3:00-4:30	Osher Zoom	Native America Since 1900 \$	M Jennings
1/29-3/5	5:00-6:30	Osher Zoom	The World of Musical Satire \$	D Misch

Thursday

2/6-3/6	9:30-10:45	Zoom	#59 Travel Destinations	B Maxwell, D Dillon
2/20	9:30-12:30	Sedona Center -28	#88 Music of Peace: A Listening Experience	C Blum
2/13	10:00-12:00	Sedona Center -29	#73 Experience Mentalism	F Osborn
1/23-2/27	11:00-12:30	Osher Zoom	Wisdom \$	D Smith
1/30	12:30-1:45	Verde M 137 or Zoom	#F/#G M&L: Regenerative Agriculture	S Srikanth, R Morales
2/6	12:30-1:45	Verde M 138 or Zoom	#H/#I M&L: A Bit of Tinsel Town in Red Rock Countr	S Srikanth, P Schweiss
2/13	12:30-1:45	Verde M 139 or Zoom	#J/#K M&L: Manned Spaceflights II	S Srikanth, R Rokoszc
2/20	12:30-1:45	Prescott 3 119 or Zoom	#L/#M M&L: That Gut Feeling	H Huffman, K Boryca
2/27	12:30-1:45	Prescott 3 119 or Zoom	#N/#O M&L: Harvey Leake	R Arena
3/6	12:30-1:45	Prescott 3 119 or Zoom	#P/#Q M&L: Will Williams	R Arena
1/30-3/6	1:00-2:30	Osher Zoom	Science Everyone Needs to Know \$	K Hendrickson
1/30-2/13	1:00-3:00	Sedona Center -40	#79 Discovering the Laws of Color	L Sturgis, D Sturgis
2/6	1:00-4:00	Sedona Center -15	#86 The Simple Life	A Crosman
2/20	1:30-3:30	Sedona Center -29	#89 A Listening Experience with Talking Stick	J Pickett, C Blum
2/6	1:45-4:45	Verde G -106	#51 Does Xi Jinping Have a Future? (In Person)	C Blum
2/6	1:45-4:45	Zoom	#52 Does Xi Jinping Have a Future? (Zoom)	C Blum
1/30-3/6	2:00-3:00	Zoom	#9 Meryl Streep: The Art of Performance & Humanity	B Mains
2/20	2:00-3:30	Zoom	#20 Working With Windows	J Burke
1/30-2/20	2:00-3:30	Verde M -112	#31 Acupressure for Self-Care	D Ackerman
2/13	2:30-4:00	Zoom	#19 Internet Privacy	M Schulman, J Burke
1/23-2/27	3:00-4:30	Osher Zoom	The Next Generation's Legacy of the Holocaust \$	R Wade, J Ensor, R Benn
1/23-2/27	5:00-6:30	Osher Zoom	Storytelling and Self \$	J Baker

Friday

1/24-2/28	11:00-12:30	Osher Zoom	Stories of a Cuban Childhood \$	O Espin
1/31-3/7	1:00-2:30	Osher Zoom	Whole-Person Health and Well-being \$	L Howard

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

OLLI Winter: Sedona • Verde Valley Free & Open to the Public Offerings

Registration: www.yc.edu/OLLI

#C Member Welcome (Zoom)

Tues, 1/21 • 2-3:15 • Free

1 meeting • Zoom • OZ-403-W25

Facilitator: Membership Engagement

Did you know that OLLI is more than a classroom? Whether brand new or a continuing member, join us to hear about all OLLI offers, how to get involved, and meet people. Find out important details like parking and finding your classroom! Our Member Welcome will reveal the answers to these and many more questions.

#E Learn More About Facilitating

Wed, 1/29- • 1-3 • Free

1 Meeting • Sedona Center-28 • OS-405-W25

Facilitators: Charlie Blum, Leslie James

This workshop is for new facilitators who are ready to start exploring the world of facilitating for OLLI, and experienced facilitators who might want to try something new. We will discuss how to plan both in-person and online classes, and highlight the easy proposal process, tools and support available.

Munch & Learn: Regenerative Agriculture

Thurs, 1/30 • 12:30-1:45 • Free

#F In Person • Verde Campus Bldg M-137 • OV-406-W25

#G • Zoom • OZ-407-W25

Facilitators: Shri Srikanth, Rodolfo Martinez Morales

Dr. Morales has worked agriculture development, his combined education on crop and soil science, and ecology has broadened research and extension to areas like plant and soil ecology, regenerative agriculture and sustainable landscapes. He is the Extension Director in Santa Cruz County and is developing a strategy to integrate regenerative agriculture with ecological restoration to enhance small-scale farming.

Munch & Learn: A Bit of Tinsel Town in Red Rock

Thurs, 2/6 • 12:30-1:45 • Free

#H In Person • Verde Campus Bldg M-137 • OV-408-W25

#I • Zoom • OZ-409-W25

Facilitators: Shri Srikanth, Patrick Schweiss

Patrick Schweiss, executive director of Sedona International Film Festival, with his quick wit and charming demeanor will fill you with glee as you get a peek behind the curtain hear about the films, and the special events that will take place at the festival. You'll learn about the festival's free workshops and ways you can meet-and-greet industry professionals and the celebrity guests. You will get all the latest news as the festival brings A Bit of Tinseltown to Red Rock Country!

Munch & Learn: Manned Spaceflights II

Thurs, 2/13 • 12:30-1:45 • Free

#J In Person • Verde Campus Bldg M-137 • OV-410-W25

#K • Zoom • OZ-411-W25

Facilitators: Shri Srikanth, Rick Rokosc

Back by popular demand, Rick picks up where he left off from his previous presentation with a deep dive into several back stories not cover in his first presentation. This session will address several humorous mission events, NASA and UFOs, and will conclude with an interactive launch count down, with Q & A at the end.

Munch & Learn: That Gut Feeling

Thurs, 2/20 • 12:30-1:45 • Free

#L In Person • Prescott Bldg 3-119 • OP-412-W25

#M • Zoom • OZ-413-W25

Facilitators: Holly Huffman, Kelly Boryca

Sometimes called the 'second brain,' your gut and its microbial inhabitants constantly communicate with your brain. Your body is teaming with millions of microorganisms, known as your microbiome, residing primarily in your gut. The balance and health of your microbial partners will affect your gut feelings physically and mentally. We'll discuss the impact these microorganisms have on your health.

Munch & Learn: Harvey Leake

Thurs, 2/27 • 12:30-1:45 • Free

#N In Person • Prescott Bldg 3-119 • OP-414-W25

#O • Zoom • OZ-415-W25

Facilitator: Rudy Arena

In the summer of 1913, former President Theodore Roosevelt embarked on a strenuous Arizona horseback and camping expedition with his two youngest sons, Archie and Quentin. They crossed the Grand Canyon, hunted cougars on the North Rim, then headed to Navajo country. At the remote outpost of Kayenta, they met Harvey Leake's great-grandparents John and Louisa Wetherill, and proceeded, on a long-guided excursion to the magnificent Rainbow Natural Bridge.

Munch & Learn: Will Williams

Thurs, 3/6 • 12:30-1:45 • Free

#P In Person • Prescott Bldg 3-119 • OP-416-W25

#Q • Zoom • OZ-417-W25

Facilitator: Rudy Arena

Will Williams, a local Prescott Courier columnist and story-teller developed a ten-year hobby in retirement of producing video biographies, writing a newspaper column for the first time in his life, volunteering and speaking before groups. He has some interesting stories to tell.

ARTS-VISUAL & PERFORMING

#9 Meryl Streep: The Art of Performance & Humanity

Thurs, 1/30-3/6 • 2-3 • \$35

6 Meetings • Zoom • OZ-109-W25

Facilitator: Bill Mains

Join us for a six-week exploration of six iconic Meryl Streep films. Each session explores themes, performances, and the cultural impact in Silkwood, Kramer vs. Kramer, Adaptation, The Manchurian Candidate, Doubt, and The Bridges of Madison County. Bring your thoughts, questions, and insights as we analyze these classic movies and celebrate one of Hollywood's greatest actors together.

#11 Bach, Beethoven, and Way Beyond!

Tues, 2/4-2/11 • 10:45-12:15 • \$35

2 Meetings • Sedona Center-40 • OS-111-W25

Facilitator: Marj Haas

Do you know that Beethoven wrote JAZZ? Join this course to enjoy and "B" enriched by learning about composers and listening to their works! We will listen to many favorites as well as explore unknown works and, even better, learn about lesser-known composers and what they have written.

#12 Ode to Nature: Beethoven's Symphony no.6

Email Only- • OZ-112-W25 • \$15

Facilitator: Nancy Dubow

Welcome to our celebration of Beethoven's Symphony no. 6 in F major op. 68, "Pastoral." A lecture by Chairat Chongvattanakij explains how Beethoven enshrines his great love of nature in this programmatic symphony. We'll follow up with a wonderful performance, and, as always, we have extras designed to enhance your love and enjoyment of this amazing symphony and more.

COMPUTER & TECHNOLOGY

#13 Photo Organization: Simple and Done

Tues, 1/28-2/4 • 1:30-3:30 • \$35

2 Meetings • Zoom • OZ-113-W25

Facilitator: Celeste Soong-Tang

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

#14 Excel at Excel and Spreadsheets (Zoom)

Wed, 1/29-2/19 • 10:45-12:15 • \$35

4 Meetings • Zoom • OZ-114-W25

Facilitator: Sharon Sherman

Gain some skills or review the fundamentals! Find out how capable this software is. Excel is the most widely used software worldwide by individuals and businesses. Use for budgeting, lists, tracking, projects, and schedules – get organized! Understand how to download through a Microsoft 365 subscription or purchase a license. We will compare Excel to the free Google Sheets or Libre. This class will help you get smarter about your spreadsheet world!

#15 Excel at Excel and Spreadsheets (In Person)

Wed, 1/29-2/19 • 10:45-12:15 • \$35

4 Meetings • Sedona Center-28 • OS-115-W25

Facilitator: Sharon Sherman

Gain some skills or review the fundamentals! Find out how capable this software is. Excel is the most widely used software worldwide by individuals and businesses. Use for budgeting, lists, tracking, projects, and schedules – get organized! Understand how to download through a Microsoft 365 subscription or purchase a license. We will compare Excel to the free Google Sheets or Libre. This class will help you get smarter about your spreadsheet world!

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Registration: www.yc.edu/OLLI

COMPUTER & TECHNOLOGY cont.

#19 Internet Privacy

Thurs, 2/13- • 2:30-4 • \$15

1 Meeting • Zoom • OZ-119-W25

Facilitators: Mark Schulman, JB Burke

Do you think your Internet activities are safe from prying eyes just because you turned on your browser's Privacy Mode? Think again. Learn what's safe and what's not, and how you can cover your tracks and keep your Internet activities safe and private, especially when using public Wi-Fi hot-spots.

#20 Working With Windows

Thurs, 2/20- • 2-3:30 • \$15

1 Meeting • Zoom • OZ-120-W25

Facilitator: JB Burke

Working With Windows is for you if you want to improve your basic computer skills, make Windows run better and faster, solve PC problems by yourself, learn to use helpful keyboard shortcuts, learn better ways to find and view files with File Explorer or how to make Windows 11 work more like Windows 10. All that and much more in this easy-to-follow tutorial.

#21 Touring the Web: Post Election 2024 Edition

Wed, 2/26- • 12-1:30 • \$15

1 Meeting • Zoom • OZ-121-W25

Facilitator: JB Burke

On this Tour you will learn what OneDrive really is, see some iconic photos from the 20th Century, learn how an 8-story 11,000-ton building was turned 90° while work went on inside. Plus, a bit about WWII innovations, favorite ice cream flavors around the world, how to launch a satellite without a rocket, historic aircraft and why you should switch to a Chromebook. Unsure of AI? We'll have some tips about how to get into it. Plus, videos, links galore and much, much more.

FINANCE. ECONOMICS. & LAW

#22 Medicare 101 - Everything you need to know (Verde)

Tues, 1/28- • 1-4 • \$15

1 Meeting • Verde Campus Bldg I-125 • OV-122-W25

Facilitator: Denny Fanter

We'll discuss how Medicare Parts A and B pay for most medical bills. We'll also discuss how Medicare Part C (Advantage), Part D (Prescription drugs) and Medicare Supplemental plans (Medigap) work in conjunction with Medicare Parts A and B.

#23 Avoiding the Perilous Pitfalls of Probate

Wed, 1/29- • 1-3 • \$15

1 Meeting • Sedona Center-29 • OS-123-W25

Facilitator: Jonathan 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.

#24 Medicare 101 - Everything you need to know (Sedona)

Mon, 2/3- • 1-4 • \$15

1 Meeting • Sedona Center-39 • OS-124-W25

Facilitator: Denny Fanter

We'll discuss how Medicare Parts A and B pay for most medical bills. We'll also discuss how Medicare Part C (Advantage), Part D (Prescription drugs) and Medicare Supplemental plans (Medigap) work in conjunction with Medicare Parts A and B.

#25 Deadly Mistakes in Estate Planning

Wed, 2/5- • 1-2 • \$15

1 Meeting • Sedona Center-29 • OS-125-W25

Facilitator: Jonathan 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. 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.

OLLI Class Locations:

YC Sedona Center: 4215 Arts Village Dr, Sedona
YC Verde Valley Campus: 601 W Black Hills Dr, Clarkdale
VOC Library: 25 W Saddlehorn Rd, Village of Oak Creek

Zoom login, off site details will be included in your email registration

Registration: www.yc.edu/OLLI

HEALTH & NUTRITION

#26 Mental Health First Aid

Mon, 1/27- • 1-4 • \$15

1 Meeting • Sedona Center-40 • OS-126-W25

Facilitator: Marj Haas

We all have relatives and friends who are growing older along with us. There are ways to help make these coming years as safe and happy as possible. This workshop will show us how to identify the warning signs of depression, anxiety, suicide, or memory loss. We will discuss appropriate responses to mental health emergencies.

#31 Acupressure for Self-Care

Thurs, 1/30-2/20 • 2-3:30 • \$35

4 Meetings • Verde Campus Bldg M-112 • OV-131-W25

Facilitator: Donna Ackerman

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

#32 Dr. Joe Dispenza's Healing Teachings

Tues, 2/11- • 1-3 • \$15

1 Meeting • Verde Campus Bldg G-104 • OV-132-W25

Facilitator: Ahriah Patricia Lovelight

30+ year Naturopath from Oklahoma sharing healing techniques and teachings from Dr. Joe Dispenza, Bruce Lipton, and others. Dr. Joe states that we are all Masters and can step up at anytime and promote healing responses. With an understanding of how we may participate in 'limiting' our healing, and creating new avenues for promoting healing, we are re-programming our bodies to serve each of us optimally and will be implementing some of the techniques experientially.

#35 Introduction to Healing Touch

Tues, 2/18- • 1-4 • \$15

1 Meeting • Verde Campus Bldg G-106 • OV-135-W25

Facilitator: Donna Ackerman

Healing Touch is a gentle, energy-based approach to health and healing. The goal is to restore harmony and balance to the human energy system through a heart-centered practice using light touch and connecting with your body. Enhance your life and the lives of those around you through understanding the energetic world in which we live. Learn about the human energy system and simple techniques that you can use to promote body-mind-spirit healing.

#36 Mindset Matters: How Thoughts Influence Well-Being

Tues, 2/18- • 1-4 • \$15

1 Meeting • Sedona Center-28 • OS-136-W25

Facilitators: Donna Forsythe, Isabelle Griffith

This course delves into how our beliefs and expectations significantly shape our reality. By integrating the latest scientific research and key insights from influential books, we examine the powerful connection between mindset and well-being. Topics include the mind-body connection, placebo/nocebo effects, positive thinking, and how expectations affect longevity. Students will gain an understanding of these concepts and learn how to apply them to foster positive change in their own lives.

HISTORY & CURRENT AFFAIRS

#38 Current Economic Issues (Zoom)

Mon, 1/27-3/10 • 2:30 -4:30 • \$35

6 Meetings • Zoom • OZ-138-W25

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.

Please note that this class will skip the week of Feb 24 when Sedona International Film Festival will be at the Sedona Center.

Registration: www.yc.edu/OLLI

#39 Current Economic Issues (In Person)

Mon, 1/27-3/10 • 2:30 -4:30 • \$35

6 Meetings • Sedona Center-28 • OS-139-W25

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.

Please note that this class will skip the week of Feb 24 when Sedona International Film Festival will be at the Sedona Center.

#40 New Ideas

Mon, 1/27-3/3 • 11-12 • \$35

6 Meetings • Zoom • OZ-140-W25

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 the currents events.

#42 The American Revolution in our National Parks

Mon, 1/27- • 9-10:30 • \$15

1 Meeting • Zoom • OZ-142-W25

Facilitator: David Kroese

Over forty of our 430+ National Park Service sites have a direct connection to the American Revolution. We explore the sites that tell the revolutionary story, colonial events that preceded it, moments that changed its course, and battles that decided the outcome.

#44 The Free Speech Movement

Tues, 1/28-2/4 • 10-11 • \$35

2 Meetings • Verde Campus Bldg G-102 • OV-144-W25

Facilitator: Mark Axamit

Berkeley 1964! Join us as we commemorate and examine the 60th anniversary of this pivotal social movement! What led up to the student uprising in the fall of 1964 and how has it affected the institutions of higher learning in our modern age. Free handouts will be provided for this class.

#51 Does Xi Jinping Have a Future? (In Person)

Thurs, 2/6 • 1:45-4:45 • \$15

1 Meeting • Verde Campus Bldg G-106 • OV-151-W25

Facilitator: Charles Blum

Having amassed unprecedented political power, China's President for Life Xi Jinping is facing unprecedented challenges to his personal authority and even to his version of Communism. How is his health? What's wrong with the Chinese economy? Has he lost control of economic policy? What are the chances for a new period of opening to the world? What's wrong with his relations with the People's Liberation Army? We'll try to sort out facts from wishful thinking and rumor-mongering.

#52 Does Xi Jinping Have a Future? (Zoom)

Thurs, 2/6 • 1:45-4:45 • \$15

1 Meeting • Zoom • OZ-152-W25

Facilitator: Charles Blum

Having amassed unprecedented political power, China's President for Life Xi Jinping is facing unprecedented challenges to his personal authority and even to his version of Communism. How is his health? What's wrong with the Chinese economy? Has he lost control of economic policy? What are the chances for a new period of opening to the world? What's wrong with his relations with the People's Liberation Army? We'll try to sort out facts from wishful thinking and rumor-mongering.

#53 Is the Constitution Showing Its Age?

Mon, 2/10 • 10-12 • \$15

1 Meeting • Sedona Center-28 • OS-153-W25

Facilitator: Andy Herschkowitz

The US Constitution is the oldest written constitution still in use. How successfully has it adjusted to the tremendous changes in society, technology and morality over the past 236 years? We'll look at problems in constitutional interpretation, and discuss whether various reforms might enhance the Constitution's functioning in the 21st century.

Registration: www.yc.edu/OLLI

#56 Great Courses Potpourri

6 Meetings • Email Only- • OZ-156-W25 • \$35

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 OLLI account, and can stream at will for the session. Learn about music, history, mindfulness, science and travel.

LOCAL INTEREST & TRAVEL

#57 Armchair Adventures

Wed, 1/29-3/5 • 11-12 • \$35

6 Meetings • Zoom • OZ-157-W25

Facilitator: Barbara Brown

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

#58 Get More Bookings For Your Short-term Rental!

Tues, 2/4 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-158-W25

Facilitator: Alisa Sever

Do you own a short-term rental listed on Airbnb? Are you getting the bookings you expect for the best return on investment? In this session, we'll discuss how to enhance guest appeal of your listing and boost it in search rankings, including tips for titles, photos, body content, requested amenities, cancellation policies, and reviews. We'll also cover pricing strategies, local permitting, and state taxes. Attendees will have the option to share their listing with the group for critique.

OLLI Class Locations:

YC Sedona Center: 4215 Arts Village Dr, Sedona
YC Verde Valley Campus: 601 W Black Hills Dr, Clarkdale
VOC Library: 25 W Saddlehorn Rd, Village of Oak Creek

Zoom login, off site details will be included in your email registration

#59 Travel Destinations

Thurs, 2/6-3/6 • 9:30-10:45 • \$35

5 Meetings • Zoom • OZ-159-W25

Facilitators: Bill Maxwell, Deb Dillon

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

PHILOSOPHY & RELIGION & UNEXPLAINED

#65 Introduction to the Seven Hermetic Principles

Mon, 1/27-3/3 • 2-3:30 • \$35

6 Meetings • Zoom • OZ-165-W25

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>

#68 The Rise of Totalitarianism

Tues, 1/28-2/4 • 1-2 • \$35

2 Meetings • Verde Campus Bldg I-138 • OV-168-W25

Facilitator: Mark Axamit

Join us for lively lecture and audience participation as we compare two historic dystopian novels, Orwell's 1984 and Huxley's Brave New World. This is my third consecutive year of facilitating this topic. Also, we will also study the trends of our current society. Although we will need to discuss political theory, this is NOT a solicitation for any political party. A class Q and A session will follow the presentation. All are welcome! This class offers free course handouts.

Registration: www.yc.edu/OLLI

#69 Language and Truth

Tues, 1/28 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-169-W25

Facilitator: Jack Koepke

What is Time? What is Truth? What is Freedom? We begin with a review of 8 theories of truth, then examine the linguistic philosophy of Ludwig Wittgenstein, who was intensely interested in the way we speak and think about things in the world. What are words? Where do words come from? How do words relate to things? He argued that our propositions either make sense or nonsense based on 3 crucial tests. "Philosophy is a battle against the bewitchment of our intelligence by means of language."

#71 Axial Age-Spiritual Foundations of Humanity

Tues, 2/11 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-171-W25

Facilitator: Jack Koepke

During the "Axial Age", 900 to 300 BC the spiritual foundations of humanity were laid simultaneously and independently in China, India, Persia, Judea, and Greece. We begin in China with Confucius and Lao-Tse, then to India with Jainism, the Upanishads and later Buddha. In Iran Zarathustra taught the struggle between good and evil. Israel had the great Prophets Isaiah, Jeremiah and Micah. And finally to Greece with the great philosophers Parmenides, Heraclitus and Plato.

#73 Experience Mentalism

Thurs, 2/13 • 10-12 • \$15

1 Meeting • Sedona Center-29 • OS-173-W25

Facilitator: Fred Osborn

Experience a thoroughly captivating demonstration of mentalism that will expand possibilities beyond your imagined boundaries! With your participation and interaction (and permission), Dred (Fred Osborn) will take a ride through your mind. He can pull random information from each person's thoughts, including addresses, names of pets, and even birthdays!

SCIENCE & MATH

#76 Backyard Astronomy - Our Night Sky

Tues, 1/28-3/4 • 9 -10:30 • \$35

6 Meetings • Verde Campus Bldg G-107 • OV-176-W25

Facilitator: Richard Bohner

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

#77 Science News and Views

Wed, 1/29-3/12 • 10:30-12 • \$35

6 Meetings • Sedona Center-34 • OS-177-W25

Facilitators: Bob Haizmann, 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. Please note that this class will skip the week of Feb 26 when Sedona International Film Festival will be at the Sedona Center.

#79 Discovering the Laws of Color

Thurs, 1/30-2/13 • 1-3 • \$35

3 Meetings • Sedona Center-40 • OS-179-W25

Facilitators: Linden Sturgis, Donna Sturgis

In this hands-on course, you will perform stunning experiments and witness fascinating demonstrations that will literally open your eyes to the rich world of color. To discover how the dynamic interaction of light and dark leads to the generation of color, we will use the phenomenological approach to color science. Afterimages, colored shadows, sunset colors, the blue sky, prismatic colors, the rainbow, and the aesthetic experience of color will be explored.

Registration: www.yc.edu/OLLI

#82 Living as a Human in a Digital World

Thurs, 2/6 • 10-12 • \$15

1 Meeting • Sedona Center-34 • OS-182-W25

Facilitators: Bob Haizmann, Stuart Schupack

There is increasing tension between organic humans and the inorganic digital systems that control and shape the entire world. But this is just the beginning of a technology revolution based on Artificial Intelligence. We stand to benefit greatly from science and health breakthroughs. But the potential for societal disruption is real - unemployment, misinformation, computer super intelligence. We will discuss these impending issues and ways to benefit while living in a digital world.

#84 Journeys to the Sacred Sea of Siberia

Wed, 2/19- • 1-4 • \$15

1 Meeting • Sedona Center-34 • OS-184-W25

Facilitator: Tom Ginn

Lake Baikal in Siberia is the oldest, largest, deepest, and most biologically diverse lake in the world. In this workshop, we will explore the unique geological and biological characteristics of this remarkable water body, including my experiences as co-leader of two scientific expeditions to the lake. We will also discuss the indigenous populations, their traditions of shamanism near the lake, and the critical pollution issues resulting from increased tourism in the area.

SELF-ENRICHMENT & LIFESTYLE

#85 Crystals And Chakras Part 2

Tues, 1/28-3/4 • 2:45-4:15 • \$35

6 Meetings • Zoom • OZ-185-W25

Facilitator: Darielle Archer

You'll embark on an in-depth journey through the world of crystals, chakras, and energy grids to create alignment, health, and prosperity in your life. Each week will focus on key principles and practical techniques to amplify energy, boost vitality, and attract abundance. Classes will include guided exercises, personal reflections, and hands-on practice with crystal grids and chakra balancing.

#86 The Simple Life

Thurs, 2/6 • 1-4 • \$15

1 Meeting • Sedona Center-15 • OS-186-W25

Facilitator: Anne Crosman

Are you seeking the Simple Life? Less clutter, fewer distractions? I'll suggest ways to pare down -- physically and mentally. Start by ditching household stuff you don't use, and cutting your cell-phone use. The Simple Life brings more quiet and control. You function optimally. Bring your own ideas to class.

#87 Perspective is EVERYTHING!

Wed, 2/19 • 10-11:30 • \$15

1 Meeting • Sedona Center-40 • OS-187-W25

Facilitator: Leslie James

Come enjoy exploring illusions and new perspectives!! See how we are surrounded by the use of perspective. Discover how expanding or shifting perspective can make a difference in how we feel. We will also practice generating other perspectives and possibilities.

#88 Music of Peace: A Listening Experience

Thurs, 2/20 • 9:30-12:30 • \$15

1 Meeting • Sedona Center-28 • OS-188-W25

Facilitator: Charles Blum

Music is a universal language. Peace is a nearly universal yet elusive goal for individuals, families and societies. We explore how music has been used to promote peaceful intentions by attentively listening to music of many genres from around the world. The aim is to help participants discover for themselves how to better use music in their personal quest for peace. Participants are encouraged to register for the separate afternoon workshop on "A Listening Experience with Talking Stick."

#89 A Listening Experience with Talking Stick

Thurs, 2/20 • 1:30-3:30 • \$15

1 Meeting • Sedona Center-29 • OS-189-W25

Facilitators: Jahnay Pickett, Charlie Blum

Listening: PART 2 of "Music of Peace".

Is a practice of peacefulness possible? Join us as we sit together in a Circle of Listening, exploring this question. Respectfully passing the Talking Stick, we reflect upon our feelings and aspirations for Peace. Each individual's Truth is honored as we explore the possibilities of stepping into more peaceful patterns in our daily lives. Kindness and collaboration shall be our guides. Silence, too, is respected. Everyone is a valued contributor.

Registration: www.yc.edu/OLLI

WRITING, LITERATURE, & LANGUAGES

#92 Winter in Poetic Form

Tues, 1/28-2/25 • 1-2:30 • \$35

5 Meetings • VOC Library-Javelina Rm • OS-192-W25

Facilitator: Kristine Crandall

Indulge in the opportunity winter brings to be reflective and creative! We will learn about, explore, and experiment with various poetic forms such as list poems, haiku, forms with repetition and rhyme, free verse, and prose poems. There will be an opportunity to work on specific poems throughout the class, and to put completed poems into a hand-made booklet at the end. Geared for both those new to reading and writing poetry and those who are experienced.

#93 Spanish for Beginners (Tues & Thurs)

Tues & Thurs, 1/28-3/6 • 9-10:30 • \$35

12 Meetings • Verde Campus Bldg G-104 • OV-193-W25

Facilitator: Art Smith

This is a course in Spanish for absolute beginners and for those who have studied Spanish in the past and wish to update and review their beginning Spanish.

#94 Telling Your Stories

Tues, 1/28-3/4 • 11-1 • \$35

6 Meetings • Zoom • OZ-194-W25

Facilitator: Becky Gunn

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

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

Tues, 1/28-3/11 • 1-3 • \$35 (note: skips 2/25)

6 Meetings • Sedona Center-29 • OS-195-W25

Facilitator: Jahnay Pickett

In a playful setting, we will be 'Loving and Creating Poetry' the old fashioned way--with yellow pads and notebooks! Each week we review a classic genre of poetry--European Classics (2), Haiku, Sufi, and American--creating and discussing pieces of our own in the style of that day's study. This is intended to be an uplifting moment in our day, engendering our creative fires while having a marvelous time together.

OSHER ONLINE – extra fees apply for all memberships

All classes are ARIZONA time

Buddhist Philosophy, Meditation, and Ritual

Tues, 1/21-2/25 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-901-W25

Facilitator: Eileen Goddard

Introduction to the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings, and discuss Buddhist iconography, ritual objects, and art.

Color and Symbolism in Art History

Mon, 1/27-3/3 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-902-W25

Facilitator: Eleanor Schrader

Artists use color to create an array of symbolism, emotions, and sociopolitical meanings, and utilize their knowledge of color to portray mood, light, depth, and point of view. Discuss the histories of color, and their meanings in various contexts.

First Class: A History of the Post Office in the US

Tues, 1/14-2/18 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-903-W25

Facilitator: Caroline Nappo

We will explore what precipitated the creation of the Post Office, its role in fostering and hindering democratic communication, and numerous examples of innovation over time. We will consider the future of the post office..

Huck Finn's America

Mon, 1/27-3/3 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-904-W25

Facilitator: Jeffrey Walker

Mark Twain's *Adventures of Huckleberry Finn* is often misunderstood as an adventure book or a dialogue on race. Instead, this classic addresses youth violence, schools, and civil rights. The novel needs to be read and discussed anew.

Stories of Jazz, Blues, Rock, and Popular Culture

Mon, 1/27-3/3 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-905-W25

Facilitator: Emanuel Abramovits

We will document the fertile interaction between minorities that transformed the entire entertainment industry. Examine how minorities significantly impacted American popular culture and explore their contributions to various musical genres.

Modern War: What Is It Good For?

Tues, 1/28-3/4 • 9-10:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-906-W25

Facilitator: Jeff Rice

Vietnam raised many questions about the role of superpowers, asymmetrical resources, and counterinsurgencies on the world stage. We will look at the wars in Vietnam, Iraq, Afghanistan, Ukraine, and Gaza, with human ways of evaluating the politics.

OSHER ONLINE – extra fees apply for all memberships

My Native Land: Stories of a Cuban Childhood

Fri, 1/24-2/28 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-907-W25

Facilitator: Oliva Espin

Using Dr. Espin's memoir of childhood, recipient of the San Diego Book Award in 2021, we will discuss pre-revolutionary Cuba in the 1940s and 50s. Cuba's fraught history and political instability are interwoven with a personal story.

The Next Generation's Legacy of the Holocaust

Thurs, 1/23-2/27 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-908-W25

Facilitator: Ruth Wade, Joy Wolfe Ensor, Rita Benn

Authors of the award-winning anthology, *The Ones Who Remember: Second Generation Voices of the Holocaust*, will reveal the variety of ways in which their parents' history of survival affected their lives as children and adults.

Whole-Person Health and Well-being

Fri, 1/31-3/7 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-909-W25

Facilitator: Lisa Howard

Osher Collaborative practitioners and researchers will discuss the science behind integrative healthcare remedies, explain its impact, including acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, meditation, activity, and nutrition.

Reclaiming Native Ground: Native America Since 1900

Wed, 1/22-2/26 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-910-W25

Facilitator: Matt Jennings

Explore Native American history in the late 19th and 20th centuries, from boarding school systems and the effects of imperialism to the Native Nations rebuilding and reclaiming the United States as Native ground.

Science Everyone Needs to Know

Thurs, 1/30-3/6 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-911-W25

Facilitator: Kjir Hendrickson

Evolution. Vaccines. Global Warming. How do we make sense of what we hear on the news when so much information comes from unvetted sources? Examine how scientists know what they know, and why there is such a disconnect between scientific understanding and the public's perception.

The Secret Lives of Familiar Birds

Wed, 1/29-3/5 • 9-10:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-912-W25

Facilitator: Elizabeth Burnette

We share the earth with birds who live among us, yet they remain mysterious. We will examine the fascinating characteristics, habits, and lives of birds including how they keep warm; how they fly; why, and how they sing; and more.

OSHER ONLINE – extra fees apply for all memberships

Storytelling and Self

Thurs, 1/23-2/27 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-913-W25

Facilitator: Jen Baker

We will explore the stories we tell ourselves and others. Our internal stories define us, and our attitudes and emotions toward ourselves. We will be interactive and discussion-based.

A Tourists Tour of the Wider Universe

Tues, 1/28-3/4 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-914-W25

Facilitator: Andrew Fraknoi

Never before have we had images of the cosmos so rich in color and detail. In this profusely illustrated course, go on a guided tour of the universe as astronomers understand it today through the Hubble and James Webb Space Telescopes.

Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803-Present

Tues, 1/14-2/18 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-915-W25

Facilitator: Anthony Antonucci

The intellectual, social, and political ideas generated by Transcendentalist thinkers, writers, and activists transformed Americans' understandings of nature, God, and the rights and responsibilities of the individual to themselves and to society in ways that continue to reverberate across US politics and culture in our own times.

Wisdom

Thurs, 1/23-2/27 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-916-W25

Facilitator: David Smith

Wisdom is the ability to apply knowledge in the real world in a constructive way. Explore the biological, philosophical, social scientific, and experiential aspects of wisdom and analyze what ancient and contemporary sources have to say about it.

The World of Musical Satire

Wed, 1/29-3/5 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-917-W25

Facilitator: David Misch

Explore the art of musical satire in a variety of genres, cultures, and eras, especially America since 1950. Because satire is often dependent on social and historical events, this course is as much cultural history as music appreciation. And while words are preeminent in musical satire, we will also discuss the music and its interactions with lyrics. But please—no students who are prone to boils.

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.*

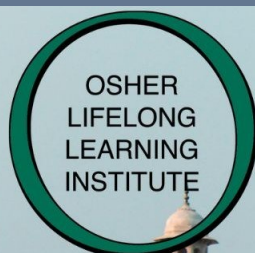
For a complete list of all our SIGs—including online options, go to www.yc.edu/SIG

Save the Date!

OLLI International Cultural Dinner Featuring India

March 12*, 4-7 pm

at the Sedona Center
NEW DATE!



OSHER
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PRESCOTT | SEDONA | VERDE VALLEY





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Sedona/Verde Valley Winter 2025 2024 *Jan 27-Mar 14*

Registration Begins Dec 18



We are visiting the Canadian Maritimes -
Nova Scotia, New Brunswick, and Prince
Edward Island over 9 days Oct 2025.

We have a few spots left, more info:
www.yc.edu/ollitravel



OLLI
AT YAVAPAI COLLEGE

**Prescott
Winter 2025
Jan 27-March 7**



Stay Curious, Stay Engaged—Join OLLI!
www.yc.edu/olli Registration opens Dec 18

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Fellow and soon to be OLLI-ITES,
The air is cold and the daylight hours are few. Hope you received an OLLI membership over the Holidays. If not, you can still sign up for a membership on your own. We know the January chill makes it pretty tempting to just stay inside and hibernate like one of those big brown bears. Well, you have not read the great OLLI catalog offerings we have for this winter session!

We have a wide variety of topics, offered on many days of the week, many offered with ZOOM, and self-paced engagement. We are also offering a winter special – Osher Online classes, offered through our collaboration with Northwestern University School of Professional Studies, will only be \$50 per class for all membership levels. There is a terrific variety of zoom offerings beyond those in our already rich Yavapai College OLLI schedule!

We have also added international travel to our mix – as of this printing there are a few spots left for our October 2025 trip to the Canadian Maritimes. Go to www.yc.edu/ollitravel for more info.

Meet old friends and make new friends, enjoy the many opportunities to stay in shape mind, body and soul. Follow the instructions in the catalog to become a member, select an offering, and ask a buddy to join. Treat yourself!

Andy Newton (GC)
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. **Osher Online** classes are \$50 each, no matter your membership level.

Basic Membership for \$65,
multi-week classes are \$35, 1-day classes are \$15 from Prescott and Sedona/VV OLLI offerings.

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 from Prescott and Sedona/VV OLLI offerings.

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

Yavapai College Foundation

OLLI needs your support for scholarships for our members, special projects, and preparing for our future growth, to give: www.yc.edu/olli

Important Dates

Winter: Jan 27-March 14

Spring: April 4-May 16

OLLI Staff

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

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Local and Online Classes	5-14
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Throughout the schedule you will see (GC) – designating a **Governing Council Member**. These volunteers steer the direction of OLLI – if you have questions, or interest in serving – please approach them!

Monday	Time	Building Room	Class	Facilitator(s)
1/27	9:00-10:30	Zoom	#42 The American Revolution in our National Parks	D Kroese
1/27,28,30	10:00-12:00	Prescott 31 -102	#2 Fabric Collage for Valentines/Spring (M,T,Th)	J Rigenbach
1/27-3/3	11:00-12:00	Zoom	#40 New Ideas	B Brown*
1/27-2/10	11:00-12:15	Prescott 31 -101	#43 Treasure Hunt on Oak Island	T McColloch
1/27-3/3	11:00-12:15	Prescott 4 -118	#41 The Greatest Armies of the Ancient World	C Evans
1/27-3/3	11:00-12:15	Prescott 30 -126	#90 10 Minute Originals	M Schaffer*(GC), L Kolba
1/27-3/3	11:00-12:30	Osher Zoom	NRC Huck Finn's America \$	J Walker
1/27-3/3	12:30-1:45	Prescott 31 -101	#75 Six Important Scientific Advances	J Veney*(GC)
1/27-2/17	12:30-2:00	Prescott 30 -126	#8 Music To Our Ears	D Cady
3/3	12:30-2:30	Prescott 3 -119	#37 Awesome Sauces from Around the World	L Canepa
1/27-3/3	1:00-2:00	Prescott 30 -109	#91 Conversational Russian	N Almagambetova
1/27-3/3	2:00-3:30	Zoom	#65 Intro to the Seven Hermetic Principles	D Freeman*
1/27-3/3	2:30-3:45	Prescott 31 -101	#62 Chair Yoga And More (Monday)	C Young
1/27-3/10	2:30-4:30	Zoom	#38 Current Economic Issues (Zoom)	C Blum
1/27-3/3	3:00-4:30	Osher Zoom	Stories of Jazz, Blues, Rock, and Popular Culture \$	E Abramovits
1/27-3/3	5:00-6:30	Osher Zoom	Color & Symbolism in Art History \$	E Schrader
Tuesday				
1/21-1/23	9:00-4:00	Prescott 31 -102	#1 Bridge-in-2 Days	DDimmel, BPhillips, DWhite
1/28-3/4	9:00-10:30	Osher Zoom	Modern War: What Is It Good For? \$	J Rice
1/28-3/4	10:00-1:00	Prescott 30 -126	#67 A Different Prime of Life: Spirituality in Aging	N Van der Voort
1/21	11:00-12:15	Prescott 31 -101	#D Member Welcome (In Person)	M Engagement Team
1/14-2/18	11:00-12:30	Osher Zoom	The Transcendentalists and Their Worlds \$	A Antonucci
1/28-3/4	11:00-1:00	Zoom	#94 Telling Your Stories	B Gunn* (GC)
2/11-2/25	12:00-1:30	Prescott 3 -203	#33 Eating for your Blood Type	K Tybor
1/28-3/4	12:15-1:45	Prescott 31 -101	#28 Recipes and Remembrances	K Lochte
1/21-2/25	1:00-2:30	Osher Zoom	Buddhist Philosophy, Meditation, and Ritual \$	E Goddard
2/18	1:30-3:30	Prescott 31 -102	#34 So Sweet, So Deadly (Sugar!)	R Branstrator
1/28-2/11	1:30-3:30	Prescott 31 -102	#27 Going with Your Gut	H Huffman
1/28-2/4	1:30-3:30	Zoom	#13 Photo Organization: Simple and Done	C Soong-Tang
1/21	2:00-3:15	Zoom	#C Member Welcome (Zoom)	B Thurber
1/28-3/4	2:00-4:00	Prescott 4 -102	#45 Great Pharaohs of Ancient Egypt	J Jones*
1/28-3/4	2:00-4:00	Prescott 31 -101	#46 Foreign Affairs: Deeper Dive	J Lowe*
1/28-2/4	2:00-4:30	Prescott 3 -205	#66 Talking With Strangers	D Cady
1/28-3/4	2:45-4:15	Zoom	#85 Crystals And Chakras Part 2	D Archer
1/28-3/4	3:00-4:30	Osher Zoom	A Tourists Tour of the Wider Universe \$	A Fraknoi
1/14-2/18	5:00-6:30	Osher Zoom	A History of the Post Office in the US \$	C Nappo
Wednesday				
1/29-3/5	9:00-10:30	Osher Zoom	The Secret Lives of Familiar Birds \$	E Burnette
1/29-2/19	10:00-12:00	Prescott 31 -101	#29 Dedicated to Decluttering	J Watson
2/12	10:00-1:00	Prescott 30 -126	#72 Beyond The Veil: Let's Talk Metaphysics	M Karayan, R Karayan
2/19	10:00-1:00	Prescott 30 -126	#74 The Karma of Forgiveness	M Karayan
2/12	10:00-12:00	Prescott 3 -119	#54 Miracle on the Hudson	D Baier(GC)
2/26	10:00-12:00	Prescott 31 -101	#64 Worms, Worms, Worms: Vermicomposting	L Neville(GC)

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

OLLI at Yavapai College Prescott Winter 2025**Classes by Day, Time and Date**

Wed Cont	Time	Building Room	Class	Facilitator(s)
1/29-2/19	10:45-12:15	Zoom	#14 Excel at Excel and Spreadsheets (Zoom)	S Sherman
1/29-3/5	11:00-12:00	Zoom	#57 Armchair Adventures	B Brown*
2/19-3/12	11:00-12:15	Prescott 4 -118	#55 Exploring UN Involvement in Gaza and Ukraine	J Thurber (GC)
1/29-2/5	11:00-12:30	Prescott 4 -118	#16 Gaia and Avenza Hiking Apps Compared	M Troester(GC), C Maple
1/29-2/5	11:00-12:30	Prescott 30 -126	#70 Transitioning An End of Life Journey	M Towne
2/26	12:00-1:30	Zoom	#21 Touring the Web: Post Election 2024 Edition	J Burke*
1/29-2/12	12:30-1:45	Prescott 31 -102	#30 Brain-Behavior Relationships	V Conner
1/29-3/5	12:30-2:00	Prescott 3 -271	#98 The Novellas	J Hart
1/29-2/12	2:00-3:15	Prescott 3 -205	#47 Immigration Part 1	SAshlock,DThrockmorton
1/29-2/26	2:00-4:00	Prescott 3 -203	#96 Memoir Writing	J Ashlock*
1/29-3/5	2:00-4:00	Prescott 3 -119	#78 The Evidence for Modern Physics Pt 2	D Hoffman*, J Kangal*
1/29-2/26	2:00-4:30	Prescott 31 -101	#4 Beginning Mah Jongg	B Hickman,G Zembel
1/29-3/5	2:00-4:30	Prescott 30 -126	#3 Omaha Hi/Lo 8 or Better Poker	K Paris
1/22-2/26	3:00-4:30	Osher Zoom	Native America Since 1900 \$	M Jennings
1/29-3/5	5:00-6:30	Osher Zoom	The World of Musical Satire \$	D Misch
Thursday				
2/6-3/6	9:30-10:45	Zoom	#59 Travel Destinations	B Maxwell*, D Dillon*
1/23-2/27	11:00-12:30	Osher Zoom	Wisdom \$	D Smith
1/30	12:30-1:45	Verde M 137 or Zoom	#F/#G M&L: Regenerative Agriculture	S Srikanth, R Morales
2/6	12:30-1:45	Verde M 138 or Zoom	#H/#I M&L: A Bit of Tinsel Town in Red Rock Countr	S Srikanth, P Schweiss
2/13	12:30-1:45	Verde M 139 or Zoom	#J/#K M&L: Manned Spaceflights II	S Srikanth, R Rokoszc
2/20	12:30-1:45	Prescott 3 119 or Zoom	#L/#M M&L: That Gut Feeling	H Huffman, K Boryca
2/27	12:30-1:45	Prescott 3 119 or Zoom	#N/#O M&L: Harvey Leake	R Arena*
3/6	12:30-1:45	Prescott 3 119 or Zoom	#P/#Q M&L: Will Williams	R Arena*
1/30-3/6	1:00-2:30	Osher Zoom	Science Everyone Needs to Know \$	K Hendrickson
2/6	1:45-4:45	Zoom	#52 Does Xi Jinping Have a Future? (Zoom)	C Blum
1/30-3/6	2:00-3:00	Zoom	#9 Meryl Streep: The Art of Performance & Humanity	B Mains
2/20	2:00-3:30	Zoom	#20 Working With Windows	J Burke*
1/30-2/20	2:00-4:00	Prescott 30 -126	#5 Swoop!	L Neville(GC)
1/30-3/6	2:00-4:00	Prescott 4 -102	#17 Strategies for Wildlife and Bird Photography	J Chinn
2/6-2/13	2:00-4:00	Prescott 3 -203	#83 The Science of Fingerprints	A Kells
1/30-3/6	2:30-3:45	Prescott 31 -101	#63 Chair Yoga And More (Thursday)	C Young
2/13	2:30-4:00	Zoom	#19 Internet Privacy	M Schulman, J Burke*
1/23-2/27	3:00-4:30	Osher Zoom	The Next Generation's Legacy of the Holocaust \$	RWade, JEnsor, RBenn
1/23-2/27	5:00-6:30	Osher Zoom	Storytelling and Self \$	J Baker
Friday				
1/31-3/7	9:00-11:00	Prescott 31 -102	#7 Let's Play Bridge	DDimmel,BPhillips,Dwhite
1/31-3/7	10:00-11:30	Prescott 3 -203	#48 A Republic If You Can Keep It: Const. Convos.	LDekker,BMontoya,BSwain
1/31-3/7	10:00-12:00	Prescott 31 -101	#49 Viewpoints	J Wilson, A Lopez
1/31-3/7	10:00-12:00	Prescott 4 -102	#81 Global Warming and Electric Energy	T McColloch
1/17	10:00-11:15	Prescott 31 -101	#B Thinking about Facilitating	C Maxwell*
1/31-3/7	11:00-1:00	Prescott 30 -126	#6 Pegs and Jokers, a Card/Board game	R Ayars, R Ayars
1/24-2/28	11:00-12:30	Osher Zoom	Stories of a Cuban Childhood \$	O Espin
1/31-3/7	12:15-1:45	Prescott 4 -102	#80 Artificial Satellites and Their Sensors	A Newton(GC)
1/31-2/21	12:30-1:45	Prescott 31 -102	#18 Apple iOS (iPad & iPhone) Security	F Croft
1/31-3/7	1:00-2:30	Osher Zoom	Whole-Person Health and Well-being \$	L Howard
1/31-3/7	1:00-3:00	Prescott 31 -101	#97 Death in the Desert: Mysteries of Tony Hillerman	S Bennett*
1/31-2/14	2:00-3:30	Prescott 30 -126	#50 Why Cults?	R Branstrator
1/31-3/7	2:00-5:00	Prescott 4 -102	#10 Foreign Films	L Danaher, A Lopez

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Registration: www.yc.edu/OLLI

#B Thinking about Facilitating

Fri, 1/17 • 10-11:15 • Free

1 Meeting • Prescott Bldg 31-101 • OP-402-W25

Facilitator: Chris Maxwell*

This workshop is for new facilitators ready to start exploring the world of facilitating for OLLI and experienced facilitators who might want to try something new. We will discuss panning both in person and online classes highlighting the support and tools available.

Member Welcome

Tues, 1/21 • Free

#C Zoom • 2-3:15 • OZ-403-W25

#D In Person • 11-12:15 Prescott 31-101 • OP-404-W25

Facilitator: Membership Engagement

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

Munch & Learn: Regenerative Agriculture

Thurs, 1/30 • 12:30-1:45 • Free

#F In Person • Verde Campus Bldg M-137 • OV-406-W25

#G • Zoom • OZ-407-W25

Facilitators: Shri Srikanth, Rodolfo Martinez Morales

Dr. Morales has worked agriculture development, his combined education on crop and soil science, and ecology has broadened research and extension to areas like plant and soil ecology, regenerative agriculture and sustainable landscapes. He is the Extension Director in Santa Cruz County and is developing a strategy to integrate regenerative agriculture with ecological restoration to enhance small-scale farming.

Munch & Learn: A Bit of Tinsel Town in Red Rock

Thurs, 2/6 • 12:30-1:45 • Free

#H In Person • Verde Campus Bldg M-137 • OV-408-W25

#I • Zoom • OZ-409-W25

Facilitators: Shri Srikanth, Patrick Schweiss

Patrick Schweiss, executive director of Sedona International Film Festival, with his quick wit and charming demeanor will fill you with glee as you get a peek behind the curtain hear about the films, and the special events that will take place at the festival. You'll learn about the festival's free workshops and ways you can meet-and-greet industry professionals and the celebrity guests. You will get all the latest news as the festival brings A Bit of Tinseltown to Red Rock Country!

Munch & Learn: Manned Spaceflights II

Thurs, 2/13 • 12:30-1:45 • Free

#J In Person • Verde Campus Bldg M-137 • OV-410-W25

#K • Zoom • OZ-411-W25

Facilitators: Shri Srikanth, Rick Rokosc

Back by popular demand, Rick picks up where he left off from his previous presentation with a deep dive into several back stories not cover in his first presentation. This session will address several humorous mission events, NASA and UFOs, and will conclude with an interactive launch count down, with Q & A at the end.

Munch & Learn: That Gut Feeling

Thurs, 2/20 • 12:30-1:45 • Free

#L In Person • Prescott Bldg 3-119 • OP-412-W25

#M • Zoom • OZ-413-W25

Facilitators: Holly Huffman, Kelly Boryca

Sometimes called the 'second brain,' your gut and its microbial inhabitants constantly communicate with your brain. Your body is teaming with millions of microorganisms, known as your microbiome, residing primarily in your gut. The balance and health of your microbial partners will affect your gut feelings physically and mentally. We'll discuss the impact these microorganisms have on your health.

Munch & Learn: Harvey Leake

Thurs, 2/27 • 12:30-1:45 • Free

#N In Person • Prescott Bldg 3-119 • OP-414-W25

#O • Zoom • OZ-415-W25

Facilitator: Rudy Arena*

In the summer of 1913, former President Theodore Roosevelt embarked on a strenuous Arizona horseback and camping expedition with his two youngest sons, Archie and Quentin. They crossed the Grand Canyon, hunted cougars on the North Rim, then headed to Navajo country. At the remote outpost of Kayenta, they met Harvey Leake's great-grandparents John and Louisa Wetherill, and proceeded, on a long-guided excursion to the magnificent Rainbow Natural Bridge.

Munch & Learn: Will Williams

Thurs, 3/6 • 12:30-1:45 • Free

#P In Person • Prescott Bldg 3-119 • OP-416-W25

#Q • Zoom • OZ-417-W25

Facilitator: Rudy Arena*

Will Williams, a local Prescott Courier columnist and story-teller developed a ten-year hobby in retirement of producing video biographies, writing a newspaper column for the first time in his life, volunteering and speaking before groups. He has some interesting stories to tell.

Registration: www.yc.edu/OLLI

ARTS & CRAFTS

#1 Bridge-in-2 Days (Tues&Thurs)

Tues&Thurs, 1/21-1/23 • 9-4 • \$35

2 Meetings • Prescott Bldg 31-102 • OP-101-W25

Facilitators: Don Dimmel, Bill Phillips, Darcy White

Have you always wanted to play bridge but did not understand the game? The basics will be presented on the first day and expanded on the second day. Those who have previously taken our 6-hour class on Bridge-in-a-Day might consider taking day 2. Participants will be eligible to sign up for the Let's Play Bridge Class.

#2 Fabric Collage for Valentines/Spring

Mon/Tues/Thurs, 1/27,1/28,1/30 • 10-12 • \$35

3 Meetings • Prescott Bldg 31-102 • OP-102-W25

Facilitator: Judy Riggbach

Personalize your Valentines, Easter, and St Patricks Day greeting cards using abstract compositions with fabric on various kinds of paper. Bring scissors suitable for cloth, tweezers, cuticle-size scissors for trimming, plus enthusiasm for thinking outside the box. Glue, fabric, paper & envelopes will be supplied. EASY AND LOTS OF FUN. \$10 fee first class.

#3 Omaha Hi/Lo 8 or Better Poker

Wed, 1/29-3/5 • 2-4:30 • \$35

6 Meetings • Prescott Bldg 30-126 • OP-103-W25

Facilitator: Ken Paris

Learn to play Omaha Hi/Lo 8 or better poker. You will be introduced to poker terminology, ranking of poker hands, table action, etc. You will learn when to bet, raise and fold. We will play in live and tournament games for fun and should be comfortable playing at any Omaha poker table anywhere. Knowledge of playing poker is helpful but not mandatory. It is advantageous if you can attend all (or at least most) of the classes so we'll have a full table.

#4 Beginning Mah Jongg

Wed, 1/29-2/26 • 2-4:30 • \$35

5 Meetings • Prescott Bldg 31-101 • OP-104-W25

Facilitators: Barbara Hickman, Gail Zembel

Learn to play mah jongg, a complicated game that takes time and concentration to learn, but is loved by many around the world. We will follow the National Mah Jongg League rules. All students are encouraged to order the 2025 National Mah Jongg League card, available from their website at nationalmahjonggleague.org. An easy to use mah jongg rule guide is available to purchase for \$12, but not required. Please committ to attendance.

#5 Swoop!

Thurs, 1/30-2/20 • 2-4 • \$35

4 Meetings • Prescott Bldg 30-126 • OP-105-W25

Facilitator: Linda Neville(GC)

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

#6 Pegs and Jokers, a Card/Board game

Fri, 1/31-3/7 • 11-1 • \$35

6 Meetings • Prescott Bldg 30-126 • OP-106-W25

Facilitators: Rachel Ayars, Rick Ayars

Remember the game of "Sorry" or "Aggravation" from your childhood? This is a challenging adult version of the same. Played with 4, or 6, the goal is to get from START to HOME by moving your peg the number of spaces determined by the cards you draw Lots of strategy moves keep you in the game. The first person and his partner to get all of their pegs HOME win. Internationally played, it is especially enjoyed by couples who travel.

#7 Let's Play Bridge

Fri, 1/31-3/7 • 9-11 • \$35

6 Meetings • Prescott Bldg 31-102 • OP-107-W25

Facilitators: Don Dimmel, Bill Phillips, 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.

ARTS-VISUAL & PERFORMING

#8 Music To Our Ears

Mon, 1/27-2/17 • 12:30-2 • \$35

4 Meetings • Prescott Bldg 30-126 • OP-108-W25

Facilitator: Denise Cady

Share your favorite tunes! Whether country, classical, ethnic, jazz, R&B, a Show Tune, Rock 'n Roll or a ditty by The Muppets come prepared to tell why you love it (or even hate it!) then play the music for others' appreciation. Each class member's presentation should be 10-15 minutes in length.

Throughout the schedule you will see (GC) – designating a Governing Council Member. These volunteers steer the direction of OLLI – if you have questions, or interest in serving – please approach them!

Registration: www.yc.edu/OLLI

ARTS-VISUAL & PERFORMING cont.

#9 Meryl Streep: The Art of Performance and Humanity

Thurs, 1/30-3/6 • 2-3 • \$35

6 Meetings • Zoom • OZ-109-W25

Facilitator: Bill Mains

Join us for a six-week exploration of six iconic Meryl Streep films. Each session explores themes, performances, and the cultural impact in *Silkwood*, *Kramer vs. Kramer*, *Adaptation*, *The Manchurian Candidate*, *Doubt*, and *The Bridges of Madison County*. Bring your thoughts, questions, and insights as we analyze these classic movies and celebrate one of Hollywood's greatest actors together.

#10 Foreign Films

Fri, 1/31-3/7 • 2-5 • \$35

6 Meetings • Prescott Bldg 4-102 • OP-110-W25

Facilitators: Lee Danaher, Armando Lopez

We show recent and vintage foreign films from all over the world that have garnered international recognition. All are thought-provoking, with great acting. We show the film right through, then hear the class members' impressions.

#12 Ode to Nature: Beethoven's Symphony no.6

Email Only- • OZ-112-W25 • \$15

Facilitator: Nancy Dubow*

Welcome to our celebration of Beethoven's Symphony no. 6 in F major op. 68, "Pastoral." A lecture by Chairat Chongvattanakij explains how Beethoven enshrines his great love of nature in this programmatic symphony. We'll follow up with a wonderful performance, and, as always, we have extras designed to enhance your love and enjoyment of this amazing symphony and more.

COMPUTER & TECHNOLOGY

#13 Photo Organization: Simple and Done

Tues, 1/28-2/4 • 1:30-3:30 • \$35

2 Meetings • Zoom • OZ-113-W25

Facilitator: Celeste Soong-Tang

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

#14 Excel at Excel and Spreadsheets

Wed, 1/29-2/19 • 10:45-12:15 • \$35

4 Meetings • Zoom • OZ-114-W25

Facilitator: Sharon Sherman

Gain some skills or review the fundamentals! Find out how capable this software is. Excel is the most widely used software worldwide by individuals and businesses. Use for budgeting, lists, tracking, projects, and schedules – get organized! Understand how to download through a Microsoft 365 subscription or purchase a license. We will compare Excel to the free Google Sheets or Libre.

#16 Gaia and Avenza Hiking Apps Compared

Wed, 1/29-2/5 • 11-12:30 • \$35

2 Meetings • Prescott Bldg 4-118 • OP-116-W25

Facilitators: Mark Troester*(GC), Chris Maple

Chris and Mark will demonstrate planning, hiking and saving some of the hundreds of miles of Prescott trails. You can build your own trail library and export the trails to a friend. Both apps are free (upgradable with subscription) and include basic maps. Join us for this side by side view of two popular hiking apps.

#17 Strategies for Wildlife and Bird Photography

Thurs, 1/30-3/6 • 2-4 • \$35

6 Meetings • Prescott Bldg 4-102 • OP-117-W25

Facilitator: Jerry Chinn

Whether using a camera or smart phone... the most important tools are your eyes and mind. My first rule is there are no rules, only guiding principles to be used to achieve the author's goals. We will cover: the "digital age" of photography; clarifying photography goals; how to achieve your goals; the 3 Ps: Preparation, Patience, and Persistence and how-to guidelines. We will review student photos and have class discussion, plus a possible field trip. All levels of photographers welcome.

#18 Apple iOS (iPad & iPhone) Security

Fri, 1/31-2/21 • 12:30-1:45 • \$35

4 Meetings • Prescott Bldg 31-102 • OP-118-W25

Facilitator: Frank Croft

As our phones & tablets get more capable, so do the hackers. Are you really safe from their efforts to steal your personal data? If you have an Apple iPhone or iPad, this course will take you through the biggest threats, and how to keep your device safe from them. 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. This is an in-person class so we can individually help you with the settings.

Registration: www.yc.edu/OLLI

COMPUTER & TECHNOLOGY cont.

#19 Internet Privacy

Thurs, 2/13 • 2:30-4 • \$15

1 Meeting • Zoom • OZ-119-W25

Facilitators: Mark Schulman, JB Burke*

Do you think your Internet activities are safe from prying eyes just because you turned on your browser's Privacy Mode? Think again. Learn what's safe and what's not, and how you can cover your tracks and keep your Internet activities safe and private, especially when using public Wi-Fi hot-spots.

#20 Working With Windows

Thurs, 2/20 • 2-3:30 • \$15

1 Meeting • Zoom • OZ-120-W25

Facilitator: JB Burke*

Working With Windows is for you if you want to improve your basic computer skills, make Windows run better and faster, solve PC problems by yourself, learn to use helpful keyboard shortcuts, learn better ways to find and view files with File Explorer or how to make Windows 11 work more like Windows 10.

#21 Touring the Web: Post Election 2024 Edition

Wed, 2/26 • 12-1:30 • \$15

1 Meeting • Zoom • OZ-121-W25

Facilitator: JB Burke*

On this Tour you will learn what OneDrive really is, see some iconic photos from the 20th Century, learn how an 8-story 11,000-ton building was turned 90° while work went on inside. Plus, a bit about WWII innovations, favorite ice cream flavors around the world, how to launch a satellite without a rocket, and historic aircraft. Unsure of AI? We'll have some tips about how to get into it.

HEALTH & NUTRITION

#27 Going with Your Gut

Tues, 1/28-2/11 • 1:30-3:30 • \$35

3 Meetings • Prescott Bldg 31-102 • OP-127-W25

Facilitator: Holly Huffman

Your body is teeming with millions of microorganisms known as your microbiome, found primarily in your gut. We'll examine these microorganisms' impact on our health and from probiotic-fermented foods. Learn how fermenting organisms modulate our immune systems and well-being and the importance of probiotics. You'll get a tour of fermentation plus demonstrations on how to make some tasty fermented treats. Note: \$35 per participant materials fee, paid to facilitator at the first class meeting.

#28 Recipes and Remembrances

Tues, 1/28-3/4 • 12:15-1:45 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-128-W25

Facilitator: Karen Lochte

Each week, participants will be assigned a recipe "category" to make at home and bring to class. Categories are all new and different from Fall One's class. Participants must email the facilitator a copy of the recipe one week prior to class. During class, we will taste and discuss all recipes, any memories that go along with them, and any helpful hints and handy tips for the recipes. Participants will have copies of all recipes at the end of class. \$3.00 due to facilitator at first class.

#29 Dedicated to Decluttering

Wed, 1/29-2/19 • 10-12 • \$35

4 Meetings • Prescott Bldg 31-101 • OP-129-W25

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. This FOUR-week class will provide immediate progress. 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!

#30 Brain-Behavior Relationships

Wed, 1/29-2/12 • 12:30-1:45 • \$35

3 Meetings • Prescott Bldg 31-102 • OP-130-W25

Facilitator: Virginia Conner

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

OLLI has a wide variety of **Special Interest Groups (SIGs)** – think of them as clubs! From Guitar to writing to bridge- in person and online options! For more info: www.yc.edu/sig

Registration: www.yc.edu/OLLI

HEALTH & NUTRITION cont.

#33 Eating for your Blood Type

Tues, 2/11-2/25 • 12-1:30 • \$35

3 Meetings • Prescott Bldg 3-203 • OP-133-W25

Facilitator: Kathleen Tybor

Do you ever wonder why not everyone should eat the same thing or do the same exercise? Our dietary needs are as unique as our fingerprints. Your blood type reflects your internal chemistry. Dr. D'Adamo found a link between blood type, food, and disease. This class will explain the possible connection between these biological factors and how you can benefit from eating and your activity lifestyle for you. It would be helpful for you to know your blood type.

#34 So Sweet, So Deadly (Sugar!)

Tues, 2/18- • 1:30-3:30 • \$15

1 Meeting • Prescott Bldg 31-102 • OP-134-W25

Facilitator: Robert Branstrator

Sugar is making us ill and killing us. What health problems can be directly linked to sugar consumption? What are good sugars and what are bad sugars and how do we sort the good from the bad? Why does it seem that we are hard wired to consume sugar? How does the food industry promote our desire for sugar? How are our tax dollars being used to promote sugar consumption resulting in the poor health that requires additional dollars to treat? What can we do about it?

#37 Awesome Sauces from Around the World

Mon, 3/3 • 12:30-2:30 • \$15

1 Meeting • Prescott Bldg 3-119 • OP-137-W25

Facilitator: Larry Canepa

Sauces are the pinnacle of a chef's achievement. A great saucier must have a discriminating palate and the ability to understand how to build depth and harmony into a sauce. World influences, along with the public's appetite for new and exciting tastes, has driven sauces in many different directions. Explore the history of the World's Greatest sauces, the basics of sauce making and everyday uses. \$5 fee payable to the facilitator.

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HISTORY & CURRENT AFFAIRS

#38 Current Economic Issues (Zoom)

Mon, 1/27-3/10 • 2:30 -4:30 • \$35

6 Meetings • Zoom • OZ-138-W25

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. Please note that this class will skip the week of Feb 24 when Sedona International Film Festival will be at the Sedona Center.

#40 New Ideas

Mon, 1/27-3/3 • 11-12 • \$35

6 Meetings • Zoom • OZ-140-W25

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.

#41 The Greatest Armies of the Ancient World

Mon, 1/27-3/3 • 11-12:15 • \$35

6 Meetings • Prescott Bldg 4-118 • OP-141-W25

Facilitator: Colin Evans

"History is written by the conquerors." In this class we'll be examining the rise and fall of the Roman, Carthaginian, Macedonian, Maya, Mongol and Ottoman empires. Why did these societies flourish and while others were crushed? In this class, we will cover the social, militaristic, and economic causes that would lead to the eventual collapse of all these mighty empires. Other topics include vital battles, weapons and strategies that changed the history of the ancient world.

#42 The American Revolution in our National Parks

Mon, 1/27- • 9-10:30 • \$15

1 Meeting • Zoom • OZ-142-W25

Facilitator: David Kroese

Over forty of our 430+ National Park Service sites have a direct connection to the American Revolution. We explore the sites that tell the revolutionary story, colonial events that preceded it, moments that changed its course, and battles that decided the outcome.

Registration: www.yc.edu/OLLI

HISTORY & CURRENT AFFAIRS cont

#43 Treasure Hunt on Oak Island

Mon, 1/27-2/10 • 11-12:15 • \$35

3 Meetings • Prescott Bldg 31-101 • OP-143-W25

Facilitator: Thomas McColloch

Searchers have been digging for treasure on Oak Island in Nova Scotia for over 200 years. The latest searchers are the subject of a popular television show on the History Channel. There is much speculation concerning who may have buried the treasure, why it is so difficult to recover, and what the treasure actually is. Come learn about the history of the treasure hunt on Oak Island and discuss the many ideas concerning the treasure that may be buried there.

#45 Great Pharaohs of Ancient Egypt

Tues, 1/28-3/4 • 2-4 • \$35

6 Meetings • Prescott Bldg 4-102 • OP-145-W25

Facilitator: Jerry Jones*

This course is for anyone interested in ancient Egyptian civilization. We will trace the rise of Egypt from a scattering of villages along the Nile to the greatest power the world has ever seen, through the lives of the pharaohs. Egypt ruled the Near East because of its great kings and queens. As the world's first nation, Egypt's power was concentrated in the hands of the Pharaoh. Because of this political structure, the nation could do great things - if it had the right ruler! Note: 2/11 class will start at 2:15. **Great Courses DVD based**

#46 Foreign Affairs: Deeper Dive

Tues, 1/28-3/4 • 2-4 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-146-W25

Facilitator: John Lowe*

This learning group adopts a new and slightly different approach for interactive discussions about foreign affairs. We take a closer look into a few Regions and Major Issues, such as Latin America & Monroe Doctrine, New World Order & Global Alliances, China & BRI, Africa & Dark Continent, Europe & EU Disarray, & others. The facilitator, and guests, will use brief presentations to generate comments and discussions. We exchange ideas through open talks. Bring your viewpoint and share opinions. Join the conversation!

#47 Immigration Part 1

Wed, 1/29-2/12 • 2-3:15 • \$35

3 Meetings • Prescott Bldg 3-205 • OP-147-W25

Facilitators: Steve Ashlock, Debbie Throckmorton

This class is a multipart series on Immigration. Part I is a look back in time at our Immigration history, early Supreme Court decisions and how these decisions may have affected the culture of the time. This class will provide a basis for Part II & III. These classes may provide guest speakers.

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

Fri, 1/31-3/7 • 10-11:30 • \$35

6 Meetings • Prescott Bldg 3-203 • OP-148-W25

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.

#49 Viewpoints

Fri, 1/31-3/7 • 10-12 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-149-W25

Facilitators: Jack Wilson, Armando Lopez

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.

#50 Why Cults?

Fri, 1/31-2/14 • 2-3:30 • \$35

3 Meetings • Prescott Bldg 30-126 • OP-150-W25

Facilitator: Robert Branstrator

The hyper nationalism in pre WW2 Germany inspired Eric Hoffer's timeless book. "The True Believer" was published in 1951 and focused on the psychological profiles of individuals prone to join mass movements and also the skills and profiles of those capable of leading such movements. Knowledge of Hoffer's book will be helpful in joining the discussions encouraged during the sessions.

Registration: www.yc.edu/OLLI

#52 Does Xi Jinping Have a Future? (Zoom)

Thurs, 2/6 • 1:45-4:45 • \$15

1 Meeting • Zoom • OZ-152-W25

Facilitator: Charles Blum

Having amassed unprecedented political power, China's President for Life Xi Jinping is facing unprecedented challenges to his personal authority and even to his version of Communism. How is his health? What's wrong with the Chinese economy? Has he lost control of economic policy? What are the chances for a new period of opening to the world? What's wrong with his relations with the People's Liberation Army? We'll try to sort out facts from wishful thinking and rumor-mongering.

#54 Miracle on the Hudson-The Crash of Cactus 1549

Wed, 2/12 • 10-12 • \$15

1 Meeting • Prescott Bldg 3-119 • OP-154-W25

Facilitators: Don Baier(GC)

In 2009, a US Airways Airbus suffered total engine failure and ditched in the Hudson River. "Sully" became known world-wide overnight. How did Flight Crew, Air Traffic Control and First Responders deal with the events? Using US Airways checklists and procedures, as well as historical records, Don Baier, a veteran Commercial Airline Pilot (and Captain at US Airways during that time), takes us through harrowing audio, video, and action to the triumph that happened on that cold January morning.

#55 Exploring UN Involvement in Gaza and Ukraine

Wed, 2/19-3/12 • 11-12:15 • \$35

4 Meetings • Prescott Bldg 4-118 • OP-155-W25

Facilitator: Jerry Thurber(GC)

This course will discuss the multiple UN Agencies supporting Gaza and the Ukraine. Where does the UN succeed, where do they fail, and how do politics, organizational structure, and the bloated bureaucracy of the UN impact their mission effectiveness?

#56 Great Courses Potpourri

6 Meetings • Email Only- • OZ-156-W25 • \$35

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.

LOCAL INTEREST & TRAVEL

#57 Armchair Adventures

Wed, 1/29-3/5 • 11-12 • \$35

6 Meetings • Zoom • OZ-157-W25

Facilitator: Barbara Brown*

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

#59 Travel Destinations

Thurs, 2/6-3/6 • 9:30-10:45 • \$35

5 Meetings • Zoom • OZ-159-W25

Facilitators: Bill Maxwell*, Deb Dillon*

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

NATURE & THE OUTDOORS, ACTIVE MIND & BODY

#62 Chair Yoga And More (Monday)

Mon, 1/27-3/3 • 2:30-3:45 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-162-W25

Facilitator: Candice Young

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

#63 Chair Yoga And More (Thursday)

Thurs, 1/30-3/6 • 2:30-3:45 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-163-W25

Facilitator: Candice Young

See #62

Registration: www.yc.edu/OLLI

#64 Worms, Worms, Worms: Vermicomposting at Home

Wed, 2/26 • 10-12 • \$15

1 Meeting • Prescott Bldg 31-101 • OP-164-W25

Facilitator: Linda Neville(GC)

Learn how to reduce food waste and create nutrient-rich compost for your garden. You will be guided through the fundamentals of setting up and maintaining a vermicomposting system, ideal for small spaces and eco-friendly waste disposal. We will talk about: how to choose the right worms for composting; what to feed your worms and what to avoid; and harvesting worm castings for your plants.

PHILOSOPHY & RELIGION & UNEXPLAINED

#65 Introduction to the Seven Hermetic Principles

Mon, 1/27-3/3 • 2-3:30 • \$35

6 Meetings • Zoom • OZ-165-W25

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: Book available on Amazon or as a free PDF at: <http://www.kybalion.org/TheKybalion.pdf>

#66 Talking With Strangers

Tues, 1/28-2/4 • 2-4:30 • \$35

2 Meetings • Prescott Bldg 3-205 • OP-166-W25

Facilitator: Denise Cady

Gather with a group of interesting OLLI members to learn and experience how even brief conversations with strangers can lift your mood, engage your curiosity and create a sense of community. After a brief instruction period, Session One will consist almost entirely of exercising your conversational skills. Session Two will involve sharing our experiences with the homework assigned at the end of Session One.

#67 A Different Prime of Life: Spirituality in Aging

Tues, 1/28-3/4 • 10-1 • \$35

6 Meetings • Prescott Bldg 30-126 • OP-167-W25

Facilitator: Nancy Van der Voort

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.

#70 Transitioning An End of Life Journey

Wed, 1/29-2/5 • 11-12:30 • \$35

2 Meetings • Prescott Bldg 30-126 • OP-170-W25

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."

#72 Beyond The Veil: Let's Talk Metaphysics

Wed, 2/12 • 10-1 • \$15

1 Meeting • Prescott Bldg 30-126 • OP-172-W25

Facilitators: Mathias Karayan, Rita Karayan

Metaphysics addresses the experience of brushing up against the veil; the borderland between your experience as a body of sensation & perception and your experience of "yourself" apart from a body. We have all had experiences apart from a body but have dismissed them as fanciful dreams or just strange. Topics may include Dreams, Near Death Experiences and the relationship between Reincarnation, Karma and Past Life Recollection.

#74 The Karma of Forgiveness

Wed, 2/19 • 10-1 • \$15

1 Meeting • Prescott Bldg 30-126 • OP-174-W25

Facilitator: Mathias Karayan

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

Registration: www.yc.edu/OLLI

SCIENCE & MATH

#75 Six Important Scientific Advances

Mon, 1/27-3/3 • 12:30-1:45 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-175-W25

Facilitator: Jim Veney*(GC)

Examine the history and development of six major scientific advances of the last century including general relativity, quantum mechanics, the expanding universe, the development of antibiotics, the understanding of plate tectonics, and the understanding of the structure of DNA.

#78 The Evidence for Modern Physics Pt 2

Wed, 1/29-3/5 • 2-4 • \$35

6 Meetings • Prescott Bldg 3-119 • OP-178-W25

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 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 far distant galaxies and the billions of stars in each.

Great Courses DVD based

#80 Artificial Satellites and Their Sensors

Fri, 1/31-3/7 • 12:15-1:45 • \$35

6 Meetings • Prescott Bldg 4-102 • OP-180-W25

Facilitator: Andrew Newton(GC)

You cannot hide! Learn about the many different artificial satellites and their sensors orbiting the Earth. We will review the properties of low earth, highly elliptical, transfer and geostationary orbits. We will review each type of satellite and their sensors. Each satellite/sensor is designed to work with a given orbit and suited for different tasks including communications, weather, multi-spectral sensing (environment, imagery, launches etc).

#81 Global Warming & Electric Energy Production

Fri, 1/31-3/7 • 10-12 • \$35

6 Meetings • Prescott Bldg 4-102 • OP-181-W25

Facilitator: Thomas McColloch

This class will review electric power generation to learn how power plants are contributing to the increase in CO2 in our atmosphere. We will review the basic technology of coal, natural gas, and nuclear power plants. We will then consider renewable energy plants powered by wind, solar, hydro and geothermal, concluding with the outlook for electric production in the United States.

#83 The Science of Fingerprints

Thurs, 2/6-2/13 • 2-4 • \$35

2 Meetings • Prescott Bldg 3-203 • OP-183-W25

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. Lecture, Q&A and hands-on.

SELF-ENRICHMENT & LIFESTYLE

#85 Crystals And Chakras Part 2

Tues, 1/28-3/4 • 2:45-4:15 • \$35

6 Meetings • Zoom • OZ-185-W25

Facilitator: Darielle Archer

You'll embark on an in-depth journey through the world of crystals, chakras, and energy grids to create alignment, health, and prosperity in your life. Each week will focus on key principles and practical techniques to amplify energy, boost vitality, and attract abundance. Classes will include guided exercises, personal reflections, and hands-on practice with crystal grids and chakra balancing.

WRITING, LITERATURE, & LANGUAGES

#90 10 Minute Originals

Mon, 1/27-3/3 • 11-12:15 • \$35

6 Meetings • Prescott Bldg 30-126 • OP-190-W25

Facilitators: Mary Ann Schaffer*(GC), Lisa Kolba

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.

#91 Conversational Russian

Mon, 1/27-3/3 • 1-2 • \$35

6 Meetings • Prescott Bldg 30-109 • OP-191-W25

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.

Registration: www.yc.edu/OLLI

#94 Telling Your Stories

Tues, 1/28-3/4 • 11-1 • \$35

6 Meetings • Zoom • OZ-194-W25

Facilitator: Becky Gunn*(GC)

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

#96 Memoir Writing

Wed, 1/29-2/26 • 2-4 • \$35

5 Meetings • Prescott Bldg 3-203 • OP-196-W25

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!

#97 Death in the Desert: Mysteries of Tony Hillerman

Fri, 1/31-3/7 • 1-3 • \$35

6 Meetings • Prescott Bldg 31-101 • OP-197-W25

Facilitator: Sandra Bennett*

Hillerman's engrossing mysteries take place in the Navajo Nation and its surrounding territory. His deep love for the landscape is evident in the books, as well as his respect and admiration for its people. Students will read two novels, *The Blessing Way* and *The Shape Shifter*, and view three films based on novels, *Skinwalkers*, *A Thief of Time*, and *Coyote Waits*. Hillerman's books are widely available in paperback, as ebooks, and in libraries.

#98 The Novellas

Wed, 1/29-3/5 • 12:30-2 • \$35

6 Meetings • Prescott Bldg 3-271 • OP-198-W25

Facilitator: Jimmy Hart

A novella is a narrative work of fiction that falls between a short story and a novel in length, typically less than 200 pages long, and focused on a single central plotline with a limited cast of characters, a fast-paced narrative, and a concentrated exploration of a key theme. In 6 weeks, we will read and discuss 6 novellas. A list of books will be provided in advance, and you will have time to read the first book before our first meeting. Participants will need to purchase or check out the books for this class.

OSHER ONLINE – extra fees apply for all memberships

Buddhist Philosophy, Meditation, and Ritual

Tues, 1/21-2/25 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-901-W25

Facilitator: Eileen Goddard

Introduction to the key philosophical concepts (meditation practices, and rituals) that have defined Buddhist traditions in India and beyond. We will analyze central Buddhist teachings, and discuss Buddhist iconography, ritual objects, and art.

Color and Symbolism in Art History

Mon, 1/27-3/3 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-902-W25

Facilitator: Eleanor Schrader

Artists use color to create an array of symbolism, emotions, and sociopolitical meanings, and utilize their knowledge of color to portray mood, light, depth, and point of view. Discuss the histories of color, and their meanings in various contexts.

First Class: A History of the Post Office in the US

Tues, 1/14-2/18 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-903-W25

Facilitator: Caroline Nappo

We will explore what precipitated the creation of the Post Office, its role in fostering and hindering democratic communication, and numerous examples of innovation over time. We will consider the future of the post office..

Huck Finn's America

Mon, 1/27-3/3 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-904-W25

Facilitator: Jeffrey Walker

Mark Twain's *Adventures of Huckleberry Finn* is often misunderstood as an adventure book or a dialogue on race. Instead, this classic addresses youth violence, schools, and civil rights. The novel needs to be read and discussed anew.

Stories of Jazz, Blues, Rock, and Popular Culture

Mon, 1/27-3/3 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-905-W25

Facilitator: Emanuel Abramovits

We will document the fertile interaction between minorities that transformed the entire entertainment industry. Examine how minorities significantly impacted American popular culture and explore their contributions to various musical genres.

Modern War: What Is It Good For?

Tues, 1/28-3/4 • 9-10:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-906-W25

Facilitator: Jeff Rice

Vietnam raised many questions about the role of superpowers, asymmetrical resources, and counterinsurgencies on the world stage. We will look at the wars in Vietnam, Iraq, Afghanistan, Ukraine, and Gaza, with human ways of evaluating the politics.

OSHER ONLINE – extra fees apply for all memberships

My Native Land: Stories of a Cuban Childhood

Fri, 1/24-2/28 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-907-W25

Facilitator: Oliva Espin

Using Dr. Espin's memoir of childhood, recipient of the San Diego Book Award in 2021, we will discuss pre-revolutionary Cuba in the 1940s and 50s. Cuba's fraught history and political instability are interwoven with a personal story.

The Next Generation's Legacy of the Holocaust

Thurs, 1/23-2/27 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-908-W25

Facilitator: Ruth Wade, Joy Wolfe Ensor, Rita Benn

Authors of the award-winning anthology, *The Ones Who Remember: Second Generation Voices of the Holocaust*, will reveal the variety of ways in which their parents' history of survival affected their lives as children and adults.

Whole-Person Health and Well-being

Fri, 1/31-3/7 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-909-W25

Facilitator: Lisa Howard

Osher Collaborative practitioners and researchers will discuss the science behind integrative healthcare remedies, explain its impact, including acupuncture and East Asian Medicine, Ayurvedic medicine, yoga, meditation, activity, and nutrition.

Reclaiming Native Ground: Native America Since 1900

Wed, 1/22-2/26 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-910-W25

Facilitator: Matt Jennings

Explore Native American history in the late 19th and 20th centuries, from boarding school systems and the effects of imperialism to the Native Nations rebuilding and reclaiming the United States as Native ground.

Science Everyone Needs to Know

Thurs, 1/30-3/6 • 1-2:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-911-W25

Facilitator: Kjir Hendrickson

Evolution. Vaccines. Global Warming. How do we make sense of what we hear on the news when so much information comes from unvetted sources? Examine how scientists know what they know, and why there is such a disconnect between scientific understanding and the public's perception.

The Secret Lives of Familiar Birds

Wed, 1/29-3/5 • 9-10:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-912-W25

Facilitator: Elizabeth Burnette

We share the earth with birds who live among us, yet they remain mysterious. We will examine the fascinating characteristics, habits, and lives of birds including how they keep warm; how they fly; why, and how they sing; and more.

OSHER ONLINE – extra fees apply for all memberships

Storytelling and Self

Thurs, 1/23-2/27 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-913-W25

Facilitator: Jen Baker

We will explore the stories we tell ourselves and others. Our internal stories define us, and our attitudes and emotions toward ourselves. We will be interactive and discussion-based.

A Tourists Tour of the Wider Universe

Tues, 1/28-3/4 • 3-4:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-914-W25

Facilitator: Andrew Fraknoi

Never before have we had images of the cosmos so rich in color and detail. In this profusely illustrated course, go on a guided tour of the universe as astronomers understand it today through the Hubble and James Webb Space Telescopes.

Transparent Eyeballs: The Transcendentalists and Their Worlds, 1803-Present

Tues, 1/14-2/18 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-915-W25

Facilitator: Anthony Antonucci

The intellectual, social, and political ideas generated by Transcendentalist thinkers, writers, and activists transformed Americans' understandings of nature, God, and the rights and responsibilities of the individual to themselves and to society in ways that continue to reverberate across US politics and culture in our own times.

Wisdom

Thurs, 1/23-2/27 • 11-12:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-916-W25

Facilitator: David Smith

Wisdom is the ability to apply knowledge in the real world in a constructive way. Explore the biological, philosophical, social scientific, and experiential aspects of wisdom and analyze what ancient and contemporary sources have to say about it.

The World of Musical Satire

Wed, 1/29-3/5 • 5-6:30 • \$50 Winter Special

6 Meetings • Zoom • OZ-917-W25

Facilitator: David Misch

Explore the art of musical satire in a variety of genres, cultures, and eras, especially America since 1950. Because satire is often dependent on social and historical events, this course is as much cultural history as music appreciation. And while words are preeminent in musical satire, we will also discuss the music and its interactions with lyrics. But please—no students who are prone to boils.



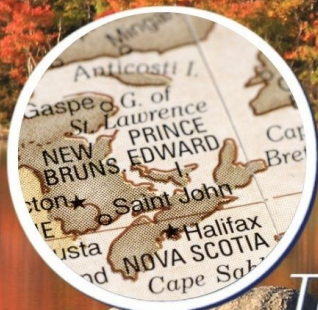
1100 E. Sheldon St. pmb 6912

Prescott, AZ 86301-3297



Prescott Winter 2025 Schedule *Jan 27—Mar 7*

Registration Begins Dec 18



OLLI

Travel With OLLI

We are visiting the Canadian Maritimes - Nova Scotia, New Brunswick, and Prince Edward Island over 9 days Oct 2025.

We have a few spots left, more info:

www.yc.edu/ollitravel