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 L, Room 210.
3. Mail registration form and payment to: Yavapai College, OLLI-Sedona, 4215 Arts Village Dr, Sedona, AZ 86336 or Yavapai College, OLLI-Verde, 601 Black Hills Dr, Clarkdale, AZ 86324.
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

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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 April 13th
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

928.649.4275 • 928.649.5550
Art & Music
Art Of Painting 7
All In The Musical Family 7
Musicals: More Than You Think 7

Science, Nature, & Technology
Music and the Brain 6
Fascinating Stories About The Men And Women Behind Our Technology 5
Geology of National Parks in the America West 4
Natural History Of Sedona And The Verde Valley 6
Environmental Pollution And Toxic Chemicals: Arizona And Beyond 4

Psychology & Self-Exploration
The Brain 8
The Psychology Of Place 6
Improve Your Brain-Body Connection 11
Philosophical Meditation 4
Coping With A Changing World 5
“Judaism’s 10 Best Ideas”: Part II - Deepening The Exploration 7
The Philosophy And Physics Of Forgiveness 12
Evoking The Person Within 9
Genealogy-Tracing Your Roots 5
Journey From Head To Heart: Living And Working Authentically 11
Raising Your Dominant Vibration: Living Focused in the Present Moment 8

Politics
The Election of 2016 11

Finance & Grant Writing
Investing 101 6
Basic Grant Writing 5

Writing & Memoirs
Sensing Memoir 10
Writing Our Way to Happiness 4

Spiritual & Psychic Self-Exploration
Evolving Consciousness, Past, Present And Future 7
Understanding Creation Rationale, Logic & Science 8
Soul Recognition 9
Traveling In The Super-Hologram 9
Divine Assertiveness And Communication 12
Life Journeys And Divine Gifts And Tools 12
Communicating With Angels 12

Hands-On & Puzzles
Beginners Basic Counted Cross Stitch 6
Japanese Kogin Embroidery, A Dramatic, Counted Folk Technique 10
Brain Exercises Through Puzzles 10
Puzzles, Puzzles, Puzzles 11

Health
Divorce Your Diagnosis 4
Integrative Medicine 8
The Healing Plants Of Verde Valley 9

Hikes, Poetry, & Movement
Dangerous Poetry Hikes 10
Chi-Lel Qigong 11
Gentle Yoga, Chair Or Mat 6
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<td>History Of The Verde Valley 20</td>
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<td>The Billingsley Hopi Dancers 20</td>
<td>Preserving Your Family Memories The Easy Way 15</td>
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<td>Introduction To The Native American Flute 14,16</td>
<td>Qigong For Healing And Peace 13</td>
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<td>Actors Workshop For 24 Hour Theatre 18</td>
<td>Easy Self-Care Appreciation for Every Body 17</td>
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<th>Beyond Just Interesting</th>
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<td>Presidential Advisory Commissions: What, Why And How 23</td>
<td>SPEX - Sedona Philosophy Experience 21</td>
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<td>Miranda At 50 14,15,17</td>
<td>Turning Grapes Into Wine 19</td>
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<td>Mystical Mandalas 13</td>
<td>Tax-Free Investing: It’s Not What You Make, It’s What You Keep 18</td>
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<td>The Power In Your Hands 17</td>
<td>Understanding Annuities And Life Insurance 20</td>
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<td>Finding Joy 14,18,20</td>
<td>Giving With Purpose: Planned And Charitable Giving Techniques 21</td>
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<td>Learning To Communicate With Spirit Guides &amp; Angels 15</td>
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<td>Outdoor Recreation And Volunteer Opportunities In The Verde Valley 15,19,23</td>
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<th>Computer &amp; Internet</th>
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<td>How Do I Use This Thing? I-Phones, I-Pads, Smart Phones &amp; Tablets 18</td>
<td>Maximize Your Social Security Retirement Benefits 24</td>
<td>Co-Evolution of Minerals and Life: A Love Story 21</td>
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<td>Self-Publishing With Amazon: E-books 19</td>
<td>Medicare 101 - Everything You Need To Know About Medicare 24</td>
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<td>Amazing Travel Tips (updated!) 16</td>
<td>Healthcare, Medicare, How Do I Prepare? 24</td>
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Monday Learning Groups

Sedona Center

GEOLOGY OF NATIONAL PARKS IN THE AMERICAN WEST (S-650-SP16)
Apr.11-May 16, 6 Weeks, 9:00-10:30, Room 23
National Parks are gifts to the public. Established largely on the basis of scenery, their majesty is often due to underlying geology. Our illustrated tour will consider the geoscience behind a number of parks in the American West, from Arches to Zion.

Ken Bork, an ex-Park Ranger, has a Ph.D. in geology and taught at the college level for four decades.

DIVORCE YOUR DIAGNOSIS (S-651-SP16)
Apr.11-May 16, 6 Weeks, 10:45-12:15, Room 40
Are you ready to experience a greater sense of well-being? Ready to “divorce” the diagnosis that plagues you? We will learn 7 keys to vibrant living learned first-hand from the facilitator’s experiences and backed by research. Come with an open mind and heart and reclaim your natural state of well-being. There will be discussion and experiential activities.

Geneva Sugarbaker is a singer, author, and facilitator. She has a Master’s degree in Counselor Education/Psychology and in Metaphysics. She has survived kidney failure, NDE and dialysis. Her story is intended to inspire you to greater well-being.

ENVIRONMENTAL POLLUTION AND TOXIC CHEMICALS: ARIZONA AND BEYOND (S-652-SP16)
Apr.11-May 02, 4 Weeks, 10:45-12:15, Room 23
This course will explore the basics of environmental toxicology of chemicals in the environment, including pollutant categories and sources, transport, and effects on animals and humans. Important sites in Arizona and elsewhere will be discussed with specific topics such as legal/regulatory framework, extent of the problem, separation of real vs. perceived effects, and cleanup experiences. We will begin with some fundamentals of toxicology, so there is no need for any prior experience.

Tom Ginn, Ph.D., is an environmental toxicologist with over 40 years’ experience at some of the largest pollution sites in the U.S. He has authored numerous publications on water and soil pollution and has testified in court as an expert witness.

WRITING OUR WAY TO HAPPINESS (S-653-SP16)
Apr.11-May 16, 6 Weeks, 10:45-12:15, Room 39
Come explore writing from the heart --- the muse, and let words flow out of you onto paper. When we allow ourselves to listen deeply and write it down, we can amaze ourselves and inspire others. As we begin to trust our own voice, great joy bubbles up. This class gives us the chance to celebrate our written words. Bring pens and paper and be ready to write.

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

PHILOSOPHICAL MEDITATION (S-654-SP16)
Apr.11-May 02, 4 Weeks, 2:00-3:30, Room 12
When we think of meditation we usually think of Buddhist meditation—clearing the mind. Philosophical meditation is a different, yet complementary practice. In philosophical meditation we analyze what is in the mind and make decisions about how to respond to those thoughts. Marcus Aurelius wrote The Meditations as a way to intentionally shape his responses to the world around him. Join this class to learn about and to begin a practice of philosophical meditation.

Andrea Houchard is an owner of SPEX - Sedona Philosophy Experience - an Arizona Benefit Corporation. She has a PhD in philosophy from Tulane University and founded Philosophy in the Public Interest at NAU.
COPING WITH A CHANGING WORLD (S-655-SP16)
Apr. 18-May 16, 5 Weeks, 2:45-4:15, Room 39
We will be discussing and processing feelings about climate change and system collapse while also exploring who we each want to be in the face of these challenges. This will be a place to both grieve loss and express gratitude. This class will include heart-felt discussion, compassionate listening and experiential components.

Carisa Authier earned her doctorate degree in Clinical Psychology from the California Institute of Integral Studies, San Francisco. The environment we live in and how it impacts our psyches is of particular interest to Carisa.

Cathy Jo Hendricks, OMD, has been a pioneer in traditional oriental medicine as well as the Hospice movement. She now also uses sound, movement, and creative expression—esp collage—with individuals and groups to facilitate healing.

Tuesday Learning Groups
Camp Verde (Parks & Recreation)

BASIC GRANT WRITING (CV-010-SP16)
Apr. 12-May 03, 4 Weeks, 10:00-11:30, 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)

FASCINATING STORIES ABOUT THE MEN AND WOMEN BEHIND OUR TECHNOLOGY (V-011-SP16)
Apr. 12-May 17, 6 Weeks, 10:45-12:15, Room G-107
Technology has become ubiquitous. As fascinating, if not more, than the technology itself, are the characters (From Bill Gates and Steve Jobs to Mark Zuckerberg and Nick Woodman) and the stories that have brought us to where we are - the twists and turns in the evolution, the missed opportunities, wrong bets and of course, fortunes made. We will examine these characters and stories with a very light touch on the technology.

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

Robert Peebles has a degree in Pure and Applied Mathematics from St Andrews University, and 45 years of Software development in Performance Management.

GENEALOGY-TRACING YOUR Roots (V-012-SP16)
Apr. 12-May 17, 6 Weeks, 10:45-12:15, Room L-216
This is an introduction to Family History, or “Genealogy”, a fast growing American hobby. We will be covering the 5 steps of research. We will start with what you know, and move on to how to fill in charts, and how to access different sources for further information.

Diana Smithson has served on staff at a Family History Center (LDS) for over 30 years and has taught classes on various research topics.

Lunch & Learn
KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 13th
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

928.649.4275 • 928.649.5550
BEGINNERS BASIC COUNTED CROSS STITCH (V-013-SP16)
Apr.12-May 17, 6 Weeks, 1:00-2:30, Room L-216
We will start from the very beginning learning terminology, techniques, & graphs--what graphs are, how to read them & how to make your own. We will start small & simple & work our way up to the intermediate level. Come learn how enjoyable this really is when you start from the beginning. Learn to make gifts, accents for clothes & decorations for home. There is a great feeling when someone admires what you have done & you can say “I did it myself.” So, come join the fun!

Claudia Cross comes from a family of 16 kids. She enjoys teaching people how to make useful items for themselves & as gifts. She has taught kids & adults in churches, public libraries, her home & private homes for many years.

GENTLE YOGA, CHAIR OR MAT (V-014-SP16)
Apr.12-May 17, 6 Weeks, 1:00-2:30, Room I-137
A gentle hatha yoga class. Students can sit on a chair or use a mat on the floor. The first hour will be yoga postures and last half hour will be yoga philosophy with emphasis on the “8 Limbs” of Yoga. All students must bring a yoga mat.

Rosalie Malter has been teaching yoga & meditation for more than 30 years. She has taught for OLLI since 2005. She is a retired counselor. She also enjoys doing health coaching for her clients.

Sedona Center

MUSIC AND THE BRAIN (S-656-SP16)
Apr.12-May 17, 6 Weeks, 10:45-12:15, Room 23
In this learning group we will listen to Aniruddh Patel lectures on the latest research on music and the brain. We will address such questions as: Why do humans create music? Why does music have such a strong emotional effect on us? What does music do to our brain. Discussion after viewing led by Tyler Barrett.

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

Brown Bag Brain Buzz

KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 14th • Thursdays, 12:30 – 1:30pm
Bring your lunch, enjoy conversation, and listen to talks on great minds and great ideas that have shaped human history - prominent OLLI speakers, or a panel of experts.
Verde Valley Campus, Room G-106
FREE! NO NEED TO ENROLL & EVERYONE WELCOME

INVESTING 101 (S-657-SP16)
Apr.12-May 03, 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.

INTRODUCTION TO THE NATURAL HISTORY OF SEDONA AND THE VERDE VALLEY (S-658-SP16)
Apr.12-May 03, 4 Weeks, 1:00-2:30, Room 23
Emphasis will be placed on learning about the common plants of the area, but we will also spend a little time learning about animals, birds and very basic geology. Expect a short nature walk during each class.

Andy Berry has always loved nature and the outdoors. She has been a volunteer naturalist at Red Rock State Park for over 15 years.

THE PSYCHOLOGY OF PLACE (S-659-SP16)
Apr.19-May 17, 5 Weeks, 2:45-4:15, Room 23
“Place”- it’s a loaded word. Is it a location, a frame of mind, a state of being, or all of the above? How does the psychology of place impact one’s choices and the ways in which one expresses himself/herself? Come prepared for discussion as we explore the reciprocal nature of person and place.

Carisa Authier, has a doctorate degree in Clinical Psychology from The California Institute of Integral Studies and wrote her dissertation about ‘The Psychology of Place,’ published in 2013.
Wednesday Learning Groups
Verde Valley Campus (Clarkdale)

MUSICALS: MORE THAN YOU THINK (V-020-SP16)
Apr. 13–May 11, 5 Weeks, 9:00–10:30, Room L-215
Musicals cover a wide range of topics including war, class struggle, history and romance. Come learn about the creation of these shows, study the lyrics and listen to the music, and look at this art form from the perspective of an audience member. Enjoy the show!

James Scheid is a retired Nurse and has a degree in Special Ed. Jim can’t sing, dance or act but he has been privileged to see 200+ plays and musicals in New York alone and has learned something along the way.

ALL IN THE MUSICAL FAMILY (V-021-SP16)
Apr. 13–May 18, 6 Weeks, 1:00–2:30, Room L-215
A musical tour of the string, woodwind, brass, and percussion instrument families. We will examine the history, groupings, exotic little brothers and big sisters of common instruments, and listen to recorded and live examples of the instruments playing a variety of musical styles.

Sy Brandon is a composer, brass musician and retired professor of music. He is interested in many styles of music and has authored a book about listening with more understanding.

“JUDAISM’S 10 BEST IDEAS”: PART II - DEEPPING THE EXPLORATION (V-022-SP16)
Apr. 13–May 18, 6 Weeks, 2:45–4:15, Room G-107
We will continue to explore Rabbi Arthur Green’s book, “Judaism’s 10 Best Ideas: A Brief Guide For Seekers”. We shall be considering core ideas in Judaism that are potentially meaningful, relevant, and accessible to our daily life. We will share how these ideas may speak to us and the questions they trigger as we pursue our spiritual journeys, while bringing additional source materials from Judaic scholarship to amplify the ideas. Having read the book is assumed.

Deborah 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.

PAINTING AS ART (V-023-SP16)
Apr. 20–May 18, 5 Weeks, 10:45–12:15, Room L-215
This will be an exploration of painting across time and cultures, from the point of view of an artist and audience (but not art historians). From caves to internet, paintings are expression and communication. We’ll view and discuss a variety of painting styles as a way to expand our own vision and horizons.

Rae Ebeling has a degree in history from Wellesley and an art degree from SMFA Boston. Her own artwork is primarily abstract painted wall sculptures.

Sedona Center

EVOLVING CONSCIOUSNESS, PAST, PRESENT AND FUTURE (S-670-SP16)
Apr. 13–May 04, 4 Weeks, 9:00–10:30, Room 39
In the past, consciousness beginnings seem to have started from gazing at the stars and keeping track of moon and sun risings. In our lifetimes, consciousness has been raised regarding race, with Dr. Martin Luther King, women’s rights and political and spiritual leaders such as Mahatma Gandhi. In the future, in what ways will our consciousness be raised even higher? This learning group will explore and discuss these topics.

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.

Calendar of Events

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UNDERSTANDING CREATION RATIONALE, LOGIC & SCIENCE (S-671-SP16)
Apr.13-May 18, 6 Weeks, 9:00-10:30, Room 15
This class will look at the rationale, logic and scientific evidence for creation. You may disagree with the idea of creation, but if you have heard about creation only from naturalists, you have not actually heard the creation argument. Discussion and questions regarding creation and naturalism will be encouraged. We will cover logic, how science is done, life from non-life, evolution, and cosmology with an emphasis on geology.
Guy Forsythe has studied creation & naturalism for 40 years. Guy writes a newsletter that is mailed to all Sedona homes, teaches this class, speaks for groups and leads geology tours. He has a published paper on the Coconino formation in Sedona.

INTEGRATIVE MEDICINE (S-672-SP16)
Apr.13-May 04, 4 Weeks, 10:45-12:15, Room 15
This is a discussion on new methods in integrative medicine, including energy medicine, digestion, and bio-identical hormones.
Eugene Steiner is an expert in geriatric pharmacology, clinical nutrition, digestive issues, energy medicine, and integrative techniques. He has devoted much of his time to educating the community.

RAISING YOUR DOMINANT VIBRATION: LIVING FOCUSED IN THE PRESENT MOMENT (S-673-SP16)
Apr.13-May 18, 6 Weeks, 10:45-12:15, Room 39
Together we will explore a broader understanding of High Vibrational Living and how living focused in the present moment will positively effect your life journey. Join us as we experience from our heart the infinite expansion of who we really are and a “New Way of Being”.
Dan Snyder is a spiritual guide and intuitive. His focused journey within has brought him to great awareness and knowing.

THE BRAIN (S-674-SP16)
Apr.13-May 18, 6 Weeks, 10:45-12:15, Room 34
We will explore what recent brain research reveals about how we feel and think, how we comprehend external reality, how our personality, memories, and sense of self are formed, how the unconscious brain controls who we are and what we do, how we make decisions, and how we connect with other people--by watching, discussing, and adding to Prof. David Eagleman's brilliant PBS series on the brain.
Paul Friedman, Ph.D. is a retired university professor with a long-term interest in how the mind works and affects our lives.

BALANCE FOR DAILY LIVING (S-675-SP16)
Apr.13-May 18, 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. Class is limited to 20 people.
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.

Brown Bag Brain Buzz
KEYNOTE SPEAKER WEEKLY BUZZ SERIES
Beginning April 14th • Thursdays, 12:30 – 1:30pm
Bring your lunch, enjoy conversation, and listen to talks on great minds and great ideas that have shaped human history - prominent OLLI speakers, or a panel of experts.
Verde Valley Campus, Room G-106
FREE! NO NEED TO ENROLL & EVERYONE WELCOME
LUNCH AND LEARN  
(FREE AND OPEN TO THE PUBLIC)  
Apr. 13-May 18, 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.

SOUL RECOGNITION (S-676-SP16)  
Apr. 13-May 04, 4 Weeks, 2:00-3:30, 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.

TRAVELING IN THE SUPERHOLOGRAM (S-677-SP16)  
Apr. 13-May 18, 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” become 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.

EVOKING THE PERSON WITHIN (S-678-SP16)  
Apr. 13-May 18, 6 Weeks, 2:45-4:15, Room 34  
In the tradition of Edward R. Murrow, Barbara Walters, Oprah Winfrey, Terry Gross, Charlie Rose and others, we will “interview” guests at each class session to seek a deep understanding of who they are. Participants will learn how to engage in more stimulating, revealing dialogue with people they encounter in their own everyday lives.

Jean Ford and Paul Friedman, retired educators, appreciate conversation that gets “below the surface” and have lots of experience in engaging with people at that level.

Thursday Learning Groups  
Verde Valley Campus (Clarkdale)  
THE HEALING PLANTS OF VERDE VALLEY  
(V-030-SP16)  
Apr. 14-May 12, 5 Weeks, 10:45-12:15, Room G-104  
This class will include at least 2 field trips and lots of hands-on work with the many healing plants in the Verde Valley. You will learn how to make healing potions, teas, body butters and healing oils.

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.

Hog Wild BBQ generously supported OLLI. We thank them and ask OLLI members to support Hog Wild.
BROWN BAG BRAIN BUZZ (FREE AND OPEN TO THE PUBLIC)
**Apr.14-May.19, 6 Weeks, 12:30-1:30, Room G-106**

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.

SENSING MEMOIR (V-031-SP16)
**Apr.14-May.12, 5 Weeks, 1:45-3:15, Room G-102**

We will write our memoir, then look for the sparkle. We will explore ways to add details, making our memoirs come to life. We will enhance our stories by incorporating experiences with “the seven senses,” think about ways to express emotions, humor and spirituality, and share vocabulary which brings this alive. Prompts will be given and themes developed. Bring in published memoirs for inspiration. This is for those looking for simple motivation to write, or a story they wish to develop. **Limited to 8 participants.**

**Ann Metlay** is a life-long teacher and creative writer. She has facilitated many memoir classes for OLLI.

JAPANESE KOGIN EMBROIDERY, A DRAMATIC, COUNTED FOLK TECHNIQUE (V-032-SP16)
**Apr.14-May.12, 5 Weeks, 2:00-5:00, Room L-216**

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 US since the late 1970’s. She is a designer of wearable art, hold several copyrights, and has sold over 5,000 designs and books.

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Sedona Center

DANGEROUS POETRY HIKES (S-679-SP16)
**Apr.14-May.12, 5 Weeks, 9:00-12:00, Room Offsite**

It’s the poetry that will be dangerous; the hikes are safe. Short hikes to gorgeous spots led by Gary, then discussion with Marilee of poems that take risks. A dynamic combo! No expertise necessary.

**Gary Dorer**, a retired physicist, has facilitated OLLI science courses, led meditation hikes, and has extensive hiking experience in the Sedona area.

**Marilee Richard’s poems** are appearing in many of the best literary journals including Tar River Poetry, Rattle, and the Southern Review. She was first runner up for this year’s Brittingham/Pollack prizes.

BRAIN EXERCISE THROUGH PUZZLES (S-680-SP16)
**Apr.14-May.19, 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, magician and puzzle master.

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**Lunch & Learn**

KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 13th
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
THE ELECTION OF 2016 (S-681-SP16)
Apr.14-May.19, 6 Weeks, 10:45-12:15, Room 34
This class will examine the presidential electoral process and the dynamics which influence and create the candidates election to office. It will also review prior elections and compare and contrast them with current events. Each session will encourage a lively and informative exchange of opinions and ideas.

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-682-SP16)
Apr.14-May.05, 4 Weeks, 10:45-12:15, Room 23
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. Limited to 12 participants.

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.

PUZZLES, PUZZLES, PUZZLES (S-683-SP16)
Apr.14-May.19, 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.

CHI-LEL QIGONG (S-684-SP16)
Apr.14-May.19, 6 Weeks, 1:00-2:30, Room 34
Chi-Lel Qigong is a gentle art of Chinese exercise that is easy for people of all levels of ability. It helps develop flexibility and endurance, and creates heart-mind harmony. It enhances joy, peace, and contentment of spirit through integration of body, mind, and spirit.

L.V.Popat learned Chi-lel Qigong from Ms. Christine Jordan and 2 Chinese-American masters. He trained in China and has been practicing and teaching Chi-lel Qigong since 2000.

IMPROVE YOUR BRAIN-BODY CONNECTION (S-685-SP16)
Apr.14-May.19, 6 Weeks, 1:00-2:30, Room 40
Would you like to have better listening skills, memory, physical coordination, and mental ability; be more productive; or just feel more comfortable in your body? Join us as we learn lively and fun-to-do movements to enhance brain/body awareness. Working with individuals and as a group, we will experience how movement shapes the brain as specific goals are addressed each week. Because this is individualized, class is limited to 10 participants. Please bring bottled water, paper and pen.

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. She also teaches successful Move with Balance® techniques in other Olli classes.

The Java Love Cafè (The Sedona Roasting Company) – Sedona’s best café – generously supported OLLI. We thank them and ask OLLI members to support Java Love.
DIVINE ASSERTIVENESS AND COMMUNICATION  
(S-686-SP16)  
**Apr.21-May.12, 4 Weeks, 9:00-11:00, Room 15**  
As powerful creators, we have created relationships, skills, and life patterns. Some have been effective and others not. This class will cover passiveness, aggressiveness and assertiveness (divineness); volcano, triggers, conflicts and more. The focus is to be aware, shift, and clear obstacles in your path.  
*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.

LIFE JOURNEYS AND DIVINE GIFTS AND TOOLS  
(S-687-SP16)  
**Apr.21-May.12, 4 Weeks, 11:30-1:30, Room 15**  
As we chose into this human journey, we created a path to learn many gifts and bring in tools for humanity and ourselves. The focus will be on your journey and life experiences and the gifts that you created from these experiences. We will cover a number of tools that we can utilize through your journey.  
*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.

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**Friday Learning Groups**  
Camp Verde (Parks & Recreation)  

**THE PHILOSOPHY AND PHYSICS OF FORGIVENESS**  
(CV-040-SP16)  
**Apr.15-May.06, 4 Weeks, 1:00-2:30, Room 310**  
Being unforgiving is like drinking poison and waiting for the other person to die — but what is forgiveness? What does it mean? How does it work? We will explore the philosophy and physics of the virtue and attitude of forgiveness as it applies to everyday life. Through discussion, Q&A, homework and exercises, we will flex our forgiveness ‘muscle’ so that we become an instrument for love and peace, even in difficult situations — for ourselves and for those with whom we interact.  
*Honey Judith Rubin* has made the study and practice of forgiveness a central part of her life since 1976. “On the wings of forgiveness is carried all other wisdom,” says Rubin, whose long-term vision and mission is to make a difference in our world.

Sedona Center  

**COMMUNICATING WITH ANGELS**  
(S-688-SP16)  
**Apr.22-May.13, 4 Weeks, 2:00-4:00, 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.

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Monday Workshops

Beaver Creek
(School District Board Room)

FERMENTING VEGETABLES (BC-050-SP16)
May 02, 1.5 Hrs, 1:00-2:30, Room BCSD
Learn how to ferment vegetables with 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.

Camp Verde (Parks & Recreation)

ORIGINAL CONTACT REFLEX ANALYSIS (NUTRITIONAL KINESIOLOGY) (CV-051-SP16)
Apr. 11 & Apr. 18, 1.5 Hrs, 10:30-12:00, Room 204
This method was developed over 40+ years ago by Dr. Versendaal, DC, as a way of determining causes of the imbalances in the physical body. Locate the reflexes using kinesiology, also known as Muscle Testing. Learn where these points are on your body, and learn how to test them. You will need to work with a partner during class.

Xianti Hoo started learning and practicing Contact Reflex Analysis in 1986. See my web site www.choosecra.com for more information.

Lunch & Learn

KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 13th
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

MYSTICAL MANDALAS (CV-052-SP16)
Apr. 18, 3 Hrs, 1:00-4:00, Room A2
Learn about the fascination, origin, traditions and rituals of the Mandala as a spiritual tool to relax the mind. We’ll make a Mandala from a template with pens using ancient symbols and learn some Zentangle designs. Allow your creative brain to come out and play. No artistic talent needed. After we complete our designs, we’ll set our intention, meditate, and enjoy a state of healing and insight.

Cost: $25 Includes Gel Pens and templates. Sign up commits to fee. Limited to 12 participants.

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

QIGONG FOR HEALING AND PEACE (CV-054-SP16)
Apr. 25 & May 09, 1.5 Hrs, 10:30-12:00, Room 204
Learn how to gather healing energy from nature for self growth, healing of mind, body and spirit. Balance your body and integrate this information into your daily life for a more fulfilling adventure while on Earth. The only requirement is your desire to become who you truly are and be at peace.

Xianti Hoo began learning and practicing Qigong in 1993, went to China as a Qigong apprentice for ten months, and wishes to share this energy working method again. She has a longtime background in healing. See www.choosecra.com for more information

FERMENTING VEGETABLES (CV-055-SP16)
Apr. 25, 1.5 Hrs, 1:00-2:30, Room 204
Learn how to ferment vegetables with 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.
INTRODUCTION TO THE NATIVE AMERICAN FLUTE (CV-056-SP16)

May 02, 2 Hrs, 10:00-12:00, Room 204

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

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

MIRANDA AT 50 (CV-057-SP16)

May 09, 3 Hrs, 1:00-4:00, Room A2

The U.S. Supreme Court decided Miranda v. Arizona in June 1966. We will discuss what led to this controversial decision, its reasoning, its historic importance in confirming criminal suspects’ constitutional rights, and later cases. The decision and a background article will be provided electronically for review prior to the workshop.

Paul Ulrich practiced as an Arizona appellate lawyer for 46 years. He was one of the lawyers who represented Ernesto Miranda. He has written numerous articles and spoken at many seminars on legal topics.

RENTAL PROPERTY TAX ISSUES (V-062-SP16)

Apr. 25, 2 Hrs, 10:00-12:00, Room L-215

Rental property can be a good source of income, but selling may bring an unpleasant tax surprise. Learn how a 1031 exchange can be a tactic to avoid or defer a tax bite. It was not as complicated or expensive as I’d expected; so now I’d like to pass this knowledge along.

Rae Ebeling had several rental properties and did a 1031 last fall. She is not a professional; but has done AARP tax volunteer work for 10 years.

VERDE VALLEY CAMPUS (Clarkdale)

FINDING JOY (V-059-SP16)

Apr. 11, 3 Hrs, 1:00–4:00, Room L-215

Join us for an informal and intuitive conversation on finding more JOY. We’ll discuss the meaning of JOY and take a deep look into ourselves to find how we can find that “sweet spot” and bring more happiness, bliss and JOY into our lives. When you are in JOY you live the way you want, do what you love to do, and nothing can distract you. You are passionate and focused. That’s JOY! And that’s an amazing place to be.

Grace Kirkwood uses creative art and awareness gatherings to bring more JOY to the world.

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14 www.yc.edu/ollisv
PRESERVING YOUR FAMILY MEMORIES THE EASY WAY (V-063-SP16)

Apr. 25, 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 Fulton Keeber wrote the memoir of her 60-year marriage and family of five, starting in 1948. The results surprised her! Learn why and how to preserve your own the easy way!

FERMENTING VEGETABLES (V-066-SP16)

May 09, 1.5 Hrs, 1:00-2:30, Room L-215

Learn how to ferment vegetables with 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.

MIRANDA AT 50 (V-064-SP16)

May 02, 3 Hrs, 1:00-4:00, Room G-106

The U.S. Supreme Court decided Miranda v. Arizona in June 1966. We will discuss what led to this controversial decision, its reasoning, its historic importance in confirming criminal suspects’ constitutional rights, and later cases. The decision and a background article will be provided electronically for review prior to the workshop.

Paul Ulrich practiced as an Arizona appellate lawyer for 46 years. He was one of the lawyers who represented Ernesto Miranda. He has written numerous articles and spoken at many seminars on legal topics.

OUTDOOR RECREATION AND VOLUNTEER OPPORTUNITIES IN THE VERDE VALLEY (V-068-SP16)

May 16, 1.5 Hrs, 9:00-10:30, Room L-215

This is a presentation on outdoor recreation and volunteer opportunities in the Verde River Valley. It includes Verde River Valley Nature Org. (VRVNO) workshops and events and an intro to other opportunities providing sustainable recreation and stewardship such as Birding 101, Magic of Migration, Safe River Recreation, Interpretive Guiding and Hiking, Sense of Place, Youth Outreach, Full Moon Hikes 5 & 10 Mile river race, Birding Festival, Outdoor Science Fair, Verde River Day, and many others.

Wendy Harford is the Director of the Verde River Valley Nature Organization where we provide nature-based: recreation, education, tourism and volunteer opportunities promoting stewardship of the Verde River Valley.

LEARNING TO COMMUNICATE WITH SPIRIT GUIDES & ANGELS (V-065-SP16)

May 09, 2 Hrs, 9:00-11:00, Room L-215

Lori Hines’ books include factual elements of the paranormal, metaphysical, Arizona history, and Native history and culture. Lori’s own psychic and medium abilities have been enhanced through the writing of her mystery novels. Learn the difference between angels, guides & ghosts! Lori will teach you about the various types of guides, where they come from, why they are attracted to each of us, and how you can become closer to them! She will also answer questions about your own guides!

Lori Hines is the author of three paranormal mystery novels: The Ancient Ones, Caves of the Watchers, Whispers Among the Ruins and A Piece of Time. Her books and short stories are based on travels and research in Arizona and the Southwest.

The Heartline Café generously supported OLLI’s Open House. We thank them and ask OLLI members to support Heartline Café.
CHAKRADANCE - CONNECTION THROUGH MOVEMENT (V-069-SP16)
May 16, 3 Hrs, 9:00-12:00, Room I-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 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. Limited to 10 participants.

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.

THE ART OF HAIGA: AN INTRODUCTION (V-070-SP16)
May 16, 3 Hrs, 1:00-4:00, Room G-106
Come learn about contemporary haiga – the art of combining visual imagery or photography with short poetic forms. Originally practiced only in Japan, haiga is now attracting artists and writers from many countries who are experimenting and modernizing the ancient art. (See dailyhaiga.org for some online examples.) You do not need to be an artist or writer to participate. Anyone who appreciates art and poetry is welcome.

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. Several of her haiga have been published in contemporary journals.

Sedona Center

INTRODUCTION TO THE NATIVE AMERICAN FLUTE (S-701-SP16)
Apr. 11, 2 Hrs, 10:00-12:00, Room 08
The focus of this workshop is more of describing the various aspects and qualities of the flute, and less on playing instruction. Included will be a short history, a discussion and actual demonstration of various flute types and their characteristics, basic playing techniques and essentially what you should know before purchasing your first flute (or another one). If you own a native flute, you are invited to bring it with you.

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

AMAZING TRAVEL TIPS (UPDATED!) (S-703-SP16)
Apr. 11, 3 Hrs, 1:00-4:00, Room 23
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.

STOCKS: THE NUTS AND BOLTS (S-705-SP16)
Apr. 18, 3 Hrs, 10:00-1:00, Room 15
This seminar shares basic information to help evaluate how stocks may fit into an overall strategy. We’ll discuss and review common versus preferred stock, dividends, investment strategy and different ways to own stock.

Donna Wiseman is a series 7 licensed Edward Jones financial advisor, assisting in retirement planning, and financial strategies for income in retirement, annuities and insurance.
FERMENTING VEGETABLES (S-706-SP16)
Apr.18, 1.5 Hrs, 1:00-2:30, Room 39
Learn how to ferment vegetables with 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.

THE POWER IN YOUR HANDS (S-707-SP16)
Apr.18, 3 Hrs, 1:00-4:00, Room 15
Modern scientific research shows a special relationship between the hand and the brain. Your hands are the “holograms” of your body/mind system. We will study various parts of the hand including size, shape, and texture. Explore the significance of major lines, mounts, and markings as a road map to your personality. Limited to 15 participants. The charge for the tool kit is $12 and needs to be paid at the beginning of the class meeting.

L.V.Popat was born and raised in India, and educated in engineering in India and the US. His deep interest in human potential development includes philosophy, mysticism, and the synthesis of science and religion.

EASY SELF-CARE APPRECIATION FOR EVERY BODY (S-709-SP16)
May.02, 3 Hrs, 9:00-12:00, Room 12
The Easy Self-Care Appreciation for Every Body Workshop is an experiential education workshop where participants receive step by step training and instructions for body and mind wellness to incorporate easily into daily life. The program is packed with self-care tips, self-massage techniques, and protocols to refresh and enhance a sense of well-being with simple applications. The workshop includes a tool-kit of 8 different massage tools, and a full program manual for the workshop.

Kayt Perlman is experienced with a diverse tool chest of therapeutic and rehabilitative knowledge in healing touch. She has worked as a massage therapist and bodywork specialist since 2004. She is excited to be teaching Self-Massage to the public!

THE GIFT OF A YEAR (S-710-SP16)
May 02, 3 Hrs, 1:00-4:00, Room 15
This workshop is a follow-up to the Winter 2016 Learning Group, The Gift of a Year. Come and share the story of your own personal journey: successes, challenges and triumphs. Please bring one or two items that represents or symbolizes your gift for this amazing year!

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

MIRANDA AT 50 (S-708-SP16)
Apr.25, 3 Hrs, 1:00-4:00, Room 23
The U.S. Supreme Court decided Miranda v. Arizona in June 1966. We will discuss what led to this controversial decision, its reasoning, its historic importance in confirming criminal suspects’ constitutional rights, and later cases. The decision and a background article will be provided electronically for review prior to the workshop.

Paul Ulrich practiced as an Arizona appellate lawyer for 46 years. He was one of the lawyers who represented Ernesto Miranda. He has written numerous articles and spoken at many seminars on legal topics.

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.

928.649.4275 • 928.649.5550
**ACTORS WORKSHOP FOR 24 HOUR THEATRE** (S-711-SP16)

*May 02, 3 Hrs, 1:00-4:00, Room 40*

This workshop is designed to help actors/actresses who are interested in participating in 24-Hour Theater this May to prepare for their 2-minute auditions. Please bring a prop to use to display your skills. We will help you brainstorm ideas for playing with the prop and showing the writers and directors the range and creativity of your skills.

*Henry Twombly* is the founder and facilitator of ANYTHING GOES!, an open, weekly improv comedy play time.

*Kathleen Francis* has coached actors for 30 years and was trained by Sanford Meisner.

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**TAX-FREE INVESTING: IT’S NOT WHAT YOU MAKE, IT’S WHAT YOU KEEP** (S-713-SP16)

*May 09, 3 Hrs, 10:00-1:00, Room 15*

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, and financial strategies for income in retirement, annuities and insurance.

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**THE POETRY OF SEAMUS HEANEY** (S-714-SP16)

*May 16, 3 Hrs, 9:00-12:00, Room 12*

This workshop will be devoted to the work of the Irish poet, Seamus Heaney, the author of over 20 volumes of poetry and criticism. He won the Nobel Prize for Literature in 1995 “for works of lyrical beauty and ethical depth, which exalt everyday miracles and the living past.”

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

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**Tuesday Workshops**

Camp Verde (Parks & Recreation)

**FINDING JOY** (CV-071-SP16)

*Apr. 12, 3 Hrs, 1:00-4:00, Room A2*

Join us for an informal and intuitive conversation on finding more JOY. We’ll discuss the meaning of JOY and take a deep look into ourselves to find how we can find that “sweet spot” and bring more happiness, bliss and JOY into our lives. When you are in JOY you live the way you want, do what you love to do, and nothing can distract you. You are passionate and focused. That’s JOY! And that’s an amazing place to be.

*Grace Kirkwood* uses creative art and awareness gatherings to bring more JOY to the world.

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**Wednesday Workshops**

Verde Valley Campus (Clarkdale)

**HOW DO I USE THIS THING? INTRO TO I-PHONES, I-PADS, SMART PHONES & TABLETS** (V-072-SP16)

*Apr. 13, 1.5 Hrs, 12:30-2:00, Room M-137*

So your children or grandchildren surprised you with a new phone or tablet for your birthday….and you have no idea how to use it? Join our gathering of Yavapai College Sociology students who will give you one-on-one tutorials on everything from how to text, download apps, take pictures and video with your Smart Phone, open email attachments, create a Facebook account, search for information online and on and on…. Bring your devices and all of the questions you have.

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

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**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.
- Summer session proposals due April 4th 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](http://www.olliclasses.org)
Thursday Workshops
Verde Valley Campus (Clarkdale)

TURNING GRAPES INTO WINE (V-080-SP16)
May 12, 2 Hrs, 2:00-4:00, Room L-215
The story of winemaking emerges from history at about the same time as some of the early documented human civilizations began to take shape. Little has changed about the fundamental process of winemaking except for our scientific understanding of what actually takes place. Learn about the scientific process of how grapes are turned into wine and how the winemaking culture is forming in Arizona with the help of the Viticulture & Enology program at Yavapai College & the Southwest Wine Center.

Michael Pierce is the director of Enology at Yavapai College - Verde Campus.

Friday Workshops
Camp Verde (Parks & Recreation)

SELF-PUBLISHING WITH AMAZON: E-BOOKS (CV-092-SP16)
Apr.29, 3 Hrs, 9:00-12:00, Room 310
This nuts-and-bolts workshop will show how to publish your book using Amazon’s digital format, Kindle Digital Publishing. If you have written or dream of writing a novel, memoir, non-fiction, cookbook, book of poetry, children’s book, art book—any kind of book—you can publish it as an e-book for free. Limited to 12 participants.

Melissa Bowersock has been involved in writing, editing and publishing for over 40 years. She has written 12 novels and 1 non-fiction, and has been both traditionally and independently published. She is a contributor to the superblog Indies Unlimited.

OUTDOOR RECREATION AND VOLUNTEER OPPORTUNITIES IN THE VERDE VALLEY (CV-094-SP16)
May.06, 1.5 Hrs, 9:00-10:30, Room A2
This is a presentation on outdoor recreation and volunteer opportunities in the Verde River Valley. It includes Verde River Valley Nature Org. (VRVNO) workshops and events and an intro to other opportunities providing sustainable recreation and stewardship such as Birding 101, Magic of Migration, Safe River Recreation, Interpretive Guiding and Hiking, Sense of Place, Youth Outreach, Full Moon Hikes 5 & 10 Mile river race, Birding Festival, Outdoor Science Fair, Verde River Day, and many others.

Wendy Harford is the Director of the Verde River Valley Nature Organization where we provide nature-based: recreation, education, tourism and volunteer opportunities promoting stewardship of the Verde River Valley

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.
HISTORY OF THE VERDE VALLEY (S-715-SP16)

Apr. 15, 3 Hrs, 9:00-12:00, Room 23

Through the use of power point this workshop will share the history of the Verde Valley from the first Spaniards to present day.

Julie Larson is the retired school Superintendent of the Cottonwood-Oak Creek School District.

APEMAN TO SPACEMAN (S-786-SP16)

Apr. 15, 2 Hrs, 9:00-11:00, Room 34

Key event in the evolutionary transition from primates to human civilization will be highlighted in this 2-hour workshop-combining a unique BBC science program with additional material and discussion.

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

THE BILLINGSLEY HOPI DANCERS (S-716-SP16)

Apr. 15, 3 Hrs, 1:00-4:00, Room 34

As featured in a PBS/BBC special, the Billingsley Hopi Dancers were formed in 1921 in response to church people who petitioned Congress to stop the dances they viewed as pagan. A platform was erected in 1927 on the U.S. Capitol steps where Congress assembled with their families to see the Hopi dancers. They continued to perform across the country, culminating in performances at Carnegie Hall. This program traces their story including rare film footage that was used for the PBS/BBC special.

Ken Zoll is the Executive Director of the Verde Valley Archaeology Center and a presenter for the AZ Speaks program of the Arizona Humanities Council. He consulted with the BBC for the Hopi segment of the PBS/BBC special entitled American Epic.

FINDING JOY (S-717-SP16)

Apr. 15, 3 Hrs, 1:00-4:00, Room 12

Join us for an informal and intuitive conversation on finding more JOY. We’ll discuss the meaning of JOY and take a deep look into ourselves to find how we can find that “sweet spot” and bring more happiness, bliss and JOY into our lives. When you are in JOY you live the way you want, do what you love to do, and nothing can distract you. You are passionate and focused. That’s JOY! And that’s an amazing place to be.

Grace Kirkwood uses creative art and awareness gatherings to bring more JOY to the world.

SELF-HELP ACUPRESSURE (S-718-SP16)

Apr. 15, 2 Hrs, 2:00-4:00, 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

UNDERSTANDING ANNUITIES AND LIFE INSURANCE (S-719-SP16)

Apr. 22, 3 Hrs, 9:00-12:00, Room 15

Do you understand how your annuity and/or life insurance works? You’re not the only one. The amount of complexity in these instruments can be staggering. This class is designed to provide a basic understanding of different types of annuities, when they should be used, when they shouldn’t, and pitfalls to avoid.

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

Brown Bag Brain Buzz

KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 14th • Thursdays, 12:30 – 1:30pm
Bring your lunch, enjoy conversation, and listen to talks on great minds and great ideas that have shaped human history - prominent OLLI speakers, or a panel of experts.
Verde Valley Campus, Room G-106
FREE! NO NEED TO ENROLL & EVERYONE WELCOME
GLUTEN FREE THE RIGHT WAY! (S-720-SP16)
*Apr.22, 3 Hrs, 9:00-12:00, Room 39*

Learn to eat Gluten Free the right way! There is a wrong way and a right way to eat gluten free. If you are doing it the wrong way, you can develop other health issues you don’t need. There will be a food demo of a healthy recipe and tasting.

*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!

GIVING WITH PURPOSE: PLANNED AND CHARITABLE GIVING TECHNIQUES (S-721-SP16)
*Apr.22, 3 Hrs, 1:00-4:00, Room 15*

Have you thought about charitable giving but don’t really understand the different tax and legal strategies? Do you fear losing control of your assets? Are you completely aware of the advantages? You can retain complete control of your assets when living, insure that your family will benefit upon your passing, and still arrange a gift for a charity or a loved one. This class will specifically explore the benefits of charitable giving while you are alive and upon your passing.

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

CO-EVOLUTION OF MINERALS AND LIFE: A LOVE STORY (S-722-SP16)
*Apr.22, 3 Hrs, 1:00-4:00, Room 23*

A January 2016 NOVA program on “Life’s Rocky Start” featured the work of Dr. Robert Hazen and colleagues on interactions between life and minerals. We discussed his “The Story of Earth” at OLLI-Sedona in 2014. Our 2016 workshop will consider fascinating new elements of that story.

*Ken Bork* is a geologist/paleontologist who has considered related issues for half a century.

UNCOVERING HIDDEN FEES (S-723-SP16)
*Apr.22, 3 Hrs, 1:00-4:00, Room 28*

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.

ARCHAEOLOGY OF THE VERDE VALLEY (S-724-SP16)
*Apr.22, 3 Hrs, 1:00-4:00, Room 34*

This program will cover the cultures that have made the Verde Valley their home since 11,000 BC. We will cover the Paleo-Indian (11,500 to 9,000 BC), the Archaic Period (9,000 BC to AD 300), the Sinagua (AD 300 to 1450), and the Yavapai and Apache. Our journey will include a review of some of the more recent excavations in Sedona, Village of Oak Creek, Cottonwood, Rimrock and Camp Verde.

*Ken Zoll* is the Executive Director of the Verde Valley Archaeology Center and a presenter for the AZ Speaks program of the Arizona Humanities Council.

SPEX - SEDONA PHILOSOPHY EXPERIENCE (S-725-SP16)
*Apr.22, 3 Hrs, 2:00-5:00, Room 39*

Philosophy is most often understood as a worldview. However, philosophy is actually an activity. It is something that we do, not just something we believe. SPEX – Sedona Philosophy Experience—is creating opportunities for people to do philosophy in one of the most inspiring places in the world. Weather permitting, we will spend some time outside in this workshop.

*Andrea Houchard* and *Matthew Goodwin* cofounded the Arizona Benefit Corporation SPEX - Sedona Philosophy Experience. Both have PhDs in philosophy and teach at NAU.
CREATING YOUR MEDICINE FROM LOCAL PLANTS (S-727-SP16)

Apr. 29, 3 Hrs, 1:00-4:00, Room 12

Create your own medicine from your favorite healing plants. This gives you the basics for how to use the plants for tinctures, salves, teas, tisanes, etc. Lots of hands on fun.

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.

CHAKRADANCE - CONNECTION THROUGH MOVEMENT (S-728-SP16)

May 06, 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. Limited to 10 participants.

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.

AEROPONIC GARDENING WITHOUT SOIL (S-780-SP16)

May 06, 3 Hrs, 10:00-1:00, Room 23

Learn how to assemble and operate an aeroponic tower. Discuss the environmental advantages of this revolutionary growing method and why it is ideal in Sedona. Learn how to start seeds in rock wool cubes used in the tower where the plants grow without soil. Discuss the advantages of growing your own produce both from a cost standpoint and to insure that what you are eating is organic and pesticide free. Both indoor and outdoor locations will be covered including the proper grow lights for indoors.

Neil Proctor is a retired Ford executive from Dearborn, MI. His education is in mechanical engineering and business. He and his family moved to Sedona in 2006 and experienced difficulty in gardening here. An aeroponic tower solved the problem.

SELF KNOWING THROUGH JOURNALING WITH THE ASTROLOGICAL SIGNS (S-781-SP16)

May 06 & May 13, 3 Hrs, 1:00-4:00, Room 40

We can come to know ourselves and where we are on our life’s journey through understanding our astrological birth chart and the archetypes it contains as they manifest in our daily experience. We will explore the essential purpose, themes and qualities associated with each of the 12 zodiacal signs so that we can deepen our ability to recognize them in the day to day. We will then cover basic principles and approaches to journaling and consider how we can use the signs as filters.

Ann Metlay is a life-long educator and creative writer. She has facilitated many memoir classes for OLLI. She has used many techniques and modalities to maintain her journaling practice over the past 20 years.

Devorah Nye has practiced and taught psychology and astrology from a spiritual perspective to open-minded and growth-oriented Souls for over 30 years.

INVESTING WITH A CONSCIENCE (S-782-SP16)

May 06, 3 Hrs, 1:00-4:00, Room 28

Impact investing is trying to earn competitive returns while also supporting social and environmental goals. In other words, “Doing well by doing well.” In this class we will explore the various options available to investors (both large and small) to earn a profit while also being socially conscious. We will seek to address the myth that you have to “give up return to invest in a responsible manner.”

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.

Facilitator Proposal Guidelines

When you submit your proposal by the due date it will ensure that you will be included in the catalog. (Summer proposals due on April 4th) Proposals received after this date are not guaranteed to be included in the catalog.
PRESIDENTIAL ADVISORY COMMISSIONS: WHAT, WHY AND HOW (S-783-SP16)
May 06, 3 Hrs, 1:00-4:00, Room 34

A Presidential Commission is a special task force ordained by the President or Congress to complete a specific special investigation or research. They are often quasi-judicial in nature. They often serve one of two political purposes: to draw attention to a problem or to delay action on an issue (if the President or Congress wants to avoid taking action but still look concerned about an issue). This workshop will review how these commissions are formed and managed.

Ken Zoll is the Executive Director of the Verde Valley Archaeology Center. In 1989-1990, Ken was the Executive Director in Washington, D.C., of a Presidential Advisory Commission for President George H.W. Bush.

IS GLUTEN FREE FOR ME? (S-784-SP16)
May 06, 3 Hrs, 1:00-4:00, Room 39

Should you eat Gluten Free? Is it a Fad? Find out if it would be a good way of eating for you or not. Learn what some of the symptoms are and if you fit the description of someone that should consider eating this way.

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!

OUTDOOR RECREATION AND VOLUNTEER OPPORTUNITIES IN THE VERDE VALLEY (S-785-SP16)
May 13, 1.5 Hrs, 9:00-10:30, Room 23

This is a presentation on outdoor recreation and volunteer opportunities in the Verde River Valley. It includes Verde River Valley Nature Org. (V RVNO) workshops and events and an intro to other opportunities providing sustainable recreation and stewardship such as Birding 101, Magic of Migration, Safe River Recreation, Interpretive Guiding and Hiking, Sense of Place, Youth Outreach, Full Moon Hikes 5 & 10 Mile river race, Birding Festival, Outdoor Science Fair, Verde River Day, and many others.

Wendy Harford is the Director of the Verde River Valley Nature Organization where we provide nature-based: recreation, education, tourism and volunteer opportunities promoting stewardship of the Verde River Valley

Special Interest Groups

CHESS CLUB
(Meets on first and third Wednesday each month at 1:00, Sedona Room 8)
The 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 3 hours. For further information contact Bill Ward at (liam-francisw@gmail.com).

OUT TO LUNCH BOOK GROUP (V-099-SP16)
Apr 15-May 27, 4 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. Free with your paid Spring 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
Verde Valley Campus (Clarkdale)

ADVENTUROUS SPIRITS: ARIZONA’S WOMEN ARTISTS, 1900-1950 (FREE AND OPEN TO THE PUBLIC)
Apr.22, 2 Hrs, 2:00-4:00, Room M-137
Before WWII, Arizona’s resident art community was comprised mostly of women. This talk explores these women. Kate Cory (1905) chronicled the Hopi Mesas. Marjorie Thomas was Scottsdale’s first resident artist. Lillian Wilhelm Smith illustrated the works of Zane Grey. Impressionist Jessie Benton Evans’ Scottsdale villa became the local art center. Mary-Russian Ferrell Colton co-founded the Museum of Northern AZ in 1928. Mary Jane Colter was Grand Canyon parkitecture. FREE AND OPEN TO THE PUBLIC.

Betsy Fahlman is Professor of Art History at ASU. An authority on the art history of Arizona, her books include NEW DEAL ART IN ARIZONA and THE COWBOY’S DREAM: THE MYTHIC LIFE AND ART OF LON MEGARGEE. She is also the author of several essays.
Social Security Classes

MAXIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS
One Day workshop, Offered two times
1. Sedona, Monday, April 11
   1:00-4:00, Room 15, Class# S-704-SP16
2. Sedona, Friday, April 29
   10:00-1:00, Room 15, Class# S-726-SP16
Description: There are many common mistakes people make when claiming their benefits. Learn key factors you need to know before claiming Social Security. Learn how you can raise your monthly benefit more than 75%, how to avoid tax on Social Security, and the best time to apply for benefits. Plan well, retire well!

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

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

Medicare Classes

MEDICARE 101 - EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE
One Day Workshop, Offered in 3 locations
1. Clarkdale, Monday, April 11
   10:00-12:00, Room L-216, Class# V-058-SP16
2. Camp Verde, Monday, April 25;
   10:00-12:00, Room A2, Class# CV-053-SP16
3. Sedona, Friday, May 6th;
   10:00-12:00, Room 15, Class# S-729-SP16
Description: 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.

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

Making Sense of Medicare

MAKING SENSE OF MEDICARE-PART I & II
Two Day Workshop, Offered in 2 locations
1. Sedona, Monday-May 9th & May 16th;
   10:00-12:00, Room 28, Class# S-712-SP16
2. Clarkdale, Monday-May 9th & May 16th;
   2:00-4:00, Room L-216, Class# V-067-SP16
Description: Take the mystery out of Medicare by attending this two part course. Part I covers Medicare Advantage plans and part D prescription plans.

Andy Lockridge is a licensed life and health insurance agent in Arizona. He teaches this class at several community colleges throughout the state. His Medicare website is www.aboutmedicare.org.

HEALTHCARE, MEDICARE, HOW DO I PREPARE?
One Day Workshop - Offered in 4 Locations
1. Sedona, Monday, April 11
   10:00-12:00, Room 28, Class# S-702-SP16
2. Clarkdale, Monday, April 18
   10:00-12:00, Room L-215, Class# V-060-SP16
3. Beaver Creek, Friday, April 22
   10:00-12:00, Room BCSD, Class# BC-090-SP16
4. Camp Verde, Friday, April 29,
   10:00-12:00, Room A2; Class# CV-093-SP16
Description: From Medicare Advantage to Medicare Supplements, from Part A to Part Z and all the parts in between, this exhaustive class focuses on the ins and outs of Medicare in Yavapai and Coconino County. The class is taught by a local, licensed sales agent who has actually worked in - and billed - Medicare insurance.

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.

Bonnie Shimko is a Certified Senior Care Advisor and the founder of Arizona Care Management Solutions. She is also a contract advisor for Jackson White Law Firm, assisting people with their questions concerning VA, ALTC and Advanced Directives.
# Osher Lifelong Learning Institute: 2016 SPRING

## LEARNING GROUPS

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<td>Apr12-May17</td>
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<td>S-656-SP16</td>
<td>23</td>
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<td>Natural History Of Sedona And The Verde Valley</td>
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<td>Musicals: More Than You Think</td>
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<td>&quot;Judaism's 10 Best Ideas&quot;: Part II - Deepening The Exploration</td>
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<td>PAINTING AS ART</td>
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<td>Evolving Consciousness, Past, Present And Future</td>
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<td>Understanding Creation Rationale, Logic &amp; Science</td>
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<td>Integrative Medicine</td>
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<td>Raising Your Dominant Vibration: Living Focused in the Present Moment</td>
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<td>Balance For Daily Living</td>
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<td>The Healing Plants Of Verde Valley</td>
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<td>Brown Bag Brain Buzz</td>
<td>Free and open to the public</td>
<td>G-106</td>
<td>Shri Srikanth</td>
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## LEARNING GROUPS

### Verde Valley Campus (Clarkdale)

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<td>Sensing Memoir</td>
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<td>Japanese Kogin Embroidery, A Dramatic, Counted Folk Technique</td>
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### Sedona Center

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<td>Journey From Head To Heart: Living And Working Authentically</td>
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<td>Puzzles, Puzzles, Puzzles</td>
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<td>1:00-3:30</td>
<td>Chi-Lel Qigong</td>
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<td>April-May19</td>
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<td>Improve Your Brain-Body Connection</td>
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<td>Divine Assertiveness And Communication</td>
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<td>April-May12</td>
<td>11:30-1:30</td>
<td>Life Journeys And Divine Gifts And Tools</td>
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### FRIDAY

### Camp Verde (Parks & Recreation)

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<td>The Philosophy And Physics Of Forgiveness</td>
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### Sedona Center

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<td>April-May13</td>
<td>2:00-4:00</td>
<td>Communicating With Angels</td>
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## WORKSHOPS

### Beaver Creek School

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<thead>
<tr>
<th>Monday</th>
<th>Time</th>
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<tbody>
<tr>
<td>May02</td>
<td>1:00-2:30</td>
<td>Fermenting Vegetables</td>
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### Camp Verde (Parks & Recreation)

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<tr>
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<td>Apr11 &amp; Apr18</td>
<td>10:30-12:00</td>
<td>Original Contact Reflex Analysis (Nutritional Kinesiology)</td>
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<td>Apr18</td>
<td>1:00-4:00</td>
<td>Mystical Mandalas</td>
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<td>Apr25</td>
<td>10:00-12:00</td>
<td>Medicare 101 - Everything You Need To Know About Medicare</td>
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<tr>
<td>Apr25 &amp; May09</td>
<td>10:30-12:00</td>
<td>Qigong For Healing And Peace</td>
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### Verde Valley Campus (Clarkdale)

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<td>Medicare 101 - Everything You Need To Know About Medicare</td>
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<td>Finding Joy</td>
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<td>Apr18</td>
<td>10:00-12:00</td>
<td>Healthcare, Medicare, How Do I Prepare?</td>
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<td>Apr18</td>
<td>10:00-12:00</td>
<td>Introduction To The Native American Flute</td>
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<tr>
<td>Apr25</td>
<td>10:00-12:00</td>
<td>Rental Property Tax Issues</td>
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<td>Apr25</td>
<td>1:00-4:00</td>
<td>Preserving Your Family Memories The Easy Way</td>
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<tr>
<td>May02</td>
<td>1:00-4:00</td>
<td>Miranda At 50</td>
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# Workshops

<table>
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<tr>
<th>Monday</th>
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<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>May 09</td>
<td>9:00-11:00 Learning To Communicate With Spirit Guides &amp; Angels</td>
<td>V-065-SP16</td>
<td>L-215</td>
<td>Lori Hines</td>
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<td>May 09</td>
<td>1:00-2:30 Fermenting Vegetables</td>
<td>V-066-SP16</td>
<td>L-215</td>
<td>Danny Sapienza</td>
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<td>May 09 &amp; May 16</td>
<td>2:00-4:00 Making Sense Of Medicare-Part I &amp; II</td>
<td>V-067-SP16</td>
<td>L-216</td>
<td>Andy Lockridge</td>
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<td>May 16</td>
<td>9:00-10:30 Outdoor Recreation And Volunteer Opportunities In The Verde Valley</td>
<td>V-068-SP16</td>
<td>L-215</td>
<td>Wendy Harford</td>
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<td>May 16</td>
<td>9:00-12:00 Chakradance - Connection Through Movement</td>
<td>V-069-SP16</td>
<td>I-137</td>
<td>Annette Moody</td>
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<td>May 16</td>
<td>1:00-4:00 The Art Of Haiga: An Introduction</td>
<td>V-070-SP16</td>
<td>G-106</td>
<td>Joan Prefontaine</td>
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| Sedona Center | April 11 | 10:00-12:00 Introduction To The Native American Flute | S-701-SP16 | 8 | Jim Wilson          | 16   |
|               | April 11 | 10:00-12:00 Healthcare, Medicare, How Do I Prepare? | S-702-SP16 | 28 | Steinert/Shimko     | 24   |
|               | April 11 | 1:00-4:00 Amazing Travel Tips (updated!)          | S-703-SP16 | 23 | Joel Giloff         | 16   |
|               | April 11 | 1:00-4:00 Maximize Your Social Security Retirement Benefits | S-704-SP16 | 15 | McMahon/Hughes      | 24   |
|               | April 18 | 10:00-1:00 Stocks: The Nuts And Bolts             | S-705-SP16 | 15 | Donna Wiseman       | 16   |
|               | April 18 | 1:00-2:30 Fermenting Vegetables                   | S-706-SP16 | 39 | Danny Sapienza      | 17   |
|               | April 18 | 1:00-4:00 The Power In Your Hands                 | S-707-SP16 | 15 | LV Popat            | 17   |
|               | April 25 | 1:00-4:00 Miranda At 50                           | S-708-SP16 | 23 | Paul Ulrich         | 17   |
|               | May 02   | 9:00-12:00 Easy Self-Care Appreciation For Every Body | S-709-SP16 | 12 | Kayt Perlman        | 17   |
|               | May 02   | 1:00-4:00 The Gift Of A Year                      | S-710-SP16 | 15 | Cat LeVasseur       | 17   |
|               | May 02   | 1:00-4:00 Actors Workshop For 24 Hour Theatre     | S-711-SP16 | 40 | Francis Twombly     | 18   |
|               | May 09 & May 16 | 10:00-12:00 Making Sense Of Medicare-Part I & II | S-712-SP16 | 28 | Andy Lockridge      | 24   |
|               | May 09   | 10:00-1:00 Tax-Free Investing: It's Not What You Make, It's What You Keep | S-713-SP16 | 15 | Donna Wiseman       | 18   |
|               | May 16   | 9:00-12:00 The Poetry Of Seamus Heaney            | S-714-SP16 | 12 | William Ward        | 18   |

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<td>1:00-4:00 Finding Joy</td>
<td>CV-071-SP16</td>
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<td>12:30-2:00 How Do I Use This Thing? Intro To I-Phones, I-Pads, Smart Phones &amp; Tablets</td>
<td>V-072-SP16</td>
<td>M-137</td>
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<td>2:00-4:00 Turning Grapes Into Wine</td>
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<td>Beaver Creek School</td>
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<td>10:00-12:00 Healthcare, Medicare, How Do I Prepare?</td>
<td>BC-090-SP16</td>
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<td>9:00-12:00 Self-Publishing With Amazon: E-books</td>
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<td>CV-093-SP16</td>
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<td>9:00-10:30 Outdoor Recreation And Volunteer Opportunities In The Verde Valley</td>
<td>CV-094-SP16</td>
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## WORKSHOPS

### Sedona Center

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<td>History Of The Verde Valley</td>
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<td>Julia Larson</td>
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<td>Apeman to Spaceman</td>
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<td>The Billingsley Hopi Dancers</td>
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<td>Understanding Annuities And Life Insurance</td>
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<td>Gluten Free The Right Way!</td>
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<td>Giving With Purpose: Planned And Charitable Giving Techniques</td>
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<td>Uncovering Hidden Fees</td>
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<td>Archaeology Of The Verde Valley</td>
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<td>SPEX - Sedona Philosophy Experience</td>
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<td>Maximize Your Social Security Retirement Benefits</td>
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<td>Creating Your Medicine From Local Plants</td>
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<td>May 06</td>
<td>9:00-12:00</td>
<td>Chakradance - Connection Through Movement</td>
<td>S-728-SP16</td>
<td>40</td>
<td>Annette Moody</td>
<td>22</td>
</tr>
<tr>
<td>May 06</td>
<td>10:00-12:00</td>
<td>Medicare 101 - Everything You Need To Know About Medicare</td>
<td>S-729-SP16</td>
<td>15</td>
<td>Denny Fanter</td>
<td>24</td>
</tr>
<tr>
<td>May 06</td>
<td>10:00-1:00</td>
<td>Aeroponic Gardening Without Soil</td>
<td>S-780-SP16</td>
<td>23</td>
<td>Neil Proctor</td>
<td>22</td>
</tr>
<tr>
<td>May 06 &amp;</td>
<td>1:00-4:00</td>
<td>Self Knowing Through Journaling With The Astrological Signs</td>
<td>S-781-SP16</td>
<td>40</td>
<td>Ann Metlay, Deborah Nye</td>
<td>22</td>
</tr>
<tr>
<td>May 13</td>
<td>1:00-4:00</td>
<td>Investing With A Conscience</td>
<td>S-782-SP16</td>
<td>28</td>
<td>Matthew Haertzen</td>
<td>22</td>
</tr>
<tr>
<td>May 06</td>
<td>1:00-4:00</td>
<td>Presidential Advisory Commissions: What, Why And How</td>
<td>S-783-SP16</td>
<td>34</td>
<td>Ken Zoll</td>
<td>23</td>
</tr>
<tr>
<td>May 06</td>
<td>1:00-4:00</td>
<td>Is Gluten Free For Me?</td>
<td>S-784-SP16</td>
<td>39</td>
<td>Karen Russell</td>
<td>23</td>
</tr>
<tr>
<td>May 13</td>
<td>9:00-10:30</td>
<td>Outdoor Recreation And Volunteer Opportunities In The Verde Valley</td>
<td>S-785-SP16</td>
<td>23</td>
<td>Wendy Harford</td>
<td>23</td>
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### SPECIAL INTEREST GROUP

#### Sedona Center

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<th>Special Interest Group</th>
<th>Class #</th>
<th>Room</th>
<th>Facilitator</th>
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<tr>
<td>Apr 13-May 18</td>
<td>1:00-4:00</td>
<td>Chess Club</td>
<td>Open</td>
<td>8</td>
<td>Bill Ward</td>
<td>23</td>
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</tbody>
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### SPECIAL EVENTS (FREE AND OPEN TO THE PUBLIC)

#### Verde Valley Campus (Clarkdale)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Apr 22</td>
<td>2:00-4:00</td>
<td>Adventurous Spirits: Arizona’s Women Artists, 1900-1950</td>
<td>Free and open to the public</td>
<td>M-137</td>
<td>Betsy Fahlman</td>
<td>23</td>
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</tbody>
</table>
Join an environment where curiosity, discussion and learning are stimulated and where you will meet OLLI Members and Facilitators of like-mind.

Spring 2016 Classes

**Camp Verde (Parks & Recreation)**

**Learning Group (classes 4 to 6 weeks)**
- Basic Grant Writing
- The Philosophy And Physics Of Forgiveness

**Workshops (meet once or twice)**
- Original Contact Reflex Analysis (Nutritional Kinesiology)
- Finding Joy
- Mystical Mandalas
- Self-Publishing With Amazon: Paperbacks
- Medicare 101 - Everything You Need To Know About Medicare
- Qigong For Healing And Peace
- Fermenting Vegetables
- Self-Publishing With Amazon: E-books
- Healthcare, Medicare, How Do I Prepare?
- Introduction To The Native American Flute
- Outdoor Recreation And Volunteer Opportunities In The Verde Valley
- Miranda at 50

**Starting Dates**
- Apr.12 (10:00)
- Apr. 15 (1:00)

**Dates**
- Apr.11 & Apr.18
- Apr. 12
- Apr. 18
- Apr. 22
- Apr. 25
- Apr. 25 & May 9
- Apr. 29
- Apr. 29
- May 02
- May 6
- May 9

**Beaver Creek School Board Room**

**Workshops (meet once)**
- Fermenting Vegetables
- Healthcare, Medicare, How Do I Prepare?

**Dates**
- May 2 (1:00)
- Apr. 22 (10:00)

Call (928) 649-4275 or (928) 649-5550 for more information.
ACTORS WORKSHOP FOR 24 HOUR THEATRE (S-711-SP16) ....................................................... 18
ADVENTUOUS SPIRITS: ARIZONA’S WOMEN ARTISTS, 1900-1950 (FREE AND OPEN TO THE PUBLIC) ....................................................... 23
AEROPONIC GARDENING WITHOUT SOIL (S-780-SP16) ................................................................. 22
ALL IN THE MUSICAL FAMILY (V-021-SP16) ............................................................................. 7
AMAZING TRAVEL TIPS (UPDATED!) (S-703-SP16) ................................................................. 16
APEMAN TO SPACEMAN (S-786-SP16) ...................................................................................... 20
ARCHAEOLOGY OF THE VERDE VALLEY (S-724-SP16) ................................................................. 21
ART OF PAINTING (V-023-SP16) ................................................................................................. 7
BALANCE FOR DAILY LIVING (S-675-SP16) ............................................................................... 8
BRAIN EXERCISE THROUGH PUZZLES (S-680-SP16) .............................................................. 10
BROWN BAG BRAIN BUZZ (FREE AND OPEN TO THE PUBLIC) .................................................... 10
CHAKRADANCE - CONNECTION THROUGH MOVEMENT (S-728-SP16) ......................................... 22
CHAKRADANCE - CONNECTION THROUGH MOVEMENT (V-069-SP16) ........................................ 16
CHESS CLUB ...................................................................................................................................... 23
CHI-LEL QIGONG (S-684-SP16) ........................................................................................................ 11
CO-EVOLUTION OF MINERALS AND LIFE: A LOVE STORY (S-722-SP16) ......................................... 21
COMMUNICATING WITH ANGELS (S-688-SP16) ........................................................................ 12
COPING WITH A CHANGING WORLD (S-655-SP16) ................................................................. 5
CREATING YOUR MEDICINE FROM LOCAL PLANTS (S-727-SP16) .................................................. 22
DANGEROUS POETRY HIKES (S-679-SP16) ............................................................................... 10
DIVINE ASSERTIVENESS AND COMMUNICATION (S-686-SP16). 12
DIVORCE YOUR DIAGNOSIS (S-651-SP16) .................................................................................. 4
EASY SELF-CARE APPRECIATION FOR EVERY BODY (S-709-SP16) ................................................. 17
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EVOKING THE PERSON WITHIN (S-678-SP16) ............................................................................ 9
EVOLVING CONSCIOUSNESS, PAST, PRESENT AND FUTURE (S-670-SP16) ........................................... 7
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FERMENTING VEGETABLES (CV-055-SP16) .................................................................................. 13
FERMENTING VEGETABLES (S-706-SP16) .................................................................................. 17
FERMENTING VEGETABLES (V-066-SP16) .................................................................................. 15
FINDING JOY (CV-071-SP16) ................................................................................................... 18
FINDING JOY (S-717-SP16) ................................................................................................... 20
FINDING JOY (V-059-SP16) ................................................................................................... 14
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Understanding Creation Rationale, Logic & Science (S-671-SP16) .. 8

Writing Our Way to Happiness (S-653-SP16) ............................... 4
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:
Summer Term: Jun. 20 to Jul. 29 Proposals due by Apr. 4, 2016
Fall Term: Sept. 27 to Nov. 18 Proposals due by Jun. 3, 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 Summer 2016 proposal(s).
For assistance please contact the OLLI office 928-649-4275 or 928-649-5550