

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI
AT YAVAPAI COLLEGE

SEDONA VERDE VALLEY FALL 2 2025



Classes for Curious Adults!

**Oct 27 -
Dec 12**

Registration opens Oct 1

www.yc.edu/olli

928-649-4275

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Welcome to our Fall 2 session. The more than 100 courses in this catalog reflect the volunteer spirit that makes OLLI special. We rely on our members not just to lead courses, events, and trips, but also to suggest new areas of interest, and new ways of experiencing what OLLI has to offer. Thus, our members have the widest possible opportunity to shape their own programs. In that spirit, we are launching **USA 250**, a growing menu of new class offerings developed by your fellow members.

This upcoming national milestone offers a special opportunity to take stock of our history, understand today's realities, and ponder our prospects. Without limiting our traditional offerings, we aim next year to add innovative courses that are relevant to the 250th anniversary of America's national independence. For over a quarter of a millennium Americans have developed a unique political and economic system, a vibrant popular culture and a can-do, pragmatic approach to meeting challenges. Let's learn about it together!

Many facilitators, some of whom have never even made a presentation, are beginning to work together to conceive, research and develop courses to give new opportunities to learn more, enjoy more, and debate and discuss interesting topics more. If you have an idea for a course, event, or outing that you'd like to attend ...or, perhaps even lead, please contact OLLI staff or a member of the Curriculum Committee. We can help take your idea, get your own creative process rolling, and turn it into a viable class proposal.

A partial list of courses currently in development appears on the outside back cover of this catalog. With your help, **USA 250** can enrich our lives, strengthen our community, and leave us all with special memories of this time and place.

Thanks in advance for all your contributions,

*Charlie Blum, Vice Chair
Sedona Leadership Council*

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

Table of Contents:	Pages
Grid	2-3
Munch & Learn	4
Sedona, Clarkdale, Online	5-13

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

Membership Fee Options

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

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

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

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

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

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

Important Dates

Fall 2: Oct 27-Dec 12

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

OLLI Sedona • Verde Valley Fall 2 2025 Register: www.yc.edu/OLLISVRegister

Monday	Time	Location	Class	Facilitator(s)
10/27	10:00-12:30	Sedona Center-28	24) Medicare 101 - Everything you Need to Know (Sedona)	D Fanter
10/27-11/24	10:00-12:00	Online	17) MacOS Security	F Croft, D Neff
11/10	10:00-12:00	Offsite-Outdoors	69) Guided tour of Jerome State Historic Park	H Hatfield
11/17	10:00-12:00	Sedona Center-40	16) Hollywood Film Greats: The Golden Age to the Red Rocks	K Cunningham, J Trevillyan
10/27-12/8	10:30-12:00	Online	40) New Ideas	B Brown
11/10	10:30-12:00	Sedona Center-29	84) Experience Mentalism	F Osborn
11/3/12/8	1:00-2:30	Sedona Center-39	104) Writing Our Way to Bliss	M Entin
10/27	1:00-3:00	Sedona Center-29	23) Deadly Mistakes in Estate Planning	J Linford
11/10	1:00-3:00	Sedona Center-29	36) Navigating The Aging Process	C Kommer
11/17	1:00-3:00	Sedona Center-29	28) Helping Tomorrow's Tax Situation Today	J Linford
11/3	1:00-3:30	Sedona Center-29	68) Planning and Executing your Own Travel	L Brinton
10/27-12/8	2:00-4:00	Sedona Center-28	22) Current Economic Issues (In person)	C Blum
10/27-12/8	3:15-4:45	Sedona Center-40	42) The Etruscans: Italy Before Rome	D Gervasio
Tuesday				
10/28-12/16	9:30-11:00	Sedona Center-34	88) Evolution of the Universe, Earth and Life	S Srikanth
11/18	10:00-11:30	Sedona Center-40	59) Events Which May Disappear from History Books	G Hart
10/28	10:00-12:00	Sedona Center-29	30) Movement for Health	L James
10/28-12/9	11:00-12:30	Sedona Center-28	62) Be a Tourist in Your Own Town	S Sherman
11/4&11/5	11:15-12:30	Sedona Center-40	113) Writing Science Fiction Poetry for Fun and Profit	G Every
11/18	12:30-2:30	Online	20) Declutter Your Digital Life	JBurke, JTaylour
12/2	12:30-2:30	Online	21) Windows Performance Tune-up	J Burke, C Taylor
10/28	1:00-3:00	Sedona Center-28	63) Switzerland	J Koepke
11/4-12/9	1:00-3:00	Sedona Center-29	112) Readin' & Writin': Loving and Creating Poetry	J Pickett
11/4	1:00-3:30	Sedona Center-28	55) Hammer of Witches	J Koepke
11/18	2:00-4:30	Sedona Center-28	58) Israel and Palestine	J Koepke
Wednesday				
10/29-12/10	10:00-11:30	Sedona Center-34	90) Science News and Views	BHaizmann,JBlack
11/12	10:00-12:30	Sedona Center-40	18) Develop Your Photos with Lightroom	W Wood
11/19	10:00-11:30	Sedona Center-39	79) Co-Existing with Urban Wildlife	SMartin,SSherman
10/29-12/10	10:30-12:00	Online	65) Armchair Adventures	B Brown
10/29	1:00-3:00	Sedona Center-29	74) Find Your Connection to the Living Planet	J Machak
11/12	1:00-3:00	Sedona Center-28	57) World Politics Today	A Herschkowitz
11/19	1:00-4:00	Sedona Center-39	87) The Karma of Forgiveness (Sedona)	M Karayan

OLLI Sedona • Verde Valley Fall 2 2025 Register: www.yc.edu/OLLISVRegister

11/19	1:00-4:00	Sedona Center-28	96) The Invention of Nature	L Sturgis
10/29-12/10	1:00-3:00	Sedona Center-34	101) True Stories...	M Brown
10/29	1:00-2:30	Sedona Center-15	Z) Explore Facilitating at OLLI - Share Your Passions	PBerlowe, SWalsh
11/5	2:45-4:45	Sedona Center-39	105) Empathy Circle	R Garmon
Thursday				
10/30	8:00-12:00	Offsite-Outdoors	91) Geological Field Trip Red Mountain	E Pratt
11/6	9:30-12:00	Verde - Bldg.I-138	26) Medicare 101 - Everything you Need to Know (Verde Valley Campus)	D Fanter
10/30	10:00-12:00	Verde - Bldg.I-138	92) Thinking Like a Cloud	L Sturgis
10/30-12/11	10:45-12:15	Sedona Center-15	111) Writing Your Memoirs	A Crosman
11/13	11:00-12:30	Online	19) Online Security Secrets	J Burke
11/20	11:00-12:00	Sedona Center-29	38) Fall Prevention	D Lewandowski
10/30	12:30-1:45	Verde - Bldg.M-137	GH) Munch & Learn: Geology of Jerome and its Mining History	H Hatfield
11/6	12:30-1:45	Sedona Center-34	IJ) Munch & Learn: Artificial Intelligence Under the Hood	J Black
11/20	12:30-1:45	Prescott Bldg 3-119	KL) M&L: Developing an Environmental Literacy	M Moghtader
12/4	12:30-1:45	Prescott Bldg 3-119	MN) M&L: Advance Financial Preparation for Loss	K Boryca*
12/11	12:30-1:45	Prescott Bldg 3-119	OP) M&L: Reimagine, Reinvent, Relaunch: The Power to Shape Your Future	K Bradstreet
10/30	12:30-2:00	Sedona Center-29	34) Brain Boost	A Crosman
10/30-12/11	1:30-4:30	Sedona Center-28	49) David McCullough & The Founding Fathers: John Adams	J Pickett
10/30-12/11	2:00-3:15	Online	12) Rewinding the Clock: 6 Time-Bending Film Classics	B Mains, B Barchi
10/30-11/20	2:00-4:00	Verde - Bldg.I-138	2) Slow Stitching	R Hatfield
10/30-12/11	2:15-3:45	Sedona Center-39	10) Music Masterpieces	A Crosman
10/30-12/11	2:30-4:00	Online	102) BYO OLLI Course	C Blum
Friday				
10/31	9:00-10:30	Online	67) Presidential Sites in our National Park System	D Kroese
12/12	9:30-12:00	Online	61) The Winner Is ...	C Blum
10/31-12/12	11:00-12:30	Online	103) Energy Reset: Heal Yourself & Loved Ones	D Archer
10/31-12/12	1:00-3:00	Online	25) Current Economic Issues (Zoom)	C Blum
Trips				
10/30	8-12	Offsite	91) Geological Field Trip Red Mountain	E Pratt
11/10	10-12	Offsite	69) Guided tour of Jerome State Historic Park	H Hatfield
11/18	10:30-12	Offsite	70) Sharlot Hall Museum Living History Tour	LJanowski,AMazella,
12/2&12/4	10-12	Prescott Bldg 31-102/Offsite	71) Talk and Walk: Indigenous People of the Southwest	LJanowski,AMazella,

Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

Z) Explore Facilitating at OLLI - Share Your Passions

Wed, Oct 29 • 1:00-2:30 • Free

1 Meeting • Sedona Center • OS-423-F225

Facilitators: *Patricia Berlowe, Solaris Walsh*

Do you notice when attending OLLI classes or being with friends that 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. This is for new facilitators and experienced facilitators who might want to try something new. We will talk about how to plan classes, options, and how to hold effective discussions. We will show you all the tools OLLI has to offer.

Munch & Learn: Geology of Jerome and its Mining History

Thurs, Oct 30 • 12:30-1:45 PM • Free

G) Verde Campus - Bldg.M-137 • OV-405-F225

H) Online • OVZ-406-F225

Facilitator: *Hal Hatfield*

Join us in learning about the geology of Jerome, its mining history, and why the towns of Jerome and Clarkdale are historically intertwined. This presentation will cover the geology of the Jerome and the Black Hills (mostly non-technical discussion); history of local mining exploration, extraction, and processing of extracted ores; and the legacy environmental impacts of mining operations. Limit: 40

Munch & Learn: Artificial Intelligence Under the Hood

Thurs, Nov 6 • 12:30-1:45 • Free

I) Sedona Center 34 • OS-407-F225

J) Online • OSZ-408-F225

Facilitator: *John Black*

Artificial Intelligence (AI) fascinates many but remains mysterious. Experts often make bold claims about its impact. How it affects you depends on your understanding of its strengths, limits, and potential for misuse. We'll explore what's behind AI so you can use it to your advantage—and avoid being misled or manipulated by others using it to influence you.

Join the OLLI Mailing List!



use QR code above, or email us
olli@yc.edu

Munch & Learn: Developing Environmental Literacy

Thurs, Nov 20 • 12:30-1:45 • Free

K) Prescott Bldg 3-119 • OP-409-F225

L) Online • OPZ-410-F225

Facilitator: *Michael Moghtader*

We'll explore the meaning of environmental literacy and its impact on the pleasure we seek in nature. How we think, talk, and write about natural environments affects our behavior in them—sometimes in ways that may diminish the very “nature” we seek in them. Limit: 60

Munch & Learn: Advance Financial Preparation

Thurs, Dec 4 • 12:30-1:45 • Free

M) Prescott Bldg 3-119 • OP-411-F225

N) Online • OPZ-412-F225

Facilitator: *Kelly Boryca*

Join Janelle Riedl and Dayton Silver from AARP Foundation Tax-Aide and Mary Luedtka, former Director of the Elder Rights Unit, NACOG Area Agency on Aging to learn what steps you can take now to ease stress and increase your financial security when you are facing a devastating diagnosis or the loss of your spouse. They will discuss advanced directives, access to financial accounts and credit, sale of main home, implications for Federal and State income taxes, and more. Limit: 60

Munch & Learn: Reimagine, Reinvent, Relaunch: The Power to Shape Your Future

Facilitator: *Kelli Bradstreet*

Thurs, Dec 11 • 12:30-1:45 • Free

O) Prescott Bldg 3-119 • OP-413-F225

P) Online • OPZ-414-F225

Join us for a motivational gathering that encourages you to reimagine your life and take charge of designing the future you desire. Discover how shifting your perspective can open new possibilities. Through inspiring stories and practical insights, you'll be reminded that your best years are still ahead—full of potential, passion, and possibility. Come ready to be inspired to reimagine your journey and to embrace the joy of designing a life that is truly your own. Limit: 60



Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

Fabulous opportunities to explore our local area!

69) Guided tour of Jerome State Historic Park

Mon, Nov 10- • 10:00-12:00 • \$15

1 Meeting • Offsite • OS-169-F225

Facilitator: Hal Hatfield

Jerome was once referred to as the "Wickedest Town in America." Come to Jerome State Historic Park (Douglas Mansion) for a volunteer-guided tour of park grounds and learn about the Town of Jerome, its mining history, geology, and some of the colorful stories associated with the town. Situated on a prominent ridge, the Douglas Mansion overlooks much of Jerome and the Verde Valley. A \$10 park visitor fee or a valid annual Arizona State Park pass will be required for entry. Limit: 20

70) Sharlot Hall Museum Living History Tour

Tues, Nov 18- • 10:30-12:00 • \$10

1 Meeting • Offsite • OP-170-F225

Facilitator: Lois Janowski Angie Mazella Rennie Anderson

The tour will be conducted by docents in costume who will guide us through several historic buildings which may include the print shop, the blacksmith shop, the mercantile, the Freemont house and the transportation building. Cost is \$15 which is the price of admission to the museum. Members are free. The entrance to the Museum is through Sharlot's Depot on Gurley Street. There is a parking lot adjacent to the museum. 415 E Gurley Street, Prescott. Limit: 75

71) Talk & Walk: Indigenous People of the Southwest

Tues & Thurs, Dec 2 & 4 • 10:00-12:00 • \$15

2 Meetings • Prescott Bldg 31-102 and Offsite • OP-171-F225

Facilitators: L Janowski, A Mazella, R Anderson

Talk: Manual Lucero, Director of the Indigenous People Museum. Indigenous people of the southwest, past & present. Walk: Dec 4. Guided Tour of the Indigenous People Museum. This is the only museum in the greater Prescott area devoted to the culture & art of Native people, guests will see prehistoric, historic, & contemporary examples of Indian culture & artistic material from the southwestern and northern Mexico. \$5 at the door. (This is the group rate, free to members.) Limit: 20

91) Geological Field Trip Red Mountain

Thurs, Oct 30- • 8:00-12:00 • \$15

1 Meeting • Offsite • OS-191-F225

Facilitator: Ernie Pratt

Join me for a geological field trip to Red Mountain. It includes a very gentle, 3 mile out and back, geologically descriptive hike with little elevation. It ends in one of the more beautiful places in northern Arizona. We will discuss the Red Mountain Volcano, its formation, study the resulting rocks and minerals, study the mapping and learn about the areas unique geomorphological features. It is an approximate 90 minute drive. Carpooling will be arranged. Limit: 12

62) Be a Tourist in Your Own Town

Tues, Oct 28-Dec 9 • 11:00-12:30 • \$35

5 Meetings • Sedona Center 28 • OS-162-F225

Facilitator: Sharon Sherman

Each week, we will discuss new destinations with Sedona, Flagstaff, Cottonwood, Prescott, and Camp Verde, exploring restaurants, wineries, breweries, outdoor experiences, historical sites, museums, shopping, tours, art, and cultural venues. Share your experiences and favorites. Discover hidden gems and see your everyday life with new eyes. Make new OLLI friends. Enhance your bucket list and find even more reasons to appreciate our fabulous location and have fun in Northern Arizona. Note: This class skips Veteran's Day 11/11 and the week of Thanksgiving.

Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

ARTS & CRAFTS

2) Slow Stitching

Thurs, Oct 30-Nov 20 • 2:00-4:00 • \$35

4 Meetings • Verde Campus - Bldg.I 138 • OV-102-F225

Facilitator: Ronda Hatfield

Unwind with the art of slow stitching! Learn simple embroidery stitches and create your own charming wallet or stitch book. Whether you're a beginner or experienced, this class is about enjoying the process—perfection isn't the goal! Slow stitching is a relaxing, meditative craft rooted in folk art. We provide threads and fabrics; just bring small sharp scissors, a thimble, pins, and large-eyed needles. A \$10 supply fee is due at the first class. Come stitch, relax, and create something unique! Limit:11

ARTS-VISUAL & PERFORMING

6) Bach's Goldberg Variations

Email Only • \$15 • OP-106-F225

Facilitator: Nancy Dubow

Bach's monumental Goldberg Variations encompass a journey both spiritual and musical. Articles and a lecture-demonstration introduce us to this amazing masterwork. We follow with 2 stellar performances plus an encore. Limit: 35

10) Music Masterpieces

Thurs, Oct 30-Dec 11 • 02:15-03:45 • \$35

6 Meetings • Sedona Center 39 • OS-110-F225

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: 12

12) Rewinding the Clock: 6 Time-Bending Film Classics

Thurs, Oct 30-Dec 11 • 2:00-03:15 • \$35

6 Meetings • Online • OPZ-112-F225

Facilitators: Bill Mains, Barbara Barchi

This Zoom discussion class will take you on a cinematic journey through six unique films. From the emotional father-son relationship in Frequency to the fated love of Somewhere in Time, we'll discuss the cinematic rules and paradoxes of time travel. The curriculum includes classics like Back to the Future and Groundhog Day, as well as mind-bending thrillers like Déjà Vu and The Philadelphia Experiment. Limit: 20

16) Hollywood Film Greats: The Golden Age to the Red Rocks

Mon, Nov 17 • 10:00-12:00 • \$15

1 Meeting • Sedona Center 40 • OS-116-F225

Facilitators: Kelly Cunningham, Janeen Trevillyan

There's no place like home. 1939's perfect storm created THE stellar year of film classics in Hollywood's Golden Age: "Gone With the Wind, Mr. Smith Goes to Washington, Wizard of Oz, The Women" etc. A quick segue to Arizona's Little Hollywood, starting in 1923 with "Call of the Canyon", Sedona and its Red Rocks are fixed in cinematic history with over 100 movies and TV. Trivia: Oddly Joan Crawford features in both eras. Enjoy behind the scenes stories & film clips. Limit: 45

COMPUTER & TECHNOLOGY

17) MacOS Security

Mon, Oct 27-Nov 24 • 10:00-12:00 • \$35

5 Meetings • Online • OPZ-117-F225

Facilitators: Frank Croft, Deborah Neff

As our computers get more capable, so do the hackers. Are you really safe from their efforts to steal your personal data? If you have an Apple Mac computer, 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 a zoom class so you can be at your computer modifying the settings. Limit: 27



Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

18) Develop Your Photos with Lightroom

Wed, Nov 12 • 10:00-12:30 • \$15

1 Meeting • Sedona Center 40 • OS-118-F225

Facilitator: William Wood

This class will explore the powerful Lightroom digital photograph developing software using real-time processing. Attendees may bring in their own digital photos. We will do a photo hike during the class and learn the entire process of uploading and development to the finished product. We will learn how to automate work flow and how to use Lightroom as an organizational platform for storing photos and videos. We will review export and printer settings. Limit: 25

19) Online Security Secrets

Thurs, Nov 13 • 11:00-12:30 • \$15

1 Meeting • Online • OPZ-119-F225

Facilitator: JB Burke

By now we are all aware of the online threats – phishing, smishing, malware & viruses, identity theft, fake websites, tech support scams, fake shopping sites – the list goes on and on. And we know that an important protection is strong passwords. But do you know what makes passwords strong? It isn't necessarily caps or numbers or special characters, though they play a part as well. This program will tell you the real story of strong passwords and beyond. Limit: 15

20) Declutter Your Digital Life

Tues, Nov 18 • 12:30-02:30 • \$15

1 Meeting • Online • OPZ-120-F225

Facilitators: JB Burke, Judy Taylour

You spend a lot of money on your equipment – learn to optimize your devices to make them last longer and help you be more productive. Unfortunately, digital clutter slows down your computer over time, and routine device decluttering is necessary for top performance. Judy's presentation will show you how to declutter your digital life and be more organized to work faster, smarter, and less stressed. Limit: 40

21) Windows Performance Tune-up

Tues, Dec 2 • 12:30-02:30 • \$15

1 Meeting • Online • OPZ-121-F225

Facilitators: JB Burke, Chris Taylor

If your Windows computer is sluggish, you don't have to re-install Windows to regain lost performance. Chris Taylor, President of the Ottawa PC Users' Group, will demonstrate and explain how to safely use many native and free 3rd party tools to help speed up Windows. Limit: 40

FINANCE, ECONOMICS, & LAW

23) Deadly Mistakes in Estate Planning

Mon, Oct 27 • 1:00-3:00 • \$15

1 Meeting • Sedona Center 29 • OS-123-F225

Facilitator: Jon Linford

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

24) Medicare 101 - Everything you Need to Know (Sedona)

Mon, Oct 27 • 10:00-12:30 • \$15

1 Meeting • Sedona Center 28 • OS-124-F225

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

26) Medicare 101 - Everything you Need to Know (Verde Valley Campus)

Thurs, Nov 6 • 9:30-12:00 • \$15

1 Meeting • Verde Campus - Bldg.I 138 • OV-126-F225

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

28) Helping Tomorrow's Tax Situation Today

Mon, Nov 17 • 1:00-3:00 • \$15

1 Meeting • Sedona Center 29 • OS-128-F225

Facilitator: Jon Linford

Learn why having a current estate plan is critical in today's changing tax environment. This seminar covers the recent proposals in the federal tax legislation and how they might affect you. We will discuss how to keep your plan aligned with recent updates, and how to build in flexibility to protect against future tax law changes—helping preserve your legacy and minimize tax exposure.

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HEALTH & NUTRITION

30) Movement for Health

Tues, Oct 28 • 10:00-12:00 • \$15

1 Meeting • Sedona Center 29 • OS-130-F225

Facilitator: Leslie James

Did you know that sitting is being called 'THE NEW SMOKING'? New wisdom focuses on viewing the body as a whole and maintains that in order to be healthy, balanced and avoid deteriorations, ALL muscles and joints need to be moved -DAILY. Can you manage gentle movements for 20-30 minutes? And even impaired bodies can recover much of their designed mobility over time. There are several sources for such programs and we'll work along (or watch) one of them. Best done barefoot, so bring a yoga mat. Limit: 10

34) Brain Boost

Thurs, Oct 30 • 12:30-2:00 • \$15

1 Meeting • Sedona Center 29 • OS-134-F225

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: 12

36) Navigating The Aging Process

Mon, Nov 10 • 1:00-3:00 • \$15

1 Meeting • Sedona Center 29 • OS-136-F225

Facilitator: Curtis Kommer

Bette Davis famously said "Aging is not for sissies". Growing older may be a certainty, but everything else about the aging process is unpredictable. In this talk I will discuss why we age, strategies to slow the aging process, how to use the Health Care System wisely (including tips on medications and provider visits), how to best manage your affairs as you get older, and how to prepare for the end of life. Limit: 50

38) Fall Prevention

Thurs, Nov 20 • 11:00-12:00 • \$15

1 Meeting • Sedona Center 29 • OS-138-F225

Facilitator: Denise Lewandowski

Fall Prevention is a practical and informative class designed to help you reduce your risk of falling. You'll learn effective strategies to minimize fall hazards in your daily life, practice exercises that build strength and improve balance, and understand what to do if you or someone else experiences a fall. Recommended to bring a yoga mat to class (Optional, not required) Limit: 20

HISTORY & CURRENT AFFAIRS

22) Current Economic Issues (In person)

Mon, Oct 27-Dec 8 • 2:00-4:00 • \$35

6 Meetings • Sedona Center 28 • OS-122-F225

Facilitator: Charles Blum

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

25) Current Economic Issues (Zoom)

Fri, Oct 31-Dec 12 • 1:00-3:00 • \$35

6 Meetings • Online • OSZ-125-F225

Facilitator: Charles Blum

By presenting relevant concepts and data, this on-going course aims to equip each participant to be an educated consumer of news on a wide range of economic topics. Discussions will be fact-driven and nontechnical; no formal economics training is required. Note: This class skips the week of Thanksgiving. Limit: 16

40) New Ideas

Mon, Oct 27-Dec 8 • 10:30-12:00 • \$35

6 Meetings • Online • OPZ-140-F225

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! Limit: 45



**Yavapai College
Foundation**

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www.yc.edu/ollidonate

Join our 360 Club for just \$30 per month!

Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

41) Great Courses Potpourri

Email Only • \$35 • OP-141-F225

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

42) The Etruscans: Italy Before Rome

Mon, Oct 27-Dec 8 • 03:15-04:45 • \$35

6 Meetings • Sedona Center 40 • OS-142-F225

Facilitator: Danielle Gervasio

Meet the civilization that set the stage for Rome's ascent. Before Rome, there were the Etruscans: powerful, inventive, and influential. Their politics, religion, arts, and civic life shaped the cultural landscape of the ancient Italian peninsula and left a legacy embedded in Rome's very foundations. This course explores pre-Roman Italy, bringing to light the works of an often-overlooked civilization that profoundly influenced the rise of the Roman world. **Note:** This class skips the week of Thanksgiving. Limit: 30

49) David McCullough & The Founding Fathers: John Adams

Thurs, Oct 30-Dec 11 • 1:30-4:30 • \$35

6 Meetings • Sedona Center 28 • OS-149-F225

Facilitator: Jahnay Pickett

David McCullough & The Founding Fathers is the first of 3 quarterly presentations celebrating the 250th anniversary of the courage and genius of those who laid the foundation for the American experiment in expanded democracy. We begin with John Adams. Each week we view an episode of the HBO Miniseries, John Adams, as well as interviews and speeches given by McCullough on Adams and the Founding Fathers. Reading the book is of great interest, but not required. Class discussion should be passionate! **Note:** This class skips the week of Thanksgiving. Limit: 55

55) Hammer of Witches

Tues, Nov 4 • 1:00-03:30 • \$15

1 Meeting • Sedona Center 28 • OS-155-F225

Facilitator: Jack Koepke

We begin our discussion by analyzing ancient misogyny as the predicate for European witchcraft before reviewing Malleus Maleficarum (Hammer of the Witches), a compendium of demonology and do-it-yourself manual for catching and prosecuting witches. We recognize beautiful Bamberg, Germany as witch-burning capital of the world before briefly considering Salem. We then turn to the spiritual origins and aspirations of QAnon and conclude by contemplating overlaps between and among these ideologies. Limit: 25

57) World Politics Today

Wed, Nov 12 • 1:00-3:00 • \$15

1 Meeting • Sedona Center 28 • OS-157-F225

Facilitator: Andy Herschkowitz

Let's review the major issues, tensions and trends of the current international political scene. Both global and regional events, and their interrelationships, will be discussed.

58) Israel and Palestine

Tues, Nov 18 • 2:00-04:30 • \$15

1 Meeting • Sedona Center 28 • OS-158-F225

Facilitator: Jack Koepke

The current Palestinian crisis has a very long history. Our discussion of Israel + Palestine, c.1000BC-70AD, begins w the indigenous peoples of Ancient Canaan, their ancient languages and religions. Our timeline takes us thru the great Covenants, the Prophets, the Assyrians and Babylonians and Fall of the Jewish kingdoms, followed by Persian and Roman empires, ending in the destruction of the 2nd Temple and Diaspora. We conclude w the Dead Sea Scrolls and critical archeological observations. Limit: 23

Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

59) Events Which May Disappear from History Books

Tues, Nov 18 • 10:00-11:30 • \$15
1 Meeting • Sedona Center 40 • OS-159-F225

Facilitator: Geni Hart

There is an attack on American History. Some want only "positive" events to be included in curriculum. You can't make someone "love" America, it has to be studied warts and all. This class will focus on events that may disappear because some people consider them too negative. There is a current trend to "revise" or "rewrite" history. How are we ever going to know the truth? Institutions are being intimidated to take down or change their displays. Lets take a look and talk about it. Limit: 25

61) The Winner Is ...

Fri, Dec 12 • 9:30-12:00 • \$15
1 Meeting • Online • OSZ-161-F225

Facilitator: Charles Blum

The Nobel Peace Prize for 2025 is expected to be announced in October. The winner(s) will present a lecture in Oslo on December 10. As we've done in recent years, we'll review the history of Peace Prizes, provide background on the 2025 laureate(s) and then watch the video of this year's ceremony. Limit: 20

LOCAL INTEREST & TRAVEL

62) Be a Tourist in Your Own Town

Tues, Oct 28-Dec 9 • 11:00-12:30 • \$35
5 Meetings • Sedona Center 28 • OS-162-F225

Facilitator: Sharon Sherman

Each week, we will discuss new destinations with Sedona, Flagstaff, Cottonwood, Prescott, and Camp Verde, exploring restaurants, wineries, breweries, outdoor experiences, historical sites, museums, shopping, tours, art, and cultural venues. Share your experiences and favorites. Discover hidden gems and see your everyday life with new eyes. Make new OLLI friends. Enhance your bucket list and find even more reasons to appreciate our fabulous location and have fun in Northern Arizona. Note: This class skips Veteran's Day 11/11 and the week of Thanksgiving.

63) Switzerland

Tues, Oct 28 • 1:00-3:00 • \$15
1 Meeting • Sedona Center 28 • OS-163-F225

Facilitator: Jack Koepke

Our discussion is intended not as a travelogue, but as an insider's tour of Swiss mentality, culture, history, politics, language and traditions viewed from the perspective of Zug. This will take us into Swiss carnival, wrestling, shooting and exotic foods. Special devotion is accorded the fine art of making and enjoying Swiss cheese. We will discuss the Swiss form of government, key Swiss political issues and concerns, along with the danger of living next to mountains that sometimes collapse. Limit: 25

65) Armchair Adventures

Wed, Oct 29-Dec 10 • 10:30-12:00 • \$35
6 Meetings • Online • OPZ-165-F225

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

67) Presidential Sites in our National Park System

Fri, Oct 31 • 9:00-10:30 • \$15
1 Meeting • Online • OSZ-167-F225

Facilitator: David Kroese

Thirty-six among more than four hundred thirty National Park Service sites remember United States Presidents or protect locations and history central to their personal and political story. We tour these historical sites, memorials, and monuments focusing on their unique attributes and contributions toward a greater understanding of the presidents they commemorate. Limit: 100

68) Planning and Executing your Own Travel

Mon, Nov 3 • 1:00-03:30 • \$15
1 Meeting • Sedona Center 29 • OS-168-F225

Facilitator: Louise Brinton

Tired of tours not really meeting your specific needs? It is now easier than ever to plan your own trips, thanks to a multitude of available online and other resources. With a facilitator who has visited more than 100 countries for work and play, we will discuss ways to plan and execute independent travel, both in the U.S. and abroad. Come prepared to learn and share useful hints to assure cost-effective trips tailored to your specific interests and activities. Limit: 25

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NATURE & THE OUTDOORS, ACTIVE MIND & BODY

74) Find Your Connection to the Living Planet

Wed, Oct 29 • 1:00-3:00 • \$15

1 Meeting • Sedona Center 29 • OS-174-F225

Facilitator: Joel Machak

Discover your deep connection to our planet Earth through science and story. The two-hour experience blends striking visuals, real-world discoveries, and timeless wisdom to reveal how we are not separate from the planet - but a living expression of it. See the evidence, feel the connection, and be inspired to a new worldview - to live as one with the Earth, not just on it. You are not merely living on a planet, you are a planet living. Limit: 20

79) Co-Existing with Urban Wildlife

Wed, Nov 19 • 10:00-11:30 • \$15

1 Meeting • Sedona Center 39 • OS-179-F225

Facilitators: Steven Martin, Sharon Sherman

A discussion about resolving conflicts between people and wildlife in cities would cover strategies like: promoting coexistence through community education, implementing humane deterrence methods, responsible waste management, creating wildlife-friendly spaces, and fostering long-term coexistence through understanding wildlife behavior and collaboration among communities and agencies. It acknowledges that sometimes the issue is more about managing human behavior than wildlife itself. Limit: 50

PHILOSOPHY & RELIGION & UNEXPLAINED

84) Experience Mentalism

Mon, Nov 10 • 10:30-12:00 • \$15

1 Meeting • Sedona Center 29 • OS-184-F225

Facilitator: Fred Osborn

Have an experience that is thoroughly captivating and expands possibilities beyond imagined boundaries. Fred (Fred Osborn) takes his audience on a ride through their minds with participation and interaction. He can pull random information from each person's thoughts, including addresses, names of pets, and even birthdays! Limit: 50



OLLI Special Interest Groups (SIGs)

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

More information:
www.yc.edu/sig

87) The Karma of Forgiveness (Sedona)

Wed, Nov 19 • 1:00-4:00 • \$15

1 Meeting • Sedona Center 39 • OS-187-F225

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. Limit: 12

SCIENCE & MATH

88) Evolution of the Universe, Earth and Life

Tues, Oct 28-Dec 16 • 9:30-11:00 • \$35

6 Meetings • Sedona Center 34 • OS-188-F225

Facilitator: Shri Srikanth

Recently departed facilitator extraordinaire, Prof. Ken Bork and I co-designed and co-facilitated a very successful program in 2020. This is my way of paying respects to Ken and feel confident he will be proud. Recent developments in scientific disciplines have enabled scientists to provide a detailed history from the beginning stages of the Universe (The Big Bang) to the present. It is a remarkable story in its breadth and depth. Much of the evidence is based on contemporary cosmology and geology. We will discuss the science behind the exciting conclusions and consider major questions that still remain.

Note: This class skips Veteran's Day 11/11 and the week of Thanksgiving.

90) Science News and Views

Wed, Oct 29-Dec 10 • 10:00-11:30 • \$35

6 Meetings • Sedona Center 34 • OS-190-F225

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 Thanksgiving. Limit: 50

Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

92) Thinking Like a Cloud

Thurs, Oct 30 • 10:00-12:00 • \$15
1 Meeting • Verde Campus - Bldg.I 138 • OV-192-F225

Facilitator: Linden Sturgis

Get to know the ten basic cloud types of modern meteorology as well as some other fascinating variants. You will hear how the clouds were named, what conditions give rise to them, and what they tell us. Since clouds are always changing and transforming you will be challenged, following Goethe's approach, to develop a new kind of thinking that is as quick and flexible as the clouds themselves. I hope you will gain a new appreciation for clouds and maybe even for life itself! Limit: 20

96) The Invention of Nature

Wed, Nov 19-Nov 19 • 1:00-4:00 • \$15
1 Meeting • Sedona Center 28 • OS-196-F225

Facilitator: Linden Sturgis

What do Charles Darwin, Henry David Thoreau, Ernst Haeckel, George Perkins Marsh and John Muir have in common? What inspired these men of such different outlooks? Has the source from which they drank dried up or is it still flowing? Discover the origins of the participatory approach to science exemplified by these great scientists and explorers of nature and discover where it could lead in the future. Limit: 25

SELF-ENRICHMENT & LIFESTYLE

101) True Stories...

Wed, Oct 29-Dec 10 • 1:00-3:00 • \$35
6 Meetings • Sedona Center 34 • OS-201-F225

Facilitator: Michael Brown

The two earliest forms of art from man were cave art and storytelling. Psychotherapist and author Michael Lloyd Brown tells stories, true stories that defy our belief, about us. What are we, why are we here and where are we going? In this class, through storytelling, he will peel the layers of the onion that is us; we, humans, being. If you believe you have a soul, or are curious about spirituality and have an open mind, you might enjoy this class.

Note: This class skips the week of Thanksgiving. Limit: 40

102) BYO OLLI Course

Thurs, Oct 30-Dec 11 • 02:30-4:00 • \$35
6 Meetings • Online • OSZ-202-F225

Facilitator: Charles Blum

Welcome to your "Build Your Own Course" journey! This course aims to empower lifelong learners to craft new learning experiences -- classes, workshops and/or field trips -- especially in the context of America's upcoming 250th anniversary. We'll blend AI tools, personal research, and dynamic discussions to help each of you create at least one new course proposal to facilitate, co-facilitate, or simply enjoy as a student. Just bring an idea or topic that interests you and let's start together! Note: This class skips the week of Thanksgiving. Limit: 12

103) Energy Reset: Heal Yourself & Loved Ones

Fri, Oct 31-Dec 12 • 11:00-12:30 • \$35
6 Meetings • Online • OSZ-203-F225

Facilitator: Darielle Archer

New Class: Energy Reset: Heal Yourself & Loved Ones Discover simple techniques for protecting and healing yourself and those you love, including scanning the body, releasing pain, and harnessing the power of color to restore balance. Learn simple yet powerful techniques to quickly restore balance and energy. Imagine being able to spot the signs of sudden tiredness, brain fog, or low energy—not just in yourself, but in the people you care about—and knowing how to shift it in minutes.

Note: This class skips the week of Thanksgiving. Limit: 20

104) Writing Our Way to Bliss

Mon, Nov 3-Dec 8 • 1:00-02:30 • \$35
5 Meetings • Sedona Center 39 • OS-204-F225

Facilitator: Martha Entin

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

Note: This class skips the week of Thanksgiving. Limit: 10



Note: OLLI is Closed: Tues, 11/11 - Veteran's Day, and Thanksgiving Week

105) Empathy Circle

Wed, Nov 5 • 02:45-04:45 • \$15

1 Meeting • Sedona Center 39 • OS-205-F225

Facilitator: Rachel Garmon

An Empathy Circle is a structured dialogue process that effectively supports meaningful and constructive dialogue. It is a lifelong practice. An Empathy Circle increases mutual understanding and connection by ensuring that each person feels fully heard to their satisfaction. The practice is the most effective gateway practice for learning, practicing and deepening listening and empathy skills, as well as, nurturing an empathic way of being. Limit: 20

WRITING, LITERATURE, & LANGUAGES

111) Writing Your Memoirs

Thurs, Oct 30-Dec 11 • 10:45-12:15 • \$35

6 Meetings • Sedona Center 15 • OS-211-F225

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 Thanksgiving. Limit: 10

112) Readin' & Writin': Loving and Creating Poetry

Tues, Nov 4-Dec 9 • 1:00-3:00 • \$35

4 Meetings • Sedona Center 29 • OS-212-F225

Facilitator: Jahnay Pickett

Join us for another delightful quarter of reading poetry from interesting prolific eras, then writing poems inspired by our creative predecessors. This class is only 4 weeks long, due to another teaching engagement; however, we will focus fully on the "The Imagists". Arguably ushering in the "modern" era of Anglo-English contemporary poetry in the early 1900s, these ground breakers included Ezra Pound, Hilda Doolittle (H.D.), Amy Lowell, T.S. Eliot, Wm. Carlos Williams & more. Come and have Fun!

Note: This class skips Veteran's Day 11/11 and the week of Thanksgiving. Limit: 8

113) Writing Science Fiction Poetry for Fun and Profit

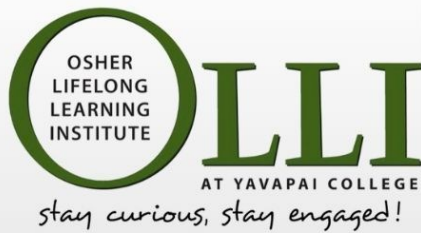
Tues & Wed, Nov 4 & Nov 5 • 11:15-12:30 • \$35

2 Meetings • Sedona Center 40 • OS-213-F225

Facilitator: Gary Every

Poet Laureate of Sedona, Gary Every will give examples and ideas for writing science fiction poetry and flash fiction as well as exploring potential markets for selling your work. Gary Every is the author of two science fiction novellas "Inca Butterflies" and "The Saint and the Robot" as well as dozens of published science fiction short stories, and hundreds of science fiction poems. He has been nominated for the Rhysling Award for science fiction poem of the year 7 times.





SPECIAL INTEREST GROUP OLLI BOOK CLUB



FREE FOR OLLI MEMBERS!

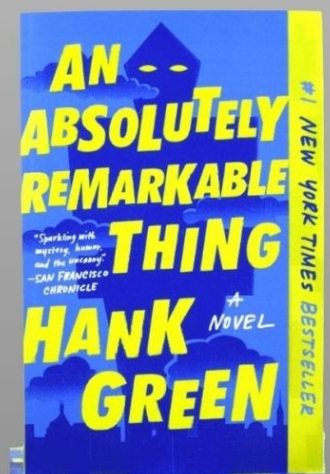
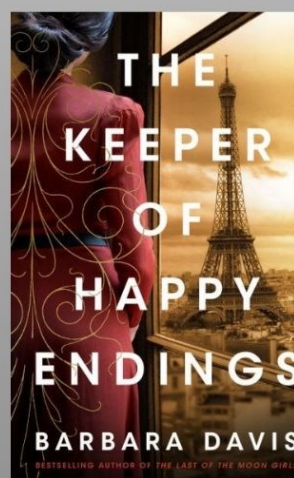
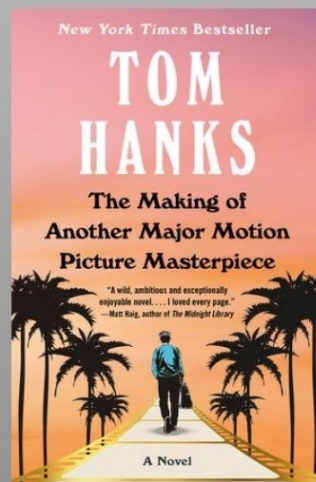
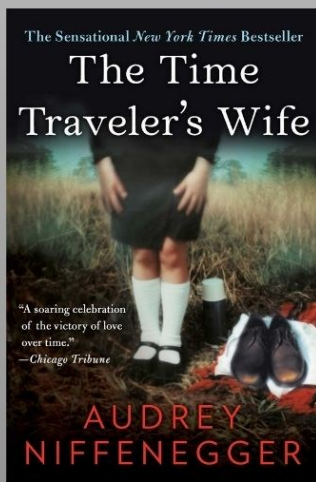
Upcoming Books

October 21st – *The Time Travelers Wife* (Niffenegger)

November 18th – *The Making of Another Major Motion Picture Masterpiece* (Hanks)

December 16th – *Keeper of Happy Endings* (Davis)

January 20th – *An Absolutely Remarkable Thing* (Green)



**To participate or for questions, please email Kate
at: sedonaollibookclub@yahoo.com**



1100 E. Sheldon St. pmb 6912

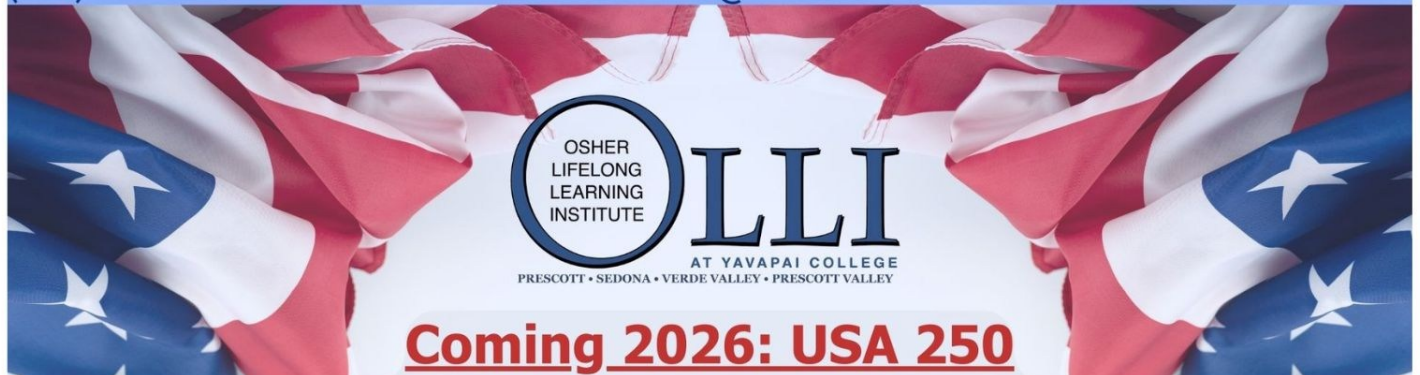
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New Courses Now in Development

John Kennedy's Quest for Peace (Osher Online Spring) • The American Revolution (Term "TBD")
Dialog with the Yavapai-Apache Nation (Spring) • A Night with Mark Twain (Summer)
The Birth of American Music (TBD) • Fort Verde Tour (TBD) • Grand Canyon (TBD)
Protest Songs of the Sixties: Hootenanny Singalong (Summer) • American World's Fairs (TBD)
US-China Relations Since 1776 (Fall 1) • Kennedy and Cuba (Fall 2)
Native American Governance in the Spanish Southwest (Winter)
Freemasonry and the Founding Fathers (TBD) • The American Landscape in Art (TBD)