

Table of Contents

Welcome	Inside Cover
• OLLI Staff	
• Calendar of Events	
Courses by Topic	2-3
Course Descriptions & Details – Alphabetical Listing	4-21
Social Security & Medicare Offerings	22
Free Offerings & Special Interest Groups	23-24
• Free – OLLI Members Only	
• Free – Open to the Public	
• Free – Arizona Humanities Events	
• Free – OLLI Partner Events	
Courses by Facilitator	25-30
Courses by Location	31-34
Course Index	36-37
Get Involved	Back Cover
• Ways to Register	
• Volunteer	
• Facilitate	
• Facilitator Orientations	
• Donate	

Catalog, Website, and Online Registration Redesign

OLLI members and staff have been busy working behind the scenes to improve your OLLI experience. We have redesigned our website, our online registration portal, and this catalog to provide more ways to stay engaged with OLLI and provide multiple options to search for courses. For example, if you like to follow certain facilitators, you can now look up the facilitator in the “Courses by Facilitator” section to see what courses they are offering. You can look for courses by location, by day of week (within location), by topic, and by facilitator both in this new catalog and in the online registration portal. See table of contents for more information.

Check out our new website and our new online registration portal:

www.yc.edu/ollisedonaverde

www.campusce.net/sedonaverdeolli

JOIN US!

Become an OLLI Member

About OLLI

The Osher Lifelong Learning Institute at Yavapai College – Sedona • Verde Valley was founded in 2003 with a grant given by the Bernard Osher Foundation to provide learning experiences for those 50 years and better. The Osher Foundation now supports 124 Osher institutes housed in colleges and universities in all 50 states. OLLI at Sedona • Verde Valley is one of only five community (two-year) colleges to have an OLLI program.

OLLI is a member-led program, organized by a volunteer council. In addition to attending learning programs and social activities, OLLI members may enhance their participation by volunteering for leadership positions. Volunteering can provide a sense of ownership while having fun meeting friends and serving together.

Most important, OLLI provides an environment where its members can learn, grow and connect with one another in an atmosphere designed for our community.

Membership Benefits

- Participate in senior-friendly learning programs
- Free “members only” workshops and courses offered each term
- Opportunity to teach learning groups and workshops
- Meet and dialogue with peers
- Enjoy social activities including the OLLI Back to School Social
- Access to the Yavapai College library on the Verde Valley Campus
- Option to enroll in Yavapai College courses and receive 25% tuition discount

Membership Packages & Course Fees

- 1. Unlimited Annual Membership - \$450**
 - Good for four consecutive terms
 - Unlimited courses all year round for one flat rate!
- 2. Basic Annual Membership - \$50**
 - Good for four consecutive terms
 - Enables you to take courses a-la-carte
 - Learning Groups - \$35 each
 - Workshops - \$15 each
- 3. All-Inclusive One Term Membership - \$170**
 - Includes unlimited courses for fall term only

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

To register online visit: <https://www.campusce.net/sedonaverdeolli>

Cancellation and Refund Policy

Learning group fees are refundable through the first week of courses. Workshop fees are refundable one week prior to the workshop. All requests for dropped courses must be submitted in writing or by email to ollisv@yc.edu. Memberships are not refundable. Registration in any Yavapai College course indicates understanding of this policy and agreement by the registrant to adhere to this policy and all other Yavapai College policies.

COURSES BY TOPIC

ACTIVE MIND & BODY

- Hiking 101 [WS] ■ **NEW** ■
- Mountain Bikeathons: Seeing USA on your Mountain Bike [WS] ■ **NEW** ■
- One Day University Lecture Series [LG]
- Puzzles, Puzzles, Puzzles [LG]
- Qi-Gong for Health [LG]
- Rhythm & Movement Through African Dance [LG]
- T'ai Chi Ch'uan: An Ancient Art for the 21st Century [WS]

ARTS & CRAFTS

- Art Clay Copper Linked Bracelet [WS] ■ **NEW** ■
- Art Clay Fine Silver Earrings & Pendant [WS] ■ **NEW** ■
- Art Clay Fine Silver Textured Lentil Bead [WS] ■ **NEW** ■
- Fluid Painting - Practical Applications [WS]
- Fluid Painting - Useful projects from acrylic skins [WS]
- Mixed Media Art Class [WS]
- Paper Crafting - Layered Greeting Cards [WS] ■ **NEW** ■

ARTS-VISUAL & PERFORMING

- All In The Musical Family [LG] ■ **NEW** ■
- Introduction to the Native American Flute [WS]
- La Louisiane [LG] ■ **NEW** ■
- Meeting the Muse in Sedona [LG] ■ **NEW** ■
- The Art of Film: Narratives, Documentaries, Shorts and More! [LG] ■ **NEW** ■
- The Jazz Standards [LG] ■ **NEW** ■

COMPUTER SKILLS & TECHNOLOGY

- 3-D Modeling with Google SketchUp [LG]
- Basic Computer Skills [LG]

FINANCE, ECONOMICS, & LAW

- A Tour of the Economic and Political Systems Around the World [WS] ■ **NEW** ■
- Basic Grant Writing [LG]
- Preparing Your Estate Plan [WS]
- Real Tax Reform [WS] ■ **NEW** ■
- Understanding Annuities [WS]

FREE – OLLI MEMBERS ONLY

- The Verde Valley: A Series by Local Historians [LG] ■ **NEW** ■
- The Immortal Life of Henrietta Lacks: YC Common Book [WS] ■ **NEW** ■

FREE - OPEN TO THE PUBLIC

- Arizona Humanities: Ancient Southwestern Native American Pottery [WS] ■ **NEW** ■
- Arizona Humanities: Vintage Arizona: The Growth, Death, and Rebirth of a Local Wine Industry [WS] ■ **NEW** ■
- Brown Bag Brain Buzz [LG]
- Sedona Community Forum [LG]

HEALTH & NUTRITION

- Essential Oils for Cool Weather Problems [WS]
- Fat Burning Nutrition: Why It Matters & How To Achieve It! [WS]
- Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [WS]
- Herbs . . . The Spice of Life [WS]
- Introduction to Dutch Oven Cooking [WS]
- Living with Alzheimer's: For Care Partners and Care Givers [LG] ■ **NEW** ■
- Mental Health First Aid [WS] ■ **NEW** ■
- New and Alternative Perspectives on Health [WS]
- Nutrigenomics: The New Science of Nutrition for Health and Longevity [LG]
- Optimal Wellness by Intention [WS]
- ~~Plant Spirit Medicine [WS] ■ **NEW** ■~~ **CANCELED**
- Self-Help Acupressure and Reflexology for Longevity [LG]
- Senior Safety & Awareness: Tips from the Clarkdale Police Department [WS]
- What Does Leaky Gut and Autoimmune Have To Do With Lectins? [WS]

HISTORY & CURRENT AFFAIRS

- American Public Policy [LG] ■ **NEW** ■
- Bad Boys of the Revolution [LG] ■ **NEW** ■
- Climate Change: Causes and Cascading Consequences [WS] ■ **NEW** ■
- Current American Issues Series [3] China, the U.S. and the Thucydides Trap [WS]
- Embers of a Revolution! [LG] ■ **NEW** ■
- Experience Clarkdale's History Through the Town's Historic Built Environment [WS]
- Exploring Notre Dame and Other Famous Cathedrals [WS] ■ **NEW** ■
- Harry S. Truman, Part Two [LG] ■ **NEW** ■
- Historic Coal Mining in Pennsylvania: Restoring the Land and Water [WS]
- Humanity's Future? [LG] ■ **NEW** ■
- Investigating America's Presidents [LG] ■ **NEW** ■
- Ireland's Unknown Hero in The Heroic Age of Antarctic Exploration [WS] ■ **NEW** ■

For course details, please see the Course Description section which lists all courses alphabetically.

HISTORY & CURRENT AFFAIRS (CON'T)

- Journalism and Media Law [LG] ▪ **NEW** ▪
- Mesopotamian Message - Ancient Treasure [LG] ▪ **NEW** ▪
- News and Views [LG]
- Sex Trafficking - The Nightmare In Our Own Backyard [WS] ▪ **NEW** ▪

LOCAL INTEREST

- Exploring the Verde Valley [LG]
- Growing a Sustainable Beer Business: Sedona Beer Company [WS] ▪ **NEW** ▪

NATURE & THE OUTDOORS

- Birding 101 [WS]
- Easy Gardening Done Dirt Cheap [WS]
- Geological Field Trip Red Mountain [WS] ▪ **NEW** ▪
- Veggie Gardening in the Verde Valley [WS]
- Wildlife in the Garden [WS] ▪ **NEW** ▪

PHILOSOPHY & RELIGION

- 21st Century Urban Shamanism [LG] ▪ **NEW** ▪
- Charles Darwin: The Man and His Legacy [WS] ▪ **NEW** ▪
- Finding Osiris - Physical Evidence for a Global and Unified Civilization [WS] ▪ **NEW** ▪
- Meet Ken Wilber [LG]
- The God of Spinoza, Einstein and Me [WS] ▪ **NEW** ▪
- Where Poetry and Philosophy Meet-Plato's Allegory of the Cave [WS] ▪ **NEW** ▪

SCIENCE & MATH

- Backyard Astronomy [WS] ▪ **NEW** ▪
- Evolution of the Universe, Earth and Life [LG] ▪ **NEW** ▪
- Human Health Risk Assessment for Toxic Chemicals [LG] ▪ **NEW** ▪
- Science News and Views [LG]
- Shedding Light on Dark Matter and Dark Energy [WS] ▪ **NEW** ▪
- Understanding Thought (What It Takes To Think) [WS]
- What Darwin Did Not Know About the Theory of Evolution-- Part I [LG] ▪ **NEW** ▪
- When Terra is Not So Firma [WS] ▪ **NEW** ▪

SELF-ENRICHMENT & LIFESTYLE

- Communicating with Angels [LG]
- Creative Retirement Living [WS]
- Declutter Your Mind! [LG] ▪ **NEW** ▪
- Dream Interpretation [LG] ▪ **NEW** ▪
- Elder Life Planning [LG]

SELF-ENRICHMENT & LIFESTYLE (CON'T)

- Finding Solutions is a Relief [WS] ▪ **NEW** ▪
- Grandmothers of Once Upon A Time, Muses and Mysteries, Yearnings and Secrets [WS] ▪ **NEW** ▪
- How to Change Your Mind [LG] ▪ **NEW** ▪
- Laughter Circle: Put More Joy and Laughter in Your Everyday Life [LG] ▪ **NEW** ▪
- Open Dialogue - Dialogue to Embrace Change [LG] ▪ **NEW** ▪
- Paths to Happiness: Insights from Other Cultures [LG] ▪ **NEW** ▪
- Soul Recognition [LG]
- Take Care of Yourself [WS] ▪ **NEW** ▪
- The Art of Aging [WS] ▪ **NEW** ▪
- The Blessings of Aging [LG] ▪ **NEW** ▪
- The Female Brain, by Dr. Daniel Amen: Unleash Your Power [WS] ▪ **NEW** ▪
- The Most Dangerous Negotiation Is The One You Don't Realize You Are In [WS] ▪ **NEW** ▪
- The New Retirement Asset - Home Design for Aging in Place [WS] ▪ **NEW** ▪
- Understanding Levels In Spiritual Experience [LG]
- What Does It Take To Love? [WS] ▪ **NEW** ▪

SPECIAL INTEREST GROUPS

- Chess Club

SOCIAL SECURITY & MEDICARE

- Medicare 101 - Everything You Need To Know About Medicare [WS]
- Medicare in Yavapai/Coconino County: What You Really Need to Know [WS]
- Optimize Your Social Security Retirement Benefits [WS]

TRAVEL

- Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-up Bonuses [WS]
- Cruising Secrets - Ocean and River - Finding Deals [WS]

WRITING, LITERATURE, & LANGUAGES

- Authors Among Us - Their Stories, Your Inspiration [LG] ▪ **NEW** ▪
- Beginning Spanish [LG]
- Book Publishing-Where to Start [LG] ▪ **NEW** ▪
- The Short Stories of Flannery O'Connor [LG] ▪ **NEW** ▪
- Writing Our Way to Happiness [LG]
- Writing to Visual Prompts [LG] ▪ **NEW** ▪
- Writing Your Memoirs [LG]

**KEY: LG = Learning Group (meets every week for several weeks);
WS = Workshop (generally meets one time for two to three hours.)**

COURSE DESCRIPTIONS AND DETAILS

21st Century Urban Shamanism (S-200-19)

with Jerome Thailing

NEW! This is an experiential class, linking ancient shamanic traditions to our post-modern, tech-no-age. We will discuss and actively engage in shamanic practices: reading signs in nature, calling in personal animal allies for spiritual guidance, journeying between the worlds to seek wisdom teachers on the other side, and creating personal vision quests. We will discuss and practice other shamanic techniques.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
1:00 PM - 2:30 PM

3-D Modeling With Google Sketchup (V-408-19)

with Susan Brown

Did you like building and designing things as a kid? In this class, students will employ hands-on manipulatives [connectors and rods] with a partner to create a 3D design that will be incorporated into Google SketchUp, a 3D CAD program. Exercise your problem-solving and spatial/visualization skills to view things in different ways! No experience necessary, just the desire to play, laugh a lot, and keep your brain sharp! Minimum of 4 participants. Limited to 20 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Thursday ■ Oct.17 - Nov.07 ■ 4 Sessions
2:45 PM - 4:15 PM

A Tour Of The Economic And Political Systems Around The World (S-250-19)

with Robert Anderson

NEW! This workshop will present data about the economic and political systems in 28 countries around the world. The countries include rich and poor, big and small, and are from all regions. From this data, conclusions will be made concerning how to increase economic development and reduce world poverty. Debate and additional information is encouraged.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.01 ■ 1 Session
9:00 AM - 12:00 PM

All In The Musical Family (V-407-19)

with Sy Brandon

NEW! A musical tour of the string, woodwind, brass, keyboard, and percussion instrument families. We will examine the history, groupings, exotic little brothers and big sisters of common instruments, and listen to recorded and live examples of the instruments playing a variety of musical styles.

Learning Group ■ Verde Valley Campus ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
2:45 PM - 4:15 PM

Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-Up Bonuses (S-251-19)

with Joel Gilgoff

Find the best cruise, tour, and hotel deals. Find low-cost private excursions. Get travel agent rebates. Get free (or low-cost) airfare and hotel stays (US and international) using points from credit card sign-up bonuses and on-line shopping malls. Get free trip-cancellation insurance. Learn about medical insurance, which credit cards to get, how to earn large bonuses, and the best way to redeem points. Pay your income and property taxes using credit cards while improving your credit score.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.07 ■ 1 Session
1:00 PM - 4:00 PM

American Public Policy (V-412-19)

with Andy Herschkowitz

NEW! American public policy is the product of many diverse and sometimes contradictory elements: constitutional requirements, the workings of the 3 branches of the federal government, public opinion, political parties, interest groups, historical experience, contemporary events, and local concerns. This course will examine how these factors influence major issues in public policy. Policies discussed will be chosen based on participant interest.

Learning Group ■ Verde Valley Campus ■ \$35
Monday ■ Oct.07 - Nov.04 ■ 5 Sessions
2:45 PM - 4:15 PM

Ancient Southwestern Native American Pottery (FREE AND OPEN TO THE PUBLIC)

with Allen Dart, RPA

NEW! Award winning Archaeologist Allen Dart will show and discuss Native American ceramic styles that characterized specific peoples and eras in the U.S. Southwest and talks about how archaeologists use pottery for dating the archaeological sites and interpreting ancient life-ways. His many illustrations include samples of ancient pottery types made throughout the American Southwest from about 2,000-500 years ago.

Arizona Humanities Presentation
Workshop ■ Verde Valley Campus ■ FREE
Tuesday ■ Oct.01 ■ 1 Session
2:00 PM - 4:00 PM

Courses are listed alphabetically.

Art Clay Copper Linked Bracelet (S-252-19)

with Noelle Karacsonyi

NEW! Intro to Art Clay Copper. We will create a textured linked bracelet with a toggle clasp using basic skills of rolling, texture, drying, sanding and firing in a kiln. We will polish and patina our copper links and add jump rings to construct a bracelet. Class includes instructor's use of tool kits. Materials fee of \$18, payable to the instructor, will include \$18.00 includes 50g of Art Clay Copper and Copper jump rings. Limited to 6 participants.

Workshop ■ Sedona Center ■ \$15

Friday ■ Oct.18 ■ 1 Session

12:30 PM - 5:00 PM

Art Clay Fine Silver Earrings & Pendant (S-253-19)

with Noelle Karacsonyi

NEW! This class is an introduction to working with Fine Silver Metal Clay. Students learn the basics of working with metal clay. Roll, texture, shape, dry, fire and polish pure silver. Create a pair of earrings and pendant of your own design. All tools provided for use by instructor. Materials fee of \$30, payable to the instructor, will include 20g of Art Clay Fine Silver and findings. Limited to 6 participants.

Workshop ■ Sedona Center ■ \$15

Friday ■ Oct.25 ■ 1 Session

8:00 AM - 12:30 PM

Art Clay Fine Silver Textured Lentil Bead (S-254-19)

with Noelle Karacsonyi

NEW! In this class, students will create a hollow bead pendant using Art Clay Fine Silver. Students can create their own textures and use drying forms for shaping. After firing, the metal is polished and finished by adding a patina which will enhance the texture. All tools provided for use by instructor. Materials fee of \$30, payable to the instructor, will include 20g of Art Clay Fine Silver. Limited to 6 participants.

Workshop ■ Sedona Center ■ \$15

Friday ■ Nov.15 ■ 1 Session

8:00 AM - 12:30 PM

Authors Among Us - Their Stories, Your Inspiration (S-201-19)

with Shri Srikanth

NEW! Authors among us, from the Verde Valley and Sedona, will discuss their inspiring stories, from a germ of an idea to a successfully published book. Q&A and discussion of a featured book by the week's author will follow. If you love books or you are an aspiring writer, you should find this of high value. You will read books that span a variety of subjects, meet the authors, discuss their work, and be inspired by their stories and discussions to realize your potential.

Learning Group ■ Sedona Center ■ \$35

Friday ■ Oct.11 - Nov.22 ■ 7 Sessions

10:00 AM - 11:30 AM

Backyard Astronomy (V-457-19)

with Richard Bohner

NEW! Learn the basics of what is up in our Arizona night sky. This workshop will cover the sun, moon, and planets. Also, you will learn the major constellations for the four seasons. We will touch upon other interesting objects like meteors, comets, and distant galaxies. Join us for this enlightening look at where we fit in the universe.

Workshop ■ Verde Valley Campus ■ \$15

Wednesday ■ Oct.16 ■ 1 Session

1:00 PM - 4:00 PM

Bad Boys Of The Revolution (S-202-19)

with Gus Hughbanks

NEW! Benedict Arnold was a cowardly traitor. Banastre Tarleton was a vicious war criminal. Frances Marion, the "Swamp Fox," was a chivalrous gentleman demonstrating the best of American values. These are the facts! Or are they? Perhaps it warrants a second look. And if there were bad boys in the revolution, were there also some bad girls?

Learning Group ■ Sedona Center ■ \$35

Wednesday ■ Oct.09 - Nov.13 ■ 6 Sessions

9:00 AM - 10:30 AM

Bad Boys Of The Revolution (V-405-19)

with Gus Hughbanks

NEW! Benedict Arnold was a cowardly traitor. Banastre Tarleton was a vicious war criminal. Frances Marion, the "Swamp Fox," was a chivalrous gentleman demonstrating the best of American values. These are the facts! Or are they? Perhaps it warrants a second look. And if there were bad boys in the revolution, were there also some bad girls?

Learning Group ■ Verde Valley Campus ■ \$35

Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions

10:45 AM - 12:15 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Basic Computer Skills (V-402-19)

with Sophia Zarifis-Russell

Four introductory classes will help the user gain confidence and technical knowledge around computers. 1) explore basic computer skills and terminology; 2) become familiar with the various search engines and internet browsing; 3) save, move, and copy files located on the desktop; and 4) create documents using Microsoft Word. Must have working knowledge of keyboard and mouse. Note: These classes will be taught on PCs using Windows 10. Limited to 10 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Tuesday ■ Oct.08 - Oct.29 ■ 4 Sessions
9:00 AM - 10:30 AM

Basic Grant Writing (S-203-19)

with Anthony Caetano

This course features the use of a "Grant Writing Toolbox" DVD containing: how to apply for federal, corporate and foundation grants; case studies based on real-life scenarios; opportunities to apply lessons to your own work/agency; additional resources including helpful internet links; how to build a better budget; and how to develop and conduct project evaluations. Minimum of 6 participants.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Oct.30 ■ 4 Sessions
2:45 PM - 4:15 PM

Beginning Spanish (S-204-19)

with Art Smith

This is a basic course in Spanish for absolute beginners or for those who may have studied Spanish in the past and want to update and review their beginning Spanish. Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Meets two times per week
Tuesday & Thursday ■ Oct.08 - Nov.21
14 Sessions
1:00 PM - 2:30 PM

Birding 101 (S-255-19)

with Richard Armstrong

This is a two-hour class on the basics of bird watching, bird identification, how to bird, where to bird, birds of Verde Valley, and birding in your yard. The class will be followed by a three-hour field trip on Monday, October 28, 8:30am, at Sedona Wetlands and a yard! Limited to 20 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.25 ■ 2:00 PM - 4:00 PM
Monday ■ Oct 28 ■ 8:30 AM - 11:30 AM
2 Sessions

Book Publishing-Where To Start (S-205-19)

with Sheri Hauser

NEW! This class will cover selecting a subject, figuring out the best title and options for publishing, and the process of publishing and printing a book. We will take you from the notebook to the bound page. Bring your ideas and we will open the floor for discussion, helping you make your book a success. Limited to 25 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Oct.29 ■ 4 Sessions
9:00 AM - 10:30 AM

Brown Bag Brain Buzz (FREE AND OPEN TO THE PUBLIC)

with Shri Srikanth

In this FREE lunch-hour series, we will examine the great minds and big ideas that have shaped human history. Topics will come from all fields (science, arts, philosophy, and history) and require no prior knowledge or expertise. Bring your brown bag lunch (or buy lunch at the cafe in Building F) and awaken your brain by participating in a discussion group that will enlighten your sense of human greatness and human history. Presented by Shri Srikanth and other seasoned OLLI Facilitators.

Learning Group ■ Verde Valley Campus ■ FREE
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
12:30 PM - 1:30 PM

Charles Darwin: The Man And His Legacy (S-256-19)

with Ken Bork

NEW! Darwin is one of those rare individuals who has revolutionized our understanding of nature -- while also impacting philosophy, religion, and human views of our place in the world. We will consider his life, times, and views.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
1:00 PM - 4:00 PM

Climate Change: Causes And Cascading Consequences (S-257-19)

with Stefan Sommer

NEW! If you have ever wondered about what aspects of climate are really changing, then this is a presentation meant for you. The current scientific understanding of climate change will be presented as well as the effects of these changes on Arizona ecosystems, on human well being, and on the Arizona and US economies. Regional climate change and regional economic impacts will also be discussed.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.07 ■ 1 Session
1:00 PM - 3:00 PM

Courses are listed alphabetically.

Climate Change: Causes And Cascading Consequences (V-454-19)

with Stefan Sommer

NEW! If you have ever wondered about what aspects of climate are really changing, then this is a presentation meant for you. The current scientific understanding of climate change will be presented as well as the effects of these changes on Arizona ecosystems, on human well being, and on the Arizona and US economies. Regional climate change and regional economic impacts will also be discussed. Limited to 100 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.09 ■ 1 Session
1:00 PM - 3:00 PM

Communicating With Angels (S-206-19)

with Thomas Brennan

Many traditions recognize the existence of “angels.” Communicating with “angels” can be a path to deeper knowledge of ourselves and a way to gain very practical aid with everyday concerns. We will discuss theory, have direct experience, and learn practical techniques. Participants will have an opportunity to apply this knowledge to personal concerns. Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Monday ■ Oct.28 - Nov.18 ■ 3 Sessions
2:45 PM - 4:15 PM

Creative Retirement Living (V-456-19)

with Ron Goldberg

Create the retirement life you dream about. Find meaning, happiness and fulfillment in your lifestyle based on who you really are and your wealth of experience. Create a new path that is uniquely yours. This workshop is based on discussion, self awareness, and group sharing of insight and experience. Let’s find our way and grow together. Minimum of 6 participants. Limited to 12 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.16 ■ 1 Session
1:00 PM - 4:00 PM

Creative Retirement Living (S-258-19)

with Ron Goldberg

Create the retirement life you dream about. Find meaning, happiness and fulfillment in your lifestyle based on who you really are and your wealth of experience. Create a new path that is uniquely yours. This workshop is based on discussion, self awareness, and group sharing of insight and experience. Let’s find our way and grow together. Minimum of 6 participants. Limited to 16 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.21 ■ 1 Session
1:00 PM - 4:00 PM

Cruising Secrets - Ocean And River - Finding Deals (S-259-19)

with Joel Gilgoff

We will discuss both ocean and river cruises throughout the world. We will cover how to save money, choose a cruise line, single cruising, which credit cards to use, when to book, selecting cabins, on-board booking, travel agent discounts, FREE trip cancellation insurance, medical insurance and more.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.14 ■ 1 Session
1:00 PM - 4:00 PM

Current American Issues Series (3) China, The U.S. And The Thucydides Trap (S-260-19)

with Reg Urgena & Trudy Urgena

NEW! This series of seminars will dissect American foreign policy and domestic issues of concern to the American people with the presentation/discussion format of the Foreign Policy Association’s Great Decisions program. The facilitator will give a brief introduction and the subsequent discussion will explore the related socio-economic, geopolitical and national security considerations. This third seminar is about China, the U.S. and the Thucydides trap. Limited to 15 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.25 ■ 1 Session
9:00 AM - 12:00 PM

Current American Issues Series (3) China, The U.S. And The Thucydides Trap (V-470-19)

with Reg Urgena & Trudy Urgena

NEW! This series of seminars will dissect American foreign policy and domestic issues of concern to the American people with the presentation/discussion format of the Foreign Policy Association’s Great Decisions program. The facilitator will give a brief introduction and the subsequent discussion will explore the related socio-economic, geopolitical and national security considerations. This third seminar is about China, the U.S. and the Thucydides trap. Limited to 15 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.30 ■ 1 Session
9:00 AM - 12:00 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Declutter Your Mind! (S-207-19)

with **Carla Nelson**

NEW! Whenever we are able to release things that are not affirming in our life, such as negative thoughts, emotions, feelings of guilt, or unresolved angers, it opens up space for wonderful things to come into our life. Join Carla Nelson, LCSW for a four-week journey to greater contentment, increased inner peace, and more joy in your daily life. Limited to 15 participants.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Oct.30 ■ 4 Sessions
9:00 AM - 10:30 AM

Dream Interpretation (S-208-19)

with **Sheri Hauser**

NEW! Basic spiritual dream interpretation. Bring your dream and an open mind. This class unlocks the mystery of dreams to reveal their hidden messages, which give insight and direction in life. Some dreams are word dreams whereas others are pictures. Sheri will help to interpret dreams and open the meaning for understanding. Limited to 30 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Oct.29 ■ 4 Sessions
10:45 AM - 12:15 PM

Easy Gardening Done Dirt Cheap (V-472-19)

with **Deborah Crincoli**

Have you ever wanted to garden, but didn't know where to start? Do you need to save money on your food bill? Do you want an inexpensive rewarding hobby? For need or pleasure, this class outlines how anyone can garden for practically free, by starting small and creating systems that do most of the work for you. Learn how to do a little work year-round at your own pace, with delicious rewards. You could be eating healthier, organic food straight from your Verde Valley yard. Limited to 30 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.23 ■ 1 Session
9:00 AM - 12:00 PM

Elder Life Planning (S-209-19)

with **Devorah Nye**

You are in that stage of life "beyond work" and "obligations" and still have many years left! So what do I do with [the rest of] my life? We will consider the various issues required to address this question well, including: Soul Purpose & Plan; Bucket List; Legacy; Karmic Tasks; Relationships/Community; Reconciliation; Resource Realities; Physicality; Resolving Blocks, and more. Experiential activities with some outside work will get your planning process moving. Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
2:45 PM - 4:45 PM

Embers Of A Revolution! (S-210-19)

with **John DiBiasi**

NEW! Explore the American Revolution from its roots in 1763 following the Seven Years' War through Washington's defeat of the British at Princeton on Jan 3, 1777. Limited to 40 participants.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 6 Sessions
9:00 AM - 10:30 AM

Essential Oils For Cool Weather Problems (V-466-19)

with **Rosalie Malter**

This workshop is a review of essential oils, blends and personal care products, their uses and precautions as applied to cool weather problems. Problems such as hydration, germs, insects, etc. will be discussed. Oils will be tried on the skin, inhaled and experienced on an energy level. No products will be sold in class, but there will be information on how to obtain them. Bring a spray bottle if you'd like to make your own preparation. Limited to 12 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.23 ■ 1 Session
1:00 PM - 4:00 PM

Evolution Of The Universe, Earth And Life (S-211-19)

with **Shri Srikanth & Ken Bork**

NEW! Recent developments in scientific disciplines have enabled scientists to provide a fairly detailed history from the beginning stages of the Universe [The Big Bang] to the present. It is a remarkable story in its breadth and depth. Much of the evidence is based on contemporary cosmology and geology. We will discuss the science behind the exciting conclusions, and consider major questions that still remain.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.12 ■ 6 Sessions
9:00 AM - 10:30 AM

Experience Clarkdale's History Through The Town's Historic Built Environment (V-455-19)

with **Isabel Erickson & John Erickson**

Discover the history of the company town built by William Andrews Clark. Take a guided tour of some of the historic buildings Clark built for the betterment of his employees now re-purposed for use today. Meet at the Clarkdale Historical Society and Museum, 900 First North Street in historic downtown Clarkdale. Park in the Town Center parking lot. Sponsored by the Clarkdale Historical Society and Museum. Limited to 20 participants.

Workshop ■ Verde Valley Campus ■ \$15
Thursday ■ Oct.10 ■ 1 Session
9:30 AM - 12:00 PM

Courses are listed alphabetically.

Experience Clarkdale's History Through The Town's Historic Built Environment (V-462-19)

with Isabel Erickson & John Erickson

Discover the history of the company town built by William Andrews Clark. Take a guided tour of some of the historic buildings Clark built for the betterment of his employees, re-purposed for use today. Meet at the Clarkdale Historical Society and Museum, 900 First North Street in historic downtown Clarkdale. Park in the Town Center parking lot. Sponsored by the Clarkdale Historical Society and Museum. Limited to 20 participants.

Workshop ■ Verde Valley Campus ■ \$15
Thursday ■ Nov.14 ■ 1 Session
9:30 AM - 12:00 PM

Exploring Notre Dame And Other Famous Cathedrals (S-261-19)

with Marjorie Haas

NEW! Stepping inside a cathedral allows the visitor to experience AWESOME space of architecture, art, and music. Cathedrals have provided sites of political, cultural, intellectual, and economic importance. This course uses the Great Courses Program as a guide to explore major European cathedrals, their history, structure, and their function. The recent fire in the Cathedral of Notre Dame will also be discussed.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.21 ■ 1 Session
1:00 PM - 4:00 PM

Exploring The Verde Valley (V-403-19)

with John Erickson & Isabel Erickson

The journey continues! We will visit places of educational, economic, historic, cultural, and artistic interest throughout your neighborhood. This is NOT a hiking group! The first session will meet in the Yavapai College Library in Clarkdale, Building M. The group will subsequently meet at each tour site for the remaining classes. Tour site locations and directions will be provided at the first session. Participants provide their own transportation to each site. Limited to 15 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Wednesday ■ Oct.09 - Oct.30 ■ 4 Sessions
10:00 AM - 11:30 AM

Fat Burning Nutrition: Why It Matters & How To Achieve It! (S-262-19)

with Suzette Lawrence

Learn the methodology that shifts metabolism from fat storing to fat burning. Target dangerous abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat. This is a mindful, common-sense approach to a leaner, energetic you. Fat Burning Nutrition is diabetic-safe and heart-friendly. Forty plus MDs have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.11 ■ 1 Session
1:00 PM - 4:00 PM

Fat Burning Nutrition: Why It Matters & How To Achieve It! (V-465-19)

with Suzette Lawrence

Learn the methodology that shifts metabolism from fat storing to fat burning. Target dangerous abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat. This is a mindful, common-sense approach to a leaner, energetic you. Fat Burning Nutrition is diabetic-safe and heart-friendly. Forty plus MDs have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes.

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Oct.28 ■ 1 Session
9:00 AM - 12:00 PM

Fat Burning Nutrition: Why It Matters & How To Achieve It! (CV-482-19)

with Suzette Lawrence

Learn the methodology that shifts metabolism from fat storing to fat burning. Target dangerous abdominal fat. Apply this evidenced-based method of eating the foods you love while losing the fat. This is a mindful, common-sense approach to a leaner, energetic you. Fat Burning Nutrition is diabetic-safe and heart-friendly. Forty plus MDs have lost over 100 pounds each on this nutrition program. Supplements that accelerate results will be reviewed. Come prepared to take notes.

Workshop ■ Camp Verde Library ■ \$15
Monday ■ Nov.18 ■ 1 Session
1:00 PM - 4:00 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Finding Osiris - Physical Evidence For A Global And Unified Civilization (S-263-19)

with Michelle Gibson

NEW! The Osiris Myth concerns the murder of the god Osiris, a primeval king of Egypt, and its consequences. Osiris' murderer, his brother Set, usurps his throne. Osiris is connected with life-giving power, righteous kingship, and the rule of Maat, the ideal natural order whose maintenance was a fundamental goal in Egyptian culture. Set is closely associated with violence and chaos. See compelling evidence for the existence of a geometrically-aligned, global civilization. Limited to 25 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Nov.04 ■ 1 Session
9:00 AM - 12:00 PM

Finding Solutions Is A Relief (S-264-19)

with Lorraine VanDenburgh

NEW! What is your issue? Is it relationships, anxiety, memory loss, ants, javelina, depression, or how to live with a crabby person? We will share our experience and knowledge. Come with paper, pen, and a list of issues. For relationships, write out the conversations before coming.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
1:00 PM - 4:00 PM

Fluid Painting - Practical Applications (V-458-19)

with Mary Krigbaum

Join us on an inventive journey using acrylic paints to form an art piece. In this class, you will be thinking about the holidays. You will create 2-4 art pieces, using a greeting card which you also create, and 1 item using photo paper. No prior experience necessary. Materials fee of \$20, payable to the instructor, includes paint. Wear old clothes, bring two old flat cookie sheets with edges. Minimum of 7 participants. Limited to 13 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.16 ■ 1 Session
1:00 PM - 4:00 PM

Fluid Painting - Useful Projects From Acrylic Skins (CV-481-19)

with Mary Krigbaum

Join us on an inventive journey using acrylic skins to form an art piece. In this class, you will be thinking about holiday presents. The acrylic skins created from a previous pour will be used in fun projects. You will be using glue to bond the items together. You will create 2+ art pieces. No prior experience necessary. Materials fee of \$20, payable to the instructor, will include all supplies. Wear old clothes. Minimum of 7 participants. Limited to 13 participants.

Workshop ■ Camp Verde Library ■ \$15
Wednesday ■ Oct.23 ■ 1 Session
9:00 AM - 12:00 PM

Geological Field Trip Red Mountain (S-265-19)

with Ernie Pratt

NEW! This workshop will consists of a geological field trip to Red Mountain (1 1/2 hour drive each way). We will hike on an easy trail, 3 mile round trip. We will learn how the Red Mountain volcano formed, relationships to the San Francisco volcano field, study the rocks and associated minerals and learn about the various geomorphology features unique to this area. Must be able to hike/walk 3 miles, little elevation gain. Carpool meets at 7:30am. Limited to 12 participants.

Workshop ■ Sedona Center ■ FREE
Monday ■ Oct.21 ■ 1 Session
7:30 AM - 1:30 PM

Grandmothers Of Once Upon A Time, Muses And Mysteries, Yearnings And Secrets (S-266-19)

with Sunday Larson

NEW! Stories are charms we add to the chain of the human narrative, but many charms are missing. By remembering and imagining, writing and sharing, meditation and ritual, we will connect to the continuum of foremothers, our personal Council of Grandmothers. We may carry ancestral story memories in our DNA. Let's gather and honor a foremother whose story remains untold or unexpressed. Please bring writing and coloring journals, including inspiring photos and memorabilia. Limited to 6 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
9:00 AM - 12:00 PM

Growing A Sustainable Beer Business: Sedona Beer Company (S-267-19)

with Kali Gajewski

NEW! Take a look at what it takes to build and grow a sustainable business. Learn about the process of making beer, and about local Arizona agriculture. This course will be at the Sedona Beer Company and can include tasting beer and a tour of the internal brewing facilities. Limited to 25 participants.

Workshop ■ Sedona ■ Sedona Beer Company ■ \$15
Wednesday ■ Oct.23 ■ 1 Session
3:00 PM - 6:00 PM

Thank you Volunteers!

Thank you to the members of the OLLI community who help OLLI each term by serving on committees, events teams, and other business tasks. Thanks for your generosity in sharing your skills, and support.

Courses are listed alphabetically.

Harry S. Truman, Part Two (S-212-19)

with Curt Ireland

NEW! After World War II, Truman faced many post-war problems: thousands of returning veterans, strikes, racial prejudices, and the Cold War. His poll numbers dropped precipitously, but he managed to be re-elected in an astounding upset victory over Governor Dewey. He then entered the U.S. into a bitter and bloody war in Korea, and determined he had to fire the popular and arrogant general, Douglas MacArthur. Join us as we continue our study of a modest man who became a legendary president.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
1:00 PM - 2:30 PM

Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! (V-464-19)

with Suzette Lawrence

Learn about science-based anti-aging strategies that are 100% beneficial to the aging body. No needles, no prescriptions, no surgery. Reduce the impact of the ravages of aging. Improve age-related dysfunction to your immune system. Conquer inflammation, which is related to diseases including Alzheimer's and dementia. Strengthen connective tissues so you can stretch, not tear. Nourish joints, skin, eyes, hair and nails! Fuel your body for more energy!

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Oct.07 ■ 1 Session
9:00 AM - 12:00 PM

Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! (CV-483-19)

with Suzette Lawrence

Learn about science-based anti-aging strategies that are 100% beneficial to the aging body. No needles, no prescriptions, no surgery. Reduce the impact of the ravages of aging. Improve age-related dysfunction to your immune system. Conquer inflammation, which is related to diseases including Alzheimer's and dementia. Strengthen connective tissues so you can stretch, not tear. Nourish joints, skin, eyes, hair and nails! Fuel your body for more energy!

Workshop ■ Camp Verde Library ■ \$15
Wednesday ■ Oct.16 ■ 1 Session
1:00 PM - 4:00 PM

Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! (S-268-19)

with Suzette Lawrence

Learn about science-based anti-aging strategies that are 100% beneficial to the aging body. No needles, no prescriptions, no surgery. Reduce the impact of the ravages of aging. Improve age-related dysfunction to your immune system. Conquer inflammation, which is related to diseases including Alzheimer's and dementia. Strengthen connective tissues so you can stretch, not tear. Nourish joints, skin, eyes, hair and nails! Fuel your body for more energy!

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.25 ■ 1 Session
1:00 PM - 4:00 PM

Herbs . . . The Spice Of Life (V-471-19)

with Deborah Crincoli

Herbs are easy to grow in the Verde Valley and many can be wild crafted. Do you want to grow herbs? Or do you have herbs and do not know what to do with them? This class gives you the basics of growing herbs and recipes to incorporate herbs into your cooking, cleaning, toiletries, gifts and even creating products to sell. These ideas save money and time, and can even save your health! Herbs changed my life; they can change yours, too! Limited to 30 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.09 ■ 1 Session
9:00 AM - 12:00 PM

Hiking 101 (S-269-19)

with Spence Gustav

NEW! If you are interested in hiking but do not have a lot of experience, it can be a little overwhelming when you are first starting. Even if you are experienced, hiking in the Sedona desert and slick rock can be a new adventure. I will share Hiking 101 tips for beginners and experienced alike. What to pack and not to pack? What about hydration? What about wild animals and things that bite and sting? How not to get lost? Lessons from Sedona Search and Rescue or how to avoiding needing to call 911. Limited to 20 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
9:00 AM - 12:00 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Historic Coal Mining In Pennsylvania: Restoring The Land And Water (S-270-19)

with Pamela Milavec

Historic mining in Pennsylvania provided coal to build our industries and to fight world wars, but coal mining left profound scars and environmental degradation. Thousands of miles of streams were devastated, hundreds of thousands of acres of land were left unreclaimed, water supplies were polluted, refuse piles and exposed coal seams caught fire, and homes collapsed into mine voids. This class will examine the history of mining and reclamation in PA, with a focus on watershed restoration.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.15 ■ 1 Session
1:00 PM - 4:00 PM

How To Change Your Mind (S-213-19)

with Sandy Unger

NEW! "How To Change Your Mind" is the 2018 Best Selling Book by mega-award-winning writer Michael Pollan, and is sub-titled: "What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence." The present learning group will feature video presentations and dialogues in which Pollan documents and elucidates the renaissance currently taking place in our understanding of the potential uses of psychedelic substances like Psilocybin, LSD, and DMT.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.17 - Nov.21 ■ 6 Sessions
10:45 AM - 12:15 PM

Human Health Risk Assessment For Toxic Chemicals (S-214-19)

with Tom Ginn

NEW! In this 4-week learning group, we will discuss the fundamentals of human health risk assessment for toxic chemicals, including steps in the process, relative toxicities, differences between carcinogens and non-carcinogens, and emerging techniques in toxicology. Specific examples will include arsenic, glyphosate (Roundup), and perfluorinated chemicals. A discussion of recent tort litigation for toxic substances will also be included. No experience necessary in medicine, toxicology, or chemistry.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Oct.30 ■ 4 Sessions
10:45 AM - 12:15 PM

Humanity's Future? (S-215-19)

with Jayana Clerk

NEW! We will focus on Jamie Metz's "Hacking Darwin: Genetic Engineering and the Future of Humanity" and Jayana Clerk's "2084: The Dance of Technology and Consciousness." Technology has created unprecedented reality worldwide. We will examine the impact of AI and genetic research on human evolution - not only in social, political, and economic affairs, but also in physical and spiritual realms. Reading the books is not mandatory, but will help raise the level of dialogue about our future.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.05 ■ 5 Sessions
1:00 PM - 2:30 PM

Introduction To Dutch Oven Cooking (CV-484-19)

with Bill Stafford & Bob Tener

Students will learn the history and tools of outdoor dutch oven cooking, prepare, cook and eat a dutch oven meal including the main course, beer bread and fruit cobbler. They will learn how many coals to use for baking and for cooking one pot meals as well as some meal planning and recipes, and what size and type of dutch oven is best for various recipes. The Cook Shack is on Hollamon Street next to the entrance of Fort Verde State Park. \$10 for supplies is due to facilitator 1st day of class. Limited to 12 participants.

Workshop ■ Camp Verde Library ■ \$15
Wednesday ■ Nov.13 ■ 1 Session
1:00 PM - 5:00 PM

Introduction To The Native American Flute (S-271-19)

with Jim Wilson

This workshop focuses on describing the various aspects and qualities of the flute and some basic playing instruction. Included will be a short history, a discussion and actual demonstration of various flute types and their characteristics, beginning playing techniques, and what you should know before purchasing your first flute (or another one). If you own a native flute, you are invited to bring it with you. Limited to 12 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.28 ■ 1 Session
9:00 AM - 12:00 PM

Courses are listed alphabetically.

Investigating America's Presidents (S-216-19)

with Jim Molans

NEW! Are there limits to presidential power? How do we keep their authority in check? How do we ensure that presidents adhere to the rule of law? How does this subject apply to America's current political situation? Join us for lively and thoughtful discussions.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
10:45 AM - 12:15 PM

Ireland's Unknown Hero In The Heroic Age Of Antarctic Exploration (S-272-19)

with Bryce Babcock

NEW! The term, "Heroic Age" refers to the twenty-year period between 1898 and 1918 in which the Antarctic Continent was the focus of six intense geographical and scientific explorations under the auspices of Great Britain. "Heroic" because its goal was abstract - a "pole." Twenty men set out on these expeditions under unbelievable conditions, and nineteen would not return. We will focus on perhaps the most heroic of all, Tom Crean from Ireland.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.25 ■ 1 Session
1:00 PM - 3:00 PM

Journalism And Media Law (S-217-19)

with Christopher Fox Graham

NEW! The class will address media ethics; how to read/watch the news; finding reliable news sources; how journalists and media outlets report news; media criticism; the First Amendment and constitutional law; fair reporting and fair use; media law, slander and libel; bias in journalism: How to spot it, avoid it or adapt to it; dangers journalists face; the difference between journalism, editorials, opinions and punditry; disinformation and propaganda vs. "fake news"; and "constructive" journalism.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
3:30 PM - 5:00 PM

La Louisiane (V-406-19)

with Ron Grafe

NEW! On our journey through the swamps and cities of Louisiana, we will experience Cajun, Zydeco, Mardi Gras Indian, brass band, and New Orleans R&B music via video and YouTube. We will visit festivals, night clubs, restaurants, the French Quarter, travel deep into the swamps, drive the back roads, and meet some of the most amazing people on the planet. This is NOT a history course. Y'all come now.

Learning Group ■ Verde Valley Campus ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
10:45 AM - 12:15 PM

Laughter Circle: Put More Joy And Laughter In Your Everyday Life (S-218-19)

with Barbara Litrell & Anne Crosman

NEW! Participants will take part in laughter exercises and other activities that encourage playfulness, fun and mental balance. Laughter decreases stress, anxiety, and tension. It increases mental alertness, creativity, and memory. Laughter Circles are organized around a program developed by World Laughter Tour® including discussion of health benefits of laughter, laughter exercises, and the principles of Good Hearted Living® Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
10:45 AM - 12:15 PM

Living With Alzheimer's: For Care Partners And Care Givers (S-219-19)

with Susie James & Lesley Jenkins

NEW! A six-part series for people who care for a loved-one, diagnosed and living with early (1-3) or middle-stage (4-6) Alzheimer's disease. Hear from professionals who work in dementia care and individuals currently living with or caring for someone with dementia. Topics include: understanding the diagnosis and symptoms, planning for the future, managing caregiver stress and burnout, and strategies to help provide effective care for a person living with the disease. Limited to 12 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.12 ■ 6 Sessions
2:45 PM - 4:15 PM

Meet Ken Wilber (S-220-19)

with Marilyn Bernhardt

Is there really a Theory of Everything? Some say it can be found in the Integral work and writings of popular American philosopher Ken Wilber. This class will explore that possibility, introducing participants to the basic principles and terminology of Wilber's broad-based Integral theory and its use in understanding human development, disparate world views, and the current cultural climate. Join us and challenge your brain to a good stretch! Minimum of 6 participants. Limited to 15 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.22 - Nov.12 ■ 4 Sessions
9:00 AM - 10:30 AM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Meeting The Muse In Sedona (S-221-19)

with **Melanie Lee**

NEW! Could creativity be a balm, or even a solution, for these transitional times? Take an inside look at Sedona's thriving art colony with Melanie Lee, author of "A Year in Sedona: Meeting the Muse at Wisdom's Edge," and discuss the creative process; meet remarkable local artists, writers and others; share their inspirational stories; and learn how they meet the Muse, producing gallery-worthy works every day. Class includes a short Q&A, and 'creativity assignment' for sharing the following week.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Oct.31 ■ 4 Sessions
2:45 PM - 4:15 PM

Mental Health First Aid (S-273-19)

with **Barbara Litrell**

NEW! Mental Health First Aid (MHFA) teaches how to respond in a mental health emergency and how to offer support to someone who may be in emotional distress. The course includes lecture, videos, group activities and reference materials. The course covers first aid for developing mental health problems including depression, anxiety, psychosis and substance use disorders. Participants will become certified in Mental Health First Aid, which is a national program. Bring your lunch. Limited to 24 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.15 ■ 1 Session
8:00 AM - 5:00 PM

Mesopotamian Message - Ancient Treasure (S-222-19)

with **Kevin Decker**

NEW! Explore the birth and rebirth of the earth according to the Mayan Calendar and the long count; the effect of climate change and how cities became covered with water. Limited to 30 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Oct.29 ■ 4 Sessions
10:45 AM - 12:15 PM

Mixed Media Art Class (V-451-19)

with **Deborah Czarny**

This is a 2-part art workshop. You will create a mixed media small painted canvas using various materials. No experience needed. You will paper weave, make handmade batik paper, use watercolors and pastels, copper foil, stone, shell, feathers, or more. You may bring your own acrylic paints. Use your imagination to create a desert landscape, underwater scene, or whatever abstract you can imagine. Materials fee of \$30, payable to the instructor, will include all supplies. Limited to 8 participants.

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Oct.07 - Oct.14 ■ 2 Sessions
9:00 AM - 12:00 PM

Mountain Bikeathons: Seeing USA On Your Mountain Bike (S-274-19)

with **Kevin Adams**

NEW! All level mountain bikers and outdoor enthusiasts will want to take this mountain biking course, specifically designed to equip and empower you to hit the trails in Sedona, and across the USA. Students will learn about tools available for a mountain bike vacation, bicycle etiquette and safety, and Trail Use Advocacy 101. Optional one-hour mountain ride on the new Roundabout Trail by the Sedona Center. Limited to 15 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.28 ■ 1 Session
1:00 PM - 4:00 PM

New And Alternative Perspectives On Health (V-467-19)

with **Rick Malter & Naomi Brand**

Look at health from an alternative, holistic, and perhaps new perspective, e.g., mineral balance as a key factor. Learn how deficiencies and imbalances of minerals and cell signaling impact physical and mental health. Learn how to detect imbalances and inflammations using screenings such as Hair Tissue Mineral Analysis and thermography. Your open, curious mind is a huge asset in taking responsibility for your health. Come, enjoy this stimulating, clear and thorough presentation. Limited to 12 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.30 ■ 1 Session
1:00 PM - 4:00 PM

News And Views (V-401-19)

with **Joe Stack & Curt Ireland**

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

Learning Group ■ Verde Valley Campus ■ \$35
Monday ■ Oct.07 - Nov.18 ■ 6 Sessions
9:00 AM - 10:30 AM

Thank you Facilitators!

Thank you to our 100+ facilitators who support OLLI each term by gifting their courses and workshops. Thanks for your generosity in sharing your passions, interests and knowledge. Please encourage others to share their passions as facilitators in the upcoming terms.

Courses are listed alphabetically.

Nutrigenomics: The New Science Of Nutrition For Health And Longevity (S-223-19)

with Donna Forsythe

Nutrigenomics studies the role nutrition plays in gene expression. The foods we eat “talk” to our genes and can positively impact our health and longevity if we know the “language” of our DNA. We will discuss basic genetics, the science of nutrigenomics, how food works in the body, the master genes that influence health and longevity, which food ingredients “speak” to those genes, and how to apply that knowledge in the kitchen to optimize health. Ingredient toolbox and recipe pack included. Limited to 24 participants.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.30 - Nov.20 ■ 4 Sessions
2:45 PM - 4:15 PM

One Day University Lecture Series (S-224-19)

with Anthony Caetano

Leonardo da Vinci: The Man Who Invented the Future [October 8]; The Four Most Powerful People in the World [October 15]; Learning From The Roman Empire: Are we Repeating Their Rise and Decline? [October 22]; American Power: Dominance or Decline? An Insider’s Look at Global Developments [October 29]; Forever Young: How Scientists Are Learning to Keep Us From Getting Old [November 5]; and, Why We Work: An Eye-opening Tour of the Purpose of Work in Our Lives [November 12].

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Nov.13 ■ 6 Sessions
5:45 PM - 8:00 PM

Open Dialogue - Dialogue To Embrace Change (S-225-19)

with Sergio Mazza

NEW! We will learn to understand the uses for Deep-dialogue and its value in choosing actions for social cooperation; developing critical thinking skills and understanding how we make decisions and judgments based on one’s own worldview; encouraging the development of emotional intelligence; reducing prejudice in thought and action; respecting differing worldviews; and in turn, liberating the values of listening, compassion, patience, understanding, and respect.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Oct.29 ■ 4 Sessions
2:45 PM - 4:15 PM

Optimal Wellness By Intention (V-459-19)

with Patricia Lovelight

As energetic Beings, we participate in creating our biological well-Being. Learn how to create and manifest optimal health and vitality as well as create new neural pathways in the brain for continued forward direction toward optimal well-Being. This will be an interactive class focusing on our biology and energy field, and how to manifest in new and creative ways. Limited to 12 participants.

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Oct.28 ■ 1 Session
1:00 PM - 4:00 PM

Optimal Wellness By Intention (S-275-19)

with Patricia Lovelight

As energetic Beings, we participate in creating our biological well-Being. Learn how to create and manifest optimal health and vitality as well as create new neural pathways in the brain for continued forward direction toward optimal well-Being. This will be an interactive class focusing on our biology and energy field, and how to manifest in new and creative ways. Limited to 30 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.01 ■ 1 Session
1:00 PM - 4:00 PM

Paper Crafting - Layered Greeting Cards (S-276-19)

with Lynda Goldberg

NEW! This workshop will include hands-on instruction in paper crafting, and specifically making Layered Greeting Cards. We will also make a “purse” carrying case for the four cards. Beginners are welcome! Facilitator will provide all kits and supplies needed to complete projects. Materials fee of \$25, payable to the instructor in cash or by check, will include all supplies. Limited to 12 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.08 ■ 1 Session
9:00 AM - 12:00 PM

Paths To Happiness: Insights From Other Cultures (S-226-19)

with Paul Friedman

NEW! In the UN’s 2019 happiness level ratings of 153 nations, the U.S. ranks 19th. It seems we have much to learn from other cultures about living a fulfilled life. We will explore 30 factors that enhance happiness in countries around the world, such as Pura Vida in Costa Rica; Wabi Sabi in Japan; Turangawaewae in New Zealand; Hwyl in Wales; Hygge, Lagom, and Fika in Scandinavia. We’ll have fun traveling the globe picking up new well-being wisdom and applying it to our own lives.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Nov.06 ■ 5 Sessions
2:00 PM - 4:00 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Plant Spirit Medicine (S-277-19)

with Alice Alibrio

NEW! This course will explore the healing powers of nature (Vis Medicatrix Naturae), integrated with traditional practice with scientific knowledge. The subtle and profound essence of ten special plants will be investigated. A deeper respect and understanding of ecosystem harmony, accepting life on life's terms, will be emphasized.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
1:00 PM - 4:00 PM

Preparing Your Estate Plan (S-278-19)

with Donna Wiseman

Preparing Your Estate Plan presentation will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. Minimum of 5 participants. Limited to 15 participants.

Workshop ■ Sedona Center ■ \$15
Tuesday ■ Oct.08 ■ 1 Session
11:00 AM - 12:30 PM

Preparing Your Estate Plan (S-279-19)

with Donna Wiseman

Preparing Your Estate Plan presentation will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. Minimum of 5 participants. Limited to 15 participants.

Workshop ■ Sedona Center ■ \$15
Tuesday ■ Nov.12 ■ 1 Session
11:00 AM - 12:30 PM

Puzzles, Puzzles, Puzzles (S-227-19)

with Tyler Barrett

This hands-on class is open to any OLLI member who has previously taken one of Tyler Barrett's puzzle classes. Enjoy the opportunity to exercise your brain and sharpen your problem-solving skills through 90 minutes of pure puzzling. Limited to 12 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.19 ■ 7 Sessions
9:00 AM - 10:30 AM

Puzzles, Puzzles, Puzzles (S-228-19)

with Tyler Barrett

This hands-on class is open to any OLLI member who has previously taken one of Tyler Barrett's puzzle classes. Enjoy the opportunity to exercise your brain and sharpen your problem-solving skills through 90 minutes of pure puzzling. Limited to 12 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.19 ■ 7 Sessions
10:45 AM - 12:15 PM

Qi-Gong For Health (V-409-19)

with Nancy Rodman & Rick Blough

Qi-Gong is a slow-moving, meditative exercise. It brings the body back into balance, releasing stress, which allows the body to perform its natural healing process. It can be done standing or sitting down. The class consists of 45 minutes of practice followed by a guided meditation. Limited to 25 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Monday ■ Oct.07 - Nov.18 ■ 6 Sessions
1:00 PM - 2:30 PM

Qi-Gong For Health (S-229-19)

with Nancy Rodman & Rick Blough

Qi-Gong is a slow-moving, meditative exercise. It brings the body back into balance, releasing stress, which allows the body to perform its natural healing process. It can be done standing or sitting down. The class consists of 45 minutes of practice followed by a guided meditation. Limited to 25 participants.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
1:00 PM - 2:30 PM

Real Tax Reform (S-280-19)

with Charles Blum

NEW! According to the nonpartisan Congressional Research Service, the 2017 tax cuts have failed to “pay for themselves” or to significantly increase overall economic growth. While employment and wages have risen, investment has not and the trade deficit has not shrunk. When the next opportunity comes for real tax reform, what should the objectives be? What are major options to achieve?

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
9:00 AM - 12:00 PM

Rhythm & Movement Through African Dance (S-230-19)

with Lynne Browning

Come to learn and move in a West African dance class. This type of movement is invigorating and unlike any other dance movements. The beat of the drum will hypnotize you and transport you to another place. It is creative and loosens up any of the kinks you might have. Warmup stretching will be used to introduce you to new movements. No dance experience needed. Just have fun!

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Nov.06 ■ 5 Sessions
10:45 AM - 12:15 PM

Courses are listed alphabetically.

Science News And Views (S-231-19)

with John Black & Bob Haizmann

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

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Nov.13 ■ 6 Sessions
9:00 AM - 10:30 AM

Sedona Community Forum (FREE AND OPEN TO THE PUBLIC)

with Paul Friedman

At each session one or more innovative local leaders will provide a lively presentation regarding the "inside story," or a look behind the scenes, of an important and interesting activity in our community. They will then participate in a stimulating discussion with attendees. This is an enjoyable, informative community "town square" experience, formerly called "Lunch & Learn," which requires no enrollment or cost, and is open to all. Everyone is welcome!

Learning Group ■ Sedona Center ■ FREE
Wednesday ■ Oct.09 - Nov.20 ■ 7 Sessions
12:30 PM - 1:30 PM

Self-Help Acupressure And Reflexology For Longevity (S-232-19)

with Thomas Brennan

This is a very practical self-help learning group. We will learn a few specific acupressure and reflexology techniques that can be used to maintain a higher level of general health. Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Monday ■ Oct.07 - Nov.18 ■ 6 Sessions
1:00 PM - 2:30 PM

Senior Safety & Awareness: Tips From The Clarkdale Police Department (V-453-19)

with Troy Smith

What are the common threats to safety that seniors face in the Verde Valley? What can they do about them? What resources are available and where do they go to get help? The Clarkdale Police Department will offer seniors living in the Verde Valley the dos and don'ts of keeping safe at home and around town. Come and learn from the experts and feel safer and be safer.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.09 ■ 1 Session
1:00 PM - 4:00 PM

Sex Trafficking - The Nightmare In Our Own Backyard (S-281-19)

with Jana Bommersbach

NEW! The FBI says 100,000 children a year are being sold as sex slaves in the US. Jana spent two years investigating the world of sex-trafficking. In this workshop based on her acclaimed book "thedeadgirlinthevacantlot," she takes you inside this world in a very personal way: through teenagers forced into sex slavery; through a tenacious female reporter determined to save them, and through the men who sell them. Learn what is happening in the real world, in real time, in your own backyard.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.18 ■ 1 Session
9:00 AM - 12:00 PM

Shedding Light On Dark Matter And Dark Energy (V-463-19)

with Shri Srikanth

NEW! Dark Matter and Dark Energy are supposed to make up the bulk of stuff in the Universe. What is the evidence that has led scientists to this conclusion? What is Dark Matter made of, if it is not made of ordinary atoms? What are the properties of Dark Energy and what phenomena can it explain? We will discuss these questions in the light of recent advances in Physics and Cosmology.

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Nov.04 ■ 1 Session
9:00 AM - 12:00 PM

Soul Recognition (S-233-19)

with Thomas Brennan

This is a very practical class to help us move toward inner peace and a deeper knowledge of ourselves. In class, we will learn and apply practical ways to recognize, access, and enhance that deeper knowledge. The class includes lecture-like lessons and exciting experiential episodes. Limited to 20 participants.

Learning Group ■ Sedona Center ■ \$35
Monday ■ Oct.07 - Oct.21 ■ 3 Sessions
2:45 PM - 4:15 PM

T'ai Chi Ch'uan: An Ancient Art For The 21st Century (S-282-19)

with Blaine Harris

This workshop is designed to give beginners an overview of T'ai Chi. It will consist of a very brief history of T'ai Chi, its practical applications for health, its connection to Chinese medical theory including Qigong, and a beginner's perspective. Participants will practice T'ai Chi basics including easy to remember warm-ups and the first few movements of the Yang style T'ai Chi sequence. Time will be allotted for questions and answers. Chairs will be provided.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.11 ■ 1 Session
9:00 AM - 12:00 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

Take Care Of Yourself (S-283-19)

with Ron Goldberg

NEW! Enhance your happiness and peacefulness, reduce drama and angst. Together we will explore life perspective, gratitude and boundaries as they relate to creating the life we seek. We will employ concepts derived from eclectic spirituality, positive psychology and current research. The format will include significant group participation including discussion, introspective exercises and role playing. Working together we can grow and manifest the life we want. Limited to 18 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Nov.04 ■ 1 Session
1:00 PM - 4:00 PM

The Art Of Aging (S-284-19)

with Anthony Caetano

NEW! In this workshop we will review what biological, psychological, and social research has taught us about growing older. Along the way, we will discuss what is common with aging [spoiler alert: everybody shrinks a little], what is not normal, and key components of successful aging [friends and family are important, but perhaps in different ways]. The trajectory of aging gets shaped very early in life, but there are powerful forces that guide, and steps you can take to maximize your later years.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.14 ■ 1 Session
1:00 PM - 4:00 PM

The Art Of Film: Narratives, Documentaries, Shorts And More! (S-234-19)

with Patrick Schweiss

NEW! Patrick Schweiss will take class attendees on a journey exploring the art of independent filmmaking and a behind-the-scenes look at the Sedona Film Festival. Each week will feature a different genre and will have guest speakers related to each topic [narratives, documentaries, short films, and more]. Each class will feature a discussion and then a film viewing or clips related to the topic of the day. Limited to 112 participants.

Learning Group ■ Sedona – Mary D. Fisher Theatre ■ \$35
Monday ■ Oct.07 - Oct.28 ■ 4 Sessions
9:00 AM - 10:30 AM

The Blessings Of Aging (S-235-19)

with Barbara Litrell

NEW! How do you experience aging? Is it tinged with anxiety and regret, or is it an adventure, a time to find meaning, and a ripening? This course is based on Sr. Joan Chittister's best-selling book, "The Gift of Years." We will explore themes of aging: meaning, time, joy, regret, spirituality, and legacy, with an invitation to explore with others the challenges and blessings of aging. You will be guided to embrace a vision of elderhood as a blessed time to be alive. Limited to 24 participants.

Learning Group ■ Sedona Center ■ \$35
Tuesday ■ Oct.08 - Nov.05 ■ 5 Sessions
1:00 PM - 2:30 PM

The Female Brain, By Dr. Daniel Amen: Unleash Your Power (S-285-19)

with Susan Koepnick

NEW! In this workshop, we will explore four important topics: understanding the "Gift;" unique characteristics and needs of the female brain; the gendered brain, cultural differences, and couples; and best practices surrounding issues women ask the most. Limited to 30 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.11 ■ 1 Session
9:00 AM - 12:00 PM

The Female Brain, By Dr. Daniel Amen: Unleash Your Power (V-460-19)

with Susan Koepnick

NEW! In this workshop, we will explore four important topics: understanding the "Gift;" unique characteristics and needs of the female brain; the gendered brain, cultural differences, and couples; and best practices surrounding issues women ask the most. Limited to 30 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.23 ■ 1 Session
1:00 PM - 4:00 PM

The God Of Spinoza, Einstein And Me (S-286-19)

with Dr. O. David Gold

NEW! Unknown to many is one of the great Rationalists of the 17th century, Baruch Spinoza, a Jewish-Portuguese philosopher and leading figure of the Dutch Golden Age. Also unknown to locals - is me, having just moved to Sedona. Albert Einstein remains a household name. On a 1929 trip to the US, he was asked by a reporter, "Dr. Einstein, do you believe in God?" "Yes," he replied the, "I believe in the God of Spinoza." What [who] is the God of Spinoza? I will tell you.

Workshop ■ Sedona Center ■ \$15
Friday ■ Oct.11 ■ 1 Session
1:00 PM - 4:00 PM

Courses are listed alphabetically.

The Immortal Life Of Henrietta Lacks: YC Common Book (V-468-19)

NEW! Yavapai College is doing a "Riders Reads" project, where students across the college are encouraged to all read the same book, The Immortal Life of Henrietta Lacks. OLLLI at Sedona - Verde Valley is hosting this workshop to discuss the themes of the book, including the ethics/legal issues addressed in the book, harvesting of human cells for research, and the impact Henrietta's life has had on science.

Free for Members - Registration Required
Workshop ■ Verde Valley Campus ■ FREE
Wednesday ■ Oct.09 ■ 1 Session
1:00 PM - 4:00 PM

The Jazz Standards (S-236-19)

with Art Smith

NEW! We will discuss the development of Modern Jazz beginning in 1945, and illustrate that development by listening to modern jazz performances of the Jazz Standards. Jazz Standards are tunes, most of which will be familiar, drawn from big band music of the 1930's, show tunes and movie scores, bossa nova from Brazil, and tunes composed by Modern Jazz musicians themselves.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
2:45 PM - 4:15 PM

The Most Dangerous Negotiation Is The One You Don't Realize You Are In (S-287-19)

with Marian Kolb

NEW! Once you get out of bed, you are probably negotiating with someone about something. If every outcome must be "win/win," you've already given up ground. Join us to learn why this is reality. The best negotiation is a conversation, not a goal or a plan. Learn how to invite and respond as a partner in finding the best way to accomplish an optimal outcome, rather than seeing someone as "the opposition" or a "greedy, exploiting predator" who always wants the largest share for themselves.

Workshop ■ Sedona Center ■ \$15
Monday ■ Nov.04 ■ 1 Session
9:00 AM - 12:00 PM

The Most Dangerous Negotiation Is The One You Don't Realize You Are In (V-461-19)

with Marian Kolb

NEW! Once you get out of bed, you are probably negotiating with someone about something. If every outcome must be "win/win," you've already given up ground. Join us to learn why this is reality. The best negotiation is a conversation-not a goal or a plan. Learn how to invite and respond as a partner in finding the best way to accomplish an optimal outcome, rather than seeing someone as "the opposition" or a "greedy, exploiting predator" who always wants the largest share for themselves.

Workshop ■ Verde Valley Campus ■ \$15
Monday ■ Oct.28 ■ 1 Session
9:00 AM - 12:00 PM

The New Retirement Asset - Home Design For Aging In Place (S-288-19)

with Nancy Tossell

NEW! This course covers the impact of the "Silver Tsunami" and how the sheer number of people retiring daily and their New Longevity adds to the challenge of financing the retirement years. Since most retirement seminars focus on savings and investments, this class addresses living safely at home for as long as possible, simple tasks homeowners can do on their own, how to get started, what kind of help is available, and design tips to make any home easier to live in. Limited to 30 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.14 ■ 1 Session
9:00 AM - 12:00 PM

The Short Stories Of Flannery O'Connor (V-411-19)

with Vic Goldie

NEW! As we study Flannery O'Connor's stories, we will enter a unique world of modern fiction, described by critics as "a blend of grotesque characterization in a spiritual landscape." Whether it's the "misfit" in "A Good Man is Hard to Find" or a fateful twist in "Everything that Rises Must Converge," our discussions will evoke the masks of comedy and tragedy. You will need a copy of "The Complete Stories" [FSG Classics] by Flannery O'Connor. Bring your imagination! Limited to 10 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
2:45 PM - 4:15 PM

Courses are listed alphabetically.

COURSE DESCRIPTIONS AND DETAILS

The Verde Valley: A Series By Local Historians (S-246-19)

with Shri Srikanth

NEW! The history of the Verde Valley is full of interesting people and anecdotes. Come and learn our local area history from local historical societies - Sedona, Cottonwood, Clarkdale, Camp Verde, Cornville, and Jerome. Each week a representative from one of these historical societies will present stories and anecdotes about the history of their town. This will be an on-going series, with six sessions each term - one session from each society.

Free for Members - Registration Required
Learning Group ■ Sedona Center ■ FREE
Tuesday ■ Oct.08 - Nov.12 ■ 6 Sessions
10:45 AM - 12:15 PM

Understanding Annuities (S-289-19)

with Matt McMahon & Colin Hughes

There is a lot of confusion regarding the various types of annuities offered today and how they work. We will cover the advantages and disadvantages of these financial instruments. Limited to 30 participants.

Workshop ■ Sedona Center ■ \$15
Monday ■ Nov.04 ■ 1 Session
1:00 PM - 3:00 PM

Understanding Levels In Spiritual Experience (S-238-19)

with Thomas Brennan

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

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Oct.23 ■ 3 Sessions
2:45 PM - 4:45 PM

Understanding Thought (What It Takes To Think) (S-290-19)

with Bill Johnson

Understanding how our mind functions provides insight. To learn more about this workshop visit: <http://thebasisofthought.com/>

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.07 ■ 1 Session
9:00 AM - 12:00 PM

Veggie Gardening In The Verde Valley (V-469-19)

with Rae Ebeling

It is a special challenge, growing vegetables (especially tomatoes) here in our hot/dry climate. It all depends on what you do now, making soil and beds suited to your situation. Focus will be on the straw-bale system, but will discuss alternatives, soils, winter vegetables, and tomatoes. Optional visit to Rae's place after class.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Nov.06 ■ 1 Session
1:00 PM - 4:00 PM

Vintage Arizona: The Growth, Death, And Rebirth Of A Local Wine Industry (FREE AND OPEN TO THE PUBLIC)

with Eric Berg

NEW! Despite the youth of the current industry, AZ has a long history of wine-making dating back 200 years. Using numerous illustrations, this presentation traces the story of AZ wine from the Spanish Colonial period to the present, including pioneering efforts using wild grapes, Mesa's forgotten 19th century wine industry, the illegal raisin wineries of the Great Depression, and the unlikely band of aspiring winemakers that led the modern rebirth of AZ wine in the 1980's.

Arizona Humanities presentation
Workshop ■ Verde Valley Campus ■ FREE
Friday ■ Oct.25 ■ 1 Session
2:00 PM - 4:00 PM

What Darwin Did Not Know About The Theory Of Evolution-- Part I (S-239-19)

with Robert Anderson

NEW! We will examine how Darwin's theory has changed since the publication of his book "On the Origin of Species" in 1859. Advances in many scientific fields have altered his theory. In each class, we will watch two videos from the Great Courses series on this subject, and will leave time for discussion and debate. No background in science is needed. We will watch half of the videos in this series and half during the following Winter semester in PART II.

Learning Group ■ Sedona Center ■ \$35
Thursday ■ Oct.10 - Nov.14 ■ 6 Sessions
10:45 AM - 12:15 PM

Courses are listed alphabetically.

What Does It Take To Love? (S-291-19)

with Bill Johnson

NEW! Understanding what it takes to love exposes the most fundamental aspect of how our minds function. How we like, care, and prioritize things in our minds isn't a random event or remotely chaotic, there is a procedure. What matters to us, and even what we want, are both the result of this same technique as well. There is no escaping what it takes to love, there is only one method! For more information visit: <http://thebasisofthought.com/>

Workshop ■ Sedona Center ■ \$15
Monday ■ Oct.14 ■ 1 Session
9:00 AM - 11:00 AM

What Does Leaky Gut And Autoimmune Have To Do With Lectins? (S-292-19)

with Danny Sapienza

In this workshop, we will review information about how to heal your microbiome [gut bacteria], and the diseases (including weight gain and ailments related to getting old) that were once thought to be irreversible. Learn about pre/probiotics, lectins, and the new Viome gut bacteria testing that takes the guess work out of self-healing. Limited to 35 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.08 ■ 1 Session
9:00 AM - 12:00 PM

When Terra Is Not So Firma (S-293-19)

with Ken Bork

NEW! Earthquakes are part of our dynamic planet. They have bedeviled humans, but they also have helped us explain the workings of the Earth. We will consider their causes, effects, and impacts on history.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.08 ■ 1 Session
1:00 PM - 4:00 PM

Where Poetry And Philosophy Meet-Plato's Allegory Of The Cave (S-294-19)

with William Ward

NEW! We will closely read Plato's extraordinary "Allegory of the Cave," focusing on themes like truth, freedom, education, and the philosophical path to enlightenment. We will also focus on the poetic techniques Plato uses to move the reader beyond everydayness toward the ineffable, where purely rational philosophical language falters and only poetic metaphor can carry us further. The role of poetry in the work of other philosophers will also be briefly discussed. Limited to 14 participants.

Workshop ■ Sedona Center ■ \$15
Friday ■ Nov.01 ■ 1 Session
9:00 AM - 12:00 PM

Wildlife In The Garden (V-452-19)

with Jason Lavelle

NEW! Learn to attract wildlife through native and adaptive landscape applications specific to our region. A one-hour PowerPoint presentation will be followed by question and answer session in the demonstration garden. Workshop held at Arizona Botanical Gardens in Clarkdale. Limited to 15 participants.

Workshop ■ Verde Valley Campus ■ \$15
Wednesday ■ Oct.09 ■ 1 Session
9:00 AM - 12:00 PM

Writing Our Way To Happiness (S-240-19)

with Martha Entin

This class gives us the chance to free our writing voice. When we allow ourselves to listen deeply and write it down, we can amaze ourselves and inspire others. As we begin to trust our own voice without judgement, great joy bubbles up. Come enjoy writing in an atmosphere that is inspiring, creative, and fun. Bring pen and paper, and be ready to write.

Learning Group ■ Sedona Center ■ \$35
Monday ■ Oct.14 - Nov.18 ■ 5 Sessions
10:45 AM - 12:15 PM

Writing To Visual Prompts (V-404-19)

with Joan Prefontaine

NEW! In a non-competitive environment, we will share favorite photos and works of art in order to inspire our own writing. A variety of approaches will be encouraged, so you will be able to write in whatever style feels most natural to you. Beginning, as well as experienced writers, are welcome. Limited to 12 participants.

Learning Group ■ Verde Valley Campus ■ \$35
Thursday ■ Oct.10 - Nov.21 ■ 7 Sessions
9:00 AM - 10:30 AM

Writing Your Memoirs (S-241-19)

with Anne Crosman

Pull together your thoughts, letters, emails, diaries, photos, and artwork. Bring paper, pen, and/or laptops. We will write in class and at home. Yes, homework! You may read your work aloud to the class, if you like. Anne will ask you to write memories of your grandparents and parents, then about your life in increments of 15 years: 0-15, 15-30, 30-45, 45-60, and 60-today. She will also edit your work and suggest writing topics. Limited to 6 participants.

Learning Group ■ Sedona Center ■ \$35
Wednesday ■ Oct.09 - Nov.13 ■ 6 Sessions
10:45 AM - 12:15 PM

Courses are listed alphabetically.

SOCIAL SECURITY & MEDICARE



FREE FOR MEMBERS (REGISTRATION REQUIRED)

Medicare 101-Everything You Need To Know About Medicare

with **Denny Fanter**

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

Sedona Center ■ Monday ■ Oct.07 ■ 9:00 AM - 12:00 PM ■ [S-295-19]
Verde Valley Campus ■ Wednesday ■ Oct.16 ■ 9:00 AM - 12:00 PM ■ [V-491-19]
Verde Valley Campus ■ Wednesday ■ Oct.30 ■ 9:00 AM - 12:00 PM ■ [V-493-19]
Camp Verde Library ■ Wednesday ■ Nov.13 ■ 9:00 AM - 12:00 PM ■ [CV-494-19]
Sedona Center ■ Friday ■ Nov.15 ■ 9:00 AM - 12:00 PM ■ [S-296-19]

Medicare In Yavapai/Coconino County: What You Really Need To Know

with **Ryan Steinert**

Do you understand all the differences between Medicare and Medicare Advantage plans? Are you aware of legislative changes taking place in 2020? Are you saving all you can on your Part D drug plan? Whether 65, 75, or 85, you need to understand how Medicare works from a former Medicare biller!

Sedona Center ■ Monday ■ Oct.21 ■ 9:00 AM - 12:00 PM ■ [S-297-19]
Verde Valley Campus ■ Wednesday ■ Nov.6 ■ 9:00 AM - 12:00 PM ■ [V-492-19]

Optimize Your Social Security Retirement Benefits

with **Matt McMahon & Colin Hughes**

There are many common mistakes people make when claiming their benefits. Learn key factors you need to know before claiming Social Security. Learn how you can raise your monthly benefit more than 75%, how to avoid tax on Social Security, and the best time to apply for benefits. Plan well, retire well! Limited to 30 participants.

Sedona Center ■ Monday ■ Oct.28 ■ 1:00 PM - 3:00 PM ■ [S-298-19]
Sedona Center ■ Wednesday ■ Nov.13 ■ 1:00 PM - 3:00 PM ■ [S-299-19]

FREE OFFERINGS & SPECIAL INTEREST GROUPS

FREE - OLLI MEMBERS ONLY

The Verde Valley: A Series By Local Historians (S-246-19)

with Shri Srikanth

Sedona Center

Tuesday ■ Oct.08 - Nov.12 ■ 10:45 AM - 12:15 PM

Free to Members - Registration Required

NEW! The history of the Verde Valley is full of interesting people and anecdotes. Come and learn our local area history from local historical societies - Sedona, Cottonwood, Clarkdale, Camp Verde, Cornville, and Jerome. Each week a representative from one of these historical societies will present stories and anecdotes about the history of their town. This will be an on-going series, with six sessions each term - one session from each society.

The Immortal Life Of Henrietta Lacks: YC Common Book (V-468-19)

Verde Valley Campus

Wednesday ■ Oct.09 ■ 1:00 PM - 4:00 PM

Free to Members - Registration Required

NEW! Yavapai College is doing a "Riders Reads" project, where students across the college are encouraged to all read the same book, The Immortal Life of Henrietta Lacks. OLLLI at Sedona - Verde Valley is hosting this workshop to discuss the themes of the book, including the ethics/legal issues addressed in the book, harvesting of human cells for research, and the impact Henrietta's life has had on science. Limited to 12 participants.

SIGS - FREE FOR OLLI MEMBERS

Chess Club

Sedona Center

First and third Wednesday each month,

1:30 PM - 4:30 PM

The OLLI Chess Club continues to be active. Come to play, watch, and learn. Beginners are welcome. Free instruction. No need to register; drop in for a few minutes or stay the full 3 hours.



FREE - OPEN TO THE PUBLIC

Sedona Community Forum

KEYNOTE SPEAKER WEEKLY SERIES

Sedona Center

Wednesday ■ Oct.09 - Nov.20

12:30 PM - 1:30 PM

At each session one or more innovative local leaders will provide a lively presentation regarding the "inside story," or a look behind the scenes, of an important and interesting activity in our community. They will then participate in a stimulating discussion with attendees. This is an enjoyable, informative community "town square" experience, formerly called "Lunch & Learn," which requires no enrollment or cost, and is open to all. Everyone is welcome!

Brown Bag Brain Buzz

KEYNOTE SPEAKER WEEKLY SERIES

Verde Valley Campus

Thursday ■ Oct.10 - Nov.21

12:30 PM - 1:30 PM

In this FREE lunch-hour series, we will examine the great minds and big ideas that have shaped human history. Topics will come from all fields (science, arts, philosophy, and history) and require no prior knowledge or expertise. Bring your brown bag lunch (or buy lunch at the cafe in Building F) and awaken your brain by participating in a discussion group that will enlighten your sense of human greatness and human history. Presented by Shri Srikanth and other seasoned OLLI Facilitators.

FREE OFFERINGS & SPECIAL INTEREST GROUPS

FREE - OPEN TO THE PUBLIC

OLLI Sedona•Verde Valley and Arizona Humanities present

Ancient Southwestern Native American Pottery

with Allen Dart, RPA

Verde Valley Campus
Tuesday ■ Oct.01 ■ 2:00 PM - 4:00 PM

Award winning Archaeologist Allen Dart will show and discuss Native American ceramic styles that characterized specific peoples and eras in the U.S. Southwest and talks about how archaeologists use pottery for dating the archaeological sites and interpreting ancient life-ways. His many illustrations include samples of ancient pottery types made throughout the American Southwest from about 2,000-500 years ago.

Vintage Arizona: The Growth, Death, And Rebirth Of A Local Wine Industry

with Eric Berg

Verde Valley Campus
Friday ■ Oct.25 ■ 2:00 PM - 4:00 PM

Despite the youth of the current industry, AZ has a long history of wine-making dating back 200 years. Using numerous illustrations, this presentation traces the story of AZ wine from the Spanish Colonial period to the present, including pioneering efforts using wild grapes, Mesa's forgotten 19th century wine industry, the illegal raisin wineries of the Great Depression, and the unlikely band of aspiring winemakers that led the modern rebirth of AZ wine in the 1980's.



Sedona Cafe

Sedona Culinary Institute proudly announces the grand reopening of the Sedona Café, just in time for the OLLI Fall Term! Details available soon.

FREE - OPEN TO THE PUBLIC

OLLI is proud to partner with

LEAGUE OF WOMEN VOTERS

Voter Education Talks

Sedona Center Room 34
Monday, September 23 ■ 12:30 PM - 2:00 PM

MENTAL HEALTH MONDAYS

Various Talks and Discussions

Sedona Center Room 34 ■ last Monday of August, September & October ■ 9:30 AM - 12:00 PM

NORTHERN ARIZONA CLIMATE CHANGE ALLIANCE

Various Talks and Discussions

NAZCCA Discussion Group

Risks to Arizona Water Supply from Fracking

with Joe Costion

Sedona Center ■ Sep.17 ■ 2:00 PM - 4:00 PM

NAZCCA Discussion Group

Climate Change: Causes and Cascading Consequences

with NAZCCA Staff

Sedona Center ■ Oct.15 ■ 3:00 PM - 5:00 PM
Verde Valley Campus ■ Oct.16 ■ 11:30 AM - 1:30 PM

NAZCCA Discussion Group

Climate Refugees and Arizona's Future

with NAZCCA Staff

Sedona Center ■ Oct.22 ■ 3:00 PM - 5:00 PM
Verde Valley Campus ■ Oct.23 ■ 11:30 AM - 1:30 PM

NAZCCA Discussion Group

Climate Change: Building a Path Forward

with NAZCCA Staff

Sedona Center ■ Oct.29 ■ 3:00 PM - 5:00 PM
Verde Valley Campus ■ Oct.30 ■ 11:30 AM - 1:30 PM

NAZCCA Discussion Group

Praxis Waste Solutions: A Systems Approach for Waste Diversion

with Tyler Linner

Sedona Center ■ Nov.19 ■ 2:00 PM - 4:00 PM

NAZCCA Discussion Group

How Not to Go Extinct

with Sailesh Rao

Sedona Center ■ Dec.05 ■ 1:00 PM - 3:00PM

COURSE BY FACILITATOR

Kevin Adams is a retired Marine and Fortune 500 and nonprofit Executive who in his nonprofit role worked at the IMBA. Locally, Kevin is the president of the Sedona Red Rock Trail Fund and treasurer of the Verde Valley Cyclists Coalition.

- *Mountain Bikeathons: Seeing USA on your Mountain Bike [S-274-19]*

Dr. Alice Alibrio is an Arizona Licensed Naturopathic Physician. She specializes in trauma and addiction recovery and has 28 years of study and successful experience using botanical medicine to maintain health and to prevent and treat illness.

- *Plant Spirit Medicine [S-277-19]*

Robert Anderson is a Ph.D economist who has visited 50 foreign countries and lived in three. His specialty is economic development. He most recently worked for the World Bank and advised governments how to improve the functioning of their economies.

- *A Tour of the Economic and Political Systems Around the World [S-250-19]*
- *What Darwin Did Not Know About the Theory of Evolution-- Part I [S-239-19]*

Rich Armstrong, Ph.D in Nuclear Inorganic Chemistry from Stanford has 20 yrs. in Army/Reserves including Prof. of Chemistry at West Point and 20 yrs. as chemist for Texaco. He has birded 30 yrs., led field trips for NAAS and taught birding classes.

- *Birding 101 [S-255-19]*

Bryce Babcock is a former member of the Reivers, a Canadian Celtic Music duo. He's now content to share his passion of Celtic music using his comprehensive collection of DVDs and CDs since 1998.

- *Ireland's Unknown Hero in The Heroic Age of Antarctic Exploration [S-272-19]*

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

- *Puzzles, Puzzles, Puzzles [S-227-19]*
- *Puzzles, Puzzles, Puzzles [S-228-19]*

Eric Berg is an award-winning historian and writer of books and journals: AZ History, AZ Highways, Astronomy, Commercial Archaeology, Sedona Magazine. As a graduate of U of AZ he has been exploring, hiking, & researching the southwest for 30 years.

- *Vintage Arizona: The Growth, Death, and Rebirth of a Local Wine Industry [FREE AND OPEN TO THE PUBLIC]*

Marilyn Bernhardt was a lawyer, mediator, medical technologist and adult educator among other things in her former life. She has been active in Integral Sedona for nearly 10 years.

- *Meet Ken Wilber [S-220-19]*

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

- *Science News and Views [S-231-19]*

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

- *Qi-Gong for Health [S-229-19]*
- *Qi-Gong for Health [V-409-19]*

Charles Blum is a retired diplomat, trade negotiator, and adjunct professor of business. As founder and president of a consultancy firm in Washington, DC and Sedona, he remains active on a wide range of policy and international issues.

- *Real Tax Reform [S-280-19]*

Richard Bohner has been involved in astronomy for over 50 years. He has worked at Lowell Observatory in the Public Outreach program. He is a member of Astronomers of Verde Valley, Arizona and the British Astronomical Association.

- *Backyard Astronomy [V-457-19]*

Jana Bommersbach is one of Arizona's most acclaimed journalists. She has received The Arizona Press Club's Distinguished Service Award, has been Arizona Journalist of the Year and was recognized as the nation's top city magazine columnist.

- *Sex Trafficking - The Nightmare In Our Own Backyard [S-281-19]*

Ken Bork, Ph.D. is a geologist, paleontologist, and science historian. His college teaching focused on geoscience, plus Honors Courses on Evolution, Dinosaurs, and the Enlightenment. Research involved field-based stratigraphy and history of geology.

- *Charles Darwin: The Man and His Legacy [S-256-19]*
- *When Terra is Not So Firma [S-293-19]*
- *Evolution of the Universe, Earth and Life [S-211-19]*

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

- *New and Alternative Perspectives on Health [V-467-19]*

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

- *All In The Musical Family [V-407-19]*

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

- *Communicating with Angels [S-206-19]*
- *Self-Help Acupressure and Reflexology for Longevity [S-232-19]*
- *Soul Recognition [S-233-19]*
- *Understanding Levels In Spiritual Experience [S-238-19]*

COURSE BY FACILITATOR

Sue Brown is a retired teacher. She developed a program called Applied Technology/Robotics for children ages K-8 in New Haven, Ct. Sue presented workshops for teachers and was named Innovative Teacher of the Year in 2013.

- *3-D Modeling with Google SketchUp [V-408-19]*

Lynne Browning has danced and performed West African Dance for 52 years.

- *Rhythm & Movement Through African Dance [S-230-19]*

Anthony Caetano is an author, lecturer, certified Grant Trainer and OLLI One Day-U Facilitator.

- *Basic Grant Writing [S-203-19]*
- *One Day University Lecture Series [S-224-19]*
- *The Art of Aging [S-284-19]*

Jayana Clerk was educated in India, England, and the US. She taught English, world literature, and religion at CUNY. She has published several articles and books, including "2084: The Dance of Technology and Consciousness."

- *Humanity's Future? [S-215-19]*

Deborah Crincoli (Ms. Debbie) got her BA in Education locally at Yavapai College and Northern Arizona University. She teaches gardening to kids at Yavapai College's summer program and loves to create, hike, camp and of course . . . GROW.

- *Easy Gardening Done Dirt Cheap [V-472-19]*
- *Herbs . . . The Spice of Life [V-471-19]*

Anne Crosman, journalist and author, has facilitated OLLI groups for 13 years. She is a certified Laughter Leader and delights in helping people laugh their way to better health and happiness.

- *Writing Your Memoirs [S-241-19]*
- *Laughter Circle: Put More Joy and Laughter in Your Everyday Life [S-218-19]*

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

- *Mixed Media Art Class [V-451-19]*

Allen Dart is the recipient of numerous awards including the Arizona Archaeological Society's Professional Archaeologist of the Year Award for his efforts to bring archaeology and history to the public. Currently, Allen Dart is the Director of Tucson's Old Pueblo Archaeology Center non-profit organization which he founded in 1993.

- *Ancient Southwestern Native American Pottery [FREE AND OPEN TO THE PUBLIC]*

Kevin Decker is an ancient historian [BC], Sedona resident and has a recent release of a book entitled "Rocks of Age," which he began writing while in the Army and stationed in Middle East.

- *Mesopotamian Message - Ancient Treasure [S-222-19]*

John DiBiasi is a 15-year resident of Sedona, entrepreneur and technology visionary. He is also an avid history buff since his childhood in New England.

- *Embers of a Revolution! [S-210-19]*

Rae Ebeling, artist and gardener, aka. "The Tomato Lady," has gardened in Cottonwood's high desert area for 15 years with a year-round veggie garden, plus a desert landscape.

- *Veggie Gardening in the Verde Valley [V-469-19]*

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

- *Writing Our Way to Happiness [S-240-19]*

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

- *Experience Clarkdale's History Through the Town's Historic Built Environment [V-455-19]*
- *Experience Clarkdale's History Through the Town's Historic Built Environment [V-462-19]*
- *Exploring the Verde Valley [V-403-19]*

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

- *Experience Clarkdale's History Through the Town's Historic Built Environment [V-455-19]*
- *Experience Clarkdale's History Through the Town's Historic Built Environment [V-462-19]*
- *Exploring the Verde Valley [V-403-19]*

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

- *Medicare 101 - Everything You Need To Know About Medicare [CV-494-19]*
- *Medicare 101 - Everything You Need To Know About Medicare [S-295-19]*
- *Medicare 101 - Everything You Need To Know About Medicare [S-296-19]*
- *Medicare 101 - Everything You Need To Know About Medicare [V-491-19]*
- *Medicare 101 - Everything You Need To Know About Medicare [V-493-19]*

Donna Forsythe, MS, is a certified health coach with focus on functional nutrition and culinary genomics. She's passionate about discovering the latest nutrition science and translating that to actionable steps that optimize health and wellness.

- *Nutrigenomics: The New Science of Nutrition for Health and Longevity [S-223-19]*

COURSE BY FACILITATOR

Paul Friedman, Ph.D., is a retired professor who focuses on how consciousness, communication, community, and culture affect and can enrich the quality of our lives.

- *Paths to Happiness: Insights from Other Cultures [S-226-19]*
- *Sedona Community Forum (FREE AND OPEN TO THE PUBLIC)*

Kali Gajewski is born and raised in Sedona. She is a founder and beer advocate. Kali is an oncology social worker who still practices. Kali and Mac, her husband, opened Sedona Beer Company in August 2018.

- *Growing a Sustainable Beer Business: Sedona Beer Company [S-267-19]*

Michelle Gibson was born in July of 1963, and raised, in Montgomery County, Maryland. She has a Bachelors degree in Social Work and Psychology. She believes there would be no mysteries in history if we had been told the true history of the world.

- *Finding Osiris - Physical Evidence for a Global and Unified Civilization [S-263-19]*

Joel Gilgoff, Sedona Chamber past chairman, has taught many classes for OLLI. He has accumulated over eight million hotel and airline points in the past four years. He and his wife have taken over 75 cruises and are regular international travelers.

- *Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-up Bonuses [S-251-19]*
- *Cruising Secrets - Ocean and River - Finding Deals [S-259-19]*

Tom Ginn, Ph.D., is an environmental toxicologist who has worked on major pollution cases throughout the U.S. He has authored numerous publications and has testified in court as an expert witness.

- *Human Health Risk Assessment for Toxic Chemicals [S-214-19]*

Dr. O. David Gold earned his BS and MS degrees in History & Music at Bucknell Univ. & his Ph.D at the U. of Maryland. He taught history and philosophy for 35 years as well as OLLI in PA. Eighty-eight years young, he is the author of two books.

- *The God of Spinoza, Einstein and Me [S-286-19]*

Lynda Goldberg retired to Sedona in 2016 from Southern California. She has been crafting, sewing, quilting as long as she can remember. She is skilled in paper crafting and design which she loves to share with students.

- *Paper Crafting - Layered Greeting Cards [S-276-19]*

Ron Goldberg has over 40 years experience as a facilitator, coach and trainer. He holds a B.A. in psychology and a Masters degree in counseling. He is a lifelong seeker and a longstanding student of self development.

- *Creative Retirement Living [S-258-19]*
- *Creative Retirement Living [V-456-19]*
- *Take Care of Yourself [S-283-19]*

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

- *The Short Stories of Flannery O'Connor [V-411-19]*

Ron Grafe believes a day without music is unthinkable. It is his hope that a shared musical journey will spark the same feeling in all.

- *La Louisiane [V-406-19]*

Christopher Fox Graham, a journalist in Sedona for 15 years, has been the managing editor of Larson Newspapers since 2013. He lectures on the First Amendment, media law and community journalism. As a performance poet, he runs the Sedona Poetry Slam.

- *Journalism and Media Law [S-217-19]*

Spence Gustav is a member of the Verde Search And Rescue[SAR] volunteers. A former training officer, Spence has expertise and ten years experience in search and rescue in Verde. He has academic credentials in archeology and geology.

- *Hiking 101 [S-269-19]*

Marj Haas graduated from Indiana University School of Music and worked for most of her life in church music. She visited many cathedrals and experienced the music and history that she finds fascinating.

- *Exploring Notre Dame and Other Famous Cathedrals [S-261-19]*

Bob Haizmann is a chemical engineer, backyard astronomer and closet guitarist. He has traveled worldwide, commercializing breakthrough energy technologies and has 32 patents.

- *Science News and Views [S-231-19]*

Blaine Harris began his studies in 1978 in New Jersey with Jou, Tsung-Hwa. He has since studied with the Yang Family, other T'ai-chi Masters and Taoist teachers. He has been teaching since 1988 in LA, Phoenix, the Central Coast of CA and Sedona.

- *T'ai Chi Ch'uan: An Ancient Art for the 21st Century [S-282-19]*

Sheri Hauser is a writer of several books from dreams and dream interpretation. She used dreams to direct the growth of Glorybound Publishing (now publishing over 600 books).

- *Book Publishing-Where to Start [S-205-19]*
- *Dream Interpretation [S-208-19]*

Andy Herschkowitz has been a Verde Valley resident for the past 3 years. His background includes: - J.D. from Case Western Reserve University - Ph. D in Government from the University of Texas - Adjunct Professor John Jay College, CUNY.

- *American Public Policy [V-412-19]*

COURSE BY FACILITATOR

Gus Hughbanks retired after 30 years with the U.S. Department of Agriculture. He previously taught Interesting Characters of the Civil War. He has long been attracted to the quirkier parts of history.

- *Bad Boys of the Revolution [S-202-19]*
- *Bad Boys of the Revolution [V-405-19]*

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

- *Optimize Your Social Security Retirement Benefits [S-298-19]*
- *Optimize Your Social Security Retirement Benefits [S-299-19]*
- *Understanding Annuities [S-289-19]*

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

- *Harry S. Truman, Part Two [S-212-19]*
- *News and Views [V-401-19]*

Susie James, MSW, is a Family Care Consultant with the Northern Arizona regional Alzheimer's Association, and has 20 years of social work experience. She helps plan a workable course of action for individuals, and loved ones, affected by dementia.

- *Living with Alzheimer's: For Care Partners and Care Givers [S-219-19]*

Lesley Jenkins of the Alzheimer's Association has a wealth of nonprofit experience, having served most recently as the Director of Philanthropy for Yavapai Big Brothers Big Sisters. Her passion is supporting those needing basic resources to thrive.

- *Living with Alzheimer's: For Care Partners and Care Givers [S-219-19]*

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

- *Understanding Thought [What It Takes To Think] [S-290-19]*
- *What Does It Take To Love? [S-291-19]*

Noelle Karacsonyi is a Certified Art Clay Senior Instructor, with a background in graphic design. Her work is inspired by nature and, being new to Sedona, is embracing the Southwest vibe in her jewelry. Sedona creates inspiration!

- *Art Clay Copper Linked Bracelet [S-252-19]*
- *Art Clay Fine Silver Earrings & Pendant [S-253-19]*
- *Art Clay Fine Silver Textured Lentil Bead [S-254-19]*

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

- *The Female Brain, by Dr. Daniel Amen: Unleash Your Power [S-285-19]*
- *The Female Brain, by Dr. Daniel Amen: Unleash Your Power [V-460-19]*

Marian Kolb, being third of six kids born into a home with only one bathroom, is a natural negotiator. She has taught classes in both medical and financial arenas, and feels sharing negotiation techniques & traps may be the best help she could give.

- *The Most Dangerous Negotiation Is The One You don't Realize You Are In [S-287-19]*
- *The Most Dangerous Negotiation Is The One You don't Realize You Are In [V-461-19]*

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

- *Fluid Painting - Practical Applications [V-458-19]*
- *Fluid Painting - Useful Projects From Acrylic Skins [CV-481-19]*

Sunday Larson, author/artist/designer, holds an interdisciplinary degree from U of U in art, women's lit, dance, art history and semiotics. She mentors women in refining creative projects. She's collecting stories of our foremothers. SundayLarson.com

- *Grandmothers of Once Upon A Time, Muses and Mysteries, Yearnings and Secrets [S-266-19]*

Jason Lavelle has been manager of the Arizona Botanical Gardens nursery for the past 20 years, and lectures regularly on xeriscape topics.

- *Wildlife in the Garden [V-452-19]*

Suzette Lawrence is a retired RN and Certified Nurse Midwife, graduating Sigma Theta Tau from UT El Paso. Her encore career is all about health and wellness. After success with Fat Burning Nutrition, she became a Certified Lifestyle coach.

- *Fat Burning Nutrition: Why It Matters & How to Achieve It! [CV-482-19]*
- *Fat Burning Nutrition: Why It Matters & How to Achieve It! [S-262-19]*
- *Fat Burning Nutrition: Why It Matters & How to Achieve It! [V-465-19]*
- *Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [CV-483-19]*
- *Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [S-268-19]*
- *Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [V-464-19]*

Melanie Lee is an award winning writer, former columnist and blogger, founder of Sojourns Writing Workshops and author of "A Year in Sedona: Meeting the Muse at Wisdom's Edge." She lives in Sedona with her husband, writer/artist Louis Michalski.

- *Meeting the Muse in Sedona [S-221-19]*

COURSE BY FACILITATOR

Barbara Litrell has facilitated OLLI groups exploring our social, economic and political environment. She is currently President of Mental Health Coalition Verde Valley and is a Certified Laughter Leader and Mental Health First Aid Instructor.

- *Laughter Circle: Put More Joy and Laughter in Your Everyday Life [S-218-19]*
- *Mental Health First Aid [S-273-19]*
- *The Blessings of Aging [S-235-19]*

Patricia Lovelight, Traditional Naturopath, C.N.H.P and Biofeedback Specialist has taught Nutrition, Iridology & Body Systems throughout the U.S. She advocates Optimal Physical/Mental/Emotional Health and personal responsibility.

- *Optimal Wellness by Intention [S-275-19]*
- *Optimal Wellness by Intention [V-459-19]*

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

- *New and Alternative Perspectives on Health [V-467-19]*

Rosalie Malter is a retired counselor, a senior yoga teacher and a health coach. She has an M.A. degree from Roosevelt U. in Chicago and is the co-author of 2 books. She has been using and learning about essential oils for more than 12 years.

- *Essential Oils for Cool Weather Problems [V-466-19]*

Sergio Mazza is the Executive Director of the Dialogue Institute at Temple University in Philadelphia, PA, and on the advisory board of the Martin Springer Institute at NAU. He has taught International Management and business ethics at NAU.

- *Open Dialogue - Dialogue to Embrace Change [S-225-19]*

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

- *Optimize Your Social Security Retirement Benefits [S-298-19]*
- *Optimize Your Social Security Retirement Benefits [S-299-19]*
- *Understanding Annuities [S-289-19]*

Pamela Milavec worked for the PA Dept of Environmental Protection for 32 years as a Water Quality Specialist, Water Pollution Biologist, and Environmental Program Manager. Her primary focus was mine reclamation and restoration of impacted watersheds.

- *Historic Coal Mining in Pennsylvania: Restoring the Land and Water [S-270-19]*

Jim Molans practiced law in Florida for over 40 years. He graduated cum laude from the University of Miami, with a major in government and minor in history.

- *Investigating America's Presidents [S-216-19]*

Carla Nelson, LCSW, is a licensed psychotherapist, published author, and teacher. She is the Executive Director of the Women for Women Learning Center in Cottonwood. Visit her YouTube channel: Conversations with Carla Nelson, MSW, LCSW.

- *Declutter Your Mind! [S-207-19]*

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

- *Elder Life Planning [S-209-19]*

Ernie Pratt has a Masters degree in geology. He has worked 42 years as an international oil and gas exploration and development geologist.

- *Geological Field Trip Red Mountain [S-265-19]*

Joan Prefontaine has facilitated OLLI learning groups on word play, southwestern art and other subjects. She is a writer who likes exploring new ways to keep our minds active and vital.

- *Writing to Visual Prompts [V-404-19]*

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

- *Qi-Gong for Health [S-229-19]*
- *Qi-Gong for Health [V-409-19]*

Dan Sapienza is an herbologist. He has been using food as a form of medicine for forty years. He has been teaching how to ferment vegetables since 2013 and since specialized in how to balance gut bacteria and all underlying health benefits related.

- *What Does Leaky Gut and Autoimmune Have To Do With Lectins? [S-292-19]*

Patrick Schweiss has been the Executive Director of the Sedona International Film Festival since July 2004. He has overseen the expansion of the festival from a 3-day event to a 9-day celebration and in 2012 opened the Mary D. Fisher Theatre.

- *The Art of Film: Narratives, Documentaries, Shorts and More! [S-234-19]*

Art Smith, an OLLI facilitator since 2008, has taught a wide variety of courses, each drawn from his diverse work, travel, and life experiences. He enjoys focusing on earth sciences, Spanish culture, the arts, and music appreciation.

- *Beginning Spanish [S-204-19]*
- *The Jazz Standards [S-236-19]*

Troy Smith is a sergeant in the Clarkdale Police Department.

- *Senior Safety & Awareness: Tips from the Clarkdale Police Department [V-453-19]*

COURSE BY FACILITATOR

Dr. Stefan Sommer is Director of Education at the Merriam Powell Center at NAU. His doctoral work is in ecological sustainability and he has studied effective communication across cultural boundaries in many contexts including PBS film production.

- *Climate Change: Causes and Cascading Consequences [S-257-19]*
- *Climate Change: Causes and Cascading Consequences [V-454-19]*

Shri Srikanth has a Ph.D in physics from Boston University and has facilitated a variety of courses at OLLI.

- *Brown Bag Brain Buzz [FREE AND OPEN TO THE PUBLIC]*
- *Authors Among Us - Their Stories, Your Inspiration [S-201-19]*
- *Evolution of the Universe, Earth and Life [S-211-19]*
- *The Verde Valley: A Series by Local Historians [S-246-19]*
- *Shedding Light on Dark Matter and Dark Energy [V-463-19]*

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

- *News and Views [V-401-19]*

Bill Stafford and Bob Tener have been cooking together for 15 years. They are the company cooks at Fort Verde State Park and have provided thousands of dutch oven meals to many organizations.

- *Introduction to Dutch Oven Cooking [CV-484-19]*

Ryan Steinert was a Medicare biller from 2007 to 2014 here in the Verde Valley. Since 2014, he has been assisting people full time with all aspects of Medicare, supplement plans, Advantage plans and Part D prescription drug plans.

- *Medicare in Yavapai/Coconino County: What You Really Need to Know [S-297-19]*
- *Medicare in Yavapai/Coconino County: What You Really Need to Know [V-492-19]*

Jerome Thailing is a curious questioner, out exploring the mysterious Universe.

- *21st Century Urban Shamanism [S-200-19]*

Nancy Tossell, a copywriter with a medical and financial background, writes about home design and other senior-related businesses. She co-authored "Design Your Retirement Lifestyle" which connects home design with financial retirement management.

- *The New Retirement Asset - Home Design for Aging in Place [S-288-19]*

Sanford (Sandy) Unger, Ph.D., served at the National Institute of Mental Health in Bethesda, MD., and the Department of Psychiatry of Johns Hopkins Medical School in Baltimore, during the period when he conducted research with psychedelic substances.

- *How to Change Your Mind [S-213-19]*

Reg Urgena, after a career of teaching Critical Care Medicine & Anesthesiology, retired into an interest in current geopolitical and socio-economic issues of concern to Americans. He served as group leader of Sedona Great Decisions from 2008 to 2017.

- *Current American Issues Series [3] China, the U.S. and the Thucydides Trap [S-260-19]*
- *Current American Issues Series [3] China, the U.S. and the Thucydides Trap [V-470-19]*

Trudy Urgena is an RN and was manager of a medical office (Indiana) for 20 years. Currently she is managing partner of a development company. Her interests include art, religion, U.S. foreign policy and politics.

- *Current American Issues Series [3] China, the U.S. and the Thucydides Trap [S-260-19]*
- *Current American Issues Series [3] China, the U.S. and the Thucydides Trap [V-470-19]*

Lorraine VanDenburgh is a teacher and has lead a self-help mental health group for 16 years. She searches for truth and effective solutions to problems.

- *Finding Solutions is a Relief [S-264-19]*

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

- *Where Poetry and Philosophy Meet-Plato's Allegory of the Cave [S-294-19]*

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

- *Introduction to the Native American Flute [S-271-19]*

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

- *Preparing Your Estate Plan [S-278-19]*
- *Preparing Your Estate Plan [S-279-19]*

Sophia Zarifis-Russell is the library manager at Yavapai College, Verde Valley Campus Library.

- *Basic Computer Skills [V-402-19]*

Thank you Amy and Scott!

As you may have noticed, our OLLI catalog has been revamped and, hopefully, is easier to read and use. These updates would not have been possible without the skill and design of OLLI member Scott Haebich and Amy Fruchter, YC graphic designer.

COURSES BY LOCATION

Sedona Center

Time	Course	Starts	Sessions
MONDAY			
7:30 AM-1:30 PM	Geological Field Trip Red Mountain [S-265-19]	Oct 21	1
9:00 AM-12:00 PM	Medicare 101 - Everything You Need To Know About Medicare [S-295-19]	Oct 07	1
9:00 AM-10:30 AM	The Art of Film: Narratives, Documentaries, Shorts and More! [S-234-19]	Oct 07	4
9:00 AM-12:00 PM	Understanding Thought (What It Takes To Think) [S-290-19]	Oct 07	1
9:00 AM-12:00 PM	The New Retirement Asset - Home Design for Aging in Place [S-288-19]	Oct 14	1
9:00 AM-11:00 AM	What Does It Take To Love? [S-291-19]	Oct 14	1
9:00 AM-12:00 PM	Medicare in Yavapai/Coconino County: What You Really Need to Know [S-297-19]	Oct 21	1
9:00 AM-12:00 PM	Introduction to the Native American Flute [S-271-19]	Oct 28	1
9:00 AM-12:00 PM	Finding Osiris-Physical Evidence for a Global & Unified Civilization [S-263-19]	Nov 04	1
9:00 AM-12:00 PM	The Most Dangerous Negotiation Is The One You Don't Realize You Are In [S-287-19]	Nov 04	1
10:45 AM-12:15 PM	Writing Our Way to Happiness [S-240-19]	Oct 14	5
1:00 PM-4:00 PM	Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-up Bonuses [S-251-19]	Oct 07	1
1:00 PM-3:00 PM	Climate Change: Causes and Cascading Consequences [S-257-19]	Oct 07	1
1:00 PM-2:30 PM	Self-Help Acupressure and Reflexology for Longevity [S-232-19]	Oct 07	6
1:00 PM-4:00 PM	Cruising Secrets - Ocean and River - Finding Deals [S-259-19]	Oct 14	1
1:00 PM-4:00 PM	The Art of Aging [S-284-19]	Oct 14	1
1:00 PM-4:00 PM	Creative Retirement Living [S-258-19]	Oct 21	1
1:00 PM-4:00 PM	Exploring Notre Dame and Other Famous Cathedrals [S-261-19]	Oct 21	1
1:00 PM-4:00 PM	Mountain Bikeathons: Seeing USA on your Mountain Bike [S-274-19]	Oct 28	1
1:00 PM-3:00 PM	Optimize Your Social Security Retirement Benefits [S-298-19]	Oct 28	1
1:00 PM-4:00 PM	Take Care of Yourself [S-283-19]	Nov 04	1
1:00 PM-3:00 PM	Understanding Annuities [S-289-19]	Nov 04	1
2:45 PM-4:15 PM	Soul Recognition [S-233-19]	Oct 07	3
2:45 PM-4:15 PM	Communicating with Angels [S-206-19]	Oct 28	3
TUESDAY			
9:00 AM-10:30 AM	Book Publishing-Where to Start [S-205-19]	Oct 08	4
9:00 AM-10:30 AM	Evolution of the Universe, Earth and Life [S-211-19]	Oct 08	6
9:00 AM-10:30 AM	Puzzles, Puzzles, Puzzles [S-227-19]	Oct 08	7
9:00 AM-10:30 AM	Meet Ken Wilber [S-220-19]	Oct 22	4
10:45 AM-12:15 PM	Dream Interpretation [S-208-19]	Oct 08	4
10:45 AM-12:15 PM	Mesopotamian Message - Ancient Treasure [S-222-19]	Oct 08	4
10:45 AM-12:15 PM	Puzzles, Puzzles, Puzzles [S-228-19]	Oct 08	7
10:45 AM-12:15 PM	The Verde Valley: A Series by Local Historians [S-246-19]	Oct 08	6
FREE FOR OLLI MEMBERS			
11:00 AM-12:30 PM	Preparing Your Estate Plan [S-278-19]	Oct 08	1
11:00 AM-12:30 PM	Preparing Your Estate Plan [S-279-19]	Nov 12	1
1:00 PM-2:30 PM	Beginning Spanish [S-204-19]	Oct 08	14
1:00 PM-2:30 PM	Humanity's Future? [S-215-19]	Oct 08	5
1:00 PM-2:30 PM	The Blessings of Aging [S-235-19]	Oct 08	5
2:45 PM-4:15 PM	Living with Alzheimer's: For Care Partners and Care Givers [S-219-19]	Oct 08	6
2:45 PM-4:15 PM	Open Dialogue - Dialogue to Embrace Change [S-225-19]	Oct 08	4

For course details, please see the Course Description section which lists all courses alphabetically.

COURSES BY LOCATION

Sedona Center

Time	Course	Starts	Sessions
WEDNESDAY			
9:00 AM-10:30 AM	Bad Boys of the Revolution [S-202-19]	Oct 09	6
9:00 AM-10:30 AM	Declutter Your Mind! [S-207-19]	Oct 09	4
9:00 AM-10:30 AM	Science News and Views [S-231-19]	Oct 09	6
10:45 AM-12:15 PM	Human Health Risk Assessment for Toxic Chemicals [S-214-19]	Oct 09	4
10:45 AM-12:15 PM	Rhythm & Movement Through African Dance [S-230-19]	Oct 09	5
10:45 AM-12:15 PM	Writing Your Memoirs [S-241-19]	Oct 09	6
12:30 PM-1:30 PM	Sedona Community Forum FREE AND OPEN TO THE PUBLIC	Oct 09	7
1:00 PM-3:00 PM	Optimize Your Social Security Retirement Benefits [S-299-19]	Nov 13	1
2:00 PM-4:00 PM	Paths to Happiness: Insights from Other Cultures [S-226-19]	Oct 09	5
2:45 PM-4:15 PM	Basic Grant Writing [S-203-19]	Oct 09	4
2:45 PM-4:45 PM	Understanding Levels In Spiritual Experience [S-238-19]	Oct 09	3
2:45 PM-4:15 PM	Nutrigenomics: The New Science of Nutrition for Health & Longevity [S-223-19]	Oct 30	4
3:00 PM-6:00 PM	Growing a Sustainable Beer Business: Sedona Beer Company [S-267-19]	Oct 23	1
5:45 PM-8:00 PM	One Day University Lecture Series [S-224-19]	Oct 09	6
THURSDAY			
9:00 AM-10:30 AM	Embers of a Revolution! [S-210-19]	Oct 10	6
10:45 AM-12:15 PM	Investigating America's Presidents [S-216-19]	Oct 10	6
10:45 AM-12:15 PM	Laughter Circle: Put More Joy and Laughter in Your Everyday Life [S-218-19]	Oct 10	6
10:45 AM-12:15 PM	What Darwin Did Not Know About the Theory of Evolution-- Part I [S-239-19]	Oct 10	6
10:45 AM-12:15 PM	How to Change Your Mind [S-213-19]	Oct 17	6
1:00 PM-2:30 PM	21st Century Urban Shamanism [S-200-19]	Oct 10	7
1:00 PM-2:30 PM	Harry S. Truman, Part Two [S-212-19]	Oct 10	6
1:00 PM-2:30 PM	Qi-Gong for Health [S-229-19]	Oct 10	7
2:45 PM-4:45 PM	Elder Life Planning [S-209-19]	Oct 10	6
2:45 PM-4:15 PM	Meeting the Muse in Sedona [S-221-19]	Oct 10	4
2:45 PM-4:15 PM	The Jazz Standards [S-236-19]	Oct 10	7
3:30 PM-5:00 PM	Journalism and Media Law [S-217-19]	Oct 10	7
FRIDAY			
8:00 AM-12:30 PM	Art Clay Fine Silver Earrings & Pendant [S-253-19]	Oct 25	1
8:00 AM-12:30 PM	Art Clay Fine Silver Textured Lentil Bead [S-254-19]	Nov 15	1
8:00 AM-5:00 PM	Mental Health First Aid [S-273-19]	Nov 15	1
9:00 AM-12:00 PM	The Female Brain, by Dr. Daniel Amen: Unleash Your Power [S-285-19]	Oct 11	1
9:00 AM-12:00 PM	T'ai Chi Ch'uan: An Ancient Art for the 21st Century [S-282-19]	Oct 11	1
9:00 AM-12:00 PM	Sex Trafficking - The Nightmare In Our Own Backyard [S-281-19]	Oct 18	1
9:00 AM-12:00 PM	Real Tax Reform [S-280-19]	Oct 18	1
9:00 AM-12:00 PM	Grandmothers of Once Upon A Time, Muses and Mysteries, Yearnings and Secrets [S-266-19]	Oct 18	1
9:00 AM-12:00 PM	Hiking 101 [S-269-19]	Oct 18	1
9:00 AM-12:00 PM	Current American Issues Series [3] China, the U.S. and the Thucydides Trap [S-260-19]	Oct 25	1
9:00 AM-12:00 PM	Where Poetry and Philosophy Meet-Plato's Allegory of the Cave [S-294-19]	Nov 01	1
9:00 AM-12:00 PM	A Tour of the Economic and Political Systems Around the World [S-250-19]	Nov 01	1
9:00 AM-12:00 PM	What Does Leaky Gut and Autoimmune Have To Do With Lectins? [S-292-19]	Nov 08	1
9:00 AM-12:00 PM	Paper Crafting - Layered Greeting Cards [S-276-19]	Nov 08	1

For course details, please see the Course Description section which lists all courses alphabetically.

COURSES BY LOCATION

Sedona Center

Time	Course	Starts	Sessions
FRIDAY (CON'T)			
9:00 AM-12:00 PM	Medicare 101 - Everything You Need To Know About Medicare [S-296-19]	Nov 15	1
10:00 AM-11:30 AM	Authors Among Us - Their Stories, Your Inspiration [S-201-19]	Oct 11	7
12:30 PM-5:00 PM	Art Clay Copper Linked Bracelet [S-252-19]	Oct 18	1
1:00 PM-4:00 PM	The God of Spinoza, Einstein and Me [S-286-19]	Oct 11	1
1:00 PM-4:00 PM	Fat Burning Nutrition: Why it Matters & How to Achieve it! [S-262-19]	Oct 11	1
1:00 PM-4:00 PM	Finding Solutions is a Relief [S-264-19]	Oct 18	1
1:00 PM-4:00 PM	Plant Spirit Medicine [S-277-19] CANCELED	Oct 18	1
1:00 PM-4:00 PM	Charles Darwin: The Man and His Legacy [S-256-19]	Oct 18	1
1:00 PM-4:00 PM	Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [S-268-19]	Oct 25	1
1:00 PM-3:00 PM	Ireland's Unknown Hero in The Heroic Age of Antarctic Exploration [S-272-19]	Oct 25	1
1:00 PM-4:00 PM	Optimal Wellness by Intention [S-275-19]	Nov 01	1
1:00 PM-4:00 PM	When Terra is Not So Firma [S-293-19]	Nov 08	1
1:00 PM-4:00 PM	Historic Coal Mining in Pennsylvania: Restoring the Land and Water [S-270-19]	Nov 15	1
2:00 PM-4:00 PM	Birding 101 [S-255-19] [M] 8:30-11:30 AM	Oct 25&28	2

Verde Valley Campus

Time	Course	Starts	Sessions
MONDAY			
9:00 AM-10:30 AM	News and Views [V-401-19]	Oct 07	6
9:00 AM-12:00 PM	Mixed Media Art Class [V-451-19]	Oct 07	2
9:00 AM-12:00 PM	Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [V-464-19]	Oct 07	1
9:00 AM-12:00 PM	The Most Dangerous Negotiation Is The One You Don't Realize You Are In [V-461-19]	Oct 28	1
9:00 AM-12:00 PM	Fat Burning Nutrition: Why It Matters & How to Achieve It! [V-465-19]	Oct 28	1
9:00 AM-12:00 PM	Shedding Light on Dark Matter and Dark Energy [V-463-19]	Nov 04	1
1:00 PM-2:30 PM	Qi-Gong for Health [V-409-19]	Oct 07	6
1:00 PM-4:00 PM	Optimal Wellness by Intention [V-459-19]	Oct 28	1
2:45 PM-4:15 PM	American Public Policy [V-412-19]	Oct 07	5
TUESDAY			
9:00 AM-10:30 AM	Basic Computer Skills [V-402-19]	Oct 08	4
2:00 PM-4:00 PM	Ancient Southwestern Native American Pottery FREE AND OPEN TO THE PUBLIC	Oct 01	1
WEDNESDAY			
9:00 AM-12:00 PM	Herbs . . . The Spice of Life [V-471-19]	Oct 09	1
9:00 AM-12:00 PM	Wildlife in the Garden [V-452-19]	Oct 09	1
9:00 AM-12:00 PM	Medicare 101 - Everything You Need To Know About Medicare [V-491-19]	Oct 16	1
9:00 AM-12:00 PM	Easy Gardening Done Dirt Cheap [V-472-19]	Oct 23	1
9:00 AM-12:00 PM	Medicare 101 - Everything You Need To Know About Medicare [V-493-19]	Oct 30	1
9:00 AM-12:00 PM	Current American Issues Series [3] China, the U.S. and the Thucydides Trap [V-470-19]	Oct 30	1

For course details, please see the Course Description section which lists all courses alphabetically.

COURSES BY LOCATION

Verde Valley Campus

Time	Course	Starts	Sessions
------	--------	--------	----------

WEDNESDAY (CON'T)

9:00 AM-12:00 PM	Medicare in Yavapai/Coconino County: What You Really Need to Know [V-492-19]	Nov 06	1
10:00 AM-11:30 AM	Exploring the Verde Valley [V-403-19]	Oct 09	4
1:00 PM-4:00 PM	Senior Safety & Awareness: Tips from the Clarkdale Police Department [V-453-19]	Oct 09	1
1:00 PM-4:00 PM	The Immortal Life of Henrietta Lacks: YC Common Book [V-468-19] FREE FOR OLLI MEMBERS	Oct 09	1
1:00 PM-3:00 PM	Climate Change: Causes and Cascading Consequences [V-454-19]	Oct 09	1
1:00 PM-4:00 PM	Backyard Astronomy [V-457-19]	Oct 16	1
1:00 PM-4:00 PM	Creative Retirement Living [V-456-19]	Oct 16	1
1:00 PM-4:00 PM	Fluid Painting - Practical Applications [V-458-19]	Oct 16	1
1:00 PM-4:00 PM	The Female Brain, by Dr. Daniel Amen: Unleash Your Power [V-460-19]	Oct 23	1
1:00 PM-4:00 PM	Essential Oils for Cool Weather Problems [V-466-19]	Oct 23	1
1:00 PM-4:00 PM	New and Alternative Perspectives on Health [V-467-19]	Oct 30	1
1:00 PM-4:00 PM	Veggie Gardening in the Verde Valley [V-469-19]	Nov 06	1

THURSDAY

9:00 AM-10:30 AM	Writing to Visual Prompts [V-404-19]	Oct 10	7
9:30 AM-12:00 PM	Experience Clarkdale's History Through the Town's Historic Built Environment [V-455-19]	Oct 10	1
9:30 AM-12:00 PM	Experience Clarkdale's History Through the Town's Historic Built Environment [V-462-19]	Nov 14	1
10:45 AM-12:15 PM	La Louisiane [V-406-19]	Oct 10	6
10:45 AM-12:15 PM	Bad Boys of the Revolution [V-405-19]	Oct 10	6
12:30 PM-1:30 PM	Brown Bag Brain Buzz FREE AND OPEN TO THE PUBLIC	Oct 10	7
2:45 PM-4:15 PM	The Short Stories of Flannery O'Connor [V-411-19]	Oct 10	7
2:45 PM-4:15 PM	All In The Musical Family [V-407-19]	Oct 10	7
2:45 PM-4:15 PM	3-D Modeling with Google SketchUp [V-408-19]	Oct 17	4

FRIDAY

2:00 PM-3:30 PM	Vintage Arizona: The Growth, Death, and Rebirth of a Local Wine Industry FREE AND OPEN TO THE PUBLIC	Oct 25	1
-----------------	--	--------	---

Camp Verde Library

Camp Verde Community Library ■ 130 Black Bridge Loop Road

Time	Course	Starts	Sessions
------	--------	--------	----------

MONDAY

1:00 PM-4:00 PM	Fat Burning Nutrition: Why It Matters & How to Achieve It! [CV-482-19]	Nov 18	1
-----------------	--	--------	---

WEDNESDAY

9:00 AM-12:00 PM	Fluid Painting - Useful Projects from Acrylic Skins [CV-481-19]	Oct 23	1
9:00 AM-12:00 PM	Medicare 101 - Everything You Need To Know About Medicare [CV-494-19]	Nov 13	1
1:00 PM-4:00 PM	Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [CV-483-19]	Oct 16	1
1:00 PM-5:00 PM	Introduction to Dutch Oven Cooking [CV-484-19]	Nov 13	1

For course details, please see the Course Description section which lists all courses alphabetically.

COURSE INDEX

▪ 21st Century Urban Shamanism [S-200-19].....	4	▪ Experience Clarkdale's History Through The Town's Historic Built Environment [V-462-19].....	9
▪ 3-D Modeling With Google Sketchup [V-408-19].....	4	▪ Exploring Notre Dame And Other Famous Cathedrals [S-261-19].....	9
▪ A Tour Of The Economic And Political Systems Around The World [S-250-19].....	4	▪ Exploring The Verde Valley [V-403-19]	9
▪ All In The Musical Family [V-407-19].....	4	▪ Fat Burning Nutrition: Why It Matters & How To Achieve It! [S-262-19].....	9
▪ Amazing Travel Tips & Free Flights & Hotels Using Credit Card Sign-Up Bonuses [S-251-19]	4	▪ Fat Burning Nutrition: Why It Matters & How To Achieve It! [V-465-19].....	9
▪ American Public Policy [V-412-19].....	4	▪ Fat Burning Nutrition: Why It Matters & How To Achieve It! [CV-482-19].....	9
▪ Ancient Southwestern Native American Pottery	4	▪ Finding Osiris - Physical Evidence For A Global And Unified Civilization [S-263-19].....	10
▪ Art Clay Copper Linked Bracelet [S-252-19]	5	▪ Finding Solutions Is A Relief [S-264-19].....	10
▪ Art Clay Fine Silver Earrings & Pendant [S-253-19].....	5	▪ Fluid Painting - Practical Applications [V-458-19]	10
▪ Art Clay Fine Silver Textured Lentil Bead [S-254-19].....	5	▪ Fluid Painting - Useful Projects From Acrylic Skins [CV-481-19]	10
▪ Authors Among Us - Their Stories, Your Inspiration [S-201-19]	5	▪ Geological Field Trip Red Mountain [S-265-19]	10
▪ Backyard Astronomy [V-457-19].....	5	▪ Grandmothers Of Once Upon A Time, Muses And Mysteries, Yearnings And Secrets [S-266-19].....	10
▪ Bad Boys Of The Revolution [S-202-19]	5	▪ Growing A Sustainable Beer Business: Sedona Beer Company [S-267-19].....	10
▪ Bad Boys Of The Revolution [V-405-19].....	5	▪ Harry S. Truman, Part Two [S-212-19].....	11
▪ Basic Computer Skills [V-402-19].....	6	▪ Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [V-464-19].....	11
▪ Basic Grant Writing [S-203-19].....	6	▪ Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [CV-483-19]	11
▪ Beginning Spanish [S-204-19].....	6	▪ Healthy Aging: More Energy, Move Easier, Get Stronger, Look Younger! [S-268-19]	11
▪ Birding 101 [S-255-19].....	6	▪ Herbs . . . The Spice Of Life [V-471-19]	11
▪ Book Publishing-Where To Start [S-205-19].....	6	▪ Hiking 101 [S-269-19].....	11
▪ Brown Bag Brain Buzz	6	▪ Historic Coal Mining In Pennsylvania: Restoring The Land And Water [S-270-19].....	12
▪ Charles Darwin: The Man And His Legacy [S-256-19]..	6	▪ How To Change Your Mind [S-213-19]	12
▪ Climate Change: Causes And Cascading Consequences [S-257-19].....	6	▪ Human Health Risk Assessment For Toxic Chemicals [S-214-19].....	12
▪ Climate Change: Causes And Cascading Consequences [V-454-19]	7	▪ Humanity's Future? [S-215-19].....	12
▪ Communicating With Angels [S-206-19]	7	▪ Introduction To Dutch Oven Cooking [CV-484-19].....	12
▪ Creative Retirement Living [S-258-19]	7	▪ Introduction To The Native American Flute [S-271-19].	12
▪ Creative Retirement Living [V-456-19].....	7	▪ Investigating America's Presidents [S-216-19]	13
▪ Cruising Secrets - Ocean And River - Finding Deals [S-259-19].....	7	▪ Ireland's Unknown Hero In The Heroic Age Of Antarctic Exploration [S-272-19].....	13
▪ Current American Issues Series [3] China, The U.S. And The Thucydides Trap [S-260-19].....	7	▪ Journalism And Media Law [S-217-19].....	13
▪ Current American Issues Series [3] China, The U.S. And The Thucydides Trap [V-470-19].....	7	▪ La Louisiane [V-406-19].....	13
▪ Declutter Your Mind! [S-207-19]	8	▪ Laughter Circle: Put More Joy And Laughter In Your Everyday Life [S-218-19].....	13
▪ Dream Interpretation [S-208-19].....	8		
▪ Easy Gardening Done Dirt Cheap [V-472-19].....	8		
▪ Elder Life Planning [S-209-19].....	8		
▪ Embers Of A Revolution! [S-210-19].....	8		
▪ Essential Oils For Cool Weather Problems [V-466-19]....	8		
▪ Evolution Of The Universe, Earth And Life [S-211-19]	8		
▪ Experience Clarkdale's History Through The Town's Historic Built Environment [V-455-19].....	8		

COURSE INDEX

▪ Living With Alzheimer's: For Care Partners And Care Givers [S-219-19].....	13	▪ Take Care Of Yourself [S-283-19].....	18
▪ Meet Ken Wilber [S-220-19].....	13	▪ The Art Of Aging [S-284-19].....	18
▪ Meeting The Muse In Sedona [S-221-19].....	14	▪ The Art Of Film: Narratives, Documentaries, Shorts And More! [S-234-19].....	18
▪ Mental Health First Aid [S-273-19].....	14	▪ The Blessings Of Aging [S-235-19].....	18
▪ Mesopotamian Message - Ancient Treasure [S-222-19].....	14	▪ The Female Brain, By Dr. Daniel Amen: Unleash Your Power [S-285-19].....	18
▪ Mixed Media Art Class [V-451-19].....	14	▪ The Female Brain, By Dr. Daniel Amen: Unleash Your Power [V-460-19].....	18
▪ Mountain Bikeathons: Seeing USA On Your Mountain Bike [S-274-19].....	14	▪ The God Of Spinoza, Einstein And Me [S-286-19].....	18
▪ New And Alternative Perspectives On Health [V-467-19].....	14	▪ The Immortal Life Of Henrietta Lacks: YC Common Book [V-468-19].....	19
▪ News And Views [V-401-19].....	14	▪ The Jazz Standards [S-236-19].....	19
▪ Nutrigenomics: The New Science Of Nutrition For Health And Longevity [S-223-19].....	15	▪ The Most Dangerous Negotiation Is The One You Don't Realize You Are In [S-287-19].....	19
▪ One Day University Lecture Series [S-224-19].....	15	▪ The Most Dangerous Negotiation Is The One You Don't Realize You Are In [V-461-19].....	19
▪ Open Dialogue - Dialogue To Embrace Change [S-225-19].....	15	▪ The New Retirement Asset - Home Design For Aging In Place [S-288-19].....	19
▪ Optimal Wellness By Intention [V-459-19].....	15	▪ The Short Stories Of Flannery O'Connor [V-411-19].....	19
▪ Optimal Wellness By Intention [S-275-19].....	15	▪ The Verde Valley: A Series By Local Historians [S-246-19].....	20
▪ Paper Crafting - Layered Greeting Cards [S-276-19].....	15	▪ Understanding Annuities [S-289-19].....	20
▪ Paths To Happiness: Insights From Other Cultures [S-226-19].....	15	▪ Understanding Levels In Spiritual Experience [S-238-19].....	20
▪ Plant Spirit Medicine [S-277-19] CANCELED	16	▪ Understanding Thought (What It Takes To Think) [S-290-19].....	20
▪ Preparing Your Estate Plan [S-278-19].....	16	▪ Veggie Gardening In The Verde Valley [V-469-19].....	20
▪ Preparing Your Estate Plan [S-279-19].....	16	▪ Vintage Arizona: The Growth, Death, And Rebirth Of A Local Wine Industry.....	20
▪ Puzzles, Puzzles, Puzzles [S-227-19].....	16	▪ What Darwin Did Not Know About The Theory Of Evolution-- Part I [S-239-19].....	20
▪ Puzzles, Puzzles, Puzzles [S-228-19].....	16	▪ What Does It Take To Love? [S-291-19].....	21
▪ Qi-Gong For Health [V-409-19].....	16	▪ What Does Leaky Gut And Autoimmune Have To Do With Lectins? [S-292-19].....	21
▪ Qi-Gong For Health [S-229-19].....	16	▪ When Terra Is Not So Firma [S-293-19].....	21
▪ Real Tax Reform [S-280-19].....	16	▪ Where Poetry And Philosophy Meet-Plato's Allegory Of The Cave [S-294-19].....	21
▪ Rhythm & Movement Through African Dance [S-230-19].....	16	▪ Wildlife In The Garden [V-452-19].....	21
▪ Science News And Views [S-231-19].....	17	▪ Medicare 101 - Everything You Need To Know About Medicare.....	22
▪ Sedona Community Forum.....	17	▪ Medicare In Yavapai/Coconino County: What You Really Need To Know.....	22
▪ Self-Help Acupressure And Reflexology For Longevity [S-232-19].....	17	▪ Optimize Your Social Security Retirement Benefits.....	22
▪ Senior Safety & Awareness: Tips From The Clarkdale Police Department [V-453-19].....	17	▪ Writing Our Way To Happiness [S-240-19].....	21
▪ Sex Trafficking - The Nightmare In Our Own Backyard [S-281-19].....	17	▪ Writing To Visual Prompts [V-404-19].....	21
▪ Shedding Light On Dark Matter And Dark Energy [V-463-19].....	17	▪ Writing Your Memoirs [S-241-19].....	21
▪ Soul Recognition [S-233-19].....	17		
▪ T'ai Chi Ch'uan: An Ancient Art For The 21st Century [S-282-19].....	17		



COME JOIN THE PARTY!

BIZARRE BAZAAR

CRAFT FAIR

TO BENEFIT OLLI



Free Admission



48 LOCAL ARTISIANs - 10 FOOD TRUCKS

MUSIC - FACE PAINTING

COSTUMES - PRIZES AND MORE!!!

BRING YOUR FRIENDS, FAMILY, AND KIDS! COME

DRESSED IN YOUR FAVORITE HALLOWEEN

COSTUME TO WIN A PRIZE!!!



Yavapai
COLLEGE
You Can!

October 26, 10AM - 4 PM

Sedona Center - 4215 Arts Village drive



What new doors will you
open this fall?

Explore the possibilities at
OLLI's Fall Open House



OLLI 2019 Fall Open House

Verde Valley Campus: 9/24
Sedona Center 9/26

10 am - noon

OLLI is turning Sweet Sixteen!

Back to School Social!

A History of the Upper Verde Valley Schools
in the Verde Valley

by *Cindy Emmett* (Museum Operations Director)

Clarkdale Historical Society and Museum



When: **September 20, 2019**
3 - 5 PM

Where: **Historic Clark Memorial Clubhouse
Men's Lounge**

19 N. Ninth St., Clarkdale, AZ

**WILD
TONIC**

Refreshments!

Kombucha Tasting
(by Wild Tonic)

OLLI Birthday Cake
(by Sedona
Culinary Institute)



FREE! for all OLLI Members!