Prescott Learning Group Schedule

Spring 1 Session
January 27 through March 6, 2020

www.yc.edu/prescottolli
COUNCIL ARTICLE:

2020 Already?

Is anyone else having trouble getting used to saying 2020? I remember wondering if 1970 was ever going to come around – and here we are 50 years later. Time in a word – zoom.

No one can successfully predict what the world will be like 2 or 3 years from now, let alone one year from now. But we can control one thing – that is what are we going to do with the new year. If you’re enrolling in classes you are taking a giant step towards keeping yourself mentally healthy. That is huge. Keeping ourselves engaged helps keep us young and the blood pumping. I believe that pushing yourself beyond your comfort zone is also a healthy way to keep growing – taking on new challenges, learning a new skill set. Sometimes you want to relax in your comfort zone, but there are times when expanding the comfort zone helps kick us to a new level.

So if this is your first session with OLLI, congratulations. You are taking a big step towards a happier, longer life. If you have been taking OLLI courses for some time, I would ask you to consider facilitating or being a co-facilitator to help expand your personal growth range. Talk to anyone on the curriculum committee or see Tricia in the office with your ideas.

We wish the best for 2020 and thank you for being a part of OLLI.

Michael J. Gunn. OLLI Governing Council Chair

YC-OLLI Mission

OLLI’s mission as a peer-directed organization within Yavapai College is to provide lifelong learning and social interaction opportunities. Talents, experience, and skills are shared in a relaxed environment to explore new interests, discover and develop latent abilities, engage in intellectual and cultural pursuits, and contribute to a rapidly changing multicultural and multigenerational society.

YC-OLLI Vision

OLLI will continue to recognize the individuality of its members by emphasizing and expanding peer learning and social interaction. OLLI will:

- Function as a “knowledge exchange” in which we utilize, appreciate, and recognize the time and talent of our members as planners, facilitators, organizational officers and committee members
- Provide a wide variety of learning groups, workshops and forums, as well as social and cultural events
- Serve as an important resource and forum for the discussion of current issues and concerns of its members and the community
- Incorporate current and future technologies into our offerings to enhance the convenience and enjoyment of class participants
- Expand our OLLI interaction both nationally & internationally

Learning groups are available only to OLLI members.

They are held on the Yavapai College Prescott Campus unless an alternative location is listed. Please check your group’s location.

Staff/Office Hours

Monday-Friday: 8:00am-5:00pm
(928) 717-7634
Patricia Berlowe, Administrator
Patty Winkels, Administrative Assistant
Pam Lang, Administrative Assistant

Cover photo by Bill Maxwell

Online Registration

www.yc.edu/prescottolli

1) Online registration is available
2) You must have internet access and an email address
3) Contact the OLLI office for help with your user name and password
4) Go to www.yc.edu/prescottolli and click on “Sign in and Register for OLLI Learning Groups”
5) Sign in with your user name and password
6) Select your learning groups using the “add to cart” buttons
7) Check out – and you are all set!
Spring 1 Registration

- All enrollments & payments received by January 10 will be entered into a random drawing for over-enrolled classes.
- Enrollments received after the drawing will be assigned to groups on a first-come basis until capacity is reached. There is no way to guarantee your learning group placement.
- Field trips and events are filled on a first-come, first-serve basis and are open to the public.
- Unless you hear from the OLLI office, assume you are in the groups you requested.

My Schedule: Spring 1, January 27 - March 6

<table>
<thead>
<tr>
<th>Learning Groups</th>
<th>Class#</th>
<th>Day of the Week (circle)</th>
<th>am/pm (circle)</th>
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<tbody>
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Field Trips:
- May 30 Come From Away
- Check if you are a first-time member

Name ________________________________________________
Address ______________________________________________
City/State/Zip _________________________________________
Phone _______________________________________________
Email ________________________________________________
Enroll me ONLY with __________________________________

Date _______________
- My membership is current, or I am enclosing:
  - $165 Deluxe
  - $65 Basic
  - $10 Try Me (available 1/11)
$ _____ for ______ learning groups @ $30 each
$ _____ for ______ field trips/events
$ _____ for ___________________ fees
$ _____ Donation to the OLLI Scholarship Fund

Methods of Payment:
- Check payable to: Yavapai College.
- For credit cards, please call the office at 717-7634 or come in, Bldg 31, Rm 110.
- I'd like more information about making a tax deductible donation to OLLI.
- Online registration is now available at www.yc.edu/prescottOLLI. Call the office for your user name and password.

Memberships are not eligible for refunds or extensions. OLLI learning group fees are not eligible for refund after the first full week, whether you have attended or not. Refunds will be issued for any reason, prior to the end of the first week of class or if OLLI cancels a group, or if a member does not get into a group due to a drawing.

If Yavapai College is closed due to weather, OLLI is also closed. Sign up for YCAler!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Time</th>
<th>Learning Group</th>
<th>Class #</th>
<th>Room</th>
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<tbody>
<tr>
<td>1/27-3/6</td>
<td>8:45-9:45am</td>
<td>QiGong (Mon, Wed, Fri)</td>
<td>54</td>
<td>*</td>
</tr>
<tr>
<td>1/27-2/3</td>
<td>9:11am</td>
<td>Poetry Writing</td>
<td>5</td>
<td>30-126</td>
</tr>
<tr>
<td>1/27-2/3</td>
<td>9:11am</td>
<td>Zoology: Understanding the Animal World Pt 1</td>
<td>40</td>
<td>31-101</td>
</tr>
<tr>
<td>1/27-2/10</td>
<td>9:11am</td>
<td>Factfulness</td>
<td>15</td>
<td>31-102</td>
</tr>
<tr>
<td>1/27-2/17</td>
<td>12:2-2pm</td>
<td>The American West Pt 2 of 2</td>
<td>28</td>
<td>3-119</td>
</tr>
<tr>
<td>1/27-2/17</td>
<td>12:2-2pm</td>
<td>Humans on Our Amazing Planet</td>
<td>24</td>
<td>19-223</td>
</tr>
<tr>
<td>1/27-2/17</td>
<td>12:2-2pm</td>
<td>The Everyday Gourmet</td>
<td>50</td>
<td>31-101</td>
</tr>
<tr>
<td>1/27-2/17</td>
<td>12:30-2pm</td>
<td>The Blue Zones Challenge Level 2</td>
<td>14</td>
<td>3-205</td>
</tr>
<tr>
<td>1/27-2/2</td>
<td>2:30-4:30pm</td>
<td>Buddhist Tantra</td>
<td>11</td>
<td>31-101</td>
</tr>
<tr>
<td>1/27-2/2</td>
<td>2:30-4:30pm</td>
<td>Breakthrough: How Six Technologies Changed the World</td>
<td>44</td>
<td>19-215</td>
</tr>
<tr>
<td>1/27</td>
<td>2:30-4:30pm</td>
<td>Lighter Side of Death and Dying</td>
<td>J</td>
<td>3-205</td>
</tr>
<tr>
<td>1/27-2/2</td>
<td>2:30-4:30pm</td>
<td>Memoir Writing with Joann Ashlock</td>
<td>6</td>
<td>3-206</td>
</tr>
<tr>
<td>1/27-2/2</td>
<td>2:30-4:30pm</td>
<td>Understanding Russia: A Cultural History Pt 2 of 2</td>
<td>27</td>
<td>4-102</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Time</td>
<td>Learning Group</td>
<td>Class #</td>
<td>Room</td>
</tr>
<tr>
<td>1/28-2/18</td>
<td>9-10:30am</td>
<td>The Blue Zones Challenge Level 1</td>
<td>13</td>
<td>19-225</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>9:11am</td>
<td>Electric Energy Production - Change is Coming!</td>
<td>36</td>
<td>3-215</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>9:11am</td>
<td>iPad Introduction</td>
<td>41</td>
<td>19-223</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>12:2-2pm</td>
<td>Great Scientific Ideas That Changed the World Pt 3 of 3</td>
<td>38</td>
<td>31-101</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>12:2-2pm</td>
<td>Armchair Adventures</td>
<td>46</td>
<td>3-119</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>12:30-2:30pm</td>
<td>Another Point of View</td>
<td>19</td>
<td>4-118</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>1-3:30pm</td>
<td>Poker Texas Hold'em</td>
<td>52</td>
<td>30-126</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>2:30-4:30pm</td>
<td>Shipwrecks</td>
<td>32</td>
<td>31-101</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>2:30-4:30pm</td>
<td>Play Ball! The Rise of Baseball as America's Pastime</td>
<td>26</td>
<td>3-271</td>
</tr>
<tr>
<td>1/28-3/3</td>
<td>2:30-4:30pm</td>
<td>Mystical Tradition in Judaism, Christianity and Islam</td>
<td>10</td>
<td>19-215</td>
</tr>
<tr>
<td>1/28</td>
<td>2:30-4:30pm</td>
<td>Tech Topics: Combining Photos, Text and Graphics</td>
<td>L</td>
<td>19-206</td>
</tr>
<tr>
<td>2/4</td>
<td>2:30-4:30pm</td>
<td>Tech Topic: Movie &amp; TV Streaming</td>
<td>M</td>
<td>4-102</td>
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<tr>
<td>2/11</td>
<td>2:30-4:30pm</td>
<td>Tech Topics: Tech Assistant Volunteer Training</td>
<td>N</td>
<td>4-102</td>
</tr>
<tr>
<td>2/18</td>
<td>2:30-4:30pm</td>
<td>Tech Topics: Password Manager</td>
<td>O</td>
<td>4-102</td>
</tr>
<tr>
<td>3/3</td>
<td>2:30-4:30pm</td>
<td>Tech Topic: The Internet - History and How It Works</td>
<td>Q</td>
<td>4-102</td>
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If Yavapai College is closed due to weather, OLLI is also closed. Sign up for YCAAlert!
A) New Member Orientation
Thurs, 1/23, 9-10am
Bldg: 31, Rm: 101 Limit: 30
Facilitators: Michael Gunn, Patricia Berlowe

Want to know more about OLLI? Join us to learn about our history, committees, curriculum and all the fun things we do at OLLI! Missed orientation when you first joined? You are welcome any time!

B) Thinking about Facilitating for OLLI?
Thurs, 1/30, 10-11am
Bldg: 31, Rm: 101 Limit: 30
Facilitators: Deb Dillon*, Patricia Berlowe

Join us in this free workshop that will present an overview of the teaching/facilitation process for OLLI. We will cover the simple process of how to develop and submit a proposal, as well as review ideas for future OLLI learning groups. Learn about resources available for facilitators, including mentoring, co-facilitating and training.

C) Yavapai College Promise Mentoring Program
Thurs, 3/5, 12-2pm
Bldg: 31, Rm: 101 Limit: 24
Facilitator: Megan Paquette

Interested in becoming a mentor to YC Students? YC Promise Mentors are individuals who donate their time and services to the Promise Program to help guide new students on the education journey. Mentors give students a new support system through intentional and caring relationships and contact. Will you be that one contact that changes everything for a new student?

D) Munch & Learn: LWV Juvenile Justice and Re-Entry
Thurs, 1/30, 12:30-2pm
Bldg: 3, Rm: 119 Limit: 90
Facilitator: Rudy Arena
How do formerly incarcerated youth weave themselves back into society? How do they start their lives over again? How do we, as a community, assist them in finding hope for their future, thus creating a safer community for all? Sheriff’s Department Chief Deputy David Rhodes will discuss challenges the participants face.

E) Munch & Learn: Replacement Parts
Thurs, 2/6, 12:30-2pm
Bldg: 3, Rm: 119 Limit: 90
Facilitator: Rudy Arena
Interested in seeing what your replacement parts look like? Dr. Bradley Williams has replaced knees, shoulders, repaired rotator cuff tears, treated carpal and cubital tunnel problems, fixed trigger fingers and just about every joint problem imaginable. He will bring in the actual parts so you can see what the parts that were replaced look like and how they are working to keep you active and functioning. Dr. Bradley is well educated in all the formal training required, having graduated from several universities and served his Orthopedic Residency at the Phoenix Orthopedics Program and a Sports Medicine Fellowship with the San Diego Sports Medicine Fellowship.

F) Munch & Learn: Amazing Places
Thurs, 2/13, 12:30-2pm
Bldg: 3, Rm: 119 Limit: 90
Facilitator: Rudy Arena
Nigel Reynolds, born and educated in England, has traveled extensively in Europe, Turkey and Morocco. In 1967 he emigrated to the States, and has lived in Arizona since 1978 and in Prescott for over 20 years. He is an active hiker and has written a popular booklet entitled “Guide to the Prescott Circle Trail”, and for the last two years has written a bi-weekly article, “Amazing Places” for the Sunday edition of the Daily Courier. He will talk about some of his favourite places and show photos of some of these amazing places.

G) Munch & Learn: Local Fulbright on Finland’s Education System
Thurs, 2/20, 12:30-2pm
Bldg: 4, Rm: 102 Limit: 55
Facilitator: Rudy Arena*
Clark Tenney, Prescott High School Assistant Principal, was one of ten educational administrators from across the nation selected for a Fulbright Foundation scholarship that took him on a ten-day trip to Finland. The object: to learn their world-renowned educational system and apply it to Prescott Schools. Some of his notations are: every child gets a free lunch every day, high school students can choose to attend vocational school or upper secondary school to prepare for college, teachers teach only three or four 75 minute classes a day, homework is uncommon, teachers are paid a significantly higher salary and have higher esteem than here in the states. He constantly asked himself, “Could we do that in the states, should we do that in the states.”

H) Munch & Learn: Why Public District Schools are Struggling?
Thurs, 2/27, 12:30-2pm
Bldg: 3, Rm: 119 Limit: 90
Facilitator: Rudy Arena*
Would you like to discuss why public district schools are struggling? The problem is more than the proliferation of public charter schools, the legislature for decades has ignored the needs of education in our state. In order to know what truly contributes to our teacher crisis, our low student graduation rate, and our abysmal counselor to student ratio there is a crucial understanding one must have. Join Julia Watson, lifelong Arizona educator and trainer, for a lively presentation to acquire a snapshot of our challenges and how you can contribute to mitigating them. Bring your activism and enthusiasm to make a difference in Arizona’s educational system.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)

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I) Crossing Thorung La
Thurs, 3/5, 12:30-2pm
Bldg: 3, Rm: 119 Limit: 30
Facilitator: Jim Veney
The Throng La is the highest pass on the Annapurna circuit trekking trail in Nepal and reputedly the highest useable mountain pass in the world. It is crossed each year by hundreds of trekkers, but still remains a dangerous and difficult transit point. This workshop will see videos taken by trekkers of the Annapurna circuit and especially the Throng La pass and will hear a first hand description of what it like to cross the pass from someone who has done it.

J) Lighter Side of Death & Dying
Mon, 1/27, 2:30-4:30pm
Bldg: 3, Rm: 205 Limit: 35
Facilitator: Phil Groves
Come have a conversation about living well, loving well and laughing well between now and the inevitable. Inspired by Death Cafe but more structured and a bit edgier, this workshop takes an irreverent but never disrespectful or unkind approach to the fascinating and mysterious subject of our departure from this mortal coil. We believe the light of open and sincere sharing, including humor and music, can offer exceptional depth, camaraderie and growing equanimity to what can otherwise seem like the grimmest of subjects. This class is not appropriate for folks who are going through intense grieving or terminal health conditions.

K) Introduction to the Art of Self Hypnosis
Wed, 2/5, 2:30-5:30pm
Bldg: 3, Rm: 102 Limit: 24
Facilitators: DeeDee Freeman, Catharine Long
Hypnosis is communication between the conscious and subconscious mind, and all hypnosis is really self-hypnosis. A hypno- therapist simply guides you into the hypnotic state, and once experienced, you can easily recreate that state. Self-hypnosis can be used to improve concentration, change habits, boost self-confidence, reduce stress and overcome phobias. By setting a clear intention for the change you wish to make, your conscious mind gives your subconscious mind a goal to work towards. Self-hypnosis is easily taught, and once learned, it enables you to make powerful, positive changes in all areas of your life. The facilitator will cover the history and basic principles of hypnosis, clarify common misconceptions and lead a group demonstration so participants can experience the state of hypnosis for themselves.

L) Tech Topics: Combining Photos, Text and Graphics
Tues, 1/28, 2:30-4:30pm
Bldg: 4, Rm: 206 Limit: 15
Facilitator: Mark Troester
Do you have an inner designer just waiting to come out? Complex graphics programs shouldn’t get in the way of your fun and creativity. This introductory class will demonstrate the use of selection tools, layers and masks in GIMP, a free version of PhotoShop.

M) Tech Topic: Movie & TV Streaming
Tues, 2/4, 2:30-4:30pm
Bldg: 4, Rm: 102 Limit: 45
Facilitators: Vince Claude, Michael Gunn
What are streaming, understanding bandwidth and data limits? We will identify streaming devices and choices for content. Why would you want to stream entertainment? We will discuss what you need to get started.

N) Tech Topics: Tech Assistant Volunteer Training
Tues, 2/11, 2:30-4:30pm
Bldg: 4, Rm: 102 Limit: 20
Facilitators: Technology Committee
OLLI is looking for a few good men and women willing to learn the ins and outs of our classroom technology systems, and act as technology consultants for facilitators in classrooms. We will walk you through the basic systems in the classrooms, and the variations across the different classrooms on campus. We would then call on you to assist facilitators as needed. Are you brave enough to become one of the few, the proud, the OLLI TAs?

O) Tech Topics: Password Manager
Tues, 2/18, 2:30-4:30pm
Bldg: 4, Rm: 102 Limit: 24
Facilitator: Vince Claude
What is a password manager? Why do you need one? We will go step-by-step to help you set up a password manager.

P) Tech Topics: Follow-up on Virtual Reality and Pain
Fri, 2/28, 2:30-4:30pm
Bldg: 19, Rm: 223 Limit: 24
Facilitator: Ray Carlson
A session on Virtual Reality As A Way to Mitigate Pain or Stress was offered in Fall 2. Several long term research projects on this topic have been funded. This session will briefly review the content presented at the Fall 2 session, look at research results reported since that first session and allow participants who tried virtual reality to discuss their experiences.

Q) Tech Topic: The Internet – History and How It Works
Tues, 3/3, 2:30-4:30pm
Bldg: 4, Rm: 102 Limit: 45
Facilitator: Bob Ellis
The Internet has revolutionized computer and communications like nothing before. The invention of the telegraph, telephone, radio, and computer set the stage for this unprecedented integration of capabilities. We will trace its history from a US Dept. of Defense research project to the essential communications medium it is today. Along the way we will explore the technology, people and commercialization that made it happen. If you’ve ever wondered, in general, what happens when you click “Send” on an email or type in the name of a web page, this class is for you.

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7) Check out – and you are all set!
Films, Literature, Writing

1) Sing-Along with Classic Musicals - Act 2
Fri, 1/31-3/6, 2:30-5pm
Bldg: 3, Rm: 215  Limit: 30
Facilitators: Cindy Reynolds, Bonnie Manko

A class for all “wannabe musical stars” out there, with six more great musicals this session. Come join in the fun watching and singing along with the great songs from some of the big musicals. This class will give you the opportunity to watch some of the great musicals and sing along with the stars (there will be subtitles with words to the songs). This is for all of you who always hum along to the well-known songs, but never get a chance to actually sing along. This is NOT a performance class, you will NOT be asked to solo! You can sing quietly or at the top of your lungs from your seat! Not only will this be fun, but singing is good for your health: it strengthens the immune system, provides a workout, acts as a natural anti-depressant, lowers stress levels and improves mental alertness. Come join us, we’ll have a great time.

2) Great Court Dramas Pt 2
Wed, 1/29-3/4, 12:30-3:30pm
Bldg: 4, Rm: 102  Limit: 40
Facilitator: Saul Fein*

Courtroom Dramas continue to be some of the best films ever made. This semester we will watch and discuss Witness for the Prosecution, Judgement at Nuremberg, A Few Good Men, Anatomy of a Murder, A Time to Kill, and a surprise film which most do not consider a Courtroom Drama...but it really is. Join us for a truly great set of films.

3) Foreign Films
Thurs, 1/30-3/5, 2:30-4:30pm
Bldg: 3, Rm: 271  Limit: 34
Facilitator: Vaughn Delp-Smith*

The Foreign Films learning group continues with more relatively recent and often award-winning films from around the world. We try to show thought-provoking, serious films, and balance those with some lighthearted selections. After the film, the class objective is to discuss what we saw, and find out about our different views and insights into the film and its subject matter. So, come and enjoy good acting, cinematography, and share your questions and interpretations with the group. A list of the films will be available at the beginning of the session.

4) Myth in Human History Pt 2 of 3
Thurs, 1/30-3/5, 2:30-4:30pm
Bldg: 3, Rm: 271  Limit: 34
Facilitator: Vaughn Delp-Smith*

Continuing our study of myths in human history, part 2 will begin with a survey of the Greek and Norse pantheons to observe how they developed and organized over time. Four lectures follow featuring a biography of goddesses and gods, relating to the hypothesis that there was a time in human prehistory when mythic and religious consciousness was dominated by female deities. How these ideas were related to important historical events will show how the two biographies were intertwined. The Sumerian goddess Inanna and the Egyptian goddess Isis will be featured in later discussions and we will look at the Indian pantheon for comparisons. In the relationship between myth and religion we will discover that if one stands outside a story, it will become a fantastic, imaginative story; if you stand inside the story it may well be a divine truth. Where will you stand?

5) Poetry Writing
Mon, 1/27-3/2, 9-11am
Bldg: 3, Rm: 126  Limit: 12
Facilitator: Jim Veney

This class will explore the writing of poetry. Participants will consider short poems such as haikus, free verse poetry, rhymed poetry, nonsense and humorous poems and other forms. Participants will read poems in each of these genres and write their own poems for reading in the class.

6) Memoir Writing with Joann Ashlock
Mon, 1/27-3/2, 2:30-4:30pm
Bldg: 3, Rm: 206  Limit: 12
Facilitator: Joann Ashlock

Let’s write... This class is an introduction to writing your memoirs. We will discuss ideas about your writing including story lines, use of the senses and specifics. You may write your memoirs for your family, friends or for yourself in understanding your own history. We will share our writing with class members who will be invited to share their positive, friendly and constructive feedback. Writing tips will help to improve your style. The facilitator will direct the first three weeks, and then class members will take over and help lead the final three weeks. Note: those who participated in Memoirs classes in the Fall will get preferential placement for this class.

7) Memoir Writing with Becky Gunn
Fri, 1/31-3/6, 2:30-4:30pm
Bldg: 19, Rm: 225  Limit: 12
Facilitator: Becky Gunn

See Class #6 – same class offered at different times by two different facilitators.

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Sign up for YCAalert!
(928) 717.7634  •  www.yc.edu/prescottolli
8) Embracing Change and Transition  
Thurs, 1/23-1/30, 12-2pm  
Bldg: 19, Rm: 215  
Limit: 30  
Facilitator: Ferris Thompson  
Join us to explore tools and strategies to face life's many challenges. Every age and phase of life brings change. Sometimes we actively choose change and sometimes it arrives unexpectedly. Either way, all change is accompanied by challenges, concerns, fears, and questions: How do I know if I'm making the right decisions? How do I know if making this change will make me happy? Is it meaningful? How do I stay balanced in the face of uncertainty? How can I stay true to myself during this transition? This class will provide insights into the catalysts that drive change, life's key stages of transition, and the principles that can help answer these core questions which can ultimately lead to well-being and living a balanced skillful life. This workshop was created by Phillip Moffitt, the founder of the Life Balance Institute (www.lifebalance.org).

9) A Meditator’s Guide to the Mind and Consciousness  
Thurs, 1/30-3/5, 2:30-4:30pm  
Bldg: 19, Rm: 225  
Limit: 20  
Facilitator: DeeDee Freeman  
Deepen your practice of meditation by exploring the landscape of your mind, and the consciousness that illuminates it. Meditation, correctly practiced, is the simple process of removing attention from distracting thoughts and emotions. By learning to focus the mind and becoming a neutral observer, we can easily experience our innate mental clarity, also referred to as the superconscious state. Following A Meditator’s Guide to Mind and Consciousness and other videos based on traditional teachings, the facilitator will explore the practice of mindfulness and its components, including observing thoughts and sensations. Class members will participate in meditation exercises each session.

10) Mystical Tradition in Judaism, Christianity and Islam  
Tues, 1/28-3/3, 2:30-4:30pm  
Bldg: 19, Rm: 215  
Limit: 30  
Facilitator: John Kohlenberger*  
Mystical experiences and practices, including visions, communication with the divine, intense spiritual quests, and hermetic lifestyles, are commonly associated with Eastern cultures. They are thought to be far removed from the monotheistic traditions of Judaism, Christianity and Islam. But are they? This 3-part course examines the magnificent tradition of mysticism within the 3 major Western religions. These religions are usually thought of in terms of external observance such as doctrines, laws and rituals rather than in terms of meaningful prayer experiences, forms of meditation and contemplation that may lead to contact a Divine encounter. However, all three monotheistic religions of the West have robust and complex mystical traditions. Indeed, many who follow a path of open-minded deep contemplation would argue that their way of being Jewish, Christian, or Muslim is the purest realization of that religion's essence.

11) Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body  
Mon, 1/27-3/2, 2:30-4:30pm  
Bldg: 31, Rm: 101  
Limit: 24  
Facilitator: Catharine Long  
For over a thousand years, the tantric teachings of esoteric Vajrayana Buddhism have provided a powerful and accelerated path to enlightenment. Esteemed spiritual teacher Reggie Ray invites you on the path to awakening through these precious teachings and guided meditations. You will learn about topics such as: working with your energetic centers, why enlightenment begins in the physical body, the three turnings of Buddhist wisdom, and the role of sexuality and desire in tantric practice. Each class will include teachings, discussion and guided meditation. Meditations can be experienced in either the seated or lying-down posture, depending on the desire and comfort of each participant. Please bring what you require to be relaxed and comfortable, such as a yoga mat, cushion, blanket, pillow and water bottle.

12) Introduction to NDE, Near-Death Experiencers Stories  
Thurs, 1/30-3/5, 2:30-4:30pm  
Bldg: 19, Rm: 215  
Limit: 24  
Facilitator: Karl Krumins  
We will be exploring the mystery of near death experiences and other paranormal experiences. These stories will come from experiencers, videos and readings. Class members with stories of their own experiences are especially welcome to speak about them. My intent as the presenter, besides educating as to a larger picture of life and death, is to diffuse concerns about death for the participants.

13) The Blue Zones Challenge  
Level 1  
Tues, 1/28-2/18, 9-10:30am  
Bldg: 19, Rm: 225  
Limit: 14  
Facilitator: Phil Groves  
Rooted in ground-breaking research of the healthiest, longest-living people on earth, the Blue Zones Challenge is four weeks towards a better you. Researchers have distilled down small actionable steps that will begin to shift your habits and behaviors. Week #1: Eat Wisely. Consume all your food without looking at a screen or reading something. Week #2: Move Naturally. Walk or otherwise exercise a minimum of 20 minutes each day. Week #3: Right Tribe. Reach out to an old or potential new friend every day. * Week #4: Right Outlook. Explore and define your purpose - spiritual, practical, relational and specific. In our final session, we will share our best thoughts about achieving goals, connection and healthy habits.

14) The Blue Zones Challenge  
Level 2  
Mon, 1/27-2/17, 12:30-2pm  
Bldg: 3, Rm: 205  
Limit: 14  
Facilitator: Phil Groves  
This class is for folks who want to up the ante of their Blue Zones lifestyle. The right person for this group already exercises 30 minutes every day, is on their way to adopting a mostly plant-based diet and is building or deepening a solid, rich social network. Level 2 focuses on: “Why do I wake up in the morning?” We will contemplate our unique personal journeys in purpose, faith and health and take concrete weekly steps to put more years in our lives, and more life in our years. Level 2 Blue Zones incorporates the groundbreaking work of "Atomic Habits" by James Clear to “get 1% better every day” through tiny changes that deliver remarkable results.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)
There will be interactive discussions. Bring about pre-selected countries and topics. Briefings with questions and discussions guest speakers. Each week, we will conduct underlying issues by the facilitator and organizations, key persons, events, and countries, regions, major international CDC (Center for Disease Control), and other Travel Advisories, etc., IMD Business School, US State Department CIA World Factbook. 

Facilitator: John Lowe  
Bldg: 30, Rm: 102  Limit: 14
Thurs, 1/30-3/5, 2:30-4:30pm

16) Foreign Affairs: Briefings  
Fri, 1/31-3/6, 2:30-4:30pm  
Bldg: 30, Rm: 126  Limit: 14
Facilitator: John Lowe
Briefings on Foreign Affairs based upon CIA World Factbook, US State Department Travel Advisories, etc., IMD Business School, CDC (Center for Disease Control), and other credible sources. Updates about different countries, regions, major international organizations, key persons, events, and underlying issues by the facilitator and guest speakers. Each week, we will conduct briefings with questions and discussions about pre-selected countries and topics. There will be interactive discussions. Bring your ideas, opinions and comments. Join the conversation.

17) Pole to Pole  
Fri, 1/31-3/6, 2:30-4:30pm  
Bldg: 31, Rm: 101  Limit: 25
Facilitator: Robert Sherman*
The Arctic and Antarctica have enthralled and appalled since mankind recognized them. Explorers made their reputations, and lost their lives probing the fringes and delving into the interiors. Science can now read the earth’s history going back more than a million years in some parts of the frozen “wasteland.” Hundreds of thousands of indigenous people have made their homes in the Arctic, while only one insect is native to Antarctica. And fabulous mammals such as seals, walrus, and whales, have given their all to meet society’s demands. We won’t forget the penguins, forever dressed for a night at the opera. We’ll study all of this, history, exploration, geography, people, animals and birds. What went on then, and what’s going on now. But above all we’ll look at how these two regions are affected by climate change, and how its effect on the Arctic especially may be irreversible. How the whole world may feel that effect, perhaps not in our time, but almost certainly in the lives of our children.

18) Viewpoints  
Fri, 1/31-3/6, 9-11am  
Bldg: 31, Rm: 101  Limit: 17
Facilitators: Y. “Turk” Kangal*, Jack Wilson
Aristotle says “it is the mark of an educated mind to be able to entertain a thought without accepting it.” No idea, belief, or opinion is out of bounds. However, not to allow one to express his or her thought is. Let us have a lively, entertaining and most all, informative discussion.

19) Another Point of View  
Tues, 1/28-3/3, 12:30-2:30pm  
Bldg: 4, Rm: 118  Limit: 25
Facilitator: Genny Ingram
The Candace Owens Show videos will be the basis of the Another Point of View class. Candace Owens is a dynamic millennial conservative, black woman who is a speaker with Turning Point USA on college campuses and the commentator of The Candace Owens Show. She conducts one on one interviews with various male and female guests on controversial subjects that are usually avoided, ie; gender identity, demand diversity, racism, Bleixit, why blacks vote Democrat, Black Lives Matter, reparations, Immigration, political issues and other hot topic subjects. This class will view her interviews and then have a civil discussion about the interview. All points of view are appreciated in the Another Point of View class. Come join us.

20) Together is Better: Let’s Visit About It!  
Thurs, 1/30-3/5, 2:30-4:30pm  
Bldg: 30, Rm: 126  Limit: 14
Facilitator: Christy Powers
More people live alone today, not really lonely but craving some meaningful conversation. Let’s get together and visit about life, books, aloneness and how it affects us. What’s important? What is not? Together, we will choose topics for discussion, talk about them - and just visit.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)
21) American Nations Discussion
Pt 1 of 2
Wed, 1/29-3/4, 9-11am
Bldg: 30, Rm: 126  Limit: 14
Facilitator: Deb Dillon*

This class will be a discussion class based on the book *American Nations: A History of the Eleven Rival Regional Cultures of North America*, by Colin Woodard. This book offers insight into America’s myriad regional identities and how conflicts between them have shaped our past and are molding our future. Class participants will need a copy of the book and will be expected to read approximately 30 pages before each class.

22) The World Was Never the Same: Events that Changed History Pt 1 of 2
Fri, 1/31-3/6, 12-2pm
Bldg: 3, Rm: 271  Limit: 36
Facilitator: Risë Johansen-Ryan

History is made and defined by landmark events that irrevocably changed the course of human civilization. These events have given us spiritual and political ideas, catastrophic battles and wars, scientific and technological advances, world leaders both influential and monstrous, and cultural works of unparalleled beauty. Professor J. Rufus Fears, a master storyteller and one of the most popular Great Courses instructors, provides you with 36 of the most important and definitive events in the history of the world.

23) Lost Worlds of South America
Wed, 1/29-3/4, 9-11am
Bldg: 3, Rm: 119  Limit: 50
Facilitator: Claxton Lovin*

As one of only six places on earth where civilization arose spontaneously, South America offers a fresh and revelatory look at how human societies formed, from the earliest organized communities to huge complexity. They paralleled, yet were absolutely different from the ancient cultures of Greece, Egypt, and others that we know much better. This course undertakes an adventurous trek of discovery through the emerging finds and archaeological knowledge of more than 12 seminal civilizations, giving you rich insight into the creative vision and monumental achievements of these wellsprings of human life.

24) Humans on Our Amazing Planet
Mon, 1/27-3/2, 12-2pm
Bldg: 19, Rm: 223  Limit: 24
Facilitator: Barbara Brown*

You and I have only been on planet earth for a blink of an eye. We’ll look inside our living bodies for an understanding on how they work. We’ll look at our history, the spread of humans across the globe, some of the great civilizations we have created and where we might be going in the future. We’ll also visit the international space stations as we start our journey to other planets.

25) African American Experience in the U.S. Military
Fri, 1/31-3/6, 9-11am
Bldg: 3, Rm: 271  Limit: 30
Facilitator: Jim Veney

African Americans have been an important part of the United States Military throughout our history, from the 54th Massachusetts regiment of the Civil War to the Buffalo Soldiers of the Indian wars, to the famed “red tails” of WWII to the leadership of Colin Powell as the Chairman of the joint Chiefs of Staff. Through videos and discussion, this class will explore the history of African Americans in a largely segregated military and the obstacles, difficulties and prejudices they faced.

26) Play Ball! The Rise of Baseball as America’s Pastime
Mon, 1/28-3/4, 2:30-4:30pm
Bldg: 3, Rm: 271  Limit: 35
Facilitator: Claxton Lovin*

Let baseball change the way you look at America’s past. Offering lectures that paint a portrait of the sport’s remarkable past, taking you from the decades before the Civil War to the pivotal year of 1920, this class offers a well-rounded, historically rich look at this most distinctive slice of Americana. In collaboration with the National Baseball Hall of Fame and Museum in Cooperstown, New York, hear a story that exhibits resourcefulness, entertainment, patriotism, bravery and grit. It is, in many ways, the story of America itself.

27) Understanding Russia: A Cultural History Pt 2 of 2
Mon, 1/27-3/2, 2:30-4:30pm
Bldg: 4, Rm: 102  Limit: 50
Facilitator: Gray Bower

In *Understanding Russia: A Cultural History*, award-winning professor and Russian historian Lynne Ann Hartnett of Villanova University guides you through hundreds of years of Russian culture, from the world of Ivan the Terrible to the dawn of the Soviet Union to the post-war tensions of Putin’s Russia. Blending history with cultural studies, these 24 illuminating lectures are designed to bring you closer than ever before to the Russian people—not just the authoritarian rulers like Peter the Great, the Romanovs and Stalin, but also the everyday men and women who sought their own meaning in the poetry of Pushkin, the comfort of early folk tales, the faith of medieval iconography, the avant-garde films of Eisenstein and more.

If Yavapai College is closed due to weather, OLLI is also closed. Sign up for YCAalert!
28) The American West Pt 2 of 2
Mon, 1/27-3/2, 12-2pm
Bldg: 3, Rm: 119 Limit: 25
Facilitator: Dirk Stringham
This is a continuation of the DVD course by OLLI favorite Patrick N Allitt, history professor at Emory University. We continue to explore the processes of Western history and show how they become the stuff of myths, legends, movies, political speeches, and continuing claims about the exceptional character of the United States. We will explore and discuss questions such as: What government programs allowed the West to prosper? What was the role of women in the West? Were real cowboys comparable to movie cowboys? How was law and order maintained? In what ways was the mythology of the West promoted? The discussion will focus on events after the Civil War. We will explore the life of homesteaders on the plains and in western towns, the end of freedom for the Plains Indians, cowboys and cattle drives, the building of the transcontinental railroads and regional water infrastructure, and the beginning of the conservation movement.

29) The German Resistance to the Nazis
Wed, 1/29-3/4, 2:30-4:30pm
Bldg: 31, Rm: 101 Limit: 30
Facilitator: MariAnna Freimark*
Yes, there was one; in Germany. It came from individuals and a variety of different groups ranging from the Military to Christian organizations. It was dangerous and many paid for their activities with their life. Between 1933 and 1944 at least 20 assassination attempts were made on Hitler’s life; obviously they all failed but give evidence that not everybody was happy with the regime and its leader. In this class we will take a closer look at some of these plots and conspiracies and the people involved.

30) Japan: Land of The Rising Sun 1 of 2
Fri, 1/31-3/6, 12-2pm
Bldg: 4, Rm: 102 Limit: 45
Facilitator: Barbara Mace*
This course explores whether Japan is firmly anchored in the East or is the first truly globalized nation in the world. The Great Courses partnered with The Smithsonian to show the fluctuations between periods of Japan’s seclusion and assimilation. Professor Ravina’s lectures are complemented by the museum’s collections of art, photos and film clips. We will be viewing and discussing the myths, history, religion, and culture of Japan. In addition, I will be sharing some of my experiences when I lived there as a pre-teen.

31) Women of the Hebrew Bible: Cultural and Historical Perspectives
Wed, 1/29-3/4, 2:30-4:30pm
Bldg: 19, Rm: 225 Limit: 24
Facilitator: Becky Gunn
There are few ‘important’ women of the Hebrew Bible… wrong! While many women remained unnamed, they had significant roles in the society of ancient Israel. We will consider women from A to Z as well as those who remain nameless. This is not a theological examination, but rather a look at the role of women in society in the context of the Bible. Remember, those who are the victors write history, but without herstory those victors would not have been quite so victorious.

32) Shipwrecks
Tues, 1/28-3/3, 2:30-4:30pm
Bldg: 31, Rm: 101 Limit: 25
Facilitator: Ed Wisneski
We will examine sunken ships dating back 4,600 years to Egyptian monarch Khufu’s boat, found buried near the Great Pyramid of Giza. Also highlighted will be the remarkable raisings of the Viking longship Oseberg; King Henry VIII’s flagship, Mary Rose, 437 years after it sank; the Confederate submarine HL Hunley and the Maud, built for famed polar explorer Roald Amundsen. Other topics will include the explosion of the Sultana on the Mississippi River that killed 1,800 freed Union prisoners; the Wydah – the only fully verified pirate shipwreck ever discovered; the freighter Edmund Fitzgerald; the SS Central America, the famed “Ship of Gold” that yielded $100-150 million of gold, the La Belle, one of explorer Robert de LaSalle’s ships from 1685; and the world’s oldest intact maritime shipwreck discovered recently at the bottom of the Black Sea.

33) The American Mind
Fri, 1/31-3/6, 2:30-4:30pm
Bldg: 3, Rm: 271 Limit: 36
Facilitator: Jerry Jones*
Americans pride themselves on being doers rather than thinkers. Ideas are naturally suspect to such a people. But, ideas are at the root of what it means to be an American, and today’s habits of thought practiced by citizens throughout the United States are the lineal descendants of a powerful body of ideas that traces back to the first European settlers and that was enriched by later generations of American thinkers. In their own times such great thinkers as Jonathan Edwards, Thomas Jefferson, Abraham Lincoln, William James, Martin Luther King, Jr, and many others engaged in lively and often contentious debate that helped mold America’s institutions and attitudes. Their approach was frequently honed by ideas from abroad; from Locke, Hume, Kant, Darwin, Marx, Freud and Gandhi, among others. This immensely stimulating conversation that made the U.S. what it is today is the subject of The American Mind, a 3-session series of 36 lectures that offers a broad survey of American intellectual history.

34) Memories of a Holocaust Survivor (FREE and open to the public)
Fri, 1/31-2/21, 9:30-11:30am
Bldg: 3, Rm: 119 Limit: 90
Facilitators: Esther Basch, Rachel Turet
Witnesses to the history of World War II are becoming increasingly smaller in number with the passing of time. Esther Basch survived internment in Auschwitz, and after the war she met and married Joseph Basch, a fellow survivor. In 1996, Steven Spielberg used proceeds from his film Schindler’s List to hire interviewers who taped conversations with many Holocaust survivors, including Esther and Joseph. Joseph passed away years ago, but Esther, a fellow OLLI member, is here and would like to share the interviews and their history with us all. Telling the story of the Holocaust is a shared, unspoken commitment amongst survivors to possibly, hopefully, prevent history from repeating itself. This is powerful material, and we encourage everyone that signs up to commit to attending all four weeks.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)
35) Understanding the Misconceptions of Science Pt 2
Wed, 1/29-3/4, 12-2pm
Bldg: 3, Rm: 119    Limit: 60
Facilitators: Dave Hoffman, Johanna Kangal*
This course confronts the phenomenon of scientific misconceptions by examining two dozen scientific topics that even the most learned student often gets wrong, and then explaining a deeper and more accurate truth. The class will debunk an explanation of how airplanes fly that is found in nearly every physics textbook. It explores common misconceptions about the function of the brain, claims about nutrition, traveling faster than the speed of light, the theory of evolution and the misuse of statistics. Each misconception will be replaced by a better, more accurate understanding of the underlying science.

36) Electric Energy Production - Change is Coming!
Tues, 1/28-3/3, 9-11am
Bldg: 3, Rm: 215    Limit: 30
Facilitator: Thomas McColloch
Renewable energy sources continue to be developed, and the industry is transitioning from traditional fossil fueled generation to renewables. This class will review electric power generation, both in Arizona and in the United States, to learn how the electricity we use every day is produced. We will review the basic technology of coal, natural gas, nuclear and hydroelectric power plants and review the social, economic and environmental impacts of each. We will then review renewable energy plants powered by wind and solar, with an emphasis on the many solar plants located in Arizona and California. We will discuss energy storage technologies, which are becoming increasingly important as more intermittent renewable energy is produced. We will conclude with a long term outlook for electric energy production in the United States. Join us to become a better informed consumer!

37) Trails of Evidence: How Forensic Science Works Pt 3 of 3
Tues, 1/28-3/3, 9-11am
Bldg: 31, Rm: 101    Limit: 30
Facilitator: Risë Johansen-Ryan
Crime is as old as human society. So is the use of evidence, witnesses, and reason to solve crimes. How accurate are the fictional portrayals of crime investigations? What really happens behind the scenes when forensic scientists crack a case? Each week will include a revisit to one of modern history’s greatest crimes, frauds, and scandals. Based on two Great Courses by the forensic anthropologist Dr. Elizabeth Murray, an award-winning professor and consultant for your favorite TV crime shows.

38) Great Scientific Ideas That Changed the World Pt 3 of 3
Tues, 1/28-3/3, 12-2pm
Bldg: 31, Rm: 101    Limit: 30
Facilitator: Barbara Mace*
What is the greatest scientific idea of all? The lecturer, Professor Steven L. Goldman, states - “The idea of science itself is an idea that had to be invented.” Session 3 includes the maturation of modern science with its theories and ideas which developed two distinct approaches to the study of nature: 1) atomistic approach and 2) process approach.

39) The Scientific Wonder of Birds
Fri, 1/31-3/6, 9-11am
Bldg: 3, Rm: 203    Limit: 36
Facilitator: Donna Sherwin
The Scientific Wonder of Birds delves into topics about the science, wonder and behaviors of birds. Topics include: Birds and Dinosaurs; The Origin and Magic of Flight; Orientation, Navigation and Migration; Tool Wielders; Avian Turf Wars; Bird Songs and Calls; Avian Mating; and Nests, Eggs and Parental Care. Our Lecturer, Bruce Fleury is a Senior Professor in the Department of Ecology and Evolutionary Biology at Tulane University. His professional path was inspired by a love of birding and his first ornithology course.

40) Zoology: Understanding the Animal World Pt 1 of 2
Mon, 1/27-3/2, 9-11am
Bldg: 31, Rm: 101    Limit: 30
Facilitator: Claxton Lovin*
The truth is that you can’t learn everything there is to know about animals with an occasional brief visit to the zoo. But by exploring zoology and the tireless work of zoologists, you’ll find your next trip more rewarding, enriching and satisfying.

*Master Facilitator (Facilitator who has offered 25 or more learning groups and workshops for OLLI)
41) iPad Introduction

Tues, 1/28-3/3, 9-11am
Bldg: 19, Rm: 223 Limit: 24
Facilitator: Dave Rothgery

This class is an introduction to the Apple iPad and will cover the basics of iPad use, including Settings, Contacts, Calendar, Camera & Photos, Mail, Notes, Safari and more. This is a hands-on class requiring you to bring your Apple iPad to class each week. The class size is limited to allow more interaction and focus. Additional practice time will be included each week. Though not an absolute requirement, your iPad should be at the most current software level, (iPadOS 13.4), to fully benefit from this class.

42) macOS Catalina Introduction

Wed, 1/29-3/4, 2:30-4:30pm
Bldg: 19, Rm: 223 Limit: 24
Facilitator: John R Carter

This class is an introduction to the Apple macOS Catalina operating system and will cover the basics of using a Mac computer, including Settings, Contacts, Calendar, Photos, Mail, Notes, Safari and more. This is a hands-on class, so it would be most useful for you to bring your Apple laptop to class each week. The class size is limited to allow more interaction and focus. Additional practice time will be included each week.

43) Electric Vehicles and Related Technologies

Fri, 1/31-3/6, 12-2pm
Bldg: 31, Rm: 101 Limit: 25
Facilitator: Howard Andari

This class will focus on various aspects of Electric Vehicles (EVs), including the history of EVs, the technology involved, cost analysis, and how EVs compare to Hybrids, Plug-In Hybrids, and internal combustion engine cars. Because Tesla is currently the leader in US sales and technology, the class will naturally have an emphasis on developments related to Tesla, but will address other leading manufacturers as well. The class will also explore other related technological issues, such as self-driving car technologies and alternative energy sources besides lithium ion batteries such as hydrogen fuel cells. The class is presented in an easy to understand format using videos and does not require a technical background, and will incorporate broader discussions about how EVs impact the environment and whether global adoption of EVs will impact climate change.

44) Breakthrough: How Six Technologies Changed the World

Mon, 1/27-3/2, 2:30-4:30pm
Bldg: 19, Rm: 215 Limit: 32
Facilitator: Bob Ellis

Viewing the PBS series "Breakthrough" we will see and discuss the history of six technologies (telescopes, airplanes, robots, cars, rockets and smartphones) in that order. Today we take these technologies for granted but it took a long time to get here. The histories, some starting with the beginning of human civilization itself, are filled with the lives of the visionaries who were responsible for the technologies and scientific advances. Each week we will watch one hour-long episode. We will stop several times to discuss what we have just seen.

45) TED Talks

Fri, 1/31-3/6, 12-2pm
Bldg: 3, Rm: 119 Limit: 90
Facilitator: Chris Maxwell*

TED (originally devoted to Technology, Entertainment and Design) is a nonprofit devoted to spreading ideas, usually in the form of powerful talks lasting less than 18 minutes. Since its inception in 1984, TED's scope broadened to include a wide range of topics, from science to business to global issues. As a global community, TED believes in the power of ideas to change attitudes, lives, and ultimately, the world. To make great ideas accessible and spark conversation, thousands of talks are available for free on their website (www.ted.com). Each week we will view an assortment of thought provoking, innovative, or inspiring talks followed by a lively class discussion.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)
46) Armchair Adventures  
Tues, 1/28-3/3, 12-2pm  
Bldg: 3, Rm: 119  Limit: 90  
Facilitator: Barbara Brown*  
We'll travel the world without passports, expense, long airport lines or fatigue. Let's explore cultures, history and do lots of sightseeing on this wonderful planet of ours. We'll see new places every session.

47) Conversational Russian for Beginners  
Wed, 1/29-3/4, 9:00-10:30  
Bldg: 31, Rm: 101  Limit: 12  
Facilitator: Naiyla Almagambetova  
Are you planning to visit Russia but afraid to be "lost in translation" there? Do you want to surprise your Russian-speaking friends with your skills in conversing with them in Russian? Do you want to watch Russian Movies in an original language and understand the meaning of famous beautiful Russian songs? Do you want to learn Russian from a native Russian speaker in an informal, comfortable, and relaxed environment? Come to this class conversational Russian for the beginners. No textbooks required! Just your desire to learn the language which is spoken by more than 260 million people around the world.

48) Viking 2019 World Cruise  
Wed, 1/29-3/4, 2:30-4:30pm  
Bldg: 19, Rm: 215  Limit: 32  
Facilitator: Tom Green  
Please join Tom Green and vicariously relive his 4.5-month 2019 Viking World Cruise. After exploring the Viking Sun and its onboard amenities, learn about on-board enrichment activities and port excursions during the following five segments: Miami, Florida to Buenos Aires, Argentina; Buenos Aires, Argentina to Santiago, Chile; Santiago Chile to Sydney, Australia; Sydney Australia to Durban, South Africa; and finally Durban, South Africa to Greenwich, United Kingdom.

49) Gardening Topics  
Wed, 1/29-3/4, 12-2pm  
Bldg: 31, Rm: 101  Limit: 30  
Facilitators: Angie Mazella*, Lois Janowski, Wendy Ratner  
These gardening classes are presented in conjunction with the Yavapai County Master Gardener's Association. The next gardening class features 6 speakers on the following topics: controlling bugs in the garden, creating an edible landscape, growing and caring for irises, horticultural therapy, all about roses. There will also be a Chautauqua presentation of Rachel Carson. The speaker will take on the person of Rachel Carson and talk about her life and work.

50) The Everyday Gourmet  
Mon, 1/27-3/2, 12-2pm  
Bldg: 31, Rm: 101  Limit: 30  
Facilitators: Sandy Rackoff*, Marge Rubin*  
Bill Briwa is back again with his latest and last series of the Everyday Gourmet. Bill is the former chef and professor at the Culinary Institute of America at Greystone. In this two part series, we will be cooking with vegetables. He will cover carrots, summer squash, marvelous mushrooms, and fruits masquerading as vegetables to name a few. Join us for a fun filled adventure and lots of laughs and discussion.

51) Easy Basic Bridge  
Wed, 1/29-3/4, 12-2pm  
Bldg: 19, Rm: 225  Limit: 24  
Facilitator: Pam Gordon*  
Learn the basics of bridge in an easy, social atmosphere. Lots of playing time! No partner necessary, and NO CRITICISM ALLOWED.

*Master Facilitator (Facilitator who has offered 25 of more learning groups and workshops for OLLI)

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From the Curriculum Committee

Hello OLLI Members,

As you know, OLLI has volunteer Facilitators who spend much preparation time in putting together the best class we can for you. Preparation time includes research, organizing, phone calls and emails, and a myriad of other activities necessary to make the class a success. That is why it is very difficult when a Facilitator anticipates a certain number of students at a given class based on registration, only to have a significant number of those registered not show up for the actual class. Many times this happens without an email or other notification to the Facilitator or the OLLI office, or a last minute notification on the day of the class which gives no time to react. There are several problems which arise from “no-shows:” one, for example, is that there may be a waiting list for the class, and someone else could have taken your seat if there were adequate advance notice. Another problem arises on some field trips when the hosting unit, such as a working farm, charges a fee for the tour, resulting in the Facilitator having to pay for your spot out of their own pocket. We realize that there are always some last minute emergencies which unfortunately arise in everyone’s life. However, if there is no emergency, please respect the Facilitator and OLLI, and either plan to attend, or give at least a week or two notice if you do not plan to attend.

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OLLIs Financial Corner

Have you ever thought about the tremendous value OLLI offers its members? I have and I find the #’s astounding. Here we go: five sessions a year, 6 weeks per session, 4 classes per week with your deluxe $165 membership, 240 hours in class per year, which is 69 CENTs per hour. Compare that to Netflix, or a ticket to a play! Now consider the following: OLLI is adding evenings and weekends, 25 Technical Assistants, 24+ new Facilitators each year, 4 or more field trips, 90+ free workshops, a picnic, pie day, holiday brunch, social events, special interest groups, Interlude offerings, and 807 people to befriend! And you still don’t belong? Can’t be due to our high cost, or # of new topics, or lack of technical support, or # of facilitators or…. So what is it? We in OLLI are working hard to improve what we do. We hope you recognize and appreciate our results and join us, if you haven’t already.

Bill Miller, OLLI Finance Committee Chair
52) Poker Texas Hold’em  
**Tuesday, 1/28-3/3, 1-3:30pm**  
**Bldg: 30, Rm: 126  Limit: 10**  
**Facilitator: Pat Harder**

In this class you will learn how the game of Texas Hold’Em is played in casinos. You will be introduced to poker terminology, ranking of poker hands, table action, and other rules of the game. You will know when to bet, raise and fold the cards that are dealt to you. By the end of the session you will have played in live and tournament games for fun.

53) Poker Omaha Hi Lo  
**Wednesday, 1/29-3/4, 12-2:30pm**  
**Bldg: 30, Rm: 126  Limit: 10**  
**Facilitator: Pat Harder**

Knowledge of playing poker is a must. Omaha is a complicated poker game. In this class you will learn how the game of Omaha Hi Lo is played in casinos. You will be introduced to poker terminology, ranking of poker hands, table action and other rules of the game. You will know when to bet, raise and fold the cards that are dealt to you. By the end of the session you will have played in live and tournament games for fun. Note: the first week please come to the OLLI building - you will be playing in the kitchen that first week.

54) QiGong (Mon, Wed, Fri)  
**Monday, 1/27-3/6, 8:45-9:45am**  
**Facilitator: Vicki Barnes*  Limit: 20**

Meets at Unity of Prescott, 145 S. Arizona Avenue. Qigong is an ancient Chinese practice with many various forms. In this group, we do 21 movements to promote health and longevity. The movements are slow, gentle and easy to follow. They are practiced while following your breathing and keep one flexible and balanced as well as giving a sense of well-being. In the warmer weather, the group meets in the Labyrinth Garden.

55) Live a Balanced Life  
**Wednesday, 1/29-2/26, 5:30-7pm**  
**Bldg: 30, Rm: 225  Limit: 18**  
**Facilitator: Sharon Harvey**

This learning group will address balance issues, and how bio-mechanics and our neuromuscular system puts that all together. The facilitator will teach a practical way to regain correct posture to help regain balance and reduce or prevent joint injuries by corrective exercise.

56) Strenuous Hiking  
**Wednesday, 1/29-3/4, 9am-12:30pm**  
**Facilitators: Lisa Garnes, William Garnes  Limit: 16**

Bundle up and enjoy one of the most beautiful times of year to be outdoors and hike! It is essential that you be able to hike 6-8 miles on uneven, rocky and sometimes steep terrain. We will be hiking at a moderate pace with frequent stops and a short break. Hikes will typically last approximately 3 hours plus travel time to the hike’s start location. In this session, depending on the weather, we may travel to Black Canyon City or the Verde Valley for one or two hikes in search of a warmer and drier trail. The meeting place for the first hike will be announced before the hike. I hope you will join us!

57) Power Poling – Using Two Hiking Poles More Effectively  
**Thursday, 1/30-2/20, 12-2pm**  
**Facilitator: John Walsh  Limit: 7**

Can the effective use of two hiking/trekking poles give you more power and stability during your hike? This course will answer this question and more for hikers wishing to improve their trail experience. The techniques taught are a combination of those used in Nordic walking as well as those developed by the facilitator during years of trail poling. First sessions will be held at Vista Park (intersection of Sarafina Dr. and Juliana St.) in North Prescott. Later sessions will be held on local trails. If you have 2 hiking poles with rubber feet attachments, bring them. If not, loaners will be provided. Wear appropriate hiking clothes and shoes. There will be a discussion of what to look for when buying a set of poles. Easy to moderate trail hiking will be involved.

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**Field Trip:**

**Come From Away**  
**Saturday, 5/30, 10am-6pm  Limit: 20**  
**Facilitator: Dianne and John Kuzminski**

This New York Times Critics’ Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them in the week following the September 11 attacks. Cultures clashed and nerves ran high, but uneariness turned into trust, and the story of a dying town, its people, and a dance that brought them together will warm you to the heart. Come From Away received by audiences and critics as a cathartic reminder of the capacity for human kindness in even the darkest of times and the triumph of humanity over hate. We will leave earlier than usual, to accommodate a lunch stop at the Anthem outlet mall, for lunch on your own (you could also bring a bag lunch.) Member price: $120, Non-member price: $130, includes bus and ticket in the Grand Tier, lunch is on your own and we will be back in Prescott by dinner time.

**Cancellation Policy:** Cancel 60 days prior to the trip, trip cost refunded less $10. Cancel between 59 and 14 days of the trip, trip cost refunded less the cost of the entrance fee or ticket (varies per trip). No refunds 13 days or less before the trip.

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**Tell your friends and neighbors about OLLI!**

- We are looking for New OLLI members! If a current member brings a friend to join OLLI at the $165 membership level, we will give that member a voucher worth $25 off your next $165 membership renewal.
- Pick up extra schedules from the office
- Share them with your neighbors and friends

Spread the word! OLLI is the best deal in town, and a wonderful addition to anyone’s retirement plans!

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If Yavapai College is closed due to weather, OLLI is also closed.  
Sign up for YCAalert!
Is getting to your OLLI learning group on campus a challenge because of a disability?

For those who need assistance in finding appropriate parking and getting to your classroom, we offer the following information.

Disability parking is located at the second floor level behind Buildings 3 and 4 and in parking lot M. You must have a disability permit to park in these areas. You may take the elevator in Buildings 2, 3 and 4 to the first floor level.

If there are any other disability concerns or requests for accommodations, please do not hesitate to contact Disability Resources for assistance... 776-2079.