Classes for seasoned adults with curious minds and hearts!
Welcome!

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

Staff
Linda Shook, Associate Dean of Lifelong Learning
Lynda Bennett, Administrative Assistant
Rita Reger, Assistant Coordinator
Solaris Walsh, Assistant Coordinator
Jennifer Theroux, Administrative Assistant

About OLLI
The primary purpose of the OLLI of Sedona and Verde Valley is to provide learning and teaching opportunities for intellectually active, mature adults.

Every year, four times a year, OLLI publishes a catalog filled with learning groups and workshops that cover a variety of interests and subject matter. From astronomy and astrology to music appreciation and metaphysics - there is something for everyone at OLLI.

Facilitators – Sharing Your Passions
You can share your interest in many ways at OLLI: with a learning group that meets for four to six weeks; a workshop with one or two sessions; a class in the evening (OLLI@Nite); or create a special interest group. (See facilitators page)

Opportunities to Share your Skills

OLLI is a member-supported organization. Your participation is needed to keep OLLI successful and operating sustainably. Areas where support and creativity are needed are: office and event organization; communication support; catalog preparation; facilitator and member appreciation; creative development with our curriculum; community outreach, etc. (see volunteer opportunities page)

Classroom & Event Participation
There are a great variety of classes and free OLLI-sponsored events. We encourage you to participate widely. Your participation in classes energizes the OLLI experience and helps sustain and develop our learning community. Come to the various events and add to the experience. (Stay in touch through the OLLI website and email newsletters).

Donor and Scholarship support
Our fees are low and we have scholarships available. These two things are made possible by our generous donors and the Osher foundation. Building a strong donor supported revenue stream is now essential to OLLI’s sustainability. Please ask about ways to help though our donor support programs. (Ask the office on how to contribute).

OLLI MEMBERSHIP PLAN

- Low Annual Membership -
- Low Class Fees - Learning Groups & Workshops -
- Discount for more than 4 Learning Groups - One Term of Unlimited Classes -
- NEW Unlimited Annual Membership Offer -

*** Encouraging Your Curiosity ***
(For details see page 1 and the OLLI News section)
Membership Packages and Course Fees

1. Basic Annual Membership - $50  
   (Good for the next 4 terms).
2. Learning Groups - $35 each
3. Workshops - $15 each
4. One Term of Unlimited Classes $170
5. Unlimited Annual Membership - $450  
   (for 4 consecutive terms)

Note: Membership is required in order to take OLLI classes.

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. **Online:** Visit [www.yc.edu/campusce](http://www.yc.edu/campusce) (If using the portal then basic steps are – sign in; select annual membership if you are not already a member; and then select classes).
2. **Call** (928) 649-4275 or (928) 649-5550.
3. **In person** at the Yavapai College Sedona Center for Arts & Technology; or at the Yavapai College Verde Valley Campus, Building L, Room 210.
4. **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, “#L-210, Clarkdale, AZ 86324. **MAKE CHECKS PAYABLE TO “YAVAPAI COLLEGE.”** We accept VISA, MasterCard, American Express, Discover.

Scholarships Available

If you want to be an OLLI member and attend classes, but need financial assistance - we can help. We have several scholarship options available. Please call or stop by the office. We want everyone who wants to participate in OLLI to have that opportunity.

We also need volunteer help and we have started a new program called **Learn & Serve,** in which you receive free classes for volunteer help.

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 learning group suits you.
2. After you enroll, if you don't like the first learning group session:  
   a. You may drop it and add another.  
   b. You may request a refund.

Facilitator Packages

There are two options for facilitators.

1. **Become an annual OLLI facilitator member - $50.**  
   This is an invitation to join and participate fully. Your donation helps with our annual endowment allocation. In exchange for each class taught, you will receive a free class voucher.
2. **Become a Facilitator at no cost.**  
   Though we would prefer our facilitators to be members, it is not a pre-requisite for facilitating a class at OLLI. With great appreciation, we welcome and thank you for this contribution.

Locations where classes are held

(For full directions, see [www.ollisedonaverde.org/campuses](http://www.ollisedonaverde.org/campuses))

**OLLI-Sedona:** Most Sedona classes are held at the Yavapai College Sedona Center (YCSC)  
4215 Arts Village Drive, Sedona • (928) 649-4275

**OLLI-Verde:** Most Verde classes are held at the Yavapai College Verde Valley Campus  
601 Black Hills Drive, Clarkdale • (928) 649-5550

**Camp Verde:** Most classes are held at the new library  
130 Black Bridge Lp Rd, Camp Verde, AZ 86322  
Or the Parks & Recreation Center, 395 S. Main Street, Camp Verde, AZ

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928.649.4275 • 928.649.5550
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<td>The Great Pyramids of Giza (WS)</td>
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<td>The History of Sedona - Pre-Historic to City Incorporation (1988) (LG)</td>
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**KEY**

LG = **Learning Group**: meets every week for four to six weeks; WS = **Workshop**: Generally meets one time for two to three hours.
**OLLi Learning Groups & Workshops**

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- Magical Realism, Art and Writing (WS) ....................... 21
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- The Two Richards - The Short Stories of Richard Ford and Richard Russo (LG) ......................................................... 4
- Transcending Everydayness: The Poem as Epiphany (LG) ................................................................................................. 5
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- Understanding Annuities (WS) .......................................... 14

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- Integral Meditation (weekly) ............................................ 21
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- Out to Lunch Book Group (once per month) ................. 22

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- Brown Bag Brain Buzz (weekly) ....................................... 9
- Lunch and Learn (weekly) ................................................ 8

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

VERDE VALLEY CAMPUS (CLARKDALE)

NEWS AND VIEWS (V-201-19)

**Apr.15-May 20, 6 Weeks, 9:00-10:30, Room G-107**

Discuss the news -- any issue, not just politics. Bring the news and/or your views on current events - local, state, national, international, science, business, any topic - that interest you. This is a round-table discussion group to understand more about current events from various viewpoints in a relaxing environment. **Limited to 10 participants.**

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

Curt Ireland has a law degree from the University of Michigan, practiced trial law in S.D. for 40 years and collaborated with Cynthia Strom in writing and producing several musical dramas.

THE TWO RICHARDS - THE SHORT STORIES OF RICHARD FORD AND RICHARD RUSSO (V-202-19)

**Apr.15-May 20, 6 Weeks, 1:00-2:30, Room G-104**

Traveling the terrain of Richard Ford and Richard Russo's stories, we may find a key to the climax of Ford's story, "Rock Springs." We may also accompany Sister Ursula, Russo's heroine, as she rediscovers her humanity in his story, "The Whore’s Child." By inviting their fictional characters into our lives, we will learn, laugh, and grow. You will need an inexpensive copy of Richard Ford's Rock Springs (Vintage Books). I'll supply the Russo materials. Welcome aboard! **Limited to 12 participants.**

Vic Goldie is a frequent facilitator who has taught literature and writing in New York and Arizona. He is drawn to the taut insights and poetic mysteries of short stories.

QI-GONG FOR HEALTH (V-203-19)

**Apr.15-May 20, 6 Weeks, 1:00-2:30, Room M-203**

Qi-Gong is a slow-moving, meditative exercise. It brings the body back to balance, releasing stress which allows the body to perform its natural healing process. It can be done standing or sitting down. Class consists of 45 minutes of practice followed by a guided meditation. **Limited to 20 participants.**

Nancy Rodman is a Level 5 practitioner of Spring Forest Qi-Gong based in Minnesota. She also has been certified in Healing Touch and has a healing partnership with Rick Blough.

Rick Blough is a Reiki Master, teacher and a Qi-Gong practitioner and healer.

SEDONA CENTER

WRITING OUR WAY TO HAPPINESS (S-001-19)

**Apr.15-May 13, 5 Weeks, 10:45-12:15, Room 39**

This class gives us the chance to free our writing voice. 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 without judgement, great joy bubbles up. Come enjoy writing in an atmosphere that is inspiring, creative, and fun. Bring pen and paper and be ready to write.

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

SELF-HELP ACUPRESSURE FOR SEASONAL ALLERGIES (S-002-19)

**Apr.15-May 20, 6 Weeks, 1:00-2:30, Room 39**

In the Southwest, many of us suffer from seasonal allergies. Self-help acupressure can be a great way to be more comfortable. This will be a very practical, hands-on class. We will learn a specific acupressure routine to do on ourselves in order to be more comfortable. **Limited to 20 participants.**

Thomas Brennan works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over 30 years. Thomas has a Master of Education degree.
SOUL RECOGNITION (S-003-19)
Apr.15-Apr.29, 3 Weeks, 2:45-4:15, Room 39
This is a very practical class to help us move toward inner peace and deeper knowledge of ourselves. In class we will learn and apply practical ways to recognize, access, and enhance that deeper knowledge. The class includes lecture-like lessons and exciting experiential episodes. **Limited to 12 participants.**

Thomas Brennan works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over 30 years. Thomas has a Master of Education degree.

COMMUNICATING WITH ANGELS (S-004-19)
May 06-May 20, 3 Weeks, 2:45-4:15, Room 39
Many traditions recognize the existence of “angels.” Communicating with “angels” can be a path to deeper knowledge of ourselves and a way to gain very practical aid with every-day concerns. We will discuss theory, have direct experience, and learn practical techniques. Participants will have an opportunity to apply this knowledge to personal concerns. **Limited to 20 participants.**

Thomas Brennan works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over 30 years. Thomas has a Master of Education degree.

QI-GONG FOR HEALTH (S-006-19)
Apr.16-May 21, 6 Weeks, 9:00-10:30, Room 40
Qi-Gong is a slow-moving, meditative exercise. It brings the body back to balance, releasing stress which allows the body to perform its natural healing process. It can be done standing or sitting down. Class consists of 45 minutes of practice followed by a guided meditation. **Limited to 20 participants.**

Nancy Rodman is a Level 5 practitioner of Spring Forest Qi-Gong based in Minnesota. She also has been certified in Healing Touch and has a healing partnership with Rick Blough.

Rick Blough is a Reiki Master, teacher, and a Qi-Gong practitioner and healer.

TRANSCENDING EVERYDAYNESS: THE POEM AS EPIPHANY (S-007-19)
Apr.16-May 21, 6 Weeks, 9:00-10:30, Room 15
In this class, we will read and discuss many of the beautiful poems in the international poetry anthology, “A Book of Luminous Things,” edited by Nobel prize winner, Czeslaw Milosz. Milosz states that “Epiphany...interrupts the everyday flow of time and enters as one privileged moment when we intuitively grasp a deeper, more essential reality hidden in things or persons...This anthology is full of epiphanies.” (Participants will be expected to purchase a copy of the Milosz text.) **Limited to 12 participants.**

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

Tuesday Learning Groups

SEDONA CENTER

WHEN REPTILES RULED THE EARTH (S-005-19)
Apr.16-May 21, 6 Weeks, 9:00-10:30, Room 34
From 240 to 65 million years ago (Mesozoic Era: Triassic, Jurassic, Cretaceous) reptiles dominated the land (dinosaurs), the sea ('sea serpents'), and the air (pteranodons and cousins). We will review the evolution of giant reptiles, discuss key examples, and consider their demise.

Ken Bork is a geologist (Ph.D in paleontology) and a fan of the “Ruling Reptiles.” Interesting truths about Mesozoic reptiles far exceed cartoons and clichés. Grrrrr...
CONTEMPORARY ARIZONA NATIVE AMERICAN ARTISTS (S-008-19)

Apr.16-May 14, 5 Weeks, 10:45-12:15, Room 28

We will explore the work of Arizona artists who are pushing boundaries in various ways, beyond the stereotypes and clichés that are often associated with Native American art. Four sessions will focus on painters, sculptors, mask makers, and kachina artists. The last class will feature a field trip to the James Ratliff and Turquoise Tortoise galleries in Sedona.

Limited to 40 participants.

Joan Prefontaine has facilitated OLLI learning groups on Pop Art, Desert Art and Southwest Landscape Painters. She has had a lifelong interest in art, has worked as an art book reviewer, and has a masters degree in Art and Theology.

Dan Blaettler, M.A. became interested in Native American art when he moved to Sedona five years ago. His earlier artistic sensibility morphed from teaching photography at the community college level to digital printmaking over the last twenty years.

NATIVE AMERICANS OF ARIZONA (S-009-19)

Apr.16-May 14, 5 Weeks, 10:45-12:15, Room 29

This course will offer an informal survey of Native Americans of Arizona from the mammoth hunters to astronauts. We will discuss the Clovis, Hohokam, Anasazi, Payatan, O’odham, Apache, Navajo, Hopi and Yavapai among others. A special emphasis will be placed on spots to visit in Arizona, both modern and archeological, to experience Native life first hand.

Gary Every has been published 1500 times with 10 published books. “Shadow of the OhshaD” is a compilation of the best of his newspaper column including award winning articles such as “Losing Geronimo’s Language” and “The Apache Naichee Ceremony.”

PUZZLES, PUZZLES, PUZZLES (S-010-19)

Apr.16-May 21, 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.

ELDER LIFE PLANNING (S-011-19)

Apr.16-May 21, 6 Weeks, 2:45-4:45, Room 28

You’re in the stage of life “beyond work” and many “obligations” and still have a lot of years and juice left! “So what do I do with (the rest of) my life?” Together we will consider the various issues required to address this question well, including: Soul Purpose and plan, Bucket list, Legacy, Unfinished business, Karmic tasks, Reconciliation, Resource realities, “Others,” Resolving Blocks to accomplishment, and more. Experiential activities and “homework” will get your planning process moving. Limited to 20 participants.

Devorah Nye is a psychologist, Soul coach, regression therapist, astrologer, organizational development and work consultant. She is committed to people living purposeful, joyful and complete lives. “It’s never too late!” to do what has eluded you!

Share Your Gifts at OLLI

(Help support OLLI as a volunteer)

One unique aspect of OLLI is that the members play a pivotal role in success of the OLLI’s program, (in addition to financial support), by contributing time, skills, and guidance. We are always on the lookout for interested returning members who want to help.

Call the OLLI office for more info:
(928) 649-5551

www.ollisedonaverde.org
Wednesday Learning Groups

CAMP VERDE LIBRARY

GET YOUR BOOK READY FOR SALE (CV-210-19)

Apr.17-May 08, 4 Weeks, 9:15-11:00, Founders Room

Four learning sessions related to book publishing: (1) Let’s Make Some Book Covers will include use of Photoshop and InDesign software. We will review parameters of a great cover and design some book covers, (2) Best File Formats reviews files needed to print and publish (pdf, jpeg, tiff, word). (3-4) Sessions will focus on Best Markets (Amazon, Facebook, Shopify) and Marketing Strategy (sales presentation) for selling your amazing book! Limited to 15 participants.

Sheri Hauser is a book publisher and owner of Glorybound Publishing, publishing over 600 books since 2005. She relocated to Camp Verde in 2016, bringing the company with her.

EMBRACING THE FIERCE FREEDOM OF FORGIVENESS (CV-209-19)

May 01-May 22, 4 Weeks, 2:45-4:45, Founders Room

Forgiveness restores your mind to a place of peace and sanity. It is a gift to yourself to be forgiving. If you are in pain, your mind is running a destructive program. We will talk about our belief systems (BS) and how the energy and intelligence that is a part of all life is always FOR us; how to determine if our BS is constructive and how the forgiving mind fosters health and vitality; and how to use aromatherapy and essential oils to greatly enhance your process and results. Limited to 12 participants.

Honey Rubin has gleefully enjoyed decades of touching hearts and helping to expand minds through insightful writing and classes. “Life’s like a movie, write your own ending,” says Rubin, whose long-term vision and mission is to make a difference.

VERDE VALLEY CAMPUS (CLARKDALE)

DRAWING OUTSIDE (V-204-19)

Apr.17-May 22, 6 Weeks, 1:00-2:30, Room M-203

Explore various ways of seeing and drawing outside, including macro and micro landscapes, real and of the mind. First session will be in a classroom on the Clarkdale campus; others at various locations around Cottonwood. Expect the unexpected. Bring drawing pad and pencils. This is a follow-up to Rae’s previous “Drawing Outside the Box” classes in the same spirit of experiential seeing and making marks.

Rae Ebeling is an artist, graduate of Wellesley and SMFA Tufts (School of the Museum of Fine Arts, Boston. See www.raebeling.com

SEDONA CENTER

SCIENCE NEWS AND VIEWS (S-012-19)

Apr.17-May 22, 6 Weeks, 9:00-10:30, Room 34

Whether you are a scientist, an engineer, a mathematician, or simply someone with an interest in science, come and get a better understanding of recent scientific developments and their potential impact on society. Each week, members of the class will discuss science topics in a way that makes it easy for all to understand. Class members will also be encouraged to bring in interesting science articles for open-class discussions.

John Black is a life-long learner, whose education is not yet complete. He earned his BSEE in 1972, his MSEE 13 years later in 1985, and his Ph.D in Computer Science 19 years later, at the age of 55. His current focus of study is Cognitive Science.

Bob Haizmann is a chemical engineer, backyard astronomer and closet guitarist. He has traveled worldwide, commercializing breakthrough energy technologies and has 30 patents.
CUSTOMS OF THE WORLD: ENRICH YOUR CULTURAL INTELLIGENCE (S-013-19)  
Apr.17-May 22, 6 Weeks, 10:45-12:15, Room 34

Do you enjoy meeting visitors from abroad? Do you travel to learn about and interact with people in different cultures? If so, you’ll enjoy this course. We’ll dive deeply into why and how people from varied cultures around the globe think and behave differently, how their distinctive values and norms play out in their everyday lives, and how to avoid inter-cultural misunderstandings. Class discussion will be enriched by lively video lectures from David Livermore, global culture expert.

Paul Friedman, Ph.D, has taught intercultural communication and lectured about cultural differences on cruise ships internationally.

LUNCH AND LEARN  
(FREE AND OPEN TO THE PUBLIC)  
Apr.17-May 22, 6 Weeks, 12:30-2:00, Room 34

This is an enjoyable, informative, weekly “town hall” that is free and open to all. Meet the innovative leaders in our town. At each session, one or more speakers provides a lively presentation on an interesting and important aspect of community life. Bring your lunch and join the conversation at 12:30 or come from 1:00-2:00 to hear the program. Everyone is welcome!

Paul Friedman, Ph.D is a retired professor of communication studies (U of Kansas), who has facilitated this lively learning group annually over the past nine years.

AMERICAN VALUES, YOUR VALUES  
(S-014-09)  
Apr.17-May 22, 6 Weeks, 10:45-12:15, Room 29

What are America’s values and what are your values? Are they the same? Are American values myth or reality? How are America’s values demonstrated in policies? What unites us and what divides us? What influenced formation of your values? We will explore values of conservatives, liberals, independents. We will explore government values and peoples’ values. Do you vote your values at the ballot box? Offered as part of the League of Women Voters Greater Verde Valley Voter Education Program. Limited to 40 participants.

Barbara Litrell has served on Sedona City Council and has been President of several organizations in the community. She has facilitated numerous OLLI groups to discuss and explore our social, economic, and political environment.

UNDERSTANDING MEMORY -- THROUGH MOVIES (S-016-19)  
Apr.17-May 22, 6 Weeks, 2:30-4:30, Room 34

Next to the present moment, memories are our greatest source of pleasure and meaning. So let’s learn all we can about them--how memory works, why we recall and forget what we do, how we often distort or fail to retrieve past events, and how we can best keep and enhance our memory. Numerous engaging movie clips will illustrate course ideas, along with talks by John Seamon, author of “Memory and Movies: What Films Can Teach Us about Memory” MIT Press, 2015.

Paul Friedman, Ph.D, has long been interested in the dynamics of memory--how and what we recall about the past and what meaning we give to those memories.

RHYTHM & MOVEMENT THROUGH AFRICAN DANCE (S-015-19)  
Apr.17-May 15, 5 Weeks, 10:45-12:15, Room 40

Come to learn and move in a West African dance class. This type of movement is invigorating and unlike any other dance movements. The beat of the drum will hypnotize you and transport you to another place. It is creative and loosens up any of the kinks you might have. Warmup stretching will be used to introduce you to new movements.

Lynne Browning has danced and performed West African Dance for 46 years.
NUTRIGENOMICS: THE NEW SCIENCE OF NUTRITION FOR HEALTH AND LONGEVITY (S-017-19)
**Apr.24-May 15, 4 Weeks, 2:45-4:15, Room 28**
Nutra genomics studies the role nutrition plays in gene expression. The foods we eat “talk” to our genes and can positively impact our health and longevity if we know the “language” of our DNA. We will discuss basic genetics, the science of nutrigenomics, how food works in the body, the master genes that influence health and longevity, which food ingredients “speak” to those genes, and how to prepare delicious meals for maximum health benefits. Ingredient toolbox and recipe pack included. **Limited to 24 participants.**

**Donna Forsythe, MS,** is a certified health coach with focus on functional nutrition and culinary genomics. She’s passionate about discovering the latest nutrition science and translating that knowledge to tasty meals, long life, and healthy living.

**Thursday Learning Groups**

VERDE VALLEY CAMPUS (CLARKDALE)

A TASTE OF THE PLANTAGENETS (V-206-19)
**Apr.18-May 23, 6 Weeks, 9:00-10:30, Room G-104**

The Plantagenets ruled England from the reign of Henry II, beginning in 1154 and ending with the death of Richard III, the last English monarch to die on the field of battle. This is a tale of violence, family feuds, incompetence and occasional brilliance. Come learn a little about each of these rulers with a reputation for their fiery tempers.

**James Scheid** is a retired nurse and has a degree in Special Ed. Jim is not a professional historian but has had an interest in English history throughout his adult life.

QI-GONG FOR HEALTH (V-207-19)
**Apr.18-May 23, 6 Weeks, 9:00-10:30, Room M-203**

Qi-Gong is a slow-moving, meditative exercise. It brings the body back to balance, releasing stress which allows the body to perform its natural healing process. It can be done standing or sitting down. Class consists of 45 minutes of practice followed by a guided meditation. **Limited to 20 participants.**

**Nancy Rodman** is a Level 5 practitioner of Spring Forest Qi-Gong based in Minnesota. She also has been certified in Healing Touch and has a healing partnership with Rick Blough.

**Rick Blough** is a Reiki Master, teacher and a Qi-Gong practitioner and healer.

BROWN BAG BRAIN BUZZ
**(FREE AND OPEN TO THE PUBLIC)**
**Apr.18-May 23, 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 has facilitated a variety of courses at OLLI.
AMERICAN VALUES, YOUR VALUES (V-208-19)
Apr.18-May 23, 6 Weeks, 2:00-3:30, Room G-106

What are America’s values and what are your values? Are they the same? Are American values myth or reality? How are America’s values demonstrated in policies? What unites us and what divides us? What influenced formation of your values? We will explore values of conservatives, liberals, independents. We will explore government values and peoples’ values. Do you vote your values at the ballot box? Offered as part of the League of Women Voters Greater Verde Valley Voter Education Program. Limited to 40 participants.

Barbara Litrell has served on Sedona City Council and has been President of several organizations in the community. She has facilitated numerous OLLI groups to discuss and explore our social, economic and political environment.

THE BIG BAND ERA (V-205-19)
Apr.18-May 23, 6 Weeks, 2:45-4:15, Room M-202

This learning group will explore the big band music of the 1930s and 40s through recorded examples, video excerpts, and discussion of the ethnic and cultural characteristics of the era.

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

SEDONA CENTER

INTERESTING CHARACTERS OF THE CIVIL WAR (S-018-19)
Apr.18-May 23, 6 Weeks, 9:00-10:30, Room 28

We all know something about Abraham Lincoln, Robert E. Lee, and Ulysses S. Grant. But what about Mary Walker, Earl Van Dorn, or George Armstrong Custer’s little brother, Tom? We will talk about these folks and a couple dozen others. There will be plenty of time for questions and discussion. Limited to 30 participants.

Gus Hughbanks retired after 30 years with the U.S. Department of Agriculture. He’s not an expert on the Civil War but seems to have met more than his share of characters. While new to Arizona, he has previously taught this subject at OLLI in Oregon.

EAT YOUR WAY TO HEALTH: FOUR EASY, QUICK AND DELICIOUS PLANT-BASED MEALS (S-019-19)
Apr.18-May 09, 4 Weeks, 10:45-12:15, Room 8

The science is clear. A whole food plant-based diet is our best defense against chronic disease. And it can be delicious! In this hands-on class, you’ll learn and practice cooking in this healthy way. Each week we’ll make a meal together, and then enjoy the fruits (and vegetables!) of our labors. $20 additional fee to cover ingredients. Note: all foods will be free of animal products (meat, dairy, eggs). Dishes may contain grains, gluten, nuts, and a broad variety of fruits and vegetables. Limited to 12 participants.

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

Peggy Harris is a 14-year, plant-based cooking hobbyist. She has cooked for Bev Bow’s prior classes at OLLI, demonstrated at Natural Grocers, and taken classes from culinary author, Colleen Patrick-Goudreau.

THE RIGHT TO PRIVACY (S-020-19)
Apr.18-May 23, 6 Weeks, 10:45-12:15, Room 28

Is there a constitutional right to privacy? In public? In our homes? When using social media or the internet? Can national security issues impede privacy rights? Join us for thoughtful and lively analysis and discussion.

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.
Qi-Gong is a slow-moving, meditative exercise. It brings the body back to balance, releasing stress which allows the body to perform its natural healing process. It can be done standing or sitting down. Class consists of 45 minutes of practice followed by a guided meditation. Limited to 20 participants.

Nancy Rodman is a Level 5 practitioner of Spring Forest Qi-Gong based in Minnesota. She also has been certified in Healing Touch and has a healing partnership with Rick Blough.

Rick Blough is a Reiki Master, teacher, and a Qi-Gong practitioner and healer.

In this series, experts from the Sustainability Alliance will show you what you can do in your personal life to get toxic chemicals out of your home, reduce your waste and water use, improve your health, and save the planet all while building community.

Leslie Fox is moderating this series for the Sustainability Alliance which is a coalition of non profits operating in the Verde Valley that share an intention of moving this region toward sustainability. http://www.sustainabilityallianceaz.org

The evolution of the settlement of the area from pre-historic to 1988 will be revealed by decades. The post World War II boom and the development of our subdivisions will be explained. I will also interject a great deal of humor in some funny stories about what happened here. The goal of the class will be to have the attendees fully understand how Sedona came to be, the influential people in its evolving development, and how unique we are as a late-blooming town in the 20th century.

Clancy Sage is a board member of the Sedona Historical Society and docent at the Sedona Heritage Museum. She has been pouring over SHM’s extensive archives for the past two years in addition to availing herself of the many books on Sedona’s history.

When the world is so focused on health, why are so many overweight with illnesses and diseases? YOU can take charge of your health and live to 100+. Discover the secrets of Chinese Medicine to nourish, cleanse and balance the body. Learn how the philosophy of regeneration allows the body to burn fat and be balanced with proper nutrition with plant-based whole foods, not chemicals and additives that we are being poisoned with. When the body is fed properly it will perform as it was intended.

Grace Kirkwood has always been interested in health and wellness. She shares these valuable tips with you to bring more JOY into your life.

Everyday we are bombarded with devastating news about the quality of our earth, air and water. Sometimes it feels like we can’t do anything about it. But YES we can! Through new knowledge and experiential activities based in Indigenous perspectives, we will be enlivened and motivated to play our part in the creation of a sustainable world. The workshop is fun, creative and inspiring. Together, we can create individual (small and large) opportunities for a more sustainable Verde Valley. Limited to 16 participants.

Shayna Tovah is a Minister for ICSAW Native American Church in AZ, teacher, and counselor. For over 40 years, she has internationally taught professionals and students to be motivated to play a part in creating a sustainable world.
MOTHER’S DAY MAKE & TAKE WORKSHOP  
(V-263-19)  
*May 06, 2 Hrs, 10:00-12:00, Room L-215*

Make & Take gifts and treasures for Mother’s Day! Make wonderful sprays, roll-ons, and crafted blends for loving self-care, and to give as gifts! Use for beauty, skin, nails, hair care, hormonal needs, and for maintaining joy, energy, and harmony during busy and stressful moments. Beautiful glass containers and all materials will be available for a modest fee. All of the information, recipes and ideas are on free handouts.

**Honey Rubin** has gleefully enjoyed decades of touching hearts and helping to expand minds through insightful writing and classes. “Life’s like a movie, write your own ending,” says Rubin, whose long-term vision and mission is to make a difference.

THE LAST JEW OF BAGDAD  
(V-256-19)  
*May 06, 3 Hrs, 1:00-4:00, Room L-215*

“End of an exile beginning of a journey.” They were celebrating 2600 years to the Babylonian exile. This is a beautiful documentary that tells about the oldest Jewish community in Iraq. This community was expelled from their homeland in 1950. It includes a series of interviews with people that were part of the exile.

**Kohava Benatar** has presented different programs in the past like “Jerusalem Today,” “Out Of Spain,” and “The Paper Clip.”

SHAPE UP WITH THE PHILOSOPHY OF REGENERATION  
(V-257-19)  
*May 06, 3 Hrs, 1:00-4:00, Room L-216*

When the world is so focused on health, why are so many overweight with illnesses and diseases? YOU can take charge of your health and live to 100+. Discover the secrets of Chinese Medicine to nourish, cleanse and balance the body. Learn how the philosophy of regeneration allows the body to burn fat and be balanced with proper nutrition with plant-based, whole foods, not chemicals and additives that poison us. When the body is fed properly it will perform as it was intended.

**Grace Kirkwood** has always been interested in health and wellness. She shares these valuable tips with you to bring more JOY into your life.

SEDONA CENTER

QUANTUM THOUGHT (WHAT IT TAKES TO THINK.)  
(S-050-19)  
*Apr.15, 3 Hrs, 9:00-12:00, Room 29*

Behavioral scientists watch in amazement as computer scientists reproduce human virtues, both mental and physical. AI (Artificial Intelligence) is targeting feelings, emotions, and even love as repetitive, calculative events. The fact is, we do experience such things the same way. This course will land smack-dab in the middle of what’s passing through your mind. Put your thinking cap on and join us for some thought provoking investigations into how our minds function! **Limited to 60 participants.**

**Bill Johnson** is a retired teacher from the Colorado Community College system. He began investigating how our minds function by observing children with mental disorders at the Colorado State Hospital.

DIET FREE LIFE: WE MEET PEOPLE WHERE THEY ARE TO loose THE FAT  
(S-051-19)  
*Apr.22, 3 Hrs, 1:00-4:00, Room 28*

Learn the methodology that shifts metabolism from fat storing to fat burning. Target abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat! This is a mindful, common-sense approach to a leaner, energetic you. The Diet Free Life System is diabetic safe and heart friendly. Forty plus MD’s have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes. www.dietfreelifeaz.com

**Suzette Lawrence** is a retired RN and Certified Nurse Midwife graduating Sigma Theta Tau from UT El Paso. Her encore career is all about health and wellness. After success with the Diet Free Life System she became a Certified Diet Free Life coach.
PHILOSOPHY, NATURE, AND HUMAN NATURE (S-052-19)

Apr. 22, 3 Hrs, 1:00-4:00, Room 29

Kosmos is the Greek word for the world order, but it also has to do with the order in our lives. Listen to a presentation about this concept, then join in a dialogue about the human search for wisdom. This class takes place on Earth Day; so we will end with a walk outdoors to explore how being on the land affects the way we think. We will discover that to practice philosophy is to wonder about our own nature, and our place in this natural world.

Andrea Christelle designs programs and consults at Sedona Philosophy. She serves on the boards of SOPHIA (Society of Philosophers in America) and the Public Philosophy Journal.

SHAPE UP WITH THE PHILOSOPHY OF RE-GENERATION (S-055-19)

Apr. 29, 3 Hrs, 1:00-4:00, Room 28

When the world is so focused on health, why are so many overweight with illnesses and diseases? YOU can take charge of your health and live to 100+. Discover the secrets of Chinese Medicine to nourish, cleanse and balance the body. Learn how the philosophy of regeneration allows the body to burn fat and be balanced with proper nutrition with plant-based whole foods, not chemicals and additives that we are being poisoned with. When the body is fed properly, it will perform as it was intended.

Grace Kirkwood has always been interested in health and wellness. She shares these valuable tips with you to bring more JOY into your life.

AI - ARTIFICIAL INTELLIGENCE - WHERE TO? (S-053-19)

Apr. 22 & Apr. 29, 3 Hrs, 1:00-4:00, Room 34

Where is fast growing technology taking us? Can the march of Artificial Intelligence (AI) be managed to serve us? Are Sapiens marching to being Deus? Let’s deliberate on AI advancement and the next stage of human evolution.

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

CREATIVE RETIREMENT LIVING PART 2 (S-056-19)

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

Create the retirement life you dream about! Part 2 will focus on our evolving role as wise elders, sages, and life guides for our families, tribes, and communities. No need to have taken Part 1 to enroll in Part 2. Through self inquiry and discussion, we will better clarify and understand our unique wisdom and how to effectively share that wisdom. We will look at the life experiences including teachers and mentors that helped us grow. Go beyond age-ing to sage-ing and elder-ing. Limited to 18 participants.

Ron Goldberg has over 40 years experience as a facilitator, coach, and trainer. He holds a B.A. in psychology and a masters degree in counseling. He is a lifelong seeker and a long-standing student of the retirement transition.

THE LAST JEW OF BAGDAD (S-054-19)

Apr. 29, 2.5 Hrs, 1:00-3:30, Room 29

“End of an exile beginning of a journey.” They were celebrating 2600 years to the Babylonian exile. This is a beautiful documentary that tells about the oldest Jewish community in Iraq. This community was expelled from their homeland in 1950. It includes a series of interviews with people that were part of the exile.

Kohava Benatar has presented different programs in the past like “Jerusalem Today,” “Out Of Spain,” and “The Paper Clip.”
INTRODUCTION TO THE NATIVE AMERICAN FLUTE (S-057-19)
May 13, 3 Hrs, 9:00-12:00, Room 8
The focus of this workshop is on describing the various aspects and qualities of the flute and some basic playing instruction. Included will be a short history, a discussion and actual demonstration of various flute types and their characteristics, beginning playing techniques and essentially what you should know before purchasing your first flute (or another one). If you own a native flute, you are invited to bring it with you. Limited to 12 participants.

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.

PLATO ON TRUTH (S-058-19)
May 20, 3 Hrs, 9:00-12:00, Room 28
In this workshop we will focus on Plato’s thinking about the nature of truth. We will examine his important “Allegory of the Cave” in his best known work, “The Republic.” My expectation is that participants will come away from this workshop with a better understanding of the philosophy of Plato and a deeper understanding of the nature of truth.

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

UNDERSTANDING ANNUITIES (S-059-19)
May 20, 2 Hrs, 1:00-3:00, Room 29
There is a lot of confusion regarding the various types of annuities offered today and how they work. We will cover the advantages and disadvantages to these financial instruments. Limited to 30 participants.

Matt McMahon is a Certified Financial Planning™ professional with Strategic Financial Planning. 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 with Strategic Financial Planning. He has a certificate in financial planning from Kaplan University and a BSBA from NAU. He is experienced in financial planning and investment management.

ANTI-AGING IS AN INSIDE JOB! (S-060-19)
May 20, 3 Hrs, 1:00-4:00, Room 28
Would you like to move easier, get stronger, and look younger but think you are too old? We will cover science-based anti-aging strategies that you can implement at home. Lifestyle and nutrition reduce the ravages of age. Learn how to protect your immune system, reduce inflammation, strengthen your connective tissues (joints, skin, eyes, etc.), and fuel your body for more energy!

Suzette Lawrence is a retired RN and Certified Nurse Midwife graduating Sigma Theta Tau from UT El Paso. Her encore career is all about health and wellness.

Tuesday Workshops
CAMP VERDE LIBRARY
DIET FREE LIFE: WE MEET PEOPLE WHERE THEY ARE TO LOSE THE FAT (CV-274-19)
May 07, 3 Hrs, 1:00-4:00, Founders Room
Learn the methodology that shifts metabolism from fat storing to fat burning. Target abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat! This is a mindful, common-sense approach to a leaner, energetic you. The Diet Free Life System is diabetic safe and heart friendly. Forty plus MD's have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes. www.dietfreelifeaz.com

Suzette Lawrence is a retired RN and Certified Nurse Midwife graduating Sigma Theta Tau from UT El Paso. Her encore career is all about health and wellness. After success with the Diet Free Life System she became a Certified Diet Free Life coach.
FOOD FOR THOUGHT (CV-275-19)
May 21, 2 Hrs, 5:00-7:00, Founders Room
Food for Thought is an opportunity for shared conversations. Topics will come from the group. One or more speakers will present an idea that can challenge how you think, and therefore, what you think. All fields considered — science, arts, history, etc. Meetings may alternate between lunch hour and early evening based on demand. As we discuss these important concepts, and truly listen to each other, we build community. First session is exploratory, with refreshments provided for the evening.

Honey Rubin has gleefully enjoyed decades of touching hearts and helping to expand minds through insightful writing and classes. “Life’s like a movie, write your own ending,” says Rubin, whose long-term vision and mission is to make a difference.

Grace Kirkwood teaches and supports people through their Journey of Life to awaken creativity, conversation, and consciousness. Together, we support one another on our path through expression, collaboration, and awareness.

SEDONA CENTER
PREPARING YOUR ESTATE PLAN (S-061-19)
Apr.23, 1.5 Hrs, 11:00-12:30, Room 40
Preparing Your Estate Plan presentation will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. A minimum of five participants is necessary for class to be held. Limited to 15 participants.

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

PREPARING YOUR ESTATE PLAN (S-062-19)
May 14, 1.5 Hrs, 11:00-12:30, Room 40
Preparing Your Estate Plan presentation will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. A minimum of five participants is necessary for class to be held. Limited to 15 participants.

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

VERDE VALLEY CAMPUS (CLARKDALE)
HOW DO I USE THIS THING? INTRO TO I-PHONES, I-PADS, SMART PHONES AND TABLETS (V-268-19)
Apr.30, 2 Hrs, 1:00-3:00, Room M-202
So your children or grandchildren surprised you with a new phone or tablet for your birthday….and you have no idea how to use it? Join our gathering of Yavapai College Sociology students who will give you one-on-one tutorials on everything from how to text, download apps, take pictures and video with your Smart Phone, open email attachments, create a Facebook account, search for information online and on and on…. Bring your devices and all of the questions you have. Limited to 20 participants.

Karly Schauwecker, Ph.D, is a professor at Yavapai College and partners her sociology and psychology students with OLLI members to teach them how to use their smart phones, tablets and laptops.

Wednesday Workshops
CAMP VERDE LIBRARY
THE GREAT PYRAMIDS OF GIZA (CV-272-19)
Apr.24, 3 Hrs, 1:00-4:00, Founders Room
Were the pyramids of Giza built by the Egyptians in 2500 BC? I don’t think so. Were they the tombs of Pharaohs? Remains have never been found in any pyramids in Egypt. The Great Pyramid is a scale model of the earth, was the world’s tallest structure for 4,000 years and cannot be duplicated today. When our presenter stood alone in the King’s Chamber he felt like he was at the center of the earth. Come for the latest discoveries on how and when it was built and what its real purpose was.

Robert Redding is a retired cross country truck driver. He wrote a book about his 37-year career, called “Over The Road,” available on Amazon. In 2011 he flew to England to take a tour of the crop circles near Stonehenge and has visited Egypt twice.
VERDE VALLEY CAMPUS (CLARKDALE)

EXPLORING THE HISTORIC CLARK MEMORIAL CLUBHOUSE (V-258-18)

**Apr.17, 2 Hrs, 9:45-11:45, Offsite**

Discover the history of the company town built by copper baron, William Andrews Clark, while taking a guided tour of Clarkdale’s iconic clubhouse named for Mr. Clark. Meet at the Clarkdale Historical Society Museum located at 900 First North Street in historic downtown Clarkdale. At the intersection of Main and Ninth Streets, turn north between the red caboose and the Town Center and face the museum. Park in the Town Center parking lot. Sponsored by the Clarkdale Historical Society Museum. **Limited to 25 participants.**

**Isabel Erickson** is a retired business owner, former National Park Service Volunteer Interpreter - Field Seminar Coordinator and program/tour leader.

**John Erickson** is a retired Wisconsin educator, geographer, historian, former Rocky Mountain National Park Ranger and a long-time OLLI facilitator.

THE ADD/ADHD SPECTRUM: BLESSING OR A CURSE (V-266-19)

**Apr.24, 3 Hrs, 9:00-12:00, Room M-202**

Learn about seven types of ADD/ADHD and what an ADD/ADHD brain looks like. Discover some alternative ways to manage symptoms. You will have an opportunity to be assessed from the Daniel Amen Clinic. **Limited to 25 participants.**

**Susan Koepnick** is a Certified Brain Health Coach with the Amen Clinics since 2015.

DIET FREE LIFE: WE MEET PEOPLE WHERE THEY ARE TO LOSE THE FAT (V-259-19)

**Apr.24, 3 Hrs, 1:00-4:00, Room G-102**

Learn the methodology that shifts metabolism from fat storing to fat burning. Target abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat! This is a mindful, common-sense approach to a leaner, energetic you. The Diet Free Life System is diabetic safe and heart friendly. Forty plus MD’s have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes. www.dietfreelifeaz.com

**Suzette Lawrence** is a retired RN and Certified Nurse Midwife graduating Sigma Theta Tau from UT El Paso. Her encore career is all about health and wellness. After success with the Diet Free Life System she became a Certified Diet-Free Life coach.

PAINT LIKE MONET (V-254-19)

**Apr.24, 3 Hrs, 1:00-4:00, Room L-103.**

Based on the book, “The Powers of the Right Brain,” this innovative class encourages you to have fun while you tap into your reservoirs of inner joy. Guided by noted local artist and author, Mary Krigbaum, you will learn how to allow your inner child to play. This workshop gives you the fundamentals of how the process works. If you love water lilies, or flowers, join us. No experience necessary. $15 materials fee is payable to instructor. Wear an apron and bring two old cookie sheets with edges. **Limited to 13 participants.**

**Mary Krigbaum** is a self-taught artist who has spent decades developing her own unique style. Her book is the inspirational and rousing autobiography of one woman’s quest to discover the art which has come to define her over a 24-year period.
INVITE A MONARCH BUTTERFLY TO LUNCH: GROW A MONARCH WAYSTATION (V-260-19)

May 01, 3 Hrs, 9:00-12:00, Room G-107

Attract and help monarch butterflies by providing them with nectar-rich plants during their spring and fall migrations and caterpillar food plants during their breeding season. In other words, learn how to create a Monarch Waystation! Learn the monarch’s life cycle and new discoveries about its migration through Arizona. Grow milkweeds from seed to take home, and/or buy milkweed plants for $2.50 each. A caravan field trip to visit a local Monarch Waystation will follow classroom portion. Limited to 20 participants.

Denise Gibbs is a Monarch Conservation Specialist for Monarch Watch (monarchwatch.org) and a volunteer for the Southwest Monarch Study. She has propagated/grown native milkweeds and has created numerous butterfly gardens and Monarch Waystations.

SPIRIT GUIDE COMMUNICATION (V-261-19)

May 01, 3 Hrs, 9:00-12:00, Room L-216

Due to her ability to communicate with her guides, Lori has been teaching courses on how to communicate with your guides. Her own abilities have developed with the writing of her own novels. She will discuss the types of guides, how you find guides or how they find you, past life relationships, as well as how you can deepen your relationship with them. Depending upon time, Lori might end the class with a meditation that she wrote.

Lori Hines is an author, intuitive, and public speaker. She has been guided to write fiction books, meditations and children’s books. For some, her words are more than entertainment, they are a method of healing.

FLUID PAINTING - CRAFTY, CRAFTY FLOWERS (V-255-19)

May 1, 3 Hrs, 1:00-4:00, Room L-103.

Join us on an inventive journey using acrylic paints to form an art piece. In this class, you will use household items to create abstract flowers and your imagination to form one. Instead of using painting tools, fluid-paints are used directly on the surface and the canvas is tilted to move the paint around. You will create two art pieces. No prior experience necessary. $20 materials fee, payable to instructor, includes paint. Wear old clothes, bring two old cookie sheets with edges. Limited to 13 participants.

Mary Krigbaum is a self-taught artist who has spent decades developing her own unique style. Her book is the inspirational and rousing autobiography of one woman’s quest to discover the art which has come to define her over a 20-year period.

PRESERVING YOUR PRECIOUS MEMORIES EASILY (V-262-19)

May 08, 3 Hrs, 1:00-4:00, Room L-215

“Authors” not required! Participants will discuss why and how to “save” their own important recollections in easy ways. This is a “participatory workshop” to which participants should bring memories to share and paper to take notes. Ending time will be flexible, based on student needs. Minimum of 4 participants required.

Beatrice Fulton Keeber wrote and published the memoir of her family life and 60 year marriage in 2013. She was surprised at what happened next! She’s eager for others to know there are much easier ways to preserve their own precious recollections.
EXPLORING THE HISTORIC CLARK MEMORIAL CLUBHOUSE (V-264-19)
May 15, 2 Hrs, 9:45-11:45, Offsite

Discover the history of the company town built by copper baron, William Andrews Clark, while taking a guided tour of Clarkdale’s iconic clubhouse named for Mr. Clark. Meet at the Clarkdale Historical Society Museum located at 900 First North Street in historic downtown Clarkdale. At the intersection of Main and Ninth Streets, turn north between the red caboose and the Town Center and face the museum. Park in the Town Center parking lot. Sponsored by the Clarkdale Historical Society Museum. Limited to 25 participants.

Isabel Erickson is a retired business owner, former National Park Service Volunteer Interpreter - Field Seminar Coordinator and program/tour leader.

John Erickson is a retired Wisconsin educator, geographer, historian, former Rocky Mountain National Park Ranger and a long-time OLLI facilitator.

SEDONA CENTER
UNDERSTANDING LEVELS IN SPIRITUAL EXPERIENCE (S-063-19)
May 01 & May 08, 2 Hrs, 2:30-4:30, Room 39

Many of us would like to change the level of our experience. The new level could be more money, better health, a better relationship, or a spiritual experience like inner peace or greater understanding. This class will look at what levels are, how levels function in our human experience, and how we can do better at our existing level of experience or move to a level of experience that includes more of who and what we are. Limited to 20 participants.

Thomas Brennan works in private practice as a reflexologist and in facilitating inner transformation. He has been helping people and teaching for over 30 years. Thomas has a Master of Education degree.

Thursday Workshops
VERDE VALLEY CAMPUS (CLARKDALE)

COPPER FOIL MANDALA (V-252-19)
Apr.18 & Apr.25, 3 Hrs, 9:00-12:00, Room L-103

This is a two-part, copper foil tooling workshop. You will create a copper foil mandala. Beginners welcome. A mandala is a complex abstract design that is usually circular in form. Designing your own mandala can be both inspirational and therapeutic. They have a center point from which emanates an array of symbols, shapes and forms. You will learn repousse (working front to back) with simple tools that will be provided and a patina can be added. Materials fee of $30 payable to instructor. Limited to 8 participants.

Deborah Czarny has lived in the Verde Valley for eight years as a semi-retired art teacher. She received a degree in Art Education from Virginia Tech. She taught elementary art for 15 years. She is a member of El Valle Art Association and loves art.

Friday Workshops
VERDE VALLEY CAMPUS (CLARKDALE)

NEW AND ALTERNATIVE PERSPECTIVES ON HEALTH (V-267-19)
May 03, 2 Hrs, 3:00-5:00, Room G-103

Look at health from an alternative, holistic, and perhaps whole new perspective, e.g., mineral balance as a key factor. Learn how deficiencies and imbalances of minerals and cell signaling impact physical and mental health. Learn how to detect imbalances and inflammations using screenings such as Hair Tissue Mineral Analysis and thermography. Your open, curious mind is a huge asset in taking responsibility for your health. Come, enjoy this stimulating, clear and thorough presentation. Limited to 20 participants.

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

Rick Malter is a retired clinical psychologist who incorporated nutrition into his psychological practice more than 30 years ago. He teaches online classes on minerals nationally and internationally and does nutritional consultations.
SEDONA CENTER

SENIOR MORTGAGE FINANCING, A NEW PERSPECTIVE (S-065-19)
Apr. 19, 3 Hrs, 9:00-12:00, Room 29
The retirement landscape has and continues to change dramatically, including living longer and increased expenses. The current retirement model was created in the 1980’s and doesn’t work today. This workshop is a new perspective on senior mortgage financing and shows how to increase cash flow, reduce risks, preserve assets, and add new savings in your retirement years. It is designed to work with, not replace or alter, any financial plan a senior homeowner may already have.

Jim Hostler is an author, speaker, reverse mortgage specialist, Certified Mortgage Planning Specialist, and Certified Divorce Lending Professional. With over 25 years of experience, Jim provides a new perspective on senior mortgage financing.

SCIENCE IN THE AGE OF ENLIGHTENMENT (S-066-19)
Apr. 19, 3 Hrs, 1:00-4:00, Room 34
The 18th-century Enlightenment in Europe witnessed phenomenal advances in the sciences. Simultaneously, philosophers, political figures, the Industrial Revolution, and national revolutions transformed the way we see the world. Our workshop will consider the evolution of sciences in that amazing century.

Ken Bork is a geologist and historian of science. He taught college-level Honors Courses on “The Age of Enlightenment.”

SEDONA’S GEOLOGIC HERITAGE (S-067-19)
Apr. 26, 3 Hrs, 9:00-12:00, Room 34
Sedona has a rich geologic history that draws millions of visitors and thousands of residents to recreate near its scenic wonders (scenery is just another word for GEOLOGY). This workshop will examine the history of ideas concerning Sedona’s geology and review the major events that led to the formation of the Red Rocks. This class will be “user-friendly”, meaning that scientific jargon will be kept to a minimum. All that is required is an interest and curiosity about this cherished landscape. Limited to 50 participants.

Wayne Ranney is a geologist and educator who taught at Yavapai College and Coconino Community College for 23 years as an adjunct professor. His book, “Sedona Through Time” (3rd edition), is considered the best geologic reference for the area.

IS REGENERATIVE AGRICULTURE AN ANSWER TO CLIMATE CHANGE? (S-068-19)
Apr. 26, 3 Hrs, 1:00-4:00, Room 29
Find out how we can combat climate change through sound agricultural practices. We will find out how to stop desertification, restore our grasslands, stop biodiversity loss, and combat droughts and floods. The answer may be in the soil under our feet. From those already using regenerative agriculture, we will find out how to restore degraded land, build nutrients in our soil, and regenerate the land to heal the earth.

Karen Truskowki is a former educator, having been a volunteer and activist in politics and environmental causes. Climate change, and how it relates to agriculture practices, has become an interest of hers.

THANK YOU FACILITATORS!
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. Please assist in encouraging others to share their passions as facilitators in the upcoming terms.
INVITE A MONARCH BUTTERFLY TO LUNCH: GROW A MONARCH WAYSTATION (S-069-19)  
May 03, 3 Hrs, 9:00-12:00, Room 29  
Attract and help monarch butterflies by providing them with nectar-rich plants during their spring and fall migrations and caterpillar food plants during their breeding season. In other words, learn how to create a Monarch Waystation! Learn the monarch’s life cycle and new discoveries about its migration through Arizona. Grow milkweeds from seed to take home, and/or buy milkweed plants for $2.50 each. A caravan field trip to visit a local Monarch Waystation will follow classroom portion. **Limited to 20 participants.**

Denise Gibbs is a Monarch Conservation Specialist for Monarch Watch (monarchwatch.org) and a volunteer for the Southwest Monarch Study. She has propagated/grown native milkweeds and has created numerous butterfly gardens and Monarch Waystations.

INTEGRATING THE SHADOW THROUGH UNCONDITIONAL LOVE (S-070-19)  
May 03, 3 Hrs, 1:00-4:00, Room 28  
Do you find yourself judging other people? Do you wish you could be more loving, accepting and present with those who are closest to you? Many of us are unaware of the wild and crazy beliefs and conditioning that we have embodied over our lifetime. Our contractions, judgments and emotional reactions are all clues showing us what is still unconscious and wants to come into the light of wholeness and unconditional love. Join us in integrating both our light and dark shadows through love.

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

IMPEACHMENT: PROS AND CONS (S-064-19)  
May 10, 3 Hrs, 9:00-12:00, Room 28  
During the first hour we will study the meaning of the impeachment clause in the Constitution and the impeachment proceedings against Presidents Andrew Johnson, Richard Nixon, and Bill Clinton. Then we will gather in small groups to discuss the legal and political issues, pro and con, of the possible impeachment of President Trump. The groups will share their conclusions with all members of the class, followed by class discussion and analysis.

Curt Ireland has a law degree from the University of Michigan, practiced trial law in S.D. for 40 years, and collaborated with Cynthia Strom in writing and producing several musical dramas.

VOLTAIRE ENLIGHTENS THE 18TH CENTURY (S-071-19)  
May 10, 3 Hrs, 1:00-4:00, Room 34  
Voltaire (François-Marie Arouet, 1694-1778) was a beacon of light in the 18th century. His life and intellectual heritage exemplify the Age of Enlightenment. An author, playwright, wit, philosopher, and exponent of tolerance, his candid observations of human nature, in Candide, remain singular. A classic case of gone but not forgotten.

Ken Bork is a geologist and historian of science. One of his research topics has been the 18th century.

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**FRIDAY WORKSHOPS**

Picazzo's Organic Italian Kitchen generously supported OLLI. We thank them and ask OLLI members to support them.
MAGICAL REALISM, ART AND WRITING
(S-072-19)
May 10, 4 Hrs, 1:00-5:00, Room 40
I will explain Magical Realism, its history, and how one can integrate it into art and writing. A student may choose to only write, only make art, or combine the two. I will use my own book, “Unfathomable,” and my own paintings to show how I discovered the world of Magical Realism. I will teach you how to access your subconscious mind and dreams to gain ideas for writing and making art. You will learn that truth is more important than realism or fantasy. Limited to 25 participants.
Rose Moon is an artist, author, hypnotherapist, and Zen Tea Roshi. She has published the book, “Unfathomable,” which is a magical realism story about an artist who had magical but real experiences in the Sonoran Desert. Rose lives in Sedona AZ.

INTEGRAL MEDITATION SPECIAL INTEREST GROUP (S-097-19)
(FREE FOR OLLI MEMBERS)
Every Thursday, 9:00-10:00, Sedona Center, Room 29
A brief satsang is followed by two sessions of 24 minutes in silent meditation and is facilitated by the integral leadership team: José and Lynn Fuentes.
José Ricardo Fuentes is trained as a facilitator and coach of many growth techniques and has been involved in studying and teaching Integral Theory since 1998. He also teaches meditation and courses in spiritual growth.
Dr. Lynn Fuentes has pursued a path of personal and spiritual growth along with a varied career as a lawyer, mediator, journalist, and university professor and administrator. She has been engaged with integral development for over 20 years.

SPECIAL INTEREST GROUPS

SEDONA CENTER
CHESS CLUB
(FREE FOR OLLI MEMBERS)
First and third Wednesday each month, 1:00pm-4:00pm, Sedona Center, Room 8
The OLLI Chess Club continues to be active. Come to play, watch, and learn. Beginners are welcome. Free instruction. No need to register; drop in for a few minutes or stay the full 3 hours. For further information, contact Linda Cooper at lindacooper369@gmail.com.

INTEGRAL SEDONA SPECIAL INTEREST GROUP (S-098-19)
(FREE FOR OLLI MEMBERS)
Every Thursday, 10:15-12:15, Sedona Center, Room 29
Integral Sedona will offer a wide variety of programs focusing on the work of American philosopher Ken Wilber and the many ways his Integral theory helps us to wake up, grow up, clean up, and show up in the world. Sessions will include multimedia presentations, lectures, movies, and group activities. Facilitated by José and Lynn Fuentes and the Integral Sedona leadership team.

The Jerona Cafe generously supported OLLI throughout last year.
We thank them and ask OLLI members to support Jerona Cafe.

The Jerona Cafe
JAVA CAFE
928.649.4275 • 928.649.5550
OUT TO LUNCH BOOK GROUP (V-299-19)
(FREE FOR OLLI MEMBERS – REGISTRATION REQUIRED)
Fridays Apr.12 & May 10, 12:00-1:30, Room L-215
Join us on the second Friday of each month for a discussion of books over lunch. The assigned book is discussed, followed by a general discussion of books. The books for spring term are: (4/12) sharing poetry, the poet or poetry book selected of each class participant; (5/10): “The Stranger In the Woods: The Extraordinary Story of the Last True Hermit” by Michael Finkel. Class is free with your paid OLLI membership. Limited to 12 participants.
Joe Stack is an avid reader who enjoys discussing books.
LeEsther DeFehr has arranged for AZ Humanities presentations for several years and she enjoys reading.

SPECIAL EVENTS
VERDE VALLEY CAMPUS (CLARKDALE)
ARIZONA HUMANITIES PRESENTATION:
RIVERS OF DREAMS: STORIES AND MUSIC OF ARIZONA’S WATERWAYS
(FREE AND OPEN TO THE PUBLIC)
Friday Apr.05, 3 Hrs, 2:00-5:00, Room M-137
Arizona’s rivers were first, lush green ribbons of life through a desert landscape. They became sustaining paths, first for the indigenous, later for immigrants leaving wagon tracks. On the Salt River, Hohokam built vast canals to direct water for irrigation. The first European citizens of Phoenix used these same trenches. The history, stories, and songs are shared interactively. Limited to 99 participants.
Jay Cravath, Ph.D, is a composer, writer, and scholar in the field of music and indigenous studies. He crafts programs from these interests into interactive discussions that include stories, musical performance, and illustration and photography.

Facilitator Proposal Guidelines
When you submit your proposal by the due date it will ensure that you will be included in the catalog. The earlier you submit a proposal, the better chance you have of getting a preferred date-time-room combination. We recommend that workshops be scheduled for after the first week of classes to ensure a rich and rewarding class enrollment size.
Mental Health Mondays
Various Talks & Discussions
In Partnership with OLLI
Sedona Center Room 34
Last Monday of each month,
9:30 am-12:15 pm

Brown Bag Brain Buzz
KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 18th • Thurs, 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.

Lunch & Learn
KEYNOTE SPEAKER WEEKLY SERIES
Beginning April 17th
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

League of Women Voters
Voter Education Talks – Various Themes
In Partnership with OLLI
And
Philosophy and Politics Evening Meetings
Sedona Center Room 34 - 12:30-2:00
All meetings free and open to the public
Mar 18 (3 - 4:30pm), Apr 15 (12:30-2:00pm), May 1 (6 – 7:30pm)

Special Interest Groups!!
Morning Meditation
From 9 am to 10 am Thursdays in Sedona, all year round.
This is a brief satsang followed by two sessions of 24 minutes in silent meditation.

Integral Sedona Weekly Program
10:15 am – 12:15pm Thursdays in Sedona, all year round
A wide variety of programs focused on the Integral writings and work of popular American philosopher Ken Wilber and other Integralists. This series will incorporate local and visiting speakers in person and in multimedia presentations. We will hear and discuss their ideas and the many ways we can use them to wake up, grow up, clean up, and show up in today’s challenging world.
Facilitated by Jose and Lynn Fuentes and the Integral Leadership Team.

Free to OLLI members
MEDICARE 101 – EVERYTHING YOU NEED TO KNOW ABOUT MEDICARE

**One day workshop, offered five times at three different locations**

- Verde Valley Campus (Clarkdale), Monday, Apr. 15, 3 Hrs, 9:00-12:00, Room L-215 (V-291-19)
- Sedona Center, Monday Apr. 22, 9:00-12:00, Room 29 (S-090-19)
- Camp Verde Library, Monday Apr. 29, 9:00-12:00, Key Lime Room (CV-271-19)
- Verde Valley Campus (Clarkdale), Monday, May 06, 9:00-12:00, Room L-216 (V-292-19)
- Sedona Center, Friday, May 10, 9:00-12:00, Room 29 (S-094-19)

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

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

MEDICARE IN YAVAPAI/COCONINO COUNTY: WHAT YOU REALLY NEED TO KNOW

**One day workshop, offered two times at two locations**

- Sedona Center, Monday, May 06, 3 Hrs, 9:00-12:00, Room 28 (S-091-19)
- Verde Valley Campus (Clarkdale), Wednesday, May 08, 9:00-12:00, Room L-215 (V-293-19)

Do you understand all the differences between Medicare and Medicare Advantage plans? Are you aware of legislative changes taking place in 2019? Are you saving all you can on your Part D drug plan? Whether 65, 75 or 85, you need to understand how Medicare works from a former Medicare biller!

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

OPTIMIZE YOUR SOCIAL SECURITY RETIREMENT BENEFITS

**One day workshop, offered three times at two locations**

- Sedona Center, Monday, May 06, 1:00-3:00, Room 29 (S-092-19)
- Sedona Center, Monday, May 13, 1:00-3:00, Room 28 (S-093-19)
- Verde Valley Campus (Clarkdale), Wednesday, May 22, 1:00-3:00, Room G-102 (V-294-19)

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!

**Limited to 30 participants.**

**Matt McMahon** is a Certified Financial Planning™ professional with Strategic Financial Planning. 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 with Strategic Financial Planning. He has a certificate in financial planning from Kaplan University and a BSBA from NAU. He is experienced in financial planning and investment management.
Opportunities to Share your Gifts at OLLI

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

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

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

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

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

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

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

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

One-day University Lecture Series

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

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

**APRIL 16, 2019**  
Free Speech: The First Amendment in Crisis  
Andrew Porwancher / University of Oklahoma

**APRIL 23, 2019**  
The Science of Sleep and Stress: How they Affect Creativity, Focus and Memory  
Jessica Payne / University of Notre Dame

**APRIL 30, 2019**  
Shifting World Powers: New Alliances in Uncertain Times  
William Burke-White / University of Pennsylvania

**MAY 7, 2019**  
Living and Dying in America: An Indispensable Healthcare Workshop  
Michael Sparer / Columbia University

**MAY 14, 2019**  
The Shifting Lens of History  
Stephanie Yuhl / College of the Holy Cross

**MAY 21, 2019**  
A Grand Tour of Italy  
Joseph Luzzi / Bard College

This lecture series is presented as a six week learning group • Room 28 (S-025-19).
## LEARNING GROUPS

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<td>Apr.18-May 23 9:00-10:30 Interesting Characters Of The Civil War</td>
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## Workshops

### Camp Verde Library

**MONDAY TIME WORKSHOP**

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<td>Apr.15</td>
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<td>Environmental Crisis And Opportunities: An Indigenous Perspective</td>
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### Verde Valley Campus (Clarkdale)

**MONDAY TIME WORKSHOP**

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<tr>
<td>Apr.22</td>
<td>1:00-4:00</td>
<td>Philosophy, Nature, And Human Nature</td>
<td>S-052-19</td>
<td>29</td>
<td>Christelle</td>
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<tr>
<td>Apr.22 &amp; Apr.29</td>
<td>1:00-4:00</td>
<td>AI - Artificial Intelligence - Where To?</td>
<td>S-053-19</td>
<td>34</td>
<td>Clerk</td>
<td>13</td>
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<tr>
<td>Apr.29</td>
<td>1:00-3:30</td>
<td>The Last Jew Of Bagdad</td>
<td>S-054-19</td>
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<td>Benatar</td>
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<td>Apr.29</td>
<td>1:00-4:00</td>
<td>Shape Up With The Philosophy Of Re-Generation</td>
<td>S-055-19</td>
<td>28</td>
<td>Kirkwood</td>
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<tr>
<td>May 06</td>
<td>1:00-4:00</td>
<td>Creative Retirement Living Part 2</td>
<td>S-056-19</td>
<td>28</td>
<td>Goldberg</td>
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<tr>
<td>May 13</td>
<td>9:00-12:00</td>
<td>Introduction To The Native American Flute</td>
<td>S-057-19</td>
<td>8</td>
<td>Wilson</td>
<td>14</td>
</tr>
<tr>
<td>May 20</td>
<td>9:00-12:00</td>
<td>Plato On Truth</td>
<td>S-058-19</td>
<td>28</td>
<td>Ward</td>
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<tr>
<td>May 20</td>
<td>1:00-3:00</td>
<td>Understanding Annuities</td>
<td>S-059-19</td>
<td>29</td>
<td>McMahon, Hughes</td>
<td>14</td>
</tr>
<tr>
<td>May 20</td>
<td>1:00-4:00</td>
<td>Anti-aging Is An Inside Job!</td>
<td>S-060-19</td>
<td>28</td>
<td>Lawrence</td>
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### Sedona Center

**MONDAY TIME WORKSHOP**

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Apr.15</td>
<td>9:00-12:00</td>
<td>Quantum Thought (What It Takes To Think.)</td>
<td>S-050-19</td>
<td>29</td>
<td>Johnson</td>
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<tr>
<td>Apr.22</td>
<td>1:00-4:00</td>
<td>Diet Free Life: We Meet People Where They Are To Lose The Fat</td>
<td>S-051-19</td>
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### Verde Valley Campus (Clarkdale)

**TUESDAY TIME WORKSHOP**

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<thead>
<tr>
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<th>Facilitator</th>
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</tr>
</thead>
<tbody>
<tr>
<td>May 07</td>
<td>1:00-4:00</td>
<td>Diet Free Life: We Meet People Where They Are To Lose The Fat</td>
<td>CV-274-19</td>
<td>Founders</td>
<td>Lawrence</td>
<td>14</td>
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<tr>
<td>May 21</td>
<td>5:00-7:00</td>
<td>Food For Thought</td>
<td>CV-275-19</td>
<td>Founders Kirkwood</td>
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### Sedona Center

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<tr>
<td>Apr.23</td>
<td>11:00-12:30</td>
<td>Preparing Your Estate Plan</td>
<td>S-061-19</td>
<td>40</td>
<td>Wiseman</td>
<td>15</td>
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<tr>
<td>May 14</td>
<td>11:00-12:30</td>
<td>Preparing Your Estate Plan</td>
<td>S-062-19</td>
<td>40</td>
<td>Wiseman</td>
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<tr>
<td>May 21</td>
<td>5:00-7:00</td>
<td>Food For Thought</td>
<td>V-268-19</td>
<td>M-202 Schauwecker</td>
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### Verde Valley Campus (Clarkdale)

**WEDNESDAY TIME WORKSHOP**

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<tr>
<td>Apr.24</td>
<td>1:00-4:00</td>
<td>The Great Pyramids Of Giza</td>
<td>CV-272-19</td>
<td>Founders</td>
<td>Redding</td>
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**WEDNESDAY TIME WORKSHOP**

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<th>Room</th>
<th>Facilitator</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 01</td>
<td>9:00-12:00</td>
<td>Invite A Monarch Butterfly To Lunch: Grow A Monarch Waystation</td>
<td>V-260-19</td>
<td>G-107 Gibbs</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>May 15</td>
<td>9:45-11:45</td>
<td>Exploring The Historic Clark Memorial Clubhouse</td>
<td>V-264-19</td>
<td>Offsite Erickson, Erickson</td>
<td>18</td>
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### Verde Valley Campus (Clarkdale)

**THURSDAY TIME WORKSHOP**

<table>
<thead>
<tr>
<th>Date</th>
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<th>Workshop</th>
<th>Class #</th>
<th>Room</th>
<th>Facilitator</th>
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</tr>
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<tbody>
<tr>
<td>Apr.18 &amp; Apr. 25</td>
<td>9:00-12:00</td>
<td>Copper Foil Mandala</td>
<td>V-252-19</td>
<td>L-103 Czarny</td>
<td>18</td>
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</table>
### WORKSHOPS

#### FRIDAY TIME WORKSHOP CLASS # ROOM FACILITATOR PAGE

**Verde Valley Campus (Clarkdale)**
- May 03 3:00-5:00 New And Alternative Perspectives On Health V-267-19 G-103 Brand, Malter 19

**Sedona Center**
- Apr.19 9:00-12:00 Senior Mortgage Financing, A New Perspective S-065-19 29 Hostler 19
- Apr.19 1:00-4:00 Science In The Age Of Enlightenment S-066-19 34 Bork 19
- Apr.26 9:00-12:00 Sedona's Geologic Heritage S-067-19 34 Ranney 19
- Apr.26 1:00-4:00 Is Regenerative Agriculture An Answer To Climate Change? S-068-19 29 Truskowski 19

**May 03 9:00-12:00 Invite A Monarch Butterfly To Lunch: Grow A Monarch Waystation S-069-19 29 Gibbs 20**

**May 03 1:00-4:00 Integrating The Shadow Through Unconditional Love S-070-19 28 Walsh 20**

**May 10 9:00-12:00 Voltaire Enlightens The 18TH Century S-071-19 34 Bork 20**

**May 10 1:00-5:00 Magical Realism, Art And Writing S-072-19 40 Moon 21**

#### SOCIAL SECURITY & MEDICARE WORKSHOPS (FREE TO OLLI MEMBERS, $15 NON-MEMBERS)

##### MONDAY TIME SOCIAL SECURITY & MEDICARE CLASS # ROOM FACILITATOR PAGE

**Camp Verde Library**
- Apr.29 9:00-12:00 Medicare 101 - Everything You Need To Know About Medicare CV-271-19 Key Lime Fanter 24

**Verde Valley Campus (Clarkdale)**
- Apr.15 9:00-12:00 Medicare 101 - Everything You Need To Know About Medicare V-291-19 L-215 Fanter 24
- May 06 9:00-12:00 Medicare 101 - Everything You Need To Know About Medicare V-292-19 L-216 Fanter 24

**Sedona Center**
- Apr.22 9:00-12:00 Medicare 101 - Everything You Need To Know About Medicare S-090-19 29 Fanter 24
- May 06 9:00-12:00 Medicare In Yavapai/Coconino County: What You Really Need To Know S-091-19 28 Steinert 24
- May 06 1:00-3:00 Optimize Your Social Security Retirement Benefits S-092-19 29 McMahon, Hughes 24
- May 13 1:00-3:00 Optimize Your Social Security Retirement Benefits S-093-19 28 McMahon, Hughes 24

##### WEDNESDAY TIME SOCIAL SECURITY & MEDICARE CLASS # ROOM FACILITATOR PAGE

**Verde Valley Campus (Clarkdale)**
- May 08 9:00-12:00 Medicare In Yavapai/Coconino County: What You Really Need To Know V-293-19 L-215 Steinert 24
- May 22 1:00-3:00 Optimize Your Social Security Retirement Benefits V-294-19 G-102 McMahon, Hughes 24

##### FRIDAY TIME SOCIAL SECURITY & MEDICARE CLASS # ROOM FACILITATOR PAGE

**Sedona Center**
- May 10 9:00-12:00 Medicare 101 - Everything You Need To Know About Medicare S-094-19 29 Fanter 24

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28 www.ollisedonaverde.org
### SPECIAL INTEREST GROUPS (FREE TO MEMBERS - REGISTRATION REQUIRED WHEN SKU IS SHOWN)

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>TIME</th>
<th>SPECIAL INTEREST GROUP</th>
<th>CLASS #</th>
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<tr>
<td>Sedona Center</td>
<td>Apr.3-May 15</td>
<td>1:00-4:00 Chess Club (1st &amp; 3rd Wednesday)</td>
<td>Open to Members</td>
<td>8 Cooper</td>
<td>21</td>
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<td>Sedona Center</td>
<td>Apr.18-May 23</td>
<td>9:00-10:00 Integral Meditation (Every Thursday)</td>
<td>S-097-19</td>
<td>29 Fuentes, Fuentes</td>
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<td>Sedona Center</td>
<td>Apr.18-May 23</td>
<td>10:15-12:15 Integral Sedona (Every Thursday)</td>
<td>S-098-19</td>
<td>29 Fuentes, Fuentes</td>
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<tr>
<td>Verde Valley Campus (Clarkdale)</td>
<td>Apr.12 &amp; May 10</td>
<td>12:00-1:30 Out To Lunch Book Group (2nd Friday each month)</td>
<td>V-299-19</td>
<td>L-215 Stack, De Fehr</td>
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### SPECIAL EVENTS

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<th>FRIDAY</th>
<th>TIME</th>
<th>EVENT</th>
<th>CLASS #</th>
<th>ROOM</th>
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<th>PAGE</th>
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</thead>
<tbody>
<tr>
<td>Verde Valley Campus (Clarkdale) Arizona Humanities Presentation</td>
<td>Apr.05</td>
<td>2:00-5:00 Rivers Of Dreams: Stories And Music Of Arizona’s Waterways</td>
<td>Free and Open to the Public</td>
<td>M-137 Cravath</td>
<td>22</td>
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</tbody>
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### THANK YOU!

To the members of the OLLI community that help OLLI each term by serving on committees, events teams, and other business tasks. Thanks for your generosity in sharing your skills, and support. We always need more support (please call the office to discuss how to help)!
New OLLI Director!
Yavapai College has hired a new Associate Dean Sedona Center/Program Director Osher Lifelong Learning Program - Linda Shook. Shook isn’t new to the network of more than 100 OLLI programs nationwide. She served in multiple roles over ten years with the OLLI program at Auburn University in Alabama, culminating in a four-year stint as its Director. Linda is likely to bring some exciting new ideas to our OLLI community. In her time at the helm of the OLLI program at Auburn, its membership more than doubled, its financial development and public relations were enhanced, and its programming stretched out in innovative directions. Shook will not only serve as the local OLLI Director, but also as the Associate Dean of the recently renovated Yavapai College Sedona Center. In this capacity, she will also supervise the coordinator of the College’s Community Education program in the Verde Valley and work with the community to develop higher education and economic development programming in this area.

OLLI Spring Open House “A Taste of OLLI”
Verde Valley Campus, Thursday, April 4th, 9:30-1:30, Room M137
Come sample classes, meet facilitators, and decide what to sign up for this term. Also, enjoy good food and drink, meet-up with old OLLI members, and make new acquaintances. The program starts at 10:00 and at 10:30, sample course breakout sessions begin, (15 minutes each in four rooms). Come meet and learn from the facilitators regarding their courses. Lunch will be available at around 12:30, during a short OLLI program overview. Everyone is welcome.

Leave a Legacy for Lifelong Learning
A Planned Gift is a great way to support OLLI without impacting your current finances. A legacy bequest or planned gift is a gift for the future that will support the longevity of OLLI Sedona/Verde Valley so it will be here for lifelong learners in our community for years to come. For more information, contact Anthony P. Caetano, OLLI member and Fundraising Chairperson at Sedona/Verde Valley OLLI, apcaetano11@gmail.com or (401) 480-7519.

New Camp Verde Library
The new Camp Verde Library is the primary location for OLLI classes in Camp Verde. There are 7 offerings at the Camp Verde library this Spring, and one in the early evening. Check them out! Plus, get involved and help the Camp Verde OLLI program grow with new facilitators and classes for the upcoming terms.

Volunteering at OLLI
OLLI is a unique organization--a lifelong learning community, where members (as learners, facilitators, and volunteers) participate in creating and enjoying affordable, congenial, varied, high-quality educational programs—a place where mature adults gather to share diverse ideas, pursue common interests, and make new friends. For OLLI to survive, members contribute their knowledge, effort, and financial support. Fees come in the form of: a) membership dues, equal for everyone, and b) program fees, dependent on the number of enrollments. Membership dues are what we each pitch in to help pay for the services and equipment that keep the ship afloat; the costs of operation. For OLLI to thrive, another form of “currency” is needed--members’ volunteer efforts in ways that suit their own particular abilities and schedule.

OLLI Membership Benefits
Per OLLI charter, you must be a member in order to take classes. Last year we at OLLI Sedona/Verde introduced an annual membership plan, which comes with a variety of benefits. This year we are adding an annual unlimited membership that allows you to take an unlimited number of classes in all four terms. The membership allows you to choose classes you want to take from the 350 plus courses we offer each year at rates lower than you’ll find anywhere else. More than that, this membership makes you part of a learning community. OLLI is not just a place where you receive course content from experienced facilitators; rather, like a grass-roots university, it is a place where you can be a participant in the process. You can take part in discussion and dialog, attend some of the many free programs, meet like-minded friends, socialize between classes, teach, and even be a part of running the program itself. There are also additional benefits such as being able to use the gym, library and computer room at the Verde Valley Campus.
Share Your Love of Learning

Support The OLLI Excellence In Education Fund

The “New” Excellence in Education Fund will help Sedona/Verde Valley OLLI to strengthen our program and ensure our sustainability. Your member gift will go a long way in helping us continue to provide high-quality programming, taught by talented facilitators, in well-appointed and equipped classrooms. It will also help ensure we have the necessary resources to meet future challenges and opportunities as they arise. The Excellence in Education Fund also demonstrates to the Bernard Osher Foundation that we are invested locally in our own Institute, and complements the model of philanthropy they have demonstrated to us which, combined with member support, has been instrumental in our success for the past twenty years. Thank you.

Financial Corner

The Sedona/Verde Valley OLLI is currently funded from two main sources – the Osher Foundation endowment provides about a third of our budget income, and membership/course fees makes up the remaining two thirds. Each year the goal is a break-even financial plan. Most OLLI’s around the country rely on three sources of funding rather than our two. The additional, third source, comes from fundraising to supplement their endowments. The basic long-term sustainable plan is to:

Continual encouraging our current and new facilitators to create interesting classes

• Have a membership/fee structure that serves all our members and invites participation
• Begin a new endowment fundraising program.

Membership & Course Fees - The New Format

OLLI is basically like a non-profit operating with Yavapai College. Our membership and course fees are set to keep member access to our programming affordable, whilst helping the program itself break even. Member fees (annual and course fees) account for approximately two-thirds of the needed revenues to support our OLLI. We have modified these fees to encourage greater member participation throughout the year. The benefits and highlights of this fee structure are several:

• Pay a low annual membership
  The Basic Annual membership is only $50 for an annual membership.
• After paying for the annual membership, the class fees are set low to encourage members to take classes throughout the year - $35 for a learning group and $15 for a workshop.
• One Term of Unlimited Classes - $170 per term For those who like to take a “full load” of classes (more than 4 learning groups during a given term).
• Unlimited Annual Membership. Take unlimited classes throughout the year (4 consecutive terms) for a discounted price of $450.

Scholarship opportunities

We support anyone who wants to engage in the OLLI learning opportunities this Spring term. Please come and talk to staff and let us help you create a way to take OLLI classes and participate in the program.

Ways to donate to the Sedona/Verde Valley OLLI Excellence in Education Fund

• Make a gift online through the Yavapai College Foundation from our OLLI homepage at ollisedonaverde.org/donate/ and follow the directions on how to “Donate with a credit card or print out donation form”.
• Add a donation on your registration form (back of catalog) or when registering online at https://ollisedonaverde.org.
• When sending a check make it out to the Yavapai College Foundation and indicate on the memo line “OLLI Excellence in Education Fund,” and send it to OLLI, Yavapai College Sedona Center, 4215 Arts Village Drive, Sedona, AZ 86336.

Your Contributions Help to Fund Scholarships

Every term there are several people who want to take OLLI classes, but do not have the financial resources available at the present time. We want everyone who wants to participate in OLLI - the joy of learning - to have that opportunity. Your contributions can help make that happen. A contribution of $35 helps one person for that term. A contribution of $100 will sponsor three of your neighbors this Spring term. Our goal is to collect $3,500 for the scholarship fund this coming year. Go to the registration page to donate and help a community member.

Thank You!
INVITATION:
The main requirement is a passion for learning and wanting to share your knowledge in a collaborative learning environment with inquisitive and curious adults. We encourage you to engage with others as a facilitator, and share your passion and wisdom. A weekly learning group is a great experience to fully engage in a subject and with the participants, or start with a three-hour workshop.

To see the up-to-date proposal due dates and the Term Classes Dates, go to https://ollisedonaverde.org/proposal-instructions/.

TO BECOME AN OLLI FACILITATOR, YOU CAN SIMPLY SUBMIT A CLASS PROPOSAL THROUGH OUR ON-LINE FACILITATOR PROPOSAL SYSTEM AT WWW.OLLICLASSES.ORG

Instructions and more facilitator information are on the website: www.ollisedonaverde.org. Select the Teach menu or sub-menu options on the header of the OLLI website.

Here are quick links for specific needs:

1. Anyone who is interested in teaching at OLLI for the first time or wants to improve their teaching skills: https://ollisedonaverde.org/teach-facilitate/

2. Instructions for submitting, copying or modifying an OLLI Class Proposal: This is a quick reference guide for copying previous proposals to submit for new term and for modifying existing proposal. https://ollisedonaverde.org/proposal-instructions/

3. Facilitators guidelines and resources for existing facilitators: This webpage includes resources such as class evaluation forms, and up-to-date proposal submission dates and semester term dates for the next several terms. https://ollisedonaverde.org/fac-resources/

Thank you for considering to teach a class. If you have any questions please call a staff member at 928-649-4275 or 928-649-5550
Today’s Date: ___________________ Date of Birth: ________________  ❑ Please contact me about volunteering

Name: _______________________________________________________________________________________

Address: ____________________________________________________________________________________

City: ___________________________ State: ______ Zip Code: __________________

Phone: ___________________________ Email: ________________________________

Emergency Contact: ___________________________ Emergency Phone: ____________________________

How did you hear about us?  ❑ Friend  ❑ Newspaper  ❑ Online  ❑ YC Website  ❑ Other ______________________

<table>
<thead>
<tr>
<th>MEMBERSHIP, FINANCIAL AID, DONATION:</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Basic Annual Membership $50</td>
</tr>
<tr>
<td>❑ Learning Groups: $35 per course</td>
</tr>
<tr>
<td>❑ Workshops: $15 per course</td>
</tr>
<tr>
<td>❑ One Term of Unlimited Classes: $170</td>
</tr>
<tr>
<td>❑ Unlimited Annual Membership: $450 (Unlimited classes for 4 consecutive terms)</td>
</tr>
<tr>
<td>❑ Facilitator Annual Membership: $50 (Facilitator free class voucher for each class taught)</td>
</tr>
</tbody>
</table>

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

❑ I would like to apply for financial assistance.

<table>
<thead>
<tr>
<th>Class ID#</th>
<th>Title</th>
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<tbody>
<tr>
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</table>

<table>
<thead>
<tr>
<th>CHECKOUT FOR DONATIONS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Help support OLLI with scholarships and the endowment</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scholarship Fund</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellence in Education Fund</td>
<td>$</td>
</tr>
<tr>
<td>Total donations</td>
<td>$</td>
</tr>
</tbody>
</table>

Check, Cash and Credit Cards accepted. (go to website to donate or call us with CC number)

write check to “Yavapai College Foundation”. (note which fund)

Make separate check for donations and indicate which fund it is for.

Thank you for your donation!

<table>
<thead>
<tr>
<th>CHECKOUT FOR MEMBERSHIP AND COURSES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Annual Membership ($50)</td>
</tr>
<tr>
<td>Learning Groups ($35ea)</td>
</tr>
<tr>
<td>Workshops ($15ea)</td>
</tr>
<tr>
<td>Unlimited Classes ($170 per term)</td>
</tr>
<tr>
<td>Facilitator Annual Membership ($50)</td>
</tr>
<tr>
<td>Unlimited Annual Membership ($450)</td>
</tr>
<tr>
<td>Less facilitator voucher</td>
</tr>
<tr>
<td>Total (write check to “Yavapai College”)</td>
</tr>
</tbody>
</table>

928.649.4275 • 928.649.5550
FREE OLLI EVENTS
OPEN TO THE PUBLIC

"A TASTE OF OLLI" SPRING OPEN HOUSE
Thursday, April 4, 9:30-1:30, Verde Valley Campus • Room M-137

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

LUNCH AND LEARN
Wednesdays, April 17 to May 22, 12:30-2:00pm, Sedona Campus • Rm 34

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

BROWN BAG BRAIN BUZZ
Thursdays, April 18 to May 23, 12:30-1:00pm, Verde Valley Campus • Rm G-106

A lunch-hour 8-week series where we examine the great minds and big ideas that have shaped human history. Topics will come from all fields and require no prior knowledge or expertise. Bring your lunch.

RIVERS OF DREAMS: STORIES AND MUSIC OF ARIZONA’S WATERWAYS
Friday, April 5 • 2:00-4:00, Verde Valley Campus • Room M-137

Arizona’s rivers were first, lush green, ribbons of life through a desert landscape. They became sustaining paths, first for the indigenous, later for immigrants leaving wagon tracks. On the Salt River, Hohokam built vats: canals to direct water for irrigation. The first European citizens of Phoenix used these same trenches. The history, stories & songs are shared interactively by Jay Cravath Ph.D.

Osher Lifelong Learning Institute
www.ollisedonaverde.org