Osher Lifelong Learning Institute

2017 Fall Program

LLI

For the Love of Learning!

Classes for seasoned adults with curious minds and hearts!

Sept 25 - Nov 17

Over 75 NEW classes & workshops!
Welcome!
Are you curious about the world we live in and wanting to learn more? OLLI (Osher Lifelong Learning Institute) is a unique gathering of people who have a passion for learning, teaching, and creating. There are no educational requirements, no homework, tests or grades – just a love of learning. Please join with us this Fall term.

Staff: Robin Weeks - Director/Coordinator; Ginger Lindquist - Assistant Coordinator, Lynda Bennett - Administrative Assistant, Solaris Walsh - Administrative Assistant.


Verde Valley Council members: Lou Camp, Mary Ann Fanter, Ann Metlay, Candace Schoonover, Pat Scott, Shri Srikanth.

Camp Verde Team Members: Melissa Bowersock, Penelope Cook, Grace Kirkwood, Honey Rubin, Marie Smith.

About OLLI
The primary purpose of OLLI of Sedona and Verde Valley is to provide learning and teaching opportunities for intellectually active, mature adults.
OLLI is a self-directed membership organization within Yavapai College that encourages peer learning, member participation, collaborative leadership, and social interaction in a relaxed atmosphere, focused on the joy of learning.
Four times a year OLLI schedules classes, defined as learning groups and workshops, that cover a variety of interests and subject matter. From astronomy and astrology to music appreciation and metaphysics - there is something for everyone at OLLI.

Facilitators – Sharing Your Passions
(See facilitators page in this catalog)

Opportunities to Share your Skills
OLLI is a member-run organization, and your participation can help us keep it successful.
(see volunteer page for volunteer opportunities)

Classroom & Event Participation
There are a great variety of classes and free OLLI-sponsored events – we encourage you to attend widely.
(See calendar of events)

Donor and Scholarship support
Our fees are low. We also have scholarships available. These two things are made possible by our generous donors and the Osher Foundation.
(see donation page for information on becoming a donor.)
Membership Packages

1. Unlimited Package $135: Unlimited learning groups and workshops.
2. Five for $90: Take up to five learning groups or workshops. Additional learning groups can be added for $30 or additional workshops for $10.
3. One Learning Group $60: One learning group. Additional workshops can be added for $10.
4. Two Workshop Package $40: Take up to two workshops for a low price! Additional workshops can be added for $10.

Cancellation and Refund Policy
Semester fees are refundable through the first week of classes. An administrative charge of $15 applies to any cancellation involving fees. Refunds for special events and trips are only reimbursable prior to the contract deadline unless a substitute participant is arranged. Some programs have specific refund policies noted elsewhere.

Ways to Register
1. Call (928) 649-4275 or (928) 649-5550.
2. In person at the Yavapai College Sedona Center for Arts & Technology; or at the Yavapai College Verde Valley Campus, Building L, Room 210.
3. Mail registration form and payment to: Yavapai College, OLLI-Sedona, 4215 Arts Village Dr, Sedona, AZ 86336 or Yavapai College, OLLI-Verde, 601 Black Hills Dr, Clarkdale, AZ 86324.
   MAKE CHECKS PAYABLE TO “YAVAPAI COLLEGE.”
   We accept VISA, MasterCard, American Express, Discover.
4. Online: Visit www.yc.edu/ollisv and click on the register for classes button and follow instructions. (Basic steps – sign in; pick a membership package first; and then select classes).

Scholarships Available
If you need some financial assistance to become an OLLI member and take a class, we can help. Just check the box on the registration form or call the OLLI office and request scholarship funding.

Satisfaction Guaranteed!
We want you to love your OLLI classes and to ensure that you do:
1. Learn more about the classes before you enroll:
   a. Talk with an OLLI member or staff person.
   b. Attend one session to see if the class suits you.
2. After you enroll, if you don’t like the first class:
   a. You may drop it and add another.
   b. You may request a refund.

Facilitator Packages
In addition to becoming a Sedona/Verde OLLI member, facilitating has its benefits! Facilitate a class and you’ll receive one free learning group or workshop. We greatly encourage facilitators to become a paid member, joining the community, by paying a $30 fee. This helps us in many ways since every paying member increases our OSHER endowment income. For this you’ll get another two classes (to be used in the current or following semester). To register for classes call us.

Locations where classes are held
(See OLLI website www.yc.edu/ollisv for directions.)
OLLI-Sedona: Most Sedona classes are held at the Yavapai College Sedona Center (YCSC) 4215 Arts Village Drive, Sedona • (928) 649-4275
OLLI-Verde: Most Verde classes are held at the Yavapai College Verde Valley Campus 601 Black Hills Drive, Clarkdale • (928) 649-5550
Camp Verde: Most classes at the new library 130 Black Bridge Lp Rd, Camp Verde, AZ 86322
Also the Parks & Recreation Center, 395 SD. Main Street, Camp Verde, AZ

Calendar of Events

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KEY
LG = Learning Group: meets every week for four to eight weeks; WS = Workshop: Generally meets one time for two to three hours.
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928.649.4275 • 928.649.5550
Monday Learning Groups

VERDE VALLEY CAMPUS (CLARKDALE)

NEWS AND VIEWS (V-600-17)
Sep.25-Nov.13, 8 Weeks, 9:00-10:30, Room G-107
Let’s talk the news – any issue, not just politics. Bring the news - local, state, national, international, science, business, any topic - that interests you or you have questions about. Learn more about current events from various viewpoints in a relaxing environment. **Limited to 10 participants.**

**Joe Stack** is a retired HR Manager specializing in leadership who has facilitated history classes at OLLI and has an avid interest current events.

**Curt Ireland** was a trial lawyer in South Dakota for 40 years, a teacher of history at Camp Verde Middle School, and has taught many history classes at OLLI.

TRUTH ABOUT VACCINES VIDEO SERIES (V-602-17)
Sep.25-Oct.16, 4 Weeks, 11:00-1:00, Room G-104
After viewing Ty Bollnger’s Truth about Vaccine docuseries, videos 1, 6 and 7 (out of 7 total), there will be some time to discuss within the group feelings about what was shared. I felt this information needed to be shared to empower us with choices on how we wish to take care of our own body. Video lasts about 1 1/2 hour each. Class will be 2 hours in length. Last class we will also share nutrient ‘protocols’ for immune system support for your body, detox cleansing programs.

**Xianti Hoo** has been practicing Contact Reflex Analysis since 1986, and discovers and explores alternatives for wellness used since time began. See her web site www.choosecra.com for more information about what she has been doing.

OBSERVATIONAL ASTRONOMY (V-601-17)
OLLI@NITE
Oct.02-Oct.30, 5 Weeks, 6:00pm-8:00pm, Room G-104
Learn the night skies and current astronomical events. About 1 hour of classroom presentation and 1 hour looking thru telescopes. (Weather permitting) Extended presentation if weather does not permit viewing. **Limited to 20 participants.**

**JD Maddy**, being an amateur astronomer for many years, now shares his knowledge of the night sky with others through star parties and presentations. **JD is a National Parks Service Master VIP Astronomer and an Arizona State Park Volunteer Astronomer.**

SEDONA CENTER

GEOLOGY OF SELECTED NATIONAL PARKS (S-400-17)
Sep.25-Oct.30, 6 Weeks, 9:00-10:30, Room 28
The backbone of this course will be “Wonders of the National Parks,” a series beautifully produced by The Great Courses. In each session we will view two 30-minute segments and have 30 minutes to discuss specifics. This differs totally from my Spring-2016 discussion of parks in the American West.

**Ken Bork**, a geologist, served as a NPS Ranger, and believes in the merit of understanding the geology behind landscape beauty.

MAHATMA GANDHI (S-401-17)
Sep.25-Nov.13, 8 Weeks, 1:00-2:30, Room 40
Class will begin with Gandhi’s early years in South Africa fighting racial prejudice, followed by his years working for independence of India from Britain, using Satyagrapha (truth force), civil disobedience and nonviolence. Einstein wrote: “Generations to come will scarce believe that such a one as this ever in flesh and blood walked upon this earth.”

**Curt Ireland** was a trial lawyer in South Dakota for 40 years, a teacher of history at Camp Verde Middle School, and has taught many history classes at OLLI.

SELF-HELP ACUPRESSURE AND REFLEXOLOGY (S-402-17)
Sep.25-Oct.16, 4 Weeks, 1:00-2:30, Room 39
This is a very practical self-help learning group. We will learn a few specific acupressure and reflexology techniques to use for the purpose of maintaining a higher level of general health. **Limited to 20 participants.**

**Thomas Brennan** works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over thirty years. Thomas has a Master of Education degree. E-mail: thomas@sedonareflexology.com.

SOUL RECOGNITION (S-403-17)
Sep.25-Oct.16, 4 Weeks, 2:45-4:15, Room 39
This is a very practical class to help us move toward inner peace and deeper knowledge of ourselves. In class we will learn and apply practical ways to recognize, access and enhance that deeper knowledge. The class includes lecture-like lessons and exciting experiential episodes. **Limited to 12 participants.**

**Thomas Brennan** works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over thirty years. Thomas has a Master of Education degree.
WRITING OUR WAY TO HAPPINESS (S-404-17)
Oct.02-Oct.30, 5 Weeks, 10:45-12:15, Room 39
Come enjoy writing in an atmosphere that is inspiring, creative and fun. We will write short pieces without editing or judging, just letting our words flow onto paper, then we read them out loud. Hearing what we’ve all written can be incredibly inspiring and often amazing. This class gives us the chance to celebrate our creative voices. Bring pen and paper and be ready to write!

Martha Entin is a poet, playwright and long-time meditator. Her many years of teaching, counseling and writing provide a safe and inspiring space in which to write.

COMMUNICATING WITH ANGELS (S-405-17)
Oct.23-Nov.13, 4 Weeks, 2:45-4:15, Room 39
Many traditions recognize the existence of “Angels.” Communicating with “Angels” can be a path to deeper knowledge of ourselves and a way to gain very practical aid with every day concerns. We will discuss theory, have direct experience and learn practical techniques. Participants will have an opportunity to apply this knowledge to personal concerns. Limited to 20 participants.

Thomas Brennan works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over thirty years. Thomas has a Master of Education degree.

Tuesday Learning Groups

CAMP VERDE LIBRARY

FOUR TIME-TESTED TOOLS TO INCREASE YOUR SUCCESS (CV-615-17)
Oct.10-Nov.14, 6 Weeks, 2:30-4:30, Copper Room
Learn how to bypass your rational mind to directly affect the area of your brain where fears and beliefs are triggered. Beliefs, the key to success, are learned behaviors and can be changed. By using aromatherapy and carefully chosen essential oils targeted to help you change your beliefs, you will increase the efficiency of your visualizations, affirmations, and positive self-talk. Changing your beliefs will increase success and pave the way to the beautiful life you desire—and deserve!

Honey Judith Rubin is a degreeed psychologist/learning specialist and life-long educator.

Sarah Jensen has taught more than 2500 people about the power of essential oils.

VERDE VALLEY CAMPUS (CLARKDALE)

FUNDAMENTALS OF BEING (V-613-17)
Sep.26-Nov.14, 8 Weeks, 9:00-10:30, Room G-104
The objective is to gain clarity as to ways in which we operate as a human. Clarity is a vividness of awareness. The technique used will be guided meditations focusing on inquiry into our basic nature. Each session will have two 22 minute meditations looking at how we experience life. After both meditations, we will discuss any insights just discovered. Our experiences define what we are. Can we have understanding about this life we live and gain insights that yield clarity, joy and stillness?

Anton Sagar has mediated for decades employing a variety of approaches. He has focused discussion and meditation circles in the Verde Valley and at playas Guiones y Pelada, Costa Rica since 2006. He has studied consciousness extensively for years.

ENHANCING DIGITAL PHOTOS WITH GIMP (V-610-17)
Sep.26-Nov.07, 7 Weeks, 10:45-12:15, Room L-216
This class will have seven meetings. This class will introduce participants to the use of GIMP, a free program, to enhance digital photographs. Gimp has most or all of the functionality of Photoshop, which is very costly. The only prerequisites are that participants need to be familiar with everyday use of Windows, Mac or Linux and should have access to digital photograph files and a way to bring them to class (a USB stick or an SD card will work). Limited to 8 participants.

Roy Pittman has been doing photography since 1969. He has a BA in photography from Prescott College, and studied under Jay Dusard and Frederick Sommer. He has used GIMP for 20 years. For more information, see his website: www.betweentheleaves.com.

QI-GONG FOR HEALTH (V-616-17)
Sep.26-Nov.14, 8 Weeks, 10:45-12:15, Room I-137
Qi-gong is a slow moving meditative exercise. It can be done standing, sitting down or holding onto a chair. Class consists of 45 minutes of practice followed by a guided meditation.

Nancy Rodman is a Level 5 practitioner of Spring Forest Qi-gong based in Minnesota. She also has been certified in Healing Touch. She has a healing partnership with Rick Blough and has traveled to many facilities including the VA center in Arkansas.

Rick Blough was a facilitator of the Wayshower Program as well as being a hypnotherapist. He is also a Reiki Master, trained in Healing Hands and is a Qi-gong practitioner.
Tuesday Learning Groups

VERDE VALLEY CAMPUS (CLARKDALE)

WRITING AND BEING - CREATIVE JOURNALING
(V-611-17)
Sep.26-Nov.14, 8 Weeks, 1:00-2:30, Room L-216
Are you interested in writing from your heart? Do you want writing practices that will help you better tell your story? Do you want to find a way to write with more emotion? Let’s use writing as a tool to help us remember our past, to grow, and to find meaning in our life experiences.
Using G. Lynn Nelson’s book “Writing and Being” we will be doing weekly in-class writing. There will be one writing assignment each week to be done at home, as well as required reading of about 15–20 pages each week.

Ginger Lindquist has been keeping a daily journal for over 50 years. Through this book she has found more creative ways to tell her story. Her daily series “7 years ago” and some of her poetry can be read on her Facebook page: Musings and the Amusing.

RHYMING TIME (V-612-17)
Oct.03-Nov.07, 6 Weeks, 10:45-12:15, Room G-107
We will have fun exploring the way rhymes are used in songs, poems and children’s books. There are many types of rhymes (such as slant, mosaic, perfect, wrenched and linked). We will consider why the best rhymes work and will also examine why some rhymes are forced and less effective. There will be optional writing prompts each week, in case you wish to try creating some of your own rhymes.

Joan Prefontaine has facilitated several learning groups on literature, word play and the arts for OLLI. She has a Master of Fine Arts degree in Creative Writing and is a published poet and songwriter.

HEBREW CONVERSATION (V-614-17)
Oct.03-Nov.07, 6 Weeks, 10:45-12:15, Room G-104
We are going to learn Hebrew conversation from the book Hebrew level 1 (ivrit shalav alef) Limited to 6 participants.
Kohava Benatar is Israeli and a Hebrew teacher. She taught Hebrew in Long Island for 12 years. At present time she is teaching at the Temple in Sedona.

SEDONA CENTER

PUZZLES, PUZZLES, PUZZLES (S-406-17)
Sep.26-Oct.31, 6 Weeks, 9:00-10:30, Room 39
This hands-on class is open to any OLLI member who has previously taken one of Tyler Barrett’s puzzle classes. Enjoy the opportunity to exercise your brain and sharpen your problem-solving skills through an hour-and-a-half of pure puzzling. Limited to 12 participants.

Tyler Barrett is a psychologist, teacher, author, musician, magician and puzzle master.

RECOVERY FROM ANGER ADDICTION AND FAMILY ISSUES (S-407-17)
Sep.26-Oct.31, 6 Weeks, 9:00-10:30, Room 8
This program views anger as a dis-ease. The premise is, “Would you rather be a ‘bad’ person trying to act better, or an ill person trying to get well.” Getting well means recovery from anger, not managing it. Since anger is most often rooted in family issues, these will be a fundamental part of the course. These issues cause a sense of loss, and losses hurt, and one reaction to pain is anger. Dealing with those losses and pain is the path to recovery, and it is surprisingly easy-days, not years! Limited to 12 participants.

Verryl Fosnight is a retired physicist from Stanford with 33 years of 12 Stepping and hundreds of hours of rational therapy. He finally recovered from his anger by a simple, standard, non-rational, non-12 Step technique used for other recoveries.

HOW GOVERNMENT WORKS: FEDERAL AND ARIZONA STATE GOVERNMENT (S-408-17)
Sep.26-Oct.31, 6 Weeks, 10:45-12:15, Room 28
After the 2016 election more and more people stepped up to become active, involved citizens only to find that it’s been a while since they learned how government works and the role citizens can and should play. In this course we will examine the workings of the branches of the federal government and the workings of our own Arizona government. How do laws get passed? What power do citizens have? How can they effectively exercise that power? A 2017 look at civics!

Barbara Litrell is President of the League of Women Voters Greater Verde Valley, a non-partisan organization. This course is offered as part of the League’s commitment to voter education and informed voter participation.

BRAIN EXERCISE THROUGH PUZZLES (S-409-17)
Sep.26-Oct.31, 6 Weeks, 10:45-12:15, Room 39
Your brain: use it or lose it. Research has shown that our brains are just like our muscles. If we don’t exercise them, they atrophy. Join us for brain gym. You will feel more alert, be quicker to solve life’s problems, and learn how to banish frustration. This is a hands-on class where each participant will have at least one “Aha!” experience. Limited to 12 participants.

Tyler Barrett is a psychologist, teacher, author, musician, magician and puzzle master.
THE BEST AMERICAN POETRY 2017 (S-410-17)
Sep.26-Oct.31, 6 Weeks, 10:45-12:15, Room 8

In this learning group we will read and discuss the poems in the 2017 edition of the annual anthology entitled “The Best American Poetry.” Since its debut in 1988, “The Best American Poetry” has become a mainstay for the direction and spirit of American poetry. Using this volume as our text, we will take the pulse of contemporary poetry as it is being written in the USA today. All participants will be expected to obtain a copy of the book. Limited to 12 participants.

William Ward teaches OLLI classes on a variety of topics in literature and philosophy.

CELTIC MUSIC EXPLOSION! (S-411-17)
Sep.26-Oct.31, 6 Weeks, 1:00-2:30, Room 39

Until recent years, small groups and individual Celtic folk singers kept Celtic music alive. Recently we’ve seen the emergence of Celtic groups of singers and dancers performing for huge audiences with myriad instrumentalists, exotic venues, and large, enthusiastic, sold-out audiences. The songs they sing are not new, but the presentations and environments have changed! Watch, listen and sing along during two performances by each of the three best known groups.

Bryce Babcock has been a University teacher, social worker, farmer, National Park & AZ State Park Ranger, and author of an autobiography. He performed for several years with a Celtic music duo in Canada & has made his home in Cottonwood since 1998.

VEG 101: EXPLORING A PLANT-BASED LIFESTYLE (S-412-17)
Sep.26-Oct.31, 6 Weeks, 2:45-4:15, Room 8

The scientific evidence is clear. A whole food plant-based diet is the healthiest way to live, and best for the environment and other animals. Most chronic illnesses can be prevented or even reversed through proper nutrition: heart disease, many cancers, obesity and type 2 diabetes. The good news: it’s not only healthy, it’s delicious. Learn how to make the transition to this lifestyle. You’ll learn about the scientific evidence, how-to tips, plus a cooking demo and sampling at each class. Limited to 15 participants.

Bev Bow is co-founder of Healthy World Sedona, a nonprofit that promotes a whole food plant-based lifestyle for human, planetary & animal health. She has a Certificate in Plant-Based Nutrition from eCornell’s Campbell Center for Nutrition Studies.

ONE-DAY UNIVERSITY LECTURE SERIES (SECTION 1 TUESDAY) (S-413-17) OLLI@NITE
Sep.26-Nov.07, 7 Weeks, 5:45pm-8:00pm, Room 28

One-Day University Lecture Series brings together presentations from the finest universities in the country to present special versions of their best lectures. Topics include: Is the Human Brain Hardwired for God?; Einstein: The Man Behind the Math; The Rise and Decline of the American Presidency; 8 Books That Changed the World; China, the US and the Future of Global Capitalism; 5 Films that Changed America; and Can Creativity Be Taught? The Science Behind Imagination. Minimum of 12 participants.

Anthony Caetano is an Author, Professor and Speaker. He has studied in depth the fields of science, philosophy, and world religions for over half a century in his quest of Wisdom and Serenity.

FIND COMMON GROUND ON POLITICAL ISSUES (S-414-17)
Oct.03-Oct.31, 5 Weeks, 2:45-4:15, Room 39

Political conversations don’t have to be about disagreement. Deliberative dialogue focuses on finding common ground. We will deliberate in-person and online using the National Issues Forum model to think about: 1) Mental Illness in America: How Do We Address a Growing Problem? 2) Alcohol: What Should We Do about Excessive Drinking? 3) Immigration in America 4) Building a Community of Equity and Opportunity: How Do We Bridge the Economic Divide? Limited to 30 participants.

Andrea Christelle does philosophy at SPEX (Sedona Philosophy Experience) where she consults, conducts retreats, and leads hikes. She serves on the boards of the League of Women Voters, Society of Philosophers in America, and the Verde Valley Forum.

Lunch & Learn

KEYNOTE SPEAKER WEEKLY SERIES
Beginning Sept. 27th
Wednesdays, 12:30 – 2:00pm

Bring your lunch, enjoy conversation, and listen to prominent local speakers, or a panel of experts.

FREE! NO NEED TO ENROLL & EVERYONE WELCOME
Wednesday Learning Groups

VERDE VALLEY CAMPUS (CLARKDALE)

BEGINNERS COUNTED CROSS STITCH 2 (V-623-17)
Sep.27-Nov.15, 8 Weeks, 9:00-11:00, Room H-103
This class is for people who have done cross stitch before but not for awhile. This course has a twist. I have developed a better way to do cross stitch which is faster and neater. Come join the fun. Materials fee of $20 payable to instructor. Limited to 8 participants.
Claudia Cross fell in love with crafting when she was 10 years old. She started by teaching her 5 sisters, their friends, classmates & then spread to churches, private homes, public libraries or wherever she could find students who wanted to learn.

MUSICAL REVOLUTIONARIES (V-624-17)
Sep.27-Nov.01, 6 Weeks, 9:00-10:30, Room L-216
From the jazz age of Eubie Blake's SHUFFLE ALONG to the rap age of Miranda's HAMILTON and the newly minted soft rock Tony winner DEAR EVAN HANSEN, the musical art form continues to evolve and thrive. Come meet the creative revolutionaries who dared to follow their own path and have enriched the cultural life of the nation and the world. (This is based on a talk given for the Brown Bag Buzz this past spring.)
James Scheid is a retired Nurse and has a degree in Special Ed. Jim can't sing, dance or act but he has been privileged to see 200+ plays and musicals in New York alone and has learned something along the way.

EXPLORING THE VERDE VALLEY (V-620-17)
Sep.27-Oct.25, 5 Weeks, 10:00-11:30, Room G-107
Discover the treasures that await you in our valley. Guided field trips visit places of educational, historic, cultural and artistic interest. This is not a hiking group. Participants provide their own transportation to the sites. The first class meets in a classroom at the Clarkdale campus. After the first meeting the group will meet at the site. Directions will be given out at the first session. Limited to 20 participants.
Joni Robinson moved to the Verde Valley after living in Alaska for 35 years. She retired from the Alaska Division of Geological & Geophysical Surveys where she worked in the publications section.

MICROSOFT OFFICE - IMPROVING YOUR PRACTICAL SKILLS (V-621-17)
Sep.27-Nov.01, 6 Weeks, 10:45-12:15, Room G-104
Office is most common general use software for Word Processing, Spreadsheet processing and Presentation Management. Class will cover general and extended use of Word, Excel and Powerpoint facilities provided in the Office software suite. Basic Windows skills are required as hands-on will be part of class.
Ron Peebles has a degree in Pure and Applied Mathematics from St Andrews University, Scotland and 45 years of Software development experience in Performance Management.

THE WORLD’S GREATEST SHORT STORIES (V-622-17)
Sep.27-Nov.01, 6 Weeks, 1:00-2:30, Room L-215
With story-telling in his genes, Vic Goldie wanted to lead an international short story learning group. You’ll discuss English language writers like Updike, Joyce and Lawrence and foreign luminaries such as Tolstoi, Borges and Kawabata. You shall inhabit the world of literary greatness! Join this unique dialogue. You will need the book, “The World’s Greatest Short Stories,” Editor: James Daley, available inexpensively through Amazon. Any questions, contact him at 928-649-3725 Limited to 10 participants.
Vic Goldie has taught literature & led book discussions in Arizona & New York. He especially enjoys the short story genre due to the richness of its poetic prose. Story telling is a pathway to the inner and global worlds. Join the journey into the imagination.

SEDONA CENTER

SCIENCE NEWS AND VIEWS (S-415-17)
Sep.27-Nov.15, 8 Weeks, 9:00-10:30, Room 34
Whether a scientist or simply someone with an enduring interest in science, come and get a better understanding of recent developments in science – such as gravitational waves or gene editing techniques – and discuss their potential impact on society. Each week members with knowledge in specific scientific topics will discuss new developments in a way that makes it easy for all to understand the breakthrough and its implications. Bring in items from current news events for an open discussion!
Shri Srikanth has a Ph.D in Physics from Boston University and has facilitated a variety of courses at OLLI.
Bob Haizmann is a chemical engineer, backyard astronomer and closet guitarist. He has traveled worldwide, commercializing breakthrough energy technologies and has 30 patents.
John Black is a life-long learner, whose education is not yet complete. He earned his BSEE in 1972, his MSEE 13 years later in 1985, and his PhD in Computer Science 19 years later, at the age of 55. His current focus of study is Cognitive Science.
BASIC GRANT WRITING (S-416-17)
Sep.27-Oct.25, 5 Weeks, 9:00-10:30, Room 15
This course features the use of a Grant Writing Toolbox DVD containing: How to apply for federal, corporate and foundation grants; Case studies based on real-life scenarios; Opportunities to apply lessons to your own work/agency; Additional resources including helpful internet links; How to build a better budget; (How to develop and conduct project evaluations. Minimum of 6 attendees required.
Anthony Caetano is a Certified Grant Trainer and Writer with over 40 years of experience. He has written over $18.5M of federal/state/foundation/corporate grants and trained non-profits nation-wide.

RHYTHM & MOVEMENT THROUGH AFRICAN DANCE (S-417-17)
Sep.27-Nov.01, 6 Weeks, 10:45-12:15, Room 40
Come to learn and move in a West African Dance Class. This type of movement is invigorating and unlike any other dance movements. The beat of the drum will hypnotize you and transport you to another place. It is creative and loosens up any of the kinks you might have. Warmup stretching will be used to introduce you to new movements. $20 fee paid to facilitator for professional drummers who provide the live music.
Lynne Browning has danced and performed West African Dance for 46 years.

WHOLE FOOD SUPPLEMENTS FOR TRUE HEALTH (S-418-17)
Sep.27-Oct.18, 4 Weeks, 10:45-12:15, Room 39
Learn how nutrient deficiencies contribute to your symptoms of imbalances or problems, I use muscle testing based on Dr. Dick Versendaal's original CRA (Contact Reflex Analysis) We look for causes, solutions on how to increase health of your body, and develop individual protocols with whole food supplements. You value yourself enough to learn the truth. Let us work together for wisdom to know the difference. We are body, mind and soul, not an isolated chemical or a fractional part of the whole.
Xianti Hoo has been practicing Contact Reflex Analysis since 1986, and discovers and explores alternatives for wellness used since time began. See her web site www.choosecra.com for more information about what she has been doing.

THAT’S A GREAT QUESTION! (S-419-17)
Sep.27-Nov.15, 8 Weeks, 10:45-12:15, Room 34
Great questions direct our thinking along fresh and effective pathways. Some are extraordinarily influential. Learn to use questions that enliven and deepen a conversation, spark a new slant on a personal dilemma, build understanding and trust between strangers, evoke a creative idea, induce a spiritual awakening, and perform many other enriching functions. We‘ll learn them, ask them, ponder them, and discuss them—and thereby grow internally and socially.
Paul Friedman, Ph.D, is a retired professor of communication, who has explored for decades how skillful questioning enriches his and others’ life.

THE WISDOM OF THE ENNEAGRAM (S-420-17)
Sep.27-Oct.18, 4 Weeks, 10:45-12:15, Room 15
The ancient symbol of the Enneagram has become one of today’s most popular systems of self-understanding, based on nine distinct personality types. Whatever your spiritual background, the Enneagram shows how you can overcome inner barriers, realize your unique gifts and strengths, and discover your deepest direction in life.
Anthony Caetano is a Renaissance man, Author, seeker of Wisdom and Spirituality. He has studied all the major philosophies for over forty years and daily continues his quest for Oneness.

LUNCH AND LEARN (FREE AND OPEN TO THE PUBLIC)
Sep.27-Nov.15, 8 Weeks, 12:30-2:00, Room 34
This is an enjoyable, informative, weekly “town hall” that is free and open to all. At each session a speaker or panel provides a lively presentation on an important aspect of community life or OLLI’s curriculum. Bring your lunch and join the conversation at 12:30, or come from 1:00-2:00 to hear the speaker. Everyone is welcome!
Paul Friedman, Ph.D has organized and hosted L&L for the past six years, along with several other OLLI volunteers who value and enjoy co-creating this community-building experience.

Picazzo’s Organic Italian Kitchen generously supported OLLI.
We thank them and ask OLLI members to support Picazzo’s.
Wednesday Learning Groups

SEDONA CENTER

THE GREAT IDEAS PROGRAM: BRIDGING DIFFERENCE (S-421-17)
Sep.27-Nov.15, 8 Weeks, 2:30-4:30, Room 34
A deep exploration of cognitive science, personality, morality, society, and communication relevant to all of our interactions with people, although it will focus on the challenge of bridging the widening gap between liberals and conservatives among friends, family and community. We will focus on human nature, not politics, and respect all perspectives. It will be based on the insightful book “A Liberal’s Guide to Conservatives” by J. Scott Wagner, who will join us for dialogue on 11/30 & 12/1.

Paul Friedman, Ph.D, a retired professor of communication and community mediator, dedicated to healing the breaches that divide people.

WRITING YOUR MEMOIRS (S-422-17)
Sep.27-Nov.15, 8 Weeks, 2:45-4:15, Room 15
Pull together your thoughts, letters, emails, diaries, photos, and artwork, bring paper, pen, and/or laptops. We’ll write in class and at home — yes, homework! You may read your work aloud to the class, if you like. Anne will ask you to write memories of your grandparents and parents, then about your life in increments of 10 years — from age 0-10, 10-20, up to age 60-present. She’ll also edit your work and suggest writing topics. Limited to 6 participants.

Anne Crosman, BA, MA in Journalism, has taught memoir-writing at OLLI for 10 years. Author and editor, she delights in inspiring students to write honestly, simply, and vividly.

EMPOWER YOUR LIFE WITH SELF-HYPNOSIS (S-423-17)
Oct.18-Nov.01, 3 Weeks, 2:30-4:30, Room 39
Using the profound power of your mind, you can create the positive changes you desire. Effective techniques of self-hypnosis and auto-suggestion will be taught and practiced, as well as how and why hypnosis works. Learn how you can relax at will, eliminate unwanted habits, enrich your personality and confidence, strengthen your creative gifts, and gain a lifelong tool in this highly experiential course. Limited to 21 participants.

Mary Elizabeth Raines, author and speaker, is director of the Academy for Professional Hypnosis Training and on the adjunct faculty of the National Guild of Hypnotists. She has taught self-hypnosis and trained new hypnotherapists for 18 years.

Thursday Learning Groups

CAMP VERDE LIBRARY

QI-GONG FOR HEALTH (CV-634-17)
Sep.28-Nov.16, 8 Weeks, 9:00-10:30, Terracotta Room
Qi-gong is a slow moving meditative exercise. It can be done standing, sitting down or holding onto a chair. Class consists of 45 minutes of practice followed by a guided meditation.

Nancy Rodman is a Level 5 practitioner of Spring Forest Qi-gong based in Minnesota. She also has been certified in Healing Touch. She has a healing partnership with Rick Blough and has traveled to many facilities including the VA center in Arkansas.

Rick Blough was a facilitator of the Wayshower Program as well as being a hypnotherapist. He is also a Reiki Master, trained in Healing Hands and is a Qi-gong practitioner.

VERDE VALLEY CAMPUS (CLARKDALE)

BEGINNERS BASIC COUNTED CROSS STITCH 1 (V-631-17)
Sep.28-Nov.16, 8 Weeks, 9:00-11:00, Room L-215
This class is for beginners who have never done counted cross stitch before. We will start from the beginning & work our way through, working on Aida cloth to gingham cloth. This is not the traditional counted cross stitch. I have developed a new and easier way. Come join the fun and learn Counted Cross Stitch and get excited for a new and better way! Materials fee of $20 payable to instructor. Limited to 8 participants.

Claudia Cross fell in love with crafting when she was 10 years old. She started by teaching her 5 sisters, their friends, classmates & then spread to churches, private homes, public libraries or wherever she could find students who wanted to learn.

HAPPY MUSIC FOR TROUBLED TIMES (V-633-17)
Sep.28-Nov.02, 6 Weeks, 10:45-12:15, Room G-102
Come sail the Caribbean and trek across Africa on a musical odyssey in search of Calypso, African High Life, Ska, steel drum, Reggae, Tuareg desert songs and more. Everyone from Harry Belafonte to Fela Kuti will join us. Come on and feel the love.

Ron Grafe says “for me, a day without music is unthinkable.” It is my hope that our musical journey will spark the same feeling in all of you.
BROWN BAG BRAIN BUZZ
(FREE AND OPEN TO THE PUBLIC)
Sep.28-Nov.16, 8 Weeks, 12:30-1:30, Room G-103
In this FREE lunch-hour series, we will examine the great minds and big ideas that have shaped human history. Topics will come from all fields “science, arts, philosophy, history” and require no prior knowledge or expertise. Bring your brown bag lunch (or buy lunch at the cafe in Building F) and awaken your brain by participating in a discussion group that will enlighten your sense of human greatness and human history. Presented by Shri Srikanth and other seasoned OLLI Facilitators.

Shri Srikanth has a Ph.D in Physics from Boston University and has facilitated a variety of courses at OLLI.

THE MARKETING CHECKLIST: THE SMALL BUSINESS ACCELERATION WORKSHOP (V-630-17)
Sep.28-Oct.19, 4 Weeks, 2:45-4:15, Room G-103
Most business owners are so busy running their business that they do not have time to create any marketing strategies. During The Marketing Checklist, we will create a road map by describing simple methods of marketing a business, along with the pros and cons of many marketing strategies. We will define and focus your target market, provide checklists, create your social media roadmap, organize your marketing calendar & solve marketing challenges. $20 workbook fee payable to instructor.

Hank Yuloff is a Targeted Marketing Tactician with 30+ years experience keeping companies “top of mind” with their customers. He authored 3 best selling marketing books and hosts a weekly radio show while business blogging on HuffingtonPost.com

Sharyn Yuloff owns Sedona Marketing with her husband Hank where they create custom marketing plans and coaching in highly focused, one-on-one and group settings. Sharyn brings 15+ years of Human Resource Management, also known as Internal Marketing.

DREAMING FOR FUN & PROFIT (V-632-17)
Oct.05-Oct.26, 4 Weeks, 2:45-4:15, Room L-216
We seniors love our freebies, so why is it many of us ignore the free guidance offered in our nightly dreams? We’ll master the art of dream recall in a small group setting, then venture into lively discussions of our own and our classmates’ interpretations. Come follow the footsteps of Jung and other dreamers and learn how our sleeptime visitors can enrich our lives. Limited to 15 participants.

Paula McHugh MS Ed., has facilitated numerous Dream Workshops with students of all ages around the midwest. She is a past member of the Association for the Study of Dreams and also co-hosted a group dreamwork program on KDTH radio, Dubuque, Iowa.

SEDONA CENTER

BUT CAN IT HAPPEN HERE? (S-424-17)
Sep.28-Oct.26, 5 Weeks, 9:00-10:30, Room 39

Jane Iddings values our democracy having witnessed repressive regimes in Nigeria and Romania. She loves to learn, teach, and write. Retired lawyer, mediator, columnist, university teacher, and world traveler.

ON THE SCIENCE AND PRACTICE OF MINDFULNESS (S-425-17)
Sep.28-Nov.02, 6 Weeks, 9:00-10:30, Room 34
This learning group will review the underlying neuroscience of Mindfulness accompanied by opportunities for guided practice - for beginners as well as initiates. Each class session will feature talks and guidance presented in video form by well-known Mindfulness teachers.

Sanford (Sandy) Unger earned a Ph.D in Human Ecology at Cornell University. As a Research Scientist at the National Institute of Mental Health in Bethesda, he published many scientific papers.

INTERMEDIATE SPANISH (S-426-17)
Sep.28-Nov.16, 8 Weeks, 10:45-12:15, Room 39
Participants should have a basic Spanish vocabulary, should understand Spanish sentence structure, and be able to conjugate regular and irregular verbs in the present tense. We will learn the past, perfect, future, and conditional tenses, and explore the dreaded Spanish subjunctive moods. Limited to 15 participants.

Art Smith lived in Madrid in the late 1980’s and has traveled extensively throughout Spain and Latin America. He has studied Spanish in Spain, Mexico, Argentina and Chile.

THANK YOU!
To the 100 plus facilitators that support OLLI each term by gifting their classes and workshops. Thanks for your generosity in sharing your passions, interests and knowledge.
Thursday Learning Groups

SEDONA CENTER

GLOBAL ENVIRONMENTAL ISSUES FOR THE 21ST CENTURY (S-427-17)
Sep.28-Nov.02, 6 Weeks, 10:45-12:15, Room 34
In this 6-week learning group, we will discuss six of the major environmental issues facing humanity in this century: climate change and ocean acidification, species extinctions, critical habitat loss, toxic chemicals in the environment, fresh water scarcity, and genetically-engineered foods. Discussions will be forward-looking, and will involve assessment of current conditions and causal factors, predictions of future conditions, and potential solutions to these environmental problems.

Tom Ginn, Ph.D., is an ecotoxicologist with over 40 years’ experience in assessing environmental pollution. He has authored numerous publications on toxicological issues and has testified in court as an expert witness in major pollution cases.

FUNDAMENTALS OF BEING (S-428-17)
Sep.28-Nov.16, 8 Weeks, 10:45-12:15, Room 40
The objective is to gain clarity as to ways in which we operate as a human. Clarity is a vividness of awareness. The technique used will be guided meditations focusing on inquiry into our basic nature. Each session will have two 22 minute meditations looking at how we experience life. After both meditations, we will discuss any insights just discovered. Our experiences define what we are. Can we have understanding about this life we live and gain insights that yield clarity, joy and stillness?

Anton Sagar has meditated for decades employing a variety of approaches. He has focused discussion and meditation circles in the verde valley and at playas Guiones y Pelada, Costa Rica since 2006. He has studied consciousness extensively for years.

THE MODERN AMERICAN PRESIDENTS (S-429-17)
Sep.28-Nov.02, 6 Weeks, 10:45-12:15, Room 28
From McKinley to Obama the course will examine the lives and legacies of the leaders who influenced the events of the 20th century. We will discuss and analyze the way each president impacted America’s development and how their decisions affected the events of today.

Jim Molans practiced law in Florida for over 40 years. He graduated cum laude from the University of Miami, with a major in government and minor in history.

ANTI-AGING SKINCARE: LEARN MEDICAL ESTHETICS AND HOME CARE FOR MEN AND WOMEN (S-430-17)
Sep.28-Oct.19, 4 Weeks, 1:00-2:30, Room 8
This course will take the guesswork out of choosing from all the modalities available in the medical aesthetics field, and explain the various technologies that stave off the aging process. Additionally students will learn how to properly care for their skin at home. Class will include individual skin evaluations and sample facials and procedures. All attendees will receive mini facials.

Anita Marcus is a dual licensed aesthetician, trained in both classic skincare and also certified to perform laser and medical aesthetic procedures. She currently owns the local business LaserGirl Skincare located at the Spa of Sedona.

KEEP IT SIMPLE: AN INTRODUCTION TO INVESTING (S-431-17)
Sep.28-Oct.19, 4 Weeks, 2:45-4:15, Room 15
Do you understand the difference between an exchange traded fund and a mutual fund? How about a municipal bond or how annuities work? Investing can be made complicated, but it doesn’t have to be. With the literally thousands of options available to today’s investors and the millions of pages of research and analysis, making good decisions can seem overwhelming. This class will provide people with a working glossary to understand the world of investing. It will provide a basic structure to assist in deductive decisions, and a fundamental framework to discuss the global marketplace. Limited to 40 participants.

John Farmer is a licensed financial advisor who is passionate about educating people about finances.

LEONARD BERNSTEIN: THE MAN AND HIS MUSIC (S-432-17)
Sep.28-Nov.09, 7 Weeks, 2:45-4:15, Room 39
Leonard Bernstein was a conductor, classical composer, Broadway composer, and educator who was larger than life. This learning group will examine his life and career with lots of videos and examples of his music.

Sy Brandon is a composer, brass musician and retired professor of music. He is interested in many styles of music and has authored a book about listening with more understanding.
ONE-DAY UNIVERSITY LECTURE SERIES (SECTION 2 THURSDAY) (S-433-17) OLLI@NITE

Sep.28-Nov.09, 7 Weeks, 5:45pm-8:00pm, Room 28

One-Day University Lecture Series brings together presentations from the finest universities in the country to present special versions of their best lectures. Topics include: Is the Human Brain Hardwired for God?; Einstein: The Man Behind the Math; The Rise and Decline of the American Presidency; 8 Books That Changed the World; China, the US and the Future of Global Capitalism; 5 Films that Changed America; and Can Creativity Be Taught? The Science Behind Imagination. Minimum of 12 participants.

Anthony Caetano is an Author, Professor and Speaker. He has studied in depth the fields of science, philosophy, and world religions for over half a century in his quest of Wisdom and Serenity.

AMERICA’S CRIMINAL JUSTICE (S-434-17)
Oct.05–Oct.26, 4 Weeks, 1:00-2:30, Room 39

An examination of the criminal justice system: police, courts, and corrections. How the system evolved through historical and contemporary basis. We will assess effectiveness of system, look at injustices, discuss critical issues such as wrongful convictions, police misconduct, mass incarceration, and public policy.

Penny Dunn is a retired law enforcement officer. She was with Trenton Michigan Police Department for 25 years. Associate Professor Criminal Justice, Political Science at Monroe County Community College, Monroe Michigan. B.S. Criminal Justice, M.S

FIVE MYTHS OF GOVERNMENT DEBT (S-436-17)
Oct.26–Nov.16, 4 Weeks, 1:00-2:30, Room 15

As we live in a rising rate environment, the scale of U.S. federal debt has some investors concerned about the sustainability of government finances in the coming years. In this class we consider the most common myths about the government’s debt and discuss how investors can position their portfolios to withstand what we believe are manageable headwinds related to the federal debt burden. Limited to 40 participants.

John Farmer is a licensed financial advisor who is passionate about educating people about charitable giving.

CONSCIOUS INVESTING (S-437-17)
Oct.26–Nov.16, 4 Weeks, 2:45-4:15, Room 15

This class seeks to weave individual’s values with their finances and investing. During this course we will examine individuals personal values and ideals and thoroughly examine the concept of Socially Responsible Investing. Students should be expected to challenge their current belief systems, discover investments ideas that fit their lifestyle and value system, and discover ways to embrace and make peace with technology and the future. Limited to 40 participants.

John Farmer is a licensed financial advisor who is passionate about educating people about charitable giving.

MONDAY WORKSHOPS

CAMP VERDE LIBRARY

BEST OF THE WEB (CV-664-17)
Oct.16, 3 Hrs, 1:00-4:00, Copper Room

The facilitator will share tips on finding safe and reliable websites. Limited to 10 participants.

Gerry Laurito is a Librarian at the Camp Verde Community Library. He has been working with the Internet since before the Web.

VERDE VALLEY CAMPUS (CLARKDALE)

SUSTAINABLE SOUTHWESTERN LANDSCAPING
(V-651-17)
Sep.25, 2 Hrs, 9:00-11:00, Arizona Botanical Gardens

This presentation will focus on methods applicable to designing and maintaining southwestern landscaping with minimal impact on the natural environment. Water conservation in this region of the U.S. has become of critical concern and the use of xeriscape and permaculture techniques must be adopted in order for any true progress to occur in our proposed water use strategies. The location of this workshop will be at Arizona Botanical Gardens in Clarkdale.

Jason Lavelle has been manager of the Arizona Botanical Gardens nursery for the past 18 years, and lectures regularly on xeriscape topics.
Monday Workshops

SEDONA CENTER

PET FOOD: WHAT DOES MY PET REALLY NEED TO LIVE LONG AND HEALTHY (S-450-17)

Sep.25, 3 Hrs, 9:00-12:00, Room 39

Dr. Ginsky will talk about the basics of pet nutrition, separating fact from fiction and discuss the difference between marketing hype and sound nutrition principles. We'll explore the differences between “natural”, “grain-free” and other pet food identifiers, as well as compare ingredients and guaranteed analyses.

Martin Ginsky, Ph.D has been in the pet food industry for over 35 years. He has developed, formulated and produced pet foods for many different companies and has consulted for pet food companies all over the world.

ENERGY DIAGNOSIS AND HEALING (S-451-17)

Oct.02 & Oct.09, 3 Hrs, 1:00-4:00, Room 28

Physical and emotional problems can have their roots in the subconscious mind. We can see these roots reflected in the human energy field. In this experiential workshop we will explore the various ways of perceiving energy fields: through our visual, auditory, and kinesthetic senses. We will also cover how to interpret the information we receive. In my 40 years as a physician, I have found this approach to be transformative. Must attend first day of this workshop in order to attend the second day. Come join us and have fun! Oct 2nd session will be similar to the summer workshop where as the second session on Oct 9th will be all new.

Lester Adler, MD practiced integrative medicine in Sedona till his recent retirement. His passion for energy healing spans 30 years, including teaching in Europe and India. His practice is now exclusively dedicated to energy insight and healing.

INTRODUCTION TO THE NATIVE AMERICAN FLUTE

(S-452-17)

Oct.09, 3 Hrs, 9:00-12:00, Room 8

The focus of this workshop is on describing the various aspects and qualities of the flute, and some basic playing instruction. Included will be a short history, a discussion and actual demonstration of various flute types and their characteristics, beginning playing techniques and essentially what you should know before purchasing your first flute (or another one). If you own a native flute, you are invited to bring it with you.

Jim Wilson retired to Sedona after teaching in the higher education system. He enjoys playing his flutes wherever he is; at home, when occasionally volunteering in the Sedona area or just sitting atop a red rock.

PAINT LIKE MONET (S-453-17)

Oct.16, 3 Hrs, 1:00-4:00, Room 8

Based on the book, “The Powers of the Right Brain,” this innovative class encourages you to have fun while you tap into your reservoirs of inner joy. Guided by noted local artist and author, Mary Krigbaum, you will learn how to allow your inner child to play while you create a beautiful project to display in your home. This workshop gives you the fundamentals of how the process works. No painting experience necessary. Materials fee of $15 payable to instructor. Limited to 10 participants.

Mary Krigbaum is a self-taught Artist who has spent decades developing her unique style. Mary learned to paint in 1995. She switched to painting with her left hand in 2006, a method she learned from reading a book called “The Power of the Other Hand.”

ESSENTIAL OILS AND AROMATHERAPY FOR PETS

(S-454-17)

Oct.16, 3 Hrs, 1:00-4:00, Room 28

Learn how to safely and effectively use essential oils and aromatherapy for your dogs, cats, or horses. A thorough and stimulating look at how your pet can benefit from these well-researched, carefully formulated, scientifically proven tools from nature’s medicine cabinet. Our furry friends have no fear, resistance or intellectual blocks to benefiting from holistic and alternative health approaches. If it can work for the presenting condition, it will.

Honey Judith Rubin is a degreed psychologist/learning specialist and life-long educator.

Sarah Jensen has taught more than 2500 people about the power of essential oils.

CRUISING SECRETS - OCEAN AND RIVER - INS AND OUTS (S-455-17)

Oct.23, 3 Hrs, 1:00-4:00, Room 28

Discussion of both Ocean and River cruises throughout the world. How to save money, single cruising, which credits cards to use, when to book. Combing land travel with cruises.

Joel Gilgoff, Past Chairman of the Sedona Chamber, has taught many travel classes for OLLI. He and Sheila, his wife have taken almost 70 cruises is a regular international traveler. He will share his “secrets.”

Hog Wild BBQ generously supported OLLI. We thank them and ask OLLI members to support Hog Wild.
UNDERSTANDING ANNUITIES (S-456-17)
Oct.30, 2 Hrs, 1:00-3:00, Room 15
There is a lot of confusion regarding the various types of annuities offered today and how they work. We will cover the advantages and disadvantages to these financial instruments. Limited to 30 participants.

Matt McMahon is a Certified Financial Planning™ professional for Four Peaks Wealth Management. Matt specializes in creating personalized retirement income plans and Social Security planning. He enjoys helping clients achieve their financial goals.

Colin Hughes is a Certified Financial Planner. He has a certificate in financial planning from Kaplan University and a BSBA from NAU. He is experienced in financial planning and investment management.

THE HOOK! SONG WRITING FOR FUN (S-457-17)
Nov.06 & Nov.13, 3 Hrs, 9:00-12:00, Room 40
Songs have been written and performed for years, and while they come in many shapes and sizes, songwriters agree that there are no rules for success. There is only “The Hook.” We will again explore that elusive hook, looking at successful song forms and hooks and doing some workshop song writing. Bring voices and instruments. Limited to 30 participants.

Larry Latour is a Computer Science Professor and long time singer/songwriter in Mid-coast Maine and Arizona. With Leslie Latour, he has performed throughout the Verde Valley and greater Arizona.

Leslie Latour is an artist and long time singer/songwriter in Mid-coast Maine and now Arizona. With Larry Latour, she has performed throughout the Verde Valley and co-run open mics.

AMAZING TRAVEL TIPS & FREE FLIGHTS & HOTELS USING CREDIT CARD SIGN-UP BONUSES (S-458-17)
Nov.06, 3 Hrs, 1:00-4:00, Room 28
Find the best cruise, tour and hotel deals. Find low cost private excursions. Get travel agent rebates. Get free (or low cost) airfare and hotel stays (US and international) using points from credit card sign-up bonuses and online shopping malls. Get free trip cancellation insurance. Learn which credit cards to get, how to earn large bonuses, and the best way to redeem points. For example, pay your income and property taxes using credit cards while improving your credit score.

Joel Gilgoff, Past Chairman of the Sedona Chamber, has taught many similar classes for OLLI. He has accumulated over 4 million hotel and airline points over the past 4 years and is a regular international traveler.

STRESS LESS? OH, YES! (S-459-17)
Nov.13, 3 Hrs, 1:00-4:00, Room 28
Successfully address and handle your stress! Tools, tips, and steps for you to use to get the results you want and need. Learn about the intricate and reliable interaction between aromatherapy and essential oils — and your body and mind — and gain a powerful and scientifically proven tool for improving and maintaining your personal health and well-being. Essential oils are known for their side benefits (not side effects!).

Honey Judith Rubin is a degreed psychologist/learning specialist & life-long educator.

Sarah Jensen has taught more than 2500 people about the power of essential oils.
Tuesday Workshops

CAMP VERDE LIBRARY

SOUND SLEEP: USING AROMATHERAPY & ESSENTIAL OILS (CV-669-17)
Oct.03, 3 Hrs, 2:00-5:00, Copper Room
Enhance good sleep habits and correct poor ones using aromatherapy and essential oils. Learn how to promote the most restorative and natural sleep cycle possible. Mental, physical, and emotional health and well-being are all supported by the quality of our sleep. Class will include tips for good sleep “hygiene” to better ensure your sound sleep! Your body & mind interact with aromatherapy & essential oils to provide a reliable, powerful, and scientifically proven tool for health.

Honey Judith Rubin is a degreed psychologist/learning specialist and life-long educator.

Sarah Jensen has taught more than 2500 people about the power of essential oils.

BLACKSMITHING IN CAMP VERDE (CV-665-17)
Oct.10, 3 Hrs, 9:30-12:30, Copper Room
This course consists of a Powerpoint presentation on the history and techniques of shaping heated iron with an emphasis on the military employment of blacksmiths and farriers. Tools and fixtures used in forming household items, tools, and decorative objects will be available for examination.

Bill Morris’ interest in knives and knife making led him into the field of general blacksmithing and related crafts. Since his retirement, Bill has spent much of his time making functional items in his shop in Camp Verde.

HAND-CRAFTING COPPER-WIRE JEWELRY (CV-671-17)
Oct.17 & Oct.24, 2 Hrs, 10:00-12:00, Key Lime Room
Learn how to make beautiful, hand-crafted copper-wire jewelry from a master craftsman. You can make a copper and bead ring and/or earrings that you will enjoy for years to come. A $5 material fee for each project is payable to instructor. This class will meet for two sessions.

Carl Campio, Bohemian artist, is a Native American (registered member of the Tongya Band—California Mission Indians), Coppersmith of jewelry and decorative items, and 4th-generation artist/craftsman. Carl has created art for 50 years.

CAMP VERDE (PARKS & RECREATION)

INTRO TO PICKLEBALL (CV-666-17)
Nov.14, 3 Hrs, 9:00-12:00, Camp Verde Gym
Pickleball is America’s fastest growing sport and more than two-thirds of the players are Baby Boomers and Golden Age Gals and Guys. If you’ve ever wondered how to play pickleball, this workshop is for you. This workshop is for true beginners—people who have never played pickleball. All equipment and instruction is provided. The workshop will take place in the Camp Verde Parks & Recreation Community Center Gym at 395 S. Main Street. For location info see: http://campverdepickleball.blogspot.com/
Limited to 10 participants.

John Parsons has lived in Arizona since 1979 and is well known for his efforts to save The Verde River. Last year he “discovered” pickleball and became an ardent addict. He delights in working with beginners and can help you become an addict, too.

VERDE VALLEY CAMPUS (CLARKDALE)

SENIOR SAFETY AND AWARENESS: TIPS FROM THE CLARKDALE POLICE DEPARTMENT (V-668-17)
Oct.17, 2 Hrs, 2:00-4:00, Room G-103
What are the common threats to safety that seniors face in the Verde Valley? What can they do about them? What resources are available and where do they go to get help? The Clarkdale Police Department will offer seniors living in the Verde Valley the dos and don’ts of keeping safe at home and around town. Come and learn from the experts and feel safer and be safer.

Troy Smith is a sergeant in the Clarkdale Police Department.

SEDONA CENTER

INTRODUCTION TO TEA (S-460-17)
Sep.26, 3 Hrs, 9:00-12:00, Offsite
This is a hands-on workshop in a kitchen setting for learning to successfully brew good tea. It will include guidelines and mechanics of brewing tea, discussions comparing many varieties of teas available in the U.S., and discovering your flavor profile. Class limited to 10 people and will take place at Trailhead Tea. Address is: 251 SR 179 in the Creekside Plaza. Limited to 10 participants.

Eileen and Dan Durand are team teaching the workshop. They run a tea department store in Sedona.
PREPARING YOUR ESTATE PLAN (S-461-17)
Oct.03, 1.5 Hrs, 11:00-12:30, Room 15
Preparing Your Estate Plan presentation will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event.

Donna Wiseman is a series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

TIME MATTERS: A WOMEN’S OUTLOOK ON RETIREMENT (S-462-17)
Oct.17, 1.5 Hrs, 11:00-12:30, Room 15
This program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

Donna Wiseman is a Series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

DEMYSTIFYING INVESTING (S-463-17)
Nov.07, 1.5 Hrs, 11:00-12:30, Room 15
Saving for college? Thinking retirement? Both? Once you have a picture of your investing goals, you need a strategy designed to help you get there. We'll explore the tools and strategies that are available to assist you and your family in working toward your financial goals - and we'll help you feel more comfortable with the investing process.

Donna Wiseman is a series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

Wednesday Workshops
VERDE VALLEY CAMPUS (CLARKDALE)
AN APOTHECARY IN YOUR BACKYARD (V-679-17)
Nov.08, 3 Hrs, 9:00-12:00, Room L-216
This class will explore Southwest Native American cultures' uses for common plants in the Verde Valley.

Chris Jensen is a Supervisor for the Verde Natural Resource Conservation District, a Verde River enthusiast and an amateur naturalist. He has completed the Master Gardener and Master Watershed Classes.

Thursday Workshops
CAMP VERDE LIBRARY
MYSTICAL MANDALAS (CV-680-17)
Sep.28, 3 Hrs, 1:00-4:00, Copper Room
Learn about the fascination, origin, traditions and rituals of the Mandala as a spiritual tool to relax the mind. We'll make a Mandala from a template with pens using ancient symbols and learn some Zentangle designs. Allow your creative brain to come out and play. No artistic talent needed. After we complete our designs, we'll set our intention, meditate, and enjoy a state of healing and insight. Cost: $15. Sign up commits to fee. Limited to 12 participants.

Grace Kirkwood uses Nature as a means of creative expression and awareness.

LET’S HAVE A TEA PARTY! (CV-682-17)
Oct.05, 3 Hrs, 1:00-4:00, Key Lime Room
This isn't just any tea party. Learn how to make nourishing and healing herbal infusions to increase health and vitality. Discover the simple but powerfully tonifying remedies that you can grow or find right outside your door. Have more energy and create optimal health with Mother Nature's supportive and healing plants. Learn how to make beneficial tinctures, infusions and vinegars. Then we'll concluded with a tasting ceremony.

Grace Kirkwood uses Nature as a means of creative expression and awareness.

LIVE THE LIFE YOU TRULY WANT (CV-685-17)
Oct.12, 3 Hrs, 9:00-12:00, Copper Room
Learn to use tools and processes that help you maintain peace of mind through any situation. Take charge of your own life and stop being at the mercy of circumstances beyond your control. Limited to 12 participants.

Dr. Nancy Oelklaus, since 2000, has worked as a leadership/personal coach, helping people navigate situations, emotions, and other people's behavior to find contentment, peace, and fulfillment.
Thursday Workshops

CAMP VERDE LIBRARY

BASS FISHING 101 (CV-684-17)
Oct. 12, 3 Hrs, 1:00-4:00, Copper Room
This class will provide an overview of bass fishing techniques, baits, and equipment used for the sport. Information provided will include seasonal bass patterns and corresponding techniques including Texas Rig, Carolina Rig, Drop Shot, and more, with a variety of artificial baits. Baits discussed will include plastics, crank baits, and specialty baits. A variety of rods, reels, and fishing line will be covered. The class will include a Q&A session.

Tim Smith has been bass fishing nationwide for over 30 years. His experience in Arizona includes tournament and recreational fishing. He is a former angler-of-the-year for NABC (Northern Arizona Bass Club).

QUILLING MADE EASY (CV-683-17)
Oct. 26, 3 Hrs, 1:00-4:00, Copper Room
Quilling, or paper filigree, is a simple and pleasantly addictive paper art that can be done by anyone. Many different shapes can be used to create beautiful greeting cards, jewelry, holiday ornaments, decorations, and other durable art forms. Learn the basics of making quilled shapes as well as other techniques, tricks and tips from a seasoned crafter. Your take-home kit contains tools and enough additional materials for several future projects. $12 materials fee. Please bring white glue and scissors to class.

Limited to 7 participants.

Nancy Raistrick has crafted for more than 50 years and delights in sharing her know-how with others.

PAINT LIKE MONET (CV-686-17)
Nov. 09, 3 Hrs, 1:00-4:00, Terracotta Room
Based on the book, “The Powers of the Right Brain”, this innovative class encourages you to have fun while you tap into your reservoirs of inner joy. Guided by noted local artist and author, Mary Krigbaum, you will learn how to allow your inner child to play while you create a beautiful project to display in your home. This workshop gives you the fundamentals of how the process works. No painting experience necessary. Materials fee of $15 payable to instructor.

Limited to 10 participants.

Mary Krigbaum is a self-taught Artist who has spent decades developing her unique style. Mary learned to paint in 1995. She switched to painting with her left hand in 2006, a method she learned from reading a book called “The Power of the Other Hand.”

SOUND SLEEP: USING AROMATHERAPY & ESSENTIAL OILS (V-689-17)
Nov. 02, 2 Hrs, 2:00-4:00, Room L-216
Enhance good sleep habits and correct poor ones using aromatherapy and essential oils. Learn how to promote the most restorative and natural sleep cycle possible. Mental, physical, and emotional health and well-being are all supported by the quality of our sleep. Class will include tips for good sleep “hygiene” to better ensure your sound sleep! Your body and mind interact with aromatherapy and essential oils to provide a reliable, powerful, and scientifically proven tool for health.

Honey Judith Rubin is a degreed psychologist/learning specialist and life-long educator.

Sarah Jensen has taught more than 2500 people about the power of essential oils.

HOW DO I USE THIS THING? INTRO TO I-PHONES, I-PADS, SMART PHONES & TABLETS (V-681-17)
Nov. 16, 1.25 Hrs, 12:30-1:45, Room M-137
So your children or grandchildren surprised you with a new phone or tablet for your birthday….and you have no idea how to use it? Join our gathering of Yavapai College Sociology students who will give you one-on-one tutorials on everything from how to text, download apps, take pictures and video with your Smart Phone, open email attachments, create a Facebook account, search for information online and on and on…. Bring your devices and all of the questions you have.

Limited to 40 participants.

Ginger Lindquist, Karly Schauwecker, and students from Yavapai College.

SEDONA CENTER

LIBERATION IMPROV (S-464-17) OLLI@NITE
Oct. 19, 3 Hrs, 5:30pm-8:30pm, Room 40
Join this nurturing space where we will explore the tantalizing edge between a safe patterned reality and an innocent freedom. Guided through dynamic exercises, theater games and improv scene building you will be invited to step out of character and discover a new liberation. Together we say YES! and dip into the Flow where speech and movement are an effortless dance revealing connection, creation and child-like spontaneity. Expect to be amazed and thoroughly amused at yourself and each other! Limited to 14 participants.

John Kilis overcome crippling anxiety & fear of public speaking with numerous improv gatherings, workshops and training with what became a local comedy troupe. He now shares all the benefits of improv while facilitating a weekly open practice group.
UNDERSTANDING ANNUITIES (S-465-17) OLLI@NITE
Nov.09, 2 Hrs, 5:30pm-7:30pm, Room 39
There is a lot of confusion regarding the various types of annuities offered today and how they work. We will cover the advantages and disadvantages to these financial instruments. Limited to 30 participants.

Matt McMahon is a Certified Financial Planning™ professional for Four Peaks Wealth Management. Matt specializes in creating personalized retirement income plans and Social Security planning. He enjoys helping clients achieve their financial goals.

Colin Hughes is a Certified Financial Planner. He has a certificate in financial planning from Kaplan University and a BSBA from NAU. He is experienced in financial planning and investment management.

Friday Workshops
CAMP VERDE LIBRARY

NEW AND ALTERNATIVE PERSPECTIVES ON HEALTH (CV-697-17) OLLI@NITE
Nov.10, 2 Hrs, 5:30pm-7:30pm, Copper Room
Looking at health from an alternative, holistic and perhaps whole new perspective, e.g., mineral balance as a key factor. Learn how deficiencies and/or imbalances of minerals affect all areas of physical and mental health; How to detect imbalances and inflammations using screenings such as Hair Tissue Mineral Analysis and thermography. Your open, curious mind is a huge asset in taking responsibility for your health. Come, enjoy this stimulating, clear and thorough presentation. Limited to 20 participants.

Naomi Malter Brand, B.A. is a Thermographic Technician and Professional Member of the Professional Academy of Clinical Thermology (PACT) and Breast Thermography International. She is part of the Malter Institute, Inc. in Cottonwood, Arizona.

VERDE VALLEY CAMPUS (CLARKDALE)

ORAL BACTERIA: THE CAVITY IN THE HEALTHCARE SYSTEM (V-695-17)
Sep.29, 3 Hrs, 1:00-4:00, Room L-216
This informational workshop will show the documentary, “Say Ahh,” a story which suggests that the answer to our health problems is right under our noses...the mouth. Heart disease, diabetes, obesity, and cancer are becoming more and more prevalent. Following the film, a discussion on how, by taking an active approach to oral health, we can improve our overall physical health—thereby saving billions of dollars and millions of lives.

Jeanne Dockins, RN, BSN was an OR nurse for 38 years. She has extensive knowledge on the effects oral bacteria can have on patients’ overall health. Jeanne has a very compelling and dramatic story on how oral bacteria have personally affected her life.

PAINT LIKE MONET (V-696-17)
Sep.29, 3 Hrs, 1:00-4:00, Room H-103
Based on the book, “The Powers of the Right Brain,” this innovative class encourages you to have fun while you tap into your reservoirs of inner joy. Guided by noted local artist and author, Mary Krigbaum, you will learn how to allow your inner child to play while you create a beautiful project to display in your home. This workshop gives you the fundamentals of how the process works. No painting experience necessary. Materials fee of $15 payable to instructor at start of workshop. Limited to 10 participants.

Mary Krigbaum is a self-taught Artist who has spent decades developing her unique style. Mary learned to paint in 1995. She switched to painting with her left hand in 2006, a method she learned from reading a book called “The Power of the Other Hand.”

THANK YOU!
To the members of the OLLI community that help OLLI each term by serving on committees, councils, events teams and other business tasks. Thanks for your generosity in sharing your skills, and support.
We always need more support!
Friday Workshops
VERDE VALLEY CAMPUS (CLARKDALE)

PRECIOUS METAL CLAY JEWELRY - COPPER (V-670-17)
Oct.06 & 13, 3 Hrs, 9:00-12:00, Room H-103
This is a jewelry design two-part workshop working with precious metal clay in copper. Beginners are welcome. Clay objects can be made with simple tools then dried and fired in a small kiln. The clay can be cut, textured, layered, and shaped to create a range of forms limited only by your imagination. At the completion of the 2nd class you will leave with a piece of wearable art - earrings, pendants or ring in copper. Materials fee of $40 payable to instructor. Limited to 6 participants.
Deborah Czarny has lived in the Verde Valley for 6 years as an semi retired art teacher. She received a degree in Art Education from Virginia Tech. She taught elementary art for 15 years. She is a member of El Valle Art Association and loves art.

MINERALS: THE SPARK PLUGS OF LIFE (V-694-17)
Oct.06, 3 Hrs, 1:00-4:00, Room L-216
Henry Schroeder, MD observed that minerals are the "spark plugs" of life. Nutrient minerals are an integral part of a dynamic system that is vital to support good energy, health, vitality, and the immune system. This class will provide an overview of the nutrient mineral system and how it relates to good health, both mental and physical. There will be a special focus on vitamin D supplementation and how it affects the overall mineral system.
Rick Malter is a retired clinical psychologist who incorporated nutrition into his psychological practice more than 30 years ago. He teaches online classes on minerals nationally and internationally and does nutritional consultations.

HISTORY OF THE VERDE VALLEY (V-690-17)
Oct.13, 4 Hrs, 9:00-1:00, Room G-106
This workshop will give a history of the Verde Valley beginning with Pre-Colombian inhabitants through present day.
Julie Larson is the retired school Superintendent of the Cottonwood-Oak Creek School District.

THE HEALING POWER OF BELIEF (V-698-17)
Oct.20, 3 Hrs, 9:00-12:00, Room L-216
In this workshop, you will learn: 1. to identify the limiting beliefs which are affecting your health; 2. to control your thoughts and change your genetic expression for breast cancer, diabetes, heart disease and other diseases; 3. how your emotions affect your health; 4. strategies to reprogram your mind to create vibrant health.
Jeanne Dockins, RN, BSN was a surgical nurse at a level I trauma center for over 30 years. Jeanne is now an author, health and wellness researcher and speaker. In her spare time, Jeanne enjoys music, hiking, and reading.

JERUSALEM TODAY (V-692-17)
Oct.20, 1.5 Hrs, 1:00-2:30, Room G-103
Jerusalem Today is a series of interviews given by secular, orthodox, writers, poets, Palestinians & citizens. These people were born in Jerusalem, fought for her, and live in Jerusalem. What is the future holding for this city? Who does it belong to?
Kohava Benatar is Israeli and knows the history of the state and Jerusalem.

THE EVER INCREASING NATIONAL DEBT...SHOULD YOU CARE ? (V-691-17)
Oct.27, 2 Hrs, 1:00-3:00, Room G-103
Yes! We will discuss how ongoing budget deficits, driven by increasing non-discretionary Social Security and Medicare spending, will increase the National Debt and associated interest expense to non-sustainable levels without major tax increases or dramatic cuts in discretionary programs. The administration’s budget proposals for 2018 FY starting in October exacerbate the problem. What is going on? What needs to be done?
Lou Camp MBA has facilitated several OLLI Federal budget/national debt workshops over the last 10 years, and during that time the National Debt has doubled and budgets have become a thing of the past.

FUN WITH WATERCOLOR (V-693-17)
Oct.27, 3 Hrs, 1:00-4:00, Room H-103
Beginner artists invited. No drawing skill required. Materials will be supplied. Materials fee of $7.00 payable to instructor at start of workshop. Limited to 12 participants.
Pat Murphy has enjoyed painting in this medium for several years and would like to expand others interest in watercolor.

Invitation to Facilitate
Is there a particular topic or craft you would enjoy sharing with mature, inquisitive, and dynamic adults?
You don’t have to be a retired professor from a university. The main requirement is a passionate interest in something.
Ask for a class/workshop proposal form – these are due a few months in advance of each session/quarter.
Winter session proposals due Oct. 1st or sooner.
Submit your proposal online at www.olliclassess.org. Instructions are in the back of this catalog and online.
www.olliclassess.org
SEDONA CENTER

THE NATURE OF CHANGE: LETTING OUR RELATIONSHIP WITH NATURE CHANGE OUR INNER BEING (S-466-17)
Oct. 06, 4 Hrs, 9:00-1:00, Room 40
Join a special event that ranges from the practical to the inspirational, touching heart, mind and feet. A guided nature walk designed to teach you the key skills for enjoying trails. Learn of the latest findings in “The Human-Nature Synergy.” Back in the classroom, we’ll discuss the relationship of nature and consciousness. Time to reflect, and then share your own desires to create more intimacy with the natural world. The new approach to growth is “mind-body-spirit-nature.” Closing meditation. Limited to 20 participants.

Robin Weeks, Ph.D is the OLLI Sedona/Verde Valley Coordinator. He has a doctorate in Geophysics and was faculty in Earth and Space Sciences at the University of Washington, Seattle.

Dennis Andres, B.S.F.S., M.I.M. has guided clients to natural beauty on 4 continents. He is the author of “What Is A Vortex?”, “Sedona’s Top 10 Hikes”, and “Sedona Hikes: 225 Trails and Loops.”

CAPTURE YOUR FAMILY HISTORY BEFORE IT’S TOO LATE! (S-467-17)
Oct. 06, 3 Hrs, 9:00-12:00, Room 28
Learn how you - yes, you! - can create a book or other media that captures your or your family’s history. Leave your children and grandchildren a memento so they can understand where they come from and who their ancestors were. Got boxes of family photos? Organize them in a book and share stories. Darcy Hitchcock will share creative alternatives to genealogies along with online publishing tools to make it easy. Come with a glimmer of an idea and build a practical, fun approach to get it done. Limited to 30 participants.

Darcy Hitchcock published her family history, gaining amazing insights about where her traits and values come from. She’s also published her poetry and life’s insights. She’s helped others capture important family photos, art and stories.

THE TERRIFIC WORK OF DR. JONATHAN HAIJD (S-468-17)
Oct. 06, 3 Hrs, 1:00-4:00, Room 39
Dr. Jonathan Haidt is a world renowned social psychologist on morality and tribalism and author of “The Righteous Mind”. In this course, you will learn how to understand and relate to others that think differently than you. This is essential for anyone truly interested in upgrading and strengthening the democratic process.

Blair Henry is the Founder & Executive Director of ThePeoplesConvention.org. Blair is a former Seattle corporate and prosecuting attorney, certified mediator and graduate school professor and has lived in the Village of Oak Creek since 2009.

CULINARY ESSENTIALS (S-469-17)
Oct. 13, 5 Hrs, 9:00-2:00, Room 12
Come join the fun and explore cooking at its best while learning Culinary Essentials:
Knife Skills, Sauces and Stocks, Searing and Sauteeing, Homemade Pasta and How to make a Mousse.
We’d start with knife skills, move down the line and end up having a delicious meal at the end of the day of freshly made pasta, homemade sauce with protein, side salad and a chocolate mousse for dessert. $10 Fee payable to instructor for consumables (our homemade lunch!!). Limited to 10 participants.

Chef Jen Jackson is a Chef Instructor at Yavapai College and a part-time Chef at The Sanctuary in Cornville. Chef Jen is a professionally trained chef from Oregon Culinary Institute and The Culinary Institute of America in Hyde Park, NY.

IMPROVE YOUR BRAIN-BODY CONNECTION (S-470-17)
Oct. 13, 3 Hrs, 1:00-4:00, Room 40
Would you like to have better listening skills, memory, physical coordination and balance, be more productive, or just feel more comfortable in your body? Join us as we learn lively and fun-to-do movements to enhance brain/body awareness. Working with individuals and as a group, we will experience how movement shapes the brain as specific goals are addressed during this session. Please bring water, paper and pen. Limited to 15 participants.

Laura Vandegrift is a licensed Brain Gym Consultant/Instructor. She brings humor to her work with seniors as an educator and professional speaker and has successfully taught Move with Balance* fall prevention techniques in other Olli classes.

928.649.4275 • 928.649.5550 21
Friday Workshops

SEDONA CENTER

SAVED WORLD OF THE MANDALA- DEVELOPING YOUR CREATIVE POTENTIAL (S-471-17)

Oct. 13, 3 Hrs, 1:00-4:00, Room 39

In this workshop we will go deeper into mandala imagery and sacred geometry to develop your own visual symbology and activate your creativity and imagination. The drawing, painting, and journaling exercises are designed to inspire and improve creativity and technical ability no matter what amount of artistic experience you have. Minimum of 5 people required. Materials fee of $10 payable to instructor. Limited to 15 participants.

Tim Nelsen is an artist, meditator and world traveler who has studied in both western and eastern traditions and been teaching art for all ages and abilities for many years.

GEMS: SCIENCE BEHIND THE BEAUTY (S-472-17)

Oct. 20, 3 Hrs, 1:00-4:00, Room 28

Throughout human history gems have been prized for their beauty and intrinsic value. We will consider the mineralogy and geochemistry underlying the allure of selected gems.

Ken Bork, a paleontologist, knows just about three-hours-worth of geochemistry and gem mineralogy.

LIVE THE LIFE YOU TRULY WANT (S-473-17)

Oct. 27, 3 Hrs, 9:00-12:00, Room 15

What is the life you truly want to live? What gives you energy for living it? What takes your energy away? In this 3-hour workshop, get rid of what's holding you back and move in the direction of your dreams. Limited to 12 participants.

Dr. Nancy Oelklaus, since 2000, has worked as a leadership/personal coach, helping people navigate situations, emotions, and other people's behavior to find contentment, peace, and fulfillment.

JERUSALEM TODAY (S-474-17)

Oct. 27, 1.5 Hrs, 1:00-2:30, Room 39

Jerusalem Today is a series of interviews given by secular, orthodox, writers, poets, Palestinians, and citizens. These people were born in Jerusalem, fought for her, and live in Jerusalem. What is the future holding for this city? Who does it belong to?

Kohava Benatar is Israeli and knows the history of the state and Jerusalem.

UNDERSTANDING THE GLOBAL ECONOMY (S-475-17)

Nov. 03, 3 Hrs, 9:00-12:00, Room 28

The global economy has been radically transformed in the past 30 years, posing new threats to and offering new possibilities for America's consumers, producers and leadership position in the world. This workshop provides a factual basis for understanding the demographic and economic forces that will shape the future for the United States and the rest of the world, including demographics, market access barriers and conflicting economic systems.

Charles Blum is a retired diplomat and trade negotiator and adjunct professor of business. As founder and president of a consultancy that operates from Washington DC and Sedona, he remains active on a wide range of policy and international issues.

YOUR DOMINANT FEATURES (S-476-17)

Nov. 03, 3 Hrs, 1:00-4:00, Room 40

Learn your dominant features – brain, eye, ear, hand and foot and how these features affect your response to stress. Knowing this helps you to understand yourself and others in your relationships, creative endeavors, and stressful situations. Learn techniques and activities that allow full integration of both sides of the brain and all your senses including the self-healing technique of Meridian Massage. Please bring water, paper and pen. Limited to 14 participants.

Laura Vandegrift is a Licensed Brain Gym Consultant/Instructor and certified in Touch for Health I & II. She brings humor to her work with seniors as an educator/professional speaker and has successfully taught Balance and Brain classes at OLLI.

AN APOTHECARY IN YOUR BACKYARD (S-477-17)

Nov. 17, 3 Hrs, 9:00-12:00, Room 28

This class will explore medicinal, dietary and other uses Southwest Native American cultures had for common plants in the Verde Valley.

Chris Jensen is a Supervisor for the Verde Natural Resource Conservation District, a Verde River enthusiast and an amateur naturalist. He as completed the Master Gardener and Master Watershed Classes.
INTRODUCTION TO EVOLUTIONARY ASTROLOGY
(S-478-17)
Nov. 17, 3 Hrs, 9:00-12:00, Room 40
Evolutionary Astrology has become a dominant approach to astrological analysis and interpretation since Jeffrey Green published his ground breaking book “Pluto: The Evolutionary Journey of the Soul”, in 1986. It puts our Soul’s evolution front and center, as the dominant thrust of the natal birth chart and subsequent trends. What is the essence of this approach? What is its unique contribution to understanding our Soul’s deepest purpose in this lifetime? Basic understanding of astrology required.

Deborah Nye is a transpersonal psychologist, astrologer and counselor oriented to helping you understand and empower your Soul's journey through this lifetime.

AWAKENING TO AWARENESS AND PERCEPTIONS
(S-479-17)
Nov. 17, 3 Hrs, 1:00-4:00, Room 40
As we awaken and liberate, one of our challenges is being aware of what is real versus what is perception or conditioning. Let’s explore what it means to be present and awake. The more present we are in every moment, the more time slows down and we can savor every moment. Being present means we are not immersed in our conditions and our perceptions and that we do not allow our contractions and reactions to run us. Seeing beyond perceptions is where love and joy flourishes.

Solaris Walsh is a self-liberation awakening coach and teacher. She intuitively and experientially facilitates your expanded awakening enabling unconditional acceptance, peace and love.

SPECIAL INTEREST GROUPS

SEDONA CENTER

CHESS CLUB (FREE FOR OLLI MEMBERS)
First and third Wednesday each month, 1:00-4:00, Sedona Center, Room 8
The OLLI Chess Club continues to be active. Come to play, watch, and learn. Beginners are welcome. Free instruction. No need to register; drop in for a few minutes to stay the full 3 hours. For further information contact Bill Ward at liamfrancisw@gmail.com.

VERDE VALLEY CAMPUS (CLARKDALE)

OUT TO LUNCH BOOK GROUP (V-699-17)
(FREE FOR OLLI MEMBERS – REGISTRATION REQUIRED)
Second and Fourth Friday, Sep. 08, 1.5 Hrs, 12:30-2:00, Jerona Cafe in Cottonwood
Join us on the second and fourth Friday of each month for discussion of books over lunch. The assigned book is discussed on the fourth Friday meeting and a general discussion of books you are reading or have read takes place on the second Friday. The September book is “A Great Reckoning” by Louise Penny; October is “Two If By Sea” by Jacquelyn Mitchard; November is “The Aviator’s Wife” by Melanie Benjamin; December is “Gray Mountain” by John Grisham. Free with paid Fall OLLI membership. Limited to 10 participants.

Joe Stack is an avid reader who enjoys discussing books.
LeEsther DeFehr has arranged for AZ Humanities presentations for several years and she enjoys reading.

Brown Bag Brain Buzz
KEYNOTE SPEAKER WEEKLY SERIES
Beginning Sept. 28th • Thursdays, 12:30 – 1:30pm
Bring your lunch, enjoy conversation, and listen to talks on great minds and great ideas that have shaped human history - prominent OLLI speakers, or a panel of experts.
Verde Valley Campus, Room G-106
FREE! NO NEED TO ENROLL & EVERYONE WELCOME
SPECIAL EVENTS

SEDONA CENTER

SPECIAL EVENTS IN SEPTEMBER:

REDESIGNING OLLI: A SPECIAL CO-CREATIVE Conversation
(INVITATION TO ALL INTERESTED IN OLLI - FREE)
Friday, Sep.22, 3 Hrs, 9:00-12:00, Room 34

OLLI is changing. It’s time for a fresh look at how we run our organization. Interested in what we can do to optimize its members’ best ideas and effort? What “best practices” would you encourage at OLLI? How would you improve our offerings? Make being involved “backstage” more gratifying? Help us be better organized? Share your knowledge so the coming year brings a new burst of exciting, appealing, creative programming at OLLI! This will be an enjoyable, lively, thought-provoking, and productive exchange. Make a difference in OLLI!
Facilitators: Paul Friedman, Jim Gandee, Shri Srikanth, and Robin Weeks

ENGAGING THE WORLD AS AN ELDER (S-480-17)
(OPEN TO THE PUBLIC - REGISTRATION REQUIRED)
Friday, Sep.29, 7 Hrs, 9:00-4:00, Room 34

Come join us for an interactive day exploring what it means to be a wise Elder. We will explore and practice interacting in ways that fulfill our potential. The vision of living from the “Wisdom of Being” will be discussed and experienced. Elders, we believe, are (or should be) vital to our community, our society, our world, and its evolution. We will interact with several speakers, who are effectively living as Elders, on how we might best continue to evolve and contribute to the world at large. Registration Required. Suggested Donation $10

Robin Weeks, Ph.D is the OLLI Sedona/Verde Valley Coordinator. He was faculty in Earth and Space Sciences at the University of Washington, Seattle, before becoming involved in contemplative practice and alternative learning. He believes we must find the wisdom to consciously engage with our evolution.

Paul Friedman, Ph.D, is a retired professor of communication and popular OLLI facilitator, who is trying to live as an Elder.

Solaris Walsh, MBA has been an evolutionary catalyst in her various careers as a management consultant, an international corporate executive of strategic analyses, and most recently as a self-liberation-awakening coach.

VERDE VALLEY CAMPUS (CLARKDALE)

SPECIAL EVENT: ARIZONA HUMANITIES COUNCIL PRESENTATION

ECHOES OF EDEN: THE GARDEN AS SYMBOL IN ART, MUSIC, & LITERATURE
(FREE AND OPEN TO THE PUBLIC)
Friday, Nov.03, 2 Hrs, 2:00-4:00, Room M-137

From the story of humanity’s first home in the Garden of Eden, gardens have been a favorite setting for stories, poetry, and works of music. This talk examines the ways that painters, poets, and musicians use gardens as settings. What do gardens tell us? Examples from such writers as William Shakespeare, Jane Austin, and Jerzy Kosinsky, composers from Mozart to Wagner, and painters from Rubens to Renoir, Schildkret demonstrates common themes gardens communicate and decodes their use across art forms.

David Schildkret is Professor of Choral Music at ASU. Both his teaching and published work focus on connections between music and writing, painting, history, and architecture. He has lectured nationally and internationally through Fulbright Scholars.

SPECIAL EVENT: FUNDRAISER FOR OLLI SCHOLARSHIP FUND

TAKE A RIDE ON THE OLLI TROLLEY
Friday, Nov.17, 2 Hrs, 1:00-3:00
Leaves from Sedona Center

Take a ride on the OLLI Trolley – have a fun 2-hour tour of Sedona while raising money for the OLLI Scholarship Fund. The two-hour tour, provided by Sedona Trolley, includes narrated visits to the south side of town, showcasing the upscale Gallery District and is highlighted by a 15-20 minute stop at the Chapel of the Holy Cross, and the west side. You will even leave town entirely, heading out into the gorgeous Dry Creek Valley where the stunning vistas of Boynton and Long Canyon are revealed and savored. Leaves from the Sedona Center. Maximum 60 participants. You must arrive by 12:45 at the very latest to get aboard. Registration required. $20 OLLI Members and $25 for non-members.
Social Security Workshops

OPTIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS

One Day Workshop, Offered twice

• Sedona Center, Thursday, Oct 19, 5:30-7:30, Room 39 (S-494-17)
• Sedona Center, Monday, Nov. 13, 1:00-3:00, Room 15 (S-492-17)

There are many common mistakes people make when claiming their benefits. Learn key factors you need to know before claiming Social Security. Learn how you can raise your monthly benefit more than 75%, how to avoid tax on Social Security, and the best time to apply for benefits. Plan well; retire well!

Matt McMahon is a Certified Financial Planning™ professional for Four Peaks Wealth Management. Matt specializes in creating personalized retirement income plans and Social Security planning. He enjoys helping clients achieve their financial goals.

Colin Hughes is a Certified Financial Planner. He has a certificate in financial planning from Kaplan University and a BSBA from NAU. He is experienced in financial planning and investment management.

Medicare Workshops

MEDICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE

One Day Workshops, Offered in 3 locations

• Camp Verde Library, Tuesday, Oct. 31, 9:00-11:00, Copper Room (CV-663-17)
• Verde Valley Campus, Clarkdale, Tuesday, Sept. 26, 10:00-12:00, Room L-215 (V-662-17)
• Verde Valley Campus, Clarkdale, Monday, Oct. 16, 1:00-3:00, Room L-216 (V-650-17)
• Sedona Center, Monday, Oct. 2, 9:00-11:00, Room 40 (S-490-17)
• Sedona Center, Monday, Oct.23, 9:00-11:00, Room 40 (S-491-17)

This workshop discusses what Medicare Parts A and B will and won’t pay, how supplements and advantage plans protect against major financial loss, and how Part D prescription drug plans work. All overheads used in class are provided to students as handouts.

Denny Fanter retired from AT&T as a financial planner. He has sold Medicare products in Texas and Arizona since 2005.

Medicare Workshops cont’d

MAKING SENSE OF MEDICARE - PART I & II

Two Day Workshop, Offered in 2 locations

• Verde Valley Campus, Clarkdale, Tues, Nov. 7 & 14, 10:00-12:00, Room L-215 (V-667-17)
• Sedona Center, Tuesday, Nov. 7 & 14, 2:00-4:00, Room 15 (S-493-17)

Take the mystery out of Medicare by attending this two-part course. Part I covers an overview of Medicare and Medicare Supplement plans. Part II covers Medicare Advantage plans and Part D prescription plans.

Andy Lockridge is a licensed life and health insurance agent in Arizona. He teaches this class at several community colleges throughout the state. His Medicare website is www.aboutmedicare.org.
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<tr>
<th>Monday</th>
<th>Time</th>
<th>Learning Group</th>
<th>Class #</th>
<th>Room</th>
<th>FACILITATOR</th>
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<tbody>
<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>Sep.25-Nov.13 9:00-10:30</td>
<td>News And Views</td>
<td>V-600-17</td>
<td>G-107</td>
<td>Stack, Ireland</td>
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<td>Sep.25-Oct.16 11:00-1:00</td>
<td>Truth About Vaccines Video Series</td>
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<td>Oct.2-Oct.30 6:00p-8:00p</td>
<td>Observational Astronomy (OLLI@Nite)</td>
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<td>Geology Of Selected National Parks</td>
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<td>Self-Help Acupuncture And Reflexology</td>
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<td>Soul Recognition</td>
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<td>Sep.27-Nov.1 9:00-10:30</td>
<td>Musical Revolutionaries</td>
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<td>Exploring The Verde Valley</td>
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<td>Sep.27-Nov.1 10:45-12:15</td>
<td>Microsoft Office - Improving Your Practical Skills</td>
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<td>Sedona Center</td>
<td>Sep.27-Nov.1 1:00-2:30</td>
<td>The World's Greatest Short Stories</td>
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<td>Sedona Center</td>
<td>Sep.27-Nov.15 9:00-10:30</td>
<td>Science News And Views</td>
<td>S-415-17</td>
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<td>Srikanth, Haizmann, Black</td>
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<td>Sep.27-Oct.25 9:00-10:30</td>
<td>Basic Grant Writing</td>
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<td>Sep.27-Nov.1 10:45-12:15</td>
<td>Rhythm &amp; Movement Through African Dance</td>
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<td>Whole Food Supplements For True Health</td>
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<td>Sep.27-Nov.15 10:45-12:15</td>
<td>That's A Great Question!</td>
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<td>Friedman</td>
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<td>Sep.27-Oct.18 10:45-12:15</td>
<td>The Wisdom Of The Enneagram</td>
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<td>Sep.27-Nov.15 12:30-2:00</td>
<td>Lunch And Learn</td>
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<td>The Great Ideas Program: Bridging Difference</td>
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<td>Sep.27-Nov.15 2:45-4:15</td>
<td>Writing Your Memoirs</td>
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<td>Oct.18-Nov.1 2:30-4:30</td>
<td>Empower Your Life With Self-Hypnosis</td>
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<td>Beginners Basic Counted Cross Stitch 1</td>
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<td>Sep.28-Nov.2 10:45-12:15</td>
<td>Happy Music For Troubled Times</td>
<td>V-633-17</td>
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<td>Sep.28-Nov.16 12:30-1:30</td>
<td>Brown Bag Brain Buzz</td>
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<td>Oct.05-Oct.26 2:45-4:15</td>
<td>Dreaming For Fun &amp; Profit</td>
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<td>Sedona Center</td>
<td>Sep.28-Oct.26 9:00-10:30</td>
<td>But Can It Happen Here?</td>
<td>S-424-17</td>
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<td>Sep.28-Nov.2 10:45-12:15</td>
<td>On The Science And Practice Of Mindfulness</td>
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<td>Sep.28-Nov.16 10:45-12:15</td>
<td>Intermediate Spanish</td>
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<td>Sep.28-Nov.2 10:45-12:15</td>
<td>Global Environmental Issues For The 21st Century</td>
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<td>Fundamentals Of Being</td>
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<td>Sep.28-Nov.2 10:45-12:15</td>
<td>The Modern American Presidents</td>
<td>S-429-17</td>
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## Learning Groups

### Sedona Center
- **Sep.28-Oct.19 1:00-2:30** Anti-Aging Skincare: Learn Medical Esthetics And Home Care For Men And Women
  - **S-430-17** 8 Marcus
- **Sep.28-Oct.19 2:45-4:15** Keep It Simple: An Introduction To Investing
  - **S-431-17** 15 Farmer
- **Sep.28-Nov.9 2:45-4:15** Leonard Bernstein: The Man And His Music
  - **S-432-17** 39 Brandon
- **Sep.28-Nov.9 5:45p-8:00p** One-Day University Lecture Series (Section 2) (OLLI@Nite)
  - **S-433-17** 28 Caetano
- **Oct.05-Oct.26 1:00-2:30** America’s Criminal Justice
  - **S-434-17** 39 Dunn
- **Oct.26-Nov.16 1:00-2:30** Five Myths Of Government Debt
  - **S-436-17** 15 Farmer
- **Oct.26-Nov.16 2:45-4:15** Conscious Investing
  - **S-437-17** 15 Farmer

### Workshops

#### Monday Time Workshop
- **Camp Verde Library**
  - **Oct.16 1:00-4:00** Best Of The Web
    - **CV-664-17** Copper Laurito
- **Verde Valley Campus (Clarkdale)**
  - **Sep.25 9:00-11:00** Sustainable Southwestern Landscaping
    - **V-651-17** AZ BG Lavelle
- **Sedona Center**
  - **Sep.25 9:00-12:00** Pet Food: What Does My Pet Really Need To Live Long & Healthy
    - **S-450-17** 39 Glinsky
  - **Oct.02 & Oct.09 1:00-4:00** Energy Diagnosis And Healing
    - **S-451-17** 8 Wilson
  - **Oct.16 1:00-4:00** Sound Sleep: Using Aromatherapy & Essential Oils
    - **S-457-17** 15 Rubin, Jensen
  - **Nov.6 & Nov.13 9:00-12:00** The Hook! Song Writing For Fun
    - **S-459-17** 28 Rubin, Jensen
  - **Nov.6 1:00-4:00** Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-up Bonuses
    - **S-458-17** 28 Gilgoff

#### Tuesday Time Workshop
- **Camp Verde Library**
  - **Sep.26 9:00-12:00** Self-Publishing With Amazon: Paperbacks
    - **CV-660-17** Copper Bowersock
  - **Oct.03 9:00-12:00** Self-Publishing With Amazon: E-books
    - **CV-661-17** Copper Bowersock
  - **Oct.03 2:00-5:00** Sound Sleep: Using Aromatherapy & Essential Oils
    - **CV-669-17** Copper Rubin, Jensen
  - **Oct.10 9:30-12:30** Blacksmithing In Camp Verde
    - **CV-665-17** Copper Morris
  - **Nov.13 1:00-4:00** Stress Less? Oh, Yes!
    - **S-459-17** 28 Rubin, Jensen

#### Wednesday Time Workshop
- **Verde Valley Campus (Clarkdale)**
  - **Nov.8 9:00-12:00** An Apothecary In Your Backyard
    - **V-679-17** L-216 Jensen

#### Thursday Time Workshop
- **Camp Verde Library**
  - **Sep.28 1:00-4:00** New & Alternative Perspectives On Health - (OLLI@Nite)
    - **CV-687-17** Copper Brand
  - **Nov.10 5:30p-7:30p** Understanding Annuities - (OLLI@Nite)
    - **CV-697-17** Copper Brand
- **Verde Valley Campus (Clarkdale)**
  - **Nov.2 1:00-3:00** Oral Bacteria: The Cavity In The Healthcare System
    - **V-695-17** L-216 Dockins
### WORKSHOPS

#### Verde Valley Campus (Clarkdale)
- **Sep.29** 1:00-4:00 Paint Like Monet V-696-17 H-103 Krigbaum 19
- **Oct.6 & 13** 9:00-12:00 Precious Metal Clay Jewelry - Copper V-670-17 H-103 Czarny 20
- **Oct.6** 1:00-4:00 Minerals: The Spark Plugs Of Life V-694-17 L-216 Malter 20
- **Oct.13** 9:00-1:00 History Of The Verde Valley V-690-17 G-106 Larson 20
- **Oct.20** 9:00-12:00 The Healing Power Of Belief V-690-17 L-216 Dockins 20
- **Oct.20** 1:00-3:00 Jerusalem Today V-692-17 G-103 Benatar 20
- **Oct.27** 1:00-3:00 The Ever Increasing National Debt...Should You Care? V-691-17 G-103 Camp 20
- **Oct.27** 1:00-4:00 Fun With Watercolor V-693-17 H-103 Murphy 20

#### Sedona Center
- **Oct.6** 9:00-1:00 The Nature Of Change: Letting Our Relationship With Nature Change Our Inner Being S-466-17 40 Weeks, Andres 21
- **Oct.6** 9:00-12:00 Capture Your Family History Before It's Too Late! S-467-17 28 Hitchcock 21
- **Oct.6** 1:00-4:00 The Terrific Work Of Dr. Jonathan Haidt S-468-17 39 Henry 21
- **Oct.13** 9:00-2:00 Culinary Essentials S-469-17 12 Jackson 21
- **Oct.13** 1:00-4:00 Sacred World Of The Mandala- Developing Your Creative Potential S-471-17 39 Nelson 22
- **Oct.13** 9:00-4:00 Minerals: The Spark Plugs Of Life V-694-17 L-216 Malter 20
- **Oct.6 & 13** 9:00-12:00 Precious Metal Clay Jewelry - Copper V-670-17 H-103 Czarny 20
- **Oct.13** 9:00-2:00 Jerusalem Today S-472-17 28 Bork 22
- **Oct.20** 9:00-12:00 Live The Life You Truly Want S-473-17 15 Deklaus 22
- **Oct.27** 9:00-12:00 Understanding The Global Economy S-475-17 28 Blum 22
- **Oct.3** 9:00-12:00 An Apothecary In Your Backyard S-477-17 28 Jensen 22
- **Oct.13** 9:00-2:00 Culinary Essentials S-469-17 12 Jackson 21
- **Oct.13** 1:00-4:00 Improve Your Brain-Body Connection S-470-17 40 Vandegrift 22
- **Oct.13** 1:00-4:00 Sacred World Of The Mandala- Developing Your Creative Potential S-471-17 39 Nelson 22
- **Oct.13** 9:00-4:00 Minerals: The Spark Plugs Of Life V-694-17 L-216 Malter 20
- **Oct.20** 9:00-12:00 Live The Life You Truly Want S-473-17 15 Deklaus 22
- **Oct.27** 9:00-12:00 Understanding The Global Economy S-475-17 28 Blum 22

#### SOCIAL SECURITY & MEDICARE WORKSHOPS

#### MONDAY TIME SOCIAL SECURITY & MEDICARE CLASS # ROOM FACILITATOR PAGE
- **Verde Valley Campus (Clarkdale)**
  - **Oct.16** 1:00-3:00 Medicare 101 - Everything You Need To Know About Medicare V-650-17 L-216 Fanter 25
- **Sedona Center**
  - **Oct.2** 9:00-11:00 Medicare 101 - Everything You Need To Know About Medicare S-490-17 40 Fanter 25
  - **Oct.23** 9:00-11:00 Medicare 101 - Everything You Need To Know About Medicare S-491-17 40 Fanter 25
  - **Nov.13** 1:00-3:00 Optimize Your Social Security Retirement Benefits S-492-17 15 McMahon, Hughes 25

#### TUESDAY TIME SOCIAL SECURITY & MEDICARE CLASS # ROOM FACILITATOR PAGE
- **Camp Verde Library**
  - **Oct.31** 9:00-11:00 Medicare 101 - Everything You Need To Know About Medicare CV-663-17 Copper Fanter 25
- **Verde Valley Campus (Clarkdale)**
  - **Sep.26** 10:00-12:00 Medicare 101 - Everything You Need To Know About Medicare V-662-17 L-216 Fanter 25
  - **Nov.7 & Nov.14** 10:00-12:00 Making Sense Of Medicare V-667-17 L-215 Lockridge 25
- **Sedona Center**
  - **Nov.7 & Nov.14** 2:00-4:00 Making Sense Of Medicare S-493-17 15 Lockridge xx

#### SPECIAL INTEREST GROUPS

#### WEDNESDAY TIME SPECIAL INTEREST GROUP CLASS # ROOM FACILITATOR PAGE
- **Sedona Center**
  - **Oct.4-Nov.15** 1:00-4:00 Chess Club (1st & 3rd Wednesday) Members Free 8 Bill Ward 23

#### FRIDAY TIME SPECIAL INTEREST GROUP CLASS # ROOM FACILITATOR PAGE
- **Verde Valley Campus (Clarkdale)**
  - **Sep.8** 12:30-2:00 Out to Lunch Book Group (2nd & 4th Fridays) V-699-17 Jerona Cafe Stack, DeFehr 23

#### SPECIAL EVENTS

#### FRIDAY TIME EVENT CLASS # ROOM FACILITATOR PAGE
- **Sedona Center**
  - **Sep.22** 9:00-12:00 Redesigning OLLI: A Co-Creative Conversation - Pre-term date V-599-17 34 Friedman, Gandel, Sirkanth, Weeks 24
  - **Sep.29** 9:00-4:00 Engaging The World As An Elder V-697-17 34 Friedman, Gandel, Sirkanth, Weeks 24
- **Verde Valley Campus (Clarkdale)**
  - **Arizona Humanities Council Presentation**
  - **Nov.3** 2:00-4:00 Echoes Of Eden: Garden As Symbol In Art, Music, & Lit Free & OTTP M-137 Schildkret 24

#### FUNDRAISER FOR OLLI SCHOLARSHIP FUND

#### FRIDAY TIME FUNDRAISER CLASS # ROOM FACILITATOR PAGE
- **Verde Valley Campus (Clarkdale)**
  - **Nov.17** 1:00-3:00 Take A Ride on the OLLI Trolley TOUR Offsite Staff 24
Opportunities to Share your Gifts at OLLI

OLLI is a member-supported organization and as such, members play a significant role in our success. Listed below are several areas where ongoing volunteer support and creativity makes a difference. Please consider becoming a member of a dedicated small team handling specific duties.

OLLI Program Team Member: Help create the local programs each term (classes, workshops, and events). The heart of OLLI is the facilitators and offerings, along with community partnerships and connections.

Volunteer Team Member: As a member supported organization the creating and managing the volunteer experience is a key component of our success. Help to design and manage a successful volunteer structure.

Front Office Support: Basic office administration help is required at various times. Customer service skills are needed to help with registration, telephone inquiries and member support.

Marketing Team Member: Research new marketing opportunities. Provide content and design for various marketing efforts in the promotion of OLLI and the various offerings and events.

Catalog Team Member: Help with the catalog preparation process each term. The catalog is our key publication that markets our wonderful programs. Each catalog publication is a unique gift for our community.

Communication Team Member: Work with the Coordinator to help develop and implement a consistent on-going communication plan.

There are other on-going initiatives requiring volunteer support. Please check with the staff and other volunteers to inquire how your skills and desires can help support our OLLI program. There are three locations in the Verde Valley where you can be of assistance: Camp Verde, Cottonwood/Clarkdale and the Sedona area.

One-day University Lecture Series

OLLI @ NITE - TUESDAY & THURSDAY EVENINGS
5:45PM TO 8:00PM • SEDONA CENTER YAVAPAI COLLEGE

This lecture series brings together professors from the finest universities in the country to present special versions of their best lectures.

September 26 & 28
Is the Human Brain Hardwired for God?
Professor Andrew Newburg, Thomas Jefferson University

October 3 & 5
Einstein: The Man Behind the Math
Matthew Stanley, New York University

October 10 & 12
The Rise and Decline of the Presidency
Dr. Jeremi Suri, University of Texas

October 17 & 19
Eight Books That Changed the World
Dr. Joseph Luzzi, Bard College

October 24 & 26
China, the U.S., and the Future of Global Capitalism
Dr. Meg Rithmire, Harvard Business School

November 7 & 9
Five Films That Changed America
Dr. Marc Lapadula, Yale University

November 14 & 16
Can Creativity Be Taught? The Science Behind Imagination
Dr. Shelley Carson, Harvard University

This lecture series is presented as a seven week learning group, (see the various membership packages that are available), see pages 7 and 13.
Facilitation Proposal Invitation

Invitation:
Is there a particular topic or craft that you would enjoy sharing with mature, inquisitive, and dynamic adults? The main requirement is a passionate interest in something.

Please Note the Following:
Winter Term: Jan 29 to Mar 9  Proposals due by Oct 1, 2017
Spring Term: Apr 16 to May 24  Proposals due by Jan 5, 2018

The basic requirements for a proposal request are:
1. Title 2. Description of Class (500 characters) 3. Bio (250 characters) 4. Requested start date, time of day (select from menu)
5. Special Request 6. Alternative dates and time for class.

ON-LINE FACILITATOR PROPOSAL SYSTEM
Registration (needed only the first time you use this system):
1. Go to the website at www.olliclasses.org and click on the Register link (upper right corner).
2. Fill in all fields of the pop-up boxes. After all fields are populated, click Submit.
3. You will receive an email at the address entered in the Email field of the pop-up box.
4. The email will have a link; click on the link. You will be taken to a website page that will indicate if your confirmation was successful.

Log In:
1. Return to the website at www.olliclasses.org
2. Click on the “Log In” link (upper right corner).
3. Use the same Email address used for registration
4. Enter your password and click Log In.

For assistance, please contact the OLLI office 928-649-4275 or 928-649-5550.

After login, your facilitator area will be populated with your registration information. Enter the required information for a proposal; add your Biography; click “Add” to create your Proposal and it will send an email of that Proposal to an OLLI administrator.

For more detailed information see the tutorial link at the upper left of the web page.

new

OLLi@Nite

We are starting a new OLLi@Nite program in 3 locations to expand the hours when OLLI classes are available.

Camp Verde Library
New and Alternative Perspectives of Health
Fri, Oct 13, 5:30–7:30pm, Copper Room, pg 19

New and Alternative Perspectives of Health
Fri, Nov 10, 5:30–7:30pm, Copper Room, pg 19

Verde Valley Campus (Clarkdale)
Observational Astronomy (Learning Group)
Mon, Oct 2–Oct 30, 6:00–8:00pm, room G104, pg 4

Sedona Center
Liberation Improv
Thurs, Oct 19, 5:30–8:30pm, room 40, pg 18

One-Day University Lecture Series
(Tues or Thurs) Sept 26–Nov 9, room 28, pgs 7, 13

Optimize your Social Security Retirement Benefits
Thurs, Oct 19, 5:30–7:30pm, room 39, pg 25

Understanding Annuities
Thurs, Nov 9, 5:30–7:30pm, room 39, pg 19
Sedona Center Refurbished & Remodeled

A new Culinary Program at Yavapai College starts in August using two remodeled rooms at the Sedona Center. *(There is a new culinary class for OLLI members in the catalog.)*

The remodeling also includes a community gathering area in the center of the building, along with a shade structure in the new entranceway, creating a comfortable place for us to gather and talk with friends. OLLI also will have two new rooms with new audio and video equipment and internet access.

New Camp Verde Library

The new Camp Verde library will be the primary location for OLLI classes in Camp Verde this Fall term and in the future. There are 18 class offerings in Camp Verde this Fall term. Check it out.

New Classes

There are 78 brand new classes this Fall and 52 classes that are oldies but goodies.

OLLI @ Nite

This Fall term we are starting a new OLLI@Nite program to expand the hours when OLLI classes are available. To kick it off, we are offering a “One-day University Lecture Series” on Tuesday and Thursday evening from 5:45pm to 8:00pm. The program features recordings of professors from the finest universities in the country presenting special two-hour versions of their best lectures - a seven-week learning group. Check out the other classes with the OLLI@Nite label. There are eight classes this term, one or more at each of our three locations.

New Website

Be sure to check out the new OLLI website (www.ollisedonaverde.org) and mark it as a favorite. It will contain on-going updated information regarding classes and events. You can peruse class offerings, select what you want to take, print registration form, and register for classes on-line.

Redesigning OLLI: A Special Co-Creative Conversation

Friday, Sept. 22 9:00 to Noon: OLLI is changing. It’s time for a fresh look at how we run our organization. Interested in what we can do to optimize this community? Ever been part of a group that evoked its member’s best ideas and effort? What “best practices” would you encourage at OLLI? How would you improve our offerings? In what ways could we make volunteering “backstage” more gratifying? How could you help us be better organized? Come and share your know-how so the coming year brings a new burst of exciting, appealing, creative programming at OLLI! This will be an enjoyable, lively, thought-provoking, and productive exchange. Make a difference in OLLI. 

Facilitators: Paul Friedman, Jim Gandee, Shri Srikanth, & Robin Weeks

Continued ➔
What do you love about OLLI?

- Diversified Learning Groups
- Wonderful Workshops
- Terrific Lunch & Learn; Brown Bag Brain Buzz
- Special Events
- Fellowship
- All of the Above

Like most of us you checked All of the above, cause you really love OLLI and want to ensure that OLLI continues to provide exceptional programs. That is why we are establishing a new way to contribute to the success of OLLI - The OLLI Excellence In Education Fund (see below).

The OLLI Excellence In Education Fund

OLLI needs your financial help. Currently, it costs roughly $25 more per member to run OLLI than we take in. Rather than raising our fees, or we can rely on the generosity of members who can pay a bit more. To keep our fees low for folks who can’t afford more, we are trying the “voluntary method” this year. We ask you to consider adding a donation of $25 or more when you register. Please use the registration form at the back of the catalog to give as generously as you can for “The Love of OLLI.” Let’s keep our offerings available to as many people in our community as we can. Thank You!

“A Taste of OLLI” - OLLI’s Fall Open House

Thursday, September 14, 9:30-1:30, Room 34
Sedona Campus

Come see the new remodeled facility; sample classes; decide what to sign up for, enjoy good food and drink, meet new and old OLLI members, and talk to facilitators.

Special Workshop: Engaging the World as an Elder

Friday, September 29, 9:00 - 4:00
Room 34

Join us for an interactive day exploring what it means to be a wise Elder. We’ll will ponder and practice interacting in ways that fulfill our potential. We’ll discuss and experience living from the “Wisdom of Being” and how we can best contribute to each other, to our community, and to our world and its evolution. No charge to register. Suggested donation $10. Facilitators: Paul Friedman, Solaris Walsh, & Robin Weeks

Take a Ride on the OLLI Trolley - A Fundraiser for OLLI Scholarship Fund

Friday, November 17, 1:00-3:00
$20 OLLI Members and $25 for non-members

Take a ride on the OLLI Trolley – have a fun 2-hour tour of Sedona while raising money for the OLLI Scholarship Fund. For a full description of the tour, see our special events section. Visit the south side of town and the upscale Gallery District, the Chapel of the Holy Cross, and the west side. Even leave town entirely, into the gorgeous Dry Creek Valley where the stunning vistas of Boynton and Long Canyon.
Today’s Date: __________________ Date of Birth: __________________ □ Please contact me about volunteering

Name: _______________________________________________________________________________________
Address: _____________________________________________________________________________________
City: ______________________________________________________ State: ______ Zip Code: _______________
Phone: ____________________________________________ Email: _____________________________________
Emergency Contact: ___________________________________ Emergency Phone: _______________________

How did you hear about us? □ Friend □ Newspaper □ Online □ YC Website □ Other ____________________________

MEMBERSHIP, FINANCIAL AID, DONATION:

□ Two Workshop Package $40: Up to 2 workshops at a low price!
□ One Learning Group Package $60: One learning group.
□ Five for 90... $90: Up to five learning groups or workshops.
□ Unlimited Package $135: Unlimited number of learning groups and workshops.
□ I am a facilitator this term (to sign up to take classes please call us – we have special deals and rates for you).

□ I would like to help my neighbor: and donate towards the OLLI of Sedona/Verde Valley financial aid fund or the Excellence in Education Fund (please make out a separate check to the Yavapai College Foundation).
□ Facilitator voluntary $30 membership: (from facilitators to help us with our endowment allocation).
□ I would like to apply for financial assistance.

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<th>Class ID#</th>
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METHOD OF PAYMENT:

□ Check # ______ payable to: Yavapai COLLEGE
□ Cash
□ Mastercard
□ VISA
□ Discover
□ American Express

Please call to give us your credit card number 928.649.4275 or 928.649.5550

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<th>Amount</th>
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<tr>
<td>Membership ($40, $60, $90, $135)</td>
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<tr>
<td>Financial Aid Amount Requested</td>
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FEES FOR ADDITIONAL CLASSES
Some packages allow adding learning groups for $30 and/or workshops for $10: please call us.

<table>
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<th>DONATIONS</th>
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<td>Facilitator $30 voluntary membership</td>
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<td>Excellence in Education Fund donation</td>
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928.649.4275 • 928.649.5550
FREE OLLI EVENTS 
OPEN TO THE PUBLIC

"A TASTE OF OLLI" - OLLI’S FALL OPEN HOUSE
Thursday Sept. 14, 9:30-1:30, Room 34, Sedona Campus

Come sample classes, decide on what to sign up for, enjoy good food and drink, meet new and old OLLI members, and talk to facilitators.

LUNCH AND LEARN
Wednesdays, Sept. 27 to Nov. 15, 12:30-2:30pm, Rm 34, Sedona Campus

An enjoyable, informative, weekly "town hall" with lively presentations by speakers or panels on important aspects of community life or OLLI’s curriculum. Bring your lunch.

BROWN BAG BRAIN BUZZ
Thursdays, Sept. 28 to Nov. 16, 12:30-1:30 pm, Rm G-103, Verde Valley Campus

A lunch-hour series where we examine the great minds and big ideas that have shaped human history. Topics will come from all fields and require no prior knowledge or expertise. Bring your lunch.

ECHOES OF EDEN: THE GARDEN AS SYMBOL IN ART, MUSIC, & LITERATURE
Friday, Nov. 3, 2:00-4:00, Room M-137, Verde Valley Campus

From the story of humanity's first home in the Garden of Eden, gardens have been a favorite setting for stories, poetry, and works of music. David Schildkret, ASU Professor, will talk about the ways painters, poets, and musicians use gardens as settings.

Osher Lifelong Learning Institute
www.yc.edu/ollisv