OSHER LIFELONG LEARNING INSTITUTE

Three locations in the Verde Valley!

2016 Winter Program
January 25 - March 4

Classes for mature adults with curious minds and hearts!

For the Love of Learning
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. OLLI is unique in that it is fully participatory; from the teaching and facilitating of classes, attending and contributing in class, and organizing and creating this on-going learning endeavor. OLLI offers members a rich, continuing educational experience with opportunities for personal growth plus cultural and environmental exploration. There are no educational requirements, no homework, tests or grades – just a love of learning. We encourage full participation from attending classes, to collaborative leadership, facilitating, and social interaction, all in a relaxed atmosphere. Please join with us this Winter term.

Staff: Robin Weeks, Director/Coordinator; Ginger Lindquist, Assistant Coordinator; Joan M. Griffin, Assistant Coordinator; Carlinda Gallegos, Administrative Assistant; Gale Grove, Administrative Assistant.


Verde Valley Council members: Lou Camp, Mary Ann Fanter, Kathleen Francis, Darlene Jordan, Angela Loscalzo, Anne Metlay, Pat Murphy, Carol Rada, Candace Schnoover, Geri Srikanth, Shri Srikanth, Paul Ulrich.

Camp Verde Community Liaison: Ed Lee

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.

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.

Benefits to OLLI members
• Meet peers actively involved in lifelong learning.
• Serve on committees or council.
• Facilitate a learning group or workshop.
• Make new friends with similar interests.
• Enjoy special social, cultural and member only programs.
• Get discounts on YC Edventures and field trips.
• Access the Yavapai College library and other student services.
• Get discounts at local restaurants and businesses

Locations where classes are held
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 Parks & Recreation Center, 395 SD. Main Street, Camp Verde. Some classes at the nearby Archeological Center.

Beaver Creek School Board Room
4810 E Beaver Creek Road, Rimrock

Membership Packages
1. Unlimited Package $130: Unlimited learning groups and workshops.
2. Five for $85: Take up to five learning groups or workshops. *
4. Two Workshop Package $35: Take up to two workshops for a low price!*  
*Workshops can be added for $10 ea. Learning Groups can be added for $30 each to some packages. Please call us to ask about this.

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. Also OLLI is a wonderful organization built and maintained by volunteers. All committee members, liaisons and member/class hosts are volunteers and members. All students are members. We greatly encourage facilitators to become a paid member as well, joining the community, by paying a $25 fee once a year. 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.
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, Room 4; or at the Yavapai College Verde Valley Campus, Building I, Room 121.
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.
4. FAX: Sedona (928) 204-2683
MAKE CHECKS PAYABLE TO “YAVAPAI COLLEGE.”
We accept VISA, MasterCard, American Express, Discover.

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.

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>12/9</td>
<td>H-OLLI-Day Gala 11:00–2:30 at Alcantara Vineyard</td>
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<tr>
<td>12/21-1/4</td>
<td>Christmas Break - Campuses closed</td>
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<tr>
<td>1/8</td>
<td>Spring term proposals due</td>
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<td>1/14</td>
<td>Winter Open House: A Taste of OLLI on the Verde Valley Campus</td>
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<td>1/18</td>
<td>Martin Luther King Day - Campuses closed</td>
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<td>1/25</td>
<td>Winter term starts</td>
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<tr>
<td>1/27</td>
<td>Term’s first Lunch and Learn (Sedona)</td>
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<td>1/27</td>
<td>First National Issue Forum: America’s Economic Future</td>
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<td>1/28</td>
<td>Term’s first BBBB (Clarkdale)</td>
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<td>2/19</td>
<td>Arizona Humanities Council presentation (on George Bird Grinnell)</td>
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<td>4/11</td>
<td>Spring Term starts</td>
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Directions to OLLI Locations

Directions to Yavapai College, Clarkdale campus
- Take 89A South
- Turn left onto E Cottonwood Street (89A)
- Exit roundabout indicating Black Hills Drive
- Go up Black Hills Drive, Yavapai College will be on your left, Look for building letters on the corner of the building for your class. For classes in L, M follow the second entrance to park in back.
- For classes in G, I park in front lots.

Directions to Yavapai College, Sedona Center for Arts and Technology, Sedona Campus
- From Sedona and Village of Oak Creek
  - Take AZ 89A towards Cottonwood
  - Turn right onto Cultural Park Place
  - Yavapai College, Sedona Campus will be on the left
- From the Verde Valley
  - Take AZ 89A towards Sedona
  - Turn left onto Cultural Park Place
  - Yavapai College, Sedona Campus will be on the left

Directions to Beaver Creek School Board Room
- Off Interstate17, exit 293 at McGuireville
- Go East on State Route 20 - drive ahead for 2 miles.
- Road forks at gas station – stay to the left (East Beaver Creek Road)
- Drive 2 miles past Rimrock Post Office to the blue Public Library sign.
- Board Room is next to Library

Directions to Camp Verde Parks and Recreation
- Off Interstate 17 – Exit 287 (Camp Verde)
- Head East on State Route 260
- Proceed to 2nd set of lights, turn left on Finnie Flat Rd.
- In approx. 2 miles Finnie Flat becomes S. Main St.
- The Parks and Recreation Center is 395 S. Main Street.
- Park anywhere close to the Gazebo.
  (The Archeology Center is also very nearby)

Lunch & Learn
KEYNOTE SPEAKER WEEKLY SERIES
Beginning January 27th
Wednesdays, 12:30 – 2:00Pm
Bring your lunch, enjoy conversation, and listen to prominent local speakers, or a panel of experts.
Sedona Center, Room 34
FREE! NO NEED TO ENROLL & EVERYONE WELCOME
Monday Learning Groups

Camp Verde (Parks & Recreation)

JAPANESE KOGIN EMBROIDERY, A DRAMATIC COUNTED FOLK TECHNIQUE (CV-900-16)
Jan.25-Feb.22, 5 Weeks, 1:00-4:00, Room 204

Explore your undiscovered creativity through this easy-to-learn counted folk embroidery. Learn to stitch eye-catching items for your home or to design dramatic, geometric one-of-a-kind patterns on wearable art. This embroidery goes well with Native American Art! Bring scissors, eye-glasses, thimbles (if you use one) and especially enthusiasm to ride a magic carpet into an exciting world of possibilities. $7-8 material fee payable to Facilitator on first day of class.

Beatrice Keeber is an internationally-trained teacher of embroidery who has taught embroidery across the U.S. since the late 1970's. She is a designer of wearable art, holds several copyrights, and has sold over 5,000 designs and books.

BASIC GRANT WRITING (CV-901-16)
Jan.25-Feb.15, 4 Weeks, 1:00-2:30, Room A2

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.

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.

Verde Valley Campus (Clarkdale)

NEWS & VIEWS (V-902-16)
Jan.25-Feb.29, 6 Weeks, 9:00-10:30, Room L-215

Let’s talk the news. Participants will discuss current local, national, and international stories—any topic, not just politics. Bring the news that interests you or you have questions about, and even bring your morning coffee. Learn more about current events from various viewpoints in a relaxing environment. Limited to 10 participants.

Joe Stack has facilitated numerous OLLI classes. He enjoys learning and sharing about a wide range of topics.

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.

SUPERCONSCIOUS REACTIVITY TESTING (V-903-16)
Jan.25-Feb.15, 4 Weeks, 10:45-12:15, Room L-215

Use muscle testing (AKA Kinesiology) to locate hidden (subconscious) beliefs, emotions, or concepts. Determine how to clear them utilizing flower essences, essential oils, and affirmations. You may find that your life energy increases when these are cleared. We will be working together and with a partner.

Xianti Hoo started learning and practicing Contact Reflex Analysis in 1986 and discovering and exploring alternatives for wellness since time began. See her web site www.choosecra.com for more information about what she has been doing.

HITCHCOCK AND DE PALMA: FILMS INSPIRED BY OR STOLEN FROM THE MASTER (V-904-16)
Jan.25-Feb.29, 6 Weeks, 3:00-6:00, Room L-215

We will continue looking at Alfred Hitchcock’s films and include four that were not shown before. We’ll also watch two of Brian De Palma’s films and decide for ourselves: outright theft or humble homage?

Betsy Fader is a long-time film buff.

RECORDER INSTRUCTION II (V-905-16)
Feb.01-Feb.22, 4 Weeks, 1:00-2:30, Room L-216

This follows the fall class on learning to play the recorder. Concentration will be on playing together and listening to one another.

Lee Andress was in a performing recorder ensemble for many years and even provided interlude music for a college production of “The Taming of the Shrew.”

Sedona Center

INTERMEDIATE SPANISH (S-501-16)
Jan.25-Feb.29, 6 Weeks, 10:45-12:15, Room 12

Participants should have a basic Spanish vocabulary (at least a few hundred words), should understand basic Spanish verb structure and sentence structure, and be able to conjugate regular verbs in the present tense.

Art Smith lived and worked in Madrid in the late 1980s and has studied Spanish in Spain, Mexico and South America.
**THE GIFT OF A YEAR: MAKE THIS YEAR ONE YOU WILL TREASURE FOR A LIFETIME (S-502-16)**

**Jan.25-Feb.29, 6 Weeks, 1:00-2:30, Room 40**

Put YOURSELF back in YOUR LIFE. Make this the year you will treasure forever. Utilizing your stories, expressive art, journaling, interactive guided imagery and the labyrinth you will find your own unique gift to experience this year. Please purchase the resource book: “The Gift of A Year” by Mira Kirschenbaum. There will be follow up workshops Spring, and Fall 2016.

**Cat LeVasseur** is trained & certified in Interactive Guided Imagery, Labyrinth Facilitation, and as a Life Coach. She is wishing to share her love and belief in the integral connections of mind/body & spirit for health and wellness to OLLI.

**JOURNALING (S-503-16)**

**Jan.25-Feb.15, 4 Weeks, 1:00-2:30, Room 15**

Journaling is a powerful method of connecting us to our inner wisdom. We will write from prompts and read aloud without critiquing, only gratitude for sharing. **Limited to 10 participants.**

**Patricia Kennedy** is a lifelong journal keeper.

**A TRIBUTE TO WAYNE DYER: INSPIRATION, WISDOM, THOUGHTS, & LIFE LESSONS (S-504-16)**

**Jan.25-Feb.15, 4 Weeks, 1:00-2:30, Room 39**

In this four week class, we will begin by watching, the movie, “The Shift from Ambition to Meaning.” The following weeks will include discussion of the worldwide influence of this movie, teachings, wisdom, and inspiration from this Father of Motivation. This class is designed to encourage you to go deeper within and as Dr. Wayne W. Dyer so eloquently shares, “we all have the choice to shift our lives from ambition to meaning . . . and thereby complete our return to the Source that created us.”

**Darlene Jordan** is a Soul Archaeologist, MindBodySoulHeartWeaver, Intuitive, and Certified On-Call Life Coach. She fosters, guides and supports people along their spiritual journey while returning the entire person to their naturally aligned state.

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**Tuesday Learning Group**

**Camp Verde (Parks & Recreation)**

**BEGINNING SPANISH (CV-910-16)**

**Jan.26-Mar.01, 6 Weeks, 9:00-10:30, Room A2**

This is a course for beginners who have never studied Spanish or those who need to brush up on their beginning Spanish.

**Art Smith** lived and worked in Madrid in the late 1980s and has studied Spanish in Spain, Mexico and South America.

**Verde Valley Campus (Clarkdale)**

**THE WARREN COURT (1953-1969)—SELECTED ISSUES AND CASES (V-911-16)**

**Jan.26-Mar.01, 6 Weeks, 9:00-10:30, Room L-216**

We will discuss how the Warren Court (U.S. Supreme Court) was created and ended, as well as selected issues and cases decided during its existence. They will include school desegregation, school prayer, reapportionment, defamation, right of privacy, Miranda v. Arizona (1966) and related cases, and children’s constitutional rights.

**Paul Ulrich** practiced as a civil appellate lawyer in Arizona from 1966 until 2012. He was one of the lawyers who represented Ernesto Miranda. He has written numerous articles and spoken at many seminars on legal topics.

**IRISH MUSIC AND LITERATURE (V-912-16)**

**Jan.26-Feb.16, 4 Weeks, 10:45-12:15, Room L-216**

Explore the richness and range of Irish literature and music, from 10th century Irish monastic writers through Irish Nobel laureates, and from the everyday “around the house” jigs and reels through the music of Van Morrison and U2. Participants will be invited to read aloud from the offered poems and literary excerpts, and to listen to great music! Our last class will feature live music, and shared “party pieces” of poems or songs. Celebrate the continuity and commonality of Irish culture.

**Maggie McQuaid** is a musician and storyteller and won first prize for her appearances as Heaney, Yeats, and Wilde in the annual Anchorage Poetry Slam’s Dead Poets competition. She believes that Irish poetry and music speak to everyone.
FLATTERY, INSULTS, PUNS, RIDDLES AND SLOGANS (V-913-16)
Jan.26-Feb.23, 5 Weeks, 10:45-12:15, Room G-107
We will have fun learning about some of the colorful words and phrases that have enlivened our political and social discourse since the 1700s, as well as how companies sell products with the help of clever slogans. You will be encouraged to bring your favorite puns, riddles and advertising slogans to share with others.

Joan Prefontaine has facilitated several learning groups about language and word play for OLLI. She taught high school and college English and Creative Writing classes for many years.

INDIA (V-914-16)
Jan.26-Mar.01, 6 Weeks, 10:45-12:15, Room G-103
India, for most people, is a bewildering complexity of religions, customs, languages, spices, elephants and tigers. We will make sense of this complexity by looking at India through many dimensions – Geography, History, Religions, Philosophies, and the People. Whether you are planning a visit soon or want to understand this fascinating and emerging country you should find this fun and informative.

Shri Srikanth has a Ph. D. in Physics from Boston University and thirty years of experience as a business consultant.

DISCOVERING SHORT STORIES (V-915-16)
Jan.26-Mar.01, 6 Weeks, 1:00-2:30, Room G-104
In our study of short stories, we will read and discuss the techniques and ideas of the narratives. While the stories may be short, the insights and class dialogues will hopefully be challenging. Some of the writers are: Hemingway, Roth, J.C.Oates, and Banks(among others). I am excited anticipating our lively discussions, and I hope you will join them.

Vic Goldie taught literature and writing at Yavapai College and on Long Island, where he led a variety of literature-discussion groups. He is most passionate about short stories and poetry.

VEGGIE GARDENING IN THE VERDE VALLEY (V-934-16)
Feb.9-Mar.01, 4 Weeks, 2:45-4:15, Room G-106
Now is setup time for a new year of growing your own veggies: healthy to eat and healthy activity for you. Learn about soil and bed making for successful spring and summer crops as well as the challenge of growing tomatoes in our hot/dry. An easy to setup irrigation system can even let you get away for a while. It all depends on what you do now, from planning to growing. We’ll cover it all – in-ground as well as container gardening.

Rae Ebeling gardened in Cottonwood for 10 years, a year-round veggie garden plus a desert landscape. She makes the class fun as well as informative.

Sedona Center
MEDITATIVE HIKING: DEEPENING WITH HO'OPONOPONO (S-538-16)
Jan.26-Mar.01, 6 Weeks, 9:00-12:00, Offsite (First meeting at Sedona Center)
The stage is Nature; the action, hiking; the practice is inner, silence, witnessing, discerning via Ho'oponopono; the curriculum, peace (within and without) - four short phrases at a time. Ho'oponopono is a vehicle for personal (and world) transformation. This is inner work at its most delicious. All you need to know about Ho'oponopono will be taught; prior meditative practice is helpful but not required. Be prepared for moderate, 1-3.5 mile hikes along forest trails that can be uneven and steep in places. Wear sturdy walking shoes, bring hat, water, snack, and walking sticks if you prefer. Weather permitting we will be doing a 1/2 hour or so quiet sitting midway. Limited to 8 participants. If you have any questions whether this class is for you, please call Marianna before registering. For everyone's safety, classes will be canceled if weather is inclement.

Marianna Hartsong, musician, healer, and intuitive gardener, has meditated daily since 1974. She has walked the forest floor and partnered with its creatures since she could toddle.

BRAIN EXERCISE THROUGH PUZZLES (S-505-16)
Jan.26-Mar.01, 6 Weeks, 9:00-10:30, 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 the opportunity to solve mechanical puzzles in a supportive environment. 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.
GET ORGANIZED - SIMPLIFY YOUR LIFE (S-506-16)
Jan.26-Feb.23, 5 Weeks, 9:00-10:30, Room 15

Stuff: Get over it! Get rid of it! Why we have so much? Our relationship with it and how it robs us of our time, energy and peace of mind. We will examine our attachment to the things in our lives, the blocks to being free and ideas, tools and actions towards a simplified life. This is an interactive class where participants will have an opportunity to work on problem areas. Humor a prerequisite!

Lisa Grubbs is an Organizer, Consultant, Life Coach and Personal Assistant. She owns Sedona-based business, Organizit.

MEDICINE WHEEL, LABYRINTHS, AND GALACTIC PORTAL OF LIGHT (S-507-16)
Jan.26-Feb.09, 3 Weeks, 9:00-11:00, Room 8

Ancient circles have been found all over the world and used for various purposes. The connection to these ancient symbols are very interesting to the activation of Galactic Universal Portals. This class will discuss the use of circles in different ways and also go to a few sacred places in Sedona to feel the energies.

Laurie Hutchinson is a tour guide, college instructor, neurolinguist master practitioner, communication coach, and ceremonial leader. Her Native American and artist name is Crystal Starr Weaver.

EXPLORERS OF ARIZONA (S-508-16)
Jan.26-Feb.23, 5 Weeks, 10:45-12:15, Room 23

This 5 part course will discuss the waves of exploration in Arizona, Native Americans, Conquistadors, pioneers, roads and aviators, war and air conditioning.

Gary Every has been published 1,400 times with 10 published books. Shadow of the OhshaD, is a compilation of the best of his newspaper columns, including award winning articles such as Losing Geronimo’s Language and The Apache Naichee Ceremony.

FREAKONOMICS (S-509-16)
Jan.26-Mar.01, 6 Weeks, 10:45-12:15, Room 28

Economics professor, Steven Levitt, and journalist, Stephen J. Dubner, have authored three books and numerous podcasts on Freakonomics. This term describes their unusual and insightful analysis of a wide range of interesting economic issues. Each week, we will listen to a podcast of their analysis of one issue and then discuss their conclusions.

Bob Anderson, Ph.D., has taught economics and consulted for the governments of the US, New Zealand, and Yugoslavia and most recently was an employee of the World Bank.

PUZZLES, PUZZLES, PUZZLES (S-510-16)
Jan.26-Mar.01, 6 Weeks, 10:45-12:15, 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.

BALANCE FOR DAILY LIVING (S-511-16)
Jan.26-Mar.01, 6 Weeks, 10:45-12:15, Room 40

Enjoy better physical coordination and balance, remember and listen better and have more focus and a sense of well-being! In a recent peer review study, these fall prevention techniques proved to reduce falls by 38%. Move with Balance® techniques teach you low impact easy movements with brain integration which can be done sitting or standing. Limited to 20 participants.

Laura Vandegrift is certified in Brain Gym 101 and Touch for Health I and II. She brings humor to her work with seniors as an educator and professional speaker and has found the Move With Balance® techniques very successful for all ages.

THE BEST AMERICAN POETRY 2015 (S-512-16)
Jan.26-Feb.23, 5 Weeks, 10:45-12:15, Room 12

In this learning group we will read together and discuss the poems in the 2015 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...The Best American Poetry 2015 is a guide to who’s who and what’s happening in American poetry today.” Reading these poems together we will take the pulse of contemporary poetry as it is practiced and enjoyed in the USA.

William Ward is a retired psychologist who has taught OLLI classes on a variety of topics in literature and philosophy.

BECOMING GLOBAL CITIZENS (S-513-16)
Jan.26-Mar.01, 6 Weeks, 10:45-12:15, Room 34

Our world has been inextricably intertwined through technology, trade, and terror. This unprecedented geopolitical reality mandates new lenses, sort of inter-cultural bifocals, to view the world. Americans have unrivaled potential to be global citizens. How do we attain this goal? We will explore new paradigms to create a brighter future for the global village we call home.

Jayana Clerk, was educated in India, England, and the US. She taught English, world literature, and religion at CUNY. She has published several articles and books, including her novel about Mary Magdalene, “The Ultimate Love Story”.

928.649.4275 • 928.649.5550
ORIGAMI - BASIC FOLDS (V-922-16)
Jan.27-Mar.02, 6 Weeks, 1:00-2:30, Room G-107
Make fun holiday decorations and gifts. Supplies needed are origami paper in the size of your preference (4 x 4, 8 x 8, or larger) and scissors.

Babe Gerstner has taught ceramics and different clay techniques. She enjoys sewing and doing craft projects.

THE BIG BAND ERA (V-923-16)
Jan.27-Feb.17, 4 Weeks, 2:45-4:15, Room L-215
This learning group will explore the big band music of the 1930s and 40s through recorded examples, video excerpts, and discussion of the ethnic and cultural characteristics of the era.

Sy Brandon is a composer, brass musician and retired professor of music. He has played in big bands and has heard many of the name bands live.

JUDAISM IN A NUTSHELL, ACCORDING TO RABBI ARTHUR GREEN (V-924-16)
Jan.27-Mar.02, 6 Weeks, 2:45-4:15, Room G-106
In his little book, “Judaism’s 10 Best Ideas: A Brief Guide For Seekers,” written for “novices” and “seasoned” alike, Rabbi Green puts forth what he considers the essential ideas and contributions Judaism makes to the world, i.e. ideas that are meaningful, relevant and accessible to our daily life. We will discuss this book together, sharing how these ideas may speak to us, and identifying the questions they trigger as we pursue our spiritual journeys. You will need a copy of the book on hand.

Devorah Nye has been on the Jewish path of learning since childhood as part of her broader spiritual journey. She is always interested in deepening her relationship to Judaism with other spiritual seekers.

METAPHOR, MAGIC AND MYSTERY: ASTROLOGY’S SABIAN SYMBOLS (V-925-16)
Feb.10-Mar.02, 4 Weeks, 1:00-2:30, Room L-216
We’ll study the Sabian Symbols in current astrological transits and share insights into their meanings. Expect lively discussion. Although helpful, no prior knowledge of astrology is necessary. Limited to 12 participants.

Paula McHugh has studied astrology as a hobby for over 40 years. As a writer, she loves to practice and study the “turn of words.”
**Sedona Center**

**BASIC GRANT WRITING (S-515-16)**

*Jan.27-Feb.17, 4 Weeks, 10:45-12:15, 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.

**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.

**MATHEMATICAL ODDITIES (S-516-16)**

*Jan.27-Mar.02, 6 Weeks, 10:45-12:15, Room 28*

We will discuss problems in which the results seem paradoxical, but are correct. A basic knowledge of arithmetic would be helpful. Any math beyond that will be limited as much as possible. We will discuss problems from arithmetic, probability, statistics, and logic.

**Richard Painter** has a Ph.D. in mathematics education and 40 years experience teaching at the High School and University levels. He taught in Hawaii before going overseas for 33 years to teach in Japan, Turkey, Portugal, Germany, China, and Qatar.

**THE SUPREME COURT (S-517-16)**

*Jan.27-Mar.02, 6 Weeks, 10:45-12:15, Room 23*

We will examine the history and inner workings of America’s highest court. From abortion to anti-trust, from contracts to to civil rights, we will learn and discuss how the court’s decisions shaped our history and impacted our daily lives.

**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.

**SUPERCONSCIOUS REACTIVITY TESTING (S-518-16)**

*Jan.27-Feb.17, 4 Weeks, 10:45-12:15, Room 39*

Use muscle testing (AKA Kinesiology) to locate hidden (subconscious) beliefs, emotions, or concepts and determine how to clear them utilizing possibly flower essences, essential oils, and affirmations. You may find that your life energy increases when these are cleared. We will be working together and with partners.

**Xianti Hoo** started learning and practicing Contact Reflex Analysis in 1986 and discovering and exploring alternatives for wellness since time began. See web site www.choosecra.com for more information.

**THE BEST OF TED TALKS (S-519-16)**

*Jan.27-Mar.02, 6 Weeks, 10:45-12:15, Room 34*

TED talks provide “ideas worth sharing” by the most brilliant, creative, and successful individuals alive today, delivered in a dynamic, engaging manner within an 18-minute time-limit. We will watch and then discuss three of the best TED talks (chosen from over 1,000 available on line) at each class session.

**Paul Friedman, Ph.D.** is a retired professor of Communication Studies (U of Kansas), who has facilitated this lively learning group annually over the past four years.

**RETHINKING SOCIAL JUSTICE (S-537-16)**

*Jan.27-Mar.02, 6 Weeks, 10:45-12:15, Room 12*

Economic power and political power alone are no longer sufficient in solving such complex 21st century problems as poverty, climate change, and securing the peace. But if ‘social integrative power’ is added the status quo can be changed. Using my book “Social Justice and Deep Participation: Theory and Practice” as a starting point, we will use class discussion to explore how social integrative power can make a critical difference in solving these current problems---international to local.

**Paula Donnelly Roark** has worked as a sociologist for international development agencies such as the United Nations and the World Bank on the issues of poverty, social justice, conflict and community development in 24 countries around the world.

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**Brown Bag Brain Buzz**

**KEYNOTE SPEAKER WEEKLY SERIES**

Beginning January 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 G103

FREE! NO NEED TO ENROLL & EVERYONE WELCOME
LUNCH AND LEARN
(FREE AND OPEN TO THE PUBLIC)
Jan.27-Mar.02, 6 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! FREE AND OPEN TO THE PUBLIC.

Paul Friedman, Ph.D., has organized and hosted L&L for the past five years, along with several other OLLI volunteers who value and enjoy co-creating this community-building experience.

COMPUTER SAVVY: SAFE AND SMART IN A CONNECTED WORLD (S-520-16)
Jan.27-Mar.02, 6 Weeks, 2:45-4:15, Room 28
In this course, we will cover the basics of using your computer as the powerful tool it is. The topics we will cover include security practices for using the internet; general guidelines for email: what to open, share, discard and etiquette for forwarding; how to use excel for budgets as things get harder to track; how to use google calendar to manage your schedule, and; basics of creating and editing a word document to write down your stories.

Jordan Ausman is a technical consultant with over 20 years of experience in computer system and website design and implementation. She is inspired by cognition and learning, scientific measurement and spiritual self-discovery.

TRAVELING IN THE SUPERHOLOGRAM (S-522-16)
Jan.27-Mar.02, 6 Weeks, 2:45-4:15, Room 39
“Access to holographic reality becomes experientially available when one’s consciousness is freed from its dependence on the physical body;” (Kenneth Ring, Ph.D.) The purpose of this class is integration of body, mind and spirit through spiritual exercises: stillness, silent transcendental awareness response (STAR). These exercises are always practiced slowly, softly, and with minimum muscular exertion so that “exercise” becomes meditation.

L.V.Popat was born and raised in India. He has worked in India and in the US. He has a lifelong interest in the synthesis of science, religion and mysticism.

SACRED EARTH WALKS (S-523-16)
Feb.03-Mar.02, 5 Weeks, 10:45-12:15, Room 40
Students will be engaged in nature exercises designed to heighten their sensory awareness, deepen their connection to their inner landscape, and move them to participate in nature as a co-creative partner. The goal is for students to enliven their world with new perspectives, to leave the class respecting nature more fully, and the part they play in the natural world. Exercises will include meditative experiences, walking, drawing, writing. Each class will have a theme: earth, air, fire, water.

Rita Faruki is a conservationist, shaman, poet, and teacher. She has worked for The Nature Conservancy, been a docent at the Rio Grande Zoo in Albuquerque, New Mexico, and lived on a nature preserve in Wyoming. The magic of nature is her heart path.

CRYSTALS 101 (S-524-16)
Feb.17-Mar.02, 3 Weeks, 9:00-11:00, Room 8
What do I do with this crystal? Learn about properties, uses, purposes, and other creative effective ways to use the crystals you have. Colors, vibrations, and more will be covered. Booklet and a simple crystal can be purchased for $10.

Laurie Hutchinson is a tour guide, college instructor, neurolinguist master practitioner, communication coach, and ceremonial leader. Her Native American and artist name is Crystal Starr Weaver.

Thursday Learning Group

PLAYING AND BUILDING AND CREATING.... OH MY! (V-936-16)
Jan.28-Mar. 3, 6 Weeks, 9:00-10:30, Room G-105
This is a hands-on learning lab designed for adults who love to explore, create, and think out of the box. We will be using Knex and Rods, learning how to create two dimension to three dimension, orthographic projections (3D shapes) and perspective. Your inner child will have a blast. Laughing and noise are encouraged.

Susan Brown is a retired teacher. She developed a program called Applied Technology/Robotics for children K-8 in New Haven, CT. She presented workshops to teachers in After School Network, CEUs, and NASA Explorer School Team Lead. She was awarded the Innovative Teacher of the Year in 2013.
WRITING MEMOIRS (V-930-16)  
Jan.28-Feb.18, 4 Weeks, 10:15-11:45, Room L-216

As we approach a “certain age” many of us are moved to record our memories of what happened to us “back then.” Working outside of the constraints of chronological reporting, we will use questions, photos, and sensory experience to help us recall, and attach words to our memories. The expectation is that if we are involved in writing memoirs, time will be devoted outside of class to writing. After the first session, class will be devoted to sharing our writing, and giving one another feedback. **Limited to 8 participants.**

Ann Metlay is a lifelong teacher and writer. She welcomes this class as an opportunity to continue her own process of recording her memoirs. She has a BA from UC Berkeley and an MA in education from San Francisco State.

BROWN BAG BRAIN BUZZ  
(FREE AND OPEN TO THE PUBLIC)  
Jan.28-Mar.03, 6 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 thirty years of experience as a business consultant.

JAPANESE KOGIN EMBROIDERY, A DRAMATIC, COUNTED FOLK TECHNIQUE (V-931-16)  
Jan.28-Feb.25, 5 Weeks, 2:00-5:00, Room G-107

Explore your undiscovered creativity through this easy-to-learn counted folk embroidery. Learn to stitch eye-catching items for your home or to design dramatic, geometric one-of-a-kind patterns on wearable art. This embroidery goes well with Native American Art! Bring scissors, eye-glasses, thimbles (if you use one) and especially enthusiasm to ride a magic carpet into an exciting world of possibilities. $7-8 material fee to be paid to Facilitator on first day of class.

Beatrice Keeber is an internationally-trained teacher of embroidery who has taught embroidery across the U.S. since the late 1970’s. She is a designer of wearable art, holds several copyrights, and has sold over 5,000 designs and books.

BEYOND SCIENCE & RELIGION - THE GREATER REALITY (V-932-16)  
Jan 28-Feb.18, 4 Weeks, 2:00-3:30, Room G-102

Life has a deeper purpose than most people realize. The human race is in such difficulty today because we have lost sight of this fact. This course will discuss what science overlooks and religion is unable to understand.

Rodger Christopherson is an ex-rocket scientist and company CEO turned writer. He has ten books in print which include two non-fiction, seven novels and one book of poetry.

FLOWER ESSENCE HEALING (V-933-16)  
Jan.28-Feb.18, 4 Weeks, 2:00-3:30, Room L-216

After 70+ years, the efficacy of flower essences, the study and research of Dr. Edward Bach, has been proven as highly effective, non-toxic herbal preparations that address core issues of physical wellness, especially emotions, stress, mental attitudes, spiritual values, and life purpose. Learn the use of the flowers around us and their powerful healing ability to help us let go of the negative emotions that hold us back from achieving our dreams. Bring your problems.

Marti Galione moved to the Arizona desert at a young age where she became interested in the healing power of the desert plants. She is now a healer and teacher in desert plants, herbs, Flower Essences and EFT.

STORY TELLING FOR EDUCATION AND FUN (V-935-16)  
Jan.28-Mar.03, 6 Weeks, 2:45-4:15, Room G-103

This class will teach and encourage the tradition of oral storytelling with the purpose of sharing family and cultural stories so that those stories and traditions should not be lost. The objective will be to build a continuing network of storytellers in the Arizona area.

Michael Sellars is a graduate of East Tennessee State University. ETSU, in co-operation with The National Storytelling Association, is the only university offering a course in oral storytelling in both an undergraduate and a master’s program.

Hog Wild BBQ generously supported OLLI’s Open House. We thank them and ask OLLI members to support Hog Wild BBQ.
Sedona Center

**STORY TELLING FOR EDUCATION AND FUN (S-525-16)**

*Jan.28-Mar.03, 6 Weeks, 9:00-10:30, Room 39*

This class will teach and encourage the tradition of oral storytelling with the purpose of sharing family and cultural stories so that those stories and traditions should not be lost. The objective will be to build a continuing network of storytellers in the Arizona area.

*Michael Sellars* is a graduate of East Tennessee State University. ETSU, in co-operation with The National Storytelling Association, is the only university offering a course in oral storytelling in both an undergraduate and a master’s program.

**NEWS & VIEWS (S-526-16)**

*Jan.28-Mar.03, 6 Weeks, 9:00-10:30, Room 8*

News and Views provides a welcoming and safe forum for discussion of public policy in the news, be it local, state, federal, or international. Each participant is strongly encouraged to bring in a news article or story (or two) from their favorite publication or news channel to share with the group. After the topic is presented, it is open for discussion. Please join us for lively discussion with lots of bright and informed residents. This will be group-led. **Limited to 12 participants.**

**MONEY, MONEY, MONEY: YOUR SOURCE FOR FINANCIAL EDUCATION (S-540-16)**

*Jan.28-Mar.03, 6 Weeks, 9:00-10:30, Room 28*

Financial education is an important step in helping you achieve a better future. This class offers clear and practical investment education in a convenient and comfortable format. By attending this class, you’ll gain a better understanding of the key principles of saving and investing and also learn specific strategies to help reach your long-term goals. Topics include: Rules of the Road; Focus on Fixed Income; Stocks: The Nuts and Bolts; An Investor’s Tour of Mutual Funds; What Happens After Paychecks Stop and Social Security: Your Questions Answered.

*Mary Millar* is a Series 7 licensed financial advisor assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

**WORLDVIEW-YOUR WINDOW TO REALITY (S-527-16)**

*Jan.28-Mar.03, 6 Weeks, 10:45-12:15, Room 39*

We have each developed our own worldview and each worldview is different. We will explore how we acquire our worldviews, and how they give meaning to our lives. We will see how our worldview channels our perception and try to understand the role of our senses, thinking, and feelings in developing and maintaining our worldview. We will see why we feel that our worldview is the “right/correct” worldview and what happens when different worldviews clash. **Limited to 20 participants.**

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

**THE MEN WHO BUILT AMERICA (S-528-16)**

*Jan.28-Mar.03, 6 Weeks, 10:45-12:15, Room 34*

Meet the giants of industry who built the foundation for America’s modern economy. The stories, visions, and accomplishments of Vanderbilt, Ford, Rockefeller, Carnegie, and J.P. Morgan will be presented and discussed. We will also compare and contrast their philosophies and political influence with those of today’s corporate leaders.

*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.

**JOURNEY FROM HEAD TO HEART: LIVING AND WORKING AUTHENTICALLY (S-529-16)**

*Jan.28-Feb.18, 4 Weeks, 10:45-12:15, Room 15*

Awareness of one’s own emotional state is where this course begins. Quickly, we will learn to use tools that empower us to make choices that lead to peace of mind in any situation. Relationships and productivity improve as we learn to say what we truly need to say and do what we truly need to do. By the end of the course, we rewrite the scripts of our life and work and begin to live from those new scripts.

*Nancy Oelklaus* has a doctorate in educational administration and leadership. With over 30 years’ experience in public education, since 2000 she has worked as an executive/leadership/personal coach helping people live the lives they truly want.

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**THURSDAY LEARNING GROUPS**

The **Java Love Café** – Sedona’s best café, generously supported OLLI’s Open House. We thank them and ask OLLI members to support Java Love Café.
ENHANCE INTIMATE RELATIONSHIPS THROUGH LETTING GO OF FEARS (S-530-16)
Jan.28-Mar.03, 6 Weeks, 10:45-12:15, Room 8

Fears block intimacy in all relationships. Become aware of old fear patterns and past painful experiences that may have prevented you from intimate, loving, present relationships. Fear of intimacy creates emotional walls, blocking us from trust, openness and honesty. Come prepared to share openly in class discussions and relationship exercises, as you relearn trust toward others. Men are especially welcome!

Gretchen Weberling, previous publisher of Contra Costa Woman magazine, has taught three previous classes on transforming your fears into personal power, and has worked with others on “letting go of fears.”

Nell Benson, MC, MFT, has a Masters in Counseling from ASU and has been a marriage and family therapist in Phoenix and Sedona for 35 years. She is married, has two children and 3 grandchildren.

DEVELOPING YOUR OWN PERSONAL SPIRITUALITY (S-531-16)
Jan.28-Mar.03, 6 Weeks, 10:45-12:15, Room 23

This class will feature participation from all who attend and wish to share. Topics discussed will be: Prayer, What Is It?; The Divine Feminine; Western and Eastern Spiritual Qualities; The Abrahamic Religions: Judaism, Christianity, Islam; Contributions of Native Spirituality and the Shamanic Way; What the Shift Is Doing to Spiritual Search; “None of the Above”, and Personal Spiritual Explorations. We will also have time for guided and silent personal meditation.

Barbara Mayer is a former Catholic nun, a current interfaith minister, Reiki Master and meditation guide. She will assist participants to explore more meaningful and personal forms of spirituality in today’s world.

INVESTING 101 (S-532-16)
Jan.28-Feb.18, 4 Weeks, 1:00-2:30, Room 28

The class will focus making the investment world understandable to the average non-investment professional. We will begin with a review of the basic terminology used in the investment world. From there, we will work to gain a broad understanding of the different types of investments, expenses associate with those investments, and the importance of compounding. Finally, we will dive into investing in a simple and understandable way to help you achieve your financial goals.

Matt Haertzen, CFA, is the CEO of Four Peaks Wealth Management and finance professor at NAU. During his career, Matt has managed more than $2 billion in institutional investments. He is passionate about using this experience to help investors.

Friday Learning Group

VERDE VALLEY CAMPUS (Clarkdale)

WRITING FOR SELF-DISCOVERY (V-940-16)
Jan.29-Feb.12, 3 Weeks, 10:45-12:15, Room L-216

Each class begins with meditation. From our inner stillness, we will write for five minutes after a prompt is provided. Everyone will share—there is no feedback because the group’s gift is to receive. Limited to 6 participants.

Jean Ford has explored many forms of writing. She finds that writing and sharing in groups allows everyone to embrace vulnerability with insights.

Sedona Center

COSMOS: A SPACETIME ODYSSEY (S-533-16)
Jan.29-Mar.04, 6 Weeks, 9:00-11:00, Room 34

An updated continuation of Carl Sagan's famous TV series, this learning group will present the concluding six episodes of Cosmos-A Spacetime Odyssey. Each episode in this series stands on its own merits and may be viewed independently. The series received a 2014 PEABODY AWARD for outstanding educational content, as well as 12 Emmy awards. Each class session will feature one full TV episode, followed by discussion.

Sanford (Sandy) Unger earned a Ph.D. from Cornell University. He has facilitated recent OLLI classes in Evolutionary Biology, Solar System Astronomy, and Earth Sciences.

ORIGINAL CONTACT REFLEX ANALYSIS & BEYOND (S-534-16)
Jan.29-Feb.19, 4 Weeks, 10:45-12:15, Room 39

Learn how to test/evaluate your physical body for nutrient deficiencies which contribute to your symptoms of imbalances. Use muscle testing AKA kinesiology based on Dr. Dick Versendaal’s original CRA (Contact Reflex Analysis.) He taught this system of analysis for over 45 years until his death in 2014. This is the original method that I learned from him and honor him with keeping it original, and the beyond relates to my own experiences. During class we will be working with a partner.

Xianti Hoo started learning and practicing Contact Reflex Analysis in 1986 and discovering and exploring alternatives for wellness since time began. See web site www.choosecra.com for more information.
SOUL RECOGNITION (S-535-16)  
Jan.29-Feb.12, 3 Weeks, 1:00-3:00, Room 15  
This is a very practical class to help us to move toward inner peace and deeper knowledge of ourselves. In class we will learn and apply practical ways to recognize, access and to enhance that deeper knowledge. The class will include lecture-like lessons and exciting experiential episodes.  
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.

COMMUNICATING WITH ANGELS (S-536-16)  
Feb.19-Mar.04, 3 Weeks, 1:00-3:00, Room 15  
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 some theory, have some direct experience and learn some practical technique. Participants will have an opportunity to apply this knowledge to personal concerns.  
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.

Saturday Workshop  
Sedona Center  

FULL MOON MEDITATIVE HIKE (S-599-16)  
Jan. 23, (timing details and location upon registration)  
The stage is Nature: the glorious turning of the light, the setting of the sun and the rising of the full moon. This hike is mile plus, and will be done by natural light, sun and moon (that is no flash lights). We will hike into the sunset in silence, sit, wait, watch the moon rise in silence, and then walk by moonlight to hot cider and snacks in silence. Priority given to those who have signed up for full moon hikes in the past which have had to be cancelled for inclement weather. To do this hike, you do need to be sturdy on your feet with good footwear, prepared for some uneven (sometimes a bit steep) ground, be open, and have a daring and adventurous spirit. Limited to 8 participants. If you have any question whether this class is for you, please call Marianna before registering. For everyone’s safety, class will be canceled if weather is inclement — which due to the influence of our dear sister moon on earthly happenings, is very possible.  
Marianna Hartsong, musician, healer, and intuitive gardener, has meditated daily since 1974. She has walked the forest floor and partnered with its creatures since she could toddle.

Monday Workshop  
Camp Verde (Parks & Recreation)  
PRESERVING YOUR FAMILY MEMORIES THE EASY WAY (CV-950-16)  
Feb.08, 3 Hrs, 9:00-12:00, Room 310  
Family memories are magical things! They bring your ancestors to life in your daily existence to teach, support, and strengthen you and your descendants. They are a treasure from which you may take daily withdrawals without ever reducing principal. Learn how and why to preserve your memories easily. Like peanuts, you won’t be able to stop at just one!  
Beatrice Keeber wrote about her 60-year marriage and family of five, which began in 1948. She wrote her memoirs in 2013. The results surprised her! Learn why and how to preserve your own memories the easy way!

HEALTHCARE, MEDICARE...HOW DO I PREPARE?  
(CV-952-16)  
Feb.22, 3 Hrs, 9:00-12:00, Room A2  
Focusing on the intricacies and nuances of Medicare, Medicare Advantage plans and Medicare Supplement plans to residents of Yavapai County. This course will cover basic principles, comparisons and unique particulars of healthcare products available to seniors, while also discussing the impact of the Affordable Care Act. Free for OLLI Members; $15 for non-members.  
Ryan Steinert worked in healthcare for seniors in Yavapai County since 2007 & handled insurance and billing for skilled nursing facilities in Verde Valley. He is currently licensed to sell MCR Adv/MCR Supp products & has a firm knowledge of Medicare.

MASTERING THE ESSAY FOUNDATION (CV-953-16)  
Feb.29, 3 Hrs, 1:00-4:00, Room 310  
What is an essay? Why is it still taught in college? Bring your laptop, notebook or pen and paper, and learn or review how the elements of the essay prepare the new or seasoned writer to create personal/family stories, business articles, poetry, and fiction. Essay samples will be provided, and participants are encouraged to draft while the points are discussed. The class will also touch on the fine points of first, second or third person writing and the advantages/disadvantages of each.  
Judith Rogers taught English Composition, Essay and Research, and Creative Writing at Columbus State Community College for 35 years. She is a national Guideposts Writers’ Workshop winner and a Columbus Alive first-prize winner for poetry.
Verde Valley Campus (Clarkdale)

MEDICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE (V-954-16)
Jan.25, 3 Hrs, 10:00-1:00, Room L-216
This workshop discusses what Medicare Parts A and B will and won't pay for, 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. Free for OLLI Members; $15 for non-members.
Denny Fanter retired from AT&T as a financial planner. He has sold Medicare products in Texas and Arizona since 2005.

FERMENTING VEGETABLES (V-955-16)
Jan.25, 1.5 Hrs, 1:00-2:30, Room L-215
Learn how to ferment vegetables with high amounts of probiotics--up to 10 trillion probiotics in every six-ounce serving. Learn the many reasons why your digestive system needs probiotics and why bacteria are your best friends instead of your enemy. See a demonstration on making raw, organic, fermented vegetables with enough probiotics to change your digestive system for the better.
Dan Sapienza is an Herbologist. He has been using food as a form of medicine for over 40 years and teaching how to ferment foods since 2013.

SELF MASSAGE CLASS (V-956-16)
Feb.08, 2 Hrs, 10:00-12:00, Room L-216
Learn care of the body using self massage to maintain wellness and stamina, keeping aches and pains on the back burner. Learn the use of homemade tools and techniques as well as little tips used by massage therapists to keep the body tuned and at its peak. Some equipment/tools are provided for use in class and purchase.
Lisa Quam has been a massage therapist in Myotherapy for more than 18 years and has helped many with joint and all-over body pain. She has been active in holistic self care for more than 30 years and has successfully abated her seizures of epilepsy.

HOME APPLIANCE REPAIR (V-996-16)
Feb.29 & Friday, Mar.04, 2 Hrs, 9:00-11:00, Room L-216
In this two-part class you will find answers to your questions and hear recommendations on repair of stoves, refrigerators and freezers, etc., as well as about purchasing new appliances, energy efficiency and more.
Norm Francisco and his wife owned and operated a home appliance repair shop for 20 years, including sales and service.

Sedona Center

CHAKRADANCE - CONNECTION THROUGH MOVEMENT (S-550-16)
Jan.25, 3 Hrs, 9:00-12:00, Room 40
Every human being has seven major chakras and each one influences an aspect of our lives. From our instincts, sexuality and personal power through to how we love, communicate, use our intuition and connect to our deepest source of spirituality. When you discover the power and the energy that resides within you, it is like coming home. Chakradance is a form of nourishment for your true self, for your soul. Chakradance will free the energy in your body and open you to a deeper experience of life.
Annette Moody is a certified Chakradance Facilitator, a Reiki Master and a Medicinal Aromatherapist. She is passionate about sharing her gifts with others seeking to connect with their own inner wisdom.

POWERPOINT JUMP START (S-551-16)
Jan.25, 3 Hrs, 10:00-1:00, Room 28
Powerpoint is a popular Microsoft product for creating dynamic presentations. In this short class, we will walk through the basics of creating a powerpoint presentation, then augment it with special effects. You can leave this class with a working document, which you can embellish later.
Jordan Ausman is a technical consultant with over 20 years of experience in Information Technology. She is passionate about cognition, learning systems, scientific measurement and spiritual self-discovery.

INTERACTIVE ART WORKSHOP (S-552-16)
Jan.25, 3 Hrs, 1:00-4:00, Room 23
This is a fun, collaborative process where each person participates in your painting. We start the painting, then pass it on to the next person who will add their own style, colors and design. Then pass to the next person to add a splash of color, lines, squiggles, or texture. Watch the painting emerge. Paint what you feel and be outrageously creative using brushes, sponges or fingers. Bring an apron/painter's shirt. Go home with a completed painting. Cost $15. Limited to 10 participants.
Grace Kirkwood is a floral designer, balloon artist and event decorator, photographer, and seeker of adventure. She uses art as a means of creative expression and awareness.
INTRODUCTION TO SELF LIBERATING CONSCIOUSLY (S-553-16)

Jan.25, 3 Hrs, 1:00-4:00, Room 34

Do you want to release the contraction-reaction-suffering cycle consciously? Do you want to be awake and engage in life fully? Self Liberating accompanies awakening, and frees us to live authentically while being centered, loving, and at peace. Join us to create new possibilities of unconditional love, and limitless living.

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

MASTERING THE ESSAY FOUNDATION (S-554-16)

Jan.25, 3 Hrs, 1:00-4:00, Room 08

What is an essay? Why is it still taught in college? Bring your laptop, notebook, or pen and paper and learn or review how the elements of the essay prepare the new or seasoned writer to create personal/family stories, business articles, poetry, and fiction. Essay samples will be provided, and participants are encouraged to draft while the points are discussed. The class will also touch on the fine points of first, second or third person writing and the advantages/disadvantages of each.

Judith Rogers taught English Composition, Essay and Research, and Creative Writing at Columbus State Community College for 35 years. She is a national Guideposts Writers’ Workshop winner and a Columbus Alive first-prize winner for poetry.

MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS (S-555-16)

Jan.25, 3 Hrs, 2:00-5:00, Room 28

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 Planner™ 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 INCA TRAIL (S-556-16)

Jan.25, 2 Hrs, 3:00-5:00, Room 12

We will view a DVD of Peru that includes historical blocks in downtown Lima, a paso equestrian exhibition at a private ranch, and two folkloric shows with Andean music. In the second DVD we will see Cusco, the Inti Rami Festival to the sun god, Inca architecture, and a primitive Inca folkloric production. We will have time for discussion of Peruvian cuisine, music, and your sharing of experiences.

Dave Benson is a retired self-employed tax accountant. He has lived in Sedona for over 10 years. During retirement he has taught himself video editing for television and wants to share his experiences in traveling to Peru.

Anne Crosman, BA and MA, has visited Peru twice and fell in love with the magical country. She is a frequent OLLI facilitator and serves as chair of the Sedona OLLI Curriculum Committee.

MEDITICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE (S-557-16)

Feb.01, 3 Hrs, 10:00-1:00, Room 15

This workshop discusses what Medicare Parts A and B will and won't pay for, 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. Free for OLLI Members; $15 for non-members.

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

MICROSOFT WORD BASICS (S-558-16)

Feb.01 & Feb.08, 2 Hrs, 10:00-12:00, Room 28

Word is a great program for writing, but it can be overwhelming if you don't know your way around it. In this class, we will take two sessions to make sure you are familiar with how to navigate in Word. Basic computer skills about how to start, save, open and locate documents will be discussed. No prior computer experience is required.

Jordan Ausman is a technical consultant with over 20 years of experience in Computer Information Technology. She is passionate about cognition, learning systems, scientific measurement and self-discovery.

The Heartline Café generously supported OLLI’s Open House. We thank them and ask OLLI members to support The Heartline Café.
BRAIN EDUCATION FOR SUCCESSFUL AGING (S-596-16)
Feb.01, 3 Hrs, 1:00-4:00, Room 12
As we age it is still possible to maintain and even restore our physical vitality and emotional contentment through a low impact movement practice known as Brain Education. No experience is necessary to integrate oth sides of the brain and make the body-brain connection work for you.

Haejung Jung received advanced training in South Korea from the founder of Dahn Yoga, Ilchi Lee. She is the director of the Sedona Meditation Center in uptown Sedona.

JERUSALEM TODAY (S-592-16)
Feb.08, 1.5 Hrs, 10:00-12:00, Room 23
“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 this city. What is the future holding for Jerusalem? Who does it belong to?

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

PREPARING YOUR ESTATE PLAN (S-559-16)
Feb.08, 1.5 hrs, 10:45-12:15, 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.

MY JOURNEY WITH KITUWAH (S-560-16)
Feb.08, 3 Hrs, 1:00-4:00, Room 23
Experience an incredible spiritual journey that began with a vision in 1981 of a native American man. The next 24 years, periodically new information was received, which ultimately led to the discovery of the facilitator’s ancestral link to this Kituwah man. This discovery opened a gateway for profound experience of healing, making amends and having the faith to follow your heart into the unknown. This workshop and journey is inspirational, surprising and deeply moving.

Tom Gebler, a third generation native of Phoenix, now resides in Oak Creek Canyon. He is an artist and outdoorsman. In 2008, he had a profound experience involving a former teacher which led him to create this Gift of Thanks practice and workshop.

AMAZING TRAVEL TIPS (UPDATED!) (S-570-16)
Feb. 15, 3 Hrs, 1:00-4:00, Room 12
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 on-line shopping malls. Learn which credit cards to get, how to earn large bonuses, and the best way to redeem points. Pay your income and property taxes using credit cards and improve your credit score.

Joel Gilgoff, Past Chairman of the Sedona Chamber, has taught many similar classes for OLLI. He has accumulated over 2.5 million hotel and airline points over the past 2 years and is a regular international traveller.

GIFT OF THANKS (S-561-16)
Feb.15, 3 Hrs, 1:00-4:00, Room 23
This workshop explores the active practice of “Paying it Backward” by expressing gratitude toward those who have helped us in some way be who we are today. It is designed to invite the participants to experience deeper levels of gratitude. “The Gift of Thanks” begins with the internal process of introspection and moves into outward expression. The Facilitator shares several inspiring stories, including his own, that moved him to share this practice with others.

Tom Gebler, a third generation native of Phoenix, now resides in Oak Creek Canyon. He is an artist and outdoorsman. In 2008, he had a profound experience involving a former teacher which led him to create this Gift of Thanks practice and workshop.

STRENGTHENING DEMOCRACY (S-598-16)
Feb.22, 3 Hrs, 9:00-12:00, Room 23
Most Americans today have concerns about the future of their nation and their democracy and they should. Trust and confidence in the American democratic process is at or near an all-time low and there are at least five democratic reforms supported by over 70% of Americans that Congress declines to address. The only legal option to the American people—short of revolution—is to hold their own convention and submit proposed constitutional amendments for ratification by the state legislatures. You will experience this process and come together fairly, honestly and respectfully with others across the political spectrum.

Blair Henry is a former Seattle corporate and prosecuting attorney, university professor and mediator. He has lived in the Village of Oak Creek since 2009.
MANAGING NUMBERS WITH MICROSOFT EXCEL (S-562-16)
Feb. 22 & Feb. 29, 10:00-12:00, Room 28
Excel is a very versatile program for any type of numerical calculation. In this class, we will look at some examples of ways to use Excel in your daily life, from managing your expenses to making a decision on a new car purchase. To really enjoy this class, you will need to be comfortable with computers and have basic math skills. Based on progress, we may also dive into creating instant charts and graphs.

Jordan Ausman is a technical consultant with over 20 years of experience in Computer Information Technology. She is passionate about cognition, learning systems, scientific measurement and self-discovery.

BASIC ASTROLOGY (S-563-16)
Feb. 22, 3 Hrs, 1:00-4:00, Room 39
What is your destiny? We will go over basic astrological signs ad planets. Please provide accurate birth information (date, city, and time within 5 minutes) to the facilitator one week before the workshop.

Sunny Jonynas has been an astrologer for many years. She is a member of AFA (American Federation of Astrologers) and ISAR (International Society of Astrological Research). She taught astrology at Santa Monica, CA, New Age Center.

MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS (S-564-16)
Feb. 22, 3 Hrs, 2:00-5:00, Room 28
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 Planner™ 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.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED (S-594-16)
Feb. 29, 2 Hrs., 10:00-12:00, Room 15
Social Security will likely be the foundation of your retirement income. Before you retire, it’s important to understand your options and the effect your decisions have on your retirement. In our presentation we’ll discuss “How does social security fit into my retirement income plan?”, “When should I start taking benefits?” and “What about taxes?”

Mary Millar is a Series 7 licensed financial advisor assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

BRAIN EDUCATION FOR SUCCESSFUL AGING (S-597-16)
Feb. 29, 3 Hrs, 1:00-4:00, Room 12
As we age it is still possible to maintain and even restore our physical vitality and emotional contentment through a low impact movement practice known as Brain Education. No experience is necessary to integrate other sides of the brain and make the body-brain connection work for you.

Haejung Jung received advanced training in South Korea from the founder of Dahn Yoga, Ilchi Lee. She is the director of the Sedona Meditation Center in uptown Sedona.

FOUND POETRY or (“HOW TO HELP POETRY FIND YOU”) (S-593-16)
Feb. 29, 3 Hrs., 1:00-4:00, Room 23
An introduction to various methods used by writers to generate text in experimental and unexpected ways, primarily as a way of sparking the imagination. Class participants will engage in fun and novel word experiments of their own.

Ann Peterson is an award-winning poet and guest lecturer from San Francisco, whose work has been published in numerous literary journals in the U.S. and Paris, France. She is currently writer-in-residence at her new home in the Verde Valley.

THANK YOU!
To the 40 plus 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.
Tuesday Workshop

Camp Verde (Parks & Recreation)

FROM TOLEDO TO JERUSALEM (CV-958-16)
Feb. 2, 1.5 Hrs, 1:00-2:30, Room A2

The movie From Toledo to Jerusalem tells about 500 years of Sephardic life. It includes life from the time of the inquisition, the expulsion, and the places the Jews settled after the expulsion. The movie is accompanied with beautiful Romanceros or Love Songs.

Kohava Benatar is Sephardic, has studied the topic, and is very enthusiastic about this documentary.

Verde Valley Campus (Clarkdale)

JERUSALEM TODAY (V-957-16)
Jan. 26, 1.5 Hrs, 1:30-3:00, Room G-102

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 this city. What is the future holding for Jerusalem? Who does it belong to?

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

Sedona Center

INTRODUCTION TO TEA (S-565-16)
Feb.02, 2 Hrs, 9:00-11:00, Room 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 is limited to 10 participants and will take place at Trailhead Tea. Address is: 251 SR 179 in the Creekside Plaza.

Eileen and Dan Durand are team teaching the workshop. They run a tea department store in Sedona.

INTRODUCTION TO TEA (S-566-16)
Mar.01, 2 Hrs, 9:00-11:00, Room Offsite

Wednesday Workshop

Verde Valley Campus (Clarkdale)

WHAT HAPPENS AFTER THE PAYCHECKS STOP (V-970-16)
Jan.27, 1.5 Hrs, 10:45-12:15, Room L-216

“What Happens After the Paychecks Stop? A Retirement Income Primer” is a seminar that discusses income during retirement. We’ll examine how to budget for retirement expenses and your potential sources of retirement income. We’ll also identify some of the potential risks to your retirement income and ways to address them.

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

STANDING GUARD: PROTECT WHAT YOU’VE WORKED FOR (V-971-16)
Feb.03, 1.5 Hrs, 10:45-12:15, Room L-216

Whether you are approaching retirement or recently retired, “Standing Guard: Protect What You’ve Worked For” shares strategies designed to help you guard your most valuable assets and protect your pre- and post-retirement income.

Amy Brown is a Series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.
RETIREMENT: MAKING YOUR MONEY LAST (V-972-16)

Feb. 10, 1.5 Hrs, 10:45-12:15, Room L-216

“Retirement: Making Your Money Last” is a seminar designed for people who are thinking about retiring or have retired recently. The workshop discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement, utilizing the framework of ‘Plan for the Expected,’ ‘Prepare for the Unexpected’ and ‘Position the Portfolio for Both.’

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

PREPARING YOUR ESTATE PLAN (V-973-16)

Feb. 17, 1.5 Hrs, 10:45-12:15, Room L-216

Our “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. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult your estate-planning attorney or qualified tax advisor regarding your situation.

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

Thursday Workshop

Camp Verde (Parks & Recreation)

FOUND POETRY (or “HOW TO HELP POETRY FIND YOU”) (CV-979-16)

Feb. 11, 3 Hrs., 1:00-4:00, Room 310

An introduction to various methods used by writers to generate text in experimental and unexpected ways, primarily as a way of sparking the imagination. Class participants will engage in fun and novel word experiments of their own.

Ann Peterson is an award-winning poet and guest lecturer from San Francisco, whose work has been published in numerous literary journals in the U.S. and Paris, France. She is currently writer-in-residence at her new home in the Verde Valley.

Friday Workshop

Beaver Creek (School District Board Room)

MEDICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE (CV-980-16)

Feb. 05, 3 Hrs, 10:00-1:00, Room BCSD

This workshop discusses what Medicare Parts A and B will and won’t pay for, 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. Free for OLLI Members; $15 for non-members.

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

Camp Verde (Parks & Recreation)

MEDICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE (CV-981-16)

Jan. 29, 2 Hrs, 10:00-12:00, Room A2

This workshop discusses what Medicare Parts A and B will and won’t pay for, 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. Free for OLLI Members; $15 for non-members.

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

UP-CYCLED JEWELRY PARTY (CV-982-16)

Feb. 05, 3 Hrs, 1:00-4:00, Room 310

We all have jewelry boxes filled with pieces we don’t like anymore— maybe it needs repair or it’s just too sentimental to part with. Bring your broken, tired jewelry; and let’s give it new life. You’ll also learn some wire-wrapping techniques. Bring jewelry tools if you have them. All supplies are included. $5 material fee to be paid to Facilitator at class. Limited to 10 participants.

Grace Kirkwood is a floral designer, balloon artist and event decorator, photographer, and seeker of adventure. She uses art as a means of creative expression and awareness.
FERMENTING VEGETABLES (CV-983-16)
Feb.05, 1.5 Hrs, 1:00-2:30, Room 204
Learn how to fermented vegetables with high amounts of probiotics. Up to 10 trillion probiotics in every six-ounce serving. Learn the many reasons why your digestive system needs probiotics and why bacteria are your best friends instead of your enemy. See a demonstration on making raw organic fermented vegetables with enough probiotics to change your digestive system for the better.

Dan Sapienza is an Herbologist. He has been using food as a form of medicine for over 40 years and teaching how to ferment foods since 2013.

Verde Valley Campus (Clarkdale)

NOT JUST PAPIER - SCULPTING (V-984-16)
Jan.29, 8 Hrs, 8:00-4:00, Offsite  (At her home studio in Cottonwood)
This is an 8-hour intensive workshop on prepping, creating, and finishing papier mache sculpture, home decor, and creative framing projects. Approximately $10 per person material fee payable to Facilitator at class. Limited to 8 participants.
Wendy Harford can be reached via her website at WendyHarford.com

GIFT OF THANKS (V-985-16)
Jan.29, 3 Hrs, 1:00-4:00, Room L-216
This workshop explores the active practice of “Paying it Backward” by expressing gratitude toward those who have helped us in some way be who we are today. It is designed to invite the participants to experience deeper levels of gratitude. “The Gift of Thanks” begins with the internal process of introspection and moves into outward expression. The Facilitator shares several inspiring stories, including his own, that moved him to share this practice with others.

Tom Gebler, a third generation native of Phoenix, now resides in Oak Creek Canyon. He is an artist and outdoorsman. In 2008, he had a profound experience involving a former teacher which led him to create this Gift of Thanks practice and workshop.

FUN WITH WATERCOLOR (V-986-16)
Feb.05, 3 Hrs, 10:00-1:00, Room H-103
Beginner artists are invited. No drawing skill is required. We’ll be drawing a winter scene. Materials will be supplied. $7 materials fee is payable to facilitator on first day of class. Limited to 12 participants.
Pat Murphy has enjoyed painting in this medium the past five years and wants to expand others interest in watercolor.

MASTERING THE ESSAY FOUNDATION (V-987-16)
Feb.05, 3 Hrs, 1:00-4:00, Room L-216
What is an essay? Why is it still taught in college? Bring your laptop, notebook or pen and paper and learn or review how the elements of the essay prepare the new or seasoned writer to create personal/family stories, business articles, poetry, and fiction. Essay samples will be provided, and participants are encouraged to draft while the points are discussed. The class will also touch on the fine points of first, second or third person writing and the advantages/disadvantages of each.
Judith Rogers taught English Composition, Essay and Research, and Creative Writing at Columbus State Community College for 35 years. She is a national Guideposts Writers Workshop winner and a Columbus Alive first-prize winner for poetry.

ORAL BACTERIA: THE CAVITY IN THE HEALTHCARE SYSTEM (V-988-16)
Feb.05, 3 Hrs, 1:30-4:30, Room L-215
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.

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.
VIBRANT LIVING WITH ESSENTIAL OILS (V-989-16)  
**Feb.12, 3 Hrs, 1:00-4:00, Room L-215**

Learn how to harness the power of pure, natural plant essences to keep your home clean and fresh (without chemicals!), eradicate stress, stay healthy and live an inspired life. This class includes an in depth look at what essential oils are, how they are made and the multitude of ways in which they can be used in daily life. You will leave with the tools to immediately begin utilizing these powerful plant essences, including recipes for home cleaning solutions and self-care products.

**Arin Thrine** is a massage therapist, yoga instructor, and mother to three daughters. She has been using essential oils as part of her daily living and in her massage practice for 15 years and is dedicated to helping people live the best life possible!

HEALTHCARE, MEDICARE...HOW DO I PREPARE? (V-990-16)  
**Feb.19, 3 Hrs, 9:00-12:00, Room L-215**

Focusing on the intricacies and nuances of Medicare, Medicare Advantage plans and Medicare Supplement plans to residents of Yavapai County. This course will cover basic principles, comparisons and unique particulars of healthcare products available to seniors, while also discussing the impact of the Affordable Care Act. **Free for OLLI Members; $15 for non-members.**

**Ryan Steinert** worked in healthcare for seniors in Yavapai county since 2007 & handled insurance and billing for skilled nursing facilities in Verde Valley. He is currently licensed to sell MCR Adv/MCR Supp products & has a firm knowledge of Medicare.

PRESERVING YOUR FAMILY MEMORIES THE EASY WAY (V-991-16)  
**Feb.19, 3 Hrs, 1:00-4:00, Room L-215**

Family memories are magical things! They bring your ancestors to life in your daily existence to teach, support and strengthen you and your descendants. They are a treasure from which you may take daily withdrawals without ever reducing principal. Learn how and why to preserve yours easily. Like peanuts, you won’t be able to stop at just one!

**Beatrice Keeber** wrote about her 60-year marriage and family of five, which began in 1948. She wrote her memoirs in 2013. The results surprised her! Learn why and how to preserve your own memories the easy way!

CHAKRADANCE - CONNECTION THROUGH MOVEMENT (V-993-16)  
**Feb.26, 3 Hrs, 9:00-12:00, Room L-137**

Every human being has seven major chakras and each one influences an aspect of our lives—from our instincts, sexuality, and personal power through to how we love, communicate, use our intuition, and connect to our deepest source of spirituality. When you discover the power and energy that resides within you, it is like coming home. Chakradance is a form of nourishment for your true self, for your soul. Chakradance will free the energy in your body and open you to a deeper experience of life.

**Annette Moody** is a certified Chakradance Facilitator, a Reiki Master and a Medicinal Aromatherapist. She is passionate about sharing her gifts with others seeking to connect with their own inner wisdom.

MY JOURNEY WITH KITUWAH (V-994-16)  
**Feb.26, 3 Hrs, 1:00-4:00, Room L-215**

Experience an incredible spiritual journey that began with a vision in 1981 of a Native American man. Over the next 24 years, periodically new information was received, which ultimately led to the discovery of the facilitator’s ancestral link to this Kituwah man. This discovery opened a gateway for a profound experience of healing, making amends and having the faith to follow your heart into the unknown. This workshop and journey is inspirational, surprising and deeply moving.

**Tom Gebler**, a third generation native of Phoenix, now resides in Oak Creek Canyon. He is an artist and outdoorsman. He has experienced two major life changing events that he is called to share with others. His stories are insightful, moving and inspiring.

MINERALS: THE SPARK PLUGS OF LIFE (V-995-16)  
**Mar.04, 3 Hrs, 1:00-4:00, Room L-215**

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.
PAGE SPRINGS ROAD TRIP (S-567-16)
Jan.29, 5 Hrs, 9:00-2:00, Offsite (Directions will be emailed prior to meeting)
Let’s do it again. Page Springs Road is a short, winding stretch of highway between 89A in Cottonwood and Cornville. It may be short but it is intriguing with many interesting places along with way like the hatchery, wineries, short and easy hikes, with some new surprise places added. Wear comfortable shoes and layered clothing; bring water, snack and camera. We will stop for lunch. Look for balloons marking the meeting place so we can car pool. Limited to 20 participants.
Grace Kirkwood is an avid photographer and loves to explore nature. She will share photographic and interesting tips along the way. Grace is also a floral designer, balloon artist and event decorator.

MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS (S-568-16)
Jan.29, 3 Hrs, 10:00-1:00, Room 28
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 Planner™ 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.

FERMENTED VEGETABLES (S-569-16)
Jan.29, 1.5 Hrs., 11:00-12:30, Room 12
Learn how to fermented vegetables with high amounts of probiotics. Up to 10 trillion probiotics in every six-ounce serving. Learn the many reasons why your digestive system needs probiotics and why bacteria are your best friends instead of your enemy. See a demonstration on making raw organic fermented vegetables with enough probiotics to change your digestive system for the better.
Dan Sapienza, Herbologist. He has been using food as a form of medicine for over 40 years and teaching how to ferment foods since 2013.

SELF-HELP ACUPRESSURE (S-595-16)
Jan.29, 2 Hrs., 11:00-1:00, Room 15
This will be a very practical self-help workshop. We will learn a few specific acupressure techniques to use for the purpose of maintaining a higher level of general health.
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@sedona-reflexology.com

THE FOOD-EMOTION-ORGAN CONNECTION (S-571-16)
Jan.29, 3 Hrs, 1:00-4:00, Room 28
Learn how the foods you eat and crave are connected with certain body organs and emotions. You can eat different foods to help certain organs to function better. Food is your best medicine!!!!!
Karen Russell is a Certified Health Coach and Dietetic Technician with over 25 years of experience in the nutrition and wellness field. Her passion is to help change peoples lives for the better!

EVOLVING CONSCIOUSNESS (S-572-16)
Feb.05, 3 Hrs, 9:00-12:00, Room 15
This is a presentation and discussion of where human consciousness is going. The premise of the class is based primarily on James Redfield, co-author of the book, “God and the Evolving Universe”.
Dayle Dodge is sometimes an activist, is an avid reader of non-fiction, and an OLLI enthusiast. She has an MBA and a BA in Journalism.

2016 ELECTION ISSUES (S-573-16)
Feb.05 & Feb.12, 1.5 Hrs, 10:00-11:30, Room 23
Two part workshop. First session on domestic issues; the second on foreign policy. We will discuss issues such as immigration, campaign financing, global warming, Syria, Afghanistan, and gun safety and other election issues.
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.
HEALTHY GLUTEN-FREE BAKING (S-574-16)  
Feb.05, 2 Hrs, 1:00-3:00, Room 39

Explore the many options for making your own gluten free baked goods including grain free and paleo options. You will also learn to search the internet for recipes that are appropriate for your needs and tastes. There will be samples and a cooking demonstration.

Andy Berry has dealt with gluten and other food sensitivities for years. She has gathered extensive information to help her continue to enjoy eating a variety of nutritious foods.

GEO-SITES OF NORTHERN ARIZONA (S-575-16)  
Feb.05, 3 Hrs, 1:00-4:00, Room 23

Northern Arizona is rich in spectacular sites, beloved of tourists and residents. Behind the beauty are geological explanations. We will travel from NE Arizona’s Navajo lands through the Grand Canyon to Lake Mead. Then from the Petrified Forest through Flagstaff, Sedona, Montezuma Well, and to Nevada on Route 66.

Ken Bork is a geologist, long enamored of the geology of Northern Arizona.

BEYOND TWINKIES AND TREADMILLS: 10 EASY AND CHEAP WAYS TO IMPROVE YOUR HEALTH (S-591-16)  
Feb.05, 3 Hrs, 1:00-4:00, Room 28

A good diet and regular exercise are important, but there are many other things you can do to maintain a healthy body and mind. This workshop features 10 simple and little-known lifestyle practices that reduce stress, increase energy, prevent disease, and activate the body’s natural healing potential.

Joan Young, after recovering from an autoimmune blood disease, has devoted the last 20 years to medical and healing education. She founded a non-profit, writes and edits medical articles, and communicates with physicians and patients worldwide.

CREATE A “PORTRAIT ON TAPE” (S-576-16)  
Feb.12, 5 Hrs, 9:00-2:00, Room 12

Participants will create a 90-minute video or audio tape, on which they reminisce about their personal history. A guided interview process makes this narration easy and enjoyable. (This recording can be downloaded to make a DVD or CD, which can be copied, to provide a treasured gift for family members.) In the morning, they will learn how to conduct the Portrait on Tape interview. In the afternoon, they will work in pairs to record their own life stories.

Paul Friedman, a retired professor, created the Portrait on Tape process and has made many such tapes, finding that recording an informal oral autobiography is much more pleasant and painless than writing one.

HOW RELIGIONS GROW? (S-577-16)  
Feb.12 & Feb.19, 2 Hrs, 1:00-3:00, Room 34

Intuitive experience of visionaries such as the Buddha, Moses, Jesus became religions over the years after their passing. What changed, if at all, in the process? How and why? We will examine the growth of Christianity from Jesus to Paul, and beyond, based on Biblical scholarship. This historical perspective may unravel a distinction between fact and faith.

Jayana Clerk, was educated in India, England, and the US. She taught English, world literature, and religion at CUNY. She has published several articles and books, including her novel about Mary Magdalene, “The Ultimate Love Story”.

THE BIG BANG, JUST A THEORY? (S-578-16)  
Feb.12, 3 Hrs, 1:00-4:00, Room 23

The theory is widely accepted as the best explanation of the observable evolution of the universe over 13+ billion years, from a hot soup of fundamental particles. It is a classic example of the scientific method at work. It was developed over the last 100 years starting with Einstein’s theories of relativity, and is based on big ideas, verified assumptions/predictions, scientific breakthroughs, and new technologies. An amazing story and paradigm shift.

Lou Camp majored in physics many years ago and has enjoyed “catching-up” by facilitating OLLI science classes.

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.
- Spring session proposals due Jan. 8th or sooner.
- To submit a proposal this can be done online at www.olliclasses.org. Instructions are in the back of this catalog and online.

www.olliclasses.org
STANDING GUARD: PROTECT WHAT YOU’VE WORKED FOR (S-579-16)  
Feb.19, 1.5 Hrs, 10:45-12:15, Room 28

Whether you’re approaching retirement or have recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you’ve created for you and your family. This presentation discusses proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. 
Donna Wiseman is a series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

CHEMISTRY & CHEMICALS: WHAT DO THEY HAVE TO DO WITH YOU? (S-580-16)  
Feb.19, 3 Hrs, 1:00-4:00, Room 23

The answer is everything! You are composed of chemicals as is all life. The food you eat, the home you live in, the clothes you wear, your health and your wealth are all dependent on chemicals. In this workshop we will explore and discuss the nature or properties of chemicals and how they effect our lives. There are no prerequisites. Limited to 24 participants.

Dennis Rayner has a Ph.D. in chemistry from Princeton University and was employed by the DuPont Co. for 32 years to do research and development.

SECRETS TO HEALTHY AGING (S-581-16)  
Feb.19, 3 Hrs, 1:00-4:00, Room 12

Why do some people age better than others? Is it ALL genetic? What are the secrets to better skin, weight balance, energy and vitality? Come and join in on the discussion and learn some of the secrets to aging with ease, energy, great health and without disease.

Karen Russell is a Certified Health Coach and Dietetic Technician with over 25 years of experience in the nutrition and wellness field. Her passion is to help change peoples lives for the better!

SOLAR ENERGY-YOUR GIFT FROM THE SUN (S-590-16)  
Feb.26, 3 Hrs, 9:00-12:00, Room 15

Learn how going solar can lock in reduced electric rates for the next two decades, with no out-of-pocket cost. Discover how solar energy works. Explore purchase vs leasing options. Discuss recent Arizona Corporation Commission rulings. Understand solar tax credits, design considerations, and more! A minimum of 8 participants is required.

Shirley Proulx, a long time OLLI supporter, facilitator and former Council member offers this solar class to provide education on “going green” and controlling energy costs.

TAX-FREE INVESTING: IT’S NOT WHAT YOU MAKE, IT’S WHAT YOU KEEP (S-582-16)  
Feb.26, 1.5 hrs, 10:45-12:15, Room 28

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. 
Donna Wiseman is a series 7 licensed Edward Jones financial advisor, assisting in retirement planning, financial strategies for income in retirement, annuities and insurance.

UNCOVERING HIDDEN FEES (S-583-16)  
Feb.26, 3 Hrs, 12:00-3:00, Room 39

One of the hidden secrets in the investment world is fees. Far too often, managers take a “don’t ask, don’t tell” approach to management fees. In this workshop we will focus on making investment management fees as transparent and understandable as possible. During this workshop you will learn about hidden fees your broker may receive for selling you certain assets and we will help you to learn the right questions to ask when an investment option is presented to you.

Matt Haertzen, CFA, is the CEO of Four Peaks Wealth Management and finance professor at NAU. During his career, Matt has managed more than $2 billion in institutional investments. He is passionate about using this experience to help investors.

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Facilitator Proposal Guidelines

When you submit your proposal by the due date it will ensure that you will be included in the catalog. (Spring proposals due on Jan 8th) Proposals received after this date are not guaranteed to be included in the catalog.
CAPTURE YOUR FAMILY HISTORY BEFORE IT'S TOO LATE! (S-584-16)
Feb. 26, 3 Hrs, 1:00-4:00, Room 28
Learn how you--yes, you!--can create a book 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 we'll help you build a practical and fun approach to get it done.

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

HEALTHCARE, MEDICARE...HOW DO I PREPARE? (S-585-16)
Mar. 04, 3 Hrs, 9:00-12:00, Room 15
Focusing on the intricacies and nuances of Medicare, Medicare Advantage plans and Medicare Supplement plans to residents of Yavapai County. This course will cover basic principles, comparisons and unique particulars of healthcare products available to seniors, while also discussing the impact of the Affordable Care Act. Free for OLLI Members; $15 for non-members.

Ryan Steinert worked in healthcare for seniors in Yavapai County since 2007 & handled insurance and billing for skilled nursing facilities in Verde Valley. He is currently licensed to sell MCR Adv/MCR Supp products & has a firm knowledge of Medicare.

CITIES OF LIGHTS AND ACTIVATION (S-586-16)
Mar. 04, 3 Hrs, 9:00-12:00, Room 39
Sedona is known for the energies and healing activations. The City of Lights or Crystalline City has been activated in Sedona and around the world to assist in raising the vibrations of humanity. We will explore the insights of locations, themes, purposes, activations, and more.

Laurie Hutchinson is a tour guide, college instructor, neurolinguist master practitioner, communication coach, and ceremonial leader. Her Native American and artist name is Crystal Starr Weaver.

READERS THEATER - “YEARNING SOULS” (S-587-16)
Mar. 04, 5 Hrs, 9:00-2:00, Room 12
We will spend an enjoyable day rehearsing a staged reading of “Yearning Souls”- three one act comedies written by Paul Friedman (inspired by Woody Allen short stories). At 4:00, we will perform the plays for an audience of OLLI and community members. Parts will be cast from among the people who enroll in this workshop. Be part of this premiere OLLI Readers Theater workshop!

Paul Friedman has written, directed, and acted in a variety of theater productions in Sedona and other communities over the years.

MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS (S-588-16)
Mar. 04, 3 Hrs, 10:00-1:00, Room 28
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 Planner™ 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.

INTRODUCTION TO ANCIENT SHAMANIC TRADITION OF SOUL RETRIEVAL (S-589-16)
Mar. 04, 3 Hrs, 1:00-4:00, Room 39
Part of one's essence can separate during trauma, leaving a person disempowered. We learn that we may not be living the adult life we are meant to be living and that essential core energy may not be available. It is vital to bring back lost soul parts and their gifts.

Chenoa has experienced the Visionseeker and Continuum shamanic trainings with Hank Wesselman. She has also studied with Sandra Ingerman.
PET FOOD QUALITY AND MARKETING:
WHAT TO BELIEVE. (S-600-16)
Mar.04, 3 Hrs, 1:00-4:00, Room 28
We will discuss the optimum nutrition needed for pets and how to insure your pet food supplies what your dog or cat need. We will also learn the difference between marketing hype and science-based formulations and how to tell the difference.

Martin Glinsky, 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.

SPECIAL INTEREST GROUPS:
Friday
Sedona Center
CHESS CLUB
Jan.20-Mar.02 (Meets on first and third Wednesday)
1:00-4:00, Room 08
The new OLLI Chess Club continues to be active. Come to play, watch, and learn. Beginners welcome. Free instruction. No need to register. Drop in for a few minutes or stay the full three hours. For further information, contact Bill Ward (liamfrancisw@gmail.com)

Verde Valley Campus (Clarkdale)
OUT TO LUNCH BOOK GROUP (V-999-16)
Jan.22-Mar. 11, 6 Weeks, 11:45-1:15, Jerona Cafe
Join us on the second and fourth Friday of each month for discussion of chosen books over lunch. The assigned book is discussed on the fourth Friday meeting and a general discussion of books takes place on the second Friday. The January book is “The Paying Guests” by Sarah Walters & February is “The Secret Lives of Codebreakers” by Sinclair McKay. Free with your paid Winter OLLI membership. You MUST register. Meet offsite at Jerona Cafe, 677 E. Mingus,Cottonwood. Limited to 12 participants.
Joe Stack is an avid reader who enjoys discussing books.
Colleen Stratz is an avid reader who enjoys discussing what she has read.

SPECIAL EVENT:
FREE AND OPEN TO THE PUBLIC
Wednesday
Sedona Center
NATIONAL ISSUES FORUMS - AMERICA’S ECONOMIC FUTURE
Jan.27-Feb.17, 4 Weeks, 2:45-4:15, Room 34
National Issues Forums give citizens an opportunity to deliberate. Deliberation is the activity of weighing costs and benefits with the aim of finding common ground for action moving forward. • America’s Future: What Should Our Budget Priorities Be (January 27) • Social Security How Can We Afford It? (February 3) • Health Care Costs (February 10) • Economic Security (February 18).
Andrea Houchard is the director of Philosophy in the Public Interest and Northern Arizona University and co-owner of SPEX: Sedona Philosophy Experience. Her areas of specialty are environmental ethics, political philosophy and public philosophy.

Friday
Verde Valley Campus (Clarkdale)
THE EXPLORATIONS AND DISCOVERIES OF GEORGE BIRD GRINNELL
Feb.19, 2 Hrs, 2:00-4:00, Room M-137
Arizona Humanities Council presentation by Hugh Grinnell, in period costume, talking about George Bird Grinnell, the Father of Glacier National Park. We will accompany him and experience first-hand his activities and participation in Explorations and Expeditions, Founding the Audubon Society, Creating Glacier National Park, and Making Important Acquaintances of Teddy Roosevelt, James Willard Schultz, Charley Reynolds, and many others. FREE AND OPEN TO THE PUBLIC.
Hugh Grinnell received his bachelor’s and master’s degrees from U. of Arizona. He discovered that a Great Northern Railroad passenger car was named Grinnell Glacier, in honor of George Bird Grinnell, a distant cousin. This prompted more research.
# Osher Lifelong Learning Institute: 2015 FALL Schedule

## LEARNING GROUPS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TIME</th>
<th>LEARNING GROUP</th>
<th>CLASS #</th>
<th>LOCATION</th>
<th>FACILITATOR</th>
<th>PAGE</th>
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<tr>
<td><strong>Camp Verde (Parks &amp; Recreation)</strong></td>
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<tr>
<td>Jan.25-Feb.22</td>
<td>1:00-4:00</td>
<td>Japanese Kogin Embroidery, A Dramatic Counted Folk Technique</td>
<td>CV-900-16</td>
<td>204</td>
<td>Beatrice Keeber</td>
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<tr>
<td>Jan.25-Feb.15</td>
<td>1:00-2:30</td>
<td>Basic Grant Writing</td>
<td>CV-901-16</td>
<td>A2</td>
<td>Anthony Caetano</td>
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<tr>
<td>Jan.25-Feb.29</td>
<td>9:00-10:30</td>
<td>News &amp; Views</td>
<td>V-902-16</td>
<td>L-215</td>
<td>J. Stack, C. Ireland</td>
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<tr>
<td>Jan.25-Feb.15</td>
<td>10:45-12:15</td>
<td>Superconscious Reactivity Testing</td>
<td>V-903-16</td>
<td>L-215</td>
<td>Xianti Hoo</td>
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<td>Jan.25-Feb.29</td>
<td>3:00-6:00</td>
<td>Hitchcock And De Palma: Films Inspired By or Stolen from The Master</td>
<td>V-904-16</td>
<td>L-215</td>
<td>Betsy Fader</td>
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<td>Feb.01-Feb.22</td>
<td>1:00-2:30</td>
<td>Recorder Instruction II</td>
<td>V-905-16</td>
<td>L-216</td>
<td>Lee Andress</td>
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<tr>
<td>Jan.25-Feb.29</td>
<td>1:00-2:30</td>
<td>The Gift of A Year: Make This Year One You Will Treasure For A Lifetime</td>
<td>S-502-16</td>
<td>40</td>
<td>Cat LeVasseur</td>
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<td>Jan.25-Feb.15</td>
<td>1:00-2:30</td>
<td>Journaling</td>
<td>S-503-16</td>
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<td>Patricia Kennedy</td>
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<td>Jan.25-Feb.15</td>
<td>1:00-2:30</td>
<td>A Tribute to Wayne Dyer: Inspiration, Wisdom, Thoughts, &amp; Life Lessons</td>
<td>S-504-16</td>
<td>39</td>
<td>Darlene Jordan</td>
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<td><strong>TUESDAY</strong></td>
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<td>Jan.26-Mar.01</td>
<td>9:00-10:30</td>
<td>Beginning Spanish</td>
<td>CV-910-16</td>
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<td>Art Smith</td>
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<td>Jan.26-Mar.01</td>
<td>9:00-10:30</td>
<td>The Warren Court (1953-1969)--Selected Issues/ Cases</td>
<td>V-911-16</td>
<td>L-216</td>
<td>Paul Ulrich</td>
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<td>Jan.26-Feb.16</td>
<td>10:45-12:15</td>
<td>Irish Music and Literature</td>
<td>V-912-16</td>
<td>L-216</td>
<td>Maggie McQuaid</td>
<td>3</td>
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<tr>
<td>Jan.26-Feb.23</td>
<td>10:45-12:15</td>
<td>Flattery, Insults, Puns, Riddles and Slogans</td>
<td>V-913-16</td>
<td>G-107</td>
<td>Joan Prefontaine</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>10:45-12:15</td>
<td>India</td>
<td>V-914-16</td>
<td>G-103</td>
<td>Shri Srikanth</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>1:00-2:30</td>
<td>Discovering Short Stories</td>
<td>V-915-16</td>
<td>G-104</td>
<td>Vic Goldie</td>
<td>4</td>
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<tr>
<td>Feb.9-Mar.01</td>
<td>2:45-4:15</td>
<td>Veggie Gardening in the Verde Valley</td>
<td>V-934-16</td>
<td>G-106</td>
<td>Rae Ebeling</td>
<td>4</td>
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<td><strong>Sedona Center</strong></td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>9:00-12:00</td>
<td>Meditative Hiking: Deepening With Ho'oponopono</td>
<td>S-538-16</td>
<td>Offsite</td>
<td>M. Hartsong</td>
<td>4</td>
</tr>
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<td>Jan.26-Mar.01</td>
<td>9:00-10:30</td>
<td>Brain Exercises Through Puzzles</td>
<td>S-505-16</td>
<td>39</td>
<td>Tyler Barrett</td>
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<tr>
<td>Jan.26-Feb.23</td>
<td>9:00-10:30</td>
<td>Get Organized - Simplify Your Life</td>
<td>S-506-16</td>
<td>15</td>
<td>Lisa Grubbs</td>
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<tr>
<td>Jan.26-Feb.09</td>
<td>9:00-11:00</td>
<td>Medicine Wheel, Labyrinths/Galactic Portal Of Light</td>
<td>S-507-16</td>
<td>8</td>
<td>Laurie Hutchinson</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>10:45-12:15</td>
<td>Freakonomics</td>
<td>S-509-16</td>
<td>28</td>
<td>Robert Anderson</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>10:45-12:15</td>
<td>Balance For Daily Living</td>
<td>S-511-16</td>
<td>40</td>
<td>Laura Vandegrift</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>10:45-12:15</td>
<td>Becoming Global Citizens</td>
<td>S-513-16</td>
<td>34</td>
<td>Jayana Clerk</td>
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<tr>
<td>Jan.26-Mar.01</td>
<td>1:00-2:30</td>
<td>Word Processing Using Open Source LibreOffice</td>
<td>S-514-16</td>
<td>28</td>
<td>John Sheffield</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<td><strong>Verde Valley Campus (Clarkdale)</strong></td>
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<tr>
<td>Jan.27-Feb.17</td>
<td>9:00-10:30</td>
<td>Exploring The Verde Valley</td>
<td>V-920-16</td>
<td>G-105</td>
<td>John Erickson</td>
<td>6</td>
</tr>
<tr>
<td>Jan.27-Mar.02</td>
<td>1:00-2:30</td>
<td>Origami - Basic Folds</td>
<td>V-922-16</td>
<td>G-107</td>
<td>Babe Gerstner</td>
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</tr>
<tr>
<td>Jan.27-Feb.17</td>
<td>2:45-4:15</td>
<td>The Big Band Era</td>
<td>V-923-16</td>
<td>L-215</td>
<td>Sy Brandon</td>
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<tr>
<td>Jan.27-Mar.02</td>
<td>2:45-4:15</td>
<td>Judaism In A Nutshell, According To Rabbi Arthur Green</td>
<td>V-924-16</td>
<td>G-106</td>
<td>Devorah Nye</td>
<td>6</td>
</tr>
</tbody>
</table>
# Osher Lifelong Learning Institute: 2015 FALL Schedule

## LEARNING GROUPS

<table>
<thead>
<tr>
<th>WEDNESDAY TIME</th>
<th>LEARNING GROUP</th>
<th>CLASS #</th>
<th>LOCATION</th>
<th>FACILITATOR</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb.10-Mar.02 1:00-2:30</td>
<td>Metaphor, Magic And Mystery: Astrology's Sabian Symbols</td>
<td>V-925-16</td>
<td>L-216</td>
<td>Paula McHugh</td>
<td>6</td>
</tr>
</tbody>
</table>

### Sedona Center

| Jan.27-Feb.17 10:45-12:15 | Basic Grant Writing | S-515-16 | 15 | Anthony Caetano | 7 |
| Jan.27-Mar.02 10:45-12:15 | Mathematical Oddities | S-516-16 | 28 | Richard Painter | 7 |
| Jan.27-Mar.02 10:45-12:15 | The Supreme Court | S-517-16 | 23 | Jim Molans | 7 |
| Jan.27-Feb.17 10:45-12:15 | Superconscious Reactivity Testing | S-518-16 | 39 | Xianti Hoo | 7 |
| Jan.27-Mar.02 10:45-12:15 | The Best Of TED Talks | S-519-16 | 34 | Paul Friedman | 7 |
| Jan.27-Mar.02 10:45-12:15 | Rethinking Social Justice | S-537-16 | 12 | P. Donnelly Roark | 7 |
| Jan.27-Mar.02 12:30-2:00 | Lunch And Learn (Free) | FREE | 34 | Paul Friedman | 8 |
| Jan.27-Mar.02 2:45-4:15 | Computer Savvy: Safe And Smart In A Connected World | S-520-16 | 28 | Jordan Ausman | 8 |
| Jan.27-Mar.02 2:45-4:15 | Traveling In The Superhologram | S-522-16 | 39 | L.V. Popat | 8 |
| Feb.03-Mar.02 10:45-12:15 | Sacred Earth Walks | S-523-16 | 40 | Rita Faruki | 8 |
| Feb.17-Mar.02 9:00-11:00 | Crystals 101 | S-524-16 | 8 | Laurie Hutchinson | 8 |

### Verde Valley Campus (Clarkdale)

| Jan. 28-Mar.03 9:00-10:30 | Playing & Building & Creating…Oh My | V-936-16 | G-105 | Susan Brown | 8 |
| Jan.28-Mar.03 12:30-1:30 | Brown Bag Brain Buzz | FREE | G-103 | Shri Srikanth | 9 |
| Jan.28-Feb.25 2:00-5:00 | Japanese Kogin Embroidery, A Dramatic, Counted Folk Technique | V-931-16 | G-107 | Beatrice Keeber | 9 |
| Jan 28-Feb.18 2:00-3:30 | Beyond Science and Religion/Greater Reality | V-932-16 | G-102 | R. Christopherson | 9 |
| Jan.28-Feb.18 2:00-3:30 | Flower Essence Healing | V-933-16 | L-216 | Marti Galione | 9 |
| Jan.28-Mar.03 2:45-4:15 | Story Telling For Education And Fun | V-935-16 | G-103 | Michael Sellars | 9 |

### Sedona Center

| Jan.28-Mar.03 9:00-10:30 | Story Telling For Education And Fun | S-525-16 | 39 | Michael Sellars | 10 |
| Jan.28-Mar.03 9:00-10:30 | News & Views | S-526-16 | 8 | Group Led | 10 |
| Jan.28-Mar.03 9:00-10:30 | Money,Money,Money: Your Source for Financial Education | S-540-16 | 28 | Mary Millar | 10 |
| Jan.28-Mar.03 10:45-12:15 | Worldview-Your Window to Reality | S-527-16 | 39 | Tyler Barrett | 10 |
| Jan.28-Mar.03 10:45-12:15 | The Men Who Built America | S-528-16 | 34 | Jim Molans | 10 |
| Jan.28-Feb.18 10:45-12:15 | Journey From Head To Heart: Living And Working Authentically | S-529-16 | 15 | Nancy Oelklaus | 10 |
| Jan.28-Mar.03 10:45-12:15 | Enhance Intimate Relationships Through Letting Go Of Fears | S-530-16 | 8 | G. Weberling, N. Benson | 11 |
| Jan.28-Mar.03 10:45-12:15 | Developing Your Own Personal Spirituality | S-531-16 | 23 | Barbara Mayer | 11 |
| Jan.28-Feb.18 1:00-3:00 | Investing 101 | S-532-16 | 28 | Matt Haertzen | 11 |

### FRIDAY TIME LEARNING GROUP

<table>
<thead>
<tr>
<th>Verde Valley Campus (Clarkdale)</th>
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<tbody>
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<td>Jan.29-Feb.12 10:45-12:15</td>
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### Sedona Center

| Jan.29-Mar.04 9:00-11:00 | Cosmos: A Spacetime Odyssey | S-533-16 | 34 | Sandy Unger | 11 |
| Jan.29-Feb.19 10:45-12:15 | Original Contact Reflex Analysis & Beyond | S-534-16 | 39 | Xianti Hoo | 11 |
| Jan.29-Feb.12 1:00-3:00 | Soul Recognition | S-535-16 | 15 | Thomas Brennan | 12 |
| Feb.19-Mar.04 1:00-3:00 | Communicating With Angels | S-536-16 | 15 | Thomas Brennan | 12 |
# Osher Lifelong Learning Institute: 2015 FALL Schedule

## WORKSHOPS

### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Workshop</th>
<th>Class #</th>
<th>Location</th>
<th>Facilitator</th>
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<tr>
<td>Jan. 23</td>
<td>TBA Full Moon Meditative Hike</td>
<td>S-599-16</td>
<td>Offsite</td>
<td>M. Hartsong</td>
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### MONDAY

<table>
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<tr>
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<tr>
<td>Jan. 25</td>
<td>TBA Self Massage Class</td>
<td>V-956-16</td>
<td>L-216</td>
<td>Lisa Quam</td>
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<tr>
<td>Jan. 25</td>
<td>TBA Home Appliance Repair</td>
<td>V-996-16</td>
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### Verdi Valley Campus (Clarkdale)

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<tr>
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<tbody>
<tr>
<td>Jan. 25</td>
<td>TBA Chakradance - Connection Through Movement</td>
<td>S-550-16</td>
<td>40</td>
<td>Annette Moody</td>
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<td>Jan. 25</td>
<td>TBA Powerpoint Jump Start</td>
<td>S-551-16</td>
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<td>Jordan Ausman</td>
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<td>TBA Interactive Art Workshop</td>
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<td>23</td>
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<td>TBA Introduction To Self-Liberating Consciously</td>
<td>S-553-16</td>
<td>34</td>
<td>Solaris Walsh</td>
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<tr>
<td>Jan. 25</td>
<td>TBA Mastering The Essay Foundation</td>
<td>S-554-16</td>
<td>8</td>
<td>Judith Rogers</td>
<td>14</td>
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<tr>
<td>Jan. 25</td>
<td>TBA Maximize Your Social Security Retirement Benefits</td>
<td>S-555-16</td>
<td>28</td>
<td>McMahon/Hughes</td>
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<tr>
<td>Jan. 25</td>
<td>TBA The Inca Trail</td>
<td>S-556-16</td>
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<td>Benson/Crosman</td>
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<tr>
<td>Feb. 01</td>
<td>TBA Medicare 101 - Everything You Need To Know About Medicare</td>
<td>V-956-17</td>
<td>L-216</td>
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### TUESDAY

<table>
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<tr>
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<tr>
<td>Feb. 02</td>
<td>TBA Basic Astrology</td>
<td>S-563-16</td>
<td>39</td>
<td>Sunny Jonyas</td>
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<td>Feb. 22</td>
<td>TBA Maximize Your Social Security Retirement Benefits</td>
<td>S-564-16</td>
<td>28</td>
<td>McMahon/Hughes</td>
<td>16</td>
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<tr>
<td>Feb. 29</td>
<td>TBA Social Security: Your Questions Answered</td>
<td>S-594-16</td>
<td>15</td>
<td>Mary Millar</td>
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<tr>
<td>Feb. 29</td>
<td>TBA Gift Of Thanks</td>
<td>S-561-16</td>
<td>23</td>
<td>Tom Gebler</td>
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**www.yc.edu/ollisv**
## WORKSHOPS

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>TIME</th>
<th>WORKSHOP</th>
<th>CLASS #</th>
<th>LOCATION</th>
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<th>PAGE</th>
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<tbody>
<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>Jan.27</td>
<td>10:45-12:15 What Happens After The Paychecks Stop</td>
<td>V-970-16</td>
<td>L-216</td>
<td>Amy Brown</td>
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<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>Feb.03</td>
<td>10:45-12:15 Standing Guard: Protect What You've Worked For</td>
<td>V-971-16</td>
<td>L-216</td>
<td>Amy Brown</td>
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<td>Verde Valley Campus (Clarkdale)</td>
<td>Feb.10</td>
<td>10:45-12:15 Retirement: Making Your Money Last</td>
<td>V-972-16</td>
<td>L-216</td>
<td>Amy Brown</td>
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<td>Verde Valley Campus (Clarkdale)</td>
<td>Feb.17</td>
<td>10:45-12:15 Preparing Your Estate Plan</td>
<td>V-973-16</td>
<td>L-216</td>
<td>Amy Brown</td>
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<td>THURSDAY</td>
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<tr>
<td>Camp Verde (Parks &amp; Recreation)</td>
<td>Feb.11</td>
<td>1:00-4:00 Found Poetry (or &quot;How To Help Poetry Find You&quot;)</td>
<td>CV-979-16</td>
<td>310</td>
<td>Ann Peterson</td>
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<td>FRIDAY</td>
<td>TIME</td>
<td>WORKSHOP</td>
<td>CLASS #</td>
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<tr>
<td>Beaver Creek School</td>
<td>Feb.05</td>
<td>10:00-1:00 Medicare 101 - Everything You Need To Know About Medicare</td>
<td>CV-980-16</td>
<td>BCSD</td>
<td>Denny Fanter</td>
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<td>Camp Verde (Parks &amp; Recreation)</td>
<td>Jan.29</td>
<td>10:00-12:00 Medicare 101 - Everything You Need To Know About Medicare</td>
<td>CV-981-16</td>
<td>A2</td>
<td>Denny Fanter</td>
<td>18</td>
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<tr>
<td>Camp Verde (Parks &amp; Recreation)</td>
<td>Feb.05</td>
<td>1:00-4:00 Up-Cycled Jewelry Party</td>
<td>CV-982-16</td>
<td>310</td>
<td>Grace Kirkwood</td>
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<tr>
<td>Camp Verde (Parks &amp; Recreation)</td>
<td>Feb.05</td>
<td>1:00-2:30 Fermenting Vegetables</td>
<td>CV-983-16</td>
<td>204</td>
<td>Dan Sapienza</td>
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<td>Verde Valley Campus (Clarkdale)</td>
<td>Jan.29</td>
<td>8:00-4:00 Not Just Papier - Sculpting</td>
<td>V-984-16</td>
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<td>Wendy Harford</td>
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<td>1:00-4:00 Gift Of Thanks</td>
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<td>10:00-1:00 Fun With Watercolor</td>
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<td>1:30-4:30 Oral Bacteria: The Cavity In The Healthcare System</td>
<td>V-988-16</td>
<td>L-215</td>
<td>Jeanne Dockins</td>
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<td>1:00-4:00 Vibrant Living With Essential Oils</td>
<td>V-989-16</td>
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<td>Arin Thrine</td>
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<td>Verde Valley Campus (Clarkdale)</td>
<td>Feb.19</td>
<td>9:00-12:00 Healthcare, Medicare...How Do I Prepare?</td>
<td>V-990-16</td>
<td>L-215</td>
<td>Ryan Steinert</td>
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<td>1:00-4:00 Preserving Your Family Memories the Easy Way</td>
<td>V-991-16</td>
<td>L-215</td>
<td>Beatrice Keeber</td>
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<td>9:00-12:00 Chakradance - Connection Through Movement</td>
<td>V-993-16</td>
<td>I-137</td>
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<td>1:00-4:00 My Journey With Kituwah</td>
<td>V-994-16</td>
<td>L-215</td>
<td>Tom Gebler</td>
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<td>Mar.04</td>
<td>1:00-4:00 Minerals: The Spark Plugs Of Life</td>
<td>V-995-16</td>
<td>L-215</td>
<td>Rick Malter</td>
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<td>Sedona Center</td>
<td>Jan.29</td>
<td>9:00-2:00 Page Springs Road Trip</td>
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<td>Jan.29</td>
<td>10:00-1:00 Maximize Your Social Security Retirement Benefits</td>
<td>S-568-16</td>
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<td>Matt McMahon, Colin Hughes</td>
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<td>11:00-12:30 Fermented Vegetables</td>
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<td>S-595-16</td>
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<td>1:00-4:00 “The Food-Emotion-Organ Connection”</td>
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<td>9:00-12:00 Evolving Consciousness</td>
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<td>Sedona Center</td>
<td>Feb.05&amp;Feb.12</td>
<td>10:00-1:10 2016 Election Issues</td>
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<td>Curt Ireland</td>
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<td>1:00-3:00 Healthy Gluten-Free Baking</td>
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<td>1:00-4:00 Geo-Sites of Northern Arizona</td>
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<td>1:00-4:00 Beyond Twinkies And Treadmills: 10 Easy And Cheap Ways To Improve Your Health</td>
<td>S-591-16</td>
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<td>Joan Young</td>
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<td>9:00-2:00 Create A &quot;Portrait On Tape&quot;</td>
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<td>Paul Friedman</td>
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<tr>
<td>Sedona Center</td>
<td>Feb.12&amp;Feb.19</td>
<td>1:00-3:00 How Religions Grow?</td>
<td>S-577-16</td>
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<td>Jayana Clerk</td>
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## Workshops

<table>
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<th>Class #</th>
<th>Location</th>
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<tr>
<td>Sedona Center</td>
<td>Feb.12</td>
<td>1:00-4:00 The Big Bang, Just A Theory?</td>
<td>S-578-16</td>
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<td>Lou Camp</td>
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<td>Feb.19</td>
<td>10:45-12:15 Standing Guard: Protect What You’ve Worked For</td>
<td>S-579-16</td>
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<td>Donna Wiseman</td>
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<td>1:00-4:00 Chemistry &amp; Chemicals: What Do They Have To Do With You?</td>
<td>S-580-16</td>
<td>23</td>
<td>Dennis Rayner</td>
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<td>Feb.19</td>
<td>1:00-4:00 Secrets To Healthy Aging</td>
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<td>9:00-12:00 Solar Energy: Your Gift From The Sun</td>
<td>S-590-16</td>
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<td>Shirley Proulx</td>
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<td>Feb.26</td>
<td>12:00-3:00 Uncovering Hidden Fees</td>
<td>S-583-16</td>
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<td>Matthew Haertzen</td>
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<td>Feb.26</td>
<td>1:00-4:00 Capture Your Family History Before It’s Too Late!</td>
<td>S-584-16</td>
<td>28</td>
<td>Darcy Hitchcock</td>
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<td>Mar.04</td>
<td>9:00-12:00</td>
<td>Healthcare, Medicare...How Do I Prepare?</td>
<td>S-585-16</td>
<td>15</td>
<td>Ryan Steinert</td>
<td>24</td>
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<tr>
<td>Mar.04</td>
<td>9:00-12:00</td>
<td>Cities Of Lights And Activation</td>
<td>S-586-16</td>
<td>39</td>
<td>Laurie Hutchinson</td>
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<tr>
<td>Mar.04</td>
<td>9:00-2:00</td>
<td>Readers Theater - &quot;Yearning Souls&quot;</td>
<td>S-587-16</td>
<td>12</td>
<td>Paul Friedman</td>
<td>24</td>
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<tr>
<td>Mar.04</td>
<td>10:00-1:00</td>
<td>Maximize Your Social Security Retirement Benefits</td>
<td>S-588-16</td>
<td>28</td>
<td>Matt McMahon, Colin Hughes</td>
<td>24</td>
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<tr>
<td>Mar.04</td>
<td>1:00-4:00</td>
<td>Introduction To Ancient Shamanic Tradition Of Soul Retrieval</td>
<td>S-589-16</td>
<td>39</td>
<td>Chenoa</td>
<td>24</td>
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<td>Mar.04</td>
<td>1:00-4:00</td>
<td>Pet Food Quality And Marketing: What To Believe</td>
<td>S-600-16</td>
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<td>Martin Glinsky</td>
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## Special Interest Group

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<th>Special Interest Group</th>
<th>Class #</th>
<th>Location</th>
<th>Facilitator</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedona Center</td>
<td>Jan.20-Mar.02</td>
<td>Chess Club</td>
<td>Open</td>
<td>8</td>
<td>Bill Ward</td>
<td>25</td>
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<tr>
<td>Cottonwood</td>
<td>Jan.22-Mar.11</td>
<td>Out To Lunch Book Group</td>
<td>V-999-16</td>
<td>Jerona Cafe</td>
<td>Joe Stack, Colleen Stratz</td>
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## Special Events (Free and Open to the Public)

<table>
<thead>
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<th>Time</th>
<th>Event</th>
<th>Class #</th>
<th>Location</th>
<th>Facilitator</th>
<th>Page</th>
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<tbody>
<tr>
<td>Sedona Center</td>
<td>Jan.27-Feb.17</td>
<td>National Issues Forums - America’s Economic Future (Four Wednesdays)</td>
<td>FREE</td>
<td>34</td>
<td>Andrea Houchard</td>
<td>25</td>
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<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>Feb.19</td>
<td>2:00-4:00 The Explorations And Discoveries Of George Bird Grinnell</td>
<td>FREE</td>
<td>M-137</td>
<td>Hugh Grinnell</td>
<td>25</td>
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</table>
Join an environment where curiosity, discussion and learning are stimulated and where you will meet OLLI Members and Facilitators of like-mind.

### Winter OLLI Classes

#### Camp Verde (Parks & Recreation)

<table>
<thead>
<tr>
<th>Learning Group (classes 4 to 7 weeks)</th>
<th>Starting Dates</th>
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<tbody>
<tr>
<td>Japanese Kogin Embroidery, a Dramatic Counted Folk Technique</td>
<td>Jan. 25 (Mon.) 1:00pm</td>
</tr>
<tr>
<td>Basic Grant Writing</td>
<td>Jan. 25 (Mon.) 1:00pm</td>
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<tr>
<td>Beginning Spanish</td>
<td>Jan. 26 (Tues.) 9:00am</td>
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#### Workshops (meet once)

<table>
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<th>Dates</th>
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<tr>
<td>Medicare 101  Everything you Need to Know about Medicare</td>
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<tr>
<td>Jan. 29 (Fri.) 10:00am</td>
</tr>
<tr>
<td>From Toledo to Jerusalem</td>
</tr>
<tr>
<td>Feb. 2 (Tues.) 1:00pm</td>
</tr>
<tr>
<td>UpCycled Jewelry Party</td>
</tr>
<tr>
<td>Feb. 5 (Fri.) 1:00pm</td>
</tr>
<tr>
<td>Fermenting Vegetables</td>
</tr>
<tr>
<td>Feb. 5 (Fri.) 1:00pm</td>
</tr>
<tr>
<td>Preserving Your Family Memories the Easy Way</td>
</tr>
<tr>
<td>Feb. 8 (Mon.) 9:00am</td>
</tr>
<tr>
<td>Found Poetry</td>
</tr>
<tr>
<td>Feb. 11(Thurs) 1:00pm</td>
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<tr>
<td>Healthcare, Medicare...How Do I Prepare?</td>
</tr>
<tr>
<td>Feb. 22 (Mon.) 9:00am</td>
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<tr>
<td>Mastering the Essay Foundation</td>
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<tr>
<td>Feb. 29 (Mon.) 1:00pm</td>
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#### Beaver Creek School Board Room

<table>
<thead>
<tr>
<th>Workshops (meet once)</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicare 101  Everything you Need to Know about Medicare</td>
<td>Feb. 5 (Fri.) 10:00am</td>
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</tbody>
</table>

Join a festive environment where you will meet OLLI Facilitators, learn about the Fall classes, and talk with Yavapai College personnel. Call (928) 649-4275 or (928) 649-5550 for more information.
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:
Spring Term: Apr. 11 to May 19  Proposals due by Jan. 8, 2016
Summer Term: Jun. 20 to Jul. 28  Proposals due by Apr. 4, 2016

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 available.

We encourage you to use the on-line facilitator proposal form (instructions below).
For further assistance please contact the OLLI office 928-649-4275 or 928-649-5550

ON-LINE FACILITATOR PROPOSAL FORM

Registration:
1. Go to the website at www.olliclasses.org
2. Click on the Register link (upper right corner).
3. Fill in all fields of the pop-up boxes.
4. After all fields are populated, click Submit.
5. You will receive an email at the address entered in the Email field of the pop-up box. If the email does not appear in your Inbox within a few minutes, check Junk/Spam.
6. 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.
5. Click Log In.

After a successful login, you will have access to all fields needed to create a proposal. Your Facilitator area will be populated with the same information provided during registration -- with the exception of the Biography. After you have entered the required information for a Proposal and added your Biography, click “Add” to create a 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.

We would really appreciate your using this on-line process for your Spring 2016 proposal(s).
For assistance please contact the OLLI office 928-649-4275 or 928-649-5550
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 _______________________

<table>
<thead>
<tr>
<th>MEMBERSHIP, FINANCIAL AID, DONATION:</th>
</tr>
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<tbody>
<tr>
<td>□ Two Workshop Package $35: Up to 2 workshops at a low price!</td>
</tr>
<tr>
<td>□ One Learning Group Package $55: One learning group.</td>
</tr>
<tr>
<td>□ Five for 85... $85: Up to five learning groups or workshops.</td>
</tr>
<tr>
<td>□ Unlimited Package $130: Unlimited number of learning groups and workshops.</td>
</tr>
<tr>
<td>□ I am a facilitator this term (to sign up to take classes please call us – we have special deals and rates for you).</td>
</tr>
</tbody>
</table>

□ I would like to help my neighbor: and donate towards the OLLI of Sedona/Verde Valley financial aid fund (please make out a separate check to the Yavapai College Foundation).

□ Facilitator voluntary $25 membership: (from facilitators to help us with our endowment allocation).

□ I would like to apply for financial assistance.

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<thead>
<tr>
<th>Class ID#</th>
<th>Title</th>
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<tr>
<th>CHECKOUT</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Membership ($35, $55, $85, $130)</td>
<td>$</td>
</tr>
<tr>
<td>Financial Aid Amount Requested</td>
<td>$</td>
</tr>
</tbody>
</table>

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<tr>
<th>FEES FOR ADDITIONAL CLASSES</th>
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<tbody>
<tr>
<td>Some packages allowing adding learning groups for $30 and/or workshops for $10: please call us.</td>
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<tr>
<th>DONATIONS</th>
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</thead>
<tbody>
<tr>
<td>Donation to financial aid fund (Please make out separate check to the YCF)</td>
</tr>
<tr>
<td>Facilitator $25 voluntary membership</td>
</tr>
</tbody>
</table>

| Total | $ |

928.649.4275 • 928.649.5550
FREE OLLI EVENTS * OPEN TO THE PUBLIC

"A TASTE OF OLLI" - OLLI'S WINTER OPEN HOUSE
Thursday, January 14, 2016, 10:00 - 2:00, Room M-137, Verde Valley 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.

NATIONAL ISSUES FORUMS - AMERICA'S ECONOMIC FUTURE
January 27-February 17, 2016, 4 Wednesdays, 2:45-4:15, Room 34, Sedona Campus


THE EXPLORATIONS AND DISCOVERIES OF GEORGE BIRD GRINNELL
AN ARIZONA HUMANITIES COUNCIL PRESENTATION
February 19, 2016, 2:00-4:00, Room M-137, Verde Valley Campus

Hugh Grinnell, in period costume, will speak about George Bird Grinnell, the Father of Glacier National Park. We will learn first-hand about his activities and participation in Explorations and Expeditions, Founding the Audubon Society, Creating Glacier National Park, and Making Important Acquaintances of Teddy Roosevelt, James Willard Schultz, Charley Reynolds, and many others.