



OLLI
Online

**You Can.
We Can.
Together.**
Yavapai
COLLEGE

Winter 2021 Schedule | January 25-March 5



WINTER 2021 SCHEDULE



A New Year, New Hope

2020 has been a challenging year. It has been nine months since we've been able to get together on campus and it will be awhile longer, but I am optimistic about 2021. The news about vaccines for Covid-19 and the treatments for those who get Covid-19 shine some light to the tunnel's end.

This Winter OLLI session catalog will offer an Epidemiology course by a new OLLI facilitator, John Acquavella PhD. John has spent his career in Epidemiology, which is the study of the distribution and determinants of disease in human populations. He will not only talk about our current pandemic but provide insight into help us understand vaccines and if and why we should consider getting vaccinated when we can.

Your support during these times has been critical to our survival as your local source for lifelong learning. We are grateful for your membership and sincerely appreciative of any additional support you have provided.

This will be a better year. We will be able to see each other sometime later this year. Stay positive, stay safe, stay healthy.

Michael J. Gunn
Chair, Governing Council

Vision: Extending and improving the quality of life

Mission: Provide lifelong learning and social connections

Membership Fee Options

- + Annual Deluxe Membership for \$165 includes 4 free learning groups per session, and unlimited free workshops.
- + Annual Basic Membership for \$65 includes unlimited free workshops, learning groups are \$30 each.
- + Holiday Membership Special for \$25, includes a 6-week membership, one 6-week class, and unlimited workshops and Munch and Learns.

Sedona/Verde Valley OLLI Class Exchange!

The Prescott and Sedona/Verde Valley OLLI have collaborated to offer each respective group access to the other's online classes. Registration for Sedona OLLI classes and workshops will open up on **December 14** to Prescott OLLI members. All Prescott OLLI members will pay alacart for the Sedona classes (\$30 for classes, \$15 for workshops.) Prescott OLLI Deluxe members will only get free classes from the Prescott OLLI list of offerings. Likewise, Sedona/Verde OLLI members will be allowed to enroll in Prescott learning groups and workshops starting **December 14**. They will also pay our class fees to attend.

Winter 2021: Online OLLI

Monday	Time	Zoom-Based	#
1/25-3/1	9-10:30am	African American Experience in the US Military	15
1/25-3/1	12-1pm	Meditating with Mystics	28
1/25-3/1	12-1pm	Thinking Outside the Sphere (Zoom)	38
2/1	12-1:30pm	Container Gardening	K
2/8	12-1:30pm	Gardening Questions Answered	L
1/25-3/1	1:15-2:15pm	Armchair Adventures	43
1/25-2/8	2:30-3:30pm	Monitoring Your Health with Apple Watch & iPhone	25
1/25-3/1	2:30-3:30pm	Thinking Allowed- Conversations on the Leading Edge	33
1/25-3/1	2:30-3:30pm	Food for Thought	40
1-Feb	2:30-4pm	Facilitator Workshop: Online Design	M
2/22	2:30-4pm	Tips For Living With Vision Loss	R
2/8	5:30-7:30pm	Astronomy - What's Up?	T

Tuesday	Time	Zoom-Based	#
1/26-3/2	9-10:30am	Does Nuclear Energy Have a Future?	24
1/26- 2/9	9-10:30am	Living Intentionally	32
1/26-2/16	9-10am	Travel By You--Oh The Places You've Been	42
1/26	9-11am	Switching Email Providers	H
1/26-3/4	10-11am	Lost Christianities Pt 1 of 2	27
1/26-2/16	10-11:30am	Understanding Grief	35
1/26-3/2	11am-12:30pm	T'ai Chi - Ongoing Only	45
1/26-2/16	12-1pm	Thinking like an Epidemiologist	17
1/26-3/2	12-1:30pm	Foreign Affairs	10
1/26-3/2	1:15-2:15pm	Journey To New Ideas	7
1/26-3/4	2:30-3:30pm	macOS Big Sur - new features	26
1/26-2/16	2:30-3:30pm	John Paul Stevens: SCOTUS (Zoom)	8
1/26-2/2	2:30-4pm	Track Your Trek - Introduction	21
1/26-3/2	2:30-4pm	Zentangle	37

Wednesday	Time	Zoom-Based	#
1/27-2/17	9-10am	Renewable Energy for Electric Generation	20
1/27-3/3	9-10:30am	Writing Poetry	5
1/27-2/17	12-1pm	Greece: Spirits of the Ancients®	13
1/27-3/3	12-1pm	Guided Meditation Hour	36
1/27-3/3	12-1:30pm	Hidden Gems of the Western USA	41
1/27-3/3	1:15-2:15pm	Travels with a Frick Museum Curator	14
1/27-3/3	2:30-3:30pm	Comedies to REALLY forget the Pandemic	3
2/17	2:30-3:30pm	3D Printing Update	O
2/3-3/3	2:30-4pm	Women of the Maple Leaf	4
2/3	2:30-4pm	Medicare Made Easy	N
24-Feb	2:30-4pm	The Gig Economy	Q

Thursday	Time	Zoom-Based	#
1/26-3/4	10-11am	Lost Christianities Pt 1 of 2	27
1/28-3/4	10:30-11:10am	Learn to Heal Your Life & Relationships Pt I	34
1/28	12:30-2pm	Munch & Learn: A Wild Story of Howard Hughes	C
2/4	12:30-2pm	Munch & Learn: Howard Hughes Pt 2	D
2/11	12:30-2pm	Munch & Learn: Prescott Haunted?	E
2/18	12:30-2pm	Munch & Learn: Route 66	F
2/25	12:30-2pm	Munch & Learn: Diving Adventures, SCUBA, Photography	G
1/28-2/4	2:30-3:30pm	Tech Topics: Math Models & Research Funding	19
1/21	2:30-3:30pm	New Member Orientation	A
1/28	2:30-3:30pm	Common Read - There There by Tommy Orange	J
1/26-3/4	2:30-3:30pm	macOS Big Sur - new features	26
1/28-3/4	2:30-4pm	The Four Agreements	29
1/28-3/4	2:30-4:30pm	Telling Your Stories: Writing your Memories	6

Friday	Time	Zoom-Based	#
1/29-3/5	9-10am	Native Peoples of North America Pt 2 (Zoom)	11
1/29-3/5	9-9:40am	Enlightenment: The Rest of the Story (Zoom)	30
1/29	9-11am	Switching Email Providers	I
1/29-2/26	10-11am	Foreign Films	2
2/12	10-11am	Virtual Tour of Embury Riddle	V
1/29-2/19	12-1pm	Thinking like an Epidemiologist	18
1/29-3/5	12-1pm	TED Talks Online Version	22
1/29-3/5	2:30-3:30pm	TED Talks Online Version	23
1/29	2:30-4:30pm	Understanding Gmail	U

Saturday	Time	Zoom-Based	#
1/30	10-11:30am	Brunch & Learn: Vinny Continues with The Beatles	B

Email Only Options	#
How to Listen to and Understand Great Music Part 4	1
Native Peoples of North America Pt 2	12
Great Courses Potpourri	16
Enlightenment: The Rest of the Story	31
Thinking Outside the Sphere	39
OLLI Photo of the day	44
John Paul Stevens: SCOTUS	9
Eroica: Beethoven's 3rd Symphony	P
Tips For Living With Vision Loss	S

Winter 2021: Online OLLI Learning Groups

1) HOW TO LISTEN TO AND UNDERSTAND GREAT MUSIC PT 4

Method: Email only **Limit:** 30
Facilitator: Nancy Dubow

This class provides access to companion notes and music links as a prelude, an introduction, into Robert Greenberg's Great Course entitled *How to Listen to and Understand Great Music*. Part 4 covers 19th century Italian and German opera, the concert overture, Romantic era nationalism, and introduces early 20th century modernism. Composers include Verdi, Wagner, Tchaikovsky, Mendelssohn, Chopin, Liszt, Brahms, Grieg, Glinka, Rimsky-Korsakov, Debussy, Stravinsky, and Schoenberg. Though we may not be viewing his stellar lectures together, you will learn a lot about music, listen to great music, and we hope you'll see the lectures as a group at a future time when it is safe to do so. In the meantime, you will be able view them free of charge from your home on the Great Courses website using OLLI's account.

2) FOREIGN FILMS

Method: Zoom **Limit:** 20
Friday, 1/29-2/26, 10-11am
Facilitators: Lydia Garrett*, Bill Haas, Ellie Laumark

We will soldier on meeting virtually to discuss the "Foreign Film of the Week", as usual I will try to get fairly recent films. You will get the list of the selected films at least a week before class starts for the weeks chosen. Once a week we will meet via Zoom for an hour to discuss that film. If possible the streaming availability is mentioned, though the streaming services have a knack of changing on short notice. You can also check out the free service through the Library, Kanopy, it is not difficult to access, but you must have a local library card. Further, Randi's lending service Show Business, on Goodwin in Prescott (across from Goodwin Plaza) has quite a few films, foreign and US. He is open during the week from noon to 6 p.m. Keep well, keep busy, and keep in touch!

3) COMEDIES TO REALLY FORGET THE PANDEMIC

Method: Zoom **Limit:** 16
Wednesday, 1/27-3/3, 2:30-3:30pm
Facilitator: Saul Fein*

It is still Pandemic time...so what is better than some of the best comedies to forget you are stuck in the house and cannot hug anyone except for that bottle of wine. This semester we will watch, laugh, and discuss, the following films: *History of the World, Part 1*, *High Anxiety*, *The Jerk*, *Spaceballs*, and *Blazing Saddles*. So relax, stay healthy, and let's meet at the movies.

4) WOMEN OF THE MAPLE LEAF

Method: Zoom **Limit:** 20
Wednesday, 2/3-3/3, 2:30-4pm
Facilitator: Carol Hammond*

Learn more about the contributions women made to the story of Canada—through literature, art, politics and song. Some are famous, others not so well-known; some left a legacy, others are making an impact in the 21st century. Last meeting we will have an early celebration of International Women's Day (March 8). **Note:** class starts a week late.

5) WRITING POETRY

Method: Zoom **Limit:** 10
Wednesday, 1/27-3/3, 9-10:30am
Facilitator: Jim Veney*

This class will look at the writing of poetry. Included will be short poems and haikus, free verse poems, rhymed poems, nonsense poems and whatever. Participants will be urged to try their hand at each of the poetry types and read their work in the classroom setting. Participants are encouraged to have their camera on during zoom meetings.



6) TELLING YOUR STORIES: WRITING YOUR MEMORIES

Method: Zoom **Limit:** 10
Thursday, 1/28-3/4, 2:30-4:30pm
Facilitator: Becky Gunn

One way of remembering events in your life is by writing them down. In doing so, you tell your story. In a supportive and constructive environment, each week class participants will write a short thematic essay about their lives. We will share our pieces and provide friendly feedback. This class is for those wishing to begin to write their 'memoirs' and for those who have previously taken the Writing Memoirs class.

7) JOURNEY TO NEW IDEAS

Method: Email with Optional Zoom
Limit: 50
Tuesday, 1/26-3/2, 1:15-2:15pm
Facilitator: Barbara Brown*

Please join me on a journey into the world of ideas. Each week we will explore a different subject: History, Animal Behavior, Space, Mega Projects, Art, Architecture or even Aging. No week will be the same. I will send the videos out on Saturday and then we'll meet the next week for an optional Zoom discussion.

Winter 2021: Online OLLI Learning Groups

8) JOHN PAUL STEVENS: HOW AND WHY WE SHOULD CHANGE THE CONSTITUTION

Method: Zoom **Limit:** 20
Tuesday, 1/26 - 2/16, 2:30-3:30pm
Facilitator: Ed Wisneski*

The class will examine and discuss the insightful, remarkably candid observations of former Supreme Court (SCOTUS) justice John Paul Stevens on issues still prominent today. After he retired in 2010 as the second oldest (90) and third longest-serving jurist (35 years) in SCOTUS history, he remained extraordinarily active until his death in 2019, giving interviews, speeches, and writing three books, including *Six Amendments: How and Why We Should Change the Constitution*. He expressed unabashedly frank observations on gerrymandering, healthcare, proportionality of crimes to sentences, capital punishment, the size of the court, the Second Amendment, abortion, gay rights, environmental regulations, affirmative action, separation of church and state, originalism, SCOTUS nominee hearings, and other subjects. The class will hear his comments on his former cases such as Bush-Gore in 2000 and Citizens United in 2010 (when he wrote the last of his 720 dissents in his career, a SCOTUS record) as well as blunt evaluations of past colleagues and present judges. Stevens also offers inside information on how SCOTUS conferences operate and the process of writing majority and opposing opinions.

9) JOHN PAUL STEVENS: HOW AND WHY WE SHOULD CHANGE THE CONSTITUTION

Method: Email only **Limit:** 30
Facilitator: Ed Wisneski*

See Class #8 (this is the email only version.)

10) FOREIGN AFFAIRS

Method: Zoom **Limit:** 20
Tuesday, 1/26-3/2, 12-1:30pm
Facilitator: John Lowe

We will get together virtually to hold informal, unstructured wide-ranging discussions weekly about Foreign Affairs and relevant topics, facilitated by John Lowe. My objective with this new format is to promote more interaction and open discussion among class members. The class will determine the agenda. The Facilitator will assign Volunteers, and allocate the time-slots when the class meets. Class members may volunteer to lead discussions on issues/topics of interest, but is not mandatory. If a Volunteer wishes to augment their discussion/presentation with pictures/charts/graphs, they will be shared during the class via Zoom, or the Facilitator will email the materials in advance. Please join the conversation, share your knowledge, your point of view, and questions.

11) NATIVE PEOPLES OF NORTH AMERICA PT 2

Method: Zoom **Limit:** 20
Friday, 1/29-3/5, 9-10am
Facilitators: Deb Dillon*, Mark Dillon

Great Courses has partnered with Smithsonian to provide a multidisciplinary view of American history, revealing new perspectives on the historical and contemporary experiences of Indigenous peoples, and their significant impact on the history of our country across a timespan of more than 500 years. You will be able to watch the series for free, online on your own, through OLLI's account with Great Courses, and then enjoy a weekly discussion. Note: Participants from Fall 2 get priority enrollment.

12) NATIVE PEOPLES OF NORTH AMERICA PT 2

Method: Email only **Limit:** 30
Facilitators: Deb Dillon*, Mark Dillon

See Class #11 (this is the email only version.)

13) GREECE: SPIRITS OF THE ANCIENTS®

Method: Zoom **Limit:** 20
Wednesday, 1/27-2/17, 12-1pm
Facilitators: James Stathis, Cynthia Daddona

This class will show case only some of the amazing times, stories and accomplishments from ancient Greece and celebrate the Republic of Greece's bicentennial in 2021. So, pull up a seat, a Big-Fat Greek Salad and enjoy. Topics will include: the Olympics and the other ancient Greek athletic games; the fabled Greek island of Corfu, Greece, with ancient historical highlights and Easter traditions on Greece's day of celebration; ancient inventions and innovations from Greece, and their influences on the world; and famous ancient battles. 2021 is the 2,500th anniversary of Persian King Xerxes' invading army challenging famed King Leonidas and his 300 Spartans at the Battle of Thermopylae as well as Athenian General Themistocles' victorious naval Battle at Salamis. The Battle of Salamis is famous for Athens' use of the Trireme battleship. The class will view the only existing 4K aerial video of the 2019 sea trials (Greece) of the Olympias, the only existing full-scale trireme replica.

14) TRAVELS WITH A FRICK MUSEUM CURATOR

Method: Email with Optional Zoom
Limit: 50
Wednesday, 1/27-3/3, 1:15-2:15pm
Facilitator: Barbara Brown*

Travel the globe with the Frick as your tour guide! Join a Frick curator for an exciting virtual journey to cultural and historic sites such as Westminster Abby, Chantilly in France, Genoa, the Japanese Palace in Dresden, Jericho, Warsaw, Rome and more. You will receive a list of links weekly, and can join the optional zoom for discussion.

Winter 2021: Online OLLI Learning Groups

15) AFRICAN AMERICAN EXPERIENCE IN THE US MILITARY

Method: Zoom **Limit:** 20
Monday, 1/25-3/1, 9-10:30am

Facilitator: Jim Veney*

From Crispus Attucks to Collin Powell, African Americans have been an active part of the US military. This class will explore their military contributions and the difficulties they faced in making those contributions.

16) GREAT COURSES POTPOURRI

Method: Email only **Limit:** 90
Facilitator: Patricia Berlowe

While we are all waiting patiently (impatiently?) to be able to come together in person again, here is a new class offering - Great Courses Potpourri. Over the years OLLI has purchased many titles from Great Courses to use in our classrooms. We have access to 128 titles that can be streamed from your home. If you sign up for this class, you will be given access to the Prescott OLLI account, and can stream at will for the session. There is music, history, mindfulness, science, travel. Although we won't meet to discuss in a formal way, you could certainly collaborate with friends, pick titles, and discuss on your own!

17) THINKING LIKE AN EPIDEMIOLOGIST

Method: Zoom **Limit:** 20
Tuesday, 1/26-2/16, 12-1pm

Facilitator: John Acquavella PhD

Epidemiology is the study of the distribution and determinants of disease in human populations. This lecture series will detail the technical nuances for interpreting epidemiologic data correctly so you can think like an epidemiologist about public health issues. Examples will be taken from Covid-19 research, the great historical epidemics, and other areas of epidemiologic research.



18) THINKING LIKE AN EPIDEMIOLOGIST

Method: Zoom **Limit:** 20
Friday, 1/29-2/19, 12-1pm

Facilitator: John Acquavella PhD

See Class #17 (note: this is a repeat of Class #17)

19) TECH TOPICS: MATH MODELS & RESEARCH FUNDING

Method: Zoom **Limit:** 15
Thursday, 1/28-2/4, 2:30-3:30pm

Facilitator: Bob Ellis

This class is not about math models nor scientific research; it is about results and funding implications. Math models have been used a lot lately to predict outcomes of, for example pandemics and elections, but sometimes they don't seem to be very accurate – why? As we will see the accuracy of math models depends on many things ranging from accuracy to validation. Machine learning is also being used to improve accuracy. It's very difficult to validate a model for something that has not been seen before as with the coronavirus pandemic. Funding for research is provided by governments, educational institutions, commercial organizations, and private philanthropy. But what do we gain? We gain a lot, for example the development the Internet as we know it was greatly helped by US Departments of Defense and Commerce funding. We will look at funding issues and results.

20) RENEWABLE ENERGY FOR ELECTRIC GENERATION

Method: Zoom **Limit:** 15
Wednesday, 1/27-2/17, 9-10am

Facilitator: Thomas McColloch

Utilities across the United States continue to transition from fossil fuels to renewable energies to generate the electricity that we use every day. This is being done to reduce carbon dioxide emissions and minimize the impact on climate change. This class will review renewable energy technology, including geothermal, biomass, hydro, wind and solar. The opportunity to effectively employ these technologies varies greatly across the country, and we will look at the geographic regions where each can best be utilized. We will look at Arizona in particular, and see which of the renewables can be economically developed in our state. Several states have set goals to have all of their electricity generated with renewables, and we will look at how they can transition away from conventional fossil fuel generation. Renewable energy is in our future!

Winter 2021: Online OLLI Learning Groups

21) TRACK YOUR TREK - INTRODUCTION

Method: Zoom Limit: 15
Tuesday, 1/26-2/2, 2:30-4pm

Facilitators: Mark Troester, Michael Gunn

Hiking in Prescott is amazing. Join us to explore using the City of Prescott Trail map in Avenza an Android/iPhone free app. The first session will show how to download Avenza and the Prescott Trail map. Session two will demonstrate plotting and recording a hike.

22) TED TALKS ONLINE VERSION

Method: Zoom Limit: 21
Friday, 1/29-3/5, 12-1pm

Facilitator: Chris Maxwell*

TED is a nonprofit devoted to spreading ideas in the form of powerful talks lasting less than 18 minutes. To make great ideas accessible and spark conversation, thousands of talks are available for free on their website (www.ted.com). Since we can't meet in person to view the talks together, you'll receive an email with the Zoom meeting link, background information, links to the 3-4 talks you need to watch before our scheduled discussion, plus questions for you to keep in mind while viewing the talks on your own. We will meet once a week to share a lively discussion on the thought provoking, innovative, and inspiring talks.

23) TED TALKS ONLINE VERSION

Method: Zoom Limit: 21
Friday, 1/29-3/5, 2:30-3:30pm

Facilitator: Chris Maxwell*

See class #22 (note: this is a repeat of Class #22)

24) DOES NUCLEAR ENERGY HAVE A FUTURE?

Method: Zoom Limit: 20
Tuesday, 1/26-3/2, 9-10:30am

Facilitator: Jim Kendall

The class will provide a non-technical overview of six topics: radiation health effects, early research and demonstration reactor deployment in the US, commercial power reactor deployment in the US, the Three Mile Island accident, advanced reactor research and development, and future initiatives, covering one topic per class. For each class, an initial presentation will be provided using the share screen function, with questions allowed, followed by a discussion session. The material provided using screen share will be distributed to participants in advance of the class.

25) MONITORING YOUR HEALTH WITH APPLE WATCH & IPHONE

Method: Zoom Limit: 10
Monday, 1/25-2/8, 2:30-3:30pm

Facilitator: Frank Croft

The Health App for the Apple iPhone was first released in 2014 and created a great place to begin to gather your health records. The first Apple Watch was released in 2015 which began the collection of heart rate and movement statistics. Apple has continued adding other health related sensors to the watch, and expanded the Health App on the iPhone to include the measurements those sensors are collecting, as well as other records from other doctors and specialists. This class will explore these sensors and measurements and how to get more from them and understand the information. You must have an Apple Watch Series 3 or later, and an Apple iPhone 6 or later.

26) MacOS BIG SUR - NEW FEATURES

Method: Zoom Limit: 30
Tuesday & Thursday, 1/26-3/4, 2:30-3:30pm

Facilitators: John R Carter Sr, Frank Croft

What's the big deal about Big Sur? Should you upgrade so soon? Is there really any benefit to staying up to date? How much is really new that I have to learn? Will it work with my old, slow computer? And will all my apps still work? How difficult is it to do the upgrade and how long will it take? These and other questions are going to be answered in this six-week learning group led by John Carter and Frank Croft.

27) LOST CHRISTIANITIES - CHRISTIAN SCRIPTURES AND THE BATTLES OVER AUTHENTICATION PT 1 OF 2

Method: Zoom Limit: 15
Tuesday & Thursday, 1/26-3/4, 10-11am

Facilitator: John Kohlenberger*

In this learning and discussion group, video Prof. Bart Ehrman, PhD. will introduce participants to some recently discovered books that many early Christian churches followed, which the Orthodoxy did not ultimately include in the official Church Canon in the third and fourth centuries because they were labeled "heretical." We will discover what both Jewish and non-Jewish Christians thought, as well as the views expressed by some of the Gnostic Christians, as found in the Gospel of Truth, the Infancy Gospels, and the Gospels of Peter, Thomas, and Philip. We will also be introduced to the Apocryphal Acts and Apocryphal Epistles, allegedly written by the Apostle Peter and others.

28) MEDITATING WITH MYSTICS

Method: Zoom **Limit:** 15
Monday, 1/25-3/1, 12-1pm

Facilitator: Becky Gunn

Mystics have a way of saying or writing their thoughts in ways that evoke the soulful and spiritual. Mystics have existed in every faith since the beginning of time. Each week participants will be given three readings to review prior to the class. The process for the class will include reading each piece, moving into silence and then verbally sharing what the reading evoked. Mystics will include Thomas Merton, Rumi, Richard Rohr, Kabir, selections from the Upanishads, Rilke, Hillel, Hildegard of Bingen, Rabindranath Tagore and others. Come share some silence, thought, and mutual reflection.



29) THE FOUR AGREEMENTS

Method: Zoom **Limit:** 20
Thursday, 1/28-3/4, 2:30-4pm

Facilitator: DeeDee Freeman

Don Miguel Ruiz, a Toltec shaman and medical doctor, was born and raised in rural Mexico. In his book, *The Four Agreements*, he reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Toltec wisdom arises from the same essential unity of truth as all the sacred esoteric traditions found around the world. Though it is not a religion, it honors all the spiritual masters who have taught on the earth. While it does embrace spirit, it is most accurately described as a way of life, distinguished by the ready accessibility of happiness and love. Though this wisdom remained hidden for hundreds of years, ancient prophecies foretold the coming of a time when it would be necessary to return this wisdom to the people. Following the book and related videos, we will discuss how to apply the Four Agreements in our daily life.

30) ENLIGHTENMENT: THE REST OF THE STORY

Method: Zoom **Limit:** 15
Friday, 1/29-3/5, 9-9:40am

Facilitator: Karl Krumins

The quest for enlightenment has been perhaps the least successful of all human endeavors. The word "enlightenment" itself means different things to different people, since we each come from unique experiences and history. In contemporary spiritual circles, Enlightenment is seen as the ultimate cure to life's inevitable pains and distresses. Our culture of instant gratification tells us we need enlightenment now. But with that approach we lose the long view, the value of maturing into wisdom. This class takes a look at the nature of enlightenment from a broader perspective.

31) ENLIGHTENMENT: THE REST OF THE STORY

Method: Email only **Limit:** 20

Facilitator: Karl Krumins

See Class #30 (this is the email only version.)

32) LIVING INTENTIONALLY

Method: Zoom; Zoom and I will provide handouts via email.
Limit: 12

Tuesday, 1/26- 2/9, 9-10:30am

Facilitator: Frederick Kester

This will be a discussion class not a lecture. Your participation is what will make this class meaningful and rewarding for everyone. The ideas may or may not be true but a "lens" we can use to learn a new perspective on our lives. Living on Purpose or Living Intentionally, examines authors like Lao-Tzu, Ernest Holmes, Eric Butterworth and Edwene Gaines, and Buddhism, and their philosophy of living in the flow of "life." Living on Purpose is about living from the "inside" out (creating what you want; instead of settling for what you get). We will discuss the nature of reality how we fit into the big picture, how the quantum field plays a part, also the physical laws as well as spiritual laws and how they impact our daily lives. Often times, we have to let go of past learning, ideas, and beliefs to embrace the new. This class is NOT about any religious philosophy. It is about YOU and how you could possibly approach life as a whole new adventure.

Winter 2021: Online OLLI Learning Groups



Important Dates

Spring 1 Jan 25 – March 5

Spring 2 April 5 – May 14

33) THINKING ALLOWED-CONVERSATIONS ON THE LEADING EDGE OF SCIENCE AND PSYCHOLOGY

Method: Zoom **Limit:** 20
Monday, 1/25-3/1, 2:30-3:30pm

Facilitator: DeeDee Freeman

The Thinking Allowed channel exclusively features interviews and occasional archival videos with guests that include leading figures in philosophy, psychology, health, science, and spirituality, with a healthy and respectful emphasis on parapsychology. Thinking Allowed host, Jeffrey Mishlove, PhD, is author of *The Roots of consciousness*, *Psi Development Systems*, and *The PK Man*. He is the recipient of the only doctoral diploma in “parapsychology” ever awarded by an accredited university (University of California, Berkeley, 1980). Between 1986 and 2002 he hosted and co-produced the original Thinking Allowed public television series. He is also past-president of the non-profit Intuition Network, an organization dedicated to creating a world in which all people are encouraged to cultivate and apply their inner, intuitive abilities.

34) LEARN TO HEAL YOUR LIFE & RELATIONSHIPS PT I

Method: Zoom **Limit:** 20
Thursday, 1/28-3/4, 10:30-11:10am

Facilitator: Kimberly Clark RN

A self-examination of how dis-ease is created by negative thoughts and counter-productive “self-talk.” Learn to recognize how positive thoughts can increase health, happiness and satisfaction in your everyday life, work and relationships. Increase self-awareness. Increase your life potential.

35) UNDERSTANDING GRIEF

Method: Zoom **Limit:** 12
Tuesday, 1/26-2/16, 10-11:30am

Facilitator: Susan Drysdale

Grief is a universal experience occurring in every life. Therefore, this class is useful whether you are grieving a recent loss, still grieving a loss from the past, or realize that the information will be helpful in the future. Grief can result from various types of losses including the death of a loved one as well as various transitions such as retirement, divorce, moving to a new location, etc. This class will cover normal and complicated grief reactions, as well as the reasons for the latter. Grief tasks, steps, stages and coping skills will be discussed. The class will be experiential as well as educational. There will be opportunities to share if so desired. Most importantly, the individual nature of the grief experience will be stressed. Susan Drysdale, PhD, has 30 years of experience in the field of mental health.

36) GUIDED MEDITATION HOUR

Method: Zoom **Limit:** 20
Wednesday, 1/27-3/3, 12-1pm

Facilitator: DeeDee Freeman

The intention for this learning group is to provide a midweek break to relax and go deeper into ourselves. There are no books or suggested reading. Each week we will briefly discuss the meditation and practice the meditation method for 30 to 40 minutes. We will start with the traditional Buddhist meditation “Loving Kindness.” After that, we will practice whatever methods the participants request.

37) ZENTANGLE

Method: Zoom **Limit:** 12
Tuesday, 1/26-3/2, 2:30-4pm

Facilitators: Kathy Dudek*, Joe Dudek

Zentangle® is an easy-to-learn, relaxing way to create beautiful images by drawing structured patterns. The Zentangle® method is a journey of self-discovery and requires no artistic ability. Students are encouraged to explore and embrace their individual styles, there is no “right” or “wrong”; and, Zentangle® is a proven method for mindfulness. It fosters self-esteem, focus, relaxation and stress reduction. People around the world are learning the Zentangle® method from Certified Zentangle Teachers (CZTs). Joe and Kathy Dudek are certified CZTs and have been successfully teaching for many years. A supply kit is available from the facilitators for \$15, we will make arrangements for pick up before the class starts.

38) THINKING OUTSIDE THE SPHERE

Method: Zoom **Limit:** 30
Monday, 1/25-3/1, 12-1pm

Facilitator: Chris Maxwell*

Why do we always need to think outside the box – why not another shape? Keep your mind sharp and have fun engaging in a variety of mental activities. Stretch and challenge your thought processes by working individually and cooperatively to solve assorted puzzles and perform assorted activities (such as memory and observation skills, riddles and brain teasers, mysteries, language and logic puzzles, and more.) Enjoy a stimulating and entertaining mental workout for your brain plus a healthy dose of humor. Some of the activities may have been used in previous classes – but what are the chances that you will actually remember the solutions?

39) THINKING OUTSIDE THE SPHERE

Method: Email only **Limit:** 60
Facilitator: Chris Maxwell*

See Class #38 (this is the email only version.)

Winter 2021: Online OLLI Learning Groups

40) FOOD FOR THOUGHT

Method: Zoom **Limit:** 15

Monday, 1/25-3/1, 2:30-3:30pm

Facilitators: Marge Rubin*, Sandy Rackoff*

Join us as we continue to explore tips, tricks, hacks and travel, all food related. We will continue to have cooking assignments for homework, which we have all enjoyed.

41) HIDDEN GEMS OF THE WESTERN USA

Method: Zoom **Limit:** 20

Wednesday, 1/27-3/3, 12-1:30pm

Facilitator: Bill Maxwell*

Most folks know about the great National Parks in American West. But, do you know about the Valley of Fire, the Bisti Wilderness, Tent rocks or Anza Borrego. Whether you are an armchair traveler or someone who never unpacks, come join Bill in traveling to the "Hidden Gems of the Western USA." Bill will try to provide information as well as fun stories about his experiences traveling to these "Hidden Gems." Maybe you will find some new destinations to add to your bucket list! Please note that we have already covered Utah and Arizona in an earlier class.

42) TRAVEL BY YOU--OH THE PLACES YOU'VE BEEN

Method: Zoom **Limit:** 12

Tuesday, 1/26-2/16, 9-10am

Facilitators: Mary Ann Schaffer, Joe Schaffer

Join us on Zoom to learn about interesting destinations from your fellow travelers. Each week 2-3 class participants will make a presentation on their favorite place to visit, either in the U.S. or anywhere in the world. The facilitators will provide an outline for presentations. There will be plenty of opportunities for class participants to ask questions and make comments after each presentation. We look forward to discovering new places to travel when the world is open to us again. Let's have fun together and learn from each other.

43) ARMCHAIR ADVENTURES

Method: Email with Optional Zoom

Limit: 50

Monday, 1/25-3/1, 1:15-2:15pm

Facilitator: Barbara Brown*

We'll travel the world without passports, expense, long airport lines or fatigue. We will explore cultures, history and do lots of sightseeing on the wonderful planet of ours. We'll see new places every session. You will receive a list of links weekly, and can join the optional zoom for discussion.

44) OLLI PHOTO OF THE DAY

Method: Email only **Limit:** 90

Facilitator: Bill Maxwell*

Receive a new photo in your e-mail each day from Bill Maxwell (facilitator of many photo and travel classes). The photos will be landscapes, animals, people or abstracts. Bill will include information about the photo (where it was taken, the story behind the photo, why it is important to him, or will just make up something). You can respond with comments to Bill or the entire group.

45) T'AI CHI - ONGOING ONLY

Method: Zoom **Limit:** 10

Tuesday, 1/26-3/2, 11am-12:30pm

Facilitator: Arlo Chan

Yang Style Long Form incorporates 108 postures. With more than 44 years of practice, 25 years under Master Mary Chow and 18 years of teaching experience, Arlo Chan has a 5th generation, direct lineage to Yang Lu Chan, the founder of Yang Style T'ai Chi. Learn this gentle yet powerful art in a dynamic group setting. NOTE: this class is only open to on-going students. Contingent on campus Covid Status.

Special Interest Groups

Participation in a SIG group is **FREE** to all current OLLI members.

SPECULATIVE & FANTASTIC FICTION

Max Fogleman,
mtfogleman@gmail.com

BOOK CLUB

Sharon Walsh, sharon.wlsh@gmail.com

GUITAR PLAYERS GROUP

Michael Gunn,
mjgunn@att.net

SOCIAL BRIDGE

Doug Adams,
ret2az09g@gmail.com, 759-2363

DRONES

John Carter, jrcpvaz@icloud.com

ASTROPHOTOGRAPHY John Carter, jrcpvaz@icloud.com

PHOTOGRAPHY

Barbara Leonard
barbaraeleonard@gmail.com

WRITE WHAT YOU LIKE

Jim Veney, jimeveney@gmail.com

Interested in starting a SIG?

Contact Barbara Brown,
vacbrown@yahoo.com

PRESCOTT MAC USERS GROUP (PMUG)

in partnership with OLLI,
John Carter, jrcpvaz@icloud.com
(*additional fee required)

For more information, contact the coordinator directly.

Winter 2021: Online OLLI Workshops

A) NEW MEMBER ORIENTATION

Method: Zoom **Limit:** 25

Thursday, 1/21, 2:30-3:30pm

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) BRUNCH & LEARN: VINNY CONTINUES WITH THE BEATLES

Method: Zoom **Limit:** 60

Saturday, 1/30, 10-11:30am

Facilitators: Rudy Arena*, Dave Rothgery

This lecture will continue in the footsteps of The Beatle's Story and focus on the highlights of the "solo" post-Beatles careers of John, Paul, George and Ringo. We will explore the aftermath of the Beatles legacy and how they established themselves as solo artists. Our journey will also discuss their musical collaborations with each other on many of their solo projects. Coming full circle, we will explore their last collaborative project: *The Beatles Anthology*, released in the late '90's. **Note:** this is a **Saturday Brunch** version of Munch & Learn.

C) MUNCH & LEARN: A WILD STORY OF HOWARD HUGHES

Method: Zoom **Limit:** 20

Thursday, 1/28, 12:30-2pm

Facilitators: Rudy Arena**, Dave Rothgery

Author Mark Musick will be joining us for a two-part series on Howard Hughes. Eva McLelland felt compelled to ensure that the public know the truth about Howard Hughes, this very private person, and told the "rest of the story" to Mark Musick, who after eight years of research wrote *Boxes: The Secret Life of Howard Hughes*. Eva described how she met a tall handsome man while living in Panama, fell in love and married him in 1970. She knew there was mystery associated with this gentleman, but could not imagine the man she married was Howard Hughes living under another identity. When he did reveal his true identity, Eva kept his secret until his death in 2001 when she felt compelled to ensure that the public know the truth, and told it to Mark Musick.

D) MUNCH & LEARN: HOWARD HUGHES PT 2

Method: Zoom **Limit:** 60

Thursday, 2/4, 12:30-2pm

Facilitators: Rudy Arena*, Dave Rothgery

New Information, New Interviews, New Evidence. After the first edition was published, information immediately began coming to the author Mark Musick. It came from many different sources and further confirmed Eva's history changing story. Hughes did not die in 1976, but lived another 25 years under an identity provided by the CIA. New information added to the intrigue. More interviews were conducted and new evidence surfaced, all confirming Eva's wild story, which changed a portion of history, and added two new books containing additional material.

E) MUNCH & LEARN: PRESCOTT HAUNTED?

Method: Zoom **Limit:** 60

Thursday, 2/11, 12:30-2pm

Facilitators: Rudy Arena*, Dave Rothgery

Most definitely. More and more people continue to share their experiences to keep the stories alive. Visit Munch & Learn to hear the many ghost stories and sightings that have been witnessed by others as told by Historian Parker Anderson and Darlene Wilson. The Prescott Fine Arts Theater formerly Sacred Heart Parish has a ghost, but through the years the telling has changed from "Sophie" to "Father Michael." Here stories of the Elk's Theater, the Hassayampa Inn, the historic Palace Saloon with a bullet riddled ceiling, and the Hotel Vendome with both a lady and a cat ghost who died there in 1921. Zoom in and be captivated.

F) MUNCH & LEARN: ROUTE 66

Method: Zoom **Limit:** 60

Thursday, 2/18, 12:30-2pm

Facilitators: Rudy Arena*, Dave Rothgery

Route 66! Chances Are you have driven on a portion of it since it runs through sections of eight different Southwestern States. It started in 1926 at the intersection of Jackson Blvd and Michigan Ave in Chicago, and ended at 7th and Broadway in Los Angeles. Have you ever wondered how it came to be? Jim Hinckley is going to tell us about its history, culture, and renaissance, and about the murder and mayhem on Main Street and the many small towns that grew because of Route 66, that are now ghost towns. He will work in the history of the automobile industry's marketing and advertising of the American Southwest and leave you itching to drive portions of Route 66 that are in Arizona.

G) MUNCH & LEARN: DIVING ADVENTURES, SCUBA, PHOTOGRAPHY

Method: Zoom **Limit:** 60

Thursday, 2/25, 12:30-2pm

Facilitators: MaryAnn Schaffer, Rudy Arena*, Dave Rothgery

Diving Adventures: Richard Talaga recently retired from a career as a physics researcher. Twenty years earlier he had taken up the sport of SCUBA diving and he and his wife have been to places and have seen and done things that many of us wish we had. He has been to many remote Islands, inspected coral reefs, checked shipwrecks, dove off the Florida Keys, the Dry Tortugas, the Bahamas, Sea of Cortez, sites on the Mesoamerican Reef in the Caribbean Sea, the Hawaiian Islands areas and on and on. There are too many to mention here and in many of his dives he has taken beautiful photos and videos of the creatures that inhabit the areas. Richard will give us a short lesson on underwater optics, photography and videography and the editing of them. He will describe some of the most interesting dive adventures, with photos and videos and if time permits, the beginnings of a movie he made.

Winter 2021: Online OLLI Workshops

H) SWITCHING EMAIL PROVIDERS

Method: Zoom **Limit:** 15

Tuesday, 1/26, 9-11am

Facilitator: John R Carter Sr

SparkLight is discontinuing all email service by the end of 2021. Anyone with a cableone.net email address will be affected. Learn how to take these easy steps to switch to a new email provider. Instructions include moving email messages and moving contacts. This workgroup is offered two times, so pick the date that works for you, or attend both.

I) SWITCHING EMAIL PROVIDERS

Method: Zoom **Limit:** 15

Friday, 1/29, 9-11am

Facilitator: John R Carter Sr

See Workshop #H (note: this is a repeat of #H)

J) COMMON READ - THERE THERE BY TOMMY ORANGE

Method: Zoom **Limit:** 20

Thursday, 1/28, 2:30-3:30pm

Facilitator: Tricia Berlowe

Yavapai College's "Riders Read" program is a college-wide common read, where the entire campus community reads and discusses the same book. This year, the book is *There There* by Tommy Orange. There There follows twelve characters from Native communities. These characters illuminate the plight of the urban Native American grappling with the impact of their history. YC will be sponsoring a talk with Tommy Orange at 7pm on February 5 (details to follow.) OLLI has free copies of the book to loan to participants.

K) CONTAINER GARDENING

Method: Zoom **Limit:** 30

Monday, 2/1, 12-1:30pm

Facilitators: Angie Mazella*, Dave Rothgery

Learn all about growing plants in any kind of container. Design considerations are also explored.

L) GARDENING QUESTIONS ANSWERED

Method: Zoom **Limit:** 20

Monday, 2/8, 12-1:30pm

Facilitators: Angie Mazella*, Dave Rothgery

Gardening season is coming up. You have lots of time to spend in your garden. Here is an opportunity to have your gardening questions answered by a master gardener. Email your questions well before the class and I can give you the most thorough answer to your question. Watering? Preparing the soil? Deer proofing?

M) FACILITATOR WORKSHOP: ONLINE DESIGN

Method: Zoom **Limit:** 12

Monday, 2/1, 2:30-4pm

Facilitators: Chris Maxwell*, Deb Dillon*, Patricia Berlowe

This workshop is for both experienced and new facilitators who are ready to start exploring the world of facilitating online. We will talk about how to plan online classes, options, effective discussions online, and how to host within Zoom. We will show you all the tools OLLI has to offer.

N) MEDICARE MADE EASY

Method: Zoom **Limit:** 15

Wednesday, 2/3, 2:30-4pm

Facilitator: Kelly Boryca

Enrolling in Medicare for the first time can be both overwhelming and confusing. This class will walk you through your options by explaining advantage plans, traditional Medicare parts A and B, supplements, also called Medigap plans, and drug plans (part D). The instructor has been counseling people on Medicare for ten years as a volunteer for the State Health Insurance Assistance Program (SHIP). Plenty of time for Q&A. You should leave the class better informed and more confident about enrolling in Medicare.

O) 3D PRINTING UPDATE

Method: Zoom **Limit:** 15

Wednesday, 2/17, 2:30-3:30pm

Facilitator: Bob Ellis

An Introduction to 3D Printing class was presented in OLLI 2019 Spring 2. That is practically ancient history for a fast-moving technology such as this. The types of items now capable of being 3D printed range from buildings to chocolate confections. There has also been a growing trend towards use of the program SketchUp for drawing the 3D plans needed to print objects for which a suitable definition can't be found among all the millions available on line. SketchUp seems to be more appealing to non-professional designers than AutoCad. Experts have pointed out that industrial use of 3D printing can enhance economy and sustainability by generating less waste, using manufacturing specialization, without centralizing power and control. There will be a brief introduction for those who did not take the earlier class.

P) EROICA: BEETHOVEN'S 3RD SYMPHONY

Method: Email only **Limit:** 30

Facilitator: Nancy Dubow

An illuminating lecture by Professor Robert Greenberg is followed by a magnificent performance of this breakthrough symphony, which "parallels Beethoven's own life in its heroic battle with and ultimate triumph over adversity." Robert Greenberg.

Winter 2021: Online OLLI Workshops

Q) THE GIG ECONOMY

Method: Zoom **Limit:** 20
Wednesday, 2/24, 2:30-4pm
Facilitator: Dave Waldorf

Traditional employment, whether full-time or part-time, has become less and less available, especially for older workers, as the world shifts to a “gig economy.” More people are moving to freelancing and self-employment, either by choice or by necessity, as independent contractors, consultants, freelance writers and editors, artists, musicians, sole proprietors, handypersons, etc. In this single-session presentation, you will be introduced to what freelancing/self-employment in the gig economy is all about, the benefits and challenges, and “food for thought” as to whether this fits with your life plan.

R) TIPS FOR LIVING WITH VISION LOSS

Method: Zoom **Limit:** 20
Monday, 2/22, 2:30-4pm
Facilitators: Susan Gerhart, Donna Bennet

This workshop is for people experiencing vision loss, their helpers, and the “just curious.” We’ll follow an online starter kit. You’ll get a tour of local, state, and national social services and libraries of audio advice. We’ll show how to: keep reading; have a safer home; walk downtown and around YC; organize things; and adjust attitudes. The Starter Kit can be found at <https://CatchTheVision.Life>



S) TIPS FOR LIVING WITH VISION LOSS

Method: Email only **Limit:** 20
Facilitators: Susan Gerhart, Donna Bennet
See Workshop #R (this is the email only version.)

T) ASTRONOMY - WHAT’S UP?

Method: Zoom **Limit:** 30
Monday, 2/8, 5:30-7:30pm
Facilitator: John R Carter Sr

The winter constellations offer a different assortment of deep sky objects. Discover what’s up this season and maybe even get an opportunity to join John Carter in a live, remote viewing session at night, weather permitting. **Note:** depending on the weather, this may be moved to a different night of the week.

U) UNDERSTANDING GMAIL

Method: Zoom **Limit:** 30
Friday, 1/29, 2:30-4:30pm
Facilitator: John R Carter Sr

How many unread messages are in your Inbox? Is clutter making you anxious? Solutions to organizing your mail messages are actually quite simple. Learn how to manage your Address Book and send email to a group mailing list. Discover the advantages of an email client. If you have or are thinking about getting a Gmail email address, John Carter has a few helpful tips in this 2-hour workshop.

V) VIRTUAL TOUR OF EMBRY RIDDLE

Method: Zoom **Limit:** 20
Friday, 2/12, 10-11am
Facilitator: Mary Ann Schaffer

Embry Riddle runs virtual tours through screen share via Zoom using a virtual reality software that shows panorama images of various labs. This tour will cover the wind tunnel lab, fabrication facilities, academic complex, STEM Education Center, Global Security Center, and Prescott flight line. Those that attended in the past gave this rave reviews!

**You Can.
We Can.
Together.**