

OLLI Sedona-Verde Valley, AZ



Spring 2024

CLASS CATALOG

April 1-May 9

**REGISTER
NOW!**

Registration begins
March 6



REGISTER HERE!



Photo credit: David Theroux

www.yc.edu/ollisedonaverde

Classes for seasoned adults with Curious Minds and Hearts

Free to the Public Events



Join us as we host an art exhibition for
Jordan Ross

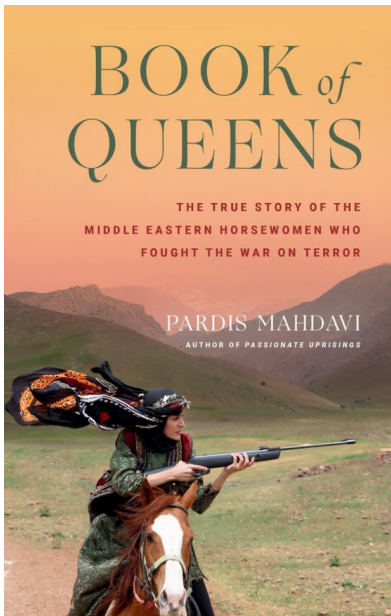
Exhibit reception: Wednesday, March 6, 2pm-4pm
YC Sedona Center, 4215 Arts Village Drive, Sedona

Exhibit hours: Monday - Friday | 8am - 5pm

OLLI members, submit to be future featured artists: www.yc.edu/ollisvartist



ollisv@yc.edu | 928.649.4275



B) Book of Queens:
The True Story of the
Middle Eastern
Horsewomen
Who Fought the War on
Terror
Thurs, 3/28, 2-3:15pm in
Prescott 4-102
Cost: Free
Limit: 55
Facilitators:
Pardis Mahdavi
and Charlie Blum
Registration required



Book of Queens reaches back centuries to the Persian Empire and a woman disguised as a man, facing an invading army, protected only by light armor.

Mahdavi draws a thread from past to present: from her fearless Iranian grandmother, who guided survivors of domestic violence to mountains in Afghanistan, to female warriors who trained and bred horses used by US Green Berets in 2001, women whose contributions were then forgotten.



OLLI

AT YAVAPAI COLLEGE



Munch and Learn

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

Free and open to the public!

REGISTRATION REQUIRED
928-649-4275

Invited speakers will present talks on a wide range of topics. Subjects include community issues and programs, as well as developments in science and the arts.

More details:
www.yc.edu/ollimunchandlearn



OLLI Spring 2024 April 1-May 9

The Osher Lifelong Learning Institute at Yavapai College was founded in 2003 to provide learning programs and social experiences for those 50 years and better. OLLI is a member-led, member-driven program, organized by a volunteer council. Most importantly, OLLI provides an environment where its members can learn, grow and connect with one another in an atmosphere designed for our community.

MEMBERSHIP OPTIONS

Multi-term OLLI Memberships cover all OLLI at YC locations!

Basic Annual Membership: \$65
Learning Groups: \$35,
Workshops: \$15

Deluxe Annual Membership: \$185
Includes 20 free courses

Premium Unlimited Annual Membership: \$350
Allows you to take as many courses as you'd like-and
EARLY registration!

"Try Me" Membership: \$25
For new members only. Gives you access to one term of OLLI courses. Learning Groups: \$35,
Workshops: \$15.

Please note: All annual memberships are for 5 consecutive terms. Membership is required to take OLLI courses.



SPRING 2024 REGISTRATION FOR MEMBERSHIP & CLASSES

Registration for Spring 2024 opens Wednesday, March 6. A current OLLI membership is required to register for classes.

1. Visit: www.yc.edu/ollisvregister
2. Sign in
3. Verify your membership status under "My Account"
4. If your membership isn't current, add a membership package to your cart
5. Select courses
6. Check out

TO REGISTER BY PHONE:

- Call 928 649 4275

From Your Joint OLLI Council

A Warm Spring Welcome!

We thought winter would never end, but the pansies popping up in the garden are telling us that spring can't be far behind. These early garden delights are a beautiful vanguard for ushering in the new year, a time of renewal, and a time when we anticipate good things to come in the new year ahead.

This edition of the OLLI catalog has some wonderfully fresh, new course offerings. We are excited about bringing them to you.

Our OLLIs continue to rebound nicely from the pandemic and have expanded the number of members, and most importantly facilitators who are offering courses at the Sedona Center, the Verde Valley Campus in Clarkdale, and our OLLI in Prescott. Don't overlook the ZOOM offerings either.

We also continue to offer courses from the OLLI NRC (National Resource Center). Please see our website or this catalogue for details and information.

We appreciate you taking advantage of what our OLLI programs have to offer and suggest you encourage a friend or neighbor to come and enjoy a course or two and become an OLLI member as well.

Please note: the Spring Term runs from April 1 through May 9.

Go to www.yc.edu/ollisvregister to register.

Sign up for our newsletter and we will keep you updated about programs and events.

Yours in service,

Rick Rokosz

Rick Rokosz
Sedona•Verde Valley OLLI
Leadership Council Chair



Linda Neville

Linda Neville
Prescott OLLI
Governing Council Chair



Classes by Day, Date & Time

starts	time	class (sessions)	location	SKU
Monday				
Apr 1	8:00-12:00	Geological Field Trip Red Mountain (1)	Offsite	S-326-SP24
Apr 1	9:00-10:30	The Work of Byron Katie: Losing The Weight of Your Thoughts (6)	Sed	S-366-SP24
Apr 1	10:45-12:15	Vibrant Living: Harness Energy, Unleash Success With Crystal NEW! (6)	Online	Z-372-SP24
Apr 1	10:45-12:15	Computer Basics for Apple macOS PCs NEW! (5)	Sed Online	S-314-SP24 Z-316-SP24
Apr 1	1:00-2:30	Brain Boost (6)	Sed	S-310-SP24
Apr 1	2:45-4:15	Current Economic Issues (6)	Sed	S-318-SP24
Apr 1	2:45-4:15	Writing Your Memoirs (6)	Sed	S-378-SP24
Tuesday				
Apr 2	8:00-12:00	Moderate to Strenuous Hiking NEW! (6) (Tues and Thurs)	Offsite	S-356-SP24
Apr 2	9:00-10:30	Going Home - An End of Life Journey (2)	VVC	V-330-SP24
Apr 2	9:00-10:30	Basic Astronomy-Our Night Sky (6)	VVC	V-308-SP24
Apr 2	11:30-1:00	Paper-Craft Art in 5 Easy Projects (6)	VOC	S-358-SP24
Apr 2	1:00-3:00	Global Economic and Political Development NEW! (1)	Sed	S-328-SP24
Apr 9	9:00-11:00	Spring Cleaning!! NEW! (1)	Sed	S-360-SP24
Apr 9	10:00-12:00	Energy First Aid-Activate Your Healing Abilities (1)	Online	Z-322-SP24
Apr 9	1:00-4:00	The Presidents Club NEW! (1)	Sed	S-364-SP24
Apr 16	9:00-12:00	Introduction to the Native American Flute (1)	Sed	S-336-SP24
Apr 16	9:00-12:00	Mental Health First Aid for Older Adults: How can I help? (1)	Sed	S-352-SP24
Apr 16	1:00-4:00	How to Know a Person-the David Brooks Way NEW! (1)	Sed	S-334-SP24
Apr 16	1:30-3:30	Going Home - An End of Life Journey (2)	VOC	S-332-SP24
Apr 23	9:00-11:00	Learn to RELAX!!! NEW! (1)	Sed	S-340-SP24
Apr 23	1:00-4:00	Men's Groups – What Makes Some Successful NEW! (1)	Sed	S-350-SP24
Wednesday				
May 1	4:30-6:30	Wine Appreciation Workshop NEW! (1)	VVC	V-374-SP24
Thursday				
Apr 4	8:00-12:00	Moderate to Strenuous Hiking NEW! (6) (Tues and Thurs)	Offsite	S-356-SP24
Apr 4	10:00-12:00	Experience Mentalism (1)	VVC	V-324-SP24
Apr 4	10:45-12:15	Writing Our Way to Bliss (5)	Sed	S-376-SP24
Apr 4	12:30-1:45	OLLISV Munch and Learn (1)	VVC Online	V-820-SP24 # F
Apr 4	1:00-2:30	Yoga, Meditation, and Self-Healing (6)	Sed	S-380-SP24
Apr 4	2:45-4:15	Learn to Laugh - Ho, Ho, Ha, Ha, Ha! (6)	Sed	S-338-SP24
Apr 11	9:00-12:00	Medicare 101 - Everything You Need To Know About Medicare (1)	VVC	V-348-SP24
Apr 11	9:00-11:00	Are you a Libertarian? NEW! (2)	Sed	S-304-SP24
Apr 11	12:30-1:45	OLLISV Munch and Learn (1)	VVC Online	V-822-SP24 # G

Thursday continued on next page ...

Sed=Sedona, VVC=Verde Valley Campus, VOC SPL=Sedona Public Library Village of Oak Creek, Online=Zoom

See all class descriptions and facilitator biographies at www.yc.edu/ollisvregister

Classes by Day, Date & Time

starts	time	class (sessions)	location	SKU
Thursday (continued)				
Apr 18	9:00-12:00	ADD for Older Minds NEW! (1)	VVC	V-302-SP24
Apr 18	12:30-1:45	OLLISV Munch and Learn (1)	VVC	V-824-SP24
Apr 25	9:00-12:00	Mental Health First Aid for Older Adults: How can I help? NEW! (1)	Online	# H
4/25	12:30-1:45	Prescott OLLI Munch & Learn	VVC	V-354-SP24
5/2	12:30-1:45	Prescott OLLI Munch & Learn	Zoom	# I
5/9	12:30-1:45	Prescott OLLI Munch & Learn	Prescott 3-119	# J
5/9	12:30-1:45	Prescott OLLI Munch & Learn	Zoom	# K
Friday				
Apr 5	9:00-12:00	Medicare 101 - Everything You Need To Know About Medicare (1)	Sed	S-346-SP24
Apr 12	9:00-11:00	Business Exit Planning - Unlock the Value of Your Legacy (1)	Online	Z-312-SP24
Apr 12	1:00-3:00	Deadly Mistakes in Estate Planning (1)	Sed	S-320-SP24
Apr 19	8:30-12:30	Thinking Like Xi Jinping NEW! (1)	Sed	S-368-SP24
Apr 19	1:00-4:00	Managing Google Contacts, Calendar, Chrome, and Gmail NEW! (1)	Online	Z-370-SP24
Apr 26	1:00-3:00	Avoiding the Perilous Pitfalls of Probate (1)	Sed	S-344-SP24
Apr 26	1:00-3:00	Avoiding the Perilous Pitfalls of Probate (1)	Sed	S-306-SP24

Sed=Sedona, VVC=Verde Valley Campus, VOC SPL=Sedona Public Library Village of Oak Creek, Online=Zoom

LOOKING AHEAD

Summer 2024

Monday, June 24-Thursday, July 25
4 weeks-no classes July 4th week
Proposals accepted March 6-March 27

Fall 1 2024

Monday, August 26-Monday, October 7
6 weeks - no classes Monday, September 2
Proposals accepted May 23-June 17

www.yc.edu/ollisvproposals

More important dates can be found at
www.yc.edu/ollisvdates

Cancellation and Refund Policy

Learning Group fees are refundable through the first week of courses. Workshop fees are refundable one week prior to the workshop. All requests for dropped courses must be submitted in writing or emailed to ollisv@yc.edu.

Memberships are not refundable. Registration in any Yavapai College course indicates your understanding of this policy and agreement by the registrant to adhere to this policy and all other Yavapai College Policies.

***FREE
OLLISV CLASSES**



Are you interested in taking one OLLI class for *free? We need OLLI members to be classroom ambassadors! ONE ambassador per class would greet members, ask if any guests are present, read classroom announcements, and remind members to complete the evaluation at the end of the class/at the last class (or prompt the facilitator to do so). Classroom ambassadors receive priority registration and the class for free. Visit the OLLI office to sign up!

Class Descriptions

ADD for Older Minds (V-302-SP24)

Thu Apr 18 • 9:00-12:00

1 Meeting • Verde Valley Campus • \$15

Facilitator(s): Rae Ebeling

NEW! Are you scattered? Do you procrastinate? Are there piles of paper around? Is your “monkey mind” more active? ADD is not just for children and age can bring on challenges that make ADD apparent in your life. Let’s call it Attention Diversion Difficulties. I’ve come to realize I’ve had ADD my whole life, but previously I coped better so it wasn’t obvious. Is this yet another challenge of aging? Workshop is based on books by Dr. Hallowell, especially “Driven to Distraction”.

Are you a Libertarian? (S-304-SP24)

Thu Apr 11 -Thu Apr 18 • 9:00-11:00

2 Meetings • Sedona Center • \$35

Facilitator(s): Donald Paul Coleman

NEW! We will focus on the history of the Libertarian Party and famous Libertarians, discuss the philosophy of the Libertarian party and review of Libertarian Party platform. We will also highlight Libertarians in the news, and end with a presentation entitled, “What If a Libertarian was Elected President? Democrats and Republicans are welcome.

Avoiding the Perilous Pitfalls of Probate (S-306-SP24)

Fri Apr 26 • 1:00-3:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Jon Linford

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

Basic Astronomy-Our Night Sky (V-308-SP24)

Tue Apr 2 -Tue May 7 • 9:00-10:30

6 Meetings • Verde Valley Campus • \$35

Facilitator(s): Richard Bohner

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



Brain Boost (S-310-SP24)

Mon Apr 1 -Mon May 6 • 1:00-2:30

6 Meetings • Sedona Center • \$35

Facilitator(s): 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.

Brown Bag Series is now OLLI Munch & Learn! See page 10 or bookmark

<https://www.yc.edu/munchandlearn>

Business Exit Planning -Unlock the Value of Your Legacy (Z-312-SP24)

Fri Apr 12 • 9:00-11:00

1 Meeting • Online • \$15

Facilitator(s): Matthew Fitzgerald

Unlock the secrets of effective business exit planning in this concise course. Learn to set clear exit objectives, master valuation techniques, explore strategic exit options, and navigate legal and tax challenges. Dive into due diligence, negotiation tactics, and post-exit considerations. With real-life case studies and expert insights, ensure a smooth profitable business transition. Ideal for business owners, managers, and financial professionals.

Computer Basics for Apple macOS PCs

Mon Apr 1 -Mon Apr 29 • 10:45-12:15

5 Meetings • \$35

(S-314-SP24) • Sedona Center

(Z-316-SP24) • Online

offered in-person and by Zoom simultaneously

Facilitator(s): Sharon Sherman

NEW! Learn about your Apple macOS computer, including coverage of hardware, operating system versions and peripherals (e.g., printers). This class will also cover software basics, terminology, essential settings, software apps, file and application management (including understanding Finder), and maintenance (e.g., backing up your computer). No prior experience needed, just a desire to be more comfortable with your technology.

Current Economic Issues (S-318-SP24)

Mon Apr 1 -Mon May 6 • 2:45-4:15

6 Meetings • Sedona Center • \$35

Facilitator(s): Charles Blum And Richard Abbott

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.

Class Descriptions

Deadly Mistakes in Estate Planning (S-320-SP24)

Fri Apr 12 • 1:00-3:00
1 Meeting • Sedona Center • \$15

Facilitator(s): Jon Linford

Considering everything your plan can and should do for you and your loved ones, you may not know where to start to ensure that your finished plan will work as intended. Join attorney Jon Linford as he discusses how to avoid planning mistakes in the common issues that individuals and families face when creating an estate plan -including probate, law changes, nursing home costs, capital gains tax, retirement plans, divorce, health care documents, and sharing your desires with your loved ones.

Energy First Aid-Activate Your Healing Abilities (Z-322-SP24)

Tue Apr 9 • 10:00-12:00
1 Meeting • Online • \$15

Facilitator(s): Darielle Archer

Learn how to create a healing mindset and stop Energy Vampires from draining you. Let Darielle's Energy First Aid system help protect you from symptoms like sudden tiredness, brain fog, and low energy. Boost your energy quickly by scanning your body using the "turn down the pain and turn up your energy" technique. Employ the power of color for pain and release the imprinting and associations that keep you stuck. Experience how amazing you truly are.

Experience Mentalism (V-324-SP24)

Thu Apr 4 • 10:00-12:00
1 Meeting • Verde Valley Campus • \$15

Facilitator(s): Fred Osborn

Have an experience that is thoroughly captivating and expands possibilities beyond imagined boundaries. Dred (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!

Geological Field Trip Red Mountain (S-326-SP24)

Mon Apr 1 • 8:00-12:00
1 Meeting • Offsite • \$15

Facilitator(s): Ernie Pratt Limit: 12

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

Global Economic and Political Development (S-328-SP24)

Tue Apr 2 • 1:00-3:00
1 Meeting • Sedona Center • \$15

Facilitator(s): Andy Herschkowitz

NEW! Why are there such differences in both economic well-being and political systems across the globe? We'll review these intricate and controversial topics, opinions on which range from deliberate choices, to oppression, to pure luck – and speculate on what the future may hold.

Going Home -An End of Life Journey (V-330-SP24)

Tue Apr 2 -Tue Apr 9 • 9:00-10:30
2 Meetings • Verde Valley Campus • \$35

Facilitator(s): Mary Towne

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

Going Home -An End of Life Journey (S-332-SP24)

Tue Apr 16 -Tue Apr 23 • 1:30-3:30
2 Meetings • VOC • \$35

Facilitator(s): Mary Towne

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

How to Know a Person-the David Brooks Way (S-334-SP24)

Tue Apr 16 • 1:00-4:00
1 Meeting • Sedona Center • \$15

Facilitator(s): Paul Friedman And Charles (Chuck) Spence

NEW! NY Times OpEd writer, David Brooks, in his most recent best-selling book, says, "One skill lies at the heart of any healthy person, family, school, community organization, or society: the ability to see someone else deeply and make them feel seen—to accurately know another person, to let them feel valued, heard, and understood." Join us to learn and apply the practical strategies Brooks recommends to deepen our relationships, and foster meaningful connections with people from all walks of life.

See all class descriptions and facilitator biographies at www.yc.edu/ollisvregister

Class Descriptions

Introduction to the Native American Flute (S-336-SP24)

Tue Apr 16 • 9:00-12:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Jim Wilson **Limit: 12**

This workshop focuses on describing the various aspects and qualities of the flute, and on some basic playing instruction. Included will be a short history, discussion and actual demonstration of various flute types and their characteristics, beginning playing techniques, and the essentials of what you should know before purchasing a flute -be it your first, or just your latest. If you already own a flute, please bring it with you.

Learn to Laugh -Ho, Ho, Ha, Ha, Ha! (S-338-SP24)

Thu Apr 4 -Thu May 9 • 2:45-4:15

6 Meetings • Sedona Center • \$35

Facilitator(s): Anne Crosman

We will learn to laugh with a series of mild exercises and lots of belly laughs, while chanting "ho, ho, ha, ha, ha." This is a form of Laughter Yoga begun in India and practiced all over the world. Laughter Yoga stimulates the body's circulation and endorphins, and creates a relaxed mind and body.

Learn to RELAX!!! (S-340-SP24)

Tue Apr 23 • 9:00-11:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Leslie James

NEW! Come learn how to intentionally relax muscles and reduce pain through breath work, conscious muscle relaxation and imagery. New intel from the fitness world says muscles can be strengthened better when they are relaxed! Body awareness also keeps the brain fit! So much stress these days keeps our muscles in a constant state of tension and contraction -NOT conducive to relaxation! or good sleep! And tension increases pain! Wear comfortable clothes and bring a yoga mat (or stay in chair).

Managing Google Contacts, Calendar, Chrome, and Gmail (S-344-SP24)

Fri Apr 19 • 1:00-4:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Ben Shor

NEW! This workshop will show you how to effectively use Gmail, Google Contacts, Google Calendar, and Google Chrome. You will learn how to modify settings, and how each modification affects the way the program looks and operates. You will learn new ways to use each of these programs to get the most out of them. Each participant will receive handouts that provide detailed instructions on how to modify each of these programs, and how each modification affects the program.

Medicare 101 -Everything You Need To Know About Medicare (S-346-SP24)

Fri Apr 5 • 9:00-12:00

1 Meeting • Sedona Center • FREE

Facilitator(s): Denny Fanter

This workshop discusses what Medicare Parts A and B will and will not pay for. We will examine how Medicare Advantage plans and Medicare supplemental insurance will protect against major financial loss, and how Part D prescription drug plans work. All overheads used in this class are provided to students as handouts.

Medicare 101 -Everything You Need To Know About Medicare (V-348-SP24)

Thu Apr 11 • 9:00-12:00

1 Meeting • Verde Valley Campus • FREE

Facilitator(s): Denny Fanter

This workshop discusses what Medicare Parts A and B will and will not pay for. We will examine how Medicare Advantage plans and Medicare supplemental insurance will protect against major financial loss, and how Part D prescription drug plans work. All overheads used in this class are provided to students as handouts.

Men's Groups – What Makes Some Successful (S-350-SP24)

Tue Apr 23 • 1:00-4:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Paul Friedman And Ben Shor

NEW! We will explore the nationwide movement of the last few decades involving mature men meeting regularly in small groups to discuss shared interests and to support each other as they grow on their own personal journeys. The best groups have meaningful conversations and activities that inspire connection and insight into issues participants care about. Learn the guidelines these groups follow, the themes they explore, the experiences they share, and whether you'd like to participate in one.

Mental Health First Aid for Older Adults: How can I help?

(S-352-SP24)

Tue Apr 16 • 9:00-12:00

1 Meeting • Sedona Center • \$15

(V-354-SP24)

Thu Apr 25 • 9:00-12:00

1 Meeting • Verde Valley Campus • \$15

Facilitator(s): Marjorie Haas

We all have relatives and friends who are growing older along with us. There are ways to help make these coming years as safe and happy as possible. This workshop will show us how to identify, as caregivers or for ourselves, the warning signs of depression, anxiety, suicide, or memory loss. There will be small group discussion as well as presentation materials.

Class Descriptions

Moderate to Strenuous Hiking (S-356-SP24)

Tue Apr 2 -Thu Apr 18 • 8:00-12:00

6 Meetings • Offsite • \$35

Facilitator(s): Bernard Plaskett

NEW! Join me on a moderate to strenuous hike from 6-9 miles on rocky, steep, uneven terrain with some high elevations. Hikes will last 4-5 hours including travel to the trailhead parking, a list of the 6 hikes will be provided prior to the first meeting. This is not for beginners, you must be in excellent to good physical condition, and accustomed to longer, fast paced hiking. Please wear a hat, sunscreen, hiking boots, don't forget hiking poles or sticks, small snacks, and water is a must. ***This class is on Tuesdays and Thursdays for 3 weeks.***

Paper-Craft Art in 5 Easy Projects (S-358-SP24)

Tue Apr 2 -Tue May 7 • 11:30-1:00

6 Meetings • VOC • \$35

Facilitator(s): Nancy Rupert Limit: 10

Isn't a paper card or handmade gift always special? Make your own art cards, gift boxes, and unique paper-bead jewelry pieces. Each project involves easy measuring and paper-folding skills. Very basic tools – a ruler, glue, scissors – are all that's needed. Materials for the class lessons are provided, along with printed instructions. Participants may buy or bring additional supplies and paper for their own artistic creations. Share your ideas and skills. There is no right or wrong – it's art!

Spring Cleaning!! (S-360-SP24)

Tue Apr 9 • 9:00-11:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Leslie James

NEW! Spring is almost here...time to clean out old dust, dirt and clutter from our physical spaces. It's also a GREAT time to identify and transform habits, beliefs and self talk that no longer serve us! Come learn how to clear mind clutter to make room for more peace and invited growth.

The Presidents Club (S-364-SP24)

Tue Apr 9 • 1:00-4:00

1 Meeting • Sedona Center • \$15

Facilitator(s): Jim Molans

NEW! The Presidents Club is the world's most exclusive fraternity. It was established when President Harry Truman enlisted the knowledge and counsel of former President Herbert Hoover to help rebuild Europe after WWII. Nearly every sitting President has sought the guidance and advice of his predecessors, forming a brotherhood whose members are bound by the experience of the Oval Office. Our class will examine and discuss how this phenomenon has impacted the course of history.

The Work of Byron Katie: Losing The Weight of Your Thoughts (S-366-SP24)

Mon Apr 1 -Mon May 6 • 9:00-10:30

6 Meetings • Sedona Center • \$35

Facilitator(s): Becky Miller

Negative thoughts are like invisible bowling balls we carry around with us as we try to lead happy lives, and they weigh us down much more than the actual pounds we carry. This class will help you identify the thoughts that are weighing you down, and teach you how The Work will lift those weights from your mind and your heart.

Thinking Like Xi Jinping

Fri Apr 19 • 8:30-12:30

1 Meeting • \$15

(S-368-SP24) • Sedona Center

(Z-370-SP24) • Online

offered in-person and by Zoom simultaneously

Facilitator(s): Charles Blum

NEW! Since 2017 the "thought" of Xi Jinping, China's president for life, has been enshrined in the constitution, taught in Chinese schools and used as a weapon against internal dissent. Just what is this neo-Marxist ideology? The course will consider Xi's 10 affirmations, 14 commitments and 13 achievements and discuss their implications for improved Sino-American relations.

Vibrant Living: Harness Energy, Unleash Success With Crystal (Z-372-SP24)

Mon Apr 1 -Mon May 6 • 10:45-12:15

6 Meetings • Online • \$35

Facilitator(s): Darielle Archer

NEW! Holistic healing, crystals, and colors stand out as powerful tools that have been revered for centuries across various cultures. This is a unique and profound approach to healing, addressing well-being's physical and energetic dimensions. Each crystal vibrates at a specific frequency, resonating with different aspects of our being. From the calming energy of amethyst to the grounding force of hematite, these gems act as conduits to harmonize and balance our energetic centers.



OLLI Class Locations

YC Sedona Center

4215 Arts Village Dr, Sedona

YC Verde Valley Campus

601 W Black Hills Dr, Clarkdale

Sedona Public Library-Village of Oak Creek

25 W. Saddlehorn Road Big Park, Sedona

Zoom class login and Offsite meeting details

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

Class Descriptions

Wine Appreciation Workshop (V-374-SP24)

Wed May 1 • 4:30-6:30

1 Meeting • Verde Valley Campus • \$15 + \$65

Facilitator(s): Lisa Aguilar Limit: 10

NEW! Are you curious why your mouth feels dry when drinking certain wines? Or what component in wine makes you salivate? Why are certain wines clear and others so dense you can't see the bottom of your glass? Embark on a journey of your palate through a flight of 5 wines with a focus on deepening each person's knowledge of wine and wine tasting through the process of sensory evaluation. A cheese pairing will accompany each wine in the flight to discuss basic food and wine pairing concepts. Additional \$65 fee for participating in this workshop will be added to registration.

Writing Our Way to Bliss (S-376-SP24)

Thu Apr 4 -Thu May 2 • 10:45-12:15

5 Meetings • Sedona Center • \$35

Facilitator(s): Martha Entin Limit: 10

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, listening with respect and an open heart. All are welcome.

Writing Your Memoirs (S-378-SP24)

Mon Apr 1 -Mon May 6 • 2:45-4:15

6 Meetings • Sedona Center • \$35

Facilitator(s): Anne Crosman Limit: 8

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.

Yoga, Meditation, and Self-Healing (S-380-SP24)

Thu Apr 4 -Thu May 9 • 1:00-2:30

6 Meetings • Sedona Center • \$35

Facilitator(s): Anne Crosman Limit: 8

We will greet each other, center ourselves, deep breathe, do 40 minutes of gentle yoga stretches and 20 minutes of relaxation and meditation on the floor. Bring a mat, and enjoy the bliss of becoming one in mind, body, and spirit.

Check our online portal to make sure your class is still available and details haven't changed!!

Classes by Topics

ACTIVE MIND & BODY

Brain Boost
Learn to RELAX!!!
Yoga, Meditation, and Self-Healing

ARTS & CRAFTS

Paper-Craft Art in 5 Easy Projects

ARTS-VISUAL & PERFORMING

Introduction to the Native American Flute

COMPUTER & TECHNOLOGY

Computer Basics for Apple macOS PCs
Managing Google Contacts, Calendar, Chrome, and Gmail

FINANCE, ECONOMICS, & LAW

Avoiding the Perilous Pitfalls of Probate
Business Exit Planning - Unlock the Value of Your Legacy
Current Economic Issues
Deadly Mistakes in Estate Planning

HEALTH & NUTRITION

ADD for Older Minds
Going Home - An End of Life Journey
Learn to Laugh - Ho, Ho, Ha, Ha, Ha!
Mental Health First Aid for Older Adults: How can I help?
Vibrant Living: Harness Energy, Unleash Success With Crystal
Wine Appreciation Workshop

HISTORY & CURRENT AFFAIRS

Are you a Libertarian?
Global Economic and Political Development
The Presidents Club
Thinking Like Xi Jinping

LOCAL INTEREST

OLLISV Munch and Learn

NATURE & THE OUTDOORS

Moderate to Strenuous Hiking

PHILOSOPHY & RELIGION & UNEXPLAINED

Experience Mentalism

SCIENCE & MATH

Basic Astronomy-Our Night Sky
Geological Field Trip Red Mountain

SELF-ENRICHMENT & LIFESTYLE

Energy First Aid-Activate Your Healing Abilities
How to Know a Person-the David Brooks Way
Men's Groups – What Makes Some Successful
Spring Cleaning!!
The Work of Byron Katie: Losing The Weight of Your Thoughts
Writing Our Way to Bliss

SOCIAL SECURITY & MEDICARE

Medicare 101 - Everything You Need To Know About Medicare

WRITING, LITERATURE, & LANGUAGES

Writing Your Memoirs

OLLI Munch & Learn

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



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

Thu Apr 4 - Provost Perspectives: My Journey and Our Future

Verde Valley Campus • (V-820-SP24) or Online • (# F) *with Shri Srikanth and Dr. Doug Berry*

Join us for a talk presented by new Yavapai College Provost Douglas Berry. With an extensive background in higher education as both a faculty member and an administrator, Doug came to YC from Maricopa County Community College District where he was Dean of Liberal Arts and Sciences. The Provost will share with us his journey to YC and his vision for academic programs, including Lifelong Learning and OLLI.

Thu Apr 11 - Munch & Learn: JFK's Quest for Peace

Verde Valley Campus • (V-822-SP24) or Online • (# G) *with Shri Srikanth and Charles Blum*

A little-known aspect of JFK's presidency is his dedication to the cause of nuclear disarmament and a lasting global peace. JFK used all his tools -- spoken and written words, political persuasion and personal diplomacy -- to lay the groundwork for an early, negotiated end to the Cold War. This discussion will focus on the last six months of Kennedy's presidency and his commitment to the process of peace-making.

Thu Apr 18 - Munch & Learn: A Field Guide to Mars

Verde Valley Campus • (V-824-SP24) or Online • (# H) *with Shri Srikanth*

Mars, the red dot in the night sky, has fascinated men since antiquity. With a multitude of missions, we have a wealth of knowledge about Mars. We will review what we have learned while enjoying pictures and videos of the red planet.

Thu Apr 25 - Munch & Learn: Social Security

Online • (# I) *with Kelly Boryca*

Jack Burns, a Social Security public affairs specialist with the Social Security Administration, will be discussing the latest news from Social Security, including the newest services on their website and the future of the benefit program.

Thu May 2 - Munch & Learn: "New" YC Library

Prescott • (# J) *with Rudy Arena*

Several librarians from YC will address the rumors of book banning at the College and address the NEW Center for Learning and Innovation. What will be the impact on students when the physical collection of books will require weeding? Where will the library be located while Building 19 is renovated, and what services will be offered during its relocation? For answers, attend this important meeting.

Thu May 9 - Munch & Learn: Sand Sculpting

Online • (# K) *with Rudy Arena*

What started as a hobby for Michael Velling in 1989, quickly developed into an obsession and second career as an artist sculptor. Sculpture is creating something extraordinary out of something so ordinary as a pile of wet sand at the beach. Onlookers are captivated with a sense of awe, interest and fascination. Michael has many accolades and has been designer and lead sculptor in professional sand sculpture around the world.

Munch & Learn (formerly known as Brown Bags by OLLI Sedona•Verde Valley members) will be held at the locations specified within the descriptions above. The YC Verde Valley Campus is at 601 W Black Hills Drive, Clarkdale, and the YC Prescott Campus is at 1100 E Sheldon Street, Prescott. Zoom links to presentations can be found in your registration receipts.

Osher Online

in collaboration with Northwestern University
School of Professional Studies

SPRING 2024 Registration Deadline 3/22

Additional Fees Apply, no matter your membership level

NRC-Sp 1) Osher Online: Human-Animal Connection

Wed, 4/10-5/15, 4-5:30pm

6 Meetings on Zoom Cost: \$60

Facilitator: Jennifer Baker, PhD limit: 15

Much research is currently being done on how humans and animals communicate and interact with one another. There are institutes at universities, books to read, and articles online about what your dog's facial expression means or what your cat's scratching behavior might indicate. We will talk about the latest research, what that means for human beings, and how this will affect our co-existence in the future. We will have a heavy student discussion component, coupled with lecture and media.

NRC-Sp 2) Osher Online: Peace Leadership: Exploring Peacebuilding from the Ground Up

Tues, 4/2-5/7, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Aleen Bayard, PhD limit: 15

Within the broad field of peacebuilding scholarship, the scales are decidedly tipped to study phenomena around conflict resolution, transitional justice, and third-party interventions. What has drawn far less attention are the valiant and courageous efforts of peace builders on the ground who are working in unimaginable circumstances, and in many cases in partnership or cooperation with sworn enemies. This course will examine the elements of a construct known as "positive peace," which can and does exist even in areas where conflict continues. The class will include a mix of background reading, video, faculty presentations and small-group interaction.

NRC-Sp 3) Osher Online: The Intersection of Maps & History

Fri, 4/12-5/17, 11am-12:30pm

6 Meetings on Zoom Cost: \$60 limit: 15

Facs: Libby Bischof, Matthew Edney, Louis Miller

This class focuses on cartographic history and visual analysis featuring the extensive (and largely digitized) cartographic collections of the Osher Map Library and Smith Center for Cartographic Education at the University of Southern Maine. Co-taught by the Osher Map Library's Executive Director, Faculty Scholar, and Reference and Teaching Librarian, this visually-rich online course will introduce participants to the history of cartography as a discipline and engage in deep visual analysis of maps and related ephemera. Each session will feature an engaging illustrated topical lecture, and a lively Q and A session with the instructors.

NRC-Sp 4) Osher Online: The Great Con: The Talented Mr. Ripley in Literature and Film

Fri, 4/5-5/10, 8-9:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Heather Brown, PhD limit: 15

American writer Patricia Highsmith first published *The Talented Mr. Ripley* in 1955. The story is told from the point of view of Tom Ripley, a man who is young, clever, and has a knack for fraud. A case of mistaken identity earns him a ticket abroad to Italy, a far cry from his hardscrabble life in New York City. He soon becomes obsessed with Dickie Greenleaf, heir to a shipbuilding fortune and embarks on a series of deceitful and sinister acts that beget more of the same. We will study the Highsmith novel as well as the 1999 film adaptation.

NRC-Sp 5) Osher Online: Psychology Fundamentals: A 101 Overview

Thurs, 4/4-5/9, 8-9:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Andres Gvirtz, PhD limit: 15

This course is designed to provide a broad, yet insightful glimpse into different areas of psychology. We will learn more about how psychology can help us understand humans' individual personalities, as well as group dynamics. We are going to look at the influence of geography on psychology, as well as what psychology can learn by becoming more cross-cultural. The discussions around classic studies, as well as the presentation of novel research findings, promise something new and exciting for everyone.

NRC-Sp 6) Osher Online: Chemistry Inside You

Tues, 4/2-5/7, 12-1:30pm

6 Meetings on Zoom Cost: \$60

Facilitator: Kjir Hendrickson, PhD limit: 15

Chemistry abounds in the real world, but few reactions in chemistry feel quite as intimate as those taking place inside our bodies. We'll learn about the molecules we eat and why we need them, and why nutritional research sometimes seems so confusing, as though scientists can't make up their minds. We'll explore the science behind popular diets, learn how food molecules fuel our activities, and tackle what some of the latest science is revealing about the importance of the microbiome.

NRC-Sp 7) Osher Online: Our (Inter)National Pastime: Baseball from Inception to the Modern Era

Thurs, 4/11-5/16, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Katie Krall, MBA limit: 15

Since its inception, baseball has impacted race, politics, economics, and culture both in the United States and around the world. In this survey course we will analyze the evolution of the sport of baseball, as well as the modern game with its emphasis on data and scouting.

Osher Online classes are offered to an exclusive, small number of OLLIs across the country. Spring is a great time to try something new, and participate in a zoom class with OLLI members from across the country! Class fees are on top of your OLLI Membership, no matter your level.

Osher Online

in collaboration with Northwestern University
School of Professional Studies

SPRING 2024 Registration Deadline 3/22

Additional Fees Apply, no matter your membership level

NRC-Sp 8) Osher Online: AI for Regular People

Thurs, 4/18-5/23, 4-5:30pm

6 Meetings on Zoom Cost: \$60

Facilitator: Melba Hod Kurmar

Lipson, PhD limit: 15

Artificial Intelligence (AI) has been around for decades, but suddenly it seems to be everywhere. Whether we like AI, fear it or try to ignore it, our lives and livelihoods will be changed forever by intelligent chatbots, self-driving vehicles, surveillance drones, precision medicine, robotic art and more. In six jargon-free class sessions, this course aims to help regular people understand modern AI. Course sessions will cover the past and future of AI, why older forms of AI failed to deliver, and where modern AI and self-guided robots are headed. The human elements of AI will be discussed throughout, including its impact on jobs and AI's potential to both help and harm us.

NRC-Sp 9) Osher Online: The Capable Consumer:

Finding your Purchasing Superpower

Thurs, 4/4-5/9, 1-2:30pm

6 Meetings on Zoom Cost: \$60

Facilitator: Susan Loyd, M.A. limit: 15

Navigating the online marketplace can indeed be challenging. Unfortunately, e-commerce tips the advantage away from the consumer towards very sophisticated marketers. Whether dealing with a small business on Main Street or a giant firm on Madison Avenue, it is difficult to know who to trust or how to discern a true bargain from a real rip-off. In this course, we will cover critical aspects of being both a transactional and a relational shopper. We'll offer a variety of resources to enhance your ability to make safe, sharp, and savvy purchasing decisions with sellers you can trust. You'll gain confidence and clarity through six enlightening discussions.

NRC-Sp 10) Osher Online: The Sixties in America: From Rebellion to Rights to Commodity

Mon, 4/1-5/6, 8-9:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Jeff Rice, PhD limit: 15

Our class on America in 60s will ask some simple but also complex questions like: why did people rebel when they did, who rebelled and who didn't, what came out of the rebellion, and did it cause the rise of conservative politics in the US? We will look at: Civil Rights, Vietnam, the rise of Feminism (round 2), the Green Movement (in which NU played a key part), and the exit of the traditional unionized working class from the Republican Party. We will begin with "When did the 60s start and when did they end?"

NRC-Sp 11) Osher Online: Billy Wilder in Hollywood: Director, Writer, and Social Critic

Tues, 4/23-5/28, 4-5:30pm

6 Meetings on Zoom Cost: \$90

Facilitator: Roberta Rotman, M.A. limit: 4

Writer and director Billy Wilder told his cinematic stories for over 50 years. A Jewish émigré from Germany, he brought his considerable talents, creativity, and insight into the human condition to fruition in a prolific career in Hollywood. We will meet Billy Wilder by exploring a variety of his films against the backdrop of the social and cultural movements which informed his body of work. **Additional information:** Except for the documentary Cinema's Exiles: From Hitler to Hollywood, all films on the syllabus are available to stream from Amazon Prime Video. Films should be viewed prior to the class meeting in which each film will be discussed, if possible.

NRC-Sp 12) Osher Online: Themes in Philosophy, Part 3

Wed, 4/3-5/8, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: David Smith, PhD limit: 15

Explanation and discussion of more fascinating themes in philosophy—another philosophy buffet! Topics include spirituality, religion and human rights, philosophy of sports and fitness, the process of belief formation, civil discourse, and philosophy of humor. What is spirituality and can it be trusted? Is religion good or bad for human rights? Why do so many people love sports? How do people come to believe things? How can we have respectful conversations with people who disagree with us about things that matter? And finally, what is humor and how does it work? Themes in Philosophy 1 and 2 are not prerequisites. Join us!

NRC-Sp 13) Osher Online: Writing a Slice of Your Life

Sat, 4/20-5/25, 10-11:30am

6 Meetings on Zoom Cost: \$90

Facilitator: Lisa A. Stolley, PhD limit: 4

Everyone has a story to tell and one way to tell it is through writing a memoir. Memoir is a subgenre of creative nonfiction that can be book or essay-length; it captures a slice of the writer's life, is written from the personal and reflective perspective of the writer, and uses the techniques of creative writing, such as voice, sensory detail, scene, dialogue, and more. This course will guide you in the discovery of the story you want to tell, help you develop your story-telling skills, and provide strategies, tips, and tools to get you started on your story. Through reading excerpts of published memoirs as examples of craft, completing a series of targeted writing exercises, and sharing your writing output with your fellow writers, you will locate your story and begin your memoir.

Prescott OLLI Zoom Class Descriptions

A) The Beatles: the Solo Years

Wednesday, 3/20, 11am-12pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitator: Rudy Arena

Remember Vinny, the Beatles expert who entranced us with tales of the "Fab Four?" He's back, sharing the story of the breakup and post-Beatles careers of John, Paul, Ringo, and George and how they became solo artists. He will discuss their relationships and how they helped each other in their solo projects. Coming full circle, he'll talk about their last collaboration: "The Beatles Anthology," released in the late '90s.

72) Perspective - OLLI's Home for the Arts

Friday, 4/5-5/10, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 30

Facilitator: Barbara Brown

Perspective is OLLI's home for the arts. Come here to get your fill of great music, theatre, art, architecture and much, much more.

2) Emperor! Beethoven's Piano Concerto No. 5

1 Meeting Email Only Cost: \$15 Limit: 20

Facilitator: Nancy Dubow

We will experience great performances and lectures by Robert Greenberg, Nikolai Lugansky and Van Cliburn create an uplifting and majestic journey for us through Beethoven's Piano Concerto No. 5, from the comfort of your own home.

4) Swashbuckling Sagas: A Cinematic Voyage into Classic Heroic Adventures

Thursday, 4/4-5/9, 2-3pm

6 Meetings on Zoom Cost: \$35 Limit: 15

Facilitator: Bill Mains

From the daring exploits of Robin Hood to the masked adventures of Zorro, each movie promises an unforgettable blend of action and charm. Take a captivating ride with Prince Valiant, and enjoy The Court Jester's comedic antics and the timeless romance in The Princess Bride. Each class member can view the movies independently. The Facilitator will provide information on how to find the movies online or at the library.

8) Telling Your Stories: Writing Your Memoirs

Tuesday, 4/2-5/7, 11am-1pm

6 Meetings on Zoom Cost: \$35 Limit: 11

Facilitator: Becky Gunn

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

14) Discovering Carl Sandburg

Monday, 4/1-5/6, 12:30-1:45pm

6 Meetings on Zoom Cost: \$35 Limit: 20

Facilitator: John Quinley

At one time, Carl Sandburg seemed to be everywhere and do everything: poet and political activist; investigative reporter, columnist, and film critic; lecturer, folk singer, and musicologist; Lincoln biographer and historian; children's author; novelist; and media celebrity. But as time went on, his fame began to fade. Today's public knows little, if anything, about his legacy. This class helps new generations discover or rediscover this remarkable American Icon.

16) New Ideas

Wednesday, 4/3-5/8, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 50

Facilitator: Barbara Brown

Please join me on a journey into the world of new ideas. Each week we will explore a different subject: history, science, space, architecture and current events.

22) Travel Destinations

Thursday, 4/4-5/9, 9:30-10:45am

6 Meetings on Zoom Cost: \$35 Limit: 25

Facilitators: Bill Maxwell, Deb Dillon

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

23) Armchair Adventures

Monday, 4/1-5/6, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 50

Facilitator: Barbara Brown

We'll travel the world without passports, expense, long airport lines or fatigue. We will explore cultures, history and do lots of sightseeing on our wonderful planet.

26) Great Courses Potpourri (Email Only)

6 Meetings Email Only Cost: \$35 Limit: 30

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.



Prescott OLLI Zoom Class Descriptions

27) Strolling Through New York's Gilded Age

Friday, 4/5-4/26, 11am-12:30pm

4 Meetings on Zoom Cost: \$35 Limit: 15

Facilitators: Carol Hammond, Diane Cornsweet

Explore the Gilded Age of late 19th Century New York and the HBO series. It includes themes around economy, culture, and politics using writings from Edith Wharton and Henry James's family. Novels: Washington Square and The Age of Innocence.

38) Archetypes of Collective Unconscious Pt 2

Monday, 4/1-5/6, 2-3:30pm

6 Meetings on Zoom Cost: \$35 Limit: 15

Facilitator: DeeDee Freeman

Last session, we investigated The Psyche and The Collective Unconscious, including the four major archetypes (Self, Persona, Shadow, Anima/Animus) and how they influence our lives. In Spring 2024, we'll look at some of the other Jungian Archetypes including The Trickster, The Magician and The Wounded Healer, and examine how these archetypes play out in our modern world. Each week we'll watch and then discuss videos related to the topic.

39) Archetypes of the Collective Unconscious 2 of 2 (Email Only)

6 Meetings Email Only Cost: \$35 Limit: 30

Facilitator: DeeDee Freeman

Last session, we investigated The Psyche and The Collective Unconscious, including the four major archetypes (Self, Persona, Shadow, Anima/Animus) and how they influence our lives. In Spring 2024, we'll look at other Jungian Archetypes including The Trickster, The Magician and The Wounded Healer, and examine how these archetypes play out in our modern world. You'll receive weekly emails with the video links and questions to keep in mind while viewing.

45) Photo Organization - Simple and Done

Thursday, 4/11-4/18, 11-12:30pm

2 Meetings on Zoom Cost: \$35 Limit: 35

Facilitator: Celeste Soong-Tang

Imagine your photos organized in one place, permanently and safely, and being able to find any photo or video in a matter of seconds! We will talk about digitizing old media, cloud storage, software for creating photo projects, and photo restoration. You will learn techniques you can use with any photo management system. Begin to enjoy your photos again!

47) TED Talks Online Version

Tuesday, 4/2,4/9,4/30,5/7, 9:30-10:45am

4 Meetings on Zoom Cost: \$35 Limit: 25

Facilitator: Chris Maxwell

TED is devoted to spreading ideas via short powerful talks on a variety of topics. You'll receive an email with links to the 4-5 TED talks you need to watch BEFORE our scheduled discussion, background information, and questions to keep in mind while viewing the talks ON YOUR OWN. Then we'll meet over Zoom to discuss the thought provoking, innovative, and inspiring talks.

51) How to Use and Add Streaming Services to your Smart TV

Tuesday, 4/23, 9:30-10:45am

1 Meeting on Zoom Cost: \$15 Limit: 20

Facilitators: Hewie Poplock, JB Burke

In this tutorial, Hewie demonstrates how to add streaming services like Plex to smart TV platforms such as Toshiba Fire TV and Roku. Hewie also summarizes options for watching movies and TV shows for free, mentioning services like Hoopla, Amazon FreeVee, Popcorn Flicks, Internet Archive, YouTube, The Roku Channel, Peacock, and Zumo, which offer ad-supported streaming of films and shows.

52) Embracing the AI Age with Practical Applications for Seniors

Tuesday, 4/16, 9:30-10:45am

1 Meeting on Zoom Cost: \$15 Limit: 20

Facilitators: Hewie Poplock, JB Burke

Hewie discusses the importance and relevance of Artificial Intelligence for seniors today. He provides an overview of useful AI tools that seniors can utilize in their daily lives. The focus will be on free or freemium tools that leverage AI to assist seniors. Hewie demonstrates how these technologies can enrich seniors' lives by helping with tasks like writing, reminders, conversations, photos, recordings, videos, translations, summarizations, visual assistance, and more.



See all courses for both OLLIs on our registration portal www.yc.edu/ollisvregister



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

The Beatles: The Solo Years with Vincent Bruno


**Wed, March 20, 11am on Zoom or
free and open to the public
at the YC Prescott Campus**



One of Prescott OLLI's favorite facilitators is back, telling us the story of the Beatles' breakup, the post-Beatles careers of John, Paul, Ringo, and George, and how they established themselves as solo artists. Vinny will discuss their relationships and how they helped each other in their solo projects. Coming full circle, he will talk about their last collaboration: "The Beatles Anthology," released in the late '90s.

Registration is required: www.yc.edu/olliopen
or call 928-649-4275





OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

AT YAVAPAI COLLEGE

PRESCOTT | SEDONA | VERDE VALLEY

Prescott Spring

Schedule
April 1 – May 10



www.yc.edu/prescottolli

Stay Curious, Stay Engaged... OLLI!

A Warm Spring Welcome!

We thought winter would never end, but the pansies popping up in the garden are telling us that spring can't be far behind. These early garden delights are a beautiful vanguard for ushering in the new year, a time of renewal, and a time when we anticipate good things to come in the new year ahead.

This edition of the OLLI catalog has some wonderfully fresh, new course offerings. We are excited about bringing them to you.

Our OLLIs continue to rebound nicely from the pandemic and have expanded the number of members, and most importantly facilitators who are offering courses at the Sedona Center, the Verde Valley Campus in Clarkdale, and our OLLI in Prescott. Don't overlook the ZOOM offerings either.

We also continue to offer courses from the OLLI NRC (National Resource Center). Please see our website or this catalogue for details and information.

We appreciate you taking advantage of what our OLLI programs have to offer and suggest you encourage a friend or neighbor to come and enjoy a course or two and become an OLLI member as well.

Yours in Service,

Linda

Linda Neville, Chair
Prescott Governing Council

Rick

Rick Rokosz, Chair
Sedona/VV Council

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

Membership Fee Options

All Membership levels cover 5 consecutive terms (one year), and include unlimited Munch and Learns and all offerings labeled A-Z.

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

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

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

Memberships are not eligible for refunds or extensions.

Yavapai College Foundation

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

Important Dates

Spring: April 1—May 10
Summer: June 10-July 25
Fall 1: Aug 26-Oct 7
Fall 2: Oct 28-Dec 13

OLLI Staff
Tricia Berlowe – Director
Connie Varga – Admin Assistant
Marci Jahn – Admin Assistant
Francis Beegle—Admin Assistant

PRESCOTT OLLI Spring 2024

For complete descriptions and registration: www.yc.edu/PrescottOLLI

Monday	Time	Loc	Class	Facilitator(s)
4/1-5/6	8-11am	Offsite	69) Hike The Prescott Circle Trail	J Pillman, K Paris
4/1-5/6	11am-12pm	Zoom	23) Armchair Adventures	B Brown*
4/1-5/6	11am-12:15pm	4-118	56) Restaurant Reviews and Recommendations	J Velling
4/29-5/6	11am-12:15pm	31-102	60) The Exciting New Card Game "SWOOP!"	R Henk
4/1-5/6	11am-1pm	31-101	28) Communism in Power: From Stalin to Mao	C Lovin
4/1-5/6	12:30-1:45pm	Zoom	14) Discovering Carl Sandburg	J Quinley
4/8-4/22	12:30-1:45pm	3-271	21) Our Unique U.S.A.	M & J Schaffer
4/15	12:30-2:30pm	3-119	31) The Crash of the Super Constellation in Prescott	D Baier
4/1-5/6	2-3:30pm	Zoom	38) Archetypes of the Collective Unconscious 2 of 2	D Freeman
4/1-5/6	2-4pm	4-102	25) Archaeology: World's Greatest Sites Pt 2	J Jones*
4/1-5/6	2:30-3:45pm	31-101	64) Chair Yoga and More	C Young
4/1-5/6	4:15-5:30pm	31-101	63) Spring Forest Chi Gong	R M.Eshelman
Tuesday				
4/2-5/7	8:30-9:30am	30-126	11) Conversational Russian	N Almagambetova
4/2-4/23	8:30-10:30am	31-101	54) Gardening Topics	A Mazella*, LJanowski
4/2	8:30am-12pm	19-225	18) Courageous Conversations: Being Blue in Red Environment	BSwainEstes, LDecker
4/2-5/7	9-11am	Offsite	66) Prescott Area Nature Walks	J Mangimeli
5/7	9:30-11am	31-102	19) Courageous Conversations: Skills for Disagreeing Better	C Russell, L Dekker
4/2-5/7	9:30-11:30am	4-102	30) The Skeptics Guide to American History-Part 2	J Wilson, A Lopez
4/2,4/9,4/30,5/7	9:30-10:45am	Zoom	47) TED Talks Online Version	C Maxwell*
4/23	9:30-10:45am	Zoom	51) How to Use and Add Streaming Services to your Smart TV	H Poplock, J Burke
4/16	9:30-10:45am	Zoom	52) Embracing the AI Age with Practical Applications for Seniors	H Poplock, J Burke
3/26	9:30-10:45am	31-101	E) Member Welcome	Mem Engage Com
4/2-5/7	10-11:30am	15-260	71) T'ai Chi Advanced (On-Going Only)	A Chan
4/2-4/16	11am-12:15pm	30-126	10) 10 Minute Originals: Writing Off the Top of My Head	M Schaffer
4/2-5/7	11am-1pm	Zoom	8) Telling Your Stories: Writing Your Memoirs	B Gunn*
4/2-5/7	11am-1pm	31-101	17) Foreign Affairs: Headlines & Discussions	J Lowe
4/2,4/9,4/30,5/7	12:30-1:45pm	4-118	46) TED Talks	C Maxwell*
4/2-5/7	12:30-2:30pm	3-271	7) The Power of Rhetoric Pt 2 - Great Speeches & Essays	J Hart
4/16	12:30-2:30pm	3-119	32) Miracle on the Hudson	D Baier
3/26	2-3:15pm	Zoom	L) Member Welcome (Zoom)	Mem Engage Com
4/23	2-4pm	31-101	43) Brain/Behavior Relationships	V Conner
4/2-4/16	2-4pm	31-101	58) Fabric Collage	J Riggerbach, E Wing
Wednesday				
4/3-5/8	8-10:30am	Offsite	67) Moderate Hiking	LNeakrans, MTroester
4/3-5/8	9-11am	31-101	1) Acting for Everyone	R Skidmore
4/3-5/8	9:30-10:30am	30-126	12) Beginning Hebrew Reading	S Schanerman
4/3-5/8	9:30-11:30am	19-223	50) Introduction to the Apple iPhone	D Rothgery
4/3-5/8	10-11:30am	15-260	70) T'ai Chi For Beginners (Ongoing Only)	A Chan
4/3-5/8	11am-12pm	Zoom	16) New Ideas	B Brown*
3/20	11am-12pm	Zoom	A) The Beatles: The Solo Years	R Arena*
4/17-5/1	11am-12:15pm	4-118	40) Inspired Retired	L Zann
4/3-4/10	11am-12:30pm	19-225	33) Going Home: An End of Life Journey	M Towne
4/3-5/8	12:30-2:30pm	3-271	6) The Power of Rhetoric Pt 1 - Great Speeches & Essays	J Hart
4/3-5/8	2-3:15pm	31-101	53) Evolutionary Misfits	K Law, R Branstrator
4/3-5/1	2-4pm	19-225	9) Memoir Writing	J Ashlock
4/3-5/8	2-4pm	31-102	61) Beginning Mah Jongg	B Hickman, G Zemble
4/3-5/8	2-4:30pm	30-126	62) Texas Hold'em/Omaha Hi/Lo poker	K Paris, P Harder
4/3-5/8	2:15-4:15pm	4-102	44) Life in the World's Oceans Pt 2	D Hoffman*, J Kangel*

PRESCOTT OLLI Spring 2024

For complete descriptions and registration: www.yc.edu/PrescottOLLI

Thursday	Time	Loc	Class	Facilitator(s)
4/4-5/9	9:30-10:45am	Zoom	22) Travel Destinations	B Maxwell*, D Dillon*
4/4-4/25	11am-12:30pm	4-116	13) Basic Conversational Spanish III	M Dellinger
4/11-4/18	11am-12:30pm	Zoom	45) Photo Organization - Simple and Done	C Soong-Tang
4/4	12:30-1:45pm	Zoom	F) Munch&Learn:Provost Perspectives My Journey & Our Future	S Srikanth, D Berry
4/11	12:30-1:45pm	Zoom	G) Munch & Learn: JFK's Quest for Peace	S Srikanth, C Blum
4/18	12:30-1:45pm	Zoom	H) Munch & Learn: A Field Guide to Mars	S Srikanth
4/25	12:30-1:45pm	Zoom	I) Munch & Learn: Social Security	K Boryca
5/2	12:30-1:45pm	3-119	J) Munch & Learn: "New" YC Library	R Arena*
5/9	12:30-1:45pm	Zoom	K) Munch & Learn: Sand Sculpting	R Arena*
4/4	12:30-3:30pm	30-126	35) Death Cafe	N VanderVoort
4/11	12:30-3:30pm	30-126	36) Death Cafe 2nd Section	N VanderVoort
4/4-5/9	2-3pm	Zoom	4) Swashbuckling Sagas: Classic Heroic Adventures	B Mains
3/28	2-3:15pm	4-102	B) Book of Queens: Middle Eastern Horsewomen	P Mahdavi, C Blum
4/4-5/9	2:30-3:45pm	31-101	65) Chair Yoga and More - 2nd Section	C Young
Friday				
4/5-5/10	8:30-11:30am	Offsite	68) Strenuous Hiking	L Garnes, J Anderson
3/22	9:30-10:45am	31-101	D) Thinking About Facilitating	C Maxwell*, P Berlowe
4/5	9:30-10:45am	3-271	49) All About Electric & Hybrid Vehicles	G Stein
4/5-4/12	9:30-11:30am	30-126	42) Healing the Wound: Journey thru Chemical Dependency	M Karayan
4/12	9:30-11:30am	4-118	55) Medicare Made Easy	K Boryca
4/5-5/10	9:30am-12pm	31-102	73) Let's Play Bridge	D White, D Dimmel
4/5-5/10	10am-12pm	31-101	15) Viewpoints	J Wilson
4/5-5/10	10am-1pm	4-102	5) The Friday Movie Matinee (3-119 after 1 st week)	Reynolds,Manko,Baier
4/5-5/10	11am-12pm	Zoom	72) Perspective - OLLI's Home for the Arts	B Brown*
4/5-5/10	11am-12:15pm	3-271	29) Fifty Years of Family Folklore: AZ History (1890-1940)	J Watson
3/22	11am-12:15pm	31-101	C) New Facilitator Training	C Maxwell*, P Berlowe
4/5-4/26	11am-12:30pm	Zoom	27) Strolling Through New York's Gilded Age	Hammond*, Cornsweet
4/5-5/10	11am-12:30pm	3-203	34) Develop a Mindfulness Practice	L Schuler
4/5-4/26	12:30-1:45pm	31-102	48) Monitoring Your Health with Apple Watch & iPhone	F Croft, J Acquavella
4/12-5/3	12:30-2:30pm	3-271	24) Mosaics - BIG Designs with Tiny Pieces	A Newton
4/5-5/10	2-4pm	31-101	41) Quantum Spirituality	Kohlenberger*, Wiester
5/3-5/10	2-4pm	31-102	57) Spring Flower Pots	J Norcross
4/12-4/19	2-4pm	31-102	59) Diamond Art	K Lochte
4/5-5/10	2-5pm	4-102	3) Foreign Films	L Garrett*, K Amdurer
Email Only				
			2) Emperor! Beethoven's Piano Concerto No. 5	N Dubow*
			26) Great Courses Potpourri	P Berlowe
			39) Archetypes of the Collective Unconscious 2 of 2	D Freeman
Field Trips				
3/26	11am-1pm	Bldg 31	Trip: Hidden Secrets of Yavapai College	P Berlowe
4/30	10am-12pm	Offsite	Trip: Hydroponic Gardening	A Mazella*, L Janowski
5/1	4:30-6:30pm	Offsite	Trip: Southwest Wine Center - Wine Appreciation	L Aguilar

*Master Facilitators who have offered 25 or more classes.

PRESCOTT OLLI Spring: Free & Open to the Public Offerings

For complete descriptions and registration: www.yc.edu/PrescottOLLI

A) The Beatles: The Solo Years

Wed, 3/20, 11am-12pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitator: Rudy Arena*

Remember Vinny, the Beatles expert who entranced us with tales of the "Fab Four?" He's back, sharing the story of the breakup and post-Beatles careers of John, Paul, Ringo, and George and how they became solo artists. He will discuss their relationships and how they helped each other in their solo projects. Coming full circle, he'll talk about their last collaboration: "The Beatles Anthology," released in the late '90s.

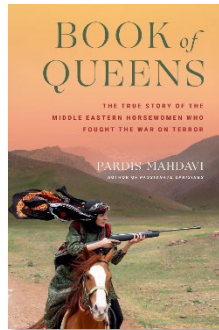
B) Book of Queens: The True Story of the Middle Eastern Horsewomen Who Fought the War on Terror

Thurs, 3/28, 2-3:15pm

1 Meeting in 4-102 Cost: Free

Facilitators: Pardis Mahdavi, Charlie Blum

Book of Queens reaches back centuries to the Persian Empire and a woman disguised as a man, facing an invading army, protected only by light armor. Mahdavi draws a thread from past to present: from her fearless Iranian grandmother, who guided survivors of domestic violence to mountains in Afghanistan, to female warriors who trained and bred horses used by US Green Berets in 2001, women whose contributions were then forgotten.



C) New Facilitator Training

Fri, 3/22, 11am-12:15pm

1 Meeting in 31-101 Cost: Free Limit: 10

Facilitators: Chris Maxwell*, Patricia Berlowe

We'll review all the steps required to facilitate your OLLI class including preparing and distributing class materials, what to do on your first day, how to deal with unexpected events, and tips for success from experienced facilitators.

D) Thinking About Facilitating

Fri, 3/22, 9:30-10:45am

1 Meeting in 31-101 Cost: Free Limit: 15

Facilitators: Chris Maxwell*, Patricia Berlowe

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

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

E) Member Welcome

Tues, 3/26, 9:30-10:45am

1 Meeting in 31-101 Cost: Free Limit: 30

Facilitator: Member Engagement Committee

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

L) Member Welcome (Zoom)

Tues, 3/26, 2-3:15pm

1 Meeting on Zoom Cost: Free Limit: 20

Facilitator: Member Engagement Committee

SEE #E above.

F) Munch & Learn: Provost Perspectives: My Journey and Our Future

Thurs, 4/4, 12:30-1:45pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitators: Shri Srikanth, Dr. Doug Berry

Join us for a talk presented by new Yavapai College Provost Douglas Berry. With an extensive background in higher education as both a faculty member and an administrator, Doug came to YC from Maricopa County Community College District where he was Dean of Liberal Arts and Sciences. The Provost will share with us his journey to YC and his vision for academic programs, including Lifelong Learning and OLLI.

G) Munch & Learn: JFK's Quest for Peace

Thurs, 4/11, 12:30-1:45pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitators: Shri Srikanth, Charles Blum

A little-known aspect of JFK's presidency is his dedication to the cause of nuclear disarmament and a lasting global peace. JFK used all his tools -- spoken and written words, political persuasion and personal diplomacy -- to lay the groundwork for an early, negotiated end to the Cold War. This discussion will focus on the last six months of Kennedy's presidency and his commitment to the process of peace-making.

H) Munch & Learn: A Field Guide to Mars

Thurs, 4/18, 12:30-1:45pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitator: Shri Srikanth

Mars, the red dot in the night sky, has fascinated men since antiquity. With a multitude of missions, we have a wealth of knowledge about Mars. We will review what we have learned while enjoying pictures and videos of the red planet.

PRESCOTT OLLI Spring: Free & Open to the Public Offerings/Trips

For complete descriptions and registration: www.yc.edu/PrescottOLLI

I) Munch & Learn: Social Security

Thurs, 4/25, 12:30-1:45pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitator: Kelly Boryca

Jack Burns, a Social Security public affairs specialist with the Social Security Administration, will be discussing the latest news from Social Security, including the newest services on their website and the future of the benefit program.

J) Munch & Learn: "New" YC Library

Thurs, 5/2, 12:30-1:45pm

1 Meeting in 3-119 Cost: Free Limit: 90

Facilitator: Rudy Arena*

Several librarians from YC will address the rumors of book banning at the College and address the NEW Center for Learning and Innovation. What will be the impact on students

when the physical collection of books will require weeding?

Where will the library be located while Building 19 is renovated, and what services will be offered during its relocation? For answers, attend this important meeting.

K) Munch & Learn: Sand Sculpting

Thurs, 5/9, 12:30-1:45pm

1 Meeting on Zoom Cost: Free Limit: 90

Facilitator: Rudy Arena*

What started as a hobby for Michael Velling in 1989, quickly developed into an obsession and second career as an artist sculptor. Sculpture is creating something extraordinary out of something so ordinary as a pile of wet sand at the beach. Onlookers are captivated with a sense of awe, interest and fascination. Michael has many accolades and has been designer and lead sculptor in professional sand sculpture around the world.

FIELD TRIPS – extra fees apply, no matter your membership level

Trip: Hidden Secrets of Yavapai College

Tues, 3/26, 11am-1pm

1 Meeting Outside Bldg 31 Cost: Free Limit: 24

Facilitator: Patricia Berlowe

Join us for an exploration of all that Yavapai College's Prescott Campus has to offer! Did you know we have an Art Gallery? A post office the public can use? A beautiful sculpture garden? Join us for a walking tour and learn the hidden secrets! We will start our tour in front of the OLLI Office, Building 31, and end our tour with lunch in the cafeteria (on your own).

Trip: Hydroponic Gardening

Tues, 4/30, 10am-12pm

1 Meeting Offsite Cost: \$5 Limit: 20

Facilitator: Angie Mazella*, Lois Janowski

Rich Peterson will give us a tour of the Yavapai College greenhouses at the Chino Valley campus. The 10,000-square-foot greenhouse facility was established to provide hands-on learning experiences for students enrolled in the college's horticulture and animal science programs. Participants will view multiple hydroponic systems used to grow edible crops, with computer-controlled systems to maintain the proper growing environment and several large pools for farm-raised fish.



Trip: Southwest Wine Center - Wine Appreciation

Wed, 5/1, 4:30-6:30pm

1 Meeting Offsite Cost: \$80 Limit: 10

Facilitator: Lisa Aguilar

Are you curious why your mouth feels dry when drinking certain wines? Or what component in wine makes you salivate? Why are certain wines clear and others so dense you can't see the bottom of your glass? Embark on a journey of your palate through a flight of 5 wines with a focus on deepening each person's knowledge of wine and wine tasting through the process of sensory evaluation. A cheese pairing will accompany each wine in the flight to discuss basic food and wine pairing concepts. Travel is on your own to the Southwest Wine Center on the Yavapai College campus in Clarkdale.

For complete descriptions and registration: www.yc.edu/PrescottOLLI

1) Acting for Everyone

Wed, 4/3-5/8, 9-11am

6 Meetings in 31-101 Cost: \$35 Limit: 15

Facilitator: Randy Skidmore

Taught by a local actor, this class will introduce you to all forms of acting. Students will work individually and together on scenes performed for the class. Memorization won't be required, but will be encouraged. All class activities and exercises will be geared toward inclusion and comfort level. The class is guaranteed to raise your self-confidence, reveal hidden abilities, and help you appreciate the skills of fine actors.

2) Emperor! Beethoven's Piano Concerto No. 5

Email Only Cost: \$15 Limit: 20

Facilitator: Nancy Dubow*

We will experience great performances and lectures by Robert Greenberg, Nikolai Lugansky and Van Cliburn to create an uplifting and majestic journey through Beethoven's Piano Concerto No. 5, from the comfort of your own home.

72) Perspective - OLLI's Home for the Arts

Fri, 4/5-5/10, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 30

Facilitator: Barbara Brown*

Perspective is OLLI's home for the arts. Come here to get your fill of great music, theatre, art, architecture and much, much more.

3) Foreign Films

Fri, 4/5-5/10, 2-5pm

6 Meetings in 4-102 Cost: \$35 Limit: 50

Facilitators: Lydia Garrett*, Krys Amdurer

We try to show recent films that have garnered international recognition. All are thought-provoking, with great acting. We also may include a relatively older film shown over the years in our collection. We show the film right through, take a brief break, and then have a discussion, which is part of the class. It's always interesting to hear the class members' impressions.

4) Swashbuckling Sagas: A Cinematic Voyage into Classic Heroic Adventures

Thurs, 4/4-5/9, 2-3pm

6 Meetings on Zoom Cost: \$35 Limit: 15

Facilitator: Bill Mains

From the daring exploits of Robin Hood to the masked adventures of Zorro, each movie promises an unforgettable blend of action and charm. Take a captivating ride with Prince Valiant, and enjoy The Court Jester's comedic antics and the timeless romance in The Princess Bride. Each class member can view the movies independently. The Facilitator will provide information on how to find the movies online or at the library.

5) The Friday Movie Matinee

Fri, 4/5-5/10, 10am-1pm

6 Meetings in 4-102/3-119 Cost: \$35 Limit: 50

Facilitators: Cindy Reynolds, Bonnie Manko, Don Baier

The Friday Movie Matinee - Bring lunch and have fun with Kathryn Hepburn, Cary Grant, Jimmy Stewart, Barbara Stanwick, Bill Murray, Chevy Chase and more.

6) The Power of Rhetoric Pt 1: Great Speeches & Essays

Wed, 4/3-5/8, 12:30-2:30pm

6 Meetings in 3-271 Cost: \$35 Limit: 32

Facilitator: Jimmy Hart

We will be reading, listening to, and discussing some of the greatest speeches of all time. In addition, we will read and discuss some of the greatest essays ever written. "Essay" is from Old French, "essai" meaning "to attempt, try, experiment." Both genres - speeches and essays - attempt to persuade, enlighten, and entertain using the power of rhetoric and the artful assemblage of words.

7) The Power of Rhetoric Pt 2: Great Speeches & Essays

Tues, 4/2-5/7, 12:30-2:30pm

6 Meetings in 3-271 Cost: \$35 Limit: 32

Facilitator: Jimmy Hart

This is a continuation of The Great Speeches and essays from Winter Term 2024. This course will have a greater focus and concentration on creative non-fiction from the contemporary era. It is highly recommended but not required that students take The Power of Rhetoric Pt 1 as a prerequisite to Part 2.

8) Telling Your Stories: Writing Your Memoirs

Tues, 4/2-5/7, 11am-1pm

6 Meetings on Zoom Cost: \$35 Limit: 11

Facilitator: Becky Gunn*

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



9) Memoir Writing

Wed, 4/3-5/1, 2-4pm

5 Meetings in 19-225 Cost: \$35 Limit: 10

Facilitator: Joann Ashlock

This class offers the opportunity to write your memoirs for yourself and your family. Often, family members have connected or reconnected with each other when memoirs are shared. Each week, you'll write a short memoir to be read in class. Class members will provide positive, constructive feedback. We'll embrace a supportive and friendly atmosphere where you can explore themes in your life's story.

For complete descriptions and registration: www.yc.edu/PrescottOLLI

10) 10 Minute Originals: Writing Off the Top of My Head

Tues, 4/2-4/16, 11am-12:15pm

3 Meetings in 30-126 Cost: \$35 Limit: 12

Facilitator: Mary Ann Schaffer

This class will present a wide range of thought-provoking questions, such as "It's winter, and you have just moved to North Dakota. Write a postcard that makes Californians jealous." You will have 8 minutes to write a response and read it aloud. No criticism, just fun.

11) Conversational Russian

Tues, 4/2-5/7, 8:30-9:30am

6 Meetings in 30-126 Cost: \$35 Limit: 10

Facilitator: Nailya Almagambetova

Are you planning to visit Russia but afraid to be "lost in translation?" Do you want to surprise your Russian-speaking friends? Would you like to learn Russian from a native Russian speaker in an informal and relaxed environment? Come to this class! Any level/no level of knowledge is welcome. No textbook! Just your desire to learn the language spoken by more than 260 million people.

12) Beginning Hebrew Reading

Wed, 4/3-5/8, 9:30-10:30am

6 Meetings in 30-126 Cost: \$35 Limit: 14

Facilitator: Rabbi Susan Schanerman

Many religious texts are Hebrew-based. Join us as we learn the Hebrew alef-bet and develop the skills to decode Hebrew words. We will learn key Hebrew words in the Hebrew Bible.

13) Basic Conversational Spanish III

Thurs, 4/4-4/25, 11am-12:30pm

4 Meetings in 4-116 Cost: \$35 Limit: 15

Facilitator: Mary Ann Dellinger

This class is a continuation of Basic Conversational Spanish I and II and is designed to strengthen developing competence in basic survival Spanish. By the end of the course, participants should be able to: 1) express likes and dislikes; 2) talk about families; 3) request, exchange, and provide information about emergency health situations. There is limited formal instruction on vocabulary and grammar in this class.

14) Discovering Carl Sandburg

Mon, 4/1-5/6, 12:30-1:45pm

6 Meetings on Zoom Cost: \$35 Limit: 20

Facilitator: John Quinley

At one time, Carl Sandburg seemed to be everywhere and do everything: poet and political activist; investigative reporter, columnist, and film critic; lecturer, folk singer, and musicologist; Lincoln biographer and historian; children's author; novelist; and media celebrity. But as time went on, his fame began to fade. Today's public knows little, if anything, about his legacy. We will discover or rediscover this remarkable American Icon.

15) Viewpoints

Fri, 4/5-5/10, 10am-12pm

6 Meetings in 31-101 Cost: \$35 Limit: 20

Facilitator: Jack Wilson

Aristotle says, "It is the mark of an educated mind to be able to entertain a thought without accepting it." No idea, belief, or opinion is out of bounds in this class, and everyone can express their thoughts. Let us have a lively, entertaining, and, most of all, informative discussion.

16) New Ideas

Wed, 4/3-5/8, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 50

Facilitator: Barbara Brown*

Please join me on a journey into the world of new ideas. Each week we will explore a different subject: history, science, space, architecture and current events.



17) Foreign Affairs: Headlines & Discussions

Tues, 4/2-5/7, 11am-1pm

6 Meetings in 31-101 Cost: \$35 Limit: 30

Facilitator: John Lowe

This learning group continues our discussions about foreign affairs, current happenings, and major international issues.

18) Courageous Conversations: Being Blue in a Red Environment

Tues, 4/2, 8:30am-12pm

1 Meeting in 19-225 Cost: \$15 Limit: 18

Facilitators: Barbara Swain Estes, Lori Dekker

This class is for political liberals or any blue-leaning individuals who find that conservatives are predominant in key areas of their lives, like work, family, social circle, religion, or community. Participants will learn safe and effective ways to communicate their liberal values and beliefs. We will focus on the question, "What can I do?" rather than "Aren't they awful?" This class is part of the Braver Angels curriculum.

19) Courageous Conversations: Skills for Disagreeing Better

Tues, 5/7, 9:30-11am

1 Meeting in 31-102 Cost: \$15 Limit: 18

Facilitators: Carol Russell, Lori Dekker

In our current polarized political environment, many people avoid or dread political conversations with friends or family members whose politics differ from their own. They worry, rightly so, that any attempts at political discussions will devolve into arguments and acrimony. Come to this Braver Angels workshop to learn and practice skills for having respectful conversations that clarify differences, search for common ground, and affirm the importance of the relationship.

For complete descriptions and registration: www.yc.edu/PrescottOLLI

21) Our Unique U.S.A.

Mon, 4/8-4/22, 12:30-1:45pm

3 Meetings in 3-271 Cost: \$35 Limit: 30

Facilitators: Mary Ann Schaffer, Joseph Schaffer

Travel inspires us to see, taste, and learn new things about places. This class will introduce you to a different state or city each week. Learn from a presenter who has lived there. They will share their knowledge through photos, videos, and discussion. What a wonderful opportunity to gain inside information on several places in the United States that you may not have considered for your travels.

22) Travel Destinations

Thurs, 4/4-5/9, 9:30-10:45am

6 Meetings on Zoom Cost: \$35 Limit: 25

Facilitators: Bill Maxwell*, Deb Dillon*

Whether you are an armchair traveler or someone who never unpacks, come and join Deb and Bill to travel to destinations around the world. We will explore everything from exotic locations to points of interest in the USA. Expect to experience: nature, adventure, exotic locations, history. Deb and Bill will provide information as well as fun stories.

23) Armchair Adventures

Mon, 4/1-5/6, 11am-12pm

6 Meetings on Zoom Cost: \$35 Limit: 50

Facilitator: Barbara Brown*

We'll travel the world without passports, expense, long airport lines or fatigue. We will explore cultures, history and do lots of sightseeing on our wonderful planet.

24) Mosaics - BIG Designs with Tiny Pieces

Fri, 4/12-5/3, 12:30-2:30pm

4 Meetings in 3-271 Cost: \$35

Facilitator: Andrew Newton

Learn about mosaics, which are very large designs made with very small pieces of material. These designs can be installed on the ceiling, walls, and floors. We will review Ancient, Medieval, and Modern examples by "visiting" famous mosaic installations in Europe, Africa, the Middle East, and America.



25) Archaeology: World's Greatest Sites Pt 2

Mon, 4/1-5/6, 2-4pm

6 Meetings in 4-102 Cost: \$35 Limit: 36

Facilitator: Jerry Jones*

This Great Courses video introduces archaeology to the general public, providing answers to questions archaeologists are asked most frequently. How do they find ancient sites? What happens during an excavation? How do we know how old something is? This course provides the inside story of what archaeologists do.

26) Great Courses Potpourri (Email Only)

Email Only Cost: \$35 Limit: 30

Facilitator: Patricia Berlowe

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

27) Strolling Through New York's Gilded Age

Fri, 4/5-4/26, 11am-12:30pm

4 Meetings on Zoom Cost: \$35 Limit: 15

Facilitators: Carol Hammond*, Diane Cornsweet

Explore the Gilded Age of late 19th Century New York and the HBO series. It includes themes around economy, culture, and politics using writings from Edith Wharton and Henry James's family. Novels: Washington Square and The Age of Innocence.

28) Communism in Power: From Stalin to Mao

Mon, 4/1-5/6, 11am-1pm

6 Meetings in 31-101 Cost: \$35 Limit: 35

Facilitator: Claxton Lovin

This course masterfully untangles the triumphs, rivalries, and contradictions that affected the communist movement and, ultimately, its dream of worldwide comradeship. Learn about propaganda; internal repression, Stalin's vast system of gulags; attempts by communists to get a foothold in the US; the growing disillusionment with life under Marxism-Leninism; and the day-to-day adaptations of ordinary people.

29) Fifty Years of Family Folklore: AZ History (1890-1940)

Fri, 4/5-5/10, 11am-12:15pm

6 Meetings in 3-271 Cost: \$35 Limit: 25

Facilitator: Julia Watson

Fascinated by Arizona history? Take a westward journey with real families who lived it! My great-grandparents, the Bigelows and the Wicksons, were pioneers who came here when it was still a territory. Even though they rode the waves of heartache and loss, my ancestors' narratives are filled with resilience. Connect with early Arizona through early settlers!

30) The Skeptics Guide to American History Pt 2

Tues, 4/2-5/7, 9:30-11:30am

6 Meetings in 4-102 Cost: \$35 Limit: 50

Facilitators: Jack Wilson, Armando Lopez

We realize Columbus discovering America and George Washington cutting down a cherry tree are myths. However, we may not realize how much about American history we have learned that is also mythical and mistaken. In this class the professor explains his skepticism of twelve commonly accepted historical ideas by asking questions such as these: Did Franklin Roosevelt's New Deal end the Great Depression? Was the Cold War inevitable?

For complete descriptions and registration: www.yc.edu/PrescottOLLI

31) The Crash of the Super Constellation in Prescott

Mon, 4/15, 12:30-2:30pm

1 Meeting in 3-119 Cost: \$15 Limit: 90

Facilitator: Don Baier

Encore presentation from last Fall. In February 1959, a USAF C-121G Super Constellation crashed in the Granite Dells of Prescott. With the perspective of thousands of hours of flight experience, Don discusses what we know about the incident, what was happening onboard the aircraft, what we don't know about the loss, the wreckage site, and how to take the trail there to honor those who lost their lives that day.

32) Miracle on the Hudson

Tues, 4/16, 12:30-2:30pm

1 Meeting in 3-119 Cost: \$15 Limit: 90

Facilitator: Don Baier

Encore presentation from last Fall. In January 2009, "Sully" became known worldwide overnight. What happened that day? How did Flight Crew, Cabin Crew, Air Traffic Control, and First Responders deal with the events? Using US Airways checklists and procedures, Don, a veteran Captain at US Airways during that time, takes us through the events and the harrowing triumph on that cold January morning, the Miracle on the Hudson.

33) Going Home: An End of Life Journey

Wed, 4/3-4/10, 11am-12:30pm

2 Meetings in 19-225 Cost: \$35 Limit: 30

Facilitator: Mary Towne

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

34) Develop a Mindfulness Practice

Fri, 4/5-5/10, 11am-12:30pm

6 Meetings in 3-203 Cost: \$35 Limit: 11

Facilitator: Lesley Schuler

Live with less stress and more awareness, wisdom, and compassion. By focusing on awareness in the present moment, with kindness and without judgment, we learn to respond instead of react, cultivating a more compassionate relationship with ourselves and others. This introduction focuses on the basics of mindful meditation, and on mindfulness of the body, breath, thoughts, and emotions. Develop a mindfulness practice and bring more balance to your life.



35) Death Cafe

Thurs, 4/4, 12:30-3:30pm

1 Meeting in 30-126 Cost: \$15 Limit: 10

Facilitator: Nancy Van der Voort

A Death Cafe session is intended to provide a safe and comfortable environment for sharing our intimate thoughts, feelings, and concerns about the last of the most significant personal events we experience. It is a group discussion of death with no agenda, objectives or themes yet guided by an experienced facilitator. It's a discussion group rather than a grief support or counseling session.

36) Death Cafe 2nd Section

Thurs, 4/11, 12:30-3:30pm

1 Meeting in 30-126 Cost: \$15 Limit: 10

Facilitator: Nancy Van der Voort

SEE #35.

38) Archetypes of the Collective Unconscious 2 of 2

Mon, 4/1-5/6, 2-3:30pm

6 Meetings on Zoom Cost: \$35 Limit: 15

Facilitator: DeeDee Freeman

Last session, we investigated The Psyche and The Collective Unconscious, including the four major archetypes (Self, Persona, Shadow, Anima/Animus) and how they influence our lives. In Spring 2024, we'll look at some of the other Jungian Archetypes including The Trickster, The Magician and The Wounded Healer, and examine how these archetypes play out in our modern world. Each week we'll watch and then discuss videos related to the topic.

39) Archetypes of the Collective Unconscious 2 of 2 (Email Only)

Email Only Cost: \$35 Limit: 30

Facilitator: DeeDee Freeman

SEE #38 Except Email ONLY. You'll receive weekly emails with the video links and questions to keep in mind while viewing.

40) Inspired Retired

Wed, 4/17-5/1, 11am-12:15pm

3 Meetings in 4-118 Cost: \$35 Limit: 40

Facilitator: Leslie Zann

Many people spend years dreaming of retirement—the lifestyle, time, and freedom to live life on your terms. Here you are! So, the question becomes: "Are you really living your best life?" Join Leslie Zann, the inaugural speaker of the Jane Reti Speaker Series as she takes you on a fun and compelling journey to discover exactly what lights you up, and how to draw those experiences into your life!

For complete descriptions and registration: www.yc.edu/PrescottOLLI

41) Quantum Spirituality

Fri, 4/5-5/10, 2-4pm

6 Meetings in 31-101 Cost: \$35 Limit: 30

Facilitators: John Kohlenberger*, Gary Wiester

In Quantum Spirituality, we'll explore the wonders of realities using modern science, philosophy, and spirituality, taking a multidisciplinary approach to better understanding energetics. Our journey will explore the perspectives of David Bohm, Albert Einstein, Seth, Dr. Peebles, Greg Braden, Lightsource P'taah, Nichola Tesla, and many others regarding this world and beyond, from the Big Bang expanding into infinite possibilities, inspiring our imaginations beyond the limitations of our everyday 3-D reality.

42) Healing the Wound: The Family's Journey through Chemical Dependency

Fri, 4/5-4/12, 9:30-11:30am

2 Meetings in 30-126 Cost: \$35 Limit: 20

Facilitator: Mathias Karayan

This class will challenge the participant to look at Chemical Dependency in the family system from an innovative point of view. This seminar will also address the healing power of forgiveness in all areas of your life. This seminar is an interactive workshop facilitated by a licensed Chemical Dependency counselor. The book "Healing the Wound: The Family's Journey through Chemical Dependency," may be purchased from the instructor for \$10.

43) Brain/Behavior Relationships

Tues, 4/23, 2-4pm

1 Meeting in 31-101 Cost: \$15 Limit: 25

Facilitator: Dr. Virginia Conner

This seminar will focus on brain-behavior relationships, brain function, and assessment of age-related cognitive losses vs. medical/neurological disorders that affect the brain. Dr. Conner is a neuropsychologist educated at NAU, Boston Medical School & Tufts New England Medical Center, as well as a Fellow with the American College of Forensic Examiners.

44) Life in the World's Oceans Pt 2

Wed, 4/3-5/8, 2:15-4:15pm

6 Meetings in 4-102 Cost: \$35 Limit: 50

Facilitators: Dave Hoffman*, Johanna Kangal*

The oceans makeup over 70% of the earth's surface, provide 2/3 of our oxygen, and help control and regulate our climate. This course uses an ecological perspective to review the ocean's diversity of life. Sessions will include oceanography to help understand the physical ocean systems, consideration of physical ecosystems and the life therein, a closer look at vertebrate and mammalian life, and the future of the oceans.

45) Photo Organization - Simple and Done

Thurs, 4/11-4/18, 11-12:30pm

2 Meetings on Zoom Cost: \$35 Limit: 35

Facilitator: Celeste Soong-Tang

Imagine your photos organized in one place, permanently and safely, and being able to find any photo or video in a matter of seconds! We will talk about digitizing old media, cloud storage, software for creating photo projects, and photo restoration. You will learn techniques you can use with any photo management system. Begin to enjoy your photos again!

46) TED Talks

Tues, 4/2,4/9,4/30,5/7, 12:30-1:45pm

4 Meetings in 4-118 Cost: \$35 Limit: 40

Facilitator: Chris Maxwell*

TED is a nonprofit devoted to spreading ideas via short, powerful talks on a variety of topics. You'll receive an email with links to the 4-5 TED talks you need to watch BEFORE our scheduled discussion, plus background information, additional resources, and questions to keep in mind while viewing the talks ON YOUR OWN. Then we'll meet in person to discuss the thought-provoking, innovative, and inspiring talks.

47) TED Talks Online Version

Tues, 4/2,4/9,4/30,5/7, 9:30-10:45am

4 Meetings on Zoom Cost: \$35 Limit: 25

Facilitator: Chris Maxwell*

SEE #46, except on Zoom.



48) Monitoring Your Health with Apple Watch & iPhone

Fri, 4/5-4/26, 12:30-1:45pm

4 Meetings in 31-102 Cost: \$35 Limit: 22

Facilitators: Frank Croft, John Acquavella

This class will explore the health sensors and measurements on the Apple Watch, how to understand the information shown in the Health App on the iPhone, and how to use this information to stay as healthy as possible. You must have an Apple Watch Series 4 and an Apple iPhone XR or XS or later.

49) All About Electric & Hybrid Vehicles

Fri, 4/5, 9:30-10:45am

1 Meeting in 3-271 Cost: \$15 Limit: 24

Facilitator: Greg Stein

Fewer and fewer gas-powered vehicles are being sold in the U.S. Soon, none will be available. Yet people avoid EV's and hybrids for the most part, because of misconceptions or inaccurate information from politicians or the oil and gas industry. We'll discuss misconceptions as well as the reality of these types of vehicles.

For complete descriptions and registration: www.yc.edu/PrescottOLLI



50) Introduction to the Apple iPhone

Wed, 4/3-5/8, 9:30-11:30am
6 Meetings in 19-223 Cost: \$35 Limit: 20

Facilitator: Dave Rothgery

This class is for Beginners to the Apple iPhone model 12 and newer and those who want to learn more about the basics of primary applications. Your iPhone must be at

the current software release, the iOS release 17 operating system. We will cover dozens of the phone's settings, including security settings and many basic apps. The class size is limited to allow more interaction and focus.

51) How to Use and Add Streaming Services to your Smart TV

Tues, 4/23, 9:30-10:45am

1 Meeting on Zoom Cost: \$15 Limit: 20

Facilitators: Hewie Poplock, JB Burke

In this tutorial, Hewie demonstrates how to add streaming services like Plex to smart TV platforms such as Toshiba Fire TV and Roku. Hewie also summarizes options for watching movies and TV shows for free, mentioning services like Hoopla, Amazon FreeVeve, Popcorn Flicks, Internet Archive, YouTube, The Roku Channel, Peacock, and Zumo, which offer ad-supported streaming of films and shows.

52) Embracing the AI Age with Practical Applications for Seniors

Tues, 4/16, 9:30-10:45am

1 Meeting on Zoom Cost: \$15 Limit: 20

Facilitators: Hewie Poplock, JB Burke

Hewie discusses the importance and relevance of Artificial Intelligence for seniors today. He provides an overview of useful AI tools that seniors can utilize in their daily lives. The focus will be on free or freemium tools that leverage AI to assist seniors. Hewie demonstrates how these technologies can enrich seniors' lives by helping with tasks like writing, reminders, conversations, photos, recordings, videos, translations, summarizations, visual assistance, and more.

53) Evolutionary Misfits

Wed, 4/3-5/8, 2-3:15pm

6 Meetings in 31-101 Cost: \$35 Limit: 25

Facilitators: Kristen Law, Robert Branstrator

Has natural selection dealt us a bad hand? Shouldn't we have become more healthy? Why do we get sick at all? Why are there physical abnormalities that can be fatal? The disconnect between our slow rate of biological evolution and a rapid rate of cultural evolution holds some of the answers to our present health concerns.

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

54) Gardening Topics

Tues, 4/2-4/23, 8:30-10:30am

4 Meetings in 31-101 Cost: \$35 Limit: 25

Facilitators: Angie Mazella*, Lois Janowski

Jeff Schlau, retired Cooperative Extension Agent, will present on preparing garden soil, composting, and extending the growing season. Matt Hallderson, Cooperative Extension Agent, will discuss irrigation, including drip systems, timing, and water catchment. Marion Johnson, a Master Gardener, and an Oklahoma Cherokee woman will talk about natural companions in the garden. Leslie Alward, a Master Gardener emeritus, will discuss attracting pollinators to our gardens.

55) Medicare Made Easy

Fri, 4/12, 9:30-11:30am

1 Meeting in 4-118 Cost: \$15 Limit: 15

Facilitator: Kelly Boryca

Medicare can be both overwhelming and confusing. This class will explain all of the pieces of Medicare, including Parts A and B, Advantage Plans, Drug Plans, (Part D) and Supplements (Medigap). There will be plenty of time for Q&A. You will leave the class better informed and confident about your choices.

56) Restaurant Reviews and Recommendations

Mon, 4/1-5/6, 11am-12:15pm

6 Meetings in 4-118 Cost: \$35 Limit: 30

Facilitator: Jeanne Velling

This is an opportunity to visit area eateries and report your findings in a fun class environment. A few new recommended restaurants and experiences are on the agenda.

57) Spring Flower Pots

Fri, 5/3-5/10, 2-4pm

2 Meetings in 31-102 Cost: \$35 Limit: 10

Facilitator: Jill Norcross

Spring is a great time to plant flowers! These you never have to water!!!! Make felted flowers that grow in a pot! This class was offered last year, but feel free to come back and make another one. Pick your own colors and have fun! \$10 fee to instructor includes everything you need to make one pot!

58) Fabric Collage

Tues, 4/2-4/16, 2-4pm

3 Meetings in 31-101 Cost: \$35 Limit: 15

Facilitators: Judy Rigenbach, Eleanor Wing

Use your imagination to create artistic designs and abstract compositions using scraps of fabric, paper, and glue. After designing in class, you'll need a sewing machine at home to complete your decorative "painting." SEE SAMPLES IN THE OFFICE. Bring scissors suitable for fabric, small scissors (cuticle size), tweezers, and enthusiasm to class. Scraps will be furnished, or bring your own. EASY AND LOTS OF FUN. \$5 fee first class.

For complete descriptions and registration: www.yc.edu/PrescottOLLI

59) Diamond Art

Fri, 4/12-4/19, 2-4pm

2 Meetings in 31-102 Cost: \$35 Limit: 20

Facilitator: Karen Lochte

Diamond Art is a craft that requires little concentration. It is reminiscent of color-by-number done back in the 1960s and 1970s but is 3-D. Participants will learn how to complete a bookmark provided by the instructor. At the second session, students may share their completed bookmarks, finish them, or bring another Diamond Art project to work on—\$3.00 due to the instructor at the first meeting.

60) The Exciting New Card Game “SWOOP!”

Mon, 4/29-5/6, 11am-12:15pm

2 Meetings in 31-102 Cost: \$35 Limit: 15

Facilitator: Randi Henk

Are you tired of the same old card games? “Swoop” is that rare new card game that can be learned in a few hands, allows for conversation, and will have you yelling, “That did NOT just happen!” You’ll be teaching your friends and family in no time! We will learn the game, including strategies, and then play as many rounds as time allows. Broaden your card playing horizons...you won’t regret it!

61) Beginning Mah Jongg

Wed, 4/3-5/8, 2-4pm

6 Meetings in 31-102 Cost: \$35 Limit: 14

Facilitators: Barbara Hickman, Gail Zemble

Learn to play this old Chinese tile game that is enjoying new popularity around the world. Mah Jongg is a complicated game, taking time and concentration to learn, but can become very addictive! We’ll follow National Mah Jongg League rules and students must order the 2024 National Mah Jongg League card at nationalmahjonggleague.org as soon as possible. We’ll start class using the 2023 card until the new card is available.

62) Texas Hold’Em/Omaha Hi/Lo poker

Wed, 4/3-5/8, 2-4:30pm

6 Meetings in 30-126 Cost: \$35 Limit: 11

Facilitators: Ken Paris, Pat Harder

Learn to play Texas Hold’Em and Omaha Hi/Lo 8 or better. The class will decide how much time we will spend on each game. You will be introduced to poker terminology, ranking of poker hands, table action, and other game rules. By the end of the class, you will have played live and tournament games for fun. Knowledge of playing poker is helpful but optional.



73) Let’s Play Bridge

Fri, 4/5-5/10, 9:30am-12pm

6 Meetings in 31-102 Cost: \$35

Limit: 18

Facilitators: Darcy White, Don Dimmel

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

63) Spring Forest Chi Gong

Mon, 4/1-5/6, 4:15-5:30pm

6 Meetings in 31-101 Cost: \$35 Limit: 10

Facilitator: Richard M.Eshelman

This class will teach students Spring Forest Chi Gong which cultivates healing Qi energy for optimum health, and wellbeing. The class will teach five movement postures essential to Spring Forest Chi Gong. Each class session will be divided into three sections: (1) Small Universe Meditation (2) Chanting Sound Meditation, (3) the five Spring Forest Chi Gong movement postures can be performed sitting, standing or lying down. Comfortable clothing suggested.

64) Chair Yoga and More

Mon, 4/1-5/6, 2:30-3:45pm

6 Meetings in 31-101 Cost: \$35 Limit: 15

Facilitator: Candice Young

We will establish a strong body awareness with slow, controlled movements focusing on the following: balance, lengthening in the spine, symmetry, coordination, flexibility, and building core strength. I recommend investing in Yoga blocks (the heavier cork blocks (4 inches) are the best but more expensive) and 6-foot straps. Please don’t eat at least one hour before class, and stay hydrated.

65) Chair Yoga and More - 2nd Section

Thurs, 4/4-5/9, 2:30-3:45pm

6 Meetings in 31-101 Cost:

\$35 Limit: 15

Facilitator: Candice Young

SEE #64



Prescott Hiking AND Sedona/Verde Valley OLLI Online Classes

Prescott OLLI Members may enroll in Sedona/Verde OLLI Classes – both in person and online

66) Prescott Area Nature Walks

Tues, 4/2-5/7, 9-11am

6 Meetings Offsite Cost: \$35 Limit: 15

Facilitator: John Mangimeli

This class is a series of one mile, casually paced nature walks (not a hike) to understand and appreciate the variety of natural environments in the Prescott area. Each week we will explore a different environment. Learn about each environment's flora, fauna, and natural processes. Meet at the OLLI Office to carpool.

67) Moderate Hiking

Wed, 4/3-5/8, 8-10:30am

6 Meetings Offsite Cost: \$35 Limit: 15

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, maintain a moderate pace and be accustomed to hiking at higher elevations.

68) Strenuous Hiking

Fri, 4/5-5/10, 8:30-11:30am

6 Meetings Offsite Cost: \$35 Limit: 18

Facilitators: Lisa Garnes, Joslyn Anderson

Spring is a beautiful time of year to be outdoors hiking. You must be accustomed to hiking 6-8 miles on uneven, rocky, and steep terrain. We hike at a moderate pace with a short break at the midpoint. Hikes last about 3 hours plus travel time to the trailhead. Please join us!

69) Hike The Prescott Circle Trail

Mon, 4/1-5/6, 8-11am

6 Meetings Offsite Cost: \$35 Limit: 15

Facilitators: John Pillman, Ken Paris

The PCT is a roughly 56-mile trail around Prescott, divided into 11 segments. In this session, we will hike segments 1-6, each ranging from 5-9 miles and can contain a lot of elevation change. These are the prettiest and most challenging segments of the PCT and are not beginning or easy hikes. Breaks will be taken as needed. So I hope you will join us in this great adventure.

Sedona/Verde Valley Online Offerings

Business Exit Planning - Unlock the Value of Your Legacy

Fri Apr 12 • 9:00 AM - 11:00 AM

1 Meeting • Online • \$15 **Facilitator: Matthew Fitzgerald**

Unlock the secrets of effective business exit planning in this concise course. Learn to set clear exit objectives, master valuation techniques, explore strategic exit options, and navigate legal and tax challenges. Ideal for business owners, managers, and financial professionals.

Sedona/Verde Valley Online Offerings – included in your Prescott Membership!

Computer Basics for Apple macOS PCs

Mon Apr 1 - Mon Apr 29 • 10:45 AM - 12:15 PM

5 Meetings • Online • \$35 **Facilitator: Sharon Sherman**

NEW! Learn about your Apple macOS computer, including coverage of hardware, operating system versions and peripherals (e.g., printers). This class will also cover software basics, terminology, essential settings, software apps, file and application management (including understanding Finder), and maintenance (e.g., backing up your computer). No prior experience needed, just a desire to be more comfortable with your technology.

Energy First Aid-Activate Your Healing Abilities

Tue Apr 9 • 10:00 AM - 12:00 PM

1 Meeting • Online • \$15 **Facilitator: Darielle Archer**

Learn how to create a healing mindset and stop Energy Vampires from draining you. Let Darielle's Energy First Aid system help protect you from symptoms like sudden tiredness, brain fog, and low energy. Boost your energy quickly by scanning your body using the "turn down the pain and turn up your energy" technique. Employ the power of color for pain and release the imprinting and associations that keep you stuck. Experience how amazing you truly are.

Thinking Like Xi Jinping

Fri Apr 19 • 8:30 AM - 12:30 PM

1 Meeting • Online • \$15 **Facilitator: Charles Blum**

Since 2017 the "thought" of Xi Jinping, China's president for life, has been enshrined in the constitution, taught in Chinese schools and used as a weapon against internal dissent. Just what is this neo-Marxist ideology? The course will consider Xi's 10 affirmations, 14 commitments and 13 achievements and discuss their implications for improved Sino-American relations.

Vibrant Living: Harness Energy, Unleash Success With Crystal

Mon Apr 1 - Mon May 6 • 10:45 AM - 12:15 PM

6 Meetings • Online • \$35 **Facilitator: Darielle Archer**

Holistic healing, crystals, and colors are powerful tools that have been revered for centuries across cultures. This is a unique and profound approach to healing, addressing well-being's physical and energetic dimensions. Each crystal vibrates at a specific frequency, resonating with different aspects of our being. From the calming energy of amethyst to the grounding force of hematite, these gems act as conduits to harmonize and balance our energetic centers.

Special Interest Groups and Osher Online Classes

For complete descriptions and registration: www.yc.edu/PrescottOLLI



SIGs are FREE for current members.

Romeos—Retired Old Men Eating Out
Claxton Lovin, celovin327@att.net

Good Morning Email Group
Barbara Brown, vacbrown@yahoo.com

Beginners and Beyond Mahjong
Karen Lochte, klochte12@gmail.com

Bridge
Darcy White & Don Dimmel, Darcy838@yahoo.com

Book Club (on hold for new members)
Sharon Walsh, sharon.wlsh@gmail.com

Guitar Players Group
Michael Gunn, michaeljohngunn@gmail.com

Social Bridge Online
Doug Adams, ret2az09g@gmail.com

Chess
Tom Green, tagreen@owu.edu

Tuesday Trivia,
Bev & Jerry Thurber, link in Announcements

Prescott Computer Society
JB Burke, Jbburke2001@gmail.com

Games
Diane Gasser, rose_dln@hotmail.com

Fiber Arts
Ronda Hatfield & Jill N, rondascrapbasket@gmail.com

End of Life Options
Tammy Gain, tgain7713@gmail.com

Slow Hiking
Ed Wisneski, edwisneski1@gmail.com

Prescott MAC USERS Group (PMUG*) in partnership
w/OLLI, info@pmug.us (*extra fee)

Write What You Want
Jim Veney, jimeveney@gmail.com

Osher Online

SPRING 2024 Reg Deadline 3/22

In collaboration with Northwestern University

Additional Fees Apply, no matter your membership level

DOW	Dates	Time	Loc	Course	Price
Mon	4/1-5/6	8-9:30am	Zoom	NRC-Sp 10) The Sixties in America: From Rebellion to Rights to Commodity	\$60
Tues	4/2-5/7	10-11:30am	Zoom	NRC-Sp 2) Peace Leadership: Exploring Peacebuilding from the Ground Up	\$60
Tues	4/2-5/7	12-1:30pm	Zoom	NRC-Sp 6) Chemistry Inside You	\$60
Tues	4/23-5/28	4-5:30pm	Zoom	NRC-Sp 11) Billy Wilder in Hollywood: Director, Writer, and Social Critic	\$90
Wed	4/10-5/15	4-5:30pm	Zoom	NRC-Sp 1) Human-Animal Connection	\$60
Wed	4/3-5/8	10-11:30am	Zoom	NRC-Sp 12) Themes in Philosophy, Part 3	\$60
Thurs	4/4-5/9	8-9:30am	Zoom	NRC-Sp 5) Psychology Fundamentals: A 101 Overview	\$60
Thurs	4/11-5/16	10-11:30am	Zoom	NRC-Sp 7) Our (Inter)National Pastime: Baseball from Inception to Modern	\$60
Thurs	4/18-5/23	4-5:30pm	Zoom	NRC-Sp 8) AI for Regular People	\$60
Thurs	4/4-5/9	1-2:30pm	Zoom	NRC-Sp 9) The Capable Consumer: Finding your Purchasing Superpower	\$60
Fri	4/12-5/17	11a-12:30p	Zoom	NRC-Sp 3) The Intersection of Maps & History	\$60
Fri	4/5-5/10	8-9:30am	Zoom	NRC-Sp 4) The Great Con: The Talented Mr. Ripley in Literature and Film	\$60
Sat	4/20-5/25	10-11:30am	Zoom	NRC-Sp 13) Writing a Slice of Your Life	\$90

To Register or for more information: www.yc.edu/PrescottOLLI or (928) 717-7634



1100 E. Sheldon St. pmb 6912

Prescott, AZ 86301-3297



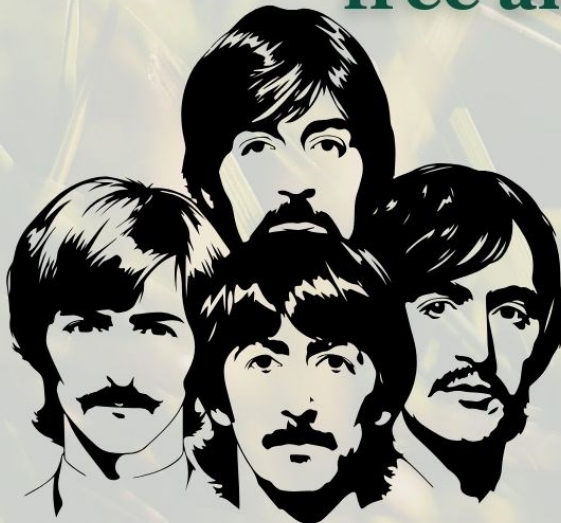
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Permit #125

Prescott OLLI **Spring** 2024 Schedule

Registration Opens March 6

Classes Run April 1–May 10

The Beatles: The Solo Years with Vincent Bruno Wed, March 20, 11am on Zoom free and open to the public



One of OLLI's favorite facilitators is back, telling us the story of the Beatles' breakup, the post-Beatles careers of John, Paul, Ringo, and George, and how they established themselves as solo artists. Vinny will discuss their relationships and how they helped each other in their solo projects. Coming full circle, he will talk about their last collaboration: "The Beatles Anthology," released in the late '90s.

REGISTER WWW.YC.EDU/PRESCOTTOLLI
or call 928-717-7634