

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI
Online

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

Yavapai
COLLEGE



FALL 2 2020 SCHEDULE



Stay Engaged, Stay Healthy!

The pandemic has affected the way we live, the way we socialize, and the way we learn. No one would say that this has improved our life experiences, but we are adjusting to the new normal. We all believe that this crisis is temporary and that we will return to a safe face-to-face social interaction environment one day. And we all are hopeful that that day returns soon. But in the meantime, we adjust – we adapt – we continue on.

Our newest committee, Volunteer, has been created to allow members to engage with OLLI by assisting facilitators and courses and special projects. Right now, we are looking for OLLI members to help facilitators run their course. Those volunteers would help in the online classroom by greeting members when they log in and those volunteers would be responsible for sharing the latest news with the course attendees (news to be provided by our administration and committee teams.) Contact Tricia, Barbara Leonard or myself to let us know if you are interested.

Your governing council members wish to thank you for continuing your engagement with OLLI. The Tuesday Trivia, Zoom Training, Monthly birthdays and anniversaries, and the courses, workshops and special interest groups allow us to engage with one another – to be a part of the community. Got ideas – let us know. Stay engaged, stay healthy!

Michael J. Gunn
Chair, Governing Council

Photo Credit: Chris Maxwell

Vision: Extending and improving the quality of life

Mission: Provide lifelong learning and social connections

Membership Fee Options

- + Annual Deluxe Membership for \$165 includes 4 free learning groups per session, and unlimited free workshops.
- + Annual Basic Membership for \$65 includes unlimited free workshops, learning groups are \$30 each.
- + The Try Me Membership is good for one 6-week session, with a \$10 membership fee, learning groups are \$30 each, workshops are free. Try Me Memberships will be available on **October 19**.

Sedona/Verde Valley OLLI Class Exchange!

The Prescott and Sedona/Verde Valley OLLI have collaborated to offer each respective group access to the other's online classes. Registration for Sedona OLLI classes and workshops will open up on **October 12** to Prescott OLLI members. All Prescott OLLI members will pay ala cart for the Sedona classes (\$30 for classes, \$15 for workshops.) Prescott OLLI Deluxe members will only get free classes from the Prescott OLLI list of offerings. Likewise, Sedona/Verde OLLI members will be allowed to enroll in Prescott learning groups and workshops starting **October 12**. They will also pay our class fees to attend.

Fall 2020: Online OLLI

No classes the week of Thanksgiving, Veteran's Day 11/11 also impacts Wednesday classes – be sure to check with your facilitator for the Wednesday class schedule.

Monday	Time	Zoom-Based	#
11/2-12/14	9-10:30am	Just Write	4
11/2-12/16	9-10am	iOS 14 for iPhone & iPad (Mon&Wed)	31
11/2-12/14	10-10:40am	East Meets West: Chakras, Glands and Health Pt 2	39
11/2-12/14	12-1pm	More Mosaics of Insights	21
11/2-12/14	12-1pm	Meditating with Merton	38
11/2-12/14	1:15-2:15pm	Armchair Adventures	26
11/2-12/14	2:30-3:30pm	Food, Glorious Food	27
11/2-12/14	2:30-3:30pm	Thinking Allowed- Conversations on the Leading Edge of Science and Psychology	36
11/2-12/14	2:30-4pm	Freelancing/Self-Employment in the Gig Economy	33
12/14	2:30-4:30pm	Astronomy - What's Up?	K

Tuesday	Time	Zoom-Based	#
11/3-12/1	9-10:30am	Home Sweet Home: Travel Experience By You	25
11/3 - 12/17	10-10:45am	Mystical Tradition in Judaism, Christianity and Islam, Pt 3 of 3	16
11/3-12/15	10-10:40am	Ayurvedic Basics II	40
11/3-12/15	12-1:30pm	Foreign Affairs: Headlines and Issues	19
11/3-12/15	1:15-2:15pm	Road Trip to New Mexico	23
11/3-12/8	2:30-3:30pm	Frederick Douglass	13
11/3-12/15	2:30-3:30pm	Near-Death Experiencer (NDE) Stories and What We Can Learn From Them	34
11/3-12/15	2:30-4pm	Fake News Psychology: How it works; Why it works; How to resist it.	20
11/3-12/15	2:30-4pm	All About the Android in your Pocket or Purse	32
11/3	2:30-4:30pm	Streaming	L

Wednesday	Time	Zoom-Based	#
10/28-11/18, 12/2-12/9	9-10am	Tracing the Railroad through Prescott	15
11/2-12/16	9-10am	iOS 14 for iPhone & iPad (Mon&Wed)	31
11/4	10-11:30am	Book Review by You	I
11/4-12/16 (no 11/11)	12-1pm	Controversies	18
11/4-12/16 (no 11/11)	12-1pm	Fall 2 Guided Meditation Hour	37
11/4-12/9	12-1:30pm	Hidden Gems of the Western USA	24
11/4-12/16	2:30-3:30pm	Bond, James Bond	9
11/4-12/16 (no 11/11)	2:30-4pm	Climate-Based Fiction	10
11/4-12/16 (no 11/11)	2:30-4:30pm	Ongoing Memoir Writing	6

Thursday	Time	Zoom-Based	#
10/29	9-10am	New Member Orientation	A
12/10	9-10am	Common Read - There There by Tommy Orange	H
11/12	9-10:30am	Facilitator Workshop: Online Design	B
11/13 - 12/17	10-10:45am	Mystical Tradition in Judaism, Christianity and Islam, Pt 3 of 3	16
11/12	12:30-2pm	Munch & Learn: Disaster Preparedness	E
11/19	12:30-2pm	Munch & Learn: The Reverse Underground Railroad	F
12/3	12:30-2pm	Munch & Learn: Larry and Kat Martin	G
11/5-12/17	2:30-3:30pm	How to: PowerPoint Presentation	30
11/05-11/19	2:30-4pm	Magical Musical Tour	1
11/5	2:30-4pm	News You Can Trust – How to Stay Informed and Avoid the Fakes	J
11/5-12/17	2:30-4:30pm	Memoir Writing with Becky Gunn	5
11/5	4-5:30pm	Munch & Learn: Meet Charlie Russell	D

Friday	Time	Zoom-Based	#
11/6-12/18	9-10am	Native Peoples of North America	11
11/6	9-11am	Understanding Thunderbird Email	M
11/13	9-11am	Understanding Outlook Email	N
11/20	9-11am	Understanding Mac Mail	O
11/13-12/18	10-11am	Foreign Films	8
11/6-12/4	12-1pm	Thinking Outside the Box	28
11/6-12/4	2:30-3:30pm	TED Talks Online Version	17
12/4-12/11	2:30-3:30pm	Enlightenment: The Rest of the Story	41

Email Only Options	#
How to Listen to and Understand Great Music Pt 3 of 3	2
Memoir Writing with Joann Ashlock	3
OLLI Photo of the day	7
Native Peoples of North America	12
Frederick Douglass	14
More Mosaic of Insights	22
Thinking Outside the Box	29
Near-Death Experiencer (NDE) Stories and What We Can Learn From Them	35
Enlightenment: The Rest of the Story	42
Ode to Joy: Beethoven's 9th Symphony	C

1) MAGICAL MUSICAL TOUR

Method: Zoom Limit: 15 Thursday, 11/05-11/19, 2:30-4pm Facilitators: John Mazella*, Michael Gunn

This will be a shorter version of a class we've done many times in the past. For 3 sessions, 1.5 hours each, we will give a taste of Rock music, from the very early beginnings in the 1950's (maybe earlier), through the mid 1970's. We will get a taste of R&B, DooWop, Motown, Folk, Folk Rock, Psychedelic, Blues Rock and much more. There will be plenty of time for discussion, questions, comments, and memories. So please join us via zoom technology and Rock On!

2) HOW TO LISTEN TO AND UNDERSTAND GREAT MUSIC PT 3 OF 3

Method: Email only Limit: 30 Facilitator: Nancy Dubow

This class provides access to companion notes and music links as a prelude, an introduction, into Robert Greenberg's Great Course entitled *How to Listen to and Understand Great Music*. Part 3 covers the symphony, solo concerto, opera, Mozart, Beethoven, romanticism, and Berlioz. Though we may not be viewing his stellar lectures together, you will learn a lot about music, listen to great music, and we hope you'll see the lectures as a group at a future time when it is safe to do so. In the meantime, you will be able view them free of charge from your home on the Great Courses website using OLLI's account.

3) MEMOIR WRITING WITH JOANN ASHLOCK

Method: Email only Limit: 8 Facilitator: Joann Ashlock

Let's continue to write... The class is limited to those who have taken this class since Spring Session 2 2020. Themes will be given every other week to write your memoirs online. Each class member will provide supportive and constructive feedback for each memoir by email. Class will also include the reading of a Memoir Book. Class members will review their book giving their critique to all class members which will include ideas from our feedback handout.

4) JUST WRITE

Method: Zoom Limit: 10 Monday, 11/2-12/14, 9-10:30am Facilitator: Jim Veney*

This is a writing class where the point is simply to write and then to read to the class what you have written. Any kind of writing is appropriate, fiction, memoir, essay, poetry, whatever you want to write.

5) MEMOIR WRITING WITH BECKY GUNN

Method: Zoom Limit: 8 Thursday, 11/5-12/17, 2:30-4:30pm Facilitator: Becky Gunn

Let's Write! This class is an introduction to writing your memoirs. Individuals who have taken this class previously are invited to participate. The facilitator will provide weekly themes as a catalyst for your writing. These themes will be sent via email to each participant the week prior to the class to provide time for thought and writing. You may write your memoirs for your family, friends or for yourself to understand your own history. At each Zoom session we will share our writing with class members who will provide constructive and supportive feedback. There will be some writing tips as well.



6) ONGOING MEMOIR WRITING

Method: Zoom Limit: 6 Wednesday, 11/4-12/16 (no 11/11), 2:30-4:30pm Facilitator: Becky Gunn

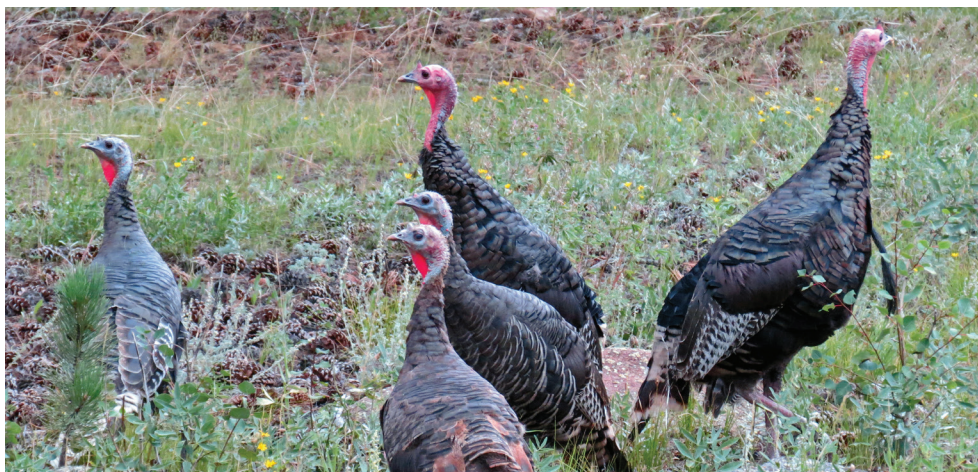
This class is limited to those who have taken the Ongoing Memoir Writing class in Summer and Fall I 2020. Each week participants will choose their life theme about which they will write. Their pieces will be read to the group and constructive and supportive feedback will be provided by the other participants. The class will support those who are intensely writing their memoirs.

7) OLLI PHOTO OF THE DAY

Method: Email only Limit: 50 Facilitator: Bill Maxwell*

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

Fall 2 2020: Online OLLI Learning Groups



8) FOREIGN FILMS

Method: Zoom Limit: 20

Friday, 11/13-12/18, 10-11am

Facilitators: Lydia Garrett*, Bill Haas, Ellie Laumark

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

9) BOND, JAMES BOND

Method: Zoom Limit: 15

Wednesday, 11/4-12/16, 2:30-3:30pm

Facilitator: Saul Fein*

We have been locked up long enough... it is time for James Bond to show us how the rich, crooked, and the spies live in another world. Join our class, see the films at home, and then discuss everything via Zoom!!! In this class we will see the first five movies made starring Sean Connery; namely, *Dr. No*, *From Russia with love*, *Goldfinger*, *Thunderball*, and *You only live Twice*.

10) CLIMATE-BASED FICTION

Method: Zoom Limit: 15

Wednesday, 11/4-12/16 (no 11/11), 2:30-4pm

Facilitators: Carol Hammond*, Susan Gerhart

Climate-based fiction contains speculative stories related to climate changes and events. “Cli-fi” takes readers into the lives of characters who are adapting to or combating situations such as rising waters, territorial competition, technology innovations, and post-epidemic societies. Light on science and politics, heavy on people and nature, these stories will open your feelings and minds to real challenges ahead.

11) NATIVE PEOPLES OF NORTH AMERICA

Method: Zoom Limit: 20

Friday, 11/6-12/18, 9-10am

Facilitators: Deb Dillon*, Mark Dillon

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

12) NATIVE PEOPLES OF NORTH AMERICA

Method: Email only Limit: 50

Facilitators: Deb Dillon*, Mark Dillon

See Class #11.

13) FREDERICK DOUGLASS

Method: Zoom Limit: 20

Tuesday, 11/3-12/8, 2:30-3:30pm

Facilitator: Ed Wisneski*

Of all the inspiring words former slave Frederick Douglass spoke and wrote while becoming the world’s best-known and most influential African-American advocate for civil rights in the 19th century, none described his life’s work better than: “If there is no struggle, there is no progress.” The course will examine the obstacles and dangerous situations he overcame to become a leading social reformer, abolitionist, orator, writer, and statesman. The class will look at his efforts in some of the other reforms he championed: women’s suffrage, temperance, peace, land reform, free public education, and the abolition of capital punishment. Class members will listen to and analyze his memorable speeches. Lectures from Yale history professor David W. Blight, who wrote the 2018 Pulitzer Prize-winning biography *Frederick Douglass Prophet of Freedom* (Amazon - \$13-\$15), will be presented.

14) FREDERICK DOUGLASS

Method: Email only Limit: 50

Facilitator: Ed Wisneski*

See Class #13.



Fall 2 2020: Online OLLI Learning Groups

15) TRACING THE RAILROAD THROUGH PRESCOTT

Method: Zoom Limit: 15
Wednesday, 10/28-11/18,12/2-12/9,
9-10am

Facilitator: Thomas McColloch

The Santa Fe, Prescott and Phoenix Railway started operation in 1895, running from Ashfork to Phoenix. The tracks originally came through Prescott, but in 1962 a bypass was constructed to route the tracks to the west of the city. The passenger depot and truss bridge are two remaining landmarks to remind us that the tracks were once in town. About 5 miles of the former roadbed remain as the Peavine hiking trail, but locally there was another 30 miles of railroad that was abandoned. In some areas of the city there is no evidence of the former roadbed, but in other locations much of the old roadbed still exists. Follow along as we trace the former roadbed from Chino Valley to Skull Valley and east to Prescott Valley. We will examine the many landmarks that still exist today to help mark the path. Note: this class starts early, will meet on 11/11.

16) MYSTICAL TRADITION IN JUDAISM, CHRISTIANITY AND ISLAM, PT 3 OF 3

Method: Zoom Limit: 20
Tuesday & Thursday, 11/3 - 12/17,
10-10:45am

Facilitator: John Kohlenberger*

All three monotheistic religions of the West have robust and complex mystical traditions coming from the Eastern world. After examining Jewish mysticism in Part 1 and Christian mysticism in part 2 of *Mystical Traditions*, we will now look at Islamic mysticism. Islam finds mystical elements in reading and speaking the Qur'an as it may be interpreted in terms of mystical experiences and symbols. We will examine these mystical elements in discussions of Mohammed's divine nature and other mystics such as Rumi. In this third session of *Mystical Tradition*, we will also look at the influences of the Shi'a and Sufi and how the later mystics in Africa, Egypt, Persia, India and Morocco influence modern-day Islamic Sufi Mysticism.

17) TED TALKS ONLINE VERSION

Method: Zoom Limit: 20
Friday, 11/6-12/4, 2:30-3:30pm
Facilitator: Chris Maxwell*

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

18) CONTROVERSIES

Method: Zoom Limit: 20
Wednesday, 11/4-12/16 (no 11/11),
12-1pm

Facilitator: Bob Sherman*

Cancel Culture; Electoral College; Illegal Immigration; Assisted Suicide; Right to Health Care; Student Loan Debt; Free College; DACA and Dreamers; Israeli/Palestinian Conflict; Universal Basic Income. Are you concerned about any of those? Each week let's have a discussion. Listed above are some of the possibilities, and we'll select one for each session. The facilitator will send out opposing videos and opinion articles the week before, and moderate a discussion. Before the start of the term members will be provided a list of topics, asking for your preferences. We will also add in new controversies that may develop.

19) FOREIGN AFFAIRS: HEADLINES AND ISSUES

Method: Zoom Limit: 25
Tuesday, 11/3-12/15, 12-1:30pm
Facilitator: John Lowe

This learning group uses brief presentations to generate discussions about foreign affairs, and reviews current headlines and lesser-reported events. We discuss updates on previous headlines. In addition, we discuss major issues and topics of interest. Interactive discussions led by the facilitator and guest speakers. Bring your viewpoint and share your opinions. Join the conversation.

20) FAKE NEWS PSYCHOLOGY: HOW IT WORKS; WHY IT WORKS; HOW TO RESIST IT.

Method: Zoom Limit: 20
Tuesday, 11/3-12/15, 2:30-4pm
Facilitator: Raymond Usell

How can one navigate a world of Fake News? Psychological models of the mind help explain how and why it works. Several books including, *Intelligence Trap: Why Smart People do Stupid Things...* help us form strategies to avoid the thinking traps Fake News creates. A Nobel Prize winner, a Sudoku expert, the CIA and others help supply detailed tactics. You will find navigating Fake News is a team sport, mostly common sense, less work and more fun than you might imagine. If you liked the one-session Fall 1 version of this course, you will love this expanded offering. Join with Dr. Raymond Usell to help sharpen each other's navigation skills.





Important Dates

Spring 1 | Jan 25 – March 5

Spring 2 | April 5 – May 14

21) MORE MOSAICS OF INSIGHTS

Method: Zoom **Limit:** 20
Monday, 11/2-12/14, 12-1pm
Facilitator: Dirk Stringham

A wide variety of easy to access, thought provoking videos will be provided to be used with or without a Zoom discussion (see Class #22.) Subjects, such as orphan trains, New Deal work programs (CCC, WPA), Gander 9/11 (When the World came to Town), and the disabled fight for their rights (ADA) will be featured.

22) MORE MOSAIC OF INSIGHTS

Method: Email only **Limit:** 50
Facilitator: Dirk Stringham

See Class #21.

23) ROAD TRIP TO NEW MEXICO

Method: Email/optional Zoom meeting **Limit:** 40
Tuesday, 11/3-12/15, 1:15-2:15pm
Facilitator: Barbara Brown

New Mexico is close, can be done by automobile or RV, has a wealth of outstanding attractions and is a state that seems like another country. We'll see the Sky City of Acoma Pueblo, the art of Santa Fe and Taos, Chimayo a place like no other in the U.S., Ghost Ranch and Georgia O'Keefe's home, the Chama railroad and much more.

24) HIDDEN GEMS OF THE WESTERN USA

Method: Zoom **Limit:** 20
Wednesday, 11/4-12/9 (will meet 11/11), 12-1:30pm
Facilitator: Bill Maxwell*

Most folks know about the great National Parks in American West. But, do you know about the Valley of Fire, the Bisti Wilderness, Tent rocks or Anza Borrego. Whether you are an armchair traveler or someone who never unpacks, come join Bill in traveling to the *Hidden Gems of the Western USA*. Bill will try to provide information as well as fun stories about his experiences traveling to these "Hidden Gems." Maybe you will find some new destinations to add to you bucket list! Please note that we have already covered Utah and Arizona in an earlier class. **Note:** this class will meet on 11/11.

25) HOME SWEET HOME: TRAVEL EXPERIENCE BY YOU

Method: Zoom **Limit:** 12 **Tuesday, 11/3-12/1, 9-10:30am**
Facilitators: Mary Ann Schaffer, Joe Schaffer

Oh, the places we will go in 2021, but for now we are still staying close to home. So let's talk about staycations, day trips in Arizona, places you wish you could have gone this year and where you are going when things open up. Share your travel style as it relates to destinations, accommodations, food preferences, sleep schedule and activities. Participation in the Fall 1 Travel By You session is not required, but Fall 1 participants will be given priority. **Note:** Late start date.

26) ARMCHAIR ADVENTURES

Method: email/optional Zoom meeting **Limit:** 40
Monday, 11/2-12/14, 1:15-2:15pm
Facilitator: Barbara Brown

We'll travel the world without passports, expense, long airport lines or fatigue. Let's explore cultures, history and do lots of sightseeing on this wonderful planet of ours. We'll see new places every session.

27) FOOD, GLORIOUS FOOD

Method: Zoom **Limit:** 15
Monday, 11/2-12/14, 2:30-3:30pm
Facilitators: Sandy Rackoff*, Marge Rubin*

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

28) THINKING OUTSIDE THE BOX

Method: Zoom **Limit:** 20
Friday, 11/6-12/4, 12-1pm
Facilitator: Chris Maxwell*

Keep your mind sharp and have fun engaging in a variety of mental activities. Stretch and challenge your thought processes by working individually and cooperatively to solve assorted puzzles and perform assorted activities (such as memory and observation skills, riddles & brain teasers, mysteries, language and logic puzzles, and more.) Enjoy a stimulating and entertaining mental workout for your brain plus a healthy dose of humor. Some of the activities may have been used in previous classes - but what are the chances that you will actually remember the solutions?

29) THINKING OUTSIDE THE BOX

Method: Email only **Limit:** 50
Facilitator: Chris Maxwell*

See Class #28.

Fall 2 2020: Online OLLI Learning Groups

30) HOW TO: POWERPOINT PRESENTATION

Method: Zoom Limit: 15
Thursday, 11/5-12/17, 2:30-3:30pm
Facilitator: John R Carter Sr

Geared for the wannabe instructor, this six-hour Learning Group will handle the ins and outs of creating a PowerPoint presentation without the angst of “now what do I do?” including learning how to give your presentation using Zoom. The classes are one hour each week, so no pressure!

31) IOS 14 FOR IPHONE & IPAD

Method: Zoom Limit: 15
Monday & Wednesday, 11/2-12/16, 9-10am

Facilitators: Frank Croft, John Carter, Dave Rothgery

This class is geared toward the beginning user of an iPhone or iPad using the latest release of the software, iOS 14 and iPadOS 14. You will need an iPhone or iPad that is less than 6 years old, and running either iOS 13 or 14 or iPadOS 13 or 14 to participate. You will also need to know your AppleID and password. We will start with the basics that you need to know to get started, and progress toward more intermediate tasks toward the end of the course. Since this is a Zoom based class, you must have a separate computer on which you will join the class on zoom, and an iPhone or iPad to follow along.

Note: class will be held on 11/11.



32) ALL ABOUT THE ANDROID IN YOUR POCKET OR PURSE

Method: Zoom Limit: 20
Tuesday, 11/3-12/15, 2:30-4pm
Facilitator: JB Burke

The first dictionary definition of an android is “a mobile robot usually with a human form.” But Android is also “an open-source operating system used for smartphones and tablet computers.” That is the definition we’re talking about. You may not have an android at home, but you may well have an Android in your pocket or purse, or in your tablet or Chromebook. There are a great many things your Android can do, and millions of apps available to enhance it as well. How do you cope with the complexity and get the most out of your Android device? It is a phone, it’s a camera, but it is also a powerful computer. Attend this class to get the basics and learn what the “robot” in your pocket can really do for you.

33) FREELANCING/SELF-EMPLOYMENT IN THE GIG ECONOMY

Method: Zoom Limit: 10
Monday, 11/2-12/14, 2:30-4pm
Facilitator: Dave Waldorf

Traditional employment has become less and less available, especially for older workers. The world is shifting to a “gig economy” which means that more people are becoming freelancers or self-employed, either by choice or by necessity. Participants in this class will be introduced to what freelancing/self-employment is all about, and the different forms it can take. This will include: Pros and Cons of freelancing/self-employment; Steps to take in “setting up shop;” Building your personal “portfolio” of services; Determining your Unique Value Proposition (UVP); Finding Work (“gigs”); Setting your fees; Resources (books, websites, online resources). Participants will need to purchase or borrow a copy of *The Gig Is Up* by Olga Mizrahi (Greenleaf Book Group Press, 2018). Available at Amazon.com, \$16.95 retail (1/2 or less for used copies).



34) NEAR-DEATH EXPERIENCER (NDE) STORIES AND WHAT WE CAN LEARN FROM THEM

Method: Zoom Limit: 10
Tuesday, 11/3-12/15, 2:30-3:30pm
Facilitator: Karl Krumins

Does our consciousness and identity continue when we leave this body is one of the big questions most of us have. Throughout history there have been those who have returned and reported. Now this perennial question is no longer a mystery only for religions to affirm or science to deny. In recent years since the publication of Raymond Moody’s groundbreaking book, *Life After Life*, these stories have started to be chronicled and told. Many thousands of people have now returned from the Otherside and reported their experiences. I will be doing an email introduction to NDE’s with a link to a 50-minute documentary movie of experiencers telling their stories, and the following week we’ll be having a discussion on zoom.

35) NEAR-DEATH EXPERIENCER (NDE) STORIES AND WHAT WE CAN LEARN FROM THEM

Method: Email only Limit: 20
Facilitator: Karl Krumins

See Class #34.

Fall 2 2020: Online OLLI Learning Groups

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

Method: Zoom Limit: 20
Monday, 11/2-12/14, 2:30-3:30pm
Facilitator: DeeDee Freeman

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

37) FALL 2 GUIDED MEDITATION HOUR

Method: Zoom Limit: 20
Wednesday, 11/4-12/16 (no 11/11), 12-1pm
Facilitator: DeeDee Freeman

Each week we will spend 15 minutes discussing a different types of guided meditations, then do that guided meditation for 30-40 minutes so we can go deeper into inner self.

38) MEDITATING WITH MERTON

Method: Zoom Limit: 12
Monday, 11/2-12/14, 12-1pm
Facilitator: Becky Gunn

Using themes from Thomas Merton's life and writings, we will sit in silence for short periods and then reflect on what the material means to us. Readings and information will be sent to participants prior to each class.

39) EAST MEETS WEST: CHAKRAS, GLANDS AND HEALTH PT 2

Method: Zoom Limit: 12
Monday, 11/2-12/14, 10-10:40am
Facilitators: Kimberly Clark, RN, Roslyn Montoya

A continued study of the anatomy, physiology, color and sound vibrations of the Chakra and glandular systems. Application of identification of energy blocks and, promotion of the multiple self healing methods of mindfulness, breathing techniques, yoga and nutrition, including some live practice.

40) AYURVEDIC BASICS PT 2

Method: Zoom Limit: 12
Tuesday, 11/3-12/15, 10-10:40am
Facilitators: Kimberly Clark, RN, Roslyn Montoya

Ayurveda is a Sanskrit word that means "the science of life and longevity." Part 2 of a continued study and practice of self-healing methods of this ancient health science to promote a deeper understanding through the application of best practices of nutrition, lifestyle, exercise, rest, relaxation, meditation and breathing techniques based upon individual body constitutions.

41) ENLIGHTENMENT: THE REST OF THE STORY

Method: Zoom Limit: 15
Friday, 12/4-12/11, 2:30-3:30pm
Facilitator: Karl Krumins

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

42) ENLIGHTENMENT: THE REST OF THE STORY

Method: Email only Limit: 20
Facilitator: Karl Krumins

See Class #41.

Special Interest Groups

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

Speculative & Fantastic Fiction

Max Fogleman,
mtfogleman@gmail.com

Book Club

Ginger Carlson,
ganddcarlson@cableone.net, 445-1226

Guitar Players Group

John Mazella,
snakebyte@cableone.net, 442-1057

Social Bridge

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

Drones

John Carter, jrppvaz@icloud.com

Astrophotography

John Carter, jrppvaz@icloud.com

Photography

Barbara Leonard
barbaraeleonard@gmail.com

Interested in starting a SIG?

Contact Barbara Brown,
vacbrown@yahoo.com

PRESCOTT MAC USERS GROUP (PMUG)

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

For more information, contact the coordinator directly.



A) NEW MEMBER ORIENTATION

Method: Zoom Limit: 30
Thursday, 10/29, 9-10am

Facilitators: Michael Gunn, Patricia Berlowe

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

B) FACILITATOR WORKSHOP: ONLINE DESIGN

Method: Zoom Limit: 30
Thursday, 11/12, 9-10:30am

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

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

C) ODE TO JOY: BEETHOVEN'S 9TH SYMPHONY

Method: Email only Limit: 50

Facilitator: Nancy Dubow

Sign up and enjoy an illuminating lecture by Professor Robert Greenberg, followed by a magnificent performance of this transcendent symphony. This is an email only workshop - we will provide you with the links and some background information to help you enjoy this symphony at another level!

D) MUNCH & LEARN: MEET CHARLIE RUSSELL

Method: Zoom Limit: 90
Thursday, 11/5, 4-5:30pm

Facilitator: Rudy Arena*

This is our first Munch & Learn – Wine & Cheese version! Note the late start time. Meet Charlie Russell, “The Cowboy Artist.” A visually rich and fascinating look at arguably the most popular artist of the old west, (1864-1926). Russell was born into a wealthy and prominent St. Louis family. He failed at school and went west to become a self-taught artist who best captured the nostalgia and quickly fading images of the wild west. Along the way he was a sheep herder, carouser, good friend, hopeless self-promoter and, of course, a cowboy. During his lifetime he produced over 4,000 works of art, including oil and watercolor paintings, sculptures in wax, clay, plaster and bronze. The program is presented by Tom Fox who is researching Charlie Russell to develop a one-man show.

E) MUNCH & LEARN: DISASTER PREPAREDNESS

Method: Zoom Limit: 90
Thursday, 11/12, 12:30-2pm

Facilitator: Rudy Arena*

Yavapai County Office of Emergency Management will present information on disaster preparedness, response, mitigation efforts and recovery. Additional information will include: Firewise information and discussion on COVID-19 and how households with a positive COVID-19 family member can manage. This is the time to bring up questions concerning personal safety and how our county will handle future problems as they arise.

F) MUNCH & LEARN: THE REVERSE UNDERGROUND RAILROAD

Method: Zoom Limit: 90
Thursday, 11/19, 12:30-2pm

Facilitator: Rudy Arena*

This talk will explore slavery and kidnapping in pre-Civil War America. Dr. Richard Bell will share the incredible story of five young free black boys whose courage helped in the fight against slavery in America. In 1825 these boys fall into the clutches of a fearsome gang of kidnapers and slavers in the United States. Lured into a small ship with the promise of food and pay, they were met instead with blindfolds, ropes and knives. Determined to resist being sold into bondage they form a tight brotherhood as they struggle to free themselves and find their way home. Dr. Bell's book, *Stolen*, is available on Amazon.

G) MUNCH & LEARN: LARRY AND KAT MARTIN

Method: Zoom Limit: 90
Thursday, 12/3, 12:30-2pm

Facilitator: Rudy Arena*

A wonderful opportunity to learn something about Larry and Kat Martin. He is a novelist and non-fiction writer of western, historical, mystery and thriller novels, and Kat, his wife is also a best-selling NY times author of romantic, suspenseful and historical novels. “We’re writers, we write all the time,” Larry declared and between them they have published over 135 books, both nationally and internationally. When Larry is not writing he loves to hunt, fish and wander the backcountry with his camera, both video and still. His works have appeared on national magazine covers and periodicals. Their relationship both personal and artistic seems to have been made in heaven, and they live half the year in Prescott and the other half in Wyoming.

H) COMMON READ - THERE THERE BY TOMMY ORANGE

Method: Zoom Limit: 15
Thursday, 12/10, 9-10am

Facilitator: Patricia Berlowe

Yavapai College's "Riders Read" program is a college-wide common read, where the entire campus community reads and discusses the same book. This year, the book is *There There* by Tommy Orange. There follows twelve characters from Native communities. These characters illuminate the plight of the urban Native American grappling with the impact of their history. Next spring we can look forward to a talk with the author on February 5, sponsored by the college. OLLI has free copies of the book to loan to participants.

I) BOOK REVIEW BY YOU

Method: Zoom Limit: 14
Wednesday, 11/4, 10-11:30am

Facilitators: Ellie Laumark, Winnie Hoots

Participants will have an opportunity to talk about books they have recently read and would recommend to others. Books need to have been published within the last three years. This one time class provides an opportunity to learn about new authors and titles. Discussion opens up memories of favorite books shared by others as well as new horizons.

J) NEWS YOU CAN TRUST – HOW TO STAY INFORMED AND AVOID THE FAKES

Method: Zoom Limit: 20
Thursday, 11/5, 2:30-4pm

Facilitator: JB Burke

As events throughout our communities, the USA and the world move at a breathtaking pace, it becomes more important than ever to take steps to keep up and be informed. What are the most reliable and unbiased sources for news? Do you Fact Check your news sources? Do you support your local news organizations? Do you really need to? JB Burke will address these questions and provide useful news and fact check resources.



K) ASTRONOMY - WHAT'S UP?

Method: Zoom Limit: 15
Monday, 12/14, 2:30-4:30pm

Facilitator: John R Carter Sr

The Fall season is upon us and "as the world turns" so do more fascinating objects come into view. Discover how to use some of the free online "telescopes" to view the night sky and even take your own photos if you feel brave enough. John Carter is your guide.

L) STREAMING

Method: Zoom Limit: 15
Tuesday, 11/3, 2:30-4:30pm

Facilitators: Vince Claude, Michael Gunn

What are streaming, understanding bandwidth and data limits? We will identify streaming devices and choices for content. Why would you want to stream entertainment? We will discuss what you need to get started.

M) UNDERSTANDING THUNDERBIRD EMAIL

Method: Zoom Limit: 15
Friday, 11/6, 9-11am

Facilitator: John R Carter Sr

Sending and receiving email doesn't seem like such a big deal, but what do you do with hundreds of messages in the Inbox? This two-hour workshop will attempt to teach the basics of email organization geared specifically for the Thunderbird Mail app for Windows and Mac.

N) UNDERSTANDING OUTLOOK EMAIL

Method: Zoom Limit: 15
Friday, 11/13, 9-11am

Facilitator: John R Carter Sr

Sending and receiving email doesn't seem like such a big deal, but what do you do with hundreds of messages in the Inbox? This two-hour workshop will attempt to teach the basics of email organization geared specifically for the Outlook Mail app for Windows 10.

O) UNDERSTANDING MAC MAIL

Method: Zoom Limit: 15
Friday, 11/20, 9-11am

Facilitator: John Carter

Sending and receiving email doesn't seem like such a big deal, but what do you do with hundreds of messages in the Inbox? This two-hour workshop will attempt to teach the basics of email organization geared specifically for the Apple Mail app.

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