

OLLI Munch & Learn

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



Munch & Learn: **Aging in Reverse**

Thurs, 4/10 • 12:30-1:45 • Free

#J • Zoom • OZ-407-W25

#K • Verde Campus Bld M-137 • OV-406-W25

Facilitators: Shri Srikanth

This informative educational presentation by Dr. Perry Baker, Dean at Yavapai College, reviews recent research in the fields of epigenetics and the applied science of longevity to discover how lifestyle and behavior impact our genes and influence our aging. We will focus on practical applications and "bio-hacks" being used today to slow down aging and extend healthy lifespan.

Munch & Learn: **Upper Verde River**

Thurs, 4/17 • 12:30-1:45 • Free

#L • Sedona Center 34 • OS-412-SP25

#M • Zoom • OZS-413-SP25

Facilitators: Shri Srikanth

Gary Beverly, Chair of the Sierra Club Yavapai Group, has worked for 20 years to protect the Verde River, a jewel in the southwest. Little known and underappreciated, the upper Verde contains some of Arizona's best surviving riparian habitats that support many species protected by the Endangered Species Act. Yet, groundwater pumping and climate change threaten the river's existence. National, state, and local conservation groups are actively working to protect the upper Verde.

Munch & Learn: **Artificial Intelligence**

Thurs, 4/24 • 12:30-1:45 • Free

#N • Verde Campus Bldg.M-137 • OV-414-SP25

#O • Zoom • OZV-415-SP25

Facilitators: Shri Srikanth

Artificial Intelligence (AI) has burst upon the scene overnight. Its potential is seen by some as a great boon while others see it as an existential threat. Robyn Bryce and Kathleen Tallman with Yavapai College, and Shri Srikanth from OLLI, will discuss the rise of AI, a basic understanding of how it works, the pros and cons of technology and its current state. We will also discuss the application of AI in education. Yavapai College is in the forefront of this new technology.

Munch & Learn: **The Electoral College**

Thurs, 5/01 • 12:30-1:45 • Free

#P • Prescott Bldg 4-102 • OP-416-SP25

#Q • Zoom • OZP-417-SP25

Facilitators: Kelly Boryca

Loraine West, the current president of the local chapter of the League of Women Voters, shares her knowledge about the electoral college. In this class we will be presenting the origins of the electoral college, and the changes made to it over time. We will look at the reasons people support or oppose it. Lastly, we will discuss alternatives to the electoral college including the popular vote for president, and the National Popular Vote Compact.

Munch & Learn: **Advance Directives & Long-Term Care**

Thurs, 5/08 • 12:30-1:45 • Free

#R • Prescott Bldg 4-102 • OP-418-SP25

#S • Zoom • OZP-419-SP25

Facilitator: Kelly Boryca

Melissa Henak, an Elder Care Advisor with Jackson White Elder Law since 2009, will present an overview of advance directives, guardianship/conservatorship, estate planning, and probate. We will also be discussing, how to better understand and navigate long-term care benefits, including those available through ALTCS (Arizona Long-Term Care System).

Munch & Learn: **Judge Krista Carman**

Thurs, 5/15 • 12:30-1:45 • Free

#T • Zoom • OZP-420-SP25

#U • Prescott Bldg 4-102 • OP-421-SP25

Facilitator: Rudy Arena

Judge Krista Carman wears many hats: she is a member of the Yavapai Superior Court and an active member of Prescott's local community. Today her talk will be about the Superior Court, the judges and the process of selections and appointments to the Superior Court. She will speak about the criminal justice system and will include an overview of the Arizona Court structure as well as the current Chief Justice of the Arizona Court's Strategic Plan for the courts.

Munch & Learn programs will be held at the locations specified within the descriptions above.

Verde Valley Campus is at 601 W Black Hills Drive, Sedona Center is at 4215 Arts Village Dr. Clarkdale Campus is at 1100 E Sheldon Street, Prescott. If online, Zoom links to presentations will be found in your registration receipt.