

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI
AT YAVAPAI COLLEGE

SEDONA VERDE VALLEY WINTER 2026



Classes for Curious Adults!

Jan 26 -
Mar 13

Registration opens Dec 17

www.yc.edu/olli
928-649-4275

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Why do we take classes at OLLI?

Why do we belong to SIGs?

In part it has to do with our curiosity – about history, about culture, about literature, about geography, about a whole plethora of subjects. Some of us have heard more than once that our education system often stifles our innate curiosity...that young adults when they leave college are incurious. I don't agree. Some if not all of us who belong to OLLI are as curious about almost everything as we were when we were children. We may have learned to be more polite about our questions than we were when we were young...do you remember when you asked your parents ad infinitum "WHY?" But, at least for me, I think I ask more questions as a senior citizen so as to understand more about my world. When I learn more, do I change my opinion? Sometimes, yes, because I become more knowledgeable.

OLLI offers us an opportunity to continue to learn, to be curious, to become more skilled in music or card playing or crafting. Just take another look at this catalog for our Winter session. It is full of gifts of knowledge. Also know that it isn't just in the classes that we grow our understanding – we learn so very much through our classmates who become our friends. Their life experiences expand our horizons as well.

Becky Gunn (GC) Governing Council, Chair

Mark Troester (GC) Governing Council, Vice Chair



In person registration is available in Sedona (M-Th) & Prescott (M-F)

Sedona Center 4215 Arts Village Dr, Sedona
Verde Valley Campus, 601 W Black Hills Dr, Clarkdale
Prescott Campus 1100 E Sheldon St, Prescott
Prescott Valley Center 3800 N Glassford Hill Rd, PV

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

Membership Fee Options

All Membership levels cover 5 consecutive terms (one year), include access to classes offered online and all our locations, and unlimited Munch and Learns. **Osher Online** classes are \$60 each, no matter your membership level (Winter Session.)

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.

Premium Unlimited Membership for \$350, includes *unlimited* classes.

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. Extra fees apply for field trips and class supplies.

Important Dates

Winter: Jan 26-Mar 13

Spring: Apr 6-May 15

Summer: June 8-July 3

OLLI Staff

Tricia Berlowe – Director

Danielle Gervasio – Admin Assistant

Solaris Walsh – Admin Assistant

Linda Chalcraft – Admin Assistant

Colin Evans – Admin Assistant

Cheri Baumgarten – Admin Assistant

Francis Beegle – Admin Assistant

Connie Varga—Admin Assistant

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Health, History, Current Affairs	7-8
Nature, Philosophy, Science, Writing	9-11
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OLLI at Yavapai College Winter 2026 – Sedona • Verde Valley • Online
Registration www.yc.edu/OLLISVRegister 928-649-4572

Monday	Time	Location	Class	Facilitator
1/26-3/2	9-10:30	Online	Brain & Behavior in the Era of Digital Technology \$	E. Labkovsky
1/26-3/2	10-11:30	Online	21) Get Smarter About Your iPhone/iPad	S Sherman
2/2-	10:30-12	Sedona Center 28	100) Mental Health First Aid	M Haas
1/26-2/16	10:30-12	Sedona Center 40	12) Spanish Impressionism - Joaquin Sorolla	A Smith
1/26-3/9	10:30-12	Sedona Center 29	86) Ignite your Starlight: Experiential Journey Within	J Yancer
1/26-3/2	10:30 -12	Online	77) New Ideas	B Brown
1/26-3/2	11-12:30	Online	History of Sicily \$	D. Kenning
1/26-3/2	1-2:30	Online	Landscape & Adventure Photography: An Introduction \$	J. Duncan
1/26-3/2	1-2:30	Online	The History of American Television \$	J. McKairnes
1/26-3/2	2-3:30	Online	72) The Inner Journey, A Course in Meditation- 1 of 2	D Freeman
1/26-2/16	2-3:30	Online	104) Writing Your Inner Sky - Authentic AI Co-Writing	L Macdonald
1/26-3/9	2-4	Sedona Center 28	28) Current Economic Issues (In Person)	C Blum
1/26-3/2	3-4:30	Online	Post Impressionism and the Birth of Abstraction \$	L. Weingarden
1/26-3/9	3:30-5	Sedona Center 40	11) American Landscape in Art	D Gervasio
Tuesday				
1/20-2/24	9-10:30	Online	The Noir Novel: Three American Classics \$	P. Kaye
2/10	10-11:30	Online	31) Understanding Credit Scores and Mortgage Options	Wall, Grado
1/27-3/10	10:30-12	Sedona Center 29	89) Wear Your Day with Ease	D Suares, C Davis
2/10	10:30-12	Sedona Center 28	84) Fruit of our Labor	M Pierce
2/3	10:30-12	Sedona Center 28	41) Easy Ways to Improve your Health/Wellness	L James
1/20-2/24	11-12:30	Online	More than Parks: A History of American Conservation \$	F. Livingston
3/10	12:30 -2:30	Online	27) Touring the Web #14 – With a Bit of Windows Thrown In	J Burke
2/24	12:30 -2:30	Online	26) Accessibility - Help: Can't see, can't hear, can't touch	J Burke
2/3	12:30 -2:30	Online	25) Email Privacy	J Burke
1/27-2/24	1-2:30	Online	91) Quantum Medicine and The Biology of Health	G Swift
1/20-2/24	1-2:30	Online	Dealing in Futures: The Shape of Science Fiction \$	G. Wolfe
2/10	1-3	Sedona Center 28	75) The Weirdness of Time	J Koepke
2/3	1-3	Sedona Center 28	56) Slavery and Civil War	J Koepke
2/17	1-3:30	Sedona Center 28	18) Photography of Iceland and The Faroe Islands	B Houser
1/27	1-3:30	Sedona Center 28	42) Ready, Set Store: Food Storage Tricks and Techniques	S Sherman
2/3	1:30-3:30	Sedona Center 29	76) Experience The Mentalist and the Medium	F Osborn, D Osborn
1/27-3/3	2-3:15	Online	34) Your Awesome Body	H Huffman
1/27-3/3	3-4:30	Online	Einstein without Tears \$	A. Fraknoi
1/20-2/24	5-6:30	Online	Japanese History through the Lens of Shōgun \$	M. McClory
Wednesday				
1/14-2/18	9-10:30	Online	Milestones in Medicine \$	G. Josephson
2/4-2/25	9:30 -10:45	Online	57) Brief History of Ireland	D Dillon
1/28-3/11	10-11:30	Sedona Center 34	78) Science News and Views	BHaizmann, J Black
1/28-3/4	10:30 -12	Online	92) Armchair Adventures	B Brown
1/14-2/18	11-12:30	Online	The Virtues \$	D. Smith
2/11	1-2:30	Sedona Center 15	G) Explore Facilitating at OLLI - Share Your Passions	T Berlowe, S Sky
1/14-2/18	1-2:30	Online	Heroes of the Holocaust: Lights in the Darkness \$	H. Kerner
2/4	1-3	Sedona Center 29	33) Retirement Accounts and Estate Planning: Ensuring a Secure Future for Your Clients	J Linford
2/18	1-3	Sedona Center 28	59) Women Adventurers of the Grand Canyon	J Julien

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1/28-2/4	1-3:30	Sedona Center 39	69) Remarkably Bright Octopuses	CKellogg,SGalbreth
2/18	2:45-4:45	Sedona Center 39	97) Empathy Circle	R Garmon
1/14-2/18	3-4:30	Online	The Magic Behind Film Scores \$	M. Agron
1/21-2/25	5-6:30	Online	Using Google Workspace Tools with Confidence \$	C. King
Thursday	Time	Location	Class	Facilitator
1/22-2/26	9-10:30	Online	John James Audubon and the Birds of America \$	E. Simon
1/29-2/26	9:30-10:45	Online	62) Travel Destinations	B Maxwell, D Dillon
1/29-3/5	10-12	Online	22) macOS Tahoe 26 for Seniors	J Carter
1/29-3/12	10:30-12	Verde Bldg I 138	51) Bible Prophecy, Israel and the End Times	D Larson
1/29-3/12	10:45-12:15	Sedona Center 15	106) Writing Your Memoirs	A Crosman
1/22	11-12:15	Online	E) Member Welcome (Zoom)	M Engagement
1/29-3/5	11-12:30	Online	Judaism, Christianity, & Islam: Comparative Exploration \$	J. Fackenthal
1/29	11-1	Online	101) Manifest Momentum: How To Keep Your New Year Energy Thriving All Year Long	D Archer
2/26	12:30 -1:45	Online ONLY	P) M&L: The Power of Local News (ZOOM ONLY)	R Arena
2/5	12:30 -1:45	Online/Sedona	J/K) M&L: Sedona International Film Festival 2026	S Srikanth
2/12	12:30-1:45	Online/Sedona	L/M) M&L: Creating Community with Sedona Parks & Rec Department	S Srikanth
1/29	12:30-1:45	Online/Verde	H/I) M&L: Alien Earths - What Hubble, Webb Reveal	S Srikanth
2/19	12:30-2	Sedona Center 29	40) Brain Boost	A Crosman
1/22-2/26	1-2:30	Online	Pharmaceuticals and Poisons: Chemistry at the Edge \$	J. Hendrickson
2/5	1-3:30	Verde Bldg G 102	30) Medicare 101 (Verde Campus)	D Fanter
1/26-3/2	2-3:15	Online	10) Charles Robert Redford Jr: Golden Boy with a Complex Soul	B Manis
1/29-3/12	2-3:30	Online	50) American Democracy Forum (Zoom)	CBlum,AHerschkowitz, JKoepke
1/29-3/12	2-3:30	Sedona Center 28	52) American Democracy Forum (In Person)	CBlum,AHerschkowitz, JKoepke
2/12	2-4:30	Sedona Center 40	32) Medicare 101 - Everything you need to know (Sedona)	D Fanter
1/29-3/12	2:15-3:45	Sedona Center 29	15) Music Masterpieces	A Crosman
1/29-2/12	2:30-4:30	Verde Bldg I 138	81) Discovering the Laws of Color	L Sturgis
1/15-2/19	3-4:30	Online	Invisible Intelligence: The Unseen Algorithms \$	E. Bethke
1/29	4-5:30	Online	F) LWV: The Water Below: A Community Dialogue	League Women Voters
Friday	Time	Location	Class	Facilitator
1/16-2/20	9-10:30	Online	How the US Immigration System (Usually) Works \$	M. Waslin
1/30	10-11:30	Online	61) History of America's National Park System	D Kroese
1/30-3/6	10:30-12	Online	96) This and That	B Brown
1/30-3/6	11-12:30	Online	102) Design Your Life With Feng Shui Harmony: The Energy Blueprint	D Archer
1/30-3/6	1-2:30	Online	Osher Integrative Health: Navigating Chronic Illness \$	V. Minichiello
1/30-3/13	1-3	Online	29) Current Economic Issues (Zoom)	C Blum
1/17-2/21	11-12:30	Online SAT	The American Revolution Beyond the British Empire \$	R. Bell
Email Only				
		Email Only	19) Yunchan Lim: Piano Star	N Dubow
		Email Only	60) Great Courses Potpourri	P Berlowe
Field Trips				
1/24	1-2:30	Offsite-	109) Hugs & Fun With a Once Wild Burro	T Renaud

E) Member Welcome (Zoom)

Thurs, Jan 22 • 11-12:15 • Free

1 Meeting • Online- • OPZ-404-W26

Facilitator: Membership Engagement Committee

Did you know that OLLI is more than a classroom? Whether brand new or a continuing member, join us to hear about all OLLI offers, how to get involved, and meet people.

F) LWV: The Water Below: A Community Dialogue

Thurs, Jan 29 • 4-5:30 • Free

1 Meeting • Online- • OSZ-405-W26

Facilitator: League of Women Voters

Curious about current groundwater in communities across the Verde Valley? Join the focused conversation featuring Chris Kuzdas, Environmental Defense Fund, and Nikki Check, Yavapai County Supervisor—District 3 to examine the critical issue of groundwater management.

G) Explore Facilitating at OLLI - Share Your Passions

Wed, Feb 11 • 01:00-02:30 • Free

1 Meeting • Sedona Center-15 • OS-406-W26 **Facilitators:**

Tricia Berlowe, Solaris Sky

Do you have a lot of wisdom, knowledge, life experiences to share? Come explore facilitating at OLLI. No teaching experience needed, just passion for learning and sharing. We will show you all the tools OLLI has to offer.

M&L: Alien Earths: What Hubble & Webb Reveal

Thurs, Jan 29 • 12:30-1:45 • Free

H) Verde Campus - Bldg.M-137 • OV-408-W26

I) Online • OVZ-407-W26

Facilitator: Shri Srikanth

“Are we alone in the universe”? is a question that humans have pondered for a long time. We will review these discoveries, how scientists hope to identify if there are signs of life on any other Alien Earths and where we are in answering the question are we alone.

M&L: Sedona International Film Festival 2026

Thurs, Feb 5 • 12:30-1:45 • Free

J) Sedona Center-34 • OS-410-W26

K) Online • OSZ-409-W26

Facilitator: Shri Srikanth

Patrick Schweiss, executive director of Sedona International Film Festival (SIFF) will discuss the SIFF 2026 highlights and key events. The talk will include clips from interesting films and reviews of major stars who will perform at the festival. Come and see what exciting things are planned for this year's event.

M&L: Creating Community with Sedona Parks & Rec Department

Thurs, Feb 12 • 12:30-1:45 • Free

L) Sedona Center-34 • OS-412-W26

M) Online • OSZ-411-W26

Facilitator: Shri Srikanth

Jason Vargo, Sedona Special Events Coordinator, will lead an engaging discussion about public events fostering meaningful connection among the community. Discover how vision, adaptability, and public input shape event programming.

M&L: Education Through the Generations

Thurs, Mar 5 • 12:30-1:45 • Free

N) Prescott Bldg 3-119 • OP-414-W26

O) Online • OPZ-413-W2

Facilitator: Rudy Arena

Education, over the years, has played a pivotal role in the development and influence of the Prescott area. The changes and stories of education from 1860 to present will be told by Kelly Cordes, a fourth-generation member of the Cordes Family in Prescott..

P) M&L: The Power of Local News (ZOOM ONLY)

Thurs, Feb 26 • 12:30-1:45 • Free

1 Meeting • Online ONLY • OPZ-415-W26

Facilitator: Rudy Arena

Each week in the US two local newspapers close. Without the probing, publishing and prodding of local reporters, small problems are unseen until they become large and costly. Join CEO/Publisher Megan Smith in exploring the power of local news.

R) M&L: Echoes of Revolution: How America's War Changed the World

Thurs, Feb 19 • 12:30-1:45 • Free

R) Prescott Bldg 3-119 • OP-416-W26

S) Online • OPZ-417-W26

Facilitators: Rudy Arena, Richard Bell

We picture our revolt as breaking away from the king of England when it is only half the story. Historian and author Richard Bell invites us to rediscover the Revolution as a world war that unleashed chaos, opportunity, and transformation across five continents. From the sugar fields of the Caribbean to the court of the king of Mysore, to political uprisings in Peru and Sierra Leone—he traces the far-flung reverberations of our war through the lives of people it displaced empowered or destroyed.

ARTS-VISUAL & PERFORMING

10) Charles Robert Redford Jr: Golden Boy with a Complex Soul

Thurs, Jan 26-Mar 2 • 2-3:15 • \$35

6 Meetings • Online • OPZ-110-W26

Facilitator: Bill Mains

Beyond the charisma, who was the man? This Zoom class explores Robert Redford's unique persona: the matinee idol who embodied depth and complexity. We'll contrast the surface charm (Hubbell in *The Way We Were*, Butch Cassidy, *The Sting*) with the underlying intensity and moral ambiguity (Woodward in *All the President's Men*, *The Natural*, *Out of Africa*). Join us to decode Hollywood's most enigmatic star. Limit: 20

11) American Landscape in Art

Mon, Jan 26-Mar 9 • 3:30 -5 • \$35

6 Meetings • Sedona Center-40 • OS-111-W26

Facilitator: Danielle Gervasio

Across more than two centuries, the American Landscape has been imagined and interpreted as a national symbol, a paradise, a moral stage, and a collective site for memory. This course explores how artistic images of the American Landscape have reflected shifting ideas of nationhood, nature, the impact of industry, and our understandings of place and belonging. Explore beauty, myth, and meaning in this visually rich course, which invites close looking, visual discovery, and open discussion. Limit: 25

12) Spanish Impressionism - Joaquin Sorolla

Mon, Jan 26-Feb 16 • 10:30 -12 • \$35

4 Meetings • Sedona Center-40 • OS-112-W26

Facilitator: Art Smith

The painting style of impressionism developed in France in the late 19th century. A somewhat similar style was developed in Spain at the hands of the Valencian painter Joaquin Sorolla. Previously little known outside of Spain, Sorolla is becoming a major figure in European art due in part to a series of expositions in 2023 marking the 100th anniversary of his death. We will discuss the life and art of Sorolla, visit the Sorolla museum in Madrid, and attend the 2023 exposition in Madrid which included a spectacular animated virtual reality display of his major works. Limit: 40

15) Music Masterpieces

Thurs, Jan 29-Mar 12 • 02:15 -03:45 • \$35

6 Meetings • Sedona Center-29 • OS-115-W26

Facilitator: Anne Crosman

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

18) Photography of Iceland and The Faroe Islands

Tues, Feb 17 • 1-3:30 • \$15

1 Meeting • Sedona Center-28 • OS-118-W26

Facilitator: Bruce Houser

Class participants will take a photographic visual journey through Iceland and the Faroe Islands. Formed 55 million years ago, the Faroe Islands in the Northern Atlantic, were cut by ice age glaciers, leaving a series of Islands and fjords joined by underwater tunnels. Iceland, much younger at 18 million years old, host a plethora of waterfalls, glaciers and an erupting volcano. This lecture will combine photography and music with some technical photography tips. A Q and A session to follow. Limit: 25

19) Yunchan Lim: Piano Star

1 Meeting • Email Only • \$15 • OPZ-119-W26

Facilitator: Nancy Dubow

Winner of the prestigious Van Cliburn Piano Competition in 2022 at age 18, Yunchan Lim's tremendous and shining gift deeply moves audiences worldwide. We'll listen to a variety of performances, both during the competition and elsewhere. Limit: 30



COMPUTER & TECHNOLOGY

21) Get Smarter About Your iPhone/iPad

Mon, Jan 26-Mar 2 • 10 -11:30 • \$35 **NOTE: Number of meetings may change**

6 Meetings • Online • OSZ-121-W26

Facilitator: Sharon Sherman

Most of us cannot seem to live without our iPhone or Android smart devices but find ourselves not taking advantage of their capabilities. We will explore the revolutionary technology, connectivity and components involved in our devices. Explore essential settings, apps, features, and operation that enable them. Learn about voice control. Manage and maintain your devices; study important privacy and security settings; reflect on the future. Come learn more about these life sustaining tools. Limit: 40

22) macOS Tahoe 26 for Seniors

Thurs, Jan 29-Mar 5 • 10-12 • \$35

6 Meetings • Online • OPZ-122-W26

Facilitator: John Carter

Apple's latest macOS brings fresh features, smarter apps, and simpler ways to get things done. In this easy-going class for Mac users, we'll explore what's new, what's changed, and how to make your Mac work better for you. Learn how to use updated apps, handy utilities, and keyboard shortcuts; manage your files and displays more easily; and get the most from tools like Finder and Spotlight. Perfect for anyone who wants to stay current and confident using their Mac. Limit: 50

25) Email Privacy

Tues, Feb 3-Feb 3 • 12:30 -2:30 • \$15

1 Meeting • Online- • OPZ-125-W26

Facilitators: JB Burke, Mark Schulman

Mark discusses how email is not as private as we might want and offers methods to use email to exchange information securely. He also covers encryption, disposable email addresses, and secure email services. Limit: 40

26) Accessibility - Help: Can't see, can't hear, can't touch

Tues, Feb 24-Feb 24 • 12:30-2:30 • \$15

1 Meeting • Online- • OPZ-126-W26

Facilitators: JB Burke, Judy Taylour

Accessible and assistive technology has been designed for the needs of many different users. This presentation will explore software, hardware, peripherals, accessible and assistive technology to help make the computer, phone, or tablet easier to use. Limit: 40

27) Touring the Web #14 – With a Bit of Windows

Thrown In

Tues, Mar 10-Mar 10 • 12:30-2:30 • \$15

1 Meeting • Online • OPZ-127-W26

Facilitator: JB Burke

Did you know your body can be scanned and tracked by normal wi-fi? That AI may reshape your next PC? How to quickly peek at files without opening them? Or how to easily convert time zones? You'll find many new and interesting websites here, plus useful web search tips and cloud storage hints. When shouldn't you share your Social Security number plus an easy way to prevent home fires. Surprise: Windows doesn't need a 3rd party anti-virus. And comic books were once judged as a national threat. Limit: 40

FINANCE, ECONOMICS, & LAW

28) Current Economic Issues (In Person)

Mon, Jan 26-Mar 9 • 2-4 • \$35

6 Meetings • Sedona Center-28 • OS-128-W26

Facilitator: Charles Blum

By presenting relevant concepts and data, this on-going course aims to equip each participant to be an educated consumer of news on a wide range of economic topics. Discussions will be fact-driven and nontechnical; no formal economics training is required. Note: No class February 23. Limit: 26

29) Current Economic Issues (Zoom)

Fri, Jan 30-Mar 13 • 1-3 • \$35

6 Meetings • Online- • OSZ-129-W26

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. Limit: 12

30) Medicare 101 - Everything you need to know (Verde Valley Campus)

Thurs, Feb 5 • 01 -03:30 • \$15

1 Meeting • Verde Campus - Bldg.G-102 • OV-130-W26

Facilitator: Denny Fanter

Discussion of what Medicare Parts A and B cover, how prescription drug plans work, and how Medicare supplemental plans and Advantage plans (Part C) help to cover remaining health care costs. Paper copies of documents shown are provided. Limit: 20

31) Understanding Credit Scores and Mortgage Options

Tues, Feb 10 • 10-11:30 • \$15

1 Meeting • Online- • OSZ-131-W26

Facilitators: Pam Wall, Ariana Grado, Sharon Sherman

This course will provide a comprehensive overview of mortgage financing, covering key loan types, lending guidelines, property requirements, underwriting criteria, and what a lender looks for. We will discuss the preparation of what is needed to do for those that are not in a position to qualify today. Fico scores/credit reports will be discussed, explaining how credit scores are calculated, how to make them increase, what can cause them to decrease and how to build your credit. Limit: 40

32) Medicare 101 - Everything you need to know (Sedona)

Thurs, Feb 12 • 2-4:30 • \$15

1 Meeting • Sedona Center-40 • OS-132-W26

Facilitator: Denny Fanter

Discussion of what Medicare Parts A and B cover, how prescription drug plans work, and how Medicare supplemental plans and Advantage plans (Part C) help to cover remaining health care costs. Paper copies of documents shown are provided. Limit: 20

33) Retirement Accounts and Estate Planning: Ensuring a Secure Future for Your Clients

Wed, Feb 4 • 1-3 • \$15

1 Meeting • Sedona Center-29 • OS-133-W26

Facilitator: Jon Linford

Retirement accounts are often among the largest assets in an estate. This class will equip you with insights on integrating 401(k)s, IRAs, and Roth IRAs into your estate plan. Learn how the SECURE Acts impact retirement accounts, explore beneficiary designations, tax implications, RMDs, and strategies to help you save while protecting your legacy. Limit: 30



OLLI Special Interest Groups (SIGs)

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

More information:
www.yc.edu/sig

HEALTH & NUTRITION

34) Your Awesome Body

Tues, Jan 27-Mar 3 • 2-3:15 • \$35

6 Meetings • Online- • OPZ-134-W26

Facilitator: Holly Huffman

Our bodies are designed to maintain health and function. Every cell contains an innate intelligence to maintain balance even when faced with episodic stressors by possessing the resilience and vital reserves to combat challenges. If stress becomes chronic and unresolved it will cause imbalances, loss of function, and ultimately disease. We will look at how our bodies are designed to maintain wellness, the effect of imbalances, and how to restore and maintain vitality as nature intended. Limit: 25

40) Brain Boost

Thurs, Feb 19 • 12:30-2 • \$15

1 Meeting • Sedona Center-29 • OS-140-W26

Facilitator: Anne Crosman

Thinking a little foggy? Forget where you put your cell phone? Join our class to learn brain-power boosts. We'll solve puzzles, do memory exercises, and practice physical stretches. We'll talk about good brain-nutrition, and take quick walks outdoors to clear the brain and re-oxygenate our bodies. Share your favorite techniques for remembering, and learn from others. Limit: 10

41) Easy Ways to Improve your Health/Wellness

Tues, Feb 3 • 10:30-12 • \$15

1 Meeting • Sedona Center-28 • OS-141-W26

Facilitator: Leslie James

Did you know there are some easy, free ways—even without an extra time commitment—to improve your health?? And there are some that are free but maybe a little more difficult to implement. AND there are some that are easy but have a cash investment.

Interested?????? Health benefits are amazing!!! We will cover a variety of methods. Limit: 25

42) Ready, Set Store: Food Storage Tricks and Techniques

Tues, Jan 27 • 1-3:30 • \$15

1 Meeting • Sedona Center-28 • OS-142-W26

Facilitator: Sharon Sherman

Help your fruits, vegetables, meats, dry goods, and other food items stay fresher longer and taste better. Food is an oversized budget item, so proper preservation means better-tasting, longer-lasting food, saving both dollars and trips to the store. Getting involved in how you store and care for food involves you in your meals and your overall health. Learn some science and get ideas. Share experiences! Elevate your food experience! Limit: 30

HISTORY & CURRENT AFFAIRS

50) American Democracy Forum (Zoom)

Thurs, Jan 29-Mar 12 • 2-3:30 • \$35

6 Meetings • Online- • OSZ-150-W26

Facilitators: *Charles Blum, Andy Herschkowitz, Jack Koepke*

Participants are invited to give short (10–20 min) presentations on a key issue shaping American democracy—covering such aspects as governing principles, current challenges and global comparisons. Each presentation will be followed by open discussion aimed at fostering civic awareness, critical thinking, careful listening and respectful dialogue. Together we will deepen understanding of community values and engage in meaningful conversation about America's changing role in a changing world. Limit: 12

51) Bible Prophecy, Israel and the EndTimes

Thurs, Jan 29-Mar 12 • 10:30-12 • \$35

6 Meetings • Verde Campus - Bldg.I-138 • OV-151-W26

Facilitator: *David Larson*

This class will deal with the multitude of ancient prophecies that have amazingly come to fulfillment in our day. We will address questions such as: Are we living in the End Times? Is Israel really God's timepiece? What is the prophetic clock saying to us? Was Israel's return to the land in the past century part of a prophetic picture? What is the future of Jerusalem? Why is the Temple Mount such a powder keg? Prophecies appear to be ready to be fulfilled in the near future. Buckle up.

52) American Democracy Forum (In Person)

Thurs, Jan 29-Mar 12 • 2-3:30 • \$35

6 Meetings • Sedona Center-28 • OS-152-W26

Facilitators: *C Blum, A Herschkowitz, J Koepke*

See #50 for description. Limit: 26

56) Slavery and Civil War

Tues, Feb 3 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-156-W26

Facilitator: *Jack Koepke*

Celebrating USA 250: We discuss slavery in western civilization, the American Revolution, the Declaration of Independence, Thomas Jefferson, the Southern Strategy and four Civil War generals, with emphasis on William T Sherman's military campaign, highlighting his logistical abilities and ethical integrity. In addressing slavery, we consider the Emancipation Proclamation, 13th, 14th, and 15th Amendments and the failure of law to resolve fundamental issues, given deep-seated historic convictions. Limit: 30

57) Brief History of Ireland

Wed, Feb 4-Feb 25 • 9:30-10:45 • \$35

4 Meetings • Online- • OPZ-157-W26

Facilitator: *Deb Dillon*

This course will give an overview of the entire history of Ireland with an emphasis on major events and their effect on Ireland today. This class is open to all, but would be especially recommended for those traveling to Ireland with OLLI in May. Limit: 100

59) Women Adventurers of the Grand Canyon

Wed, Feb 18 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-159-W26

Facilitator: *Judith Julien*

Discover the stories of five remarkable women who helped shape the history and spirit of the Grand Canyon. From Ada Bass, Mary Colter, Polly Mead Patraw, Bessie Hyde, and Katie Lee, these trailblazers reveal how women found creativity, courage, and purpose in one of America's greatest landscapes. Join me to explore their legacies and lasting influence. Limit: 25

60) Great Courses Potpourri

6 Meetings • Email Only • \$35 • OPZ-160-W26

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. Limit: 25

61) History of America's National Park System

Fri, Jan 30 • 10-11:30 • \$15

1 Meeting • Online • OSZ-161-W26

Facilitator: *David Kroese*

We revisit America's best idea from its first steps through creation of the National Park Service in 1916 on to the national park system as we know it today with over 430 sites representing over twenty unique designations. Connections and common themes among the parks illuminate the system's evolution. Limit: 100



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LOCAL INTEREST & TRAVEL

62) Travel Destinations

Thurs, Jan 29-Feb 26 • 09:30 -10:45 • \$35

5 Meetings • Online- • OPZ-162-W26

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 the 5 weeks exploring exotic locations. Expect to experience: nature (Africa), adventure (Mongolia), culture (Italy, France), and exotic locations (Papua New Guinea). We will try to provide information as well as fun stories about our experiences traveling the world. Maybe you will find some new destinations to add to your bucket list! Limit: 30

NATURE & THE OUTDOORS, ACTIVE MIND & BODY

69) Remarkably Bright Octopuses

Wed, Jan 28-Feb 4 • 1-3:30 • \$35

2 Meetings • Sedona Center-39 • OS-169-W26

Facilitators: Cheryl Kellogg, Sandi Galbreth

The amazing octopus—an ocean creature you may have underestimated! Join a group of octopus enthusiasts to learn more about and honor these ancient marine personalities. Discover characteristics, intelligence, problem solving skills and sexual behavior! This class will be small and also especially enjoyable for those with hearing loss and a willingness to learn and enjoy regardless of our changing skills. If you choose, be ready to share your personal experiences and feelings about octopuses! Limit: 13

PHILOSOPHY & RELIGION & UNEXPLAINED

72) The Inner Journey, A Course in Meditation

Mon, Jan 26-Mar 2 • 02 -03:30 • \$35

6 Meetings • Online- • OPZ-172-W26

Facilitator: DeeDee Freeman

Based on the teachings of the great sages of ancient India, this course provides practical, methodical guidance for developing a solid meditation practice. The videos follow a user-friendly guidebook "Meditation, A Journey of Exploration" that should be purchased before class start. This begins with basic principles and proceeds, step by step, to more advanced topics and techniques. Swami Tadatmananda is a traditionally-trained teacher of Advaita Vedanta, meditation, and Sanskrit. For more information, please visit ArshaBodha.org. Limit: 16



75) The Weirdness of Time

Tues, Feb 10 • 1-3 • \$15

1 Meeting • Sedona Center-28 • OS-175-W26

Facilitator: Jack Koepke

What Is Time? Stranger than we can imagine! Is time an illusion—or a mental construct? Absolute or relative, linear or circular? In this talk, we'll explore the great puzzles of time: free will versus determinism, the arrow of time, circadian rhythms, the persistence of memory, and the science-fiction dream of time travel. We'll then trace the scientific understanding of time from Copernicus, Galileo and Newton to Einstein's vision of spacetime as the fourth dimension of the Universe. Limit: 25

76) Experience The Mentalist and the Medium

Tues, Feb 3 • 1:30-3:30 • \$15

1 Meeting • Sedona Center-29 • OS-176-W26

Facilitators: Fred Osborn, Debbie Osborn

Experience a captivating demonstration of mentalism and mediumship with Dred (Fred Osborn) and Amber (Debbie Osborn). With your participation and interaction (and permission), Dred will take a ride through your mind, extracting random information from your thoughts! By holding an object of yours, Amber will demonstrate how energy retains information about you. She will give psychic or mediumistic messages for some attendees, time permitting. Limit: 50

SCIENCE & MATH

77) New Ideas

Mon, Jan 26-Mar 2 • 10:30 -12 • \$35

6 Meetings • Online- • OPZ-177-W26

Facilitator: Barbara Brown

Embark on a weekly adventure into the world of bold ideas and fascinating discoveries! Each session dives into a fresh topic—from cutting-edge science and breakthrough technology to the wonders of space, the arts, and global culture. Come curious—leave inspired!

78) Science News and Views

Wed, Jan 28-Mar 11 • 10-11:30 • \$35

6 Meetings • Sedona Center-34 • OS-178-W26

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 25 for SIFF. Limit: 50

81) Discovering the Laws of Color

Thurs, Jan 29-Feb 12 • 2:30-4:30 • \$35

3 Meetings • Verde Campus - Bldg.I-138 • OV-181-W26

Facilitator: Linden Sturgis

We live between the worlds of light and darkness. We also live in a world filled with color. In this hands-on course we will see demonstrations and perform experiments that will enable us to discover the laws of color. Using Goethe's phenomenological approach, we will come to new understandings of the blue sky, colorful sunsets, after images, the rainbow, pigments and the aesthetic experience of color. Come join me in this journey of discovery. Limit: 25

84) Fruit of our Labor

Tues, Feb 10 • 10:30-12 • \$15

1 Meeting • Sedona Center-28 • OS-184-W26

Facilitator: Michael Pierce

Arizona's wine industry has grown from experimental plantings in the 1970s to a vibrant statewide network of vineyards and tasting rooms. This presentation explores the history, science, and culture of Arizona wine with a focus on the unique geography of the Verde Valley. Michael Pierce, winemaker and owner of Bodega Pierce, will share his family's story alongside the broader narrative of Arizona viticulture. In-class presentation and does not require any materials, fees, or physical activity. Limit: 30

SELF-ENRICHMENT & LIFESTYLE

86) Ignite your Starlight - An Experiential Journey Within

Mon, Jan 26-Mar 9 • 10:30 -12 • \$35

6 Meetings • Sedona Center-29 • OS-186-W26

Facilitator: Jeanne Yancer

Ignite your STARlight: An Experiential Journey Within- Participants of all backgrounds will relax and delight in a luminous journey of wonder, play and inner discovery. Blending science, nature, symbolism, and using our creative imaginal intelligence, we explore and expand the brilliance of our innermost STARlight. Comfortable clothing is suggested. A \$10 materials fee per participant will be collected during the first week for keepsake creations. Limit: 9



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89) Wear Your Day with Ease

Tues, Jan 27-Mar 10 • 10:30-12 • \$35

6 Meetings • Sedona Center-29 • OS-189-W26

Facilitators: Dyann Suares, Candice Davis

Explore how programmed thoughts can shift—and how small changes in awareness can lead to a more fulfilling life. In this interactive 6-week series, you'll receive supportive feedback and engage in hands-on, playful practices that help you respond to life with clarity rather than react from habit. Each class session builds on the last, offering insight, ease, and lighthearted discovery. Bring your curiosity and sense of humor—we're learning to wear the day with ease, effortlessly. Limit: 15

91) Quantum Medicine and The Biology of Health

Tues, Jan 27-Feb 24 • 01 -02:30 • \$35

5 Meetings • Online- • OSZ-191-W26

Facilitator: Gayle Swift

Explore how science, spirituality and creativity support health, vitality, and resilience for your whole being. In this 5 class series, you will experience core practices to shift your biological response from stress reactivity to creativity. Quantum Medicine is showing us we can self-regulate our neurological-sensory system to create an Optimal Healing Environment that directly impacts our gene expression for greater energy, joy, belonging, immunity, clarity and creative expression. Limit: 20

92) Armchair Adventures

Wed, Jan 28-Mar 4 • 10:30-12 • \$35

6 Meetings • Online- • OPZ-192-W26

Facilitator: Barbara Brown

Join us to travel the world without passports, expense, long lines at airports, cathedrals and museums. We will explore cultures, history and do lots of sightseeing. Limit: 45

96) This and That

Fri, Jan 30-Mar 6 • 10:30-12 • \$35

6 Meetings • Online- • OPZ-196-W26

Facilitator: Barbara Brown

Interlude class This and That goes mainstream! It's a weekly adventure of subjects from art to zoology and everything in between. Come curious--leave inspired! Limit: 40

97) Empathy Circle

Wed, Feb 18 • 2:45-4:45 • \$15

1 Meeting • Sedona Center-39 • OS-197-W26

Facilitator: Rachel Garmon

An Empathy Circle helps us to make room for each other, to listen to each other, not with a need to agree or disagree, but with an open heart and desire to try to understand another's perspective and recognize the humanity in every voice. The speaker arrives at a sense of their life as more expansive, freer than when they began talking. The reflective listener fosters connection and supports clarity, and shared understanding. Empathy Circles create a quality of relating rarely experienced.

Limit: 16

100) Mental Health First Aid

Mon, Feb 2 • 10:30-12 • \$15

1 Meeting • Sedona Center-28 • OS-200-W26

Facilitator: Marj Haas

How can I help? This class will inform us of safe ways to intervene in everyday situations that might otherwise escalate. We will learn to identify the warning signs of depression, anxiety, suicide, or memory loss. We will discuss and practice safe and appropriate responses to mental health emergencies. Limit: 12

101) Manifest Momentum: How To Keep Your New Year Energy Thriving All Year Long

Thurs, Jan 29 • 11-01 • \$15

1 Meeting • Online- • OSZ-201-W26

Facilitator: Darielle Archer

Affirmations not working. We start the new year brimming with enthusiasm. Yet weeks later, "Why aren't my affirmations working?" Learn the Missing pieces that most people don't know. Create lasting change, manifest with confidence. Be aligned with your goals month after month. Create lasting momentum. Discover why Energy drains away from your intentions. Turn words into energy and energy into results! Limit: 20



102) Design Your Life With Feng Shui Harmony:

The Energy Blueprint

Fri, Jan 30-Mar 6 • 11-12:30 • \$35

6 Meetings • Online- • OSZ-202-W26

Facilitator: Darielle Archer

Design Your Life With Feng Shui Harmony: The Energy Blueprint. You will learn the ancient art and science of Feng Shui, blending time-honored traditions with a modern, accessible approach. Learn simple ways to clear clutter, balance energy, and attract success. Harness the power of color, elements, and planetary influences. Explore the Bagua Life Map — nine key areas for harmony and flow. By course end, you won't just understand Feng Shui — you'll live it. Limit: 20

WRITING, LITERATURE, & LANGUAGES

104) Writing Your Inner Sky - Authentic AI Co-Writing

Mon, Jan 26-Feb 16 • 2-3:30 • \$35

4 Meetings • Online- • OSZ-204-W26

Facilitator: Lorna Macdonald

Writing Your Inner Sky: A Co-Writing Class with AI Learn to use AI Copilot as a trusted co-author—co-writing with clarity, rhythm, and authenticity. This hands-on class invites you to explore healing through writing, somatic psychology, and poetry. You'll be guided to write from presence while AI helps shape, reflect, and refine your voice. No tech experience needed. Emergent, confidential, and deeply personalized—this is resonance writing. Limit: 20

106) Writing Your Memoirs

Thurs, Jan 29-Mar 12 • 10:45 -12:15 • \$35

6 Meetings • Sedona Center-15 • OS-206-W26

Facilitator: Anne Crosman

Organize your thoughts, photos, artwork, letters, diaries, and emails. We will write in class and at home - yes, homework. Bring paper, pen, and/or laptop. Your first chapter will be on your grandparents, second chapter on your parents, then chapters about your life divided into 15-year segments. Writing topics will be suggested, and your work edited. You may read your work aloud to the class, if you like. Note: This class skips the week of Feb 26 the Sedona International Film Festival. Limit: 10

Osher Online Classes in Partnership with Northwestern University Winter 2026 Registration:

All Classes meet for 6 weeks online *Extra fees apply for ALL membership levels*

Registration Deadline 1/4

Osher Integrative Health: Navigating Chronic Illness

Fri, 1/30-3/6 • 1-2:30 • \$50 • Online • OZO-914-W26

Facilitator: Minichiello Vinny

Explore how integrative health approaches can address the challenges of living with chronic conditions and help individuals make informed choices within today's increasingly complex healthcare environment. Topics will focus on whole-person care, patient empowerment, and practical strategies.

How the US Immigration System (Usually) Works

Fri, 1/16-2/20 • 9-10:30 • \$50 • Online • OZO-906-W26

Facilitator: Michele Waslin

Explore how the immigration system has evolved and how it works today. We will examine key questions about identity, belonging, and national responsibility while engaging in thoughtful, constructive conversations about the future of immigration policy in the United States.

History of Sicily

Mon, 1/26-3/2 • 11-12:30 • \$50 • Online • OZO-905-W26

Facilitator: Douglas Kenning

Sicily has been a mythic crossroads of heroes, conquerors, and culture for over 3,000 years. From Odysseus to the Mafia and modern mythmakers like Garibaldi and Coppola, Sicily's story is rich, complex, and central to Western history. Explore its pivotal role in shaping civilization.

The History of American Television

Mon, 1/26-3/2 • 1-2:30 • \$50 • Online • OZO-918-W26

Facilitator: Jim McKairnes

American television from its 1920s origins to today's streaming era. Explore decades of iconic shows, genres, and cultural moments that shaped the medium and its audiences. From sitcoms and dramas to news and sports, we will rediscover how TV evolved, adapted, and transformed American culture.

Post Impressionism and the Birth of Abstraction

Mon, 1/26-3/2 • 3-4:30 • \$50 • Online • OZO-916-W26

Facilitator: Lauren Weingarden

Explore Post-Impressionism's bold departure from naturalistic light and color, focusing on the expressive use of form, symbolism, and vivid, often unnatural color. Through the work of Cézanne, van Gogh, Gauguin, Seurat, and Matisse, trace the movement's challenge to artistic norms and social values.

Brain and Behavior in the Era of Digital Technology

Mon, 1/26-3/2 • 9-10:30 • \$50 • Online • OZO-901-W26

Facilitator: Elena Labkovsky

Explore how digital technologies and artificial intelligence affect the brain, behavior, and mental health. This course examines the impact of modern devices on attention, memory, emotions, and decision-making, while addressing ethical concerns like privacy and tech-based addictions.

Landscape & Adventure Photography

Mon, 1/26-3/2 • 1-2:30 • \$50 • Online • OZO-911-W26

Facilitator: Jonathan Duncan

Learn skills and techniques used to create professional quality images of adventures in the natural world. Controlling exposure, using depth of field, motion effects, the principles of visual communication, and the qualities of natural light.

The American Revolution Beyond the British Empire

Saturday, 1/17-2/21 • 11-12:30 • \$50 • Online • OZO-917-W26

Facilitator: Rick Bell

Reframe the American Revolution as a global event shaped by imperial rivalries and geopolitical forces. Examine how Germans, French, Spaniards, South Asians and others intersected with the collapse of British rule in North America.

Judaism, Christianity, and Islam

Thurs, 1/29-3/5 • 11-12:30 • \$50 • Online • OZO-910-W26

Facilitator: Jeremy Fackenthal

Explore the rituals, beliefs, and writings of Judaism, Christianity, and Islam through a comparative lens. Examine where these Abrahamic religions overlap and diverge, with insights into their shared roots and unique traditions.

Invisible Intelligence: Unseen Algorithms

Thurs, 1/15-2/19 • 3-4:30 • \$50 • Online • OZO-907-W26

Facilitator: Eliot Bethke

Artificial Intelligence (AI) shapes our daily lives in subtle yet powerful ways. We will explore six case studies that reveal how AI systems work, the ethics behind machine decision-making, and the impact of these technologies on our world.

Pharmaceuticals and Poisons: Chemistry at the Edge

Thurs, 1/22-2/26 • 1-2:30 • \$50 • Online • OZO-915-W26

Facilitator: Johnnie Hendrickson

This chemistry-rich (but non-technical) course explores the fine line between pharmaceuticals and poisons. We will examine drug development, venom-inspired medicine, and the history of FDA regulation shaped by scandal and reform.

Osher Online Classes in Partnership with Northwestern University Winter 2026 Registration:

All Classes meet for 6 weeks online *Extra fees apply for ALL membership levels*

Registration Deadline 1/4

John James Audubon and the Birds of America

Thurs, 1/22-2/26 • 9-10:30 • \$50 • Online • OZO-909-W26

Facilitator: Eric Simon

In the 1820s, John James Audubon set out to document every bird species in the US, resulting in *The Birds of America*, a landmark collection of 435 hand-painted prints. This course explores Audubon's life, artistic methods, and legacy.

More than Parks: A History of American Conservation

Tues, 1/20-2/24 • 11-12:30 • \$50 • Online • OZO-913-W26

Facilitator: Fraser Livingston

Explore the evolution of American conservation from the 19th century to today. How urban reformers, scientists, women activists, and Native communities shaped the movement. Gain a deeper understanding of how Americans have fought to preserve—and define—the natural world.

The Noir Novel: Three American Classics

Tues, 1/20-2/24 • 9-10:30 • \$50 • Online • OZO-920-W26

Facilitator: Peter Kaye

Explore the noir novel through Dashiell Hammett's *The Maltese Falcon*, Raymond Chandler's *The Big Sleep*, and Sara Paretsky's *Indemnity Only*. From hardboiled detectives navigating gritty cityscapes to Paretsky's feminist reimagining of the genre, trace the evolution of noir fiction. Film clips from classic adaptations will highlight the genre's impact.

Dealing in Futures: The Shape of Science Fiction

Tues, 1/20-2/24 • 1-2:30 • \$50 • Online • OZO-902-W26

Facilitator: Gary Wolfe

From pulp origins to mainstream dominance, science fiction has evolved into a powerful storytelling form that explores new worlds, ideas, and ways of thinking. This course traces the genre's growth over two centuries, distinguishing it from fantasy and myth, and highlighting key authors.

Einstein without Tears: His Theories Explained

Tues, 1/27-3/3 • 3-4:30 • \$50 • Online • OZO-903-W26

Facilitator: Andrew Fraknoi

Explore the fascinating world of Albert Einstein's theories—no math or science background required. This course introduces key ideas like time travel, warped space, black holes, and gravitational waves, all in accessible terms. We will discover how modern science continues to confirm Einstein's predictions.

Japanese History through the Lens of Shōgun

Tues, 1/20-2/24 • 5-6:30 • \$50 • Online • OZO-908-W26

Facilitator: Megan McClory

Inspired by the 2024 FX mini-series *Shōgun*, explore Japan's transition from civil war to peace between the 15th and 18th centuries. Examine the rise of key unifiers, the roles of diverse social groups, and the era's political, cultural, and artistic shifts.

Heroes of the Holocaust: Lights in the Darkness

Wed, 1/14-2/18 • 1-2:30 • \$50 • Online • OZO-904-W26

Facilitator: Howard Kerner

When we think of the Holocaust, we recall the horrors perpetrated by evildoers. Even in humanity's darkest hours, courageous individuals risked everything to save lives. This course sheds light on these little-known rescuers—ordinary people who defied laws, resisted hate, and acted with moral clarity and compassion.

The Magic Behind Film Scores

Wed, 1/14-2/18 • 3-4:30 • \$50 • Online • OZO-919-W26

Facilitator: Mike Agron

Discover how film music enhances storytelling, sets mood and place, defines character, and blends styles—jazz, classical, pop—into powerful cinematic impressions. We will discuss how composers shape emotion across genres, from *The Jazz Singer* to *James Bond*.

Using Google Workspace Tools with Confidence

Wed, 1/21-2/25 • 5-6:30 • \$50 • Online • OZO-922-W26

Facilitator: Chelsea King

This beginner-friendly course introduces Google Workspace tools like Drive, Gmail, Calendar, Docs, Sheets, and Slides. We will learn core features, basic navigation, and practical applications for personal and professional use.

Milestones in Medicine

Wed, 1/14-2/18 • 9-10:30 • \$50 • Online • OZO-912-W26

Facilitator: Gordon Josephson

This course highlights transformative milestones in medicine from the 18th century to today, beginning with Jenner's smallpox vaccine. We will explore key medical and public health advances and innovators.

The Virtues

Wed, 1/14-2/18 • 11-12:30 • \$50 • Online • OZO-921-W26

Facilitator: David Smith

Virtue theory asks not just how to do good, but how to be good. This course explores timeless questions of character through the lens of thinkers like Aristotle, Jesus, the Buddha, and Confucius.

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Sedona-Verde Valley OLLI Special Interest Group

MEN'S GROUP

This is a Men's Group for OLLI members who want to meet regularly to learn from our varied life experiences, establish friendships, and participate in a variety of activities as may interest the membership at any given time.



Activities may include sharing skills, taking day trips, eating out, watching movies, etc.

We are currently meeting once every two weeks at a member's home, however, meeting places may change over time as the membership evolves.

If you are interested in joining the Men's Group, or for more information, please contact Ben Shor: 928-451-4370 or benshor7@gmail.com

OLLI Special Interest Groups are FREE for OLLI Members!

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