

OLLI Sedona·Verde Valley, AZ



Summer 2024 CLASS CATALOG

**REGISTER
NOW!**

Registration begins
May 22

June 24-July 25

No classes July 4th week

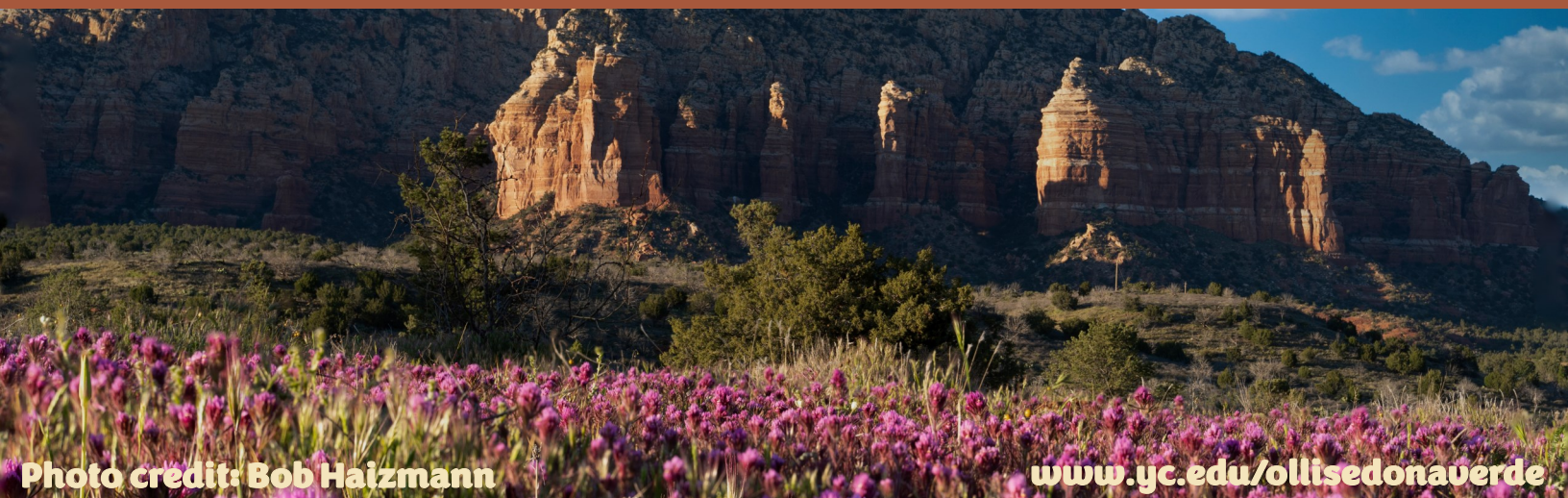


Photo credit: Bob Haizmann

www.yc.edu/ollisedonaverde

Classes for seasoned adults with Curious Minds and Hearts

Free to the Public Events

OLLI Munch & Learn

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



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/munchandlearn

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

Free For OLLI Members

PRESENTING WITH

IMPACT

Focus your message.
Resonate with your audience.
Free to OLLI facilitators and OLLI members.

See page 5 for details.

REGISTER
NOW!



LOOKING AHEAD

Fall 1 2024

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

Fall 2 2024

Monday October 28-December 13
6 weeks - no classes Thanksgiving week
Proposals accepted July 24-August 14

www.yc.edu/ollisvproposals

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

Cancellation and Refund Policy

Learning group charges are refundable through the first week of courses. Workshop charges are refundable one week prior to the workshop.

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.

Sedona OLLI



BOOK CLUB

- Meet ups monthly
- Discover new books
- See page 6 for details
- Free to OLLISV Members



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OLLI Summer 2024 June 24-July 25

From Your Joint OLLI Council

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 (multi-week): \$35,
Workshops (one week): \$15

Deluxe Annual Membership: \$185

Includes 20 free OLLI at YC courses

Premium Unlimited Annual Membership: \$350

Allows you to take as many OLLI at YC courses as you'd like-and **EARLY** registration!

"Try Me" Membership: \$25

For new members only. Gives you access to one term of OLLISV courses. Learning Groups (multi-week) \$35, Workshops (one week): \$15

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



SUMMER 2024 REGISTRATION FOR MEMBERSHIP & CLASSES

Registration for Summer 2024 opens Wednesday, May 22. 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

Summer's about to Sizzle

With the heat of the summer's sizzle soon to be upon us, YOUR OLLI is working hard to help keep you cool!

We are offering many opportunities, in many ways, to engage all our OLLI friends and facilitators.

This Summer catalog has classes at the YC Sedona Center and YC Verde Valley Campus, at other locations within the Sedona and Verde Valley area, and at our OLLI in Prescott. We also have offerings via ZOOM.

Our classes span a variety of topics and we believe you will find several courses to pique your interest and expand your knowledge. We hope you will take advantage of these programs and sign up for multiple courses. Encourage a friend or neighbor to join you in a course or two and become an OLLI member as well!

Please go to www.yc.edu/ollisvregister to register or call our office at 928-649-4275.

[Sign up for our newsletter](#) and we will keep you updated about programs and events.

On a personal note, this will be the last letter from me (Rick) as the OLLISV Leadership Council Chair, since my term is expiring. I am thankful for having had the opportunity to serve our communities and wish a bright, learning future for all.

Yours in service,

Rick Rokosz

Rick Rokosz
Sedona•Verde Valley OLLI
Leadership Council Chair



Linda Neville

Linda Neville
Prescott OLLI
Governing Council Chair



“Class Begins” by Day, Date & Time

starts	time	class (meetings)	location	SKU
Monday				
Jun 24	10:45-12:15	Come Live in the Cloud NEW! (4)	Online	Z-108-SU24
Jun 24	10:45-12:15	<i>*Offered in-person and by Zoom simultaneously*</i>	Sed	S-110-SU24
Jul 08	9:00-10:30	Transitioning: An End of Life Journey (2)	Sed	S-152-SU24
Jul 08	1:00-3:00	Abolition of Man NEW! (3)	Sed	S-104-SU24
Tuesday				
Jun 25	9:00-12:00	Geological Touring in Northern Arizona NEW! (1)	Online	Z-114-SU24
Jun 25	9:00-12:00	Medicare 101 - Everything You Need To Know About Medicare (1)	Sed	S-134-SU24
Jun 25	9:00-11:00	Retirement by Design (1)	Online	Z-144-SU24
Jun 25	12:30-2:00	Summer in Poetic Form NEW! (4)	VOC-SPL	S-150-SU24
Jun 25	2:45-4:15	So You Want to Write a Novel NEW! (4)	VVC	V-148-SU24
Jul 09	9:00-11:00	Hiker Safety - Lessons Learned by Verde Search and Rescue (1)	Sed	S-118-SU24
Jul 09	9:00-11:00	Making Friends With Stress (1)	Sed	S-130-SU24
Jul 09	9:00-12:00	Medicare 101 - Everything You Need To Know About Medicare (1)	VVC	V-136-SU24
Jul 09	1:00-4:00	Update on World Economy NEW! (1)	Sed	S-158-SU24
Jul 09	1:00-4:00	<i>*Offered in-person and by Zoom simultaneously*</i>	Online	Z-160-SU24
Jul 16	9:00-11:00	Learn to RELAX!!! (1)	Sed	S-124-SU24
Jul 16	9:00-12:00	Look Again: The Power of Noticing What Is Always There NEW! (1)	Sed	S-126-SU24
Jul 16	9:00-11:00	Making Sense of the Medicare Nonsense (1)	Sed	S-132-SU24
Jul 16	1:00-4:00	Look Again: The Power of Noticing What Is Always There NEW! (1)	Sed	S-128-SU24
Jul 16	1:00-4:00	US-Mexico War: Origins and Consequences NEW! (1)	VVC	V-162-SU24
*Jul 16	10:00-11:30	Sedona OLLI Book Club NEW! (ongoing)	Sed	See page 6
<i>*This Special Interest Group (SIG) occurs every third Tuesday</i>				
Wednesday				
Jun 26	9:00-12:00	Presenting with Impact (1)	Sed	S-142-SU24
Jun 26	9:00-10:30	Unique Qi-Gong Exercises/Meditations NEW! (4)	Sed	S-156-SU24
Jun 26	1:00-4:00	Gift of Acceptance - Embracing People and Things as They Are (1)	Sed	S-116-SU24
Jul 10	9:30-11:30	Geological Creation of AZ and Verde Valley Through Time NEW! (1)	Offsite	V-112-SU24
Jul 10	10:00-11:30	Join the Magic of Making an Audiobook NEW! (3)	CV	CV-120-SU24
Jul 10	10:00-11:30	<i>*Offered in-person and by Zoom simultaneously*</i>	Online	Z-122-SU24
Thursday				
Jun 13	12:30-1:45	Munch & Learn (7 individual meetings, most Thursdays, except Mon 7/8)	Online	various
<i>*See page 8 for program descriptions*</i>				
Jun 27	9:00-10:30	Museums of Madrid (4)	Sed	S-138-SU24
Jun 27	10:45-12:15	A Geological Narrative of Arizona and the Southwest NEW! (4)	VVC	V-102-SU24
Jun 27	10:45-12:15	Music of Spain and Portugal (4)	Sed	S-140-SU24
Jun 27	10:45-12:15	Yoga, Meditation, and Self-Healing (4)	Sed	S-168-SU24
Jun 27	1:00-2:30	Brain Boost (4)	Sed	S-106-SU24
Jun 27	1:00-2:30	Vibrant Living Outdoors With Feng Shui NEW! (4)	Online	Z-164-SU24
Jun 27	2:45-4:15	Writing Your Memoirs (4)	Sed	S-166-SU24
Jul 11	9:00-10:30	Transitioning: An End of Life Journey (2)	VVC	V-154-SU24

CV=Camp Verde Library, Sed=Sedona, VVC=Verde Valley Campus, VOC SPL=Sedona Public Library-VOC, Online=Zoom

Class Descriptions

A Geological Narrative of Arizona and the Southwest (V-102-SU24)

Thu Jun 27 - Thu Jul 25 • 10:45-12:15

Learning Group • 4 Meetings • \$35

Verde Valley Campus

Facilitator(s): Steven Semken

NEW! In this course, we will apply basic principles of Earth science to investigate the rocks and landscapes of Arizona and the Southwest in order to decipher the stories they encode. We will interpret the geologic history, scenery, resources, dynamic processes of change, and natural hazards of the complex and fascinating desert and mountain region we inhabit and love.

Abolition of Man (S-104-SU24)

Mon Jul 8 - Mon Jul 22 • 1:00-3:00

Learning Group • 3 Meetings • \$35

Sedona Center

Facilitator(s): Jack Koepke

NEW! Humans have lived, and thrived, through more than one great realignment. Ideological breakage, industrial and technological revolution, swift scientific advancement—an epochal examination from the Reformation to the AI revolution through 500 years of tumultuous change. But what are the human impacts, benefits and costs?

Brain Boost (S-106-SU24)

Thu Jun 27 - Thu Jul 25 • 1:00-2:30

Learning Group • 4 Meetings • \$35

Sedona Center

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 8 or visit www.yc.edu/munchandlearn to see the current schedule!

Come Live in the Cloud

Mon Jun 24 - Mon Jul 22 • 10:45-12:15

Learning Group • 4 Meetings • \$35

Online • (Z-108-SU24)

Sedona Center • (S-110-SU24)

Facilitator(s): Sharon Sherman

NEW! The current tech revolution is the integration of “everything” through “the Cloud.” But just what IS The Cloud? Ride on the cloud to learn about cloud services, cloud storage, backup and sync, becoming clearer about the Internet, browsers, search technology. Study how phones and computers backup to the cloud, and data and info are accessed online. Visit the Internet of Things and how you are already in that world with a look at AI & Virtual Reality. Get Smarter about your Smart World.

Offered in-person and by Zoom simultaneously

Geological Creation of Arizona and Verde Valley Through Time (V-112-SU24)

Wed Jul 10 • 9:30-11:30

Workshop • 1 Meeting • \$15

Offsite

Facilitator(s): John Sutton

NEW! This fascinating program will reveal how the land mass of Arizona was formed by island arcs attaching to a recently formed land mass. We'll examine the unique geologic processes that created Arizona's very large gold, silver, and gem deposits. Our tour of the museum will include discussions of its collection of ores and gems. Geologic changes of the Prescott and Verde Valley over time are revealed. **Attendees will pay an admission fee of \$5.00 directly to the Jerome State Historic Park.**

Geological Touring in Northern Arizona (Z-114-SU24)

Tue Jun 25 • 9:00-12:00

Workshop • 1 Meeting • \$15

Online

Facilitator(s): Ken Bork

NEW! Northern Arizona has an impressive variety of geological sites and sights. Our ZOOM tour will introduce a number of scenic and scientifically noteworthy examples. The Grand Canyon may be featured on Arizona license plates, but there are many other sites within easy reach of Sedona. Saddle up your computer chair...

Gift of Acceptance - Embracing People and Things as They Are (S-116-SU24)

Wed Jun 26 • 1:00-4:00

Workshop • 1 Meeting • \$15

Sedona Center

Facilitator(s): Cheryl Kellogg

Growing older can give us great joy but also multiple transitions, losses, and change. Our paths can be eased by a simple concept of ACCEPTANCE. This doesn't mean giving up or giving in. It means letting go of those realities we cannot control or change - in other people, places, and things. The gift of acceptance allows us to do our best in circumstances and then concentrate on the only thing we CAN change- ourselves. Be ready to share about how you accept and don't accept realities in life.

Hiker Safety - Lessons Learned by Verde Search and Rescue (S-118-SU24)

Tue Jul 9 • 9:00-11:00

Workshop • 1 Meeting • \$15

Sedona Center

Facilitator(s): Tim Anderson And Dondi West

This course will teach aspects of hiker safety from the perspective of Verde Search and Rescue (VSAR) and their experience with numerous rescues in the Verde Valley. The presentation will review how you should prepare, what you should take with you, several options for navigation, and what do to if you do find yourself lost or injured, and in need of help. Several examples of actual rescues in Sedona area will be presented to illustrate the key points of hiker safety.

Class Descriptions

Join the Magic of Making an Audiobook

Wed Jul 10 - Wed Jul 24 • 10:00-11:30

Learning Group • 3 Meetings • \$35

Camp Verde • (CV-120-SU24)

Online • (Z-122-SU24)

Facilitator(s): Sheri Hauser

NEW! Join with sound engineer, Sheri Hauser, to see what it takes to turn a paperback or e-book into an audiobook.

Using digital, the right equipment combined with a quiet environment, it is a magical evolution.

Offered in-person and by Zoom simultaneously

Learn to RELAX!!! (S-124-SU24)

Tue Jul 16 • 9:00-11:00

Workshop • 1 Meeting • \$15

Sedona Center

Facilitator(s): Leslie James

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).

Look Again: The Power of Noticing What Is Always There

(choose one of two sessions)

Tue Jul 16 • 9:00-12:00

Workshop • 1 Meeting • \$15

Sedona Center • (S-126-SU24)

or

Workshop • 1 Meeting • \$15

Tue Jul 16 • 1:00-4:00

Sedona Center • (S-128-SU24)

Facilitator(s): Paul Friedman

NEW! Despite our comforts at home, ease of travel, and access to food and entertainment, many feel unfulfilled. We "habituate;" we stop appreciating what's wonderful in our lives (and what needs fixing). Learn how to see your world anew, to regain sensitivity to the great things in your life, and to what should be changed, from research by MIT prof Tali Sharot and Harvard prof Cass Sunstein on how to "dishabituate" or reignite your ability to see, feel, and value what's good and what you can improve.

Making Friends With Stress (S-130-SU24)

Tue Jul 9 • 9:00-11:00

Workshop • 1 Meeting • \$15

Sedona Center

Facilitator(s): Leslie James

Stress is rampant these days! It is so common to feel overwhelmed, tired, and depressed - and it never seems to go away! Do you want to feel happier and have more energy? Come learn some new approaches on how to manage and transform stress so there can be more joy in your life!

Making Sense of the Medicare Nonsense (S-132-SU24)

Tue Jul 16 • 9:00-11:00

Workshop • 1 Meeting • FREE TO OLLI MEMBERS

Sedona Center

Facilitator(s): Ryan Steinert

This course will walk you through Medicare vs. Medicare Advantage, supplement plans, and part D drug plans in plain, simple language so you can make the BEST Medicare decision for you!

Medicare 101 - Everything You Need To Know About Medicare

Tue Jun 25 • 9:00-12:00

Workshop • 1 Meeting • FREE TO OLLI MEMBERS

Sedona Center • (S-134-SU24)

or

Tue Jul 9 • 9:00-12:00

Verde Valley Campus • (V-136-SU24)

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.

Museums of Madrid (S-138-SU24)

Thu Jun 27 - Thu Jul 25 • 9:00-10:30

Learning Group • 4 Meetings • \$35

Sedona Center

Facilitator(s): Art Smith

Madrid is home to the Prado Museum, which is one of the greatest museums of European art, but there are less well known, and less intimidating museums to visit within a short walk or metro ride from the Prado. There are also exhibition spaces and museums without permanent collections, where you can often be surprised by an off-beat or artistically important temporary exhibit. We will begin with a visit to the Prado, and then move on to other Madrid art spots that are worth a look-in.

Music of Spain and Portugal (S-140-SU24)

Thu Jun 27 - Thu Jul 25 • 10:45-12:15

Learning Group • 4 Meetings • \$35

Sedona Center

Facilitator(s): Art Smith

We will survey the music of the Iberian Peninsula beginning with the 13th century "Cantigas de Santa Maria -Songs of St. Mary", written in Galego-Portugues. Included will be baroque guitar music, Spanish opera (Zarzuelas), the classical Spanish guitar, classical piano and orchestral music, flamenco, Sevillanas, Portuguese fado, and Celtic style music from Northwestern Spain (Galicia).

Presenting with Impact (S-142-SU24)

Wed Jun 26 • 9:00-12:00

Workshop • 1 Meeting • FREE TO OLLI MEMBERS

Sedona Center

Facilitator(s): Curtis Everett

Using research from notable educational psychologists, this workshop will provide a foundation allowing you to better frame and organize your message to more fully resonate with your audience - irrespective of whether you are presenting to an audience of 1000, or only five. It is appropriate for the most practiced presenter, as well as for those who are either inexperienced or terrified of presenting.

Class Descriptions

Retirement by Design (Z-144-SU24)

Tue Jun 25 • 9:00-11:00
Workshop • 1 Meeting • \$15
Online

Facilitator(s): *Matthew Fitzgerald*

Retirement by Design illustrates how you can help translate one's vision for retirement into tangible goals. Whether someone is 10 or 40 years from retirement, attendees will learn investment strategies to help design the retirement they want. You'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

Sedona OLLI Book Club

Third Tuesdays • 10:00-11:30
Special Interest Group • Ongoing Meetings • FREE TO OLLI MEMBERS
Sedona Center

Facilitator(s): *Kate Anderson*

NEW! A book club for those who love to read and discuss what they have read. Members will be able to share their own thoughts and gain new perspectives from others. The club will primarily focus on fiction (popular fiction, science fiction, historical fiction, mysteries, classics), but will be open to all book types/genres once it has an established membership who will be invited to suggest books for the club. The club will meet in person. No Zoom option will be offered. **Email sedonaollibookclub@yahoo.com to register.**

So You Want to Write a Novel (V-148-SU24)

Tue Jun 25 - Tue Jul 23 • 2:45-4:15
Learning Group • 4 Meetings • \$35
Verde Valley Campus

Facilitator(s): *Joel Machak*

NEW! Imagine holding your published novel in your hands for the first time. This four-session class will help you get there. With a focus on aspiring novelists, sessions offer a wealth knowledge and advice. Whether you're just starting or well on your way, this class will help you create and execute to your best potential. We'll cover everything from procrastination, plot, character development, editing, to marketing and everything in-between. That dream of a published novel can become a reality.

Summer in Poetic Form (S-150-SU24)

Tue Jun 25 - Tue Jul 23 • 12:30-2:00
Learning Group • 4 Meetings • \$35
VOC

Facilitator(s): *Kristine Crandall*

NEW! Add creative energies to the dog days of summer! We will learn about, explore, and experiment with various poetic forms such as list poems, haiku, forms with repetition and rhyme, free verse, and prose poems. There will be an opportunity to work on specific poems throughout the duration of this Learning Group, and to put completed poems into a hand-made booklet at the end.

Transitioning: An End of Life Journey

Mon Jul 8 - Mon Jul 15 • 9:00-10:30
Learning Group • 2 Meetings • \$35
Sedona Center • (S-152-SU24)

or

Thu Jul 11 - Thu Jul 18 • 9:00-10:30
Learning Group • 2 Meetings • \$35
Verde Valley Campus • (V-154-SU24)

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.

Unique Qi-Gong Exercises/Meditations (S-156-SU24)

Wed Jun 26 - Wed Jul 24 • 9:00-10:30
Learning Group • 4 Meetings • \$35
Sedona Center

Facilitator(s): *Nancy Rodman And Rick Blough*

NEW! Qi-Gong is a slow-moving, meditative exercise. It brings the body back into balance, releasing stress, which allows the body to perform its natural healing process. It can be done standing or sitting down. The class consists of unique Qi-Gong exercises/meditations.

Update on World Economy

Tue Jul 9 • 1:00-4:00
Workshop • 1 Meeting • \$15
Sedona Center • (S-158-SU24)
Online • (Z-160-SU24)

Facilitator(s): *Charles Blum*

NEW! Which countries are growing? Which are struggling? How does the US compare to other countries in the post-pandemic world? To assess changes in the world economy, this workshop will consider the latest annual data on: population, demographic changes and migration; GDP growth and income distribution; and trade and investment flows. A series of statistical tables will be provided to each participant as a basis for each stage of the discussion.
Offered in-person and by Zoom simultaneously

US-Mexico War: Origins and Consequences (V-162-SU24)

Tue Jul 16 • 1:00-4:00
Workshop • 1 Meeting • \$15
Verde Valley Campus

Facilitator(s): *Charles Blum*

NEW! What economic and political dynamics led to war between the US and Mexico in 1846? This workshop examines such issues as the imperative of territorial expansion ("manifest destiny"), struggle to reach agreed limits on the extension of slavery, realignment of political parties, the increasing importance of the electoral college in shaping electoral strategies and the extraordinary accomplishments of one-term president James K. Polk in managing competing political objectives.

Register early!

Class Descriptions

Vibrant Living Outdoors With Feng Shui (Z-164-SU24)

Thu Jun 27 - Thu Jul 25 • 1:00-2:30

Learning Group • 4 Meetings • \$35

Online

Facilitator(s): Darielle Archer

NEW! This exhilarating four-week course will allow you to use the ancient art of Feng Shui. Harness its power to revitalize your property, patio, and garden. Your outdoor space is your other living room. Do you want it vibrant, calm, or a combination? Create a space you want to spend time in, invite others to, and is easy to maintain. Feng Shui will provide you with valuable insights to help you understand the flow of energy (Chi) and assess the current state of your property, patio, and garden.

Writing Your Memoirs (S-166-SU24)

Thu Jun 27 - Thu Jul 25 • 2:45-4:15

Learning Group • 4 Meetings • \$35

Sedona Center

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-168-SU24)

Thu Jun 27 - Thu Jul 25 • 10:45-12:15

Learning Group • 4 Meetings • \$35

Sedona Center

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.



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 email registration sent from lifelonglearning@cce.yc.edu

Classes by Topics

ACTIVE MIND & BODY

Brain Boost

Unique Qi-Gong Exercises/Meditations

Yoga, Meditation, and Self-Healing

ARTS-VISUAL & PERFORMING

Museums of Madrid

Music of Spain and Portugal

COMPUTER & TECHNOLOGY

Come Live in the Cloud

FINANCE, ECONOMICS, & LAW

Retirement by Design

Update on World Economy

HEALTH & NUTRITION

Learn to RELAX!!!

Making Friends With Stress

Transitioning: An End of Life Journey

HISTORY & CURRENT AFFAIRS

Abolition of Man

US-Mexico War: Origins and Consequences

NATURE & THE OUTDOORS

Hiker Safety - Lessons Learned by Verde Search and Rescue

SCIENCE & MATH

A Geological Narrative of Arizona and the Southwest

Geological Creation of Arizona and Verde Valley Through Time

Geological Touring in Northern Arizona

SELF-ENRICHMENT & LIFESTYLE

Gift of Acceptance - Embracing People and Things as They Are

Look Again: The Power of Noticing What Is Always There

Presenting with Impact

Vibrant Living Outdoors With Feng Shui

SOCIAL SECURITY & MEDICARE

Making Sense of the Medicare Nonsense

Medicare 101 - Everything You Need To Know About Medicare

WRITING, LITERATURE, & LANGUAGES

Join the Magic of Making an Audiobook

Sedona OLLI Book Club

So You Want to Write a Novel

Summer in Poetic Form

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**

Munch & Learn: A Frightful Precarious Situation (Z-802-SU24)

Thurs 6/13 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Rudy Arena Limit: 60

New! Retired Air Force Lt. Col. Paul April, a former Atlas F and Titan II ICBM combat launch crew commander, will recount the details of a November 1963 accident, that nearly became a fifth Atlas F missile destroyed in a PLX exercise. He will provide insight on a complicated, often troublesome, strategic nuclear weapons system and a first-hand account of a typical, but problematic, launch exercise (a PLX).

Munch & Learn: Televerde Foundation (Z-804-SU24)

Thurs 6/20 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Rudy Arena Limit: 60

New! The Televerde Foundation provides assistance to some of the more than 80,000 women who are released from prison every year. Women are the fastest-growing segment of the prison population, yet they have access to fewer services than incarcerated men. Women tend to be the primary breadwinners and caregivers who urgently need stable, well-paying employment. Meet some of the women who can attest to its success.

Munch & Learn: Then and Now (Z-806-SU24)

Thurs 6/27 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Rudy Arena Limit: 60

New! Three OLLI members, Gloria Bower, Mary Turner, and Jeannie Velling will captivate us with stories that they have held close but are now willing to share. These members will each talk for 20 minutes about something she might find amusing, interesting, whimsical, or life-threatening - but only she knows.

Munch & Learn: Women's Health (Z-808-SU24)

Mon 7/8 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Kelly Boryca Limit: 60

New! Menopause brings a host of changes and complaints: hot flashes, mood fluctuation, decreased libido, vaginal dryness and lowered sexual satisfaction. Sexuality is an important aspect of

health for men and women of all ages. While the majority of biologic changes in women's bodies during menopause are predictable, each woman's interpretation of these changes is very personal and unique.

Munch & Learn: Technology to Make Life Easier as We Age (Z-810-SU24)

Thurs 7/11 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Kelly Boryca Limit: 60

New! Have you ever wondered how technology can make the lives of people with physical disabilities easier? This event will discuss and demonstrate the latest eye-gaze technology for communication, computer access, environmental control, and mobility. As technology evolves, independence and ease of use remain at the forefront.

Munch & Learn: Discover the Mogollon Highlands (Z-812-SU24)

Thurs 7/18 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Rudy Arena Limit: 60

New! Discover the Mogollon Highlands with Jennie Tutone, director at the Natural History Institute. It is a unique and diverse region that Prescott belongs to, one that spans from western Arizona to eastern New Mexico, following an elevation range from 3,500 to 7,000 feet. The Mogollon Highlands is a magnificent landscape of cliffs, canyons, and mountain ranges that provide a habitat for various wildlife and diverse plant communities. Learn about the ecological importance of the Mogollon Highlands and why Prescott is a remarkable area to explore.

Munch & Learn: Ukulele Guild (Z-814-SU24)

Thurs 7/25 • 12:30-1:45
1 Meeting • Zoom • Free

Facilitator: Rudy Arena Limit: 60

New! Did you know the Ukulele Guild lives here in Prescott, and they will serenade us with favorite songs? They number over 70 players, break into small groups when necessary, meet once a month, and give free lessons to those who want to learn to play the Uke. The original ukulele was made by Portuguese immigrants living in Hawaii in about 1879, and the word ukulele translates to "jumping fleas."

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 receipt.

Osher Online

in collaboration with Northwestern University
School of Professional Studies

1) Osher Online: Bugs and their Bizarre Biology (Z-NRC SU24 1)

Mon, 7/8/2024-8/12/2024, 10am-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Brian O'Neill, Ph.D. limit: 15

Join this class to delve into the world of bugs, creepy crawlies, and anything without a backbone. Bugs are interesting, not gross (ok, maybe a little), and understanding their outlook on life can, in turn, change how we perceive the world. Based on biological principles, this course will explore these animals in our lives, society, homes, and even our bodies. Discussions and activities will be a part of every class to more deeply engage in how these creatures go about their lives.

2) Osher Online: James Baldwin: Speaking to US at 100 (Z-NRC SU24 2)

Thurs, 7/11/2024-8/15/2024, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Catherine Frank, Ph.D. limit: 15

American writer James Baldwin (1924-1987) may be best known as an activist and essayist, but he was also a groundbreaking writer of novels and short stories. While he was born 100 years ago, his voice sounds fresh, urgent, and relevant to our evolving understanding of what it means to be American. We will read two of Baldwin's novels, *Go Tell It on the Mountain* and *Giovanni's Room*, in which he explores race, religion and sexuality. We will analyze Baldwin's unique voice and talent as a writer. We will discuss the ways Baldwin uses fiction to help us understand what connects us as human beings, despite our differences. Prerequisites: Participants should be willing to read and engage with complex texts addressing challenging subjects. **Required textbooks** (all by James Baldwin): *Go Tell It on the Mountain* (1952) and *Giovanni's Room* (1956).

3) Osher Online: An Introduction to the National Park System (Z-NRC SU24 3)

Wed, 7/10/2024-8/14/2024, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Constantine (Costa) Dillon limit: 15

There are more than 400 parks in the National Park System spanning 11 time zones. Have you ever wondered how a place becomes a park, what it takes to manage a park, or why there are so many different types of parks? Take a behind-the-scenes look at the National Parks as we reveal the laws, regulations, policies, and practices of managing these special places of American nature and history. Explore both famous and lesser-known parks and prepare yourself for your next park visit with a better understanding of fees, costs, lodging and camping opportunities, reservation systems, and best times to visit. National parks are in the news almost every day. Become a national park "insider" by learning more about these memorable places.

4) Osher Online: The Great Films From the 1920s to the 1960s (Z-NRC SU24 4)

Tues, 7/9/2024-8/13/2024, 10-11:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Jeremy Fackenthal, Ph.D. limit: 15

This course will give an introduction to film movements and some of the greatest films made (according to critics...but you can judge for yourself) from the 1920s to the 1960s. We will begin by discussing how and where films were made in the 1920s and how the filmmaking process evolved over the next 40+ years. We will also cover what to look for as you watch the films selected for the course. During weeks 2 through 6, we will watch at least one film during the week, and then during the class session will unpack the film in terms of style, story, filmmaking technique, and impact on society and culture. Over the six weeks of the course you will discover some of the best films made and learn about what makes them great.

5) Osher Online: Women Psychoanalysts: Stories and Theories (Z-NRC SU24 5)

Tues, 7/9/2024-8/13/2024, 4-5:30pm

6 Meetings on Zoom Cost: \$60

Facilitator: Oliva Espin limit: 15

The women included in this course were practitioners of psychoanalysis and wrote extensively about their work. These women have been selected because of the significance of their thought for psychoanalytic practice. Some of them were ostracized by other psychoanalysts and the importance of their thought may have been neglected, ignored, or forgotten, and their work may have been derogated. We will articulate what is different about the contributions of women to psychoanalytic theory. And we will concentrate on women who were considered important: Karen Horney, Melanie Klein, Anna Freud, Ana Maria Rizzuto and others. The goal of this series is to bring out the indisputable contributions of these four women to psychoanalysis and the practice of psychotherapy.

6) Osher Online: The World's Fascination with the Automobile (Z-NRC SU24 6)

Sat, 7/13/2024-8/17/2024, 8-9:30am

6 Meetings on Zoom Cost: \$60

Facilitator: Pandora Paul Sardon limit: 15

The automobile has shaped the way we conduct modern life — from the way we eat our meals down to the songs we sing. It is endlessly fascinating to learn where we have come from and where we are going on our automotive journey. This course will make relevant the impact of the automobile on our everyday lives so even those who do not tout the title of "gearhead" may enjoy the experience and walk away with more knowledge and insight into our world than they had before.

Osher Online classes are offered to an exclusive, number of OLLIs across the country. Summer 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.

Prescott OLLI Zoom Class Descriptions

B) Zoom - Get your Questions Answered!

Thurs 6/6 • 2-3:30pm Limit: 15

1 week Meetings • Zoom • Free

Facilitators: Mark Troester, Patricia Berlowe

Jump on this Zoom class to de-mystify Zoom and get your questions answered. You will learn the basics of using Zoom and must-know features. You will download the Zoom app prior to class and then click on the Zoom link that will be emailed to you. The first half will be spent on the basics, then we will move on to more advanced zooming, like screen sharing.

11) Telling Your Stories

Tues 6/11-7/23 (no 7/2) • 11am-1pm Limit: 11

6 weeks Meetings • Zoom • \$35

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.

17) New Ideas

Mon 6/10-7/22 (no 7/1) • 11am-12pm Limit: 50

6 weeks Meetings • Zoom • \$35

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.

18) Armchair Adventures

Wed 6/12-7/24 (no 6/19 & 7/3) • 11am-12pm

6 weeks Meetings • Zoom • \$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) Jungian Archetypes in the Tarot and Qabalistic Tree of Life

Mon 6/10-7/22 (no 7/1) • 2-3:30pm Limit: 15

6 weeks Meetings • Zoom • \$35

Facilitator: DeeDee Freeman

In previous sessions, we learned about the main Jungian Archetypes of the Collective Unconscious and how they affect our world. We now turn our attention to the archetypal stories told through Tarot and the Qabalistic Tree of Life. As part of the Western esoteric wisdom tradition, they work together to help us understand ourselves and our life's purpose. Each week, we'll watch and then discuss videos related to the topic.

34) Learning Resources for Seniors

Thurs 6/20 • 2-4pm Limit: 35

1 week Meetings • Zoom • \$15

Facilitators: Hewie Poplock, JB Burke

Hewie's presentation covers many websites where we can add to our knowledge – not always about technology. Lifelong learning is the process of keeping your mind and body engaged by actively pursuing knowledge and experience. The pursuit of knowledge through lifelong learning—whether it is learning how to dance, speak a foreign language, write a newsletter, improve your golf swing, or repair your car—has wonderful benefits for adults 50-plus.

35) Cybercriminals are Out to Get Us - Senior Scams

Tues 7/16 • 2-4pm Limit: 35

1 week Meetings • Zoom • \$15

Facilitators: Judy Taylour, JB Burke

Total fraud losses sustained by victims over 60 in 2022 were approximately \$3.1 billion. This represents an increase of roughly \$1.5 billion in losses reported in 2022 versus what was reported by victims over 60 in 2021. Senior losses rose to \$3.4 billion in 2023. During this presentation, we will look at many of the scams facing seniors and what we can do to prevent them.



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



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

*FREE OLLI 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 one class for free. Visit the OLLI office to sign up!



Thursday
AUGUST 8, 2024
4pm-6pm

YAVAPAI COLLEGE
Verde Valley Campus

Open House

SAVE THE DATE

CONCERT + FOOD + WINE + DOG ACTIVITIES + CAMPUS TOURS