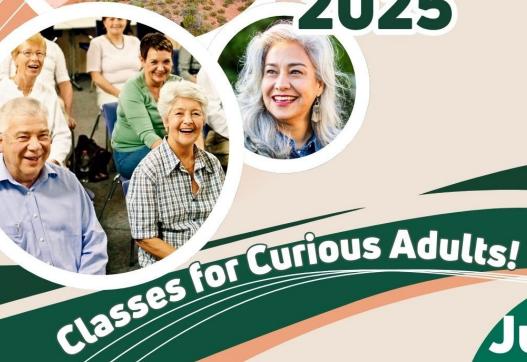


SEDONAO ERDE VALLEY

SUMMER 2025



June 23 -July 28

*some online classes start June 9

Registration opens May 14 www.yc.edu/olli

Stay Curious, Stay Engaged... OLLI!

Chair Corner

The Benefits of Learning in Later Life

Learning doesn't have an expiration date, and in fact, continuing to engage with new knowledge and skills in later life offers numerous benefits—mentally, socially, and emotionally. Whether it's picking up a new language, discussing current affairs, or learning a musical instrument, these activities stimulate the brain, encouraging neuroplasticity and promoting overall mental sharpness.

Beyond cognitive health, learning in later life can provide meaningful social engagement. OLLI Members find joy participating and producing in-person and online classes, and leading and participating in special interest groups. OLLI creates opportunities to connect with people of different ages and backgrounds, fostering friendships and shared goals, which contribute to emotional well-being and a greater sense of belonging.

Moreover, embracing learning later in life often reignites a sense of purpose and curiosity. It's a powerful reminder that personal growth doesn't end at retirement. Whether it's pursuing long-held passions, acquiring practical skills, or simply exploring new ideas, OLLI has a wide range of offerings for every interest!

Andy Newton(GC)
Andy Newton, Chair

Sharon Sherman
Sharon Sherman. Chair

In person registration is available at the Prescott Campus (M-F) and the Sedona Center (M-Th)

Prescott Campus 1100 E Sheldon St, Prescott Sedona Center 4215 Arts Village Dr, Sedona Verde Valley Campus, 601 W Black Hills Dr, Clarkdale

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

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

Summer: June 23-July 28 Fall 1: Aug 25-Oct 6 Fall 2: Oct 27-Dec 12

OLLI Staff

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

In person registration is available at the Sedona Center Mon-Thurs. **Important schedule notes:** Some online classes start as early as June 9. In addition, July 7 is a Holiday. check carefully for your class schedule for 4th of July week – many are skipping that week. (After each description, there is a note if the schedule is impacted by 4th of July week.

OLLI Sedona • Verde Valley Summer 2025								Classes by Day, Time and Date			
Mond	lay		Time			Building-	Room	Class	Facilitator(s)		
6/9	- 7	/14	7:00	-	10:00	Prescott Offsite		50) Hike The Prescott Circle Trail	J Pillman, K Paris		
7/14	- 8	/18	8:00	-	9:30	Online		The Rehnquist Court, 1986-2005 \$	L Andersen		
7/14			9:00	-	10:30	Online		47) Celtic Colours on Cape Breton, Nova Scotia	M Dillon, D Dillon		
0/00	7	100	40.00		44.00	0 - 1 0 1	00	13) Sculpted Stories: Narrative Elements in Sculp-	D. Oamaria		
6/23	- <i>1</i>	/28	10:00 10:30		11:30	Sedona Center	- 28	ture	D Gervasio B Brown		
6/23	- 1	/14	1:00		12:00 3:00	Online Sadana Cantar	20	32) New Ideas			
	7	100				Sedona Center	- 28	60) Thinking Like a Cloud	L Sturgis		
7/14 6/9	- 7 - 7		1:00 2:00		3:00 3:30	Sedona Center Online	- 28	41) Questioning Yuval Noah Harari	J Koepke		
		/14	2.00	i	3.30	Online		56) Introduction to Advaita Vedanta	D Freeman		
Tues											
6/10	- 7		7:00		11:00	Prescott Offsite		53) Strenuous Hiking	E Roy		
6/10	- 7	/22	8:00		10:00	Prescott Offsite		52) Prescott Area Nature Walks	J Mangimeli		
6/24	_		9:30		12:00	Sedona Center	- 29	26) Medicare 101 - Everything you need to know	D Fanter		
6/24	- 7		10:00		11:30	Sedona Center	- 40	14) Spanish Impressionism - Joaquin Sorolla	A Smith		
7/8	- 8	/12	10:00		11:30	Online		The Economics of Public Policy Issues \$	G Woglom		
6/24			12:00		2:30	VOC Library		76) Keeping a Commonplace Book (Javelina Room)	K Crandall		
7/1	_		12:30		2:30	Online		22) Heads Up: Windows 10 Support Ends Oct 14	J Burke		
7/8	- 8	/12	12:00		1:30	Online		Behind Those Baby Blues: Films of Paul Newman \$	A Blumberg		
6/24			1:00		4:00	Sedona Center	- 39	66) Quantum Medicine and the Biology of Well-Being	G Swift		
7/8	- 7	/22	1:00		2:30	Sedona Center	- 34	30) Mindset Matters in Well-Being: 3-Meeting Course	DForsythe, IGriffith		
7/22			1:00		4:00	Online		D) Zoom 201 - Instructor Assistant for Zoom Class	S Sherman		
7/8	- 7		2:00		4:00	Sedona Center	- 28	39) The Good Society	J Koepke		
7/8	- 8	/12	4:00	-	5:30	Online		History of Beer \$	K Brown		
Wedr	nesda	ay									
6/11			7:00	-	9:30	Prescott Offsite		55) Moderate Hiking	Neakrans, Troester		
6/11	- 7	/2	9:00	-	10:30	Online		9) Beyond the Frame: American History via Art at Smithsonian American Art Museum (SAAM)	R Fulcher		
6/25	- 7	/23	9:00	-	10:30	Sedona Center	- 29	77) 'En Plein Air' Poetry	J Pickett		
7/9	- 8	/13	8:00	-	9:30	Online		Past and Present New York City \$	A Kocurek		
6/25	- 7	/16	10:00	-	11:30	Sedona Center	- 28	19) Get Smarter about Internet Passwords	S Sherman		
6/25	- 7	/23	10:00	-	11:30	Online		67) Crystals In Action: Healing, Love & Living Energy	D Archer		
7/9			10:00	-	12:00	Sedona Center	- 40	70) Beyond Stressed to Serene.:)))	L James		
6/11	- 7	/23	10:30	-	12:00	Online		45) Armchair Adventures	B Brown		
7/9	- 8	/13	10:00	-	11:30	Online		Demystifying Energy Security \$	B Hill-Skinner		

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

	na • Verde iesday	Valley			Summer Building		2025 Room	Classes by Day, Time and Date Class	Facilitatotor(s)
7/16	- 8/20	12:00	_	1:30	Online			Stories of Adventure: The Norse Sagas\$	V Peterson
6/18		12:30	-	2:00	Online			18) All About Genealogy	J Burke, S Mueller
2/2-								57) Tao Te Ching: Ancient Wisdom for	C Blum, J Ford,
6/25		1:00	-	4:00	Sedona Center	-	29	Living Today 40) Canada: Things You Ought To	J Pick
7/9		1:00	-	4:00	Sedona Center	-	40	Know	C Blum
7/16		1:00	-	4:30	Sedona Center	-	40	42) Argentina 1985	C Blum
7/9	- 8/13	2:00	-	3:30	Online			Public Health Across the Lifespan \$	M Boyd
7/9	- 7/16	2:00	_	4.00	Sedona Center	_	28	63) Geological Creation of Arizona and Verde Valley	J Sutton
	ırsday	2.00		4.00	Ocaona Ocinci		20	volue valley	o outton
6/19	- 7/17	9:30	_	10:45	Online			46) Travel Destinations	B Maxwell, D Dillon
=								27) Medicare 101 - Everything you	
7/10		9:30		12:00		-	138	need to know	D Fanter
7/10	- 8/14	10:00		11:30	Online			Architectural Oddities \$	E Schrader
6/26		10:00		11:30	Verde - Bldg.l		138	68) The Fine Art of Doing Nothing	R Rokosz
6/26	- 7/24	10:30		12:00	Verde - Bldg.G			62) Geologic History of the Verde Valley	S Semken
6/26	- 7/24	10:45		12:15	Sedona Center	-	15	78) Writing Your Memoirs	A Crosman
6/26		12:30		2:30	Online			20) Computer Buying Guide	J Burke, R Truman
7/10		12:30	-	2:30	Online			23) Touring the Web #12	J Burke
6/12		12:30	_	1:45	Prescott Bldg 4		102/Zoom	E)/F) Munch & Learn: Prescott Film Festival!	H Stevenson
								G)/H) Munch & Learn: Roy Rogers and	
6/26		12:30			Prescott Bldg 4		102/Zoom	Dale Evans	R Arena
7/10		12:30	-	1:45	Prescott Bldg 4		102/Zoom	I)/J) Munch & Learn: Hyman Rickover K)/L) Munch & Learn: The Monsters of	R Arena
7/17		12:30	-	1:45	Prescott Bldg 4		102/Zoom	Yavapai County	R Arena
7/04		40.00		4 45	B "BU 4		400/7	M)/N) Munch & Learn: History of Pres-	
7/24	7/04	12:30		1:45	Prescott Bldg 4		102/Zoom	COTT	P Goode
6/26	- 7/24	1:00	-	2:30	Verde - Bldg.G	-	104	6) Creative Drawing 21) Zoom 101:Get Comfortable w/ Vid-	R Ebeling
6/26		1:00	-	4:00	Verde - Bldg.l	-	138	eo Conferencing	S Sherman
7/47		1.00		4.00	Vanda Dida C		100	31) Mindset Matters in Well-Being: In-	D Forsythe,
7/17 7/17	- 7/24	1:00		4:00 3:00	Verde - Bldg.G Verde - Bldg.G	-	106 107	troduction 71) Powend Angestry com	I Griffith
7/17	- 8/14	4:00		5:30	Online	-	107	71) Beyond Ancestry.com 100 Years of Magic: Disney Legacy \$	H Hayes M Massad
Email		1100		0.00	01111110			Too Tours of Magic Biolity 2000 y	m maccaa
	•				Email Only			11) Celebrating Cellist Yo-Yo Ma	N Dubow
					Email Only			12) Music Sanctuary with Ola Gjeilo	N Dubow
					Email Only			43) Great Courses Potpourri	P Berlowe
Field	Trips								
6/17	- 6/19	9:00		11:00	Prescott 31		101&Offsite	Meditation and Lavender Farm Tour	Mazella, Janowski
6/24	- 6/26 7/10	9:00		11:00	Prescott 31		101&Offsite	Landscaping with Natives Mary Ramos & Sharlot Hall Musuum	Mazella, Janowski
7/8	- 7/10	9:00	-	11:00	Prescott 31	-	101&Offsite	Mary Ramos & Sharlot Hall Musuem	Mazella,Janowski

^{\$} Osher ONLINE in partnership with Northwestern University—extra fees apply for ALL OLLI Memberships. Note: 7/7 is a Holiday, many classes are skipping 4th of July week—check the descriptions for more details. 3

Free and Open to the Public

D) Zoom 201 - Instructor Assistant for Zoom Class

Tues,7/22 • 1pm-4pm • Free

1 Meeting • Online • OZS-404-SU25

Facilitator: Sharon Sherman

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

Munch & Learn: How to Festival - Prescott Film Festival!

Thurs,6/12 • 12:30pm-1:45pm • Free

E) Prescott Campus 4-102 • OP-405-SU25

F) Online • OZP-406-SU25

Facilitator: Helen Stevenson

What is a Film Festival? Why do over 100 volunteers work year after year to bring Prescott Film Festival to the community? What does it bring to the community? How can you get involved? Find the answers and more from the Founder and Director of the Prescott Film Festival.

Munch & Learn: Roy Rogers and Dale Evans

Thurs,6/26 • 12:30pm-1:45pm • Free

G) Prescott Campus 4-102 • OP-407-SU25

H) Online • OZP-408-SU25

Facilitator: Rudy Arena

Julie Rogers is one of the sixteen grandchildren of western film and television stars, Roy Rogers and Dale Evans. Julie shares heartwarming memories of her grandparents, describing them as humble and charismatic individuals who treated everyone equally, regardless of fame. Growing up during their peak popularity in the 50s and 60s, the author did not realize their grandparents were famous, viewing them simply as Grandma and Grandpa. They were ordinary people who lived extraordinary lives.

Munch & Learn: Hyman Rickover

Thurs,7/10 • 12:30pm-1:45pm • Free

I) Prescott Campus 4-102 • OP-409-SU25

J) Online • OZP-410-SU25

Facilitator: Rudy Arena

Chiam Rykower, who immigrated to the U.S. at age six, became a pivotal figure in the U.S. Navy, particularly through his work in nuclear propulsion. Hyman Rickover, known as "The Greatest Engineer Who Ever Lived," challenged the Navy's bureaucracy, leading to significant advancements in submarine technology and the establishment of a skilled engineering corps dedicated to nuclear power. In this course Bill Weiss will discuss, Mr. Rickover's relentless determination and innovative approach that transformed the Navy and ensured its strategic relevance in the postwar era.

Munch & Learn: The Monsters of Yavapai County

Thurs,7/17 • 12:30pm-1:45pm • Free

K) Prescott Campus 4-102 • OP-411-SU25

L) Online • OZP-412-SU25 Facilitator: Rudy Arena

What a surprise it must have been to find a giant skull while digging a well. Drew Desmond, the President of the Prescott Western Heritage Foundation and an author with significant readership, will talk of the many odd and huge human and animal remains that once lived in Yavapai County. So strange that it drew the Smithsonian Museum to check the diggings. Join us!

Munch & Learn: Exploring the History of Prescott

Thurs,7/24 • 12:30pm-2:45pm • Free

M) Prescott Campus 4-102 • OZP-413-SU25

N) Online • OZP-414-SU25 Facilitator: Phil Goode

Join Mayor Phil Goode for a captivating exploration of the history behind the name "Prescott." Have you ever wondered why we pronounce it "Preskitt" instead of "Prescott"? Discover the fascinating factors that have shaped our nation and how they directly influenced the formation of our town. In this presentation, we'll dive into the legacies of Col. William Prescott and William Hickling Prescott, uncovering their legendary contributions that helped shape our community into the remarkable place it is today. Don't miss this chance to gain a deeper understanding of our town's rich history!

TRIPS - Take a trip to Prescott!

Trip: Talk and Walk: Meditation and Lavender Farm Tour

Tues & Thurs,6/17-6/19 • 9am-11am • \$15 2 Meetings • Prescott 31-101 & Offsite • OP-415-SU25 Facilitators: Angie Mazella, Lois Janowski, Rennie Anderson

On Tuesday, June 17th, 9-11, in Prescott Campus 31-101, Will Duncan will look at 4 key skills in mediation. On Thursday, June 19th, 9-11am we'll get a farm tour of the Skull Valley Lavender and Herb Farm. They grow about 1,000 lavender plants of 12 different varieties. They run a small-batch distillery making hand-crafted essential oils, variety of lavender products and herbal teas. Additional donation \$10 payable at the tour. No tobacco products are allowed on the premises. Parking is very limited, registrants try to carpool. Participants must sign a liability waiver on entrance to the property. Directions will be sent 1 week prior to the tour.

Trip: Talk and Walk: Landscaping with Natives
Tues & Thurs,6/24-6/26 • 9am-11am • \$15
2 Meetings • Prescott 31-101 & Offsite • OP-416-SU25
Facilitators: Angie Mazella, Lois Janowski, Rennie
Anderson

On Tuesday, June 24, 9-11am Prescott Campus 31-101, Sue Smith, master gardener, will talk about landscaping with natives, raised bed vegetables and water catchment irrigation. On Thursday June 26, 9-11am, Sue will give a tour of her home gardens in Prescott, where she puts to practice her landscaping advice. Directions will be sent 1 week prior to the tour.

Trip: Talk and Walk: Mary Ramos & Sharlot Hall Museum

Tues & Thurs,7/8-7/10 • 9am-11am • \$15 2 Meetings • Prescott 31-101 & Offsite • OP-417-SU25 Facilitators: Angie Mazella, Lois Janowski, Rennie Anderson

On Tuesday July 8 at 9am in Prescott Campus 31-101 Faith Roelofs "becomes" Mary Ramos, Prescott pioneer woman, and recounts her world in early Prescott (not to be missed!) On Thursday July 10th at 10:30am we will meet at the Sharlot Hall Museum, 415 W Gurley Street in Prescott. Jeff Schalau, retired Yavapai County Extension agent, will lead a grounds tour of Sharlot Hall, accompanied by Josh Nomland, current Sharlot Hall groundskeeper, and Mary Ramos (Faith Roelofs). No extra museum entrance fee for grounds tours.



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per month!

www.yc.edu/olli



OLLI Summer 2025: Sedona • Verde Valley In-Person and Online Classes

Registration: www.yc.edu/OLLISVRegister

ARTS & CRAFTS

6) Creative Drawing

Thurs,6/26-7/24 • 1pm-2:30pm • \$35

4 Meetings • Verde Campus - Bldg.G-104 • OV-106-SU25

Facilitator: Rae Ebeling

You say "But I can't draw". If you can hold a pencil you can create all sorts of images, real or imaginary, figurative or abstract. You'll also discover more about how you see things and just enjoy a relaxing, playful, meditative activity. Bring pencils, colored pencils or pens (no paints), and notebook or printer paper (supplies will not be provided by facilitator). **Note:** Please note this class will skip July 3 and resume on July 10.

ARTS-VISUAL & PERFORMING

9) Beyond the Frame: American History via Art at Smithsonian American Art Museum (SAAM)

Wed,6/11-7/2 • 9am-10:30am • \$35 4 Meetings • Online • OZP-109-SU25

Facilitator: Rebecca Fulcher

Artists give us a window on American life, often reflecting the cultural and social climate of the time in which they work. Explore the question, "What does art reveal about America?" as you join Smithsonian American Art Museum study group leaders to examineamerican history through the eyes of a variety of artists in four discussion-based sessions, each focused on a separate era: Seeing Is Thinking; Early America; 1861-1941: 80 Years of Change; and Contemporary Life. **Note**: this will meet 7/2.

11) Celebrating Cellist Yo-Yo Ma

Email Only • OZP-111-SU25 • \$15

Facilitator: Nancy Dubow

Beloved cellist Yo-Yo Ma has brought great joy to many, many people over a long career! Our celebration honors his unique, radiant spirit andamazing cello wizardry through performances and videos about him. At the heart of our festival is a marvelous performance of Dvorak's treasured Cello Concerto. In addition, we are focusing on his love of the Bach Suites for solo cello and how he has grown and evolved in his concept of them over his lifetime.

12) Music Sanctuary with Ola Gjeilo

Email Only • OZP-112-SU25 • \$15

Facilitator: Nancy Dubow

The music of Ola Gjeilo is an uplifting sanctuary of sound that allows us to experience peace, and be strengthened and renewed. His main areas of composition are choral and piano.

13) Sculpted Stories: Narrative Elements in Sculpture

Mon,6/23-7/28 • 10am-11:30am • \$35

4 Meetings • Sedona Center-28 • OS-113-SU25

Facilitator: Danielle Gervasio

This class explores how sculptors create narrative through form. Over four class meetings we will review diverse statues, reliefs, and public monuments to identify and discuss how elements such as gesture, space, composition, and an artwork's setting create visual narrative in sculpture. Using visual analysis, participants will learn to "read" sculptures as dynamic stories frozen in time. **Note:** Please note this 4 week class skips June 30 and July 7.

14) Spanish Impressionism - Joaquin Sorolla

Tues,6/24-7/22 • 10am-11:30am • \$35

4 Meetings • Sedona Center-40 • OS-114-SU25

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. **Note**: Please note class will skip July 1 and resume on July 8.

In person registration is available at the Prescott Campus (M-F) and the Sedona Center (M-Th)

Prescott Campus 1100 E Sheldon St, Prescott Sedona Center 4215 Arts Village Dr, Sedona Verde Valley Campus, 601 W Black Hills Dr, Clarkdale Village of Oak Creek Library, 25 W Saddlehorn Rd, Sedona

OLLI Summer 2025: Sedona • Verde Valley In-Person and Online Classes

Registration: www.yc.edu/OLLISVRegister

COMPUTER & TECHNOLOGY

18) All About Genealogy

Wed,6/18 • 12:30pm-2pm • \$15

1 Meeting • Online • OZP-118-SU25

Facilitators: JB Burke, Sue Mueller

Designed for both beginners who are ready to explore their family history or those who have started the journey, this session will focus on the process. Focus on your own family, gather records and pictures, and interview family. Software? Online tree? How to avoid mistakes. The session will introduce a variety of free online sources for your research. Plus a word about DNA and social media.

19) Get Smarter about Internet Passwords

Wed,6/25-7/16 • 10am-11:30am • \$35

3 Meetings • Sedona Center-28 • OS-119-SU25

Facilitator: Sharon Sherman

End confusion in logging into our Internet accounts. Discover the world of password security and authentication. Understand password creation, encryption, 2-factor authentication, passwordless login options, access upon death, and more. Review and compare the top password manager products, including their benefits and security features. Set up a password minder from scratch. Stop risking financial theft, malware, fraud, identity theft, and lost passwords. Save time and be safer. **Note:** Please note this class will skip July 2nd and resume on July 9th.

20) Computer Buying Guide

Thurs,6/26 • 12:30pm-2:30pm • \$15

1 Meeting • Online • OZP-120-SU25

Facilitators: JB Burke, Rob Truman

Getting ready to invest in a new computer? Totally confused about all of the terminology and specifications. Rob will provide some basics when it comes to picking your next machine. If you are looking for a pre-purchase buying guide, then this presentation is for you.

21) Zoom 101 - Get Comfortable with Video Conferencing

Thurs,6/26 • 1pm-4pm • \$15

1 Meeting • Verde Campus - Bldg.I-138 • OV-121-SU25

Facilitator: Sharon Sherman

Perhaps you are finally ready to video conference, or you would like to become more familiar with the basics of using Zoom, the most popular free video conferencing tool. Zoom allows you more options in learning and life. It

lets you stay connected to others, anywhere in the world. In this class you will learn essential features, such as operations, and tips using a cell phone, tablet, or computer. This is a hands-on training, please bring your own device. Come Zoom with us in this very basic class!

D) Zoom 201 - Instructor Assistant for Zoom Class

Tues,7/22 • 1pm-4pm • Free

1 Meeting • Online • OZS-404-SU25

Facilitator: Sharon Sherman

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

22) Heads Up: Windows 10 Support Ends October 14

Tues,7/1 • 12:30pm-2:30pm • \$15 1 Meeting • Online • OZP-122-SU25

Facilitator: JB Burke

Microsoft's free Security support for Windows 10 ends on October 14, 2025. After that, Windows 10 will be less secure, at a time when online crime is on an upward trend. According to the FBI, Cybercrime losses exceeded \$12.5 Billion in 2023. While a lot of the responsibility for that falls on the end user, the security of your computer OS is a key factor in assuring online safety. There are multiple ways to reduce or avoid this risk, and those will be explored in depth during this program.

23) Touring the Web #12

Thurs,7/10 • 12:30pm-2:30pm • \$15

1 Meeting • Online • OZP-123-SU25

Facilitator: JB Burke

The World Wide Web has everything – and JB has discovered much of it. Join JB Burke for an all new Touring the Web #12. You'll learn: how to visit the Sistine Chapel without traveling; how to use Picture in Picture in your browser; why email is such a great way to communicate; when kids in France drank wine in school; how internet traffic travels the world – it mostly isn't via satellites; all about the origin of the QWERTY keyboard; and, of course, robots! Plus, videos and much, much more.

FINANCE, ECONOMICS, & LAW

26) Medicare 101 - Everything you need to know

Tues,6/24 • 9:30am-12pm • \$15

1 Meeting • Sedona Center-29 • OS-126-SU25

Facilitator: Denny Fanter

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

27) Medicare 101 - Everything you need to know

Thurs,7/10 • 9:30am-12pm • \$15

1 Meeting • Verde Campus - Bldg.l-138 • OV-127-SU25

Facilitator: Denny Fanter

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

HEALTH & NUTRITION

30) Mindset Matters in Well-Being: 3-Meetings

Tues,7/8-7/22 • 1pm-2:30pm • \$35

3 Meetings • Sedona Center-34 • OS-130-SU25

Facilitators: Donna Forsyth, Isabelle Griffith

This 3-meeting course expands on mindset's influence on well-being, with a deeper dive into health, fitness, nutrition, and aging. Through an in-depth exploration of the mind/body connection, placebo/nocebo effects, positive psychology, and longevity, students will engage in discussions, real-world examples, and practical exercises. Participants will learn strategies to shift their mindset and apply research-backed techniques to enhance overall well-being. **No prerequisite required**

31) Mindset Matters in Well-Being: Introduction

Thurs,7/17 • 1pm-4pm • \$15

1 Meeting • Verde Campus - Bldg.G-106 • OV-131-SU25 Facilitators: Donna Forsythe, Isabelle Griffith

Mindset significantly influences our well-being. Beliefs and expectations often determine physical and physiological outcomes. Drawing on the latest scientific research, we discuss the powerful role of mindset on outcomes in health, nutrition, fitness, and aging. Topics include the mind/body connection, placebo/nocebo

effects, positive psychology, and longevity. Students will gain an understanding of these concepts and learn how to apply them to positively influence their well-being.

HISTORY & CURRENT AFFAIRS

32) New Ideas

Mon,6/9-7/14 • 10:30am-12pm • \$35

6 Meetings • Online • OZP-132-SU25

Facilitator: Barbara Brown

Please join us on a journey into the world of new ideas. We will explore a different subject each week from science, technology, space, the arts and culture. **Note:** no class 7/7, WILL MEET Monday 6/30

39) The Good Society

Tues,7/8-7/22 • 2pm-4pm • \$35

3 Meetings • Sedona Center-28 • OS-139-SU25

Facilitator: Jack Koepke

Our primary purpose is group dialogue. We begin and end with The Good Society. What is it? How is it attained/sustained? We discuss contrasting concepts of moral law from Hammurabi to Any Rand. This leads us into discussions of natural law v. positive law, the silver and golden rules, absolute and relative morality, sources of laws, good and bad laws, racial questions, founding national myths, Thomas Jefferson, history ofamerican slavery, Dred Scott, emancipation, Constitutional amendments 13, 14 & 15, racial laws in housing and drug enforcement and the success and failure of laws.

40) Canada: Things You Ought To Know

Wed,7/9 • 1pm-4pm • \$15

1 Meeting • Sedona Center-40 • OS-140-SU25

Facilitator: Charles Blum

Celebrate Canada Day by learning more about our northern neighbors. Do they really eat beaver tails, call their currency the "loonie" and play football on a larger field with more players? Did more pigs than humans die in the Pig War in the San Juan Islands? When was the last time that Canadian armed forces fought along sideamericans? What's their approach to First Nations' issues? Where is Canmore and why is it becoming Sedona's first sister city? We'll look at these and a host of geographic, demographic, economic, political and cultural questions.

HISTORY & CURRENT AFFAIRS Cont.

41) Questioning Yuval Noah Harari

Mon,7/14-7/28 • 1pm-3pm • \$35

3 Meetings • Sedona Center-28 • OS-141-SU25

Facilitator: Jack Koepke

Yuval Noah Harari's writes big history, offering a broad perspective on human development, technology and the future. Join us for a critical discussion of "Sapiens: A Brief History of Humankind," telling the story of humanity from the cognitive revolution to the present emphasizing our unique ability to cooperate and create shared values; "Homo Deus," focusing on the intersection of technology, evolution and man's pursuit of immortality; "21 Lessons for the 21st Century," exploring global challenges and "Nexus: A Brief History of Information Networks from the Stone Age to AI," presenting the history and evolution of information networks.

42) Argentina 1985

Wed,7/16 • 1pm-4:30pm • \$15

1 Meeting • Sedona Center-40 • OS-142-SU25

Facilitator: Charles Blum

The Golden Globe winning docudrama, Argentina 1985, depicts the historic trial of deposed members of the brutal Argentine junta that conducted the "dirty war" in which tens of thousands of citizens were killed. We will watch it in its entirety and discuss the lessons for ongoing efforts to prosecute crime against humanity worldwide. The well-acted film is in Spanish with English subtitles, offering a good opportunity to practice the language.

43) Great Courses Potpourri

Email Only • OZP-143-SU25 • \$35

Facilitator: Patricia Berlowe

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

LOCAL INTEREST & TRAVEL

45) Armchair Adventures

Wed,6/11-7/23 • 10:30am-12pm • \$35 6 Meetings • Online • OZP-145-SU25

Facilitator: Barbara Brown

Join us to travel the world without passports, expense, long lines at airports, cathedrals or fatigue. We will explore cultures, history and do lots of sightseeing. **Note:** no class 7/2.

46) Travel Destinations

Thurs,6/19-7/24 • 9:30am-10:45am • \$35

5 Meetings • Online • OZP-146-SU25

Facilitators: Bill Maxwell, Deb Dillon

Whether you are an armchair traveler or someone who never unpacks, come and join Deb & Bill to travel to destinations around the world. We will spend the 5 weeks exploring everything from exotic locations to points of interest in the USA. Expect to experience: nature, adventure, exotic locations, and history. Deb & Bill will try to provide information as well as fun stories about their experiences traveling the world. Maybe you will find some new destinations to add to your bucket list! **Note:** no class 7/3.

47) Celtic Colours on Cape Breton, Nova Scotia

Mon,7/14 • 9am-10:30am • \$15

1 Meeting • Online • OZP-147-SU25

Facilitators: Mark Dillon, Deb Dillon

Celtic Colours is a rousing celebration of traditional music and cultures on Cape Breton Island, Nova Scotia. Mark and Deb Dillon attended the event several years ago and will share their experiences with OLLI members.



Interested in Facilitating? Have a suggestion for a class? Know someone who would be a great facilitator for OLLI? Let us know!

www.yc.edu/olli

NATURE & THE OUTDOORS, ACTIVE MIND & BODY – Take a hike in Prescott!

50) Hike The Prescott Circle Trail

Mon,6/9-7/14 • 7am-10am • \$35

6 Meetings • Prescott Offsite • OP-150-SU25

Facilitators: John Pillman, Ken Paris

The PCT is a roughly 56 mile trail that encircles Prescott. It is divided into 11 segments ranging from 3-9+ miles each. This term we will be hiking the final 5 segments ranging from 4.5 to 8 miles and do contain elevation changes and challenges. Participants should have a history of good health and hiking in higher elevations. We will be hiking at a moderate pace of about 2.5 mph with frequent breaks. Meeting places will be different every week and sites will be emailed to participants each week. Carpooling will also be necessary each week as these are all one way hikes..

52) Prescott Area Nature Walks

Tues.6/10-7/22 • 8am-10am • \$35

6 Meetings • Prescott Offsite • OP-152-SU25

Facilitator: John Mangimeli

This class is a series of nature walks to understand and appreciate the wide variety of natural environments in the Prescott area. This is NOT a hiking group. Walks will be short (one mile maximum) and casually paced, with frequent stops to view and learn about what we see. Each week we will explore a different environment: Ponderosa Pine forest; Pinyon-Juniper forest; desert shrubland; riparian areas and lakes; and we'll learn about the flora, fauna, and natural processes of each environment. Sorry, no dogs. Meet at the OLLI Office to carpool to locations. **Note:** no class 7/1.

53) Strenuous Hiking - Prescott

Tues,6/10-7/22 • 7am-11am • \$35

5 Meetings • Prescott Offsite • OP-153-SU25

Facilitator: Elle Roy

Are you a seasoned hiker who would like to take advantage of our beautiful location and wonderful trail system? We'll be hiking 6-8.5 miles with 500-1800 ft elevation gain on rocky, uneven terrain that is sometimes steep. We'll hike at a moderate pace, with infrequent breaks, for 2.5-3.5 hours. For the enjoyment and safety of all involved, moderate hiking experience at this elevation and pace is required. Hike locations will be emailed to you weekly. Helpful gear: water bladder, hiking poles.

Note: no class 6/17

55) Moderate Hiking - Prescott

Wed.6/11-7/16 • 7am-9:30am • \$35

6 Meetings • Prescott Offsite • OP-155-SU25

Facilitators: Lynn Neakrans, Mark Troester

Join us on moderate hikes of up to 5 miles on rocky and sometimes steep terrain and experience the beauty and diversity of some of the many trails in our area. You will need to be in good physical condition and accustomed to hiking at higher elevations and temperatures. A description of the hike and directions to the trailhead will be emailed to participants before each hike.

PHILOSOPHY & RELIGION & UNEXPLAINED

56) Introduction to Advaita Vedanta

Mon,6/9-7/14 • 2pm-3:30pm • \$35

6 Meetings • Online • OZP-156-SU25

Facilitator: Deborah Freeman

Rather than relying on blind faith in scriptures as Western religions do, the Hindu philosophy of Advaita Vedanta unfolds the existence and nature of God through scriptural teachings. These teachings are extensively supported by the use of reason and rational discourse. Following traditionally trained Swami Tadatmananda's comprehensive videos, we'll explore how Advaita Vedanta impacts our understanding of the material world. **Note:** class will meet on 6/30 and 7/7.

57) Tao Te Ching: Ancient Wisdom for Living Today

Wed,6/25 • 1pm-4pm • \$15

1 Meeting • Sedona Center-29 • OS-157-SU25

Facilitators: Charles Blum, Jean Ford, Jahnay Pickett

Tao Te Ching: What is the Tao (the Way)? What is wu wei (unforced, flowing action)? How does one align in today's world with this ancient wisdom? What guidance does it provide for living with integrity, simplicity, and humility? What guidance does it provide for those in positions of power to make progress without struggle? Join three old friends as they share lessons they've learned from various interpretations of the Tao Te Ching and read favorite verses. Open to all, regardless of previous experience with the Tao. Bring your own copy and share your insights, should you wish.

Note: 7/7 is a Holiday, most classes skip 6/30-7/3

SCIENCE & MATH

60) Thinking Like a Cloud

Mon,6/23 • 1pm-3pm • \$15

1 Meeting • Sedona Center-28 • OS-160-SU25

Facilitator: Linden Sturgis

You will 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 a little bit of what they tell us. Since clouds are always changing and transforming you will be challenged 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!

62) Geologic History of the Verde Valley

Thurs,6/26-7/24 • 10:30am-12pm • \$35 4 Meetings • Verde Campus - Bldg.G-106 • OV-162-SU25 Facilitator: Steven Semken

The spectacular geological landscapes of the Verde Valley have a deep history that extends back billions of years, and which is recorded in the colorful rocks and landforms we find here. This non-technical course will recount the major events in the geologic history of the Verde Valley in the context of the geologic history of Arizona, and teach skills that will enable you to view and understand the landscapes and rocks the way a geologist does. **Please note**, class skips July 3 and resumes on July 10.

63) Geological Creation of Arizona and Verde Valley

Wed,7/9-7/16 • 2pm-4pm • \$35

2 Meetings • Sedona Center-28 • OS-163-SU25

Facilitator: John Sutton

This fascinating program will reveal how the land mass of Arizona was formed by island arcs attaching to a recently formed land mass. We'll examine the unique geologic processes that created Arizona's very large copper, gold, and silver deposits. Geologic changes of the Prescott and Verde Valley over time are revealed.

SELF-ENRICHMENT & LIFESTYLE

66) Quantum Medicine and the Biology of Well-Being

Tues,6/24 • 1pm-4pm • \$15

1 Meeting • Sedona Center-39 • OS-166-SU25

Facilitator: Gayle Swift

Explore the health benefits of Quantum Medicine where science, spirituality and creativity support the biology for well-being, vitality and resilience in the 5 domains of human life: physical, emotional, mental, spiritual and social. You will experience 6 core Care-of-Self micro-practices that are easily incorporated throughout the day, shifting from stress to creative engagement. The neurosciences are teaching us we can self-regulate our neurological-sensory system to create an Optimal Healing Environment [OHE] that directly impacts our gene expression for greater energy, joy, belonging, immunity and focused clarity.

67) Crystals In Action: Healing, Love & Living Energy

Wed,6/25-7/23 • 10am-11:30am • \$35

4 Meetings • Online • OZS-167-SU25

Facilitator: Darielle Archer

Step into the powerful world of crystals and energy grids in this transformative 4-week journey. Whether you're new to crystals or ready to deepen your practice, this course will show you how to use crystals intentionally—for healing, deepening relationships, and even supporting the energy of your plants and sacred spaces. You'll learn how to create personalized crystal grids thatamplify energy, restore balance, and align with your heart's desires. Together, we'll explore sacred geometry, crystal combinations, intuitive activation, and the wisdom of the natural world. **Please note**, this class will skip July 2 (to enjoy July 4th celebrations) and resume on July 9.

68) The Fine Art of Doing Nothing

Note: 7/7 is a Holiday, most classes skip 6/30-7/3

Thurs.6/26 • 10am-11:30am • \$15

1 Meeting • Verde Campus - Bldg.I-138 • OV-168-SU25

Facilitator: Rick Rokosz

We are a culture of overachievers. We make things happen and happen fast.

If only there was a way to slow down just a little bit, to let us savor life's simplest moments. Well, there is, it's called DNA or the Do Nothing Approach. Professor Rick Rokosz, a certified, self-proclaimed do nothing profession will take you on enlightening journey and show you ways to reach life's simplest moments by using the DNA technique.

SELF-ENRICHMENT & LIFESTYLE cont.

70) Beyond Stressed to Serene.:)))

Wed,7/9 • 10am-12pm • \$15

1 Meeting • Sedona Center-40 • OS-170-SU25

Facilitator: Leslie James

Life is FULL of never-ending challenges and set-backs. Our friend, the stress response, alerts us to those dangers and the need for action. However, stress hormones often linger past the task completion-leaving us feeling sick and tired. There are actually ways to manage those rocky roads without the negative impact of the lingering stress hormones. AND there are also ways to be freed in order to embrace AWE-to release positive hormones-and feel full of bliss andamazement-simply wonderful!!!

71) Beyond Ancestry.com

Thurs,7/17-7/24 • 1pm-3pm • \$35

2 Meetings • Verde Campus - Bldg.G-107 • OV-171-SU25

Facilitator: Helen Hayes

Ancestry research can be an incredibly absorbing activity ("Oh my gosh, did I just spend four hours on ancestry.com?"), but most of us want a good way to communicate what we find to others. This two-session class will begin with information from the instructor about options for presenting and preserving your research. The second session will consist of show and tell - participants will share their projects based on the discussion during the first session. NOTE: there is no ancestry software that the program will use or endorse.

WRITING, LITERATURE, & LANGUAGES

76) Keeping a Commonplace Book

Tues,6/24 • 12pm-2:30pm • \$15

1 Meeting • VOC Library-Javelina Room • OS-176-SU25

Facilitator: Kristine Crandall

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

77) 'En Plein Air' Poetry

Wed.6/25-7/23 • 9am-10:30am • \$35

4 Meetings • Sedona Center-29 • OS-177-SU25

Facilitator: Jahnay Pickett

We take to the out-of-doors (en plein air) to create our summer poetry. No history or counting of syllables, just fun as we take the class to favorite Sedona locales and create our poetry together--giving new meaning to Free Form Verse! Meeting "early" mornings (9am) for four (4) weeks only. Our first week we'll gather at the Sedona campus and there determine the sites for the 2nd, 3rd, & 4th sessions. Hopefully 9-10:30am will keep us out of the heat of the Sedona summer. Bring your notebooks! We will skip July 2nd meeting (in honor of July 4th) and resume on July 9th. Due to outdoor location, registration for this class will close on June 24.

78) Writing Your Memoirs

Thurs,6/26-7/24 • 10:45am-12:15pm • \$35

4 Meetings • Sedona Center-15 • OS-178-SU25

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. **Please note** class will skip July 3 and resume on July 10.

Want to learn more about OLLI? Go to www.yc.edu/olli and click the link for our podcast!



YCNU #0019: Exploring Lifelong Learning with Tricia Berlowe – The OLLI Program at Yavapai College

Note: 7/7 is a Holiday, most classes skip 6/30-7/3

Osher Online Classes in Partnership with Northwestern University Summer 2025

Registration Deadline June 22

Extra Fees apply for ALL membership levels

The Rehnquist Court, 1986-2005: Moves Towards Small Federal Government

Mon, 7/14 - 8/18 • 8am-9:30am • \$60 6 Meetings • Online • OZO-901-SU25

Facilitator: Lauren Andersen, JD

Chief Justice William Rehnquist led the U.S. Supreme Court for nearly 19 years (1986–2005), overseeing cases on privacy, civil rights, the environment, the First Amendment, and states' rights. Under his leadership, the Court actively struck down federal statutes and precedent, often with conservative outcomes.

Behind Those Baby Blues: The Films of Paul Newman

Tues, 7/8 - 8/12 • 12pm-1:30pm • \$60 6 Meetings • Online • OZO-902-SU25

Facilitator: Arnold Blumberg

Paul Newman captivated movie audiences with his iconic baby blue eyes and powerful screen presence. Newman ultimately won an Oscar for *The Color of Money* (1986). He also pursued a career as a race car driver, an entrepreneur and philanthropist.

Public Health Across the Lifespan

Wed, 7/9 - 8/13 • 2pm-3:30pm • \$60 6 Meetings • Online • OZO-903-SU25

Facilitator: Michelle Boyd

This course provides a comprehensive overview of key public health topics across the human lifespan, from prenatal health to aging care. We will examine major health challenges, interventions, and policies that impact individuals at each life stage.

History of Beer

Tues, 7/8 - 8/12 • 4pm-5:30pm • \$60 6 Meetings • Online • OZO-904-SU25

Facilitator: Karl Brown

Beginning in the distant past with the invention of beer (4000 BCE), we will dive into fascinating topics including medieval brewing, beer in Shakespeare's era, colonial brewing, Prohibition, indigenous brewing traditions worldwide, and the evolution of beer commercials.

Demystifying Energy Security

Wed, 7/9 - 8/13 • 10am-11:30am • \$60 6 Meetings • Online • OZO-905-SU25

Facilitator: Beth Hill-Skinner

Engage in a comprehensive examination of energy's role in human development. Topics include the importance of hydrocarbons; advancements in electricity, nuclear energy; and the potential of renewables. Explore how these sources impact national security, economic stability, industrial production, transportation, & daily life.

Enjoying the Past and Present New York City: A History of Recreation in the Big Apple

Wed, 7/9 - 8/13 • 8am-9:30am • \$60 6 Meetings • Online • OZO-906-SU25

Facilitator: Adam Kocurek

Explore the history of Manhattan, emphasizing the unique traits that drew into its harbor millions of immigrants and millions more tourists seeking its many resources, rich culture, and complex history. We will also discuss the social and arts movements that grew out of the city.

100 Years of Magic: The Disney Legacy and Influence

Thurs, 7/10 - 8/14 • 4pm-5:30pm • \$60 6 Meetings • Online • OZO-907-SU25

Facilitator: Maria Massad

Explore the 100-year history of the Walt Disney Company, tracing its evolution from humble beginnings to a global entertainment giant. This course offers a comprehensive look at how Walt Disney's vision became a cultural force shaping today's entertainment industry.

Stories of Adventure: The Norse Sagas

Wed 7/16 - 8/20 • 12pm-1:30pm • \$60 6 Meetings • Online • OZO-908-SU25 Facilitator: Vic (Victor) Peterson

Explore the Norse sagas, which are medieval tales rooted in Old Norse mythology, written in Iceland centuries after the Viking era. Ranging from realistic travel chronicles to epic sword-and-sorcery adventures, and they offer a fascinating glimpse into "Dark Age" swashbuckling.

Architectural Oddities

Thurs, 7/10 - 8/14 • 10am-11:30am • \$60 6 Meetings • Online • OZO-909-SU25

Facilitator: Eleanor Schrader

Explore a myriad of unconventional structures set against the backdrop of the societies in which they existed, the construction methods used, the patrons for whom these structures were constructed, and the notions of the builders and architects who created them.

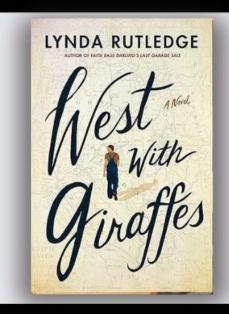
The Economics of Public Policy Issues

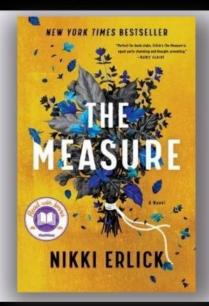
Tues, 7/8 - 8/12 • 10am-11:30am • \$60 6 Meetings • Online • OZO-910-SU25 Facilitator: Geof (Geoffrey) Woglom

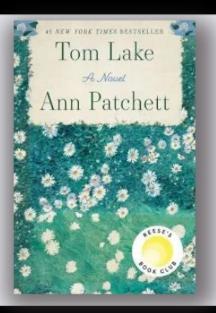
Examine prominent policy issues with economics at their core. Explore the origins of these issues, the underlying data and evidence, and the policy tools available to address them. Potential topics include climate change, healthcare economics, economic inequality, and more.

OLLI SPECIAL INTEREST GROUPS FREE FOR OLLI MEMBERS! BOOK CLUB

NEXT BOOKS FOR 2025:







Join the Book Club anytime!

Meets on the third Tuesday every month, 10-11am

To participate or questions,
please email Kate at: Sedonaollibookclub@yahoo.com

OLLI SPECIAL INTEREST GROUPS FREE FOR OLLI MEMBERS! MEN'S GROUP



This is a Men's Group for OLLI members who want to get together on a regular basis to share time together. This will include outdoor and inside activities. Potential activities are hiking, bowling and other sports, eating out, trips, trainings, sharing skills, movies, games, discussions, sharing life experiences, etc. Initially we will meet at the OLLI Sedona campus to get the group started, the first and third Thursday of the month, 2-4pm. Then we will meet at member's homes or wherever we will be sharing an activity.

For information, contact Ben Shor at 928-451-4370, or at benshor7@gmail.com. Starting May 1!







Yavapai College Foundation

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