

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI
AT YAVAPAI COLLEGE

**PRESCOTT
PRESCOTT
VALLEY
WINTER
2026**



Classes for Curious Adults!

**Jan 26 -
Mar 6**

Registration opens Dec 17

www.yc.edu/olli

928-717-7634

Stay Curious, Stay Engaged... OLLI!

Chair Corner

Why do we take classes at OLLI? Why do we belong to SIGS? In part it has to do with our curiosity – about history, about culture, about literature, about geography, about a whole plethora of subjects. Some of us have heard more than once that our education system often stifles our innate curiosity...that young adults when they leave college are incurious. I don't agree. Some if not all of us who belong to OLLI are as curious about almost everything as we were when we were children. We may have learned to be more polite about our questions than we were when we were young...do you remember when you asked your parents ad infinitum "WHY?" But, at least for me, I think I ask more questions as a senior citizen so as to understand more about my world. When I learn more, do I change my opinion? Sometimes, yes, because I become more knowledgeable.

OLLI offers us an opportunity to continue to learn, to be curious, to become more skilled in music or card playing or crafting. Just take another look at this catalog for our Winter session. It is full of gifts of knowledge. Also know that it isn't just in the classes that we grow our understanding – we learn so very much through our classmates who become our friends. Their life experiences expand our horizons as well.

Becky Gunn (GC) Mark Troester (GC)

Governing Council, Chair Governing Council, Vice Chair
Throughout the schedule you will see (GC) – designating a **Governing Council Member. On campus they will have light blue name tents**



In person registration is available in Prescott (M-F) & Sedona (M-Th)
Prescott Campus 1100 E Sheldon St, Prescott
Prescott Valley Center 3800 N Glassford Hill Rd, PV
Sedona Center 4215 Arts Village Dr, Sedona
Verde Valley Campus, 601 W Black Hills Dr, Clarkdale

**Register: (928) 717-7634 or
www.yc.edu/prescottolli**

Membership Fee Options

All Membership levels cover 5 consecutive terms (one year), include access to classes offered online and all our locations, and unlimited Munch and Learns. **Osher Online** classes are \$60 each, no matter your membership level (Winter Session.)

Basic Membership for \$65,
multi-week classes are \$35, 1-day classes are \$15.

Deluxe Membership for \$185
includes 20 free multi-week and 1-day classes per year.

Premium Unlimited Membership for \$350, includes *unlimited* classes.

Memberships are not eligible for refunds or extensions. Classes are refundable through the first week, 1 day offerings are refundable up to one week prior. Extra fees apply for field trips and class supplies.

Important Dates

Winter: Jan 26-Mar 13
Spring: Apr 6-May 15

OLLI Staff

Tricia Berlowe – Director
Linda Chalcraft – Admin Assistant
Danielle Gervasio – Admin Assistant
Colin Evans – Admin Assistant
Solaris Walsh – Admin Assistant
Cheri Baumgarten – Admin Assistant
Francis Beegle – Admin Assistant
Connie Varga—Admin Assistant

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OLLI at Yavapai College Winter 2026 – Prescott • Prescott Valley • Online

Monday	Time	Location	Class	Facilitator
1/26-3/2	9-10:30	Online	Brain and Behavior - Era of Digital Technology \$	E. Labkovsky
1/26-3/2	10-12	Prescott Bldg 31-101	103) Classical Mythology, Part 2	S Bennett
1/26-3/2	10-11:30	Online	21) Get Smarter About Your iPhone/iPad	S Sherman
1/26-3/2	10:30 -12	Online	77) New Ideas	B Brown*
1/26-3/2	11-12:30	Online	History of Sicily \$	D. Kenning
1/26-2/16	12:30 -1:45	Prescott Bldg 31-101	85) Adventures in Aging	L Fry
1/26-3/2	1-2:30	Online	Landscape & Adventure Photography \$	J. Duncan
1/26-3/2	1-2:30	Online	The History of American Television \$	J. McKairnes
1/26-3/2	2-3:30	Online	72) The Inner Journey, A Course in Meditation	D Freeman
1/26-2/16	2-3:30	Online	104) Authentic AI Co-Writing	L Macdonald
1/26-3/2	2:30 -3:45	Prescott Bldg 31-101	67) Chair Yoga and More (Mon)	C Young
1/26-3/2	3-4:15	Prescott Bldg 15-260	68) Western Line Dancing	C Reynolds
1/26-3/2	3-4:30	Online	Post Impressionism & the Birth of Abstraction \$	L. Weingarden
Tuesday				
1/27-3/3	8:30 -10	Prescott Bldg 31-102	90) Ball-Bouncing for Body-Brain Integration	M Ehlers
1/20&1/21	9-4	Prescott Bldg 31-102	1) Bridge in Two Days	B Phillips
1/20-2/24	9-10:30	Online	The Noir Novel: Three American Classics \$	P. Kaye
2/10	10-11:30	Online	31) Credit Scores & Mortgage Options	PWall,AGrado,SSherman
2/3-3/10	10:30 -12	Prescott Bldg 3-269	55) History of Cryptology	A Newton
1/27	11-12:30	Prescott Bldg 31-102	20) EV's and Hybrid Vehicles	G Stein
1/20-2/24	11-12:30	Online	More than Parks: History of Am Conservation \$	F. Livingston
1/27-3/10	11-1	Prescott Bldg 31-101	45) Foreign Affairs: Civil Conversations	J Lowe*
1/27-2/17	12:30 -1:45	Prescott Bldg 4-102	43) Women in Aviation	N Stewart-Smith
3/10	12:30 -2:30	Online	27) Touring the Web #14–With Windows Thrown In	J Burke*
2/24	12:30 -2:30	Online	26) Accessibility Help: Can't See, Hear, Touch	J Burke*
2/3	12:30 -2:30	Online	25) Email Privacy	J Burke*
1/27-2/24	1-2:30	Online	91) Quantum Medicine & the Biology of Health	G Swift
1/20-2/24	1-2:30	Online	Dealing in Futures: The Shape of Science Fiction \$	G. Wolfe
1/27-3/3	2-3:15	Online	34) Your Awesome Body	H Huffman
1/27-3/3	2-4	Prescott Bldg 3-205	88) Aging: The Surprising, Annoying, Hilarious	D Cady
2/3	2-4	Prescott Bldg 3-119	64) Voodoo Adventure	B Maxwell*
1/27-3/3	3-4:30	Online	Einstein without Tears \$	A Fraknoi
1/20-2/24	5-6:30	Online	Japanese History through the Lens of Shōgun \$	M McClory
Wednesday				
1/14-2/18	9-10:30	Online	Milestones in Medicine \$	G Josephson
2/4-2/25	9:30 -10:45	Online	57) Brief History of Ireland	D Dillon*
2/4-2/4	10-1	Prescott Valley-172E	74) The Karma of Forgiveness	M Karayan
3/4	10-1	Prescott Bldg 4-118	99) Reflections for the Wandering Mind	M Karayan
2/18	10-1	Prescott Valley-172E	98) Beyond The Veil: Let's Talk Metaphysics	M Karayan, R Karayan
1/28-3/4	10-11:30	Prescott Bldg 30-126	35) Hearing Loss Communication	G Pelletier
1/28-3/4	10-12	Prescott Bldg 31-101	48) Current Events	R Forte, A Lopez
1/28-3/4	10:30 -12	Online	92) Armchair Adventures	B Brown*

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OLLI at Yavapai College Winter 2026 – Prescott • Prescott Valley • Online

1/21	11-12:15	Prescott Bldg 31-101	D) Member Welcome (In Person in Prescott)	M Engagement
1/28	11-1	Prescott Valley-172E	71) Medicare Made Easy	K Boryca
1/14-2/18	11-12:30	Online	The Virtues \$	D. Smith
1/28-3/4	12-2	Prescott Bldg 30-126	2) Texas Hold'em poker (Noon)	K Paris*, J Pillman*
2/11-3/4	12:30 -1:45	Prescott Valley-106	58) Somalia: Pirates, Terrorists and Poets	J Thurber
2/4-2/18	12:30 -1:45	Prescott Bldg 31-101	65) Tastes of Ireland	B Thurber, M Schaffer*
1/28-2/25	12:30 -1:45	Prescott Valley-214	14) The Visual Designer's Eye	R Diehl
1/28-2/11	12:30 -1:45	Prescott Bldg 3-271	47) Treasure Hunt on Oak Island	T McColloch
1/14-2/18	1-2:30	Online	Heroes of the Holocaust: Lights in Darkness \$	H. Kerner
1/28-3/4	1-4	Prescott Valley-106	13) Foreign Films (Prescott Valley)	A Lopez, D Baier*
2/25	1:30-4:30	Prescott Bldg 31-102	8) Make & Take Project - Gourd Art Bowl	A Kells, J Velling*
3/4	1:30-4:30	Prescott Bldg 31-102	9) Make & Take Project: Mosaic Stepping Stone	A Kells, D Maple
1/21	2-3:15	Prescott Valley-106	C) Member Welcome (In-person in PV)	M Engagement
2/3-3/3	2-3:15	Prescott Bldg 3-203	46) The Constitution in Motion	S Ashlock*, C Varga
1/28-2/25	2-4	Prescott Bldg 3-205	105) Memoir Writing Class	J Asklock
1/28-3/4	2:30-4:30	Prescott Bldg 30-126	3) Texas Hold'em Poker (2:30)	K Paris*, J Pillman*
1/28-2/11	2-3:30	Prescott Bldg 31-102	36) Eating for your Blood type	K Tybor
1/28-3/4	2-4	Prescott Bldg 4-102	80) How the Earth Works	J Kangal*, D Hoffman*
1/14-2/18	3-4:30	Online	The Magic Behind Film Scores \$	M. Agron
1/21-2/25	5-6:30	Online	Using Google Workspace Tools w/Confidence \$	C. King
Thursday	Time	Location	Class	Facilitator(s)
1/22-2/26	9-10:30	Online	John James Audubon & the Birds of America \$	E. Simon
1/29-3/5	9:30-12	Prescott Bldg 31-101	4) Beginning Quilling	E Wing*
1/29-2/26	9:30-10:45	Online	62) Travel Destinations	B Maxwell*, D Dillon*
1/29-3/5	10-12	Online	22) macOS Tahoe 26 for Seniors	J Carter*
1/29	11-1	Online	101) Manifest Momentum: How To Keep Your New Year Energy Thriving All Year Long	D Archer
1/29-3/5	11-12:30	Online	Judaism, Christianity, and Islam \$	J. Fackenthal
1/22	11-12:15	Online	E) Member Welcome (Zoom)	M Engagement
1/29	12:30-1:45	Online/Verde	H/I) M&L: Alien Earths-What Hubble&Webb Reveal	S Srikanth
2/5	12:30 -1:45	Online/Sedona	J/K) M&L: Sedona International Film Festival	S Srikanth
2/12	12:30-1:45	Online/Sedona	L/M) M&L: Creating Community with Sedona Parks & Rec	S Srikanth
3/5	12:30-1:45	Prescott Bldg 3-119	N/O) M&L: Education Through the Generations	R Arena*
2/26	12:30-1:45	Online ONLY	P) M&L: The Power of Local News (Zoom)	R Arena*
2/19	12:30-1:45	Prescott Bldg 3-119	R/S) M&L: Echoes of Revolution:	R Arena*
1/29-2/26	12:30-1:45	Prescott Bldg 31-101	49) Heavy Construction-In-Process	F Proud, P Adams-Proud
1/22-2/26	1-2:30	Online	Pharmaceuticals and Poisons: \$	J. Hendrickson
1/29-3/5	2-4	Prescott Bldg 3-203	82) Weird Earth	J Mangimeli
1/29-2/19	2-3:30	Prescott Bldg 3-271	37) Wellness Reset: Holistic Tools (Prescott)	S Chase
1/26-3/2	2-3:15	Online	10) Charles Robert Redford Jr:	B Manis
1/29-3/12	2-3:30	Online	50) American Democracy Forum (Zoom)	Blum,Herschkowitz,Koepke
1/29-3/5	2-4	Prescott Bldg 30-126	5) Let's Play Pegs & Jokers	E Roy, W Miniati
1/29-3/5	2:30-3:45	Prescott Bldg 31-101	70) Chair Yoga and More (Thurs)	C Young

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OLLI at Yavapai College Winter 2026 – Prescott • Prescott Valley • Online

1/29-2/26	2:30-4	Prescott Bldg 31-102	23) Keep Your iPhone Safe from Hackers	F Croft*, B Austin
1/29	4-5:30	Online	F) LWV: The Water Below: Community Dialogue	League of Women Voters
1/15-2/19	3-4:30	Online	Invisible Intelligence: The Unseen Algorithms \$	E. Bethke
Friday	Time	Location	Class	Facilitators
1/16-2/20	9-10:30	Online	How the US Immigration System Works \$	M. Waslin
1/16	9:30-10:45	Prescott Bldg 31-101	B) Thinking about Facilitating	C Maxwell*
1/30-2/20	10-11:30	Prescott Valley-216	38) Wellness Reset: Holistic Tools	S Chase
1/30-3/6	10-12	Prescott Bldg 31-102	6) Bridge: The Next Steps	B Phillips
1/30-3/6	10-12:30	Prescott Bldg 4-102	17) It's the Navy's Turn at the Movies	D Baier*
1/30-3/6	10-12	Prescott Bldg 31-101	54) Viewpoints	J Wilson*, A Lopez
1/30	10-11:30	Online	61) History of America's National Park System	D Kroese
1/30-3/6	10:30-12	Online	96) This and That	B Brown*
1/30-3/6	11-12:30	Online	102) Design Your Life With Feng Shui Harmony	D Archer
2/6,2/20,3/6	11-12:30	Prescott Valley-215	53) Getting to Know the Founding Fathers	B Gunn*
1/30-3/6	11-12:15	Prescott Valley-106	108) Everything French	K Keim
1/30-2/27	12:30-1:45	Prescott Bldg 30-126	39) Build Better Habits with The Wellness Wheel	A Cassidy
1/30-3/6	12:30-2	Prescott Bldg 3-271	73) Creation, Dinosaurs & Noah's Ark	D Larson
1/30-3/6	1-2:30	Online	Osher Integrative Health \$	V. Minichiello
1/30-3/6	1-3	Prescott Bldg 3-203	79) Global Warming & Electric Energy Production	T McColloch
1/30-3/13	1-3	Online	29) Current Economic Issues (Zoom)	C Blum
2/6	1-3	Prescott Valley-106	66) Explore Patagonia & Easter Island (PV)	C Maxwell*
1/30	1-3:30	Prescott Valley-106	24) Organizing your Gmail Environment	K Paris
1/30-3/6	1-2:15	Prescott Valley-215	95) Reframing Anxiety	M McClure
1/30-3/6	1-4	Prescott Bldg 4-102	16) Foreign Films (Prescott)	A Lopez, D Baier*
1/30-2/6	2-3:15	Prescott Bldg 31-101	83) Meanwhile, Back Here on Earth: Pandemonium	P April
1/30-2/13	2-3:15	Prescott Valley-172E	107) 10 Minute Originals	M Schaffer*
1/30-3/6	2-4	Prescott Bldg 31-102	7) 6 crafts in 6 weeks	S Lavallee
1/30	2-4	Prescott Bldg 3-119	63) Explore Patagonia & Easter Island	C Maxwell
1/17-2/21	11-12:30	Online SATURDAY	American Revolution Beyond British Empire \$	R. Bell
Email Only				
		Email Only	19) Yunchan Lim: Piano Star	N Dubow*
		Email Only	60) Great Courses Potpourri	P Berlowe
Field Trips				
1/27&1/29	10-12	Prescott Bldg 4-102	110) Winter Harvest Gardening (T&Th)	K Corum
2/24&2/26	10-12	Prescott Bldg 4-102	113) Welcoming Bird Habitat in Your Garden (T&Th)	K Corum
2/17&2/19	10-12	Prescott Bldg 4-102	112) Conservation through Rainwater Harvesting (T&Th)	K Corum
2/3&2/5	10-12	Prescott Bldg 4-102	111) Greenhouse Gardening: UofA&YC Resources (T&Th)	K Corum
1/24	1-2:30	Offsite-	109) Hugs & Fun With a Once Wild Burro	T Renaud
1/27-3/3	9:30 -10:45	Prescott Bldg 31-101	44) The People Who Built America	J Veney*

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B) Thinking about Facilitating

Fri, Jan 16 • 9:30-10:45 • Free
1 Meeting • Prescott Bldg 31-101 • OP-401-W26

Facilitator: Chris Maxwell*

This workshop is for new facilitators who are ready to start exploring the world of facilitating for OLLI. We will talk about how to plan both in person and online classes, options, and how to hold effective discussions. We will show you all the tools OLLI has to offer. Limit: 15

Member Welcome

C) Wed, Jan 21 • 2-3:15 • Free • Prescott Valley-106

D) Wed, Jan 21 • 11-12:15 • Free • Prescott 31-101

E) Thurs, Jan 22 • 11-12:15 • Free • Online

Facilitator: Membership Engagement Committee

Did you know that OLLI is more than a classroom? Whether brand new or a continuing member, join us to hear about all OLLI offers, how to get involved, meet people and enjoy light refreshments. Bring a friend. We look forward to meeting you!

F) LWV: The Water Below: A Community Dialogue

Thurs, Jan 29 • 4-5:30 • Free
1 Meeting • Online • OSZ-405-W26

Facilitator: League of Women Voters

Curious about current groundwater in communities across the Verde Valley? Join the focused conversation featuring Chris Kuzdas, Environmental Defense Fund, and Nikki Check, Yavapai County Supervisor to examine the critical issue of groundwater management.

M&L: Alien Earths: What Hubble & Webb Reveal

Thurs, Jan 29 • 12:30-1:45 • Free

H) Verde Campus - Bldg.M-137 • OV-408-W26

I) Online • OVZ-407-W26

Facilitator: Shri Srikanth

“Are we alone in the universe”? is a question that humans have pondered for a long time. We will review these discoveries, how scientists hope to identify if there are signs of life on any other Alien Earths and where we are in answering the question are we alone.

M&L: Sedona International Film Festival 2026

Thurs, Feb 5 • 12:30-1:45 • Free

J) Sedona Center-34 • OS-410-W26

K) Online • OSZ-409-W26

Facilitator: Shri Srikanth

Patrick Schweiss, executive director of Sedona International Film Festival (SIFF) will discuss the SIFF 2026 highlights and key events. The talk will include clips from interesting films and reviews of major stars who will perform at the festival.

M&L: Creating Community with Sedona Parks & Rec Department

Thurs, Feb 12 • 12:30-1:45 • Free

L) Sedona Center-34 • OS-412-W26

M) Online • OSZ-411-W26

Facilitator: Shri Srikanth

Jason Vargo, Sedona Special Events Coordinator, will lead an engaging discussion about public events fostering meaningful connection among the community. Discover how vision, adaptability, and public input shape event programming.

M&L: Education Through the Generations

Thurs, Mar 5 • 12:30-1:45 • Free

N) Prescott Bldg 3-119 • OP-414-W26

O) Online • OPZ-413-W2

Facilitator: Rudy Arena*

Education, over the years, has played a pivotal role in the development and influence of the Prescott area. The changes and stories of education from 1860 to present will be told by Kelly Cordes, a fourth-generation member of the Cordes Family in Prescott..

P) M&L: The Power of Local News (ZOOM ONLY)

Thurs, Feb 26 • 12:30-1:45 • Free

1 Meeting • Online ONLY • OPZ-415-W26

Facilitator: Rudy Arena*

Each week in the US two local newspapers close. Without the probing, publishing and prodding of local reporters, small problems are unseen until they become large and costly. Join CEO/Publisher Megan Smith in exploring the power of local news.

M&L: Echoes of Revolution: How America’s War Changed the World

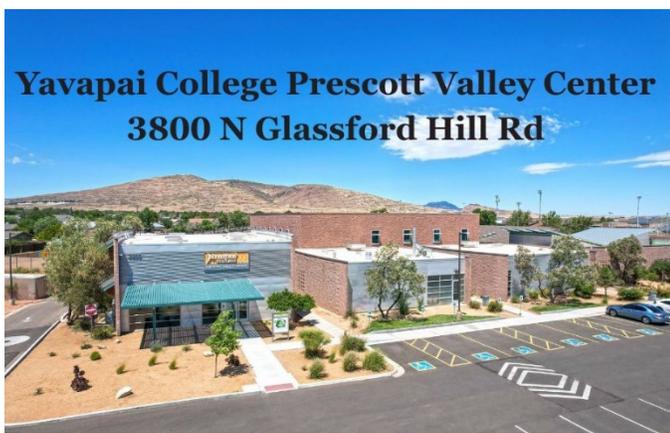
Thurs, Feb 19 • 12:30-1:45 • Free

R) Prescott Bldg 3-119 • OP-416-W26

S) Online • OPZ-417-W26

Facilitator: Rudy Arena*

We picture our revolt as breaking away from the king of England when it is only half the story. Historian and author Richard Bell invites us to rediscover the Revolution as a world war that unleashed chaos, opportunity, and transformation across five continents. He will trace the far-flung reverberations of our war through the lives of people it displaced empowered or destroyed.



13) Foreign Films (Prescott Valley)

Wed, Jan 28-Mar 4 • 1:00-4:00 • \$35
 6 Meetings • Prescott Valley-106 • OPV-113-W26
Facilitators : Armando Lopez(GC), Donald Baier*
 Join us for a cinematic adventure featuring recent and vintage foreign films, each one celebrated internationally for its storytelling and unforgettable performances. We'll watch the film, then dive into a lively discussion where everyone gets to share their thoughts and reactions. Plus, you'll have a say in picking future movies, so your voice shapes our next screenings. Limit: 45

14) The Visual Designer's Eye

Wed, Jan 28-Feb 25 • 12:30-1:45 • \$35
 5 Meetings • Prescott Valley-214 • OPV-114-W26
Facilitator: Rick Diehl
 Join us on a journey to improve your visual design skills. A course for anyone who writes, creates, publishes, or produces. Learn the principles used by graphic and visual designers. In five classes that includes group activities we'll look at the good, the bad, and the ugly of design as we build your visual design prowess. Limit: 15

24) Organizing your Gmail Environment

Fri, Jan 30 • 1:00-3:30 • \$15
 1 Meeting • Prescott Valley-106 • OPV-124-W26
Facilitator: Ken Paris*
 This class will show you how to organize your Gmail environment. Features such as templates, filters, labels, archiving and searching emails can help remove the clutter from your Gmail system. Although you can benefit from most of these features on any Gmail environment (app, browser, etc) to set most of them up requires that you have browser access to Gmail on a PC or tablet. We'll also go over protecting your Gmail environment from hackers/forgotten passwords. Limit: 20

38) Wellness Reset: Holistic Tools for a Healthier You

Fri, Jan 30-Feb 20 • 10:00-11:30 • \$35
 4 Meetings • Prescott Valley-216 • OPV-138-W26
Facilitator: Sharon Chase
 Discover natural ways to support your health, reduce toxins, and feel your best—at any age. Explore practical, science-backed strategies to gently reset your wellness using natural tools. Reduce your body's toxic burden, swap out chemical-laden products, and incorporate gentle, effective solutions for sleep, energy, digestion, joint comfort, emotional wellbeing & more. This class will empower you with simple, realistic steps to support your health naturally—without hype or overwhelm. Limit: 30

53) Getting to Know the Founding Fathers

Fri, Feb 6, Feb 20 & Mar 6 • 11:00-12:30 • \$35
 3 Meetings • Prescott Valley-215 • OPV-153-W26
Facilitator: Becky Gunn(GC)*
 We will use biographies of three of our Founders and explore who they were, why they were revolutionaries, and what roles they played in the revolution and early governments of the United States. You will receive a list with links to readings and videos about each of the three men we will be discussing two weeks before the class. We will encourage group discussion. **Note: class will skip 2/13 and 2/27.** Limit: 20

58) Somalia: Pirates, Terrorists and Poets

Wed, Feb 11-Mar 4 • 12:30-1:45 • \$35
 4 Meetings • Prescott Valley-106 • OPV-158-W26
Facilitator: Jerry Thurber
 Somalia, declared a "Failed State" in the 90's, struggles to find a path to stability. Their troubles led to the pirates who haunt the Indian Ocean and to the rise of terrorism (Somalia is a top exporter of international terrorism). But they are also a land of deep traditions. They express their joy and pain through poetry, and are considered some of the most expressive poets in Africa. This course will explore the culture, geography, religion and people who make up this troubled land. Limit: 25

- ✓ Sign up for OLLI Classes
- ✓ Make new Friends
- ✓ Join a Special Interest Group
- ✓ Propose a class for Spring
- ✓ Sign up for YC Alert

66) Explore Patagonia & Easter Island (Prescott Valley)

Fri, Feb 6 • 1:00-3:00 • \$15
 1 Meeting • Prescott Valley-106 • OPV-166-W26
Facilitator: Chris Maxwell*

Experience Patagonia and Easter Island without leaving home! I'll share my adventures in the Patagonian region of South America and Easter Island highlighting the culture, history, flora, & fauna. Come witness the beauty of Buenos Aires, Iguassu Falls, Ushuaia, Tierra del Fuego, Cape Horn, Wulaia Bay, Aguila & Perito Moreno glaciers, Magdalena Island, Torres del Paine National Park, Calafate, Santiago, and Easter Island. Limit: 30

71) Medicare Made Easy

Wed, Jan 28 • 11:00-1:00 • \$15
 1 Meeting • Prescott Valley-172E • OPV-171-W26
Facilitator: Kelly Boryca

Medicare can be both overwhelming and confusing. We will walk you through Advantage Plans, Medicare Parts A and B, supplements (also called Medigap plans), and drug plans. Kelly Boryca has been counseling people on Medicare for 14 years as a volunteer for the State Health Insurance Assistance Program (SHIP). There will be plenty of time for Q&A! Limit: 15

74) The Karma of Forgiveness

Wed, Feb 4 • 10:00-1:00 • \$15
 1 Meeting • Prescott Valley-172E • OPV-174-W26
Facilitator: Mathias Karayan

We will talk about how we get stuck & what part "real forgiveness" plays in getting unstuck. You will have an opportunity to share your challenges.

95) Reframing Anxiety

Fri, Jan 30-Mar 6 • 1:00-2:15 • \$35
 6 Meetings • Prescott Valley-215 • OPV-195-W26
Facilitator: Michael McClure

Through brief lectures, group discussions, and reflective exercises, we will gain insight into the roots of anxiety and learn strategies for embracing uncertainty. We'll use Samir Chopra's thoughtful book, Anxiety. Participants will reflect on personal experiences, discuss anxiety's role in life, and develop practices for living with it rather than merely suppressing it. Limit: 20

98) Beyond The Veil: Let's Talk Metaphysics

Wed, Feb 18 • 10:00-1:00 • \$15
 1 Meeting • Prescott Valley-172E • OPV-198-W26
Facilitator: Mathias Karayan, Rita Karayan

Topics may include Dreams, Near Death Experiences, Astral Travel and the relationship between Reincarnation, Karma and Past Life Recollections. This topic is not from a scientific view. It's an experiential approach. Limit: 12

107) 10 Minute Originals

Fri, Jan 30-Feb 13 • 2:00-3:15 • \$35
 3 Meetings • Prescott Valley-172E • OPV-207-W26
Facilitator: Mary Ann Schaffer(GC)*

This class will present a wide range of thought-provoking questions, such as "It's winter, and you have just moved to North Dakota. Write a postcard that makes Californians jealous." You will have 8 minutes to write a response and read it aloud—no criticism, just fun. Limit: 12

108) Everything French

Fri, Jan 30-Mar 6 • 11:00-12:15 • \$35
 6 Meetings • Prescott Valley-106 • OPV-208-W26
Facilitator: Karen Keim

Introduction to French history and civilization, the people and their culture, their work and leisure lives, and an inside look into the City of Lights, Paris*. We'll take a virtual tour inside Le Louvre. We'll get to know the cuisine, social etiquette, and prominent French figures. Essential French phrases will be practiced, and handouts will be available. No prior French class required.



Thinking about Facilitating? Submit a Course Proposal at www.yc.edu/olli

ARTS & CRAFTS

1) Bridge in Two Days

Tues & Wed, Jan 20 & Jan 21 • 9:00-4:00 • \$35
2 Meetings • Prescott Bldg 31-102 • OP-101-W26

Facilitator: Bill Phillips

Would you like to learn a game that will provide lasting enjoyment and expand your cognitive abilities? This class is intended for absolute beginners. You don't need any prior experience with bridge or any other card game. All you need is a desire to have fun while learning a game that is good for your brain. If you complete this class you can sign up for "Bridge:The Next Steps" too. Limit: 20

2) Texas Hold'em poker (Noon)

Wed, Jan 28-Mar 4 • 12:00-2:00 • \$35
6 Meetings • Prescott Bldg 30-126 • OP-102-W26

3) Texas Hold'em Poker (2:30)

Wed, Jan 28-Mar 4 • 2:30-4:30 • \$35
6 Meetings • Prescott Bldg 30-126 • OP-103-W26

Facilitators: Ken Paris*, John Pillman*

Learn to play Texas Hold'em poker. You will be introduced to poker terminology, ranking of hands, table action, etc. You will learn when to bet, raise and fold. By the end of the class you will have played in live and tournament games and should be comfortable playing at any hold'em table. Please be able to attend all (or at least most) of the classes so we'll have a full table. Limit: 10

4) Beginning Quilling

Thurs, Jan 29-Mar 5 • 09:30-12:00 • \$35
6 Meetings • Prescott Bldg 31-101 • OP-104-W26

Facilitator: Eleanor Wing*

Quilling is an art form that uses strips of pre-cut paper that are rolled, shaped, and glued together to create decorative designs. We will begin with the basics: learning to roll the paper coils and how to mold the coils into shapes. The class fee is \$15 for tools and supplies payable to the facilitator. Limit: 12

5) Let's Play Pegs & Jokers

Thurs, Jan 29-Mar 5 • 2:00-4:00 • \$35
6 Meetings • Prescott Bldg 30-126 • OP-105-W26

Facilitators: Elle Roy, Whitney Miniati

Do you know how to play Pegs & Jokers? If so, please join us to play. This game of strategy and luck is enjoyable. We'll have games with 4 and 6 players. Limit: 8

6) Bridge: The Next Steps

Fri, Jan 30-Mar 6 • 10:00-12:00 • \$35
6 Meetings • Prescott Bldg 31-102 • OP-106-W26

Facilitator: Bill Phillips

The course builds on the foundation established in "Bridge in Two Days." Although the program is intended primarily for relative newcomers, players of all skill levels are welcome. The best way to learn bridge is by repetition, practice, and feedback. Limit: 18

7) 6 crafts in 6 weeks

Fri, Jan 30-Mar 6 • 2:00-4:00 • \$35
6 Meetings • Prescott Bldg 31-102 • OP-107-W26

Facilitator: Stacey Lavalley

Join us for a journey where each week you'll dive into a new fun project! We'll explore card making, alcohol ink art, fabric art, paint pouring, decoupage, and bottle painting with floral applications. \$50 supply fee due to facilitator at start. Must have crafting experience. Limit: 10

8) Make & Take Project - Gourd Art Bowl

Wed, Feb 25 • 1:30-4:30 • \$15
1 Meeting • Prescott Bldg 31-102 • OP-108-W26

Facilitators: Ann Kells, Jeanne Velling

In this class, participants will apply dye colors to their own gourd bowl, then lash on a pine needle rim and embellishments. (Gourd will be cleaned and prepped for you). No artistic background or previous experience is needed! \$15 fee payable to the facilitator. Limit: 12

9) Make & Take Project - Mosaic Stepping Stone

Wed, Mar 4 • 1:30-4:30 • \$15
1 Meeting • Prescott Bldg 31-102 • OP-109-W26

Facilitators: Ann Kells, Denise Maple

We will make mosaic stepping stones by affixing colorful Talavera tiles to a 12" concrete paver. No artistic background needed. You will take your completed paver with you. \$15 fee payable to facilitator. Limit: 12



ARTS-VISUAL & PERFORMING

10) Charles Robert Redford Jr: Golden Boy with a Complex Soul

Thurs, Jan 26-Mar 2 • 2-3:15 • \$35
6 Meetings • Online • OPZ-110-W26

Facilitator: Bill Mains

Beyond the charisma, who was the man? This Zoom class explores Robert Redford's unique persona: the matinee idol who embodied depth and complexity. We'll contrast the surface charm (Hubbell in *The Way We Were*, *Butch Cassidy, The Sting*) with the underlying intensity and moral ambiguity (Woodward in *All the President's Men*, *The Natural*, *Out of Africa*). Join us to decode Hollywood's most enigmatic star.

16) Foreign Films (Prescott)

Fri, Jan 30-Mar 6 • 1:00-4:00 • \$35
6 Meetings • Prescott Bldg 4-102 • OP-116-W26

Facilitators: **Armando Lopez(GC)**, **Donald Baier***

Join us for a cinematic adventure featuring recent and vintage foreign films, each one celebrated internationally. We'll watch the film, then dive into a lively discussion where everyone gets to share their thoughts and reactions.

17) Its the Navy's Turn at the Movies

Fri, Jan 30-Mar 6 • 10:00-12:30 • \$35
6 Meetings • Prescott Bldg 4-102 • OP-117-W26

Facilitator: **Don Baier***

Six films with action on and under the Oceans. Thrilling naval engagement, and riveting wartime narratives that captivate and honor the bravery of those who served. Each has both excitement and a poignant look at the valor and sacrifice of our naval forces. Limit: 50

19) Yunchan Lim: Piano Star

Email Only • \$15 • OPZ-119-W26

Facilitator: **Nancy Dubow**

Winner of the prestigious Van Cliburn Piano Competition in 2022 at age 18, Yunchan Lim's tremendous and shining gift deeply moves audiences worldwide. We'll listen to a variety of performances, both during the competition and elsewhere. Limit: 30

COMPUTER & TECHNOLOGY

20) EV's and Hybrid Vehicles

Tues, Jan 27 • 11:00-12:30 • \$15
1 Meeting • Prescott Bldg 31-102 • OP-120-W26

Facilitator: **Greg Stein**

Fewer gas powered vehicles are sold each year as hybrids & EVs gain ground. Gas remains the leader followed by hybrids which far outsell EVs. The 3 distinct types of hybrids offer mpg's from the 20s to the hundreds. I'll separate facts from fiction so you can make informed choices but make no specific model recommendations.

21) Get Smarter About Your iPhone/iPad

Mon, Jan 26-Mar 2 • 10:00-11:30 • \$35
6 Meetings • Online • OSZ-121-W26

Facilitator: **Sharon Sherman(GC)**

Most of us cannot seem to live without our phone or devices but find ourselves not taking advantage of their capabilities. We will explore the revolutionary technology, connectivity and components involved in our devices. Explore essential settings, apps, features, and operation that enable them. Study important privacy and security settings; reflect on the future.

22) macOS Tahoe 26 for Seniors

Thurs, Jan 29-Mar 5 • 10:00-12:00 • \$35
6 Meetings • Online • OPZ-122-W26

Facilitator: **John Carter***

Apple's latest macOS brings fresh features, smarter apps, and simpler ways to get things done. In this class we'll explore what's new, what's changed, and how to make your Mac work better for you. Perfect for anyone who wants to stay current and confident using their Mac.

23) Keep Your iPhone Safe from Hackers

Thurs, Jan 29-Feb 26 • 2:30-4:00 • \$35
5 Meetings • Prescott Bldg 31-102 • OP-123-W26

Facilitators: **Frank Croft**, **Bert Austin**

Are you really protected from hackers attempts to steal your data? If you use an iPhone or iPad, this class will cover the biggest threats and how to keep your device secure. No one is ever completely safe, but the steps you'll learn will greatly reduce your risk. This class allows individual help with your device's settings. Limit: 24

25) Email Privacy

Tues, Feb 3 • 12:30-2:30 • \$15
1 Meeting • Online • OPZ-125-W26

Facilitators: **JB Burke***, **Mark Schulman**

Mark discusses how email is not as private as we might want and offers methods to use email to exchange information securely. He also covers encryption, disposable email addresses, and secure email services.

26) Accessibility - Help: I Can't See, Hear, Touch

Tues, Feb 24 • 12:30-2:30 • \$15
1 Meeting • Online • OPZ-126-W26

Facilitators: **JB Burke***, **Judy Taylour**

Accessible and assistive technology has been designed for the needs of many different users. This presentation will explore software, hardware, peripherals, accessible and assistive technology easier to use. Limit: 40

27) Touring the Web #14 – With a Bit of Windows Thrown In

Tues, Mar 10 • 12:30-2:30 • \$15
1 Meeting • Online • OPZ-127-W26

Facilitator: JB Burke*

Did you know your body can be scanned and tracked by normal wi-fi? That AI may reshape your next PC? Or how to easily convert time zones? You'll find many new and interesting websites here, plus useful web search tips and cloud storage hints. When shouldn't you share your Social Security number plus an easy way to prevent home fires. Limit: 40

FINANCE, ECONOMICS, & LAW

29) Current Economic Issues (Zoom)

Fri, Jan 30-Mar 13 • 1:00-3:00 • \$35
6 Meetings • Online • OSZ-129-W26

Facilitator: Charles Blum

By presenting relevant concepts and data, this on-going course aims to equip each participant to be an educated consumer of news on a wide range of economic topics. Discussions will be fact-driven and nontechnical; no formal economics training is required. Limit: 12

31) Understanding Credit Scores & Mortgage Options

Tues, Feb 10 • 10:00-11:30 • \$15
1 Meeting • Online • OSZ-131-W26

Facilitators: Pam Wall, Ariana Grado, Sharon Sherman(GC)

This course will provide a comprehensive overview of mortgage financing, covering key loan types, lending guidelines, property requirements, underwriting criteria, and what a lender looks for. Fico scores/credit reports will be discussed, explaining how credit scores are calculated, how to make them increase, what can cause them to decrease and how to build your credit. Limit: 40

HEALTH & NUTRITION

34) Your Awesome Body

Tues, Jan 27-Mar 3 • 2:00-3:15 • \$35
6 Meetings • Online • OPZ-134-W26

Facilitator: Holly Huffman

We will look at how our bodies are designed to maintain wellness, the effect of imbalances, and how to restore and maintain vitality as nature intended. Limit: 25

35) Hearing Loss Communication

Wed, Jan 28-Mar 4 • 10:00-11:30 • \$35
6 Meetings • Prescott Bldg 30-126 • OP-135-W26

Facilitator: Gloria Pelletier

Communication is hard for those who can hear. It is exponentially harder for those who have hearing loss. Discussions will center around ideas for better communication methods. Learn about how to live with hearing loss successfully for you, family and friends.

36) Eating for your Blood type

Wed, Jan 28-Feb 11 • 2:00-3:30 • \$35
3 Meetings • Prescott Bldg 31-102 • OP-136-W26

Facilitator: Kathleen Tybor

Your blood type reflects your internal chemistry. Dr. D'Adamo found a link between blood type, food, and disease. This class will explain the possible connection between these biological factors and how you can benefit from eating and your activity lifestyle for you. Limit: 25

37) Wellness Reset: Tools for a Healthier You (Prescott)

Thurs, Jan 29-Feb 19 • 2:00-3:30 • \$35
4 Meetings • Prescott Bldg 3-271 • OP-137-W26

Facilitator: Sharon Chase

Discover natural ways to support your health, reduce toxins, and feel your best. Explore practical, science-backed strategies to gently reset your wellness using natural tools. Reduce your body's toxic burden, swap out chemical-laden products, and incorporate gentle, effective solutions. Limit: 30

39) Build Better Habits with The Wellness Wheel

Fri, Jan 30-Feb 27 • 12:30-1:45 • \$35
5 Meetings • Prescott Bldg 30-126 • OP-139-W26

Facilitator: Alexandra Cassidy

This class will help you discover what motivates you and how to use the Wellness Wheel to select goals that matter to you. Students will learn simple, effective strategies to create changes that will lead to life-long benefits. Limit: 10



HISTORY & CURRENT AFFAIRS

43) Women in Aviation

Tues, Jan 27-Feb 17 • 12:30-1:45 • \$35
 4 Meetings • Prescott Bldg 4-102 • OP-143-W26
Facilitator: Natalie J Stewart-Smith

We will cover a wide range of women's contributions to civilian and military aviation in the 20th century. We will explore the 1929 All Women's Air Race, the World War 2 Women Airforce Service Pilots (WASP.) We will have an overview of Arizona Aviation History. Finally we will look at The Grand Canyon Mid-air Crash of 1956. Limit: 50

44) The People Who Built America

Tues, Jan 27-Mar 3 • 9:30-10:45 • \$35
 6 Meetings • Prescott Bldg 31-101 • OP-144-W26
Facilitator: Jim Veney*

The US was owned by Yankee Englishmen in the North, Plantation Englishmen in the South, a few Dutch & Germans in the Mid-Atlantic. The people who built America were immigrants. We will look at those who came here & created what is the US that we know today.

45) Foreign Affairs: Civil Conversations

Tues, Jan 27-Mar 10 • 11:00-1:00 • \$35
 5 Meetings • Prescott Bldg 31-101 • OP-145-W26
Facilitator: John Lowe

This learning group continues our interactive discussions about foreign affairs, major geopolitical events, and selected international issues. We review recent headlines, and lesser-reported events, as well as updates and follow-ups about previous headlines. Limit: 30

46) The Constitution in Motion

Wed, Feb 3-Mar 3 • 2:00-3:15 • \$35
 5 Meetings • Prescott Bldg 3-203 • OP-146-W26
Facilitators: Steve Ashlock, Connie Varga

Can the Constitution can keep pace with modern America: a thoughtful, quirky and enjoyable look at the Constitution. This class is a five part series using clips from Sagal's travels with intermittent information and discussion in a small group. Saddle up! Limit: 12

47) Treasure Hunt on Oak Island

Wed, Jan 28-Feb 11 • 12:30-1:45 • \$35
 3 Meetings • Prescott Bldg 3-271 • OP-147-W26
Facilitator: Thomas McColloch

Searchers have been digging for treasure on Oak Island in Nova Scotia for over 200 years. There is much speculation concerning who may have buried the treasure and what the treasure is. Learn about the history of the treasure hunts and discuss ideas concerning the treasure that may be buried there. Limit: 24

48) Current Events

Wed, Jan 28-Mar 4 • 10:00-12:00 • \$35
 6 Meetings • Prescott Bldg 31-101 • OP-148-W26
Facilitators: Robert Forte, Armando Lopez(GC)

Each class will cover a different subject. We should be able to discuss tough subjects without demonizing each other and listen to each other's viewpoints. Limit: 24

49) Heavy Construction-In-Process

Thurs, Jan 29-Feb 26 • 12:30-1:45 • \$35
 6 Meetings • Prescott Bldg 31-101 • OP-149-W26
Facilitators: Frank Proud, Pat Adams-Proud

Join us for an inside look at major projects shaping our region. We'll explore the I-17 flex lanes, Hilton Garden Inn by the historic ATSF trestle, the Kirkland pozzolan/tuffa plant, and replacement of two wooden railroad bridges—all with active train traffic! Expect aerial footage, heavy equipment insights, traffic control, and our trademark enthusiasm for Arizona's engineering feats.

50) American Democracy Forum (Zoom)

Thurs, Jan 29-Mar 12 • 2:00-3:30 • \$35
 6 Meetings • Online- • OSZ-150-W26
Facilitators: Charles Blum, Andy Herschkowitz, Jack Koepke

Participants are invited to give short (10–20 min) presentations on issues shaping American democracy—covering such aspects as governing principles, current challenges and global comparisons. Each presentation will be followed by open discussion aimed at fostering civic awareness, critical thinking, careful listening and respectful dialogue. Limit: 12

54) Viewpoints

Fri, Jan 30-Mar 6 • 10:00-12:00 • \$35
 6 Meetings • Prescott Bldg 31-101 • OP-154-W26
Facilitators: Jack Wilson, Armando Lopez(GC)

Join us for this participatory class. Members nominate class subjects, and vote on the topics for each week. Recent subjects include socialism, the federal govt checks & balances, climate change, the Supreme Court, SETI (Search for Extraterrestrial Intelligence), deficits and inflation, and water resources. Limit: 20

55) History of Cryptology

Tues, Feb 3-Mar 10 • 10:30-12:00 • \$35
 5 Meetings • Prescott Bldg 3-269 • OP-155-W26
Facilitator: Andrew Newton(GC)

We will review the U.S. military practice of protecting and breaking secure communications. We will review videos and examples from the Revolutionary War, Civil War, WWI, WW2 and Cold War. The information presented has been declassified. **Note: no class 2/17** Limit: 24

57) Brief History of Ireland

Wed, Feb 4-Feb 25 • 9:30-10:45 • \$35
 4 Meetings • Online • OPZ-157-W26
Facilitator: Deb Dillon*

This course will give an overview of the entire history of Ireland with an emphasis on major events and their effect on Ireland today. This class is open to all, but would be especially recommended for those traveling to Ireland with OLLI in May. Limit: 100

60) Great Courses Potpourri

Email Only • \$35 • OPZ-160-W26
Facilitator: Patricia Berlowe

Over the years OLLI has purchased many titles from Great Courses. We have access to over 250 titles that can be streamed from your home. If you sign up for this class, you will be given access to the Prescott OLLI account, and can stream at will for the session.

61) History of America's National Park System

Fri, Jan 30 • 10:00-11:30 • \$15
 1 Meeting • Online • OSZ-161-W26
Facilitator: David Kroese

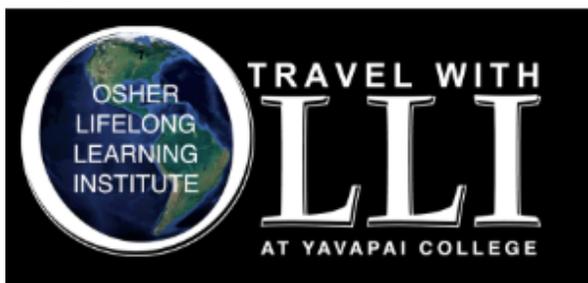
We revisit America's best idea from its first steps through creation of the National Park Service in 1916 on to the national park system as we know it today with over 430 sites representing over twenty unique designations. Connections and common themes among the parks illuminate the system's evolution. Limit: 100

LOCAL INTEREST & TRAVEL

62) Travel Destinations

Thurs, Jan 29-Feb 26 • 9:30-10:45 • \$35
 5 Meetings • Online • OPZ-162-W26
Facilitators: Bill Maxwell*, Deb Dillon*

Whether you are an armchair traveler or someone who never unpacks join Deb and Bill to travel to destinations around the world. Expect to experience: nature (Africa), adventure (Mongolia), culture (Italy, France), and exotic locations (Papua New Guinea). We will try to provide information as well as fun stories about our experiences traveling the world. Limit: 30



63) Explore Patagonia & Easter Island

Fri, Jan 30 • 2:00-4:00 • \$15
 1 Meeting • Prescott Bldg 3-119 • OP-163-W26
Facilitator: Chris Maxwell*

Here's your chance to experience Patagonia and Easter Island without leaving home! I'll share my adventures in the Patagonian region of South America and Easter Island highlighting the culture, history, flora, & fauna. Come witness the beauty of Buenos Aires, Iguassu Falls, Ushuaia, Tierra del Fuego, Cape Horn, Wulaia Bay, Aguilá & Perito Moreno glaciers, Magdalena Island, Torres del Paine National Park, Calafate, & Santiago

64) Voodoo Adventure

Tues, Feb 3 • 2:00-4:00 • \$15
 1 Meeting • Prescott Bldg 3-119 • OP-164-W26
Facilitator: Bill Maxwell*

Come travel with Bill to remote villages in Togo & Benin to enjoy the annual Voodoo festival. The festival is a week-long celebration featuring traditional dances, ceremonies, and spiritual rituals. Voodoo practices include spiritual ceremonies, rituals, dance, and communing with spirits to address life's needs. While the term is often associated with sorcery in popular culture, voodoo is a complex spiritual system focused on community, healing, and spiritual connection. Limit: 90

65) Tastes of Ireland

Wed, Feb 4-Feb 18 • 12:30-1:45 • \$35
 3 Meetings • Prescott Bldg 31-101 • OP-165-W26
Facilitators: Bev Thurber, MaryAnn Schaffer*

Whether or not you are joining OLLI's Ireland trip, come sample the Republic of Ireland's foods! In the 1st class, we will explore the influences of the area's history and geography on the cuisine. Armed with this information, class members will be asked to sign up for a category of Irish food to prepare and bring to either the 2nd or 3rd class. Limit: 16

**NATURE & THE OUTDOORS, ACTIVE MIND & BODY
 Chair Yoga and More**

6 Meetings • Prescott Bldg 31-101 • \$35
Facilitator: Candice Young

67) Mon, Jan 26-Mar 2 • 2:30-3:45 OP-167-W26

70) Thurs, Jan 29-Mar 5 • 2:30-3:45 • OP-170-W26

We will establish a strong body awareness with slow controlled movements focusing on balance, lengthening in the spine, symmetry, coordination, flexibility and building core strength. Wear comfortable loose-fitting clothes. Please purchase TWO 4x6x8 yoga blocks (cork preferred), and a six foot yoga strap. Limit: 16

68) Western Line Dancing

Mon, Jan 26-Mar 2 • 3:00-4:15 • \$35
6 Meetings • Prescott Bldg 15-260 • OP-168-W26

Facilitator: Cindy Reynolds

Even if you have never line danced before, you will quickly learn the easy steps and be a part of this exercise class. Learn the basic steps and as you dance in unison to some classic country western music. Limit: 20

PHILOSOPHY & RELIGION & UNEXPLAINED

72) The Inner Journey, A Course in Meditation- 1 of 2

Mon, Jan 26-Mar 2 • 2:00-3:30 • \$35
6 Meetings • Online • OPZ-172-W26

Facilitator: DeeDee Freeman*

This course provides practical, methodical guidance for developing a solid meditation practice. The videos follow a user-friendly guidebook "Meditation, A Journey of Exploration" that should be purchased before class starts. For more information, visit ArshaBodha.org. Limit: 16

73) Creation, Dinosaurs & Noah's Ark

Fri, Jan 30-Mar 6 • 12:30-2:00 • \$35
6 Meetings • Prescott Bldg 3-271 • OP-173-W26

Facilitator: David Larsen

What are the ramifications of the Bible's account of a global Flood? Could the remains of Noah's Ark still exist on Mt. Ararat? Opinions presented are those of the author. Questions are welcomed at the end of each class.

99) Reflections for the Wandering Mind

Wed, Mar 4 • 10:00-1:00 • \$15
1 Meeting • Prescott Bldg 4-118 • OP-199-W26

Facilitator: Mathias Karayan

This class is about correction at the level of your mind; cultivating thoughts of peace, for a mind in conflict with itself. This class is not a traditional approach on how to meditate. It is an approach on how to stay focused throughout your day. Limit: 12

SCIENCE & MATH

77) New Ideas

Mon, Jan 26-Mar 2 • 10:30-12:00 • \$35
6 Meetings • Online • OPZ-177-W26

Facilitator: Barbara Brown*

Embark on a weekly adventure into the world of bold ideas and fascinating discoveries! Each session dives into a topic—from cutting-edge science and breakthrough technology, the arts, and global culture.

79) Global Warming and Electric Energy Production

Fri, Jan 30-Mar 6 • 1:00-3:00 • \$35
6 Meetings • Prescott Bldg 3-203 • OP-179-W26

Facilitator: Thomas McColloch

We will review the basic technology of coal, natural gas, and nuclear power plants. We will then consider renewable energy plants powered by wind, solar, hydro and geothermal. We will conclude with the outlook for electric production in the United States. Limit: 24

80) How the Earth Works

Wed, Jan 28-Mar 4 • 2:00-4:00 • \$35
6 Meetings • Prescott Bldg 4-102 • OP-180-W26

Facilitators: Johanna Kangal*, David Hoffman*

We live on a planet that is constantly changing. In this exciting series, you will witness the history of our planet in spectacular detail, learning what Earth is made of, where it came from, where it's going, and above all, how it works.

82) Weird Earth

Thurs, Jan 29-Mar 5 • 2:00-4:00 • \$35
6 Meetings • Prescott Bldg 3-203 • OP-182-W26

Facilitator: John Mangimeli

Nature is endlessly fascinating, sometimes producing seemingly unexplainable atmospheric and geologic phenomena. We'll looking at strange lights in the sky, bizarre cloud formations, green-colored skies, floating cities, and more. Limit: 30

83) Meanwhile, Back Here on Earth: Pandemonium

Fri, Jan 30-Feb 6 • 2:00-3:15 • \$35
3 Meetings • Prescott Bldg 31-101 • OP-183-W26

Facilitator: Paul April

Yes, the astronauts left earth, but we, the rest of us, were stuck down here. A "space race", measured by progress way up there, morphed into a costly arms race. Ushered in was an era that saw the Cuban Missile Crisis, noteworthy assassinations. This played out aside a long overdue feminist movement and often violent, anti-war outrage. Limit: 24

Thinking about Facilitating? Submit a Course Proposal at www.yc.edu/olli

SELF-ENRICHMENT & LIFESTYLE

85) Adventures in Aging

Mon, Jan 26-Feb 16 • 12:30-1:45 • \$35
4 Meetings • Prescott Bldg 31-101 • OP-185-W26

Facilitator: Lisa Fry

For those feeling like it is time for a "Health Remodel" this is the class for you. Learn lifestyle habits that will improve your physical and mental health, enabling you to age in place at home. Topics include; creating a plan, movement, nutrition, stress management, sleep & more.

88) Aging: The Surprising, The Annoying, The Hilarious

Tues, Jan 27-Mar 3 • 2:00-4:00 • \$35
6 Meetings • Prescott Bldg 3-205 • OP-188-W26

Facilitator: Denise Cady

In small groups, we will share our experiences with aspects of aging. Inertia, time, invisibility, ageism, friendship, healthcare. A list of discussion topics will be emailed to each participant prior to the first meeting.

90) Ball-Bouncing for Body-Brain Integration

Tues, Jan 27-Mar 3 • 8:30-10:00 • \$35
6 Meetings • Prescott Bldg 31-102 • OP-190-W26

Facilitator: Michael Ehlers

Improve your memory, increase your concentration, reduce stress/anxiety. Racquet balls are bounced in rhythmic patterns to help increase balance and cognitive functioning. This is a beginning participatory class. **REQUIRED:** participants must be able to stand and move (without assistance) for most of the class period. Limit: 14

91) Quantum Medicine and The Biology of Health

Tues, Jan 27-Feb 24 • 1:00-2:30 • \$35
5 Meetings • Online • OSZ-191-W26

Facilitator: Gayle Swift

Explore how science, spirituality and creativity support health, vitality, and resilience for your whole being. You will experience core practices to shift your biological response from stress reactivity to creativity. Limit: 20

92) Armchair Adventures

Wed, Jan 28-Mar 4 • 10:30-12:00 • \$35
6 Meetings • Online • OPZ-192-W26

Facilitator: Barbara Brown*

Join us to travel the world without passports, expense, long lines at airports, cathedrals and museums.

96) This and That

Fri, Jan 30-Mar 6 • 10:30-12:00 • \$35
6 Meetings • Online • OPZ-196-W26

Facilitator: Barbara Brown*

A weekly adventure of subjects from art to zoology and everything in between. Come curious--leave inspired!

101) Manifest Momentum: How To Keep Your New Year Energy Thriving All Year Long

Thurs, Jan 29 • 11:00-1:00 • \$15
1 Meeting • Online • OSZ-201-W26

Facilitator: Darielle Archer

Create lasting change, manifest with confidence. Be aligned with your goals. Create lasting momentum Manifest Momentum: How To Keep Your New Year's Energy Thriving All Year Long. Limit: 20

102) Design Your Life With Feng Shui Harmony

Fri, Jan 30-Mar 6 • 11:00-12:30 • \$35
6 Meetings • Online • OSZ-202-W26

Facilitator: Darielle Archer

Learn the ancient art and science of Feng Shui. Learn simple ways to clear clutter, balance energy, and attract success. Harness the power of color, elements, and planetary influences. Explore the Bagua Life Map — nine key areas for harmony and flow. Limit: 20

WRITING, LITERATURE, & LANGUAGES

103) Classical Mythology, Part 2

Mon, Jan 26-Mar 2 • 10:00-12:00 • \$35
6 Meetings • Prescott Bldg 31-101 • OP-203-W26

Facilitator: Sandra Bennett*

Classical Greek and Roman myths lie at the heart of Western European civilization. They influence the arts, literature, language, civic affairs, and daily life. In this class, students will view and discuss lectures from the Great Courses series. Each class will consist of two lectures and time for discussion. Limit: 30

104) Writing Your Inner Sky - Authentic AI Co-Writing

Mon, Jan 26-Feb 16 • 2:00-3:30 • \$35
4 Meetings • Online • OSZ-204-W26

Facilitator: Lorna Macdonald

Learn to use AI Copilot as a trusted co-author—co-writing with clarity, rhythm, and authenticity. You'll be guided to write from presence while AI helps shape, reflect, and refine your voice.

105) Memoir Writing Class

Wed, Jan 28-Feb 25 • 2:00-4:00 • \$35
5 Meetings • Prescott Bldg 3-205 • OP-205-W26

Facilitator: Joann Ashlock*

Bring your memories to life! We'll help you organize your thoughts into a powerful memoir using the "I" point of view. You'll learn creative writing techniques, receive positive, supportive feedback, and be inspired by others' stories. Whether you're a first-time writer or a seasoned pro, everyone's welcome.

Field Trips



109) Hugs & Fun With a Once Wild Burro

Sat, Jan 24 • 1:00-2:30 • \$15

1 Meeting • Offsite • OP-209-W26

Facilitator: Teri Renaud

Meet and greet - standing on the ground with the Donkeys and letting them smell you. Next is grooming, brushing, touching, petting, and talking to them! You may choose to have a conversation with them. Some people use words and others use body language. Either way, this process ignites a very personal experience with the Donkey and confidence begins to build. At the end of the session, you give the donkeys a little hay or some peanuts and say your goodbyes - with lots of hugs and kisses! Limit: 15

110) Winter Harvest Gardening (Tues & Thurs)

Tues & Thurs, Jan 27 & Jan 29 • 10:00-12:00 • \$35

2 Meetings • Prescott Bldg 4-102 • OP-210-W26

Facilitator: Kathleen Corum

Discover how to grow & enjoy a productive garden even in the coldest months. Retired Yavapai County Ag Extension Agent, Jeff Schalau, will share his expertise in successful winter gardening. Session 1 - Will discuss the plants that perform best in winter, how to start & care for them, and effective ways to protect them from harsh conditions. Session 2 Visit Jeff's home garden. Jeff will show his bountiful "winter harvest" at his home and explain how he does it. Limit: 20

111) Greenhouse Gardening & UofA & YC Resources (Tues & Thurs)

Tues & Thurs, Feb 3 & Feb 5 • 10:00-12:00 • \$35

2 Meetings • Prescott Bldg 4-102 • OP-211-W26

Facilitator: Kathleen Corum

Join Yavapai County Ext Agent Matt Halderson for an exploration of home greenhouses & spring planting preparation. Session 1 – Learn about home greenhouse

setup, composting, & food safety, and about the valuable resources available through UofA & the Master Gardeners. Session 2 – Tour Yavapai College's Horticulture environmentally controlled greenhouse in Chino Valley. See YC's hands-on training for growing vegetables & ornamentals using soil, hydroponics, & aquaculture. Limit: 20

112) Water Conservation Rainwater Harvesting (Tues & Thurs)

Tues & Thurs, Feb 17 & Feb 19 • 10:00-12:00 • \$35

2 Meetings • Prescott Bldg 4-102 • OP-212-W26

Facilitator: Kathleen Corum

Discover how to make the most of nature's precious resource—rainwater. Barnabas Kane Landscape Architect, explains practical & effective ways to collect, store, & use rainwater to support sustainable landscaping. Session 1 - We discuss the principles of rainwater collection, how to scale a system for different needs & various design options. The City of Prescott's water conservation incentive program will be discussed. Session 2 - Tour of a local rainwater harvesting & landscape. See how rainwater is collected into catchments or into storage containers. Limit: 20

113) A Welcoming Bird Habitat in Your Garden (Tues & Thurs)

Tues & Thurs, Feb 24 & Feb 26 • 10:00-12:00 • \$35

2 Meetings • Prescott Bldg 4-102 • OP-213-W26

Facilitator: Kathleen Corum

Join Eric Moore, an avid birder for over 50 years, and owner of The Lookout in an exploration of backyard birding & local bird habitats. Session 1 –Learn how to design a yard that attracts and supports a variety of wild birds, from selecting the right feeders & plants to creating a welcoming environment year-round. Session 2 – Take an off campus guided "birding walk" to observe local species in their natural setting. Discover practical tips for identifying, appreciating, & enjoying our region's feathered friends. Limit: 20



Osher Online Classes in Partnership with Northwestern University Winter 2026 Registration:

All Classes meet for 6 weeks online *Extra fees apply for ALL membership levels*

Registration Deadline 1/4

Osher Integrative Health: Navigating Chronic Illness

Fri, 1/30-3/6 • 1-2:30 • \$50 • Online • OZO-914-W26

Facilitator: Minichiello Vinny

Explore how integrative health approaches can address the challenges of living with chronic conditions and help individuals make informed choices within today's increasingly complex healthcare environment. Topics will focus on whole-person care, patient empowerment, and practical strategies.

How the US Immigration System (Usually) Works

Fri, 1/16-2/20 • 9-10:30 • \$50 • Online • OZO-906-W26

Facilitator: Michele Waslin

Explore how the immigration system has evolved and how it works today. We will examine key questions about identity, belonging, and national responsibility while engaging in thoughtful, constructive conversations about the future of immigration policy in the United States.

History of Sicily

Mon, 1/26-3/2 • 11-12:30 • \$50 • Online • OZO-905-W26

Facilitator: Douglas Kenning

Sicily has been a mythic crossroads of heroes, conquerors, and culture for over 3,000 years. From Odysseus to the Mafia and modern mythmakers like Garibaldi and Coppola, Sicily's story is rich, complex, and central to Western history. Explore its pivotal role in shaping civilization.

The History of American Television

Mon, 1/26-3/2 • 1-2:30 • \$50 • Online • OZO-918-W26

Facilitator: Jim McKairnes

American television from its 1920s origins to today's streaming era. Explore decades of iconic shows, genres, and cultural moments that shaped the medium and its audiences. From sitcoms and dramas to news and sports, we will rediscover how TV evolved, adapted, and transformed American culture.

Post Impressionism and the Birth of Abstraction

Mon, 1/26-3/2 • 3-4:30 • \$50 • Online • OZO-916-W26

Facilitator: Lauren Weingarden

Explore Post-Impressionism's bold departure from naturalistic light and color, focusing on the expressive use of form, symbolism, and vivid, often unnatural color. Through the work of Cézanne, van Gogh, Gauguin, Seurat, and Matisse, trace the movement's challenge to artistic norms and social values.

Brain and Behavior in the Era of Digital Technology

Mon, 1/26-3/2 • 9-10:30 • \$50 • Online • OZO-901-W26

Facilitator: Elena Labkovsky

Explore how digital technologies and artificial intelligence affect the brain, behavior, and mental health. This course examines the impact of modern devices on attention, memory, emotions, and decision-making, while addressing ethical concerns like privacy and tech-based addictions.

Landscape & Adventure Photography

Mon, 1/26-3/2 • 1-2:30 • \$50 • Online • OZO-911-W26

Facilitator: Jonathan Duncan

Learn skills and techniques used to create professional quality images of adventures in the natural world. Controlling exposure, using depth of field, motion effects, the principles of visual communication, and the qualities of natural light.

The American Revolution Beyond the British Empire

Saturday, 1/17-2/21 • 11-12:30 • \$50 • Online • OZO-917-W26

Facilitator: Rick Bell

Reframe the American Revolution as a global event shaped by imperial rivalries and geopolitical forces. Examine how Germans, French, Spaniards, South Asians and others intersected with the collapse of British rule in North America.

Judaism, Christianity, and Islam

Thurs, 1/29 -3/5 • 11-12:30 • \$50 • Online • OZO-910-W26

Facilitator: Jeremy Fackenthal

Explore the rituals, beliefs, and writings of Judaism, Christianity, and Islam through a comparative lens. Examine where these Abrahamic religions overlap and diverge, with insights into their shared roots and unique traditions.

Invisible Intelligence: Unseen Algorithms

Thurs, 1/15-2/19 • 3-4:30 • \$50 • Online • OZO-907-W26

Facilitator: Eliot Bethke

Artificial Intelligence (AI) shapes our daily lives in subtle yet powerful ways. We will explore six case studies that reveal how AI systems work, the ethics behind machine decision-making, and the impact of these technologies on our world.

Pharmaceuticals and Poisons: Chemistry at the Edge

Thurs, 1/22-2/26 • 1-2:30 • \$50 • Online • OZO-915-W26

Facilitator: Johnnie Hendrickson

This chemistry-rich (but non-technical) course explores the fine line between pharmaceuticals and poisons. We will examine drug development, venom-inspired medicine, and the history of FDA regulation shaped by scandal and reform.

Osher Online Classes in Partnership with Northwestern University Winter 2026 Registration:

All Classes meet for 6 weeks online *Extra fees apply for ALL membership levels*

Registration Deadline 1/4

John James Audubon and the Birds of America

Thurs, 1/22-2/26 • 9-10:30 • \$50 • Online • OZO-909-W26

Facilitator: Eric Simon

In the 1820s, John James Audubon set out to document every bird species in the US, resulting in *The Birds of America*, a landmark collection of 435 hand-painted prints. This course explores Audubon's life, artistic methods, and legacy.

More than Parks: A History of American Conservation

Tues, 1/20-2/24 • 11-12:30 • \$50 • Online • OZO-913-W26

Facilitator: Fraser Livingston

Explore the evolution of American conservation from the 19th century to today. How urban reformers, scientists, women activists, and Native communities shaped the movement. Gain a deeper understanding of how Americans have fought to preserve—and define—the natural world.

The Noir Novel: Three American Classics

Tues, 1/20-2/24 • 9-10:30 • \$50 • Online • OZO-920-W26

Facilitator: Peter Kaye

Explore the noir novel through Dashiell Hammett's *The Maltese Falcon*, Raymond Chandler's *The Big Sleep*, and Sara Paretsky's *Indemnity Only*. From hardboiled detectives navigating gritty cityscapes to Paretsky's feminist reimaging of the genre, trace the evolution of noir fiction. Film clips from classic adaptations will highlight the genre's impact.

Dealing in Futures: The Shape of Science Fiction

Tues, 1/20-2/24 • 1-2:30 • \$50 • Online • OZO-902-W26

Facilitator: Gary Wolfe

From pulp origins to mainstream dominance, science fiction has evolved into a powerful storytelling form that explores new worlds, ideas, and ways of thinking. This course traces the genre's growth over two centuries, distinguishing it from fantasy and myth, and highlighting key authors.

Einstein without Tears: His Theories Explained

Tues, 1/27-3/3 • 3-4:30 • \$50 • Online • OZO-903-W26

Facilitator: Andrew Fraknoi

Explore the fascinating world of Albert Einstein's theories—no math or science background required. This course introduces key ideas like time travel, warped space, black holes, and gravitational waves, all in accessible terms. We will discover how modern science continues to confirm Einstein's predictions.

Japanese History through the Lens of Shōgun

Tues, 1/20-2/24 • 5-6:30 • \$50 • Online • OZO-908-W26

Facilitator: Megan McClory

Inspired by the 2024 FX mini-series *Shōgun*, explore Japan's transition from civil war to peace between the 15th and 18th centuries. Examine the rise of key unifiers, the roles of diverse social groups, and the era's political, cultural, and artistic shifts.

Heroes of the Holocaust: Lights in the Darkness

Wed, 1/14-2/18 • 1-2:30 • \$50 • Online • OZO-904-W26

Facilitator: Howard Kerner

When we think of the Holocaust, we recall the horrors perpetrated by evildoers. Even in humanity's darkest hours, courageous individuals risked everything to save lives. This course sheds light on these little-known rescuers—ordinary people who defied laws, resisted hate, and acted with moral clarity and compassion.

The Magic Behind Film Scores

Wed, 1/14-2/18 • 3-4:30 • \$50 • Online • OZO-919-W26

Facilitator: Mike Agron

Discover how film music enhances storytelling, sets mood and place, defines character, and blends styles—jazz, classical, pop—into powerful cinematic impressions. We will discuss how composers shape emotion across genres, from *The Jazz Singer* to *James Bond*.

Using Google Workspace Tools with Confidence

Wed, 1/21-2/25 • 5-6:30 • \$50 • Online • OZO-922-W26

Facilitator: Chelsea King

This beginner-friendly course introduces Google Workspace tools like Drive, Gmail, Calendar, Docs, Sheets, and Slides. We will learn core features, basic navigation, and practical applications for personal and professional use.

Milestones in Medicine

Wed, 1/14-2/18 • 9-10:30 • \$50 • Online • OZO-912-W26

Facilitator: Gordon Josephson

This course highlights transformative milestones in medicine from the 18th century to today, beginning with Jenner's smallpox vaccine. We will explore key medical and public health advances and innovators.

The Virtues

Wed, 1/14-2/18 • 11-12:30 • \$50 • Online • OZO-921-W26

Facilitator: David Smith

Virtue theory asks not just how to do good, but how to be good. This course explores timeless questions of character through the lens of thinkers like Aristotle, Jesus, the Buddha, and Confucius.

OLLI Special Interest Groups (SIG)

Online Options

TUESDAY TRIVIA

This drop-in group meets weekly on Zoom and is completely NON-competitive. We play some on-line trivia games, and all try to guess the answers together. Contact Bev Thurber at thurberbw@gmail.com

SOCIAL BRIDGE ONLINE

Members of this SIG play Bridge online weekly using the Bridge Base Online (BBO) website or apps. Any OLLI member with basic Bridge playing skills is welcome to join. Contact Doug Adams at ret2az09g@gmail.com or at (928) 759-2363

WRITE WHAT YOU WANT

The Creative Writing SIG gives people who love to write and want to share their writing an opportunity to do so Contact Jim Veney at jimeveney@gmail.com

GOOD MORNING EMAIL GROUP

A short email every morning for weather, OLLI and current events, and a short video on many different subjects. Contact Barbara Brown at vacbrown@yahoo.com

GUITAR

This group is for all guitar experience and skill level guitar players. Contact Michael Gunn at michaeljohngunn@gmail.com or (928) 515-4105. (available online OR in-person)

PRESCOTT COMPUTER SOCIETY

PC related topics include Digital Photography, Windows, Security & the Internet. For more information, view upcoming meeting topics, and to register for visit: <https://pcs4me.com>

Prescott In-Person Options

CHESS

Chess SIG is once again sponsoring U. S. Chess rated chess tournaments. Contact Tom Green at tagreen@owu.edu or 740-803-2532

FIBER

Its a casual, friendly gathering once a month open to every skill level –come together to share their love of handmade creations. Contact Carol Miller at loves2paintchina@yahoo.com

BEGINNERS & BEYOND MAHJONGG

All who know the rules and customs of American Mahjongg are welcome. Contact Rachel Ayars at rachelanne2831@gmail.com

GAMES

Bring a game, engage in shared interests and have fun! Contact Diana Gasser at rose_dln@hotmail.com

BRIDGE-IN PERSON

This group is open to people who have taken an OLLI Bridge class and want to practice in a casual environment with an experience bridge player available for questions. For more information, contact Darcy White at darcy838@yahoo.com

NEW – SPANISH CONVERSATION

All levels of Spanish are welcome, from novice to native speaker. Contact Mary Ann Dellinger at madellinger@proton.me

ROMEOS (Retired Old Men Eating Out)

A men's club for those who want to get together once a month at local restaurants for socializing, conviviality and friendships. For information contact, Claxton Lovin at celovin327@att.net or call 817-404-7400

Don't see your special interest reflected in the list? Consider starting your own SIG. Contact OLLI's Special Interest Group Coordinator Mary Trost at MLT623628@gmail.com more information.

Join the OLLI Mailing List!



use QR code above, or email us
olli@yc.edu

A promotional banner with a dark red, starry background. It features the OLLI logo (OSHER LIFELONG LEARNING INSTITUTE) and the text 'OLLI AT YAVAPAI COLLEGE'. A curved banner across the middle contains the slogan 'stay curious • stay engaged • join OLLI!'. At the bottom, the locations 'PRESCOTT • PRESCOTT VALLEY' are listed. A white circle on the right contains the dates 'Jan 26 - Mar 6' and registration information: 'Registration opens Dec 17', 'www.yc.edu/olli', and '928-717-7634'.

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