



Curiosity Never Retires

Summer 2020

OLLI-UA Online Session 2

June 16 to July 9
Organized by Green Valley

Note: Priority Request Registration (PRR) is open to active 2019-20 annual and spring 2020 Green Valley members until Tues., June 2. Open registration for all campuses starts Wed, June 3 at 10 a.m.

Tuesdays

How Do You Recover After Being Blindsided?

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:30 PM - 3:00 PM **Start:** Tue 6/16/20 **End:** Tue 6/23/20

Location: Online Zoom Offering

Course Description

A definition of blindsided is to surprise someone, usually with harmful results. Most of us have been blindsided by unexpected happenings in our lives. Occurrences such as the sudden death of a loved one, feeling betrayed by a good friend, an unforeseen turn of events with a job situation and the unplanned changes that can wreak havoc on aging bodies can have long-lasting impacts in our lives. These incidents can erode trust, and create environments of fear and doubt. They also can be opportunities for growth and transformation.

This class will provide a forum for members to discuss how they have healed from such challenges and the lessons they learned from such adversity. Please bring your experiences of feeling blindsided as well as your wisdom and insights to share in this discussion.

Instructor(s): Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

Having Fun: An Antidote for Worry

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:30 PM - 3:00 PM **Start:** Tue 6/30/20 **End:** Tue 7/7/20

Location: Online Zoom Offering

Course Description

OLLI members love learning and thinking deeply about myriad aspects of life. Such intense reflection often can create worry and concern in our psyches. This class will explore ways that we can reclaim our childhood sense of wonder and joy through having fun. We will discuss how our enjoyable activities can help us to relieve worry in our lives.

The class will be a forum for participants to share their options for having fun as an antidote for worry. Please join us to share ideas of what constitutes fun for you and how these fun options help to transform your concerns and worry.

Please bring your childlike sense of wonder as well as your experiences, wisdom and insights to share in this discussion.

Instructor(s): Mary Ellen Klawiter

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Wednesdays

The Four Agreements

Subject Area: Philosophy/Religion

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 6/17/20 **End:** Wed 7/8/20

Location: Online Zoom Offering

Course Description

Don Miguel Ruiz's best seller "The Four Agreements" gives us a simple and profound instruction manual for living a happy and fulfilled life. These four perceptions include:

1. Be impeccable with your word
2. Don't take anything personally
3. Don't make any assumptions
4. Always do your best

Utilizing Ruiz's "The Four Agreements" as a springboard for discussion, this class will explore how to reclaim our personal power through the utilization of these contracts with ourselves. Although it would be beneficial to read the book, it is not necessary for the class. Please bring your authentic self, including your beliefs, experiences, insights, and wisdom to share.

Instructor(s): Mary Ellen Klawiter

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Avoiding Bad Meetings (Improving Your Meetings)

Subject Area: Social Sciences

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 6/17/20 **End:** Wed 6/17/20 -

Location: Online Zoom Offering

Course Description

Everyone has been stuck in enough bad meetings at one time or another to try to avoid them. Effective democratic practice in a meeting requires some rules. Otherwise, we have chaos.

Beginning with the "Manual of Parliamentary Practice" by Thomas Jefferson, first published in 1801 and used by Congress, American parliamentary procedure has evolved and is currently most completely captured in "Robert's Rules of Order, Newly Revised" and the "American Institute of Parliamentarians Standard Code."

We will explore the fundamental principles underlying parliamentary procedure and begin to understand how they are applied in a meeting as presiding officers and members. Participants are encouraged to bring their own experiences through which we can jointly learn how meetings might actually be useful.

Instructor(s): Joe Theobald

Joe began his discipleship in parliamentary procedure with the National Association of Parliamentarians (NAP) in the Summer of 2006. He was certified as a Registered Parliamentarian in March 2007 and achieved Professional Registered status in July 2009. Certification with the American Institute of Parliamentarians (AIP) occurred in 2013 and earned their Teaching Credential in 2015. Currently, he is the Education Director of AIP. He has also served in several leadership roles for the Arizona State Association of Parliamentarians and the Old Pueblo Unit of NAP here in Tucson. He is currently supporting national and local boards of directors.

Lifestyle Strategies for Optimal Wellness

Subject Area: Health/Wellness

Wednesdays: 4 Sessions 1:30 PM - 3:00 PM **Start:** Wed 6/17/20 **End:** Wed 7/8/20

Location: Online Zoom Offering

Course Description

Each week will focus on a core area of wellness, including food as information, sleep, movement and stress. Join the discussion and bring your best wellness strategies to share with the group!

Instructor(s): Caryn LaCount

Caryn has an undergraduate degree in Business. Twenty-five years of personal health challenges sparked a passion in health and wellness, especially the power of lifestyle changes to positively impact health. Caryn is a Functional Medicine Certified Health Coach as well as an Autoimmune Protocol (AIP) Certified Coach.

Thursdays

Help, Thanks, Wow: Positive Perspectives For Daily Living

Subject Area: Philosophy/Religion

Thursdays: 11:00 AM - 12:30 PM **Start:** Thu 6/18/20 **End:** Thu 7/9/20

Location: Online Zoom Offering

Course Description

In "Help, Thanks, Wow: The Three Essential Prayers," Anne Lamott explores three simple themes: seeking help, giving thanks, and expressing awe. Lamott broadens the concept of prayer to include bonding with a force beyond our comprehension, connecting with what lies deep within us, or joining our hearts to mystery or goodness, or the animating energy of love. These elements encompass both concrete and transcendental ways to approach life.

Using Lamott's book as a springboard for discussion, this class will examine how to invite vulnerability, practice gratitude, and attract a sense of wonder into our lives. We will discuss these perspectives both as practical strategies to enhance daily living and ways to enrich what lies deep within our spiritual consciousness.

Reading the book is not required for the class. However, Lamott's concise, smart, and humorous manuscript provides an insightful and inspiring read. Please bring your experiences, wisdom and insights.

Instructor(s): Mary Ellen Klawiter

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London: Flower of Cities All

Subject Area: Literature/Writing/Language

Thursdays: 4 Sessions 1:30 PM - 3:00 PM **Start:** Thu 6/18/20 **End:** Thu 7/9/20

Location: Online Zoom Offering

Course Description

Explore the City of London and its environs. Emphasis will be on Literary London, London's Museums, and London's Relationship with the Royal Family.

Instructor(s): Stephen Stillwell

Stephen Stillwell is an historian and a librarian. He has led study groups at each of the OLLI-UA campuses. His courses have included Middle Eastern history, British history, and British culture. Some of his most popular classes have concentrated on British mysteries.